

***“Pride of Methacton”***  
***Warrior Athletics – February Celebrations***  
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The “Pride of Methacton” newsletter is a monthly publication which delivers to our schools and community updates on the commendable achievements of our athletic programs and milestones reached by individual athletes. Please enjoy this installment of the “Pride of Methacton”, which focuses its attention on an update/recap of our winter sports season.

*For your convenience, the Table of Contents are hyperlinked giving you direct access to a specific sport by holding down the “Ctrl” key and pointing at the team you want to reference while left clicking.*

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### **Student-Athletes of the Month:**

#### **Winter Season:**

- December- Rainah Dunham (Girls Winter Track) and Jake Cardarelli (Boys Basketball)
- January- Ryan DeOrio (Girls Basketball) and Brendan Marion (Wrestling)

### **Methacton Wrestling:**

The wrestling team went 9-5 overall (5-4 PAC 10). The team was the Central Bucks East Invitational Tournament Champion and finished in 4<sup>th</sup> place at the Catasaqua Rough Rider Tournament. We are currently getting set for our postseason.

### **Methacton Boys Swimming:**

Methacton boys swimming has a 3-4 record in the PAC10 and a 3-9 overall record. Methacton has three individuals moving on to compete at the District One Championships in a couple weeks. Gil Price in the 50 and 100 Freestyle, Austin D’Angelo in the 100 Breaststroke and 200 Individual Medley, and Michael Palumbo in the 500 Freestyle. At District Champs we hope to qualify for the PIAA State Championships held on March 16th and 17th.

### **Methacton Diving:**

As diving season comes to an end it is incredible to look back at the accomplishments of all 9 of our divers this year. Our team ranged from Freshman to Seniors and both 1st time divers to years of experience. We worked hard and never gave up and it showed in each one of their accomplishments.

We finished the PV invite with the Methacton girl divers taking 1st place as a team and the the boy divers taking overall 2nd place as a team. We have 4 divers that qualified for districts and they are still training to perfect their dives until next week at North Penn! Come join us and cheer on the boys on Friday 2/26 at 5:30pm and the girls on Saturday 2/27 at 10:30 am.

### **Methacton Boys Indoor Track:**

The Methacton Boys winter track team had a very successful season qualifying Jeff Kirshenbaum, Nick Shaffer, Kareem Eleskandarani, Griffin Bilicic, Milan Harris, Nick DeFilippis, Max Jones and Zac Gribosh for the State Championship Meet to be held at Penn State Sunday, February 28th. The team also qualified athletes for the New Balance National Meet. The meet will be held in New York City March 12th-13th. The team was led in the distance events by senior Jeff Kirshenbaum and junior Nick DeFillipis both qualified for the State Championships, Jeff individually and Nick as an alternate on the 4x400m relay. The throws were led by senior Glenn Mersky and Sophomores Pat Maloney and Philip Liester. The Sprints and Hurdles were led by seniors Nick Shaffer, Griffin Bilicic, Kareem Eleskandarani, Milan Harris and Ihsaan Yancy. Sophomores Alex Yablonski, Max Jones, Josh Newman, Zac Gribosh and Lucas Car all had very good seasons and look to continue Methacton's dominance in future PAC 10 hurdle and sprint events. The freshman class was led by Joe Pacholski, Danial Tabor, Stephen Brown, Louis Rodriguez, Garrett McPhillips, Garrett Campbell, Thomas Chimes, Sean Ritchie and James Pellegrino. The freshman class has many good athletes with a great work ethic and show potential to be a very good team in the future.

One of the team's best performances came when they finished third out of over 30 teams at Ursinus's Golden Bear invitational. Every athlete attained personal best performances throughout the season with many setting personal bests multiple times. The team worked hard and is in a good position to win a PAC 10 championship this spring.

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### **Methacton Girls Indoor Track:**

At the beginning of the month of January, the girls track and field team endured a grueling stretch of 3 meets in 5 days in record breaking fashion. Competing at Ursinus in the annual Bear High School Invitational featuring teams from 4 States, senior Caroline Duffy led the way with her best performance of the season. Running in the 55M Dash for the first time this season, Duffy broke the school record previously held by Katie Catania, with a time of 7.42 seconds. She later anchored the 4x200 relay team to a win with a blazing time of 1:47.25 seconds. She was joined on the team by Amy Domenick, Gianna Fazio and Rainah Dunham. Dunham, also competed in the triple jump for the 3rd consecutive meet. Bettering her mark in every meet, Dunham's leap of 35' 6.5" placed her 3rd in the event and moved her into 9th placed in PA this season.

