

Rockets' Schmitt stands with CLC's best

Written by STEVE OSTERMANN
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CG-Belgium guard earns spot on all-league first team; Ozaukee has two on 2nd unit

On a girls' basketball team that often struggled offensively this season, Alyssa Schmitt was Cedar Grove-Belgium's steadiest force.



The contributions of the senior guard, who led the Rockets in scoring and rebounding, didn't go unnoticed by Central Lakeshore Conference foes, either.

Schmitt was one of six players named to the all-conference first team in a recent vote of coaches.

"Alyssa was our go-to player. She is very deserving of the honor," Cedar Grove-Belgium coach Nate DePagter said.

Schmitt was the only local player chosen for the All-CLC top team, though several others received recognition.

Ozaukee's Jessika Dieringer and Lizzie Janke were named to the all-league second team. Given honorable mention were Cedar Grove-Belgium's Alyssa Sauer and Ozaukee's Emily Thome and Katie Bares.

Schmitt, who was an all-conference second-team pick last season, averaged 10.6 points (fifth in the league) and 7.1 rebounds per game (fourth).

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She also averaged 1.4 steals and 1.3 assists and shot 66% at the free-throw line.

"Alyssa plays very physical. She could shoot from the outside but could post up, too," DePagter said.

"For her size (5 foot-4), she wasn't afraid to drive to the basket and create scoring opportunities."

Schmitt and fellow guard Sauer were co-captains for the Rockets, who shared fifth place in CLC play with a 7-9 record.

The strong all-around play of Dieringer and Janke helped lead Ozaukee to an 11-5, third-place league mark.

Dieringer (5-5) was fifth in the conference in rebounding (6.8) and ninth in scoring (9.0), both tops for the Warriors. The sophomore led the league in made free throws (103), a product of her take-charge style.

"Jessika is a hard worker who plays very aggressively," said Ozaukee coach Lee LeMahieu. "She did a good job of attacking the basket and getting to the line."

On her way to All-CLC second-team honors in back-to-back seasons, Janke averaged 8.8 points per game. The 5-5 junior led the Warriors with 56 steals.

"Lizzie became a more complete player this year and was very effective at the top of our 1-3-1 defense," LeMahieu said.

"She is also one of our better outside shooters."

Sauer (5-4) was the Rockets' starting point guard, averaging 7.7 points, 1.5 assists and 1.5 steals per game.

The senior led the Rockets with 34 three-point baskets, shooting 32% from beyond the arc.

"She was our best outside shooter and one of our best defenders," DePagter said.

"She had to play a lot more minutes in the second half of the season when we were down to one point guard. I think that wore her down a little."

Thome, a 5-8 senior forward, averaged 7.4 points and four rebounds per game, led Ozaukee in three-point baskets (31) and shot 28% from behind the arc.

"Emily is an effective shooter from the outside and very effective against zone defenses," LeMahieu said.

"She had a very good senior season."

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Bares, a 5-3 senior guard, led the Warriors in assists (2.8) and averaged 4.2 points and 1.6 steals.

"Katie is always hustling. She has very good court sense, which helped her to be an effective point guard," LeMahieu said.

Oostburg, which dominated the conference with a 16-0 first-place mark, is represented on the top All-CLC team by Abby VanStelle and Maranda Huibregste. Both were unanimous selections.

Other first-team choices were Nicole Paulus of Random Lake, Ashley Scheele of Sheboygan Lutheran and Haley Rickmeier of Howards Grove.

Image Information: Alyssa Schmitt