

# TWILA



## This Week in Lakeland Athletics Week of 9/15/2025

### Boys Cross Country-

### Girls Cross Country-

**Football**- Lakeland 40, South Lyon East 37

#### Offense

**Rushing**- Carter Travis, 28 carries, 175 yards, 2 TDs

Bo Bishop, 7 carries, 146 yards, 2 TDs

Sam Broome, 12 carries, 134 yards 2 TDs

Team rushing 453 yards

**Passing**- Carter Travis, 1 for 3, 6 yards

**Receiving**- Wesley Brooke, 1 reception, 6 yards

**Defense**- Exavier Moyer, 10 tackles, 2 asst

Wyatt Robertson, 7 tackles, 2 asst

Kaden Eller, 4 tackles, 2 asst

Bo Bishop, 3 tackles, 3 asst

Zach Nelson, 3 tackles, 1 asst

Andre Neumann, 2 tackles, 1 asst

Wesley Brooke, 2 tackles, INT

**Girls Golf** - On Wednesday, September 10th, the Varsity Girls Golf team traveled to Edgewood CC to play WL Central. The Eagles won 176-202. Freshman Abigail Ngo was low in the match with a 41. Also scoring for the team were Claire Linen (43), Anna Linen (44), Aubrin Miller (48), Leigh Schnell (60) and Kate Schnell (61).

On Thursday, September 11th, the Eagles hosted WL Western at Brentwood GC, winning by a score of 182-239. Senior Claire Linen was match medalist with a 42. Also scoring were Anna Linen (44), Aubrin Miller (47), Cailyn Milewski (49), Emma Wallo (55), and Khloe Spell (62).

**Girls Swim**- The Huron Valley United Girls Swim Team has completed three pre-season dual meets and one underclassmen invitational. This year marks a new chapter as we kick off the 2025-2026 season after graduating 9 varsity seniors last spring and my first full season as the Head Coach. We opened the season with challenging competition, which has served as valuable opportunities for growth. While our record stands at 1-3, the growth, culture shift, and standout swims have been tremendous. Our athletes are stepping up, our underclassmen are filling new roles, and our upperclassmen are leading with renewed heart and focus. We are building a strong foundation as we enter the regular season.

### **Additional pre-season updates:**

Unfortunately we also entered the season with a handful of athletes returning with new or previous injuries, so we have been working on getting those athletes healthy and developing strength and good stroke technique in all athletes to insure long term health, speed, and success.

### **Behind the scenes highlights include:**

- A brand-new official team suit, unifying our look and strengthening team identity.
- Collaborative work with the MHSAA to ensure our cooperative team is represented with unity and equity to all 3 schools while adhering to the rules of MHSAA.
- A renewed culture centered around controlling the factors within your control. Effort, Energy, Accountability, Sportsmanship, and being Coachable.
- We are also committing to TNT (takes no talent) habits. AKA habits that no matter your experience or ability every swimmer on the team is capable of committing to. Showing up to practice on time, fueled, and prepared. Taking 4 dolphin kicks off of every wall. No breath for 1 stroke in or out of a flip turn. No breath in the flags when finishing a rep. And committing to completing every yard written on the practice.

### **Meet Results & Highlights**

#### **Meet #1 – vs Bloomfield Hills (102–84, L)**

- Divers swept: Kennedy Foote (1st), Lola Beer (2nd), Leah Huntoon (3rd).
- Annabelle Thompson (1st) & Katie Luo (3rd) in 200 IM.
- Maddy Kalinowski (1st) in 50 free.
- 200 Free Relay – 1st place.
- Strong debuts from freshmen Quincy Schimetz tackling the grueling races of 200 IM and 100 Fly with grit and a positive attitude.
- Novice swimmers Rachel Spangler & Allison Dixon in their first ever swim meet debut.

#### **Meet #2 – vs Lake Orion (115–71, L)**

- First home meet, ran as smoothly as possible through first meet hiccups thanks to the help of strong volunteer support. We also put up a good fight, while missing 2 varsity swimmers on a class trip.
- Annabelle Thompson (1st, 200 IM), Maddy Kalinowski (2nd, 50 free).
- Divers Kennedy Foote, Leah Huntoon, and Lola Beer swept again.
- Annabelle Thompson & Nora Spangler (1st & 2nd) in 100 back. With Annabelle achieving the 100 back state cut.
- Freshmen Mia Murphy & Julia Jones stepped up in the tough events of 200 IM and 100 Fly. We are excited to keep expanding our bench in these tougher events and our Freshman are doing a spectacular job working hard to improve technique, be coachable and drop time.

