

## POST-SEASON PLAY

5/23/16

Please congratulate and wish good luck to the baseball and softball teams as they qualified for the District I tournament. Both teams will start their post-season play on Monday, 5/23 at 4:00.

## SPRING ATHLETICS UPDATE

5/16/16

### SOFTBALL

The West Chester East Softball program is coming off a big win against Downingtown West (10-2) on 5/10. The Vikings improved their record to 11-6 and are now 9-1 in their last 10 games. The team currently has three games left on their schedule as they look to make a push for the PIAA District 1 Playoffs. The Vikings recently just had their senior night where they acknowledged seven seniors, wishing them all the best during the rest of their time here at East and on their future endeavors.

The Junior Varsity team at East is also doing well, just coming off a big win over Downingtown West 10-2 as well. They improved their record on the season to 12-4.

The East softball team recognized the Fugett Middle School 7th & 8th grade teams during senior night and the success that they are having.

To stay updated with the season and events going on, follow along below!

Website: <http://wceastsoftball.weebly.com/>

Twitter: @WCEastSoftball

Email Coach: [rswier@wcasd.net](mailto:rswier@wcasd.net)

## BOYS' LACROSSE

The Boys' Lacrosse team is sitting at 13 wins and 4 losses in the final week of regular season play. The team is currently ranked 11th in the district and 17th in Eastern PA. They are led by Goalie Billy Kyle who is having a breakout season averaging 14 saves a game. Defense is anchored by JD Carrol, Matt Erfle and Collin Murray with strong midfield play from Jack Wolov, Jack Phelan and Alex Hirsh. If the Vikings are completely healthy they will be a tough opponent for anyone come playoffs.

4/15/16

### Boys Tennis

Returning players from 2015 season - Will Delaney (**SR/Captain**), Justin Aksu (**JR**), Andrew Fleming (**SR**), Suraj Manoj (**SR**), Ben Beggs (**SR**), Akhil Maheshawari (**SR/Captain**), Rohit Krishnagopal (**SO**), Travis Pavletich (**SR**), Gavin Bond (**SR**).

Key losses to graduation - Rohit Goyal, Josh Brady, and Kee Harish.

The Vikings' last season finished in a three way tie for 1st place in Ches-Mont National Division; looking to win the division outright and contend for the league title.

The boys opened the season with a 5-2 victory over Henderson and continued their winning ways to a 4-

0 start including a 4-3 victory over PAC-10 leader, Methacton. The boys' win streak ended when they ran into last season's state champions, Lower Merion in a shutout loss at home. The Vikings are currently sitting at #2 in Ches-Mont National with a 5-1 record (6-3 Overall).

### **Softball**

The East Softball team was introduced to their new head coach, Bobby Swier in late October. Since October the lady Vikings have been working hard in the offseason as they prepared for the 2016 season. The Vikings have worked together and grew as a team since the season started through two-a-days, yoga classes, pancake breakfast, team dinners, dine and donates, as well as Sky Zone! The team continues to improve each day through their hard work and dedication. The 2016 team consists of seven seniors, three juniors, nine sophomores and eight freshmen. Five out of the seven seniors on the team will be continuing their play next year at college.

- *Kyra Bond: Messiah College*
- *Olive Francomano: Boston University*
- *Kristen Fuertes: Washington & Jefferson College*
- *Maddy Iswalt: Eastern University*
- *Danielle Latare: Stevenson University*

The West Chester East Softball program is coming of a win Wednesday where they beat Haverford by a score of 3-1. The Vikings are currently 3 – 5 on the season, as they look to improve their record on Friday as they head to Bishop Shanahan. The East Softball program also has to send a big thanks to its boosters and parents! We are very blessed here at East with such great support from the parents and community members. One of our biggest additions this year is the installation of our PA system on the field. With the dugouts, top notch field conditions and the PA system it begins to bring an excitement to the game and a collegiate like atmosphere when attending a game here on East campus! The Vikings are back home on Monday (4/18) as they host Sun Valley. Come on out to watch and enjoy a game at East as we continue to get into the warmer weather!

### **Girls Lacrosse**

West Chester East Girls Lacrosse team is starting out the season fast, with a 3-4 overall record and 1-1 in the league. Shannon Moore and Morgan Catrambone are in the top of the league standings for overall points with many other East players on the list. We are looking forward to progressing during the season for a repeat in playoffs, in hopes of seeding higher than last season and bringing the program back in the right direction after graduating 9 seniors last year.

### **Boys Lacrosse**

The record as of April 14 2016 is 5 wins and 2 losses. Notable wins are Saint John's Prep College out of Washington DC area in Double overtime on a goal by Alex Hirsh. Billy Kyle had an outstanding game in the goal and Joe Sivo dominated the face-offs! As we head into league play we hope to get some of our injured players back and make a push for the playoffs. Great work ethic and attitudes have helped in our team's success.

### **Boys Track & Field**

The boys' track and field season is in full swing with a number of invitational meets scheduled. Leading the way this season is Robert Moser, who qualified for the District 1 Track and Field Championships in the 3200m with a time and personal record of 9:41.06. His current time has him ranked #2 in the State. Other early season standouts include Drew Wahn (sprints), Jared Cooper (sprints), Tom Silva (throws), Andrew Ford (Distance), Sebastian Hoyos (distance), Jared Franz (distance) and MJ Kushner (sprints/jumps). The WCE Boys will be sending a 4 x100m relay and 4x400 meter relay to the prestigious Penn Relays on April 29th and 30th at Franklin Field at the University of Penn.

