

MAY 2014

Playoff Victory for East Softball

Congratulations to the East softball team for their 7–1 playoff victory on May 19th over visiting Cheltenham. It was a solid, complete-team effort, with great pitching, timely and powerful hitting, aggressive baserunning and stellar defense. Juniors, Olivia Rogers and Maddy Coady and freshman Amilia Andraos all doubled for the Vikings. Other RBIs came from Senior, Carolyn Degurski and Junior, Steph Batog. Senior, Amy Atwell, had a hit, two stolen bases, and scored two runs. In the circle, Rogers was excellent. She struck out eight, walked only one, and scattered five hits across seven innings for the complete-game win. East will travel to Souderton on May 21st for the second round.

Eric Diestelow at Districts

Please congratulate Eric Diestelow on a fantastic junior season in track and field. Eric was the boys' lone representative at the District I Track and Field Championships at Coatesville. On Saturday, Eric qualified for the 1600m finals with a time of 4:24. He finished 11th on Sunday with a time of 4:29. While we didn't move onto the State Championships, he completed the year with a 4:22.82 in the 1600m and a 9:34 in the 3200m run. Both are personal records and set the tone for his Senior season. Thank you for everyone's support throughout the season.

Congratulations Alyson Hall on a Great Senior Year in Track and Field

Alyson Hall competed in District 1 Track and Field Championships as she represented West Chester East proudly. Alyson competed in the 100 meter dash and the 200 meter dash. Alyson was respectfully seeded 23rd in 200 meters and 28th in the 100 meters but she was determined to be in the top 8 in both events and states. Alyson ended her career in 10th place in the 100 and 7th in the 200 meters, just missing States by 3 hundredths of a second but she was still able to break her own 200 meter record by running a 25.75 seconds.

Boys' Track and Field

On Wednesday, May 7th, the Boys' Track and Field team participated at the ChesMont Track and Field Championships at Coatesville HS. While we did not finish as high in the league as we had hoped (11 out of 14), we had 18 individual PR's and 6 Season best times/distances in the meet. We are a young team that had a very promising meet and set a very strong foundation for next year. Meet Highlights are below:

1st place: Eric Diestelow: 1600m run 4:24.58

8th place:

- a. 4 x 800 relay: David Bond (2:09), Joe Dougherty (2:11), Victor Colon (2:08) and Eric Diestelow (2:06): Season best time of 8:37.27
- b. 4 x 100 relay: Hasan Hakim (12.12), Jake Wolfe (10.31), David Bond (11.12), and Tom Kelly (11.24): Season best time of 45.0 (our best time since 2007)
- c. Dan Glasscott: 300M Hurdles: 42.75

Personal Records:

A: 200M: Kevin Hower (25.50) and Charles Roth (24.93)

B: 1600 M: Robert Moser (5:04), Travis Crump (6:19), Austin Kovach (5:42), Jake Decker (5:06), Drew McQuiston (4:55), Ed Smith (4:58), Payne Pachuda (5:12), Joe Dougherty (4:46.11)

C: 400M; Kevin Hower (57.64) and Michael Dye (56.47)
 D: 800M: Victor Colon (2:10.18), Tyler Ronayne (2:09.48)
 E: 3200M: Jared Franz (10:31.34)
 F: Triple Jump: Dan Tyler (37'9.5)
 G: Discus: Tom Silva (105-8)

Season Bests

A: 4 x 800 relay
 B: 4 x 100 relay
 C: Triple Jump: Dan Glasscott (39-4)
 D: 100m: Jake Wolfe (11.68)
 E: 200m: Jake Wolfe (23.58)
 F: Sean Dougherty (2:07.04)

Girls' Track

The Girls' Track Team competed in the Chesmonts Divisional Championships at Coatesville Area High School on May 7th. As a team, we were able to advance Ally Hall in the 200 meters to districts ,while breaking the school record. Throughout the 2014 season our young ladies had to endure horrible weather conditions, but they never stopped running or throwing. Their efforts enabled every young lady to break her own personal record or meet her track goals. The team also suffered disappointment by missing districts by 100th of a second in the 1600 meter run, and 3 tenths of a second in the 4x100 meter relay. The coaches are very proud of these young ladies and we look forward to next year. Thank you for your support.

