

#GO RAMS
Sportscaster



Winter 18-19

Interim Athletic Director - Trish Benevento

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Varsity Boys Basketball - Head Coach, Kevin McGuire

The 2018-2019 Ramsey Boys Basketball team entered the season on a mission after working harder through the off-season than perhaps any team before them. The team returned two varsity starters and 4 seniors, four of whom were Captains. Their sights were set on improving on the past season's record, gaining a bid to the Bergen Jamboree and reaching the Round of 8, winning the new American Division, repeating as State Sectional Champions and playing for a Group 2 State Championship. More excited to begin the season than perhaps any previous Ramsey squad, this year's Rams featured great team chemistry, size and skill with a wealth of senior leadership and some big game experience.

Led by returnees and Captains, Kevin Foelsch (2017-18 6th Man Award winner), Owen Korz, Steven Turk (2017-18 6th Man Award winner), Sean Hansen (2016-17 Impact Player Award, 2017-18 1st Team All-League and Impact Player Award winner) and seniors Dylan Costanzo and Jack Riordan, this Rams squad began the season with a tough schedule of opponents. Joined by juniors Brooks Thompson, Jack Farrow, newcomer Jaden Quinerly, and sophomores Tommy Gaffney and Grant Holbrook, the Rams started out with 5 wins and 1 loss in December.

However, they wouldn't lose a game in January going 10 and 0 in the process and earning a #7 seed in the Bergen Jamboree (Ramsey's highest) and the #1 Seed in the North Jersey Section 1 Group 2 Tournament. February began with a Jambo round of 16 win versus Fair Lawn, a perfect 14 – 0 record to win the American Division, a State Top 20 ranking for the first time (#20), a #4 in the North Jersey Top 25 and State Group 2 rankings and #5 in the Big North ranking, as well. The Rams finished the regular season at 22-2 with their only other loss coming to State Top 20 #4 Bergen Catholic in the Jambo Quarter Finals at FDU's Rothman Center. Ramsey did not lose to another public school the entire regular season.

JV Boys Basketball - Mark Christiansen

The 2018-2019 Ramsey JV Boys Basketball team was hardworking, dedicated, and exciting to watch this year. Their heart and will to win were the building blocks to a successful season. Each player improved tremendously on their overall skills throughout the entire season. They focused every day and established a team chemistry that helped with their success.

The Rams proved that hard work and playing as a team over the course of the season would pay off for them. They started the season off by winning two of their first four games. Then, the Rams continued their success by winning eight of their next nine games and making the JV County Tournament. They were the #5 seed with a first round bye. The Rams finished the season by winning its last eight out of their last nine games and with a record of 18-4. They overcame hard fought battles by demonstrating mental toughness and playing together, which allowed them to finish the games for the win.

The JV team consisted of Chris Carolan, Chase DeGasperis, Ryan Ducey, Jack Farrow (Captain), Tommy Gaffney (Captain), Grant Holbrook, Mike Ilin, Gavin Quinn, and Matt Welch. This group of young men displayed an incredible amount of effort, determination, and pride that contributed to their success this year. I look forward to seeing how much they improve in the off-season and bring their success to the Varsity level next year.

Freshman Basketball - Jody Schupak

The 2018-2019 Ramsey freshman basketball season was fun, exciting, and very successful! The aggressive, up-tempo play and “never give up” attitude of the team ensured that there was never a dull moment on the court. We started off the season with a 20 point come from behind victory over DePaul! After two league wins, the next 2 games resulted in big victories over St. Joe’s and another thriller against Group 3 Pascack Valley (with a second, extraordinary comeback after being down 27 points)! With 11 wins under its belt and only 3 losses, the team earned an entry into the Bergen County Freshman Tournament! We beat Becton in the first round with a resounding score of 66-15. Unfortunately, we couldn’t come up with another miracle victory and lost in the second round, in overtime to power house Bergen Catholic. We finished the season with a 17-6 record (4 of those losses were by 4 points or less)!

A fan favorite and season highlight included the annual parent-child game which ended up in a 77-77 tie!

