

HIGH SCHOOL BASKETBALL PREVIEW

Teams aiming high this year

By MICHAEL WHITNEY

Basketball season came to full swing this week, and the *Tribune* caught up with the coaches in Snohomish and Monroe's boys' and girls' teams to get their outlooks.

Snohomish

Boys

Snohomish boys head coach Jeff Larson might be a familiar face when Snohomish plays Glacier Peak for its cross-town rivalry game Dec. 2. He was, of course, GP's principal last year.

But now he's back to his original stomping grounds as a Panther looking to make a new mark.

His emphasis is a strong defense. Once you have that, things fall into place.

He calls it a rebuilding season. Among the core eight players, six have varsity experience, with three as returning starters.

"We're excited to play," Larson said. "We want to gain the respect of the school and our community."

All eight starters will be contributing with lots of time on the court. Larsen believes in having a small roster to have the same guys practicing as a cohesive group, and to respect the community's time so nobody second-string is a benchwarmer.

Girls

Longtime Head Coach Ken Roberts is optimistic the Snohomish girls will be great at defense, and has some height, as the teams go toe-to-toe in the tough Wesco 3A league.

The Snohomish girls have plenty of returnees to fill any perceived vacuum left by the graduations of key seniors Ella Gallatin and Cheyenne Rodgers and Addy Gallatin's exit.

Back again are Catherine Green, Tyler Gildersleeve-Stiles and Jada Andresen. Also back are Baella Stich, a super-fast defender, and Cora Larson, a super shooter.

Joining there are point guard Sienna Capelli, and Gildersleeve-Stiles' older sister Brooklyn.

The team lost three really good players, but replaced them with two really good players and two who have improved.

"We have a real solid top eight," Roberts said.

Even so, in such a competitive league and a series of opening games against tough teams, the focus is on getting better over the course of the year, Roberts said. Look again in January and you may see them in a different light.

Glacier Peak

Girls

With a whole half of the GP girls varsity squad now graduated, including four starters, "we got some work to do, don't get me wrong," Glacier Peak girls' coach Brian Hill



Jim Scolman file photo

Returning players such as Monroe High's Hayden Creswell (above) all have something to shoot for this year.

said. But he's confident there's plenty of talent to make opponents sweat.

Returnees such as Kylani Rookstool, who can run the ball with all-around skill.

Such as Brynna Pukis, "the best shooter we've had in our program" who came close to a record year for most three-pointers.

Such as Sammie Thoma, a fantastic defender who'll be given more scoring opportunities this season.

"We're going to go play hard and hope things fall well for us," Hill said. Things are gelling at practices. "I look forward to how much we can improve."

The team will be holding its annual Top of the Peak convention of the area's top teams Dec. 27, 28 and 29.

Boys

Head Coach Steve McCary knows most of the varsity team. He's been coaching their path up from junior varsity as JV coach for many years now. McCary's in the driver's seat of the varsity team this year as coach Brian Hunter is on a one-year sabbatical.

"We are less experienced than in recent past but these kids will mature," McCary said.

The Grizzlies have five seniors, two juniors and one sophomore for its starting eight.

Cemented in the team are Paxton Bigby, Jo Lee, Sam Waldow, Ben Williams, Luke Zimmerman and Nate Spang. A gaggle of them played JV together.

Story continues on next page

SCHEDULES

SNOHOMISH

Boys Schedule

Nov. 30 @ Kamiak	Jan. 3 vs. Edm.-Woodway
Dec. 2 vs. Glacier Peak	Jan. 6 @ Mountlake Terrace
Dec. 6 vs. Everett	Jan. 9 vs. Shorecrest
Dec. 9 @ Arlington	Jan. 12 @ Stanwood
Dec. 14 vs. Monroe	Jan. 16 @ Marysville-Pilchuck
Dec. 16 @ Shorewood	Jan. 21 vs. Arch Murphy at 2 p.m.
Dec. 17 @ Lake Stevens	Jan. 24 @ Cascade
Dec. 20 @ M'ville-Getchell	Jan. 26 vs. Cedarcrest
Dec. 22 @ Juanita	Jan. 31 @ Meadowdale
Dec. 27 vs. Oak Harbor	Feb. 3 vs. Lynnwood

Girls Schedule

Nov. 30 vs. Lynden Christian	Jan. 5 vs. Mountlake Terr.
Dec. 2 vs. Glacier Peak at 5:30 p.m.	Jan. 10 @ Shorecrest
Dec. 7 @ Everett	Jan. 13 vs. Stanwood
Dec. 9 vs. Arlington	Jan. 21 @ Arch Murphy at 2 pm.
Dec. 13 @ Monroe	Jan. 24 vs. Cascade
Dec. 16 vs. Shorewood	Jan. 26 vs. Cedarcrest
Dec. 21 vs. M'ville-Getchell	Feb. 1 vs. Meadowdale
Dec. 27 vs. Kelso	Feb. 2 @ Lynnwood
Jan. 3 @ Edm.-Woodway	



