

The Cougar

Volume 1, Issue 31

Thursday, April 9, 2009

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Kearsarge's Sam Young earned a spot on New Hampshire's Rotary Team, which will battle Vermont in this summer's Twin State Basketball Classic.

JEFF MILLER Photo

Young leads area "Dream Dozen"

Kearsarge hoop player leads Cougars on Lake Sunapee Champion Winter Team

By JEFF MILLER

Lake Sunapee Champion Sports

This is the first naming of the Lake Sunapee Champion's "Dream Dozen" athletes for the recently completed winter sports season.

In my years at the *Argus-Champion*, we in the sports department, named an

All-Argus team after every sports season picking male and female athletes of the season as well as 10-20 males and females to round out the all-star squad.

We'll do it a little bit differently here at the Lake Sunapee Champion. Instead of singling out just one male and one female, we'll pick one athlete from each school regardless of gender. We'll also

name 12 males and 12 females to complete the area's "Dream Dozen" from Kearsarge, Newport, Stevens and Sunapee.

In naming this first edition, I consulted with all professionals who either covered or took photographs for me during the season. The final selections are based on

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Kearsarge Spring Varsity Schedules

Baseball

Coach: Rob Bennett

- April 17 Bishop Brady, 4:15 p.m.
- April 23 Bow, 4 p.m.
- April 24 Pelham, 4:15 p.m.
- April 27 Coe-Brown, 4:15 p.m.
- April 29 @ Pembroke, 4:15 p.m.
- May 2 Hanover, 11 a.m.
- May 4 @ Kennett, 4:15 p.m.
- May 6 Plymouth, 4:30 p.m.
- May 8 @ Lebanon, 4:15 p.m.
- May 11 Kingswood, 4 p.m.
- May 14 vs. M-V (@ Fisher Cats Stadium), 4 p.m.
- May 15 John Stark, 4:15 p.m.
- May 18 M-V, 4:15 p.m.
- May 20 Pembroke, 4:15 p.m.
- May 22 @ Bow, 4:15 p.m.
- May 27 @ Bishop Brady, 4:15 p.m.

- April 27 Coe-Brown, 4:15 p.m.
- April 29 @ Pembroke, 4:15 p.m.
- May 2 Hanover, 11 a.m.
- May 4 @ Kennett, 4:15 p.m.
- May 6 Plymouth, 4:30 p.m.
- May 8 @ Lebanon, 4:15 p.m.
- May 11 Kingswood, 4 p.m.
- May 15 John Stark, 4:15 p.m.
- May 18 M-V, 4:15 p.m.
- May 20 Pembroke, 4:15 p.m.
- May 22 @ Bow, 4:15 p.m.
- May 27 @ Bishop Brady, 4:15 p.m.

Track

Coach: Ed Rehor

- April 9 @ Pelham, 4 p.m.
- April 14 @ Fall Mountain, 4 p.m.
- April 16 Newport, 4 p.m.
- April 28 2 Stevens, 4 p.m.
- April 30 Souhegan, 4 p.m.
- May 5 Stevens, 4 p.m.
- May 8 @ Fall Mountain, 4 p.m.
- May 12 CVC Qualifier (Hanover), 3 p.m.
- May 16 CVC Finals (Fall Mt.), 9 a.m.
- May 20 @ Lebanon, 3:30 p.m.
- May 21 Stevens, 4 p.m.

Softball

Coach: Dave Kasregis

- April 15 @ M-V, 4:15 p.m.
- April 17 Bishop Brady, 4:15 p.m.
- April 23 Bow, 4 p.m.
- April 24 Pelham, 4:15 p.m.

Athletes of the Week



Dominic Torro
Kearsarge Athletics



Andrea Iacopino
Kearsarge Athletics

Kearsarge Spring Varsity Schedules

Boys Tennis

Coach: Pete Bianchi

April 13 Lebanon, 4:15 p.m.
 April 17 Monadnock, 4:15 p.m.
 April 27 @ Bow, 4:15 p.m.
 April 28 Stevens, 4 p.m.
 May 1 @ Hanover, 4:30 p.m.
 May 4 Plymouth, 4:30 p.m.
 May 5 @ Kingswood, 4:15 p.m.
 May 6 @ Lebanon, 4:15 p.m.
 May 12 @ Stevens, 4 p.m.
 May 15 Pembroke, 4:15 p.m.
 May 18 @ Con-Val, 4:15 p.m.
 May 20 Hanover, 4:30 p.m.
 May 22 @ Monadnock, 4:15 p.m.

