

WALAX PRE-SEASON RANKINGS

PRE-CAPS

DIVISION I PREVIEW

PRE-SEASON (in order of overall Pre-season poll)

Bainbridge: (16-3) Masi returns as a major threat at Attack and pre-season all-state after losing Forsyth, and Irish. Losing Willie Delius, BI will return solid middies in Olson, Foster, Wright, Skelton and Alailima. Olson the all-state honorable mention Young gun Bjorn Ostensen possesses firepower from all over the field as well. On defense, the Gilbreath brothers and Casey Wiesner will lead the Spartans defensive squad which may be the best in the league and an early season favorite for All-State supported by McMullen in cage. Only Bellevue's defense comes close to the full package Bainbridge brings. Look for a fast, potent transition offense from Bainbridge this year, with scoring threats everywhere. They are an early favorite for the long haul after being denied their shot last year in the semis, have both drive and talent. Bainbridge is pre-season number one.

Mercer Island (19-5): Perennial powerhouse Mercer Island. After a rags-to-riches story winning them another championship last year, can MI do it again? A new goalie will grace the pipes again for the Islanders as a Junior in Adam Bowen, who may be the best in the league this year. He will anchor a younger, more mobile defense led by Tim Wettack. MI has a solid midgy group in Choe, Frankel and Attack would be Taylor Dawson. MI seems to have an endless supply of midfield talent rising every year. If last year was the "Year of the Mahony" this year, Kevin is the solo story at both Attack and Midfield- a player with all dimensions including pre-season 1st team All-state and pre-season All-American. Mercer Island may have fewer superstars, but will contend if their defense can mature early.

Bellevue: (13-7) Bellevue was the Dark Horse last season making a dramatic improvement from a 3-13 record, to 13-7 both through coaching and young talent. The wolverines return almost all their young talent minus big Attack scorer Spangler, and crollard at midfield. Next to Bainbridge, Bellevue's Defense led by pre-season All-American Taylor Platt, and his partners in crime, Jaber, Gervais and explosive Haehl have all matured into a solid, potent defensive unit. This unit will be early contestants for 1st team all-state. Midfield returns a stronger unit led by Mutzel and Medwell's leadership with a supporting cast of Guzek, Pittenger and both Nordstroms. Down at attack, returners', Larrivee and Blumer are threats from behind. In order to make the next step, Bellevue will have to be potent on offense. Linton will be in cage, filling Schmidt's giant hole, look for Bellevue to develop early and improve quickly in the number three pre-season spot.

Maple Valley: (4-15) This year, Maple Valley has a core group of Senior leaders at Midfield. Mehl, Parker and Morris captain the team, and pose a serious dodging threat with speed and size. Look for Krieger, and Martin to attack the cage from both sides of the net. Zehradnik, Extine and Carpenter manage a solid defense in front of the netminder Fischesser. Maple Valley may surprise some folks this year, and coupling their talent with hard-nosed Lacrosse might be the right formula for the Vandals this year. The Vandals sit at pre-season number four.

Issaquah: (19-4) Issaquah loses Gerrard, Campi, Smith, older Frye, Morris and Johnson. Instead of a potent defense and a scoring attack, Issy has two of the best Attackmen in Yaap and Bates- both All-State potentials. Senior Nick Yaap will lead the attack as the one of the leagues top returning scorers and supported by Junior Alex Bates at both Attack and Midfield. Issaquah will miss Wright this season, but the sophomore class of young guns are ready to make a statement. Kale Frye, Riley Goodman, Jordan Goldstein and Jake Director will contribute at midfield and Henderson will bolster the attack. Lacking both experience and potency on Defense, Issy will use Pancottine at close D. Filling a void in the cage with a brand new keeper, the Eagles will have to outpace offensively in the beginning to allow their defense to season up facing strong Attack everywhere in the Division. The Eagles are pre-season number five.

Garfield: (16-2) Losing All-Americans Montoya and Snider will be a huge loss both in talent and leadership. Hoffman will have to step out of the shadow of Snider, winning face-offs, and leading a young mid-field force including Ramsden. Hoffman is also a pre-season All-State Midfielder, as is Rohrbach, at Attack. Rohrbach, the inspirational leader, goal scorer and ball handler is balanced by Jason Travis' speed at Attack. Look for both to play mid-field to help out. Last year's defense will finally have to demonstrate what they are capable of against formidable threats including supporting a goalie filling big shoes in Hudson to stay ranked number six.

