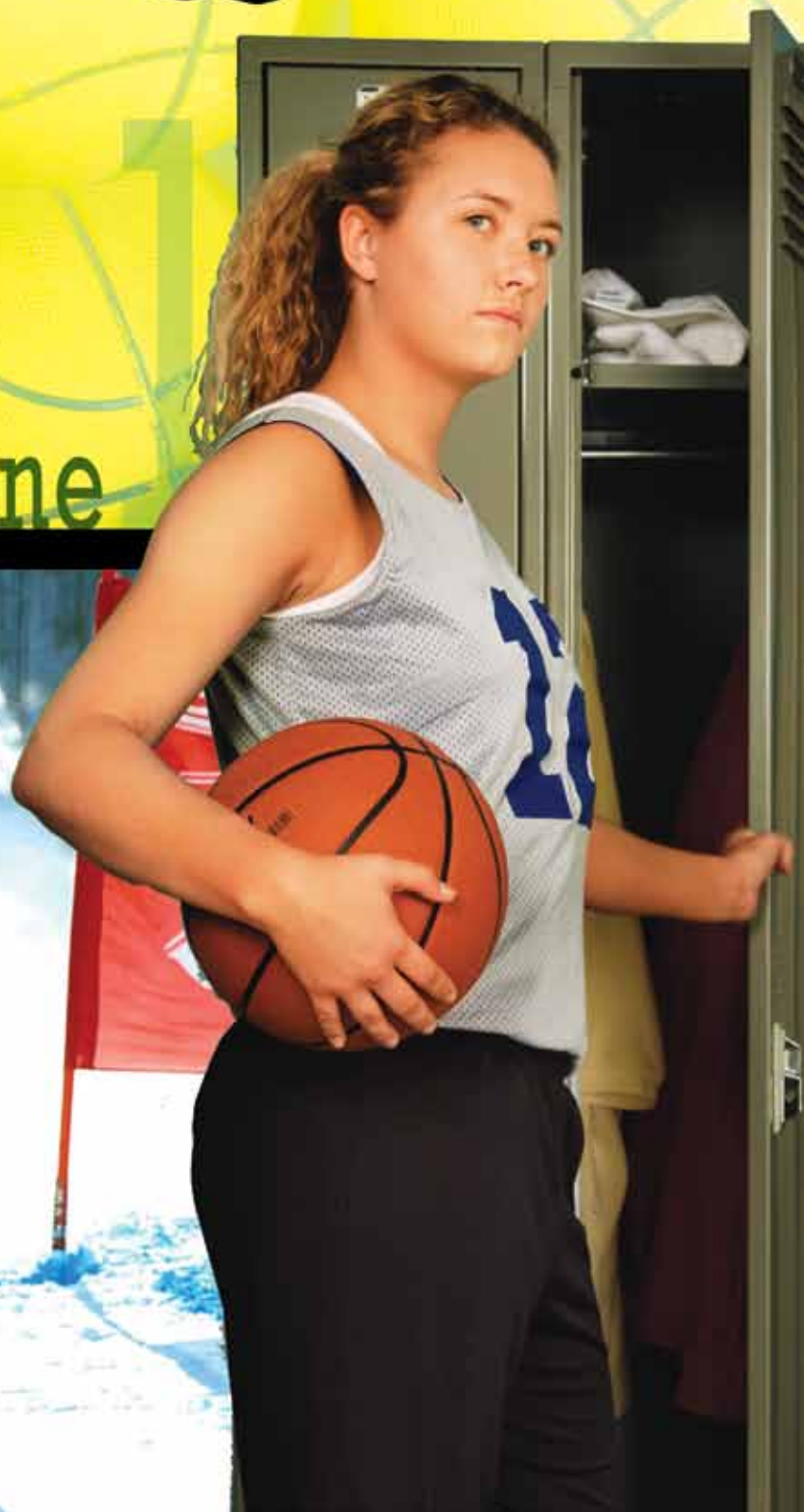


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Lowell Winter Sports

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With Junior Olympics behind her,

Ellis knows there's much work to do

by
Thad Kraus

Abi Ellis will tell you skiing is a game of time.

Taking her at her word and with a glance at her accomplishments, leaves one to conclude the sophomore skier must be referring to a short amount of time.

