

10TH ANNUAL **METRO vs. FLORIDA CHALLENGE**

*PRESENTED
BY*



**BURN FAT
ORLANDO**
LOSE UP TO 30-40 POUNDS!!!



St. Germain
Chiropractic Clinic

Apopka High School
November 27-30, 2019



DIGITAL PROGRAM,
LIVE SCORE/STAT UPDATES,
LIVE VIDEO WEBCASTS,
AND MORE ONLINE AT
WWW.METROVSFL.COM



@METROVSFL





W E L C O M E

Happy Thanksgiving, Central Florida Hoops Fans!

Welcome to Apopka High School, home of the Blue Darters. After two years on MLK weekend, our event returns home to Thanksgiving to launch the basketball season thanks to changes in the FHSAA calendar. No matter what time of year, we are excited to continue the tradition of hosting one of the state's premiere showcases of high school basketball talent.

Our event has grown to its largest ever, pitting all 20 men's teams representing the Orlando Metro Conference and its proud basketball heritage and tradition

against 22 different teams from around the state of Florida, plus a special appearance by the Lady Darters for the third straight year.

The Metro Conference represents a collection of schools, faculty, staff, students and parents that are outstanding in so many ways. Athletic excellence is one of the hallmarks of our conference and our area—on a yearly basis, Metro Conference schools are among the state's best in every sport, especially men's basketball.

Visit MetroVsFL.com for expanded full-color profiles of each participating team as well as live updates on scores

and live video coverage. Scan any QR code with your phone or tablet to view the team's online profile. And come back after the event to see full statistics for each game.

We believe this event already is among the best in the southeast and gets better each year. We thank OPCS and the countless supporters of Apopka basketball who have supported this event over the past ten years establishing an enduring legacy. We are also grateful for the many coaches, parents, administrators, and volunteers from our participating schools who have worked tirelessly to build basketball programs seeking to be a model of success on and off the court.

Lyle Heinz, Principal • Edgar Sanders, Athletic Director • Scott Williams, Head Men's Basketball Coach



BAPTISTE ORTHODONTICS

FREE CONSULTATIONS

Bracing you and our Community for Success

FREE CONSULTATIONS

BRACES
CLEAR ALIGNERS
INVISALIGN FOR CHILDREN AND ADULTS



(407) 217-2927
8907 CONROY WINDERMERE
RD, ORLANDO, FL 32835



(407) 294-1560
7260 W COLONIAL DR,
ORLANDO, FL 32818



(407) 801-7775
12 PARK AVE S, APOPKA, FL
32703

WWW.BAPTISTEORTHODONTICS.COM



SCHEDULE & INDEX

The team on the left and the top half of each page represents the Metro Conference and will be "home" in each contest.

WEDNESDAY, NOVEMBER 27

9:15 am	Windermere	vs.	Mount Dora	p. 4
11:00 am	Wekiva	vs.	The Master's Academy	p. 5
12:15 pm	Timber Creek	vs.	Eustis 4A #10	p. 6
1:45 pm	6A #6 Edgewater	vs.	Lake Brantley	p. 7
3:30 pm	Lake Nona	vs.	Seminole	p. 8
5:30 pm	Jones	vs.	Orl. Christian Prep. 2A #1	p. 9
7:00 pm	7A #3 Apopka	vs.	Santa Fe Catholic 3A #7	p. 10
8:30 pm	Oak Ridge	vs.	Mainland 6A #5	p. 11

FRIDAY, NOVEMBER 29

11:00 am	Freedom	vs.	Mount Dora Christian	p. 12
12:15 pm	University	vs.	Windermere Prep.	p. 13
1:45 pm	Cypress Creek	vs.	Winter Springs	p. 14
3:30 pm	West Orange	vs.	Auburndale	p. 15
5:30 pm	Olympia	vs.	Bartow	p. 16
7:00 pm	Dr. Phillips	vs.	Oviedo	p. 17
8:30 pm	Boone	vs.	Bishop Moore	p. 18

SATURDAY, NOVEMBER 30

10:00 am	Winter Park	vs.	Lake Highland Prep.	p. 19
11:15 am	Evans	vs.	Osceola	p. 20
12:45 pm	East River	vs.	Lake Wales	p. 21
2:30 pm	Apopka ♀	vs.	Seminole ♀	p. 22
4:30 pm	Apopka	vs.	Hagerty	p. 23
6:00 pm	Colonial	vs.	Vero Beach	p. 24
7:30 pm	7A #6 Windermere	vs.	Leesburg 5A #9	p. 25
9:00 pm	7A #6 Ocoee	vs.	Central FL Christian 2A #3	p. 26

Listed rankings are from SourceHoops.com

INDEX

Apopka Blue Darters (Men).....	10, 23
Apopka Blue Darters (Women).....	22
Auburndale Bloodhounds.....	15
Bartow Yellowjackets.....	16
Bishop Moore Hornets.....	18
Boone Braves.....	18
Central FL Christian Acad. Eagles.....	26
Colonial Grenadiers.....	24
Cypress Creek Bears.....	14
Dr. Phillips Panthers.....	17
East River Falcons.....	21
Edgewater Eagles.....	7
Eustis Panthers.....	6
Evans Trojans.....	20
Freedom Patriots.....	12
Hagerty Huskies.....	23
Jones Tigers.....	9
Lake Brantley Patriots.....	7
Lake Highland Prep. Highlanders.....	19
Lake Nona Lions.....	8
Lake Wales Highlanders.....	21
Leesburg Yellowjackets.....	25
Mainland Buccaneers.....	11
The Master's Academy Eagles.....	5
Mt. Dora Christian Acad. Bulldogs.....	12
Mt. Dora Hurricanes.....	4
Oak Ridge Pioneers.....	11
Ocoee Knights.....	26
Olympia Titans.....	16
Orlando Christian Prep Warriors.....	9
Osceola Cowboys.....	20
Oviedo Lions.....	17
Santa Fe Catholic Hawks.....	10
Seminole HS Seminoles (Men).....	8
Seminole HS Seminoles (Women).....	22
Timber Creek Wolves.....	6
University Cougars.....	13
Vero Beach Indians.....	24
Wekiva Mustangs.....	5
West Orange Warriors.....	15
Windermere Wolverines.....	4, 25
Windermere Prep Lakers.....	13
Winter Park Wildcats.....	19
Winter Springs Bears.....	14



EVENT HISTORY

	'10	'11	'12	'13	'14	'15	'16	'17	'18	TOTAL
METRO	9	11	12	17	7	6	17	11	12	102
FL	6	5	5	3	14	15	5	9	8	70



WOLVERINES

Windermere, FL • Class 7A District 6 • Head Coach: Mark Griseck (3rd year)
Last Season: 27-5 (6-1) • Regional Champion • MVFC Record: 2-0

SEASON OUTLOOK

The Wolverines have wasted no time going from a brand new school to a perennial playoff contender, appearing in the state semifinals in only their second season. The graduation of Dakota Rivers will sting, but with six returning varsity players, Coach Griseck is confident the Wolverines continue to be in good hands as they embark on their third year.



HURRICANES

Mount Dora, FL • Class 4A District 7 • Head Coach: John Liptak (1st year)
Last Season: 6-17 (2-4) • District Semifinalist • First MVFC Appearance

SEASON OUTLOOK

The Hurricanes will be a work in progress under the leadership of new head coach John Liptak and only four returning players from last year's roster. The goal for this year's team is to focus on detail, compete, and play together. The Canes will look to seniors Damian Cisco, Chris Melady, Max Porter, and Lowell Torres to provide needed leadership early in the season as they face some strong programs that will push Mount Dora to play at a high level.



Windermere High School

SEE MORE AT
METROVSEFL.COM



ROSTER

#	Name	Pos.	Ht.	Year
1	Matt Richardson	F	6-6	Jr.
2	Kanye Jones <i>FL Hoops 2021 #32</i>	G	6-3	Jr.
3	William Held	PG	5-11	Jr.
4	Zach Acheson	G	5-11	Sr.
5	Darrell Armstrong	G	6-3	Sr.
10	Elliott Yorke	G	5-11	Jr.
11	Trey Moss <i>FL Hoops 2021 #13</i>	PG	6-3	Jr.
12	Eric Canavan	F	6-6	Sr.
15	Jordan Crawford	F	6-3	Jr.
21	Trey Semien	G	6-0	Jr.
22	Jayden Crawford	F	6-3	Jr.
24	Jaden Golston	G	6-4	Jr.
30	Chris Nurse	F	6-4	So.

Mount Dora High School

SEE MORE AT
METROVSEFL.COM



ROSTER

#	Name	Pos.	Ht.	Year
0	Damian Cisco	G	6-0	Sr.
2	Lowell Torres	SG/F	6-3	Sr.
3	Nick Venesiano	PG	5-8	Jr.
4	David Harris	G	5-10	Jr.
10	Tyrique Thompson	G	5-10	Jr.
12	Caleb Richter	F	6-4	Sr.
14	Isiah Hatter	G	5-10	Sr.
20	Sadler Burke	G	6-0	Sr.
23	Graceson Burke	G/F	6-2	Sr.
24	Alexander Creeze	G	6-0	Fr.
32	Alan Cauthen	C	6-4	Sr.
34	Chris Melady	F/C	6-4	Sr.
34	Max Porter	F	6-5	Sr.
40	David Nix	C	6-4	Sr.



