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PRESS FILE PHOTOS

Senior tight end/linebacker Shane Hulmes is one of two returning All-State selections for this year's Tiger football team.



Senior Mason Bollinger earned All-State recognition as a defensive athlete last fall and returns as a wide receiver/linebacker this year.

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Tiger football team is ready to turn the page

BY MIKE HAINES
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Last year the Tiger football team had a storybook season, going 16-0 and capturing the program's first state title with an overtime win in the championship game. But it's time for that book to move to the next

chapter. "It was a quick off-season," said Tiger head coach Josh Snyder. "Last season went so long and then celebrating, snap your fingers and you're back in the mix. It feels good to turn the page and get ready for this season. These guys are excited for their opportunity to

play." After two straight trips to the state championship game, the defending champs will see some turnover on their roster. While Shane Leh returns for his third season as the starting quarterback, four first-year starters will be in front of him on the offensive

line and he won't be handing the ball to Eli Zimmerman for the first time in his career as the 2025 PIAA Class 3A Player of the Year is now a Bloomsburg Husky. Leh's backfield might be new, but he will have

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PRESS FILE PHOTOS

Senior Caelen Stangil (6) scored 15 goals and recorded 21 assists during last year's state title run.

NWL boys soccer wants another chip

After winning two state titles in three years, the team's goal is to bring home another

BY CHUCK HIXSON
special to the press

Your team wins the Colonial League championship, the District 11 championship, and wins its second PIAA championship in three seasons. Oh, and you do it all without losing a game.

So, what do you do for an encore?

If you're head coach Nate Hunsicker and the Northwestern Lehigh boys soccer team, you do it again.

That was the goal of the 2025 version of the team as it prepared for the opening of the season.

With the remaining talent that the Tigers

have, it's not out of the realm of possibility for it to happen again, although it is a tall task.

"Obviously, last year was special and sharing that success with two other teams from the school added to just how special of a fall season it ended up being," said Hunsicker. "Now we're focused on the upcoming season. We've got some new faces in new places and some guys back in their old stomping grounds, so we're looking forward to it and we think we can make another really special run."

The first part of the plan is figuring out how

you replace the 74 goals lost by the graduation of Jacob Van Lierop. The talented group of players who were there to help Van Lierop reach that mark was whittled down by graduation as well as the Tigers said goodbye to 10 seniors.

The good news is that there are still core players from last year's team remaining and the program seems to simply mix in new faces where needed to continue their success.

The senior duo of Caelen Stangil (15 goals, 21 assists) and Logan Mesics (20 goals, 18 assists) give the midfield

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Senior Logan Mesics scored 20 goals for the Northwestern boys soccer team last season.

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Girls soccer team will have more depth

BY MIKE HAINES
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After four straight appearances in the state quarterfinals, the Northwestern girls soccer team reached the semis in 2023 but lost to Central Columbia.

The Lady Tigers again ran into Central Columbia in last year's state quarterfinals and advanced with a 5-2 win to reach the finals where they won their first state championship with a 2-1 double overtime win against Cathedral Prep that completed a perfect 28-0 season.

Heading into a new season, the team will look to repeat last year's success.

Coach Jordan Smith admits he watched the video of that final game on the night before practice for the 2025 season opened. But now he has put it away because those are just memories and there is a real season staring the team in the face.

"We have to keep looking forward and not dwell on what we accomplished last season," said Smith. "We have a target on our backs this season and teams are going to be coming after us, so we have to face each game and take

care of things this season."

The team graduated four seniors – defenders Syenna Flores and Olivia Spatz, and forwards Brook Balliet and Paige Bissell - who all gave heavy contributions to the team during their high school career. Bissell scored the winning goal in double overtime of the PIAA finals last season and Balliet was also productive in some of the biggest games for the Tigers.

Even with the losses, there is plenty of experience to draw from and some young players are looking for more playing time.

Smith emphasizes defense first and the team that allowed just 12 goals last season with 19 shutouts has an experienced defense returning and a strong group of young players up front.

The defense returns seniors Sofia Sikora and Marlyse DeLillo along with junior Dylan Ritter. Olivia Reinhart, who has been a mainstay in goal, also returns for her senior season.

"I think we can be at least as strong defensively as we were last season and maybe better," said Sikora. "We work really well together."

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PRESS FILE PHOTOS

Olivia Reinhart helped the Tigers post 19 shut outs last season en route to a state championship.



