



BETHLEHEM AREA HIGH SCHOOLS

LEHIGH VALLEY PRESS **LVP**



2024

FALL SPORTS & ACTIVITIES

FREEDOM HIGH SCHOOL

Patriots looking to rebound this season

BY PETER CAR
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It may have been a down year for Freedom's standards on the football field, but the Pates hope they can get some redemption this fall with a new cast of characters.

Coming off a 6-5 campaign a year ago which saw the team lose to Emmaus 19-14 in the District 11 6A quarterfinals, the Pates hope to rebound with a deeper playoff run in 2024.

Head coach Jason Roeder enters his 20th season at the helm and has plenty of experience coming back.

"We need to replace the production of an All-EPC running back," said Roeder in reference to Noah Pierre's graduation. "Experience returns at the quarterback, wide receiver and offensive line.

"On defense, experience returns at all three levels of our defense, including our secondary, which did not lose any players to graduation."

Returning players this year include Ryan Ellis (SR, OL/DL); Jayden Macon (SR, TE/LB); Justin Peluso (SR, WR/OLB); Tanner Wheeler (SR, OL/DL); Aaron Beete (SR, RB/DB); Shacre Colwell (SR, WR/DB); Amare Dubois (SR, WR/DB); Jelani Fedrick (SR, WR/DB); Gabe Fihlman (SR, WR/DB); Dylan Hill (SR, OL/DL); Ryan Roeder (SR, TE/LB); Chase Walker (SR, QB/DE); Xavier Dejesus (JR, WR/OLB); Jacob Hauze (JR, TE/DE); Geo Ledee (JR, QB/WR/DB); Dan Schiffert (JR, OL/DL) and Mike Deluhery (SR, K).

Newcomers are Hunter Sporka (SR, TE/LB); Luis Vazquez (SR, RB/DB); Rodney Vazquez (SR, RB/OLB); Luis Ramos (SR, OL/DL); CJ Clark (SR, OL/DL); Aaron James (JR, OL/DL); Brian Renshaw (JR, RB/LB); Abraham Pla (JR, RB/OLB); Lashawn Johnson (SO, RB/OLB); Ian Petock (SO, OL/DL); Michael Stofanak (SO, QB/DB) and Nate Stan-

nard (SO, K).

Walker returns at quarterback after throwing for 1,499 yards and 12 touchdowns last season. Shacre Colwell also enters his senior year as one of the top wideouts in the conference after hauling 43 receptions for 517 yards and four touchdowns.

All kickoff times are 7 p.m. unless noted. The Pates first three games of the season are non-league.

Aug. 23: at Tottenville, N.Y. vs. Torrey Pines, California, 6 p.m.*

Aug. 30: Parkland*
Sept. 6: Allentown CCHS*

Sept. 13: at Nazareth

Sept. 20: Allen

Sept. 27: at East Stroudsburg South

Oct. 3: Bethlehem Catholic

Oct. 11: at Northampton

Oct. 18: Easton

Oct. 26: at Liberty, 1 p.m.



Chase Walker is back for the Patriots this season.



PRESS PHOTO BY DANA GRUBB

The 90 member Freedom High School Patriot Band is directed by Michael Moran. Andrew Lynn is assistant director and Chris DeReemer is percussion instructor.

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FREEDOM HIGH SCHOOL

Pates field hockey looks to be in the postseason talk

BY PETER CAR
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Freedom was so close to a play-off spot last year and the Patriots look at this fall as a shot at redemption.

The Pates were 8-9-1 a year ago and were on the outside looking in from the District 11 tournament, but third-year head coach Chelsea Quinn thinks this year's group can break through that wall for a seat at the postseason

table.

The returning core for this year's group includes Aly Laubach (Senior, Mid); Isabel van Krieken (Senior, GK); Bayden Hancock (Senior, Mid/ Defender); Karee Vandever (Junior, Forward); Jenelle Karabinus (Junior, Defender); Carly Kuehner (Junior, Mid) and Ivy Avitabile (Sophomore, Mid).

Laubach, Kuehner and Vandever are three players Quinn

expects to lead this year's group.

"Outlook for the team is to finish what we started in trying to earn our place back in the play-off hunt after just missing by one tie last year," said Quinn. "As always we're going to focus on one game at a time and see what we can accomplish with that bigger goal in the back of our minds. The team has been working hard to challenge each other and be better every day."



Aly Laubach is back for the Patriots as they look to make a push for the playoffs.

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FREEDOM HIGH SCHOOL



Defender Grace Burke is one of the key seniors back for the Pates this year.

Girls get new head coach this season

BY KATIE MCDONALD
kmcdonald@tnonline.com

Freedom's girls soccer team will be returning to the pitch this season with new head coach Tony Billone, who previously led the girls soccer team at Notre Dame-Green Pond.

"We are very excited to get the season started," said Billone, who will be assisted by Kevin Sutton, Kristin Spang, Tony Trascari, and Bob Webb.

Most of the Patriots' starters are returning

from last year's team.

They include seniors Anya Johns (midfielder), Grace Burke (defender), Hannah Heide-mann (midfielder), and Abbey Plasco (midfielder), juniors Danni Herman (forward), Yzabella Garces (defender), and Gianna Gerould (defender), and sophomores CeCe Warren (midfielder) and Avery Billone (midfielder).

"Our focus this year is keeping it positive. I preach to the girls that it is OK to make mis-

takes," Coach Billone said. "It's what you do after the mistake is what I'm interested in. Do you put your head down and dwell on it, or do you do whatever it takes to make up for the mistake?"

Freedom will be tested early as its conference opener pits the Patriots against district champs Parkland.

"We are looking to be competitive and prove to ourselves the type of team we want to be," Billone said.



Ryan Freeman-Nield is back for the Pates this season as a forward.

Boys have strong group returning

BY KATIE MCDONALD
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Freedom's boys soccer team is working on replacing some graduated seniors but have strong returners who hope to make another run in playoffs in 2024.

Key returners for the Patriots include six current seniors: Michael Deluhery (forward/midfielder), Brady Sutton (midfielder), Micah Lawser (goalkeeper), Connor Blake (defender), Logan Shupp (defender), and Ryan Freeman-Nield (forward).

