

PAUL VI CATHOLIC HIGH SCHOOL SPORTS

January 26, 2010

Panther Pressbox

"Do Ordinary Things Extraordinarily Well."

St. Francis DeSales

Panther Fans,

As a part of PVI's continuing outreach to the people of Haiti, the Friends of Rachel and the Salesian Leadership Club will be collecting spare change during all lunches and home basketball games. Please be generous!



Tonight is the 2nd annual PVI Bonfire . You don't want to miss it! Come out for Clarence's famous chili and cornbread. PVI wrestlers will be competing in the John Welcher Wrestling room against DeMatha and Ireton beginning at 4 - the fire starts at 5:30 pm on the track field and the varsity basketball game against Good Counsel is 7:30 in the PAC. (we beat GC at the buzzer on their court last time!) It's going to be a fun and spirited time at PVI tonight! Catch it

all!

Cheer

The Varsity Cheer Squad competed early last Saturday in the ECDA "Harbor Lights Extreme" Competition and did an awesome job! They placed in the top three teams and earned a bid to an ECDA National competition later this year. Great job girls! But their focus and hard work is still being saved for the NHSCC competition which they will attend at Disney in Orlando on Feb. 12. This is the

National High School Cheerleading Championship...and they are are sooooo excited!!

Wrestling

PVI wrestling improves to 15-5.

Wrestling Press Hit! http://www.catholicherald.com/detail.html?sub_id=12007

Over the last week your # 2 ranked Panther Wrestlers won two out of three matches defeating WCAC rivals Gonzaga (36-31) and St. John's (63-6). The loss came at the hands of AAA public school Woodson (40-28). Leading the way this year for the wrestlers are senior Sammy Ojeh (27-3), sophomore Conor Hughes(18-5), senior Ben Pfothenauer (25-7), senior Chuck Carlton (25-7), senior Damien Ashley (24-8), junior Chris Anderson (16-7), freshman Tommy Whitaker (17-9) and sophomore Ray Geier (18-10). For those of you that follow all PVI sports, you'll notice that 5 of 8 of the leading wrestlers were starters on the **football team**. Football players make great wrestlers and wrestlers make great football players. These sports (and others) are great compliments - please spread the word. The Panthers face off against DeMatha and Bishop Ireton today at PVI. Then we meet at Oakton on Friday the 29th and finish the dual meet season at home on Tuesday Feb 2 against The Potomac School. The match against the Potomac School is our senior night. Please join us and cheer on these great student/athletes. Go Panther Wrestling!

Varsity Hockey Battles 2 Tough Opponents

PVI vs. Broad Run

On Friday, January 15th the PVI varsity squad took on Broad Run at Ashburn, struggling against their offense from the first period. Broad Run managed a goal within the first two minutes, and kept the puck in the PVI zone for the better part of the first period. #34 Goalie, senior John Nowadly held his ground with quite a few impressive saves, helped early by a good defensive move from #68, freshman Jacob Spooone, but the Broad Run team continued to pound the PVI goal and scored

two more. First period ended BR 3 - PVI 0 with 15 BR shots on goal to PVI's 4.

During the second period PVI strengthened their offense, evening out shots on goal with a lot of back and forth across the ice. Nowadly kept the puck out of the PVI goal despite another 7 Broad Run shots, and midway through the period #25, freshman Nick Sebenaler scored, ending the second BR 3 - PVI 1 with shots on goal BR 22 and PVI 18.

Soon into the third period, Broad Run got in two goals in quick succession. Nowadly again worked hard to protect the net, but Broad Run managed another near the end of the period to bring the final score to BR 6 - PVI 1 with total shots on goal BR 33 and PVI 22.

PVI vs. Woodbridge

PVI skated a good game on Thursday, January 21st against a high ranked Woodbridge team. Woodbridge hit the ice with an immediate goal in the first minute of the game, and then another midway through the period. PVI offense attacked the Woodbridge goal with an equal number of shots on goal, and the activity on both ends of the ice was intense. Two minutes before the 1st period buzzer, #25 freshman Nick Sebenaler positioned himself strategically in front of the Woodbridge net, receiving a pass from #8, senior Nick DiBiasio and slamming in PVI's first goal. The period ended with Woodbridge 2 - PVI 1 with shots on goal 7 - 6 respectively.

