

## **CAMDENTON BOYS WRESTLING**



## LAKERS HUNGRY TO FINISH STRONG FOR COACH LEIGHTY

The Camdenton boys wrestling team enters the 2024-25 season loaded with underclassmen hungry to make their mark as Grant Leighty enters his 15th and final season as the Lakers head coach.

Last season, Camdenton placed 28th out of 45 at the Class 3 State Tournament with senior Nathaniel Beeson leading the Lakers with a fourth-place finish at 190 pounds.

Camdenton will be led by senior Finn McNitt who was a state qualifier last season at 132 pounds with a record of (37-9). McNitt went 0-2 at state and will be eager to lead as many Laker teammates with him back to Mizzou Arena.

"It's going by pretty quick and you know it feels like I was just in here as a freshman just trying to work hard and get better every day and now it has all flown by," McNitt said. "But, I've just been putting in work because hard work beats talent when talent doesn't work hard, and trust me, we're hard workers."

McNitt noted that he will be entering his senior year at a new weight class along with new expectations.

"I'm wrestling at 144 pounds to start the season and then I'm going to be most likely 138 pounds by districts and state," he said. "But, this year I want to earn a medal. I lost in the bubble match to go to state my freshman year and was injured, I qualified my sophomore and junior year and unfortunately didn't place, but this year is my year and I want it."

The senior co-captain said that he won a grecko state championship in April, but he wants to keep winning.

"I want to repeat that up and get a state title here in folk style," McNitt said. "I wrestled non-stop and basically wrestled during the entire offseason and got probably about 50 matches in. I was in here every day and even tried to get in here

#### 2024-2025 Schedule

#### **CAMDENTON BOYS WRESTLING**

12/3 Smith-Cotton
12/7 Bolivar Tournament (Bolivar, MO) Neutral
12/11 Branson Home 6:30 pm
12/12 Rolla Home 6:30 pm
12/14 Versailles Invitational (Versailles, MO) Neutral
12/17 Camdenton /Lebanon (Lebanon, MO) Away
12/20-21 Harrisonville Tournament (Harrisonville, MO) Away
1/3-4 Kinloch (Springfield, MO) Away
1/14 Helias Catholic (Jefferson City, MO) Away 6:00 pm
1/18 Republic invitational (Republic, MO) Away
1/22 Waynesville- St. James-Camdenton TRI (Camdenton, MO)
1/25 Pacific (Pacific, MO) Away
1/28 Bolivar (Bolivar, MO)Away 5:30 pm
2/1 Conference tournament (Springfield, MO) Away
2/4 Buffalo Home 6:30 pm
2/6 Willard/Camdenton/Marshfield Away 5:00 pm
2/8 Thundering Herd Tournament- Buffalo (Buffalo, MO)Away
2/11 Logan-Rogersville (Rogersville, MO) Away 5:00 pm



on Saturdays and Sundays."

Other senior co-captains are Drake Schiefelbein who is wrestling at 120 pounds and Noah Orr who is wrestling at 190 pounds.

Schiefelbein shared how it feels to share the title of co-captain with hopes of making it to the medal stand at state.

"I mean I was a little scared coming in as a leader because I have not really ever had to do that before," Schiefelbein said. "So, I'm trying to step up and do the best job that I can. I worked a lot in the offseason on my outside singles that I love, and my fireman's. I also worked on my stance and motion and lifted a lot of weights. My goal is to hopefully place at state, but if I don't then it's alright because I know I worked as hard as I possibly could."

According to Schiefelbein, he's been wrestling for 13 years and added how coach Leighty has impacted his life in that time.

"I love coach Leighty and, I mean, I've known him basically my entire life because he coached my dad in high school and he's retiring with me in his last year," Schiefelbein said.

This season will be Orr's second year wrestling with the Lakers after his friend and former swim teammate Nathaniel Beeson convinced him to wrestle.

He added that along with swimming, Orr is also a member of the cross country team and the conditioning from both has some health benefits when it comes to stamina in the wrestling room.

"Well, since we can't really breathe in the water, it definitely helps the lungs," Orr said. "I also run cross country and that helps when we go on runs, it helps with the gas tank a little bit."

He added that he wants to continue the trajectory of success even if expectations are not as high as last season.

"This team may not be as strong as last year, with only the three of us senior leaders, so if two of us aren't here, one has to pick up the slack. But hopefully all of us can keep working hard, stay conditioned and do good this season," Orr said. "But, I really want a winning record on varsity and hopefully I can accomplish that."

## **CAMDENTON BOYS BASKETBALL**



## Lakers Enter Season With Improved Discipline

The Camdenton boys basketball team looks to take a positive step in 2024-25 under the guidance of third-year head coach Daniel Eidson.

"I expect us to be very competitive," Eidson said. "We are in a very tough conference (CMAC Conference) that will make our preparation and execution even more of a priority than it ever was. We need to compete each night and find ways to stay in games and pull out victories with dedicated perseverance and never-ending trust in each other."

The Lakers lost two starters from last season and finished with a record of 5-21. Senior point guard Owen Borbe, senior guard/forward Jonny Semau and sophomore guard Alan Poage return to lead Camdenton as starters, but according to Eidson, that will fluctuate as the season progresses.

"This is still developing and will change game-to-game in order to give us the best opportunity to compete with our opponents," Eidson said. "We are excited for senior guard Damarion Welchen and junior guard Nyhiem Parker to rejoin the team as well."

Last season, Poage averaged 7.7 points per game, while Semau averaged 4.8 points per game and Borbe averaged 1.7 ppg.

Semau noted how eager he is to improve the team chemistry after growing up with Borbe as a childhood teammate.

#### 2024-2025 Schedule

#### CAMDENTON BOYS BASKETBALI

11/19 Camdenton/Eugene/Macks Creek/Osage (Camdenton, MO)
12/2-7 Tipton Tournament (Tipton, MO)Neutral
12/10 Hickman
12/13 Lebanon (Lebanon, MO) Away 7:30 pm
12/17 MarshfieldHome 7:00 pm
12/20 Salem (Salem, MO)Away 7:00 pm
12/26-30 Blue & Gold Tournament (Springfield, MO)Away
1/7Away 7:00 pm
1/10 Capital City
1/14Away 7:00 pm
1/17Home 7:00 pm
1/21 West Plains (West Plains, MO) Away 7:30 pm
1/25 Chillicothe Home 2:30 pm
1/27-2/1 94th Annual Eldon Boys Basketball Tournament (Eldon, MO)
2/4 Helias Catholic (Jefferson City, MO) Away 6:30 pm
2/11 Rock Bridge (Columbia, MO) Away 7:30 pm
2/14 Aurora (Aurora, MO) Away 7:30 pm
2/18Home 7:00 pm
2/25 Osage Home 7:30 pm
2/27Away 7:15 pm
2/28 Battle



"Me and Owen have been teammates for a very long time and now it's just an honor," he said. "I mean, we have always had that chemistry and now its time for us to infuse that into the rest of the team."

Borbe shared how eager he is to lead the Lakers at point guard.

"I'm super excited and I love the team that we have this year," Borbe said. "A lot of the guys from football came out to play, so we have a bigger senior group this year which make sit more fun for me because I have been playing with these guys for a while and I think I have a more comfortable feeling going into this season as a starter."

The senior PG also noted that this offseason was spent fine tuning skills and basic fundamentals.

