



GIMME FIVE!!

WHITMAN ATHLETICS NEWSLETTER



Gimme Five!! provides five quick updates from Whitman Athletics. Each newsletter will be formatted to provide links to relevant information. It will also be shared via the Whitman Athletics Twitter page and Whitman Facebook page.

1

Winter Season Wrap Up

The Winter Season was a huge success with multiple individuals winning League Titles, Section V Titles and a impressive collection of new school records set over the course of the season.



Brendan Laity
League Title
Sectional Title
200m Free/500m Free
State Qualifier!



Virkler, Clovis, Hill & Blueye
League Title
Sectional Title
4x800 Relay
School Record!!

More Champions!!!



Zach Lincoln
League Champion!
Backstroke



Lana Burnett
League Champion!
Triple Jump



Records were made to be broken!!



**Connor Rinas
Weight Throw
School Record 52'**

**Natalie Chalk-Spoor
55m Hurdles
School Record 9.18**



**Lana Burnett, Taylor Bond, Carrie Hansen, Natalie Chalk-Spoor
4x200m Relay
School Record 1:56.94**

Records were made to be broken!!



**Dan Nemitz
Pole Vault
School Record 11'6"**

**Lana Burnett
Triple Jump & Long Jump
School Record
36' 1.5" (TJ), 15' 10.75" (LJ)**



**Connor Rinas, Melkamu Blueye, Sam Virkler, Jack Thorpe
4x200m Relay
School Record 1:40.27**

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Winter League All Stars and Honors

We have a large number of student-athletes receiving selection as a League All-Star for the Winter Season. That, and other honors, listed below. Congratulations to all!!

Cheerleading

Finger Lakes League All-Stars

Haylie Ribble

Ava Weissend

Exceptional Senior Selections

Payton Valastro

Cadence Trottier

Bowling

Section V All Tournament Team

Zach Phillips

Brayden Armison

Asher Merz

Indoor Track

Finger Lakes League All-Stars

Natalie Chalk- Spoor - 2nd Team 55m Hurdles

Lana Burnett - 3rd Team 55m Hurdles

Lana Burnett - 2nd Team Triple Jump

Connor Rinas - 3rd Team Shot Put

Connor Rinas - 3rd Team Weight Throw

Boys 4x800 Relay - 2nd Team

Boys Swimming/Diving

Finger Lakes League All-Stars

Gabe Johnson- 1st Team

Brendan Laity- 1st Team

Zach Lincoln- 1st Team

Canan Laity- Honorable Mention

Patrick McCarthy Honorable Mention

Dan Smith - Honorable Mention

Girls Basketball

Finger Lakes West League All-Stars

Lily Carrol - 1st Team

Alysiah Clark - 2nd Team

Evy Royston - Sportsmanship Award

Boys Basketball

Finger Lakes East All-Star

Brody Royston - 1st Team

Myles Prendergast - 2nd Team

Logan Storms - Honorable Mention

Class B2 All Tournament Team

Brody Royston

Myles Prendergast

Class B2 Sportsmanship Award

Tariku Blueye





Special Olympics



We are excited to be the host of the Wayne Finger Lakes Special Olympics for both 2024 and 2025. This year, the event will take place at our Whitman HS campus on Thursday, May 23rd. Student-athletes from across the Wayne Finger Lakes region will converge on our campus to compete in this tremendous event. Students will compete in events including the softball throw, 50m Dash, 100m Dash, Long Jump and many others.

We are in the process of requesting donations to support the Special Olympics organization and our event on May 23rd. If you are interested, the link below provide information for donations.

[Special Olympics Donation Link](#)



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Spring Sports

This week was the start of Varsity and JV spring sports. Modified sports begin over the next two weeks. Registration is still open for any student in grades 7-12 interested in participating.

Modified Track, Baseball & Softball begin on March 18th.
Modified Lacrosse begins on March 25th.

Follow this link to register: [Family ID Registration](#)

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Athletic Hall of Fame Call for Nominations



In the Fall of 2025 we will induct a new class into the Marcus Whitman Athletic Hall of Fame. This includes players, teams, coaches, and contributors to the history of Marcus Whitman Athletics, including Gorham High School and Middlesex Valley High School.

Do you know of anyone worthy of this distinction? We are seeking new nominees to be considered for induction into the Hall of Fame. Please submit any nomination so they can be considered for induction into the Athletic Hall of Fame. Use the document at this link - [Hall of Fame Nomination Form](#) - and send it to Paul Lahue, Marcus Whitman Athletic Director



Whitman Athletics is on Social Media

Follow 'Whitman Wellness Center' on Facebook

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GO WILDCATS!!!



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