

SportsFolio

The Souhegan Sabers Lose to the St Thomas Saints 7 - 6

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

St T - Collin Coppinger (WP) and Ryan McKenna (S - 6th) and Logan LaRachelle

S - Bryce Knight (LP) and Joey Grasset (6) and Sam Bannon

Bryce Knight was the starting pitcher. He threw 5 and a two thirds innings, allowing four hits, struck out six and walked eight batters while allowing six earned runs. Joe Grasset came in to pitch an inning and a third allow no runners to reach base.

The Souhegan defense was led by left fielder Stevie Upton and Jonathan Robinson at first base.

Souhegan cut the lead to 4 to 3 in the bottom of the fourth. Stevie Upton reached on an infield error, followed by back to back singles by Chandler MacKenzie and Bryce Knight. Mike Mancini was hit by a pitch and August Darula had a two run single.

In the bottom of the fifth, Thomas Bennett singles (three hits for the day) and stole second/ Stevie Upton reached on a fielder's choice and Seth Learned two run rbi triple tied the score at 5 to 5. Seth Learned then scored on a wild pitch.

The visitors then scored the winning runs on a two run home run from Ryan McKenna.



Hurler
Joey
Grasset



Batter Johnathan
Robinson



Catcher Sam
Bannon

SaberScoreboard

Souhegan Track Teams at Londonderry Invites 5/24

Personal bests abounded at the last regular season track and field meet on Saturday, May 24 at the Londonderry Invitational. Other a dozen teams from both D-I and D-II competed at the Class A facility under cloudy skies.

The Saber boys' team had two first places in the non team-scoring meet. Eli Moskowitz ran not only a personal best in the 3200, to improve his school record, but his time of 9:10.60 is the best time in the state this spring. Trevor Brown tied for first place in the pole vault with a personal best of 12' 0" to improve his ranking for next week's Division II Meet. Other notable individual performances for the boys' team included Cam Behn's personal best in the 300 meter hurdles(43.04), good for fourth place in the meet, and Ben Platt's significantly improved time in the 800 meters(2:02.97), sixth place overall. Also, the boys' 4 by 800 team ran to second place with their fastest time of the season(8:09.02).

In the girls' meet, Hannah Culver ran a seasonal best in the 400(60.86 - fifth place) and Shannon Earley ran a personal best in the 3200(12:17.52-third place) to improve her Division position. Mikayla Hickey continued her fine season by placing fourth in the 100(13.32) and fifth in the long jump(15' 11 1/2"). Both the 4 by 800(second place) and the 4 by 400(third place) ran strong races as well. The other finisher in the top six was Miclyn Noorda in the 3200 meters(12:35.33).

The Division II Meet will be at Pelham High School Saturday, May 31, beginning with field events at 10:00 am.

Final 2014 Home Meet May 23

Souhegan High School hosted John Stark at their final home meet of the season on Friday, May 23. The Saber boys' team scored 63 points to John Stark's 60, and the girls' score was John Stark 68 and Souhegan 65.

The Sabers had one double winners in the boys' meet. Nilan Phommachanh won both the high hurdles(17.8) and the pole vault(8' 0"). Other first places were recorded by Sebastian Eaton in the 400 meters(55.6), Thomas Lipkin in the 800(2:16.9), Mitchell Greany in the 1600(5:07.7), Alex Glavin in the high jump(4' 10"), and Nick Tabor in the discus(106' 1"). Aaron Stonebraker contributed to the win with three second place efforts. The aptly named thrower was second in the shot(37' 3 1/2") and the discus(102' 7"), and also jumped 31' 4 1/2" for second in the triple jump. Other second places were Sergey Clay in the pole vault(8' 0"), Logan Landrum in the 800(2:18.7), and Mike Casey in the 400(56.2).

The girl Sabers had two double winners. Esther Johnson continued her winning ways in both the shot(31' 11") and the discus(98' 4"). Hannah Howe was first in both the pole vault(7' 0") and high hurdles(19.5). Miclyn Noorda triple jumped to first place(28' 5 1/2"), while Olivia Richer high jumped to first(4' 4"). Julia Apika ran 2:47.8 for her first place in the 800. The girls recorded six second place efforts. Melissa Paladino was runner-up in both the 1600(6:14.0) and the 3200(14:06.7). Carly Seguin ran to second in the 800(2:56.0). Rosie Garvey had two second places in the jumps - the high(4' 4") and the triple (26' 3 1/2"). The remaining second was Sam Prue in the pole vault(5' 6").

Souhegan at D-II Cluster Meet at Milford, May 20

Souhegan track and field teams were first and third at the annual D-II Southern Cluster track meet, hosted by Milford High School on Tuesday, May 20th.

Souhegan narrowly defeated Milford in the boys' meet. Final scores were Souhegan 159.5, Milford 153, Pelham 85, Con-Val 52, Windham 46, John Stark 33.5, and Hollis/Brookline 20. Three first places by Ben DeForest helped secure the win. Ben won the high hurdles(14.9), the 300 meter hurdles(40.9) and the high jump(6'2"). Both the 4 by 400(3:31.8) and the 4 by 800(8:30.1) teams were also victorious. Other first places were Eli Moskowitz in both the 1600(4:27.4) and the 800(1:58.3), and Patrick Lynch in the 3200(10:13.9). Second places were scored by Brady Camplin in the 400(51.8) and Ryan Lynch in the 800(2:03.1).

