

SportsFolio

Sabers Baseball Blanks Spartans in Opening Tournament Game

The Division II Tournament opened on Thursday when the #5 ranked Souhegan Sabers hosted the #12 Milford Spartans. Souhegan came away with a preliminary round 10 to 0 victory over the visiting Spartans.

Junior, Joey Grasset was the complete game winning pitcher for Souhegan. He threw a complete game shut out, walking one, striking out two and scattering four hits.

The Souhegan defense played flawless baseball. The Sabers were led by Owen Batchelder and Seth Learned in the outfield.

Souhegan opened the scoring in the first inning as the Sabers scored five runs on one hit, an rbi single of the bat of Mike Mancini.

In the third inning, with two outs, Owen Batchelder singled and

Bryce Reagan doubled. Max Benvides single plated two runs and a 7 to 0 lead.

Two more runs scored in the four inning. Thomas Bennett reached first on a fielder's choice and moved to second on an error. Mike Mancini rbi single scored the inning's first run. A balk and a wild pitch advanced Mike Mancini to third. Owen Batchelder's sacrifice fly upped the score to 9 to 0.

In the bottom of the fifth, Joey Grasset reached on an error. Pinch runner Tucker Aiello reached third on a Thomas Bennett doubled and Mike Mancini recorded his third hit and third rbi with a game ending single.



Ian Towle, Kees Grondstra, Seth Learned, Stevie Upton, Travis Woods and Lyle Bellamy

The Souhegan baseball program honored the six seniors and their parents at the conclusion of the final regular season game of the season. The seniors have been instrumental in the successes of the 2015 season. Congratulations to Lyle Bellamy, Kees Grondstra, Seth Learned, Ian Towle, Stevie Upton and Travis Woods.

SaberScoreboard

Amherst Girls Track & Field Reign Again

Led by Hannah Rowe's 28 points, the Amherst Middle School girls track & field team won their seventh Tri-County League championship in a row Thursday at Souhegan High School.

Hannah, who had broken the school record (15' 11 1/4") in the long jump earlier in the season, just missed breaking the league record in taking first place. She also took second in both the 100 & 200 and anchored the 2nd place 4 x 100 relay team. Shannon Paquette, who had been undefeated all season in the shot put, took second in that event and discus.

In what turned out to be an incredibly close championship (one point separated 1st & 2nd place) the Eagles needed every point they could muster. The 7th graders came up big with strong performances, most notably from unsung hero Marisa Romano, whose 3rd place finish in the 800 was 11 seconds faster than her season's best. Multiple scorers included Savannah Behn (3rd long jump, 5th discus, 2nd 4 x 400), Adani Duguay-Webster (3rd discus, 4th hurdles), Trinity Zimmerman (5th long jump, 6th hurdles, 2nd 4 x 400) and Katy Noyes (6th long jump, 2nd 4 x 100). Julia Ireland placed a strong 4th in the 800 with her season's best time.

Other relay members included, Izzie Aiello & Libby Manz (4 x 100) and Emma Sette (who ran a sensational leg) & MaKayla Kilcrease (4 x 400).

It must be noted that the team succeeded despite the top cross country runners deciding not to come out for the team, several potential scoring 8th graders deciding not to return and the over-all numbers of participation were down nearly 40 %.

Former SHS Athlete Now Competes in CrossFit Games



Sean Tully a former Souhegan High School tennis player class of 2004, is having another sport call. Sean competes in CrossFit Games a grueling annual test designed to identify the world's fittest man, woman, and team. Started in 2007, the Games has grown from a backyard brawl on a ranch in Aromas, California, to a high-caliber championship sponsored by Reebok and broadcast to the world via ESPN2.

There are estimated to be over 4 million people who go to CrossFit gyms around the world to improve their level of health and fitness.

This year 4380 CrossFit teams (each team is made up of 3 men and 3 women) from around the world competed in the CrossFit Open competition which takes place over a six week time period (1 specific workout per week) and submitted their scores to the CrossFit website. Of those 4380 teams, 240 teams were invited to compete in 8 Regional Competitions around the world.

