

DEXTER COMMUNITY SCHOOLS ATHLETICS DEPARTMENT NEWS

EDITOR: MELANIE MCINTYRE

## AD's Corner

Athletic Director | Mike Bavineau

For the past two years, members of the Athletics Ad Hoc Committee have reviewed Dexter's athletic offerings, the structure of funded, self-funded and club-funded sports, the financial sustainability, and the Title IX-compliance of the Districtwide K-12 athletic program. The end result of this extensive process, which involved many committee meetings, two public participation forums, a staff retreat and a lot of benchmarking, was a restructuring proposal which was formally approved by the Board of Education at their January 13<sup>th</sup> meeting. See page 7 for proposal details.

As part of the review, the entire Athletic Department staff (including all coaches) met in the summer of 2019 to envision the core values of the Dexter Athletic program. It was determined that a new, different culture was needed in Athletics in order to bring unification among all stakeholders – AD, coaches, players and parents. Subsequently, a consistent message using common vocabulary to bring everyone on the same page was developed.

Entitled "The Helm," the committee created a visual representation of a ship's wheel with eight spokes, each spoke denoting a core value of the program:

- Unite and Engage
- Integrity Always
- Champions Live Here
- PhD in Team
- Go MAD (Make a Difference)
- Persistence in Purpose
- Innovate and Create
- Student-Athlete Experience 365

"PhD in Team" is of special focus to the program. This means we value the unity of team above all else. As Dexter asks our players to be great teammates to each other, it is important for the Athletics Department to be great teammates to the players as well.

For our players, we have created an acronym to show what is expected of them, on and off the field/court: R.I.S.I.N.G. T.I.D.E. (see graphic above). Teams and coaches have already embraced the Rising Tide acronym, using #risingtide on social media posts and the DHS hockey team has even added it to their uniforms.

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### WRESTLING ROOM RENOVATION

The DCS Wrestling team moved into a newly renovated space at Creekside Intermediate in late Fall 2019. The updates include repairs to the sewer and HVAC systems, fresh paint and brand-new mats. This new room provides more flexibility to work with Dexter's teams, freeing spaces for other groups and activities.

*"Consistency breeds excellence. Excellence breeds trust. Trust breeds loyalty. Loyalty builds strong programs." - Unknown*



**DFH**  
Team 10

#### PLAYER HIGHLIGHTS

##### All-Conference Team

Maggie Jones, Kylee Niswonger, Abby Tamer and Claire Vaughn. Rachel Gesell received an Honorable Mention.

##### Division 1 All-State Team

Maggie Jones, Kylee Niswonger, Abby Tamer and Claire Vaughn.

**MHSFHA 2019 Player of the Year**  
**Abby Tamer**



## Field Hockey

**Coaches** | Keely Tamer, Trish Macheimer, Amy Binder and Maggie Olson

### Team Highlights

- The Field Hockey team had two JV squads this year with a combined record of 20-4-1. They played as single unified team in the Division 1 JV state tournament, and finished as the runner up.
- The Varsity team finished 20-2-2. They traveled to The National Invitational Tournament in Pennsylvania in September, winning 2 games and losing 1; one win came against the #10 nationally-ranked team from Lakeland, NY.
- In the West and Midwest Region (11 states) the team's final ranking was #5.

## MHSFHA Division 1 State Champions

"While the spine of our team consisted of four players who have committed to playing Division 1 hockey, Team 10 was an incredibly cohesive team with contributions from all ranks. Our seniors set an atmosphere of commitment to working 100% and respect for each and every teammate."

– Coach Macheimer

- SEC Red Champions.
- In the Division 1 State Playoffs, our defensive unit led by seniors **Erin Baldwin, Maggie Jones (GK) and Claire Vaughn** shut out all opponents.
- In the State Championship game against Pioneer, a strong team performance resulted in a 3-1 victory.



## Boys Cross Country

**Head Coach** | Drew Collette

**Assistant Coach** | Nathan Lamb

### MHSAA Division 1 State Runner-Up

The Dexter HS Boys Cross Country team finished a stellar season as the MHSAA D1 State Runner-Up. The team was also named SEC White Champions and Regional Runner-Up.

Senior Owen Huard broke a 13-year school record with a time of 15:04 (previous DHS record was from 2006, 15:15 by Bobby Aprill).