Tipoff on all games is 7:15 p.m. unless otherwise noted

GLACIER PEAK

Boys Schedule

Dec. 1 @ Everett	Jan. 13 @ Mariner at 7:45 p.m.
Dec. 2 @ Snohomish	Jan. 16 @ Chief Seattle at 6 p.m.
Dec. 8 @ Lincoln at 7:30 p.m.	Jan. 18 vs. Kamiak
Dec. 10 @ Sumner at 1 p.m.	Jan. 20 vs. Mercer Island
Dec. 16 vs. Ferndale	Jan. 24 @ Lake Stevens
Dec. 20 @ Shorecrest	Jan. 27 @ Jackson
Dec. 22 @ Ingraham at 5 p.m.	Jan. 31 vs. Mariner
Jan 7 vs. Lake Stevens	Feb. 2 @ Kamiak
Jan. 11 vs. Jackson	

Girls Schedule

Dec. 1 @ Meadowdale	Jan. 10 @ Jackson
Dec. 2 @ Snohomish at 5:30 p.m.	Jan. 13 @ Mariner at 6 p.m.
Dec. 5 vs. Everett	Jan. 16 @ Enumclaw at 3 p.m.
Dec. 10 @ Gig Harbor at 5 p.m.	Jan. 18 vs. Kamiak at 5:40 p.m.
Dec. 14 vs. Edmonds-Woodway	Jan. 20 @ Roosevelt at 7:30 p.m.
Dec. 21 @ Shorecrest	Jan. 23 vs. Jackson
Dec. 27 vs. Richland at 6:30 p.m.	Jan. 30 vs. Mariner
Jan. 6 vs. Lake Stevens	Feb. 1 @ Kamiak



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HIGH SCHOOL BASKETBALL PREVIEW

MONROE

Boys Schedule

Dec. 3 vs. Cedar Park Chr.	Jan. 7 vs. Stanwood at 5 p.m.
Dec. 6 vs. Meadowdale	Jan. 11 vs. M'ville-Pilchuck
Dec. 9 @ Lynnwood	Jan. 13 @ Mountlake Terrace
Dec. 14 @ Snohomish	Jan. 17 @ Shorecrest
Dec. 17 vs. Cedarcrest 5 p.m.	Jan. 20 vs. Edm.-Woodway
Dec. 20 vs. Cascade	Jan. 23 vs. Shorewood
Dec. 27 vs. Prairie 5:40 p.m.	Jan. 30 @ Everett
Dec. 29 @ Ingraham 5 p.m.	Feb. 2 vs. Arlington
Jan. 4 vs. Arch.-Murphy	

Girls Schedule

Dec. 3 @ Lincoln at 1 p.m.	Jan. 7 vs. Stanwood 3 p.m.
Dec. 6 @ Meadowdale	Jan. 11 @ M'ville-Pilchuck
Dec. 8 vs. Lynnwood	Jan. 13 vs. Mountlake Terr.
Dec. 13 vs. Snohomish	Jan. 18 vs. Shorecrest
Dec. 17 vs. Cedarcrest 3 p.m.	Jan. 20 @ Edm.-Woodway
Dec. 20 @ Cascade	Jan. 24 vs. M'ville-Getchell
Dec. 22 vs. Mariner 6 p.m.	Jan. 26 @ Shorewood
Dec. 29 @ Cleveland 4 p.m.	Jan. 31 vs. Everett
Jan. 5 @ Arch.-Murphy	Feb. 2 @ Arlington



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GP has a vacuum to fill with heavy scorers such as Bobby Siebers now graduated.

But they're growing. "The hallmark of progress is to take guys and meld them together as a unit," McCary said, noting the team has high potential with a group of talented, hard-working teammates.

Monroe Boys

The Monroe boys have superstars such as Stevie Kuhnle, Reed Schaeffer and Hayden Creswell back in action this year as the team looks to shake up the 3A season.

Head Coach Justin Prohn, now in his fourth year, is pleased how the program's coming together. More students are trying out, and

there's a gaggle of talented freshmen and sophomore waiting in the wings. He thinks a handful could easily be pulled up to the varsity team during the season.

"We're trying to build something special," Prohn said. They're holding winter and summer hoop camps and getting the team out there. But, importantly, they're also teaching a foundation of culture. They call it "C.A.T.S." — Commitment, Attitude, Teamwork and Selfless sacrifice. "That last one, it's more than about 'you' to be a team member and good role model."

