

Shooting high for Districts

BY EMILY NOBLE

As the girls varsity basketball team nears the end of the season, its record is 9-9.

They had a 55-37 victory against Garden City on February 10, where senior center Rebecca Taylor had a double-double with 21 points and 12 rebounds.

They also had a 55-35 victory against Trenton on February 13, in which junior guard Jaime Sarna led scoring with 10 points and 7 rebounds and senior guard Stephanie Roberts with 8 points. The team also won the game 34-28 against Woodhaven on February 19. Coach Dean Creech believes that the team has improved a great deal since the beginning of the season.

"We have seen our share of injuries and illnesses this year, just like most teams, and continue to work hard and improve every day," Creech said.

Sarna believes that the team has progressed in many ways.

"The bond that our team has made is way different than in the beginning of the season. I think because of that, we are playing much more solidly and winning more games," Sarna said.

Creech thinks that the team has reaped benefits from this year's challenges.

"This year's team has probably struggled to be consistent with their play, the girls work hard and always give a 100%, the girls have developed some character and perseverance through all of this year's challenges," Creech said.

Although the season is coming to an end, the team still has goals to work for.



Senior center Rebecca Taylor prepares to receive a pass from senior guard Stephanie Roberts on December 1. Photo: Emily Noble

"We would like to stay on a roll going into the playoffs; we are spending lots of time to improve our shooting percentage also," said Creech.

The team wants to be victorious when they go to Districts.

"We still want to win Districts, no matter what," Taylor said.

Taylor believes that the best part of the season is the great chemistry within her team.

Sarna thinks that the team has felt more motivated because of the recent

stream of wins.

"The best part of the season has been the games that we have won lately, [that] help us to improve our record and makes us more excited to play the next game," Sarna said.

Creech believes that the hard work and cooperation put in by the team will determine the outcome of this season.

"After the tremendous success last year, I think realizing that a continuous effort and hard work every day will result in good things," said Creech.

Solid strokes at leagues

BY SHAWN LYNCH

With the major changes like a new coach and new captains the boys swim team has still managed a 5-1 season.

"I think overall we have had a good season," coach Sue Alt said.

In her first year of coaching the RHS boys swim team, she feels good about the production the team has had throughout the year. The team's only loss was to Allen Park.

"I think the season went alright but as far as winning I think we did really well," junior Kody Beesley said.

Beesley along with all the other swimmers on the team, have put in a lot of hard work swimming between five to eight thousand meters for practice.

"The team is even, in every section of the team," Alt said.

Alt explains that the team is rich with swimmers, most events have three swimmers, with the exception of backstroke.

"I attribute the success of the team to the depth of the team, meaning that the team is well rounded and that every section is strong," Alt said.

The team finished at leagues with swimmers finishing strong.

"I am feeling pretty good, but I am glad that the season is almost over and looking forward to the league meet," Beesley said.

Beesley thought that the team would succeed in each competition during the league meet.

"I think that the 50 meter backstroke, 50 meter freestyle, 100 meter freestyle and 100 meter backstroke are all very strong, if not the strongest, Beesley said.

