

Time still not slowing Borromeo down

By **GARY FITZ** Staff Writer
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Tuesday, August 4, 2009

Many former athletes reach middle age with more than a few regrets. If only they had trained harder, eaten better or been more careful about preventing injuries, how much better could they have been?

At Nashua High School in the mid 1980s, nobody was faster than Barney Borromeo. If he got by you on a soccer field, you had no shot at catching him.

The same was true on the track. A state champion sprinter, he had plenty of college interest and wound up accepting a scholarship offer from Penn State. Missing his close-knit family, he returned after one year, and spent some time at Southern New Hampshire University before eventually settling in at the University of New Hampshire.

Borromeo still owns the 100-meter dash record for the Wildcats. His 200-meter record fell just a few years ago. As a senior, he led the UNH men to one of their best track seasons ever, a second-place finish at the New England championships.

Still, Borromeo looks back at injuries that kept him off the track as much as he was on it. The chronic hamstring problems; the time he missed because of an injury playing indoor soccer.

Now 41, Borromeo doesn't just reminisce about his glory years on track. He still sprints.

A month ago, he won both the 100- and 200-meter dashes in the Masters Division of the Bay State Games, setting meet records in both events.

His 100 time, 11.65 seconds, is about one second slower than his school record time at UNH, where his old coach, Jim Boulanger, is still one of his biggest fans. "Back then he was amazing, but I wasn't sure he had that kind of love for track," Boulanger said. "I think a few years ago he realized how much he did love it and what a great way it was to keep fit."

Borromeo, who now lives in Middleboro, Mass., got into competitive weight lifting for a few years, but there was something missing.

"It just wasn't the same from a competitive standpoint," Borromeo said. "So I started to run again, at first just to stay in shape.

"Then it was a matter of how far I could take it."

As it turned out, all the way to San Sebastian, Spain, where Borromeo finished 11th in his age group in the Masters World Championships four summers ago. He was the third ranked American that summer.

He returned to competition in 2002 and won a national championship in the 60-meter dash a year later at age 35. In 2003, he was ranked sixth nationally in the 100.

He took some time off between 2006-2008, following the births of his four-year-old son Braden and daughter MacKenzie, who turns two in November. Borromeo returned again last summer to win his age

group in the 100 at the Bay State Games.

Borromeo says it's a lot more difficult to compete now than it was to compete then, but it's worth it.

"In college it took a couple of hours to recover after a meet," Borromeo said. "Now it's a couple of days. Back then, I'd take my sweats off and I was ready to run. Now I warm up for about 90 minutes before a race."

There are plenty of people still competing, some still putting up amazing times. The most amazing of all is probably 48-year-old Willie Gault. The former Chicago Bear wide receiver currently owns world records in the Over-45 division in both the 100 (10.72) and 200 (21.80).

Borromeo, meanwhile, still thinks he has another sub-11 second 100 in him. And he's enjoying track more than he ever did.

Whitman & Hanson Express

Around Town

Written by Administrator
Wednesday, 05 August 2009

Bill Taft recently placed second in the men's 5000-meter run at the Bay State Games held at M.I.T. with a time of 16:12.40.



Throwing the distance: Gloucester's Margiotta continues to excel

By Dominic Nicastro
Wed Aug 05, 2009

CAPE ANN - Gus Margiotta has it made.

On one side, he has the Gloucester High School discus record-holder training him. On the other, the shotput record-holder and Division 1 collegiate All-American.

That's what happens when you wear a Fishermen jersey and you're serious about throwing the shotput and discus.

Margiotta, a senior-to-be at Gloucester, fits the mold. And he's climbing fast toward the ranks of his mentors: Jimmy Unis, a 2002 GHS graduate who set the school record (178-10) and an All-State meet record (177-7) in the discus; and Nate Hunter, a 2005 graduate who holds the school shotput record (58-10) and was an All-American thrower for Northeastern University this spring.

Margiotta won the Bay State Games shotput and discus events last month, the latest of his personal victories. He had the Northeastern Conference's best throws in each event this past school year, won the outdoor shotput title and finished second in each throwing event at the Division 2 state meet.

"Gus has what it takes to become a great shotputter," Hunter said. "He loves throwing, and it is just great to see, and makes him even more enjoyable to work with. It is great to have a partner that has the same passion as you do to be the best thrower you can be. I hope that every time Gus and myself work together, I help him become a better thrower."

Margiotta's crystal ball has him landing at a Division 1 college and throwing, like Hunter in Boston; he's had some attention from D1 coaches. But first, he has a senior year at Gloucester. And that begins next month with the Gloucester football team, which he will captain with Brett Cahill.

Later, Margiotta will set his sights on the school records of his mentors. The 17-year-old's best throws so far on record are 54-7 in the shotput and 160-10 in the discus; some practice throws have been even better.

Margiotta went to the most prestigious throwing camp in the country, Ironwood Developmental Throws Camp in Spokane, Wash, where he was coached by who he calls the greatest discus thrower of all-time, Mac Wilkins.

"He revolutionized the sport and helped bring it mainstream," Margiotta said. He was also coached by Dave Dumble of Arizona State University, who coaches the current NCAA shotput national champion, Ryan Whiting.

"I definitely have a lot of room for improvement," Margiotta said. "I think I'm on a good pace, but I'd like to have had better throws by now. I've had some throws (in practice) where it's just clicked. Now I just have to put my mind in a state where I can translate those throws into a meet."

That's where Unis and Hunter enter the script. Margiotta said Unis – who played football at Boston College before his career was cut short by head injuries – helps with the mental aspect of the game. Hunter is more technical and about getting him exposure.

Margiotta also works with throwing coach Packy Fusco. Gloucester principal Billy Goodwin, a longtime throwing coach and Salem State College Hall of Famer, helps when he can.

"Nate has opened many doors for me," Margiotta said, "and Jimmy has helped me focus mentally and helped me understand what I am doing in the circle."

It's all part of what Hunter and Margiotta call the Gloucester throwing family. It is a team within a team, a "culture," as Margiotta put it. It began with Sean Andrus and Kyle Ciaramitaro in the 1990s and extended through Unis and Hunter.

And now, Margiotta and teammates Chris Unis (Jimmy's brother), Max Millefogie and Andrew Porper are carrying the torch.

Margiotta said the worst result he's seen from his crew at GHS in a meet is one second place. "If you're a thrower in Gloucester, you'll always be a part of the thrower family," Margiotta said. "We always train together and always throw together. Sometimes even hang out and create good friendships. You will never be left behind if you throw and want to be good at it."

Hard work means more footage on throws, and "and being from Gloucester the work ethic only comes natural to us," Hunter said. "From training hard in the weight room to being a technician in the throwing circle. Throwing in track and field becomes a passion; it is just something you do because you love it. Gus as well as myself and the rest of the great throwers from Gloucester have this passion. There is just so much pleasure when you see the shotput or discus go further; it is almost an addiction."

Meanwhile, good throws mean success for Gloucester track as a team. "We set the tone for the meet," Margiotta said. "If we're off, it seems like things don't go as smooth."

Margiotta is rarely "off." And Hunter expects nothing less next season.

"Gus will have an extraordinary year next year; I know it," Hunter said. "Even having a personal best of 54 feet will get him into a Division 1 school. And with a year left, he would be a catch for any Division 1 school."

Gus Margiotta files

Football

2007 Division 2A Super Bowl Champion
2008 Division 2A Super Bowl Finalist
2008 starting center and defensive tackle

Track

Two-time NEC Freshman-Sophomore Shotput Champion
Fourth place at 2007 Bay State Games in the Shotput
Fourth place MSTCA Red Auerbach Frosh-Soph Meet
Fifth place shotput team at the 2008 MSTCA Team Relays
Sixth place shotput team at the 2009 MSTCA Team Relays
Sixth place discus team at the 2009 MSTCA Outdoor Team Relays
Second place at 2009 Indoor Div 2 Championships- Shotput
Second place at 2009 Div 2 Championships –Discus
Third place indoor shotput- NEC Championships 2008
Two-time NEC All-Star in the Shotput
2009 Outdoor NEC Shotput Champion
Second place at the 2009 NEC Indoor Championships
Had the top distances in both events this year in the NEC
Competed at Nike Indoor National Championships
Went to the most prestigious throwing camp in America. Ironwood
High School personal bests: Shotput- 54-7; discus 160-10

Personal

Birthdate: October 23, 1991
Family: Father: Charlie Margiotta
Mother: Liz Margiotta
Brother Bart (All-Star Baseball Player)
Sister: Josie (Excellent Dancer, Majoring in Education at Salem State)
Sports background: Played football and basketball for the West Gloucester Chargers. Was on the Royals for my Little League team. Started track in 7th grade.
Summer job: Prep chef and cook at Lobsta Land. Second year working there. Also umpire for the Gloucester Little league.

