



2021 Spring Brochure

Our Mission: FCVA fosters a spirit of cooperation and support among ConVal athletes and the broader community through development of a variety of fundraising and other efforts which better the opportunities available to our athletic programs.

CONVAL ATHLETICS



John Reitnauer
Athletic Director

Welcome to ConVal High School's 2021 spring sports season. This year our student-athletes will proudly represent ConVal as they participate in Boys Tennis, Track and Field, Boys and Girls Lacrosse, and Baseball and Softball. As the Athletic Director, I encourage participation in athletics because it provides our students with important lessons for life including teamwork, self-discipline, hard work and courage. I am very proud of the way our student athletes represent themselves during competition and in the classroom.

I would like to express my sincere thank you to the Friends of ConVal Athletics for their countless volunteer hours that support our athletic programs. I would also like to express my sincere thank you to our student-athletes and their coaches for their many dedicated hours of hard work as they represent ConVal High School in a positive light, both on and off the field of play

Best wishes and enjoy the warm weather.
Sincerely, John Reitnauer

2021 Spring Coaches



Terry McNamara
Boys Lacrosse



Paul Finley
Boys Lacrosse



Kevin Morneault
Boys JV Lacrosse



Derek Sorbello
Girls Lacrosse



Kevin Carne
Girls Lacrosse



Amanda Hinton
Softball



Kelly Shirk
Softball



Lance Flamino
Track



Courtney Smith
Track



Todd Bennett
Track



Griffen Fletcher
Track



Mike Young
Tennis

The FCVA would like to thank all the coaches for their dedication to the student athletes this spring. I would personally like to thank coaches McNamara, Sorbello, Hinton, and Smith for their cooperation in making this brochure come together in this COVID shortened spring season – without their help, we would not have the photos to make this brochure a reality nor would I have been able to identify all the athletes in the team photos. - GK

Girls Varsity Lacrosse



Head Coach – Derek Sorbello, **Assistant Coach** – Kevin Carne

Lying Down: Julia Donovan **Front:** Ella Dishong, Ayla Laro, Liberty Ewing, Olivia Martino, Makennah McPherson, Avery Beard, Callie Boisvert **Middle:** Grace Pellettieri, Anna Taylor, Molly Dishong, Laramie Wilson, Lily Heck, Addison Lustenberger, Abigail Lussier, Caitlin Beal **Back:** Emily Donovan, Sarah Holdredge, Savannah Lee, Hayden Kaltsas, Perrine Holmberg, Lydia Cleveland, Eliza Harris, Natalie Claflin, Madelynn Plourde



Captains: Anna Taylor, Perrine Holmberg, Madelynn Plourde

Boys Lacrosse



Head Coach – Terry McNamara, **Assistant Coaches** – Paul Finley, Kevin Morneault

Front: Kell McMahon, Cody Siegel, Everett Benham, Nicholas Squatrito, Colin Pellettieri, Broden Frosch, Seth Fowler, Briar Bethel, Eric McGrath, Caden Robbins, Griffin Filaski, Coach Morneault **Back:** Coach Finley, Louis Lafleur, Ethan Weber, Noah Lambert, Gareth Armstrong, Logan Burnham, David Martin, Bryson Boice, Ronan McNamara, Alex Heck, Coach McNamara **Not Pictured:** Chris Robbins



Front: Briar Bethel, Everett Benham, Colin Pellettieri, Seth Fowler, Nicholas Squatrito, Caden Robbins, Eric McGrath, Kell McMahon **Back:** Andrew St. Cyr, Broden Frosch, Caiden Tillman, Noah Lambert, Daniel McCall, Isaac Stevenson, Cody Siegel, Bryson Boice, Ronan McNamara



Captains: Griffin Filaski, Louis Lefleur, Alex Heck

Varsity Softball



Head Coach – Amanda Hinton **Assistant Coach** Kelly Shirk

Front: Coach Hinton, Lily Mandel, Allison Hodgen, Anna Bartsch, Morgan Bemont, Breanna Hutchinson, Julielle Cabana, Coach Shirk **Back:** Samantha Henderson, Rylee Blanchette, Mackenzie Mullins, Mairin Burgess, Nisse Anderson, Kendall Sullivan, Mackenzie Gauthier, Mary Hulslander



Varsity Tennis



Head Coach – Mike Young

Front Row: Brady Proctor, Benjamin Kriebel, David MacKay **Back Row:** Coach Young, Lucas Gregory, Avery Pope, Jaimini Viles, Fletcher Maggs, Eva Calcutt



Varsity Track



Head Coach – Lance Flamino, **Assistant Coaches** – Courtney Smith, Griffen Fletcher, and Todd Bennett

Front Row: Meara McClusky, Ella Phillips, Kendall Larson, Allison Bull, Reagan Riffle, Emma Carpenter, Elizabeth Petrov, Makaela Drummond, Aida Davis, Lucille White, Elise Robbins, Zachary Pease, John Harris, Tasha MacNeil, Jennae DeShane, Jennifer Hopkins, Ellen Rupp **2nd Row:** Leah Krason, Thomas Sennett, Elijah White, Tyler Beard, Will Thompson, James Post, Logan Decker, Nathan Pimental, Nathan Klonel, Ryan O'Connor, Anthony Cadwallader, Corey Guzman, Gillian Bouthillette, Loraine Rupp, Grace Shippee **3rd Row:** August Kotula, Timothy Murray, Nick Dinino, Ian Post, Elijah Johnson, Allison Larson
Not Pictured: Hunter Hall



2021 Seniors



Griffin Filaski
Lacrosse



David Martin
Lacrosse



Nisse Anderson
Softball



Anna Bartsch
Softball



Breanna Hutchinson
Softball



Logan Decker
Track



August Kotula
Track



Timothy Murray
Track



Reagan Riffle
Track



Grace Shippee
Track



Ben Kriebel
Tennis



David MacKay
Tennis



Brady Proctor
Tennis



Ayla Laro, Emily Donovan, Anna Taylor, Perrine Holmberg,
Madelynn Plourde, Julia Donovan, Liberty Ewing, Ella Dishong
Lacrosse

"Never say never because limits, like fears, are often just an illusion." – Michael Jordan

"You're off to great to places. Today is your day.
Your mountain is waiting. So get on your way."
- Dr. Seuss

"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do." – Derek Jeter

Congratulations seniors on finishing your high school careers during COVID. Dwell not on what you missed but on what you learned and the friendships you made. Best of luck in your future endeavors. Dr. K and FCVA