

# PAUL VI CATHOLIC HIGH SCHOOL SPORTS

December 15, 2009

## Panther Pressbox

"Do Ordinary Things Extraordinarily Well."  
St. Francis DeSales

This is the last Pressbox for 2009. Merry Christmas, see you next year and  
GO PANTHERS!

### Track and Field

The Paul VI Catholic Track and Field team had a strong start to the season last Friday, December 11. In the field events, senior Kelly Wojtan threw her personal best in the shot put by over one foot. Jackie Bacon won the Long Jump and freshman Dominic Gilbert began his conquest of the High Jump. In the running events, senior Erin Hunter ran her personal best in the 55 meter hurdles, winning third place. Seniors Jillian Goldstein and Allyson Cowden came in second and third in the 55 meter dash, ranking high out of the 55 meter sprinters in Northern Virginia. In the 1600 meter, Meaghan Grant and Megan Blackstone both ran exceptional times for an early season race and had a close first and second place finish; Grant with a time of 5:55.5 and Blackstone only 0.1 second behind.

Representing the men's team for the 1600 meter was JW Stohlman who ran a 4:56.1, which was only two seconds off of his personal best. In the relays, all competitors ran well, especially Connor Messerschmidt who ran a 2:03 split in the two mile relay and a 53 second split in the mile relay. All of the track and field athletes strongly represented PVI and proved themselves as a strong, competitive team. The coaches were very pleased with the team, particularly with the freshman contingency. The next track meet (The Holiday Invitational) is Saturday, December 19 at the Prince George Sports and Learning Center in Landover, Maryland.

### Cheer

Varsity cheerleaders have had a very busy pre-exam weekend starting with cheering men's basketball at our first home game on Friday night! On Saturday, the team traveled to Berwick, PA, where they competed on Sunday in the UCA Pocono Regional Cheerleading Competition. The squad was awarded second place for Medium Varsity Teams and successfully gained an invitation to the

National Cheerleading Competition in Orlando in February 2010! Way to go ladies; now on to those exams.

### **Men's Freshmen/JV Basketball (by Coach Derrick Harvey)**

It is an axiom in the sports world as well as the working world that you should always "**judge your success by what you had to give up to get it.**" Last year the freshman team won only ONE game all season and instead of giving up, the players and coaches continued to prepare and compete each game until their last. This year, the freshman team has already won their first game of the season beating Flint Hill by 30 points in the season opener and even though they lost to St. John's in our home opener last Friday, it is clear that this freshman team is up to the challenge.

Teamwork is the soul of basketball and no team embodied that message more than last year's JV basketball team completing the season with a remarkable 21-3 record and the reward for their hard work, efforts and sacrifices many of them were moved up to varsity to carry the torch for the program. However, this year's JV team has picked up where last year's team left off by going undefeated and winning the summer league championship and starting this year off with an impressive blowout of Flint Hill 88 - 36 victory. But that was a none conference game. St. John's in our first WCAC home game showed what the rest of the season will be like night after night in the WCAC and in a game where the players nervousness gave way to concentration for both teams it came down to who made the most plays when it mattered most and St. John's came away with the win 73-63. In the locker room the players appeared to get the coaches message as they dressed to support the varsity team.

A PVI basketball player will not be defined by how low his jeans hang below his waist, but in how his genes holds up against its expectations. The expectations of this program is to compete with *Pride, Effort* and *Teamwork*. As the young varsity Panthers begin their campaign for the 2009-10 season those expectations are being learned every game. In our season opener against Flint Hill we were without our freshman forward Jamal Robinson due to an illness so it was the *Efforts* of Devin Hill and Asa Smith that lead us to a 68-47 win. The only casualty was that Davon suffered an ankle sprain early in the first quarter that sat him out the rest of the game. In the home opener against St. John's in which the PVI basketball program

was honored for winning our first ever VIS State Championship and showing our utmost gratitude to the **VI MAN** who is just awesome! Davon Hill still hampered by a bad ankle played with *Pride* as he is the team leader and played inspired basketball pacing the team with 18pts. Tilman Dunbar added 12pts as well but PVI fell 56-72. The next day PVI traveled to Wise high school for the National High School Festival by Nike beating Wise 71-62. It was the *Teamwork* of Tilman Dunbar who lead the team with 20pts and Coleman Johnson had 17pts and 13 rebounds and received MVP honors. Although all three levels of PVI basketball have much room to improve as the season progresses it is clear from our home opener against St. John's that to be competitive in the WCAC our success this year and for years to come will be judged on what we take away from our opponents and not by what we give up to them.