### **CHES-MONT WINTER ALL-LEAGUE SELECTIONS**

4/5/16

Congratulations to the following WC East student-athletes for their selection to the winter All-League teams:

#### **Girls' Basketball**

Caitlin Culbertson – HM

#### **Boys' Basketball**

Zae Murrey – 2nd Team

Kyle Smith – 2nd Team

Milaj Singletary-Thomas - HM

#### **Wrestling**

Eric Gassenmeyer – 1st Team

Noah Hankin – 2nd Team

Caleb Subach – 2nd Team

Justin Cooper – HM

Tommy Luke - HM

Andrew DiBernardo – HM

#### **Swimming & Diving**

Ann Carozza – 1st Team – 100 Butterfly & 100 Freestyle

James Kirkby – 2nd Team – 200 Freestyle

Michael Henry – 1st Team – 6 Dives & 3rd Team – 11 Dives

PJ Jackson – 3rd Team – 6 Dives & 2nd Team – 11 Dives

### **SOPHOMORE PLACES 4TH IN SWIMMING STATE CHAMPIONSHIPS**



3/20/16

At the PIAA State Championships held at Bucknell University on March 16th and 17th, Ann Carozza finished 4th in the 100 butterfly (55.53) and 7th in the 100 freestyle.

In the freestyle, Ann, a sophomore, lowered her own school record to 51.30 and earned all-state in both events.

## SWIMMING AND DIVING NEWS

3/8/16

The following members of the swim/dive team competed in the PIAA District 1 Swimming and Diving Championships.

### Boys Individual Events:

James Kirkby- 19th in the 200 free and 10th in the 100 free

Michael Henry- 24th in the 1 meter diving

PJ Jackson- 25th in the 1 meter diving

### Girls Relays:

200 Medley Relay- Jess Topka, Sarah Reilly, Kristyn Usilton, Carley Castura- 24th

200 Free Relay- Ann Carozza, Emily Hahn, Amy Barrett, Emily Xu- 12th (.3 from state qualifying)

400 Free Relay- Ann Carozza, Emily Hahn, Amy Barrett, Emily Xu-15th

### Girls Individual Events:

Emily Xu- 22nd in the 200 free and 19th in the 100 free

Emily Hahn- 41st in the 200 IM and 42nd in the 500 free

Amy Barrett- 36th in the 50 free and 32nd in the 100 back

Ann Carozza- 6th in the 100 fly (1st team All District 1) and 6th in the 100 free (1st team All District 1)

Ann broke the school record in the 100 free (51.75). The previous record was a 52.2 held by Kelly Nelson. Ann will swim in the state championship meet next week.

## WRESTLING NEWS

2/29/16

East Wrestling had a great day Saturday at the District One Central Wrestling Tournament. 7 wrestlers placed; 6 advanced to the SE Regional Tournament to be held on March 4th and 5th. As a team, East placed **3rd out of 20**.

### Congratulations to the following wrestlers:

Noah Hankin - 2nd place

Andrew DiBernardo - 2nd place

Caleb Subach - 2nd place

Eric Gassenmeyer - 2nd place

Justin Cooper - 3rd place

Tommy Luke - 4th place

Michael Manieri - 6th place

The top four this weekend will advance to the PIAA State Championships in Hershey next Thursday - Saturday.

2/22/16

Congratulations to the following East Wrestlers for placing at the Ches-Mont League Tournament and

advancing to the District One Central Tournament next weekend.

1st Place - Eric Gassenmeyer

2nd Place - Noah Hankin and Caleb Subach

4th Place - Justin Cooper and Andrew DiBernardo

5th Place - Tommy Luke

7th Place - Mike Manieri

## **COMPETITIVE CHEER SQUAD NEWS**

2/10/16

Congratulations to the Viking Cheerleaders, who competed at Nationals in Florida this past weekend and placed 5th in the Small Varsity Worlds Division. The athletes will fight for the ChesMont title this Sunday morning at Henderson High School.

## **NATIONAL FIELD HOCKEY ACADEMIC SQUAD**

2/4/16

The following student-athletes have been named to the National Field Hockey Academic Squad. The National Academic Squad program recognizes those high school seniors and juniors who have achieved a minimum cumulative, unweighted GPA of **3.5 out of 4.0** or the equivalent through the first quarter of the 2015-16 school year.

Seniors and juniors who have achieved a minimum cumulative, unweighted GPA of **3.9 out of 4.0** or the equivalent through the first quarter of the 2015-16 school year have been recognized as Scholars of Distinction. Click here for the [press release](#).

Amilia Andraos  
Michel Bentley  
Marisa Betz \*  
Valerie Fay  
Margaret Gallagher  
Dara Grobman \*  
Madeline Iswalt  
Alicia Monaco  
Kady Owen  
Erica Storey

\* Scholar of Distinction

## **WINTER SPORTS UPDATE**

1/22/16

### **BOYS BASKETBALL**

The Boys' Basketball team has accumulated a 9-7 record 16 games into the 2015-2016 season, already exceeding last year's win total by 3 games. With 6 games left, the Vikings enter their hardest stretch of the year against the highest ranked teams in District 1. Come support the boys on January 28th and February 2nd (senior night) for their final home games of the season.

