Winter 2023/2024 Recap:

Girls swimming won the ROAR award for the highest GPA with a 3.99,

and overall winter sports GPA was 3.45!

Girls Indoor Track:

Coaches Award: Angelina Welde, Keira Bethke

MVP: Justine Rimple

Captains: Riley Fox, Abby Brasch, Mary Goldbeck, Madi Impriano, Margo Gebey, Briana Kochumuttom, and Liya Giby

Meet of Champs Qualifiers (provisional, in and ran the meet)

1. 60 hurdles: Gabby Nelson
2. Mile: Allie Pavone and Chey McCarthy (medaled 5th in the mile)
3. 4x800: Allie Pavone, Lizzie Getz, Madi Impriano, Margo Gebey
4. 4x200: Gabby Nelson, Ryan McGowan, Jaylen Tyler, Justine Rimple, (Mary Goldbeck)
5. DMR: Allie Pavone, Briana Kochumuttom, Margo Gebey, Lizzie Getz (Jonica Wark, Briana, Erin Patterson, Chey McCarthy)
6. High Jump: Justine Rimple

School Records:

1. High Jump: Justine Rimple 4-11
2. Long Jump: Justine Rimple 15-08.5
3. Triple Jump: Keira Bethke 31-8.5
4. 4x200: Gabby Nelson, Ryan McGowan, Jaylen Tyler, Justine Rimple 1:51.39
5. 4x800: Allie Pavone, Lizzie Getz, Madi Impriano, Margo Gebey 10:07.2
6. SMR: Mary Goldbeck, Justine Rimple, Margo Gebey, Lizzie Getz 4:32.0
7. 60 Hurdles: Gabby Nelson 10.09
8. Shuttle Hurdles: Abby Brasch, Catie McDevitt, Devin Sliman, Jessie Baumeister 49.09

Boys Indoor Track:

Indoor Boy's Track Season 2023-24

The Men of Track have had another Awesome Indoor Track Season, recording new school records for the sixth year in a row, winning over 40 awards, and qualifying for five events in the Meet of Champions, where AJ Mauldin recorded his PR, Luke Moyer finished 16th in the 60 dash and Ricky Lee won Sixth place honors in the 800m run in 2:00.01 It was an outstanding season for Boys track in PA as indicated by the fact that

Ricky broke the required time for States in the 800, but narrowly missed selection for inclusion.

One of our top meets was at the Prestigious Brudette Classic at Lehigh University running against 62 top schools, The Tigers recorded eighteen personal best performances, including season's best by two relays: Our young SMR of Alex Williams, Nate Jolly, Aaden Tep, and Nick Naughton; and Our 4x8 of: Cole Wozniak, Jimmy Murphy, Karam Dababneh, and Julian Bothma! And we Recorded a New School Record in the 200m Dash by Luke Moyer!

Season highlights for the Tigers also included at the Armory in NYC, where we had surprisingly strong showings by our two relays: Our 4x2 of: Dean Andreadis, Justin DiSantis, Chris Reynolds and Alex Williams Set a New School Record of 1:37.33; while we recorded Our New season's best by Our 4x8 of: Cole Wozniak, Landon Hartwell, Jimmy Murphy, and

Donovan Carmichael in 9:02.37, While Tyler Carlson took 10th in High Jump!

Cheerleading:

Cheerleading wrapped up its season at UCA nationals in February. They competed in the small varsity division and advanced to the second round for the first time since 2020. The cheerleaders won UCA Regionals back in December. They placed 3rd place out of 19 other teams at the PIAA district 1 competition. Cheerleaders are ready to get back in the gym to work toward our 2024-2025 goals.

Bocce: The 2023-2024 Bocce Team battled hard. Team Orange, led by captains Madeleine Hough and Anthony Maggitti, came in 4th in the Delaware County bracket. We were one game away from advancing to the finals, ending their season with a 4-4 record. Team Orange is ready for next season, there will be no stopping them! Team Black led by captains Bella Graci and Alex Stafford, came in 7th in the Delaware County bracket. They ended the season with 2-6 records. Team black was full of heart and with a few new members fought hard all the way to the end.

Ice Hockey: The Hockey team lost in the quarterfinals of the CAL. They placed 3rd overall in the Flyers Cup.

Boys Basketball: Boys' basketball finished this season with an overall record of 13-12 and a league record of 10-6. The team returned to the district playoffs for the fifth year in a row and made the Central League playoffs for just the second time in school history. The Tigers won their first round CL playoff game vs. Garnet Valley before falling to eventual champs, Lower Merion. This was an exciting season overall with twelve of our games decided by two possessions or less, including multiple buzzer beating plays. Matt Gardler was the CAL MVP and 1st team. PJ Espostio and Ryan Keating were HM CAL.

Girls Basketball: Girls basketball finished with a 10-12 record. One win shy of making the playoffs! We are graduating 6 seniors this year and we are excited about the future of our young program. Olivia Gicking was HM ALL CAL.

Wrestling: Wrestling finished 3rd in the regular season in the CAL. We had many wrestlers at districts. We were 6-2 in the CAL. We have a young team. Thanks to the seniors for helping change the culture.

Girls and boys Swimming:
The 2023-2024 season was met with a lot of success! Pat Droesser broke the 50-freestyle record and the 49 year old 100 freestyle record. Both he and Kaden Bothma represented MN at District Championships turning in strong swims. Overall, the hard work put in by all the boys has paid off with all enjoying numerous personal best times. On the Girls side, we had four ladies swim at Central leagues Championships which were Nangsa Z'ningray, Ava Droesser, Katie Snyder, and Sophie Yacoubian. Katie and Sophie continued onto District Championships.

Diving: The MN divers had a successful 2023-2024 season. First year divers Stavros Koulas and Reed Pennington, along with captain Logan Leach, all had personal best scores during the season. Juniors Dayton Fasbinder and Alex Koulas both qualified and competed at District 1 Diving Championships for the first time. Senior Captain Kierstyn Finn consistently scored points for the team and finished the season in 15th place in a deep Central League field. Delaney Behl had her best 11 dive meet season and placed 8th at Central League Championships and 16th at District 1 Diving Championships.