

SportsFolio

Souhegan Golf Team 3rd in State Meet

The Souhegan Varsity Golf team finished third with a total score of 392. Lebanon High School led the way with a 376 followed by Bedford who posted a 384. Thirteen teams competed through out the state. Medalist for Souhegan was senior Kamron Hedrick who fired a 75 over a rainy and windswept course. Kamron easily played his best golf of the season when it mattered most. Senior Paul Caso had a wobbly putter but was still able to muster a 78. Senior Joe Elich and freshman Ben Peterson also played well with 79s. Senior Joel Gerson rounded out the scoring with an 81. Hedrick, Caso, Elich and Peterson all qualified for the individual title on Saturday at White Mountain Country Club in Ashland.



Souhegan 214, Monanock 211, Merrimack Valley 215

Souhegan Varsity Golf team edged Merrimack Valley by one shot and lost to Monadnock contested over a tough Louden C.C. Medalit honors for Souhegan went to freshman Ben Peterson with a 40. Senior Paul Caso notched a 41 followed by Kevin Gaynor 43, Kamron Hedrick 44 and John Barnes wit a 46. Over all medalist went to Merrimack Valley's Ian Landry, Travis Landry and Monadnock's Jordan Kelly all who shot 37. Souhegan's season now stand at 13-5.



Souhegan High School Varsity Results for Class I State Golf Championships:

Team on Thursday 392, third place:
Kamron Hedrick, 75, sr.
Joe Elich 79 , sr.
Paul Caso 78, sr.
Ben Peterson 79, fr.
Joel Gerson 81, sr.

Also Playing for Souhegan were:
John Barnes 89, sr.
Matt Caputo 86, sr.

Qualifying for State Individuals:
Kamron Hedrick, Paul Caso, Joe Elich, and Ben Peterson

Results from Individuals on Saturday: (Joe Elich unable to compete)

Kamron Hedrick, received 8th place medal overall with a two-day total of 156, (75-81)
Paul Caso, total 158, (78-80)
Ben Peterson, total 170, (79-91)

Souhegan High School Results from Black Bear Invitational

Demarest Leads Souhegan at Black Bear Invitational



Senior captain Leah Demarest led the Saber Girls to a 13th place finish at the Black Bear Invitational at Coe Brown on Saturday. Competing against 26 schools, Leah took 40th (20:39) in the field of 187 girls. The race was won by Hanover. Also running very well for the Saber Varsity were Csilla V'amos (60th, 21:16) Marissa Ashcraft (77th, 21:48), Jill Sanchez (80th, 21:52), Molly Mirhashem (82nd, 21:54), and Megan Lynch (86th, 22:04).

Merra Leads Saber Boys at Black Bear Invitational

Senior captain Chris Merra (39th, 17:22) once again led the way for the Souhegan Boy's who raced to a 15th place finish in the field of 30 schools at the Black Bear Invitational at Coe Brown on Saturday. Bishop Guertin took first place team honors. Also running well for the Saber's varsity, among the field of over 200 runners, were Dylan Schulze (65th, 18:08), freshman Bert DeForest (95th, 18:44), Hunter King (107, 19:08), Ben Clemence (115, 19:17), and Matt Osborn (116, 19:20)

Meet Results

Saber Girls Victorious at Milford

October 7 - The Souhegan Girls Cross Country Team took 9 of the top 10 places en-route to victory over Milford on Tuesday afternoon. Milford's Peggy Lai was the individual winner, easily outdistancing the field, however Souhegan then packed 9 runners within a 61 second span to lead the Sabers to a 20 to 43 victory. Rachel Springman and Marissa Ashcraft led the way for Souhegan. They were followed by Jill Sanchez, Csilla V'amos, Molly Mirhashem, Liz Sanchez, Megan Lynch, Ali Carlson and Hillary Wilson, all of whom ran very well.

Saber Boys Race to Strong 2nd in Tri-meet at Milford

The Souhegan Boys Cross Country Team took 7 of the top 12 places in a 3 team meet, easily defeating Pelham, but coming up short against Milford on Tuesday afternoon at Milford. Souhegan's Chris Merra was the individual winner as he pulled away from runner up Corey HahnI of Milford over the last 1/2 mile. Freshman Bert DeForest (5th), and sophomore Hunter King (6th) were next across the line for the Sabers with strong races. The pack of Nick Murphy, Ben Clemence, Matt Chareth, and Anthony Caruso took the 9th -12th spots respectively to round out the scoring for Souhegan. Final team scores

were Milford 24, Souhegan, 31, and Pelham 85.

