

# SportsFolio

## Souhegan's Eli Moskowitz Crushes NH High School State Record in the 3200M Run

WHITE PLAINS, NY – Competing in a race with some of the country's fastest middle distance runners, Eli Moskowitz of Souhegan High School ran the 3rd fastest high school time in the USA this year, as he lowered the state record by over 15 seconds with his 8:44.79 clocking at the Loucks Games at White Plains High School in New York on Friday evening!

His time is also the 8th fastest ever by a U.S. high school runner in the 3200M according to milesplit.com! Eli ran the first mile in 4 minutes and 23 seconds and followed that up with a 4:21 including a 61 second final lap!

Eli finished 3rd in the race to Mikey Brannigan of Northport, NY (who set a new New York state record at 8:42.92), and Alex Ostberg of Darien, Ct (who set a new CT state record at 8:43.93).

Only one other NH high school runner has ever broken 9 minutes for the 3200 or 2 mile and that is the previous record holder - Aaron Watanabe of Hanover High School who ran 8:59.43 at the New England High School Track and Field Championship Meet in New Britain Ct in 2010.



Eli Moskowitz is one of the fastest high school long distance runners in the United States!

FILE PHOTO



### SHS' Culver Named to NH All-State Team

The New Hampshire Nordic Coaches Association announced the Nordic skiers who qualified to their NH All-State Team this past ski season. Included in the list of 27 athletes from across the state was Hannah Culver, Souhegan High School senior. Culver has raced for Souhegan all four years and served as captain of the SHS team for the 2014/2015 season. Her coach Kathy Maddock commented, "Hannah was great to have on the team not only because she is such a fierce and skilled competitor, but because she always seems to be having so much fun. This is true whether she is racing, training, riding the bus, or leading a team post-race dance session. Her enthusiasm is infectious!"

All-State honors were awarded to skiers who placed in the top 10 male and female finishers among the 800 skiers who completed in either of the NH Nordic Coaches Series Races which took place this winter. The coaches association congratulated all the All-State Team members for their great sportsmanship and skiing ability.

### Congratulations to Amherst and Mont Vernon Residents from the Executive Swim Club

CLEARWATER, FL – Souhegan Seniors Alex Bedard and Tyler Howard both represented the team at the NASA Junior National Championships in Clearwater, Florida from March 24-28. Bedard had two podium finishes in the 50 (26.40) and 100 (57.14) Breaststroke. He also swam a personal best in the 200 Ind. Medley (1:54.97). Howard competed in two Championship finals (50 Backstroke, 24.87 and 50 Butterfly, 23.38). He also swam a best in the 100 Butterfly, 52.33. Over the weekend of March 14-17, Bella Geskos, 13, turned out a top ten finish at the New England Age Group Championships held at Boston University. Geskos, swimming a personal best of 1:09.07 in the 100 Breaststroke, qualified her for the New England Senior Championships. Also competing at Age Groups were Tom Lipkin (100, 1:06.28 and 200 Breaststroke, 2:26.08), Tess White (50 Freestyle, 25.69), and Mary Rego (100 Breaststroke, 1:10.19). Miles Lim, 10, and Connor Donoghue, 12, competed at the New England 12 and Under

Championships, held in late February in White River Junction, VT. Lim's nine qualified events were highlighted by two podium finishes in the 200 Freestyle (2:19.14) and 100 Butterfly (1:14.01). Donoghue competed and swam personal bests in the 50 and 100 Backstrokes. The entire team swam at the NHSA Championships in March, helping the Executive to win its third straight title by over 1,800 points. Bedard and Howard swam on the record setting 200 Medley Relay for 15-19 boys, as did Geskos for the 13-14 girls.

Also competing at the NHSA Championships were Kylie Donoghue (50 Backstroke, 50 Breaststroke, 100 Ind. Medley), Brady Donoghue (25 Freestyle, 25 Breaststroke, 25 Backstroke), and Vivien Merryfield (100 Freestyle, 100 Backstroke, 100 Breaststroke), all of whom had top ten finishes. The Executive Swim Club trains at the Executive Health and Sports Center in Manchester. The team is gearing up for summer meets.



