

DREADWATCH

2020/21

#RISINGTIDE

DEXTER COMMUNITY SCHOOLS ATHLETICS NEWS

EDITOR: MELANIE MCINTYRE

AD'S CORNER

ATHLETIC DIRECTOR | MIKE BAVINEAU

First and foremost, I would like to thank all the student-athletes and coaches for their perseverance during the 2020-2021 school year. Regardless of competing in a fall, winter or spring sport, Dexter athletes and coaches dealt with mask mandates, COVID-19 testing (some several times per week) and interrupted seasons with determination and heart. They didn't complain, just did what they needed to do in order to succeed. Their dedication and tenacity is indisputable, as illustrated by the many team and individual accomplishments detailed in this newsletter. Thank you for embodying our school motto: Dread Strong!

I would also like to announce the following student-athlete awards, which will be formally presented at halftime of the October 8th Homecoming football game:

DREADNAUGHT ATHLETE

These student-athletes have excelled in their sport or multiple sports at an all-league/all-state level throughout a distinguished high school career.

Male Award: Colin Parachek

Female Award: Kylee Niswonger

TOUCHSTONE OF EXCELLENCE

An exceptional leader in their program, these individuals are the epitome of the student-athlete in academics, coachability and team drive throughout their high school career.

Male Award: Leo Varitek

Female Award: Olivia Mellifont

SENIOR ATHLETE AWARD

These individuals are multi-sport athletes who had an outstanding senior year in athletics.

Male Award: Clayton Kinnard

Female Award: Elenor King

AD's Corner.....1

Fall Sports

Mens Cross Country.....	2
Womens Cross Country.....	2
Dance.....	3
Equestrian.....	3
Field Hockey.....	4
Football.....	5
Womens Golf.....	5
Mens Soccer.....	6
Womens Swim & Dive.....	6
Mens Tennis.....	7
Volleyball.....	7

Winter Sports

Mens Basketball.....	8
Womens Basketball.....	8
Competitive Cheer.....	9
Ice Hockey.....	9
Powerlifting.....	10
Mens Swim & Dive.....	10
Wrestling.....	11

2021 Fall Sports Openers.....11

Spring Sports

Baseball.....	12
Mens Golf.....	13
Mens Lacrosse.....	13
Womens Lacrosse.....	14
Womens Soccer.....	14
Softball.....	15
Womens Tennis.....	15
Mens Track & Field.....	16
Womens Track & Field.....	17
Mens Water Polo.....	18
Womens Water Polo.....	18

Acknowledgments.....19

Iron Dread Strength & Conditioning.....19

Community Education Fall Programs.....19

"We talked about building something special, and consistently exceeded expectations."

Fall Sports



MENS CROSS COUNTRY

HEAD COACH | NATE LAMB

This was a Cross Country season for the ages. It really started on March 16th, the Monday after the physical buildings were closed for the school year. While these student-athletes continued to train for a track season that wasn't meant to be, we knew (hoped) we'd be able to showcase our effort in the fall and we did just that! They trained alone, then in pairs, then finally got back together with masks and social distance as the priority. With over five months gone by and no competitions, we were finally able to run again.

We continued to build strength as the season progressed while overcoming injuries and other obstacles. These amazing student-athletes trust the training and each other. We talked about building something special, and consistently exceeded expectations. We were projected to be 5th place at the Regional Meet, but earned a 2nd place finish. We were not expected to qualify for the State Meet, but earned our place anyway. After earning our spot in the State Meet, we were projected to finish in 20th place, yet finished among the top 15 teams in the state. I truly feel that our greatest accomplishment was earning Academic All-State Honors, demonstrating a commitment to the balance of academic and athletic achievement.



2ND PLACE - SEC WHITE

Season Awards

Freshman of the Year - Brandon Anderson
MVP - Conor Kolka
Legacy Award - Sam Melvin
Most Improved - Owen Ackerman
Rising Tide Award - Evan Bursch
Dread Strong Award - Nathan Gariepy



Personal Records

Conor Kolka, 15:53	Drew Gochanour, 18:40	Jack Burin, 20:45
Nathan Gariepy, 16:12	Tom DesRosiers, 18:56	Jaxson Cicotte, 21:24
Sam Melvin, 16:27	Andy Jordan, 19:00	Saverio Sencich, 22:06
Brandon Anderson, 17:01	Nathan Biggs, 19:03	Charlie Munson, 22:18
Josh Lamb, 17:03	Griffin Bentley, 19:06	Adison Din, 22:24
Zach Sawin, 17:22	Will Kletzka, 19:06	Jack McCalla, 22:55
Owen Ackerman, 17:31	Kyle Sutton, 19:40	Nathan Robke, 22:58
Wilson Kasischke, 17:59	Carter Hill, 19:41	Chris Coffey, 24:35
Noah Cobb, 18:22	Evan Bursch, 19:44	
Rylan Teddy, 18:23	Mason Grann, 19:50	
Sam Gibson, 18:24	Luke Petrisko, 20:10	
Alex Hoffman, 18:27	Kaden Jensen, 20:13	
	Quentin Hurdle, 20:28	



The 2020 season looked a lot different than past years.

This year, most meets were dual meets (only 2 teams) and each runner could only have one or two spectators present, or none at all. For every race, social distancing was enforced at the starting line which meant that fewer people could be in front and there were 3-5 rows of people spaced out rather than 1-2 rows of people elbow to elbow.

This season had a lot of ups and downs. We were very fortunate to still have a season despite COVID-19, and even more fortunate none of the girls on the team tested positive. The team won early season dual meets against conference rivals Pinckney, Tecumseh,

WOMENS CROSS COUNTRY

HEAD COACH | SEANA LARSON

Adrian and Huron. Of the 31 girls on the team, 18 PR'd at least once this season. The top runner, Amanda McGill, improved her starting time four times, from 22:45.0 all the way down to her PR of 19:37.3. Throughout the season, we had a total of 70 improvements from all 31 girls over previous season races. Overall, the girls made the most of opportunities they had to train and race during a crazy COVID-19 season.

