

# SportsFolio

**Amherst Middle School Hockey**

## Amherst Middle School Hockey Falls to 1-1



On the same day that the Souhegan High School hockey team lost to the Bedford High School hockey team, the Amherst Middle School hockey team lost to the Bedford Middle School hockey team.

Bedford jumped out to an early 2-0 lead before Matt Wilson finished off a feed from Max McCabe to put Amherst on the scoreboard. After the Bulldogs regained their two goal lead Stephen Upton banged home a loose puck for Amherst's second tally. Bedford closed out the period with

two more scores to take a 5-2 lead into the first intermission.

After Bedford extended their lead to 6-2 Amherst battled back. Mike Hayden finished off a break out pass from Vinny Silvestri for Amherst's third goal and then Mike scored an unassisted goal to bring the score to 6-4 after two periods.

In the final period Bedford scored an early goal to open up a 7-4 lead. Matt Wilson got his second goal of the game with an assist from Stephen Upton. But that was as close as Amherst could

come. Late in the game Bedford tallied two more goals to give them the 9-5 decision. Amherst is now 1-1 in middle school hockey action.

Picture – Lined up for player introductions (left to right): Jon Ehrlich, Alex Mendolla, Max McCabe, Stephen Upton, Paul Stacy, Matt Wilson, James Wilson, Joe Nutting, Vinny Silvestri, Tommy Troie, Mike Hayden, Andrew Huyck, Dan Ruzicka, Taylor Farrow, Devan Casey

**Souhegan Indoor Track & Field**

## Sabers Tied With Lebanon For I-M-S Championship



<b>Coaches Award</b> Aaron Prescott	<b>Most Improved</b> Matt Chareth	<b>Most Outstanding Athlete</b> Kyle Crisman Relay Award Mike Peret
<b>Senior Award</b> Grant Raymond	<b>Most Valuable</b> Chris Chininis	<b>Outstanding Freshman</b> Jake Kittredge

The Souhegan track and field boys' team tied Lebanon for the Class IM&S Championships on Sunday at Dartmouth College. Lebanon and Souhegan each scored 53 points, ahead of Portsmouth (45), Coe-Brown (42), Monadnock (42), Milford (29) and other schools trailing. The Sabers, led by Mike Peret's three individual first places, trailed Lebanon by two points with only the 4 by 200 meter relay remaining. The team of Parker Hall, Dennis Elverson, Chris Chininis, and Mike Peret outran Lebanon for first, and, in the process, set not only a school record but a Class record with their 1:34.91 clocking. Mike was first in the 55 meter dash (6.4), the 300 meters (36.75), and the high jump (6'), but he received help from others. Chris Chi-

ninis set a new school record in the long jump (20' 4.75") and received fourth place honors. He also recorded third place in the 55 meter dash (6.7). The 4 by 800 relay team of Nate Kittredge, Aaron Prescott, Matt Chareth, and Bert DeForest, seeded ninth, ran a personal best of 8:55.85 for fifth place. Also, the 4 by 400 relay team of Jacob Lawrence, Aaron Prescott, Jake Kittredge, and Grant Raymond, seeded twelfth, ran a personal best of 3:44.35 - sixth place and another school record.

The Souhegan girls' team also performed better than they were seeded. The girls' meet was won by Lebanon with 53 points, followed closely by Milford with 52, then Bow with 33. The Sabers were 10th with a total of 12 points. Their

highest finish was Isabella Stuopis in the shot with a new school record of 34' 9.5 inches - good for third place. Hillary Wilson ran 3:15.4 in the 1000 meters to place fourth, and the 4 by 800 relay team of Hillary, Angela Blume, Arianne Bennett, and Molly Mirhashem was fifth with a season best of 10:30.1. Other performances were Csilla Valmos, eighth in the 3000 meters with a personal best of 11:21.76, Angela Blume seventh in the 600 meters with a personal best of 1:47.73, Jade Humphreys tenth in the 300 meters (44.97), and Kelsey Knight eleventh in the hurdles (9.4). The 4 by 200 relay team of Micaela Wilson, Jade, Kelsey, and Laura Tebbetts was tenth in a time of 1:59.44.



<b>Coaches Award</b> Molly Mirhashem	<b>Outstanding Freshman</b> Micaela Wilson	<b>Kyle Crisman Relay Award</b> Laura Tebbetts
<b>Most Valuable</b> Hillary Wilson	<b>Coaches Award</b> Angela Blume	<b>Most Outstanding Athlete</b> Kelsey Knight



### 4th Grader Qualifies for State Championships

Dale Estes, a Wilkins student skiing for Pat's Peak Alpine Race Team, placed 7th in a recent qualifying race at Ragged Mountain. That allows Dale to compete in the upcoming state championships. Special thanks to Pats Peak race coach Gene Darin, also of Amherst.

**SHS Boys Nordic Skiing**

## Easterns and J2 Qualifiers



Anthony Caruso



Jack Chapman



Nick Murphy



Pia Marciano

Souhegan qualified three skiers for New Hampshire's elite statewide teams. Nick Murphy and Anthony Caruso qualified for the Eastern High School Championship team, which is composed of the top 24 boys and top 24 girls high school skiers in New Hampshire. Skiers qualify for this team based on their combined results from the two New Hampshire Coaches Series Races. The Eastern High School Championships is the premier event for high school and prep school racers in New England and New York. Murphy and Caruso will represent New Hampshire in races held at Gunstock Nordic, Gilford, NH, on March 12-14.

Jack Chapman qualified for the J2 team. Jason Bender is second alternate for the Boys team, and Pia Marciano is fourth alternate for the Girls team. The J2 team includes the top 20 boys and top 20 girls aged 14 & 15 (as of Jan. 1, 2010). Qualification for this team is also based on the combined results from the two New Hampshire Coaches Series Races. Chapman will represent New Hampshire at the J2 races that will be held at Jackson Ski Touring Center, Jackson, NH, on March 5-7. The competition includes teams from New Hampshire, Maine, Vermont, Massachusetts, and New York. In addition, invited entries from Utah, Idaho, and Canada usually compete in the event.

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