

GET A KICK OUT OF THIS!

By **Katey Gude**
Feature Editor

Junior Hailie McClure did it again! She made another year of competitive soccer. McClure has been playing soccer since first grade; she enjoys soccer and is always ready to play. McClure plays almost every position, but prefers playing back or center midfielder. When McClure first started playing, she mainly wanted to play because she wanted to be with her friends.

"Now I love the sport," explained McClure. "I love competing to win and taking free kicks."

In the past few years, McClure has faced a few obstacles in her sports career. Many people wouldn't know this, but she fractured her spine, which has caused her a lot of issues pursuing her goals of the season. Being

injured, she spent a lot more of her time on the sidelines, improving her soccer skills.

"My main goal is to not get injured this season," said McClure. "My back is fractured and my ankle is sprained."

McClure has had so many injuries that it's almost too many to list. Her fractured back will always keep her from playing full throttle, because it's something that will never be fixed.

"They don't slow me down besides when I have to sit out because of it," added McClure. "I do physical therapy, ice and sit out for as long as needed."

Though these injuries have made it hard for her to move forward, she never gives up, she always plays her hardest.



Photo Courtesy of Mickey McClure

Hailie McClure brings the ball downfield in one of her Shadow team's game.

McClure doesn't plan on playing soccer in college, but she thinks it would be fun.

"I think it would be fun so I am considering it," said McClure.

Her parents encourage her to play because it keeps her in good shape and keeps

her involved with a lot of friends and family.

Regardless of what happens with college, McClure plans to be on the field next season, helping her team win a league championship.

Senior Glidewell finishes wrestling in state

By **Teigan Glidewell**
Staff Writer

Senior Taylor Glidewell started on bottom in his final state ballot for third and fourth place, the ref blows the whistle and Glidewell automatically gets at reversal, breaking his opponent down. Throwing a deadly cross face, he is running it and now has a cradle and slam. The ref slaps the mat and raises Glidewell's hand, and declaring him as the state 3rd place finisher for the 152 pound weight class.

Glidewell has been wrestling for 8 years. He first wrestled with the Liberty Knights little guys wrestling when he was 9. Since then, he hasn't been able to stop.

"Taylor is very good, like driven in the wrestling room and the classroom," said teammate senior Avery Smetana.

Smetana and Glidewell have wrestled together for the last 7 years. Smetana also competed at state, where he placed 7th in 285 pound class.

"My favorite year was when I was a sophomore," said Glidewell. "There were 6 people on the team, most

fun, bonded well with everyone."

His most accomplished season has clearly been this one; Glidewell had 43 wins, 4 loses and 25 pins. He also earned a trip back to state, culminating in his 3rd place victory.

"I think he is an exceptional wrestler," said coach Chad Ripke. "He has a chance to wrestle collegiately."

Besides wrestling, Glidewell also races dirt bikes outside of school. He races a 2010 450f. He has been racing for 12 years. His very first race, Glidewell took 2nd place. Professional racers that have inspired Glidewell are Ricky Carmichael and Jeremy McGrath.

"He is one level below pro," explained senior Blake Pasold.

His favorite parts about riding are practice, training, and being with his family. Glidewell's first bike was a 1972 yz pw50, he likes all bikes but mainly Yamaha. His favorite track is the Nirrada motocross tracks in Nirrada, Montana.

Whether dirt biking or wrestling, Glidewell will be doing both next year. He

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Eat, breathe, live, cheerleading

By **Hope Mathews**
Staff writer

Senior Haley Hansen has excelled in her cheer career this year. She took a few classes her sophomore year at the Build It facility (a gym for a competitive cheer squad of the same name), but nothing serious. Hansen's junior year, she decided to try out for the Freeman varsity cheer squad and made the year-long squad. Senior year, she decided that she would like to focus on her Build It career, as doing both Build It and Freeman cheer was too much and she couldn't give up the opportunity.

"We all love Haley, and miss her awesome tumbling, jumps, stunting, and dancing we all understand that she belongs at Build It," said senior Shelby Nelson. "I know she loves it there."

"Build It is more intense and I wanted to be challenged," said Hansen. "I wanted something that relates more to gymnastics, although I do miss the Freeman cheer squad."

