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In the regionals, St. Pat beat Dansville 5-0 and Sacred Heart 5-4. It was a 9-0 win over Glen Lake in the quarterfinals. Patrick then defeated Upper Peninsula power Norway in the state semifinals. In the semis, Brady Leonard had a huge game for St. Patrick as he allows runs on three hits walking one and striking out five. She three hits., scored two runs and had an RBI. It was 10-0 in a five-inning game over Plymouth Christian Academy. Brayden Simon went all five innings and allowed no runs on one hit and two walks.

#### 5 Chesaning Boys Win Track State Title

The Chesaning boys track and field team totaled 57 points to come home with Division 3 state track and field title. Pewamo-Westphalia placed second with 34 points while Reed City finished one-point behind in third place. A pair of seniors led the way for the Indians as they earned all-state honors in two individual events. Senior hurdler Caleb Walker won the state title in the 110 hurdles with a time of 14.35. Walker then placed second in the 300 hurdles in 38.88. Senior sprinter Zach Harlan placed second in the 200 meters with a time of 22.44 and placed third in the 100-meter dash in 11.09. Also earning individual all-state honors were senior Truman Donek who took seventh in the 300 hurdles (40.83) and junior Bradon Burtch who placed sixth in the shot put (50-7). T hree Chesaning relay teams earned all state highlighted by the 4x400 relay team of Cole Maier, Blake Hoerner, Harlan and Walker who won the state title in 3:25.20. T he 4x200 relay of Walker, Jayden Howard, Danek and Harlan placed third (1:30.89) while the 4x800 relay of Law Danek, Hoerner, Jaxon Hemgesberg and Maier placed fifth (8:15.80).

#### 6 Fowler Girls Capture Division 4 State Track Title

Fowler totaled 70 team points to dominate the action at the Division 4 state finals. Senior Ella Hufnagel had a big day for the Eagles. Hufnagel won the long jump with a leap of 18-2.25 and also placed third in the 100-meter dash (12.44) and fourth in the 200 meters (25.84). Junior Maria Wieber earned all-state honors in a pair of events as she was sixth in the 100 hurdles (16.34) and seventh in the 300 hurdles (48.05). Senior Katie Spicer was sixth (12.61) in the 100 meters, freshman Zoe Fabing was third in the 400 meters (59.89) and freshman Leah Thelen was seventh in the 100 hurdles (16.35). In the field, sophomore Nadia Schafer placed second in the pole vault (10-0). Fowler also scored points in three of the four relay events. The 4x100 team of the 4x100 team of Michaela Spitzley, Paige Thelen, Schafer and Katie Spicer placed second (50.75) as did the 4x200 relay team of Michaela Spitzley, Wieber, Schafer and Spicer (1:47.58) and the 4x400 relay team of Paige Thelen, Wieber, Schafer and Leah Thelen took fourth (4:13.88).

#### 7 Millington Win First-Ever Football State Title

When it comes to winning, few teams in the state of Michigan have done it as consistently as the Millington Cardinals. Heading into this year, however, the Cardinals lacked just one thing on their impressive resume and that void was filled as Millington defeated Monroe St. Mary Catholic Central 24-0 in a battle of unbeatens in the Division 7 state championship game at Ford Field. One of the winningest high school football teams in the state, Millington has reeled off 35 straight winnings seasons, just four behind the record of 39 held by Marysville. Millington's last non-winning season came in 1988. Millington has also qualified for the state playoffs every year since 2003 and have missed the playoffs only three times

since 1991. The Cardinals also entered this season having reached the state semifinal round six times. Millington, however, has never reached the title game, that was until this year as the Cardinals not only won their state semifinal game with a 35-28 win against North Muskegon but also brought home the first-ever state championship trophy in impressive fashion with the shutout of Monroe.

#### 8 Fowler Girls Reclaim Girls Basketball State Title

Fowler was back to a familiar place in the girls Division 4 basketball standings after not being able to make the finals in 2023 and 2024. Fowler took the title in 2021 and 2022. But after being denied the title the next two seasons, coach Nathan Goerge's team got the job done this season. Fowler capped off their stellar season with a state title after defeating Ewen-Trout Creek 53-29 in the championship game. The Eagles cruised through the postseason, defeating opponents by an average of 35 points including a 64-21 win over Frankfort in the quarterfinals and a 57-32 victory in the semi-finals against Genesee Christian. Fowler made it to the Breslin Center again and won both the semifinal and title game to emerge as state champions. The season ended at 27-2 for Fowler.

#### 9 Lansing Catholic Girls Run To Cross Country State Title

Lansing Catholic prevailed in what was a three-team, horse race for first place in the Division 3 girls cross country race at Michigan International Speedway near Brooklyn on Nov. 2. Lansing Catholic had a score of 136 to finish ahead of Pewamo Westphalia at 147 and Central Montcalm at 157. Finishers for Lansing Catholic, in the team race, were Josie Bishop 14th (19:01.8), Grace Wonch (19:21.0) 19th, Frances Melina in 28th (19:43.6), Isabel Currie 37th (20:05.3)

Avery Miller 38th (20:10.5), Lindsey Ludwig 62nd (20:47.4) and Kaitlin Ludwig 76th (21:03.1).

#### 10 Fowler Boys Basketball Team Reaches State Title Game

Fowler's season ended just short in the state championship game, losing a defensive struggle against defending champions Wyoming Tri-Unity 32-49. The Eagles dominated en route to the Breslin thanks to a suffocating defense that gave up 50 points in only one game all postseason, a 60-53 win over Mount Pleasant Sacred Heart in the regional semis. Fowler finished the year with a 25-4 record and a second-place finish in the Central Michigan Athletic Conference.

#### 11 Area Runners Bring Home Individual State Titles

It was a big season for area cross country runners who turned in some dominating performances at the state finals. In Division 2, TJ Hansen of Freeland won the state title as he turned in a sizzling time of 14:57.3. In the girls Division 1 race, Victoria Garces of Midland Dow won the individual championship with a time of 16:37.1. In the girls Division 2 race, Ava Schafer of St. Johns brought home the title with a time of 17:20.



