

## Sports digest

Thursday, June 4, 2009

### Summer Games schedules tryouts

Tryouts are planned for the Bay State Summer Games, the annual Olympic-style amateur sports festival featuring 24 sports for athletes of all ages and ability levels.

The games, sponsored by the Massachusetts Amateur Sports Foundation, are scheduled for July 6-19. Regional qualifiers and tryouts will be held throughout June.

Registration forms and more information can be found at the Bay State Games' Web site, [www.baystategames.org](http://www.baystategames.org), or by calling (781) 932-6555.

In addition to offering sports competition, the Bay State Games, in partnership with Verizon, annually awards six \$2,000 college scholarships. Student athletes who wish to apply must be in the 11th grade as of the 2008-2009 academic school year. Applicants also must have either participated in the 2009 Winter Games, or are registered and will agree to participate in the upcoming Summer Games. Athletes do not need to make a final roster to be eligible for the scholarship. Interviews for those selected will be held in late June. Applications for the scholarship must be post marked no later than June 10.

Local locations for remaining tryouts are:

Baseball: 9 a.m.-noon, June 14 at Auburn High School; 4-7 p.m., June 15, Assumption College, Worcester; 8-11a.m., June 20 and 21 Auburn High School.

Basketball: (Boys 9 and 10): 7 p.m. June 8 and 10, Anna Maria College, Paxton.

Basketball (Girls): 10 a.m.-noon June 6 and 7 and 7-9pm June 11, Leominster High School

Field Hockey: 6-8 p.m. June 5, 6, 7 and 14, Framingham State College

Ice Hockey: 9:40-10:30 a.m. June 6 and 13 New England Sports Center, Marlboro

Lacrosse (Girls): 4 p.m. June 15, 16 17 and 18, North Middlesex Regional High School, Townsend.

Soccer (Girls): 6-8 p.m. June 9 and 11, Sauta Field, Hudson.

Softball: 5-7 p.m. June 15 and 16, and 10 a.m.-1p.m. June 20 and 21, Woodstock Academy

Volleyball (Boys Scholastic): 6-8 p.m., June 14, 18 and 21, Worcester State College.

Volleyball (Girls Scholastic): 4-7 p.m. June 7, 14 and 21 and 7-9 p.m. June 10, Bancroft School, Worcester

Volleyball (Men's Open): 4-7 p.m. June 7, 14 and 21 and 7-9 p.m. June 10, Bancroft School, Worcester

Volleyball (Women's Open): 4-7 p.m. June 7, 14 and 21 and 7-9 p.m. June 10, Bancroft School, Worcester

Volleyball (Men's Masters): 4-7 p.m. June 7, 14 and 21 and 7-9 p.m. June 10, Bancroft School, Worcester

## **A new man**

**After some maturing, North Andover's Michael Hashem says now he is ready to go pro**

**By Bill Burt  
June 09, 2009**

NORTH ANDOVER — Late last fall Michael Hashem committed to attend Hillsborough Community College in Tampa, Fla., and he immediately called a local baseball guru and confidant to inform him of his decision.

"I couldn't wait to tell him, but I called and he told me it probably was the wrong place to go, that I should probably find a place around here, like Bunker Hill Community College," said Hashem, a former North Andover High pitching sensation.

"He thought it might be a risk to go away on my own. I understand why people thought that way. But I don't think they really understood me. I needed to get away. I needed to grow up a little bit on my own ... And I'm so glad I did."

The North Andover native is expected to be drafted some time tomorrow, hopefully between the 10th and 15th rounds, per some inferences from a few scouts. Rounds one through three will take place today.

Hashem, at only 20-years-old, is making a comeback of sorts.

A little more than three years ago, few people around baseball knew Hashem. He was 1-3 with a 4.08 ERA as a North Andover High junior, struggling the entire season with a back injury and control.

But everything changed in the Lawrence Invitational Tournament on Memorial Day Weekend. Hashem blitzed Pentucket in a no-hitter with four walks and 18 strikeouts. Facing a total of 25 batters, Hashem allowed one runner to second base.

He continued his success in legion ball and the Bay State games as the double-digit strikeout games continued with his fastball nearing 90 miles-per-hour.

Then came the inquiries, which later turned into scholarship offers.

"I'll never forget the first call was from UMass Lowell," said Hashem. "I started to think that maybe I could go to college for free."

As a senior, he went 5-4, which included a heart-breaking 2-1 state tourney loss to Tewksbury in which he struck out seven and walked one in a four-hitter. He finished with 104 strikeouts in 58 1/3 innings.

On a small scale, it may have been too much too soon. Hashem didn't know how to deal with going from no-name to can't-miss.

"When I first got to the high school I thought I was a basketball player first," said Hashem. "I always could throw the ball hard. But I think I liked basketball a little better. I liked the energy and running. But then late in my junior year, I started to pitch well and get all of this attention. I realized baseball was my ticket to college."

