

## Swim takes fifth at Leagues

BY BRIANNA FLYNN

The swim team took fifth place at Leagues on November 6 and 7. This is the first year they moved up to the Mega Red division.

Also in the Mega Red division are Monroe, who took first place at Leagues, Allen park, who took second, Trenton in third, Woodhaven in fourth, and Edsel Ford in sixth. Monroe has taken first place at the Mega Red leagues thirteen years in a row.

The Bears' overall record this season is 8-4, and their league record is 1-4.

Last season they were undefeated, but this season they have faced tougher teams in their higher division.

"Last year we were Mega White champions, we won Leagues there, but this year we moved up to Mega Red, so it is memorable that we came in fifth and we beat a Mega Red team, Edsel Ford," sophomore Victoria Arsenault said.

Freshmen Nicole Tank broke the freshmen 500 freestyle record this season, bringing the record from 5:54 to 5:51.

"[Breaking the record] felt really good," Tank said.

"I'm happy that the season is over," Arsenault said. "I'll miss seeing everybody everyday at swimming, but it gets tiring after a while."

With ten members of the team being seniors, the challenges will be greater next season for the Bears.

"We are losing a lot of really good seniors, and our team is going to get smaller," Arsenault said. "So it is going to be harder to beat teams without a lot of people on our team."



Sophomore Rosemary McGrath swimming on the 200 relay on October 28. Photo: Brianna Flynn

## Trainer big part of athletic success

BY KYLE TIMMIS

The past few years at Wyandotte the sports teams have had a lot of success, but all of the championship banners have not been put up by sure luck.

Anna Napolitano is a certified athletic trainer and has been at Roosevelt for six years. She does a lot of hard work to keep her athletes in superior shape. "Anna" (as she is known by all Bear athletes) is a graduate of the University of Michigan and has a degree in Athletic Training.

University, Med Health in Plymouth, Garden City Hospital, and at a sports rehab center.

She finally landed at Wyandotte Roosevelt where she has helped build a legacy of great athletes. In her past six years at Wyandotte she has encountered many injuries.

The injuries she deals with are ACL (Anterior Collateral Ligament) and MCL (Medial Collateral Ligament) tears, and a lot of ankle and shoulder injuries.

like any other person, and sometimes they can get overwhelmed with schoolwork, family issues, and anything that could possibly interfere with sports. Anna is there to help these athletes get through those tough times.

"I don't think I could have made it through athletics without Anna, she has always been there for me all four years to help me get through everything," said softball player and cheerleader, Kaitlyn Maiani.

Anna has been through a lot with many different athletes and she has made a big difference in a lot of student-athletes' lives.

"I never realized how much impact I could have on someone's life and that is what makes my job so special," Napolitano said.

Anna also helps coach the girls' volleyball team and it is a possibility she is going to help coach the girls' basketball team this winter.

Not only does she work out with the teams in season but also before the season starts she will train her athletes. She trains the football team in the spring time with speed and agility work in the football techniques class, and she also does a speed and agility camp in the summer, offered to anyone who would like to participate.

Many former Roosevelt athletes such as Chad Bonmon, who went on to play football and hockey at Adrian University, or Val Smith who went on to play volleyball at Adrian, were trained by Anna after their senior year of sports. She has also helped train Christian Cullinan, a State Champion wrestler who went on to wrestle at Central Michigan University.

The amount of hours Anna has put in seems to be endless.

"I'm not complaining, but the hours are long, but it all depends on what season it is. Football season usually lasts the longest because I have over one hundred players, let alone I have volleyball too. Everything starts to settle down when spring times comes around," Napolitano said.

A lot of athletes at Roosevelt give Anna credit for her hard work. They get a behind the scenes look at how she gets her job done.

"It's amazing on how much time she puts in for us, she gives 110 percent all the time and she even gives up her weekends to come work out with us," said senior football player Kevin Blair said.

It seems that RHS athletes have an edge on most schools not only because of the facilities but having an athletic trainer right here at the school is beneficial to the athletes success.

Anna does the things that need to be done in order to make our athletic program successful.

Ron Adams has been a teacher and football coach at Roosevelt for the past 3 years and is very thankful to have someone like Anna on staff.

"I have been at a lot of other schools and I have had a lot of different trainers, and I have never had a trainer as dedicated as Anna has been the past three years," Adams said. "The amount of time and effort she puts into our program is incredible. She gives us a significant advantage over our competition, and that is something most schools don't have."