Skyline: () Skyline demonstrated last year their ability in DII as a semi-finalist, and returning All-state Attackman Murphy will be a big help. A relative unknown mid-field group including Farahani, Rogers, Strand and soph Wiley, will be the difference if they can mature. On defense, potential All-state defensemen Gervais will captain the squad. Skyline not only has athletes and talent, but capable coaching essential to be a DI program. Look for Skyline in the number seven pre-season spot with fourteen returning players from last year.

Vashon: (9-8) Finishing strong in their first season as DI, the Vultures will have to elevate their focus and sites to continue to advance. Vashon will be staunch defensively behind two goalies in Waterbury and Garabedian. Waterbury will also be in the running for all-state this year. One big young, mid-fielder Davidheiser will be a young leader of the Vashon Midfield possibly all-state. Senior Bos, will help set the tone for Vashon posing a significant threat. Vashon features elusive finisher Kimbrough at Attack along with Captain Zapel. Vashon will have to develop their youthful depth and find their motivation to continue to improve from their number eight spot.

Eastlake: (15-2) Division II state-champions move to Division I behind X-man Fey, and sharpshooter Veintamilla. These attackmen captain a mature offensive unit, whose strength is team offense. Sinclair will run the poles in support of their new young keeper who replaces Tao in net. Eastlake's youth in cage may be an Achilles heal, but with a potent offense, may be offset. Eastlake's coaching and team execution will have to be 100% and improve every game to elevate their number nine spot.

Lynnwood: (16-1) The third Division I freshman team, Lynnwood doesn't have the depth of Lacrosse skill of some of the top teams in DI, but a lot of athletes playing the game. All-state Attackman and top DII scorer Sean Girgus returns at both Attack and Midfield, a defense led by Love, will be tenacious. Midfield and face-off strongman Blair will need support from his counterparts if Lynnwood's transition game can make the jump to lightspeed. Lynnwood's physicality will both help and hurt them as the season goes on. Leadership in goal will help, as Ambrey, one of the top in DII, returns this year as netminder. Both sides of the ball will require focus on skills to elevate their status from their number ten pre-season seed.

Curtis: (9-9) Curtis stymied Bellevue's hopes last year, and will have five of their top ten scorers returning from last year. Lehr captains the veteran attack, while potent sophomore threat Landon Carr commands the mid-field. Yergler returns as does defensive captain Cal Dyer. Curtis only has two seniors, but will be challenged with their young mid-field core. Last year's class will be a substantial help if they can become contributors beside Carr, Gilson and Yergler. Curtis could surprise if all the tumblers click. Late season runs may become tradition, and should improve their number eleven spot.

Seattle Prep: (9-7) Prep graduates serious talent in Andrew Parietti, Shane O'Neill, and Andrew Bjorkman, their three high-powered weapons. Trading in firepower for a renewed team unity and balance, middies, Demaree, Corr, Ritchey and Mallahan will fill the Midfield space. Look for strength on Attack with Shoettler, and Stacey accounting for speed and finishing power. Prep has heart and will weather inexperience with playing. Thrumer will anchor the defense, along with Piper. Consistency in goalie McQuire will help, but time will tell if they can gel enough to turn Prep into a threat or stay at the number twelve spot.

Lakeside: (4-12) Dylan Holmes will captain the Attack, returning as the elusive elder on the team, Taxi Wilson will captain the defense, though the depth will be challenging. McMurray will return in net, along with a terrific bunch of talented freshmen, and the loss of Elliot Copenhaver will be painful without a demonstrative offensive weapon, but a new coach, in Pattison may be the answer.

Roughriders: (4-12) After a rebuilding year, the 'riders defense may be their strong suit. Zac Barta will captain defense, with help from Shawn Hansen. Offensively, Attack/Middy Trevor Hennings will add speed and ability between the stripes. TJ Shaul returns as well at midfield as a capable shooter, but will have an uphill battle to elevate the rest of the team depth necessary to continue the rebuild and improve on their pre-season spot at fourteen.

Eastside: (3-14) John Olin returns in cage as a solid goalie, seeing more shots than any other goalie in Division I last year. Tyler Dougherty at attack will be the assets Eastside relies on, but the Eagles will struggle with a young, inexperienced team split to North Shore and a new, inexperienced coach. The Eagles will have to jumpstart their young driven players led by Christiansen at midfield if they hope to get out of the cellar.