

ATHLETICS INSIDER



April 2012

WEST ALLIS NATHAN HALE HIGH SCHOOL

Softball Team Starts Strong

The Nathan Hale softball team started the 2012 season with no drop off after its Greater Metro Conference title season of 2011. The team is off to a fast 2-0 start and is raking in the runs.

The season started with a rain out, but the skies cleared and the runs poured out in what was ultimately the season opener for the team. The Huskies defeated Brookfield Central, 7-4, on April 3. The game was also the first GMC game of the year.

Sarah Mueller drove in four runs

and pitched seven strong innings to pace the team to the victory in the opener. **Jenny Schmidt** and **Rachel Seefeldt** also drove in runs.

The Huskies played the rescheduled season opener on April 16. Showing no signs of not playing a game for a week and a half, the offense was the star of the show, winning 12-4.

Muller improved to 2-0 on the year, allowing just three hits and striking out 13. Seefeldt drove in four to pace the offense.

Jessica Knurowski, Teara Morganroth, Ashlee Palesse

and Schmidt also drove in runs.

Run scoring has been made a little easier thanks to the installation of a new outfield fence that was put in place prior to the beginning of the season. The fence measures 200 feet from home plate and will allow for the hosting of WIAA Tournament Series games.

The fence has made a difference with Hale hitters launching a pair of long balls each game. Seefeldt has three homers and Mueller one so far this season.

Track Concludes Indoor Season, Shifts to Outdoor

The Nathan Hale boys' and girls' track and field teams have finished their indoor campaigns and have already broken in the new track surface at the West Allis Athletic Complex.

The boys finished the indoor season with a seventh-place finish at the Greater Metro Indoor meet. The relay teams were responsible for much of the scoring. The 4x240-meter relay team won the conference meet with a time of 2:06.57. The 4x400- and 4x800-meter relay teams each finished second to rack up more points. Other point scorers included: **Mike Lancour** (4th, Shot Put), **Alex Schwab** (5th, 55m) and **Milan Stojanovic** (7th, 3200m).

The girls team placed eighth in the indoor meet. While the girls

had no individual conference champions, they did land plenty of point scorers at the meet. Those who contributed points were: **Melanie Zirolecki** (3rd, 55m Low Hurdles; 4th, 55m High Hurdles), **Ellie Probst** (5th, 800m), **Kathy O'Hara** (6th, Pole Vault), **Stephanie Streicher** (7th, Triple Jump; 7th Long Jump), **Erin Barbeau** (7th, Pole Vault), **Elizabeth Elliot** (8th, Pole Vault) and **Sarah Jannusch** (8th, 400m).

On April 14, a beautiful day welcomed hundreds of athletes to the Mondo Invitational, the first event held on the new track surface. Visiting teams raved about the surface and fast times were recorded. In all, the boys had a strong fifth-place finish, while the girls team placed 10th.



Again, the boys relays shined, winning the 4x800-meter relay by nearly 19 seconds. The 4x400 meter relay also placed first. The

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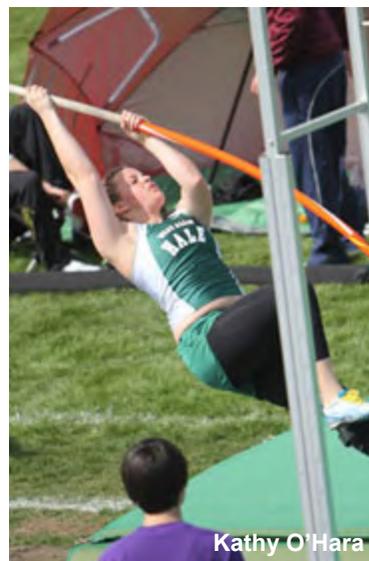
Track Season Underway (continued)

4x200-meter relay placed second. Other high finishers on the boys side included: **Sawyer Wickersham** (3rd, 400m), **Robert Effinger** (5th, 1,600m), **Joey Warner** (5th, 300m hurdles), Schwab (5th, 200m), **Lancour** (5th, Discus, 7th Shot Put), **Eric Seefeldt** (6th, 100m), **Jacob Ebben** (6th, 800m), and **Ryan Dieter** (7th, 3,200m).

On the girls side, point scorers were: O'Hara (3rd, Pole Vault), Ziolecki (4th, 100m hurdles, 8th, 300m hurdles), **Elizabeth Brunner** (6th, Triple Jump; 7th, Long Jump), **Jessica Trapp** (6th, 3,200m) and Janusch (7th, 400m).