West Chester East Boys' Lacrosse Team 2014

On Sunday May 4th the Vikings Boys' Lacrosse team wrapped up their 2014 season with our annual family/team picnic in East Goshen Park. In between burgers, dogs, and a little volleyball, we honored this year's outstanding players. The awards went to the following players:

	<u>Varsity</u>	<u>JV</u>
Most Improved	Matt Erfle	Phillip Laborde
Offensive MVP	Nick Myers	Zack Lagalante
Defensive MVPs	Jeff Gothard & Chris Karagelian	Tyler Bird
Team MVP	Matt Haenn	Billy Larue
Viking Award	Eric Frye	Peter Fabiani

Congratulations also go to our other graduating seniors Billy Bird, Eric Frye, Matt Haenn, Brian Hoffman, Chris Karagelian, Buddy Morrison, and Nick Myers. And, finally, a BIG "Thank You" goes out to our team managers, Taylor Burke, Emma Cocco, and Elizabeth Scott.

APRIL 2014

West Chester East senior Nina Mazzarelli signs a letter of intent to continue her basketball career at Chestnut Hill College as her parents, Michael and Susan Mazzarelli, look on. Watching from

behind are Principal Kevin Fagan, Athletic Director Sue Cornelius, Basketball Coach Eric Anderson, Girls Basketball Coach Moe Blatt, and Girls' Assistant Coach Erin Listrani.



Basketball Awards

Please congratulate Evan Anderson for making first team All Ches-Mont and second team All-Area in boys' basketball. Also congratulate Kyle Smith for making honorable mention In the Ches-Mont league. Also please congratulate Nina Mazzarelli for making first team All Ches-Mont and first team All-Area In girls' basketball.

Boys Track

Highlights from Rustin Invite held 4/16

- 1) 16 Personal Records and 6 Season Bests
- 2) 9 Achieved points in Performance Standard Goals
- 3) 1st Place finishers
 - a. 4 x 100 M Relay (Hasan Hakim, David Bond, Drew Wahn, Tom Kelly): 1st place and season best time of 46.41
 - b. 1600M: Eric Diestelow: 4:25.51: PR'ed and bettered his District 1 seed time.
 - c. 3200M: Eric Diestelow: 9:46.10: Pr'ed and bettered his District 1 Seed time
- 4) 2nd Place finishers
 - a. Long Jump: Dan Glasscott: 20-2 with a season best jump
- 5) 3rd place finishers:
 - a. Triple Jump: Dan Glasscott: 38-3 with a season best jump
- 6) Other finishers:
 - a. 5th place: 4x100M Relay B Team: Jake Marcozzi, Matt Biesanz, Kevin Hower, Evan Tyler: 49.54
 - b. 6th place: Jake Wolfe: 200M: Season best time of 23.94

Notable performances from Downingtown West Invitational

- 1) 33 athletes participated
 - a. 17 recorded Personal records
 - b. 25 athletes hit points on our events performance scale
- 2) Eric Diestelow qualified for the District I Track and Field Championships in the 3200 by placing first with a time of 9:47.67 (PR). He also placed 3rd in the 800m run with a season best time of 2:03.17.
- 3) 4x400 Relay (David Bond, Jake Wolfe, Hasan Hakim and Charles Roth) placed 4th with a season best time of 3:43.13.
- 4) Freshman Tom Silva and Junior Rob Plummer each Pr'ed in the discus with a throw of 92-

10 and 79-10.

Boys Tennis

After an 0-2 start to the season, the boys are 6-3 overall on the season (6-2 Ches-Mont). The team has been led by our strong Senior lineup with Saran Viswanathan, Danny Fisher, and Christain Aksu playing 1st, 2nd and 3rd singles respectively.

Danny Fisher currently holds the best record on the team (8-1) at the 2nd Singles position. He opened the season with non-league match lose but bounced back and won the last eight matches played including wins over Henderson and Downingtown East.

This week, the Vikings go head to head against a tough Rustin team and a division match against Avon Grove. Leading up to this weekend is our Ches-Mont Singles Tournament held at Henderson H.S. The top four players from each school in the National Division will compete in the event. The top three finishers overall will qualify for the District I Singles Championship held at Healthplex Sports Club on April 25th.

