By Heather Lewis,
Seneca Valley Athletics & Activities Director

WINTER SPORTS UPDATES

SWIMMING & DIVING

The WPIAL Diving championships commenced on Saturday, Feb. 25, at North Allegheny. At the time of this writing, the boys have the WPIAL's top-3 highest point totals as follows: Isaiah Clerkley (315.15), Jeremiah Laslavic (293.65), and Sam Hersick (288.10) Teammates Colin Stevens and Miles Miller are currently in the top-15 at eighth and 14th, respectively. On the girls' side, junior Chloe Petersen is sitting in 12th place in the WPIALs most recent listing of top scores. The final top times in the swimming competition will be available the week of Feb. 20. WPIAL Swimming championships will take place the first week of March at Trees Hall at the University of Pittsburgh. PIAA state championships will be held March 17 – 18, at Bucknell University. Good luck to all our swimmers and divers as they conclude their regular season and prepare for their championships.

WRESTLING PREPARES FOR POST-SEASON

With the team dual meet portion of the wrestling schedule complete, the Raider Boys Wrestling team has now turned its attention to the pathway leading to the PIAA Championships on March 9 – 11, in Hershey, Pa. First, will be the sectional qualifiers held the final weekend of February at North Allegheny. Among the notable top-4 seeds in section weight classes are Connor Smith (114 lbs.) and Tyler Chappell (127 lbs.) We wish all Raider student-athletes the best of luck in their pursuit of Section, WPIAL, and PIAA titles.

The Raider Girls Wrestling team finished its regular season at the Western PA championships on Feb. 19, and is beginning preparation for the Pennsylvania Regional Tournament (March 5) and Pennsylvania State Championships (March 12). Good luck!

BOYS BASKETBALL – PLAYOFF BOUND

Raider Boys' Basketball enters the WPIAL Championship tournament as the seventh seed in 6A and will face off against second-seed, Upper St. Clair, on Feb. 24. A full recap of the postseason will appear in our March issue.

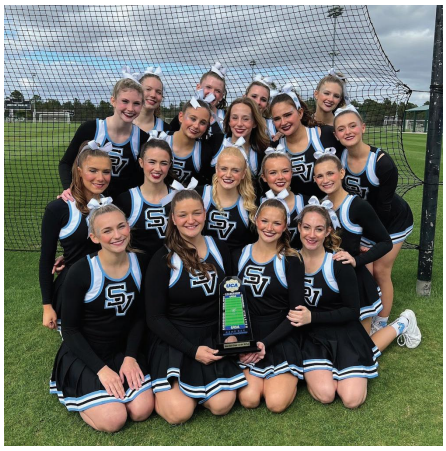
GIRLS BASKETBALL

The Raider Girls' Basketball team missed the WPIAL championships, finishing the season with a record of 5-17. We thank seniors Anna Felitsky and Chloe Leonard for their leadership this season and careers on the hardwood. Best of luck in your future endeavors. The Raiders will return all but two players next season; the experiences gained this year will be an asset to this program in 2023-24.

HISTORY WAS MADE!

Congratulations to our Raider Competitive Cheer program that traveled to Orlando, Florida, on Feb. 10-12, to compete in the UCA National Championships in two separate events – Small Varsity DI and Medium Gameday. Raiders set program history by advancing to the semifinal round of Small Varsity DI for the first time. In the Medium Gameday competition, Seneca Valley advanced to the finals for the first time and finished 8th in the nation! Congratulations to coaches Laura Wise, Elaine Duggan, Megan Wise, and Katie Wise on an outstanding performance at UCA National Championships. So much to be proud of! #SVRaiderPride





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 very proud of your efforts in the classroom, in competition and in the community.

Name	Sport	College/University	Major
Graham Hancox	Football	IUP	Business
Beaux Lizewski	Soccer	Lafayette College	Int'l & Gov't Relations
Kiki Nemcek	Soccer/Lacrosse	LaRoche University	Early Education
Mia Ryan	Softball	Gannon University	Exercise Science

FRONK HONORED WITH WPIAL HALL OF FAME CLASS OF 2023 COURAGE AWARD

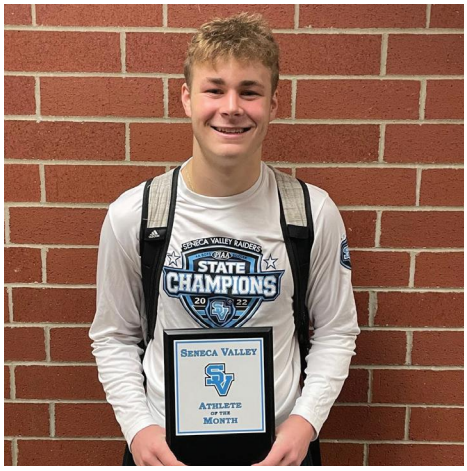
Senior soccer player Virginia "Ginny" Fronk will be honored Friday, June 2, as a member of the WPIAL Hall of Fame Class of 2023, receiving the League's Courage Award. Ginny was diagnosed with Hodgkin's Lymphoma during the preseason and went through grueling chemotherapy treatment. In between cycles of chemo, Ginny found her way back to the soccer pitch, joining her teammates for practice and even playing in a few games this season. She was an inspiration not only to her teammates, but to the entire Seneca Valley community. Her grace in handling the diagnosis was amazing and she attacked her chemotherapy treatment with uncommon courage and tenacity. While she was not on the field each day, Ginny's leadership was instrumental in helping the Raiders finish as section runner-up and reach the semifinals of the WPIAL championships. Ginny will continue her soccer career at George Mason University while studying Environmental Science. We cannot think of a more deserving person than Ginny to receive this honor in June. Congratulations Ginny – you inspire us all!



ATHLETES OF THE MONTH, JANUARY 2023



The **Female Athlete of the Month for January was girls' basketball player Natalie Hambly**. The freshman guard had a stellar month and led her team in scoring with 70 points over seven games while shooting 33.3% from the field. She also tallied 12 rebounds, 11 assists, and four steals. Her standout performance came in a victory over Bishop Canevin, where she scored 21 points while shooting 83.3% from three-point range. For an impressive month, we recognized Natalie as the January Female Athlete of the Month. Congratulations Natalie!



The **Male Athlete of the Month for January was senior boys' basketball player Connor Oros**. A starting guard, Connor averaged 15.5 points, 5.5 rebounds, 3.9 assists, and two steals per game over the month of January. He paced the Raiders to five wins, including big section victories over Central Catholic (13 points and 10 rebounds) and North Allegheny (13 points and 9 rebounds). He also scored a season high 28 points along with six rebounds and four assists against Union. We recognized Connor as the January Male Athlete of the Month. Congratulations Connor!

COACH OF THE YEAR

Congratulations to Head Boys and Girls Swimming & Diving Coach Brian Blackwell for being honored by the National Federation of State High School Associations and Coaches Association as the 2021-22 Section 2 Boys Swimming & Diving Coach of the Year. Honorees were selected based on their performance in the 2021-22 school year, lifetime community involvement, school involvement, and coaching philosophy. Section 2 of the NFHS, known as the Mideast Section, comprises eight state associations: Delaware, Kentucky, Maryland, Ohio, Pennsylvania, Virginia, Washington D.C., and West Virginia.

