

The Laker

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Lakers plan to be ready

Sunapee baseball team has several preseason scrimmages scheduled to prepare for season

By **JEFF MILLER**

Lake Sunapee Champion Sports

SUNAPEE - Tom Frederick will have the luxury of several seasoned veterans taking the field when his Sunapee Lakers open their baseball season against Derryfield April 13 at home.

"Some of these guys have been playing together for a while, and they understand the expectations," Frederick said. "We are going to have to play strong fundamentally sound baseball to be successful. We do not have the talent to throw our gloves on the field and just win. We do have the work ethic, decent ability, and desire to succeed."

The Lakers were 6-10 in Frederick's second season at Sunapee, he also coached the Mascoma varsity for 15 or 16 seasons, and this year's team has the potential to improve with the return of experienced players Eric Nelson, Erik Skarin, Phil Parsons, Steve Curt, Ben Lohmann and Champ Bailey.

Gone from last year's squad are graduated seniors Mike Cahill, Steve Famiglietti, Sawyer Webb and Kyle Dipaola.

"We lost important players in last year's seniors," Frederick said. "Cahill's defense and bat in the middle of the order are going to be tough to replace."



JEFF MILLER Photo

Sunapee baseball coach Tom Frederick talks to the Lakers last season.

Frederick is a firm believer in getting a lot of work done in the preseason and that the more his kids play the better they'll perform during the regular season. He feels fortunate that Sunapee baseball and softball have two quality gyms that can be used for practice.

"We have a cage up all the time and we are trying to get our pitchers squared away, as well as our situational defense figured out," Frederick said. "The kids do early morning bp and are getting a lot of

reps in. I really like the way the boys come to practice each day looking to be challenged to get better. We actually took some fly balls on a part of a field last week. For this time of year up here, that is a rarity."

Sunapee will also scrimmage as much as possible before the start of the season.

"We schedule a ton of scrimmages figuring that if we get one or two in we are in good shape," Frederick said.

SEE READY PAGE 5

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Class S All-State Basketball