Forbes leaps to triple crown at Junior Nationals

**By Scott Souza/Daily News staff
Daily News Tribune**

Aug 05, 2009

When asked about the possibility of winning a Junior Olympic national title last week, 14-year-old Carla Forbes sounded confident without being cocky.

"I am hoping so," said the Waltham Youth Track Club's triple and long jumper following a workout at J. Lee Gould Track last Tuesday. "I probably want to take triple because I think I have the best chance at that. If I can get in the top five in the long jump, that would be great."

The Hyde Park resident and future Newton North freshman did a lot better than "great" this weekend at the Junior Nationals meet in Greensboro, N.C. In fact, Waltham Track Club Joe Tranchita deemed her effort in winning the triple jump and finishing third in the long jump "kind of special."

Forbes nailed a tremendous leap of 38 feet, 9 3/4 inches in setting a new meet record in the 13-14 age division in the triple jump a day after she sailed 18-1 in a tie for second (she placed third in the tiebreaker) in the long jump. Her triple jump performance came three weeks after she jumped 39-3 and set an unofficial national age division record at the Bay State Games.

"She has great passion and competitive spirit for someone her age," said Tranchita after the team returned Sunday night. "She is not only competitive, but she has a mature competitiveness."

Tranchita said the most impressive part of her weekend was that it was not all easy street. After hitting the 18-1 in her first long jump, she fouled on the next four attempts because of overstepping the board.

"She really struggled mightily with her approach," her coach said. "That's unusual for her. It wasn't much, but she was over a half inch, an inch, every time. She just couldn't get herself to shorten that last stride."

"Then she came back the next day in the triple jump and was right on the mark. A lot of 13- or 14-year-olds would have come back and been tentative. But she most certainly was not."

The national title highlighted what was a record weekend for the Track Club. Six members of the club placed at the meet despite difficult travel conditions down and back because of an airport closure, and windy conditions at different times during the meet.

Waltham 14-year-old T.J. Noonan was third in the javelin with a personal record throw of 153-11. Tranchita said Noonan had another launch that would have been good for the title had the wind not pulled it just foul.

Waltham's Jaynah Jimenez was seventh in the long jump in the 11-12 girls division with a PR leap of 15-9 3/4.

Wayland's Emma Fitzgerald placed in two events as she was third in the 11-12 girls javelin with a throw of 116-10 and was 10th in the pentathlon with a PR 2,115 points. John Henry Fitzgerald, also of Wayland, was sixth in the 13-14 boys 3,000 meter race-walk in 21 minutes, 10.97 seconds.

Lexington's Thomas O'Donoghue placed in the 11-12 boys pentathlon with 1,626 points.

Waltham's Ivy Watts also had a strong day in the 15-16 girls 400 meters. Despite running in very blustery conditions, she set a PR in 59.56 seconds.

``To get a PR under those circumstances was terrific," said Tranchita. ``Without that wind, there is no doubt in my mind she would have run in the 58s."

The Eagle Tribune.

He is heavy, he's my brother **Haverhill's Jean-Jacques brothers have bright futures at prep schools**

By Dave Dyer
ddyer@eagletribune.com

August 05, 2009

HAVERHILL — When you're fishing for a big one, it's bad enough when one slips away.

But when a pair of potential prize winners can't be hauled in, that can be downright demoralizing.

And such could be the case in Haverhill, where the big and talented Jean-Jacques brothers, Terrance and Corey, have left town for prep schools. Both have extremely promising futures in football and wrestling.

Terrance, who stands at about 6-foot-2 and 275 pounds (and at times is closer to 300 pounds), will be a junior at Governor's Academy in Byfield. He will be a two-way starter in football and in his third year as the starting heavyweight on the wrestling team.

Corey, a recent graduate of the Nettle School in Haverhill, will take his 6-foot, 215-pound frame (he has been over 230 pounds) to St. John's Prep. He will definitely wrestle and possibly play football.

Both of them were Bay State Games heavyweight wrestling champions last month, Corey in the middle school division and Terrance in the high school division. Terrance, who won Bay State titles two other years, also finished third at the High School Open at Virginia Beach earlier in the summer.

They are both dedicated athletes, particularly in wrestling. This summer, they've worked out with both the Dough Boys club in Lowell and "The Barn" in Danville, N.H. Also, they've gone to a number of tournaments and have regular weight lifting sessions at the YMCA with their father, Ernest, a former soccer player in his native Haiti.

Although both spent some time with the Haverhill Youth Wrestling program under Mickey Lawlor, the Jean-Jacques brothers are still raw talents.

Barn director Gordon Smith sees enormous potential.

"Corey is starting to come on, and he'll be a lot better when he learns more moves," said Smith. "Terrance is doing awesome and is going to do really well. He's pretty agile and he's getting tougher. Both of them are good kids who seem to love the sport."

Terrance, who goes by "T-bone," started on the offensive line for Governor's as a sophomore. He prefers wrestling to football, and he just completed an intensive camp at The Barn. But he knows there are more scholarship opportunities in football and he's aiming to focus on the gridiron when he gets to college.

Corey is not as fond of football and hasn't decided if he'll even play the sport at St. John's. He was a state wrestling champion in middle school last year and came in first in one of two New England tournaments that followed.

Corey does have one advantage that Terrance didn't have, which is the benefit of wrestling his larger and older brother. He's fortunate because young heavyweights often have difficulty finding decent training partners.

"I like wrestling him — he pins me every time," said Corey. "But I keep working at it."

Obviously, the matchup isn't as beneficial for Terrance, but he still enjoys it.

"I like beating him up and I think I'll make him a better wrestler," he said.

Tale of the tape

Name	Year	School	Height	Weight
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Terrance Jean-Jacques	Junior	Governor's Academy	6-2	275
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Corey Jean-Jacques	Freshman	St. John's Prep	6-0	215
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Rejected by Whittier

When Corey Jean-Jacques was looking at schools for next year, his family strongly considered Whittier Tech. But a funny thing happened.

"He didn't get accepted even though he was an honor roll student," said Corey's mother, Theresa Jean-Jacques. "We were surprised, but Whittier's loss is St. John's gain."



Catching Up With Newburyport Star Matt Mottola

By Steve Delvecchio, The Daily News of Newburyport, Mass.
August 07, 2009

Aug. 7--What leagues and tournaments have you played in so far this summer?

"We went down to Georgia and played in East Cobb in a tournament held by the Perfect Game and World Wood Bat Association. I went with a team called the Northeast Jays who have 16-, 17- and 18-year-old team. I was with the 16-year-olds. We went 2-4 but lost every game by one run. Every game could've gone either way. We also played in a tournament at Holy Cross and a bunch of showcases and just tried to find the best teams we could to play against."

What did you gain from playing in the Bay State Games?

"It was a weeklong thing. The level of play was really high. It was a lot different from high school. It was different baseball. It was more like college because we were playing with the best from around the area."

How important is playing summer ball for developing your game?

"It's extremely important. I played shortstop and second base all summer and gained a lot of experience. In high school, I played second base, but also outfield. I had a good coach that would help me before every game with little things and give me pointers about the positions. You just try to translate that to a game and work on your skills. It's important to get live at-bats, too."

What skills do you hone most over the summer and try to improve?

"In terms of hitting, I'd say just getting more at-bats really helps. In the field, I worked on a lot of middle infield because next year I'm going to be the shortstop (at Newburyport High). So I wanted to work on all the tools of a shortstop and get that in over the summer."

Does making it to the Division 3 North final help motivate you for next season?

"Definitely. That game alone is stuck in my head. I'm still chomping at the bit for the next time we play Georgetown. The last thing I told the coach (Bill Pettingell) is we're going to come back and win that north final. We had a great year, but we're definitely looking for revenge. I guess you could say it left a sour taste in my mouth."

You guys (Newburyport) are losing some good seniors. How do you think the team will respond to losing some of its key players next year?

"Guys like Tommy (Morris) and Joe (Clancy) will be missed. Joe was a heck of a shortstop. Tommy's a great pitcher. I think we can do it. We have a great coach. I know everyone's going to be working hard in the offseason. I think we can be as good if not better. We still have some good pitching. O'Connor can step it up, and we have a lot of other guys who can throw."

What's it been like to play for Coach Pettingell?

"It's intense. It was a little tough freshman year to be honest. I absolutely love him, though. He's an amazing coach. He always makes you play better. I can't explain how intense he is when it comes to a game. Because of him, our intensity goes way up. He always lets me stay late after practice and hit off the tee. He's made me a lot better of a player."

