

SportsFolio

AMS Girls Win Fourth Straight Track & Field Championship



The Amherst Middle School girls completed their fourth straight undefeated season by winning the Division II Track & Field Championship at Nashua South on Wednesday. Mikayla Hickey captured wins in the long jump, 100, 200 & 4 x 100 relay. Her times of 12.53 (100) and 26.69 (200) not only set school records but championship meet records as well. Madeleine Hunt won and set the meet record in the 1600 with a time of 5:28. She placed second (2:27) to Jessica Ewing who won and set the meet record in the 800 with a time of 2:25. The girls 4 x 100 relay team of Gwen Hale, Hailey

Johnson, Casey Johnson and Hickey set the meet record with a time of 54.33. In the two seasons Erica Chareth has been running the hurdles she has never won a race. She saved the best when it counted the most by winning the championship with a personal best time of 15.7. Erica also placed 4th in the 400 with a personal best of 1:05. Kate Bermingham also ran her fastest time (1:03) in placing 2nd in the 400. The 4 x 200 relay team of Chareth, Emily Lewis (6th in 400), Bermingham, Anna Farrow, narrowly missed setting the meet record as that group remained unchallenged. Other top

performers included; Juliane Donohue (3rd in shot put, 4th in high jump), Farrow (3rd in LJ, 5th in 200 & hurdles), Hannah Gillis (2nd in 1600, 6th in 800). Amherst Middle School girls now hold all eight running event records at the championship meet. The boy's team placed second for the 3rd straight season after winning the championship the previous two seasons. Cameron Behn won the hurdles with a time of 14.3 and set the school record in the 200 with a time of 24.38 though placing second. He also took 6th in the long jump. Other top performers;

Ely Marciano (2nd in 400), Keelan MacKenzie (3rd in 800, 6th in 400), Ali EWiess (4th in 200, 6th in 100), Eric Rotthof (3rd in shot put). The 4 x 100 relay team of Joe Lauer, Rotthoff, Ewiess, Foster Burnley were nipped at the line and finished 2nd but managed to set the school record with a time of 51.68). The 4 x 200 relay team of Nick McNeil, Nick Tabor, Marciano, Behn took first place.

Over the past five seasons both teams combined have set school records 54 times.

Local Synchronized Swimmers Compete at Championship Level



Greater Manchester YMCA's Catalinas Synchronized Swim Team
Front Row: Rachel Phelan, Zara Hannigan, Katherine Spalding, Julia Caselden, Sarah Hanna and Riley Cullen; Back Row: Cynthia Boisvert, Asst. Coach, Emily McAuliffe, Molly Spalding, Co-captain, Kaylie Piecuch, Co-captain, Lindsey Andrews, Ilana Hensely, Maddy Harmelink, Olivia Caselden, Irina Kustovskaya, Elizabeth Herod, Abigail Smith, Lily Zemelko, Sarah Hannaford, Briley Boisvert, Beth Spalding, Assistant Coach, Liana Thomas, Head Coach. Missing from photo: Rachel Venator.

The YMCA of Greater Manchester's synchronized swim team the Catalinas started the spring 2012 competition season off on a successful note. The Age Group Squad competed in the New England Synchronized Swim Association North's 2012 Age Group Championship at the YMCA of Central Massachusetts in Worcester, MA. Molly Spalding of Mont Vernon placed 5th in the Age Group 16-17 figures and she placed 2nd in her solo routine which qualified her for the Region D Age Group and Intermediate Championship in Andover, MA. Irina Kustovskaya of Goffstown, Katherine Spalding of Mont Vernon, and Lily Zemelko of Derry placed 6th for their 13-15 Age Group Trio routine. The Catalinas's Novice and Intermediate squads competed in the New England Synchronized Swim

Associations North and South Novice and Intermediate Championship at the Greater Beverly YMCA in Massachusetts. For Figures Novices Julia Caselden of Derry placed 2nd in the Novice 9-10 age group, Sarah Hanna of Goffstown placed 2nd, Rachel Phelan of Manchester placed 5th, Zara Hannigan of Manchester placed 6th, and Riley Cullen placed 7th in the Novice 11-12 age group, and Rachel Venator of Concord placed 1st in the Novice 13 and over age group. In the Novice Routines, Julia Caselden placed 2nd for her solo in the Novice 9-10 age group, and Rachel Venator placed 1st for her solo in the Novice 13 and over age group. Duet teams of Sarah Hanna and Rachel Phelan placed 1st and Riley Cullen and Zara Hannigan placed 2nd in the Novice 11-12 age group. Julia Caselden, Riley Cullen, Sar-

ah Hanna, Zara Hannigan, Rachel Phelan, and Rachel Venator placed 2nd in the Novice 13 and over team routine. In the 13 and over year old Intermediate Figure competition Sarah Hannaford of Bedford placed 1st, Abigail Smith of Manchester placed 4th, Madelinn Harmelink of Dunbarton placed 5th, and Olivia Caselden of Derry placed 8th. In the Intermediate Solo 13 and over competition Emily McAuliffe of Derry placed 2nd, and Elizabeth Herod of Goffstown placed 3rd. Both girls qualified for the Region D Age Group and Intermediate Championship. Madelinn Harmelink and Ilana Hensley of Amherst placed 2nd for their Intermediate duet 13 and over routine and qualified for the Region D Championships. Olivia Caselden and Kaylie Piecuch of Goffstown placed 5th for

