

The Cardinal

Volume 1, Issue 34

Thursday, May 7, 2009

Page 1



Stevens' Derrike Palmer tosses the shot put to a victory at a home meet at Coach Parker Sports Complex April 28.

JEFF MILLER Photo

Stevens boys track wins meet

Spring sports varsity roundup

TRACK

Stevens boys win home meet

CLAREMONT - The Stevens boys were kings of a home meet at Coach Parker Sports Complex April 28.

The Cardinals won with 85 points to beat Newport (57), Kearsarge (52) and Sunapee (23).

Derrike Palmer paced the Cardinals with wins in the shot put (44-2) and discus (115-1.75) and a second in the javelin (113-2). Richard Kanto won the long jump (16-7.5) and was second in the 200 meters (26.33), D.J. Girard won the 200 meters (25.91) and was second in the 100 meters (12.61), Colten Tenney won the javelin (133-9) and the 400 meters

(59.00) and finished third in the discus (99-0). Andy Parker won the pole vault (7-6).

Other Stevens boys to place were Aaron Moeller (5th, shot put; 4th, discus), Chris Yurek (4th, long jump; 3rd, 100 meters), Adam Miller (3rd, 1600 meters) and Kyle Pellerin (2nd, 800 meters; 4th, 1600

SEE MEET PAGE 4

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Varsity Spring Sports Schedules

Baseball (3-6)

Coach: Paul Silva

April 17 Conant **W 8-5**

April 20 Hillsboro-Deering L 7-6

April 22 @ Mascoma **W 9-5**

April 25 Berlin (DH) L 8-5, **W 10-7**

April 28 @ Franklin L 8-2

April 29 @ Mascenic L 3-2

April 30 Hopkinton L 7-3

May 6 Newport L 8-1

May 8 @ Hillsboro-Deering, 4 p.m.

May 13 Fall Mountain, 7 p.m.

May 18 Mascoma, 7 p.m.

May 20 @ Newport, 4 p.m.

May 22 @ Gilford, 4:30 p.m.

May 27 @ Fall Mountain, 4 p.m.

May 29 Winnisquam, 7 p.m.

Softball (4-5)

Coach: Missy Nichols

April 17 Conant L 12-2

April 20 Hillsboro-Deering **W 10-0**

April 22 @ Mascoma **W 5-0**

April 25 Berlin (DH) L 6-3, L 11-0

April 28 @ Franklin L 8-0

April 29 @ Mascenic **W 16-1**

April 30 Hopkinton L 5-0

May 6 Newport **W 14-2**

May 8 @ Hillsboro-Deering, 4 p.m.

May 13 Fall Mountain, 7 p.m.

May 18 Mascoma, 7 p.m.

May 20 @ Newport, 4 p.m.

May 22 @ Gilford, 4:30 p.m.

May 27 @ Fall Mountain, 4 p.m.

May 29 Winnisquam, 7 p.m.

Track

Coach: Matt Christie

April 9 @ Lebanon, 4 p.m.

April 11 Kearsarge, 11 a.m.

April 14 @ Fall Mountain, 4 p.m.

April 16 @ Kearsarge, TBA

April 21 @ Lebanon, 3:30 p.m.

April 25 @ M-V Invite, 10 a.m.

April 28 Kearsarge, 3:30 p.m.

May 5 @ Kearsarge, 4 p.m.

May 8 @ Fall Mountain, TBA

May 9 @ Keene, 9 a.m.

May 12 @ CVC Qualifier (Windsor), 3 p.m.

May 16 @ CVC Finals (Fall Mt.), 9 a.m.

May 19 Sunapee, 3:30 p.m.

May 21 @ Kearsarge, 4 p.m.

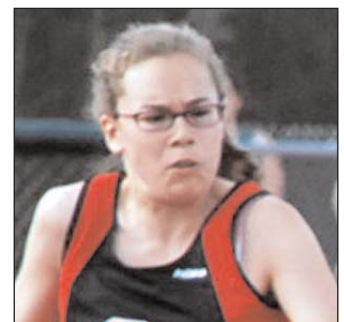
May 23 @ Hanover Invite, 9 a.m.

May 30 @ Class M-S Finals (Winnisquam), 10 a.m.



D.J. Girard
Track

Athletes of the Week



Megan Deschaine
Track

Varsity Spring Sports Schedules

Boys Lacrosse (0-6)

Coach: John Phelps

April 17 Hollis/Brookline L 12-1

April 24 Kennett L 10-4

April 27 @ Pelham L 11-2

May 1 Monadnock L 16-4

May 4 @ Lebanon L 6-2

May 6 @ Hopkinton L 11-3

May 8 Pembroke, 6 p.m.

