

The Conway Daily Sun

Winter Sports Preview



Kennett High senior Justin Olson goes to the hoop for two points. Olson should be one of the top players in Division II this winter. (JAMIE GEMMITI PHOTO)



Peter Ames was all smiles after the gymnasium at Kennett High School was named in his honor on Friday, Dec. 13. Here, he thanks community members for their support over the years. Ames, who is the winningest coach in school history, had his wife, Joan, their daughter Brittany and his parents, Helen and Phil, on hand for the dedication. (JAMIE GEMMITI PHOTOS)

Peter Ames Gymnasium dedication was a success

By LLOYD JONES
THE CONWAY DAILY SUN

CONWAY — The gym at Kennett High School now has a name — the Peter Ames Gymnasium — which was officially unveiled last Friday with a dedication ceremony honoring the man who coached Kennett teams for four decades.

Ames and his wife, Joan, were on hand for the ceremony. Their daughter, Brittany Banda, flew up from North Carolina for the event, and Peter's parents, Helen and Phil Ames of Tamworth, also were able to attend, along with countless former players.

"It was nice night," Ames said. "There were a lot of people I hadn't seen in quite awhile. I want to thank everyone for making this so special."

Ames, 65, of Conway and a 1972 Kennett graduate, coached multiple sports and is career win leader for the Eagles. He also taught social studies at Kennett Middle School from 1978-2011.

The Conway School Board voted unanimously June 24 to name the gym, which has simply been referred to as the Nest since it opened in 2006, after Ames.

Kennett Athletic Director Neal Weaver served as master of ceremonies for the evening, while former coach Phil Haynes, current Kennett Middle School Athletic Coordinator Gredel Shaw and Superintendent Kevin Richard spoke about Ames.

Haynes first met Ames 57 years ago while playing basketball.

"I was going to Kennett Middle School and Peter was down in Tamworth and as a fifth-grader was playing for the junior high (at the K.A. Brett School). He came out onto the floor and he had these knee pads, and I swear to God they covered him from his

ankles to his upper thigh. I'm going, 'Wow,' these things were probably this long (spreading his arms two feet). He wasn't very tall, but we knew right away height would have nothing to do with Peter's competitiveness."

Haynes coached football and softball with Ames and had two of his children coached by him.

"The Conway community has been very fortunate to have Peter spend his lifetime working with kids and also it didn't matter what sports, he did all sports," he said. "He was an athlete, he was a teacher. He would learn if he was doing something he didn't know. He wasn't going to walk in there and not be prepared. I can't tell you how happy I am as an alumni, as a friend and as a former coach with Peter that he has been selected to represent this gymnasium."

Shaw got really nervous when asked to speak, but the more she thought about it and her "relationship with Peter Ames over the years I was honored" and "I thought, 'great, here's my chance for payback.'"

"I've known Peter Ames in various capacities for over 30 years," she said. "I first met him in 1998 as an eighth-grader in a social studies class at Kennett Junior High. Soon I moved on to high school, where I played three years of varsity softball for Pete. And one of those being the year we won his softball championship in 1994. Years later, I became a coach, at Kennett Junior High and he helped guide me along the way."

Shaw reached out to a bunch of people to get their thoughts on Ames.

"I heard over and over that he's an old school coach. He is tough but fair, dedicated and committed and motivated. And if by being a motivator, it's him yelling at you over and over, 'Hey, catch the ball,'

'Hey, throw the ball,' is motivation than yes he was a really good motivator. And believe it or not for the younger generations, he has kept alive his snarky personality and sarcasm all these years.

"You won't find another person as dedicated to Kennett athletics as Peter Ames. He has dedicated a large part of his life to Kennett so it is only right something right that the gym be dedicated to him. Congrats Pete."

Richard has been in the district 30 years.

"Coach Peter Ames has given his life to the students and athletes in this community. Whether on the football or softball field on the gym floor, Coach Ames got the best out of his students and his players and has tremendous success bringing many wins and state championships to Conway.

"If the legacy of a coach is left in such a manner that it should be recognized, the community needs to feel a core or facility after that coach. Tonight, Coach Ames will have the Kennett High School Gymnasium forever named after him. He'll be recognized with the likes of the Seidenstuecker Gymnasium, McKean Memorial Field, the George T. Davison Baseball Field, Gary Miller Stadium, the Bernie Livingston Oval, the Donald Trimble Field and Event Facility and the Bob Burns Baseball Field. Tonight we celebrate the naming of the Peter Ames Gymnasium an hope for many more years of athletic success on this court. Congratulations to Coach Ames, job well done."

Ames has a resume like no other coach at Kennett High. He coached varsity softball for 33 years, compiling a 456-222 record, while winning four state

Raiders are ready to soar to new heights this season

By JOHN SKELTON
THE CONWAY DAILY SUN

FRYEBURG — The Fryeburg Academy boys' basketball team, currently in a run of three consecutive tournament appearances, will hope to extend that streak to four, but with a style in marked contrast to recent perimeter-oriented teams. The Raiders boast seven players 6'2" and taller, and a strong international contingent, including players from Africa, Europe, the Bahamas and local towns of MSAD 32.

Veteran Coach Sedge Saunders knows that it may take time for the group to gel as a team, gain experiences to win together and to find player roles. For certain, the Raiders will look to get the ball inside on offense more than any of the shorter Saunders teams of the past three years.

Topping the contingent of big men, 6'8" senior center Janik Glave joins FA from Germany. While new to the game, Saunders notes that Janik is "a quick learner. He has a soft touch around the hoop and a good nose for the ball. With continued development, he will be a solid contributor."

Then there is 6'4" junior center Eli Mahan, fresh off a fine football season, who will anchor the paint for the Raiders. Mahan "will be counted on to get the tough rebounds and provide some interior offense for us (as) he continues to improve and gain confidence," according to Saunders.

Coach will also look to 6'8" freshman center Will Hallam, who has "incredible potential — wants to be a great player in this league, works as hard as any player on the team, and with size and very good hands, the sky is the limit for 'big Will.'"

Forward positions will be manned by several players who stand 6' 2". Senior forward Jack Watson returns to the varsity after being a swing player as a junior. Watson is lauded by Saunders as having a nice touch from the perimeter, great basketball intelligence and for being a consummate team player.

Junior Eloi Telebracas earned valuable varsity playing time as a sophomore. Saunders appreciates this "heady player who can play inside and out and has a good feel for the game."

Kenyi Musembi is new to FA hoops by way of Kenya and has already proven to be a fine addition. His coach anticipates this "smart, aggressive, team player — will be a key contributor as he gets more comfortable with (us)."

Sophomore Bobby Hallam is a strong, athletic forward who can also move outside and shoot. Saunders envisions that Hallam "will only get better as he gains confidence and hones his skills."

The Raiders boast good size at the guard position, creating more potential match-up problems



The 2019-20 Fryeburg Academy boys' basketball team figures to give opponents fits with its size and quickness. (JULIAN ZHU PHOTO)

for smaller opponents. Senior Calvin Southwick, in his third year on the FA varsity, provides toughness, defensive tenacity and the ability to get to the basket. Coach Saunders will look to Southwick for leadership and running the team, filling roles left by 2019 graduate Oscar Saunders, a four-year player who was among the Top 20 players in Maine last season.

Senior Ethan Bain, at 6'2", lettered as a junior. According to Coach Saunders, Bain "has elevated his game after spending five weeks at a basketball academy this summer."

Junior Armel Maloji, also 6'2" tall, has serious explosiveness offensively and the ability to play lockdown defense.

Junior letter winner, Kyle Littlefield, at 6'1", is a streaky shooter. Saunders expects Littlefield will be "very dangerous as he's sneaky athletic with a good pull-up (jump shot)."

Quickness and team depth will be added by a pair of 5'8" sophomore guards. Liam Quinn is a dangerous shooter with an improved ability to attack the basket and an underrated defender. Roy Mugabe is a player with a lot of potential who will be a valuable contributor who can both shoot and take the ball to the rim.

Several of the younger players and new internationals are adjusting to new teammates and Saunders likes their willingness to learn and get better. With a whole new system, it will be a big adjustment for everyone.

The annual pre-season overnight trip to Mount Desert Island built a lot of camaraderie and confidence entering the regular season.

In the first three regular-season games, the Raiders (1-2), posted a solid opening night win over Gray-New Gloucester (1-2) by 12 points (55-43) on Dec. 6, before dropping two close low-scoring games to Leavitt (3-0), by 46-38, and Greely (2-1), by 45-38, last week.

Hosting Greely last Friday, the Raiders showed that there may be early-season growing pains, as a seven-point lead after three quarters (32-25), disappeared during a furious Rangers comeback including 17 straight points.

Saunders is upbeat about this coming season: "This team has a boatload of potential. We are searching for an identity, but I'd say we can attack in a variety of ways, we have some decent quickness and we might have our best frontline we've had in a while. Depth could also be a strength, but that depends on how some of our younger/newer guys develop."



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Kennett girls' hoop team is 'a work in progress'

By LLOYD JONES
THE CONWAY DAILY SUN

CONWAY — A work in progress is how Coach Larry Meader describes the 2019-20 version of the Kennett High girls' basketball team. Meader envisions the Eagles being a solid defensive club that no one looks forward to playing in the New Year, but until then, the hometown flock is still working out some kinks.

The Eagles fell 49-44 to Spaulding in the season-opener at the Pete Ames Gymnasium dedication last Friday night. KHS rallied from a 10-point third-quarter deficit to pull within two and had three opportunities to take the lead, but the Raiders were able to hold on and put the game away by sinking clutch free throws.

"We competed and came back from down 10, that showed me a lot," Meader said on Tuesday. "We had two or three chances to tie the game. I think overall, it was good experience for us. We're a work in progress."

He added: "Spaulding was pretty good. They have some players who can shoot. When we switched from zone to man-to-man they could dribble drive and that hurt us. I was a little disappointed that we gave up so much in the paint."

There was one big positive from the contest, Kennett protected the basketball.

"In our previous two scrimmages we turned the ball over 36 and 25 times," Meader said. "Friday, we turned it over just 11 times. The goal is to be at 16 or less."

