

#GO RAMS



Sportscaster

Spring 2019

Interim Athletic Director - Patricia Benevento

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Varsity Baseball - Head Coach, William Chesney

The 2019 Varsity Baseball Team had a very successful season, compiling a record of 15-9. The season started off with 2 hard fought games vs Pascack Hills. The Rams quickly righted the ship with a season series sweep Dumont to even our record at 2-2. We then continued to improve every game and play hard every inning. After the first 12 games the Rams stood at 8-4. The Rams would then qualify for the Bergen County Tournament as the 16 seed. As the state cutoff came, we qualified for the number six seed in North I Group 2 with a record of 8-7. Being seeded 6th in the state tournament the Rams played # 11 Lakeland at home in the first round, winning 6-4. In the 2nd round, the Rams headed west to High Point. After passing an ostrich farm on the way, the Rams played a great 9 inning game coming out victorious 8-7. The semi-final game was against a very good Mountain Lakes team where the Rams exploded for 14 runs earning a 5 inning victory 14-3, sending the Rams to the sectional finals for the first time since 2015. In spite of and unbelievably pitched and great defensive performance, the Rams bats which had been outstanding during the state tournament went cold against Pascack Hills and resulted in a 1-0, 8 inning loss. Even though we lost that game we played flawlessly and should be proud of our accomplishments. This year's team was a tight knitted group that displayed great heart, dedication, and character. They never gave up and always picked up their teammates when needed. This year's team never lost a game by more than 3 runs fighting to the end in all of our contests. This year's team compiled some impressive stats; overall record 15-9, division record 9-5, home record 7-5, road record 8-4, BA.307, OBP .399, 4 HR's, 42 doubles, 10 triples and scoring 141 runs while allowing only 74 runs in 24 games. This year's team ERA was an amazing 2.40. In my 30 years of coaching high school baseball at various levels and schools this was by far one of the most enjoyable teams to coach and I would not have traded it for anything. Winning takes hard work, and an attitude of teamwork and determination. This team was like a family and will be missed greatly. They should be

very proud of the season they have had. The members of this years Varsity Baseball Team were Seniors; James Barbato, Raul Camejo, Danny Cantor, John Creegan, Nick D'Angelo, Brian Dovidio, Michael Ghiorsi, James Gasparovich, Jake Haner, Cameron Juhlin, William Kennedy, Joe Winterhalter. Juniors; Ben Bibergal, Armen Boff, Jake Dakin, Chris Kourgelis, Brooks Thompson, Steven Turk, and Orin Winslow. Sophomores; Trevor Telfian, Brendan Bussiere, Chase DeGasperis.

JV Baseball - Tim Cichewicz

This year the Ramsey JV Boys Baseball Team finished with a tremendous record of 10-2. The boys worked hard in the pre-season, battle through weather issues, and emerged as a solid ball club. This year's team had a combined batting average of .333, along with solid defense, great pitching, and timely offense that made this season exciting and successful.

Our outfielders, Chase DeGasperis, Brendan Schwarz, Max Oliver, Brodie Galfus, and Trevor Telfian contributed both offensively and defensively to a potent team. DeGasperis manned centerfield expertly, while also taking his turns on the hill and turning in great pitching performances against perennial powerhouse, Pascack Hills, and a no-hitter against Fort Lee before getting the call up to varsity. Schwarz worked the corner outfield positions, and also worked in the pitching rotation with a 3-1 record, ending with a brilliant 1-run, 9 K gem against Old Tappan. Oliver battled through some early injuries to solidify left field and got some key hits in the second half of the season. Galfus played both outfield and infield, batted .478, and also came into pitch in relief roles against Mahwah and Indian Hills. Telfian batted at a .346 clip, manned centerfield, and eased into the role of leadoff hitter at the end of the season.

Our infielders are Ryan Ducey, Orin Winslow, Brett Sutcliffe, Tom Gaffney, Connor Vatcher, Armond Boff, Matt Meehan, and Ryan Strohmeyer. While playing mostly at shortstop, Ducey batted .313, and filled in both leadoff and heart of the order batting spots, while playing excellent defense. Winslow, our first baseman and DH, batted .583 including our team's only HR, and also took his regular role on the mound, ending with a 1-hit, 7K performance against River Dell before the call up to varsity. Sutcliffe worked at second and third bases, batting .344, and a 7 K performance against Paramus Catholic when he took the mound. Gaffney played first base and really solidified a role as a run producer in the third spot in the batting order. Vatcher battled injuries all year, but managed to find a role as a DH and getting a couple of key hits. Strohmeyer played second base, with the occasional turn in the outfield, while hitting .387, and coming on strong with the bat later in the season. Boff worked as our catcher and handled our

pitching staff, while hitting .360, and getting the late season call up to the varsity. Meehan batted .300 and came up with some big hits later in the season, while also taking his turns on the hill with an excellent performance against Mahwah and a one-hit shutout of Fort Lee.

This team had to adjust to many challenges, including inclement weather, constant position changes, and unforeseen circumstances. We ended the season on a six-game winning streak, with come from behind victories against Mahwah and Old Tappan, and tallied double digit run totals in five games. This team has made their school and their coach very proud, and I wish them all the best for the rest of this year, and in their future high school careers!

Freshman Baseball - Mark Christiansen

The Ramsey Freshman Boys Baseball Team finished the season with an outstanding record of 12-1. They competed in the Freshman Bergen County Tournament and were the #2 seed. They won the first game of the tournament before suffering their only loss of the season in the second round. The Rams had a combined batting average of .352 and scored 120 runs while only allowing 44 runs scored with great pitching and defense. In the outfield, Christian Bender, James Browning, Joey Hunt, Danny Mack, Connor O'Hara, Jack Thompson and Danny Veenstra helped the team both offensively and defensively. Bender played LF and was very solid defensively. Browning played excellent defense in all three outfield positions, and batted .333 at the plate. Hunt played LF and was very strong defensively. Mack contributed with great defense in RF and also on the mound. He also finished the season with an incredible .611 batting average. O'Hara played excellent defense in both CF and RF. He was outstanding on the mound with a 3-0 record and a .875 ERA. Thompson was solid in RF, batted an impressive .382 and was great on the bases. Veenstra batted an outstanding .375, was second in the team in steals and was very solid in CF.