What do you think about the level of competition in the Cape Ann League?

"Every day, we're facing the best pitcher that the other teams have. There's no team that you go out and think your JV players can beat. Every game matters. It helped us in the tournament, having played such tough teams during the regular season. We killed Georgetown in the regular season, and they came back and beat us in the North Final, so that tells you something."



Higgins reaches new heights down under

By Christopher Tremblay
Fri Aug 07, 2009, 05:16 PM EDT

Wareham - What began as another chance to improve his track and field skills soon took a turn for the better and has now become an influential part of the athletic career of Brandon Higgins. Following his participation in the Bay State Games last summer, in which he placed second in the high jump, the Wareham resident was asked to take part in the International Track and Field games in Australia.

"I received a letter in the mail asking me to represent Massachusetts in the Down Under Track and Field Tournament," the Wareham resident said. "When I was first notified I told my coach (at Upper Cape Tech in Bourne), and he told me it was just a scam to get my money. But a basketball coach my dad knew told us that it was legit and she had taken part in it."

Higgins packed his bags earlier this month and joined some 547 athletes, 250 from the United States, to take part in the Australian games. In addition to playing against athletes from the host country and the United States, Higgins competed against some of the best track and field athletes from New Zealand, Fiji and Samolia.

The UCT/Bourne senior took part in five events (high jump, 110 meter hurdles, 300 meter hurdles, long jump and triple jump) while visiting down under. And although not all five events were particularly his forte, Higgins represented UCT with pride.

His lowest finish came in the 300-meter hurdles, where he took sixth with a time of 42.1 seconds. Higgins also grabbed a fifth-place finish (16.46 seconds) in the 100-meter hurdles, took a fourth place finish in both the long jump (18' 6") and the triple jump (38' 11"), and reached the podium by finishing second in the high jump with a leap of 6' 4-3/4".

"Standing on the podium was as cool as anything I've ever done. Everyone was there watching me get my medal. I was proud to be representing the United States as well as Massachusetts," he said. "There is no way to say what it meant. It was nowhere on the scale of anything I've ever done. It was a once in a lifetime deal."

While Higgins enjoyed his time in the spotlight, he wasn't feeling the same way when the competition began three days earlier.

"It was a whole new experience – a different world of athletes. Not only were we participating on a college track that was much bigger than I was use to, the stands were full of people," Higgins said. "I was so nervous at first with all those people watching as I competed, but eventually I settled down. I just didn't want to do too bad representing my country."

Prior to the games starting, Higgins wasn't really sure he could keep pace against the some 15-30 athletes in each event. However, he did quite well for himself.

"Watching the runners I knew that I had no chance; they were much faster and in better shape than I was in," he said. "The high jump was another story, unfortunately. I lost to a kid who had much better form. It's not just about the height; form is also important and it definitely gave me the incentive to improve mine." An injury has turned out to be a big break for Higgins and his success in the track and field. Like the average young boy, Higgins was fascinated by baseball. That was until he tore his rotator cuff while pitching sidearm.

"At that point my baseball career was over, I was never going to be the same," Higgins recalled. "A lot of my friends were already on the middle school track and field team, and they knew that I liked to run and jump, so they asked me to join."

Having now taken part in the Australia tournament, Higgins could possibly be asked to go back next summer. If he does get another invite he's going to be sure to bring a lot of USA clothing.

"For some reason a lot of the Australians were looking to trade clothes with us. They wanted anything that said USA," he said. "I didn't have anything. I was there to represent my school; I didn't think about bringing stuff with the United States of America on it."

While this was a big step forward for the Wareham resident, it's probably not the biggest one he'll ever take. Higgins is looking to participate in track and field on the college level, where he has received 29 letters of intent, including ones from Florida State University and the Naval Academy – and he has just finished his junior year in high school.

If all goes as planned, Higgins will one day represent the United States at the Olympics.

"That's definitely a possibility," Higgins said. "If I continue to keep my heart in it and want it bad enough, I believe that I can and will do it."



Shooting Star: Peabody's Ellis takes gold at Junior Olympics, Bay State Games

By Matt Williams
staff writer

August 11, 2009

It was only 18 months ago that Nicole Ellis had never even picked up a gun.

Fast forward to this summer, and the 17-year-old Peabody native has learned a lot about the classic outdoor sports of skeet and trap shooting in a very short time. She's also discovered that she's got quite the knack for it.

Ellis' meteoric rise as a shooter peaked recently when she took home the gold in the women's senior varsity division in the 2009 National Shotgun Junior Olympics in Colorado Spring, Colo.

"It's all been pretty surprising. I never went out shooting to win — I started doing it because it seemed like it would be fun," said Ellis, who also won the girls scholastic title in trap shooting at the Bay State Summer Games.

Essentially, the type of competition Ellis takes part in is clay pigeon shooting. The targets are launched from houses and the object is to hit them using a shotgun from a variety of angles. Skeet features targets launched from two houses, one high and one low, and eight different "stations," or shooting angles.

Trap, on the other hand, has targets launched from only one house with the targets always moving away from the shooter at a given speed. In skeet, targets move in various directions.

The object, of course, is always to hit as many targets as possible — and that's something Ellis has become quite good at.

"You pretty much try to forget everything around you and clear your head," said Ellis. "When you're first learning, you think about how many feet you have or what the lead is, but you really just want a picture in your head of where you should hit. Once that stuff becomes natural, you relax."

At the age of 15, Ellis took up shooting at the Minuteman Sportsman's Club in Burlington. What began as simple target shooting with a pistol soon moved on to the rifle, and finally, shotgun skeet shooting.

"It's really important to keep the sport growing, so they'll basically teach anybody who walks in," Ellis said. "Maybe the second or third time, one of the coaches asked me to a join a team they have, the Minuteman Sharpshooters. "

The experience with the Sharpshooters was crucial to Ellis' development in terms of learning the intricacies of the sport and honing her skills.

"I really joined to meet more kids my age that were shooting," she admitted. "It didn't really hit me until this year that there's real competition out there — it's an Olympic sport and you can even get college scholarships for it."

Though she's generally the youngest shooter and one of the few girls involved, Ellis has been undeterred. She qualified for the Junior Olympics with a very strong finish at the Massachusetts Junior Olympics. There are state qualifiers nationwide, with each winner and a certain number of qualifiers advancing.

Ellis' experience in Colorado was one of the best of her life, she says.

"It was one of the coolest things I've ever done. Being so relatively new to the sport, I found everyone to be so accommodating, welcoming and kind. There were kids there from all over the country: Texas, California and Indiana. Mostly it was people from the South and out west."

Though it was ultimately successful, ending with a gold medal, Ellis' trip wasn't without a unique snafu.

"My gun decided to die. I couldn't get a shell in one of the chambers," Ellis recalled. "There were all kinds of people working on my gun, trying to get it to work, and the Olympic coach (Mark Weeks) actually brought a gun I could borrow the next day.

"That just shows how everyone is looking out for each other. You're competing, but its also a community. I've never met people that were so helpful."

Heading into her senior year at Peabody High, Ellis has been scouring the internet for colleges that offer shooting as a sport. Missouri's Lindenwood University is one of the standouts early in the process, while schools like Missouri State, Purdue, Colorado State and UConn have some type of competitive shooting program.

"I'd like to see which schools have the better programs," said Ellis. "It seems like there are more out west where shooting isn't quite as taboo."

For now, Ellis is just enjoying the ride — having fun competing, and answering the litany of questions that are coming from her friends.

"It's been kind of funny. Not a lot of people even know that I shoot," she said. "Some will roll their eyes a little bit and a lot really don't know the extent that shooting goes.

"But a lot of people will say, that sounds cool, I wish I could try that."

The Republican.

UMass roots in the Valley: Alex Schwerin, new general manager of Springfield Armor, credits University of Massachusetts ties for job

Wednesday, August 12, 2009

Alex Schwerin is general manager of the newly launched Springfield Armor, an NBA Development League basketball expansion team.

An alumnus of UMass-Amherst, Schwerin chose the school because of the sport management program, and its affordability compared to other schools he was considering. The location also appealed to Schwerin, because it was an easy drive from his hometown of Cohasset.

"That was just close enough to go home if I wanted or needed to, but also far enough away to be on my own," he says.

He worked in the operations department of the Mullins Center on campus during the academic year, and as an operations intern for the Bay State Games in Woburn during summers.

After receiving his degree in sport management, Schwerin began contacting fellow UMass alumni working in the sports industry, and was directed to an annual job fair that takes place at the baseball winter meetings.

