

## Big-play Yung is Tomahawks' little weapon

By Chad Garner CORRESPONDENT

Saturday, September 4, 2010

Lauren Yung's volleyball game is a lot bigger than she is.

At 5-foot-2, the two-time Telegram & Gazette Super Teamer from Algonquin Regional sure has made a name for herself on the court.

Yung, a co-captain along with outside hitter Stephanie Hom, has developed into a defensive force for the Tomahawks and is considered one of the best libero players in Central Mass.

"She is the real deal," said longtime Algonquin coach Jean Fedak. "She is short, but she's back-row defense. Her skills are just solid."

Yung's talents have been on display since her freshman year.

"She's a defensive specialist, she's moving all the time," Fedak said. "She doesn't get the glory of the spike or smash, but if defensively they don't do their job, none of that happens. We rely on our defense heavily, and especially Lauren."

As a ninth-grader, Yung decided to step away from a soccer career as a keeper to try something new.

"I grew up in Southboro and soccer is big there," she said. "A few family members played volleyball and I always had fun doing it. I wanted to try something new and different, and it's just a lot of fun."

What Yung enjoyed about volleyball right off the bat was the learning curve in picking up a brand new sport. She also loved the action of trying to track down the ball and anticipating where an opponent was going to attack.

"It was a lot of fun to learn, and you're always constantly moving," said Yung, a member of the National Honor Society and the MIAA Student-Athlete of the Month for December 2008. "What I love most about it is that it's a team sport. In volleyball, you need everyone doing their job. You've got to be able to trust everyone, trusting other people and others relying on you."

While Yung is typically one of the top players on the court in most matches, you'd never be able to tell based on her demeanor.

"She is always humble," Fedak said. "It's not about her, it's about what we can do to make the team better. It's not about Lauren."

Yung also has a work ethic second to none.

"She gives it 110 percent," Fedak said. "For her, volleyball has become a way of life. She's defined herself as a volleyball player, but she's also a top-notch student. She's driven to succeed in a healthy way."

Yung, who plays volleyball year-round, has been a success story in high school and on her USA Junior Olympic volleyball teams. She has been to the Junior Olympic National Volleyball Tournament the last two years, playing for Latitude 42 in 2009 in Miami, and for SMASH 17's Black Ice in early July in Reno, Nev.

Playing against some of the best players in the country is an experience that Yung will remember for a lifetime.

“It was one of those things where you stop and say, ‘It’s volleyball heaven,’ ” Yung said. “It really opens up your eyes. It was a fantastic experience.”

Yung has received many accolades, including winning bronze two straight seasons with Team Central at the Bay State Games, but she’s perhaps most excited about being able to give back to area youth by conducting the Algonquin Regional High School Girls’ Volleyball Clinic the last two summers at the school.

“Those clinics, I’m really proud of,” Yung said. “I hope I can pass it on when I’m gone.”

Yung may be small in stature, but she has already done some big things on the court and in the community.

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## **Matignon High School wins grant**

**By Anonymous**  
**Sep 03, 2010**

The Bay State Games announced the winners of its 2010 High School Spirit program, which includes Cambridge’s Matignon High School. After tabulating votes from more than the 8,000 participants of the 2010 Bay State Winter and Summer Games, nine schools, ranging in size from large (more than 1,000 students) to small (less than 500 students), were selected to receive grants to be used to support their athletic programs.

Following the model established by other state games across the country, the Bay State Games launched its High School Spirit program in 2009. The initiative aims to help promote the Games and to reward Massachusetts’ high school athletic departments for their participation. Schools across the commonwealth are divided into three categories according to enrollment, and then more than \$5,000 in grants is awarded to the top three participating schools in those categories.

