

FALL SPORTS PREVIEWS  
DAY 1 OF 3

THE MORNING JOURNAL



# All Hands on Deck

Coach Daegen Duvall and the Shoregals are on a quest to defend the SWC title

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HIGH SCHOOL GIRLS SOCCER



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Senior defender Kellie Norris, right, is one of the players Avon Lake Coach Daegan Duvall credited for the Shoregals' great 2015 season and one of the players who make him optimistic for a great 2016.

Shoregals gunning for repeat SWC title and want even more

By Fuad Shalhout
FShalhout@MorningJournal.com
@shalhoutf on Twitter

Avon Lake is entering 2016 with high expectations. That hasn't exactly been the norm in past seasons, but after head coach Daegan Duvall guided his team to its first Southwestern Conference championship since 2010 last season, the Shoregals are ready to embrace the target on their backs. "I think we're stronger than we were last year," Duvall, who is entering his fifth season guiding the Shoregals, said. "Both as athletes and as players. I would expect us to have a very good season based on our talent level. Our soccer IQ has also evolved over the years since I've been involved." Winning a conference title was huge for Avon Lake's program, but now the key is finding success beyond that. The Shoregals fell to Westlake in a Division I Rocky River District sectional final last year, and Duvall hopes his team can find a way to get over the hump.

"That's the one area we'd like to grasp," he said about postseason success. "Obviously we want to win a lot of games and win our conference, but this year we'd like to make that push in the playoffs. We hope at least a sectional championship." Two players expected to lead the way are seniors Olivia Siko — who was second team All-Ohio last year — and Kellie Norris. "Kellie has been a rock solid performer the last two years," he said. "She only conceded 24 goals in about 36 games. She was a huge contributor to our defensive stance. I expect big things from the both of them." "I have plenty of others weapons for the first time. A couple of sophomores and a handful of juniors have picked up their games. I've got some dangerous, creative players and that's exciting." That creativeness on offense can potentially be their strength, Duvall added, something the Shoregals have lacked in years past. "Our goal generation can be huge," he said. "Looking back in my tenure, we've always been able to form and

organize a defense. And I think we'll still be able to defend it in an organized way. Not just with my back four, but with my whole 11. "But our ability to generate goals from different sources is already showing in the preseason. There isn't one person that's generating all the goals. I've had like eight different goal scorers. So we're not relying on one kid to put everything away. Our ability to score goals this season is what can tip the scales for us." Repeating as SWC champs is going to be a tall task considering consistently good teams such as Westlake and Avon. "Scott Jones (Westlake coach) is a heck of a coach," Duvall said. "And he gets big athletes there and if anybody can get a team fired up, it's him. Avon has a lot of talent and are very competent. I expect a good game with them and there are other teams in the conference that present different challenges." Building Avon Lake's program into a playoff contender hasn't been easy for Duvall, but one of the things he's stressed to them

has been quite simple. "I tell them they are students first," he said. "And then they are athletes. I've tried to put something together that balances lifestyle. I'm a strong proponent of giving Fridays off. I told the girls I really don't want to see them more than five days a week. And I really want them to have weekends to spend time with family and friends so the time we spend together is very focuses and intense. And I think it's proven to be very effective." "I've also empowered the players to be responsible for their own fitness. I tell them constantly that fitness is their responsibility. And with the days off I give them, they need to use that time to address some of the things they need to address. If they only work when I'm around, then they aren't the competitive athlete they think they are." It is that mindset and philosophy from Duvall — along with a plethora of talented players that are ready to step up and make a difference — that makes Avon Lake a team to reckon with in 2016.



Check out The Morning Journal's two-part high school football preview on Aug. 24-25.

On the cover

The Avon Lake Shoregals get a pep talk from Coach Daegen Duvall during a break in a preseason match against Bay on Aug. 17. Photograph by Amanda K. Rundle.

Girls soccer watch list

PLAYERS TO WATCH

- M, Sidney Riemer, Sr., Midview: As a junior, Riemer scored 12 goals and dished out eight assists while earning second team Division I All-Ohio and first team Greater Cleveland honors.
M, Olivia Siko, Sr., Avon Lake: Siko scored seven goals while assisting on five others, earning second team Division I All-Ohio and first team Greater Cleveland honors.
F, Madison Sours, Sr., Brookside: The forward tallied 13 goals, 16 assists and was named first team North Central Ohio and first team Lorain County.
F, Allie Heschel, So., Avon Lake: Heschel found the back of the net 11 times and dished out three assists as a freshman.
F, Lexi McCrary, So, Firelands: McCrary as a freshman had 17 goals and one assist.
D, Samantha Farmer, Sr., Avon: Farmer earned first team Division I Greater Cleveland and first team Southwestern Conference honors.
F, Yana Miller, Sr., Lake Ridge: Miller earned first team Division III Greater Cleveland honors last season.
M, Kayleigh Penton, Jr., Vermilion: As a junior, Penton notched 13 goals and eight assists while earning second team North Central Ohio honors.
M, Paige Strandahl, Sr., Fairview: Strandahl was the goal and assist leader last season as a junior for the Warriors.
F, Abriana Rondin, So., Lutheran West: Rondin had 32 goals and six assists in her freshman campaign.

MATCHES TO WATCH

- Bay at Westlake, Sept. 12, 6:30: Two of the better teams in the area square off for an early season matchup.
Avon Lake at Westlake, Aug. 27, noon: Huge early season SWC matchup.
Lutheran West at Brookside, Oct. 12, 5: Another PAC matchup between two really good teams.
Amherst at Avon Lake, Sept. 14, 7: Great road test for the Comets against a team that won 12 games last year.
Holy Name at Bay, Sept. 7: Bay lost to Holy Name last year in a district semifinal.
Amherst at Midview, Aug. 31, 7: This SWC matchup is always a big one.
North Olmsted at Olmsted Falls, Oct. 5, 7: North Olmsted knocked rival Olmsted Falls out of the playoffs last year.
Lutheran West at Firelands, Oct. 1, 11 a.m.: Two PAC teams collide in a late season showdown that should have big title implications.
Fairview at Brookside, Oct. 5, 5: Fairview defeated Brookside in a sectional semifinal last year.
Elyria Catholic at Vermilion, Aug. 31, 7: The Panthers won nine games and Vermilion won 11 games last year as both teams look to take the next step at the others' expense.

Girls soccer team capsules

GREAT LAKES CONFERENCE

BAY
Coach: Jack Griffiths, 9th year
Last year: 13-2-3, Lost, 3-2, to Holy Name in a district semifinal
Starters: Maddie Holmes (Sr., M), Kate Dannemiller (Sr., D), Alex Hoffman (Sr., F), Autumn Meisenburg (Sr., M), Maddie Ault (Sr., M), Bridget Hart (Sr., M), Avery Alexy (So., M), Megan Garrity (Sr., D), Grace Frey (So., M), Haylee Duffy (So., D), Jillian Dubil (So.), Gigi Merk (Fr.)

ELYRIA CATHOLIC

Coach: Ryan Manner, 1st season
Last year: 9-9, Lost, 4-1, to Padua in a sectional final.
Roster: Abby Birsic (Sr., D), Ryan Kunkle (Sr., F/M), Megan Schiebelhut (Sr., GK), Riley Doll (Sr., F/M), Lauren McIver (Fr., D), Riana Kelly (Sr., D), Sadie Huttenpiller (Fr., M), Meghan Janscura (Fr., M), Meredith Flannagan (Sr., M), Alexa Oberg (Fr., M), Olivia Walcott (Sr., F), Hanna Begany (So.), Madison Clemens (So.), Nicole Londo (So.), Mackenzie Mastroianni (So.), Andria McClelland (So.), Jordyn Shawver (So.), Rebekah Torres (Sr.), Lauren Veriato (Sr.), Shelby Dowdell (Sr.), Kayla Jacobs (Sr.), Kailee Reeves (Sr.), Sarah Snider (Sr.), Katlynn Vanzant (Sr.), Brittney Knitt (Sr.), Jennifer Lyons (Sr.), Madison Sours (Sr.), Hannah Torres (Sr.), Melina Willis (Sr.)

GREATER CLEVELAND CONFERENCE

ELYRIA
Coach: Brian Thomas, 1st year
Last year: Lost, 2-0, to North Ridgeville in a sectional semifinal
Starters: Izzy Stewart (So., F), Haley Gansel (Sr., F), Haley Walton (Sr., M), Taylor Miller (So., M), Jessica Miller (Sr., M), Ja'Maya Ward (Sr., M), Sierra Schroyer (So., D), Jazminn Kozich (Sr., D), Hannah McCray (So., D), Sabrina Johnson (D/GK), Kayla Belser (Sr., GK)
Reserves: Alyssa Rodriguez (Sr., F), Kayla Kilgore (Fr., F), Samantha Oswald (Sr., F), Maddi Dicken (Sr., M), Beth Fairall (Sr., M), Ashley Harmon (Fr., D/GK), Emilee Dages (Fr., fullback/D), Savanna Dellorral (Fr., M)

LAKE ERIE LEAGUE

LORAIN

Coach: Rick Dimmacchia, 8th year
Last year: 1-8
Starters: Nyaha Espitia (So., F), Brianna Netters (Sr., D), Alexis Sexton (Sr., D), Jada McCall (So., M), Autumn Sexton (Sr., M), Faith McAleer (Sr., GK), Arianna Nieves (Sr., M), Glorimar Gonzalez (Sr., M), Amieilah Seymour (Fr., M), Madison Blakely (Fr., D), Kamar Halil (Sr., D)
Reserves: Angie Otero (Sr., M), Harleyann McQuaid (So., M), Krystal Grafal (Sr., F), Liset Omelas (So., M)

PATRIOT ATHLETIC CONFERENCE

STARS DIVISION

BROOKSIDE
Coach: Josh Sours, 2nd season
Last year: 10-5-3, Lost, 8-0, to Bay in a sectional final
Starters: Fatima Abuasba (Fr.), Oliva Barsan (Fr.), Oliva Bilz (Fr.), Hanna Begany (So.), Madison Clemens (So.), Nicole Londo (So.), Mackenzie Mastroianni (So.), Andria McClelland (So.), Jordyn Shawver (So.), Rebekah Torres (Sr.), Lauren Veriato (Sr.), Shelby Dowdell (Sr.), Kayla Jacobs (Sr.), Kailee Reeves (Sr.), Sarah Snider (Sr.), Katlynn Vanzant (Sr.), Brittney Knitt (Sr.), Jennifer Lyons (Sr.), Madison Sours (Sr.), Hannah Torres (Sr.), Melina Willis (Sr.)

FIRELANDS

Coach: Kevin Ziegler, 1st season
Last year: 9-4-4, lost, 3-1, to Fairview in a sectional semifinal
Roster: Zoe Simmons (Sr., F), Karli Bukovac (Sr., M), Mikayla Mains (Sr., M), Hailey Mezurek (Sr., D), Sarah Gallo (Sr., M), Madison Sims (Sr., D), Grace Habeck (Sr., D), Lexi McCrary (So., F), Peyton Phillips (So., M), Isabel Solowiej (So., D), Macey Butchko (So., GK)

KEYSTONE

Coach: Tim Giesel, 6th year

ROCKY RIVER DISTRICT

Last year: 2-14-1, Lost, 7-0, to Buckeye in a sectional semifinal
Starters: Lauren LaPointe (Sr., M), Kirsten Pfaff (Sr., D), Holley Ziemba (Sr., D/M), Madeline Rising (Sr., D), Grace Baracskai (Sr., D/M), Madison Carter (So., D/M), Emily Yates (So., F), Shelby Fortune (So., D), Camry Pfaff (Fr., F), Faith Baracskai (Fr., M), Cassandra Harant (So., GK)
Reserves: Heather Rising (Sr., D/M), Hannah Clark (So., D), Sara Wargo (So., M), Nichole Sinegar (So., D/M), Victoria Hurley (Fr., D/M), Rebecka Haun (Fr., GK)

STRIPES DIVISION

FAIRVIEW

Coach: Dana Reuter, 2nd year
Last year: 10-6-2 (8-0-1), Lost, 3-0, to Rocky River in a sectional final
Starters: Molly Weir (So., F/M), Maribeth Straka (Sr., D), Emily Tarase (Fr., D), Paige Strandahl (Sr., M), Lupita Chuacoco (Sr., F/M), Anna Calmer (Sr., M/D), Julia Allen (Sr., F/M), Kailee Thadeus (Sr., M), Rachel Coyne (So., F/M), Kelsey Thomas (Sr., D), Mo Wolansky (Sr., GK)
Reserves: Molly Tarase (Sr., M/D), Lauren Fitzgerald (Sr., M), Abby Large (Sr., F), Alexis Faile (Fr., F/M), Meghan Weir (Fr., M/D), Daniella Huerta (Sr., F/M), Madison Harte (Sr., F/M), Julia Polyak (Fr., D), Gabby Biggs (Fr., GK)

LUTHERAN WEST

Coach: Mia Thomay, 3rd season
Last year: 11-4-1, Lost, 3-0, to Norwayne in a sectional final
Starters: Abbey Huffman (Sr., M/D), Lizzie Szabo (Sr., D/F), Sarah Ragland (Sr., M), Megan Zuendel (Sr., D), Maddie DeTullio (Sr., M/GK), Abriana Rondin (So., F), Alexa Willard (So., M), Bella DeCicco (So., D), McKayla Szabo (So., D/F), Morgan Krek (Fr., M), Raiyah Johnson (Sr., GK)
Reserves: Abbey MacDowell (Sr., M/D), Abbie Donovan (Sr., D), Abby Brewer (Fr., F), Taya Hampton (Sr., D), Grace Gentile (Sr., F), Amy Nuti (So., F), Rachel Bender (So., D), Jashuana Harris (Fr., M), Jenna Copen (Fr., M), Tiffany Riffle (Fr., F)

ROCKY RIVER DISTRICT

OBERLIN
Coach: Becky Lahetta, 9th season
Last year: 4-12, Lost, 8-0, to Cuyahoga Heights in a sectional semifinal
Starters: Baily Wilbanks (Sr., F), Alyssa Watson-Hicks (So., D), Nora Cavanaugh (Sr., D), Zoe Bickel (Sr., M), Cora Spurlock (Sr., D), Maya Vermu-Peters (Sr., M), Janae Johnson (So., M), Hallie Kenney (Sr., D), Rosey Turner (Fr., M), Liz Santiago (Fr., D), Kenzie Tallman (Sr., GK)
Reserves: Cameron Payne (Sr., D), Kiah Fields (Sr., D), Kaylee Martinez (So., D), Selena Santiago (So., F), Maxine Redd (Sr., F), Maryn Tolbert (So., M)

SANDUSKY BAY CONFERENCE

VERMILION

Coach: Kristen Hayden, 2nd season
Last year: 11-7, Lost, 6-1, to Norwalk in a sectional final
Starters: Kennedy Allen (Sr., D), Lexi Koeth (Sr., D), Lauren Maki (Sr., D), Kennedy Shreve (Sr., D), Kayleigh Penton (Sr., M), Jenna Graham (Sr., M), Taylor Trbovich (Sr., M), Maria Rognon (Sr., M), Maddie Waller (Sr., F), Riley Allen (Fr., F), Izzy McCale (Sr., GK)
Reserves: Macy Urie (So., F), Sammy Serezo (Fr., F), Julia Olejko (Sr., midfield), Makayla Sexton (Fr., M), Kailey Logue (Fr., M), Dalaina Williams (Sr., D), Mackenzi Foresha (So., D), Claudia Wilson (Fr., GK)