"Out of over 400 job seekers that year, I was one of the lucky ones, and landed a job as director of operations for the Modesto A's, a minor league team (now the Modesto Nuts)," he says. "The experience I acquired through my job and internship during school was instrumental to getting my first full-time position."

Schwerin spent five years with the team, eventually rising to general manager.

In 2008, Schwerin returned to Massachusetts to be closer to friends and family. Shortly after, he was contacted by the owner of the Modesto baseball team about an opportunity to be general manager of an expansion NBA Development League (NBA D-League) basketball team in Springfield. Schwerin began the job in March.

The NBA D-League has a direct affiliation with the NBA: Their three team affiliates (New York Knicks, Philadelphia 76ers, and New Jersey Nets) can assign players to the team in Springfield, similar to minor league baseball.

"I love my job because it's unique, fun, and isn't your typical '9-to-5'," says Schwerin, who oversees the entire operation - from staff to sales, the mascot, head coach and trainer. "The most rewarding part of a sports career is having a job that I really enjoy."

Schwerin frequently meets other UMass-Amherst alumni in the course of business. "With a career in sports, you're always networking within the industry," he says. "And with a new crop of graduates looking to get their foot in the door each year, I meet many."

Prepared by the UMass Amherst Alumni Association. For more information, visit UMassAlumni.com or call (413) 545-2317.

Melrose skater Kyra Guzzo goes for the gold at State Games of America



Courtesy photo

Melrose resident Kyra Guzzo, 12, took home the gold medal in figure skating at the 2009 State Games of America, July 28-Aug. 2, in Colorado Springs, Co. The State Games of America is a national multi-sport event, which features 10,000 athletes from 42 states.

**By Christopher Hurley / churley@cnc.com
Wed Aug 12, 2009**

Melrose - Kyra Guzzo is on top of the figure skating world.

The Cricklewood Lane resident took home the gold medal in figure skating at the 2009 State Games of America, July 28-Aug. 2, in Colorado Springs, Co. The State Games of America is a national multi-sport event, which features 10,000 athletes from 42 states.

Guzzo, 12, competed against 14 other figure skaters from across the country competing in the Singles Female Solo Free Skate division. The competition was tough, but in the end, the Melrose native beat out Alexandra Rice of Manchester and Alexis Hahn of Mosinee, WI. to take the top spot.

"It was really cool," said Guzzo, who was initially shocked when she learned that she won the competition. "I didn't know what was happening at first, because when I saw the results I kind of blurred out, but it was really amazing."

"I was really nervous that I wasn't going to do well," she added, "[But] when all my friends were surrounding me I was just really happy."

Guzzo was part of a big Bay State contingent at the Games, with many of her North Shore Figure Skating Club teammates also placing in the prestigious competition, including her close friend, Rice, who took home the silver medal.

"I liked representing my state, everyone was talking about how Massachusetts was doing the best, but I didn't know," Guzzo said. "Everyone was also talking about how Wisconsin and some of the other states were really tough, so when Massachusetts did really well I was very happy."

Guzzo earned the invitation to the State Games after taking first place in the Bay State Games, which were held in February in Williamstown.

A skater since the age of eight, Guzzo's was first lured onto the ice at the urging of her father with visions of playing hockey, but she opted to take a different path.

"I didn't like wearing all the equipment, but I liked the feeling of being on ice," she said. "So when he suggested ice skating, I tried it and I really liked it."

Currently a member of the North Shore Figure Skating Club in Reading, Guzzo is privately coached by Domenica Capachietto.

Guzzo's gold medal showing at the State Games now earns her an automatic bid to the 2011 State Games of America, which will be held in San Diego, Ca.

"I'm really looking forward to that," Guzzo said. "I'll be older and I'll be able to do more things because I'll be more advanced in my skating. So I'm really excited about the State Games of America, I hope we do well."

State Games of America

Figure Skating

Singles Female Solo Free Skate - Restricted Preliminary Group C

Rank Name Hometown

1. Kyra Guzzo Melrose, Ma.
 2. Alexandra Rice Manchester, Ma.
 3. Alexis Hahn Mosinee, Wi.
-

Hanover goalie lights out at Bay State Games



Wicked Local Photo by William Wassersug
Caitlin Davino-Draper

**By William Wassersug
Wed Aug 12, 2009**

Hanover - Hanover's Caitlin Davino-Draper is hoping to make her mark in net for the Hanover High School field hockey team this season.

She recently got a good start with a strong showing for the Southeast field hockey team in the Bay State Games, manning the net in a pair of shutouts, helping her team to a gold medal.

For Davino-Draper, a 16-year old heading into her junior year, the Bay State Games were hopefully a preview of things to come.

"I hope I'll be starting this year," Davino-Draper said. "Last year as a sophomore I got in a few minutes every game to get experience. Last year we had a senior goalie, McKenzie Curran. It was great to have McKenzie there. I learned from her."

Playing in the Bay State Games wasn't a tough decision.

"I wanted to play with another team in the summer. We don't really have any other summer teams in Hanover," Davino-Draper said. "I've played indoor with some of the girls from the regular season, but I wanted to try something different."

Playing at the Bay State Games was definitely different.

"It was fun. I got to play with some of the girls I play against during the regular season," Davino-Draper said. "I think that helped me prepare for next (fall) season. As a goalie I got to see how some of the forwards I play against. Hopefully I'll be able to use that."

In the Games, Davino-Draper was in net for two shutouts.

"I didn't see a tremendous amount of shots," she said. "I saw about five-to-10 shots a game. The defense was really good."

Davino-Draper said the biggest difference for her was in the quality of shots she faced.

"It was a higher level of field hockey," she said. "There were some great players there."

To play in the Games, there was a big commitment.

"There were three two-hour tryouts," she said. "Then there were five practices and week of games. There was a lot of car time. It was at least an hour there and back."

During the Games, Davino-Draper shared net time with Medfield's Allie Sosinski.

"It was really good meeting her," Davino-Draper said. "Now I have another goalie I can talk to and someone to go to overnight camps with."

With no youth feeder programs in Hanover, players are mostly introduced at the high school level and learn the game with the freshman and junior varsity teams.

That leaves opportunity for players to work their way in when the time is right.

"Caitlin had never played before high school," said Caitlin's mom, Lauren, who played for Hanover long-time coach Judy Schneider, who Caitlin will play for this year. "She tried it out and really liked goalie. She went to a clinic at Boston College (a field hockey power) and then an overnight camp there. She was really fortunate to have good coaches around her."

Caitlin said Schneider, a retired Hanover teacher, is a big reason she enjoys playing so much.

"I have to mention Judy Schneider," she said. "We all really appreciate the fact that she has so much experience and is such a great coach. She could do whatever she wants, but she keeps coming back to us. She's the reason I like to play there (Hanover). She's a really good coach and a really good person. She's a big reason our team has won the sportsmanship award. She doesn't put up with much."

Caitlin also learned from her Southeast team coach.

"Sarah York played at B.C. and coached at Harvard," Caitlin said. "She's a really good coach. I learned a lot from her."

It took a bit of time for Caitlin to settle in with the quality of players at the Games.

"I took a lot away from it," she said. "In the beginning I wasn't as good as some people, but instead of getting frustrated, I embraced that and learned from them. I think I got there. I really try to learn from these experiences. This was a good team to work with."

Caitlin said with Curran graduating, she hopes she's next in line for Hanover.

"I'm one of the oldest goalies," she said. "I hope I'll be taking over for McKenzie. Last year on JV was my learning year. Last year we were really good. The varsity was the Patriot League champs. I think we're going to have a great season and continue that success."

Aside from field hockey, Caitlin is a high honors student.

She only plays field hockey, mostly because she wants to concentrate on her studies.

"I take my work seriously," she said. "I put a lot of hard work into it. It can be hard to juggle school and sports. That's why I focus on the one I like. It can get tough. I get home at 8, and there's still homework in front of you. I start the year in overdrive, so I like the second and third semester to have nothing to worry about."

Caitlin's favorite subjects are science, especially chemistry and she enjoys forensic science.

In the past she's been a horseback rider and has written stories and poetry, although that was a while back.

"I was published in a few small books when I was in the third grade," she said. "One was a celebration of young poets. I had a book too. It was about the Littlest Christmas Tree. It was a talking tree. That was in second grade."

When she has free time, Caitlin likes CSI and the Bourne movies.

"I like the action," she said.

Caitlin's twin brother, Nick played soccer, track and basketball as a freshman, but then decided to concentrate on his schoolwork.

Younger brother Eric, played hockey.

As for getting back to the net, Caitlin is ready.

"I'm excited," she said. "All the girls are. They're excited about winning the league and they're hoping they can pick up where they left off."

