

SportsFolio

Sabers Field Hockey

5 Wins – 1 Loss



Madi Angulas



Katie Casey



Erin McCool

Souhegan's only loss of the season was their first contest against Windham in a 0-5 defeat. Since then the Sabers have outscored St. Thomas 1-0 (shown above), Kingswood 3-1, Hollis-Brookline 5-0, and Plymouth 6-3

Lauren McCormick

Timber Devine

Sabers at 1-1 for the Season



Mike Mancini sets to throw



Zachary Bossi breaks away for first down

Souhegan's Varsity Football Team began the season with a 27-20 win over Monadnock on September 5th. Then lost a heart-breaker to Milford on September 19th, 7-14.

The team travels to Hollis-Brookline this Saturday for their third game of the season.

FIELD HOCKEY, FOOTBALL, VOLLEYBALL PHOTOS COURTESY BILL DOD



Elise Lambert, Shannon Earley, Alissa Reitter, Hannah Culver, Madeleine Hunt, Hannah Gillis, and Kate Bermingham. Head Coach Jeff Wilson is on the left and Assistant Coach Dave Salvas is on the right.

Souhegan Girls Race to 2nd Place Finish at Bobcat Invitational

Madeleine Hunt led the Saber girls as they placed 2nd in the field of 17 teams at the Bobcat Invitational with 81 points. Hunt placed 4th overall with a time of 19:29 in the field of 131 finishers. She was followed across the line by teammates Hannah Gillis (12th, 19:58), Hannah Culver (18th, 20:47), Shan-

non Earley (20th, 20:50), Elise Lambert (30th, 21:24) and Kate Bermingham (38th, 22:04). Freshman Alissa Reitter also ran well for Souhegan. The Winnacunnet girls took first place team honors with a low score of 46 points.

Souhegan Boys Place 10th at Bobcat Invitational

Senior Captain Ben Platt led the Saber boys as they placed 10th in the field of 22 teams at the Bobcat Invitational in Durham on Saturday. Platt covered the 5K course in 17:29, good for 17th place among the field of 153 finishers. Garrett Earley (37th, 18:25) and Cameron Behn (50th, 18:53) also had strong races for Souhegan. Gabe Cruz (77th,

19:28) and Matt Saunders (88th, 19:42), rounded out the scoring for the Sabers. The host Oyster River Bobcats took first place team honors with 85 points.

Complete results for both races can be found at lancertiming.com

SHS Volleyball Team Now at 2 Wins and 4 Losses

After a dramatic win 3-0 against Manchester West September 19th, Souhegan came up short 0-3 against Windham yesterday. The Sabers head to Portsmouth tomorrow in their seventh match.



Oksana Clay sinks to return the ball



Amherst Recreation's Summer Running Program Leads to New Category

AMHERST – Coach Amy Hull (front row, center) led a dedicated group of adults through the 12 week C25K (Couch to 5K) running program through Amherst Recreation this summer. They celebrated the end of the program by participating in the Home Stretch 5K in Nashua, supporting the Ann-Marie House. The group is now continuing to train with Amy in a new program "Motivation for the 5K Runner",

with a fresh group of adults starting their own C25K journey in a new session.

Both groups plan to participate in the Amherst Turkey Trot in November. Amherst Recreation now has a Running category with additional programming for kids and adults. See our website or call the office for more information or ideas for new programs!

Free Workshop - "Running Better: Performance Up and Injury Down"

The workshop will be held Saturday October 4, 2014 from 1:00 to 2:30 p.m. at Souhegan High School, 412 Boston Post Road, Amherst.

Almost 40 million Americans of all ages run for fitness or sport and more than 20 million will run a race this year. But only a very small fraction understand how to run efficiently and why small functional deficits make running much more difficult than necessary and cause so many to quit the sport. Bert Reid, DPT, will explore the function of running and how to improve running mechanics, efficiency and enjoyment.

He is widely recognized for his work in providing functional assessments, conditioning and rehabilitation programs to world class athletes and weekend runners. Regardless of how long you have been running, you will come away from this workshop with Bert Reid with a fresh perspective on what it takes to run and how simple changes to your training routine can help you

achieve your running goals.

Workshop Topics

1. What's Your Reason to Run...and How Do You Get There?
2. Propel Yourself...the Science of Push-Off
3. The Big Toe, The Belly and the Butt, A Users Guide
4. Your Friend, the Proprioceptor; the 'Smart' Sensors That Govern Motion
5. Research-Proven 3-Point Method to Choose a Proper Running Shoe
6. The 3 Minute Foot Evaluation: Live Demonstration

This program is open to the public and free of charge. On-line registration is available at: <https://ultrasignup.com/shopping.aspx?did=29270>. This event is sponsored by the Amherst Land Trust as part of the Joe English Twilight Challenge and offered in conjunction with the Amherst Recreation Dept. See page 5 for info: Twilight Challenge.