After having a heavy snowstorm bury the track with nearly 2 feet of the white stuff, the girls track and field team returned to action with several outstanding performances at Lehigh University on Friday night. The 4x200 Relay of Amy Domenick, Gianna Fazio, Rainah Dunham and Caroline Duffy put together an outstanding performance, running 1:47.68 to win the event against a field of 63 schools from throughout the Delaware Valley. Duffy anchored the relay, passing North Penn down the home stretch securing the victory. Sophomore Fallon Brown also had an outstanding meet. Competing in the triple jump for only the 3rd time this season, Brown jumped 34' 4" to place 3rd in the event and qualify for the Meet of Champions. Her distance currently ranks 18th in PA, with her teammate, Rainah Dunham, currently in 10th. Senior Tianna Crippen had her best Long Jump of the season, leaping 16' 3.25" to place her 5th overall and secure her spot in the Meet of Champions.

Sophomore Lauren Prusacki will also be making the trip to the MOC, this time in the 60M Dash with a 5th place time of 8.30 seconds. Prusacki is the 3rd member of the Lady Warriors that has qualified for the MOC in the event.

To end the month, the girls broke a school record that has been on the books for 9 years, the 4x200 relay. A member of that record relay team, Ryann Kraiss, visited the team this winter and knew that this was a group that could set the new mark. On the final day in January, the 4x200 relay team of Amy Domenick, Gianna Fazio, Rainah Dunahm and Caroline Duffy shattered the old mark with a time of 1:45.33. Several members of that group were far from done for the day. Domenick won the sophomore 55M Dash with the 2nd fastest time in school history of 7.46 seconds. She later went on to PR in the sophomore 200M, but could not compete in the finals due to a conflict with the relay. Another athlete in the same situation was Caroline Duffy. Her time of 25.22 seconds in the 200M was not only a PR, but is also #5 in PA for the season. Although she qualified for the finals, she was also unable to run due to the time conflict. Junior Rainah Dunham placed 4th in the Long Jump with a leap of 16' .5". Another athlete taking home 2 medals for the day was sophomore Lauren Prusacki. Setting a PR in both the 55M Dash and the 200M, Prusacki placed 3rd and 4th respectively in those events. Senior Sarah Burry had her best performance of the season, placing 3rd in the pole vault with a mark of 10' 0". Tianna Crippen added 2 top 10 performances. She finished 7th in the triple jump with an indoor best of 33' 7.5 " and 9th in the long jump.

The girls will continue their season with 13 members competing in the Meet of Champions. 6 athletes have qualified for the State Championship meet, as well as 4 others which will compete in the National Championships in March.

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#### **Methacton Boys Basketball:**

The Methacton Boys Basketball team demonstrated outstanding character as they battled through some challenging circumstances during the 2015-2016 season. After suffering five close losses during the middle part of the season, the Warriors bounced back and finished strong by winning three out of their final four PAC-10 contests. The highlight during this stretch was a 39-36 comeback win against eventual PAC-10 runner up Perk Valley. Bobby Lojewski overcame an elbow injury, which kept him sidelined for the first nine games, and led the Warriors in scoring at 11.6 points per game, including 34 three-pointers. Other statistical leaders included Stephan Savage (8.9 points per game, 5 rebounds per game), Patrick O'Neill (6.9 points per game), and Noah Kitaw (6.4 points per game).

The Methacton Boys Basketball team would like to add a note of appreciation to all of our fans, including the members of the "TRIBE", that supported our team with energy and enthusiasm throughout the season!

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#### **Methacton Girls Basketball:**

The Lady Warriors Varsity basketball team finished their season 10-12 overall, 5-8 in the PAC-10. Junior Ryan DeOrio lead the team in scoring at 11.0 ppg which was 10th highest in the PAC-10. She was voted 2nd team all PAC-10 by the leagues coaches. She finished the season 9th place all time on the Lady Warriors career scoring list with 678 career points. Junior Jackie Cetchio finished the season at 7.8 ppg and with 450 career points which is currently 15th all time. Junior Sydney

Thompson finished the season at 8.3 ppg including hitting on 31 three pointers which was 3rd the the PAC 10. The program says goodbye and thank you to Seniors Miranda Reube and Casey McCue and wishes them good luck.

The JV Lady Warriors finished the season 10-8. Sophomore Nicole Cooper lead the team in scoring at 11.1 ppg and Freshaman Abby Penjuka followed up at 10.6ppg.

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**Please contact me with any suggestions or feedback regarding this publication. The Athletic Office is working hard to continue to strengthen our relationship with the school community by providing the best possible communication.**

**Paul Spiewak, Assistant Principal for Athletics and Activities**