

2018-2019 Season Review

Root, Heidelburg return for Ross boys

Matthew Horn

Special to Fremont-News Messenger
USA TODAY NETWORK

The Buckeye Conference had several strong programs when John Cahill played at Fremont Ross.

Cahill, who graduated in 1987, knows making noise in the Three Rivers Athletic Conference will be just as daunting in his first year as Little Giants coach.

"I want us to go with the mindset ... the Fremont I grew up in didn't go to Toledo to play Whitmer to lose and come home," he said. "We want to battle every possession. I hope for the blue collar attitude I felt like we had when I played.

"I'd like to think we get to a point where we're competitive (mentally)."

Cahill, who led Clyde's girls program to the state tournament twice before stepping down in 2015, wants to focus on good shots/best shot on offense.

"We're trying to play to our strengths," Cahill said. "There should be some similarities if you watched Clyde. We're tailoring it to what we have with some unique pieces.

"You'll see a lot of freedom and we'll try to high-light specific skills for kids."

Senior guard Jabryis Heidelberg, senior guard Bryce Root and senior forward Bryce McKinstry are returning starters. McKinstry finished the football season with his broken wrist in a cast and his return date is uncertain.

"It's in flux," Cahill said of lineup combinations and on-court chemistry. "McKinstry is a big piece and he's out for the foreseeable future. They've shown some flashes of some really good stuff.

"They've worked hard and their attention to detail is getting better."

Senior varsity returner Hayden Lehmann is an option to start. Junior guard Ben Gedeon is another.

The final spot might depend on whether Cahill wants to go small or big with several in the mix. Seniors Deryante Hardin and Ethan Chumley, juniors Dontrez Brown, Connor Malan and Jason Burling and sophomore Dion Bradley are varsity newcomers.

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Jabryis Heidelberg returns for Fremont Ross this season.

MOLLY CORFMAN/THE NEWS-MESSENGER

Ross boys

Continued from Page 7A

Three of the Little Giants top four scorers from last season graduated.

Cahill replaces longtime coach Mark Gedeon at the helm.

"I have a ton of respect for Mark," Cahill said. "Growing up in the program, it seemed like there was a new coach every two or three years. I'm taking over for the greatest coach in Ross history on the boys side."

"It's a challenge replacing somebody who is respected and you want to do justice to what he started. We have no bigger fan than he."

Cahill's assistants are DeMar Moore, Issian Redding and Mike Wilson. Joel Heidelberg is the junior varsity coach.

"It's fun trying to put the pieces together to have a competitive team," Cahill said. "Working with the kids to create a culture where we do the right things on and off the court."

Cahill is excited to be home.

"It's cool it's the gym I grew up in watching games and I played my career there," he said. "I really never had intended to leave Clyde. Sometimes, things change."



Senior forward Bryce McKinstry, a returning starter, broke his wrist during the football season and his return date is uncertain. FILE

"I graduated from Ross. It was a good fit. It's fun to be back in the gym."

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Ross falls in season opener

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Jabryis Heidelberg scored a game-high 24 points but Fremont Ross lost its opener 68-58 in a nonconference matchup Saturday with visiting Anthony Wayne.

Heidelberg scored 11 points in the first half and 10 in the fourth quarter. Bryce Root added 15 points, including eight in the third quarter for the Little Giants.

Ross trailed 35-27 at the half.



Fremont Ross guard Jabryis Heidelberg drives past an Anthony Wayne defender. Heidelberg finished with 24 points in the 68-58 loss.

MOLLY CORFMAN/THE NEWS-MESSENGER

ROSS HOOPS IS TRYING TO STAY IN ITS SPEED LANE; IT GETS SPED UP IN A LOSS TO THE KNIGHTS

by [Rich McGowan](#) | Dec 8, 2018 | [Boys Basketball](#)



TOLEDO – When driving on the freeway it's only natural to speed up a little when other drivers are passing by at high speeds.



Jabryis Heidelberg

But no matter how quickly the opponent may be going, the Fremont Ross boys basketball team has to stay in its lane and battle the urge to push the gas. Friday night, playing the team favored to win the Three Rivers Athletic Conference, the Little Giants tried to keep up with the high-powered Knights. And when they tried to go faster, they only got left behind as St. Francis pulled away in to an 84-53 victory.

"When we get into trying match people shot-for-shot, it's bad for Fremont Ross and its good for whoever we're playing," coach John Cahill said. "We have to be patient in getting good shots."

When Ross kept a modest pace, it found success, such as a 10-10 tie early in the game. But the Knights then scored the final seven points of the quarter. Ross stayed in shouting distance, trailing by 12 late in the second quarter until St. Francis grew the lead to 19, 44-25, in the half's last 90 seconds.

"I felt there were times where, because they scored, we felt like we had to match them," Cahill said. "Then we're getting a shot blocked and they get a dunk and we rush down take another quick shot and they come back and hit a 3 and – all of a sudden – they turned a 2-0 run into a 7-0 run but a lot of that is our own doing."



Dontrez Brown

"We're not the quickest team or the strongest team, so if it becomes an up-and-down game, that's not to our benefit. It's (about) being patient and making people score through us and then getting good shots. When we stayed with that, we had some success."

Jabryis Heidelberg led Ross in scoring 14 points while Bryce Root and Ben Gedeon each added 10. Dontrez Brown scored eight points but displayed the competitiveness Cahill wants the rest of the Little Giants to take note of.

"I don't think, at any point, we ever thought Dontrez would be playing these kinds of minutes, but he led us in rebounding, he defended hard, we put him on a lot of different kids, including on the perimeter some tonight, and he just competes," Cahill said. "If we can get everybody just with his attitude and his competitive attitude we would be a much better basketball team. He stays in the fight at all times. I thought he was really good."

Ross (0-2 overall, 0-1 TRAC) returns to action Tuesday when the Little Giant travel to St. John's. After a long, and highly successful, tenure coaching the Clyde girls program, being winless after two games is a new experience for Cahill.

"As a coaching staff, we rage against defeat and I think sometimes the kids are used to getting beat and it's a clash of expectations," he said. "We'll get there. We'll become a better team as we go and I think our coaching staff is committed to getting things going this year but we also have a long haul. We knew it wasn't going to be an overnight fix going in and it's not going to be."

St. Francis 84, Fremont Ross 53

FR| 10—15—13—15 – 53

SF| 17—27—22—18 – 84

FREMONT ROSS (53)

Deryante Hardin 7; Hayden Lehmann 2; Jabryis Heidelberg 14; Ben Gedeon 10; Bryce Root 10; Dontrez Brown 8; Jaevon Martin 2. Totals 13 11-14 53.

1. FRANCIS (84)

Wells 9; Niel 19; Uzigne 2; Kozak 10; McClannan; Justice 3; Crumby 2; Kizer 3; Harris 18. Totals, 32 8-12 84.

