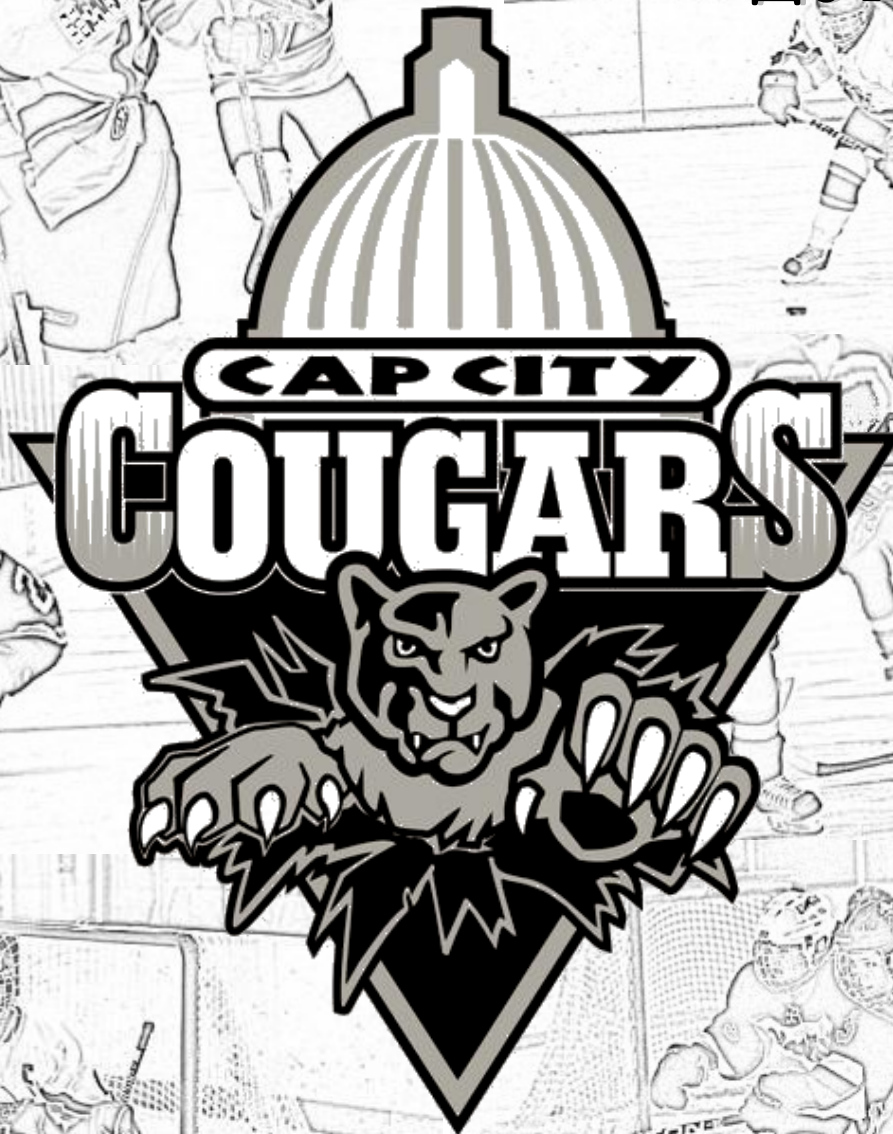


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VARSITY GIRLS HOCKEY
2011 - 2012



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WELCOME

Welcome to the 2011-2012 Cap City Cougar hockey season.

The Cougars begin their fifth season of WIAA play this year. The Cougars enter the season following their first ever State Tournament trip. Cap City captured its second Badger Conference title in three years with an undefeated 10 - 0 record and earned the top seed for the Section 4 play-offs while compiling an overall record of 22 wins, 4 losses and 2 ties.

This year's Cougar team hopes to successfully defend its conference championship and complete the season by returning to the state tournament. They will be competing in the Schwan Cup in Blaine, MN again this year as well as a Thanksgiving tournament hosted by the three-time defending State Champion St. Croix Valley Fusion.

The Cougars have been moved to Sectional 3 this year along with Beloit, Middleton, and Stoughton. The remaining teams in the sectional include Baraboo, Black River Falls, Onalaska and Viroqua. Surely some new playoff rivalries will begin this season while some old rivalries will be renewed.

On behalf of the players and coaches, I would like to extend a sincere thank-you to our parents, fans, teachers, administrators, hockey officials, opponents, sponsors and volunteers for supporting our team and making high school girls' hockey in our area a reality. Without your continued energy and support it would be impossible for these girls to experience the greatest game on earth!

