



WINTER PROGRAM
February 10th, 2018

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Welcome Fans to the 2017-18 Cougar Sports Winter Seasons!



Mark Swasey
Athletic Director

ConVal offers a wide selection of extra-curricular sport activities during the winter months including, Alpine and Nordic Skiing, Boys, Girls and Unified Basketball, Spirit, Winter Track, Boys and Girls Ice Hockey and Wrestling.

Thanks to the hard work, countless volunteer hours and vision of the FCVA Booster Club, the teams who have joined the FCVA have raised over \$15,000 in 2017-18 so far.

This year has marked the second full year of the Cougar Youth Sports Association Soccer and Basketball programs that have successfully served hundreds of our district wide youth in providing youth sporting opportunities to all district youth at ConVal facilities.

A big thanks to our Hall of Fame committee for their hard work updating our Hall of Fame plaques and collecting the information and photos necessary to create a new Hall of Fame section on our wall outside the main gym. The next Hall of Fame Ceremony will be on September 22 from 10:30-1pm in the main gym as a part of our 2018 Homecoming Weekend.

Information on our committee and how to nominate a potential inductee is available at www.convalathletics.org or by calling the athletic department.

One last note. As we wrap up the winter sports season, we believe that being a fan who understands how to root for their team appropriately, can have a significant positive impact on the game itself. Please help us in being respectful of the officials and those who are around you, and as just as importantly, being supportive of our players and coaches on the playing surfaces.

Friends of ConVal Athletics

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 to our athletic programs.

Our Member Sports

Alpine Skiing, Basketball (Boys, Girls and Unified), Cross Country, Field Hockey, Indoor and Outdoor Track, Lacrosse (Boys and Girls), Nordic Skiing, Soccer (Boys and Girls), Softball, Spirit Team, Volleyball and Wrestling

The FCVA would like to acknowledge and thank the following:

The remarkable efforts of our Athletic Department team of Mark Swasey, Libby Twitchell and Chris Lundsted! Their commitment to providing quality experiences for our student athletes from 22 teams is second to none! Lisa Sheridan, Gyakyi Bonsu-Anane and Michael Henry for all their efforts making this year's winter program possible.

OUR COACHES



Holly Wilson
Head Coach
Alpine Skiing



Leo Gershgorin
Head Coach
Boys Varsity
Basketball



Chris Frontiero
Asst. Coach
Boys Varsity
Basketball



Tyler Mudrick
Head Coach
Boys Jr. Varsity
Basketball



Campbell Kipka
Head Coach
Boys Reserve
Basketball



Kevin Proctor
Head Coach
Girls Varsity
Basketball



Jessica Weeks
Asst. Coach
Girls Varsity
Basketball



Amanda Hinton
Head Coach
Girls Jr. Varsity
Basketball



Lance Flamino
Head Coach
Indoor Track



Scott McGovern
Head Coach
Nordic Skiing



Leah Fiasconaro-Conway
Head Coach
Spirit



Aaron Deshaies
Asst. Coach
Spirit



Kevin Carne
Head Coach
Unified Basketball



Dick Ellingwood
Asst. Coach
Unified Basketball



Gil Morris
Asst. Coach
Unified Basketball



Brian Whittemore
Head Coach
Wrestling



Abe Ewing
Asst. Coach
Wrestling



Joe Hale
Asst. Coach
Wrestling



Alex Rand
Asst. Coach
Wrestling



OUR SENIORS



Alex McCall
Alpine Skiing



Aiden Hall
Alpine Skiing



Riley Codman
Basketball



Sarah Dauphinais
Basketball



Kalbie Grasset
Basketball



Natalia Hautanen
Basketball



Grace Woodhead
Basketball



Tim Burgess
Basketball



Clay Hansen
Basketball



Makeen Wilson
Basketball



Dylan Coyne
Unified
Basketball



Emily Edick
Unified
Basketball



Shea Ellis
Unified
Basketball



Hannah Payne
Unified
Basketball



Brandon Chase
Unified
Basketball



Brett Scharmatt
Unified
Basketball



Garrett Shows
Unified
Basketball



Andres Tourgee
Unified
Basketball



Daniel Curran
Wrestling



Timothy Young
Wrestling



Rhiannon Bell
Indoor Track



George Shiarella
Indoor Track



ALPINE SKIING



Ryan Beall	Junior	Maximillian Heck	Sophomore	Cale Skillings	Freshman
Jaclyn Clark	Junior	Jillian Karlicek	Junior	Andrew Stockwell	Junior
Rosemary Crooker	Freshman	Noah Krason	Sophomore	Keenan Wilson	Junior
Ella Dishong	Freshman	Alex McCall	Senior	Nathaniel Wilson	Freshman
Anna Gombas	Junior	Marina McMahon	Sophomore		
Aiden Hall	Senior	Ella Rousseau	Sophomore	Head Coach: Holly Wilson	