There is no sign-up for this program, meaning that all schools are eligible. Each participant, aged 6 to 86 are allowed to vote, enabling parents, relatives, and alumni to all have a say in determining which schools receive the grants. Based on this year’s votes, the following schools were named the winners of the 2010 High School Spirit program:

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## Melrose's Molly Waitt leads Northeast to Bay State glory



Courtesy photo

The Northeast basketball team took home the gold medal at the Bay State Summer Games, July 11. Front row (from left) Amy Pelletier (Beverly), Ariana Tuccelli (Stoneham), Molly Waitt (Melrose), Jamie Hodnett (Stoneham), Beth Castantini (Newburyport), Hannah O'Flynn (Ipswich). Back Row (left to right): Danielle Perkins (Woburn), Jen Rock (Byfield), Vanessa Bramante (Stoneham), Alyson Boyle (Westford), Asia Ewing (Westford), Coach Steve Sullivan, Coach Christina Gonynor.

**By Anonymous**

**GateHouse News Service**

**Posted Sep 01, 2010 @ 06:11 PM**

Melrose — Melrose resident Molly Waitt and the Northeast basketball team won the gold medal at the Bay State Summer Games, July 8-11.

The Northeast faced its toughest opponent in the Gold Medal game, beating the West, 73-63, July 11, at UMass-Boston to take the title. The games was close contest for three quarters, before the Northeast pushed ahead to pull out the victory, ending its Bay State Games run with a perfect 6-0 record.

The Northeast opened up the tourney with wins again the Central and West teams at Wentworth Institute for Technology. The success continued with wins against Metro and Coastal, July 9, and a victory against the Southeast with games being held at Emmanuel College, July 10.

Front row (from left) Amy Pelletier (Beverly), Ariana Tuccelli (Stoneham), Molly Waitt (Melrose), Jamie Hodnett (Stoneham), Beth Castantini (Newburyport), Hannah O'Flynn (Ipswich). Back Row (left to right): Danielle Perkins (Woburn), Jen Rock (Byfield), Vanessa Bramante (Stoneham), Alyson Boyle (Westford), Asia Ewing (Westford), Coach Steve Sullivan, Coach Christina Gonynor.

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## Masconomet field hockey coach foresees greater offensive production in 2010

**By Anonymous**  
**GateHouse News Service**  
**Posted Sep 09, 2010 @ 03:41 PM**

Boxford — What's next for the Masconomet High School field hockey team?

The 2009 season (10-8-3) saw a slight dip from an otherwise steep uphill climb from a 4-13-2 record in 2005 to a 13-3-3 mark in 2008.

So, which way will the team go? Based on head coach Meagan Hildebrand's analysis of her team, she feels it's back uphill thanks to a vigorous offensive approach the girls have shown in the preseason.

Hildebrand has been with the Chieftains program for four years, coaching the defense alongside former head coach Rebeckah Iseman, who is teaching abroad this year. Iseman ran the offense generally.

"Now, it's more about taking over coaching the whole spectrum," said Hildebrand, who is a former collegiate field hockey player and has coached in the Bay State Games and in the USA Field Hockey Futures program.

"The team is looking pretty good. I say we're a pretty young team, but there are a lot of girls who have been with the program for a while," said Hildenbrand. "We have girls who are really heavy-hitting and have a desire to score. We've been more of a defensive team in the past, but we'll be generating a lot of offense this year."

The hungriest to score may be the captains, Liz Doyle and Pam Herter, a pair of senior forwards who want to get back to increasing the win side of the column.

"They are both integral parts of the team and are great leaders on and off the field," said Hildebrand. "I can't ask for better players — they came into the preseason in great shape and they're very eager to score goals. Liz is usually on the ground trying to score."

Senior Courtney Goodridge will be on the forward line as a wing, and twins Emily and Maura Feltault

In the midfield, some spots are still up in the air, but Hildebrand knows she'll keep Brooke Stewart, Katie Adams and Jane Sheridan-Rossi there, though Sheridan-Rossi may move around the field quite a bit.

The team will hopefully see one of these players fill the role of ball distributor, which All-Leaguer Sydney Godett filled last year before graduating.

Audrey Maysek will usually be found on defense, holding down that end of the field with two years of varsity experience under her cleats. She's joined back there by starting defenders Victoria Caruso, Anna Berenson and Laurel Epps.

Goalie Amanda Tapparo was a backup last year, but she's "looking pretty good" as the acknowledged starter this year.

"She went to a lot of camps and is working very hard," said Hildebrand. "She wants to play field hockey in college."

