Oct. 2nd - 8th

Issue: #8

DP ATHLETICS

'THE TIDE IS RISING'



Come Out & Support Tide Athletics!

- Golf
- Soccer
- Cross Country
- Crew



Newsletter Preview

- Weekly Sports Highlights
- Senior Day!
- College Commits
- Lets Talk About Nutrition
- Athlete of the Week
- What's on Deck!

Upcoming Events

 Come out and support all of our MS & HS Fall athletic programs!



Golf



On Tuesday, the Tide Varsity golf team attended the District 12 Championships at Philmont Country Club. The for the day consisted of Nick Ciocca '24, Dan DiLella '24, Alek Shah '24, John Curran '25, Andrew Carroccio '27. The team didn't disappointed as everyone was on their 'A' game and the team won the District 12 Championship.











Along with winning Districts, Nick Ciocca also qualified for states for his fourth year in a row. Nick will also be able to protect his state championship crown.





Next Wednesday (10/11) the Tide Varsity golf team will travel to the regional tournament at French Creek Country Club to compete to qualify for the team state championship.







Congratulations to our All PCL Tide Golfers, Nick Ciocca '24, Dan DiLella, and John Curran '25! Each of these golfers has had a fantastic 2023 season and looks to continue their season as they attend Regionals next week.



On Thursday the MS golf team hosted The Haverford School at Linfield National. The two teams had a gorgeous day to play on the links. Unfortunately, the Tide fell short and lost 228-236. The team was led by Naish Lynch (25) '28, Kellen Seal (28) '28, Ben Veith (29) '28, and Desmond Mault (29) '28.



Soccer



On Monday evening, the Tide MS soccer team came ready to play as they took on St. Peter & Paul. The Tide had no problem creating scoring opportunities as they put away six goals to give them a 6-1 victory. The entire team played well and the defense became a brick wall, shutting down any offensive opportunities St. Peter & Paul had. Liam Baracco '28 put away his second hat trick of the season. Other goals were scored Montgomery Angell '30, Connor Monteleone '30, and Ryker Bergeman '28.









On Tuesday, the Tide Varsity soccer team celebrated their 2023 seniors and their families before their game as they hosted Roman Catholic. The team played a fantastic first half as they went into halftime with a 2-1 lead. The team was playing the ball well and created several scoring opportunities. Unfortunately, the Tide couldn't hold the lead and came up short losing to Roman Catholic 5-2. Both goals for the Tide were scored by Drew Yusko '27.















On Friday afternoon, the Tide JV soccer team traveled to Archbishop Wood to take on a tough, all around team. The team played well but failed to put away their offensive opportunities. Unfortunately, the team lost 3-0.







Also on Friday Afternoon, the Tide Varsity soccer team played a strong Archbishop Wood team. The Tide started off the game playing very well in the first half. Unfortunately, the Tide couldn't keep up with the pace of play that Archbishop Wood played and struggled to put away the ball on their offensive opportunities. The Tide lost to Archbishop Wood 5-0.

The Tide plan to bounce back as they have a busy week with powerhouse, Father Judge and Conwell Egan next week. Come out and support the team!



Cross Country





On Wednesday, the Tide cross country team traveled back to Belmont Plateau for our 3rd (out of 4) PCL meets. Our top 3 runners for this meet were Sam Kleiner '25 with a time of 20:22 (6th in our heat) Pierce Rohlfing '25 with a time of 21:15 (7th) and Ian Fabris '24 with a time of 23:23 (14th).

Although it was a hot day, 5 of our team members (Max Collins '24, Wyatt Theissen '26, Brady Smith '27, Ben Weir '27, and Andrew Rockich '27) ran their fastest race of the season! Next up is the William Tennent Invitational on Saturday October 7th.