SEC All-Conference

Hannah McComas, Amanda McGill, Chloe Sprague

MHSAA Division 1 Regional Championships Qualifiers

Quinn Hill, Amanda McGill (placed 9th & qualified for MHSAA Division 1 State Championships), Chloe Sprague



FALL SPORTS



DEXTER DANCE TEAM

Season Highlights

- Attended a home camp last summer;
- Danced at DHS home football & basketball games;
- Competed in virtual regional events, finishing in Top Ten at every event;
- Competed in the first-ever virtual UDA Nationals event.

Individual Athlete Achievements

Both our graduating seniors, Rachel Dunklee and Charlotte Hawley, are now members of the University of Michigan Dance Team. Charlotte also decided to tryout for the Universal Dance Association staff and was accepted! We are very proud of our seniors!



HEAD COACH | HEATHER RYERS
ASSISTANT COACH | JAZMYN NORMAN



**BEST-EVER FINISH
AT UDA NATIONALS:
9TH IN SMALL POM
13TH IN SMALL JAZZ**

COVID-19 made our horse shows a little harder to work through this past year. No spectators, no pot luck meals, learning how to navigate our horses while wearing face masks (except when riding) and no extra help at the shows. We rely on many volunteers to make our meets a success, and we have tremendous parents and athletes who stepped up to help make it all happen smoothly and successfully. Despite the pandemic, all 5 team members earned enough points at the three meets to earn their varsity letter.

We would like to wish our team senior Amanda LaRoe congratulations on her graduation! She was our star showmanship competitor with multiple wins in her classes. She has been a valuable team member as both an accomplished rider and a leader. Amanda, we all wish you well on your next journey!

EQUESTRIAN



**4TH PLACE
OVERALL IN
DISTRICT**

HEAD COACH | SHANNON VERBAL
ASSISTANT COACH | AMANDA VERNA
ASSISTANT COACH | DANA WILLIE

Team Awards

High Point Showmanship - Amanda LaRoe, senior
High Point Rider - Juliana Juback, junior
Coaches Award - Sidney Streetman, junior
High Point Freshman - Hannah Wilford, freshman
Outstanding Sportsmanship - Nigel Makin, freshman

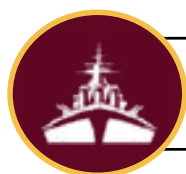


Fall Sports

STATE CHAMPIONS

SEASON RECORD

17-0-1



FIELD HOCKEY

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

In 2020, Dexter Field Hockey successfully defended its 2019 State Title with a 2-1 victory over Pioneer High School. The 10 athletes in the senior class saw the Dreadnaughts advance to the state finals in 3 of their 4 postseason runs, the fourth run ending in the semi-finals with a 1-0 loss to Saline in 2018. In 2017, the Dreadnaughts lost in the State Finals in a 2-1 decision to the Huron River Rats.

SEC All-Conference Athletes

Gracie Burns, Maya Calloway, Rachel Gesell, Kylee Niswonger, Shannon Schoch, Abigail Tamer, Marissa Skinner (Honorable Mention)

MHSFHA Dream Team Members

Rachel Gesell, Kylee Niswonger, Abigail Tamer

MHSFHA Division 1 All State Athletes

Rachel Gesell, Kylee Niswonger, Abigail Tamer, Gracie Burns (Honorable Mention)

MHSFHA Player of the Year

Abigail Tamer

MHSFHA All-Academic Recognition

Rachel Gesell, Giuliana Rokke-Smith, Annalisa Shehab, Eden Schnurstein, Abigail Tamer

NFHCA Senior Impact Award

Kylee Niswonger and Abigail Tamer

NFHCA Academic Squad (*distinguished scholar)

Faith Anderson, Hannah Baldwin, Rachel Gesell*, Esther Hashikawa, Emily Lyons, Giuliana Rokke-Smith, Eden Schnurstein, Shannon Schoch, Annalisa Shehab, Taylor Shook, Abigail Tamer*, Lindsey Vantine*



FALL SPORTS



FOOTBALL

VARSITY HEAD COACH | PHIL JACOBS

VARSITY ASSISTANT COACHES | KEVIN CISLO, BILL IVAN, GEORGE MICHOS, MATT PARACHEK, TONY QUINT, CHRIS WHITTAKER

JV HEAD COACH | ROB SCHWARTZ

JV ASSISTANT COACHES | ROB DUBAY, STEVE MAPES, DAVID TEDDY, MIKE VERBAL

All-SEC Team - Offense

1st Team: Cal Bavineau, Braeden Fuson, Brennan Parachek, Colin Parachek

Honorable Mention: Cole Cabana, James Livingston

All-SEC Team - Defense

1st Team: Caleb Drenner, Ethan Esch, Keegan Kipke
Honorable Mention: Noah Drummond, Gerzon Herter, Joe Love, Braden Visel

All-State Team

2nd Team: Colin Parachek

Honorable Mention: Cole Cabana, Caleb Drenner

MLive Dream Team

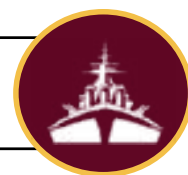
Offense: Colin Parachek



**1st playoff victory in
Dexter school history in
2020, with a 56-28 victory
over Ypsilanti Lincoln.**



WOMENS GOLF



VARSITY HEAD COACH | GREG PALKOWSKI

SEC WHITE CHAMPIONS

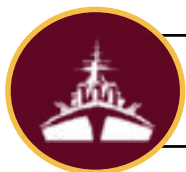
The Dreadnaughts entered the SEC Championship leading the conference by two points over Chelsea and Pinckney, then clinched the title with a team score of 411.

