

THE SPECTRUM

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“The Maroon and Gold in Black and White”

March 27, 2019

Slaughter performs exceptionally this diving season

By Marcy Allen
The Spectrum Sports Writer

Fearlessly climbing up the 1 meter ladder onto the intimidating white plank, diver Michael Slaughter gears up for starting position and courageously leaps into the seemingly endless swimming pool.

In 2nd grade, he started his exciting swimming career on the West Shore Sea Turtles team. He developed an exceptional passion for the pool and continued to swim in the following years. Now a junior in high school, he is also a diver. Being a swimmer and diver is uncommon for the average high school athlete. He has proven through diligent dedication and daring devotion that it is possible to achieve the most difficult of goals, as well as be smashingly successful.

Slaughter, the 16th place holder at the OHSAA State Diving Championships, is the perfect illustration of a model athlete.

After Districts, Slaughter put in extra effort to achieve his eventual goals at States. He independently drove himself to Lakewood, a 30 minute drive, to snatch additional practice time. The athlete worked diligently with his diving coaches on Sundays and Mondays to better himself and, more specifically, better his dives.

“This year was my best year yet. I didn’t

do as well I hoped to in swimming, but I was very proud of how I did in diving,” Slaughter said.

The 2018-2019 swimming and diving season for Slaughter consisted of 2 medals in the 200 medley relay, 1 medal in the 400 freestyle relay, a 3rd place award for diving at districts, an individual high score of 444.20 at SWC’s, and of course, a seat at the State Diving Championships. The diver has seized many opportunities this school year, as well as made the Avon Lake High School Athletic Program greatly proud.

“The sky’s the limit and there is nothing he can’t accomplish if he puts his mind to it. He was top 16 this year and should be top ten next,” said Slaughter’s coach, Daniel Smith.

The athlete’s senior year has exceedingly high hopes. Slaughter will continue to practice in the off season as a part of the Avon Lake Summer Swim Team and practicing individually with trusted diving coaches.

“Next year I want to break the school record for 11 dives, as well as improving my placement at States,” said Slaughter.

Slaughter will be one to watch for the 2019-2020 school year. The diver’s hard work and dedication paints a pathway for aspiring swimmers and divers.



Photo sourced from the Avon Lake Twitter page

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Captain Marvel a promising preview for action to come

Ever since April of last year, Marvel fans have desperately tried to piece together their beloved hero team after the carnage of *Infinity War*. It would seem all is lost for those heroes who are left to face Thanos, alone and hopelessly outmatched, yet a beacon of light arises just a month before the final grudge match. Enter Carol Danvers, or Captain Marvel, as the world will come to know her, the seemingly unstoppable feminist powerhouse and new addition to the Avengers superhero team.

Captain Marvel, released on International Women’s Day, details our new character’s origin story on the big screen. Living as a Kree warrior fighting to protect her people in their war with the Skrulls,



Livie Crimaldi

our main character discovers she had a life on Earth before her days on alien planets. Together with a much younger Nick Fury, Captain Marvel develops her powers and helps in the alien war from Earth circa 1995. The movie contains all the usual Marvel trademarks: the gradual harnessing of superpowers, sporadic comic relief, and energized vintage soundtrack. However,

there are a few details that separate this newbie from the rest, both for better and for worse.

To start off, the supporting cast all did a phenomenal job in their separate roles. Samuel L. Jackson, Jude Law, Lashana Lynch, and Ben Mendelsohn did

particularly well in developing character relationships and adding comedic quips when needed. The plot altogether was both exciting and innovative. In addition to being the first female-led movie of the Avengers universe, the film also touched on modern issues of war, abuse of power, AI leadership, and refugees. It makes you question the moral standard of the long-time Kree/Skrull war, and of course adds the important girl power narrative.

However, in my opinion this film didn’t come without its snags. Brie Larson, the actress who played Captain Marvel, left a little to be desired when delivering her comedic lines.

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Editor defends Int. Women's Day



Elena Stojanovski

International Women's Day is on March 8th every year. It was originally created to be a single time women's rights movement, but it was made an annual international holiday the next year. International Women's Day is a smaller international holiday compared to Christmas and other large holidays, but it's one of the most important in my book. This holiday is a day for all women and anti-sexism across the whole world. The women who live in nations where women are discriminated against or treated differently (newsflash- women are discriminated against in one way or another in every country) deserve to have at least one day a year for them to be able to stand up for themselves and their rights.