The honor of the first basket in the Peter Ames Gymnasium went to senior Liz Cote, who tickled the twine on a three-pointer from the left side of the arc 28 seconds into the game. Cote went on to bury three treys in the quarter, including a buzzer-beat to cap an 8-0 Kennett run (three free throws by Sierra Parsons and a Jaelyn Cummings rebound put back) to put the hosts in front 16-12 after eight minutes.

Spaulding, which hit eight three-pointers on the night with juniors Mary Paradis and Abby Ward leading the attack, outscored KHS 18-10 in the second period to lead 30-24 at the break.

The Raiders led 40-33 after three frames. Kennett closed to within three points twice on baskets by Ella Chandler and Parsons.

Kennett got a game-high 18 points from Cote, while Parsons added 13; Chandler, 7; Sydney Chin, 2; Cummings, 2; Marrisa Henry, 2.

Kennett went 20-2 last winter and reached the state championship game against Hanover (21-1) at Southern New Hampshire University in Manchester. The Marauders beat the Eagles 52-41 in the title game.

Kennett lost seniors Cassidy Chick, Liz Kenny, Becca Schiller and Isabel "Izzy" Wroblewski to gradu-



The Kennett High girls' varsity basketball team plans to get defensive this winter. (JAMIE GEMMITI PHOTO)

ation last June.

The Eagles will also be without multi-talented Maddie Stewart, a junior, who led the team in scoring, but suffered a knee injury late in her field hockey season.

"Losing Maddie is huge," Meader said. "When you start out with one of the top 10 players in Division II out for the season with a meniscus injury, it's tough on her and on us. We've been told she'll be out of action for nine months before she can play again. The good news is she should come back even stronger and we'll have her for her senior year."

Last year, Wroblewski garnered First-Team All-State accolades while Stewart was tabbed for All-State Second-Team honors and then-junior Liz Cote, who was third on the team in scoring last winter, received All-State Honorable mention laurels.

Meader received his first Coach of the Year honor. "Last year was a lot of fun," Meader said. "We had four girls (Stewart, Wroblewski, Kenny and Cote) capable of scoring 20 points on any night. We just have Liz able to play this season, so we're not going to be a team that scores 60 points every night. We're going to have to win games by scoring 40 and play-

ing great defense. The really nice thing thus far has been these girls are willing to work and want to get better."

There are 37 girls out for the program, up from 33 last year and from 13 in 2016-17.

Joining Meader on the sidelines is a veteran core of coaches. Longtime varsity assistant Pat Murphy, who Meader called his "Defensive Guru," will work exclusively with the varsity this season. Steve Cote, the former boys' varsity coach at Kennett, also returns for the fourth year as an assistant coach, while Miriam Habert-Jaques, is in her second year at the helm of the JV program, and the lone newcomer, Dave Caputo, will coach the freshmen.

"I've got a very experienced staff," Meader said. "We all work well together."

Cote, who will be a team captain for the second year in a row, is also among the top 10 players in the division and there may not be a quicker, more talented guard in the Granite State.

Also selected as a captain is Parsons, who is a junior.

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Hockey Eagles want to return to the Frozen Four

By LLOYD JONES
THE CONWAY DAILY SUN

CONWAY — The Kennett High ice hockey team got its 21st season off on a winning note with a 7-1 victory over Pembroke/Campbell at the Everett Arena in Concord on Wednesday afternoon.

Fans of the hometown flock are cautiously optimistic about the Eagles. All the ingredients are in place for KHS to be among the top teams in Division III this winter.

One concern, goal scoring, was put to rest in the opener with Miles Woodbury netting a hat-trick, Colby Hall adding a pair of goals and Trevor LaRusso and Connor Tofflemoyer also lighting the lamp to open their 2019-20 scoring accounts.

Kennett's home-opener is Saturday, Dec. 21 against Sanborn at 6 p.m.

"I think we'd probably like a few more days to get ready," Michael Lane, Eagles' head coach said as he prepared for the games that count. "We're all in the same boat with quick preseasons."

The Eagles started preseason on Dec. 2.

"It's been kind of a whirlwind preseason," Lane said. "We essentially have had eight practices and three scrimmages," Lane said. "Now, we'll be able to get into a somewhat normal routine with Wednesday and Saturday games."

Last winter, the Eagles ran into too much offensive firepower against No. 1 seed John Stark-Hopkinton in the opening round of the Division III playoffs at the Lee Clement Arena on the campus of New England College in Henniker. The No. 8 seeds from Conway turned in a game effort, but the General Hawks scored the final four goals over eight minutes in the second and third periods to pull away for the 8-3 victory.

"I was proud of our effort," Lane said. "Certainly, the score doesn't indicate how we played. Against a team as good as (John Stark-Hopkinton), unfortunately, when you make a mistake, they make you pay and the puck ends up in the back of the net."

John Stark-Hopkinton went on to win the championship, its second in a row.

Senior Trevor Olivier and junior Trevor LaRusso were tabbed for Division III All-State Honorable Mention accolades.

The Jim Terry Award went to Olivier.

"The Jim Terry Award, named after longtime coach Jim Terry is given after each season to the player(s) who has demonstrated excellence in determination, discipline, leadership and sportsmanship both on and off the ice."

The Eagles lost three seniors to graduation in



The 2019-20 Kennett High hockey team has its sights set on making a run at a fifth Division III State Championship. (BRENDA DREW PHOTO)



Seniors on this year's Kennett High ice hockey team are (from left) Connor Tofflemoyer, Dom Jones, Miles Woodbury, Trevor LaRusso, Dakota Field and Reilly Murphy. (JAMIE GEMMITI PHOTO)

Trevor Olivier, Cody Bryan and Jeffrey Palmer.

Kennett is an incredible 178-59-6 in Lane's first 12 seasons as head coach, and that now includes

emy from Division II.

winning four state championships, making eight finals appearances and nine Frozen Four appearances over that span.

Lane has all three of his assistants back on the bench — Justin Frechette working with the defense and Mike Deyak with the goalies and Dan Lucchetti working with the forwards.

Kennett took part in the annual Dover Jamboree Dec. 7, playing four games against Scarborough, Maine, Winnacunnet from Division II, Hollis-Brookline-Derryfield from Division III and Somersworth-Coe-Brown Northwood Acad-

see next page

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from preceding page

On Dec. 11, at the Ham Arena, the Eagles skated to a 4-1 win over Division II Winnacunnet in pre-season action. Colby Hall, Connor Tofflemoyer, Miles Woodbury and Colby Olivier all scored in the win.

The Eagles wrapped up the preseason by playing three games in the eighth annual Kennett Hockey Jamboree at Ham Arena on Saturday. Kennett picked up wins over Laconia-Winnisquam-Inter Lakes (1-0), Kearsarge-Plymouth (2-0) and tied Kingswood (1-1).

Eight teams — Berlin, Laconia-Winnisquam-Interlakes, Belmont Gilford, Kearsarge-Plymouth, Pembroke-Campbell all from Division III will play three games along with Division II sides Somersworth-Coe-Brown Northwood Academy and Kingswood participate along with the Eagles in 12 games.

There are 18 student-athletes out for the hockey team this winter.

Seniors are Dakota Field, Dom Jones, Trevor LaRusso, Reilly Murphy, Connor Tofflemoyer and Miles Woodbury.

Juniors are Matt Cormier, Colby Hall, Brady Shaw, John Trapela and Bryson Wroblewski.

Sophomores are Grace Murphy and Colby Olivier.

Freshmen are Tessa Capozzoli, Lucy Girouard, Noah Keefe, Jack Robinson and Sam Seavey.

There are a record three girls out for the program. “They all fit in really well,” Lane said. “It’s nice to have more than one girl so they’re not on their own so to speak.”

On the injury front, sophomore Grace Murphy, recovering from a foot injury during the soccer season, hopes to get on the ice in early January.

Kennett figures to be one of the top defensive teams in the division. Wroblewski is back between the pipes and is among the top goalies in the Granite State.

“He’s such a hard worker and is extremely coachable,” Lane said.

Defensemen Reilly Murphy, Tofflemoyer, Olivier and Shaw are solid veterans, and newcomer Seavey is expected to make his mark this season.

Lane has been tinkering with three lines — Red, Purple and Yellow. LaRusso has centered the Red line with Woodbury and Hall on the wings.

Trapela and Jones have taken shifts at center on the Purple line with Cormier at one wing spot and wither Jones or Trapela on the other wing.

The Yellow line features Keefe, Girouard, Capozzoli and Field, who according to Lane, “have done a nice job of putting pucks deep into the opponent’s zone and chewing up time,” in the preseason.”

“The key for us will be to get some balanced scoring, and so far we’ve got that,” Lane said. “We’ve asked this year’s team to take in a lot in a short amount of time. They know we want to play fast this year. As a coaching staff, we’ve been pleased with the things we’ve seen so far. Everyone has been working hard.”

The goals for the Eagles are to get into the playoffs, try to secure a home playoff game and make a run at the title.

“We have a tough schedule,” Lane said. “There are no easy nights on our schedule. We’ve got to keep trying to be a better hockey team than we were the day before.”

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RAIDERS

NORDIC SKIING

Date	Day	Opponent	Time	Place
1/4	Sat	@ Telstar Relays	11:00	Telstar
1/8	Wed	MCW,Free,Fal,Gre	3:30	Starks
1/15	Wed	@ GNG,Yar,Free,Fal	3:30	Libby Hill
1/20	Mon	@ All schools	11:00	Pineland
1/25	Sat	@ Sassi Races	11:00	Black Mt
1/29	Wed	All schools	3:30	Starks (C)
2/5	Wed	@ WMC	2:00	Libby Hill
2/8	Sat	WMC	11:00	Starks
2/17-18		Titcomb Mtn.		

