

Naber works hard; achieves goals

By Mary Zakheim
Staff Writer

For three years – going on four - Taylor Naber has been a star on the Freeman High School track team. From freshman year when she placed 7th in state in the 400 meters and 3rd in the 4x4 relay to her sophomore and junior year returning to compete at state in 4x1 and 4x2 relays, Taylor has worked her hardest to achieve her goals each season.

“Track might be hard at times, but it’s worth it to keep with it,” Naber.

This year holds the hardest task; it’s her last year and last chance to break the 4x2 record set in her sophomore year by herself, Talia Neiman, Terra Poirier, and Stephanie Barrong. While they all worked exceedingly hard last year, they fell short at state in the semifinals of the 4x2 because of some shaky hand-offs.

“We messed up some hand-offs in prelims, but this year we’re going to work harder so we can re-break the record as our last year together,” Naber said.



Courtesy of Pia Longinotti

Naber competing in the 200 m dash at a meet this year.

And they are getting off to a great start. As of now, the 4x2 team is 6th in the state and the 4x4 team, which Naber is also on, is 4th overall. They should have no problem making it to state as the top 2 teams out of each league make it this year.

“As long as the 4x2 team works hard on their handoffs and speed, I have no doubt that they can break the record again,” Coach John Hays said.

But beyond record-breaking times and training hard, Naber is a true leader to the underclassmen on the team. This year, Coach Hays made Naber a core-team leader, which is a leader of a group of all the younger track team members - freshman to juniors.

“As a senior, you’re expected to be an example to younger team members,” Naber said.

Whether running as hard as she can or having fun and setting an example off the track, Taylor Naber is a genuine athlete, leader, and person.

Sophomore golfer impresses many

By Erica Patterson
Staff Writer

Alyssa Maine is no different than your average sophomore girl; she likes to spend time with friends, do well in school, and loves playing golf. Much like her senior brother Dylan, Alyssa started playing golf at Freeman when she was a freshman.

“I enjoy being able to spend time with my friends, just go out and relax and have fun,” Maine said. “Of course, I also like missing almost the whole day of school when I have a tournament.”

Maine and her fellow teammates have been busy so far, preparing for the sub-district, district, and state tournaments that will take place in May.

“So far this season, we have played in two tournaments, one being at Hangman (our home course) and the other at Chewelah,” Maine said. “We won both tournaments.”

Last year, Maine placed 3rd in the state tournament as a

freshman, a feat she hopes to better this year.

One person who is very impressed with Alyssa Maine’s performance is her coach Carrie McKinley.

“Alyssa is just a great athlete,” McKinley said.



Photo courtesy of Debbie Maine

Maine tees one off during a home tournament.

“Alyssa played her best at Hangman at our first tournament. This is a great indication she will have a great year.” Being persistent in every match, Alyssa has goals of doing her best this season.

“This season I hope to win league, win districts, and go to state,” Maine said.

Whether you think golf is a great activity or just a complete bore, Alyssa Maine finds great interest in the sport and everyone wishes her the best for this season’s potential future.

Lady Scotties surprised them all

By Matt Floyd
Staff Writer

After a nearly perfect season, the Lady Scotties bring the first gold ball home in basketball history. The Scotties only had one loss to Lakeside, ending the season at 26-1. This loss woke up the girls, adding intensity to their playing.

The girl’s first district game was a victory over Newport. Next, the girls took on Lakeside. The girls dominated them! It was one of the best games the Lady Scotties played in the season.

“Becoming the District champions, it felt so good,” said senior Megan McIntyre. With the win, the girls earned an automatic berth to state.

The following weekend the Lady Scotties played a seeding game in Moses Lake to place for state against Okanogan. Defeating the Bulldogs, the Lady Scotties earned another first place trophy.

Before the state tournament even started, the girls had a packed schedule of practicing at various collages, eat-

ing a healthy lunch and doing yoga to relax before the game with their trainer, Steve Allen.

Game time finally came and the girls took on the Zillah Leopards, beating them with no problem. The final score was 57-28.

On day two of the WIAA basketball state championships, most of the basketball team was so superstitious that they had to do everything the same as the day before, from getting in and out of the car to who unlocked the car. Game number two was against Onalaska. The Scotties won, 60-37.