Yet for some reason every year, I see a bunch of boys getting upset over International Women's Day and are saying that it's anti-men and that there should be an International Men's Day (newsflash #2- there is an International Men's Day, it's November 19th). The reason why you might not have heard of International Men's Day is because men's rights are currently a lot better than women's rights across the world. Even in today's modern countries, there are still issues with men not caring about women's rights. Maybe they're just scared of change or maybe they just want to stay in a place of better opportunity and power for men.

This month, the first Marvel movie with a female lead "Captain Marvel" came out. "Captain Marvel" was faced by backlash by men before it even hit theaters just because of the rebranding of Captain Marvel from being swimsuit clad to wearing a normal superhero suit. Also, some men were just in general upset by a Marvel movie with a female being the lead.

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New avenger flies in just in time

Captain Marvel from pg 1

Yes, Fury shouldered most of the comedic weight throughout the story, but previous Marvel movies have set a certain standard with the humor of all the other superheroes. If given a comedic line, it should receive at least a chuckle from the audience, and hers just didn't seem to accomplish that at the level of other previous heroes (female or male). In my theater at least, most laughs were caused by the cat.

The only other complaint I hold with the movie is the heavily pushed 90's music. Although I have no problem with an all-female soundtrack, hearing Gwen Stefani sing "I'm Just a Girl" during the main fight scene seemed to miss the mark. I mean, come on, it's no "Immigrant Song."

Yes, I'm nitpicking now, but that just means that for the most part I



enjoyed the film. I only found problems in the areas of humor and music because Marvel's previous movies have demonstrated perfection in those accounts. Despite any shortcomings, it is still a revolutionary step for females in the Marvel universe and film in general. I still hold my worries for Captain Marvel's interactions with the other characters in Endgame, who all have developed relationships throughout multiple previous storylines. I also worry about the extent of her power, and the possibility of an unflawed character. But in the end, when the Avengers go up against Thanos for the final time (about a third of the original number and with much more at stake) they will need Captain Marvel to even out the fight.

PRINCIPALLY SPEAKING: Testing and the Know-Do "Gap"



Mr. Mueller
Principal

WooHoo! Spring is here!

As winter ends and the year turns the corner and heads "down the stretch," we enter, perhaps, the busiest of times. For our seniors in the Class of '19 - who always couldn't wait for it all to be over - the end will approach so quickly that they will really "never want it to end!" Make it a great finish to your

ALHS careers!

For everyone else, we enter "testing season." In addition to our in-class unit tests, we now take 7 OST's (Ohio State Tests), required for graduation, and our AP exams the first two full weeks in May.

So many tests. Tests, tests, tests! Which ones are REALLY IMPORTANT, and WHY? As long as you get good grades, and have a good GPA, that's all that matters. Right? Or, wait a minute, is it the college test(s) that open(s) doors to your future. Yes! Wait a minute - so which one?

If a teacher says you know it, and your classroom tests support your grade, why all these other tests?

The answer - as much as we either like it, or not - is really fairly simple.

The Ohio assessments measure student content learning in State Standards across the state, understanding that districts, schools and teachers are all different. The OST's assess student competency, regardless of location, and are used, in combination with other variables, to determine eligibility for a high school diploma in the State of Ohio.

Likewise, the SAT measures student performance nationally, and provide data to post-secondary institutions. Colleges rely very heavily on these tests. So much so that a very high SAT can help overcome a less than stellar school GPA. So, why bother?

Ultimately, all of these tests and grades help us determine the existence of a "knowing-doing gap," and what to do about it. Knowing - doing gap? What's that?

In school, a knowing-doing gap can be when you "know" the material, and perform well on assessments, but receive a poor grade because you haven't completed assignments. Because you didn't "do", you haven't made the teacher confident that you really "know." Likewise, if you perform really poorly on exams, but work really hard and complete assignments, a good grade really says you can "do," not necessarily that you "know." We are really Getting Better at this at ALHS .Our teachers work with you and the faculty to get to know you better. They discuss how to include what's important, and exclude the "noise" (penalty for late work, subtracting credit for talking, etc.) to accurately reporting on learning. We need your best effort to inform us about your learning and our teaching. We are all doing awesome stuff!

