

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](#)

Blue Duke Boys Swim Team Finishes as D2 State Runner-ups

Mission Accomplished! Your Boys Swim and Dive Team is the D2 State Runner-ups! An incredible feat, and the team's highest place since 2010. We could not be more proud of their talents and efforts. In most notable fashion, the 200 Free Relay capitalized on their undefeated postseason, and became the state champions, setting a new school record that had once been established since 1998. The team of Phil Swietlik, Nick Enea, Peter Youel, and Peter McMahon won the race wire-to-wire, only extending their lead with each swim! The boys solidified their 2nd place finish with a notable performance in the 400 Relay. Swimming in lane 7, away from the "excitement", Peter McMahon, Peter Youel, Phil Swietlik, and Andrew Hall produced a third place finish. Below are the results of each performance, each one as important as the last! The 2021 Boys Swim Team stamped their name in school history, and we are excited to continue the tradition for years to come!

State Results:

- 200 Medley Relay: (Anderson, Enea, Hall, Swietlik)- 5th Place
- 200 Freestyle: Ben Ernster- 15th Place
- 200 Individual Medley: Nick Enea- 6th Place, Grant Anderson- 12th Place
- 50 Freestyle: Peter McMahon- 3rd Place, Peter Youel- 11th Place, Phil Swietlik- 16th Place
- 100 Butterfly: Andrew Hall- 7th Place
- 100 Freestyle: Peter McMahon- 3rd Place, Peter Youel- 15th Place
- 500 Freestyle: Ben Ernster- 8th Place
- 200 Freestyle Relay: (Swietlik, Enea, Youel, McMahon)- 1st Place
- 100 Backstroke: Andrew Hall- 6th Place, Grant Anderson- 12th Place, Will Antonelli- 13th Place
- 100 Breaststroke: Nick Enea- 5th Place, Adi Prasad- 8th Place
- 400 Free Relay: (McMahon, Youel, Swietlik, Hall)- 3rd Place



Gymnastics Team Wins Conference and Sectionals, Sights Set on State Championship

What a two week stretch for our varsity gymnastics team as they competed in the North Shore Conference meet on Friday February 12th and in the WIAA Sectional meet on Friday, February 19th.

At Conference, there was tough competition and two of our athletes were rehabbing from injuries, so the girls had their work cut out for them. On each event, an athlete that competed on JV was brought up to compete for the varsity team. These ladies rose to the occasion posting season best scores and helped the team deliver another conference championship!!!

- Senior captain Addie Gallun lead the team by dominating the competition. With injuries of her own, she stayed focused on the team's goals and posted a season best all-around score of 37.65, winning the gold! She also won bars and vault and was 2nd on floor and beam. She is now the 4x North Shore Conference All-Around champion as well as 4x bar champion and 4x vault champion.
- Senior captain Madi Kogler rested all of her events except bars. She posted an 8.325 and placed 13th!
- Junior Kate Graham also had an amazing day and stayed poised throughout the day. She placed 4th on floor, 5th on bars, 6th on beam and 5th in all-around.
- Junior Anneh Britz was able to compete in two events which helped this team take the title. Doing her fearless routines with one hand due to an injury, she posted a 9.025 on floor! Then on beam, she stuck her beam routine and inspired her team!
- Junior Liz Gaeta scored an 8.85 on vault and placed 5th. She also filled in on bars and floor and posted great scores.
- Junior Erin Timms vaulted beautifully and filled in on beam. Her personal best beam score of 8.5 helped secure the win after another teammate had just fallen a couple of times.
- Freshman Ryann Wesley competed on floor hitting a personal best of 8.8. She had another impressive performance on bars. She had a few mishaps on beam but she exceeded expectations when she competed on the vault. Filling in for Kogler, she hit a huge vault for the first time this year and placed 4th with an 8.9!
- The JV team comprised of sophomore Kate Brugman and freshman Megan Curran did an amazing job despite the fact that some of their teammates were unable to compete. Brugman placed 3rd on vault, 3rd on bars and 3rd all around. Freshman Megan Curran had a stellar beam day, staying poised throughout! She also competed vault and floor posting nice scores! The team finished 6th overall.



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Whitefish Bay High School was the site for the WIAA D2 Gymnastics Sectional Meet on Friday, February 19th. Ten teams competed for two berths in the team competition and five spots in the individual events and the all-around.