As of now, with the season having started on Sept. 9 against Wilmington, there's no more planning, it's "go time."

"We talked about our goals [on Sept. 7] and they are to be over .500 this year, make the state tournament, and score a lot of goals. We have Pam, Liz and Courtney ready to go up front, and a lot of girls will see time who have not been able to contribute as much in the past, but now they have their opportunity."

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## Hamilton-Wenham girls soccer team excited about new season

**By Dom Nicastro / Correspondent**  
**GateHouse News Service**  
**Posted Sep 08, 2010 @ 05:00 PM**

Hamilton — The Hamilton-Wenham girls soccer team finished last season 3-10-3.

But you could hardly tell from the attitudes of the players, their coach said.

"Last year, people would ask the kids what the team's record was, and they'd say they really aren't looking at the record," said Chal Congdon, the team's first year coach. "They were upbeat."

Sure, there were some painful losses. But there was also some successes, even in some of those defeats. The team fell to Lynnfield, 1-0, the team that won the Cape Ann League Small title with a 12-3-2 mark. They also tied two-time defending state champion Newburyport, 1-1.

That's Reason No. 1 to be positive this fall, the second of Congdon's tenure. Reason No. 2 is the team lost only four seniors, two of whom started. So there will be a lot of familiar faces when the team opens the season Monday against North Reading.

"We only lost four seniors, which is a really good thing," Congdon said. "We have a lot of starters coming back. The Cape Ann League is always strong, but we were competitive last year, and we're hoping for some improvement this year."

The returning leadership starts with senior tri-captains Katie Flores, Hannah Chmura and Danielle Carp. Congdon said they are deserving captains, and he plans to mix and match them, position-wise, in the middle of the field.

Last year's leading goal-scorers are back. Caroline Savasta runs the epicenter of the team at center midfield, and she led the team in goals en route to a Cape Ann League All-League selection.

Fresh off a championship summer of club soccer, Joy Santarelli returns at striker and has the potential to put up goals. Santarelli played this summer on an all-star team of players from the state's youth soccer District 5 area, covering Essex County in addition to East Boston, Winthrop and North Reading. Santarelli also played for the club team North Shore United and was part of the silver-medal winning Northeast squad that lost in penalty kicks in the championship of the Bay State Games this summer.

Congdon sees more goals coming from the "Double S" attack — Savasta and Santarelli — and is also banking on some scoring from the sophomore duo of Alana Vecchiarillo (second leading goal-scorer as a freshman) and Emily Gaucher.

Senior defenders Bridget Brown and Marissa Lampey will provide protection for sophomore keeper Taylor Morong.

"I believe in a short passing game," Congdon said. "I'm very traditional. I don't believe in the kick and run."

Congdon said in a perfect world he'd be able to build up the program for years. The team hasn't had a lot of continuity for coaches.

He's happy with the number of players who came out. He had 56 try out and kept 40 — 22 for the junior varsity team and 18 on varsity.

"I'm really excited for the season," Congdon said. "The kids seem really excited too. They are psyched, did their homework and are all in shape. They've all been really positive and are pulling for each other."

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## **Underclassmen need to step up for Plymouth North Field hockey team returns eight players with varsity experience**

**By David Wolcott  
GateHouse News Service  
Posted Sep 08, 2010 @ 06:00 PM**

PLYMOUTH — There is no denying that the Plymouth North field hockey team would field a young and inexperienced group when they opened the season yesterday (Tuesday) at Carver High.

But there's no reason they have to stay that way.

"I see potential," Lady Eagles Head Coach Kim Allen said before the first game, "but we've got some work to do. We're only returning eight players (five starters from last year's 2-14-2 team), so we've got to build this program from the ground up."

Senior captains Nicole Holmes and Marissa Gallagher, both midfielders, lead the returning troops. Also coming back with varied amounts of varsity experience are seniors Erin McDonald (last year's leading scorer), Taylor Jonak, Erika Prince and Ashley Lambert, junior Annika Leydon and sophomore Katrina Borofski.

The five returning starters are spread out all over the field. Leydon tends goal, Holmes and Gallagher are midfielders, Prince anchors the defense and McDonald is the top scoring threat up on what should be a speedy front line.

