



NORTHWESTERN REGIONAL SENIOR ATHLETES



Baseball



Golf



Softball



Tennis



Track & Field



Baseball: The Highlander Baseball Team of 2019 was one of the most outstanding teams in recent school history. The 2020 team was set to make its own mark and add to the long list of Berkshire League Champions.



Drew Warren - Drew is the best player in the Berkshire League. He was an Allstate selection as a junior and a Berkshire League All-star twice. He has been a varsity starter since his freshman year. He is a true five tool player. He hits and hits with power, has speed, has a strong arm, and is an excellent center fielder. He has also dominated in his role as our number one starting pitcher. He carried his team to one of the most satisfying victories in a long time, a 4 to 2 win over Shepaug to win the 2019 Berkshire League crown.



Levi Delaney - Levi always competes. He has been a varsity starter since freshman year. He is one of the captains for the 2020 team. He is always in the middle of the action. Levi is always consistent, always smart on the field. His teammates love Levi.



Garrett Austin - Garrett is one of the team's hardest workers. His hard work has paid off on the field. His bat and arm have made him a key component of the team's success. As a captain, he is a great role model for the younger players.



Luke Green - Luke's versatility makes him a valuable member of the team. He is a solid defensive first baseman and a strong pitcher. His junior year saw Luke come into his own at both positions. Luke has always been a good teammate and his leadership led his team to select him as a captain for the 2020 team.

Golf:



David Bunch - David was a member of our Golf Program for the past two seasons, and while he was looking forward to contributing in the 2020 season, his development as a golfer cannot be questioned. David never gave up or gave into golf's frustration, but his drive to always improve, and his pleading for, "just one more shot" shows that he was ready to take his game to the next level.



Jack Jerram - Jack played on the Varsity Golf team for what would have been all four of his seasons at Northwestern. Jack's complete, albeit quiet, demeanor helped lead the Northwestern Golf team to winning records over the past three years, State Tournament births in the last two seasons, and Jack was able to individually qualify for the Berkshire League All Star tournament for the past two seasons. Jack had lofty goals heading into the 2020 golf season and there is little doubt that he would have excelled at each and every one of them. Jack's talent, leadership, and ability to fall asleep on any bus ride will be missed!

Softball:



Laura Klimkosky - Laura has been a solid outfielder for the varsity softball program for the last two years. She is a committed and dedicated student athlete and has made some amazing plays in the outfield, which saved many games and innings. Laura is a positive, determined softball player and always promotes the values of sportsmanship, ethical play in competition, and commitment to her team. Best of luck, Laura!



Anna Landi - Anna is a quiet, petite ball of fire! She is willing to do whatever I ask of her. Anna has worked diligently on her pitching and is now a steady pitcher and infielder with a lot of speed on the bases. Anna is kind, competitive, and receptive to feedback. It has been a pleasure to watch Anna develop confidence and leadership skills throughout her high school career. Best of luck Anna!



Jana Sanden - Jana is a poised four-year starter in the infield. She is one of the most talented and self-motivated softball players to play at Northwestern. Jana is a coach's dream! She is coachable, competitive, and leads by example. Jana is compassionate, hardworking and dedicated to the sport of softball. She always has a smile and giggle to share with everyone. Jana will continue her softball career at UCONN! Best of luck Jana!



Amanda Spielman - Amanda is a team player. She never complains about splitting time behind the plate with other catchers. Amanda is versatile and willing to try other positions – first base, second base, where ever she is needed. She leads by example both on and off the field. Amanda gives 100% at every practice and pours her heart into every game, supporting her teammates and cheering them on on the side lines. Best of luck Amanda!

Tennis:

Boys:



Aiden Bannerman – Aiden has been a dedicated team player and captain. His desire to improve, paired with his competitive drive, makes him stand out as both a person and a competitor. He is considered to be one of the strongest doubles players in the league, and a huge asset to our team. There is no doubt we will miss his contributions next year, especially his focus and perseverance.