Coach: John Weston

Asst. Coach: Silas Eastman

WRESTLING

Date	Day	Opponent	Time
12/7	Sat	@Westbrook Tour	7:30/9:30
12/11	Wed	@Deering	4:00/5:00
12/14	Sat	@ MV Tourney	7:30/9:30
12/18	Wed	Marshwood	5:00/6:00
12/21	Sat	@ Alantics	7:30/9:00
12/23	Mon	@Noble/Wells	9:00/10:00
12/28	Sat	@ Massebesic Duals	8:30/9:30
12/31	Tue	@Wes/Nob/Kenn	9:00/10:00
1/8	Wed	@ Scar/Mass	4:00/5:00
1/11	Sat	@ Kennebunk Duals	7:00/9:00
1/15	Wed	Bidd/TA	5:00/6:00
1/18	Sat	@Cheverus Invit	7:30/9:30
1/25	Sat	@Sanf/Mass/Chev	8:00/9:00
1/29	Wed	BE, San	5:00/6:00
2/1	Sat	@ Scar/SP/Wind	10:00/11:00
2/8	Sat	Regionals	TBA
2/15	Sat	States	Fryeburg
2/19	Wed	Women’s States	TBA
2/22	Sat	NE Championships	TBA

Head Coach: Chad Smith

Asst. Coach: Travis Perry, Jake Thurston

ALPINE SKIING

*All races at Shawnee Peak unless otherwise noted

Date	Day	Discipline	Time
1/6	Mon	GS	5:15
1/13	Mon	S	5:30
1/15	Wed	GS	5:30
1/20	Mon	GS/S	2:00/4:00
1/27	Mon	S	5:15
1/31	Fri	GS	5:15
2/3	Mon	S	5:15
2/5	Wed	WMC Championships	10:00
2/10	Mon	S	5:15
2/19-20		States	TBA

Head Coach: Sam Dyer

Asst. Coach: Jeff Juneau

UNIFIED BASKETBALL

Schedule Released Late December

Coach: Jen Bartlett

Asst. Coach: Kathy Dunham

Fryeburg Academy Winter Athletic Schedule 2019-2020

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Sue Thurston, Athletic Director
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Athletic fax: 935-1390
Athletic Trainer: Tommy Kane



RAIDERS

BOYS BASKETBALL

Date	Day	Opponent	JV/Varsity
12/6	Fri	@GNG	5:30/7:00
12/10	Tues	@Leavitt	5:00/6:30
12/13	Fri	Greely	5:30/7:00
12/19	Thur	@Wells	5:30/7:00
12/28	Sat	Yarmouth	3:30/5:00
1/2	Thur	Lake Region	4:00/7:00
1/4	Sat	@Cape	4:30/6:00
1/7	Tue	Poland	5:00/6:30
1/9	Thur	@York	5:00/6:30
1/14	Tues	@LR Varsity	7:00
1/15	Wed	@ LR JV	6:30
1/17	Fri	@Yarmouth	5:00/6:30
1/20	Mon	Freeport	2:30/4:00
1/22	Wed	Waynflete	5:00/6:30
1/24	Fri	Cape	5:30/7:00
1/28	Tues	@Poland	5:00/6:30
1/31	Fri	York	5:30/7:00
2/4	Tues	GNG	5:00/6:30
2/6	Thurs	@Greely	5:30/7:00

Varsity Coach: Sedge Saunders

Asst. Coach: Charlie Tryder

JV Coach: Sean Watson

1ST YEAR BOYS

Date	Day	Opponent	Time
12/6	Fri	@GNG	4:00
12/10	Tues	@Leavitt	3:30
12/13	Fri	Greely	4:00
12/19	Thur	@Wells	4:00
12/28	Sat	Yarmouth	2:00
1/4	Sat	@Cape	3:00
1/6	Mon	@ Kennett	3:30
1/9	Thur	@York	3:30
1/17	Fri	@Yarmouth	3:30
1/20	Mon	Freeport	1:00
1/22	Wed	Kennett	3:30
1/24	Fri	Cape	4:00
1/31	Fri	York	4:00
2/4	Tues	GNG	3:30
2/6	Thurs	@Greely	4:00

Coach: Bob Hodgman-Burns

GIRLS BASKETBALL

Date	Day	Opponent	JV/Varsity
12/6	Fri	GNG	5:00/6:30
12/10	Tues	Leavitt	5:00/6:30
12/13	Fri	@Greely	5:00/6:30
12/20	Fri	Wells V only	4:00
12/28	Sat	@ Yarmouth	12/1:30
1/2	Thur	Lake Region	2:30/5:30
1/4	Sat	Cape	2:00/3:30
1/7	Tue	@Poland	5:00/6:30
1/9	Thur	York	5:00/6:30
1/14	Tues	@LR Varsity	5:30
1/15	Wed	@ LR JV	5:00
1/17	Fri	Yarmouth	5:00/6:30
1/20	Mon	@Freeport	1:00/2:30
1/22	Wed	@St. Doms	5:30/7:00
1/24	Fri	@ Cape	5:00/6:30
1/28	Tues	Poland	5:00/6:30
1/31	Fri	@York	5:00/6:30
2/4	Tues	@GNG	5:30/7:00
2/6	Thurs	Greely	5:00/6:30

Head Coach: Sarah Campney/

Coreen Eccleston

JV Coach: Michael Costa

ICE CATS HOCKEY

Date	Day	Opponent	Time	Place
12/7	Sat	John Bapst	8:00	CIA
12/14	Sat	@ York	10:45am	Dov
12/17	Tues	Marshwood	6:00	CIA
12/20	Fri	Mt. Ararat	7:00	CIA
12/30	Mon	@ Windham	3:45	USM
1/4	Sat	Kennebunk	4:00	CIA
1/7	Tue	York	7:00	CIA
1/9	Thur	@ Cheverus	7:30	PIA
1/18	Sat	Cony	4:00	CIA
1/23	Thur	@ TA	5:30	BIA
1/25	Sat	@ Bidd	7:05	BIA
1/29	Wed	@ Marsh	6:15	Dov
2/1	Sat	@ Kennebunk	1:00	UNE
2/4	Tues	Scarborough	6:00	CIA
2/8	Sat	@ SP	4:00	PIA
2/11	Tue	Windham	6:00	CIA
2/13	Thurs	@ Portland	6:00	PIA
2/18	Wed	Marshwood	6:00	CIA

Head Coach: Dave Lepage

Asst. Coach: NickLepage, Brian Woodson

INDOOR TRACK

*All races at USM unless noted

Date	Day	Opponent	Time
12/28	Sat	SO Track Meet	12:00
1/3	Fri	Gr, Pol,Yar,Tr,WV,NYA,St.D	3:30
1/10	Fri	GNG,Fr,Po,Yar, Tr, Wells	3:30
1/17	Fri	York,GNG,FR,Yar	6:30
1/24	Fri	Po, Yar,Tr,We,SD,York	6:30
1/31	Fri	CE,GNG,Fr,LR,Yar, SD	4:00
2/8	Sat	WMC Championships	4:00
2/15	Sat	States @ Bates College	12:00

Coach: Kevin MacDonald

Asst. Coach: Trevor Hope



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President.**



The Fryeburg Academy indoor track team has been training hard in preparation for the Dec. 28 season-opener at the University of Southern Maine in Gorham, Maine. (JULIAN ZHU PHOTO)

Fryeburg has good numbers out

By JOHN SKELTON
THE CONWAY DAILY SUN

FRYEBURG — The Fryeburg Academy indoor track team boasts some talented athletes who should score points at the Class B State Meet come season's end. Head Coach Kevin McDonald has 21 female athletes and 12 males shifting from the conditioning training phase of preseason toward the pre-competition phase which will run through early meets in the New Year.

At this point, McDonald is excited to have outstanding prospects which could lead the girls to a Top 10 team result (of 45 girls teams) at State Championships in February. The boys' team lacks the depth and number of top athletes the girls' team is blessed with but should post several State Meet qualifiers and aim to finish in the top half of the pack.

The girl's roster has few holes, with a majority of athletes either juniors or seniors, and team members are capable of scoring points in every event.

Junior shot putter Amelia Santos will be a regular meet scorer and will likely achieve the state qualifying standard.

Four relatively unknown distance runners are led by one proven scorer: senior Abigail Hewes will lead a top 4 x800 relay team, and both the 800-meter and the mile individual races.

As a track newcomer, junior Elul Hancilar, from Turkey, should score in distance events. Another international student-athlete, junior Luna Lim, from South Korea, brings a solid work-ethic to race distances from the 400 meters to the mile; Lim may also compete in the triple jump.

First-year Semmi MacFarland, a transfer from Conway, is "definitely gifted," according to McDonald.

Hope Duffy, a junior, is a track newcomer who shows strength to score in the 800 meters.

Potential point scorers include juniors Luna Barrionuevo in sprints and relay, Ella Baptiste in the 55-yard dash and hurdles, and sophomores Nyla Charrest (bringing successful experience from last spring in sprint relays) in events up to the 400 meters, and Caleigh Crowe in sprints and the sprint relay.

Two standouts who will make their first appearance on the track are sophomore Maddie Foreman and senior Bridget O'Neil. Foreman, a member of last fall's outstanding field hockey team, is described as "very versatile" by McDonald: she will see action in sprints and perhaps up to 400 meters, long jump and triple jump. Senior field hockey and lacrosse multiple letter winner O'Neil has her track coach

"wicked excited," O'Neil will test her athleticism and speed in the triple jump and 400 meters.

Juniors Livia DeVries and Jordan Eastman bring great energy to the team.

A plethora of returning seniors bring great leadership and experience. Victoria Hayes will help in the 100- and 200-meter events. Sophie Kummer will be a top 800-meter runner, both individually and in the relay. Jen l'Hommedieu is a top sprinter who ran 7.88 seconds in the 55 meters last year. McDonald hopes she bolsters the 4x200 relay event.

McDonald "couldn't ask for a better kid" than Madison McIntyre, a tweener likely to run the 400, 800 and relays. Katherine Trumbull is another sprinter/tweener who could find the 200 meters to be her best event.

The top 4x800 relay team is likely to assault and surpass the two-year-old all-time school record. Senior Kristen Wentworth and classmate Hewes, both members of the record-setting relay team as sophomores, are likely to be part of a new foursome with tremendous talent this winter. Wentworth is returning to the track after a year off.

The boy's roster, while not as deep as the girls, has several talented athletes. McDonald will be looking to identify the optimal indoor track events of each.

Senior Mario Ballciti, a late arrival to the Academy via Albania, is "a master of his body," who will likely see action in the sprints, long jump and the top 4x200 relay team, in his Coach's estimation.

For young Derek Maxim, "the sky is the limit," according to McDonald.

Daniel Koo, a junior and returning letter winner, is a strong athlete who will participate in the 200, 400, long jump, and possibly the hurdles.