Hashem chose to attend the University of Connecticut, a regular contender in the Big East. It seemed like the right choice at the time.

"But the academics part was tough there," said Hashem. "As for baseball, I just never felt comfortable. The weather was lousy, which is typical around here."

As a freshman, Hashem was 2-3 with a 4.20 ERA at UConn. He pitched only 30 innings over 10 outings and four starts.

It was not the start he expected after high hopes and, when coupled with his struggles in school, he realized it was not the place for him.

It would be too easy to blame UConn's tough standards and his baseball situation. Hashem had other problems back home.

The summer after his high school graduation and the summer after his freshman year at UConn, Hashem had some personal teenage struggles that nearly got him in trouble.

"I made some stupid decisions," he said, referring to his partying days. "I realized I had to make some changes in my life."

Hashem began reaching out to family and friends, including his former coaches at North Andover, then-varsity coach John Strobel and then-junior varsity coach Todd Dulin, who now heads the varsity team which is two wins away from the state championship.

"I had a lot of discussions with Michael," said Dulin, who tutored Hashem for a summer course after his freshman year at UConn. "He really was a good kid, but he needed a little guidance and he had to grow up a little."

Hashem decided last fall that his baseball career needed a change. He needed to be more committed if he was going to fulfill the hopes many scouts and people had for him at North Andover High.

A friend mentioned Hillsborough Community College.

"I applied (last fall) and got in for the second semester," said Hashem. "I was almost talked out of it, but I heard about how a lot of their players had been drafted. I also wanted to pitch in hot weather. I just wanted to get away from here for a while and focus on baseball."

While Hillsborough CC and the Suncoast Conference might not be a household name in Red Sox Nation, among Major League Baseball scouts it's a hotbed for baseball talent.

In 2008, a Hillsborough alum, Bruce Pugh, was drafted in the 19th round third round by the Minnesota Twins and received a \$150,000 signing bonus. The 2009 team boasted three players, Jamie Mallard, Nick Purdy and Evan Chambers, all of whom were drafted out of high school

In fact, Chambers is expected to go in the top four rounds.

"Our league is like a Div. 1 conference," said coach Gary Calhoun. "We have a lot of very good players in our league. Trust me, the scouts know."

Hashem moved to Tampa in January and got his own one-bedroom apartment off campus.

It was, he says, the best move of his life.

Hashem immediately fit in on the baseball diamond. He became one of their top starters, going 68 2/3 innings over 14 outings, with a 6-4 record. His earned run average wasn't anything special, at 4.59, but a few especially bad outings made his overall numbers look worse than they actually were. Also, he had 61 strikeouts, which was nearly one per inning.

"I couldn't believe how good the hitters were," said Hashem. "There was so much talent. It really was a learning experience."

Hashem learned there that he didn't like baseball. He loved it.

"I love to pitch. I can't explain how excited I get," said Hashem. "It was being around so many talented guys that I realized I still could be a very good pitcher and that I wanted to do whatever it takes to make it to the next level."

It was at Hillsborough CC that several scouts took notice of Hashem, including a few that have continued to call or text him. Calhoun says he is more than worthy of their attention.

"I think what impressed a lot of scouts down here was the fact he did as well as he did with really only two pitches, a fastball and a changeup," said Calhoun. "He needs a lot of work on his curveball. At times, he threw a very good one. But it wasn't consistent.

"But he's a left-hander with a fastball anywhere from 84 to 91 mph," said Calhoun. "And his changeup is very good. He's also got a good pickoff move to first. He's got good tools to work with."

Hashem's shape has never been an issue. He was noted as a workout warrior in the weight room at UConn and that hasn't changed.

Upon his return from Hillsborough in May, he began working out on his own at a local gym as well as hooking up with the North Andover High baseball team.

"He has been great to have around," said Dulin. "He's great with the kids. One day, he worked with (Mike) Weisman on his pickoff move. The next game, Weisman picked a guy off first. Before we faced (John) Farrell of Andover (last month), who throws 90 mph heat, Mike threw to our guys. It was a big help."

Hashem recently joined One-to-One Strength in North Andover, which is owned and run by Paul Soucy. Soucy trained former two-time Olympic judo bronze medalist Jimmy Pedro, of Methuen.

"I thought I was in great shape until I went to Paul," said Hashem. "I threw up after my first workout. But now I feel stronger, especially my legs, which I've never really worked on. I never felt stronger in my life."

It's pretty good timing as the Major League Baseball Draft looms.

Hashem's options are pretty straight forward.

While he can't return to Hillsborough CC, because he used two years of eligibility already, he does have two years eligibility at a four-year school. He said the University of Tampa and South Florida have offered him opportunities to continue his college career if he passes a few courses in the fall.

But he makes no bones about what he really wants.

