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PUBLISHER'S NOTE

Hello sports fans, it's a great day here at High School Sports Scene Magazine, but over the past few weeks, there have been some very rough and troubling days.

The mission behind HSSS magazine is to highlight the kids in our communities and their accomplishments in sports, to let their communities know what they are accomplishing through sports. Life, however, is a struggle and that has been hammered home lately by the loss of one of the finest young student/athletes that we here at Sports Scene have had the privilege of covering during his time at Ithaca High School. Brady Hessbrook touched hundreds of lives and thrilled hundreds more with his accomplishments on the football field. In this issue Scott Keyes writes some impactful stories on Brady. He also writes about an issue that often gets pushed to the side because it is difficult to deal with. Mental health issues are hard to talk about, but in the end, losing our sons and daughters because of mental health issues is a hundred times more painful to deal with.

Why are these stories in a sports magazine? Because they effect all of us, athlete and non-athlete. Athletes spends hours training their bodies to compete. Overlooked, however, is the mental aspect of sports and life. The brain needs to be worked on as well. It is the overlooked muscle that runs the entire body.

Last week's tragic shooting at Michigan State University delivered another gut punch to all of Mid-Michigan and our entire state. Three more of our state's most precious resource, our young people, were taken from us in violent fashion.

If readers can take away anything from this issue, I hope they take away a renewed sense of love for their family, friends and community. Listen to those close to you. Listen closely to your children or children close to you in your life, when they speak. Care about those close to you. Care about others in your community and make it a point to bring some goodness and joy into your community every day.

If we can save just one life with this issue. It will be far and away the best issue we have ever published.



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Remembering Brady Hessbrook

Let Me Tell You About My Friend Brady

Scott Keyes Sports Scene

Since 2007 Terry Hessbrook and the rest of the Ithaca Community has taken me under their wing and has made me one of their own.

When Randy Miniard and I put the reality in motion of and made High School Sports Scene a reality in 2009 there was this little guy roaming the sidelines of the football field following coach Hessbrook's every move. That little guy was Brady. Brady's smile was a breath of fresh air. He always knew how to brighten up a room.

From 2010-2018 during Ithaca's run to dominance that saw the Yellowjackets win state titles and two runner-up championships It was Brady that was there every step of the way. Brady waited his turn got his chance to lead the Yellowjackets and fulfilled a lifelong dream playing for his dad and his uncle Todd.

Brady was a 4-year starter and captain. He led the Yellowjackets to four straight playoff appearances, and one state runner-up finish. It didn't come easy -- he had a torn ACL injury in his knee and played with a separated shoulder along the way.

Every time I would see the kid he was working hard to getting himself ready to get back on the field.

Through months of rehab, he threw for 2,020 yards his senior season with 30 touchdowns in just eight games, and he became the Associated Press Division 7/8 Player of the Year. He had 14 college offers, but Wayne State felt right.

However it brings extreme sadness to me and the rest of the Ithaca Community that Brady's life journey ended unexpectedly three weeks

ago. As I wrote this tribute with tears running down my face I can't believe what has transpired over the last three weeks.

Brady was just 20-years old with a whole life in front of him. Brady was a true student-athlete every step of the way. He was a true student of the game. I don't know how else to describe the boy that I met 15-years ago.

The names that came before him were a who's who of high school football over the last decade. Alex Niznak, David Brown, Travis Smith, Jake Smith, Peyton Smith, Joey Bentley. These were just the quarterbacks that came before him.

Brady wasn't phased at all. He left his legacy on Ithaca Football Program just like the others that followed him.

Now we are faced with the agony of not seeing that smile light up the Ithaca football field on a Friday night.

As a community Ithaca is suffering. We are all suffering, but let me say remember the good times. Remember the kid that went all out on the football field. The kid that wore his heart on his sleeve. The fierce competitor on the football field, but also the one guy that you could rely on when times are tough.


Because of the Lord's great love, we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The Lord is my portion; therefore I will wait for him."

Brady we miss you bud. It is great sadness that we have to write this. No one can put agony into words. Just remember we love you my friend.

This isn't the end, but just the beginning. Fly high.

Ithaca's Brady Hessbrook is remembered in this issue of Sports Scene.






**In memory of Braden Scott "Brady" Hessbrook,
organized by Brooklynn Blackford**

The B#4 Mission Statement:
The B#4 foundation honors the life and achievements of Brady Hessbrook by providing an annual scholarship to a student-athlete who exemplifies greatness in their sport, school and community.

The B#4 foundation strives to promote mental health awareness and suicide prevention through education, outreach initiatives, advocacy, and community service.

Go To www.gofundme.com, Search Brady Hessbrook



DIVISION 1, 2 AND 3 TEAM WRESTLING PREVIEWS

Top Teams In The State To Compete For Team Wrestling Championships

DIVISION 1

Team to beat: Detroit Catholic Central

Top contenders: Hartland and Davison

Outlook: Davison won the past two Division 1 team state titles but **Detroit Catholic Central** is geared up to regain the title. The Shamrocks, who won six consecutive state titles before Davison snapped the streak two years ago, have a talented, deep and veteran lineup stocked with outstanding wrestlers. Catholic Central is paced by a trio of national-ranked wrestlers in Drew Heethuis, Dylan Gilcher and Darius Marines. A total of 10 Catholic Central wrestlers won regional championships and the Shamrocks qualified all 14 of their wrestlers at the regional for the individual state tournament.

Catholic Central also sharpened their skills all season by wrestling the top competition they could find in the Midwest. The Shamrocks defeated several ranked-teams from Ohio and Indiana and also defeated the top Division 1 challengers in Michigan including dual wins against Hartland, Davison and Romeo along with wins against Lowell and Dundee.

Hartland comes in as the second seed and the Eagles have a solid team that can reach the final match. Hartland won the team state title in 2016 and is a regular at the team state finals. Hartland crowned a trio of individual

regional champions and has a total of 10 wrestlers headed to individual state.

Defending state champion **Davison** is also loaded with talented wrestlers. Davison has a total of three wrestlers, Caden Horwath, Josh Barr and Remy Cotton, who are national-ranked wrestlers. A total of four Cardinals won individual regional titles and eight Cardinals qualified for state.

Rockford and Holt also feature deep squads with quality wrestlers. Rockford qualified eight wrestlers for individual state led by Elijah Bunn, Jak Keller and Ryan Ahern who won regional titles. Holt qualified seven wrestlers for individual state led by regional champs Sawyer Hosford and Ty Hafke.

DIVISION 2

Team to beat: Lowell

Top contenders: Goodrich and Plainwell

Outlook: Can anyone slow down the **Lowell** title machine? The Red Arrows have won the past nine Division 2 state titles and are poised to make it a perfect 10.

Lowell is as deep as any team in the state. The Red Arrows qualified 13 wrestlers for individual state including regional champions Jarrett Smith (106), Carter Cichocki (113), nationally-ranked sophomore Jackson Blum (120), Owen Segorski (138), CJ Poole (144), Maddox Simcoe (150) and Carson Crace (175).

Like the other premier teams in the state,

Lowell annually challenges itself against the best not only in the state, but the entire Midwest as well.

Lowell is on a collision course to meet **Goodrich** in the finals. Goodrich reached the past two state title matches and have wrestled in the final match three out of the past four years. The Martians have a strong and deep team that qualified seven wrestlers for individual state including a pair of regional champs.

Plainwell is a highly-ranked team that has turned in a strong season. Plainwell faced a challenging schedule that included a 55-18 loss to Lowell at Lowell. Plainwell qualified four wrestlers for individual state finals including one regional champion.

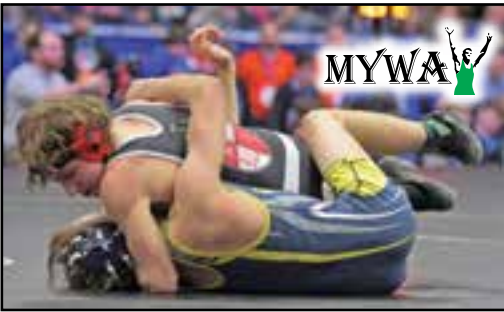
Fowlerville is a team flying under the radar that can make a statement. The Gladiators defeated a strong Jackson Northwest team at the regional to qualify for the state meet. Fowlerville qualified five wrestlers for individual state including a pair of regional champs.

DIVISION 3

Team to beat: Dundee

Top contenders: Clinton and Algonac

Outlook: **Dundee** captured its fifth straight team state title last season and is a huge favorite to make it six in a row this season.



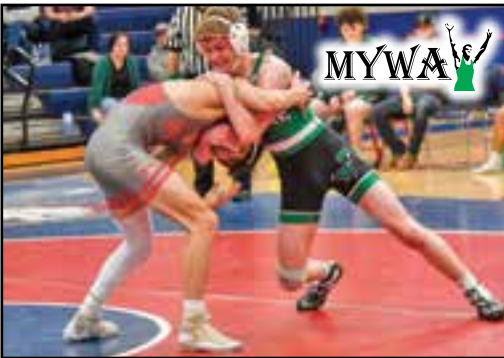
Lowell wrestlers are looking to pin down a 10th consecutive team state championship this season.

Dundee has defeated large, Division 1 schools from Michigan like Davison and Indiana like Center Grove. Dundee also boasts a pair of nationally-ranked wrestlers in Braden Davis and Aidan Davis.

Dundee will face a solid group of challengers led by **Clinton** along with **Algonac** and **Whitehall**. Clinton qualified a total of six wrestlers for the individual state finals including four regional champions.

Whitehall was a state runner-up two years ago. Whitehall has a lineup with that has five state qualifiers including one regional champion.

Algonac is poised to make splash at this year's finals. Algonac faced a difficult schedule this season and brings in a lineup that has 10 state qualifiers including a pair of regional champions.