## **GIRLS' BASKETBALL**

The Varsity girls' basketball team is coming off back to back wins vs. Avon Grove and Chichester. The team is truly starting to come together and are getting balanced contributions led by senior, Caitlin Culbertson. Culbertson leads the team in 3 pt. field goals with 17 and is among the top 6 in the entire Ches-Mont League. Caroline Lewis leads the team in rebounding and blocked shots. Kaitlyn Boyle leads the team in steals. Underclassmen Lexy Hartman (sophomore) and Marissa McDonald (freshman) are budding with potential and have stepped up in all areas of their game. The team has started to get solid contributions from the bench play of Jenna Phillips, Kayla Yoegel, and Cindy Clark. Mackenzie Richardson and Destiny Maxwell are earning more Varsity minutes each game, as they develop their skills on JV. The coaches are extremely proud of the development of all of our players and total team play. "TOGETHER", we are moving forward as a program.

Please look to catch the Girls' Basketball team in action in two key home games within the next two weeks.

Saturday, Jan. 30th vs. Rustin is our "PINK GAME" to support Unite For Her in the fight against Breast Cancer. This is a girl/boy doubleheader following the schedule below:

JV Girls 3:30

JV Boys 4:30

Var Girls 6:00

Var Boys 8:00

Thursday, Feb. 4th vs. Coatesville is our "SENIOR NIGHT" game.

JV 6:00 VAR 7:15

## **GIRLS INDOOR TRACK**

The Girls' Indoor Track and Field team started the New Year off strong as the Distance Medley Relay team of Kerri Rafter, Katharine Paolizzi, Mikayla Lewin and Liz Dougherty came in 6th place with a season best time of 13:29.87. This puts them only 9 seconds off a Meet of Champions qualifying time of 13:20.24. The team will run again on January 29th. Mainstays on the 4x400 meter relay are Rachel Sehon, Laurel Bowers and Caroline Johnston. The three along with a number of other girls have improved dramatically recently running a season best time of 4:44.93. They began the year by running a 5:07. We look forward to their continued development and improvement.

Lastly, on January 18th, Elizabeth Dougherty ran at the prestigious Yale Track Classic at Yale University. Competing in the 3K, Elizabeth ran a 14 second PR by dropping her time to 11:08.32. According to Penntackxc.com, this ranks Elizabeth 18th in the state of PA.

## **SWIMMING & DIVING**

The Boys' and Girls' swim teams both improved on their records to 4-1 for the girls (victories over Coatesville and Shanahan) and 1-4 for the boys (victory over Shanahan). During the Shanahan meet we were lucky to have some middle schoolers who will be joining our team in attendance. They were able to come down on the pool deck and were introduced to the crowd as Future Vikings! We also showed our support for Coach Carozza who is battling Breast Cancer by wearing very special pink swim caps. All in all it was a great night!

## WRESTLING UPDATE

1/4/16

The wrestling team placed **3rd out of 29 teams** at the Wetzel Classic at Hatboro Horsham over the winter break.

### Highlights:

Varsity: Noah Hankin---Champion

Eric Gassenmeyer---2nd

Tommy Luke and Caleb Subach---3rd

Justin Cooper---5th

Nick Phillips and Andrew DiBernardo---7th

**JV:** Tyler Blum and Alek Getman---Champion

Jeff Greiner---2nd

Andreas Canavati---3rd

Jacob Greiner---4th

## WINTER SPORTS UPDATE

12/23/15

### WRESTLING

The WC East Viking Wrestling team is off to one of their best starts in years. On Saturday, December 5th, the team won the Haverford Duals, going 5-0 on the day. The next Saturday, East hosted their own tournament, the Colley Classic, named after retired coach Mike Colley. The Vikings again won the team championship, this time by a narrow 1 point margin. Noah Hankin and Caleb Subach were champions, with Eric Gassenmeyer finishing 2nd. Tommy Luke and Nick Phillips finished 3rd. This past weekend, East Wrestling traveled to Wilkes Barre, Pa to compete in the XCalibur Tournament, a super-competitive event featuring 27 teams from 7 different states. Noah Hankin, Andrew DiBernardo, Caleb Subach, Eric Gassenmeyer, Corey Celenza, and Aaron Nelson all placed at this event.

East will travel to Hatboro Horsham over the break to compete in the 32 team Wetzel Classic. Dual meet action begins January 6th at Rustin, with the league schedule opening up at home vs. Avon Grove on Wednesday, January 13th. Come out and support this hard working group of East athletes.

### BOYS' BASKETBALL

Boys Basketball has started the season 4-3 including 3 road victories. The Vikings suffered a tough 65-60 defeat against an undefeated Octorara team going into the break but look forward to having an even better 2016 portion of their season.

### GIRLS' BASKETBALL

The Varsity girls basketball team has opened its season against some of the top teams in Southeastern PA. The team continues to work hard to improve in each and every practice and game. Up next is the Lady Colonials Holiday Classic Tournament at Plymouth-Whitemarsh. **We are home again vs. Downingtown East on January 5th. Hope to see you there!**

The JV girls' basketball team is exciting to watch. They earned their first victory of the season at Interboro, 28 – 16. They are a young and hungry group that continues to work hard on the fundamentals of basketball.

