

Track stars racing to improve

Lauren Rayman / Editor

While the girls track team has a strong turnout for the indoor season, head coach Aaron Morris sees a successful season in store for three particular athletes.

Senior Aimee Grimm, junior Paige Neely and sophomore Kendra Cassidy are among the top athletes on the team. Morris and the girls have major goals in mind. The girls have their eyes set on qualifying to the indoor state meet.

"Kendra, Aimee and Paige's goals typically align with mine because we discuss goals before and during the season. They are aware of what I think they are capable of and they relate to me on what they think they are capable of. I have a great coaching relationship with those three girls so they don't have a problem being honest with me, nor I with them," Morris said.

With all three girls run a variety of events during the outdoor season, they will each be focusing on only one or two running events.

Grimm will be focusing on the 60 meter hurdles, as well as the 400 meter dash to help prepare her for the 300 meter hurdles during the outdoor season. Neely will also be running the 400 meter dash, along with the 60 meter dash and 200 meter dash.

While Grimm and Neely



Source: Stohion/Kayla Cirwinski

Senior Aimee Grimm practices hurdles at an indoor track practice. Grimm, Cassidy and Neely are all using indoor conditioning to help them in the outdoor season.

will be running sprints this season, Cassidy will be running distance events. Her focus this indoor season is on the 800 meter run and the 1600 meter run.

Having qualified to the state meet in the 60 meter hurdles last year, Grimm hopes to do so again. She also hopes to improve her time for this event.

"My goals this season are to get down to 9.29 seconds in the 60 hurdles, qualify to the state meet again in that event and bring my 400 time down to a 62 [seconds]. I will also be trying to break the school record in the 60 [meter] dash, but I have never run the 60 meter dash before so that is a loose goal," Grimm said.

Neely is looking forward to running indoors this season.

Having not run last year, she is hoping to qualify to states and cut time this season.

"Indoor track helps me keep my work ethic, get stronger and make new friends," Neely said.

Having faced many injuries the past two years, she is hoping to prevent them this season.

Indoor track is different for athletes who run distance events, like Cassidy. While Grimm and Neely train indoors, Cassidy runs her workouts outdoors in the winter, which are often many miles through the snow and other winter conditions.

While running in the snow is not an ideal situation, Cassidy knows how important it is for her to do so if she wants to meet her goals during the

outdoor season.

"Running indoors really gives me a head start to my outdoor season which I have big goals for. Indoor is pretty crucial if I want to meet those goals," Cassidy said.

Cassidy is planning on taking her indoor training more serious this year to meet her goals of breaking the indoor record for the mile and qualifying to the state meet.

Looking to the outdoor season, it is very important that Grimm, Neely and Cassidy all participate in indoor meets for many reasons. While it is important for their physical strength, it is just as important for their mental strength.

"Indoor is a good mental practice for the outdoor season. They can practice getting ready for big stakes meets all winter long so that by the time the big outdoor meets come around in May, they are much better prepared mentally. Athletes can also focus on the events that they want to focus on instead of needing to compete in events that score the team the most points," Morris said.

Grimm, Neely and Cassidy will compete in many meets before the state meet on Saturday, March 7. Each girl hopes to qualify in their respective events and should have plenty of opportunities to do so.

Swinging into a new season

Morgan Vincent / WEB Editor-In-Chief

With more members than last year, the high school girls gymnastics team has gained a strong attitude and is confident for their winter season.

As one of the few sports teams that travels far for their events, the gymnastics team hosts their home meets at Gymnastics World of Twinsburg. Since meets are not close, the gymnastics team

does not always get the turnout they desire.

However, they are hoping a new season and team can bring in more support.

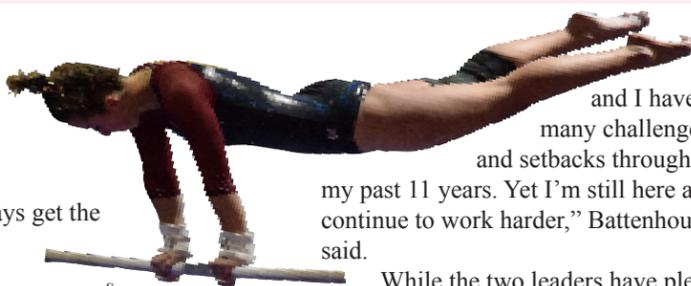
This year, there are 12 gymnasts on the team as well as a brand new coach. First year gymnastics coach Sara Kasper has had previous experience with coaching, but this year will be her first year as a head coach.

As well as preparing the team for their season, Kasper has instilled a lot of strong techniques into the gymnasts that will hopefully go beyond the skills they already possess.