LITTLE GIANTS HOOPS SEEKING CONSISTENCY ON AND OFF THE COURT

by [Rich McGowan](#) | Dec 12, 2018 | [Boys Basketball](#)



TOLEDO – For the Little Giants boys basketball team, the key to finding consistent success on the court will come when it finds consistency off the court. Inconsistency off the court, however, brings with it inconsistency on the court and it showed Tuesday night at St. John's.

The Titans shot the ball well early and displayed an intense defensive effort throughout the night, requiring the Little Giants to work for everything they could muster on offense as St. John's took a 65-36 win over Ross.

"We need to keep working, right now we have so many issues that we're trying to take care of – both on and off the court—that it makes it difficult to do things the right way on the court," Ross coach John Cahill said.

A Bryce Root 3-pointer three minutes into the game brought Ross within a point, 6-5, but the remainder of the first half belonged to St. John's. The Titans then went on a 9-0 run and ended the first quarter leading 15-8.

St. John's then outscored Ross 13-1 over the first five minutes of the second quarter and went into halftime with a 33-16 advantage. St. John's hit five 3-pointers in the first half and out-rebounded Ross 17-9.

"I thought they defended very, very well," Cahill said. "They have a couple veteran kids who played on some of those teams who maybe didn't have big roles, but they won a lot of 50-50 balls and the plays we have to win to be in games like this."

Ross' best period of play came in the third quarter. The Little Giants were much-improved in possessing the ball in the offensive half-court, moving the ball and remaining patient for good shooting opportunities. The Little Giants outscored the Titans 14-13 in the third and began the fourth quarter trailing 46-30.

"I didn't think our energy was very good tonight," Cahill said. "But I thought we played a pretty good third quarter. Then in the fourth quarter it got away from us. We stopped defending and only scored six points on two (field goals)"

Cahill said the Little Giants have to become more disciplined in all phases, including during school hours.

"We have so many things that we don't do correctly – in school or off the court – that I think have a carry-over to what we're trying to do here.

"Hopefully we can get some of those things corrected – as a staff – in school and then get a little more continuity in terms of what we're trying to do in practice. We have some kids that missed practice time because of study table because their grades aren't where they need to be – and that's the priority for us, to have the kids do well in in school – but it'd be nice if they could take care of that on their own (without needing to use practice time). We'll keep working."

Root led the Little Giants with 14 points and eight rebounds and Ethan Chumley added six. Jabryis Heidelberg also scored six points to go with six assists.

Cahill said the coaching staff is going to put all personnel options on the table.

"I think we have some young pieces we're going to give a chance to and open up some practice time," Cahill said. "I think there is some potential future kids that maybe we can get our culture started with and it feeds up. It will be a competitive practice (Wednesday) and if we start the same five on Friday I'll be stunned. We're going to give some other people some opportunities to step up and maybe a chance to play."

Ross returns to action Friday when it hosts Toledo Central Catholic at 7:30.

ROSS'S EFFORT IMPROVES, BUT LITTLE GIANTS FALL SHORT TO THE IRISH

by [Rich McGowan](#) | Dec 15, 2018 | [Boys Basketball](#)



FREMONT – The Little Giant basketball team had its best four-quarter effort yet this season, competing hard from the opening tip to the final whistle. But it wasn't quite enough to propel Ross to its first win of the season. The Little Giants entered the fourth quarter trailing by six points but couldn't cut the deficit in a 56-50 loss to Toledo Central Catholic.

"I felt like this was a game and, even when we got behind, we made it so I was still taking timeouts and trying to set a defense," Ross coach John Cahill said. "I felt like we stayed in the battle and everybody that played gave great effort tonight. I felt like they overcame some adversity and they battled. I hate to lose, but they battled, and the effort was much, much better."

Bryce Root started the game on fire for the Little Giants. He scored Ross' first 11 points, including three 3-pointers in the first five minutes, as Ross played Central nearly even through the first quarter, trailing 17-14.

With 3:10 to go in the first half, Jabryis Heidelberg drove to the bucket for a layin, tying the game at 23. The Fighting Irish, however, ended the half on an 8-0 run to enter halftime holding a 31-23 lead.

"To our credit, a lot of times when (we give up a scoring run) we start to play hero ball and start to jack up a lot of shots and we didn't do that tonight, maybe a little bit near the end of the second quarter, but not as much," Cahill said.

"(Heidelberg) is doing a nice job of settling us down. He took one ill-advised shot...other than that, I felt like he was clean, getting the ball and attacking the basket. I felt like he did a nice job of calming us down."

Heidelberg finished with a game-high 22 points while Root ended the game with 16. Freshman LaBronze Barnett started his first game on varsity and

acquitted himself well, looking in place and fulfilling Cahill's promise to tweak the lineup following Ross' Tuesday night loss to St. John's.

"Probably for the first time in the history of the school a kid starts on the freshman team and starts on varsity by the weekend," Cahill said. "We told them going in, the freshman and JV team, there is no real difference and if one of them moves up, they're not going to the JV team, because we like both groups and we don't want to mix and match. ...Bronzie went in, he played hard, he defended, he handled it and we got grittier play, which we should do at Fremont."

Trailing by deficits of six and seven points in the fourth quarter, the Little Giants settled primarily for 3-point shots rather than trying to attack the basket to trim the deficit with higher-percentage shots.

"Our challenge, offensively, is we're not incredibly dynamic right now, hopefully we'll get better," Cahill said. "For us, we are somewhat reliant on shooting. We have a lot of guys, that's what they do, they spot up and shoot. We had good looks, Ben (Gedeon) had a good look and we had looks to make it interesting and they didn't go down."

"If we get Bryce McKinstry back, he'll give us that athlete in the middle that we don't have. If we get him back, and we hope he'll be able to come back, he'll change a little bit of what we do."

Ross (0-4 overall, 0-3 TRAC) travels to Findlay next Friday.

Toledo Central Catholic 56, Fremont Ross 50

CC| 17—14—8—17 56

FR| 14—9—10—17 50

CENTRAL CATHOLIC (56)

Cameron Awls 2, Kendal Marshall 10, Semaj Cross 6, Ray Sanders 4, Michael Griffin 3, Dominique Cole 10, Jonzelle Norrils 5, Fred Overton 15.

FREMONT ROSS (50)

LaBronze Barnett 1, Jabryis Heidelberg 22, Ben Gedeon 2, Bryce Root 16, Hayden Lehmann 6, Ethan Chumley 3.

LITTLE GIANTS' CONTINUE TO BATTLE AND PLAY "THE RIGHT WAY"

by [Rich McGowan](#) | Dec 22, 2018 | [Boys Basketball](#)



FINDLAY – If there is one message Little Giants boys basketball coach John Cahill and his staff are trying to get through to their players in their first season with the program, it's the need to do everything "the right way." The more the Little Giants do things "the right way" the more they'll begin to have success.

