By Heather Lewis,
Seneca Valley Athletics & Activities Director

CELEBRATED EXCELLENCE!

As we near the completion of yet another school year, the month of May provides us an opportunity to celebrate the excellence of all our students – from senior boards to senior awards, from post-season play to post-season honors. Each year I am astounded by the accomplishments of our graduating seniors and 2023 is no different. These graduating seniors have brought home national honors as Merit Scholars and have been recognized as nationally ranked athletes. They will proudly wear medals of distinction as PMEA performers and WPIAL and PIAA champions and cords of academic excellence. Collectively, the Class of 2023 has represented our District with immense pride and has showcased our District's commitment to fostering greatness in each student. Personally, I have witnessed an abundance of talent in the Class of 2023 through our performing arts, athletics, and activities and I am grateful for our shared experiences. I wish each of our graduating seniors a life full of prosperity, generosity, good fortune and good health. Thank you, Class of 2023 – you have not only aspired to excellence, but you have also attained excellence!

SENIOR AWARDS NIGHT

On Monday, May 16, we had an opportunity to recognize many accomplished students, including six deserving student-athlete award recipients. The following awards were presented, and honorees recognized.



The Sherman Award – Female MVP awarded to Anna Johnson (Golf/Lacrosse): This award is presented by the Sherman Family. It goes to a female athlete with the following characteristics: athletic ability 50%, character 30%, and scholarship 20%.



The Murray Award – Female awarded to Kendall Walton (Soccer/Lacrosse): This award is given to a senior female who has outstanding athletic and academic standards.



The NexTier Award – Male MVP awarded to Beaux Lizewski (Soccer): This award is given to a male athlete with the following characteristics: athletic ability 50%, character 30%, and scholarship 20%.



The Murray Award – Male awarded to Haihan Xu (Swimming & Diving): This award is given to a senior male who has outstanding athletic and academic standards.



The O'Shea Award awarded to Virginia "Ginny" Fronk (Soccer): This award is given to a student who most ably demonstrated the traits of Perseverance, Courage, and Desire during the current year. He/she need not be a starter, a star, or a letter winner. The student should be an athlete who has overcome the most severe obstacles or the greatest adversity to participate in athletics during the current year. The O'Shea Award is presented by the Knights of Columbus in Zelienople, Pa in memory of Doc O'Shea.



Knichel Logistics Female Positive Athlete Award awarded to Chloe Leonard (Soccer/Basketball): This award is designed to recognize a female student-athlete who exhibits the aspects of positive sporting behavior, exceptional sportsmanship, and genuine leadership.

COLLEGE COMMITMENTS – CLASS OF 2023

Raider student-athletes continue to make their college commitment official through the winter months. We congratulate these seniors in achieving their goals of continuing their athletic and academic careers at the next level. Each of you are tremendous representatives of Raider Athletics and we are proud of your efforts in the classroom, in competition, and in the community.

Name	Sport	College/University	Major
Gracen Heilman	Track & Field	University of Pittsburgh-Johnstown	Justice Admin. & Crim.
Sam Hersick	Diving	Loyola University of Maryland	Computer Science
Grant Hoover	Volleyball	University of Health Sciences & Pharmacy	Biomedical Sciences
Jonathon Price	Track & Feld	Indiana University of PA	Nursing
Joshua Wolfe	Baseball	Charleston Southern University	Business

ATHLETES OF THE MONTH

April 2023



The Female Athlete of the Month for April was girl's lacrosse attacker **Macy McMullen**. The senior captain has had a strong end to the season, helping the Raiders clinch a spot in the Western Pennsylvania Interscholastic Athletic League (WPIAL) Girl's Lacrosse 3A Playoffs. She has tallied 20 goals over the last 10 games for an average of two goals a game. Macy's standout performance came in an overtime win over Shaler where she scored six goals, including the game-winner. Not only a scorer, Macy has also dished out nine assists as well. To top it all off, Macy achieved a career milestone by scoring her 100th career goal, notching the feat in a game against Fox Chapel. We recognize Macy as the April Female Athlete of the Month. Congratulations Macy!