Souhegan Cross Country Results - Woods Trail Run - Thetford, VT

October 4 - Teamwork and Youth key Saber Girls Success at Woods Trail Run

The Souhegan High School Girls Cross Country Team placed 5 girls in the top 80 at the Woods Trail Run in Thetford Vt on Saturday to garner 9th place in the 47 team field. The Sabers were led by freshman Csilla V'amos as she raced to 53rd place, in the field of well over 500 runners, with a 22:47 clocking! Fellow freshman Rachel Springman (68th, 23:11) was next across the line for Souhegan. She was followed closely by a trio of juniors: Marissa Ashcraft (72nd, 23:12), Jill Sanchez (78th, 23:19), and Molly Mirhashem (80th, 23:21). Two more freshman (Megan Lynch (101, 23:46) and Liz Sanchez (103, 23:48) also ran strong races and rounded out the Varsity seven for the Sabers.

Merra Leads Souhegan Boys at Woods Trail Run

Chris Merra raced to a 62nd place finish in the field of over 800 Boys to lead the Souhegan High School Boys Cross Country Team at the Woods Trail Run in Thetford, Vt on Saturday with a time of 18:49. Souhegan finished 45 among the



Chris Merra is Souhegan's top finisher

57 competing schools. Freshman standout Bert DeForest was second across the line for the Sabers, finishing in 272nd place. Matt Chareth, Anthony Caruso, and Hunter King completed the top 5 for Souhegan.

Demarest Leads Saber Girls at Manchester Nike Invitational

September 27 - The Souhegan Girls Cross Country Team finished 9th in the Large School Division of the Manchester Nike Invitational on Saturday. Competing against 30 other schools from New England and New York, the Sabers ran their best team race of the season as they placed 5 runners in the top 70 of the 210 runner field. Souhegan was led once again by senior captain Leah Demarest who sped through the hills and mud of Derryfield in 20:58, good for 31st place overall. Leah

was followed across the line by freshman stand-out Csilla V'amos (57th, 21:45). The junior trio of Marissa Ashcraft, Jill Sanchez and Molly Mirhashem came up big for the Sabers as they closed out the scoring, finishing in a pack 68th-70th in 22:14, 22:15, and 22:16 respectively.

In the JV Girls Race, Souhegan raced to a 9th place finish among the 26 teams competing. Hillary Wilson led the way for the Sabers, followed by Kelly Ferguson, Arianne Ben-net and Angela Straccia.

Merra Leads Saber Boys at Manchester Nike Invitational

Chris Merra (35th, 17:39) led the way for the Souhegan Boy's in the Large School Division of the Manchester Nike Invitational on Saturday. The Sabers finished in a disappointing 27th place as a team. Freshman Bert DeForest finished 2nd for Souhegan with a 19:30 clocking. Matt Osborn, Anthony Caruso, and Matt Chareth also had strong races for the Souhegan varsity.

Nick Murphy led the JV Boys team to a 37th place finish among the 46 team field, with a fine 20:05 clocking. Kevin Hutchinson, Sam Lowell, Paul Thibodeau, and Tyler Raab all ran well for the Sabers.

SaberScoreboard

Souhegan JV Field Hockey has a Full Fall Schedule

The JV team has a busy 14 game schedule within Class I, with an additional 7 games, most of which against strong Class L teams, to play as well. The team is led by Captains Jill Parolin and Anna Ballard. The team is focused on refining their stick skills, improving communication on the field, and top notch conditioning.

SHS 2 Oyster River 0

The team had their season opener against Oyster River High School on 9/3 at home. Souhegan controlled the field and played most of the game in their offensive end. Goals came from Clyla Boykin and Anna Ballard, with an assist by Lizzie Callahan. Goalie Anna Lee White was able to rest that day, with no shots on goal.

SHS 3 St Thomas Aquinas 1

The St. Thomas Freshmen traveled to Souhegan on 9/4 and were met by a determined Souhegan team. The defense, anchored by Jill Parolin, was tested for the first time and worked hard to keep St. Thomas from capitalizing on the chances in the circle. Anna Lee White had 4 saves for Souhegan. Goals were scored by Emily Kolcotronis, Clyla Boykin and Lizzie Callahan.

