

The Laker

Volume 1, Issue 1

Wednesday, September 10, 2008

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JEFF MILLER Photo

Junior Linnea Circosta moves the ball to the corner in first half action against Calvary Christian Sept. 5. Sunapee won its home opener 8-0.

Shutout!

Krause and Putchler score two goals each to lead Lakers to win

By **JEFF MILLER**
Lake Sunapee Champion Sports

SUNAPEE - Sunapee goalie Stephanie Larpenter could have taken a nap. You can excuse her Laker teammates if they wouldn't noticed - they were too busy firing shots from all angles on the Calvary Christian goal.

Sunapee scored six times in the first half on its way to a convincing 8-0 season-opening win over the visiting Calvary Christian Eagles Sept. 5 at Memorial Field.

"I thought we looked sharp today," Sunapee girls soccer coach Myles Cooney said. "We dominated a lot of the play."

The Lakers were more than ready for the start of the season after playing a summer schedule against kids from larger schools and a preseason slate of games against Class M and I competition. Cooney wanted his team to experience the physical play of the higher divisions in order to open up his offense against teams in Class S. Last year the Lakers made it all the way to the semifinals. This year's team would like to make a return trip.

Cooney's off-season and preseason strategy paid dividends right off the bat as Sunapee exploded early taking complete control in the game's first 10 minutes.

"Last year we struggled to score and had to rely on our defense in a lot of games," Cooney said. "This was a nice start on the offensive end."

SEE SHUTOUT PAGE 4



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Sunapee Varsity Schedules

Boys Soccer

Coach: Jack Iacopino

Sept. 5 Calvary Christian, ppd.
 Sept. 9 Nute, ppd.
 Sept. 13 @ Pittsfield, 3 p.m.
 Sept. 15 @ Mount Zion, 4:30 p.m.
 Sept. 19 @ Hinsdale, 4:30 p.m.
 Sept. 23 Concord Christian, 4:30 p.m.
 Sept. 26 Wilton-Lyndeboro, 4:30 p.m.
 Sept. 29 @ Portsmouth Christian,
 2:30 p.m.
 Oct. 2 @ Derryfield, 4 p.m.
 Oct. 4 Pittsfield, 3 p.m.
 Oct. 6 @ Concord Christian, 4 p.m.
 Oct. 10 @ Nashua Christian, 4 p.m.
 Oct. 14 Moultonborough, 4 p.m.
 Oct. 17 Hinsdale, 4 p.m.
 Oct. 20 @ Wilton-Lyndeboro, 4 p.m.
 Oct. 23 Derryfield, 4 p.m.

Girls Soccer (2-0)

Coach: Myles Cooney

Sept. 5 Calvary Christian **W 8-0**
 Sept. 10 @ Newport **W 4-1**
 Sept. 13 @ Pittsfield, 1 p.m.
 Sept. 15 @ Mount Zion, 4:30 p.m.
 Sept. 19 @ Hinsdale, 4:30 p.m.
 Sept. 23 Newport, 4:30 p.m.
 Sept. 26 Wilton-Lyndeboro, 4:30 p.m.
 Sept. 29 @ Portsmouth Christian,
 4:30 p.m.
 Oct. 2 @ Derryfield, 4 p.m.
 Oct. 4 Pittsfield, 1 p.m.
 Oct. 8 @ Calvary Christian, 4 p.m.
 Oct. 10 @ Nashua Christian, 4 p.m.
 Oct. 14 Moultonborough, 4 p.m.



JEFF MILLER Photo

Sunapee junior Mariah Krause battles a Calvary Christian Eagle for possession in the home opener Sept. 5. Krause scored two goals in the 8-0 victory.

Oct. 17 Hinsdale, 4 p.m.
 Oct. 21 @ Wilton-Lyndeboro, 4 p.m.
 Oct. 23 Derryfield, 4 p.m.

Golf (2-2)

Coach: Michael Kennedy

Sept. 3 @ Stevens ppd.
 Sept. 5 @ Belmont 1-1
 Sept. 8 Inter-Lakes 1-1
 Sept. 9 @ Hillsboro-Deering ppd.
 Sept. 12 @ Winnisquam, 4 p.m.
 Sept. 15 Derryfield, 4 p.m.
 Sept. 17 @ Hopkinton, 3:30 p.m.
 Sept. 19 @ Conant, 4 p.m.
 Sept. 23 @ Derryfield, 4 p.m.
 Sept. 25 @ Winnisquam, 3:30 p.m.