"I feel like we always have a lot of new guys join the team, so the offseason was kind of about relearning a bunch of basketball basics," Borbe said. "But as for the core varsity group, we have just been fine-tuned to a lot of skills that are necessary to be successful in the season."

Camdenton will have five upperclassmen newcomers joining the varsity squad this season. Senior forward Karson Durnin is expected to compete for a starting spot down low alongside senior forward Kaidyn Bowen. Senior Willard DeMott joins the squad at guard along with junior forward Gavin Franklin and junior guard Paxton Yowell.

"We didn't know who exactly would come out this year. So, certain guys coming out have already made a positive impact for our program," Eidson said. "Most impressively, we have a very competitive/disciplined locker room so far. Energy has been top notch, competition is great and we have plenty of guys that are going to be great leaders inside and outside of the locker room."

Throughout the first few weeks of practice, Eidson said it's all been about focusing on strengths.

"It has been quite a journey with guys joining at different times due to fall sports finishing," he said. "We are knocking off the rust and quickly finding ways to compete and make each other better. We are starting very basic and plan on being very good at a few things rather than trying to do a lot of things, decently. We want to be elite at ball pressure and defense as a whole and our focal points are always on the most basics—ball possession, help defense and rebounding."

## **CAMDENTON GIRLS SWIMMING AND DIVING**



## LADY LAKERS READY TO MAKE A SPLASH







The Camdenton girls swim team enters the 2024-25 season led by five upperclassmen and five sophomores with three freshmen newcomers.

Head coach Kyra Jasnoch enters her second season coaching the Lady Lakers in the pool and will look to build on last season where Camdenton focused on development.

The Lady Lakers will be led by seniors, Ava Woods, Mackenzie Jasnoch, Josephine Kunkel and Emma Sebastian. Also returning to the squad is junior Destiny Nichols.

Camilla Foster, Colette Dickman, Elleanor Krulatz, Alysson Smith and Blake Wilson round out the sophomore swimmers for the Lady Lakers.

Newcomers to the varsity squad are freshmen, Leah Sanford, Ellie Freese and Adelyn Wade.

Camdenton opens its season on Tuesday, Dec. 3, at Webb City High School.

## 2024-2025 Schedule CAMDENTON GIRLS SWIMMING AND DIVING

12/3 Webb City (Webb City, MO)Away
12/5 Central (Springfield) Home 4:30 pm
12/9 West Plains (West Plains, MO)Away
12/13 Kickapoo (Springfield, MO) Away
12/17 Joplin (Joplin, MO)Away
1/7 Seymour (Seymour, MO) Away
1/9 Nevada (Nevada, MO) Away
1/11Away 1:00 pm
1/16 Carthage (Carthage, MO) Away
1/18Tiger Invitational (Sedalia, MO)Neutral
1/21 West Plains (West Plains, MO)Away
2/1 Glendale Home 4:30 pm
2/24 Kickapoo (Springfield, MO) Away



## **CAMDENTON GIRLS WRESTLING**



## **Fuglsang Eager To Lead The Lady Lakers**



The Camdenton girls wrestling team enters year two under head coach Ryan Chester who is eager to build a lasting foundation of Lady Laker wrestlers.

"We got a good number of new girls this year and they all seem to be enjoying the sport and working hard," Chester said. "The team has looked excellent through the first few weeks. I can't get over how much different and better this team looks than last year's squad. The seniors are doing an excellent job at leading through example and setting the tone for the rest of the girls."

Last season, Camdenton was led by Clara Rathmann and current senior co-captain Abigail Fuglsang at the Class 2 State Tournament. The Lady Lakers had a 4-5 dual record, finished second at the Bolivar tournament, and second at the Capital City tournament and fourth in the Ozark Conference.

Rathmann finished her Camdenton career with a 22-1 record and placed third at 235 pounds while Fuglsang finished with a record of 48-1 and captured her 100th win as a junior at 110 pounds.

Fuglsang enters her senior year nationally ranked with all-American honors and will lead the Lady Lakers as co-captain along with junior Selah Segebarth (120 pounds) and sophomore Kenleigh Virtue (115 pounds). Senior Chloe Gemes (105 pounds) is another returning varsity wrestler for Camdenton.

"I'm really excited about this season and I've been working really hard, so I'm expecting a pretty solid season," Fuglsang said. "I love to see the growth of women's wrestling and when I was younger I never really had these opportunities that are here now because I wrestled boys. I'm not complaining or anything because I still beat them."

She added how it feels to watch the sport grow with more girls wanting to join the team.

"It just nice to see girls wrestling grow instead of being a sport that is left in the background," Fuglsang said.

Newcomers to the varsity squad are seniors Jenevieve Flynn (140 pounds) and Daisy Diaz-Sorroza (170 pounds) along with juniors Mirla Atilano Sanroman (105 pounds) and Sadie Compton (190 pounds). Sophomores, Camila Morley (130 pounds) and Talya Campbell (140 pounds) and freshmen, Addison Lawhead (130 pounds), Kylie Preble (145 pounds), Lauryn Heinlein (155 pounds), Mila Krenzel (170 pounds), Kennedy Wright (190 pounds), Faith Hilbus (190 pounds) and Aubrey Miller (235 pounds).

Chester noted how rewarding it is to start a season with a young foundation of Lady Laker wrestlers.

"We are always looking for new talent and to get the word out about our sport," he said. "I'd like everyone to know that the door is always open for girls to come join the team. We picked up Chloe Gemes after Christmas last season and she really took a liking to the sport. She's been working her tail off in and outside of the room and we expect her to make some noise this year."

According to Chester, the expectations remain high for the 2024-25 season.

"Expectations are always high, Being that we will have a full lineup for the first time in a couple years, we are looking to go undefeated in duals and would like to win at least two tournament titles," he said. "We are really putting a lot more emphasis on takedowns and escapes, being takedowns are now worth 3 points instead of 2."

#### 2024-2025 Schedule

#### CAMDENTON GIRLS WRESTLING

11 /26
11/26 Versailles Invitational (Versailles, MO) Away
12/3Home 5:30 pm
12/6 Bolivar Tournament (Bolivar HS, MO) Away
12/11 Branson
12/12 Rolla Home 5:00 pm
12/13 Union Girls Tournament (Union, MO) Away
12/16 Nixa Girls Tournament (Nixa, MO) Away
12/20-21 Lady Mustangs Christmas Clash (Eldon, MO) Neutral
1/3-4 Wonder Woman (columbia, MO) Away
1/10 Capital City Girls Tournament (Jefferson City, MO) . Neutral
1/18 Republic Invitational (Republic HS, MO) Away
1/21Home 5:30 pm
1/22 Waynesville (Waynesville, MO) Away 5:00 pm
1/28 Bolivar (Bolivar, MO)Away 5:30 pm
2/4Home 5:30 pm
2/5Away 5:30 pm
2/6 Camdenton/Marshfield/Willard Tri Away 5:00 pm
2/11 Logan-Rogersville (Rogersville, MO) Away 6:15 pm
2/28-3/1 Class 2 State Tournament (Columbia, MO) Neutral

## **CAMDENTON GIRLS BASKETBALL**



## Lady Lakers May Have the Components of A Winning Formula

The Camdenton girls basketball team returns six Lady Lakers to its varsity roster in hopes of putting together a winning season as a new member of the CMAC Conference.

"There is a formula that needs to come together for us to be strong, but I feel like we have the components to make it," said Lady Lakers coach Staci Caffey, who is approaching 200 career wins and enters the season with a record of (196-143).