Whitefish Bay had tough competition from the Nicolet and Elkhorn but came out victorious, scoring 144.725, a season high team score!

- In the individual competition Gallun dominated once again winning all but one event and won the AA with a season high AA score of 37.650. She hit a huge vault scoring a 9.7 scoring .6 ahead of her competition. Also noteworthy is how well she and Kogler has lead this team as a captains. Both ladies kept this squad composed and cheered them on every step of the way, despite their own nagging injuries. They are two tremendous young ladies to say the least!
- Kogler competed in all around and hit a personal best all-around score of 35.325 and qualified on beam and vault with personal bests of 9.25 on beam and 9.025 on vault.
- Graham hit big all day long despite her nagging high ankle sprain. She was lead off on beam with a beautifully stuck routine that lit the beam team on fire! The team ended with five sticks on beam! Graham qualified on floor, beam and bars as well as the AA with a personal best of 36.1 placing 3rd.
- Britz, still rehabbing her hand injury was able to compete in two events one handed! She placed 5th on floor and 4th on beam, qualifying on both events with a beautifully stuck routine scoring a season high 9.225.
- Wesley qualified on beam, placing 2nd with a personal best 9.4 which was the highest beam score from Bay. An amazing routine without any bobbles!
- Rounding out the team was Gaeta, who placed 13th on bars and 11th on vault. Timms was an alternate on vault and beam. Brugman was alternate on floor and bars.

The Blue Dukes head to the WIAA State Championship on Saturday, February 27th in La Crosse, good luck ladies!!



Girls Coop Hockey Team Finishes Impressive Season 2nd at State

The varsity co-op girls' hockey team, which included Whitefish Bay players: senior Grace Baniukiewicz, sophomore Lily Valimont and sophomore Eileen Carey had quite the playoff run! On Friday February 12th the girls played Arrowhead Co-op at the Blue Line Ice Center with a ticket to state on the line. Both teams did not disappoint as our varsity girls' co-op team won a thriller 3-2 in overtime to punch their ticket to State.

After being seeded 4th at State, the girls were determined to prove the doubters wrong as they played the #1 seed Eau Claire North Co-op on Wednesday, February 17th at the South Wood County Rink in Wisconsin Rapids. In a defensive battle, our girls' co-op team scored in the 3rd minute and held onto the lead for a 1-0 victory and a spot in the WIAA State Championship game. Both teams had their opportunities, with Eau Claire holding the advantage in shots 18-14, however the defensive effort from our co-op team proved to be the difference.

On Saturday February 20th, the girls played #3 seed Chippewa Falls Co-op for the WIAA State Championship. In a physical, intense game which saw eight penalties called, the girls co-op team lost a heartbreaker in overtime 3-2. Carey ended with game with 4 shots on goal and assisted on the 2nd goal.

Congratulations ladies on an amazing season!



Tower Times is Online, Check It Out

The Tower Times has gone online. Go to wfbtowertimes.com to see what the Tower Times has been writing. If students are interested, please contact Mr. Wepfer for information on joining and becoming a contributor.

Spring Sport Open Gyms/Contact Days

Attention all spring sport athletes, if you are interested in participating in a spring sport, please reach out to the head coach of your sport. Open gyms, strength training and soon contact days will be happening and we want all students to know of those opportunities. Please click on the link below for the contact information for each head coach.

<https://www.wfbschools.com/schools/high/athletics-activities/springsports.cfm>

Ski Team Battles Sub-Zero Temperatures and Finishes Impressive Season at State

Congratulations to the WFB Ski Team on a terrific WI State Championship Race experience despite double digit sub-zero temperatures on February 14th and 15th. The girls team finished 13th of 19 teams, with leading individual finishes (out of 141 total girls) by senior Molly Keiper (57th), junior Sydney Urben (61st), junior Emilie Lesinski (62nd), and senior Abby Lim (79th). Also skiing strong for WFB were sophomore Lydia Lim, sophomore Ella Novinsik, and freshman Lily Girzadas. This year two WFB boys qualified for state as individuals. Senior Damon Katz finished 39th and senior Hunter Bania finished 60th (of 149 boys).

At the JV Conference Race on Thursday, February 18 at Alpine Valley both girls and boys JV teams qualified and competed against the top 10 teams in the conference.

