

DREADWATCH

WINTER 2022

#RISINGTIDE



DEXTER COMMUNITY SCHOOLS ATHLETICS NEWS

EDITOR: MELANIE MCINTYRE

AD'S CORNER

ATHLETIC DIRECTOR | MIKE BAVINEAU

Dexter's winter sports teams had a very successful season this year, with both Competitive Cheer and Women's Basketball winning the SEC Red! It's been a great year for Dexter Schools, with things mostly back to normal for athletes and all students. The community support for our teams have been fantastic, and we appreciate all those who volunteer, attend events, and shuttle athletes back and forth from practices and games.

In a first for DHS, female foreign exchange student Nives Schweitzer qualified for the MHSAA women's state wrestling tournament in March 2022. Schweitzer had never wrestled before, and wanted to try a new American experience. This is an awesome achievement for a female in a male-dominated sport, and we hope it will inspire other DCS women to try wrestling.

This summer, DCS will again be offering a series of District-sponsored athletic camps for students (see pg. 8 for details). Each student can sign up for two free camps, with the option of more for a fee. Dexter coaches enjoy running summer camps, as it is an opportunity to teach fundamentals and build their programs. Most teams are offering some kind of camp this summer; sports like track and field are offering a variety of specific event camps such as shot put/discus, pole vault, high jump, etc. These camps are great opportunity for the kids to try something they're interested in and learn from a DCS coach. You never know when a kid is going to get bit by the bug; they try something, love it, and it becomes their passion!

Starting in Fall 2022, all sports registrations will run through Eleyo. This will be a one-stop shop for all registration forms and payments needed for an athlete before their season starts. As a reminder, students who want to play sports during the 2022-2023 school year must have a sports physical dated after April 15, 2022 before their first practice.

GO DREADS!

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HOLD FAST, STAY TRUE



Winter Sports



MENS BASKETBALL

VARSITY HEAD COACH | JASON RUSHTON
VARSITY ASSISTANT COACH | COOPER SMITH
JV COACH | JASON RYCHENER
FRESHMAN COACH | CLAY COOPER



Varsity Highlights

Seniors

Cole Arnedt
Cal Bavineau
Andrew Gersh
Ty Rychener
Dom Sortor

All-SEC Team Honors

Cal Bavineau
Evan Haroldson
Brennan Parachek
Ty Rychener

2022 Ann Arbor-Area Dream Team

Cal Bavineau
Evan Haroldson
Brennan Parachek

AP Division 1 All-State Basketball - Honorable Mention

Cal Bavineau

AP Division 1 and 2 All-State Honors

Brennan Parachek

SEASON RECORD

11-10

JV Highlights

The JV Basketball team swept Lincoln and beat Saline this year, ending their season with a 7-13 record (5-9 in the SEC). Leading scorer was **Garrett Sharp** with 251 points, averaging 13.2 points per game.



"The bonds that we made, the memories, & the impact on the culture of our program will last a lifetime!"

- Coach Jason Rushton

DREADWATCH



WOMENS BASKETBALL

HEAD COACH | LAUREN THOMPSON
ASSISTANT COACH | RILEY MCDONALD
JV COACH | ERICA EHINGER

SEC RED CHAMPIONS
SEASON RECORD
19-3



The DHS Womens Varsity Basketball team had a stellar season this year, ending their first regular season in the SEC Red with a record of 14-0. In addition to beating rival Chelsea, the team also beat West Bloomfield (the 2022 D1 State Championship team's only loss). Dexter's hardworking team entered the post-season ranked 7th in the D1 Michigan State Power Rankings, ending their season in the District finals with a season record of 19-3.

The team earned Basketball Coaches Association of Michigan (BCAM) Team Academic All-State, and senior **Sydney Pnacek** set a program record of 7 games with over 20 points.

The entire varsity team attended the first-ever SEC Women's in Leadership Conference along with all other varsity teams in the SEC. This conference was organized and run by Lauren Thompson (Dexter Head Coach), Leigh Roehm (Saline Head Coach), and Eve Claar (Pioneer Athletic Director). The Keynote speaker was Kim Barnes Arico (U-M Womens Basketball Coach).

Individual Athlete Awards

Sydney Pnacek

- Division 1 All-State Honorable Mention
- 1st Team All-SEC Conference
- 2nd Team All Area Dream Team
- BCAM Outstanding Senior Athlete Award
- Dexter Scholar Athlete Award
- Dexter Womens Basketball Dreadnaught Leadership Award

Alena Blumberg

- SEC Red All-Conference Honorable Mention
- Honorable Mention All Area Dream Team
- Area Dream Team
- BCAM Rising Star

Maddie Valentine

- 1st Team All-SEC Conference
- Honorable Mention All Area Dream Team
- BCAM Outstanding Athlete Award
- Dexter Scholar Athlete Award
- Dexter Womens Basketball Dreadnaught Leadership Award
- Dexter WBB Hustle Player of the Year