BOYS VARSITY BASKETBALL



Del Bonsu-Anane	Sophomore	22	Clayton Hansen	Senior	23
Emmanuel Bowman	Junior	11	Benjamin Henry	Junior	10
Connor Buffum	Sophomore	21	Mather Kipka	Sophomore	1
Taylor Burgess	Sophomore	12	Max Richard	Junior	2
Timothy Burgess	Senior	5	Makeen Wilson	Senior	13
Wyatt Davis	Freshman	14			

Head Coach: Leo Gershgorin
Assistant Coach: Chris Frontiero
Assistant Coach: Tyler Mudrick

BOYS JUNIOR VARSITY BASKETBALL



Erich Clark	Freshman	32	Colby Knight	Sophomore	1
Owen Collins	Sophomore	12	August Marshall	Sophomore	10
Trevor Faber	Sophomore	21	Isaiah Michaels	Freshman	14
Tyler Finley	Freshman	2	Max Scheinblum	Sophomore	30
Sean Grady	Sophomore	22	William Theriault	Sophomore	20
Joseph Hall	Sophomore	15	Peter Wetherill	Sophomore	50

Head Coach: Tyler Mudrick

BOYS RESERVE BASKETBALL



Ethan Charlonne	Freshman	5	Luca Kekuwa-Colon	Freshman	32
James Cole	Freshman	10	Everett Landers	Sophomore	1
Emerson Craven	Freshman	23	Cameron Mandel	Sophomore	30
Austin Davis	Freshman	15	Lennart Romard	Sophomore	14
Sean Grady	Sophomore	22	Austin Sloan	Freshman	21
Branden French	Freshman	20	Ricky Ying	Senior	22

Head Coach: Campbell Kipka

GIRLS VARSITY BASKETBALL



Emma Anderson	Freshman	34	Kalbie Grassett	Senior	12	
Isis Battaglia	Freshman	35	Natalia Hautanen	Senior	10	
Lindsey Carey	Junior	30	Emma Hixson	Sophomore	24	
Riley Codman	Senior	33	Rachyl Parslow	Junior	22	
Molly Cole	Sophomore	14	Kallie Taylor	Junior	15	Head Coach: Kevin Proctor
Sarah Dauphinais	Senior	20	Grace Woodhead	Senior	3	Assistant Coach: Jess Weeks

GIRLS JUNIOR VARSITY BASKETBALL



Sierra Aho	Freshman	31	Breanna Hutchinson	Freshman	15
Emma Anderson	Freshman	22	Sandra MacKay	Freshman	14
Nisse Anderson	Freshman	24	Lillian James	Sophomore	2
Isis Battaglia	Freshman	3	Jada Moore	Junior	21
Emily Donovan	Freshman	4	Kaila Pywell	Freshman	12
Julia Donovan	Freshman	33	Megan Vasco	Freshman	20
Kayla Groom	Freshman	5			

Head Coach: Amanda Hinton

INDOOR TRACK



Rhiannon Bell	Senior
Max Boisvert	Junior
Evan Coyne	Junior
Haven Deschenes	Freshman
Hailey Doherty	Sophomore
Savanna Hall	Junior
Carter Hunt	Junior
Rachel Hurley	Junior
Molly Janoch	Junior
Harrison Kim	Sophomore
August Kotula	Freshman
Benjamin Kriebel	Freshman

Zachary Kriebel
Ryan Murray
Sarah Newell
Jackson Perry
Mary Riffle
Connor Sanborn
Kyle Shearer
George Shiarella
Matthew Smith
Zoe Tardiff
Anna Taylor
Greta Topping

Sophomore
Senior
Junior
Senior
Freshman
Freshman
Junior
Senior
Junior
Sophomore
Freshman
Sophomore

