

Abington Sports Bulletin

By

Ryan Mariano, Sam Malafronte, and Alexander Nagle

A newspaper about the athletes at Abington High, by the athletes at Abington High, recognizing them for their accomplishments on the playing field, in the classroom, and in the community.



Five Pillars of Abington Sports

- *Toughness*
- *Teamwork*
- *Pride*
- *Character*
- *Service*

Abington High School- Great Place to be

As you dissect what sets a school apart you must look at the atmosphere of a school. Abington has always had pride in their sports teams, and this raises the atmosphere of the school as a whole.

Take it from someone who has been here for 4 years, Green Wave is the way to go. Some specific examples come from the recent success that has happened in our sporting community. Not only have our teams done great, but our fans have been exceptional .



When asked about the game AD Serino replied “ the fans displayed great team spirit and sportsmanship, it was a true showing of Green Wave Pride. I even heard remarks from the opposing fans, thanking us for having the best high school sports atmosphere they have ever been in.”



Another major success was the beach theme night at Gallo Arena for hockey. Even when a game is an hour away students make time to support their teams. This was evident in the last hockey game against Hanover when over 100 students made the long trip and showed up in their beach attire.

One game that comes to mind is the girls quarterfinal playoff game at home this year. The fan section went ballistic. Everyone showed up in their costumes and the theme night was a huge hit. There were over 200 students present, and everyone was dressed up.



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PREVIEW

Boys Lacrosse

With the new coach Nils Djusberg at the helm last year the lacrosse made a quick turnaround from its under five hundred season under former Coach Nutley. With a 12-8 record in 2013 the team made their first tournament appearance in two years. The team fell to Hull High School in the first round of the tournament.

This upcoming season there will be tough shoes to fill though. Replacing the three senior all stars, goalie Ben Rangel, attack man Tim Degrasse and Patriot Ledger all scholastic defenseman Tim Ferguson will not be easy. Also losing the leadership of captains Eddie Cardinal and Tim Ferguson which held the team together on the early morning runs, and also in the halls of school will present an opportunity for the next generation of leaders to emerge.

Ray Emery will be returning to anchor the defense this year that lost the other returning starter junior Sam Malafronte due to his fall injury. Both juniors started as freshman under the direction of coach Nutley, and could have a concrete like defense when both are on the field next season for their senior seasons. While the defense is still in question early in the season the offense seems to have some experience under their belt. This experience could help lead to a potential powerful surge.

With returning senior midfielders Jason Halpin, Jon Plant and Brian Curran the first two lines should be able to compete with the rest of the South Shore League. The only returning senior attack man is leading point scorer last year Steve Manning. Manning has the potential to put the team on his back and carry this team into the playoffs. Junior offensive returners include midfielders Josh Riordan and Brian Caferro, attack man Chris Chirilo and attack man Matt Curran.

With a potentially strong freshman class, and sophomores looking to step up the season update could include many of their names amongst the starting lineup. With some experience on the offensive end and a junior veteran Ray Emery leading the defense the lacrosse team looks to return to the tournament in 2014.



Girls Lacrosse

The Girls Lacrosse team is a relatively new program at Abington High school only coached by Kate Casey. With a relatively young team consisting of a lot of juniors and not many seniors, the team will look to start their run towards the state tournament this year. The team faces a difficult challenge each year, without a youth program in town this is many of the girls first experience with the sport.

The team ended the season last year with a losing record, but with returning All-Star Erin Foley and a junior-heavy team, they look to vastly improve this year and in years to come. At a recent captains meeting Coach Kate Casey had five juniors attend, although none have been formally named captains this shows her trust in their leadership. The team will be in good hands no matter who is named captain. Coach Casey should have a great season ahead of her. Regardless of their losing record last year the girls on the team all had a great time.



Baseball



The baseball team is coming off of a strong tournament run last year which included a extra inning thriller at Rockland under the lights against Westwood; many people regarded it as the best baseball game they've ever seen. This year they are looking to repeat and surpass their run from last year.