Individual Athlete Achievements

All-SEC White 1st Team

Olivia Naylor

Fall Sports



MENS SOCCER

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

All-SEC White 1st Team

Jack Kolka, Hayden Newton, Andrew Scherer,
Wiley Smith

All-SEC White Honorable Mention

JP Assenmacher, AJ Gordon, Will Palazzolo,
Ben Pritchard, Nick Williamson

All-District

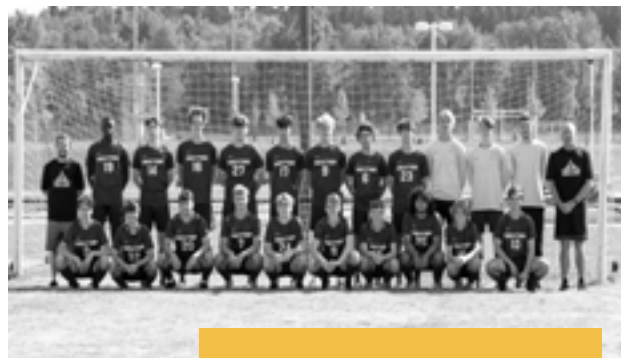
Jack Kolka, Hayden Newton, Andrew Scherer,
Wiley Smith

All-District Honorable Mention

Nick Williamson

All-State Honorable Mention

Hayden Newton



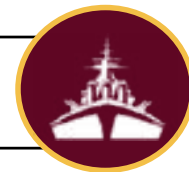
**SEC WHITE
CHAMPIONS**
SEASON RECORD
11-0-1



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

Our team had an unusual season this year, starting with outdoor practices in August 2020, enduring two pauses due to COVID-19 and finally ending the season in January 2021. **But, even with a fragmented season, the team still won the SEC White for the 23rd consecutive season and achieved a program first: every one of the swimmers and divers competing at the state meet earned at least one medal for a top-16 finish.** Coach Bergman was named State Diving Coach of the Year for the second consecutive year.

WOMENS SWIM & DIVE



All-State Honors

Elysa Grossman, Vivian Kinnard, Lily Witte

State Diving Champion

Lily Witte (2nd consecutive year; D2 state record of 486.95)

M.I.S.C.A. Dream Team

Lily Witte



**SEC WHITE
CHAMPIONS**

- 23RD CONSECUTIVE YEAR -

FALL SPORTS



MENS TENNIS

VARSITY HEAD COACH | ROB SMOTHERS
JV COACH | SAM BENSARD

Mens Tennis had a great season in 2020, coming in 2nd in the SEC White and ending as a District finalist. We had a lot of young players gaining experience this year, and are looking to build on this experience for the 2021 season.



2ND PLACE - SEC WHITE
SEASON RECORD 7-5-2



Undefeated in SEC White Conference play, one of our team highlights was beating AA Skyline HS (State Final Four Contender) in a Conference Cross-Over Match.

1,000+ Assists
Eleanor King

1,000+ Digs
Livvy Mellifont

DHS SEC All-Academic Team
Delaney Arnedt

All-SEC White 1st Team
Eleanor King, Jordan Kless, Livvy Mellifont

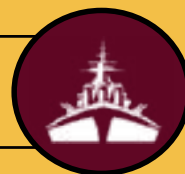
All-SEC White Honorable Mention
Delaney Amedt, Avery Goodrich

All-Region Team
Eleanor King, Livvy Mellifont

7 / DREADWATCH

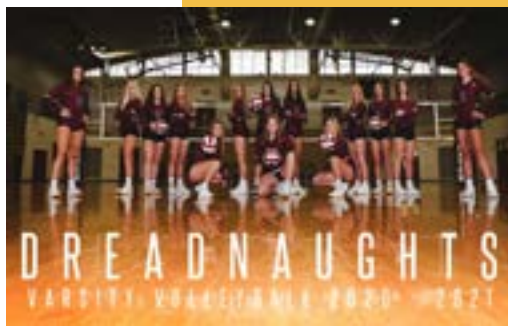


VOLLEYBALL



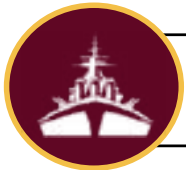
VARSITY HEAD COACH | LIZ MELVIN
JV COACH | PAULA PALMER BURNS
JV ASSISTANT | CHRISTINA LOSEE
FRESHMAN COACHES | BECKIE STERLITZ & DOUG SMITH
PROGRAM ASSISTANT | CRYSTAL KEDROSKE

SEC WHITE CHAMPIONS
SEASON RECORD 12-4



"I am who we are."

Winter Sports



MENS BASKETBALL

VARSITY HEAD COACH | JASON RUSHTON
VARSITY ASSISTANT COACH | MIKE BAVINEAU
JV HEAD COACH/VARSITY ASSISTANT COACH | JASON RYCHENER
FRESHMAN HEAD COACH/VARSITY ASSISTANT COACH | SHANE KINNEE

All-SEC White 1st Team

Cal Bavineau, Colin Parachek

All-SEC White Honorable Mention

Evan Haroldson, Sam Sterlitz



DISTRICT CHAMPIONS
SEASON RECORD
16-4



All-SEC White 1st Team

Alayna Babut, Sydney Pnacek

All-SEC White Honorable Mention

Kylee Niswonger, Kayla Rivers

SEC White Sportsmanship Award

Shannon Schoch

MLive Ann Arbor Area Dream Team

Sydney Pnacek, Alayna Babut
(Honorable Mention), Kayla Rivers
(Honorable Mention)

All-State Honorable Mention

Alayna Babut

All-State Academic Team

Alayna Babut

BCAM Team First Award

Olivia Mellifont

WOMENS BASKETBALL



VARSITY HEAD COACH | LAUREN SNIDER THOMPSON
VARSITY ASSISTANT COACHES | ERICA EHINGER & RILEY MCDONALD
JV HEAD COACH | CLAY COOPER

SEASON RECORD
12-5

Team Highlights

- Won over Lady of the Lakes (who went on to the state final four);
- Won over Bedford (who went on to win their region);
- Raised over \$1,000 for cancer research at our American Cancer Society Game;
- The team as a whole qualified for Academic All-State.