their Intermediate duet routine. In the Intermediate 13 and over Trio competition Lindsey Andrews of Dunbarton, Sarah Hannaford and Abigail Smith placed 2nd and qualified for the Region D Championship. The Catalinas sent two squads to compete in the Intermediate 13 and over team routines. The green squad made up of Sarah Hannaford, Irina Kustovskaya, Abigail Smith, Molly Spalding, and Lily Zemelko placed 1st. The purple squad made up of Lindsey Andrews, Olivia Caselden, Madelinn Harmelink, Ilana Hensley, Elizabeth Herod, Emily McAuliffe, Kaylie Piecuch, and Katherine Spalding placed 3rd. Both squads qualified for the Region D Age Group and Intermediate Championship which will take place in Andover, MA.

Saber Student-Athletes of the Week

Mack Walker Selected for the Week of May 21st
Mack Walker, a sophomore on Souhegan's Boys Varsity Lacrosse Team has been selected as the Saber Student-Athlete of the Week for the Week of May 21st. Coach Jon Salch wrote in his nomination "Mack had a fantastic week for the Sabers Lacrosse Team in three victories vs. Nashua South, Oyster River and Dover. Mack totaled 21 points in the three victories securing 1 goal and 9 assists vs. South; which is a season high and

career high, 2 goals and 5 assists vs. Oyster River and 2 goals and 2 assists against Dover. Mack has really grown as a player this season in only his second varsity season and it's apparent that big things are ahead. In the classroom, Mack has been working hard to attain grades that will allow him to play at the next level."

Erin MacDonald Selected for the Week of May 14th
Erin MacDonald, a senior on the Souhegan Varsity Track and Field

Team, has been selected by the Souhegan Varsity Coaches as the Saber Student-Athlete of the Week for the Week of May 1th. Erin did well in all four of her events this past Saturday at the Londonderry Invite. She placed second in the 200 (27.92), fifth in the 100 (13.34), seventh in the long jump (15' 3"), and ran the anchor for the 4x100 meter relay (52.8) which placed second. Erin a team captain has qualified to compete in four events this coming Saturday at the division championships which

will be held in Milford. Erin is the only sprinter on the girls' team that has qualified to compete in an individual event this weekend. She is on the top 10 list of all time performances in the 100 meters, the 200 meters and the long jump. Varsity Track Coach Cathy Merra stated, "Erin shows sportsmanship at all the meets taking time from competing in her events to cheer on her teammates that are competing. Erin will be attending Fordham University next fall."

SaberScoreboard

Souhegan Sabers Track & Field Updates

New England Track Meet Results

Isabella Stuopis completed her final Souhegan High School track meet by winning the runner-up medal at the New England Track and Field Meet Saturday at Saco, Maine. Isabella was seeded fourth in the shotput event, and, indeed, she had the fourth best throw entering the finals, and on her last throw of the competition, she heaved the shot 40' 11" to move up to number two. Isabella also competed in the discus and threw 113' 1" to finish in twelfth place. The Saber girls also had a team in the 4 by 800 where Sarah Hurd, Min lu Kelley-Durham, Raleigh McElvery, and Angela Blume ran 10:12.00 to place 26th among the 36 teams. The Souhegan boys' team came back from the meet with two new school records. The foursome of Jake Kittredge, Bert DeForest, Nate Kittredge, and Tanner Kent placed fourth in the 4 by 800 relay with a school record ~†8:03.70. The same quartet also set a new school record in the 4 by 400 with a 10th place time of 3:26.85. Ben DeForest was the remaining Saber competitor. He placed ninth, missing the finals by two-hundredths of a second- in the 110 meter high hurdles. His time of 15.05 was tops among the few tenth-graders in the event. Complete results may be found on RunnerSpace.com.

