WHITEFISH BAY ACTIVITIES NEWSLETTER



TRADITION, EXCELLENCE, SPORTSMANSHIP, DUKE PRIDE

Important Information for All Students

Have you signed up for a club yet? If not, signing up for a club is a great way to:

- Make new friends
- Have fun
- Connect w/ Whitefish Bay Staff
- Find your passion
- Be active in the school community
- Engage in healthy competition

Check out the Virtual Activities Fair for all information regarding our amazing clubs!

Fitness Center Available for All Students

The Fitness Center will be open for all students Monday through Friday (while school is in session) from 4:00 - 5:45 PM. Masks will be required at all times. Due to COVID restrictions, we will only allow 15 students in the Fitness Center at a time.

Follow Athletics and Activities on Social Media

Make sure to follow us on Twitter and Instagram for up to date news and information on all teams and clubs.

Twitter: @WFB_BLUEDUKES Instagram: wfb_athletics_and_activities

Live Stream of Home Events:

https://www.youtube.com/channel/UCgwnBarnIv8pVTrae3Oj2tw?view_as=subscriberwww.facebook.com/WFBSchools

Live Stream of Away Events:

https://www.northshoreconference.com/page/show/5985509-live-streaming-links

Blue Dukes Boys' Swim & Dive Team Repeat as Conference and Sectional Champions

Back to Back! After a 35-year drought, the Boys Swim and Dive Duke Nation are your 2020 and 2021 Junior Varsity and Varsity North Shore Conference Champions!

As the host of the Junior Varsity Conference meet, the Dukes knew they had to step up and protect their home water. In dominating fashion, the Blue Dukes began the meet with a 200 Medley Relay victory, and would never look back! Incredible performances came from our distance crew of sophomores Brian Plemel and Nicholas Hall. From the beginning of each race, these boys pulled far ahead of the field, and knew they had to race each other to be at their best. Hall would edge out a charging Plemel, winning the 200 Free in a eight second best time! Plemel would get his revenge, winning the 500 Free in a nearly 15 second best time! Both Plemel and Hall would post times that would've scored at the Varsity conference meet in both events, proving they are ready to take the next step! Sophomore Reese Cottrill would pick up the title of champion after winning the 100 breaststroke with an incredible second 50. Cottrill also posted a 2nd place 100 freestyle, dropping nearly three seconds in his efforts! Junior Paul Kullers trand would use his outside lane in the 100 backstroke to sneak by most every swimmer, placing 2nd in a five-second best time! Setting the bar incredibly high for the varsity squad, the Blue Dukes would go on to win each relay, and prove the future is bright for the WFB swimming community.

With the eight schools split across two pools, drama was at an all-time high, as Whitefish Bay would tie with Homestead prior the merge of the results. After a grueling wait, results were merged, re-scored, and by a narrow 10 points, our boys came out as victors! To say this was a team-effort is an understatement. High-quality performances came from our historic senior class, but it was our sophomore class who brought home the title. Sophomore Immanuel Solc shocked the pool, dropping TEN seconds in his 200 Individual Medley, only to turn around to drop seven seconds in his 100 fly! Classmate Jack Gunderson would follow suit; dropping seven seconds in his 200 Individual Medley, and an eye-popping eight seconds in his 100 breaststroke, which earned him a sectional swim! Fellow Sophomore Zoli Lauko dropped a stellar 3 seconds in his 100 fly, and a full second in his 50 free, a time-drop not often seen in a 50! However, one sophomore carried us through two incredible swims. Mr. Ben Ernster flexed his distance prowess with a 3rd place finish in the 200 freestyle, swimming a lifetime best time by two seconds. That wasn't to be out done by his 500 freestyle, as your NSC Champion! The Blue Dukes other win came in the 200 Freestyle Relay, as Phil Swietlik, Nick Enea, Peter Youel, and Peter McMahon proved why they are the number one relay in the state, winning the event by more than 3 seconds! Depth has always been the fortitude of this team, and their commitment to each other and the team led to this success.



