

High School Football Preview

SCHEDULES

Snohomish Panthers

Friday, Sept. 1 vs. Glacier Peak
 Friday, Sept. 8 @ Mountlake Terrace, 8 p.m.
 Friday, Sept. 15 vs. Shorecrest
 Friday, Sept. 22 @ Edmonds-Woodway, 8 p.m.
 Friday, Sept. 29 @ Lynnwood
 Friday, Oct. 6 @ Liberty/Renton
 Friday, Oct. 13 vs. Shorewood
 Friday, Oct. 20 @ Monroe
All games are at 7 p.m. unless otherwise noted

Archbishop-Murphy Wildcats

Friday, Sept. 1 @ Lake Washington
 Friday, Sept. 8 vs. Lynden Christian
 Friday, Sept. 15 @ Anacortes
 Friday, Sept. 22 @ Squalicum (Bellingham)
 Friday, Sept. 29 vs. Lakewood
 Friday, Oct. 6 vs. Lynden
 Friday, Oct. 13 @ Sehome
 Friday, Oct. 20 vs. Sedro-Woolley
 Friday, Oct. 27 @ Burlington-Edison
All games are at 7 p.m. unless otherwise noted

Snohomish looks to return to the top

By NATHAN WHALEN
contributing writer

“The sky is the limit,” Snohomish head coach Joey Hammer said, as Snohomish plans to march back to the top of a competitive Wesco 3A South division this fall.

He has reason to be enthusiastic: Hammer said there’s a ton of new players invested in the program over the summer. “They’re all working their tails off.” Relentless in their training, he said.

He said the team is going to be inexperienced this year after graduating 23 seniors, 16 of whom were starters.

A core of juniors will contribute this year, including quarterback David Hammer, wide receiver/defensive back Parker Jackson, running back/middle linebacker Brody Strandt and offensive lineman/linebacker Seth Abood.

The coach also praised the leadership of seniors Lucas

Bosa, Andrew Seamons and Bridger Ulrich.

The Panthers will be running a spread offense and Hammer said the team will throw the ball a bit more but have a balanced attack this year.

“We have a very strong quarterback room,” Hammer said noting the quarterback crew pushes and encourages each other. David Hammer is tapped as the starting quarterback.

Snohomish will run a 3-4

defense, Hammer said.

“We’re looking forward to getting our defense going this year,” Hammer said.

He also highlighted senior Logan Willis, who is stepping up to starting outside linebacker. “I love his relentlessness,” Hammer said. Willis leads by example, he said.

Snohomish finished the 2022 season 4-2 in the Wesco South and 4-6 overall. The Panthers lost to Bellevue in their first post-season game.

“I believe every game on our schedule is going to be tough,” Hammer said of the Panthers’s schedule.

Monroe, who won the Wesco South in 2022, is returning a lot of starters. Edmonds-Woodway has improved, and Hammer said Mountlake Terrace could be a dark horse in the conference.

The 3A Panthers start their season by playing cross-town rival 4A Glacier Peak on Sept. 1 for the traditional intra-school battle across the valley.



Doug Ramsay 2022 photo

Glacier Peak is on page 7



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Monroe Bearcats

Friday, Sept. 1 vs. Roosevelt, 5 p.m.
 Friday, Sept. 8 @ Shorecrest
 Friday, Sept. 15 vs. Kamiak
 Saturday, Sept. 23 @ Lynnwood, 3 p.m.
 Friday, Sept. 29 vs. Mountlake Terrace
 Friday, Oct. 6 @ Shorewood
 Friday, Oct. 13 vs. Edmonds-Woodway
 Friday, Oct. 20 vs. Snohomish

All games are at 7 p.m. unless otherwise noted

Lake Stevens Vikings

Friday, Sept. 1 vs. Garfield
 Friday, Sept. 8 @ Bellevue
 Saturday, Sept. 16 @ Federal Way, 4 p.m.
 Friday, Sept. 22 vs. West Linn
 Friday, Sept. 29 vs. Jackson
 Friday, Oct. 6 @ Eastlake
 Saturday, Oct. 14 @ Mariner, 1 p.m.
 Friday, Oct. 20 vs. Kamiak
 Friday, Oct. 27 @ Glacier Peak

