

PAUL VI CATHOLIC HIGH SCHOOL SPORTS

February 16, 2010

Panther Pressbox

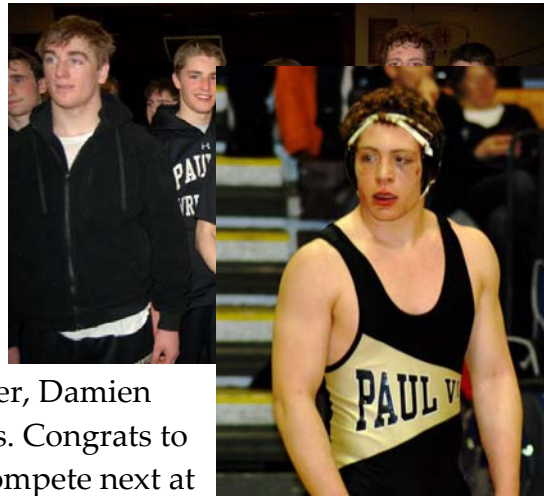
"Do Ordinary Things Extraordinarily Well."
St. Francis DeSales

Dear PVI Fans,

We are collecting for Haitian relief at all home basketball games and lunches. Please continue to be generous and thank you!

Wrestling

Your Panther wrestlers did a great job at the WCAC tournament yesterday. We finished 2nd out of 9 teams (DeMatha was first). Connor Hughes, Tommy Whitaker and Jeremy Whitehurst earned 4th place; Chris Anderson placed 3rd; Dan Carlton, Chuck Carlton and Ray Geier made it to the finals and each took 2nd place; and Ben Pfothenauer, Damien Ashley and Sammy Ojeh are WCAC champs. Congrats to these great student/athletes! The wrestlers compete next at the VISAA State Tournament on Friday and Saturday.



Men's Basketball

++Vote for PVI vs Gonzaga this Friday as the [Fox 5 Game of the Week!](#)

Next Tuesday we have a basketball game that will be a sell-out against Bishop O'Connell. Tickets for this game are being **pre-sold beginning at all lunches.**

Students and parents are advised to get their tickets early. The cost is \$5.

Junior Varsity

After spending a whole week without playing basketball the J.V. team was eager to stretch their legs and get back to doing what they love most. Early in the game however, we looked a bit out of place and St. Mary's Ryken started the game out with the lead. It appeared the structure of playing as a team had been lost in the snow break and we needed a little time to readjust. In the second half we finally got it going and pulled away from Ryken and won the game 71 - 54. PVI was lead by Andrew Peacock 14pts, Nigel Johnson 12pts, Brian Speaks 12pts, Emonte Rodgers 10pts & Langston Burnett 9pts.

Varsity

It appeared that "Cabin Fever" from all this snow had taken a hold of the boys basketball team last Saturday as we struggled to pry away the lead from St. Mary's Ryken for much of the game finally fatigue gave way and in the end we ran out gas losing 74 - 61. PVI was lead by Patrick Holloway 19pts and Coleman Johnson 12pts and Stanford Robinson with 10pts. The next day we traveled to Bishop Ireton still a little rusty from the layoff but this time we managed to wrestle away several lead changes in the second half and took the lead for good in the fourth quarter by some winning plays made by the energy and alertness of Asa Smith coppled by reliable free throw shooting by Mike Lyons, Patrick Holloway and Davon Hill to seal the victory. PVI was lead by Tillman Dunbar 21pts, Patrick Holloway 17pts and Stanford Robinson 12pts.

Cheer

PVI's Varsity Cheerleading squad headed to Orlando on February 12 to compete in the National High School Cheerleading Competition held at Disney World. The team was invited following a successful second place award at the UCA Pocono Regional Cheerleading Competition in mid December. They also placed in the top three teams at the ECDA Harbor Lights Extreme Competition held at University of Maryland in January and earned a bid to the ECDA National Competition later this year. Way to go, cheerleaders! [Watch Cheer Video!](#) And more: Here is the uca website <http://uca.varsity.com/Nationals.aspx>. Then click on NHSCC video, shout outs etc. This should bring you a place to search for team videos, enter Paul VI. The routine is about 1 minute long. Enjoy watching our team!