In the infield, Nick Caviasco, Mike Featherstone, Jake Ferrando, Ryan Gursaly, Tyler Larsen, Justin Martone, Foxx Murphy, Luca Sancilio and Zach Simon. Caviasco was solid at 2nd and 3rd base and contributed at the plate. Featherstone hit an outstanding .500 average in the three spot and performed well at 1st and on the mound. Ferrando was great on the mound, 3rd and SS. He also hit .300 for the year. Gursaly had a great season at 3rd, 1st, and on the mound. He also batted .400 and led the team in RBI's. Larsen was our catcher who did terrific job with solid defense with all of the pitchers and contributed at the plate. Martone had an incredible season at SS. He was our leadoff and batted .432 and led the team in steals and runs scored. Murphy gave us solid play at 2nd, 3rd and at the plate. Sancilio finished the year with an incredible batting average of .500. He was strong defensively at 2nd and great running the bases. Simon also added

productive work at the plate and played 1st. He was terrific on the mound as well. Finished the year with 20 innings pitched and only allowing 1 run which gave him an incredible era of .344.

It was an absolute pleasure to coach this group of young men and I wish them the best of luck going forward!

Varsity Softball - Head Coach, Chris Caserta

The 2019 softball season turned out to be another successful year for the Ramsey softball program. The Lady Rams finished with a 27-5 overall record, cracking the 20 win mark for the 10th consecutive year. The team also earned another Big North division championship, its 8th league championship in a row. The 2019 Lady Rams chose to adopt the work ethic and TEAM concept that has become indicative of the program. In the end it worked out well for them as they stepped up to the challenges and rigors of a long season filled with many opportunities, leading them to *REPEAT* as **LEAGUE & STATE SECTIONAL CHAMPIONS**, and capture the overall **GROUP 2 STATE CHAMPIONSHIP!**

For the 6th time the RHS softball team was able to partake in spring training in Florida where they participated in 8 competitive games to prepare them for the upcoming season. As the season opened, the team showed its toughness right out of the gate as they would be playing a challenging schedule which would also set the tone for the rest of the season. The team would face 20 ranked opponents including 8 top ten teams. The team started red hot with big league victories and was challenged early when they lost a close contest to the eventual TOC champion Donovan Catholic (1-0). The early success led to the Rams grabbing the two seed in the county and top seed in the state tournament, top 10 power points in the state, a top 5 ranking in North Jersey, and all the way up to #4 in the state!

The county championship run would really show the team's grit and toughness as the girls raised their level of play and beat a number of excellent teams including Garfield, AHA, Ridgewood, IC and faced off against OT in the championship. Although the team fell short of earning a 3rd consecutive county championship, the players rallied their efforts and would make one final push towards the end of the season as they made a strong state championship run. One of the highlighted games was the State Sectional Championship game vs. Lenape Valley at Tisdale field. The girls started with great tempo and fantastic defensive plays (Emma Cunningham's game saving 2 out diving play in RF) and clutch pinch hit (Lauren Cantor) giving the Rams its *third* consecutive N1G2 state Championship in a row, all before a massive crowd of supporters and fans. The Rams, along with the town/school support, would make it back to the Group 2 State Championship game vs. Bordentown (Its third consecutive trip to KEAN). The players

showed mental and physical toughness against a quality opponent. In the end, the Rams would get the Championship with 'solid pitching', 'great defense' & 'team at bats', culminating with Emma Cunningham's walk off hit in the bottom of the seventh (scoring her sister Sophie).

Led by our 5 seniors (**Victoria Sebastian, Emma Cunningham, Katie Novak, Alexa Kerr, and Hailey Jones**) and strong leadership from junior captain **Olivia Sebastian** the Rams showed their versatility and proved all year long that they were a talented group made up of many players who would contribute to the success of the team. **Victoria Sebastian** not only pitched for the Rams (20-5, 1.29 ERA, 155 K's), but was the catalyst at the top of the Rams lineup as she was one of the leaders in BA (.512) and RBI's (24), and extra base hits (21). Senior Captain **Emma Cunningham** also was tops on the team in certain offensive categories that would help solidify the top of the lineup including BA (.523), RBI's (22), Stolen Bases (28) and Runs(51). Fellow captain **Katie Novak** also proved to be invaluable in the heart of the team while solidifying the defense from the 3B position (.982 Fielding %) and in the order (.398 Ba, and driving in 41 Runs). Not to be undone by her fellow players, senior **Alexa Kerr** turned in quite a senior year after returning from injury the previous season. Alexa contributed at the plate and on defense racking up the hits (22) and Runs (21) throughout the season. Contributing to the team anyway she can was senior **Hailey Jones** who would provide much needed consistency on the bases and tallying 20 Runs herself. **Olivia Sebastian** anchored the outfield from the CF spot playing steadfast defense and was a major factor in the lineup by batting .506, driving in 48 RBI and scoring 36 Runs. Junior catcher **Kaitlin Houser**, transitioned back from 3B and didn't miss a beat. She anchored the Rams lineup as the cleanup hitter and produced considerably (35 hits, 31 RBI, .407 BA) while throwing out 10 base runners. Sophomore SS **Bella Sebastian** had a breakout year for the Rams. Solidifying the middle defense and batting in the heart of the lineup, Bella made play after play while hitting for average (.424) and driving in runs (32 RBI). Her middle infield partner at second base was first year starter and fellow sophomore **Sophie Cunningham**. Sophie would replace her sister in the 9 spot and proved all year long that she was a valuable teammate with her consistent play (34 Hits, .358 BA, and 27 Runs). **Astrid Corcoran** would also step up and replace a three year starter at 1B. Astrid would carry a .975 Field % in almost 200 opportunities.

