

SportsFolio

Amherst Gymnast Scores Big at Regionals and Nationals



Annie Christman of Amherst nails a switch side leap during her floor routine

MINNEAPOLIS, MN – Annie Christman of Amherst recently competed at the USA Gymnastics Region 6 Championships as a level 10 and took home a bronze medal earning the honor to compete at the National Championships held in Minneapolis, MN on May 10-11, 2013. She was the only New Hampshire gymnast who qualified to compete at this prestigious meet.

Christman, in the Junior B age division, had a very successful meet at Nationals and finished 25th in the country. She trains 24 hours per week at Atlantic Gymnastics Training Center in Portsmouth, is currently enrolled as a freshman in K12 International Academy, and is also active in her church senior high youth group.



Annie Christman after her vault routine at USA Gymnastics Championships

SHS Baseball Player of the Week

Each week, the Souhegan baseball team names a Player of the Week. In addition to demonstrating outstanding baseball skills in practices and games, the individual is a role model on and off the baseball field.

Week 9 – May 13

The Ninth PLAYER OF THE WEEK (week of May 13, 2013) for the 2013 season is presented to Cameron Crook. Cameron is a senior, catcher. Cameron is a player who finds ways to help the Sabers be successful. During the past week, Cameron's intelligent base running was instrumental in the Souhegan victory at St Thomas. Reaching base and moving from base to base on heads-up plays he scored from third on a wild pitch ... his effort had him sliding into home with an important run. As the team's catcher, Cameron calls each and every pitch. His leadership has been a KEY for the Sabers pitching staff becoming a solid group of pitchers.

Cameron is a hard nose pillar for the Sabers defense.



Cameron Crook

Souhegan Valley Baseball Rivalry – Sabers Defeat Milford 3 - 2 with Bottom of 7th Win

TEAM	1	2	3	4	5	6	7	8	9	10	R	H	E
Souhegan	2	0	0	0	0	0	1	0	0	0	3	6	2
Milford	2	0	0	0	0	0	0	0	0	0	2	6	1

Souhegan	Connor Cinque and Chandler MacKenzie (WP - 7th) and Cameron Crook
Milford	Ryan Britton (LP) and Cam Douglas

MAY 20 – Souhegan Valley rivals Souhegan High School and Milford High school squared off in Amherst for a classic high school athletic event on Souhegan's senior Day.

Senior, lefty Connor Cinque pitched six excellent innings, allowing 2 runs on 5 hits, walked 6, struck out 6 and PICKED OFF 3 Milford runners. Junior Chandler MacKenzie pitched the 7th inning, allowed one hit, no runs and was awarded the WIN in his relief appearance.

The Souhegan defense was let by the snappy play of senior firstbaseman Michel Ehrenstein and senior shortstop Tyler Ford.

After Milford scored two in the top of the first, Tyler Ford started the Sabers offense with a lead off double. Peter Bennett (senior) singled and Seth Learned (sophomore) and Connor Cinque hit back to back rbi singles to tie the score at 2 to 2.

The Milford and Souhegan lefty pitchers each put up zero after zero until the Sabers batted in the BOTTOM of the seventh.

Austin Cote (senior) singled to open the inning. Tyrell Torres (senior) successfully bunted Austin Cote to second. Milford intentionally walked Tyler Ford and with two outs, Seth Learned singled to center for the game winning rbi (his second hit and second rbi of the contest).

SHS Student-Athletes of the Week Week of May 6 – 12

Ryan Hinrichs – Track and Field

On Saturday, at the Merrimack Invitational, Ryan Hinrichs raced to a School Record time in the 3200M run - an excellent 9:57 clocking, propelling him to the second fastest time in Div II this season! Ryan's consistent hard work, his senior leadership and easy going demeanor are a huge asset to the Boys Track and Field team.

Week of April 29 – May 5

Tyler Ford - Baseball

Tyler Ford is a senior, shortstop-pitcher. Tyler has played outstanding at shortstop and has been instrumental in solidifying the Sabers infield play. At the plate, Tyler batted .400 last week (4 for 10), scored 5 runs, stole a base, had 9 rbi and hit a two run home run and grand slam. Tyler leads the team by his actions on and off the field and having the strength to step forward and demand each of his teammates to work at their game whenever they are on the field. Tyler has a passion for team success.

Amy Lambert - Track and Field

A talented, hard working freshman, Amy started off the week at Hanover vs Hanover, Plymouth, and John Stark by racing to a very fast 2nd place in the 800M run, and also running an excellent split on the winning girls 4x400M relay team! Amy followed up that performance by racing to a second place finish in the 800M at Salem as she competed against freshman and sophomores from over 20 teams! Finally, in our meet against Portsmouth and Trinity, Amy raced a very fast 400M - 63.0 seconds! She has now qualified provisionally in both the 400M and 800M, as well as racing as a key member of one of the Division's top 4x400 and 4x800 relay teams! Amy's success is due to her hard work, focus, and increasing confidence!

April 5 – 13

Hannah Culver - Track and Field

After missing the entire Track and Field season as a freshman, due to a broken ankle sustained in the first meet, Hannah wasted no time establishing herself as one of Division II's premiere middle distance runners this Spring! In her first 400M race Hannah sprinted to a 61.1 clocking - the best in Division II so far this season, and the 3rd fastest all time at Souhegan. In addition she has anchored the girls 4x400M relay team to 3 first place finishes in 3 Meets, with sub 62 second splits each time! At Saturday's Souhegan Relays, Hannah demonstrated her combination of speed and endurance as she ran Souhegan's fastest 4x800M leg, leading them to victory among the 7 competing schools! Hannah consistently works hard at practice, and her positive attitude and team focus is exemplary and contagious.