Hansen was a former gymnast. Her tumbling skills include a back handspring,



Photo Courtesy of Haley Hansen

Haley Hansen poses for her senior picture in her cheer uniform to show her love for cheer.

standing back tuck, and a round off back handspring back tuck.

Currently, Hansen has also been working as a gymnastics coach at Spokane Gymnastics.

"Working at a gym is kind of nice because if I ever have free time I definitely take the opportunity and practice on the spring floor," explained Hansen.

While Hansen occasionally feels overwhelmed balancing cheer and work, they only conflict on Wednesdays. She goes straight from work to practice at 7:15 which does

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Photo by of Pia Longinotti

Taylor Glidewell pins his opponent from Colville during the District Tournament.

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hopes to wrestle for either North Idaho College, Yakima Community College

or the University of Montana Western. Whichever he chooses, he will be a wrestler to watch in college.

Freeman Alumni return for basketball

By Preston Primmer
Staff Writer

The annual Freeman Alumni Tournament is a very popular fundraiser for Freeman athletics. This year marked the 33 annual Alumni Tournament, the longest running alumni tournament in the state of Washington. Many alumni come home from college or return home from where they have moved off to after graduation. All these people come back for a weekend of basketball and fun with friends.

This year, Freeman had 8 teams who competed. The first day was very exciting, including an overtime game, lots of offense, and some great shooting. One of the highlights of the first day was Taylor Vold's 41 points in an overtime game. He hit a game-tying bank shot as regulation time expired.

With three days of basketball, things got a little heated. The alumni competed hard for the chance to be alumni champions. The

33rd Freeman Alumni Tournament champions were Chad Goldsmith, Doug Goldsmith, Beau Barns, Jessie Depell, Terry Propek, and Jarod Hinch. They had to win three games in three days. This is especially difficult as most of the participants have not played basketball since the last alumni tournament.

"The tournament went well," said Athletic Director Brian Parisotto. "The numbers were down, and we had no-shows, but overall it went well."

Next year there are not many changes to be made, the alumni are just looking to get more players out and involved to play in the tournament.

With this weekend full of basketball and friends, everyone had a great time. As it came to an end, participants were so glad to see each other. They will remember the great times and look forward to next year.



Photo courtesy of Kay Christ

Jessie Depell shoots a three pointer during the championship game at the Freeman Alumni Tournament.

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make her an hour and 15 minutes late to practice, but it is the only way she can do it.

"I love Build It! It's a lot of work but that's what I like," Hansen exclaimed.

Hansen actually didn't end up having to try out; this is because when she joined Build It, the rest of the team was already chosen. For actual tryouts, the coach has gymnasts work with the team and asks to see their tumbling. Once Hansen started, she would never quit. She has a big role on the squad: she tumbles, flies, and bases, sometimes in one routine.

"My favorite thing about Build It is competing!" she said with a smile on her face. "I love being able to show everyone how hard we work."

Stunting is one of the more difficult items in

cheering because you have to have the coordination to do it.

"Stunting is just something you have to work on and practice," Hansen admitted. "We all fall and get beat up sometimes, but that's what it takes to get them perfect."

Some of the stunts that are the hardest for their cheer team are one-legged stunts and full-ups.

Overall, Hansen is a great cheerleader and has a big future ahead of her. On her list of possibilities is continuing to cheer at college. Hansen plans on cheering at Carroll College next year. Last, she wants to keep her cheer career going after college, possibly as a coach. Whatever the future brings, you can bet cheerleading will be a part of Hansen's life.

Emily Sainsbury does it all!

By Kindra Malloy
Staff Writer

Soccer, volleyball, track, cross country, school, a part time job at Shopko, and a member of the 4-H club, senior Emily Sainsbury does it all. If you think being an average high school student was hard, try taking a step in Sainsbury's shoes. With such a busy schedule, It should be hard to keep your grades up, but not for Sainsbury.

"I set aside time for my homework," Sainsbury explained. "I have about an hour and a half each night from the time I'm done with track and have to go to volleyball."

Sainsbury faced a very difficult challenge during cross country.

"I got a hernia, from running too much," she said with a laugh. "I feel old saying that, but it's true."

With not being able to run, Sainsbury said she became the team cheerleader!

"I got pretty good at being a cheerleader!" she exclaimed. "I was the cheerleader and I took pictures. So it wasn't too bad."

