

GIRLS TRACK & FIELD

12/23/14

The girls track and field team had a great meet at Franklin and Marshall College on Friday, December 19th. Below are some of the highlights.

* 4 x 200 meter Relay (Lindsay Pratt, Katharine Paolizzi, Leah Ritchey and Nacera Gomma) placed 3rd with a time of 1:55.89, which was 7 seconds better than last meet.

* 5th place: Elizabeth Dougherty: One Mile 5:47.01. This was an indoor PR for Elizabeth by over 25 seconds.

* In the 800, we had all three girls place in the Top 15 out of 38 entries. They were Sydney Towell (7th, 2:38.50), Maggie Gallagher (13th, 2:40.08), and Mikayla Lewin (14th, 2:40.59).

* In the 3000, we had all three girls place in the Top 12. They were Kelly Smith (8th, 11:58.68), Katie Duguid (9th, 12:07.04) and Kerri Rafter (11th, 12:26.48).

* In the 55m hurdles, Eman Gomaa ran a PR of 10.02 to place 8th overall. Latifah Hakim and Sam Roth also ran a clean race for times of 11.32 and 11.37 respectively.

They return to competitive action Tuesday, January 6th at the Chester County Championships at Haverford College.

WINTER SPORTS UPDATE

12/18/14

Boys' Basketball

The boys' basketball team has played 4 out of their first 5 games at home, the boys' basketball team has a record of 2 victories and 3 losses. The Viking's need to win their home games because after Christmas, East will play 9 out of their next 10 games on the road. Evan Anderson is leading the Vikings in scoring with 18.3 points per game in the early part of their season.

Wrestling

The wrestling team is 4-1 on the season. They finished in 2nd Place in the Haverford Duals and 3rd Place in the Colley Classic in the early season tournaments. The team will be traveling to Hatboro Horsham for a 32 team tournament over Winter Break.

Swimming & Diving

The EHS Girls Swim/ Dive team got off to a great start defeating Great Valley 98 to 88 in the first meet of the season. The team was led by senior, Co-captain Caroline Metcalf and freshman, Ann Carozza. Tara Percival won the diving with a personal best of 165.7. The EHS Boys Swim/

Dive team dropped their opening meet losing to Great Valley, 101-84. The team was led by triple winner, sophomore, James Kirby. The team posted several personal bests in the loss.

Girls Basketball

The JV & Varsity girls basketball teams continue to work hard every day. The Lady Vikings have faced a brutal non-league schedule in three of their first five games. Although these games have not shown up in the win column, the team has shown “heart” and have learned valuable lessons that will help them in games throughout the season. Most importantly, the girls are committed to improving and demonstrating our team motto, TOGETHER, on and off the court. The coaching staff is proud of the team’s progress and shares a vision of a bright future for West Chester East Girls Basketball. This season’s team captains (as chosen by their team):

JV: Cindy Clark & Erin Parker. Varsity: Holly Hager, Maura McCloskey, & Maddy Stiebritz

Girls Indoor Track

The 2014-2015 Girls winter track and field team opened up the season with 44 girls, their largest turn out in years. They will be led by seniors Kayla Jones, Lindsay Pratt and Kelli Smith. In the sprints, Pratt will look to build off a strong junior campaign where she finished 4th at the Chester County Championships. First year participants Katharine Paolizzi, Alyssa Peterson and Nacera Gomaa will provide numerous line up options in the 200/400 meter relays. In the distance races, District I Qualifier Kayla Jones and Kelli Smith look to build off a strong cross country season along with a number of freshmen and sophomore newcomers. Eman Gomma returns in the hurdles after placing 4th at the 2014 Ches-Mont Outdoor Championships. Lilya Tyler, Latifah Hakim and Sam Roth also provide lineup versatility. In the jumps, Celine Cheng and Leah Ritchey return and look to improve on last year’s marks.

The shot put will feature Jenna Laumakis and Senior Claire DeMenna, who will be challenged by Nicole Kelly and Alexis Zibinski. The girls opened their season on December 12th at Lehigh University

NEWS FROM THE MUSIC DEPARTMENT

12/8/14

The EHS choir will be performing at East Goshen Park this coming Friday evening for their first-ever Christmas Tree Lighting Celebration. Festivities kick off at 5pm and will conclude with the arrival of Santa at 6pm.