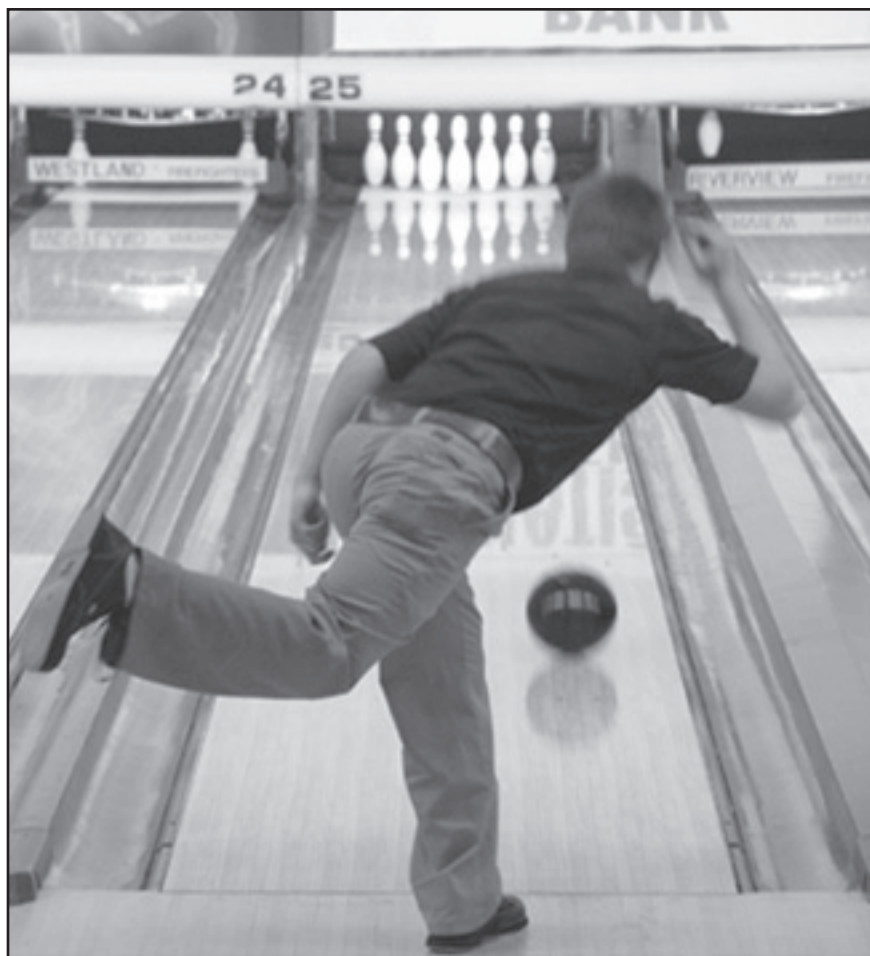
The Bears performed well at leagues, taking second place. Twenty-five personal best times were recorded at the meet, even without some of the top competitors.

Alt also contributes her success with the team to the help she receives from all the technology.

Whether the help is from underwater cameras that allow the swimmer to see their stroke at that run or an elastic band that allows two swimmers to be attached to each other and test the strength of each other.



Senior captain David Thomas prepares for the end of the season at practice. Photo Shawn Lynch



Junior Zach Kuzdzal follows through, watching the ball speed toward the pins. Photo: Sara Skarzynski

Season strike for boys, 10-3

BY SARA SKARZYNSKI

As the regular league season wraps up for the girls and boys bowling teams, both teams are getting ready for regionals.

"We do have a lot of work to do," said girls bowling coach Victor Hagen. "The season winds up pretty quickly."

The team record was 5-8 going into regionals which were on February 27. Individual regional games were on February 28.

On February 11 the team beat Dearborn Heights Robichaud, 19-11, taking all ten of the baker game points.

"Let the girls bowl and do the best they can," Hagen said about future matches. "Let them fall where they lay."

Throughout the past matches, the team has welcomed two new bowlers to the team, junior Katelyn Lubaway and sophomore Miranda Simons. Lubaway has some preparations she would like to do before the next several matches.

"I think about the technique that I've learned and try to make sure I do it the right way," Lubaway said.

Some of Lubaway's future goals are to eventually learn how to throw a curve ball and get a score of around 150.

"We've gone against some good teams, but the last one [match] we won because we did pretty good," Lubaway said.

There have been some competitive games and the girls bowling team has gone through a losing streak against teams stacked with talent.

"It's been a really rough season, it's been frustrating," said Hagen. "We don't have talent all the way through our lineup."

The boy's bowling is also making preparations and improvements for the next couple of weeks.

"We need to improve on our baker games, which we've started to make some improvements there," boys bowling coach Mark Diroff said.

The season record so far is 10-3 for the team. The last match was against Dearborn Heights Robichaud on February 11. The team won with a score of 29-1 and took all ten baker game points.

"We lost one point in the second regular game," said Diroff. "Everyone bowled, for the most part, really well."

Getting mentally prepared for regionals and staying consistent are goals that Diroff has in mind for the team.

"Getting a 200 mark for the baker game and a 1000 series for regionals," Diroff said.

Sophomore Jared Armatis would also like to improve on the baker games for following matches.

"If we win the baker games we can probably win most of the matches," said Armatis. "Start throwing a slower ball, we need to practice more on the baker games, and we need more consistency."

Armatis believes that the matches were pretty easy to start off with, but they have gotten gradually tougher.

"We've been underestimating the teams we face," Armatis said. "It's just about practice and keep on bowling and make sure you're consistent with your throws."

Both teams had regionals on February 27 and 28 and there are bowling finals on March 6 and 7.



