



FCVA 2018

SPRING PROGRAM

CONVAL ATHLETICS



Mark Swasey
Athletic Director

Welcome fans to the 2017-18 Cougar Sports spring seasons! ConVal offers an wide selection of extra-curricular sport activities during the spring months including, Baseball and Softball, Boys and Girls Lacrosse, Outdoor and Unified Track & Field, Boys and Girls Tennis.

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 \$27,700 in 2017-18 so far.

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 spring 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 available 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, Boys Tennis, Volleyball, and Wrestling

The FCVA would like to thank and acknowledge all the efforts of the Conval Athletic Department. Their commitment to providing quality programs and experiences for the athletes from 22 teams is unparalleled. We would also like to thank Lisa Carey, Greg Kriebel, and many others who helped to make this spring program possible

2018 Spring Coaches



Nick Duffy
Boys Lacrosse



Kevin Morneau
Boys Lacrosse



Paul Finlay
Boys JV Lacrosse



Dan Fox
Boys JV Lacrosse



Derek Sorbello
Girls Lacrosse



Sarah Snell
Girls Lacrosse



Sierra Tracy
Girls Lacrosse



Kevin Carne
Girls JV Lacrosse



Emma Todd
Girls JV Lacrosse



Amanda Hinton
Softball



Jess Weeks
JV Softball



Mike Young
Tennis



Lance Flamino
Track



Jim Aborn
Track



Courtney McKay
Track

Not pictured – Deb Riley (softball), Brian Whittemore (softball), and Bill Edson (track)

*Thank you coaches for
your hard work and
dedication to your
teams*



Boys Varsity Lacrosse



Head Coach – Nick Duffy, **Assistant Coach** – Kevin Morneault

Front: Hunter Smith (Fr), Tyler Finley (Fr), Tristan Hutchinson (Fr), Griffin Filaski (Fr), Austin Davis (Fr), Hunter Gullage (Sr), Daniel Lindsay (Sr), Liam Denehy (So), Hunter Storro (Jr), Coleman Momenee (Jr), George Sanderson (Jr), Ian LaBelle (Sr) **Back:** Riley McPherson (Jr), Kyle Shearer (Jr), Michael Perry (Jr), Cameron Tracy (Sr), Patrick LaRoche (Sr), Scott Stanley (Sr), Daniel Spezzaferri (Sr), Dylan Rochford (Sr), Zachary Obuchowski (Jr), Jake Phillips (Sr), Keenan Wilson (Jr), Jaden Smith (Jr), Clayton Hansen (Sr), Andrew Stockwell (Jr), Carson Kingsberry (So), David Weber (Sr)



Seniors, Front: Hunter Gullage, Clayton Hansen, Daniel Lindsay, Dylan Rochford, Ricky Ying **Back:** Cameron Tracy, Patrick LaRoche, Daniel Spezzaferri, David Weber, Jake Phillips, Scott Stanley, Ian LaBelle

Girls Varsity Lacrosse



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

#	name	Yr	#	Name	Yr
1	Grace Dell	Sr	14	Mckenzie Costello	Jr
2	Lily Sheridan	Sr	15	Emma Crowley	Sr
3	Ella Dishong	Fr	16	Hannah Johnson	Jr
4	Molly Janoch	Jr	17	Rosemary Crooker	Fr
6	Lucy Civitella	So	18	Kalli Taylor	Jr
7	Deanna Kushulines	Jr	19	Perrine Holmberg	Fr
8	Sara Krslovic	Sr	20	Florence Colantino	Fr
9	Jacqueline Madeja	So	21	Madelynn Plourde	Fr
11	Sienna Sorbello	Jr	22	Lily Dell	So
12	Kalbie Grassett	Sr	23	Kathryn Moorehead	Sr
13	Brooke Ellis	So	24	Emma Hixson	So



Seniors – front: Kalbie Grassett, Emma Crowley, Sara Krslovic **back:** Lily Sheridan, Grace Dell, Kathryn Moorehead