Girls Tennis

Coach: Daniella Mellen

April 13 @ Lebanon, 4:15 p.m.
 April 17 @ Monadnock, 4:15 p.m.
 April 20 Con-Val, 4:15 p.m.
 April 22 Kingswood, 4:15 p.m.
 April 24 @ Pembroke, 4:15 p.m.
 April 27 Bow, 4:15 p.m.
 April 28 @ Stevens, 4 p.m.
 April 30 Bishop Brady, 4:15 p.m.
 May 1 Hanover, 4:30 p.m.
 May 4 @ Plymouth, 4:30 p.m.
 May 6 Lebanon, 4:15 p.m.
 May 12 Stevens, 4 p.m.
 May 14 @ Bishop Brady, 4:15 p.m.
 May 22 Monadnock, 4:15 p.m.

Boys Lacrosse

Coach: Herb Hatch

April 13 @ M-V, 4 p.m.
 April 15 Trinity, 4 p.m.
 April 17 @ Kingswood, 4 p.m.
 April 29 Pelham, 4:15 p.m.
 May 1 @ Lebanon, 4:30 p.m.
 May 6 Somersworth, 6 p.m.
 May 8 @ Gilford, 4 p.m.
 May 11 Stevens, 6 p.m.
 May 12 Milford, 4:30 p.m.
 May 13 @ Pembroke, 4 p.m.
 May 15 Plymouth, 6:30 p.m.
 May 18 @ John Stark, 4 p.m.
 May 22 Hollis/Brookline, 7 p.m.
 May 27 @ Derryfield, 5:30 p.m.

Girls Lacrosse

Coach: Scott Slogic

April 13 John Stark, 4 p.m.
 April 15 @ Hollis/Brookline, 4:15 p.m.
 May 2 Laconia, 2 p.m.
 May 4 @ Pembroke, 4 p.m.
 May 7 @ Pelham, 4:15 p.m.
 May 9 @ Hopkinton, 10 a.m.
 May 11 M-V, 6 p.m.
 May 13 Plymouth, 6:30 p.m.
 May 14 Oyster River, 4:15 p.m.
 May 16 @ Kingswood, noon
 May 18 Derryfield, 4 p.m.
 May 21 @ John Stark, 4 p.m.
 May 22 Pelham, 4:15 p.m.
 May 26 Pembroke, 4 p.m.



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the information I gathered myself or from those who worked for me this past winter.

The criteria for the selections were also a result of individual athletic performance, team success, sportsmanship and being a good teammate.

Those four athletes are Sam Young from Kearsarge, Samantha Hemingway from Newport, Travis Drawing from Stevens and Stephanie Larpenter from Sunapee.

Young was the Kearsarge boys basketball team's leading scorer and a feared three-point shooter throughout Class I. Young recently tried out and earned a spot on New Hampshire's Rotary squad which will play in this summer's Twin State Classic against Vermont.

Hemingway became Newport's latest 1,000 point scorer leading the Tigers to the Class M tournament for a fourth straight season. She was a first team Class M all-state player this year.

Drawing was a second team Class I all-state player helping guide the Stevens Cardinals boys basketball team to its best season in nearly 20 years. His Class M semifinal performance of 12 points, 17 rebounds, six assists and five steals in an overtime loss to Prospect Mountain will be talked about for years to come in Claremont.

Larpenter completed her stellar 1,000 point scoring career at Sunapee by being named the Class S player of the year. She led the Lakers to an undefeated regular season during her senior year.

Here, in no particular order, are the remaining members of the Lake Sunapee Champion's 2009 Winter Season Dream Dozen. Congratulations.

LSC Boys 2009 Winter Dream Dozen

Kaleb Tarczewski, Stevens Basketball: The 6-foot-10 center was nearly unstoppable in the paint down the stretch.

Kevin O'Connor, Stevens Basketball: The sophomore standout is one of the most highly skilled players in Class M coming up big numerous times for the Cardinals.

Cody Nichols, Stevens Basketball: A tough-too-handle shooting guard for opposing defenses.

Derrick Palmer, Stevens Track: Palmer finished an impressive second at the indoor Class I-M-S meet in the shot put.

Dean Gioldassis, Sunapee Basketball: Gioldassis went a long way toward carrying the Lakers to the Class S quarterfinals for the first time in several years.

Alex Elder, Sunapee Basketball: Developed into one of the

better inside post presences in Class S during his junior and senior seasons.