Winter Sports



COMPETITIVE CHEER

SEC WHITE CHAMPIONS

VARSITY HEAD COACH | AMY PHILAGE

VARSITY ASSISTANT COACH | ALLYSON CANELL

VARSITY ASSISTANT COACH | EMILY O'KEEFE

Came in 1st in all SEC competitions to end with a total win over Chelsea, Lincoln, Pinckney, Tecumseh and Adrian. Our team ended the season with a max record of 722.52 at Districts!

SEC First Team

- ▶ Alicia Farmer, Abby Jones, Grace Lint, Megan O'Keefe, Arianna Roperti, Sarah Sayn (Honorable Mention: Makayla Laurain)

Scholar Athlete Award

- ▶ Lily Cyrułnik, Grace Lint, Courtney Melvin, Arianna Roperti

SEC Sportsmanship Award

- ▶ Makayla Laurain

District First Team

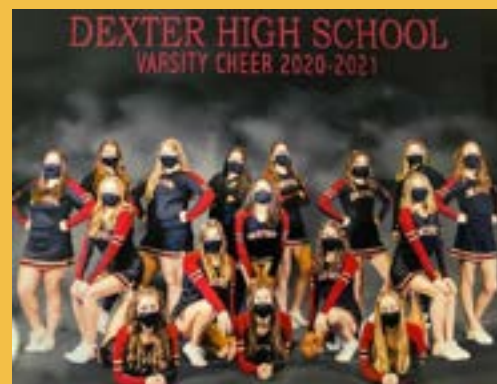
- ▶ Lily Cyrułnik

District Second Team

- ▶ Sarah Grube, Courtney Melvin

District Honorable Mention

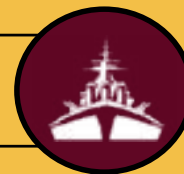
- ▶ Jessalyn Schultz, Sydney Tchoryk



Ice Hockey's highlight of the year was winning our first-round game against Father Gabriel Richard (ranked 9th in the state). Dexter was down 5-2 going into the 3rd period and scored 3 goals in that period to force overtime. Christian Rapp scored the game winner off a Shay Ohtonen shot in just over 1 minute into overtime.



ICE HOCKEY



HEAD COACH | MATT BOLLINGER

ASSISTANT COACH | TYLER GRIMSHAW

ASSISTANT COACH | ANDREW SINELLI

SEASON RECORD 7-7

Individual Athlete Highlights

- ▶ Senior **Amanda Crundwell** played every minute in goal for DHS, leading to League Honorable Mention and Team Defensive MVP awards.
- ▶ **Joey Fracassi** lead our offense with 17 goals and 14 assists for 31 points in only 14 games played, earning 1st Team All-League.



WINTER SPORTS



Due to COVID-19, there were no regional meets this season. We had 2 small groups compete in exhibition meets at Adrian, and one state qualifier from last year (Hannah Grube) competed at the state competition in March. We also held our first annual Iron Dread Powerlifting Show-case at DHS, where all 34 athletes from our program competed against one another and either matched or beat their personal best. This event can still be watched at tinyurl.com/idplshow21.

Powerlifting is available to all Iron Dread Strength and Conditioning Program student-athletes grades 7-12.

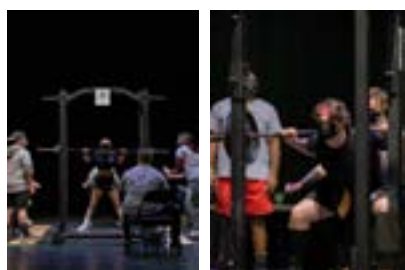
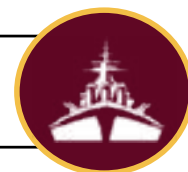


Photo Credits, Eliza Shulz Photography

POWERLIFTING



HEAD COACH | CHRIS WHITTAKER
ASSISTANT COACH | PHIL JACOBS

The Dexter Powerlifting program is so new our athletes are breaking and resetting records every time we compete.

Season Records (Mens)

- Luke Cook, 7th grade, (114 weight class) squatted 130 lbs and deadlifted 150;
- Cole Darby (145 class) squatted 240, benched 155, and deadlifted 365 for a record total of 760;
- Payton Hendricks (220 class) deadlifted 460;
- Brayden Visel (242 class) benched 235;
- Devon Emrick (SHW) squatted 415, deadlifted 445 and achieved a new record total of 1125.

Season Records (Womens)

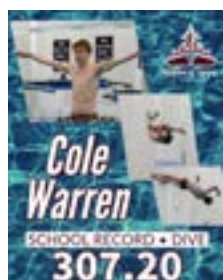
- Corine Hader (105 weight class) with squat at 95, bench at 70, and deadlift at 120 for a new total of 295;
- Anna Gauthier (114 class) with a squat of 115;
- Dani Schulz (123 class) with a bench of 95;
- Ella Mitchell (123 class) with a deadlift of 180 and a new total of 385;
- Ashley Mazurek (181 class) with squat at 185, bench at 125 and deadlift at 250 for a new total of 560.



MENS SWIM & DIVE

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

The Dexter Mens Swim & Dive Team has finished in the Top 5 at every state meet since 2011. This year, after a 10-1 season (6-0 in the SEC White), Dexter finished 5th in the Division 2 State Finals.



10 / DREADWATCH

SEC WHITE CHAMPIONS

SEASON RECORD 10-1

Clayton Kinnard

D2 Swimmer of the Year; All-American: 100 Breaststroke, 200 Free, 200 Free Relay; 4x All-State Selection; State Champion in the 200 Free, 3rd place finish in 100 Breaststroke; New Varsity Record in the 100 Breast. Top 10 All-Time in Dexter history in 7 of 8 individual events.