Class S Boys

Coach of the Year: Buddy Trask - Colebrook

Player of the Year: Jordan Wheelock - Groveton

First Team

Sr Jordan Wheelock - Groveton

Sr Curtis Williams - Newmarket

Sr Eric Jensen - Gorham

Sr Matt Cloutier - Nute

Sr Kevin Eisenberg - Moultonborough

Jr Dalton Scott - Colebrook

Second Team

Sr Drew Forsberg - Moultonborough

Jr Chad Fennessey - Pittsfield

Sr Dusan Trkujla - Littleton

Sr Stephan LaCasse - Nute

Sr Pat Wagner - Groveton

Sr Matt McCormick - Derryfield

Honorable Mention

Sr Zach Rolke - Wilton

Sr Dean Gioldassis - Sunapee

Jr Marcus Chase - Pittsburg

Jr Zach Bushway - Profile

Sr Mike Fritz - Newmarket

So David Green - Portsmouth Christian

Sr Kyle Fifield - Lisbon

Sr Jeff Richer - Colebrook

Jr Hunter Judd - Pittsburg

Sr Alex Elder Sunapee

Sr Eric Moriarity - Moultonborough

Class S Girls

Coach of the Year: Bill Keith - Woodsville

Player of the Year: Stephanie Larpenter - Sunapee

First Team

Sr Stephanie Larpenter - Sunapee

Jr Emily Pelletier - Groveton

Sr MacKenzie Brooks - Colebrook

Sr Jenn White - Lisbon

Sr Abby Fadden - Woodsville

Sr Kristine Brammer - Littleton

Second Team

Sr Kayla Matuszewski - Hinsdale

Jr Kamryn Thorpe - Portsmouth Christian

So Kelley Collins - Groveton

Jr Becca Jones - Newmarket

Jr Andrea Green - Derryfield

Jr Ari Kinder - Woodsville

Honorable Mention

Jr Hillary Oelson - Gorham

Jr Marika Thompson - Wilton-Lyndeborough

Sr Mercy Valdez - Pittsfield

So Kristen Call - Colebrook

Sr Jasmine Gustaveson - Littleton

Fr Bethany Kalliel - Derryfield

Jr Caitlin Hubbard - Lisbon

Sr Arielle Myers - Lisbon

Jr Megan Cahill - Sunapee

Sr Breally Bunch - Gorham

Sr Dana Lyons - Colebrook

Sr Camille Smith - Derryfield

Class S Academic Honor Roll

Sunapee

Steven Curt, Leo Kontoes, Eric Nelson



Steve Curt
Sunapee Athletics

Athletes of the Week



Leo Kontoes
Sunapee Athletics

Sunapee Varsity Spring Schedules

Baseball

Coach: Tom Frederick

- April 13 Derryfield, 4 p.m.
- April 15 Calvary Christian, 4 p.m.
- April 17 Wilton-Lyndeboro, 4 p.m.
- April 22 @ Derryfield (Fisher Cats Stadium), 4 p.m.
- April 24 Pittsfield, 4 p.m.
- April 27 Hinsdale, 4 p.m.
- May 4 Moultonborough, 4 p.m.
- May 6 Portsmouth Christian, 4 p.m.
- May 13 @ Calvary Christian, 4 p.m.
- May 14 @ Wilton-Lyndeboro, 4 p.m.
- May 16 Lin-Wood, 4 p.m.
- May 18 @ Lin-Wood, 4 p.m.
- May 20 @ Hinsdale, 4 p.m.
- May 22 @ Pittsfield, 4 p.m.
- May 27 @ Portsmouth Christian, 4:30 p.m.
- May 29 @ Moultonborough, 4:30 p.m.

Softball

Coach: Bonnie Cruz

- April 13 Derryfield, 4 p.m.
- April 15 Calvary Christian, 4 p.m.
- April 17 Wilton-Lyndeboro, 4 p.m.
- April 21 @ Derryfield, 4 p.m.

- April 24 Pittsfield, 4 p.m.
- April 27 Hinsdale, 4 p.m.
- May 4 Moultonborough, 4 p.m.
- May 6 Portsmouth Christian, 4 p.m.
- May 13 @ Calvary Christian, 4 p.m.
- May 14 @ Wilton-Lyndeboro, 4 p.m.
- May 16 Lin-Wood, 4 p.m.
- May 18 @ Lin-Wood, 4 p.m.
- May 20 @ Hinsdale, 4 p.m.
- May 22 @ Pittsfield, 4 p.m.
- May 27 @ Portsmouth Christian, 2:30 p.m.
- May 29 @ Moultonborough, 4:30 p.m.

Track

Coach: Jon Reed

- April 7 @ Moultonborough, 4 p.m.
- April 11 @ Stevens, 10 a.m.
- April 18 @ Winnisquam, 4 p.m.
- April 25 @ Newfound, 10 a.m.
- April 28 @ Stevens, 3:30 p.m.
- May 9 @ Winnisquam, 10 a.m.
- May 12 @ Moultonborough, 4 p.m.
- May 19 @ Stevens, 3:30 p.m.
- May 23 @ Wilderness Finals (Kennett), 10 a.m.
- May 30 @ Class M-S Meet (Winnisquam), 10 a.m.



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NHIAA Class S Spring Standings

BASEBALL

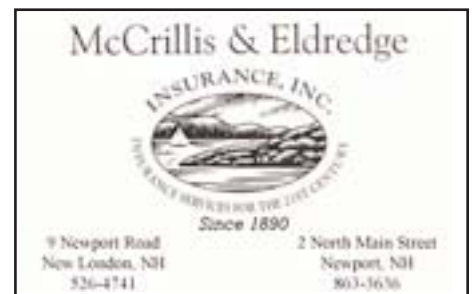
SCHOOL	W	L
Moultonborough	0	0
Newmarket	0	0
Groveton	0	0
Colebrook	0	0
Sunapee	0	0
Wilton-Lyndeborough	0	0
Nute	0	0
Derryfield	0	0
Pittsfield	0	0
Pittsburg	0	0
Lisbon	0	0
Littleton	0	0
Gorham	0	0
Woodsville	0	0
Portsmouth Christian	0	0
Lin-Wood	0	0
Nashua Christian	0	0
Profile	0	0
Hinsdale	0	0
Mount Zion	0	0
Calvary Christian	0	0
Stratford	0	0
Concord Christian	0	0

SOFTBALL

SCHOOL	W	L
Sunapee	0	0
Colebrook	0	0
Portsmouth Christian	0	0
Lisbon	0	0
Derryfield	0	0
Woodsville	0	0
Groveton	0	0
Wilton-Lyndeborough	0	0
Littleton	0	0
Newmarket	0	0
Gorham	0	0
Hinsdale	0	0
Pittsfield	0	0
Moultonborough	0	0
Pittsburg	0	0
Stratford	0	0
Profile	0	0
Nute	0	0
Mount Zion	0	0
Lin-Wood	0	0
Calvary Christian	0	0



Please forward story ideas to
sports@lakesunapeechampion.com
 or call 558-0819.



