ConVal High School

Homecoming Weekend

September 22 – 23, 2017

Welcome to 2017 Homecoming Weekend

Welcome to our 2017 Fall Homecoming weekend. I am very proud of our student athletes at ConVal and the balance of activities they maintain between academics and athletics. Our teams, our band, and our cheerleaders and all extracurricular activities play a vital role in our students' experience at ConVal. The athletic fields and courts of ConVal are an extension of the classroom, which provide valuable lifetime skills that lead to success beyond high school. Athletic events at ConVal are also great community events that bring us all together to show our Cougar spirit and pride.

My sincere appreciation to the Friends of ConVal Athletics booster club (FCVA) and the many volunteers who help make our games something special. Also of course, to our coaches and athletes, who dedicate endless hours to prepare for the competitions and represent our school in such a positive light. The commitment you all make does not go unrecognized.

Mark Swasey
Athletic Director

Sincerely,
Mark Swasey
Athletic Director

Friends of ConVal Athletics

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
Cross Country
Indoor and Outdoor Track
Nordic Skiing
Softball
Volleyball
Basketball – Boys and Girls
Field Hockey
Lacrosse – Boys and Girls
Soccer – Boys and Girls
Spirit Team
Wrestling

A few THANK YOUS!!

The Friends of ConVal Athletics (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!
- The Pizza Barn and their staff for their continued support of FCVA and ConVal athletics!
- Michael Henry, Lisa Sheridan, and Tim Kolk for all their efforts making this year's Homecoming program possible.

Thank You to Our Dedicated

Coaches & Staff

Mary Goldthwaite
Coed Cross Country

Lance Flamino
Coed Cross Country

Carrie Whittemore
Varsity Field Hockey

Brian Whittemore
Asst. Varsity Field Hockey

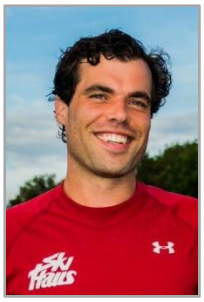
Josh Smith
Boys Varsity Soccer

John Szep
Asst. Boys Varsity Soccer

Kevin Morneault
Boys JV Soccer

Cindi Hodgdon
JV Field Hockey

Russ Freeman
Boys Reserve Soccer

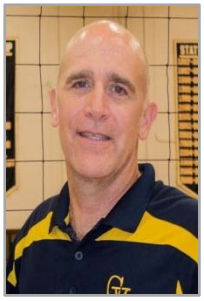


Curt Martens
Girls Varsity Soccer

Emeric Szep
Asst. Girls Varsity Soccer

Kevin Carne
Girls JV Soccer

Amanda Hinton
Volleyball



Robin Kennedy
JV Volleyball

Libby Twitchell
Athletic Department

Chris Lundsted
Athletic Department

Cross Country

Coed Varsity

Roster

Front Row, L-R: Marcela Duenas, Schuyler Michalak, Lily Denehy, Molly Janoch, Kayla Groom, Hailey Doherty, Marina McMahon, Rachel Hurley, Sarah Newell, Sienna Sorbello Back Row, L-R: Matthew Smith, Max Boisvert, Haven Deschenes, George Shiarella, Bodie Swain, Casey Burgess, Liam Gilligan, Evan Coyne, Jackson Burnham, EHarrison Kim, Ben Hamlin, Adam Brace, Timothy Murray, Eddie Sulborski, Julian Varga, Dan Rupp, Kyle Shearer, Magnus Carlton

Class of 2018!

(L to R): Marcella Duenas, Lily Denehy, Casey Burgess, Bodie Swain, George Shiarella

Schedule

Coed Varsity Cross Country

Date	Time	Location	Opponent
5-Sep	4:00 PM	Away	vs Sanborn Regional HS
9-Sep	10:00 AM	Away	vs Hollis-Brookline
16-Sep	10:00 AM	Away	vs Laconia
23-Sep	10:00 AM	Away	vs Manchester Central HS
30-Sep	10:00 AM	Away	vs Coe-Brown Northwood
7-Oct	10:00 AM	Away	vs Alvirne HS
10-Oct	4:00 PM	Away	Multiple Opponents
28-Oct	TBA	Away	DII State Championship
4-Nov	TBA	Away	NH NHIAA Meet of Champions

Field Hockey

Varsity

Front Row (L to R): Jade Bailey, Alyssa Janoch, Kylie Procita, Jaclyn Clark, Shannon Allen, Taylor Jarest, Natalie LaFleur, Jacquelin Madeja, Tessa Doherty, Julia Peters *Back Row (L to R)*: Coach Carrie Whittemore, Sara Krslovic, Dominque Wheeler, Kelly O'Sullivan, Elizabeth Nute, Cruz Dellsanta, Jessica Scharmett, Natalia Hautanen, Deanna Kashulines, Hannah Johnson, Megan MacLaren, Coach Brian Whittemore

Class of 2018!