Coach Mike

Dear Hockey Fans:

Welcome to another exciting season of Cap City Cougar hockey. We are so encouraged by the growth of girl's hockey in the State of Wisconsin. It gives us a great sense of pride to provide this educationally based opportunity for our student-athletes. Additionally, it has been a pleasure to set a standard for positive cooperation in bringing Madison East, Madison LaFollette, DeForest, Sun Prairie and Waunakee High Schools together in this effort.

The Cougars begin their 2011-12 campaign fresh off of a berth at the state hockey tournament in Madison last season. Beyond the scoreboard, we are proud of the great work ethic of our team and the success they have had as students and citizens. In this spirit, we ask for your continued support of our efforts in creating a positive game environment today.

Thank you for coming out to support Coach Mike Johnson and our girls. Please cheer loud and proud. Go Cougars!

Jim McClowry, CMAA

Sun Prairie Athletic Director

On behalf of the DeForest High School Athletic Department, I would like to thank Sun Prairie High School and Athletic Director, Jim McClowry, for allowing DeForest High School to become a member of the Sun Prairie Girls Hockey Co-op. Our girls have had a real positive experience in the program. DeForest High School looks forward to another positive and successful season with the Cap City Cougars.

I would like to congratulate the Cougars on their 2010-11 Badger Conference Championship and trip to the 2011 WIAA State Hockey Tournament. It was truly an exciting and memorable season.

Thank you for attending this athletic event. I ask that you represent yourself in a proud and sportsmanlike manner. It is important to keep in mind the purpose of high school athletics and to treat our athletes, coaches, officials, and opponents with respect.

Enjoy the contest! Go Cougars!

Mike McHugh

Athletic Director

DeForest High School

Good luck to our skaters from Madison East and all of the Cap City Cougars for a successful 2011-12 season! Best of luck! Special thanks to Jim McClowry and the Sun Prairie Athletic Department for hosting this girls' hockey co-op and giving our girls - and the girls from Sun Prairie, DeForest, Madison LaFollette, and Waunakee - an opportunity to skate! Good luck to Coach Johnson and his staff!

Fans, let's cheer for our girls and be positive in the stands! Let's all have a great time this winter!

Dave Kapp, CMAA

Athletic Director

Madison East High School

The Waunakee Athletic Department would like to welcome all hockey fans to Cap City Cougar Hockey. It is our hope that all players, fans, coaches, and officials have a positive experience at today's game. I would like to commend all the Cap City Cougar players and coaches for all the time, effort, and energy they put into the sport of hockey. I am confident the Cougar players will play with great effort and will represent their schools and communities in a positive manner. I am sure that as fans you will witness a well-played, competitive, and spirited game of hockey.

Please support the efforts of all the players on both teams in a positive manner. I encourage all fans to represent themselves in a sportsmanlike manner. Cheer for your team in a positive fashion and respect the efforts of the opposing team and the game officials, without them there would be no game.

A big thank you to the Cap City Cougar Hockey Booster Club and parents for all their work. The financial support, assistance working at games, and overall promotion of Cap City Cougar Hockey is very much appreciated.

ENJOY THE GAME!!

Brian Smith, AD

Waunakee HS

I would like to wish all the young ladies that are involved in the 2011-12 Cap City Hockey Program the best of luck. Skate hard and have fun. A special thanks to all the parents for their support. Good luck to Coach Johnson and his staff. I will see you all at the ice arena.

Kevin N. Porter, CAA

Athletic Director

La Follette High School

SENIORS



#29—Amber Deltgen—DeForest

“Confidence is everything.”

My name is Amber Deltgen. I’m a senior at DeForest High School. I started playing hockey when I was just 5 years old. I was put in Learn to Skate but after only two days I was asked to be on the Waunakee Wildcat Atom team with my dad as my head coach. When I was 8 years old, my Squirt team won the State Championship. When I was 11, I started playing for the DC Diamonds, and at 13, we won the U-16 State Championship. This will be my fourth year with the Cap City Cougars. My freshman year I played goalie and switched to skater my sophomore year. As a junior I was named Most Improved Player. Hockey has taught me so much, but most im-

importantly to never give up and that anything is possible. Hockey isn’t just a sport; it’s a way of life. I am also in National Honor Society and Future Business Leaders of America. Next fall, I plan to attend Marquette or UW-River Falls and major in accounting.



