## NAUSET WINTER SPORTS PROGRAM















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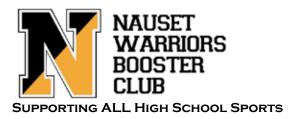
#### Sales, Service and Supplies







## CAPE CODAQUATICS POOLS AND HOT TUBS, INC.



#### 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



#### 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 meeting are held on the first Monday of each month, check 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: nowkevwow@hotmail.com.

We look forward to seeing you.

#### NAUSET WARRIORS BOOSTER CLUB

#### 2013 BOARD MEMBERS

Paul Bohannon Lynn Larkowsky

Cathy Chamberlain Kevin Lowey

Frank De Stefano Mike Mahoney

Julie Drake Kate Malloy

Ken Fowler Sue Moynihan

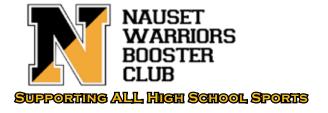
Barb Garside Joan Roberts

Mike Gomez Stephanie Sullivan

Deb Harry Ken Taber

Heather Hill Michele Treese

Sharon Huber



#### Membership Committee

#### **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

Name:

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

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."

## Varsity Gymnastics



Head Coach: Nicole Stainbrook

Last Name	First Name	School Year
Christensen	Kylee	Freshman
Comeau	Alexis	Freshman
Griffin	Brianna	Sophomore
Kilmurray	Kasey	Senior
Morse	Sarah	Senior
Olson	Karina	Sophomore
Pike	Samantha	Sophomore
Roderick	Hayley	Junior
Wall	Brianna	Junior
Wall	Emily	Freshman
Whitaker	Charlotte	Sophomore Manager

## Wrestling



Head Coach: Bill Hirst

Sr

So

Fr Sr Sr

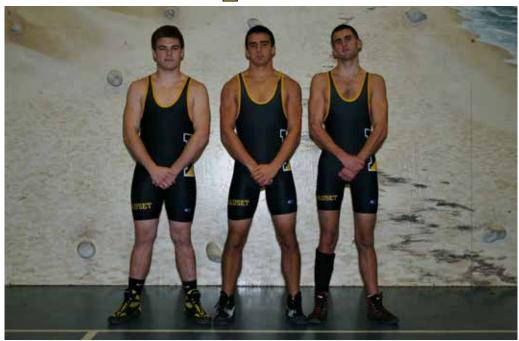
Zach Salvador

Alex Smith-Fry

Wyatt Walker Tommy Wescott Connor Williams

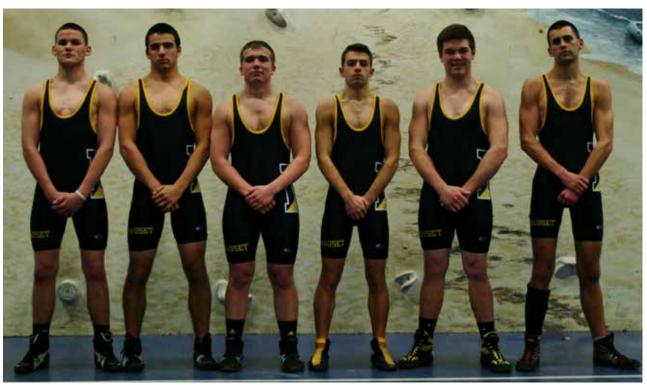
Name	Year
Akeem Atkinson	Fr
Silas Barrepski	Jr
Kyle Cambone	Jr
Caleb Cobb	Fr
Jake Colson	Jr
Neil Connell	Fr
Brian Corbett	Jr
Jodie Fish	Sr
Andrew Grattan	So
LeVane Harrington	So
Jenna Hudson	So
Dylan Kaeselau	Sr
Brenden Kaeselau	Fr
Lucas Karlsson	Sr
John Kelly	Jr
Beau Knop	Fr
Lucas LeBranche	Jr
Joe Lonsdale	Sr
Zach Maintainis	So
Parker Morris	Jr
Joe Moss	So
Jack Norgeot	So
Chris Ozon	Fr
Ben Parkington	Jr

## Captains



Connor Williams, Zach Salvador, Dylan Kaeselau

### Seniors



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

## Boys JV Basketball



Head Coach: Tim Norton

#	Last Name	First Name	Position	School Year
1	McCarthy	Ben	GUARD	Sophomore
3	Chisholm	Brennan	GUARD	Freshman
5	Majewski	Sam	FORWARD	Sophomore
11	Doherty	Mike	GUARD	Freshman
13	Hooper	Brandon	CENTER	Sophomore
14	Labranche	Jacob	FORWARD	Freshman
15	Quinn	Hunter	FORWARD	Sophomore
20	Giaquinta	Elia	GUARD	Freshman
22	Chisholm	Ronin	GUARD	Freshman
23	Atwood	Cam	CENTER	Sophomore