Camdenton loses four players from last season, including forward/guard Jaycee Peterson who will miss her senior season as she rehabs from a torn ACL sustained last year where the Lady Lakers finished with a 10-16 record.

Returning starters for the Lady Lakers are junior forward Addison Knoeck and sophomore guard Kinzie Vavruska. Other potential starters are senior guards Alyssa Ferris, Kacie Prettyman and Mia McGuire along with junior forward Madison Sykora.

"I think we are going to have some great senior leadership," Caffey said. "Then we got Kinzie Vavruska who is doing an awesome job and stepping up as a sophomore. Addison Knoeck is a junior and she will be our big girl inside."

Newcomers to the varsity squad are, freshmen guards Madilynn Franklin and Chloe Caffey, sophomore Blair Schwantes, junior Teagan Long and senior Alayna Markley.

#### 2024-2025 Schedule

#### CAMDENTON GIRLS BASKETBALL

11/19 Marshfield Jamboree (Marshfield, MO)Neutral
12/5-7 Elite 8 Tournament (Rogers, AR)Away
12/12 Marshfield (Marshfield, MO)Away 7:00 pm
12/16 OsageHome 7:00 pm
12/17 Eldon (Eldon, MO)Away 7:00 pm
12/19 Smith-Cotton (Sedalia, MO) Away 7:00 pm
12/26-30 Pink & White Lady Classic (springfield, MO) Away
» 12/27 » TBDNeutral
» 12/28 » TBDNeutral
» 12/30 » TBDNeutral
» 12/31 » TBDNeutral
1/13HillcrestHome 7:00 pm
1/16Home 7:15 pm
1/20-25 Mid America Bank Osage Invitational (Osage Beach, MO) Neutral
1/28 Battle (Columbia, MO) Away 7:30 pm
1/30 Bolivar
2/3 Rolla (Rolla, MO)Away 7:00 pm
2/6Helias CatholicHome 7:00 pm
2/10HickmanHome 7:00 pm
2/15Away 2:30 pm
2/17Away 2:30 pm
2/20 Rock Bridge
2/25 Buffalo (Buffalo, MO) Away 7:00 pm
2/27 St. James



"Both freshmen Chloe (Caffey) and Madi (Franklin) saw a little varsity time during our jamboree and traveled with us during summer ball," Caffey said. "We have also had some others step up like junior Teagan Long and sophomore Blair Schwantes as well."

Ferris and Prettyman have been teammates since seventh grade and shared how the team looks so far going into their senior year.

"I think we are doing pretty strong for how far we have came," said Ferris, who looks to lead the Lady Lakers at point guard.

"We're all doing our best and I think this is going to be a huge year because next year this team will be even younger and I think it's always good to have seniors," Prettyman said.

Both Camdenton senior guards noted how the team improved in the offseason.

"In the summer we always go to tournaments like at Bolivar and then we went to Branson and stayed a few nights for a tournament," Prettyman said. "But, I think it helps a lot especially with freshmen and other incoming players, to build up that chemistry before the season starts."

"We also have this 30,000 shot challenge where we try to make that many points over the summer," Ferris said.

Both Ferris and Prettyman added that the strength of this Lady Laker squad will be speed.

Coach Caffey said she was pleased after watching this 2024-25 Camdenton squad perform at its jamboree on Nov. 19 held at Marshfield High School.

"You know our jamboree went really well and we played Marshfield, Fair Grove and Springfield Catholic and I really think the girls came out with intensity and that's what you tend to look for first, or at least I do as a coach," Caffey said. "But it will be exciting they get after it and may have played a little nervous, but they played well."

According to Caffey, one large focal point of improvement during the offseason was to focus on the basic basketball fundamentals.

"Our big goal in the offseason was to get in the gym and become stronger fundamentally," Caffey said. But, over the summer the girls did that and they showed up very dedicated and I think you can tell that they are ready to compete."

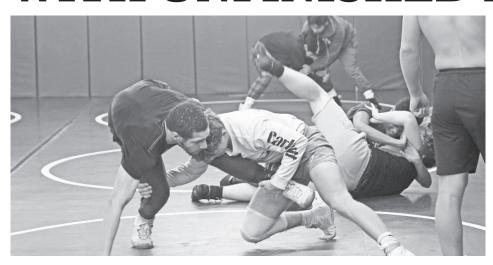
Coach added that there is still room for improvement as the Lady Lakers tip off the 2024-25 season.

"We got speed, we got athletic ability, we just need to work on being more consistent on our shots, finishing around the basket, driving to the rim and being stronger with our passes," Caffey said.

## **OSAGE BOYS WRESTLING**

## INDIANS ROLL INTO 2024-25 WITH UNFINISHED BUSINESS







The School of the Osage boys wrestling team has high hopes for the 2024-25 season after having two Indians qualify for the Class 2 State Tournament last year.

"We got a lot of kids out this year," said Indians coach Matt Fuglsang. "We are young with one senior on the boys team and one senior on the girls team. But, our numbers are up again this year and it's just really exciting to see where it's going because when I see that our numbers are up and the junior high numbers are up too, we must be doing something right."

The Indians placed 29th out of 47 teams at state led by Zachary Green (34-6) with a fifth-place finish at 113 pounds and a 3-1 record last year in Columbia.

Senior Amos Mundy returns as team captain and is hungry to return to Mizzou Arena after he suffered a knee injury and fell in the consolation quarterfinal round at state.

"It feels weird going into my last year of wrestling with this team," Mundy said. "But, Brock Arrowood has been helping me out and he's got better coaching skills than me.

According to Mundy, he will wrestle up to 165 pounds to start his senior year and noted what the Indians need to improve on in 2024-25.

"I would say we are working on our mentality and that is probably the biggest thing in wrestling in general along with technical skills and that's probably the base of where we need to improve."

The senior captain spent the offseason rehabbing from a knee injury and had to cut down on his sugar intake to stay in wrestling shape.

"Every day in the offseason I would go for a run around the track and do about six-eight laps while I was still in recovery for my knee," Mundy said. "I just made sure to eat smaller portions of food and eat food that doesn't stick to my gut. I do drink a lot of water and eat a little bit of bread. I also had to lower my amount of sweets and throw in some cauliflower rice, that's what I've been running on lately."

Mundy added that the wrestling room looked more full compared to last year. "Yeah it's kind of surprising because I walked in here and saw all the people and thought we need a bigger wrestling room," he said.

Junior Brock Arrowood will also serve as team co-captain and will wrestle at 132 pounds. Arrowood noted what he has been working on in the offseason and his expectations for the Indians this season.

"I have mainly been working on improving my strength," Arrowood said. "I'm not just looking to place at state, we're going to try to win state this year as a team. We got to have that mentality throughout the season because the grind doesn't stop and the job is not finished."

Expectations remain similar for coach Fuglsang and the Indians and that is to keep improving.

"We want to improve the program, improve the kids and get as many kids out to state as we can and that's always been a goal of mine," Fuglsang said.

According to Fuglsang, the strengths for the Indians will be in the lower to medium weights this season.

"I would say our strengths will be in the lower to middle weights because we struggle up top with the big guys," Fuglsang said. "But, we got some kids back and hopefully they have matured and won't feel like they are being thrown to the wolves as much."