#### **Meet #3 – Bobcat Underclassman Invitational (509 pts – 1st Place, Team Champions )**

- Freshmen & sophomores dominated; trophy secured with 502 points.
- Quincy Schimetz (~4 sec 100 fly), Alyssa Elkins (~9 sec 100 breaststroke), Mia Murphy (~5 sec 100 backstroke). These girls have put in the work to be coachable to make significant improvements to technique allowing for big time drops!
- Relay win in 400 free capped the day.

#### **Meet #4 – vs Grand Blanc (111–75, L)**

A turning point in team culture: energy, positivity, heart, & grit.

- Annabelle Thompson – 1st, state-qualifying 200 IM. Pulled out the win after being seeded 6 seconds slower than the #1 seed.

- Maddy Kalinowski & Nora Spangler – 2nd & 3rd in 50 free; Maddy 1st & Nora 2nd in 100 free.
- Big time drops in several events. Katie Luo 100 fly (-6 sec). Quincy Shimetz 200 IM (-8 seconds). Alyssa Elkins 100 free (-14 seconds).
- Amelie anchored the 400 free relay with an incredible swim securing us 1st place.
- Pins of recognition awarded to **Nora Spangler, Annabelle Thompson, and Amelie Strickfarden** for exceptional races demonstrating leadership, heart, and all our team values.

**Championship Meet Cuts Achieved:**

**County**

- Kat Heck
  - B Cut - 200 Free
  - B Cut - 500 Free
- Maddy Kalinowski
  - B Cut - 200 IM
  - A Cut - 50 Free
  - A Cut - 100 Fly
  - B Cut - 100 Free
- Katie Luo
  - B Cut - 200 IM
- Annabelle Thompson
  - A Cut - 200 IM
  - A Cut - 100 Back
- Nora Spangler
  - B Cut - 50 Free
  - B Cut - 100 Free
  - B Cut - 100 Back
- Amelie Strickfarden
  - A Cut - 100 Fly
- Charlotte Smith
  - B Cut - 100 Back
- Veronika Rymar
  - B Cut - 100 Breast
- Katie Luo
  - B Cut - 100 Breast

**MISCA**

- Annabelle Thompson
  - 200 IM
  - 100 Back
- Maddy Kalinowski
  - 50 Free
  - 100 Fly
- Amelie Strickfarden
  - 100 Fly
- Team Qualifications
  - 200 Medley Relay
  - 200 Free Relay

**MHSAA D1 State**

- Annabelle Thompson
  - 200 IM

- 100 Back

### **Closing**

The record doesn't yet reflect the effort, but our team is trending upward. Swimmers are dropping significant time, underclassmen are proving themselves, and the culture is shifting in a positive direction. With the Huron Valley Invitational ahead and league meets starting September 25, we are positioned for an exciting season.

### **Boys Tennis** -

#### **Boys Soccer- LVC Regular Season Champions**

On 9/15 The Lakeland Eagles took on Milford Mustangs on Senior night at home. The crowd was roaring with extra spectators for the big rivalry. Joshua Lacasamana opened up the scoring from a brilliant long ball from Ben Geromette. The eagles took the 1-0 lead into halftime. Once again Lakeland came out and kept up the pressure and eventually caused Milford to make a huge mistake with an own goal to put the eagles up 2-0. The game was intense to the final whistle but it was the Eagles came out on top to win the Lakes Valley Conference with a 7-1 record. The LVC tournament starts Wednesday vs Mott at home at 7. On 9/11 the Lakeland Eagles traveled to South Lyon East and were mentally prepared for a challenge. The eagles came out dominating and scored early but was called offside. After 20 plus minutes of grinding, Josh Lacasamana laced one upper 90 to put the eagles up 1-0. After halftime both teams were on edge and wanted the victory. The game became very scrappy with tons of yellow cards and even a red card was shown to an East player. In the end Lakeland held on for the 1-0 victory. Elijah Bohannon with another clean sheet.

On 9/9 the Eagles traveled to Walled Lake Western. The game started how it should with the eagles dominating possession but Western were the ones to score first. But Lakeland would not go away and kept at it when Kellen Trost sniped one top bins to tie the game 1-1 until halftime. The eagles came out fighting and westerns goalie made a mistake and Josh Lacasamana made him pay for it by putting it in the back of the net to make it 2-1. We played defensively to put the game to rest for the victory.