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Carrying great momentum, ten of our prestigious athletes represented in our home water at the WIAA Sectional this past Saturday. With an opportunity to qualify for state on the line, the Blue Dukes withstood the pressure, and performed at an all-time high. Following the conference trend, the Boys would go back-to-back as Sectional Champions! Seniors sprint king Peter McMahon would carry the team with two individual sectional victories, winning the 50 and 100 freestyle. Senior Nick Enea followed closely behind with a tremendous 2nd place swim in the 200 individual medley, and a dominating 100 breaststroke to take the title going away. All three relays would assert their dominance and pick up sectional victories. Most specifically, the 200 medley relay of Grant Anderson, Nick Enea, Andrew Hall, and Peter Youel would set a new pool record, and join the 200 free relay as the top-seeded relay in the state! An impressive sectionals led to 15 of our 18 individual swims qualifying for state! Below is our breakdown for Friday's State meet. Be sure to send all of these boys' fast vibes as they compete for a state title!

Andrew Hall (100 Fly / 100 Back)
Adi Prasad (100 Breast)
Ben Ernster (200 Free / 500 Free)
Grant Anderson (200 IM / 100 Back)
Nick Enea (200 IM / 100 Breast)
Peter McMahon (50 Free / 100 Free)
Peter Youel (50 Free / 100 Free)
Phil Swietlik (50 Free)
Will Antonelli (100 Back)
Sectional Relay Teams:
200 Medley Relay (Anderson/ Enea / Hall / Youel)
200 Free Relay (Swietlik / Enea / Youel / McMahon)
400 Free Relay (McMahon / Ernster / Swietlik / Hall)



Boys and Girls Ski Team Tearing It Up on the Slopes

The Whitefish Bay Ski Teams recently competed in three races and have recorded impressive results. On Wednesday, January 13th, the team had a Giant Slalom Meet at the Rock against Franklin, Homestead, and Nicolet. The girls' varsity team, led by juniors Sydney Urben, Emilie Lesinski, and senior captain Molly Keiper came in 3rd place. The boys' varsity team, led by senior captain Damon Katz, sophomore Hayden Johansen, and senior Jack Van Dyke finished in 2nd. The boys' and girls' JV teams both came in 1st for JV Blue and 3rd for JV Gray. Congrats on sweeping the JV medals! Freshman Lily Girzadas and junior Colin Foley won the JV race, while sophomore Amelia Smith and freshman John Egan placed 2nd, and senior Lauren Andersen and junior Michael Bolger came in 3rd.

Next up was a Slalom race on Sunday, January 17th at Little Switz against Brookfield Central, Brookfield East, and Cedarburg. The girls' varsity team led by Keiper, Lesinski, and senior Captain Abby Lim won the race! The boys' varsity stepped up as well and won their race, they were led by Katz, senior Hunter Bania, and senior Jacob Anzia. Congratulations to individual medalists Damon Katz for winning the race and Hunter Bania and Molly Keiper for coming in second! These medals qualify Katz, Bania, and Keiper for the WI State Championship meet! The girls' JV teams won and came in 2nd, and boys' JV teams won and came in 3rd! Congrats to these athletes who were on the JV podium: sophomore Ella Novinski (1st), Girzadas and Bolger (2nd), and Smith and Egan 3rd.

Finally, the Blue Dukes competed in another Slalom race at Little Switz on Wednesday, January 27th against Badger, Slinger, and University School of Milwaukee. The girls' varsity team led by Keiper, Lim, and Novinski finished in 2nd place and the boys' varsity led by Katz, Bania, and Anzia finished in 3rd place. Congratulations to individual medalist Molly Keiper for coming in 3rd! The girls' JV teams won and came in 3rd, and boys JV teams also won and came in 3rd!