Each player was instrumental to the team’s success because of his enthusiasm, work ethic and incredible improvement throughout the year. The group of 12 young men showing constant support, respect and comradery included: captains (voted by the players): Michael

Featherstone and Luca Sancilio; teammates: Christian Bender, Connor Farrow, Nick Grieco, Joseph Hunt, Connor O'Hara, Adrian Ramachandran, Stephan Schnitker, Zach Simon, Jack Thompson, and Danny Veenstra. We are sincerely grateful for the great efforts of our score-keepers and statisticians: Timothy Harniman and James Bonanno. I look forward to watching them grow and participate in the Ramsey basketball program. This group of young men have great potential and should continue the winning tradition of this year's teams at Ramsey high school.

Special thanks to the parents, family and friends for all of their support and enthusiasm throughout the season.

Varsity Girls Basketball - Head Coach, Brett Roscoe

"One man can be a crucial ingredient on a team, but one man cannot make a team." – Kareem Abdul-Jabbar

It was nice to see that the 2018-19 Ramsey girls basketball team made improvements from the previous year. The Lady Rams had a new opportunity for success in our division with a new Big North alignment and capitalized by finishing with a record of 11-15. This placed them 4th out of the eight teams.

Senior captains Amanda Kaczorowski, Melanie Mack, and Katie Sylvester teamed up with fellow seniors Jacqueline Kalksma and Lauren Kemp, juniors Caroline Schwanewede and Sabre Zimmer, and sophomores Daniella Bonanno and Katie Graves to create the most balanced squad the program has had in the past few years. Last season, the Lady Rams had four players score 100+ points and just one player with 100+ rebounds. However, the 2018-19 group saw a jump to five players (Kaz, Mack, Sylvester, Bonanno, and Graves) score 100+ points on the season and four players (Kaz, Sylvester, Kemp, and Graves) grab over 100 rebounds. This balance was a necessary ingredient in the recipe for increased success. The Lady Rams added a few more important ingredients to their recipe. They sprinkled in some exciting and timely charges taken by Kemp, who led the team with six. They threw in a jolt of electricity when Zimmer was able to take the court, as she provided a fantastic basketball IQ and was a long-range scoring threat. Kaz and Sylvester provided an unmeasurable amount of sass and blue collar work down low against much taller opponents. The recipe also called for a dash of sensational passes by Schwaney, who dramatically improved her court vision and creativity. The Lady Rams added a few pinches of firepower from sharpshooters like Kalksma and leading scorers, Bonanno (284) and Graves (212). Lastly, Mack topped off the recipe with knowledge and gamesmanship from her experience in her 91 varsity game career, almost double the average of her teammates.

Thank you to our athletes for your comradery and effort. Thank you to the parents for your support throughout the season. Additionally, thank you to our Athletic Department - Ed Craumer, Trish Benevento, and Pat Hogan. Thank you to athletic trainer, Laura Judge for taking care of our laundry list of injuries. Lastly, to our coaching staff, Stephen Trocolar, Jacqueline Clinton, and Becky Turano: you are nothing short of amazing and I thank you so much for all your time and effort that you always put in.

JV Girls Basketball - Stephen Trocolar

Throughout the 2018-2019 basketball season the girls' junior varsity team demonstrated hard work, enthusiasm and dedication. The girls were committed to learning and improving their skills throughout the season. They learned from their experiences early in the season, and worked on bettering various aspect of their game. They gave everything they had until the final horn sounded. There were a number of games this year that came down to only a few points. The girls were able to remain calm under pressure and stay focused to the task at hand.

Many members of the team had dual roles, seeing minutes in both the varsity and junior varsity games. They had to be able to adapt to different styles of play found in both teams. During practice they had to be alert and focused.

Girls' thank you for a terrific season. Your commitment to teamwork was crucial this season because many of you had to learn a new role or refine a special role. With this year's JV experience, the program took a large stride forward. While there are still many improvements to be made, the foundation of character, teamwork, and hard work is well in place.

The JV team members are: Katie McGuirk, Suzani Fonseca, Hannah Mannion, Grace Burke, Holly Gardella, and Megan Bernius.