ATHLETES

SPOTLIGHT



Girls Basketball

Athlete Name: Rebecca Taylor
Sport: Girls Varsity Basketball
Grade: 12

Coach's Comments: Becca has been coming on strong with rebounding and consistent scoring. Against Garden City she scored 21 points and had 12 rebounds to lead the Bears to victory.

How long have you been playing this sport? Since 6th grade

What's one of your most memorable moments in this sport?

When I got my first double-double.

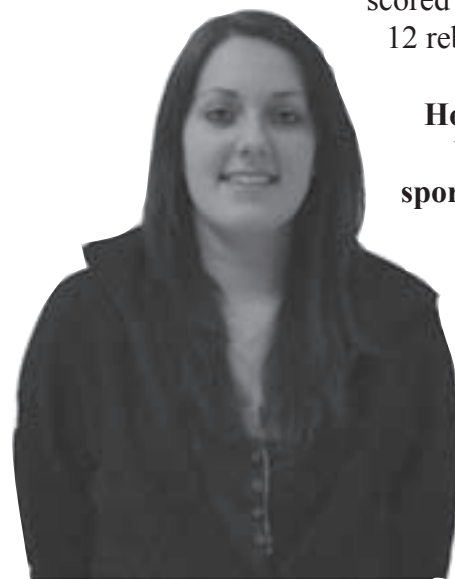
Who is your role model?

Kaitlyn Litteral, because she taught me all my skills.

What's your favorite book? Twilight

What's your favorite movie? Sweet Home Alabama

Who's your favorite band? Nickelback



Girls Bowling

Athlete Name: Alyssa Ragen
Sport: Girls Bowling
Grade: 12

Coach's Comments: Consistent anchor for the team, leads team in match points.

A nice person and a senior team leader.

How long have you been playing this sport? All through grade school and high school.

What's one of your most memorable moments in this sport? When I bowled over a 200.

Who is your role model? My Dad

What's your favorite book? The Notebook

What's your favorite movie? Comedy movies/ Adam Sandler movies

Who's your favorite band? Country music



Boys Bowling

Athlete Name: Zach Kuzdzal
Sport: Boys Bowling
Grade: 11

Coach's Comments: He has won almost every match he has bowled in and I can count on him.

How long have you been playing this sport? 8 years

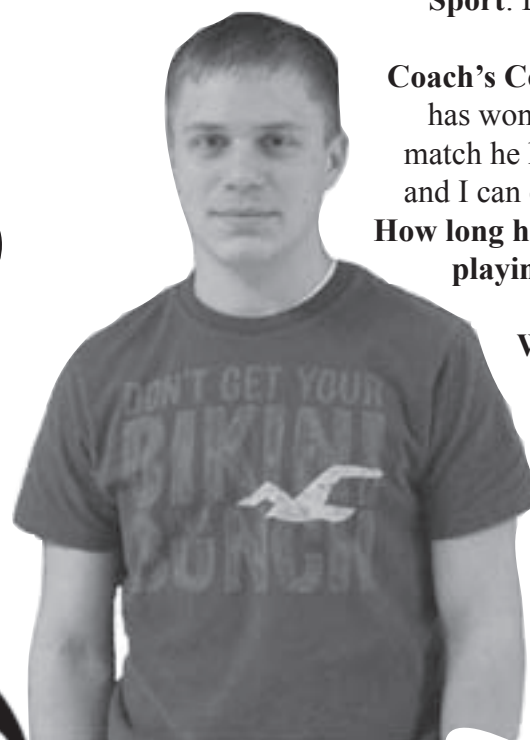
What's one of your most memorable moments in this sport? Bowling on Varsity

Who is your role model? My Brother

What's your favorite book? I don't have one

What's your favorite movie? Step Brothers

Who's your favorite band? I don't have one



Boys Basketball

Athlete Name: Mickey Bozymowski
Sport: Basketball
Grade: 12
Coach's Comments: He's been a really solid player over the last few weeks, he had a huge game against Highland Park, where he scored twelve points and had ten rebounds.
How long have you been playing this sport? Since I was 8.
What's one of your most memorable moments in this sport? Winning the MEGA White last year.
Who is your role model? Shaquille O'Neal
What's your favorite book? Harry Potter and the Sorcerer's Stone
What's your favorite movie? Jay and Silent Bob Strike Back
Who's your favorite band? Lil Wayne



Hockey

Athlete Name: Tom Springstead
Sport: Hockey
Grade: 12
Coach's Comments: He really has taken a step up in the last half of the season, and became a better leader both in and out of the locker room and on the ice.
How long have you been playing this sport? Since I was 4 years old.
What's one of your most memorable moments in this sport? When we went to state finals.
Who is your role model? Sidney Crosby
What's your favorite book? I SPY and any books with pictures.
What's your favorite movie? Step Brothers
Who's your favorite band? I listen to all kinds rap and country but no favorite band.