#### 2024-2025 Schedule

## OSAGE BOYS WRESTLING

12/2Home 5:30 pm	n
12/6 Osage Tri (Osage Beach, MO)Home 5:30 pm	n
12/10 Helias Catholic (Jefferson City, MO) Away 6:00 pm	n
12/12 Bolivar/ELDO/Nevada/SOTO Quad (Bolivar, MO) Neutra	ı
12/14 Versailles Invitational (Versailles, MO) Neutra	ı
12/17 Reeds Spring (Reeds Spring, MO) Away 5:00 pn	n
12/20-21 Sam Richardson Duals (Moberly, MO)Neutra	ı
1/7 Tipton (Tipton, MO) Away 6:00 pn	n
1/10 Tri County Conference Tourney (Osage Beach, MO) Home	е
1/17 Sullivan Friday Night Take Down Scramble (Sullivan, MO)	
1/21Away 5:30 pm	n
1/28 Osage and Eldon @ Buffalo (Buffalo, MO) Neutra	ıl
1/30 Osage Tri (Osage Beach, MO)Home 5:30 pn	n
2/8 Buffalo (Buffalo, MO) Away 4:00 pn	n
2/11 Osage Tri (Osage Reach MO) Home 5:30 nm	

**GAME NIGHT** | WINTER 2024

#### **LAKE SUN** | LakeNewsOnline.com

## **OSAGE BOYS BASKETBALL**

# School of the Osage Home of the Indians

## Hinshaw Eager To Restore A Winning Season For Indians

Jeff Hinshaw enters his first season as head coach of the School of the Osage boys basketball team for the 2024-25 season with a team that returns all of its starters.

The Indians ended last season with a 10-16 record under Craig Engelbrecht and Osage fell 57-53 to Springfield Catholic in the second round of the Class 4, District 10 Tournament.

"Last season was largely a developmental year for the Indians," Hinshaw said. "The team showed moments of promise but struggled to find consistency throughout the season."

Entering this season, the Indians roster stays intact after losing just one role player from last season as Osage looks forward to building on their experience and improving their performance in the upcoming season.

According to Hinshaw, the Indians return four starters for a deep postseason run led by senior point guard, Dayne Depee, senior shooting guard Noah Northrip, junior guard Maverick Trusty and senior guard/forward Landon Childs. Senior forward Andrew Groos and junior forward Blake Harrison will battle for the starting No. 5 spot.

"We have the ability and skill sets to be an explosive offensive team this upcoming season," Hinshaw said. "We have the versatility to play with either one or two low post scoring threats and we have multiple deep shooting threats to space the floor, as well as one of the best returning point guards in the area to run our offense."

Depee returns as the leading scorer for Osage after averaging 10.7 points per game and also led with 4.5 assists per game last season. The point guard also averaged 2.1 steals, 2.4 rebounds with a 44.6 field goal percentage and earned all-district and all-conference honors.

#### 2024-2025 Schedule

### OSAGE BOYS BASKETBALL

12/2Home 5:30 pm
12/6 Osage Tri (Osage Beach, MO)
12/10 Helias Catholic (Jefferson City, MO) Away 6:00 pm
12/12 Bolivar/ELDO/Nevada/SOTO Quad (Bolivar, MO) Neutral
12/14 Versailles Invitational (Versailles, MO) Neutral
12/17 Reeds Spring (Reeds Spring, MO) Away 5:00 pm
12/20-21 Sam Richardson Duals (Moberly, MO)Neutral
1/7 Tipton (Tipton, MO) Away 6:00 pm
1/10Tri County Conference Tourney (Osage Beach, MO)Home
1/17Sullivan Friday Night Take Down Scramble (Sullivan, MO)Neutral
1/21Away 5:30 pm
1/28 Osage and Eldon @ Buffalo (Buffalo, MO) Neutral
1/30 Osage Tri (Osage Beach, MO)Home 5:30 pm
2/8 Buffalo (Buffalo, MO) Away 4:00 pm
2/11 Osage Tri (Osage Beach, MO)Home 5:30 pm





"We're looking good going into the season and we're looking really athletic and skilled," Depee said. "Coach Hinshaw has had us working on our defense in the offseason and I think fundamentally we're more sound than we were. We were a little loose with the ball and now I think everyone has a tighter handle on the ball while we work on improving our turnovers."

Northrip returns with all-district honors after averaging 8.5 points per game, 2.6 rebounds per game and 1.5 assists along with a 47.7 field goal percentage.

Trusty was second on the team in scoring last season, averaging 9.1 points per game as a sophomore. Trusty averaged 3 rebounds per game, 2 assists per game and 1.3 steals per game with a. 41.7 field goal percentage.

Childs returns at power forward/guard and led the Indians with 5.9 rebound per game and 2.8 steals per game as a junior. Childs also averaged 7.1 points along with 2.0 assists and a 44 percent field goal percentage.



Harrison led Osage last season with a field goal percentage of 61.0, while averaging 7.2 points per game, 5.3 rebounds, 1.0 assist and 1.4 steals per game.

Groos led the Indians last season averaging one block per game as a junior. Groos also averaged 6.9 points along with 4.5 rebounds, one assist, one steal with a 49.1 field goal percentage.

Another potential starter for Osage is sophomore guard Jackson Long who averaged 6.8 points per game and 1.0 rebound while shooting 42.8 percent from the field.

"We will play an uptempo system and our goal will be to get into our half-court offense within 3-5 seconds of a made shot or defensive rebound," Hinshaw said. "Ideally, in the half court, we will play a motion style of offense that allows our players to read the defense and use their creativity and skill set to get shots for themselves and their teammates."

Other returners are junior forward Luke Wolf and sophomore guard Lane Stokes. "Luke Wolf is a versatile forward that has the ability to be a great connector on both sides of the floor for us," Hinshaw said. ""Lane Stokes is capable of providing a major scoring punch off the bench."

The strength of this Indians squad will be its defense after holding opponents to 62 points allowed per game last year.

"Our goal defensively is to force teams to adjust to our defensive schemes, and to dictate the way our opponents must play offensively," Hinshaw said. "Eighty percent of what we do in each game defensively will be built upon our system and philosophy while the other 20 percent is built on scouting and attempting to take away our opponent's strength."

"We will have all the tools necessary to be a great defensive team. We have some outstanding perimeter defenders, as well as multiple forwards that can alter shots





around the rim," Hinshaw said. "Our length and athleticism will allow us the ability to play multiple defenses in the half-court, and make us a particularly tough team for opponents to prepare for."

Joining Hinshaw's staff as assistant coaches are John Baumstark, Brad Yoder, Chris Butler and former Osage coach and Jeff's father, Kelly Hinshaw, who coached the Indians from 1995-2005.

Coach Hinshaw attended School of the Osage from kindergarten to eighth grade and as he enters his first ever season as varsity head coach, he added what kind of program he wants to build.

"My mission as head coach is to develop a program that educates young men and enhances the winning spirit in every student athlete," he said. "A major objective of our program will be evolving character, dignity, integrity and discipline on and off the basketball court. Our program and staff will assist in producing young men that are equipped with the tools to become successful leaders in their communities, productive citizens and great fathers. Winning games will occur as a byproduct of our culture and how we do things."



GAME NIGHT | WINTER 2024 LAKE SUN | LakeNewsOnline.com

## **OSAGE GIRLS WRESTLING**

# School of the Osage Home of the Indians

## LADY INDIANS ARE FOCUSED ON IMPROVEMENT IN 2024-25

The School of the Osage girls wrestling team looks to take the next step with a young team led by second year head coach Abbie Cordia.

