

### Wildcats Win First Round of Metro Tournament

Millard West used a 30-point 2nd quarter to take control of their first round game as they rolled to a 79-33 victory over Omaha Buena Vista.

Carter LaBorde led the Wildcats with 12 points, 11 rebounds, 4 assists and 2 blocks. Cooper Fortune and Max Frohloff added 11 and 10 points respectively.

Magtaba Mohamed and Ben Harris scored 12 points each for the Bison.

West's offense was very efficient throughout the whole game. In the first quarter, the Wildcats scored on 9 of their 13 possessions. Gassen led West with five points in the quarter.

West started the second quarter

with back-to-back 3's by Carson Reece and Frohloff. They continued their offensive attack by scoring 30 points in 15 possessions. Fortune led the way with 7 points in the quarter. Frohloff and LaBorde each scored six.

The Wildcats took a 47-21 lead into the half. West's coach, Bill Morrison, was happy with the way his team played. "We talked in pre-game about playing the right way. We wanted to apply a lot of ball pressure, rebound, and take great shots."

Buena Vista came out of the half and made a 3-pointer on a set play. They followed that up with a basket after an offensive rebound. Then, the Wildcat's defense began to take a toll on the Bison. Buena Vista committed seven turnovers in the third quarter.

Three minutes into the quarter, West cleared their bench and played the rest of the game primarily with their non-starters. The non-starters scored 39 points in the game.

In the 4th quarter, West only allowed one Bison field goal and a total of three points

MW	17	30	16	16	79
BV	10	11	9	3	33

MW: Ingebretson 1, Carson 5, Abara 6, Gassen 9, Frohloff 10, Long 3, Carmichael 8, Durand 3, Hutteger 3, Fortune 11, Kozney 3, LaBorde 12, Walker 5.

BV: Tucker 2, Lual 1, Mohammed 12, Banister 2, Harris 12, Smith 4.

**Metro Tournament History** 

In 2016-17, the Wildcats won the Metro Tournament Title.

Shae Wyatt and Colby Gomes were named to the alltournament team. Shae was the honorary captain.

Shae scored 89 points and became 17th on the all-time scoring list for the Metro Tournament.





Freshman A (3-2)

No Games

3-2) Freshman B (3-0) Reserves (2-4) No Games Bennington L 56-30 Westside L 67-73 Pap South W 66-48

Junior Varsity (5-1) No Games Varsity (5-2) Buena Vista W 79-33

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## **Program Building Activities**

The Wildcats had a few activities to help build cohesion between all of the boys basketball teams at Millard West.

On Monday and Tuesday, the Freshman teams were able to practice the with JV and Varsity teams. This allowed them to run drills with the older players. They were also able to see what a Varsity practice looks like and experience the speed that the game is played at on the higher levels.

Allie Havers, former Nebraska Women's basketball player spoke to the JV and Varsity teams. Allie works with a company called HumanEx that helps players learn the importance of team chemistry.

On Friday, the Freshman, Reserve, and JV teams all practiced together and then rode the bus with the Varsity team to their first round game of the Metro Holiday Tournament.



#### **Reserves**

The Millard West Reserves suffered a tough loss to Bennington, 56-60.

The Wildcats jumped out to an early 14-1 lead. Bennington settled down and cut the lead to 16-11 by the end of the 3rd quarter.

West led 29-24 at half. Bennington's press sparked a 20-12 3rd quarter. West could not overcome the Badger lead in the 4th quarter.

Samson and Solomon Baker led the Wildcats in scoring with 14 and 11 points.

Other Scoring: Frazier 8, Teager 6, Batliner 5, Ward 4, Benton 4, Lucks 2, Beightol 2,



#### Holiday Tournament at Prep

The Wildcats lost to Westside in the opening game of their Holiday Tournament.

In a hard fought battle, West led 18 -16 at the end of the first quarter. The Warriors used a 29-14 to build a comfortable lead. Westside led 45-32 at the half.

West was able to outscore Westside 21-20 in the 3rd quarter. In the 4th quarter, the Wildcats clamped down on defense and outscored Westside 14-8. But, it was not enough to overcome their deficit.

Evan Ward led the Wildcats with 19 points. Connor Benton added 12. Other scoring: Frazier, So Baker and Batliner all scored 7, Gustafson and Beightol added 4 each, Lucks scored 3 points and Chapp and Johnson scored 2 points each.

OW	16	29	20	8	73
MW	18	14	21	14	67

#### Consolation Game

In the consolation game, a strong performance helped the Wildcats beat Papillion South 66-48.

West started out fast and did not let up. The Wildcats outscored the Titans 18-7 in the first quarter. They were able to out-score Papio-South in all four quarters.

