



# THE STAR POST

Sept. 24, 2009  
Practice Week 7  
Game Week 5

## Upcoming Events

### **SEPTEMBER**

26 Away vs. RO Chargers

### **OCTOBER**

3 Away vs. Madison Hgts

10 Away vs. Clawson

17 Home vs. Shelby

20 TC Board Meeting

24 Home vs. Berkley

30 Varsity Playoffs - RO

31 Freshmen & JV  
Playoffs – RO

### **NOVEMBER**

1 Flag Bowl @ Troy High

7 Cheer offs @ Shelby

8 Super Bowl @ Roseville

9 Flag Banquet

10 Freshmen Banquet

11 JV Banquet

12 Varsity Banquet

17 TC Board Meeting

*“A good leader inspires people to have confidence in the leader. A great leader inspires people to have confidence in themselves.”*

--Author Unknown

## On the Road Again



With wads of wins in their collective billfolds and confidence to burn, the Cowboys hit the trails this Saturday to commence a three-week odyssey of altercations in ornery enclaves. First stop is Royal Oak, where the battle-tested boys in green and gold are fixin’ to rebuff the Chargers’ bid to ring up a win.

Beginning with the Flag confrontation at 10 a.m., all action will take place at Memorial Park, located at 13 Mile and Coolidge, just east of Woodward (3250 W. 13 Mile Rd., Royal Oak 48334). As always, make sure to have your footballer at the field in plenty of time for weigh-in.

## Big Play Bonanza



For those who like their football served with a generous helping of big plays, last Saturday was a veritable feast. Fortunately, once all tables had been cleared, the feisty Vikings of North Farmington-Bloomfield Hills were left holding the check.

Enthusiasts for both parties pigged out on a main course of long runs and defensive heroics and a rich dessert of air strikes, including a sweet rollout pass by the Flag Cowboys, a pleasingly palatable kick return for a touchdown by the Freshmen, a couple of dandy air thefts by the JVs and the usual ho-hum pyrotechnic display by the Varsity.

If the Varsity Cowboys have been guilty of engineering one-sided contests, no (See Varsity on page 2)



## Shout It Out!

Now’s your chance to tell the world - the Cowboy world, that is - just how proud you are of your TC kid(s). Shout Outs are available in business card (\$10) or half page (\$25) sizes for this year’s yearbook/program. Detailed information will be distributed early next week and Shout Out requests are due by Friday, October 9 to your Team Mom.

We are also selling ad space to area businesses. Contact Cowboys Vice President Vince Pangle for more information.

## *Sample Shout Out*

**Mikey  
#22**

**We are so proud of you!  
Love,  
Mom, Dad & the dog**

## **Varsity (continued from p. 1)**

one can accuse them of failing to give the fans ample opportunity to appreciate excellence in all facets of the game.

In a 26-0 dismantling of an otherwise formidable opponent in the 3-1 NFWB Vikings, most of the usual suspects kept the scoreboard blinking. Mike Williams picked off the Vikings' first pass attempt and returned it deep inside enemy territory, setting up a one-yard Joe Lee plunge for the first points of the game. Craig Bazin added the extra point, giving the Cowboys a 7-0 lead.

Shortly thereafter, veteran QB Jay "Dead Aim" Darish unleashed a 35-yard missile to the ever-dependable Paul Johnson. Kyle Przybylski added the extra point, extending the Cowboys' lead to 14-0.

A series of battering runs by Mike Williams primed the airways for another Darish rainbow, this one to the sure-handed Lucas Bezzera, which in turn paved the way for Bazin's 38-yard romp to the Promised Land and a 20-0 Cowboys' lead at intermission.

In the third quarter, the Cowboys picked up where they left off, methodically marching 55 yards to set up Przybylski's 8-yard TD gasher, finally taking the wind out of the Viking sails.

Compared to previous outings, the Cowboys' defense struggled a bit on this day, allowing the Vikings to amass a grand total of one first down.

Following the showdown, head coach Dave Kenan had pats on the back for all, taking a moment to hand out figurative stars to Defensive stalwarts Lee, Ryan

Rockensuess, Andrew Robinson, Jacob York, Kenny Goins, Devin Lucas and Ricky Peach.

## **Junior Varsity**

Jake Vincent scored the Cowboys' only TD of the JV contest, and thanks to six tackles by JP Morris,

an interception by Chris Johnson and another by Matt McCabe, the JVs held on for a 6-0 win.

*"For every pass I caught in a game, I caught a thousand in practice."*

--Don Hutson

## **Rustler's Den**

On this week's visit to the Rustler's Den (no, it isn't Mapquestable), we caught up with Flag Cowboy Nathan Feld, Freshman Michael Abitheira, JV player Matthew Ginther and Varsity player Cal Coffman.

