

# SportsFolio



(standing from left to right) Mikey Hayden, Max McCabe, Matt Wilson, Joe Leahy, Coach Vinny Silvestri, Mike Belanger, Vinny Silvestri, Alex Maresco, Coach Jim Farrow, Stephen Upton, Alex Mendolla, Patrick Maguire, Dan Ruzicka, Coach Rich Upton; (kneeling) Jon Ehrlich, Alek Medic, Jack Engholm, Andrew Huyck, Devan Casey, Joe Nutting, James Wilson, Robbie Duarte, Alec O'Connor, Tommy Troie (lying) Paul Stacy, Taylor Farrow

## AMS Hockey Scores Win Against Hollis-Brookline

The Amherst Middle School Hockey team defeated the Hollis/Brookline Middle School hockey team 5-1 on Monday afternoon at Skate 3.

Joe Nutting opened the scoring for Amherst in the first period when he finished off a feed from Stephen Upton. Amherst doubled

their lead in the second period when Max McCabe found the back of the net on an unassisted goal. Later in the period the lead was extended to 3-0 when Matt Wilson lit the lamp, assisted by Mikey Hayden.

In the third period Matt's second goal (unassisted) gave Amherst some breathing room

and Max's second goal iced the game. Kyle Rogers ended the shut out bid when he scored with under a minute remaining. Goalies Tommy Troie and Alec O'Connor were outstanding between the pipes.

The hockey team's next game is on February 20 against Bedford Middle School.

## GSE Alumnae Play for USA Team



PHOTO BY JASON STUART

# 10 McKinley Curro of Amherst, NH joined teammates #15 Katy Fitzgerald (MA) and #30 Sarah Dalton (VT) on the USA Team at the Champions Challenge at the Wide World of Sports in Orlando, FL.

Curro was the high scorer for the first challenge game. Both the Men's and Women's USA teams went undefeated. These three US players played for Granite State Elite Lacrosse (GSE) who practice at the Hampshire Dome in Milford, NH. Team USA won the World Cup this past summer in Prague, Czechoslovakia and the next World Cup is in 2013.

## New Hampshire Baseball Coaches Association Conducts Annual Clinic on February 14

NEW HAMPSHIRE BASEBALL COACHES ASSOCIATION WEB SITE  
<http://www.nhbsbca.com>

Sunday, February 14, 2010 at Souhegan High School

8:00-9:00 am	REGISTRATION FOR THE CLINIC
9:00-9:50 am	SESSION ONE Steve Trimper (University of Maine) "Creating productive and game like practices"
10:00-10:50 am	SESSION TWO Aaron Izaryk (University of Maine) "Catching - ABC's of the position from drills to catcher - pitcher relations"
11:00-11:50 am	SESSION THREE Jason King (Franklin Pierce College) Offensive Skills and Drills from hitting to base running
NOON	"BANQUET" Food will be sold in the café. NHBCA awards will be presented
1:00-1:50 pm	SESSION FOUR Brian Hamm (Amherst College) Building a fundamentally sound middle-infield
2:00-2:50 pm	SESSION FIVE Robert Ciarlo (Rivier College)
3:00-3:50 pm	SESSION SIX Terry Dostie (Federation Baseball Rules Interpreter) Rules interpretation This is the fulfillment of NHIAA rules meeting

## Nordic Teams Skate to End Regular Season

BEDFORD – The Souhegan Nordic Ski teams wrapped up their regular season with an exciting day of skiing at the 10th Annual Souhegan Invitational Race held at Legacy Park in Bedford on Saturday. To commemorate the 10th anniversary of the race, team trophies were awarded for the first time. Souhegan won the boy's race, and Concord won the girl's race. Nick Murphy, of Souhegan, won the boy's race, and Rebekah Kelley, of Manchester Central, won the girl's race.

The Invitational is a sprint format race over a 1K course. After an initial qualifying round, the race progresses through elimination heats, with the top two skiers from each heat progressing to the next round. The top four finishers race in the finals; the next four race in the runner-up round.

Rachel Springmann and Marissa Ashcraft advanced through the

brackets to the runner-up round. Springmann finished 6th overall and Ashcraft finished 7th. Pia Marciano, Jordan Springman, Megan Lynch, Christina Clemence, and Katherine Benoit also advanced from the qualifying round into the elimination brackets.

The Sabers dominated the boy's race, taking 6 of the top 8 spots. The final heat featured four Sabers in a race-off. After winning all of his preliminary heats, Murphy led from start to finish in the finals. Brant Mullens grabbed second, Anthony Caruso took third, and Matt Benoit was fourth. Sam Lowell won the runner-up heat to take 5th overall, with Alex Rodd placing 7th.

Jack Chapman, Sean Lynch, and Jason Bender also all made it through the qualifying round to the elimination heats for the Sabers.