Many other players also helped with the team's success. Junior pitcher **Leah Corbett** and Sophomore **Nicole Wright** helped to provide pitching depth throughout the season. Sophomore **Lauren Cantor** came up with clutch hits off the bench and Freshman **Olivia Jarvis** played solid defense in the OF and provided stability and a capable bat in the lineup. Freshman **Sarah Pitcher** added speed and reliability on the base paths as an important runner (28 runs scored).

All the players bought into **US** and their commitment and contributions to the team accounted for the final championship runs. The accomplishments of the 2019 season can be directly attributed to the solid play of the girls as they all supported each other on and off the field. We would especially like to thank the 5 seniors for their dedication and hard work for not only this past season, but for the four years they put into the program.

JV Softball - Kevin Sabella

The 2019 Ramsey JV Softball season was another successful season. The Lady Rams finished the season at 8 wins and 4 losses, and a nice run into the semi finals of the JV Softball county tournament. The Rams were led by their two pitchers Leah Corbett and Nicole Wright. Every single game, these two players gave the Lady Rams a chance to win. They threw strike after strike, and did a nice job all season long of limiting the opponents opportunities. In the infield, Maddy Sweeney played a stellar third base, while providing catcher duties while called upon. At shortstop, the Rams had Erica Babitts there to provide solid leadership and helped secure the middle of the field for the Rams. At second base, the Lady Rams were led Emma Mulvaney who did a nice job in the field, while also providing some solid offense as well. At first base, Hannah Mannion who stopped everything that came her way, and also provided some good “pop” at the end of our batting lineup. At catcher, Lauren Cantor provided stability behind the plate and worked very well with both pitchers.

In the outfield, in leftfield, Kate Jablon did a nice job all season long by tracking down any ball hit her way. She did a nice job offensively in the middle of our lineup and helped set the table for upcoming hitters. In centerfield Jessica Keary took command of our outfield and improved a lot as the season went along. She also batted second for us and helped jump start the top of our lineup every game. In right field, we were led by Julia Altamore and Elle Checkwood. Both girls did an outstanding job all season long both defensively and offensively. In particular, Elle Checkwood had a big RBI winning hit vs rival Mahwah that handed Mahwah it’s first loss of the season!

In conclusion, Ramsey JV Softball had another tremendous season and the future looks bright for the Lady Rams Softball program.

Varsity Boys Lacrosse - Head Coach, Dan DeMartino

The Rams built a great foundation for a very bright future in their 5th varsity season. The Rams went 10-9 on the season in the very competitive Jacobson Division. The Rams also won their fifth state playoff game with a win over Boonton to advance to the Quarter Finals of the state tournament for the fifth year in a row. Few lacrosse programs have been able to accomplish what the Rams have in such a short period of

time. The lacrosse program continues to compete at a high level and made big strides for a young team that demonstrated great promise throughout the year.

The senior class comprised of nine key players. Senior captains **Nick Laino** (43 G, 17 A, 25 GB, 2 TA, *2nd Team All Jacobsen Division*) and **Paul Minetti** (2 G, 29 GB, 14 TA, *Honorable Mention All Bergen County*) were a consistent presence on the offensive and defensive sides of the ball, respectively. Laino was once again one of the top goal scorers in the county, and ended his prolific career as the highest goal scorer in team history with 120. Attackman **Kevin Murphy** (41 G, 39 A, 45 GB, 8 TA, *1st Team All Jacobsen Division, 2nd Team All Bergen County, Team MVP*) had a memorable season, earning *Athlete of the Week* honors after a stellar 6 goal performance over league opponent Pascack Valley. Murphy concluded the season with 156 total points (goals and assists) in his career for the most in team history. Defenseman **Bradyn Rybacki** (1 A, 30 GB, 14 TA) and defensive-midfielder **Luke Cataldo** (11 GB, 4 TA, *Coaches Award*) were enforcers tasked with taking away the opponents biggest scoring threats. Midfielder **Ryan Latkowski** (21 G, 11 A, 39 GB, 1 TA, 58 F/O wins, *2nd Team All Jacobsen Division*) graduates as the only 4 year varsity letter earner in program history, and has been a consistent presence at the midfield since he was a freshman. His level of play and big outside shot will be missed. **Jack Redinger** (2 G, 3 A, 6 GB, 2 TA, *Team MIP*) returned to play his senior year developed into a solid 2-way midfielder as the season went on. Attackman **Sean Martin** (3 G, 1 A, 5 GB) added needed support and experience in relief when called upon. Since this year's senior class entered the program in 2016, they have contributed to 42 wins, 3 county playoff game wins, and 4 state playoff game wins. They will be missed and we thank them for their commitment to building a lacrosse contender in Ramsey over the past four years.

The juniors were extremely important to the team's success this year. First year starting goalie **Ryan Matzelle** (172 saves, 10 wins) stepped into the net after working hard to develop in the offseason, playing better than many veteran goalies in the area. Long-stick defenseman **Doug Saalfrank** (3 G, 2 A, 26 GB, 13 TA, 5 F/O wins) was an integral part of the team defense. Both of them were selected as captains for the 2020 season. The team leaned on defensive midfielder **Cole Jarvis** (1G, 1 A, 9 GB, 8 TA) in the clearing game. The defense looked to midfielders **Luke Finnegan** (2 A, 6 GB, 1 TA) **Jack Macleod** (9 GB, 3 TA) and defenseman **Joe Koons** (1 A, 2 GB, 1 TA) in key supportive roles. **Jack Farrow** (1 G, 6 GB, 2 TA) moved from attack to a 2-way midfielder role late in the year, which coaches will look for him to continue in 2020. This class will be leaned on for leadership and guidance in the 2020 season.