Chase Sanden – Chase's strong athletic background served him well as a tennis player. His throwing action translated perfectly to his service motion, resulting in one of the best serves in the league. His competitive spirit was well tempered by his sense of humor and easy going demeanor. As one of the strongest doubles players in the league, he will be missed next season.



Noah Hastey – Smart, pragmatic, and funny, Noah always set a great example of how to be a great leader and team player. His willingness to work hard on his game resulted in his ascension to the #2 singles position, where he mastered the swing volley. As a captain, he is encouraging but expects effort. We will miss his leadership next year.



Asher Kreske – Asher's joy for life is contagious. He always has a joke, even at the most serious of times, which reminds us all not to take ourselves too seriously. This perspective makes him both fun to be around, and to compete with. When he competes, he is observant and analytical, and is great at figuring out exactly which strategy will be most effective. Next season just won't be as much fun without him.



Justin Lucas – When it comes to absolutely crushing the ball, Justin is the person to see. As a competitor, he is fearless, thoughtful, and persistent. His offensive style of play is both effective and fun to watch, and his dedication to self-improvement is inspiring. We will miss his massive forehand and serve next year.



Nicholas Parente – Nick is one of the best competitors we've had on the team. He understands what he needs to do to get the job done, then goes out and works for it. He's made tremendous progress on his game last year, giving rise to great postseason performances. His determination and hunger to succeed is inspirational, and will be greatly missed next season.



Nathan Sterry – Nate joined the team last year, but has had a positive impact on the group in that short amount of time. He quickly won me over with his desire to learn the game, as well as his coachability. Nate's attitude and dedication to the team have been invaluable, and will continue to allow him to grow quickly as both an athlete and a person. We'll miss you next season, Nate.



Jason Heath – Jason comes to the court with a great personality and sense of humor, and his love of the game is infectious. He is eager to improve, willing to take chances, and happy to laugh off the mistakes. He's an absolute blast to be around. As a teammate, he goes the extra mile – we have been lucky to have him on the team. We will miss him next season.



Patrick Place – Patrick’s calm, but focused demeanor, is always a pleasure to have on court. His willingness to learn makes him extremely coachable, and easy to work with. The combination of his observational skills and intellect have given him the ability to learn quickly, setting a great example for his peers. Patrick is also a great team player, and just a great person. He will be greatly missed next year.

Tennis

Girls:



Lillian Beeman – If ever there was an athlete who tried her best, it was Lillian Beeman. Her attitude and effort wore that learning curve down. Proud to be her coach.



Beth Christensen - Such effort and so genuine. Always offering to help. What a gift you are Beth. Your resilient spirit defines you. Whatever your path leads, take your racquet.



Ryleigh Estep - Ryleigh is a great team player, improved each time out on the courts, and was able to keep the proper attitude at all times. Coaches dream come true. Go get em Ryleigh!



Madison Harwood - Your competitive spirit was a blessing and so appreciated. Moving your feet, the icing on the cake. Thanks for helping us get to States. Wherever you go, go with all your heart and take your tennis racquet.



Georgia Miller -You always played better than you thought, kept the focus on tennis, and were a great asset to the team. You made me look good as you improved year in and year out. Take the world by storm, Georgia.



Lauren Viets - Focus, effort, and a wry sense of humor. Thanks for giving it your all. We made it to States a few times, what more can a coach ask for? Shall miss you Beets. The world is your oyster.

Track and Field:

Boys:



Zachary Barown – Zach joined the track team as a junior and made an instant impact becoming a significant part of the middle distance and sprint corps. No small feat as these are very different disciplines, but not a problem for someone also training 20 hours a week on the soccer field. Zach was and would have been a member of the 4x100 relay team and the 4x800 relay team each with a chance to break our school record. He was also a solid member of the 4 x 400 relay team the most exciting event in Track. Zach will take his speed and stamina to Emmanuel College where he will be a member of the Soccer team.



