

HIGH SCHOOL BASKETBALL PREVIEW

Teams each shooting for State glory

By **NATHAN WHALEN**
contributing writer

Teams in the Wesco Conference are hoping to develop from a 2023-2024 season that saw the Glacier Peak and Mountlake Terrace boys basketball teams and four girls teams all place in state tournaments. Coaches from the basketball programs at Glacier Peak, Snohomish, and Monroe shared some thoughts on the upcoming season.

Snohomish Boys

After graduating eight of its 12 players from last season, the Snohomish Panthers this year are bringing up a lot of sophomores and fielding three returning juniors.

"We're young. They've worked hard and they have a great attitude," boys basketball coach Jeff Larson said.

Bryson Wheat is the only senior on the team and he is a transfer from Lake Stevens. "He's a good basketball player. He understands the game," Larson said. He added the team will also benefit from the leadership of post player junior Luke Davis.

"We're enjoying the process," Larson said. "This is a great group of guys. We enjoy each other on and off the court."

Snohomish finished the 2023-2024 season with overall record of 8-13 and lost to Monroe in overtime in the first round of the district tournament.

The season comes with Arlington and Cascade moving from Wesco 3A to Wesco 4A. Larson said the change allows for Wesco 3A to have a north and south division and league teams will be able to play each other twice.

"I'm excited that we get to re-establish rivalries," Larson said.

Snohomish started its season Nov. 30 hosting Mercer Island. They will spend the December holiday break in Vancouver, Washington competing in the Mountain View Holiday Invite.

Girls

After finishing fifth in the 2023-2024 state tournament, longtime Snohomish's girls basketball coach Ken Roberts said he is looking to have a team that has more depth than in the past.

"Our goal generally is to play on the last day of the state tournament," Roberts said.

He added he hopes the team will accomplish a few things along the way, which would include league and district championships. Snohomish came close last year, having a 11-2 conference season. Arlington pipped Snohomish 48-47 on their first meet, and finished 12-1 to take districts.

This season sees 3A conference powerhouse Arlington move to Wesco 4A.

One of the Snohomish's captains, senior Tyler Gilder-



Jim Scolman photo

Snohomish sophomore Jack Rotondo and junior Peyton Wheat stretch to reach a rebound during the Panthers season opener Nov. 30.

sleeve-Stiles, was first team all-league last season. She'll be playing basketball at Santa Clara University next year, Roberts said. Junior Sienna Capelli, also a team captain, was also first team all-league last season.

Sophomore Lizzie Allyn gained a lot of varsity experience as a freshman last season and sophomores Lola Rotondo, Lyla Larson, and Danica Avalos, as well is incoming freshman Lyla King are on the team this year.

Roberts said the Wesco 3A conference will have competitive teams in Stanwood, Monroe, Shorecrest, and Shorewood. He noted that Monroe qualified for state last season and that team has everyone back.

Wesco teams were well represented in the 3A state tournament last season. Arlington placed fourth, Snohomish placed fifth, and Everett placed sixth.

Snohomish kicked off its season Dec. 2 traveling to Arlington. Roberts said the Panthers have a competitive non-league schedule where seven of the 10 nonconference games are against ranked opponents.

Snohomish is also traveling for the holiday break to compete in a tournament hosted at Lynden Christian.

Glacier Peak Boys

The Grizzlies are returning the core of a team that placed third at the state tournament last season. Glacier Peak has four starters returning from the past season.

"It's a strong group who came back. They're great teammates," Glacier Peak boys basketball coach Brian Hunter

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SCHEDULES

SNOHOMISH

Boys Schedule

- | | |
|--|---|
| Dec. 5 @ Lake Stevens | Jan. 10 vs. Stanwood at 8 p.m. |
| Dec. 6 @ Eastlake | Jan. 14 vs. Monroe |
| Dec. 10 vs. Lynnwood | Jan. 17 vs. Everett at 6:30 p.m. |
| Dec. 13 @ Meadowdale | Jan. 21 @ Marysville-Getchell |
| Dec. 14 vs. Glacier Peak at 7 p.m. | Jan. 24 vs. Marysville-Pilchuck at 8 p.m. |
| Dec. 20 @ Everett at 6:30 p.m. | Jan. 28 @ Monroe |
| Dec. 26 @ Mountain View at 8 p.m. | Jan. 31 @ Stanwood at 6:30 p.m. |
| Jan. 3 @ Marysville-Pilchuck at 8 p.m. | Feb. 4 vs. Marysville-Getchell |