Volleyball (2-0)

Coaches: Tom & Faith Reney

Sept. 8 Prospect Mountain **W 3-0**

Sept. 10 Franklin, 6:30 p.m.
 Sept. 12 @ Belmont, 6:30 p.m.
 Sept. 13 @ Mascoma, 6:30 p.m.
 Sept. 15 Newfound, 6:30 p.m.
 Sept. 19 Moultonborough, 6:30 p.m.
 Sept. 22 @ Wilton-Lyndeboro,
 6:30 p.m.
 Sept. 24 Pittsfield, 6:30 p.m.
 Sept. 26 @ Newfound, 6:30 p.m.
 Oct. 1 @ Pittsfield, 6:30 p.m.
 Oct. 3 Inter-Lakes, 6:30 p.m.
 Oct. 6 @ Prospect Mountain,
 6:30 p.m.
 Oct. 8 @ Franklin, 6:30 p.m.
 Oct. 10 Mascoma, 6:30 p.m.
 Oct. 15 Belmont, 6:30 p.m.
 Oct. 17 @ Moultonborough, 6:30 p.m.
 Oct. 20 Wilton-Lyndeboro, 5 p.m.
 Oct. 22 @ Inter-Lakes, 6:30 p.m.



Please forward story ideas to
sports@lakesunapeechampion.com

Home opening romp



Sunapee freshman Molly Putchler heads one toward the Calvary Christian goal Sept. 5. The Lakers won 8-0. Below, Connor Denney battles two Eagles for possession of the ball.

JEFF MILLER Photos



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Sunapee senior Carolyn Stevens rips a shot on goal against Calvary Christian at home Sept. 5. Stevens and the Lakers won easily 8-0.

JEFF MILLER Photo



JEFF MILLER Photo

Sunapee sophomore Monica Preston gains control of the ball to set up a play in her team's win over Calvary Christian 8-0 in the home opener last Friday.

SHUTOUT FROM PAGE 1

Molly Putchler and Mariah Krause scored two goals each and Carolyn Stevens added a trio of assists. Kathryn Milewski also had a big game with a goal and a pair of helpers.

"We were too quick for them," Cooney said. "The key was the speed of our play and our passing."

Erica Cain (from Milewski) opened the scoring, followed by Putchler (from Pernille Swensson) and Milewski (from Stevens) to give the Lakers a 3-0 lead just 10 minutes into the contest.

Putchler (unassisted) at 15:00 and Krause (from Stevens) at 26:00 pushed the lead to 5-0. Linnea Circosta (from Milewski) closed out the first half scoring to send the Lakers into the break up 6-0.

It could have been worse as the Lakers repeatedly fired shots on the Calvary Christian goal.

Krause (from Stevens) and Swensson (unassisted) completed the romp for Sunapee in the second half.

"It was certainly promising to find the net," Cooney said. "We still have a lot of work to do on marking before we are ready to compete with the top of Class S."

Several teams in S have gotten off to quick starts including Colebrook and Woodsville each at 3-0.

The Lakers will be in action Saturday, Sept. 13 at Pittsfield at 1 p.m.

Sunapee's Upcoming Week

Thursday, Sept. 11

Boys JV Soccer

Sunapee @ Newport, 5:30 p.m.

Friday, Sept. 12

Girls JV Soccer

Sunapee @ Pittsfield, 3:30 p.m.

Golf

Sunapee @ Winnisquam, 4 p.m.

Volleyball

Sunapee @ Belmont, 6:30 p.m.

JV Volleyball

Sunapee @ Belmont, 5 p.m.

Saturday, Sept. 13

Boys Soccer

Sunapee @ Pittsfield, 3 p.m.

Girls Soccer

Sunapee @ Pittsfield, 1 p.m.

Volleyball

Sunapee @ Mascoma, 6:30 p.m.

JV Volleyball

Sunapee @ Mascoma, 5 p.m.

Monday, Sept. 15

Boys Soccer

Sunapee @ Mount Zion, 4:30 p.m.

Girls Soccer

Sunapee @ Mount Zion, 4:30 p.m.

Golf

Derryfield @ Sunapee, 4 p.m.

Volleyball

Newfound @ Sunapee, 6:30 p.m.

JV Volleyball

Newfound @ Sunapee, 5 p.m.

Wednesday, Sept. 17

Golf

Sunapee @ Hopkinton, 3:30 p.m.

Girls JV Soccer

John Stark @ Sunapee, 4:30 p.m.

Friday, Sept. 19

Boys Soccer

Sunapee @ Hinsdale, 4:30 p.m.

Girls Soccer

Sunapee @ Hinsdale, 4:30 p.m.

Golf

Sunapee @ Conant, 4 p.m.

Volleyball

Moultonborough @ Sunapee, 6:30 p.m.

Girls JV Soccer

Sunapee @ Fall Mountain, 4 p.m.

JV Volleyball

Moultonborough @ Sunapee, 5 p.m.

Monday, Sept. 22

Volleyball

Sunapee @ Wilton-Lyndeborough, 6:30 p.m.