"We're looking pretty good with our eight girls which is awesome to see since we had just four last season," coach Cordia said. "Women's wrestling has been growing ever since it was sanctioned in Missouri and it's rewarding to see the 15 girls that went out to join the middle school team."

Cordia added that the team hosted a few open mats close to a month before practices started to get the team warmed up for the season.

"We had a few open mats starting the month before which was good and a lot of these girls attended, and I think we had one wrestler go to Iowa for a camp," Cordia said.

The Lady Indians return four wrestlers from last season including Caitlyn Sullivan as the lone senior team captain at 135 pounds.

"It's a great feeling to be a leader and I like it when people follow me in setting good examples," Sullivan said. "It's nice to be a senior but it's also sad because it's bittersweet knowing that it's my last year here at Osage."

Sullivan noted how it feels to watch the wrestling room fill up before every season.

"It's awesome to see because my first three years of high school we would have around three to four girls and now we have eight girls on the high school team," she said. "The middle school also has a lot of girls, too, and when I was in middle school there was probably around four girls on the team and now it looks like there is close to 15, so that's really awesome to see the girls side of wrestling growing."

She added that the Lady Indians are focusing on the basics with such a young team.

#### 2024-2025 Schedule

### OSAGE GIRLS WRESTLING

11/23 Lady Wildcats (Wright City, MO)Neutral
11/26 Versailles Invitational (Versailles, MO)Neutral
12/2 Hallsville Girls Invitational (Hallsville, MO) Neutral
12/6 Osage Tri (Osage Beach, MO)
12/12 Bolivar/ELDO/Nevada/SOTO Quad (Bolivar, MO) Neutral
12/14 Noel Women's Invitational (Rolla, MO)Neutral
12/17 Reeds Spring (Reeds Spring, MO) Away 5:00 pm
12/20-21 Lady Mustangs Christmas Clash (Eldon, MO) Neutral
1/7 Tipton (Tipton, MO) Away 6:00 pm
1/10Tri County Conference Tourney (Osage Beach, MO)Home
1/21Away 5:30 pm
1/24 Clinton Girls Invite (Clinton, MO) Neutral
1/28 Buffalo (Buffalo, MO) Away 5:00 pm
1/30Home 5:30 pm
2/26-27 Class 1 State Tournament (Columbia, MO)Neutral





"As a team with a lot of the new girls we are working on a lot of the basics," Sullivan said. "Basics are very needed when it comes to wrestling and they can get overlooked a little bit. But, this year I am working on my shooting because I want to improve on my shots before my wrestling career is over."

Other returning Osage wrestlers are junior Teighan Carson and sophomore Aala Jamieson.

The Lady Indians also added three freshmen newcomers to the squad, Mykela Karl, Maci Lamb, Avery Luttrell, along with junior Hannah See.

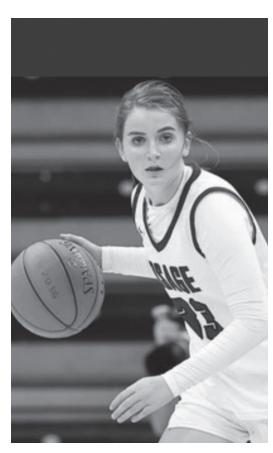
"Caitlyn has really been putting her shots in and is looking pretty good in the room," Cordia said. "Teighan (Carson) has been working hard to stay healthy, so we're looking pretty good, but I think our first match will be a good way to gauge where we stand."

**GAME NIGHT** | WINTER 2024 LAKE SUN | LakeNewsOnline.com

## **OSAGE GIRLS BASKETBALL**

## Volkart Takes Over For Lady Indians School of the Osage







The School of the Osage girls basketball team rerun eight Lady Indians as David Volkart takes over for Jaryt Hunziker as head coach.

Last season, Osage had a record of 20-8 and lost 55-40 to Owensville in the Class 4, District 10 Championship.

"We are learning a new system and that takes some time," Volkart said. "Our effort and attitude have been really good thus far. We are focusing on getting better defensively every day. Offensively, we are also learning a new system. The key for us will be to stay positive and trust the process."

The Lady Indians lost two starters from last year but return a majority. The team will be led by senior shooting guard Elizabeth Yoder, sophomore point guard Avery Sperling and sophomore guards Grace Ribaudo and Macy Sakelaris. Senior forward Bailey Groth is expected to compete for a starting spot at forward.

Last season, Yoder averaged 10.2 points per game and 3.1 rebounds per game and earned first team all-district honors and second team all-conference honors as a junior.

"Elizabeth is a great shooter. She plays extremely hard and rebounds well," Volkart said.

Sperling returns to lead the Lady Indians at point guard and averaged 6 ppg and 2.5 rpg per game as a freshman.

"Avery is a strong defender and underrated scorer," Volkart said.

Sakelaris will get some more playing time after averaging 1.9 ppg and 1.0 rpg as a freshman last season.

"Macy plays with a lot of tenacity," Volkart said. "She is a tough competitor and strong defender."

Groth is also expected to see added minutes as a senior captain alongside Yoder. Last season, the senior averaged 1.5 ppg and 1.7 rpg.

"Bailey is a versatile player who can play multiple positions offensively and defensively," Volkart said.

Groth shared her outlook for the team as she enters her senior year with another new head coach.

"This will be my third head coach in the four years, so there have been some pretty crazy adjustments, but he (coach Volkart) leads a good program with a lot of new plays and he adapts well," Groth said. "Our practices are set up a lot differently being split into four separate quarters, but I like it. I think the team is looking pretty good so far and we are mainly sophomore-based alongside me and one other senior, (Yoder), and they are a really talented group of girls," Groth said.

Volkart added the expectations for the Lady Indians in his first season as head

"We expect to be very competitive this year and we want to compete for a conference and district title," he said. "I am very excited about this group's potential. They are a fun bunch to coach and I look forward to this season."

#### 2024-2025 Schedule

## OSAGE GIRLS BASKETBALL

11/18 Jamboree (Crocker, MO) Neutral
11/22-23 Bluefish Shootout (Rolla, MO)Neutral
11/25 Fatima (Westphalia, MO) Away 7:30 pm
12/2-7 38th Annual Eugene Basketball Tournament (Eugene, MO)
12/9 Richland
12/11 Norm Stewart Classic (Columbia, MO)Away
» 12/11 » FoxNeutral
12/12 Waynesville (Waynesville, MO)Away 7:00 pm
12/16 Camdenton (Camdenton, MO)Away 7:00 pm
12/19 St. Elizabeth Home 7:30 pm
12/21 OCHC Shootout (Weaubleau, MO)Neutral
1/7 Stoutland (Stoutland, MO) Away 7:30 pm
1/9 Buffalo Home 6:30 pm
1/16 Iberia (Iberia, MO) Away 7:30 pm
1/20-25 Mid America Bank Osage Invitational (Osage Beach, MO)
1/31 Helias Catholic Home 7:30 pm
2/3 Hallsville (Hallsville, MO) Away 7:30 pm
2/4 Blair Oaks Home 7:30 pm
2/7 Versailles Home 6:15 pm
2/10 Southern Boone
2/13 Linn (Linn, MO) Away 7:30 pm
2/17 California (California, MO) Away 7:30 pm
2/20 Eldon Home 6:00 pm
2/25 Boonville Home 7:30 pm

GAME NIGHT | WINTER 2024 LAKE SUN | LakeNewsOnline.com

## **CLIMAX SPRINGS BOYS BASKETBALL**

## **COUGARS ARE HUNGRY TO WIN**

CLIMAX SPRINGS COUGARS

The Climax Springs boys basketball team regains a large majority of its roster from last season with hopes of putting together a season above the .500 mark.