Girls Schedule

- | | |
|---|--|
| Dec. 4 @ Archbishop Murphy | Jan. 7 vs. King's |
| Dec. 6 @ Ridgeline at 3:30 p.m. | Jan. 10 vs. Stanwood at 6:30 p.m. |
| Dec. 7 @ Gonzaga Prep at 10:30 a.m. | Jan. 15 @ Monroe |
| Dec. 13 vs. Lake Stevens | Jan. 17 vs. Everett at 8 p.m. |
| Dec. 14 vs. Glacier Peak at 5:30 p.m. | Jan. 22 @ Marysville-Getchell |
| Dec. 20 @ Everett at 8 p.m. | Jan. 24 vs. Marysville-Pilchuck at 6:30 p.m. |
| Jan. 3 @ Marysville-Pilchuck at 6:30 p.m. | Jan. 29 vs. Monroe |
| | Jan. 31 @ Stanwood, 8 p.m. |
| | Feb. 3 vs. Marysville-Getchell |



Tipoff on all games is 7:15 p.m. unless otherwise noted

GLACIER PEAK

Boys Schedule

- | | |
|-------------------------------------|------------------------------------|
| Dec. 13 vs. Arlington at 8 p.m. | Jan. 14 vs. Cascade |
| Dec. 14 @ Snohomish at 7 p.m. | Jan. 17 @ Arlington at 6:30 p.m. |
| Dec. 20 @ Lake Stevens at 8:30 p.m. | Jan. 20 @ Kentwood at 7 p.m. |
| Jan. 3 @ Jackson at 8 p.m. | Jan. 24 vs. Lake Stevens at 8 p.m. |
| Jan. 4 vs. Skyview at 4 p.m. | Jan. 31 vs. Jackson at 8 p.m. |
| Jan. 7 vs. Kamiak | Feb. 4 @ Cascade |
| Jan. 10 @ Mariner at 8 p.m. | Feb. 7 vs. Mariner at 8 p.m. |

Girls Schedule

- | | |
|------------------------------------|---------------------------------------|
| Dec. 4 vs. Everett | Jan. 8 vs. Kamiak |
| Dec. 11 @ Shorewood | Jan. 10 @ Mariner at 6:30 p.m. |
| Dec. 13 vs. Arlington at 6:30 p.m. | Jan. 15 vs. Cascade |
| Dec. 14 @ Snohomish at 5:30 p.m. | Jan. 17 @ Arlington at 8 p.m. |
| Dec. 18 vs. Monroe | Jan. 24 vs. Lake Stevens at 6:30 p.m. |
| Dec. 20 @ Lake Stevens at 7 p.m. | Jan. 29 @ Kamiak |
| Dec. 21 @ Woodinville at 2 p.m. | Jan. 31 vs. Jackson at 6:30 p.m. |
| Dec. 26 vs. Chiawana at 6:30 p.m. | Feb. 5 @ Cascade |
| Jan. 3 @ Jackson at 6:30 p.m. | Feb. 7 vs. Mariner at 6:30 p.m. |



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HIGH SCHOOL BASKETBALL PREVIEW

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said. Glacier Peak finished the 2023-24 season with an overall record of 25-4.

Returning senior Jo Lee has been a starter at Glacier Peak since he was a freshman

and has scored over 1,000 points during his high school career, Hunter said. Lee is set to attend Le Moyné College, a division I college in New York state, when he graduates.

Also returning to the start-

ing lineup are junior Reed Nagel, senior Jayce Nelson and sophomore Zach Albright.

Overall, the Grizzlies are returning eight players from last season's team. Players Hunter expects to make significant contributions include senior Luke Posey, senior Jack Taylor, junior Paulos Mulgeta, and sophomore Aaron Thomas.

Their deep run into the state tournament last season meant Glacier Peak played 29 games. "Our kids understand how to do things," Hunter said.

He added that the team wants to maximize their efforts during their upcoming season. "We want to play hard and play as a group."

The upcoming season will be a change for the Wesco Conference as Arlington and Cascade are moving up to 4A from 3A.

Arlington has a ton of talent, Hunter said, and Jackson, Lake Stevens and Kamiak have talented teams. "Wesco 4A basketball is going to be good this year." Glacier Peak will spend the holiday break in December competing at a tournament in the Phoenix area against teams from New York, Florida, Arizona, and Texas.

The Grizzlies' season kicked off Dec. 3 when they hosted King's. Their first conference

game is Dec. 13 when they host Arlington.

Glacier Peak Girls

Glacier Peak girls basketball team is looking to rebound from a 2023-2024 season that saw the Grizzlies finish with an overall record of 6-18.

"Last year we were missing two key players," girls basketball coach Brian Hill said.

Senior Brynna Pukis, who will play for Long Beach State in college next fall, returns after playing last season for a traveling team. She was first team, all-conference in her freshman and sophomore years.

Also returning is senior Sammie Thoma. "She's that workhorse of the team," Hill said adding she was conference second team as a sophomore.

Other key players include junior Zoey Ritter and senior Rikki Miller, junior Dylan Gordon, and freshman Lily Riechelson.

