

Junior swimmer places 15th at state meet

By Taylor Jones
Sports Editor

For the second time in school history, a female swimmer placed in the state meet.

Junior Jaclyn Shetterly placed 15th in the 200 IM at the state meet, which was held Nov. 19-20 at Oakland University. Shetterly joins Megan Decker, a 2008 graduate, who placed 16th in the 100 backstroke in fall 2007.

In order to earn a medal, swimmers need to move onto day two. By being the 16th fastest girl during Friday's prelims, Shetterly moved onto Saturday's competition. Her time of 2:12:86 paid off during finals because she moved up to 15th place.



Shetterly

"Standing on the podium after finals was definitely one of my most proudest moments ever," Shetterly said. "I worked so hard all season, and it felt great standing on the podium and seeing my hard work had paid off."

Others who worked hard and made it to the state meet included juniors Sam Kuipers, Sarah Hunt, Emily Brown and Shetterly in the 200 medley relay, and junior Erinn Taylor and freshman Rachel Resterhouse swimming with Brown and Shetterly in the 400 free relay.

However, those two relay teams did not make it to the second day.

For Shetterly, the entire time before the meet was not so exciting.

"The week leading up to state was extremely nerve racking, which usually doesn't happen until I'm actually at the meet," Shetterly said. "I was so nervous this year because I knew there would be college reps watching for juniors and seniors."

Even though during the week Shetterly was a nervous wreck, when it got time to swim, she said she was extremely calm.

"I have never been so calm and relaxed for a race before," Shetterly said. "It was really awesome."

NOAH'S ARC



The perfect angle. Players from the boys' and girls' basketball teams use the Noah Select to help with the arc on their shots. Here, sophomore Meredith Smith uses it to help her reach a 43-47 degree angle to perfect her shot. (Cole Myhre)

B-ball teams use machine to improve

By Taylor Jones
Sports Editor

Many people are familiar with the Biblical story of Noah and his ark, but the boys' and girls' basketball teams are familiar with a different kind of Noah and his ark.

Noah Select is a machine consisting of a camera, a computer, a sound system and state-of-the-art "machine vision" technology software to tell players what their arc is while they shoot free throws, jumpers, and three-pointers.

"People ask, 'What is the perfect arc?'" said Paul Galbenski, who is a sales representative for Noah. "The answer is a 'consistent medium height arc' between 43-47 degrees. In terms of distance, all great shooters shoot the ball deep into the basket. Players should shoot the ball 10-12 inches past the front of the rim and the optimal number is 11 inches past the front of the rim."

Both teams were introduced to the Noah this past summer. Each player and coach watched and used the Noah to experience how it worked.

"At first, I was skeptical," said coach Brad Kurth, who has led the girls' varsity team for four years. "Then, I started to recall specific players with proper form and mechanics who never reached their shooting potential because of arc problems."

Coach Kurth realized the Noah machine could take those shooters to the next level.

"I like using Noah because I get immediate feedback on every shot," coach Kurth said. "It allows a player to correct or confirm their technique on every shot. Coaches just can't feasibly do that with all the players."

Just like coach Kurth, boys' varsity coach Nick Bronsema was not a believer at first.

"I truly was not a believer until I saw the demonstration," coach Bronsema said. "I just always thought that shooters were shooters because they put in the time."

Many colleges, and even some NBA teams, use Noah. Like those teams, Shores purchased the Noah for nearly \$6,000, and the basketball teams have used it during the preseason and are planning to incor-

porate it throughout the whole season to help players maximize their potential.

"It becomes a muscle memory thing," coach Bronsema said. "The more you do, the better you get; only this time you have a machine telling you if you are doing things incorrectly."

Along with coaches, players are taking a liking to the Noah too.

"I like it because it tells you if your follow through is good or not," junior Andre Parker said. "I have only used it a couple times, but I would like to use it more. It is a great product."

The Noah Instant product was introduced at the 2010 Final Four. The Noah Instant allows players to walk into the gym and begin shooting and get immediate feedback. If players get a certain app from iTunes, the results can be sent to their iPhone, iPod, or iPad.

"Noah is a game changer," Galbenski said. "Never in the history of basketball have we been able to determine the arc on a player's shot. Noah Basketball has now made that a reality, and players everywhere are becoming better shooters by training with Noah."