The sophomore class comprised of several starters at key positions. **Blake Creamer** (30 G, 16 A, 41 GB, 7 TA, *Honorable Mention Jacobsen Division*) hit 100 points for his

career this season. That is the fastest any player in team history has reached that mark. **Sean Kelly** (10 GB, 3 TA) and **Jacob Magnus** (14 GB, 9 TA) were both staples on defense who played both close defense and at the midfield. **Will Cheyne** (7 G, 4 A, 25 GB, 4 TA) was having a very strong season before it was cut short by injury. **Gius Randazzo** (5 G, 13 A, 25 GB, 2 TA) was a consistent and reliable two-way midfielder that the team leaned heavily on throughout the year. **Bryan Creamer** (11 G, 16 A, 46 GB, 5 TA, 115 F/O wins, *1st Team All-League, 3rd Team All-County*) was relied on to play offense, defense, and take most of the Face-Offs. **Michael Laino** (7 saves) played very well in goalie relief.

Two freshman contributed regularly at the varsity level this season. Midfielder **Aidan Clark** (3 G, 7 A, 9 GB) and reserve attackman **Kevin Moster** (3 G, 3 GB) played very well for the Rams offense and will look to increase their roles next season.

Special thanks to the parents, statisticians, film and field crew, and all those who helped make this season one to remember. Good luck to the seniors on their future endeavors! Congratulations to the players, coaches, and supporters on a great fifth season of varsity play!

JV Boys Lacrosse - Chris Roca

The 2019 Boys JV Lacrosse season was a fun, memorable, and successful year. With a very young and talented group, The Rams ended the season with a record of 5-7 while qualifying for the JV Bergen County Tournament. The boys would enter the tournament with a trip to face Fair Lawn HS, who was considered to be one of the best JV teams in the area.

A key moment in our season came in the 4th quarter of our JV county game. The boys were down 4-0 after struggling all game to find our groove.

The defense led by **Nick Labanowski, Joe Koons, James Bonano, and Jack Macleod** and our fantastic goalies **Mike Laino, and Jack Jacobus** played an unbelievable game only holding Fair Lawn to 4 goals in the entire game.

The faceoff X was completely taken over by **Chris Lowery** and **Will McDade**.

Between the boxes **Dylan MacLeod, Aaron Moreno, Logan Young, Joe Pelaccari, Kyle Mandel, and Tim Harnimann** took the game into their own hands and worked to get the ball back at any cost.

The offense, led by **Nick Minetti, Mike Minetti, Ryan Schwarz, and Alex Perros**, put on a show of consistent and almost surgical scoring late in the 4th quarter. **Matt Schwarz, Michael Murray, Matt Weir, Kevin Moster, Ryan Wright, Chris Gaulden, David Simin, Justin Hemery,** and of course **Connor O'Keefe**, were all among those who contributed greatly to the flow and creativity of our offense. As freshman these players have a bright future ahead.

With what seemed to be the right recipe for success, the rams fell just short. We lost in the county tournament 4-3. The parts that are easily admired is their hard work to crawl back into a game, their tenacity, and their will to never give up. But, what this team has is something that is hard to coach. It's something that not many high school athletes share. And it is something that is most certainly not easy to have consistently. But what this team has, is the right attitude. This group of young men asked one question when that game is over. "Who do we play next?"

They never quit, and they had a desire to win unlike any other. This desire shined through hard work and dedication to the team. Everyone was so invested in this team to the point where every player on this roster played more than one, some, more than two different positions. They gave whatever it took to win. The squad played well throughout the rest of season, in between many hard fought battles, tough losses, and big wins. All of the success over the duration of this season is not credited to one athlete, but it is completely and utterly due to a true team effort. Every single player contributed to our success on the field this year whether they were a freshman, sophomore, or junior. Whether they had played the sport since they were young, or they had just been introduced to the game of lacrosse. The combination of various types of players and personalities on this team is exactly the formula needed for success and it is also what made this season so memorable and it is exactly why this team will be so successful on the varsity level in the future.

Varsity Girls Lacrosse - Head Coach, Steve Tabulov

The 2019 Ramsey Girls Lacrosse team continued to impress and had its best season to date. The varsity team was made up of 10 seniors, 5 juniors, 5 sophomores, and 2 freshmen. The program just concluded its fifth varsity season and managed to win the first league title this season along with victories in both counties and states and finishing the season with a 13- 6 record. The team was led by senior captains Reilly Brown, midfielder, Jane Pless, attacker, and Marisa McEntee, defender. Reilly, Jane, and Marisa led the Lady Rams to the schools first league title with a 7-0 record in league games. The lady rams were the ninth seed in the counties and managed to go on the

road and defeat Glen Rock (eighth side) 6-5 in a thrilling game. The Rams had a momentous start, with Glen Rock battling back to tie the score late in the game. With under two minutes on the clock, Kimmy Creegan scored the winning goal with an assist from Libby Solleder. The Rams then advance into the next round to eventual tournament champion Ridgewood. The Lady Rams would defeat Lakeland 19-8 at home in the quarterfinals. Jane Pless would lead the way with 5 goals and 1 assist, with Reilly Brown adding 4 goals and 3 assists. Olivia Frazier, goalie, had 12 saves and played tremendously throughout the entire season. Unfortunately, the Lady Rams would lose in a heartbreaking game to rival Mahwah 7-6 ending the season. The game was a defensive battle that had the Rams down by 3 goals with 3 minutes left in the game. The Rams obtained a 8 meter shot with 5 seconds left to potentially tie the game, however the Mahwah goalie made a nice save to preserve the win. The loss was hard, however that game showed the character and mettle that this program is built on. This game highlighted the importance of team and demonstrated why it was such a pleasure to coach this group.