Wekiva High School



MUSTANGS

Apopka, FL • Class 6A District 4 • Head Coach: Gersino Lubin (6th year)
Last Season: 10-17 (1-5) • District Runner-Up • MVFC Record: 10-6

SEASON OUTLOOK

After a thrilling buzzer-beater propelled the Mustangs into the District Championship game last year in a huge upset over rival Apopka, Wekiva was just barely edged by eventual state semi-finalist Evans. Now in a new district with new challenges, the Mustangs reload behind a very young roster. Wekiva will rely on leadership from sole senior Tristan Bryan along with returning varsity players Donavon Stokes, Isiah Laster, and a host of new faces who will have to gel quickly to compete with another tough schedule.



ROSTER

#	Name	Pos.	Ht.	Year
0	Tristan Bryan	SF	5-11	Sr.
1	Donavon Stokes	SF	6-0	Jr.
3	Jamarric Hammond	PG	5-10	So.
4	Quantary Roberson	SG	5-10	Jr.
10	Isiah Laster	SG	6-0	Jr.
11	Jarid Bryan	SF	5-10	Jr.
12	Nikhil Edouard	PF	6-2	Jr.
15	Prince Daniel	SF	5-10	So.
21	Asael Caballero	PF	6-3	Jr.
23	Jaylan Hicks	PG	5-10	So.
24	Jaylen Sirmons	SF	6-0	Jr.
25	Carey Davis	SF	6-0	Fr.
32	Hampton Malachi	SF	6-1	Fr.



EAGLES

The Master's Academy



Oviedo, FL • Class 3A District 4 • Head Coach: Reggie Kohn (6th year)
Last Season: 22-8 (3-1) • Regional Runner-Up • MVFC Record: 4-1

SEASON OUTLOOK

Last year's appearance in the Regional Final extended the Eagles' streak to five consecutive seasons at 19+ wins and three consecutive appearances in the regional playoffs. In spite of losing five seniors to graduation, Coach Kohn will expect his five returning varsity players to continue that tradition of excellence and lead the Eagles to another deep postseason run.



ROSTER

#	Name	Pos.	Ht.	Year
0	Terrance Gibbs	G	6-1	So.
1	Corey Sawyer	G	6-3	Sr.
2	Jedaiah Alexander	G	6-5	Sr.
3	Andrew Thelwell	G	6-3	Sr.
4	Colby Barron	F	6-5	Sr.
5	Cristian Rojas	G	5-10	Sr.
10	Eduardo Placer	G	6-3	Fr.
12	Connor Jones	G	6-2	Sr.
13	Andrew Coronel	G	5-11	Jr.
15	Edrian Mangual	G	6-2	Sr.
22	Everett Adams	F	6-6	Sr.
25	Joe Barrett	C	6-11	Sr.
30	Jordan Porter	G	5-11	Jr.

GAME 2: WED. NOVEMBER 27 AT 11:00 AM

PRESENTED BY





WOLVES

Orlando, FL • Class 7A District 4 • Head Coach: David Bailey (7th year)
Last Season: 21-7 (8-2) • District Runner-Up • MVFC Record: 5-4



SEASON OUTLOOK

The Wolves are coming off of one of their best seasons in school history in spite of an upset loss in last year's district tournament. They hope to use this momentum to propel them to even greater heights under the leadership of returning seniors Dylan Holloman and Anthony Figueroa.



ROSTER

#	Name	Pos.	Ht.	Year
2	Dylan Holloman	SG	6-0	Sr.
3	Anthony Figueroa	SG	6-0	Sr.
4	Denzel Luna	SG	6-1	Jr.
5	Connor Recio	F	6-3	Sr.
10	John Macon III	F	6-5	Jr.
11	Michael Brown	G	6-1	Jr.
12	Tyler Russell	G	5-11	Jr.
20	Rasheed Baldwin	G	6-3	So.
22	Zach Reinhart	G	6-4	Jr.
23	Mookie Elmahmoud	G	5-9	Sr.
32	Pierre Summers	G	5-9	Jr.
33	Esteban Diaz	G	5-10	Jr.

Eustis High School

Eustis, FL • Class 4A District 7 • Head Coach: Coy Patterson (3rd year)
Last Season: 21-9 (5-3) • Regional Runner-Up • MVFC Record: 3-4



SEASON OUTLOOK

Last year, the Panthers broke 20 wins for the first time in four years on their way to a Regional Championship appearance. After graduating six seniors, the Panthers reload behind the talents of returning star Bradley Douglas, an All-State, All-Area, and Florida Hoops honoree. He joins three other returning seniors and a number of new faces as Eustis looks to prove that last year's playoff run was just the beginning.



ROSTER

#	Name	Pos.	Ht.	Year
1	Nate Rembert	G	5-8	Jr.
3	Benny Turner	G/F	6-4	Jr.
4	Bradley Douglas <i>FABC All-State 6A 3rd Team</i> <i>Sentinel All-Area 4th Team</i> <i>FL Hoops 2020 #66</i>	G	6-2	Sr.
5	Karlton Walton	G/F	6-3	Jr.
10	Jeric Hutto	PG	5-10	Fr.
12	Cory Robinson	F	6-2	Sr.
14	Tyree Patterson	G	6-3	Fr.
22	Conrad Thompson	G	6-0	Jr.
23	Johnathan Cannon	F	6-3	Jr.
24	Vamari Simpkins	G	6-1	Sr.
32	Jacquez Green	F	6-5	Jr.
33	Jordan Stevenson	G	6-0	Jr.
34	Jaden Green	F	6-2	Sr.
42	Kyle Belgrave	F/C	6-5	Jr.
44	Vandel Brown	F/C	6-3	Jr.



Edgewater High School

EAGLES



Orlando, FL • Class 6A District 6 • Head Coach: Jason Atherton (6th year)
Last Season: 20-7 (7-0) • District Semifinalist • MVFC Record: 6-4

SEASON OUTLOOK

The Eagles enter the season looking to continue their success with a versatile roster that will allow them to play in a variety of ways. The trio of guards Michael Eads (Appalachian State), Navuan Peterson, and Tre Simmons will lead the backcourt and continue the tradition of strong guard play at Edgewater. Wings Lloyd Matthew, Xavier Barbel, and Dequarious Boles will provide length and athleticism on both ends of the floor.



ROSTER

#	Name	Pos.	Ht.	Year
1	Tre Simmons	G	6-1	Jr.
2	Amari Butler	G	6-1	Jr.
4	Lloyd Matthew	F	6-6	Sr.
5	Patrick Kanyamuhanda	G	6-2	Jr.
10	Michael Eads [Appalachian St.] FABC All-State 8A 3rd Team Sentinel All-Area 2nd Team Source Hoops Central FL 2020 #1 FL Hoops 2020 #22	SG	6-5	Sr.
11	Navuan Peterson	W	6-5	Sr.
14	Errol Thompson	G	6-0	Sr.
15	Xavier Barbel	F	6-5	Sr.
21	Ledaryn White	F	6-4	Sr.
24	Marquel Stayer	G	6-2	Jr.
32	Dequarious Boles	G	6-6	Sr.

Lake Brantley High School



PATRIOTS



Altamonte Springs, FL • Class 7A District 3 • Head Coach: Mike Cuff (16th year)
Last Season: 16-11 (10-2) • District Semifinalist • MVFC Record: 3-7

SEASON OUTLOOK

The Patriots have been steadily improving their record for the past two seasons, but after losing nine seniors to graduation, the rising Class of 2020 has some big shoes to fill. Returning seniors Isaac Ogando and Julian Beltre will provide continuity while the Patriots welcome a number of new faces to their varsity program as they try to make noise in a talent-loaded 7A-3 district.



ROSTER

#	Name	Pos.	Ht.	Year
0	Isaac Ogando	G	6-1	Sr.
1	Machai Campbell	W	6-2	So.
3	Angel Rivera	G	6-1	Jr.
10	Garrett Howe	F	6-0	Jr.
11	Colton Williams	F	6-2	Sr.
12	Zack Weiss	SG	6-0	Sr.
13	Jedon Ward	PG	5-11	Jr.
21	Eric Vandendriessche	F	6-2	Fr.
23	Julian Beltre	G	5-9	Sr.
33	Declan Macfadyen	W	6-1	Jr.
34	Jack Klinger	C	6-7	So.
42	Frederic Wison	C	6-2	Sr.
52	Wil Parnell	PF/C	6-3	So.

GAME 4: WED. NOVEMBER 27 AT 1:45 PM

PRESENTED BY

St. Germain
CHIROPRACTIC CLINIC





L I O N S

Orlando, FL • Class 7A District 5 • Head Coach: Antonio Cunningham (5th year)
Last Season: 14-17 (2-8) • Regional Semifinalist • MVFC Record: 2-2

SEASON OUTLOOK

Coming off last year's district championship, the Lions will be led by returners Jaylen Harper, Bryce Johnson, and Andre Cooper (Virginia Military Institute). With the additions of Cameron Hall and Austin Allison, the Lions will no doubt be an exciting team to watch.



