

# THE SPECTRUM

Volume 93, Issue 2

“The Maroon and Gold in Black and White”

September 28, 2018

## City plans fall festivities for Avon Lake bicentennial

By Livie Crimaldi  
The Spectrum Editor

Avon Lake has always been a city proud of its history and traditions, and this is only amplified as we reach the bicentennial. In commemoration of this historic time, there are many events lined up throughout the year to celebrate Avon Lake culture.

On Homecoming Saturday, September 29th, all Avon Lake schools will be open for alumni to tour and relive their youthful memories. Also on Homecoming Saturday, a Chili Cook-Off will be held at the United Church of Christ from 4-7pm, accompanied by displays of AL history.

Cemetery tours of Lakeshore Cemetery are a perfect opportunity to learn about Avon Lake’s early founders and settlers, as well as kick off the Halloween season. Tours will be held on October 18th and 20th at 4:30pm, 5:45pm, and 7pm each night.

The family fun event, Boo by the Woods, is returning again this year to pass down the “legends” that have been buried in Avon Lake’s past. Hosted the night of October 20th at the Avon Lake Public Library, their haunted trail is a perfect walkthrough for kids ready to be spooked, but not quite prepared for the jump scares.

To accompany the city in its

celebration of Avon Lake history, your very own Avon Lake High School is doing its part to research and inform the communi-



Photo Courtesy of Ron Jantz  
Shoremans get pumped up before a game earlier this season

ty on aspects of AL culture.

“In all of our content areas students can begin to investigate the history, as well as the economic, political and social fabric of the community they live in,” Avon Lake High School Principal Mr. Mueller explained. “In our American, World History, and Econ classes kids are out there researching Avon Lake; its geography,

political subdivisions, early merchants, environment, and ecology. There’s a lot kids can do.”

Avon Lake’s bicentennial is not only a time for celebration, but a wonderful opportunity for all citizens to reconnect with the roots of our great city and fully appreciate the community we live in.

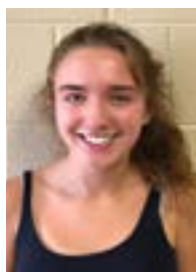
“In this global village, where we really are multinational, international, multi-ethnic, and diverse in all we do, it’s really good for kids to have a sense of what home is, and how it is different,” Mr. Mueller elaborated. “[It is important] to understand the contributions that their families, their school, and the institutions in the community make to life so kids can make decisions about their civic engagement and participation in the future, regardless of where they live.”

As has been plastered from street signs to bumper stickers, the town of Avon Lake is reaching its two hundred anniversary. For more information on the various events, visit <https://www.avonlake200.org/>. Now that you’ve seen just how many opportunities are available to celebrate this historic milestone, how will you get involved?

## No date to HOCO? Zeck sheds light on why it’s better

“Oh, I’m sure that will be fun though”- a condescending sentiment expressed each and every time you tell someone you’re going to homecoming just with a group of friends. And believe me, I would know; as a senior, I can proudly boast I’ve never had a date to any of my 4 homecomings.

And it’s with this experience that I can confidently say behind that veiled haughtiness they are right- it will be fun though. Looking back on my homecoming experiences,



Lauren Zeck

I don’t abhor the dreadful dateless destiny the world imparted upon me. Instead I feel grateful.

I’m grateful for being able to dance how I wanted. I’m grateful

I don’t have random guys in my homecoming pictures I’m going to look back on one day. I’m most definitely grateful that I didn’t have to try to get guys to make concrete plans ahead of time (not to generalize, but seriously, they’re

horrible at it).

So, if you don’t have a date, don’t fret; I’d actually consider you the lucky ones. But, I realize that we’re all not indifferent towards members of the gender we’re attracted to. So if there’s a guy you want to go with, ask him. If there’s a girl you want to dance with, ask her. And if you don’t want to go at all, don’t go.

Listen kids, if there’s anything I’ve learned the past 3 years, it’s that high school events only have as much importance as you attribute to them. And your absolute best

memories probably aren’t going to come from big events like homecoming, pep assemblies, or football games. I barely even remember my junior prom, despite it only being 4 months ago. However I can recall plenty of details of seemingly mundane things such as waiting around for hours at a swim meet with my teammates or going hiking with my friends.



