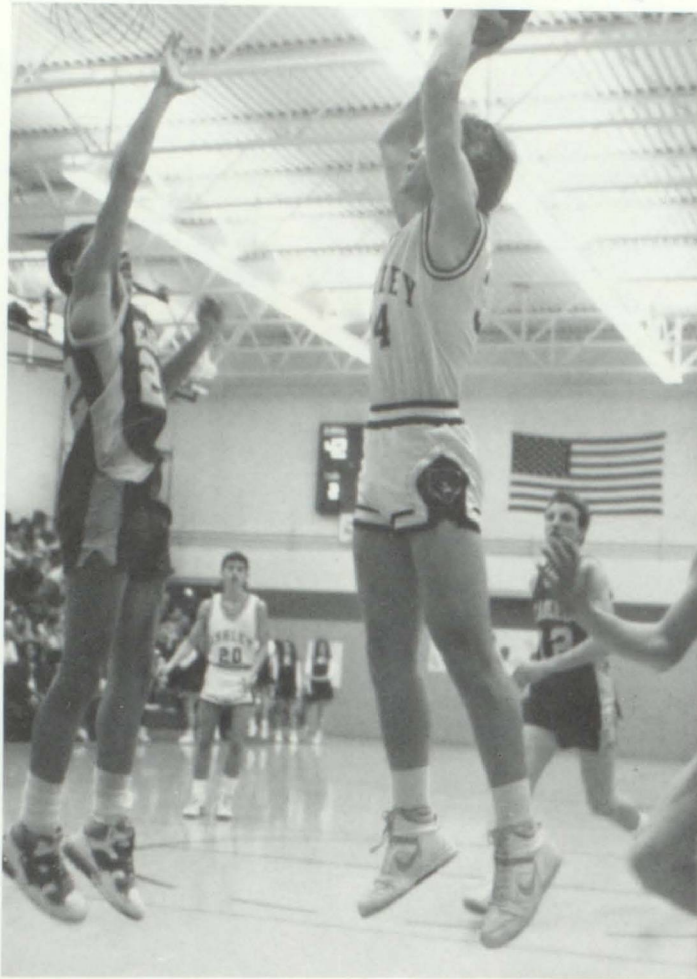




UP FOR TWO! Sophomore Dave Keller takes a shot against the Byron Eagles. Teammates feel that one of Dave's major contributions to the team's success was his shot blocking ability.



"MAKE CONTACT FIRST and then go after the ball." That was one of Coach Schestag's famous lines when practicing how to box out. Tommy Lamey, Mark Miller and Scott Polash work on improving this skill.

CONFIDENT DRIBBLING HELPS to cut down on careless turnovers that, in the end, can lead to a loss. Kevin Palmatier leads the pack as they work their way around the chairs.



### Good Offense, Defense Require Work, Work, Work

"Box your man out, deny the ball, keep your head up, no stupid fouls." These sayings are all very familiar to basketball players. They hear them every day in practice, dream about them at night, and think about them as they're eating their cereal in the morning. Spectators, however, don't always realize the hard work that takes place behind the scenes.

## Boys Vow To Practice To Perfection

The old saying "Practice makes perfect," proved to be true for the boys' varsity basketball team this year. They ended the season with a record of 13-7 and were 9-1 in league play, a record that was good enough to give them the title of league champs, their first since 1984-85.

What makes a team good? What makes them achieve their goals? According to Coach Gary Schestag, the key factor to this team's success was the quality practice time they put in during the season and also in the off-season. "The boys realized that they'd have to work as hard in practice as they do in the games in order to continue to improve," commented Coach Schestag. Another bonus quality that the Bears exhibited was the fact that they all got along well.

"They were young and enthusiastic," remarked Schestag. These characteristics were what helped to lead the varsity boys to their District Finalists and League Champs titles.