SOUTHWESTERN CONFERENCE

AMHERST

Coach: Gary Gonzalez, 3rd season
Last year: 10-8-1, Lost, 1-0, to Westlake in a district semifinal
Starters: Bailee Pihlblad (Sr., M), Sarah Miller (Sr., D), Sydney Clark (So., F), Kami Dumais (Fr., M), Kamryn Dziak (So., D), Emery Hicks (Sr., M), Michelle Kissane (Sr., D), Kerey Babinsky (Sr., D), Lauren Kachure (Sr., M), Paige Kramer (Sr., M), Leah Songer (Sr., D)

AVON

Coach: Brienne Reinhard, 1st season
Last year: Lost, 1-0, to Amherst in a sectional final
Starters: Maggie Beatty (Sr., GK), Emily Dahl (Sr., M), Ashley Svec (Sr., D), Hillary Mihalik (Sr., M), Megan Delprincipe (So., M), Karissa Kraszewski (Fr., F), Marley Kalata (Sr., M), Sam Farmer (Sr., D), Madeleine Hapanowicz (Sr., D), Katie Spence (Sr., GK)
Reserves: Brooklyn Wentz (Fr., GK), Alaina Mihalik (So., GK), Kamryn Wilson (Sr., M), Emily Sikora (Sr., D), Morgan Hanuscin (Sr., F), Rachel Hapanowicz (So., M), Juliann Walker (Sr., F), Kelsey Gannon (So., M)

AVON LAKE

Coach: Daegen Duvall, 5th year
Last year: 12-2-3, Lost, 2-0, to Westlake in sectional final
Starters: Lauren Anthony (Sr., D), Lucy Lemanowicz (Sr., D), Kellie Norris (Sr., D), Olivia Siko (Sr., D), Kelly Spitz (Sr., M), Margaux Duvall (Sr., M), Paige Hood (Sr., M), Amber Achladis (So., M), Jackie Rush (Sr., M), Mila Zunic (Sr., F), Danielle DeGuidice (Sr., GK)
Reserves: Izzy Caputo (Sr., D), Tayleigh Price (Fr., D), Amanda Allemeier (Sr., M), Olivia Hall (Sr., M), Stephanie Carr (Sr., M), Anna Robinson (Sr., M), Sarah Gee (So., M), Allie Heschel (So., F), Baina DeMerritt (So., GK)

MIDVIEW

Coach: Abbey Golden, 3rd year
Last year: 13-3-1, Lost, 3-0, to Amherst in a sectional final
Roster: Amber Allen (Fr., D), Maddie Blaine (Sr., D/M/F), Kylie Cline (Fr., F/M/D), Ashley Dekam (So., M/F/D), Alexia Hamm (Sr., M/F/D), Leah Krajewski (Fr., M/F), Sara Liszeski (So., D/M), Natalie Maver (Fr., M/F), Kaitlin Roemer (Sr., D/M), Erin Simpson (So., D), Maddie Ward (Sr., D/M), Colleen Benton (Sr., F/M), Ashley Callaway (Sr., GK), Macken-

zie Cline (So., GK), Marissa Gregory (Sr., M/F), Mallory Homoki (Sr., M/D), Shannon Lienert (Sr., D/M), Rachel Matlock Steele (So.), Kate Anderson (Sr.), Dana Swift (Sr.), Ramiah Wallace (So.)

NORTH RIDGEVILLE

Coach: Iman Beards, 2nd season
Last year: Lost, 3-0, to Magnificat in a sectional final
Starters: Emily Gimmel (Sr., M), Kristina Asp (Fr., D), Grace Blumfeldt (Fr., F), Karissa Kraszewski (Sr., F/D), Ella Hahyl (Sr., D), Lindsey Moore (Sr., F), Lauren Milner (So., M/D), Logan Dickenson (Sr., GK), Danielle Blagojevic (Sr., M), Taylor Wohleber (Fr., D), Sophia Reed (So., D)

OLMSTED FALLS

Coach: Matt Safar
Last year: Lost, 1-0, to North Olmsted in a sectional semifinal
Roster: Skyelar Alstad (Sr.), Madi Boka (So.), Rachel Caraff (Sr.), Brittany Chapman (Sr.), Mia Colozza (So.), Taylor Fehn (So.), Kylie Fitzgerald (Fr.), Lauren Francescone (So.), Megan Francescone (Fr.), Hayley Getz (So.), Abby Gomez (So.), Lexi Gomez (So.), Lauren Gumeny (So.), Taylor Hurt (Sr.), Christina Kalinoski (Fr.), Emma Parker (So.), Addison Simon (Fr.), Ashley Sander (So.), Mackenzie Sandou (Sr.), Mara Eager (So.), Janitsy Zambrana (So.)

WESTLAKE

Coach: Scott Jones, 15th season
Last year: 10-5-4 (6-1-2), lost, 4-0, to Magnificat in a district final
Starters: Cara Gilmore (Sr., D), Kara McNelly (Sr., D), Peyton Rimko (Sr., D), Abby Moutoux (So., D), Adalee Ratzyc (Sr., M), Meredith Hansen (Sr., M), Alise Emser (Sr., M), Julia Severa (Sr., M), Samantha Jablonski (Fr., F), Madysen Maynard (Sr., F), Katarina Jamsek (Sr., GK)
Reserves: Gabi Kasakowski (Sr., F), McKenna Simon (Sr., M), Maisey Bogart (So., M), Jolie Bogart (So., M), Megan Fulton (Sr., M), Angela Campo (Sr., F), Sarah Brizes (Sr., D), Alex Martin (Sr., GK)

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## HIGH SCHOOL BOYS SOCCER

# Improving step-by-step

## Coach James Ignecci and the Midview Middies look to continue building

By **Fuad Shalhout**

*FShalhout@MorningJournal.com*  
*@shalhoutf on Twitter*

If you're building a house, you never expect to finish it overnight.

There's a process that comes with it, and your patience will get tested.

The same thing applies when trying to build a strong athletic program.

Midview boys soccer coach James Ignecci understands that as he enters his second season with the group, hoping to build off of a 6-9-2 season.

The record is not exactly a good mark, but it was a four-win improvement from the year before and that's what matters most.

"We improved last year and we're hoping to build on that," he said. "Our goal last year was to finish .500 and well fell short of that, but seeing how hard they've been working this offseason has been great."

Ignecci added that last season was a feeling out process for both he and the players.

"They didn't completely trust me at the beginning," he said. "We had to let them know that we know what we're doing and we've been coaching and playing for years. Now that we've got a level of trust and they understand we're on the same page, we're working towards the same goals."

"I hope they're experience and drive to do well in their senior year pushes us above where we were in the past."

If Midview plans to continue heading on an upward trajectory, it has the roster to do so. The Middies will feature 11 seniors led by captain Noah Bartone and Tyler Thompson.

"We're hoping they can lead us to a better season than last year," Ignecci said.

As for the goalkeepers, there's been healthy competition for the starting spot between senior Zack Martin, who posted a stellar 1.7 goals-against average last year, and sophomore Cole Thompson, who allowed 2.4 goals per game. Ignecci said the position is up for grabs.

"They both split time last year," he said. "There were times when both of them started to play well and there were times both of them didn't have good games, so we're looking



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for a little bit more consistency."

Senior Drew Wagner, who didn't even play last year due to a hip injury, has the potential to step up this year and surprise people.

"He worked his butt off all offseason last year and had an injury prior to our tryout," Ignecci said. "So he didn't have a chance to do anything last year. Anything he does this year is going to be great. He had to sit out his entire junior year and watch which was frustrating for him, but he's come back hard."

Defense was an issue for the Middies a year ago, and it's an area where Ignecci believes can be a strength in 2016.

"We're a little more focused on defense," he said. "We scored goals last year but we also gave up a lot of them. And you have to score more than you give up. And last year we gave up way too many to give ourselves a chance. We've been focusing a lot during the off-season on that and making sure everyone knows they're defensive responsibilities."

Perhaps the biggest challenge that faces Midview this year is competing in a deep Southwestern Conference.

"Last year, you had Westlake, Olmsted Falls, Berea-Midpark who were pretty much the class of our conference," he said. "I don't see much changing this year. They are strong, young and have good coaches. It's going to be tough to compete because I don't see any-

thing changing with them and I see them being dominant forces. We have to see if we can stand up to what they've been bringing for several years."

Ignecci has a great understanding of Midview's history, having played in high school and coached one season as an assistant after college. He hopes to continue putting his finger prints on the program and eventually turning them into a prominent program. "I know a lot of the Mid-



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view history," he said. "I know people who played on the very first Midview soccer teams. I know every single coach that has coached at Midview. I know the perceptions other people have of Midview, but just being able to go a long way with this group. And like I said, last year the kids didn't trust me because they're used to having a coach leave after a year. But we're also planning for the future and they see that."

Senior game between two rivals.

**Westlake at Olmsted Falls, Aug. 24, 7:** Battle between two of the power-house teams in the SWC.  
**Firelands at Brookside, Sept. 14, 7:** Rematch of last year's sectional final.  
**Fairview at Lutheran West, Sept. 17, 1:** Lutheran West won eight games last year and will use this as a good measuring stick against its Stripes foe.  
**Midview at Olmsted Falls, Sept. 21, 7:** Midview is a team slowly on the rise in the SWC and will want to make a statement.  
**Olmsted Falls at North Olmsted, Oct. 5, 4:30:** Two conference foes that will battle all season long.  
**Rocky River at Bay, Oct. 12, 7:** Rematch of last year's district final showdown between two bitter rivals.  
**Lutheran West at Brookside, Oct. 12, 7:** Two teams that won eight games last year and hope to take the next step.  
**Fairview at Oberlin, Oct. 12, 5:** A late season matchup that could end up being for a PAC title.

## Boys soccer watch list

### PLAYERS TO WATCH

**M, Patrick Brightbill, Sr., Firelands:** Brightbill had 25 goals, and 10 assists, earning second team Division II All-Ohio, second team North Central Ohio, and Co-Division II Lorain County Player of the Year honors last season.

**M, Justin Mason, Sr., Oberlin:** Mason compiled 15 goals and 12 assists en route to first team Division III Greater Cleveland and first team Lorain County honors.

**M, Noah Bartone, Sr., Midview:** As a junior, Bartone scored six goals and dished out six assists while earning Division I honorable mention Greater Cleveland, first team Lorain County, and first team Southwestern Conference honors.

**M, Owen Rozanc, Jr., Brookside:** As a sophomore, Rozanc had 11 goals and 13 assists and earned second team North Central Ohio, and first team Division II Lorain County honors.

**F, Gavin Velazquez, So., Elyria Catholic:** Velazquez was a freshman sensation scoring 16 goals and assisting on five others, earning second team

Division III Lorain County and first team Great Lakes Conference honors.

**F, Zack Kelly, Jr., Vermilion:** Kelly was first team North Central Ohio last season.

**D, Colin O'Connor, Sr., Amherst:** O'Connor had 10 goals, four assists and was an honorable mention Division I Greater Cleveland.

**M, Tyler Thompson, Sr., Midview:** Had six goals, one assist and was an honorable mention Division I Greater Cleveland.

**F, Elion Bendo, Sr., Fairview:** As a junior, Bendo had 26 goals and six assists while breaking Fairview's single season scoring record (20) and career scoring record.

**M, Allen Tin, Sr., Fairview:** Tin had 16 goals and six assists and earned second team GCSSCA honors.

### MATCHES TO WATCH

**Westlake at Bay, Aug. 19, 7:** Bay is a perennial state powerhouse while Westlake is always a prepared team.

**Avon at Avon Lake, Aug. 24, 7:** Early

## Boys soccer team capsules

### GREAT LAKES CONFERENCE

#### BAY

**Coach:** Bobby Dougherty

**Last year:** Lost, 1-0, to St. Francis DeSales in state final

**Starters:** Mitch Matakovich (Sr., M), Nick Cady (Sr., M), Evan Taylor (Sr., M), Noah Beck (Jr., F), Sam Nortz (Sr., D), Cole Madux (Jr., D), Alex Szekeley (Sr., D), John Salakumbo (Sr., M), Kyle Ousimano (Fr., F), Cad Gergye (So., M), Brent Hull (Jr., GK)

**Reserves:** Aiden Bozak (Fr., M), Kevin Joyce (Jr., M), Ben Humphry (Jr., D), Colin Macmillan (Jr., D), Eli Koury (Jr., D), Aiden O'Donnell (Jr., F), Kevin Linder (So., F), Jack Graham (So., M)

#### ELYRIA CATHOLIC

**Coach:** Eric Kiseela, 2nd season

**Last year:** 3-11-4 (0-5-1), Lost, 3-2, to Lutheran West in a sectional final

**Starters:** Andrew Ferguson (Sr., M), Tanner Brooks (Sr., D), Brad Kelling (Jr., M), Alex Steindl (So., M), Andrew Muzilla (So., M), Reid Burke (Sr., D), Aiden Woodyard (Fr., D), Patrick Delaney (Fr., D), Gavin Velazquez (So., F), Jake Records (Fr., F), Jakob Hwang (Jr., GK)

**Reserves:** Lukey Hallagan (So., F), Jonathan Woodyard (So., M), Jordan Morris (Jr., D), Bryce Hileman (So., GK)

#### ROCKY RIVER

**Coach:** Kevin Zerby, 12th

**Last year:** 14-3-2 (4-1-1), lost, 3-2, to Bay in a district final

**Starters:** Jonah Wischmeier (Sr., M/F), Michael Konrad (Jr., D), Dylan Keeling (Jr., M), Jeffrey Hower (Jr., D), Bryan Kern (Jr., F), Zach Konrad (Jr., D), Christian Devoral (So., F), Aidan Walsh (So., D), David Janke (So., D), Daniel Hornig (So., M), Owen Corrigan (Jr., GK)

**Reserves:** Joey Furry (Sr., M), Gabriel Schuenik (So., D), Nik Klek (Jr., M), Chris Welch (Jr., F), Owen Jaite (So., M), Ian Bodell (So., D)

### GREATER CLEVELAND CONFERENCE

#### ELYRIA

**Coach:** Brett Heighberger, 3rd year

**Last year:** 5-10-1, Lost, 5-0, to North Olmsted in a sectional semifinal

**Starters:** Devin Barbee (Jr., M), Caleb Lewis (Jr., M), Steven Licht (Jr., D), Carter Hyde (Jr., D), Jack Bailey (So., D), Logan Boddy (So., F), Josh Rader (So., M), Alex Heighberger (So., D), Malik Holt (So., M), Isaac Dicken (Fr., F), Sebastian Del Corral (Jr., GK)

**Reserves:** Jacob Heugel (Jr., M), Francisco Lopez (Jr., D), Daniel Blevins (Sr., F), Adam Neely (Jr., D), Charles Locklear (Fr., M), Rocky Biancardi (Jr., D), Nik Stefanik (Jr., M), Jesse Chapman (Jr., F), Daniel Reynolds (Jr., M), Josh Bednarski (Jr., GK)

