

WHITEFISH BAY ACTIVITIES NEWSLETTER



Spector Sports & Portraits

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 [Activities Guide](#) 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 3:45 - 5:30 PM. Masks will be required at all times and social distancing will be practiced at all times. If a student is not wearing a mask/practicing social distance, they will be asked to leave.

Interesting in Becoming a WIAA Official

With the current officials' shortage, there's no better time to give back to the sports you love by becoming a WIAA licensed official. Apply now, just in time for upcoming winter and spring seasons. Interested, but still have questions? Don't hesitate to reach out to [Mr. Worzella](#)

To apply, please click on this link: <https://www.wiaawi.org/News/News-Article/officiating-license-flash-sale>

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 Swim & Dive Team Place 2nd at NSC Relays, Win Bulldog Invitational

The winter break is the time for most students to relax and unwind, but I wouldn't tell that to the Boys Swim and Dive team! The Dukes have had a great stretch of racing over the last month, highlighted two massive invitational performances. A great team-effort at the Conference Relay meet gave the boys a glimpse at the opportunities they have this postseason, and we can all agree, big things are coming! Their second-place finish at the Relay meet was a combination of 10 second place finishes, and 2 third place finishes. Proving depth is necessary to be successful, the Dukes were well clear of third, while keeping Homestead on their toes!

Just before break, the Dukes hosted the Grafton Blackhawks, taking the meet in convincing fashion. Winning every swimming event, the Dukes had opportunities to swim different events and see their training pay off in new ways!

Following a stretch of "two-a-day" practices over break, the Dukes traveled to Cedarburg for a dual with the formidable Bulldogs. Cedarburg, the defending D2 State Champions, gave us plenty of reasons to believe they are ready to go back-to-back. However, plenty of season best times and standout swims by the Blue Dukes show that the hard winter training was impactful. New to the team this year, junior Elijah Samuelson and freshman Luke Sommer made headway, both posting huge time drops in the 100 freestyle. Distance king, junior Ben Ernster returned to his throne in the 500, picking up a season-best time as well. Juniors Zoli Lauko and Jack Gunderson continued their reign of improvement. Lauko posting a season-best time in the 50 free, along with Jack posting a lifetime best in the 100 free is always hopeful for good things to come. Junior Brian Plemel echoed the same feeling, posting his first in-season sub 6-minute 500!

Thursday gave us an idea of what to expect, and Saturday we came prepared. Heading back up to Cedarburg for the Bulldog Invitational, the Blue Dukes hit a new milestone. Using their team-driven depth, and without winning a single event, the Blue Dukes became the first team to win the Bulldog Invitational over Cedarburg in nearly five years! From top to bottom, there were season-best times, lifetime best times, and an energy that thrived with potential. Freshman diver, Joseph Swietlik not only made his 11-dive meet debut, but also placed a pivotal 6th place, scoring the Dukes 13 points. Low and behold, the Dukes would win by 12! Senior Matt Azcueta led the charge, posting a season best time in both the 50 free and 100 breaststroke, placing 3rd and 2nd, respectively. Distance duo of sophomore Finn Holdredge and Ernster overwhelmed the 200 & 500, placing 3rd & 4th in both races. The backstroke squad of sophomore Will Antonelli, junior Grant Anderson, and freshman William Wang began the charge in the back-half of the meet, placing 4-5-6th in the event. It was the breaststroke event, however, that sealed the deal. Along with Azcueta's 2nd place, Gunderson would post a lifetime best by two-seconds to take 3rd, followed closely by Lauko, junior Logan Schmidt, and senior Fedor Barilov, all posting massive time drops to take 7-8-10th place in the event. It didn't take a single event win for the boys, but everyone knew how well the Dukes were swimming! Everyone played a key, and impactful role in the success Saturday, and I couldn't be prouder as a coach to see these boys take full advantage of their opportunities. The fun is only beginning!



SPECTOR SPORTS & PORTRAITS

Ski Team Starts off Fast

Congrats to our WFBHS skiers who have started the season with two speedy races! The team's first race of the season took place on Wednesday, January 5th at Sunburst. The Giant Slalom race was against Oconomowoc, Kettle Moraine, West Bend and ULS/Brookfield Academy/Lake Country Lutheran/Trinity. The WFB girls' varsity, led by senior captains Sydney Urben and Emilie Lesinski, came in 4th and the boys' varsity, led by junior Hayden Johansen finished in 5th. The boys' JV teams came in 1st and 4th and the Girls JV teams finished in 2nd and 4th.