Games number three was the third late game. The team was starting to get into a good rhythm heading into the semi-final game against Lynden

Christian. The Lady Scotties came out into an attacking defense which stopped Lynden

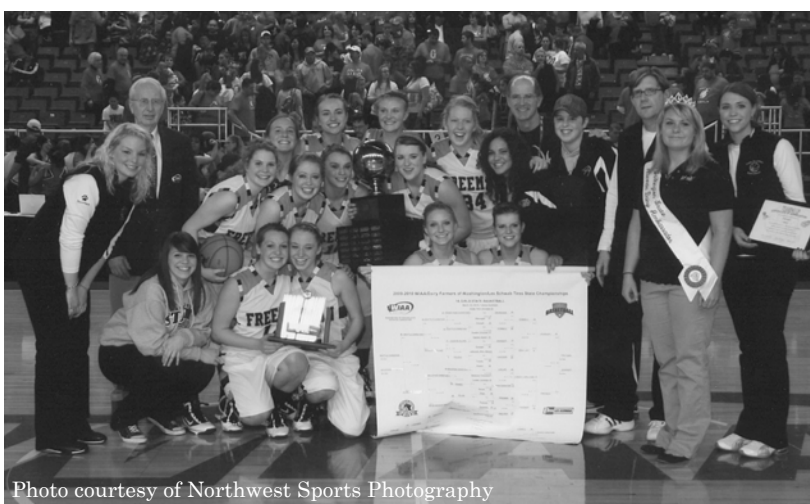


Photo courtesy of Northwest Sports Photography

The team poses for a victorious picture after winning the Gold Ball.

Christian in their tracks.

“Defense wins championships,” Assistant coach Kaila Floyd said.

“It felt good knowing how good we were and how much closer we were getting to the championship game,” said senior pointguard Korina Baker. The girls found ways to keep motivated and focused for each game.

“I would listen to music and try to relax because I always had butterflies before each and every game,” said McIntyre. The last time the Lady Scotties basketball team was in the championship was in 2005, which ended in a devastating loss to Colfax. The girls did not want this to happen again. Playing Granger for the gold ball was not the challenge that they might have expected. The Scottie defense caught Granger off guard.

From tip to final buzzer, the Scotties set the tempo and shut them down in every aspect of the game. When the final buzzer rang, the Scottie’s dream had come true beating Granger by 21.

“Feels great to know that I have finished what my sister [Melissa Baker], started back in 2005,” said Baker.

This is a season that will never be forgotten.

Track season off to a great start

By Mary Zakheim
Staff Writer

Track and field has a lot to celebrate this year: the athletes have been performing well, the weather has been excellent, and – oh yeah – they have a new track. This new addition has not only coach John Hays jumping for joy, but the whole track team as well. Although a new track means harder and more intense workouts than before, the team agrees that it's for the best.

"In track, what you put into your workout is what you get out of it," Hays said.

The student-athletes must have put some hard work into their workouts; Freeman has 10 boys and 9 girls ranked in the top 10 in the state as of now, and the season is only halfway through. Among these stand-out performances are junior Tucker Rudy, who is tied for first in state in the

200m and second in the 100m.

The boys

4x1

team of

Rudy, senior

Jered Hinch,

sopho-

more Cody Unfred, and senior

Peter Heinen are 2nd in state.

The boys 4x4 team of Hinch,

sophomore Quinn Robinson,



Photo by Pia Longinotti
Senior Peter Heinen long jumping at a recent meet.

more Cody Unfred, and senior Peter Heinen are 2nd in state. The boys 4x4 team of Hinch, sophomore Quinn Robinson,

junior Nick Cherrington, and freshman Christian Dresback are 5th. Junior Morgan Romey is 1st in state in shot put and 5th in discus, and she recently broke the school record in shot put with a throw of 37 feet 9 inches. Junior Talia Neiman is 6th in the 300 m hurdles and tied for 2nd in high jump.

League play started in the beginning of April, and Freeman's boys and girls came out on top of Newport, Chewelah, and Kettle their meets on April 13th, April 20th, and May 4th. In addition to league meets, Freeman has done very well in the invitationals to which they've been invited. In the Ezra Gordon Colville Invitational on March 25th, the boys placed 2nd while the girls snagged 4th. At the Interstate Rivals meet, the boys were 3rd, and the girls were 5th. At the Timberlake Invitational the boys placed 2nd and the girls placed 3rd.

Our Freeman track team is heavily favored in their league and is expected to send multiple athletes to the State meet following a league meet where top 2 in each event progress to state.

"With the change this year [of sending the top two in the league to state], I'm very excited that Freeman will send more kids than ever to state competition," Hays said.

Well on its way to a successful season and a fun year, Freeman track and field has fun-loving Hays and the new track to thank for the victorious season of 2010.