May 11 @ Kearsarge, 6 p.m.

May 13 John Stark, 6 p.m.

May 15 Trinity, 6 p.m.

May 18 @ Laconia, 4:30 p.m.

May 20 Kingswood, 6 p.m.

May 22 @ Milford, 4:30 p.m.

May 26 M-V, 7 p.m.

Boys Tennis (6-3)

Coach: Ray Hughes

April 13 Sanborn (DH) W 8-1, W 8-1

April 16 Wilton-Lyndeboro W 5-4

April 27 @ Monadnock W 8-1

April 28 @ Kearsarge L 5-4

April 30 Littleton W 6-3

May 1 Conant W 6-3

May 4 @ Wilton-Lyndeboro L 6-3

May 6 Derryfield L 7-2

May 11 @ Derryfield, 4 p.m.

May 12 Kearsarge, 4 p.m.

May 18 @ Conant (DH), 3 p.m.

May 22 Lebanon, 4:15 p.m.

Girls Tennis (3-6)

Coach: Karen Cullison

April 13 @ Sanborn (DH) L 9-0, L 5-2

April 20 @ Wilton-Lyndeboro W 7-2

April 27 Monadnock W 5-4

April 28 Kearsarge L 6-3

April 30 @ Littleton L 6-3

May 1 @ Conant L 8-1

May 4 Wilton-Lyndeboro W 7-2

May 6 @ Derryfield L 9-0

May 11 Derryfield, 4 p.m.

May 12 @ Kearsarge, 4 p.m.

May 18 Conant (DH), 3 p.m.

May 22 @ Lebanon, 4:15 p.m.



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MEET FROM PAGE 1

meters; 3rd, high jump).

Newport won the girls meet with 72 points to beat Kearsarge (65), Stevens (55) and Sunapee (38).

Megan Deschaine led the Cardinals with wins in the 400 meters (1:11.01) and long jump (14-10) and a second in the 100 meters (13.75). Sarah Pope won the discus (55-6.25) and was fourth in the shot put (21-11). Rebekah Bierwirth won the javelin (77-0) and was third in the discus (52-9.5)

Other Stevens girls to place were Bethany Aldrich (5th, 800 meters), Rachael Lemieux (5th, 100 meters), Elizabeth Gosselin (4th, 200 meters) and Ashley Skelding (5th, 200 meters; 2nd, 100 hurdles).

BASEBALL**Newport 8, Stevens 1**

CLAREMONT - A seven-run sixth inning was the difference in Stevens' home loss to neighbor Newport 8-1 May 6 at Barnes Park.

Locked in a 1-1 game, the Tigers scored seven times keyed by Ben Spanos three-run double. Ryan Beaulieu put the Tigers ahead for good earlier in the inning hitting a sacrifice fly.

Chad Davidson was strong for Stevens giving up only one run until the sixth inning.

Newport's David Hastings was the complete game winner giving up a third inning run on three hits.

Jay Smith had two of the three Stevens hits.

Spanos and Hastings had two hits each for the Tigers.

Hopkinton 7, Stevens 3

CLAREMONT - Stevens fell behind early and couldn't quite catch up to visiting Hopkinton falling to the Hawks 7-3 April 30 at Barnes Park.

Stevens plated single runs in the fourth, fifth and sixth innings, but it wasn't enough.

Matt Day tripled in the fourth and scored on a Zach Melcher sacrifice fly, Ethan Yazinski hit an inside-the-park homer in the fifth and Isaac Sweet hit a sacrifice fly to score Melcher in the sixth.

Cody Nichols suffered the loss on the mound for the Cardinals.

Stevens 14, Newport 2

CLAREMONT - Alyssa Nichols had a monster game to lead the Stevens Cardinals over Newport 14-2 May 6 at Veterans Park.

The freshman pitched a complete game giving up two runs on four hits with 10 strikeouts.

The only Newport runs came courtesy of a bases loaded single from Justine Fraser in the fourth inning which scored Brianne Tait and Leyla Gonzalez.

Nichols also did the job at the plate with three hits, four RBIs and four runs scored.

The Cards led 2-0 after one inning keyed by a Jenna Dumayne hit and then scored three more times in the second inning thanks in large part to a Dumayne two-run base knock.

After the Tiger cut the lead to 5-2 in the top of the fourth inning, Nichols got those back with a two-run triple in the bottom half.

Stevens closed out the game with a six-run bottom of the sixth inning.

Hopkinton 5, Stevens 0

CLAREMONT - The Stevens Cardinals were stymied by the Hopkinton Hawks 5-0 April 30 at Veterans Park.

The Cardinals left 10 runners on base and didn't score against the Hawks.