Tony Chang



Kathy O'Hara

Upgrades, Future Improvements at WAAC

The West Allis Athletic Complex continues to receive upgrades and will be set for a round of future upgrades over the remainder of the school year.

The finalization of installing lights on Tex Belich Field has been complete and the teams can now play night games. The lights will also allow for more regular use of the field, not limiting its use to just daylight hours. This is the final phase of improvements set for the baseball field for the time being.

A soccer-only practice and game area will be ready by the start of the next school year, in time for boys soccer season. The area east of the football/track stadium will be cleared of trees and brush and will be leveled in order to accommodate two soccer pitches. That work will begin shortly as bids are being finalized.

The soccer stadium will feature two surfaces, one of the maximum playing width of 240 feet. That field will be used for varsity games and will be centered on the press box of the east stands so that space can be utilized for scoring, announcing and media use.

The main field's dimensions will allow the WAAC to host WIAA Tournament Series games.

A second field of 195-feet wide (the minimum to host a regular-season game) will be east of the larger field and will allow teams to practice and lower level games to be held on that pitch.

By the beginning of next school year, the entire area will be fenced off, leveled and prepared for soccer use. A scoreboard will be installed and bleachers will be set up for spectator use. On the main field, bleachers will be set up underneath the east-side

bleachers of the WAAC football/track stadium. The secondary field will have a lesser amount of bleachers set up for spectator use.

In the soccer-only stadium's first year, concessions will be run out of the main stadium's concession stand. The construction of a concession stand will be done by the start of the second year of play in the facility. The high school construction classes will be building the concession area, which will have electricity.

Additionally, the high school construction classes are also in the planning stages of developing a press/concession area for the WAAC's baseball and softball areas. A construction timeline has not yet been established for this facility, however.

Winter Student-Athletes Garner Accolades

With the winter seasons entirely at a close, the post-season awards have been handed out. Several honors have been bestowed on Nathan Hale student athletes.

In all, 12 student-athletes were honored by the GMC (or conference in which the sport is a

participant) or media outlets for their play or their academic success along with their sport participation.

Several student-athletes are being honored for the second time this school year. That list includes **Erin Barbeau**, an honoree in volleyball

as well as basketball, and **Steve Kopet** and **Dan Sotiros**, who were honorees in basketball as well as football.

The following is a list of honors our students achieved in the winter sports season.

Boys' Basketball

Travis Balcerzak, second-team All-GMC; Steve Kopet, All-GMC Honorable Mention, GMC Senior Scholar-Athlete; Dan Sotiros, GMC Senior Scholar-Athlete; Derrick Waller, All-GMC Honorable Mention; Nathan Wilkomm, GMC Senior Scholar-Athlete.

Girls' Basketball

Erin Barbeau, GMC Senior Scholar-Athlete; Jennifer Stawicki, All-GMC Honorable Mention, GMC Senior Scholar-Athlete.

Gymnastics

Emily Fuchs, First Team All-North Shore Conference; Sarah Quesnell, First-Team All-North Shore Conference.

Wrestling

Jack Allen, first-team All-GMC; Micho Gruichich, All-GMC Honorable Mention; Jeremy Shimetz, All-GMC Honorable Mention; Dallas Wanta, first-team All-GMC.

Girls' Soccer, Boys Tennis, Boys Golf Underway

Every spring sport is underway, and thanks to nice weather in the late winter and early spring, all have had plenty of practice time. The girls' soccer team has three games under its belt already. Despite starting 0-3, the team has battled hard. **Hannah King** and

Samantha Held have split time in goal and each have double-figure saves in games to their credit.

The boys golf team has two matches under its belt, but hits a flurry of activity soon as it plays five times in seven days from April 23-April 30. The team finished 7th at

the GMC mini meet in Wauwatosa in its most recent outing.

Boys tennis is also in the midst of a busy swing playing five times in seven days in a mid-April stretch. The tennis team still has four

Coaching Searches Underway

Currently, there are vacancies for four head coaching positions among Nathan Hale or combined teams.

Girls' basketball, pom poms, cheerleading and girls' swimming and diving are all vacant at this time, however, the recruitment phase for all four is in the process of wrapping up.

