

Sports News

The Derryfield School:

Cross Country Runners All Smiles

BY KATRINA HOLMAN

MANCHESTER – The Manchester Invitational cross-country running meet on Sept. 27 drew teams from around New England, including The Derryfield School. The races took place on a chilly, rainy Saturday at Derryfield Park (no connection to the school). In the Small Schools Girls Varsity 5K race, senior Leah Burke of Bedford led The Derryfield School girls with a 50th place finish at 22:11 minutes (that's an average of 7:09 minutes per mile), bettering her time from last year by over half a minute. She was followed by senior Christina de Bruyn Kops, 94th out of 177, at 24:05, improving more than a minute from last year. In this race, the fastest girl ran 18:47 and the last one 39:58. Carolyn Shattuck of Amherst kicked off the meet for the DS XC team with her run in the Freshmen Girls 2.1 mile race, placing 66th out of 126. The Small Schools Boys' 5K times ranged from 16:01 to 29:15. The Derryfield boys were led by team captain Will Keller of Bedford, a junior whose 19:21 time placed him 96th of 197.

It was lovely to hear cheering from the sidelines for all the lead runners regardless of school, encouragement for anyone struggling in the final stretch, and applause for the perseverance of those bringing up the rear. Team captain Lydia Mackenzie of Bedford and Christina like the excitement of races at Derryfield Park where the crowds, in the race and on the sidelines, push them on. For NH runners, this race is important as a dress rehearsal for the NH Championships which are slated to take place on the same hilly course on Oct. 25. This venue is unusually good for spectators: At the start, the horde of 100-plus athletes streams past up the hill in a vast swath. After some minutes, the runners pass by again, and yet again when they emerge from the woods, on narrow lanes marked in the park's lawn. The fans can then hustle up to the finish



JEFF WALKER COURTESY PHOTO

The Derryfield School 2008 Cougar Classic 5K Trail Race 1st Place Girls Team: (from left to right) Derryfield's Lydia MacKenzie (team captain) of Bedford, Christina de Bruyn Kops of Amherst, Bonnie Frieden of Manchester, Leah Burke of Bedford, and Carolyn Shattuck of Amherst

in time to see their favorite runners cross the line next to a clock of the elapsed time.

On the sunny following Tuesday, Oct. 7, The Derryfield School hosted the 8th annual Cougar Classic 5K trail races, competing with Moultonborough Academy, Pittsfield, Portsmouth Christian Academy, and Sant Bani, a total of 21 girls and 27 boys. Many of the runners think this is the toughest course in the area, with its steep hill up and another steep down, making everyone's times slower. The Derryfield girls and boys teams both took first place. Leah, senior Bonnie Frieden

of Manchester, Christina and four DS boys were among the individuals awarded a TOP TEN commemorative t-shirt.

XC is different from most other sports: If you get tired, there's no one to pass the ball to, no benchwarmer to sub in while you catch your breath. There's no smooth floor or field or track under your feet – not only is the surface uneven, but you are likely to have to leap over tree roots, dodge oozing mud, and splash through puddles. And don't forget the hills. Every course is different, so runners can't space out during the race else they'll get lost

in the woods and take a costly detour. For the metrically challenged among us, 5000 meters = about 3.1 miles. A training run typically is at least 6 miles long.

Why do it? "In addition to quickly alleviating any short-term stress, running makes me feel better and happier all week," said Christina. Carolyn agreed that a long run is a good stress reliever. Leah and Lydia like the feeling of satisfaction that comes at the end of the race, knowing that they met the challenge of this tough sport.



L-R standing: Crotched Mountain ski racers: Spencer McEvoy of Bedford, Sam Prue of Amherst, Collin Titus of Mt. Vernon, Eli Tamok of Frankestown, Giovanni Lazzari of Mt. Vernon, Marissa Wolf of New Boston and Rhianon Allison of Mt. Vernon. Middle row: Ashley Humphreys of Lyndeborough, Cameron Robertson of Mt. Vernon, Kyle Stamoulis of Merrimack, Nicolo Lazzari of Mt. Vernon. Back row: Anna Farrow of Amherst, Maggie Zavgren of Wilton, R.J. Humphreys of Lyndeborough, Jessie Mascitti and her twin Jammie Mascitti of Rindge.

