

PAUL VI CATHOLIC HIGH SCHOOL SPORTS

November 2, 2009

Panther Pressbox

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

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**Cross Country
Catholic
Championships**

On Tuesday, October 27, the Panthers traveled down to Newport News Park for the Virginia

Catholic Schools State Championships.

There was mud but no rain, and spirits were high. The combined JV race was first, and Beth Mangin came in second on the girls side, while Mike Kvaltunas came in 8th on the men's side. For



the varsity race, Blaize Johnson came in 3rd at 16:42, and Robbie Connors came in 7th at 17:27, dropping a minute from his time last year.

But it was the Lady Panthers who came away with the biggest

win of the day, taking the team crown by a large margin of 49 points over second place Bishop Ireton. Lizzie Greene ran to a comfortable first place victory at 19:16. She was followed by Meghan Blackstone (3rd), Meaghan Grant (4th), Gabbi Nieves (5th) in her first varsity run, and Cristina Kling (10th).

Only four days later on Saturday the 31st, the cross country teams ran again at WCACs. The race is held at the difficult Lake Fairfax course, which was wet and muddy for at least the third consecutive year. The

women's A team did well, coming in second place to Bishop O'Connell. Medalling were Lizzie Greene (3rd), and Meghan Blackstone (8th), followed by teammates Cristina Kling (15th), Meaghan Grant (19th) and Gabbi Nieves (20th). With Blaize Johnson out from an injury, Robbie Connors was the first PVI Varsity A runner, coming in 28th, followed by J.W. Stohlman (30th).

Tennis Earns Second in WCAC Tournament

Congratulations varsity tennis for their second place finish in College Park last week!

The tennis team set out to accomplish what hadn't been in several years - win. And they did so with a final season varsity record of 10-6 and JV record of 7-2. Players took on demanding practices and challenges eagerly, wanting to learn more. In fact, off-season practices will be held so stay tuned for more information, or contact Coach Aleksandra Syska directly at aasyska@yahoo.com.



The team won placed 2nd at the WCAC Tournament, with the #3 doubles team of senior Carson Shelton and Junior Callie Wysor going defeated and earning the gold at the tournament. Additionally, Shelton placed 2nd in the #3 singles. The entire team made it to the semi-finals.

Please join in giving kudos to all team members: Caroline Cristostomo, Shelby Stohlman, Carson Shelton, Callie Wysor, Kellie Ruffer, Emma Ritzert, Kate Schifferli, Spencer Baldacci, Catie Daus, Lizzy Norcott, Nora Howe, Darby Barnett, Kayla Sharpe, Noelle Paolicelli, Helene Purdu and Mickey Lee. Special thanks to team manager Gabriela Syska for keeping the team organized; the parents of all the players for their support and to first-year coaches Kevyn Beacom and Aleksandra Syska. The men's season begins in the spring! Stay tuned for tryout schedule.

Volleyball

The Panther volleyball team concluded a highly successful regular season with an overall record of 21-5; 14-2 in the WCAC. The Panthers finished 2nd in the conference behind Good Counsel. The Panthers fought their way through the tournament only to find Good Counsel waiting for them again. An extremely hard fought final resulted in Good Counsel winning their 3rd consecutive title with the Panthers finishing 2nd for the 3rd year in a row as well - as they say "wait 'til next year!" The Panther success was recognized by the placement of 8 Panthers on all-conference teams led by Hayley Lynes and Mary Kane on 1st team, Hayden Rossman on 2nd team, Mandy Messier, Mary Kate Cook and Katie Kelly on 3rd team; Abby Dawson and Patty Fabijanczyk were together on honorable mention. The season's not over, though, for the Panthers are currently ranked 3rd in the VISAA and will have 1st round action next week. Stay tuned for our opponent and times of the match! Go Panthers!

Women's Soccer

Women's varsity soccer finished up their season with a strong showing in the WCAC conference tournament. Last Thursday, we hosted Elizabeth Seton at an off site field, Draper Park, due to unplayable field conditions at PVI for the quarterfinals. The team had already beaten Seton twice this season, by close scores of 1-0 and 3-1. So we were prepared for a battle and we got one. About midway through the first half of the tight contest, freshman Cali Hutson broke through the middle of the field and out muscled two Seton defenders for a ball passed forward, first from senior Casey Vornadore, and then touched by junior Taylor Norman. And in a fashion the team has gotten used to witnessing throughout the season, Cali blasted a ball into the back of the net to give the team a 1-0 lead. The score remained unchanged until there were 3 1/2 minutes left when lightning struck again! Taylor Norman once again managed to slip a short pass between 2 defenders to Cali who took two touches and then simply blistered a ball past the Seton goalkeeper for the final 2-0 score, enabling the Panthers to advance to the semifinals of the conference tournament for the 2nd year in a row.

