

# NAUSET SPRING SPORTS PROGRAM





# WHERE EVERY HOME IS WATERFRONT

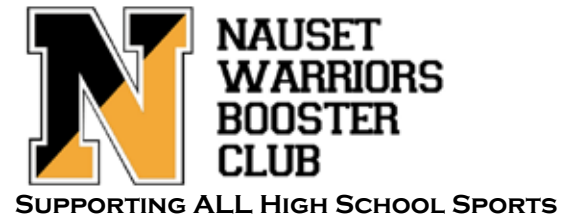


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MEMBERSHIP COMMITTEE

Welcome to Nauset Regional High School

Participation in interscholastic competition encourages athletes to enrich their education and expand their horizons. Leadership and citizenship experiences encountered while participating in athletics help to prepare student athletes for a useful and wholesome future. We are extremely proud of our athletes and the level of dedication they assume to be a member of our teams. We also salute our coaches who work diligently to provide quality programs for our students while at the same time maintaining the highest level of sportsmanship. We would also like to thank the parents of our athletes for their support of Nauset Regional High School and the efforts of their sons and daughters. Parental support is key to our success and that of our athletes.

We are extremely grateful to the members of the Nauset Warriors Booster Club who work tirelessly throughout the year to enhance the athletic experience of our student athletes.

Enjoy your time at Nauset and thank you for your support of Nauset Athletics.



Keith Kenyon  
Athletic Director



Tom Conrad  
Principal

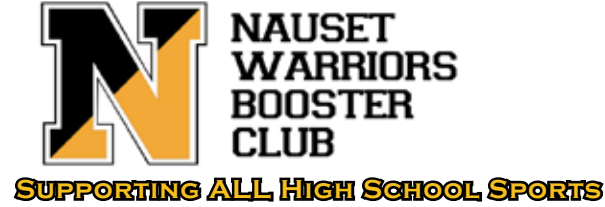
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Membership Committee

**SUPPORTING ALL HIGH SCHOOL SPORTS**

The Nauset Warriors Booster Club "Supporting ALL High School Sports" was founded and organized on the belief that participation in athletics should be included in the educational experiences offered to all students attending Nauset Regional High School through the interscholastic athletic program in which opportunities are provided for students with athletic interests and ability to fully develop and utilize their talent through organized competition with students of similar ability from other schools.

Into our second year we are looking to build on our successes from last year and provide a greater level of support to our student athletes. Monthly meetings are held on the first Monday of each month, check [nausetsports.org](http://nausetsports.org) for details, or look for us on FaceBook. If you have any questions, wish to help or become a member, please contact any of the members listed below or Kevin Lowey, President at (508) 737-5772 or email him at: [nowkev-wow@hotmail.com](mailto:nowkev-wow@hotmail.com).

We look forward to seeing you.

NAUSET WARRIORS BOOSTER CLUB

2013 BOARD MEMBERS

- Paul Bohannon
- Cathy Chamberlain
- Frank De Stefano
- Julie Drake
- Ken Fowler
- Barb Garside
- Mike Gomez
- Heather Hill
- Sharon Huber
- Lynn Larkowski
- Kevin Lowey
- Mike Mahoney
- Kate Malloy
- Sue Moynihan
- Joan Roberts
- Stephanie Sullivan
- Ken Taber
- Michele Treese

Dear Nauset Parent:

It's hard to imagine that a whole year has gone by since the founding of the Nauset Warriors Booster Club. In that short amount of time we accomplished the following:

1. Raised over \$100,000 to support the needs of ALL Teams,
2. Contributed 35% of the cost of ALL Unfunded Teams,
3. Covered 100% of the cost for needy Students to participate in Unfunded Teams,
4. Established 2 Four-Year Scholarships for Nauset Scholar/Athletes,
5. Funded each of the 3 Seasonal Athlete Award Nights,
6. Helped fund the Senior Award Dinner,
7. Produced Seasonal Sports Books showcasing each Nauset Team.