JV Girls Lacrosse - Jessica Waldeck

This year, Ramsey Junior Varsity Girls Lacrosse had an exciting season. Our JV team finished with a record of 7-3-2 with a huge celebrated win against Ramapo. Every game these ladies came ready to take on whoever we were playing. They are competitive, dedicated, and passionate. These girls were always looking to push harder every game, play, and practice.

Tearing it up on defense we had Julianne Iaccarino, Julia Emerson, Seoyeon Kim, Taylor Ducey, Sam Ducey, Katie Graves, Julia DeMeritt, Carly Martone, Ava Gallorini, Marissa Foley, Mia Zevzavadjian, and Charlotte Swane. These ladies worked especially hard, practicing against the Varsity attack almost every day in practice. At the start of the season Charlotte Swane stepped up to take the goalie position. Her unstoppable attitude to learn and work hard allowed her to excel in this position and complete a tough defensive line. Perseverance and diligence allowed our team to create a solid defense for our team.

Down on the attack we had Katie McGuirk, Talia 'Tal Gal' Weiner, Colleen Feehan, Allison Ohnegian, Maggie Carolan, Chloe Gavalakis, Kaelin Farley, and Colleen Voigt. These players excelled at reading the playing field, strategically passing the ball, placing their shots and setting up successful plays. Their ability to organize, communicate, and execute allowed them to create a strong and aggressive attack for our team.

Lastly, our midfielders consisted of Mary Rakowski, Caitlyn Featherstone Molly O'Neill. Mary specialized in the draw while Caitlyn and Molly took place on the circle, aggressively waiting for any popped or ground ball to gain possession. These ladies played the entire length of the field, becoming an essential part of defense, attack, and all the play in between. Not only did these ladies play all positions on the field at one time, they were also responsible for the start of the game. Without their combative, strong, and confident skills, our team would have been a step behind.

This team was a true family. They are group of players that love the sport, the relationships they make on the team, and the competitive atmosphere. No rain, wind, sun, or snow can overcome this group!! It was an honor to have these girls and be a part of this program. I am excited to see what the future holds for them.

Spring Track - Head Coach, Matt Wynne

It was another successful season for Ramsey Track and Field, as the boys and girls endured a difficult and challenging preseason to accomplish their goals. Boys and Girls were the Big North American Division Champions in an undefeated season. The Boys and Girls also won the Sophomore Championship meet. Three school records were broken. Alyssa Fico broke the school record in the Pole Vault, clearing 11'. The boys 4x100 with Harrison Goehrig, Kevin Foelsch, Andrew Goehrig, and Kieran Francis broke the school record running 44.90 seconds. The Boys 4x800 of David Perry, Patrick Chambers, Justin Illes, and Ryan Bahnsen broke the school record running 8:04. Overall the Boys and Girls teams were very strong, and very deep with talented athletes in every event.

Key girls contributors for the season were: Seniors Amanda Kaczorowski, Myranda Sims, Kaela Monte, Carissa Perrone, Maggie Scaglione, Kara Arbadji, Gabby Kipp, and Alyssa Fico; Juniors Jenna Arbadji, Maya Bender, Carolyn Coletti, Aislin Fine, Sasha Penn, Lauren Murphy, Erica Gjini, Nina Bogaenko, Hanna Leto, Julia Dakwar, Emily Grubb, Kristin Lloyd, and Carly Sipper, and Sophomores Julia D'Amico, Katherine Ascencio, Kenya Bravo, Emily Connolly, Kaitlyn Garofalo, Claire O'Keeffe, Jessica Nixon, Audrey Schlamp, Victoria Tabulov, Katherine Keane, Kayleigh McNeill, and Katelyn Bergen.

Key boys contributors were: Seniors Justin Illes, Rob Novak, Ryan Bahnsen, Kevin Foelsch, Kieran Francis, Marko Sjenicic, Dan Jenkins, Thomas Donovan, David Perry, Kyle Smilon, Alex Schneider, Andrew Lundy, Brian Salinas, and Tino Martinez; Juniors Pedro Ascencio, Francis Hernandez, Sean McGahan, Harrison Goehrig, Parker Simpson, Owen Les, and Patrick O'Neill, and Sophomores Andrew Goehrig, Aaron March, Patrick Chambers, Jack Schneider, Nicholas Garofalo, and Ryan Bussanich, and Freshman Graham Badenhausen.

Varsity Boys Tennis - Head Coach, Steve Trocolar

I want to congratulate the boys on a nice season. Throughout the 2019 tennis season, the varsity team demonstrated hard work and enthusiasm. They meshed nicely as a team. This year's team included Nick Saros, Tomas Todisco, Aidan Bierfass, Warren Cho, Will Simpson, Alex Green, Zach Peters, and Ketul Kapadia. We finished the season with a record of 8-8 and were the 2019 Spring Invitational Champions.

This was Nick's second year playing 1st single. This is a great accomplishment for a player. Nick unfortunately was plagued with an injury for most of the season. He fought hard in all his matches but wasn't 100%. His determination helped him to fight through the pain for most of the season.

Tomas Todisco played 2nd singles again this year. Tomas was an extremely consistent player this year and won the spot of 2nd singles. Tomas had many hard matches this season and when you watched Tomas you saw someone with great tennis knowledge and a variety of shots that he could use in various situations. Tomas stepped into the first singles position at the end of the season when Nick was out because of his injury.

Aidan Bierfass played 3rd singles this season. He did an outstanding job this year and played with more confidence as the season went on. This was Aidan's first year on the tennis team. I wish that he made the transition over to the team earlier than his senior year. Aidan's enthusiasm and competitive nature made him extreme fun to coach. Aidan was a finalist for 3rd singles at the Spring Invitational.