With returning starters Matt Whalen, Bryan Dwyer, and Jake Quinlan the team will look to make a run toward the league championship and beyond this year. The baseball team lost some key spots in the infield which will not be easy to replace. With the absence of the three year starting catcher Nate Littman, Scott Jansen will have an opportunity to fill his shoes. The whole right side of the infield is going to be new faces, with the graduation of first baseman Tyler Peraksalis and second baseman Jack Malafronte, not to mention the team is also losing their ace from last year. Without Mike Walsh on the bump, Quinlan and Whalen look to pick-up just as they left off. (Quinlan's last appearance of 2013 was his 4 innings in relief in the playoff game at Rockland where he picked up the W in the 9th)

With the absence of these key leaders the baseball team looks to experienced junior and seniors. With a combined JV record over the last two years at 35-3, the players moving up to varsity know how to win. Seniors and juniors moving up looking for a starting spot include, Scott Jansen, Sean O'brien, Vinny Picardi, Joe Marella, Cam Mariani, Cole Jansen, James Landers, Owen Leary, Brian O'donovan, Aidan Cawley and John Kearns. While this team looks inexperienced on paper, the talent between them should be enough to compete for the league. Playing together for many years this team has a lot of chemistry together, and is looking for another South Shore League Title.



Softball

After coming off a strong season last year, the girls softball team looks to repeat strong performances in the South Shore League. The team graduated 5 seniors and all 5 of the seniors are big roles to fill. This year the team is looking to younger players to strengthen their lineup and return to the state tournament. With more first year players than returning players on the team this year, the first days of tryouts were used to find out the strong suits of the new players and to find a way to succeed with of them.

Replacing the solid fielding of catcher Haylee Rogers, third baseman Steph Cornish and shortstop Mackenzie Gillis will be difficult for the team this year. The team also graduated All-Star center fielder Alicia Reid. The returning players consist of senior Samme Thompson, junior slugger Amanda Doherty and junior outfielder Victoria Chiochio. They are also returning their entire pitching staff. With this experience coming back to the team, and an infusion of youth they hope to contend with all of the teams in the South Shore

Frisbee



The Ultimate Frisbee team is coming off of a strong season last year finishing in the top ten teams in the state. They also graduated most of the team from last year and are returning only three players to the A team or varsity team. The B team, or the JV team had success last year and these younger players should step into the roles of the graduated seniors. There is no South Shore League for Ultimate Frisbee, so the teams that they play are largely private schools or schools that are not part of the South Shore League. Some of the teams that they play are B.C. High, Xaverian, Somerville and Sharon.

The Frisbee team will host their own tournament in May along with competing in the Andover Invitational tournament and the state tournament at Fort Devens in June. The tournament that the team is hosting will be held on May 10th and will be an inexperienced player tournament. The Major League Ultimate team, the Boston Whitecaps will be in attendance at this tournament. The Ultimate Frisbee team unfortunately opened the season with a 14-8 loss against Bridgewater Raynham.

Track

This year's track team looks to set some records during the 2014 season against some of the league opponents they will face this spring. There are some serious competitors on the Abington team for both the girls and boys. The captains of the teams are; Max McNulty and Ryan Mariano for the boys team, and Marianna Porcello, Abigail Magnussen, and Kim Reid for the girls.

Last year the boys team was heavily led by senior captain David Manzo who led the team with points, including a twenty point meet. Additionally he placed first in all four of his events. With big shoes to fill the team is looking for new faces to step up and take charge. Nick Sideropoulos plans to come out of the gates strong this season and is hoping to beat his personal record in the 400 meter hurdles this year. When asked if there were any hidden gems this year, captain Ryan Mariano said that he, "expects a lot from newcomer Dexter Chevallier a strong junior who should do well in the throwing events. We have a lot of individual talent this year, the key will be getting everyone into the right events." Some new faces to look for this year include sophomores Shawn Donovan and Pat Callanan. Returning seniors include; Stephen Bunszell, Aric Brack, Mike Donaher, TJ O'Donovan, Garrett Hall, Max McNulty, and Ryan Mariano.