Ellis' parents (Dan & Sharon) introduced their daughter to the hills at Cannonsburg at three-and-a-half....SCHUSS

At 10, Ellis won all the races at a Cabrae Fae skiing competition.....SCHUSS

As a freshman, she qualified for the state skiing tournament (finishing 21st in the giant slalom)....SCHUSS

At 15, Ellis was selected to the Junior Olympian team in Vail Colorado....SCHUSS

The speed in which Ellis attacks the hills at Cannonsburg puts her on a short list of West Michigan's top girl skiers.

At the time this magazine went to print, Ellis had safely secured top honors in her first six races of the high school season.

"By far the biggest experience of my skiing life has been the Junior Olympics," Ellis. "It was an incredible experience. I didn't care about anything except going out to Vail and having fun."



The Lowell sophomore was selected to the Junior Olympian team in Vail, Colorado.



The Lowell student arrived in Vail, Colorado a week early, for some scheduled preliminary skiing, in preparation for the eight-day event.

"It is such a huge difference skiing out there as opposed to here. In Colorado you're skiing on mountains. In Michigan you're skiing on hills," Ellis explains. "The snow there is a light, powdery snow. You can actually feel it up against your ski."

The Junior Olympics also provided a different type of competition. The sophomore was competing against the best this country has to offer. In getting selected Ellis competed in a USSA junior development program (11-14 year olds) in Marquette, MI. The top 45 girls and top 45 boys were selected to go onto Vail. They were judged on four runs in the giant slalom and slalom and two downhill runs.

"Overall, I thought I did very well. My best times were in the giant slalom," Ellis explained. "Skiing is all about confidence, determination, athleticism, balance and being in tip top shape."

Her experience in Vail opened Ellis' eyes. "I'm going to have to step up my game. The competition at that level is more difficult," she says. "To go faster I need to take on the whole hill more and be more aggressive."

The Lowell student competed against 150 other girls from around the country. The top three in each event were selected to compete in an Olympic qualifier.

"The Olympics would be an amazing thing, but that's way out there. I have a lot of work to do," Ellis notes. ■



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Grummet channeling energy in drive toward MMA's top tier

by
Thad Kraus

In a caged ring Caleb Grummet likes to drop some leather on his opponent and/or choke him out.

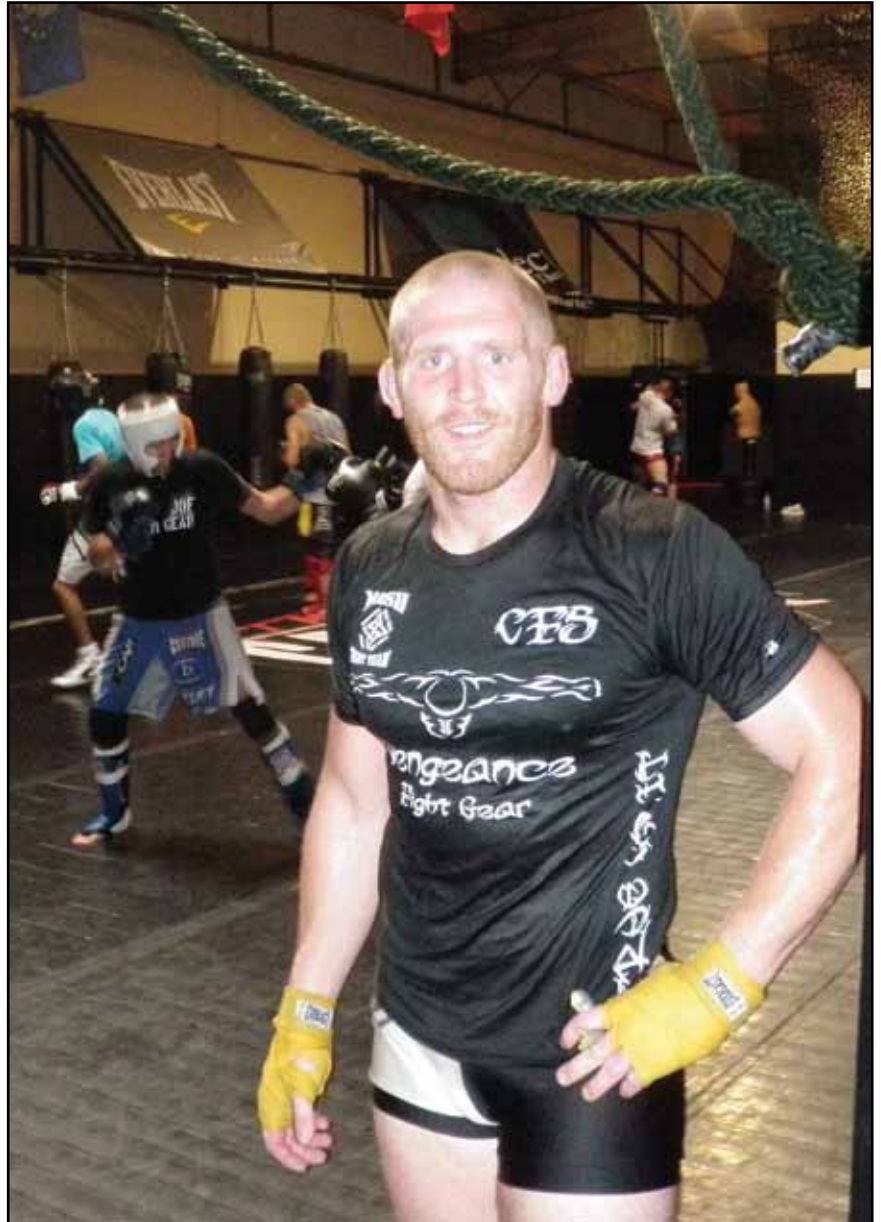
Outside the ring the Lowell High School graduate prefers to drop some heart and extend a hand to help underprivileged and troubled youth.