Head coach James Butterfield enters his 16th season of coaching boys basketball at Climax Springs. Coach Butterfield said that he wants to see this Cougar squad play a disciplined brand of basketball.

"I try not to get too aggravated, but we want to set good habits," coach Butterfield said. "Defensively we have got to do a better job of always getting to the next spot. So, coach Parrack was my high school coach and he talks about how you're on a string with the ball, and when you play against a zone it's not an opportunity to just stand there when you get the ball, you should be moving with the ball to the next spot. As that improves I think we will just naturally get better through the season."

Coach Butterfield added how a major strength for this team will be its ability to shoot the ball.

"I'm exited to see us improve on our offense, because we got some guys that can really shoot it," he said.

Returning to the Cougars' starting lineup is junior power forward Cody Blanche who led the team in most stat categories last season. Other starters are senior forward Ricky Ables, sophomore point guard Tanner Williams, sophomore guard Tyrus Butterfield and junior forward Ty Flowers.

Newcomers to the Climax Springs squad are freshmen Caden Alles-Barber and Wyatt Boles.

#### 2024-2025 Schedule

#### CLIMAX BOYS BASKETBALL

11/22Home V 7:30 PM
11/25 Wheatland (Wheatland, MO) Away V 7:00 PM
12/6 Smithton (Smithton, MO) Away V, JV 5:00 PM
12/10 Plato
12/17 Halfway Home V 7:00 PM
12/26-28 Doug Loehr Holiday Classic (Weaubleau, MO) Neutral V
1/3 Humansville Home V 7:00 PM
1/13-18 63rd Annual Skyline Boys' Basketball Tournament (Urbana, MO)Neutral V
1/20Away V 7:30 PM
1/21 Macks Creek Home V 7:00 PM
1/24 Fair Play Home V 7:00 PM
1/27-2/1 39th Annual Osceola Tournament (Osceola, MO)Neutral V
2/4 Richland (Richland, MO) Away V, JV 6:30 PM
2/6 Conway Home V 7:00 PM
2/7Away V, JV 7:00 PM
2/11Home V, JV 7:00 PM
2/14 Chilhowee Home V 7:00 PM
2/18 Stoutland Home V 7:00 PM
2/20 Weaubleau (Weaubleau, MO) Away V 7:00 PM
2/21 Northeast Vernon County (Walker, MO) Away V 7:00 PM







"I feel like we have better team chemistry this year," Blanche said. "I feel like last year we were more discombobulated and we might still be, but at least to start out the year we seem to be working better together versus last year."

Blanche added that he's shared the court with these Cougar teammates since the days on the playground.

"I have been playing with them for a while," he said. "Like, I want to say as far back as elementary recess. I came here in the third grade, so probably since then."

Tyus Butterfield noted how he's been staying busy trying to beef up in the weight room, while also developing himself as a leader on this team.

"I spent the off-season hitting the weights trying to get stronger, because I mean, you can't establish yourself as a leader if you tell people where to go and you don't go there," Butterfield said. "So, being tasked as a leader for this team is a title I am proud to have because we have a great group of guys. We got a bunch of scorers, we got shooters and we have an all-around team that I believe can go really far and I just hope we keep it up."

## **CLIMAX SPRINGS GIRLS BASKETBALL**

## Parrack Returns To Coach The Lady Cougars

LIMAX SPRINGS COUGARS

Craig Parrack has made his return to coach the Climax Springs girls basketball team for his 27th season and 38th season overall with hopes of guiding the Lady Cougars to a winning season.

Climax Springs returns three starters from last season led by senior point guard Daphne Butterfield who led the Lady cougars in most stat categories. Also returning as a co-captain is senior guard Jordan Rodenbaugh and junior Maddie Arnett.

Newcomers are sophomores, DeNay Blanche and Gracie Bartley along with freshmen Abigail Morgan and Khloe Durham.

"One of the strengths that we have is that we shoot it a little bit," Parrack said. "With Daphne (Butterfield) we got a pretty good core of returning starters with her, Jordan Rosenbaugh and Maddie Arnett who all like to shoot the ball and handle the ball too."

According to Parrack, Butterfield is on par to surpass 1,000 career points this season.

Butterfield shared what she thinks will be the Lady Cougars strengths this season. "Our strengths I think are how we all work together as a team, because all five of us have known each other since we were little," Butterfield said. "For example, Jordan (Rodenbaugh) has been a teammate of mine since second grade, so we know how to work with each other very well."

She added that there is one thing that Climax Springs could keep improving on if they want sustained success.

"Definitely our stamina," Butterfield said. "With a bunch of these new girls we gotta improve our conditioning and get a bunch of running and scrimmaging in."



Parrack noted that it will take time for the Lady Cougars to adjust to his system. "Sometimes we don't run things as crisp as we want to do offensively, but we'll get better at that as we go through the season," he said.

#### 2024-2025 Schedule

#### CLIMAX GIRLS BASKETBALL

11/22 TuscumbiaHome 6:00 pm
11/25 Wheatland (Wheatland, MO)Away 5:30 pm
12/3 Rich Hill Home 6:00 pm
12/6 Smithton (Smithton, MO) Away 6:00 pm
12/9-14 44th Annual Hermitage Girls Tournament (Hermitage, MO)
12/17HalfwayHome 5:30 pm
12/26-28 Doug Loehr Holiday Classic (Weaubleau, MO) Neutral
1/3HumansvilleHome 5:30 pm
1/20 Calvary Lutheran (Jefferson City, MO) Away 6:00 pm
1/21Home 5:30 pm
1/24Home 5:30 pm
1/27-2/1 39th Annual Osceola Tournament (Osceola, MO) Neutral
2/4Away 5:30 pm
2/6Home 5:30 pm
2/7Away 5:30 pm
2/11Home 5:30 pm
2/14Home 5:30 pm
2/18Home 5:30 pm
2/20Away 5:30 pm
2/21Away 5:30 pm



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**GAME NIGHT** | WINTER 2024

## **MACKS CREEK BOYS WRESTLING**

## Vasquez Takes Over As Pirates HC





The Macks Creek boys wrestling team has more than doubled its roster in its second season as a program with Zion Vasquez taking over for Kris Paschel.

Last season, the Pirates were led by Aidyn Merchant who finished fourth at the Class 1 State Tournament at 175 pounds.

"We truly believe with some hard work and dedication we could have more of our wrestlers make it that far," Vasquez said. We are only a second year program with a young team. Our athletes are putting in the time and picking up what they will need to be doing to be competitive."

The Pirates will be led by the lone senior Julian Norman (175 pounds) and junior Owen Charlton (150 pounds).

"We more than doubled our boys roster from last year, adding four freshmen and a new junior to the roster," Vasquez said. "The boys have a little experience coming in but are picking up on the mechanics pretty quickly."

Newcomers to the Pirates are junior William Humphrey (138 pounds), along with freshmen John Bicknell (165 pounds), Bentley Campbell (215 pounds), Michael Egan (132 pounds), Weston Martineau (157 pounds) and Marshall Vannostrand (TBD).