Friday night, visiting Findlay, Ross ended the first quarter holding the lead for the first time this season. Though the lead didn't last, the Little Giants' competitiveness did, as Ross battled to the end in a 60-53 loss to the Trojans. "I keep harping on this but, (it's about) doing the right things," Cahill said. "We have some self-inflicted wounds that we can take care of if we determine that we're going to do the right things.

"There is a light at the end of the tunnel. Bryce McKinstry (wrist fracture) should be back in January, and we have some kids not playing right now and, if they are playing, it changes what we can do," he added. "If we do the right things and take care of our end, as student-athletes and good citizens, I like where we're going."

Ross enjoyed a balanced attack in the first quarter, as five players scored field goals to take an 11-7 lead into the second quarter. But an influx of youth into the lineup showed itself when Findlay turned up the pressure in the second quarter. "They came at us with some pressure and they made some shots," Cahill said. "They're a good team, and they have really good players on the perimeter with Roth and Nunn."

Freshman LaBronze Barnett started his second-straight varsity game and freshman Kurt Harrison and junior Jaevon Martin also made their varsity debuts Friday with positive results.

After trailing 26-19 at halftime, Ross battled back in the third quarter and entered the fourth quarter still very much in the game, trailing by just four, 38-34.

"We stuck around four throughout, four or six, but we never got it down to one possession," Cahill said. "We hung in there and made some shots to keep us in the game. Hayden (Lehmann) played well tonight. He started the season not tremendously confidently and he was good tonight."

Jabryis Heidelberg led Ross with 12 points while Martin added 10 and Ben Gedeon added nine.

Though the Little Giants' record drops to 0-5 overall, 0-4 in TRAC, Cahill said there are positive things happening on the court.

"We're not happy with the loss – we're not happy with what we're doing result-wise – but I am happy with the way we're competing and we've definitely had our fair share of adversity but we keep continuing to battle and compete and that's all you can ask.

"As a Fremont Ross grad, if I were sitting in the stands, I'd be proud of the way the kids in purple played," he added. "They battled, and they competed. I think the wins will come if we take care of ourselves."

Findlay 60, Fremont Ross 53

FR| 11—8—15—19 53

FHS| 7—19—12—22 60

FREMONT ROSS (53)

LaBronz Barnett 6, Ethan Chumley 5, Hayden Lehmann 5, Jabryis Heidelberg 12, Ben Gedeon 9, Jaevon Martin 10, Dontrez Brown 6.

FINDLAY (53)

Max Roth 21, Nunn 22, Adams 15, Strzempka 2.

LITTLE GIANTS OPEN 2019 WITH OVERTIME WIN

by [Rich McGowan](#) | Jan 6, 2019 | [Boys Basketball](#)



FREMONT – The Little Giants are undefeated in 2019.



Hayden Lehmann scores in the post against Bowling Green Saturday.

After a brutal schedule to open the season against a collection of opponents with a combined record of 45-19, the Fremont Ross boys basketball team entered the New Year still searching for its first victory.

But boosted by the season-debut of Bryce McKinstry in the post, Ross managed to get timely stops on defense when it mattered most, at the end of the fourth quarter and overtime, to upset Bowling Green 47-46 to break into the win column.

"It's a huge bear off our back," said senior Hayden Lehmann, who scored Ross' only four points in overtime. "I think we're going to get back on the right page now and the rest of the season will turn out well."

McKinstry, who'd missed the season's first six games due to a fracture in his wrist sustained during football season, returned to score four points and grab five

rebounds. Beyond his stats, his presence gave the Little Giants, and the fans in the stands, an enthusiasm that had lacked without him.

Late in the second quarter, McKinstry blocked a shot, which was grabbed by Lehmann who then passed to McKinstry, springing him for a fast-break and a slam dunk, giving Ross an 18-10 lead with 2:50 to go in the first half, prompting a Bowling Green timeout as the Purple Pit went into a frenzy.

"I was a little nervous, my offensive game was rusty," McKinstry said. "But I wanted to go out there, play my role and help our team win."



Bryce McKinstry

"He is our best athlete," said Ross' first-year head coach John Cahill, who won his first game on the Little Giants' sideline. "He's the only guy in our program who can dunk and he got a dunk tonight. He defends, he takes a lot of pride doing the dirty work."

The Little Giants took a 20-17 lead into halftime, but Bowling Green took a 32-26 lead into the fourth quarter. The Bobcats appeared on the verge of pulling away when they hit three consecutive 3-pointers bridging the third and fourth quarters, to grow the lead to 12 points, but Ross junior Ben Gedeon answered with a pair of three-pointers of his own to keep Ross close.

"They were in zone (defense), so I knew they were going to play off me a little bit and my teammates got me the ball, set some screens for me and they went in," Gedeon said.

Gedeon and Lehmann led Ross with 12 points each and Jabryis Heidelberg added 11.



Ben Gedeon

"One on the criticisms of our kids was some of our offseason habits are not where I think they need to be, but Ben doesn't miss anything," Cahill said of Gedeon.

"He doesn't miss weight-lifting, he doesn't miss open gyms, skill-sessions, whatever it is, he's there. I couldn't be more happy for him and the way he's worked to find a way to be a major contributor."

With a combination of drives to the basket and free throws, Heidelberg scored the Little Giants' final nine points of the quarter, tying the game at 43 with less than a minute to play.

In the first minute of overtime, Lehmann scored on a put-back of an offensive rebound to give Ross the lead. Less than a minute later, he hit a pair of free throws to put Ross ahead by four. From there, the Little Giant defense took over. Bowling Green made just one field goal in the extra period and, trailing by a point, in the final seconds, were unable to get a shot to fall against Ross' defense. With 2.5 seconds to play, Bowling Green's Bryce Hoehner miss a pair of free throws, the rebound tip-in attempt also missed the mark and the Little Giants were celebrating their first win of the season.

"I feel like we have some clarity in purpose, for the first time," Cahill said. "I really do. I feel like we're going in the right direction. Even if we lost tonight, we're doing some things correctly. Last night we had 11 kids go scout, and we never had that when we started. They drove over to Perrysburg on a Friday night to watch Bowling Green. I think when you do the right things, eventually, it pays off and they're starting to do the right things."



Hayden Lehmann

Ross (1-6 overall) hosts undefeated TRAC rival Whitmer next Friday.

Fremont Ross 47, Bowling Green 46 (OT)

BG| 6—11—15—11—3 46

FR| 7—13—6—17—4 47

BOWLING GREEN (46)

Craft 6; Peek 3; Hoehner 16; Elsasser 20; Dean-Scheele 1.