Jenna Dumayne started and was relieved by Alyssa Nichols in the loss for the Cardinals, who also got another stellar game defensively at shortstop by Ellissa Coburn.

Dumayne and Nichols both hit triples for Stevens.

BOYS TENNIS**Derryfield 7, Stevens 2**

CLAREMONT - The Stevens boys tennis team welcomed the top squad in Class M-S to Coach Parker Sports Complex May 6.

The Derryfield Cougars won four singles matches and swept the double on their way to a 7-2 victory.

Stevens' No. 1 Jesse Hughes moved to a perfect 9-0 on the season by defeating Derryfield's Henry Morgan 8-5 in the opening match of the day.

SOFTBALL**SEE MEET PAGE 5**

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MEET FROM PAGE 4

Jon Nelson edged Derryfield's Finn Westbrook 9-8 (7-2 tie-breaker) to pick up the other win for the Cards at No. 4 singles.

Wilton-Lyndeborough 6, Stevens 3

WILTON, N.H. - The Stevens boys tennis team suffered a tough loss at Wilton-Lyndeborough 6-3 May 4.

Jesse Hughes remained unbeaten at No. 1 singles for the Cardinals disposing of Wilton's Jaimen Perez 8-3.

The duo of Hughes and Kyle Shaban also remained unbeaten at No. 1 doubles beating the Wilton combination of Zach Rolke and Ryan Polson 8-1.

The other Stevens win was by Matt Dancosse at No. 3 singles over Keith Buzak 8-6.

Stevens 6, Conant 3

CLAREMONT - The Stevens Cardinals picked up another win handling Conant 6-3 May 1 at home.

The Cardinals won the top four singles and top two doubles to post the victory.

Jesse Hughes beat Jeremiah Paderi 8-0 at No. 1, Kyle Shaban beat Jose Loor 8-1 at No. 2, Jon Nelson beat Drew Bennett 8-2 at No. 3 and Matt Dancosse beat Tyler Siebenberg 8-1 at No. 4 for Stevens.

Hughes and Shaban teamed to beat Paderi and Loor 8-0 at No. 1 doubles, while Nelson and Dancosse beat Bennett and Zac Clarke 8-5 at No. 2 doubles.

Stevens 6, Littleton 3

CLAREMONT - Stevens picked up another solid win disposing of the Littleton Crusaders 6-3 April 30 at home.

The Cardinals put the game away early winning four singles matches. Jesse Hughes beat Cody Pinard 8-0 at No. 1, Kyle Shaban beat Dusan Tkrulga 8-6 at No. 2, Jon Nelson beat Ben Cronan 8-6 at No. 3 and Matt Dancosse beat Pat Cremin 8-3 at No. 4.

Stevens closed it out winning doubles from Hughes and Shaban over Tkrulga and Felipe Mendonca 8-1 at No. 1 and Nelson and Dancosse over Cronin and Willis 8-5 at No. 2.

GIRLS TENNIS**Derryfield 9, Stevens 0**

MANCHESTER, N.H. - Coach Karen Cullison's Stevens

girls tennis team fell at top-ranked Derryfield 9-0 May 6.

Kaja Wenk played a solid match for Stevens falling at No. 2 singles 8-3 to Derryfield's Lydia MacKenzie. Wenk also teamed with Katie Smith at No. 1 doubles and they lost to Sadie Fowler and Claudia Camerino 8-1.

Stevens 7, Wilton-Lyndeborough 2

CLAREMONT - The Stevens girls tennis squad picked up its third win of the season against Wilton-Lyndeborough 7-2 May 4 at the Coach Parker Sports Complex.

The Cards picked up wins in five of the six singles matches to nail down the victory.

Winning for Stevens were Kaja Wenk over Illy Golden 8-1 at No. 1, Shafer Race over Cassie Yahnian 8-1 at No. 3, Marissa Taylor over Aimee Joyce 8-1 at No. 4, Jenna Akusis over Heather Stearns 8-1 at No. 5 and Molly White over Sara Jones 8-3 at No. 6.

The Cardinals won two doubles matches for good measure as Taylor and Akusis beat Golden and Joyce 8-3 at No. 2 and Race and Erica Ferland beat Stearns and Jones 8-3 at No. 3.

Littleton 6, Stevens 3

LITTLETON, N.H. - The Stevens Cardinals fell in a tough match at Littleton 6-3 April 30.

Jenna Akusis picked up the only singles win for the Cardinals beating Samantha Fillion 8-6 at No. 5.

Akusis also teamed with Marissa Taylor to beat Rachel Lackie and Felicia Mann 8-2 at No. 2 doubles. The other Stevens win came from Shafer Race and Molly White over Kate Merritt and Lindsay Glines 8-2 at No. 3 doubles.

