



## The Flint Metro League Expands...adds Kearsley!

On October 6<sup>th</sup>, the FML principals voted unanimously to accept Kearsley into our league beginning in the 2008-09 school year. After reviewing their co-curricular and athletic offerings, their facilities and their academic opportunities for students, it was determined that they would be a good "fit" in our league.

Welcome Hornets!

## Fall Sport Highlights - CONGRATULATIONS to ALL!!!

### **Congratulations Boys' Tennis team ...15<sup>th</sup> consecutive FML title and Regional Champion**

**Will Sophiea (tennis-1<sup>st</sup> singles) - 1<sup>st</sup> team FML, regional champion, Kiwanis-FML Male Athlete of the Month for September, Kiwanis-Flint Area Male Athlete of the Month for September and Team MVP**  
**Jay Sesock (tennis-2<sup>nd</sup> singles) - 2<sup>nd</sup> team FML and regional runner-up**  
**John Caldwell (tennis-3<sup>rd</sup> singles) - 1<sup>st</sup> team FML and regional runner-up**  
**Kevin Renke (tennis-4<sup>th</sup> singles) - 1<sup>st</sup> team FML and regional runner-up**  
**Mike Michayluk (tennis-1<sup>st</sup> doubles) - 1<sup>st</sup> team FML and regional champion**  
**Ben Charlick (tennis-1<sup>st</sup> doubles) - 1<sup>st</sup> team FML and regional champion**  
**Matt Kahn (tennis-2<sup>nd</sup> doubles) - 1<sup>st</sup> team FML and regional champion**  
**Brandon VanWallagh (tennis-2<sup>nd</sup> doubles) - 1<sup>st</sup> team FML and regional champion**  
**Mark Kahn (tennis-3<sup>rd</sup> doubles) - 1<sup>st</sup> team FML and regional champion**  
**Blake Barber (tennis-3<sup>rd</sup> doubles) - 1<sup>st</sup> team FML**  
**Matt Kast (tennis-3<sup>rd</sup> doubles) - Regional champion**  
**Ben Jackson (tennis-4<sup>th</sup> doubles) - 1<sup>st</sup> team FML and regional champion**  
**Nick Farber (tennis-4<sup>th</sup> doubles) - 1<sup>st</sup> team FML and regional champion**  
**Cathy Bosard (cross country) - 2<sup>nd</sup> team FML**  
**Lauren Powell (cross country) - Honorable Mention FML**  
**Sara Schultz (cross country) - Team MVP**  
**Clarissa Wellman (cross country) - Honorable Mention FML**  
**Ian Lang (cross country) - 2<sup>nd</sup> team FML and Team MVP**  
**John Verran (cross country) - 2<sup>nd</sup> team FML**  
**Nick Schrader (football) - 2<sup>nd</sup> team FML offensive lineman**  
**Dylan Runions (football) - Honorable Mention FML tight end**  
**Kyle Legant (football) - Honorable Mention FML offensive back**  
**Dalton Wertman (football) - Honorable Mention FML offensive line**  
**Erik Allen (football) - Honorable Mention FML linebacker and Team MVP**  
**Ben Goodvich (football) - Honorable Mention FML offensive back**  
**Travis Falkner (soccer) - 1<sup>st</sup> team FML, All-District team, All-Region team, Honorable Mention All-State and Team MVP**  
**Jared Ashley (soccer) - 1<sup>st</sup> team FML and selected All-District team**  
**Danny Gregory (soccer) - 1<sup>st</sup> team FML goalkeeper and selected All-District team**  
**Jay Sesock (soccer) - 2<sup>nd</sup> team FML and selected All-District team**  
**Kevin Papuga (soccer) - Honorable Mention FML and selected All-District team**  
**John Caldwell (soccer) - Honorable Mention FML**  
**Justin Gaumer (soccer) - Honorable Mention FML**  
**Brittany Balitzkat (swim) - 1<sup>st</sup> team FML 100 Breaststroke, 1<sup>st</sup> team FML 200 Individual Medley, 3<sup>rd</sup> team FML 200 Medley Relay, Team MVP and Flint Journal Prep Athlete of the Week**  
**Breanna Konopitski (swim) - 2<sup>nd</sup> team FML 100 Freestyle, 3<sup>rd</sup> team 200 Medley Relay**  
**Anna Quinnan (swim) - 3<sup>rd</sup> team FML 200 Medley Relay**  
**Cindy Koerber (swim) - 3<sup>rd</sup> team FML 200 Medley Relay**  
**Rebecca Fink (dive) - 3<sup>rd</sup> team FML diver and qualified for MHSAA Regional meet**  
**Alicia Curtis (volleyball) - 2<sup>nd</sup> team FML and Team MVP**  
**Amelia Kerton (volleyball) - Honorable Mention FML**  
**Jamie Torpey (volleyball) - Honorable Mention FML and Team MVP**