Zach Norris

All-American: 200 Free Relay; 3rd Place finish 50 Free at the D2 State Finals, 4x All-State Selection, Top 10 All-Time in Dexter history in the 50/100 Free.

Matthew Resende

All-American: 200 Free Relay; 2x All-State Selection.

Leo Varitek

All-American: 200 Free Relay; 2x All-State Selection.

Cole Warren

All-American: Diving: 3rd Place finish in 1m Diving at the D2 State Finals. New Varsity Record for 6 and 11 Dives.



WINTER SPORTS



WRESTLING

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

This past year, our team won the SEC White Championship for the second consecutive year. We also had two athletes qualify for the D1 MHSAA state wrestling meet.

Top Individual Records

Jacob Joyce, senior.....22-10
Noah Drummond, junior.....23-8
Matthew Joyce, freshman.....13-5
William Kletzka, freshman.....16-7

State Qualifiers

Jacob Joyce, senior - 145
Noah Drummond, junior - 140

2021 Al Ritt Award

Jacob Joyce

SEC WHITE CHAMPIONS SEASON RECORD 14-5



2021 FALL SPORTS OPENERS



COMPETITIVE CHEER

8/15/21 - SEC White Competitive Cheer Meet #1
@ Tecumseh | 6:00 p.m.

WOMENS GOLF

8/16/21 - Highest Honors Golf Invite @ Huron Meadows
| 7:30 a.m.

WOMENS SWIM & DIVE

8/20/21 - Huron Swim Relays @ Ann Arbor Huron
High School | Time TBA

MENS & WOMENS CROSS COUNTRY

8/20/21 - Lamplighter Invite @ Ford Field Park | 5:30 p.m.

FIELD HOCKEY

8/21/21 - Border Battle @ Saline | Time TBA

MENS TENNIS

8/21/21 - Marshall Tennis Quad @ Marshall HS | 8 a.m.;
Portage Tennis Quad @ Portage HS | 8:00 a.m.

WOMENS VOLLEYBALL

8/21/21 - Freshman @ Skyline Freshman Invite | 9:00 a.m.
8/28/21 - JV @ Ann Arbor Skyline JV Invite | 9:00 a.m.
9/4/21 - Varsity @ Pinckney Varsity Invite | Time TBA

MENS SOCCER

8/21/21 - JV @ Ann Arbor Huron High School | 10:00 a.m.;
Varsity @ Ann Arbor Huron High School | 11:30 a.m.

FOOTBALL

8/26/21 - Freshman vs. Groves @ Home | 4:30 p.m.;
JV vs. Groves @ Home | 6:00 p.m.
8/27/21 - Varsity vs. Groves HS (Zenith Prep Kickoff Classic)
@ Wayne State University | 4:00 p.m.

DANCE

9/10/21 - Dexter vs. Bedford Football Game @ Home | 7:00
p.m.

EQUESTRIAN

9/12/21 - Wayne County Fairgrounds, Belleville

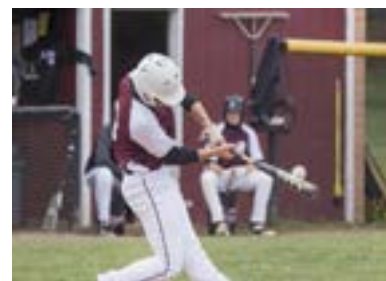
FOR MORE EVENT INFORMATION, VISIT [HTTPS://DEXTERATHLETICS.COM/MAIN/CALENDAR](https://DEXTERATHLETICS.COM/MAIN/CALENDAR).

Spring Sports



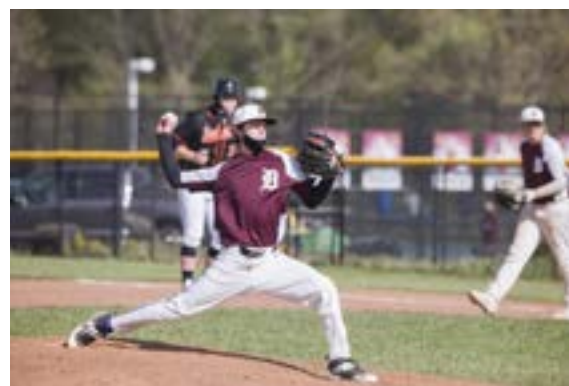
**SEC WHITE
CHAMPIONS**

**SEASON RECORD
23-8-2**



BASEBALL

VARSITY HEAD COACH | MIKE PENN
VARSITY ASSISTANT COACH | KEVIN CISLO
VARSITY ASSISTANT COACH | KURT KOSKY
JV HEAD COACH | KYLE CORNELL
JV ASSISTANT COACH | BEN FINN



Individual Athlete Achievements

SEC White 1st Team

Evan Krolewski, Brennan Parachek, Cam Rosen, Joey Tessmer

SEC White Honorable Mention

Nathan Deleruyelle, Ethan Hochendoner, Cole Armedt

All-State 2nd Team

Evan Krolewski

MLive Dream Team

Evan Krolewski, Joey Tessmer, Brennan Parachek (Honorable Mention)

SPRING SPORTS



MENS GOLF

VARSITY HEAD COACH | GREG PALKOWSKI
VARSITY ASSISTANT COACH | JOEL ANDERSON

Dexter Mens Golf team qualified for the D1 State Finals at Forest Akers West Golf Course, finishing 16th.

All-Conference Team

Joey Fracassi

SEC All-Tournament Team

Jack Kolka



2ND PLACE - SEC WHITE



All-SEC White 1st Team

AJ Gordon, Kevin Koenn, Zach Norris

All-SEC White Honorable Mention

Gerzan Herter, Everett Lemon, Brady Sortor

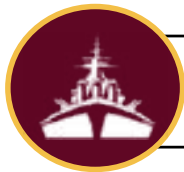
MENS LACROSSE



VARSITY HEAD COACH | JAMES NICHOLS
VARSITY ASSISTANT COACH | JUSTIN MAMBRO
VARSITY ASSISTANT COACH | CAMERON PETERS
JV HEAD COACH | CARL BAKER



"COVID-19 made the season challenging, but our players consistently rose to the occasion and we'll always remember this year for the family-like atmosphere we fostered."