SHS 1 St Thomas Aquinas 1

The Souhegan Varsity and JV traveled to St Thomas the very next day. The two JV teams were very well matched during the first half. Lizzie Callahan scored the only goal for Souhegan that day, when she deflected a hard cross from Clyla Boykin into the corner of the goal. Anna Lee White had 6 saves. Outstanding play from Astrid Benson in mid field provided Souhegan with many chances for another goal. Souhegan controlled the end of the game, playing the last 8 minutes of the game within St. Thomas's scoring circle; but without another score. SHS 0 Portsmouth 5

A talented and aggressive Portsmouth JV team came ready to play on 9/10 and Souhegan JV was not up to the challenge. The Souhegan defense of Jill Parolin, Jillian Baptist and Morganne Bent worked well to clear the ball, but the transition up the field to the mid-field and offense needed better communication and field positioning. Anna Lee White played well in goal, stopping many of the hardest shots.

SHS 0 Salem 3

Souhegan played a much better game against a very skilled Salem JV the next day. Lessons learned the day before were evident. Colleen Walsh and Mattison King worked well in mid field to transition the ball from the defensive end up to the offense. Souhegan had opportunities to score, with 6 corners and 4 shots on goal. Anna Lee White had 4 saves in goal during the first half, and Morgan King had an equal number in the second half.

SHS 2 Con-Val 0

SHS Varsity and JV traveled to Peterborough on Con-Val's Homecoming weekend. The defensive strategy was changed to better use the individual strengths of our players, and the change worked well. Jillian Baptist's speed at recovering on defense shut down Con-Val's fast break. Defenders Jill Parolin, Morganne Bent, Giselle Payan and Lindsey Edwards were solid in the circle, limiting Con-Val's ability to take shots. Morgan King had 5 saves, with one spectacular save in the top left corner, deflecting the ball to just outside the goal, and over the end line. Goals were scored by Emily Kolcotronis and Astrid Benson.

SHS 0 Pelham 2

Though SHS controlled the ball much of the game, the Sabers were not able to score. The offense tried hard to score, with strong efforts by Audrey Biggers and Julia Smith. Marajka Knight provided strong support for the offense. Anna Lee White had 5 saves in the first half, and Morgan King had 4 saves in goal during the second half. The flow of the game was hampered by many calls from the officials, and the shortness of the game, which had a late start, and was called during the second half for darkness.

SHS 1 Monadnock 0

SHS Varsity and JV traveled to Swansey to play the Monadnock Regional High School on 9/19. The offense had many crosses in front of the goal, with strong play by Carol Engholm and Anna Ballard. A hard drive during the second half from Astrid Benson reached Clyla Boykin, who connected and scored a picture perfect goal. Jillian Baptist played her strongest game yet, and was both unstoppable and impassable on defense.

Souhegan High School Boys Volleyball

Wednesday, Oct. 8

Souhegan boys volleyball traveled to Londonderry on Wednesday night and fell 3 games in a row. On Thursday they visited the undefeated (again) Salem squad and were quickly eliminated in three games. The team now stands at 2-11 and heads to Oyster River on Tuesday. As it stands now The Sabers are one game behind OR but still vying to move up one slot from the eight seed they currently are placed.

Tuesday, Oct. 7

The Souhegan High School boys volleyball got off to a good start by beating a very strong Pinkerton team 25-17 in game one of their best of five match. However, it wasn't enough as Pinkerton took the next three games by scores of 25-20, 25-15 & 25-21 to prevail. The Sabers record fell to 2-9 and next travels to Londonderry today.

Friday, Oct. 3

On Friday night the Souhegan boys volleyball team hosted Mascenic. Mascenic won the 1st game handily, 25-15. After trailing 21-12 in game two the Sabers rallied to win 25-23. They followed they game by winning game three 26-24. With game and match point in hand (24-23) in game four Souhegan could not put Mascenic away, eventually loosing 26-24 to even the match at two games a piece. Mascenic took an early lead in game five on their way to a 15-8 finish to win the match.

Tuesday, Sept. 30

Souhegan High School boys volleyball lost at Pinkerton,. 3-0. Though each game was competitive, 25-15, 25-21-25-19, the Sabers record fell to 2-7. Sam Laforet, Jacob Parant, Chris Anderson & Paul Becotte all played well in the loss. The team hosts Mascenic on Friday.

Friday, Sept. 26

On Friday night the Souhegan Boys varsity volleyball team fell to Londonderry three games to one. Souhegan won the first game 25-16 but could not hold the momentum loosing the next three by scores of 25-16, 25-21 and 25-21. The Sabers record dropped to 2-6 and next will travel to Pinkerton on Tuesday.