Sofia Sikora



Mikayla Yanders



Marlyse DeLillo

NWL XC teams hit hard by graduation



Rosalia Nestor



Brady Furman

BY MIKE HAINES
mhaines@tnonline.com

This year's Northwestern cross country teams will be in a bit of a rebuilding mode after both teams graduated some key seniors from their 2024 teams.

The Tiger girls team will be replacing four of its top five runners after the graduation of Sophia Cornell, Megan Fornwalt, Devon Heinly and Kellcey Pedron.

Northwestern does, however, return its top runner from last season as Rosalia Nestor is back after a freshman season that saw her run as the team's No. 1 all season and finish third in the Colonial League meet. She missed qualifying for states by just a few seconds in finishing 18th at the district championships last fall.

"Hoping to get Rosie to states this year individual-

ly," said 27th-year Tiger head coach Chris Stitzel. "She missed it by one spot last year. Hopefully that's motivation to get there this year."

Stitzel has just eight names on the girls team's roster this year.

Returning to the team from last year's roster, along with Nestor, are senior Ava Smedstad and junior Amber Carl. Newcomers to this year's team include junior Charlotte David and freshmen Laura Earles, Emily Fornwalt, Katherine Furman and Anabel Kline.

All four freshmen were part of the Northwestern middle school team in 2024. They will all be counted on to help the team score this year with Furman likely the team's No. 2 runner behind Nestor.

Stitzel's first objective is to have at least five healthy runners for each meet so the

Tigers can earn a team score in the girls race.

"At least we don't have to forfeit," he said. "That's our main goal – to get enough for a team. We can build from there."

Northwestern's boys team graduated four of its top seven from last year's team, including 2024's top two runners in Xavier Giandomenico and Greyson Wellings, along with Bryce Thrash and Logan Thrash. It marked the second straight season that the team graduated its top two runners.

"We probably won't have that stud, but we'll run well in a pack," Stitzel. "Some teams might go 1-2 on us, but hopefully then we'll pack it in on them."

"At least we have the numbers for the guys. We won't be one of the top teams, but

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PRESS FILE PHOTOS

Hannah Gober, who will continue her field hockey career at Ohio State, is part of a group of seniors returning for this year's Northwestern Lehigh field hockey team.

Field hockey team seeks District 11 four-peat

BY CHUCK HIXSON
special to the press

Field hockey varies across the commonwealth of Pennsylvania and once you get out of the region, the style of play and the level of experience varies greatly.

That is one reason why generally, teams from the central part of the state have better success in states. It also accounts for why so many local teams have trouble progressing through the PIAA tournament.

Northwestern Lehigh has run into that issue in each of the past three seasons after they have won a District 11 championship. They have been unable to get past the first round of states in each of those seasons.

"The teams we play when we leave the area are so concentrated and are going to have five or six players in their senior class who are playing at the next level, so to compete at that level with

our team is amazing," said coach Lissa Opolsky, who comes into her 12th season as the team's coach. "We're fortunate because we're rolling into another senior class that has the potential to make a run into states, and we've had that over the past two or three years. We're just looking to press forward. The championships are great, but if we focus on those, we're going to lose sight of all of the other stuff that goes into it."

Opolsky lost nine players from last year's team to graduation but has another large senior class of 11 players on the roster for this season.

The returning attackers include seniors Amelia Birch (4 goals), Makayla Bressi (5 goals), and Taylor Langley (8 goals), and McKensy Miller (1 goal). Langley provides a strong presence and is a vocal team leader for the Lady Tigers.

The midfield has Ohio State recruit Hannah Gober

to anchor the group along with senior Olivia Snyder and junior Faith Slifer. Gober is an admitted field hockey addict who brings a unique passion to the team.

Gober credits Opolsky with a lot of her field hockey success. As Gober was making her college choice, Opolsky, who went to the University of Iowa, was hoping to sway Gober, who instead chose the Buckeyes.

"I hated to disappoint her, and she did try to sway me a little, but she was a big help to me when I was going through that whole process," said Gober with a laugh. "I've been fortunate to be surrounded by some great coaches and mentors, especially coach Opolsky; she's been great to me."

Haley Kerschner is one of the more aggressive defenders in the Colonial League and leads by example on the

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Amelia Birch



McKensy Miller



Taylor Langley

BOYS

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a familiar look and experience that will help the growth of freshman Lyle Good, who joins the group this season.