Sophomores Marcos Barrionuevo and JoJo Jensen are first-year track athletes who will run shorter distances of 55, 200 and 400; each may earn spots on the first 4x200 relay and try the long jump.

Michael Trumbull, a freshman, will run the 200, 400 and maybe the 800 to make a relay team.

The boys will send several athletes to the throwing circle each meet. Two sophomores and cousins, Brody McGrath ("a leader, improving every day," according to McDonald), and Padric McGrath are likely to qualify for states, along with classmate Mason Whitaker, whom McDonald describes as "a huge kid, returning letter-winner with future potential."

Junior Graham Schenstrom and sophomore Zechariah Hoeft, will shot put, while Sebastian Drose, a sophomore, may throw the shot and run the 200 and 400.



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Track Eagles are in the starting blocks this Saturday

By LLOYD JONES
THE CONWAY DAILY SUN

CONWAY — Lots of running in hallways and plenty of stairway workouts — that sums up what the Kennett High indoor team has been up to since preseason started on Dec. 2. With 38 boys and girls out for the sport, Coach Bernie Livingston admits the hometown flock is somewhat confined in what they can and can't do prior to the season-opener, which is scheduled for this Saturday (10 a.m.) at the University of New Hampshire.

"We're the only sport that never gets to practice on the facility we have to compete on," Livingston said on Friday. "That's the nature of indoor track in New Hampshire, almost every school is in the same boat as us."

While the Livingston Oval has been bare of snow for a few days, the weather has not really cooperated to allow the Eagles to do much outdoors.

"It's been around 28 or 29 degrees when we practice, which is too cold to send the sprinters out and risk pulling muscles," Livingston said. "Right now, the only ones I'd send outside are the distance runners."

He added: "Given our limitations, we only practice three days a week, and they're hard workouts. Orthopedically, it's hard to do more than that on the stairs and in the hallways. The inside training is really prohibitive because you're limited to hallways, running stairs and stretching in the cafeteria. After a little while, it can feel kind of claustrophobic."

While the first indoor meet of the season was last Saturday, KHS once again had a Week I bye — it's something Livingston really likes.

"I like the bye in the first week because it gives us one more week to get ready," he said. "I always put in for it (a first-week bye) because I think we need more time to prepare, not less. If we could have four weeks to prepare for the first meet, that would be ideal. Plus, historically, they don't do the relays the first week. You know how much I like relays."

Indoor track events include 55-meter hurdles, 55-meter dash, 300 meters, 600 meters, 1,000 meters, 1500 meters, 3,000 meters along with a 4X400 meter relay and a 4X160 meter relay plus high jump, long jump and shot put.

"We were limited to five entries in an event but now can do up to eight in the 55 meters," Livingston said. "An athlete can only run the 600, 1,000, 1,500 or the 3,000, there's no doubling up."

The schedule features six regular-season meets with three on Saturdays and three on Sundays.

"I like the schedule a lot," said Livingston. "We start with two meets at UNH, then have two at Plymouth State University (up from one past two years), and then go back to UNH for state meet qualifiers."

Kennett was able to add an additional meet in Plymouth after learning that the meet the Eagles had traditionally attended at the University of Southern Maine in Gorham, Maine, is no longer happening.

"I really like the Plymouth track, and it'll be nice to have two meets close to home," Livingston said.

The season culminates with a state championship on Sunday, Feb. 9 at Dartmouth College.

Livingston, head cross-country and track coach at Kennett High, is again coaching the Eagles this winter along with volunteer assistant coaches Kathleen Murdough and Eileen Livingston.

"Thank goodness for (volunteer coaches) Kathleen Murdough and Eileen, I couldn't do it without them," he said. "With the kids we have out and the number of events there is, I don't know where I'd be without them. They're wonderful in donating their time to the program. The kids and I really appreciate it."

Last winter, Kennett turned in a number of solid performances at the 2019 NHIAA Division II State Championships in the Leverone Field House at



There are plenty of new faces out for the 2019-20 Kennett High girls' indoor track team this winter. (JAMIE GEMMITI PHOTO)

Dartmouth College in Lebanon.

Kennett sent eight boys to the state championships, and every Eagle turned in a career-best.

"It was just unbelievable," Livingston said. "Everybody hit on all cylinders, it made for a really, really great day. As a coach, you hope everyone can compete to the best of their abilities on the biggest stage and our guys did."

Senior Chris Caputo, now a freshman at Virginia Tech, qualified to compete in the long jump at the prestigious New England Indoor Track and Field Championships at the Reggie Lewis Center in Roxbury, Mass., by winning the Division II title. He went on to finish 21st overall in New England with a best jump of 19'10.5". He was the third-best jumper from the Granite State.

In the state championships, Chris Desmaris set a new personal-best, finishing sixth overall in 2:47.81.

Kennett had a young team in the 4X200-meter relay in Bryce Hill, Logan Violette and Thomas Troon and Tristen Smith. They finished 15th overall in 1:50.02.

The KHS 4X400-meter relay team of Desmaris, Jack Wheeler, Ben Klementovich and Caputo were seeded seventh coming into the championships but finished eighth overall in 3:46.25.

Livingston presented the Indoor Track Awards in March to seniors Danielle Solomon for the girls and Chris Caputo for the boys.

Livingston has been pleased with the preseason. He is working with the athletes on Monday, Wednesdays and Fridays with meets on the weekends.

"Three days a week works well," Livingston said. "The kids are encouraged to bike, swim or run on their own on Tuesdays and Thursdays — the schedule seems to work out pretty well. I didn't want to do every day because it doesn't make sense, we'd just burn people out. Indoor and outdoor track are two different worlds. I know there are people who don't understand the difference, but there are a number of them such as the distance we run."

Numbers are up this season in participation with 16 boys and 22 girls. There were 31 athletes out for the sport last year, having gone from a high of 55 in 2014-15 to 48 in 2015-16 and 38 in 2016-17.

"We have a lot of new faces," Livingston said.

Livingston said the team captains are Klementovich and Wheeler for the boys and Grace Jarell for the girls.

There are three seniors out for the boys in Desmaris, Klementovich and Wheeler.

Juniors include Kevin Fay, Bryce Hill, Ian Martin, Thomas Troon and River West; sophomores — Aidan Hayes, Owen Henley, Jack Martin, Tristen Smith

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Kennett cross-country skiers eye state championship

By LLOYD JONES
THE CONWAY DAILY SUN

CONWAY — Quality over quantity will be the recipe for success this season for the Kennett High cross-country ski teams. While there are 13 girls out for the team this year as the Eagles make a run for sixth consecutive Division II State Championship, there are only seven boys out for the sport this season, the lowest number in more than a decade.

“We have two pretty solid groups,” Steve Vosburgh, Eagles’ head coach, said by phone Sunday. “I think we have some good skiers and good competitors.”

Last winter, the girls’ cross-country ski team won its fifth consecutive Division II State Championship in Gilford, while the KHS boys came oh-so-close to winning a record eighth team title in a row, but Hanover turned in sensational scores in the skate race to win the crown by just nine points.

Along with a state championship and a runner-up plaque, Vosburgh’s Eagles cleaned up on the individual hardware. Senior Hannah Thelemarck



The Kennett High girls’ cross-country team is seeking a sixth consecutive Division II State Championship this winter. (JAMIE GEMMITI PHOTO)

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won the classical race, while teammate Helen Badger, a junior, won the freestyle (skate), and senior Aidan Hagerty made it a true daily-double by winning both the classical and freestyle races for the boys. It was the second year in a row that Hagerty won both titles.

The Kennett girls won both the classical and freestyle races to take overall team honors in the 10-school field with 758 points to top Hanover, 739, while Lebanon rounded out the Top 3 with 731 points.

The Kennett boys won the classical team

event by five points, but Hanover took the honors in the afternoon freestyle by 14 to win overall by nine points, winning with a combined score of 756 points, followed by KHS, 747, while Bow and Lebanon tied for third with 703 points.

“Hats off to Hanover,” Vosburgh said Sunday when talking about last year’s championship for the boys. “It was a great performance by them. They had the better day and their skiers worked hard to hold us off.”

He added: “I heard my boys afterward, saying, ‘That’s not going to happen next year.’ I think that’s serving as motivation for some.”

Hagerty and Thelemarck were named to All-State.

The Broomhall Nordic Award was presented to Thelemarck, while the Most Improved Award went to junior Chris Desmarais.

There are just seven boys out for the team (down from 10 last year): seniors Keith Badger and Chris Desmaris; juniors Sam Alkalay, Dominick Perry and Caleb White; sophomore Theo Castonguay, and freshman Ben Biche.

There are 13 girls (down from 21 last year) out for cross-country this winter: seniors Helen Badger, Grace Castonguay and Madelyn Marcotte; juniors



Kennett High seniors (from left) Grace Castonguay, Helen Badger and Madelyn Marcotte hope to lead the Eagles to a sixth consecutive Division II State Championship this winter. (JAMIE GEMMITI PHOTO)

Lia Anzaldi, Shannon Derby, Dylan Derby and Kathryn Hawkes; sophomores Maya Gove, Jordan Meir and Grace Perley, and freshmen Jocelyn Anzaldi, Carli Krebs and Mara Taylor.

There were just four cross-country skiers at the middle school level last between Kennett Middle School and Josiah Bartlett Elementary School.

“I think Hannah (Lucy, middle school coach) has 18 out this year, which great,” Vosburgh said. “If they can stick with it we stand a chance of growing the numbers (at the high school).”

Kennett has only been practicing since Dec. 10. The start of the season has again been pushed back three weeks statewide for the fourth winter in a row to have teams skiing more and dryland training less.

Vosburgh likes the new season configuration, but this is the first season where winter has been hard to find.

“Let’s hope this week we’ll get some snow and all will be good,” he said. “In Whitaker Woods (in North Conway), if we can get a couple of inches of snow, there are places you can ski.”

Unable to get on the snow, the Eagles have been



After three weeks of dryland training the Fryeburg Academy cross-country ski team is eager to get on skis. (CORBIN BLAKE PHOTO)

Raiders are still waiting for winter

By JOHN SKELTON
THE CONWAY DAILY SUN

FRYEBURG — When you have had no chance to practice your craft, it is hard to predict what the results will be. Such is the case for local high school ski coaches, who have seen extended dry-land training well into December, with no time on snow as a team.