Miss Basketball, Rockford's Anna Wypych.

In the girls Division 3 race, Kyah Hoffman of Central Montcalm placed first with a time of 17:31.8. A pair of runners also finished in the top five including Gage Hoffman of Central Montcalm who placed third in Division 3 boys and Abigail Davis of Vestaburg who placed fourth in Division 4 girls.

#### 12 Rockford Star Wins Miss Basketball Honor

Rockford point guard standout Anna Wypych who led her team to the state title game in Division 1 capped her season by being named Miss Basketball for the state of Michigan. Wypych, who will play Division I college basketball at Butler University in Indiana, turned in a big season as she averaged 22.6 points, 3.6 rebounds, 2.7 assists and 4.5 steals. Wypych is considered the best player in Rockford history as she broke eight different school records. She established herself as a standout player her freshman year when she helped Rockford reach the Division 1 state semifinals. As a sophomore, she scored a game-high 20 points in helping Rockford win the state title. She had another 20-point game last season in an overtime loss in the state semifinals.

#### 13 Jackson Blum Caps Career As Four-Time State Wrestling Champ

Jackson Blum of Lowell was regarded as one of the premier high school wrestlers in the nation and the Red Arrow standout capped his career in a big way as he became a rare four-time individual wrestling state champion. Blum was a perfect 43-0 this season and for his career he compiled a 154-7 record.

#### 14 Midland Dow Tennis Team Places Second At State

The Midland Dow tennis team came up just short of a third consecutive state title as it finished two points behind champion Forest Hills Northern. Dow was led at the finals by senior Austin King who won the No. 1 singles state title for the second consecutive year. King defeated Sam Schumacher of Portage Central 6-4, 7-5 in the title match. At No. 4 singles, junior Siddarth Venkatesan reached the finals while at No. 3 singles, senior Nimai Patel reached the semifinals. Sophomore Yassin Elsandany reached the quarterfinals at No. 2 singles. In doubles play, Dow's No. 1 doubles team of junior Matthew McGaugh and sophomore Nathan Song and the No. 2 doubles team of junior Ian Kohl and senior Dominic Griffin both reached the semifinal round. Reaching the quarterfinal rounds for the Chargers were the No. 3 doubles team of junior Jack Elwell and freshman Raymond Chai and the No. 4 doubles team of freshman Vettell Xu and sophomore Jashwanth Thamminana. Dow earned a trip to the state meet by winning the regional it hosted with a total of 31 points. The Chargers won three singles titles with King winning at No. 1, Patel winning at No. 3 and Venkatesan winning at No. 4.

#### 15 Okemos Golfer Wins Medalist Honors In Division 1

Led by super-senior Alena Li, the Okemos golf team capped a big season by finishing fifth in Division 1. Okemos finished with a two-day total of 711 with rounds of 354 and 357. Li, who placed in the top ten individually during all four years of her high school career, led the way for the team as she won individual medalist honors with



The 2025 Clare Softball Team.

#### 17 Clare Softball Team Plays For State Title

A state championship was within Clare's grasp but the Pioneers fell short in a 5-4 loss to Grass Lake in the state title game on June 14 at Michigan State. Clare ended with a 39-3 record and did achieve one goal the Pioneers had set way back in June 2024 when they lost in the semifinal game. They wanted to come back to the semifinals and winches time which they did on Morgan Campbell's sixth-inning base bat in a 2-1 semifinal win over No. 4 ranked Ravenna. Clare was ranked for most of the second half of the season at No. 1. In the district semifinal the Pioneers blanked No. 2 ranked Evert 5-0. In the quarterfinal at Cheboygan, they snuck past Gladstone from the UP 1-0. In the title game, Clare took a 2-1 lead in the top of the seventh and final inning. But Grass Lake rallied for four runs and a 5-2 lead going into the bottom of the seventh. Clare came back for two runs but left the tying run on base in a heartbreaking 5-4 loss. Clare out-hit Grass Lake 10-6 but four errors were costly for the Pioneers.

#### 16 Flint Powers Hockey Team Wins State Title

Flint Powers Catholic won the Division 2 state title as it turned back Livonia Stevenson 3-2 in the title game. Ethan Haley scored the game-winning goal 1 minute and 53 seconds into overtime to provide the winning score. Powers Catholic, which finished the season with a 25-4 record, defeated Grandville 4-3 in the semifinals to earn a trip to the title match.

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### 18 Bay City Western Baseball Reaches State Semifinals

Bay City Western capped a big season on the diamond by reaching the state semifinals where they dropped a 6-2 decision to Macomb Dakota. Western finished the season with a 35-7 overall record. Western reached the semifinals by edging Grand Rapids Kenowa Hills 4-3 in the quarterfinal game. Western opened the tournament by outlasting Midland 6-2 to win the district title at Midland. The Warriors then defeated Traverse City West 1-0 in the regional semifinals. Jack Sequin tossed a one-hitter to get the win and struck out 11 West batters. Western reached the final four in Division 1 with a 3-1 win against West Michigan powerhouse Hudsonville in the state quarterfinal game. It was the second consecutive year Western has reached the final four in Division 1. A number of Western players earned post-season honors highlighted by pitcher Luke Lacourse who was named Mr. Baseball for the state of Michigan. Jack Sequin was named to the East/West High School all star game and earned second-team, all-state honors along with Mikey Deluca.

### 19 Chippewa Hills Girls Track Turns In Big Season

The Chippewa Hills track girls did it again. For the 22nd straight season, the Warriors won a league title. They also won the MITCA state championship meet for Division 3. Chippewa Hills was led by senior Natalie Gibson who earned first-team, all-conference, all-region, all-state and academic all-state for her efforts in the sprints and in pole vault. Fellow senior Hannah Abbott was first-team all-conference, all-region, all state and academic all-state and was one of the best hurdlers in school history.

### 20 Okemos Golfer Wins Medalist Honors In Division 1

Okemos senior Ian Masih won the individual state title by one stroke in a tight struggle with Detroit Catholic Central junior Jack Whitmore. Masih, who placed seventh at state last year as a junior, carded back-to-back rounds of 69 on both days for a 138 total.

### 21 Shepherd Golfer Wins Medalist Honors In Division 3

Shepherd senior Christopher Crockett came away with the top prize at the Division 3 state finals as he won individual medalist honors. Crockett fired a round of 70 on the first day of the tournament and came back with a 75 on day two to finish with a two-day total of 145.

### 22 Rockford Girls Basketball Reaches D1 State Title Game

Rockford won the girls state title in 2023 and was hoping to do it again in 2025, but Belleville had other plans and scored a 61-48 victory in the state championship game at Michigan State's Bresin Center. Both Rockford and Belleville were 27-1 entering the Division title game. Miss Basketball Anna Wypych had a huge title game with 26 points but the rest of Rockford's lineup combined for only 22 points. A major moment for Rockford was winning the semifinal game with a 61-42 in over Wayne Memorial. Wypych went down with an injury, proving a major scare for Rockford. But she came back and had a dominating game with 30 points on 8-of-19 shooting from the floor, 4-of-5 from the three-point arc and 10-10 in free throws. Rockford

finished the season with a 27-2 record, won the OK Red Conference championship and was a perfect 10-0 in the league this year. The Rams also won a fourth straight regional championship.

### 23 Frankenmuth Football Team Returns To State Championship Game

For the third time in the past five years the Frankenmuth football team ended the season in the state title game. The Eagles, who reached the state finals in 2020 and 2022, made it to the Division 5 title game this season where they dropped a 42-7 decision to Pontiac Notre Dame. Frankenmuth, which brought a 13-0 record into the championship game, began its playoff journey with a 62-6 win against Howard City Tri-County. The Eagles then defeated Belding 37-6 to win the district title and stopped Gladwin 35-0 to win the regional title. Frankenmuth punched its ticket to the finals with a 42-35 win against Grand Rapids Catholic Central in the semifinals. Pontiac Notre Dame used the passing game to its advantage in the title game as quarterback Sam Stowe completed 15-of-21 passes for 293 yards and four touchdowns. Frankenmuth was led by Cash Tedford who rushed for 86 yards while Eagle quarterback Leyton Hoard completed seven-of-nine passes for 53 yards and rushed for a touchdown.

### 24 Lansing Catholic Football Reaches State Title Game

Lansing Catholic saw a memorable playoff run come to an end in the Division 6 state championship game as it fell to a high-powered Jackson Lumen Christi squad 56-18. Lansing Catholic ended the regular season with a 6-3 record but then embarked



Frankenmuth Football.

on a thrilling post-season run that didn't end until it reached Ford Field. The Cougars opened the run with a 36-29 win against undefeated and eighth-ranked in the state Chesaning. The Cougars kept the run going with huge 31-28 win over Ovid-Elsie in the district finals and then stopped Newaygo 49-36 to win the regional title. The Cougars defeated Boyne City 34-22 to punch their ticket to the finals. The Cougars, however, were unable to corral Lumen Christi and their standout running back Kadale Williams in the title game. Williams rushed for a state finals record 314 yards along with a record five touchdowns. Lansing Catholic was led by senior quarterback Alex Fernandez who passed for 284 yards and two touchdowns and added 82 yards rushing and a score.

### 25 Nouvel Bowler Captures Individual Bowling State Title

Saginaw Nouvel Catholic senior Alex McCarthy won the individual state championship at the Division 4 state bowling finals. McCarthy defeated Maison Christian of Houghton Lake 499-351 in the finals. McCarthy rolled games of 266 and 233 in the finals.

### 26 Pewamo-Westphalia Boys Track Places Second At State Meet

State champions last year, the Pewamo Westphalia boys track and field team totaled 34 points to come home in second place this year at the Division 3 state track and field title. The Pirates were led by senior sprinter Trevor Smith who won the 200-meter dash in a time of 22.40 and placed second in the 100-meter dash in 10.88. Senior Sam Muirhead also placed fifth in the 800 meters (1:59.53). The Pirates also had a pair of relay teams earn all-state honors. The 4x800 relay of Wyatt Werner, John Kowatch, Sam Muirhead and Allan George took second in a time of 8:05.35 while the 4x200 relay of Alex Nurenberg, Trevor Smith, Rylee Arthur and Blake Thelen placed fifth (1:31.66).

### 27 Michigan Lutheran Seminary Softball Reaches State Semifinals

The Michigan Lutheran Seminary softball team reached new heights this season capped by a first-ever trip to the Division 4 state semifinals where it fell to Unionville-Sebewaing 4-1. The team set a school record for wins in a season as the squad finished 32-11 overall. The previous record for wins in a season by the team was 25 wins set two years ago. The team won a first-ever regional trophy by defeating Fowler 8-7 and then defeated Holton 4-3 in the state quarterfinals.



Pewamo-Westphalia Girls Placed Second At D3 Finals.

### 28 Mason Baseball Team Reaches Final Four In Division 2

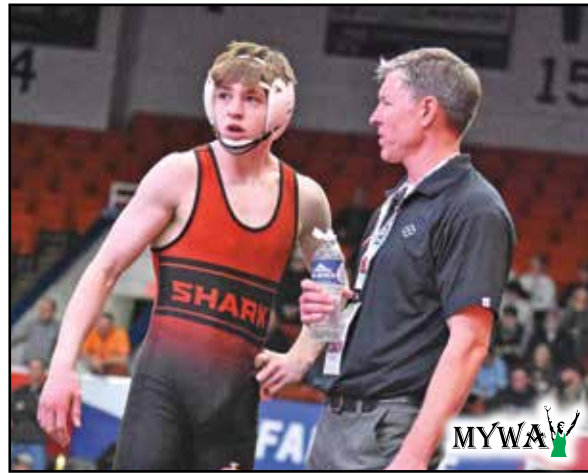
The Mason baseball team wrapped up the season in a big way by earning a berth in the Division 2 final four. Mason began its tournament run by defeating Charlotte 13-3 in the district title game. The Bulldogs then turned in a masterful pitching and defense performance at the regional. The Bulldogs defeated Parma Western 14-1 in the regional semifinals and then defeated Williamston 6-1 in the district championship game. Mason clinched its ticket to the final four in dramatic fashion as it edged Chelsea 3-2 in 10 innings in the state quarterfinal game. The Bulldogs, who ended the season with a 31-8 record, played another close contest in the state semifinal game where it was edged 5-4 by Standish-Sterling. Several Mason players earned post-season recognition led by Colton McCaleb and Kohl Tyrrell who were both named to the all-region team.

### 29 DeWitt Soccer Team Ends Season In Final Four Of State Tourney

The DeWitt soccer team capped the season by reaching the final four in the Division 2 state tournament. DeWitt began its state tournament run by defeating Mason 1-0 in the district championship game. The Panthers earned a regional title the hard way with a pair of overtime shootout victories. DeWitt defeated Goodrich 1-0 in the regional semifinals and then edged Orchard Lake St. Mary's 2-1 in the regional championship match. DeWitt finished the season with a 14-3 6 record after dropping a 1-0 decision to New Boston Huron in the Division 2 state semifinals. DeWitt also won the CAAC Gold Cup title this season as it defeated Grand Ledge 2-0 in the Gold Cup title match.

### 30 DeWitt Football Team Turns In Offensive Explosion

The DeWitt football team had one of the most prolific offenses during the regular season in the state last season. DeWitt's offensive success continued into the playoffs with a 42-7 victory over St Johns and a 49-35 win over Lowell in the districts. The Panthers then defeated Petoskey 70-34 to secure a regional championship. The magical season came to an end after losing to eventual D3 state champions Zeeland West 32-20 in the state semifinals. DeWitt ended the season



St. Louis Wrestling.

with a 12-1 having scored a total of 702 points for a 54 ppg average, the second highest scoring team in state history.

### 31 Pewamo-Westphalia Boys Basketball Reaches State Semifinals

The Pewamo-Westphalia boys basketball team fell just short of the title game after losing to eventual Division 3 state champions Riverview Gabriel Richard 45-66 in the state semi-finals. The Pirates dominated on their road to the Breslin with an average margin of victory of 30 points and allowing a game high of 45 points in their toughest test, a 50-45 win over Schoolcraft in the quarterfinals. The Pirates finish the year 24-4 and undefeated conference champions in the Central Michigan Athletic Conference.

### 32 St. Louis Wrestling Team Reaches D4 State Semifinals

For the third straight season the St. Louis wrestling team reached the final four in Division 4. The Sharks, who reached the state title match last season, reached the semifinals this season where they dropped a 30-25 struggle against Martin/Climax-Scotts. St. Louis reached the semifinals by defeating Charlevoix 65-9 in the quarterfinals. St. Louis ended the season with a 29-1 overall record.



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Mason Football.

**33 Pewamo-Westphalia Girls Placed Second At D3 Cross-Country Finals**

The Pewamo-Westphalia High School girls' cross country team finished second at the MHSAA Division 3 cross country finals. P-W finished with 147 points on a dry and comfortable day at Michigan International Speedway. Lansing Catholic won the event with 136 points on the 5K course at MIS. Whitney Werner finished 11th overall in the individual competition for PW with a time of 18 minutes, 17.3 seconds. Teammate Alyssa Kramer was 14th overall in 18:39. Both runners earned all-state honors by finishing in the top 30 in their respective division races.

**34 East Lansing Football Reaches D2 State Semifinal Game**

The East Lansing football team capped off a big season with a thrilling playoff run. The Trojans got off to a strong start in the postseason with a 43-22 victory over Milford followed up by a thrilling 50-49 win over Dexter in the district finals. The Trojans then

defeated Saginaw Heritage 49-27 for their second straight regional championship, but were eliminated in the state semifinals by Byron Center 41-14. East Lansing finished the season with a 9-4 and averaged 36 points per game this for the season.

**35 Mason Football Team Turns In Deep State Tourney Run**

A year after reaching the state championship game, the Mason football team nearly made it back to Ford Field after another strong tournament run. The playoffs got off to a hot start as the Bulldogs defeated Jackson 59-18 in the district semifinals and Linden 45-14 in the district finals. Mason continued its strong play by avenging a regular season loss to Walled Lake Western by eliminating the Warriors 22-17 for Mason's fourth straight regional championship. The Bulldogs fell just short of a return to Ford Field as they fell to Detroit Martin Luther King 52-17 in the state semifinals. Mason ended the season with a 10-3 record.

**36 Fowler Turns In Memorable Football Season**

The Fowler football team turned in a memorable season. After posting a perfect 9-0 record during the regular season, Fowler continued that regular-season success by defeating Reese 48-12 in the district semifinals and secured a district title by beating Michigan Lutheran Seminary 43-13. The Eagles then eliminated Harbor Beach 25-7 to win their first regional title since 2019. In the semifinals, Fowler lost a heartbreaking 17-16 game to D8 state champions Beal City. The Eagles end the year 12-1, having scored 39 ppg and limiting opponents to 9.9 ppg on the season.

**37 Frankenmuth Girls Basketball Falls Short Of Berth In State Title Game**

Frankenmuth turned in a big state tournament run in Division 2 before falling just one game shy of the title game. The

Eagles booked a spot in East Lansing after cruising through the district and regional rounds with victories against Freeland and Portland. The Eagles defeated Gladstone 56-36 to reach the Breslin where they faced off against Tecumseh in the state semifinals. Despite a strong effort, the Eagles fell to the eventual state champions 43-52 in the semi-finals. Frankenmuth finished as co-leaders of the TVC-Red and boasted a 21-4 record for the year.

**38 Lakewood-Lake Odessa Wrestlers Reach State Semifinals**

The Lakewood-Lake Odessa wrestling team wrapped up the season by reaching the final four in Division 3. The Vikings opened the state final by turning back Whitehall 38-28 in the quarterfinal round. Lake Odessa then dropped a 43-25 decision to Yale in the semifinals. Lake Odessa wrapped up the season with a 40-8 overall record.

**39 Williamston Girls Golf Team Places Third At State Finals**

For the second season in a row, the Williamston golf team placed in the top five at the Division 3 state golf finals. Williamston placed third at this year's state finals after taking second place last season. The Hornets turned in rounds of 356 and 366 to finish with a team score of 722. Sophomore Paige Radebach led the way for the Hornets as she placed fourth overall individually. Radebach, who placed 14th last year as a freshman, carded rounds of 78 and 84 to finish with a 162. Senior Nicole Schafer capped her high school career in a big way as she placed 14th overall with rounds of 86 and 82 for a 168. Schafer placed in the top 20 as an individual all four years of her high school career. Senior Athena Hart placed 46th with a 190 total while sophomore Sophia Schafer finished 67th with a 202 total. Williamston qualified for state by placing third at the regional that was hosted by Adrian. Radebach led the way at the regional

as she captured medalist honors with an 81. Schafer placed second individually at the regional with an 83 while Hart placed 14th with a 95.

**40 Freeland Boys Basketball Team Reaches State Quarterfinals**

The Freeland boys basketball team dominated enroute to a regional championship with an average margin of victory of 27 points including a 73-42 win over Frankenmuth and a 69-49 victory against Portland in the regionals. The Falcons fell just short of the Breslin after losing a 46-48 nailbiter against Kingsford in the quarterfinals. Freeland finished as runners up of the TVC-Red with a 22-4 record.

**41 DeWitt Girls Basketball Reaches Elite 8 In Division 1 Tourney**

After a strong regular season where they topped the CAAC-Blue with a 21-1 record, DeWitt was primed for a deep playoff run. The Panthers defeated Grand Ledge and East Lansing to secure the district title and defeated Holt in the regional semi-finals. DeWitt put on a dominating performance on defense in the regional finals with a 41-18 win over Coldwater to win the title. The Panthers' tournament run ended in the quarterfinals in a hard fought 54-59 loss to eventual state champions Belleville.

**42 Pewamo-Westphalia Volleyball Reaches State Quarterfinals**

It was another productive season for Pewamo-Westphalia's volleyball team which won district and regional titles before losing in the quarterfinals. The Pirates finished at 29-13-2 under coach Jon Thelen. They were led by junior Annie Platte, a second team All-Stater, and junior attacker Nikki Fedora. The team consisted of nine juniors and four seniors. The Pirates defeated Pottsville in

the district finals 22-25, 25-14, 25-11, 25-21; Muskegon Western Michigan Christian 17-25, 25-19, 25-17, 25-20 in the region semifinals; and Morley Stanwood 25-18, 25 11, 25-23 in the regional finals. They lost to Kalamazoo Christian 25-20, 25-23, 25-16 in the quarterfinals. Seniors Natalie Thelen, Makayla McRae, Ana Piggott and Maddie Thelen also helped lead the way for the team.

**43 Holt Girls Bowling Team Places Second At State Finals**

The Holt girls bowling team fell to Grandville three games to two in the final round of the Division 1 team state championship. Grandville edged Holt 158-153 in the deciding fifth game of the finals. Holt reached the state finals by placing second at the Grand Blanc regional. Holt senior Madison Rue and Ram junior Ava Seyfield both reached the round of 16 in the individual state finals.

**44 Saginaw Nouvel Girls Soccer Reaches State Semifinals**

The Saginaw Nouvel soccer team ended the season with a 16-6-1 record after dropping a 2-0 decision to eventual Division 4 state champion Kalamazoo Christian in the D4 state semifinals. Nouvel began its state tournament run with a 3-2 win against Saginaw Valley Lutheran in the district finals. Nouvel then captured a regional championship as it defeated Leland 4-0 in the regional semifinals and Midland Calvary Baptist 7-0 in the regional title match.

**45 Swan Valley Girls Take Third At State Track Finals**

Swan Valley placed third as a team at the D2 state finals with a total of 38 team points.

Senior standout Sydney Kuhn led the way for Swan Valley as she won a pair of individual state championships. Kuhn captured the 400-meter dash in a time of 54.7 and won the 300 hurdles in a time of 44.21. Kuhn also placed second in the 200-meter dash (24.13). Kuhn was also a member of the state championship 4x400 relay team. The team of Kuhn, junior Grace Spear, sophomore Aubrey Hare and sophomore Mackenzie Morgan took first in a time of 4:00.66.

**46 Lowell Golfers End Season In A Big Way**

After placing in ninth place at last year's Division 2 state golf finals, the Red Arrows made it back to the state finals this season and improved to a third-place finish. The Red Arrows turned in back-to-back rounds of 346 to finish with a two-day total of 688, besting last year's score by 12 strokes. Senior Elle Sluss led the way for the Red Arrows as she placed 11th overall as an individual as she carded rounds of 80 and 84 to finish with a 164. Sluss placed 16th last year as a junior. Lowell finished with their next three golfers also placing in the top 40. Senior Leah Krieger was 24th with a 171, junior Elyse Veldman placed 25th with a 172 while sophomore Kaila Richards placed 38th with a 181. Lowell qualified for the state meet by placing second at the Cedar Springs regional with a 362 team score, 10 strokes behind winner Grand Rapids Forest Hills Northern. Veldman led the way at the regional as she placed fourth with an 84. Sluss placed 10th with an 89 while Krieger placed 13th with a 93.

**47 Lansing Catholic Girls Track Places Third At D3 State Meet**

The Lansing Catholic girls track team placed third at the Division 3 state finals with a total

of 41 team points. The Cougars placed sixth at last year's finals. Catholic was led by their relay teams that earned all-state honors in three relays. Leading the way for the Cougars was the 4x800 relay team of Frances Melinn, Lindsey Ludwig, Josie Bishop and Grace Wonch who won the state title in a time of 9:32.97. The 4x400 relay of Melinn, Isabelle Currie, Bishop and Stella Gates placed third (4:07.10) while the 4x200 relay of Olivia Riley, Currie, Gates and Bailey Muzzatti placed sixth (1:46.62). Individually, freshman Josie Bishop earned all-state honors in two events as she placed third in the 800 meters (2:20.11) and seventh in the 1,600 meters (5:06.76). Freshman Isabelle Currie placed fourth in the 300 hurdles (46.7), sophomore Grace Wonch placed eighth in the 3,200 meters (11:43.29) and freshman Stella Gates placed eighth in the 400 meters (59.96).

**48 Essexville-Garber Boys Golf Places Fourth At State Meet**

For the second straight year the Essexville Garber golf team finished in the top ten at the Division 3 state finals. After placing ninth last year, the Dukes placed fourth this year with a team total of 652, 39 strokes better than last year's total. Junior Jonah Williams led the way for the Dukes as he finished in the top ten with a 154 total. Williams placed eighth with rounds of 82 and 72. Sophomore Aaron Theisen placed 36th with a 164 total while junior Devin Dueweke was 38th with a 165 and junior Lucas Schiefer totaled a 170. With all four due to return, the Dukes are looking forward to next season.

**49 Fowler Boys Track Team Places Fourth At State**

Fowler placed fourth at the Division 4 boys track and field state finals with a total of



Swan Valley Girls Take Third at D3 Finals

44.5 points. T he Eagles were led by senior standout Brady Feldpausch who won the 110 hurdles for the second year in a row with a time of 14.19 and placed second in the 300 hurdles (39.79). Senior Nate Spicer finished second in the 400-meter dash (50.51) and took fifth in the 200 meters (22. 89). In the field events, junior Carter Fedewa placed second in the pole vault (12-0).

**50 Midland Dow Girls Tennis Takes Fourth At State Tennis Finals**

The Midland Dow tennis team finished fourth in the state at the Division 2 state finals with a total of 18 points. Dow was led at the finals by its doubles teams. All four of Chargers' doubles teams reached the semifinals round led by the No. 1 doubles team of junior Ayesha Middha and senior Noran Lacher. Also reaching the semifinals for Dow were the No. 2 doubles team of senior Tessa Wood and junior Sachī Togashi, the No. 3 doubles seniors Elisa Costeux and Alexa Leiti and the No. 4 doubles team of senior Lauren Yao and freshman Evie Samocki. In singles action Dow was led





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by senior Dalton DeBoer who reached the semifinals at No. 1 singles. Junior Ruby Macheso reached the second round at No. 3 singles.

**51 Lansing Catholic Golfers Place In Top Five At State**

For the fifth consecutive season the Lansing Catholic golf team placed in the top five at the Division 4 state finals. State champions last season, the Cougars placed fourth this season with identical rounds of 375 to finish with a 750 team total. Senior Julia Sambaer led the way for Lansing Catholic as she placed ninth overall with a 178 total as she carded rounds of 89 on both days. Senior Brynn Anderson placed 10<sup>th</sup> with a 181 total as she posted rounds of 89 and 92. Junior Addi Rule was 13<sup>th</sup> with a 183 total while junior Elisabeth Ruddell was 43<sup>rd</sup> with a 208. Lansing Catholic earned a trip to the state meet by placing second at the Paw Paw regional with a team score of 381. Anderson led the way at the regional as she placed fourth with a 90. Sambaer was seventh with a 92 while Rule was eighth with a 95.

**52 Saginaw Nouvel Golf Places Sixth At State Meet**

Saginaw Nouvel finished in the top ten at the state meet for a third year in a row. Nouvel placed sixth overall as it finished with a team score of 665. Senior Alex McCarthy led the way for Nouvel as he placed 13th overall with two rounds of 80 to finish with a 160 total. Senior Rodney lamurri placed 26th with a 166 total. Junior Ty lamurri finished in 33rd place with a 169 while junior Ian Ziegelmann finished in 36th place with a 170.

**53 Pumford leads Freeland to top-ten finish at state**

Freeland senior Averie Pumford finished her high golf career in a big way as she helped

the Falcons to a sixth-place finish at the Division 3 state meet a 732 total. Pumford fired rounds of 75 and 79 to finish with a two-day total of 154 to place second overall as an individual. The Falcons also received strong showings from junior Reese Conlee who placed 36<sup>th</sup> with back-to-back rounds of 92 for a total of 184 and sophomore Alexis Heinz who placed 38<sup>th</sup> with rounds of 91 and 94 for a 185. Freeland earned a trip to the state finals by winning the championship at the Alma regional where the Falcons shot a 370. Heinz won individual medalist honors at the regional as she shot an 81. Pumford was second with an 88 while Conlee was fourth with a 94.

**54 Freeland Wrestling Team Reaches Quarterfinals**

The wrestling season for Freeland came to an end in the Division 2 quarterfinals as the Falcons dropped a 40-29 decision to eventual state runner-up Fowlerville. Freeland ended the season with a 22-4 overall record.

**55 Greenville Wrestling Team Reaches Elite Eight In Division 2**

For the second consecutive season the Greenville wrestling team made it to the final eight in Division 2. The Yellowjackets saw the season come to an end in the quarterfinal round where they fell to Three Rivers 47-19. Greenville ended the season with a 32-9 overall record

**56 Lansing Sexton Boys Basketball Reaches State Quarterfinals**

Lansing Sexton secured a district title with wins over Lake Odessa and Lansing Catholic before beating Haslett 74-59 in the regional semi-finals. The J-Dubbs faced off against Chelsea in the regional finals and won a tight

game 73-71 for the regional championship. Sexton fell just short of the Breslin after a 41-68 loss to eventual state runners up Romulus Summit Academy in the state quarterfinals. The J-Dubbs finished second in the CAAC-White with a 19-6 record.

**57 Midland Soccer Finishes In Elite Eight In Division 1**

The Midland soccer team finished a memorable season by reaching the elite eight in Division 1. The Chemics began their post-season run by defeating rival Midland Dow 1-0 to win the district title. The title was the third consecutive district title for the Chemics. Midland then moved on to the regional where it defeated Mattawan 5-2 in the semifinals. The season then came to an end in dramatic fashion as Midland fell 3-2 in overtime to eventual Division 1 state champion Byron Center. Midland ended the season with a 21-1 overall record. The Chemics were undefeated Saginaw Valley League champions. For the season, the team posted 14 shutouts. Midland allowed just 11 goals on season (0.5 per game average). Midland also possessed a potent offense as it totaled 103 goals for the season (4.7 goals per game).

**58 Ithaca Bowling Team Reaches State Quarterfinals**

The Ithaca boys bowling team reached the quarterfinals in Division 4 where it fell to Jonesville. Ithaca qualified for the state tournament by placing second at the Mt. Pleasant regional. Ithaca bowlers claimed the top three spots individually at the regional tournament as senior Broden Peska finished first with 1,228, junior Neil Anderson was second with 1,217 and senior Bryson Lebaron was third with a 1,207 total.



2025 Ithaca Boys Bowling Team.

**59 Sanford-Meridian Girls Basketball Reaches Elite Eight**

The Sanford- Meridian Mustangs fell just short of a trip to the Breslin after falling to Calumet in the state quarterfinals 33-48, but not before winning a regional championship. Sanford Meridian started their postseason run with a dominating 64-15 victory over Pinconning before edging out Beal City for the district title 34-33. After another close win against Hart in the regional semi-finals, the Mustangs defeated Roscommon 37-26 to win the regional title. Sanford Meridian finished the year as the top team in the Jack Pine Conference 2 with a perfect conference record and a 23-4 record overall.

**60 Lansing Catholic Baseball Reaches Elite Eight In Division 3**

Lansing Catholic turned in a big tournament run as it made it to the elite eight in Division 3. The Cougars began their tournament run by defeating Perry 11-0 in the district title game it hosted. Lansing Catholic then added a regional title thanks to some solid pitching. The Cougars turned back Ovid-Elsie 11-1 in the regional semifinals and then outdueled Saginaw Swan Valley 2-0 in the regional championship game.

# Boys Sports Teams Have Busy Summers

## John Raffel Sports Scene

It's been a busy summer for area boys sports teams preparing for the 2025-26 season.

No one values summer programs in football as much as Ithaca. "We have been getting together to lift, do speed and agility work, participate in 7 on 7s, and work on reviewing techniques and plays," coach Jordan Hessbrook said. "Our schedule this summer is very similar to past seasons. We currently have 44 players that are in our program 9th-12th grade. This number is about the same as what we have had in the past.

"We try to make workouts challenging but still have fun while doing them. Players get a chance to work on a game that they enjoy while being around their friends. We also try to help players who need rides or have other obstacles that may make it difficult for them to attend. Overall, we have had good attendance so far this summer."

Hessbrook said he has some players attending collegiate camps.

"Being active in the summer is critical for the success of our program," he said. "Without working in the summer, we won't be able to compete with other programs throughout the state. It also allows us to make sure that

our players are physically prepared to safely participate in games. Summer workouts allow us to 'hit the ground running' once we leave for camp and begin our official fall sport practices.

"Our players have been working hard and had a good start to summer workouts so far. It has been fun getting everyone back together and continuing to prepare for our season."

Coach Jonathon Beach of Carson City-Crystal said his football program has weight room three days a week in the mornings, 15 sessions of skill development and 7-on-7 passing camps vs. other schools. CC-C was getting between 40 and 60 depending on the day "We let them know that is how they separate themselves from their competition both on the team (position battles) and opponents," Beach said. "It lets them work to build chemistry and learn our systems so when the fall arrives they are ready to compete." "We gave all the high schoolers (9-12) a calendar containing dates for prospect camps for colleges and universities in the state. We have a few that have attended these camps." Jamie Slate is the head coach for football at Hemlock. "We have had weight and speed training three days a week throughout the entire off season. In addition to that, we've had a couple of camps to install the basics of our offense and defense," Slate said. "The

layout of our summer has been pretty similar to previous seasons, except we've opted to do our own camps and therefore less 7 on 7's this year. "We are averaging in the upper 20's for our workouts. Travel baseball and summer basketball can be challenging, but we want our guys to be three-sport athletes and that's what comes with the territory. We have definitely increased our average workout attendance over the last few years. We utilize an offseason program that leverages a point system for various things (attendance, community service, grades, etc.) to foster competition between our guys." Slate added: "We've had a few players either attend college camps or play on travel 7 on 7 teams. We believe that most kids crave the opportunity to be active with their buddies, and that it is our duty to provide them with those positive opportunities. We have put a ton of work in this offseason and we're excited to get the season started." Other sports Caryl Walling is the New Lothrop bowling coach. Over the summer "we have captain-led open bowl. Captain mentions a time and date to team and they head to the center to bowl a couple games," Walling said. "There is a sports shot league over at Richfield that many of the team attend every week. At the end of August, there will be camps that bowlers are encouraged but not required to participate in." They



tend to do these optional sessions every summer. 90 percent of boys and 20 percent girls attend summer sessions and camps." She said those percentages are higher than in the past. "We offer these sessions and camps at extreme discounts," she said. "We had two of our bowlers make Junior Gold National finals. We have had practices since the end of the middle school season and are currently in Green Bay, Wisconsin competing." Summer programs keeps kids in the right mindset and helps them fine tune their skills. Our season is short but intense and it's super helpful if they can hit the ground running." Tim O'Brien is the long-time Greenville

boys track coach. He said his team has been doing cross country work, speed training, lifting and speed training, lifting and specialty skill work in high jump, long jump, pole vault, hurdles and blocks.

It's similar to past seasons O'Brien indicated.

Two-thirds of the team or about 40 athletes have been participating.

"Most of our athletes have a great work ethic and want to get better," O'Brien said. "We have a strong program for all athletes (HS, MS and elementary) called Iron Jackets four days a week lifting and running organized by strength coordinator Rick Court."



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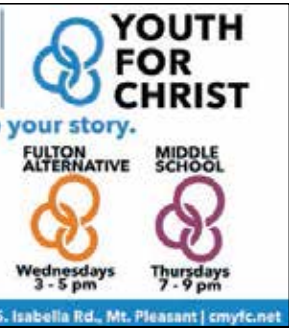
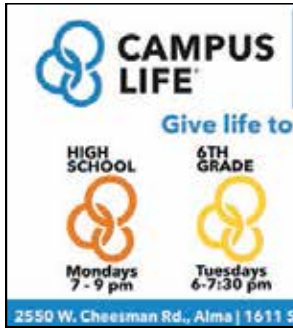
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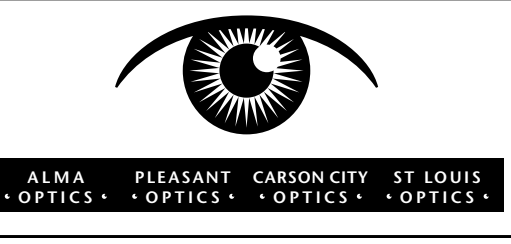
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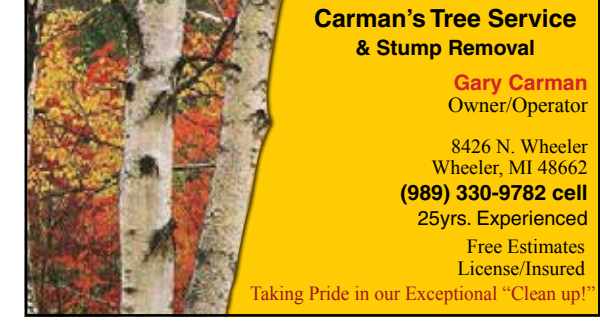


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# Girls Athletes Work To Get Better During The Summer

**John Raffel  
Sports Scene**

Many girls sports programs in area spent a lot of time during the summer to get ready for the 2025-26 seasons.

Mickey Fox is volleyball coach at Laingsburg.

"Our entire program has done weekly workouts, we have participated in the freshman/JV and varsity nights summer league at Williamston, and hosted a youth camp," Fox said. "This season we added the JV/Freshman summer league night because we felt like our freshman and sophomores would benefit from real life gameplay."

"We have around 20 each night for summer league, and our workouts have ranged in numbers. This is only my second season and first year adding the JV/Freshman summer league night, but the numbers we have had for our workouts has maintained the same."

Fox added: "We emphasize that winning happens in the off season. We have really great leadership that has encouraged everyone to come. Strength in numbers. We have a lot of athletes who participate in the Line (summer workouts at the high school). Most of our team plays club volleyball, AAU basketball or travel softball, plays multiple sports at the high school, and has attended various camps and showcases."

"Most of our players are multi-sport athletes. They are constantly staying active and working hard. This makes it easier come August 11th because those who have been putting in the work are usually a step ahead."

Justin Skinner is cross country coach at New Lothrop and said his team has been racking up the miles and doing a lot of stretching to get ready for the fall season.

"We get around 40 percent of our team on

any given day," he said. "I use a google link and kids scan it each day to log their runs from home or together. During the first week of practice I will draw for prizes. It makes a huge difference, especially for kids that did not play spring sports."

Deo Winsor is girls varsity basketball coach at Carson City-Crystal. Her team played summer league at Morey Courts.

"They had no summer program last season," she said. "We had 18 signed up at the end of the school year. Last year they had six."

"I explain to them their competition is working," Winsor said. "We have a lot of work to do to get ready for the season. Last year because of the numbers, they played a JV schedule. So we have no one with varsity experience on the team. We have one senior, three juniors, three sophomores, and 10 freshman."

Laura Vellanti is softball coach at Greenville. "We play four Monday night softball games," Vellanti said. "Several girls play on their travel softball team. Batting practice sessions have been offered as well. We hosted a youth softball clinic for two days with over 50 girls that attended. It is similar (to what has been done in the past) but we are adding more opportunities to get batting practice. A majority of the girls come every time."

To get athletes to participate, "I build strong relationships with my players. I am very involved with the youth program as well," Vellanti said.

"Many of our girls play travel ball. It provides opportunities to students that cannot play all year round. It provides opportunities for students to learn from other coaches as well."

Ryan Carlstrom is varsity girls basketball

coach at Harrison. "June was a very busy month for us. We participated in the Morey Courts league on Tuesday nights, the Big North challenge, and the Northwoods University team camp," Carlstrom said. "We had weight lifting Monday-Thursday starting at 6:30 a.m. and we would have practice two times a week. We would finish it off with one open gym a week and if any of the girls wanted extra time in the gym I would make it happen. Now that June is over and volleyball has taken over for July, I work around the volleyball schedule to do training sessions with the players."

"This summer was very different compared to the last two summers we had when I had taken the job. This is the busiest we have been and the most competitive as well. One of the biggest differences I saw was the commitment level from the girls. Being able to get the girls in the weight room and in the gym is something I have struggled with in the past years. However, now that the girls are starting to buy in, I think this upcoming season has the chance to be special. We have been getting the best numbers this summer than we have since I have taken over and maybe even a while before that too. We were rocking with 11 girls for the varsity all summer, even the couple that were hurt still showed up so they didn't miss anything. That just shows the commitment level with this group of girls I think. Doing whatever it takes to get better."

Carlstrom added: "These numbers are higher and they kept getting higher every week. More girls are getting excited for basketball season in Harrison and it is definitely a reassuring feeling. There are a couple of ways that worked for me. One of the ways that worked well for me was including a bunch of team bonding over the course of June. Everything we did or went to this summer, we made sure to carve out some time for some bonding."

"The second way to encourage was pretty easy too honestly. I made sure to tell them that this will go a long way for us come basketball and will have a big impact on the games we win and how we start out the season. The girls want to win badly this



Chippewa Hills' Kiara White works on her hitting during a Chippewa Hills summer volleyball practice.

season, they know it isn't going to be easy and are just willing to put in extra work."

"We have a few girls doing extra stuff on their own. One of the girls is playing AAU basketball for REAL, she also has been getting in the gym for training. There have been a couple of other girls that are getting extra time in the gym for training as well. I believe that having an active summer is very beneficial for our program. One reason is that it gives the team a jump start on the actual season. Another huge impact it has is it gives younger girls in the program something to look forward to. Whether it is our JV players, middle school, or girls in the youth program."

"We try to stay active on social media so that everyone can see what we are up to. The community really enjoys staying updated on the program and it is a cool feeling to show off achievements that the girls have been rewarded."

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