TEAM WRESTLING STATE QUARTERFINAL PAIRINGS

DIVISION 1

- (1) Detroit Catholic Central vs (8) Warren DeLaSalle
- (4) Davison vs (5) Romeo
- (3) Rockford vs (6) Holt
- (2) Hartland vs (7) Temperance Bedford

DIVISION 2

- (1) Lowell vs (8) Birmingham Brother Rice
- (4) Gaylord vs (5) Fowlerville
- (3) Plainwell vs (6) Stevensville-Lakeshore
- (2) Goodrich vs (7) Monroe Jefferson

DIVISION 3

- (1) Dundee vs (8) Hart
- (4) Clinton vs (5) Constantine
- (3) Whitehall vs (6) Gladstone
- (2) Algonac vs (7) Portland

DIVISION 4

- (1) Hudson vs (8) Iron Mountain
- (4) New Lothrop vs (5) Martin/Climax-Scotts
- (3) Bronson vs (6) Manchester
- (2) St. Louis vs (7) Benzie Central

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DIVISION 4 TEAM WRESTLING PREVIEW

Team to beat: Hudson

Top contenders: St. Louis, New Lothrop and Bronson

Outlook: Hudson regained the state title last year as it ended a two-year run by Clinton who moved up to Division 3.

Hudson is the gold standard in Division 4 wrestling having won nine team state titles since 2009. The Tigers were ranked number one this season and come in with the top seed.

Hudson has a lineup stocked with outstanding wrestlers and have competed against the best in the state regardless of Division with matches against Detroit Catholic Central, Lowell and Dundee and

have recorded wins against Division 1 teams like Clarkston, Grandville and Macomb Dakota.

New Lothrop has won three Division 4 state titles since 2009 and are also one of the premier Division 4 programs in the state. The Hornets qualified eight wrestlers for the individual state finals led by Daven Lockwood (120 pounds) and Grayson Orr (285) who won regional championships. Also heading to the individual state finals for the Hornets are Blake Wendling (103), Dalton Birchmeier (132), Caleb Sharp (138), Parker Noonan (144), Colton Symons (175) and Joseph Torres (190).

Like New Lothrop, **St. Louis** qualified eight wrestlers for the individual state finals. A

trio of Sharks won individual regional titles including Colin Kuhn (106), Alex Rodriguez (113) and Martine Wiggins (138). State qualifiers for the Sharks include Own Fogel (106), Genaro Soto (120), Laythan Haworth (126), Justice Onstott (190) and Ramon Anguiano (285).

St. Louis also wrestled a challenging schedule this season highlighted by a win against Division 3 state qualifier Portland and wins against a number of strong Division 2 teams.

Ranked fourth in the state poll heading into the regional, **Bronson** is also primed to make an impact at team state. Bronson has a list of wins that include wins against Division 2 teams like Jackson Northwest,

Parma Western, Tecumseh and St. Johns and D4 state qualifier Manchester. Bronson also tested itself against D2 powerhouse Plainwell.

The **Martin/Climax-Scotts** team, ranked fifth in the state, is also capable of making a run. The Clippers have also recorded several wins against larger schools and have been tested by a rugged schedule.



St. Louis Wrestling Team Taking Its Place Among The State's Elite In Division 4

Butch Harmon Sports Scene

After qualifying for the team state finals for the first time in over 25 years last year, the St. Louis wrestling team is looking to make an even bigger impact at this year's team state finals.

Last year, the Sharks qualified for the team state finals for the first time since 1995. The Sharks also showed they were not just satisfied in making it to the finals as they defeated Decatur 53-18 in the quarterfinals before falling to eventual state champion Hudson in the semifinals. This season, the Sharks were determined to get back to the big show.

"After making it to team state last year, no one involved was okay with not going back again," said St. Louis coach Kevin Kuhn. "As far as I'm concerned, the best MHSAA even for teams and spectators is our team wrestling state finals. It certainly is an addicting experience and that's what we preach. Take advantage of the opportunity to get back and have a better performance than last year."

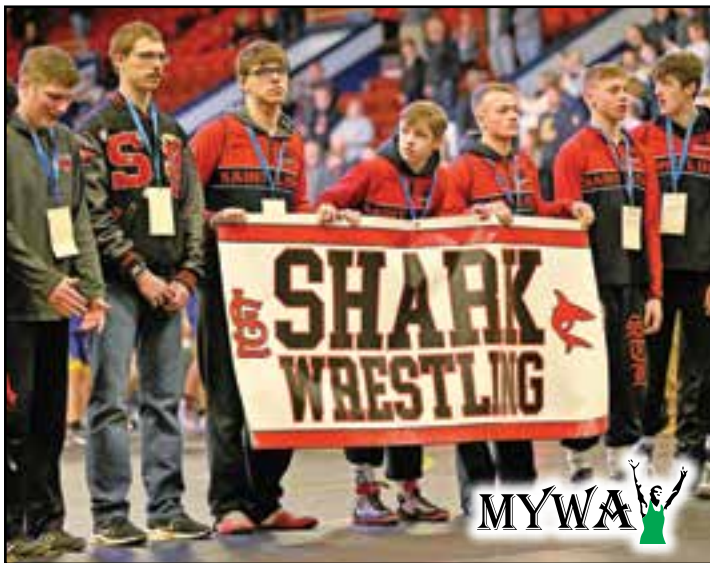
St. Louis qualified for this year's team finals by winning the Ithaca regional where it defeated Ravenna 80-0 in the championship match after turning back Lakeview 45-20 in the semifinals. The dual with Lakeview was major hurdle that

the Sharks needed to clear to get back to the finals.

"We told the team the worst case scenario was if we lose six matches," Kuhn said, "and if we don't give up pins that's only 18 points, so we were really close but gave up two majors and that's how they got 20. All year long our role players who don't give up pins have put us in position to win tight dual meets. I was very happy that we executed the game plan. Heading into team state, I feel like we have yet to peak as a whole group and that's a good feeling."

With back-to-back appearances in the team state finals and being ranked third in the state in Division 4 heading into the regional, Kuhn has the St. Louis wrestling program placed among the elite in the state.

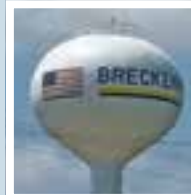
"I'm just really very thankful for where our program is at with tremendous support from our administration, teaching staff,




The St. Louis wrestling team is looking to make an impact at the team state finals after reaching the semifinals last season.

student section, community, and parents," Kuhn said. "No one on our coaching staff has an ego or personal agenda and all we want is for these kids to experience success as that sets them all up to be good



parents and coworkers in society. We're all just humble and thankful for the opportunity to go compete at the highest level."



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Area Wrestling Teams Capture District Titles During Team State Tournament

David Cook Sports Scene

Area wrestlers and teams kicked off the 2023 individual and team state tournaments with some outstanding efforts on the district level.

Following is a look at area teams that brought home team district championships this season before falling at the regional level.

DIVISION 1

Midland Wrestlers Win District Crown

The Midland wrestling team captured the title at the Bay City Western district. Midland defeated host Western 60-18 in the title match after turning back rival Midland Dow 60-24 in the district semifinal.

In the match against Dow, Midland wrestlers totaled four pins. Winning by pin for Midland were Austin Anderson (113 pounds), Ryan Ludwig (144), Carter Brown (190) and Wilson Shinske (215). Midland wrestlers also recorded seven wins by forfeit.

Midland's season came to an end in the regional semifinals when it fell to Flushing 43-26.

DIVISION 2

Lansing Sexton Wins First District Title In 31 Years

The Lansing Sexton wrestling team made history as it won its first team district championship in 31 years. Sexton defeated Lansing Eastern 60-18 in the title match after defeating Waverly on criteria in a match that ended 38-39 in the semifinals.

In the final match against Eastern Sexton received pins from Izrael Corral-Canales (113 pounds), Billy Fields (120), Tressor Bekai (132), Waleed Salazai (144), Christopher Askew (215) and Chris Manuel (285). Jamar Martin-Kimble (165) and Prasant Manger (175) added wins by decision.

The Big Reds needed every point it could

gather in the semifinal win against Waverly. Winning by pin for Sexton in the Waverly match were Jah'Reice McKinney (106), Corral-Canales (113), Gilmo Nedziwe (126), Bekai (132) and Rocco Torrez (138). Salazai (144) picked up a win by decision while Fields won by forfeit.

The season ended for Sexton in the regional semifinals when it fell to Fowlerville.

St. Johns Takes Title At Owosso District

St. Johns posted a pair of strong efforts enroute to winning the team district title at Owosso.

The Redwings defeated host Owosso 54-30 in the district title match after stopping DeWitt 51-29 in the semifinals.

Leading the way for St. Johns in the win against Owosso were Reed Larrison (132 pounds), Cole Riedel (138), Jayden Keys (157) and Ryan Dimmick (215) who all won by fall.

In the match with DeWitt the Redwings were led by Sean Pettigrew (113), Riedel (138), Brady Heibeck (144), Keys (150), Jason Stevens (165), Michael Berkhausen (175) and Dimmick (215) who all won by fall. Brody Abendroth (190) won by decision and Reagan Ward (106) won by injury time.

The season ended for St. Johns in the regional semifinals when it fell to Lake Fenton 49-30.

Bay City John Glenn Wins Mt. Pleasant District

Bay City John Glenn won the team district at Mt. Pleasant. John Glenn defeated the host Oilers 54-19 in the title match after turning back Cadillac 69-9 in the semifinals.

John Glenn was led at the district by Izaak Kukulski (106 pounds), Aidan Lupisella (132), Lane Huizar (138), Isaiah Hoffman (150), Garrett Forgash (165), Logan Demarest (190) and Shane Senske (285) who all recorded two pins apiece. Ruben Rivera (113), Matt Shaffer (144) and Jackson Vrable (215) all recorded one pin while Connor



Bay City John Glenn wrestlers defeated Mt. Pleasant and Cadillac enroute to the district championship.