Maggie Lewis

- SEC Sportsmanship Award
- BCAM Team First Award

Brianna Rodriguez

- Division 1 All-State Honorable Mention
- 1st Team All-SEC Conference
- Honorable Mention All Area Dream Team
- Dreadnaught WBB Defensive Player of the Year

Chloe Perry

- SEC Red All-Conference Honorable Mention
- Honorable Mention All Area Dream Team
- BCAM Rising Star



Winter Sports



COMPETITIVE CHEER

SEC RED CHAMPIONS



HEAD COACH | AMY PHILAGE
ASSISTANT COACH | ALLYSON CANELL
ASSISTANT COACH | EMILY O'KEEFE
MIDDLE SCHOOL COACH | KAYLEE CANELL

Varsity Competitive Cheer ended another fantastic season by winning their second consecutive SEC Red Championship! The middle school team wasn't far behind, finishing as Runners Up for SEC Middle School Champs. With scores of 222.5 in Round 1 (highest score ever), 205.68 in Round 2, and 293.2 in Round 3, the varsity team finished Districts with their best overall score of 710.94.

We would not have had such a fabulous well-rounded team without each athlete!

All-District Award

Aubrey Hampstead, Morgan Jones

SEC Sportsmanship Award

Jessalyn Schultz

SEC 1st Team

Alicia Farmer, Makayla Gerlach, Chelsea Jones, Megan O'Keefe, Sarah Sayn

SEC Honorable Mention

Abby Jones

Leadership Award

Hannah Marsik, Sarah Sayn

"Good days give you happiness, bad days give you experience, worst days give you lessons, and best days give you memories."

- Coach Amy Philage

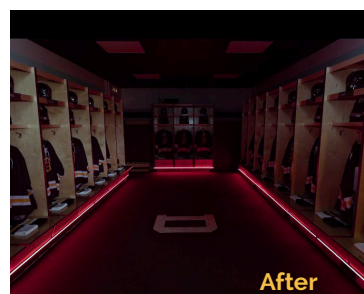


ICE HOCKEY

VARSITY HEAD COACH | MATT BOLLINGER



Before



After

SEASON RECORD

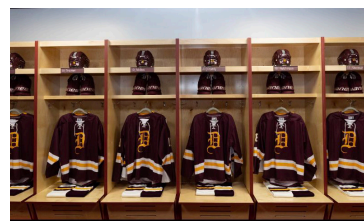
5-17

SEC White Honorable Mention

Luc Chesney, Christian Rapp, Jonathon Rosevelt

SEC White Sportsmanship Award

Dylan Hutchison



DREADWATCH



MENS SWIM & DIVE

HEAD COACH | MICHAEL MCHUGH
ASSISTANT COACH | MURPHY HANSEN
ASSISTANT COACH | CORY BERGEN
DIVE COACH | JAKE BURRIS

Mens Swim & Dive finished in 5th place in their first season in the SEC Red. Senior Diver **Cole Warren** set varsity and pool records for 6 dives and finished 2nd at the 2022 D2 MHSAA State Finals.

Eight team members made the cut for the MHSAA D2 State Finals. The 200 Medley Relay team of **Lucas Greatorex**, **Adan Hauser**, **Stuart Bovich** and **Matthew Resende** finished 16th. Hauser finished in 17th place finish in the 500 free and 25th in the 200 IM. He was also part of the 400 free relay team that finished 21st along with **Tristan Lorincz**, Resende, and Greatorex.

Greatorex earned a 26th place finish in the 50 free and 27th in the 100 back, while Resende was 25th in the 100 fly **Jack Haidl** was 23rd and **Dylan O'Connor** 32nd in the 500 free and Bovich 35th in the 100 back.

The team also ranked 3rd in the Michigan Interscholastic Swimming Coaches Association (MISCA) D2 Academic Team All-State 2022 Honors with a GPA of 3.70.



**5TH PLACE -
SEC RED**

MEET YOUR DCS ATHLETIC TRAINERS



Shannon Siira, MS, AT, ATC - Shannon has been an athletic trainer for almost 10 years working for Michigan Medicine through her entire career, at Dexter High School for the past 7 years and at Livonia Franklin High School prior to that. She attended Central Michigan University for her bachelor's degree in athletic training/sports medicine, and A.T. Still University for her masters in Kinesiology with an emphasis in Sport Psychology. She lives in Farmington Hills with her husband, two children, and dog. She loves to be outside, read a good book, and spend time with her family and friends when she is not working.



Kristin Stoneberg, MS, AT, ATC - Kristin spent the first 17 years of athletic training experience in Minnesota and Iowa before moving to Michigan in March 2022. She worked at the University of St Thomas (MN) for 14 years prior to joining Michigan Medicine where she primarily worked with the women's volleyball, men's basketball, and track teams. Prior to UST she worked at St. Mary's University as an athletic trainer and assistant volleyball coach for 2 years. She attended Bethel University (MN) for her bachelor's degree in athletic training, and University of Northern Iowa for her master's in athletic training. She lives in Ypsilanti with her boyfriend. She enjoys working out, golfing, and spending time with her loved ones.