### **GIRLS' INDOOR TRACK**

The girls have started their 2015-16 campaign off strong as Junior Elizabeth Dougherty has qualified for the Delaware Valley Track Association Meet of Champions in the 3000m race. She ran a personal record time of 11:22.72 on Friday, December 18th. The Meet of Champions will be held on February 19th @ Lehigh University and is comprised of athletes who have either placed in the top 6 or hit a specific time standard. Ninety six teams make up the DVGT association. Sprinters Katharine Paolizzi and Nacera Gomma have established new PR's in the 200m and 400m races and are setting themselves up nicely for the upcoming meets in 2016. The distance girls, along with Dougherty, are led by Mikayla Lewin, newcomer Melissa MacPherson and Kerri Rafter. With continued improvement, the girls have the ability to surprise a lot of teams at the end of season.

The next meet is the Chester County Championships on January 5th, 2016 @ Haverford College beginning at 6pm.

### **BOYS' INDOOR TRACK**

The boys' indoor track and field team have few members of the team that qualify for post season (Meet of Champions) after two meets. The qualifiers for the meet of champions are:

Robert Moser-1600, 3200

Distance Medley team-Jared Franz, Evan Tyler, Edward Smith and Sebastian Hoyos

### **SWIMMING AND DIVING**

East Boys and Girls Swim and Dive have started their season with 3 competitive dual meets. On the boys side (0-3) our team has looked strong and is continuing to improve in practice and at meets. Though our hard work has not resulted in a win, our boys never say die attitude has allowed them to surprise some teams with fast, competitive times, and high difficulty, high scoring dives. On the girls side (2-1) we have shown great resilience with wins over Rustin and Downingtown East. The win over Downingtown East came on the final relay after being down big points at the beginning of the meet. The girls already have 2 relays qualified for Districts and will continue to build on this great start to the season.

### **FIELD HOCKEY HONORS**

12/18/15

Congratulations to Marisa Betz, Madeline Iswalt, Alicia Monaco and Kady Owen for making the 2015 All-Academic State Field Hockey Team. Additionally, Lauren Fredricks received Honorable Mention for the 2015 All-State Team.

### **COLLEY CLASSIC CHAMPIONS**

12/14/15

Two for two! For the second straight weekend, East wrestling has won a tournament.

This past Saturday, they won their own tournament, the Colley Classic, in dramatic fashion. The tournament came down to the final round, where East held on by one point to defeat Harry S Truman HS and last year's champ Pottsgrove.



Noah Hankin and Caleb Subach each won his respective weight class, Eric Gassenmeyer was 2nd, and Tommy Luke and Nick Phillips 3rd.

## **WINTER SPORTS UPDATE**

12/10/15

### **BOYS' BASKETBALL**

The Boys Basketball team starts the season with 3 road games at Interboro, Kennett and Avon Grove. The Vikings won a hard fought battle at Interboro this past Friday Night and look forward to 2 more road tests this week before returning home for the home opener against Bishop Shanahan on December 15th followed by 2 more home games against Downingtown West (Dec. 17) and Unionville (Dec. 19). Come support the Vikings next week!

### **WRESTLING**

Congratulations to the WC East Wrestling Team for winning the Haverford Duals Saturday. The Vikings defeated Cheltenham, Lower Merion, Haverford, Roman Catholic, and beat Chichester 63-12 in the finals.

Noah Hankin, Andrew DiBernardo, Justin Cooper, Caleb Subach, and Eric Gassenmeyer were all 5-0 on the day.

The Colley Classic is Saturday, December 12 at WC East. Come out and support the team.

### **GIRLS' BASKETBALL**

The team motto of the the 2015-2016 girls basketball team is: Play Hard. Play Smart. Play Together.

The Varsity girls basketball team is led by tri-captains, Caitlin Culbertson, Caroline Lewis and Kaitlyn Boyle. With Culbertson as the lone senior on the squad, the Lady Vikings have one of the youngest groups in the Ches-Mont. Coach Listrani is excited to see how the younger players respond and is optimistic that their steady improvement will translate to wins throughout the season.

The JV girls basketball team is led by co-captains, Maddie Rogers and Tara Wahn. This group continues to work hard each day, focusing on the development of their fundamental skills.

## **CHEER COMPETITION TEAM SUCCESS**

12/7/15

Congratulations to the West Chester East Cheer Competition Team for placing 3rd at the UCA Regionals Competition in Kutztown University and also earning a bid to Nationals at Orlanda, Florida in February 2016.

## **WRESTLING TEAM WINS HAVERFORD DUALS**

12/7/15

Congratulations to the WC East Wrestling Team for winning the Haverford Duals Saturday. The Vikings defeated Cheltenham, Lower Merion, Haverford, Roman Catholic, and beat Chichester 63-12 in the finals.

Noah Hankin, Andrew DiBernardo, Justin Cooper, Caleb Subach, and Eric Gassenmeyer were all 5-0 on the day. The Vikings are back in action Saturday at our own tournament, the Colley Classic.

## **FALL ALL-LEAGUE ATHLETES**

12/4/15

Congratulations to the following WC East student-athletes for being selected to the Ches-Mont Fall All-League teams.