Greer (126) added a decision.

John Glenn's season came to an end in the regional finals as it fell to Gaylor 37-36.

Greenville Defeats Cedar Springs In District Final

Greenville won the title at the Cedar Springs district by defeating the host Red Hawks 43-29.

The Yellowjackets were led by Caleb Lewis (106 pounds), Kaleb Richardson (157), Naythan Dobson (165), Case Johnson (215) and Charlie Hubbard (285) who all won by fall. Alex Buskirk (126), Liam Dailey (138) and Casey Eberspeaker (144) all contributed wins by major decision.

Greenville's season ended in the regional finals when it fell to Lowell.

DIVISION 3

Alma Wrestlers Claim District Hardware

After reaching the Division 3 state title match last year, the Alma wrestling team began the 2023 state tournament by winning the Chesaning district. Alma won the title with a 56-24 win against Ovid-Elsie in the title match after defeating Corunna 54-30 in

the semifinals.

Alma wrestlers totaled five pins in the title-winning match against Ovid-Elsie. Diego Silva (106 pounds), RJ Bielaga (126), Daniel Rosales (138), Buddy Leonard (144) and Gianni Tripp (150) all won by fall. Cole O'Boyle (190) won by injury time while Carlos Martinez-Medina won by decision at 215 pounds.

Recording pins in the win against Corunna were Silva (113), Joseph Oberle (132), Rosales (138), Leonard (144) and Tripp (150) while O'Boyle won by a decision at 175 pounds.

Alma's season ended in the regional semifinals when it fell to Birch Run 42-36.

Laingsburg Tops Traditional Powers In District

The Laingsburg wrestling team toppled a pair of storied wrestling programs enroute to winning the team district at Williamston. Laingsburg stopped Williamston 45-30 in the title dual after defeating long-time wrestling powerhouse Eaton Rapids 42-27 in the semifinals.

Leading the way for the Wolfpack were

Mikey Brooks (190 pounds) and Dano Winans (132) who both recorded two pins. Marlon Graham (126) and Aden Baynes (138) both finished with a pin and a decision for the district while Ethan Schneeburger (106), Noah Gentner (144), Jack Borgman (157), Seth Sivak (165), Wyatt Stanfield (215) and Carter Schlaack (285) all recorded one pin.

Laingsburg's season ended when it fell to Clinton in the regional semifinals.

Freeland Storms To District Championship

The Freeland Falcons won the team district they hosted with a pair of big wins. Freeland defeated Essexville-Garber 74-0 in the finals after defeating Carrollton 69-12 in the semifinals.

Freeland won numerous matches during the district via forfeit. Ella Mae Klopf (113 pounds), Joseph Klopf (113), Braydon Honsinger (132) and Gibson Shepard (157) recorded one pin each, Malachi Hill (120) won a match by technical fall, Ty Fournier (138) won a decision and Elijah Murphy (175) won a decision in matches that were not forfeits.

Freeland reached the regional finals before falling 38-36 to Portland.

Clare Earns District Crown With Pair Of Wins

The Clare wrestling team claimed a pair

of wins enroute to winning the team district title at Sanford-Meridian. Clare defeated Bullock Creek 66-12 in the title match after stopping host Sanford-Meridian 57-11 in the semifinals.

Bryson Hernandez (132 pounds), Andrew Moreno (138) and Holden Hollingshead (175) each recorded two pins during the district. Ryan Moreno (120) notched one pin while Gavin Dionne (144), Alden Tait (157) and James Bouchey (285) won decisions during the evening with the remaining Clare win coming via forfeit.

Clare reached the regional finals where it fell to Hart 54-13.

Chippewa Hills Wins District At Reed City

The Chippewa Hills wrestling team defeated host Reed City 43-27 to capture the team district title.

Chippewa Hills was paced in the win against Reed City by Adrionn Lucas (126 pounds), Tyler Geer (138), Jon Koepf (150), Hunter Sellers (157) and Austin Humphrey (175) who all won by fall. Raymond Irwin (132) won by major decision, Tyler Saxton (144) won by decision, Lindsey Gibson won a close decision at 120 pounds and Isaiah Lake (215) added a key overtime decision.

Chippewa Hills' season ended in the regional semifinals when it fell to Hart 39-23.



Beaverton Captures Title At Own District

The Beaverton wrestling team gave its hometown fans plenty to cheer about as it won the team district it hosted. Beaverton defeated Standish-Sterling 39-36 in the title match after stopping Pinconning 54-30 in the semifinals.

Beaverton was paced by Landon Terrell (113 pounds), Isaiah Bier (157) and Justin Wood (175) who all recorded three pins for the evening. Seth Onweller (126) recorded a pin and a decision. Eric Larson (106 pounds), Garrett Muma (132), William Warner (150), Colton Compton (165), Dakota Lattimer (190) and Logan Love (285) each recorded one pin.

Beaverton's season ended in the regional semifinals when it fell to Clare 40-33.

Birch Run Brings Home District Title

Birch Run claimed the district title at Bridgeport with an 81-0 win against the hosts. Birch Run reached the title match by defeating Swan Valley 41-30 in the semifinals.

Birch Run was led in the win against Swan Valley by Ethan McClanahan (113 pounds), Bryce Husen (157), Keagan Kohlhoff (190) and Landen Roe (285) who all recorded falls.

Masen Koskinen (106) and Kahleel Brwwn (165) both won major decisions while Brayden Cox (120), Evan Goodrich (175) and Owen Natzel (215) won by decisions.

Birch Run advanced to the regional final where it fell to Portland 44-30.

DIVISION 4

Ithaca Tops Carson City For District Title

The Ithaca wrestling team came away with a team district championship with a 55-18 win against Carson City-Crystal in the title match at the Fulton district.

Ithaca wrestlers piled up the bonus points as a total of three wrestlers won by pin. Winning by pin for the Yellowjackets were Jacob Mankey (126 pounds), Joseph Dawe (144) and Brandon Pass (215). Owen Mikulka (157) won by a major decision

while Gavin Gilbert won by a decision. Ithaca also added five forfeit victories.

Ithaca closed out the season with a 35-29 loss to Ravenna in the regional semifinals.

Montrose Wins Own District In D4

Montrose won the Division 4 team district that is hosted, The Rams defeated Michigan Lutheran Seminary 56-15 in the title match after turning back Saginaw Valley Lutheran 60-6 in the semifinals.

Montrose was paced at the district by Gauge Vincke (126 pounds), Hunter Coxon (144) and Richard Cummings (150) who all recorded two pins for the evening. Also posting a pair of wins were Noah Szwed (132) who had a technical fall and a decision and Landyn Tornburg (165) who recorded a pin and a decision.

Montrose reached the regional finals where it fell 53-22 to New Lothrop.

Lakeview Captures District Title

The Lakeview wrestling team came away with the championship trophy at the district it hosted with a 37-29 win against Hesperia.

Picking up wins by pin for Lakeview were Aaron Mazurek (157 pounds), Orion Essenburg (190) and CJ Copeland (215). Lakeview also received a win by major decision from Zach Schenden (132). The difference in the dual was Lakeview winning the close matches as Joe Perez (113), Cameron Perez (120), Braxton Hill (144), Lucas Vail (165) and Landen Johnson (175) all won close decisions to give Lakeview the title.

Lakeview closed out the season when it fell 45-20 to St. Louis in the regional semifinals.

Perry Takes District Title

The Perry wrestling team won a district title when it defeated Bath 57-16 in the title match of the team district it hosted.

Perry was led by Jackson Porter (120 pounds), Grace Spiess (138), Reed Vanwormer (144), Ricky Hardy (190) and Ethan Hardy (285) who all won by pin. Aiden Turner (132) won by decision.

The season ended for Perry in the regional semifinals when it fell to Hudson.



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Individual State Wrestling Qualifiers And District Champs

AREA INDIVIDUAL WRESTLING STATE QUALIFIERS

(* regional champion)

DIVISION 1

HOLT
106 Sawyer Hosford *
113 Ryan Mosher
120 Mariano Lopez
138 Ayden Mosher
175 Ty Hafke *
190 Jackson Bremer
285 Connor Crepeau
MIDLAND
113 Noah Anderson
150 Cole Schelb *
OKEMOS
126 Kaleb Smith-Baldwin
ROCKFORD
120 Braylenn Aulbach
126 James Diel
132 Elijah Bunn *
132 Liam Fitzpatrick
144 Jake Keller *
157 Bryce Gordon
165 Louis Bosscher
190 Ryan Ahern *
SAGINAW ARTHUR HILL
165 Michael Baldwin
285 Lionel Baldwin

DIVISION 2

BAY CITY GLENN
106 Izaak Kukulski
113 Ruben Rivera
138 Matt Shaffer
165 Garrett Forgash
175 Logan Demarest
CHARLOTTE
132 Carter Moore
138 Jayden Schwartz *
DEWITT
126 Trenden Bashore
126 Kaden Lapaugh
GREENVILLE
126 Alex Buskirk *
138 Liam Dailey
157 Nayte Dobson *

215 Case Johnson
HASLETT
157 Richard Barshaw
LANSING WAVERLY
190 Logan Lee
215 Cayden Bell
LOWELL
106 Jarrett Smith *
106 Mason Saylor
113 Carter Cichocki *
120 Jackson Blum *
120 Logan Dawson
132 Trevor Boone
138 Owen Segorski *
144 CJ Poole
150 Maddox Simcoe *
150 Landon Miller
157 Tacho Gonzales
175 Carson Crace *
285 Juan Acosta
MASON
113 Matt Ausel
120 Tayden Miller *
138 Tex Smith
144 Dylan Granger
157 Jaydn Grimes
175 Derek Badgley *
285 Joseph Arnold *
MT. PLEASANT
120 Noah Webster
132 Grant Stahl *
ST. JOHNS
113 Sean Pettigrew
138 Cole Riedel *
215 Ryan Dimmick