WOMENS LACROSSE

VARSITY HEAD COACH | TAYLOR HAVERTY
VARSITY ASSISTANT COACH | TRISH MACHAMER
VARSITY ASSISTANT COACH | KAYLA OWSLEY
GRADUATE ASSISTANT | CLAIRE VAUGHN



Improving significantly each game after starting our season so late and cramming all of our games into 4 weeks, we coaches are so incredibly proud of this team!

The 2020 team finished as an MWLCA Team Academic All-State Team, which requires an average team total GPA above 3.35.



MWLCA All-State Honorable Mention
 Marissa Skinner

MWLCA Individual Academic All-State Awards
 (minimum GPA 3.60 for sophomores, juniors and seniors)
 Faith Anderson, Isabella Benson, Ellie Fracassi, Hannah Grube, Olivia Napolitan, Giuliana Rokke-Smith, Eden Schnurstein, Alexis Terbush, Claire Vander Haagen, Lindsey Vantine

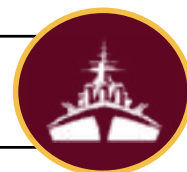
SEC All-League
 Marissa Skinner

SEC All-League Honorable Mention
 Eden Schnurstein & Lindsey Vantine

SEC Sportsmanship Award
 Faith Anderson



WOMENS SOCCER



SEASON RECORD
10-1-4

VARSITY HEAD COACH | CASEY BANTLE
VARSITY ASSISTANT COACH | DREW DUCKER
JV HEAD COACH | AME MATURO
GOALKEEPER COACH | RHYS MOLLER

We had 36 student-athletes in our soccer program this spring, and all 36 are wonderful people who worked hard on the field and built friendships off the field. Our season highlights were beating Chelsea twice, beating Pioneer and Huron in the postseason on our way to competing in the District Finals and spending so much time with such quality people. COVID-19 made the season challenging, but our players consistently rose to the occasion and we'll always remember this year for the family like atmosphere we fostered.

All-League 1st Team

Aidan McConnell, Acadia Murphy, Brianna Rodriguez;
 Carley Curry (Honorable Mention); Sophia Plantz (Sportsmanship Award)

All-District

Carley Curry, Laci Jernigan, Aidan McConnell,
 Acadia Murphy, Faith Renaud,
 Brianna Rodriguez, Braedy Wineman

All-Region

Aidan McConnell and Acadia Murphy

All-State

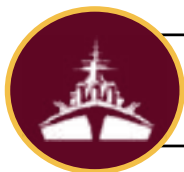
Aidan McConnell



Spring Sports

**2ND PLACE -
SEC WHITE**

**VARSITY RECORD 27-9
JV RECORD 26-9**



SOFTBALL

This was the first year in the last 4 that we had enough players to have a JV team again. We look forward to building a pipeline of players so we can continue to maintain the two teams. Both teams had great success on the field, with Varsity finishing 2nd in the SEC White League behind State Semi-finalist Chelsea.

We had 13 shutouts this year; 10 of our 18 League games were shutouts. We outscored our SEC League opponents 187-34 runs. 11 of our 12 Varsity players had batting averages over .320; team average was .418.

We had some big wins over highly ranked teams in the state. We beat #1-ranked Howell in the District playoffs, State semi-finalist Division 2 Chelsea and we had #3-ranked Hartland beat until the 7th inning of the District championship game. We also beat the Division 1 State finalist team (Allen Park) twice this year, proving our skill level is amongst the best in the state. MaxPreps ranks us 4th in Michigan Division 1 Softball. We set team records this year in wins (27), individual batting average for Sam Sutton .577 and tied individual home runs Sam Sutton (12).

Individual Athlete Achievements

Brenna Cassidy

DHS Scholar Athlete,
Michigan Academic All-State Team

Livvy Mellifont

Team Captain, DHS Scholar Athlete,
Michigan Academic All-State Team,
SEC All-League, All-District

Kylee Niswonger

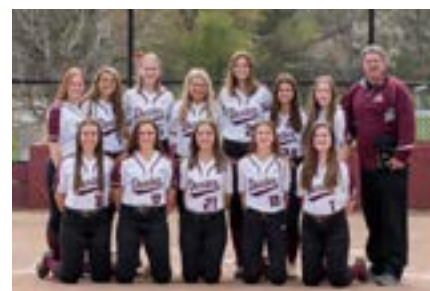
SEC All-League, All-District

Lillie Robeson

DHS Scholar Athlete, Michigan
Academic All-State Team

Paige Sayler

Team Captain, DHS Scholar Athlete,
SEC Honorable Mention All-League,
All-District



Emma Sortor

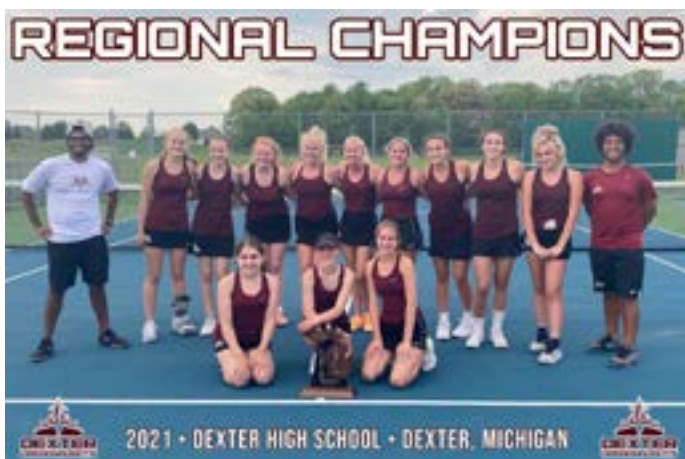
DHS Scholar Athlete, Michigan
Academic All-State Team

Sam Sutton

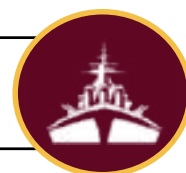
DHS Scholar Athlete, Michigan Academic All-State Team, SEC All-League, All-District, All-Region, All-State

Jenna Wagenschutz

DHS Scholar Athlete, Michigan Academic All-State Team, SEC All-League Sportsmanship



WOMENS TENNIS



**VARSITY HEAD COACH | ROB SMOTHERS
JV COACH | ANAND PATEL**

Womens Tennis had a very successful year in 2021, winning their first Regional title in over 10 years! This was particularly impressive as eight of the twelve varsity players had never played an official match before the season started, finishing in 10th place at the state finals.