R O S T E R

#	Name	Pos.	Ht.	Year
1	Zach Chenault	G	5-10	Sr.
2	Cameron Hall <i>All-Metro 1st Team</i>	G	5-8	Sr.
3	Austin Allison	G/F	6-5	Sr.
4	Jaylen JJ Harper	G/F	6-4	Sr.
5	Bryce Johnson	SG	6-2	Jr.
10	Juan Navedo	G	5-11	Jr.
12	Demir Conliffe	F	6-3	Jr.
14	Kenneth Lewis	G	6-1	Jr.
15	Eric Bazil	G/F	6-1	Jr.
24	Andre Cooper [VMI]	F	6-7	Sr.
34	Sebastian Urbina	F	6-4	So.



S E M I N O L E S

Sanford, FL • Class 7A District 2 • Head Coach: Sylvester Wynn (6th year)
Last Season: 23-5 (11-1) • Regional Runner-Up • First MVFC Appearance

SEASON OUTLOOK

In three of the last five years, the Fighting Seminoles have made it to the Regional Finals by winning over 100 games. The Seminoles have threepeated the Seminole Athletic Conference and repeated as District Champions in 2018 and 2019. The Seminoles look to leadership from O'Shae Baker (SAC First Team 2017, 2018, 2019; SAC 2018 Player of the Year), Demari and Ja'Cari Henderson (SAC 2nd Team; USAB Team), Amarie Perkins, and Ladarron Cleveland to keep the winning tradition going.



R O S T E R

#	Name	Pos.	Ht.	Year
	O'Shae Baker			
10	<i>Sentinel All-Area 3rd Team All-SAC 1st Team</i>	PG	5-10	Sr.
11	Ladarron Cleveland	PF	6-0	Sr.
	Demari Henderson			
12	<i>Sentinel All-Area Hon. Mention All-SAC 2nd Team FL Hoops 2022 #35</i>	G	6-0	So.
14	Amaire Perkins	G	6-1	Sr.
20	Joshua Dunlap	W	6-2	Sr.
	Ja'Cari Henderson			
22	<i>Sentinel All-Area Hon. Mention All-SAC 2nd Team FL Hoops 2022 #18</i>	W	6-0	So.
23	Jaden Waiters	F	6-3	Sr.
24	Danté Drummond	SF	6-2	So.
30	Aleksej Brnjos	F	6-2	Sr.
32	Bryce Harrison	F	6-4	Fr.
34	Kameron Moore	SF	6-2	So.
40	Anthony Coefield	G	5-11	Sr.
42	Shawn Shaukat	F	6-6	Sr.
44	Erric Wynn	SF	6-4	Sr.





Jones High School

SEE MORE AT
METROVSEL.COM



TIGERS

Orlando, FL • Class 5A District 5 • Head Coach: Alex Jackson (2nd year)
Last Season: 15-10 (4-1) • District Semifinalist • MVFC Record: 5-2

SEASON OUTLOOK

In his second year, Coach Alex Jackson hopes to continue the momentum the Tigers have been building for the past several years to not just complete a winning season, but also make some noise in their new 5A-5 district assignment. Returning seniors Noah Muszai and Lamar Escontrias will be joined by transfers Shakur Poteat, Latavius Poole, and EJ Rolle, who all bring varsity playing experience to the table.



ROSTER

#	Name	Pos.	Ht.	Year
4	Shelton Taylor	F	6-7	Jr.
5	Noah Musazi	G	6-0	Sr.
10	Latavius Poole	F	6-4	So.
11	Shakur Poteat	G	6-1	Sr.
12	Colonel Robbins	G	5-10	Jr.
21	Edwin Urbano	F	6-6	Sr.
22	E.J. Rolle	G	6-2	Jr.
23	Anthony Henson	G	6-3	Jr.
32	Lamar Escontrias	G	6-0	Sr.
33	Colson Lundy	G	6-2	Jr.
50	Mario Green	G	6-0	Sr.

Orlando Christian Preparatory School

SEE MORE AT
METROVSEL.COM



WARRIORS

Orlando, FL • Class 2A District 11 • Head Coach: Treig Burke (4th year)
Last Season: 23-6 (4-0) • State Runner-Up • MVFC Record: 4-1

SEASON OUTLOOK

While the 2018-19 season may have ended in an overtime heartbreaker in the State Championship, the Warriors have much to be proud of and every reason to believe they'll be back. Nearly all of that runner-up team returns, led by Southern Illinois commit Eric Butler. OCP is stacked with young talent, including ranked sophomores Ven Allen Lubin and Anthony Brown, plus freshman Jayden Hastings on FL Hoops' 2023 watch list.



ROSTER

#	Name	Pos.	Ht.	Year
0	Terrance Reese	G	6-1	Sr.
1	Brian Miller	G	5-9	Sr.
2	Ven Allen Lubin <i>Sentinel All-Area 5th Team FL Hoops 2022 #10</i>	F	6-7	So.
3	Anthony Brown <i>Sentinel All-Area Hon. Mention FL Hoops 2020 #21</i>	G	6-3	So.
4	Barry Wagner	G	6-2	Sr.
5	Eric Butler [Southern Illinois] <i>FABC All-State 3A 1st Team Sentinel All-Area 4th Team FL Hoops 2020 #38</i>	G	6-3	Sr.
12	Jonthy Candelario	G	6-4	Sr.
13	Sam Ihekwoaba	G	6-5	Sr.
14	Camden Easley	F	6-8	Jr.
20	KJ Robinson	G	6-1	Fr.
21	Jayden Hastings <i>FL Hoops 2023 Watch List</i>	PF/C	6-9	Fr.
35	Omar Figueroa Acevedo	G	6-0	Jr.

GAME 6: WED. NOVEMBER 27 AT 5:30 PM

PRESENTED BY





BLUE DARTERS

Apopka, FL • Class 7A District 3 • Head Coach: Scott Williams (4th year)
Last Season: 22-4 (6-0) • District Semifinalist • MVFC Record: 8-7



SEASON OUTLOOK

Apopka hopes to translate regular season success (39 wins, 1 District Title, 1 Metro Title, #1 State Ranking) into playoff success in 2020. The Blue Darters will rely on the leadership and play of senior forward Zach Anderson and junior PG John Latimer III to lead an athletic, talented club. Apopka now plays in a newly formed 7 team district that will be deep and talented every year, so the journey to the playoffs grows even harder.



ROSTER

#	Name	Pos.	Ht.	Year
1	Rudy Gatling	G	6-2	Sr.
2	Zach Anderson [FGCU] <i>Sentinel All-Area 3rd Team</i> <i>FL Hoops 2020 #23</i>	F	6-6	Sr.
3	John Latimer III <i>FL Hoops 2021 #45</i>	PG	6-1	Jr.
4	Isaac Joseph	W	6-2	Sr.
5	Camerin James <i>FL Hoops 2023 Watch List</i>	F	6-4	Fr.
10	Brandon Johnson	G	5-10	So.
12	Chris Daniel	G	5-8	Jr.
20	Jaden Shaw	PG	5-8	Sr.
21	Corey Smith	W	5-11	Jr.
22	Myrick Davis	G	5-11	Jr.
23	Earl Lombardi	C	6-4	Jr.
24	Jalen Studstill	W	5-10	Jr.
30	Jackson Edwards	C	6-6	Jr.
32	Rodney Wenzel	C	6-4	Sr.
33	Devin Leath	W	6-1	Jr.

Santa Fe Catholic High School



HAWKS

Lakeland, FL • Class 3A District 9 • Head Coach: Mike Blicher (4th year)
Last Season: 19-9 (6-0) • District Runner-Up • First MVFC Appearance



SEASON OUTLOOK

The Hawks will be led by their athletic, skilled, and competitive senior returners Joe Stubbs, Ray Davis and Javon Bell, all named as All-County honorees in their junior year. Joining them is a talented trio of transfers Antwan Walker, Brian Elliott and Corey Warren, along with a skilled and tough freshman, Jackson Elliott. Armani Pinkston, Grant Heisey and Keyshon Fuller will provide great depth at the guard position.



ROSTER

#	Name	Pos.	Ht.	Year
0	Joe Stubbs <i>Polk Preps All-County 1st Team</i> <i>FL Hoops 2020 #92</i>	G	6-4	Sr.
1	Javon Bell <i>Polk Preps All-County 3rd Team</i>	G	6-4	Sr.
2	Antwan Walker <i>Polk Preps All-County 2nd Team</i>		6-1	Sr.
3	Brian Elliott		6-5	Sr.
4	Armani Pinkston	G	5-11	Sr.
5	Corey Warren	G/F	6-4	Jr.
11	Ray Davis <i>Polk Preps All-County 2nd Team</i>	PG	6-1	Sr.
12	Keyshon Fuller		5-11	Jr.
22	Grant Heisey		5-11	Jr.
33	Jackson Elliott		6-4	Fr.



Oak Ridge High School

SEE MORE AT
METROVSEFL.COM



PIONEERS

Orlando, FL • Class 7A District 5 • Head Coach: Steve Reece (3rd year)
Last Season: 19-7 (4-0) • Regional Runner-Up • MVFC Record: 2-3

SEASON OUTLOOK

After graduating six seniors from last year's Regional Runner-Up team, the Pioneers reload behind the talents of transfers Michael James, ranked the #1 junior in Florida by Source Hoops, and Rodrick Henry. They join returning ranked junior Jalen Smith along with some new faces as they start their journey back to the Regional Championship game and beyond.