Cartoon by Mary Shabab

## ALHS Welcomes New English Teacher

By Grace Osoteo

*The Spectrum* Assistant Editor

Every once in a while, the students of Avon Lake High School are reminded of their days at Learwood. Whether it be old yearbooks resurfacing or the chanting of “BACK TO LEARWOOD” (sorry, freshmen), nostalgia seems to be around every corner, even to seniors. And what could be more of a fond memory than a previous teacher? A new face in the ALHS English department, but a familiar one to plenty of the student body, Mr. Gardner transferred to us this year.

Having taught for ten years, one knowing Mr. Gardner’s previous endeavors would see why he chose to go into education. He was a camp counselor throughout middle school and high school. “Whether it was planning day camps or being a camp counselor for overnight camp, that’s where I started... so I’ve always had an inclination towards teaching,” he says with a smile. “Of course, I was in sports, and I always had an interest in sports, so I had an interest in coaching.” At the high school, he is a coach of both the cross-country team and the track team.

When asked about his hardest challenges in his career, the English teacher has some insight on being a

perfectionist: “It can eat away at you if you’re constantly dwelling on what you could’ve done.” He goes on to say that he enjoys the creativity of the job and the day-to-day challenge, saying, “It’s hard, no matter what quality student it is, to... trigger an aha moment.”

Often, those with more life experience can offer wisdom and advice; Mr. Gardner is no different. The English teacher stresses being okay with failure and taking responsible risks. He adds that when he was a student, it was always easy to give the answer the teacher wanted, but that to grow as a student you must put yourself out on a limb. “With writing, I think you need to take those kinds of risks and not always worry about... what your audience wants, or what would make them happy. Sometimes, the audience doesn’t know what they think is good until they read it,” he laughs.

In addition to teaching, Mr. Gardner also enjoys spending time with his family, exercising, and, funnily enough, gardening. He wishes he could read more, write more, and cook more. He likes to be by the water; in retirement, he can see himself somewhere on the east coast, but with a residence in Avon Lake as well. As so many of us do, he loves Cleveland.

## Principally Speaking: Failure is NOT an Option

Well, now that the dust has settled from the beginning of the year, we can look back and say “It’s been a great start to the ‘18-’19 school year!” We welcomed our seniors of ‘19, our frosh of ‘22, and we’re just rollin’. Pretty good. After all, we’re ALHS. We GBED, right? Right! Even with all of these changes, we’re still, and expect to continue to be, the same great school



Mr. Mueller

we have always been.

As we started the year, we explicitly shared an expectation with our students and families about school that, while understood, seems different from how people look at schools on a daily basis. The expectation? Failure is NOT an Option!

Schools are about learning – not teaching. And, although educators in the ALCS D are working and learning about how to GBED to help students learn – EACH STUDENT IS RESPONSIBLE FOR LEARNING.

You didn’t come here to fail, and ALHS will not accept any student choosing to NOT give us acceptable evidence of learning. Period. I’m not kidding.

We have repurposed our Tutoring and In-School Assignment program to create the H.A.R.B.O.R. (Helping All Realize Better Overall Results) to provide students struggling to achieve of focus with an environment dedicated to success. No class changes, no social distractions, just quiet learning space and support - until grades are up to par.

At the mid-point of quarter 1, students need to be sure Powerschool reflects success. If you can’t do it without support - we’ll help.

Parents expect success, and we will reach out to families, as necessary, to provide the support and assistance needed. We are fortunate to have great parent and family “teammates” at ALHS.

Our teacher’s responsibility for teaching and instruction can be summarized with 5 words related to learning – Designing, Directing, Assessing, Responding, and Reporting. For many students, the Reporting – as in assigning a grade – is seen as most important. Here is where many problems and misunderstandings about expectations exist. Again, school is about learning, not necessarily about grades.

Students want grades – GPA’s. The expectation is, “OK give it to me, let me give it back on the test, score it, and let’s move on.”

