

SportsFolio

Souhegan State Nordic Meet

The Souhegan Boy's Nordic Ski team had an outstanding effort to finish 2nd at the Division II Championships held today at Whitaker Woods in North Conway. Combining their results from the classic race in the morning and their skate race in the afternoon, the Sabers repeated as runners-up to defending champion Hanover. Lebanon took third.

The Sabers began the day with a solid team effort, placing their first four skiers in the top 15 of the classic race. Nick Murphy led the charge, taking 2nd (14:44), while Anthony Caruso had another outstanding race to finish 5th (15:12). Sam Lowell (13th, 16:33) and Jack Chapman (15th, 16:42) also had excellent races to complete the scoring. Brant Mullens (17th, 16:56) and Matt Benoit (34th, 18:41) also competed well for the Sabers.

In the skate race, the Sabers had another impressive team effort, placing all six skiers in the top twenty-five to secure second place for the team. Murphy led the Sabers, again grabbing second (12:46). He was followed by Caruso (6th, 13:36), Chapman (14th, 14:28), Lowell (16th, 14:45), Mullens (17th, 14:52), and Alex Rodd (21st, 15:16).

By finishing in the top ten today, Murphy and Caruso also qualified to compete in the Meet of Cham-



SHS Boys Nordic Ski team with the Plaque for second place in Division II State championships.; Front row: Head Coach Kathy Maddock, Keller Nunley, Jack Chapman, Co-Captain Anthony Caruso, Matt Benoit, Alex Rodd Back row: Nick Murphy, Sean Lynch, Brant Mullens, Cooper Flanders, Co-Captain Sam Lowell, Assistant Coach Steph Bayr.

pions, which will be held February 24th at Whitaker Woods.

The Souhegan Girl's Nordic Ski team had a strong showing at the Division II Championships held today at Whitaker Woods in North Conway. With the combined results from the classic race in the morning and the skate race in the afternoon, the Sabers finished third overall behind Hanover and Lebanon.

In the classic race, the Sabers were led by Rachel Springmann, who had an outstanding race to finish 6th (18:17). Marissa Ashcraft (19:54) and Jordan Springmann (20:34) were 15th and 17th, respectively, with Katherine Benoit and Megan Lynch tying for 20th (21:01). Christina Clemence also skied well for the Sabers, placing 29th (22:00).

In the afternoon, Ashcraft led the Sabers with an excellent effort,

taking 8th (16:32) in the skate race, with Rachel Springmann taking 10th (16:47). They were followed by Pia Marciano (14th, 17:47), Jordan Springmann (21st, 18:43), Lynch (25th, 19:13), and Clemence (35th, 20:38).

By placing in the top ten, Rachel Springmann and Marissa Ashcraft qualified to compete in the Meet of Champions, which will be held February 24th at Whitaker Woods.

Alpine Skiing

Souhegan Boy's Team and Milford's Ben Lambert Finish Fifth at State Championships



Souhegan Captain Matt Comstock in the slalom event

February 9, 2010 – The Souhegan boy's alpine ski team and Milford's Ben Lambert made an impressive showing at the Division II Alpine State Championships at Waterville Valley. In a field of 14 teams, the Souhegan Sabers finished fifth with 616 points behind first place Kennett (774.5), Plymouth second (749.5), Bedford third (637) and in fourth place, Hollis Brookline with 630 points. Milford (433) came in 11th.

Ben Lambert of Milford grabbed fifth place in giant slalom with a combined two-run time of 68.12.

Top finishers for Souhegan were Tucker Brown 15th in giant slalom (71.5), Alexander Kempf 17th in giant slalom (71.97), Scott Doyle 23rd in giant slalom (74.21) and 20th in slalom (67.61), Mike Barrett 30th in slalom (72.62), Matt Comstock 32nd in giant slalom (77.53) and 31st in slalom (72.99), John Cici 44th in slalom (81.94).

A fifth place finish in slalom puts Ben Lambert in the Meet of Champions on March 3 at Cannon Mountain. Skiers who finish in the top ten at States qualify for the event.

Alpine Skiing

Souhegan Girls Finish Fifth at State Championships – Evelyn French Qualifies for Meet of Champions



Sophomore Scott Doyle competes in the giant slalom

February 11, 2010 – The Souhegan girls competed in a 14-team meet at the Division II State Championships at Mount Cranmore in North Conway. Evelyn French led the Sabers finishing 10th in both slalom and giant slalom with combined two-run times of 75.75 and 87.74 respectively to help Souhegan grab fifth place. Other top finishers for Souhegan were Torey Brooks 18th in slalom (85.70), 12th in giant slalom (88.84), Mary Leger 22nd in slalom (88.42), 29th in giant slalom

(101.58), Sami Norton 45th in slalom (104.11) and A.J. Newell 41st in giant slalom (107.28).

