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

MHSFHA Division 1 State Champions

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

— Coach Machemer

Boys Cross Country

Head Coach | Drew Collette
Assistant Coach | Nathan Lamb

MHSAA Division 1 State Runner-Up

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

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

All-State Standings
Owen Huard – 28th
Nathan Larson – 29th

All Region Standings
Owen Huard – 3rd
Nathan Larson – 6th
Seth Read – 14th

All Conference Standings
Owen Huard – Champion
Nathan Larson – Runner-Up
Seth Read – 6th
Liam Buller – 8th
Conor Kolka – 11th
Finnegan Bell – 12th

Field Hockey

Coaches | Keely Tamer, Trish Machemer, Amy Binder and Maggie Olson

Team Highlights

- The Field Hockey team had two JV squads this year with a combined record of 20-4-1. They played as single unified team in the Division 1 JV state tournament, and finished as the runner up.
- The Varsity team finished 20-2-2. They traveled to The National Invitational Tournament in Pennsylvania in September, winning 2 games and losing 1; one win came against the #10 nationally-ranked team from Lakeland, NY.
- In the West and Midwest Region (11 states) the team’s final ranking was #5.
- SEC Red Champions.
- In the Division 1 State Playoffs, our defensive unit led by seniors Erin Baldwin, Maggie Jones (GK) and Claire Vaughn shut out all opponents.
- In the State Championship game against Pioneer, a strong team performance resulted in a 3-1 victory.

— Coach Machemer

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

Division 1 All-State Team
Maggie Jones, Kylee Niswonger, Abby Tamer and Claire Vaughn.

MHSFDA 2019 Player of the Year
Abby Tamer

All Region Standings
Owen Huard – 3rd
Nathan Larson – 6th
Seth Read – 14th

All Conference Standings
Owen Huard – Champion
Nathan Larson – Runner-Up
Seth Read – 6th
Liam Buller – 8th
Conor Kolka – 11th
Finnegan Bell – 12th
Girls Swim & Dive
Head Coach | Cory Bergen
Assistant Swim Coach | Murphy Hansen
Dive Coach | Shawn Bergman

SEC White Champions
- 22 years in a row -

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

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

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

ALL-CONFERENCE TEAM
Charlotte Schultz; Hailee Waters; Lily Witte; Vivian Kinnard; Elysia Grossman; Lauren Witte; Elizabeth Merz; Ella Krahn; Holly Durand; Sam Durrant

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

MHSAA Playoff Appearance

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

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

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

Ann Arbor News Dream Team Defense:
1st Team: Mark Young, Jordan Watson
2nd Team: Daniel Troncalli
HM: Matt Gaechter, Caleb Drenner, Noah Mitchell, Bryce Martin

Ann Arbor News Dream Team Offense:
1st Team: Colin Parachek, Antwan Ficklen, Evan Krolewski
2nd Team: Rhett Jacobs
HM: Brennan Parachek, James Livingston

Dexter’s football program has broken 23 team records over the past two years.
Boys Water Polo
Head Coach | Brian Semple
Assistant Coach | Adam Theros

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

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

Led by team captains, seniors Mitch Sterlitz, Jack Blodgett, Paul Schaefer and Luke Sayler, the team finished out their season with a record of 41-3.

MWPA ALL-REGION FIRST TEAM
Tony Golin (also named MVP), Luke Sayler & Mitch Sterlitz

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

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

Team Record: 7-4-1
• 2nd place finish, SEC White Division
• State Finals qualification, 11th place finish in Division 2 (first team qualification in over 8 years)

Individual Achievements
• Ryan O’Rear and Justin Hoehn - Regional Champions at #3 Doubles

Player Awards
SEC All-Conference
Quinn LaFontaine
Eleanor King
Olivia Mellifont

SEC Honorable Mention
Jordan Kless
Camryn Fischer

SEC Sportsmanship Award
Kaitlin Delacy
Delaney Arnedt

All Region
Eleanor King

SEC White Champions (16-0)

Varsity Record
30-9-1

Boys Tennis

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

2nd in SEC White

Season Highlights
Team Record: 7-4-1
• 2nd place finish, SEC White Division
• State Finals qualification, 11th place finish in Division 2 (first team qualification in over 8 years)

Individual Achievements
• Ryan O’Rear and Justin Hoehn - Regional Champions at #3 Doubles
Girls Golf
Head Coach | Kurt Kosky
Assistant Coach | Greg Palkowski

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

ALL-CONFERENCE TEAM
Gabby Napolitan & Ellen Barnes

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

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

4th in SEC White

CODE DREAD

During the 2018-2019 school year, the Athletics Department introduced a program to increase student attendance at athletics events. Coaches can designate certain games as a “Code Dread,” meaning that all students who attend that game wearing the tie-dyed “Code Dread” t-shirt (sold through the Athletics Office) can enter the game for free.
4th at Districts

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

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

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

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

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

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Athletics Restructuring Plan

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

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

- **Moving self-funded teams to school-supported**, including Field Hockey, Boys Water Polo, Girls Water Polo, Boys Lacrosse, Girls Lacrosse and Competitive Cheerleading. Ice Hockey, Dance and Equestrian will remain self-funded. All uniforms and equipment will become DCS property, team funds/accounts will be turned over to DCS and become a fund balance for that particular team (will not go into general fund) and all future team purchases will go through the Athletics Office/AD.

- **Pay to Participate fee structure changed** to $250/HS sport, $150/MS sport and a $1000 family maximum. Fees exceeding $1000 will be reimbursed upon request. $250/sport equates to approximately $1/hour for practices, competitions and games.

- **Restructure coaches pay**, as every district in our conference pays between 30% and 125% more than Dexter pays our coaches.

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

STRENGTH & CONDITIONING PROGRAM

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

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

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

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

Twitter: @Iron_dread_sc
Instagram: @Iron_dread_sc
Facebook: Iron Dread Strength & Conditioning

POWERLIFTING

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

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

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

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