

Granite State Elite Sweep Division Tournaments

The Granite State Elite 2012 and 2013/14 lacrosse teams swept their divisions in the Light it Up Tournament in Canton, Mass on Sat. Dec.

27. Both teams went in to the play-off round undefeated and came away with the championships. The 2012 team defeated the Mass Elite JV's

13-7 in the final game. The 2013/14 team beat out Mass Elite 9-5.



GSE 2012 team. From left to right: coach Gage Perry, coach Carolyn Pollard; Ali Bohan, Amherst; Lauren Perry, Merrimack; Katie O'Hara, Hollis; Mallory Tyler, Hollis; MacKenzie Larivee, Amherst; Erica Estey, Exeter; Julie Worthen, Hollis; Emily Pollard, Merrimack; coach Chip Pollard.



GSE 2013/14 team. Front Row, left to right: Shannon Disco, Emma Annand, Bridget Bohan. Back row, left to right: Coach Jocelyn Brault, Callie Santo, MacKenzie Larivee, Jaime Wallisch, Ellie Shuman, Colleen Rottman, Gigi Eliopoulos.



Hampshire Hills Seawolves Compete at Senior Circuit Meet at BU

BOSTON, MA - On the weekend of December 18th-21st, the Hampshire Hills Seawolves competed in the New England Senior Circuit Swim Meet at Boston University. This meet included teams from Connecticut & Metropolitan area (New York City). Also in attendance was Olympian Elizabeth Biesel and other Junior National qualifiers from New England. Mike Disco (50 Free, 100 Free, 200 Free, 100 Breast, 200 Breast, & 100 Fly), Chiara Secules (50 Free, 100 Free, 100 Fly, & 200 Fly), and Andy Disco (100 Back & 200 Back) all swam personal and seasonal best times at this meet. The Seawolves practice at Hampshire Hills Sports & Fitness Club located in Milford, NH and are coached by Timothy Thompson.

Chiara Secules and brothers, Mike and Andy Disco competed in a New England swim meet at Boston University.

PLAY BALL!

Amherst Baseball Club Announces General Meeting

Please join us Thursday, January 15 at 7:00pm in the Amherst Middle School cafeteria for the Club's annual meeting and information about the 2009 spring season. We have reached an agreement with

the Recreation Commission that allows us to move forward with the privatization of baseball for the youth of Amherst and Mont Vernon ages 10 – 15.

Highlights of the upcoming season include:

- Lower registration fees
- Identical fees for both Amherst and Mont Vernon residents
- Increased coaching resources and player development

Join us to hear more about the upcoming season and opportunities for involvement. Visit: www.amherstbaseballclub.org

Souhegan Baseball Team To Hold Indoor Yard Sale

AMHERST – The Souhegan Baseball Team will be hosting an Indoor Yard Sale on Saturday, February 7 to help raise funds for the teams preseason April trip to New York. The event will be run from 8:00 am to 2:00 pm in the Souhegan Cafeteria.

“This indoor yard sale should generate a lot of traffic, so don't delay in booking your table.” Bill Dod said in announcing the event. “It's a great opportunity to sell some of your handmade creations or just rid yourself of some of your clutter!”

Some of the items to be sold may include:

- Furniture
- Hardcover and soft cover books
- Working children's toys
- Knick-knacks, pictures, artwork and decorative items.
- Kitchenware and appliances ... pots and pans, utensils, working toasters, mixers and irons
- Lamps, rugs, live plants and silk flowers
- Tools and garden supplies
- Puzzles and games
- Sports equipment, fishing gear and camping items

There are three ways to participate in this event:

- Rent a table and bring your own items to sell such as crafts, gifts or typical yard sale items. Cost to rent a table is \$25.00.
- Donate items to be sold at the sale. Such donations are tax deductible. You can drop off the items at the school. Contact Bill Dod (saberchamps@comcast.net) or Maren Petropulos (mpetropulos@sprise.com) or Mike Beliveau (mbeliveau@sprise.com)
- Stop at the yard sale - you may find a special treasure waiting for you.

NH High School Baseball Coaches' Association Annual Coaching Clinic

Sunday, February 8 at Souhegan High School

8:00-9:00 am REGISTRATION FOR THE CLINIC

9:00-9:50 am SESSION ONE
DAVID WEAVER (The New England Catchers Camp)
“The 20 Most Wasted Minutes in a Catchers Life”

10:00-10:50 am SESSION TWO
EXTRA INNINGS STAFF
“Skills and Drills Around The Batting Cage”

11:00-11:50 am SESSION THREE
BOB TEWKSBARY
“Using video analysis to improve communication with athletes”

NOON “BANQUET”
Food will be sold in the café
NHBCA awards will be presented

1:00-1:50 pm SESSION FOUR
JERRY O'CONNOR, CEO Nokona Athletic Goods Company AMERICAN DEFENDERS OF NH
“Leadership - an action plan for the high school coach in his approach to teaching leadership skills to his team”

2:00-2:50 pm SESSION FIVE
DENNIS McMANUS (PLYMOUTH STATE COLLGE)
“Preparing the high school pitching staff from the first day of practice for the team's season opener

3:00-3:50 pm SESSION SIX
Mark Cherbonneau (Supervisor of Umpires)
RULES INTERPRETATION This is the fulfillment of NHIAA Rules Meeting



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