On Saturday, the Tide cross country team traveled to Warminster, PA to participate in the William Tennent Invitational. Although the weather was dicey and rain was threatening leading up to the start of the race, it actually stopped as the boys toed the line. The Tide took advantage of the fast course and their increasing fitness levels and **EVERYONE** ran a personal best!!! Congratulations to all - Pat Rullo '24 with a 16:25 and also medaled by placing 17th overall out of 166 runners; Sam Kleiner '25 with a 19:14; Pierce Rohlfing '25 with a 19:53; Ian Fabris '24 with a 22:03; Max Collins '24 with a 22:39 and Brady Smith '27 with a 24:22. Next up is our final PCL Meet on Wednesday, October 11th at Belmont Plateau.



On Sunday, the MS middle school cross country team competed in their second CYO meet of the season at Bishop Shanahan and the boys showed out with lots of personal records! Evan Martin '29 got the party started, running a tough 16:21 in the Minor Boys 3K race. In the Cadet Boys 4K race, taking a huge leap forward was Oliver Parenteau '28, with an outstanding PR of 22:02. Also making a major jump was Joel Rajasekaran '28, who shaved nearly three minutes on his previous best, coming out in at 25:13. Trevor Heebner-Elliott '29 got out to a great start and kept fighting to finish 21st place out of 78 runners at 17:28. Fred Tucker '29 crossed the finish line at 22:49 with a very strong kick. Devak Shah '28 ran an impressive 24:05 in his first race of the season, and AJ Adams '28 showed toughness by battling through cramps and still coming in at 23:00.















Soccer Senior Day





On Tuesday, the Varsity soccer team celebrated their 2023 Seniors and their parents before the Roman Catholic team. The soccer program and the Athletic Department appreciate the hard work and dedication you have given to the team over the last 4 years at Devon Prep Thank you Mark Bennett, Connor Savage, Nick Walton, and Jake Murphy!









ROLL TIDE!

Cross Country Senior Day





On Tuesday, the Varsity Cross Country team celebrated their 2023 Seniors and their parents at half time of the Devon Prep vs. Roman Catholic soccer game. The cross country program and the Athletic Department appreciate the hard work and dedication you have given to the team over the last 4 years at Devon Prep! Thank you Pat Rullo, Ian Fabris, and Maxwell Collins!



ROLL TIDE!





Justin Root '24





Mike White '24

Let's Talk About Nutrition



On Wednesday evening, Devon Prep, the Athletic Department, and the Basketball Program hosted, Head Sports Dietitian from University of Pennsylvania, Cat Hammer. Cat had the opportunity to speak and present to our student athletes about nutrition and about to properly fuel our bodies to performance. Cat will be working with our athletic programs this year!

Instagram: @hammer_fuel

X (formerly known as Twitter: @hammer_fuel





Athlete of the Week



Nick Ciocca '24

This week's AOW is Golf Captain Nick Ciocca. Nick has been a leader since 9th grade, representing DP in the PIAA Individual and Team State Finals every year. Nick's calm leadership has helped the golf team achieve a Team State Championship, Team State Runner-Up, and an Individual State Championship (two day score of -6). He will be representing DP this year, again, in the PIAA Individual State Championship, after Districts had him as the medalist in AA. We look forward to watching Nick continue his education and golf career at Notre Dame next year. Congrats, Nick, you've earned it!

ROLL TIDE!

On Deck Next Week

Varsity Soccer

October 10th @ Father Judge

October 13th @ Conwell Egan

JV Soccer

October 10th @ Father Judge

October 12th vs. Lansdale Catholic

October 13th @ Conwell Egan

MS Soccer

October 9th vs. St. Norbert's

October 13th vs. SSPJ / PJPII

October 14th @ Simon & Jude

Varsity Golf

October 2nd @ District 12 Championship

Varsity Golf

October 11th Regionals @ French Creek CC

MS Golf

October 12th vs. The Haverford School

Cross Country

October 11th PCL Meet @ Belmont Plateau

MS Cross Country

October 15thCYO Meet @ Bishop Shanahan

Crew

October 14th @ Navy Day Regatta