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The importance of SAT/ACT

Principally from page 2

It is vitally important that colleges make good admission decisions, ensuring, to the extent possible, that enrollees succeed, stay and graduate. To this end, they give strong consideration to student school performance, including GPA, rigor, service and activities - as well as ACT/SAT. Learning and doing in all areas is important! No gaps = admission.

We have learned a lot about student "knowing-doing" at ALHS. We face our own "knowing-doing gap" as educators, and examining student results helps us all GBED. It's what makes us A-von Lake!

Do your best - Every Day!

Think Warm Thoughts!

A day to celebrate women

Women's Day from page 2

This just shows that we're not nearly as progressive as we think towards women because men are getting upset about women not being sexualized (newsflash #3- women are not just around for you to sexualize us; we're people, too, with actual feelings).

We still have a while to go in regards to women's rights around the world, but we can still do little things everyday to move a little bit forwards. We can choose to celebrate women and stand up for ourselves everyday instead of just on International Women's Day. International Women's Day was created and celebrated by many strong young women, and the best that we can do is live in a way that can lead to the eventual equality of all of us.

FBLA preforms well at state

Avon Lake High School's Future Business Leaders of America attended the 72nd annual State Leadership Conference in Columbus this past month, from March 14-15th. This conference was an incredible opportunity for students to increase their



business knowledge and hear from accomplished speakers. Avon Lake ended up placing in the top three for nine events. These categories included Sport and Entertainment Management, Job Interview, Journalism, Public Service Announcement, Accounting II, Broadcast Journalism, Banking and Financial Systems, Business Financial Plan, and Personal Finance. Congratulations to the AL Future Business Leaders of America; we can't wait to see you all running your own company one day!

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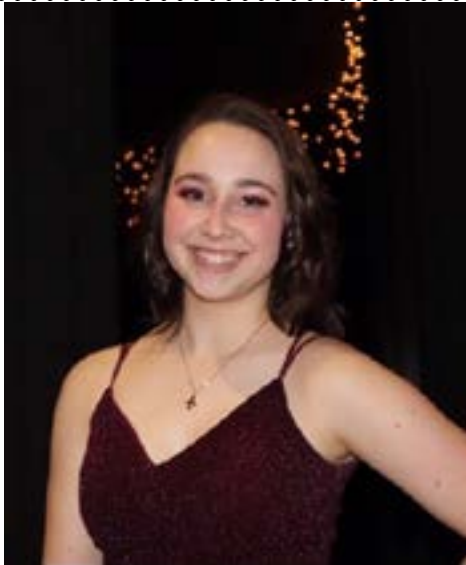
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The Spectrum would love to have you on staff!

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SENIOR SPOTLIGHTS



Lucy Ross

- **Coffee or tea?** Tea
- **Smoothie or milkshake?** Smoothies
- **Opinion on sushi?** I've never had it, but I'd be down to try it sometime
- **Fav music genre?** Folk Rock or Pop Rock
- **If you could be an animal, what would you be?** A Raven
- **Fav vine?** Not really into vines, or memes, or anything that is current in technology
- **Do you believe in aliens?** I say they exist, but I do not have evidence
- **Farthest you've traveled?** Disney World
- **Song stuck in your head:** Anxiety - Julia Michaels
- **Best/worst school subjects?** Science/Spanish
- **Dream job?** Any job where I can make someone smile
- **Era you would time travel to?** The 60s so I could see The Beatles perform live
- **Last text you sent?** Answering these questions
- **If you were on death row, what would your final meal be?** Vegan cheese pizza and a giant strawberry banana smoothie



Erik Fjeldstad

- **Coffee or tea?** Coffee
- **Smoothie or milkshake?** Milkshake
- **Opinion on sushi?** Not a fan
- **Fav music genre?** Country
- **If you could be an animal, what would you be?** Bald Eagle
- **Fav vine?** I don't really watch vines.
- **Do you believe in aliens?** I don't believe in aliens.
- **Farthest you've traveled?** Germany
- **Song stuck in your head:** Wagon Wheel- Darius Rucker
- **Best/worst school subjects?** History and Robotics/English
- **Dream job?** Engineer for a car manufacturer
- **Era you would time travel to?** Revolutionary War times.
- **Last text you sent?** "We just got home and where are you parked?"
- **If you were on death row, what would your final meal be?** Prime rib cooked medium rare

ARIES (3/22-4/21): Second semester might have you in a slump of Netflix binges and oversleeping. However, the energizing planet Mars is going to propel you out of your lazy habits and into either a pay raise at your work, or the opportunity to get a job in the first place!

