

Girls' Varsity Squash 22-23

Before jumping into the season and awards, I wanted to acknowledge our fantastic and hard working managers- Serena and Melody, who without, this season would have been very different. We are all appreciative of the care and work you did throughout the season want to thank you for all you did.

This past season was one of our best and I actually found it quite difficult to accurately summarize it for this speech. It was a season where we all demanded a lot from each other and its gratifying to look back at the season now and consider the improvement and success we found. On the whole, I'm really proud of this team and what they accomplished.

Namely, we finished the season as one of the top 30 teams in the country and had a top 15 finish in New England. Our team went undefeated in the local region and had exceptional performances over top 10 teams such as Taft, Tabor, Deerfield, and Choate. The common theme throughout this successful campaign was our mental fortitude and courage to compete no matter the opponent. In particular, this was found and demonstrated immaculately by our four seniors, Angelina, Princess, Fiona, and Rebecca, who all led with purpose and set a very high standard. As captains, Angelina and Fiona steered us through the highs and lows, continually providing encouragement and holding their teammates accountable. Princess and Rebecca led through supreme example and both demonstrated an impressive level of composure and poise even in the most tense of moments. One of my favorite highlights and examples of this was Rebecca's performance in our momentous win over Taft where she found herself the last on court and needing to win to break the tied game (it was 3-3 in the match at the time). Her game was already very close and it was 2 games all when the other matches finished forcing the tiebreaker. Without hesitation, Rebecca took to the court and played an incredible game. At one point, she was down 7-9 (it's first to 11 points to win a game). She fought back to take the final game 11-9, winning the whole match for us 4-3!

Rebecca's performance against Taft embodied the will to win and courage that defined our team this season. Sure, we had some close losses, but it is without a doubt that every member of the team competed with a pure intent to win from start to finish. Our team and program was made stronger and better because of these incredible examples and strong leadership from our seniors.

I'm exceptionally proud of all our team members and consider this one of the strongest and closest teams we've had. Saying that, there are five acknowledgements that I would like to present tonight. These come in the form of league accolades, so I will call up each player and present their accolade and read their citation.

First off, we have two All Founders' League awards, the first was awarded to Charlotte Tobin. Charlotte earned this award as her improvement from one season to the next continues to grow year to year. Overall, her winning mentality and drive to compete saw her winning the majority of her Founders' League matches, making her deserving of this accolade. Congratulations, Charlotte.

Next, another All Founders' League accolade is awarded to Fiona Murphy. Fiona had an impressive season with a 12 win high, finishing fourth in her New England bracket, and leading as a team captain. Fiona embodied the ideals of sportsmanship and consistently competed at a very high level. Additionally, Fiona's leadership was integral to our success this season; maintaining a level-headed approach whilst also demanding the best out of her teammates. Her contributions over her four years on our team are much appreciated and this accolade celebrates all of her achievements.

Our next accolade is one of two All-Nepsac Honorable Mentions, the first being awarded to Ashanti Amastal who competed in the #2 spot for us this season. Ashanti is deserving of this award due to her unrelenting competitive spirit and incredible commitment to improvement. Congratulations on a great season!

Next is our second All-Nepsac Honorable Mention, which is awarded to Princess Davenport. Playing #3 this season, Princess led through her intensity and composure. Not afraid to make adjustments and try different strategies, Princess was bold in her competitive approach this season. This served her well as she outplayed several top class opponents and was responsible for pulling us through on several close wins. Her contributions as a top 3 player in all four years have been great to watch, and we are appreciative of her hard work and leadership throughout. Congratulations.

Lastly, we have an All Nepsac honor for Angelina Amastal. Playing as our #1 this season and as team captain, Angelina's contributions and efforts were integral to our success this year. She made everyone better and stronger through her unwavering commitment to her teammates. On the court, Angelina played with courage and was able to compete at the highest level against some of the best players in the country. Her ability to take the court and give her absolute best despite her opponent was inspiring and makes her particularly deserving of this high honor and accolade. This award is representative of four years of hard work and dedication that additionally made our program stronger. Congratulations!

2022-2023 Girls Varsity Swimming and Diving

The Girls Varsity Swimming and Diving team enjoyed a very successful season, finishing with a dual meet record of six wins and three losses. The 22 swimmers and 7 divers worked diligently during workouts, embraced the competition during meets, and enjoyed the camaraderie of just being together in a shared experience. The team, with the strong leadership of the captains and seniors, and the great attitude of all swimmers and divers, practiced and competed well, despite all the challenges of the winter season. From pre-season and our very successful and rewarding Florida training trip, through the gauntlet of our dual meet schedule; to the championship meets at the end of the season, the girls arrived to the pool each day to give their best efforts,

swimming and diving with a good sense of purpose.