My name is Amber Hochmuth. I began to play hockey when I was seven years old. I was first inspired by my dad because he played high school hockey when he was younger. My first year I played Mites with my younger brother Daniel on the Portage youth hockey team. I was one of the few girls that played on the youth hockey teams. The second year I played part time as a goalie as well as a forward player at both the mite level and the

squirt level. Then during my third season I just wanted to play as a forward. After my third season I quit playing hockey for a while. Roughly six years later, when I became a junior I had saved up enough money so I could get back on the ice. While being a junior I had a part time job, played hockey, while keeping up with my grades in difficult classes. Now as a senior I’m still playing hockey with a part time job along with AP courses. I hope to find a way to continue with hockey after high school.



#5—Amber Hochmuth—Sun Prairie

SENIORS



#12—Rebecca Horn—Waunakee

Hello my name is Rebecca Horn and I'm a senior at Waunakee High School. I have been playing hockey since I was in second grade. I started playing hockey at the age of 6 with the South-west Eagles, then the D.C. Diamonds, and finally the Cap City Cougars. I have been with the Cap City Cougars for four years and have enjoyed every single moment. The hockey team and the sport in general is one that encourages you to push yourself and to never stop trying. Everyone I have had the opportunity to play hockey and become friends with will also agree that the sport is one that makes you better, and stays with you your entire life. These and many other lifelong lessons I will take with me next year in college. In college I plan to continue

my education and become a teacher while continuing my presence in girl's hockey.



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No	First Name	Last Name	Grade	Pos	Shoots	Height	School
1	Sarah	Fuerstenberg	10	G	R	5'6"	Waunakee
3	Alexis	Peterson	9	D	L	5'6"	DeForest
4	Cassie	Smith	10	F	R	5'2"	DeForest
5	Amber	Hochmuth	12	F	L	5'4"	Sun Prairie
6	Emily	Scheffler	10	D	R	5'5"	Waunakee
9	Annika	Keillor	10	D	R	5'5"	Madison East
10	Taylor	Behnke	11	D	R	5'8"	Sun Prairie
11	Jamie	Henderson	10	F	R	5'5"	DeForest
12	Becca	Horn	12	D	L	5'5"	Waunakee
14	Michaela	Johnson	11	F	R	5'2"	Waunakee
15	Sarah	Miller	10	F	R	5'5"	Sun Prairie
16	Jessica	Bennett	11	F	R	5'5"	Madison LaFollette
17	Kjerstin	Saarela	10	F	R	5'5"	Sun Prairie
19	Payton	Herwig	9	F	R	5'8"	Sun Prairie
21	Olivia	Madden	9	F	R	5'3"	Sun Prairie
22	Karley	Bolz	11	D	R	5'7"	Madison East
23	Courtney	Dudgeon	11	F	R	5'8"	Sun Prairie
25	Lily	Klapper	11	D/F	L	5'4"	Madison East
28	Catlin	Siegel	9	D	R	5'5"	Sun Prairie
29	Amber	Deltgen	12	F	R	5'10"	DeForest
30	Cheyenne	Holmes	10	F	R	5'3"	Sun Prairie
37	Dani	Deltgen	9	G	R	5'10"	DeForest
56	Megan	McCormick	11	F	R	5'7"	Waunakee
92	Claire	Johnson	9	F	L	5'6"	Waunakee

Head Coach: Mike Johnson
Assistant Coach: Mike Hegyi
Assistant Coach: Maddie Haroldson

Team Manager : Jessica Bernstein
Team Manager : Sammy Kliminski

Contact School: Sun Prairie
 De Forest Athletic Director: Mr. Mike McHugh
 Madison East Athletic Director: Mr. Dave Kapp
 Madison La Follette Athletic Director: Mr. Kevin Porter
 Sun Prairie Athletic Director: Mr. Jim McCowry
 Waunakee Athletic Director: Mr. Brian Smith

Sportsmanship Ten Commandments!

1. "Golden Rule" - Do unto others as you would have them do unto you.
2. Enjoy yourself and promote enjoyment for others.
3. Be responsible for your actions.
4. Have an open mind to others' weaknesses and have a forgiving attitude.
5. Have pride in one's performance and one's school.
6. Be a friend, not an enemy, and create a positive environment.
7. Encourage others to do or be their best.
8. Sportsmanship should be contagious.
9. Remember it is a privilege to participate.
10. Practice sportsmanship in all situations at all costs.