Athletic trainers are certified and licensed healthcare providers who specialize in acute care and the management and prevention of athletic injuries. Athletic trainers must complete a bachelor's degree and more recently a master's degree in athletic training and then sit for a board of certification exam to become a certified athletic trainer.

Dexter High Schools contracts two athletic trainers, employed by Michigan Medicine. We complete part of the contract at the Ann Arbor Ice Cube physical therapy clinic providing rehabilitative care to a variety of populations with sport injuries and the other part at Dexter High School providing practice and game coverage, injury prevention and rehabilitation interventions, and emergency action planning. We work closely with a variety of health care professionals such as physical therapists, surgeons, physicians, and physician assistants to provide the best possible care for our athletes.

5 FACTS YOU MAY NOT KNOW ABOUT ATHLETIC TRAINERS

1. Athletic trainers are certified and licensed, much like a physical therapist, physician assistant or doctor, to provide medical care and expertise for a variety of conditions and injuries.
2. We have access to some of the finest surgeons and physicians in Michigan with just a quick email or phone call.
3. It may look like we have an easy job, standing on the sideline or sitting on the gator, but we are keeping alert to potential injury and available for any emergency scenario you can think of, in a matter of seconds.
4. Athletic trainers are found in a variety of settings including high schools, colleges, professional sports, youth sports, PT clinics, physician offices, military, law enforcement, industrial warehouses, corporate settings, fine arts, and theater.
5. Athletic trainers get just as excited for game days as athletes do!



POWERLIFTING

HEAD COACHES | CHRIS WHITTAKER, PHIL JACOBS, ROB SCHWARTZ

The Dexter Iron Dread powerlifting had another strong year in 2022 with both the varsity and JV mens' teams claiming regional titles. The JV women also won another regional title and the varsity women finished in second-place.

Junior **Corey Baker** performed an amazing 620lb deadlift at the MHSPLA state meet. Junior **Cole Darby** deadlifted 405lbs at the 145 lbs bodyweight at the Iron Dread Regional Meet. Freshman **Rayne Cook** broke the state record for bench press (145 lbs) in the 242 lb JV weight class.

Dexter once again hosted the Iron Dread Regional Meet in the DHS Gym with over 450 competitors. The team sent over 30 athletes to states in both mens' and women's Varsity and JV. Powerlifting continues to grow as a newer sport at Dexter, with over 100 student athletes on our roster this year.



Winter Sports

**3RD PLACE -
SEC RED**

WRESTLING



VARSITY HEAD COACH | SHAWN CHAMBERLAIN
VARSITY ASSISTANT COACH | RYAN CLEMENTS

The Dexter wrestling team finished their season placing 3rd overall in the SEC Red Conference.

In a first for the program, female wrestler and foreign exchange student **Nives Schweitzer** qualified for the first-ever MHSAA girls' wrestling state finals at Ford Field, after finishing 8th at 135 pounds at the Hartland Regional.



Photos courtesy of Dan Robelen

IMPORTANT REMINDER FOR 2022-2023 ATHLETES

- If you plan to participate in sports during the 2022-2023 school year, you must have a sports physical dated AFTER April 15, 2022.
- All registration forms, sports physical, and fees must be submitted to the Athletic office BEFORE your team's first practice.
- Dead week is July 1-7, see the DHS calendar for details.
- Fall sports meeting will be held August 1, 2022 at 6:00 p.m. at DHS.

*If you need additional information, please contact
Dexter Athletics 734.424.4170.*

**DREAD
STRONG**

SUMMER ATHLETIC CAMPS

The DCS Board of Education approved offering two free activity camp experiences again this summer for all DCS students.

Each student enrolled in the district for the 2021-2022 or 2022-2023 school years is eligible for up to two free district-sponsored camps, but can enroll in more for \$100 per experience. Free camp options are shorter in length and available for exploration of activities for our students. Other camps are available that are fee-based and which run longer throughout the summer.



Visit <https://dexterschools.ce.eleyo.com> for more information and to register.

District Sponsored Camps

Art Camp
Baseball Camp
Basketball Camp
Cross Country Camp
Field Hockey Camp
Football Camp
Lacrosse Camp
Soccer Camp
Softball Camp
Tennis Camp
Track Camp - Multiple Disciplines
Volleyball Camp
Wrestling Camp

Regular Summer Programming

Bricks4Kidz
Field Hockey
Gentle Restorative Yoga with Meditation
Gentle Restorative Yoga with Reflexology
Lacrosse
Mad Science
Michigan Thunder Soccer Academy
Safety Town (*space is limited*)
Tennis Camp
Youth Volleyball Camp

NOTE RE: DISTRICT-SPONSORED CAMPS: If you live in the district it will charge you zero at checkout. Our staff will apply the coupon code to cover the cost of the camp for two camps per student. If you sign your student up for more than two camps, or if your student doesn't qualify for the free camps, your provided payment method will be charged two days prior to the first day of camp. Current school of choice students can contact the Community Education office to register for the sponsored camps. Out-of-District students may attend camps by choosing the "out-of-district" rate at checkout.



