

PANTHERETTE

- SCHUYLKILL VALLEY HIGH SCHOOL -

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Lady Panthers Dominate

This winter, Schuylkill Valley named four of their teams Division Champions. Congratulations to the girls basketball team and the girls bowling team for their amazing season and honorable accomplishments, along with the cheerleaders who also won their division in the Reach the Beach Regional competition. Way to go ladies! The girls swim team not only won their District, but also brought home a State Championship title. All four teams will be recognized at the School Board Meeting on Monday, March 28th. If you would like to show your support for the girls, stop by the LeRoy Seip LGI in the high school at 7:00pm. Huge congratulations to all athletes this winter, and good luck to the spring athletes as they kick off their season.



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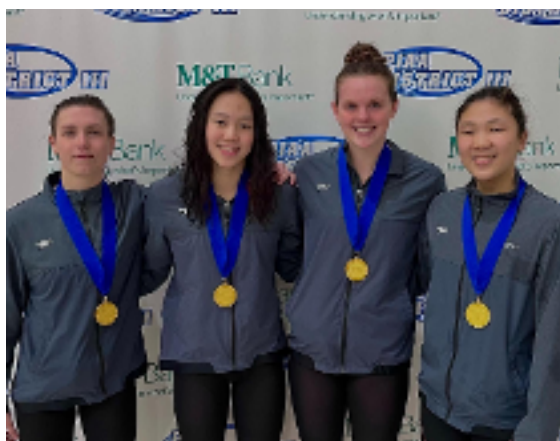


Girls Swim Team Brings Home Gold

The girls swim team won their sixth consecutive District Title, breaking two District records and scoring more points than ever recorded in Schuylkill Valley history. Lead by Coach Kyle Campbell and senior captains Megan Ehrnfeldt and Katie Eisenhofer, the team competed over the weekend of March 4th, securing a total of 10 gold medals and 18 additional medalists.



"We had the same District team as last year, so we were fortunate to gain two freshmen, along with two juniors from The Kings Academy. Everyone worked so hard this season, and because we didn't lose any seniors it was so fun to be with the same teammates again. I'm going to miss these girls so much - I've known most of them for many many years and it breaks my heart to have to say goodbye to them. But I know they'll carry on the team legacy and make us proud next year." - Eisenhofer



New District Records Set:

200 Freestyle Relay - 1:36.76

Emily Gao, Annie Gao, Katie Eisenhofer, Megan Ehrnfeldt

100 Butterfly - 55.45

Megan Ehrnfeldt

The team also won Schuylkill Valley's **first ever State Championship title**, with the team of Megan Ehrnfeldt, Katie Eisenhofer, Annie Gao, Emily Gao, Aryanna Kulp, Jenna Kirby, Megan Raifsnider, and Paige McKim. The eight girls all qualified in individual events, and placed top 3 in all three relays, winning the 200 freestyle relay. States being canceled the previous year drove the team to secure their title...making SV history.



Megan Ehrnfeldt placed second in the 100 fly, breaking her own school record yet again.

"We began this season with the goal of winning the elusive state title and accomplishing something the swim team has never done before. Throughout the season, our team grew immensely close to each other and really became a family. We supported and motivated each other everyday. We relied on each other to work hard even when practices were difficult. In the end our hard work and team comradery definitely paid off as we won our 6th consecutive District III Title and our first ever PIAA 2A State Title in school history. As a captain and senior, I know that there is no other team more deserving of this than us and I wouldn't have wanted to swim with any other group of girls for my final high school season. Floor tiles on three..." - Ehrnfeldt

States Results:

Megan Ehrnfeldt - 2nd 100 Fly, 4th 100 Free, 1st 200 Free Relay, 2nd 400 Free Relay

Katie Eisenhofer - 11th 100 Breast, 14th 200 IM, 3rd Medley Relay, 1st 200 Free Relay

Annie Gao - 9th 100 Fly, 3rd Medley Relay, 1st 200 Free Relay, 2nd 400 Free Relay

Emily Gao - 11th 100 Free, 3rd Medley Relay, 1st 200 Free Relay, 2nd 400 Free Relay

Aryanna Kulp - 10th 100 Back, 28th 200 IM, 3rd Medley Relay

Jenna Kirby - 14th 100 Back, 27th 50 Free, 2nd 400 Free Relay

Paige McKim - 12th 500 Free

Megan Raifsnider - 30th 500 Free

Congratulations to the entire team for bringing home two titles and leaving their mark on Schuylkill Valley Athletics history!



Teacher-Athlete Spotlights

Did you know that many of the staff members at Schuylkill Valley were also athletes? Meet some of the teachers and administration taking over our spotlights this edition!