Sloan Daley – Sloan followed in his older sister’s footsteps becoming one of our more solid throwers in his 3 years on the track team. Always willing to express his opinion he has steadily accepted the advice of coaches over the years and has become one of our go to shot put and discus throwers. Sloan was coming off a solid indoor track season where he spent a lot of time in the weight room and improved his shot performance greatly. He was going to be leaned on this year as our outdoor team is thrower heavy and he would have been looked to for leadership with the young throwers.



Ayden Fritz - Ayden is the returning Berkshire League Champion in the triple jump and would have been one of the top jumpers in the state this year. He is also one of the best sprinters in the Berkshire league and would have been a member of the 4x100 relay team that was in place to break the school record in that event. Ayden has a natural bounce and explosiveness, but also works hard on refining his technique to make him a special athlete. Ayden will attend Sacred Heart University where he will compete on their NCAA Division 1 Fencing team.



Nathan Garala- Nate has been a member of the thrower corp. since freshman year when most of the senior throwers could throw him farther than he could throw a shot. He has been a devotee of the weight room while lifting for football and has made himself into one of the best returning shot put throwers in the Berkshire League this year. As a junior he had a break out season and made his mark on the league throwers and Coach Burch, Coach Tellier and I were looking for great things this year. Nate was a solid leader on the team and would have been expected to pick up the mantle as a Captain in this his senior year.



Shawn Hardy – Shawn is new to track and field and we are really going to miss being able to watch him grow into the long sprinter that he was becoming in the indoor track season. Shawn had a solid season in indoor track, his first as an athlete here at Northwestern and became an indispensable part of the 4x200 and sprint medley relay teams that competed at the state championships indoors. Shawn never complained about the soreness after workouts and did whatever I asked getting better every day during the indoor season. We expected big things from Shawn in what would have been his first and last year as a Northwestern track athlete.



Nick Janco – Nick has been off and on the track team for 4 years, some years a job gets in the way and some years an injury. He had a solid sophomore year as he became a hurdler and jumper. We expected big things from an athlete with a lot of bounce. Junior year, while trying to juggle a job, police explorers and track he injured his knee and missed the entire season. We were hoping senior year would be the one that Nick put it all together.



Jeffrey Makowski – Jeff has been a member of the track team for four years and has been a thrower in all of them. Jeff came to us as a freshman following in his big sister's footsteps. He quickly decided while she was a hurdler and pole vaulter he would be a thrower; did I say he was small. Oh yea he was not small compared to other freshmen, but he was small compared to other throwers. Jeff persevered and as a junior had a pretty good season on the throwing corp. He would have been expected to compete at a high level in the league as a thrower this year.



Joshua Mangini - What can I say about Josh, he is the heart and soul of the middle distance team. He started on the track team his freshman year following his big brother who was senior on the team. He had injuries and worked hard to overcome them, but wanted and needed to be a more significant part of the team. So he tried the javelin, actually he tried all the throwing implements, but since he weighed about the same as a shot put he quickly settled on the javelin where he became one of the better javelin throwers in the Berkshire League helping the team to win a BL title in his freshman year. Josh started to really make a name for himself in his junior year where he took on the role as the undisputed leader of the middle distance corp. He was always willing to do whatever was necessary for the team to win so he participated in almost all the track events, but set the school record in the 2 mile and ran one of the fastest times in the country in the 5000 meters as a junior. Josh consults with me on all middle distance workouts and is truly a running junkie who knows and studies the sport. Josh would have been leaned on to lead the track team to another League Championship, his 4th. He is a very good athlete who will take his prodigious talent to Moravian college where he will be expected to make an instant impact in the fall.



