

# SPORTS

## First time state qualifers in 28 years

**w Naomi Prale**  
Sports Editor

The girls cross country team finished 22nd in the annual Illinois High School Association state meet Nov. 7 in Palatine. This was the first time in 28 years that the team has qualified to run at the state invitational.

In order of finish, team members included senior Megumi Hoshi (18:05), senior co-captain Carmin Beck (19:24), freshman Michelle Karp (19:48), senior co-captain Allie Coursey (20:42), sophomore Jessica Sutfin (20:57), senior Asha Mannancheril (21:29) and junior Lindsey Karp (22:08).

"I am extremely proud of each of the girls," Coursey said. "We worked so hard for so long and going to the state [meet] proves that hard work pays off."

Beck agrees.

"I couldn't ask for a better group of girls to run with," she said.

Assistant coach Tricia Brown noted the team's improvement.

"The girls qualified for [the] state [meet] because of their determination and fight. We entered the sectional meet ranked eighth and ended up fourth, placing ahead of Loyola Academy who beat us the week before at [the] regional [meet]," Brown said.

Brown added that "competing at the state meet is the ultimate goal of any season."

Some of the seniors plan to complete at the collegiate level. This includes Hoshi, who has plans to run down at the University of Illinois next year. Hoshi also expects to run at the state track meet this year. "Hopefully, [I will compete in] the 800 meter run," Hoshi said.

Brown feels that "these girls

will continue to be successful [in life]. Running requires a positive mental state that is carried over into their lives."

In other state meet news, senior boys captain George Davros qualified for the state meet for the boys' team as an individual. Davros finished in the boys race with a time of 15:04.

"For me, making it to state makes me feel like an accomplished runner, proud to be a wolf and ecstatic to finally reach my goal," Davros said.

According to Davros, the girls' qualification was "completely unexpected and the whole school should be proud of the girls."



Asha Mannancheril pulls ahead of runner.  
Photo courtesy Carmin Beck

## Lady Wolves gymnastics team hopes to avoid injury bug

**w Sofiya Pershteyn**  
Staff Writer

The girls varsity gymnastics team looks forward to the start of the new season with optimism, according to head coach Pamela Foerch.

Foerch expressed hope for better luck avoiding injury this year.

"Last [2008-09 season], we had some injuries and flukes," she said. "This year, I would like to maintain consistency."

One of those injured, junior Emily Fung, underwent off-season

knee surgery, but she hopes to stay injury-free this year.

"I had to have knee surgery last season, so my personal goal is to come back strong," Fung said.

Gymnasts include seniors Katie Bielawski, Tyler Wicker and Nadia Sarnecki; juniors Katelynn Johnson, Callie Sher, Heather Funai and Fung and sophomore Jenny Marin. All gymnasts compete in vault, bars, beam and floor events.

Team members have high expectations for both team and individual performance.

"I really want to make sure I learn and improve all my tricks on floor, vault, beam and the uneven parallel bars," Wicker said. Sher said that she practiced diligently during the off-season.

"I have been going to practice in Huntley, IL, an hour away with Johnson. We go Monday, Wednesday, Friday and Saturday," she said. "The days we don't have school, we also go. We [did] it all summer and [continue] now during the school year."

Team goals are even loftier. "This year, our goal is to go to [the] state [competition] as a team and try to go undefeated [in dual meets]," Bielawski said.

Foerch expressed the expectation that each gymnast work hard and improve over the season. "[I expect them to] give 110% and positive mental attitude," she said.

The first meet of the season will be Tuesday, Dec. 1, at 5:30 p.m. at Maine East's Park Ridge campus.

## Boys swim and dive team streamlines to pull in united effort

**w Kathryn Booker**  
Staff Writer

The boys swim and dive team has set challenging but not unreachable goals this season, according to senior swimming co-captains Stu Topp and Ben Rees and senior diving captain co-captains Dylan Lovering and Brendan Melnick.

"My goal this season is to get the chance to compete at the [Central Suburban League South] meet," Melnick said.

Topp has set high aspirations for the team as well.

"My goals are to have at least two relays qualify for the state meet, have 100 percent team participation at every meet and have a winning dual meet record," he said.

Head Coach Dan Vander Jeugd believes the team has an excellent balance of abilities.

"We have a strong team at the top and the boys at the bottom are going to have to work hard to fill in the gaps," he said.

According to Vander Jeugd, the diving team is especially strong this year.

"Our divers are right up there with the best in the state and the best diving coach Lou Torres," Vander Jeugd added.