Ms. Harle

High school & grad year: Schuylkill Valley, 2000

Sport(s): Field hockey and soccer

Position/role: field hockey sweeper (center back)

Outstanding achievements:

We were in district playoffs and I got hit hard during a corner. My hand was broken, and Coach Hipps taped my stick to my hand and put me back in for 7 vs 7 overtime. I played harder than ever to make up for my injury. We won. I can't bend my thumb to this day.

Coach Wesner from Kutztown University taught me the most. Although I didn't play during the regular season, I did play indoor in the winter, and she taught me that attitude is everything. If you think you can, you can. You get the same respect you give to someone. Being positive is a way of life. Bad things are going to happen to everyone, it's what you do with the hand you are dealt that makes who you are. I still live by these lessons today.



Mrs. Smey

High school & grad year: Tulpehocken 2001,
Millersville 2006

Sport(s): Swimming

Position/role: Sprint free, 100 fly

Outstanding achievements:

Relay broke school record at PSAC championships. Fav memory: Home meet relay came from behind, won as the last leg when the team was half a length of the pool.



Ms. Kauffman

High school & grad year: Wilson 1993, Salisbury State U 1997

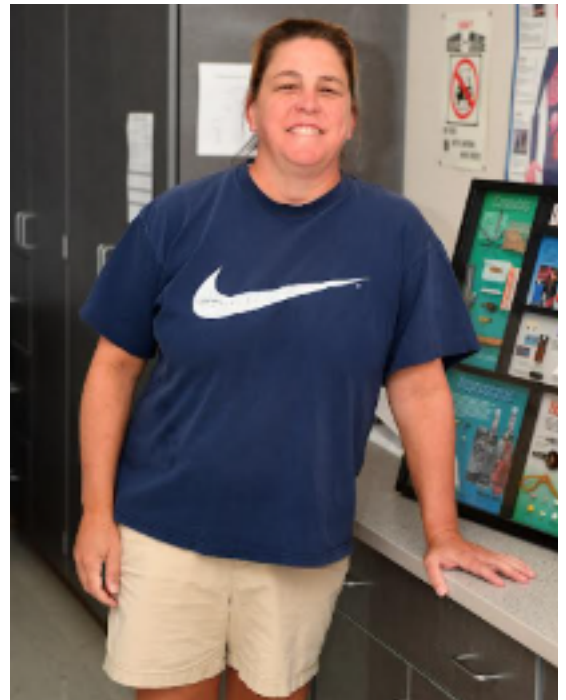
Sport(s): Soccer and basketball

Position/role: Soccer goalie, basketball guard/forward

Outstanding achievements:

Inducted into Wilson sports hall of fame, All Division Basketball and All County Soccer, All Conference for Soccer in college, All-Mid Atlantic regional honors, All-Conference Basketball.

First year as a varsity soccer team upset #6 team in the country to win the conference, winning first round of NCAA tournament, first airplane trip to the second round in junior year of college.



Mr. Wisotsky

High school & grad year: East Stroudsburg North High School 2006, Moravian College 2010

Sport(s): Football and track

Position/role: Football offensive and defensive lineman and running back, indoor track, outdoor track (indoor - shot put and weight throw, outdoor - shot put, weight throw, hammer throw), student coach senior year

Outstanding achievements:

Track program best in conference, won every meet since 2007, senior year silver in shot and discus at conference meet, ran 55 meter dash in indoor



Mrs. French

High school & grad year: Emmaus High School, 2008

Sport(s): Softball

Position/role: Shortstop

Outstanding achievements:

I served as Team Captain for two years on my U18 tournament team. Beyond that, my accomplishments were primarily personal aspirations for improvement. I had begun my high school years as a pitcher and left fielder with a goal of becoming a starting shortstop. Spending a lot of time at camps, clinics, and in the backyard improving conditioning, speed, and skills allowed me to accomplish that objective.

I actually did not play for my high school team. I went to a pretty large high school and felt I had more opportunities playing travel/ tournament ball all year long. It really doesn't matter where you play, just that you do what you love. I miss being on the dirt more than I ever thought I would and I take every opportunity I can to get back out there (even if I get more sore as the years go on). I'm thankful that I was able to continue to play through my first year of college and get to experience the coaching side of the game at Orefield Middle School (2014-2017) and here at Schuylkill Valley (2020). As my own 3 children are all playing baseball or softball now, I get to enjoy the game from yet another perspective and continue to love every minute of it.