Unfortunately, the team's luck ran out in the semifinals and we lost to a very young and talented St. John's team, who saved their best soccer of the season for the final week of the season. They were the hot team in the tournament and beat the Panthers by a score of 4-0. But the team played

hard and fought valiantly until the end of the match; we just couldn't get a goal when we needed one to keep the game close.

A shout out needs to go to all the fans, our 12th Man, who came out and supported the team all season. Thanks for all your encouragement!

Also, the team was rewarded for ending the season with a very strong 12-5-2 conference record. We had several players receive All Conference recognition. Freshman Cali Hutson and senior Casey Vornadore were selected to the WCAC First Team All Conference team. Seniors Kelli Caputy and Shannon Field were selected to the Third Team All Conference team. And seniors Stefanie Mueller, Molly Mason, and junior Gabi Morrison were named WCAC Honorable Mention.

One final note, as the team's coach, I just want to tell all the girls how proud I am of the great success we had this season. Not only did we get many positive results for our record, but the team got along so well as a whole, and worked so hard together, starting way back in June. And of course the underclassmen were fortunate to be blessed with outstanding and unselfish leadership from the team's seniors: captains Stefanie Mueller and Jordan Zavala, Kelli Caputy, Casey Vornadore, Molly Mason, Erin McDonald, Melissa Westphal, Shannon Field, Ashley Emery and Courtney Recher. Thank-you ladies for your effort, charm and commitment. I will miss you all dearly!

Special Olympics Tournament Ends on High Note

Our Special Olympics Panthers team had their final tournament of the soccer season on Saturday at PVI. This was a short soccer season for the team due to the fact that four other scheduled tournaments were cancelled because of rain--and this one almost was too, after a misty start to the day. Luckily, there was a decision to proceed with the day's events and the Panthers played two hard-fought matches. The first match was against the Twisters and while everyone gave it their best, the team lost 7-1. The second match was a complete reversal, as the Panthers won against the FPYC team with a score of 8-0. Many of our players scored goals: Tasha Adkins-Blanch, Sean Cross, Morgan Howard, Rebecca McKenna, and Natalie Mills. Forward Sonie McKenna made numerous contributions as well. And what a defensive wall--Sarah Capp, Evan Patchett, and Matthew Tierney! The Panthers now look forward to the

basketball season which is just around the corner--in this one we won't get rained out!

Football

This week the football team travels to Bishop O'Connell for the final game of the year. Throw records out the window when these two teams meet as it is always an intense hard fought game on both sides of the field. Last week, top performances were turned in by Sammie Ojeh (12 tackles, 1 blocked punt) and Stephen Muskett, who returned to action after missing the past 3 games, rushing for 95 yards.

Men's Soccer

On Monday, November 7, seeded PVI Panthers began WCAC tournament play with a home game against 10th seed, St John's. Both teams played a physically tough game but the Panthers controlled both play and opportunities. Tyler Phillips scored a goal and also had an assist. Ozzy Mckenzie and Connor Messerschmidt each scored a goal while CJ Loving and Kenny Marinello each recorded an assist. The defense stayed strong and held the Cadets scoreless. The final score was 3-0.

The Panthers travelled to #2 seed, Good Counsel on Thursday, where the team had one of the biggest wins in program history. The two previous conference games against Good Counsel ended in close losses for PVI who were determined not to repeat that same scenario. Down 1-0 at the half, the Panthers came out hungry to score. Cheered on by a raucous crowd of fans who travelled to the game, the Panthers struck 15 minutes into the half when Kennedy O'Shea's corner kick found Tyler Phillips on the back post to tie the game at 1 apiece. Ten minutes later, Raul Marinello scored the game winner when he rocketed a free kick from 35 yards out into the top corner. The young PVI team spent the rest of the half turning back attack after attack by the dangerous Good Counsel team. They almost went up by another goal but the Falcons were able to clear the ball. Goalie Richie Golinwski had a tremendous game, with 6 saves. The final score was 2-1.

The Panthers were now in the semifinals of the WCAC tournament, with

a repeat of last year's matchup against second seeded Gonzaga. In conference play, the Panthers had tied the first game and lost the second to the Eagles. Gonzaga scored first, finally penetrating PVI's tough defense, 22 minutes into the game. Despite an offensive surge lead by Kennedy O'Shea late in the first half, the Panthers went scoreless in the first half. In the second half, PVI played tough, keeping Gonzaga from scoring. However, late in the second half, Gonzaga scored on a corner kick rebound, sealing their victory. The final score was 2-0. The Panthers have been drawn as the #11 seed in the state tournament and will travel to play St. Anne's-Belfield School on Friday at 3 pm in Charlottesville. If we are able to beat STAB, we would play @ #3 Collegiate School in Richmond on Monday.

Halloween Games Scary for PVI JV Hockey Team!

