

SportsFolio

Souhegan Alpine Ski Teams Score Well in NH State Championships



Members of the Souhegan Girls Alpine Race Team celebrate their 2nd place team finish with the State Runner-up Plaque; Front Row kneeling L-R: Maddy Barretto, Marlena Culver, Kate Bermingham, Ellie Noble; 2nd Row standing L-R: McKenna Hopp, Katie Taylor, Alana Barretto, Jen Catrambone, Rhiannon King, Anna Farrow, Rhiannon Allison, Maria Young.



Alana Barretto finished in 9th place in the Slalom at the State Championships and qualified for the NH Meet of Champions.



Rhiannon Allison came in second in the Slalom, and 7th in the GS at the State Championships to earn a berth at the NH Meet of Champions.



Senior Wils Ezequelle placed 10th in the Slalom and 9th in the GS at the State Championships and advances to the NH Meet of Champions.

Souhegan Alpine Girls Win Team Silver at NH State Championships

The Souhegan Girls Alpine Race team traveled to Waterville Valley on 02/12/15 to attend the NHIAA Division 2 State Alpine Championships. For the second straight year, the Lady Sabers brought home the State Runner-up Trophy, finishing in second place behind perennial powerhouse Kennett (North Conway, NH), and just barely nipping Hanover for the Team Silver Medal.

In both the Slalom and the Giant Slalom (GS), the Sabers managed to place 5 of their 6 racers in the top 30 in the 13 team event. In the Slalom, junior Rhiannon Allison achieved an individual Silver Medal (2nd), followed by top-ten finisher Alana Barretto (9th), freshman Katie Taylor (23rd), sophomore Ellie Noble (28th), and junior Kate Bermingham (30th). In the GS, Rhiannon Allison led Souhegan again with a 7th place finish, followed by junior Anna Farrow (14th), Alana Barretto (17th), Kate Bermingham (28th), and Katie Taylor (30th).

Both Rhiannon Allison and Alana Barretto, by virtue of their top ten finishes, will advance to the New Hampshire Meet of Champions, to be held on March 4th. Congratulations to Coach Downer and the entire Girls Team for another stand-out season!

Rank	NHIAA Div 2 Girls Alpine States	Points
1	Kennett	766
2	Souhegan	695
3	Hanover	691
4	Kingswood	669
5	Plymouth	637.5
6	Oyster River	614
7	Lebanon	585
8	ConVal	579
9	Windham	565
10	Hollis-Brookline	557.5
11	Pembroke	469
12	Milford	366
13	Merrimack Valley	150

Souhegan Boys Alpine Team Earns 5th Place Honors at State Championships

The NHIAA Division 2 Alpine Boy's State Championships were held on 02/10/2015 at Crotched Mountain. The Souhegan Boys Alpine Team skied their way to a respectable 5th place team finish in the fourteen team event, being edged out of the 4th place spot by only three points by Southern NH rival Hollis-Brookline.

In both the Slalom (SL) and Giant Slalom (GS), co-captains Wils Ezequelle (10th SL, 9th GS), Jasper Jones (17th SL, 23rd GS), and Patrick Noble (27th SL, 17th GS) capped their senior seasons and high school team careers with strong State Championship individual showings. Ezequelle's two top-ten finishes allow him to advance to the NH Meet of Champions on March 4th, the first Souhegan male racer to do so in some time. Other racers comprising the State Squad for Souhegan included Matt Chistolini, Mitch Greany, Jonathan Kempf, Sam Ezequelle, and Dean DeFilippo.

Rank	NHIAA Div 2 Boys Alpine States	Points
1	Kennett	688
2	Hanover	668
3	Plymouth	648.5
4	Hollis-Brookline	634
5	Souhegan	631
6	Lebanon	626
7	Kingswood	578.5
8	Windham	574
9	Oyster River	558
10	Milford	513
11	ConVal	488.5
12	John Stark	353.5
13	Pembroke	344
14	Pelham	194

SaberScoreboard

Souhegan Results Division II Track Meet

After a two week delay caused by snow storms, the NHIAA Division track & field championships were held at UNH on Saturday, February 21.

Souhegan boys' team scored 46 points to receive the runner-up plaque. Portsmouth was the overall D-II winner with 66 points, and Kennett was third with 33 points. Eli Moskowitz was a double winner as he won both the 1000 meters(2:46.68) and the 1500 meters(4:09.98). He also ran with Ben Platt, Cam Behn, and Stefan DeShazo on the 4 by 800 relay team. Their time of 8:30.92 was also first place. He then completed his day by teaming up with the same three Sabers to finish third in the 4 by 400 meter relay(3:42.98). The 4 by 160 relay team also ran well. Travis Woods, Ben Miller, Peter Forster, and Sebastian Eaton ran a seasonal best of 1:18.45 to place third. Others scoring points for the Sabers were Travis Woods with a personal best of 5' 10" in the high jump(5th place), Sebastian Eaton in the 55 meters(6th place- 6.97), and Ben Platt sixth in the 1000 meters(2:51.21).