"I want to go pro, I'm ready," said Hashem. "For a few years I've been jumping around. I want to settle down and get with a team and pitching program. I feel like I've aged a lot the last year. I know what I want. And I've never wanted it as bad as I do now."

What will it take for Hashem to sign a pro contract? He's not saying. But it appears if he is taken anywhere near the 10th round, as some scouts have informed him, his asking price would be well over \$100,000.

"The only thing that is important about money is that I am going to need money while I'm in the minors," he said. "I just want whatever I'm worth when I am selected. That's all."

## **Easy as 3-4-7**

**Somerset track stars shine at New England Championships.**

**By Greg Sullivan  
Jun 14, 2009**

Fall River — .The Somerset lucky number is: 3-4-7.

Though to be honest, luck had nothing to do with it. Talent and hard work paid off for three Somerset High School athletes Saturday at the New England Track and Field Championships in Burlington, Vt.

Sophomore Kyle Quinn took third place in the boys' javelin. Junior Beth Barrar was fourth in the girls' javelin. And senior Steve Diniz grabbed seventh place in the boys' 110-meter high hurdles.

"I'm so proud of all of them," Somerset coach Linda Murphy said. "They all rose to the occasion."

Second the previous two weeks — at the Eastern Massachusetts Division 3 meet and at the All-State Meet — Quinn yesterday once again had his best throw of the day in the first round.

Using a new javelin delivered to him early last week, Quinn opened his day Saturday with a throw 193 feet, 9 inches.

His remaining throws were 191-0, 185-8, 159-7, 177-3, and 186-9.

Stephen Simalchik (203-4) of Danbury, Conn., finished first and Ben Lincoln (196-0) of Hingham second.

Quinn was second to Lincoln at the Eastern Massachusetts Championships two weeks ago and beat him last week at the All-State Meet. Quinn beat last week's All-State champ, fifth-place Justin Siekerski (186-7) of Minnechaug.

"I'm pretty happy," said Quinn, a first-year thrower. "I could have done better."

He said that by the time he was on his last throws, fatigue was setting in. His personal record is 196-6 set at the Eastern Mass. meet.

"I was getting tired," he said. "It was a hot day out there. I throw a lot with my arm. I don't use my body that much."

Having come up short of his goal of 200 feet, Quinn said, "I've come to terms with it already."

He said he may compete in the high school national meet, though expenses could be an issue there. He also said he will probably go to a throwing coach (Barrar has been his tutor thus far) and may compete in the Bay State Games this summer.

Barrar more than rose to the occasion.

Having thrown a personal record 128-0 a week earlier, she secured her fourth place in New England with a tremendous throw of 134-8, in the second round. That is a school record, too.

Barrar threw 127-1 in the first round, and when she released her second throw, she expected to hear a similar measurement, not a number like 134. "I didn't think it would go that far at all," she said.

The remainder of her throws were 119-1, 115-2, 113-5, and 116-5. Barrar said she was guilty of "putting too much thought" into the final few throws.

Keila Grigware (137-10) of Biddeford, Maine was first, followed by Stefanie Danehy (137-3) of Medway, and Krista Vincent (135-10) of Somersworth, N.H. Grigware throw more than 130 feet in five of the six rounds.

This caps quite a school year for Barrar, who scored 37 goals during the field hockey season. It was also fine career cap for Diniz, Greater Fall River's top 110- and 400-meter hurdlers this season.

In taking seventh place, Diniz ran 14.93 in both the preliminaries and finals, taking seventh place both times. The top eight times in the prelims landed spots in the finals.

"My goal was to qualify for the finals, and I did," he said.

"And I didn't get last (in the finals)," he added with a laugh.

Diniz's best Fully Automated Timing (FAT) in the 110 hurdles is 14.82. He has been hand timed in 14.5.

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## **Co-op runners set records, personal bests at New England track and field championships**

**By Joshua Boyd  
Wed Jun 17, 2009**

Georgetown - The trip to the New England track and field championships on June 13 was the final competition in Ipswich colors for senior Mel McFayden, and the moment was not lost on her ... again.

"I started tearing up when Maddie Duncan was running," said McFayden, who ran the anchor leg on the 4x400-meter relay team this year. "I started tearing up a lot this year — at the Cape Ann League meet, I started crying; at All-States, when I thought it was my last meet..."

"I'm going to miss it a lot," she said, pointing out that she was again tearing up a bit just thinking about it during the interview. "I think it's going to hit me hardest because I'm going so far away, to Lynchburg College [in Tennessee] next year. I've been on the relay team here since I was a freshman."

McFayden has actually been running for more than seven years. As an 11-year-old, she discovered weekly youth races at Asbury Grove in Hamilton and her love for the sport was born there.

From there, McFayden joined the Ipswich Middle School track and field program and also took part in national Junior Olympic events, finding the 400-meter race to be an early favorite.