The girls track team, coached by Steve Schlicting, hope to do well this upcoming season. Molly Atkinson and Alexis LaPointe are some young talent to keep an eye out for. Both did very well in their events last year, and look to make repeat performances. The general attitude this year has been very positive and Kim Reid hopes to make an impact as a junior captain. As a young captain Kim thinks she was set apart from the rest of the people in her class because she is willing to do any event for the good of the team. The returning seniors are Marianna Porcello, Abigail Magnussen, and Melissa Imrie.

With a cold start to the season it has been difficult to see where athletes stand. The coaches are hoping for some good weather throughout the rest of the season.

Tennis

The Girls Tennis team is returning 4 seniors to the team and is looking for a successful season. This year's captains will be Leighann Healy and Christina Howe. The team opened their season with a hard fought loss to Carver. They bounced back in the second meet with a 5-0 sweep of Whitman Hanson. Leighann Healy, who is a four year tennis player, will be playing in the 1st spot for the team to start the season. She is looking to improve on her season last year and strive to be a strong leader on the team and have great success. Alyssa Devlin and Kim Phan will round out the singles players. Allesandra Vento and Katie Griggs are slotted as the first doubles with Christina Howe and Theresa Do filling the second doubles pairing.



College Frisbee Athletes

By: Alex Nagle

Being a college athlete is not an easy task to accomplish. An athlete has to excel in high school athletics and then stand out from all of the rest of the players who have also excelled. It takes a lot of hard work and dedication to reach that level of athletics.

The past spring sports season the Ultimate Frisbee team was successful finishing in the top ten teams in the state in the Division 1 state tournament. The team also graduated 27 seniors. Seven out of the 12 seniors went on to play in college. The players who are playing in college have been successful so far in their fall seasons. Also, many of them are travelling with their teams to Georgia to play in a tournament over their spring break.

I spoke with a few of the alumni who play ultimate Frisbee in college and they elaborated on their experiences as players and students in college. Compared with the other student-athletes, John Leblanc, who plays UMASS Dartmouth said that his schedule is a lot more lenient than some others and his schedule consists of games only on weekends. Brendan Merrick, who plays at Villanova said that his schedule consists of practices three times a week and a workout once a week. He compared his schedule to other club teams that are at Villanova whose schedules are similar to his. Both of them agreed that it is not an issue to find time to play Ultimate Frisbee as long as you manage your time well. John said that scheduling classes around practices is the biggest issue, and if you have an exam then you can tell the captain or the coach and be excused to show up to practice late.

Along with answering questions about school and sports in general they answered questions about the game itself. Brendan said that the most noticeable difference between high school and college Ultimate is the emphasis on not turning the disc over, the teams are better and will score easier than in high school and they will take advantage of the turnovers. John referenced a specific offense as the biggest difference between the two saying that it tends to work better overall and creates more mismatches. John told me that the split of players who played in high school to new players is about 50/50. But he also said the benefits of playing in high school are very noticeable, the players who have experience know the game more and can execute far better than the newer players. Brendan said that the new players tend to play the cutter, or receiver position because of their athleticism and the players with experience tend to handle, or throw more because they have more experience throwing.

The college Ultimate Frisbee season consists of mostly tournaments. Brendan elaborated on the differences of high school and college tournaments. He said that it really depends on the tournament, some of them are more laid back and others are less organized than high school tournaments. High school tournaments are run by USA Ultimate, which is the governing body of Ultimate Frisbee in the United States. The college tournaments Brendan referred to were run by the school that hosted the tournament. John agreed with Brendan in saying that the tournaments depend on the level of competition as to how serious that they are.

Mr. Scott, the Ultimate Frisbee coach, has worked hard to bring the sport of Ultimate Frisbee to Abington, providing students an opportunity to participate at the high school level and beyond.