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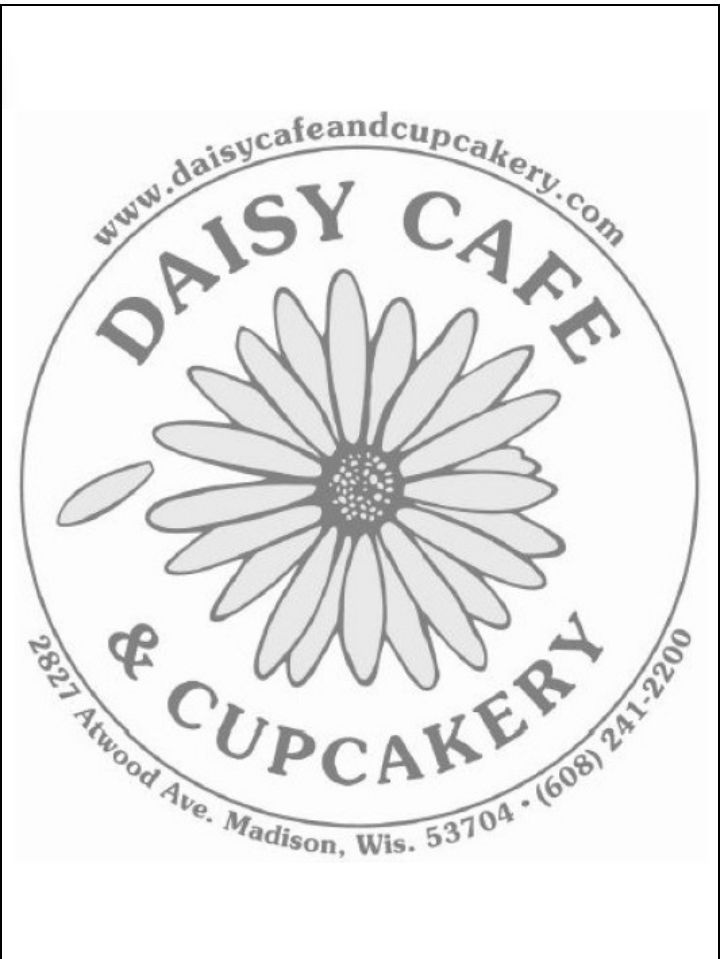


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#10 - TAYLOR BEHNKE



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2011-2012 TEAM ROSTER



#1 - Sarah Fuerstenberg
Sophomore - Waunakee
Position: Goalie
Shoots: Right
Height: 5'6"



#3 - Alexis Peterson
Freshman - DeForest
Position: Defense
Shoots: Left
Height: 5'6"



#4 - Cassie Smith
Sophomore - DeForest
Position: Forward
Shoots: Right
Height: 5'2"



#5 - Amber Hochmuth
Senior - Sun Prairie
Position: Forward
Shoots: Left
Height: 5'4"



#6 - Emily Scheffler
Sophomore - Waunakee
Position: Defense
Shoots: Right
Height: 5'5"



#9 - Annika Keillor
Sophomore - Madison East
Position: Defense
Shoots: Right
Height: 5'5"



2011-2012 TEAM ROSTER



#10 - Taylor Behnke
Junior - Sun Prairie
Position: Defense
Shoots: Right
Height: 5'8"



#11 - Jamie Henderson
Sophomore - DeForest
Position: Forward
Shoots: Right
Height: 5'5"



#12 - Rebecca Horn
Senior - Waunakee
Position: Defense
Shoots: Left
Height: 5'5"



#14 - Michaela Johnson
Junior - Waunakee
Position: Forward
Shoots: Right
Height: 5'2"



#15 - Sarah Miller
Sophomore - Sun Prairie
Position: Forward
Shoots: Right
Height: 5'5"



#16 - Jessica Bennett
Junior—Madison LaFollette
Position: Forward
Shoots: Right
Height: 5'5"



2011-2012 TEAM ROSTER



#17 - Kjerstin Saarela
Sophomore - Sun Prairie
Position: Forward
Shoots: Right
Height: 5'5"



#19 - Payton Herwig
Freshman - Sun Prairie
Position: Forward
Shoots: Right
Height: 5'8"



#21 - Olivia Madden
Freshman - Sun Prairie
Position: Forward
Shoots: Right
Height: 5'3"



#22 - Karley Bolz
Junior - Madison East
Position: Defense
Shoots: Right
Height: 5'7"



#23 - Courtney Dudgeon
Junior - Sun Prairie
Position: Forward
Shoots: Right
Height: 5'8"