As a freshman, she joined former Georgetown students Ashley Harper and Haley Smith, along with former Ipswich runner Siobhan Collins, at the New England track and field championships in 2006. The team finished 13th that year with a time of 4:06.57.

All these years later, McFayden finished fourth in the state in the 400-meter hurdles, but Massachusetts' decision to switch from the 300-meter race to the 400-meter ended up haunting her at the New England championships.

She finished 26th out of 31 runners at the event, which was held at Burlington (Vt.) High School.

"It kind of burned me up to run the 300-meter hurdles," said McFayden. "It was really hard. Halfway through the race, I just thought, 'This is not my race at all.' All the other girls were so used to running it. I'm not sure why Massachusetts converted, but in college, they also run the 400-meter hurdles."

However, her final race in an Ipswich jersey more than made up for the 300-meter hurdles. She joined sophomore Hannah O'Flynn, sophomore Maddie Duncan and freshman Samantha Brown in setting a season best time of 4:04.33.

"I think this is the fastest time I've ever been a part of," said McFayden. "Whenever Hannah runs a personal best [in the open 400-meter run], she gets faster in the 4x400 relay. We did speed workouts all week before the meet, and that also helps Maddie, who's usually a mile runner. Sammy and I ran the same times we usually run. I run the anchor leg, which is the most nerve-wracking."

Not having to drive to and from Burlington, Vt., in one day was helpful. Vermont's largest city is more than four hours away from Ipswich.

"It was fun, because the 4x400[-meter relay] team and I got to go up the day before and stay at a hotel, eat dinner together and we toured the site the day before the meet," said O'Flynn.

The relay team was seeded 17th with their time of 4:05.56.

"I knew we had a good time," said O'Flynn, who came off a 10th-place finish in the 400-meter run, setting a new school record there. "I'd say it was our smoothest race. At the All-States, we didn't really have a lot of competition. I was really excited about that time."

O'Flynn was also excited about striking former Georgetown student and UMass-Lowell runner Corilynn Smith's name from the Ipswich-Georgetown record book in the 400-meter.

"I was really happy," she added, of the 57.60-second run, beating Smith's record of 57.95 seconds. "I knew I had to start fast off the blocks and when I started, I ran faster than usual and I ran just as fast at the end."

The 2008-09 school sports year officially closed for Ipswich and Georgetown High Schools at the New England championships. O'Flynn is already thinking about the fall sports season and also about who's going to step into McFayden's spot after her four years there.

"We're going to have to find someone as good as Mel," said O'Flynn. "We'll all have to step up [in the relay]."

"I definitely think I've grown," said McFayden, reflecting on four years of Ipswich High track and field. She also played soccer while at Ipswich. "I'm definitely a lot stronger. I know what I have to do to train to further myself and get my times down."

McFayden is going to keep training for this summer's Bay State Games, where she'll again run the 400-meter hurdles.

"It'll be weird not having anyone to train with," said McFayden.



## **Post 68 prevails Burton helps team to win over Tyler Aces**

**By Chris Carlson, Berkshire Eagle Staff  
06/17/2009**

PITTSFIELD -- Early in the game, Michael Burton's legs seemed to be weighing him down. In the sixth inning, Burton's legs lifted Post 68.

Burton scored the winning run on a passed ball, after forcing an error that tied the game, and Post 68 opened its season with an 11-8 win over the rival Tyler Aces.

With the Aces trailing by two runs and runners on second and third with two outs, Burton nubbed the ball down the third-base line and Post 68 pitcher Kyle Storie, trying to make a difficult barehanded play, overthrew first baseman Ryan Aitken and threw the ball out of play, tying the game at 8.

"It doesn't happen too often," the catcher and clean-up hitter said about making key plays with his speed. "My legs were a little tired. I didn't get a good piece of it. I just tried to get down the line as fast as possible."

After an infield single by Cody Gavin sent Burton to third, Storie's first pitch to Brenden Wyand went off the glove off Mark Metivier for a passed ball, and Burton came home easily with the game-winning run.

"I just got a good jump," Burton said. "There was no hesitation. As soon as I saw it get by, I went."

Post 68 trailed by three heading into the bottom of the sixth, but emerged leading by that number.

After a fly out, Tyler starter Cody Civello walked Dan Hewitt on four pitches. Nic Klemansky followed with a double to right-center forcing the Aces into their bullpen.

Storie came on and walked John Lovellette, who reached base in all four of his at-bats, and gave up a sacrifice fly to Chris Koch to bring up Burton. Klemansky had moved to third on the sacrifice fly, and Lovellette stole second, putting the pair in scoring position.

Burton's burst of speed came despite the fact that he plays the hardest position on the field for a player's legs. Burton is also playing for the Pittsfield Pirates and hopes to play in the Bay State Games.