#### All-State Standings

Owen Huard – 28<sup>th</sup>  
Nathan Larson – 29<sup>th</sup>

#### All Region Standings

Owen Huard – 3<sup>rd</sup>  
Nathan Larson – 6<sup>th</sup>  
Seth Read – 14<sup>th</sup>

#### All Conference Standings

Owen Huard – Champion  
Nathan Larson – Runner-Up  
Seth Read – 6<sup>th</sup>  
Liam Buller – 8<sup>th</sup>  
Conor Kolka – 11<sup>th</sup>  
Finnegan Bell – 12<sup>th</sup>



# Girls Swim & Dive

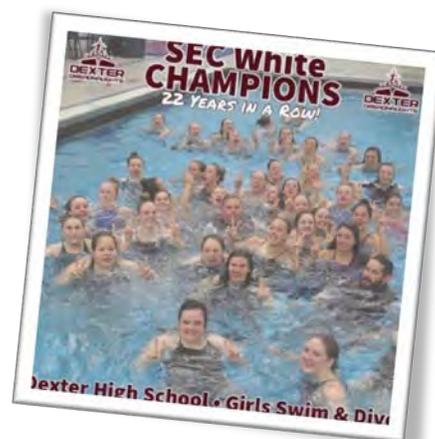
Head Coach | Cory Bergen  
Assistant Swim Coach | Murphy Hansen  
Dive Coach | Shawn Bergman



## SEC White Champions - 22 years in a row -

### Team highlights

- Team won their 22nd consecutive SEC championship
- Team earned a trophy at the MHSAA D2 state meet with a 4th place finish
- 7-0 SEC White dual meet record (12-2 overall)
- 1st place Plymouth Invitational



### Individual accomplishments

- **Lily Witte** (fr) – State Champion (diving)
- **Charlotte Schultz** (jr) – State Champion (100 yd backstroke)
- Varsity record - **Lily Witte** (11 dives) (previous record since 1983 was 6 dives)
- Pool record - **Lily Witte** (11 dives)
- Dive Coach Shawn Bergman was named Division 2 Dive Coach of the Year by the Michigan Interscholastic Swim Coach Association



### ALL-STATE TEAM

**Lily Witte** (fr) diving  
**Vivian Kinnard** (fr) diving  
**Elysa Grossman** (so) diving  
**Charlotte Schultz** (jr) 200 yd freestyle, 200 yd freestyle relay, 100 yd backstroke, 400 yd freestyle relay  
**Hailee Waters** (jr) 200 yd freestyle, 500 yd freestyle, 200 yd freestyle relay, 400 yd freestyle relay  
**Sam Durrant** (jr) 200 yd freestyle relay  
**Holly Durand** (fr) 200 yd freestyle relay, 400 yd freestyle relay  
**Elizabeth Merz** (sr) 400 yd freestyle relay

### ALL-CONFERENCE TEAM

Charlotte Schultz; Hailee Waters; Lily Witte; Vivian Kinnard; Elysa Grossman; Lauren Witte; Elizabeth Merz; Ella Krahn; Holly Durand; Sam Durrant

# Football

Head Coach | Phil Jacobs  
Coaching Staff | George Michos, Matt Parachek, Tony Quint, Kevin Cislo, Bill Ivan, Rob Schwartz, Rob Dubay, Mike Verbal, Matt Mitchell, Steve Mapes, Chris Whittaker, David Teddy

## MHSAA Playoff Appearance

With an overall season record of 8-2, Dexter football qualified for the playoffs for the second straight year.

In a first for the school, Dexter hosted the first-round playoff game in November 2019.

*Head Coach Phil Jacobs was awarded Regional Coach of the Year for the 2<sup>nd</sup> year in a row, voted by the Michigan HS Football Coaches Association.*



### Ann Arbor News Dream Team Defense:

1st Team: **Mark Young, Jordan Watson**  
2nd Team: **Daniel Troncalli**  
HM: **Matt Gaechter, Caleb Drenner, Noah Mitchell, Bryce Martin**

### Ann Arbor News Dream Team Offense:

1st Team: **Colin Parachek, Antwan Ficklen, Evan Krolewski**  
2nd Team: **Rhett Jacobs**  
HM: **Brennan Parachek, James Livingston**

*Dexter's football program has broken 23 team records over the past two years.*



# Boys Water Polo

Head Coach | Brian Semple  
Assistant Coach | Adam Theros

Dexter Boys Water Polo had a record year in 2019, winning not only the District Championship, but also the Regional Championship for the 1<sup>st</sup> time in school history.