For veteran Fryeburg Academy cross-country Coach John Weston any predictions for this winter are pure guesses, particularly with huge ski boots to fill from 2019 graduates. All-Stater Alfie Walker leaves a giant hole at the top of the boy's lineup, while Irina Norkin and Zoe Maguire graduated from the ranks of the very successful 2019 girls. Maguire now clicks into her skis for Bates College in Lewiston, Maine.

Participants will not be a problem in 2020, as Weston notes, "We have our largest numbers in a decade; over half are brand new to Nordic skiing and I have yet to see them on skis."

With some white fluffy stuff falling this week, this hopefully changes soon. Meanwhile, Weston looks forward to his first on-snow session with these newcomers on the girls team: Lily Amazeen (Grade 9), Casey Jane Clark (9), Tiffany Evans (10), Naomi Harper (10), Bella Iaria (9), Heleri Partvei (10), Eva Pospisilova (12), Roze Schenstrom (10) and Jules

Stanton (12).

Two veteran Nordic skiers will be called upon to step up for the girls. Junior Samantha Carus is in her third year with Fryeburg Nordic, and Weston hopes she "makes the usual steps (in progress)." The Raiders likely No. 1 skier will be sophomore Alanna Nataluk, who garnered two Top 10 finishes in races as a first-year, and qualified to race at New England Championships last March. Weston expects that Nataluk will be "a regular scorer, and among the top girls in Maine."

The boys have a somewhat greater veteran presence, with brothers sophomore Luke Dupuis and junior Jacques Dupuis pushing each other for the top spot. Luke raced at New England's as a freshman and Jacques was a regular top-three Raider scorer. Other returners include senior Elijah Howe and sophomore Isaiah Johnson. Four freshmen join the Academy boys: Andrew Irwin, Gabe Lounsbury, River Pullen and Isaac Twombly-Wiser.

With such an inexperienced team, "bringing along kids will dictate how we do" as a team, according to Weston. One advantage the Raiders will hold is their premier Maine High School home training and racing venue at Stark's Hill. Fryeburg hosts two

see **FA NORDIC** page 23

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Basketball Eagles are set to tipoff the season tonight

By LLOYD JONES
THE CONWAY DAILY SUN

CONWAY — Fans are excited about the 2019-20 Kennett High boys' basketball team. Members of this year's hometown flock have a genuine love of the game and that's led countless players to work year-round on their games in preparation for this season.

A number of Eagles tasted success last summer in AAU ball, winning the prestigious Battle at Cross-roads Tournament and taking top honors in the always competitive Laconia Summer League. Throw in a second-place showing at the annual Fryeburg tourney in June, and the boys were three-for-three in bringing home some hardware.

Kennett is scheduled to tipoff Division II play on Friday when Coe-Brown Northwood Academy visits the Peter Ames Gymnasium at 6:30 p.m.

"They'll be good," Jack Loynd, Eagles' head coach, said. "They're always well-coached, they screen, they rebound well and hit their foul shots. Thomas (Loynd) and Brandon (DiLucchio) always used to say, 'I can't believe we lost to Coe-Brown.' Well, I can because they do all the little things good teams do like box out, rebound and make free throws. We know they'll be good. We're going to have to play well."

This is the lone game for the Eagles before the

see **KHS HOOP** page 20



Dr. Jack Loynd (back row, left) is cautiously optimistic about the Kennett High boys' varsity basketball team this winter. The Eagles are scheduled to host Coe-Brown Northwood Academy today at 6:30 p.m. (JAMIE GEMMITI PHOTO)

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The 2019-20 Fryeburg Academy girls' basketball team hopes to return to the Expo for the playoffs this winter. (JULIAN ZHU PHOTO)

Raiders want to return to the Expo

By JAMES ANDERSON
THE CONWAY DAILY SUN

FRYEBURG — The Fryeburg Academy girls' basketball team will be an exciting group to follow this winter. This team will charm you and bring joy to your heart if you choose to come out to the Wadsworth Gymnasium to cheer them on. It is an opportunity to be entertained and thrilled right here in

Fryeburg. Don't miss out!

This team is full of players that have worked hard to represent their school and community with a high level of skill.

They are coached by two coaches who really know their stuff — Sarah Campney will step up from

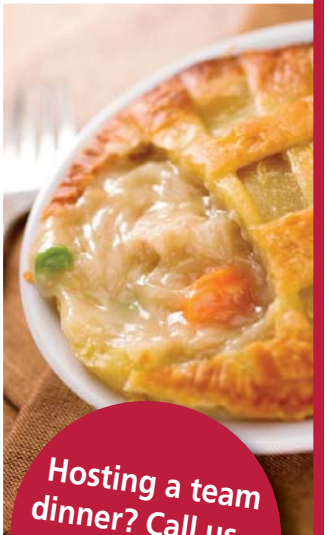
see **FA HOOP** page 19

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There are good numbers out for the Fryeburg Academy alpine team. The Raiders are eager to get on the slopes. (ROZE SCHENSTROM PHOTO)

Raiders are ready to hit the slopes

BY JOHN SKELTON
THE CONWAY DAILY SUN

FRYEBURG — Fryeburg Academy alpine ski Coach Sam Dyer is excited to see a large group of young racers carve the slopes at Shawnee Peak when the mountain opens.

To date, the enthusiasm, effort and training ethic of his healthy young corps of skiers have impressed. Dyer notes that a "definite, sizeable roster increase" has led to 14 girls and 16 boys involved in "lots of running" and core conditioning in the first two weeks of preseason training.

The Raider girls will be hard-pressed to replace their top two skiers from the 2019 State Meet fourth-place team finishers out of 10 teams: Brooke Juneau and Abby Novia.

This year's senior co-captains Abby Winterbottom and Lillian Nylin will bring solid leadership on the race hill. Winterbottom was a regular top three or four Raider finisher last year and Nylin is described as "a wonderful athlete, a great personality and a great asset to the team," by Dyer.

Junior Marra MacMillan will bring considerable passion into the start gate. A newcomer to Fryeburg, MacMillan skied for state-line rival Kennett in the past.

Sophomore Willow Carter is "a solid athlete" who was a regular top-six finisher for the Raiders in 2019.

Junior Sasha Maguire will debut on the alpine hill after switching from Nordic skiing last year.

Classmate Svea Olson took her sophomore year off from the ski team.

Dyer anticipates that both Maguire and Olson will be assets and frequent scorers.

Sophomore Taylor Guenther brings plenty of enthusiasm to the team.

Freshmen Elsie Leonard, Eliza Thorne and Samantha Winterbottom join the ranks of high school racers and look to make their mark, while juniors Olivia Krug, Lucas Burford and Lilah Felix provide depth to the Raider lineup.

For the boys, senior captain Matt Gunther will lead the charge. The top Raider skier in 2019, Gunther just missed qualifying for the State Meet from a Raider team which finished fifth out of 12 schools.

Dyer sees advancement beyond states to regionals as distinct possibilities for Gunther's final year. Junior Will Marshall, new to Fryeburg but a veteran of Mount Washington Valley Ski Team could be a

see **FA ALPINE** page 23



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Coach Chip Henry (back row, left) feels good about the Kennett High ski jumping team. The KHS Flight Squad wants to improve on last year's fourth-place finish in the State Meet. (JAMIE GEMMITI PHOTO)

KHS jumpers are eager to take flight

By LLOYD JONES
THE CONWAY DAILY SUN

CONWAY — There are record numbers out for the Kennett High ski jumping team, and while the Eagles have yet to take flight off their jumps on the Kancamagus Highway, Coach Chip Henry has been pleased with the attitude of his troops as they have embraced dryland training since Dec. 2.

"I think everyone would like to be jumping," Henry said on Monday. "I think we've gotten spoiled the past two years where we only did a few days of dryland and then we were out on the hill. This year is probably more like the normal."

He added: "I've been coaching since 1996-97, and there have been only a handful of times where we were jumping before Christmas. I think the good news is we're on the storm track, there's been plenty of precipitation, we just need it to get colder and then we can take advantage of it. All we really need is a good foot of snow and then we'll be flying."

The Eagles went to Proctor Academy on Wednesday for a preseason meet.

"It's more of a practice to get kids on the snow," Henry said. "No one in the state has jumped yet, so we're all kind of in the same boat."

Last winter, Henry's Flight Squad, the two-time

defending champs, came up a little short in its bid for a three-peat at the Division II State Championships in Plymouth. The Eagles were in the thick of things in the battle for second place, but the night belonged to the jumpers from Hanover.

Kennett did retain individual honors for the third year in succession when sophomore Zach Grzesik soared to the state and the national title. In a field of 30 jumpers, Grzesik flew to individual victory, keeping the title in Conway, something that Sean Maloney did the previous two years, with a score of 107 points, scoring 53.5 on his first and third jumps.

There were no seniors on last year's team.

"I've got everyone back, plus I've got a pile of new kids," said Henry. "We've got eight new jumpers, and overall we have eight girls jumping, which is great. This might be the first time I've had more girls than boys."

In order to help with the growth of the sport, a core group of supporters formed a non-profit, MWV Ski Jumping last year. The immediate goal of MWV Ski Jumping was to obtain equipment for the high school team.

"They've been amazing," Henry said. "Thanks to the fundraisers we have seven new pairs of skis on

see KHS JUMPING page 21

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KHS alpine will be in title chase

By LLOYD JONES
THE CONWAY DAILY SUN

CONWAY — A couple of inches of snow on Tuesday brought smiles to members of the Kennett High boys' and girls' alpine teams — the Eagles got their first hint that winter might be finally arriving. The hometown flock has some lofty goals for the 2019-20 season. The KHS boys are looking for a three-peat with another state championship, while the KHS girls have their sights firmly set on starting another run of titles after seeing their five-year hold on the championship plaque come to an end last February. Last winter, the Kennett boys won both the giant slalom and the slalom events at Division II State Alpine Championships at Crotched Mountain in Bennington to successfully defend their championship.

Kennett won the overall title with 733 points, topping Hanover, 713.

Then senior Dylan West successfully defended his GS title. Teammate Connor Glavin was second in both the giant slalom and the slalom races.

The Hanover girls ended Kennett's record-setting six-year run as champs.

Eva Drummond and then senior Ashton Coleman both landed on the podium, finishing tied for third in the giant slalom.