Ipswich's Harrigan siblings capture gold at State Games of America



Courtesy Photo

Lindsey Harrigan performs her routine during a skating event at the State Games of America, where she earned a gold and a silver medal after also winning silver in 2007.

By Joshua Boyd/jboyd@cnc.com

Thu Aug 13, 2009

Ipswich - Add two more medals to Lindsey Harrigan's total from the State Games of America.

The 14-year-old figure skater from Ipswich now holds three total medals, while her brother Jarret won his first State Games of America medal, a gold in the 5-kilometer run for his age group.

Lindsey and Jarret were among 107 athletes representing Massachusetts to the State Games, which included 10,000 total athletes in more than 30 sports, competing in Colorado Springs, Colo.

The State Games of America are held every two years and qualification to the event is earned by winning at the Massachusetts Bay State Games. By winning gold in their events, Lindsey and Jarret are now qualified to again compete in the 2011 Games, to be held in San Diego, Calif.

Lindsey will start as a freshman at The Governor's Academy in Byfield later this summer, while Jarret Harrigan is entering his junior year at St. John's Prep in Danvers.

The Chronicle caught up with Jarret and Lindsey just after they returned from a family trip to the Big Island of Hawaii.

Chronicle: What were the figure skating events that Lindsey took part in?

Lindsey: I entered three figure skating events — Intermediate Freestyle, a Footwork program, and an Artistic program. I won gold in Freestyle, a silver medal in Footwork, and I was fourth in the Artistic program.

I qualified for the 2009 State Games of America by winning two silver medals in the 2007 State Games in Colorado Springs.

Chronicle: How did Jarret end up in the 5-kilometer race over other track and field events?

Jarret: I ran the 5K in 2007 and came in 31st out of 180 and I did not medal at that time. So, I returned this year and wanted to use this event as a check-in on my fitness level, as I have been training all summer. This year, I came in ninth overall out of 206 and won the gold medal for the 16-and-under group.

Chronicle: What was it like during the events, and how tough was it to capture gold in those events?

Lindsey: I was with nine other skaters from my club. It was nerve-racking and fun at the same time to compete against other skaters from all over the country. The opening ceremonies are like the Olympics, so that was a lot of fun.

I worked very hard before the competition, learning programs, practicing and doing triple run-throughs, conditioning and studying ballet. My coach, Amy Hanson-Kuleszka, is a perfectionist, so she makes sure we are ready!

Jarret: It was fun to meet other runners from schools across the country like Syracuse University, U.S. Air Force Academy and Colorado College. I also met and raced with the Mayor of Colorado Springs! I felt an overwhelming sense of pride and joy to represent Ipswich and Massachusetts during the opening ceremonies, as I walked in with 10,000 other athletes from around the country. The race was held at 6,100 feet above sea level, which makes it much harder when you are used to running near sea level.

Chronicle: How did the two of you get into the sports you participate in? How long have you been doing those sports, and what keeps you coming back?

Lindsey: I have been skating for 11 years. My Mom signed me up for skating lessons when I was 3 years old. Now I skate four days per week, and I do off-ice training and ballet to prepare for the competitions.

Jarret: I started running cross country in 7th grade and fell in love with running. I keep coming back because I just feel like running there is always unfinished business — you can always do better. My coaches, Ray Carey and John Boyle, will not let me settle for the easy way out.

Chronicle: What were some of the fun things you did around Colorado during the trip out there?

Lindsey: We hung out with Henry Cejudo, who was the only member on the U.S. Olympic Team to win a gold medal for wrestling during the Beijing Olympics. It was interesting to meet and talk to a real Olympian and to see how his life has changed since winning the gold at the Olympics. We didn't have much down time. We went out almost a week before the competition, but I had practice ice three times a day.

Jarret: I mostly spent my time running and watching Lindsey and her friends skate. We were really busy with our sports, but we got to have some fun hanging out at the hotel and talking to Henry Cejudo. He was very inspiring. We also visited the Olympic Training Center.

Chronicle: Now that the State Games are over, what's remaining in the near future for your sports?

Lindsey: I'm going to be a freshman at Governors Academy this year and that will change my skating life for a while. I am hoping to pass a Moves and Freestyle test, so I'll have to fit that in. I'm trying new sports this year and also playing softball, but I hope to fit in some skating.

Jarret: I have been running for St. John's Prep since my freshman year and I will continue to run varsity cross country, winter track and spring track.

The Boston Globe

Traveling down a more balanced path St. John's O'Leary finds answers in Buddhism



Jimmy O'Leary will be a starting sweeper/stopper for St. John's Prep's Eagles this fall. Jimmy O'Leary will be a starting sweeper/stopper for St. John's Prep's Eagles this fall. (Jonathan Wiggs/ Globe Staff)

By Sapna Pathak
Globe Correspondent / August 16, 2009

The son of devout Catholics, Jimmy O'Leary spent his Sundays as a child at his family's local church, where he was baptized and received his First Communion.

But when it came to improving his game on the soccer field, and tuning his mental approach, O'Leary turned to Buddhism.

"I don't know, it just helped me look at things from different points of view," said O'Leary, entering his junior year at St. John's Prep, an all-boys Catholic school in Danvers.

"I can collect myself more, I'm more grounded during a game, and I'm taking a different mental approach than I was before. It's touched on a lot of my life, really, not just soccer."

This fall, the North Reading resident plans on taking his interest in Buddhism to the classroom; he has spent the summer working with his teachers to detail an independent study in Buddhism to add to his schedule.

O'Leary returns to the St. John's pitch as a starting sweeper/stopper for an Eagles squad that advanced to the Division 1 North final last season. Last month, the 16-year-old competed in his second Bay State Summer Games, joining the Northeast team a few weeks after wrapping up the spring season with his club team, the FS Vikings.

O'Leary discovered Buddhism prior to his sophomore season. The ancient Eastern religion piqued O'Leary's interest enough to prompt him to head to the library regularly to read books and articles on the subject.

By the start of the season, he was applying Buddhist principles to soccer.

Rene Novoa, his coach with the FC Vikings, noticed a difference.

"He was always a good leader, but he always wanted to make things happen and wanted to be the one who did it," said Novoa, who began coaching O'Leary six years ago. "All of a sudden, he was more calm, he was more collected when things didn't go his way. He's developed into my go-to guy, but his mental maturity is now catching up with his physical skills."

Novoa named O'Leary captain of the Vikings, a title he will most likely earn for his senior year at the Prep.

O'Leary is currently reading "The Middle Way," written by the Dalai Lama, which teaches one not to live in the extremes, but to remain balanced at all times.

A speedy, agile defender at 5 feet 8 and 150 pounds, O'Leary even imparts this balanced outlook to the children he works with as a camp counselor at St. John's Camp Christopher.

"I find myself thinking more comparatively, like what would a Buddhist do versus what a Christian do in certain situations," said O'Leary. "That helps me make choices, both on and off the field."

It's all about balance, there has to be a balance during a soccer game with who is doing things. I'm trying to keep everything balanced."

O'Leary's family also has added more balance to their daily routine. In May, his father, Steve, accompanied him to Gillette Stadium to hear the Dalai Lama speak. The next day, the pair went to church.

"We think it's great he's being exposed to new ideas and new concepts," said Steve O'Leary. "We raised the boys Catholic, but that doesn't mean they can't learn new things that make them better people. Jimmy's definitely learned a lot, and tried to use those things to become a better student and soccer player, so it's great."

In the classroom, O'Leary is a member of the National Honor Society. He started sports at a young age, playing basketball, soccer, and baseball until high school before deciding to focus solely on soccer.

In two years, he hopes to play soccer in college, looking at Northeastern where his brother, Kevin, a former three-sport athlete at the Prep, will be a sophomore this fall.

As for the upcoming season, his third on the varsity roster, O'Leary simply wants to continue where he left off.

"I've never been the fastest or the strongest kid on the field, but I've learned you can make up for that with your mental game," said O'Leary. "That's sort of the path I was on last fall, learning that it's all about your perspective and how you look at things. I think more, I anticipate what a defender is going to do and how I'll react. I'm working on being a smarter player."



From Little League to Ivy League: Former Williamsport Saugus hero Dario Pizzano gets ready for college

**By Joe McConnell / jmcconne@cnc.com
Thu Aug 20, 2009**

Saugus - Dario Pizzano has already had a lifetime of memories filled with notoriety. He has played his favorite sport on the biggest stage for Little League players, and was interviewed by ESPN — among many other media outlets — leading up to the 2003 U.S. championship game against Boynton Beach, Fla. on the hallowed grounds of LaMade Stadium in Williamsport, Pa.