**See Mueller: Failure Not an Option pg 4**

# SENIOR SPOTLIGHT

## Jack Mikolich



**Favorite homecoming activity:** pep rally  
**Thoughts about being a senior:** I like being the oldest in the school  
**Favorite high school class:** earth science or creative writing  
**Song that describes your life:** Rattlin Bog  
**Any special talents?:** Jug-

gling

**In the case of an apocalypse what teacher would you want to be with:** Mr. Hodge

**Colleges you're looking at:** OU or Cincinnati

**Best movie you saw in the past year?:** Semi Pro

**Pet peeves:** slow drivers

**Harry Potter house:** Gryffindor

**Last picture on your phone:** Dylan Marsh

**Tv show character you relate to:** Thad Castle

**Cats or dogs:** Dogs

**Twitter or instagram?:** Twitter

**End of the world- nukes or zombies?:** nukes

## Caroline McNaughten



**Favorite homecoming activity:** the pep rally because it brings us together as a class

**Thoughts about being a senior:** it's bittersweet, this year has been amazing so far and it will be hard to leave but college is so exciting

**Favorite high school class:** AP biology

**Song that describes your life:** Hymn by Kesha

**Any special talents?:** I can ski/snowboard

**In the case of an apocalypse what teacher would you want to be with:** Mr. Reutter

**Colleges you're looking at:** USC, SMU, U of Miami, Miami U, IU, UT, CU

**Any embarrassing underclassmen moments?:**

My first pep rally; we didn't know we had to start the class chants, so all the upperclassmen were yelling at us to start it

**Best movie you saw in the past year?:** Safe Haven

**Pet peeves:** not being allowed to do something

**Harry Potter house:** Gryffindor

**Last picture on your phone:** picture of the Browns game

**Tv show character you relate to:** Brooke Davis

**Cats or dogs:** Dogs

**Twitter or instagram?:** Instagram

**End of the world- nukes or zombies?:** nukes

## Katelyn Lester



**Favorite homecoming activity:** the parade

**Thoughts about being a senior:** sad but excited

**Favorite high school class:** Ap biology

**Song that describes your life:** Here comes the Sun by The Beatles

**Any special talents?:** tumbling

**In the case of an apocalypse what teacher would you want to be with:** Mr. Wolf

**Colleges you're looking at:** Clemson or OSU

**Any embarrassing underclassmen moments?:** I got hit in the face with a water bottle in the student section freshmen year

**Best movie you saw in the past year?:** Incredibles 2

**Pet peeves:** people repeatedly clicking their pens

**Harry Potter house:** Ravenclaw

**Last picture on your phone:** my cat

**Tv show character you relate to:** Leslie Knope

**Cats or dogs:** dogs

**Twitter or instagram?:** Instagram

**End of the world- nukes or zombies?:** zombies

## Foreign exchange student reflects on ALHS life

Dear Ivan,

No amount of cold, unforgiving Siberian winters could prepare me for the frigid winds of teenage rebellion that blow through the halls of ALHS. No amount of driving on frenzied Russian highways could prepare me for the way these manic students that maneuver recklessly and collide into you in the halls. (I'd add additional comparison to Russian stereotypes, but I'm afraid they'd redact the more incriminating ones).

As for the education system itself, I'd say it's exactly what I expected. There's too much standardized testing, and teachers are already telling me tips for taking a test 9 months from now. Here, we spend far too much time in the classroom yet it only feels as if half the time we're actually

learning anything. Oh, and they take their athletic activities far too seriously. I'm not saying they train too rigorously- I mean the entire town gathers every Friday to watch 16/17 year olds throw around a ball.

American traditions as a whole I find to be incredibly fascinating. This week is what they refer to as "homecoming". One would think that the name would imply that graduates come home, but no, they stay at college, and rightfully so. Instead it's a week where they dress ridiculously. They paint the windows with scenes of the town, which is odd because this town may be many things but scenic isn't one of them. They have a pep assembly, which is apparently the whole school gathering in the gym to watch a few people tug a rope or play volleyball. And this all culminates in a

dance held in the gym on Saturday night.

And this year they're placing even more importance on these strange activities because it's the town's bicentennial. But the best part? It's only the town's 199th year. Then again, no one ever accused Americans of being good at math or history.