TAURUS (4/21-5/21): Listen to your gut this month. Your intuitive side will take over and steer you clear of fake friends or drama. Keep personal info to yourself and stay away from oversharing on your finsta, but don't block off your closest friends. Also, pay attention to your love life this month- relationships could get shaky.

GEMINI (5/22-6/21): Watch your mouth this month! With Mercury, your ruling planet, going into retrograde, your communication skills might get totally mixed up. Tread lightly over sensitive topics and avoid putting your foot in your mouth. Also, take a step back from friends and pay attention to your family.

CANCER (6/22-7/22): This is going to be a crazy month for you, Cancer. You'll be given multiple opportunities for new friendships, adventures, and love matches. Just remember not to get too swept up in all of the fun; pay attention to your most important friends.

LEO (7/23-8/22): Make way for change (Positive change, don't worry)! Uranus will shape up your personality and introduce you to a new outlook on your current problems. This isn't the best month for love, honestly, with Mercury in retrograde. Focus on bettering yourself in April.

VIRGO (8/23-9/23): This is a good month to buckle down into your studies and start fourth quarter off strong. Your social and family life will be on the back burner, and all signs point towards academic success. Put away all your distractions, and your PowerSchool will look glorious.

LIBRA (9/24-10/23): Your love life is peaking this month, so all of your attention will be on one special person in April. You're a natural flirt as

is, but this month you're pulling out all of your best skills. Recruit a trusted friend to act as your wingman/woman to see the best results with your crush!

SCORPIO (10/24-11/22): Lately you've been feeling exhausted by putting all of your energy into other people. This month, draw back from draining situations and reflect on yourself. Spend more quiet time alone reading or listening to your favorite music, and you'll have a much more emotionally stable April.

SAGITTARIUS (11/23-12/21): This is going to be a fantastic month for you, Sag! You'll be full of energy and confidence, perfect for creative endeavours. All of your work will be fully appreciated this month, too. Don't let all of this good luck go to your head, though, you are prone to arrogance. Just enjoy all of the good energy this April.

CAPRICORN (12/22-1/20): Your health house is extremely weak this month, so be extra careful and keep a safe distance from your friend who has a cold. Make sure to take care of your physical health this April by eating high vitamin foods and getting fresh air. This month, you'll feel the urge to make an expensive purchase; ask yourself if it's really worth it.

AQUARIUS (1/21-2/18): You feel the need to intellectually challenge yourself this month. Start looking into learning a new language, or pick up an interesting nonfiction book to stimulate your ever-expanding mind. Schoolwork will come effortlessly to you in April. Lastly, be careful not to fall in love too easily this month. Slow down and actually get to know the person you think you're perfect for.

PISCES (2/19-3/20): This is a good time to get in all of your volunteer hours, Pisces. You have a sudden urge to give back and be a humanitarian. Look around to see if there are any nonprofits that could use your help! This is also a good month for you to fine-tune your relationships, especially when it comes to mending broken ones.



Illustration by Mary Shabab

Advice For the Stressed as AP exams approach

I have never been too stressed out about school. Most years around mid-March the only thing on my mind is the increasingly warmer weather. But this year, with AP tests haunting my dreams at night, I have not been able to develop the chill attitude I usually carry fourth quarter. I am constantly reminded by my teachers of the importance of passing the exams, not to mention the extra weight my parents put on me when the tests each cost \$100 a pop. I keep telling myself that I will be happier after the second week of May, that the last couple weeks of school should be smooth sailing, but I'm not sure I can make it that long! Please tell me how to cope with my crushing test anxiety!!

-Praying for a 3

Sassy:

Honey, you need to pull yourself together. No matter what people say, at the end of the day these AP exams are just tests. If you don't pass one or two, YOUR LIFE WILL GO ON. The sun will rise the next morning, and you will still be a perfectly capable student who can get into college. On studying for the tests: buckle down, review as much as you can before the test, then walk into the test room and do the best you can. Just don't stress out day and night on the weeks leading up to exams. You will only be suffering twice, like an idiot.