**MHSAA Fall Sport FML Scholar-Athletes = Varsity Athletes who have a earned a 3.5 or better cumulative grade point average**

Girls' Volleyball

Amelia Kerton  
Chelsea Mitchell  
Hillary Timm  
Jamie Torpey

Boys' Soccer

John Caldwell  
Travis Falkner  
Justin Gaumer  
Matthew Kast  
Brian Lyles

Football

Ethan Berger  
Lance Hopkin  
Josh Houldsworth  
Nate Ladaga  
Kyle McBride  
Dan Taylor

Boys' Tennis

Ben Archangeli  
Blake Barber  
John Caldwell  
Ben Jackson  
Matt Kast  
Mike Michayluk

Girls' and Boys' Cross Country

Cathy Bosard  
Marjorie Coffey  
Lauren Powell  
Heather Russik  
Cameron Moussavi  
Joe McGuire  
Ian Lang

Josh Thomas

Girls Swim / Dive

Jenell Mackenzie  
Andrea Studaker

Will Sophiea

Brandon VanWallaghen

**The MVP's for each fall team are:**



Back row → left to right  
Will Sophiea (tennis), Travis Falkner (soccer), Erik Allen (football), Ian Lang (cross country)  
Front row → left to right  
Brittany Balitzkat (swim), Stephanie Kesteloot (cheer), Alicia Curtis (volleyball), Sara Schultz (cross country)

**Winter Sport Varsity Coaching Staff**

If you have any questions related to one of our winter sports, please contact the varsity coach via email.

Boys' Basketball – Lance Baylis = lance2bglobal@voyager.net

Girls' Basketball – David Hall = dave.hall@has-k12.org

Competitive Cheer – Sandy Tillier = coach247@sbcglobal.net

Dance – Nicole Grey = nicole.grey@has-k12.org

Boys' and Girls' Ski – Jack Prechowski = jack.prechowski@has-k12.org

Boys' Swim – Wendy Daniel = fvswim70@yahoo.com

Wrestling – Don Pluta = don.pluta@has-k12.org



### **Winter Sport Schedules**

**Interested in athletic event dates and times? Check out the website [www.highschoolsports.net](http://www.highschoolsports.net). Paper schedules are out dated within days after printing because changes (due to snow days, rain outs, schedule additions, etc...) are made regularly. For up to the minute information, check out this website...even events that have been postponed and rescheduled will be listed. Also note, "clicking " on the away location will give you directions! One other unique function of this site is that you can register your email address and when changes are made to the schedule you are interested in, a note will be sent to you!  
**Don't wait...check it out today!****

### **MHSAA Scholar Athlete Applications**

Go to [www.mhsaa.com](http://www.mhsaa.com) and click on Recognition. Click on Scholar-Athlete Award and then the rules. If you are a senior and are interested in applying, please let Ms. VanKuiken know. The deadline is December 1<sup>st</sup>. Announcements have been made at school regarding this scholarship opportunity.

A Set-Seg Publication - November 2007

## **MRSA: Separating Fact from Fiction**

Recent cases of Methicillin-resistant Staphylococcus aureus (MRSA) in school districts have caught the attention of district administrators nationwide. According to the Centers for Disease Control (CDC), MRSA infections are becoming more common in community settings, including schools. While media reports should encourage districts to exhibit caution, districts actions should not cause alarm. To better understand MRSA and its potential impact on your district, it's important to know the basic facts and understand that there are preventative methods your district can take. The following information is provided by the CDC: MRSA infections are transmitted primarily through skin-to-skin contact and through contact with contaminated items and surfaces. Contributing risk factors include openings in the skin from cuts or abrasions; crowded living conditions; and poor hygiene. Although MRSA is resistant to commonly prescribed antibiotics, there are a number of other readily available antibiotics to effectively treat the infection. To prevent the spread of MRSA at your school, follow these risk-management recommendations excerpted from the CDC Web site.

- Regular hand washing is the best way to prevent getting and spreading staph/MRSA.
- Practice and encourage good skin care. Since staph infections start when staph enters the body through a break in the skin, keeping skin healthy and intact is an important preventative measure.
- Ensure access to sinks, soaps, and clean towels.
- Ensure the availability of alcohol-based hand sanitizers, if soap and water are not accessible.
- Discourage sharing of personal items such as towels, razors, and toothbrushes.
- Regularly clean sinks, showers, and toilets with disinfectant.
- Wear gloves when caring for another person's wounds, and protect clothing from touching wounds or bandages.

\*\*\*Parents of athletes...please make certain your son or daughter showers soon after each practice or contest. Also, make certain they wash their practice clothes on a regular basis. Thank you.\*\*\*