

# PAUL VI CATHOLIC HIGH SCHOOL SPORTS

September 14, 2009

## Panther Pressbox

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

### Men's Soccer

Soccer tied major rivals Archbishop John Carroll 2-2 on Friday night in a great game in front of a phenomenal crowd! Goals were scored by Tyler Phillips and Kennedy O'Shea with assists by CJ Loving and Matt Genovese. Goalie Richie Golinowski had 5 saves.



Come support the Panthers as they play Monday night at home vs St. Stephen's/St. Agnes at 6:30 and Tuesday at home vs Good Counsel at 6:45!

Both games have huge implications for both the state and conference rankings and the team needs your support!

### Volleyball

Paul VI volleyball has had a great season so far and is looking forward to continued success this week at their three home games! The Lady Panthers placed 3rd at the North Cross Invitational this past weekend in Roanoke beating conference rival Bishop Ireton in the last round. The ladies remain undefeated in the conference and take on arch rival Bishop O'Connell Tuesday at 4:30 and 6 in the PAC, Bishop Ireton on Wednesday at 4:30 and 6 in the PAC and National Cathedral on Friday at 4:30 and 6. Come out to support the Panthers and see some great volleyball!



## Cross Country

The first 5K race for the season was a sweep for the PVI cross country teams at St. Mary's Ryken Invitational. The course was one of the most challenging the PVI teams have ever run on, crowded with steep hills and muddy wooded trails. Seniors Blaize Johnson and Lizzie

Greene won the Varsity races, with runners J.W. Stohlman (5th), Jack Wessel (6th), Nate Morrison (7th), Matt Carlstrom (9th), and Cristina Kling (3rd), Grace Higginbotham (4th), Emily Ayuso (5th), Casey McCarthy (6th) following to bring in the team wins. Freshmen Gabbi Nieves and Dominic Gilbert won the JV races, with the JV teams winning as well.



---

## Basketball

### Men's

Freshman Pre-season Workout Schedule: (Meet in the Gymnasium)

MON: 3PM to 5PM

FRI: 3PM to 4PM

SAT 9AM to 12PM

Work-outs Are Not Mandatory

Official Team Try-Outs will be November 7, 2009

\*\*\*Please hand in completed Athletic Physical Forms by October 9, 2009 \*\*\*

### Women's

TUES: 3:00 - 6:30...Please meet in the weight room at 3:00 pm. Study Hall will take place 4:00 - 5:15

WED: 3:00 - 4:45

THURS: 4:30 - 7:00

SAT: 12 - 1:15 with Coach G

Team try-outs are on November 7. Physical forms must be completed and returned prior to try-outs.

---

## Class of 2003 Alumni Participate in Nation's Triathlon

Kristin Wang-Myzie, Bridget Grant and Shea Manning were among the 2,700

participants in yesterday's 4th Annual Nation's Triathlon to benefit the National Leukemia and Lymphoma Society in Washington, DC. The race began with a 1.5K swim in the Potomac River, then a 40K bike ride to Glen Echo and finished with a 10K run ending at the Navy Memorial! We're very proud of these alumni, their perseverance and dedication to help others. They represented the great class of 2003!

---

## JV Updates!

### Tennis

JV tennis had an incredible match against Potomac School. Trailing 2 to 4 after the singles, the team pulled together to win all 3 doubles and win the Match 5 to 4. Girls that won both singles and doubles were Catie Daus and Kayla Sharpe. Other significant doubles winners were Liz Norcott, Darby Barnett, Nora Howe, and Noelle Paolicelli. Way to go, ladies!

### Volleyball

Congrats to the JV volleyball team - they won their first game, lost the second but came back strong to beat St. John's 2-1. Go Panther Pride!

---

## Ladies' Lacrosse Clinics

There will be a clinic held for lady lacrosse players on 2 weekends, Saturday and Sunday, September 26-27 and October 3-4. For the registration form and information, open this link: [CLINIC](#)

---

## 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 at this email address: [moores3803@aol.com](mailto:moores3803@aol.com)

This week SNACK IN THE PAC is brought to you by the SWIM TEAM!

---



### Amazing Staff Golfers!

This is to report and verify that not one but now two of our faculty/staff have scored a hole-in-one at Oak Marr recently. Mrs. Debbie Dannemann, rookie golfer, scored the first hole in one over this summer and more recently, veteran golfer Mrs. Ellen Horan scored the next! The gentlemen in the picture are not members of our staff, but

were witnesses.

Way to go lady golfers!

---

### PVI ANNUAL RUNFEST!

Help support our wonderful Options program **this Sunday** at the RunFest. Click here [FACEBOOK RUNFEST INFO!](#)



### Quote of the Week:

Regardless of how you feel inside,  
always try to look like a winner.

Even if you are behind, a  
sustained look of control and  
confidence can give you a mental  
edge that results in victory.

-- Arthur Ashe