Crotched Mountain Race Team

Let it Snow!

Members of the Crotched Mountain Race Team eagerly wait for the first snowfall during a pre-season training session held at Crotched Mountain Ski Area in Bennington on Sunday. They envision themselves on the chairlift during a beautiful snowy winter day in full ski gear! Until then, they can only sit on the chairlift and dream but take heart, the snow will fall soon, and if not, Crotched Mountain will make great early-season snow for all to enjoy.

New ski team members can still sign up for the program at www.crotchedmountainracing.org or for more information contact Reed MacNeillage at 673-0868.

GSE wins Harvard Fall Fest Tournament



The Granite State Elite lacrosse teams took top honors at the Harvard Fall Fest Tournament on October 5, 2008. The GSE 2012 team defeated teams from NED, Synergy Lax, Mass Elite, and the Connecticut Lightning to place first in the Junior Varsity division. Pictured are (front row, left to right): Michaela O'Connor, Concord; Caitlin Sweeney, Hollis; Katie O'Hara, Hollis; Julie Worthen, Hollis; Lizzie Callahan, Amherst. Back row: Libby Bacher, Amherst; Emily Pollard, Merrimack; Mallory Tyler, Hollis; MacKenzie Larivee, Amherst; and Lauren Perry, Merrimack. Standing: Coach Gage Perry, Merrimack.

Coaching Positions

Souhegan High School has the following coaching positions open for the upcoming winter season: Boys Freshman Basketball, Girls JV Basketball, Spirit and Nordic Ski. All interested candidates should send a cover letter, resume and 3 references to Director of Athletics, Chris Lavoie, 412 Boston Post Road, Amherst, NH 03031 or via email at clavoie@sprise.com.

Hampshire Hills Sports and Fitness Club

50 Emerson Road, Milford, NH 03055
(603) 673-7123
hinfo@hampshirehills.com

Swim year round!

Swim lessons are underway at Hampshire Hills and the Hampshire Hills Seawolves Swim Team is just beginning practice! Adults can take part in the Fitness Swim Program and work their whole body in ONE HOUR or participate in one of the 22 aqua classes offered weekly. After your hard work, relax in our deep hot tub, shower and move on with your day!!! Call our Aquatics Director, Karalyn Von Pichl at 673-7123, ext. 204 for more information.

Hampshire Hills and the Hampshire Dome

Fun After School Times program is up and running! This activity based after school care program includes, homework helpers, healthy snacks, group activities, sports skill centers, mind & body programming, arts and crafts, wall climbing, tennis, weekly pool time and instruction from the area's finest soccer, lacrosse, baseball and softball coaches and established programs. In addition, the fully trained, "fun staff" will engage your child in playground style games like kick ball, wiffle ball, capture the flag and over ONE HUNDRED other fun games of the past and present!

The all inclusive price includes transportation from Milford, Amherst and Mont Vernon Village School. Transportation from other area schools will be provided on a demand basis!

Small group ratios. Space is limited. Downloadable information is available on the web at hampshirehills.com. Sign up today! 673-7123, ext.

Souhegan High School Girls Soccer

Sabers Outscore Milford 4-1



BILL DOD PHOTO

Kathryn Eagan boots the ball downfield past two Milford defenders.

The Souhegan Girls Soccer Team is now tied in sixth place with Bishop Guertin in the Class I standings, after defeating Bedford, 4-0 on Saturday, October 11th

Sabers Field Hockey on Winning Streak



BILL DOD PHOTOS

Souhegan scores another win against John Stark Regional 7-0, October 7th. The team Class I standing is now third place.