There are more than 70 swimmers and divers on all three levels this year, double the amount of two years ago – a number that presents challenges for Topp and the other captains. Other varsity swimmers include seniors Mike Zachacki and Rexly Penafiora; juniors Konner Scott, Elliot Kerbel, Tim Binkley, Erik Krikorian, Dan Heo and Sam Stein; and sophomores Ryan Miller, Daniel Lieberman, Matt Cossio and Nick Giffen. Varsity divers include seniors Ryan Zimmer and Andrew Roberts and junior Zach Rothstein. Returning state qualifiers are Lovering,

Scott and Binkley.

"I really want to work on team unity this year, within the freshman, [junior varsity] and varsity squads, as well as [among] them," Topp said.

New on the schedule this year is the Niles West invite on Saturday, Dec. 5, in which the team will swim against schools with which they have not previously competed in past years. Diving starts at 9 a.m. and swimming begins at 1 p.m. According to Topp, the invitational meet is the first of the season, so the team's efforts will be reflected after only two weeks of the regular season.

Both captains believe that effort is the only way the swimming and diving team can rise to the top.

"I am going to be working 100 percent every day in practice to earn that opportunity," Melnick said.

## Grapplers wrestle into tough Central Suburban League South conference

**w Daniel Friedman**  
Staff Writer

After competing yesterday at Glenbrook South (GBS) in the first meet of the season, the wrestling team has a better understanding of how they stack up against other teams and what they have to do as a team to prepare for the bigger meets later in the season.

The meet, which featured GBS, Hersey and Fenton, was not only the Wolves' first competition this year, but also their first competition under new head coach Anthony Genovesi.

Genovesi, who previously coached at Elgin High School, has wrestling in his blood, because his father Augie is the wrestling coach at Notre Dame High School. The father-son relationship may become strained on Jan. 16 when the Wolves compete in the Notre Dame invite at the Niles-based Catholic school.

Genovesi replaced former head coach Bryan Wittersheim, who stepped down after the team went 10-20 last season.

Senior wrestler Mike Bahrmassel is keeping his expectations for the season realistic after last year's disappointing outcome.

"We had a pretty bad year last year, and I just hope we all buy into the new coach, work together and have a fun year," Bahrmassel said.

According to Bahrmassel, the team returns several key members of last year's team, including a strong group of seniors. Even with the recent coaching change and the loss of last year's team most valuable wrestler Jamal Johnson, he stressed that the team could be very competitive with a junior and senior-laden squad.

The tentative lineup (subject to challenge and injuries) includes senior Khurom Khan wrestling at the 103 lbs. weight

class, senior Ben Rosen (119), senior Steven Stock (125), Bahrmassel (130), junior Eli Scheiber (135), senior Jimmy Rosati (140), senior Chris Nguyen (145), senior Eric Ronning (145), senior Anthony Suarez (160), junior David Sheilds (189) and senior Kardiae Rucker at 215.

Even with the benefit of their experience, Bahrmassel said that the Wolves will need to step up against the tough competition in the Central Suburban League South.

According to Genovesi, "This is a really good group of se-

niors. They have high expectations. I think they should be able to compete for conference [meet]."

Genovesi is looking forward to the upcoming match versus Maine South because he expects his team to step up against the tough competition.

"The guys got to start taking it to teams like [Maine South] if they want to be successful," Genovesi said.

The grapplers will compete this Friday at 8:30 a.m. in the Maine East tournament at the school's Park Ridge campus.

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# SPORTS



## Sports fans' to-do list

**w Naomi Prale**  
Sports Editor

With the clock running down on the scoreboard of 2009, Chicago sports fans have a little more than a month to complete their yearly transactions. As a public service, I offer half dozen suggestions designed to end the year with a bang.

**1. Buy tickets to a Blackhawks game.**

This is a team that went to the Western Conference finals last year. Although they didn't pull through with a Stanley Cup victory, this year, the 'Hawks lead the Central Division of the Western Conference. With up-and-coming stars such as winger Patrick Kane and center Jonathan Toews, the team has become a penalty-killing machine. Goalie Cristobal Huet has not allowed more than three goals in the past seven games.

**2. Write letters of encouragement to Cubs general manager Jim Hendry.**

Cubs fans, if you haven't done so already or hadn't done so by June, it is time to let Milton Bradley go. This is a player who has not brought any of the spark which the North Siders sought. It is in the best interests of the Cubs to trade Bradley to the Texas Rangers or Detroit Tigers, the teams most interested in Bradley at the moment. Bradley signed a \$30 million dollar, three-year contract last January, with \$21 million remaining to be paid for Bradley's services. Is it smarter for the team to release Bradley and eat the money? Of course it isn't. Hendry must find a way to trade Bradley and not lose all the money. The sooner Bradley goes, the better, perhaps for Rangers outfielder Marlon Byrd or the Tigers OF Curtis Granderson.