**Volleyball**- The Varsity Volleyball Team Participated in their second weekend of Power Series on Saturday, September 13<sup>th</sup>. The team put on a very strong performance. With some very talented teams on their schedule, they knew they needed to perform. The team started out strong with a convincing win over Canton High School. This match was led in attacking by Lily Eller and Lyla Tobin. With a strong backrow presence from Tess Rakestraw and Kelsey Williams.

The team found themselves facing a very, very talented Bloomfield Hills team next. Although this match did not lead to a win for the Eagles, it sparked a fire inside the girls. We then faced the Mustangs from Northville. The team was able to come together when it mattered most to defeat the defending division 1 state champions. This match was won heavily on our presence at the net. Audrey Tobin and Kelsey Robert led the charge with their outstanding blocking. While Payton Nelson and Bridget Boughton were terminators for us in attacking. Sydney Cassidy and Olivia Kalhorn showed their strengths in the back row with their outstanding defense against the solid attackers from Northville.

Directly following their win over Northville the varsity girls took on the runner-ups in division 2, the Broncos from North Branch. It was a well fought battle, but the Eagles ultimately lost to the Broncos 20-25.

The varsity girls ended their weekend 2-2 overall.

The girls' varsity volleyball team took on Waterford Kettering in last night's league match-up. Both the Eagles and the Captains came out strong in the first set. It was a battle early on, until Olivia Kalhorn went back to the serving line. The Eagles won the first set 25-17.

The Eagles never looked back from there. Kelsey Roberts and Payton Nelson lead the team in attacking. With the assists from Bridget Boughton and Sylvia Brooke. Sydney Cassidy and Tess Rakestraw controlled the back row. While Kelsey Williams and Nicky Powers dominated from the serving line. Nicky finished the match off with a 10pt serving run.

The Eagles won 3-0

25-17

25-12

25-14

**This Week's Schedule- Home Games in Blue**

**Monday, Sept. 15**

1:00 PM Girls Varsity Golf OPEN JS Memorial at Prestwick GC Away

**5:30 PM Boys Junior Varsity Soccer Milford High School Home**

**7:00 PM Boys Varsity Soccer Milford High School Home**

**Tuesday, Sept. 16**

TBA Girls Varsity Golf Walled Lake Northern HS Away

4:30 PM Girls Varsity Cross Country LVC #2 Away

4:00 PM Boys Varsity Tennis Walled Lake Central HS Away

5:00 PM Boys Varsity Cross Country LVC #2 Away

**5:00 PM Girls Junior Varsity Volleyball Walled Lake Central HS Home**

**5:00 PM Girls Freshman Volleyball Walled Lake Central HS Home**

**6:30 PM Girls Varsity Volleyball Walled Lake Central HS Home**

**Wednesday, Sept. 17**

**5:30 PM Boys Junior Varsity Soccer OPEN LVC Tourn Home**

**7:00 PM Boys Varsity Soccer OPEN LVC Tourn Home**

**Thursday, Sept. 18**

**TBA Girls Varsity Golf Cancelled- Waterford United Home**

**4:00 PM Boys Varsity Tennis Walled Lake Western High School Home**

5:00 PM Girls Freshman Volleyball Mott HS (Waterford) Away

5:00 PM Girls Junior Varsity Volleyball Mott HS (Waterford) Away

6:30 PM Girls Varsity Volleyball Mott HS (Waterford) Away

**6:30 PM Boys Junior Varsity Football Walled Lake Central HS Home**

**Friday, Sept. 19**

TBA Girls Varsity Cross Country Jackson HS Jackson Invite- Ella Sharp Park Away

TBA Boys Varsity Cross Country Jackson HS Jackson Invite- Ella Sharp Park Away

**6:00 PM Girls Varsity Swimming OPEN HV Invite Home**

7:00 PM Boys Varsity Football Walled Lake Central HS Away

**Saturday, Sept. 20**

TBA Boys Varsity Cross Country Jackson HS Jackson JV Invite- Ella Sharp Park Away

TBA Girls Freshman Volleyball OPEN Beast of the East Away

**9:00 AM Girls Varsity Swimming OPEN HV Invite Home**

5:30 PM Girls Varsity Cross Country Jackson HS Jackson JV Invite- Ella Sharp Park Away