That's the base from where the Lady Eagles will have build from as they attempt to challenge some of the very tough Cape Cod teams in the Atlantic Coast League.

With such a young team, Allen needs a leader to step out from the pack and take charge, both on and off the field. She has just such a player in Holmes. The returning captain is an ACL All-Star, and she tried to improve her game even more over the last two summers at the Bay State Games and the Cape Cod Classic.

"Nicole is a four-year varsity player and is someone the other players can depend upon on the field," Allen said. "Players like her, Erin McDonald, Marissa Gallagher and the other veteran players will need to lead this team until everyone else can get up to speed."

Allen is carrying two sophomores and three freshmen to start the season, with more youngsters ready to step up and chip in when needed.

"A lot of these kids are coming out of the field hockey program at PCIS, and when they get to the high school they are ready to help out pretty quickly," Allen said. "Their skills are developing quicker, which is helping the program."

Things get tough on the road right away for Plymouth North with a couple of non-league opponents that made the tourney last season. The Lady Eagles traveled to Carver yesterday and will cross the Kingston town line Thursday to face Silver Lake in a 3:30 p.m. game. The first game at Forges Field is set for Monday at 4 p.m. against Chatham.

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# The Republican.

## Frontier volleyball sets three key goals for 2010

**Jason Remillard, The Republican**  
**September 10, 2010**

This might be a bad sign for the teams playing Frontier Regional School in high school girls volleyball this season.

The five-time defending Western Massachusetts champions are as stacked as ever.

"We feel like we probably have as much depth as we've ever had," Frontier coach Sean MacDonald said.

Based on that statement, it's a safe guess that the Red Hawks are the top contenders for their seventh straight Northern Division title and their sixth straight Western Mass. crown. However, Frontier has one more goal in mind.

"The girls came up with three goals - league championship, Western Mass. championship and state championship," MacDonald said. "I think we have the people that can do it, but it's not going to be easy."

It's been four years since Frontier last hoisted the Division III state championship trophy - after winning back-to-back titles in 2005 and 2006 - and three since the Red Hawks last played for the title.

A pair of All-State returnees - sophomore outside hitter Cassidy Stankowski and senior libero Kendra Ouimette - garner the most attention, but it's two players who sat out last season that might make this the best Frontier team of this run when all is said and done. Tori and Katy Daniels watched from the sidelines last season after they enrolled at Frontier right before the season and could not get the proper waiver to play as juniors.

The Daniels twins were stars as freshmen in Arizona before moving to South Hadley and leading the Tigers to a tournament berth as sophomores. After playing for MacDonald on the Bay State Games team, they decided to start at Frontier. MacDonald didn't even know about their decision until right before preseason practice began last August.

However, MacDonald won't heap praise on a select group of stars. Holly DeWitt was also a first-team All-Scholastic selection last season, and there are others - such as Courtney Parent and Marie Wheeler - poised to have breakout seasons.

"We've got a group of really dedicated girls," MacDonald said.

This bunch will be tested like no other Frontier team has. The 2010 schedule includes matches against perennial Division I powerhouses Barnstable and New Bedford. The Red Hawks host New Bedford on Oct. 8 and travel to Barnstable a week later. In between is a home match with Central Massachusetts Division III power Millis on Oct. 12.

Add in the two usual weekend tournaments - the Medfield Playday and the Volleyball Hall of Fame Showcase of Champions - and this will be a battle-tested Frontier team come November.

What MacDonald also hopes is that the rest of Western Massachusetts eventually catches up to the bar his teams have set.

"I hope we push people to get better," MacDonald said. "We want to raise our own level."

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# The Republican.

## Field hockey rule change promises to promote up-tempo play

By Bill Wells  
September 10, 2010

The number of whistles in high school field hockey probably won't change this season, but the flow of the play will certainly be different.

The newly adopted self-pass rule will most likely have teams on the go-go-go, regardless of whether the team is on offense or defense.

"It gives the game a little more life," said Springfield College coach Melissa Sharpe.

The self-pass rule was implemented at the college and club level in 2009, but this will be year one for high schools.

