SportsEdi

Sabers Off to **Tough Start**

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Alex Bedard competes in the 100 Breaststroke at the Junior Nationals.

SHS Swimmer in USA Jr. Nationals

Congratulations to Souhegan High School and Amherst resident Alex Bedard for recently competing in USA Swimming's Junior Nationals. The meet, featuring the top 18 and Unders in the country, was held December 10-14 in Seattle, WA. Bedard competed in the 100 Breaststroke, dropping his best time to

57.33 seconds. He finished in 59th, out of a field of 141 swimmers in the event. Bedard also swam the 200 Breaststroke, dropping over seven seconds to finish in 2:07.39. Bedard represents the Executive Swim Club in Manchester, NH. He is also Captain on the Souhegan High Swim Team.



Men's Hockey: Yale 3, Holy Cross 0

THE YALE BULLDOGS ICE HOCKEY TEAM DEFEATED HOLY CROSS THREE TO NOTHING. Yale scored two power-play goals in the second period and goalie Alex Lyon was sharp in net as he made 21 saves to secure a 3-0 victory over Holy Cross in a non-conference game Tuesday night at the Hart Center. Am-herst's Cody Learned skated for the Bulldogs and his play was spirited throughout the Yale victory.



Hannah Chick

Sabers Girls Team at 3 Wins, 2 Losses in Early 2015 Games, Home Tonight vs. Plymouth.

Expecting another win after defeating John Stark (39-29) in season opener and two against Con-Val (51-19 and 43-28).

Souhegan Nordic Finishes Fifth Out of Eight Teams in First Meet of the Season



Souhegan Drops Hard Fought Game

Boys team manages to pull off a 67-65 squeeker

against Con-Val. Now at 1 win, 2 losses.

Against Milford, 66-73

Gabriel Cruz



Lilly Sullivan

SHS Boys Loren Ames

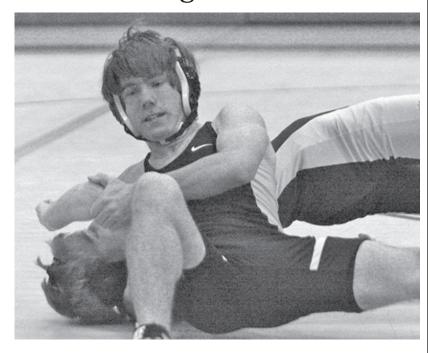
Kennett High School hosted Individual Sprint and Mixed Relay at Great Glen Trails, Tuesday, Dec 16th. Eight NH High Schools competed in the first race of the season for many of the Nordic teams.

Top places for Souhegan went to Lilly Sullivan who placed 7th overall for woman's team and Loren Ames 37th for the mens team. PHOTO: MICHAEL AMES

Men's	Sprint:					
place	opinia	last	first	time		
37	SOU	Ames	Loren	7:44		
43	SOU	Rottoff	Erich	8:02		
43	SOU	Burnett	Jared	8:02		
46	SOU	Callahan	Jim	8:21		
48	SOU	Zampella	Bob	8:45		
53	SOU	Hartman	Matt	9:05		
54	SOU	Pollio	Dillon	9:16		
Woman's Sprint						
place		last	first	time		
7	SOU	Sullivan	Lily	7:47		
23	SOU	Seguin	Carly	9:05		
25	SOU	Dellovo	Kelly	9:18		
32	SOU	Oehler	Sophie	10:34		
35	SOU	Ehrenstein	Emily	11:23		

	Team	Score						
	KHS	MVHS	HAN	WMR	ISPLY	KING	BB	SOU
	100	97	92	91	90	89	87	82
	99		88	85	86	75		79
	98		81	76	84			78
	92		80	74	83			77
Total	389	97	341	326	343	164	87	316

Kearsarge Cougar Wrestling Team Defeats Souhegan Sabers $4\tilde{2} - 6$



Souhegan's Nick Clay pinned Aaron Parson of Kearsarge in 53 seconds.