The Souhegan girls' team was third, trailing winner Milford(171.5) and runner-up Pelham(125.5). Souhegan's score of 114 was followed by Con-Val 49.5, Hollis/Brookline 46.5, Windham 26.5, and John Stark 21.5. Amy Lambert was first in the 400 meters(63.3) and Esther Johnson first in the discus(96' 3"). Both the 4 by 400(4:16.3) and the 4 by 800(10:13.7) teams were first. Sarah Hurd, Amy Lambert, Min Lu Kelly-Durham, and Hannah Culver carried the baton in the 4 by 400, and Sarah, Emmy Ehrenstein, Hannah Gillis, and Hannah Culver did likewise in the 4 by 800. Second place finishers were Anna Farrow in the 200(28.0), Min Lu Kelly-Durham in the 800(2:31.8), Hannah Gillis in the 3200(12:12.6), Esther Johnson in the shot(32' 10 1/4"), and Mikayla Hickey in the long jump(15' 7").

On Friday Souhegan hosts John Stark in their final home meet of the season. Seniors will be recognized at approximately 5:15. On Saturday the teams will travel to Londonderry for their last chance to improve qualifying marks before the Division championships.

SHS Baseball Players of the Week

Each week, the Souhegan baseball team names a Player of the Week. In addition to demonstrating outstanding baseball skills in practices and games, the individual is a role model on and off the field.



EIGHTH PLAYER OF THE WEEK (week of May 12, 2014) for the 2014 season is presented to **Joey Grasset**. Joey is a sophomore pitcher / infielder. Joey has an outstanding work ethic. As a relief pitcher, he has to prepare to always be ready to come into a game and perform. In this week's game vs Hollis/Brookline Joey's preparation paid off. Joey Grasset pitched five innings of relief allowing no runs, two hits striking out seven and walk one batter. He demonstrated the importance of a player knowing his role and was successful in his performance.



NINTH PLAYER OF THE WEEK (week of May 19, 2014) for the 2014 season is presented to **Sam Bannon**. Sam is a sophomore catcher. Sam was a role model for the team during the past week. He stepped forward and demonstrated a high level of dedication to the team with his hard nose play behind the plate. Each and every week, Sam has learned a great deal due his personal work ethic. His determination for team success was illustrated as he puts team first in all he does.

The First Tee Announces New Location at Ponemah Green Family Golf Center

AMHERST - The First Tee of New Hampshire and Chad Zingales, Director of Golf at Ponemah Green Family Golf Center, are excited to announce the launch of the First Tee junior golf program at Ponemah Green starting on June 24th, 2014. This new location is the eighth for the NH Chapter. The location will initially offer the TARGET level program for children 5 to 6 years old and PLAYER level program for new players from 7 to 17 years old. Details on the available programs as well as registration forms can be found at www.playamherst.com/ponemah-green-family-golf-center.com or at www.thefirstteenh.org. Please contact David Sullivan at dsullivan@thefirstteenh.org for more information and/or registration. An informational meeting is scheduled for Wednesday, June 11th at 6:30pm at the Ponemah Green clubhouse. Parents and wannabe golfers are welcome to come and learn more about The First Tee Program.

The First Tee was founded in 1997 to promote positive youth development through the game of golf. The First Tee is an international youth development organization introducing the game of golf and its inherent values to young people. The First Tee curriculum is helping to shape the lives of young people from all walks of life by reinforcing values like integrity, respect and perseverance through the game of golf. And it's making a difference. These research-proven programs are having a positive impact on participants, their families and their communities.

Through demonstrative implementation of the Nine Core Values and Nine Healthy Habits, The First Tee teaches Golf and Life Skills to each participant. Each class module exposes the participants to a core value lesson, such as integrity, respect or courtesy, thus building character in young people through the game of golf. The First Tee of New Hampshire's program offers unique and fun learning opportunities for young people from ages 5 to 17. The program utilizes the unique game of golf, and its core values and traditions, to teach leadership and life skills to young people of all backgrounds.

Christian Wojtas Honored By NH Division III Coaches

KEENE, - The six New Hampshire NCAA Division III schools announced the All-State Selections for 2014. Keene State's Nate Howard, Jaquel Edwards, Tom Doyle, and Christian Wojtas were all honored.

Christian Wojtas, a Junior from Amherst. Named to the Second Team on the women's side was junior Christian Wojtas. Starting every game this year, Wojtas was KSC's leading scorer at 11.6 points per game, knocking down eight three pointers against Lasell on her way to a career high 26 points on January 9. The eight threes were one shy of the KSC record.

Hampshire FC /Amherst Soccer Club U10 - U19 TRYOUTS



We invite you to tryout for the Fall and/or Spring soccer teams. Tryouts are open to all players from any town.

Tryouts for Fall 2014 Boys and Girls U11 thru U14 teams & Spring 2015 U15 thru U19 teams

Open to players from any town

Ages: Boys and Girls U11 thru U19 (born between 08/01/95 - 07/31/04)
Dates: Monday 6/2 & Thursday 6/5
Time: 6:00 - 8:00 Registration starts at 5:30
Location: Bean Fields (to the right of SHS) 412 Boston Post Road, Amherst NH
Bring: Medical release, ball, cleats, shin guards
 Fall program includes: Summer camp week of 8/11-8/15, league play, 1 tournament

Assessments for Fall 2014 U10 travel team:

Ages: Boys and Girls U9 thru U10 (born between 08/01/04 - 07/31/06)
Dates: Monday 6/2
Time: 5:30-6:30 Registration starts at 5:00
Location: Upper Wilkins Field, Jones Road, Amherst, NH
Bring: Medical release, ball, cleats, shin guards
 Fall program includes: Summer camp week of 8/11-8/15, league play, 1 tournament

Marc Hubbard, SNHU Men's Coach, HFC Director of Coaching and his staff will be conducting the assessments and tryouts.

Players should bring a ball, shin guards, water and be ready to play. Also, bring completed and signed medical release which is available on our website. For more information, please visit www.amherstsoccerclub.com