

2012 SEASON REVIEW

FREMONT ROSS

Coach: John Elder

2011 Finish: Third in the GBC and third at districts.

Key Returners: Seniors Jacob Berryman, Lane Owen, Skylar Reffner, Joey Franco and Gerrell Flowers; juniors DeVaun Churchya and Justin Schaffer; sophomores Jared Ballenger, Louis Guardiola and Tyler Edmonds.

Graduates: Alex House, Tre Rollins and Tylor Trautwein.

Outlook: Ballenger, the Ross school-record holder in the discus, was fifth at the Division I state meet, tossing the discus 172-11. The GBC champion leads a group that won't be as loaded with talent as it was in previous years. "We will lack in depth this spring, however, we have strong individuals," new Ross boys coach John Elder said. "We do have some bright spots, that if they develop, we could have success in our big meets." Guardiola, only a sophomore, will anchor the

1,600 and 3,200 for Ross. Berryman will be the main middle distance runner, while Reffner returns to the track team after a year hiatus. He was a state qualifier as a sophomore. "Jeff Barnett and John White should help us in the short-sprints and long jump," Elder said. "Sophomore Tyler Edmonds, junior Justin Schaffer and sophomore Brantleigh Bunting should give us depth in the distance races. And if Lane Owen is able to return to his sophomore ability after not running last year, he will make our 4x800 and 4x400 relays potential state qualifiers." Sophomore Mike Muffler will join Ballenger in the throws. "The TRAC meet will be very competitive," Elder said. "It is very difficult to defeat Whitmer because of its depth, but we do have outstanding individuals. I am expecting strong performances by these individuals as we enter our championship part of the season."

FREMONT ROSS

Coach: Travis Bates

2011 Finish: Won the GBC and district meets.

Key Returners: Seniors: Alycia Baumgardner, Danielle Honaker and Alesha Overmyer; juniors Sarah Gray and Ariana Spencer; sophomores Mariah Mathews and Cassie Woleslagel.

Graduates: Carlea Harper, Ellen Silva and Stephanie Swint.

Outlook: The Little Giants return three of the four members of their state qualifying 4x200 meter relay in Baumgardner, Spencer and Mathews, who'll lead a deep and talented roster. "This is definitely one of the strongest, if not the strongest girls teams we have had at Ross," Bates said. "The TRAC Championships with Notre Dame is going to be a tough, tough meet, but I think we can really challenge everyone there." Sprints are the strength of Ross's team with the return of Gray, Woleslagel and newcomers Brianna Frost and Nacaila Roberts. Overmyer will replace Harper on the 4x200 and 4x400 relays.

"They'll have a real possibility to break school records and go to Columbus again," Bates said. Mathews won a district title in the 200-meter dash, Baumgardner was a regional qualifier in the 100. Overmyer advanced to regionals in the 800 and Spencer advanced in the long jump. Bates says the distance team is young, but is loaded with some good prospects, one being sophomore Lauren Ickes. Freshmen Faye Sloma and Sarah Szymanowski will also provide some talent to go with Overmyer and Gray. Put them together and you have the makings of a very good 4x800 relay. Woleslagel returns in the high jump and 300 hurdles — which she won the GBC title and qualified to regionals in despite not running it before. Gray and Woleslagel will both be high jumpers, Abbi Hasselbach and freshman Zoe Harmon are pole vaulters. Bates, a long-time throws coach, will have some young throwers led by sophomore Jessica Schell, a GBC-placer a year ago.



Fremont Ross' Sarah Szymanowski and Faye Sloma compete in the 4X800 relay during a track meet Tuesday against Oak Harbor. JONATHON BIRD/NEWS-MESSENGER

Versatility from Ross girls

Little Giants get the best of Oak Harbor in chilly track meet

By Matthew Horn
Sports writer

Track athletes don't come much more versatile than Sarah Gray of Fremont Ross.

Gray won the 400 and was part of first-place 4X800 and 4X200 relays Tuesday as the Little Giants' girls defeated Oak Harbor 74-67.

"She does everything you ask, she works hard, she runs through pain and she has stepped it up a

notch this season," Ross girls coach Travis Bates said. "Sarah is really running fast. She can do everything. Very rarely do you get a kid doing the 200 to the 800 and doing them well."