Julian Varga	Freshman
Clare Veverka	Junior
Daniel Veverka	Freshman
Finn Wegmueller	Sophomore
Riley Young	Senior

Head Coach:	Lance Flamino
Assistant Coach:	Jim Aborn

NORDIC SKIING



Leo Boyer	Junior	Schuyler Michalak	Junior
Jackson Burnam	Sophomore	Edmund Pope	Junior
Magnus Carlton	Junior	Philip Pope	Freshman
Rowan Inglis	Sophomore	Bronwyn Tyler-Wall	Junior
Hannah Johnson	Junior	Emeline Tyler-Wall	Freshman

Head Coach: Scott McGovern

SPIRIT



Anastasia Barbosa Sophomore
Savanna Bolduc Freshman
Alyssa Boudreau Freshman
Felicity Burgess Junior
Chloe Halliday Freshman

Lauren Holland
Madeline Kerwin
Aliyah McCarthy
Avery Opland
Josiah Petrain

Freshman
Sophomore
Junior
Freshman
Sophomore

Head Coach:
Leah Fiasconaro-Conway
Assistant Coach:
Aaron Deshaies

UNIFIED BASKETBALL



Travis Booth	Sophomore	14	Deanna Kashulines	Junior	2
Mackenzie Costello	Junior	3	Jacqueline Madeja	Sophomore	40
Dalton Coyne	2016	11	Jarek Noschese	2017	34
Dylan Coyne	2017	5	Natasha Oldread	Sophomore	4
Haley Davis	Sophomore	9	Hannah Payne	Senior	1
Jacob Demers	Sophomore	33	Jackson Perry	Senior	12
Frank Dinino	Junior	32	Brett Scharmatt	Senior	15
Emily Edick	2017	25	Garrett Shows	Senior	20
Shea Ellis	Senior	13	Andres Tourgee	Senior	50

Head Coach: Kevin Carne

Assistant Coach: Dick Ellingwood

Assistant Coach: Gil Morris

WRESTLING

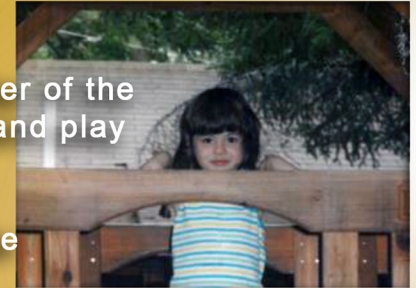


Nicholas Bernier	Junior	Brayden Hunt	Freshman	
Kenneth Conway	Freshman	Matthew Kimball	Junior	
Liam Costello	Senior	Daniell Rupp	Junior	
Daniel Curran	Senior	Liam Sheehan	Senior	Head Coach: Brian Whitemore
Lauren Donahue (Mgr)	Senior	Evan Shippee	Sophomore	Assistant Coach: Abe Ewing
Thomas Donahue	Junior	Dylan Tillman	Sophomore	Assistant Coach: Joe Hale
Ethan Earle	Freshman	Timothy Young	Senior	Assistant Coach: Alex Rand
Edward Forster	Sophomore			

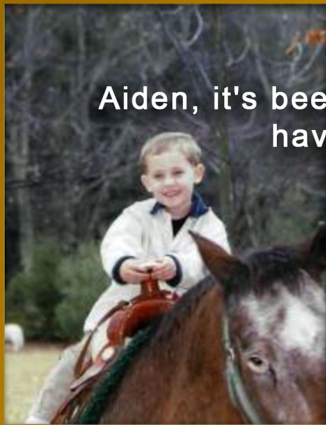
Messages To Our Seniors

Thank you Tim, Keen, and Clay for making my first season at ConVal a truly memorable one! Your leadership and relentless work ethic not only greatly contributed to our team culture, but helped OUR program take a huge step in the right direction. Wishing you the very best as you graduate to the next exciting chapter in your life! - Coach G

Natalia,
Good luck with the remainder of the Winter Season....have fun and play with intensity!
Love,
Mom, Dad, Alex, Ana & Jake



Aiden, it's been a sweet ride with you. All of your races have been an adventure. Love, Gram & Roni



Congratulations Tim. We are so proud of you!! What an exciting ride. Love, Mom, Dad, Taylor and Mairin