"We lost 33 goals with the graduation of Dom Roszkowski and Corey James," said Freedom

coach Tyler Nolan. "Not only that, but we lost two really creative attacking players that we have to replace. Replacing them, like for like, is impossible, but we had to rework our attack this summer to cover for this loss. We do have some key attacking players returning, so our training was focused on using their strengths to bolster our attack."

Assisting Coach Nolan in the reshaping of the Patriots will be AJ Schroettner, Scott Chomitzky, and Derek Bast.

"AJ returns for his third season as my varsity assistant. Scott will return as my JV

coach, and former Freedom standout, Derek Bast, will join us as a goalkeeping coach/JV coach," Nolan said. "I'm excited to have this staff back, as they are coaches that challenge my thinking in a good way and are great humans who care for these kids."

Freedom's season opener is scheduled for Aug. 27 against Parkland.

"It is a great test right away and a good measure of where we are, playing a traditionally quality squad," said Nolan. "I want to see how our experienced squad reacts to a test right away."

FREEDOM HIGH SCHOOL

Harriers hoping they're poised for promising year

BY KATIE MCDONALD
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Freedom's cross country team will already have had one meet under their belt before the start of the regular season with a showing in the Lions Invitational at Moravian Academy last week.

Freedom head coach Bob Thear, assisted by Devon Harris, is confident in the Patriots' key returners to set the pace for a promising season.

"The girls can be as good as last year, maybe

even better," Thear said. "We lost Ava (Fihlman to graduation) up front, but we have depth in the back."

Key returners for the Patriot girls will be senior Anya Johns, junior Amelia Holden, and sophomore Taylor Vidumsky.

Thear expects Johns to be in the top 10 in leagues and districts, as well as a state qualifier. And Vidumsky came within 13 seconds of qualifying for states last year.

Three freshman girls have joined the team, and Ivy Johns and Teagan Frederickson should contribute right away.

Key returners for the Patriot boys will be seniors Dylan Boyle, Ryan Haas, and Eric Wu, and sophomore Brayden Boyle.

"Dylan should contend for league and district titles and medal at states. He put in a good summer," said Thear. "Eric ran a lot on his own and is not very far

behind Brayden. The key will be who will be No. 5?"

Thear has four freshman boys on the team, two of which could be contenders: Mike Messa and Webb Kurtz.

Team-wise, Coach Thear would like to see both girls and boys finishing in the top 5 in leagues and districts.

Freedom's first meet is scheduled for Sept. 10 at Parkland where Thear hopes to see his pates give the Trojans a bit of a tussle.



Anya Johns is expected to be among the top runners returning to the Freedom cross country team.

Volleyball looking to rebuild this season

BY PETER CAR
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Freedom's volleyball may have an uphill climb this season after graduating a big chunk of their roster from a year ago. The Pates were 8-9 last season and now bring back an inexperienced roster in head coach Lori Guman's second year in charge.

"At the end of last season we graduated six main contributors which leaves many key positions open," said Guman. "We are look-

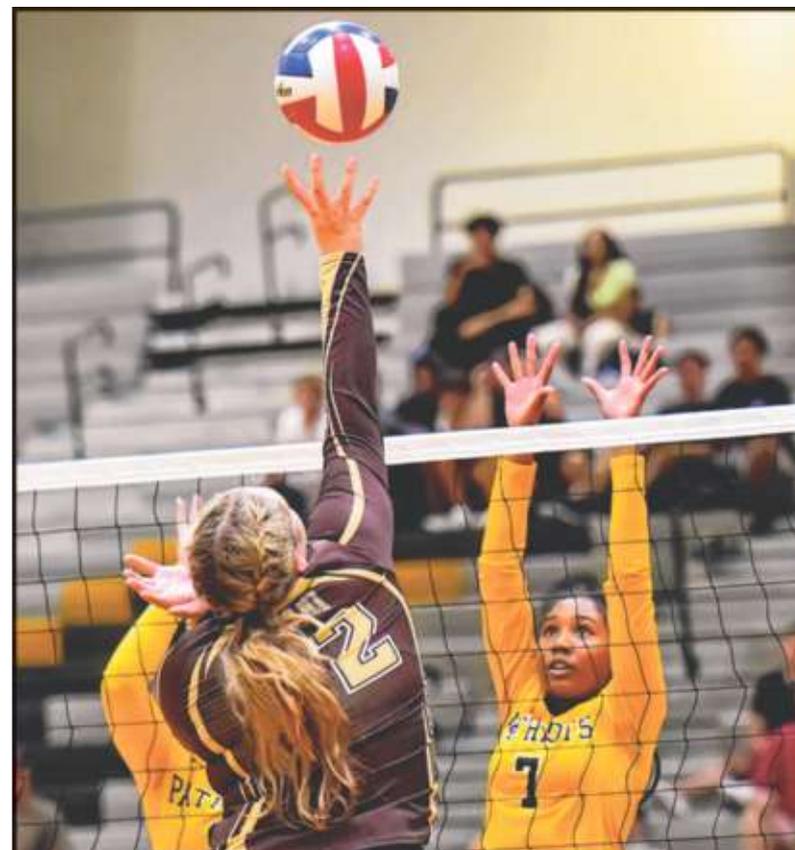
ing to fill those positions with younger players that have little to no varsity experience."

Returning players for the Pates are Siara Gonzalez (Sr, DS/Libero); Landry Guman (Jr, Outside Hitter); Chelsea Johnson (Jr, Outside Hitter); Sara Kokolus (Jr, Setter) and Sira Powell (So, Middle Blocker).

Newcomers include Jorellis Rivera (Sr, Setter); Kate Assad (Jr, DS/Libero); Brooke Markovitz (Jr, Right Side Hitter); Caitlin Mea-

gher (Jr, Right Side Hitter); Anzlea Frailey (So, Middle Blocker); Gianna Vetter (So, Outside Hitter) and Morgan Pavolko (Fr, Setter).

"These younger players are working very hard in the gym and are very excited to get out and compete this year," Guman said. "We are ready to fight and give everything we have to be successful on the court. Our goals are to improve our record and strive to make districts again and compete in leagues."



Chelsea Johnson, right, is back for the FHS volleyball this year.

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FREEDOM HIGH SCHOOL

Golf bringing back tons of experience on the course

BY JEFF MOELLER
Special to the Press

Despite losing a state qualifier as well as another starter, Freedom head golf coach Mike Evans has high expectations for his club this fall.