### LAKE ERIE LEAGUE

#### LORAIN

**Coach:** Andrew Knowles, 1st season

**Last year:** Did not enter postseason

**Starters:** Emilio Arenas (Sr., GK), Jalon Minor (Jr., D), Angel Rodriguez (Sr., F), Blake Bartlome (Jr., F)

### PATRIOT ATHLETIC CONFERENCE

#### STARS DIVISION

#### BROOKSIDE

**Coach:** Tony Rozanc, 7th season

**Last year:** 8-5-4, Lost, 2-1, to Firelands in a sectional final

**Roster:** Owen Rozanc (Jr., M/F), Austin Schill (So., D/M), Joel Pospisil (So., D), Norman Elias (Jr., M), Connor Baughman (So., GK/D), Kyle McClelland (Sr., M), Josiah Ortiz (So., M), Jonathan Wright (Fr., M), Patrick Snider (Sr., M), Ricky Soper (So., M/F), Tyler Carpenter (Sr., F/M), Joe Small (Jr., M), Donny Liggett (So., D), Owen Noel (Fr., F/M), Logan Hartzell (Sr., D), Devin Houdeshell (Jr., M/D), Stephen Williams (Jr., D), Casey Pierson (Jr., D/F), Asa Kempton (So., GK/M)

#### FIRELANDS

**Coach:** Jim Fossie, 3rd season

**Last year:** 12-6-1, Lost, 7-1, to Bay in a district semifinal

**Roster:** Aaron Alson (Sr.), Patrick Brightbill (Sr.), Samuel Dempsey (Sr.), John Gall (Sr.), Bryce Griebe (Sr.), Max Hertensteiner (Sr.), Casey Krueger (Sr.), Randy LaMar (Sr.), Ben Laughrey (Sr.), John Bechtler (Jr.), Adam Bechtler (Jr.), Micahel Douzos (Jr.), Ethan Hayes (Jr.), Corey Jones (Jr.), Zach Talbot (Jr.), Alex Brito (So.), Henry Grame (So.), Lane Koba-Nelson (So.), Zach McCrary (So.), Chace Riley (So.), Anthony Salib (So.), Riley Andolsek (Fr.), Chance Coultrick (Fr.), Justo Delgado (Fr.), Kyle Griebke (Fr.), Robert Harasty (Fr.), Chris Jackson (Fr.), Cole Kaminski (Fr.), Lorenzo Reyna (Fr.), John Willis (Fr.), Justin Wossleik (Jr.)

#### KEYSTONE

**Coach:** Kevin Graham, 3rd season

**Last year:** 0-16, Lost, 7-0, to Brooklyn in a sectional semifinal

**Starters:** Joey Grega (Sr., F), Jordan Hill (Fr., F), Tyler Drake (So., F), Brad Novak (Jr., M), Kyle Heck (Sr., M), Christian Bainbridge (Sr., M), Tommy Sadowski (Sr., D), Zac Marsh (Fr., D), Connor Abt (Sr., D), Carter McCormarty (So., D), Justice Holmes (So., GK)

**Reserves:** Shayne Reisinger (So., M/F), Justin Lenz (So., M), Gavin Walls (So., M/F), Brendan Ritener (Fr., F), Nathaniel Abt (Fr., M/F), William Keener (Fr., M), Jordan Marsh (So., M), Austin Pribulsky (Fr., D), Seamus Ross (Fr., M), Cole Stoots (Fr., D)

#### STRIPES DIVISION

#### FAIRVIEW

**Coach:** David Snow, 11th season

**Last year:** 12-4-1 (7-1-1), Lost, 3-2, to Padua in a sectional final

**Starters:** Elion Bendo (Sr., F), Ian Broadbent (Jr., D), Nick Donofrio (Jr., D), Alex Farkas (Sr., M), Connor Kelly (So., M), Adam Nemeth (So., M), Jack Salamon (Sr., F), Brandon Strandahl (So., D), Allen Tin (Sr., M), Jared Wilkinson (Sr., M), Seth Ketchum (Jr., GK)

**Reserves:** Mark DeCrane (So., D), Jack Frenz (Jr., M), Mauricio Huerta (Fr., M/F), Ben Krueger (Jr., M/F), Dylan Luptak (Jr., D/M), Felipe Medina (Fr., M/F), Noah Mesaros (Fr., M), Owen Nelson (Jr., M), Ryan Starks (So., D/M), Max Meany (Fr., GK)

#### LUTHERAN WEST

**Coach:** Josh Hubeler, 9th year

**Last year:** 8-6-4, Lost, 1-0, to Columbia in a district semifinal

**Starters:** Preston Warren (Jr., M), David Quayle (Sr., M), Zac Kluever (Sr., F), Sam Kasputis (Sr., M), Eric Bender (Sr., D), Alex Jakabcic (Sr., D), Nolan

Thomas (Sr., D), Zachary Knudsen (Sr., D), Alex Jakabcic (Sr., defensenman), Max Kasputis (So., GK)

**Reserves:** Jerad Lantz (Jr., D), Justin Willard (Sr., D), James Handwerk (Sr., D)

#### OBERLIN

**Coach:** Michael Schmid, 4th season

**Last year:** 12-6, Lost, 7-2, to Independence in a district semifinal

**Starters:** Jan Luca Huenting (Jr., GK), Ty Cadenhead (Sr., D), Jack Freas (Sr., D), Tam Cadenhead (Sr., F), Austin Bull-ocks (So., M), Justin Mason (Sr., M), John Elrod (So., M), Louis Gerard (Jr., M), Alex Conklin (Sr., D), Dorian Levine (Sr., D), Thayer Preston (So., F)

**Reserves:** Robert Bouchonville (So., M/D), Reginald Bouchonville (So., M/D), Elijah Chambers (Fr., F/M), Solomon Kelley (Fr., D/M), Jonathan Turner (Fr., D/M), Cole Thompson (So., M)

### SANDUSKY BAY CONFERENCE

#### VERMILION

**Coach:** Kurt Innes, 2nd year

**Last year:** 8-9, Lost, 3-2, to Ontario in a sectional final

**Starters:** Zack Kelly (Jr., F), Drew Dawson (Sr., F), Fielding Featherston (Jr., M), CJ Koller (Jr., M), Logan Penton (Fr., M), Luke Buchanan (Sr., M), Demetrius Dunson (Sr., D), Stasio Gibbons (Sr., D), Caleb McCullough (Jr., D), Ryan Bodeker (So., D), Ryan Habermehl (So., GK)

**Reserves:** Justin Stask (So.), Nik Barkdull (Sr.), Isaac Lindo (Fr.), Sam Dewey (So.), Tristan Mayer (Sr.), James Matheson (Fr.), Riley Baxter (Fr.), Jesse Shultz (So.), Aiden Adams (Jr.)

### SOUTHWESTERN CONFERENCE

#### AMHERST

**Coach:** Drew Biedenbach, second year

**Last year:** 3-11-3, Lost, 2-1, to Avon Lake in a sectional semifinal

**Starters:** Colin O'Connor (Sr., F), Ryan Sturgeon (Sr., D), Jacob Snowden (Sr., M), Aiden Serrano (Sr., D), Michael Rakar (Sr., D), Max Varouh (Sr., M), Kyle Martin (Jr., D), Allen Matakovich (Jr., F), Ben Biedenbach (So., M), Joseph Yocheim (So., M), Ryan Rigsby (Jr., GK)

**Reserves:** Kameron Galindo (Jr., M), Carter Hancock (Fr., M), Devan Harmych (So., D), Bradley Kirsch (So., M), Mason Hamm (Jr., D), Justin Templeton (Sr., F), Donny Wearsch (Sr., freshman), Xavier Potts (Jr., GK)

#### AVON

**Coach:** Chris Dore, 10th season

**Last year:** 8-6-4, Lost, 3-0, to Olmsted Falls in a sectional final

**Starters:** Dylan Morris (Jr., GK), Zach Hubbard (Sr., D), Noah Lindon (So., D), Sean Hesketh (Jr., D), Trey Grudzien (So., M), Will Laurendeau (Jr., M), Noah Laurendeau (Jr., M), Noah Goodwin-Bain (Sr., M), Tyler Muir (So., M), Owen Lacko (Jr., F), Jared Hesketh (Jr., F)

**Reserves:** Seth Rambo (Sr.), Ryan Joyce (Sr.), Connor Roddy (Sr.), Matthew Moritz (Sr.), Nick Korona (Sr.), Dylan Tober (Sr.), Joey Sobolewski (Jr.), Nicholas Soulas (So.), Shane Maggioni (Jr.), Grant Espey (Jr.)

#### AVON LAKE

**Coach:** Matt DeCapua, 4th season

**Last year:** Lost, 5-0, to Strongsville in a sectional final

**Roster:** Sam Redman (Sr., M), Austin Baraona (Jr., M), Jack Lawniczack (Jr., M), Andrew Jacobson (So., D)

#### MIDVIEW

**Coach:** James Ignecci, second season

**Last year:** 6-9-2 (0-7-2), Lost, 1-0, to North Ridgeville in a sectional semifinal

**Roster:** Alex Amsden (Fr., F), Noah Barton (Sr., M), Russell Bynum (Jr., D), Nik Kucera (Sr., M), Simon Liszeski (Sr., D), Domenic Roman (Fr., M), Tyler Thompson (Sr., M), Drew Wagner (Sr., M), Kiehl Wells (So., D), Shaun Wafer (Jr., D), Cole Thompson (So., GK), Jacob Foster (Sr., D), Josh Hogue (So., M), Austin MacMillan (Sr., F), Will Nicholson (Sr., M), Dean Mraz (Jr., M), Zack Martin (Sr., GK)

#### NORTH OLMSDED

**Coach:** Christian Marsh, 36th season

**Last year:** 11-6-1 (4-4-1), Lost, 5-2, to Berea-Midpark in a sectional final

**Starters:** Jett Kobak (Sr., D), Brendan Cummings (Jr., D), Phil Reym (Sr., D), Matt Sanborn (Jr., D), Ben Gebura (Sr., M), Max Hess (Sr., M), Trevor Cairns (Sr., M), Gabe Schreiner (Sr., M), Shane Cairns (So., M), Jon Kramer (Jr., F), Cory Heitmann (Jr., GK)

**Reserves:** Keegan Welch (Sr., F), Abdelataha Hassan (Sr., M), Luke Duncan (Jr., M), Michael O'Neill (Jr., M), Mason Douchette (Jr., M), Vince Marino (So., D), Ali Hammoud (Sr., M)

#### OLMSTED FALLS

**Coach:** James Walchanowicz, 23rd year

**Last year:** 15-2-2, Lost, 2-1, to Strongsville in a district final

**Starters:** Shelby Edwards (Jr., GK), Austin Mitchell (Sr., GK), Cameron Robinson (Sr., M), Joseph Lynn (Sr., D), Noah Le (So., D), Danny Cleary (Jr., M), Rylan Wickle (Jr., M), Ryan Kolonic (Sr., D), Mickey Kasputis (Sr., M), Joe Bement (Jr., D), Max Ortiz (Jr., F), Kevin Lemin (Jr., F), Daniel Linder (Sr., M), Charlie Watters (Jr., D), Chase Fernkorn (Jr., M)

**Reserves:** Alex Klek (So.), Christian Morris (So.), Brandon Chapman (So.), Alex Gibson (Fr.), Ryan Hurt (Fr.)

#### WESTLAKE

**Coach:** Mike Besu, 29th season

**Last year:** 14-2-2, Lost, 3-2, to Strongsville in a district semifinal

**Starters:** David Milasky (Sr., M), Logan Whinert (Sr., M), Ted Greco (Sr., F), Bryce Sharak (Sr., M), Darin O'Meara (Sr., GK), Andy Wahl (Jr., D), Ryan Rehbolz (Jr., D), Ali Alkhatib (Jr., F), Anthony Fusco (So., D), Lucas Evans (Jr., D), Logan Rummel (So., F)

**Reserves:** Nick Sorg (Sr., M), Mark Sargent (Sr., D), Jacob Bernath (Sr., D), Dom Baur (Jr., D), Justin Ortiz (Sr., GK), Michael McDiarmid (Jr., F), Nate Johnson (So., M), Ameer Salem (Jr., M), Vince Napoli (So., D)

#### INDEPENDENTS

##### OPEN DOOR

**Coach:** Michael Perris, 12th season

**Last year:** 6-11-1, Lost, 5-1, to Oberlin in a sectional final

**Roster:** Mak vanWingerden (Sr., D), Zach Strouse (Sr., D), Charley Lovett (Sr., M), David McDonald (Jr., D), Todd Giesbrecht (So., M), Michael Bova (Fr., M), Gavin Bradley (Fr., F), Tommy Kemp (Fr., D), Mark Yakobchuk (Fr., F), Ryan Emilio (Fr., M), Chatham vanWingerden (Jr., GK)

**Reserves:** Max Torres (Jr.), Sebastian Burren (So., F), Josh Zaborowski (Fr.)

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**HIGH SCHOOL VOLLEYBALL**



JON BEHM - THE MORNING JOURNAL

New Firelands coach Marc Pogachar, center, speaks with his team during the Dave Dorinski Preview Night at Avon Lake on Aug. 12. After graduating five seniors, Pogachar believes he has his team ready to come back and surprise the Patriot Athletic Conference.

# New faces, but the same goals

Firelands has a new coach and a slew of new players after graduating five seniors, but still want a tournament run

By **Marissa McNeese**  
*mcmneese@morningjournal.com*  
*@MarissaNM on Twitter*

Firelands volleyball coach Marc Pogachar doesn't even know his own record, and to him, that's a good thing.

It's not about individual successes or the systems he's implemented over the course of his coaching career. But for the first-year Falcon, it's about the team—what the girls can achieve together with hard work and a drive to be better—and that success is not something he attributes to himself.

Firelands is coming off a 13-11 (8-8 PAC) season that came to an end at the hands of Holy Name in the district semifinals after the Falcons defeated Buckeye, 3-1, for a sectional title.

This season poses a new set of challenges for Pogachar and his young team after graduating five seniors, but Firelands seems ready as ever to rise to the occasion.

"I think we're actually ready to play," Pogachar said. "The way we structure the practices is to sort of discover (who can fill certain

roles) ... and we're getting there. They still have to understand some of the basics, but the big thing is I'm starting to see the chemistry."

That is not to say that there hasn't been a bit of a learning curve for Pogachar.

"The hardest part is getting to know the kids and the school system," he said. "I didn't know any of the players, so a lot of the drills we've been doing is just to discover ... Now we're adding the structure, so it's coming. We have a very young team. We've got kids that are basically moving up from JV to fill spots, so it's part me learning what they can do and part them learning what the chemistry is all about."

Seniors Olivia Harris and Tori Grasso have already seen an improvement from where the team started this summer to where the team is now, and are feeling confident heading into an Aug. 30 date with 2015 PAC champs, Lutheran West.

The Falcons dropped an early-season game, 3-0, to Lutheran West — the only time the teams met in 2015 — and it seems to still be on

everyone's minds. "They're the big guys in the conference so we always want to get them," Grasso said.

But before the Falcons can go after the PAC's top dog, the team understands they need to take the proper developmental steps.

"This summer we've been making a lot of progress. We started out not playing together as well as we could, and we've made a lot of progress since then," Harris said. "We're really coming together."