The Damon O'Neal Alpine Skiing Award went to junior Eva Drummond and senior Dylan West.

The Eddie K. Bradley III Spirit of Skiing Award went to seniors Emily Bean and Jordanna Belle-Isle.

"We're getting ready to go for our 2019-2020 season," Laurel Zengilowski, overall head ski coach at Kennett and alpine head coach. "We have 26 out for the program with a number of new faces joining our strong veteran squad. Eddie (Bradley, assistant coach) and I are really excited for this season and expect another banner year."

Team captains for this year are Eva Drummond and Sierra Abrams for the girls, and Connor Glavin, Gabe Mohla and Julian Brochu for the boys.

"These five are the true epitome of hard work, grit on the slopes and leaders for our younger kids on and off the slopes," said Coach Z.

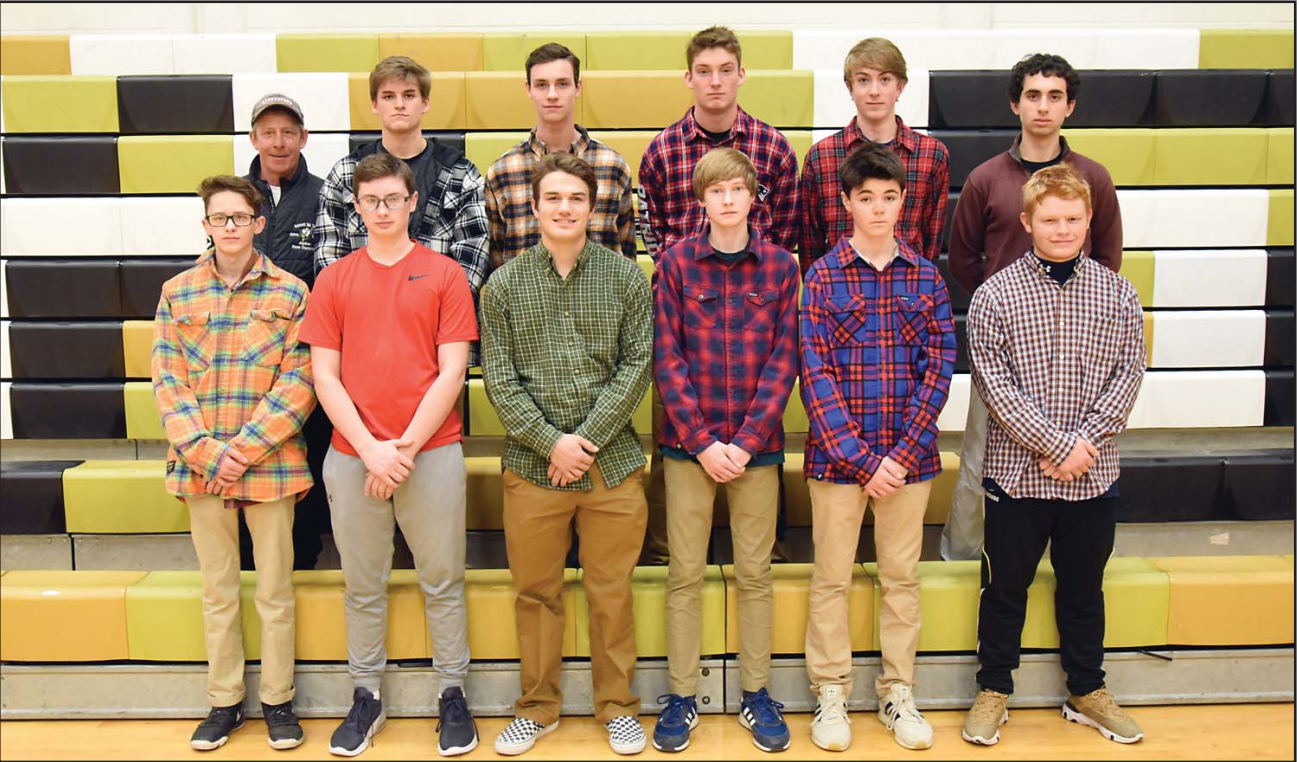
Zengilowski said the KHS girls have good depth to go along with plenty of talent.

"Our girl's team will be lead no question by four-year state team member Eva Drummond," she said. "She has grown significantly as a racer, pushing herself to excel on and off the hill. She is absolutely a

see **KHS ALPINE** page 19



The Kennett High girls' alpine team decked out in their best plaid shirts on media day. The Eagles are once again contenders for the Division II State Championships this winter. (JAMIE GEMMITI PHOTO)



While the numbers are a little down this winter for the Kennett High boys' alpine team, the Eagles are eager to try to win third consecutive Division II State Championship. (JAMIE GEMMITI PHOTO)

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The Fryeburg Academy wrestling team continues to grow in numbers. (JEN BARTLETT PHOTO)

Raiders are gaining in experience

By JOHN SKELTON
THE CONWAY DAILY SUN

FRYEBURG — The wrestling Fryeburg Academy Raiders continue their growth as a program and return to prominence in Maine High School wrestling circles under the leadership of third-year Coach Chad Smith. The grapplers, with 14 wrestlers in the program, figure to fill at least nine of 12 weight classes at the varsity level on a regular basis (where five or six divisions were the norm in the 2018-19 season).

With two regular-season invitational tournament matches under their belts (Dec. 6 at Mountain Valley and Dec. 13 at Westbrook), Smith is excited about his team and the chances of three or more wrestlers competing at the state tournament level on Feb. 15 at the Wadsworth Arena in Fryeburg.

A top returning wrestler for the Raiders will be junior two-year letter winner Eddie Plessinger. Having finished fourth at Regional qualifiers last

Having qualified for states in his first two years, Plessinger provides experience and a strong wrestling family background at the 145-pound weight division this season. Plessinger earned his first victory of this season at MV but missed the second tourney with an injury.

Smith envisions great results for sophomore Job Fox, whom he describes as a “100 percent team asset.” Wrestling at 182-pounds, Fox advanced to

the finals following a gritty, hard-fought double-overtime victory at Mountain Valley, and he finished third at Westbrook. Smith describes Fox as “the total package as a wrestler, with great strength, athleticism and technique.”

Jarrett Ensor, a junior wrestling in the 285-pound heavyweight class, has posted four wins and a consolation semifinals appearance at MV already in the young season. While Ensor may be “green, technically” according to Smith, the heavyweight has tremendous strength and athleticism for a young man of his size, and a hugely positive upside for improvement as he learns the technical aspects of the sport.

A pair of sophomores promise to earn points for the Raiders. Graham Blood earned a third-place finish at Westbrook, where first-year wrestler Danny Darby picked up his first win at 160-pounds.

Wrestling at 145, senior dorm student Firdavs Islomov has already won one match by pin. The athletic first-year grappler is “picking (wrestling) up quickly,” according to Smith. Coach is concerned that Islomov’s progress may be slowed somewhat due to anticipated vacation time away from the wrestling mats.

Junior Jacob Lindgren will wrestle at 152 lbs. Although he is in his third year with the program, Lindgren will be hoping to avoid the injury bug, which severely limited his practice and match experiences as

see **WRESTLING** page 21

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Ice Cats are off to a 1-1 start in Class A hockey play

By LLOYD JONES
THE CONWAY DAILY SUN

FRYEBURG — With 31 student-athletes out for the sport this winter the Lake Region/Fryeburg Academy/Oxford Hills Ice Cats hockey team has more than enough players for form varsity and junior varsity rosters. In those impressive numbers, there's also a slew of talent. The team is off to a 1-1 start on the season and came oh-so-close to opening 2-0.

The Cats had had York on the ropes, leading 2-0 going into the third period, but the Wildcats scored three unanswered goals for the 3-2 win.

"We were up in the third period 2-0 and then took a major penalty — they scored two power-play goals to tie it and then went ahead on a shorthanded goal," Coach Dave Lepage explained after Saturday's contest.

The Ice Cats opened the season in style with an impressive 7-2 victory on their home ice over John Bapst at the Chalmers Insurance Arena at Bridgton Academy in Bridgton, Maine on Dec. 7. Freshmen Caleb Micklon and Owen Galligan both found the back of the net in the win.

Eddie Thurston had a shorthanded goal and Will Galligan netted a pair, while Bryce Miklon had two assists.

There are 13 athletes from Oxford Hills, 11 from Fryeburg Academy and eight from Lake Region making the cooperative hockey program. There are nine freshmen from the three schools playing ice hockey.

Raiders on the team include senior Bobby LeBlanc; juniors Will Galligan, Bryce Micklon, Eddie Thurston and Dom Zimmel; sophomore Noah Grant, and freshmen Owen Galligan, Myles Garland, Colton McCarthy, Payton McMurtray and Caleb Micklon.

"Preseason went well although we did have a longer break at Thanksgiving," Lepage said. "I was impressed by the desire shown by the players to take the next step. We had one scrimmage to knock some rust off and then began our season on Dec. 7.

Joining LePage behind the bench are assistants Nick Lepage and Brian Woodson, who also have a wealth of knowledge of the sport.

This year's team captains are Cam Lepage, a senior defenseman from Lake Region and Bryce Micklon, a junior defenseman from Fryeburg Academy.

There are a number of exciting players on this year's team.

"The first line of Eddie Thurston (a junior at FA), Colby Turcotte (a junior at OH) and Will Galligan (a junior at FA) have returned with some scoring punch this year," Lepage said. "They have played together for three years now and seem to have found a groove that could help us in the point production side of our



The Ice Cats are in good hands with senior Bobby LeBlanc in goal. He made 50 saves in his first two games. (JEN BARTLETT PHOTO)

game. Defensively, our two goalies Bobby LeBlanc (a senior at FA) and Dom Zimmel (a junior at FA) will battle for time and are both strong between the pipes. Lepage and Micklon anchor a small number of defensemen but are both skilled on the offensive side of the puck as well."

Thurston and Will Galligan play the short-handed shifts and the power-plays for the Cats.

LeBlanc has 50 saves through the first two games.

There are two Fryeburg newcomers to the program in junior Dom Zimmel, a transfer from Hebron Academy, and is the second goalie on the varsity and equally as solid as LeBlanc. He is a hard worker who will challenge LeBlanc for starts in net. Freshmen Peyton McMurtray moved to Lovell from Texas and has secured a full-time spot on the varsity roster. He is a strong skater who will see ice time this season.