Varsity Wrestling - Head Coach, Anthony Petrock

The 2018-2019 Rams had a 15 win season, for the 11th consecutive year the program has experienced double digit wins. This is a young team comprised of only six seniors, captains Stephen Lowery, district finalist Matt Biondi, and James Barbato. Seniors contributing to the varsity lineup were Aidan Bierfass, Alexis Hernandez, and RJ Grothusen. Leading the underclassman was Jonathan Siemsen had a successful individual season by finishing 3rd at the county tournament in the 126 pound bracket and achieved 30 wins along with 1st team all league status. The senior leadership these men provided will pay off in a big way as they were in a starting line-up that featured 5 sophomores and 3 junior wrestlers. The group they led is hungry and really improved dramatically as the season moved forward. The Rams only loses came to teams in the North Jersey top 25 and beat teams that qualified for sectional playoffs in other brackets, including Ramapo and Dumont.

The juniors were led by district third place finisher Jonas Hyman who showed he is as good as anyone by beating three region qualifiers this season. Along with Mike Journick, Jay McNerney, Harrison Chin, and Francis Hernandez these juniors will lead an experienced team next season. The upcoming sophomores that will contribute greatly next season as juniors as Max Oliver, Jonathan Siemsen, Sean Kelly, Nico Gemma, and Chris Lowery all had double digit win seasons this year.

Overall the Rams are primed for a big year and a great run over the course of the next three years. With hard work and a good offseason training program this Rams team could prove to be the stepping stone toward a great program in the very near future.

Boys/Girls Swimming - Head Coaches , Gary Bach, David Nehls

The Boys and Girls swim team had a memorable 2019 season. Both teams posted winning records and improved on last years' win total. Thanks to the seniors, Joe, Nick, Ryan, Riley, Aaron, Kevin, Timmy, Kendall, Aislinn, Katie, Julia and Myranda for their strong leadership, mentorship and overall positive attitudes. You were ALL instrumental to the team's success and you will be greatly missed.

The boys team finished with a record 5-4, finishing 4th in the league and just missing the state tournament by one spot. The team also broke 3 records this season. Riley Lambert broke 2 individual records and 1 relay record; joining him on the relay was Aaron Moreno, Ryan Lee, and Tim Pupalaikis.

The girls team finished with a record of 7-4, placing 3rd in the league, and qualified for the state tournament for the first time in the programs history. If that wasn't enough, they also upset the 5th seed Kittatinny in the first round of the tournament, which was undoubtedly the highlight of the season. Besides receiving many All-League accolades, 4 team records were broken. Charlotte Soll broke 2 individual and 2 relay records, while Alice Nam, Gabby Conti, Kenzie Lambert and Julia Seelin were also a part of new relay records.

Swimming is not easy, and most of the time, not a lot of fun. Practices are late, meets are long, and many nights are spent on a bus. You need to work for hours to improve just milliseconds. The dedication and hard work from this team this season was uncanny. Coach Gary and Dave would like to thank all the swimmers, statisticians, and parents for buying into our team's culture and winning attitude. The seniors left big shoes to fill but we will be up to the task. Congrats and thanks for a great season.

Varsity Ice Hockey - Head Coach, Jeff Mills

Ramsey Hockey is a team from the top to bottom and everyday we pushed to work hard for each other for the better of the team. Led by our Senior Captain James Gasparovich and Junior Alternate Captains Tyler Botta, and Nick Edwards goals were set at the beginning of the year that these three helped to push the rest of the team to achieve.

Our coaching staff was comprised of returning Assistant Varsity and Head JV Coach Ken Scuderi. Also, we had alumni Coach Joe D'Amato, Coach Ryan D'Amato and Nick Federici. Our statisticians this year included, Aislin Fine, Chloe Gavalakis, Emma Hali and Olivia Molinari.

The Rams played in the Big North Conference Liberty Stars Division. The division was comprised of Indian Hills, Lakeland, and West Milford. This year we finished third in the division. The out of conference schedule was very competitive taking on opponents Vernon, Morristown, Kinnelon, Chatham and Randolph.