College Freshman Brendan Merrick is currently playing at Villanova University. He intends to play throughout all four years of college. He wished the team this year good luck in their endeavors.



John Leblanc is currently a freshman at UMass Dartmouth, playing on the ultimate Frisbee team. He played at Abington high school for four years and has been doing well thus far in the pre season for college.

Boys Basketball Recap

After a devastating loss to Canton in the first round of the state tournament last year, the boys basketball team looked to make a strong run in this year's tournament. With the return of two starters, younger faces were looked upon to take over some key roles. Under the leadership of the senior Tri-captains Vin Picardi, Ryan Mariano and Alex Nagle, the boys team lost some close

games in the South Shore League. They ended with a league record of 6-10.

Next season the team looks to bounce back after a missed opportunity this year. Next year filling the shoes of the three seniors will not be easy. With returning starters junior forward James Landers and leading point scorer the junior center Luca Ceresani, look to take the team to the tournament. Players

such as junior power forward George Cellini and sophomore guard Shawn Donovan had major contributions last year. Players which contributed some this year look to grow into starters and lead the 2015 team into the tournament.



JV Boys Basketball Sweeps Tourney

The JV Boys Basketball team hosted their own tournament at the end of the season this year to raise money for the Sgt. Vasselian Memorial Fund. The team raised a total of \$242 dollars over the two day tournament. The teams in the tournament were the JV teams from Rockland, Hanover and East Bridgewater. The Abington team first played East Bridgewater, who is coached by Abington

High Alumni James Smith. Abington then advanced to the finals against the Rockland JV team. The game between Rockland and Abington was an overtime thriller that ended with Abington winning by 1 after Dennis Cummins hit a 3-pointer with 4 seconds remaining. Dennis had previously tied the game with 4 seconds left in regulation. The JV team finished the season 18-4.



Sophomore Derek Hall crossing over during a JV Boys Basketball game this 2014 season.

The spring sports teams are in good hands this year. Along with having great coaches all of the captains are on board for a successful season. All of the captains met with AD Serino and AAD Casey on March 24 to discuss the seasons ahead of them.

Some major themes this season will definitely be communication. During the meeting everyone went around the room and discussed

good and bad things that their previous captains did. Some of the more memorable topics that were discussed were how important communication is. Coach Casey agreed that being able to communicate with both players and coaches is an important role.

Without this connection the coach can often be left in the dark and not know what is going on with their team.

Captains Meeting

When good communication is established a level of trust is built. This is obviously a difficult act to balance, but the coaches are sure that their teams are in good hands, otherwise they would not have selected the leaders they did.

The captains also discussed the importance of involving underclassmen in the program. They referenced how rewarding it was, on and off the court, in previous seasons.

Spring Captains:

Boys Lacrosse:

Ray Emery, Brian Curran, Jason Halpin

Girls Lacrosse:

TBD

Frisbee:

Alex Nagle

Baseball:

Matt Whalen, Jake Quinlan, Brian Dwyer

Softball:

Samantha Thompson, Victoria Chiochio, Megan Kelly

Boys Track:

Ryan Mariano, Max McNulty

Girls Track:

Abigail Magnussen, Marianna Porcello, Kimberly Reid

Tennis:

Christina Howe, Leighann Healy, Kim Phan

March Madness

This years March Madness volleyball games were a huge success. "G-Unit" took the top prize by beating "Sets in the City" in a best of 3 championship series. Both teams put up an excellent fight and it came down to the last game. Some serious effort was put in by Robert McClafferty who tallied multiple spikes in the series. His team's brute strength was could not be matched by "G-Unit's" teamwork. They pulled together and were able to win the last game taking home the championship.

The senior class hosted the games, and the class officers provided this statement when asked about the tournament, "We thought everything went as expected, and we would like to thank Ms. Pflaumer, Mr. Talbot, and Ms. Langer for their cooperation and help with the entire process." There were 13 teams in the two day long tournament, 8 of which advanced into the second day.