Her hernia doesn't affect track, thank goodness!

"It only starts to hurt during hard workouts, but for the most part it doesn't bother me," Sainsbury explained.

Sainsbury is a four-year trackster. She started her freshman year, thanks to her older sister Michelle. Sainsbury competes in the shot put, discus, thrower's relay, and the 2 mile.

"I love the friendship you build during track," Sainsbury explained. "It's nice to get to know the underclassmen. When you think of freshmen, you think 'they are so annoying, I hate freshmen.' But really, they are cool."

Sainsbury is planning on going to Northwest Nazarene University (NNU) in Nampa, Idaho.

"I think I'm going to go into pre-med," Sainsbury explained. "I want to do something in the medical field."



Photo courtesy of Emily Sainsbury

Sainsbury runs her leg of the Weight Relay (a running relay for throwers).

DeRuyter charges net for Scotties Tennis

By Katey Gude
Features Editor

Morgan made the cut! Junior Morgan DeRuyter was made co-captain of the Scotties tennis team this season.

"There are many capable players on the team who would fit the role of being a co-captain," noted coach Cathy Lee. "What stands out with Morgan is that she pushes herself first and foremost and works to bring fellow teammates with her along the way, which is not always easy."

DeRuyter has played tennis for three years and still enjoys it a lot. It is her favorite sport. DeRuyter was mainly influenced by her grandfather, Bruce, who is 85 and still plays tennis. DeRuyter loves to play tennis because she can play it pretty much anytime, and it's not a team sport. DeRuyter enjoys playing tennis because she can play it pretty much anytime, and it's not a team sport.

"Everything I do, I earn myself; I don't have to depend on anyone else to do it for me," said DeRuyter. "It's been in my family for years, and they inspired me to play."

DeRuyter's road hasn't been easy though. She had to overcome injury when she first started playing Freeman tennis.

"When Morgan first began tennis a freshman, she was recovering from foot surgery," said Lee. "After the first week, she had a noticeable limp and then fell walking near the portables. She eventually had to wear a boot cast and could not understand why she could not play. She could have quit, but instead she arrived early and stayed late almost every practice. She would pick up balls, watch drills, and hit against the back

board with limited movement. She attended all home matches to support her teammates. Morgan was determined to improve her knowledge and skills of the game, even while relegated to the sidelines."

DeRuyter is bringing that same work ethic into her first year of singles. Her main focus this year is making it as the Scottie's #1 singles player.

"It's going to be tough because most of the players are seniors, so I hope to win most of my matches, or at least get close to it," explained DeRuyter. "Either win or lose only by a little."

DeRuyter loves to play tennis because she can play it pretty much anytime, and



Photo courtesy of Cathy Lee

Morgan DeRuyter prepares to serve during a match at Freeman.

it's not a team sport. It's not a sport that she plans to compete in during college however.

"I do plan on playing for the rest of my life, though," said DeRuyter.

Regardless of her future in tennis, DeRuyter is really enjoying her new role as a team captain.

"The new batch of freshmen have shown a lot of promise and its going to be really fun to be their leader and show them how much fun it is," DeRuyter explained.

Her excitement for tennis is contagious amongst her teammates.

"The coaches, Mrs. Lee and Mrs. Mitchell, have been really helpful and I appreciate all their dedication and time to help improve our game," said DeRuyter. "This tennis year is going to be amazing!"

Alyssa Maine: court to driving range

By Dani Reilly
Staff Writer

For senior Alyssa Maine, sports are everything. She strives to be the best, and compete with the best possible team. The Lady Scotties soccer team went 7-6 during this last fall. On the team, Maine played as an inside defender.

"My team was great, and we all had so much fun together," Maine said, reflecting on the season.

Though the soccer team lost in the first round of districts to Lakeside (1-3), they pulled through during their next game beating Colville in the regional qualifier game (3-1). At regionals it was a close game all the way through, but the win went to Cashmere (3-4), ending the Lady Scotties' soccer season.

Winter came and basketball went, a tough and bitter-sweet season, having so much potential, and then coming up short in state.

"I was very proud of the girls. They worked hard, and it showed," coach Ashlee Nimri said.