All 11 players scored in the game, led by Ryan Beightol's eleven points. Other scoring included: Ward 9, Sa Baker 8, Johnson 8, Gustafson 6, So Baker 6, Frazier 5, Benton 5, Chapp 4, Lucks 3, Batliner 1.

MW	18	15	21	12	66
PLVS	7	13	17	11	48

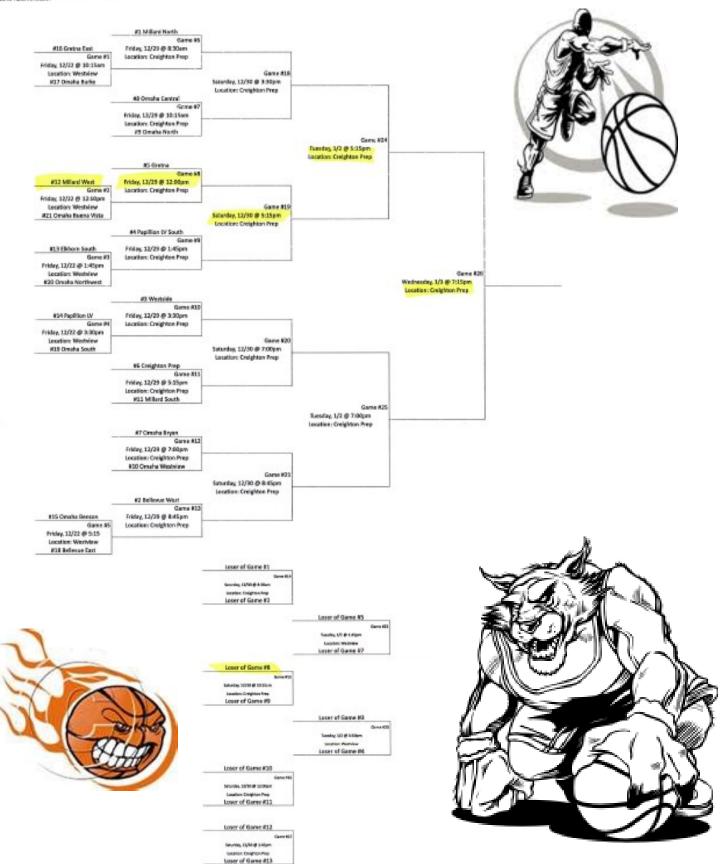






## **Holiday Tournament Brackets**

2023 Metro Holiday Basketivel Teamament BOYS TOURINAMENT





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## **Holiday Tournament Brackets**

### 2023 – JV Girls & Boys Titan Basketball Holiday Tournament



Thursday, December 28th

South Gym - GIRLS 10:00am - Papio South (H) vs. Millard West 11:30am - Gretna East (H) vs. Millard North

Main Gym - BOYS 10:00am - Papio South (H) vs. Millard West 11:30am - Elk South (H) vs. Millard North

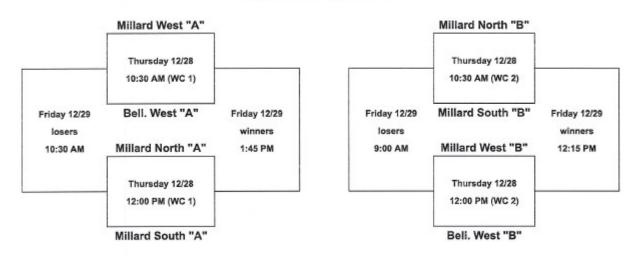
Friday, December 29th HOME teams will be determined after TR's games

> South Gym - CONSOLATION 10:00am - Girls Game 11:30am - Boys Game

Main Gym - CHAMPIONSHIPS 10:00am - Girls Final 11:30am - Boys Final



#### Freshman Boys Holiday Tournament At Millard West High School





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# Weekly Practice / Game Schedule

Monday, Dec 25Wednesday, Dec 27Merry ChristmasNSAAMoratoriumNSAAMoratoriumNSAANo Practices inNo Practices inMPS BuildingsMPS Buildings

Thursday, Dec 28		Friday, Dec 29		Saturday, Dec 30	
Practice		Practice		Practice	
Varsity	1:30-3:00	Varsity	8:30 AM	Var/JV	ТВА
Reserve	5:30-7 pm	Reserve	6:00 AM*	Res	9:00 AM
				9AB	TBA (Optional)
Games		Games		Games	
9A at MW	10:30	9A at MW	TBA	Varsity	TBA
9B at MW	Noon	9B at MW	TBA	10:15 or 5:15	
JV at PLVS	10:00	JV at PLVS	TBA		
Bus: 8:30		Bus: TBA			
		Varsity	Noon		
		at Prep vs Gretna			
		Bus: 9:45			

Practice/Game times are always subject to change.

December 25, 2023



mba2mw

HARD WORK \* INTEGRITY \* TEAMWORK FUNDAMENTALS \* SPORTSMANSHIP



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