Go Lakers!



JEFF MILLER Photo

Senior Eric Nelson goes into a full windup during a game last spring. Nelson is one of several seniors back from last year's to lead the Lakers this season. Sunapee opens the season against Derryfield School at home April 13.

READY FROM PAGE 1

"Currently we have Hopkinton three times, Mascoma twice and Stevens once. If we play three of those games, I will be elated."

Frederick also has several newcomers who will be asked to step in and contribute. Brian Parsons and Nate Wirta have both looked sharp to start the season, while senior Alex Elder has returned to playing baseball after a seven-year absence. Matt Howard, Nate Tracey and Davis Williams round out the squad.

"I think how well we do will be based on pitching matchups," Frederick said. "I would like to think we will be strong defensively, our hitting will be decent and our pitching should improve each game."

Myles Cooney and Rusty Fowler will assist Frederick, while Paul Skarin will coach the middle school team.

"The team chemistry is good and you couldn't ask for a nicer group of seniors leading the way each day," Frederick said. "If we continue to do the little things correctly, we should be okay. Our goal is to improve each day, enjoy the game and get to the tourney. I think if we do the first two, good things will happen."

Senior Nadia Chait will serve as the team's manager.

Roster

Seniors: Steve Curt, Alex Elder, Eric Nelson, Phil Parsons, Brian Bailey.

Juniors: Ben Lohmann, Erik Skarin.

Sophomores: Brian Parsons, Nate Wirta.

Freshmen: Troy Fowler, Matt Howard, Nate Tracey, Davis Williams.

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Outdoor Event Calendar

Saturday, April 11

Ammonoosuc Amble

Bethlehem, NH 10:00AM Profile High School, 691 Profile Rd (5 mile run, 5 mile walk, FREE 1/2 mile kids fun run, Rolling and Scenic Course)

Contact: Lou Bregou (Ammonoosuc Amble), 25 Mount Eustis Rd, Littleton, NH, USA, 03561. 1-603-444-0066
amble@flume.net

Todds Trot 5K

Durham, NH 10:00AM Oyster river High School, 55 Coe Drive (Todds Trot is a community based running event that is fun for all ages.)

Contact: Todd Allen (Friends of Oyster River Track), 105 Garrity Road, Lee, NH, USA, 03824. 1-603-868-5610
toddkallen@comcast.net

Saturday, April 18

8th Annual Girls Inc. N. H. 5K Road Race

Rochester, NH 9:00AM Rochester Community Center, 150 Wakefield Street (Fast and flat course with great fundraising incentives & prizes)

Contact: Christine Mathieu (Girls Incorporated of New Hampshire), 815 Elm Street, Suite 4a, Manchester, NH, USA, 03101. 1-603-625-1296
cmathieu@girlsincnewhampshire.org

Healthy Kids Day 5K,

Strong Kids Scholarship Race

Portsmouth, NH 10:00AM Main Facility, Intersection of Peverly Hill and Banfield Rd, 550 Peverly Hill Rd (5K, Family Fun Activities, Pool Access, FREE Babysitting 9 - 11:30am for Racers)

Contact: Frank Nappo (Seacoast YMCA), 550 Peverly Hill Rd, Portsmouth, NH, USA, 03801. 1-603-431-2334
fnappo@seacoastymca.org

Otter Run 5K

Nashua, NH 10:00AM Stellos Stadium, 7 Riverside Drive

(Fast, fun, & scenic course through beautiful Mine Falls Park)

Contact: Michael Amarello (Three C Race Productions LLC), 160 Amherst Road, Merrimack, NH, USA, 03054.
1-603-429-8879 michael@3CRaceProductions.com

Sunday, April 19

LMS Raider Run 5k

Litchfield, NH NOON Campbell High School, 1 Highlander Court (Is a flat course, Mini me race for 8 and under. Wellness Fair following race)

Contact: Teresa Tarr (Litchfield Middle School Cross Country), 19 McElwain Dr., Litchfield, NH, USA, 03052.
1-603-424-2133 ttarr@litchfieldsd.org

Spring Into Spring 5K

Center Conway, NH NOON Pine Tree School, 183 Mill Street (ninth annual, flat and fast course, award certificates, 50/50 raffle, food)

Contact: Stephen Dowling (Pine Tree School), 183 Mill Street, Center Conway, NH, USA, 03813. 1-603-447-2882
dowling@ncia.net

Friday, April 24

NHTI/Delta Dental in Concord 5K

Concord, NH 6:00PM NHTI, 31 College Dr. (3rd race of C.A.R.S.)