"He's whipped right now," Post 68 coach Jim Mazzer said. "The only reason he was catching tonight was because he's caught [starting pitcher] Jake Rand before. We'll rotate catchers to keep them both fresh."

Both teams battled the traditional array of opening-game errors before Klemansky earned the save with a scoreless seventh.

Tyler's first four runs off Rand were unearned and also included five stolen bases off the battery of Rand and Burton. Post 68 made three errors in the first three innings leading to those runs. Post 68's final seven runs were unearned.

"That's the thing about baseball," Burton said. "One minute you can look like an idiot, and the next you can be in a good situation."

The situation wasn't ideal for either team. Both were scheduled to open the season on Monday, only to have games canceled due to rain.

"It was a little sloppy, just because we're all out there for the first time," said Wyand, who had a pair of doubles and scored twice. "It was supposed to be our second game, but you have to play them eventually."

Wyand, who provided the final breathing room with an RBI double and then the game's final run, was one of three players from Post 68 with multiple hits, along with Klemansky and Lovellette.

"My veterans, the guys that have done this before, really came through today," Post 68 coach Jim Mazzer said. "Those are the guys I'll be counting on all year."

The Aces, meanwhile, were led by D.J. Clark, who launched a pair of triples into deep center field, scoring twice and driving in a run. Clark's hard groundball in the first inning also skittered under the glove of Post 68 first baseman David Jones, plating Tyler's first two runs. Dan Broderick had three hits and two runs, while David DeNicola had two hits and two RBI.

Civello also pitched a gutty game for Tyler, going five-plus and allowing just an unearned run after Post 68's four-run second until the sixth.

For a season opener, this one could have some importance.

The Aces have won five consecutive county titles, with Post 68 serving as its most frequent foil. The pair, who appear on paper to be the league's best, have finished 1-2 in the regular-season the past two years and perennially battle for the league title.

The postseason system -- which rewards the league champion with an automatic spot in the best-of-three title series -- makes it particularly important to win the regular season, a goal that Post 68 took its first step toward on Tuesday.

"It's a win over one of the better teams in Berkshire County," Wyand said. "It's important if it does come down to the two of us."

## **Skating to the other side of the world Newburyport legend still playing hockey in Thailand**

**By Dan Guttenplan  
Sports Editor**

**June 18, 2009**

It seems a stretch for one of the top defenseman in North Shore history to take his game to Bangkok, Thailand, but that's what Newburyport alumnus Mike Crowley has done for the last 15 years.

The man who former Amesbury and Newburyport High coach Leo Dupere calls "one of the top defenseman in the history of the Cape Ann League" is now playing for the Flying Foreigners in a six-team league in Thailand. The 1980 Newburyport graduate is consistently named to the league's all-star team, and as a result, earns the privilege to play in tournaments all over Asia.

"I love it there," Crowley said earlier this week from his parents' Newburyport home. "It's not pro hockey, but it's a big league with a lot of good players. I play on a team with all foreigners — guys from America, Sweden, Canada, all over the place."

Crowley is the eldest of five brothers — also including Matt, Mark, Martin and Miles — all of whom played hockey at Newburyport. His older sister, Maureen, did not play hockey.

"That was a great hockey family going back to the 1970s and 80s," Dupere said. "They were all outstanding at Newburyport. But Mike was the best."

Following his standout career at Newburyport, Crowley continued to play hockey at Westfield State College. He captained that team as a senior, but did not feel completely fulfilled from an athletic standpoint following his graduation. He then traveled to Yugoslavia with his roommate and tried out for the professional team, Red Star Belgrade. They both made the team.

"That was just great hockey," Crowley said. "I could only do it for a couple years, and then I came home and got into teaching."

After spending five or six years in the United States, Crowley felt the itch to relocate overseas. He accepted a job teaching physical education in an international school in Thailand in 1994. He's been there ever since.

"It's a very relaxed environment," Crowley said. "It's cheap. And I work at a good school."

Crowley returns to Newburyport once a year for about a month over the summer. He'll be in town until July 20, when he's set to return for a 16th year in Bangkok. Crowley also serves as an assistant with the Northeast baseball team at the Bay State Games, assisting Newburyport alumnus Ryan McCarthy.

## **Plymouth South girls track and field season review**

**Good things ahead for the Lady Panthers.**

**GateHouse News Service**

**Jun 23, 2009**

PLYMOUTH — Regardless of where he winds up teaching next year, Jeremy Adelman pledges he will return for a third year of coaching the Plymouth South girls track team.

"I've seen it come too far in these last few years to not keep it going," Adelman said.

He served as a substitute teacher at PSHS this school year but, newly armed with his degree, is now seeking a full-time teaching gig.

The Lady Panthers will lose only a pair to the caps and gowns, and 19 of the 27 girls who completed this spring season were underclassmen.