“This year’s team has a lot of senior leadership and experience,” said Evans, who is beginning his 17th year at the helm. “More than half of our starting roster has significant experience.”

The Patriots did lose state qualifier Louie Pagano, who was sixth in the District 11 tournament, as well as Dhruv Patel and Alex Greenberg, who averaged an 83 and 87 respectively in their matches last season.

Freedom will return five seniors back in the fold from an overall 10-5 club that finished seventh overall in the East Penn Conference (EPC).

Nick Hoffman, who posted an 81 average and was 24th in the EPC tournament and 29th in the district tournament, will lead the list of seniors. Also on the forefront will be fellow seniors Nolan Harriman, who had an 86 average and was 35th in the EPC; Eric Garger fired a consistent 86 and was 37th in the EPC; Matt Heine, who hit an 87 average; and Andrew Mantz, who host a regular 96.

Newcomers expected to be contributors will be sophomores Logan Ritter and Connor De-

paolis and senior Mi-

chael Cobb. “They should score in the 85-90 range,” added Evans about his new crew. “They will record scores that the team will use.”

Others expected to be in the mix are freshman Cael Breiner and Jonah Rodburg, sophomores Griffin Kleinle, Aiden Monteiro, and Gianna Ruane, and junior Evan Dean.

Evans envisions the EPC third through eighth spots to be highly contested among Emmaus, Parkland, Liberty, Parkland, Pocono Mountain East, and Stroudsburg.

“These teams will have a lot of scores in the 410-430 range,” said Evans. “We hope to win at least four of those five

key matches.”

Through their first three matches, the Patriots had a 2-1 record with wins over East Stroudsburg North and Whitehall and a loss to Nazareth.

Evans expects his club to be challenged in the upcoming weeks in matches against Stroudsburg and Pocono Mountain East (Aug. 20), Parkland (Aug. 27), Emmaus (Sept. 5), and Liberty (Sept. 11).

If the Patriots can get out to a fast start, Evans believes his team could easily reach its goal.

“Our goal is to have a record of 10-5 or better,” he stressed. “We want to finish in the top 5 of the EPC.”



Nick Hoffman is one of several seniors back for the Patriots this golf season.



Khadeeja Hussain is back for the Patriots this season and will now see time at singles.

Tennis players ready to step into new roles

BY KATIE MCDONALD
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Last year’s doubles players on Freedom’s tennis team will be stepping into new spots in the Patriots’ singles lineup for the 2024 season.

Khadeeja Hussain, Katie Ryer, and Misha Braski are among five returning starters for the Patriots who will be playing singles.

Hussain is up from No. 2 doubles, while Ryer and Braski were partners at No. 3 doubles last year.

Daniela Guzzo and Viola Avitabile are returning doubles partners and will play at No. 2, up from No. 4, and freshmen Aurora Clark and Esha Kotadia will play at No. 3 doubles.

Freedom coach Mark Sigmon expects the No. 4 doubles pair to change

throughout the season, but Mia Napolitano and Katie Nenna are slated for the Patriots’ season opener.

“We’ve been practicing one, two, three times a week since June—voluntary practices,” Coach Sigmon said. “This year should be a lot like last year. There are four matches we should definitely win, four matches we’ll definitely lose, and eight

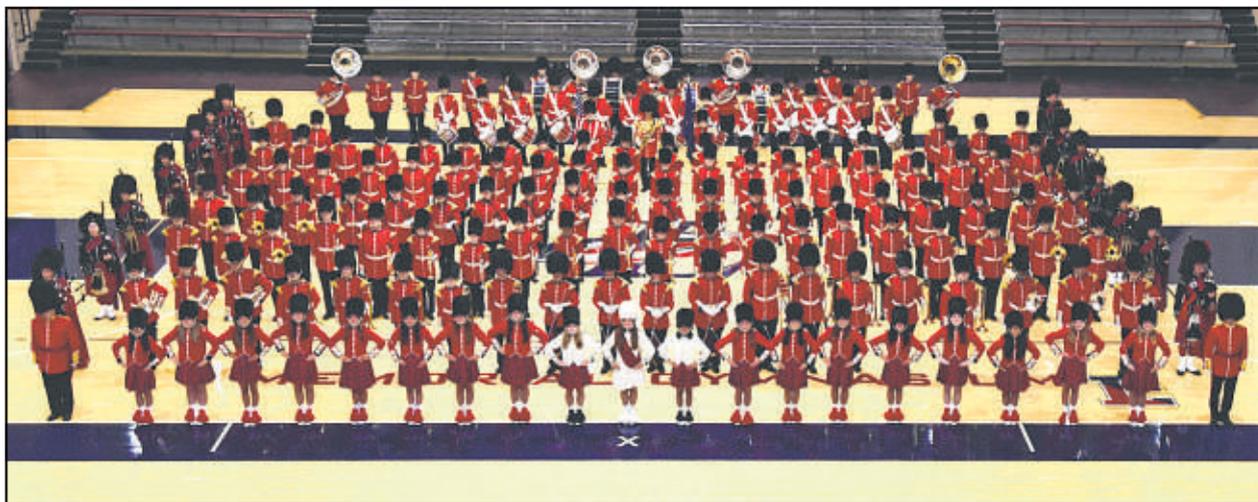
matches could go either way.”

Nazareth and Allentown Central Catholic are two of the eight matches that should be close.

“We have four matches in the first week, and we don’t play Parkland and Liberty the first week, so if we’re playing well, we should be 4-0,” Sigmon said.

LIBERTY HIGH SCHOOL

Football ready to take the next step



PRESS PHOTO BY DANA GRUBB

The 184 member Liberty High School Grenadier Band is directed by Allen Frank. William Lennox is assistant director. Captain David Rennie assists with drill and uniforms and Stu Warmington assists with the corps of drums.

BY PETER CAR
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Shawn Daignault wants his team to turn the corner. After a 2-8 season a year ago on the gridiron, the Hurricanes enter another season with optimism.

How that will translate to results is another thing.

Liberty won their first two games of the season a year ago and then lost eight straight to close out the year. Daignault doesn't want that trend to happen

again with a team that has plenty of returning players, except for the quarterback position.

"The key to this offense will be the emergence of our quarterback," said Daignault. "There is a lot of production returning, a solid group of returning offensive linemen, and other capable players waiting in the wings. We have a QB competition going on this summer and it will obviously be important to find someone to distribute the ball to our playmakers.