Ivan, I hope to send you a letter recanting my adventures in American high school every month because it's imperative that you know, however I think they're on to me so we'll have to see what happens. Your comrade,  
Alekssei

## Mueller: Failure not an option

From Mueller pg 2

Assignments? How many points are they worth? Our world becomes a race for "points" in an environment where the points – and the grade – are more important than the intended learning. Our teachers have known this forever. Somehow, "work" (which is good) gets reported as learning, and vice-versa, and we all get caught in "total points prison."

Work is good. Everybody respects a good work ethic, and our experience tells us that the harder one works, the better one gets. Terrific!

Work, however, is not necessarily learning. Learning is acquiring, applying and demonstrating an understanding of material, information and concepts - knowledge.

To determine the level of student learning, teachers administer assessments, formative (quizzes/HW/classwork) and summative (tests/exams/reports, etc.). Formatives are like interims, they tell where a student is "on the way" to learning. It is really OK to make mistakes along the way. Some need more "practice" than others. Summatives evaluate student learning "at a point in time," like the unit, quarter, semester, and so on, and make up the basis for the grade reported.

It is critically important to students, families and our schools that grades accurately report learning. In order to best insure that a school's grades really reflect learning, colleges and universities require applicants to provide results of an entrance exam, the SAT or, like most Ohio schools, the ACT. As you know, a student's SAT/ACT scores play a large role in determining whether or not they are accepted to a particular school.

The ACT/SAT compare student scores to scores from students across the country, in order to determine an applicant's qualifications. With GPA, strength of program and service/participation record, these scores help tell every applicant's story.

PSAT Test Day is Wednesday, October 10th. I hope this column helps motivate all students to do their very best. The results from these exams will give families important information about how to improve for the SAT and ACT, and help our teachers plan for student learning.

We've had a great start. Our teams and groups are having a wonderful fall. We've completed Spirit and Homecoming, and, life at ALHS is good. Socially – and, more importantly – academically – we want it to be good for you! Have a great year!

DO you like to write/create visual art?

Whatever the subject,  
**The Kaleidoscope** would love to  
print your work!  
Email submissions to  
[avonlakespectrum@gmail.com](mailto:avonlakespectrum@gmail.com)

Songs that should be played at

**Hoco (but probably won't)**

Have you ever been a fan of unusual music? Or at least not a fan of generic pop and rap? Here are some songs that people have submitted that they'd love to hear at Homecoming but know that won't get played:

22 by Taylor Swift	Africa by Toto
Determinate from Lemonade Mouth	Bohemian Rhapsody by Queen
Mr. Brightside by The Killers	Don't Stop The Music by Rihanna
Like Woah by Aly and AJ	Dance to This by Troye Sivan featuring Ariana Grande
The Chain by Fleetwood Mac	Sk8er Boi by Avril Lavigne
Treasure by Bruno Mars	All Star by Smash Mouth
Toxic by Britney Spears	YMCA by Village People
Hey Ya! by OutKast	Party Rock Anthem by LM-FAO
American Boy by Estelle	
Irreplaceable by Beyonce	

**Aries (March 21-April 19)**

Aries, this month may not hold much in the romance department for you, but keep your eyes open. When you least expect it, someone new will come into your life- for what, you may decide.

**Taurus (April 20-May 20)**

Taurus, you have been avoiding something that you must now face head-on. Have courage, and know that as long as you are self-assured, things will fall into place.

**Gemini (May 21-June 20)**

Gemini, moving on is something you will have a hard time with. However, keeping grudges will only cause inner turmoil. Focus on the constants in your life, and know that it will be okay.

**Cancer (June 21-July 22)**

Cancer, a time of great change is coming soon. Be prepared, for newness is abundant for you in the coming month. Make the most of it.

**Leo (July 23-August 22)**

Leo, opportunities are approaching, even if you do not see them. It is up to you to reach for them as much as you can, all the while remembering not to put down the people who raise you up.

**Virgo (August 23-September 22)**

Virgo, you've worked especially hard this month, and it could be time to give yourself a break! Let loose, hang with friends you don't normally hang with, and enjoy yourself. You've earned it.

**Libra (September 23-October 22)**

Libra, you have been finding it difficult to say no to people you love. However, if you evaluate your own needs and emotions, you will

find that sometimes it is necessary. Do what is right for you, and the rest will come easy.