Kicking off the season the weekend after Thanksgiving, the Rams struggled out of the gate dropping the first three. However, the following five games the boys pushed themselves and were able to get back to .500 going into the Christmas tournament. The team had big wins over Vernon, Glen Rock, Ramapo, and West Milford. During the Christmas Tournament, the Rams took on three tough opponents, beating Morristown and Kinnelon and losing a tough game to Chatham. This set the team up for the Bergen County Tournament where they earned the eighth seed. The Rams were matched up with Glen Rock and through determination the Rams prevailed. That win set the Rams up to face the number one seeded Don Bosco, which after playing with them for a long time and never giving up, the Rams took a tough loss. The back half of the season included another big win over Vernon and close games with Lakeland and Randolph.

The Rams play with a defensive mindset that focused on doing their best to minimize goals against. Juniors Vinny Hunt, Joe Koons, and Nick Pedulla used their experience to limit chances for opponents in the defensive zone. Sophomores Jake Barone, Alex Diamond and Owen O'Keefe gained another year of experience with their solid play. Freshman Will McDade and Foxx Murphy were able to get a taste of what varsity hockey is all about. Defense wouldn't be complete without goaltending. Between the pipes, Sophomore, Dane Beltramini posted 1 shutout, a 89% save percentage, and 16 wins. Dane played in all 28 games this season and was able to give the rest of the team confidence to play their game in front of him. Freshman Michael Hyland served as the back -up goaltender this season.

The offense was led by a very balanced group of forwards who put forth the extra effort every time they stepped on the ice. Sticking to the aggressive game plan they were able to beat defenses and get pucks past goaltenders. Senior Captain James Gasparovich with support from fellow Senior Joe Stitz led by example on and off the ice. Juniors Tyler Botta, Nick Edwards, Chris Kourgelis, and Ryan Matzelle, were able to contribute to the offense in many different ways. Sophomores Justin Bello, Scott Gutwetter, Ryan Richter, Brendan Schwarz and Ryan Schwarz took on many different roles and were able to step up when

needed. Freshman Kevin Moster, and Matt Schwarz were able to gain valuable varsity experience.

With the regular season wrapping up, the Rams were seeded in the Silver Cup for the league playoffs. The first game of the league playoffs would be a matchup between Ramsey and Pascack Valley which was the first of the season. The Rams came out on top with a big win to move on to the next round which earned them a matchup with Ridgewood. After a disappointing loss to Ridgewood the Rams set their sights on the state playoffs.

After receiving a respectful ninth seed in the Public C division, the Rams faced eighth seeded Mahwah in the first round. The Rams came out with a point to prove against their big rival after dropping two games to them in the regular season. Their speed and aggressiveness caught Mahwah off guard. After going up early and Mahwah coming back to tie the game, Ramsey shined, scoring two goals to seal the deal and send them to a state quarterfinal appearance against the number one seeded Indian Hills.

After proving to be a tough challenge and dropping two games to Indian Hills in the regular season, the team came out looking for another upset. After going up in the first, Ramsey was able to hold Indian Hills scoreless through the first two periods. Early in the third period the Rams found themselves behind after giving up two goals. With the never give up attitude that has gotten them through the whole season the Rams were able to get the game tying goal in the last minute of the game to send it to overtime. Sealing the deal and earning themselves a spot in the state semi-finals, the Rams scored in the early part of the overtime period to upset the top seed.

Riding high after a huge upset the Rams faced a tough opponent in the Summit Hilltoppers. With a big crowd supporting and cheering the team on at the South Mountain arena, the boys put every ounce of energy into the game. However, the team came up short, seeing their season come to an end.

This 2018-2019 team finished the year with an 16-12 record with an appearance and win over Glen Rock in the county tournament, two state tournament upset wins over Mahwah and Indian Hills, and a state semi-final appearance. The Rams had a fantastic year, and if this season is a look into what's possible, then the future is sure to be bright for this team for years to come. Congratulations to the boys on a great season!

JV Ice Hockey - Ken Scuderi

6-5-0

The Ramsey JV team had a great season and a winning record of 6-5. We came out of our first game with a big 10-0 win. The remainder of the season was all hard fought games with the most memorable being against Indian Hills where we came out on top 5-3. The boys fought back starting the game down but with teamwork we came back to win.