## Boys Varsity Basketball



Head Coach: John McCarthy

#	Last Name	First Name	Position	School Year	Height
1	Takakian	Marc	GUARD	Sophomore	5'9
5	Walsh	Mike	GUARD	Junior	5'10
10	Doherty	Mike	Forward	Freshman	6'1
11	Walters	Sam	FORWARD	Senior	6
12	Flynn	Andrew	GUARD	Sophomore	5'10
21	Green	Razz	FORWARD	Junior	6'3
22	Poyant	Eric	FORWARD	Junior	6'1
23	Ladue	Ethan	CENTER	Junior	6'4
24	Hill	Jackson	GUARD	Sophomore	5'11
32	Gray	Kino	FORWARD	Sophomore	6'1
33	Mazulis	Chris	GUARD	Freshman	6

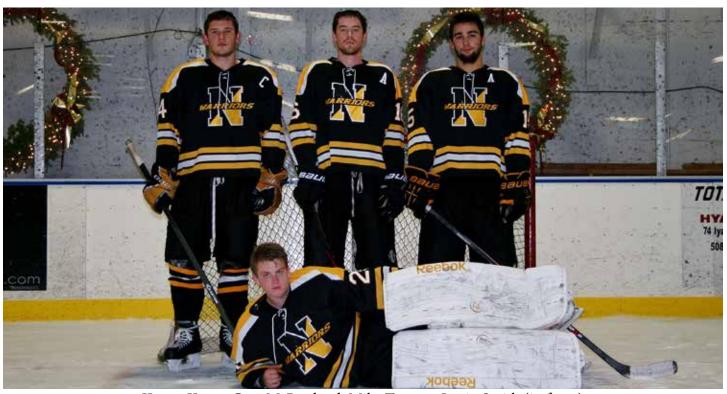
## Boys Hockey



Head Coach: John Mullaney

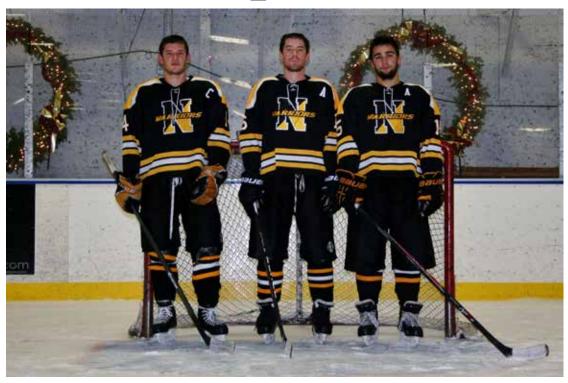
#	Name	Position	Year
3	Mike Vigneau	Fwd	Jr
4	Jake McGrath	Def	So
5	Mike Trovato	Fwd	Sr
7	Liam Carson	Fwd	So
8	Tyler Baker	Def	So
9	Zach Doucette	Def	Fr
10	Brandon Bartolomey	Def	Fr
11	Tyler Nickerson	Def	So
12	Richie Emerson	Def	Jr
13	Sean Fitzgerald	Fwd	So
14	Kenny Keyes	Fwd	Sr
16	Cam McPartland	Fwd	Sr
17	Shamus Sullivan	Fwd	So
18	Tommy Flanagan	Fwd	So
20	Rob Silva	Fwd	Fr
22	Jacob Hirschberger	Fwd	Fr
25	Devin Roderich	Fwd	Fr
28	Jacob Awalt	Def	Fr
29	Justin Smith	Goalie	Sr
38	Patrick Baker	Goalie	Fr
44	Nick Hull	Fwd	Fr

### Seniors



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

## Captains



Kenny Keyes, Cam McPartland, Mike Trovato

## Girls Hockey



#### Head Coach: Scott Rebello

#	Name	Position	Year	#	Name	Position	Year
1	Jessica Grindell	Goalie	Jr	33	Kalyana Wisniewski	Fwd	So
2	Makenzie McDonald	Fwd	Jr	35	Kim Gallagher	Def	Fr
3	Connie Lamotte	Def	Sr	44	Caity Townsend	Fwd	Fr
4	Amanda Rich	Fwd	Jr	72	Victoria Keefe	Fwd	Fr
6	Ariana Herlihy	Fwd	Jr				
7	Allie Woollacott	Fwd/Def					
8	Tess MacDonald	Fwd	So				
9	Hannah Garside	Def	Jr				
10	Darby Gavin	Fwd	Jr				
11	Brianna Cowing	Fwd	Fr				
12	Natalie Salvdor	Def	Fr				
14	Brooke Steele	Fwd	Jr				
15	Meghan Connors	Fwd	Sr				
16	Samantha Barnard	Fwd	Sr				
17	Natalia Bonfini	Fwd	Sr				
18	Carli Thomas	Fwd/Def	Sr				
19	Lexi Thomas	Def	Jr				
20	Jess Whalen	Fwd	Jr				
21	Erin Sullivan	Fwd	Sr				
22	Sarah Chase	Fwd/Def	So				
23	Britney Worth	Fwd	So				
24	Samantha Smith	Def	So				
25	Tayleece Lingo	Def	So				
26	Kailee Harris	Fwd	Fr				
28	Hannah McNealy	Fwd	Fr				
30	Emily Silverstri	Goalie	Jr				