### **Football**

Jon Jon Roberts – 1st (All Academic, Offensive Player of the Year)

Alex Hirsch – 1st

Jared Cooper – 2nd

Tavis Peterson – 2nd /2nd

JD Carroll – 2nd / HM

Matt Erfle – 2nd

Jack Phelan – 2nd

TJ Gaspard – HM

Kenny Pugh – HM

Austin Pitt – HM

Tom Gormley – HM

### **Golf**

Kyle Smith

Sophia Amoroso

Georgia Naples

### **Cross Country**

Sebastian Hoyos – 2nd

Robert Moser– 2nd

### **Boys Soccer**

Jake Bonnett – 2nd

Mike Grenell - HM

### **Girls Soccer**

Lauren Albergo – 1st

Shannon Moore – 1<sup>st</sup> (National Division MVP Runner-up)

Shannon Newell – 2nd

Brigitte Mullineaux – HM

Rachel Rhoads - HM

### **Field Hockey**

Kady Owen – 1st

Gemma DuFoe – 2nd

Lauren Fredricks – HM

## **Volleyball**

Ali Ward – 2nd

Taylor Crawford - HM

Leah Ritchey - HM

## **FALL SPORTS UPDATE**

**11/2/15**

### **Boys Cross Country**

On Friday 10/30, the boys' cross country team placed 12th overall @ the PIAA AAA District 1 Cross Country Championships. Congratulations to senior Robert Moser, who qualified for this Saturday's PIAA AAA state championships @ Hersheypark.

### **Football**

Heading into Week 9 of the football season, our Vikings are 4-4 with a chance for postseason play if we win out the final 2 games of the regular season. We will be honoring our seniors at tonight's game against D-East, also our last home game. Vikings have been led by QB/DB Jon Jon Roberts who seems to be breaking passing and rushing records weekly. Go Vikings!!

### **Girls Soccer**

The girls' soccer teams' seasons came to a close this past Wednesday. JV finished strong with a 9-3 record. Varsity continued into the post season but suffered a 1-0 defeat to Downingtown West. Coach Mueller, Coach Miller, Coach Biddle and Coach Bellucci would like to say thank you to the parents for their support and dedication. Mostly, a huge thank you to all of the players for their time and commitment for a great season; specifically to the seniors who will be leaving us. They have led by example both on and off the field: Megan Flanagan, Shannon Newell, Brigitte Mullineaux, Rachel Rhoads, Shannon Moore, Missy MacPherson, Maria Carsello, and Morgan Mancuso.

Additionally, all-team selections took place this past Monday, Oct. 26th and we are excited to announce that our individual talent did not go unnoticed. Selected for the Honorable Mention team: Rachel Rhoads and Brigitte Mullineaux, 2nd team: Shannon Newell; 1st team: Shannon Moore and Lauren Albergo.

Finally, we are very pleased that this player's athleticism and dedication to the sport did not get overlooked; Shannon Moore was selected as the runner-up Player of the Year.

### **Girls' Tennis**

The Vikings finished the regular season with an overall record of 8-8 and a Ches-Mont record of 8-5. Last season the girls were 5-10 overall and 5-8 in Ches-Mont. With only four seniors on the roster this season, the girls look to continue their improving ways next season.

Last week, the Vikings had a home loss to a tough Unionville but finished on a high note the next day on the road with a 4-3 win over Octorara. The team score was tied at 2-2 before Amy Barrett gave the Vikings a 3-2 edge with a straight set win at 3rd Singles. The match was clinched by Becky Logue and Katie Peltier with a straight set win at 3rd Doubles.

The Vikings finish the season with Ches-Mont Doubles which starts Thursday morning at Henderson High School. Each school sends their top four doubles pairings to keep in this event. Top three finishers go on to the District 1 Doubles Championships held at Healthplex Sports Club next week.

## **Field Hockey**

The 2015 season came to a close on Monday the 26th as varsity fell to Henderson in the first round of district playoffs, however despite the loss the girls had a great season. The team came together and fought through every second of every game. This was a team that put 100% forth every time they stepped on the field whether it be practice or a big game there was no questioning their efforts. JVB played an outstanding season coming out with an 8-1-2 record. Averaging two goals a game the girls were able to make it a big winning season. JV ended their season with an 11-3-4 record averaging 2.7 goals a game, another terrific season. Varsity finished with a 10-8-1 record on the season averaging two goals a game. We will have to say goodbye to our seniors who have held the program to a high standard and will most certainly be missed. All in all the field hockey program was another very successful year enjoyed by the players, coaches and fans. Thank you to the athletics program, the boosters and most of all the families for all of your support throughout the season, we look forward to 2016. Go Vikings!

## **Golf**

The golf team certainly ended their season on a high note. The regular season was capped off by an emphatic victory over Coatesville at Coatesville Country Club. Kyle Smith led the Vikings in his final high school match with a 36. Freshman Sofia Amoroso chipped into the victory with a 40. David Spurlock also contributed with a 42 in route to a 204-231 victory over the Red Raiders.

The Vikings also showed well at the Ches-Mont Championships hosted at Applecross Country Club on October 6th. Sofia Amoroso and Georgia Naples both qualified for the District tournament with a 91 and 93. Kyle Smith also advanced with an 82, which put him in 9th place.