Boys JV Lacrosse



Head Coach – Dan Fox, **Assistant Coach** – Paul Finlay

First Row: Jason Bergeron (Fr), Max Heck(So) **Second Row:** George Sanderson (Jr), Hunter Smith (Fr), Griffin Filaski (Fr), Reid Wilson (Fr), Austin Davis (Fr), Ben Waites (Fr), Jacob Rubin (Jr), Andrew Stockwell (Jr) **Third Row:** Coach Fox, Ricky Ying (Sr), Robert Amundson (Fr), Jarrett Whole (So), Jackson Burnham (So), Morgan Luke (Jr), Coleman Momenee (Jr), Tristan Hutchinson (Fr), Tyler Finley (Fr), Hunter Storro (Jr), and Jacob Demers (So) **Not Pictured:** Brian Ross (Fr), Andrew Skillings (So), Jack Brazer (So), Lenny Romard (So)



Girls JV Lacrosse



Head Coach - Kevin Carne, **Assistant Coach** - Emma Todd

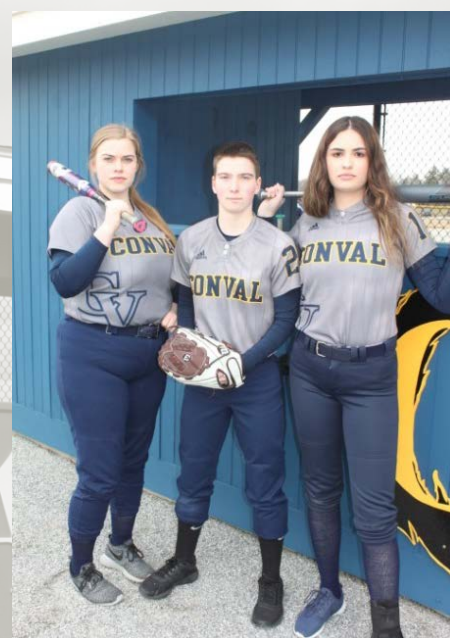
#	name	Yr	#	Name	Yr
1	Julia Donovan	Fr	11	Greta Topping	So
2	Ella Dishong	Fr	18	Mackenzie Ledger	So
3	Molly Reed	So	19	Perrine Holmberg	Fr
4	Emily Donovan	Fr	20	Anna Taylor	Fr
5	Marina McMahon	So	21	Emma Anderson	Fr
6	Lucy Civitella	So	22	Lily Dell	So
7	Kayla Gauthier	So	23	Madelynn Plourde	Fr
9	Jacqueline Madeja	So	24	Liberty Ewing	Fr
10	Delaney Thompson	So			

Varsity Softball



Head Coach – Amanda Hinton, **Assistant Coach** - Deb Riley

#	name	Yr	#	Name	Yr
3	Hayley Cheviot	Jr	11	Natalia Hautanen	Sr
4	Jaden Hubbard-Lemay	So	13	Isis Battaglia	Fr
5	Rachyl Parslow	Jr	14	Shannon Allen	So
6	Taylor Jarest	Jr	15	Breanna Hutchinson	Fr
8	Anna Bartsch	Fr	21	Sarah Dauphinais	Sr
9	Elizabeth Nute	Sr	23	Jaylin Calistro	So
10	Eliza Fiore	Jr	24	Kylee Brown	Jr



Seniors Elizabeth Nute, Sarah Dauphinais, and Natalia Hautanen

JV Softball



Head Coach – Jess Weeks, **Assistant Coach** - Brian Whittemore

#	name	Yr
3	Alyssa Spiller	So
4	Nisse Anderson	Fr
5	Breanna Hutchinson	Fr
6	Madeline Carpentiere	So
10	Isis Battaglia	Fr
15	Haiden Burnside	So
16	Skylear Young	Jr
17	Ashlie Chandler	So
18	Nadia Kazlauskas	So
22	Aria Drew	So
24	Jaylin Calistro	So



Boys Varsity Tennis



Head Coach – Mike Young

Front Row: Rhett Landers (So), Ben Kriebel (Fr), David MacKay (Fr), Brady Proctor (Fr), Max Shumway (Fr), Dylan Daume (So). **Back Row:** Coach Young, Noah Krason (So), Zach Kriebel (So), Taylor Burgess (So), Liam McCall (So), Jamison Coty (So), Andres Tourgee (Sr), Mac Timmons



Track



Head Coach – Lance Flamino, **Assistant** – Jim Aborn, **Assistant** – Courtney McKay, Assistant Bill Edson