(L to R):, Natalia Hautanen, Elizabeth Nute, Jessica Scharmett, Dominque Wheeler, Kylie Procita, Kelly O'Sullivan, Sarah Krslovic

Schedule

Girls Vasity Field Hockey

Date	Time	Location	Opponent
29-Aug	4:00 PM	Home	vs Milford HS
1-Sep	7:00 PM	Away	vs Oyster River HS
5-Sep	4:00 PM	Home	vs Windham HS
8-Sep	4:00 PM	Away	vs Hollis-Brookline HS
11-Sep	4:00 PM	Home	vs Souhegan HS
19-Sep	4:00 PM	Home	vs Conant HS
20-Sep	4:00 PM	Away	vs Goffstown HS
22-Sep	4:00 PM	Home	vs Sanborn Regional HS
25-Sep	4:00 PM	Away	vs Milford HS
27-Sep	4:00 PM	Away	vs Conant HS
29-Sep	5:00 PM	Home	vs Portsmouth HS
3-Oct	4:00 PM	Away	vs Plymouth Regional HS
5-Oct	4:00 PM	Home	vs Hollis-Brookline HS
12-Oct	4:00 PM	Away	vs Souhegan HS

* Homecoming

Field Hockey

Junior Varsity

Front Row (L to R): Emma Martino, Sienna Ferry, Ashlie Chandler, Brianna Hutchinson, Ella Dishong, Kylie Johnson *Back Row* (L to R): Maddie MacLaren, Rachel Cass, Anna Gombas, Liana Day, Nisse Anderson, Tracie Dailey, Lexi Curtin, Cindi Hodgdon

Schedule

Girls Junior Vasity Field Hockey			
Date	**Time**	**Location**	**Opponent**
29-Aug	5:30 PM	Home	vs Milford HS
1-Sep	5:30 PM	Away	vs Oyster River HS
5-Sep	5:30 PM	Home	vs Windham HS
8-Sep	5:30 PM	Away	vs Hollis-Brookline HS
11-Sep	5:30 PM	Home	vs Souhegan HS
20-Sep	5:30 PM	Home	vs Goffstown HS
20-Sep	5:30 PM	Away	vs Sanborn Regional HS
25-Sep	5:30 PM	Away	vs Milford HS
29-Sep	5:45 PM	Away	vs Portsmouth HS
3-Oct	5:30 PM	Away	vs Plymouth Regional HS
12-Oct	5:30 PM	Away	vs Souhegan HS

Boys Soccer

Varsity

Front Row (L to R): Max Richard, Trevor Faber, Evan Merwede, Finn Wegmueller, August Marshall, Mather Kipka, Ethan Phillips, Aiden Phillips *Back Row* (L to R): John Szep, Matt Kolk, Micah Black, Zach Kriebel, Manny Bowman, Aiden Hall, Sam Sebert, Michael Post, Jordan Cooper, Tim Burgess, Jackson Perry, Josh Smith

Class of 2018!

(L to R): Palmer Timmons, Aiden Phillips, Tim Burgess, Jackson Perry, Matt Kolk, Micah Black, Aiden Hall, Jordan Cooper, Ethan Phillips, Michael Post