On October 13th, the PIAA District 1 Golf Championships started at Turtle Creek Golf Course (boys) and Gilbertsville Golf Club (girls). Georgia Naples played a strong round and posted a 91. Sofia Amoroso tied for 7th place on the first day with a very impressive 74 (+3), which gave her a spot into Day 2 of the tournament. Kyle Smith also advanced to Day 2 with a first round score of 77 (+5). Unfortunately, the team's season came to an end on October 14th despite good rounds out of both Kyle and Sofia. Kyle Smith finished his career with a 78, which was good enough for a 26th place finish at the very competitive District 1 Championships. Sofia posted a 82, which left her in a tie for 10th place. The Vikings had a great season, which was capped off by great postseason play by Georgia Naples, Sofia Amoroso, and Kyle Smith.

## **FALL SPORTS UPDATE**

10/16/15

Girls' Soccer

The girls' soccer team has had an incredible week! After a slump from some losses, the girls were hungry for a win. First, the team took on Sun Valley, and came out with a victory, 3-0. Last Wednesday, Oct 7th, marked Senior Night; which meant everyone was ready to play! The girls faced Rustin, one of the highest ranked teams, not just in the league but in the district. They have been undefeated in the Ches-Mont since 2013. However, this was more determination to come out with a victory! After the seniors were recognized, the girls were even more ready to play. After putting a goal away early the girls were able to hold off the Knights with a 1-0 victory. Every single player played their hearts out and this win gave the Lady Vikings momentum. Yesterday, the girls were able to pull off a great win over Great Valley with a score of 5-0. The next two weeks will be huge for the girls and will help determine their playoff seed. The girls are ready and excited to finish off their regular season strong.

### **Girls' Cross Country**

The girls' cross country team ran at the Paul Short Invitational on Friday, October 2nd. The varsity girls were accepted into the much more competitive of the two varsity races. This gave the girls the opportunity to run against the top schools in the state. The weather and course conditions were tough. It had been raining all day which caused the course to become very muddy. This, however, did not stop Elizabeth Dougherty from breaking the 20 minute barrier for a 5k, running 19:57. During the JV race the conditions became much worse. The rain increased and the wind picked up speed. This however did not stop Sydney Towell from a sixth place finish in a race out of 356 runners. On the day we saw new personal records or season-bests set by eight runners, including Elizabeth Dougherty, Sydney Towell, Jenna Jones, Abby Luke, Sophie Naylor, Michelle LaColla, Lauren Scheuer, and Emma Luksic.

The girls returned to action on October 12th in the Ches-Mont Championship Meet at Unionville High School. Both the Varsity and JV teams finished sixth out of the fourteen Ches-Mont teams. This is a one place improvement from last year. This brought about five new personal records or season-bests for the team. This included Holly Johnson who broke the 21 minute barrier by running a 20:58, Rachel Sehon, Caroline Johnston, Nicole DiGuilio, and Anastasia Migias. As the final weeks of the season are coming the girls will continue to train hard and compete on Friday, October 30th in the PIAA District 1 Championship.

### **Girls' Tennis**

The Vikings finished the regular season with an overall record of 8-8 and a Ches-Mont record of 8-5. Last season the girls were 5-10 overall and 5-8 in Ches-Mont. With only four seniors on the roster this season, the girls look to continue their improving ways next season.

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The Vikings finish the season with Ches-Mont Doubles which starts Thursday morning at Henderson High School. Each school sends their top four doubles pairings to compete in this event. The top three finishers go on to the District 1 Doubles Championships held at Healthplex Sports Club next week.

### **Field Hockey**

Field hockey has been working hard and it's showing. Varsity is now 8-5-1 looking forward to the last three games of the regular season and looking to receive a spot in playoffs. The team continues to improve each game and has been playing well together. Facing Garnet Valley, Unionville and Octorara to finish off the season, Varsity hopes to come out with three wins. JV, with a great record of 8-3-3, have had some tough competition to finish out the season. Overall the team is playing very well and hopes to add to their winning record when facing Garnet Valley, Unionville and Octorara to finish off the season.

JVB, with a record of 6-1-2, has been doing great as a unit, capitalizing on their opportunities. They take on Downingtown West and Harriton to finish off their season.

### **Golf**

The golf team certainly ended their season on a high note. The regular season was capped off by an emphatic victory over Coatesville at Coatesville Country Club. Kyle Smith led the Vikings in his final high school match with a 36. Freshman Sofia Amoroso chipped into the victory with a 40. David Spurlock **also**

contributed with a 42 en route to a 204-231 victory over the Red Raiders.

The Vikings also showed well at the Ches-Mont Championships hosted at Applecross Country Club on October 6th. Sofia Amoroso and Georgia Naples both qualified for the District tournament with a 91 and 93. Kyle Smith also advanced with an 82, which put him in 9th place.

On October 13th, the PIAA District 1 Golf Championships started at Turtle Creek Golf Course (boys) and Gilbertsville Golf Club (girls). Georgia Naples played a strong round and posted a 91. Sofia Amoroso tied for 7th place on the first day with a very impressive 74 (+3), which gave her a spot into Day 2 of the tournament. Kyle Smith also advanced to Day 2 with a first round score of 77 (+5). Unfortunately, the team's season came to an end on October 14th despite good rounds out of both Kyle and Sofia. Kyle Smith finished his career with a 78, which was good enough for a 26th place finish at the very competitive District 1 Championships. Sofia posted a 82, which left her in a tie for 10th place. The Vikings had a great season, which was capped off by great postseason play by Georgia Naples, Sofia Amoroso, and Kyle Smith.

