

BENZIE CENTRAL ATHLETIC WEEK AT A GLANCE 12-18-17

QUOTE OF THE WEEK: *“Don’t practice until you get it right. Practice until you can’t get it wrong.” -Unknown*

TEAM OF THE WEEK: Girls Varsity Basketball Team. This [MISportsNow article](#), written by Greg Gielczyk says it best: “It’s a coach’s dream!” This team loves to work hard, for each other, in order to improve, every day. Their intentional focus on playing fast is key to their success. Defense-generated offense is the game plan - they do a tremendous job forcing turnovers. Coach Ross has the girls off to a great start, undefeated at this early point in the season.

COACH OF THE WEEK: Sarah Ross coaches the Varsity Girls Basketball Team. Coach Ross is in her 12th year. She has built a highly competitive program from the Elementary Schools up through the Varsity team. Sarah is very involved in the Benzie community and pours hours of her time into the youth program to ensure kids are getting opportunities to play ball at an early age.

STUDENT-ATHLETE OF THE WEEK: Maile Church is a senior on the Varsity Basketball Team. She carries a 3.8 Grade Point Average and just came off a great Volleyball Season where she represented Benzie Central on the Northwest Conference 1st Team. Maile is one of the returning starters on the basketball team and is the leading rebounder.

UNsung HERO: Mike Zielinski is the Director of Maintenance at Benzie Central. He and his team are very supportive of the Athletic Department, setting up the Gyms for all the games, and cleaning and tearing down the Gyms afterwards. Thanks Mike!

VIDEOS OF THE WEEK:

[Have Your Student-Athlete Watch This](#)

[Coaches - This One Is Just For You](#)

INFORMATION FOR COACHES:

1. [Link to Transportation Schedule](#)



BENZIE CENTRAL GAMES NEXT WEEK:

Basketball

Boys Varsity

Tuesday	12/19/17	Cadillac High School	Place Away	Time 7:30 PM
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Boys Junior Varsity

Tuesday	12/19/17	Cadillac High School	Place Away	Time 5:30 PM
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Boys Freshman

Tuesday	12/19/17	Cadillac High School	Place Away	Time 5:30 PM
Wednesday	12/20/17	Boyne City High School	Away	5:30 PM

Girls Varsity

Monday	12/18/17	Manistee HS	Place Away	Time 7:30 PM
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Girls Junior Varsity

Monday	12/18/17	Manistee HS	Place Away	Time 6:00 PM
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Wrestling

Boys Varsity

Wednesday	12/20/17	Whittemore-Prescott Tri	Place Away	Time 1:00 PM
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Yours in Sportsmanship, Academics, and Athletics,

Steve Graetz

Director of Athletics - Benzie Central Schools

Go Huskies!