Lepage spoke about what might be the strength of the team.

"Even though we do not have many defensemen (five total), they are very experienced when it comes



Junior Eddie Thurston should be a player to reckon with in Class A hockey this winter. (JO-LYNNE TIBBETTS PHOTO)

to the game," he said. "LeBlanc has played well in the net so far and his ability to be athletic has helped us to keep the goal count down and keep us in every game."

Is there an area of concern?

"Although our first game produced some goal scoring, we continually have to find creative ways to put the puck in the net," Lepage said. "Our defense is strong but we will need to score more than we did last year in order to succeed in a very tough Class A division. If we can stay out of the box and play five-on-five, we should be able to compete with most teams."

Lepage likes the makeup of his squad.

"Our main goal this season is to be better than we were last year," he said. "I have already noticed considerable progress and belief which will lead to more success than we have had in the past."

As a Class A team, the Ice Cats will play some of the best teams in Maine including Cheverus, Thornton Academy, Biddeford and Scarbrough.

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KHS ALPINE from page 17

contender for a state championship in slalom, especially, but GS as well.

She added: "Sierra Abrams will be back as a senior member of the team as well looking to push herself into the Top 10 in our races. Juniors Mackenzie Carr, Autumn Sanphy and Skyler Sayers all did amazing things for us last year and are poised to return to the same form as last year. Addy Nelson, Cassie Irish, Katie Brooks and Amy Burton round out our returning state team members from last year and will be looking to them for some solid results."

There are some freshmen who will hope to contribute this season. "We have a solid group of freshmen, all with racing experience that should help to strengthen our squad after losing some great skiers over the past two years on our girl's team," Zengilowski said.

For the boys, Kennett may not have the depth of the past with just one freshman out, but the current cast of characters embrace the challenge of defending the crown.

"Connor Glavin is looking to lead our boys back

to a repeat state championship," Zengilowski said. "While junior Bobby Graustein is sidelined due to an injury (until early January possibly), senior Gabe Mohla is coming back after a strong inaugural season. Henry Moneypenny and Reed Karnoop look to continue their strong skiing from last season and score points for us this year. It definitely hurt us losing Dylan (West) and Jon (Brooks) to graduation but we have a lot of returning sophomore boys who have a chance to ski for us in the State Meet."

Bradley and Zengilowski are cautiously optimistic about the Kennett's title chances.

"If we can stay focused and work on our skills early in the season and becoming faster over the next month, things should be great for us," Zengilowski said. "I think our true goals this year are to continue to build the program with our younger athletes and make sure that our older athletes show their teammates what it means to be a member of the Kennett Ski Team. Winning state championships are great but I'm the proudest when we are recognized for our teamwork among the other Division 2 schools or receive the sportsmanship recognition as we have in the past."

FA HOOP from page 13

the junior varsity ranks to co-coach with Coreen Eccleston who has her hands full since the birth of her first child this past summer. Eccleston is dedicated to her coaching and has used the past two years to gain excellence of coaching that may very well be league best. Campney is an up and comer who compliments Eccleston with her strategies and communication skills.

Merys Carty following a very successful cross-country running season returns as the floor general at point guard. When Carty has the ball in her hands the entire gymnasium seems to enjoy the feeling of calm that is achieved with her improving ability to handle the ball. She will need to step up her scoring from the perimeter and the three-point line.

Kayrin Johnson's defensive leadership has been good for Carty in her quest to be a better defender. Johnson will be Carty's backcourt mate. She is a defender that will bury the needle opposing coaches use to interpret as players not to challenge. Johnson is a player who can create a spark for her team and demoralize an opponent with her skills and talents. An all-league defender Johnson under the tutoredge of Eckleston and leadership of Carty has improved her offensive abilities to the level of being able to run the point if necessary.

Kaylee Emery is a two-year captain who possesses a world of basketball talent. She injured her knee at the Expo last season. The injury took away her softball season last spring and her field hockey season this fall.

Emery is such a leader and is so respected by her peers, that Coaches Fred Apt (softball) and (Dede)

Frost (field hockey) invited her to join the two teams to co-coach, and help with positivity among teammates. She was reported as a tremendous influence by both coaches, and although we would much rather see Kaylee playing her experience while injured will be a great assist if she ever decides to coach.

Emery is a prolific scorer when healthy, from inside and the perimeter as well. So far her knee has held up to the rigors of varsity basketball play. If Emery can play a full season she has the ability to lead the team deep into the playoffs.

Katy McIntyre is an addition to this year's team both in her rebounding and in her play from the perimeter. Her interior passing is excellent and will provide opportunities for teammates. She will be fun to watch at the Wadsworth.

Emily Walker has always been an excellent defender, particularly in trapping situations, Word on the streets, (around Edwin Cook's pretzel truck) is she has improved her offense which will be key for this team that may struggle on offense if Emery's knee limits her production in any way.

Sierra Lyman will be counted on to be an important rebounder inside. It would be great if she could get offensive rebound put-back baskets, and maybe a three-ball on occasion.

Maddie Darling has a unique ability to get the ball in the basket. In softball last spring Darling used her skills and good coaching to become a better than average first baseman in Emery's absence and became a feared power hitter, once driving two home runs out of the park in one inning. Something Coach

see **FA HOOP** page 19

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KHS HOOP from page 12

holiday recess. Over the break, Kennett is once again scheduled to participate in the annual Dan Lee Holiday Bash in Farmington, where the team is guaranteed to play at least three games.

"It's a good tournament for us," Loynd said, adding, "We're able to learn from games that don't count. We're able to play a couple of games and have an idea of what we are going to run (during the regular season)."

Last winter, the No. 6 seeded Eagles gave No. 3 Pembroke fits in the Elite Eight Division II quarterfinals, dominating at both ends of the court in Concord. The boys from Conway led 32-20 at the break.

Unfortunately, it was a tale of two halves. The host Spartans outscored the Eagles 32-11 in the second half to pull out the 54-43 win and punch their ticket to the Final Four and eventually won the championship.

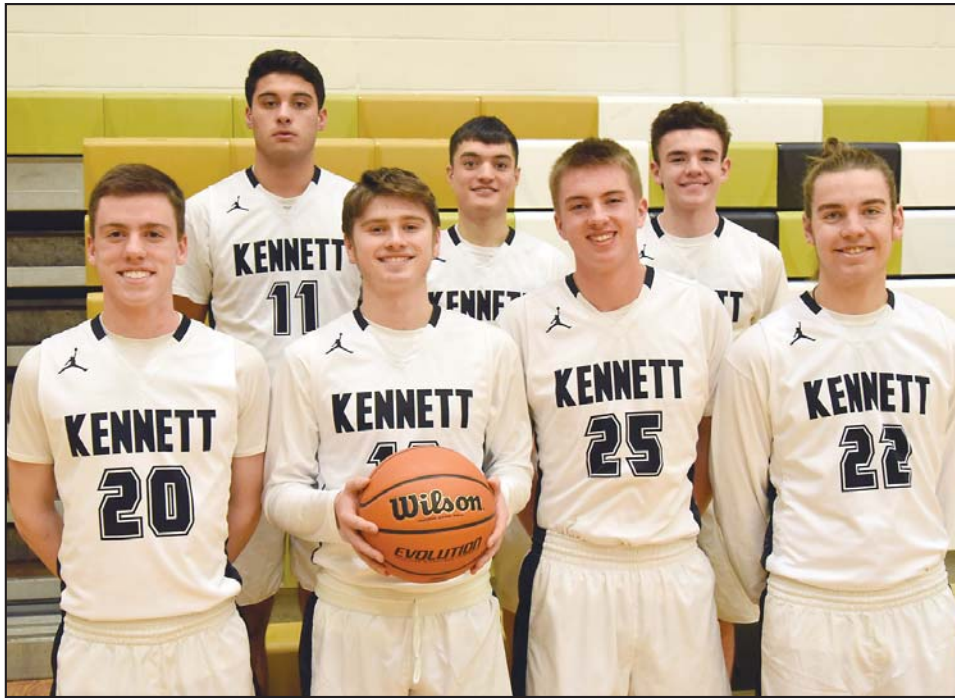
The Karl Seidenstuecker Award was presented to senior boys basketball player Colby Livingston by Coach Loynd.

The boys' basketball program presented the the first Sut Marshall Award, given to an "Eagle who best represents Sut's qualities," to senior Foster Piotrow.

Kennett (13-7 last season) lost Noah Fitzsimmons, Colby Livingston, Foster Piotrow and Cole Sweeney to graduation last June.

This is the third week of preseason for Loynd and junior varsity coach Thomas Stapinski and new freshman coach Nick Graziano. There were 46 boys that came out for the program.

"Thomas and Nick are great with the kids," he said. "Nick played five or six years for me in AAU. He's a good coach."



There are seven seniors — (front row, from left) Justin Olson, Riley Fletcher, Jackson Ogren and Will Eaton, (back row, from left) Jackson Gordon, Wyatt Arriaga and Braeden Bailey — on this year's Kennett High boys' basketball team. (JAMIE GEMMITI PHOTO)

There are 12 boys on the varsity squad, including seniors Wyatt Arriaga, Braeden Bailey, Will Eaton, Riley Fletcher, Jackson Gordon, Jackson Ogren and Justin Olson; juniors Evan Dascoulias, Matt Nordwick and Kyle Perry, and sophomores Nick Houghton-LaClair and Grady Livingston.

Olson and Fletcher started for the Eagles last season. Olson has a reputation as one of the sports best closers, having hit clutch game-winning baskets in each of his first three seasons on the hardwood at KHS.

"He's great under pressure and wants the ball," Loynd said. "He's made several buzzer-beaters."

Arriaga was the first guard off the bench for Eagles last year, providing

instant offense from behind the three-point arch.

Arriaga, Fletcher and Olson are this year's team captains.

Loynd said fellow seniors Eaton and Ogren will give Kennett a presence in the rebounding department, while Gordon, "has made huge strides" in his game, according to Coach. Bailey gives the Eagles depth on the wings and his athletic ability is a plus for the team.

Perry, a defensive specialist last year, could surprise people with an expanded offensive repertoire.

Nordick continues to develop into an offensive threat.