All games are at 7 p.m. unless otherwise noted

Everett Seagulls

Friday, Sept. 1 vs. Issaquah, 5 p.m.
 Friday, Sept. 8 vs. Mariner, 5 p.m.
 Friday, Sept. 15 @ Jackson, 6 p.m.
 Friday, Sept. 22 @ Redmond
 Friday, Sept. 29 vs. Inglemoor, 8 p.m.
 Friday, Oct. 6 @ Cascade, 8 p.m.
 Friday, Oct. 13 vs. Cedarcrest
 Friday, Oct. 20 @ Meadowdale, 8 p.m.

All games are at 7 p.m. unless otherwise noted

By NATHAN WHALEN
 contributing writer

With a boatload of starters returning and a strong defense and offense, Monroe looks to build upon a strong 2022 season that saw them win the Wesco 3A South and compete in the State playoffs.

“I think if we can stay healthy and not beat ourselves, we’ll have a great season,” Bearcats Head Coach Scott Darrow said.

Monroe is returning 10 starters, four of whom were first team all-league, Darrow said.

“Our defense is what we will hang our hat on,” Darrow said highlighting Palepoi “Biggie” Notoa at middle linebacker, linebacker Nick Mouser and defensive end Brennan Shep-



Doug Ramsay 2022 photo

pard. They’ll run a 4-3 defense.

The Bearcats field a spread offense with quarterback Blake Springer. Darrow said Springer is a big, strong kid — he’s been part of the program many years and really understands the offense.

“He’s good about getting the ball out and he makes good decisions,” Darrow said.

Darrow highlighted the team’s two running backs, Mouser and Gavin Ranz, along with slot receiver Mason Davis, who returned four kickoffs for touchdowns in 2022.

The Bearcats won the Wesco South title being undefeated in league play and finished with an overall record of 9-2. They competed in the play-

offs but exited in the first round with a loss to Lincoln of Tacoma.

Darrow said the Wesco 3A is a tough league and with a lot of competitive games this year. He said Edmonds Woodway gave the Bearcats a good game last year and he expects Shorewood to be better this year.

Of course, there’s the cross-valley rivalry with Snohomish, which Monroe hosts Oct. 20 at the close of their regular season.

“We feel pretty good about our team,” Darrow said.

The Bearcats start their season Sept. 1 traveling to Seattle to compete against Roosevelt. Kickoff is 5 p.m.

Their home-opener takes place Sept. 15 against Kamiak. Kickoff is 7 p.m.

Stewart takes the reigns at Everett

By NATHAN WHALEN
 contributing writer

Everett football will have a lot of new faces guiding the team this fall.

Mark Stewart is the Seagulls’ new head coach. He was the head football coach at Mariner and spent years before that coaching at Meadowdale.

“It’s what I’ve loved doing for over 35 years,” Stewart said. He retired as a science and PE teacher at Mariner and took a year off before making his return to coaching. He said a new coaching staff will be guiding the team for the coming season.

He takes over a team that finished 2-8 in the Wesco Polk division, a division for teams where turnout is lower and tend to struggle against bigger teams. One of the new



Doug Ramsay 2022 photo

coach’s goals is to guide Everett back into the fiercer Wesco 3A North or South divisions.

“They’re excited about the change and hungry to learn,” Stewart said of the players. “I think we’ll be fine.”

The Seagulls have about 70 football players with around

30 freshmen.

“We’ve got pretty good senior leadership,” Stewart said. He highlighted senior quarterback Michael Noland, who will be throwing to wide receiver Ian Hendry. He also mentioned the leadership of Jonah Schmid, who is an

offensive lineman and defensive end.

He said Everett was competitive in a lot of games in 2022 and he hopes that trend continues.

The issue that affected the team last year was their numbers got low. Now, “we have enough athletes in our locker room to beat everybody on our schedule.”

He said the Gulls’ home opener against 4A Issaquah from the KingCo League will be the most physical and organized team the Seagulls play this season.

