

# PAUL VI CATHOLIC HIGH SCHOOL SPORTS

September 22, 2009

## Panther Pressbox

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

### RUNFEST BENEFITS OPTIONS PROGRAM & LIFE WITH CANCER



#### FACULTY WINNERS AUDREY JOYNER & BILLY EMERSON!

This past Sunday about 250 runners participated in the PVI Runfest, which raised funds for PVI Options and Life with Cancer. This race was a great community event that brought together students, parents, alumni, teachers, former teachers, community members and friends of PVI. From Ed Zigo, the race director: "I'd like to thank our core committee members for all their hard work: Jim Turcol, Gerry and Suzy Stegmaier, Mike Madigan, Joanne DeMarco, Larry Mangin, Paul & Michelle Tierney, Bob Baldini, Sharon Ricciardi, Bridget Murphy, and Mary Zigo. I'd also like to thank the Athletic Boosters, especially John Grady and Julie Lock; Father Jaffe - for his spiritual support; Mrs. Colwell and Eileen Kiley for their efforts. Thanks to all our sponsors and many thanks to the PVI students who came on Sunday to volunteer their time!"

Contact Ed Zigo at [ECZ3@aol.com](mailto:ECZ3@aol.com) if you want to volunteer for Runfest 11!  
Results will be posted soon at [www.pvirunfest.com](http://www.pvirunfest.com) and  
<http://www.racepacket.com>



## Women's Soccer

The coordinators who organized "sheets for soldiers" thanks everyone for their generosity and time in getting the items together. The team got very involved in the project and created custom cards for the soldiers. They really enjoyed the project and what a great group of girls we have!

On the field, the girls filled 3 large boxes of sheets, towels and non-perishable foods which were sent to a central gathering spot for the whole project. This group will make sure the packages get to the troops.

This week the varsity soccer team added two more wins to their record. At Good Counsel, Tuesday 9/25, the ladies played a great game. The first goal was a free kick made by sophomore Kendall Turbitt within 8 minutes of the first quarter. Senior Molly Mason had headed goal off a kick by junior Erin O'Shaughnessy bringing the score to 2-0. After a goal by the falcons senior Casey Vornadore had a left foot goal with an assist by senior Shannon Field.

Friday brought Elizabeth Seton to Panther field where the Lady Panthers held the game 1-0 with the goal by senior Casey Vornadore off an assist from senior Molly Mason. The team's defense held off 17 shots by the opposing team, and kept cool against the aggressive Seton team. Yesterday, it was a win over Potomac (2-0) with goals by Syndey Morris and Claire Turcott and a varsity loss to Potomac (2-1) with the goal by Taylor Norman.

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## Men's Soccer

It was a rough week for the Panthers who have been decimated by injuries to many of our key starters and subs. First up was a non conference home game against a VISAA opponent, St. Stephen's/St. Agnes on Monday. The Saints went up in the first half 3-0, taking advantage of a hurting panther lineup. A missed PK by the Panthers only added to the misery. A determined PVI squad came out in the second half, dominating play, with David Butzke scoring our only goal. However, the Saints played a strong defensive scheme which did not allow the Panthers back into the game. The final score was 4-1.

On Tuesday, PVI played Good Counsel, currently in second place in the WCAC, before a raucous home crowd. The Panther lineup consisted of 5 first time starters with 3 regular starters on the bench and other regular starters

playing out of their normal positions. PVI came out strong and struck first, with Tyler Phillips scoring the first goal 20 minutes into the game. Solid defense and goalkeeping kept Good Counsel scoreless until just before the first half when they tied the game on a header. With the crowd cheering them on, the Panthers again scored first in the second half, with Connor Messerschmidt shooting a bullet past the goalkeeper, after the ball popped out of the box. The teams traded opportunities until a Good Counsel player went unmarked on the back post to tie the game at 2. With under a minute left, a missed clearance by the PVI backline allowed Good Counsel to score and steal the win, 3-2. Although the team lost, the young Panthers fought extremely hard and never gave up. They had one of their best performances of the season.

