



ABOVE: Coach Abbey Bradley with her team after a game.

Returning to home turf



By Anna Post
SPORTS EDITOR

Some siblings experience playing on the same team, but for senior Dalaney Bradley and North alumna Abbey Bradley, the dynamic is a little different. Abbey graduated in 2011 and has returned to coach the girls JV-B lacrosse team.

"It's just kind of funny seeing her around because me and her have never gone to the same school together except for when I was in kindergarten," Dalaney said. "Now I will occasionally see her at North, and we'll just be like 'Oh hi,' and it's kind of funny."

Although Abbey isn't Dalaney's coach, Abbey supports her by coming to the varsity games and helping her improve skills.

Immediately after graduating from Michigan State University, Abbey was interested in coaching. After being contacted by girls lacrosse coach and math teacher Lauren Nixon, Abbey came back to coach the sport she loved.

Nixon and Abbey played together during their time at North, as Nixon graduated in 2008.

Nixon has been coaching lacrosse for

several years, starting as an assistant coach and is currently the head coach. She feels Abbey will make a great addition to the lacrosse coaching staff.

"My favorite part about working with Abbey is that she shares the same passion that I do for coaching and for the sport of lacrosse. She is always so positive and encouraging to her players and pushes them to play to their potential," Nixon said via email. "I respect that she is such a positive role model for her players. She encourages her players to never give up and to always work hard. She teaches them teamwork skills and is an all-around positive influence in their lives."

Abbey is the first in her family to coach lacrosse, a game that originated in Native American culture. Abbey's family is part Apache Indian.

"My Papa, my grandpa, actually found out that lacrosse was founded by Native Americans and was excited because of our Native American heritage," Bradley said.

Being able to be on the other side of the field is what interested Abbey from the start. Abbey focuses on teaching her players the basic skills such as cradling, shoot-

ing, throwing and maintaining a positive attitude.

"I think it's just really special for me to be back at North," Bradley said. "I feel really comfortable in that environment because I know what the community is like ... and being a part of a sport I loved so much while I was in high school, so it's been great."

Despite her sister being a North alumna, Dalaney also sees her sister's knowledge in biology and nutrition as a unique contribution to her coaching style.

She majored in human biology and human nutrition so she knows all about health and fitness and all that," Dalaney said. "I think she definitely helps her team stay in shape and stay healthy."

Freshman Meghan McSkimming has been playing lacrosse since fourth grade and admires her new coach's teaching style.

"I appreciate Abbey's funny personality and smile at practice because she always makes it fun to be there, even in the pouring rain," McSkimming said.

Abbey joining the coaching staff isn't the only change this season. Instead of the

usual varsity and JV teams, there are three, including a JV-A and a JV-B.

"It is still a growing sport, especially in Michigan, and I was so excited to have three teams this season," Nixon said. "I also enjoy being able to share my knowledge about the sport with others to help them become a better player."

Looking further in her coaching career, Abbey plans to not only teach her players the basics of the game, but also them experience the same passion and friendships she had when she was in high school.

"I hope that they gain more skill and become more knowledgeable, but I really hope that they gain, I guess, knowledge of teamwork," Abbey said. "I think what's special about being in a sport in high school is that it brings a mixture of different people together who you don't really hang out with outside of your sport but just a good team bonding. I guess it is really important to me, and we had that when I was in high school. I hope my girls have that on my team as well, even if they're not friends outside of the team that they're able to come together."



ABOVE: Abbey Bradley alongside sister senior Dalaney Bradley. "I respect that she is such a positive role model for her players," Dalaney said. "She encourages her players to never give up and to always work hard. She teaches them teamwork skills and is an all-around positive influence in their lives."

North alumna Abbey Bradley comes back to coach girls lacrosse team

Archery team aims for new opportunities

By Sonny Mulpuri & Darcy Graham
DIGITAL EDITOR & STAFF REPORTER

Athletes each have their own reasons to pursue a sport. Archers are no different.

After three years, junior Shannon Gabriel and her teammates are motivated to get their sport—archery—officially recognized at North.

"If it did become a sport, I would hope we would practice more and give us more opportunities," Gabriel said.

The team only practices for one hour once a week. Meeting locations change and move between North's tennis courts and South Lake Middle School, depending on which space is more accessible. Since archery is currently just a club, members aren't required to meet on a regular basis.

