Sports

Records Broken at Championship Swim Meet

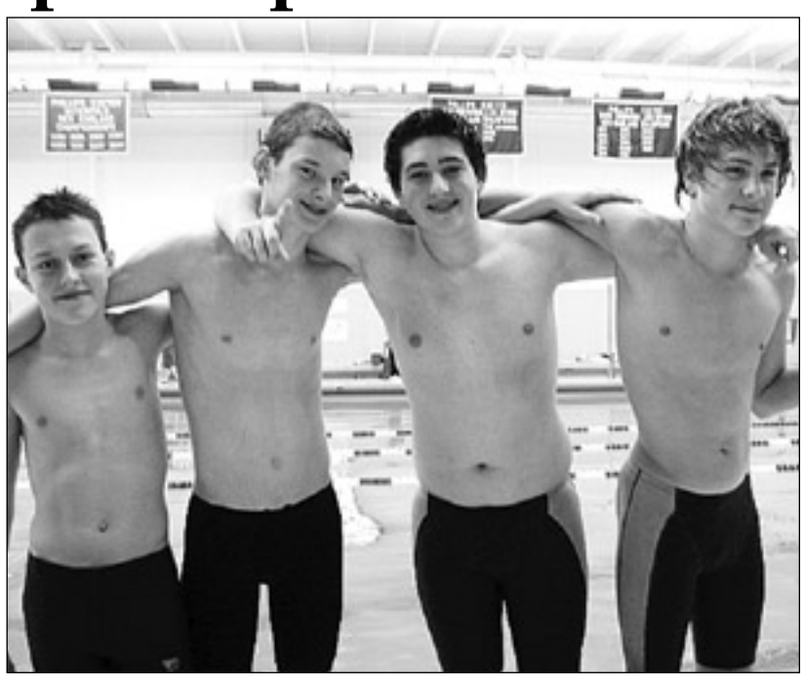
EXETER – The Executive Swim Club, in Manchester, NH recently won the New Hampshire Swim Association Championship over the weekend on March 19-21 held at Phillips Exeter Academy. The Executive finished in first place over Exeter Swim Team, the winner the past five years, by over 350 points. The Storm of Merrimack/Nashua finished in third ahead of Manchester Swim Team, RAYS of Londeonderry and FINS of Nashua to round out the top six of 15 teams.

Jamie Lutze, of Amherst set a NHSA record in the 200 Medley Relay with teammates Grant Drukker, Matthew Grauslys, and Joe Moleski. Lutze swam the leadoff backstroke leg. Lutze also had individual results of 2nd-100 backstroke, 3rd-500 Freestyle, and 4th- 200 Freestyle.

Amherst and Mont Vernon swimmers representing the Executive were: Annie Bacher, who had two third place finsihes in the 200 Ind. medley and 100 backstroke, Tess White (6th-50 Butterfly, 1st on 200 Medley and Freestyle Relay teams) and Anothony Villiotti (2nd-500 Freestyle). Also finishing with best times and top ten finishes wre Emma Estabrook (5th in 50 Breaststroke), Michael Estabrook (8th 25 Freestyle), Kaitlyn Capprini (100 Backstroke, 500 Freestyle), Jasmin Movassaghi (9th- 50 Butterfly), Anna Redway (50 Breaststroke, 100 Ind. Medley, and 50 Freestyle), David Kibbie (500 Freestyle), Abbie Estabrook (50 Freestyle, 100 Ind. Medley), Cyrus Movassaghi (50 Freestyle) and Hunter Holbrook (50 Freestyle, 100 Backstroke).

Ian Will who competed in the 50 Freestyle-2nd, 100 Butterfly-3rd , 200 Ind. Medley-3rd, also competed in the Eastern Zone Southern Sectionals in Maryland the following weekend.

The Executive Swim Club trains at the Executive Health and Sports Club in Manchester, NH. The team is getting ready to begin the spring/summer season.



13/14 Boys 200 Medley Relay team of Matthew Grauslys, Grant Drukker, Jamie Lutze, and Joe Moleski breaks a 25 year old State record.

Hampshire Hills Seawolves Compete at TSSA Championship

DURHAM – The Hampshire Hills Seawolves competed at the TSSA Championship meet the Weekend of March 20th-21st at the University of New Hampshire. The meet was scored for individuals and no team awards were given out. Leading the way was Aidan Daudier (Milford) in breaking 4 meet records (also team record) in the 50, 100, 200, Free & 100 IM.

Also achieving a meet record was Katrin Hayward (Pepperell, MA) in the 100 Back for the 15-16 age group as well. The final meet record (and team record) for the Seawolves was with relay of Shannon Disco (Amherst), Kaitlyn McManus (Milford), Hannah De (Amherst), and Jaime Freud (Amherst) also took down 13-14 200 Free. McManus broke the final team record in 100 Breast. The team posted 64% (76 out 118 swims) personal best times at the meet with at least everybody on the team achieving at least one.