Over Memorial Day weekend Sean competed with his team from CrossFit New England located in Natick, Mass. in the EAST SUPER REGIONALS at the XL Center in Hartford, Conn.

The Games are a playing field where the fittest athletes are given a chance to distinguish themselves through consistently exceptional performances. A wide variety of different events are intentional-

ly included. In the past, these have ranged from dusty hill sprints to sandbag carries to ocean swims and endurance events.

Of the 30 teams invited to compete, Sean's team finished in 3rd place which means they qualified to compete in the upcoming CROSSFIT GAMES that take place in Carson CA from July 22n thru the 26th and will be televised on ESPN 2. This competition is considered to be made up of the fittest people on earth.

Sean's Mom Debbie is a CrossFit Competitor as well and is ranked #6 in the Northeast and #73 in the world in her age group.



Souhegan Track All-State

The New Hampshire Track Coaches Association recognized all-state athletes prior to the Division meets this past weekend. Four Souhegan track and field athletes received awards prior to the meet. Esther Johnson, Mikayla Hickey, Eli Moskowitz, and Ben Platt were all elected by the D-II coaches for all-state status. In addition, winning relays also received recognition, so the 4 by 100 team of Sebastian Eaton, Ben Miller, Jon Nogueira, and Matt Blood received their awards immediately after their first place finish.

Souhegan Boys Tennis Scores

At Memorial Field, Concord, NH, May 26

Souhegan 6, Bishop Brady 3.

SINGLES:

- #1 Matt Lapsley (S) d. Jack Byrck (8-0).
- #2 Nathaniel Dziadek (S) d. Logan Sigua (8-2).
- #3 Bendan Sileo (S) d. Danny Byrck (8-4).
- #4 Alex Frazier (S) d. Thomas McMillan (8-2).
- #5 Duncan O'Reilly (BB) d. James Kibbie (8-2).
- #6 Sean Marshall (BB) d. Austin Quinlan (8-3).

DOUBLES:

- #1 Lapsley/Dziadek (S) d. J. Byrck/Sigua (8-5).
- #2 Sileo/Frazier (S) d. McMillan D. Byrck (8-5).
- #3 Pepin/Spooner (BB) d. Quinlan/Jacob Lacaillade (8-3).

Records: Souhegan #5 Seed 10-4, Bishop Brady #4 seed 11-3.



Let's Get Social!

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23rd Annual ASC Memorial Day Soccer Tournament



BU16 white 1st place

Congratulations to the following Hampshire United SC teams (HUSC) for making it to the playoffs in our most recent 23rd Annual Memorial Day Soccer Tournament. Hampshire United SC is a uniting of local area clubs (Currently ASC/Hampshire FC, Milford FC and Hollis Brookline Cavaliers) at the U13 thru U19 level. In striving to give all players the best experience, and

Hampshire United BU16 white
Hampshire United GU19
Hampshire United BU13
Hampshire United GU14 white
Hampshire United BU15 white

build larger player pools to help with appropriate development, we have united to create a situation which will benefit all players/clubs and allow players to stay local, play with like-skilled players, and their friends. If you are interested in learning more about Hampshire United please visit our website. <http://www.hampshire-unitedsc.com/>

1st place
1st place
whitemade it to the semifinals
made it to the semifinals
made it to the semifinals



GU19 1st place

Amherst Soccer Club/Hampshire FC's 23rd Annual Memorial Day Soccer Tourney - We wish to express our gratitude to the Towns of Amherst and Milford, the Amherst and Milford Recreation Departments, the Amherst and Milford School Districts, MCCA, Dwayne Andreason- DDA Trucking, the residents of Amherst and Milford plus all of our wonderful volunteers for their support and work during our annual soccer tournament. This tournament wouldn't be possible

without the people and organizations named above and so many others that work tirelessly behind the scenes. We were blessed with exceptional weather over the three day event which had teams coming from all over New England. Thanks for helping us to showcase what a great community we have!

For more information regarding our club please visit our website at www.amherstsoccerclub.com - Board of Directors, ASC/HFC