

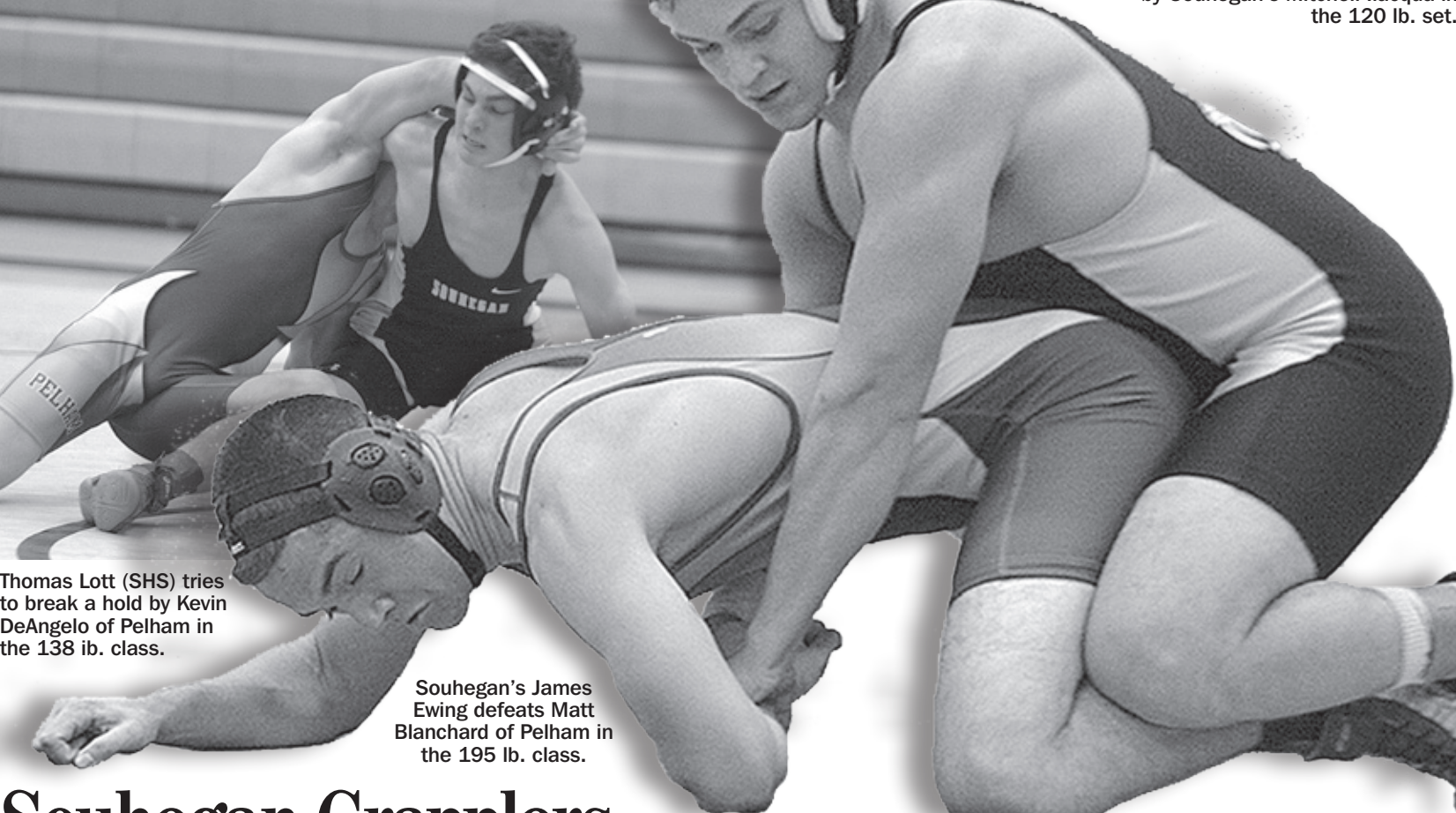
SportsFolio



Jared Boynton (106 lbs.) pins James Kibbie.



Matt Kock from Pelham cannot escape a hold by Souhegan's Mitchell Ilacqua in the 120 lb. set.



Thomas Lott (SHS) tries to break a hold by Kevin DeAngelo of Pelham in the 138 lb. class.

Souhegan's James Ewing defeats Matt Blanchard of Pelham in the 195 lb. class.

PHOTOS COURTESY BILL DOD

Souhegan Grapplers Fall to Pelham 54-24

Season stands at 3 losses vs. Bow, Winnisquam and Pelham, with 1 win vs. Franklin

Next up are three away matches vs. St. Thomas January 9th, followed by three home contests January 16th, 23rd and 30th. Come support the Sabers!