Girls Basketball Program Ready for Playoffs

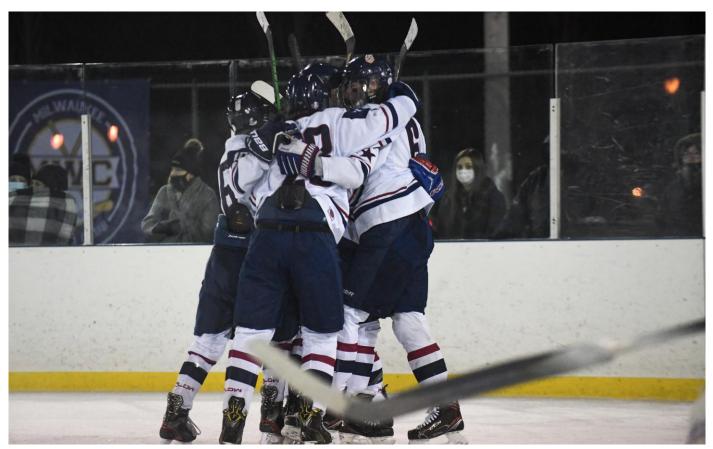
The Girls Basketball program continues to roll, now compiling a program-wide record of 24-7 with Varsity sitting at 9 – 9 and currently tied for 5th in the North Shore Conference. The Varsity has had some impressive wins as they get ready for the playoffs. In a 20-point win over Hartford, it was the Behrendt sister's leading the way with senior Lily Behrendt scoring 12 and adding six rebounds, three assists and three steals, while sophomore Zoe Behrendt added a double-double with 16 points and 11 rebounds. In a 45-point win over Port Washington, sophomore Sophia Simenz led in scoring with 13 points, Zoe had nine points and eight rebounds, and Lily filled out the stat sheet with five points, four rebounds, four assists, and four steals. In the most recent victory against Nicolet, Zoe led the way with 13 points and nine rebounds, senior Emeria McPherson had 12 points and junior Allie Swietlik and Simenz chipped in seven points each. The Blue Dukes finish their regular season tonight at Homestead. They also received the #2 seed in the Regional and will host a home playoff game on Friday, February 12th at 7:00 PM against the winner of Wisconsin Lutheran/Milwaukee Lutheran.

WNS Boys Varsity Hockey Team Wins on Senior Night and Advances in Playoffs

WNS Hockey has had a busy two weeks! At the end of January, they played Waunakee in a close match up, but ultimately dropping the game 2-4. Junior Charlie Mitchell and senior Hank Olson each had an assist. Then on Sunday, January 24th, they headed up to the Fox Valley for a win over Xavier! WFBHS freshman Michael Adank and Mitchell each with an assist and Senior Griffin Holbrook and Mitchell with a goal apiece.

On January 30th the Storm celebrated senior night and their debut at the new Cahill Outdoor Ice Rink. WNS pulled out a 4-3 win, with Olson scoring the winning goal. Mitchell also notched a goal, and senior Augie Raasch and Holbrook had the assists on Olsons' game winner to take the trio of seniors to a win.

Next up was a Regional matchup with Milton, this past Tuesday, February 2nd at the Ponds of Brookfield. WNS got out to an early 3-0 lead and held on in the third period to advance to the next round with a 3-2 victory. WNS plays Kettle Moraine for a Regional Championship on Thursday, February 4th.



Varsity Gymnastics Team Posting Impressive Scores

The girls' gymnastics team competed in a dual vs Grafton/Cedarburg on Friday, January 29th. Despite resting one of their top all-around gymnasts and another gymnast who is recovering from a hand injury, the girls won the meet 137.75-132.775!

Highlights include senior captain Addie Gallun returning in full form and winning the all-around with a season high 37.1. She competed her difficult layout vault for the first time since her injury, scoring a 9.575! She won bars and floor as well.