Placing in the top 3 places overall place in their respected age groups were: Aidan Daudier Boys 8&U - 1st (perfect score), Nicole Hall (Brookline) 11-12; Girls - 3rd, Jaime Freud 13-14 Girls - 1st, Kaitlyn McManus 13-14 Girls - 2nd, Alex Bedard 13-14 Boys - 2nd, Katrin Hayward 15-16 - 1st (perfect score), & Kenny Regan (Hollis) 17-19 Boys - 2nd.

Top Point Awards left to right (back row Kenny Regan, Katrin Hayward, Kaitlyn McManus, Nicole Hall. bottom row Alex Bedard, Aidan Daudier, & Jaime Freud).

Seawolves TSSA 2010 Swimmers

AMHERST PATRIOTS

Come Join
The Back to Back
State Champion
Amherst Patriots
Registration is now open!
We serve Hollis, Brookline, Mont Vernon and Amherst!

Youth Football and Cheer for children from Amherst, Mont Vernon, Hollis, Brookline and Milford!
Ages 5 to 12 are eligible and the season includes 4 weeks of preseason, 8 weeks of games! Cheerleaders will also participate in state competition!

In-Person Registration Events for Football and Cheer:

Come learn about the Patriots, meet some coaches and sign up	Mandatory Weigh-In and registration night for Football and Cheerleading
April 20 – 6pm Wilkins Elementary Library in Amherst	May 11, 2010 – 6pm – 9pm Amherst Middle School Cafeteria This event is a mandatory weigh-in for all football players as well.

Check out www.amherstpatriots.com for details!

AMHERST PATRIOTS

Sports Notes

Local U11 Hoopsters Perform Well at Babson College Tournament

The Sportszone Spartans U11 AAU team based in Derry, brought home a third place finish in the Middlesex Magic Tournament held on the campus of Babson College in Wellesley, MA on the weekend of March 26-28. The Spartans won their pool play round by first defeating Massachusetts I.C.E. of Westwood 41-20. Patrick Mackey of Litchfield led the scoring with 12 points. Clayton Crowell of Amherst led the rebounding effort with eight boards and also had eight points, and Ryan Boehm of Amherst chipped in with seven points and assisted three baskets. Next, the Spartans won over the NH Rivals 45-14. Cam Reedy of Londonderry led Spartan scoring with 12 points. Patrick Mackey added 10, Ryan Boehm contributed eight with four assists, and Clayton Crowell had six points and four boards.

In the championship round, the Spartans were defeated by the Rhode Island Hawks 43-26. With eight minutes to play the score was 28-26 Hawks and was anybody's game to win but the Hawks went on an impressive 15-0 run to close out the win and eliminate the Spartans. Patrick Mackey led all Spartan scorers with seven points. Clayton Crowell added six points and seven rebounds and Ryan Boehm scored four points and assisted a basket.

Mont Vernon Athlete Earns Player of the Week at Catholic University

Short stop Megan Rizzi helped the CUA softball team finish 7-1 last week, also splitting with Juniata in their first Landmark appearance of the year. The sophomore managed 15 hits in 26 at-bats, including five multi-hit games, for a .577 batting average. Rizzi also had five triples and four doubles. She tallied 12 runs and drove in 19 over the eight games, closing the week with a perfect 6-for-6 in a CUA sweep over Gwynedd-Mercy.

Souhegan High School Tennis Results

Boys Tennis Scores

April 5

Souhegan High School defeated Milford High School 9-0

Good start to a long season, matches will only get tougher. Next match is Pelham Wed. 4/9/10.

Singles:
#1) Sam Protzmann (SHS) defeated Ben Lambert (M) 8-2
#2) Nishon Radhakrishnan (SHS) defeated Trevor Frost (M) 8-1
#3) Nick Poulack (SHS) defeated Mike McManus (M) 8-0
#4) Nate Redington (SHS) defeated Kent Maggelet (M) 8-0
#5) Liam Murphy (SHS) defeated Micheal Dargie (M) 8-0
#6) Alex Paquin (SHS) defeated Nick Poplar (M) 8-0
Doubles:
#1) Nick Poulack/Nate Redington (SHS) defeated Lambert/Frost (M) 8-5
#2) Alex Kenney/Matt Protzmann (SHS) defeated McManus/Maggelet (M) 8-1
#3) Liam Murphy/Alex Paquin (SHS) defeated Dargie/Lentaff (M) 8-1

April 7

Souhegan High School defeated Pelham High School 6-3

This was a rematch of last years Semi Final Playoff match with Pelham. Like the playoffs this was decided by doubles play again with sweep of the doubles points by Souhegan to secure the win.