"I partied quite a bit when I was in high school. I got pretty low before I was able to get my life back on track," Grummet said. "Now, by setting a good example, I can show kids there's another way."

These days with the help of Mark Malone, owner of Grand Rapids' Kamnari Dojo, they are doing what they can to get the word out of their ministry to redirect and channel the energy of youth and help them see the benefits of work and discipline.

A troubled 14-year old juvenile from St. John's..... has benefitted from Grummet and Malone's efforts.

"We took him in and were able to help work out the boy's issues. Things have been going good and his grades are improving," Malone said.



Caleb Grummet has started fast as a professional Mixed Martial Art fighter/wrestler. The Lowell graduate is 17-1 over his first 18 fights

cont. page 8 see "GRUMMET"

Their work has been done under the media radar. The desire to get the word out and do more for troubled kids continues to grow.

So does Grummet's Mixed Martial Art career.

"I've come full circle. I placed in the high school state wrestling tournament and then after I got out of school I went into the Marines for two years," Grummet explains.

Friends then convinced him, with his free-style wrestling background, to give MMA a try. That led to his first MMA fight.

"I got in and realized I could compete and after that first fight I got hooked," Grummet explained. Winning didn't hurt that hunger.

Fighting someone 50 pounds heavier than him, Grummet used a free style wrestling move to take his opponent down.

"Instead of choking him out, I dropped some leather on him and then finished him with a submission hold (front guillotine choke)," Grummet said.

That was the first of 17 amateur matches all of which ended in victory for the Lake Odesa resident.



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In January of last year, Grummet turned pro. He has fought four times since then, winning three. Grummet defeated the KOTC world middleweight champion with a second round standing guillotine choke in his professional debut.

His only loss in four attempts came against Canada's Ali Mokdad. Grummet was choked out in the second round.

"It taught me the importance of training and conditioning. I gassed out in that match," Grummet explained.

In his short MMA tenure, Grummet is known for his strength and toughness and not as a technical fighter.

Grummet is the guy who keeps coming back at fighters and one who fights bloody and gets into the grind. Thus, the birth of the "True Grit" nickname.

"It's been surreal. "I prefer to go into fights as an underdog. The label was I'd put up a good fight but won't beat the champions," he says.

Most of the combatants come into the MMA with martial art (Karate, TaeKwondo, Jiu-Jitsu) and/or wrestling backgrounds.

Grummet and others believe it is easier to have a wrestling background and learn the hands element of the sport than vice versa.

"I think wrestling produces top fighters because it conditions you to push through pain and hardship," Grummet says.

Ryan Bow, Grummet's manager and booking agent, believes Grummet has the boxing and wrestling ability to compete at a high level. Helping to that end is a five day a week, three hours a day training regiment.