One of the strengths of this team was its overall depth. It showed, not only with our dual meet record but also with a second consecutive first place finish at the Founders League Championship, the 31st in program history. At that meet, twenty swimmers and divers scored valuable points towards our 77-point margin of victory over second place Choate. At the highly competitive NEPSSA Division I Championships, a meet in which the scoring focuses not so much on team depth but on the elite athlete, the Pelicans dove and swam their way to an eighth place finish. Most importantly, the athletes had fun, worked hard and saw significant personal improvement throughout the season. Virtually 100% of the swimmers achieved personal bests during the two

championship meets. Coach Bucceri and I couldn't be more proud of these young ladies.

The team was led by a wonderful core of veteran athletes, and with their example, the bar was raised in workouts from the very first day. With Coach Mai's dryland program supplementing the time spent in the water, the girls understood that hard work was necessary to swim fast and dive well at the end of the year. During dual meets, the girls competed and raced well, paying attention to the finer mechanics and fundamentals of their race strategies, starts, strokes and turns. New dives were attempted and old dives were fine-tuned. The improvement that all the girls showed in the pool and on the boards throughout the year was awesome.

Highlights of the season included

- Watching the seniors commit themselves to leading the team each day
- The development, improvement, and impact of our younger swimmers
- A very successful and fun training trip to Fort Lauderdale
- A huge Senior Day victory over Choate
- And of course, our 2023 Founders League Championship.

At Founders, Kayla Zeng was the Founders League Champion in both the 200 Free and 100 Butterfly and Delaney Pece won the 500 Free. At the same meet, the 400 Freestyle Relay team of Kayla, Amy He, Charlotte Sorensen and Jessica Zhao won the event and broke the Founders League record along the way.

Speaking of records, it has been quite a season for Kayla. This winter, Kayla broke four individual school records and the 200 Medley Relay team of Kayla, Charlotte Sorensen, Jessica Zhao and Julia Grant broke a school record that has stood since 2006, Coach Bucceri's junior year at Loomis. Kayla is one of the best swimmers ever to compete at Loomis and, despite being under the weather at the meet, her win in the 200 IM at the NEPSSA D1 championships showed her dominance in NEPSSA swimming. Of our 33 swimming records on our record boards, Kayla is a part of 16 of them.

At the NEPSSA meet, senior Campbell Brode, juniors Julia Grant, Vanessa Kim, Charlotte Sorensen and Kayla Zeng, and sophomores Jessica Zhao, Delaney Pece, Amy He, and Lucia Zhang, all scored either valuable individual

points or made a significant contribution to our scoring relays.

The team will miss the fine leadership of our seniors. Our tri-captains Campbell Brode, Jenna Smith and Zoe Sorensen led the team through a long season with their experience, talents, leadership, and sage wisdom and guidance. Senior classmates Helen Shen and Daisy Xu have been an integral part of our team from the day they arrived in Hedges Pool. These five young women will be tough to replace. Their dedication to the program, their work ethic and competitiveness has been a great model for others to follow and is appreciated by coaches and athletes. They will be missed. Thank you seniors and good luck!

Thank you to all the swimmers and divers for all your effort and hard work throughout the

season! You were a great group to coach! We worked hard yet along the way had many laughs and great memories. Even though we are losing a solid group of seniors, the Pelicans are in good stead with a solid group of returning swimmers and divers next year. Thanks for a great season!

COACHES AWARD:

Campbell Brode:

Campbell has been a reliable and dependable member of our diving team for the past four years. Her good nature, ability, and leadership was recognized this year by her being elected as one of the three captains for the swimming and diving team, the first time that a diver has received this honor. Over her four years and despite various coaching changes and scheduling issues, Campbell has handled this

adversity with resilience, maturity and a smile. Her ability and willingness to work with the younger swimmers over the past couple of years has had a significant effect on the program and Campbell's steady and consistent performances in meets has been something that I have counted on for team scoring. I will miss Campbell on deck as she moves on but I want her to know how much everyone appreciates the good effort she has put into her craft over the past four years. Thanks, Campbell!