Players returning on offense include Louis Haz (Sr, OC); Keagan Brennan (Sr, OG); Nick Schenkel (Jr, OT); Daunte Morrison (Sr, OT); Cole Daignault (Sr, TE); Jake Pukzsyn (Jr, WR); Gabe Green (Jr, RB); Brayden McKinley (Sr, RB); Adriaan Deleon (Jr, RB); Joaquin Vazquez (Sr, WR) and Jahsi Cole (Sr, WR).

Pukzsyn returns as one of the best players in the league, as he caught 45 receptions for 545 yards and seven touchdowns last season.

Green ran for 826 yards and 11 touchdowns to give the 'Canes good skill players, but who grabs the quarterback position will be key.

Senior Tre Parham started the first half of last season and returns, but Antonio Fontanez returns for his junior season after playing at Central Catholic last year, where he threw for 2,211 yards and 20 touchdowns. Whoever wins the job, it might be one of the best QB rooms the Hurricanes have had in years.



Adriaan Deleon is a junior running back returning to Liberty this year.

Defensively, Liberty returns Louis Haz (Sr, NG); Daunte Morrison (Sr, DE); Jake Pukzsyn (Jr, DB); Brayden McKinley (Sr, DB); Joaquin Vazquez (Sr, DB); Jahsi Cole (Sr, DB); Jeremiah Vazquez (Sr, DB); Ben Bartholomew (Sr, LB) and JJ Pujals (Jr, LB).

"Again, there is a lot of production returning," Daignault said. "How well we gel with the package being installed by our new defensive coordinator [Joe Bottiglieri] and how

quickly players grow into their new roles will determine our success."

All times are 7 p.m. unless noted otherwise. First three games are nonleague.

Aug. 23: at Pennridge*
Aug. 29: at ACCHS*
Sept. 7: Stroudsburg*
Sept. 13: Northampton
Sept. 20: at Dieruff
Sept. 27: at East Stroudsburg North
Oct. 4: Nazareth
Oct. 11: Easton
Oct. 19: at Bethlehem Catholic
Oct. 26: Freedom (1pm)

Cross country teams continue to grow

BY KATIE MCDONALD
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Liberty's cross country team is continuing to expand after a COVID-related downturn in numbers with 30 runners and counting for the 2024 season.

The Hurricanes will

open with the Northampton Invitational on Aug. 31, followed by the Centaur Invitational on Sept. 7 at DeSales University.

"Plenty of good competition will give a good indication of where we stack up," said sec-

ond-year head coach Kevin Bush, who will be assisted by Christa Sharrer and Rachel Byrne.

Key returners for the Hurricane boys will be Josh Cazares and Ethan Caine.

"Both had successful

spring track seasons," Bush said.

Key returners for the Hurricane girls will be Emma Haas and Lilah McClarin.

"We also have some new athletes coming out who have much to prove in a very chal-

lenging conference. We had a great summer of running, and we added some 5Ks as well to get kids racing earlier," said Bush. "We are looking to improve upon our finish from last year at the EPC and District XI meet and send some

kids to the state championship in Hershey. With coaching many of these same kids in the winter and spring in track, they have more consistency in their training supported by time in the weight room."



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LIBERTY HIGH SCHOOL

Familiar faces, new players

BY KATIE MCDONALD
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Liberty's boys soccer team will have some holes to fill this season, but it's not as if the Hurricanes don't have several returners and just as many new players to step into those important roles.

Head coach Jason Horvath, assisted by Colin Jupina, Safa Turkdonmez, and Josh Denlinger, noted senior midfielder Max Espinoz (3 goals, 7 assists), senior midfielder Diego Lewis (2 goals, 6 assists), and sophomore midfielder Brody Hunsberger (2

goals, 3 assists) as key returners for the Hurricanes.

"We have a bunch of new faces and some returning players who will have an opportunity to compete for time throughout the season," said Horvath. "We do return seven players who started for us last season, including Ben and David Myer, as well as players who played significant minutes like Deklan McCane and Conor Ohl."

At the same time, the Hurricanes will need to replace their three leading goal scorers as well

as their two starting center backs, two incredible defenders and leaders.

"We are confident in the growth of our younger players and believe they are capable of filling the void left by graduation," Horvath said. "If we are to see the team build on its success from last season, guys will have to rise to the occasion and fill those roles."

Horvath entered two teams into the Lehigh Valley Summer Soccer League and both qualified for playoffs.

"However, this year we split the teams up

differently than in the past," he said. "We had so many new faces looking to prove themselves. We wanted to mix in some of our returning varsity players to give them the best opportunity to succeed. Some guys really stepped up."

Liberty's season opener is scheduled for Aug. 27 at Easton.

"We are very excited to see how the guys respond to the new roles they may find themselves in," Horvath said. "We have questions that need answering, and we can't wait to see who steps up."



Max Espinoz, left, returns for the Liberty boys soccer team this season.



Liberty's girls soccer team returns Jalyn Reeves, who is a senior and a team captain.

Girls aim to set new standards

BY KATIE MCDONALD
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Liberty's girls soccer team geared up for the 2024 season with participation in the Whitehall Summer Soccer League.

"We really loved the benefit of playing 11 v 11," said Liberty coach Andrew Uhler. "It allowed us to experiment with new systems and

styles of play, as well as try players at new positions to develop some fluidity."

Key returners for the Hurricanes will be captain and midfielder Jalyn Reeves, forward Megan Goodman, goalkeeper Addyson Munro, and defender Jocelyn Amador.

"We must improve

upon our resiliency," Uhler said. "We have a lot of seniors this year and could be poised to make a playoff run if we are able to fight through the adversity and difficulty of the EPC schedule."

Coach Uhler will be assisted by Cesar Cordova, Robin Hochella, Jessica DelCorso, Anthony

Silva, Skylar Devitt, and Macy Miller.

Liberty's home opener is scheduled for Aug. 27 when the Hurricanes will host Easton.

"(Looking forward to) a fresh start and an opportunity to set the standard for what we expect from ourselves this season," Uhler said.

Golfers in unfamiliar period - transition

BY JEFF MOELLER
Special to the Press

Liberty's golf team has finally reached the point of transition and rebuild.