"It's tough for fighters in this area because there haven't been any professional fights in Michigan. My job is to get Caleb exposure," Bow said. "Caleb has all the talent. What will propel him to the next level is the mental ability to put it all together when it matters. ■

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Strong Women

Net success after hardwood glory at LHS

by Thad Kraus

A .870 winning percentage was rewarding, six conference championships are all reward enough, but when Dee Crowley wants reaffirmation about her eight years of coaching she looks to what her players have done since leaving Lowell High School.

Whether it's Brooke VanEck fulfilling a special education teacher calling or her own daughter Kelsey pursuing a vocation in nursing, Crowley sees signs that what she did in that short time as their coach was the right thing.

"As players they responded, got stronger and grew," Crowley said. They are taking the same approach off the court. "They understand that it is okay to be a strong woman. They understand to be better people they have to put in the effort to be successful."

The goal as Crowley sees it was better players, better people. "All the girls are good, quality kids who grew up with supportive parents who laid the groundwork," she says.

The former Lowell coach is grateful for the overall relationships she built with the girls as players and now as professionals.

What follows are some of the reflections by the girls who played a part in a memorable eight-year stretch of Lowell girls basketball.



Chelsea Harrison holds Hillsdale's single season record of three-point baskets (83) made in a season.

CHELSEA HARRISON

Chelsea Harrison learned a lot about the discipline it takes to play basketball from her high school coach Dee Crowley.

The Hillsdale junior guard learned much about playing the game, as a freshman, watching the national player of the year in Division 2, Katie Cezac.

Meshing all those valuable lessons together and then applying them to her game has been all Harrison.

"There's a big difference between high school and college basketball. In college all the best from high school are on one team," Harrison explains. "The game at the college level is quicker and is played at a faster pace. It also requires more preparation and planning."

As a freshman, Harrison had to learn the different approach. She had to become more disciplined, better at making good decisions and learn how to be coachable.

"Being coachable is listening to what the coach tells you in practice, and not get upset, but then applying it to game situations," Harrison explains.

The Lowell graduate was fortunate to be able to watch Cezac play.

"She shared a lot of information about playing the game, but stressed that I should have fun while I'm playing, give it my all and cherish every moment," Harrison said.

The standout Lowell guard by all accounts is doing alright, actually better than alright. As a sophomore, Harrison set a Hillsdale season record with 83 three-point baskets. She also set a school record with the most threes in a game (eight).

Entering her junior season, Harrison, based on her sophomore accomplishments on the hardwood, was selected to the pre-season first team All Great Lakes Intercollegiate Athletic Conference.

At the time this article was written, Harrison was just 40 points from scoring a 1,000 points in her collegiate career.

Three years removed from her senior year in high school, Harrison has fond memories of her playing days at Lowell. "I just remember it being a lot of fun and I am still able to keep in touch with a number of the girls.

Harrison and her Red Arrow teammates finished their high school playing days with a loss to Fraser in the semi final at the Breslin Center.

"We beat a good East Lansing team in the quarterfinals, however, we probably played our worse game of the season in the semi final. We were like 7-for-50 from floor.

Harrison's senior year, her Red Arrow squad lost is opening four games.

"We stuck with it, and finished as one of the top four teams in the state. It shows anything can happen and it's not how you start but how you finish," Harrison concluded.

cont. page 13 see "STRONG"

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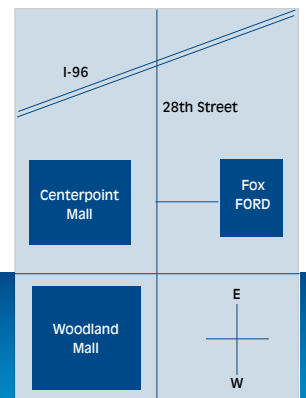


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BROOKE VANECK

Her hardwood accomplishments at Calvin College are a testament to Brooke VanEck's work ethic and dedication to the game of basketball.

She leaves Calvin, after four years, as one of only six players in the school's history to score over 1,000 points and pull down over 500 rebounds.

"The work ethic was instilled in me by my high school basketball coach, Dee Crowley. 'She instilled the 110 percent work ethic in all her players.' VanEck said. "You worked your hardest playing for Crowley."

Crowley adds, that VanEck was nicknamed the "Mop" because she was always on the floor and always playing defense.