Pro Athletics Showstoppers (top)  
Pro Athletics Senior Fierce (bottom)

## Local Athletes Come Home With 2015 Summit Championship Rings

Performing at the ESPN Wide World Of Sports, Pro Athletics Showstoppers defended their 2014 Championship Summit title with an undefeated 2015 season! Morgan Daniel of Amherst and Olivia Bolinsky of Mont Vernon are athletes on this two time Summit Winning Small Youth Level 2 team.

PRO Athletics Sr Fierce team also came home champions! Olivia Bolinsky is an athlete on this Winning Senior Restricted Level 5 team. PRO Athletics Gym Owner and

Coach Jason Graham and Coach Holly Boulay are pictured with the Senior Fierce team.

All five teams from PRO Athletics received bids to the Summit, and all five scored high enough on day one to move on to Finals on day two. The Two teams above won First Place, each in their own division.

Varsity's All Star Cheerleading Summit is a competition of all star teams from all over the world that can only be there by winning a bid first.

### Catalinas Synchronized Swim Team Competes in New England Championships

The Catalinas Synchronized Swim Team of the Granite YMCA recently competed in the 2015 New England Synchronized Swim Association North Novice, Intermediate and Masters Championships at the Greater Beverly, Mass. YMCA.

In the Intermediate 13 and Over Routine portion of the competition Riley Cullen placed 2<sup>nd</sup> for her Solo. Duets, Grace Hanna and Zara Hannigan of Manchester placed 2<sup>nd</sup>. Julia Benson of Concord and Julia Caselden 3<sup>rd</sup>, and Sophie Barber of Manchester and Elizabeth Herod 4<sup>th</sup>. In the 13 and Over Team rou-

tines, Sophie Barber, Julia Benson, Julia Caselden, Riley Caselden, and Elizabeth Herod placed 2<sup>nd</sup>. Grace Hanna, Zara Hannigan, Isa Lamers, Annalise Poisson of Amherst and Arianna Traballano & Emma Favourite of Manchester placed 3<sup>rd</sup>.

In the Master's Solo competition Emily McAuliffe of Londonderry placed 1<sup>st</sup>.

For more information about the Granite Y Catalinas Synchronized Swim Team please contact Laura "Pools" Leary at 232-8622 or at [leary@graniteymca.org](mailto:leary@graniteymca.org).

## SaberScoreboard

### SHS track at Kiwanis Meet 5/9

SALEM – Souhegan High School track and field teams participated in the annual Salem Kiwanis International and the Salem High School Key Club freshman/sophomore track meet at Salem High School on Saturday, May 9. Over 20 teams from throughout Central and Southern New Hampshire competed. Souhegan boys' and girls' teams both finished in seventh place.

Top 10 girls' team scores were Londonderry(74), Memorial(62), Milford(61), Pinkerton(48), Exeter(46), Concord(45), Souhegan(41), Merrimack(37), Alvirne(36), and Nashua North(36). The Saber girls' team had three first places. Madeleine Hunt won the 1600 meters(5:18.23), Elise Lambert was first in the 800(2:29.61), and Madeleine, Elise, Jane Leighton, and Emily Ehrenstein teamed up to run 10:22.45 in the 4 by 800 meter relay for their first place medals. Jane also was second in the 400(61.69), and Elise sixth in the triple jump(29' 0"). Shannon Earley scored fifth in the

3200(12:15.04) for Souhegan's final points.