Jake Kennedy reaches high to block shot.

Souhegan Teams Up One, Down One at Milford

Boys Win 78-50, Girls Drop 26-45



SHS Junior, Devon Hickey looks to pass.

2013 NH Baseball Coaches' Association

Annual Baseball Clinic

Sunday - February 10, Souhegan High School, Amherst

THE CLINIC "BATTING" ORDER

8:00 am to 9:00 am REGISTRATION
COFFEE AND DONUTS PROVIDED BY THE NHHSBCA

9:00 am Greg DiCenzo (Head Baseball Coach - College of the Holy Cross)
"PITCHING MECHANICS"

10:00 am Mike Tully
"Team-Building With Ideas and Action"

11:00 am John Bly - New England College Assistant Coach
"Touring the bases and how to safely teach sliding indoors and outdoors"
need throw down bases

12:00 – 1:00 PM LUNCH: Hot Dogs / Pizza / Soda / Water Sold

1:00 pm Ed Flaherty – University of Southern Maine
"South Maine – Baltimore Orioles and Chicago Cubs HITTING drills"

2:00 pm Rene Chapa and John Grainger - Assistant Coaches Colby Sawyer College
"Defensive aspects of baseball - drills and skill work to prepare the players for the game"

3:00 pm Mike Stone – University of Massachusetts / Amherst
"Preparing the catcher for his many responsibilities"

2013 BASEBALL CLINIC REGISTRATION (PLEASE PRINT) AND MAIL TO:

BILL DOD
4 Riverside Drive
Merrimack, NH 03054

NAME:.....

MAILING ADDRESS:

CITY / STATE / ZIP CODE:.....

E-MAIL ADDRESS:.....

PHONE NUMBER:.....

SCHOOL:

LEVEL YOU COACH AT:..... NUMBER OF YEARS COACHING:

INDIVIDUAL FEE: \$25.00 ____

ENTIRE STAFF OF SCHOOL: \$50.00 ____

PLEASE LIST NAMES THAT WILL BE INCLUDED IN THIS FEE
We would like to invite you to participate in your event. You may do this in one of three ways.

YOUTH LEAGUE (EVERY MEMBER OF THE LEAGUE ADMITTED AT ONE COST: \$100.00 ____

VARSITY COACHES ... you may want to contact your recreation department or youth baseball association to inform them of our special league price !!! Helping your youth coaches better prepare YOUR future athletes!

PLEASE MAKE CHECKS OUT TO:
NEW HAMPSHIRE BASEBALL COACHES ASSOCIATION

SaberScoreboard

Home Dome Track Meet for Souhegan

MILFORD – Souhegan track and field teams hosted a large track meet at the Hampshire Dome on Friday, January 4. More than three hundred athletes competed in the non-point scoring meet. The purpose of the meet was to improve standings or qualify for both open meets and the Divisional championship in the next few weeks, and the extra large indoor track at the Dome maximized the possibility of improved times.

Souhegan middle distance runners certainly took advantage of the opportunity in the 1500 meters. Led by a school record performance of 4:11.4, Eli Moskowitz was followed by Pat Lynch (4:20.1), Ben Platt (4:21.2), Ryan Hinrichs (4:21.6), and Brady Camplin (4:24.7). All five were under the 4:25 divisional qualifying mark. Qualifiers for the Open Meets being held later this month includes Matt Blood (6.9) in the 55 meters, Cameron Behn (39.9) in the 300 meters, and Mike Casey (1:34.1) in the 600 meters. Ben DeForest equaled his personal best in the high hurdles with a time of 7.5 - the best in New Hampshire this season. Other personal bests included Nick Tabor in the shot (31' 5 1/2") and Nilan Phommachanh in the hurdles (9.9). Souhegan girls who qualified for the open meets included Brooke Tanquay (4' 8") in the high jump and Astri Johnson (10.1) in the hurdles.

SHS Track and Field Results December 29

DURHAM – Souhegan track and field teams placed first and second among 12 scoring teams at UNH on Dec. 29. Boys' top scores were Souhegan 79, Merrimack Valley 62, Milford 46, Sanborn Regional 43, Prospect Mountain 17 and Bishop Brady 13. Top girls' scores were Milford 69, Souhegan 68, St. Thomas Aquinas 25, Merrimack Valley 25, Campbell 16, and Portsmouth Christian 14.