Singles:
#1) Jared Taylor (P) defeated Sam Protzmann (SHS) 8-2
#2) Nishon Radhakrishnan (SHS) defeated Ryan Fyfe (P) 8-5
#3) Nick Poulack (SHS) defeated Ethan Ely (P) 8-3
#4) Matt Mercier (P) defeated Nate Redington (SHS) 8-0
#5) Gabe Ramos (P) defeated Alex Kinney (SHS) 8-4
#6) Matt Protzmann (SHS) defeated Adam Duff-Marsh(P) 8-4
Doubles:
#1) S Protzmann/Radhakrishnan (SHS) defeated Taylor/Fyfe(P) 8-4
#2) Nick Poulack/Nate Redington (SHS) defeated Mercier/Ely (P) 8-3
#3) Liam Murphy/Alex Paquin (SHS) defeated Ramos/Duff-Marsh (P) 8-6

Girls Tennis results--Souhegan at Milford

April 5

Souhegan High School won 8-1 over Milford High School in the opening match at Keyes Field in Milford.

Individual results were as follows:

Singles:
1- Emily Readdy (S) defeated Bruma Ferraz 8-0
2- Alex Silva (S) defeated Sarah Boutier 8-0
3- Emily Parrett (S) defeated Halley Bonczar 8-1
4- Kelly Sareault (M) defeated Mia Ommundsen 9-8 (7-5)
5- Caroline Hagen (S) defeated Karey Lundstedt 8-1
6- Maura Belanger (S) defeated Mary Beth Sareault 8-4
Doubles:
1- Readdy and Silva defeated Ferraz and Bonczar 8-1
2- Parrett and Ommundsen defeated K Sareault and Gautier 8-1
3- Belanger and Rebecca Trouwee (S) defeated M.B. Sareault and Lundstedt 8-3

April 7

Souhegan High School won 8-1 over Pelham High School in a match played at Jasper Valley Swim Club April 7

Individual results were as follows:

Singles:
1- Emily Readdy (S) defeated Kammi Michle 8-0
2- Alex Silva (S) defeated Kayla Socires 8-0
3- Emily Parrett (S) defeated Jacky Ta 8-1
4- Mia Ommundsen (S) defeated Lauren Taco 8-1
5- Caroline Hagen (S) defeated Rebecca Day 8-5
6- Maura Belanger (S) defeated Lauren Carrick 8-0
Doubles:
1- Parrett and Ommundsen (S) defeated Kayla Socires and Ta 8-1
2- Belanger and Rebecca Trouwee (S) defeated Mickle and Taco 8-3
3- Day and Carrick (P) defeated Katie Casper and Erin Heaney 8-1
Souhegan's record is now 2-0.

Souhegan High School Track & Field

Girls Track Starts the Season with a Win

Souhegan High School started the outdoor track and field season with a split decision at John Stark Regional High School . The Saber girls easily outdistanced the other three teams with final scores of 121 for Souhegan, Plymouth 58, John Stark 56, and Windham 13. THe boys' scores were Plymouth 96, Souhegan 91, John Stark 31, and Windham 10.

Souhegan's top scorer was Isabella Stuopis with first place victories in the shot (32' 2"), discus (90' 1"), and javelin (96' 3"). She also earned a point for fifth in the high jump(4' 2"). Other multiple winners were Erin McDonald in the 100(13.3) and the 200(28.8), and Csilla Va'mos in the 1600 (5:57.9) and 3200 (12:22.9). Completing the 11 first places for the Sabers were Jade Humphries in the 400 (64.7), Hillary Wilson in the 800 meters (2:32.9), and both relay teams. The 4 by 100 team of Jade, Erin, Stephanie Wesson, and Laura Tebbetts ran a fine 52.9 for first place, and the 4 by 400 relay team of Jade (again), Angela Blume, Hillary Wilson, and Molly Mirhashem ran 4:37.9. Rachel Springman also scored well with second place finishes in both the 1600 meters(6:10.9) and the 300 meter hurdles(54.8). She also was third in the high hurdle race(19.1).

The Souhegan boys' team had more first places than Plymouth - 8 to Plymouth's 6 - but did not have the depth to keep the lead. Mike Peret continued from where he left off this winter. He was first in the 100(11.2),first in the 200(23.4), first in the high jump with a new school outdoor record of 6' 4", and he also ran a leg on the 4 by 100 relay team (45.7), with Dennis Elverson, Grant Raymond, and Alex Price. Other firsts for Souhegan were Bert DeForest in the 800 meters(2:09.9), Jason Bender in the 3200(11:30.9), James Tabor in the discus(94' 4") and the 4 by 400 relay team of Jake Lawrence, Dennis, Grant, and Ryan Sickler (3:48.3). The Sabers only recorded two second places - Dennis Elverson in the 100(11.4) and Ryan Sickler in the 400(57.1).

The teams travel to Hollis next Tuesday followed by the Souhegan Relays next Friday.