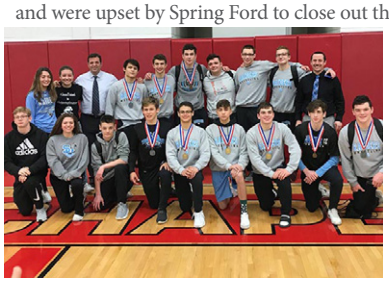
WINTER SPORT UPDATES



Wrestling – Winning ways continue!
Following their second consecutive section title, Raider Wrestling entered the WPIAL Team Championships as the second seed and held true to form, coming home with the runner-up trophy following a decisive win over Waynesburg in the semi-finals and a tough loss to three-time defending WPIAL champ Kiski in the finals. With their runner-up place secured, Seneca Valley advanced to the PIAA Team Championships coming out of the tournament with a 1-2 record. Following an opening round 35-24 win over Mifflin County, the Raiders were defeated by the eventual state champion Bethlehem Catholic. Following into the consolation bracket, SV had a difficult time recovering from the previous match and were upset by Spring Ford to close out their team championship playoffs.



The Raiders began their individual championships segment of their schedule at sectional qualifiers held at Fox Chapel H.S. on Feb. 23. At the conclusion of the night, Seneca Valley qualified 10 wrestlers for WPIALs out of 14 weight classes, including four section champions at 106 lbs. (Dylan Chappell), 113 lbs. (Alejandro Herrera-Rondon), 145 lbs. (Antonio Amelio) and 152 lbs. (Nick Montalbano.) Others qualifying include: Ronan O'Shea (5th, 126 lbs.), Jason Geyer (2nd, 132 lbs.), Drew Vlasnik (2nd, 138 lbs.), Liam Volk-Klos (5th, 160 lbs.), Conor Hayes (5th, 170 lbs.) and Patrick Johnson (2nd, 182 lbs.).



Finally, Head Coach Kevin Wildrick and Assistant Coach Joe Montalbano were recognized as Section Head Coach and Assistant Coach, respectively, for the year. Congratulations to an outstanding season and we look forward to watching these athletes advance through the WPIAL and PIAA championship brackets. The March 2019 issue will feature a recap of WPIAL and PIAA individual tournaments.

Swimming and Diving
The WPIAL Diving championships were held at North Allegheny on Feb. 23, and all four Raider girls' entries finished in the top-16 with three of the top-eight medalists being from Seneca Valley. Congratulations to Mackenzie Clark for her third place finish and automatic qualifier to the PIAA championships in mid-March. Joining Mackenzie on the podium were senior Katelyn Caccamo in sixth place and junior Meghan Keppler in seventh place. Maddie Montalbano finished 14th overall in helping Seneca Valley score valuable team points for the upcoming WIPAL Swimming Championships. At the boys' diving championships two Raiders placed in the top-16 - sophomores Trevor Elliott (13th place) and Matthew Laslavic (14th place).



Raider swimming and diving teams completed their regular season with the girls' finishing at 11-1 and the boys at 10-2 overall. They now turn their attention to the WPIAL Championships (Feb. 28 – March 1) and the PIAA Championships held on the campus of Bucknell University March 15-16.



Girls Basketball
Raider girls' basketball finished the regular season in third place for Section 1 with an overall record of 15-7 and a section mark of 9-5. Seneca Valley was seeded third out of their section in the WPIAL 6A playoff bracket and squared off against the other section's second seed Bethel Park on Feb. 22. In one of the more entertaining and tightly contested first round match-ups, the Raiders and Blackhawks were tied 18-18 at half. The back-and-forth game eventually fell in Bethel Park's favor, 51-45. It was a tremendous effort on the part of Seneca Valley that no doubt played their finest game of the season. And, we cannot end the season without highlighting the performance of senior guard McKenna Gross who led all scorers in the game with 26 points. It was a great run Raiders!



Boys Basketball
For the second consecutive season Raider boys' basketball qualified for the WPIAL post-season championships finishing fourth in Section 1 play. Under the direction of first-year head coach Kevin Trost, Seneca Valley finished the season with back-to-back wins over Blackhawk and Norwin to close out the regular season with an 11-10 overall mark and 4-6 in section play. In the opening round of the WPIAL championships, the 11th-seeded Raiders got out to a quick start over sixth-seeded Fox Chapel leading 10-4 at the end of the first quarter. The next three quarters the Foxes got hot from the three-point line, chipping away at the deficit and finally extending their lead to a 58-45 final win over Seneca Valley. We congratulate this team on a great effort this season.

WESTERN PENNSYLVANIA BIG 56 ATHLETIC CONFERENCE
THE PURSUIT OF EXCELLENCE

All-Conference Selections Announced in Basketball

The Big 56 Conference recently announced its basketball honorees and the Raiders were well represented. The following Seneca Valley student-athletes were recognized for their excellence on the hardcourt this past season.

BOYS BASKETBALL
1st Team – Mason Bush (pictured right)
2nd Team – Marcus Might
Honorable Mention – Zac Zajacs



GIRLS BASKETBALL
1st Team – McKenna Gross (pictured right)
2nd Team – Madelyn Karchut, Gretchen Koken



TRI-STATE ORTHOPAEDICS – Athletes of the Month, January 2019

TRI-STATE ORTHOPAEDICS & Sports Medicine, Inc.

Seneca Valley Athletics is pleased to partner with Tri-State Orthopaedics to sponsor a male and female Raider Athlete of the Month. This year marks the third of a three-year partnership with Tri-State Orthopaedics and the Athletics Department is pleased to announce the Athletes of the Month for January are sophomore swimmer Bella Stefanowicz and senior swimmer Jonathan Simoes.





The Female Athlete of the Month is sophomore swimmer Bella Stefanowicz. Bella achieved three WPIAL cuts and scored 52 points for the team throughout the month as the Raiders team compiled a 7-0 record in January. Bella took first place in the 100 Back and second place in the 100 Fly against Pine-Richland. She took first place in the 100 IM at Bethel Park. Bella finished second in the 200 Free and third in the 100 Free against North Hills and had a third place finish in the 200 Free against Upper St. Clair. For an outstanding month, we recognize Bella as the January Athlete of the Month. Congratulations and best of luck at the WPIAL Championships!

The Male Athlete of the Month is senior swimmer Jonathon Simoes. Jonathon reached three WPIAL cuts and scored 67 points to lead the Raiders to a 6-1 team record in January. Jonathon finished in first place in the 200 Free and 500 Free against Pine-Richland. He took first place against Mars in the 100 Free and second place in the 50 Free. Jonathan earned another first place finish in the 200 IM against North Hills and a second place finish in the 100 Fly at Bethel Park. For an outstanding month, we recognize Jonathon as the January Athlete of the Month. Congratulations and good luck at the WPIAL Championships!