MOST IMPROVED:

Elena Higgins:

Elena is an athlete. Athletes do sports. As a freshman, Elena didn't have a sport in the

winter and had some experience with a recreational swimming team back home in the summer so she decided to give swimming a shot. During that shortened, non-competitive COVID season, Elena swam in Lane 1. She survived. Last year, more was expected of her in practice and she began to ramp up her workouts and somewhat loosened her grasp on the lane 1 gutter and on occasion, moved over to Lane 2. She swam in meets as exhibition and began to see some good progress. At Founders last year, she had some great drops in times, surprising herself. Elena was a lacrosse player who was also on the swim team and I was ok with that.

This year, Elena started the year in Lane 2 and to her credit, picked up where she left off last year. She ramped up her workouts, moved over to lane 3 every so often and began to see significant improvement, earning a spot in the

regular lineup during meets. Long story short, by the end of the year, she had earned a permanent spot in the lineup, was swimming very competitive times during dual meets and placed 12th in the 50 freestyle and 7th in the 100 freestyle at the Founders championships, beating many girls in the league who have been swimming their entire lives. At New England's, she dropped another half second in the 50 and swam well in her 100, finishing about halfway in the pack at the D1 meet. Elena's improvement has been phenomenal and is a testament to her competitiveness, hard work and desire to improve. I now think of Elena as a swimmer who also plays lacrosse! I look forward next year to seeing begin the season in lane 3 and 4!

2022-2023 Loomis Varsity Boys Hockey Season Recap and Awards

The Boys Varsity hockey team had another successful season, winning the Founders League title, earning a Large School playoff berth and a spot in the finals at the AOF Christmas Classic, and ending with a 12-9-5 record. The team was anchored by great goaltending and a disciplined defensive corps that made us a tough team to score against on most days. The team was guided by three great captains, Aidan Healy, Andy Heinze, and Oaken Son, and a committed group of seniors. Thank you seniors for all of your years of service, sacrifice, and leadership that you provided this year: Oaken Son, Will Reardon, Michael Karvelas, Eli Hull, Sammy Ross, Aidan Healy, Jacob Hookman-Vassa, Coleman Long, Makai Tarjamo, Edouard Dupont, Andy Heinze, John LaFleur, Jonathan Kae, and Jake Klein. Our goal every year is to “Leave the Jersey in a better place.” Our public achievements represent only a small part of that. It’s the wins that we have every day in the way that we come together, the way that we show up, and the way that we represent the program and school that serve as the best examples of our achievements this season.

Before we get into the individual honors, it’s important to recognize that while these individuals are in many ways exceptional, their accomplishments were made possible by everyone else on this stage and with a lot of help from many people off this stage. Contributions came from every player, coach, and manager and from others in the Loomis Community including parents, students, and the school’s faculty and staff. So, I want to take a moment to thank EVERYONE, on stage and off, for all of their support, both seen and unseen, this year, in previous years, and beyond. It’s a team effort—thank you.

And now for the individual awards.

First, two of our players were named to the All NEPSAC Honorable Mention List. They are:

All NEPSAC Honorable Mentions:

Drew Anastasio

Andrew Heinze

Sammy Ross—Cultural Hero Award—“Family First”—Highlighting one of our core cultural values—FAMILY—Sammy Ross embodies the spirit of this value through his “giving, sacrifice, support” and his “recognition of the permanence of connection” between he and his teammates. One teammate noted, “he was the guy who glued the team together in the locker room.” Another said, “I could always count on Sammy to make me smile. He cared about this team so much, it was inspiring.” Another teammate shared that “the first three words that come to mind when thinking about Sammy are passionate,

supportive, and committed. Sammy is not only a friend but a brother.” Congratulations Sammy, and thank you for all of your dedication and the value that you brought to this team.

Andy Heinze—Golden Buoy—The lobster buoy in its intended use offers a sense of place and a sense of direction. While doing such it takes a beating from the ebbs and flows of the tide and the crashing of waves. Lobstering in and of itself is hard work as lobstermen brave cold weather, fog, and haul heavy traps hopefully filled with strong pinching crustaceans. With that in mind, after every win, we have a tradition of handing out a buoy to the game’s hardest worker or biggest difference maker. The player who won it previously hands it out after a victory. The *Golden Buoy* is an award voted on by the team and acknowledges the hardest working and most spirited player who best represents the ideals of Loomis Hockey.