Mrs. Rowles-Cranmer

High school & grad year: Schuylkill Valley, 2005

Sport(s): Swimming

Position/role: Senior year captain

Outstanding achievements:

District Medalist and State Qualifier (first team that qualified a relay team for states) and swam at California University of Pennsylvania for 2 seasons



Where Are They Now?

Anna Gwiazdowski '22

In 2018, SV senior Colin Gwiazdowski was a State Champion in the 100 freestyle. Colin is now a senior at the University of Arizona, planning to graduate with a degree in physiology. He recently completed his college swimming career at the PAC-12 championships, focused on 50 & 100 Free.

What is your favorite memory from swimming?

My favorite memory from college swimming would have to be going 19.88 in the 50 Free with all my teammates cheering me on.

What was the best part of being a student athlete?

The best part of being a student athlete is certainly the memories you make with your teammates. At the end of it, the time on the board was nothing compared to how much fun I had with my boys in and out of practice.

What was the toughest aspect of college athletics?

The toughest aspect of college athletics was balancing school and sport. It was also really difficult talking to my classmates about all the fun internships and shadowing experiences they had. I simply did not have the time that my classmates did, so that is one thing I am struggling to make up for as I prepare to apply for PA school.

What will you miss most looking back on your time at U of A?

I will not miss the tear-inducing sets or the 5am wake up calls, but I will certainly miss commiserating about those horrendous sets and laughing through the pain with my teammates.

If you could go back and change one thing about your swimming career, what would it be?

I would definitely go back to freshman year of high school and teach myself how to kick properly.

What is your advice for future college athletes?

I am begging you to savor the moment. Every meet we do a little huddle and the seniors say something to the team. At PAC-12s my freshman year, one of the seniors said "You guys need to savor these times, I swear it was yesterday that I was listening to the seniors when I was a freshman, and suddenly this is my last circle with you boys". I remembered that moment this year and echoed that sentiment: it brought tears to everyone in my class' eyes.



Future College Athletes

Some of our many graduating seniors are turning in their SV uniforms for a college team's. Here are our future college athletes, along with why they chose the school they're attending!



Brenden Bernhart - Baseball, Albright College

"It felt like the right thing to do when I talked to the coaches."



Katie Eisenhofer - Swimming, Bloomsburg University

"The whole recruitment process is so complicated and difficult, but as soon as I met the Blooms coach and team it was like a weight was lifted off my shoulders - I knew that I wanted to continue my swimming career there. It's a perfect fit for me."



Drew Campbell - Football, Lebanon Valley College

"I really appreciated their efforts in recruiting me and I knew I wanted to be a part of a program with a great history and culture."



Madison Ziska - Track & Field, Mansfield University

"I've participated in track since being a manager in 5th grade. With every race and jump, I compete against myself. I love being able to see my own progress throughout every meet. The second I met the Mansfield Coach, we clicked. I fell in love with Mansfield also because of the surrounded scenery of endless mountains."



Megan Ehrnfeldt - Swimming, Drexel University

"I absolutely love the campus, team, and amazing coaching staff. Drexel has a great mix of academics and athletics."



Megan Miley - Lacrosse, Alvernia University

"I chose to play lacrosse at Alvernia because they have the most welcoming players and coaches who I get along with well. They also have one of the best programs for my major so that was a big factor as well."



Rayven Muller - Field Hockey, Albright College

"My club team practiced at Shirk Stadium when I first started and ever since then I knew I wanted to go to Albright."



Gabby Henry-Werley - Lacrosse, Guilford College

"I chose Guilford because they made me feel at home."



Lekaiah Solomon - Basketball, Penn State Berks

"I have had a love for basketball since I learned how to say it. It makes me who I am and I feel like going to Penn will help expand future with not only basketball but also with education."



Mackenzie Riggins - Field Hockey, Cedar Crest College

"I chose to play field hockey at Cedar Crest because I loved the atmosphere. It was positive, it felt like family and where I needed to be for the next 4 years. I knew the players and coaches would push me to be a better person on and off the field. Lastly, the education department side of it is one of the best.."



Caleb Miller - Lacrosse, Wilkes University

"Wilkes is a very good engineering school and the campus is split by a river making one side urban and one side rural."



Da'Shaun Davis-Thomas - Football, Misericordia University

"What made me choose this school? The love for the game and the desire to play at the next level. Also the coaches are great people and I was treated like family from the jump."



Marissa Zocco - Lacrosse, Alvernia University

"The girls on the team have that family bond and support each other on and off the field. When I was looking at schools I wanted one that was small and that had a close bond."