### **Boys' Cross Country**

The boys' cross country team took 3rd overall in the league championship. Finishing in the top 25 were Robert Moser (12th overall), Sebastian Hoyos (16th overall) and Jared Franz (18th overall). The Junior Varsity team finished 4th overall in league championship.

### **Boys' Soccer**

With a record of 4-10-1, the boys' soccer team is not having the season it imagined it would have at the beginning of the fall. The team continues to battle every game but has not received the results they have wanted. With only three games to play, they hope to end the season on a positive note with three victories. The team continues to be led by senior captain Matt Grenell who is having a fantastic year in goal even though his record does not indicate it. The team is back in action tomorrow, October 17th, as they host Upper Dublin at 12:30.

## **FALL SPORTS UPDATE - 10/5/15**

### **Boys Soccer**

The West Chester East Boys' soccer team is currently 2-2 in the conference and 3-6-1 overall. The team plays the fourth best team in the state (Conestoga) on Saturday, October 3, 2015. The game will kick off at 2:00 pm at East. The game will be showcasing several future standouts for West Chester East Boys' Soccer.

### **Girls Soccer**

The girls' soccer team has been falling short to their competition for the past week. The Varsity team have lost the past two games 1-0; but they put in work at practice and are ready to face Oxford this Thursday. The girls have been working on finishing and shooting and have been keeping their fitness up. The team is confident that they will be on a winning streak starting tomorrow!

The JV team has been playing well and just beat Shanahan 3-0. They continue to be successful. Their next game will be against Sun Valley on Monday, October 5th. As always, the girls are ready to put their losses behind them and start taking the league by storm!!!

### **Girls Cross Country**

The girls cross country team have continued on a path of success this season. The girls JV team came in 5th out of 15 teams at the George School Invitational on Saturday (9/19). This past Saturday (9/26) both

the JV and varsity competed and won the Penncrest Invitational. The varsity consisting of Elizabeth Dougherty, Mikayla Lewin, Cammi Luidens, Kerri Rafter, Anya Tyler, Holly Johnson, and Kate Duguid all finished within the top 12 of the race. Six of the seven girls set a new personal record for a 5k cross country race. The girls had a clean sweep in the JV race with the top 7 of Sydney Towell, Jenna Jones, Mary Comer, Rachel Sehon, Abby Luke, Claire Mobed, and Caroline Johnston finishing first through seventh. This kind of domination is why the West Chester East girls' cross country team will be a force to be reckoned with come post-season time. From the 27 girls who raced on Saturday, 18 set new personal records. The girls have an important meet coming up on Friday (9/30) in the Paul Short Invitational at Lehigh University. This is one of the largest college/high school cross country meets on the East coast that should be a good indicator of where we stand against the state's top competition.

### **Girls Tennis**

The girls pulled out a tough road win two weeks ago at Rustin... Emily Bergin and Jacki Terlizzi got the team an early 1-0 lead with a straight set win at 1st Doubles. Emily and Jacki are 10-4 so far this season at 1st Doubles. After Rustin bounced back taking 3rd and 4th Doubles, Amy Barrett made quick work at 3rd Singles winning in straight set fashion to tie things up at 2-2. Amanda Nguyen gave the team a 3-2 edge winning at 1st Singles, 6-1 6-4. The match was clinched by Victoria Lawrence's 7-6 6-2 win at 2nd Singles. Victoria was down 0-5 in the first set and rallied back to take that set in a close tiebreaker.

Since the Rustin win, the girls went 4-2 in their next six matches and finished National Division play with a 3-3 record. The Vikings improved off of last season's record (5-8) to currently stand at 7-4 with two matches left this season.

Ches-Mont Singles took place this past weekend. Due to the rain, the girls played indoors at multiple facilities. Unseeded for this event, Amanda Nguyen won her first round match over the #8 seed in straight sets and made a run to the quarterfinals where she lost in straight sets to the #2 seed from Henderson.

### **Field Hockey**

Field hockey has been working hard and it's showing. Field hockey varsity is now 6-3-1 having some tough losses against Downingtown West, Bishop Shanahan and our first game against Conestoga. The team has been playing well together and has definitely improved greatly, as they have meshed as a team.

JV current record 5-2-3...they have some tough competition to finish out the season. Overall the team is playing really well and hope to add to their winning record. Recently they had a win over Coatesville 7-0.

JVB is still undefeated with a record of 5-0-1 and have been doing great as a unit capitalizing on their opportunities.

### **Golf**

The Golf Team has hit full stride in the past couple of weeks with a couple of very impressive matches. The Vikings beat the top ranked Downingtown East Cougars at Honeybrook Golf Club, 200-204. The win was fueled by a very impressive match low of 35 by Sofia Amoroso. Kyle Smith and David Spurlock contributed with 40 and 41's, respectively. The win was a remarkable achievement for the young team.

Also, this past week the golf team posted a 207 in a heartbreaking loss to a strong Avon Grove team. Sofia Amoroso and Kyle Smith led the Vikings again with a 40 and 41. The final score was 206-207 in favor of Avon Grove.

Kyle Smith had a day for himself on September 23rd, when he knocked in his first hole in one. The team was playing a practice round at Applecross Country Club, in preparation for the Ches-Mont tournament next week. His ace came on the 14th hole, a 130 yard Par 3, with a 56 degree sand wedge.