Gone are the days when the Hurricanes were among the elite high school teams in the state and advanced to the semifinal and final round of the state tournament. They were paced by current Tem-

ple players Matt and Michael Vital along with other notables such as cousins Jimmy Barker and Jase Barker along with Matt Ronca has played together since their early youth.

The quintet helped produce three consecutive East Penn Conference and District 11 titles, prompting the team to be a regular on the state circuit.

Jase Barker and Ron-

ca were the last to leave after last season.

Now, veteran head coach Steve Bradley, who has been riding the golf cart for more than 20 years, is excited to take the initial steps to build a new foundation for the Hurricane program.

"We've got some very good young kids," said Bradley. "We had a great run with the guys we had a few years ago.

They were a special group that has played together for a long time, and those groups don't always cross your path.

"We knew we had to build soon with a new group, and these kids have shown a lot of promise so far."

Through Aug. 18, the Hurricanes began this season with a 2-1 record, notching victories over East Stroudsburg South and Bethlehem Catholic.

They suffered their lone loss to Parkland by two strokes.

The Hurricanes have been led by Jake Wachinski, Trent Stahley, and Adam Unangst, all of whom can take top honors on any given match. Lately, Stahley has been holding the number one spot.

Others who are in the mix are Jack Tracey, Ryan Dunn, Nick Sabol, Jason Torres, Cameron

Rodriguez and Pippa Grigsby. Bradley sees any of them filling in the regular rotation.

For the Hurricanes, it will be a season building another solid core like they had in the past.

"Stahley has been our top golfer lately," added Bradley. "But the rest of them have battled all summer.

"It will be an interesting year for us in many ways."

LIBERTY HIGH SCHOOL

Field hockey team excited about this year's potential

BY PETER CAR
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Liberty's field hockey team is looking to build off last year's EPC and District 11 tournament spots with a versatile group heading into Jill Dorn's sixth season at the helm.

The Hurricanes were 8-9-1 last year, but bring back a healthy core of players led by seniors Cozette Frack (defender); Ava George (defender); Malia Lockhart (midfield) and Emily Tavares (forward). Juniors Lily Weaver (forward), Julianna Zumas (forward) and

Ellis Corr (forward) also plan to be heavily in the mix.

"Very excited for

the prospects this team faces given they can remain healthy and injury free," said Dorn. "Had a great start to the season last year before we were hit with two back-to-back games of injuries, which made us adjust the entire lineup. This year brings a ton of utility players, returning players with great off-season experience and a group of very talented freshmen, some who will contribute with valuable varsity minutes."

Newcomers this year are Emerson Dougherty (So, midfield); Lillianne Medaska (So, forward); Maddy Orlicki (So, defender); Chloe Ferullo (So, defender); Olivia Zsilavec (So, forward);

Kayla Cummings (So, defender); Maddie Roy (Fr, forward); Sophie Terry (Fr, forward); Madison Miller (Fr, midfield); Ireland Brennan (Fr, defender); Layla Hernandez (Fr, midfield); Abigail Mayes (Jr, GK); Lunabella Rivas-Alarcon (Fr, GK); Adianna O'Neill (Jr, midfield); Sarah Heidecker (Jr, midfield); Sarah Stein (Sr, defender) and Alonza Piscitello (Sr, defender).

"Ava George, Cozette Frack, Malia Lockhart are experienced defenders who have great elimination skills, are patient when they need to be, and bring a lot of confidence in veteran positions," said Dorn. "Julianna Zumas, Ellis

Corr, Emerson Dougherty, Lilly Weaver, Emily Tavares, and Maddie Roy have great precision toward the goal as attacking players.

"This team has already achieved great goal setting behavior as it relates to their pre-season contributions. A huge goal was accomplished in the weight room in the offseason. Many have gotten stronger and faster. It will be our goal to continue to work on using our healthy players as assets and approach each game as the team with the stamina and endurance to hold possession of the ball more than our opponents."



Ava George is among several key players back for the Liberty field hockey team.



Bailey Corrigan is one of several seniors back for the Hurricanes this volleyball season.

Volleyball wants to keep their place in district

BY PETER CAR
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Liberty's volleyball program has been one of the best in the area recently and new head coach Fernando Torres hopes that trend continues with him taking over this year.

Torres, who was an assistant with the program for seven years, replaces Connor Swigart in the head role of a team coming off of last year's 18-4 mark where

they lost to Parkland in both the EPC and District 11 3A finals.

"We have the pieces for success both offensively and defensively," said Torres, "but with our two-time All-State setter Lora Flynn graduating and an unfortunate ACL Injury to

Kylee Hack, we will be asking a lot from our freshman Mia Mitch but she is up for the challenge and has put in a lot of work to get to this point. As a program we

have the right culture and as a team we're really excited about our potential because we have the right focus, the right approach and strong leadership that will help us get better throughout the season."

Back for the Hurricanes this year are returning starters Bailey Corrigan (SR, Pin); Malena Sabol (SR, MB/Pin); Abigail Schessler (SR, DS/L); Hannah Pitt (SR, Pin); Ava Panik (SR, DS/L); Shawna Be-

atty (SR., MB) and Aliyah Cruz (SR, MB).

Newcomers include Mia Mitch (FR, Setter); Laila Torres (FR, MB/Pin); Eva Madeira (SO, DS/L); Sophi Madeira (JR, DS/L); Mckenna Boyle (JR, DS) and Kylee Hack (JR, Setter).

"This season is about us hitting our stride when it matters most," Torres said. "If we do that, we believe we will earn the privilege of playing in some exciting postseason matches."

LIBERTY HIGH SCHOOL

Tennis has big numbers back for this fall season

BY KATIE MCDONALD
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Liberty's girls tennis team currently carries so many players that Coach Chris Conrad borrowed the eight courts at Freedom for a few days of practice in preparation for the 2024 season.

In fact, Conrad conducted two-a-days, invited boy managers and alumni to hit in, in order

to inspire and challenge the girls, and while grueling for some teams, the Hurricanes were left with wanting more.

"We've come a long way in the last week," Conrad said. "This will be the most inexperienced team I've coached, and I know we fit in the middle range, but can we find the top and get into playoffs? If so, we've accomplished a lot."

Liberty senior Steph-

anie Zheng will play at No. 1 singles.

Corinne Mumma will be the Hurricanes' No. 2 singles player, and Sarah Wang will play at No. 3 singles.