DIVISION 3

ALMA
132 Buddy Leonard
138 Gianni Tripp *
175 Cole O'Boyle *
BEAVERTON
113 Landon Terrell
BELDING
132 Ryan Woods

144 Blake Peasley
171 Gavin Craner
190 Jack Ward *
285 Isaac Casey
BIRCH RUN
157 Carson Parlbeg
165 Kahleel Brown *
215 Owen Natzel
285 Landon Roe
BULLOCK CREEK
157 Nick Schneider
CENTRAL MONTCALM
285 Waylon Lingeman
CHESANING
106 Quinton Everett *
CHIPPEWA HILLS
120 Adrionn Lucas
132 Tyler Geer *
150 Jon Koepf
157 Hunter Sellers
165 Austin Humphrey
CLARE
126 Bryson Hernandez
CORUNNA
150 Decklan Davis
157 Xavier Anderson *
165 Dayne Zeeman
DURAND
150 Drew Alward
165 Darrin Alward *
EATON RAPIDS
150 Gabe Chapates
165 Landon Parker
FLINT POWERS
165 Connor Owens *
FREELAND
106 Easton Rosebush
113 Joseph Klopf
120 Malachi Hill *
138 Ty Fournier
150 Noah Graham
190 Elijah Murphy
LAINGSBURG
138 Aden Baynes *
190 Mikey Brooks

LAKEWOOD-LAKE ODESSA
120 Ashton Clark
144 Daniel Krebs
215 Joel Simon *
OVID-ELSIE
113 Talan Parsons *
PORTLAND
126 Ethan Webert
132 Drew Miller
144 Isaiah Pelc *
157 John Dodson
190 Branson Goodman
SANFORD MERIDIAN
120 Reece Teer
138 Alex Goodson *
138 Elliot Noyes
SHEPHERD
144 Maddox Cline
SWAN VALLEY
126 Tyler Ueberroth *
144 Cody Ueberroth
WILLIAMSTON
144 Camden Johncheck *
144 Matt Dion
175 Joe Mahaney *
215 Luke Chambers

DIVISION 4

BATH
157 Nolan Rowley
DANSVILLE
Alex Baker
EVART
113 Ethan Conk
175 Cole Hopkins *
285 Alex Burhans *
HEMLOCK
132 Landon Zastrow
150 Liam Zastrow
ITHACA
144 Joseph Dawe
215 Brandon Pass
285 Mason Vancamp
LAKEVIEW
113 Cameron Perez
113 Joe Perez
157 Aaron Mazurek
175 CJ Copeland *



Alma wrestlers Cole O'Boyle (left) and Gianni Tripp (right) won regional championships while Buddy Leonard (center) also qualified for the individual state finals.

175 Landon Johnson
MICHIGAN LUTHERAN SEMINARY
190 Evan Wakefield *
MONTROSE
126 Noah Szwed *
144 Hunter Coxon *
157 Landyn Thornburg
215 Daxton Looney *
285 Jerrold Atwell
NEW LOTHROP
103 Blake Wendling
120 Daven Lockwood *
132 Dalton Birchmeier
138 Caleb Sharp
144 Parker Noonan
175 Colton Symons

190 Joseph Torres
285 Grayson Orr *
PERRY
120 Jackson Porter
144 Reed Vanwormer
215 Cameron Doody *
ST. CHARLES
138 Braden Bila
ST. LOUIS
106 Colin Kuhn *
106 Owen Fogel
113 Alex Rodriguez *
120 Genaro Soto
126 Laythan Haworth
138 Martine Wiggins *
190 Justice Onstott
285 Ramon Anguiano

AREA DISTRICT WRESTLING CHAMPIONS

DIVISION 1

HOLT
106 SAWYER HOSFORD
113 RYAN MOSHER
120 MARIANO LOPEZ
175 TY HAFKE
190 JACKSON BREMER
285 CONNOR CREPEAU
MIDLAND
113 NOAH ANDERSON
150 COLE SCHELB
ROCKFORD
126 JAMES DIEL
132 ELIJAH BUNN
144 JAKE KELLER
190 RYAN AHERN
SAGINAW ARTHUR HILL
285 LIONEL BALDWIN

DIVISION 2

BAY CITY GLENN
106 IZAAK KUKULSKI
113 RUBEN RIVERA

138 MATT SHAFFER
165 GARETT FORGASH
285 SHANE SENSK
GREENVILLE
126 ALEX BUSKIRK
215 CASE JOHNSON
LANSING WAVERLY
190 LOGAN LEE
LOWELL
106 JARRETT SMITH
113 CARTER CICHOCKI
120 JACKSON BLUM
132 TREVOR BOONE
138 OWEN SEGORSKI
144 CJ POOLE
150 MADDOX SIMCOE
175 CARSON CRACE
MASON
106 DARIUS AMBS
120 TAYDEN MILLER
138 TEX SMITH
144 DYLAN GRANGER

MT. PLEASANT
120 NOAH WEBSTER
132 GRANT STAHL
ST. JOHNS
138 COLE RIEDEL
215 RYAN DIMMICK

DIVISION 3

ALMA
132 BUDDY LEONARD
138 GIANNI TRIPP
175 COLE O'BOYLE
BEAVERTON
113 LANDON TERRELL
BELDING
190 JACK WARD
BIRCH RUN
165 KAHLEEL BROWN
CENTRAL MONTCALM
285 WAYLON LINGEMAN
CHESANING
106 QUINTON EVERETT

CHIPPEWA HILLS
132 TYLER GEER
150 JON KOEPF
157 HUNTER SELLERS
165 AUSTIN HUMPHREY
CLARE
126 BRYSON HERNANDEZ
CORUNNA
150 DECKLAN DAVIS
157 XAVIER ANDERSON
DURAND
165 DARRIN ALWARD
EATON RAPIDS
150 GABE CHAPATES
FLINT POWERS
165 CONNOR OWENS
FREELAND
120 MALACHI HILL
LAINGSBURG
138 ADEN BAYNES
LAKEWOOD-LAKE ODESSA
215 JOEL SIMON
OVID-ELSIE
113 TALAN PARSONS

PORTLAND
144 ISAIAH PELC
SANFORD MERIDIAN
138 ALEX GOODSON
120 REECE TEER
SHEPHERD
144 MADDOX CLINE
SWAN VALLEY
126 TYLER UEBERROTH
WILLIAMSTON
144 MATT DION

DIVISION 4

BATH
157 NOLAN ROWLEY
DANSVILLE
ALEX BAKER
EVART
175 COLE HOPKINS
HEMLOCK
132 LANDON ZASTRAW
ITHACA
144 JOSEPH DAWE

285 MASON VANCAMP
LAKEVIEW
113 CAMERON PEREZ
175 LANDEN JOHNSON
MICHIGAN LUTHERAN SEMINARY
190 EVAN WAKEFIELD
MONTROSE
126 NOAH SZWED
144 HUNTER COXON
215 DAXTON LOONEY
NEW LOTHROP
103 BLAKE WENDLING
113 HUNTER WOLF
120 DAVEN LOCKWOOD
132 DALTON BIRCHMEIER
138 CALEB SHARP
175 COLTON SYMONS
285 GRAYSON ORR
ST. LOUIS
106 COLIN KUHN
126 LAYTHAN HAWORTH
190 JUSTICE ONSTOTT

DO IT FOR DANIEL



STOPPING THE STIGMA OF MENTAL ILLNESS

Daniel Olson was an Ishpeming High School all-state athlete who completed suicide in 2012 after battling anxiety and depression for years. The star quarterback on the football team at Ishpeming High School in Marquette County, Michigan, Daniel lead the team to the State Championship game in 2010. From the outside, it appeared Daniel had everything going for him but on the inside, his parents knew he was struggling. The family spoke openly about Daniel's medical illness.

A friend and leader on & off the field, Daniel was beloved for his warmth, generosity, tenacity and humor. He was the oldest of 4 children in the Olson family, who long ago made the brave and vulnerable choice to carry his story and legacy forward by speaking openly about Daniel's struggle with depression and anxiety.

"Do It For Daniel" is the documentary of his struggle with depression and mental illness and a message of hope, coupled with Suicide & Mental Health Awareness, education and athletic scholarships.

Our Mission DEPRESSION & ANXIETY ARE MEDICAL ILLNESSES

When we lost Daniel at the tender age of 19, we made the choice to speak openly about the disease that took his life. All these years later, we remain steadfast in our mission to tell our family's story with the goal of erasing the stigma of mental illness while encouraging people who struggle and/or suffer to come forward and seek help. This documentary was created to educate people about the impact depression, anxiety, and other mental illnesses have on people and their families and to create a dialogue. We believe that through education, we can help stop the stigma and when we do, people who suffer from these Medical illnesses will feel less isolated and more willing to seek help. We do not want anyone else to have to go through what our son Daniel went through with his battle with anxiety, depression, and ultimate suicide at the age of 19. And for other loved ones not to have to endure what our family went through during Daniel's struggles. This documentary tells the incredible story of Daniel and his family and how the community of Ishpeming, through the Hematite football team, rallied to restore hope for all who suffer from this Medical illness called depression.

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Remembering Brady Hessbrook

Hour By Hour...Minute By Minute Time Heals, But Brady Hessbrook's Memory Lives On In All Of Us

Scott Keyes Sports Scene

The tragic death of Brady Hessbrook will live in our minds and soul for the rest of our lives.

However, what we take away from this untimely occurrence is a person's love of life, passion for family, and the ability to light up his surroundings with a sheepish grin that could be seen across a crowded room.