Women's Basketball

Paul VI Lady Panthers picked up two nice wins this past weekend after a long time off.

After no practices or games in two weeks, the Lady Panthers traveled to Ryken on Saturday where they picked up the win 66-55 on an outstanding team effort.

On Sunday, PVI traveled to Ireton where they defeated Cardinals 66-48.

Congrats to Coach Benjamin (who was filling in for Coach Allen who was out of town) and team on an outstanding weekend.

The freshmen scored a 38-17 win over Stone Ridge in which every player scored for us! A nice team win.

Varsity Hockey Celebrates Its Seniors; Ties Game Against Potomac Falls

On Friday, February 12th the varsity hockey team recognized five outstanding players during senior night. The following students will be moving on from PVI and the hockey team next year, and we want to congratulate them for their accomplishments on the ice and in the classroom:

#8, Nick DiBiasio - Assistant Captain, Forward

#6 Hilary Enns - Forward

#17 Bart Gonzalez - Forward

#30 John Nowadly - Goalie

JP Kelley - Student Coach

After a brief ceremony on the ice to recognize these players and their families, period 1 began with penalties for each team, and a goal midway for Potomac Falls while they were on a power play. Each team sat through another penalty with no change in score, and PVI offense worked to keep the puck in the Potomac Falls zone for most of the second half. With three minutes to go in the first and both teams at full strength, #8 Nick DiBiasio put one in to bring it to a tie. Shots on goal for the period were PVI 10 to PF 4.

During the second period we were treated to some good diving defensive moves by #88, junior Richie Golowinski & #17, senior Bart Gonzalez. Goalie John Nowadly worked hard with some extreme saves against the PF offense as they

strived to even up the shots on goal, but they managed to get one in during another of their power plays in the middle of the period.

PVI's offense intensified their attack on the PF goal during the third, and goal minder Nowadly continued to have his work cut out for him as Potomac Falls didn't let up either. He got a little help early in the third when #26, junior Frank Duggan out raced a break-away PF skater to hit the puck away from him right in front of our goal. Midway through Duggan contributed again and received a pass (assist) from DiBiasio which he shot straight into the PF net for the game tying goal. Final score was PVI 2 and Potomac Falls 2, with shots on goal 25 to 18.

Preseason Baseball Parent Meeting

Wednesday February 17 - 7:00pm - PVI Auditorium If your son is trying out for baseball, it is **STRONGLY** recommended that you attend.

Men's Lacrosse

The men's lacrosse team will be holding their winter conditioning sessions every Sunday 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.

As a reminder for those who do not have a current physical on file, physicals are required for all those trying out for the lacrosse team. The forms can be found on the Paul VI Athletics site.

Softball Season Is Almost Here!

Weight training will continue on Wednesdays and Fridays this week and next week. The final weight training will be Friday, February 26th. Open gyms will continue this Sunday, February 21st and next Sunday, February 28th. Softball tryouts will begin Monday, March 1st from 3:15 PM to 5:30 PM after school. All players trying out must have a physical on file at Paul VI.

Spring Tennis

There will be a men's tennis information session at 3:15 pm at PVI (Room TBD) on Monday, February 22. Parents are welcome.

PVI Women's Lacrosse Spirit Night on Monday, February 22nd

5 PM - 8 PM Fair Oaks Mall

Please help support the PVI Women's Lacrosse team by eating at Chick-Fil-A's Fair Oaks Mall location on Monday, February 22nd from 5 PM - 8 PM. Bring the flyer (click below) with you. The team will received a donation to the team based on the sales during this evening. Come eat some chicken and support PVI Women's Lacrosse!

DON'T FORGET TO BRING [THE FLYER](#)

SNACK-IN-THE-PAC -- Brought to you this week by the Dance Team!

Quick Links

(Click below)

[Game Schedules](#)

Daily Games

Hotline:

(703) 352-0927



Quote of the Week:

"Be more concerned with your character than your reputation."

John Wooden