Trainer Anna Napolitano taping Courtney Thorington who is one of the many athletes she tapes. Photo: Kyle Timmis

That really was not what she had in mind while she was going to school.

Anna was going into Pre Med but was not exactly sure what her specialty would be. After a lot of time thinking about it she decided to go into sports medicine.

During her time at the University of Michigan she got to work with many great athletes such as Tom Brady, Brian Griese, Tai Streets, Ian Gold, and many more.

"When I was assigned to spring football I learned a lot about rehab because of all the injuries that show up early on before the season," Napolitano stated.

She was a student athletic trainer at this time but she got a chance to work with many other sports teams.

She also got to work with the two-time Big Ten Champion track and cross-country teams, and in her final semester she was assigned to work with the women's volleyball team.

"The time I had out in the field working with athletes forced me to make my own calls and led me to become a better trainer, and then I was able to travel by myself with all the teams," Napolitano said.

After college, Anna had many job opportunities working at places such as Wayne Memorial High School, Madonna

But by far the worst injury she has had to deal with was at a wrestling match when a Belleville wrestler stopped breathing four times.

"At that point it was a matter of training and procedures to keep him breathing until the paramedics got there. Every time he would start breathing again there would be a sigh of relief, but four different times was overwhelming," Napolitano said.

The amount of time Anna spends with recovering athletes is amazing. Not only does her dedication save the athletes money from physical therapists and personal trainers, but she also provides them with top of the line personal training.

"My junior year, there weren't many colleges looking at me to play football, and then I began working out with Anna in the off season and now I have a chance to play college football," said senior Matthew Rumley who plays football and baseball for Roosevelt.

Anna is not just an athletic trainer though. She is more than that to RHS athletes.

"I'm like a support system that some people aren't use to having," Napolitano said. The athletes at Wyandotte aren't super heroes; they all have problems just

## Volleyball



**Athlete:** Haley Cable

**Grade:** 11

**GPA:** 4.1250

**Coaches comments:**

She's the second steadiest player, she has provided consistent setting, she leads the team in assists and she's good from the service line.

**Length of time playing the sport:** 6 years

**Most memorable moment in this sport:**

Watching varsity win against Dearborn my freshmen year.

**Role Model:** My parents

**Favorite Book:** Harry Potter

**Favorite Movie:** Mean Girls

**Favorite Band:** Kenny Chesney and Taylor Swift

## Swimming

**Athlete:** Nicole Tank

**Grade:** 9

**GPA:** 3.89

**Coach's**

**comments:** She set a new 9<sup>th</sup> grade record.

**Length of time playing this sport:** 10 years

**Most memorable moment in this sport:**

Breaking the 500 freestyle record

**Role Model:**

Michael Phelps

**Favorite Book:**

The Outsiders

**Favorite Movie:** The Eye

**Favorite Band:** Boys Like Girls



## Tennis

**Athlete:** Kevin Golowic

**Grade:** 12

**GPA:** 2.0458

**Coaches Comments:** He is number one singles

**Length of time playing this sport:** 4 years

**Most memorable moment in this sport:** Being able to go to states twice

**Role model:** Pat Loftus

**Favorite book:**

Diary of a

Wimpy Kid

**Favorite movie:**

Step Brothers

**Favorite band:**

Four

Years

Strong



SPOTLIGHT ATHLETES

## Football

**Athlete:** Andrew Matt  
**Grade:** 12  
**GPA:** 3.72  
**Coaches comments:** He's been a big factor in terms of our team's success. I know he's a good student. He's one of our team captains and he does a great job of demonstrating leadership. He's a role model for our younger players.  
**Length of time playing this sport:** 7 years  
**Most memorable moment in this sport:** Beating Southgate last year.  
**Role Model:** Pat Tillman  
**Favorite Book:** They're all biographies  
**Favorite Movie:** Remember the Titans  
**Favorite Band:** Country music



## Boys Cross Country

**Name:** James Maloney  
**Grade:** 12  
**GPA:** 3.5  
**Coaches Comments:** Consistent runner for four years  
**Length of time playing this sport:** 4 years  
**Most memorable moment in this sport:** Going to states  
**Role model:** Michael Phelps  
**Favorite book:** Tell No One  
**Favorite movie:** I Am Legend  
**Favorite band:** I listen to everything



## Girls Cross Country

**Name:** Cara Smock  
**Grade:** 10  
**GPA:** 3.8  
**Coaches comments:** She was the top finisher at regionals and states  
**Length of time playing this sport:** 2 years  
**Best Memory:** Lisa Youngs telling Coach Blake to shut up  
**Role Model:** Mom  
**Favorite book:** Go Ask Alice  
**Favorite movie:** Cat in the Hat  
**Favorite musician:** Eminem



# SPOTLIGHT ON ATHLETES

## Runners 24th in State



Junior Meghan Weschler and sophomore Cara Smock leading their team at regionals at Lake Erie Metro Park. Photo Jay Tocco

BY NATHAN BOGART

The Lady Bears claimed second place at regionals, sending them, as well as male runner Jimmy Maloney, to states on November 1 in Brooklyn, Michigan.