I’d like call to the podium, our Captain, Aidan Healy, to present the award:

The 2022-2023 Golden Buoy Award goes to **Andrew Heinze**. As one of our team captains this year, Heinze was our most consistent player on the ice and easily one of the most beloved teammates in our locker room. He showed up every day with a contagious positive attitude and an impeccable work ethic ready to attack the day regardless of the circumstances. Whether it was 10 degrees and windy walking to the rink for an 8 pm practice or 70 degrees with a thick layer of fog blanketing the ice, you could always count on Andrew to be there with his best effort. As the description goes, Heinze was the biggest difference maker for our team all season, stealing countless games, bailing us out in big moments, and proving day in and day out that he was our rock. Steadfast in his approach and play, we knew that if Heinze was on that night, we had a good shot to win, and he was always on. In his two years here at Loomis, Heinze proved that no moment was too big and that no game was worth wasting in the short prep season. He shined brightly in our biggest games and consistently shut the door on our opponent’s every time he was between the pipes. Aside from being the backbone of our team on the ice all season long, Andrew’s character is a real testament to the kind of person that he is. His innate ability to connect with every one of his teammates, his kindred humor, and his uplifting spirit are why I think I can speak for everyone when I say that there is no person more deserving of this award. Congratulations, Andrew.

MVP—Andy Heinze—Andy is also our MVP this season. There is little left to say after Aidan’s contributions. I will only add some specifics: Eleven wins; .924 save percentage; two shutouts and 9 one goal against games and even an assist in the 1-1 tie against Salisbury in February.; All-NEPSAC Honorable mention; Neutral Zone Goalie of the Year finalist, Great leader, great kid. Congratulations Heinze.

To present the next award, the Joe Birarelli “Living the Dream” Scholarship Award, I’d like to invite Mrs. Murphy to the podium, whose son TK won the award in 2016, and who remains close with the Birarelli family.

Aidan Healy—The Joe Birarelli “Living the Dream” Scholarship Award—The Joe Birarelli “Living the Dream” Scholarship Fund was started in 2014 in honor of Joe and his love of watching his son Tim, Loomis class of 2016, play hockey, and the place Joe earned in the Beverly, MA hockey family before his passing in 2014. Joe's motto was "Living the Dream". He felt everyday was a gift and lived and raised his family to live with no regrets. His passion for life, work & family was undeniable. The ability to be a commercial fisherman and to be out on the ocean and do what he loved was his way of "Living his Dream".

Aidan has been one of the best leaders Loomis Hockey has seen. He truly embodies the team’s leadership creed that includes authenticity, humility, and generosity. His commitment to being at his best is evident every day through his efforts on the ice, in the locker room, and on campus. Aidan is far more than a hockey player, as he has represented Loomis well on the baseball field, in the dorm as an RA and Prefect, and starting this summer, he will represent us all at the U.S. Naval Academy. Aidan embodies the spirit of Joe Birarelli through his loyalty, hard work, and dedication to family. It is the honor of the Birarelli family and the Loomis hockey family to give this year’s scholarship to Aidan and hope that it gets him closer to living "his Dream."

Claw Dedication:

In honoring the great tradition of tossing lobsters onto the ice and acknowledging people who have played an important role in our season, we’d like to dedicate Larry’s claw this year to Jake Klein. Many may know Jake as the voice of Loomis hockey and other sports on campus—but Jake has contributed far more than that over the last two seasons. He is a manager, a coach, a broadcaster, analyst, and a teammate, all at once. He has an incredible passion for sport that he demonstrates on a daily basis through dedication to the success of this team. Some may call what he does going above and beyond, but to him, it is simply doing his best to get done what needs to be done. No task was too small for Jake. This claw is a small acknowledgment for the time and dedication that Jake has shown over the last two seasons. Thank you, Larry, and thank you, Jake!

Boys' Squash Speech 2022-23

I'd like to start by thanking the entire Athletic Department for all they have done for Boys' Squash this year. Sue Cabot, Brenna Marquis, and Scott Halpern, thank you for all of your help this season.

Thank you to the team families who supported the team throughout the season, and in particular at the two big tournaments, NEPSACs and High School Team Nationals. Thank you to Scott Tumperi, who generously offered his time to both fill in at coaching duties and shuttle us as far as Philadelphia.

As a team, boys squash concluded with a record of 7-9 and finished at 18th in the All New England Rankings, and ranked 39th in the nation. The team competed hard at every match, gritting their way to both hard-earned victories and tough losses. The wins came from every spot on the ladder, with the overall depth and strength of the team serving as the bedrock for the team's success.