"I am really hopeful for the season. We have been training and perfecting our skills for the upcoming season to be competitive amongst the other teams. We have a lot of great competitors, I have no doubt that our team can be victorious if we continue to work hard," Kasper said.

Senior captain Maggie Battenhouse and junior captain Maddie Pflug have had plenty of experience and have become knowledgeable on the sport.

"My greatest accomplishment is sticking with the sport for as long as I have. I started doing gymnastics when I was seven-years-old,



Source: Stohion/Shea Sullivan

and I have had many challenges and setbacks throughout my past 11 years. Yet I'm still here and continue to work harder," Battenhouse said.

While the two leaders have plenty of experience, the team as a whole considers their dedication to the sport a strength.

"A lot of the girls have many years of experience behind them which will help to strengthen our team in the long run," Pflug said.

While it is no secret that gymnastics is typically an individualized sport, that does not mean that a strong team dynamic does not matter.

"The team is working really well together. Our upperclassmen and our captains do a great job of supporting the underclassmen and encouraging them. All the gymnasts support each other's successes and work hard to encourage one another," Kasper said.

As the team heads into the season, they have started preparing for competitions by perfecting their basic skills and working hard to upgrade those basic skills.

"We train in a great facility that allows the gymnasts to work on some more advanced skills. Once they gain a more advanced skill set it will give them the opportunity to gain higher scores at the upcoming competitions," Kasper said.

While off to a good start, the gymnastics team continues their busy season with their first home meet on Dec. 22, at Gymnastics World of Twinsburg.

SMFHS SPORTS STATISTICS

Girls Basketball (As of 12/10/19)

Ranked 601st in the nation

Record: 5-0

Top Scoring Averages:

Lilee Carlson (11): 12.8 PPG

Kira Philpot (12): 11.8 PPG

Boys Bowling (As of 12/10/19)

*Record: 3-0

League averages:

Nolan Snowberger (11): 216

Dylan Kohut (12): 207

Ethan Dunlap (12): 202

Josh Gorbach (11): 189

Michael Stein (9): 171

Logan Karpinski (11): 162

*Same as league record

Girls Gymnastics (As of 12/10/19)

Record: 1-0

Team score: 117.175 points

Top All Around:

Emily Lillich (11), 1st place at Cuyahoga Falls & Nordonia meet

Top Competitors from meet:

Julia Rinaldi (11), Riley Murphy (9), Madison Pflug (11), and Jordan Lyle (11)

Boys Basketball (As of 12/12/19)

Record: 0-4

Top Scoring Averages:

Deon Horn (10): 10 PPG

Cale Marconi (11): 8 PPG

Van Shyjka (10): 8 PPG

Jack Costa (11): 8 PPG

Desmond Copeland (10): 8 PPG

PPG

Top Rebounding Averages:

Owen Bainbridge (10): 4.5 RPG

RPG

Van Shyjka (10): 4.0 RPG

Deon Horn (10): RPG

Top Assist Averages:

Cale Marconi (11): 3 APG

Jack Costa (11): 3 APG

Girls Swim & Dive (As of 12/12/19)

Record: 1-1

Brecksville: 105-81 (L)

Copley: 111-46 (W)

*Wadsworth: 87-83 (Current W)

*Pending on diving

Boys Swim & Dive (As of 12/12/19)

Record: 2-0

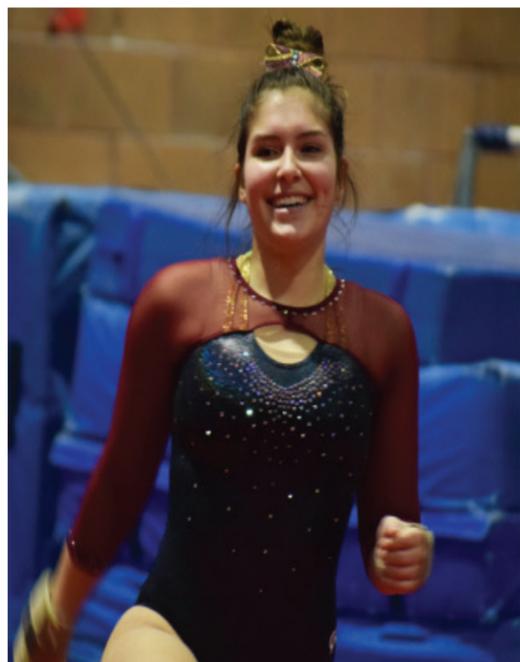
Brecksville: 98-85 (W)

Copley: 120-59 (W)

*Wadsworth: 108-62 (Current W)

*Pending on diving

*Statistics recorded based on information provided by coaches



Source: Stohion/Shea Sullivan

Junior Maddie Pflug runs off after finishing her floor routine. Pflug and the team took home a win at their first meet against Cuyahoga Falls and Nordonia.