Ashton Morrell - Ashton is a thrower who is just reaching his potential as a track and field athlete. He swims 12 months a year and has become a powerful athlete cross training in this way. He was steadily improving and would have been expected to be one of the better throwers in the Berkshire League this year. Ashton demonstrated a willingness to work hard that would have led to a break out season this year as a senior. His infectious goofball spirit has been a great addition to the team.



Cameron Mulligan – Cameron, has been a valuable member of the track team for three years, he is willing to do whatever it takes for the team to win. A true team player he has worked tirelessly on becoming a good hurdler, not because he had a natural ability for the event, but because the team needed a hurdler. He has been a member of the 4x100 relay team and this year would have challenged the school record and been one of the best in the league. Cameron is a committed and focused three sport athlete who puts a face to the concept of the consummate high school athlete. Cameron would have been expected to be a captain on this year’s team using the leadership skills honed on the football and basketball teams.



Austyn Neher – Austin has had three injury plagued years on the track team. He is a great team-mate who has worked hard in between injuries at becoming a valuable member of the team. Last year he sprinted, but in the past he has tried jumping and throwing, all in an effort to do what he thought the team needed to win. Standing at the finish line working a watch, you always know that Austin is racing as his teammates lead the cheer of “Otis, go Otis” which always brought a smile to my face no matter how well he raced.



Jaiden O'Meara – Jaiden has been on the track team for 3 years and has dabbled in sprints (running the 400 as a freshman) the jumps (long and triple jumps as a sophomore) and finally found his place as a thrower his junior year. Jaiden was just coming into his own as a thrower last year and I know that Coach Burch and I expected big things from Jaiden in this his senior season.



Morgan Ossolinski - Ozzie, was returning to the track team after a year off to focus on football. Morgan had made himself into the linemen he needed to be on the football team and I was looking forward to see what a year away in a weight room was going to show us on the track and field team. He is big and strong and would undoubtedly been a very productive member of an already dominant throwing corp.



Dylan Philips – Dylan followed his older brother onto the track team as a freshman, but quickly demonstrated that he was a different sort of athlete. Dylan poured himself into the hard work that a weight-room challenges you to perform and became a solid thrower on the team getting bigger and stronger as the years went by. Dylan was comfortable out of the spotlight, yet he was still leaned on to be a big performer when it counted and a tireless cheerleader for his fellow throwers and runners. The last few years, Dylan has missed the first day of practice because he was running in a road race for charity. He was always responsible enough to communicate this with me and to make sure he had enough practices in before our first meet. I always threatened(joked) that I was going to run him in the 2 mile because of his road race performance. Alas, I will not get the chance.



Scott Swanke – Quiet, focused and dedicated Scott has been a foundational member of the throwers corp. since his freshman year. He has worked tirelessly to become one of the best Discus throwers in the Berkshire league. Having surgery on his right wrist his junior year, just when he was starting to become one of the better shot put throwers in the league, he nonetheless persevered to help the team win the third Championship in his three years. Scott is detail oriented and loves to break down the throwing technique into the tiny bits of footwork and choreography which makes a good thrower.



Justin Tatsapaugh – Justin has had a great four-year career as an athlete here at Northwestern, playing soccer for 4 years and indoor track for four years including as Captain in his senior year he non the less has made his biggest mark on the outdoor track team. Justin has been one of the best hurdlers, both 110 hurdles and 300 hurdles, as well as a solid

performer on the 4x400 relay team and really had put himself in a position to be a league champion in that event. Justin is an enthusiastic teammate who cheers for every member of the team whether they are winning or losing their race. Justin's valuable leadership experience from the indoor track season would have been a big part of a fourth straight championship team, all earned while he was a valuable varsity member.



Brian Welcome – Brian was another member of the legion of junior throwers we had on the team last year. He was doing track for the first time and he fit right in with the throwers. Brian was a good teammate who was there to help Coach Burch and Coach Tellier when we had a home meet even when it went late into the evening. He would have been expected to be a competitor in the throws this year.



