

DREADWATCH

FALL 2021

#RISINGTIDE



DEXTER COMMUNITY SCHOOLS ATHLETICS NEWS

EDITOR: MELANIE MCINTYRE

AD'S CORNER

ATHLETIC DIRECTOR | MIKE BAVINEAU

This past fall, Dexter sports teams competed for the first time in the SEC Red Division, coming up against the largest schools in the area (based on enrollment) including all three Ann Arbor schools. Though we are now the smallest school in our division, our athletes performed extremely well against some tough teams. The varsity football team made the playoffs for the third year in a row and our field hockey team ended their season as the state semi-finalists!

A number of our student athletes have signed letters of intent to play at the college level, including our first to sign with a D1 football program: James Livingston will be a University of Kansas Jayhawk next fall! Congratulations to the following athletes who will continue their sports career in college:

- Gracie Burns – Michigan State University – Field Hockey
- James Livingston – University of Kansas – Football
- Sophia Mettes – Michigan State University – Track & Field
- Ashley Mitchell – University of Michigan – Rowing
- Sydney Pnacek – Hillsdale College – Basketball
- Cam Rosen – Wayne State University – Baseball
- Paige Saylor – Central Michigan University – Softball
- Cole Sheldon – University of Michigan – Track & Field

The Athletic Department is following, to the best of our abilities, safe COVID-19 protocols for both athletes and spectators. As winter sports are indoors, we ask all spectators to wear masks when attending high school and middle school sporting events.

Thank you for your continuing support of our student athletes.

GO DREADS!

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We would like to give a big 'thank you' to **Cory Bergen**, long-time and much-loved Womens Swim & Dive head coach, upon his retirement in 2021 after an exemplary 26-year career. Under his leadership, the Womens Swim & Dive team placed 1st in their division 23 years in a row, in addition to many other amazing accomplishments (see [The Sun Times article](#) on his retirement). His assistant coach and former swimmer, Murphy Hansen, has stepped into the head coach role. Coach Bergen will be greatly missed by his athletes, fellow coaches, and the Athletic Department. Enjoy your well-deserved retirement!

Fall Sports



MENS CROSS COUNTRY

HEAD COACH | NATE LAMB
ASSISTANT COACH | ALEX HEIDTKE
ASSISTANT COACH | MATT INCH

These dedicated student-athletes begin training the Monday after school ended last year, June 21st. Knowing that our sport is every other sport's punishment requires an element of dedication to persevere, and to keep it interesting our team philosophy is, "**run and have fun.**" Summer training included team camp in Harrison, MI; four days of running, eating, bonding, fun, and games is always a great time!

We started our season at a new invitational meet under the lights in Livonia - the last race of the day started at 10 pm! We made huge gains as we competed strong in every meet, finishing the season in the toughest region around (which included the 2021 state champion team). We are proud of the dedication and efforts demonstrated by each and every member of this team, and are already excited to work hard this spring (in track) and next year to get the team back to the state meet.

3RD PLACE - SEC RED
6TH PLACE - REGION 4



Brandon Anderson finished 41st at the state meet with a time of 16:12.

Battle Back Award - Zach Sawin
Strava Master Award - Andrew Petik
SEC Sportsmanship Award - Jonny Adamczyk
DreadStrong Award - Owen Ackerman
Rising Tide Award - Adam Hauser
Most Improved - Alex Hoffman
Legacy Award - Josh Lamb
Freshman of the Year - Scott Smith
Most Valuable Runner - Brandon Anderson

All-Conference - Brandon Anderson, Josh Lamb, Adam Hauser, and Owen Ackerman

All-Region - Brandon Anderson

42 student-athletes set new personal records (PR) this season!

3RD PLACE - SEC RED
5TH PLACE - REGION 4

WOMENS CROSS COUNTRY



HEAD COACH | SEANA LARSON
ASSISTANT COACH | AARON SPRAGUE

This year's Womens Cross Country team had their highest regional finish in 7 years! Seven runners broke 21 minutes, and 11 women earned varsity letters.

Team Captains - Hannah McComas, Amanda McGill, Ashley Mitchell, Annissa Sisson

Regional Varsity Team - Alena Blumberg, Hannah McComas, Amanda McGill, Ashley Mitchell, Annabel O'Haver, Annissa Sisson, Kate Varitek

MVP - Amanda McGill
Newcomer of the Year - Alena Blumberg
Most Improved - Evie Weiszhaar
SEC Sportsmanship Award - Antonia Bruckman

All-Region - Alena Blumberg

All-SEC - Alena Blumberg and Amanda McGill



Alena Blumberg finished 69th at the state meet with a time of 19:14.