ROSTER

#	Name	Pos.	Ht.	Year
0	Michael James <i>Source Hoops Central FL 2021 #1</i> <i>FL Hoops 2021 #10</i>	G/W	6-5	Jr.
1	Jalen Smith <i>FL Hoops 2021 #11</i>	G	6-3	Jr.
3	Rodrick Henry <i>FL Hoops 2021 #25</i>	PF/W	6-6	Jr.
4	Lewis Jones	F	6-6	So.
5	Kaleb Thomas	G	6-2	Jr.
10	Jalen Petit	G	6-2	Sr.
22	Jeremiah Bannister	PF	6-6	Jr.
24	Kalen Carroll	PG	5-11	So.

Mainland High School

SEE MORE AT
METROVSEFL.COM



BUCCANEERS

Daytona Beach, FL • Class 6A District 4 • Head Coach: Joe Giddens (3rd year)
Last Season: 27-2 (20-0) • Regional Semifinalist • MVFC Record: 1-4

SEASON OUTLOOK

Mainland has been a contender since reaching the Regional Final two years ago. This year, the team is poised to make a bigger run in to the FHSAA playoffs. Returnees Jordan Sears (Gardner Webb), Taron Keith (USF), and Shayne Brennen will anchor the team, while rising Juniors Jalen Willis, and Kyle Bowman will add offensive punches.



ROSTER

#	Name	Pos.	Ht.	Year
0	Shayne Brennen	F/C	6-10	Sr.
2	Jalen Willis	G	6-0	Jr.
3	Brandon Cordero	G	6-1	Jr.
4	Taron Keith [USF] <i>Volusia All-Area 2nd Team</i>	G	5-11	Sr.
5	Nigle Cook	G	6-3	Fr.
10	Kyle Bowman	G/F	6-3	Jr.
11	Jordan Sears [Gardner Webb] <i>FABC All-State 7A 1st Team</i> <i>Volusia All-Area 1st Team</i> <i>FL Hoops 2020 #36</i>	G	5-11	Sr.
12	Kenny Witherspoon	G	6-0	Sr.
13	Dontrell Thompson	G	6-2	Fr.
20	Bob Agledor	F	6-5	Jr.
24	Marquez Knoghton	F	6-4	Sr.
25	DeeShaun Simmons	G	5-10	So.
32	Ty'Rion Denson	F/C	6-6	Jr.

GAME 8: WED. NOVEMBER 27 AT 8:30 PM

PRESENTED BY



11



PATRIOTS

Orlando, FL • Class 7A District 5 • Head Coach: Duke Leonardo (3rd year)
Last Season: 5-21 (0-4) • District Quarterfinalist • MVFC Record: 2-5

SEASON OUTLOOK

The Patriots are ready to get a little payback. With eight returning players and three returning starters, the Pats are looking to bounce back after last season. The starting backcourt from last season, Austin Davis Garcia and Senior Holden McKenzie are back, as well as a talented trio of bigs, Jagger Fremstad, Maxwell Dye, and Alan Archer, all looking to lead the Patriots.



ROSTER

#	Name	Pos.	Ht.	Year
0	Etienne Gomez	G	6-0	Sr.
1	Braden VanBart	G	5-11	Sr.
2	Austin Davis Garcia	G	5-8	Jr.
3	JC Colon	G	5-10	Jr.
4	Alan Archer	F	6-2	Sr.
5	Wilfred Padilla	F	6-1	So.
10	Bryan Munoz	G	6-0	Sr.
12	Derek Diaz	G	5-9	Sr.
13	Holden Mckenzie	G	5-11	Sr.
20	Ronald Starke	F	6-1	Sr.
21	Jagger Fremstad	F/C	6-4	Sr.
23	Maxwell Dye	C	6-5	Sr.
25	Jose Rivera	F	6-0	Sr.

Mount Dora Christian Academy



BULLDOGS

Mount Dora, FL • Class 2A District 10 • Head Coach: Steven Hayes (19th year)
Last Season: 22-6 (5-1) • District Runner-Up • MVFC Record: 1-4

SEASON OUTLOOK

After a strong regular season, the Bulldogs' playoff aspirations were cut short by the eventual state champions from OCP. But eight returning varsity players will help lead MDCA to be a serious threat once again in the postseason this year.



ROSTER

#	Name	Pos.	Ht.	Year
0	Rodney Bryant	SG	6-0	Jr.
1	Hayden Robertson	SG	5-11	Sr.
2	Jace Spinelli	SG	6-1	Sr.
3	Edwin Chatman <i>Sentinel All-Area Hon. Mention</i>	SG/SF	6-3	Sr.
4	Isaiah Bryant	PG	5-9	Fr.
5	James Wakefield	SG	6-0	Sr.
15	Kessler Welter	SF	6-1	Jr.
22	Jibril Ndiaye	PF/C	6-6	Sr.
23	Kevin Fredrick	F	6-4	Fr.
30	Dylan Sword	F	6-3	Sr.
34	Jack Webster	SG/SF	6-4	Sr.





University High School



COUGARS

Orlando, FL • Class 7A District 4 • Head Coach: Eddie Johnson II (4th year)
Last Season: 7-19 (2-8) • District Semifinalist • MVFC Record: 4-4

SEASON OUTLOOK

The 2019-2020 University Cougars are a defensive-minded, transition basketball team. With shooters at every position, this year's team needs to move the ball on offense and play stiff defense to be a contender. Junior small forward Ocypher Owens returns to bolster the Cougar cause after missing much of last season due an injury sustained when playing against Oak Ridge HS.



ROSTER

#	Name	Pos.	Ht.	Year
1	Javier Maldonado	PG	5-10	Jr.
2	JonAnthony Hutton	PG	5-10	So.
3	Jacob Rodriguez	G	5-9	Sr.
4	Joseph Rodriguez	PG	5-11	Sr.
5	Marius Hodge	G	6-0	Jr.
10	Brandon Fink	PF/C	6-3	Sr.
11	Alvaro Mendez	G	6-1	Jr.
12	Jamar Ingram	W	6-3	So.
13	Ray Perez	W	5-10	Jr.
14	Prince Doghor	PF/C	6-4	Sr.
15	Ammir Thomas	G/SF	6-2	Jr.
20	Ryan D'ali	PF	6-4	Sr.
21	Ocypher Owens	F	6-4	Jr.
22	Blake Ticehurst	PF/C	6-5	Sr.
23	Eric Shepherd	PF	6-3	Jr.

Windermere Preparatory School



LAKERS

Windermere, FL • Class 3A District 4 • Head Coach: Brian Hoff (2nd year)
Last Season: 10-17 (1-4) • District Semifinalist • MVFC Record: 3-2

SEASON OUTLOOK

Windermere Prep returns four starters from a district semifinalist finish a year ago led by Fanbo Zeng, an All-Area performer as a freshman last season. Zeng will lead a deep team which includes returning starters Zavien Williams, Jayden Williams, and Jaden Knowles. Sophomore Jayden Williams broke the school record for three pointers made last year in his freshman season.



ROSTER

#	Name	Pos.	Ht.	Year
0	Jouldan Velez	PG	5-8	Sr.
1	Jaden Knowles	W	6-1	Jr.
2	Elijah Hulsewe	C	6-11	Jr.
3	Fanbo Zeng <i>Sentinel All-Area Hon. Mention Source Hoops Central FL 2022 #1 FL Hoops 2022 #8</i>	F/W	6-9	So.
4	Drew Kousaie	G	5-10	So.
5	Rick Walcott	W	6-1	Sr.
10	Davis Martin	F	6-3	Jr.
11	Jack Hudgins	W	6-2	Jr.
12	Pablo Crespo	PG	5-9	Sr.
15	Kaden Lucas	SG	5-11	Jr.
21	Lokesh Chintapalli	SG	6-2	Sr.
22	Cole Nabavi	G	6-0	Jr.
23	Zavien Williams	G	6-0	Jr.
25	Jayden Williams	SG	6-3	So.
30	Jaylen Smith	PG	5-9	Fr.

GAME 10: FRIDAY, NOVEMBER 29 AT 12:15 PM

PRESENTED BY

St. Germain
Chiropractic Clinic





B E A R S

Orlando, FL • Class 7A District 5 • Head Coach: Joe Roy (1st year)
Last Season: 7-18 (2-2) • District Semifinalist • MVFC Record: 0-2



SEASON OUTLOOK

The Bears will be guard heavy this year, but will play extremely hard against opponents defensively, and that is where they will turn defense into offense this year. Jonathan Gonzalez is ready to come into his senior season in a leadership role. Brandon Rivas is ready to be the real deal and lead the Bears to a run at the district title. Jesus Rodriguez will be ready to show he's a great shooter from the outside the entire season.



ROSTER

#	Name	Pos.	Ht.	Year
0	Jonathan Gonzalez	PG	5-7	Sr.
1	Gabriel Benitez	PG	5-9	Sr.
2	Marquise Parker	PG	5-9	Sr.
3	Nelkie Alvarado	SG	5-11	Sr.
5	Caleb McGlocking	SG	5-10	Sr.
10	Jesus Rodriguez	SG	5-10	Sr.
11	Jaden Mathieu	C	6-3	Jr.
12	Derek Rodriguez Mercado	SF	5-11	Sr.
15	Cesar Mercedes	PF	6-0	Sr.
21	Yonas Medfu	PF	6-3	Jr.
23	Brandon Rivas	SF	6-1	Sr.
25	Carter Claggett	PF	6-2	Jr.