"With my height I can manage a lot of the aerial stuff," said Mesics. "And he (Stangil) is the guy who is running around all over the place and making tackles left and right. Between the two of us we're able to do a decent job out there because we compliment each other's style of play."

Junior Cole Mertz (23 goals, 16 assists) has disruptive speed at the forward spot and another freshman, James Bissell will see a lot of time on the field for Northwest this season.

Defensively, Northwest returns two of their starting backs this

season and the experience will help junior Dean Carl who takes over in goal for the first time as a varsity starter.

Carl allowed four goals in 11 games last season for a 1.78 goals-against average as he learned under Brandon Krapf, who led the team to 18 shutouts and allowed only 10 goals.

"Dean is ready to go," said Hunsicker. "He's had the last couple of seasons to learn under Brandon. He was our starting keeper all summer and did a good job."

Moravian Academy, Southern Lehigh, and Palisades come into the season as the projected teams to beat with Notre Dame of Green Pond potentially working their way into the top tier.

In each of the past two seasons, the team has had someone break the previous career goals scored record. Matt

Johnson moved the record from 81 career goals to 101 in 2023 and Van Lierop pushed it to 105 in 2024.

Before last season, Van Lierop and Mesics were part of a group talking about Johnson's record and knew it would take a huge season for anyone to top Johnson.

Then came Van Lierop's historic 74 goal season to make him the all-time goals leader.

Mesics comes in with 38 career goals meaning that he would need 67 goals this season for him to top his former teammate's mark.

"I would have to have a very similar season to what (Van Lierop) did last year and that's pretty difficult," said Mesics with a laugh. "I don't know about that happening."

GIRLS

Continued from page 4

er and we've worked hard in practice to help the younger players adjust, so I think we will be really good again."

Seniors Kiersten Klein and Mykaela Yanders anchor the midfield which also features juniors Alexis Kercher and Kherington Yezik. While the forward position lost Balliet and

Bissell, juniors Sophia Schaffer and Amelia Glassberg return and are poised to step into bigger roles.

Juniors Gia Di Carlo and Reilly Newcomer could see an uptick in playing time this season. Sophomore Lexie Zentz could also be in line for more opportunities.

Smith kept four freshman players on the roster.

"We're going to be a deep team," said Smith.

"There are honestly seven or eight players that I can put in the defense that I have confidence with to do their job."

"Actually, I think we have a deeper team this year than we did last year when we won the state championship. We have some sophomores and juniors who are just coming up and I think they're ready to take the next step."

RUN

Continued from page 5

we'll be right there after that."

Returning for the boys team are seniors Jonathan Fornauf and juniors Noah Griffith and Brady Furman, who all ran in league and district championship races last year.

es last year.

Some of the top newcomers to this year's line up with be sophomores Isaac Grubb and Quentin Guttierrez-Kehm, along with senior Max Miller and junior Michael Richards.

The rest of this year's boys roster includes seniors Kieran Baker,

Lucas Berardi, Gavin Dwane, Chase Seither, Ethan Solderich and Griffin Unrath; junior Evan Mussel, sophomores Luke Breidinger, Moses Eastman, Seth Kershner, Chaz Penny, Gavin Phillips, Noah Schwartz and Henry Wade; and freshman Logan Spotts.



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Tigers must replace four key graduates

BY CHUCK HIXSON
Special to the Press

The Northwestern Lehigh High School girls volleyball program reached a couple of milestones last season with its first ever win over Notre Dame (Green Pond) and a win in the first round of districts.

The Lady Tigers finished 12-4 in the Colonial League and 13-10 overall as they look to continue moving forward in 2025.

Head coach Mike Maston believes that his team is ready to play tougher competition during the regular season, which will prepare it for the difficult postseason. In addition to the usual difficult Colonial League schedule against teams like Notre Dame and Southern Lehigh, the schedule has tough nonleague games against larger schools like Nazareth and Freedom to get players used to playing tough teams.

"I think that we have to face these tough teams so we can get better ourselves," said Maston. "We have a good team and I'm looking forward to them making more progress this season."

The team lost key players like Elyse Browning, Shannon Green, Bailey Murray and Norah Silfies, but this year's team still has players with a good amount of varsity experience. Seniors Alex Diehl and Lily Kinnon have the leadership skills that are going to be needed with a roster that has 10 freshmen.

