

PAUL VI CATHOLIC HIGH SCHOOL SPORTS

January 12, 2010

Panther Pressbox

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

Invitation for Rising Freshmen Athletes

All rising freshmen athletes and families are invited to attend our annual Athletic Night on Saturday, January 30. The evening will consist of the women's varsity basketball game at 4:15pm in the Activity Center, followed by pizza, desserts and soda in the cafeteria at 5:30 and the men's varsity game at 6:00. During dinner, our varsity coaches, their assistants and players will be available to meet you and answer questions about PVI athletics.

This evening is free for both students and their parents .

Please let the Office of Admissions and Student Life know if you can attend by email to kgrim@paulvi.net or ehanley@paulvi.net

Women's Basketball

Our Lady Panthers Varsity Basketball team went 2 - 1 last week. The team lost a tough battle to Bishop McNamara on Monday, but came back very strong on Tuesday with a 14 point win over Carroll. The Lady Panthers traveled to O'Connell on Thursday where they took a lead from the opening tip and never looked back, defeating their cross town rival 65 - 51. See this [press hit!](#) The team is currently 9 - 3 and 2-2 in the WCAC.

The JV team also went 2 - 1 last week. The team lost a tough game at McNamara, but came on strong to easily defeat Carroll and O'Connell.

The Freshmen went 1 - 1. The team had a great win over Westfield on Tuesday but lost a nail-biter to O'Connell on Thursday.

All teams will be in action this week with a NBA-like schedule. The Lady Panthers will take on Ireton, Ryken, Seton, and Good Counsel. The Varsity team will play 4 games in 5 days. Come on out and support your Lady Panthers!

Men's Basketball and Fox Game of the Week!

All basketball fans plan to come to **the PAC this afternoon for a double-header!** The Lady Panthers begin the night against Bishop Ireton at 5:15 pm followed by the men's team at 7:00. Don't miss it!

FoxSports has given PVI an opportunity to have this Friday night's match-up against DeMatha as their **GAME OF THE WEEK** and our Cheer Squad to be the **CHEER OF THE WEEK**. You can vote here: [GAME/CHEER OF THE WEEK!](#) Voting ends on Thursday. Take just a few minutes to support PVI in this annual contest!

Wrestling

Panther wrestlers continue to pin their way to victory. Over the last week, the wrestlers improved their record to 10-2, beating McNamara (55-15), Episcopal (33-27), Norfolk Academy (57-22), Woodberry Forest (40-27) and South Lakes (39-24). Our only loss last week was to Good Counsel (40-22). Next up is the Wildcat Wrestlefest at Centreville High school this weekend. Go Panthers!

Ice Hockey

Varsity beats Oakton

On Friday, January 8 the the varsity team took on Oakton HS at Ashburn Ice House for a fast-paced game. Oakton hit the ice with speed and skill, scoring their first goal in just over a minute. PVI answered with a goal three minutes later (Spoone, #68) and the contest was on! Oakton scored again within minutes, and

PVI shot another goal to even the score (Dibiasio, #8). Oakton then put another in, and PVI tied it up with their own third goal right before the 1st period buzzer (Dibiasio, #8). The period ended in a 3 - 3 tie.

The second period started with an Oakton penalty, quickly followed by a PVI penalty. Each team held the ice during their power plays, and then suffered simultaneous penalties. Towards the middle of the period PVI broke away from Oakton's defense and scored again (Duggan, #26 with an assist from freshman Sebenaler). This was followed by another PVI penalty, which gave Oakton the power play and they made their 4th goal to even up the score once again. The period ended with two more Oakton penalties and a tied score of 4 - 4.

Both teams hit the ice hard in the third period, but Oakton was the first to score and pull ahead. An Oakton penalty then gave us the power play and we took full advantage with another goal (Duggan, #26). Each team suffered another penalty, and with only a few minutes left it looked like we might end in a tie. The PVI team worked to keep the puck in the Oakton zone and slammed one in in the final minutes of the game (Veltri, #61 with an assist from Dibiasio, #8). Final score, PVI 6 - Oakton 5.

JV falls to Robinson

Our combination JV team played Robinson on Sunday, January 10 at Reston Skatequest. The team skated hard, but Robinson managed two goals just into the first period. Our team rallied and shot one in midway through the first period (Westfield 's Hunt, #81), but then Robinson managed another goal bringing the 1st period score to 3 - 1. The second period saw two team penalties and two Robinson goals, but our team kept up the momentum. Robinson earned another goal in the beginning of the third, and our team rallied once again. In the middle of the third, we scored (McLean 's Ball, #54), and then kept the puck in the Robinson zone to continue badgering their goal tender with shots on goal. Near the end of the period we slammed another on in (McLean 's Baker, #55) to make the final score Robinson 6 - PVI/WF/McLean 3.

Softball

Softball continues to prepare for the 2010 season with weight training on

Wednesdays and Fridays from 3:00 - 4:00 PM in the weight room. Also, open gyms continue on Sundays from 3:00 - 5:00 PM in the main gym. Tryouts begin in 48 days! Panther Softball Rules!

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. Thank you for your cooperation.

Snack In the PAC is brought to you this week by women's lacrosse.

Quick Links

[Game Schedules](#)



Quote of the Week:

"To find the unlimited scope of human possibility, look within yourself." -- Jim Valvano