

HighSchoolHangout



PREP NOTEBOOK

By Greg Swatek
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Dietrich bounces back to win county wrestling title

As soon as Frederick wrestling coach Terry Leishman saw the expression on Adam Dietrich's face, he knew there was a problem. "Adam's a tough kid," Leishman said. "He is not really one to fake an injury."

Dietrich, one of the Cadets' top wrestlers, had just landed sternum first on the mat at the Arundel Holiday Tournament during the first week of January.

The force of the contact was such that some cartilage was dislodged from Dietrich's rib cage. He tried to finish the match, but couldn't.

"It was pretty rough," said Dietrich, who sat out the rest of Frederick's dual

meets. "I hated to miss any time."

Dietrich's injury and time spent away from the mat made his victory in the 130-pound weight class at last Saturday's Frederick County Wrestling Championships all-the-more impressive.

Still not in ideal wrestling shape, Dietrich battled his way to an 11-5 victory over top-seed Ronnie Long of Middletown in the final at 130.

"It was pretty big," Dietrich said. "I have wanted to win a county title ever since I got to high school."

Under normal circumstances, this would not be considered an upset. Dietrich and Long have been wrestling for years, trading victories back and forth.

"The good thing is I know how to wrestle against him," Dietrich said. "But the bad thing is he knows how to wrestle against me."

But considering Dietrich had no competitive mat time since the injury leading into the county tournament, as well as the fine season Long had put together (32-2 heading into the final), some may have been inclined to raise their eyebrows when Dietrich's hand was raised.

"I knew Adam had a chance to win, but I didn't think he would score as much as he did," Leishman said. "That, to me, was the most impressive thing."

To stay in the best shape possible during his recovery, Dietrich did some

extensive running on his own time. He'd also make it a point of attending as many Frederick wrestling practices as he could to keep up with the rest of the team.

"In some ways, it didn't really feel like he was gone," Leishman said. "Then, we'd have a match and there would be this big hole in the middle of my lineup."

Although he has made a full recovery, Dietrich is still very aware of his injury. While on the mat, he tries to push thoughts of re-aggravating it into the back of his mind.

However, he never gave much thought to missing the individual post-season.

"I was going to at least try and do that no matter what," he said.

This weekend, Dietrich will be one of five Frederick wrestlers competing in the Class 4A-3A North regional tournament at Urbana High School.

The top four wrestlers in each weight class qualify for the state tournament on March 6 and 7 at the University of Maryland's Cole Field House.

"I'd be really proud of him if he got there," Leishman said of Dietrich, who is the No. 2 seed in the region at 130. "It's a pretty big deal, especially when you consider how many good teams and state qualifiers that Frederick County has been producing."

SIMPLY THE BEST

Weekly News-Post Mid-Maryland rankings



KEEPING TABS

Regular Season Statistics
(This is the final winter Prep Page)

Boys Basketball Girls Basketball Indoor Track Wrestling

BOYS BASKETBALL

- Tuscarora (17-5)
- Urbana (18-4)
- Linganore (15-7)
- TJ (12-10)
- Walkersville (15-7)

GIRLS BASKETBALL

- Urbana (22-0)
- Middletown (19-3)
- Linganore (16-6)
- Walkersville (15-7)
- Frederick (13-9)

WRESTLING

- Urbana
- Tuscarora
- Middletown

BOYS TRACK

- TJ
- Linganore
- Walkersville

GIRLS TRACK

- TJ
- Middletown
- Linganore

Team Standings

Monocacy Valley Athletic League

Chesapeake Division

| Team | League | Overall |
|-------------|--------|---------|
| Tuscarora | 10-0 | 18-0 |
| Urbana | 9-1 | 16-1 |
| N. Carroll | 8-2 | 15-2 |
| T. Johnson | 7-3 | 14-3 |
| Linganore | 6-4 | 13-4 |
| Westminster | 5-5 | 12-5 |

Piedmont Division

| Team | League | Overall |
|---------------|--------|---------|
| Walkersville | 15-0 | 14-0 |
| Frederick | 14-1 | 13-1 |
| N. Hagerstown | 13-2 | 12-2 |
| S. Hagerstown | 12-3 | 11-3 |
| Middletown | 11-4 | 10-4 |