Alesha Overmyer won the 800 for Ross on Tuesday. She and Gray are part of the Little Giants' 4X400 relay, but the teams didn't compete in that event.

"She provides senior leadership," Bates said. "It's the example she sets as a tough, hard-nosed runner. Their training is progressing and I expect to see big things from them."

In addition to the individual potential of Gray and Overmyer,

Bates has high hopes for the 4X200 and 4X400 relays in particular.

Faye Sloma won the 3,200, Jenn Kiser the high jump and Erin Slaughter the 100 hurdles for Ross. Brianna Frost won the 100, Valerie Bixler the 1,600 and Danielle Honaker the 300 hurdles.

Morgan Turnow won the shot put, discus and hammer throw for Oak Harbor.

"For the discus, I did better than I expected at state," Turnow said of a sixth-place finish last season, "and it's my senior year so I want to come out with good marks. My form was good. The marks were not where I wanted, but I'm looking forward to the

rest of the season.

"We have a young team, but we're all looking forward to the rest of the season."

Sidney Allen won the 200, Alexis Huntebrinker the long jump and Katie Lowe the pole vault for the Rockets. Oak Harbor captured the 4X100 relay as freshman Rebekah Rayburn took part.

"(The) 4X100 got switched on the way over," Huntebrinker said. "(Rayburn) is really good and really fast, but we hadn't seen her in that role. I was really proud of how she came in and stepped up.

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Ross

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"That was a lot of pressure. I'm glad she was able to adapt. For her first time running on a relay, I'm proud of her."

Mills wins three events

With the cold conditions and early-season timing of Tuesday's meet, Ross's coaches simply hoped to see their kids gain experience. The Little Giants' athletes could continue their training as the coaches worked on determining where everybody fit best.

Jacob Berryman of Ross understood where they were coming from, but felt something was missing from that equation — winning.

"We go in with the same mentality," Berryman said. "You just have to warm up and treat it like any other meet."

The Little Giants won the 4X200 and 4X800 relays as Ross topped Oak Harbor 80-59.

"Our relays looked strong and the field events were strong also for how cold it is," Berryman said. "We ran well overall. Our times were slower than normal (because of the conditions), but coach was happy."

Shanquise Mills won the 110 hurdles, long jump and high jump, Skylar Reffner took the 100 and Brett Foos the 300 hurdles for Ross. Brantleigh Bunting won the 1,600, Jeff Barnett the 200, and Jared Ballenger the shot put, discus and hammer throw.

"He's progressing well," Bates said of Ballenger. "He hasn't had those big throws this year. We're changing technique to break some bad habits to get to that next level.

"We want him to reach his potential as possibly one of the best throwers in the country."

Ballenger had the best throw in the nation by a freshman by 10

feet last season at 177.

"He wants to be there now," Bates said.

Josh Chambers won the pole vault, Tyler Sievert the 800 and Tyler Schmidt the 400 for Oak Harbor. Jake Wistinghausen won the 3,200 and the Rockets took the 4X100 relay with Cliff Biggert as a new addition.

"It's really cold," said Jake Hetrick, who ran on the 4X100 relay. "On a day like this you just want to get warm and make sure you can compete."

"We threw Cliff in. Before the race we didn't work on handoffs. We'd never worked with him so it was a surprise how we did. He didn't have the steps down or anything, but we slowed it down to make sure the handoff was executed. We've got some fast people on the 4X100. Cliff is fast."

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ROUNDUP

Ross sweeps Clyde Invitational

News-Messenger reports

Jacob Berryman was the boys MVP and Sarah Gray was co-MVP for the girls as Fremont Ross swept Clyde's A.W. Hendricks Invitational on Saturday.

Berryman won the 800 (2:04.20) for the Little Giants who edged St. Francis de Sales 108.5-101.

Berryman, Devaun Churchya, Jeffrey Barnett and Skylar Reffner won the 4x200 relay. He, Churchya, Reffner and Lane Owen won the 4x400 relay while he, Owen, Justin Shaffer and Louis Guardioli won the 4x800 relay.