"I think we'll be way more competitive this year," Hill said.

He added there are bench players on the team that, while they lack experience, are good players. With three seniors and two juniors, he said the younger players will look to them for leadership.

Arlington, which has placed in every 3A state tournament since the 2021-2022 season,

is one of the teams moving into Wesco 4A.

"It throws a new mix into the foray," Hill said.

Glacier Peak hosts Arlington Dec. 13 followed by a game against Snohomish Dec. 14. "It's a great, friendly matchup," Hill said of the game against their cross-town rival.

Glacier Peak also hosts the annual "Top of the Peak" tournament that takes place Dec. 26 through Dec. 28. The eight-team tournament is invite-only. Lake Stevens, Mead, Chiawana in Pasco, Lake City in Idaho, WF West in Chelalis, Deer Park, and Tahoma are scheduled to compete.

Monroe Boys

With a mix of underclassmen and upperclassmen,

Monroe's boys basketball team is fielding a team with good chemistry and a good skill set, head coach Justin Prohn said.

"I feel like we have a good mix and depth of players," Prohn said. "All 11 can play and we're really deep."

He noted that juniors Caleb Campbell and Wyatt Prohn have played varsity since freshman year and junior Chayce Waite-Kellar has a high motor.

The four seniors on the team — Dylan Hall, Myles Baumchen, Kieren Greear and Chris Kabaadi — are also four-year members of the program. They will have "huge roles for the season," the coach said.

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SCHEDULES

EVERETT

Boys Schedule

Dec. 5 @ Kamiak	Jan. 14 vs. Marysville-Getchell
Dec. 7 vs. Oak Harbor at 2:30 p.m.	Jan. 17 @ Snohomish at 6:30 p.m.
Dec. 10 vs. Shorecrest	Jan. 21 vs. Stanwood
Dec. 13 vs. Cascade at 8 p.m.	Jan. 24 vs. Monroe at 8 p.m.
Dec. 20 vs. Snohomish at 6:30 p.m.	Jan. 28 @ Marysville-Getchell
Dec. 23 @ Meadowdale at 6 p.m.	Jan. 31 vs. Marysville-Pilchuck at 6:30 p.m.
Jan. 3 @ Monroe at 6 p.m.	Feb. 4 @ Stanwood
Jan. 6 @ Sedro-Woolley	
Jan. 10 @ Marysville-Pilchuck at 8 p.m.	

Girls Schedule

Dec. 4 @ Glacier Peak	Jan. 10 @ Marysville-Pilchuck at 6:30 p.m.
Dec. 7 vs. Oak Harbor at 4:15 p.m.	Jan. 15 vs. Marysville-Getchell at 8 p.m.
Dec. 9 vs. Kamiak	Jan. 17 @ Snohomish at 8 p.m.
Dec. 11 @ Lynnwood	Jan. 22 vs. Stanwood
Dec. 13 vs. Cascade at 6:30 p.m.	Jan. 24 vs. Monroe at 6:30 p.m.
Dec. 16 vs. Meadowdale	Jan. 29 @ Marysville-Getchell
Dec. 20 vs. Snohomish at 8 p.m.	Jan. 31 vs. Marysville-Pilchuck at 8 p.m.
Dec. 26 @ Nooksack at 3:30 p.m.	Feb. 3 @ Stanwood
Dec. 28 vs. Shorewood at 2 p.m.	
Jan. 3 @ Monroe at 8 p.m.	
Jan. 7 @ Ferndale	



Tipoff on all games is 7:15 p.m. unless otherwise noted

CASCADE

Boys Schedule

Dec. 5 vs. Lynnwood	Jan. 14 @ Glacier Peak
Dec. 7 vs. Kamiak at 7 p.m.	Jan. 17 @ Kamiak at 6:30 p.m.
Dec. 10 vs. Marysville-Pilchuck	Jan. 21 vs. Jackson
Dec. 13 @ Everett at 8 p.m.	Jan. 24 @ Mariner at 8 p.m.
Dec. 14 @ Oak Harbor at 7 p.m.	Jan. 27 @ Archbishop Murphy
Dec. 20 vs. Mariner at 6:30 p.m.	Jan. 31 vs. Lake Stevens at 6:30 p.m.
Dec. 20 @ Shorecrest	Feb. 4 vs. Glacier Peak
Jan. 3 @ Lake Stevens at 7 p.m.	Feb. 7 @ Arlington at 6:30 p.m.
Jan. 7 vs. Stanwood	
Jan. 10 vs. Arlington at 8 p.m.	