**Scorpio (October 23-November 21)**

Scorpio, you feel a bit bad about having recently made a mistake. Everyone messes up sometimes, and you don't have to punish yourself for it. Just focus on righting the wrong and learning from the experience.

**Sagittarius (November 22-December 21)**

Sagittarius, you've got some confusion with romance right now. Whether it be the ending of a relationship, the starting of a new one, or something in between, change is evident. Listen to your heart, as corny as it sounds.

**Capricorn (December 22-January 19)**

Capricorn, you will be faced with a hard decision. It may leave you doubting yourself a bit. However, don't sweat the technique. You will be okay as long as you remember that you know yourself better than anyone

else does.

**Aquarius (January 20-February 18)**

Aquarius, find some time to be alone with yourself. You will discover a need to reconnect your brain and your heart. It is tough, but you are tougher.

**Pisces (February 19-March 19)**

Pisces, be careful not to hurt the ones you love in the process of striving for more. You are an honest person, but do not let that honesty be brutal.

SHORE-OSCOPES  
FROM OUR MYSTERIOUS

SPECTRUM PROGNOSTICATOR



**Alliterative Spectrum team gives its constructive homecoming advice**

Dear Spectrum,

So... a guy asked me to homecoming and I said yes. And he's really into me, like it's really obvious. But the thing is I don't like him back, I barely even like him as a friend.

The reason I said yes was he's a nice guy and I didn't want to be rude (also my first choice asked someone else). But my friends are now saying that it's more rude for me to go with him and lead him on. I'd tell him that I didn't want to go with him, but my mom isn't letting me back out. So my question for you guys is what should I do?

**Mr. Risky:** It's simple just tell him how you feel. Guys are stupid. You have to go up to him and explicitly say "I'm just going with you platonically". But then again maybe don't say that, he might not know what the word platonic

means. So I guess your most effective method might just be dancing with another guy.

**Mrs. Ridiculous:** Don't go. Fake the flu, a broken leg, heck even syphilis. Then just ghost the guy. And besides you sound like a young, naive underclassman. I'm sure you'll have plenty of other opportunities to go dances with guys you at least like as a friend.

**Realistic Baby:** Go, have fun (preferably in a big group where you won't have to talk to him as much) Also, you might just be reading into the signs too much. But if he were to say lean in for a kiss at the end of the night or, I don't know, propose to you right on the dance floor- be honest.

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# The Spectrum Sports



## The Shoremen football team continues to 'Defend the Lake'

By **Liz Thieken and Emma Davies**  
The Spectrum Writers

The Shoremen varsity football team have started the season off strong this year with an amazing 5-0 record, beating Elyria, North Olmsted, long time rival Avon, Westlake, and the Lakewood Rangers.

The rest of the fall season for the team is going in a positive direction with a high chance of making it to the playoffs this year. Senior Matt Sanders expresses, "We are very optimistic for the rest of the season and 10-0 is looking promising."

Prior to the big win against Avon, Senior Captain Ryan Beckman said, "We aren't preparing for this game any differently, we are treating it just like any other game." Using this philosophy has resulted in the Shoremen beating long time rival, the Eagles, in a conference game for the first time since 2012.

Following the game, quarterback Jack Mikolich expressed, "My mindset going into the game was that we were going to win, and we came out and did it." The football team is feeling hopeful after Friday's game, "I think we have a lot of momentum after beating Avon, so that will help us through the remaining season" explains Mikolich. The positive energy of the team is sure to help them with the rest

of the SWC conference.

Although football is a big deal for the whole school, nothing is more helpful than having a good team dynamic where everyone gets along.

"There are a couple good leaders and the captains are stepping up," Senior Ryan Beckman said. Regarding the attitude of the coaches after all these wins, Konner Riggs says the motto is "to be happy, but not satisfied because they still have a lot of work that they need to put in."

Although the players are the ones on the field, a majority of the credit must go to the coaches for putting together this hard working group of players. During practices Head Coach Kostelnik says, "The players must keep the players mind focused. The win against Avon won't taste as sweet if the team doesn't perform well in the rest of

the season." The cause for the difference in performance is not just practice effort, "The seniors did an incredible job getting ready in the off season preparing, and that's where the difference is. It wasn't five or ten guys, it was more like fifteen or



Photo courtesy of Ron Jantz  
Quarterback Jack Mikolich throws pass to one of his teammates for a 1st down.

twenty," Coach Kostelnik added.