Andrew MacDonald - Baseball

Returning to the line-up after missing the season opener to an injury, Andrew went 2 for 3, had a sacrifice fly and drove in 5 runs vs Lebanon in the Sabers 8 to 3 win. Andrew in a role model for every member of the Souhegan baseball program to follow. He approaches everything he does with a large smile and in a positive manner.



(L to R): Coach Mike Beliveau, Tyler Ford, Brandon Len, Jake Kennedy

SHS Students Honored at Scholar-Athletes National Football Foundation Banquet

Seniors Brandon Len, Tyler Ford, and Jake Kennedy were honored at the Joe Yukica National Football Foundation Hall of Fame Scholar-Athletes Awards Banquet on May 7 at the Executive Court, Manchester, NH. The scholar athletes were celebrated for distinguishing themselves in the classroom, on the field of play, as leaders both on and off the field and for their contributions to their local communities.

SHS Track Stars Commit to UNH



Nate (L) and Jake Kittrede at signing ceremony

Twin brothers, Jake and Nate Kittrede, recently signed national letters of intent to compete as student athletes at the University of New Hampshire. Jake and Nate have had storied Indoor and Outdoor Track Seasons at Souhegan High School - as they have been two of NH's best runners at 400M, 600M, 800M, and 1000M for the past 2 years! Combined they have garnered 7 All State Awards from

the NH Track Coaches Association! They have set numerous individual school records, and have been on NH's best 4x800M Relay Team for the past 2 years! They have competed nationally for the past 2 years at the High School Indoor National Track Meet in NYC, and have also qualified for and competed at the Penn Relays! Both Nate and Jake plan on majoring in engineering at UNH.

SHS Boys Tennis Scores

At Hanover - May 22

Hanover 9, Souhegan 0.

Singles:

- #1 Koturo Horiuchi (H) d. Jason Emmond (8-1),
- #2 Christian Mueller (H) d. Anyhony Zeolie (8-1),
- #3 Henry Pletcher (H) d. Patrick Casper (8-5)
- #4 Jackson Greenspan (H) d. Alex Fogelgren (8-1),
- #5 Sandy Yu (H) d. Parker Desborough (8-2),
- #6 Richard Qiu (H) d. Brendan Sileo (8-3).

Doubles:

- #1 Horiuchi/Mueller (H) d. Emmond/Zeolie (8-0),
- #2 Pletcher/Yu (H) d. Casper/Fogelgren (8-3),
- #3 Greenspan/Qiu (H) d. Desborough/Sileo (8-2).

Souhegan Record: 9-6

At Souhegan - May 17

Souhegan 5, Derryfield 4.

Singles:

- #1 Johnny Cissel (D) d. Nathaniel Dziadek (8-2),
- #2 Jason Berk (D) d. Jason Emmond (8-0),
- #3 Anthony Zeolie (S) d. Jack O'leary (8-2),
- #4 Patrick Casper (S) d. Brock Higley (8-5)
- #5 Alex Fogelgren (S) d. Jerry Xiong (8-2),
- #6 Parker Desborough (S) d. Charles Li (9-7).

Doubles:

- #1 Cissel/Berk (D) d. Dziadek/Frazier (8-1),
- #2 Higley/O'leary (D) d. Emmond/Zeolie (8-6),
- #3 Fogelgren/Desborough (S) d. Li St Joan (8-0).

At Souhegan - May 14

Windham 9, Souhegan 0.

Singles:

- #1 David Hutchings (W) d. Nathaniel Dziadek (8-2),
- #2 Tyler Somen (W) d. Jason Emmond (8-0),
- #3 Steven Brandt (W) d. Anthony Zeolie (8-6),
- #4 Andrew Sun (W) d. Patrick Casper (8-2)
- #5 David Musto (W) d. Alex Fogelgren (8-3),
- #6 Joe Forti (W) d. Parker Desborough (8-3).

Doubles:

- #1 Hutchings/Somen (W) d. Dziadek/Casper (8-1),
- #2 Brandt/Musto (W) d. Emmond/Zeolie (8-2),
- #3 Sun/Forti (W) d. Fogelgren/Sileo (8-4).

At Souhegan - May 13

Souhegan 8, Pembroke 1.

Singles:

- #1 Nathaniel Dziadek (S) d. Andrew Goulet (8-3),
- #2 Jason Emmond (S) d. Joe Canaway (9-8 (7-5)),
- #3 Alex Chea (P) d. Anthony Zeolie (9-7),
- #4 Patrick Casper (S) d. Andrew Boddie (8-2)
- #5 Alex Fogelgren (S) d. Kyle Haas (8-3),
- #6 Paarker Desborough (S) d. Sam Yeaton (8-1).

Doubles:

- #1 Dziadek/Casper (S) d. Goulet/Canaway (8-5),
- #2 Emmond/Zeolie (S) d. Doddie Haas (8-3),
- #3 Fogelgren/Sileo (S) d. Chea/Yeaton (8-1).

At Goffstown (barnard PARK)- May 6

Goffstown 5, Souhegan 4

Singles:

- #1 Marty Pelletier (G) d. Nathaniel Dziadek (8-2),
- #2 Mark Flanders (G) d. Jason Emmond (8-4),
- #3 Kyle Arnolo (G) d. Anthony Zeolie (8-3),
- #4 Patrick Casper (S) d. Nate Blancharo (8-4)
- #5 Alex Fogelgren (S) d. Sam Tarnif (8-4),
- #6 Parker Desborough (S) d. Ross Thoroux (8-33).

Doubles:

- #1 Pelletier/ Flanders (G) d. Dziadek/Casper (8-5),
- #2 Arnolo/ Tarnif (G) d. Emmond/Zeolie (9-8(7-5)),
- #3 Fogelgren/Sileo (S) d. Blandaro/Comsuo (8-1).