Front Row: George Shiarella (Sr), Lily Denehy (Sr), Madeline Garland (Sr), Alyssa Janoch (Jr), Sarah Newell (Jr), Marissa Cohen (Jr), Emeline Tyler-Wall (Fr), Rhiannon Bell (Sr), Matthew Smith (Jr) **2nd Row:** Rachel Hurley (Jr), Reagan Riffle (Fr), Kara Keiper (So), Kaila Pywell (Fr), Savanna Hall (Jr), August Kotola (Fr), Harrison Kim (So), Haven Deschenes (Fr), Lila White (Fr) **3rd Row:** Zoe Tardiff ((So), Carter Hunt (Jr), Evan Turner (So), Rebecca Jennings (Sr), Finn Wegmueller (So), Kaden Shattuck (Fr), Clare Veverka (Jr), Nicholas Bernier (Jr) **4th Row:** Hailey Doherty, Jackson Perry (Sr), Eddie Sulborski (Fr), Michael Post (Sr), Daniel Rupp (Jr) **5th Row:** Sean Grady (So), Evan Coyne (Jr), Lorien Tyne (Fr), Julian Varga (Fr), Henry Bernstein (Fr), Daniel Veverka (Fr), Del Bonsu-Anane (So), Sean Boggis (Jr) **Not Pictured:** Nicole Bell, Kayla Groom, Emma Henderson, Max Boisvert, Theodore Cross, Luca Kekuewa-Colon, Ryan Murray, Gabriel Post, Cole Turner



Captains – front: Savanna Hall, Clare Veverka, Evan Coyne **back:** Rachel Hurley, Madeline Garland, Carter Hunt



Seniors – front: Rhiannon Bell, Lily Denehy, Madeline Garland, Rebecca Jennings **back:** Jackson Perry, Michael Post, George Shiarella

2018 Seniors



Rhiannon Bell
Track



Emma Crowley
Lacrosse



Sarah Dauphinais
Softball



Grace Dell
Lacrosse



Lily Denehy
Track



Madeline Garland
Track



Kalbie Grassett
Lacrosse



Hunter Gullage
Lacrosse



Clay Hansen
Lacrosse



Natalia Hautanen
Softball

Photo not
available

Emma Henderson
Track



Rebecca Jennings
Track



Sara Krslovic
Lacrosse



Ian LaBelle
Lacrosse



Patrick LaRoche
Lacrosse

“Just never forget to be dexterous and deft.
And never mix up your right foot with your left.

And will you succeed?

Yes! You will, indeed!

(98 and 3/4 percent guaranteed.)”

— [Dr. Seuss, Oh, The Places You'll Go!](#)

2018 Seniors



Daniel Lindsay
Lacrosse



Kathryn Moorehead
Lacrosse



Elizabeth Nute
Softball



Jackson Perry
Track



Jake Phillips
Lacrosse



Michael Post
Track



Dylan Rochford
Lacrosse



Lily Sheridan
Lacrosse



George Shiarella
Track



Daniel Spezzaferri
Lacrosse



Scott Stanley
Lacrosse



Andres Tourgee
Tennis



Cameron Tracy
Lacrosse



David Weber
Lacrosse



Ricky Ying
Lacrosse



"To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them." – Picabo Street

Senior Parent Messages

Ian,
You are so much fun to be around. You're "savage!" We are proud of you as you come to the end of your senior year, and are excited for you to take the next step into college this fall. You are a strong student and we know you will find success, but more importantly, you are a good man and that is all we ever hoped for. We love you!
~Mom, Dad, and Beemee



Grace,
watching you play lacrosse has always been a blast! You make it look so easy, but we know the hard work you've put in. The injuries, the pain, the



recoveries, but you never let it stop you. You are a fighter and a winner both on and off the field, and we couldn't be more proud of you. You will always be our girl - #1 on the field AND in our hearts.

Love, Mom and Dad



Natalia,



As your high school journey comes to a close we want you to know how exciting it has been for us to watch you compete and grow into such an accomplished individual. Enjoy the rest of your season and keep striving to make your dreams come true!

Love Mom & Dad

Daniel, you continue to make us proud. Your effort and perseverance have paid off once again. Nothing in life comes easy. Keep up the hard work and you will continue to reach your goals. We love you. *Love, Mom and Dad*