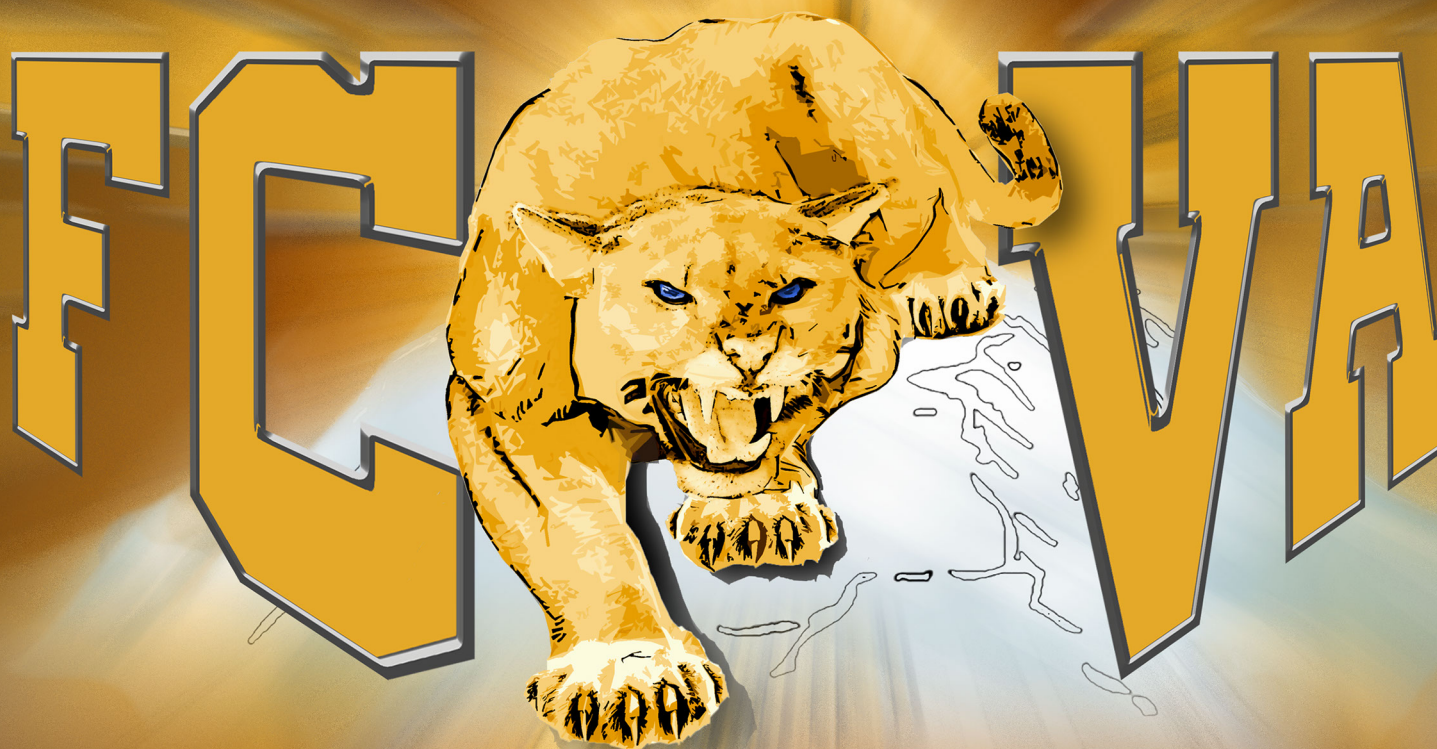


Best of luck moving on. We are all extremely proud of you. We love you,
Mom, Dad, Steph, Tom, Meg, Zack, Kelly, Ricky, Grammy, Grampy, Evan, Jocey Aunty Cathy and Uncle Howard. Plus the rest of the family.



Congratulations on four Classes of Varsity Athletics at ConVal! We are so proud of you.
Love, Mom, Dad, and Garrett





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The remarkable efforts of our Athletic Department team of Mark Swasey, Libby Twitchell and Chris Lundsted! Their commitment to providing quality experiences for our student athletes from 22 teams is second to none!

Lisa Sheridan, Gyakyi Bonsu-Anane and Michael Henry for all their efforts making this year's winter program possible.