#25 - Lily Klapper
Junior - Madison East
Position: Defense/Forward
Shoots: Left
Height: 5'4"



2011-2012 TEAM ROSTER



#28 - Catlin Siegel
Freshman - Sun Prairie
Position: Defense
Shoots: Right
Height: 5'5"

#29 - Amber Deltgen
Senior - DeForest
Position: Forward
Shoots: Right
Height: 5'10"

#30 - Cheyenne Holmes
Sophomore - Sun Prairie
Position: Forward
Shoots: Right
Height: 5'3"



#37 - Dani Deltgen
Freshman - DeForest
Position: Goalie
Shoots: Right
Height: 5'10"

#56 - Megan McCormick
Junior - Waunakee
Position: Forward
Shoots: Right
Height: 5'7"

#92 - Claire Johnson
Freshman - Waunakee
Position: Forward
Shoots: Left
Height: 5'6"



Sun Prairie High School

Front Row - Left to Right:

Catlin Siegel, Cheyenne Holmes,
Amber Hochmuth, Olivia Madden,
& Payton Herwig

Back Row - Left to Right:

Kjerstin Saarela, Taylor Behnke,
Courtney Dudgeon, & Sarah Miller



Madison East High School

Left to Right:

Lily Klapper, Karley Bolz, &
Annika Keillor



Waunakee High School

Left to Right:

Michaela Johnson, Emily Scheffler,
Rebecca Horn, Sarah Fuerstenberg,
Meghan McCormick, & Claire Johnson



COUGAR CO-OP SCHOOLS

DeForest High School

Bottom to Top:

Jamie Henderson, Cassie Smith,
Alexis Peterson, Dani Deltgen, &
Amber Deltgen

Madison LaFollette High School

Jessica Bennett





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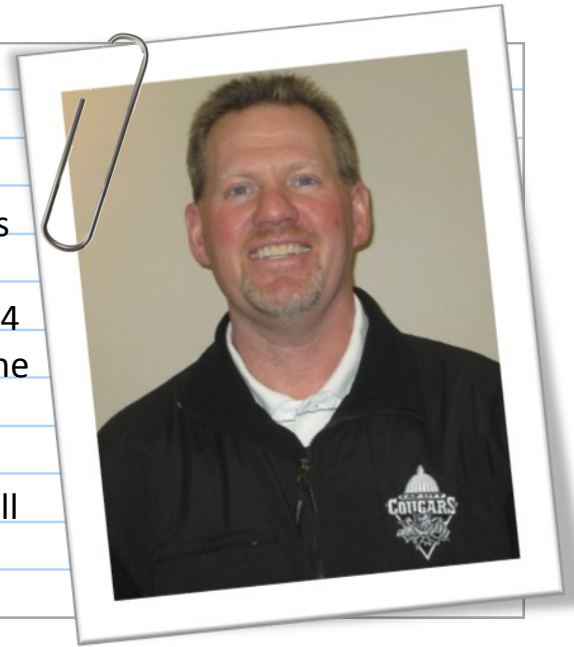
Jeff Sefzik
DCD Coordinator
608-212-9259

js10000ps@charter.net



COACHING STAFF

Mike Johnson begins his fifth season as the Cap City Cougars' head coach with an overall record of 69-24-5. His playing career includes high school hockey in Bemidji, MN, junior hockey with the North Iowa Huskies in the USHL and college hockey at North Dakota State University. His previous coaching experience includes 14 years of coaching with area youth programs including the Madison Patriots, the Waunakee Wildcats and the DC Diamonds. He began his coaching career as a Bantam coach in Fargo, ND. Coach Mike has five children who all play hockey and a wife who makes everything possible.



Mike Hegyi returns for his third year as an assistant coach for the Cap City Cougars. Last year he assisted Coach Johnson in guiding the Cougars to an undefeated 10-0 Badger conference title, and a 22-4-2 overall record. The squad made their first appearance in the WIAA State Hockey Tournament final four, and ended the season ranked 3rd in the state by the WisSports.net Coaches Poll. Prior to joining the Cougars coaching staff, Hegyi spent 6 seasons as an assistant coach for the boys Varsity and Junior Varsity hockey teams at Waunakee High school. He volunteered at the Waunakee Youth Hockey association where he performed the duties of Association Head Coach, Program Development Committee chairman, and various coaching positions over those years. Hegyi played "AAA" hockey in Victoria BC before attending the University of Victoria. He resides in Waunakee, WI with his lovely wife, Penny.