Blue Ridge Division

| Team | League | Overall |
|--------------|--------|---------|
| Century | 15-0 | 14-0 |
| S. Carroll | 14-1 | 13-1 |
| Liberty | 13-2 | 12-2 |
| Winters Mill | 12-3 | 11-3 |
| F. Scott Key | 11-4 | 10-4 |

Antietam Division

| Team | League | Overall |
|--------------|--------|---------|
| Brunswick | 10-0 | 17-0 |
| Clear Spring | 9-1 | 16-1 |
| Williamsport | 8-2 | 15-2 |
| Smithsburg | 7-3 | 14-3 |
| Catoctin | 6-4 | 13-4 |
| Boonsboro | 5-5 | 12-5 |

Other Area Schools

| Team | Overall |
|----------|---------|
| MSD | 16-1 |
| SJCP | 14-3 |
| New Life | 10-5 |
| FCA | 10-5 |

Team Standings

Monocacy Valley Athletic League

Chesapeake Division

| Team | League | Overall |
|-------------|--------|---------|
| Urbana | 10-0 | 22-0 |
| Linganore | 9-1 | 20-1 |
| N. Carroll | 8-2 | 18-2 |
| Westminster | 7-3 | 16-3 |
| Tuscarora | 6-4 | 14-4 |
| T. Johnson | 5-5 | 12-5 |

Piedmont Division

| Team | League | Overall |
|---------------|--------|---------|
| Hagerstown | 15-0 | 20-0 |
| Middletown | 14-1 | 18-1 |
| Walkersville | 13-2 | 16-2 |
| S. Hagerstown | 12-3 | 14-3 |
| Frederick | 11-4 | 12-4 |

Blue Ridge Division

| Team | League | Overall |
|--------------|--------|---------|
| Century | 15-0 | 17-0 |
| S. Carroll | 14-1 | 15-1 |
| Liberty | 13-2 | 13-2 |
| Winters Mill | 12-3 | 11-3 |
| F. Scott Key | 11-4 | 9-4 |

Antietam Division

| Team | League | Overall |
|--------------|--------|---------|
| Boonsboro | 10-0 | 16-0 |
| Smithsburg | 9-1 | 14-1 |
| Williamsport | 8-2 | 12-2 |
| Catoctin | 7-3 | 10-3 |
| Brunswick | 6-4 | 8-4 |
| Clear Spring | 5-5 | 6-5 |

Other Area Schools

| Team | Overall |
|----------|---------|
| MSD | 16-1 |
| SJCP | 14-3 |
| New Life | 10-5 |
| FCA | 10-5 |

Top Performances

Girls

55—Kennedy (T), 7.37; Galloway (F), 7.58; Jackson (TJ), 7.59.

55 hurdles—Jackson (TJ), 8.71; Papuchis (M), 9.09; Fry (L), 9.40.

300—Quinn (L), 42.01; Jackson (TJ) 42.3; J. Caudle (M), 42.5.

500—B. Caudle (M), 1:18.6; J. Caudle (M), 1:22.76; Morgan (F), 1:23.46.

800—Caudle (M), 2:16.85; Nolan (L), 2:27.87; Plombon (TJ), 2:28.72.

1,600—B. Caudle (M), 5:10.19; Bryan (TJ), 5:09.3; Nolan (L), 5:32.3.

3,200—Bryan (TJ), 11:19.6; Whitesell (M), 12:25; Nolan (L), 12:28.23.

800 relay—Middletown, 1:48; Linganore, 1:51.83; Frederick, 1:53.86.

1,600 relay—Middletown, 4:09.6; Linganore, 4:15.6; Thomas Johnson, 4:30.91.

3,200 relay—Thomas Johnson, 10:13.2; Linganore, 10:27.59; Frederick, 10:55.7.

High jump—Fry (L), Weiden (M), 5-2; Pavic (U), Stone (C), 5-0; Carroll (F), 4-10.

Pole vault—Luack (U), 9-6; Cahill (TJ), 9-3; Hemme (M), 9.

