

## GMC ALL CONFERENCE

The Mason Comets have been busy this fall as they are first in the race for the GMC All-Sports Trophy and have compiled 58 All-Conference athletes. For the full list of athletes and more winter sports previews check out [thecspn.com](http://thecspn.com)

### FIRST TEAM ALL CONFERENCE

#### FOOTBALL

Zach Boden (senior)  
Josh Dooley (senior)  
Darryl Johnson (junior)  
Kevin Niehoff (senior)  
Connor Noe (senior)  
Marcus Otte (senior)  
Joseph Spencer (senior)

#### BOYS' GOLF

Reeve Bergesen (senior)  
Pj Greene (junior)  
Eric Swoyer (junior)  
Thomas Vonderhaar (senior)

#### GIRLS' GOLF

Jamie Ellison (senior)  
Macy Hubbard (senior)  
Tara Liebert (junior)  
Jenny Zhang (Freshman)

#### GIRLS' VOLLEYBALL

Anna Carley (senior)  
Maddy Colton (senior)

#### BOYS' CROSS COUNTRY

Tom Clark (sophomore)  
Alex Notton (junior)

#### GIRLS' CROSS COUNTRY

Mackenzie Jensen (senior)  
Monica Lake (senior)  
Tori Martin (junior)  
Bridget McElhenny (senior)  
Lauren Wood (junior)

#### GIRLS' SOCCER

Morgan Cole (senior)  
Madison Melnick (junior)  
Jami Pfeifer (junior)  
Sami Rutowski (junior)

#### BOYS' SOCCER

Jack Clark (sophomore)  
Pedro Diaz (junior)  
Matt Loehr (senior)  
Noah Zelkind (junior)

# SO YOU THINK YOU'RE A DIVISION ONE ATHLETE?

Athletes competing for Division One scholarships have to train harder as more and more athletes compete for the remote opportunity to play at a college level.

Chloe Knue | Staff Writer

In today's world of sports media hype and ESPN obsessions, every high school athlete calls themselves the next big thing – everyone thinks they have what it takes to be Division I. In reality, less than one out of every 100 high school athletes receives a scholarship of any kind to a Division I institution according to the National Collegiate Athletic Association.

For athletes who think they have what it takes to be Division I – college coaches are looking for more than impressive statistics – they are looking for the total package.

Dan Hipsher, assistant men's basketball coach at the University of Alabama said few athletes have what it takes to be a Division I athlete and perform at the most prestigious of levels, as the expectations that coincide with being a Division I athlete are high.

"During the [recruiting process] I look for a lot of things; academic eligibility, basketball skills, athleticism, mental and physical toughness and leadership qualities," Hipsher said. "The process is extremely competitive and I spend a lot of time actively evaluating [potential recruits] in high school and AAU settings."

Michelle Munoz-Trenz, a Mason High School 2001 graduate known for her basketball achievements while wearing the green and white, went through the recruiting process to go on to play Division I at the University of Tennessee and then Ohio State University.



photo by Coyne Hogan

College scouts today are looking for the total package-- someone who is gifted both on the field and in the classroom.

According to Munoz-Trenz, colleges are looking for the best of the best with star-like qualities.

"To be a Division One athlete, it takes God-given talent, hard work, sacrifice, level-headedness, commitment, toughness, focus and a desire to be great," Munoz-Trenz said. "It is a full-time job when you are there [playing]. It is a great experience, but you have to know going in that it is a big commitment."

According to Bob Muro, member of the Ohio High School Coaches Hall of Fame and former men's head soccer coach at the University of Cincinnati, being a star in your high school is great - but to reach that Division One level - you are competing with a lot of other stars, at a lot of other high schools- that is why it is so important to remain a star in the classroom.

"Coaches are looking for not only skillful players," Muro said. "But athletes that are academically solid."

According to Robert Niehoff, former Division I football player at the University of Cincinnati and former Cincinnati Bengal, he said the competition to reach the Division I level can be described as nothing less than tough – tougher more so now than it has ever been.

"Today, athletes have to train all year round to compete," Niehoff said.

"All the plays can be put on the internet and sent to all the colleges and recruiters instantly, this gives athletes more exposure but more competition at the same time – the sports industry is growing – college recruiting and play – everything is to a larger scale."

For those the possibility of playing Division I athletics is pretty remote. And for those who aspire for something, beyond Division I, chew on this statistic – one in 16,000 high school athletes will attain a professional career in sports.

Alvin Hall, former defensive back and punt returner for the Detroit Lions from 1981-1987, said that playing professional football is a dream. But there is only a minute possibility of making it there.

"But it is possible," Hall said. "The dream of making it pushes you forward - but dreams dwindle. Going through college I learned what it took...Making it to the [NFL] no longer became 'do or die' for me. The passion players had to make it to the big time, slowly turned into passion to receive a diploma...All I wanted was a shot - I made it. I got my shot and a diploma that's what's important."