Now approaching the end of the season, both the players and the coaches agree that there is still a tough path ahead of them, and they should not let the big win against Avon affect how well they play in the rest of the season.

## Girls cross starts off strong; Jantz leading with one shoe

By **Nick Foley**  
The Spectrum Writer

The Avon Lake Girls Cross Country team's season is going strong. Their most recent appearance was at the Liberty Center Widewater Invitational, where they won 1st place, beating out nine other teams.

Maggie Jantz led the team as a Sophomore, getting 4th overall with freshman Riley Mullen right behind her in 5th. Both girls got their PR, along with several others on the team.

Being one of the youngest teams



Photo courtesy of Ron Jantz  
Jantz racing in the Early Bird Invitational with one shoe (placed 7th)

in their division, they have a lot of room for improvement as their younger runners develop. Head Coach Rob Juergens stated they know where they are at now, and also know where they need to be in the future. "The team just needs to keep working hard and stay healthy. They could be a real contender in the South Western Conference Championship at the end of the year," Juergens added.

SWC's will be held at Lorain County Community College, a course the team is very familiar with because they have practiced and raced on it several times before. The girls will use course knowledge and hard work to prepare themselves for the South Western Conference Championship race.

"Even at practices, we need to

leave it all out there in order to improve. Working together and picking each other up [is important]," said Assistant Coach Ann Mandel. "If someone is having an off day, we need to pick them up and stay motivated." The girls team has practice Monday through Friday after school from 3:15 until 4:30, with designated runs to practice specific skills such as distance, speed, endurance, and recovery.

"Their going to have to bring their best everyday in order to be competitive, but I know we can do it," Coach Juergens expressed. "There are going to be hard moments, but whether you push through them or not separates the good runners from the great runners."

The team hopes to improve from last year's 4th place placement, and Coach Juergens believes they have a real chance of winning it this year if they keep working hard.

## Girls Golf wraps up season with Southwest Conference crown

By David Eisele

*The Spectrum* Writer

As the Girls Golf team's impressive season comes to a close with a perfect record, they set their sights on making it through districts. Leading the way is senior captain Paighton Masterson, as well as fellow seniors Maggie Owen, Emma Davies, Marissa Hall, and Liz Thieken.

Although the team has been struggling with illness and a few injuries, they have made a remarkable showing in

all of their outings.

"We have had our fair share of sickness, but we've handled it well and still golfed pretty good" says senior Paighton Masterson. In fact, this year's team has completed many unprecedented objectives.

"We have set all new records, both individual and team, this season. We are undefeated in SWC play, plus we won the Edison Invitational and the Magnificat Invitational" says Coach Krystine Frisch.

But these victories weren't a walk

in the park. The Shoregals have faced solid competition in each of their outings, and it only gets tougher from here. However, they have faith in themselves and know they can handle the pressure.

"So far the team has handled adversity very well," adds senior Maggie Owen.

The team looks forward to SWC's, as well as going to Columbus for the opportunity to win a state championship.

## Shoregal volleyball works to keep improving in the 2018 season

By Marcy Allen

*The Spectrum* Writer

The Avon Lake Girls Varsity Volleyball team conquered the Westlake Demons with a staggering 3-0 victory on September 25th. Natalie Appleton had 34 assists, Abby Kirk recorded 12 kills, Jackie Loper and Maxine Springer added 10 kills each, Chloe VonGlahn had 5 service aces and Kai Rybarczyk had 12 digs. The Shoregals have had a steady season so far with a 10-4 record. They are working hard to continue their successes for the season and have hopes for snatching another SWC victory in the near future.

The Shoregals credit their recent success to their positive attitudes and superior drive to dominate matches.

"We stay positive throughout the entire game. We work hard to run a fast offense and a tough defense," says captain Abigail Kirk. Physically and mentally the volleyball team strives to follow the "Get Better Everyday" mentality.

With ten wins behind the Varsity Shoregals, the Volleyball team is looking to prevail in their upcoming matches.

"If we continue to work hard and give the maximum effort at practices, conditioning, and games, we should be able to advance very far this season," expresses outside blocker and hitter, Maxine Springer.