In the State Championship contest, the team had 2 wins and 1 loss, ending their season as MWPA State Runner-Up.

Led by team captains, seniors **Mitch Sterlitz, Jack Blodgett, Paul Schaefer and Luke Sayler**, the team finished out their season with a record of 4-1-3.

## MWPA ALL-REGION FIRST TEAM

Tony Golin (also named MVP), Luke Sayler & Mitch Sterlitz

## MWPA State Runner-Up



## Ohio Cup Winners

Dexter went undefeated and won the Ohio Cup, beating St. Charles in the final game in OT. St. Charles was the Ohio State Champion in 2018 and again this year in 2019.



# Boys Soccer

Varsity Coaches | Drew Ducker and Jamie Lewis  
JV Coaches | Marlon DeFrietas and Carlos Gabriel

## SEASON RECORD

12-1-6

## SEC Conference Champions

### Season Highlights

- Senior Night - This team had 12 seniors, which was a huge class. It was great to get all Seniors a ton of playing time and to recognize them on a night they'll always remember.
- Winning the SEC Conference against our rival Chelsea was a great highlight for the team, as they are always pumped to play against them in a big game.
- Team bonding event - Both the JV and Varsity teams, their coaches and a few dads went paintballing. It was a great event where the boys worked together and got to know one another better, as well as an opportunity for the coaches to get to know the players.
- Junior **Hayden Newton** received an Honorable Mention for the MIHSSCA Division 1 Boys All State Team.

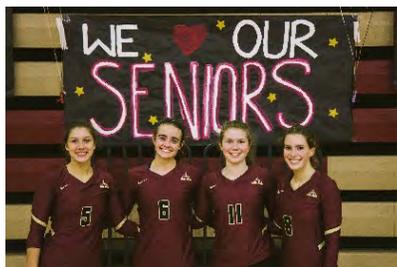


# Volleyball

Varsity Head Coach | Liz Melvin  
 Varsity Volunteer Assistant | Crystal Kedroske  
 Freshman Co-Head Coach | Doug Smith  
 Freshman Co-Head Coach | Beckie Sterlitz

JV Head Coach | Paula Burns  
 JV Volunteer Assistant | Christina Losee  
 Student Promotion Volunteer | Elizabeth Ham

*SEC White  
 Champions (16-0)*



## Player Awards

SEC All-Conference  
 Quinn LaFontaine  
 Eleanor King  
 Olivia Mellifont

SEC Honorable Mention  
 Jordan Kless  
 Camryn Fischer

SEC Sportsmanship  
 Award  
 Kaitlin Delacy  
 Delaney Arnedt

All Region  
 Eleanor King

## VARSITY RECORD

**30-9-1**



# Boys Tennis

Head Coach | Rob Smothers  
 JV Coach | Anand Patel  
 Assistant | Jodi Kniesteadt



*2<sup>nd</sup> in SEC White*

## Season Highlights

Team Record: 7-4-1

- 2nd place finish, SEC White Division
- State Finals qualification, 11th place finish in Division 2 (*first team qualification in over 8 years*)

## Individual Achievements

- Ryan O'Rear and Justin Hoehn - Regional Champions at #3 Doubles

2<sup>nd</sup> in SEC White



## Girls Golf

Head Coach | Kurt Kosky  
Assistant Coach | Greg Palkowski

- The DHS Girls Golf team was the largest in the conference.
- 2019-2020 Varsity starting golfers: **Gabby Napolitan (Sr)**, **Ellen Barnes (Sr)**, **Mackenzie Gordon (Sr)**, **Caitlin Kimmel (Sr)**, **Lauren Romine (Sr)**, and **Olivia Naylor (So)**
- Regular Season Head-to-Head Record (SEC) - 10-3
- Senior **Gabby Napolitan** qualified for the state tournament, finishing in the top half and setting a new personal best for 18 holes.