Three individual first places propelled the Saber boys to victory. Ryan Hinrichs (9:45.0) won the 3000 meters, Ben DeForest (6.8) sprinted across the finish line first in the 55, and Eli Moskowitz ran 2:43.6 in the 1000 meters for his victory. Second place scorers were Ben DeForest (6' 2") in the high jump, Ben Platt (9:51.9) in the 3000, and Ryan Lynch (4:23.7) in the 1500 meters. Showing good depth, third places were rewarded to Tanner Kent (6.8) in the 55, Pat Lynch (2:45.5) in the 1000 meters, and Mike Casey (1:36.2) in the 600 meters. The winning 4 by 400 relay team of Ben Platt, Pat Lynch, Brady Camplin, and Eli Moskowitz ran 3:46.4, and the victorious 4 by 160 relay of Ben DeForest, Cam Behn, Matt Blood, and Dimitri Elias clocked 1:22.1.

The Saber girls' team recorded two individual first places. Sarah Hurd high jumped 5' and Min Lu Kelly-Durham ran 3:20.2 in the 1000 meters for her win. Mikayla Hickey recorded two seconds - the long jump (14' 1") and the 55 meter dash (7.5). Other seconds were Sarah Hurd in the 600 meters at 1:48.5 and Hannah Gillis in the 1500 (5:26.8). Individual third places were Amy Lambert in the 600 (1:49.0) and Miclyn Noorda in the 1500 (5:37.0). Good performances in the relays helped the team to their second place effort. The 4 by 160 team of Hailey Johnson, Mikayla Hickey, Emma Fleurette, and Taylor Behn ran 1:31.7 for first place points, and the 4 by 400 team of Sarah Hurd, Amy Lambert, Katie Casey, and Min Lu Kelly-Durham ran 4:33.6 to place second.

The Souhegan girls' team will compete at the Wildcat Relays on Thursday, Jan. 3, then on Friday the 4th of January, both boys and girls will compete at the Hampshire Dome in Milford.

Souhegan Track Meet December 22

DURHAM – Souhegan High School track and field teams finished one and two at a 12-team meet at UNH on Saturday Dec. 22. Boys' scores were Souhegan 90, Alvirne 43, Windham 35, Milford 33, and Nashua South 31, and the top five girls' scores were Milford 56, Souhegan 51, Hollis/Brookline 30, Windham 30, and Nashua South 28 .

Saber boys garnered seven first places among the twelve events. Ben DeForest won the 55 meter hurdles (7.7) and leaped 6' 4" (a personal best) for his two first places. Other winners were Sam Ballard (2:42.8) in the 1000 meters, Nate Kittredge (1:27.5) in the 600 meters, Eli Moskowitz (4:15.2) in the 1500 meters, and both relays. In the 4 by 160 meter relay Tanner Kent, Cameron Behn, August Darula, and Drew Prescott brought the baton to the line in 1:21.0, and in the 4 by 400 Nate Kittredge, Jake Kittredge, Sam Ballard and Pat Lynch ran 3:45.5 for top honors. Second place points were awarded to Tanner Kent in both the 300 meters (38.5) and the 3000 meters (9:33.5), and Jake Kittredge in the 1000 meters (2:43.2). Third places were earned by Pat Lynch in the 1000 (2:46.0) and Drew Prescott (40.5) in the 300.

The Saber girls also ran and jumped well. Mikayla Hickey had two individual first places - 7.2 in the 55 meter dash and 15' 8 1/2" in the long jump. She also teamed up with Hailey Johnson, Shannon Disco, and Taylor Behn for first place honors in the 4 by 160 relay (1:31.7). Min Lu Kelly-Durham received second place points in the 1000 (3:21.5), and Hannah Gillis ran 5:15.1 for second in the 1500 meters. The 4 by 400 relay team of Min Lu, Hannah, Rebecca Mirhashem and Amy Lambert also ran second with a time of 4:37.7

Both teams will continue the season next Saturday, again at UNH.

Souhegan High School Swimmers Compete in NE Seniors Championships

BOSTON – Souhegan High School Seniors Christine Black and Jamie Lutze recently competed in the New England Senior Championships over the weekend of December 13-16. The meet, the largest to qualify held in New England, was held at Boston University. Black, made two final appearances in both Breaststroke events. She swam the 100 in 1:07.83, dropping her best from a 1:09. Blacked dropped over 5 seconds in the 200 distance, swimming a 2:28.45. Black also swam a best time in the 50 Freestyle, and swam the breaststroke leg on the Executive woman's A team finishing in 4:03.85. Black has qualified for the Sectional Championships, held in March outside New England. Lutze, swam a personal best of 55.74 in the 100 Backstroke, dropping over 1 second off his time. Lutze also swam on the Executive men's A Medley Relay team which finished in 3:35.96. The team was represented by 17 athletes, and finished 12th in a field of over 55 teams, some outside New England. The Men's team finished in 8th. The Executive Swim Club trains at the Executive Health and Sports Center in Manchester, NH. The team, comprised of over 130 swimmers, is gearing up for Championship meets in February and March.

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