Wrestling

Athlete Name: Jake Creeden
Sport: Wrestling
Grade: 12
Coach's Comments: He has shown exceptional improvements this season.
How long have you been playing this sport? 7 years
What's one of your most memorable moments in this sport? Beating Southgate at districts.
Who is your role model? Jim Carey
What's your favorite book? Klaption
What's your favorite movie? Dark Night
Who's your favorite band? Red Hot Chili Peppers



SPOTLIGHT ATHLETES

Hockey shows talent in Trenton

BY DELANEY CADE

The Bears defeated Grosse Ile but fell to Stevenson at the Trenton Showcase on February 12-14.

"Anytime you can play in a tournament like that and you get people to look at your kids, it's not a bad thing," Coach Mike Quint said.

RHS faced Grosse Ile on February 12, and defeated them 4-3. On February 14, they played Livonia Stevenson and lost 1-2.

"We had a good showing, but I think we could have played better in both games," said senior forward Brian Arnoldy.

In the game against Grosse Ile the Bears had a tough start, not scoring until half way through the game.

"I think we came in over confident," said Quint. "I heard the kids talking and they were saying 'oh its Grosse Ile, were going to kill them,' and I don't think their heads were in it."

The Bears, however, were able to pull off a victory despite their late start.

"We didn't play to our potential," senior defenseman and captain Jordan Rutkowski said.

The game winning goal was scored by senior forward and captain Toni Galati, on a power play in the middle of the third period. RHS was able to hold off Grosse Ile for the rest of the game and beat them 4-3.

"Anytime you win a game it goes alright, I don't think we played our best hockey," said Quint. "All in all it's called an ugly win that was an ugly one."

The second game was played on February 14 against Livonia Stevenson.

The Bears only goal of the night came in the first period on a break away from Galati.

RHS played a tight game not allowing a goal from Livonia Stevenson until late in the game.

The game winning goal was scored by Livonia in the last minutes of the third period.

The goal was controversial due to the lack of a mask on Wyandotte's goaltender senior Tom Springstead. His mask was knocked off during play and no whistle was blown.

The referees ruled the goal fair and the Bears lost 1-2. Although RHS lost they

still felt they played a good game.

"We played good, we kind of got cheated on a cheap goal but we're past it," senior forward and captain Erik Taurence said.

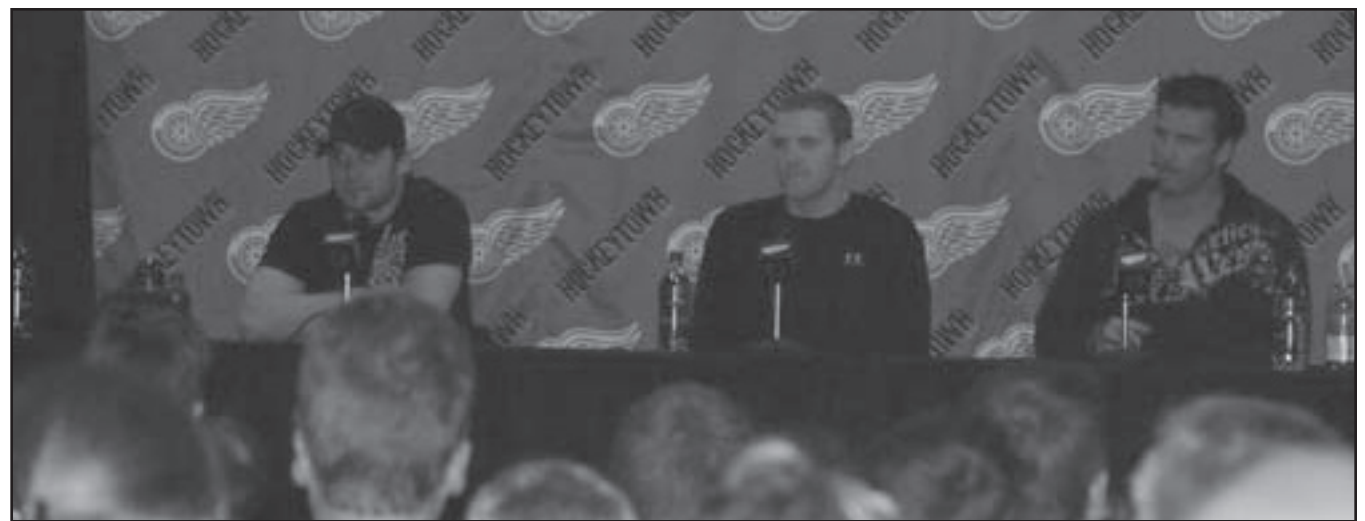
The Bears have a season record of 17-6-1. They are now looking forward to play-offs.

