

SENIOR CAPTAINS

Graphics by Katy Hart & Luca Rivera
Photos by Staff

CROSS COUNTRY

GRACE MISKE *Winter & Spring Track
CHARLIE MISKE *Spring Track




"BANANAS RUN THE WORLD."
"LIVE AND DIE BY MILESPLIT."

HENRY DRIESEN *Winter Track



"THE TEAM IS UNITED BY THE HARDSHIP OF THIS SPORT."

VOLLEYBALL

KIM ROSELL
NORA TAHBAZ *Winter & Spring Track




"CELEBRATE THE SMALL VICTORIES & THEY'LL STAY WITH YOU IN THE FUTURE."
"TRY YOUR BEST AND LEAVE IT ALL ON THE COURT."

KRISTINA ROKSVOLD



"COMMUNICATION AND COLLABORATION ARE THE KEYS TO SUCCESS IN LIFE AND IN VOLLEYBALL."

GIRLS SOCCER

ALISON EMERY
CLAUDIA DODGE *Winter Track & Girls Lacrosse




"IF YOU'RE ATTACKING, YOU DON'T GET AS TIRED AS WHEN YOU'RE CHASING."
"PLAY LIKE A CHAMPION TODAY."

LAUREN KUSTER



"SHOOTERS SHOOT."

GIRLS BASKETBALL

SAM VOLPE
MEREDITH KUSTER




"IT'S NOT ABOUT HOW GOOD YOU ARE AT IT, BUT HOW BADLY YOU REALLY WANT IT."
"TEARS WILL GET YOU SYMPATHY; SWEAT WILL GET YOU CHANGE."



LAUREN KUSTER



"SHOOTERS SHOOT."

BOYS BASKETBALL

JAMES CAREY
HARRY RAVITZ *Football

"WE ONLY EAT WITH THE ONES WE STARVE WITH."
"NEVER WORRY ABOUT THE LAST MISSED SHOT. ALWAYS FOCUS ON THE NEXT MAKE."

GIRLS SWIMMING

JENNIFER BELL
LUCY BISCHOF




"GIVE ME A VINE REFERENCE RIGHT NOW, OR YOU'RE SWIMMING THE 500."
"YOU DON'T PLAY SWIMMING, BECAUSE SWIMMING IS NOT A GAME."

EMILY TALAMAS



"YOU NEED CONFIDENCE TO GO THE DISTANCE."

BOYS SOCCER

MICHAEL SALAMA
SIMON KEOUGH




"GOODNIGHT IRENE."
"GREAT TEAM CHEMISTRY IS AS IMPORTANT TO SUCCESS AS WORKING HARD IN PRACTICE IS."


STEPHAN AKICHY



"MY LIFE'S A MOVIE AND I'M CHILLING."


FOOTBALL

CRIS MOORE



"WE WORKED HARD EVERY DAY AS A FAMILY AND ON FRIDAYS WE PLAYED TOGETHER AS A FAMILY."



ANDREW SHULZHENKO *Ice Hockey & Boys Lax



"PRACTICE WINNING EVERY DAY."


GIRLS TENNIS

CHARLOTTE EDMUNDS
SIDNEY SKOP

"YOU ONLY LIVE ONCE BUT YOU GET TO SERVE TWICE."
"GYM: GET YOURSELF MOVING."


RACHEL BREWER



"ROME WASN'T BUILT IN A DAY."


CHEERLEADING

SOPHIA CARRANZA



"YOUR TEAM IS ONLY AS GOOD AS YOUR WEAKEST PLAYER."

RACHEL BREWER



"ROME WASN'T BUILT IN A DAY."

BOYS SWIMMING

PETER FONTANELLA



"THERE'S ENOUGH WATER IN THE POOL ALREADY, SO QUIT CRYING AND SWIM."

WINTER TRACK & FIELD

*All Spring Track

SARAH PALMISCIANO
JOHANNES RIEHL






"YOU DO YOU."
"TRACK IS LIKE FAMILY."

LUCA RIVERA
PEYTON REES




"DON'T START ANYTHING YOU CAN'T FINISH."
"HIT ME WITH YOUR BEST SHOT."

VIOLET MASSIE-VEREKER
ELLA STERN

"BURN THE BOATS!"
"FALL DOWN 9 TIMES, GET UP 10."

BOYS GOLF


KIERAN GILCHRIST



"COMPETING IN GOLF TESTS ALL THE MENTAL STRENGTH YOU HAVE."


ICE HOCKEY

CONNOR EVANS



"WE ARE A UNIT ON AND OFF THE ICE, WE ARE A FAMILY."

LIAM RONAN



"GIVE A MAN A FISH, HE'LL EAT FOR A DAY. TEACH A MAN TO FISH, HE'LL EAT FOR LIFE."

GIRLS GOLF


SARA VETERI



"DO YOUR BEST AND FORGET THE REST."

BASEBALL

WILL STEIN
KEVIN COLEMAN *Football & Boys Basketball

"TEAMWORK MAKES THE DREAM WORK."
"SOME PEOPLE WANT IT TO HAPPEN. SOME PEOPLE WISH IT WOULD HAPPEN. OTHERS MAKE IT HAPPEN."

GIRLS CREW


KAITLYN RUBBO



"LAST ONE FAST ONE."


SOFTBALL

EMMA LAURIA



"IF SOFTBALL WAS ANY EASIER, THEY'D CALL IT BASEBALL."

KP BOGGS



"I'M A PITCHER, EVERYONE ELSE IS A BELLY ITCHER."

RUGBY

NICK LAPPONESE



"WE DON'T LIVE IN THE SHADOWS OF OUR PRECEDENTS, WE WILL MAKE OUR OWN HISTORY."

BOYS LAX

GREY ALLEN *Boys Soccer



"HUSTLE AND HARD WORK EARLY IN THE SEASON WILL PAY OFF IN THE PLAYOFFS."

CHRISTIAN MORFIT *Ice Hockey



"BE THE BEST."

FIELD HOCKEY

JENNA LETIZIA



"NEVER LET GOOD BE GOOD ENOUGH!"

LUCY CONWAY *Girls Lax



"VICTORY IS SWEET, BUT ROASTING RYE ON THEIR SENIOR NIGHT IS SWEETER."

GIRLS LAX

MADLYN DUNBAR *Field Hockey



"THIS PRINCESS WEARS CLEATS."

SPRING TRACK & FIELD

STEPHANIE PORFIRIO



"IT'S NOT ABOUT BEING THE BEST AT THE MEET, BUT BEING THE BEST ME."