The Male Athlete of the Month for April was boy's lacrosse attacker **Colton Garner**. A sophomore, Colton had a record-breaking month, scoring an incredible 49 goals over 10 games for a 4.9 goals per game average. This tally included 10 and 12 goals respectively in wins over Butler and Hempfield, accounting for over 55% of goals scored by the Raiders. His efforts led him to be named the Male Athlete of the Week by the Cranberry Eagle. Over this 10-game period, Colton has also supplied 19 assists to his teammates, helping the Raiders earn the No. 7 seed for WPIAL Boy's Lacrosse Playoffs. For an eye-catching month, we recognize Colton as the April Male Athlete of the Month. Congratulations Colton!

SO UNCOMMON IN SPORT

The Northern Area Athletics Directors Association (NADA) recently honored a small collection of student-athletes who compete in three sports during their senior year. In this era of youth sport, to compete in three sports as a high school senior is a rare and uncommon experience. We recognize our two honorees – Julia Wary and Jeremiah Laslavic – for their vast contributions to our Athletics program. Jeremiah will graduate with three PIAA state medals around his neck – two in soccer and one in swimming & diving. We recognize Julia for her contributions as a runner and congratulate her for being awarded one of two scholarships by NADA for her contributions as a student, an athlete and honorable citizen in our community.



SPRING SEASON SPORT RECAPS

Baseball

At the time of this writing, Raider baseball was currently awaiting their WPIAL opening round playoff contest. The Raiders tied atop the section standings with a section mark of 8-4 and an overall record of 16-4 on the season. Seneca Valley enters the WPIAL 6A bracket as the fourth seed and will face off against fifth-seed Mount Lebanon. The winner advances to the semi-finals to face the winner of Pine-Richland vs. Hempfield. Good luck in post-season play!

Softball

The returning WPIAL champions are set to defend their title from a year ago, entering the WPIAL 6A bracket as the number one seed. With a 3-0 win over visiting Hempfield on the final day of the season, congratulations to the Raiders for clinching their first section title since 2017. Raider softball finished with a 15-1 section mark and overall record of 16-1. They will face Pine-Richland in the semi-finals of the WPIAL 6A bracket. Good luck softball!

Boys' Lacrosse

Congratulations to Raider boys' lacrosse who advanced to the quarterfinals of the WPIAL 3A bracket before falling to No. 2 seed Mt. Lebanon. SV finished the season with an 11-6 overall mark and 4-3 in section play. They defeated Hempfield 15-9 in the opening round of the playoffs before ending their season on the road at Mt. Lebanon. We congratulate this team on yet another post-season appearance and wish all graduating seniors the best in their future endeavors.

Girls' Lacrosse

Raider girls' lacrosse once again qualified for the WPIAL championships and faced a tough Canon-Mac opponent on the road in the opening round. Despite jumping out to an early lead, the Big Macs bounced back and captured a 15-6 win over SV. We congratulate this team on yet another post-season appearance and wish all graduating seniors the best in their future endeavors.

Boys' Tennis

The boys' varsity tennis team closed out their 2023 season with back-to-back wins over Norwin and Chartiers Valley. The Raiders finished the season with an overall record of 9-6. We congratulate this team on yet another winning season and wish all graduating seniors the best in their future endeavors.

Track & Field

Congratulations to our Raider boys' track & field team for winning their WPIAL Team Championships semi-final bracket and advancing to the finals of the WPIAL Team Championships. This accomplishment is a testament to the depth of our Raider boys' track & field program in 2023 and the work put in by each team member. At the WPIAL Individual Championships, the following athletes medal-winning performances qualified them for the PIAA state meet in late May at Shippensburg University.