The group was awesome to coach. It was great to work with boys who were not only committed to excellence on court but also wanted to have fun along the way. The effort, joy, and kindness of the team was humbling for a first year coach as myself, and their graciousness both in victory and defeat made every match an occasion to look forward to. I am immensely proud of the improvement and growth of each of the players this season.

Congratulations to Ignacio Feged for the most games won 11-0 this season, Andrew Kim for the biggest appetite, Sam Wu for most altercations with the cage, and Chris Chun for most buses missed.

And now I would like to recognize those who have been awarded NEPSAC and Founders honors. All NEPSAC Clement Wang, All NEPSAC Honorable Mention Brandon Kim, Founders League Nicholas Sticka, Founders League David Wu.

Finally, I would like to present our two awards: Most Improved and the Coaches Award. The Most Improved Award is awarded to the player on the team who demonstrated growth both on and off the squash court. Through consistent effort, this player battled back from multiple setbacks, blooming later in the season and stringing together a series of key wins at their spot on the ladder. Incidentally, they also lost half a tooth during a challenge match. Congratulations Rayyan Haider.

The Coaches Award is awarded to the player on the team who demonstrated sportsmanship, effort, and leadership stretching beyond the court. This player's dedication to excellence and their sustained positivity throughout the season served as a touchpoint for all of the members of the team, and their on-court product embodied the grit and tenacity characteristic of their approach to every aspect of the sport. On behalf of the coaches, we award this to Ignacio Feged.

Boys Swimming & Diving

Good evening and thank you for your attention. As with many sports, the life skills built through a swim training regimen are important and character-building: time management, delayed gratification - that is, subjecting yourself to exhausting training sessions day after day, sometimes multiple times, and trusting that the results will be there weeks or even months down the road. Self care, nutrition, mental toughness, racing mindset, along with sportsmanship, humility, and grace in both victory and defeat. And trust - in your coaches, in each other, in yourself - that the pain you feel today will be the strength you feel tomorrow.

We grounded ourselves this year in the mantra: "It's always sunny on the pool deck." The pool was our place of refuge, where you were known, seen, pushed, and supported by your teammates. No matter what stressors or deadlines were nipping at your heels, the pool was your safe space, and although very few swimmers actually look forward to a tough practice, the feeling of having pushed yourself and your teammates - maybe even earning some claps in recognition of your efforts - would leave you feeling fit and fulfilled and ultimately make it worthwhile. Despite what most people think, swimming is a team sport; we need each other, we depend on each other for inspiration, for guidance, and, of course for taking Strava photos.

We had a great season. We trained hard, put the hay in the barn, won some meets and lost some meets. We came down to the wire and beat Hopkins and Hotchkiss in the final relay. Decisive wins over Kent, Avon, NMH. Lost to Exeter, Choate, Deerfield, Andover. We continued to train and improve. Circuits on Wednesdays with battle ropes, buckets, boxing, and belts. Thursday night kick sets where Harava earned a T-shirt as the lone Pelican able to kick 10 x 100 on 1:40. We went to Florida over Winter Break, trained 2-a-days, developed bonds and trained hard and smart. We got tougher, learned the difference between discomfort and pain. One of us even learned to dive. Georges DeVos learned six dives and was not bad. All of a sudden he had 11-dives and was scoring points at Founders and New Englands. And it turns out he's pretty darn good at breaststroke too.

As the championship season approached, we rested and shaved. We always said that fast swimming was contagious, and we did our best to spread those germs. In the end, everybody caught the bug.

We finished second at Founders League Championships, with wins in the 200 & 400 Free Relays from Matthew, Edward, Matej, and Kaeden. Matthew won the 500 Free and Kaeden won the 50. Guys got best times, and then they swam even faster at New Englands, where we finished seventh overall. Highlights included B final wins from Kaeden in both the 50 and 100 Free, Harava's 100 Fly, Jake, Benson and Lalo too, Jake's 100 Breast, George's 100 Breast, Preston's 200 and 500 Frees, Matej's 100 Free, Erik's 500, to name a few.

And there was heartbreak, too; Matthew Eng had an outstanding swim to finish 5th in the 200 Free, only to miss the school record by .03 seconds; then in the 500 Free, 4th place this time, but also, incredibly, .03 seconds shy of the school record, again. Tough to swallow. As a coach, my heart swelled to see him swim that fast, and sank when he came so close. Then swelled again at the maturity and grace with which he handled those two setbacks. So proud of the sportsmanship, gratitude, and all-around joy displayed by Matthew - all all of our guys - at New Englands.