His father Terry Hessbrook not only lost a son when Brady died, but he also lost his best friend.

If you followed Ithaca football over the last 15 years you saw Brady roaming the sidelines as dad coached the Yellowjackets through a 10-year stretch run that saw Hessbrook lead his teams winning Division 6 state titles in 2010, 2011, 2012, 2013 and 2015, finishing as a runner-up in 2014 and 2017.

Brady then had the best seat in the house watching Ithaca win 69 consecutive games from Aug. 27, 2010 through Nov. 22, 2014, the second-most in Michigan high school history behind Hudson's 72-game winning streak. Ithaca's 69 consecutive wins are the most for a team during the playoff era.

From there Brady got his chance to finally lead the Yellowjackets at quarterback following the likes of Alex Niznak,

Travis Smith, Jake Smith, David Brown, Peyton Smith and Joey Bentley from 2018-2020.

But injuries and Covid cut short Brady's career at Ithaca, however he did make the most of his senior season winning All-State honors and the Associated Press Division 7-8 Player of the Year honors in 2020 when he was finally healthy.

"All along I knew I would retire from coaching when Brady graduated from high school," Terry Hessbrook told the Saginaw News back in 2021 after announcing his retirement.

"It's so hard to win during the regular season, then multiply that in the playoffs. You look around, and a lot of teams think they're going to get there, and they don't for whatever reason.

"Getting to Ford Field seven out of eight years ... maybe I should pinch myself. We've been blessed with talent, a great coaching staff and a community that bought into me and what we were selling."

With all of that success that Ithaca was having a young Brady was right there along for the ride. Brady went on and signed a National Letter of Intent to continue his football career at Wayne State University.

Fast forward to January 27, 2023 a families worst nightmare occurred and as much as you want to search for answers no one really knows why.

Brady Hessbrook went to physical therapy earlier that morning at 7:45 a.m. at Henry Ford hospital. He gave no indication on what was about to happen next.

Earlier that afternoon he drove back up to Ithaca after his physical therapy appointment, locked himself into the families downstairs bathroom and took his own life.

"When you go through something like this you have a lot of time to reflect," said Terry Hessbrook.

"I think that is something that Kristy and are struggling with. Did we miss the signs? Was there any indication. Was there things we missed. But as we look back maybe there were signs there that we missed and those are the things that will haunt us for the rest of our life. We have to be nicer to people as a society and we need to check on people everyday. Brady was the type of kid that was always helping others. He wore a mask that hid his depression, but he was still helping others. That was the type of person he was."

Kristy was the first to get home before contacting Terry, who later broke down the door and witnessed a parents worst nightmare. It's an image that will continue to be in his mind for as long as he lives.

But if there is anything good that comes from this situation is being able to help Brady's legacy live on through the newly formed B#4 Foundation that is being established to help bring Mental Health Awareness to the forefront in our society.

"In the days after the incident the B#4 foundation popped into my head," Terry Hessbrook said.

"We needed an outlet that will allow us the opportunity to move forward and make sense of what happened. We have a platform in place that will provide help and send a message out their for parents and teens that are struggling with

mental health. You have to talk about things when you go through something like this."

Hessbrook elaborated the fact that communication is the first key to getting help.

"When you break your arm you go to the doctor. When you tear your ACL you get it fixed. How do you do this for Mental Health? You have to talk to professionals," he said.

"In 2008 at Ithaca Stephen Murdock and Josh Feldcamp took their own life months apart at Ithaca. We just found out last week that two Portand High School students died in similar instances as Brady. And then a 12-year old girl from Fulton died six weeks before Brady. It's these stories that just rip your insides out. How can we help in these instances.

Hopefully by March 1 B#4 will be another resource people can go to for help and the ultimate goal of keeping Brady's Memory alive.

Meanwhile the Ithaca community has gone beyond any community in the support of the Hessbrook family.

"The Coaching Fraternity from across the country has been extremely supportive through all of this," Hessbrook said.

"Coaches that were recruiting Brady have all reached out and supported us. Ithaca and the surrounding communities have been amazing in their support of our family. Our foundation has been formed and once the state approves the corporation we will be publishing the website."

A Rough Four Years

Brady has fought through so much adversity over the last four years.

He went through tearing his ACL his sophomore year, to separating his junior year shoulder, then Covid hit then separating his shoulder again last spring as a freshman at Wayne State.

Football was pretty tough on him, but you never would know it.

"We need to get the message out there that their are professionals to talk to," Hessbrook said.

"Our teens are hurting. There is so much going on in our society. We have to be aware of what's going on around us. I'm as guilty as the next person about this. There is a stigma attached to mental health and how do we get those people the help they need. Brady had that personality with a little bit of sass that lit up an entire room. Just breaks my heart that I never saw that he was hurting so bad. He was always thinking of someone else. You don't know how much pain he was in because he never complained about."

Alli Walden, Brady's soulmate said he was a creature of habit.

She feels Brady kept himself busy to keep his mind off all things that he was going through.

In Brady's case he had football, but when that was taken away from him he needed to find ways to fill that void.

"A lot of former athletes I know used getting into coaching to help fill that void they were missing when they walked away from athletics," Walden said. "I just remember Brady saying when he left the team he felt mentally



he couldn't go back. I know he wasn't passionate about his career path that he was going into. So when you don't have that passion for your career and you lose football you definitely feel lost."

Kristy Hessbrook, holding back tears couldn't believe how much of an impact her son had on everyone around him.

"My son has so many people that loved him," she said.

"I can't put things into words other than he impacted so many."

Brady you will be missed, but your memory will live on through everyone you impacted. Time heals, but your legacy lives on in all of us.

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Logan Hessbrook Remembers His Cousin Brady; Discusses His Own Mental Health Issues

Scott Keyes Sports Scene

Nearly two years ago former Ithaca standout Logan Hessbrook posted an almost five-minute video on Facebook detailing his last five years of struggles with depression, anxiety and other mental health illnesses.

Fast forward two years since that video posted Logan Hessbrook and the rest of the Hessbrook family was hit with tragedy as former Ithaca football coach Hall of Famer Terry Hessbrook's son Brady took his own life in the families home after coming home from college.

There were no warning signs. "Brady will forever live with us and we will continue to share his story with as many people as possible, with the hopes of saving just one person," Logan Hess-

brook said.

"Our love for him will never change, our lives will never be the same, but we have each other to keep fighting. Family is the most important thing during a tragedy. I'm always going to remember Brady as being genuine. He was always present in the moment. When you talked, he listened. He cared about you. I'm going to miss everything about him. He is my little brother."

For nearly a decade, the Ithaca football program turned into a powerhouse in Michigan.

The Yellowjackets won five state titles (2010, 2011, 2012, 2013 and 2015) and went on a 69-game winning streak all under Terry Hessbrook.

Logan, the nephew of Terry, graduated from Ithaca in 2014 and was a part of three state titles

and never lost a football game in high school. The standout wide receiver for the Yellowjackets then went on to play at Saginaw Valley State University.

Which is when things changed. SVSU went 2-9 in Hessbrook's first season with the team. He also broke his collarbone in the team's sixth game. During his rehab to get back on the field, Hessbrook decided it was best for him to transfer to Central Michigan as a walk-on wide receiver.

"That's where the mental health and awareness I had really started to develop," Hessbrook said. "I went from being a quote-unquote big man on campus – like playing a true freshman – to you're a walk-on and no one knows you."

Despite everything Logan was going through he fought through

the adversity and started making people aware of his struggles.

"Unfortunately my last two years at Central Michigan I had four diagnosed concussions," Logan said.

"I was extremely fortunate to have the medical staff at CMU take great care of me and my family. I built a great connection with a sports neurologist during those times at CMU and have the ability to setup an appointment whenever I feel necessary. I have had numerous precautionary tests done, all which came back healthy and normal."

Now Logan and Terry Hessbrook have turned their attention towards Brady and the newly formed B#4 Foundation.

In only a few short weeks since Brady's death the Hessbrooks are on pace to launch the foundation hopefully by March 1.



Parents Please Talk To Your Children

The similarities between these two young men and their families and communities are...I don't know the right word or words? Unbelievable, scary, sad, mystery, unanswered, devastating? It can be all of those words and emotions.

One word that comes to mind when I think about these families is HOPE. Hope that other families will hear about Daniel and Brady stories and talk about it. What the Olson's and Hessbrook's are doing, is talking about mental health, depression and suicide. If it can happen to these two young men...it can happen to anyone.

The medical disease of depression does not discriminate, it could be anyone you know that is fighting this

disease. So please use Daniel and Brady's stories as a tool. It is a way to start a conversation about mental health. Ask the question, "do you ever feel this way, or do your friends feel this way?"

It's a starter question and a step in the right direction. They will probably say, "I am fine." But, they will also know that you care, and are open to talking about mental health. If they do open up about it...believe them. And then work together to get help.

I don't know if this helps anyone, but when I saw this picture a lot of words and emotions went through my mind. But the one that is sticking out for me is... HOPE.



Because of Brady Hessbrook (left) and Daniel Olson (right), mental health and suicide have become ongoing topics amongst student athletes.

If You Are Struggling With Mental Health There Is Help

Scott Keyes Sports Scene

As a society we need to change the stigma of mental health.

The recent tragedy of Ithaca's Brady Hessbrook death has shed light on this ongoing epidemic among our society.

We are moving at a snails pace and if we continue to be slow moving more and more cases like Brady will continue to dominate the headlines.

Jeff Olson, who was the head football coach at Ishpeming High School knows all about what the Hessbrook family is going through currently as he endured the same tragedy back in 2012.

Daniel Olson was an Ishpeming High School all-state athlete who completed suicide in 2012 after battling anxiety and depression

for years. The star quarterback on the football team at Ishpeming High School in Marquette County, Michigan, Daniel lead the team to the State Championship game in 2010.