Schedule

Boys Varsity Soccer

Date	Time	Location	Opponent
25-Aug	6:00 PM	Home	vs John Stark Regional HS
29-Aug	4:00 PM	Home	vs Milford HS
1-Sep	4:00 PM	Away	vs Souhegan HS
8-Sep	4:00 PM	Away	vs Lebanon HS
12-Sep	4:00 PM	Home	vs Manchester West HS
14-Sep	6:00 PM	Home	vs Pelham HS
19-Sep	4:00 PM	Away	vs Windham HS
21-Sep	4:00 PM	Away	vs Trinity HS
23-Sep	1:00 PM	Home	vs Hollis-Brookline HS
26-Sep	4:00 PM	Home	vs Merrimack Valley HS
29-Sep	4:00 PM	Away	vs Conant HS
3-Oct	4:00 PM	Away	vs Milford HS
6-Oct	3:30 PM	Home	vs Souhegan HS
10-Oct	4:00 PM	Away	vs Hollis-Brookline HS
17-Oct	6:00 PM	Away	vs Kearsarge HS
19-Oct	6:00 PM	Home	vs Conant HS

* Homecoming

Boys Soccer

Junior Varsity

Front Row (L to R): Ben Kriebel, Eion Ward, James McGuinness, Casey Jordan, Colby Knight *Middle Row* (L to R): Maclean Timmons, Evan Turner, Maxwell Shumway, August Kotula, Cole Turner *Back* Row (L to R): Oscar Bernier, Jamison Coty, Del Bonsu-Anane, Taylor Burgess, Wyatt Davis, Connor Close

Reserve

Reserve Soccer

Name	Year
Benjamin Asbury	So
Jason Bergeron	So
Ethan Charlonne	Fr
Jared Crooker	Fr
Edward Forster	So
Keegan Harris	Fr
August Kotula	Fr
Everett Landers	So
David MacKay	Fr
Nikolai Palanza-Krause	So
Nick Patrick	Fr
Kayden Shattuck	Fr
Evan Shippee	So
Ryan Whitaker	Fr

Girls Soccer

Varsity

Front Row (L to R): Sarah Dauphinais, Alexis Cleary, Delaney Thompson, Kalbie Grassett, Shea Ellis, Natasha Kipka, Emma Henderson, Ayla Laro,Skye Civitella, Mary Riffle *Back Row* (L to R): Emeric Szep, Lucy Civitella, Nicole Bell, Lindsey Carey, Brooke Ellis, Emma Hixson, Isabel Wilder, Madeline Garland, Savanna Hall, Rosemary Crooker, Curt Martens

Class of 2018!

(L to R):, Skye Civitella, Shea Ellis, Madeline Garland, Emma Henderson, Isabel Wilder, Natasha Kipka, Kalbie Grassett, Sarah Dauphinais

Schedule

Girls Varsity Soccer

Date	Time	Location	Opponent
25-Aug	4:00 PM	Home	vs John Stark Regional HS
28-Aug	4:00 PM	Away	vs Milford HS
30-Aug	4:00 PM	Away	vs Conant HS
1-Sep	3:30 PM	Home	vs Souhegan HS
5-Sep	4:00 PM	Away	vs Hollis-Brookline HS
8-Sep	4:00 PM	Away	vs Sanborn Regional HS
14-Sep	4:00 PM	Home	vs Pelham HS
19-Sep	4:00 PM	Away	vs Windham HS
22-Sep	3:30 PM	Home	vs Trinity HS
26-Sep	4:00 PM	Away	vs Merrimack Valley HS
28-Sep	4:00 PM	Home	vs Conant HS
3-Oct	4:00 PM	Home	vs Milford HS
6-Oct	6:00 PM	Away	vs Souhegan HS
10-Oct	6:00 PM	Home	vs Hollis-Brookline HS
12-Oct	4:00 PM	Away	vs Hanover HS
17-Oct	6:00 PM	Home	vs Kearsarge HS

* Homecoming

Girls Soccer

Junior Varsity

Front Row (L to R): Anna Taylor, Lilly Dell, Emma Anderson, Zoe Forster, Sandra MacKay, Grace Shippee, Anna Bartsch, Julia Donovan *Back Row* (L to R): Aliyah McCarthy, Florence Colantino, Mackenzie Ledger, Jaden Hubbard-Lemay, Marguerite Tremblay, Elizabeth Rizzotti, Lorien Tyne, Perrine Holmberg, Madelynn Plourde, Kalia Pywell, Emily Donovan