Watson: 'fired up' and ready to go

By Mary Zakheim
Staff Writer

Chase Watson is a scholar and a gentleman ... and an outstanding track athlete. Starting his sophomore year, Watson took up high jump and javelin, making his mark in both areas.

"State is definitely a goal, as well as breaking the javelin record and breaking my personal best of 6 feet 1 ¼ inches in high jump," Watson said. He is only 5 feet away from breaking the school javelin record.

Watson is off to a great start. He is currently 5th in state in high jump and if he throws his best javelin throw, he'll be in the top 10 in state. Watson would like to make a repeat appearance in state in the high jump and his first for javelin.



Photo courtesy of Rex Watson

Watson clears the mark at a track meet

"It would be great to break Kyle Naber's jav record," Watson said regarding the short distance he is from his name on the school record board.

Apart from making his mark on the field, Watson is an admirable leader away from his events as well. Coach Hays picked Watson as one of the core team leaders this year, distinguishing him as a great athlete plus a great leader to his younger teammates.

With half the season over, Watson acknowledges that he needs to get "fired up," as his favorite movie of the same name

would say, and push hard to reach the end result: his name on the school record board.

Doubles partners on the rise

By Rachel Robinson
Staff Writer

Doubles tennis partners, seniors Blair Riddle and Katie Bauer are looking forward to a strong season yet again. After placing 10th in the State 1A tennis tournament last year as partners and helping bring home Freeman's 2nd straight team championship, their hopes are aimed high this year.

"We hope to get into the top three at state this year," said Riddle. "We just hope we aren't aiming too high."

So far, their hopes may be in the right place with straight-set wins over Valley Christian, Reardan, Sprague-Harrington, and Lind-Ritzville.

"We don't like track and wanted to play a spring sport," joked Riddle. But all kidding aside, they enjoy the sport and have been playing since their freshman year. Four years of partnership has given them a leg-up in their matches. With such a close bond on and off the court, these girls are able to keep each



Photo by Pia Longinotti

Blair and Katie work hard to reach their goal: state.

other's spirits high throughout any tough match.

"We have to work together to pick each other up," Riddle said. "We just have this easy way about each other and can laugh mistakes off—in fact we play best

when we're laughing."

No matter the situation, Bauer and Riddle have positive attitudes. Whether that's with tennis or with any other circumstances that comes their way.

"As long as we communicate, we hope and believe we will go far this year," Bauer said. These

girls won't be going

down without a fight or without a few laughs, too.



Photo by Pia Longinotti
Riddle and Bauer sharing a laugh of victory.

Junior baseball athlete makes his mark

By McKenzie Setter
Staff Writer

Only a junior and already a defensive captain, Cameron Duckett is one dedicated player whose hard work pays off. This year, Duckett's returning as a starter for the Freeman High School baseball team.

"The love for the game is what keeps me motivated," said Duckett. "I have been playing baseball since I was four and have loved the game ever since. Baseball is a true example of teamwork and that's what I love about it."

"Cameron does a good job of trying to make the guys around him better," said coach Chad Ripke. "He is a smart player, and does a lot of the little things right. He knows the game and has the ability to think the game."

His current batting average of .313 does not reflect how great of a player Duckett is. He would like it to be higher, but that's one of his goals. This year, Duckett moved up to hit lead-off for Freeman and has done a great job of getting on base.

Not only does Duckett have speed, but his defense is above average. Whether it's in a game or in practice, Duckett brings a com-

petitive spirit everyday that he is on the field.

"Cameron motivates me through his actions," said teammate Tyler Hjaltalin. "He always has a determined look on his face. Determined is exactly how I would describe him. He always has a hidden drive to be the best he can be and help the team to victory."

"My expectations for Cameron are very high," said Ripke. "He will be expected to shoulder some of the load on offense; how he goes on defense the team will go. He will also be called on to pitch numerous innings this year."

Duckett can help carry the team this year. He is an all-around great player and can live up to his expectations and often exceed them. Good luck boys on a successful season!



Courtesy of Pia Longinotti

Duckett riffles home a strike

Freeman golf team looking good

By **Matthew Floyd**
Staff writer

Golf is underway, looking like a very hopeful season. There are many players on the golf team who are more than qualified to make it to state.

In the April match at Hangman Golf Course, five of the players made it in to the top ten. With four seniors in the top ten that is pretty impressive. Senior Tyler Barrong scored a 73, placing first. Senior Dylan Maine scored a 74 and placed second. Senior Connor Claeys placed third with a score of 78. Freshman Sheldon Maul placed

sixth with a score of 81. Senior Taylor Vold placed tenth with an 87.

