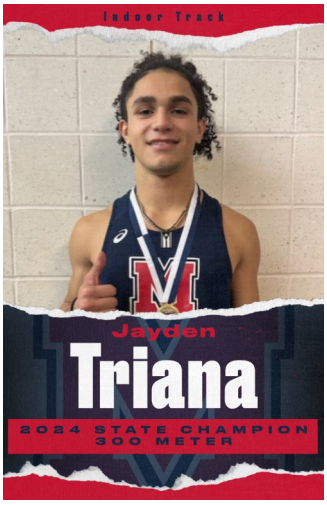
BMHS ATHLETICS

2023-2024 - VOLUME 4 - 03-04-24



Boys Swim and Dive This week the boys swim and dive team finished 3rd at the FCIAC Championship behind Greenwich and New Canaan. On Wednesday, Michael Ordonez (24) finished 6th in diving. On Thursday, Kris Flores (24) and Alex Sharpe (26) stood out for the Senators. They won the FCIAC Championship in the 200 Freestyle Relay and finished 2nd in the 200 Medley Relay, which earned them consideration for All-American status. Individually, Flores was 4th in the 200 Individual Medley and 2nd in the 100 Butterfly, and Sharpe placed 6th in the 100 Freestyle.



Indoor Track At the FCIAC Championship on February 1st Jayden Trianna (24) placed 3rd in the 55-meter dash and the 300-meter, Arianna Kegler (24) placed 7th in the finals of the 55-meter dash, Patrick Byrne (25) placed 5th in the 55-meter hurdles, and Emily Legere (24), Kegler, Eleni Petridis (27) and Jaelyn Martinez (26) finished 3rd in the 4x200 meter relay. Elizabeth Lysak finished 5th, clearing 8 feet in the pole vault, and setting a school record.

At the Class LL State Championship, Trianna won the 300-meter while setting a personal record of 36.09 seconds.

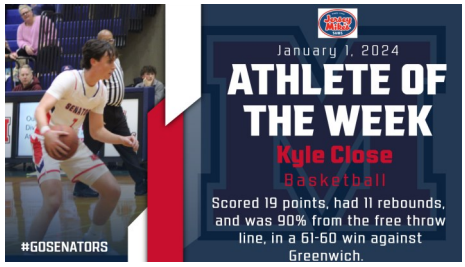


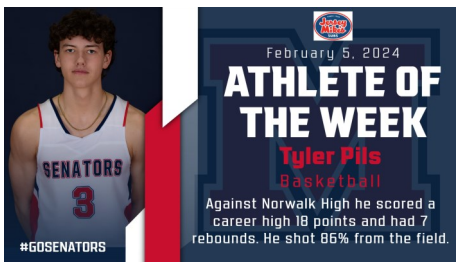
Fencing The fencing team had quite the day on Saturday, March 2nd. Six competitors in the Eppe, Foil, and Saber classes, competed at the State Championship in Woodbridge. Lex Francois (26) won the State Championship in the Individual Men's Saber.

Girls Basketball Our girls qualified for the Class LL State tournament for the 2nd year in a row, finishing with a 7-13 record. Coach Hernandez returns her entire team next year and is hopeful that the experience on the court from the last two seasons will translate into a return to the FCIAC playoffs and a run into the state tournament. FCIAC Honorable Mention recognition went to Alexa Smith (25) and Sahni Kinlock (26).

John Cross, Athletic Director, 203-852-9488 ext. 11246, crossj@norwalkps.org

Boys Basketball After an 11-9 season in 2022-23 and the graduation of several starters Coach Laprad and company knew that the 2023-24 campaign was going to be a learning experience. In addition, several roster changes throughout the season allowed for a few underclassmen to gain valuable varsity minutes. Many players from this year's 6-14 season will return next year and a strong off-season commitment should help the gritty Senators return to the state playoffs.



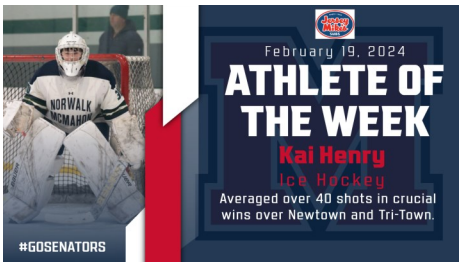




Boys Ice Hockey The ice hockey team fell one game shy of reaching the Division 3 state tournament. Grady Connell (24) had a strong season for NORMAC, scoring 30 goals and adding 14 assists, leading to 2nd Team All-FCIAC D2/D3. Also of note, Kai Henry (24) was exceptional in goal even though he never played the position in high school before this season. His performances at the end of the season helped to put the team on the brink of a playoff berth. FCIAC Honorable mention recognition went to Tyler Camiglio (Norwalk-26) and Max Smith (Norwalk-24).