Schedule

Girls Junior Varsity Soccer

Date	Time	Location	Opponent
28-Aug	4:00 PM	Away	vs Milford HS
30-Aug	4:00 PM	Away	vs Conant HS
1-Sep	3:30 PM	Home	vs Souhegan HS
5-Sep	4:00 PM	Away	vs Hollis-Brookline HS
8-Sep	4:00 PM	Away	vs Sanborn Regional HS
14-Sep	4:00 PM	Home	vs Pelham HS
19-Sep	4:00 PM	Home	vs Windham HS
22-Sep	3:30 PM	Home	vs Trinity HS
26-Sep	4:00 PM	Away	vs Merrimack Valley HS
28-Sep	4:00 PM	Home	vs Conant HS
3-Oct	4:00 PM	Home	vs Milford HS
6-Oct	4:00 PM	Away	vs Souhegan HS
10-Oct	4:00 PM	Home	vs Hollis-Brookline HS
12-Oct	4:00 PM	Away	vs Hanover HS
17-Oct	4:00 PM	Home	vs Kearsarge HS

* Homecoming

Girls Volleyball

Varsity

Front Row (L to R): Mary Grossi, Haley Davis, Michele Hartwell, Lillian James, Jaylyn Desrosiers *Back Row* (L to R): Morgan Stacy, Joanna Adams, Savannah Kersbergen, Molly Cole, Riley Codman, Emma Golden, Sydney Crete, Paris MacKeigan

Class of 2018!

(L to R):, Michele Hartwell, Jaylyn Desrosiers, Emma Golden, Riley Codman, Joanna Adams, Sydney Crete, Mary Grossi

Schedule

Varsity Volleyball

Date	Time	Location	Opponent
1-Sep	5:45 PM	Away	vs Oyster River HS
6-Sep	5:15 PM	Home	vs John Stark Regional HS
13-Sep	5:15 PM	Home	vs Fall Mountain Regional HS
18-Sep	5:45 PM	Away	vs Souhegan HS
20-Sep	5:45 PM	Away	vs Milford HS
22-Sep	5:15 PM	Home	vs Laconia HS
25-Sep	5:15 PM	Home	vs Pelham HS
27-Sep	5:45 PM	Away	vs John Stark Regional HS
29-Sep	5:15 PM	Home	vs Manchester West HS
2-Oct	5:15 PM	Away	vs Fall Mountain Regional HS
4-Oct	5:15 PM	Away	vs Pelham HS
6-Oct	6:15 PM	Away	vs Hanover HS
11-Oct	5:15 PM	Home	vs Souhegan HS
13-Oct	5:15 PM	Away	vs Manchester West HS
18-Oct	5:15 PM	Home	vs Milford HS
20-Oct	5:15 PM	Home	vs Hanover HS

* Homecoming

Girls Volleyball

Junior Varsity

Front Row (L to R): Molly Cole, Paris MacKeigan, Izzy Ketchersid, Nadia Kazlauskas, Addison Swasey, Hannah LeComte, Anna Chisholm, Haiden Burnside, Isis Battaglia *Back Row* (L to R): Morgan Stacy, Elizabeth Guptill, Chloe Ahern, Alanna Batty.

Schedule

Junior Varsity Volleyball

Date	Time	Location	Opponent
1-Sep	4:30 PM	Away	vs Oyster River HS
6-Sep	4:00 PM	Home	vs John Stark Regional HS
13-Sep	4:00 PM	Home	vs Fall Mountain Regional HS
18-Sep	4:00 PM	Away	vs Souhegan HS
20-Sep	4:00 PM	Away	vs Milford HS
22-Sep	4:00 PM	Home	vs Laconia HS
25-Sep	4:30 PM	Home	vs Pelham HS
27-Sep	4:30 PM	Away	vs John Stark Regional HS
29-Sep	4:00 PM	Home	vs Manchester West HS
2-Oct	4:00 PM	Away	vs Fall Mountain Regional HS
4-Oct	4:30 PM	Away	vs Pelham HS
6-Oct	5:00 PM	Away	vs Hanover HS
11-Oct	4:00 PM	Home	vs Souhegan HS
13-Oct	4:00 PM	Away	vs Manchester West HS
18-Oct	4:00 PM	Home	vs Milford HS
20-Oct	4:00 PM	Home	vs Hanover HS

* Homecoming

Best of Luck to Our Seniors

Class of 2018!