There is also the intra-Everett game Oct. 6 against Cascade at Everett Memorial Stadium. “We try to win the neighborhood.”

The Seagulls host Issaquah at Everett Memorial Stadium, Friday, Sept. 1. Kickoff is at 5 p.m.

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Glacier Peak building on past success

By NATHAN WHALEN
contributing writer

After a tough loss that cut Glacier Peak's playoff run short in 2022, the Grizzlies are looking to make another run in State this year.

Head coach Shane Keck said the goal is to win the Wesco 4A title this year and compete for the state title. He said the Grizzlies have been to the playoffs every year since the school opened in 2008.

Heading the Grizzlies offense this year will be senior running back Chrisvin Bonshe, who is a three-four sport athlete who has also excelled in wrestling, track and soccer.

Keck described Bonshe as one of the best running backs in the state.

"He's extremely explosive. He's a touchdown waiting to happen," Keck said.

Glacier Peak will run a power spread offense that will emphasize the running game. "We like to run the football and throw the ball off that," Keck said.

The offensive line will feature two seniors Jake Reid and Jackson Murphy and junior Connor Aney.

The Grizzlies will be running a 3-4 defense, which is the same system they've ran



Jim Scolman 2021 photo

for a decade, Keck said. They have a new coordinator for the defense, Jason Bean.

They will benefit from the return of inside linebacker Brad Perman. Despite playing in four games in 2022 before being injured, he was the team's second-leading tackler.

"We're going to have a lot of seniors, but they haven't played a lot of varsity ball," Keck said adding the new starters will develop through-

out the season.

He noted the senior class went undefeated when they played as freshman.

"We're finally getting the system in place," Keck said.

The Grizzlies finished the 2022 season 3-1 in Wesco 4A and 7-3 overall. Keck said the team had a bad game last year against Lake Stevens before being shocked by Woodinville in the post-season.

Glacier Peak will have an-

other chance to go against Lake Stevens, who are the defending 4A state champion, when they host the Vikings for their league finale Oct. 27.

"We've been scratching and clawing to beat these guys," Keck said. He also highlighted competitive games against Camas, Ferndale and Evergreen of Vancouver.

Then there's the game against cross-town rival Snohomish, which kicks off the football season Sept. 1. Kick-off is at 7 p.m.

SCHEDULES

Glacier Peak Grizzlies

Friday, Sept. 1 @ Snohomish

Friday, Sept. 8 vs. Camas

Friday, Sept. 15 @ Ferndale

Friday, Sept. 22 @ Evergreen

Friday, Sept. 29 @ Mariner

Friday, Oct. 6 vs. Kamiak

Friday, Oct. 13 @ Marysville-Pilchuck

Friday, Oct. 20 @ Jackson

Friday, Oct. 27 vs. Lake Stevens

All games are at 7 p.m. unless otherwise noted

Cascade Bruins

Friday, Sept. 1 @ Marysville-Getchell

Friday, Sept. 8 @ Newport

Saturday, Sept. 16 @ Inglemoor, 1 p.m.

Friday, Sept. 22 vs. Jackson, 6 p.m.

Friday, Sept. 29 vs. Oak Harbor, 5 p.m.

Friday, Oct. 6 vs. Everett, 8 p.m.

Friday, Oct. 13 @ Meadowdale, 5 p.m.

Friday, Oct. 20 @ Cedarcrest

Friday, Oct. 27 vs. Issaquah

All games are at 7 p.m. unless otherwise noted

Jackson Timberwolves

Friday, Sept. 1 @ Lake Washington

Friday, Sept. 8 vs. Lynden Christian

Friday, Sept. 15 @ Anacortes

Friday, Sept. 22 @ Squalicum (Bellingham)

Friday, Sept. 29 vs. Lakewood

Friday, Oct. 6 vs. Lynden

Friday, Oct. 13 @ Sehome

Friday, Oct. 20 vs. Sedro-Woolley

Friday, Oct. 27 @ Burlington-Edison

All games are at 7 p.m. unless otherwise noted

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