"The culture where it comes to track definitely seems to be changing for the better," said Adelman, who directed the Lady Panthers to a record of 2-4 this season. "Plus, they're getting used to me as a coach. It's a great group and I've had a lot of fun with them."

Courtney Durant (110 hurdles, 100-meter dash) and Co-captain Leigh DeStefano (javelin) were lost to graduation.

"They were both pleasures to coach," said Adelman. "Courtney did whatever I asked and even ran a leg in the 4x 400 relay in her final meet. Leigh was definitely our best javelin thrower and a nice leader. We'll miss them both."

That said, most of the standout talent returns.

Junior Jess Wagner (100, high jump, triple jump) and freshman Lauren Richards (100, 200) were both named Atlantic Coast League all-stars, while junior captain Taryn O'Neill (long jump, high jump, 100, 400, relays) and sophomore Allie Kopp (mile, 800) were both selected as Honorable Mentions.

Wagner qualified for states in the 100-meter dash, triple jump and high jump. She tied the school record of 5 feet, 4 inches at the All-State meet in the latter event, then broke that record with a leap of 5'5" at this past Saturday's New England championships, good for fourth place overall.

"Jess is already one of the top athletes who has ever gone through Plymouth South," Adelman lauded. "If she keep progressing at this pace, her senior year should be something really special."

Richards appears to be on a similar career path. The freshman showed some real signs of breaking through in her first season of indoor track this past winter, but then truly came into her own in the spring. She completed her debut outdoor campaign with a second place finish in the 200 at the ACL meet.

Sophomore Vicky Fitzgerald, a true jack-of-all trades, will be competing in the Bay State Games this summer with Wagner.

Allie Kopp and twin sister Annie (javelin) are top returning distance runners and junior Kristina McAndrews came on this season to provide a solid third punch in the 800, mile and 2-mile circuit.

Among Adelman's stated 2009 finds were sophomores Devyn Fox (hurdles), Katie Ozelius (long jump, triple jump, hurdles) and Amy Dellaruso (shot put).

"We have a very nice core of talent coming back," Adelman said. "Now if we can add some depth, we might be a team to be reckoned with."

Indeed. With just 27 athletes last season, several of them green underclassmen, Adelman was often forced to juggle lineups in order to maximize point potential, as opposed to simply placing athletes in the events they were best suited for. That made competing against league rivals such as Falmouth and Dennis-Yarmouth, both of which carry rosters nearly triple this size, all but impossible.

Adelman, who also coaches the South boys and girls indoor track teams, has charged his returning tracksters with the task of recruiting more athletes for the program.

"I asked them all to help me find athletes," Adelman said. "If they start out as athletes, we can develop them."



## **Tyngsboro students walk 2 miles, earn \$4,500 for new health class**

**By John Collins  
06/23/2009**

TYNGSBORO -- For the Tyngsboro Middle School students who took part in a two-mile group walk in April, it proved to be triply rewarding.

First, the students and teachers got fresh air and exercise while meeting the "2009 Kids Fitness Challenge" by engaging in 30 minutes of continuous activity.

Second, the students raised \$4,000 in pledges from sponsors to fund the start-up of a new health class for grades 6-8 for the 2009-2010 school year.

And this month, the school was one of only four in the state, and the only one in Greater Lowell, to be selected by SBLI to receive a \$500 grant for participating in the Fitness Challenge -- out of 10,000 students who participated statewide.

Representatives from SBLI came to Tyngsboro Middle School on June 4 to present the check to Principal Debra Lucey and the student body in the gymnasium.

Lucey said the combined total of \$4,500 garnered from the fundraising walk will fully cover the cost of purchasing new textbooks for the school's new health class.

It's quite a reward for having taken a sunny group walk around the neighborhood in April, she added.

"We had perfect weather that day, nothing like it's been lately," Lucey said. "The Tyngsboro police were out there with us, marking off the route and making sure we were safe. It was just a beautiful day all around."

In light of the tough economic climate, being able to fund the new, state-standard health course without using taxpayer funds is a win-win for the community, Lucey said.

"This was something that ... needed to be added to the school curriculum," she added. "So it's great that we'll be able to use this money to fully cover the cost of the course materials."

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## **Vote for Bulldogs in Bay State Games**

**By Staff reports**  
**Fri Jun 26, 2009**

Canton - Canton High is making its name known in the Bay State Games.

The Bulldogs' Christian Bates, Allison Boudreau, Greg Boyd, Matthew Buckley, Emily Dillon, Allison Guenther, Allison Jones, Scott Levy, Michelle McNeil, Christopher Murray, Eva Panciocco, Kevin Rooney, Janel Stenmon and Andrew Vinciguerra are all scheduled to compete.

As part of the Bay State Games High School Spirit program, schools are eligible to win one of three grants, which will award up to \$1,000 for deserving athletic programs.

