



**Methacton High School
Athletic Office**
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www.methacton.org

***“Pride of Methacton”
Warrior Athletics – March Celebrations***
Visit our new website at www.methactonwarriors.org

The “Pride of Methacton” newsletter is a monthly publication which delivers to our schools and community updates on the commendable achievements of our athletic programs and milestones reached by individual athletes. Please enjoy this installment of the “Pride of Methacton”, which focuses its attention on an update/recap of our winter sports season.

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Student-Athletes of the Month:

Winter Season:

- January- Nicole Timko (Girls Basketball) and Christopher Groff (Boys Swimming)
- February- Colin Meyer (Boys Basketball) and Aubrie Wells (Cheerleading)

PAC Citizenship Award: Nicole Timko (Girls Basketball)

PAC Winter All-Academic Team:

<u>Cheerleading</u> Katherine Bradford	<u>Boys Basketball</u> Brett Byrne	<u>Girl's Basketball</u> Mauri Smith
<u>Boy's Swimming & Diving</u> John Du	<u>Girls Swimming & Diving</u> Hannah Taylor	<u>Wrestling</u> Josh Cancro

Methacton Wrestling:

The Warrior wrestling squad finished the season with a 15-7 dual meet record and took home team titles at the Spartan Duals and Panther Open tournaments. The highlight of the season occurred when the squad captured the team title in a 16-team field at the Panther Open Tournament at William Tennant High School. Garnering individual weight class titles were sophomore Joey Simko at 126

pounds, freshman Matty Shumaker at 152 pounds, sophomore Levi Borkowski at 160 pounds and junior Damian Moser at 285 pounds.

Matty Shumaker and junior Josh Cancro led the team in wins with 25 each. Five other Warrior wrestlers - senior Grant Baker, Joey Simko, Levi Borkowski, freshman Ryan Hayes and Damian Moser - eclipsed the 20-win mark for the season. Cancro also registered a team high 20 falls.

In post-season action the Warriors finished in 8th place at the District 1 North Tournament with Ryan Hayes (106 lbs.) and Josh Cancro (215 lbs.) claiming runner-up honors while Matty Shumaker (152 lbs.) and sophomore Shane McQuaid (120 lbs.) also earned a spots on the podium finishing in third and sixth, respectively.

Joey Simko, Josh Cancro and Damian Moser were named to All-Pac second team at the conclusion of the season. Seniors Grant Baker and Brody Borkowski served as team captains for the 2021-2022 season.

Methacton Girls Swimming:

The Methacton High School Girls Swim Team finished with 7 win and 2 losses in the PAC conference season 2021-2022. We had 12 out of our 15 girls on the team qualify for events at PACS. Each swimmer eligible to swim 4 events either 2 individuals and two relays or 1 individual and 3 relays. On the second page are the events each of the 12 swimmers qualified for if needed. Madison Wimmer took 1st place in the 200 IM and 3rd in 100 Back.

Truly Sommer took 3rd place in 200 IM and 2nd in 500 free.

The 200 free relay team of Hannah Taylor, Truly Sommer, Sophia Leber, and Madison Wimmer took 1st place at PACS.

In the PAC conference Madison Wimmer was 1st team for 200 IM and second team for 200 free. Truly Sommer was Honorable Mention 200 IM and 2nd team 500 free.

The relay team of Hannah Taylor, Truly Sommer, Sophia Leber, and Madison Wimmer honorable mention for 200 free relay and 2nd team for the 400 free relay.

Districts qualifiers

Madison Wimmer – 200 free, 200 IM, 50 free, 100 free, 500 free, 100 back

Truly Sommer – 200 IM, 500 free

200 Free Relay – Hannah Taylor, Truly Sommer, Sophia Leber, Madison Wimmer

Madison swam 200 free and 100 free at PIAA districts placing 3rd and 11th respectively

Truly swam 200 IM and 500 at districts placing 28th and 28th respectively

The 200 free relay – Hannah, Truly, Sophia, and Madison placed 20th

Madison qualified for PIAA States this coming week – 3/16 and 3/17. She is seated 8th in the 200 free and 20th in the 100 free in the state.