We believe that every family attending Nauset should help support our Athletic Program. You can help us by purchasing a Booster Club Membership; all monies raised go towards supporting our Teams. This year we have 3 membership levels for you to consider:

- A. Basic Membership - \$25 annual cost
- B. Black Membership - \$40 annual cost
- C. Gold Membership - \$75 annual cost

By purchasing a Membership in any of the levels you will receive the custom designed Black and Yellow NAUSET STRONG wristband; signifying the strength of our School and how we handle adversity. This band will be worn with pride by ALL Students and Parents wanting to show support for Nauset Regional High School.

Families purchasing a Black Membership will receive a unique Members Nauset Savings Card, a \$5.00 savings.

Families purchasing a Gold Membership will receive a unique Gold Nauset Savings Card which will allow the cardholder FREE admission to any Nauset Athletic Event held at the High School.

To become a member, please tear off the bottom portion of this letter and send it with your check payable to Nauset Warriors Booster Club at the address below. Wristbands and Cards will be delivered on a timely basis. Thanks in advance for your participation.

Nauset Warriors Booster Club

Name:

Address:

Email:

I want to Join: Basic \$25

Black \$40

Gold \$75



# Michele Pavlu

## Athletic Trainer



Michele comes to Nauset from Londonderry, NH, having attended Northeastern University to earn a Bachelor of Science degree in Athletic Training, she interned at BU for Men's Ice Hockey, interned at Bentley College and Londonderry High School for Football.

Back in the 2002 – 2003 school year, there was no Athletic Training Program, there had never been an Athletic Trainer. Before the start of the 2003 – 2004 school year Tom Conrad made two fateful decisions: First, not having a full-time Athletic Trainer was not the best way to safeguard Nauset's most valuable asset, its students; Second, Michele Boschetto was the most qualified person to take the lead in moving Nauset towards a well balanced program. August 2003 saw Michele enter Nauset and start on the road to developing an Athletic Training Program. Working with the Athletic Director, Team Coaches and Tom Conrad she wrote protocols, established treatment plans, and identified the ingredients of a "paper trail" that would be needed to monitor the progress of the new program.

Overcoming the challenge of creating and implementing a new program Michele established an Athletic Training and Education Program for Nauset students. In the last 4 years over 50 students have chosen to participate in the Program; 7 of these students have already enrolled as Athletic Training majors in college, and many others have been moved to study Health Science because of their participation in the Program. From a student's perspective, choosing to follow in the footsteps of an admired teacher is probably the highest compliment they can pay as the following shows ... "Michele has led me to choose my profession as an Athletic Trainer." All of her efforts are not lost on Tom Conrad, he said ... "Michele has a fantastic commitment and has taken our program from nothing to one of the best programs in the state; she is a leader in the field of concussion treatment and impact testing. Michele never says no to more work and is available all of the time, including weekends."

It isn't often that a parent views themselves as being comforted by a teacher, but Michele definitely falls into that category. All parents fantasize about the sports accomplishments of their children, they have brought forward the next Derek Jeter, Tom Brady, Dara Torres, etc., but this is always tempered by a concern for their health and well being. Everyone can reasonably be assured that the baseline ImPACT testing implemented by Michele and her involvement in the recovery process for injured athletes will result in a much safer environment for everyone; injuries cannot always be avoided, but taking proper care of scholar/athletes ensures that there will be a positive outcome. "She always knows what to do and always has gotten me back on my feet!"

The best way to close this tribute is by citing a Nauset Athlete "Michele has always given so much dedication to our sports teams and has supported us year after year. She's there to see our victories, support us through our losses, and even more importantly, heal our bodies when we fall."



We wish to thank and recognize the following individuals and firms for helping fund the new turn field at Nauset Regional High School.