High School Spirit is an incentive program involving all high school athletic departments in Massachusetts. This program is designed to encourage athletic administrators to assist in promoting the Bay State Games in their schools, athletic programs, and community. Each time a person registers to participate in the Games they are given the opportunity to vote for a high school of their choice.

Based upon enrollment, all schools will be placed in one of three categories: small (under 500 students), medium (501-999 students), and large (1,000-plus students). Within each school size category, the top three schools will be award grants which are distributed as follows: \$1,000, most votes, \$500, second most votes and \$250, third most votes. In the event of a tie, a drawing will be held with all schools, who are tied to determine the grant winner.

The voting started when registration for the Summer Games began on April 1, and will end with the conclusion of the Games on July 19. The winners will be announced by Aug. 1. For more information on the program, visit the Website at [www.baystategames.org](http://www.baystategames.org).

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# **SUN CHRONICLE**

## **GOBIS: Wade 13th nationally**

**BY PETER GOBIS**  
**SUN CHRONICLE STAFF**  
**Friday, June 26, 2009**

North Attleboro High recent grad Nick Wade finished 13th overall among the 38 entrants in the 800 meter run at the NIKE National Interscholastic Meet in North Carolina, where the temperature pushed 100 degrees. Wade won his heat in the 800. The Cornell University-bound ex-Rocketeer had competed in the steeplechase an hour before that race, finishing 15th ...

Former Dighton-Rehoboth High Falcon Justyne Roy is coming off a superb season with the University of Connecticut women's softball team. A junior, Roy started all 51 games for the Huskies (29-22) at first base - not making an error with 143 putouts and six assists. She batted at a .236 rate with a .347 slugging percentage, having 34 hits and 20 runs batted in ...

"I'm weighing my options, I have to think about it," said Peter Flynn, the interim Mansfield High softball coach who took control of the Hornets for the final three weeks of the season. The position has yet to be posted within the Mansfield School System ...

Foxboro High tennis star Alana Prinos will be playing in the USTA-New England under-16 Sectional Tournament this weekend, with her sister Emma playing in the under-14 bracket. Prinos, currently ranked No. 23 in New England, could advance to the national tournament in July in St. Louis ...

Former North Attleboro High baseball star Dave McLean, a sophomore at Assumption College, was a relief pitcher for the Greyhounds (33-21-1) this season, having a 1-0 record and a 3.60 ERA, allowing 20 hits (15 were singles) over 20 innings ... Matt Murphy, the Tri-County Regional High boys' lacrosse coach, graduates 10 starters from this season's MIAA Tournament-qualifying club, "but we had a good freshman class, so we should be competitive." One of those seniors leaving the field is North Attleboro's Mike Cavanaugh, who netted 76 goals this season, 245 in his career ...

The Foxboro American Legion Post 93 conducted its annual benefit golf tournament at the Willowdale Golf Course and Team Travers won the title with a 12-under-par score. Pitching guru Bill Travers, Legion coach Peter Guy along with Tiffany Travers (Bill's daughter) and former Warrior wrestlers, coach Brian Gallagher and grappler Billy Moreshead were members of the team ...

"She really came around this year, she was a lot more vocal in the infield," Attleboro High softball coach Deb Carreiro said in praise of the play of junior third baseman Hilary Dias, who also batted at a .285 clip and received All-OCL acclaim - as did Vanessa Alvarez, Ashley Sanford and Devin Azulay ...

Leading the Lancers in hitting this softball season was Norton High junior Lillian Parlon, who batted at a .404 rate with a .515 on-base percentage - a very strong slap hitter, batting in the No. 2 spot of the order ...

"He'll be big for us next year," related Attleboro High baseball coach Clay Field of sophomore Zach George, who was solid defensively at shortstop for the Bombardiers. George might even be worked into the mound rotation and with the graduation of five seniors, Field is counting on his bat too ...

North Attleboro High hoopsters Ed Fitzpatrick, Justin Perron and Tim LeBlanc were selected to the Coastal team for the [Bay State Games](#) which begin July 9 at UMass-Boston ...



## **Jean DePlacido column: Avalanche complete perfect season in Salem LL softball with title**

**By Jean DePlacido  
Correspondent**

Running the table in any sport is almost impossible to do, because very few teams can go through an entire season without at least one misstep.

But the Salem Little League Majors 12U Avalanche softball team managed to pull off this incredible feat.

The Avalanche went 15-0 during the regular season, then won two straight in the first round of the Salem LL playoffs. In the championship series against the Jet Hawks, they swept the best-of-three series to finish the season with a perfect record.

"To go that many games in this league without one lapse is more incredible than most people realize — take it from someone who knows," Avalanche head coach Brian Stevens remarked. "At this level the only thing you can count on, as the saying goes, is some days you've got it and some days you don't."

In the first game of the championship series, ace pitcher Abrielle Stevens pitched six hitless innings, walking three while striking out 17 and Katherine Towey supplied the big bat to lead Avalanche to a 6-0 victory.