Playing at 1st doubles was senior Will Simpson and Junior Warren Cho. They both moved up to the 1st double spot this year. Will and Warren each brought their own strengths to the team and were able to carry one another in the difficult matches. Will was the consistent get the ball back player, and Warren was the more aggressive emotional player. They really worked well as a team this season. Will and Warren were Spring Invitational 1st doubles champs!

Our 2nd doubles team was made up of Alex Green and Zach Peters. I enjoyed watching these two play throughout the season. They each brought a different style of play to the team and they were better because of it. Alex was the conservative player, and Zach was more aggressive at the net. They worked well as a team and really improved as the season went on. Alex and Zach were Spring Invitational 2nd doubles champs!

I want to thank everyone for an extremely enjoyable year. I wish our seniors, Nick, Tomas, Aidan, Will, Alex, and Zach all the best next year in college. Tennis is a unique team sport. It is very individualized, but at the same time you must count on the other members of your team if you want to win the match. We spent a lot of time together and you made it fun. I look forward to another exciting year next year.

JV Boys Tennis - Dan Willever

Although the team was smaller this year, JV boys tennis was lucky to have a group of players dedicated to improvement, and who also know how to enjoy their time on the court. The players were always enthusiastic to learn something new, play with one another, and compete against other teams.

Our first singles player was Ketul Kapadia. He also had several opportunities to play on the varsity team when needed, and always gave it his all. Throughout the season, opposing coaches and players were complimentary of his playing ability and good sportsmanship. Ketul has a lot of potential and we look forward to seeing him grow as a player over the next three years.

Our doubles players were freshman Ankit Verghese, Vishaal Nayagam, Vinayak Ghai, and sophomore Nehemiah Shin. Although these players began the season with various levels of tennis experience, it was great to see them play and learn together. Throughout the season, these four had the opportunity to try several different playing combinations and improved their game as a result. They were always open to instruction and working to get better as tennis players, and athletes in general. Ankit was always passionate to go out and put forth his best effort. Vishaal showed great determination in improving his game. Vinayak and Nehemiah worked incredibly hard to learn the game and always represented Ramsey High School well on the court. Most importantly, they were all supportive of one another. We applaud and congratulate them on their hard work throughout the season, and hope to see them return next year.

All of our players showed tremendous improvement throughout the season. They proved their worth as athletes, teammates, and representatives of the Ramsey High School community. I encourage them to continue to build upon their recent success by working hard and hitting the courts during our off season. Have a great summer!

Boys Golf - Head Coach, Ken Schmarge

The spring of 2019 proved to be one of the most productive seasons for Ramsey Boys Golf in recent history. Finishing with an impressive 19-2 record, which included a perfect 12-0 run through the Big North American Division, the Rams also won the North I Group 2 State Sectional Championship. The key to the Rams' success this season was their depth. While other schools featured one or two strong golfers who carried their team, Ramsey was loaded one-through-six. In a typical shoot-6-count-4 match, the four counting scores could come from any position, which gives the team a huge advantage over its opponents. The Rams' top-six players fluctuated in relative rank throughout the season, and their nine-hole averages were within 2 strokes, incredibly close in

comparison to other teams. These players included senior captains Sean Choi, Christian Doherty, and Aidan Frazier, and juniors Tyler Botta, Sean Featherstone, and John Leighton. Also contributing to the varsity team this season was senior captain Jack Featherston, sophomore Andrew Gubala, and freshmen Connor Farrow and Nick Grieco.

Opening week of the 2019 golf season featured classically raw weather in which players had to perform in cold, wind, rain, and occasional darkness! Though their scores were uncharacteristically high in these conditions, the Rams' recorded 5 wins during that first week, besting their opponents every opportunity they had. This week featured a win over a solid River Dell team at Hackensack Country Club, and thrilling 5th golfer tiebreaker win over new division rival Fort Lee at Overpeck.

Over the next several weeks, the Rams' started to get their stride, going sub-160 in an important win over perennial challenger Pascack Hills, out-dueling a strong Wayne Valley team, firing a season-low 148 at Ramsey over St. Joe's, and finishing 6th with a 328 at the FDU Invitational. During prom week, the boys faced a "murderer's row" of opponents, taking on three top-10 ranked squads in Northern Highlands, Ridgewood, and Don Bosco. After taking down the Highlanders and the Maroons, the Rams suffered their first loss of the season to Ironmen by a mere 3 strokes. The prestigious Arcola Invitational rounded out the month of April, with the Rams finishing a solid 4th on a blustery day against all the elite teams in the county.

After qualifying for states with a 13-1 record, championship season kicked off with Division Day. On a Monday afternoon, all teams from the Big North American Division squared off at Overpeck to complete the second of two dual matches to determine the league champion. Though the front of the lineup struggled, Tyler Botta (37), Sean Featherstone (40), and Sean Choi (42) saved the day, bringing the team score to 162, which tied Pascack Hills for the day. The Ramsey 5th score, however, was one better than Hills', so the Rams took the sweep and were crowned League Champions with a perfect 12-0 record in league play, driving their record to 19-1.

The Rams' first 18-hole championship event was the Big North Championship at Rockleigh. In a field of over 20, the Rams shot 337, finishing 6th overall and 3rd in the American Division. Though the Rams hoped for a lower number, it was the best day to be a little off because there were no implications on league, county, or state standing.

Next up was the North I Group 2 State Sectional at Bowling Green. One of the team's preseason goals was to win this tournament and earn a trip to play in the Tournament of

Champions (TOC), and that required playing well on this day. With an early morning start, the Rams' teed it up on a saturated course that only got wetter as the day went on as wind and rain pummeled the course for the last 2 hours of the round. The team score of 346 was high for the Rams, but was 20 strokes better than the competition, easily securing the Sectional championship! The following Monday, the Rams competed at Hopewell Valley in the TOC and finished just 6 strokes out of first place in Group 2 - quite an accomplishment!