On the court, the foundation is all about defense. "That's what wins championships," Prohn said.

With control of the ball, offensive drives can be



Doug Ramsay file photo

mounted. Prohn says he's got eight guys who can shoot, and the Bearcats have an opportunity to be killers on the court.

In the hyper-intense Wesco 3A league, "I think we have the skill to be a Top-5 team if we come together," Prohn said.

Girls

Head Coach Dave Kaupp sees promise in the Monroe girls team as they are re-starting and refocusing their energy.

"We're coming together," Kaupp said. "We only lost one senior last year."

And it's a group effort all the way, with four returning seniors such as Adria Lincoln (a top shooter who made an early signing with the Univer-

sity of Montana) and Brooke Boroughs as well as a sixpack of sophomores who played varsity last year.

The roster is deep but young with 32 in the program and 26 of them freshmen or sophomores

Now in his second year as head coach, Kaupp says he'll be happy to have a normal year again after COVID-19 canceled games and caused player last-minute switch-ups.

"We focus a lot on defense — us not being a big team, we have to focus on defense," Kaupp said, "but we have tough kids who play their hearts out."

Looking forward, he sees the program will grow. "We have a bright future," the coach said.



EVERETT

Boys Schedule

Dec. 1 vs. Glacier Peak at 7 p.m.	Jan. 3 @ Marysville-Getchell
Dec. 3 vs. Kamiak at 11:45 a.m.	Jan. 5 vs. Stanwood
Dec. 6 @ Snohomish	Jan. 13 @ Shorecrest
Dec. 9 @ Cedarcrest	Jan. 17 @ Mountlake Terrace
Dec. 12 vs. Meadowdale	Jan. 20 @ Cascade at 7:30 p.m.
Dec. 16 @ Lynnwood	Jan. 24 @ Arch. Murphy
Dec. 20 vs. Edm.-Woodway	Jan. 26 vs. Arlington
Dec. 22 @ Thos. Jefferson 7 p.m.	Jan. 30 vs. Monroe
Dec. 28 @ Mt. Vernon at 7 p.m.	Feb. 2 @ Shorewood

Girls Schedule

Nov. 30 @ Woodinville	Jan. 5 @ M'ville-Pilchuck
Dec. 3 vs. Kamiak at 1:30 p.m.	Jan. 10 @ Stanwood
Dec. 5 @ Glacier Peak	Jan. 12 vs. Shorecrest
Dec. 7 vs. Snohomish	Jan. 18 vs. Mountlake Terr.
Dec. 9 vs. Cedarcrest at 5:40 p.m.	Jan. 20 @ Cascade at 6 p.m.
Dec. 13 @ Meadowdale	Jan. 25 vs. Arch. Murphy
Dec. 15 vs. Lynnwood	Jan. 27 @ Arlington
Dec. 16 @ Lake Stevens	Jan. 31 @ Monroe
Dec. 19 @ Edmonds-Woodway	Feb. 2 vs. Shorewood
Jan. 3 vs. M'ville-Getchell	



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CASCADE

Boys Schedule

Dec. 1 vs. Ferndale	Jan. 10 vs. Cedarcrest
Dec. 3 vs. Oak Harbor at 6 p.m.	Jan. 13 @ Arlington
Dec. 6 @ Archbishop Murphy	Jan. 18 vs. Shorewood
Dec. 8 vs. Stanwood	Jan. 20 vs. Everett at 7:30 p.m.
Dec. 13 vs. Marysville-Getchell	Jan. 24 vs. Snohomish
Dec. 17 vs. M'ville-Pilc. at 6 p.m.	Jan. 27 @ Shorecrest
Dec. 20 @ Monroe	Jan. 30 vs. Edm.-Woodway
Dec. 30 @ Lake Stevens	Feb. 3 @ Mountlake Terrace
Jan. 3 @ Meadowdale	Feb. 7 @ Jackson
Jan. 7 vs. Lynnwood at 4 p.m.	

Girls Schedule

Dec. 1 @ Sedro-Woolley	Jan. 6 @ Lynnwood
Dec. 3 vs. Oak Harbor at 2 p.m.	Jan. 9 @ Cedarcrest
Dec. 5 vs. Archbishop Murphy	Jan. 14 vs. Arlington at 4 p.m.
Dec. 8 @ Stanwood	Jan. 17 @ Shorewood
Dec. 14 @ Marysville-Getchell	Jan. 20 vs. Everett at 6 p.m.
Dec. 16 @ Mariner	Jan. 24 vs. Shorecrest
Dec. 17 vs. M'ville-Pilc. at 4 p.m.	Jan. 31 @ Edm.-Woodway
Dec. 20 vs. Monroe	Feb. 2 vs. Mountlake Terr.
Jan. 4 vs. Meadowdale	



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