DREADWATCH



DEXTER DANCE TEAM

Dance Team attended camp at Miami University of Ohio in July and received all blue ribbons, earning their bid to Nationals. Other camp awards included 2 pin in forwards, Team Full out award, Superior Trophy, Drill Down Queen, Top 5 Drill Down awards and 2 Senior All-Americans. The Dance Team performed at all of the home varsity football games and are now doing halftime dances at the home varsity basketball games.



The team had their first competition of the season in November at the Universal Dance Association (UDA) Great Lakes Competition where they



competed their jazz, Pom, and Game Day dances, winning 1st place in Game Day. **Senior Captain Olivia Steinert** was awarded a Round 1 Bypass for EMU Dance Team at their intensive in September. Next up is the (UDA) Southern Michigan Dance Challenge in January and then off to Nationals in Orlando in February!

HEAD COACH | MORGAN DUBEY
ASSISTANT COACH | JULIA ACTON



1ST PLACE - GAME DAY
UDA GREAT LAKES
COMPETITION

Dexter High School has a highly competitive equestrian team that Head Coach Shannon Verbal has had the joy to work with for over ten years. About 25 years ago, Verbal rode on this State-winning team; Assistant Coach Amanda Verna also rode on a later team to States. Even the adult volunteers are often Dexter equestrian alumni.



EQUESTRIAN



HEAD COACH | SHANNON VERBAL
ASSISTANT COACH | AMANDA VERNA

We want students to know how much fun it is to compete for a varsity letter in this sport! It isn't all easy, but we have a lot of fun. We take plenty of time to let the horses relax and the students can hang out and be goofy. The rest of the time is a lot of hard work with rewards that can take us back to the State Championships. Coach Verbal had the honor of taking a team there 5 years ago.



This past season we had four mighty Dreadnaught equestrian students: seniors **Juliana Juback** and **Sidney Streetman**, junior **Anna Epstein** and sophomore **Nigel Makin** (this is a co-ed sport where girls and boys compete together). Our team has had more State Championships than any other Dexter sports team, but the number of Dreadnaught equestrians has declined in recent years.

Let's show this state that Dexter is ready to make a comeback! We are looking for more riders to fill our empty slots. We offer classes for showmanship, saddle seat, hunt seat and western riding. Gymkhana, jumping and trail classes are also available. Call or text Coach Shannon Verbal at 734-546-9676 for more information.



Fall Sports



FIELD HOCKEY

VARSITY HEAD COACH | KEELY TAMER
VARSITY ASSISTANT COACH | AMY BINDER
JV HEAD COACH | NIKKI CALLOWAY
ASSISTANT/GOALIE COACH | JOY HOOK

Coming off the 2020 State Championship and graduating 10 seniors out of the program left more questions than answers entering the 2021 season. Led by on field captains **Gracie Burns** and **Lindsey Vantine**, Team 12 learned valuable lessons in the beginning of the season as they worked through new formations and changes in tactical approaches while building team trust.

Heading into October, Team 12 found solid footing and entered the State Playoffs playing a strong passing game, making it clear that they trusted one another on the field and could play as a unit. In the playoffs, the Dreads ran out of steam in the State Semi-Finals against a talented Ann Arbor Pioneer Team. The Dreads entered the fourth quarter of the semi-final game down just 1-0, losing the game 3-0 in the end.



**DIVISION 1 MHSFHL
STATE SEMI-FINALIST
SEASON RECORD
10-6-3**



- MHSFHL Dream Team Athlete** - Gracie Burns
- MHSFHL Division 1 All State Selection** - Hannah Baldwin, Gracie Burns
- All SEC Team Honorees** - Gracie Burns, Evelyn Clemens, Marissa Skinner
- All SEC Honorable Mention** - Ava Hauman
- SEC Sportsmanship Award** - Lindsey Vantine



FOOTBALL

VARSITY HEAD COACH | PHIL JACOBS
ASSISTANT COACHES | KEVIN CISLO, ROB DUBAY, BILL IVAN, GEORGE MICHOS, MATT PARACHEK, TONY QUINT, ROB SCHWARTZ, DAVE TEDDY, MIKE VERBAL, CHRIS WHITTAKER

Dexter Football started the season with a 40-8 win at the Xenith Prep Kickoff Classic at Wayne State University vs. Birmingham Groves. The team finished the season with a 5-5 overall record in our first season in the tough SEC Red Conference. In the district playoff opening round, the team



lost 49-48 in overtime to a very solid Battlecreek Lakeview team.