Harris, a 5-foot-7 outside hitter, and Grasso, a 5-foot-9 middle hitter, are the only seniors on the roster this season, and Pogachar was thrilled when the team voted them as captains Aug. 17.

"I think they're both very passionate about the game and they're both very passionate about our team doing well," Pogachar said. "I think they have some goal to make this team a very special team for their last year, so that kind of leadership and that passion I think is going to help the team a lot."

Spending as little as 10

minutes at a Firelands practice, it's plain to see the team has skill. But the Falcons haven't faced too many pressure situations since tryouts during the first week of August, and with such a young team, that's the one aspect Pogachar said his team will need to be consistent with to even come close to the success of last season.

"The one thing I don't get with them yet, I haven't seen enough is to how they're going to react under pressure. I've got some indications, like (at the Dave Dorinski Preview Night at Avon Lake on Aug. 12), so I think just getting more consistent is one of our bigger goals."

"I always believe kids can play better. Unless you're on the Olympic team, you can always get better."

For Grasso, repeating as sectional champions will not be enough to call her senior season a success, and already she sees a shift in attitude — a drive that will put her team in a position to win come October.

"I think from last year, we weren't as organized as we are this year. We're a lot more organized and we al-



JON BEHM - THE MORNING JOURNAL

Firelands junior McKenna Turton (14) goes for a kill during the Dave Dorinski Preview Night at Avon Lake on Aug. 12.

ways have a plan so that's in the tournament. Last year been good," Grasso said. "We we were sectional champs want to get as far as we can and we want to keep going."

**Volleyball watch list**

**PLAYERS TO WATCH**

**L, Madison Cruzado, Sr., Elyria:** The 2015 Morning Journal player of the year and Notre Dame commit is back. This season, though, she'll be wearing red and white after transferring from Amherst. After posting 61 aces, 618 digs, and 40 assists in her junior year, Cruzado is poised to have the same impact at Elyria.

**S, Kacie Burton, Sr., Olmsted Falls:** Coach Brigid Radigan is counting on the senior to be the "heart and soul" of the Bulldogs, and as one of only four returners, the Penn commit should put Olmsted Falls in a position to contend in the SWC.

**OH, Hallie Schroeder, Sr., Avon:** Schroeder is the only senior in the Eagles' starting lineup, and after having a season to mesh with the young

setters, the outside hitter should cause trouble for opposing defenses.

**OH, Jessie Lee, Sr., Elyria:** The 5-foot-10 Lee has a powerful swing and will get plenty of looks this season with a revamped Elyria defense setting her up.

**MH, Sarah Leighliter, Sr., Lorain:** Leighliter's 27 aces were among the area's best last season and this season should be no different. The 5-foot-10 middle hitter will be a big presence at the net for the Titans.

**L, Erin Gardner, Jr., Avon:** The Eagles return a strong defense this season with Gardner at the helm. The junior was among the area leaders in digs per set (7.3) in 2015 and will put Avon in position to contend.

**OH, Reese Virgin, Jr., Vermilion:** The 2015 Lorain County Division II

Player of the Year had 4.9 kills per set and 20 solo blocks last season and should lead Vermilion in 2016.

**S, Kara Sullinger, Jr., North Ridgeville:** After two years experience with the Rangers offense, Coach Jenny Oblock said the offense is starting to mesh well, giving Sullinger the opportunity to improve her 6.8 assists per set in 2016.

**OH, Emily Schillinger, Jr., Avon Lake:** Avon Lake will have strong setting this season, setting up the six-foot Schillinger and D-I first team Lorain County selection to add to her 3.5 kills per set average from 2015.

**L, Jasmine Hromada, Sr., Elyria Catholic:** The senior had 5.4 digs per set and 414 total digs in 2015, and Coach Barb Shuckman said defense will be her team's strength this sea-

son with Hromada leading the way.

**GAMES TO WATCH**

**Amherst at North Ridgeville, Aug. 23, 6:30:** The Rangers will be tested right away with an early SWC matchup at home.

**Elyria at Lorain, Aug. 25, 6:30:** The lone regular season game between these two teams will showcase strong defense and powerful hitting.

**Lorain at Elyria Catholic, Sept. 5, 7:** The stout Panthers defense will be put to the test in this early season nonconference matchup.

**Brookside at Firelands, Sept. 8, 7:** The Cardinals return six starters while the Falcons lost five, and this PAC divisional game will show how well Firelands filled those roles.

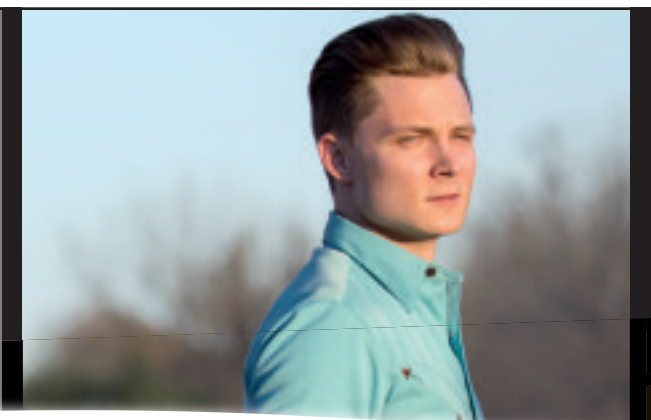
**Avon Lake at Olmsted Falls, Sept. 13, 6:30:** Both teams have strong setters, giving this game all the makings of an offensive showcase.

**Clearview at Lutheran West, Sept. 15, 6:30:** First year Clearview coach Brian Ward faces his toughest challenge yet against 2015 PAC champion Lutheran West.

**Olmsted Falls at Avon, Sept. 20, 6:30:** Two twenty-plus win teams from 2015 clash, likely with the conference title on the line.

**Rocky River at Elyria Catholic, Sept. 20, 7:** This Great Lakes Conference game will show if these two teams can really compete for a conference championship.

**Avon at Avon Lake, Sept. 22, 6:30:** Avon Lake can prove it is an SWC contender in this date with Avon.



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## Volleyball team capsules

### GREAT LAKES CONFERENCE

#### ELYRIA CATHOLIC

**Coach:** Barb Schuckman, first year  
**Last year:** 11-13 (9-3 GLC), lost, 3-0, to Holy Name in a sectional final  
**Starters:** Lydia Wetzel (Sr., 5'8, OH), Stephanie Ferrer (Sr., 5'9, MH), Jackie Lester (Sr., 5'7, RS), Sarah Schuckman (Sr., 5'5, S), Megan Allegretto (Sr., 5'8, OH), Haley Raible (Sr., 5'9, MH), Jasmine Hromada (Sr., 5'5, Libero)  
**Reserves:** Olivia Sedlak (Sr., 5'8, RS), Alexa Spencer (Sr., 5'7, OH), Ashley Cascio (Sr., 5'2, DS), Angie Fetsic (So., 5'3, DS)

### ROCKY RIVER

**Coach:** Karlee Bruck, second year  
**Last year:** 9-14, lost, 3-0, to Midview in a sectional semifinal  
**Starters:** Ava Rausser (So., MH), Callie Omiel (Sr., S), Olivia Young (So., OH), Emily Stanciu (Fr., OH), Angela Diab (So., RS), Kayla Stephens (Sr., OH), Raygan Murray (So., Libero)  
**Reserves:** Grace Mocho (Sr., RS/DS), Gabbie Tlanello (So., DS), Michelle Avuil (So., DS), Rachael Waite (So., MH), Marissa Smiley (So., S)

### GREATER CLEVELAND CONFERENCE

#### ELYRIA

**Coach:** Jen Shouse, second year  
**Last year:** 12-10, lost, 3-0, to Avon in a sectional final  
**Starters:** Jessie Lee (Sr., 5'10, OH), Rachel Holliday (Sr., 5'6, S), Chelsey Farris (Sr., 6'0, MH), Alison Guerini (Sr., 5'6, DS), Haley Schultz (Sr., 5'10, RS), Alyssa White (Sr., 5'7, MH), Madison Cruzado (Sr., 5'5, Libero)  
**Reserves:** Juliann Dodd (Sr., 5'6, DS), Emily Hyer (Sr., 5'10, MH/RS), Caylyn Rodriguez (Sr., 5'5, DS), Abbey Thomas (Sr., 5'7, OH), Madi Smith (So., 5'8, OH)

### LAKE ERIE LEAGUE

#### LORAIN

**Coach:** Lynne Rositano, eighth year  
**Last year:** 12-12 (8-2 LEL), lost, 3-0, to Avon in a sectional semifinal  
**Starters:** Lauren Evans (Sr., 5'9, S), Sarah Leighler (Sr., 5'10, MH), Seven Townsell (Sr., 5'8, MH), Raegan Osko (Sr., 5'8, OH), Evelyn Williams (Sr., 5'6, OH), Paige Murphy (Sr., 5'7, RS), Alexis Wells (Sr., 5'5, Libero)  
**Reserves:** Lindsey Williams (Sr., 5'7, S/DS)

### PATRIOT ATHLETIC CONFERENCE

#### STARS DIVISION

#### BROOKSIDE

**Coach:** Jenn Larrick, second year  
**Last year:** 14-9 (11-5 PAC), lost, 3-1, to Fairview in a sectional final  
**Starters:** Lindsey Miller (Sr., 5'6, S), Autumn Kuchta (Sr., 5'9, MH), Miranda Rothman (Sr., 5'10, MH), Lauren Ackerman (Sr., 5'7, OH), Selena Shawver (Sr., 5'1, DS), Taylor Martin (Sr., 5'8, RS), Baylee Min (Sr., 5'2, Libero)  
**Reserves:** Isabella Carosella (Sr., 5'4, OH/DS), Lauren Sheehan (Fr., 5'9, OH), Alexis Zaryk (Sr., 5'5, RS), Leanna Barnhart (Sr., 5'6, MH), Jena Strohsack (Sr., 5'0, DS)

#### FIRELANDS

**Coach:** Marc Pogachar, eighth year  
**Last year:** 13-11 (8-8 PAC), lost, 3-0, to Holy Name in a district semifinal  
**Starters:** Olivia Harris (Sr., 5'7, OH), Tori Graso (Sr., 5'9, MH), Madelyn Lyons (Sr., 5'8, OH/DS), McKenna Turton (Sr., 5'8, S/RS), Bianca Inman (Sr., 5'9, RS), Briana Bowyer (Sr., 5'9, MH), Hannah Reynolds (Sr., 5'2, Libero)  
**Reserves:** Alaina Kempf (Sr., 5'6, S), Madison Palmer (Sr., 5'6, DS), Hope Caruso (Sr., 5'2, DS), Mika Pina (Fr., 5'4, DS/L), Emily Squires (So., 5'7, OH/DS/S), Amaya Mooney (Sr., 5'7, OH/DS)

#### KEYSTONE

**Coach:** Bud Trego, fifth year  
**Last year:** 7-16, lost, 3-0, to Elyria Catholic in a sectional semifinal  
**Starters:** Christina Mealwitz (Sr., 5'4, S), Krisandra Mezera (Sr., 6'0, MH), Kala Colon (Sr., 5'6, OH), Mackenzie Carter (Sr., 5'6, OH), Amy Sobel (Sr., 5'3), Taylor Stefan (So., 5'9, MH), Kathy Szali (Sr., 5'2, Libero)  
**Reserves:** Macy Hartley (So., 5'3, DS), Taylor Sackett (Fr., 5'7, OH), Ashley Elliot (So., 5'9, OH), Camryn Smith (Sr., 5'8, RS/MH), Gabbie Price (So., 5'7, S), Jeanne Miller (So., 5'4, DS)

### STRIPES DIVISION

#### CLEARVIEW

**Coach:** Brian Ward, first year  
**Last year:** 13-10 (10-6 PAC), lost, 3-0, to Padua Franciscan in a sectional final  
**Starters:** Aryanna Alicea (Sr., MH), Erin Dunfee (Sr., OH), Salathia Samples (Sr., RS), Samantha Jancsura (So., S), Skyler Ferguson (So., DS), Brianna Oriolo (Fr., MH), Ebony Allgood (Sr., Libero)  
**Reserves:** Megan Szabo (Sr., S), Suanette Gerbolini (Sr., DS), Vanecia Billings (So., OH), Selena Lara (Sr., DS), Jenna Szabo (So., OH)

### LUTHERAN WEST

**Coach:** Stephanie Rivera  
**Last year:** 21-4 (16-0 PAC), lost, 3-2, to Independence in a district semifinal  
**Starters:** Margaux Thompson (Sr., 6'0, OH), Jessica Gavlak (Sr., 6'0, MH), Grace LaPointe (Sr., 5'6, DS), Lindsay Snable (Sr., 5'5, DS), Carleen Ellerbruch (Sr., 6'0, MH), Grace Capretta (Fr., 5'8, S), Kara Thomas (Sr., 5'4, Libero), Sydney LaPointe (So., 5'7, OH), Aubrie Montie (Sr., 5'8, RS)  
**Reserves:** Nicole Dinardo (Sr., 5'4, DS), Emma Thomas (Sr., 5'3, DS), Rachel Graham (Sr., 5'6, S), Sarah Gasiewski (Sr., 5'7, RS), Emma Uveges (Sr., 5'5, DS)

### OBERLIN

**Coach:** Sharhonda Rankin, first year  
**Last year:** lost, 3-2, to Wickliffe in a sectional semifinal  
**Starters:** Kalliana Barbee (Fr., 5'8, MH), Azure Chamberlin (Sr., S/RS), Karissa Rankin (So., 5'10, S/OH), Lauren Sands (Fr., 5'9, MH), Abigail Tackett (Sr., 5'7, DS), Nya Grady-Norman (So., 5'5, Libero)  
**Reserves:** Aila Beckman (So., 5'8, RS), Mar'Reiyonna Frost (So., 5'8, RS), Courtney Robinson (So., 5'5, DS), Bailey Wallace (Fr., 5'7, RS)

### SOUTHWESTERN CONFERENCE

#### AMHERST

**Coach:** Laurie Cogan, 26th year  
**Last year:** 16-7, lost, 3-0, to St. Joseph in a sectional final  
**Starters:** Sarah Wiegand (Sr., 5'9, OH), Tory Small (Fr., 6'0, MH), London Voss (Sr., 5'8, S), Erika Eischen (Sr., 5'1, DS), Shannon Minney (Sr., 5'6, DS)  
**Reserves:** Taylor Small (So., 5'10, RS), Payton Jackson (Sr., 5'9, OH), Alana Carrion (Sr., 5'11, MH), Sarah Farley (Sr., 5'9, RS), Gracen Siegenthaler (Sr., 5'7, DS), Audrey McAnthe (So., 5'1, DS), Sydney Siegenthaler (Fr., 5'3, DS), Faith Rico (Sr., 6'1, MH)

#### AVON

**Coach:** Julie Radigan, fourth year  
**Last year:** 20-5 (14-4 SWC), lost, 3-0, to St. Joseph in a district final  
**Starters:** Hallie Schroeder (Sr., OH), Mad-dy Jerdonek (So., S), Gillian Romanchok (So., OH/MH), Zoe Gadomski (Sr., DS), Sydney Stone (So., RS/MH), Katie Koziaz (So., MH), Erin Gardner (Sr., Libero)  
**Reserves:** Domenica Marino (Sr., S), Katie Sopko (So., OH), Emma Abfall (Sr., RS), Anna Mahon (Sr., RS/OH), Taylor Dallas (Sr., DS), Molly Lynch (Sr., DS), Gabby Laboy (Sr., DS)

