

*SPORT*zine

Developing character through athletics

SEPTEMBER/OCTOBER 2005

SET

'EM UP

Fall Sports Flying High!

INSIDE:

A front row seat for this year's Westwood Volleyball Tournament of Champions

Taking in the sights at the annual cross country Chandler Invitational

A look at how Valley HS graduates are impacting ASU's football program



FEATURED FOOTBALL:

An early-season confrontation between the No. 1 and No. 2 teams in Class 4A/I, Glendale Cactus and Scottsdale Chaparral. A capacity crowd was on hand at the Cobras' field and *SportZine* was there to capture the action and the memories in photos. Page 12.



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The field of quality volleyball teams keeps growing, as this year's Westwood Tournament of Champions added still more teams and put on another great event.

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More than half of this year's sophomore class on the Sun Devil squad were recruited right out of Valley high schools.



5 Wash & Dry

After the death of a promising athlete at McClintock High School in an auto accident this summer, coaches and students set up a car wash fund-raiser to make \$2,500 for the family.



10 Run For Cover

A seat in the shade was the ultimate reward for runners at this year's Chandler Cross-Country Invitational.

Cover: Xavier's Paige Mittelstaedt (3) and Mountain Ridge's Ashley Bates (4) meet at the top in the Westwood Tournament of Champions.

Cover Photo:
Michael Stevens



14 Four Knights Find New Homes

St. Mary's softball team graduates four of its top players to colleges in different parts of the country, where they are taking their game to the next level.

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12 Stingy At The Top

The football rankings saw few changes in the top spots as September played out. But when the No. 1 and No. 2 teams in Class 4A/1 met, something had to give. And *SportZine* was there.



sportzine

Developing character through athletics
SEPT/OCT 2005

*The ultimate aim of athletics lies
not in victory or defeat, but in the development
of the character of its participants*

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Congratulations...

2005 SCHOLARSHIP RECIPIENTS

These student athletes were selected from a field of applicants from Valley high schools who were nominated in the spring for the 2005 *SportZine* Student/Athlete of the Year Scholarship Awards, presented in partnership with Avnet and the Maricopa County Sports Commission.

Congratulations to South Mountain High School graduate Leidy Alvarado (left in photo) and Estrella Foothills High School graduate Marissa Lynn Hauk (photo right). Each received a \$1,000 scholarship award for an Arizona college of their choice.

Hauk, a 4-year starter on both the basketball and volleyball teams, is studying journalism at NAU. Alvarado, who played soccer and ran track and cross-country, is starting at South Mountain Community College in pursuit of an eventual medical degree at UofA.

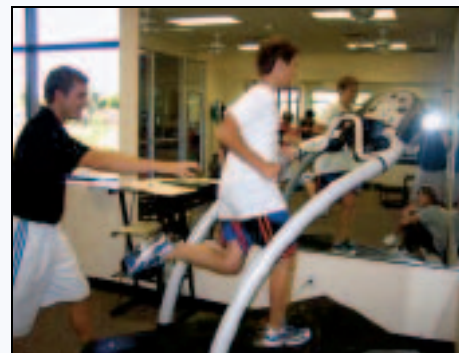


Each student-athlete had to be nominated by his/her school's athletic director and co-sponsored by a teacher. Alvarado was nominated by Consuelo Nava and Dr. Terri St. Michel; Hauk's application was submitted by Derek Fahleson and Julie Wright.

In order to be considered for the award, a student had to have a minimum GPA of 3.0, participate in school athletics, and be involved in extra-curricular activities. The judges placed considerable weight on accomplishments outside the classroom, leadership traits, and community contributions.



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SportZine staff photos

Chargers Pitch In

“It was a huge turnout—it’s amazing how many people showed up!”

This wasn’t a sporting event that Sandra Marshall was talking about. It was a car wash.

Marshall is the aunt of DeShawn Brown, the 16-year-old McClintock High School football and basketball player who died in a July automobile accident in Texas. He was returning to the Valley in a van with his family, after a trip to Mississippi.

His twin sister, KaShawn, and 10-year-old brother, Jonathan, were critically injured in the accident. They were transferred to Phoenix Children’s Hospital

in late August, after their conditions were stabilized enough for the move.

Dozens of players from the McClintock football, basketball, and baseball teams, as well as member of the cheerleading squad, showed up at the high school the weekend after the accident to provide manpower at a car wash to raise funds for the Brown family, to help pay for funeral and hospital expenses.