The first day consisted of round robin play within each of the three respective brackets. The first and second place team moved on to the next day, along with a wildcard team. The next day was playoffs which consisted of another day of round robin and then a best 2 of 3 championship. Congratulations to "G-Unit" for winning the tournament.



Photo credit goes to MS. Pflaumer for all March Madness pictures.

Meet Coach Perakis

Where did you play high school and college baseball? What position did you play?
I played high school baseball here at Abington. I moved on to play at Massasoit for two years and then Salem State for two years. I played mainly centerfield, and usually batted 1st or 2nd in the lineup.

What is your favorite part about baseball?
I have always loved the game of baseball, even from a young age. I love coaching, specifically the strategy involved in getting my team into the position to win.

Who is your favorite professional athlete?
My favorite athlete was Larry Bird when I was younger, he always did whatever it took to win, and he was a great role model.

What are you most proud of in the athletes at Abington High School?
I am most proud of the support that is given to the athletes here from around the town, and how hard they work to make this support something tangible. They are always grateful for the support that they get from the community, especially the fundraising and filming of the games. The appreciation that the players show is something I will always be proud of.

What is your expectation for the team this year?
I want my team to be better than we were at the beginning of the season. We hope to make a run at the South Shore League, and also qualify for the state tournament.



Quote of the Month

“One man can be a crucial ingredient on a team, but one man cannot make a team.”

– Kareem Abdul-Jabbar

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Student Athlete's of the Month (January)

Joe Marella is a senior captain of the golf and ice hockey teams as well as a member of the baseball team. Joe has maintained high academic standards throughout his four years at Abington High School, ranking at the top of his class and he achieved high honors this past semester. Joe helps to tutor his younger teammates both in the game of hockey, and in their academic subject areas.

Throughout this season Joe led the offensive attack for the Green Wave and put them in position for a deep run in the State Tournament. Additionally Joe reached the 100 point total for his career during the month of January. Joe's consistency on the ice has been instrumental to the hockey teams' success. His leadership on, and more importantly, off the ice has allowed the Abington Hockey team to flourish after their separation from the Abington/East Bridgewater co-op team.

Ice Hockey Coach Brian Smith notes, "Joe Marella has been a consummate leader for our hockey team, whether by title or by action since his freshman year. In my opinion, his work ethic both scholastically and athletically is second to none. It has been an absolute pleasure and honor to have shared the past four years with him."



Alyssa Devlin is a sophomore at Abington High School and a member of the soccer, basketball and tennis teams. Additionally Alyssa serves as her class treasurer, member of the Student Athlete Advisory Council, YouLead, Peer Leaders, Math Team, Green Wave Gazette and is a wellness advisory student rep. Alyssa also attended the National Academy of Future Physicians and Medical Scientists in Washington, DC. She consistently finds herself on the honor roll. Alyssa achieved high honors this past semester demonstrating a commitment to academics in addition to her involvement in several clubs and activities. Alyssa has quickly developed into a leader in the AHS community and beyond, despite only being a sophomore.

Alyssa began the winter season as a member of the JV girls' basketball team helping lead the young team as a captain in her second year. Throughout the season Alyssa made her first career varsity appearance and scored her first varsity points. This fall season she was the starting goalie on the girls' soccer team, and last spring was named the most improved player on the girls' tennis team.



Alyssa's commitment to academics and co-curricular activities demonstrate the well rounded student athletes of Abington High School. Throughout her two years at Abington High School Alyssa has embodied the pillars of the Abington High School Athletic Department. We look forward to sharing in Alyssa's continued success in the classroom, on the fields and in the greater school community.