The Woodbridge squad seemed to intensify their offense during the second period, doubling their shots on goal. Though PVI Goalie John Nowadly performed amazingly, keeping out 12 shots during the period, Woodbridge scored twice more, ending the second Woodbridge 4 - PVI 1, shots on goal 21 - 11.

Woodbridge earned another goal one minute into the third period. About five minutes later #61, sophomore Peter Veltri weaved through the Woodbridge defense and scored for PVI. Nowadly continued to perform, and the PVI defense also benefitted from some nice moves by #88, junior Richie Golinowski, but in the end Woodbridge put one more in to end the game with a 6 - 2 score, shots on goal Woodbridge 32 to PVI's 14. Though a loss, the PVI team skated extremely well and maintained a high level of intensity throughout the game - well done!

JV Team Earns One Win, Suffers One Loss

PVI JV vs. Raiders Blue

Sunday, January 17th saw an energized JV squad hit the ice ready to score. #55, McLean's Baker shot two goals into the Raider's net within the first five minutes, starting us out in the lead. The Raiders evened out the score quickly, managing their own two goals, one during a Raiders Power Play for a 2 and 10 major PVI/WF penalty. Our team recovered the lead with a great shot into goal by #37, PVI sophomore Peter Hart with an assist by #88, PVI junior Richie Golinowski, ending the period PVI/WF/McLean 3 - Raiders Blue 2.

The second period started with an immediate goal by #44, a Westfields skater, and another right away by #19, McLean 's Pritchard. Still in strong offense mode, we kept up the attack in the Raiders zone, and were rewarded with another goal by #6, PVI senior Hilary Enns. The Raiders retaliated with their own goal, and both teams took a few turns in the penalty box. Near the end of the second, #88, PVI's Golinowski pushed our lead even further with another goal to end the period PVI/WF/McLean 7 - Raiders Blue 3.

Our team was not done yet, and started the third on a high with a quick goal by #14, Westfield 's G. Preville. Both teams continued to occupy their penalty boxes with hooking and tripping charges, and the action level stayed strong with a lot of back and forth on the ice. PVI's #37, sophomore Peter Hart shot another goal in midway through the period, which was answered by a Raiders goal minutes before the final buzzer. Final score was PVI/WF/McLean 9 - Raiders Blue 4, with shots on goal 26 to 15.

PVI JV vs. Raiders Green

On Sunday, January 24th our JV team took on the Raiders Green, keeping things even for the first period with a goal for each team in the first five minutes. The second period started with a successive penalty for each team, and ended with a Raiders goal to put the score at Raiders Green 2 - PVI/WF/McLean 1, with shots on goal a near match at 20 to 18.

The Raiders managed another goal just into the third, and the PVI/WF/McLean

offense rallied with two quick goals by #55, McLean 's Baker to tie the score. The Raiders then intensified their own offense, earning a few penalties but also two more goals by the end of the game. Final score was Raiders Green 5 - PVI/WF/McLean 3 with shots on goal 36 - 32.

Big Win for Special Olympics Panthers!

The PVI Special Olympics Panthers played two games at the Special Olympics Virginia-Northern Virginia Basketball Tournament on January 24 at Hoop Magic in Chantilly (sponsored by Lockheed Martin). After last week's successful tournament where they won all 4 games, the Panthers were moved up a division. In addition to more competitive opponents, the format of the games on Sunday lengthened from two 8-minute halves to four 6-minute quarters. With a terrific turnout, the Panthers played two games, the first against the FPYC Jr. Sharks and the second against the Oakton Burgundy. The team worked very hard and many scored points. While the Panthers lost the first game to the FPYC Jr. Sharks, 18 - 10, they won big in the second game against the Oakton Burgundy, 42 - 20! As far as those present could remember, this is a single-game scoring record for the Panthers. Needless to say, all the players and Coach Underhill were ecstatic and very proud of all the work they've done so far. Top scorers in the games were Tasha Adkins-Blanch, Sarah Capp, Sean Cross, Rebecca McKenna, and Matthew Tierney. Morgan Howard and Evan Patchett showed the other teams that we can also play a great defensive game.