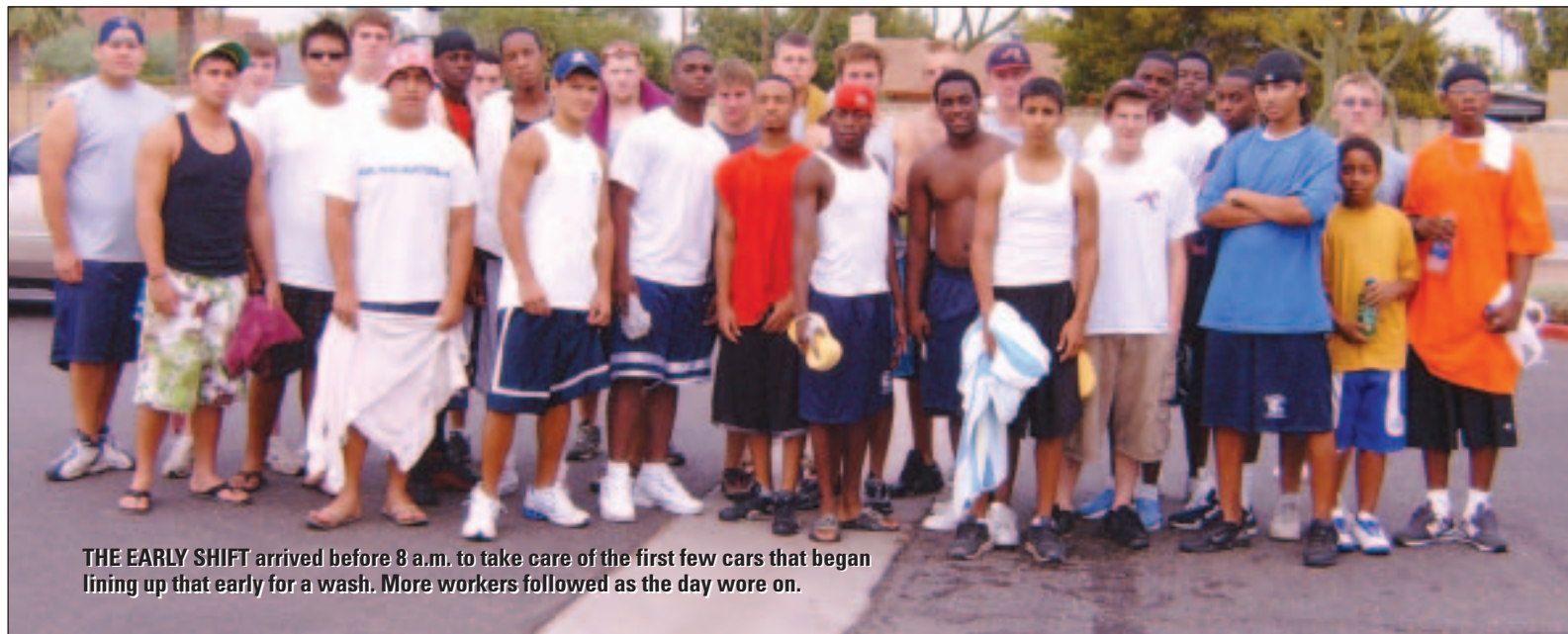
Several other car washes were held after this first one, but this was the biggest fund-raiser. “We raised over \$2,500,” says DeShawn’s aunt, who was on hand to help varsity football coach Steve

Campbell and other coaches and parents organize and run the event.

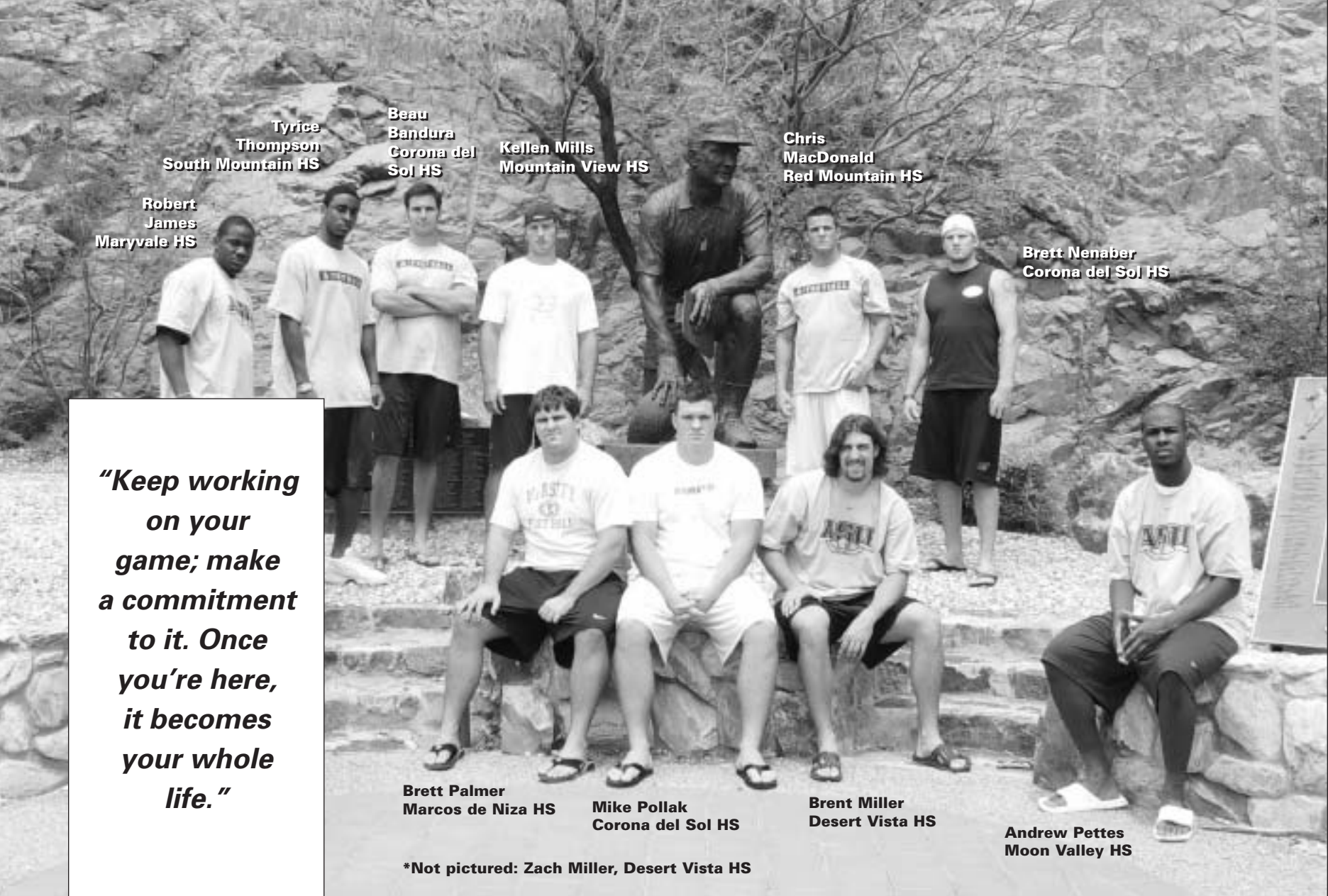
Friends and coaches say that DeShawn was always smiling, one of the most popular players on his teams; he was expected to play wide receiver and free safety on the Chargers varsity squad this season.