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| William & Ashleigh Garner | Gregory White     |

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- |                          |                       |
|--------------------------|-----------------------|
| Barbara Bilek            | Peter & Joyce Weinmar |
| Michael & Hiroe McCarthy | Wellfleet Rec Dept.   |
| Barbara Ravage           |                       |

# Varsity Crew



Head Coaches: Alyse Demary & Brett Fournier

First	Last	School Year	First	Last	School Year
Molly	Austin	Sophomore	Joanne	Moorehead	TECH Sophomore
Jacob	Awalt	Freshman	Samuel	Morgan	Junior
Heidi	Baker	TECH Sophomore	Rachel	Mulcahay	Freshman
Sophie	Bergquist	Junior	James	O'Reilly	Sophomore
Rachel	Bergstrom	Junior	Emmy	Pabst	Freshman
Michael	Cabral	Sophomore	Jeffrey	Palm	Senior
Molly	Cavanaugh	Junior	Annabelle	Parada	Freshman
Shey	Clark	TECH Sophomore	Meghan	Robinson	Freshman
Brooke	Connolly	TECH Freshman	Alexandra	Roy	Freshman
Trudy	Cox	Freshman	Symone	Seidewand	Freshman
Hannah	Cremins	Freshman	Patrick	Silva	Freshman
Ben	Davies	CoCaptain Senior	Nick	Smith	Junior
Zoe	Dibble	Freshman	Ruby	Stanton	Sophomore
Hope	Elliott	Sophomore	Brooke	Steele	TECH Junior
Leah	Enos	Senior	Hanna	Sweeney	Freshman
Keegan	Gilmore	Senior	Julia	Telman	Freshman
Alexa	Griffin	CoCaptain Junior	Corbin	Thornton	Freshman
Claire	Hancock	Sophomore	Gina	Trott	Freshman
Erik	Heilman	Captain Senior	Natalie	Tsoukalas	Freshman
Taylor	Hughes	Sophomore	Ivy	Tubman	Freshman
Augustus	Judd	Freshman	Claire	Varnum	Freshman
Samantha	Kelsey	Freshman	Julius	Wannamaker	Senior
Owen	Kennedy	Freshman	Carlisle	Wheeler	Junior
Grace	Kobold	Junior	Kayla	Wiley	Captain Senior
William	Ladd	Sophomore	Morgan	Wolfe	Sophomore
Dyllan	Lagueux	Sophomore	Avery	Zartarian	Freshman
Oliver	Launoy	Sophomore			
Jane	Marks	Junior			
Jack	McCrea	CoCaptain Senior			
Jenny	Mcilvane	TECH Junior			
Emily	Meads	Freshman			
Guo Yuan	Meservey	TECH Senior			
Johnny	Montano	Sophomore			

# Captains



Connor Williams, Zach Salvador, Dylan Kaeselau

# Seniors



Tommy Wescott, Zach Salvador, Joe Lonsdale, Jody Fish, Connor Williams, Dylan Kaeselau, Lucas Karlsson, (Not Pictured)



# Boys Lacrosse



Head Coach: Phil Howarth

#	Name	Position	School Year
35	Nate Caley	Midfield	Senior
44	Tyler Cremins	Goal Keeper	Freshman
23	Cole Deschamps	Defense	Junior
1	Ian Donlan	Defense	Freshman
	Brendon Eberhardt	Midfield	Sophomore
7	Ben Foster	Midfield	Senior
8	Camden Gainey	Defense	Junior
4	Bryan Gass	Midfield	Sophomore
2	Cameron Goode	Attack	Sophomore
50	Tj Guazzalocae	Goal Keeper	Freshman
39	Levane Harrington	Attack	Junior
12	Jacob Hirschberger	Long Stick Middle	Freshman
22	Jake Howarth	Midfield	Senior
29	Nick Hull	Attack	Freshman
43	Ben Hull	Midfield	Sophomore
9	Matt Kane	Midfield	Sophomore
24	Chaseking	Attack	Freshman
21	Caleblinnell	Midfield	Junior
31	Tim Maloney	Attack	Freshman
11	Robert Martin	Midfield	Senior
10	Ben Mccarthy	Attack	Sophomore
30	Nick Mccarthy	Goal Keeper	Sophomore
27	Wyatt Medeiros	Defense	Junior
33	Christian	Montas Attack	Junior
13	Joemoss	Midfield	Sophomore
36	Jake Nickerson	Midfield	Senior
	Branden Patterson	Midfield	Sophomore
16	Nick Ramirez	Midfield	Junior
20	Devin Roderick	Midfield	Freshman
45	Ben Santos	Attack	Junior
6	Cooper Seidewand	Long Stick Middle	Senior
26	Eli Simon	Defense	Sophomore
14	Shamus Sullivan	Midfield	Sophomore
42	Adam Sumner	Defense	Senior
18	Marc Takakjian	Midfield	Sophomore
5	Dj Telman	Defense	Junior
28	Travis Van Vleck	Midfield	Freshman
19	Tabor Vanryswood	Defense	Junior
3	Mikey Vigneau	Attack	Junior
32	Nate Winkler	Midfield	Junior
17	Dakota Yuknavich	Midfield	Freshman