Nick Murphy of Souhegan won the boy's race.

JEFF HALL PHOTO

## The Derryfield School's Awesome Alpine Skiers

BY KATRINA HOLMAN

MANCHESTER – The Derryfield School's downhill skiers have just completed a great season of six meets, only the "states" still to go. Although this school is in Division 4, high school alpine races sometimes include teams from mixed divisions.

The star of the girls team is sophomore Carla Nyquist of New Boston, one of New Hampshire's top high school skiers. She placed first in every slalom and every giant slalom race in five meets, held at Pats Peak twice, at Cannon Mountain twice, and at Crotched Mountain once. In the sixth meet, an all-day event at Sunapee with seven competing teams on Feb. 5, she missed the top spot in the GS by a mere 4 hundredths of a second. Number two overall on the girls team is Tessa Greer of Amherst, who turned in fine performances all season. She usually finished in the top ten. In the meet at Crotched Mtn. on Jan. 21, where the small-school Cougars competed against Souhegan, Hollis-Brookline, Milford, Masconic and Con-val, some much bigger schools, Tessa placed 3rd overall as the 2nd on her team, helping Derryfield to first place as a team. At Cannon Mtn. on Jan. 29 in a Div. 4 match against 9 other teams, Tessa placed 11th overall in a field of over 60 girls in the 2-run GS in the morning and 10th in the one-run slalom in the afternoon, the 3rd finisher on her team for both events. At Sunapee, Tessa placed 11th in 2-run GS against six other teams.

There are 10 girls and 13 boys on the team this year. At Derryfield, this varsity sport is open to any student who can ski, without try-



COURTESY PHOTO

The Derryfield School's Tessa Greer of Amherst

outs, no prior racing experience required. New to the team this year is sophomore Julie Harris of Amherst, who had never raced before – but she loved it. The positive attitude of the coaches and the camaraderie of the team made it fun, and she also found the improvement to her skiing gave her a boost in confidence on the slopes. Having to turn where the gates are set, forces better technique. Julie is looking forward to joining the team again next year.

As a team, the girls placed first three times, second twice and third once for the meets. The boys as a team have finished first all season. In the Sunapee races, they had incredible 1-2-3 finishes with the fourth scorer also in the top 10. Next up are the Division 4 NH ski championships, to be held at Loon on Feb. 8 for the top six boys and at Cannon on Feb. 10 for the top six girls, with both slalom and giant slalom races.

### Alpine Skiing

## SHS Girls Shine at Southern NH Championships

Souhegan – February 4, 2010 - The Sabers Alpine Ski Team competed in a seven- team Slalom and Giant Slalom meet at Sunapee. The girl's team easily won both events earning 387 points in the Giant Slalom race, followed by Bedford (367 points) and John Stark (344 points). In Slalom the girls scored 373 points, Hollis-Brookline (355 points) and John Stark (347 points). Individually, the top finishers for Souhegan were Evelyn French (second place in slalom, third in giant slalom), Torey Brooks (second in giant slalom) AJ Newell (ninth in slalom, fourth in giant slalom), Mary Leger (sixth in slalom, eighth in giant slalom) and Annalee White (14th in slalom).

The boys came in second in the giant slalom (365 points) behind first place Bedford (382 points). Hollis Brookline finished third with 363 points. In slalom the boys placed fourth (339 points) behind Bedford (384 points), Hollis-Brookline (371 points) and Saint Thomas (349 points). Top finishers for the

Saber boys were Alexander Kempf (third place in giant slalom), Tucker Brown (ninth in giant slalom, 20th in slalom), John Cici (14th in giant slalom, 21st in slalom), Scott Doyle

(15th in giant slalom), Mike Barrett (17th in slalom) and Hayden Vassallo (23rd in slalom). Ben Lambert of Milford took first place honors in both the giant slalom and slalom.



Evelyn French of Souhegan skies to second place finish in slalom

## Amherst Lacrosse Club Boys and Girls 1st Annual Equipment Swap

The Amherst Lacrosse Club will hold its first annual equipment swap Thursday, February 11, 2010 from 6 to 8 p.m. at the Amherst Middle School.

Have your children outgrown their lacrosse equipment? Or do you have children who are new to the sport and are looking for affordable, used equipment?

Please consider donating your used lacrosse equipment to the Amherst Lacrosse Club. Sticks, gloves, elbow and shoulder pads, goggles and helmets are all accepted. Your pre-owned equipment will be used to help our younger members get outfitted and ready for the season.

Come to the Amherst Middle School on Thursday February 11

and look though the donated girls and boys lacrosse equipment. If you find something you like, make a donation to the club and get your child outfitted for the season. Available equipment will be dependent upon donations. Unclaimed items will be donated to local area lacrosse program.