With a defense first mentality we were able to keep the puck out of our end and our net with solid goaltending by Michael Hyland. The defense was a solid core group that all contributed

in some way. Sophomores Jake Robinson and Owen O'keefe were the leaders of the defensive group that had a remainder of all freshmen. Foxx Murphy, Will McDade, Will Angus all played an integral role in the success of our defensive zone. Not only were they successful in the defensive zone, they all chipped in offensively.

The solid defensive zone made for equally impressive offensive play. Sophomores Simon Cohen, Ryan Richter, and Scott Gutwetter showed the way for all of the younger forwards and what it meant to be a part of the Ramsey Hockey tradition. We saw amazing improvements in confidence and skill from forwards Matthew Schwarz, Matthew Hyland, and Warren Brie. Dylan MacLeod showed an amazing hockey IQ along with his teammates Kevin Moster and Jack Jacobus. We had an amazing group of young men whom were all highly coachable and always willing to learn.

Our 2018-2019 Ramsey JV team showed heart and grit throughout the season. They proved that playing as a team and working towards the same goal will provide them with success on and off the ice. They had fun throughout the entire season while also being attentive to all the coaches' instructions which lead to team first mentality.

Boys & Girls Indoor Track - Head Coach, Matthew Wynne

It was another successful season for Ramsey Track and Field, as the boys and girls endured snow and freezing temperatures to continue our proud tradition of excellence. The Girls team was the Bergen County Relay Champions for the fifth time in a row. 19 girls were in the meet, and all 18 scored enabling the 40 point victory over rival River Dell for the title. The girls team also were Big North American Champions for the second time in a row, outclassing the field by over 100 points for the title. Key girls contributors for the season were: Seniors Emma Cunningham, Kaela Monte, Carissa Perrone, Maggie Scaglione, Kara Arbadji, Gabby Kipp, and Alyssa Fico; Juniors Jenna Arbadji, Maya Bender, Carolyn Coletti, Aislin Fine, Erica Gjini, Hanna Leto, Julia Dakwar, Emily Grubb, Kristin Lloyd, and Carly Sipper, Sophomores Sophie Cunningham, Katherine Ascencio, Kenya Bravo, Emily Connolly, Kaitlyn Garofalo, Claire O'Keeffe, Jessica Nixon, Kayleigh McNeill, and Katelyn Bergen, and Freshman Katriona McKeown.

The Boys won their first Bergen County Relay title in five years and were named the Bergen County Team of the Year. Key contributors to the boys team were Seniors Justin Illes, Rob Novak, Ryan Bahnsen, Dan Jenkins, Thomas Donovan, David Perry, Kyle Smilon, Alex Schneider, Andrew Lundy, Brian Salinas, and Tino Martinez; Juniors Sean McGahan, Harrison Goehrig, Zach Moya, George Harada, Patrick O'Neill, and Sophomores Aaron March, Patrick Chambers, Jack Schneider, and Ryan Bussanich, and Aidan Hubbard, and Andrew

Goehrig, and Freshman Graham Badenhausen. I want to thank everyone for their hard work and undying spirit this season.

**BOYS BERGEN COUNTY TEAM OF THE YEAR
GIRLS BERGEN COUNTY TEAM OF THE YEAR**

Boys & Girls Bowling - Head Coach, Bill Chesney

Boys:

This year's Boy's bowling team displayed great pride, effort and sense of humor. This was a rebuilding year for the Rams. There was 1 returning varsity bowler this season while a combination of 7 new bowlers rotated and filled the remaining 4 spots. The American Division of the Big North was very strong and balanced this year. We continued throughout the year to compete very aggressively in almost every match. This year's Boys team put forth great every match. Our bowlers gave their all every frame of every game, and they should be very proud of that. The boys finished 8th in the American Division. With a few breaks and a couple less 10 pins, the Rams could have moved up quickly in the standings. In the state tournament the Boys combined for a total score of 1992, finishing in 7th place in Group 2. As mentioned earlier, this year's team was unsurpassed in their level of effort and commitment. I am confident with some hard work and dedication that several of the underclassmen will be able to step up and meet the challenges of next season!! This year's team consisted of the following bowlers; Chris Conklin, Stephen Conklin, Matthew Schwartz, Scott Mattera, Brendan Kulhawy, Andrew Turcan, Nehemiah Shin, Conor Brown, Brian Ramirez, James Nelson, Matthew Albrecht, and Brian Xiao.

Girls:

The Girls bowling team had another very solid season. A combination of 6 senior lady Rams led this year's team. This year's team finished with a divisional and overall record of 61-37, winning 10 of 14 matches. They also had the 9th highest team average in Bergen County and the 10th highest team average in the Big North Conference. This year's team also had great showings in the county and state tournaments. The girls finished 8th in the county tournament. In the state tournament the girls finished 6th in a very difficult group 2. The girl's success this season came as a result of hard work and practice both in season and out. They had a strong desire to win that showed in every match. Thanks to all the seniors for their dedication and commitment and best of luck in your future endeavors. Next season we are looking for a whole new team to replace this year's senior dominated team. This year's team was a lot of fun and I am very proud of them. The team was made up of the following bowlers; Kaitlin DelRosario, Kaitly Gilbride, Megan Kissel, Lindsay Pepper, Angelica Ramirez, and Samantha Suser.

Cheerleading - Head Coaches, Lisa Stokes & Brittany Smith

The Varsity Cheerleading team began their season in July with demanding captain's practices. In August, the team participated in a three day cheer camp at US cheer gym. Here they focused on mastering fundamental cheer skills and team building skills. The girls focused on group stunting, new pyramid skills, as well as safety training. They also practiced their tumbling skills twice a month, as a team, at US Gym too. This season the girls performed during both the Fall and Winter pep rallies, during halftime at the football games. They worked hard to showcase their routine at 3 Big North Tournaments. One of their most proud moments was winning 1st place, in our division, at the nationals competition "Battle at the Boardwalk" in Atlantic City, February 1-3. This was the first time the team had ever traveled to a Nationals competition. They ended their season placing third, in our division, at the Big North competition on February 8th.

Congratulations to the entire Varsity Cheerleading team for a great season. Seniors: Alex Merritt, Isabella Irving, Zakiyya Anderson. Juniors: Katherine Braico, Julia Browning, Nina Bogaenko, Kaitlin Houser, Georgia Saint. Sophomores: Chloe Coury, Nicole Hadley, Payton Merritt, Rachel Riffel Freshman: Daniella Cadicina, Samantha Caceres, Sami Edelson, Jackie Fosdick, Aerin Grunstein, Emma Grunstein, Jules Irving, Riley Moorhouse, Isabella Martino, Chloe Rawdon, Zoe Saint, Paige Wissell, Mia Zevzavadjian.

M.V.P./M.I.P./COACHES AWARDS

Boys Basketball	Most Valuable Player	Sean Hansen
	Most Valuable Player	Jaden Quinerly
	Most Improved Player	Kevin Foelsch
Girls Basketball	Most Valuable Player	Melanie Mack
	Most Valuable Player	Daniella Bonanno
	Most Improved Player	Gracie Burke
Wrestling	Most Valuable Wrestler	Jonathan Siemsen
	Most Improved Wrestler	Matt Biondi
	Coaches Award	Jay McNerney
Boys Swimming	Most Valuable Swimmer	Riley Lambert
	Most Valuable Swimmer	Ryan Lee

	Most Improved Swimmer	Will McCormack
	Coaches Award	Tim Pupalaikis
Girls Swimming	Most Valuable Swimmer	Kenzie Lambert
	Most Valuable Swimmer	Julia Seelin
	Most Improved Swimmer	Emily Bosso
	Coaches Award	Katie Novak
Ice Hockey	Most Valuable Player	Tyler Botta
	Coaches Award	Dane Beltramini
	Coaches Award	Joe Stitz
Boys Indoor Track	Most Valuable Athlete	Ryan Bahnsen
	Most Valuable Athlete	David Perry
	Most Valuable Athlete	Rob Novak
Girls Indoor Track	Most Valuable Athlete	Emma Cunningham
	Most Improved Athlete	Carly Sipper
	Coaches Award	Kara Arbadji
Boys Bowling	Most Valuable Player	Matthew Schwartz
	Most Improved Player	Brian Ramirez
Girls Bowling	Most Valuable Player	Lindsay Pepper
	Most Improved Player	Samantha Suser
Cheerleading	Most Spirited	Julia Browning
	Most Valuable Cheerleader	Samantha Edelson
	Coaches Award	Katherine Braico