*What position(s) do you play for the Cowboys?*

**Feld:** Defensive line

**Abitheira:** Running back, punter, kicker

**Ginther:** Left offensive tackle

**Coffman:** Fullback and middle linebacker

*What other sports do you play?*

**Feld:** Basketball and swimming

**Abitheira:** Soccer and baseball

**Ginther:** Baseball and basketball

**Coffman:** Swimming, golf, tennis, karate

*Who's your favorite college football team?*

**Feld:** Michigan (I don't want my mom to kick me out of the house!)

**Abitheira:** Michigan

**Ginther:** Michigan State--because they're the best and my mom went there

**Coffman:** USC

*Who's your favorite NFL team?*

**Feld:** Detroit Lions

**Abitheira:** New England Patriots

**Ginther:** New York Giants

**Coffman:** Don't have one. College football is so much better.

*Who's your favorite NFL Player?*

**Feld:** Chris Spielman

**Abitheira:** Tom Brady

**Ginther:** Eli Manning--because he is awesome!

**Coffman:** Ray Lewis

*What do you like to eat before a game?*

**Feld:** Watermelon and hard-boiled eggs

**Abitheira:** Usually just cereal, but I don't feel like eating

**Ginther:** Nothing, I don't really like to eat in the morning

**Coffman:** Spaghetti

*What's your favorite movie?*

**Feld:** All of the veggie tales movies and Kung Fu Panda

**Abitheira:** Paul Blart Mall Cop

**Ginther:** Any Star Wars movies, but not the cartoon ones

**Coffman:** Remember the Titans

*Troy High or Troy Athens?*

**Feld:** Troy High

**Abitheira:** Troy High

**Ginther:** Avondale

**Coffman:** Seaholm

*Xbox 360 or Wii?*

**Feld:** Wii

**Abitheira:** Wii, but I'd rather play outside.

**Ginther:** Both--I love to play "Super Smash Bros Brawl."

**Coffman:** Xbox 360

## **Freshmen**

In this heavyweight matchup of opposites, with one side relentlessly pounding the line with sledgehammer backs and the other fearlessly slinging the pigskin skyward, the outcome remained in doubt until the final gun sounded. A stirring goal line stand and an avoidance of penalties and miscues proved to be the difference in this one.

The Freshmen Cowboys struck first with a 40-yard blast off tackle to take a 7-0 lead in the first quarter, only to have the favor promptly returned—and then some—with a 71-yard Vikings scamper to pay dirt. A failed extra-point attempt left the Cowboys clinging to a 7-6 lead.

The Cowboys returned the ensuing kickoff all the way to the house and, following another successful extra-point run, extended their lead to 14-6.

But the Vikings immediately served notice they were far from finished, assembling an impressive drive that culminated in a QB sneak for six, again pulling them to within one of the Cowboys, 14-13, at the half.

In the third quarter, a dynamite 68-yard blast off tackle cushioned the Cowboys' lead to 20-13.

Late in the final quarter, however, the Vikings executed a well-designed pass up the sideline to set up a first-and-goal on the Cowboys' one yard line.

Responding like champs, the Cowboys' defense stuffed three straight QB sneaks, then thwarted an attempted run around end, preserving a fourth-straight victory against zero losses.

## **Flag**

Late in a log-jammed first quarter, a beauty of a rollout pass resulted in a 40-yard touchdown and a 6-0 lead for the Cowboys.

That ended the scoring until the third quarter, when the home team bashed across the goal line from two

yards out, then tossed a two-point conversion to take a 14-0 lead.

The Viking flagsters made things interesting with a 60-yard TD run in the fourth quarter, but the Cowboys hung tough for a 14-6 win.

## **Coaches' Quarters**

It must have been Defensive Coordinators' Nite at the Coaches' Quarters, where we were lucky to bump into Freshmen coach John Sebastian and Flag coach Scott Gross, who agreed to chat for the price of a couple of iced teas ... with lemon twists, of course.

*Where did you play football?*

**Sebastian:** I started with the Royal Oak Packers in the OMYFA and played through my sophomore year in high school.

**Gross:** Troy Cowboys (73-75), Larsen (76 - 77) and Troy Athens (79 - 82).

*What position(s) did you play?*

**Sebastian:** Left Out! Seriously, though, my love of the game led me to a middle school coaching position when I was 19. I then coached eighth grade football for 15 years.

**Gross:** Primarily running back, flanker and cornerback. But I was lucky enough to play just about all the positions along the way.

*What college team do you root for?*

**Sebastian:** I earned my degree from Wayne State but I've always cheered for the Maize and Blue, thanks to a brainwashing from my dad's first cousins (my dad's a State fan, by the way). I'll attend three Michigan games this season, including a road trip to Wisconsin in November.

**Gross:** Western Michigan University, but I have a soft spot for Pittsburgh and Penn State (family reasons).

*What NFL team is your favorite?*

**Sebastian:** Detroit Lions. Yes, I drink the lemonade every year.

**Gross:** Pittsburgh Steelers (is there any other?).

*Your fondest football memory?*

**Sebastian:** Seeing the young men I've

coached continue their passion for the game later in high school. I've been a part of the Royal Oak chain crew for 20 years, giving me the chance to see these boys up close on Friday nights.

**Gross:** My sophomore year in high school, my grandfather came in from Pittsburgh for my game. I scored two touchdowns to help us win. It was nice to play well in front of my grandfather. Also, can't forget our 34-0 butt kicking of Troy High my senior year. A nice way to end the playing days.

*Who is the football coach you most admire?*

**Sebastian:** The one who instills the following characteristics in their players: discipline, dedication, desire and teamwork.

**Gross:** Coach John Walker, Troy Athens. He stressed character and integrity over winning. During a time of great loss for his family, he assured his players and their families they were still important to him. To this day, that's always his first question, "How is your family?"

*Your favorite movie?*

**Sebastian:** I love Remember the Titans

**Gross:** Monty Python and the Holy Grail

*Beatles or Rolling Stones?*

**Sebastian:** Stones for sure!

**Gross:** Stones.