Souhegan girls' team was eighth(17.5 points) among more than twenty teams in the meet won by Coe-Brown(81) with MV second(56) and OR third(48). Madeleine Hunt placed second in the 1500 meters(5:07.24) and also ran the anchor leg on the second place 4 by 800 relay team. Their time of 10:13.37n was only a tenth of a second behind the winner Coe-Brown. Other scorers for Souhegan were Elise Lambert, sixth with a personal best in the 1000 meters(3:14.93), and Brooke Tanguay who tied for sixth in the high jump(4' 8").

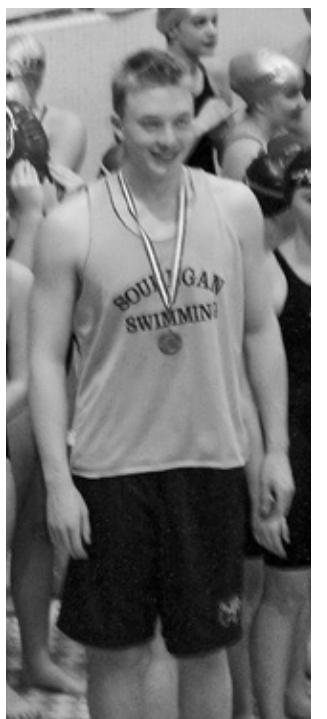
Based on results of both the D-I and D-II meets, several Souhegan athletes have qualified for the New England Meet to be held on Friday, February 27. Eli Moskowitz in the 1500, Madeleine Hunt in the 1500, and both the boys' and girls' 4 by 800 meter relay teams will make the trip to the Reggie Lewis Center in Boston. Also, Esther Johnson has qualified for the New England's in the shot based on her performance during the regular season.

2014-2015 Saber's Swim Season Ended at NHIAA's Division II Championship Meet at UNH's Swasey Pool

Both Men and Women placed 5th

Underclassmen wrote the story for the ladies, with Sophomore Mary Rego touching 5th in the 500 Free and 6th in the 100 Breast. Freshman Tess White took 5th in the 100 Free and 8th in the 50 Free. Fellow Freshman Nicole Gagnon added on to those points with a 7th place finish in the 100 Fly and 8th in the 200 IM. Sophomore Jessica Redd was a key relay swimmer and swam top times in both her individual events: the 50 and 500 Free. The women's 200 Medley Relay touched 3rd, while the 4x100 Free Relay finished 6th. Clearly, this is a young team with upcoming talent and will be fun to watch for the next several years.

The men are a different story, with two big scorers graduating this year: Sr's Alex Bedard and Tyler Howard each came in first in their individual events, Howard hitting that mark for the third year running. Bedard touched first in the 100 Free on his way to a new team record, while his 3rd consecutive first place finish in the 100 Breast narrowly missed a team and Swasey pool record. For his part, Howard broke/set his own records in both the 200 and 500 free events. The pair also contributed to a 2nd place finish in the medley relay and 3rd in the 4x100 Free relay. Stepping up to lead the men's swimming will be the Sophomore duo of Garret Earley and Thomas Lipkin. Lipkin scored points for the team in both his individual events, touching 6th in the 200 IM and 9th in the 100 Fly. Earley added to the tally with a 12th place finish in the 200 Free. Fellow Sophomore Drew Whitney had a solid finish in the 100 Back.



Senior Alex Bedard



Eastern Premier Futsal League Champions: Futsal NH Storm U10/U11 Elite Boys - Back Row: Charlie P. (Amherst, NH), Matt M. (Londonderry, NH), Matt T. (Hudson, NH), Jack K. (Litchfield, NH), Andy Mason; Coach; Front Row: Chris B. (Hudson, NH), Leo S. (Tyngsboro, MA), Caua F. (Nashua, NH); Missing from photo: Jack A. (Hudson, NH), Eric G. (Merrimack, NH)

Amherst Player is Member of Eastern Premier Futsal League Championship Team

MANSFIELD, MA - Futsal NH Storm finished the regular season of the EPF League in first place with a record of 6 wins and 2 losses. The Championship game was held at the Mansfield Sportsplex in Mansfield, MA on February 8th. Futsal NH Storm defeated a tough team from Everett, MA (Brazilian FC), by a score of 10-9.

The Eastern Premier Futsal league provides the highest level of competitive youth futsal in the Northeast. Premier futsal teams from

MA, NH and RI compete in the winter months throughout Massachusetts. Tryouts for the Futsal NH team were held in the fall. FNL Storm is made up of boys from various outdoor soccer clubs in southern NH and MA.

Futsal is a form of indoor soccer played 5 vs 5 players on a basketball court. The ball is smaller and there are no walls. The emphasis is on ball control, speed of play and technique in small spaces.