The Avs then won the title with a resounding 20-10 victory. Joanna "Jojo" Coleman got the win on the mound, with Stevens getting the save. Towey was 3 for 4 with a home run while Stevens also had three hits, including two doubles. Sarah Faria was 3 for 5 offensively and Erin Creane smacked a triple. Defensively, Madison Rocio made a spectacular catch in center field while first baseman Towey and shortstop Hannah Vandestadt snared line shots.

A combination of red-hot hitting and outstanding pitching powered the Avs. They hit .479 as a team, with three players over .600: Stevens (.688), Coleman (.659) and Towey (.619). They also scored 182 more runs than their opponents (248-66).

Stevens had 15 wins (with one no-hitter) and 3 saves in 77 innings pitched. She struck out 195 and had a miniscule ERA of 0.22, allowing just 20 hits and 17 runs. Coleman won three games and saved four others in 22 1/3 innings on the mound and struck out 31. Vandestadt had a win and a save.

Others contributing to the team's incredible success are Jillian Pelletier, Janzel De La Cruz, Jadi De La Cruz, Mackenzie Girard, Grace Cawley, and Morgan Grundy. Assistant coaches were Laura Towey and Rick Grundy.

Coleman, Stevens, Towey, and Vandestadt were all named Salem Little League Majors softball all-stars along with Autumn Abboud, Michaela Thibault and Becky Woodcock of the Bombers; Meaghan Zipper and Rachael Zipper of Jet Hawks; and Christa Leger, Desiree Martin, Dakota McMahon and Shawna Szczechowicz of Seadogs.

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Peabody's A.J. Grube, who finished 15th in the high jump at the Nike Outdoor Nationals in North Carolina (6-4 æ), plans to compete in the **Bay State Games**, then take the rest of the summer off before heading to UMass Amherst to continue his track career.

The three-sport Peabody High athlete (soccer, basketball and track) had a personal best jump of 6 feet 7 inches this spring, and credits a lot of his success to one-on-one training with assistant coach Joe Patrone. "He's unbelievable to work with," Grube said. "In his day he was one of the best at URI and qualified for an Olympic Trial.

"I always hoped to compete in one of my sports in college, but never figured I would be part of a big track program like UMass."

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## Searching for recognition

Northeast Bay State team looks to win gold, while impressing scouts

By John Shimer  
Staff writer

July 02, 2009

In a little less than a week's time, on Monday, the four-day Bay State Games will commence, offering hundreds of underclassmen athletes the opportunity to showcase their abilities to many prolific scouts from colleges and pro teams.

Ryan McCarthy's baseball team of 25 players from the Northeast region features five players from the River Rivals area — Newburyport's Kyle LeBlanc, Ryan O'Connor, and Matt Mottola; Pentucket's Adam Newell; and Georgetown's Andrew Sinkewicz. The Northeast team will look to return with its second gold medal in three years. The team was picked from a pool of 75 players from Lincoln-Sudbury to Newburyport, Lynn and Lawrence.

With a four-inning limit on each pitcher per game, McCarthy said teams are usually stacked with at least 10 pitchers, if not more, due to the fact that at least two pitchers must be used in every game. O'Connor, Sinkewicz, and Newell will each do some pitching for the Northeast.

Overall, McCarthy and his co-coach Peter Yates have returned with a hefty amount of silverware in their seven years together, winning two golds, a silver and a bronze medal in that time.

LeBlanc, who is the only player to have played in both of the last two games for the Northeast, believes the team again has what it takes to win gold.

"This year I expect us to win the gold," said LeBlanc, who plans to play college baseball if all goes well on the recruiting trail entering his senior year. "Last year, we lost a close game on a stolen base, so that was kind of bittersweet, but we're all definitely expecting to win the gold.

"This year I think we will score a lot of runs," continued LeBlanc, who has been perfect in swiping bases each of the last two years going 14 for 14 in attempts. "The pre-talk so far has been that there a lot of kids on this team that hit well above .400 and some even over .500 in their high school seasons. You could say we have a lineup like Newburyport."

Admittedly, though, as much as both McCarthy, LeBlanc and company would like to come home with a gold medal when the tournament wraps up late next week, drawing the attention of the tens and possibly hundreds of scouts at the tournament will be the primary goal for all teams and players at the Bay State Games.

"Ultimately, this is a showcase for (the players) to be seen as much as possible by college coaches and pro scouts; that's our No. 1 goal," said McCarthy, who added many Newburyport alumni like Tim Leary, Mike Crowley, Danny Tomasz, J.T. Leary, Mike O'Connor, Jared Notargiacomo, Mike Kennelly, and Mark Rowe have been instrumental in the process of selecting the team. "In my opinion, this is one of the better showcases around and one of the cheapest. It's great exposure at a great facility at Bentley University."