Micah Black
Soccer

Tim Burgess
Soccer

Jordan Cooper
Soccer

Aiden Hall
Soccer

Matt Kolk
Soccer

Jackson Perry
Soccer

Aiden Phillips
Soccer

Ethan Phillips
Soccer

Michael Post
Soccer

Palmer Timmons
Soccer

Casey Burgess
Cross Country

Lily Denehy
Cross Country

Bodie Swain
Cross Country

George Shirella
Cross Country

Domnique Wheeler
Field Hockey

Natalia Hautanen
Field Hockey

Sarah Krslovic
Field Hockey

Elizabeth Nute
Field Hockey

Kelly O'Sullivan
Field Hockey

Kylie Procita
Field Hockey

Jessica Scharmett
Field Hockey

Isabel Wilder
Soccer

Skye Civitella
Soccer

Sarah Dauphinais
Soccer

Shea Ellis
Soccer

Madeline Garland
Soccer

Kalbie Grassett
Soccer

Emma Henderson
Soccer

Natasha Kipka
Soccer

Michele Hartwell
Volleyball

Joanna Adams
Volleyball

Riley Codman
Volleyball

Sydney Crete
Volleyball

Jaylyn Desrosiers
Volleyball

Emma Golden
Volleyball

Mary Grossi
Volleyball

"Shoot for the moon. Even if you miss, you'll land among the stars."

Les Brown

Messages to Our Seniors

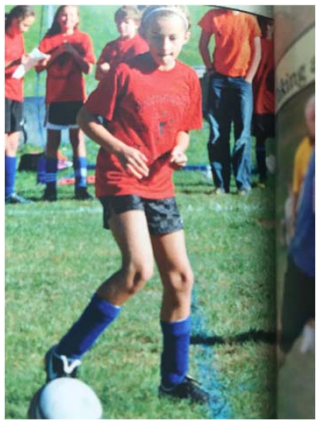
Micah, It's been a joy watching you pursue your passion for soccer. As your skills and determination have progressed, we have visited many fields throughout New England and NY, in all types of weather, and with all flavors of lollipops. The camaraderie of your teammates (some lifelong), and your coaches has been amazing. We love you and look forward to where the next step of this journey takes you. Remember, it's all about geometry, and hitting the upper 90!
Love, Mom & Dad

Matt, Congratulations on a long varsity career and all the commitment and work along the way! Make the most of this year- your last with all of these friends at one time. More than 10 years together for some of you! Hoping you all keep making memories to laugh about and remember as fun times later in life.
Love Mom, Dad, & Sarah

We are so proud of the woman you have become! We love you so much and hope this year goes by very slowly!! Love Mom, Dad and Dillon.

Sara, It's been amazing to watch you grow over the years. You are so full of life, energetic, adventurous and compassionate of others. You have such a big heart and it shows in everything that you do (on and off the field). We've enjoyed all the years of watching you play and look forward to what is next. Best of luck this senior year - have fun!! Love you always, mom, dad and Kaylin

Sydney, throughout our lives we face changes and challenges, which require us to make decisions and choices. You embraced certain tools of life that made you what you are. In sports, with fishing pole and volleyball; education, pen and laptop; career goals, with hammer and saw; or life, jeans versus dress. I am VERY proud of the way you mastered the use of your chosen tools to position yourself for continued success.
Love, Mom



Congratulations Madeline on your senior year! We love you! Dad, Mom, Kate, Chris and Emily

Shea, Everything you've set out to do so far you have accomplished in a big way. Keep on following your dreams! Anything is possible! You make us proud! Love, Mom, Dad, Nolan, Mason, Brooke, & Grammy

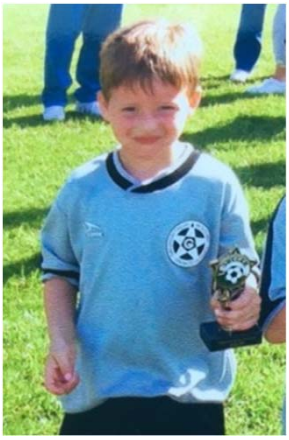
Skye, we are so proud of you! Your work ethic and dedication to the things you set your mind to are qualities that will take you far in life. Your ability to laugh at yourself and not take all things too seriously will make the journey even better:) We love you !
XO mom and dad