**SEASON RECORD
5-5**



- All-Conference Red 1st Team** - Cal Bavineau, Cole Cabana, Braeden Fuson, James Livingston, Noah Drummond
- All-Conference Red Honorable Mention** - Payton Hendricks, Owen Maki, Brock Komaromi, Corey Baker, Andrew Gersh, Micah Davis
- All-Region Division 2** - Cole Cabana, James Livingston
- Ann Arbor Football Dream Team** - Micah Davis, Cole Cabana, James Livingston, Braeden Fuson

DREADWATCH



WOMENS GOLF

VARSITY HEAD COACH | GREG PALKOWSKI



A full team effort this year with a varsity group who just wanted to keep practicing and competing. Our team always had a player step up and play 'lights out' when another player was having an off day. This is what makes golf so fun!

This team had resilience and never gave up; 4 of our SEC matches were won by 7 or less points. We played one SEC match in pouring rain and also played our Regional in rain for a majority of the day. The team was ready for it and although not ideal playing conditions, we had fun none the less.

Our JV Team played in numerous events and we had several new players on the team this season. Every JV player showed improvement throughout the season with several players scoring their best round late in the season.

Varsity Highlights

- Senior **Olivia Naylor** finished 5th in the Red SEC Conference overall for points and made the All Team Red SEC. Olivia also shot her season and career low for 9 & 18 holes this season, 41 & 89, respectively.
- Senior **Clare McCormick** shot her season and career low for 9 & 18 this season, 47 & 97, respectively.
- Senior **Hannah Finch** shot her career low for 9 this season, 44 and was just shy of breaking her career score for 18.
- Senior **Camryn Chase** shot her season and career low for 9 & 18 this season, 44 & 95, respectively.
- Senior **Gaby Matos** shot her season and career low for 18 this season, 109.
- Senior **Sophia Steinert** played really well this season and finished with a season low of 50 & 113 for 9 & 18, respectively.
- Sophomore **Marissa Genske** shot her season and career low for 9 & 18 with 45 & 102, respectively. The 102 was shot at Regionals.



MENS SOCCER

VARSITY HEAD COACH | DREW DUCKER (COACH DUCKS)
ASSISTANT COACH | JAMIE LEWIS
GOALKEEPER COACH | RHYS MOLLER

All-League - Ben Pritchard, Wiley Smith, JP Assenmacher; Andrew Scherer (Honorable Mention)

Sportsmanship Award - John Waidely

All-District - JP Assenmacher, Archie Clifford, Ben Pritchard, Andrew Scherer, Wiley Smith

All-Region - JP Assenmacher, Wiley Smith

All-State Honorable Mention - JP Assenmacher, Wiley Smith



SEASON RECORD
8-10-2

Varsity Banquet Awards

Offense MVP - AJ Gordon
Defense MVP - Will Palazollo
Most Improved - Caleb Lemke
Dread Strong - Cooper Barnes
Sportsmanship - John Waidley
Team MVP - Ben Pritchard

JV Banquet Awards

Offense MVP - Nick Kiss
Defense MVP - Lachlan Imfeld
Most Improved - Bulamu Esilaba
MVP - Owen Bruderly
Dread Strong - Julian Malek

2022 Team Captains

JP Assenmacher, Nick Doletsky, Andrew Garipey



WOMENS SWIM & DIVE

VARSITY HEAD COACH | CORY BERGEN
VARSITY ASSISTANT COACH | MURPHY HANSEN
VARSITY DIVE COACH | SHAWN BERGMAN



This was our first season competing in the very challenging SEC Red Division, after winning 23 straight SEC White Division titles in a row. We finished **THIRD**, ahead of both Skyline and Huron High Schools, at the 2021 SEC Red Division Meet (November 5-6).

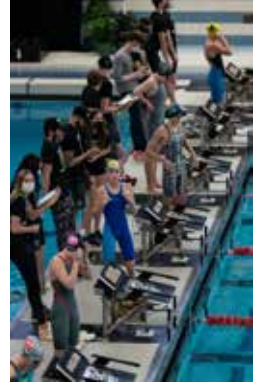
We placed **TENTH** at the D2 State Meet (November 19-20) at Oakland University. Our divers dominated the State Meet, placing 1st was **Lily Witte** (junior), 3rd was **Vivian Kinnard** (junior), and 10th was **Elysa Grossman** (senior).