Contact: Tom Walton (Northeast Delta Dental and NHTI), One Delta Drive, Concord, NH, USA, 03301. 1-603-223-1537
twalton@nedelta.com

Saturday, April 25

2nd Annual Sunapee Health Pursuit 5K

Sunapee, NH 8:00AM Sunapee Harbor, River Road (Fun Run)

Contact: Teresa A. Mastin (Sunapee Police Benevolent Association), P.O. Box 91, Sunapee, NH, USA, 03782.
1-603-763-5555 Teresa.Mastin@sunapeepd.com

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N.H. Fish and Game News

Bring the family to discover WILD N.H. Day

CONCORD, N.H. - Celebrate Earth Day by bringing the family to Discover WILD New Hampshire Day - Saturday, April 18, from 10 a.m. to 3 p.m. on the grounds of the New Hampshire Fish and Game Department on Hazen Drive in Concord. Admission is free.

This festival is fun for all ages - kids can try archery, cast with the "Let's Go Fishing" program or do wildlife craft projects. See retriever dogs in action, big trout and salmon in a real stocking truck, trained falcons and battling bull moose. Check out gas-saving hybrid vehicles and ideas for conserving energy and protecting our environment.

Throughout the day, enjoy ongoing exhibits, presentations, walks and demonstrations. Visit www.WildNH.com for details.

Discover WILD New Hampshire Day is sponsored by the New Hampshire Fish and Game Department and the New Hampshire Department of Environmental Services (DES), with support from the Wildlife Heritage Foundation of New Hampshire.

At the event, more than 35 outdoor, wildlife, environmental and conservation groups from throughout the state will present exhibits and demonstrations exploring all that's WILD about New Hampshire, including the N.H. Sportsmen's Alliance Trailblazers, the

Loon Preservation Center, Trout Unlimited, Amoskeag Fishways, Appalachian Mountain Club, Squam Lakes Natural Science Center, the Little Nature Museum, the N.H. Wildlife Federation and N.H. Audubon. Meet Smokey Bear and learn about New Hampshire forests and lands. Find out how you can help protect the state's air and water quality by visiting DES exhibits on watersheds, wells, dams and household hazardous waste. Get an up-close look at alternative-fuel vehicles and take a free tour of the DES air quality monitoring station.

Youth Turkey weekend

CONCORD, N.H. - New Hampshire's 2009 youth turkey hunt will take place Saturday and Sunday, April 25-26, the weekend before spring gobbler season gets underway on May 3.

This year marks the sixth annual youth turkey hunt weekend in New Hampshire. During the 2008 youth weekend, young hunters took an impressive 579 gobblers, or 14.1% of the total spring turkey harvest in the state.

To participate in the special weekend turkey hunt, youth hunters must be age 15 or younger and must be accompanied by a properly licensed adult age 18 or older. The adult may not carry a firearm or bow and arrow. Youth hunters do not need a hunting license, but they must have a valid turkey per-

mit (\$16 resident, \$31 nonresident). Accompanying adults must hold either a current N.H. hunting or archery license AND a turkey permit. Licenses and permits can be purchased at www.HuntNH.com.

The special weekend provides youth and mentoring adults a quiet, noncompetitive time in the woods, where they can focus on safety, ethics, hunting methods and natural science.

In addition to their special weekend, youth can hunt during the regular spring gobbler season (May 3-31), when accompanied by a properly licensed adult age 18 or older (all youth require a valid turkey permit).

Enhance your knowledge of and appreciation for turkey ecology and turkey hunting by attending a wild turkey seminar at Owl Brook Hunter Education Center in Holderness on April 18, 2009. Pre-registration is required. To sign up for the workshop, call 603-536-3954.

Hunter education is not required for youth hunters under age 16. Youth are encouraged to complete the hunter education course between the age of 12 and their 16th birthday. A list of available hunter education courses is posted on the Fish and Game website at www.huntnh.com/Hunting/hunter_ed_schedule.htm. Hunter education classes are made possible by the Federal Aid in Wildlife Restoration Program.