The Vikings have looked good as of late, and many of the players are excited to get their chance to make the cut at the Ches-Mont Championships and qualify for Districts!

### **Volleyball**

Volleyball continues to put a fight up against every team they come up against. JV continues to grow and learn, and varsity gets better each time they take the court. Recently the team has shown its mental toughness against teams like D'West and Octorara. We look forward to what the rest of the season has in store.

## **FALL SPORTS UPDATE**

9/18/15

### **Boys Soccer**

The West Chester East Boys' Soccer #WCEBS program is in search of their first conference championship in years. They have tied Avon Grove the past two seasons and last Thursday they beat Avon Grove 3-1. On Tuesday night in their first Conference game at home, they won a hard fought battle that went into overtime against Coatesville 3-2. Their current record in conference is (2-0) overall (3-1). This Thursday the boys take on their cross-town rival West Chester Henderson. A win for either team will put them one step closer to becoming conference champions this year. Led by co-captains seniors Matt Grenell and Jake Marcozzi, the boys' team has a mix of talented sophomores ( Clay Wagner, Kevin Smith, Ryan Rivera, Zach Mulholland, and Jake Schnerr). Standout and future standout juniors ( Jake Bonnett {leading goal scorer} Mike Hahn, Nick Kokat, and Jose Monteverde). Future all conference freshmen ( Ben Delaney, Pat Stelmach). Lastly, the hardest working seniors in the league. In offense: Alan Jaramillo, Brett Kelly, Kyle King { Assist leader}, John Fennelly, Josh McGonigle, and Roni Namani. In defense: Brock Lavalla, Will DeLaney, Nick Phillips, and Zach Barnett.

### **Girls Soccer**

The East Girls Soccer team is off to an incredible start for their season. Both the JV and Varsity teams have a winning record. The JV girls are heading in the right direction, winning 3 games and tying another. The girls are working great together and their effort really shows on the field. Coach Biddle and the team are ready to continue to have successful season.

The varsity team is doing extremely well and is starting the season off with a 4-0 record. After two close games ending in last minute goals by Junior, Victoria Bell, and the team needed to pick up their intensity. And they did just that by defeating Coatesville 5-0. The seniors are working very well together and the team has only given up one goal so far. Sadly, they lost one of their seniors and captains, Megan Flanagan to an ACL tear. Even though she cannot be an influence on the field, she is still a major part of the team and is a positive and encouraging leader on the sidelines. The girls are putting in a lot of hard work and are gearing up to face Henderson this Thursday at 7. This will be a huge game and help continue to set the tone for the rest of the season. The girls are hoping for a fan section this Thursday



and hope to see you there. Go EGS!

### **Girls Cross Country**

On Saturday (9/12) the girls cross country team opened their season at the Abington Invitational. Both the varsity and JV teams finished 5th out of 15 teams. In the varsity race Elizabeth Dougherty had our top performance of the day finishing 8th out of a 96 runners field. Our next six runners all finished within five to ten seconds of each other between 24th and 38th place. This type of "pack" running is what will help take our team and season to the next level. From those six Holly Johnson, a sophomore, stepped up in her first varsity race and set a new personal record that was over a minute quicker than her previous. The JV girls had just as stellar of a performance. Sydney Towell ran a new personal record of 21:54 and came away with a second place finish out of 74 runners. From the twenty one girls who competed in either race on Saturday, eleven set new personal records for a 5k cross country race. It was a big day overall for East cross country and a great way to start a season. The girls will return to action at the very competitive George School Invitational on Saturday September 16th in Newtown, Pa.

### **Girls Tennis**

The Vikings sit at 3-2 in Ches-Mont play (3-5 overall, 0-2 division). Since an 0-3 start to the season, the Vikings went 3-2 in their next 5 matches.

Last Week...The girls faced a tough 4-3 loss to division rival, Downingtown West. All three wins recorded by the Vikings were won in a three set fashion. Amy Barrett won at 3rd Singles, 6-4 2-6 6-2. At 1st Doubles, Emily Bergin and Jacki Terlizzi rallied back from a set down to win 3-6 7-5 6-4. At 2nd Doubles, Meghan Ward and Maddie Russell won 7-5 4-6 6-3. The Vikings followed the loss with a dominating 7-0 victory over Oxford. Out of the seven match wins, the girls only dropped a total of four games.

Upcoming...The Vikings finish this week with a tough match up on the road at Rustin. Next week the girls play four matches in five days. Three of the four are divisional match ups against Coatesville, Shanahan, and Avon Grove, respectively.

### **Field Hockey**

The team has been on fire this past week! Coming back from their first game loss with a three game winning streak. Varsity grabbed their first win against Haverford and a big overtime win against Avon Grove. This past Saturday they took over the game and grabbed a big win against Radnor 4-1. Varsity having a great record of 3-1 and will play Henderson at home on Thursday the 17th at 5:30. JV also came off their first loss strong tying 1-1 verse Haverford and 2-0 against Avon Grove. JV took a big win against Radnor winning 4-0. JV plays Henderson at home on Thursday at 4:15. JVB is off to a great start with their first win Tuesday against Archbishop Carroll winning 1-0. JVB plays Friday at home against Downingtown East at 3:30.