To honor his memory throughout the season, his teammates have affixed stickers with his No. 2 uniform number to the sides of their helmets.

Donations can be made at any branch of Washington Mutual in the name of Janice Brown, his mother.



THE EARLY SHIFT arrived before 8 a.m. to take care of the first few cars that began lining up that early for a wash. More workers followed as the day wore on.



Tyrice Thompson
South Mountain HS

Beau Bandura
Corona del Sol HS

Kellen Mills
Mountain View HS

Chris MacDonald
Red Mountain HS

Robert James
Maryvale HS

Brett Nenaber
Corona del Sol HS

“Keep working on your game; make a commitment to it. Once you’re here, it becomes your whole life.”

Brett Palmer
Marcos de Niza HS

Mike Pollak
Corona del Sol HS

Brent Miller
Desert Vista HS

Andrew Pettes
Moon Valley HS

*Not pictured: Zach Miller, Desert Vista HS

The ‘local factor’ in ASU football

HOME-GROWN HELP

Nearly half of this year’s Sun Devil sophomore class was recruited locally, a good sign for future grads.

“THIS IS OUR HOME NOW... not even our ‘home away from home.’ It’s not like the six hours a day that we spent in high school – we’re here all day.”

That’s how Chris MacDonald sums up life in a big-college football program.

“I see more of you guys than my own family,” jokes Tyrice Thompson, referring to teammates MacDonald and Brett Palmer.

The three Arizona State University football players are part of the strong representation of Valley high school graduates that makes up much of this year’s sophomore Sun Devil class – and the immediate future of the school’s football program.

MacDonald (Red Mountain HS), Palmer (Marcos de Niza HS) and Thompson (South Mountain HS) offered to represent the group and share their insights to their first season of college ball and what this year's graduating class should expect to experience at a nationally-ranked college football program at the Division I level; ASU entered the season ranked 18th in the nation.

"There are higher expectations (in college) – not just from yourself, but from the media, the coaches, and the fans," continues MacDonald, a walk-on punter who earned a scholarship and played in all 12 ASU games last year. "They all expect you to perform at a certain level. There's more pressure, more competition at your position."

Palmer, a highly-recruited defensive tackle who played in three games last year, also points out that "the overall speed of the game is faster. We have a whole book of schemes and defenses we learned, instead of just a sheet of plays like we had in high school."

College life in general is more demanding, says Thompson, a walk-on like MacDonald, who played in all 12 games last year and was converted this spring from halfback to the defensive line. "There's a lot more responsibility," he points out. "You don't have to go to class every day; no one is taking attendance. It's up to you to be there."

Like their other teammates in this talented sophomore class, all three had various college options open to them, but chose ASU.

Palmer, who bench presses 365 pounds and squats 525 pounds, drew the interest of schools in the Pac 10, Big 10, and Big 12. He had narrowed his choices to ASU, Oregon, UofA, and California schools, but chose ASU because he liked the coaches and the added benefit of being able to stay close to his family.

MacDonald, who was not only a record-setting kicker at Red Mountain, but also led the team as a wide receiver his senior year, says he had "a lot of smaller schools" interested, but ASU is where he had always intended to go. So his was a simple choice.

For Thompson, it was more of a last-minute thing.

"I didn't have good grades, so a lot of the coaches were scared off, since I hadn't taken my final SAT test yet," explains Thompson, who played quarterback for two years and wide receiver for two years through high school. "Then I took the final SAT test you can take... and scored exactly what I needed: 820. It took a lot of studying, and the grace of God, I guess."

He had already signed to go to college in Massachusetts when an eleventh-hour conversation with ASU head coach Dirk Koetter convinced him to attend ASU and work toward a scholarship, which he was awarded, and played all 12 games in a maroon-and-gold uniform last year, mostly on special teams.

As they look back on their own experiences during the recruiting process, each has advice to pass on to those coming behind them.

All agree that it will take some time and effort if you to make the right choice of colleges. "Take all your visits and see what's out there," says Palmer.

"Yeah, don't limit your visits," adds Thompson.