*The Lake Sunapee Champion would love to run your fishing photos.
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NHIAA Spring Tournament Dates

BASEBALL Class I

Preliminaries - June 4 @ home of higher seed, 4 p.m.
Quarterfinals - June 6 @ home of higher seed, 4 p.m.
Semifinals - June 10 @ Franklin Pierce University,
4 & 7 p.m.
Finals - June 13 @ Merchantsauto.com Stadium, 4 p.m.

Class M

Preliminaries - June 4 @ home of higher seed, 4 p.m.
Quarterfinals - June 6 @ home of higher seed, 4 p.m.
Semifinals - June 10 @ Memorial Field,
Concord, 4 & 7 p.m.
Finals - June 13 @ Merchantsauto.com Stadium, 1 p.m.

Class S

Preliminaries - June 4 @ home of higher seed, 4 p.m.
Quarterfinals - June 6 @ home of higher seed, 4 p.m.
Semifinals - June 10 @ Plymouth State &
Plymouth High, 4 p.m.
Finals - June 13 @ Merchantsauto.com Stadium, 10 a.m.

SOFTBALL Class I

Preliminaries - June 3 @ home of higher seed, 4 p.m.
Quarterfinals - June 7 @ home of higher seed, 4 p.m.
Semifinals - June 10 @ Memorial Field,
Concord, 5 & 7 p.m.
Finals - June 13 @ Memorial Field, Concord, 2:30 p.m.

Class M

Preliminaries - June 3 @ home of higher seed, 4 p.m.
Quarterfinals - June 6 @ home of higher seed, 4 p.m.
Semifinals - June 9 @ Plymouth State, 5 & 7 p.m.
Finals - June 13 @ Plymouth State University, 5 p.m.

Class S

Preliminaries - June 3 @ home of higher seed, 4 p.m.
Quarterfinals - June 6 @ home of higher seed, 4 p.m.
Semifinals - June 9 @ Plymouth State, 5 & 7 p.m.
Finals - June 13 @ Plymouth State University, 2:30 p.m.

LACROSSE Boys Division III

Preliminaries - June 1 @ home of higher seed, 5 p.m.
Quarterfinals - June 3 @ home of higher seed, 5 p.m.

Semifinals - June 6 @ Stellos Stadium, Nashua, 5 & 7 p.m.
Finals - June 9 @ Stellos Stadium, Nashua, 7 p.m.

Girls Division III

Quarterfinals - June 4 @ home of higher seed, 5 p.m.
Semifinals - June 7 @ Southern N.H., 1 & 3 p.m.
Finals - June 10 @ Southern N.H. University, 7 p.m.

TRACK

Class I Meet - May 30 @ Coe-Brown Academy, 10 a.m.
Class M-S Meet - May 30 @ Winnisquam, 10 a.m.
Meet of Champions - June 6 @ UNH, 2:30 p.m.
New England's - June 13 @ Burlington (Vt.) High School,
10 a.m.

TENNIS Individual

Singles opening round

Boys - June 6 @ Memorial Field, Concord, 9 a.m.
Girls - June 6 @ Derryfield School & SNHU, 9 a.m.

Doubles opening round

Boys - June 7 @ Memorial Field, Concord, 9 a.m.
Girls - June 7 @ Derryfield School & SNHU, 9 a.m.
Singles Semifinal & Final - June 9 @ Derryfield, 4 p.m.
Doubles Semifinal & Final - June 11 @ Derryfield, 4 p.m.

Team Girls Class I

Quarterfinals - May 27 @ home of higher seed, 4 p.m.
Semifinals - May 29 @ home of higher seed, 4 p.m.
Finals - June 1 @ Memorial Field, Concord, 4 p.m.

Class M-S

Semifinals - May 27 @ home of higher seed, 4 p.m.
Finals - May 30 @ Plymouth State, 11 a.m.

Boys Class I

Quarterfinals - May 28 @ home of higher seed, 4 p.m.
Semifinals - May 30 @ home of higher seed, 11 a.m.
Finals - June 2 @ Memorial Field, Concord, 4 p.m.

Class M-S

Semifinals - May 28 @ home of higher seed, 4 p.m.
Finals - May 30 @ Plymouth State, 2 p.m.




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