Every athlete, every team, every year is unique. This year was one of discovery and growth for all of us. For me as a new coach here, presenting maybe a different style of training and coaching to the veterans on the team, and for the new guys that joined this year just getting a feel for swimming at our school and in our league.

We learned a lot about ourselves, and each other, and the memories and life lessons learned through swimming in Hedges Pool will leave their mark on us for many years. I'm grateful to Mr. Winn, Mr. DeConinck, and Ms. Bucceri for showing me the ropes, sharing ideas and sets, for the high fives and laughs and mentorship. Thanks to our parents, who ran the calorie-distribution network during our championship meets and supported us throughout the season. Thank you to our seniors: Edward DeVos, Matthew Eng, Kaeden Freston, Lalo Lujan, Vlad Miloserdov, and Benson Wang, who knows more about swimmers and swim training than most coaches I know. This was a journey, and the journey is, in many ways in itself, the reward. Congratulations, boys, on a fantastic season!

Robert W. Hartman MVP Award:

The Robert W. Hartman MVP Award is awarded to the upperclassman who best demonstrates leadership by example, consistent effort, steady improvement, positive spirit, and devotion to his teammates and the sport of swimming.

This year's Hartman MVP Award goes to our senior captain, Matthew Eng.

Anthony M. Riccio Award:

In the mid-1990s, teammates of Tony Riccio, who died tragically while spending a year abroad during college, dedicated a special trophy to his memory. Tony was an effusive, bright, committed young man whose impact upon our program continues to this day. The Riccio award is given to a member of the boys' team who personifies the spirit of Tony through dedication to his teammates, enthusiasm for the sports of Swimming and Water Polo, and joy in living.

This year's Riccio Award is given to Edward DeVos.

GVH 2022-2023 Podium Speech

In coaching, every season, every team brings about unexpected challenges and this year was no different. However, I never really anticipated that our struggles would happen quite so early in the season and unfold the way they did. And yet, this group pulled together in impressive ways, and found a way to turn a team with many newcomers into a family. Indeed, this is a special team.

But before I get into this season – I believe it is important to say thank you. Dan Lessard, Coach Mai, the trainers, Ms. Cabot, Mr. Halpern, our managers of Kori, Kwame, Dito, and Olivia → all these people and more make a difference. Their work allows our team to be able to just play. The parent support was also tremendous as always this winter. And having Ouell and Griff as coaches alongside me too. Thank you all – we are fortunate to have so many people committed to our team's health and success; I am grateful.

Our season... We started the winter 0-2-1, scoring zero goals in these first three games. We then went on to earn 2nd place at the PKO holiday tournament only to

return in January still struggling to find our identity. We had multiple games where we outplayed our opponent mightily and yet lost. The early half of our season tested me as a coach. Pushed me to actually practice what I constantly preach, which is to focus on process. To trust each other. To support one another. It pushed all of us in games. However, in this time the seniors reassured me and the other coaches that the locker room was strong. That people on the team really knew each other, that there wasn't a grade divide, that positive bonds were forming between all players, and that they believed in each other despite our in-game struggles. At one point I feel like I was like "really? Are you sure?" and they were like yes! So I said, "Okay. Then keep doing what you are doing, we will trust that things will work out"

And then in late January things started to click. Our outcomes started matching our performance and our play kept improving. We went 8-1-3 in the second half of the season, with that lone loss coming on January 18th, and our schedule in February was notably more difficult than in January. Players found their roles and the considerable effort the seniors put in to making the team cohesive and connected paid off.

We finished the season with an Elite 8 playoff berth, a 14-6-4 record (a record which is virtually identical to last year's) and on the year we scored 79 goals while allowing just 30 goals against. This was the lowest goals against we have allowed in 5 years. We achieved all this while playing the most difficult schedule in New England. While these stats seem important, the feelings generated from this team, the growth of both individuals and of the collective, and the positive environment, this is what I think we all will remember the most.

The Class of 2023 committed to having the best team culture possible this winter. Cam Devenney, Hamilton Doster, Maggie Johnson, Grace Puskar, and Annie Sun were more unified as a group of seniors than any other in recent memory. Maggie served as captain but really all five girls were leaders. Their ability to rely on each other, play to their strengths, trust each other, and collectively put the team first made this the season it was. Thank you seniors! You have left a blueprint for others to follow.

League Recognition: We had several players recognized this winter for their strong play. Seniors Maggie Johnson and Annie Sun each earned a spot on the All-NEPSAC honorable mention team, and senior Hamilton Doster, sophomore Grace Morin and sophomore Chloe Obser earned All-Founders League honors.