VanEck describes the college game as a faster paced, more physical and higher level of play.

As a freshman, VanEck and her Calvin teammates, without two of their top players, battled back from a 15 point deficit to defeat Williamston and advance to the elite eight of the NCAA tourney.

That is a sweet moment VanEck won't forget. Nor will she forget a three-point loss to Hope. "Actually any loss to Hope," VanEck says with a chuckle.

VanEck, as a senior, made her second consecutive appearance on the All-MIAA first team. In conference play, VanEck averaged 10.9 points a game to rank 11th in the MIAA scoring race. She also led the MIAA in free throw percentage with an 88.5 percent clip. Overall, VanEck was ranked 8th nationally in free throw percentage with an 88.2 percent clip. During the MIAA season, VanEck had a stretch where she connected on 18 consecutive free throw attempts.

Earlier in the year, VanEck was named the Most Valuable Player of the Wilmington College Tip-Off Tournament. She was also voted to the ESPN The Magazine Academic All-District third team as voted upon by the College Sports Information Director's Association of America.

In May, VanEck will pick up her degree from Calvin. "I loved every minute of it," she says.

With her basketball days behind her, the former Red Arrow will now focus on her calling...as a special education teacher. One which she is seriously considering starting in Honduras.

"That's what I'm feeling right now, that I will spend one or two years in Honduras teaching after I'm through at Calvin," VanEck explains.

Her high school coach is not surprised. Crowley noted that VanEck has always been committed to Community. "Brooke has always been about caring and looking to help others."



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KELSEY CROWLEY

She is the career assists leader at Lowell high school and was named to the honorable mention all-state girls basketball team as a senior as well as to the academic all-state team.

Along with the high expectations, Kelsey Crowley and her Red Arrow teammates had to deal with, the Lowell guard also had to deal with the cumbersome fact that the coach was her mother (Dee Crowley). "I remember there were ups and downs. I also remember as a young player having to deal with the emotions of having Mom scream at you."

Crowley confers it was difficult, but the experience helped shaped who she is today. "My Mom and I are best friends. That didn't go away because of the coach thing."

Dee Crowley explained she was better at coaching Kelsey than she was Lesley. "Kelsey benefitted from me coaching her sister first. I got to work out some of the cobwebs," she said. "I think I got better."

Crowley, like those who played high school basketball with her, credits the hard work and time commitment to the game in helping her at the next level.

"We worked out all summer, during the season and every minute of our practices were planned out," she recalls. "Being in a strong program, surrounded by good players with strong fundamentals enabled us to be pretty darn successful."

The height of that success played out her senior year when the Red Arrows defeated Hudsonville in the regional, Ottawa Hills in the regional final and East Lansing in the quarterfinal before being knocked out of the state tournament semifinal by Fraser.

Crowley played for a high school program where working hard, strong fundamentals, a year-round commitment to the sport and dogged determination were all part of the daily routine.

Then, fast forward to her freshman year at college, a coach tells Crowley and some of her teammates scrimmaging against the club's starting five, to cut back the effort so that the starters could gain confidence.

"That wasn't a philosophy I could respect or one that I had heard," said Lowell's Kelsey Crowley. "To be fair to my teammates and to the coaches, I decided to play basketball after my freshman year."

While thankful for the opportunity given to her by Grand Valley State University, Crowley concluded it just wasn't the right fit.



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BRITTANY BUECHE

There were times Brittany Bueche admits she felt like dying. She didn't. Instead Bueche just got better.

"I think back to how hard coach Dee Crowley worked us and how hard she was on us, and now I appreciate it and believe it made an impact. I think it definitely made us better players and probably better people."

It may have also helped Bueche make the jump from high school to Grand Rapids Community College.

"It was definitely a big jump. I can't believe how much better I got in one year playing at a higher level against high level players," Bueche explained.

The Lowell graduate describes the collegiate play as a faster paced, more physical game.

"My goal was to keep improving, work hard and be a leader for my teammates," she says.

Bueche completed her two years averaging 15.6 points per game. She was third team all conference as a freshman and first team all conference as a sophomore along with being named conference player of the year.

"I loved it. I wish Grand Rapids Community College was a four-year school," she explains.

From GRCC, Bueche transferred to Central Michigan University where credit issues limited her play to club level.