Girls Ice Hockey Finished 4th in the FCIAC with a 4-3 record and qualified for the FCIAC tournament. This was the team's best league performance since 2016. They fell just short of reaching the state tournament with an overall record of 9-11.

Wrestling Jake Virgulak (25) had a strong run at the end of the season to reach the FCIAC finals in the 190-pound weight class. He entered the tournament as the 6th seed. In the quarterfinals, he upset the 3rd seed with a pin at 6:16 and then beat his opponent from Norwalk at 6:53 in the semi-finals. Alex Anderson (25), Anthony Vozzo (24), and Rodelin Constant (25) also qualified for the tournament.

Virgulak reached the quarterfinals of the Class LL Championship.







Unified Sports This week our Unified Sports program was notified that it will appear on the "National Unified Champion Schools" list our school will appear on their list of schools across the nation and their map of Unified Schools.



Consider attending our Unified Sports Basketball Event this Tuesday, March 4th at 3:00 against Norwalk and Stamford High.

Cheer Our team has been improving each competition this season. At FCIACs, they finished 7th and they finished 4th at the CT Cheerleading Classic and at the Heart of a Champion. They look forward to competing again in the Class LL Championship, Kudos to seniors Brandy Candito, Makayla Hubbard, Janelle Placid, and Candy Sanchez for showing strong leadership this season and for laying a strong foundation for the future.





Giving Back The boys' basketball team volunteered their time at Filling in the Blanks, an organization that fights childhood hunger by providing children in need with meals on the weekends.

the ROWAYTON CIVIC ASSOCIATION

NCAA Spring Signing Day 2024 - Are you a 2024 graduate and committed to playing sports at the next level? Contact Mr. Cross so you can be included in the Spring Signing Day Ceremony.



Swim and Dive enjoying a dinner for being the Ruden Report Team of the Week.



GIRLS Basketball having fun at a Fairfield University Basketball Game.

McMahon Athletic Club - Support our all-sports booster at their March Madness Event on Tuesday, March 19th from 6-9:00 PM at 314 in South Norwalk or take part in their Bracket Challenge.
https://www.gosenators.org/

Their support helps to provide yoga training for recovery, media days and team posters for our sports team, enrichment days, and they help to facilitate community youth events. Recently, they purchased a portable sound system that can be easily used at our games on PRIDE and the softball field.

This winter they contracted with Veleska Martin (Oliver-27), of veleskamartinphotography.com, to take team photos, senior headshots, captain photos, and game photos. Below are examples of posters she made for our teams. Take a look at her work at https://veleskamartinphotography.shootproof.com/gallery/23884813/ the password is BMHS.







Fall Athletes, Mark Your Calendars Golf begins on August 12th and all other fall sports begin on August 19th.

Practice During The Summer Months Beginning on June 17th and ending on August 9th, coaches will be able to have voluntary practice sessions and/or competitive contests with their returning players and incoming freshmen, twice a week for no more than two hours per session.

STUDENT DRIVERS Getting your license is a big deal, but it shouldn't be a big hassle. Brien McMahon is partnered with @thenextstreet to bring you Driver's Ed. With their courses, you can take driving lessons right from school. You can take classes in any order, whenever they're offered all on Zoom. With new classes starting daily, and over 40 class sessions a day, Driver's Ed fits into eventhe busiest schedules. Sign up today with @thenextstreet through McMahon.

2024 Brien McMahon - Spring Tryout Schedule

Team	Date	Time	Location
Baseball	3-16 and 3-17	9:00 - 1:00 PM	PRIDE FIELD
Softball	3-16	11:30 - 1:30 PM	Softball Field
	3-17	3:00 - 5:00 PM	
Girls Lacrosse	3-16	7:00 - 8:30 AM	PRIDE FIELD
		10:00 - 12:00 PM	Casagrande Field
	3-17	8:00 - 9:00 AM	PRIDE FIELD
		9:00 - 10:00 AM	PIT (Next to PRIDE)
Boys Lacrosse	3-16	7:00 - 9:00 AM	Casagrande Field
		12:00 - 1:30 PM	
	3-17	8:00 - 10:00 AM	
Boys Tennis	3-16	12:00 - 1:30 PM	Tennis Courts
Girls Tennis	3-16	1:30 - 3:00 PM	Tennis Courts
Boys and Girls Track	3-16	9:00 - 12:00 PM	Track
Boys Volleyball	3-19	2:30 - 4:30 PM	Kehoe/King Gymnasium
Dates and times are subject to change.			
All participants must be academically eligible, registered in FinalForms, and have a sports physical on file with the school nurse.			
Reach out to the head coaches for sport-specific questions.			
Go to www.mcmahonathletics.com to get the information that you desire.			
These dates are the initial tryouts for each team, additional dates are likely.			

SWAG Look your best! Purchase McMahon clothing at our SidelineStore. This isn't just for athletic teams. Customize your apparel for the club/ organization you are part of at McMahon.