BILL DOD COURTESY PHOTO

#003: Junior slalom specialist Rhiannon Allison continued her dominance in Division 2 by placing first overall and leading the Souhegan Girls team to victory 01/08/15.

The Souhegan Alpine Race Team competed in their first Slalom event of the season at Crotched Mountain on 01/08/15. With temperatures hovering around a chilly 10 degrees, the Saber Girls raced to a convincing first place team finish in the five-team Division 2 event, while the Souhegan Boys produced a respectable third place showing to capture the team bronze.

The standout junior trio of Rhiannon Allison, Anna Farrow, and Alana Barretto swept the medals by finishing 1-2-3 respectively, while up-andcoming freshman Katie Taylor skied a blistering first run to take an impressive 5th place overall. Souhegan's dominance continued as the Sabers had three more girls finish in the top 20: Kate Bermingham (11th), Rhiannon King (16th), and Ellie Noble (19th).

On the Boys side, senior Patrick Noble (8th) and sophomore Mitch Grea-ny (10th) gave Souhegan two racers in the top ten, and freshman Dale Estes had an notable 11th place finish to lead a pack of Souhegan top 20 finishers: Jasper Jones (12th), Matt Chistolini (13th), Sam Ezequelle (15th), Dean De-Filippo (17th), and Monty Jones (19th).

Rank	NH D2 Girls SL 01/08/15	Points
1	Souhegan	393
2	ConVal	367
3	Oyster River	357
4	Hollis-Brookline	353
5	Milford	340
Rank 1 2 3 4 5	NH D2 Boys SL 01/08/15 Hollis-Brookline Milford Souhegan ConVal Oyster River	Points 370 368 363 360 349

Souhegan Track Meet Results for January 3rd

Souhegan High School indoor track and field teams both competed at UNH with approximately 14 other schools on Saturday, January 3rd. The top five scores of the boys' meet were Merrimack Valley 58, Souhegan 42.5, Portsmouth Christian 36, Prospect Mountain 35.5, and Belmont 22. Top girls' scores were Milford 84, Merrimack Valley 62, Souhegan 51, St Thomas Aquinas 25, and Prospect Mountain 17.

The Saber boys' team scored well in the sprints. Matt Blood garnered first in the 55 meter dash(6.8), and teammates Sebastian Eaton(6.8) and Travis Woods(7.1) were third and sixth. Matt also scored third in the 300 meters(40.2). Other individual scorers for the Sabers were Stefan DeShazo, third in the 1000(2:55.7), Peter Forster, third in the high jump(5' 6") and also third in the long jump(17' 8 1/4"). Travis Woods tied for fourth in the high jump(5' 4") and was fifth in the long jump(17' 4"). The sprint relay team of Travis Woods, Sebastian Eaton, Ben Miller, and Matt Blood continued their fine sprinting with a first place time of 1:20.9 in the 4 by 160.

Madeleine Hunt was the sole first place finisher for the Saber girls as she ran away from the field in the 1000 meters with a season best time of 3:04.2. Elise Lambert's 3:24.1 was fast enough for second place in the same event. Abby Cranney scored twice- a third in the 300 meters(45.5) and a fourth in the 55 meters(7.7). In the 600 meters Amy Lambert ran a strong third(1:53.3). Fourth places were earned by Caleigh Burns in the 300(45.9), Hannah Gillis in the 3000 meters(12:02), and Brooke Tanguay in the high jump(4' 8"). Erica Meehan completed the individual scoring with a fifth in the 1500(6:16.6). Both relay teams scored points for the Saber girls. The 4 by 400 team of Amy Lambert, Elise Lambert, Hannah Gillis and Madeleine Hunt ran to second place in 4:39.1, and the 4 by 160 team of Caleigh Burns, Abigail Ballantyne, Brooke Tanguay, and Abby Cranney were third(1:34.2).