A big drive can still be taken if desired, but offensive players now also have the appealing option of getting the ball and immediately dribbling after a whistle.

"There are so many whistles and a re-start is so common in the game," said Sharpe, who starred as Melissa Rogers at Southwick before attending Springfield College. "The biggest thing is getting it in their mind that they can dribble in themselves.

"Everything changed for me from a coaching standpoint. It was a dead ball, so where did we need to be set up offensively and defensively? But now they run up and it changes the speed of the game. I think it's great for the game. It makes the game faster."

Players who played at the Bay State Games and indoors are accustomed to the self-pass rule. Mohawk Trail Regional coach Lynn Hoepfner said the biggest hurdle for the players is "knowing what the call is and not having to wait for the ref to show which way the call is going. You'll see some girls look up for the ref wondering, 'What was the call?' Now it's more hazardous to have that player who doesn't know all the rules because she isn't attempting to move seven yards away and the attack is already 25 to 30 yards away from her."

There are certain regulations to the self-pass rule. For example, inside the offensive 25, a player must dribble seven yards before dribbling into the circle. Similarly, from the broken circle, if a player does not dribble seven yards, a pass can only be made outside of the circle. Also, players can no longer drive the circle on a long hit. Lastly, all players must be seven yards away on all re-starts.

"I think it will take the girls some time before they can do it correctly, and I think it will make the game smoother and quicker," Agawam coach Christine Huestis said. "It also makes things more safe coming into the circle. I think it will make the girls think more about the game instead of just looking up and drive."

"The wheels are turning for the kids," East Longmeadow coach Diane Lussier said. "They're thinking, 'I can do this; I can do that' in regards to the self-pass. That's exciting for the kids. It may take a while for them to recognize they have so many options, but it's really going to speed the game up and it's going to keep the game safe."

Lussier, who also serves as the Western Massachusetts tournament director, added, "I like that the MIAA adopted it. They were going to wait a year. The high school federation decided to implement this, but

every state association can modify any sort of rules they choose to. The coaches had a chance to vote and I had to opportunity to do a survey, and I'm glad the MIAA decided to go ahead with it.

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# The Republican.

## **Super 7 Selections: Boys Soccer**

### **Republican Sports Desk, September 13, 2010**

DAN CHMURA, Minnechaug: Senior may be the top defensive player in the region; helped Falcons reach the Western Mass. title game and anchored a defense that allowed just 12 goals last season; only junior among the Division I all-state choices from Western Mass.

DAVID GARCIA, Turners Falls: Senior forward was one of the top scorers in the region last season, setting a school record for goals in a season with 20 and led the McGrath North with 33 points; was a standout on the West team in the Bay State Games.

EVAN GOODEN, Amherst: Senior forward will have a lot to say about how the Hurricanes play this season; capable of scoring on anyone but excels as a playmaker; three-year starter for Amherst.

MIKE KETTERMAN, Monson: Senior may be the top goalkeeper in any division in Western Mass.; recorded 11 shutouts last year and allowed a total of 12 goals to help Monson reach the tournament semifinals.

CHRIS PEREIRA, Ludlow: Senior midfielder helped the Lions win their third straight sectional title last season; scored 10 goals with seven assists, including a goal in state semifinal win over Algonquin; skillful bal'handler adept in the middle and on the flank.

FABIO RODRIGUES, Ludlow: Senior defender helped the Lions win their third consecutive Western Mass. title last season; versatile player who frequently overlaps in transition and is highly skilled with the direct kicks.

JAYTOE TEH, Putnam: Senior forward was the premier sniper in the region last year, scoring 30 goals with eight assists and led the Beavers to the Division II tournament; gifted athlete and skilled with the ball at his feet; was an all-state selection as a junior.

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## **Hanover field hockey ready to start season** **Goaltending, solid leaders key for field hockey success**

**By William Wassersug**  
**Wicked Local Hanover**  
**Sep 14, 2010**

Hanover — Hanover veteran field hockey coach Judy Schneider has been around the game long enough to know that occasionally it can take some time for a team to put things together on the field.

That may or may not be the case this season.