This is Maddie Haroldson's first year coaching with the Cougars. Maddie Haroldson is originally from Sartell, Minnesota where she graduated from Sartell High School. She was a six year letter winner and five time all conference selection in hockey. She also was a four year letter winner and three time all conference selection in softball. She is graduate of Concordia College, Moorhead, MN with a major in exercise science with minors in business and coaching. While at Concordia she played hockey and softball for four years for the Cobbers. Currently she lives in Verona, WI where she is employed by Cuningham Group Architects of Minneapolis, Minnesota where she is an administration assistant at the Epic project in Verona.





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Strike the clenched fist of one hand into the open palm of the other hand directly in front of the chest.



Butt-Ending

A crossing motion of the forearms, one moving under the other.



Charging

Rotating clenched fists around one another in front of chest.



Checking (Women's Only)

The nonwhistle hand is placed on the shoulder and then moved out and to the side.



Clipping

Keep both skates on the ice when signaling, using right hand on the leg.



Contact to the Head

Extend arm above head and tap head with open palm.



Cross-Checking

A single forward and back motion with both fists clenched in front of the chest.



Delayed Calling of Penalty

Extend arm to upright position.



Delayed Offsides

Extend arm in the air and point to line with other arm.



Delay of Game

The nonwhistle hand, palm open, is placed across the chest and then fully extended directly in front of the body.



Elbowing

Tapping either elbow with the opposite hand.



Fighting/Punching

A double 'punching' motion with fist clenched, fully extended in front of the body.



Roughing

Fist clenched, fully extending arm from the side.



Goal Scored

Point at the net with the nonwhistle hand, palm open.



Grasping the Face Mask

A single or double motion as if grasping a face mask and pulling it down.



Hand Pass

The nonwhistle hand (open hand) and arm are placed straight down alongside the body and swung forward and up once in an underhand motion.



High-Sticking

Holding both fists, clenched, one a short space immediately above the other to the side of the head.



Hitting From Behind

Arm placed behind the back, elbow bent, forearm parallel to the ice surface.



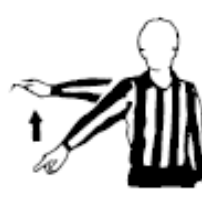
Holding

Clasp wrist of whistle hand with the other hand well in front of the chest.



Holding the Stick

Clasp wrist of whistle hand with the other hand well in front of the chest. Next, hold both fists, clenched, one a short space in front of the other at waist height.



Intentional Offside

After blowing whistle for offside, point toward offending team's special spot with nonwhistle hand.



Interference

Crossed arms with fists clenched stationary in front of chest.



Hooking

A series of tugging motions with both arms, as if pulling something toward the stomach.



Icing

The back official signals the icing situation by fully extending his free arm (without whistle) at a 90° angle. The front official shall indicate the icing is completed by extending his free arm over his head, up straight, and blowing his whistle. The back official then will move to the faceoff spot and cross arms to indicate the icing.



Timeout/Unsportsmanlike Conduct

Using both hands to form a "T" in front of the chest.



Tripping

Keep both skates on the ice when signaling, using right hand on the leg.



"Wash-out"

Both arms swung shoulder height, not waist height.



Kneeing

A single slapping of the right palm to the left knee, keeping both skate blades on the ice.



Misconduct

Hands should be moved once from sides down to hips. Thus, point to player first, hands to hips second.



Obstruction

Hands in the middle of the body in the shape of an "O". Additional infractions following obstruction.



Penalty Shot

Arms crossed (fists clenched) above the head.



Spearing

A single jabbing motion with both hands together, thrust forward in front of the chest, then dropping hands to the side.



Slashing

One slap with the nonwhistle hand across the straightened forearm of the other hand.

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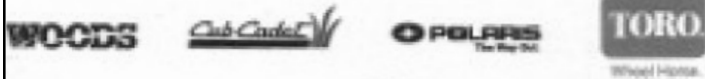
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Coaches Award

2010-2011 Alyssa Brokaw
2009-2010 Alyssa Brokaw
2008-2009 Malina Keillor, Taylor Wilert

Cougar (Spirit)

2010-2011 Janna Beilke-Skoug
2009-2010 Janna Beilke-Skoug
2008-2009 Janna Beilke-Skoug