Practice is used as a time to improve their skills and develop effective teamwork strategies for the Avon Lake Vol-

leyball squad. The team has been focusing on their ability to serve and receive first time balls. The program carries high hopes and inspiring expectations for the Avon Lake Athletic Association.

"If we work on our game and knock out our problems, I believe our team could be the best in the conference," explains libero, Kai Rybarczyk.

The rest of the 2018-2019 season will be an exhilarating triumph for the Avon Lake Shoregals. With approaching matches against Amherst (October 2nd, home), and Berea-Midpark (October 4th, away), the Shoregals will continue to persevere. The Avon Lake Girls Varsity volleyball team is a force to be reckoned with and will continue to strive for greatness.

## Boys golf continues to be in the mix

By Liz Thieken and Emma Davies

*The Spectrum* Writers

Although it is not one of the top known teams in the school, the Boy Varsity Golf record is not one to overlook. They have a 6-1 record and placed third in the SWC preview. The number one spot holder on varsity, Tyler Madden, placed first overall with an outstanding 70. Tyler's name has popped up many times throughout this tough season, and due to his Varsity spot Freshman year and now Junior number one, he has helped the team with their success.

"I have helped my teammates in certain situations on the course to limit damage. If I am working hard and doing the right things, chances are the younger players on the team will do the same," Tyler expressed, adding that Golf can be a difficult and frustrating sport, so teamwork and positivity goes a long way.

His leadership and skill will be an advantage to the Varsity team possibly making it past SWC's.

"We have a bit of an advantage if we make it past SWC because sectionals is at Legacy, but we still have to play our best to get to districts," Madden explained. Legacy is Avon Lake's secondary home course, located in Avon Lake. Coach Wilson strongly believes in the team's ability to succeed despite the tough competition they will be facing.

"Tyler Madden and Ryan Shinko have both been outstanding in the one and two positions, but we are still looking for some consistent scores from the rest of the team. I think if we play our best golf we could definitely make it out of Sectionals." When addressing the end result of the season, he expressed that even if the team does not make it, there is a good shot at having some individuals advance.

## Girls tennis returns from SWC's heavily decorated

By Caroline Jantz

*The Spectrum* Sports Editor

The Girls Tennis team, a team that has proven on multiple occasions they are not one to be messed with. From their superior skills to the family-like bond, this group of girls is a force to be reckoned with, and their SWC winnings justified just that.

They returned from the Conference match heavily decorated, ranging from Gold Medals to 5th place finishes. Jamie Coughlin and Elisabeth Lendal led the way for the Shoregals, their hard work earning them the Gold in 2nd Doubles. Others with impressive finishes were teammates Jade Josie and Brooke Mangano, who in 1st Doubles ended up 4th, and Bianca Henline received the Bronze in 1st singles. Lilly Jach (2nd singles) and Leah Mangano (3rd singles) had successful appearances too, both earning themselves a 5th place spot.

Every girl was a contributor to the teams overall 3rd place finish, and they hope to do just as well at Sectionals and their match against Magnificat.

A team this impressive is bound to have a great bond, and senior Jamie Coughlin shed some light on this dynamic. "We're all super close which is pretty awesome. We do a lot of team bonding and hangout a lot, and it's pretty cool being on a team where you're all best friends," Coughlin said, "we all have nicknames for each other, which I am sure

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are only funny to us.”

When asked about the funniest moments with the team, Coughlin decided not to share, keeping the mentality of ‘whatever happens in the group stays in the group’.

“But, probably are most memorable moment was when we won 1st place at LCAAAA. We all ran out onto the court together and hugged, cheered and cried.”

These types of moments are only created if you have two things; hardwork from the team and hardwork from the

coach, and the team has just that with the leadership of Coach Jessica Browne.

The Girls Tennis Team has had an impressive season thus far, and have high hopes on ending it on a positive note.

## Chemistry and leadership continue to help the girls soccer team

By Josh Kerner

The Spectrum Writer

The girls varsity soccer team is starting their season off strong with a winning record. Coach Duvall revealed that the team’s goal is to win game by game, and eventually win SWC’s. Captains, Amber Achladis and Adele Osberg, share the coach’s enthusiasm, and hope to not only win the conference championship, but finish with an overall winning record.