B E A R S

Winter Springs High School

Winter Springs, FL • Class 6A District 4 • Head Coach: Will Bakanowsky (7th year)
Last Season: 5-20 (4-7) • District Quarterfinalist • MVFC Record: 1-3



SEASON OUTLOOK

Winter Springs has moved to class 6A this year. The Bears are led by Seniors Mark Moshir, Mitchell Pacombe and Connor Combs. Following the Bears' volleyball playoff run and football's first district title in five years, the excitement for a winning basketball season is high on campus. The Bears are thrilled to be a part of the best High School Basketball event in Florida and hope to avenge last year's loss.



ROSTER

#	Name	Year
1	Rafael Hayes	Sr.
2	Kerehos Mikhaeil	Sr.
3	Jayden Polanco	So.
4	Devin Corino-Scaglione	Sr.
5	Adam Leibowitz	Jr.
11	Eli Guzman	Sr.
20	Matt Kirry	Jr.
21	Mark Moshir	Sr.
23	Mitchell Pacombe	Sr.
24	Toby Robinson	Jr.
25	Carlos Bond	Sr.
32	Connor Combs	Sr.
34	Will Thompson	Sr.



West Orange High School

SEE MORE AT
METROVSEFL.COM



WARRIORS

Winter Garden, FL • Class 7A District 3 • Head Coach: Eric Jones (14th year)
Last Season: 6-20 (2-5) • District Semifinalist • MVFC Record: 7-2

SEASON OUTLOOK

The Warriors look to rebuild and gain experience as the season progresses. With only one returning starter (McCalister) and the leadership of seniors (Smith and O'Brien), the Warriors hope to make an impact in a new competitive district format. Young talent (DeBose and Scott) and depth (Main, Polynice, Allen) will allow the Warriors be competitive. #HYDAIHYDE



ROSTER

#	Name	Pos.	Ht.	Year
1	Landon O'Brien	G	6-1	Sr.
2	Brady Scott	G	5-9	So.
3	Jonas Polynice	G	5-10	Jr.
5	Garrison Smith	PG	5-10	Sr.
10	Jalen DeBose	PG	5-11	Fr.
11	Jack Main	G	6-2	Jr.
12	Max Skorman	G	6-2	Sr.
13	Marcus Allen	F	6-4	Jr.
14	Blake Stillwell	G		Sr.
15	Mike McCalister	F	6-4	Jr.
20	Caleel Horne	PG		Fr.
21	Frankie Washington	G		So.
22	Jayden Gibson	C	6-5	So.
23	Kyle Berhle	F	6-3	Fr.

Auburndale High School

SEE MORE AT
METROVSEFL.COM



BLOODHOUNDS

Auburndale, FL • Class 5A District 7 • Head Coach: Eric Robinson (18th year)
Last Season: 22-8 (3-1) • Regional Runner-Up • MVFC Record: 3-1

SEASON OUTLOOK

Ranked #6 in the Polk Hoops preseason top 15, the Bloodhounds will look to repeat and surpass their Regional Final appearance last season under the leadership of seniors Dorian Allen, Cam Laguerre, Christian Robinson, and Tobias Holton. Big things will also be expected from promoted members of a JV team on a three-year undefeated streak.



ROSTER

#	Name	Pos.	Ht.	Year
0	Elijah Davis	PF	6-0	So.
1	Tobias Holton	SF	6-1	Sr.
2	Milton Smith	PG	5-8	Jr.
4	Wayne Hewitt	PG	5-9	Jr.
5	Cameron Laguerre <i>Polk Preps All-County Hon. Mention</i>	SF	6-3	Sr.
10	Christian Robinson	SG	5-10	Sr.
11	Decoryenn Feacher	C	6-6	Jr.
12	Dorian Allen <i>Polk Preps All-County Hon. Mention</i>	PG	5-10	Sr.
13	Zaylen Perry	SF	6-5	Jr.
15	Jerrold Johnson	SF	6-0	Fr.
21	Kiandre Hills	PF	6-5	Jr.
34	David Drier	C	6-6	Jr.

GAME 12: FRIDAY, NOVEMBER 29 AT 3:30 PM

PRESENTED BY

St. Germain
Chiropractic Clinic





TITANS

Orlando, FL • Class 7A District 3 • Head Coach: Rob Gordon (3rd year)
Last Season: 6-21 (1-3) • District Semifinalist • MVFC Record: 9-4

SEASON OUTLOOK

Last year was a rebuilding season for the Titans, but having lost just four seniors and returning seven varsity players, Olympia should have some continuity that will allow them to build momentum. The Titans are still quite a young team with only two seniors on the roster, but that will set them up for long-term success.



YELLOWJACKETS

Bartow, FL • Class 6A District 6 • Head Coach: Terrence McGriff (18th year)
Last Season: 18-10 (4-2) • District Champions • MVFC Record: 5-3

SEASON OUTLOOK

Each year, the Jackets' outlook and goals are the same: to play hard, play smart, and play together. Hard means with great effort, smart means with proper execution and together means unselfishly. If Bartow can do that, they will have success on the court and represent the city of Bartow with great class, respect and dignity as their basketball family and the special place they call home.



Olympia High School

SEE MORE AT
METROVSFL.COM



ROSTER

#	Name	Ht.	Year
1	Jalen Travick	5-11	Jr.
2	Edgerrin James	5-11	Fr.
3	Tyeree Bryan	6-4	Jr.
4	Clodner Pierre	6-4	So.
5	Dennis Warner	6-0	Jr.
10	Dylan Lytus	6-1	So.
11	Jacari White	6-3	Jr.
12	Jackson Dillon	6-1	Jr.
20	Krubel Aylay	6-2	Jr.
21	Kevins Charles	6-4	Fr.
22	Charles Outlaw	6-5	Fr.
23	Julian Fletcher	6-2	Sr.
30	Tommy Ibrahim	6-4	Sr.

Bartow High School

SEE MORE AT
METROVSFL.COM



ROSTER

#	Name	Pos.	Ht.	Year
0	Walter Clayton <i>FL Hoops 2021 #17</i> <i>Polk Preps All-County 1st Team</i>	PG	6-3	Jr.
3	Jordy Lowery	SG	5-9	So.
12	Alex Vigo <i>Polk Preps All-County Hon. Mention</i>	SG	5-11	Jr.
14	Tyrone Smith	SG	5-8	Jr.
20	Amarion Frazier	PG	6-1	Jr.
21	Dwyan Marsh	F	6-3	Sr.
22	Daithan Davis <i>Polk Preps All-County Hon. Mention</i>	PF	6-5	Jr.
23	Zalen Gibbons	SF	6-1	Sr.
24	Joshua Simons <i>Polk Preps All-County 2nd Team</i>	PF	6-2	Sr.
32	Elijah Williams	SF	6-1	Sr.
33	Jadon Grady	PF	6-3	Sr.
34	Carlos Rojas	SG	5-8	So.
42	Amarion Baker	PG	5-6	So.

Dr. Phillips High School



PANTHERS

SEE MORE AT
METROVSEL.COM



Orlando, FL • Class 7A District 3 • Head Coach: Ben Witherspoon (1st year)
Last Season: 12-15 (3-1) • District Runner-Up • MVFC Record: 10-3

SEASON OUTLOOK

Coach Ben Witherspoon returns to the Metro Conference and inherits a program steeped in a tradition of excellence. While last year's tough schedule presented a bump in the road, DP is accustomed to 20+ win seasons and deep playoff runs, and that's just what they'll expect under leadership from Abdoulaye Thiam. Also pay close attention to sophomore upstart Ernest Udeh, who has shot into the FL Hoops Top 25 for his class.



ROSTER

#	Name	Pos.	Ht.	Year
1	Juneau Anicette	G	6-1	Sr.
4	Jeremiah Barze	G	6-2	Jr.
10	Jamari Gaines	G	6-3	Jr.
11	Chris Wright	G	6-0	Sr.
12	Abdoulaye Thiam <i>Sentinel All-Area Hon. Mention</i>	G	6-3	Sr.
20	Denzel Aberdeen	G	6-2	So.
21	Ernest Udeh Jr. <i>FL Hoops 2022 #19</i>	C	6-8	So.
22	Mason Sheffield	G	6-2	So.
23	Kaleb Fenelus Williams	C	6-6	Sr.
24	Ledger Hatch	F	6-5	Jr.
30	Jason Bernabe	F	6-5	Sr.
32	Shi Gaskin	C	6-5	Sr.
33	Joseph Poventud	G	6-2	Fr.

Oviedo High School



LIONS

SEE MORE AT
METROVSEL.COM



Oviedo, FL • Class 7A District 4 • Head Coach: Jason Vallery (3rd year)
Last Season: 22-8 (9-3) • Regional Semifinalist • MVFC Record: 1-1

SEASON OUTLOOK

The Lions are poised for another outstanding season looking to capitalize on back-to-back 20 win seasons and push to new heights led by Seniors Mamush and Kayamo Galloway (both of whom are State Champion Cross Country and Track runners) and tons of young talent.



