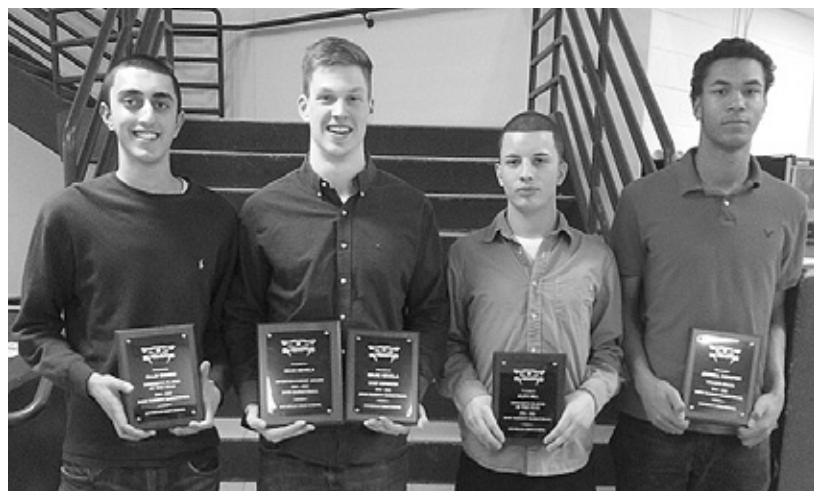


SportsFolio

SHS Boys Basketball Banquet Held April 6



JV TEAM: Offensive Player of the year - Ryan Hickey; Defensive Player of the year - Andersen Geffard; Most Improved - Erik Richardson; Coaches Award - Seth McElhatten



VARSITY TEAM: Offensive player of the year - Alex Hill; Defensive player of the year - Raj Gandhi; Sportsmanship Award and Most Improved Player - Isaac Nevria; Tony Barksdale Award - Jerrell Webster



THIRD TEAM: Offensive Player of the Year - David Horrocks; Defensive Player of the Year - Noah Davis; Most Improved - Mike Poisson; Coaches award - Ryan Harris

Players, coaches, administrators, and parents took the opportunity to come together to celebrate a successful SHS boys basketball season on Monday, April 6 at 6pm. The varsity team finished the season with key road wins at Milford and at Hollis which led them to qualify for the state tournament for the seventh straight year. The JV Sabers won key games against Milford, Hollis, and at Windham and at Plymouth which led them to a winning sea-

son at 10-8. Souhegan's third team came together to win against Milford and Con Val with many players contributing to their success. Head coach Pete Pierce and top assistant Ryan Lemieux presented the varsity awards on Monday night, and JV head coach Mike Boehm and Third team head coach Bo Dean handled the presentations for the sub varsity teams. A big thank you to everyone who participated in this year's banquet

SHS Girls Basketball Awards Banquet

The Souhegan High School girls basketball program held their end-of-season banquet on March 31 in the SHS cafe. The following awards were presented:



Varsity Awards: (l-r): Mia Len (Rookie of the Year), Hannah Kenney (Sportsmanship Award), Hannah Chick (Offensive Player of the Year and All-State Honorable Mention), Ciarri Formby-Lavertu (Defensive Player of the Year), Kate Heaney (Tony Barksdale Award)



JV Awards: (l-r): McKenzie Robinson (Coaches Award), Meaghan Allard (Defensive Player of the Year), Kianna Darrow (Heart of the Program Award), Beth Greenwood (Offensive Player of the Year)

Season Theme Award (Lauren Hill Award): Maddie Maurais



Academic All-State: Back row (l-r): Hannah Kenney, Katie Almeida, Kate Heaney; Front row (l-r): Caitlin Watson, Alli Canavan, Ciarri Formby-Lavertu

SaberScoreboard

Swim Teams Place 5th in Championship Meet

The 2014-2015 Saber's Swim season ended on Valentine's Day at NHIAA's Division II Championship meet held at UNH's Swasey pool. Both the 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.

Souhegan April 10th Track and Field Meet

Souhegan High School opened its spring track & field season with a home meet on Friday, April 10. Competing against a Pinkerton team that left some of their veteran athletes at home, the Sabers won both meets. Cool damp weather affected performances but everyone was glad to have the first meet of the season.

Final score of the boys' meet was Souhegan 110.5 and Pinkerton 35.5. The Sabers racked up 16 individual first places with three athletes being double winners. Sebastian Eaton won both the 100 meters (11.64) and the 200 meters (23.84). Garrett Earley was first in the 1600 (5:08.24) and the 3200 (11:24.64), and Jerrell Webster crossed the line first in the high hurdles (17.84) and leaped 5' 6" for first in the high jump. Other winners were Nick McNeil in the 400 (55.54), Ben Platt in the 800 (2:05.14), Cam Behn in the 300 meter hurdles (43.84), Nilan Phommachanh in the pole vault (7' 6"),

Allan McGuy in the long jump (18' 8"), Ali Eweiss in the triple jump (37' 0"), and Tom Robinson in the javelin (135' 11").

