

PAUL VI CATHOLIC HIGH SCHOOL SPORTS

March 8, 2010

Panther Pressbox

"Do Ordinary Things Extraordinarily Well."

St. Francis DeSales

Women's Basketball Team Wins 4th Consecutive State Championship!

The Lady Panthers varsity basketball team had an incredible journey this week playing five games in five days. It started with a win Wednesday at home against St. Gertrude (Richmond) in the Virginia Independent Schools State Tournament quarterfinals. Thursday they went to Holy Cross in the quarterfinals of the WCAC tournament and upset them at the buzzer - Devan Fitzsimmons hit a 15-footer with 3 seconds remaining! The team then left for Richmond to participate in the VIS closing rounds. Friday night they beat a pesky Bishop Sullivan team by 24 to move to the final (Blair Koniszewski hit 7 three pointers) against Flint Hill. Suffice it to say that they were starting to get tired. They overcame a very tough FH team in 2 OTs to capture their 4th consecutive State Title! All tournament team honors for Blair Koniszewski, Maya Singleton, and Jess Long and Jess was named MVP of the tournament! Mr. Menke (our retiring AD) was there for the game and proudly posed for pictures with the team, the seniors, and just about anybody that wanted. He was really proud to have his last basketball championship of his 42 year career. He will surely be missed at PVI!



As Coach Allen said, "We are like a driver going down the highway with the fuel light on - trying to go as far as we can before we run out of gas." Yesterday they did run out. In the semi-final of the WCAC tournament at American University, Elizabeth Seton brought the season to an end. Our team played hard the whole game but it was obvious from the beginning that Seton had the freshest legs. We struggled and lost a very emotional game. It was the last game for our seniors Blair and Melissa Westphal and they really wanted to go out with a win.

The whole team should be proud - they won 23 games (a school record) - 12 conference games (another school record) - won the VISGBA state championship,

made it to the semi-final of the WCAC for only the 2nd time in 8 years - won 12 out of their last 14 games and one of the most impressive accomplishments in PVI history - Blair Koniszewski made 103 three pointers this season to lead all players in the Metro area (boys and girls)! WOW, what a year! The coaching staff and followers of the Lady Panthers are VERY proud of their dedication and hard work this season as it will be a season that will never be forgotten.

Thank you to all the supported us throughout this season as it would not have been possible with out your help! Read more about the team at [DC Sportsfan](#) and [More DC Sportsfan](#). The team also received press coverage on their way to the VIS Championship from [The Catholic Herald](#). Congratulations to our record breaking team!

Swim & Dive

Despite the major weather delays, the Swim and Dive teams finished the 2009-2010 season with solid performances, starting at the Virginia State Independent Schools Championships held in Manassas. The men took 10th overall, while the women finished 22nd overall. A week later both teams took to the pool in Germantown, Maryland at the Washington Metropolitan Interscholastic Swimming and Diving Championships, closing out the season with new personal bests set and the men finishing 15th overall. Congratulations to Dan Chauvin, Lisa Covert, Patrick Gibbons, Marcus Martinez, Frankie Marrero, Ashley McGrath, Eric Nasakaitis, Sarah Plombon, Kaitlyn Power, Christina Quint, Marcus Quint, Jackie Salzano, James Wiltshire, Katie Yost, and Michael Yelmgren for qualifying and competing in both meets!

Video coverage of all races are available: Virginia State races can be viewed at <http://www.swimmingworld.tv/2010-visaa-high-school-champio/>; Metros races can be viewed at <http://www.csnwashington.com/pages/metros>

With the closing of the season, we say goodbye to our nineteen seniors, who have left a mark on our program with their leadership and spirit: Kelli Caputy, Dan Chauvin, Kevin Chrisinger, Lisa Covert, Patrick Gibbons, Mickey Kassis, Haley Knowles, Katie Kondas, Sasha Lariviere, Marcus Martinez, Ashley McGrath, Maddie Meruvia, Christina Quint, Kellie Ruffer, AJ Schifferli, Eric Schulze, Norma Walker, James Wiltshire, and Michael Yelmgren.

Congratulations to all of our swimmers and divers who competed this year!

PVI to Host NCAA Recruiting Presentation for Athletes & Parents - Reminder
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.

Meet the Football Coach

When: Monday, March 8 (tonight)

Time: 7:00 PM

Where: Paul VI HS Library

Wrestling Coach Tom Healy and team spotlighted in Sun Gazette newspaper

<http://www.sungazette.net/articles/2010/03/04/fairfax/news/fe246.prt>

Please Note: Tom Healy's words about PVI teachers and certification were misrepresented in the article. Paul VI teachers may be hired without certification, but all begin working on certification during their first year.

[Quick Links](#)

[Game Schedules](#)

Quote of the Week

The other teams could make trouble
for us if they win. Yogi Berra

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