#### AVON LAKE

**Coach:** Dan Berkheimer, 22nd year  
**Last year:** 12-12 (9-9 SWC), lost, 3-0, to St. Joseph in a sectional semifinal  
**Starters:** Emily Schillinger (Sr., 6'0, OH), Clare Cantleberry (Sr., 5'6, OH), Sarah Hessel (Sr., 5'11, MH), Alex York (Sr., 5'5, S), Emma Coughlin (Sr., 5'10, RS), Nora Meyer (Sr., 5'11, MH), Tate Rybarczyk (Sr., 5'6, Libero)  
**Reserves:** Macey Buchanan (Sr., 5'6, DS), Natalie Appleton (So., 5'8, S), Jackie Loper (Fr., 5'9, OH), Julianne Lazor (Sr., 5'7, DS), Katie Guerra (Fr., 5'6, DS)

#### MIDVIEW

**Coach:** Lindsey Groomes, second year  
**Last year:** lost, 3-1, to Magnificat in a sectional final  
**Starters:** Hannah Bell (Sr., 5'10, S), Julia Horwedel (Sr., 5'9, OH), Katelin Hales (Sr., 5'5, DS), Elizabeth Grella (Sr., 5'10, MH), Allison Patterson (Sr., 5'11, RS/MH), Cayla James (Sr., 5'7, Libero)  
**Reserves:** Rachel Spayd (Fr., 6'0, MH/RS), Lindsey Frambach (Fr., 5'11, OH/MH), Emily Lockhart (So., 5'6, OH/DS), Gabby Zerbin (Sr., 5'10, RS), Calista Cooksey (Sr., 5'8, OH/DS)

#### NORTH OLMSTED

**Coach:** Mary Kate Evans, first year  
**Last year:** 7-17 (4-14 SWC), lost, 3-0, to Olmsted Falls in a sectional final  
**Starters:** Kaitlynn Hogan (Sr., 5'8, S), Elise Jarachovic (Sr., 5'10, MH), Zoe Kam-neno (Sr., 5'8, OH), Taneya McCord (Sr., 5'6, DS), Abby Nola (Sr., 5'7, RS), Jessica Yelsik (So., 5'7, OH), Sarah Murray (Sr., 5'2, Libero)  
**Reserves:** Alivia Dzuro (Sr., 5'6, DS), Julia DiMarco (Sr., 5'6, DS), Lindsay Hufford (Sr., 5'3, DS), Zinta Frigic (So., 5'10, MH)

#### NORTH RIDGEVILLE

**Coach:** Jenny Oblock, third year  
**Last year:** 5-17, lost, 3-2, to North Olmsted in a sectional semifinal  
**Starters:** Maia Wasuk (Sr., 5'10, OH), Jami Turay (Sr., 5'11, OH), Kara Sullinger (Sr., 5'8, S), Adrienne Blair (Sr., 5'6, DS), Sam Horst (Sr., 5'10, MH), Addysen Kerr (Sr., 5'10, MH), Ally Hosler (Sr., 5'6, Libero)  
**Reserves:** Katie Barno (Sr., 5'9, RS), Courtney Speigal (Sr., 5'8, MH), Heather Crow (So., 5'9, RS)

#### OLMSTED FALLS

**Coach:** Brigid Radigan, second year  
**Last year:** 22-2 (18-0 SWC), lost, 3-0, to St. Joseph in a district semifinal  
**Starters:** Kacie Burton (Sr., 6'0, S), Julia Jones (Sr., 5'8, RS), Kaye Dregalla (So., 5'9, OH), Grace Hincley (Sr., 5'9, MH), Jeanie Edgington (So., 6'1, MH), Liana Pettit (So., 5'9, OH), Leah LaPinta (Sr., 5'5, Libero)  
**Reserves:** Halle Slater (Fr., 5'9, MH), Taylor Letterle (Sr., 5'4, DS), Meghan Sheneman (Sr., 5'2, DS)

#### WESTLAKE

**Coach:** Meghan Mental, fifth year  
**Last year:** 2-21, lost, 3-0, to Amherst in a sectional semifinal  
**Starters:** Malore Hurd (So., S), Libby Paul (Sr., OH/S), Audrey Lyle (Sr., MH), Lexi Whitesell (So., RS), Leah Schmidt (So., OH), Sylvie Yapp (So., MH), Jackie Moracz (So., Libero)  
**Reserves:** Paige Ramach (Sr., OH/DS), Emily Malloy (Sr., DS)

### INDEPENDENTS

#### OPEN DOOR

**Coach:** Jessy Bendik, first year  
**Last year:** Lost, 3-2, to Richmond Heights in a sectional final  
**Starters:** Juliana Mindling (Sr., 5'9, OH), Ari Lee (Sr., 5'10, MH), Hannah Giesbrecht (Sr., 5'7, S), Sarah Lowe (Sr., 5'6, DS/S), Emerson Dobbins (So., 5'10, OH/RS), Zelle Kessler (Fr., 5'8, OH)  
**Reserves:** Jillian Terrell (So., 5'3, Libero), Cialay Stinsman (So., 6'1, MH), Lynsey Scheneman (Sr., 5'7, DS/RS), Abby Humphreys (So., 5'8, OH), Haley Gsellmeier (Fr., 5'9, MH), Emily For (Fr., 5'4, S), Maria Guzman (So., 5'6, DS/LS/Libero)

## HIGH SCHOOL VOLLEYBALL

# Building upon growth

Avon Lake hopes to challenge for an SWC title following a stellar 2015 season

By Scott Sommers

Sports@MorningJournal.com  
 @MJournalSports on Twitter

Though Avon Lake finished last season at .500, the Shoregals knew heading into 2015 that it was going to be a year of growth and gaining experience.

With the season looming on the horizon, Avon Lake is confident the year of growth and experience is going to benefit them in their chase for a conference championship in 2016.

Last year, along with quite a successful summer, has given Coach Dan Berkheimer a reason to be optimistic.

“(They have grown) more than I had hoped for,” Berkheimer said. “It’s (the growth) really all over the place. Right now our back court defense is fun to watch. I think it’s an experience thing because all of those girls are back from last year.

“Alex York is setting like a senior should. You can just tell their level is way higher than we were last year at this time.”

The backcourt experience Berkheimer referenced comes in the form of Avon Lake’s top three diggers coming back. Junior libero Tate Rybarczyk (5-foot-6) recorded over 300 digs last season, while senior Claire Cantleberry (OH, 5-6) had over 200 digs.

The surprise of the group was junior Emily Schillinger (OH, 6-0), who had over 150.

Schillinger, who added nearly 300 kills to her digs last season, started playing all-around about halfway through the season.

Learning to hit on the outside along with playing in the back row, Schillinger continued to work hard throughout the off-season and is poised for a break-out season.

“I really think that I have progressed,” Schillinger said. “My transition from middle hitting to outside hitting ... is really difficult for me because it is a different arm swing. My back row play is something which I am really picking up.

“I am really excited for this season. I think we have a strong team and we have a couple of younger girls which have come up and are playing well.”

With Schillinger play-

ing all-around, there is still some size at the net when she goes to the back row.

Senior Sarah Hessel (5-foot-11) is back to man the middle, while senior Emma Coughlin (5-9) will work on the right side.

Junior Nora Meyer (5-11) will also work in the middle.

Though they aren’t the tallest group, the Shoregals’ defense at the net will be key to help the back row against opposing team’s attacks.

Freshmen Katie Guerra and Jackie Loper are two of the younger player Schillinger spoke about. Juniors Macey Buchanan, Julianne Lazor and sophomore Natalie Appleton add depth.

But if there is one thing which Avon Lake has improved on the most, it is the constant communication and team chemistry that has developed over the past year.

During the summer, Avon Lake experienced quite a bit of success.

They lost to Huron, a former regular season foe for the Shoregals, but that is not a negative. Rather, it helped Avon Lake determine where they stand against a great team as the regular season begins.

The success of the summer season against some very good competition gives the Shoregals a reason to believe they can compete for the Southwestern Conference championship.

“We are scrappier than we have been over the past couple of seasons,” York said. “All of us individually are taking more of an initiative. Last year we looked to each other ... but now we realize that it’s anyone’s ball.

“We are clicking well as a team ... with the mindset of saving any ball you can instead of leaving it up to someone else to get it.”

Avon Lake will start off conference play with a tough road game against Avon Aug. 23.

The Shoregals did split with Avon last year in the regular season, so they know the task will be difficult.

But they also have a newfound belief in themselves.

“Throughout this summer we realized that we have a lot more potential than we thought we did,” York said. “Now we feel we actually can get a conference championship.”



RANDY MEYERS — THE MORNING JOURNAL

Avon Lake’s Emily Schillinger (7), pictured against Midview last year, was a surprise success for the Shoregals. Schillinger hopes to improve even more in her junior season.



RANDY MEYERS — THE MORNING JOURNAL

Avon Lake junior Tate Rybarczyk, pictured going for a block against Midview last year, is one of the big reasons coach Dan Berkheimer believes the Shoregals can compete for a Southwestern Conference title this year.

## Girls tennis team capsules

### GREAT LAKES CONFERENCE

#### BAY

**Coach:** Zachary King, 2nd year  
**Last year:** 7-11 (4-1 GLC)  
**Starters:** Helen Priemer (Sr., 1st singles), Campbell Priemer (Sr., 2nd singles), Kaitlyn Sheil (Sr., 3rd singles), Cella Reid (Sr., 1st doubles), Sarah Brumagin (Sr., 1st doubles), Laura Curry (Sr., 2nd doubles), Ryan Coury (Sr., 2nd doubles)  
**Reserves:** Danielle Cooke (Sr.), Susan Gallagher (Sr.), Megan Sjoquist (Sr.)

#### ELYRIA CATHOLIC

**Coach:** Denise Cortis, 5th year  
**Last year:** 11-7 (3-3 GLC)  
**Returning letterwinners:** Macie Boehm (Sr.), Emily Carroccio (Sr.), Victoria Collins (So.), Paige Flatley (Sr.), Catherine Heitz (Sr.), Amaya Waltos (Sr.), Abbey Yenco (So.)  
**Remainder of roster:** Maddie Blair (Sr.), Hyo Jae Seo (Fr.), Rachel Smith (Fr.), Catherine Wetzel (Sr.)

### GREATER CLEVELAND CONFERENCE

#### ELYRIA

**Coach:** Matt Brinda, 3rd year

**Last year:** 4-13 (1-6 GCC)

**Returning letterwinners:** Sam Spencer (So.), Klair Barr (Sr.), Malsy Brees (Sr.), Julia Engle (Sr.), Alisha James (Sr.)  
**Remainder of roster:** Jessalynn Milton (Sr.), Serena Horn (Sr.), Elizabeth Schofield (So.), Alyssa Swain (So.), Remi Reichlin (Fr.), Gabriella Peloquin (Sr.), Madi Vladic (Sr.), Angel Arnold (So.), Randi Schmidt (Sr.), Elizabeth Perez (Sr.), Ta’ja Sterling (Sr.)

### PATRIOT ATHLETIC CONFERENCE

#### STRIPES DIVISION

#### FAIRVIEW

**Coach:** Eric Korey, 17th year  
**Last year:** 4-10  
**Starters:** Dunya Iwais (Sr., 1st singles), Larun Leslie (Fr., 2nd singles), Gina Houle (So., 3rd singles), Summer Ohman (Sr., 1st doubles), Kira Weaver (So., 1st doubles), Gabby Rodriguez (Sr., 2nd doubles), Lilia Andrade (Sr., 2nd doubles)  
**Reserves:** Kristy Ng (Sr.), Joanne Giang (Sr.), Tori Wilson (So.)

### SANDUSKY BAY CONFERENCE

#### VERMILION

**Coach:** John M. Carmack, 1st year  
**Starters:** Destiny Grim (Sr., 1st singles), Haleigh Shreves (Sr., 2nd singles), Katelyn Shockley (Sr., 3rd singles), Kiana Fridrich (Sr., 1st doubles), Skyler Myers (Sr., 1st doubles), Kelsey Osborne (Sr., 2nd doubles), Karsyn Brewer (Fr., 2nd doubles)  
**Reserves:** Bodhi Messick (So.)

### SOUTHWESTERN CONFERENCE

#### AVON

**Coach:** Sean Hicks, 2nd year  
**Last year:** 14-3 (9-0 SWC, co-champs)  
**Roster:** Julie Lorincz (Sr., singles), Lauren Vajentic (Sr., singles), Piper Robbins (Sr., singles), Caitlin Bungo (Sr., singles), Mackenzie Knies (Sr., doubles), Rachel Lando (Sr., doubles), Gabby Wegener (Sr., doubles), Hope Zehr (Sr., doubles)

#### AVON LAKE

**Coach:** Jessica Browne, 1st year  
**Starters:** Hope Wilhelm (Sr., 1st singles), Brianna Tomko (Sr., 3rd singles), Amanda Hoffman (Sr., 3rd singles), Sarah Thieken (Sr., 1st doubles), Bianca Henline (Fr., 1st doubles), Ashley Matt (Sr., 2nd doubles), Jade Josie (Fr., 2nd doubles)  
**Reserves:** Hannah Sindelar (Sr.), Maddy Hamp (Sr.), Claire Maurer (Sr.)

#### MIDVIEW

**Coach:** Don Kaminski, 1st year  
**Last year:** 2-7 SWC  
**Starters:** Stefanie Gipson (Sr., 1st singles), Tessa Pickering (So., 2nd singles), Kiernyn Yates (Fr., 3rd singles), Alli Jones (Sr., 1st doubles), Holly Stutz (So., 1st doubles), Amanda Haupt (Sr., 2nd doubles), Morgan Moraco (Fr., 2nd doubles)

#### NORTH OLMSTED

**Coach:** Eric Hodge, 17th year  
**Last year:** 6-3 SWC  
**Starters:** Ottilia Otio (Fr., 1st singles), Madelyn Hank (Sr., 2nd singles), Theresa Jammal (Sr., 1st doubles), London Hughes (Sr., 1st doubles), Kolbi Holston (Sr., 2nd doubles), Nandini Patel (Sr., 2nd doubles)

#### WESTLAKE

**Coach:** Tom Huntley, 3rd year  
**Last year:** 14-4 (8-1 SWC)  
**Starters:** Emma Peeler (So., 5'0, 1st singles), Demi Jhaveri (So., 1st singles), Ashley Michelich (So., 5'0, singles/doubles), Amber Dinchman (So., 5'0, singles/doubles), Deena Ali (Sr., singles/doubles), Sneha Ramachandran (Sr., 5'0, doubles), Anna Craven (Sr., 5'0, doubles)  
**Reserves:** Nichole Korczak (Sr., doubles), Henyah Dardir (So., singles/doubles)

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## Girls golf team capsules

### GREAT LAKES CONFERENCE

**BAY**  
**Coach:** Joe Cheney, 11th year  
**Last year:** 9-8 (4-4 LEGGA)  
**Roster:** Lydia Strickler (Sr.), Reilly Gorbey (Sr.), Claire Jennings (Sr.), Hannah McCoy (Sr.), Ali Blankfeld (Sr.), Maggie Williams (Sr.), Hannah Harper (Sr.), Clare Laffin (So.), Larissa Strouse (So.), Eliza Aleksandrovic (Fr.), Jaime Wolschledger (Fr.), Katarina Chesterfield (Fr.)