MARCH 2014

Swimming

The men's team had a good showing at the district 1 swimming championships on 2/28. Freshman James Kirkby had a personal best time in the 200 freestyle (1:48.02) finishing 23rd. Senior Matt Lehan swam the 50 free (22.42) and placed 24th. The 200 free relay team of Greg Reilly, Dan Fisher, James Kirkby, and Matt Lehan improved their "seed" time by .4 seconds.

On Saturday, the 2nd day of districts, we saw the East boys all improve in their swims. Matt Lehan swam the 100 free in 49.49 improving .70 seconds. James Kirkby swam the 500 free in 4:53.88 improving 3 seconds. Greg Reilly swam the 100 back in 54.18 improving 1.46 seconds. Great Job guys!

On the girl's side, Amy Barrett swam the 100 back in 1:02.36, an improvement and her personal best of the year. Way to go!

FEBRUARY 2014

Academic Team Semi-Final Results

Both teams competed well in the CCIU League's semi-finals against very stiff competition! Although the JV team did not win their match (they lost by one question to Unionville, 90-85) they were the highest scoring non-winning JV team of the two matches! So, they will be in the JV Finals on March 13th! The varsity had a very close match with Henderson and Avon Grove. East and Henderson went head to head in a five question tie breaker. Henderson won that by one question, so they won the match and will compete in the finals on March 13th.

The CCIU Academic Team Finals will be held on Thursday, March 13th at the TCHS which is attached to the CCIU Building on Boot Road in Downingtown. The JV Finals match will be held at 6 pm and the Varsity Final match will follow at 7pm. Admission is free! Please plan to come

out and root our JV team onto victory!

Congratulations to both teams as they both competed fiercely and did their very best!

Indoor Track

The following will be competing at the Indoor State Championships March 1st at Penn state University.

Congratulations to Aly Hall: 200m, Christopher Cummings: 3K, Eric Diestelow: mile, and the Distance Medley Relay team consisting of: Eric Diestelow, David Bond, Jake Wolfe, Sean Dougherty, Joe Dougherty and Jared Franz.

Science Bowl

Congratulations to the East Science Bowl Team for their strong showing in Saturday's Regional competition (2/22) in Princeton, NJ, where the team won 3 of the 5 matches in which they competed.

Swimming

The Districts for swimming take place at LaSalle University on February 28th and March 1st. The following student-athletes will be competing – Amy Barrett the 100 Back, Matt Lehan in the 50 free and 100 free, Greg Reilly in the 100 Backstroke, James Kirkby in the 200 Free and 500 Free and the boys 200 Free Relay consisting of: Danny Fisher, Matt Lehan, Greg Reilly and James Kirkby .

The East Boys and Girls swim team competed in the Perk Valley invitational on Saturday, February 15th. We saw much improvement and many personal bests at this meet. Greg Reilly and Matt Lehan both achieved district automatic times in the 100 backstroke. Greg placed second and Matt was third in that race.

Amy Barrett got a district automatic time in the 100 back stroke and consideration time in the 50 freestyle.

Freshman James Kirkby swam a district automatic time in the 500 free while finishing second.

Caroline Metcalf achieved a consideration time in the 500 free while dropping over 7 seconds in that race!

The boy's medley relay team of James Kirkby, Paul Hayes, Greg Reilly and Matt Lehan was .33 seconds shy of a district consideration time and the 200 free relay team of Greg, Mike Jampo, James and Matt missed the district consideration time by .03 seconds.

Wrestling

Congratulations to Noah Hankin (2nd place) and Rob Ritrovato (3rd place) for placing at the District One Central Tournament. Both wrestlers will compete at the SE Regional Tournament Friday night (2/28) and Saturday (3/1) in Pottstown (with a chance to advance to the PIAA State Championships).

The following four wrestlers placed at Ches-Mont Tournament and advanced to the District One Central Tournament:

Noah Hankin: 2nd place

Rob Ritrovato: 3rd place

Joe Trama: 3rd place

Ryan Orr: 6th place

The top three from the D1 Central Tournament will advance to the SE Regional Tournament at Pottstown HS 2/28 and 3/1.