

*Friends of  
ConVal Athletics*



*2018 – 2019  
Winter Program*



## Our Mission

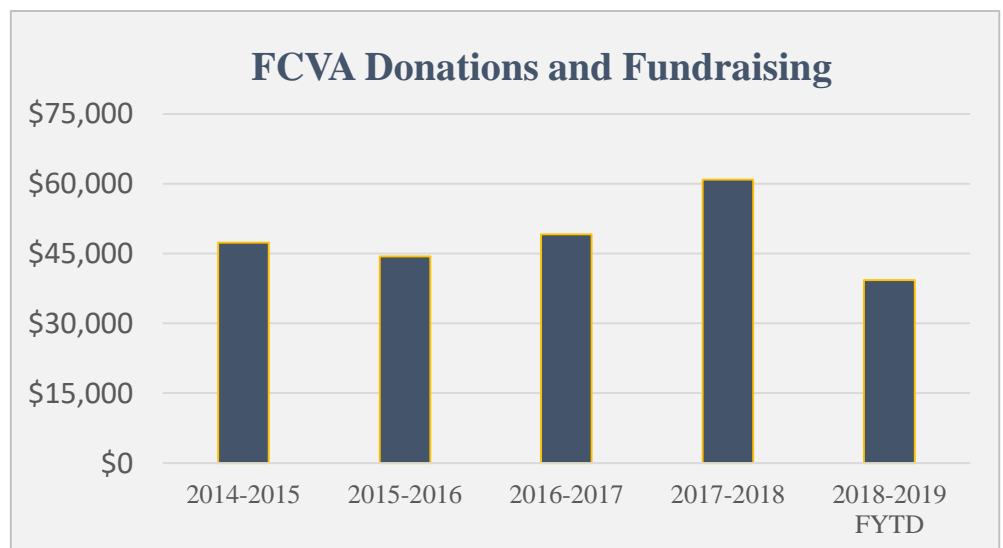
Friends of ConVal Athletics (FCVA) fosters a spirit of cooperation and support among ConVal athletes and the broader community through development of a variety of fundraising and other efforts which better the opportunities to our athletic programs.

## 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, Boys Tennis, Volleyball, and Wrestling

## The FCVA would like to acknowledge and thank:

- The remarkable efforts of our Athletic Department team of John Reitnauer, Brandi Litts, and Chris Lundsted! Their commitment to providing quality experiences for our student athletes from 22 teams is second to none!
- The Pizza Barn and their staff for their continued support of FCVA and ConVal athletics!
- Lisa Carey, Holly Wilson, Lance Flamino, Katherine Heck, Greg Kriebel, Marion Gibson and Mike Henry for their time and energy on this winter's program.
- ***The ConVal community!*** Since our inception, you have helped the FCVA member sports raise over **\$241,000!**