Abigail Mayes and Katie Bruno will pair up at No. 2 doubles where Mayes played last year while Bruno alternated between singles and doubles play.

New to the lineup are Polina Dorman and Pau-

lina Veraschaga who will be the Hurricanes' No. 3 doubles pair.

Ellie Episcopio and Alayna Issa will play at No. 4 doubles.

Coach Conrad also said that Iris Cantelmi could find herself in a permanent position.

Sarah Lazarchak, Peter Demyan, and Morgan Colver are Conrad's assistants.



Stephanie Zheng is back to help lead the Liberty tennis team.



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BETHLEHEM CATHOLIC HIGH SCHOOL

Young Hawks ready to defend D-11 title

BY PETER CAR
pcar@tnonline.com

Bethlehem Catholic might be young, but that doesn't mean the Golden Hawks are inexperienced. Coming off a 7-6 season and a district championship, the Hawks only have six seniors on the roster, but plenty of underclassmen that got their feet wet last year during Tyler Ward's first season at the helm of the program.

"We are very young but very talented," said Ward. "When you look at our age, most would say you are a year away, but when you look at our potential we have a chance to be really good right now. We have a bunch of new guys that are hungry to make a name for themselves. This whole group wants Becahi Football to be a perennial power and I love how they work and look forward to watching them grow as a group this year."

Back for the Hawks



PRESS PHOTO BY DANA GRUBB

The 42 member Bethlehem Catholic Golden Hawk Band is directed by Amy Flyte. She is assisted by band front director Lorelei Goldstein.

this year are Cayden Vassa (JR, QB); Bryce Medina (JR, WR/DB); Carter Vassa (SO, WR/DB); Mike Onorato (SR, OL); Caiden Charmant (JR, OL); Emile Ayache (JR, OL/DL); Carlos Perez (SR, LB/TE); Robert Cousar (SR, DB) and Colin Peacock (SR, DB).

Newcomers include Axel Burkart (SO, QB/TE/OLB); Justin Martinez (SO, LB/RB); Rodney Brodie (JR, WR);

Jaziah Gregory (SO, RB) and Emery Oberholzer (JR, OLB).

"Win the mirror," said Ward of the team goals. "If we are our best versions of ourselves all of the personal and team achievements will follow. We pride ourselves on focusing on the process not the product."

All starts are 7 p.m. unless otherwise noted. The first three games

of the season are non-league.

Aug. 23: at East Pennsboro

Aug. 30: at Emmaus

Sept. 5: Berks Catholic

Sept. 13: at Easton

Sept. 21: Allentown CCHS

Sept. 27: at Pocono Mt. East

Oct. 3: at Freedom

Oct. 12: Nazareth

Oct. 19: Liberty

Oct. 25: at Northampton



Carter Vassa returns to the Hawks this season as they look to repeat as district champs.

BC sees large group of golfers this year

BY JEFF MOELLER
Special to the Press

For Bethlehem Catholic's golf teams, it is about the future.

However, the Golden Hawks have been ruffling enough feathers to begin the 2024 golf campaign in the Lehigh Valley.

Head coach Mark Csencsits began this year with the largest amount of golfers as well as the biggest group of freshman. Csencsits welcomed 12 players, five of them freshmen

and two sophomores.

"This is the largest group that I have had," said Csencsits, who began his fifth season at the helm and is a PGA professional. "It's great to see how the majority of our players are underclassmen."

Yet, seniors Charlie Scanlan – an outstanding wrestler – and Derek Ostrosky will be counted on to set the pace.

"Charlie has been reducing his strokes regularly, and Derek has been pretty steady in the 80 sand sometimes pops

into the 70s," said Csencsits. "We will look to them to their experience and leadership."

Junior Gavin Moyer and Grady Miletics both have been hovering in the low 90s. Moyer recently hit his low of 94, and Miletics hit his personal best of 96.

Sophomore Ralston Rollins has been lowering his scores around 80, and Csencsits is confident he can further lower his tally. Rollins and Derek Ostrosky are the co-captains.

Aman Desai, another

sophomore, was returning from a family vacation, and is expected to be in the mix.

Freshmen Zach Ostrosky, Alex Falcone, Nicholas McLean, Christian Timar, and Jackson Gencarelli. Csencsits stated the younger Ostrosky has been challenging his older brother, and he expects big years from both of them. All five freshmen have been lowering their scores.

"I never had five freshmen, and it has been exciting," stressed

Csencsits. "They are learning and you can see many of their 'ah-ha' moments when they realize what they can do."

Along with his budding team, Csencsits has been pleased with the addition of Chad Sodl, a 2018 Becahi grad who is serving as an assistant coach.

"He has been helping me and he is a great asset," beamed Csencsits. "Chad plans to stay in the golf business and is seeking a head, professional, of general manager at a golf course. I

am so glad he has volunteered his time to help with the team."

Through their first nine matches this season, the Golden Hawks had a 4-5 mark. Putting their record aside, Csencsits has seen plenty of positive moments.

"In the past, we would one of two good players," said Csencsits. "We need five good scorers, and we believe we have them."

"As long as we see progression, I am happy. We are definitely on the right track for the future."

BETHLEHEM CATHOLIC HIGH SCHOOL

Tennis returns several players



Elizabeth Schock and Judy Pintor are back for the Hawks this season.

BY KATIE MCDONALD
kmcdonald@tnonline.com

Bethlehem Catholic girls tennis coach Dan Arkans has the good fortune of having most of last year's players returning for the 2024 season.

"I know what to expect because we're mostly the same team, so I hope we're a little better and they take the prac-

tices more seriously," Arkans said. "We talked about all the little things that players think they know but don't. Last year, it was more social, so if they're going to be here, they have to be here to play."

Singles players for the Golden Hawks will be Ava Burkart at No. 1, Judy Pintor at No. 2, and Elizabeth Schock at

No. 3.

"Ava knows it will be challenging, but she's looking forward to taking her game to the next level," said Arkans. "She's a little more confident in how hard she can hit now."

Of the team of 12, the Hawks have three new players in Ruby Robinson, Madelyn Araniego, and Audrey VanHaute.

Araniego will be paired at No. 2 doubles with Kylie Parkes.