The second race of the season took place on January 12th at Little Switzerland. The Slalom race was against Nicolet, Homestead, Cedarburg and Franklin. Girls varsity, led by Urben finished in 1st place and the boys' varsity, led by Johansen finished in third. The girls' and boys' JV racers won their races with the boys taking four of the top five spots! Both JV2 teams placed third.

Congratulations to the Bay JV medalists: senior captain Lucy Sarnowski 2nd, junior Matthew Gruber 1st and sophomore Dakota Moll 2nd. Way to go Blue Dukes ski racers! The ski team has four more conference races. Come out and cheer them on!!



WNS Hockey Team Wins Waupaca Holiday Tournament and Beats Rival Homestead

The WNS varsity hockey took home the championship hardware at the 2021 Waupaca Hockey Holiday Tournament over break. They swept all three games to take home the championship. They beat Viroqua 7-3 to start off the tournament. They then battled host Waupaca to a hard fought 3-2 victory to advance to the championship game. In the championship game, they played Negaunee High School from Michigan and won convincingly 3-0. The WNS JV team finished the tournament with a record of 1-2, and with a hard-fought victory over Merrill. Standout JV player Mitch Kryger put in a solid effort at defense! Varsity's next game came this Wednesday, January 12th where they traveled to the Ozaukee Ice Center to play rival Homestead. Playing fast, physical and with a lot of confidence, the team beat Homestead 4-1.



Varsity Girls Basketball Team Finding Ways to Win, Sits at 9-4 overall**Whitefish Bay at Grafton (December 14th)****WFB 36 - Grafton 51****Record (6-3)**

The Blue Dukes were back on the road to play Grafton High School. Senior Grace Gottlieb was the first from both teams to hit a 3 to give the Blue Dukes the first lead of the game. The Blue Dukes went cold after that against Grafton's 11-1 run, putting themselves up 12-4 in the first half. Turnovers by Bay increased Grafton's lead, but a key 'and-1' layup plus a made free throw by sophomore Anna Reimers helped the Blue Dukes stay in the game the first half. Free throws by junior AnnMarie Murphy, Reimers and deflections by Gottlieb helped the Blue Dukes keep the score close ending the first half 27-22.

Both ends went silent on scoring, but Grafton's second half run led the Blue Dukes to be outscored 24-14. Bay loses on the road with a final score of 51-36.

Whitefish Bay at Cedarburg (December 16th)**WFB 54 - Cedarburg 63****Record (6-4)**

The Blue Duke's early turnovers and Cedarburg's hot hand kept it hard for Bay to grasp an early lead. Scoring by Gottlieb, sophomore Grace Lodl, junior Cate Sullivan, and junior Zoe Behrendt kept Bay on the board in the first half 30-16. Cedarburg came out with a quick left-hand layup to start the second half, but was answered by a Lodl to Gottlieb back-door layup. Points off Bay's turnovers increased was too much for Bay, final score 63-54.

Whitefish Bay at Port Washington (December 21st)**WFB 59 - Port Washington - 29****Record (7-4)**

After two road losses, the Blue Dukes were looking to break their losing streak. Bay battled on the road vs Port Washington.

Two steals by senior Allie Swietlik gave Bay an early 4-0 lead. An assist from Murphy to Gottlieb added another 3 to the board. Bay stayed aggressive on defense and was able to convert their steals into transition points on the other end. The Blue Dukes kept their foot on the gas, closing the first half with a strong 20-point lead, 36-16.

A Lodl assist to Behrendt got the Blue Dukes back up and running. Swietlik dominated the boards, not giving Port Washington any hope to come back. The Blue Dukes outscored Port Washington 23-13 in the second half. Final Score 59-29.

Whitefish Bay at Nicolet (January 7th)**WFB 34 - Nicolet 22****Record (8-4)**

First game back from winter break, the Blue Dukes were on the road against Nicolet High School. The girls came out with strong intensity. Behrendt kept the Blue Dukes on the board having 8 of the first 10 points. From there, Nicolet's chaotic defense slowed down the Blue Dukes, but junior Maria Helf took charge to collect the team. The Dukes ended the half up, 18-6.

Second half was low scoring. Both teams' pressure defense forced each other to take difficult shots. The Blue Dukes got into foul trouble early, but managed to get their first W of 2022 with a final score of WFB 34-Nicolet 22.

Whitefish Bay vs. West Bend East (January 11th)**WFB 44 - WBE 39****Record (9-4)**

The Duke's looked to continue their momentum taking on WBE after being away from home for over a month. The game was tight throughout, but some steals by Behrendt early on set the defensive tone. In the second half Swietlik came out strong and got to the rim with ease to get the Duke's off to a strong offensive start.

The Blue Dukes continued to pound the ball inside and were able to open up a 7-point lead late in the second half. The game got to within one basket after WBE knocked down back to back baskets, but the Blue Dukes got just enough stops to hold on to a victory.