PVI played league leading DeMatha at an away game on Friday. The Panthers played tough but with key starters unable to play and a lineup unused to playing with each other, DeMatha scored 5 goals in the first half while the Panthers had none. However, the team did not give up and came out strong in the second half, holding the Stags to just one goal. PVI came close to scoring several times but bad luck kept the ball out of the goal.

The Panthers play away against Gonzaga today but return home against St Mary's Ryken on Thursday, September 24-free pizza and soda during the half! Come on out and support the team!

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### Tennis

PVI defeated O'Connell last Wednesday with a score of 5-4 and their record now at 3-3.

Tied after singles, with wins from freshman Caroline Cristostomo at 10-0, and juniors Shelby Stohlman and Callie Wysor with great comebacks, the teams were tied heading into their doubles matches. After a win from the #1 doubles team of Caroline Cristostimo and senior Emma Ritzert, it all came down to the last match of doubles partners Carson Shelton and Callie Wysor, who came through and won the 5th match for the team.

Congratulations to the team on this huge win! Come out and support them at their next home game at Fairfax High School on Monday, September 28 against Good Counsel, 4pm.

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### Basketball

Lady Panthers Workout:

Tuesday: 3:00 - 6:30....Please meet in the weight room at 3:00 pm. Study Hall will take place today from 4:00 - 5:15; Wednesday from 3:00 - 4:45;

Thursday: 4:30 - 7:00 and Saturday 12 - 1:15 with Coach G.

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## Men's Lacrosse

The men's lacrosse team will be participating in the **2009 Plane Pull on October 3rd to support the Special Olympics of Virginia**. The Plane Pull is a team competition to see which group can pull a 164,000+ pound plane the fastest. Teams are made up of 25 members, who all line up adjacent to a huge rope attached to the aircraft. Each team will attempt to pull the aircraft 12 feet in the fastest time.

The men's team currently needs sponsors to help raise \$2000 for Special Olympics. Anyone interested in helping may do so on our team website [www.paulvilacrosse.com](http://www.paulvilacrosse.com) . Just click on the FirstGiving Link to help support the team.

Thanks for the support!

Men's Lacrosse Team

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## Swim & Dive

Pre-Season Practice Schedule began yesterday, September 21st:  
Monday/Wednesday/Friday from 3:30-4:30pm. Meet outside of the weight room!

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## Cross Country

The cross country teams went to the Woodberry Forest Invitational on September 19th. This is a preview to the Virginia Independent Schools championship at the end of the season, since it is on the same 5K course and has many of the same teams competing.

The Varsity Lady Panthers came in fourth as a team. Lizzie Greene took third with a time of 20:26, with Meghan Blackstone coming in tenth at 21:47. The Varsity Men's team came in seventh, with Blaize Johnson coming in fifth at 17:35. Both JV and Varsity runners showed significant improvement in running times, coming in about a minute faster than they did last year at Woodberry Forest, as well as this year's freshmen posting good times.

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## Volleyball

The Lady Panther volleyball team continued their great season last night with a solid 3-0 win over Seton. The ladies are currently 10-1 on the season and

undefeated in the WCAC. Next up is the defending WCAC Champ Good Counsel. The team welcomes the challenge and looks forward to a great match - they are ready! Be in the PAC at 4:30 to watch the ever-improving JV team and stick around for the main event at 6 pm!

Junior Varsity started off the week with a 2-0 victory against Bishop O'Connell on Tuesday, the JV Volleyball girls came back strong after a loss to Bishop Ireton 0-2 on Wednesday, to defeat national Cathedral 2-0 on Friday. Way to pump up that Panther Pride, girls!

**RALLY IN THE ALLEY -- FRIDAY NIGHT AT 5:30 FEATURING A GIANT SHARK SLIDE, FOOD, FRIENDS AND FUN..KICK-OFF AGAINST DEMATHA AT 7:00 PM ON PANTHER FIELD! DON'T MISS IT!**

#### 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 PVI ICE HOCKEY!



#### Quote of the Week:

Never let your head hang down.  
Never give up and sit down and  
grieve. Find another way.  
-- Satchel Paige