Boys JV Soccer

Rivendell @ Sunapee, 4:30 p.m.

Girls JV Soccer

Rivendell @ Sunapee, 4:30 p.m.

Girls JV Volleyball

Sunapee @ Wilton-Lyndeborough, 5 p.m.

Tuesday, Sept. 23

Boys Soccer

Concord Christian @ Sunapee, 4:30 p.m.

Girls Soccer

Newport @ Sunapee, 4:30 p.m.

Golf

Sunapee @ Derryfield, 4 p.m.



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Sunapee Roundup

GOLF

Conant 239, Sunapee 254, Inter-Lakes 280

NEW LONDON - The Sunapee Lakers split a home match at Lake Sunapee Country Club Sept. 8. The Lakers are now 2-2 on the season.

Conant's Blake Hannu was the medalist with a 41 to lead the Orioles to victory.

Sunapee came in second behind a 47 from Nate Wirta. The other Lakers to score for coach Mike Kennedy were Jeremy Walla with a 50, Steven Curt with a 51 and Alex Elder and Ethan Page each with 53s.

Belmont 244, Sunapee 264, Woodsville 290

CANTERBURY, N.H. - The Sunapee played a solid match at Canterbury Woods Golf Club falling to Belmont, but beating Woodsville.

The Red Raiders won with a 244, while the Lakers carded a 264 and the Engineers a 290.

Steven Curt led the Lakers with a 47 followed by Alex Elder with a 51, Ethan Page with a 53, Brett Simpson with a 56 and Nate Wirta with a 57.

Belmont's Derrick Fortin, Mike Allen and Jill Otto tied for medalist honors each with a 46.

VOLLEYBALL

Sunapee 3, Prospect Mountain 0

SUNAPEE - The Sunapee Lakers opened the 2008 season by sweeping the visiting Prospect Mountain Timberwolves 3-0 at the Sherburne Gym Sept. 8.

The Lakers won the match 25-14, 25-16 and 25-16.

Sunapee jumped out early behind a 10-point, five-ace run from senior Chloe Fleming to roll to the game one victory.

The Lakers were balanced all night long led by sophomore Allison Tenney who had three kills and three blocks. Senior Hannah Preston also played well for coaches Tom and Faith Reney.

"The girls were ready to play tonight," Tom Reney said. "We remembered how tough Prospect Mountain was last year so we were up. Last year we won a five game battle at Prospect Mountain so we knew we had to be on our game. We served great and played strong defense. It's a great start to the season."



JEFF MILLER Photo

Sunapee exchange student Pernille Swensson moves the ball to the goal in the Lakers' 8-0 shutout of Calvary Christian.

**To contact the Lake Sunapee Champion:
e-mail sports@lakesunapeechampion.com
or
call 558-0819**



Sunapee Junior Varsity Schedules

Boys JV Soccer

Coach: Chuck Weinstein

- Sept. 3 @ Moultonborough, 4:30 p.m.
- Sept. 11 @ Newport, 5:30 p.m.
- Sept. 22 Rivendell, 4:30 p.m.
- Sept. 25 Moultonborough, 4:30 p.m.
- Oct. 3 @ Newport, 5:30 p.m.
- Oct. 16 Hopkinton, 4:30 p.m.

Girls JV Soccer

Coach: Tim LaTorra

- Sept. 3 @ Moultonborough, 4:30 p.m.
- Sept. 5 @ Rivendell, 4 p.m.
- Sept. 10 Derryfield, 4 p.m.
- Sept. 12 @ Pittsfield, 3:30 p.m.
- Sept. 17 John Stark, 4:30 p.m.
- Sept. 19 @ Fall Mountain, 4 p.m.
- Sept. 22 Rivendell, 4:30 p.m.
- Sept. 25 Moultonborough, 4:30 p.m.
- Oct. 1 @ Stevens, 3:30 p.m.
- Oct. 9 @ John Stark, 4:30 p.m.
- Oct. 10 Fall Mountain, 4 p.m.
- Oct. 14 @ Derryfield, 4 p.m.
- Oct. 16 Hopkinton, 4:30 p.m.
- Oct. 21 @ Stevens, 3:30 p.m.

Girls JV Volleyball

Coaches: Tom & Faith Reney

- Sept. 8 Prospect Mountain, 5 p.m.
- Sept. 10 Franklin, 5 p.m.
- Sept. 12 @ Belmont, 5 p.m.
- Sept. 13 @ Mascoma, 5 p.m.
- Sept. 15 Newfound, 5 p.m.
- Sept. 19 Moultonborough, 5 p.m.
- Sept. 22 @ Wilton-Lyndeborough, 5 p.m.
- Sept. 24 Pittsfield, 5 p.m.