From the outside, it appeared Daniel had everything going for him but on the inside, his parents knew he was struggling.

Jeff Olson continues to tell his son's story through the Do It For Daniel Foundation as he speaks around the country very openly about what happened. He's worked hard to increase suicide and mental health awareness, programming and resources for those who may be experiencing something similar.

Jeff Olson has been in constant contact with the Hessbrook family every step of the way during this tragedy.

"When we established the foundation for Daniel, Terry Hessbrook was one of the first people that donated to the cause," Jeff Olson said.

"People fail to talk about that mental health is a medical illness of the brain and it's something not a whole lot of don't talk about. It a scary thing that can affect your whole life. We need to do a better job educating people about mental health. Doitfordaniel.com is geared towards everyone who is suffering."

Barb Smith, who is the founder of Suicide Resource and Response Network in Saginaw has educated residents of the Tri-Cities for the last 34 years. She watched her brother endure the pain of Mental Illness passing at the age of 20 and her sister-law at the age of 43.

None of this is never easy, but Smith said a strong family base and community support is extremely important getting through a tragedy such similar to Daniel and Brady.

"We need to educate," Smith

said.

"After enduring a tragedy similar to this we need to find a purpose for our pain and find a way to give back. It's not a way of ending your pain it's a way to resolve pain. The fear of the unknown."

Since Brady's untimely passing the Hessbrook Family is following the lead of establishing the B#4 Foundation, that will go live March 1 with the hopes of spreading the word about Mental Health.

"The outpouring support from our community was unlike anything I have ever seen," said Logan Hessbrook, Brady's cousin.

"It goes to show that being a good person truly matters. Brady was 20, but his impact on this world was far beyond his years. We couldn't imagine being from another community. Ithaca has been amazing, but there have been people from all over the nation reaching out and checking in on the Hessbrook's. Together we will spread awareness on mental health."

And if you're someone who is struggling right now, know you are not alone. Below are a number of phone numbers and websites with real people wanting to help. To remind you that there is hope.

National Suicide Prevention Lifeline, 1-800-273-TALK (8255), www.suicidepreventionlifeline.org

National Alliance for Mental Illness (NAMI), 1-800-950-NAMI (6264), info@nami.org



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Division 1 And 2 Boys Basketball State Tournament Preview

David Cook Sports Scene

Following is a preview of the 2023 boys basketball Division 1 and 2 state tournaments.

DIVISION 1

Midland Dow District

Teams: Bay City Central, Bay City Western, Midland, Midland Dow, Mt. Pleasant:
Team to beat: Mt. Pleasant

Top contenders: Bay City Western and Midland Dow

Skinny: Mt. Pleasant had some rebuilding to do this season and the Oilers have not skipped a beat. The Oilers have a winning record and are near the top of the standing in the Saginaw Valley League. Midland Dow looks to be the prime challenger, but Mt. Pleasant is capable of a deep tournament run.

Swartz Creek District

Teams: Flint Southwestern, Saginaw Arthur Hill, Saginaw Heritage, Flushing, Swartz Creek, Carman-Ainsworth.

Team to beat: Carman-Ainsworth.

Top contenders: Saginaw Heritage

Skinny: Carman-Ainsworth is a talented squad that has faced a tough schedule. Heritage looms as the top challenger. The Hawks have turned in a solid season and have a talented group of players capable of avenging an early-season loss they suffered against Carman-Ainsworth.

Rockford District

Teams: Rockford, Lowell, Greenville, Cedar Springs, Forest Hills Central, Forest Hills Northern, Northview.

Team to beat: Northview

Top contender: Rockford

Skinny: Northview has been one of the top teams in West Michigan this season. Rockford has turned in a solid season in the rugged OK Red and has faced a challenging schedule. Look for the district winner to come from one of those two squads.

St. Johns District

Teams: DeWitt, East Lansing, Grand Ledge, Waverly, St. Johns.

Team to beat: Lansing Waverly

Top contenders: East Lansing and Grand Ledge

Skinny: Talk about a competitive district. All five teams can win the trophy. Waverly has been on a tear and is poised for a deep tournament run. Grand Ledge has played outstanding ball from the opening tip. East Lansing is coming on strong down the stretch and never can be counted out. Grab your seats early for games in this district.

Holt District

Teams: Holt, Lansing Everett, Mason, Okemos, Jackson, Jackson Northwest.

Team to beat: Okemos

Top contenders: Mason and Jackson

Skinny: This is another power-packed Lansing district. Okemos is a young and super-talented team that is fun to watch. Mason has dominated the CAAC Red all season. Jackson is a dangerous team from the south that can swoop in and snare the trophy. This is another must-see district.

DIVISION 2

Big Rapids District

Teams: Chippewa Hills, Big Rapids, Hart, Reed City, Cadillac, Ludington.

Team to beat: Hart

Top contenders: Big Rapids, Cadillac and Ludington

Skinny: If you want to see some great basketball in Northwest Michigan this district is for you. Hart is 18-0 heading into the final two weeks of the season and handed Big Rapids there lone loss in a 92-84 thriller. Big Rapids can score points in bunches and wants a rematch with Hart. Ludington's lone loss came against a rugged Cadillac team that would surprise nobody if it came away with the district trophy.

Ogema Heights District

Teams: Clare, Gladwin, Bullock Creek, Ogema Heights, Standish-Sterling.

Team to beat: Standish-Sterling

Top contender: Ogema Heights

Skinny: Standish-Sterling enters the final two weeks of the season with a perfect 16-0 record. Gladwin and Ogema Heights are a pair of solid squads looking to spring the upset.

Caro District

Teams: Birch Run, Bridgeport, Caro, Clio, Frankenmuth

Team to beat: Bridgeport

Top contender: Frankenmuth

Skinny: This is shaping up to be a two-horse race between Bridgeport and Frankenmuth. The two teams met twice in conference play this season with Bridgeport winning both games by a single points. Round three could be another thriller.

Carrollton District

Teams: Bay City Glenn, Carrollton, Essexville-Garber, Freeland, Saginaw, Swan Valley

Team to beat: Saginaw

Top contenders: Freeland and Garber

Skinny: Saginaw has turned in a solid season playing a power-packed schedule along with competing in the Saginaw Valley League. The Trojans are poised for a deep tournament run but will be challenged by Freeland and Garber who both have strong teams.

Chesaning District

Teams: Chesaning, Corunna, Flint Hamady, Mt. Morris, Owosso.

Team to beat: Hamady

Top contenders: Corunna and Chesaning

Skinny: Hamady is a solid all-around team that played a five-overtime thriller with Davison this season. Corunna has turned in an outstanding season and has plenty of talent while Chesaning has also piled up a number of wins this season.

Central Montcalm District

Teams: Alma, Belding, Central Montcalm, Tri-County, Shepherd

Team to beat: Shepherd

Top contender: Alma

Skinny: Look for this district to come down to a battle between Shepherd and Alma. Shepherd has turned in an outstanding season and is leading the way in the Jack Pine Conference. Alma has played a rugged schedule and is an outstanding tournament

team.

Forest Hills Eastern District

Teams: Forest Hills Eastern, Grand Rapids Christian, West Michigan Aviation, Ionia, Lake Odessa, Portland.

Team to beat: Grand Rapids Christian

Top contenders: Forest Hills Eastern and Ionia.

Skinny: Ionia has had an outstanding season in the CAAC White this season. Forest Hills Eastern is another outstanding team but Grand Rapids Christian is on another level and has dreams of a state championship.

Lansing Eastern District

Teams: Charlotte, Eaton Rapids, Lansing Catholic, Lansing Eastern, Lansing Sexton, Olivet

Team to beat: Olivet

Top contenders: Charlotte

Skinny: Olivet enters the final two weeks of the season with a perfect 18-0 mark. Charlotte has been contending in the CAAC White this season while Lansing Eastern is a team flying under the radar that can win the title.

Williamston District

Teams: Ann Arbor Richard, Chelsea, Fowlerville, Haslett, Pinckney, Williamston

Team to beat: Chelsea

Top contenders: Ann Arbor Richard

Skinny: Chelsea is the favorite in this district but host Williamston is capable of a surprise playing on its home floor.



Saginaw is looking to soar in the Division 2 state tournament this season.

Division 3 And 4 Boys Basketball State Tournament Preview

David Cook Sports Scene

Following is a preview of the 2023 boys basketball Division 3 and 4 state tournaments.

DIVISION 3

Houghton Lake District

Teams: Ewart, Harrison, Houghton Lake, McBain, Roscommon, St. Helen Heston Academy

Team to beat: McBain

Top contenders: Ewart and St. Helen Heston Academy

Skinny: Leaders of the Highland Conference, McBain has turned in a big season and faced a solid schedule that has it in position to claim the district title.

Sanford-Meridian District

Teams: Beal City, Beaverton, Farwell, Pinconning, Sanford-Meridian



Team to beat: Beal City

Top contenders: Beaverton and Sanford-Meridian

Skinny: A top-heavy district, Beal City, Beaverton and Sanford-Meridian are a tightly bunched group of teams that all could wind up cutting down the nets at the end of the district. Beal City may have the edge but Beaverton has a rich tournament history and Sanford-Meridian is playing on its home floor. This will be a fun district to follow.

Ithaca District

Teams: Blanchard-Montabella, Carson City-Crystal, Ithaca, Lakeview, Morley-Stanwood, St. Louis

Team to beat: Blanchard-Montabella

Top contenders: Carson City-Crystal

Skinny: Blanchard-Montabella still has the sour taste in its mouth of falling short in last year's district final to Ravenna. The Mustangs have been on a mission this season and are determined to cut the nets down. Conference rival Carson City will stand in the way and a tested-tough Ithaca squad will be a difficult hurdle for Montabella as well.