Now Pizzano is heading to the Ivy League, specifically Columbia University, where he'll naturally play baseball, opting for even bigger dreams beyond that. But he hasn't forgotten what it all means.

"I had talked to a lot of schools, but this is the Ivy League. It's Division 1 baseball, and you certainly can't beat that education," he said.

In the six years since his Little League days, Pizzano has grown considerably from a 5-foot, 98-pound adolescent to a 5-foot-11, 195-pound young adult, whose academic stature has also seen rapid development: After four years at Malden Catholic taking advanced placement courses, he ended up with a grade point average of 4.0.

Pizzano defines success through hard work and dedication. He spends at least two hours every day in the MC weight room, and works out at Extra Innings in Middleton with his younger brother, Donato, and former Little League teammate, Joe Kasabuski.

"I know I have to be physically fit to keep up with my [peers]," Pizzano said. "Coaches have told me that I have great raw skills, but I had to improve my strength."

Pizzano said he's been lucky to be around motivated mentors who know how to reach young players and bring out their fullest potential.

Many credited Charlie Bilton, the legendary Saugus Little League coach who was one of Pizzano's first coaches, as the architect of the 2003 squad.

"[Bilton] gave me the desire to succeed in baseball," Pizzano said. "He was an in-your-face type of coach, and he'd push us to get to the next level. I like the in-your-face style, to ultimately prove them wrong about what they say about you by stepping up to the challenge."

Pizzano also knows that Steve Freker, the longtime MC baseball coach, was integral to his success on the high school level.

"[Freker] knows the game, and he always has winning teams [they won the Division 1 state title in 2003], which is his number one priority as a Malden Catholic coach," Pizzano said. "I've been lucky to have awesome coaches along the way since Little League."

Columbia coach and Beverly native Brett Boretti told Pizzano, who was a centerfielder in Little League, that the right-field starting job is his to lose next year.

"I would love to play centerfield, but I'll play anywhere just to be in the starting lineup every day," Pizzano said.

Pizzano continued to get his name out there by participating in more than 20 showcase tournaments throughout New England, plus one in Florida, not to mention playing in the Bay State Summer Games on the Metro squad, where Boretti first saw his college prospect.

"As soon as I saw the Columbia campus and went out to dinner with the coaches and the other recruits, I knew it was my kind of place in the [heart of New York] city," Pizzano said. "I committed to Columbia during the last weekend in September last fall."

But Pizzano is first to credit his parents, Paul and Tracie, for this opportunity. They took him to all of those showcases that got him noticed, and stood behind his decisions. And they will be right there with a van to move him to the Columbia campus at the end of this month.



McElrath glides onto national stage

ABIGAIL DAVIDSON
Hometown Weekly Staff

27.AUG.09

When Dover- Sherborn Middle School seventh grader Severine McElrath took her first clumsy steps on the ice, she hardly imagined that just three years later she would be performing jumps, spins and spirals on a national stage. McElrath's quick progress on ice was marked by her participation this summer in her first national figure skating competition- the State Games of America.

After just two years of training, McElrath competed in, and won, the Bay State Games' age 11 and 12 division for figure skating last year. The competition pitted her against some of the best skaters from across Massachusetts, but McElrath, who had a late start to skating, proved her natural aptitude for the sport, winning the competition and qualifying for the next level of competition at the State Games.

While McElrath started skating only three years ago, she has adapted to the rigors of the sports quickly, thanks in large part to nine-plus years of ballet training.

"I progressed pretty quickly, mainly because I have been dancing for nine years," explains McElrath. "It helps me with the jumps and some of the spins, and a little bit with being graceful."

The rising seventh grader became intrigued by the sport three years ago, during the 2006 Winter Olympics in Turin, Italy. McElrath was enchanted by the sight of men and women floating, seemingly effortlessly, across the ice, performing exhilarating moves like triple lutzs and spread eagles without even breaking a sweat. When the ice froze on her neighbor's pond, McElrath imagined herself executing the same tricks. After her first few trial runs on the ice, she was hooked.

During her first two years of skating, McElrath achieved almost instant success, winning the New England Regional Championship, then the Bay State Games in back-to-back fashion. After winning the Bay State Games, McElrath took to the ice with a new determination to prepare for her entrance onto the national stage.

McElrath trained for over a year for the competition, which saw her competing against the best skaters from across the nation. While the competition was "nerve wracking" for the young skater (who says the fact that the rink was so cold definitely did not ease her anxieties), she ended up enjoying her time in the spotlight.

"It was fun actually," McElrath relates. "I liked it a lot because it was all the way in Colorado Springs and it was my first time in a national competition."

McElrath performed two routines during the competition, an artistic program, which she describes as the more graceful of the two, and a more technical freestyle program, loaded with jumps and spins.

Although she did not end up medaling in the State Games, McElrath, her parents and her coach are extremely proud of her performance.

"It was a really big deal for her," explains McElrath's mother, Carine. "There were about 10,000 athletes there and she placed in 10th nationally. We were very excited."

Her debut on the national stage has inspired McElrath to train even harder. The Sherborn resident is currently training to progress from Freestyle Level 4 to Level 5 (there are 10 levels overall), and is working particularly hard at landing and perfecting her axel (a particularly tricky jump).

While she's unsure if she wants to make a career out of figure skating, for right now McElrath is committed to continuing to improve and enjoy skating.

"I'm not sure (if I'll skate professionally), we'll see how that goes, but it's a nice thing to do and it's really fun to perform," explains McElrath.

Swampscott 91-year-old Louise Wing has witnessed growth of synchronized swimming



Wicked Local Photo by David Sokol

Louise Wing, 91, practices her solo synchronized swimming routine at the pool in the Jewish Community Center of the North Shore in Marblehead.

By Joshua Boyd /jboyd@cnc.com

Wed Aug 26, 2009

Swampscott - Some people dance to the beat of a different drummer.

Louise Wing chooses to dance to the beat of her own drumming. Aged 91, she takes pride in pointing out the pair of drumsticks she keeps in her room at Swampscott's Bertram House.

"I didn't actually play the drums," Wing admits. "Although when I was a Girl Scout and a Girl Scout leader, I was a leader of the drum corps."

Wing's real specialty, however, is synchronized swimming. She has been taking part in the sport since the 1940s, and she is a 30-year National Masters Champion.

Most recently, Wing took part in the Bay State Games (winning silver in the 25-and-over division) and her next meet is an East Coast meet in September, before the National Masters Championships at Coral Springs, Fla., in October. She'll be there.

"It's my life," says Wing. "I've made friends all over the world, and I just actually retired from the being the Administrative Chairman and Treasurer of the New England Synchronized Swimming Association.

"I live for my swimming, because that's where I'm happy," she adds. "I can't walk, but I can swim. I found out last week that I have to keep using a walker."

Wing says that she does not get blood to her knee (a condition known as avascular necrosis) and "it just swells up and hurts all the time, but not in the water."

Still, Wing can be found six days per week at the Jewish Community Center of the North Shore, mostly practicing for the upcoming Nationals. The mix of music and swimming is a no-brainer for Wing — those are her two favorite things in the world.

She has been swimming longer than she can remember, including trying to swim to Canada from Chicago as a 2-year-old.

"I saw a big lot of water [Lake Michigan] and went for it," says Wing, who was born in Seattle. "Of course, a man pulled me out. I was just going for Canada. I didn't drown! I was doing fine, I would have gotten to Canada eventually."

In the 1920s, her family made the move to the Boston area and Wing can clearly remember her prophetic vision of her future whereabouts.

"When the Boston YWCA was built, I was 10," Wing says. "I told the lady handing out suits, that I was going to grow up and run that pool one day, and I did. After World War II, I was director of swimming at the Boston YWCA."

After graduating from Cambridge High and Latin School (known today as Cambridge Rindge and Latin High School), Wing graduated from the Sargent College of Health and Rehabilitation Sciences at Boston University. After earning her Bachelor's degree there, she went on to earn her Masters in Health and Physical Education at Wellesley College in 1940, writing her thesis on "The Mechanics and Kinesiology of the Half-Gainer Dive."

"At Wellesley, I read every book they had in their library on aquatics," she proudly boasts.

Getting in synch

Wing was teaching swimming at the Pittsburgh YWCA in 1941 when she first began combining swimming with music.

"I discovered that if I turned on the old Victrola, I could teach people to swim faster and easier. It was a natural beat," Wing says. "That was called 'rhythmic swimming' at the time."

Mainly a men's sport when it was invented in the late 19th century, synchronized swimming was known as water ballet originally. Australian Annette Kellerman popularized the sport in 1907 when she danced ballet in an underwater tank. It was another 17 years before the first North American competition took place in 1924.