"Do a good job of marketing yourself," suggests MacDonald. "Go to a lot of camps (to get noticed). That hurt me because I didn't go to a lot of camps. And keep working at your game; make a commitment to it. Once you're here (at college), it becomes your whole life."

Along the lines of commitment, Thompson has a suggestion: "Do a lot of stuff you don't like to do... you need to do everything necessary to become a better player."

One last point that all agree needs to be emphasized as one of the most important criteria when considering a college: look beyond the recruiter's pitch.

"Get to know your (future) teammates," warns MacDonald. "Coaches will say things to you, but once you get there, it all changes."

In the end, says Thompson, you need to rely on your own instincts.

"Everybody will have a different story to tell you, so you will have to ultimately use your own judgment."



MacDonald



Thompson



Palmer

Valley high school grads in ASU sophomore class

Beau Bandura (6-7, 255 lb. Offensive Lineman) A walk-on from **Corona del Sol HS** (Tempe), Bandura lettered in football and wrestling at Corona. Captain of his wrestling team, second-team All-Conference on offensive line and second-team All State selection in wrestling as a heavyweight; went 42-1 his senior year as a heavyweight. Only ASU appearance in 2004 was season opener; slotted as a right guard for the Devils.

Robert James (5-11, 215 lb. Linebacker) James was a second-team All-City selection as defensive back at **Maryvale HS**, and earned first-team honors at running back. Was team captain of both football and track teams during his senior year at Maryvale. On the football field, he collected 102 tackles as a junior and 1,300 yards rushing as a senior. Played in 10 ASU games in 2004, recording a season-high four tackles (three solo) in the season finale against Arizona.

Chris MacDonald (6-4, 215 lb. punter) A first-team All-State selection and team MVP at **Red Mountain HS** (Phoenix), MacDonald played wide receiver, defensive back, punter and kicker—and played all special teams. He kicked a 53-yard field goal in the playoffs, to set a school record, and also led the team at his wide receiver position, with 22.3 yards per catch. MacDonald was a freshman All-American last year, playing in all 12 games for ASU. He's a walk-on who earned his scholarship during the 2004 camp.

Brent Miller (6-5, 237 lb. tight end/halfback) Rated as the No. 5 player in the state by both SuperPrep and Rivals his senior year at **Desert Vista HS** (Phoenix). Miller was also a first-team All-Arizona selection of the Arizona Republic. Miller was very versatile, playing linebacker, quarterback, fullback, tight end, wide receiver, and even returned punts; rushed for 220 yards his senior year. A 3.9 grade-point average helped him earn Scholar Athlete of the Year; he was also Athlete of the Year from his sophomore through senior years. Played in all 12 games for ASU in 2004.

Zach Miller *Not pictured* (6-4, 253 lb. tight end, halfback) A unanimous selection as the No. 1 tight end prospect in the nation coming out of **Desert Vista HS** (Phoenix), Miller (brother to Brent) earned too many accolades to include, but some of the most notable were his selection as USA Today's first-team All American and PrepStar's distinction as the No. 1 tight end, 50 overall prospect in the nation, No. 7 prospect in the West, and member of the top 100 "Dream Team." Rivals.com and SuperPrep both named him the state's No. 1 player. His senior year, he had 47 catches for 790 yards and six touchdowns. On defense, he ran up 134 tackles and 11 quarterback sacks. A 4.0 GPA student, he also excelled at track, setting a school record in the discus and was the 2004 regional champion in the shotput.

Last year at ASU, he was a second-team All-American, just one of four freshmen in the nation to earn first- or second-team honors. Listed as the eighth-best tight end in the country in 2004, he shattered ASU's freshman receiving records and was named the PAC 10 Freshman of the Year.

Kellen Mills (6-3, 243 lb. defensive end) At **Mountain View HS** (Mesa), Mills was a first-team All-State and first-team All-Region selection and team captain. A former walk-on who earned a scholarship last spring, Mills played in all 12 games last year, mostly on special teams. He has moved from his tight end/halfback role to this defensive line this year.

Brett Nenaber (6-1, 209 lb. linebacker) Nenaber played defensive back and quarterback at **Corona**

(Continued On Page 14)



Xavier setter, Kristen Preach (4) and Mountain Ridge's outside hitter, Erin Wisner (9) take their battle to the top.

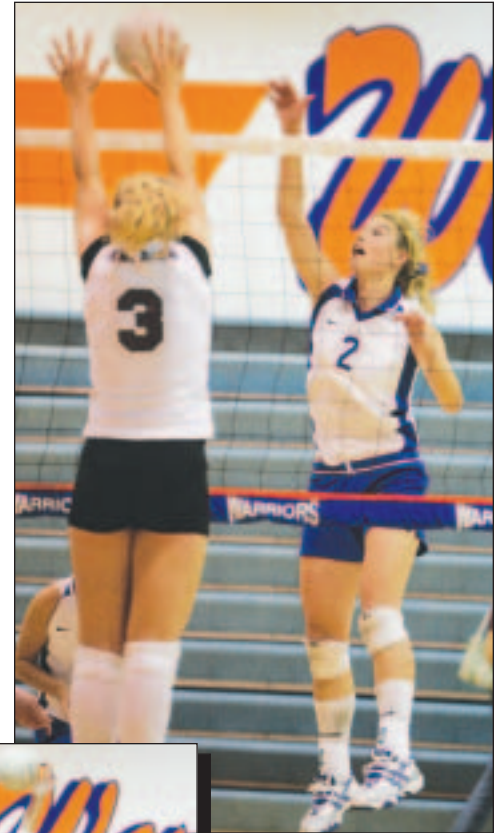
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THE MESA WESTWOOD TOURNAMENT OF CHAMPIONS again drew some of the best volleyball talent to its annual event, which has expanded to 32 teams.