But what makes their team so great? Coach Duvall shed some light on the question, stating that the team has the determination to overcome challenges, such as “overcoming injuries, the departing of critical players, and a change in the team’s playing style.” Amber adds, “Our greatest strength is not giving up when things don’t go in our favor. If we’re losing, we don’t stop giving our best effort until the time’s up. We do a really good job at coming back when we’re down.”

But what makes the team great isn’t just what they do on the field, it’s how they perform off of the field. Adele contributed that to good the team chemistry, stating “The best part of being on the team is making friends with different people and playing a sport we all enjoy.” Amber adds, “We joke with one another and are close like family, but at the end of the day, we’re always a team and we want to get the job done. Our chemistry off the field definitely helps our playing on the field.”

What also makes this year’s team a strong candidate for winning SWC is the leadership. The coaches and captains have been doing a phenomenal job shaping the team this year, but it’s not just them. Coach Duvall says, “Team chemistry is better than it has been, due to strong leadership. Not just from the captains, but from the entire senior class.” The strong chemistry, leadership, and players show a promising season for the girls varsity soccer team.

## Shoremen soccer trying to keep a positive attitude for playoffs

By Tim Lubertozzi

The Spectrum Writer

The Avon Lake Boys Soccer Team is having a phenomenal season so far with a record of 9-2. They feel proud of what they have accomplished so far and are optimistic for the rest of the season. Senior Michael Mandel said “The team has a good chance of winning SWCs and going far in the playoffs this year.”

The defeat at the hands of Avon was particularly crushing with a close final score of 1 to nothing. Avon Lake was dominating the ball for the majority of the game, but failed to put it in the net. Senior Joey Caputo says “We would love to have

another chance at Avon.”

The other loss was to St. Ignatius in the first game of the season. “The loss to Ignatius was tough, but holding the 3rd ranked team in the country to 3 goals isn’t bad,” Mandel expressed. The loss to Ignatius depicted a soccer team with promise, but they always have room to improve.

“We are good enough to compete in the playoffs,” Caputo added, “but for the past couple years we have lost because we didn’t believe we could have won.” The team is excited and believe they can go far if they can overcome the negative mentality.

“When the playoffs come, it’s win

or go home for the Shoremen. We need to come out fast and strong and put the ball in the net, something we have been struggling with all year,” said Mandel. The Soccer Team is a second half team and in order to be successful in the playoffs they have to be able to show up in the first half of the game. Coming out strong will be the deciding factor in important games down the road.

The Boys Soccer Team has had a good season so far and hopes to cap it off with an SWC championship and many wins in the playoffs before they have to come back home.

## Boys cross country in recovery process as SWCs approach

By Lauren Davis

The Spectrum Writer

Having won six conference championships in the past eight years, the boys Cross Country Team is consistently held to a high standard. This high standard not only entails being the best Cross Country Team in the Southwest Conference, but also acting like a team.

After talking with the head coach of the Cross Country team, Coach Juergens, it became apparent that he puts a lot of emphasis on personalized coaching and the importance of

teamwork. Juergens explained that his favorite aspect of coaching is “developing a team, not a bunch of individuals.”

Since this year’s Cross Country team contains an overwhelming amount of runners (over 100 students), it has been especially difficult to fabricate a team that will work together, instead of various individuals that compete by themselves. The immense number of runners participating has made it difficult to create “connections on a personal level and make personalized workouts for every runner,” Juergens said.

Another challenge facing the boys Cross Country team this year is injuries and illnesses. This has led to a slow start for the guys team, resulting with them receiving 6th during the Southwest Conference preview.

According to Juergens, “the most common injury has been stress fractures this year.” Unfortunately, these injuries have interfered with many runners, especially the top five varsity runners, and their typical training.

In order to accommodate and get the runners to

recover quickly, Juergens has them focus on strength workouts such as, “biking, using the elliptical, and modifying running workouts.” The idea behind strength training is to strengthen the muscles that were weak, which most likely was one of the factors leading to the injuries.

With a goal of winning the Southwest Conference and placing at States, the boys Cross Country team has been dedicated to retaining their title and overcoming these new challenges.