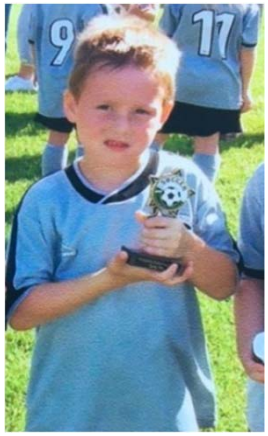
Messages to Our Seniors

May you be proud of the work you do, the person you are, and the difference you make. Love, Mom, Dad, Nana & Meme

Isabel, Your passion for the game, your hard work, your vision and true team spirit will take you far on the field of life. Watching you play the game you love has given us so much joy. With Love and pride from your greatest fans! Love, Mom & Dad, Hannah & Olivia

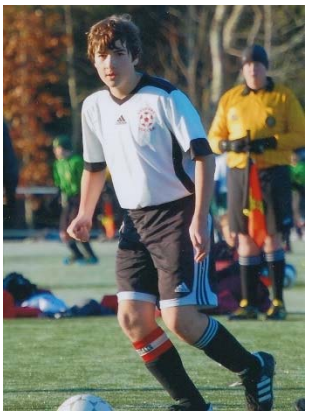
Aiden, In the blink of an eye, we have watched our strong willed little boy march onto the soccer field and grow into a fine young man. There were times we weren't sure what you were aiming for, but realized those aims were always for your team, someone who was struggling or someone who needed a lift. The world will always be a better place after they are touched by your passion and heart.





Ethan, It has been such a pleasure watching you from the sidelines as you play soccer and as you have matured into the passionately focused and intensely honest young man you are today. We are completely confident if you study life and anything you choose to be passionate about, as intensely as you do soccer, you are going to dominate life and impact others and we could not wish more for you than this

Aiden, Congratulations on four years of Varsity Soccer at ConVal. We love watching you play! We are so proud of you, both on and off the field. We love you! Love, Mom, Dad and Garrett



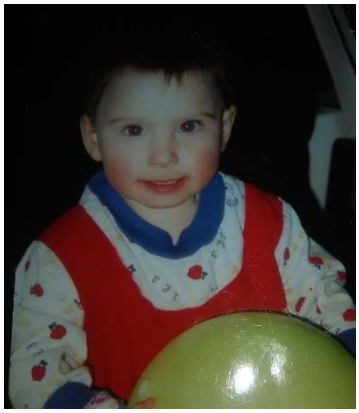
Jackson, I have enjoyed watching you play soccer for the last 12 years and I'm looking forward to four more! You never took your eye off the ball, and I know you never will! We are all very proud of you! Love Mom, Emily and Dad, (your guardian angel) MWAH

My dearest Lizzy Lou…. How very proud you have made your father, brothers and myself. You have become an amazing young woman, a woman that has far exceeded any expectations that we may have had in place for you. Promise me that you will always remember that you are braver than you believe, stronger than you seem, and smarter than you think. We love you more than all the leaves on the trees! All our love now and forever, Mom, Dad, Robbie, Justin, Dakota, Chloe and Athena

It is hard to believe you are going to college next year! We are so proud of all you do; soccer, photography, skiing, videography and especially being a great friend and son! We will miss watching you play soccer with ConVal. You will be a success in all you do wherever you go! Enjoy your senior year! We love you! Mom, Dad, and Kai

Messages to Our Seniors

Sarah, you're a keeper on and off the field. We all love you. Mom, Dad, Steph, Tom, Meg, Zack, Evan, Kelly, Jocey, Ricky, Grammy, Grampy, Gramma and Grampa.



Dear Natasha, We are very proud of all of your accomplishments! You step up to every new challenge with drive and dedication. Keep that positive attitude and enjoy your last soccer season at ConVal! Much love, Mom & Dad

Aiden, always a team player. You have all had many great years together. Love you, Gram and Roni

Natalia, As you embark on your final year at ConVal..... cement friendships for the future, give every game your all, and most of all....have FUN! Love, Mom & Dad

"This is the real secret of life—to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize it is play." Kylie, We are so proud of you! Love, Mom and Dude

Congratulations Tim - we are very proud of you! Love, Mom and Dad

Congratulations and thank you Riley, Mary, Michele, Joanna, Jaylyn, Emma, and Sydney for being such a memorable part of the volleyball program. You have all positively impacted teammates, lead the team to the post season, and made every season fun and exciting!! You will be GREATLY missed!! Best wishes for the future!! Love ya, Coach Hinton!!

Can you find the 6 varsity soccer seniors?