Maine was named All-League MVP at Districts, leading the girls' team to a 27-2 record for the season, and placing 2nd in state.

"She played great all year and showed great leadership. She was by far the best

"Even though we didn't reach our goal, I wouldn't trade this season or my team for anything," senior Emily Paukert, a close friend of Maine's, added. "It was still an enjoyable season."

"And I wouldn't change anything, except for the outcome of the last game, obviously a win would have been better, but overall it was great," Maine agreed.

At the end of the state tournament Maine had gained another accolade: 1st team All-State.

"I was shocked, and it was just the most amazing feeling," Maine recalled.

With the arrival of spring, new sports begin: track, baseball, tennis, softball, and, for Maine, golf.

"I'm really looking forward to state!" Maine said excitedly, looking forward to the golfing season.

Maine has competed at the golf state tournament every year of high school, placing 3rd her freshman year, 2nd her sophomore year, and 7th her junior year.

"It's hard at times keeping up with school and sports, where most of the time I would much rather be sleeping, but you



Photo Courtesy of Alyssa Maine

Maine celebrating making 1st team All-League.

player in our league this year."

While state didn't end quite the way the team had envisioned it, the season was still a success.

just have to get through it," said Maine.

Maine has decided to go to Whitman College in the fall, where she plans on playing basketball and golf.

NEW SQUAD HAS HIGH EXPECTATIONS

By Jessica Ruby
Staff Writer

Last year, Freeman’s Cheerleading Squad accomplished so much and exceeded many of their goals. They performed at all the home football and basketball halftimes, ran a few mini-cheer camps, participated in a UCA camp, traveled to Seattle to perform at a University of Washington football halftime extravaganza, performed at state with the girls’ basketball team, participated in a few community service events, and made some memories that they will never forget.

Next year, hopefully, consists of all of this and even more. The squad has already been invited to dance again for the University of Washington’s halftime extravaganza, but it will be on the Century Link Field, which is the Seahawk Stadium!

“I would like to continue community service in Spokane and put our program more out there,” coach Wylie Rhoads said.

Next year’s cheer squad has a lot in store. After a successful and eventful year with last year’s squad, they plan on a similar season, with a few additional events.

“Having a large squad will be great,” Rhoads added. “We will have four

stunt groups and three basket groups!”

Each year’s squad is different since no one is guaranteed a spot, not even the returners. After the squad is chosen, there are new fall and winter squads. This year there are so many girls, and they will be able to accomplish so much.

“I’m looking forward to having new positions with having 16 girls on the fall squad and two alternates,” Rhoads shared. “We will be able to have bigger and better stunts!”

One thing that Rhoads is hoping to do is compete during the winter with both the fall and the winter squad. Competition cheer is different from regular cheer because you compete with other squads from the northwest area and perform in front of judges. Competitive cheer is a lot of work, but the squad is ready for it.

Another new thing this year is a larger squad. The winter squad consists of 16 cheerleaders and two alternates while the winter squad has 12 cheerleaders

and two alternates. With a larger squad, the team can step up their stunting to a new level.

After having three years to get to know the Freeman cheer program and more about coaching, Rhoads has done so much with the girls and boys that have gone through the program. You

can trust that this next year will entail some new and exciting events and some awesome new dances and stunts!

“It’s sad to see our old squad go, but it’s also very exciting to have the new one,” Rhoads explained.



Photo by Anna Lee

The Freeman cheerleaders pose for a picture after their tryouts.

Fall Squad:

Freshman:
Maria Panzeri
Tristan Peery

Sophomore:
Anna Lee
Asriel Lynn
Hope Matthews
Matea Ped
Shenoa Rush
Hannah
Williamson
Kyla Wright

Juniors:
Kindra Malloy
Helena Mazzola
Baylee Randall
Cassidy Shultz
Nicole Westberg

Seniors:
Claire Hulse
Felicia Jackson
Maddie Keebler
Jessica Ruby

Winter Squad:

Freshman:
Maria Panzeri

Sophomore:
Asriel Lynn
Hope Matthews
Matea Ped
Shenoa Rush
Hannah
Williamson
Kyla Wright

Juniors:
Baylee Randall
Cassidy Shultz
Nicole Westberg

Seniors:
Claire Hulse
Maddie Keebler
Felicia Jackson
Jessica Ruby