On the girls' team, sophomore Alyssa Maine took first with a score of 81.

With new additions to the team, including freshman Kel-

len Miller and Maul, the team is competing exceptionally well.

Dylan Maine has been one of the strongest players, but this year there might be some competition for the top spot.

"I think the team has a great chance to win state with the

number of good golfers we have," said Maine.

"Tyler Barrong has worked really hard to be in the number one spot," Coach Carrie McKinley said. "Golf is a game you not only play against other teams, but you

play against yourself as well. We are all working on improving individual/team scores, as well as how to maintain our composure when things don't feel like they are going well. Our worst day on the golf course can still be better than our competitor's best day. If we keep our composure in all situations, no matter what, we can still have a shot at winning." NEA league tournament starts on May 6th at Sundance. Good luck to all our golfers in post-season play.



Photo courtesy of Leo's Photography

The Freeman High School golf team.

Freeman baseball on a roll

By **Terin Saylor**
Staff Writer

For Freeman boy's baseball, every game is a big game and it's an opportunity for them to improve. The boys have earned a 7-6 record this season.

Before spring break, Freeman beat Bellevue Christian 9-3. Bellevue Christian was a preseason top 10 ranked team in 1A. Junior Justin Altmeyer, who is leading the team in hitting with a .409 average, was 2 for 3 and Senior Travis Sorensen was 2 for 3 with 3 RBIs.

Against Lakeside, Altmeyer was 2 for 4 with an RBI. Junior Cameron Duckett led

the team with 12 runs scored, beating them 3-2. Duckett is the leadoff hitter as well as the defensive leader and has had to play numerous positions because of injuries.

Sophomore Clayton Panzeri has established himself as the #1 pitcher and is 1-1 with a 1.87 ERA, with one save as well. On April 17th, Freeman beat Newport 6-5.

Panzeri pitched a

complete game with 5 strikeouts. Senior Dan Webb was 2 for 3 with an RBI and a double. Junior Chris Barkley was 2 for 2 and a RBI. In game 2 against Newport, Freeman won 15-5 in 6 innings. Altmeyer pitched a complete game with 6 strike-

outs, and was also 1 for 3 with an RBI. Sophomore Zak Allen was 2 for 4 with a RBI, and Sorensen and Junior Tyler Hjalalin were both 2 for 3 with an RBI. Zakheim was 1 for 1 with 2 RBIs and a walk.

On April 20th, Freeman traveled to Kettle Falls and beat them 6-2. Duckett pitched 6 great innings, giving up 2 unearned runs allowing only 3 hits and striking out 5. He was also 2 for 4 with a triple and a RBI. Senior Cody Heck was 2 for 3 with a RBI, and

each starter contributing with one hit. It was a complete team effort offensively, defensively and with our pitching staff. Altmeyer came in to get his 2nd save of the season.

"We lost to Lakeside, who is the favorite to win the league and the #7 ranked team in 1A state, 3-2," said coach Chad Ripke. "Then we lost 5-1 to Chewelah, the #8 ranked team in the state. The players are com-

peting well against two of the better teams in the state, but just couldn't get the key hit. Even though this team is young, I like the potential of this team. We are talented but young. We have to have guys step up and get the clutch hits and make the key plays. I really like the direction this team is heading and the tradition these guys want

to carry on." They split with Lakeside this past weekend. Lost 11-0 then won 4-2. Altmeyer pitched a complete game giving up 2 unearned runs, 6 hits, and

had 5 strikeouts. He also was 2 for 4 at the plate with a double. Webb was 2 for 4 as well with a huge 3 run home-run to make it a 4-0 game. Webb also drove in all 4 runs.

Freeman is currently 7-6 overall, 4-3 in league, on the season, with 9 games left to play. They sit in 3rd in league right now behind Chewelah and Lakeside.



Photo by Pia Longinotti

Junior Justin Altmeyer steps up to the plate.



Photo by Pia Longinotti

Senior Dan Webb tags out an opposing player.

Tennis players having a ball

By Matthew Floyd
Staff Writer

The tennis team has many returners and new students playing this year. Despite their youth both teams are finding success this season.

“We are a young team,” said coach Pia Longinotti. “Despite that, we have been very competitive in league. I see improvements in each player every match.”

The first match of the season for the boys was against Reardan. Singles player, sophomore Austin Fish, won his match against Irwin, 6-2, 6-1. Sophomore Travis Campbell also won against Hughes, 6-0, 6-0.