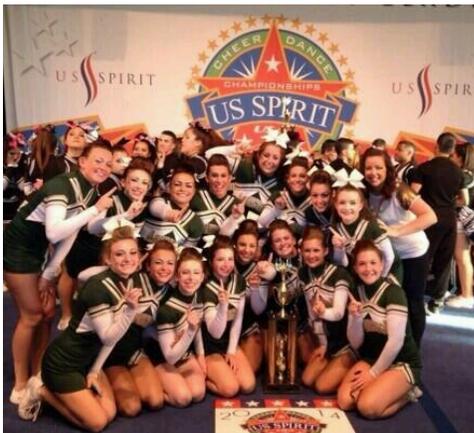
Sam's Words of Wisdom

Sam Malafronte's Words of Wisdom:

As summer approaches, guys and girls try to get their beach bodies back into form. Do not make the mistake of lifting too heavy. Form is key when lifting weights. From doing crunches to squats, how much you lift is not as important as how well you lift. Along with having good form in the weight room running is an important ingredient to getting the figure they desire. Getting out on the streets, or even heading to the treadmill can help people lose some extra weight and round into shape. The last important ingredient is eating healthy. Most people do not think of this to get stronger and have flashier muscles but having a proper diet can really help. Having a mix of protein and important vitamins helps give you the energy to get to the gym and get that summer body back.

Cheerleading Recap:

The cheerleading team this year has impressed everyone. After months of hard work the cheerleaders earned a national bid for a tournament in Florida. The team left March 27th for Florida in order to compete in the National Tournament. Members include: **Christina Antonetti, Melanie Beaver, Claudia Barrett, Marina Brennan, Julia Cabral, Jessica Kelly, Molly Donovan, Emily Loring, Makenzie Gardner, Ashley McCabe, Caitlin McDermott, Olivia Maly, Abbi Rickitson, Alanna Siegal, Jenna Sullivan, Angela Varney, and Jenna Warsheski.** The team, coached by Kim Hicks, competed over this past weekend. Everyone here at the Athletic Department is proud of their achievement. The girls placed first nationally, in their division making them US Spirit National Champions.



Girls Basketball Recap

It is needless to say that Abington ran through the South Shore League causing havoc wherever they went. The Lady Wave ended the regular season with a record of 19-3. This was an impressive feat for a team who had just graduated 8 seniors, one of which was 1000 point scorer Amanda Hawkesworth.

Instead of worrying about what had happened the girls team decided to put the past behind them and work with what they had. What they had was a team of players who wanted to be there every day and work hard to better themselves.

The team rallied behind senior Captain Samantha Thompson for emotional leadership. She was a levelheaded player on the court and always knew what to do. The girls had a deep bench and significant contributions were made from everyone on the team. The starting line up was generally; Maura Hurly, Erin Foley, Samantha Thompson, Jenny Worden, and Sydney Hamilton. The team was able to earn three All-Stars, Samantha Thompson, Jen Worden, and Erin Foley. Samantha Thompson averaged 9 points per game and was a huge part of the Wave's team defense. Erin Foley was a huge part of the team's offense dishing the ball off for assists and running the point guard position with confidence. Jen Worden was the team's MVP and averaged 18 points per game, as well as being in for most of the game.



South Shore League All-Stars

Girls Basketball:

Sam Thompson

Erin Foley

Jenny Worden

Boys Basketball:

Alexander Nagle

Hockey:

Joe Marella

Jake Quinlan

Chris Fay

Cheerleading:

Olivia Maly

Marinna Brennan

Ashley McCabe



The boys hockey team this year had a very successful season. After coming down to the last few games to qualify for the state tournament, the team's success took off.

Abington took on Lowell High School at Rockland Rink on February 17 and with a penalty shot in the third period junior all star Chris Fay netted the eventual winning goal. Abington beat Lowell 3-2 for the win and also qualified for the MIAA tournament. With two games left in the season the Green Wave faced an opportunity to rise in the standings and hopefully receive a high seed in the tournament.

The following game Abington took on Quincy High School and quickly jumped out to a 6-2 lead, led by Fay's hat trick. Quincy had a furious comeback late in the third period to tie the game up 6-6 for a final score. After a tie to Quincy and another point added to their total the Green Wave took on the powerhouse in the south Hanover High School. In the regular season finale Abington lost 5-0 to Hanover.

