



Okemos High School  
2017  
Winter  
Sports  
Wrap-Up

MARCH 2017

### From The Athletic Office

With another winter sports season in the books, we want to take a moment to recognize the accomplishments and competitive spirit of our winter sports teams this year. We continue to be so proud of the way our teams represent our school and community. Thank you to all of our Okemos High School student-athletes, coaches, families, teachers, staff, and fans for their enthusiasm and dedication this winter! In addition to their great efforts on the court, slopes, rink, mat, and pool, OHS student-athletes also excelled in the classroom as they tallied a department-wide 3.41 GPA for all varsity-level winter sports teams. Way to go, Chiefs!

### Boys Basketball

Here's what Coach Jeff Wonch had to say about this year's squad: *"This year's boys' basketball team represented their school and community with pride. I am extremely proud of all the hard work and sacrifice they put into the season. With a regular season sweep of our non-league opponents as well as finishing 4th in CAAC Blue, this year's team has set a foundation for what is to come. Thank you seniors for all your effort and dedication! Go Chiefs! #dontblink"*



## Girls Basketball

Words from Coach Kristen Rasmussen on this year's team: *"The 2016-17 girls basketball season began with new coaches, new philosophies and a new attitude. Right from the start the players embraced and bought into the new style of Okemos girls basketball. This season was a total team effort, where players had to rely on one another to accomplish their goals. This team finished the league tied for 2nd place (15-8 overall) and battled to the very end in the District Championship game, only to lose by a last second shot. This team has laid down an amazing foundation of what the future holds for Okemos girls basketball."*



## Hockey

Here's what Coach Bill Sipola had to say about the season: *"We had a real nice year just falling short of a third consecutive Championship season. Two out of three is pretty good and we are proud of all the players for the hard work they put in."*



Photo by Dav



## Sideline Cheer

This year's OHS Cheer team had an outstanding season, led by interim head coach LaKeka Pruitt and senior captain Lindsay Long. The cheerleaders brought incredible passion with their dynamic cheers and half-time routines.



## Boys Swimming & Diving

Coach Patrick Saucedo on this year's team: *"2017 was a special year for Boys Swim and Dive. We kicked off the season winning the Comstock Waverly relays, edging out Chelsea (3rd place team at D3 States) and preceded it with an undefeated CAAC Blue Division dual meet season. Ending the season, the Chiefs won their 10th straight CAAC title and a 12th place D2 state meet finish (6 individual and 3 relay scorers) which included Varsity Records in the 200 Free and 400 Free Relays and 12 new all-time top 10 time postings in program history. Finally, Boys Swim and Dive finished with the highest GPA (3.79) in the department for the winter season. It was a great season and we're looking to keep getting better."*



## Boys & Girls Skiing

Here's what Coach Jeff David had to say about the season: *"The boys and girls ski team had a great season despite the very poor snowfall, but dry land practices were awesome in the new Strength and Conditioning Center. During the regular season, the girls' team consistently placed in the top 3 while the boys consistently placed in the top 5. During the League Championship, the girls placed third as a team and became a S. E. Michigan Ski League qualifying team. The boys qualified two team members for SEMSL – Ben Holland and Nick Balesky. At Regionals, the girls finished third and qualified for the state meet. Ben Holland qualified for the state meet for the boys. At the state meet, the girls finished in 8<sup>th</sup> place as a team. Mattie Hartle was the 9th place medal and earned All-State (GS) and All-State Honorable Mention (SL) honors. Academically, the boys team earned 1<sup>st</sup> place in D1 and the girls earned 9<sup>th</sup> place in D1."*



## Wrestling

Words from Coach CJ Guess on the season: *"The 2016-17 Okemos Wrestling Team is graduating 10 seniors this year. We came into the season with high expectations, having four wrestlers who were four year varsity starters, but were plagued by injuries. Despite the injuries, we were still able to finish 5th in the conference while starting a team composed mostly of sophomores. Having such a young, tough team shows great promise for the upcoming season."*



## OHS Student Section

We would like to thank the OHS Student Section for their great support all season long. Their spirit, enthusiasm, and sportsmanship gave the Chiefs a boost at home and on the road!



# Go Chiefs!

*Thank you to our  
2017 Winter Sports  
Wrap-Up sponsor:*

