

# SportsFolio

**Souhegan Basketball:**

## A New Year, A New Approach

BY PAUL BECOTTE

Last year the Sabers were in a dismal position. Looking back on a 2-14 record all the Sabers wanted to do was try and erase the season from their memories. With the help of a new coach and 8? returning players the Sabers were looking forward to turning things around. The Sabers have gotten off to a slow start (1-8), but the team has played each game tough, and is hoping to vie for a sport in the NHIAA tournament. I sat down and spoke with Joe Elich, co-captain of the team this year in order to find out how the Sabers were going to turn things around from last year.

Joe is a 2-year starter on Varsity, and he hopes to lead his Sabers to the tournament this year. When I asked Joe what the difference between this year and last year was, he spoke about the mentality of the team and how different it was. "It seemed like last year we were plagued with a losing atmosphere". Joe had been there for every loss last year, and he was not about to let this year's team repeat 2007-2008's performance. Joe talked about how it all started in practice, and how the pre-season was so important for everyone especially the younger kids. Joe and Stephen Daigneau, the other captain, both worked hard to earn the respect of all the players. "In one of our pre-season scrimmages, there was an incident where it was clear I did not have the respect of one of the younger players. But that is what the pre-season is about, working through our differences so we can build team chemistry". Joe particularly emphasized the point



**Ryan Redmond posts low for a jump shot in a recent game against the Saints. Michael Dwinell prepares to rebound.**

on team chemistry. He believes that one of the most important factors in winning a basketball game is having faith in your teammates and working well together. By the time

the season had started, Joe truly believed that he had earned the respect of everyone on the team, and the Sabers were able to work with one another better than last year.

The start of a new year was exciting for the Sabers, and dreams of the tournament were fresh in their minds.

Unfortunately for the Sabers, they dropped their first 8 games, before finally picking up a win in Bedford. Statistic about losing each game by close margin. I asked Joe whether or not it was tough keeping spirits up when their record did not show their effort. "It is tough, but we try not to think about a game after it is over for too long." Joe continued to talk about how the respect he has earned from his teammates and the chemistry between them has kept them going through the difficult times. Joe quoted his coach, ??? Heaney, in saying: "15 minutes to suffer, 15 minutes to celebrate". The Sabers do not let each loss get to them, and when they finally won against Bedford Joe noticed a drastic improvement. "Guys were really getting pumped up, even the guys who did not play a lot, and that's huge. Getting support from everyone on the team is vital." Joe was confident in the Saber's ability to recover from their early slide and make the play-offs. The Sabers have 9 games left, and their opponents have a combined record of 36-39 (.480), as opposed to their first 9 opponents who have a combined record of 49-38 (.563). Finally I asked Joe if the game was on the line did he want to take the shot. Joe laughed and said: "When our coach draws up the play we get the ball to whoever is open. Anyone can do what I can do, and I have faith in all my teammates".

The Sabers have turned things around this year, and I wish them the best of luck in the final stretch.

## SHS Boys Varsity Jumps Back Into Playoffs With Two Consecutive Wins; JV Unbeaten

The Souhegan boys varsity basketball team moved within one game of a Class I playoff position with two strong wins this week. The Sabers traveled to Con-Val and prevailed 75-53, with Senior Mike Bolton pacing a balanced attack with 27 points and 6 steals. Seniors Mike Dwinell and Jake Gaffney each had eight rebounds, and Senior co-captain Joe Elich dished out six assists. Souhegan then went on to dismantle St. Thomas Aquinas and their pressing attack 78-52. Elich led the scoring with 17 points, while Gaffney and Junior DJ Petropulos had 16 apiece. Gaffney barely missed a double figure game in points and rebounds by one carom as he grabbed nine which led the team. Bolton and Dwinell distributed the ball well with seven assists each which were huge contributing factors to a 43 point second half for the varsity Sabers. With the wins Souhegan moves to 3-9 in Class I play.

The Saber boys JV moved their record to a perfect 12 and 0 with wins over Con-Val and St. Thomas, beating St. Thomas by a score of 65-20. Sophomore co-captain Nick Hession led all scorers against St. Thomas with 15 points, and freshman Devin Gilligan added 14. The offensive and defensive glass was controlled by Souhegan's aggressive rebounding, led by sophomores Brendon McKenna, Wesley Crowell, and Zach Polio.