During her three years of high school ball, Bueche earned all conference honors.

The Red Arrow netted a couple big threes for Lowell in its regional final win against East Lansing.

BRITTANY LYMAN

It is characteristic of collegiate athletes to work hard, practice hard, condition hard and constantly work to improve their game.

Lowell girls' basketball four-year starter Brittney Lyman notes that the lucky athletes come from high school programs that instill those qualities.

What I remember about the girls I played the game with and our team was we got better every year," Lyman explains.

The Red Arrow graduate, upon leaving Lowell, took her game to the next level at Daven-

port College. where she played forward/guard for four years.

"I really liked it. Coming from Lowell, I wasn't use to losing. Davenport's program at that time was in the same situation," she says. "The college game was faster and there was a wide range of more skilled players."

Lyman and her Davenport teammates competed in the nationals every year and progressed further each of her four years.

Her high school playing experience was galvanized by her club's run in the state tournament. Lyman and her Red Arrows senior year run in the state tournament galvanized a community that was use to making trips east for football and wrestling.

"I remember what a good experience it was and how the community came together for Lowell girls basketball. I remember that there were signs everywhere on the way to Lansing and how many people showed up for the game," Lyman said. "It was a big game and the people in the community cared."

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by
Thad Kraus

The old days of one independent care provider for Lowell High School athletes are just that, a thing of the past.

Today, athletes have the combined efforts of a trainer, team doctor and physical therapist.

"It is truly a team effort. There is not one person doing everything," says Dery Physical Therapist Cass Kilyanek. "In many cases, the result is a quick healthy return for the athlete."

An important part of the care is prevention. Kilyanek is able to provide ideas and practice strategies to prevent common injuries specific to certain sports. An example of this would be knee injuries with gymnasts. "Ideas for treating female athletes is different than male athletes. Kilyanek explains girls have different needs, ligaments and

hormones. He can't stop them from happening but proper training and treatment can help prevent or limit time on an injury list.

Through the advice of Kilyanek, Lowell football coach Noel Dean was able to change practice drills to help minimize the frequency of hip pointer injuries.

Lowell athletes benefit from the knowledge and practices of Kilyanek, school trainer Patti Beggs and team physician(s), John Meier and Donald Gerard.

Meier was brought aboard through the encouragement of Gerard, who after 47 years decided to technically retire. However, he can still be seen helping out at different athletic venues.

"The type of commitment that Dr. Gerard has provided the Lowell community you just don't get that anymore," Kilyanek says.

Dery Physical Therapy Services opened its doors in Lowell 10 years ago. Two years ago Dery Physical Therapy Services was invited by the school district to help provide a different level of care for its athletes. It is through Dery the school district contracts out the trainer services provided by Beggs.

The type of injuries that occur has not changed over the years, however, the awareness has increased and efforts to hide injuries no longer exists according to Kilyanek.

"That just doesn't happen any more. Parents trust us and everybody is more conscious of what's happening. Everything is done faithfully. The final decision on an athlete's health comes from their doctor."

While Kilyanek has seen the full package of caretakers (trainer, team doctor and physical therapist) as other schools before, that isn't necessarily the norm. There are schools that have just EMTs and nurses at game sites.

"Dery is pleased to be able to offer good services and value to the school district," Kilyanek said. ■

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Coaches and players

ignored as fans confused by changing times

by
Thad Kraus

Equity has spoken and it appears West Michigan high school basketball fans are walking.

An effort for complete equality in boys and girls basketball this winter in the O-K Conferences may in fact have had a negative impact on those it's trying to help.

Many fans, who attended the Friday night boys basketball games at 6p.m., left before the girl's game started or during the first half, leaving the gyms barren for the second half/finish of the girls game..

Dee Crowley, former Lowell girls basketball coach and now Lowell High School assistant principal, adds she struggles with the change because it's not helping either the girls or boys.

The Michigan Women's Commission, which operates under the state Department of Civil Rights, argues that as part of Title IX compliance, girls should have equal access to Friday's second game. What it called the "Marquee" game.

"I'm all for equity and girls equality, but this is hurting the attendance of girls' games," Crowley said. "And it's still confusing for the fans. Tuesdays and Fridays are different than what they use to be and many still haven't figured it out the where, when and who of it all."