Coach Hansen worked with Iron Dred Coach Chris Whitaker to get the team in the weight room this season. His weight program helped curb injuries and make our swimmers stronger!

Lily Witte smashed her previous Varsity Record for 11 Dives, earning 503.55 points at the D2 State Meet at Oakland University.

2021 Captains:
(all seniors)
Maddy Matos
Alena Michos
Isa Reyes

2022 Captains:
Vivian Kinnard
Sophia Marr
Laura Walton
Lily Witte



MENS TENNIS

VARSITY HEAD COACH | ROB SMOTHERS
JV COACH | DRAKE REINERT

This season, the Varsity team placed 3rd in Regionals, coming up just shy of States. Seniors **Dom Sortor** and **Cole Arnedt** reached the Regional Finals by defeating the #1 seed, defending state champions, Okemos.

2021 Varsity Lettermen

Jackson Bertram (12)
Ryan Flaherty (12)
Matt Read (12)
Connor Fisher (11)
Brock McIntyre (11)
Diego Reyes (11)
Xavi Reyes (10)
Andrew Boydston (9)
Steven Merz (9)

Graduating Seniors

Lucas Anderson
Cole Arnedt
Jackson Bertram
Ryan Flaherty
Nate Guinta
Colin Hart
Allen Labadie
Derrick Nelson
Matt Read
Cole Sheldon
Dom Sortor

3RD PLACE - SEC RED



FALL SPORTS

VARSITY HEAD COACH | PAULA PALMER BURNS
VARSITY ASSISTANT COACH | CRYSTAL KEDROSKE
VARSITY VOLUNTEER ASSISTANT COACH | ERIN PENN
JV COACH | ANDREA GOTCHER
JV ASSISTANT | CHRISTINA LOSEE
FRESHMAN COACH | JULIE WINEMAN
PROGRAM VOLUNTEER ASSISTANT | STEVE WINEMAN

The volleyball program had a great season this year! The Varsity team finished with 3.81 season GPA and ranked in the Top 25 Division 1 programs in Michigan by multiple organizations.

SEASON RECORD
37-8-4
 (all losses to the D1
 #2 team in the state)

The Varsity team qualified for both the Michigan Interscholastic Volleyball Coaches Association (MIVCA) Team Academic All-State Award and the United States Marine Corp/American Volleyball Coaches Association All-Academic Award by maintaining above an overall 3.30 GPA.



VOLLEYBALL

MHSAA Scholar Athlete Award - Anna Creech, Jamie Giese, Avery Goodrich, Hanna Quinn, Paige Saylor

MIVCA Individual Academic All-State Award (maintaining a 3.70 GPA or higher) - Anna Creech, Jamie Giese, Avery Goodrich, and Paige Saylor

All-Conference - First Team - Anna Creech, Jamie Giese

All-Conference - Honorable Mention - Hanna Quinn, Mikah Salemi, Braedy Wineman

SEC Red Conference Sportsmanship Award - Paige Saylor

MIVCA All-Region - Anna Creech, Jamie Giese, Braedy Wineman

MIVCA All-State - Honorable Mention - Anna Creech

MIVCA Region 14 Middle School Coach of the Year - Angie Scott

MIVCA Region 14 Varsity Coach of the Year Nominee - Paula Palmer Burns

MLive Athlete of the Week: Anna Creech, Jamie Giese, Braedy Wineman; Veronica Sannino (Nominee)



ATHLETIC BOOSTER CLUB OF DEXTER

ABCD is a non-profit 501(c)(3) organization that has been operating since 2000 with the support of 100% volunteer efforts. We support the Athletics Program for the Dexter Community Schools.

One hundred percent of the monies raised are directly reinvested. Over \$600,000 in direct funding and another \$60,000 in brick-and-mortar projects has been donated to Dexter Community Schools, and that amount keeps growing.

In addition to concessions, ABCD hosts a Trivia Night in Feb/March to help raise money for the sport teams. A new initiative this year is the Rising Tide Coach Award, where families can donate \$50-100 and nominate a coach for making a difference in an athlete's life. The coach will receive a certificate and have their name listed on the electronic sign in front of Creekside Intermediate School on Baker Road.