# THANK YOU TO OUR DEDICATED COACHES!



ALPINE

HOLLY  
WILSON  
HEAD COACH



BOYS  
BASKETBALL

LEO  
GERSHGORIN  
VARSITY HEAD COACH



BOYS  
BASKETBALL

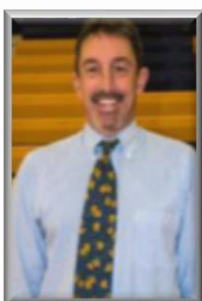
JAY  
STARR  
VARSITY ASST. COACH



BOYS  
BASKETBALL

TYLER  
MUDRICK  
JV HEAD COACH

BOYS  
BASKETBALL



CAMPBELL  
KIPKA  
RESERVE HEAD COACH

GIRLS  
BASKETBALL



KEVIN  
PROCTOR  
VARSITY HEAD COACH

GIRLS  
BASKETBALL



EMMA  
WHITE  
VARSITY ASST. COACH

GIRLS  
BASKETBALL



JESS  
WEEKS  
JV HEAD COACH



SPIRIT

LEAH  
FIASCONARO-CONWAY  
HEAD COACH



SPIRIT

TIFFANY  
COTE  
ASST. COACH



SPIRIT

ALEXIS  
ROBICHEAU  
ASST. COACH



NORDIC

SCOTT  
MCGOVERN  
HEAD COACH

UNIFIED  
BASKETBALL



KEVIN  
CARNE  
HEAD COACH

UNIFIED  
BASKETBALL



DICK  
ELLINGWOOD  
ASST. COACH

WRESTLING



GIL  
MORRIS  
ASST. COACH

WRESTLING



BRIAN  
WHITTEMORE  
HEAD COACH

# THE CLASS



RYAN  
BEAL

ALPINE



JACLYN  
CLARK

ALPINE



ANNA  
GOMBAS

ALPINE



JILLIAN  
KARLCEK

ALPINE



MAGGIE  
MORISON

ALPINE



JADEN  
SMITH

ALPINE



ANDREW  
STOCKWELL

ALPINE



KEENAN  
WILSON

ALPINE



EMMANUEL  
BOWMAN

BOYS  
BASKETBALL



BENJAMIN  
HENRY

BOYS  
BASKETBALL



MAX  
RICHARD

BOYS  
BASKETBALL



LINDSEY  
CAREY

GIRLS  
BASKETBALL



RACHYL  
PARSLOW

GIRLS  
BASKETBALL



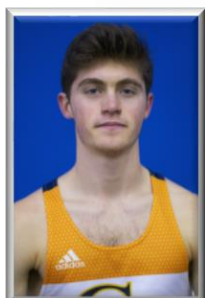
KALLI  
TAYLOR

GIRLS  
BASKETBALL



MAX  
BOISVERT

INDOOR  
TRACK



EVAN  
COYNE

INDOOR  
TRACK



SAVANNA  
HALL

INDOOR  
TRACK



CARTER  
HUNT

INDOOR  
TRACK



RACHEL  
HURLEY

INDOOR  
TRACK



ALYSSA  
JANOCH

INDOOR  
TRACK

# OF 2019!



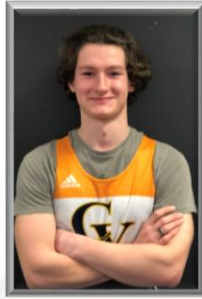
INDOOR  
TRACK

MOLLY  
JANOCH



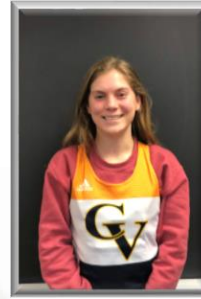
INDOOR  
TRACK

SARAH  
NEWELL



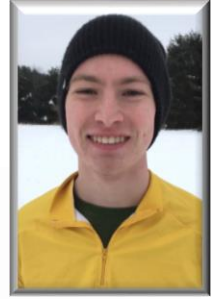
INDOOR  
TRACK

KYLE  
SCHEARER



INDOOR  
TRACK

CLARE  
VEVERKA



NORDIC

RYAN  
BEAL



NORDIC

LEO  
BOYER



NORDIC

MAGNUS  
CARLTON



NORDIC

PAULINE  
HERMAN



NORDIC

EDMUND  
POPE



NORDIC

BRONWYN  
TYLER-WALL



WRESTLING

NICHOLAS  
BERNIER



WRESTLING

THOMAS  
DONAHUE



WRESTLING

MATTHEW  
KIMBALL



WRESTLING

DANIEL  
RUPP

*"Another turning point, a fork stuck in the road. Time grabs you by the wrist, directs you where to go. So make the best of this test, and don't ask why. It's not a question, but a lesson learned in time. It's something unpredictable, but in the end it's right.. I hope you had the time of your life.*

*"So take the photographs, and still-frames in your mind. Hang them on a shelf in good health and good time. Tattoo's of memories and dead skin on trial. For what it's worth, it was worth all the while. It's something unpredictable, but in the end it's right. I hope you had the time of your life." – Green Day, Good Riddance (Time of Your Life)*

