

# The Laker

Volume 1, Issue 14

Wednesday, December 3, 2008

Page 1



Sunapee's Tom Frederick works with his pitchers and catchers during a preseason practice in 2007. Frederick is in his third year as the athletic director at Sunapee.

JEFF MILLER Photo

## Frederick settles in at Sunapee

*Sunapee athletic director is making his mark at a new school*

By **JEFF MILLER**  
Lake Sunapee Champion

**SUNAPEE** - Tom Frederick is the athletic director and varsity baseball coach at Sunapee. Frederick grew up on Cape Cod graduating from Harwich High School. He then went to Westfield State for his Bachelor's degree in physical education and his Master's at Springfield College. After graduating from Springfield he coached their JV baseball team for one year before getting a job at Mascoma where he spent 17 years coaching several middle school teams as well as varsity baseball and soccer. He was the athletic director for five years before taking over in Sunapee as the A.D. at the start of the 2006 school year. Recently

the Lake Sunapee Champion sent Frederick several questions. Here are his answers.

**LSC - You're in your third year as the athletic director and baseball coach at Sunapee. How have things gone so far?**

**TF** - I think things have gone pretty well so far. As with anything you have some bumps in the road, but overall I think things have gone well. We have a very supportive and involved staff and that makes things easier to get things done. We have improved a little each year in terms of programs and offerings for the teams and kids so that is nice.

**LSC - Sunapee athletic teams are fairly successful across the board**

**in Class S. To what do you attribute Sunapee's success?**

**TF** - I think it starts off with the kid's dedication to the sport, and then the credit goes to the coaching staff. We are a small S school, so our coaches really work hard in the summer improving skills, encouraging kids to step outside of their comfort levels. Our coaches also try and do some special things: soccer is going to team camps, as is basketball, Tim took the kids to the hall of fame, and is doing the Jimmy V cancer tourney this year, other coaches have made the seasons special in their own way. I also think that the parents have been fairly supportive of all of our programs, and we

SEE SETTLES PAGE 4



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# Sunapee Winter Schedules

## Boys Basketball

Coach: Tim LaTorra

Dec. 17 @ Pittsfield, 7 p.m.  
 Dec. 22 Hinsdale, 7 p.m.  
 Jan. 5 @ Concord Christian, 7 p.m.  
 Jan. 7 Moultonborough, 7 p.m.  
 Jan. 9 Newport, 7 p.m.  
 Jan. 12 Wilton-Lyndeborough, 7 p.m.  
 Jan. 14 Nashua Christian, 5:30 p.m.  
 Jan. 23 Pittsfield, 7 p.m.  
 Jan. 28 @ Concord Christian, 7 p.m.  
 Jan. 30 @ Newmarket, 7 p.m.  
 Feb. 4 @ Hinsdale, 7 p.m.  
 Feb. 6 Nute, 7 p.m.  
 Feb. 11 Calvary Christian, 7 p.m.  
 Feb. 13 Mount Zion, 7 p.m.  
 Feb. 18 @ Portsmouth Christ., 7 p.m.  
 Feb. 24 @ Derryfield, 6:30 p.m.

## Girls Basketball

Coach: Hank Tenney

Dec. 9 Derryfield, 7 p.m.  
 Dec. 11 Wilton-Lyndeborough, 7 p.m.  
 Dec. 12 @ Calvary Christian, 7 p.m.  
 Dec. 17 Pittsfield, 7 p.m.  
 Dec. 22 @ Hinsdale, 7 p.m.  
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 Jan. 29 Newmarket, 7 p.m.  
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 Feb. 6 @ Nute, 6:30 p.m.  
 Feb. 11 Calvary Christian, 5:30 p.m.  
 Feb. 13 @ Mount Zion, 7 p.m.  
 Feb. 18 Portsmouth Christian, 7 p.m.  
 Feb. 20 Nute, 7 p.m.

## Alpine Skiing

Dec. 19 @ Wildcat, 10 a.m.  
 Jan. 9 @ Pat's Peak, 3:30 p.m.

Jan. 16 @ Proctor, 9:30 a.m.  
 Jan. 30 vs. Profile @ Loon, 10 a.m.  
 Feb. 6 @ Mt. Sunapee, 9:30 a.m.