In 1940, the Amateur Athletic Union (AAU) authorized synchronized swimming as a sport.

"Of course, [World War II] was beginning, so nothing happened until 1946," says Wing.

After serving in the U.S. Coast Guard from 1943-46 ("they kicked all the women out — they didn't see any need for women in the military then — they sure do now!"), Wing was putting on water shows. It was 1950, however, when she organized the first synchronized swimming meet in New England.

"We had a group come out from Western Massachusetts, but I don't know where we held it exactly," she says. She was hooked, and for the next 59 years, synchronized swimming was her sport. She especially liked the fact that she could dance in the water to her own music.

Indeed, Wing is a graduate of The Juilliard School, one of the world's finest schools for music. She graduated in 1953 with a diploma in the French Horn and played for years in orchestras and chamber music groups (see attached story about Wing's musical pursuits).

Since it wasn't until 1975 when National Masters competitions began, Wing used to compete in solo competitions against girls as young as 12 years old.

"Everybody told me that I was too old for this, that I would have to either judge or coach, which I did," Wing says.

She soon found out about interest at the Reading (Pa.) YMCA in forming a Masters synchronized swimming division, and she quickly got involved, and helped found the annual Masters National Championships. Wing won the first 30 National Solo championships in a row, from 1975 through 2004.

She was heavily involved on the national level, especially back when synchronized swimming was still just a demonstration sport at the Olympics. It wasn't accepted in duet and solo until 1984 in Los Angeles. The team event began in 1996 in Atlanta, four years after the final solo event in 1992 in Seoul.

Wing can remember when the current powerhouse in synchronized swimming was just learning about the sport.

"My first world exposure was in Belgrade at a World Championships, and I saw in the balcony the Russians with their cameras, knee deep in empty film boxes," says Wing. The Russians have won both the duet and team events the last three Olympics.

"I did know a lot of the people in the Olympics personally, until about three or four years ago," says Wing. "The first national meet I went to was in 1964. I walked in and they said 'We need a Clerk of Course,' and they gave me a badge and I was a Clerk of Course for the meet."

A partner in the pool, in life

In 1951, the former Louise Horatia Lester was married to Fred Wing. The newlyweds moved to Manhattan, where Louise studied at Juilliard. In 1956, Fred was working for Lever Brothers (manufacturers of soaps and detergents) and the couple moved to Binghamton for 10 years. Louise spent her spare time judging synchronized swimming for the Adirondack Synchronized Swimming Association.

In 1966, the pair moved to Lynn and bought a house on Sluice Pond.

"We swam in there every year from the end of April to the end of October," says Louise. "I still have the house on Sluice Pond, but I couldn't stay there, because the boiler burst."

Fred showed up for a synchronized swimming class that Louise was teaching in 1984 and decided to try it out.

"The girls in the class were so nice to him, they let me go back to square 1 with him, and the following October at Nationals, we won the title," says Louise. For the first time in her life, she had a duet partner for synchronized swimming.

The Wings won 15 National Masters titles in duet, and also hit the world peak in Rio De Janeiro in 1990.

"I got all 10's on my solo, and my husband and I got 9.5's on our duet," she remembers.

Fred died in 2006 at the age of 94, though he retired from synchronized swimming five years earlier, at 89 years of age.

Staying with it

Louise Wing still judges youth competitions, and was, until recently, heavily involved with New England Synchronized Swimming Association (NESSA).

“As a former chairman of the NESSA, I’ve seen the girls grow up from so little,” Louise says. “Now, we have a big group in Gloucester, Wenham and Ipswich [North Shore Selkies] and there’s a big group in Andover. Now, there are 10-12 groups in New England, and they all have nice pools to work in.”

Louise finds judging to be a whole lot tougher than swimming, though.

“Every year, we get together and change the rules and improve them,” she says. “People are meeting at a convention every year and people have ideas on how to make the judging harder.

Of course, the girls now do such amazing things,” says Louise. “Now, people start in California at the age of 5 and by the time they’re 16, they’re pretty much accomplished.”

These days, Louise keeps in touch with the synchronized swimming world through the NESSA and U.S. Synchronized Swimming (USSS), along with communicating through e-mail via a niece’s account.

Even if she is still enjoying her favorite sport, being a nonagenarian isn’t easy.

“The nineties are really the hardest decade. Nothing but trouble,” says Louise. “My knee doesn’t work, both my shoulders are torn. I had a stroke last summer and this summer I had a broken hip.

“I’ve had to start over again a couple times,” she adds.

If it means getting back in the water and dancing, she’ll always come back to the pool. Swimming to Canada? That’s probably out of the question these days.



2010 Bay State Winter Games Dates Announced

Friday, August 28, 2009

Celebrating 25th anniversary of athletic competition in Berkshire County

WOBURN, Mass. – The Massachusetts Amateur Sports Foundation (MASF) is excited to announce the competition dates for the 2010 Bay State Winter Games. The 25th anniversary of the annual Olympic-style amateur sporting event will take place January 22-24, 2010, in the Northern Berkshire region of Massachusetts.

“We are very pleased to be returning to the Northern Berkshires, host of every Winter Games since its inception,” said Kevin Cummings, Bay State Games Executive Director. “The beautiful setting, quality venues and outstanding volunteer support have all played a vital role in our ability to host a successful event year after year. We look forward to returning for our silver anniversary in 2010.”

Registration for the Winter Games opens on October 26. The Games features individual competitions in alpine skiing and figure skating, and team competition in masters ice hockey. The figure skating

competition will take place at the Lansing Chapman Rink on the campus of Williams College in Williamstown, MA, and features both ISI and UFSF competition for males and females. Masters ice hockey will be played in two divisions, 40 plus and 50 plus, at the Vietnam Veterans Memorial Skating Arena in North Adams, MA. Alpine skiing, with open and masters divisions for athletes 19-35, and 36 and older, respectively, as well as a scholastic division for participants in grades 9 through 12 as of the 2009-2010 academic year, will be held at Bousquet Ski Area in Pittsfield, MA.

Since its inception, the Berkshires have played host for all events in the Bay State Winter Games. Athletes participating in the Games represent over 200 Massachusetts communities, and range in age from 8 to 60.

For more information regarding the Bay State Winter Games and other programs run by the MASF, please visit our website www.baystategames.org or call the Bay State Games' office at (781) 932-6555.



Bill Kipouras column: Hall of Fame honor humbles Galaris

By Bill Kipouras
Staff writer

August 28, 2009

Retired Salem State College athletic director John Galaris, the school's all-time scoring leader in basketball, has been named to the American Hellenic Educational Progressive Association's (AHEPA) Hall of Fame.

The 66-year-old Galaris was inducted by the national Greek fraternal organization at a ceremony in San Francisco. He found it hard to believe that tennis great Pete Sampras was inducted by AHEPA (in absentia) at the same ceremony.

"Sampras couldn't be in attendance — he was at Wimbledon — but he sent a lovely letter that was read to the committee," Galaris said.

Billy Pappas of Manchester, N.H., an icon in college football and basketball at New Hampshire, was also inducted.

"The first thing Billy had to say when I met him was he asked about Johnny Kapnis (of Salem)," Galaris said. "They played a ton of games against each other in the old days of semi-pro basketball."

Galaris, who scored 2,455 points at Salem State, wasn't sure who nominated him for the award. He suspects it was a friend from Chicago who coached against him in the Hellenic Basketball Tournaments that took place in Cicero, Ill. for years.

Following his graduation from Salem State in 1967, he played a year in Greece for IKE and the Greek National Team in the Balkan Tournament.

Peabody High School hadn't qualified for the ancient "Tech Tourney" at Boston Garden since 1939 when Galaris and high school teammates Stan Kanarski, Jimmy Retos, Mike Nygren and Pete Wahtera snapped the Tanners' drought in 1960. Galaris and Kanarski were players who were cut from Salem High

tryouts and moved to Peabody, where they had no problem making the varsity. (Under Pete Retos, Peabody returned to the Tech Tourney in 1961).

Galaris still teaches part-time at Salem State. He was named to SSC's inaugural Hall of Fame in 1986.

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For one short stretch, Swampscott's Frank DeFelice thought he was retired from coaching football. But his stay away from the game didn't last long.

He left Endicott College on good terms, but was hardly satisfied with the job he did as the defensive coordinator there.

"My plan was leave football and enjoy the fall for the first time in my adult life," DeFelice said. "As it happens, I'm still the assistant baseball coach at Endicott and I was scouting the Bay State Games at Bentley (in Waltham). There were some camps going on and I dropped into the Bentley football camp. I knew a lot of the coaches working, we got to talking, and they mentioned Bentley was looking for an assistant.