# Seniors



Kenny Keyes, Cam McPartland, Mike Trovato, Justin Smith (in front)

# Captains



Kenny Keyes, Cam McPartland, Mike Trovato, Justin Smith (in front)



# Girls Tennis



Head Coach: Kathleen Tringale

Name	Position	School Year
Haley Benz	CAPTAIN	Junior
Ally Dadoly	CAPTAIN	Junior
Nika Dadoly		Freshman
Katie Ferris		Junior
Anna Godshalk		Junior
Emma Gubbins	CAPTAIN	Senior
Haley Navarro		Sophomore
Kai Pombo		Freshman
Elisha Rennert		Senior
Olivia Vargus		Junior
Taylor Wilkins		Junior
Hayley Wright		Sophomore

# Seniors



Kenny Keyes, Cam McPartland, Mike Trovato, Justin Smith (in front)

# Captains



Kenny Keyes, Cam McPartland, Mike Trovato



# Track



Head Coach: Paul Mullin

Name	School Year	Name	School Year
Akeem Atkinson	Freshman	Travis Kilkis	Sophomore
Jacob Avery	Sophomore	Jennifer Leyton Captain	Senior
Olivia Bois	Freshman	Joe Lonsdale	Senior
Rachel Budnick	Sophomore	Marielle McEnaney	Sophomore
Andrew Burke Captain	Senior	Andrew McKenzie	Junior
Alison Burns	Junior	Jeffrey Moynihan	Senior
Christine Burns	Sophomore	Ben Mullholland	Freshman
Kyle Cambone	Junior	John Mullhollond	Junior
Devin Cannistraro	Freshman	Tim Muse	Junior
Sarah Chase	Sophomore	Kirby Nichols	Senior
Jake Colson	Sophomore	Jack Norgeot	Sophomore
Jordon Dash	Junior	Sean O'Sullivan	Senior
Shaye Ellard	Junior	NathanOverton	Junior
Richard Emerson	Junior	Ben Parkington	Junior
Cade Frodel	Senior	Nina Putnam	Senior
Lille Gaeta	Freshman	Shaye Rego	Sophomore
Coralea Geraniotis	Junior	Shae Rego	Sophomore
Brianna Griffin	Sophomore	Olivia Saimari	Sophomore
Ryan Guiliano	Sophomore	Callie Schadt	Sophomore
Kallie Hannon	Senior	Casey Taber	Junior
Ellie Hartman	Freshman	James Tooker	Freshman
Brendon Hooper	Sophomore	Emmaline Vanderwarf	Sophomore
Paige Johnson	Senior	Sydney Wacht	Junior
Peter Kelsey	Junior	Tommy Wescott	Senior
Mente Kerse-McMillan	Freshman	Chris Wingard	Senior