Frederik Wierdsma –Ryker joined the track team to get faster for soccer, his true passion. He did not, however, put Track in second place during the season. He worked hard at getting stronger and faster and also embraced the role as the best teammate ever. Ryker was working to get faster and in that way became a valuable member of the track teams that he helped win league championships. Ryker is just as likely to cheer on his opponents and in that way exemplify the highest level of sportsmanship. He is a true teammate and a true opponent and really understands what sports mean in all of our lives. Ryker will take his talents to Dean college next year to play soccer.



William Wysocki – Will has steadily become one of the finest sprinters in the Berkshire League. He has found his calling as a long sprinter running the 400. Will is coming off an extremely successful indoor track season placing 3rd in the 300 at the state championships setting a school record in the process. He is the best returning 400 runner in the BL this spring season. Will also anchors the 4x100 and 4x400 as well as being one of the best 200 meter sprinters returning in the league. Will has also developed into a solid leader having experience as the Captain of the Indoor team and would be leaned on to lead the team to their fourth league championship in a row.



Ryan Valko- Ryan has been a sprinter and a thrower over his three years on the track team and whatever he does he puts his all into it, outworking anyone. Ryan will be playing football at Castleton State University in the fall and

taking his speed and strength onto the field. As a track and field athlete, Ryan was versatile having competed on the 4x100 relay team and having competed as a thrower. He has been a valuable member of three championship teams.

Track and Field:

Girls:



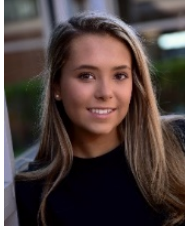
Kaylyn Avenia – Kaylyn has had a great three years on the varsity Track team, she is an excellent hurdler and jumper. She is one of the top hurdlers in the Berkshire League in both the 100 hurdles and the 300 hurdles despite the fact that they are two very different events. Kaylyn has also been a solid jumper for the team as well and brings a sunny smiling attitude to every day of practice and meets. Kaylyn is the first to help up a runner who has fallen and to console a teammate when something hasn't worked out on the track. Kaylyn was entering her senior year with a solid experience of leadership on the cheerleading squad this past winter and would have been looked to for leadership on this year's track team.



Allison Choquette – Allison is the reigning long jump champion in the Berkshire League and a solid Triple jumper. Allison had a solid chance to break our school record in the Long Jump this year and the 100 hurdles. She is the best 100 hurdler returning in the league this year. Allison would have been a member of the 4x100 relay team this year which would have been one of the best relay teams in the BL. A fearless athlete who will run through a wall to help the team win. Allison was the Captain of the indoor track team and would have been leaned on for leadership this year outdoors. Allison will be an instant contender in College next year representing Endicott College.



Skylar DiMartino –The reigning Berkshire League champion and school record holder in the Javelin and probably the best returning athlete in the BL this year. Skylar would have been a top contender in the League Heptathlon as she is very good in all seven events and excellent in a few of them. She is the top returning Heptathlete in the league. Skylar is also one of the top hurdlers in the league at both distances, 100 and 300. After a solid winter season as Captain of the basketball team she would have been looked to for senior leadership on this year's track team. Skylar is a contender at the state level and this athleticism and excellence will help her compete at the NCAA Division 1 level representing Merrimack in the fall.



Francesca DeSanti – Frankie is a member of the 4x100 relay team that would have contended for the BL title this year and has been one of the better sprinters on the team for a few seasons. Frankie took a year with the softball team but is expected to come back to the Track team and take her rightful place on the relay team. After a solid winter season as Captain of the basketball team she would have been looked to for senior leadership on this year's track team. I expect that Frankie will continue to run on her own as she attends Louisville next year.



