

“Pride of Methacton”
Warrior Athletics – February Celebrations
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The “Pride of Methacton” newsletter is a monthly publication which delivers to our schools and community updates on the commendable achievements of our athletic programs and milestones reached by individual athletes. Please enjoy this installment of the “Pride of Methacton”, which focuses its attention on an update/recap of our winter sports season.

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Student-Athletes of the Month:

Winter Season:

- December- Shannon O’Neill (Cheerleading) and Erik Timko (Boys Basketball)
- January- Juliana Keenan (Girls Indoor Track) and Christopher Groff (Boys Swimming)

Methacton Wrestling:

Methacton was very young and inexperienced but showed tremendous growth throughout the winter wrestling season. The team ended up with a three and twelve dual meet record but finished 3rd in a sixteen team tournament at the end of the season. The Warriors had twelve wrestlers at districts in which we had one champion and a second, third, and fifth place finisher. Three wrestlers qualified for the Southeast regional tournament; Kibwe McNair, Ozzy Carbajal, and Roman Moser. If they finish in the top five at regionals they would then qualify for the PIAA state tournament.

We have off-season plans of attending several different tournaments, clubs, and clinics. In addition, working on an off-season lifting program and having the room opened two days a week to improve skills and continue with technique. Go Warriors!

Methacton Girls Swimming:

The Methacton Girls swim team had a good season showing some much needed depth. They finished the regular season with a 5-5 record. Incoming Freshman Amanda Tsai, as well as current Jr's Alex Ferrance and Emma Ginther and Sophomore Hannah Taylor were the top regular scorers and led the way with 1st or 2nd places in the relay's as well as their individual events. Alex Ferrance led the way in the 100 fly, with a personal best time of 1:00.77. Freshman, Amanda Tsai had a personal best and top performance of 1:02.32 in the 100 back. Junior, Emma Ginther led the team in top performances in the 50 free and 100 breast and was able to fill the top spot in multiple of other events. Junior, Hannah Taylor has strong performances in the 100 back, 50 and 100 free. Freshman, Caley Stein showed lots of amount of improvement and was a key team member for relays. Sophomore, