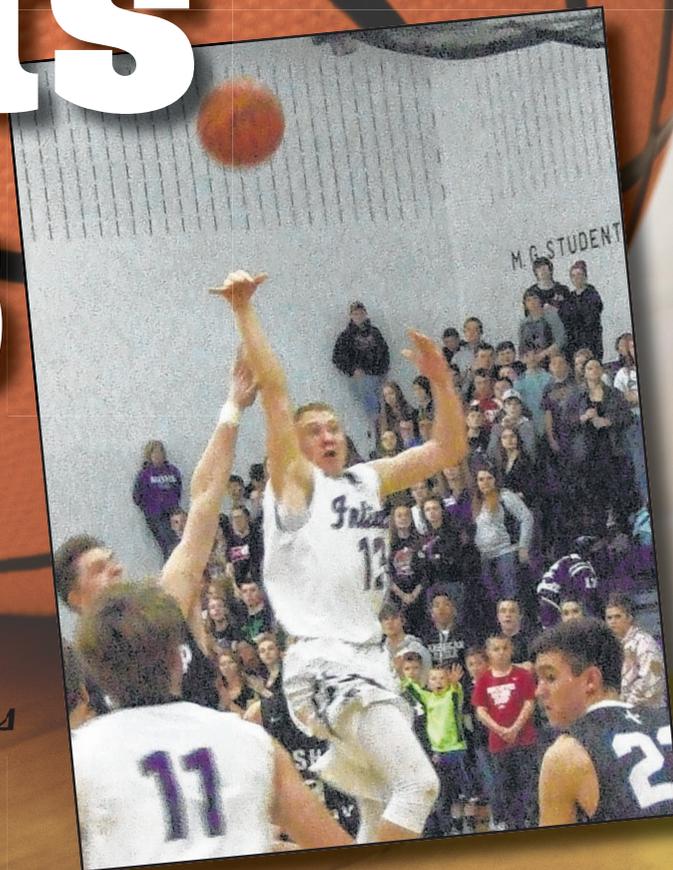


Winter Sports 2016



A Special Supplement To

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SENTINEL
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Wednesday, November 30, 2016



BASKETBALL GIRL'S

Rob Hamilton |
Morrow County Sentinel
Cardington's girls' basketball team will look to win another Blue title this year.

Cardington girls out to repeat

By Rob Hamilton
MCSSports@civitasmedia.com

After finishing with a 22-4 record last year that included a berth in the Division III district finals, Cardington second-year girls' basketball head coach Jamie Edwards is hoping for even more success this year behind eight returning letter-winners.

The Pirates were a young team last year and only graduated one player in four-year letter-winner Summer Morgan,

who earned honorable mention recognition from the Mid-Ohio Athletic Conference after tallying 5.2 points, 1.7 steals and 1.2 assists per game. Youth is still on Cardington's side, as while they have three senior letter-winners, their three most accomplished athletes are all underclassmen.

Junior Sage Brannon was named the Blue Division's Player of the Year last year, while also being a special mention All-Ohioan and a first-team pick by both the Central District and District 11. She

averaged 12.3 points, 4.1 steals, three assists and 4.6 rebounds per game.

Junior Kyndall Spires tallied 11.8 points, 10.2 rebounds and 2.4 steals per game in being named a first-team MOAC player, as well as getting second-team District 11 and honorable mention Central District honors. Also, sophomore Kynlee Edwards picked up second-team honors from the MOAC and District 11, as well as honorable mention from the Central District. She led the area and league in steals, finishing with 8.5

points, five steals and two assists per game.

Also back are seniors Alyson Adams (5.4 points, 2.8 rebounds, 1.1 steals), Jessica Shook (one point, one rebound) and Chelsey Burkhardt (one point); junior Alex Maceyko (four points, 1.1 steals, three rebounds) and sophomore Paige Clinger (3.7 points, 1.1 steals, 2.6 rebounds).

The coach also is excited about new-

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BOY'S BASKETBALL

Pictured is Mount Gilead's 2016-17 boys' basketball team.

MG boys expect MOAC dogfight

By Rob Hamilton
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Coming off a 16-8 record in the 2015-16 season, Mount Gilead boys' basketball coach Tom Cooper will be looking to keep his team around the top of the Mid-Ohio Athletic Conference's Blue Division this season.

The team returns three starters in seniors Tyler Bland and Zack Hosack and sophomore Mason Mollohan. Bland (14.7 points, 3.8 rebounds, 1.1 assists, 45 percent shooting from the field) was

a first-team pick by the MOAC and District 11, as well as a third-teamer in the Central District. Hosack (10.9 points, 3.8 rebounds, 5.5 assists, 86 percent at the line — four in the state — and the league-leader and second in the Columbus area in assists) was a first-team pick in District 11, a second-teamer in the MOAC and District 11 and an honorable mention All-Ohioan. Mollohan (5.8 points, 4.6 rebounds, 56 percent from the field) is second behind Kent Baker in team history with 140 points as a fresh-

man.

Also returning are senior Austin Vanderkooi (4.2 points, 2.6 rebounds) and junior Jason Bolha (1.6 points). They are expected to be joined by seniors Gavin Mills, Trevor McCoy and Blake Ross, as well as junior Seth Young. "Our biggest strength this year is that we have a lot of varsity experience and great kids," said Cooper. "They are fun to be around and will be very enjoyable to coach. Our basketball skill set is very good."

The team will have to replace some production, as four seniors graduated, including Deondre Cook, who tallied 10.5 points, 4.9 rebounds and 3.7 assists on his way to getting honorable mention from the league and District 11. Also gone are Isaiah Harris, Alex Ferguson and Ben Hayes.

"Our biggest challenge is that we are trying to develop some varsity depth," said the coach. "We need some of our younger players to step up to provide

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WRESTLING

Courtesy Photo |
Unique Images

The Northmor wrestling squad is looking for another Blue Division title this winter.

Northmor wrestlers out to continue success

By Rob Hamilton
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After a strong season that included five state qualifiers and one placer, Northmor head wrestling coach Scott Carr is looking to build on that success.

The coach returns 12 letter-winners, so even though the Knights graduated three line-up mainstays, two of whom advanced to the state meet, they bring back a lot of experience.

Conan Becker tallied 49 wins last year on his way to placing fifth at state. Also making it to the Schottenstein Center were Jake Neer and Aaron

Kitts. For Neer, it was his second trip to the state meet.

Matthew Ross came one match from state last year after earning a sectional championship, while Mason Berger also was a district qualifier. Also returning are Tony Martinez, Kyle Price, Manny Heilman, Wyatt Collier, D.J. Christo, Ben Singer and Nathan Price.

The Knights will have to replace state qualifiers Griffin Jenkins and Jake Farley, as well as Brad Baker, but will have some new names competing for varsity spots in Gavin Ramos, Austin Amens and Conor Becker.

Carr's main goal for the season is simply to continue the program's recent success. Northmor has won the Blue Division in the Mid-Ohio Athletic Conference four straight years and also has won multiple sectional and district titles in recent years.

"We want to win the MOAC, win sectionals, win district and go to the state dual finals as one of the top eight teams in the state," he said.

In the conference, the coach looks at River Valley, Pleasant, Highland and Buckeye Valley to provide tough challenges.

Rob Hamilton can be reached at 419-946-3010, ext. 1807. Connect with him on Twitter at @SportsMCS

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BOY'S BASKETBALL

Courtesy Photo |
Unique Images
Northmor's boys'
basketball team is in
the above picture.

Knights bring talent to the court

By Rob Hamilton
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With four returning letter-winners and a lot of incoming talent, Northmor coach Zach Ruth is hoping his team can post a big improvement over last year's 10-13 record.

Two of the team's returnees picked up recognition from the Mid-Ohio Athletic Conference. Junior Tyler Kegley was a first-team pick, as he tallied 8.7 points, 10.7 rebounds and 2.9 blocks per game. Another junior, Demetrius Johnson, was named to the second team, picking up 11.8 points, 2.6 assists and 2.5 steals per

outing.

Also back are junior Brock Pletcher (10.7 points) and senior Zach Parrott (4.2 points, 3.8 rebounds).

While the team graduated four seniors in Gunnar Lilly (7.3 points), Frank Keller (3.5 points, 3.2 rebounds), Collin Berg (2.2 points) and Spencer Adams (one point), they are adding a decent amount of talent in seniors Nate Hall and Alijah Keen and juniors Kyle Kegley and Lane Bachelder. Keen, a transfer from Mount Gilead, was a three-year varsity player for the Indians.

"Our team goal is to bring Northmor their first ever league championship and make a run in the postsea-

son," said Ruth. "We want to stay committed to individual and team goals and understand team play and mental toughness."

To win the Blue Division, though, the Knights will have to overcome some tough opposition, particularly in Morrow County.

"Morrow County itself will be as tough as it's been in 20 years," he said. "The league favorites would be Centerburg along with any four of the county schools."

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BOYS

From page 3

some depth beyond our top seven or eight. We are not nearly as tall as we have been the last few years.”

Still, the coach has high hopes for his team this year.

“Our goal is to keep improving and keep pushing our program in a positive direction,” he said. “We want to focus on being great teammates, playing efficient team defense and rebounding the basketball. If we stay healthy, this should be a very enjoyable team to watch play. They will play hard and play together.”

Cooper is hoping that will lead to a league title in this, the final year of the MOAC. “The Blue should be an absolute dogfight,” he said.

“Centerburg is the reigning champions and they return most of their team. Morrow County will be as good as it has been since the mid-1990s. Cardington returns a very talented group of guards, Highland has added

a nice player to a scrappy group of experienced players and Northmor will probably be the tallest team that has ever played in the MOAC and has a top-notch athlete at the point. All of these things are going to make for an exciting and entertaining swan song in the MOAC Blue Division. Night in and night out, spectators will be treated to ultra-competitive basketball.”

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Pirate boys return five

By Rob Hamilton
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Cardington boys' basketball coach Rod Brown is looking for his team to improve on last year's 10-13 record behind a group of five returning letter-winners.

Two of those returnees earned accolades last year. Devin Pearl (14 points, nine rebounds, 1.8 steals, 1.9 assists last year) was a first-team pick by the Mid-Ohio Athletic Conference and District 11, as well as a third-team Central District selection. Also, Derek Goodman (10.4 points, 4.4 rebounds, 1.2 steals, 2.3 assists, 75 percent free throw shooter) was named honorable mention by the league, Central District and District 11.

Also back are Garrett Wagner (7.3 points, 2.3 rebounds, 1.3 assists), Skylar Bowling and Luke McCarrell. The team also added Cody Long, a transfer from Marysville. Brown will have to replace some talent, as Trey Williams (8.8 points, 7.8 rebounds) and Dalton Snider

(five points, 2.9 rebounds, 1.7 steals, 3.2 assists) both graduated. Williams was a second-team pick by the league and District 11 and received honorable mention recognition from the Central District.

“We want to compete for the MOAC title and win at home,” said the coach. “We have very strong guard play and leadership. Good shooters and ball handlers.”

To win a league title, though, the Pirates will have to overcome some tough opposition.

“Centerburg won the league last year and returns height and good, skilled guards,” he said. “Northmor has a lot of size and returning experience, Mount Gilead has very good guards and returns a lot of experience and Highland has good size and guards and also returns a lot of experience.”

Rob Hamilton can be reached at 419-946-3010, ext. 1807. Connect with him on Twitter at @SportsMCS

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BOY'S BASKETBALL

Rob Hamilton |
Morrow County Sentinel
The Cardington boys' basketball team is pictured to the left.

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Northmor girls look to move up in MOAC

By Rob Hamilton
MCSSports@civitasmedia.com

After finishing his first year as Northmor's head girls' basketball coach with a 12-11 record, Daryl Uhde is hoping for more success behind five returning letter-winners.

Senior Karalee Patterson is back after averaging 14 points per game last year, as is classmate Maddie Swihart, who picked up 12 per contest. They are joined by senior Lindsey Wiseman and Lydia Farley and junior Christiana Boggs to provide an experience base for the team.

Also expected to contribute will be senior Megan Simpson; juniors Hope Miracle, Brooke Bennett and Becca Duckworth and freshmen Leslie Brubaker and Macy Miracle.

"I am looking forward to a better season and to compete for the league title," said Uhde.

Rob Hamilton can be reached at 419-946-3010, ext. 1807. Connect with him on Twitter at @SportsMCS

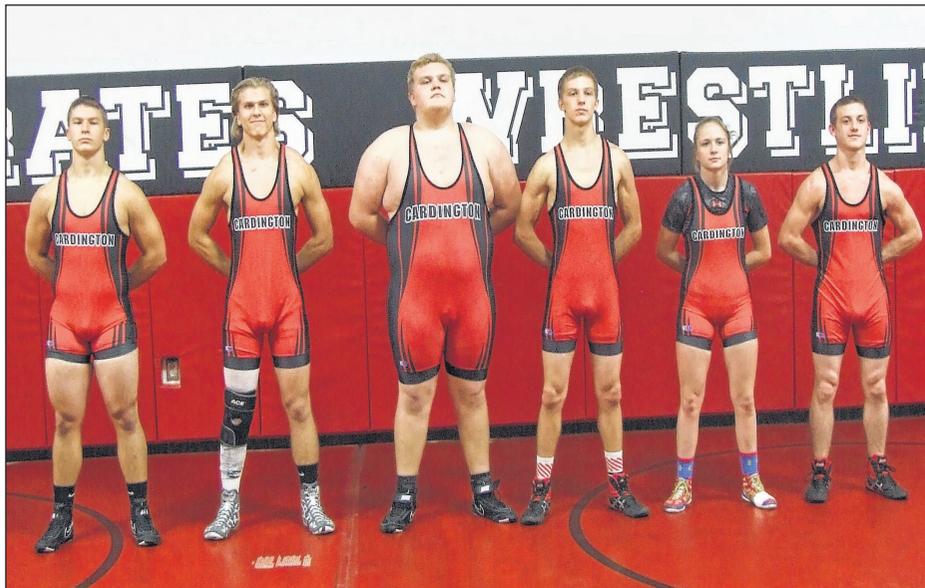
GIRL'S BASKETBALL



Northmor's girls' basketball team is in the above picture.

Rob Hamilton | Morrow County Sentinel

WRESTLING



The Cardington wrestling team is pictured above.

Rob Hamilton | Morrow County Sentinel

BOWLING



In the above picture is Northmor's bowling team for this winter.

Rob Hamilton | Morrow County Sentinel



BASKETBALL GIRL'S

Rob Hamilton |
Morrow County Sentinel
New head coach Ryan
Stover will lead the MG girls'
basketball team this year.

Lady Indians work to improve

By Rob Hamilton
MCSSports@civitasmedia.com

In his first year as the head coach for the Mount Gilead girls' basketball team, Ryan Stover is hoping to get improvement from his young charges.

The coach only returns two letter-winners in Kayla Barker and Skylar Edwards, but has a bunch of players looking to vie for playing time, listing freshmen Dakota Shipman, Baylee Hack, Madison Fitzpatrick and Alexis McCoy as newcomers to the team.

MG did graduate Jenna Shipman and Hope Hack from last year's team, so those young players will likely be expected to contribute quickly.

"We're looking to get better — we're very young," said Stover. "We want to minimize turnovers."

In the conference, the coach looks at Cardington as being at the top of the Blue Division, but notes that Centerburg and Elgin could also compete.

Rob Hamilton can be reached at 419-946-3010, ext. 1807. Connect with him on Twitter at @SportsMCS



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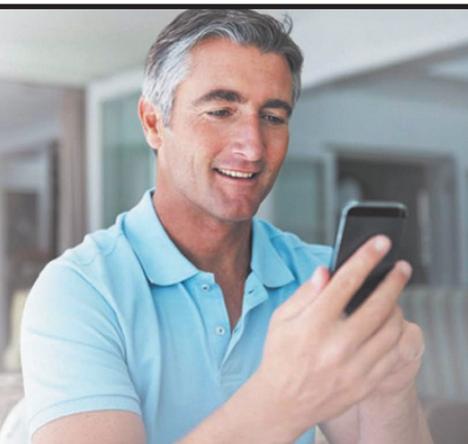
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MG swimmers looking for individual goals

By Rob Hamilton
MCSSports@civitasmedia.com

With small numbers, Mount Gilead swim coach Dina Snow is looking more towards individual goals, rather than team ones this season.

"We graduated 13 swimmers over the past two years, but did not really gain from incoming freshmen," she said. "We are at our lowest numbers that I can recall over the past 10 years."

The team has a total of 11 boys and girls, with nearly all of that number being returning letter-winners. For the boys, Evan Zmuda, Logan Conrad, Kurtis Brown and Casey Conrad all return after advancing to districts in the past. Zmuda is a team record-holder and both he and Casey Conrad have qualified both on relays and as individuals. Both Logan Conrad and Brown have advanced on relays. Also back are Colton Long and Gavin Robinson.

For the girls, Erin Zmuda returns after qualifying for districts in indi-

vidual and relay events. She also made it to the podium at the district meet. Cassidy Hack also is back. While she was out last season, she was a district qualifier as a freshman.

Zack Clark, Cassandra Snopik and Shelby West, who was injured last season, also are on the team.

"We will be focusing mainly on our personal goals and returning our past qualifiers to districts again," said Snow.

In MG's last year of competing in the Mid-Ohio Athletic Conference, that focus on individuals also is apparent.

"Pleasant is the largest team and our friendly rivals," she said. "Galion has an outstanding boys' team and they won the MOAC championship last year. We will not really be able to compete with either team due to our small team and lack of depth. Erin Zmuda was first-team MOAC last year, so we hope she can achieve that again."

Rob Hamilton can be reached at 419-946-3010, ext. 1807. Connect with him on Twitter at @SportsMCS

SWIMMING



Mount Gilead's winter swim team is in the above picture.

Courtesy Photo | Melissa Cassidy

WRESTLING



Courtesy Photo
Highland's Wrestling team is in the above picture.

GIRLS

From page 2

comer Casey Bertke. The freshman post tallied 28.5 points per game as an eighth grader.

"We look to compete for a third straight league title," said coach Edwards. "Being as we return almost our entire line-up from a 22-win season a year ago, along with the addition of Casey Bertke, we feel we have enough talent to make another deep run in the state tournament."

Edwards is expecting some challenges in the MOAC, as he noted that many other teams in the Blue Division also were young last year.

"I feel we were a pretty young conference as a whole last year," he said. "More than a few teams are returning a lot of talent. Centerburg, Northmor and Fredericktown will all have pretty strong squads this season."

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