ROSTER

#	Name	Pos.	Ht.	Year
1	Mamush Galloway <i>Sentinel All-Area Hon. Mention All-SAC 1st Team</i>	SG	6-1	Sr.
2	Kemuel Mims	SF	6-4	Sr.
3	Kayamo Galloway	SG	6-1	Sr.
4	Max Strickland	SG	6-2	So.
5	Dominick Flores	SG	5-10	Sr.
10	Jady Newman	SG		So.
11	Caleb Barr		6-0	Jr.
12	Jacob Rose	PG	5-10	Jr.
13	Spencer Rose	SG	5-10	Jr.
15	Nick Demeola		6-3	Sr.
21	Jason Miller	SG	6-3	Jr.
23	Keyon Sargeant	SF	6-3	Sr.

GAME 14: FRIDAY, NOVEMBER 29 AT 7:00 PM

PRESENTED BY





BRAVES

Orlando, FL • Class 7A District 5 • Head Coach: David Martinson (5th year)
Last Season: 12-12 (6-5) • District Semifinalist • MVFC Record: 4-3



SEASON OUTLOOK

After graduating seven seniors, the Braves are re-building with some young talent that bring a great deal of camaraderie and positive energy to support returning three year varsity players Shukiou Sprauve and Matthew Kleber. Much of the load will be put on juniors Javion Phelps, Will Searl, and Soph Joey DePryor. The Braves look to bring a lot of energy and scoring while keeping with their tradition of setting the pace of the game.



ROSTER

#	Name	Pos.	Ht.	Year
1	Joey DePryor	PF/C	6-3	So.
2	Michael Bright	PG	5-11	Jr.
3	Matthew Kleber	G	6-1	Sr.
4	Andrew Pikalow	SF	6-1	Sr.
5	Javion Phelps	G	6-3	Jr.
10	Will Searl	G	6-3	Jr.
11	Antony Silva	SG	6-1	Jr.
14	Jack Candelaria	G	5-10	So.
15	Sean McCabe	F	6-0	Sr.
22	Daniel Cross	F	5-10	Sr.
23	Casey St. John	W	6-0	So.
24	Shukiou Sprauve	SG	6-0	Sr.
33	Shambre Jackson	C	6-6	Jr.



Bishop Moore Catholic High School

HORNETS

Orlando, FL • Class 4A District 7 • Head Coach: Jim Yarbrough (4th year)
Last Season: 20-5 (6-2) • District Semifinalist • First MVFC Appearance



SEASON OUTLOOK

The Hornets had a successful 2018-19 season, going 20-5 in year three under Head Coach Jim Yarbrough. With ten players graduating from a season ago, seniors Osyon Jones, Stephen Martin and Keyshawn Hendrickson look to step up into major roles to keep the Hornets on track and competing for the District Championship.



ROSTER

#	Name	Pos.	Ht.	Year
0	Trayvon Osborne	G	6-1	So.
1	Osyon Jones	G/F	6-4	Sr.
2	Blake Burkey	G	6-1	Jr.
3	Alec Kaplinger	G	5-9	Jr.
4	Dave Mezier	G	5-8	Sr.
5	Stephen Martin	F	6-5	Sr.
10	Keyshawn Hendrickson	G/F	6-0	Sr.
11	Marc Morrison	G	5-10	Jr.
12	Montrell Bell	G	5-7	Fr.
22	Donovan Murphy	F	6-7	Jr.
24	Zack Hudson	F	6-5	Sr.
32	Daniele Russo	F	6-7	Jr.
33	Bryan Rost	F	6-2	Jr.
35	Kyle Homan	F	6-0	Jr.
45	Jose Elias	G	5-10	Sr.



Winter Park High School

SEE MORE AT
METROVSEL.COM



W I L D C A T S

Winter Park, FL • Class 7A District 4 • Head Coach: Stevan Colletes (3rd year)
Last Season: 13-11 (5-5) • District Quarterfinalist • MVFC Record: 5-4

SEASON OUTLOOK

This year's Winter Park Wildcats basketball team will look to continue to grow. With a core group of returning seniors Clay Kuhn, Kam'ren Harrington, and Zachariah Andre; and junior Ryan Stanakis, leadership should not be an issue. They will look to improve on last year's 13-win season.



ROSTER

#	Name	Pos.	Ht.	Year
0	Gerry Harris	PG	5-11	Sr.
1	Jack Cocchiarella	F	6-5	Jr.
5	Josh Sohn	G	5-11	Jr.
10	Ryan Stanakis	PG	5-11	Jr.
13	Nakeem Counsell	W	6-3	Sr.
14	Victor Milanes	G	5-8	Sr.
20	Clay Kuhn	W	6-4	Sr.
21	Micheal Nix	F	6-3	Jr.
22	Kam'ren Harrington	W	6-3	Sr.
23	Stephen Childs	G/F	6-0	So.
24	Craig Jefferson	F	6-4	Jr.
30	Will McClanahan	SG	6-0	Jr.
33	Zachariah Andre	PG	6-0	Sr.
35	Ryan Roberts	F	6-3	Jr.

Lake Highland Preparatory School

SEE MORE AT
METROVSEL.COM



HIGHLANDERS

Orlando, FL • Class 4A District 7 • Head Coach: Ben Fratrik (3rd year)
Last Season: 16-13 (3-2) • District Champion • MVFC Record: 6-6

SEASON OUTLOOK

The Highlanders return most of the core from last years district championship team. 3 starters are back, and key reserves from last year look to emerge in bigger roles this season. Length and athleticism will be a strength, with five players at 6'4" or above. The Highlanders will have multiple options on offense, and will look to score early and often in transition. With a commitment to defending and running the floor, LHP has a chance to make some noise in the playoffs.



ROSTER

#	Name	Pos.	Ht.	Year
0	Jah Quinones	G	6-1	So.
1	Victor Brown Jr. <i>Sentinel All-Area Hon. Mention</i>	G/F	6-4	Sr.
2	Jared Berry	PG	5-9	So.
5	Alexander Webster	F	6-2	Sr.
11	Ian Stanfield	SF	6-3	Sr.
12	Ben Jablonski	F	6-2	Sr.
14	Sean Stewart <i>FL Hoops 2023 Watch List</i>	W	6-6	Fr.
15	Brice Sensabaugh	G/F	6-4	So.
22	Rock Swann	G/F	6-1	Sr.
23	Miles Horowitz	G	5-10	Jr.
25	Gabe Ferguson	C	6-7	Jr.
35	Miles Stewart	C	6-6	Jr.

GAME 16: SAT. NOVEMBER 30 AT 10:00 AM

PRESENTED BY





TROJANS

Orlando, FL • Class 7A District 3 • Head Coach: Lonza Morgan (3rd year)
Last Season: 23-8 (4-2) • Regional Champion • MVFC Record: 8-3

SEASON OUTLOOK

In his third year as head coach, Lonza Morgan has taken the Trojans from a sub-500 record two years ago to Regional Champions. Having graduated seven seniors from last year's Final Four squad, Evans will look to build on their success behind returning seniors guards Deshaun Osborne and Surrey Washington, returning Sophomore guard Jyshaun Melvin and transfer wing/ forward Collis Griffin.



Evans High School

SEE MORE AT
METROVSFL.COM



ROSTER

#	Name	Pos.	Ht.	Year
1	Erin Clark	G	5-8	Sr.
2	Aviree Anderson	G	5-9	So.
3	Collis Griffin	W/F	6-6	Sr.
4	Jyshaun Melvin	G	5-9	So.
5	Surrey Washington	G/W	6-2	Sr.
10	Calvin Wright	W	5-9	Sr.
11	Jimari Brown	G	5-9	Sr.
13	Henry Calixte	W/F	6-4	So.
15	Chris Dalmond	G	5-7	Sr.
22	Deshaun Osbourne	G	6-1	Sr.
23	Requan James	G/W	6-2	Sr.
30	Tristan Curry	W/F	6-4	Sr.
34	Arthur Johnson	F/C	6-6	Sr.

Osceola High School

SEE MORE AT
METROVSFL.COM



KOWBOYS

Kissimmee, FL • Class 7A District 6 • Head Coach: Nathan Alexander (6th year)
Last Season: 26-7 (6-2) • State Champion • MVFC Record: 4-2

SEASON OUTLOOK

The Kowboys are coming off a 2019 state championship season and graduating nine seniors from a core group that won 97 games in four years. There are a lot of fresh faces that will man this year's roster but the standards will not change. The Kowboys are lead by Armani Thomas and Josh Blazquez who had significant roles in last year's success. A handful of young players and first year varsity members are looking to make an impact on this year's team as well.



ROSTER

#	Name	Pos.	Ht.	Year
0	Tyrese Carraballo	G	5-10	Sr.
1	Edwin Colon	SF	6-5	Sr.
2	Armani Thomas	SG	6-3	Sr.
3	Josh Blazquez	PG	5-9	Jr.
4	Sean Combs	G	6-1	Fr.
5	Jacob Desangels	G	6-2	Sr.
10	Alonzo Rucker	PG	5-8	Jr.
11	Jeremiah Saintil	W	6-2	Sr.
13	Desmond Terry	SG	5-11	Sr.
15	Chris Rios	PG	5-9	Fr.
20	Chris Combs	G	5-9	So.
22	Ryan Rivera	SG	6-0	Fr.
23	Gabe Matias	G	6-1	So.
30	Devon Desouza	G	5-8	Sr.