**REGIONAL
CHAMPIONS
SEASON RECORD
9-3-1**

SPRING SPORTS



MENS TRACK & FIELD

Aside from just being able to have a season without any cancellations, or outbreaks for COVID-19, we had some big moments this season. Cole Sheldon and Noah Schultz came in 1st and 2nd in the Pole Vault at the MHSAA D1 State Championships. Also, the 4x200m relay team of Wilson Kasischke, Cole Cabana, Micah Davis and Nathan Gariepy broke the 33-year-old school record with a time of 1:30.43 at the Larry Steeb Meet of Champions hosted by Dexter. The 4x400m relay team of Wilson Kasischke, Cole Cabana, Micah Davis and Nathan Gariepy broke the 30-year-old school record with a time of 3:24.76. The team ended the season tying for 7th place in the MHSAA D1 State Championships.

Individual Athlete Achievements

Cole Sheldon

1st State Championships in Pole Vault, 2nd State Regional Championship Pole Vault, 1st SEC Conference Championships Pole Vault, Long Jump

Noah Schultz

2nd State Championships Pole Vault, 3rd State Regional Championship Pole Vault, 2nd State Regional Championship 200m dash, 2nd SEC Conference Championships Pole Vault

Cole Cabana

4th State Championships 100m dash, 8th State Championships 200m dash, 1st SEC Conference Championships 100m dash

Conor Kolka

22nd State Championships 3200m run, 2nd State Regional Championships 3200m run

4x400 Relay

(Wilson Kasischke, Micah Davis, Cole Cabana, Nathan Gariepy)

14th State Championships, 1st State Regional Championships, 2nd SEC Conference Championships

Micah Davis

3rd State Regional Championship High Jump, 1st SEC Conference Championships High Jump

4x100 Relay

(Cole Cabana, Nathan Biggs, Micah Davis, Cole Sheldon)

1st SEC Conference Championships

James Livingston

3rd SEC Conference Championships Shot Put

Nathan Gariepy

3rd State Regional Championships 800m run, 2nd SEC Conference Championships 400m dash

2ND PLACE - REGIONAL CHAMPIONSHIPS

HEAD COACH | ALEX HEIDTKE

DISTANCE COACH | MATT INCH

DISTANCE COACH | NATE LAMB

DISTANCE COACH | SEANA LARSON

POLE VAULT COACHES | GEOFF & JANELL GERSTNER

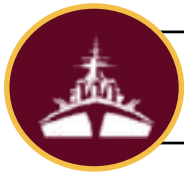
SPRINTS, HURDLES, LONG JUMP COACH | MIKE GARY

HIGH JUMP COACH | JANE THOMPSON

THROWS COACH | KIRK KEEBLER



Spring Sports



WOMENS TRACK & FIELD

HEAD COACH | ALEX HEIDTKE
DISTANCE COACH | MATT INCH
DISTANCE COACH | NATE LAMB
DISTANCE COACH | SEANA LARSON
POLE VAULT COACHES | GEOFF & JANEL GERSTNER
SPRINTS, HURDLES, LONG JUMP COACH | MIKE GARY
HIGH JUMP COACH | JANE THOMPSON
THROWS COACH | KIRK KEEBLER

Josie Mettes broke the school record in the Pole Vault with a jump of 12'8" to win the SEC Conference Championship. Sophie Mettes and Josie Mettes went 1st and 2nd in the Girls Pole Vault at the MHSAA D1 State Championships, along with Makenzie Stock taking 10th and Abigail Van Noord placing 17th. Jamie Giese took 18th in the Shot Put. Amanda McGill was SEC Conference Champion in the 3200, Abby Marek was SEC Conference Champion in the Discus, and 4x800 relay team of Megan O'Day, Amanda McGill, Kate Varitek and Ashley Mitchell won the SEC Conference as well. The team finished the season in 10th place at the MHSAA D1 State Championships.

Individual Athlete Achievements

Sophia Mettes

1st State Championships Pole Vault, 2nd State Regional Championships Pole Vault, 2nd SEC Conference Championships Pole Vault

Josie Mettes

2nd State Championships Pole Vault, 1st State Regional Championships Pole Vault, 1st SEC Conference Championships Pole Vault

Makenzie Stock

10th State Championships Pole Vault, 3rd State Regional Championship Pole Vault, 3rd SEC Conference Championships Pole Vault

Abigail Van Noord

17th State Championships Pole Vault, 3rd SEC Conference Championships High Jump

Jamie Giese

18th State Championships Shot Put, 2nd State Regional Championships Shot Put

Gracie Burns

3rd State Regional Championships 400m dash, 3rd SEC Conference Championship 400m dash, 3rd SEC Conference Championships 200m dash

Katie Krueger

3rd State Regional Championships Discus, 2nd SEC Conference Championships Discus

Haley Craig

3rd State Regional Championships High Jump, 2nd SEC Conference Championships High Jump

Abby Marek

1st SEC Conference Championships Discus

Ashley Mitchell

2nd SEC Conference Championships 800m run

Amanda McGill

1st SEC Conference Championships 3200m run

Hannah McComas

2nd SEC Conference Championships 3200m run, 3rd SEC Conference Championships 1600m run

