

Hockey glides their way into the first season

Heaven Plaines / Staff Writer

This year, the high school has introduced a new hockey team for the 2019-2020 season. With a current record of 2-0, the team is already setting big goals for themselves.

Throughout years, the high school has never been able to put together an ice hockey team, so Coach Ryan Schelien was persuaded to start one.

Although this is a new team, the majority of the boys have been playing together for seven years. The boys have become close because they hangout on and off the ice.

"We felt that there was enough Stow- Munroe Falls kids playing hockey that we could sustain a team at the high school level," Schelien said.

Currently, he team consists of ten players and one goalie.

A positive to this new hockey team is keeping players at the high school instead of enrolling at another school that has an ice hockey team.

"Some of our goals for the season are to win all of our games and eventually move up a division next year. Although people doubted us our first game, I think we really proved them wrong by beating twinsburg 20-1," sophomore Jake Reigler said.

Sophomore defenseman Jack Schelien also has big goals for the new team.

A main hope for the team is to stay healthy, enforce discipline and take short shifts on the ice so there is less chance of injury.

"This season so far winning four games [two scrimmages] in a row was our biggest accomplishment," [Jack]

Schelien said.

Coaching staff is dedicated to making sure that the boys work hard and stay focus since there is not that many of them, and hope to keep the team going for future seasons. Coach Schelien feels as if it is a blessing and a curse for having a smaller amount of players than most teams do.

A positive is the boys have a good chemistry together, but the chance of losing a player to injury can affect the team so conditioning and staying in shape is a necessity for the athletes.

"Wins don't come easy with a young, first year team with less than the normal amount of players. But we have had some success and definitely surprised some people within the hockey community," Coach Schelien said.

Being a fresh team and having to face tough competitors may be intimidating; however, the coaches and captains are determined to achieve their goals.

"It is never easy going up against a team with twice as many players. We have to play as clean as possible to

keep our skaters on the ice, as well as making sure we are staying healthy," senior and captain Max Simms said. "A big goal of ours is we would love to go undefeated against Ohio teams."

These athletes individually have been working hard for years, and now that they have united to show everyone that although they are a small team, they want to show others not to underestimate their performance.



Source: @stowicehockey

Stow hockey has a strong record for starting their first season. Seniors and captains Max Simms and Nathan Kingston hope to guide the young team into many victories.

WANTED: NEW STRENGTH AND LIFTING COACH

Molly Richards / Copy Editor

Opinion

As teams have started their pre-season training for this year, many spring and winter sports were without a strength coach.

Many athletes of this school are aware that the high school's most recent lifting coach, Coach Fitzgerald, is no longer the said coach at the high school because of another job opportunity.

Before Fitzgerald came Coach Wolf--a strength coach many teams and athletes became close with over the six years he was the lifting coach.

Now that both of those previous coaches are no longer at the high school, many teams and coaches are left to create their own workout plans for the weight room.

Senior and one of the captains of the girls lacrosse team, Emily

Nannarone, says it has been hard trying to navigate the pre-season without a strength coach.

"We have just been taking old work outs, either ones from Wolf or ones from Fitz, and we just redo those until we get a new lifting coach, but we don't really know what we are doing," Nannarone said.

Currently, the situation with not having a lifting coach has been frustrating for many teams, including the girls lacrosse team and rightfully so.

"It is just hard in general having the motivation to do it, obviously our lacrosse coach is there, but without that lifting coach pushing us, it is just more messing around," Nannarone said.

Additionally, it has been difficult for the lacrosse and other

teams because without a lifting coach, there is no one to correct any mistakes they are possibly making, whether it be with form or with the whole point of the work out.

"I definitely think we should find somebody long term just because I know especially with lacrosse, lifting has made a huge difference for all of us, not just physically but also for bonding as a team and pushing each other," Nannarone said.

Athletic Director at the high school, Cyle Feldman, has been a part of the search for a new strength coach and was part of past interview processes for past coaches.

"You want to make sure that they have experience, that they have done this before, as well as looking at knowledge and

competence. We also look for other pieces like emotional intelligence or if they will relate with kids," Feldman said.

Recently, the high school has implemented a new part to the interview process for positions like the strength coach, which is part of the educational service center. The educational service center will have to approve the new strength coach on their board agenda in order for a new coach to start working at the high school.

Feldman explained that this additional step to the interview process is in part to try and bring in a more permanent coach to the position at the high school, as he understands the Athletic office cannot keep spinning its wheels in terms of strength coaches.

"We really need to get some

type of consistency and stop spinning our wheels. We want this position and program to grow, and we want the person who takes this position to grow with us," Feldman said.

As important as consistency is to the high school, Feldman also emphasized the importance of filling this position with someone who cares and is able to make connections with kids.

Hiring a new weight coach soon, can create less stress for teams and allow winter and spring season sports the ability to adjust to a set schedule and plan.

Whoever is accepted into the position as Stow's new strength coach, the Athletic office encourages athletes to be positive and allow the new coach and strength program to grow.

Source: Stohion/Brianna Doctor

BOWLING SPARES HOPE FOR SUCCESS

Monica Schlimm / Staff Writer

Striking into a new year, both the boys and girls teams have high hopes of having another successful season.

Both teams lost seniors last year, but that will not prevent them from having a successful showing.

Junior Jessica Lawrence, who went to states last year,



Source: Stohion/Tyler Kavalecz

Senior Dylan Kohut is seen practicing for his next match. The team bowls each day at Stow-Kent Family Entertainment in preparation for competition season.

is hopeful to qualify once again this year.

Lawrence has been bowling from a young age, but that is not the case with most of the other girls on the team.

"I used to travel for individual tournaments before high school. Those were fun, but I also like the family-feel that I get from practicing with the team every day," Lawrence said.

Despite not having a very experienced team, coach Nikki Stiteler

is excited to see how the girls are going to do this season.

"They're doing a good job," Stiteler said.

"I just want them to keep learning. As long as they keep improving, I'll be happy."

Success did not come as easy to the boys team, but head coach John Martin still expects them to compete efficiently.

"They're still trying to figure out their roles. When we get to January, we should be fine," Martin said.

Sophomore Logan Karpinski is returning from his first year of playing, which was last year's 2018 season.

"I didn't know what to expect freshman year, but the sport turned out to be pretty fun. I really had fun with my teammates, and they helped when things would get frustrating," Karpinski said.

Despite being unaware on the current roles and structures of the team, that does not stop them from setting goals.

"This year I'm most looking

forward to facing Nordonia. They have always been a rival and last year's match was intense," Karpinski said.

Experienced or not, both teams are keeping up the hard work at practice, and are focusing on making improvements to have a successful season.

"They're doing a good job," Stiteler said. "I just want them to keep learning. As long as they keep improving, I'll be happy."