### ELYRIA CATHOLIC

**Coach:** Dan Hopkins, 3rd year  
**Last year:** 3-9  
**Roster:** Nora Hopkins (Sr., 52 avg.), Lauren Konold (Sr., 56), Paige Sexstell (So., 51), Abby Shaw (Fr.), Madelyn Wechter (Fr.)

### ROCKY RIVER

**Coach:** Rick Haag  
**Roster:** Olivia Sullivan (Sr.), Jesse Zucker (Sr.), Makayla Sheehan (Sr.), Bella LoParo (So.), Iris Shin (So.), Anne Beirne (Sr.), Hanna Chapman (Sr.), Kelley Verhiley (Sr.), Gilliana Laudato (So.), Abbie Stoner (So.), Hannah Mitchell (Fr.), Chloe Riley (Fr.)

### PATRIOT ATHLETIC CONFERENCE

#### STRIPES DIVISION

#### LUTHERAN WEST

**Coach:** Dale Lehrke, 2nd year  
**Last year:** 7-0 (4-0 LEGGA), 2nd place at State  
**Roster:** Emma Pool e(Fr.), Kara VanHimbergen (So.)

### SANDUSKY BAY CONFERENCE

#### VERMILION

**Coach:** Janelle Molenaar, 5th year  
**Roster:** Lindsey Shaffer (Sr.), Cecelia Dillon (Sr.), Lucy Safer (Sr.), Gabby Martin (Sr.), Kennedy Naill (Sr.), Maria Keller (Sr.), Kennedy Hughes (So.)

### SOUTHWESTERN CONFERENCE

#### AMHERST

**Coach:** Dave Zvara, 10th year  
**Last year:** 8-10 (5-9 SWC)  
**Roster:** Elena Zaborniak (Sr., 49 avg.), Marissa Gilliam (Sr., 52), Audrey Fayer (Sr., 52), Melissa Wright (So., 54), Jaclyn Overdorff (So., 55), Lauren Wisniewski (So., 55), Hannah Stierhoff (Sr., 56), Roselyn Friend (Fr.), Emily Eischen (Sr.), Juliana Gillette (Fr.)

#### AVON

**Coach:** Frank DeSmit, 9th year  
**Last year:** 17-1 (13-1 SWC), team State qualifier  
**Roster:** Annika Neumann (Sr., 41.6 avg., So.), Danielle Austinson (Sr., 46.3, So.), Alyssa Matrona (Sr., 49), Julia Porchetta (So.), Madison McSweeney (So.), Samantha Spinale (Fr.), Darby Slunski (Fr.)

#### AVON LAKE

**Coach:** Krystine Frisch, 2nd year  
**Last year:** 2nd in SWC  
**Roster:** Abby Hawkinson (Sr., DQ), Emma Davies (So., DQ), Marina Wilson (Sr., DQ), Paighton Masterson (So., DQ), Elizabeth Thieken (So.), Hannah Oehlstrom (Sr.), Liz Thieken (So.), Katy Hawkinson (So.), Maggie Owen (So.), Taylor Hubert (So.), Raelay Maxwell (So.), Rachael Schwartz (Sr.), Ella Capone (So.), Alexis Loebick (Sr.)

#### NORTH OLMSTED

**Coach:** Tony Naples, 16th year  
**Last year:** 9-9  
**Roster:** Rachael Sladky (Sr., 43 avg.), Kaitlyn Kwait (Sr., 52), Grace English (Sr., 52), Emily Ellis (Fr., 60), Maggie Ensign (Fr., 60), Alyssa Kell (Fr., 60), Layla Ruben (Fr., 60), Lauren Willis (Fr., 60)

#### OLMSTED FALLS

**Coach:** Emily Nagle, 1st year  
**Last year:** 8-8  
**Roster:** Gabby Zemaitis (Sr., 50 avg.), Abbey Boenig-Dombek (Sr., 47), Julia Montgomery (Sr.), Maddison Zaccardelli (Sr.), Nikki Egel (Sr.), Lindsey Rowe (Sr., 51), Alyssa Veverka (So., 54), Braelyn Gerchak (So.), Rena Basso (So.), Samantha Torres (Fr., 43), Kayla Kippes (Fr., 51)

#### WESTLAKE

**Coach:** Traci Edmunds, 10th year  
**Last year:** 12-4 (10-4 SWC)  
**Roster:** Emily Fankhauser (So., 43 avg.), Bethany Hartmann (Sr., 45), Suzanne Button (Sr., 48), Charlotte Button (So., 50), Sophia Peck (So., 52), Lauren Akers (So., 55), Alex Prexta (Fr., 45), Kathleen Droba (Sr., 50)

## Boys golf team capsules

### GREAT LAKES CONFERENCE

#### ELYRIA CATHOLIC

**Coach:** Rick Montgomery, 6th year  
**Last year:** 17-3 (4-2 GLC)  
**Roster:** Brandon Netzel (Sr., 37.2 avg., DQ), Kyle Horvatich (Sr., 41.8, DQ), Andy Brown (Sr.), Gregory Gorczyca (Sr., 46.2), Jamie Wells (Sr.), Anthony Campagna (So., 45.9, DQ), Kyle Mahaffey (Fr.), Josh Wells (So.)

#### ROCKY RIVER

**Coach:** David Hendrickson, 1st year  
**Last year:** 4-0 GLC  
**Roster:** Roni Shin (Sr., 36, avg. DQ), Ben Brij (Sr., 37, DQ), Ryan Dunning (Sr., 39, DQ), Matt Willse (Sr., 40), Jack Brant (Sr., 42), Austin Weaver (Sr., 42), Mac Milenius (Fr., 42), Austin Godfrey (Sr., 44), Adam Hackett (So., 44), Nolan Weaver (So., 44), Tommy Coughlin (Sr., 45), Ethan Mylett (Fr., 45), Ryan Kosmerl (So., 46), Logan Fortune (Fr., 49)

### GREATER CLEVELAND CONFERENCE

#### ELYRIA

**Coach:** Jim Kistler, 16th year  
**Last year:** 4-10  
**Roster:** Antonio Blanton (Sr.), Michael Pandey (Sr.), Sean Capri (Sr.), Trevor Workman (Sr.), Nick Benko (Sr.), Colin Weekley (So.), Danielle Marsh (Sr.), Chris Canonizado (So.), Luke Coward (Fr.), Julius Gonzalez (Fr.), Eric Sito (Fr.), Francesco Trentadue (Fr.)

### LAKE ERIE LEAGUE

#### LORAIN

**Coach:** Dino Pappas, 6th year  
**Last year:** 7-3  
**Roster:** Kala Carrion (Sr.), Dominic Nichols (Sr.), Kobe Goodwin-Pyers (Sr.), Kaitlyn Tillman (Sr.), Vincente Alicea

## HIGH SCHOOL GIRLS GOLF



ERIC BONZAR — THE MORNING JOURNAL

Avon wants to build off a successful 2015 campaign, during which the Eagles qualified for the state tournament as a team for the first time in program history.

# Locked in and (re)loaded

Avon looking to make a splash even though it returns only two players from last year's state team

**By Marissa McNeese**  
*mcmneese@morningjournal.com*  
*@MarissaNm on Twitter*

The Avon girls golf program is entering its ninth year of existence.

In those nine years, the team has gone from a dream and vision of Coach Frank DeSmit to conference champions and state tournament qualifiers.

But after finishing 2015 on such a high note — qualifying for the state finals as a team for the first time in program history — the Eagles enter this season chock-full of uncertainty after graduation has left the team with just two returning golfers.

"It's the first year I've had a lot of uncertainty with the line up," DeSmit said. "In the past I've always had at least four or five girls returning that had a lot of varsity experience."

"This year we obviously have two girls coming back but a lot of uncertainty after that."

Avon doesn't return just any two golfers, though. The Eagles will have seniors Annika Neumann and Danielle Austinson leading the way — two individual state qualifiers and All-Southwestern Conference selections.

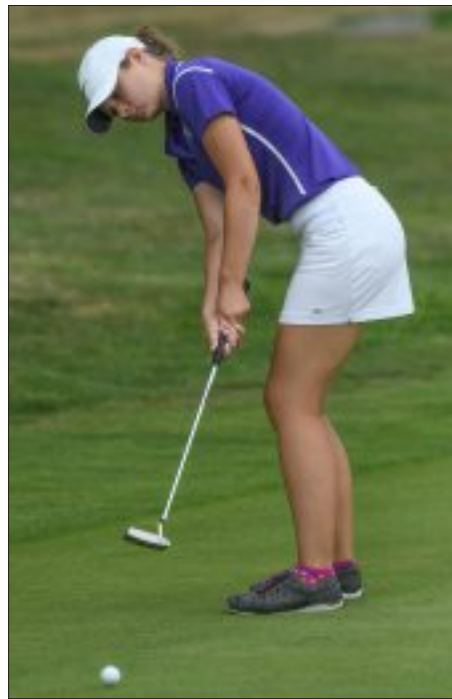
"We're going into the season with a lot of new girls," Austinson said. "I think we're just trying to be a team and have everyone be on the same page this year."

"I mean, last year we were really successful as a team



ERIC BONZAR — THE MORNING JOURNAL

Avon sophomore Julia Porchetta tees off on the 10th hole of the Links Golf Course during the North Olmsted Invitational on Aug. 5.



ERIC BONZAR — THE MORNING JOURNAL

Avon senior Annika Neumann putts on the 18th green during the North Olmsted Invitational on Aug. 5. The Eagles will rely heavily on Neumann for leadership.

and I think that's because we all knew we had each others' backs, so I think if we have each others' backs and help each other out we'll do good this year."

Neumann agreed, saying she and Austinson are ready to help their new teammates adjust and hopes they're willing to work hard over the course of the season.

"We lost three of our top-five, so that's always a struggle," Neumann said. "I just came in hoping the girls had done something over

the summer, hoping they were willing to get better and they are, so that's good."

The team got a taste of what the season might look like at the North Olmsted Invitational at The Links on Aug. 6. Avon finished fourth overall (169), but Neumann had the day's best score (34) and Austinson (37) finished among the top-six golfers.

It was a decent showing for a team unsure if it can repeat last season's success, but not good enough to ease much of that uncertainty still

plaguing the Eagles.

"They're our two captains, Annika and Danielle, and I've definitely asked them to be very patient this year with the idea that they're going to have to be very supportive of their teammates," DeSmit said.

"Obviously Annika and Danielle are very accomplished golfers and the other four girls are going to be pretty new to it, so it's going to take a lot of patience on their part and it's going to take a lot of patience on

my part."

One of the things that set last year's team apart was the bond the girls shared.

This year it seems it's going to take a little longer to get back to that point, though, with so many girls new to the team and to the game.

"Golf is kind of a funny game because you play as an individual even though it's scored as a team. It's very easy to just get wrapped up in what you're doing and not really worry about your teammates," DeSmit said.

"That was one of the things that made our team so special last year was that they were very cohesive and had a very good bond. It's going to be tough. It's going to take a little while to get to that point. It's always tough when you have such a disparity between the levels of the girls' abilities."

After making it to the district tournament the past seven years, there is no sure thing this season, and Neumann and Austinson have accepted that the team might not make it as far. One thing is certain, though — the two captains are going to do their part to get as close to the state tournament as they can.

"I'm not sure how far we're going to make it this year, but if everyone's improving throughout the season I think we can do pretty well," Austinson said. "I think just being able to play our best, everyone on the team, that's really our biggest goal."

(Sr.), Austin Perez (Sr.)

### PATRIOT ATHLETIC CONFERENCE

#### STARS DIVISION

#### FIRESLANDS

**Coach:** Chris Pelphrey, 5th year  
**Roster:** Austin Urban (So.), Evan Lacey (So.), Colin Ransom (Sr.), Carter Grude (So.), Jacob Newman (So.), Riley Bayus (So.)

#### KEYSTONE

**Coach:** Greg Morgan, 24th year  
**Last year:** 4-10  
**Roster:** Treut Porter (Sr., 46 avg.), Matt Bloch (Sr., 48), Colin Brodnik (So., 51), Matt Adams (Sr., 52), Joseph Gaughan (Fr.), Job Butcher (Fr.), Bryan Sayers (Fr.), Kyler Yusko (Fr.), Mason Strader (So., 55)

#### STRIPES DIVISION

#### FAIRVIEW

**Roster:** Joe Schneid, 1st year  
**Last year:** 8-1  
**Roster:** Kyle Ancog (Sr., 45 avg.), Bryce

**Coach:** Joe Battaglia, 1st year  
**Roster:** Chris Corrigan (Sr., 45 avg.), Scott Stover (Sr., 49), Blake Adkins (Sr., 52), Jon Paracsi (Sr., 48), Peter Butterfield (Sr., 52), Kate Murphy (Fr., 52), Bryce Attwell (So.), Alex DiGennaro (So.), Ryan Eckert (Fr.), Andrew Repasy (So.), Josh Karliak (Fr.), Jack Schuller (Fr.), Jenna Sargent (Fr.)

#### LUTHERAN WEST

**Coach:** Dale Lehrke, 2nd year  
**Last year:** 8-2 (6-0 PAC)  
**Roster:** Alex Robinson (Sr.), Sam Spacke (So.), Hunter West (So.), Jon Smolik (So.), Jake Albrecht (So.), Triston Shawd Sopko (So.), Ryan Klusak (So.), Jon Duran (So.), Adam Guthell (Fr.), Cameron Wandrie (Fr.), Tyler Robinson (Fr.)

### SANDUSKY BAY CONFERENCE

#### VERMILION

**Coach:** Joe Schneid, 1st year  
**Last year:** 8-1  
**Roster:** Kyle Ancog (Sr., 45 avg.), Bryce

Fisher (Sr., 46), Joby Pfeil (Sr., 40), Austin Krausher (Sr., 50), Reese Miller (So., 40), Mason Montgomery (So., 44), Noah Cacciatore (So., 49), Sam Herron (So., 53), Brock Fisher (Fr., 61)

### SOUTHWESTERN CONFERENCE

#### AMHERST

**Coach:** Aaron Millet, 8th year  
**Last year:** 6-3 SWC  
**Roster:** Adam Cook (Sr.), Cameron Stampo (Sr.), Jackson Hazlett (Sr.), Brian D'Andrea (Sr.), Ryan Glowacki (Sr.)

#### AVON

**Coach:** Jeff Stevens  
**Last year:** 6th place in SWC  
**Roster:** Ben Yurkovich (Sr.), Mitch Botson (Sr.), Jarret Greene (Sr.), Joe Monroe (Sr.), Matt Seyler (Sr.), Leo Goetz (Sr.), Ben Golik (So.)