4x400 Relay

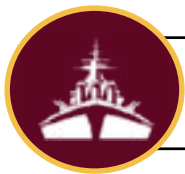
(Gwen Tatara, Ashley Mitchell, Hannah Berenson, Gracie Burns)
2nd SEC Conference Championships

4x800 Relay

(Megan O'Day, Amanda McGill, Kate Varitek, Ashley Mitchell)
1st SEC Conference Championships

SEC CONFERENCE CHAMPIONS





MENS WATER POLO

VARSITY HEAD COACH | BRIAN SEMPLE
VARSITY ASSISTANT COACH | ADAM THEROS



Dexter Mens Water Polo had a stellar year, ending their season as State Runners-Up for the 2nd year in a row. An exciting highlight of the 2020-2021 season was the regional championship game against Ann Arbor Pioneer, which Dexter won 7-6 in quadruple overtime.

Individual Athlete Achievements

Team Captains

Ben Duncan, Tony Golin & Leo Varitek

NISCA All-American Team

Tony Golin (2nd Team), Sam Sterlitz (Honorable Mention)

All-State Tournament 1st Team

Tony Golin, Sam Sterlitz, Leo Varitek

Regional All-Tournament East 1st Team

Ben Duncan, Tony Golin, Sam Sterlitz (MVP), Leo Varitek

All-Regional East 1st Team

Tony Golin, Sam Sterlitz (MVP)

All-Regional East 2nd Team

Leo Varitek

All-Regional East Honorable Mention

Ben Duncan

Academic All-State Team

Ben Duncan, Travis Fitch, Lucas Greatorex, Tristan Lorincz, Griffin Patel, Joseph Sharon, Sam Sterlitz, Leo Varitek



STATE RUNNERS-UP
SEASON RECORD
18-3



The 2021 Dexter Womens Water Polo team was led by senior captain Eleanor King, junior captain Gaby Matos and juniors Claire Blodgett, Rose Clark, Mia Fraser and Emily Root. Following 2020 without a water polo season, 2021 was a re-building year for the team. Eleanor King and Gaby Matos led the scoring effort, while Mia Fraser was on fire defending the goal.

Highlights for the season included a win over Walled Lake on senior night and a close game against Skyline who went on to finish 7th in the State Tournament. Marea Balcom (So) won a record number of sprints for Dexter in a single season. Sophomore Whitley Fowler and new-comers Laura Walton (So) and Shelby Waltz (Fr) and Marissa Genske (Fr), rounded out the small, but mighty team.

Coaches Kait and Mike Verbal look forward to a great 2022 season with all members returning except Eleanor, who is starting her first year at the University of Michigan.

WOMENS WATER POLO

VARSITY HEAD COACH | KAIT VERBAL
VARSITY ASSISTANT COACH | MIKE VERBAL





SHOUT OUT TO RYAN MAKI PHOTOGRAPHY

Dexter Community Schools is fortunate to have Ryan Maki on staff as Wylie Elementary's PE teacher, where he teaches our students the importance of fitness and a healthy lifestyle. In addition, the District (and the greater Dexter community) is grateful for his passion for sports photography. Most of the photos in this newsletter are courtesy of Ryan Maki Photography. Maki's first-rate photos capture Dexter athletes in action, providing them and their parents priceless mementos of their sports participation. DCS thanks Maki for providing his photos for District use, and invites community members to follow his work on Instagram [@ryanmakiphotography](https://www.instagram.com/ryanmakiphotography) or on FB at [facebook.com/ryanmakiphotographydexter](https://www.facebook.com/ryanmakiphotographydexter).

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



FALL 2021 YOUTH SPORTS PROGRAMS

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

DYFL Cheer - 5th & 6th grades

Practices will begin the week of TBA. The first game will either be on September 11 or 12. A detailed schedule will be available before the start of the season. Games are scheduled September through October and will be played on Saturday or Sunday.

Jr. Cheer Clinic - K-6th graders

Practices 6:30pm-7:30pm, Tuesday-Thursday, September 21-23. The performance is at half-time of the football game on Friday, Sept. 24.

Jr. Dance Clinic - K-6th grade

Practice 6-7:30p, Sept 7 and 9, at Mill Creek cafeteria. Perform at halftime of DHS home game on Fri Sept 10.

DYFL Flag Football - 1st-6th grades

Practice times/locations are TBA, beginning the week of August 16. Drop in voluntary practices will be held on 8/16, 8/17, and 8/18. Evaluations will be Thursday, 8/19. Games are on Saturdays, 9am-2pm, Sept 11 - Oct 23.

DYFL Tackle Football - 3rd-6th grades

Games will be played on Saturday or Sunday. The first game will be Saturday, 9/11 or Sunday, 9/12. Home games will be played at TBA. The schedule will be available closer to the season. Drop in voluntary practices will be held on 8/16, 8/17, and 8/18. Tackle Football evaluations are on Thursday, 8/19. Equipment hand out is on Sunday, 8/22.

MI Thunder Soccer - 3-5 yrs and 5-10 years

Little Bolts, ages 3-5, Saturdays, 9-9:45a, Sept 18 - Oct 23. Strikers, ages 5-10, Monday or Wednesday practices, plus Saturday scrimmages, Sept 13 - Oct 20.

Youth Field Hockey - 2nd-4th and 5th-6th

Eight week program. Both age groups practice separately (tentatively) on Thursdays, 6-7:30, Sept 2 - Oct 21 and scrimmages Saturdays, 10-11:30, location TBA. 5th-6th graders play seven games in AA Rec League Saturdays or Sundays beginning Sept 11 or 12.

Dread Youth Running Club - 3rd-6th grade

Tentatively Tuesdays and/or Thursdays, 3:15-4:30p, six weeks, dates TBA, meet at Field of Champions, behind Wylie School.