**3. Attend the Niles West Basketball Jamboree on Dec. 5 in the Contest Gym and field house.**

What better way than to kick off the season than with a charity game? Watch eight hours of basketball, get your daily quota of exercise walking between the Contest Gym and the fieldhouse, meet new boys head coach Bob Williams and cheer the highly regarded girls team as they embark on a season that should find them at the top of the Central Suburban League South. All proceeds go to cancer research as the teams take on Niles North. The first game will kickoff at 2 p.m., and the hoops extravaganza will continue until the conclusion of the boys game at 7:30 p.m.

**4. Burn your Jay Cutler jersey.**

Seriously, Bears fans: five interceptions in one game—two in the red zone—three games with three or more picks and 17 in half a season? This is the savior of the franchise? Can you say, "Rex Grossman"? Cutler's performance in Nov. 14's 10-6 loss to the San Francisco 49ers could fill a lowlight reel. The Bears have looked like a .500 (or worse) team all season, even when Cutler has played well. With no backup quarterback (admit it, you have no idea who Caleb Hanie is), fans must grin and Bear it.

**5. Write letters of encouragement to White Sox general manager Kenny Williams.**

Although the acquisition of former Kansas City third baseman Mark Teahen is a good start, the Sox still need a right fielder to replace Jermaine Dye, a more mobile first baseman who would allow Paul Konerko to become a fulltime designated hitter and a center fielder who can hit above the "Mendoza Line." While you are at it, tell Williams that he needs to find someone who can provide a bridge between the starters and closer Bobby Jenks, preferably someone with an earned run average in single digits.

**6. Ask Derrick Rose for the name of somebody who can take your SAT for you**

It was reported by the *Associated Press (AP)* that Bulls point guard Derrick Rose allegedly had a ringer take Rose's SAT for him, the score of which qualified him for admission to the University of Memphis, where he played for one year. The NCAA ruled that Memphis must vacate its 38 wins and national championship game appearance during the 2007-08 season for the use of an illegible player, and Memphis is appealing the ruling. When asked about his score, Rose denied the accusations. In a later *AP* interview Rose couldn't even remember his SAT score, nor his grades from his last report card. Students, perhaps we could all learn a lesson from Rose.

## New coach hopes to improve performance

**w Kathryn Booker**  
Staff Writer

With a new, state champion coach and a host of returning veterans, the boys varsity basketball team has high expectations for the 2009-10 season.

"Our opponent in this venture will be our potential, and we will strive to insure that each day our players work to become the best that they are capable of becoming," first year head coach Bob Williams said.

Williams, a veteran of nearly three decades on the bench, led Schaumburg to the Class AA Illinois High School Associations championship in 2001. Williams left Schaumburg after 18 years to take over the helm at West.

Their new mentor's success is not lost on the players.

"Williams is a good coach because he is very strict and demanding," senior guard (G) Chico Hill said.

Senior Lorenzo Fiol (G) concurs. "Our coach is definitely going to prepare us well," he said.

Williams has been preparing the team physically as well as mentally.

"Williams gave us a guidebook full of inspirational quotes, expectations and a goal sheet with weekly individual and team season goals," junior Ramsan Younatham (G) said.

Likewise, Williams expressed excitement for the new basketball season, stressing that he hopes to "bring [a] winner's attitude to the basketball team," an ethos that inspires increased intensity and effort.

To this end, Williams said that the team will play an up-tempo game with full court, man-to-man defense.

Fiol agrees with Williams' approach. "We are going to be really smart this year," he said. "We are going to be quicker than other teams. We are going to run faster and increase our speed."

Hill also has high aspirations for the team.

"Our strategy is to be the best defensive team in [the Central

Suburban League South]," Hill said, quite a challenge considering that Williams said that he expects the conference to be the most competitive in the state.

The mental aspect of the game is not lost on the players, mainly Younatham. "Our mindset is to do the right thing and the wins will follow," he said.

Other varsity team members include seniors forward (F) Chris McNichols, Boris Cayemitte (G), point guard (PG) Marlowe Soriano, Rodney Metellus (F) and center (C) Zain Parekh; juniors Donte Logan (PG), Tony Pierce (G), Lauris Herth (F), Cullen Begley (F), Dil Patel (PG), Patrick O'Connor (F), Rabael Rasha (G) and Luka Loncar (F) and sophomore Russell Robinson (C).

McNichols articulated the team's goals.

"[We hope] to finish at the top of our conference and to win our regional and sectional [tournaments]," he said.

Younatham agrees.

"A conference championship is a realistic goal even with preseason Waukegan [being the #2 team in the state] in our conference," Younatham said.

The Wolves began their season last night, hosting the 36<sup>th</sup> annual Billy Schurr Tournament, which continues through Saturday. The tourney honors the former West coach who won 221 games and two sectional championships during his 16-year tenure.