Boys Win Division II Championship

The Souhegan boys' track and field team ran, threw, and jumped their way to first place in the D II Championships on Saturday, May 26 at Milford High School. The top ten scores were Souhegan 80, Bedford 65, Lebanon 53, Oyster River 48, Merrimack Valley 46, Portsmouth 43, Milford 36, Pelham 31, Plymouth 29, and Hanover 28. The Sabers combined solid scoring by strong middle distance runners abetted by jumpers and sprinters. The scoring started with a first place by the 4 by 800 relay team of Sam Ballard, Ben Platt, Jake Kittredge, and Tanner Kent. Ben DeForest followed with a first in the high hurdles(15.18) and third in the 300 meter hurdles (42.12). Tanner(49.8 - a new school record)) and Bert(50.72) recorded first and third in the 400 meters, and Jake(1:58.2) and Nate(2:00.54) continued by finishing second and third in the 800 meters. Another team pair scored in the 3200 meters: Patrick Lynch fourth(10:02) and Jason Bender sixth (10:05). Sprinter Brian Dworkin added two points in the 200 meters with a fifth place effort (22.8). The track events ended with a second place (3:31.63) by the 4 by 400 team of Tanner, Bert, Nate, and Jake. Meanwhile, in the field events, Andi Coates placed fourth in the high jump(6' 2"), Alex Hodsdon fourth in the pole vault(12"), and Ben DeForest sixth in the high jump(6'0"). The Souhegan girls' team tied for eighth place in the meet. Top scores were Coe-Brown 118, Bedford 93, Merrimack Valley 69, Lebanon 55, Milford 44.5, Oyster River 29, Hollis/Brookline 28, Kennett 24, Souhegan 24, and Hanover 22. The 4 by 800 relay team was the sole first place for the Sabers with Sarah Hurd, Raleigh McElvery, Min lu Kelley-Durham, and Angela Blume running 9:50), their fastest time of the season. The remaining points for the Saber girls were scored by Isabella Stuopis with a second in the shot (39' 6 1/2") a fourth in the discus(105' 0") and Sarah Hurd in the high jump who was fifth.(4-10). The top four finishers in each event automatically qualify for the Meet of Champions next Saturday afternoon at Londonderry High School.

Meet of Champions

Souhegan track athletes faired very well at the Meet of Champions held at Londonderry High School on Sunday, June 3. The top six in each event all qualify for the New England Meet to be held in Saco, Maine next Saturday. The Saber boys' team had two individual state champions as Tanner Kent blazed to a new Souhegan school record in the 400 meters(48.66). Ben DeForest also continued his winning ways in the high hurdles with a fast 15.06 while running against a head wind. ~†The 4 by 800 relay team of Sam Ballard, Ben Platt, Nate Kittredge and Bert DeForest ran their fastest time of the season (8:05.42) to place runner-up to Keene High School. The other second place for the Sabers was the 4 by 400 relay team of Tanner, Bert, Nate, and Jake Kittredge. They ran a strong 3:28.30 to place second to Pinkerton. Also qualifying for the New England's were Alex Hodsdon, fourth in the pole vault(12' 0"), and Jake Kittredge fifth in the 800 meters(1:58.50). Others competing for Souhegan were Andi Coates, ninth in the high jump(6' 0"), Brian Dworkin, 11th in the 200 (23.46) and 12th in the 100(11.43), and Patrick Lynch, 13th in the 3200 meters(10:12.43).~† Isabella Stuopis put the shot 40' 5" to become the state champ in that event, and then she also threw the discus 115' 8" for a strong second place. Isabella was also one of four athletes honored with a scholarship from the New Hampshire Track Coaches Association. The 4 by 800 relay team also qualified for the New England's with Sarah Hurd, Min Lu Kelley-Durham, Raleigh McElvery, and Angela Blume running a seasonal best of 9:48.93 for a sixth place finsh. Sarah also high jumped 5' 0", tied for ninth place.~†

Souhegan Drops Division II Play-Off to Goffstown in Bottom of the 7th

TEAM	1	2	3	4	5	6	7	8	9	10	R	H	E
Souhegan	0	0	0	2	0	0	1	0	0	0	3	3	3
Goffstown	0	0	1	0	0	2	4	0	0	0	7	4	1

Souhegan	Eric Howard (LP) and Cameron Crook
Goffstown	Tyler Barss (WP) and Adam Routhier

The Souhegan High School baseball team travel to Manchester (and St Anselm College) to play the fourth seeded Goffstown Grizzlies in the preliminary round of the Division II play-offs. The contest was highly contested from Goffstown's Tyler Barss first pitch of the game until Eric Howard's final pitch in the bottom of the seventh. Goffstown scored an unearned run in the bottom of the 3rd as Adam Routhier singled home Kyle Indingaro with two outs in the third to give Goffstown a 1 to 0 lead. In the top of the fourth, Bobby Graham walked and Robby McCormick's single put runners on first and third .. Seth Learned walked and with two outs Tyler Ford single plated two runs and Souhegan led 2 to 1 ... Goffstown scored two unearned runs in the bottom of the sixth to take a 3 to 2 lead ... Trailing by 1, the Sabers rallied in the top of the seventh as Tyrell Torres walked and moved to second and third on a pair of wild pitched ... an Eric Howard rbi single, with two outs, knotted the score at 3 to 3. Goffstown combined a hit batter and a [air of sacrifice (fielder choice) bunts to load the bases, and with no outs Chris Garrison provided the winning runs with a walk off home run over the left field field. Eric Howard pitched 6 innings, struck out 7 and walked 3 in an outstanding pitching performance for Souhegan. The Souhegan defense was led by the play of Tyler Ford, shortstop, and Robby McCormick, rightfielder. CONGRATULATIONS TO THE SOUHEGAN SENIORS WHO HAD AN OUTSTANDING AND VERY EXCITING SEASON ... THANK YOU TO Tim Beliveau, Chris Chininis, Danny Conroy, Terry Dugdale, Robert Graham, Tyler Hansis, Eric Howard, Robby McCormick and Brandon O'Connell.