Meetings are held on the 3rd Wednesday of the month, currently via Zoom. For more information about ABCD, email athleticboosterclubofdexter@gmail.com.

The Athletic Booster Club of Dexter cannot function without volunteers. Parents, athletes, students, and fans make the ABCD a success.

HOW CAN YOU VOLUNTEER?

We will train for each position from ABCD Team Representative, cashier, ticket taker, concessions drinks guru to popcorn chef.

Annually

ABCD Board positions (*Elections are in May, when open*): President*, Vice President, Treasurer, Secretary* and Team ABCD Representatives (*each team has a rep.*)

* open positions

Seasonally

Team Concessions Manager
 (*for home events when concessions are offered*)

Single Events

Concessions Volunteer (*earn \$ for YOUR team of choice, during any team event*), Subcommittee Volunteer, Trivia Night Volunteer, Holiday Hustle Volunteer

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.

For more information, contact program coordinator Coach Chris Whittaker at whittakerc@dexterschools.org.

Twitter: @Irongread_sc

Instagram: @Irongread_sc

Facebook: Iron Dread Strength & Conditioning



LOOK WHAT'S NEW!

Wylie Pool received an recent upgrade in January 2022 with the installation of new starting blocks - just in time for the winter swim season!



WINTER 2022 YOUTH SPORTS PROGRAMS

For more information and to register, visit <https://dexterschools.ce.eleyo.com>.

Michigan Thunder Soccer Academy Little Bolts (ages 3-5)
Wylie Gym, Saturdays, Jan 15 - Feb 12, 9:00 - 9:45 AM.

Michigan Thunder Soccer Academy Strikers (ages 5-10)
2 options available, both at Wylie Gym: Mondays, Jan 10 - Feb 7, 5:00 - 6:00 PM & Saturdays, Jan 15 - Feb 12, 10:00 AM - 12:00 PM -OR- Wednesdays, Jan 12 - Feb 9, 5:00 - 6:00 PM & Saturdays, Jan 15 - Feb 12, 10:00 AM - 12:00 PM.

Batting League (Coed, Ages: 8-10 and 11+)

Five one-hour sessions sold separately; registration for each Sunday session will close at 5:00 PM on the preceding Friday, Jan-Mar at Wylie Gym.

Girls On The Run (Grades 3-6) & Heart and Sole (Grades 7-8)

These eight-week programs meet twice weekly for 90 minutes and runs March through May. Registration begins in February.

Pretzel Kids Yoga (grades K-2)

2 options available, both at Beacon Gym: Mon, Jan 3 - Jan 31 (no class Jan 17), 3:15 - 4:00 PM -OR- Mon, Feb 7 - Mar 21 (no class Feb 21 & Mar 7), 3:15 - 4:00 PM.

Unplug! Teen Yoga For Stress & Anxiety Relief (Grades 7-8)

2 options available, both at Mill Creek Flex 2 Chorus Room: Tues 1/4-2/1 3:15-4:15 PM -OR- Tues 2/15-3/22 (no class 3/8) 3:15-4:15 PM.

Learn To Play Lacrosse (Grades 1-4)

3 options available: Boys & Girls (Grades 3-4), Wylie Gym, Tues 1/18 3:20pm-4:50 PM; Girls (Grades 1-2), Beacon Gym Tues 1/25 3:15pm-4:45 PM; Boys (Grades 1-2), Beacon Gym, Tues 2/1 3:15pm-4:45 PM.

Field Hockey Skills Clinic (Girls Grades 2-4 and 5-6)

Grades 2-4: Thurs 1/6-3/3 (no meeting 1/27), Wylie Gym, 3:20-4:20 PM; Grades 5-6: Thurs 1/16-3/3 (no meeting 1/27), Wylie Gym, 4:30pm-5:30 PM.

Youth Volleyball (Grades 3-4 and 5-6)

Grades 3-4: Wed 1/12-2/16, Wylie Gym, 3:20-4:50 PM; Grades 5-6: Tues 1/25-3/1, Wylie Gym 3:20-4:50 PM.

Small Games Lacrosse (Grades 3-8)

Grades 3-4: Sun 1/23-3/6 (no meeting 2/20), Bates Gym, 9:00-10:00 AM; Grades 5-6: Sun 1/23-3/6 (no meeting 2/20), Bates Gym, 10:00-11:00 AM; Grades 7-8: Sun 1/23-3/6, Bates Gym, 11:00 AM-12:00 PM.