FREMONT ROSS (47)

LaBronze Barnett 4; Ethan Chumley 4; Hayden Lehmann 12; Jabryis Heidelberg 11; Ben Gedeon 12; Bryce McKinstry 4.

ROSS SWEPT IN A HOOPS DOUBLEHEADER BY WHITMER

by Rich McGowan | Jan 12, 2019 | Boys Basketball, Girls Basketball



FREMONT – Hosting the high-powered Whitmer Panthers for a rare girls-boys varsity doubleheader, both contests shared a number of similarities for Fremont Ross.

In both ends of the twinbill, the home team found itself down big early, went into halftime staring at a deep hole and then, after battling strongly in the second half, ended in lopsided losses.

The Lady Giants fell to the Panthers 65-47 while the boys were defeated 64-40.

Panthers' hot-shooting dooms Lady Giants

A slow defensive start for Ross combined with a lights-out shooting performance by the Panthers proved too potent a combination for the Lady Giants to overcome.

Whitmer began the game by hitting 8-of-11 first-quarter field goal attempts against a Ross defense that played a step behind en route to a 25-10 lead over the Lady Giants. The end of the quarter did nothing to turn the tide as Whitmer entered halftime shooting 62 percent from the field, including five 3-pointers, and a 12-for-12 performance from the free-throw line and Ross' halftime deficit was 49-23.

"I thought defensively we weren't moving our feet in the first half," girls coach Juan Vela said. "We just weren't into it, for whatever reason, and that put us back pretty bad. The second half, we tried to battle back, cut it back down to 13 or 14, but couldn't get over the hump.

"They had a hot hand but, shoot, when you give somebody what they're comfortable shooting, anybody can shoot that well," he added. "You got to make them uncomfortable and that was one of the speeches we had, we had to get them uncomfortable and move our feet."

The Lady Giants did a much-better job of making Whitmer uncomfortable in the second half and, as they did so, Whitmer's shooting percentage dropped significantly. Ross' offensive performance improved as well, Ross outscored Whitmer 16-8 in the third quarter. Though the Lady Giants narrowed the deficit back into the mid-teens, the first-half hole they'd dug for themselves proved too great to climb out from.

"Give our team credit for not backing down in the second half, we tried to battle back but when you dig a hole that big, it's kind of hard," Vela said. "We tried but it wasn't our night."

Jasannah Sabiers had a terrific night in the post, showing a nice finishing touch to lead Ross with 14 points. Brooklyn Baptista scored 10 and Olivia Baptista added nine.

Deep and talented Whitmer runs away from Little Giants

The Little Giants saw first-hand why the Whitmer Panthers are undefeated and ranked No. 3 in the state in Division 1.

Though Ross played well in the first quarter and kept close to the Panthers, trailing just 18-12 after the opening eight minutes, the Panthers pulled away in the second quarter.

The Panthers used their advantages in skill, speed and talent to score a quick six points to begin the quarter and continue to pour on the points from there. Ross made just one second-quarter field goal, turned the ball eight times and was outscored 18-5 in the quarter to enter halftime facing a 36-17 deficit.

"The better team definitely won," boys coach John Cahill said. "I was really disappointed with how we competed in the second quarter. I thought we played a pretty good (first) quarter. They made a couple free throws late but then we went away from what we tried to do, be gritty and rebound and take care of the basketball, instead we turned it over a lot, we didn't rebound. Part of it is a credit to them and a part of it is us not doing what we tried to get done."

As Whitmer's offense took off, the Little Giants rushed their offense, trying to keep pace with the high-powered Panthers.

"We have to play at our pace, it's what we have right now," Cahill said.

"Unfortunately, they're too good for us right now to be able to do that."

Hayden Lehmann hit three 3-pointers to lead Ross with nine points and Jabryis Heidelberg added six.

Cahill was encouraged by what he saw in the fourth quarter when the Little Giants' deep reserves saw extended action, some of it against Whitmer starters. There, Ross ran an effective half-court offense and outscored the Panthers 15-6.

"I was really happy with the fourth quarter and the kids that don't play a lot,"

Cahill said. "They played more like we'd like to play, they moved the ball, were a little tougher than some of our front-line guys were tonight and that's a credit to them. You're always happy when those guys get a chance to play and do some good things, especially Connor Malan, I thought he did some good things tonight."

The Little Giants (1-7 overall, 0-6 TRAC) are back in action Saturday with another tough test as they travel to Toledo Start (7-2) who themselves lost a game to Whitmer last weekend, by eight points.

FULL-STRENGTH LITTLE GIANTS DEFEAT WOODWARD

by Rich McGowan | Jan 16, 2019 | [Boys Basketball](#)



TOLEDO – John Cahill thinks of his team like a golf ball.

In the sport's earlier days, the golf ball was smooth. As the ball was dented in play, it was discovered it flew better.

The Little Giants' start to the season was far from smooth as injuries and Ross' self-inflicted missteps on and off the court forced the program to withstand adversity and play numerous players in places where they weren't originally intended to play, such as freshmen LaBronze Barnett, Kurt Harrison and junior Jaevon Martin.

Tuesday night, however, for the first time this season the Little Giants suited up the team they thought they'd have night-in and night-out – plus the addition of players who've benefitted from their experience from being pressed into service sooner than expected — and the result was a golf ball that is now flying a little further than before.

The Little Giants led from start to finish at Toledo Woodward and picked up their second win of the season in a 54-38 victory.

"We're like that golf ball," Cahill said. "We've taken some hits. We've gotten some dents and we've taken some baggage. But if we can do the right things and not beat ourselves up, I think we can go now."

Tuesday night the Little Giants shot 50 percent from the field in the first quarter, building a 14-8 lead after the opening eight minutes. Ross added to its lead in

the second, leading by as many as 13, until Woodward closed the first half on an 11-3 run to narrow the Little Giants' lead down to five entering halftime.

"I really didn't feel like we played well in the second quarter, we really got careless with the ball, we didn't rebound," Cahill said. "We play a lot of Me-basketball, at times. Part of it is because we have kids in new places but part of it is we play Me-basketball."

The second half saw Ross play team-basketball and crash the glass. Ross tightened on defense and limited Woodward's second-chance opportunities as the Little Giants hauled in 55 rebounds on the night.

Ross maintained an eight-point lead entering the fourth quarter and never allowed Woodward back in the game. The Little Giant defense allowed just two field goals and five points and cruised to the victory.

"We didn't give up second shots as much in the second half and we got a lot of good rebounding from the kids," Cahill said

"I thought Bronzie gave us good minutes tonight. (Jabryis Heidelberg) was dynamic and got to the rim. It's nice when you've got a full complement of guys. This is the team we thought we'd have at the start of the season and this is the first time we've had it together."

Heidelberg scored a game-high 18 points while Bryce McKinstry added 12. While Bryce Root had a tough night shooting, it didn't discourage his defensive play as he led Ross with 12 rebounds. Martin, Hayden Lehmann and Ben Gedeon each hauled in nine rebounds.

