

# PAUL VI CATHOLIC HIGH SCHOOL SPORTS

March 1, 2010

## Panther Pressbox

"Do Ordinary Things Extraordinarily Well."

St. Francis DeSales

### **PVI to Host NCAA Recruiting Presentation for Athletes & Parents**

Mark your calendars for March 17 at 7 pm in the auditorium when Paul VI will host an evening on the college recruiting process featuring Mr. Bob Chmiel. This is for all PVI student athletes who hope to compete at the college level in sports. Bob is a former college coach at Michigan and Notre Dame (his bio is below).

Bob Chmiel, NCSA's (National Collegiate Scouting Association) Director of Football Operations and Educational Speaker, brings more than 20 years of experience in recruiting, coaching and personnel development under famed coaches Lou Holtz, Bo Schembechler and Lee Corso.

Chmiel delivers educational recruiting talks to student-athletes, families and high school coaches nationwide. He has been a keynote speaker at the US Army All-American Bowl, Under Armour All-American Combine and the National Underclassmen Combines among others, addressing both student-athletes and families on the realities of college recruiting.

Chmiel spent seven years as Notre Dame's Director of Football Operations and Recruiting Coordinator/Assistant Coach. Prior, Chmiel was the University of Michigan's Football Recruiting Coordinator, where he also served as an assistant coach. After completing his coaching career, Chmiel worked as a college football analyst for ESPN and has also provided commentary for Comcast Sports. He currently writes for Blue and Gold Publications and hosts "Sports Talk" on WSBT Radio in South Bend, Indiana. He was named one of the "Top 11 Recruiting Coordinators of All-Time" in Tom Lemming's book *Football's Second Season: Scouting High School Game Breakers*.

### **Wrestling**

Panther wrestlers wrapped up the season this past weekend at National Preps. Based on our performance at States, eight out of fourteen varsity wrestlers were invited to compete at this prestigious tournament. Of the eight, seven were able to attend. Congratulations to Conor Hughes and Ben Pfothenauer for both winning two matches at this very competitive tournament. The results are posted on the

National Prep web site if you would like to see the details.

We finished the year with an 18-6 dual meet record. We placed 2nd in the WCAC and 3rd in the State tournament. We had three WCAC Champions; Ben Pfothenhauer, Damien Ashley and Sammy Ojeh. Damien Ashley was also a State Tournament Champion. The following varsity wrestlers won 20 or more matches this year:

Conor Hughes, Sophomore, (29-11)  
Tommy Whitaker, Freshman, (26-16)  
Jeremy Whitehurst, Junior, (20-20)  
Ben Pfothenhauer, Senior, (38-11)  
Damien Ashley, Senior, (36-10)  
Chris Anderson, Junior, (28-12)  
Chuck Carlton, Senior, (32-12)  
Ray Geier, Sophomore, (29-13)  
Sammy Ojeh, Senior, (39-6)

Congratulations to all the great student/athletes who participated on Varsity and JV wrestling this year.

## **Women's Basketball**

### ***Lady Panthers End Regular Season with Record 19 wins***

PVI Lady Panthers closed out the regular WCAC conference season with a 78-40 win over Carroll on Monday night and a 76 - 40 win over O'Connell Tuesday night. On Saturday, PVI battled St John's, but came up short losing 71 - 65. PVI closes the regular season with a girls basketball school record 19 wins with 11 wins in the WCAC.

### ***VA Independent Girls Basketball State Tournament: Going for 4 in a Row!***

PVI was seeded # 1 VA Independent Schools State Tournament for Division I teams. The Lady Panthers will play their quarter-final game Home on Wednesday at 5:00 vs TBD. With a win, PVI advances to the Semi-Finals and finals at Benedictine High School in Richmond on Friday and Saturday.

### ***WCAC Tournament***

# 5 Paul VI will play at # 4 Holy Cross on Thursday March 4th. With a win on Thursday, the Lady Panthers would play in the WCAC Semi-Finals on Sunday at

American University. With the WCAC moving their conference tournament back a week to conflict with the state tournament, it is possible for the Panthers to play six games in a row. We are hoping that is the case! Go Panthers!

The freshmen team finished its season Saturday with a decisive win over St. John's 52-31. The Panthers were led by the outstanding play of their two strong post players - Marilisa Morales (17 pts.) and Paige Connelly (15pts) - and guard Nicole Gertenbach (9 pts.). The freshmen finished the season with a 10-8 record, with four of their games being cancelled due to snow.