Girls Schedule

Dec. 4 @ Edmonds-Woodway	Jan. 3 @ Lake Stevens at 8:30 p.m.
Dec. 7 vs. Kamiak at 5:15 p.m.	Jan. 6 vs. Marysville-Pilchuck at 6:30 p.m.
Dec. 11 @ Mountlake Terrace	Jan. 10 vs. Arlington at 6:30 p.m.
Dec. 13 @ Everett at 6:30 p.m.	Jan. 15 @ Glacier Peak
Dec. 14 @ Oak Harbor at 5 p.m.	Jan. 17 @ Kamiak at 8 p.m.
Dec. 18 @ Jackson	Jan. 22 vs. Jackson
Dec. 20 vs. Mariner at 8 p.m.	Jan. 24 @ Mariner at 6:30 p.m.
Dec. 21 vs. Blaine at 4 p.m.	Jan. 31 vs. Lake Stevens at 8 p.m.
Dec. 30 @ Sedro-Woolley at 1 p.m.	Feb. 5 vs. Glacier Peak
	Feb. 7 @ Arlington at 8 p.m.



Tipoff on all games is 7:15 p.m. unless otherwise noted

MONROE

Boys Schedule

Dec. 7 vs. Stanwood at 6 p.m.	Jan. 14 @ Snohomish
Dec. 10 @ Meadowdale	Jan. 17 @ Stanwood at 6:30 p.m.
Dec. 13 vs. Lake Stevens	Jan. 21 vs. Marysville-Pilchuck at 6:30 p.m.
Dec. 18 vs. Doherty	Jan. 24 @ Everett at 8 p.m.
Dec. 20 vs. Newport	Jan. 28 vs. Snohomish
Jan. 3 vs. Everett at 6:30 p.m.	Jan. 31 vs. Marysville-Getchell at 8 p.m.
Jan. 7 vs. Sultan	Feb. 4 @ Marysville-Pilchuck
Jan. 10 @ Marysville-Getchell at 8 p.m.	

Girls Schedule

Dec. 4 vs. Shorecrest	Jan. 10 @ Marysville-Getchell at 6:30 p.m.
Dec. 7 vs. Stanwood at 4:30 p.m.	Jan. 15 vs. Snohomish
Dec. 11 @ Jackson	Jan. 17 @ Stanwood at 8 p.m.
Dec. 16 vs. Mariner	Jan. 22 vs. Marysville-Pilchuck
Dec. 18 @ Glacier Peak	Jan. 24 @ Everett at 6:30 p.m.
Dec. 20 @ Eastlake at 7 p.m.	Jan. 29 @ Snohomish
Jan. 3 vs. Everett at 8 p.m.	Jan. 31 vs. Marysville-Getchell
Jan. 6 vs. Shorewood	Feb. 3 @ Marysville-Pilchuck



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Jim Scolman photo

Monroe Bearcats guard, senior Chris Kabaadi during a preseason jamboree Nov. 27 with Juanita as opponent.

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He added that guards, junior Tate Hammerquist, and sophomore Isaiah Kiehl, are good floor generals.

"We have a really good, player-led team," Coach Prohn said. The Bearcats graduated four seniors from last year's team. "They really grew a lot last season and we return a lot."

With Arlington and Cascade moving from 3A to 4A, it will

allow Wesco North teams to play each other twice.

"I'm really interested to see what happens," Prohn said. "We have some really good teams in 3A."

Monroe's next home game is Dec. 7 against Stanwood. For the holiday break, the boys basketball team will travel to Phoenix to compete in the Cactus Jam.

Monroe Girls

Monroe's girls basketball team fielded a squad last

season that lacked seniors and qualified for the state tournament.

"The girls are hungry and trying to continue that success," Monroe girls basketball coach Tyson Horner said.

The Bearcats lost in the first round to Roosevelt last year at State. They finished last season with an overall record of 13-12.

They compete in a competitive Wesco 3A conference that saw Arlington place fourth, Snohomish place fifth and

Everett place sixth in the 2024 state tournament.

"Wesco kind of has a tradition of being a competitive conference," Horner said.

Senior Cascadia Yates is committed to play college basketball at Seattle Pacific University and junior Mya Mercille was all-conference last season. Other contributors include seniors Hope and Halle Keller.

Horner said Monroe has a competitive non-conference schedule that includes games

against 4A schools Glacier Peak and Eastlake. They also travel to Phoenix over the holiday break, where Monroe is one of 16 teams competing in the Cactus Jam.

He usually sets narrow goals for the team throughout the season, where they emphasize such areas as rebounding, assists and points per game, rather than focusing on winning and losing.

With Arlington and Cascade moving to 4A, the Wesco 3A conference is divided into

two divisions. The change will allow teams to play each twice during the season.

"That's going to be great for rivalries," Horner said.

Monroe's season kicked off Nov. 30 when the Bearcats traveled to Inglesmoor. The first home game takes place Dec. 4 against Shorecrest. Saturday, Dec. 7 will see both the Monroe boys and girls basketball teams hosting Stanwood. The girls game is at 4:30 p.m. and the boys game is at 6 p.m. that evening.