*****Madison Wimmer also broke the school record 200 free 1:51.80*****

PAC (qualifiers)

Madison Wimmer – 200 free, 200 IM, 50 free, 100 fly, 100 free, 500 free, 100 back

Truly Sommer - 200 free, 200 IM, 100 fly, 100 free, 500 free, 100 Breast

Amanda Tsai – 200 IM, 100 fly, 100 Back

Sophia Leber – 200 free, 200 IM, 100 fly, 100 Free, 500 free

Hannah Taylor – 200 free, 50 free, 100 free, 100 back

Alyssa Griffin – 200 free, 200 IM, 50 free, 100 free, 500 free, 100 Back

Ashleigh Vanbuskirk – 200 free, 500 free

Julia Landsberg – 200 IM, 100 fly, 100 back, 100 breast

Sam Cancro – 200 free, 100 fly, 500 free

Kaitlyn Phan – 100 fly, 100 breast
Izzy Ketterer – 200 IM, 100 breast
Meaghan Drum – 100 breast

Methacton Boys Swimming:

The Methacton Boy's Swim Team continues to be a smaller team each year however, despite how small the team is they grew stronger as the season went on. Overall, the boys finished with a record of 7 wins and 3 loses. They finished the PAC Conference Championship meet 2nd overall, just 15 points behind Owen J Roberts. For a small team, this is a big accomplishment. Each boy set out goals in the beginning of the season and each goal was met. The boy's dropped a lot of time and we had a PR swim at almost every meet.

PAC Championship Place winners:

Medley Relay - 1st & 15th; 200 Free - Christian Lebold (4th), John Du (11th), Jake Kallal (12th); 200 IM - Tommy Gibbs (2nd), Jack Dowell (12th); 50 Free - Christopher Groff (4th), Eric Zang (8th), Brandon Park (27th); 100 Fly - Tommy Gibbs (1st), John Du (7th), Dylan Phan (11th); 200 Free Relay - 4th & 13th; 100 Free - Eric Zang (4th), Eric Lewenson (17th), Aedan Licwinko (20th); 500 Free - Christian Lebold (6th), Jake Kallal (11th), Josiah Tjoe (21st); 100 Back - Christopher Groff (2nd), Chris McKernan (8th), Brandon Park (24th); 100 Breast - Dylan Phan (2nd), Jack Dowell (8th), Ryan Phan (11th); 400 Free Relay - 1st & 10th

PAC All-Conference Team Winners:

200 Medley Relay - First Team (Christopher Groff, Dylan Phan, Tommy Gibbs, Christian Lebold)
200 Individual Medley - First Team: Tommy Gibbs
100 Fly - First Team: Tommy Gibbs
100 Free - Second Team: Christopher Groff
100 Back - First Team: Christopher Groff
100 Breast - Second Team: Dylan Phan
400 Free Relay - Second Team (Tommy Gibbs, Eric Zang, Christian Lebold, Christopher Groff)

This year we sent five boys to the District 1 Championship Meet held at the Graham Natatorium in York, Pa in the post-season. The event kicked off with an amazing performance by the boy's 200 medley relay (C. Groff, D. Phan, T. Gibbs, C. Lebold). The relay finished 3rd overall and broke the team record (1:37.17 to 1:36.06). Tommy Gibbs (sr) competed in 100 yard butterfly and 100 yard freestyle. He placed 5th overall in the butterfly event and 14th overall in the 100 freestyle event. In both events, he swam personal best races. Dylan Phan (sr) also swam a personal best race in the 100 breaststroke and finished 15th overall. Christopher Groff (jr) competed in the 200 freestyle and 100 yard backstroke. Christopher placed 10th in 200 free and 3rd overall in 100 backstroke. Christopher had a spectacular meet, not only being a contributor to a relay record breaking but he also broke two more records at the meet. Christopher Groff broke the 200 free record (previously set by TK Foulke in 2006) with a winning time of 1:44.13. Christopher Groff also broke his own team backstroke record set last year going 51.63 in the 100 back at this year's district meet. This was the first time Christian had a trip to the district mee. Christian Lebold competed in the 200 and 500 freestyle event; in 200 free he finished 29th and in the 500 he finished 36th. The last event of the meet was the 400 freestyle relay where Eric Zang joined up with T. Gibbs, C. Lebold, and C. Groff finished with a best time for the relay this season and 15th place overall.

After the District 1 meet, we had to wait a whole week to see our fate for the State Championships which will be held on 3/16 & 3/17 at Bucknell University. The boy's medley relay (Groff, Phan,

Gibbs, Lebold), Tommy Gibbs (100 fly), and Christopher Groff (200 free and 100 back) have all qualified for this top level meet. We look forward to seeing these final performances of the season. Good luck boys!