East River High School



Orlando, FL • Class 6A District 5 • Head Coach: Wes Below (3rd year)
Last Season: 8-17 (1-6) • District Quarterfinalist • MVFC Record: 3-5

SEASON OUTLOOK

The Falcons are led by Julius Osborne, Savaughn Hartwell, and Michaah Johnson-Bagnare. All three are returning varsity guards who are quick, tough, tenacious defenders. This trio along with newcomer Isaiah Evans and forward Josh Buford add length and quickness. The Falcons are looking to be tough defensively and make opponents uncomfortable, while using their guard-heavy lineup to create mismatches on the perimeter.



ROSTER

#	Name	Pos.	Ht.	Year
3	Joshua Buford	G/F	6-3	Sr.
4	Julius Osborne	G	5-11	Sr.
5	Austin Tyree	SG	5-11	Jr.
10	Josh Rodriguez	G	6-1	Sr.
12	Alex Garcia	G	5-11	Jr.
20	Michaah Johnson-Bagnare	G	6-0	Sr.
21	Graylann Holland	G	6-0	So.
23	Isaiah Evans	G/SF	6-4	Sr.
24	Savaughn Hartwell	G	5-11	Sr.
30	John Starling	F	6-3	So.
35	Imran Shafaat	C	6-5	Sr.
	Kiante Jackson	G	6-0	Sr.

Lake Wales High School



Lake Wales, FL • Class 5A District 7 • Head Coach: Bobby Banks (1st year)
Last Season: 22-9 (6-2) • Regional Runner-Up • MVFC Record: 0-1

SEASON OUTLOOK

There's no sugar-coating the fact that Lake Wales has lost some talent to graduations and transfers, but the right ingredients are still there to hold up the Highlander tradition of excellence. New head coach Bobby Banks will rely on Polk Preps All-County honoree Donald Gatlin as well as returning varsity seniors John Garcia, Isaiah Telot, and Cory Wright to anchor a Highlander team that's ready to get back to the Regional Championship game again this year and push even further into the playoffs.



ROSTER

#	Name	Pos.	Ht.	Year
	Jamar Cole	G	5-7	So.
	Kaison Diaz	G	5-10	Sr.
	Chris Dorsainvil	F	6-3	So.
	Jeffrey Dorsainvil	F	6-3	Sr.
	Jaden Excell	G	5-7	Fr.
	Taderius Fields	G	5-7	Jr.
	John Garcia	F	6-6	Sr.
	Donald Gatlin <i>Polk Preps All-County Hon. Mention</i>	G	5-6	So.
	Tyler Green	F	6-2	Sr.
	Jamal Jones	F	6-2	So.
	Jamari Plain	C	6-4	Fr.
	Yoed Rivera	F	6-0	Sr.
	Isaiah Telot	F	6-3	Sr.
	Darius Williams	G	6-0	Sr.
	Corey Wright	G	6-0	Sr.

GAME 18: SAT. NOVEMBER 30 AT 12:45 PM

PRESENTED BY





BLUE DARTERS

Apopka, FL • Class 7A District 3 • Head Coach: Brittany Hardy (4th year)
Last Season: 4-23 (0-4) • District Semifinalist • MVFC Record: 1-1



SEASON OUTLOOK

After a rebuilding year last season, the Blue Darters return six varsity players including senior Karee' Thompson, and they're joined this year by transfer standout Hilani Cantone. Apopka hopes to build on their experience to make some noise in a district loaded with talent, and they already have a promising start after going 2-0 in their preseason classic.



ROSTER

#	Name	Pos.	Ht.	Year
1	Hilani Cantone <i>All-SIAA 2nd Team</i>	G/SF	5-8	Sr.
2	Trinity Nickens	G/F	5-9	Jr.
3	Mary McMillian	G/W	5-7	Sr.
5	Kiera Knight	G/W	5-7	Jr.
10	Elisa Lugo	G/W	5-7	So.
11	Karee' Thompson	G/W	5-8	Sr.
21	Michaela Moss	G/SF	5-7	Fr.
23	Janiya Johnson	G/W	5-8	Fr.
24	Savannah McAfee	G/F	5-9	So.
25	Dh'nizia Turner	F/P	5-8	So.
32	K'Nari Holliday	F/C	5-10	So.

Seminole High School



SEMINOLES

Sanford, FL • Class 7A District 2 • Head Coach: Shenique Gilbert (6th year)
Last Season: 17-9 (9-3) • District Champion • First MVFC Appearance



SEASON OUTLOOK

The Seminoles have a relatively young group, but active on the court. They are lead by Morgan Dillard (SAC 2019 Player of the Year), Emily Jarrell (Utah State University Commit) and Moné Wynn who is their rim protector. Coach Gilbert expects to have a few rising shooters and performers in Brooke Davis and transfer Minnie Griffin, and she is counting on solid bench support.



ROSTER

#	Name	Pos.	Ht.	Year
10	Minnie Griffin	G	5-7	Sr.
11	Eden Jones (inj.)	G		So.
12	Aniyah Tillmon	W	5-8	So.
14	Morgan Dillard <i>Sentinel All-Area 3rd Team All-SAC 1st Team; Player of Yr.</i>	PG	5-9	Jr.
20	Moné Wynn	C	6-2	Sr.
22	Asia Waiters	W	5-7	Jr.
23	Khari Santiago	SG	5-4	So.
24	Brooke Davis	SG	5-9	Jr.
32	Denise Pearson	W	5-7	So.
33	Briyana Davidson	F	5-9	Jr.
44	Emily Jarrell [Utah State]	PF	6-1	Sr.



Apopka High School

BLUE DARTERS



Apopka, FL • Class 7A District 3 • Head Coach: Scott Williams (4th year)
Last Season: 22-4 (6-0) • District Semifinalist • MVFC Record: 8-7

SEASON OUTLOOK

Apopka hopes to translate regular season success (39 wins, 1 District Title, 1 Metro Title, #1 State Ranking) into playoff success in 2020. The Blue Darters will rely on the leadership and play of senior forward Zach Anderson and junior PG John Latimer III to lead an athletic, talented club. Apopka now plays in a newly formed 7 team district that will be deep and talented every year, so the journey to the playoffs grows even harder.



ROSTER

#	Name	Pos.	Ht.	Year
1	Rudy Gatling	G	6-2	Sr.
2	Zach Anderson [FGCU] <i>Sentinel All-Area 3rd Team FL Hoops 2020 #23</i>	F	6-6	Sr.
3	John Latimer III <i>FL Hoops 2021 #45</i>	PG	6-1	Jr.
4	Isaac Joseph	W	6-2	Sr.
5	Camerin James <i>FL Hoops 2023 Watch List</i>	F	6-4	Fr.
10	Brandon Johnson	G	5-10	So.
12	Chris Daniel	G	5-8	Jr.
20	Jaden Shaw	PG	5-8	Sr.
21	Corey Smith	W	5-11	Jr.
22	Myrick Davis	G	5-11	Jr.
23	Earl Lombardi	C	6-4	Jr.
24	Jalen Studstill	W	5-10	Jr.
30	Jackson Edwards	C	6-6	Jr.
32	Rodney Wenzel	C	6-4	Sr.
33	Devin Leath	W	6-1	Jr.



HUSKIES



Oviedo, FL • Class 7A District 4 • Head Coach: Josh Kohn (15th year)
Last Season: 17-12 (5-2) • District Runner-Up • MVFC Record: 2-1

SEASON OUTLOOK

Hagerty has seven guys back that played significant minutes last season, five of whom are seniors. Those leaders have an opportunity to compete for a district championship and regional playoff spot. Sophomore Jah Nze (24 ppg) along with Tyler Pate and Logan Anderson will be counted on to provide Hagerty's scoring, rebounding, and passing. Newcomers Paul Mathieson and AJ McGarvey will also be key.



ROSTER

#	Name	Pos.	Year
1	Gerold Vicchiotti	G	Sr.
3	Tyler Pate	G	Sr.
5	Paul Mathieson	G	Jr.
12	Ethan Davis	G	Sr.
20	AJ McGarvey	G	Jr.
22	Logan Anderson	F	Sr.
23	Jah Nze <i>Sentinel All-Area 5th Team All-SAC 1st Team FL Hoops 2022 #13</i>	G	So.
25	Paolo Raymundo	G	Sr.
33	Logan Douglass	F	Sr.
34	Camren Miller	F	Jr.

GAME 20: SAT. NOVEMBER 30 AT 4:30 PM

PRESENTED BY





GRENADIERS

Orlando, FL • Class 7A District 4 • Head Coach: Josh Pavlicek (2nd year)
Last Season: 19-7 (8-2) • District Semifinalist • MVFC Record: 4-2

SEE MORE AT
METROVSFL.COM



SEASON OUTLOOK

The Grenadiers look to build off of a 19-7 season, their best since 2012, and are led by the versatile senior Gabe Rivera and the sharpshooting senior Shayne Lopez. Despite losing four of their five starters from last season, the defensive-minded Grenadiers still intend to push for a district title, and prove that the whole is greater than the sum of its parts.