Although there are some disadvantages to practicing once a week, junior Grace Guthrie believes it brings the team together and makes them better.

"Last year we were a very close group," Guthrie said. "We were starting to get comfortable with each other as the season went on. We were all cheering each other (on) when we were getting our awards in some of matches we went to," Guthrie said. "We are just starting to get better because we only have the availability to meet once a week currently."

However, turning the club into an official school-sanctioned sport could pose some problems, starting with coach Nick Di Cresce. Di Cresce has 22 years of experience as an archery coach and has been with the club for all three years of its existence.

However, Di Cresce also coaches both the Wayne State

archery team as well as the Motor City Archers, one of the largest junior archery programs in the state. In addition to that, he runs a range in Farmington Hills, which would make it impossible for him to be at practices for an actual team at North.

Because of his limited availability, Di Cresce said that the change from club to official sport would not affect him as much as the school.

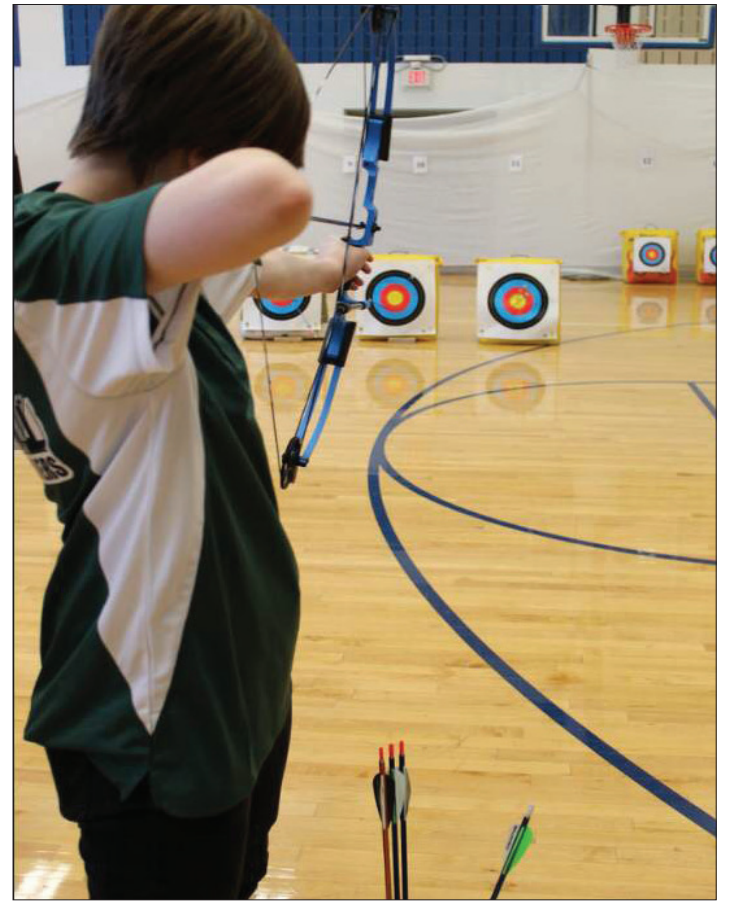
"The spring archery season for high school is 10 weeks, so it's not that bad. It's 10 weeks in the spring, so you keep busy. It's one day a week as a team, but they can practice as much as they want for four to five days a week," Di Cresce said. "The ones who want to put in time can, so it won't affect me so much. It will mostly affect the school because it'll take up more space for the school."

On the other hand, turning the club into a sport also presents certain benefits. The possibility of earning a varsity letter is intriguing to some members. Once a team grows enough, it will come down to the top five archers to earn most of the points in matches.

But before any competition can develop, current members must recruit more students to the club. This will increase their likelihood of becoming an official team. As the team grows, more students will be able to push to make archery an official sport.

When new people join, Gabriel and the other veterans make sure to guide them and make them feel comfortable.

"When you first start archery, you're not all that great," she said. "But after a couple of weeks ... it steals your heart, and it's a wonderful sport, and they should keep going with it."



ABOVE: Junior Grace Guthrie aims for a target during archery practice.



ABOVE: North students sit in front of the Motor Archery tournament banner.



ABOVE: Junior Grace Guthrie standing next to her teammates. "I joined the club because I enjoy sports," Guthrie said. "Not only that I'm great at them, archery is something you can practice and get better at."