Congratulations girls!

We will be giving five awards tonight.

Hamilton Doster earns the first Coaches Award. Caring. Hard working. Motivated to succeed. Hamilton positively pushed teammates to be better on the ice, and her love and care of her teammates made our team better off the ice. Hamilton cares deeply and our culture took a positive shift in large part due to Hamilton's commitment to team and her belief in others. Thank you Hamilton!

Annie Sun earns the second Coaches Award. Committed to bringing her best daily, Annie's work ethic and her constant desire to improve is evident. Over her four years she emerged as a top D in our league. This year it took Annie some time to feel comfortable in her role and her patience, ability to self-reflect, and

commitment to the team allowed her to grow into the leader she was this winter and is today. Thank you Annie!

The next award earned is Most Valuable Player and this goes to Maggie Johnson. MVP isn't an award we give out every season. However, Maggie's presence, her impact on the ice, her impact off the ice, her daily leadership... I could go on. Maggie started the season injured and out of the lineup and our team was at a loss. She was cleared to return at the holiday tournament and her play and presence here made every single player on our team better. Maggie's play is game changing – she's the best 200-foot player in our league. And yet, her ability to make others better through her game play, words, actions, and leadership is truly unique. We have been blessed to have Maggie on our team for four years, and I am both proud and thankful for all she has done. Thank you and congratulations Maggie!

The final award is the Chuck Vernon Award. Established in 2016, this award is in honor of longtime Loomis coach, Bruno. Bruno coached Loomis hockey for more than 50 years and his contributions to the girls hockey program go back to the

program's inception in the early 1980s. The winner of this, in addition to receiving an award tonight, has her name engraved on a plaque that hangs in our locker room. The inscription reads: The Chuck Vernon Award - Presented annually to a member of the girls varsity hockey team who best demonstrates high character, commitment to team values, and leadership. She, much like Chuck Vernon, has undoubtedly created a positive mark and lasting legacy on the Loomis Chaffee girls hockey team.

This year this award goes to two players. Cam Devenney and Grace Puskar. In their four years as Pelicans both Cam and Grace consistently and fully bought into our program. They both played integral roles as they helped both maintain the elite status of our program and restore our team culture in this most recent season. Both Grace and Cam are examples of what happens when you are determined to succeed AND you trust the process. They learned what Loomis hockey was all about as freshmen, they committed to development and progress through COVID, they stepped into much larger roles in their final two years, and indeed, in their final game played as a Pelican Grace made a vital play that led to Cam scoring a goal that brought our team to back to life. Cam and Grace each

pushed me to be a better coach, have been unwavering in their support for this team and their teammates for four years and are incredibly deserving.

Congratulations Cam (who cannot be here due to injury). Congratulations Grace.

Thank you to everyone on our team – you each believed in what we could be and made this winter an incredibly special one.

Boys Basketball

Thank you:

I would like to thank Sue, Donnie, Brenna, John, Craig, Kathy, and Jean for all of their hard work, support and guidance.

To Coach Elliott Dial, for a quick return after the birth of his first child.

Our awesome managers; N'mor Crawford, Umu Diallo, Dalia Brown and Carter Dyreson. You did an unbelievable job all season long. Thank you so much.

Recap:

The 2022-23 season saw 10 games that were decided in the last minute, with the Pelicans winning seven. Three games with buzzer beaters; Vs. Wilbraham, Kingston Walker sinking a floater at the end of the first overtime to send the game to a second overtime. Jordan Stiemke knocking a three down vs Andover with .3 seconds remaining. And Caleb Crawford vs KO making a runner as time expired. We had tremendous contributions from all 10 members, with a lot to look forward to next season. It was an exciting season with the team finishing 14-11 and 10-8 in Class A.

Awards:

Most Improved Player: In his third year on the island, this individual has shown tremendous growth in his game. He made improvements in every statistical category, with his greatest improvement in his outside shot. He is toughest on the defensive end and is still getting better. The most improved player award goes to Ian Abreu.

CO-MVP: These two individuals were at the top of every scouting report on Loomis. One being a returner and the other a newcomer, both contributed in a variety of ways. The first individual has led us in scoring for the second straight season. He improved his Ast/To ratio, 3FG% and his defense. Also had six dunks. The second individual is a stat sheet stuffer; He did everything asked of him at a high level. The most impressive is his effort to keep the team going in the right direction. A next possession mentality. The most athletic player we have had at Loomis, which is saying a lot considering those who came before him. The Co-MVP awards go to Caleb Crawford and Jordan Stiemke.