"Hopefully we can take it all," Taurence said. "We've got the talent we just have to bring it all together."

The post-season begins for the Bears in a pre-regional game against Trenton at Trenton on March 3. The winner of the pre-regional game will play on March 5 at Trenton.



Senior forward and captain Toni Galati skates with the puck in the game against Livonia Stevenson on February 14, where they lost 1-2. Photo: Delaney Cade



Red Wings, Brett Lebda, Dan Cleary and Andreas Lilja participate in a mock press conference for Detroit Red Wings High School Journalist Day. Photo: Mrs. Haddad

Hockey, journalism and life lessons

BY DELANEY CADE

Cameras began to flash as soon as the local celebrity, Detroit Red Wings Head Coach Mike Babcock, entered the Olympia Club at Joe Louis for a press conference.

The first thing that he did was ask everybody to stop taking pictures and to just listen to what he had to say. Wanting to address the room full of high school journalism students as more of a parent and not a coach, Babcock began to speak nothing about hockey, but speak more of a life lesson.

Babcock explained to the students the importance of making the right decisions in their lives and why not to act like "donkeys." After the short speech, the press conference turned more towards hockey and less towards life.

On February 6, the Detroit Red Wings invited high school journalists from around the state to participate in a day full of events that would introduce students to a professional media environment.

The day began with a press conference with members from the media that allowed students to ask the panel about their advice and experiences in the

journalism world.

Members of the media panel included Jennifer Hammond, a sports anchor/reporter for Fox 2 News, Ken Kal, a play-by-play Radio Broadcaster, Neal Rubin, a columnist for *The Detroit News*, and Bruce MacLeod from *The Macomb Daily*.

Students had the opportunity to address the panel as if it were a professional press conference. Students were asked to stand, state their name and publication, and ask your question.

The media panel discussed questions that were asked and helped students learn about first hand journalism.

After the media panel press conference wrapped up, students and chaperones were escorted to the press box.

Students had the opportunity to tour the press box and see where game commentators sit and other members of the media watch and report on games.

When the tour of the press box ended, students were invited to watch the Red Wings practice.

This part of the event allowed students to take photos of the team practicing. Access for taking pictures was at ice

level, this portion of the day was unique because students were able to take up-close pictures of the team skating.

After practice, students and chaperones were treated to lunch from Little Caesars and Coca Cola.

The next part of the day was a press conference with the General Manager and Executive Vice President Ken Holland and head coach Mike Babcock.

Questions concerning relationships with the media and even questions about trade deadlines were asked to this panel.

One of the first questions asked to Holland and Babcock was one concerning Henrik Zetterburg's contract.

"We've structured the contract with Henrik Zetterburg number one through out the negotiations, which took six months," said Holland.

The final event of the day was a press conference with three Red Wings players. Defensemen Brett Lebda, defensemen Andreas Lilja and right wing Dan Cleary all answered questions.

Students asked questions about teammates, the Stanley Cup and before game rituals... among other questions.

One student asked the players if they thought that the refs made up calls to make the games longer.

"I don't think they make up calls, I think the game is so tight and there are new rules and stuff that they could call penalties on every shift," said Lilja "I think it's a judgment call."

Detroit Red Wing's High School Journalism Day was an experience that introduced students into the world of professional sports journalism. It also gave students the opportunity to learn about real-world journalism and also squeeze in a few life lessons.



Above: Students enjoy and take photos during a Red Wing practice at High School Journalist Day on February 6. Below: Left: Play-by-play announcer Ken Kal answers questions during a press conference. Middle: Henrik Zetterburg practices at Joe Louis Arena. Right: Head Coach Mike Babcock discusses his team during a press conference. Photos: Delaney Cade