### ALL-CONFERENCE TEAM

Gabby Napolitan & Ellen Barnes



## Girls Cross Country

Coach | Seana Larson  
Assistant Coach | Aaron Sprague  
Senior Captains | Jacquelynn Terbush, Kara O'Day,  
Emma Streetman and Nina Rider

4<sup>th</sup> in SEC White

### Season Highlights

- Senior **Sophia Grant** qualified for the MHSAA Division 1 State Championships. This is the first time a member of the girls' team has qualified in 3 years. **Grant** went on to earn Academic All-State recognition.
- Took 3rd at the A2 Running Company Early Bird Invitational, 8th at the Holly Invitational and 9th at the Dewitt Invitational. 2019 is the first year the girls' team competed at Holly and Dewitt.
- Placed 4th in the SEC White Division.
- Senior **Amanda Hubert** earned the SEC Sportsmanship Award.

- Senior **Sophia Grant** was awarded MVP with an improvement of over 2 minutes from her junior year.
- Freshmen **Megan O'Day** earned Newcomer of the Year and ran varsity in every race this past season.

*Freshmen Megan O'Day, Chloe Sprague, Antonia Bruckman, Quinn Hilla, Taylor Hull and Annie Kleber collectively earned The Most Improved Award, as their time improved over 16 minutes during the season.*



## CODE DREAD

During the 2018-2019 school year, the Athletics Department introduced a program to increase student attendance at athletics events. Coaches can designate certain games as a "Code Dread," meaning that all students who attend that game wearing the tie-dyed "Code Dread" t-shirt (sold through the Athletics Office) can enter the game for free.



The three senior and two sophomore riders of the Dexter equestrian team finished 4<sup>th</sup> in a very competitive division at Districts this season. Senior **Emily Weaver** was the high-point rider for the year, but the team was very well-rounded with each rider scoring (finishing in the top 8 for at least one event) in each of the 3 District meets. While the team was strong in many events, they were particularly strong at gaming (think "fast:" whether around barrels, weaving around poles or in a horseback relay race).

The team of **Abby Morris** (senior) and **Jules Juback** (sophomore) took 1st place in the 2-person relay at two of the three meets (including an epic, blazing fast time in the second meet) and finished 2nd in the third meet.

## 4<sup>th</sup> at Districts

Highlights from meet #1 include **Emily Weaver's** 2nd place in saddle seat bareback and 3rd place in saddle seat pattern, the 2nd place finish by the **Morris/Juback** relay team, and **Abby Morris** and **Sidney Streetman** (sophomore) taking 3rd and 4th places in the flag race.

Meet #2 highlights include the 1st place finish by **Morris/Juback** in the relay, **Abby Morris** also finishing 2nd in the flag race and 3rd in pole bending, and **Emily Weaver** placing 2nd in both western equitation and western fitting and showing.

At the final meet, **Morris/Juback** secured another 1st in the relay, **Emily Weaver** earned 1st place in western bareback and 3rd in western fitting and showing, and **Jules Juback** finished 3rd in both saddle seat equitation and saddle seat bareback.

## Equestrian

Head Coach | Shannon Verbal  
Assistant Coaches | Amanda Verna, Emily Morris,  
Nina Fuller and Dana Willie



This team may have been relatively small this year with three seniors and two sophomores, but they certainly had a big impact. The team and their coaches earned respect not only for their performance in the arena, but also for their conduct both in and out of the arena. **The Dexter team was awarded the District Sportsmanship award, an honor selected by the riders and coaches of all of the schools competing at the District meets.**

This group of seniors will be missed! Two of them have been riding together since 7th grade (maybe longer!), and all three have been together for the past three seasons. **Many thanks and best wishes to our seniors!**

## Athletics Restructuring Plan

In the fall of 2018, the Board of Education created the Ad Hoc Athletics Committee, charging them to review and make recommendations regarding: 1) offerings and structure of funded & self-funded sports, and 2) a financially sustainable and Title IX-compliant District-wide athletics program.

On January 13, 2020, the Board of Education approved the Committee's proposal to restructure the Athletics program, including the following recommendations:

- **Moving self-funded teams to school-supported**, including Field Hockey, Boys Water Polo, Girls Water Polo, Boys Lacrosse, Girls Lacrosse and Competitive Cheerleading. Ice Hockey, Dance and Equestrian will remain self-funded. All uniforms and equipment will become DCS property, team funds/accounts will be turned over to DCS and become a fund balance for that particular team (will not go into general fund) and all future team purchases will go through the Athletics Office/AD.
- **Pay to Participate fee structure changed** to \$250/HS sport, \$150/MS sport and a \$1000 family maximum. Fees exceeding \$1000 will be reimbursed upon request. \$250/sport equates to approximately \$1/hour for practices, competitions and games.
- **Restructure coaches pay**, as every district in our conference pays between 30% and 125% more than Dexter pays our coaches.