"Ben is as tough a kid as we put on the floor right now," Cahill said of Gedeon. "He gets loose balls, he does the dirty work, he goes and rebounds and it's not like he's skying or dunking, but he just fights."

"Right now, he is giving us a lot of things. I think losing him (in foul trouble) in the first half hurts us in so many ways because he knows what he's doing. His dad was the coach here, so he's like a coach on the floor, and he gives us that tough edge that we need."

The Little Giants improve to 2-8 overall this season and host Oregon Clay (2-11) Friday night at 7:30.

Fremont Ross 54, Toledo Woodward 38

FR| 14—13—14—13 54

TW| 8—14—11—5 38

FREMONT ROSS (54)

LaBronze Barnett 6; Ethan Chumley 3; Hayden Lehmann 6; Jabryis Heidelberg 18; Ben Gedeon 3; Bryce Root 2; Connor Malan 2; Jaevon Martin 2; Bryce McKinstry 12.

TOLEDO WOODWARD (38)

Lear 12; Smith 7; Chizmer 5; Porter 8; Burt 1; Overton 3; Hunt 2.

HOT START NOT ENOUGH AS LITTLE GIANTS LOSE CLOSE GAME TO CLAY

by [Rich McGowan](#) | Jan 19, 2019 | [Boys Basketball](#)



FREMONT – Coming off a victory Tuesday night at Toledo Woodward, combined with a solid week of practice, coach John Cahill and his staff were optimistic the Little Giants boys basketball team could win consecutive games for the first time this season.

But those positive signs from practice were largely absent Friday night as Ross hosted Oregon Clay. While the Little Giants took the early lead thanks to a terrific start by Bryce Root, the offense cooled and the defense didn't get timely stops when it needed them most as Ross lost to the Eagles 58-53.

"We didn't play great at Woodward but we found a way to win and I thought we could parlay that into tonight but we didn't," Cahill said. "I thought we played a good first quarter, and we had a really good week of practice: It was challenging and it was tough. But it was like they (thought) 'That stuff we did in practice, let's throw it out the window and not do it.'

"We're not getting the carry-over from practice to games and that's on everybody," he added. "It's on me and it's on them."



Bryce Root

The Little Giants are looking to run a motion offense, based on spacing and movement and setting screen to free up shots. Early on, that plan worked. The Little Giants shared the ball well and Root was on fire early, hitting a trio of first-quarter 3-pointers, scoring 11 points to lift Ross to a 17-11 lead after the first quarter.

Clay, on the other hand, worked its way to the free throw line early in the second quarter to chip away at the Little Giant lead and a pair of 3-pointers midway through the period gave the Eagles the lead. While Clay's offense started to generate momentum, the efficient offense Ross showed in the first quarter disappeared.

"We ended up in a lot of series where we're forcing the ball into the post which is not what we're trying to do, but we decide to do it because...I don't know why," Cahill said.

Clay built its lead as high as nine points with less than six minutes remaining in the game. Jabryis Heidelberg then drove the lane to the basket repeatedly, either scoring layups and making his way to the free throw line. He scored seven-straight points for Ross, trimming the deficit down to four points.



Jabryis Heidelberg

The Little Giants trailed by six with under two minutes to play when Heidelberg fouled out of the game with 13 points. But with 57 seconds to play Ben Gedeon hit a 3-pointer to bring Ross within three points.

Ross applied pressure with a full-court press, but Clay handled the press well, never turned the ball over and held Ross off to preserve the victory.

"We're not a great press team and Clay did a nice job of taking care of the ball," Cahill said. "They're playing a lot of sophomores who won the league as freshmen and they're used to winning. And I don't know if we have anybody who's used to winning. (Assistant) coach (DeMar) Moore said it well, 'When things are going well, we have a bounce in our step. But we don't handle adversity well.'"

Root finished with a game-high 19 points. While Cahill was pleased by Root's offensive performance, he believes Root is capable of more than just scoring.

"He can shoot the ball at a high clip... but I'd just like to see him be complete," Cahill said. "I think he can be the player that makes others better and I don't know he does a lot of that. And on the defensive end, I think he can be a really good defender and it's something he can continue to work on. Just be a complete. He's a talented shooter and scorer but, can he put all facets of the game together? And if he can I think he'd be a really, really good player."

The Little Giants fall to 2-9 overall, 0-7 in the TRAC. Ross returns to the court Tuesday when the Little Giants host St. Francis (11-2, 5-2), winner of its last eight games.

Oregon Clay 58, Fremont Ross 53

OC| 11—18—14—15 58

FR | 17—9—11—16 53

OREGON CLAY (58)

Dorian Meyers 8; Derek Bolander 5; Jacob Novak 9; Noah Hagdohl 4; Frank Wagenfeald 12; Keegan Calkins 7; Jonah Kiss 6; Zion Wiggins 7.

FREMONT ROSS (53)

Hayden Lehmann 8; Jabryis Heidelberg 13; Ben Gedeon 3; Bryce Root 19; Bryce McKinstry 4; Jaevon Martin 4; LaBronze Barnett 2.

BIG 3RD QUARTER BRING ROSS CLOSE, BUT SANDUSKY PULLS AWAY FOR WIN IN 4TH

by [Rich McGowan](#) | Jan 27, 2019 | [Boys Basketball](#)



FREMONT – With some momentum and a jam-packed Purple Pit on its feet and loud, the Little Giants showed what they're capable of Saturday in the third quarter against arch-rival Sandusky.

But in the fourth quarter the Little Giants showed they're also capable of turnovers in bunches and a dearth of second-chance points, combined with timely shooting by the Blue Streaks left Ross with a 75-62 loss to its rival.

"Second shots, I thought we could have gotten a lot of them and we didn't until late," Ross coach John Cahill said. "They're playing guards in the post and they're fighting and winning. ...When push comes to shove, I feel like the tougher, more aggressive team usually wins and they were the tougher team tonight and that comes back to me. I'm not getting us to that point."

Sandusky took a double-digit lead into the second half and the Blue Streaks grew the lead to as many as 15 nearly the midpoint of the quarter.

That's when Ross put together one of its best stretches of the season.

Six-foot-6 junior Jaevon Martin kicked things off with back-to-back buckets from the post then Bryce Root hit a pair of free throws. Jabryis Heidelberg then drove to the basket to put Ross within 10. Moments later, Heidelberg found Bryce Root for a 3-pointer. A little more than half a minute later Bryce McKinstry scored on a hook from the post and later Root hit another 3-pointer to bring Ross back to four points with 40 seconds to play to cap off a 13-3 run.

"Bryce Root was factor he got some good looks and had a big third quarter," Cahill said. "They did a job in the fourth shutting him out. And Jaevon got some baskets."