## Semiors



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

## Girls Varsity Basketball



Head Coach: Airami Bentz

Number	Name	Position	Year
1	Savannah Thomas	G	So
2	Marielle McEnaney	F	Fr
5	Callie Schadt	G	So
10	Katie Hannon	G	So
11	Jenny Leyton	G/F	Sr
12	Caitlin Schadt	F/C	Sr
13	Carolyn Brooks	G/F	Sr
22	Casey Taber	G	Jr
23	Kristen Brown	G	Sr
33	Kallie Hannon	C	Sr
34	Christine Burns	F	So
42	Hope Elliott	F	So

## Senior Captains



Kristen Brown, Callie Schadt, Kallie Hannon, Carolyn Brooks, Jenny Leyton

## Girls JV Basketball



Head Coach: Heidi Kosh

Number	Name	Position	Year
1	Symone Seidewand	G/F	Fr
2	Kaetha Nordahl	F	Fr
3	Julia Telman	F	Fr
10	Greta Walther	G	Fr
13	Chloe O'Neal	G	Fr
15	Tanner Deegan	G/F	So
20	Ellie Hartmann	G	Fr
21	Sarah Hemmings	G	So
25	Isabel Hanson	F	Fr
32	Natalie Keagul	G	So
42	Alyssa Birchfield	F	Fr

## Boys Swim



Head Coach: Katie McCully

Name	Year
Jake Avery	So
Ben Davies	Sr
Kevin Johnson	So
Patrick Keigans	So
Owen Kennedy	Fr
Taigh Lawless	So
John McLoughlin	Jr
Sam McGough	So
Timothy Muse	Jr
Trevor Ridely	So
Nick Smith	Jr
Sam Speigal	So
Oscar Speigal	Fr
Rob Whitaker	Sr
Bryan Gass	So

## Seniors



Captain Ben Davies, Rob Whitaker

## Girls Swim



#### Head Coach: Katie McCully

Name	Year	
Marie Chamberlain	Sr	
Lara Bogdanovich	Sr	
Nika Dadoly	Fr	
Lille Gaeta	Fr	
Annie Harris	Jr	
Caitlynn Hopper	So	
Hannah Johnson	So	
Megan Jusell	Fr	
Whitney Knowlton-Werdle	Fr	
Brooke Linnell	Jr	
Juliana O'Hara	Fr	
Macky O'Hara	Jr	
Alexis Panteli	Sr	
Rosie Pontius	Jr	
Lauren Schiffenhaus	Jr	
Kara Smith	Fr	
Hannah Walsh	Jr	
Fiona Edwards	Jr	
April Poole	Sr	Manager

## Seniors



April Poole, Lara Bogdanovich, Marie Chamberlain, Alexis Panteli

## Captain



Marie Chamberlain

## Varsity Indoor Track



Head Coach: Paul Mullin

Last Name	First Name	School Year
Bois	Olivia	Freshman
Burns	Alison	Junior
Collette	Julia	Junior
Ellard	Shaye	Junior
Field	Taylor	Junior
Geraniotis	Coralea	Junior
Haskell	Lizzie	Senior
Marks	Jane	Junior
Meads	Mackenzie	Freshman
Putnam	Nina	Senior Captain
Stevens	Emma	Freshman
Burke	Andrew	Senior Captain
Dash	Jordon	Junior
Gainey	Camden	Junior
Guiliano	Ryan	Sophomore
McKenzie	Andrew	Junior
Moynihan	Jeffrey	Junior
Nichols	Kirby	Senior
Overton	Nate	Junior
Wingard	Chris	Senior Captain

## "Just play. Have fun. Enjoy the game."

Michael Jordan

Cape Cod's first community bank wishes all 45 Warrior teams success in every sense of the word.







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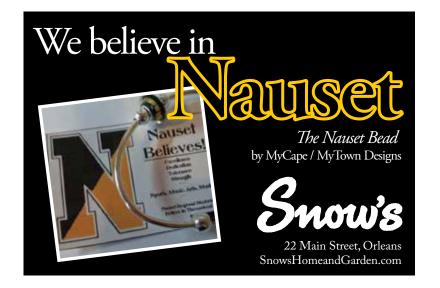
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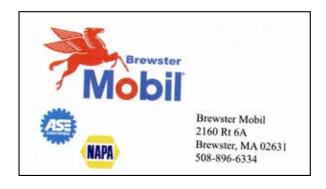
Dinner

We wish all Nauset Students

and Athletes a Great Year!