With 19 seniors graduated and only three starters returning, this could be a season where it takes a bit of work to get the little things down.

In the meantime, Schneider hopes her returning starters and her captains can get the ball rolling.

Among the biggest losses are all-star Kelly DuVal, who pretty much led the charge last year. Hanover will also be without the services of one of their fastest players, Nicole Gilbert, who was a state champion trickster last year. Gilbert recently underwent season-ending knee surgery.

“We lost 19 seniors and Nicole Gilbert is out for the season,” Schneider said Sunday night, just two days before Hanover’s opener against Middleboro yesterday. “Nicole will be missed, but she had to have it done. Kelly has been our starting midfielder since her sophomore year. She’s a great athlete, an awesome player and a great captain. We’re very young. We’ll have a lot of people up from the JV.”

The captains this season are midfielder Ericka Stearns, fullback Nicki White and Meaghan Cunniffe, a trio of outstanding athletes.

Caitlin Davino-Draper returns to mind the net after an off-season where she was outstanding in the Bay State Games and attended several camps and clinics for goalies.

“We’ve got our three captains back and Caitlin has been playing a lot this summer,” Schneider said. “Other than that we have no experience at the varsity level. It will take some time to jell together. They want to learn to jell together. It is nice to have a goalkeeper with experience. That will help our defense. She’ll tell people where to go. The defense will be solid.”

As for the captains, Schneider is happy to have them.

“Three is nice,” she said. “But it would be nice to have six.”

Schneider said she’ll have some sophomores starting and will also have senior Jane Hocking playing defense.

In the very early going, Schneider has been pleased.

“We scrimmaged the varsity at Walpole,” she said. “We’ve had a few good scrimmages.”

One thing Hanover doesn’t lack is numbers or character.

“We have 23 kids on the varsity and 81 in the program,” Schneider said. “They’re working hard. They’re great kids. That’s why I love to coach.”

Hanover was a playoff team last year. Hanover finished the regular season 10-3-3 last year before losing to Medfield in the opening round of the MIAA tournament in a game Schneider said was a great game.

Hanover has a tough schedule early, one that will show just where they are and can be, with yesterday's game at Middleboro and four more road games at East Bridgewater, Oliver Ames, Holliston and Silver Lake.

The first home game is set for Sept. 23 against Pembroke.

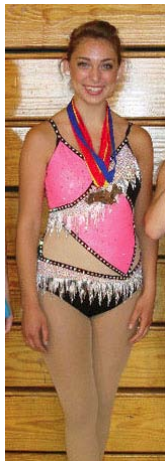
Schneider doesn't expect opponents to have much sympathy for the road warriors.

"When you're at or near the top, everyone is out to get you," she said. "The kids will have to produce. We can't complain. We just have to do what we can."

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## **WICKED LOCAL SAUGUS** WITH NEWS FROM THE SAUGUS ADVERTISER

### **Palermo makes UMass Marching Band twirling team.**



courtesy photo.

Christine Palermo, pictured at the 2010 Bay State Summer Games with gold, silver and bronze medals.

#### **By Staff reports**

**GateHouse News Service**

**Posted Sep 22, 2010 @ 08:00 AM**

Saugus — Christine Palermo was awarded a baton twirling position for the UMass Marching Band this football season.

Palermo graduated this spring from Saugus High School and is a lifelong Saugus resident. She plans to study communications at UMass this fall.

"I am so excited to have been awarded this position," Palermo said. "Twirling for my college has been an aspiration of mine since I began twirling batons."

Palermo began twirling at the age of 7 with the Saugus Wanapanaquins, and then with the Gangi Bay State Strutters of Woburn.

For the past 11 years she has twirled at various parades and shows, including the Woburn Halloween Parade and the Macy's Thanksgiving Parade. She has traveled as far as Universal Studios in Orlando for events.

Palermo has many competitive team and individual twirling achievements as well, including the 2010 Senior Massachusetts State Twirl Team Championship, 2009 Senior Intermediate Northeast Regional solo winner, Massachusetts Pageant winner and the 2008 Bay State Games/New Balance Sportsmanship Award recipient.

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