Shot put—Vannoy (TJ), 46-7.5; Mayne (L), 36-0.5; Shirley (M), 35-5.

103

- Jon Sweeney, Catoctin
- Matt Wax, Tuscarora
- Matt Steinheimer, Urbana

112

- Seth Chilson, Catoctin
- Travis Waters, Urbana
- Xavier Spruill, Tuscarora

119

- Adam Krop, Urbana
- Tyler Bartholomew, Brunswick
- Rushion Brown, Frederick

125

- Chad Strube, Middletown
- Travis Kokoski, Frederick
- Nick Carberry, Urbana

130

- Adam Dietrich, Frederick
- Ronnie Long, Middletown
- Michael Probert, Tuscarora

135

- Peter Tatanish, Urbana
- Austin Wenzlaff, Tuscarora
- Casey Crowell, Thomas Johnson

140

- Robby McClughan, Tuscarora
- Judd Ziegler, Middletown
- Mike Azat, Urbana

145

- Spencer Strube, Urbana
- Tyler White, Walkersville
- Joe Rimmel, Tuscarora

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- Zach White, Walkersville
- Jake Cummings, Tuscarora
- Steven Edmands, Urbana

160

- Tom Rej, Catoctin
- P.J. Engleman, Brunswick
- Tyler Peterson, Tuscarora

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- Brandon Johnson, Middletown
- David Leveille, Catoctin
- Mike Dailey, Urbana

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- Mark Cross, MSD
- Clinton Holley, Walkersville
- Joe Alvarez, Urbana

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- Tim Garlington, Walkersville
- Randy Walls, Urbana
- Kevin Riley, Middletown

285

- Carrington Jones, Tuscarora
- Brandon Domorski, Brunswick
- Jimmy Fitzgerald, Urbana

Individual Leaders

Scoring

| Name, School | GP | Pts. | Avg. |
|-------------------------------|----|------|------|
| Jordan Dixon, Walkersville | 21 | 414 | 19.7 |
| Donald Dawson, Frederick | 19 | 370 | 19.5 |
| Monnie James, Frederick | 14 | 265 | 19.0 |
| Scott Morris, Walkersville | 21 | 368 | 17.5 |
| Jonathan Thomas, Tuscarora | 22 | 406 | 18.5 |
| Grandy Glaze, SJCP | 20 | 360 | 18.0 |
| Sherard Johnson, New Life | 20 | 340 | 17.0 |
| Justin Stone, Brunswick | 22 | 352 | 16.0 |
| Michael Mabashov, MSD | 25 | 385 | 15.4 |
| Derek Szabados, Catoctin | 22 | 299 | 13.6 |
| Zach Cooper, Urbana | 20 | 270 | 13.5 |
| Todd Bonhavo, MSD | 28 | 351 | 12.5 |
| Kevin Sowers, Urbana | 20 | 248 | 12.4 |
| Byan Bonhavo, MSD | 20 | 246 | 12.3 |
| Troy King, SJCP | 20 | 240 | 12.0 |
| Tee Talley, Tuscarora | 21 | 261 | 11.9 |
| Deon Maddox, T. Johnson | 11 | 127 | 11.5 |
| Marcus Hall, Brunswick | 22 | 251 | 11.4 |
| Victor Walker, T. Johnson | 22 | 250 | 11.4 |
| Brandyn Wilkerson, Linganore | 22 | 233 | 10.6 |
| Brad Hickman, Urbana | 20 | 206 | 10.3 |
| Colyn Crowder, New Life | 20 | 200 | 10.0 |
| Cedrick Johnson, SJCP | 20 | 200 | 10.0 |
| Kolby Maly, Catoctin | 22 | 221 | 10.0 |
| Shea Fisher, T. Johnson | 21 | 201 | 9.6 |
| Dwayne Jenkins, T. Johnson | 22 | 208 | 9.5 |
| LaQuan Randolph, Tuscarora | 21 | 200 | 9.5 |
| Justin Albright, Catoctin | 22 | 207 | 9.4 |
| Shawn Baker, Brunswick | 22 | 206 | 9.4 |
| Jimmy Eckard, Linganore | 22 | 205 | 9.3 |
| Jeff Havenstein, Walkersville | 22 | 202 | 9.2 |
| Brian Cross, T. Johnson | 22 | 200 | 9.1 |
| Sterling Hallfors, Linganore | 22 | 198 | 9.0 |
| Justin Bowens, Tuscarora | 21 | 186 | 8.9 |
| Jordan Hall, Middletown | 20 | 177 | 8.9 |
| Kevin Harris, Middletown | 20 | 167 | 8.4 |
| Keith Conerly, Brunswick | 21 | 169 | 8.1 |
| Morgan Winn, Middletown | 22 | 175 | 8.0 |