Unlike last year, the girls played at 6 p.m. and were the beneficiaries of boys basketball crowds coming earlier for the boys game, thus a larger crowd being there for the end of the their game.

The results are two-fold, an opportunity to introduce a vastly improved girls game to those who might otherwise not come to the game is lost and gate receipts for both boys and girls are negatively impacted.

"What we anticipated happening is happening," said Lowell athletic director Barry Hobrla. "Gates are down and the girls are being short-changed. Last year they came early for the boys game and caught the end of the girls game. Now fans are leav-

ing during the first half of the girls game."

Aware of the squabble taking place in Lansing's Capital Area Community Conference with Communities for Equity, the O-K Conferences decided to be proactive, be a home-ground for equity by alternating basketball start times.

One argument in support of the change is in time fans will come and/or stay for the marquee match-up (7:30 game). Or the girls game is just experiencing growing pains. Similar arguments were brought forward over 10 years ago when the popularity for youth soccer was booming. Now many years later, crowds for high school games (at the marquee 7:30 time slot) have remained sparse. While soccer may have enjoyed growth in the number of youth playing the sport, the gate receipts for those attending and watching high school soccer games has not.

Some argue the 6 p.m. time slot made it difficult for many parents and fans to make the girls game. However, that argument falls on deaf ears now that it's the boys.

Community for Equity appears to be trying to tell fans what sport they should be taking in. What's important.

"I think many people just don't know any differently because things have always been this way," said former president of Communities for Equity, Diane Madsen. "Girls have been trained to accept being treated as second-rate. Boys have been playing basketball for longer and things have always been that way. The girls tend to think 'at least we get to play.' That's not right."

Her ultimate goal, she said, is nothing less than total equality.

"When you can take the team name off the top of a schedule and not be able to figure out if it's for a men or women's team," she said. "When things are so equal that you can no longer tell the difference."

Will there really be no difference if fewer fans are watching because of the change?

In fact what Communities for Equity is doing is exchanging attendance for a marquee time slot.

"The change has been terrible for both the boys and girls from the standpoint of continuity. The different start times and nights have been nothing but a negative for fans," said Forest Hills Central boys basketball coach Ken George. "With all the confusion the change has created, I'm not sure there is a marquee time anymore."

George echoes what the majority of coaches in West Michigan believe, the change that was suppose to help make things equal and better for the girls, hasn't. It's only made things more difficult.

Grand Rapids Christian athletic director Mark Warners says it's been tough for his high powered Eagles who are ranked in the state's top 5 in Class B.

"It's hard for them to see fans leaving before half-time or early in the third quarter, especially when last year at the end of games they were playing in front of a full gym," Warners explained. "It's like the Community for Equity/Civil Rights is ignoring what the coaches and players want." ■



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Sisters log mat time

from Lowell bleachers



Sisters Betty Morlock and Darlene Schutt travel much of the state and even out of state following their beloved Red Arrow wrestlers.

by
Thad Kraus

Twisting and turning in amongst the thousand or so Lowell wrestling fans who turned out for the most important regular season dual match of the year were two 50-something year olds.

They could have been mothers or even grandmothers to any of the wrestlers who took their turn inside the squared circle on this night, but they weren't, instead they were just fans to the sport.

Albeit, anything but you're average fans. The sisters, Betty Morlock and Darlene Schutt, have traveled much of the state and even out of state, from Battle Creek to Mason, OH to watch their Red Arrows grapple.

"I love the sport because it's where kids who don't fit into that regular circle can go and excel," said Morlock. "I watch the boys go out there and beat one another up, shake hands, when they're

finished, lay on the mat together and talk to one another. It's a sport where wrestlers and schools build great relationships."

That's what hooked Morlock. "They have such manners. It also helps that Lowell has had such great coaches from Rivers to Dean," she explains.

The Lowell city clerk says she twists and turns as much on the inside as on the outside.

"I twist as much as the wrestlers. I probably get more nervous and excited than they do.

The waiting and anticipation of big matches gets in Morlock's stomach. "Actually it makes me nauseous. The wait kills me," she says.

Both Schutt and Morlock were first introduced to the sport over 15 years ago when their sons wrestled. Schutt's step son wrestled for Byron Center and Morlock's son, Steven (now deceased) wrestled as a freshman.