The SHS JV and Varsity play their last home regular season games on Friday, Feb. 20 vs. Bishop Brady on Senior night. The JV game starts at 5PM, withg the varsity tipoff set for 6:30 pm.

**Matt LaNeve dribbles past a St. Thomas defender as Mike Dwinell follows down court.**



## SHS Boys Varsity Overcomes First Half Deficit, Defeat Bedford 65-51

A second half explosion was the deciding factor in Souhegan's first Class I win of the season at Bedford on Tuesday, Jan 27. Trailing 36-29 at halftime, the Sabers outscored Bedford 36-15 the rest of the way to clinch the win. Important con-

tributions for the Sabers in the second half were made by Matt Laneve and Mike Dwinell, with each player scoring eight points and forcing numerous turnovers with aggressive defensive play.

Mike Bolton led the scoring for Souhegan with 13 points, and DJ Petropulos and co-captain Stephen Daigneau also reached double figures with 10 each. Co-captain Joe Elich dished out six assists, and Jake Gaffney led a balanced rebounding

effort with five boards.

With the win Souhegan improves to 1-8 on the season in Class I play, and plays home games on Friday, Feb.6 vs. Plymouth Regional HS and Friday Feb. 20 vs. Bishop Brady HS. The varsity games begin at 6:30PM.

## Sabers Swim Teams Set Personal/School Records at Bobcat Invitational Meet

On Sunday, February 1, The Souhegan Sabers Swim Team joined together for their last "whole team" meet of the season at The Bobcat Invitational Meet hosted at UNH. The Bobcat is an unscored meet, giving swimmer's an opportunity to compete against their ultimate rival: themselves. Sabers did it with style, achieving nearly 60 personal best times and setting 6 new school records. Among those demolishing previous standards set by themselves were Kevin Wons who took off over 10 sec. in his 200 Free, and Eric Howard whose 10 second deduction in the 500 Free earned him

first place. Andy Disco subtracted over 7 sec in the 200 IM to set a new school record, while Marissa Soucy shaved almost 7 sec in the ladies 200 IM and Alexa Katsigianis followed suit in the 100 Breast. Deductions added up to new school records for Mike Disco, who broke 3 Souhegan records in one day- 2 of his own (100 Free & 100 Breast) and the long-standing Souhegan 50 free record. Andy Disco also broke his own 100 Fly record. When all was said and done, 18 swimmers qualified for and will represent Souhegan at the State Championship meet to be held February 14.



**STATE QUALIFIERS:**

Annie Bacher, Spencer Davis, Andy Disco, Mike Disco, Sarah Dougherty, Bobby Graham, Laura Graham, Kelsey Hinrichs, Eric Howard, Colton Kenney, Alicia Meehan, Alli Mensh, Emily Rego, Taylor Studley, Mal-lory Sullivan, Anthony Villiotti, Kevin Wons. Missing swimmers from photo (Marissa Soucy, Micayla Gilligan, Briana Hirst and Alyssa Peterson)

## SaberScoreboard

### SHS Alpine Meet Results

**SOUHEGAN, Feb 5:**

The Souhegan Sabers alpine ski team competed in the last regular season meet at a frigid, wind-swept Mt. Sunapee today, racing with teams from Bedford, Hollis Brookline, John Stark, Milford and St. Thomas high schools.

In the boys competition, St. Thomas swept the team gold medals in the slalom, giant slalom and combined events, with the Souhegan boys team placing second in slalom, fifth in giant slalom and fourth in the combined. In the individual competition, Andrew Weeks of Bedford took top honors in slalom and Alastair Dowst from John Stark placed first in giant slalom. Top finishers for Souhegan in the slalom were Scott Doyle (seventh place), Jacob Parent (eighth place), Matt Comstock (10th place) and Tucker Brown (14th place). In giant slalom, Matt Comstock (11th place), Tucker Brown (14th place), Alexander Kempf (15th place) and Jacob Parent (16th place) took home points for the Sabers.