## Cross-Country Skiing

Dec. 16 @ Waterville Valley, 2:30 p.m.  
 Jan. 6 vs. Hopkinton 2:30 p.m.  
 Jan. 13 @ Hopkinton, 3 p.m.  
 Jan. 20 @ Gilford, 3 p.m.  
 Jan. 27 @ Gilford, 3 p.m.  
 Feb. 3 Kearsarge (Eastman), 3 p.m.  
 Feb. 10 State Meet (Great Glen)

## Boys JV Basketball

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 Jan. 12 Wilton-Lyndeboro, 5:30 p.m.  
 Jan. 23 Pittsfield, 5:30 p.m.  
 Jan. 28 @ Concord Christ., 5:30 p.m.  
 Jan. 30 @ Newmarket, 5:30 p.m.  
 Feb. 4 @ Hinsdale, 5:30 p.m.  
 Feb. 6 Nute, 5:30 p.m.  
 Feb. 13 Mount Zion, 5:30 p.m.  
 Feb. 18 @ Portsmouth Chr., 5:30 p.m.  
 Feb. 24 @ Derryfield, 5 p.m.

## Girls JV Basketball

Dec. 9 Derryfield, 5:30 p.m.  
 Dec. 11 Wilton-Lyndeboro, 5:30 p.m.  
 Dec. 12 @ Calvary Christ., 5:30 p.m.  
 Dec. 17 Pittsfield, 5:30 p.m.  
 Dec. 22 @ Hinsdale, 5:30 p.m.  
 Jan. 7 @ Moultonborough, 5:30 p.m.  
 Jan. 9 @ Newport, 5:30 p.m.  
 Jan. 12 @ Wilton-Lynde., 5:30 p.m.  
 Jan. 23 @ Pittsfield, 5:30 p.m.  
 Jan. 29 Newmarket, 5:30 p.m.

Feb. 4 Hinsdale, 5:30 p.m.  
 Feb. 6 @ Nute, 5 p.m.  
 Feb. 13 @ Mount Zion, 5:30 p.m.  
 Feb. 18 Portsmouth Christ., 5:30 p.m.  
 Feb. 20 Nute, 5:30 p.m.

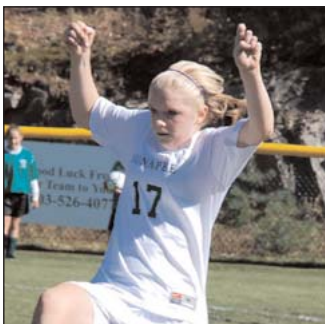
## Boys Middle School Basketball

Dec. 9 Hopkinton, 5:15 p.m.  
 Dec. 15 @ Andover, 5:15 p.m.  
 Dec. 18 @ Indian River, 5:15 p.m.  
 Jan. 5 @ Claremont, 5:15 p.m.  
 Jan. 7 Andover, 5:15 p.m.  
 Jan. 10 @ Hopkinton, noon  
 Jan. 12 Hanover Recreation, 5:15 p.m.  
 Jan. 15 @ Kearsarge, 4 p.m.  
 Jan. 20 Kearsarge, 4 p.m.  
 Jan. 22 Indian River, 5:15 p.m.  
 Jan. 26 Claremont, 5:15 p.m.  
 Jan. 30 @ Newport, 5:15 p.m.  
 Feb. 3 @ Hanover Rec, 5:15 p.m.  
 Feb. 4 @ Plainfield, 5:15 p.m.  
 Feb. 13 Newport, 5:15 p.m.

## Girls Middle School Basketball

Dec. 9 Hopkinton, 4 p.m.  
 Dec. 15 @ Andover, 4 p.m.  
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 Jan. 7 Andover, 4 p.m.  
 Jan. 10 @ Hopkinton, 10:30 a.m.  
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 Jan. 20 Kearsarge, 5:15 p.m.  
 Jan. 22 Indian River, 4 p.m.  
 Jan. 26 Claremont, 4 p.m.  
 Jan. 30 @ Newport, 4 p.m.  
 Feb. 3 @ Hanover Recreation, 4 p.m.  
 Feb. 4 @ Plainfield, 4 p.m.  
 Feb. 13 Newport, 4 p.m.