Louisa Robinson and Sasha Mathew will play at No. 3 doubles, and Robinson will be paired with Sophia Fiorini at No. 4 doubles.

"Most doubles will be new as pairs, but I think our doubles have to be our strength," Arkans said.

Harriers ready to work hard this fall

BY KATIE MCDONALD
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Bethlehem Catholic's cross country team will roster 15 runners led by second-year head coach Krystyn Fenon.

Key returners for the boys team include: Mekhi Britt, Brandon Andrews, LJ Horvath, David Gomez, Matt Amrick, and Canon

Morrow.

Key returners for the girls team include: Remiah Rivera, Rio Stoudt, Ella Spanja, and Skylar Husser.

"My expectations are for the athletes to, most importantly, stay healthy and strong, continue to stay focused, work hard as they have been doing, and to achieve all the goals we're setting out to accom-

plish this year," said Coach Fenon, who will be assisted by Alli Hontz.

Summer training for the Golden Hawks involved base mileage, hill workouts, cross training, and weight lifting.

"I'm very excited for the Becahi cross country team and look forward to a great cross country season, being able to see how each ath-

lete has progressed from last year and to see them work toward the new goals that we are setting out to achieve this year," Fenon said.

The Hawks will open their 2024 season with two invitationals: the Northampton Invitational on Aug. 31 and the Centaur Invitational on Sept. 7 at DeSales University.



Mekhi Britt, shown here from a postseason track meet, is back running for the cross country team this fall.

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We take you behind the scenes for exclusive player, coach and fan reactions.

BETHLEHEM CATHOLIC HIGH SCHOOL

Girls soccer looks to keep on winning

BY KATIE MCDONALD
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After another winning season for Bethlehem Catholic's girls soccer team, Coach Brad Kratzer is confident that the Golden Hawks are in it to win it for a very long time.

"We will once again look to improve on last year and qualify for the EPC and District XI Tournament, as well as compete with some of the bigger schools in the EPC," Kratzer said. "The defensive line and midfielders, along with our goalkeeper, should make for a great season."

Returning defender/midfielder Sarah Gowell

and returning midfielder Tealyn Boyle are the team's captains.

"Sarah is looking for another outstanding year through her play and leadership. She will be a huge part of our success this year," said Kratzer. "Tealyn is an integral part of our team's success on the field, and her positional play is second to none."

Returning goalkeeper Sophia Arvelo has been working with some incredible trainers in the off-season and is poised to have a breakout year, according to Kratzer.

Returning midfielder Talia Hill is also poised to have her best season at Bethlehem Catholic.

"Tallia scored some

of the best goals that our team had last year and will look to improve on that this season," Kratzer said, adding that midfielder Abby Dietrich will be called upon for scoring.

Vivian Dietrich will be Becahi's returning center back.

"Vivian's ability to read the game and cut out dangerous attacks before they start is incredible and will be a huge part of our success this year," said Kratzer.

Becahi's first test resulted in a 3-0 Golden Hawk victory over Bangor on Aug. 20.

Becahi's conference opener is scheduled for Aug. 27 at Pleasant Valley.

Boys set for 2024

BY KATIE MCDONALD
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Bethlehem Catholic's boys soccer team will open its season on Aug. 27 at home against Pleasant Valley.

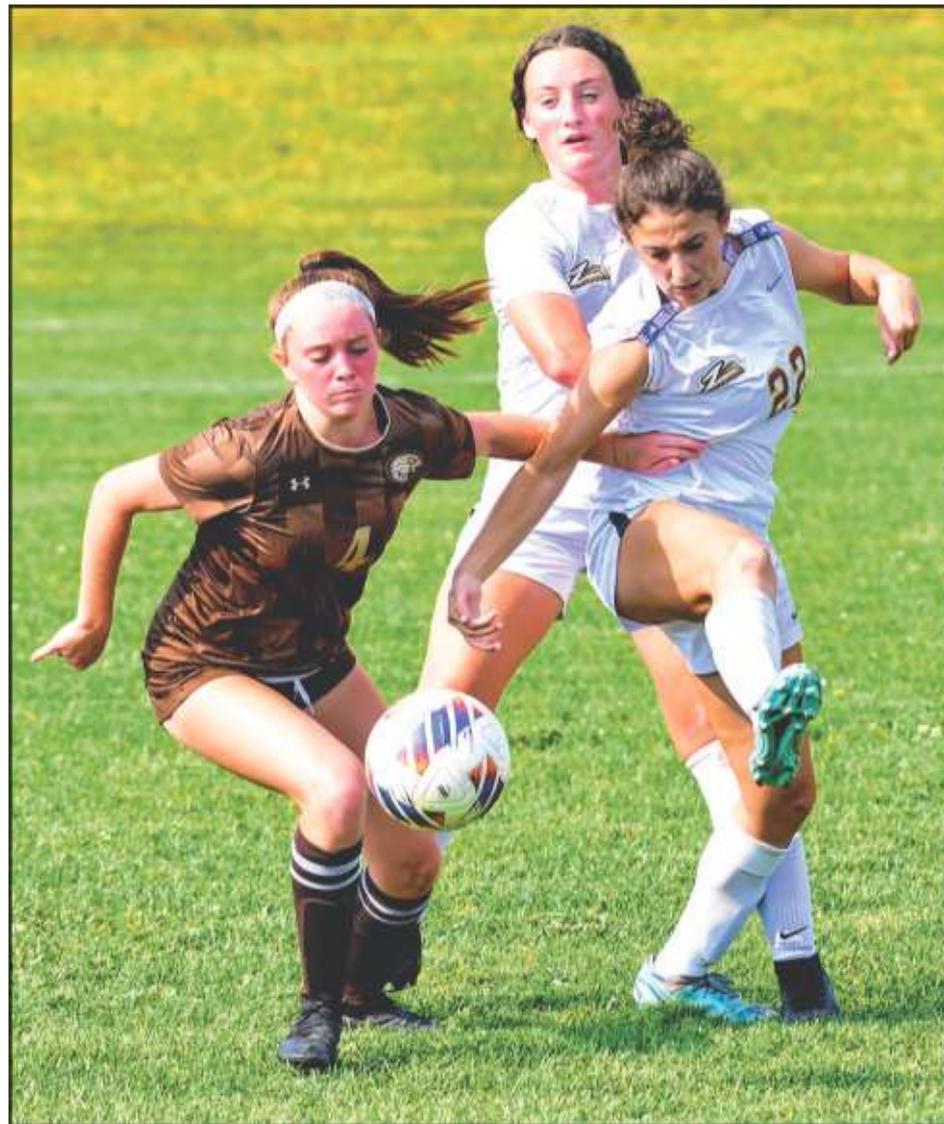
This year's team includes Aaron Geiger, Derrick Hartman, Christian Hawach, Brady Jones, Micah Lawson, Michael Montesdeoca, Gabriel Santamaria, Evan Schultz, Daniel Sledz, Andrew Spiegel, Caius VanHaute, Ethan Wiles, and Nathaniel Yoder.