The Souhegan boys' team also was seventh. The top scores were Nashua North(90), Pinkerton(84), Exeter(63), Winnacunnet(52), Merrimack(37), Concord(36), Souhegan(30), Timberlane(28), Memorial(25) and both Alvirne and Nashua South had 30 points. The Saber boys' team had two first places. Sebastian Eaton crossed the line first in the 100 meters(11.35), and Dean Paquette threw the discus 106' 6" for his winning effort. Garrett Earley was fourth in the 1600(4:47.44) and Ali Eweiss fifth in the 200(24.87). The remaining points were scored by the fourth place finish of the 4 by 800 relay team( Garrett, Tom Lipkin, Jonathan Amrein, and Billy Seguin) with a time of 9:14.33. On Tuesday both teams will travel to Northwood to compete with Portsmouth and Coe-Brown. On Thursday they will also compete in the Merrimack Invitational.

### Souhegan Boys Tennis Scores:

#### At Souhegan – May 8

#### Souhegan 9, Pembroke 0.

#### Singles:

- #1 Matt Lapsley (S) d. Rupesh Garung (8-1).
- #2 Nathaniel Dziadek (S) d. Cole Sporcic (8-1).
- #3 Bendan Sileo (S) d. Ryan Weiss (8-3).
- #4 Alex Frazier (S) d. Tony Costello (8-0).
- #5 James Kibbie (S) d. Ian Weech (8-1).
- #6 Austin Quinlan (S) d. Mihir Khaka (8-1).

#### Doubles:

- #1 Lapsley/Dziadek (S) d. Garung/Sporcic (8-3).
- #2 Sileo/Frazier (S) d. Weiss/Costello (8-3).
- #3 Jacob Laciallade/Nick Durling (S) d. Weech/Khaka (8-5).

Records: Souhegan 6-2, Pembroke 0-8.

### Souhegan High Baseball Players of the Week

Each week, the Souhegan baseball team names a Player of the Week. In addition to demonstrating out-

standing baseball skills in practices and games, the individual is a role model on and off the baseball field.



Joey Grasset



Ian Towle

The SIXTH PLAYER OF THE WEEK (week of April 27, 2015) for the 2015 season is presented to Joey Grasset. Joey is a junior, pitcher. Joey has been the Souhegan closer during the season and has started on game. Joey brings a funky delivery to the mound and challenges each he faces. He has picked up two saves and one victory as he has posted a 1.35 ERA. Joey brings a big smile to everything he does and his positive approach spreads within the team.

The SEVENTH PLAYER OF THE WEEK (week of May 4, 2015) for the 2015 season is presented to Ian Towle. Ian is a senior, pitcher, who adds versatility and depth to the team by playing first base, outfield and designated. Ian's hard work and dedication has been instrumental in continued development. His start against Pembroke Academy was outstanding as he pitched a complete game three hitter, striking out six and walking three. Ian leads the pitching staff through his work ethic.

### Five From University of Rochester Women's Lacrosse Earn All-Liberty League Honors

Fresh off its first Liberty League tournament appearance in six years, the University of Rochester women's lacrosse team had five athletes named to the All-Liberty League team as announced by the conference on Monday.

Sophomore Jamie Wallisch was UR's lone 1st Team representative.

Wallisch is Rochester's first 1st Team selection since the 2009 season.

This season, Rochester finished 9-8 on the year and made the Liberty League tournament for the first time since 2009. It is UR's first winning season since the 2002 campaign.

#### 1st Team:

Jamie Wallisch (so., M, Amherst, NH / Souhegan); 2nd All-League selection (H.M. in 2014)...

Wallisch led Rochester in scoring in 2015, tallying 39 goals and 19 assists for 58 points, 19 clear of 2nd place on the team. She recorded four game-winning goals and was the team leader in ground balls (44) and caused turnovers (30), chipping in 51 draws, 2nd on Rochester. Finished the year ranked 6th in the Liberty League in scoring, 8th in goals, and 9th in shots (82). Was also 2nd in the conference in caused turnovers, 3rd in ground balls and 5th in draw controls. Recorded at least three goals eight different times in 2015, notching a season high eight points (5 G, 3 A) against Swarthmore on March 11th. Set two new Rochester single-season records in caused turnovers and game-winning goals. Also, had the 2nd highest single-season draw control total and 4th highest assist total.