

# Lone Peak Knights

By Bruce Smith  
Matchup

The Lone Peak Knights are the team most Utah teams are trying to avoid, until perhaps in the 5A championship game in March.

The Knights are Utah's defending state champs and are candidates to do it again. With 6-foot-1 fireplug Nick Emery still on the court, this is a special time in Lone Peak's short history.

Lone Peak has a deep and talented roster, led by Emery (a junior). Locals here affectionately call the Knights BYU's junior varsity since Emery and sophomore T.J. Haws have had brothers go on to play there and have already pledged to follow in their footsteps.

Lone Peak's only current issue was created by itself. The Knights have played just one game.

"We still have some football guys who are getting into basketball," coach Quincy Lewis told the Salt Lake Tribune last week after the Knights' 83-53 rout over Cottonwood in its opener. "Right now, we're just concentrating on getting better."

Fact is, Lone Peak could be better than last year, when the Knights finished 24-1.

Emery, who averaged 21.9 points per game last year, started this season on a high note by breaking the school's single-game scoring record with a 39-point effort. He also nailed seven three-pointers.

Emery is the acknowledged star of the team, but Haws (14 ppg last year) is hot on his tail. The Knights don't have a lot of size, but junior forward Talon Shumway can surprise a lot of people with his abilities.

Senior guard Brody Berry can put the ball into the net when defenders focus on Haws and Emery. Lone Peak is still a young team, and are well-known within Utah. Perhaps that's one reason why Lewis has skipped playing in-state preseason games and is taking the Knights on the road.

After this tournament, Lone Peak has some time off before going to Myrtle Beach, S.C. for the Beach Ball Classic, and then will take on a New York

The Great Western Shootout  
Welcomes:



**SCHOOL:** Lone Peak (*Knights*)

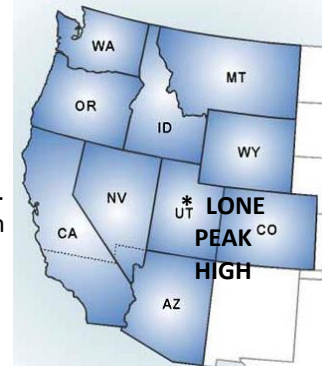
**LOCATION:** Highland, Utah

**COLORS:** Maroon and gold

**WEBSITE:** [www.lonepeak.org](http://www.lonepeak.org)

[alpinedistrict.org](http://alpinedistrict.org)

**NOTABLE FACTS:** Opened in 1997, it now has an enrollment of 2,200 in three grades. Already, the Knights have won five basketball state titles, including the 5A championship last year. The school is also feeling pretty confident after MVP Chase Hansen led the football team to the state title last month.



**WHAT TO WATCH:** Lone Peak is the defending 5A champ in Utah and returns MVP Nick Emery, who attracted attention as a freshman two years ago. The Knights are still young, but talented. T.J. Haws, Connor Toolson, Hansen and Talon Shumway have proven themselves and have made Lone Peak the odds-on favorite to repeat in Utah.



Emery

## Head Coach Quincy Lewis

Coach Lewis has a good thing going at Lone Peak. He has won four state titles in nine years at the school, and more are likely.

Lewis said he might like to eventually coach at the college level. There is a lot of pressure to be the coach of such a talented squad, but there's also no doubt who the most successful high school coach in Utah is at this time.



Lewis

school in another event at Milwaukee, Wis.

Once mid-January rolls around, Lone Peak will need to be playing its best because every Region 4 opponent has the Knights circled and neighborhood rival American Fork has a talented team that is anxious to avenge three losses from last season, including the state-title contest.

Regardless, Lone Peak will be the favorite. It's the Knights' year unless misfortune arrives in some manner or some other team can prove it's better.

# LONE PEAK HIGH SCHOOL – Highland, Utah



## Lone Peak Knights varsity roster

<u>No.</u>	<u>Name</u>	<u>Pos.</u>	<u>Ht.</u>	<u>Year</u>
1	McKay Webster	G	6-1	Soph.
4	Nick Emery	G	6-1	Jr.
5	Conner Toolson	G	6-2	Jr.
11	T.J. Haws	G/F	6-4	Soph.
13	Zach Frampton	G	6-1	Soph.
14	Brody Berry	G	6-2	Sr.
15	Chase Hansen	F	6-4	Sr.
21	Talon Shumway	F	6-3	Jr.
24	Braden Miles	G/F	6-3	Jr.
30	Mason Squires	G	6-3	Sr.
31	Cameron Gibbons	F	6-5	Sr.
32	Jantzen Allphin	G	6-1	Soph.
40	Josh Buck	F	6-4	Jr.
41	Dylan Hedin	F/C	6-4	Fr.
42	Spencer Curtis	C	6-7	Soph.

**Head Coach:** Quincy Lewis

**Assistants:** Paul Frampton, Brandon Stoddard, Brendon Dayton, Reed Bromley, Alan Bailey. **Team Managers:** Dalton Parke, Eric Mika

**Principal:** Chip Koop. **Assistant Principals:** Rex Brimhall, Kenley Brown, Sydney Hackford. **Athletic Director:** Ryan Ruchti



## Season schedule

<u>Date</u>	<u>Opponent</u>	<u>W/L</u>	<u>Score</u>
Dec. 9	at Cottonwood	W	83-53
Dec. 15-17	at Great Western Shootout		
Dec. 27-30	at Beach Ball Classic (Myrtle Beach, S.C.)		
Jan. 7	vs. Lincoln, N.Y. (at Milwaukee, Wis.)		
Jan. 10	VIEWMONT		
Jan. 13	at Riverton*		
Jan. 17	PLEASANT GROVE*		
Jan. 20	AMERICAN FORK*		
Jan. 24	at Bingham*		
Jan. 27	at Lehi*		
Feb. 3	RIVERTON*		
Feb. 7	at Pleasant Grove*		
Feb. 10	at American Fork*		
Feb. 17	LEHI*		
Feb. 21	BINGHAM*		

\* - Region 4 games. Home games in CAPS