# MESSAGES TO OUR SENIORS

**Kalli**, we have loved watching you play basketball and grow as a player and as a person these past four years. We are so proud of who you are and everything you do. Can't wait to see what's next!  
Love, Mom, Dad, and Anna



**Lindsey** - We are so proud of you for all of your hard work, sacrifice, and commitment to basketball. You have come such a long way in the past four years and we are excited to see how far you can go in the four years to come! We love you!  
- Love Your Biggest Fans, Mom, Dad, Katie, Grama and Pap

**Ryan**, We can't be more proud of you for competing in Alpine Skiing for four years and adding Nordic in your Senior year. What a challenge! We know you will continue to challenge yourself wherever life takes you. Thank you for your hard work, determination, wit, humor and humility. Thank you CONVAL coaches and teachers for the positive environment that you create, the mentoring that you give and the leadership that you encourage in your athletes and students. Love, Mom, Dad and Caitlin

We love you **Anna**! Just remember, a bad day on the slopes beats a good day anywhere else!  
Mom & Dad

To **Rachyl**, What a pleasure it has been watching you excel in everything you have ever done. As you enter your next phase of your life, we are sure you will continue to amaze us. Stay true to who you are as you are AMAZING! We wish you the best in all that you do and always remember to have fun. We love you more than you will ever know. Love Mom and Dad



**Andrew**, We are very proud of the young man you have become. Love, Mom and Dad.

Go **Maggie** go! We're so proud of you for trying something new your Senior year! Wishing you a lifetime of fast skiing, graceful falling and the occasional "missed gate!" We love you, Moomy and Papi

Nice Job **Jaclyn**, congratulations on four good years! Love Mom, Dad & Levi

So pleased, **Jaden**, you were able to end this time at ConVal by totally venturing out of your comfort zone and giving your best for the ConVal ski team. You are so many wonderful things, but being one to always give your best effort - inwardly, by way of self-reflection to accelerate learning; and externally, by generously exuding your calm, peaceful and amiable nature to all around you, has certainly enhanced your time with your mates on the ConVal ski team! (Coach Holli finally nabbed you for your last year - how fortunate you both - you all - have been!).  
You have Horizons, Jaden

**Keenan**, You are an amazing park skier, all mountain shredder and racer. Congratulations on all of your accomplishments. We love you so much! Love, Dad, Mom, Laramie and Reid

**Emmanuel**, It has been a joy to watch you in basketball and all of your sports over the years. You play sports with enthusiasm, joy, and courage and for that you should be proud. We love you. Mom and Dad

**Jill**,

There once was a young lass named Jill,  
Who skied with great speed down a hill,  
"Love to fly", she confessed.  
"And my favorite's GS!"  
"Though I also prefer not to spill!"  
JK, you're amazing! Secretly ringing cowbells with love, Mom and Dad



**Ben**, we are so proud of the person you have become both on and off the court. We are excited to see what the next four years holds in store for you! We love you, Mom & Dad

# Co – ED ALPINE SKIING

<u>Name</u>	<u>Year</u>
Anna Bartsch	Sophomore
Ryan Beal	Senior
Jackson Burnham	Junior
Jaclyn Clark	Senior
Jocelyn Coty	Freshman
Rosemary Crooker	Sophomore
Ella Dishong	Sophomore
Molly Dishong	Freshman
Anna Gombas	Senior
Maximilian Heck	Junior
Jillian Karlicek	Senior
Noah Krason	Junior
Benjamin Kriebel	Sophomore
David Martin	Sophomore
Liam McCall	Junior
Marina McMahon	Junior
Riley Momeniee	Freshman
Maggie Morison	Senior
Cale Skillings	Sophomore
Jaden Smith	Senior
Andrew Stockwell	Senior
Erin Weidner	Sophomore
Keenan Wilson	Senior
Nathaniel Wilson	Sophomore