Regionals consist of the top sixteen teams in the region, and the top three teams qualify for States.

The girls took second place, enabling them to go to States. Making it there has been an important asset to the team's mindset since day one.

"It has been a team goal since June first," said Coach David Blake. "And we thought we could do it, though the competition may not have."

The top finishers at regionals were Cara Smock, 5<sup>th</sup>, Meghan Weschler, 8<sup>th</sup>, Audrey Peters, 20<sup>th</sup>, Mary Kearney, 23<sup>rd</sup>, and Brianna Sparks, 28<sup>th</sup>.

The top three teams from every region participate in States, which is an overall twenty seven teams.

Of the twenty seven teams, Roosevelt claimed victory over three of them. This was only the second time ever that the team has made it to states, the first time they took last.

The team's top finishers were Smock and Weschler. It's reasonable that they would claim the top places, due to their hard work ethic.

"I went running everyday" said Smock.

Other notable runners were Peters, Kearney and Sparks. The Bears had one of the smallest teams at the meet, only having a total of nine varsity runners.

Maloney was the only male runner to make it to states. Of the 200 or so people running, Maloney was able to place in the top 50. This brought his four years of Cross Country to a well accomplished end. Determination was a big factor in making it as far as he did.

"I trained in the off-season, and did everything I could do to keep healthy," Maloney said.



Senior Jimmy Maloney running to win regionals at Lake Erie Metro Park. Photo: Jay Tocco

## Volleyball successful in districts

BY MOLLY ZANLEY

With a not so perfect league record of 2-10, but with hours of varsity court experience gained for next season, the team is very happy with how this season went.

"This year, we had to battle for every win. And even though we didn't come out in the wins/losses column," said coach Colleen Minor, "the kids have improved drastically from the beginning of the year to the end of the year."

Minor feels another reason the season was so successful was because of the positive mesh of girls on the team, who were always willing to work hard.

"Starting off the season with such an inexperienced group of girls, it was fun to watch them mature and develop as players but more than anything just to see how the team stuck together through everything, thick and thin, and we were a big family from day one right to their last district game," Minor said. "All these kids wanted to be here, and for the right reasons... and from a coach's standpoint that makes them a pleasure to coach."

The team played their first district game against Taylor Truman on November 4, which they won, 25-14, 25-11, 25-5.

The next day, on November 5, they played in the Semi-Finals against Carlson, winning three out of their four games, 25-22, 25-17, 25-27, 25-18.

"In the Carlson match, we played with such consistency, and we were down at one point, in the third game, we were down 25-27, and then came back, tied it up but ended up losing. But the kids never let-up for a minute and they never had that defeated look in their eyes. Then we came back and won the next game," Minor said.

Then on November 6, the girl's played in their final district game against Woodhaven, 20-25, 17-25, 17-25.

"Our goal [for next year] is to take the experience from this season and turn it into a positive for next season," Minor said.

Next year, the team will be without the leadership of their captain, senior Kayla



Senior Kayla Creech sets the ball up for junior, middle/right side blocker Courtney Thorington. Photo: Molly Zanley

Creech.

"She's such a big part of our team that it'll be very different without her next year," said junior co-captain Haley Cable. "Kayla has been a very large influence. She always keeps us together and gives us good advice."

Minor agrees that Creech has taken a large role on the team.

"Kayla has some really big shoes to fill this year, she was known as a setter and she not only does that, but she also has to play an outside hitting position. So playing two key positions on the team is like double the work load," Minor

said. "So she's really taking a lot on her shoulders."

Even though the team has improved with the help of Creech, she feels they have helped her grow too.

"My attitude has changed a lot, I don't get so frustrated anymore," Creech said. "I just try and stay positive because I know when I was young on the team, other people weren't positive and so I always try to say positive things."

With the help from Creech and Minor, the team has gained useful experience throughout this season that will definitely help them for years to come.