Pewamo-Westphalia District

Teams: Grand Rapids NorthPointe Christian, Grand Rapids Wellspring, Pewamo-Westphalia, Saranac, Vermontville Maple Valley

Team to beat: Pewamo-Westphalia

Top contenders: Grand Rapids NorthPointe Christian

Skinny: Pewamo-Westphalia is turning in a solid season and has a rich tournament tradition. The Pirates may not have the overall record this year as they have in the past but they've also played a monster of a schedule with against several larger schools. That schedule will come in handy against a solid NorthPointe Christian team that has also played a rugged slate.

The Montabella Mustangs are on a mission to bring a district title home this season.

New Lothrop District

Teams: Bath, Byron, Laingsburg, New Lothrop, Ovid-Elsie, Perry

Team to beat: Laingsburg

Top contender: Ovid-Elsie

Skinny: Laingsburg has been winning and winning big this season. The Wolfpack are led by the dynamic Woodruff brothers along with center Luke Snyder and guards Ty Randall and Jacob Essenberg. Ovid-Elsie is also having a solid season. Leaders of the Mid-Michigan Activities, the Marauders will give Laingsburg a major challenge.

Springport District

Teams: Dansville, Leslie, Potterville, Springport, Stockbridge

Team to beat: Leslie

Top contender: Potterville

Skinny: Leslie has challenged Olivet for the top spot in the Greater Lansing conference this season and has been on a roll since the end of January.

Montrose District

Teams: Burton Atherton, Burton Bentley, Burton Bendle, Burton Madison, Flint Beecher, Flint International Academy, Montrose

Team to beat: Flint Beecher

Top contenders: Montrose

Skinny: Beecher has a talented team and has recorded some impressive wins while playing a stacked schedule. Montrose has posted a winning record this season and will prove a challenge on its home court.

Hemlock District

Teams: Hemlock, Reese, Saginaw Arts & Sciences, Saginaw Nouvel, Saginaw Valley Lutheran, St. Charles

Team to beat: Saginaw Nouvel

Top contender: Reese

Skinny: Twin brothers Donny and MJ Yeager have been scorching the nets with their three-point shooting exploits this season. Nouvel has turned in a big season and is primed for a deep tournament run.

DIVISION 4

Mayville District

Teams: Akron-Fairgrove, Bay City All Saints, Kingston, Mayville, Michigan Lutheran Seminary

Team to beat: Kingston

Top contender: Bay City All Saints

Skinny: This district will come down to a showdown of North Central Thumb powers Kingston and Bay City All Saints. Michigan Lutheran Seminary will look to be the spoiler.

Breckenridge District

Teams: Breckenridge, Coleman, Merrill, Midland Calvary Baptist, Mt. Pleasant Sacred Heart, Vestaburg

Team to beat: Mt. Pleasant Sacred Heart

Top contender: Breckenridge

Skinny: Mt. Pleasant Sacred Heart has turned in a solid season and is poised to make a deep state tournament run like they have in the past. Breckenridge is turning in a winning season and will be the prime challenger.

Lansing Christian District

Teams: Ashley, Fowler, Fulton-Middleton, Lansing Christian, Portland St. Patrick

Team to beat: Lansing Christian

Top contender: Fowler

Skinny: Lansing Christian has spent the season competing against larger schools. The Pilgrims have fashioned a winning record and have a win against a Fowler team that looks to be its major hurdle enroute to winning the trophy.

Morrice District

Teams: Fowler, Burton CenterPoint Christian, Dryden, Genesee Christian, Morrice, Webberville

Team to beat: Genesee Christian

Top contender: Dryden

Skinny: The Soldiers of Genesee Christian have posted some impressive wins this season while taking some tough losses against larger, state-ranked schools. Dryden looks to be the top challenger.

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Division 1 And 2 Girls Basketball State Tournament Preview

David Cook Sports Scene

Following is a preview of the 2023 girls basketball Division 1 and 2 state tournaments.

DIVISION 1

Mt. Pleasant District

Teams: Bay City Central, Bay City Western, Midland, Midland Dow, Mt. Pleasant:

Team to beat: Midland Dow.

Top contenders: Bay City Western and Mt. Pleasant.

Skinny: After starting the season 0-4, Dow rallied to become one of the top teams in the Saginaw Valley North. Look for Bay City Wester and Mt. Pleasant to make a run at the title as well.

Mason District

Teams: Holt, Mason, Okemos, Jackson, Jackson Northwest.

Team to beat: Holt.

Top contender: Jackson Northwest.

Skinny: Led by standout post player Janae Tyler, Holt is a load for any team to handle. Tyler is a steady source of points and rebounds for a Holt team that has played a challenging schedule. Jackson Northwest has piled up the wins this season and will give the Rams all they can handle. Both Holt and Northwest are ranked in the top 20 in Division 1.

Flint Kearsley District

Teams: Saginaw Heritage, Flushing, Swartz Creek, Kearsley, Carman-Ainsworth.

Team to beat: Carman-Ainsworth.

Top contenders: Flushing.

Skinny: Carman-Ainsworth is one of the premier teams in the state as well as the region. The Cavaliers reeled off 16 straight wins to start the season.

Greenville District

Teams: Rockford, Lowell, Greenville, Cedar Springs, Forest Hills Central, Forest Hills Northern, Northview.

Team to beat: Rockford.

Top contender: Lowell.

Skinny: The Rams have a 17-1 record heading into the final games of the season and are ranked number one in the state. Guards Alyssa Wypych and Grace Lyons form a talented duo. Lowell has turned in a solid season and looks to derail Rockford's tournament express.

Lansing Waverly District

Teams: DeWitt, East Lansing, Grand Ledge, Waverly, St. Johns.

Team to beat: DeWitt.

Top contenders: Wavery and St. Johns.

Skinny: DeWitt will be tough to beat led by the talented sophomore backcourt of Tara Kurncz and Madison Uyl. The Panthers have played solid all season and are tested tough.

DIVISION 2

Reed City District

Teams: Chippewa Hills, Big Rapids, Reed City, Cadillac, Ludington.

Team to beat: Big Rapids.

Top contender: Ludington.

Skinny: This district will come down to a battle between Big Rapids and Ludington who have dominated their conferences this season. Big Rapids has the edge, but Ludington can't be counted out.

Bullock Creek District

Teams: Clare, Gladwin, Bullock Creek, Ogema Heights, Standish-Sterling.

Team to beat: Standish-Sterling.

Top contender: Clare.

Skinny: Standish-Sterling started the season with a seven-game winning streak and has played solid basketball since. Clare has been one of the top teams in the Jack Pine Conference this season and has the talent to bring home the trophy as well.

Swan Valley District

Teams: Birch Run, Bridgeport, Frankenmuth, Saginaw, Swan Valley.

Team to beat: Frankenmuth.

Top contender: Swan Valley.

Skinny: Frankenmuth, ranked eighth in the state in Division 2, has the talent to make a deep tournament run with senior Lexi Boyke leading the way along with junior Mia McLaughlin and sophomore Clare Conzelmann. Swan Valley played the Eagles close early in the season and will provide a challenge.

Freeland District

Teams: Bay City Glenn, Carrollton, Essexville-Garber, Freeland, Saginaw Arthur Hill.

Team to beat: Freeland.

Top contenders: Garber and Arthur Hill.

Skinny: Freeland has played solid basketball all season and has a long and storied tournament tradition. The Falcons will be tough to beat on their home court and has been tested by a rugged schedule this season.

Belding District

Teams: Alma, Belding, Central-Montcalm, Tri-County, Shepherd.

Team to beat: Belding.

Top contenders: Alma and Central-Montcalm.

Skinny: This will be a very competitive district. The edge goes to host Belding but keep an eye on Alma which has the



Strong defense has been a key to success for the Haslett basketball team.

talent and skill to come away with the trophy. Alma has played a tough conference schedule and is prepared to bring home a district trophy.

Lakewood-Lake Odessa District

Teams: West Michigan Aviation, Hastings, Ionia, Lake Odessa, Portland.

Team to beat: Portland.

Top contenders: Lake Odessa and Ionia.

Skinny: It may be a rebuilding year for Portland but the Raiders have been playing their basketball of the season as of late and will be tough to stop. Lakewood-Lake Odessa has turned in a solid season and will give Portland a challenge.

Eaton Rapids District

Teams: Charlotte, Eaton Rapids, Haslett, Lansing Catholic, Lansing Eastern, Williamston.

Team to beat: Haslett.

Top contenders: Lansing Catholic

and Williamston.

Skinny: Haslett is undefeated and ranked fifth in the state as of the middle of February and has been dominant all season. Emily Homan leads a talented lineup that includes Grace Isenhath, Ellie Humble, Isabel Lindo and Maddie Fant. Lansing Catholic is turning in a solid season and would be a favorite in many other districts while Williamston is always a tough out.

Flint Hamady District

Teams: Clio, Corunna, Durand, Hamady, Owosso.

Team to beat: Durand.

Top contenders: Corunna and Owosso.

Skinny: This is looking like a close, competitive district. Durand has turned in a strong season but Owosso and Corunna both have the type of teams that can bring the title home. Host Hamady will be tough to stop as well.

Division 3 And 4 Girls Basketball State Tournament Preview

David Cook Sports Scene

Following is a preview of the 2023 girls basketball Division 3 and 4 state tournaments.

DIVISION 3

Houghton Lake District

Teams: Beaverton, Harrison, Houghton Lake, Pinconning, Whittemore-Prescott

Team to beat: Beaverton

Top contender: Houghton Lake

Skinny: Beaverton looks to be the team to beat with Houghton Lake also right in the mix. Look for the district champion to come down to these two squads.

