



## *WINTER 2024-25 Varsity Season Roundup*



### Girls Wrestling

The Girls started the season winning 6 of the first 7 duals, losing to Salem/Cambridge in the League Championship Dual 43-11. They lost their last 2 duals of the season, with injuries playing a role. The team had 3 girls as Place Finishers in the Section 2 NY State Qualifiers at Guilderland HS.

In the State Qualifiers, Esmerlda Braman finished 1st in her weight class.

In the NY State Tournament, Esmerelda Placed 4th!

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### Boys Wrestling

The program switched gears this season and participated at the JV level in order to grow the program. The boys who participated competed and the ones who stuck it out will benefit in the future for their efforts

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## Girls Basketball

The program switched gears this season and participated at the JV level in order to grow the program.

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## Nordic Skiing

We had 8 students on the Nordic team this year. Two in 8 th grade, 2 in 10th, 3 in 11 th and 1 in 12th. A ninth was unable to participate due to his basketball schedule. Our first day of practice for varsity was on 24NOV. The two modified students started on 25NOV25. The first day we were able to ski was 2DEC24. We were able to practice on snow a total of 30 times during the season. All athletes showed great improvement in technique and results as the season progressed. 4 out of the 8 were total beginners and as snow time increased, they all greatly improved. The modified and begginer skiers competed in the shorter courses while I had 4 compete in the varsity on certain courses. The Gore course is extremely challenging, and I entered no one on the harder course there that was unable to handle it. We had no problems maintaining social distancing as most of our time was spent outdoors. Sickness only impacted on the two modified skiers for a week, while a few other practices had to be missed by others. We ended up having to run/hill bound 3 times, 6 weight room workouts and 1 video technique session. Snow, while slow to start, was challenging at times this year but we still managed 10 days of skiing more this year than 2023-24 and eight more than 2021-22 despite a week shorter season. The Gore ski bowl once again proved to be a reliable facility to hold races and luckily Lapland Lake in Benson had good snow for our scheduled events. We were able to have good practice skiing at the Bend of The River and the Saratoga Biathlon Club. Our season completed at section 2 championships where Haley Potavin finished in 24 th place out of 45 and Marius Cateline finished 24 th also out of 41 competitors.

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## **Boys Basketball**

The season's goals included demonstrating better sportsmanship and improving team dynamics. Progress was made in both areas. The team's final record this season was 4-16.

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## **Bowling**

The team took 5th in the Adk League Tournament at the end of the season. The team will graduate 5 Seniors. Zach Fieldstadt and Brody O'Connor were selected to the 2nd Team All Stars for the League.