During the week between the Sectional the TOC, the boys played at Darlington in the Odell Nassar Bergen County Championship. For this event, the top-20 teams in the county qualify to play, and Ramsey easily made the cut. In the shoot-5-count-4 format, Ramsey qualified an additional player (Sean Featherstone), something only a handful of schools has the depth to do. The Rams finished 4th in the small-school division and 8th overall. Though they hoped to place a bit higher, John Leighton, Sean Choi, and Sean Featherstone qualified for the Dan Luciano Bergen County Individual Championship by finishing in the top-30 (and ties) at the Nassar. Tyler Botta was a stroke outside of the qualifying score. At the Luciano, the 3 Rams returned to Arcola Country Club to complete the 2-day individual championship. The boys coped with the challenging layout as best they could, and put up respectable numbers and kept them inside the top-30 for the tournament.

Senior captains Christian Doherty, Sean Choi, Aidan Frazier, and Jack Featherston had a great golf career at Ramsey, with Christian and Sean earning 4 varsity letters, and Aidan and Jack earning 3. These boys all have incredible character, and showed great leadership this season (and previous ones), and helped keep the team focused on the big season goals. Their experience with near-misses in the past years helped everybody play their best when they absolutely had to. Individually, Jack struggled with lingering injuries from last season but, while his numbers could not match what he put up last year, he was ready to go every time he was in the lineup.

Christian and Aidan started the season strongly, and was one of the major reasons we started the season undefeated for so long. Christian's 40 in the rain at Darlington was key in a win over Mahwah, and Aidan's 42 at Hackensack Country Club helped secure victory over River Dell. Christian's 35 and Aidan's 37 at Ramsey against St. Joe's were Ramsey's two lowest scores in Ramsey's season-low 148.

Sean Choi, Ramsey's most experienced golfer, got better as the year went on, and peaked in the last month of the season, picking up when some of his teammates cooled off. Sean's gutsy up-and-down on the 9th hole of division day in front of 40+ spectators

enroute to a 42 was key to Ramsey winning the league, and his 87 in the rain at the Sectional was phenomenal.

Juniors John Leighton, Tyler Botta, and Sean Featherstone provided the depth to the senior leadership on the team. John, statistically our best player, lettered for the third consecutive year, and Tyler and Sean came over to golf after playing baseball in their freshman and sophomore years. All three juniors made First-Team All-League, and had had the ability to go low every match.

Sean and Tyler struggled early to adjust to the daily grind of competitive golf, but became more and more comfortable as the year went on. Sean's 37 and Tyler's 41 against Pascack Hills were breakout matches for them, and were key to Ramsey breaking 160 for the first time of the season over a divisional rival. Later in the season, Tyler's 37 (while being violently ill before the match) at Division Day where there was no room for error was so clutch, and Sean's back-to-back 38's at Ramsey kept the train rolling through the middle of the season. Tyler's 84 in the pouring rain at Sectional was key to winning, and Sean's 83 at the Nassar put him in elite company in qualifying for the Nassar.

John had the team's lowest average and was very consistent throughout the season. John's 78 at the FDU was one of just a handful of rounds in the 70's that day, and his 35 Ramsey tied Christian for low round of the year. John shot 81, 82, and 85 at the League, County, and State tournaments, and if it were not for a couple of high rounds at the Luciano and TOC, would likely have made 2nd or 3rd team all-county. John's experiences and perspective on high school golf helped ease the transition of his fellow juniors, and will serve the program well moving forward.

Sophomore Andrew Gubala, and freshmen Nick Grieco and Connor Farrow split time between the varsity and junior varsity this season. Perhaps the victim of being in a strong program, Andrew, Nick, and Connor would be regular starters on most teams in the county, but the depth of the older players limited their varsity action. They all have very good games, and if they continue working at it, will enjoy even more success at the varsity level.

Girls Golf - Head Coach, Tom Digiore

This season the Lady Rams posted a record of 11-2 with key victories over Ridgewood (2), Mahwah (2), and Northern Highlands. The Lady Rams qualified for the State Sectional Tournament and competed well all season. Junior captains Kaylie Voigt and Caroline Doherty led the team this season with help from seniors Angelica Ramirez and

Emma Eide. Claire Corrison (Sophomore) returned for her second full season while Holly Gardella (Sophomore) and Allie Kenny (Sophomore) gained varsity experience.

Our first key win over Ridgewood took place at Orchard Hills in Paramus. The match was close with our last group approaching the 9th green. Kaylie Voigt posted a team low score of (42) while Allie Kenny who came in with the last group had a score of (50) to help propel the Lady Rams to victory 192-196. They then went on to defeat Northern Highlands at Ridgewood Country Club on a cold windy day and came back the next day to defeat Ridgewood and PCTI at Darlington. The Lady Rams won their first nine matches before suffering their first loss to IHA. IHA would be the only team Ramsey lost to all season.

The weather was an issue this season that not only interrupted matches but also shortened the Big North Conference Tournament. Sadly, the tournament was cancelled with a few holes remaining. Caroline Doherty was on her way to shooting a personal best before the rain came. At the State Sectional Tournament, the Lady Rams were up against some tough competition. Some familiar teams and some new faces. Ultimately, Ramsey came out on another rain soaked day and competed valiantly until the very end. They finished 12th while gaining some very valuable tournament experience.

The Lady Rams earned some postseason recognition this year. Kaylie Voigt was named 1st Team All-Division and Honorable Mention All-County, Caroline Doherty, Emma Eide, and Claire Corrison were named 2nd Team All-Division, and Allie Kenny earned Honorable Mention All-Division. The 2019 season was certainly one to remember. The team improved from last season and will look to continue improving in the offseason. The future of Girls Golf looks bright for Ramsey and we are excited to get back out there. Unfortunately, we say goodbye to our Seniors Emma and Angelica. Thank you for all your hard work and we wish you all the best moving forward. Until next season...Go Rams!