Everyone in the East High School Community is invited and encouraged to tune in to our local West Chester radio station - WCHE (AM) - next Thursday, December 11th. Mrs. Werner and several students in the choir program have been invited to sing a few holiday songs during the monthly "Chalk Talk" hour. WCHE hosts district employees (and sometimes students) once a month to highlight all the great things happening in the West Chester Area School District. Dr. Robert Fraser, Assistant Superintendent and Tracy Dukert, Digital Communications Coordinator will be featured during this month's "Chalk Talk". Mrs. Werner and her students are very

honored to be a part of it and share some holiday spirit! Be sure to tune in from 3 to 4 pm on Thursday! Here is the link to tune in - <http://www.wche1520.com/tuneinhowto.htm>

BLACK STUDENT UNION NEWS

12/3/14

The **Black Student Union** has several interesting activities going on for the month of December:

We will have auditions for the talent show on the 17th and 18th. Flyers will be posted throughout the school informing students, as well as calling for volunteers. The actual talent show will be held on January 23rd.

Brittani Canty, Imani Luckey, Brandon Thompson, Andrew Henry, Marie Guthrie, and Tarquan Massey will participate in videotaping which will be played at West Chester University's MLK, Jr. Day program in January 2015. Their responses to the following quotes will be played at the luncheon:

“Life’s most persistent and urgent question is, ‘What are you doing for others?’.”

What do you do for others?

How do you help others?

“Injustice anywhere is a threat to justice everywhere.”

What does this quote mean to you?

Do you think everywhere in the world will see justice?

“We must learn to live together as brothers or perish together as fools.”

What does this quote mean to you?

In your opinion, how can we learn to live together?

“The function of education is to teach one to think intensively and to think critically.

Intelligence plus character - that is the goal of true education.”

What does this quote mean to you?

Do you think education can come from personal experiences?

Lastly, the BSU monthly meeting for December will include a very noble speaker. Andrew Henry's grandmother, Gwendolyn Johns, will speak about the West Chester Community and her experiences in the community. She was a nurse at the Chester County Hospital and worked at the Hickman Sharpless-Hall Building. Her family has been in West Chester for four generations and she will provide great insight to our BSU Members.

*S. Yvonne Setlock
Guidance Dept. A-Ch.*

12/3/14

FALL SPORTS ALL-LEAGUE

Congratulations to the following WC East student-athletes for being selected to the Fall All-League teams. The all-league teams are voted on by the coaches in the league, the WC East coaches cannot vote for their players. The Vikings are well represented around the league.

Football

Cole Baldyga – 1st
Jon Roberts – 2nd
Kevin Murphy – 2nd
Patrick Downey – 2nd
Evan Anderon – 2nd
Tavis Peterson – HM
Tom Gormley – HM
Kevin Logan – HM
Steve Borum – HM
Steve Phelan – HM
Matt Schofield – All-Academic

Girls Soccer

Shannon Moore – 1st
Hannah Specht – 1st
Shannon Newell – 2nd
Hayley Eshleman – 2nd
Hailey Stein – HM
Briana Girard - HM

Boys Soccer

Baley Federico – 1st
Cole Baldyga – 1st
Jacob Heuman – 2nd
Eric Drew - HM

Golf

Mack Moynihan
Kevin Hoffman
Georgia Naples

Cross Country

Eric Diestelow – 1st
Kayla Jones – 2nd

Volleyball

Taylor Crawford – 2nd
Leah Ritchey – HM
Ali Ward – HM

Field Hockey

Lindsay Pratt – 1st
Madison Lewis- 1st
Steph Batog – 2nd
Lauren Fredricks – 2nd

PMEA DISTRICT 12 FESTIVALS

Please congratulate the following students who were chosen to represent East High School at the 2015 PMEA District 12 Festivals....

District Band - January 8-10 @ Downingtown East HS
Brian Archambault - Bass Clarinet

Matt Hontz - French Horn ** Also District Orchestra

Lauryn Cooper - Bassoon ** Also District Orchestra

District Choir - January 22-24 @ Immaculata University
Mikala Hardie

District Orchestra - February 5-7 @ Great Valley HS
Ajmain Hossain - Principal Chair - 2nd Violin
Gavin Bond - 3rd Chair - Cello
Alex Chen - 5th Chair - Cello
Ben Klucznik - 7th Chair - Viola

BOOK CLUB

11/12/14

Lively discussion about the books Hollow City and The Future of Us, plus yummy refreshments, were had by all who attended the first **EHS Book Club** meeting on Tuesday, November 11th, after school in the library. Sponsored by Mrs. Pribish and Mrs. Matjasic, the club's focus is to read "just for the fun of it". Students may still sign up in the library if interested in attending the next meeting, which will occur on Tuesday, December 16th.