## Athletes of the Week



**Ali Fazio**  
Girls Soccer



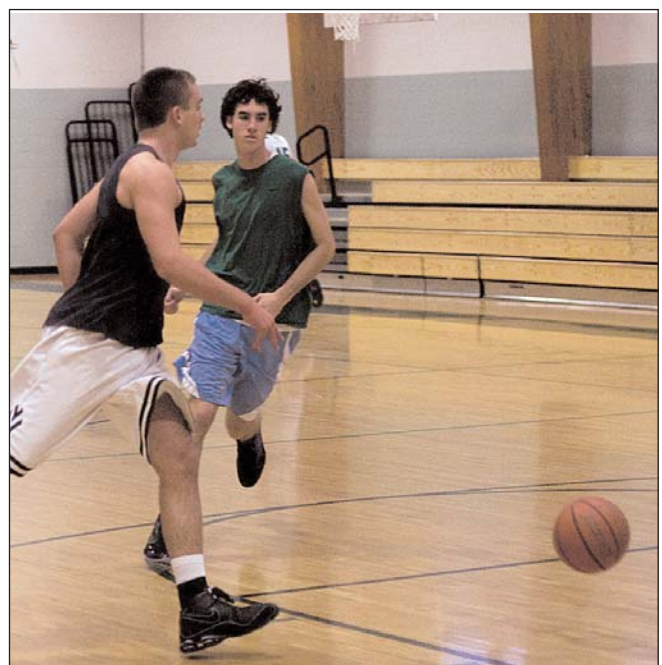
**Erik Skarin**  
Boys Soccer

## *Boys Hoop Preseason*




The Sunapee boys basketball team opened preseason practice two weeks ago. The Lakers host a preseason jamboree this Saturday with several Class S and M teams.

MARTY MCAULIFF Photos



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**SETTLES FROM PAGE 1**

are very fortunate to have that support.

The kids show a lot of pride in their teams, and support their classmates as well. I think overall, each team wants the others to be successful, and they kind of feed off each other.

**LSC - You've been very active as Sunapee's athletic director bringing back homecoming, awards night, etc. What are some of your long-term goals for Sunapee athletics?**

**TF** - Well, first off Sean gives us the latitude to really do something special, and secondly none of it happens without the contributions of a lot of people. You get Jon Reed in there pumping up kids and taking care of the tech areas, Tim and Myles really love doing things that get kids active, Meagan is a great organizer, Ike taking tons of pictures and Bonnie gets the elementary kids involved in a lot of the activities. So it's a total team effort.

We really want to build on homecoming, we had a fun time with Karaoke, and bonfire, and procession of cars to the game. We want to expand it, get more people at the games and involved in all aspects of the weekend. Other long term goals are to continue to build on our athletic leadership council (You will want to know more about this as we get close to presenting at the statewide conference). Tim, Bonnie and I presented at the NHAHPERD conference two weeks ago on starting a leadership group and the kids are presenting at the NHADA Leadership Conference in March. We are also looking to improve all of our fields. We are so close to having great facilities, we really need to explore improving and adding to what we have.

**LSC - You are active in the NHIAA. One of their main goals every school year is to continually improve sportsmanship. How do you draw the line between letting kids have fun and blow off a little steam, while maintaining good**

**sportsmanship?**

**TF** - I was really lucky to have the Mascoma experience where school spirit is pretty big at basketball games. Some of the antics where not as sportsmanlike as I would have liked, but the kids realized they could still be rowdy, have fun and support their teams. They thought of different chants to support their teams instead of riding the other team and really became the model of what we are hoping for.

I think our kids do a great job with having fun, being respectful and still giving us a home court advantage. They know they can be as loud as they want, have fun and get after it so long as it's to our team, and they will always have my support. On the occasions they cross the line, Sean or I give a look and we are all set.

**LSC - You are a teacher, coach and athletic director. How do you balance all three roles to remain effective in each?**

**TF** - Time management I guess would be the best answer. Sometimes when I am walking the tight rope, the other coaches or teachers pitch in to make things go smoothly. Melissa is always a big help - keeping me on track and taking care of some of the forms. Like I said we have a great team, a nice mix of veteran Sunapee teachers and some new hires that really work well together. It also helps out that I really enjoy the school, kids and people I work with.

**LSC - Many coaches have said the best athletic directors are ones that have walked in their shoes. Do you agree? Why?**

**TF** - I think that is true. Some AD's can be really into inventory, budgets and scheduling. But at the end of the day, you are there to help the coaches give the best experience to the athletes they coach. I think that some of the coaches know that they can bandy ideas around with me and maybe help them out in cer-

tain situations. I think that by coaching in the past, you may have dealt with a situation that a coach is going through, and you have some experience in which to draw from to help out. I think it also helps knowing the day in and day out emotional roller coaster coaches go through. They put so much into it, and from my perspective you appreciate their challenges and success more because you have gone through it.

And as the AD I can say "hey Cooney, I am pretty sure I can get my uniforms collected in under two weeks, how about getting those soccer ones in" (actually Myles takes great care of the uni's).