ATHLETIC AWARDS

Baseball	Most Valuable Player	Danny Cantor
	Coaches Award	Brian Dovidio Michael Ghiorsi Steven Turk
Softball	Most Valuable Player	Victoria Sebastian Emma Cunningham
	Coaches Award	Olivia Sebastian Katie Novak
	Ultimate Teammate	Hailey Jones
Boys Lacrosse	Most Valuable Player	Kevin Murphy
	Most Improved Player	Jack Redinger
	Coaches Award	Luke Cataldo
Girls Lacrosse	Most Valuable Player	Reilly Brown
	Most Improved Player	Olivia Frazier
	Coaches Award	Marissa McEntee Jane Pless
Track (Boys)	Most Valuable Athlete	Thomas Donovan
	Most Valuable Athlete	David Perry
	Most Improved Athlete	Patrick O'Neill
Track (Girls)	Most Valuable Athlete	Carolyn Coletti
	Most Valuable Athlete	Emily Grubb
	Most Valuable Athlete	Carissa Perrone
Tennis	Most Improved Player	Vishaal Nayagam

	Coaches Award	Warren Cho
	Coaches Award	Ketul Kapadia
Golf (Boys)	Coaches Award	Sean Choi
	Coaches Award	Christian Doherty
	Coaches Award	Aidan Frazier
Golf (Girls)	Most Valuable Player	Kaylie Voigt
	Most Improved Player	Allie Kenny
	Coaches Award	Emma Eide Angelica Ramirez

1st TEAM ALL DIVISION RECIPIENTS

Girls Lacrosse: *Reilly Brown, Jane Pless, Marisa McEntee, Kimmy Creegan*

Boys Lacrosse: *Kevin Murphy, Bryan Creamer*

Softball: *Victoria Sebastian, Emma Cunningham, Olivia Sebastian, Katie Novak, Kaitlin Houser, Bella Sebastian*

Track: *David Perry, Patrick Chambers, Parker Simpson, Thomas Donovan, Dan Jenkins, Rob Novak, Justin Illes, Ryan Bahnsen, Aaron March, Kara Arbadji, Kaela Monte, Carissa Perrone, Emily Grubb, Erica Gjini, Hanna Leto, Amanda Kaczorowski, Carolyn Coletti, Carly Sipper, Katelyn Bergen*

Baseball: *Danny Cantor, Brian Dovidio, Michael Ghiorso, Joe Winterhalter,*

Boys Golf: *John Leighton, Tyler Botta, Sean Featherstone*

Girls Golf: *Kaylie Voigt*

2nd TEAM ALL DIVISION RECIPIENTS

Girls Lacrosse: *Emma McGuirk, Libby Solleder*

Boys Lacrosse: *Nick Laino, Ryan Latkowski*

Softball: *Alexa Kerr, Sophie Cunningham*

Track: *Jack Schneider, Kyle Smilon, Alyssa Fico, Maggie Scaglione, Julia D'Amico*

Baseball: *Steven Turk, Pitcher*

Boys Golf: *Christian Doherty, Aidan Frazier, Sean Choi*

Tennis: *Nick Saros (1st singles); Will Simpson, Warren Cho (1st doubles)*

Girls Golf: *Emma Eide, Caroline Doherty, Claire Corrison*

HONORABLE MENTION - ALL DIVISION

Girls Lacrosse: *Olivia Frazier*

Boys Lacrosse: *Blake Creamer*

Softball: *Astrid Corcoran, Olivia Jarvis*

Track: *Myranda Sims, Tino Martinez*

Baseball: *Raul Camejo, John Creegan*

Boys Golf: *Jack Featherston*

Tennis: *Tomas Todisco*

Girls Golf: *Allie Kenny*

ALL COUNTY

Baseball: *Joe Winterhalter, 1st Team*

Boys Lacrosse: *Kevin Murphy, 2nd Team; Bryan Creamer, 3rd Team; Paul Minetti, HM*

Softball: *Victoria Sebastian, 1st Team, Emma Cunningham, 1st Team, Olivia Sebastian, 1st Team, Bella Sebastian, 1st Team; Kaitlin Houser, 2nd Team, Katie Novak, 3rd Team*

Girls Golf: *Kaylie Voigt, HM*

Boys Track: *David Perry, Patrick Chambers, Justin Illes, Ryan Bahnsen, 2nd Team*

Girls Track: *Alyssa Fico, 1st Team, Kaela Monte, 2nd Team*

OTHER HONORS

Kevin Murphy (Lacrosse) - the Record's Athlete of the Week

Ken Schmarge - Boys American Division Golf Coach of the Year

Matthew Wynne- Boys American Division Track Coach of the Year

Boys Golf - Big North 1, Group 2 Sectional Champions

Softball - Big North American League Champions

SCHOLAR ATHLETE RECIPIENTS

Katelyn Bergen

Tyler Botta

Warren Cho

Carolyn Coletti

Blake Creamer

Bryan Creamer

Emma Cunningham

Sophie Cunningham

Julia Dakwar

Charles DeGasperi

Caroline Doherty

Christian Doherty

Emma Eide

Alyssa Fico

Kaitlyn Garofalo

Erica Gjini

Nicholas Grieco

Amanda Kaczorowski

Owen Les

Andrew Lundy

Melanie Mack

Katherine Novak

Claire O'Keeffe

Patrick O'Neill

Giuseppe Randazzo

Brian Salinas

Caroline Schwanewede

Olivia Sebastian

Victoria Sebastian

Parker Simpson

William Simpson

Myranda Sims

Carly Sipper

Katherine Sylvester

Robert Thompson

Kaylie Voigt

#GO RAMS