"We've been more competitive each season and I think that we can be even more competitive," said Maston. "We kept 10 freshmen, so we're going to be very young, but that doesn't mean we can't be competitive."

Among the younger players who will be stepping into bigger roles

are sophomores Lacey Clymer, Kayla Schafer, and Jessica Unrath.

"The young players are working really hard, and I think they have a lot of talent," said Diehl. "They've already improved a lot and are learning from the older players on the team."

In addition to getting their first win over Notre Dame last season, the Tigers came close to beating the Crusaders on their home court as well for a season sweep. Beating Southern Lehigh, a perennial powerhouse in the Colonial League, is next on the agenda for the Lady Tigers.

"We keep getting better and we were really excited when we beat Notre Dame last season," said Lily Kinnon. "Now, we have to just keep getting better and get back to the playoffs and go deeper than we did last season."



PRESS FILE PHOTO

Senior Alex Diehl and the Northwestern girls volleyball team plan to build upon some milestones they achieved last season.

Conner returns to the court

Even though Northwestern Lehigh does not sponsor varsity tennis programs, it hasn't stopped Tiger senior Mallory Conner from excelling at the sport at the high school level. Conner has played in three straight District 11 Class 2A singles tournaments. As a freshman she reached the district semifinal match. The past two seasons she made it all the way to the district final and earned a silver medal each time.

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Scheffler, Chandler will captain golf team

BY MIKE HAINES
mhaines@tnonline.com

Even back in the best years of the Northwestern golf program, when future pro Cole Miller and fellow state qualifier Nick Vecellio were two of the best players in the Colonial League, the Tigers didn't have the kind of team they do this season.

Those top-heavy teams were competitive in the early 2010s, but this year's line up could be the best in the history of Northwestern Lehigh golf.

"Yesterday was the first time in my 15 years of coaching that all eight team members who were eligible to score shot under 100 and seven of them were under 90," said Tiger head coach Tim Miller. "Anytime I start a golf season I'm optimistic about what the outcome is going to be."

"Because we only have a three-person veteran presence this year and we have whole lot of ninth and 10th graders, I tried to temper my optimism a little bit. But this group has far exceeded anything I expected."

The Tigers got off to a 6-0 start to the season with wins over Wilson, Pen Argyl, Saucon Valley, Salisbury, Jim Thorpe and Bangor.

The Tigers graduated two regular members of last year's line up in district medalist Addison Remaley and Caden Monahan.

Junior Cole Dynda returns to the top of the Tiger line up and has been breaking 80 consistently early in the season.

"He put the time in over the summer, played a couple junior tournaments," said Miller. "For

our league championship he's going to be an individual vying for the top spot."

Two other players who already have some postseason hardware are senior captains Gracie Scheffler and Avri Chandler, who both earned medals in last year's District 11 girls tournament.

Scheffler finished third at last year's district championships to become the first Northwestern golfer since Cole Miller in 2012 to qualify for the state tournament. Chandler earned a district medal with a fourth-place finish last fall and was one place away from qualifying for states.

Returning sophomore Skylar Kern has also helped the team scoring early in the season.

Several newcomers to the line up are also helping the team as sophomore Jake Kozlowski and freshmen Mason Malosh and Wagner Stracco have been among the team's top five players in early-season matches. Sophomore Alli Wright and junior Brayden Uriccho have also been part of the line up. Freshmen Jordyn Kubat and Cole Smargassi could also help the team this season.

"Something that's really impressed me about this group is not only their skill at hitting a golf ball," said Tim Miller. "But they seem to be more mature about playing the game of golf than I've had in years past."

With such a short season to work with players, Miller, a retired teaching pro, doesn't spend a lot of time giving swing tips. It's much more beneficial to teach players course management and deci-

sion-making.

"This group is really receptive," he said. "I'm not saying I'm always right with my instruction, but at least it gets them thinking in a different frame of mind instead of just grabbing their driver and smashing it as hard as they can."

"As for as playing the game of golf I think this is the most talented group I've had in 15 years. They couldn't be a better group from top to bottom."

The biggest tests of the season for the Tigers will come in their final two matches against perennial league contenders Southern Lehigh (Sept. 4) and Moravian Academy (Sept. 8).

The Spartans and Lions were both unbeaten through the first two weeks of the 2025 season.



PRESS FILE PHOTOS

Northwestern senior Gracie Scheffler reached last year's state championship tournament and is looking to get back again this fall.