## **Wrestling**

This weekend, Panther Wrestlers competed in the Northern Region Classic Tournament at Fairfax High School. We placed 14th out of 32 teams, mostly AAA public schools. We had the highest finish of any of the private schools in the tournament. Congratulations to Sammy Ojeh and Ben Pfothauer for 5th place finishes and to Chuck Carlton and Damien Ashley, who both placed 6th.

Based on the team's 3-0 start and the strong placement at the Northern Region Classic, the PVI wrestling team is now ranked 3rd amongst the Virginia private schools. Go Panthers Wrestling!

## **Swim & Dive**

The second meet of the season pitted the Swim & Dive team against Good Counsel at the Holton-Arms pool in Bethesda on Tuesday, December 8th. While the athletes achieved 17 personal best times and scores, the PVI boys fell 108-80, while the girls were defeated by the defending WMPSSDL champions 132-52.

Leading the way for the Panthers was Eric Nasakaitis, who won the 100 Butterfly (53.98) and the 100 Backstroke (59.01). He teamed up with captains Michael Yelmgren, Dan Chauvin, and Marcus Martinez to open the meet with a win in the 200 Medley Relay (1:43.63). Yelmgren, Martinez, Nasakaitis and Marcus Quint

would later end the competition with a win in the 400 Freestyle Relay (3:31.17).

Kaitlyn Power led the girls with a second place finish in the 100 Freestyle (1:00.13), alongside Jackie Salzano who took second in the 100 Backstroke (1:13.76).

PVI closes out the first half of the season at the Seton Invitational at the Freedom Center in Manassas this Saturday, December 19th at 1pm.

**\*\*Come support Swim & Dive this Wednesday, December 16th by having dinner at Five Guys in Fairfax! Dine with us between 5-9pm, and place your receipt in the box by the register! You'll not only get a great meal; you'll also be supporting the largest group of athletes at PVI!**

### **Women's Basketball**

PVI Lady Panthers went 2 - 1 last week with wins over Flint Hill 45-32 and Georgetown Day 83 - 45. Their loss came at St John's on Friday night. The team will be off this week for exams, but will play on Saturday Dec 19 vs Princeton Day School at Bishop McNamara (12:00pm tip off) in the *Tina Thompson She Got Game College Showcase*. The team is currently 5 - 1.

The JV Team went 1 - 1 last week with a victory over Flint Hill and the freshman team went 2 - 0 with wins over Stone Ridge and St John's.

Come out and support Lady Panthers Basketball at home on Monday Dec 21 vs Good Counsel and Dec 22 vs St Mary's Ryken.

### **Men's Lacrosse**

PVI men's lacrosse team will be holding their winter conditioning sessions every Sunday (except 12/27/09) in the main gym from 12:30 PM to 3 PM. These sessions are open to any PVI student who is interested in trying out for the

Men's Lacrosse team in the spring and will continue until tryouts on March 1st.

### Softball

Due to mid-terms, there will be no formal weight training this week. There will be an open gym on Sunday, December 20th from 3:00 - 5:00 PM in the main gym. Open gyms will begin again on Sunday, January 3rd from 3:00 - 5:00 PM and weight training will begin again on Wednesdays and Fridays the week of January 4th.

All articles in the Pressbox must be submitted by the coaches or their authorized designees only. Permission from the coach must be received prior to any email to [lindaz@paulvi.net](mailto:lindaz@paulvi.net) . Thank you for your cooperation.

Snack In the Pack is brought to you this week by Swim and Dive.



### Quote of the Week:

"Take charge of your attitude.  
Don't let someone else choose it for  
you."