# Seniors



Connie LaMotte, Erin Sullivan, Natalie Bonfini, Meghan Connors, Carli Thomas



# Sailing



Head Coach: Ricky Pollo

Name	Position	School Year	Name	Position	School Year
Emory Abar	Crew	Freshman	Camille Robison	Crew	Junior
Alyssa Birchfield	Crew	Freshman	Robert Sanborn	Crew	Freshman
Alec Calderwood	Skipper	Senior	Caitlin Schadt	Skipper	Senior
Katie Codair	Crew	Sophomore	Adrian Singer	Crew	Junior
Haley Collins	Skipper	Senior	Sam Spiegel	Skipper	Sophomore
Alex Cooper	Crew	Sophomore	Ben Walters	Crew	Junior
Davis Doherty	Skipper	Junior	Jessica Whalen	Skipper	Junior
Chris Donlan	Crew	Freshman	Rob Whitaker	Skipper	Senior
Fiona Edwards	Crew	Freshman			
Brendan Felix	Skipper	Junior			
Logan Felix	Skipper	Sophomore			
Sabine Galipeau	Crew	Sophomore			
Stephen Goodrich	Crew	Sophomore			
Sarah Gribbin	Crew	Sophomore			
Jenna Hudson	Skipper	Sophomore			
Tyler Johnson	Skipper	Senior			
Dan Kelly	Crew	Sophomore			
Taigh Lawless	Skipper	Sophomore			
Christian Lynch	Skipper	Freshman			
Sean Mahoney	Crew	Senior			
Mackenzie Perry	Skipper	Sophomore			
Grant Putnam	Crew	Senior			
Joy Pye	Crew	Sophomore			
Olivia Roberts	Crew	Freshman			

# Seniors



April Poole, Lara Bogdanovich, Marie Chamberlain, Alexis Panteli

# Captains



Marie Chamberlain



# Boys Tennis



Head Coach: Brendan Guttman

Name	Position	School Year	
Isiah Coleman	Singles/Doubles	Sophomore	
Blake Hammond	Doubles	Senior	
Reed Jenkins	Singles	Junior	
Ethan Ladue	Doubles	Junior	
Jarek Lenda	Singles/Doubles	Senior	Captain
Nick Long	Singles/Doubles	Senior	
Tyler Mason	Doubles	Senior	
Josh Secl	Doubles	Junior	
Will Sutton	Singles/Doubles	Senior	
Symon Vanderschmidt	Singles/Doubles	Sophomore	
John Vitale	Singles	Senior	Captain
Christoph Zimmer	Singles	Sophomore	Captain

# Seniors



Kenny Keyes, Cam McPartland, Mike Trovato, Justin Smith (in front)



# Baseball



Head Coach: Lou Elia

#	Name	Position	School Year
4	Willy Boyd	Inf/OF	Junior
3	Antonio Espinoza	OF	Senior
32	Zack Frazier	OF/P	Senior
21	Kino Gray	OF/P	Sophomore
7	Noah Grevelis	Inf/OF	Junior
24	Chris Holcomb	P	Freshman
19	Noah Johnson	INF/P	Junior
22	TJ King	1B	Junior
5	Sam Majewski	3B/1B/P	Sophomore
20	Colin Mason	OF	Senior
8	Gerritt Merrill	Inf / P	Junior
12	Paul Prue	P	Sophomore
6	Will Shackelford	Inf / P	Senior
2	Mason Swift	C	Sophomore
33	John Vierra	P/1B	Sophomore
25	Nick Williams	3B	Senior
23	Max Wingard	P	Junior

# Seniors



April Poole, Lara Bogdanovich, Marie Chamberlain, Alexis Panteli

# Captains



Marie Chamberlain



# Girls Golf



Head Coach: Bob Wilkinson

# Captain



Carolyn Brooks

Team Girls Varsity Golf  
Season Spring 2014  
Coach

Name	School Year
Carolyn Brooks	Senior Captain
Caroline Codair	Sophomore
Katie Hoffman	Junior
Alegra Martin	Sophomore
Gillian McGuire	Sophomore
Hannah Wilson	Senior

# Seniors



Carolyn Brooks, Hannah Wilson



# Girls Lacrosse



Head Coach: Heather Stevens

#	Name	Position	School Year
10	Sam Barnard	OFF	Sophomore
9	Georgia Benz	MID	Freshman
8	Rebecca Dawley	DEF	Freshman
13	Tanner Deegan	MID	Sophomore
21	KirstenDoherty	MID	Freshman
12	Yasmeen ElSehrawey	MID	Sophomore
18	Dionise Ferrand	DEF	Sophomore
5	Megan Jusell	MID	Freshman
2	Mackenzie Meads	MID	Freshman
14	Rachel Poskanzer	OFF	Freshman
3	Michaela Reed	OFF	Freshman
6	Lauren Schifffenhaus	MID	Freshman
24	Heidi Smith	OFF	Freshman
22	Emma Stevens	MID	Freshman
35	Jess Taylor	GK	Junior
4	Caitlyn Townsend	MID	Freshman
7	Greta Walther	MID	Freshman
1	Peyton Wheeler	DEF	Freshman