Congratulations on a successful 2021-22 season! Go Warriors!

Methacton Boys Indoor Track:

The Methacton Boy's Indoor Track team wrapped up a great season this past week, a season that was marked with 3 top ten state championship finishes, 2 state medals and 3 school records.

Pacing the warriors all season individually were Zach Willen and Vaughn Lackman. Zach took his already good season to a great level when he ran a time of 22.14 in the 200 meter dash at the Varsity Classic, which was fast enough to qualify for indoor nationals. He capitalized on his season when he earned a 7th place finish in the State Championship final and shaved even more time off of his school record, with a time of 22.05.

Vaughn Lackman set the school record in the Mile at Penn State's Kevin Dare invite on January 8th with a time of 4:24.06, which broke the previous record by over 2 seconds. Vaughn went on to run at the Pa State Champs as well, where he lowered his school record mark to 4:20.1 and earned a 9th place finish in what was a historically competitive Mile field. Other impressive marks for Vaughn were a 1:59 800 meter split at Lehigh's last chance meet, and a 9:41 in the 3200 meter run. Zach's time in the 200 and Vaughn's time in the Mile were good enough to finish as top 100 finishes in the country!

The boy's 4x800 relay set a school record at the last chance invite of 8:18.03 to qualify for the state meet. At states, the relay of Chris McGlynn, Matt Behan, Bryan Landsberg, and Nick Willen lowered the school record by another 6 seconds when they ran 8:12.48 and earned a 7th place state medal.

Other highlights of the season include Chris McGlynn and Bryan Landsberg race at the Amory's Varsity classic, when they both ran to PRS of 4:29.2 and 4:33.88 in the 1600, good enough to finish as the 23rd and 37th fastest times in the state over that distance. Additionally, Chris McGlynn's time of 9:06.19 for 3000 meters at the Kevin Dare invite finished as a top 30 time in the state.

On February 7th at The Armory, the 4x400 meter relay was able to run a 3:31.96, the fourth fastest time in school history and a top 20 mark in the state.

Nick Willen ran a time of 53.57 in the 400 meter dash and 2:05.03 in the 800 meter run, which earned him a meet of champs qualifiers, respectively. Owen Li also jumped to 19'6.25 at the Kevin Dare invite, to pace the warriors in the jumps.

The Boy's track team hopes to carry this momentum into the spring season!

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Methacton Girls Indoor Track:

Members of the Girls Winter Track and Field Team were elated to return to a "normal" season this winter, after being without the opportunity to participate in the post-season last year due to COVID restrictions. Their excitement was evident from the first meet to the last, as several members of the team qualified for the Meet of Champions, the PA State Championships and the Nike Indoor National Championships.

To qualify for the "Meet of Champions", an athlete would need to place in the top six of their event at a meet which includes over 70 teams from 5 different counties. The following athletes/relays qualified for the meet:

60m Dash - Summer Mellow and Coco Dunham

60m Hurdles - Analiesa Geiling

200m - Summer Mellow
400m - Kenslee O'Donnell
4x200 Relay (Summer Mellow, Kenslee O'Donnell, Soleil Bond-Johnson, Coco Dunham)
4x400 (Delaney Smith, Bella Coppola, Shannon O'Brien, Kenslee O'Donnell)
4x800 Relay (Delaney Smith, Kristen Riddell, Molly Thomas, Kate Thomas)
Long Jump - Soleil Bond-Johnson, Summer Mellow and Coco Dunham
Triple Jump - Coco Dunham
High Jump - Addi Gormley
Pole Vault - Kaitlin Richards.

The Warriors took home medals (Top 6 medal) in 7 different events!

The State Championships only allow 20 athletes throughout the state in each event. Qualifiers for the meet were:

60m Dash - Summer Mellow
High Jump - Addi Gormley
Triple Jump - Coco Dunham
4x800 Relay - Delaney Smith, Kristen Riddell, Molly Thomas, Bipasha Moktan
4x200 Relay - Summer Mellow, Kenslee O'Donnell, Soleil Bond-Johnson, Coco Dunham

The 4x200 Relay finished 8th. Coco Dunham (TJ) placed 9th. Addi Gormley (HJ) placed 10th in PA.