JEFF MILLER Photo

Sunapee freshman Molly Putchler rifles a corner kick toward the goal in the home opener Sept. 5. Putchler scored a pair of goals in the Lakers' 8-0 win.

- Sept. 26 @ Newfound, 5 p.m.
- Sept. 29 Laconia Christian, 7 p.m.
- Oct. 1 @ Pittsfield, 5 p.m.
- Oct. 3 Inter-Lakes, 5 p.m.
- Oct. 6 @ Prospect Mountain, 5 p.m.
- Oct. 8 @ Franklin, 5 p.m.

- Oct. 10 Mascoma, 5 p.m.
- Oct. 13 @ Laconia Christian, 6 p.m.
- Oct. 15 Belmont, 5 p.m.
- Oct. 17 @ Moultonborough, 5 p.m.
- Oct. 22 @ Inter-Lakes, 5 p.m.

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Fall Tournament Dates

CROSS COUNTRY

Oct. 25 Class Meets @ Derryfield Park (Manchester)
 Nov. 1 Meet of Champions @ Nashua South
 Nov. 8 New Englands @ Derryfield Park (Manchester)

FIELD HOCKEY

Class M-S

Prelims: Oct. 22 @ home of higher seed, 3:30 p.m.
 Quarters: Oct. 25 @ home of higher seed, 2 p.m.
 Semifinals: Oct. 29 @ Bedford, 5 & 7 p.m.
 Finals: Nov. 2 @ Bedford, noon
 Class I
 Prelims: Oct. 23 @ home of higher seed, 3:30 p.m.
 Quarters: Oct. 26 @ home of higher seed, 3:30 p.m.
 Semifinals: Oct. 30 @ Bedford, 5 & 7 p.m.
 Finals: Nov. 2 @ Bedford, 2:30 p.m.

FOOTBALL

Division V

Semifinals: Nov. 15 @ home of higher seed, 1 p.m.
 Finals: Nov. 22 @ home of higher seed, 1 p.m.

Division VI

Semifinals: Nov. 15 @ home of higher seed, 1 p.m.
 Finals: Nov. 22 @ home of higher seed, 1 p.m.

BOYS SOCCER

Class S

Prelims: Oct. 28 @ home of higher seed, 3 p.m.
 Quarters: Oct. 31 @ home of higher seed, 3 p.m.
 Semifinals: Nov. 4 @ Robbie Mills Field in Laconia,
 4 & 6 p.m.
 Finals: Nov. 8 @ Robbie Mills Field in Laconia, 3 p.m.

Class M

Prelims: Oct. 29 @ home of higher seed, 3 p.m.
 Quarters: Nov. 1 @ home of higher seed, 2 p.m.
 Semifinals: Nov. 5 @ Merrimack Valley, 4 & 6 p.m.
 Finals: Nov. 8 @ Merrimack Valley, 3 p.m.

Class I

Prelims: Oct. 29 @ home of higher seed, 3 p.m.
 Quarters: Nov. 1 @ home of higher seed, 2 p.m.
 Semifinals: Nov. 5 @ Stellos Stadium in Nashua,
 4 & 6 p.m.
 Finals: Nov. 8 @ Stellos Stadium in Nashua, 3 p.m.

GIRLS SOCCER

Class S

Prelims: Oct. 29 @ home of higher seed, 3 p.m.
 Quarters: Nov. 1 @ home of higher seed, 2 p.m.
 Semifinals: Nov. 5 @ Robbie Mills Field in Laconia,
 4 & 6 p.m.
 Finals: Nov. 8 @ Robbie Mills Field in Laconia, 1 p.m.

Class M

Prelims: Oct. 28 @ home of higher seed, 3 p.m.
 Quarters: Oct. 31 @ home of higher seed, 3 p.m.
 Semifinals: Nov. 4 @ Merrimack Valley, 4 & 6 p.m.
 Finals: Nov. 8 @ Merrimack Valley, 1 p.m.

Class I

Prelims: Oct. 28 @ home of higher seed, 3 p.m.
 Quarters: Oct. 31 @ home of higher seed, 3 p.m.
 Semifinals: Nov. 4 @ Stellos Stadium in Nashua,
 4 & 6 p.m.
 Finals: Nov. 8 @ Stellos Stadium in Nashua, 1 p.m.

SPIRIT

Nov. 9 State Meet @ Southern N.H. University in
 Manchester, TBA

VOLLEYBALL

Division III

Prelims: Oct. 30 @ home of higher seed, 6 p.m.
 Quarters: Nov. 1 @ home of higher seed, 6 p.m.
 Semifinals: Nov. 5 @ Plymouth State University, 6:30 & 8
 p.m.
 Finals: Nov. 7 @ Plymouth State University, 7 p.m.



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