Considered one of the top regular-season high school volleyball tournaments in the state, this year's Westwood became a stage for then-undefeated Xavier Prep, which swept 5A power Tempe Corona del Sol (25-21, 25-19) in the finals.



Salpointe's Witney Dosty (8) and Brigette Walters (14) deny Corona del Sol's Lindsey Albert (12).



Xavier's Amanda Perkey (2) tries to get one past Mountain Ridge's Brittney Clark (3).



Xavier's Lillian Soderman (15) is up to reject Mountain Ridge's Danielle Schlink (11).



Mountain Ridge's Caitlyn Hemm (10) and Ashley Bates (4) double up on Kelsey Painter (1).



Xavier's Kelsey Howard (12) readies her hit against the defense of Erin Wisner (9).

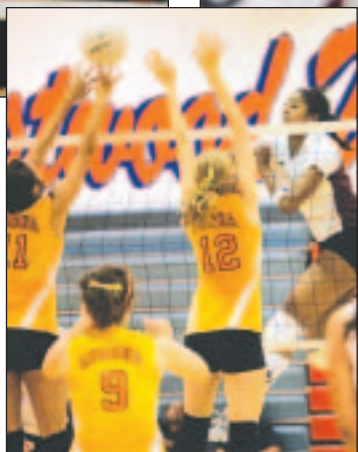
“Everybody is going to start gunning for us now,” Xavier coach Tim Hale was quoted as saying after the win. His fears soon played out, as Horizon HS defeated Xavier just two weeks later. The Gators were ranked No. 1 in 5A/I and No. 68 in the nation when the Huskies put an end to their undefeated run and settled into a No. 2 ranking in 5A/I, behind Gilbert HS, as September closed out.



Corona's Lisa Helmers (3) attacks, and Salpointe's Lindsey Albert (12) defends.



Salpointe's Jade Michaelson (7) and Corona's Lauren Seall (10) go up for this one.



Corona gangs up on defense, as Michelle Hein (11), Joy Peschman (9), and Lindsey Albert (12) take a stand.



Salpointe's Jamie Matusiak (6) sneaks one past Corona's Sara Bowden (7), as Michelle Hein (11) waits.



Soaring over the Corona defenders, including Shaylen Walters (2), is Salpointe's Jamie Matusiak (6).



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Top finishers in the senior division were Desert Vista's Garrett Kelley (left) with a time of 15:42 and Queen Creek's Kari Hardt (right) who finished in 17:55.



RUN IN THE SUN

The host Chandler Wolves:
 (front row, l-r) Brittney Garcia,
 Devin Miller, Stephen
 Espinosa, Sean Morehouse,
 Alex Cunningham.
 (second row) Xavier Acosta,
 Max Althoff, Cory Kinsinger,
 Josh Robinson, Sammy
 Beatty, Katie Goeldner,
 Sarah Kendra.
 (Back row) Kyle Hill, Mario
 Torres, Derek Wolters,
 Mike Fiorino.



*SportZine
 staff photos*

It was September, but it felt like August heat to the more than 800 runners completing the three-mile course through Tumbleweed Park at this year's edition of the Chandler Invitational. The freshman runners got a break, as they led off at 8:30, but by the time the seniors took off it was already 10:00 and the temperatures had climbed to the mid 90's.

Desert Vista ran away with this year's bragging rights, as both boys and girls teams finished first, the boys with 19 points and the girls with 12 points. In the boys division, Ironwood Ridge (Tucson) finished second (24 pts.) and Shadow Mountain was third (30 pts.) In the girls competition, it was Highland second (31 pts.) and Kofa (Yuma) third (39 pts.).

THE CHANDLER INVITATIONAL



POWER POINTS

By CHAD IKEI

This column on sports performance is written for SportZine by Chad Ikei, five-time U.S. Weightlifting National Champion and owner of Ikei Performance Training Center. He set 8 Powerlifting records and was the youngest 114 lb. athlete to bench over 300 pounds.



BUILDING A CHAMPION, ONE PHASE AT A TIME

(Second installment of a two-part series)

*This is the second installment of our two-part series on our unique and proven technique for producing the very best athletes. To recap our previous article on the “*Four Phase Approach for Elite Athletes*,” visit our website (below) and click on the “articles” link to view Part 1 of the “Building a Champion one Phase at a Time” that appeared in the May/June issue of *SportZine*.

Let’s introduce you to one of our training phases we utilize during the preparation of Building Champions—**Structural Phase**.

First of all, it is important to go over some basic principles that will intensify and maximize your training. Secondly, I will use a detailed training program to emphasize these principles. Prepare yourself for the next level of training and the highest level of success.