1st TEAM ALL DIVISION RECIPIENTS

Boys Basketball: Sean Hansen, Steven Turk

Girls Basketball: Daniella Bonanno

Swim: Riley Lambert, Charlotte Soll, Sarah Lyou

Winter Track: Emma Cunningham (55), Emily Grubb (HH), Kaela Monte (HJ), Gabby Kipp (SHOT), Erica Gjini (LJ), Hanna Leto (TJ), Carolyn Coletti (All Around), Rob Novak (400,4x400), David Perry (1600), Ryan Bahnsen (3200), Dan Jenkins (SHOT), Justin Illes (4x400), Patrick Chambers (4x400), Aaron March (4x400); Dan Jenkins

Girls Bowling: Lindsay Pepper, Samantha Suser

Wrestling: Jonathan Siemsen, Stephen Lowery

Ice Hockey: Tyler Botta

2nd TEAM ALL DIVISION RECIPIENTS

Boys Basketball: Jaden Quinerly, Kevin Foelsch

Girls Basketball: Melanie Mack , Katie Graves

Swim: Ryan Lee, Julia Seelin, Kenzie Lambert, Emma McIntyre, Alice Nam

Winter Track: Aislin Fine (SHOT), Kara Arbadji (1600), Jessica Nixon (800), Carly Sipper (400), Katelyn Bergen (HH), Jack Schneider (1600), Kyle Smilon (HJ), Thomas Donovan (SHOT); Thomas Donovan

Wrestling: Sean Kelly, Jonas Hyman

Ice Hockey: Joe Koons

HONORABLE MENTION - ALL DIVISION

Boys Basketball: Owen Korz

Girls Basketball: Amanda Kaczorowski

Swim: Timmy Pupalais, Erin Wong

Boys Bowling: Matthew Schwartz

Girls Bowling: Megan Kissel

Wrestling: Matt Biondi, James Barbato

Ice Hockey: James Gasparovich, Chris Kourgelis

ALL COUNTY

Boys Basketball: 1st Team, Sean Hansen

Winter Track: 1st Team, Emma Cunningham (TJ); **2nd Team,** Emily Grubb, (HH), Kaela Monte (HJ), David Perry, Ryan Bahnsen, Rob Novak, Patrick Chambers, Justin Illes (4x800); **3rd Team,** David Perry (1600), Maya Bender, Carly Sipper, Jessica Nixon, Claire O’Keeffe, Kara Arbadji, Carolyn Coletti (4x800)

Girls Bowling: Lindsay Pepper, Second Team; Samantha Suser, Honorable Mention

Ice Hockey: 2nd Team, Tyler Botta; **3rd Team,** Joe Koons

OTHER HONORS

Kevin Sabella, State Coach of the Year, Girls Soccer 2018; NJSCA Hall of Fame, 2019

William Chesney, NJSCA Hall of Fame, 2019

Kevin Sabella, NJSCA Hall of Fame, 2019

Sean Hansen, Boys Basketball, First Team BCCA Jamboree

Jaden Quinerly, Honorable Mention, BCCA Jamboree

Boys Track, Bergen County Team of the Year

Girls Track, Bergen County Team of the Year

HIGH HONOR ROLL RECIPIENTS

Maria Bendezu

Katelyn Bergen

Joseph Bonanno

Carolyn Coletti

Emma Cunningham

Sophie Cunningham

Alexander Diamond

Nicholas Edwards

Alyssa Fico

Thomas Gaffney

Erica Gjini

Erica Gordy

Amanda Kaczorowski

Lauren Kemp

MacKenzie Lambert

Andrew Lundy

Sarah Lyou

Melanie Mack

Kayleigh McNeill

Alexandra Merritt

Katherine Novak

Carissa Perrone

Gavin Quinn

Georgia Saint

Zoe Saint

Magdalena Scaglione

Caroline Schwanewede

Matthew Schwartz

Julia Seelin

Myranda Sims

Carly Sipper

Mariana Steiner

Katherine Sylvester

Michael Taradash

Robert Thompson

Jason Yusko