Science Club Hosts Professors from UWM

The WFB Science Club hosted Dr. Dong-Fang Deng and Jill Paddock from UWM's School of Freshwater Sciences. Students learned about marine nutrition and even got to do hands-on work with different types of fish. Dr. Deng and Ms. Paddock showed students how to distinguish between healthy and unhealthy fish from their internal organs. Then, they held a live dissection of fish and allowed students to try for themselves. There was a great turnout and many students demonstrated a great interest in their research. Students got to experience a new topic and also had fun doing so. Thank you to Dr. Deng and Ms. Paddock! If you or someone you know works in a scientific field and would like to talk to WFB students about your job, feel free to reach out to WFB Science Club's advisor, Ms. Gleason!



Dance Team Holding Youth Clinic in February

In August, the dance team held a dance clinic for elementary students in kindergarten through 5th grade. There were 100 participants that spent the week learning skills, technique, and a dance that they performed at a varsity football game!

This February, the team is holding another elementary clinic. Come watch the team and 50 elementary students perform at halftime of the varsity basketball game on February 11th!



Interested in Field Hockey?

We're looking into the possibility of adding club Field Hockey team in the fall along with other North Shore schools. Field Hockey is a fast-paced Olympic sport that is currently supported by no fewer than 263 US-based colleges. A wonderful, challenging sport, it is great for improving your hand-eye coordination skills, balance, strength and fitness. Field Hockey players often participate in other team sports including (but not limited to) Lacrosse, Soccer, and Basketball. There are currently five other local high schools who offer this sport. Please contact Mr. Worzella if you are interested in participating.

Varsity Boys Basketball Team Battle Tested with Close Contests

The boys' basketball team has had some extremely close games recently. The last four games have been decided by 11 total points. The boys traveled to Waunakee for their AB Nichols Holiday tournament over the holiday break on December 28th and 29th. The boys defeated Muskego the opening night with senior Ryan Carew scoring 20 points and senior Kamarion Ivory grabbing seven rebounds.

The boys lost the championship game with 1 second left to Waunakee who is 12-2, by a score of 48-49. The boys had a busy weekend after coming back from break. Dropping an intense and close game to Nicolet (10-2) on Friday January 7th and lost to Oshkosh North (11-3) 65-60 on January 8th.

The boys were able to overcome a 14-point comeback on Tuesday, January 11 to beat West Bend East on a last second 3 from junior Jack Wright. The boys continue their busy schedule with games again on the 14th against Slinger (7-4) and against Homestead the 21st (9-2).



Varsity Girls Hockey Team in 4th Place in Conference

The USM Girls Hockey Co-op (which includes Whitefish Bay High School) currently has a record of 5-7-1 and they are in 4th place in the Eastern Shores Conference. Whitefish Bay has three girls on the team: Juniors Eileen Carey and Lily Valimont and freshman Leah Twente. The Wildcats play their home games at the University School of Milwaukee (2100 W Fairy Chasm Rd, River Hills, WI 53217). Their next home game is Tuesday, Jan 18th vs. Green Bay Area Ice Bears. Come check us out and cheer on the girls!



Cheer Team Wins East Troy Invite, Gibbert Places 1st in Individual Competition

On Saturday, December 18th, 2021, the Cheer Team attended East Troy High School, Cheer & Dance Holiday Invite Competition. The team successfully performed their Non-Stunt routine placing 1st!

The Non-Stunt division is a routine that emphasizes the various aspects of cheerleading such as an engaging sideline cheer with a creative dance that incorporates advanced tumbling, expert jumps, and multiple pyramids that include elite motions and positions. This routine was performed by senior; Maggie Franzen, juniors; Anna Olsson and Sofia Mexiner, and sophomore; Amelie Gibbert.

In addition, Amelie Gibbert, sophomore of the WFBHS Cheer Team, competed in the All-State Non-Tumbling solos division. In this division, cheerleaders are required to create their own crowd-effective cheer and choreograph their own routine that is creative, utilizes musicality, and has great showmanship. Amelie Gibbert did just that as she placed 1st in the Non-Tumble solos competing against other athletes.

Congratulations to the Cheer Team and best of luck at their competitions ahead!

Check out the Whitefish Bay Cheer Team website to learn more about the team! If you're interested, email Coach Miranda Keller at miranda.keller@wfbhschools.com for more information. Let's Go Blue Dukes!