#### AVON LAKE

**Coach:** Dan Wilson, 2nd year  
**Last year:** 8-2 (7-2 SWC)

**Roster:** Brandon Bodis (Sr., 37 avg., DQ), Luke Martinsen (Sr., 38, DQ), Michael Petrus (Sr., 37), Jacob Schrift (Sr., 40), Rocco Campo (Sr., 40), Tyler Madden (Fr., 41)

#### MIDVIEW

**Coach:** Randy Camp, 16th year  
**Last year:** 7-6 (4-5 SWC)  
**Roster:** Jacob Thompson (Sr., 43.7 avg.), Brett Ward (Sr.), Jordan Cavanaugh (Sr.), Logan Denger (Sr., 44.6), Jeff Mullins (Sr.), Kevin Laux (Sr.), Brennan Novak (Sr.), Cody Gochnaur (Sr.), Andrew Lewis (So., 50), Ryan Staron (So.), Cullen Large (Fr.), Vince Flemming (Fr.)

#### NORTH OLMSTED

**Coach:** Tim Murphy, 10th year  
**Last year:** 7-3 SWC, 2nd place  
**Roster:** Alex Roth (Sr., 39.7 avg.), Cameron Kinter (Sr.), Matt Olah (So.), Colin Masterson (So.), Riley Vertosnik (So.), Jake Hirz (So.), Alex Reagan (So.), Kyle Levy (So.), Travis Vitaz (So.), Eitan Kramer (Fr.), Dane May (Fr.), Sean Whelan (Fr.), Arris Strnad (Fr.)

#### NORTH RIDGEVILLE

**Coach:** Mike Belpulsi, 11th year  
**Last year:** 5-7

**Roster:** Mikey Williams (Sr., 44 avg.), Wade Quintana (Sr., 45), Josh Bowden (Sr., 45), Scott Millgard (Sr., 41), Steven Bradley (Sr.), Isiah Connick (Sr.), Andrew Bogner (So.), Jackson Dienes (So.), Ethan Hermensky (So.), Joe Conroy (So.), Alec Matej (So.)

#### WESTLAKE

**Coach:** Brendan, 5th year  
**Last year:** 9-0, team district qualifier  
**Roster:** Wesley Neal (Sr.), Jules Blakely (Sr.), Nick Wilson (Sr.), Scott Boyce (Sr.), Jeremy Blaga (Sr.), Ellis Langermeier (Sr.)

### INDEPENDENTS

#### OPEN DOOR

**Coach:** James Robin Breidinger, 1st year  
**Last year:** 0-8  
**Roster:** Charley Lovett (Sr., 46 avg.), Alex Lloyd (So., 47), Raymond Waters (So., 53), Jake Weber (So., 55), Zck Strouse (Sr.)

# Break Through

"I think, 'I can't deal with my problems, that makes me a weak man.' But I stepped outside of myself to look at my problems, and got help. Now, I'm fine. I love my life. It can make you stronger by getting help."

— Salvador, a Lorain County resident

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## HIGH SCHOOL CROSS COUNTRY

# Running up the ladder

## The Avon Eagles have lofty goals in 2016, including an SWC repeat

By **Fuad Shalhout**  
FShalhout@MorningJournal.com  
@shalhout on Twitter

The Avon boys and girls had a lot of success last season, most notably sweeping the Southwestern Conference championships.

But that isn't enough for this year's Eagles.

Fifth-year coach Matt Nortz allowed his team to come up with its own goals for 2016 — and they didn't shy away from a lofty challenge.

The Eagles want a state meet appearance.

"It's their team, I've never really told them what I want them to accomplish," Nortz said. "I kind of let it happen. I keep hearing that they want to win conference and put themselves in a position to make it down to the state meet. I'm going to reinforce that with them and back them up."

For the boys, Nortz loves the leadership provided by the seniors and thinks that will carry them throughout the year.

"Our strength definitely is in our leadership among

our seniors," he said. "Many of these guys, like Jack Kamper, Eric Pusterhofer and David Gibson have been together since the seventh grade for 10 seasons of track and field. With so many seniors graduating last year, there is an understanding that this is their year to take ownership themselves and accomplish more than ever. They are heading exactly in the right direction."

Senior Zach Zwierecki, who ran for the first time last year, has a personal record of 16:52 and was on the eighth place regional team a year ago. But Nortz believes Zwierecki can up his game even further and make into the top 30 at the regional meet.

"He's a competitor," Nortz said. "A well-rounded athlete and is a star hockey player for Avon. A real strong runner and in track he runs the 800, so he has that turnover that he knows he can outkick most people at the end. He's honest with himself. He has the work and drive to be successful. And in the weight-room, he's probably the hard-

est and most focused person there. And he knows strength is part of the regime."

Nortz added that his team is more focused and paying more attention to detail than they have in years past.

"I think what the kids are understanding now how important it is pull the team along with them," Nortz said. "They are a lot stronger that way."

Another senior to look out for is Clay Heilman, who will enter his first season running, and is someone that can open up some eyes this year.

"He's just a good athlete," Nortz said. "A hard worker, real coachable and I think he's going to have an impact on our team like how Zach did his first year."

Don't sleep on Jack Reed, either. The junior placed 45th at the Tiffin regional last year and should be improving this year.

On the girls side, there's going to be a different feeling around the team without state qualifier Erin Laird, but seniors Haley Parker, Hailey Carissimi and Claire Robert-

son are expected to take over the leadership role.

"They have shown an understanding that in order to be successful as a team, all 50 girls need to be in this together," Nortz said. "Not only are we returning very talented runners from last year, we have grown closer as a team. That intangible will make all the difference."

Sophomore Jules Frombach is another runner who is looking to build off a strong track season. Frombach qualified for the regional meet in her first season running track this past spring and has a personal record of 18:44 in cross country, which tops the team.

The girls haven't made it to a state meet since the 1990s, according to Nortz, and although they haven't necessarily discussed that fact, it's a goal they want to achieve.

"We don't really talk about it as a drought," he said. "We just talk about it as it's what we want to do now. When it happens, we'll probably look back and say, 'Wow, it's been that long.'"

## Girls cross country capsules

### GREAT LAKES CONFERENCE

#### BAY

**Coach:** Scott Snyder, 20th season  
**Roster:** Amanda Cusimano (Sr.), Aubrey Crabb (Jr.), Meredith Garrity (So.), Olivia Doid (So.), Audrey Goebel (Jr.), Abby Coe (Jr.), London Phillips (So.)

#### ROCKY RIVER

**Coach:** Laura Brabant, 24th season  
**Roster:** Anna Brandt (Sr.), Katie Brant (Fr.), Maria Chaves-Bernal (So.), Juliet Deane (Jr.), Alex Harris (Fr.), Alexa Holl (Sr.), Jane Janosik (Fr.), Allison Ladd (Jr.), Trang Le (Fr.), Julia McKeown (So.), Nora McKeown (Sr.), Jane Murray (Fr.), Emily St. Pierre (Jr.), Clara Wagh (Sr.), Katherine Wojnowski (So.), Aofie Zuercher (Fr.)

### GREATER CLEVELAND CONFERENCE

#### ELYRIA

**Coach:** Jerry Chizmar, 10th season  
**Roster:** Emma Gardner (Sr.), Sabrina Knowlton (Sr.), Sarah Hamilton (Sr.), Janelle Chizmar (Jr.), Alexis Cozart (Jr.), Heaven Harrington (Jr.), Daundra Daniely (Jr.), Ally Allen (So.), Emily Nemeth (So.), Chloe Brawley (So.), Clara Amerkhanian (So.), Liberty Wirth (So.), Sam Schuh (So.), Dulce Cintron (Fr.), Madison Olszewski (Fr.), Katherine Chizmar (Fr.), Hannah Schramm (Fr.), Julia Hamilton (Fr.), Hannah Andrews (Fr.)

#### LAKE ERIE LEAGUE

#### LORAIN

**Coach:** Kelvin Jackson, 2nd season  
**Roster:** Arianna Horton (Sr.), Dezmini Johnson (Sr.), Hazmeir Prayear (Jr.), Sonia Saldana (So.), Norae Clark (Sr.)

### PATRIOT ATHLETIC CONFERENCE

#### STARS DIVISION

#### BROOKSIDE

**Coach:** Kevin Landis, 4th season  
**Roster:** Mackenzie Glass (So.), Samantha Glass (Jr.), Ashleigh Bublincic (So.), Madissy Valdez (Jr.), Rachel Landis (So.), Autumn Saddler (So.), Emily Bilz (So.), Kayla Clark (Sr.), Lauryn Ruble (So.), Annie Palmer (Jr.), Julia Mohrbach (Sr.), Madelon Jensen (Sr.), Sara Martin (Sr.), Stephanie Danchisen (Jr.), Rosie Lawko (Fr.), Marissa Meyers (Fr.), Lucia Morella (Fr.), Jenna Wolford (Fr.)

#### FIRELANDS

**Coach:** Ryan Ladd, 2nd season  
**Roster:** Mackenzie Allison (So.), Abby Berry (So.), Kerigan Borton (Jr.), Lilly Dempsey (So.), Olivia Peterson (Jr.), Star Vaughn (So.), Joy Vaughn (Jr.), Megan Vaughn (Sr.)

#### KEYSTONE

**Coach:** Tom Habenicht, 4th season  
**Roster:** Bethany Meese (Jr.), Taylor Frye (Jr.), Kelly Bustance (Jr.), Michelle Spanos (So.), Isabell Wulf (Fr.), Angel Minisall (Fr.), Mariah Kinkoph (Fr.), Camryn Minney (Fr.)

#### STRIPES DIVISION

#### LUTHERAN WEST

**Coach:** Anjanette Arabian Whitman  
**Roster:** Gabby Bayness (So.), Tonola Branch (So.), Kristin Grope (Fr.), Ally Herman (Fr.), Angelina Klopp (Fr.), Zania Norman (Fr.), Taylor Warner (Fr.)

#### OVERLIN

**Coach:** David Hathaway, 6th season  
**Roster:** Asta Rustad (Sr.), Sandra Perales (Jr.), Janae Johnson (So.), Rosy Turner (Fr.)

### SOUTHWESTERN CONFERENCE

### AMHERST

**Coach:** Terry Kemp, 28th season  
**Roster:** Leah Johnson (So.), Cara Giannuzzi (Sr.), Kalyn Potyrala (So.), Ashley Hill (Sr.), Mariah Watson (Sr.), Rachel Szczodrowski (Sr.), Kallei Reed (Sr.), Bridgette Wadge (Sr.), Kayla Snowden (So.), Sydney Walker (So.), Sydney Card (Sr.), Antonia Monteleone (So.)

### AVON

**Coach:** Matt Nortz, 5th season  
**Roster:** Haley Parker (Sr.), Jules Frombach (So.), Abby King (Jr.), Claire Robertson (Sr.), Claudia Hermann (Jr.), Alexis Firmert (Jr.), Sydney Firmert (Jr.), Shanna Koehler (So.), Morgan Ferguson (So.), Abby Sidloski (So.), Anastasia Alvelo (So.), Brooke Lynch (So.), Mya Welch (Jr.), Rachel Farney (So.)

### AVON LAKE

**Coach:** Rob Juergens, 3rd season  
**Roster:** Mackenzie Jacob (Sr.), Gabrielle Post (Sr.), Allison Shryock (Sr.), Megan Twyman (Sr.), Kate Balthaser (Jr.), Clare Hientel (Jr.), Faith Lengen (Jr.), Emma Murdock (Jr.), Vinny Palermo (Jr.), Julia Dixon (So.), Bridget Geary (So.), Emma Gill (So.), Ava Juergens (So.), Lucy Ross (So.), Elena Stojanowski (So.), Mackenzie Tyson (So.), Lauren Zeck (So.), Alyssa Allan (Fr.), Amma Bell (Fr.), Maddie Coleman (Fr.), Olivia Crimaldi (Fr.), Ava Kramhoeller (Fr.), Jaryn Lindner (Fr.), Camden Lockner (Fr.), Sumaya Saleem (Fr.), Emma Sherban (Fr.), Alison Steele (Fr.), Elvira Toader (Fr.)

### MIDVIEW

**Coach:** Kimberly Mullins, 5th season  
**Roster:** Xana Adkins (Fr.), Megan Archer (Fr.), Grace Bechtold (Fr.), Jordna Oraig (Fr.), Grace Patchin (Fr.), Jenna Liller (Fr.), Casey Plas (Fr.), Olivia Walker (Fr.), Abby Depinet (So.), Kailyn Joviak (So.), Lauryn Kmitt (So.), Maria Fleming (Jr.)

### NORTH OLMSDED

**Coach:** Marlene Bloomfield, 2nd year

### ROSTER: KAYLA CUMMINGS (Fr.), Abby Boerwinkle (Fr.), Alexis Sarantos (Fr.), Jamie Kennedy (Fr.), Mary Bloomfield (Fr.), Rachel Hannu (Fr.), Alex Balson (So.), Alexis Richardson (So.), Alex Diamantis (So.), Aubrey Mayer (So.), Haley Carl (So.), Jackie Kennedy (So.), Kate Kennedy (So.), Kelly Taiiski (So.), Maansi Patel (So.), Nina Bechevgo (So.), Annie Bloomfield (Jr.), Emily Stalzer (Jr.), Grace Slattery (Jr.), Alison Gouch (Sr.), Bailey Ensign (Sr.), Caroline McMullen (Sr.), Emma Stec (Sr.), Jillian Salis (Sr.), Megan Seighman (Sr.)

### NORTH RIDGEVILLE

**Coach:** Andy Dohanos, 4th season  
**Roster:** Cassie Armstrong (So.), Kayleigh Cook (Jr.), Kendall Cook (Jr.), Chloe Geibel (Fr.), Allison Jallowiec (So.), Jenna Janning (So.), Gwen O'Reilly (Fr.), Isabella Rad- about (Fr.), Katy Reed (So.), Graiceen Riley (Jr.), Madison Runyon (Fr.), Tatiana Serna (Jr.), Sara Turpin (Fr.), Baylee Warner (Fr.), Monica Williams (Fr.), Maddison Wilm (Fr.)

### OLMSDED FALLS

**Coach:** Jeff Kho, 20th season  
**Roster:** Hannah McCullar (So.), Maggie Backus (Sr.), Abby Clark (Sr.), Kellie Garrity (Sr.), Miranda Gibel (Sr.), Kaylee Gomez (Sr.), Sarah Makari (Sr.), Joselyn Rabbit (Sr.), Maddie Sobieski (Sr.)

### WESTLAKE

**Coach:** Travis Haselswerdt, 14th season  
**Roster:** Carla Baaklini (Sr.), Gwynnie Ball (Jr.), Noor Fahoum (Fr.), Abigail Ogonek (Sr.), Jordan Sherwin (Sr.), Emilee Skutt (Sr.), Alexis Sole (Sr.), Ellie Templeton (Jr.), Olivia Irwin (Fr.), Teagan Walsh (Fr.)

### INDEPENDENTS

**Coach:** Denver Daniel, 3rd season  
**Roster:** Rob Glatz, 3rd season

### OPEN DOOR

**Coach:** Denver Daniel, 3rd season  
**Roster:** Caitlin Zickefoose (So.), Mary Kessler (So.), Alexandra Velasquez (So.)

## Boys cross country capsules

### GREAT LAKES CONFERENCE

#### ELYRIA CATHOLIC

**Coach:** Chuck Lynch, 31st season  
**Roster:** Nick Amato (Sr.), Robby Cobb (Sr.), Connery Van Dyke (So.), Josh Horvath (So.), James Smith (Sr.), Evan Spencer (Sr.), Shea Hopkins (Jr.), Nick Ziegelmeyer (So.), Tyler Walker (So.), Nick Wells (Fr.), Sonny Ebert (Fr.), Zach Smith (Fr.), Jackson Zsigray (Fr.)