Tempo: Tempo is described as the speed of a repetition during the execution of an exercise. For simplicity, let’s just say every time the weight is lowered against gravity (i.e. lowering your body weight during a pull-up) it is represented by the first number (5-0-1-0). When a movement requires a pause between the lowering of the weight & lifting of the weight (i.e. pause at arms stretched out during a pull-up) it is represented by the second number (5-0-1-0). Lifting the weight against gravity (i.e. pulling your chin up above the bar during a pull-up) is represented by the third number (5-0-1-0). When a movement requires a pause between the lifting of the weight & lowering of the weight (i.e. pause with chin above the bar during pull-up) it is represented by the fourth number (5-0-1-0).

Rest: Rest is specific to the training phase. To elicit greater hypertrophy (muscle building), rest intervals will be shorter, versus longer rest periods for maximal strength and power.

Sets: The number of sets is determined by the specificity of goals alongside number of repetitions. A greater number of sets per one exercise may be required for the development of strength, as compared to hypertrophy (performing 5 sets vs. 3 sets for the bench press). However, the total number of sets for the entire workout may be greater for hypertrophy, as compared to strength (performing 20 sets vs. 12 sets total workout).

Repetition: The number of repetitions (reps) per exercise/set is once again determined by the phase of training. The greater number of reps (7–12 reps) is usually more specific to hypertrophy, as compared to the low number of reps (1–6 reps) utilized for strength and power gains.

Let’s reiterate the above-mentioned principles. To improve strength, focus on faster tempo, longer rest, more sets per single exercise with less sets total workout and lower reps amounting to greater weights lifted. To build muscle, focus on slower tempo, shorter rest, less sets per single exercise with greater sets total workout and

(Continued On Page 15)



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Cobras make a statement



(Above, top) The Cobras' David Pollock (31) gets a chance to pick up some yardage; No. 4 is Mike Schmitt. (Middle) Senior quarterback Jonathan Tobin hands off to his top running back, senior Richard Morris (32). (Above, bottom) Chaparral quarterback Nick Neuenfeldt is snagged on one of his many scrambles.

Easily the most significant game in the early season in Class 4A involved Chaparral's attempt to move up from Div. I No. 2 ranking by defeating No. 1 Cactus.

The Firebirds got off to their usual early-season surge, running up 117 points in their first two games, while holding their opponents to a collective 20 points. Their 2-0 record also included a shutout of defending 4A state champion, Moon Valley, which hadn't been held scoreless since 1999.

So a capacity crowd showed up at the the Cactus field for what looked like a great match-up against their undefeated and top-ranked Cobras, which had rolled up 57 points in their season opener and looked every bit like an offensive juggernaut.

Cactus fans weren't disappointed. The Cobras jumped to a 26-0 lead behind a 107-yard rushing performance from senior running back John Hart and never looked back, finishing 26-10 and emphatically validating its No. 1 ranking.

As September closed out, the Cobras had racked up another win to go 4-0 and stay atop the 4A Division I rankings. Goodyear Millenium, also undefeated, earned a No. 2 recognition, and Chaparral settled in at third.



Chaparral's cornerback Charlie Campbell (21) and linebacker Cory Nuss (52) hang on tight to wrap up Richard Morris (32).



(Above, top) John Hart (26) picks up some of his 107 yards rushing. Teammate Chris Johnson is No. 62 and Firebirds Logan Morrill (76) pursues Hart. (Middle) Ezra Ricks kicks one of his two field goals. (Above, bottom) Cobra Anthony Freeman (50) is in pursuit of Chaparral's senior fullback Spencer Rothery (3).



Junior defensive back Tim Lyerla (2) prepares to take down Firebirds quarterback Nick Neuenfeldt, while help is coming from teammates Mike Schmitt (4), Carey Hughes (7) and Anthony Freeman (50)



Cactus quarterback Jonathan Tobin fires from the pocket, as the rush comes from the Chaparral secondary in the form of linebackers Rodney Shaw (47) on the left and Adam Bailey (42).

SportZine Photos / Michael Stevens



Arizona Coaches Association

Presented by



Coaches Corner

by
Deb Moore
ACA President



The ACA was founded in 1946; among its programs, the organization developed and assists with running the All Star games, which feature high school seniors competing in a variety of sports. Deb Moore is also the volleyball coach at Sunrise Mountain High School.

A New Year Full of Optimism

The Arizona Coaches Association has optimism in the air as the 2005-2006 school year begins. The Association will celebrate its 60th year in 2006 and plans are underway to make the Summer All Star Classic one of the most festive in years.

Coming off successful games this summer in the City of Surprise and at Eastern Arizona College, the ACA looks to make the All Star games even better for the anniversary games. Plans are now underway to include more sports and more athletes in the festival format. Please watch for news releases and updates at the website to stay informed of the exciting events planned. You can get information at the All Star link located at www.azcoach.net.

The ACA awarded Coach of the Year Awards and Scholar-Athlete awards in a luncheon in May. The scholarship luncheon has been generosity sponsored by Touchstone Energy and honors our outstanding student-athletes. Watch for updates on that event for the 60th Anniversary.

In addition, the ACA will support more coaches clinics to keep coaches informed and educated in their profession. It is an awesome responsibility to coach and we want to help our coaches make the best decisions for their athletes. We want coaches active, involved and informed.

Youth clinics are being added in communities to prepare children for sports, as

well as to send the message of good health. Our ACA coaches and athletes will be helping communities encourage good fitness habits through sports. Childhood obesity is a concern and the ACA is here to help with the activity portion of that problem.