The girls came in 2nd! It was truly a team effort with sophomore Amelia Smith, sophomore Leisl Vorlop, junior Lucy Sarnowski, and sophomore Lauren Hanson scoring in Slalom, and sophomore Anna Ponti, sophomore Amelia Smith, senior Maggie Vorlop, and sophomore Sira Maul scoring in Giant Slalom. Extra congratulations to medalists Smith who placed 6th overall and Ponti who placed 3rd in the GS!!

The boys also had a great team effort and finished in 3rd! Team point contribution were by junior Colin Foley, freshman John Egan, junior Michael Bolger, freshman Conley Bolger, and sophomore Matthew Gruber. Also skiing for the boys were junior Ryan Foley and freshman Dakota Moll. Michael Bolger led the Slalom racers with the best run of WFB racers, while Foley led the Giant Slalom with the best run of WFB racers.



Girls Basketball Program has Successful Year

The girls' basketball program finished the season last week with a combined record of 43-16, the varsity team entered the playoffs as the #2 seed and received a first round bye. In the second round the Blue Dukes faced #3 Wisconsin Lutheran, and won a tough battle 54-45. Leading the way was junior Allie Swietlik who scored a season high 18 points, and added a season high of 8 steals. Sophomore Zoe Behrendt also added 16 points and 8 rebounds.

The next day the Dukes were defeated by #1 Pius, ending their season. Congratulations to Allie Swietlik for being named 3rd Team All-Conference and 11th overall in the voting. A huge thank you to our seniors Emma Smith, Megan Niemoeller, Lily Behrendt, Izzy Bartolone, and Abbey Yarbrough for leaving a positive impact on the program, and more importantly being great young women.

The lower levels also had impressive seasons. The JV Girls basketball recently wrapped up an incredible season, finishing with a record of 19-1. The hard working, relentless team had the most wins in the North Shore Conference. Team members were sophomores Cate Sullivan, Shayna Bilsky, Ally Yarbrough, Izzy Starker, Sydney Polinske, and Anna Holz, along with freshmen Anna Reimers, Grace Lodl, and Fini Bortolotti.

The JV 2 team also completed a successful season finishing with a record of 15-2. Team members were Finley Counsell, Clara Cherveney, Lilly Speich, Tessie Helf, Lulu Yarbrough, Taylor Hembel, and Jacqueline Stevens.

Congrats to the girls' basketball program on a fantastic season!!

Meet Yoshi Barnes, Whitefish Bay's New Strength and Conditioning Coach

Yoshi Barnes was recently hired to take on the role of Strength and Conditioning coach for Whitefish Bay High School. Yoshi is a certified fitness trainer and strength and conditioning coach. She graduated with her degree in Criminology and Law Enforcement at San Jose State University and Missouri Southern and studied her masters in sport management and business education from North Central University. She went to college on a basketball scholarship at San Jose State University where she was named player of the week twice and MVP her senior year. In May of 2010, she became a certified personal trainer and strength and conditioning coach through International Sport Science Association and is continuing to gain more knowledge about fitness and exercise therapy. She emphasizes in vitality & health, weight management, sports enhancement and corrective exercises. She has run successful fitness empowerment events, fitness classes and camps through her own fitness business. Prior to taking this job, Yoshi worked with the Milwaukee Aces (semi pro team) & Athlete Performance where she worked with multiple student athletes from all sports, college athletes and professional basketball players. We are very excited to have Yoshi part of our team!



Mock Trial Qualifies for State

Congratulations to the Mock Trial team as they placed first and second in their regional tournament last weekend. The top team is advancing to the state competition in March. Congratulations on a great season to all!



HOSA Sends 11 to State

Congratulations to all 19 HOSA students who competed in the HOSA Regional Leadership Conference in February. 11 students qualified for the State Leadership Conference to be held April 11 – 13! State qualifiers include:

- Margo Middleton, Maggie Vorlop, Grace Baniukiewicz - Medical Innovation Team
- Shashank Joshi - Physical Therapy
- Lily Kriegel - Pathophysiology
- Annmarie Murphy - Sports Medicine
- Bridget Spears - Nutrition
- Amy Wang - Behavioral Health
- Claire Wishne - Medical Assisting
- Jeff Zhao – Pathophysiology
- Maya Stevic – Dental Terminology

Check out HOSA's PSA

<https://youtu.be/WHjIL-uiZrE>



Fun for Foster Care!