The Saber girls were victorious as well. They outscored Pinkerton 69 points to 60. The Souhegan girls' had seven individual firsts. Jane Leighton ran 62.84 to be first across the line in the 400 meters. Her time qualifies her automatically for the Division meet to be held at the end of the season. Other first places were Elise Lambert in the 800 (2:39.14), Madeleine Hunt in the 1600 meters (5:28.74), Hannah Gillis in the 3200 (12:14.04), Olivia Richer in the high jump (4' 4"), Hannah Howe in the pole vault (6' 0"), and Mikayla Hickey in the long jump (15' 10"). Mikayla also was second in both the 100 (13.84) and the 200 (28.04).

Souhegan will continue its season on Tuesday with another home meet with Portsmouth, Milford, Oyster River and Pelham.

Souhegan Baseball Team Names Players 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. The First PLAYER OF THE WEEK (week of March 23, 2015) for the 2015 season is presented to Sam Bannon. Sam is a junior, catcher. Sam had a major positive impact on the Souhegan Baseball program during the past week with his outstanding leadership with the team's catchers. He led the Sabers catchers provide countless bullpens for the pitching Corp. Sam's presence at practice brings a positive atmosphere to promote the entire team to work to prepare for the competitive Division II season.



Sam Bannon

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. The SECOND PLAYER OF THE WEEK (week of March 30, 2015) for the 2015 season is presented to Tucker Aiello. Tucker is a sophomore who plays thirdbase and pitches. Tucker is one of the team's hardest workers. Each and every drill is approached with the idea to improve his over all game. He is contesting for playing time at third and innings on the mound. Tucker's desire and work ethic will make himself and his teammates better. Tucker's smile and up beat spirit brings a great spirit to the field.



Tucker Aiello

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. The THIRD PLAYER OF THE WEEK (week of April 6, 2015) for the 2015 season is presented to Owen Batchelder. Owen is a sophomore who plays first base and pitches. In addition to his outstanding pitching and defensive play at first base, Owen has demonstrated an ability to coach. During practice, Owen will share his knowledge with members of the Souhegan pitching staff. He will assist his teammates in their pitching mechanics. He wants to assist his teammates to improve their game and help strengthen the baseball program.



Owen Batchelder

AMHERST REC BASKETBALL



Amherst Travel 3rd & 4th Grade Boys Update

The Amherst third and fourth grade boys travel basketball team wrapped up their season this past month. This was the first season for travel basketball in this age group. The boys started out with little experience playing regulation basketball and completed the season learning how the game is played and what it takes to win as a team. Having competed against experienced teams from Bedford, Londonderry, Auburn, Derry, Hampstead and Hooksett, the kids demonstrated a lot of heart and determination in every game and most important-

ly represented Amherst with good sportsmanship. Though, they lost the championship game of the Manchester Suburban League Division I Group B tournament, they all had fun and grew a lot as a team. Amherst team members were Teddy Katsel, Nate Stiles, Colton Sarette, Dante Nieto, Nolan Colby, Alif Primmer, Nicholas Nowak, Brandon Dufour, Hayden Goerlich and Madux McGrath. We are looking forward to competing again next season and welcoming some new faces.

Souhegan High School

2015 Pre-Season Baseball Preview

Head Coach: Bill Dod

2014 Record: 5-11

Returning Players:

Tucker Aiello	Sophomore	3B/Pitcher
Sam Bannon	Junior	Catcher
Max Benevides	Sophomore	Outfielder/Pitcher
Thomas Bennett	Junior	Shortstop
Joe Grasset	Junior	Pitcher/Secondbase
Kees Grondstra	Senior	Thirdbase
Seth Learned	Senior	Centerfield
Mike Mancini	Junior	Secondbase
Ian Towle	Senior	Pitcher/Outfield
Stevie Upton	Senior	Leftfield

New Players Entering The Program

Owen Batchelder	Sophomore	Pitcher/Firstbase
Caelan Behn	Freshmen	Catcher
Lyle Bellamy	Senior	Outfielder
Davis Biddle	Sophomore	Pitcher/Firstbase
Alec Burns	Freshmen	Firstbase/Pitcher
George Carlson	Sophomore	Catcher
Alex Girard	Senior	Pitcher/Firstbase
Joe Griffin	Senior	Thirdbase
Ryan Hill	Sophomore	Shortstop
Bryce Reagan	Freshmen	Thirdbase/Pitcher
Zach Thibeault	Sophomore	Pitcher/Firstbase
Nick Truchon	Junior	Pitcher/Firstbase
Travis Woods	Senior	Pitcher/Outfield

OUTLOOK

Snow, Ice and a Cold start to the Spring is a challenge to prepare for the demands of a highly competitive Division II. The team will utilize the lessons learned in the 2014 season to reach a higher level play in the 2015 season. The team has a highly competitive nature as there

are many positions up for grabs. With the competitive spirit within the team for playing time and to compete as a team, the team chemistry is outstanding. I look for each player to embrace their role to assist in making this a successful season.