Jesu Adeojo - Basketball, Kutztown

"Only option and I love the game of basketball"



Lily Thomas - Acrobatics and Tumbling, Kutztown University

"I chose to do Acrobatics and Tumbling at Kutztown University because of my background in cheerleading. The Acro part of it is so similar to cheer that I could continue doing something I love but also learn new things at the same time. Ever since I was young I really liked Kutztown's campus and after meeting with the coaching staff and team I realized it's the school and team for me."

Girls Dunk on the Competition

The girls basketball team left it all on the court this season, finishing with a record of 20 - 4 and winning the Division Title. Seniors Maddy Ziska, Lekaiah Solomon, Sarah Gilbert, Reese Camlin, and Jadyn Heck Hoppes led the team through their post-season games, going undefeated in league play. The Panthers advanced and played in Counties and Districts.



Three of the team's senior qualified for the Berks County Senior All-Star Game: Lekaiah, Jadyn, and Maddy.

"Basketball has never been just a sport for me. It gave me a forever family and this season really challenged us as a team. We never played as just teammates, we were united as a family on and off the court." - Reese Camlin

"Basketball is and has always been a key part of my life. It helps me through physical and mental roadblocks and never fails to put a smile on my face. I miss season so much already and can't wait to touch a college court to play my heart out. This past season, we accomplished so much, and we deserved to put another year on that banner. I'm honored to have been taught by dedicated coaches among strong and talented teammates who I consider family." - Lekaiah Solomon

Congratulations to the girls for an amazing season, and good luck to our graduating seniors!



A New Addition to Wrestling

The SV wrestling team has traditionally always been an all-male team. Girls have been known to manage and travel with the team, but before this year haven't competed. This winter, the inclusion of girls on the team sparked an overwhelmingly positive response from the students, staff, and community. Senior Nevaeh Blevins and Sophomore Kayley Weidner explain what the season looked like for them:

How/when did you compete with the team?

K - I did not compete at every meet but I did at most of them. This is because of how the weight classes works. Although, I competed at every tournament that I could.

N - I competed in the 106 wieght class. Every team we go against may have an opponent for the weight or may not. If they had a wrestler at that weight, I would wrestle that match being the only 106 pounder.

What challenges and opportunities did you face as a girl on a primarily all-boys team?

K - The challenging part was competing against guys who are stronger and have more experience. This was my first year and I had absolutely no clue of what I was doing. Some of the guys have been wrestling since they were in elementary. I found that being on a guys team is very different than being on a girls team but also very fun. The guys really support each other and are very serious when they get on the mat. The over all environment is really cool to experience.

N - Trying to find a designated girls locker room at all-boy events [was challenging]. Being appreciated for the commitment to them. Being a girl with all boys pushed me to work harder as an athlete and they taught me mental toughness. You often stand out to different coaches and colleges as girls wrestling in a growing sport and committed girl wrestlers are sought after.

How did you do this season individually and as a team?

K - As a team as started off very strong we had some rough patches along the way but we still stuck with it. I had a lot of fun this season and I'm excited to keep going. As an individual I'm proud of myself for trying something new and sticking with it. I got 4th in girls Regionals. I had a lot of success at the girl tournaments I went to.

N - As a team, we had to face some obstacles over the season, but we always stepped up and competed many great matches and tournaments. We were there to support each other through the toughest and best matches, and finished our season with a record of 10-6. I made much growth as an individual. Four months ago I knew not a thing about the sport, and all the opportunities it can bring. I went from getting beaten up at practice and every match to learning how to score points and pushing others to win matches.

Any accomplishments or achievements you're proud of?

K - I got 2 medals this year which was kinda cool for my first year. The first one I got was for 2nd place at a tournament going 4-1. At girls Regionals I went 3-2 getting 4th. Overall I tried my best and that's what matters.

N - I got recruited to be a part of Alvernia University's first official girls wrestling program. I got to compete at the boys sectional tournament where I beat my first boy and took eighth place. I got to compete in the PA girls Regionals and States. I went 2-2 in the State tournament. I have gotten to compete and have success at multiple other all-girl tournaments.



Intro to Spring Sports

Sara Pyne '25



My favorite season happens to be spring because the bees are buzzing, the flowers are blooming, and the air feels just right, which means I get to be outside more often. Now let's give it up for our spring sports... Woo hoo!

The first sport I would like to give a shout out to is volleyball, which you have to work for to accomplish many goals. For instance, just getting the ball over the net itself.



Lacrosse is a sport that can get very competitive - you learn different skills and techniques to reach your goals. Another sport that we have at the high school in the spring is baseball. Students are active and show the ability of their speed as well.

The last two sports are tennis and track. In tennis you have to have a lot of agility skills, while track is about speed and learning to jump over hurdles. Good luck to all the spring sports this year, have fun and show how much of an overachiever you can really be!