#### 2024-2025 Schedule

### MACKS CREEK BOYS WRESTLING

12/6 Osage Quad (Osage Beach, MO)Neutral
12/20-21 Battle on the Katy Trail @ Sedalia (Mathewson Center) -Lathrop Host School (Lathrop, MO)Neutral
1/7 Cole Camp Home 6:00 pm
1/18 Warsaw Boys Tournament (Warsaw, MO) Away
1/25Greater Missouri Wrestling Conference Tournament (Lone Jack, MO)Neutral
1/27 Tipton Tri (Tipton, MO) Neutral
2/4NC Quad (Kingdom City, MO)Neutral
2/8Buffalo Tournament (Buffalo, MO)Away

Humphrey said there is some improvements to be made so far through the first few weeks of practice.

"There are some things that we still need to work out, but they all have the motivation to do it, so I think this year and next is going to be good," he said.

Humphrey noted that coach Vasquez is easy to learn from.

"He's easy to work with," Humphrey said. "For example if I see something that needs improvement for the whole team i'll bring it up to him and he thinks about it and incorporates it into our workouts and everything like that. He is also fresh out of college, so he's used to drilling and all of that stuff and knows what works effectively. He also incorporates running, lifting and wrestling and that way it all ties in together to make us a better athlete."

According to Humphrey, Vasquez is not big not a big fan of cutting too much weight.

"He's on us more about staying hydrated and eating food, which not a lot of coaches do that,"Humphrey said. "A lot of coaches will just tell you to drop weight."

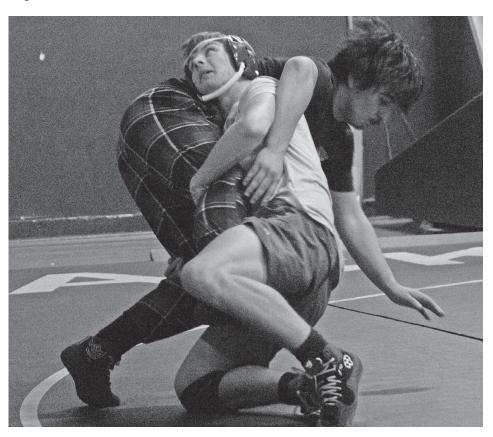
Vasquez enters his second season of coaching after wrestling collegiately at the University of Central Missouri and at Wartburg College. Vasquez is also a graduate of Camdenton High School where he was a member of the Lakers wrestling team.

According to Vasquez, the focal point for improvement this season will be to grow as a team.

"We want to find growth in every match and every meet from all of our wrestlers," he said. "Some of these athletes have never been on the mat for a competition."

Vasquez added that the expectations for the Pirates in 2024-25 are to keep focusing on improvement.

"Keep getting better every week," he said. "Being such a new program, showing improvement is all we can ask from our kids."



## **MACKS CREEK BOYS BASKETBALL**

## PHILLIPS TO LEAD YOUNG PIRATES





The Macks Creek boys basketball team will have a new captain to start the 2024-25 season as Mike Phillips takes over for Jeff Treat.

Four Pirates return from last season where Macks Creek went 7-19 led by departing senior point guard Jose Cortez who led the team in scoring (18.8), rebounds (7.5) and assists (3.9).

Phillips brings 25 years of basketball coaching to Macks Creek and is eager to right the Pirate ship.

"We will be a work in progress with all of our youth and inexperience, but we expect to be working as a team by the end of the year," Phillips said. "It will take a little while to understand our style, but I have faith in these guys. I expect us to be a tough game on everyone's schedule this year."

The Pirates return two starters from last season in senior shooting guard Nick Hicks and sophomore forward Eli Charlton. Other returners are senior guard Sean Green and junior forward Cohen Yates.

Hicks averaged 7.4 points per game as a junior last season while shooting a 3-point field goal percentage of 23.2 percent. The senior guard also averaged 1.2 assists, 1.2 steals and 3.3 rebounds while shooting a 35.0 percent field goal percentage.

Green averaged 1.1 points per game last season while Charlton averaged 5.5 ppg and Yates averaged 0.6 rpg and 0.4 spg.

Newcomers this season for Macks Creek are, freshman point guard Carter Ferrell, freshman forward Tate Boothe and freshmen guards Sebastian Sanchez and Cash Stoner.

According to Phillips, the expected starting five for Macks Creek will be Ferrell, Hicks, Sanchez, Boothe and Charlton.

Hicks is excited to help lead this young group of Pirates this season.

"It's pretty exciting to play with these guys," Hicks said. "I have watched these freshmen the past few years at the middle school level and they have some talent and I'm really happy to kind of guide them through their freshman year the best I can."

So far, Hicks said he has adjusted to the new system set out by coach Phillips and he's adapting pretty well.

"We did a lot of conditioning as a team this off season while trying to play fast and knocking down a lot of shots, almost like a run and gun offense," he said. "On defense, we play press quite a bit, so again our conditioning was key. But, I'm really excited and I like the style that coach Phillips is implementing. I like how he has us play fast and lets us kind of play freely and I'm looking forward to really going far my senior year."

Phillips noted that the Pirates have focused on taking care of the ball if they want to win more games this year.

"The focal points for improvement with this team is having less turnovers and a better shot selection, which will lead to higher shot percentage," he said. "We want to play for a trophy in every tournament and be able to make some noise in districts at the end of the year."

#### 2024-2025 Schedule

### MACKS CREEK BOYS BASKETBALL

11/19 Camdenton/Eugene/Macks Creek/Osage Away 5:00 pm
11/23Bluefish Shootout (Rolla, MO)Away
11/25 StoutlandHome 7:00 pm
12/2-7 91st Annual Humansville Boys Tournament (Humansville, MO)Neutral
12/10 DadevilleHome 7:00 pm
12/12Home 7:00 pm
12/19Away 7:00 pm
12/20 MontroseHome 7:00 pm
1/3Home 7:00 pm
1/4Tipton Shootout (Tipton, MO)Away
1/6 Richland (Richland, MO)Away 7:15 pm
1/10 Walnut Grove (Walnut Grove, MO) Away 6:00 pm
1/13-18 63rd Annual Skyline Boys' Basketball Tournament (Urbana, MO)Neutral
1/21Away 7:00 pm
1/24Home 7:00 pm
1/31 Tuscumbia (Tuscumbia, MO) Away 7:30 pm
2/4 St. Elizabeth (St. Elizabeth, MO) Away 7:30 pm
2/6 Gloria Deo Academy Home 6:00 pm
2/7Home 7:00 pm
2/11Away 7:00 pm
2/14Away 7:00 pm
2/18HalfwayHome 7:00 pm
2/20 Crocker (Crocker, MO) Away 7:15 pm

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## **MACKS CREEK GIRLS WESTLING**



## **Merchant Eager To Lead Lady Pirates**

## MACKS CREEK **PIRATES**

The Macks Creek girls wrestling team has hopes to continue its success in its second season as a program led by junior Kamora Merchant.

"We are only a second year program with a young team," said Lady Pirates coach Jenn Merchant. "Our athletes are putting in the time and picking up what they will need to be doing to be competitive."

Last season was the inaugural season for the Macks Creek wrestling team and Kamora Merchant and her brother Aidyn Merchant made school history by being the first wrestlers to qualify for the Class 1 Sate tournament, held at the University of Missouri.

Kamora ended last season with a 20-14 record and went 1-2 at the Class 1 State Tournament while the Lady Pirates finished tied for 70th place out of 81 schools. Merchant fell in the Consolation-Round 2, but managed to crack the Top-10 at her weight class at 135 pounds. Merchant finished third at districts and was the Greater MO Conference Champion.