Silly:

Don't fret, **Praying for a 3!** Most people have been in your shoes and know the pain of AP classes. Maybe get your friends together for a study session before the test; it is always good to bounce material off others and it will help everyone involved. There are also countless resources online to help students studying for any AP test, from APUSH to AP Stats. Try typing your class into YouTube! I bet there are a bunch of review videos to choose from. Calming down is also important, and not taking yourself too seriously, so remember to take time for yourself between study sessions. And at the end of the day, after all of those long hours of studying and exams, at least you have the AP memes to look forward to.

Sincere:

Well, **Praying for a 3**, AP tests certainly aren't something to take too lightly (as my colleagues may have you believe), but they are not worth destroying your mental health. Remember that how you feel is the most important thing, and nobody who is drowning in anxiety will be able to do their best on an exam. Take some deep breaths when you start to feel yourself spiraling; maybe call a friend and talk to them about how you're feeling. You eventually want to go into the test room as calm and collected as possible, so mental health is just as important as reviewing material in the weeks leading up to the exams. As for studying, ask your teacher for some extra study material, or talk to a friend who has taken the class in the past. Review all the year's notes, outline the big ideas of the subject, and know the format of the test. Make it so when you sit down for the test in May, there are no surprises and no stress attacks. You are just as capable as any other student who has passed an AP test, and with enough studying there is no doubt you can pass all your exams.

March Madness: Sweet sixteen team mascot puzzle

U F E J S L E E H R A T F P P K Z C J F W S N A T R A P S U
 G S R A G U O C G O B E Q P K K S E M I N O L E S T L A Q G
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BOILERMAKERS

BULLDOGS

COUGARS

CAVALIERS

DEVILS

DUCKS

FIGHTINGTIGERS

HOKIES

REDRAIDERS

SEMINOLES

SPARTANS

TARHEELS

TIGERS

VOLUNTEERS

WILDCATS

WOLVERINES



The Spectrum Sports



Girls Bowling qualifies for states after successful season

By Caroline Jantz

The Spectrum Sports Editor

The Avon Lake girls bowling team made history this season, becoming the first ever Lorain County team to advance as far as they did. Going into the state competition as the lowest seed (16), they started as the underdogs, but managed to improve.

"We came in the 16th seed and ended 14th, so, not the best, but definitely improved," said senior Lexi Cline. The girls were shocked to even qualify for districts, so when they managed to secure a spot at States they were excited and nervous.

This is the third year that the girls bowling team at Avon Lake has existed, and going up against programs that have been around for decades was a challenge, but they managed to hold their own all season.

"Going to States was a once in a lifetime opportunity; it was absolutely amazing to be around such experienced bowlers and be able to feel the accomplishment of making it all the way to states," said senior Madison Reimueller. "Although we placed 14th out of 16, it was a tough competition and we played our best."

The team finished with an extremely impressive 12-3 record, as well as a 3rd place finish at the NSBC finals, 4th at sectionals, 6th at districts and 14th at states. Being a new program, this very successful season will set the motion for more people joining and even stronger seasons in the future.

As they set their sights on next season, some goals include building a better team dynamic, and the senior teammates believe that it is important in order for the team to get even stronger.

"The team dynamic was kind of divided just because

of who was on the team last year and who was newer, but as the season went on we all began to become closer," said Reimueller.

"Dynamic was shaky, but when we actually had to come together for stuff we worked pretty well," added Cline.

Some individuals who shone throughout the season included junior Rayana Meyers and Amber, both earning high praise from their teammates.

"It is gonna be hard for the team to restart next year because there is a big gap between JV and varsity, but hopefully they can do it with Rayana and Amber," said Cline.

The Avon Lake girls bowling team ended their season completing their goals and seem to be a force to be reckoned with.



Photo from Avon Lake sports Twitter

ALHS Dance Team earns a sixth place finish at states

By Jackson Armbrrecht

The Spectrum Sports Writer

The dance team finished their 2019 season by coming in sixth place in the state competition. The team went down to Columbus to compete with their jazz and pom routines, and the girls were very happy to end their season with a sixth place finish.

"Getting sixth in states for jazz was the highlight of the season," said senior Maeve Manion, who has been a part of the high school dance team for all four years.

The 2019 Avon Lake dance team recorded very high scores not only at states but in the classroom, and they all work hard balancing their busy schedules with school and dance. The schools at the state competition practice every day, whereas the Avon Lake team only practices one night a week, giving the other teams the extra edge.