Saturday the PVI JV Hockey Team took on the Reston Raiders Green Team. The Raiders took an early lead, with PVI scoring one goal in the first period. The Panthers skated well and exhibited excellent sportsmanship even though they were behind. PVI was penalty free for the entire game.

On Sunday the PVI JV team played the South Lakes High School Seahawks. The Panthers came out skating hard, but South Lakes took an early lead. Though they weren't able to pull ahead, the Panthers didn't give up and maintained a high level of intensity for all three periods.

Tryouts/Winter Sports Alert

Parents/guardians of winter athletes are reminded that **sports physicals dated after May 1, 2009 must be submitted to the athletic department prior to any winter sports tryouts.** The official date for winter sports is November 8 with tryouts permitted on Saturday, November 7. Click here for the [physical form](#).

Here are the schedules as we go to print:

Men's basketball: Saturday, November 7. Freshmen and sophomores from 11 to 2 and check in the Old Gym. Juniors and Seniors, 8:30 to 11

and again from 2 to 5, check in at the PAC. Students will also have an opportunity to tryout on Monday, November 9th from 5 to 7.

Women's basketball: Freshman/JV Tryouts: Saturday November 7 from 6:00 - 8:00 pm. All need to arrive by 5:30 pm; Varsity Tryouts from 5:00 pm - 8:00 pm

Monday Tryouts Times TBD. Workout schedule: Tuesday: 3:00 - 4:00 with Coach G; Wednesday: 3:00 - 4:30

Cheerleading: There is a mandatory parent and student interest meeting on Tuesday November 3rd @ 7pm - room 129 (**TOMORROW!**)

Tryouts Monday November 9 3-5pm old gym and Thursday Nov. 12 from 3-5 pm old gym. If unable to attend, please email Coach Gudely

- christy.gudely@gmail.com and visit the PVI Cheer web page <http://teacherweb.com/VA/PaulVIHighSchool/cheerleading/apt2.stm>

Wrestling: Tuesday and Thursdays conditioning and open mat from 3:00-4:30 after school. All wrestlers not participating in a fall sport are encouraged to attend. Please meet Coach Stu and Coach Marquee at the weight

room at 3:00. Bring both running and wrestling shoes. American University Coach Mark Cody will be hosting a free clinic at **PVI today** from 4:30 to 6:15. At 7:00, the AU wrestlers will hold their wrestle-offs. We would love to see you there.

Swim&Dive: Tuesday November 10: Diving

Wednesday November 11: Swimming (100 Free and 100 Breast)

Thursday November 12: Diving

Friday November 13: Swimming (100 Back and 100 Fly)

All sessions are at Oak Marr RECenter from 3:30-4:30pm.

Hockey: Hockey has already had tryouts. Practices are on Mondays at 9:00 pm at Reston Skatequest and Fridays either 7:55 or 9:40 pm alternately.

Make Use of Study Halls!

Free, teacher-proctored study hall is available to all students on Tuesdays, Wednesdays and Thursdays each week from 3 until 3:45 (Thursday it's 3:30) in room 124. No appointment or prior arrangements needed. Encourage your student-athlete to take advantage of this

opportunity for study or homework.

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!](#)

Softball

Softball will end its outdoor conditioning this week with the final workout this Thursday, November 5th. Indoor weight training and conditioning will begin Wednesday, November 11th and continue on Wednesdays through the winter months. Weight training will be from 3:00PM to 4:00 PM in the weight room. Open gyms will begin in December - schedule to follow.

Men's Lacrosse & Options Share Chipotle Lunch!

As an expression of gratitude for their participation in the Special Olympics Dulles Plane Pull last month, Special Olympics treated the PVI Freshmen



Lacrosse team to lunch, by delivering Chipotle to PVI. The guys thought it would be nice to share the lunch with the students in the Options Program so the Lacrosse team and the students in the Options Program enjoyed a delicious lunch of burritos, chips, salsa and cookies together in the Options classroom.

Thank you, PVI Lacrosse for your participation with Special Olympics and for the friendship which you share with our Options students. Thank you Options students and teachers for graciously welcoming the team!

Lady Panthers Lacrosse Shopping Fundraiser This Weekend!

Shop at Collectible Treasures at Fairfax Corner on Sunday, November 8 from 6-9 pm and support the women's lacrosse team. Collectible Treasures is a wonderful shop where you can purchase beautiful gifts created by Vera Bradley, Pandora and Willow Tree! Receive a 10 percent discount when you bring this form (click here): [Lacrosse Discount](#).

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 are making very good profits*) at this email address: moores3803@aol.com Snacks this week are brought to you by PVI Drama!



Quote of the Week:

"Show class, have pride, and display character. If you do, winning takes care of itself".

Coach Paul "Bear" Bryant

[Forward email to other PVI classmates](#)

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