Cole Dynda



Avri Chandler

FOOTBALL

Continued from page 2

some familiar targets to throw to as all-state defensive athlete Mason Bollinger (senior) returns at wide receiver along with junior Michael Lagowy.

Bollinger led the team with 520 receiving yards and six touchdown catches last year.

"This year our skill coming back, especially on offense, we're really comfortable there," said Snyder. "Even though we lost Eli, there's enough there that we can share the ball and be productive."

"I think we can be a little more balanced than last year. That being said, at Northwestern we hang our hat on being able to run the ball and stop the run. We look forward to being able to do that again."

Success in the pass game and the run game will likely

depend heavily on how well the new offensive linemen adjust to the varsity level.

"It's just how fast can that front five come together and jell as one," said Snyder. "It takes a lot of communication and talking up there to be on the same page. We run a pretty sophisticated offense. We're aware of that."

On the front line, senior left tackle Colton Popp and tight end Shane Hulmes will be the leaders helping along four new starters up front.

Hulmes is a three-year starter who does a lot for the offense. He scored 11 touchdowns last season (six rushing, five receiving). He can line up as a fullback or run a wildcat offense, which the team used effectively last season, especially around the goal line.

Last season Hulmes caught five touchdown passes and ran for six scores.

"We'll move him around," said Snyder. "He'll take some

direct snaps like he did last year. We'll line him up at fullback and sort of flex him to different areas."

Leh started running the ball more at the end of last season. Look for that to continue into this year. He has started 32 games over the past two seasons. Last year Leh completed 114 of 193 passes last year for 1,536 yards. He also ran the ball 86 times for 401 yards and could see even more carries this fall.

"I think we'll probably rely on him earlier in the season to run the football," said Snyder. "Last year we sort of waited for the postseason. He put on about 30 pounds so he's a little bigger, more physical as a runner. He has a big frame to put it on. He carries it well. He'll be able to take hits and play defense."

"We're looking for big things from him in the air, on the ground, leadership on the field and off the field."

Graduation also hit the Tigers hard on defense, taking the starting front three in their 3-5 scheme.

But Hulmes returns after an all-state season at inside linebacker for his third full season as a starter. He led the team in solo tackles (53) last season and was second in total tackles (116).

Junior Brady Zimmerman returns at outside linebacker after leading the team with 121 total tackles last year. Bollinger, who earned recognition as an all-state defensive athlete last season, returns at the other outside linebacker position.

In the secondary, graduates Zimmerman (6) and Seth Kern (5) accounted for 11 interceptions last year and will be difficult to replace.

One advantage for the Tigers is that almost all of their first-year starters saw playing time last year, some over the past two seasons.

"Even though we lost a lot of starters, a lot of these guys played in a lot of football games," said Snyder. "There were a lot of lopsided wins. Our backups last year probably played eight games because of how much we were able to get them in games."

Northwestern has played 32 games over the past two seasons en route to reaching two state championship games. No other team in the state has played more. That also means the team has more experience and has had more time to form chemistry than any other team in the state.

"Combine the two years, we've played an extra season," said Snyder. "All those weeks of practice, our scout team players and freshmen, they're playing and practicing an extra season. That goes a long way. They're ready. They're eager."

HOCKEY

Continued from page 6

field. Fellow senior Karaline Schmoyer also returns as does senior Ryan Smolinsky in goal. Kerschner has been a consistent contributor to the team and was part of the leadership even

prior to her senior season. For her part, Kerschner wants to take a page from other fall sports teams that have won state championships.

"It's just taking it one step at a time, being calm and collected before a game and getting your warm up in and

getting the touches before the game," said Kerschner. "My thinking is always that I am ready to beat these teams. I support all of our teams, and I love watching our teams win, but I'm sick of watching other teams win. I want to be the one winning those games."

Opolsky likes the

roster make up and will rely heavily on upperclassmen as the less experienced players continue to learn the ins and outs of the game. Northwestern has been blessed to have high numbers of players coming out for the team that allows them to not push players into the lineup

until they are ready.

"Our junior class has grown exponentially," said Opolsky. "When they came in as freshmen, we weren't really sure when or if they would see the field in some respects and some of them have waited three years to see the field. We have a lot of

freshman girls who play lacrosse, and we welcome that, but they're going to have to learn the game, so they won't see the field right away just like some of the older players had to wait their turn."



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