For the girls, Hannah Cole of John Stark took individual honors in both slalom and giant slalom, and the Souhegan Sabers swept top honors in the slalom, giant slalom and combined events. Individually, in the slalom the Sabers were led by Evelyn French (third place), Alex Griffith (fourth place), Lisa Kellndorder (fifth place) and Mary Leger (eighth place). In giant slalom, the top finishers for Souhegan were Alex Giffith (third place), Lisa Kellndorder (fourth place), Mary Leger (11th place) and AJ Newell (20th place).

The 2009 high school alpine ski season will wrap up next week with the New Hampshire state meets. The boys meet is at Cranmore Mountain on Tuesday, February 10th, and the girls meet is at Waterville Valley on Thursday, February 12th.

**SOUHEGAN, Jan. 29:**

Souhegan High's alpine ski team competed against four other teams on a challenging giant slalom course at Crotched Mountain today. The Saber girls took home the first place team medal, out-pointing Conval who took second place, and Bedford, who finished third. Mascenic and Milford rounded out the girls field. In the individual girls competition, Souhegan skiers swept the first three spots. Evelyn French edged out Alex Griffith for fastest combined time, followed by Lisa Kellndorfer in third place. AJ Newell also scored points for the Saber girls, finishing eighth overall.

In the boys competition, the team from Bedford took first place honors, besting Souhegan in second place, Conval in third and Mascenic in fourth. Bedford was led by Andrew Weeks and David Myers, who finished one-two in the individual competition. Garnering points for the Sabers were Scott Doyle (fourth place), Alfredo Chiappini (sixth place), Tucker Brown (seventh place) and John Cicci (eighth place).

The Sabers have one more dual meet at Mount Sunapee next Thursday before the New Hampshire High School State meet closes out the season on February 10th.

### Girls Alpine Team Finishes Second Behind Derryfield

The Souhegan Sabers alpine ski team competed in a seven-team meet at Crotched Mountain on Thursday, along with Bedford, Conval, Derryfield, Hollis Brookline, Mascenic and Milford.

Derryfield (370 points), Hollis Brookline (360 points) and Bedford (359 points) grabbed the first three spots in the boys giant slalom competition, with Conval (356 points) and Souhegan (354 points) following close behind. Pier Pennoyer of Conval took individual honors, followed by Erik LaFrance and Ryan Bretschneider of Hollis Brookline. Top finishers for Souhegan were Scott Doyle (9th place), Tucker Brown (12th place), Matt Comstock (17th place), and Jacob Parent (19th place).

In the girls team competition, Derryfield again took first place honors with 391 points, followed by Souhegan (371 points), Hollis Brookline (352 points), Bedford (351 points) and Conval (325 points). Carla Nyquist of Derryfield edged out Evelyn French of Souhegan for first place individual honors, with Claudia Camerino of Derryfield taking third place. The other Souhegan Saber girls scoring points were Lisa Kellndorfer (8th place), Alex Griffith (11th place), and Mary Leger (13th place).

### Girls Alpine Ski Team Places First, Boys Team Tied for First in Slalom

AMHERST - The Souhegan Sabers competed in an all-day, four-team alpine ski meet at Mt. Sunapee today. The Souhegan girls team placed first in the Slalom competition ahead of John Stark, Bedford and Milford, while John Stark edged out the Saber girls for first place in the Giant Slalom competition. In the combined scoring, the Saber girls team grabbed first place honors overall with 763 points ahead of John Stark (763 points), Bedford (736 points) and Milford (191 points). Individually, the top finishers for Souhegan were Alex Griffith (second place in Slalom), Evelyn French (third place in both Slalom and Giant Slalom), Lisa Kellndorfer (fifth place in Slalom, fourth place in Giant Slalom) and Mary Leger (ninth place in Giant Slalom).

The Souhegan boys team tied for first place with John Stark in the Slalom competition, but had to settle for third place behind John Stark and Bedford in the Giant Slalom. John Stark also took first place honors in the combined scoring (773 points) ahead of Bedford (748 points), Souhegan (747 points) and Milford (176 points). Individually, the Saber boys were led by Scott Doyle (third place in Slalom), Matt Comstock (fifth place Slalom, eighth place Giant Slalom), Jacob Parent (sixth place Slalom, tenth place Giant Slalom), and Tucker Brown (ninth place Giant Slalom).