BOYS LACROSSE**Lebanon 6, Stevens 2**

LEBANON, N.H. - Stevens played well, but lost at Lebanon 6-2 May 4.

The Raiders led 2-1 at the break as Patrick Christian converted a feed from Josh Parker for Stevens' lone goal.

Robbie Stanley scored the other goal for the Cardinals in the second half.

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Stevens Track and Field



The Stevens boys track team won and the girls were second at a home meet April 28. Left, D.J. Girard won the 200 meters and teammate Richard Kanto was second. Bottom left, Bethany Aldrich and Monique Lafreniere compete in the 800 meters. Bottom right, Matt Bean heaves the shot put.

JEFF MILLER Photos



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Outdoor Event Calendar

Saturday, May 16

Bedford Rotary Memorial Road Races 12K/5K
 Bedford, NH 8:30AM Bedford High School, 47 Nashua Road (35th Annual 12K/5K and USATF-NE Grand Prix 12K Championship)
 Contact: Brian Moyer (Rotary Club of Bedford NH), 23 Hawk Drive, Bedford, NH, USA, 03110. 1-603-714-5508 BRMRRaces@gmail.com

Black Bear Duathlon Waterville Valley, NH
 Waterville Valley, NH 2:00PM Waterville Valley Conference center, NH, Waterville Valley Conference Center, 12 Snows Brook Road (New Event. Excellent cross-training opportunity for all multi-sport participants)
 Contact: Jan Buitendag (Tritanium Sports), 1200 Cherry Valley Rd, Gilford, NH, USA, 03249. 1-603-293-9196 janb@tritaniumsports.com

Exeter Elem. PTO 11th Annual Get Fit in May 5k
 Exeter, NH 9:30AM Lincoln Street School, 25 Lincoln Street School (Flat, fast, USATF-sanctioned course, includes fitness walk & fun runs for kids)
 Contact: Carl Stevens (Exeter Elementary PTO), Main Street School, 40 Main Street, Exeter, NH, USA, 03833. 1-603-778-1982 carlrstevens@gmail.com

Sunday, May 17

Grappone Automotive Canterbury X-C Challenge
 Canterbury, NH 10:00AM Canterbury Shaker Village, Canterbury Shaker Village (most scenic X-C course in New England 4th CARS)
 Contact: Amanda Osmer (Canterbury Shaker Village), PO Box 1200, Concord, NH, USA, 03302-1200. 1-603-226-8490 aosmer@grappone.com

Wednesday, May 20

**Merrimack County Savings Bank
 7th Annual Rock N Race**

Concord, NH 6:00PM State House Plaza, downtown Concord, 250 Pleasant Street
 (5K USATF sanctioned event)
 Contact: Sharon Sweet (Concord Hospital), 250 Pleasant Street, Concord, NH, USA, 03301. 1-603-225-2711 x5234 sesweet@crhc.org

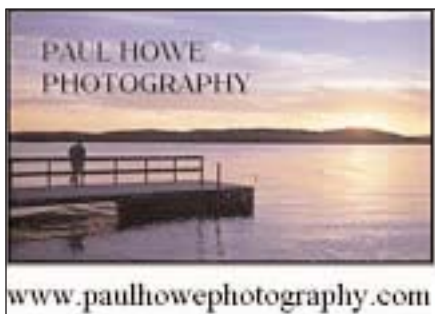
The Governors Council on Physical Activity & Health Intergenerational 5K Walk on National Employee Health and Fitness Day
 Concord, NH 9:30AM Memorial Field, 36 S. Fruit Street (A fun 5 K walk on site or via satellite. Award ceremony to follow.)
 Contact: Kathleen Sherman (Governors Council for Physical Activity), 87 Smith Road, Bedford, NH, USA, 03110. 1-603-695-7559 kathleen.sherman@anthem.com

Thursday, May 21

Great Glen Trails Summer Trail Running Series
 Gorham, NH 3:30PM Great Glen Trails Outdoor Center (do not follow Yahoo map), Pinkham Notch, PO Box 278 (A weekly series, Thurs. May 14-July 2, 3:30-7pm, complete 6 of 8 get prizes)
 This event is the 2nd part of a weekly 8 part series.
 Contact: Mary Power (Great Glen Trails Outdoor Center), PO Box 278, Gorham, NH, USA, 03581. 1-603-466-2333 x141 mary@greatglentrails.com

Saturday, May 23

11th Annual North Country YMCA Lilac 5K Fun Run/Walk
 Lisbon, NH 9:00AM Intersection of US RT 302 and Lyman Road, 30 West Street (Beautiful river view course, mostly flat)
 Contact: North Country YMCA, USA, 30127. 1-603-747-3508 drappa@valley.net





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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.