The Sabers finished with 634 points behind first place Plymouth (757), Kennett in second (754), Hanover (695) in third and Oyster River (638) in fourth.

French's tenth place positions put her in the Meet of Champions being held on March 3 at Cannon Mountain. Top ten finishers at the State Championships qualify for the event.

SHS Boys Nordic Skiing



The four SHS skiers in the final round of the SHS sprints. Nick Murphy, Brant Mullens, Anthony Caruso, Matt Benoit with SHS Saber Mascot (team member Ryleigh Mullens)



3. The four SHS skiers in the final round of the SHS sprints. Nick Murphy in front (#305), Brant Mullens behind Murphy; Matt Benoit (#338), Anthony Caruso behind Benoit

The Derryfield School's Super Swimmers



The Derryfield School's Hunter Holbrook of Amherst

BY KATRINA HOLMAN

MANCHESTER – The Derryfield School's swim team competed in the NH Division 2 Swimming Championships held at UNH on Saturday, Feb. 13, with 25 other high schools, including Bedford, Hollis-Brookline, Milford, and Souhegan. Not only did Derryfield's boys medley relay team qualify to compete again the very next day in the New Hampshire Meet of Champions, but their excellent performance there earned them the opportunity to represent New Hampshire in the New England Meet of Champions scheduled for Feb. 27 in the same pool.

At the Div. 2 State meet, the Derryfield boys 200-yard (4x50) medley relay team finished 3rd, behind 1st-place Souhegan and 2nd-place Bedford, out of 12 teams of which 4 were DQ. Senior Kendall Kaspar (of Windham) swam the backstroke leg; junior Hunter Holbrook (Amherst) breaststroke; junior Ian Will (Mont Vernon) butterfly; and senior Alexander Seiger (Concord) freestyle. At the Meet of Champions, they raced even better and placed 3rd again, this time in a field of 15 relay teams of the best of both Divisions 1 and 2,

behind Bishop Guertin in 1st place and Souhegan in 2nd.

They followed up with noteworthy individual swims. In the Div. 2 championship meet, Hunter dropped 4 seconds off his qualifying time to place 8th (out of 15 competitors) in the 100-yard breaststroke. Ian, running a fever, placed 4th (of 16) in the 50-yard freestyle, and 5th in the 100-yard butterfly. Kendall finished 3rd (of 14) in the 100-yard freestyle and 8th (of 16) in the 200 free. Alex placed 8th in the 100 fly and 12th in the 100 free.

With top-9 finishes, they each qualified for the Meet of Champions and achieved respectable finishes there. Hunter shaved another whole second off his time. He credits Derryfield coach Jon Steer's training on technique for his significant improvement over the year. Kendall qualified for the New England Championship with his 6th place in the 100-yard freestyle on the second day.

The highlight for the Derryfield girls was 10th place finishes by Lucy Steer (of Nashua) in both the 200 and 500-yard freestyle events in the Div. 2 State meet.



Girls relay Alli Mensh, Emily Rego, Kelsey Hinrichs Taylor Studley

Souhegan swimmers shined at two Championship meets the weekend of February 12 and 13. On Saturday at the Division II Championship meet, Souhegan ladies swam to second place, while the gentlemen came in 3rd. Highlights included a sweep of the 100 Breast, with Andy Disco taking first for the boys, and Mallory Sullivan doing the same for the girls. Disco also won the 100

Back title, as did the Boys 200 Medley Relay of Jamie Lutz, Andy Disco, Eric Howard, Bobby Graham, and the Girls 200 Freestyle Relay of Taylor Studley, Emily Rego, Alli Mensh, Kelsey Hinrichs. Kelsey Hinrichs took silver in the 50 Free, as did the boys 400 Freestyle Relay of Eric Howard, Anthony Villotti, Jamie Lutz,& Andy Disco.



Boys relay I-r Bobby Graham, Jamie Lutz, Eric Howard, Andy Disco

These Relay swimmers were joined by Alyssa Peterson, Alicia Meehan, and Olivia Wons on Sunday at the State Meet of Champions, where Souhegan again put in a great effort, with Disco repeating his 2 first place finishes (100 Breast & 100 Back), setting a new meet record of 53.5 in the 100 Back. Top 6 finishers at the MOC will go on to swim at the New England Championship

meet on February 27th. Individuals qualifying for the NE meet include: Disco, Kelsey Hinrichs (2nd 50 Free and 5th 100 free); Eric Howard (4th 50 Free, 5th 100 Back); and Mallory Sullivan(2nd 100 Breast). Souhegan relays continued to shine, with both the boys and girls 200 Medley Relays going to the NE Champs, as well as the girls 200 free relay and the boys 400 Free relay.