Dascoulais, who was injured in football, is working his way back into game action. "He's a good two-way

player," Loynd said.

Loynd believes Livingston and Houghton-LaClair have taken big leaps from their freshman to sophomore years and both are being counted on to play significant minutes in the backcourt.

Arriaga, Gordon, Nordwick, Houghton-LaClair and Livingston all trained with Thomas Loynd, former assistant coach at KHS and now at Elevation Preparatory Academy in Sarasota, Florida. The school (grades 6-12) was founded in 2010 by Kennett alumni Matt Hiller.

"They worked with Thomas and they've all undergone major upgrades (in conditioning and skills)," Loynd said. "We've got highly-motivated kids. They're not required to do anything in the off-season, but they're committed to training. We have great kids. We had practice on Sunday at 9 a.m., and everyone was here at least 15 minutes early. They love the game and love to compete. I've been coaching most of these kids since sixth grade in AAU — they're great kids."

He added: "Sportsmanship is a big thing with me. With this group, it's more of a given. They do things the right way."

Loynd believes the Eagles can again be playoff team, but right now he wants the Eagles to continue to work hard every day to be better than the previous day.

"People ask how are you going to do," he said, smiling. "We had 14 games go down to the last couple of minutes last year. I expect more of that this year and we'll have an opportunity to win if we execute."

Kennett is scheduled to open the 2020 campaign with a visit from defending state champs Pembroke Academy on Jan. 3 (6:30 p.m.).

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KHS JUMPING from page 15

the way from Park City (Utah) from the national team folks.”

This year’s returning jumpers for Kennett are seniors Sierra Abrams, Sylvie Brustin, Evan Eldridge and Nadia Van Dyne; juniors include Olivia Curry, Christopher “Topher” Eaton, Zach Grzesik, Elizabeth Koroski, Grace Ward and Parker Mustapha; and sophomores Griffin McAuliffe, Sean Morgan and Shea Mulkern.

Grzesik has to be considered a favorite to defend his state and national titles.

“He’s finished first as a sophomore and was third as a freshman,” Henry said. “He’s really taken to the sport. Early last summer he jumped on the plastic on the K70 (meters) jump in Anchorage, Alaska. This past fall, at the Norge Ski Club in Chicago (Ill.), he jumped on the plastic off the K70 there. He’s really working to take his game to the next level. He’s planning to try out for the Junior Nationals in Steamboat Springs, Colorado, this year.”

Henry is one of the three coaches from the east who will determine the Junior National roster.

Henry is excited about another winter of jumping. “I’m looking forward to a good year if Mother Nature cooperates,” Henry said. And, if she doesn’t, Henry is more than willing to get creative. He and his jumpers have made snow on the Kanc. before and are ready to do so again if needed.

“I’ve been mentally preparing to do that again,” Henry said. “We’re supposed to have cold weather at the end of the week, that might be when we turn on the snow guns. The really good thing this year is we just got a new used groomer which will help spread the snow. In the past, if you didn’t move the guns you’d end up with a pile of snow hardened into a glacier. Now, I’m more inclined to do it. I used to dread doing it because you’re at it for almost 48 hours.”

The Eagles are also scheduled to participate in two jumping camps at Proctor Academy over the Christmas recess before the first meet of the regular season, which is slated for Wednesday, Jan. 8 (6 p.m.), in Plymouth and hosted by the Bobcats.

Kennett is scheduled to host its lone home meet on Friday, Jan. 24, at 6 p.m.

Hanover will be the host school for the State Championships at the Ford Sayre Ski Jump on Feb. 13.

Henry believes there are a handful of teams in the hunt for the title this winter.

“That’s the way I like it,” he said. “I don’t think the sport lost many senior jumpers statewide last year. I think there were four teams separated by a handful of points. I like seeing it competitive like that. Every kid’s jump is critical and if someone jumps a half meter shorter than expected it changes the whole dynamics — that’s the way the sport should be — you don’t want anyone to just run away with it. It’s great for the sport when you have a lot of schools competing with a chance to win it.”

FA HOOP from page 19

Apt had never seen before.

Brooke Emery is an athletic, strong on defense as a lockdown defender. She continues to develop her offensive skills especially off the drive with her left hand, just like her mother. When Emery smoothes out her mechanic of getting the ball from the floor

to a shooting position over her left shoulder she will become a prolific scorer. Fun to watch.

The style of play will bring excitement to the Wadsworth as well. They will use the entire floor with defensive pressure and look to play uptempo on offense. Look for this team to upset some teams this year and make a deep run in the playoffs.

See you at the Wadsworth.

WRESTLING from page 17

a first-year and sophomore. Smith is optimistic that this will be the year for Lindgren to “find his form.”

A number of inexperienced wrestlers are looking for their first varsity wins of the season: junior Brian O’Connor at 170 lbs., junior Luke Reinbach, a first-year wrestler at 138 lbs., and sophomore Liam Friberg at 126 lbs.

Two wrestlers have yet to compete until cleared from the concussion protocol but are eager to hit the mats: junior Simon St.Pierre earned the varsity spot at 170 lbs. in this, his first year on the squad, and senior Daniel Walsh will hold down the 195 lb. division.

Three girls are wrestling in the predominantly male sport (without a girls wrestling division in MIAA sports, Maine High School wrestling includes both genders). First-year Alegra Bartlett, wrestling

at 113 lbs., is a “little fighter,” according to Smith. While “very green,” Bartlett comes from a wrestling family and may have rolled on the floor with an older brother who competed on the mats at the Academy. Sophomore Jullian Lindgren has stepped from manager last year to test her skills at the 120 lb. division. First-year Anna Plessinger brings experience with Saco Valley youth wrestling and won her first JV match against a Deering wrestler by pin in the 145 lb. division.

Smith has two experienced assistant coaches working with his team in Travis Perry and Jake Thurston, plus sophomore team manager Chris Ricks.

Smith hopes to experience individual and team growth: “We’re continuing to get better and starting to turn heads. Job and Graham will aim for top-four finishes at states. Team-wise, we have three or four state qualifiers and we expect to win some dual meets.”

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With just one freshman out for the Kennett High boys' cross-country team this winter the numbers are a little down, but the hometown flock is eager to test its skills with the rest of the Granite State. (JAMIE GEMMITI PHOTO)

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forced to resort to dryland training and working on conditioning. While roller skiing is an option, not everyone is keen to go that route, according to Vosburgh. "Some people aren't wild about pavement," he said.

Vosburgh and assistant coach Scott Lajoie are optimistic about both the team's chances this winter. "My thing is we try to get better every day and the other things will happen," he said. "I want them to have fun, ski better than the day before and when it's time to race, go out and execute and we'll see what happens."

He added: "We've got a really good group. They're a tight bunch, which makes it quite fun."

The Eagles are scheduled to open the season on Jan. 3 with a sprint race at Gunstock Ski Area in Gilford.

"I'm pretty confident that will happen," Vosburgh said. "If they have the conditions to make snow they can make a pile of it and have the ability to move it with a front-end loader and a manure spreader. It's old-fashioned, but it works."

Kennett is scheduled to host a sprint race at Great Glen Trails in Pinkham Notch on Jan. 15.

"A two-person sprint race ought to be a good early

season workout," Vosburgh said. "When you don't have a ton of snow for a base, if we can ski up to a 2K loop, it won't be horribly far off from a regular race when you do three rounds."


Great Glen Trails will be the site of the State Cross-Country Championships for all four divisions on March 3-4, with two divisions skiing each day.

"Next year," Vosburgh said, "the plan is to go to two divisions (down from four) for skiing. I think that will probably be better for the sport. I try to race all of the schools (in the state) at least once. I like to see everyone more than just at N.H. Nordic Coaches Association Series races."

The first NHNCA Series race is scheduled for Feb. 1 at Gunstock, while the second is slated for White Mountains Regional High School in Whitefield on Feb. 22.



Keith Badger is looking forward to a big senior year on his cross-country skis for Kennett High this winter. (JAMIE GEMMITI PHOTO)



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The Kennett High boys' indoor track team is ready to open its season on Saturday (10 a.m.) with a meet at the University of New Hampshire. (JAMIE GEMMITI PHOTO)

KHS TRACK from page 9

and Ethan Tomas-Somers, and freshmen — Aidan Colbath, Devon Glackin and Eli Schor.

For the girls, Jarell is the lone senior, followed by four juniors — Olivia Curry, Jessica Hill, Celia Lynn and Grace Wilkinson.

Sophomores Mackenzie Bradbury, Adria Cormack, Sydney Deblois-Hill, Abby Desmarais, Ava DiFranco, Taylor Garland, Taylor Gaudette, Cassidy Krieger, Lily Ocean-Orth, Sofia Plourde, Lily Rosa

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podium contender at the state level as well.

Classmate Andrew Turner was frequently the Raiders' third finisher last year and has put in a lot of time training for this season. Sophomores Dana Hamlin, Ian Jacobson, Danali Jensen and Aaron Zakon all enter their second-year as skiing Raiders looking to move up the finish list.

There are several unknown quantities on the team

FA NORDIC from page 11

regular-season races (Jan. 8 and 29), the Western Maine Conference championships (Feb. 8) on the

and Alexis Tuttle.

There are four freshmen out — Jaclyn Cox, McKayla Dockham, Sydney Graziano and Mackenzie Martin.

"Overall, it's a really young team made up of mostly freshman and sophomores which bodes well for the future," Livingston said. "I look forward to the first meet to see how everyone responds. Right now, we're moving along slowly but surely."

Livingston likes his team.

"The kids are enthusiastic, competitive and do what I ask," he said. "We'll do the best that we can."

that Dyer and Assistant Coach Jeff Juneau have not seen on skis: senior Orkut Eryimuz, junior Andrii Obertas and sophomores Andrii Obertas and Benedikt Noethe are dormitory students new to the team.

Five freshmen newcomers round out the roster: David Bellis-Bennett, Hogan Bemis, Corbin Blake, Liam Petterson and Nick Turner.

Dyer notes that Fryeburg will host two regular-season races on Jan. 18 and 25, and the State Championships on Feb. 15 at Shawnee Peak.

gorgeous, well-maintained trails just two minutes from the FA campus.

The Raiders are scheduled to open the season with the annual Telstar Relays on Jan. 4 at 11 a.m.



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