The next tournament is not until February 20, but in the meantime, Coach Underhill has coordinated a Special Olympics basketball game during half-time of the February 5th PVI Varsity Men's home game. It'll be fun--come see us play!

Men's Basketball

Freshmen

It was a rough week for the freshmen basketball team to say the least. For the second time, the young Panther troops have been dealt a two- game losing streak with losses to Gonzaga and St. John's , dropping the record to (5-6. This is the first time since the season began that the team has been on the down side of the win/loss column. The Panthers did have something to cheer about in a losing effort to St. John's when they got a major boost with the return of two backcourt mates in Tyler Phillips and Mike Muskett who having been playing with JV the last three

games due to injuries there. Tyler Phillips came back strong to lead the Panthers in scoring with 13pts against SJS. Coach Burke had nothing but great things to say about his team when approached by a school paper reporter from St. John's after the game. He stated: "I can be demanding at times and hard on these kids but the thing that impresses me is that from player 1 to player 13 - they all compete and work hard every day and they play for each other no matter what the situation. I love every minute I'm around them because they all have great attitudes and force me to work just as hard as a coach to keep up with the work ethic these guys have." The Panthers are back in action today against Good Counsel at home and then finish the week out on a road trip to Bishop McNamara on Friday, January 29.

Junior Varsity

Last week was a tough week for the JV Panthers, after completing an impressive win over St. Mary's Ryken, a game in which Ryken was just overmatched by our size and guard play. However, facing a more disciplined and evenly matched Gonzaga team, JV struggled to grasp hold of Gonzaga and eventually lost its grip and fell 56-48. With only one day to practice and regroup, JV then traveled to St. John's for what was meant to be a "payback" game from the early season loss to them. However, what was meant to be a turning point ended up being a stepping stone and the Panthers found themselves down by as much as 15 pts by halftime. St. John's didn't take a single jump shot the whole first half. After a very intense and eventful halftime speech by Coach Farello the young Panthers came out and played inspired defense and climbed all the way back to close the deficit to within 7 pts but ran out of gas and eventually lost 63-50. PVI was lead by Nigel Johnson 20pts and Langston Burnett 10pts.

Varsity

The only thing harder than losing is winning. Every game in the WCAC is a lesson on winning and losing. This year, the men's basketball team is being schooled on how to make the plays that will win the game before the actual buzzer sounds. It's getting the 50/50 rebounds, loose balls and making the key layup or being aware and alert on offensive and defensive sets a player in position to make that key play. Last week versus Gonzaga, a game in which we were leading for much of the game, when the opportunity came we didn't make those key plays that could have propelled us to the biggest victory of our season thus far. In the heat of the battle, we lost freshman standout Jamall Robinson to a broken thumb that he suffered while hustling for a rebound. Gonzaga fought their way back into the lead and made plays in the end. The result was a 50-46 loss to Gonzaga. Patrick Holloway,

Davon Hill and Coleman Johnson lead PVI in scoring. A few days later, PVI traveled to St. John's and once again those key moments presented throughout the game but we were unable to make capitalize on them. St. John's eventually pulled away with the victory 50-44. Patrick Holloway, Coleman Johnson led PVI in scoring. As the young Panthers continue to learn what is needed as individuals and as a team to win, they will only get better as a result. We take on Good Counsel tonight at PVI.

Women's Basketball

The Lady Panthers battled # 4 ranked Holy Cross on Tuesday night in a great WCAC showdown. Holy Cross was able to escape with a 65 to 63 win after a couple of last second attempts by the Lady Panthers.

Both Freshman and JV team both had outstanding performances at Holy Cross and came away with two wins.

It will be a big week for all three teams playing at Good Counsel today and hosting McNamara Friday night. The varsity team will host Don Bosco at 4:15 Saturday with the freshman team traveling to Freedom.

SNACK-IN-THE-PAC -- Brought to you this week by ICE HOCKEY!

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(703) 352-0927



Quote of the Week:

**"Do not let what you cannot do
interfere with what you can do."
John Wooden**