Erik Skarin, Sunapee Skiing: Made a return to skiing during his junior season and immediately took a spot in the top 10.

Jesse Shull, Newport Wrestling: Has become Newport's most consistent wrestler setting up what should be a super senior season.

Zach Hays, Newport Wrestling: Hays is an example of what hard work, dedication to your sport and understanding your sport can make you keep getting better.

Nik Hauck, Kearsarge Skiing: Hauck was instrumental in helping the Cougars win the boys state title.

Dominic Torro, Kearsarge Skiing: Another key cop in the Cougars state title run.

Grant Reeder, Kearsarge Swimming: One of the better up-and-coming swimmers in Division II.

LSC Girls 2009 Winter Dream Dozen

Jasmine Matos, Stevens Basketball: A consistent inside force for the Stevens Cardinals.

Richelle Dole, Stevens Basketball: One of the most dynamic freshman players in Class M.

Melissa Catsam, Newport Basketball: Drained lots of three's in her career for the Tigers.

Allison Tenney, Sunapee Basketball: The thinking man's point guard. Rarely makes a bad pass or a bad decision on the court.

Megan Cahill, Sunapee Basketball: Has developed into one of the best rebounders and defenders in Class S.

Megan Deschaine, Stevens Swimming: Had a fantastic season for the Cardinals and is poised to continue to get better.

Allie Reeder, Kearsarge Swimming: One of the top swimmers in New Hampshire regardless of division.

Mandy Mathiesen, Sunapee Skiing: Sunapee's most consistent skier this past season.

Kyanne Sager, Kearsarge Basketball: One of the better forwards in Class I.

Alex Gaines, Kearsarge Basketball: Has become the heart and soul of the Cougars.

Anna Prohl, Kearsarge Basketball: One of the most athletic players in Class I.

Andrea Iacopino, Kearsarge Skiing: Was the only Cougar female to qualify for the Eastern High School Championships.

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NHIAA SPRING STANDINGS

CLASS I BASEBALL

SCHOOL	W	L
Pembroke	0	0
Pelham	0	0
Oyster River	0	0
Laconia	0	0
Monadnock	0	0
Lebanon	0	0
Portsmouth	0	0
Milford	0	0
Hollis/Brookline	0	0
Hanover	0	0
Coe-Brown	0	0
Kennett	0	0
Plymouth	0	0
John Stark	0	0
Merrimack Valley	0	0
Souhegan	0	0
Kearsarge	0	0
Kingswood	0	0
St. Thomas	0	0
Bishop Brady	0	0
Bow	0	0
Bedford	0	0
Con-Val	0	0

CLASS I SOFTBALL

SCHOOL	W	L
Lebanon	0	0
Oyster River	0	0
Hanover	0	0
Kennett	0	0
Souhegan	0	0
Coe-Brown	0	0
Portsmouth	0	0
John Stark	0	0
Bow	0	0
Con-Val	0	0
Kearsarge	0	0
St. Thomas	0	0
Laconia	0	0
Hollis/Brookline	0	0
Merrimack Valley	0	0

Milford	0	0
Plymouth	0	0
Bedford	0	0
Pembroke	0	0
Pelham	0	0
Bishop Brady	0	0
Kingswood	0	0
Monadnock	0	0

DIVISION III BOYS LACROSSE

SCHOOL	W	L
Pembroke	0	0
Hollis/Brookline	0	0
Kingswood	0	0
John Stark	0	0
Merrimack Valley	0	0
Milford	0	0
Laconia	0	0
Plymouth	0	0
Monadnock	0	0
Lebanon	0	0
Pelham	0	0
Stevens	0	0
Kearsarge	0	0
Gilford	0	0
Trinity	0	0
Hopkinton	0	0
Derryfield	0	0

DIVISION III GIRLS LACROSSE

SCHOOL	W	L
Pembroke	0	0
Hollis/Brookline	0	0
Kingswood	0	0
John Stark	0	0
Merrimack Valley	0	0
Laconia	0	0
Plymouth	0	0
Oyster River	0	0
Pelham	0	0
Kearsarge	0	0
Somersworth	0	0
Hopkinton	0	0
Derryfield	0	0



Outdoor Event Calendar

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

Earth Day 5K

Nashua, NH 9:00AM Rivier College, Memorial Parking Lot (corner of S. Main St & Clement St), 420 S. Main St (Charitable road race/walk. Prizes will be awarded in several categories)

Contact: Nina Harrold (Rivier College Biology Club), 420 S Main St, Nashua, NH, USA, 03060. 1-603-897-8624 nharrold@rivier.edu