## **Men's Basketball**

### ***Junior Varsity***

As I sit here writing this article preparing to eat breakfast and start my day a thought just came to me--I think I ordered too much food! Much like this season for the junior varsity team, the coaches knew that we had a lot of talent but we what we didn't prepare for was the ups and downs of injuries and players moving up and down from freshman to JV and from JV to Varsity and back again. It was a lot to take in and a lot to deal with. But in this program we believe that it is not so much as to how you start but how you finish. Finishing practice strong, quarters, halves games and the season is very important. JV has won four out the last five games of the season including the last three against Don Bosco in which we won 61-39, Brian Speaks lead with 14pts, Emonte Rogers 17pts and Andrew Peacock 10pts. Against Archbishop Carroll, we won 66-59 in which Brian Speaks again lead with 24pts, Langston Burnett 14pts and Emonte Rogers 13pts. Against nearby rival Bishop O'Connell, we won 47-37 lead by Nigel Johnson 13pts, Andrew Peacock 10pts and Emonte Rogers 9pts. Now that's how you finish a season -- beating O'Connell -- and now I'm full. I just can't eat anymore breakfast, but now that I think about it I paid a lot for this food. I have to FINISH it.

### **Varsity**

By now everyone knows that we are a young and inexperienced team. Everyone expected us to take our hits this season and many didn't expect us to win six games in the WCAC. We knew the loses were going to come but it is not about losing its about bouncing back and keep moving forward. Like JV, Varsity has also finished the season strong beating Don Bosco 64-28 in which our team leaders were Patrick Holloway 11pts, Devin Hill 8pts and Jamall Robinson 8pts. Next up was revenge games starting with Carroll in which we won 61-58 in O.T. It was a thrilling game that found great performances from Tillman Dunbar leading the way with 16pts followed by Patrick Holloway 15pts, Stanford Robinson 9pts and Jamall Robinson 8pts. Then against our rival, PVI beats O'Connell on Senior Night for 2nd straight time (2008). Also PVI swept O.C. on Senior Night in football and in both girls and boys basketball in 2010.

Patrick Holloway led us with 13 points and now has 77 3-pointers on the season, which ranks 2nd in the DC Metro Area.

Asa Smith contributed 2 key baskets in the last minutes of the game to stretch the lead to 6, and the Panthers held on by going 12 for 12 from the line in the 4th quarter. Overall the team hit an impressive 20 of 23 from the line for the game

It was PVI's 3rd victory in 4 games over Denis J. O'Connell.

PVI ends the season on 3 game winning streak and will host a first round playoff game against Carroll this evening.

### **Varsity Hockey Finishes Season in Quarterfinals**

Varsity hockey faced their toughest opponent this season in the quarterfinals of the Northern VA Scholastic Hockey League last Monday night. Top seeded Stonebridge High School was ranked #1 in the NVSHL and #5 in the area by The Washington Post. It was a tough game for the Panthers who ended coming up short against Stonebridge. Congratulations to the team for an excellent season; the last time the ice hockey team made it to the quarterfinals was during the 2006-2007 season.

### ***JV team moves steadily into the playoffs with a tie and a win***

Saturday's game vs. Raiders Green

The JV team racked up some points in the finals during its first two round robin playoff games this weekend. Saturday's game against the Raiders Green started with a quick goal by the Raiders, and they maintained the lead to the middle of the 1<sup>st</sup> period until #55, McLean's Baker evened the score. Both teams were skating with good intensity, lots of passing and equal shots on goal. Each team earned penalty box time during the end of the period, and a minute before the buzzer could end the first in a tie #4, PVI's Nick Macina positioned himself strategically in front of the net to receive a pass and shoot it directly in, putting us in the lead.

Our team continued working together in the 2<sup>nd</sup> and doubled our shots on goal, all kept out by the Raiders goal tender. Two thirds of the way through the period the Raiders slipped one past our own goal tender, tying the game. Then, four minutes into the 3<sup>rd</sup> the Raiders scored again to pull ahead. The Raiders also gave us two power plays towards the end of the game, and during the second one Baker broke away to put one in the Raiders net with two minutes to spare. The score held to the end tied at 3, with PVI/McLean/Westfields shots on goal 19 to Raider's Green 13.

## Sunday's game vs. Raiders Blue

Our team looked very cohesive from the start on Sunday. Just two minutes into the 1<sup>st</sup> period #15, Westfield's Finnell received a pass from #27, PVI's Nick Fry to earn our first goal, quickly followed by a goal 40 seconds later by #24, PVI's Mickey Sheridan with another assist by Nick Fry. We held the ice for the rest of the period, and started the 2<sup>nd</sup> with a goal by #55, McLean's Baker to put us in the lead by 3. Penalties added up on both sides as skaters enthusiastically defended their zones, and two thirds of the way through the period the Raiders scored while both teams were full strength.

Period three started with another goal by the Raiders, and continued along with more penalty box time for both sides. The puck continued to fly from zone to zone as both sides racked up shots on goal, and both goal minders performed brilliantly. Near the end of the period, McLean 's Baker untangled himself from the pack in front of the Raiders net to gain control of the puck and slam one in. The game ended with our team on top: PVI/McLean/Westfields 4 to Raiders Green 2, with shots on goal 24 to 18 respectively.

Next playoff game for the JV team is Wednesday, 3/3, 7:40pm at Reston Skatequest.

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(703) 352-0927



## Quote of the Week:

Practice puts brains in your muscles. (Golfer Sam Snead)