In addition, the ACA will launch a search for the top 60 Coaches in the history of Arizona high school athletics. Visit the Current Events link at the website to cast your vote before December 1, 2005. A direct link is <http://www.azcoach.net/board/viewtopic.php?t=314>

We will also choose the top coach of a century for a national feature with Scholastic Coach magazine. One candidate from each state will be considered. Candidates must have been coaches in the state for 15 years. They can be male or female, alive or deceased, and can be coaches from any high school sport. Please visit the website to cast your opinion before December 1, 2005, under the Current Events link of www.azcoach.net. Again, a direct link is <http://www.azcoach.net/board/viewtopic.php?t=315>

While you are at the discussion board, please weigh in on the Division I and II classifications. What do you think?

The ACA is also working to help athletes get noticed and recruited from our high schools into college. The ACA has signed a deal to make recruiting costs effective and credible. Please visit the website soon for details on that.

There will be an update at the coaches selection meeting on December 11, 2005. Please make plans to attend that meeting. As always, please visit the website for details and updates.

The upcoming year is full of optimism. Make sure you are a part of the action!



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4

close to home and my family; my friends can come to my games in Albuquerque, San Diego, and Las Vegas,” say the utility player who played third, second, shortstop, and the outfield for St. Mary’s.

“I highly encourage young Latina

the University of Miami at Ohio. Garland, who also got started on the game at age nine, played second base and the outfield for the Knights and graduated with honors. She was named to the Desert Valley Region 1st team and was honorable mention

FOR THE ROAD

THEY’RE BREAKING UP the ol’ gang at St. Mary’s High School, scattering the core of last year’s state 5A runner-up softball team to far-flung parts of the country.



Danielle Gonzales

Four players from the Knights’ softball team were awarded scholarships to various colleges following a highly-successful 2005 season that ended with a loss in the state championship game to Tucson’s Canyon del Oro High School. They were part of a very productive group of players during their four years at St. Mary’s, as it was the first time the school had been to the softball state championships and, in 2003, they helped the Knights reach the region championships for the first time.



Brittany Anderson

Analise Rubalcava turned a softball career that began at age seven into a scholarship to the University of Mexico, a Hispanic Serving Institution.



Analise Rubalcava

“I’m very excited to be attending UNM in Albuquerque since it’s a city that is rich in culture, which supports my major, and especially because I’m

athletes to play the sport they love, but also keep up their grades,” she offers as advice to those coming behind her. In addition to graduating with first honors, she was named to the Desert Valley Region 1st team and Arizona Republic All-State 1st team. Rubalcava will pursue a degree in interior design, architecture.

Danielle (Dani) Gonzales won’t be so close to home, since she decided to accept a scholarship offer from St. Joseph’s University in Philadelphia, Pennsylvania. But she points out that, “My parents are excited to be able to visit me and for us all to get to know the eastern part of the country.”

A softball player since age nine, Gonzales pitched, played first base, and roamed the outfield while at St. Mary’s. She was named to the Arizona Republic All-Arizona Team, All-State 1st team, and Desert Valley Region 1st team.

“I’ve heard so many wonderful things about St. Joseph’s and I know I’ll get a great education here,” she says. Her major is nursing.

Ashley Garland finds herself in the Buckeye state, as she decided on

Arizona Republic All-State.

“Miami of Ohio has a strong and competitive softball program and equally competitive Psychology (her major) curriculum,” she says in explaining her choice. “I’m (also) fortunate to have family close by to visit during breaks and game schedules.”

Brittany Anderson is at ‘the other Miami’ – the one with more sun, having accepted an offer from Barry University at Miami, Florida. After graduating St. Mary’s with honors, she found a number of things she liked at Barry: “I’m very happy to continue my education at a private institution sharing my same values, but to also be a member of a team with great camaraderie and coaching staff.”

Anderson, who plays catcher, shortstop and second base, was a Desert Valley Region 1st selection last year, and got an honorable mention nod for Arizona Republic All-State honors.

Another selling point for Barry University, where she will major in Physical Education, Administration: “I have family in Florida, so that makes it nice for support.”

Home-Grown Help

(Continued From Page 7)

del Sol HS (Tempe); earned honorable mention All-Region at both positions. He was the team captain as a senior, while also contributing to the baseball team, where he earned honorable mention All-Region as a pitcher. A walk-on at ASU, he has moved from safety to linebacker for 2005, and is also expected to get time on the special teams.

Brett Palmer (6-2, 287 lb. defensive tackle) Rated as the No. 4 player in the state and No. 48 in the nation by SuperPrep coming out of **Marcos de Niza HS** (Tempe). Palmer led his high school team in sacks and tackles during both his junior and senior seasons, and is second in all-time sacks at the school. He bench presses 365 lbs. and squats 525 lbs., while maintaining 4.9 speed in the 40-yard dash. He played in three games for the Devils last year.

Andrew Pettes (6-4, 234 lb. tight end/halfback) Pettes was the No. 7 ranked player in Arizona and No. 12 tight end in the nation (Rivals.com) coming out of **Moon Valley HS** (Phoenix). He caught 44 passes for 635 yards and 13 touchdowns as a senior. An ironman of durability, he had 33 consecutive starts over three years, playing both defense and offense. The all-time leader in career receiving yards (1,475) and was the winner of the 2003 National Power Lifting competition in the 238-lb. weight class. In 2004, he played in only three games for ASU and received a medical red shirt, thus listed as a freshman this year.