Clutch Performer

2010-2011 Josie Johnson
2008-2009 Kala Drake

Heart

2010-2011 Lily Klapper

Hustle

2010-2011 Rebecca Horn
2009-2010 Stephanie Berkholtz
2008-2009 Amy Wenzel

Leadership

2010-2011 Morgan Sefzik
2009-2011 Taylor Wilert
2008-2009 Kimmy Trapp

Leading Scorer

2010-2011 Jamie Henderson
2009-2010 Josie Johnson
2008-2009 Josie Johnson

Most Improved

2010-2011 Amber Deltgen
2009-2010 Lindsay Carlson
2008-2009 Rebecca Horn

Playmaker

2010-2011 Michaela Johnson
2009-2010 Kaitlyn Knutson
2008-2009 Stephanie Berkholtz

Hobey Baker Character Award

2010-2011 Josie Johnson, Morgan Sefzik
2009-2010 Taylor Wilert
2008-2009 Kala Drake, Kimmy Trapp

Badger Conference Awards :

Team

2010-2011 Conference Champion
2008-2009 Conference Champion

First Team

2010-2011 Janna Beilke-Skoug, Jamie Henderson,
Josie Johnson
2009-2010 Josie Johnson, Kaitlyn Knutson
2008-2009 Kala Drake, Josie Johnson

Second Team

2010-2011 Morgan Sefzik
2009-2010 Janna Beilke-Skoug, Morgan Sefzik

Honorable Mention

2010-2011 Michaela Johnson, Lily Klapper
2009-2010 Michaela Johnson
2008-2009 Morgan Sefzik, Kimmy Trapp

All-State Awards :

First Team

2010-2011 Josie Johnson
2009-2010 Josie Johnson
2008-2009 Josie Johnson

Second Team

2009-2010 Janna Beilke-Skoug
2008-2009 Kala Drake

Honorable Mention

2010-2011 Janna Beilke-Skoug, Jamie Henderson,
Morgan Sefzik
2009-2010 Michaela Johnson, Morgan Sefzik
2008-2009 Janna Beilke-Skoug

Miss Hockey Wisconsin

2010-2011 Josie Johnson



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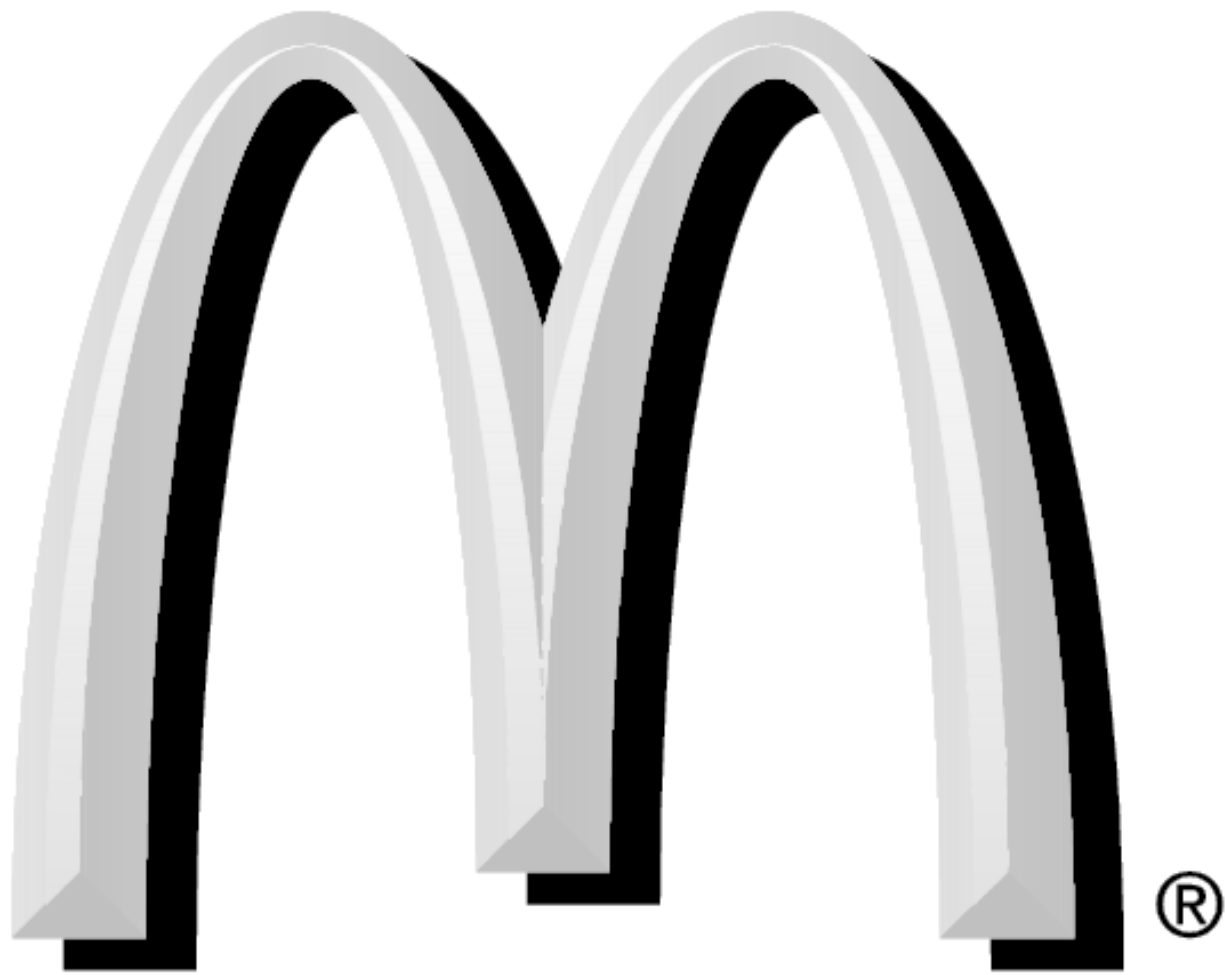