Coach Brian Smith rallied his troops for a hopeful tournament run. Abington drew the 16 seed in the tournament. Abington was matched up against number 17 seed Attleboro which plays a majority of division 1 and division 2 teams.

That Friday night at Gallo Ice Arena was what most people remember as the Jake Quinlan Show. After falling behind 1-0 to an early power play goal by Attleboro it was all Green Wave from there on after. The three time all-scholastic senior Jake Quinlan netted 4 goals which proved to be enough for the Green Wave as they walked away with the 6-2 victory. Senior assistant captain Joe Marella ended the game with 4 points (1 goal, 3 assists). Quinlan not only scored a couple goals he also won the battles in the corners and was laying the lumber all over the ice. Quinlan was a man amongst boys on that night. Next up on Abington's radar was Cape Cod Tech.

The fans piled on the busses for this game and traveled down over the Sagamore to watch the Green Wave come out on top once again. Facing the number 1 seed Abington proved to have what it took. Four minutes into the game the score was already 3-0 Abington. Marella got off to a quick start and netted 2 early, and sophomore Marcus Little chipped in another within the first couple minutes. The second period started off the same the first did; with Marella scoring 2 more quick goals. One goal being a slap shot from the point the other on a breakaway. Abington led 5-1 mid way through the second Stone cold goaltending from junior Mike Morse kept the opponents score to zero until late in the second when Cape Cod Tech put a power play goal in. Marella saw this as a threat and bounced back quickly with another goal in the second to give Abington the 6-1 lead. Marella added one more for his sixth of the night just for the heck of it to give Abington the eventual 7-1 victory.

Abington's next opponent was the number 8 seed from the South Shore League Hull/Middleboro. Quinlan's blast late in the 1st was deflected by sophomore Marcus Little to give Abington the 1-0 lead. Starting the second period on a 5-3 power play Hull/Middleboro netted one to tie it 1-1. Mid way through the second the senior tandem of Marella and Quinlan realized they needed another. Quinlan gave a nice feed to Marella who hit it home and Abington was up 2-1 in the second. Marella got one more on a shorthanded breakaway to give the Wave a 3-1 lead. Abington got another deflection from Little and then an empty netter from Marella to lead the Green wave to a 5-1 victory. Abington's next opponent lined up to be the powerhouse Hanover, which had given Abington difficulty in the prior two meetings.

It was all Hanover, all game in the quarter final game. Hanover ended up putting an end to the Green Wave's run with a 7-3 victory. Although having a devastating loss, the Green Wave's memorable season can not be forgotten. Abington ended up matching the farthest a hockey team had ever went in the tournament.



AHS Athlete Favorites

Name	Sport	Favorite Song	Favorite Teacher	Favorite Pro Athlete	Favorite Food	Favorite Pre-game Meal	Future Plans
 Victoria Chiocchio	Soccer, Softball	Hold Yuh Remix-Wale	Mr. Holzman	Alex Morgan	Buffalo Chicken Calzone	Anything	Go to college for physical therapy, play soccer or softball
 Brian Curran	Lacrosse	No shoes, no shirt, no problem—Kenny Chesney	Mr. Holzman	Brad Marchand	Mom's home made chicken parm	Kraft mac and cheese	Go to UNE and become successful
 Erin Foley	Cheerleading, Basketball, Lacrosse	Play it Again-Luke Bryan	Mrs. Daisy	Zdeno Chara	Chipotle	Pasta	Graduate from college and have a successful career in what I do
 Alexis La-Pointe	Soccer, Track	Anything country	Ms. Giles (8th Grade)	Kristine Lilly	Tacos	Pasta with bread and butter	Go to college, I am undecided on a major
 Matt Whalen	Football, Baseball	Into the Mystic-Van Morrison	Ms. Lewis	Herschel Walker	Adrienne Whalen's lasagna	Small sweet onion chicken teriyaki from subway	Attend Holy Cross, I would like to focus my studies in business