"We expected to come in twelfth place, so earning sixth place came as a

pleasant surprise," said senior and four year dancer Ava Juergens.

The team worked on nine dances throughout the year for their performances in front of the school and communities at the home basketball games and pep



Photo from Avon Lake sports Twitter

assemblies. They performed to some songs including "Girls Like You" by Maroon 5 and "Story of My Life" by One Direction.

"The senior dance meant a lot to us seniors," said Juergens. "I loved Crowd Pleaser because it was very fast paced and challenging, but extremely fun."

The team is made up 16 girls from

freshmen to seniors; most of them practice on the high school dance team, but are a part of their own teams from other studios.

"I have been dancing for 14 years," said Juergens, who dances at Miss Kristin's in Avon Lake. Maeve Manion has danced for Step by Step in Avon for 10 years.

Both Juergens and Manion have a lot of experience and talent, which makes them great leaders for the team. One of their jobs as the leaders was to choreograph the dances they used in competitions.

"Choreographing the dances," said Juergens when asked what her favorite part of this season was. Ava and Maeve worked on 3 dances and created them all by themselves.

The team got better every performance and they have been getting better and better every year. The team is filled with hard workers and girls who really want to succeed.

Boys Basketball finishes season strong after slow start

By Paighton Masterson
The Spectrum Sports Writer

Reflecting back on the 2018-2019 Shoremen basketball team, beginning with a rough start, the boys turned it around to finish their season strong. Losing three of their first five games of the season, the young team took a turn for the better, finishing their season with an overall record of 11-12.

Senior Matt Sanders talks about their game: "Our season was up and down. We started off slow, struggling to get anything going on offense and really had to rely on our defense. We played very good defense and were persistent in staying in tough games."

Our three star seniors, Cole Schraff, Dylan Marsh, and Matt Sanders, being on their way to graduation in a few months, are leaving behind a dangerous group of talent for next season. Starting on varsity this year, Tanner Russell, Nick Marsh, Nate Sidloski, and the current junior basketball stars are already looking forward to next season.

Since 2015, the winning era of Shoremen basketball has slowly increased year to year, and it's safe to say that with eleven wins on the season this year, Coach Smith's expectations for next year will have also increased as well.

"This season was one none of us imagined happening. Going 11-12 was not as we expected. The chemistry was not there some moments and we needed that in order to be successful. I'm very

excited for next season. We will be very experienced next year and playing alongside teammate I've played with for years will make it so much better," star shooting guard Tanner Russell explains.

The underrated Shoremen placed eighth in the Southwest Conference, just a few points short of one of their biggest rivals Westlake. One of our own, junior Nick Marsh, was awarded Second Team



Photo from Avon Lake sports Twitter

All-Southwestern Conference, along with senior Cole Schraff and junior Tanner Russell being named Honorable Mention All-Southwestern Conference.

The boys sectional game was played against the Westlake Demons at home on February 27th. Coming up a few buckets short, the Shoremen's season came to a close a little earlier than anticipated.

Looking back on the season, it is pretty clear these boys have not just improved on the court, but also grown into a family themselves.

"We only had three seniors this year, but losing them will hurt us. They came out every practice and every game ready to compete and made everyone around them better. They were the leaders of the team and losing them will be tough," Russell says, recognizing our seniors.

With a very bright future ahead for the young Shoremen basketball program, sophomore Nate Murtaugh already has some experience on the floor in a varsity uniform.

"For next year, some expectations for myself will be obviously getting bigger and faster, playing more of a role in scoring, and a lot of improvement on defense. For the rest of my

basketball career I hope to just improve as a player overall and just hope for the best," Murtaugh explains.

It is quite clear that the three seniors will be leaving a legacy they had started four years ago, and that the potential this program has in the next few years, is indescribable.

Girls Basketball wins Division 1 District Championship title



Photos from Avon Lake sports Twitter

Congratulations to Coach Zvara and the 2018-2019 girls varsity basketball team on a terrific season.

They ended their season with a 15-3 Conference record and a 19-3 overall record, as well as a Division 1 District championship win. Other successes include Coach Zvara being named the D1 Ohio Coach of the Year! Congratulations Coach, it was much deserved. For next season the Shoregirls look strong, and we look forward to seeing more successes from this group of ladies.