**LSC - You were a pitcher in college. Do you think it gives you an advantage coaching young baseball players? What are some of your basic pitching tips for youngsters?**

**TF** - I think it helps a little. I mean it was a long time ago. The advantage I think would be knowing what it takes to get to certain levels and the different grips and training methods that I got to see and work with back then.

I think that a few tips I would have would be to throw the ball correctly. Learn how to spot the fastball, and realize that as a pitcher, you control the game. I also think learning a changeup is key as well. It's fun watching some of my guys throw a change up and see the hitter so far out in front they almost fall over.

**LSC - If we were to look into a crystal ball where would we see Tom Frederick in 2018? What would you be doing?**

**TF** - I am just trying to get through 2008. Hopefully I will still be teaching, coaching and doing what I love to do. With any luck, I will be done with the deck that my wife wants on the house. Maybe then I can get back to Hawaii and learn to surf.



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

# Coaches vs. Cancer Tourney Schedule

## December 6

### Sunapee Middle High School Gym

Derryfield vs. Stevens, 9 a.m.

Wilton-Lyndeborough vs. Fall Mountain, 10 a.m.

Derryfield vs. Hillsboro-Deering, 11 a.m.

Newmarket vs. Fall Mountain, noon

Derryfield vs. Fall Mountain, 2 p.m.

Wilton-Lyndeborough vs.

Hillsboro-Deering, 3 p.m.

### Sherburne Gym

Sunapee vs. Hillsboro-Deering, 9 a.m.

Newmarket vs. Mascenic, 10 a.m.

Sunapee vs. Stevens, 11 a.m.

Wilton-Lyndeborough vs. Mascenic, noon

Newmarket vs. Stevens, 2 p.m.

Sunapee vs. Mascenic, 3 p.m.

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Lake Sunapee Champion:  
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or  
call 558-0819



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## Sunapee Winter Schedules

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### Alpine Skiing

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 Jan. 30 @ Newport, 5:15 p.m.  
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 Jan. 30 @ Newport, 4 p.m.  
 Feb. 3 @ Hanover Recreation, 4 p.m.  
 Feb. 4 @ Plainfield, 4 p.m.  
 Feb. 13 Newport, 4 p.m.

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# Winter Tournament Dates

## BOYS BASKETBALL

### Class I

Prelims: March 3 @ home of higher seed, 7 p.m.

Quarters: March 6 @ home of higher seed, 7 p.m.

Semifinals: March 11 @ UNH, 6 & 7:30 p.m.

Finals: March 14 @ UNH, 2:30 p.m.

### Class M

Prelims: March 11 @ home of higher seed, 7 p.m.

Quarters: March 14 @ home of higher seed, 7 p.m.

Semifinals: March 18 @ Southern NH, 6 & 7:30 p.m.

Finals: March 20 @ Southern NH, 7 p.m.

### Class S

Prelims: March 3 @ home of higher seed, 7 p.m.

Quarters: March 6 @ home of higher seed, 7 p.m.

Semifinals: March 10 @ Plymouth State, 5:30 & 7 p.m.

Finals: March 13 @ Plymouth State, 7 p.m.

## GIRLS BASKETBALL

### Class I

Prelims: Feb. 18 @ home of higher seed, 7 p.m.

Quarters: Feb. 21 @ home of higher seed, 7 p.m.

Semifinals: Feb. 25 @ Southern NH, 6 & 7:30 p.m.

Finals: Feb. 28 @ Southern NH, 7 p.m.

### Class M

Prelims: Feb. 25 @ home of higher seed, 7 p.m.

Quarters: Feb. 28 @ home of higher seed, 7 p.m.

Semifinals: March 3 @ Plymouth State, 7 & 8:30 p.m.

Finals: March 7 @ Plymouth State, 1 p.m.

### Class S

Prelims: Feb. 24 @ home of higher seed, 7 p.m.

Quarters: Feb. 27 @ home of higher seed, 7 p.m.

Semifinals: March 4 @ Plymouth State, 7 & 8:30 p.m.

Finals: March 7 @ Plymouth State, 4 p.m.

## INDOOR TRACK

### Class I-M-S

Finals: Feb. 8 @ Dartmouth College, 10:30 a.m.

## SPIRIT

### Class I

Finals: March 14 @ Southern NH, TBA

Class M, S, Co-Ed

Finals: March 14 @ Southern NH, TBA

## SWIMMING

Finals: Feb. 13 @ UNH, 5:30 p.m.