Coaches Award: Over the past four years it has been a pleasure to watch this young man grow and compete every season. The best part is that whatever the season he is in, he is all in. This season he did a great job in being a leader and doing whatever was asked of him. Energy to every practice and game, a solid contributor for two years, he is one of those types of players that we want to have every year. The coaches Award goes to Chandler Coe.

One last senior I would like to mention and maybe embarrass a bit....he could have been a receipt of any of the awards. I want to acknowledge this young man who has made tremendous strides over his four year at Loomis. When First accepted to Loomis we had an email exchange:

Justas, Congrats on the acceptance to LC! Any questions please let me know.

From Justas: Coach Rock, Thank you. Loomis has met all of my demands. When can we set up a skype call.

I picked This individual up at JFK, he came bouncing off the plan, happy as a clam, Little did he know that if he was 6-1, on the Loomis sign I was holding up, on the back I had written, Deerfield.

The first game of 2019, we had a great buzzer beater victory were RJ Blakney lobbed one off the back board to himself and dunked it. I am pretty sure Justas tried to Lob one off the glass to himself every other practice for the rest of the year and it was not until that last week of the season where coach dial lost it on Justas.

Once covid hit I had the pleasure of packing up Justas room. In his desk draws they were stuffed with cloths and the dresser draws with food and school supplies.

He had a great season, over 50 dunks, a great motor, loves to win and compete. With all of the love in my heart, coaching will be far less interesting without Justas Bardauskas.

Good evening, Loomis-Chaffee.

Feels like a bit of a throwaway thing to say – but it's truly an honor to have the opportunity to speak to this community this evening on behalf of the Loomis-Chaffee Equestrian Team -- to recognize their hard work, their progress – their incredible accomplishments and their success so far this year.

I recognize that some of you might not be familiar with the various equestrian disciplines – and I'm also aware that this is a sport that sometimes struggles to be acknowledged as such. But I assure you that this is a group of dedicated and disciplined athletes.

By way of a brief introduction, just a bit about what this group has been up to: all of the team participates in the IEA – the Interscholastic Equestrian Association – which is an organization that supports competitions for over 15,000 participants at the local and national level. What is unique about the IEA is that none of the competitors compete on their own horses. Instead, they show up at a competition, draw horses out of a hat, get on and walk into the show ring, just like that -- a daunting format for even the most seasoned rider, but a format that this team has proved they can thrive in.

We are incredibly proud to share that, for the first time in Loomis's history, the equestrian team performed well enough to secure the team championship at Regional Finals, winning against teams in our area that for years have dominated, which means we'll advance to Zone finals next weekend, competing for a chance to compete at the National Finals.

In addition to the IEA, the Loomis team travels to a variety of other shows recognized by local, regional, national, and international equestrian associations, competing on their own horses, which allows starting riders to come up through the levels while also providing seasoned riders the opportunity to advance in both regional and national standings.

As well, we've just returned home from competing in Ocala, Florida – on the prestigious HITS Ocala Winter Circuit against some of the finest riders in the country.

There's a great joy that comes with coaching a "team" of riders, because normally, until you get to the very highest levels of our sport – Olympic Games, World Championships, Nations Cups, and so on – this is very much a solo pursuit: you, and your horse, competing

against other individuals and their horses. But in the IEA, for example, every team member's contribution towards accumulating points is equally weighted. And watching this team support each other on those terms is as rewarding to observe as I imagine it must be to experience.

That said, it's worth acknowledging some specific contributions by team members.

Mary Stanton Bryant, a member of Loomis's class of 2026, earned the most points at IEA competitions, including individual wins over fences and 2 wins on the flat. As a freshman with no IEA history, Mary Stanton's ability to not only adopt to – but thrive in – the IEA format has earned her the award for the Most Valuable Rider.

Leah Ozgun, a member of Loomis's class of 2024, is in her 3rd year competing in the IEA. The effort she has put into her individual growth, as well as the energy she's put into building and protecting a sense of teamwork and camaraderie has had a tremendous impact on the team's performance and identity, and it's a great honor to award her with the Coach's Award. As well, we look forward to Leah's senior year, where she'll take the reins as Team Captain!

So again, it's a real honor to share in this evening, and to celebrate this team – I look forward to being able to do so again in the near future – and will report back after we kill it at Zones!