Bay Gives Back in partnership with Kids Matter Inc, is looking to donate boxes/bags filled with fun spring activities so that we can help children throughout Milwaukee in the foster care system!

Buy any spring items for \$20-\$30 to put in a box/bag like...

- Chalk
- Jump Rope
- Bubbles
- Art Supplies
- Games



Drop Off at WFBHS:

- Mon. March 15 @4pm-6pm
- Tues. March 16 @4pm-6pm
- Wed. March 17 @10am-4pm

[Click Here to Sign Up](#)

Cheer Team Ready for State Competition

The Cheerleading Team has been hard at work and it shows! Over the past month the Cheer Team has competed at 4 competitions throughout Southeast Wisconsin. The team has been competing against the schools of DeForest, Freedom, Fond du Lac, Kettle Moraine, Manitowoc Lincoln, Oconto Falls, Pewaukee, Wausau East, Wausau West, Winneconne, Wisconsin Lutheran, Waukesha North, and Waukesha West in both the Varsity Non-Stunt division and Varsity Cheer Dance division.

On Saturday, January 23rd, the team had their first competition of the season, at Greendale's Cheer Championship. The team had impressive results and placed 3rd in Varsity Non-Stunt!

On Saturday, February 6th, the Cheer team had a busy, yet successful day competing at Brookfield Central's 'Brookfield Blast' Cheer Competition and Kettle Moraine Lutheran's 'KML Cheer' competition. The Cheer Team's Non-Stunt routine performed by TT Henderson, Jamya Jackson, Rian Mahan, Anna Olsson, and Sofia Mexiner, placed 2nd at Brookfield Blast and 3rd at KML Cheer competitions! As well as, the team performed their Cheer Dance routine at Brookfield Blast placing 5th in the Varsity Cheer Dance division.

On Saturday, February 13th, the Cheer Team attended Waukesha South 'Southside Showdown' competition. The team successfully performed their Non-Stunt routine and placed 4th!

The Cheer Team is competing at the WACPC State Championships in the Varsity Non-Stunt and Varsity Cheer Dance divisions. Performances and results will be aired Saturday, February 27th, 2021. Wish our Cheerleaders good luck!

Go Dukes!

Video of Varsity Non-Stunt routine at Waukesha South:

https://drive.google.com/file/d/13d9wflqK6ywCv56eSausEGqcBH42N_Dw/view?usp=sharing



Varsity Boys Basketball Team Wins Conference, Sees Season End in the Regional Final

The Whitefish Bay varsity boys' basketball team finished the season on Saturday, February 20th as they lost to Wisconsin Lutheran 62-67 (OT) in the WIAA Regional Final. The team finished the season with an overall record of 21-4 and a conference record of 16-2 which tied Cedarburg for the North Shore Conference Championship, their first conference championship since the 2009 season. The 21 wins is the most in a season since the 2008-09 team finished 21-2.

Statistically, the team averaged 56.9 points per game and only gave up an impressive 39.1 points per game, which put them as one of the best defensive teams in the state.

Individually, senior Jayden Jackson, who earlier in the year broke the school's scoring record, led the team in scoring, averaging 19 points per game and was second in rebounds with 5.2 per game. Senior Cullen Starker was second in scoring, 11.8 points per game and led the team in rebounds (6.6 per game) and assists (5.2 per game). Junior Ryan Carew finished third in scoring at 8.9 per game and led the team in 3's with 39 made. Finally, senior JD Cohen finished 3rd in rebounds at 4.2 per game and 2nd in assists at 3.7.

Congratulations to the players and coaches on their successful season.



Merit Award Information

Here is some information regarding the Merit Award

- 2019-20 Award Winners – Due to the current climate and the inability to have large social gatherings, your Merit Award Certificates will be emailed to you.
- Deadline Adjustment
 - Seniors: April 1st (please hand in completed applications to the Activities Office)
 - Freshman, Sophomores, Juniors: May 21st (please hand in completed applications to the Activities Office)
- Volunteer Opportunities
 - Parent Association
 - Bay Give Back
 - Teachers – connect with your teachers and see what they have to offer for service hours.
 - Initiate your own projects to help the school/district