The purpose of these changes is to establish equitable opportunities and consistent fees across sports and genders, and is a revenue-neutral plan. Changes will take effect Fall 2020.

# IRON DREAD

## STRENGTH & CONDITIONING PROGRAM

The Iron Dread Strength & Conditioning program is a year-round, unified strength program which serves all athletes and students in Dexter Schools grades 5 through alumni. Established in 2017, this program promotes athletic excellence through a systematic Conjugate training approach that enhances a student's mental and physical performance, while minimizing the risk of injury.

Since its inception, the Iron Dread S&C program has run weekly training sessions serving hundreds of Dexter athletes, significantly increasing the strength levels of consistently participating athletes. Subsequently, from Fall 2017 to Fall 2018, the incidence of most preventable injuries has dropped by more than 50% and continues to decrease. In the words of Louie Simmons, the pioneer of Conjugate Style training in the US, "weak things break," which is why Iron Dread Strength and Conditioning Coach, Chris Whittaker, insists that Dexter athletes train consistently to prevent injuries.

"Kids value being strong," Whittaker says, "they see strength as a positive thing, and when they move more weight than they originally thought possible, it's a huge confidence builder." Not only does this program focus on physical strength, but it addresses a student's mental health as well through the setting and achieving of goals, positive reinforcement and peer/staff support.

Morning sessions during the school year are held 6:30 – 7:30 a.m., and afternoon sessions 3:00 – 4:00 p.m., with a shuttle bus for Mill Creek students on T/Th/F mornings and every afternoon from Creekside. In summer and on non-school days, special schedules are created so students can continue training uninterrupted. Strength classes are also available during the school day as a PE credit.

Twitter: @Irongread\_sc

Instagram: @Irongread\_sc

Facebook: Iron Dread Strength & Conditioning



## UPCOMING EVENTS

February 8 - SEC Wrestling Championships  
Pinckney HS, 9:00 a.m.

February 12 - MHSAA Team Districts  
DHS

February 22 - MHSAA Cheer Districts Trenton HS

February 22 - Iron Dread Powerlifting Meet  
DHS Gym

February 24-29 - MHSAA Ice Hockey Regionals

February 29 - SEC White Swim Championships  
Chelsea Pool, 12:00 p.m.

February 29 - ABCD Trivia Night Fundraiser  
Columbus Hall & Banquet, 8265 Dexter-  
Chelsea Rd. 7 pm, \$20/person

March 2-7 - MHSAA Girls Districts  
Brighton HS

March 5 - MHSAA Dive Regionals  
Location TBA, 5:00 p.m.

March 9-14 - MHSAA Boys Districts  
Brighton HS

March 14 - MHSAA Swim State Finals  
Location TBA, 12:00 p.m.



## POWERLIFTING

A new Iron Dread initiative is the recent creation of a Dexter Powerlifting team. Powerlifting is a strength sport consisting of three attempts at maximum weight using three lifts: squat, bench press and deadlift. The team is open to boys and girls grades 7-12; grades 7-10 compete as JV and grades 11-12 as Varsity. Varsity competitors can earn a Varsity letter in Powerlifting.

Currently in its second year, this program assists in the development of a strength culture in Dexter athletes while uniting like-minded individuals who enjoy weight training. The 2019-2020 team consists of 48 students, up from only 13 in its inaugural season. Dexter will compete in three meets in the 2019-2020 season, one of which will be held in the DHS gym on February 22nd.

Also for the 2<sup>nd</sup> year in a row, Powerlifting students demonstrating commitment and dedication to their training have been invited to attend the Arnold Pro Classic in Columbus, Ohio to watch more than 22,000 athletes compete in more than 80 sports and events, including 16 Olympic events.

Dexter is proud to host the Iron Dread Open, a meet sponsored by USA Powerlifting, at the DHS gym on July 18, 2020. This one-day event will feature 400-600 competitors of all ages. More information will be available at a later date.