The Lady Pirates will roll out only three wrestlers for the upcoming season, led by Merchant at 135 pounds, along with junior Gabby Eversole at 125 pounds.

"I'm pretty excited about this season," Merchant said. "I'll be walking down the hallway and people will come up to me excited for me. I was actually at a middle school meet and one of my teachers' daughters wrestles for Eldon and my teacher told me her daughter was lacking support. So she came up to me and said, hey will you go support her because I know she will want someone there, I was like heck yeah I'll be there, because making that girl happy like that is what is really going to matter."

Merchant noted that the team is working on the basics to start off the year.

"We're kind of all just working with each other to get us all on the same page," she said. "We're still starting at our shots, but now were adding more with sweeps and ducks coming in. So, we get to add a little bit more to it."

She added what she focused on improving in the offseason.

#### 2024-2025 Schedule

#### MACKS CREEK GIRLS WRESTLING





"During my offseason I didn't do a whole lot of freestyle and did more training and started adding more with my duck and some trips just because I learned with my length that trips are just moves that are going to work more."

Merchant said that she just recently went and wrestled overseas in Bahrain.

"I actually just went and wrestled for the U.S. and it didn't go the way I wanted it to and I kind of had some problems," she said. "But having that experience just makes me feel like I don't think I'm going to be nervous. But, I'm telling you wrestling overseas, you get a whole different feel of it. But, for my high school career I just want to keep having fun and try to inspire more girls in next year for sure."

## **MACKS CREEK GIRLS BASKETBALL**

# m<sub>C</sub>

#### WEAVER BRINGS ENERGY TO TALENTED LADY PIRATES





Cody Weaver enters his first season as head coach of the Macks Creek girls basketball team after taking over for Ron Duggan in hopes of capturing a third consecutive Class 1, District 7 title.

The Lady Pirates will be led by it's four returning senior starters, point guard Brooklyn Duggan, guard Addison Ratliff, forward Emma Seaholm and power forward/guard India Willis.

According to Weaver, the Macks Creek starting five will most likely consist of, Duggan, Ratliff, Seaholm, along with India Willis and sophomore guard Ava Willis.

"I think what has impressed me so far at practice is the girls' ability to pick up on a new

system so quickly," Weaver said. "They all are very coachable and pay attention to the details. That ability along with their work ethic has really stood out to me."

Weaver noted what this talented Lady Pirates squad is constantly trying to improve once he arrived in town.

"Our focal points this year are to play solid, aggressive defense without fouling and

getting great team looks offensively," Weaver said. "I believe if we do those things we give ourselves a chance every single night."

India Willis led Macks Creek last season by averaging 19.6 points, 7.3 rebounds, 3.8 assists, and 4.5 steals. Willis also shot 50 percent from 2-point range, 29 percent from 3-point range and 74 percent from the free-throw line. The senior forward/guard earned several accolades and earned all-state honors, all-district Player of the Year, first team all-conference and first team all-district by the Coaches Association, and also received KJEL all-star honors. Willis is on track to get her 2000th career point this season.

Ratliff averaged 15.9 points, 2.8 rebounds, 3.1 assists, and 2 steals per game. The senior sharp-shooter shot 51 percent from two-point range, 41 percent from three-point range, and 79 percent from the free-throw line. Last season, Ratliff earned several post-season honors where she earned all-district honors, second team all-conference honors and first team all-district honors by the Coaches Association, while also receiving KJEL all-star honors.

Duggan averaged 10.4 points, 4.5 rebounds, 5.6 assists and 3.4 steals per game last season. The senior point guard shot 54 percent from two-point range, 20 percent from 3-point range and 65 percent from the free-throw line. Last season,

Duggan earned several honors where she was named to the all-district team, with first team all-conference honors and second team all-district honors by the Coaches Association, and also received KJEL all-star honors. Duggan is close to scoring her 1,000th career point.

Seaholm averaged 7.8 ppg, 4.6 rpg, 2.2 apg, and 1.5 spg. The senior forward shot 52 percent from 2-point range and 69 percent from the free-throw line. Last season, Seaholm received all-conference honorable mention honors.

Also returning to the varsity squad are sophomores, Ava Willis, Eva Willis, Madison Stoner and Brooklyn Downing.

Newcomers are freshmen, Taeler Osborn, Izabella Willey and Shay Yarbor.

This is Weaver's first year as a head coach. Other than accepting the job to teach and coach at Macks Creek, he has no ties to the lake area.

"This is my first year at Macks Creek," he said. "I was an assistant varsity basketball coach for six seasons. Last season I took a head girls basketball coaching position, but unfortunately we didn't have enough players to field a team."

#### 2024-2025 Schedule

#### MACKS CREEK GIRLS BASKETBALL

11/18 Jamboree (Crocker, MO) Neutral	
11/22-23 Bluefish Shootout (Rolla, MO)Neutral	
11/25 Fatima (Westphalia, MO) Away 7:30 pm	
12/2-7 38th Annual Eugene Basketball Tournament (Eugene, MO)	
12/9 Richland Home 7:30 pm	
12/11 Norm Stewart Classic (Columbia, MO)Away	
12/12Away 7:00 pm	
12/16Away 7:00 pm	
12/19 St. Elizabeth	
12/21 OCHC Shootout (Weaubleau, MO) Neutral	
Neutral 7:00 pm	
1/7 Stoutland (Stoutland, MO) Away 7:30 pm	
1/9 Buffalo Home 6:30 pm	
1/16 Iberia (Iberia, MO) Away 7:30 pm	
1/20-25 Mid America Bank Osage Invitational (Osage Beach, MO)	
, , ,	
Home	
1/31Home 7:30 pm	
Home  1/31 Helias Catholic Home 7:30 pm  2/3 Hallsville (Hallsville, MO) Away 7:30 pm  2/4 Blair Oaks Home 7:30 pm  2/7 Versailles H ome 6:15 pm	
Home  1/31	
Home   1/31   Helias Catholic   Home 7:30 pm   2/3   Hallsville (Hallsville, MO)   Away 7:30 pm   2/4   Blair Oaks   Home 7:30 pm   2/7   Versailles H   ome 6:15 pm   2/10   Southern Boone   Home 7:30 pm   2/13   Linn (Linn, MO)   Away 7:30 pm	



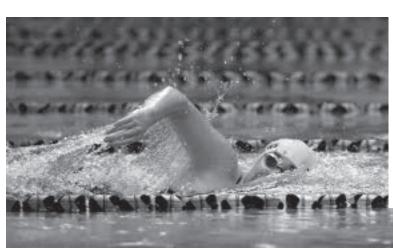












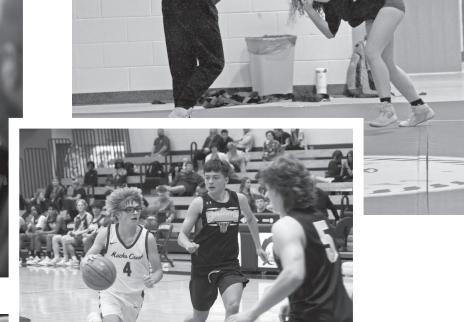




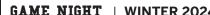














1270 Business Hwy 5 Camdenton, Missouri (573) 346-2090

514 Hwy 42 Osage Beach, Missouri (573) 348-3232

14384 US-54 Macks Creek, Missouri (573) 363-5360

902 E North St, Eldon, Missouri (573) 392-3351

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