

SPORTS

THE CURRENT

Athlete Profile

Senior Nate Fousel



Picture by Nathan Buendia

Fousel wins State, continuing to show his supremacy and dominate

by **Bernie Franulovich**
Staff Writer

He's the dude with a lot of water and super short shorts. During wrestling season he's often seen looking continually bruised and beaten from practices and competitions. He scares off all competitors with his tough-guy appearance.

Nathaniel Fousel is the 2014 state champion of the 195 weight class for 1A/2A/3A school division, and just this year he won the 4A state competition for the 195 weight class. He's wrestled for eight years, four of those on the Kayhi team. He's also been on the varsity baseball and football teams at Kayhi since he was a freshman. In the summer of 2014 he attended the JRobb Intensive Camp at the University of Minnesota, which is a hardcore program for top-notch wrestlers across the nation.

Not only is Fousel an experienced and talented wrestler, but he is also a high achieving student, and is involved with his community. He's a member of National Honor Society, and he has been a Captain on the wrestling team since his sophomore year. Balancing a busy practice schedule with tons of homework from his numerous advanced placement courses, as well as helping out in the community, is more than difficult, it's nearly impossible. Wrestling head Coach Rick Collins says that Fousel's work ethic is second to none, and his school and athletic records are great evidence of that.

"Being on top of your homework, bring it on trips, doing your homework everyday after practice, and

getting it all done, no matter what," Fousel said. "Time management is a big deal."

Fousel is a senior this wrestling season, a year that his competition has no doubt been waiting for since he was a freshman. He's one of those athletes that competed so well as a freshman he could have passed as a senior. Fousel says he would like to continue wrestling in college, but is unsure of his college plans. Collins says that he has the ability to compete in wrestling at the collegiate level.

"Competing at college is definitely a big jump, but he has abilities, but yeah for sure he could," said Collins.

Senior year is a crazy year, but Nate isn't letting any of that get to him. He set the goal of defending his championship title and he accomplished this goal, this time at the 4A level, because Kayhi moved back into the large schools class. Fousel has also set the lofty goal of being an All-American Athlete, even a National Champion.

"[Senior year] is kind of sad, but I'm mostly just excited. I want to finish off by doing really well," said Fousel earlier this year.

This year Fousel's weight class was even more competitive than last year, with a combination of Kayhi moving into a bigger division, and other wrestlers moving weight classes, so Fousel definitely had a challenge.

"An athlete like Nate comes around about every 15 years or so at this size of high school, he's really talented, a super nice guy, highly intelligent, works really hard, and he's definitely a great wrestler," said Collins.

Signing Day

Nathan Bonck - Seattle University

by **Althea Santos and Mo Bullock**
Sports Editor and Staff Writer

Senior Nathan Bonck signed a letter of intent to play baseball at Seattle University Nov. 13. For Bonck, it was the rewarding end to a lot of hard work.

"It was an incredibly humbling experience," said Bonck.

The 6-foot-5, 195-pound Bonck has proved himself an elite player in the state of Alaska. His 13 strikeouts in a

game, 1.76 ERA and .507 batting average were good enough to earn him Gatorade Alaska Player of the Year honors last season.

"I had a feeling I was gonna win all season but when I found out I actually won, it was still a shock," said Bonck. "Out of all the athletes in the state, to be chosen as the player of the year meant a lot."

Seattle University is a Division I school and member of the Western Athletic Conference. The Seattle University Redhawks went 31-27

(19-8 WAC) and reached the WAC Conference Championship last season.

"I'm excited to get to college and be a part of their baseball program."

Bonck is one of four kids in his family. He has an older sister Gabby Bonck, and two younger siblings sophomores Ella and Marta Bonck.

Before living in Ketchikan the Bonck family lived in Mississippi. Bonck moved to Ketchikan at the age of 14.

Kiera O'Brien - Pepperdine University

by **Jake Smith**
Staff Writer

Senior Kiera O'Brien officially signed a letter of intent to swim competitively at Pepperdine University on Nov. 13. For O'Brien and her family, this is very rewarding and exciting.

O'Brien has shown at the State competition that she is a high ranked swimmer, and her skills caught the

eyes of Pepperdine in and out of the water. O'Brien is a 4.0 student and a member of National Honor Society. O'Brien has a girls senior record for Kayhi in the 500 freestyle 5:21.95, and she swam a 24.82 in the State 50 freestyle.

Pepperdine has a successful NCAA Division I swimming program. Pepperdine has the smallest undergraduate enrollment, and has Division I titles in five different

men's sports. Pepperdine ranks 52 on the lists of the best colleges in America, by US News.

"Pepperdine is the perfect fit for me, both academically and athletically," O'Brien said about Pepperdine University. "I like that it is a small, private school, and when I visited campus it just felt like home."

O'Brien is the daughter of D'Jay and Natasha O'Brien, and she has a freshman sibling named Molly.



Picture by Natasha O'Brien

Kings Start Title Defenses

by **Rudy Pankow**
Staff Writer

It's that time of year in Ketchikan where basketball is king, and the Kings are ready to extend their rule over the region.

Last season both girls and boys swept the Southeast Region V Tournament. Both teams return an important core of players from last year's State qualifiers.

The girls took fifth at State last year and are led by returning all conference players Eliah Anderson, and Lexi Biggerstaff.

This duo, along with senior guard Charley Edwardson, have the Kings eyeing bigger things this season.

The Lady Kings are looking for their third straight region championship.

The boys took sixth at State last year and are returning with 2015

Coach of the year Eric Stockhausen, State all-tourney player Mo Bullock, and three point contest winner Matthew Standley.

The team is looking for their second consecutive region championship.

It was the first region championship in 11 years for the Kings and the first for Coach Stockhausen.

This season, both teams are very stacked with seniors. The Lady Kings have seniors Eliah Anderson, Lexi Biggerstaff, Charley Edwardson, and Courtney Kemble.

The Kings have Mo Bullock, Matthew Standley, Nathan Bonck, Isaac Johnson, Jason James, and Gallat Tut.

The Kings' main goal this season is to win State according to Bullock.

"First year going to State is just to get there, second is to win it," said Bullock.

The Kings fell short at State last year to East (75-68) and West Valley (63-56). Bullock explains that the biggest problem to overcome this season is playing as a family not as a team.

"A team plays for themselves and family plays as one," Bullock said.

The Lady Kings are searching for that final piece of chemistry, but when they find it they will go the distance according to Anderson.

"That final piece of when all five members come together and play as something bigger than themselves," said Andersen.

The big opponents for the Lady Kings this season are West Valley and Wasilla both with a deep bench. The Lady Kings have a new way to see the court this season.

"We want to dictate the game to our pace as well as finding a new defensive strategy," Anderson said.