Sandusky led by six entering the fourth quarter and Ross came as close as four early in the period before the Blue Streaks put together a run of their own, outscoring the Little Giants 14-2 in less than three minutes. Sandusky's run was aided, in part, by three consecutive Ross turnovers, all leading to baskets, inside a 30-second span.

"Sometimes we get discombobulated just with the game, we get out of what we're trying to do. That's bene a challenge all year," Cahill said. "...We talked at the beginning of the season, we thought rebounding and turnovers were going to dictate a lot of our success or failure and most nights we've lost both, the turnover battle and the rebounding battle."

Root led the Little Giants with 19 points and McKinstry pulled down 14 rebounds but Martin, who hadn't played organized basketball since sixth-grade before this season, showed how high his ceiling can be as he broke out for a career-high 17 points, 15 coming in the second half, along with seven boards.

"We didn't really get to know him until the school year started and he has – on the court and off the court – made tremendous strides," Cahill said of Martin. "I'm really proud of him across the board. There are times he does things because he just doesn't know, because he's learning, but I feel like every game he's getting a little better and a little better. He's a bright spot for us."

The loss drops the Little Giants to 2-12 overall for the season. Ross returns to action Tuesday when the Little Giants travel to Springfield.

Sandusky 75, Fremont Ross 62

S|18—15—19—23 75

FR|9—14—23—16 62

SANDUSKY (75)

Jayden Greene 16; Tahj Staveskie 19; Dylon Jones 20; Ja'Torry Johnson 2; Ra'Landes Johnson 2; Jon'Tres Johnson 4; William Simpson 6; Noah Caston 6.

FREMONT ROSS (62)

LaBronze Barnett 1; Hayden Lehmann 3; Jabryis Heidelberg 10; Ben Gedeon 3; Bryce Root 19; Bryce McKinstry 9; Jaevon Martin 17.

ROOT SCORES CAREER-HIGH 31, LEADS ROSS TO WIN IN CAHILL'S RETURN TO CLYDE

by [Rich McGowan](#) | Feb 3, 2019 | [Boys Basketball](#)



CYLDE – John Cahill tried to downplay his return to the school where he taught and coached for over two decades.



Coach John Cahill talks to his players during a timeout Saturday.
 Above, Ross coach John Cahill gets a hug from Bryce Root as the Little Giants defeat Clyde Saturday.
 Photo by Tony Zimmerman,

But his Little Giants weren't having it.

Wanting desperately to win in their coach's Clyde homecoming, the Ross boys basketball team put together one of its best performances of the season – and Bryce Root scored a career-high 31 points – as the Little Giants won a thriller over the Fliers, 64-60.

"Coach was acting like it wasn't huge, but it was huge for him," Root said. "I was going to win this game for him, I wanted to, we all wanted to. We got it done." For Cahill, who coached the Lady Fliers for 23 seasons, the last 18 as head coach, compiled a record of 315-103 with six league titles and a pair of state Final Four appearances, being the visitor in the gym he spent so many years was a unique experience.

"It was weird," Cahill said. "I coached here for a quarter-century. It's where my oldest daughter played all her games, I had most of the kids on the other team in class. I grew up in Fremont, my family and I are 100 percent committed to

Fremont, but this was home for a long, long time. It was weird game for me personally, but I thought our kids played really well tonight.”



Bryce Root



Jabryis Heidelberg

The Little Giants and Fliers changed the lead 20 times throughout the night – 15 times in the second half – along with seven ties, including four in the fourth quarter. The last of those ties came at 60-60 with under a minute to play. Jabryis Heidelberg drove the lane looking to hit to go-ahead layup. When his shot missed the mark, Clyde grabbed the rebound. Heidelberg, however, dove at the ball, prying it loose. He recovered the loose ball and kicked it out to Root at the free throw line who drained a jumper for the 62-60 lead.

“After I missed that layup, I had to get it back, I had to make up for air-balling that layup – that was bad,” Heidelberg said. “So, I looked up and I saw him there and I said, ‘Oh, here’s my chance to make it up right here.’”

In addition to the game’s biggest assist, Heidelberg scored seven points and did a fantastic job running the offense which showed outstanding patience for getting quality shots.

“He really kept us in really good flow,” Cahill said. “He’s not scoring like he did but he’s a point guard that I’m proud to put out there because he’s not forcing, he’s taking care of the ball and he’s defending and a lot of credit goes to him. (Bryce) McKinstry, the same thing: he’s taking better shots. Hayden Lehmann apologized for the one three(-pointer) he missed, all game he shot the ball well. They’re getting it.”



Bryce McKinstry

After making the jumper to take the lead, Root iced the game with a pair of free throws with 16.9 seconds to play, giving the Little Giants a two-possession lead. Despite the pressure of the free throws, Root was all-confidence at the line, capping off his career-night with 31 points.

"I knew I was going to make them. Never a doubt," Root said. "I always know I'm going to make free throws."

"Bryce is a scorer and he's talented and tonight he showed it," Cahill said. "...He defended, he rebounded, and he did more than just look for a shot. I thought he also had a couple really nice passes. He's becoming more of a complete player, which we need him to be."

Cahill also joked that Root reminds him of another player.

"I like Bryce, I call him a poor man's John Cahill," he cracked. "He does a lot of stuff that I do, just not as well."

It's jokes like that which made Cahill's players so determined to get their coach the victory in his Clyde homecoming.

"It's *The John Cahill*," said McKinstry, who scored 14 points. "He brags about himself a lot. He hypes himself up, so we couldn't lose and have him not be able to show his face in Clyde. We had to take the win."

The Little Giants (3-13 overall) hos TRAC rival Findlay on Tuesday.

Fremont Ross 64, Clyde 60

FR | 15—19—18—12 64

C | 20—12—20—8 60

FREMONT ROSS (64)

Hayden Lehmann 10, Jabryis Heidelberg 7, Ben Gedeon 3, Bryce Root 31, Bryce McKinstry 14.

CLYDE (60)

Camaron Farrar 17, Brock Newsome 2, Will Dowling 19, James Dry 2, Derick Harrah 10, Jack Morrison 10.

COLD START DOOMS ROSS AGAINST POWERFUL LIMA SENIOR

by [Rich McGowan](#) | Feb 9, 2019 | [Boys Basketball](#)



FREMONT – Hosting the No. 10-ranked team in Division I, a team that had defeated it by 43 points in their previous meeting, getting off to a good start was vital for Fremont Ross Friday night against Lima Senior.

An ice-cold start to the night, however, knocked the Little Giants out of contention right from the beginning.

Ross didn't make its first field goal until its 10th shot of the night, coming in the final seconds of the first quarter as Lima raced out to the early lead and never looked back in a 69-45 win over the Little Giants.