On April 13, Freeman dominated the match against Sprague-Harrington, defeating them 4-1. Fish won in two sets against Conrath, 6-3, 6-2. Campbell beat Carter with his second perfect match, 6-0, 6-0. Senior Max Casto won against Gunning, 6-2, 6-2. Juniors Matt Floyd and Ben Mega beat Swanger and Mann, 6-7(5-7), 6-2, 10-8.

Lind-Ritzville was a very competitive team for the boys,

unfortunately, Freeman lost 0-4.

The boys team had a tough match against Lakeside losing 0-4.

“The boy’s team is very young and very inexperienced with three first year player, but they make up for it with tenacity and athleticism,” said Longinotti.

For the girls team, the first match was against Valley Christian, Seniors Blair Riddle and Katie Bauer defeated their contenders, 6-0, 6-0. Senior Carlee Gude and Junior Alex Quinnett defeated Wardin and Sorensen, 6-1, 6-2.

The second home match was against Reardan. Riddle and Bauer beat Schmidt and

Webster, 6-1, 6-1. Junior Jenna Lee played Bazo, winning, 6-3, 6-2. The number two doubles, seniors Becca Schultheis and Rochelle Wakker played Klins and Westly ending in a win, 6-4, 6-4.

Danica Cramer stuck with it for a win in the tie-breaker match, beating Heidenreich, 5-7, 6-4, 11-9.

First away game against Wilbur-Creston, Jenna lee won, 6-0, 6-0 against Pebles. Danica Cramer had a victory against Beach, 6-2, 6-4. Riddle and Bauer also won against, Jamie Salinas and Julie Salinas 6-4, 6-0. Freshman Kristin Talbott and Kailyn Gady beat L. Bauer and Houger, 6-0, 6-0.

Lakeside was a big challenge for freeman, Gady beat Hoover, 6-0,6-2. Bauer and Riddle won, 6-1, 6-4 against March and Aguirre.

“I’m starting to realize that is time to step it up and prepare for a successful post season,” Riddle said.

The girl’s team is very competitive and positive athletes. This is what makes their team so successful.

It has been hard to have a straight week of practice because of the odd spring weather, with no room to have practice anywhere else; due to construction practices have been cancelled.



Courtesy of Pia Longinotti
Carlee Gude and Alex Quinnett team up to win,

Sprague-Harrington was a good competition for the girls. Lee beat Stedman, 6-1, 6-2. Riddle and Bauer still undefeated, beating Bouchard and Hanson, 6-1, 7-5.

Lee dominated Lind-Ritzville’s number one singles player Andrus, 6-0, 6-0. Junior

Sophomore tennis player a true talent

By Matthew Floyd
Staff writer

Tennis is a fundamental sport that takes a lot of hand eye coordination; Sophomore Austin Fish has the magic touch for the game. He has a natural talent for the game of tennis. He is always motivated and focused for every match. Don’t under estimate his strength form his size. He has a perfect slice that will fool many of his opponents.

“I have improved on my hitting and ability. I have the ability to improve over the next three years I play tennis”, said Fish.

He played doubles with Brooks Prior last year, but this year is learning the boundaries of the singles game. For post season Fish will move back to doubles with Sophomore Travis Campbell.

I have never had such a passionate and hard player who dives to a ball and get on the ground with hustle,” Coach Pia Longinotti said.

Fish started as a freshman and has improved greatly from last season. He is a tremendous athlete and has the ability to qualify for state in the next three years he has with the Freeman tennis team.



Photo by Pia Longinotti

Sophomore Austin Fish competing in a recent match.

Senior golfer takes sport seriously

By Erica Patterson
Staff Writer

Golf- some consider it an exciting sport and others see it as a relaxing past time. Here at Freeman, golf is a sport that senior Dylan Maine looks forward to every spring. Maine has played golf for the past 8 years and started at Freeman when he

“I’m hoping to rank in the top 5 at state this year,” Maine said. Last year, Maine placed 10th at state.

Ever since he was a freshman, Maine has competed at the state tournament.

“Dylan has always been a strong golfer,” Said golf coach



Photo courtesy of Debbie Maine

Recalling upon his intensive training, Dylan squares his hips to make

was a freshman in high school.

“I love how every game is a challenge and how it’s never the same,” Maine said. “I just enjoy how fun it is.”

So far, golf has been great for Maine and the rest of the team. Maine has had 4 matches so far, placing 1st, 2nd twice, and 3rd.

Carrie McKinley. “He loves the game and shows it in how he plays.”

So far this season, it looks like Freeman Golf, and not to mention Maine, are heading towards a successful future and everyone wishes them the best of luck at districts and state.