*Head Coach - Holly Wilson*



# BOYS VARSITY BASKETBALL



<u>#</u>	<u>Name</u>	<u>Year</u>
22	Del Bonsu-Anane	Junior
11	Emmanuel Bowman*	Senior
21	Connor Buffum	Junior
12	Taylor Burgess	Junior
14	Wyatt Davis	Sophomore
5	Trevor Faber	Junior
10	Benjamin Henry*	Senior
1	Mather Kipka	Junior
23	Isaiah Michaels	Junior
2	Max Richard*	Senior
33	Peter Wetherill	Junior
	* Captain	

Head Coach - Leo Gershgorin

Asst. Coach - Jason Starr



# GIRLS VARSITY BASKETBALL



#	Name	Year
3	Isis Battaglia	Sophomore
34	Mairin Burgess	Freshman
31	Katie Carey	Freshman
30	Lindsey Carey*	Senior
12	Emily Donovan	Sophomore
33	Julia Donovan	Sophomore
20	Madeline Faber	Freshman
24	Emma Hixson*	Junior
15	Kendall Larson	Freshman
22	Rachyl Parslow*	Senior
14	Kalli Taylor	Senior
32	Molly Tyle	Freshman
	* Captain	

Head Coach – Kevin Proctor

Asst. Coach – Emma White



# CONVAL COUGARS

## BOYS JUNIOR VARSITY BASKETBALL

#	Name	Year
10	Erich Clark	Sophomore
15	Owen Collins	Junior
20	James Cook	Junior
32	Emerson Craven	Sophomore
22	Alexander Heck	Freshman
23	Austin Knight	Freshman
1	Owen Michaels	Freshman
14	Malachi Page	Freshman
5	Max Scheinblum	Junior
21	William Theriault	Junior

Head Coach - Tyler Mudrick



## GIRLS JUNIOR VARSITY BASKETBALL



#	Name	Year
22	Emma Anderson	Sophomore
12	Makenzie Anderson	Freshman
24	Hayli Aubrey	Freshman
14	Mairin Burgess	Freshman
	Ashley Gibson (Mgr)	Sophomore
5	Ava Goohs	Sophomore
3	Kendall Larson	Freshman
4	Meara McClusky	Freshman
2	Ella Phillips	Freshman
21	Molly Tyle	Freshman

Head Coach – Jess Weeks

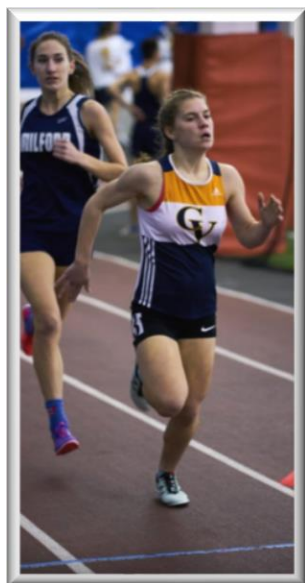
## BOYS RESERVE BASKETBALL

NO TEAM PICTURE AVAILABLE

#	Name	Year	#	Name	Year	#	Name	Year
1	Christian Buffum	Freshman	14	Tristan Hutchinson	Sophomore	20	Austin Sloan	Sophomore
15	Zach Burgess	Freshman	21	Cameron Mandel	Junior	2	Robert Thompson	Freshman
32	Zander Carignan	Freshman	5	Dante McCarthy	Freshman			
30	Tyler Finley	Sophomore	10	Owen McGuire	Freshman			

Head Coach – Campbell Kipka

# Co – ED INDOOR TRACK



## Name

Tyler Beard  
Henry Bernstein  
Max Boisvert  
Evan Coyne  
Haven Deschenes  
Abe Dreher  
Nicholas Drummond  
Chi Fowler

## Year

Freshman  
Sophomore  
Senior  
Senior  
Sophomore  
Freshman  
Junior  
Freshman

*Head Coach – Lance Flamino*

## Name

Sean Grady  
Kayla Groom  
Corey Guzman  
Savanna Hall  
Nikolas Hostetler  
Carter Hunt  
Rachel Hurley  
Alyssa Janoch  
Molly Janoch  
Luca Kekuewa-Colon  
Harrison Kim  
August Kotula  
Owen Kotula  
Everett Landers  
Fletcher Maggs  
Nick Merzi  
Timothy Murray  
Sarah Newell  
Reagan Riffle  
Loraine Rupp  
Thomas Sennett  
Kyle Shearer  
Maxwell Shumway  
Matthew Smith  
Zoe Tardiff  
Anna Taylor  
Lorien Tyne  
Clare Veverka  
Daniel Veverka  
Elijah White