"Even though we won, it was not our best outing," Little Giants coach John Elder said. "We had a couple of stumbles, a false start and some missing athletes, but we were resilient. Jacob had an outstanding day."

Gray won the 400 (1:02.60) as Ross just squeaked by Tiffin Columbian 126.33-125.16 for the team title.

Gray, Lauren Ickes, Valerie Bixler and Alesha Overmyer won the 4x800 relay, while she, Paige Ickes, Ariana Spencer and Overmyer won the 4x400 relay. Gray was also on the second-place 4x200 relay.

Bixler took first in the 1,600 (5:39.90) and 3,200 (12:10.00). Overmyer was first in the 800 (2:30.20) and Mariah Mathews won the 200 (28.00).

Other winners for the Ross guys included Guardioli winning the 3,200 (10:06) and Shanquise Mills who won the long jump (19-11.25). Jared Ballenger won the discus (159-01) and shot put (50-0). Reffner was second in both the 100 and 200.

Bellevue was third (94 points) on the girls side, finishing one spot ahead of Clyde (70 points). Lakota was seventh at 28.16 points.

Laiken Tester won the long jump (15-2.25) and Marissa Tuttamore won the high jump (4-10.25) for the Lady Red.

Clyde's Natalie Andrews took the top spot in



Shanquise Mills clears the bar as he competes for Fremont in the A.W. Hendricks Track Invitational in Clyde on Saturday. JENNIFER YOUNG-BOWER/NEWS-MESSENGER CORRESPONDENT

the shot put (34-3) and discus (103-3), while DeDe Loparo won the pole vault (8-6).

Cariss Reese tied for second in the pole vault and was third in the 300 hurdles for the Raiders. Taylor Smith tied for third in the high jump.

Bellevue, with 75 points, was fourth on the boys side as Matt Rowland won the 110 hurdles (15.8). Dylan Farmbrough was first in the 1,600 (4:45). The Redmen were also first in the 4x100 relay.

Clyde's Adam Turner was second in the 400 and third in each of the 100 and 200 races for the third-place Fliers (94 points).

Ben Wollenslagel was second in the high jump.

Luke Baker and Nick Alexander tied for first in the pole vault for Lakota, which finished seventh (27 points). Logan Greiner was second in the 300 hurdles.

Baseball

Bellevue 10, Firelands 5 (Game 1);

Bellevue 13, Firelands 3 (Game 2)

The Redmen (13-3) have won seven of their last eight games after sweeping the Falcons in a non-league Saturday doubleheader.

Bellevue was out-hit 9-8 in the opener, but took advantage of four Firelands' errors. Ethan Hartley

earned the win on the hill tossing 6 $\frac{1}{3}$ innings, striking out four and walking two.

Alex Manner and Matt Sieger were both 2 for 3 in game one with two RBIs.

Dalton Jarvis struck out eight and walked a single batter en route to a game two win. At the plate, he was 3 for 4 with two RBIs, while also accounting for two runs scored.

Ryan Geary was 2 for 4 with an RBI in the second game.

Gibsonburg 13, Vanlue 3

Logan Jones went 2 for 3 and had three RBIs for the Golden Bears in the

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Boys Track and Field

AW HENDRICKS INVITATIONAL

Site: Clyde HS, Clyde.

Team scores: 1. Fremont Ross 108.5; 3. Clyde 94; 4. Bellevue 75; 6. Genoa 28.5; 7. Lakota 27.

Shot put: 1. Jared Ballenger (FR) 50-00; 3. Logan Bryer (G) 45-10; 5. Adam Wilkerson (C) 43-04.5.

Discus: 1. Ballenger (FR) 159-01; 2. Bryer (G) 155-05; 3. Dylan Alexander (L) 125-03; 4. Wilkerson (C) 119-01; 5. Kevin Crowe (L) 109-04.

Long jump: 1. Shanquise Mills (FR) 19-11.25; 2. Damien Coburn (C) 19-01.5; 3. Ben Wollenslegel (C) 18-08.25; 4. Jalen Santoro (B) 18-05; 5. Kenyon Missler (B) 18-00.5.