FALL SPORTS RECAPS

GOLF

The West Chester East golf team had their most successful season in the last three years in both the regular season and the post season championships. Leading the way for the Vikings during the regular season were seniors Sam Dalton, Mack Moynihan, Travis Crump, Kevin Hoffman and Colin Nicolson. Underclassman Kyle Smith, Georgia Naples and David Spurlock improved tremendously in the off season and contributed throughout the regular season as well. The team had an overall record of 7-8 in the highly competitive Ches-Mont league. Some important wins from the season were victories over Henderson, Downingtown West and Avon Grove.

In addition to a much improved regular season, the team had its most successful post season in many years. At the Ches-Mont Golf Championships held at Applecross Country Club, East had three players make the cut. Mack Moynihan shot a 77, Kevin Hoffman shot an 80 and Georgia Naples shot a 91. These scores were good enough to allow them to qualify for the District One Golf Championships held at Turtle Creek and Gilbertsville Golf Club. While none of the players made it to the Regional or State Championships this year, their post season accomplishments were a highlight of the season and were a result of all their hard work.

The Vikings look to continue to build upon the improvements they made this year in the regular and post season as they set their sights on the upcoming season next fall.

VOLLEYBALL

The 2014 West Chester East Volleyball team had a better year than 2013. We started our season with a win and ended the season with a win. We also had an upset victory over Sun Valley this

year. We competed against some very tough teams in the Ches-Mont league, and we continue to grow. Many coaches throughout the season have complimented us on our tenacity on defense, and our never give up attitude. We are looking forward to 2015 to show how much stronger we are going to be.

GIRLS SOCCER

This soccer season was a very successful one that ended on a positive note. We finished the season with a 12-6-2 overall record. Ended up 2nd in Ches-Mont's and made it to the second round of districts. We had 11 seniors this year that made a huge impact on this team and every single one of them contributed in their own way. Some of the main highlights of this season was our OT win again Great Valley. This was our senior night and going into OT, the score was tied 1-1. In less than 45 seconds, senior, Hayley Eshleman shot a rocket into the upper 90's which made the score 2-1 resulting in a huge victory. Another highlight was our last regular season game against Octorara. The score was tied 1-1 with only 2 minutes left in the game and a sub change was made. Briana Girard came into the game and made the difference. We were immediately afforded a corner kick with only 10 seconds left in the game and although, the ref called for a goal kick, Briana took the ball and quickly kicked a dangerous corner, finding Katie McGrath's foot and her shooting it in the back of the net; end result: 2-1 with 5.4 seconds left in the game.

FIELD HOCKEY

The West Chester East Field Hockey 2014 field hockey team finished a successful year with a 14 – 6 overall record. They ended up 2nd in the Ches-Mont National Division with a league record of 10 – 3. They went into post-season play ranked 11th in District I. In the 1st round game they defeated Hatboro-Horsham 3-1 here at home. In the 2nd round game the ladies travelled to Council Rock North to play and were defeated 3 -0. Overall, it is the 4th straight year the field hockey team has made it into District play and into the 2nd round. We would like to wish the 14 seniors on the team the best of luck in the future and thanks for all you did for our program.

GIRLS TENNIS

The girls got out to a rough start losing the first four matches of the season but finished strong winning five of the last nine matches. The Vikings were lead this season by our Senior captains, Dianna Robinson and Imani Luckey, for a 5-8 season. Although the girls went through a rebuilding year, there were many competitive matches. There were many new additions on the Varsity squad including our top player at 1st Singles, Amanda Nguyen (freshman). With a young team, East Girls Tennis looks to improve on this year and be even more competitive next year.

FOOTBALL

EHS Varsity football started the year off with a bang. Beating Penn Wood and Kennett by a combined 83-13. The Vikings then had a three game losing stretch highlighted by a nail biting 34-31 loss to Downingtown East at home. After beating Avon Grove, the team went through another a three game losing streak to put their record at 3-6 and crushing their chances at a playoff appearance. We are proud of our Vikings for fighting until the end and never giving up. Our boys play hard for each other, for their school and their community. We look forward to ending the season on a positive note with our final 2 games.

GIRLS X-CTRY

The girls cross country team enjoyed one of their best seasons in years. They improved their record in the Ches-Mont league to finish 3-3 on the season. The Vikings were led by senior captains Kayla Jones and Kelly Smith. They also receive consistent contributions from sophomore returners Elizabeth Dougherty, Katie Duguid, Mary Comer, and Kerri Rafter, as well as newcomer Camryn Luidens. Season highlights included grabbing a third-place trophy at the Bulldog invitational. They were able to improve on the previous year's finishes at both the Ches Mont championships and the District One championships as well. The girls will look to continue this improvements next year by building around a great group of returning sophomores.