"Tonight, we just didn't come out with the aggressiveness and confidence that we should and that's on all of us, players and coaches, everybody," coach John Cahill said. "We were intimidated. It's disappointing."

While Ross' early shots refused to fall, Lima poured in points from the perimeter, hitting six 3-pointers in the first eight minutes on its way to a 22-5 lead after the first quarter.

"Call me crazy – and we lost by 43 last time – but I really felt like we are capable of beating them," Cahill said. "They still pressed us and played their guys the rest of the game, and we lost the rest of the game by seven points. And we shot it horribly. They're clearly the better team right now, but I think if we play well, we're capable of beating a really, really good team."

Bruce Root and Jabryis Heidelberg led Ross in scoring with nine points each and Bryce McKinstry grabbed nine rebounds.

"I really like what Jaevon (Martin) gave us tonight," Cahill said of the 6-foot-6 junior forward. "He went in with the mindset he was going to battle and compete and I think he did that. He's come a long way in the couple months he's been with us."

“And Ethan Chumley came in tonight and was strong against pressure, but I thought he was tough and competitive and gave us some good minutes.”
The Little Giants (3-15 overall, 0-12 TRAC) travel to Holland Springfield Saturday for a non-conference contest at 7:30.

Lima Senior 69, Fremont Ross 45

LS| 22—15—14—18 69

FR| 5—14—8—18 45

LIMA SENIOR (69)

Da’san Clair 4, Khalil Luster 11, Joshia Fulcher 12, Jaleel Kng 4, Jamir Simpson 11, Camren Miles 3, No. 32, 13, Jadakis Mack 6, Amihr Curtis 5.

FREMONT ROSS (45)

Hayden Lehmann 4, Jabryis Heidelberg 9, Ben Gedeon 5, Bryce Root 9, Bryce McKinstry 5, LaBronze Barnett 3, Ethan Chumley 4, Jaevon Martin 6,

WHITMER SWEEPS HOOPS DOUBLEHEADER FROM ROSS

by [Rich McGowan](#) | Feb 17, 2019 | [Boys Basketball](#), [Girls Basketball](#)



TOLEDO – For much of its regular season-finale at Toledo Whitmer, the Fremont Ross girls basketball team held a strong Panthers team in check with a strong defensive effort.

That defense allowed the Lady Giants to stay close throughout the night and when Olivia Baptista drove to the basket for a game-tying layup with 55 seconds to play, Ross found itself in prime position to upset the Panthers.

That's when the Panthers finally managed to find a crack in Ross' defense as Khamani Jones answered by retaking the lead with a dagger 3-pointer with 35 seconds to play, sending Whitmer to survive Ross with a 44-39 victory.

"I feel like they didn't play with any extra weight on their shoulders and they just played," Ross coach Juan Vela said of the Lady Giants' final regular season game. "They just played the game and we did a good job tonight, we just had to close out in the last minute, make a basket, close things down and make a play and we didn't."

Whitmer built its largest lead of the night late in the third quarter, leading by nine with under two minutes to go. The Lady Giants then closed the period with momentum, as a 3-pointer by Brooklyn Baptista and drives by Mikeaya McLaurin and Olivia Baptista brought Ross back to within two entering the fourth quarter, 32-30. Ross continued its momentum into the fourth quarter when Olivia Baptista opened the period with a 3-pointer, giving Ross its first lead of the night. While Vela appreciated his players didn't let emotions of their final game affect their play, Baptista appeared to use the final regular season game of her career as a motivator, as she scored a game-high 20 points.

"I think Olivia plays with a lot of heart every game," Vela said. "Every game I know what I'm going to get from her, she's very consistent. We've been talking about she needs to take it to the basket even more and I told her that two days ago and here we are in a game and she's doing exactly what I told her. That's the kind of player she is."

Whitmer responded to Baptista's 3-pointer by retaking a four-point lead with 3:20 to play, but Ross held Whitmer scoreless over the next two-and-a-half minutes with a series of defensive stands and forced turnovers leading to Baptista's game-tying layup with 55 seconds to go.

"As soon as she tied it up, I'm thinking in my head, 'We've done a great job defensively, we (can) get a good stop and get the ball,' and I had a couple plays that I felt would work throughout the game but I was saving them for that moment," Vela said.

But the plays Vela had in mind were moot when, off a Whitmer offensive rebound, the ball found its way into the hands of Jones, open behind the 3-point line, who drained what proved to be the game-winner.

"(Jones) was wide open off the defensive rebound, and if we get that rebound she doesn't shoot it. It's hard to guard off rebounds. She hit a big shot. And that's why we lost. It hurts."

In addition to Olivia Baptista's 20 points, Brooklyn Baptista scored seven and Marissa Overmyer added six. The Lady Giants end the regular season with a 10-12 overall record and a mark of 4-10 in the Three Rivers Athletic Conference.

Ross will open the postseason with a sectional game at Toledo Start against TRAC rival Findlay on Wednesday at 8 p.m. The Lady Giants split their two meetings with the Trojans this season, winning at home by a score of 53-46 and losing at Findlay, 61-47.

Panthers too much for Little Giants

In the nightcap of the varsity doubleheader against the Little Giants for an up-close glimpse of the program they're trying to become.

Whitmer's advantages in skill and depth were on full display from the start and never let up as the Associated Press' No. 8-ranked Panthers cruised to a 79-38 victory over Ross.

"They've lost one game, we've won three; They're much better than we are," Ross coach John Cahill said. "I'm just disappointed in the way we competed. I thought the earlier game we battled, it wasn't quite the run-away it was tonight but credit goes to them for being a much better team than we are now and I wish them nothing but the best in the tournament."

The biggest obstacle standing between Ross as it is now and being a team that is ready to compete with Whitmer and the TRAC other top-level teams is the commitment level it puts in in the offseason, Cahill said.

"It's been no secret I didn't feel like our spring, after I got hired, and summer, it was tough to get buy-in and I think that's the case across the board in all sports," Cahill said. "Until we get to the point where winning is important to us, being in the weight room and skill stuff, in whatever sport you're in, we're going to get the results we've been getting."

Ross was led in scoring by junior Jaevon Martin, who, over the second half of the season, has continued to show tremendous growth in his game, starting to put skills together with his 6-foot-6 frame.

"The mental part is the hard part for him because there so much learning and he gets frustrated with himself sometimes, but his upside is evident and I thought tonight he was competitive," Cahill said. "He scored in the post and did some good things. For having never played, you can see the potential is there. Jae is at times his own worst enemy but if he continues to work and believe in himself – he's never been in the weight room until this year – I think he can really get strong, become more dynamic."

The Little Giants are home for their final regular season game Thursday as they host Oregon Clay.

Little Giants make adjustments to beat Clay

Matthew Horn

Ben Gedeon made six 3-pointers Thursday, including three in the fourth quarter, in Fremont Ross' 58-46 victory at Oregon Clay in the Three Rivers Athletic Conference.