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Good luck Cap City Cougars!



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2011-2012 GIRLS HOCKEY SUN PRAIRIE CO-OP GAME SCHEDULE

Day	Date	Home/Away	Opponent	Facility	Time
Sat	11/19/11	Home	Viroqua Blackhawks	Waunakee/DeForest Ice Pond	4:00 PM
Fri	11/25/11	Away	St. Croix Valley Fusion	United Civic Center Baldwin, WI	3:00 PM
Fri	11/25/11	Away	Hayward Hurricanes	United Civic Center Baldwin, WI	7:00 PM
Sat	11/26/11	Away	Webster Blizzard	United Civic Center Baldwin, WI	3:00 PM
Tue	11/29/11	Away	Middleton Lynx	Capitol Ice Arena Middleton, WI	8:00 PM
Fri	12/02/11	Away	Central Wisconsin Storm	Greenheck Field House Schofield, WI	7:00 PM
Sat	12/03/11	Away	Northland Pines Eagles	Eagle River Recreation Center Eagle River, WI	3:00 PM
Tue	12/06/11	Away	Badger Thunder	Sauk Prairie Area Recreation Center	5:00 PM
Mon	12/12/11	Home	Beaver Dam Golden Beavers	Sun Prairie Ice Arena	7:45 PM
Fri	12/16/11	Home	St. Croix Valley Fusion	Waunakee/DeForest Ice Pond	7:45 PM
Sat	12/17/11	Home	Stoughton Icebergs	Sun Prairie Ice Arena	5:45 PM
Tue	12/20/11	Away	Viroqua Blackhawks	Viroqua Community Arena	7:00 PM
Tue	01/03/12	Home	USM Wildcats	Sun Prairie Ice Arena	6:45 PM
Fri	01/06/12	Home	Middleton Lynx	Waunakee/DeForest Ice Pond	7:45 PM
Fri	01/20/12	Home	Rock County Fury	Waunakee/DeForest Ice Pond	7:45 PM
Tue	01/24/12	Away	Stoughton Icebergs	Mandt Hockey Arena Stoughton, WI	7:00 PM
Sat	01/28/12	Away	Appleton United	Appleton Family Ice Center Appleton, WI	6:15 PM
Thu	02/02/12	Away	Rock County Fury	Edwards Ice Arena Beloit, WI	7:00 PM
Sat	02/04/12	Home	Arrowhead Warhawks	Sun Prairie Ice Arena	7:00 PM
Thu	02/16/12	TBA	Sectional Game (16th or 17th)	Dane County Arena	7:00pm-8:00pm*
Fri	02/17/12	TBA	Sectional Game (16th or 17th)	Waunakee/DeForest Ice Pond	5:10pm-6:10pm*
Tue	02/21/12	TBA	Possible Sectional Game	TBA	TBA
Fri	02/24/12	TBA	Possible Sectional Final	TBA	TBA
Sat	02/25/12	TBA	Possible Sectional Final	TBA	TBA
Fri	03/02/12	TBA	State Tournament Semi-Finals	TBA	TBA
Sat	03/03/12	TBA	State Tournament Finals	TBA	TBA

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