Out of Hibernation 5K

Portsmouth, NH 9:00AM St. Johns Masonic Lodge, 351 Middle St, C/o Miller Ave

Contact: Dan Stolworthy (St Johns Masonic Lodge), 351 Middle St, Portsmouth, NH, USA, 03801. 1-603-430-7558 outofhibernation@yahoo.com

***Send story ideas and tips to
sports@lakesunapeechampion.com***



N.H. Fish and Game News

Spring gobbler season looks good for NH hunters

CONCORD, N.H. - New

Hampshire's turkey hunters can expect a productive spring gobbler season, according to New Hampshire Fish and Game Department turkey biologist Ted Walski. The spring season opens May 3, and runs through May 31 statewide. The N.H. Youth Hunt Weekend precedes the season, taking place on April 25-26 (Saturday and Sunday).

"Hopefully, turkey hunters were out sometime during March checking on the whereabouts of turkey flocks before snowcover disappeared and the flocks began to break out of their wintering sites and disperse across the landscape," said Walski.

Walski recapped the past winter's impact on the state's turkey population: Turkeys did well this past winter in most of the state. The ice storm during the middle of December and the thawing days in late December created some crust, allowing turkeys to walk more easily on the snow. While January was cold, the month of February had many "thawing days," which created bare ground sites on south and southwest slopes. Turkeys fed on acorns during early and late winter, and made good use of dried crabapples and apples on trees from last fall's bumper apple crop. An Internet Wild Turkey Winter Flock Survey in New Hampshire this year produced 1,400 flock reports! The majority

of these flocks visited bird feeders for sunflower seeds and cracked corn during the deep snow periods.

Turkeys have been displaying and gobbling this year since early February, Walski reported. Even some grouse were seen displaying in mid-February. By Feb. 20, turkey flocks and deer groups were venturing from their winter ranges for "walk-about." Some turkey breeding was observed by the middle of March, which means there may be some early hatching during the second half of May.

During the spring 2008 gobbler season, N.H. hunters harvested 4,107 turkeys.

"I would 'guesstimate' the spring 2009 harvest will be in the same range, if not better," said Walski. "My travels through the fall and winter months seemed to indicate good numbers of adult toms with long beards. Last year's season harvest and this winter flock survey results suggest that turkey populations in the eastern half of the state are increasing, and I predict an increase in the May 2009 harvest from eastern wildlife management units."

Since the end of March, turkeys have begun gobbling early in the mornings between 6:00 and 6:15 a.m.

"If you can make the time, do some early morning gobbling routes," recommends Walski. "Start approximately one-half hour before daybreak. Stop at one-half to one mile intervals along a 5-

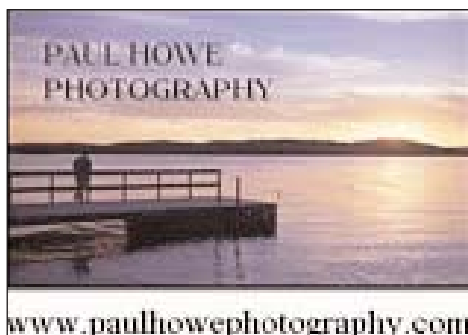
to 10-mile route in the region you intend to hunt; get out of the vehicle and listen for gobbling turkeys and drumming grouse for four minutes at each stop."

N.H. Fish and Game Department regional biologists each survey several 10-mile routes each spring between April 15 and May 10 to listen for turkey and grouse.

Don't forget - the purchase of your spring N.H. turkey license also allows you to participate in the fall turkey hunt. Licenses are available online at www.huntnh.com or from any license agent. Consider taking a young person out during the Youth Hunt Weekend; remember that youth hunters do need to have a valid turkey license. Have an interesting turkey hunt and be sure to observe all the other things in the spring woods!

If you're new to turkey hunting or you've been thinking about giving it a try, come to a free turkey hunting seminar for beginners, "Introduction to Turkey Hunting," on Wednesday, April 22, 2009, at 7 p.m. at N.H. Fish and Game headquarters in Concord, N.H. The session features N.H. (and Maine) Hunting Guide Dave Smith and Bill Devon, N.H. State Chapter President of the National Wild Turkey Federation and a Pro Staff member of Quaker Boy Game Calls. Pre-registration required; call 603-271-6355.

*The Lake Sunapee Champion would love to run your fishing photos.
Please e-mail to sports@lakesunapeechampion.com*



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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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