"It was the strangest game I've ever coached," Little Giants coach John Cahill said. "The first half we had no energy and the second half we competed at a high level."

Ross trailed 14-10 after one quarter and



Gedeon

25-18 at the half. It led 42-34 after three quarters.

"The main difference between the first and second halves was our energy level," Gedeon said. "From top to bottom, our team came out with a different confidence in the second half and it showed."

Gedeon made two 3s in the third quarter.

"I knew I had to have a good second

half to make up for my poor first half and my teammates were able to set screens and they found me in the right moments," he said.

"It was a good team win and the second half showed how good this team can be if we play with the right mindset."

The Little Giants earned their fifth win. It was the first conference victory.

"It feels really good," Cahill said.

Bryce McKinstry scored 17 points, including nine in the third quarter for Ross. Hayden Lehmann and Bryce Root added

eight points apiece.

"Obviously, it's disappointing to win one TRAC game this year," Gedeon said, "but the way we ended it will give us some momentum for the tournament, and even next season."

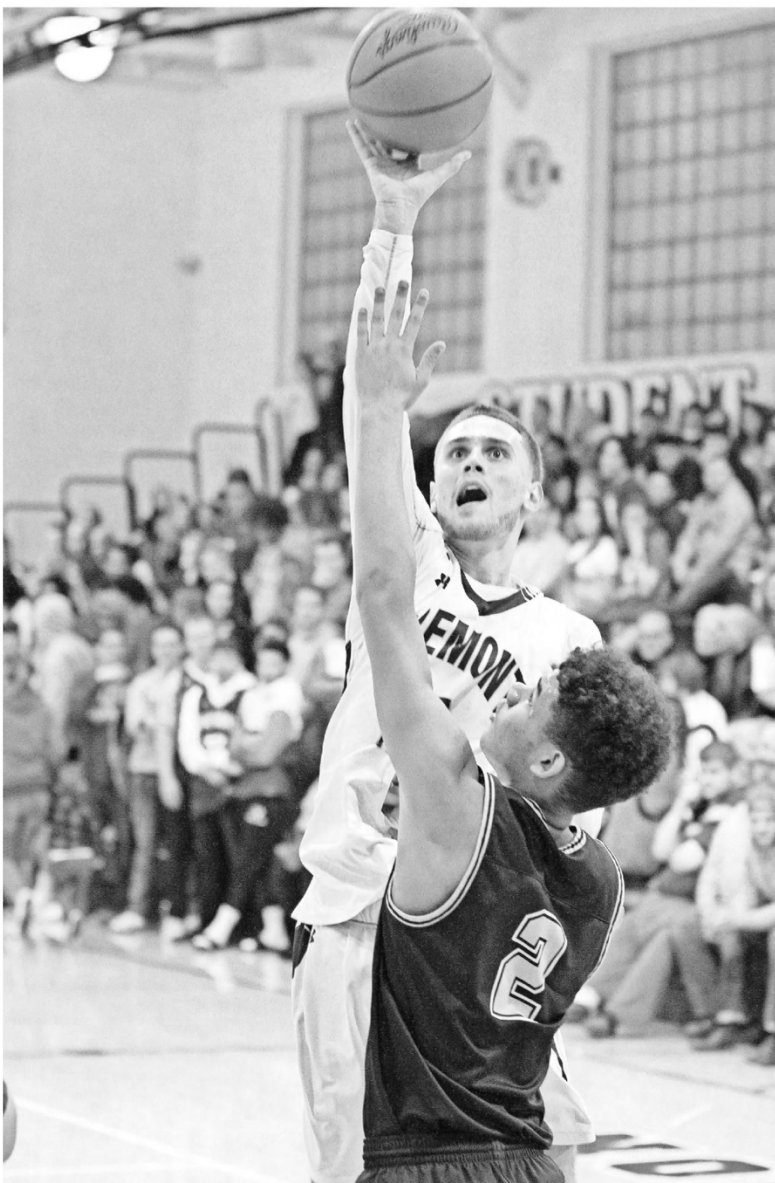
Ross won the final two regular season games with a victory Saturday over Tiffin Columbian.

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Ross' Bryce Root scored 12 points against Columbian. DOUG HISE/CORRESPONDENT

Ross' Root scores 12 points in victory

Matthew Horn
Fremont News-Messenger
USA TODAY NETWORK

Fremont Ross struggled to the finish line in Saturday's 42-38 nonconference victory over visiting Tiffin Columbian.

No matter. The Little Giants will simply remember the fact they won.

"It's very significant," Ross senior Bryce McKinstry said. "One more time with my brothers on the Fremont Ross hardwood. It was a great win with my brothers."

"This was a team win. We were sloppy at the end. We pulled through."

The Little Giants have four wins in 21 games.

"I'm glad we won," Ross coach John Cahill said. "We haven't won a whole lot. I like our seniors. It's nice to get a win. I'm happy for our seniors. They've had some struggles."

"I'm happy for them to win on Senior Night."

Bryce Root, Jabryis Heidelberg, Hayden Lehmann, Ethan Chumley and Jaquace Richardson are also seniors. Root scored 12 points, including seven in the first quarter, and Heidelberg added 11.

The Little Giants scored seven

points in the fourth quarter, including a 3-pointer from Chumley. Heidelberg made two free throws for a 42-35 advantage with 24.3 seconds left.

McKinstry recorded a three-point play, soaring to the rim, and scored after an offensive rebound from Heidelberg in the third quarter. Lehmann canned a 3 as Ross led by as many as 11 at 35-24.

McKinstry missed the first six games after breaking his wrist with the football team.

"He rebounds and defends and does

See BASKETBALL, Page 8A

Basketball

Continued from Page 7A

the dirty work," Cahill said. "He's a tough matchup who can defend 1-through-5. We're glad to have him back. He provides a defensive presence."

McKinstry blocked a few shots and altered others.

"After the season, I'll still have physical therapy," McKinstry said. "With the wrist, it was mostly mental. I finally got back in the groove three or four games in. With Doc (Hershey) and my teammates and my coaches behind me, I've progressively gotten better."

Ross led 14-7 after Jaevon Martin scored in the first quarter, but McKinstry's bucket off a spin move pushed the margin to only 16-13 early in the second. Root canned a 3-pointer for a 23-18 lead late in the first half.

Ross visits Clay on Thursday with hopes to earn its first Three Rivers Athletic Conference victory.

"We haven't shown the propensity to compete in the league, but we're 4-4 nonleague," Cahill said. "We've played some good teams and been able to compete there."

"Hopefully we can use this as a boost for the tournament and also



Ross' Bryce McKinstry shoots a jumper. DOUG HISE/CORRESPONDENT

next year. We haven't won a sectional in Fremont in a long time."
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