

# PAUL VI CATHOLIC HIGH SCHOOL SPORTS

November 16, 2009

## Panther Pressbox

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

### Cross Country VIS Championships

On the heels of the coastal storms from Hurricane Ida, the Virginia Independent Schools Championships were held in the mud and rain on Friday the 13th. The Lady Panthers took fourth place as a team, with Lizzie Greene in sixth, followed by Meaghan Grant (24th), Meghan Blackstone, (25th), Gabbi Nieves (37th), and Cristina Kling (40th). The men's team, with J.W. Stohlman, Robbie Connors, Nate Morrison, Jack Wessel, and Dominic Gilbert, came in 9th place.



The team celebrated two days later with their end of season banquet. Seniors Blaize Johnson and J.W. Stohlman were co-MVPs for the Men's team, and seniors Meaghan Grant and Lizzie Greene were co-MVPs for the Women's team.

Conference selections included: All State-Catholic: Blaize Johnson, Robbie Connors, Lizzie Greene, Meghan Blackstone, Meaghan Grant, Gabbi Nieves, Cristina Kling, Emily Ayuso; All WCAC: Lizzie Greene, Meghan Blackstone

All VISAA: Lizzie Greene

The team would like to express their appreciation to "The Three Musketeers"-- Head Coach Paul Costello, and assistant coaches Alana West and John Ritchie--for their hard work and dedication this season. Also thanks to Ginger Higginbotham, coordinator par excellence of runners, parents and coaches.

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### **Lady Panthers Alumni Soccer Players Honored**

Two former women's varsity soccer players made the news last week earning some recognition with their current college teams. Caroline Lamberti, graduate of '07 & Megan Calabrese, graduate of '08 received second team All-ODAC (Old Dominion Athletic Conference) honors this season! Caroline plays soccer for Washington & Lee and Megan plays soccer for Randolph-Macon College. Congratulations to both young ladies.! Your PVI community continues to be proud of your accomplishments and wishes you continued success with your college careers!

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### **Congratulations Men's Soccer All-Conference Team Selections**

First Team

David Butzke - Senior

Third Team

Matt Madigan - Junior

Tyler Phillips - Freshman

Honorable Mention

Raul Marinello - Junior

Richie Golinowski - Junior

Kennedy O'Shea - Freshman

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### **Lady Panthers Volleyball Lose at VIS but Win Hearts**

After our state VIS volleyball semi-final match I (Coach Farrar) was speaking with a college coach who was there scouting a couple of our girls when the head official came up into the stands where we were sitting. He proceeded to tell me that in all

his years of officiating no team had ever thanked AFTER a match before - especially after a tough loss like we had just experienced. He also told me that throughout the match our girls had exhibited a very high level of professionalism that sadly didn't exist with our opponent. He then whispered to me that while an official is supposed to be impartial he had secretly hoped that we had won! The college coach obviously overheard the entire conversation and also passed on to me her feelings that players that would act like that AFTER a loss were players that she would welcome into her college program. Sometimes it's the little things that make the day! GO PANTHERS!!!

Congratulations All-Tournament and All-Conference team:

VIS All-Tournament Selection - Mary Kane

All-WCAC Selections

1st Team Mary Kane

Hayley Lynes

2nd Team Hayden Rossman

3rd Team MK Cook

Mandy Messier

Katie Kelly

Honorable Mention Abby Dawson

Patty Fabijanczyk

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### **JV Hockey - Energy and Determination Pay Off with a Win**

The Panthers hit the ice hard and started shooting right away during Sunday's game against the Reston Raiders Green. Though they didn't score 1st period, several of their shots were almost there, keeping the Raider's goal tender consistently busy. They gave up one goal midway through the period, but rallied the defense and held the Raiders through a power play during a PVI penalty at the end of the period.

The Panthers kept the puck in the Raiders zone much of the 2nd period, hammering on their defense and goalie. They held the score and matched shots per goal even through another team penalty, and moved into the 3rd period with high energy. We scored our first goal of the game 34 seconds into the 3rd (McLean skater #55, Baker) bringing the score to a tie, which the panthers weren't satisfied with. Our skaters sped up and continued pounding shots towards the Raiders goal, while defending their own from equally fast paced attack. With only two minutes left, we slammed one into the net (McLean skater #19, Pritchard) to take the lead.

Both teams continued to skate hard for the final two minutes but the score held, and the JV team came away with a 2 - 1 victory.

### **Varsity Hockey - Season Opener this Friday!**

Join us for the first varsity hockey game of the season this Friday evening (11/20) at 9:40pm. The panthers will take on Mountain View HS at Skatequest in Reston. The game promises to be fast paced and exciting so you'll be able to stay warm at the rink by clapping and cheering loudly for the Panthers!

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### **Congratulations Lady Panthers Soccer All-Conference Team**

1st Team: Cali Hutson and Casey Vornadore

3rd Team: Kelli Caputy and Shannon Field

Honorable Mention: Gabi Morrison, Molly Mason and Stefanie Mueller

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### **Congratulations Lady Panthers Tennis Award Winners**

Participants in VISTA tournament:

Caroline Cristostomo

Shelby Stohlman

Carson Shelton

Callie Wysor

Kellie Ruffer

Emma Ritzert

Varsity Awards

MVP - junior Callie Wysor

Coach's Award - senior Carson Shelton

Most Athletic - senior Kellie Ruffer

also awarded...

Most Determined - Caroline Cristostomo

Most Dedicated - Shelby Stohlman

Most Amazing - Emma Ritzert

JV Awards

MVP - sophomore Catie Daus

Coach's Award - freshman Noelle Paolicelli

Most Improved - sophomore Lizzy Norcott

Parents, fans, friends and families gathered to recognize the players at California Pizza Kitchen in Fairfax Corner last night. Forty-five people attended and the event was really great. Sophomore Gabriela Syska, lettered and received a special team manager pin. Please support the team throughout the year at their fundraising events!

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### **Congratulations Football All-Conference Teams**

1st Team Matt McGroarty OL.

2nd Team: Sammie Ojeh DL, Stephen Muskett LB.

3rd Team: James Naylor Specialist, Owen Scarbrough K

Honorable Mentions: Kevin Chrisinger OL, Ben Pfothenhauer LB, Mickey Kassis LB, Mike Lyons LB, Chuck Carlton DE

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### **Men's Basketball 3-on-3 Tournament**

Back by popular demand! It's PVI co-ed 3-on-3 Basketball Tournament on Wednesday before Thanksgiving in the PAC. Gather your friends, the old intramural teams, parents, coaches, everyone is welcome to play in the PAC!

Information can be found by clicking:

[Tourney Info/Sponsorships](#) & [register my team!](#)

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### **Snack in the PAC**

Team volunteers are encouraged to participate in a fundraising opportunity after school each day manning the SNACK-IN-THE-PAC concession stand. Funds

raised after school go to your team. The hours are (usually) from 2:15 to 4 on school days and it only takes 1 person a day! For information or to schedule your team's participation, contact Mrs. Moore (who says teams have made very good profits) at this email address: [moores3803@aol.com](mailto:moores3803@aol.com) Snacks this week are brought to you by men's lacrosse!



### Quote of the Week:

"Believe deep down in your heart that you're destined to do great things." Joe Paterno