Individual Leaders

Scoring

| Name, School | GP | Pts. | Avg. |
|------------------------------|----|------|------|
| Emily Scott, FCA | 11 | 287 | 26.1 |
| Alyssa Oursler, Middletown | 22 | 371 | 16.9 |
| Tandy Lewis, MSD | 26 | 414 | 15.9 |
| Rebecca Reidsner, Warriors | 20 | 313 | 15.7 |
| April Wright, New Life | 18 | 272 | 15.1 |
| Ashleigh Fosselt, Urbana | 22 | 317 | 14.4 |
| Kylie Late, Catoctin | 19 | 309 | 16.3 |
| Lynasia Frazier, Frederick | 14 | 171 | 12.2 |
| Katie Connolly, New Life | 22 | 262 | 11.9 |
| Claire Tucker, MSD | 26 | 310 | 11.9 |
| Shermie Disney, Walkersville | 21 | 231 | 11.0 |
| Aileen Maknati, New Life | 22 | 232 | 10.5 |
| Krysten Grossnickle, Walk. | 22 | 231 | 10.5 |
| Brittany Bryant, Tuscarora | 19 | 193 | 10.2 |
| Lexi Kébeiz, Linganore | 23 | 213 | 9.7 |
| Rachel Johnson, Frederick | 18 | 175 | 9.7 |
| Jenny Duncan, SJCP | 19 | 183 | 9.6 |
| Amie Ballenger, SJCP | 17 | 164 | 9.6 |
| Kashay Barnes, Frederick | 18 | 195 | 9.8 |
| Jasmine Naylor, Linganore | 19 | 149 | 7.8 |
| Mani Kordell, Urbana | 22 | 194 | 8.8 |
| Samantha Buis, Linganore | 22 | 183 | 8.3 |
| Ruthie Wheeler, T. Johnson | 12 | 99 | 8.3 |
| Rebecca Pearelle, Brunswick | 22 | 180 | 8.2 |
| Kristen Juenger, Urbana | 22 | 172 | 7.8 |
| Corinne Gloyer, Linganore | 13 | 102 | 7.8 |
| Jasmine Naylor, Tuscarora | 19 | 149 | 7.8 |
| Jacklyn Kessler, Middletown | 22 | 185 | 8.5 |
| Emily Delauter, Catoctin | 21 | 154 | 7.3 |
| Caral Mason, Urbana | 22 | 157 | 7.1 |
| Hannah Metheny, Catoctin | 22 | 156 | 7.1 |