Boys' Lacrosse Getting Ready to Build on Successful Season

After a strong season that finished with a one-goal semifinal loss in the Invitational tournament, the Lakeshore Lacrosse team is looking forward to the 2022 season. Whitefish Bay's Jake Mort, Cole Silverman, Charlie Mitchell, Ethan Lasky, and Roshan Shah are among the players poised to help the program build on its recent successes. Pre-season practices are held at Nicolet HS in Gym-2 on Sundays from 8:00-10:00pm; they start on January 16th. Coaches are excited to work with new and returning players. Interested in trying lacrosse? There is plenty of room for new players to become part of the program. Email Jeff Worzella and/or Head Coach Harland Cook, who will help provide equipment, as needed.



Robotics Information and Results from Last Competition

- **Attention: Robotics Community Meeting moved to January 26th 7pm and will be ONLINE via ZOOM only.**
 - The community robotics informational meeting originally planned for January 12th at Cumberland that was announced in the December Issue of the Bay Leaves has been changed to a virtual format due to COVID-19.
 - Please join us via ZOOM call on Wednesday 26th at 7pm at <https://link.edgepilot.com/s/193361a4/b8KkcxaC2E6VqyOBbLCzUg?u=https://wfbschools.zoom.us/j/92913827831>.
 - A recording of the presentation will be made available after the meeting.
 - If interested, please email us at outreach@bayrobotics.org to obtain a link. Please also visit our website bayrobotics.org for updates.
- The robotics club competed before the winter break at the **Lakeshore FTC Qualifier 2021: It can be watched here:** <https://www.youtube.com/channel/UCwIkQ8JdReHE2ci6gILcwUQ/videos>

- **Congratulations to the brand-new team Dukes for winning 16th place.**



- **Congratulations to Bay Robotics for moving on to State!**
 - They rose from zero points to Winning Alliance 1st pic and moving on to State! That is called perseverance!
 - They were the winner of the Innovate Award for their innovative design!
 - They finished in 3rd place in elimination rounds ranking and 3rd place Connect Award!



- The Robotics State Competition takes place on March 5th. It can be watched virtually at this link: https://www.twitch.tv/ftc_wisconsin

Gymnastics Team Wins Both Meets Post Winter Break

The Whitefish Bay Gymnastics team traveled to Port Washington on January 5th for their first meet in the new year. Adjusting to some time off, the girls knocked off the rust and ended up getting the victory over the Pirates.

On January 12th, the Blue Dukes hosted West Bend East in another North Shore Conference meet. The varsity team pulled off a 135.05 to 130.75 victory over the Suns. On the Vault, top scores were by senior Anneh Britz, who scored an 8.875, senior Liz Gaeta who scored an 8.775, senior Kate Graham, who scored 8.7, sophomore Ryann Wesley, had an 8.45 and junior Essence Burrows who had an 8.225.

On Bars, Graham had the top score of 8.55, Wesley had a score of 7.875, Gaeta had a 7.775 and Burrows had a 7.4.

Next up was Beam and Britz had the top score of 9.05, followed by Wesley with an 8.95, Graham with an 8.175, Burrows with a 7.725 and sophomore Gillian Faber who had a 6.7.

The girls finished strong on floor, with Britz scoring a 9.25, Graham with a 9.2, Wesley with an 8.6, Gaeta with an 8.0 and Burrows with a 7.95.

The girls travel to Franklin on Saturday for FM & OW Invitational

The JV team lost a close battle with West Bend East 112.3 to 113.55. Top performers were Faber on the Vault with an 8.0, junior Kate Brugman with a score of 7.25 on Bars and 8.2 on the Beam. Faber and senior Erin Timms led the team on floor with scores of 8.3 and 8.25. Sophomore Megan Curran also contributed with an impressive beam routine that got her a score of 7.5.



Varsity Wrestling Team Wins 1st Dual in 10 years

The new year brought continued success for the Whitefish Bay wrestling team. Our wrestlers traveled north to battle the Grafton Blackhawks on January 6th. With the match tied 36-36, freshman Abraham Nelson pinned his opponent to clinch our first dual meet victory 42-36. It was WFB wrestling's first dual meet victory in the North Shore conference in over 10 years. Picking up wins were senior Niko Marino, junior NZ Gorham and junior Ari Mapes.

After the back and forth battle in Grafton, the wrestling team had the opportunity to wrestle in a dual meet at the University of Wisconsin Concordia where the Blue Dukes took on the Pirates of Port Washington. Alongside the high school match, Concordia wrestled Milwaukee School of Engineering. Picking up wins were Nelson, Mapes, and junior Andres Pesch.

The Blue Dukes are also looking forward to the first ever girls state tournament in La Crosse on Saturday, January 29th where senior Alair Posard, senior Hollis Nelson and freshman Rosemary Triggs will be participating for a chance at a state title.

Go Blue Dukes!