BOYS X-CTRY

The boys cross country team had an up and down year. Highlights of this year were 4th place overall @ the Abington Invitational and 3rd place overall @ the Bulldog Invitational in September. Individually, Eric Diestelow was the top runner all year. He finished 1st overall in all the dual meets he compete in. Medaled in all the invitational meets and his best finished was @ 1st overall @ the Henderson XC Invitational. Finished 3rd overall @ the ChesMont Champs, 8th overall @ the PIAA District 1 Champs and will be competing @ the PIAA AAA State Championships in Hershey this weekend.

BOYS SOCCER

The 2014-2015 West Chester East Viking Boys' Soccer Team finished the season with a record of 10-8-2.

Captained by Baley Federico and Chris Griste the Viking Boys' Soccer Team made the playoffs for the first time since 2007. In route to the playoffs the boys defeated Bayard Rustin and tied Great Valley to secure the 25th seed in district one. They pulled an upset in the first round of district one playoffs defeating the number eight (8) seed Penncrest. They eventually fell to Conestoga in double overtime in the second round of district one playoffs.

Overall the season was a success, and the boys have left a winning legacy for the underclassmen to continue.

OCTOBER UPDATE

Fall Athletics

Please congratulate and wish good luck to the following teams for making the District One play-offs.

Field hockey plays at home tonight (10/20) at 6:30 pm.

Boys Soccer plays at North Penn on Tuesday at 3:00 pm

Girls Soccer plays at Neshaminy on Tuesday at 7:00 pm

Cross Country travels to Lehigh on Friday for Districts

Good luck Vikings!

Marching Band Wins at Cavalcade Competition

Please help me congratulate the Viking marching band members on their 1st place finish this past weekend at Unionville's March on the Brandywine cavalcade competition. The final scores between the Vikings and the other two bands of the same division were very close but East came out on top also winning honors for High Color Guard! Way to go! The band's next competition will be on Saturday, November 1st at Conestoga High School at 4:45pm. Please consider coming out and supporting your Viking Band!

SEPTEMBER ATHLETIC UPDATE

Follow WC East Athletics on Twitter

Join over 500 others by Following WC East Athletics on Twitter and get the latest game results of your East Vikings.

Log into Twitter and search @WCEVikings and then press the follow button.

Don't be the last to find out if the Vikings won or lost because you are waiting for the newspaper, sign in today to be a @WCEVikings follower.

Girls Soccer

Our team consists of 11 seniors who are leading the way this season. Currently, we are 4-1 in Ches-Mont and 5-3 overall. One of the major highlights this season was our 5-3 victory over Henderson. With the majority of our team consisting of upper classmen, we are looking to have a very successful year; one that our seniors can always remember!

Girls Tennis

After a rough 0-6 start to the season, the Vikings won three of the last five matches and are now 3-8 overall for the season (3-6 Ches-Mont). In the last week, Amanda Nguyen (Freshman) got her first 3 victories of her high school playing career at the 1st Singles position.

Also, first year Varsity doubles duo, Emily Bergin (Sophomore) and Jackie Terlizzi (Freshman) won 5 consecutive matches that included wins over Kennett, Downingtown West, Bishop Shanahan, Oxford, and Sun Valley. Their victory over Coatesville this week gave them their sixth win this season.

Returning members of the varsity doubles lineup, Natalie Hartman (Senior) and Meghan Ward (Junior), as well as first year Varsity newcomers, Becky Logue (Junior) and Katie Peltier (Sophomore) have each recorded their sixth win of the season this week as well.

With some new additions to the team, the girls are building momentum going into the tail end of the season. The girls will be getting ready for the Ches-Mont Singles Championship next week held at Henderson High School.

Field Hockey

The field hockey team got off to a slow start, and have a 4-4 record overall. Lindsay Pratt has 10 goals and 4 assists, Maddy Lewis has 6 goals and 4 assists, Margot Mercer has 4 goals, Lauren Zimmerman has 2 goals and 5 assists, and Meghan Clark has 1 goal. Defensively, Lauren Fredrick has 3 defensive saves and Maddy Coady has 2 Defensive saves so far on the season. With a 4-4 record the West Chester East Field hockey team is ready to earn more wins in the second half of the season. We have 10 more regular season games left to accomplish this goal.

The team knows if we come to practice with a clear focus and ready to challenge each other in every drill there is no reason why we will not be even more successful the second half.

Science Olympiad

Would you like to participate in a bungee drop? Do you dream of being a disease detective? Would you like to solve a crime case using forensic science? If you answered yes to any of those questions, consider joining Science Olympiad. Science Olympiad lets you apply your science knowledge in a competitive and fun way. For more information or to sign up please email Mrs. Henderson or Mr. Densmore or stop by room 230 or 235 before or after school by Friday, Sept. 12.