Rebounding

| Name, School | GP | Reb. | Avg. |
|--------------------------------|----|------|------|
| Leah Scott, FCA | 11 | 146 | 13.3 |
| Rebecca Reidsner, Warriors | 20 | 245 | 12.3 |
| Elly McCarthy, Brunswick | 22 | 194 | 8.8 |
| Arny Duncan, SJCP | 19 | 163 | 8.6 |
| Krysten Grossnickle, Walk. | 22 | 189 | 8.6 |
| Aileen Maknati, New Life | 22 | 183 | 8.3 |
| Janna Rimmel, New Life | 20 | 160 | 8.0 |
| Tandy Lewis, MSD | 26 | 200 | 7.7 |
| Amie Ballenger, SJCP | 17 | 118 | 6.9 |
| Corinne Gloyer, Linganore | 13 | 90 | 6.9 |
| Alyssa Oursler, Middletown | 22 | 153 | 6.9 |
| Kristen Juenger, Urbana | 21 | 142 | 6.8 |
| Emily Delauter, Catoctin | 21 | 142 | 6.8 |
| Katy Barrientos, SJCP | 16 | 127 | 7.9 |
| Shayna Rose Unger, MSD | 22 | 145 | 6.6 |
| April Wright, New Life | 17 | 111 | 6.5 |
| Elly McCarthy, Brunswick | 22 | 166 | 7.5 |
| Marial Pierce, SJCP | 19 | 125 | 6.6 |
| Lynasia Frazier, Frederick | 14 | 92 | 6.6 |
| Rachel Lupinetti, Walkersville | 22 | 146 | 6.6 |
| Monica Omelchenko, TJ | 16 | 106 | 6.6 |
| Kylie Late, Catoctin | 22 | 145 | 6.6 |
| Emily Pruitt, Warriors | 17 | 111 | 6.5 |
| Kristen Rauch, Linganore | 22 | 144 | 6.5 |
| Kashay Barnes, Frederick | 18 | 117 | 6.5 |
| Katie Connolly, New Life | 22 | 144 | 6.5 |
| Elizabeth Catow, Warriors | 22 | 144 | 6.5 |
| Jacklyn Kessler, Middletown | 22 | 144 | 6.5 |
| Alyssa Oursler, Middletown | 22 | 144 | 6.5 |

Assists

| Name, School | GP | Ast. | Avg. |
|--------------------------------|----|------|------|
| Kallie House, Middletown | 22 | 118 | 5.4 |
| Jenny Duncan, SJCP | 19 | 82 | 4.3 |
| Amie Ballenger, SJCP | 17 | 69 | 4.1 |
| Jara Woodell, Catoctin | 11 | 45 | 4.1 |
| Katy Barrientos, SJCP | 19 | 84 | 4.4 |
| Mani Kordell, Urbana | 21 | 71 | 3.4 |
| Allison Eader, Linganore | 22 | 72 | 3.3 |
| Ruthie Wheeler, T. Johnson | 12 | 38 | 3.2 |
| Briana Lee, Tuscarora | 19 | 59 | 3.1 |
| Ashleigh Fosselt, Urbana | 22 | 67 | 3.0 |
| Rachel Lupinetti, Walkersville | 22 | 67 | 3.0 |
| Shayna Rose Unger, MSD | 17 | 51 | 3.0 |
| April Wright, New Life | 18 | 54 | 3.0 |
| Elly McCarthy, Brunswick | 22 | 66 | 3.0 |
| Marial Pierce, SJCP | 19 | 55 | 2.9 |
| Lynasia Frazier, Frederick | 14 | 33 | 2.4 |
| Rachel Lupinetti, Walkersville | 22 | 40 | 1.8 |
| Jacklyn Kessler, Middletown | 22 | 40 | 1.8 |
| Kylie Late, Catoctin | 22 | 40 | 1.8 |
| Emily Pruitt, Warriors | 17 | 40 | 2.4 |
| Kristen Rauch, Linganore | 22 | 40 | 1.8 |
| Kashay Barnes, Frederick | 18 | 44 | 2.4 |
| Katie Connolly, New Life | 22 | 51 | 2.3 |
| Elizabeth Catow, Warriors | 22 | 50 | 2.3 |
| Jacklyn Kessler, Middletown | 22 | 47 | 2.1 |
| Shermie Disney, Walkersville | 22 | 47 | 2.1 |
| Alyssa Oursler, Middletown | 22 | 48 | 2.2 |

Rebounding

| Name, School | GP | Reb. | Avg. |
|-------------------------------|----|------|------|
| Donald Dawson, Frederick | 19 | 203 | 10.7 |
| Jordan Dixon, Walkersville | 21 | 217 | 10.3 |
| Sherard Johnson, New Life | 20 | 192 | 9.6 |
| Justin Stone, Brunswick | 22 | 211 | 9.6 |
| Jeff Havenstein, Walkersville | 22 | 199 | 9.0 |
| Kevin Sowers, Urbana | 20 | 110 | 5.5 |
| Todd Bonhavo, MSD | | | |