## Year

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



# Co – ED NORDIC SKIING



<u>Name</u>	<u>Year</u>	<u>Name</u>	<u>Year</u>
Isabel Badrawy	Freshman	Gwyneth Inglis	Freshman
Ryan Beal	Senior	Rowan Inglis	Freshman
Leo Boyer	Senior	Grace Phillips	Junior
Allison Bull	Freshman	Avery Pope	Freshman
Jackson Burnham	Junior	Edmund Pope	Senior
Logan Burnham	Freshman	Philip Pope	Sophomore
Eva Calcutt	Freshman	Samuel Rousseau	Freshman
Lewis Carlton	Freshman	Bronwyn Tyler-Wall	Senior
Magnus Carlton	Senior	Emeline Tyler-Wall	Sophomore
Camile Hendrixson	Freshman	Jaimini Viles	Freshman
Pauline Herman	Senior		

*Head Coach – Scott McGovern*

# CONVAL COUGARS

## SPIRIT!



### Name

Anastasia Barbosa\*

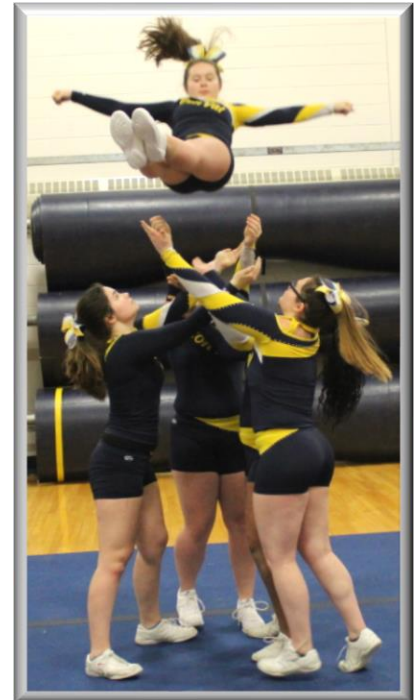
Maddie Kerwin\*

Lauren Holland

Avery Copeland

Emily Robicheau

*\* Captain*



*Head Coach - Leah Fiasconaro-Conway  
(Team Coach)*

*Asst. Coach - Alexis Robicheau*

*Asst. Coach - Tiffany Cote*

*Olivia Fiasconaro (Team Mascot)*

# Co – Ed UNIFIED BASKETBALL



<u>Name</u>	<u>Year</u>
Emma Anderson	Sophomore
Travis Booth	Junior
David Chamberlain	Freshman
Eric Charron	Junior
Isiah Debarros	Junior
Frank Dinino	Sophomore
Brooke Ellis	Junior
Louis LaFleur	Freshman
Jacqueline Madeja	Junior
Parker Nason	Freshman
W. Hudson Osgood	Freshman
Mary Quintanilha	Freshman
Priscilla St. Pierre	Freshman

*Head Coach – Kevin Carne*



# WRESTLING



## Name

Gareth Armstrong

Nicholas Bernier

Trace Borozinski

Kenneth Conway

Theodore Cross

Thomas Donahue

Ethan Earle

Casey Ellis

Edward Forster

Cameron Jordan

Matthew Kimball

Tyler Lessard

Andrew Nielsen

Daniel Rupp

Evan Shippee

Dylan Tillman

Gabriel Young

*Head Coach – Brian Whittemore*

*Asst. Coach – Alex Rand*

## Year

Freshman

Senior

Freshman

Sophomore

Junior

Senior

Sophomore

Junior

Junior

Freshman

Senior

Sophomore

Freshman

Senior

Junior

Junior

Freshman



# ConVal High School



*Home of the  
Cougars!*