WINTER SPORTS PREVIEW

Hockey looks to return to final four

By Nick Wiener
Staff Writer

At Shores, the hockey program is known for its consistently good teams, and this year should be no exception.

"The team is looking very good this season," said senior Mike Bishop, a three-year player and a captain. "We have good

chemistry and a lot of skill. This season is going to be our best yet, and I expect a lot of young leadership from our key sophomores."

Senior John Skocelas, another captain, will help lead the Sailors, who finished 16-12-1 last year with a semi-final loss to Trenton.

"I expect our team to have

a much better record than last year; we are healthier, have more energy and have dedication," Skocelas said.

Sophomore Austin Swiatek, who had one goal and six assists last year, said he hopes to help Shores get back to the final four.

"I expect the team to go to the semis," Swiatek said. "There is a lot of depth in the bench with

three strong lines that are able to score goals."

Colin Rabach, the lone freshman on the team, is excited for the season.

Rabach said, "I expect to win our conference and have another final four run at the least. The team is very hard-working, and it is my dream to make it to the state finals."

GIRLS' BASKETBALL

- Last year: 12-9 overall, 7-3 OK Black
- Top Returners: Juniors Brigid Kiley & Sydney Tharp, senior MaryLou Kiley
- Top Newcomers: Senior Kristina Kitchen, freshman Jazmyin Walker, sophomores Meredith & Morgan Smith, junior Jessica Gillings
- Brad Kurth, coach: "I expect that they will outwork their opponents every night. In addition, we are very athletic."

GYMNASTICS

- Last year: 7-0 in OK Rainbow (Conference champions, Regional champions)
- Top Returner: Senior Gabe Poulin
- Top newcomers: Junior Kailey Baker, freshmen Jordan Veldhouse & Emily Luce
- Carol Schneller, coach: "This team is lots of fun. They all train well together. They are excited to be in competition for the first time. I enjoy taking them on that journey. For us to qualify for Regionals would be awesome."

BOYS' BASKETBALL

- Last year: 4-17 overall, 2-8 OK Black
- Top Returners: Seniors Trevor Butchart, Ben Bultema & Matt Erbes
- Top Newcomers: Juniors Aaron Doriot & Zach Haugh
- Nick Bronsema, coach: "I am really looking forward to this season. We are excited to make a splash this year and work together as a team."

WRESTLING

- Last year: 2-8 overall, 0-6 OK Black
- Top Returners: Senior Kyle Pawlowski
- Top Newcomers: Freshmen Taylor McPhail & Adam Pawlowski
- Al Weber, coach: "I expect some kids to improve significantly over last year's performance. I like seeing them master new techniques and seeing them really battle. They have put in some extra work this off season and have made some solid goals."

BOYS' BOWLING

- Last year: Undefeated, first in City
- Top Returners: Senior Lucas Johnson, Sophomores Jake & Chris Sherburn & Grant Gillard
- Top Newcomers: Juniors Eric Zokoe & Mike Wilbur
- Greg Schmeling, coach: "The goals for the team this year are simple: defend titles, win a regional title, and get back to the state finals."

BOYS' SWIMMING

- Last year: 4-6 overall, 2-4 OK Rainbow
- Top Returners: Sophomores Keith & Tyler Otto & Kyle Wilson, senior Jake Zobl
- Top Newcomers: Freshman Mitchell Anderson, sophomore Jacob Gawron
- Matt Schuchardt, coach: "We are excited to come together as a team this year. We have individuals that are going to go very far and relays that will go far as well. This is going to be a good year for us."

GIRLS' BOWLING

- Last year: 14-3
- Top Returners: Sophomores Jill Klein, Alex Beall, Ashley Cory & Lauren Yadlosky
- Top Newcomers: Junior Courtney Guest & sophomore Magann Guest
- Greg Schmeling, coach: "We need to improve our standing in conference and regional. The girls know what it will take to make it happen. I have a great core of girls, and they are close to taking home some titles."

COMPETITIVE CHEER

- Last year: City champs, 3rd in conference
- Top Returners: 14 of 25 return
- Top Newcomers: freshmen Courtney Jones & Rachel Bartoszek
- Amanda Mills, coach: "I want the girls to end the season knowing they gave this team absolutely everything they have."