#### ROCKY RIVER

**Coach:** Steve Stahl, 4th season  
**Roster:** Jacob Auvil (Jr.), Patrick Bennett (Fr.), Patrick Achour (Fr.), Will St. Pierre (Fr.), Bradley Franks (So.), Adam Bakir (Fr.), Siwei Wang (Sr.), Teagan Smith (Jr.), Justin Smith (So.), Jacob Dorenkott (So.), Alex Kellogg (Sr.), Frank Strasek (Jr.), Kenny Bolin (So.), Yazan Routhail (Jr.), Will Thesken (Jr.), Tim McDonough (Sr.), Jack McDonough (So.), Joey Nanni (Jr.), Ben Williams (Sr.), Riley Robnette (Jr.), Jake Stoddard (Sr.), Eddie Zuercher (Jr.), Blake Salisbury (Jr.)

### GREATER CLEVELAND CONFERENCE

#### ELYRIA

**Coach:** Jerry Chizmar, 11th season  
**Roster:** Nick Bartlebaugh (Sr.), Elijah Newman (Sr.), Ian Knowlton (Sr.), Jakaden Turton (Sr.), Geno Woodruff (Sr.), Tyler Schramm (Sr.), Ian Hamilton (Jr.), Brandon Swain (Jr.), Trisitan Polderman (Jr.), Teddy Tracey (Jr.), Dylan Kmiecik (So.), Jaysen Balmuta (So.), Levi James (So.), Brennan Meadows (So.), Evan Collins (So.), Mick Burnett (Fr.), Dylan Nemeth (Fr.), Isaiiah Torres (Fr.), Brayden Nail (Fr.), Tim Lugar (Fr.)

### LAKE ERIE LEAGUE

#### LORAIN

**Coach:** Kelvin Jackson, 2nd year  
**Roster:** Ethan Ballard (So.), Carlos Ruiz (So.), Austin Velasquez (Jr.), Nathan Cashner (Fr.)

### PATRIOT ATHLETIC CONFERENCE

#### STARS DIVISION

#### BROOKSIDE

**Coach:** Kevin Landis, 4th season  
**Roster:** Joel Pospisil (So.), Justin Below (Jr.), Zack Langin (So.), Evan Cole (So.), Chris Ridgway (Sr.), Willie Ward (Sr.), David Ocasio (So.), Christian Adkins (Fr.), Andrew Mohrbach (Fr.), Josh Tanko (Fr.)

#### FIRELANDS

**Coach:** Ryan Ladd, 2nd season  
**Roster:** Zach Baldwin (So.), Zack Born (So.), Matthew Brightbill (Sr.), Ian Crawford (Sr.), Luke Dempsey (Fr.), Sean Miller (Jr.), Nicholas Squires (Sr.), Ian Valerius (Jr.), Jordan Vaughn (Fr.), Charlie Yonts (So.)

#### KEYSTONE

**Coach:** Tom Habenicht, 4th season  
**Roster:** Phil Miranda (Sr.), Gage Kinkoph (Sr.), Garret Coe (Sr.), Luke Peters (Jr.), Owen Lenneth (Jr.), Justin Ocheltree (Jr.), Jake Huffman (Jr.), Sam Gale (So.), John Spatafore (So.), Gavin Stephenson (Fr.), Zach Pojman (Fr.), Alex Williams (Fr.), Alec Wood (Fr.)

#### STRIPES DIVISION

#### LUTHERAN WEST

**Coach:** Anjanette Arabian Whitman  
**Roster:** Aaron Hammer-Huber (Jr.), Thomas Koglan (Fr.), Mike Montie (Fr.), Chase Phillips (Jr.), Robert Spencer (Sr.), Noah Tolonen (Fr.), Chris VanHimbergen (So.), Thomas Wetzel (Sr.)

#### OVERLIN

**Coach:** David Hathaway, 6th season  
**Roster:** Jeremy Burns (Jr.), Cannon Byron-Dixon (Jr.), Gus Miceli-Spiker (Sr.), Thayer Preston (So.), Nik Vayda (So.), Ewan Inglis (Fr.), Jonathan Turner (Fr.), Mattias Fritz (Fr.), Phillip Lefebvre (Jr.)

### SOUTHWESTERN CONFERENCE

#### AMHERST

**Coach:** Rob Glatz, 3rd season  
**Roster:** Ethan Barnes (Fr.), Pierce Barnes (Jr.), Devin Baumgartner (So.), Ben Brogan (So.), Gabe DelVella (Fr.)

Danny Falenci (Fr.), Forest Hampton (Fr.), Josh Hill (So.), Scott Kelly (Sr.), Matthew Kirsch (Fr.), Tyler Kovach (Jr.), Matt Trame (Sr.), Alex Reyes (Sr.), Jesse Sebring (Fr.), Cameron Shawver (Sr.), Dru Tifielt (Sr.), Andrew Vontell (Jr.), Ben Yuhasz (Sr.), Kyle Zgonc (Fr.)

#### AVON

**Coach:** Matt Nortz, 5th season  
**Roster:** Jack Reed (Jr.), Zach Zwierecki (Sr.), Eric Pusterhofer (Sr.), Luke Gardner (So.), Michael Renette (Jr.), Joe Laforet (Fr.), Alex Wendling (Jr.), Jack Kamper (Sr.), David Gibson (Sr.), Clay Heilman (Sr.), Sean Messery (Sr.), Liam Reiley (Jr.), Matthew Ng (Fr.)

#### AVON LAKE

**Coach:** Rob Juergens, 19th season  
**Roster:** Zach Hass (Sr.), Alex Holtz (Sr.), Stephan Nieschwitz (Sr.), Andy Shee (Sr.), Ellard Stoize (Sr.), Alex Schasfoort (Sr.), Eric Alu (Jr.), Owen Gannon (Jr.), Chris Stepak (Jr.), Ian Stewart (Jr.), Zivon Stojanovski (Jr.), Morgan Strauss (Jr.), Colin Wadsworth (Jr.), Jack Williams (Jr.), Leo Zigmund (Jr.), Luke Brodke (Jr.), Joe Corbo (So.), John d'Acunzo (So.), Nick Foley (So.), Nathan Jagodzinski (So.), Paul Kamitsuka (So.), Collin Kwiat (So.), Jake Meier (So.), Jacob Nasr (So.), Patrick Neipp (So.), Eric Fieldstad (So.), Owen Bornhorst (Fr.), Joey Carson (Fr.), Thomas Cline (Fr.), Evan Danielson (Fr.), Gabe Dipippo (Fr.), Alex Folds (Fr.), George Giganti (Fr.), Andrew Gruber (Fr.), Brandon Holton (Fr.), Ryan Keller (Fr.), Michael Kuban (Fr.), Clay Ledbetter (Fr.), Michael Nan (Fr.), Cole Sparker (Fr.), Billy Starr (Fr.), Tyler Stepak (Fr.), Mark Szabo (Fr.), Mitch Wargo (Fr.), Eddie Wolksi (Fr.)

#### MIDVIEW

**Coach:** Kimberly Mullins, 5th season  
**Roster:** Jacob Depinet (Fr.), Jacob DiFranco (Fr.), Kenzie McCarrick (So.), Hayden Meek (So.), Wyatt Patchin (So.), Brent Shassberger (So.), Bryan Weaver (So.), Jonah Wells (So.), Cliff Kenyon (Fr.)

#### NORTH OLMSDED

**Coach:** Michael D'Alessandro, 13th season  
**Roster:** Ryan Cummings (Sr.), Patrick Fuerst (So.), Nathan Gajowski (Jr.), Matthew Hull (Jr.), Randy John (So.), Will Smith (Fr.), Ben Tomcho (So.), Hani Unis (So.)

#### NORTH RIDGEVILLE

**Coach:** Andy Dohanos, 4th season  
**Roster:** Marc Alejandro (Sr.), Patrick Bay (So.), Paul Boron (Jr.), Mike Carazzi (So.), Brandon Dukting (Sr.), Kyle Edmunds (Fr.), Alex Freeman (Jr.), Tobin Grendzynski (Fr.), Jim Hackney (Sr.), Matt Johns (Fr.), Eddie Laviano (Fr.), Alec Lewis (So.), Lewis Morgan (Sr.), Chris Matejka (Jr.), Anthony Naso (Fr.), Gregory Novikov (Jr.), Ryan Schirhart (Jr.), Milan Sieber (Jr.), Ben Snyder (So.), Abed Sulaiman (Fr.), Kosta Tsanos (So.), Charles Williams (So.), Jacob Williams (Fr.)

#### OLMSDED FALLS

**Coach:** Jeff Kho, 20th season  
**Roster:** Collin Cook (So.), Andrew Gluvna (Jr.), Drew Ade (Sr.), Daylon Amposta (Sr.), Alex Kho (Sr.), Caleb Prante (Sr.), Eli Tomacho (Sr.), Sam Weber (Sr.)

#### WESTLAKE

**Coach:** Kyle Romansky, 5th season  
**Roster:** Dylan Cole (Sr.), Jacob Dasbach (Sr.), Nathan Fischer (Sr.), Sebastian Francosoni (Sr.), Joe Gardner (Sr.), Conner Hartup (Sr.), Carter Hoon (Sr.), Paul Jatsyshyn (Sr.), Noah Meek (Sr.), Matt Olson (Sr.), Doug Petrick (Sr.), John Wittenberg (Sr.), Carter Bednar (Jr.), Duncan Engle (Jr.), Will Floyd (Jr.), Everett Harbaugh (Jr.), Joel Howe (Jr.), Tom Kennedy (Jr.), Zach Kneiser (Jr.), Patrick Lee (Jr.), Sam Mansour (Jr.), Tommy McHugh (Jr.), Matt Vuklu (Jr.), Domenic Asturi (So.), Will Chappel (So.), Louis DeFeo (So.), James Fischer (So.), Conner Harte (So.), Jeremy Palmer (So.), Akhilesh Reddy (So.), Sam Wagner (So.), Nathan Hsiao (Fr.), Mason Kamath (Fr.), Eric Kronz (Fr.), Frank Riccaurte (Fr.), Ryan Rogozinski (Fr.), Colin Walsh (Fr.)

#### INDEPENDENTS

#### OPEN DOOR

**Coach:** Denver Daniel, 3rd season  
**Roster:** Denver Daniel (Sr.), Jonah Eck (Sr.), Tim Humphreys (Sr.), Grant Duffy (Jr.), Stephen Lehman (So.), Jay Lin (So.), Cody McGregor (So.), Connor Rusnak (So.), Collin Wenzel (So.), Carter Wright (So.)

## High School Girls Tennis

# New coach, young team mark new beginning for Vermilion

By **Matt Lofgren**  
Sports@MorningJournal.com  
@MJournalsSports on Twitter

New faces around the courts in Vermilion have become the new core for the Sailors girls' tennis team.

For first-year head coach John Carmack, taking over the head coaching position for the girls' team was a big step up after playing the role of assistant coach for the boys' team the past three seasons. But one thing Carmack had to go out and do was recruit some new talent to help strengthen his already young Sailor team.

Led by lone senior Destiny Grim, Carmack got the word out to several girls he thought would be a good fit for the team to get them involved.

The results? Carmack has pumped life into the girls' program as the season is right around the corner for several first-year players with a new outlook on tennis.

"(This year) started off great, everyone's been really

positive and there's been a lot of good camaraderie on the team," Carmack said. "I've had several of the girls in class before as their choir teacher, so it helps with being familiar with the kids. But it's been a lot of fun so far. Everyone's at different skill levels of play, but we've all been improving together as a team."

With a lot of new players to the game, Carmack has gotten a chance to really work one-on-one with new players to build their game up from the first swing. Working closely with them, Carmack says he gets to work with the girls at the perfect time of year to help them fully develop.

"The biggest thing I get to focus on is I'm really working on the shape of the girls' swings rather than more of those gameplay situations," Carmack said. "I started and had them with tennis balls from day one instead of using foam ball replicas, so I've really been working with the girls to get them comfortable with the shape of their own unique swings and I've been

plugging in more game play as we've been going a long."

One man can't do it all, though, that's where the experience of senior Grim plays a big role into helping other girls grow and develop.

"Having a senior like Destiny who's been on the team for three years, who hits the ball the way she does, she's a great example to the girls not only with her style of play but she's really taking more of a mentoring role," Carmack said. "Even with our newer girls she's very kind, is able to offer good encouragement as well as some good corrections, but she's also finishing our running drills first showing that even though I'm here at the top of the team, I'm still working hard."

Getting some high praise from her coach, Grim said she is out there doing what she's been doing while younger players catch on with the program.

"I wouldn't consider myself a leader. But if the spot is there, I'm going to go for it and take it, especially on a team like this where you have

to be patient with everyone else," Grim said. "You can tell people struggle and they get frustrated, so you have to remind them this is only their first year playing so you're not going to come into it being a professional. So you've gotta help them and get their spirit up and stuff like that, even if they're not doing well."

The wild card in this season for Vermilion will be the performance of the young players.

Completing a .500 season last year and losing a number of players, Carmack and company do have a bit of catching up to do with a lot of new players. Carmack's solution has been a positive one for the new players and that's to get them playing on the court as much as possible.

Whether a player feels they like singles over doubles or vice versa, Carmack has his players out playing both styles to get them as comfortable as possible for the season.

"I've been doing doubles and so far I think it's the way

I'm going to go right now," first year player junior Kiana Fridrich said. "I do like to rely on having a teammate there with me. Even with that you still have to focus on a partnership and you still have to work on your form and how you're doing in the match, but it's nice that you have someone there watching your back as well."

Keeping up with time on the court, Fridrich said she has become more comfortable on the court after some encouragement from her parents got her out on the court to play.

"(Joining the team) has been a lot better than I expected. I expected I would be very bad at first," Fridrich said. "I love all the girls on the team, the coach is amazing and it's really fun. We're able to not only bond to the team but to bond as our own little family being able to work together every single day, so it's a lot better than I expected."

Another Sailor making her debut this season is sophomore Bodhi Messick, who

was skeptical of her play before gaining some confidence with her teammates.

"It's great, I know some of the girls from either I've been in choir with them or with Kelsey, she's in the same grade as me and we have a couple of the same friends," Messick said. "We're all just really nice to each other and it's a nice team."

The Sailors will get some added help from sophomore Kelsey Osborne who is entering her second year on the team. Looking to build off of a strong year as a freshman, Osborne said she feels much more confident headed into year two.

"My first match freshman year, I was a complete nervous wreck and I could not focus for the life of me," Osborne said. "Then my first match (this year) was really simple and I wasn't as nervous."

Making a move from last season to this season, Osborne will be making the jump from doubles to singles thanks to her ability to perform as a doubles player.

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# FIREFISH FESTIVAL

**17<sup>TH</sup>**  
SEPTEMBER  
2 PM - 11 PM

BROADWAY, BLACK RIVER LANE  
AND UNDISCOVERED VENUES  
IN DOWNTOWN LORAIN  
**FREE**

PRESENTED BY:



SUPPORTED BY:



FIRE PERFORMANCES  
AND PERCUSSION PARADE  
RITUAL FISH BURNING

**MUSIC**  
**FIRE**  
**ART**  
FIREFISHFESTIVAL.COM