ROSTER

#	Name	Pos.	Ht.	Year
1	Ralph Payne	G/F	6-1	Sr.
2	Marc Ramirez	PG	5-7	So.
4	Genesis Diaz	G/F	6-0	So.
5	Saleem Joseph	G/F	5-11	Jr.
10	Shayne Lopez	G	6-3	Sr.
11	Jadiel Nieves	G	5-10	Jr.
12	Hamilton Mays	F/C	6-2	Jr.
13	Ron Rivera	C	6-6	Jr.
15	Nestor Quinones	G	5-7	Sr.
23	Gabriel Rivera	F	6-4	Sr.
25	Mike Kall	F	6-2	Sr.
33	Zander Papke	F	6-4	Jr.

INDIANS

Vero Beach, FL • Class 7A District 9 • Head Coach: Shane Whitsett (3rd year)
Last Season: 25-4 (8-0) • Regional Semifinalist • First MVFC Appearance

SEE MORE AT
METROVSFL.COM



SEASON OUTLOOK

Speed and quickness will be the Indians' strength this season. VBHS lost their top seven players from last season's 25-4 team. The Indians will be young and inexperienced but should have enough fight to make most games competitive. Coach Whitsett will be looking for his team to be firing on all cylinders by the postseason.



ROSTER

#	Name	Pos.	Ht.	Year
3	Almondo Cyrius	G/F	6-2	Jr.
4	Jacobi Roberts	G	5-6	Jr.
12	Tabious Dekle	G	5-10	Sr.
14	Shawn Charles	F/C	6-6	So.
15	Selvin Lopez	G	5-11	Sr.
21	DJ Cyrius	W	6-0	Sr.
23	Jermaine Dawson	G/W	5-11	Jr.
24	Chris Peterson	G/SF	6-3	Sr.
25	Ethan Conwell	G	5-10	Jr.
33	Isaac Mccourt	W/F	6-3	Jr.
34	Derrick Davey	G/W	6-1	Fr.
40	Nickolas O'neil	F/C	6-8	Jr.
42	Jackson Mcguire	PF/C	6-3	Jr.



Windermere High School

SEE MORE AT
METROVSEFL.COM



WOLVERINES

Windermere, FL • Class 7A District 6 • Head Coach: Mark Griseck (3rd year)
Last Season: 27-5 (6-1) • Regional Champion • MVFC Record: 2-0

SEASON OUTLOOK

The Wolverines have wasted no time going from a brand new school to a perennial playoff contender, appearing in the state semifinals in only their second season. The graduation of Dakota Rivers will sting, but with six returning varsity players, Coach Griseck is confident the Wolverines continue to be in good hands as they embark on their third year.



YELLOWJACKETS

Leesburg, FL • Class 5A District 5 • Head Coach: Sean Campbell (8th year)
Last Season: 14-8 (5-3) • District Semifinalist • MVFC Record: 1-5

SEASON OUTLOOK

After back-to-back state championships, the Yellowjackets were disappointed last season to have their playoff hopes cut short so quickly. But with five returning varsity seniors, Leesburg hopes to be able to build on some continuity and get back into the regional and state tournaments where they belong.



ROSTER

#	Name	Pos.	Ht.	Year
1	Matt Richardson	F	6-6	Jr.
2	Kanye Jones <i>FL Hoops 2021 #32</i>	G	6-3	Jr.
3	William Held	PG	5-11	Jr.
4	Zach Acheson	G	5-11	Sr.
5	Darrell Armstrong	G	6-3	Sr.
10	Elliott Yorke	G	5-11	Jr.
11	Trey Moss <i>FL Hoops 2021 #13</i>	PG	6-3	Jr.
12	Eric Canavan	F	6-6	Sr.
15	Jordan Crawford	F	6-3	Jr.
21	Trey Semien	G	6-0	Jr.
22	Jayden Crawford	F	6-3	Jr.
24	Jaden Golston	G	6-4	Jr.
30	Chris Nurse	F	6-4	So.

Leesburg High School

SEE MORE AT
METROVSEFL.COM



ROSTER

#	Name	Ht.	Year
1	D'andre Seward	6-4	Sr.
2	Aubrey Miller	5-7	Sr.
3	Devin Graham	5-10	Jr.
4	Quincy Kelly	6-2	Jr.
5	Andre Carter	6-0	So.
10	Akiem Nickerson	6-3	Sr.
12	Micah Forsyth	6-3	Jr.
15	Mike Floyd	6-0	Sr.
20	Dmani Nettles	5-11	Sr.
23	Jyre McCloud	6-5	Sr.
24	Javarcei Dawkins	6-1	So.

GAME 22: SAT. NOVEMBER 30 AT 7:30 PM

PRESENTED BY





KNIGHTS

Ocoee High School

SEE MORE AT
METROVSFL.COM



Ocoee, FL • Class 7A District 3 • Head Coach: John Siers (5th year)
Last Season: 16-12 (2-3) • District Runner-Up • MVFC Record: 5-4

SEASON OUTLOOK

The Knights will have a unique look for the 2019-2020 season. It is not often that a high school team has 11 seniors, all of whom started with the program as freshmen. Two seniors have signed to play at the D1 level, and the others should all have the opportunity to play in the NCAA. In addition, five of the seniors were inducted this year into the National Honor Society.



ROSTER

#	Name	Pos.	Ht.	Year
0	Sadeem Blake <i>Sentinel All-Area Hon. Mention</i>	PG	6-0	Sr.
1	JanJoe Telemaque	PG	6-4	Sr.
2	Briglain Previl	SG	6-3	Sr.
3	Jason Coronado	PG	5-10	Sr.
4	Kordell Brown	SF	6-6	Sr.
5	Alston Andrews [IL State] <i>FL Hoops 2020 #56</i>	PF	6-9	Sr.
13	David Green [Hofstra] <i>Sentinel All-Area Hon. Mention FL Hoops 2020 #35</i>	SG	6-7	Sr.
15	Josh Rose	SF	6-4	Sr.
21	Johnny Taylor	SF	6-3	Jr.
22	Alex Andrews	SF	6-6	Sr.
23	Christian Duchesne	G	5-9	Jr.
24	Shane Rivers	SF	6-7	Sr.
33	Kamron Sharp	PF	6-5	Sr.

Central Florida Christian Academy



EAGLES

SEE MORE AT
METROVSFL.COM



Orlando, FL • Class 2A District 10 • Head Coach: Andrew Gustafson (1st year)
Last Season: 21-10 (6-1) • State Champion • MVFC Record: 1-2

SEASON OUTLOOK

After earning a state title last season, the 2019-20 CFCA Eagles return this season with high standards for the program. Despite losing a group of seniors, the core of the team will be centered around seniors Jajuan Preaster and Nick Silva backed by a talented group of young players including Riley, Kugel who was an integral piece in last year's success



ROSTER

#	Name	Pos.	Ht.	Year
1	Riley Kugel	G	6-5	So.
2	Nick Rodriguez	G	5-10	So.
3	Gabriel Mocelin	G	5-10	Sr.
4	Jamar Houston	G	6-1	So.
5	Marcos Martinez	G	6-1	Jr.
10	Jajuan Preaster	SF	6-4	Sr.
11	Anthony Campman	G	5-11	Jr.
12	Felipe Oliveira	G	6-0	So.
13	Justin Preaster	F	6-3	Fr.
15	Phillip Philogene	F	6-5	Fr.
20	Imanuel Zorgvol	F	6-10	Jr.
23	Bryson James	G	6-3	So.
34	Nicholas Silva	F	6-7	Sr.

*Special thanks to our partners who make the
Metro vs. Florida challenge possible!*

ELEVATE

ORLANDO

Elevate Orlando is a civic non-profit focused on helping students grow in strength of character and application of essential life skills. Elevate's Essential **Character Traits & Life Skills** are taught in the classroom, modeled through mentoring, and incorporated into all that we do so students can apply them to their lives.

Through a partnership with Orange County Public Schools, Elevate Orlando's curriculum is offered as an **accredited elective** course. And, as private employees of Elevate Orlando, teacher-mentors are able to spend over 50% of their time outside of school **mentoring** students.

1550 Students • 14 OCPS Partner Schools • 98% Graduation Rate • 96% Postsecondary Placement

***YOUR
HOMETOWN STATION!***

**1520
WBZW**



**Commissioner
Kyle Becker**



10TH ANNUAL METRO vs. FLORIDA CHALLENGE PRESENTED BY





STEP ON THE SCALE

MONEY BACK GUARANTEE

IF YOU DON'T LOSE WEIGHT WITHIN THE FIRST 10 DAYS
WE'LL REFUND YOUR MONEY!



CALL NOW!

855-889-THIN

At Burn Fat Orlando, we offer the tools and guidance you need to achieve better health and your weight loss goals – with an inviting atmosphere, friendly staff and programs.

This is your chance to take charge of your weight and your life!

Losing weight is more than just watching the scale drop. That's something Burn Fat Orlando clearly understands and that's why you will choose Burn Fat Orlando!

CUSTOMIZED APPROACH • PERSONALIZED PROGRAMS • FAST RESULTS • REAL NUTRITION • STRONG SUPPORT



St. Germain

Chiropractic Clinics

Best Non-Invasive Healthcare Services
In the Central Florida / Orlando Area

Most Insurance Accepted

BACK/NECK PAIN • HEADACHES • AUTO ACCIDENTS • SLIP AND FALL • MUSCULOSKELETAL CONDITIONS