Several quality candidates have expressed interest in each

position with girls' basketball having more than two dozen applicants in the first few days the position has been open. The other positions have not received the same volume of applicants, but the pool of potential coaches who have applied has been good.

All four positions came open at very similar times, meaning all are about at the same point of the recruitment process.

During the week of April 16-20, initial candidates will be contacted for first-round interviews. Selected second-round candidates will be brought on campus the following week, as the schedule of candidates allows.

The goal would be to have all four positions filled by the first week of May at the latest to allow for the new coaches to meet their new teams.



Sayaovong Named Girls Volleyball Coach

Leng Sayaovong has been named head coach for the Nathan Hale girls' volleyball team.

Sayaovong comes to Nathan Hale with a significant volleyball background, having spent the past two seasons as the varsity assistant coach for West Bend

East High School. He helped lead the Suns to a sectional final appearance each of the past two seasons.

He has also been a coach with the West Bend Power volleyball club, where his teams have received several high national placements.

Sayaovong played volleyball at Wauwatosa West High School, where he was a first-team all-conference setter each of his four years. He is an exciting, enthusiastic individual and will bring his student-athlete first mentality to the team.

He will be setting up team and parent meetings in



Dandridge Now Leads Strength Program

Mike Dandridge has replaced Ben Blint as the Wisconsin Athletic Club's strength and conditioning program coordinator for Nathan Hale.

Dandridge has been on

the job for a few weeks and comes with superb credentials.

He holds a BA in Health Management from Luther College in Iowa. Additionally, is ACSM

Personal Trainer Certified and has certifications in CPR and AED use.

He has been a personal trainer with WAC for four years.

April/May Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13 TNS at Oak Creek	14 TRK — Mondo Meet
15	16 TRK — JV Invite SFT vs Wauk. So. GOLF — GMC Mini	17 SFT at DSHA TNS at Tosa East TRK at Brk. East SOC at DSHA	18 TRK at Brk. East SFT at WAC (Fr.) SOC at Brk. Cnt. (Fr.)	19 TNS vs Hamilton SFT vs WA Central SOC vs NB Eisen.	20 SFT at Brk. East. SFT vs Brk. East (Fr.)	21 SOC vs Sheboygan So. SFT — Hale Tourney TRK at Wis. Lutheran
22	23 GOLF — GMC Mini SFT vs Tosa East SOC at Greendale (Fr.)	24 TNS vs Cedarburg SOC vs WA Central	25 GOLF at Brk Central TRK — Hale Relays SFT at Hamilton SFT vs Hamilton (Fr.)	26 GOLF vs Brk Central TNS vs Brk Central TRK at Ket. Mor. (JV)	27 SFT vs Meno. Falls GOLF at Franklin TRK at Wis. Luth. (G) SOC at Apple. West	28 GOLF at Arrowhead SOC at Apple. West TNS at Delevan-Dar. TRK at Wauk. No. (B)
29	30 GOLF — GMC Mini TRK at Brk. East (JV) SFT vs Brk. Central SOC vs DSHA (Fr.)	MAY 1 TNS at Marquette SOC at Brk. East	2 TRK at GMC Relays TNS vs Racine Park SFT vs DSHA SOC at Tosa East (Fr.)	3 TNS at Meno. Falls TRK vs WA Cent. (JV) SFT at WA Central GOLF at Brk. East (Fr.)	4 GOLF at Greendale GOLF vs NB Eis. (JV) SFT at DSHA (Fr.) TRK at NB West	5 SFT — Hale Tourney SOC vs Cedarburg TNS at GMC (JV)
6	7 GOLF — GMC Mini SFT at Greendale (Fr.) TRK at Oak Creek (G)	8 TNS vs Brk. East SFT vs Brk. East SOC vs Tosa East GOLF vs Hamilton (Fr.)	9 GOLF vs Tosa (JV) SFT vs WA Cent. (Fr.) TRK at Tosa East (JV) SOC vs Brk. East (Fr.)	10 GOLF vs Tosa (Fr.) SFT at Tosa East TRK at Oak Creek (G)	11 TRK — Hale Invite GOLF vs NB Eisen. TNS vs Rufus King (JV) SFT at Brk. East (Fr.)	12 TRK at GMC (JV) GOLF at NB Hills TNS at GMC (JV) SOC at Cudahy

KEY: GOLF — Boys Golf, SOC — Girls Soccer, SFT — Girls Softball, TNS — Boys Tennis, TRK — Track & Field

Schedules subject to change.