The Golden Hawks will be coached by Roberto Carrizo.

No other information was available to the Press.



Christian Hawach is back for the Becahi boys soccer team this year.

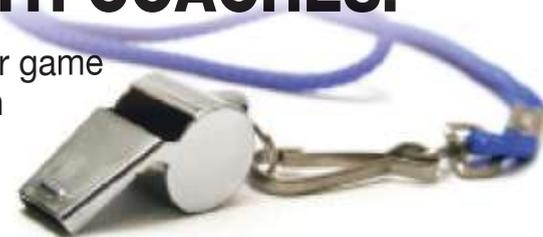


Tallia Hill, left, is back at midfield and is poised for a big season.

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BETHLEHEM CATHOLIC HIGH SCHOOL



Vanna Hrousis is a senior looking to help lead the Hawks field hockey team this year.

Field hockey squad looks to improve

BY PETER CAR
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Bethlehem Catholic is looking for progress in field hockey and new head coach Regan Downey hopes this fall can be an improvement from last year's 2-16 record.

Back for the Hawks include seniors Vanna Hrousis (forward/mid), Nya Gray (forward) Olessya Minorics (mid/defense), Arianna Thom (defense/mid) and Kiersten Whalen (mid/forward). Juniors Lilla Berces (goalie- 3rd team EPC all conference last

season), Rachael Kriebel (forward) and Kurmun Thakral (mid/defense) will have big roles as well.

Newcomers are sophomore Deidre Michels (defense) and freshmen Alexa De Acetis (defense), Ava Frio (mid/defense) and Leyla Roof (defense).

The team is looking forward to growing the program this upcoming season," said Downey. "The team has been working hard throughout the summer and striving to better their skills each practice.

Throughout preseason, the Golden Hawks work to improve individually, and as a team. Becahi is excited to continue to advance the program.

"Every year, the Golden Hawks aim to create a positive team environment and to grow the game. The experienced players help create an atmosphere to welcome new players. Both returning and new players come together to form a team that works hard to foster a culture of camaraderie and trust that can be seen on and off the field."

Volleyball team aiming for more district gold medals

BY PETER CAR
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Bethlehem Catholic has a fresh outlook with new head coach Jessica Attieh at the helm, but the Hawks expect similar results with their championship pedigree.

After being in the district championship the past four years, Becahi's run on titles came to an end last year losing to Central Catholic in the 2A championship.

Finishing with an 11-8 record, the Hawks look to get back to the district championship

this fall with their eyes set on gold.

Back for the Hawks are Piper Ruggerio (Sophomore, Setter); Jocelyn Bell (Sophomore, OH); Sophia Bedics (Junior, OH) and Sophia Bender (Senior, RS/MB). Sophomore Madeline Ahner (DS) figures to be a key figure as well for the Hawks, who reached the semifinals of the EPC tournament a year ago too.

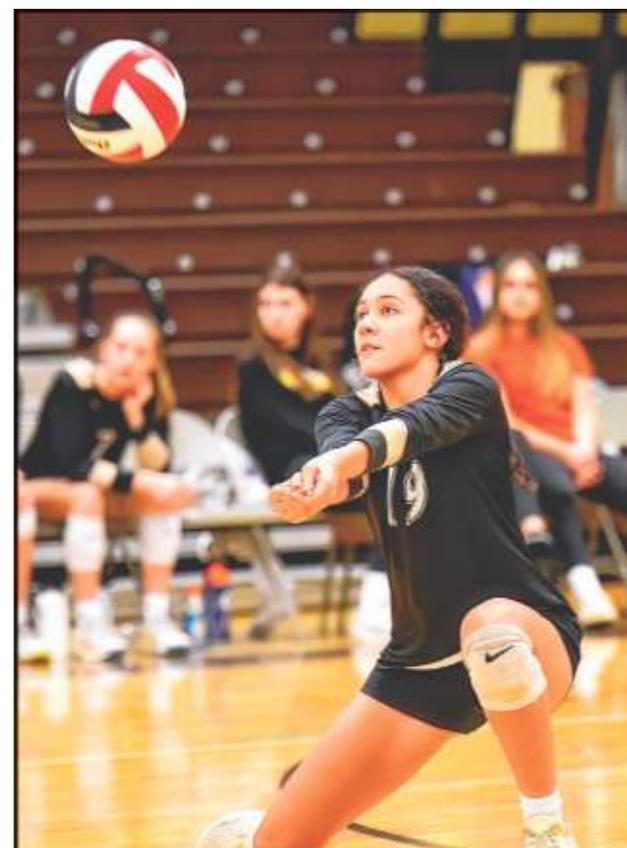
"As I have watched this team work all summer to improve on the court, in the weight

room, and in clinics, I have noticed their drive and passion for the game," said Attieh. "The girls have the desire to get better each day, which will make them successful this season. We have set clear goals which can be achieved by fostering a positive team culture to help build confidence and resilience throughout the season."

With Attieh stepping into her first season with the program, it's important that she maintains the standards

set by the program, but also adding her touch.

"Being a new coach to this program I want to define and cultivate a positive culture," she said. "I want to encourage a supportive environment where all players feel valued and motivated. This team has the capability of competing in the EPC and making playoffs this year. We fell short of the gold in districts last year and look forward to get back into the finals this year."

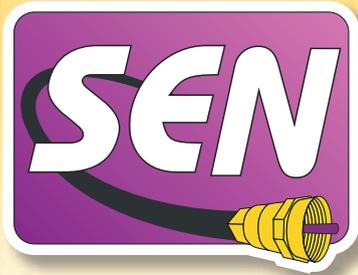


Jocelyn Bell is back among a host of players who have high hopes for this season.

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