

SportsFolio

SHS Swimming Awards Banquet

The Souhegan Sabers Swim team celebrated another great year and presented achievement awards at their end-of-season banquet on March 4th.



(L to R): Top Row
Mary Rego and Garrett Earley; Outstanding Freshmen; Tamara Morley; Outstanding Sophomore Anna Redway; Most Improved Female

Middle Row:
Jessica Redd; Biggest effort David Kibbie; Outstanding Senior Thomas Lipkin; Most Improved Male Nicholas Fichtner; Outstanding Sophomore

Bottom Row
Tyler Howard; Outstanding Junior Alex Bedard and Jamie Freud; Male and Female Swimmers of the Year Margaret Dean; Outstanding Senior

Souhegan Sabers Baseball Team Looks Forward to New Season



RETURNING PLAYERS: Thomas Bennett (sophomore - shortstop), Bryce Knight (senior - pitcher), Seth Learned (junior - centerfielder / pitcher), Chandler MacKenzie (senior - pitcher / outfielder) and Stevie Upton (junior - outfielder)

2013 SEASON RECORD: 9 wins - 9 losses (quarter finals)

Head Coach Bill Dod – Twenty second year at Souhegan (229 - 167 and a career record of 491 - 388)
PROMISING NEW COMERS: (15)
Tucker Aiello (freshmen - infielder / pitcher), Sam Bannon (sophomore - catcher), Lyle Bellamy (junior - infielder), Max Benevides (freshmen - infielder / pitcher), George Carlson (freshmen - catcher), August Darula (outfielder), Alex Girard (junior - firstbase), Joe Grassett (sophomore - pitcher / secondbase), Joe Griffin (junior - infielder), Kees Gronstra (junior - thirdbase), Mike Mancini (sophomore - secondbase), Jonathan Robinson (senior - firstbase), Ian Towle (junior - pitcher / outfielder), Jerrell Webster (sophomore - pitcher) and Travis Woos (junior - pitcher / infielder)

OUTLOOK FOR THE UPCOMING SEASON:

The 2014 Souhegan Sabers Baseball team is preparing for the season with five returning players and fifteen promising new players attempting to earn a position on the Varsity roster. The team has demonstrated an outstanding work ethic as they look to take their individual skill to a higher level and develop a strong team prepared for the challenges of competing in the Division II season. The strength of the team is the close

feeling and strong support each individual has for every other member of the team. With a leadership team with strong character, they are prepared to guide the Souhegan Sabers for an exciting 2014 season. The team will use the pre season trip to Florida (April 2nd through 5th) and two scrimmages - Tuesday April 8 hosting Plymouth and April 10 at Gill Stadium (Manchester) vs Manchester West.



Souhegan Girls Basketball Represented Well at NH Senior All Star Game

The Souhegan HS girls basketball team was well represented at the 2014 New Hampshire Senior All Star Game. The Sabers were represented by Jaime King, a 2nd Team All-State selection, Cammie Formby-Lavertu, an Honorable Mention All-State selection and Coach Mike Heaney who was an assistant coach for the Division 2 All Stars. In a fun and fast paced game, the Division 2 All Stars were defeated by their counterparts from Division 1 by a score of 98-83. The game was held at NHTI in Concord.

(L to R): Jaime King, Coach Mike Heaney and Cammie Formby-Lavertu

5th & 6th Grade Mont Vernon Girls Falcons Basketball



(L to R) back row: Assistant Coach Chris Hipp, Libby Knapp, Charity Beamer, Emma Parrott, Andie Brown, Xanna Bader, Leah Dibble, Head Coach Justin Dufoe. Middle row: Lily Hipp, Jenna Brogioli, Jules Hazen, Lindsay Horrell, Gabby Toledo, Hailey Lambert. Front row: Zoe Bellipanni, Georgia Craven, Mona Blake. Not pictured: Taryn Quinlan.

The Mont Vernon Girls Falcons 5th and 6th grade basketball team took home the second place trophy in the Merrimack Basketball league, Division 2. After a slow start (losing their first three games) the Falcons came back to win the final four

games of their regular season. In tournament play, they advanced to the finals, where they lost to Ware in the championship game, and claimed a 6 and 4 overall record for the season.

Anthony Caruso Places in Top 10 at XC Nationals, Lake Placid NY



Caruso is a 2010 graduate of Souhegan High School and is a senior at Clarkson University in Potsdam NY and captain of the XC team. The United States Collegiate Ski Association (USCSA) competitions were held at Lake Placid NY 3/11 to 3/15. Caruso finished first for Clarkson in the 8.5K Freestyle and 8th place overall with a time of 26:09. In the

15K Classic race, Caruso finished first for Clarkson and 6th place overall with a time of 54:02. At final awards, Clarkson University finished third overall and Anthony Caruso earned a spot in the top 10! Anthony is studying Mechanical Engineering at Clarkson and is planning to graduate this May.

Amherst Land Trust Hosts 25K Backcountry Race -- “The Joe English Challenge”, May 3

AMHERST -On May 3, the Amherst Land Trust will host a 25-kilometer running/hiking “challenge” event. Designed and directed by a team of experienced marathon, road-race, and cross-country organizers, the event is expected to attract backcountry trail-running and speed-hiking enthusiasts from throughout New England and the Northeast. The event will be of equal interest to competitive runners, outdoor and fitness enthusiasts, as well as people/organizations with an environmental ethic. The event originates from Freestyle Farm, a 300-acre equestrian center located in Amherst, NH. From there, the challenge continues onto Joe English Reservation, a roughly 560-acre conservation area also in Amherst, NH. An expected 300 challenge participants will travel the 25-kilometer course in an estimated three to five hours. After departing Freestyle Farm, they will descend into the valleys and climb the hills of Joe English Reservation. Participants can expect to encounter a host of backcountry obstacles—ledges, stream crossings, rocky slopes—and to ascend a total of nearly 3,000 vertical feet. There are no paved surfaces, no houses, and no vehicular traffic on the forested course. The start/finish

area is an 8-acre field offering unobstructed viewing and good course visibility. There is ample space for parking and concessions. This venue also offers excellent opportunities for product placement and display next to a captive audience. Whether a competitor, sponsor or spectator, please join us for a day of exciting outdoor enjoyment! For trail maps and further details on the event, go to Joe-English.org. Proceeds of this fundraising event will go entirely to the Amherst Land Trust for protecting open space and conservation land. The Trust is a 501(c)(3) private non-profit organization incorporated in the State of NH. Since 1975, it has sought to protect land from development, so as to preserve the rural aesthetic of the community, conserve natural resources, and preserve land for active and passive recreation. The Trust is actively seeking sponsorship of the Joe English Challenge from corporations and organizations that share its interest in land preservation and stewardship and who are invested in the development and promotion of environmental products and services or who serve environmentally conscious customers or clients. Conservation and More C&M No 365 (4.8.2014)