Finals: Feb. 14 @ UNH, 8:20 a.m.

## WRESTLING

### Division II

Finals: Feb. 21 @ Bedford High School, 8:15 a.m.



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# NHIAA Tournament Pairings

## Class S Boys Soccer

### **Preliminary Round, Oct. 28**

No. 1 Lisbon 5, No. 16 Hinsdale 0  
 No. 8 Groveton 3, No. 9 Pittsfield 1  
 No. 4 Colebrook 4, No. 13 Woodsville 0  
 No. 5 Moultonboro 2, No. 12 Lin-Wood 1  
 No. 2 Derryfield 5, No. 15 Portsmouth Christ. 0  
 No. 7 Newmarket 1, No. 10 Mt. Zion 0  
 No. 14 Gorham 4, No. 3 Wilton-Lynde. 3  
 No. 11 Profile 3, **No. 6 Sunapee 1**

### **Quarterfinals, Oct. 31, 3 p.m.**

No. 1 Lisbon 6, No. 8 Groveton 0  
 No. 4 Colebrook 2, No. 5 Moultonboro 0  
 No. 2 Derryfield 3, No. 7 Newmarket 1  
 No. 14 Gorham 2, No. 11 Profile 1

### **Semifinals, Nov. 4 @ Mills Field, Laconia**

No. 1 Lisbon 1, No. 4 Colebrook 0  
 No. 2 Derryfield 2, No. 14 Gorham 1

### **Finals, Nov. 8, Laconia, 3 p.m.**

No. 1 Lisbon 2, No. 2 Derryfield 1

## Class S Girls Soccer

### **Preliminary Round, Oct. 29**

No. 1 Wilton-Lynde. 3, No. 16 Lin-Wood 0  
 No. 8 Colebrook 7, No. 9 Newmarket 0  
 No. 4 Littleton 5, No. 13 Portsmouth Chr. 0  
 No. 12 Gorham 1, **No. 5 Sunapee 0**  
 No. 2 Woodsville 4, No. 15 Hinsdale 1  
 No. 7 Groveton 6, No. 10 Moultonboro 0  
 No. 3 Derryfield 6, No. 14 Nashua Chr. 0  
 No. 6 Pittsfield 1, No. 11 Lisbon 0

### **Quarterfinals, Nov. 1, 2 p.m.**

No. 1 Wilton-Lynde. 3, No. 8 Colebrook 0  
 No. 4 Littleton 4, No. 12 Gorham 1  
 No. 2 Woodsville 2, No. 7 Groveton 1  
 No. 3 Derryfield 4, No. 6 Pittsfield 0

### **Semifinals, Nov. 5, Laconia**

No. 1 Wilton-Lynde. 3, No. 4 Littleton 2  
 No. 3 Derryfield 2, No. 2 Woodsville 0

### **Finals, Nov. 8, Laconia, 1 p.m.**

No. 3 Derryfield 2, No. 1 Wilton-Lynde. 1

## Division III Volleyball

### **Preliminary Round, Oct. 30, 6 p.m.**

No. 1 Nute 3, No. 16 Franklin 0  
 No. 9 Campbell 3, No. 8 Prospect Mtn. 0  
 No. 4 Moultonboro 3, No. 13 Epping 0  
**No. 5 Sunapee 3**, No. 12 Mascoma 0  
 No. 2 Inter-Lakes 3, No. 15 Hillsboro-Deer. 0  
 No. 7 Mascenic 3, No. 10 Belmont 1  
 No. 3 Farmington 3, No. 14 Newfound 0  
 No. 6 Portsmouth Chr. 3, No. 11 Raymond 2

### **Quarterfinals, Nov. 1, 6 p.m.**

No. 1 Nute 3, No. 9 Campbell 0  
 No. 4 Moultonboro 3, No. 5 Sunapee 2  
 No. 2 Inter-Lakes 3, No. 7 Mascenic 1  
 No. 3 Farmington 3, No. 2 Portsmouth Chr. 2

### **Semifinals, Nov. 5, Plymouth State**

No. 1 Nute 3, No. 4 Moultonboro 1  
 No. 3 Farmington 3, No. 2 Inter-Lakes 0

### **Finals, Nov. 7 @ Plymouth State**

No. 1 Nute 3, No. 3 Farmington 0



**To contact the Lake Sunapee Champion:**

e-mail [sports@lakesunapeechampion.com](mailto:sports@lakesunapeechampion.com)

or

**call 558-0819**