Next weekend, on Saturday, Dec. 5, the basketball team will participate in the annual Basketball Jamboree vs. Niles North, beginning at 2 p.m. in the Contest

Gym and field house.

All West and North boys and girls basketball teams will wear uniforms featuring the color pink to support the fight against breast cancer. Admission is \$2 for children and \$3 for adults. West and North students will be admitted free with a student ID. All proceeds go toward cancer research.

The Wolves will compete tomorrow at Wheeling High School in the Hersey Tournament.



**The traveling trophy awarded to team that wins the Niles West Basketball Jamboree on Dec. 5. Photo by Rexly Penaflores**

## Girls basketball team begins season high hopes

**w Daniel Friedman**  
Staff Writer

The girls' varsity basketball team started the 2009-10 campaign on a positive note with a 48-44 win over Hersey on Nov. 17.

The game against Hersey and the last weekends early found games in the Deerfield Tournament were the first steps in a long journey that head coach Anthony Konsewicz hopes won't end until the final rounds of the state playoffs.

Last year, the team completed one of the best regular seasons in recent memory, finishing with a record of 19-6, only to suffer an earlier-than-expected exit in the Illinois High School Association regionals, losing 45-21 to Von Steuben.

Returning stalwarts sophomore guard Jewell Loyd and senior forward Jaclyn Gremley head into the season with another year of experience under their belts. Playing alongside Loyd and Gremley are seniors Kelly Kleppin (G), Allie Guiang (G), Jennie DiJohn (F/G), Maggie Kearns (G), center Michelle Poskrobko and Ivana Gaddam (F/C); juniors Nicole Moy (F/G), Ashley Brandon (G) Casey Nakawawtase (G) and Laurie Dijohn (G); and freshman Molly Kleppin (G).

Konsewicz considers the team's potential for the season to be virtually limitless.

"Our hope, first and foremost, is to contend for the [Central Suburban League South] title, which I think we have a very good

opportunity to take, [and] we want to build on our one regional win last year, take a regional title and see how far we get in the state playoffs as well," Konsewicz said.

To do so Konsewicz will rely heavily on Loyd, who earned all-state and all-conference honors on the varsity level as a freshman. Last season Loyd averaged over 20 points per game.

The Lady Wolves will get the opportunity to see how they stack up against some of the best teams in the state over the winter break in the Suburban Holiday Showcase at Loyola Academy beginning on Saturday, Dec. 19.

According to Konsewicz, several of the highly ranked teams in the state will also be competing in the tournament including Trinity, Lake Zurich and Loyola. Konsewicz hopes that playing exceptionally strong teams during the regular season will prepare them for the postseason.

The Deerfield tournament continues through Saturday.

Next weekend, on Saturday, Dec. 5, the Lady Wolves will participate in the annual basketball jamboree vs. Niles North, beginning at 2 p.m. in the Contest Gym and field house.

All West and North boys and girls basketball teams will wear uniforms featuring the color pink to support the fight against breast cancer.

Admission is \$2 for children and \$3 for adults. West and North students will be admitted free with a student ID. All proceeds go toward cancer research.

The Wolves will compete next tomorrow in the Deerfield Tournament at Deerfield High School.

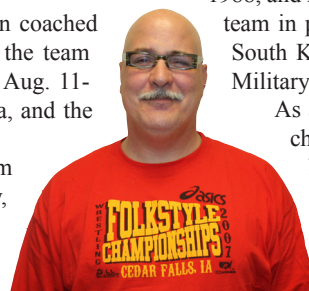
## Hampton leads many teams to success in wrestling

**w Adriana Zalloni**  
World Editor

Physical welfare teacher Matthew Hampton coached the U.S. freestyle wrestling team that captured the team title at the Pan-American Cadet Championship, Aug. 11-18. The competition was in Managua, Nicaragua, and the U.S. crowned seven individual champions.

Winning the freestyle titles for the U.S. team were Brandon George, Jake Velarde, Mark Grey, Ryne Cokeley, Destin McCauley, Kaleb Friedley and Tanner Hall. McCauley was also named outstanding wrestler for pinning all three opponents in the first period.

"[The boys] were awesome," Hampton said.



**Hampton**

"They wrestled well and represented the United States in a very sportsman like manner."

Hampton was appointed to the National Coaching Staff in 1988, and he worked with the Panamanian Olympic wrestling team in preparation for the 1988 Olympics, held in Seoul, South Korea. Hampton also coached at the United States Military Academy.

As a high school coach, Hampton coached three state championship teams, two in Colorado and one in New York, and he coached for five years at Niles, during which time the team captured three Central Suburban League North conference titles, with a record of 23-2 in conference dual meets.

Hampton has been tabbed to coach the U.S. team at the Pan American Championships in July 13-19, 2010 in Manaus, Brazil.