"I got the bug again to join the (football coaching) fraternity. I was hooked."

DeFelice's brother Bob happens to be the AD at Bentley and had no idea Frank wanted to resume coaching.

"I'm a volunteer; it's a non-paid position," said Frank, who served in the same capacity at Boston College for nine years. "I was 6 a.m. to 6 p.m. the first few days at Bentley. I just love to coach, I guess. I can't get it out of my system."

He coached at both Merrimack and Endicott in their maiden football seasons and feels good about being on a brand new staff. It's his 45th year of coaching since graduating from BC.



Local figure skaters medal at State Games of America

**By Jean DePlacido
Correspondent**

August 28, 2009

The chances of taking nine figure skaters to the State Games of America in Colorado Springs and having them all medal are very slim.

But that's exactly what coach Amy Hanson-Kuleszka's students at the North Shore Skating Club accomplished at the week long Olympic-style Games. In fact, the North Shore contingent returned home with 11 skating medals and one gold in track.

"This was my fourth time going to the State Games of America, and this was our best finish ever," said Hanson-Kuleszka. "I'm so proud of how well they skated in a pressure packed event."

"I was busy running from event to event, so I wasn't aware of what was happening at first because I didn't see all the judges' marks. As the week went on, I realized everybody that had competed had medaled — and my two youngest skaters were the only ones left. They knew what everyone else had accomplished and were under incredible pressure, but did a great job with their routines. I was nervous watching, but they were relaxed and smiling."

The final two performers were Justina Catarino of Gloucester (silver medal in Pre-juvenile Freeskate CTT, which is competitive test track), and Stephanie Longmuir of Topsfield (gold in Pre-Juvenile Freeskate).

Other medalists at the country's largest multi-sport event for athletes of all ages and skill levels included 17-year-old Alexandra Giacchino of Winchester (silver — Senior Ladies Freeskate); 17-year-old Jordan Sullivan of Topsfield (gold — Junior Ladies Freeskate); 16-year-old Alyssa Solomon of Andover (silver — Junior Ladies Freeskate); 14-year-old Lindsey Harrigan of Ipswich (gold — Intermediate Ladies Freeskate and silver — Gold Footwork); 13-year-old Amanda Greel of Rockport (silver — Intermediate Ladies Freeskate); 14-year-old Zaki Cotzany of Beverly (bronze — Juvenile Compulsory Moves); 13-year-old Alexandra Rice of Manchester-by-the-Sea (silver — Preliminary Freeskate and gold — Preliminary Compulsory Moves).

A sellout crowd of over 9,500 people watched 2008 Olympic freestyle wrestling gold medalist Henry Cejundo light the Games' flame, capping a city-wide torch relay that began at the United States Olympic Training Center and ended at Colorado Springs World Arena. Over 10,000 athletes from 48 states competed in 31 different sports, with 921 figure skaters participating.

"The girls had to qualify at the Bay State Games in Williamstown last February," said Hanson-Kuleszka, a Lynn resident who coaches 25 skaters at the North Shore Club at the Burbank Arena in Reading. She has taught there since 1994. "The next Games are in San Diego in 2011, and all nine of my girls qualified by medaling. Now the rest of my students are motivated to get there — but they will have to qualify at the Bay State Games.

"One of our girls, 18-year-old Sonja Page of Manchester-by-the Sea, didn't qualify in skating, but she did compete in track and won a gold medal.

"I have a 10-month old son, and I was a little nervous leaving him for the first time, but these girls made it worthwhile — and not just because of the medals, but how well they handled themselves. It was awesome, and as a coach I am so proud of them."



Somerville athletes shine in Bay State Games

By Mike Rubin

During the long hot summer months, a multitude of local athletes shined in the spotlight during this summer's Bay State Games. The games, which took place from July 10-26, featured a wide variety of achievements.

On the girls basketball team, the Metro squad emerged with several successful performances. Led by Keisha Jean-Louis, the Metro squad emerged with a tight 62-61 win over Southeast. Jean-Louis emerged with a 10 point outing. The Metro squad also delivered victories, a 57-40 win over Central. Other games included a 70-62 loss to Coastal.

It was a team that consisted of girls from Boston, Arlington, Cambridge, Belmont, Everett, Weston, and Somerville," said Kelsey Garrity, who participated on the team. "It was a good experience and you get to play with girls you never thought you would play with - the competition was good too, because you play girls from all over mass that you never have or might never again play against, and it's good to play against people that you don't get the experience of playing against."

In boys soccer action, Xavier Orellana of Prospect Hill scored in the 30th minute, while Bruno Cocia guided the Metro squad to a 2-0 win over Northeast squad. In a 2-1 win over the West team, Felipe DaCosta notched the game winner in the 49th minute.

In the bronze medal game, Cocia once again rose to the occasion, scoring in the 33rd minute on a goal from just inside the post. Sealing the win, Orellana increased the win with a tally in the 63rd minute.

In the adult track competition, Robert Segal finished fourth in the 800 meter run, finishing with a time of 2:41.31, while Alex Barbaud finished second in the Pole Vault open (15-00). Segal also finished sixth in the 400 meter dash en route to a time of 1:06.88.



Dates announced for Bay State Winter Games

By: Ben Larsen
8/28/2009

In its 25th year, the Bay State Winter Games will again be played in the Northern Berkshires. The Massachusetts Amateur Sports Foundation announced Thursday that the 2010 event will take place Jan. 22-24.

"We are very pleased to be returning to the Northern Berkshires, host of every Winter Games since its inception," Bay State Games Executive Director Kevin Cummings said in a press release. "The beautiful setting, quality venues and outstanding volunteer support have all played a vital role in our ability to host a successful event year after year. We look forward to returning for our silver anniversary in 2010."

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Franklin senior excels on court, field and in the classroom



Franklin's Zack Price hauls in a catch.

By Ben Larsen
8/24/2009

In a world of specialty athletes, Zack Price is an all-around king.

If Price were a gymnast, there's no doubt his all-around score would be the one to beat. Price, however, doesn't compete in gymnastics. In fact, that's probably the only sport the senior from Franklin has never participated in.

In a time when student-athletes are becoming more specialized with the hopes of turning their talents into scholarships, Price excels on the gridiron, the hardwood and the diamond as a member of Franklin's winning football, basketball and baseball teams.

"It's just a great experience," he said. "Having to balance everything just keeps me active. If I didn't have it all going on, I'd be bored."

On the hardwood, he's a hardworking tri-captain. This fall, Price will be one of many returners for Franklin football, which promises to contend in the rugged Hockomock League. Price is a top-notch tight end and outside linebacker and also serves as the Panthers' backup quarterback.

Baseball, however, is Price's bread and butter. It's where he stands tall on the mound as the Panthers' ace.

"Don't get me wrong, I love playing them all," he said. "It's great to go from sport to sport without getting sick of them at all. But baseball is what I have the best chance to play in college."

Of course, baseball isn't the only thing Price is planning on participating in at the next level. As a solid student and president of his class, Price shows balance and the knack for leading in the classroom as well as the ball field.

"It's great what Zack is doing in this day and age where you see so much specialization," said Franklin head football coach and Director of Athletics Brad Sidwell. "Sometimes we worry about him doing too much but he works hard and does everything so well that he's a big part of the school."

Price was recently --- and fittingly --- awarded the Bay State Games Future Leaders scholarship, mainly for his well-rounded approach to academics, athletics and community service.

"I didn't know Zack prior to the interview process," said Bay State Games communications manager Peter Cohenno. "But as soon as I met him, I knew that with his personality and the way he carries himself, he will be a success in whatever he plans to do."

The field for the scholarship consisted of 142 juniors throughout the Bay State, who have participated in the annual winter and summer games. Three boys and three girls were selected as winners and while Price may not have been the standout athlete or student among the winners, as Cohenno explained, he was far-and-away the most balanced and well-rounded.

"He is just a great kid who can do it all with a smile and not be absorbed by his success," Cohenno added.

While his final baseball and basketball seasons are still months away, Price is focusing on Franklin football. After keeping busy this summer as a member of Franklin's passing league team --- along with playing Legion baseball and summer basketball, of course --- Price is preparing for one more year on the gridiron with high hopes.

"We should be one of the contenders in the league this year," he said. "Last year, we were junior oriented. This year, we have even more experience. Even though the [Hockomock] is always tough, we should make a good run."

A successful football season would be exactly what Price needs to achieve his goal for his senior year.

"I want to win three Hockomock League titles," he said. "In basketball, we should definitely be the favorite and we're returning a lot in baseball too."

"It would be a dream come true."

For three-sport athlete Zack Price, three league titles in his final season would certainly be a fitting end to an all-around great story.