Hannah Gibb – Hannah has been one of the best sprinters in Class M for the last three years and would have been expected to continue that as a senior. Hannah is the reigning league champion in the 200 meters. She also finished 2nd in the State in the 100 and 4th in the 200. She also was league champion in the 4x400 relay. Hannah brings natural speed with a work ethic and attention to detail that allows her to improve continually as a sprinter. Sprinting improvement is measured in hundredths of a second and requires a perseverance that is hard to maintain. Hannah has continued to persevere and was looking at a fantastic senior year. Not afraid of the 400 she had a chance to break our school record this year in that event. She will take her talents to Endicott College next year and team up with Allison as instant contenders in the college ranks.



Mackenzie Hein – Mackenzie has been a member of the jumping corp and a sprinter and for a short while a hurdler, but it is as a thrower that she has provided the most help for the track team. Mackenzie worked very hard at becoming a solid thrower on the track team and was looking for a break out season as a senior being one of the more experienced throwers returning in the Berkshire League. She is funny and smiling all the time and is a solid teammate always there to support anyone that is in need. We have a long list of former track athletes who have competed in track and field at Eastern CT State U and perhaps Mackenzie will be the next.



Casidhe Hughes – Casidhe is the reigning pole vault champion in the Berkshire League and brings her expertise to every meet and practice. Casidhe is the leader of one of the best pole vaulting groups in the state, taking time every day to help the younger vaulters so that as a group they would be the best. Casidhe finished 6th in the State last year and was looking to improve on that mark as well as her school record this year. She will take her talents to Roger Williams University where she will compete for coach Matt Emmert on the Swimming and Diving Team.



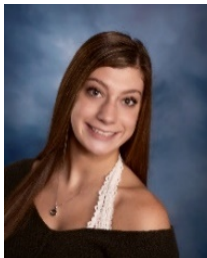
Nicole Lodovico – Nicole is the last to leave every meet always looking to help the coaching staff clean up as the sunlight disappears. She is the consummate team member supporting her fellow track athletes while she competes as a solid javelin and shot put thrower. She is coming off a solid performance as a sprinter on the indoor track team and was certainly looking to use that new found speed to help the team to great success. Nicole will be attending Temple University where I am sure she will succeed.



Sierra Murphy – Sierra returned to the track team from the tennis team last year and quickly found herself on the 4x100 relay team. She was looking to reprise that role this year after having a successful season as a sprinter on the Indoor Track team. Sierra combines solid speed with a work ethic that allows for her to improve in an event where improvement is hard to come by and hard won. There may be a place for her on the Hussan track team, if she wants it.



Kyah Ryan – Kyah is one of the best returning hammer throwers in the state and the unquestioned leader of the throwing corp. on this year's track and field team. Kyah was looking to improve on her school record in the hammer throw and possibly threaten other school records in shot or discus. A leader who works tremendously hard she came into her own under the coaching of Coach Perry and Coach Burch and was looking to really take off this season with renewed dedication and a fresh coach's perspective from Coach Tellier. She is not afraid of the weight room or hard work in general. Kyah will take a year of bible study before she pursues her college interests and there may be a college track team in her future yet.



Madison Tranquillo – Maddie is the unquestioned leader of the jumpers and the school record holder in the triple jump and high jump, as well as one of the best long jumpers in the State. Maddie was looking to add sprinter to her list of events this year and I couldn't wait to get her on that track. Since her sophomore year when she ran in the 4x200 relay at the Twilight relays at Shepaug I have been looking to get her with the sprint group to test that speed and add that last dimension to one of the best returning Track teams in Class M. Maddie was one of the top point earners in the team that finished runner-up in Class M in 2019 and I know she would have left everything on the track to get Northwestern that State Championship. Maddie is also a great leader who shows up early and leaves late every practice trying to get that last little bit

better. In a team rich with leadership, she leads by example and a relentlessly positive attitude. Maddie will take her talents to the military next year where I am sure she will succeed.



Melanie Zarillo – Last year, in her first year as a track athlete improved all year as a jumper and sprinter. In her final home meet Melanie performed well in the 100, finishing with a big smile on her face. This year might have been a break out opportunity for her.