# Seniors



April Poole, Lara Bogdanovich, Marie Chamberlain, Alexis Panteli

# Captains



Marie Chamberlain



# Softball



Head Coach: Al Sullivan

#	Name	Position	School Year
22	Veronica Alarie	OF/IF	Freshman
17	Mia Blackwell	OF/C	Freshman
18	Megan Brady	OF	Freshman
10	Melicia Carlson	OF	Freshman
11	Leah Colley	OF	Junior
5	Emily Colley	IF/P	Freshman
2	Brianna Cowing	C/IF	Freshman
26	Whitney Enobokhare	IF	Sophomore
19	Annaliese Furlano	P/OF	Freshman
4	Sarah Graceffa	OF	Senior
16	Jessica Howarth	OF	Freshman
23	Natalie Keagul	P/IF	Sophomore
21	Mya Kreiger-Dewitt	OF/IF	Freshman
15	Rebecca Miller	IF	Sophomore
9	Sarah Morse	OF/IF	Senior
24	Kaetha Nordahl	C	Freshman
31	Mary O'Reilly	IF	Freshman
14	Natalie Salvador	IF/C	Freshman
29	Sabrina Santos	IF	Sophomore
7	Bella Silva	IF/OF	Freshman
6	Emily Silvestri	C/IF	Junior
28	Emma Stevens	OF	Junior
1	Savannah Thomas	IF/OF	Sophomore
8	Carli Thomas	P/IF	Senior
13	Maddie Thomas	IF	Junior

# Seniors



April Poole, Lara Bogdanovich, Marie Chamberlain, Alexis Panteli

# Captains



Marie Chamberlain



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Enjoy the game.”

Michael Jordan

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**#17**

**Frankie DeStefano**




**Good Luck,**  
**Have Fun**  
**Enjoy the Memories!**



**PLAY WITH HEART, WARRIORS.**

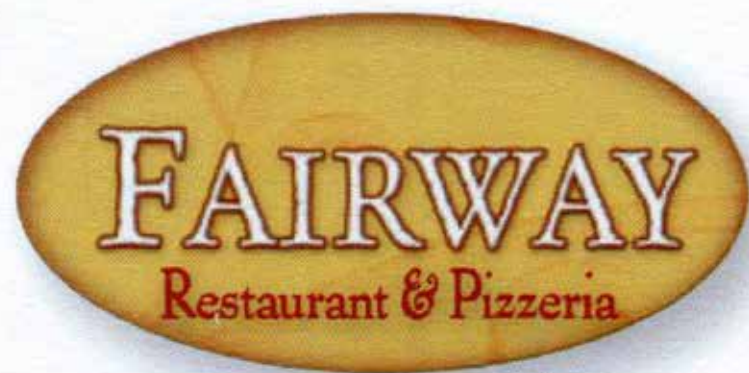
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Chicken Parmigiana Platter  
Chicken & Broccoli Alfredo



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Chicken Caesar • Steak & Cheese  
Super Steak • Chicken Parmigiana  
Chicken Breast Fillet  
Lobster (Seasonal)

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Greek Salad



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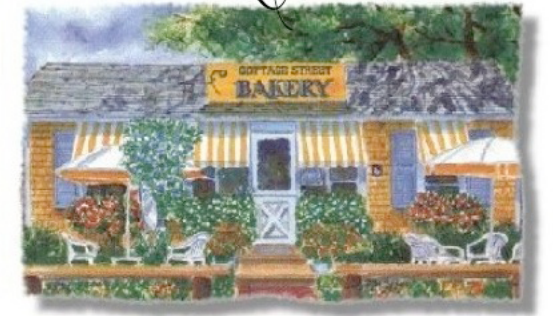


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