Freshman Ryann Wesley won beam with her stellar performance of 8.85. Filling in for senior Madi Kogler was sophomore Kate Brugman who stuck beam, hit a 8.1 on vault and competed a lovely floor routine sticking all but one pass. Junior Liz Gaeta hit again on vault scoring 8.725 and provided the much needed depth and consistency the team needed on floor and bars. Junior Kate Graham competed all around and placed 3rd on floor with a well-executed routine. She is lead off on beam which is the most difficult spot. She hit a beautiful stuck routine which is what leadoff is all about! Graham also placed 3rd all-around. Junior Erin Timms competed in three events and was consistent in her performance all evening and tied for 4th on vault. Congratulations to the team for a job well done. This Saturday, February 6th the varsity gymnastics team hosts the Bob Bradley Invite. The completion starts at 10:00AM. Be sure to catch the action on the following stream links:

https://www.youtube.com/channel/UCgwnBarnIv8pVTrae3Oj2tw?view_as=subscriber

https://www.facebook.com/WFBSchools

Members of Computer Science Club Receive Impressive Recognition

The National Center for Women and Information Technology (NCWIT) helps organizations recruit, retain, and advance women from K-12 and higher education through industry and entrepreneurial careers by providing community, evidence, and action. Their Award for Aspirations in Computing is one example toward that goal targeting high school girls. The following students from WFBHS have been honored by NCWIT:

Sophomore Tess Bruett, WI Honorable Mention

Freshman Yana Fuhrman, junior Caroline Gruber, freshman Lily Kreigel, senior Vivian Wang and senior Gretchen Yenchesky - WI Affiliate Winners.

Senior Olivia Eckes - WI Affiliate Winner and National Honorable Mention Awardee

Mock Trial is Ready for Competition

This Saturday and Sunday, the Whitefish Bay Mock Trial teams will compete at Regionals with a chance to qualify for the State Tournament. All competitions are virtual and the team has been practicing for the past three months! Best of luck at Regionals!

Bay Gives Back Information

Bay Gives Back will have its second semester kickoff event on Wednesday, February 10th on zoom at 10AM. We are looking for new project ideas and ways to give back this spring semester.

Zoom Link - https://wfbschools.zoom.us/j/91976690443

Boys Golf 2021

We are looking forward to the team getting back into play in 2021. Sign-up day will be announced but it will likely be around March 31. The season starts April 19. Any questions, please contact Coach Punch at rle@attorneyelliott.com

Girls Co-op Varsity Hockey Team Wins Conference, Seeded #1 in Playoffs

Grace Baniukiewicz, Eileen Carey and Lily Valimont are a part of the USM Girls Ice Hockey Coop (Whitefish Bay, University School, Shorewood, Nicolet, Divine Savior Holy Angels and Rufus King). They have had seasonal success earning a record of 15 wins and 3 losses to date. On Tuesday, February 2 they won the Eastern Shores Conference, defeating #1 Fox City Stars 2-0. Congratulations to the girls on earning the #1 Seed in Section 4. The Wildcats open WIAA Sectional play on Tuesday, February 9 at 5:00 PM at Uihlein Ice Arena against the winner of the WIAA Regional matchup with Brookfield and Fond du Lac to be played on Friday, February 5 in This will be broadcast on YouTube under USM Girls Ice Hockey. Go Wildcats!