- Jayden Price – Long Jump (WPIAL runner-up); Triple Jump (WPIAL 4th place)
- Jonathon Price – Triple Jump (WPIAL 3rd place); 110 Hurdles (WPIAL runner-up)
- Boys 4 x 800 Relay (WPIAL 4th place) – Eli DeWitt, Ryan Karpinsky, Ryan Domencic, and Ethan Barnett

On the girls' side, junior Claire Riehl finished the 400m with a time of 59.80 seconds at WPIALs to move up to No. 6 all-time in Raider girls' track & field history.

Boys' Volleyball



Led by the senior leadership of Grant Hoover and Steven Mazur, Raider boys' volleyball finished the season tied for third place in their section and advanced to the quarterfinal round of the WPIAL 3A bracket before falling at North Allegheny, 3-1. It was another outstanding season with some exceptional performances for boys' volleyball and we congratulate them and wish Grant and Steven all the best in their future endeavors.

ALL-CONFERENCE SELECTIONS ANNOUNCED IN SPRING SPORTS

The Big 56 Conference recently announced its spring sport honorees in baseball and softball and the Raiders were well represented. The following Seneca Valley student-athletes were recognized for their excellence on the field.

SOFTBALL

1st Team	2nd Team	Honorable Mention
Lexie Hames	Bella Gross	Lily Hicks
	Neve Miller	Anna Kalkowski
	Kara Pasquale	Emry Rice
		Mia Ryan

BASEBALL

1st Team	2nd Team	Honorable Mention
Creed Erdos	Mike DelDuca	Luke Anderton
Zack Tkatch	Evan Tomasic	AJ Capizzi
Hunter Troiano		Nick Parrotto
		Brock White

Boys Volleyball All-Section

The WPIAL boys' volleyball coaches recently announced their All-Section teams for the 2023 season and the Raiders were well represented.

1st Team	2nd Team	Third Team
Grant Hoover	Nicholas Dunmire	Peter Breski
	Jordan Hoover	Matthew DeGraff
		Steven Mazur
		Matt Mirilovich

WE ARE PLANNING FOR 2023-24

Physical, drug & concussion test dates

The athletic department has announced its summer athletic physicals, drug testing and baseline concussion testing dates for 2023-24. Please note these plans are subject to change.

REMINDERS for 2023-24:

- All required paperwork for athletic participation in 2023-24 will be available on SV Portal starting Thursday, June 1 - no paperwork may be completed prior to June 1.
- **ALL fall sport** paperwork is due in the athletic office no later than **3 p.m. on Thursday, Aug. 3**. Coaches will not accept paperwork at the first day of tryouts.
- Dates for physicals are not confirmed yet. Once dates are set, we will announce. Please note physicals are first come, first served - we do not take reservations in advance. ***We encourage families to have their physical completed as soon as possible after June 1, 2023. You may visit your PCP or any Urgent Care Clinic for an athletic physical.***
- The PIAA mandates the CIPPE form as the only permissible form for doctor's signature.
- All student-athletes must be registered in the SV Portal under "Sports Registration" before competing. Registration **begins** Thursday, June 1.
- Complete information available on the District's Athletics website under "Participation and TRYOUT information" starting Thursday, June 1.
- Concussion baseline testing only needs to be done every other year. Parents may call the Athletics Office at (724) 452-6040, x1752 to confirm the status of their child's baseline concussion test.

Drug Testing, Athletic Physicals, and Baseline Concussion Testing Dates – Senior High School

- **Tuesday, July 11,** from 3 – 7 p.m.
- **Wednesday, July 12,** from 8 a.m. – Noon and 1 – 3 p.m.
  - 60 physicals from 8 a.m. – Noon; 30 physicals from 1 – 3 p.m.
- **Tuesday, August 1,** from 3 – 7 p.m.
- **Wednesday, August 2,** from 8 a.m. – Noon and 1– 3 p.m.
  - 60 physicals from 8 a.m. – Noon