High jump: 1. Evan Logsdon (UPPER SANDUSKY) 6-02; 2. Wollenslegel (C) 6-02; 3. Mills (FR) 6-00.

110 hurdles: 1. Matt Rowland (B) 15.8; 2. Mike Sieger (B) 16.1; 3. Logan Greiner (L) 16.4; 5. Wollenslegel (C) 16.7.

300 hurdles: 1. Robbie Traunero (TIFFIN) 41.6; 2. Greiner (L) 42.6; 3. Sieger (B) 43.0; 4. Austin Baker (C) 44.8; 5. Wollenslegel (C) 45.0.

100 dash: 1. Wayne Blanchard (ST. FRANCIS) 11.0; 2. Skyler Reffner (FR) 11.1; 3. Adam Turner (C) 11.4; 4. Kyle Nutter (G) 11.6; 5. Kyle Mange (C) 11.61.

200 dash: 1. Blanchard (ST. FRANCIS) 23.0; 2. Reffner (FR) 23.1; 3. Turner (C) 23.8; 4. Rowland (B) 24.4.

400 dash: 1. Cameron Will (ST. FRANCIS) 50.3; 2. Turner (C) 50.4; 4. Collin Rieman (C) 54.7; 5. Jaron Bintz (G) 54.9.

800 run: 1. Jacob Berryman (FR) 2:04.2; 5. Dylan Farmbrough (B) 2:10.9.

1,600 run: 1. Dylan Farmbrough (B) 4:45.0; 3. Isaac Bouyack (C) 4:51.7.

3,200 run: 1. Louis Guardiola (FR) 10:06; 4. Tyler Edmonds (FR) 10:41.2.

4 x 100 relay: 1. Bellevue A 45.9; 2. Clyde A 46.5; 3. Genoa A 46.6; 6. Ross A 47.7.

4 x 200 relay: 1. Ross A 1:35.1; 2. Bellevue A 1:35.2; 3. Clyde A 1:36.8; 6. Genoa A 1:39.8; 7. Lakota A 1:43.4.

4 x 400 relay: 1. Ross A 3:32.9; 2. Clyde A 3:37.8; 4. Lakota A (FR) 3:49.8; 5. Bellevue A 3:50.5.

4 x 800 relay: 1. Ross A 8:32.8; 3. Bellevue A 8:52.1; 4. Clyde A 9:11.1; 7. Lakota A 10:14.8.

HIGH SCHOOL SPORTS ROUNDUP

Ross girls win Krause Invitational

News-Messenger reports

Mariah Matthews, Sarah Gray, Ariana Spencer and Alycia Baumgardner won the 4x200 relay Saturday as Fremont Ross's girls track team finished the Bill Krause Invitational at Tiffin Columbian in first place.

Gray won the 400 and Spencer the long jump.

Lane Owen, Mike Muffler, Devaun Churchya and Jacob Berryman won the 4x400 relay, and Jared Ballenger the discus as Ross's boys were third.

Kelsey Burkin won the 100 as St. Joseph Central Catholic's girls finished sixth. The Crimson Streaks boys were 10th.

in the Black Division.

Huron Memorial Invitational

Colleen Valko, Whitney Schalk, Michaela Fox and Ericka Hosang won the 4x800 relay, Sarah Bedell both hurdles and Laiken Tester the long jump as Bellevue's girls finished first.

Jaclyn Turner, Halle Brown, Morgan Dewitt and Hilary Brown won the 4x100 while Bedell, Jade Werner, Fox and Valko took the 4x400 relay. Kelsi Karl won the pole vault.

Matt Rowland won the pole vault as Bellevue's boys were second.

Katie Nesbitt won the long jump as Margaretta's girls were third.

Stroup and advanced to third on a passed ball.

Fostoria scored two runs in the top of the seventh to force extra innings and each team scored once in the eighth.

Be Reardon struck out two and walked two in nine innings to notch the victory in the circle. Stroup and Amanda Binder each had three hits while Cassidy Frank and Reardon added two apiece.

SJCC (9-5) scored three runs in the fifth inning to take the lead for good in Game 2. Reardon struck out three and walked three in seven innings for another win.

Kristen Sessler, Stroup and