12 Seniors Sign to Play Collegiately Next Year

Congratulations to the following seniors who have committed to playing collegiately next year:

Jayden Jackson (Northern Arizona University) Basketball

Brady Counsell - (Minnesota) Baseball

Brady Margret - (Tulane) Baseball

Sebastian Pandovski - (UWM) Soccer

Maggie Starker - (Marquette) Soccer

Lauren Davis - (MIT) Soccer

Anna Franceshi - (Michigan State) Soccer

Molly Keiper - (Villanova) Soccer

Lillian Fay - (Mount Mary) Softball

Peter McMahon - (Stevens Point) Swimming

Nico Martinez-Ortiz - (Ripon) CC

Reily Dix - (UCLA) Swim



Varsity Boys Basketball Team Off to a Hot Start in 2021, Jackson Breaks School Record

The Whitefish Bay varsity boys' basketball team is off to a hot start in 2021, winning 9 of its first 10 games in the calendar year. Their current record of 17-2 overall and 13-2 in conference has them tied for first place in the North Shore conference. The team has been led all year by a strong senior class, including JD Cohen, Jayden Jackson, Andrew Clements, Payton Lambrecht, Mike Topp, Cullen Starker, and John Wysocky, that account for 76% of the team's total points. Juniors Ryan Carew and Kamarion Ivory also chip in averaging 10.2 and 6.5 points per game, respectively. The team's defense has been smothering, holding teams to under 42 points per game, while winning their games by an average of 19 points. Next up for the Blue Dukes are the final three games of the conference schedule against Homestead, Port Washington and Slinger as the team chases its first conference championship since the 2008-2009 season.

On Tuesday, January 26th senior Jayden Jackson broke the school scoring record which was previously held by John Stone, who graduated in 1959. The 62-year-old record of 1433 was surpassed by Jackson in the victory over West Bend West. Congratulations Jayden!



Bay Robotics Gearing Up for Competitions

Our robotics team has been working very hard in anticipation for the upcoming competitions. Check out their progress and learn more about Bay Robotics at http://bayrobotics.org/

WNS Girls Lacrosse Spring 2021

Want to play lacrosse? As we enter our 9th season, WNS Girls Lacrosse team is looking for girls who are interested in playing lacrosse this spring! WNS Girls Lacrosse is a coop team that consists of 4 schools: Nicolet HS, Shorewood HS, Whitefish Bay Dominican HS, and Whitefish Bay HS. No experience is necessary. If interested, please contact Coach Bianco at meganannbianco@gmail.com, or Eliza Webb at <a href="mailto:mail

Student Council Excited to Announce Senior Skate Plans

This year, Student Council is hosting our first ever Senior Skate! WFBHS Seniors can sign up to ice skate with a small group of other Seniors at Cahill ice rink on Sunday, February 14th. Fill out the following form if you are interested in reserving a skating time for yourself/yourself and a group of friends.

https://docs.google.com/forms/d/1NnTehym5Bp-bA9VLIKZ_1JLoPXzOHy0u8uA5y1SM0cE/edit

Last day to sign up is Wednesday, February 10th.

EVENT GUIDELINES:

- Due to the amount of students we can host and the amount of ice time we are able to reserve, this is a SENIORS ONLY event.
- Each group that signs up may have a maximum of 10 students, who will have the ice to themselves for 30 minutes. Only 10 students will be on a rink at one time to maintain distancing. Smaller groups (less than ten) will be pieced together with other small groups.
- Students are required to wear masks the entire time they are at the park and skating. Six feet of distance is required between all students.
- Cahill ice rink requires that patrons wear ice skates while on the ice. You must provide your own skates, as they do not rent them out.
- Do not attend if you have symptoms of COVID-19 (see here for common symptoms: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html), have recently tested positive for COVID-19, or are awaiting COVID-19 test results.
- Students must arrive at the ice rink no more than 5 minutes before their allotted skating time.
- Skating will be supervised by a high school staff member.
- If our existing time slots are all filled and we still have interested students, we will randomly select signed up groups who will then use the slots.
- Final skating slot decisions will be sent out Thursday, February 11th through email.
- This event is free!
- -Students must present their school issued ID fobs before entering the rink. "

"NOTICE REGARDING WINTER SPIRIT WEEK: Winter Spirit Week will be postponed from the original dates (Feb. 15th-Feb 26th). We will announce new dates once they are confirmed. The spirit day themes that students voted for will still be used."