

1994 State Championship Football Team

The 1994 Championship Football Team became the first undefeated team in O'Dea history. They were the first team of the back-to-back undefeated state championship teams, and the first 13 victories of the school record of 35 straight victories. Led by Captains Brian Lell, Nick Stefonick, Andy Carroll, Mike Bailly, and Joe Forest the team recorded 6 shutouts during the regular season and only allowed 34 points in four playoff games. The defense, giving up an average of only five points per game, witnessed a 28-point margin of victory for the entire season. The 20-14 double overtime victory on the road against West Valley of Yakima is one of the greatest games in the history of Irish football. The 1994 team defeated a tough Lake Stevens team 7-6 to bring home the Championship Trophy. This team is one of the most talented football teams in O'Dea history, with several players going on to play college athletics.

Dennis Cook '74

Dennis Cook was a two-sport athlete at O'Dea, lettering in Basketball and Track and Field. In 1973 Cook finished 5th in the Triple Jump at the AA State Track and Field Championship. The following year he was a member of the AA State Tournament Basketball Team. In 1974 he won the State Triple Jump Championship, as well as setting the school record. As a collegiate athlete, Cook became the NWAACC Triple Jump State Champion, as well as the Everett Community College record holder. Cook was a letter winner as a member of the University of Washington Track and Field Team and finished his career on the University of Washington top 10 list of Triple Jumpers.

Dennis Cook has coached Track and Field at the youth, high school, and collegiate levels, including time as an Assistant Coach for the O'Dea Track and Field Team. Over his 40-year career, Cook has been involved in athletics on the local, national, and International level receiving numerous awards and recognition for his commitment to creating opportunities through athletics and service to community.

Sam Burns '00

Sam Burns attended O'Dea from 1996-2000, and after trying numerous sports, he found his stride competing in endurance events on the Cross Country and Track Teams. While running for O'Dea, he was voted MVP of the Cross Country Team and Most Inspirational on the Track Team. He lettered all four years and came in 3rd at State for the 800m his Senior year. Burns attended the University of Washington, where he walked onto the Rowing Team. He made the Top Boat his freshman year, and his team became National Champions after an undefeated season. The summer after his sophomore year, he was invited to compete on the US National Rowing Team. There he earned a bronze medal in the Pair at the Under-23 World Championships in Genoa, Italy. During the remainder of his time at UW, Burns was a member of three Pac-10 championship crews and placed in the top three at Nationals every year. After college he continued competing for the US, making three more World Championship teams. The highlight of his rowing career was winning the 2007 World Championships in the Coxed Four in Munich, Germany. While at UW he met his beautiful wife, Eva, a Coxswain on the women's team. They have three daughters and live in Texas where Sam is currently stationed as an orthopedic surgeon in the US Army at Ft. Bliss.

Carlos Pierre-Antoine '98

Carlos Pierre-Antoine participated in Football and Track and Field all four years at O'Dea. He started as a sophomore on the 1995 State Championship Football Team, and was a member of the 4 x 100 State Championship Relay Team and the 1995 State Championship Track and Field Team. His career record for varsity football at O'Dea was 35-1. Pierre-Antoine was three-year All Metro League, two-time defensive MVP of the League, and two-time Seattle Times and Seattle Post Intelligencer (PI) All-Area Team. He was on both the Seattle Times and Seattle PI All-State Team and the Associated Press All-State First Team as a Junior and Senior. In addition, he was a Junior All-American, Senior All-American, on Doug Huff's Dream Team, and named as a Parade All-American as a Senior. He received a full athletic scholarship to the University of Notre Dame, where he played all four years.

Mario Sweet '98

Mario Sweet was a two-sport athlete at O'Dea, lettering in Football and Track and Field. He was on the 1995 State Championship Track and Field Team and the 1995 State Champion Football Team, which was also the Academic State Champion. He earned numerous accolades during his high school career. In 1997 he was an All-State Football East-West Selection, the Metro League Offensive Player of the Year, First Team All-Metro, and on the Seattle Times: Star Times All-Area Team. Many of the numerous school records he earned in football stand to this day, including his five rushing touchdowns in a game, which is still currently the most recorded in O'Dea's history. Receiving full scholarships to both Eastern Washington University and Central Washington University, Sweet was a three-year varsity Letterman at Eastern and a one-year varsity Letterman at Central. He is in the Central Washington University Hall of Fame and a member of Central's 2002 GNAC Championship Team.