Mike Pollak (6-4, 285 lb. offensive lineman) An *Arizona Republic* first-team All-American at **Corona del Sol HS** (Tempe), where he played both guard and defensive tackle. His

senior stats included 92 percent pass blocking and 86 percent run blocking. He was rated the No. 6 offensive lineman in the West by PacWestFootball.com and the No. 8 prospect in the state by SuperPrep. Captained both the football and baseball teams his senior year. Pollak played in eight games for ASU last year, starting the first four of the season in place of injured Drew Hodgdon.

Tyrice Thompson (6-5, 220 lb. defensive lineman) A versatile athlete who lettered in football, baseball and track in high school, Thompson played quarterback as a freshman and sophomore at **South Mountain HS** (Phoenix) and wide receiver as a junior and senior. A first-team All-League player, he was his team’s MVP as a senior, with 47 receptions for 700 yards and seven touchdowns. A walk-on at ASU, Thompson was moved to the defensive line from halfback this spring. He played in all 12 games in 2004, mostly on special teams.

Making the roads safer for teen drivers

After losing her daughter in a fatal traffic accident during a lunch-hour break at a Valley high school, a determined mother has launched a safety campaign that may soon spread to cities all across the country.

SportZine Photo: Kevin Daly



Student-athletes at Dobson High School display the colorful purple-and-orange Drive Kind bracelets that just went on sale: (from left) Zach Kimball (baseball), Jasmine Maynes (volleyball), Krista Mirabelli (soccer), Brit Bingham (golf), Allie Wise (soccer), and B.J. Francoeur (LaCrosse).

“I never thought in a million years that I’d be doing this. But losing Krystal changed all that.”

You can still hear the tone of disbelief and quiet despair in Donna Ebel’s voice as she talks about the death of her daughter, Krystal, in a traffic accident last year, and the campaign she is waging as a result. The 15-year-old and her 16-year-old friend, Shayna Linneen, were returning to Dobson High School from lunch.

A website is going up to help launch Ebel’s safety campaign, called “Drive Kind”, which she kicked off earlier this year with the introduction of purple and orange silicon bracelets, which are being sold to help raise money for the effort. The bracelets can be worn or hung from the rear-view mirror to serve as a gentle reminder to obey the rules of the road and drive with care.

The proceeds are going to help fund driver education programs and benefit high school cafeterias. Hundreds of bracelets have been sold for \$3 apiece.

Sports were an important part of Krystal’s life, says her mother. “Krystal had been involved in sports since she was four years old, with soccer and softball. Our whole family is so involved with sports... we’ve found that the kids and their families all became so close because of it.”

And now the high school sports community has a chance to support the Drive Kind campaign. The bracelets are a great way to remember a fellow student-athlete – and contribute to a very worthwhile cause.

For more information, check out the website at www.drivekind.com, or email drebel55@yahoo.com.

Power Points (Continued From page 11)

higher reps amounting to less weight lifted. To generalize, you can follow the same guidelines for the structural phase as you would the functional hypertrophy phase and the same for power as you would for strength.

The following is a sample Structural Phase training program for an athlete with poor posture (weak shoulders and upper back), with an emphasis of building muscle. This is only one of a five-day split training program targeting the shoulders and arms.

A1) Side Lying 30-degree Incline Db Powell Raise

Tempo = 4-0-2-0, rest = 60 sec, sets = 3 sets, reps 10-12 reps

A2) Elbow on Knee Db External Rotation

Tempo = 4-0-2-0, rest = 60 sec, sets = 3 sets, reps 10-12 reps

B1) 1¼ Seated Db Press

Tempo = 5-0-1-0, rest = 60 sec, sets = 3 sets, reps 8-10 reps

B2) 45 deg Incline Db Zottman Curl

Tempo = 5-0-1-0, rest = 60 sec, sets = 3 sets, reps 8-10 reps

C1) Close-grip Bench Press

Tempo = 4-0-1-0, rest = 60 sec, sets = 3 sets, reps 8-10 reps

C2) Paused Standing EZ Reverse Curl

Tempo = 4-2-1-0, rest = 60 sec, sets = 3 sets, reps 8-10 reps

D) Seated Db Shrug

Tempo = 2-0-1-2, rest = 60 sec, sets = 3 sets, reps 12-15 reps

Note: The above exercises that are paired with an A1/A2 represent performing one exercise (A1) followed by the second exer-

cise (A2) with the designated rest interval between each exercise. Some exercises are out of the ordinary and descriptions of each exercise would be beyond the scope of this column. For more information on the above program with descriptions of each exercise and photos log onto www.ikeiperformance.com and visit the “articles” section.

Remember, this is only an introduction to our Structural Phase Program. After three weeks of successfully completing this program we would progress to the Functional Hypertrophy, followed by the remaining phases of our *Four Phase Approach for Elite Athletes*. In order to maximize your athletic performance, start training smarter and always train harder. Becoming a champion is only a phase away.

For more information on elite sports performance training contact Chad Ikei at 480-657-6937 or visit www.ikeiperformance.com.

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