Soul in Sports and invite you and your teammates to join us.

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Contact
Frank DeStefano
@ 508-280-7300



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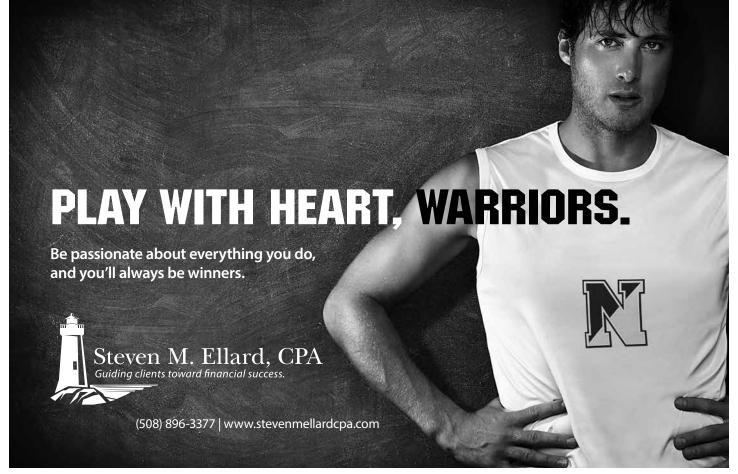




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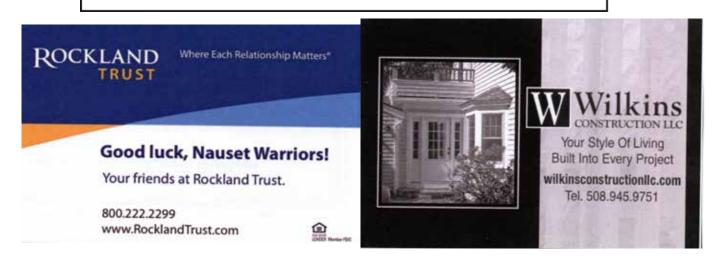
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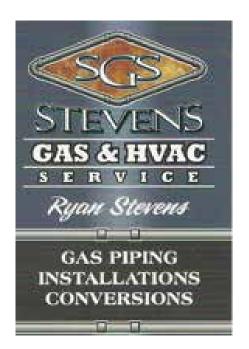
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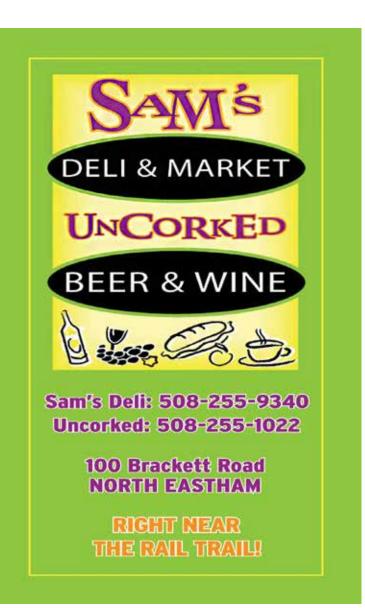


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## Much Success To All Our Nauset Athletes!



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You will receive a Chiropractic examination, x-ray, and EMG for only \$25 upon presentation of this card.

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Please call for an appointment

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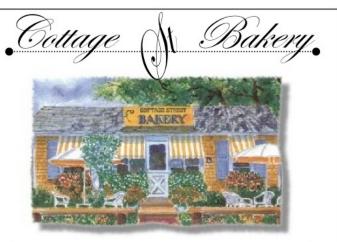


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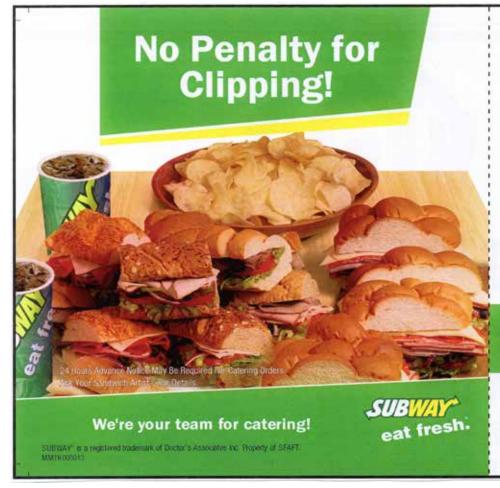
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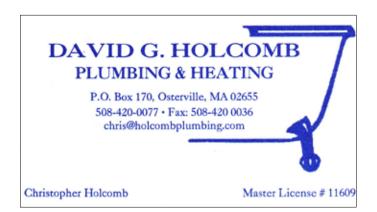
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