Qualifying for the Nike Indoor Track and Field National Championships were:

4x200 Relay - Summer Mellow, Kenslee O'Donnell, Soleil Bond-Johnson, Coco Dunham
4x400 - Delaney Smith, Bella Coppola, Shannon O'Brien, Kenslee O'Donnell
4x800 Relay - Delaney Smith, Kristen Riddell, Molly Thomas, Kate Thomas
Triple Jump - Coco Dunham
High Jump - Addi Gormley

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Methacton Boys Basketball:

The Boys Basketball finished the season with a 24-5 record. The team started the season winning its first 18 games. By the end of the regular season, the Warriors were ranked number 1 in the district with a 20-2 record. Boys Basketball finished with the first overall seed in the Pioneer Athletic Conference playoffs with a regular season record of 9-1 in PAC play. After winning the semifinal game against Norristown, the Warriors defeated Pope John Paul II in the championship game to claim the PAC title for the 2021-22 season. Entering the district tournament with the top seed, the Warriors earned a first round bye. They won their first game against Penn Wood, qualifying for the State tournament. After beating Garnet Valley in overtime, the boys basketball team lost in the district semi-final to Norristown. After losing to Cheltenham in a seeding game for the state playoffs, the Warriors entered the state tournament with the number 4 seed from District 1. The Warriors season came to an end losing a 1 point overtime game to the Koncrete Kids of Northampton. The Boys Basketball team had a very successful season and are proud of all the athletes for their commitment and effort this year. As for individual accomplishments, Cole Hargrove set the single season block record with 90 blocks. Go Warriors!

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Methacton Girls Basketball:

The Girls Basketball team completed their season with a 24-5 overall and 12-1 in the PAC. The team qualified for the PAC, District and State playoffs. This was the sixth time in program history that the team has qualified for states. The team's 24 wins on the season was the second most wins in program history. The team finished in first place in the Liberty Division of the PAC and was the overall #1 seed in the PAC Final 6 playoffs. It was the team's first Liberty Division title and first #1 seed in the PAC playoffs where they fell to Spring-Ford in the semi-finals after a first round bye. The team's great regular season earned them the #3 seed District 1 6A playoffs. After a second round loss, the team rallied for three straight wins in the playback rounds to earn a state playoff berth. The team also won their season opening Lady Warriors Classic tip-off tournament.

The team has had many individual accomplishments as well. Senior Nicole Timko (18.8 ppg) became the school's all-time leading scorer in basketball with 1,748 points. She also set program records for career threes with 268 and most points in a season with 546. Junior Cassidy Kropp (9.7 ppg), Junior Mairi Smith (8.0 ppg) and Senior Tori Bockrath (7.6 ppg) all had solid season's and earned all league honors. Timko and Kropp 1st Team and Smith and Bockrath 2nd Team. Fellow Seniors Kayla Kaufman and Caitlin Woolbert joined Timko and Bockrath for an incredible four year run with three state playoff appearances and 84-26 record.

The JV team finished with a record 5-12 on the season. Sophomore Ava Cingiser led the team in scoring at 7.8 ppg.

Methacton Cheerleading:

After a year of little competition in 2021, the Methacton Varsity Cheerleaders were thrilled to have a more "normal" season this year. Despite the omicron COVID surge just after the holidays and only 2/3 of the team able to take the floor, the team was able to shine at District 1 Championships in January and earn a coveted bid to the PIAA State Championship in Hershey later that month.

At States, the team hit a stellar routine in the preliminary round! Their performance was strong enough to land them in the top 25% of teams in the Small Varsity 3A division and send them straight to State finals, bypassing the semi-final round. On Day 2, the team fought hard for yet another hit routine. Overall, the team placed 7th out of 37 teams from across the State.

The team is led by Captains Kaitlyn Clark and Amber DeMichele, both seniors at Methacton. Both 4 year Varsity cheerleaders, their leadership was crucial to the team's success this season, both on and off the mat.

This group is by far one of the closest. The support and encouragement these girls provide one another is next level- fist bumps, high-fives and hugs all day, every day. They are truly a family- spending time together outside of practices, games and competitions. They absolutely love and respect one another. It has definitely made for a fun and rewarding season, one we are definitely sad to see end!

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Please contact me with any suggestions or feedback regarding this publication. The Athletic Office is working hard to continue to strengthen our relationship with the school community by providing the best possible communication.

Paul Spiewak, Assistant Principal for Athletics and Activities