Sanford-Meridian District

Teams: Beal City, Hemlock, Saginaw Valley Lutheran, Sanford-Meridian, St. Louis



Team to beat: Hemlock

Top contenders: Sanford-Meridian and Valley Lutheran

Skinny: A loaded district with a pair of state-ranked teams, Hemlock looks to be the team to beat led by standout Regan Finkbeiner who became the school's all-time leading scorer this season. The Huskies will have plenty of tough competition as both Saginaw Valley Lutheran and Sanford-Meridian lead their respective leagues and have been piling up the wins.

Evart District

Teams: Evart, Farwell, Lake City, Leroy-Pine River, McBain

Team to beat: Lake City

Top contenders: Evart and McBain

Skinny: This is a loaded district with teams ranked in the top 20 in the state. This district has the premier teams from the Highland Conference including conference-leader Lake City along with Evart and McBain. Don't count out a Farwell team that is second in the Jack Pine Conference.

Bath District

Teams: Bath, Carson City-Crystal, Ithaca, Ovid-Elsie, Pewamo-Westphalia

Team to beat: Ovid-Elsie

Top contender: Ithaca and Carson City
Skinny: This district has four teams with high double-digit win totals and three teams that are state ranked. Ovid-Elsie plays some stingy defense and will be tough to stop but Delaney Seaman and Ithaca will have something to say about that. Ithaca has turned in a solid season and is looking to keep it rolling. Pewamo-Westphalia is a

Ithaca will be battling it out with Ovid-Elsie, Carson City-Crystal and Pewamo-Westphalia at the rugged Bath district.

traditionally strong tournament team and is battle tested while Carson City-Crystal has turned in a big season in the Mid-State Activities Conference.

Lakeview District

Teams: Holton, Kent City, Lakeview, Morley-Stanwood, Ravenna

Team to beat: Kent City

Top contenders: Morley-Stanwood and Holton

Skinny: Kent City is a tradition powerhouse in Division 3 and is gearing up for another long tournament run. Conference rival Morley-Stanwood stands in the way of the Eagles while Holton also brings a winning record to the district.

Dansville District

Teams: Brighton Stockwell Prep, Byron, Dansville, Laingsburg, Perry

Team to beat: Dansville

Top contender: Laingsburg

Skinny: Led by talented junior guard Megan Zeitz, Dansville has been ranked in the top ten throughout the season. The Aggies play some solid defense and will be tough to stop.

New Lothrop District

Teams: Chesaning, Flint Beecher, Millington, Montrose, New Lothrop, Vassar

Team to beat: New Lothrop

Top contenders: Chesaning and Millington

Skinny: New Lothrop has turned in a solid season and challenged Ovid-Elsie for the top spot in the Mid-Michigan Activities Conference all season. Chesaning, Millington and Montrose are all capable of coming out on top as well.

DIVISION 4

Saginaw Nouvel District

Teams: Akron-Fairgrove, Bay City All Saints, Saginaw Arts & Sciences, Michigan Lutheran Seminary, Nouvel

Team to beat: Michigan Lutheran Seminary

Top contenders: Bay City All Saints and Saginaw Arts & Sciences

Skinny: This district shapes up as a three-team race between MLS, All Saints and Arts & Sciences. Look for MLS to come out on top in the end.

St. Charles District

Teams: Ashley, Breckenridge, Fulton-Middleton, Merrill, Midland Calvary Baptist, St. Charles

Team to beat: St. Charles

Top contender: Midland Calvary Baptist

Skinny: St. Charles ran away with the title in the Mid-State Athletic Conference and their lone two losses came against bigger schools in Hemlock and Swan Valley. Calvary Baptist has turned in a strong season and is a strong challenger.

Blanchard-Montabella District

Teams: Big Rapids Crossroads, Blanchard-Montabella, Coleman, Marion, Mt. Pleasant Sacred Heart, Vestaburg

Team to beat: Marion

Top contender: Mt. Pleasant Sacred Heart

Skinny: Marion and Sacred Heart have both turned in solid seasons and will be tough to beat. Big Rapids Crossroads can crash the title game party as well.

Fowler District

Teams: Fowler, Lansing Christian, Morrice, Portland St. Patrick, Webberville

Team to beat: Fowler

Top contender: Portland St. Patrick.

Skinny: There is no mystery to this district. Fowler is the defending two-time state champion. While the Eagles suffered some graduation losses they have rebuilt and have gotten stronger as the season progressed. St. Patrick is a long-time rival and is equally as tough. The two teams split during the regular season and the winner gets all the marbles in their district meeting.

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Rockford Gymnast Having Strong Season

John Raffel Sports Scene
Rockford gymnastics coach Michelle Ankney has enjoyed watching her senior Lacey Scheid this season.

"Lacey is having a great season so far," Ankney said. "She has several injuries that we are trying to take care of, but Lacey works hard and sets a very high standard for herself. She is working on adjusting all her routines for the optimum success. She is off to a great start

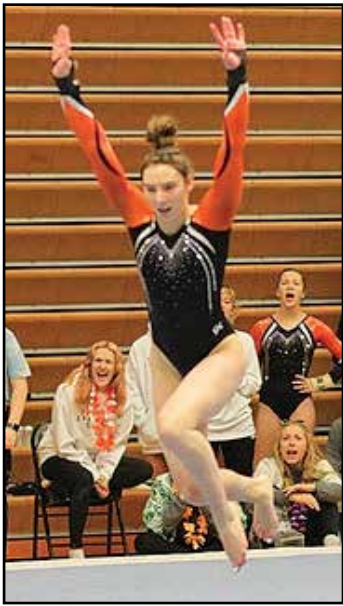
and has a lot to offer to the Rockford team as well as placing as an individual for Division 1. She has won the all around at both invites we have attended this year.

"Her success comes from lots of hard work, a willingness to adjust when needed, and an overall consistency across all four events. Lacey has improved in her consistency and confidence in her events. She has also added some new skills on bars, beam, and floor. Her bars is probably the most improved. She

has a new routine, and I think it will provide her more consistency throughout the season." Ankney added: "Lacey is fun to watch. She enjoys the sport, has fun with her team, and overall is a fun competitor. She has been working very hard at adding fun into her season this year. Last year she placed first on beam and floor at individual states. I expect Lacey to finish this season strong. We will have to try to keep her healthy and her injuries under control, but she is setting

herself up to have a great state run this year.

"She worked very hard in the off season. She was committed to making a strong return after having surgery in the late spring. Lacey is a great combination of great friend and bringing fun to all around her and a strong competitor. She puts it all out there and then will try to bring fun to those around her. Finally, she also knows she couldn't do this without her team. In gymnastics, you may have to perform by yourself, but she depends on her team for support and fun as well."



Lacey Scheid's season for Rockford gymnastics has been a good one.



John Glenn Poms Girls Win State Title

John Raffel Sports Scene
Shelby Putnam is coach of a pompon team at Bay City John Glenn which is celebrating a Class B state title.

"We are a united front," Putnam

said. "We are extremely bonded and a united front. We have grades 9-12 and they treat each other as equals. Also, they have amazing presence and showmanship."

The season has been completed and it was an enjoyable one for John Glenn.

"This is an amazing group of women who work tirelessly to reach their goals," Putnam said. "I am beyond honored to coach them."

Poms is not a MHSAA sanction sport but many high schools offer the sports under various umbrellas.

Saginaw Player Commits To Detroit-Mercy

John Raffel Sports Scene
Saginaw girls basketball coach Annette Babers has appreciated having is Kamari Forrest on her basketball team. She's a senior and this is her second year at the school on the varsity.]

She has committed to Detroit Mercy.

"I expected nothing but good things from her this season," Babers said. "She's a scorer and a captain. She has had many double

doubles this year including a 30-point game in the Roundball Tournament along with 15 rebounds and she was awarded MVP of the game. The key to her success has been the fact that she works very hard at her craft. She's gotten a lot stronger and she makes better decisions this year.

"I expect Kamari to finish the season strong and keep the hustle and intensity at 100 percent. Kamari works double hard in the summer. She takes no time off. She plays AAU with one of the top

AAU teams in the state."

Babers offered these comments on other players: "Passion Whiting is a defensive nightmare for our opponents," Babers said. "Her quickness opens up many fast breaks for the team. She continues to get better. She also had 17 points and six steals against Flint Powers. Britney Johnson is a freshman that brings both guard and post player action. Britney dropped 16 points and four rebounds in our win over East English Village Prep.

"Jaiyah Taylor is an offensive threat that shoots from anywhere on the floor. She led all scorers against Bentley High School with



19 points including five 3-pointers. The strength that my team has is

the intelligence that comes off the bench with Tamariay Skinner having the basketball IQ to do what needs to be done on the court. She's a 4.0 student whose heart is unmatched. Our bigs Aysia Smith, Monica Hibbler and Ashya Washington are strong and they play very hard. Taniya Mitchell is 4-10 and is averaging three rebounds."

"Our team needs to work on getting everybody involved. Conference isn't the best for us right now but it's not the worse either. Some reachable goals for us would be to get everyone involved and play hard all four quarters. The key to these goals starts in practice."



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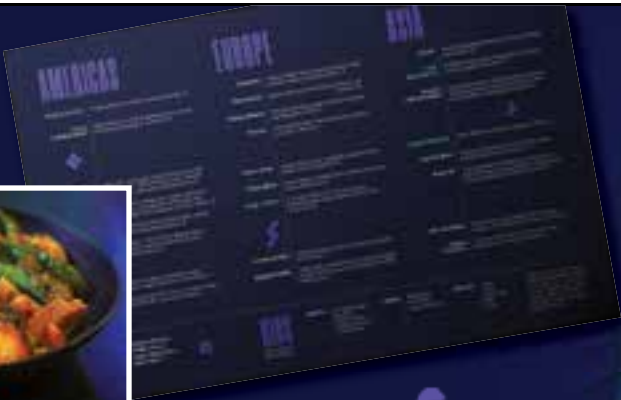
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