"I lived in Arizona for four years before returning to the Lowell area (Alto). Betty got me hooked again after inviting me to a team tourna-

ment," Schutt said. "It's such a demanding sport with such intensity, but requires the boys to control their emotion and anger."

The Alto resident relates to the anger and the discipline it takes to control it.

"I get angry. I get angry at the referees. Their interpretations are all different. They don't always see what I see," Schutt explains.

What both ladies see are Lowell wrestlers giving the sport, opposing wrestlers and coaches respect.

They also both give back through volunteering efforts. Both Morlock and Schutt bake pies for the annual pie sale and bring food and drinks to the tournaments for the wrestlers. Their good deeds crossover into the fall as they help rope off roads for parades, string up scarecrows and volunteer time with the Lowell Area Chamber of Commerce and Rotary.

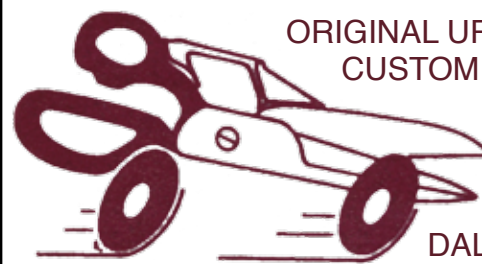
They have also volunteered to be the boys' adopted grandmothers. They like them all.

Morlock says her favorite wrestler over the years has been Jackson Morse. Recently, Morlock traveled to East Lansing to watch Morse wrestle for the University of Illinois.

"This year I've enjoyed watching Dan Fleet (I've watched him grow up over the years) and the young Stehley kid (what a wrestler)," Morlock says. "Probably the most fun to watch over the years has been Tyler Jack."

For Schutt, Gabe Dean has provided her great enjoyment. "He's so good. Gabe is also so direct in his approach I can see what he's going to do before he does it," she says. "I think Calvin Meyer is the wrestler who flies under the radar and is overlooked. Other than Lowell, she believes St. John's is the best team she's seen. ■

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Boys' Varsity Basketball

Front row, left to right: Jake Boelens, Blake Lyman, Justin Castro, Jacob Meyer, Sam Steed, and Jason Malling; **second row, left to right:** coach Jeff McDonald, Griffin Brenk, Alec Roerig, Noah Burt, Dan Wernet, Elliott Drain, Kyle Rogers and coach Ryan Rademaker. Not pictured: assistant coach Lee Wirick.



Girls' Varsity Basketball

Front row, left to right: Danielle Ordway, Stephanie Stevens, Brooke Curtis, Melissa Southwell, Skye Thebo, and Lauren Kurtz; **second row, left to right:** manager Kait Drudy, Courtney Schmidt, Taylor Flanagan, Amber Martin, Katie Tompkins, Bryleigh Loughlin, and Carissa Paiz.



Boys' Bowling

Front row, left to right: Dillon Buck, Carl Mitchell, Jordan Dennie, Brandon Segal, Jacob, Hornbrook, and Josh Rocco; **second row, left to right:** coach Rocky Eickhoff, Alec Bobko, Sean Ritsema, Ryan Timmers, Logan Phenix, Jacob Merklinger, and coach Eva Geldersma.



Girls' Bowling

Front row, left to right: Jessica Alberts, Amber Geldersma, Shelby Mitchell, Sammi Geldersma, and Melissa Mosher; **second row, left to right:** coach Eva Geldersma, Analyse Bencker, Casie Burr, Jodi Carvill, Mia Carvajal, and Paige Rozell.

Varsity Cheerleading



Front row, left to right: Kirsten Baker, Katie Haan, Abby Rogalke, Amber Brown and Morgan Rogalke; **second row, left to right:** Cassie Mullins, Kate Scudder, Ericka Claypool, Anna Scudder, and Brianna Thomet; **third row, left to right:** Jordan Wakefield, Erin Groom, Jenn Hartley, Krystal Blanker, Alyssa Kenyon, Katelyn Videto, and Paige Rush.

Gymnastics



Front row, left to right: Jorie Bennett, Rachael Walters, Rebecca Chamberlain, Lauren Trasky, Morgan McVey, and Bailey Roberts; **second row, left to right:** coach Michelle DeHaan, Maranda Johnson, Kaezi Bladey, Kaylee Wold, Vonda Kyes, Meghan Plutschouw, Rebekah Betts, and assistant coach Sara Tarchala.



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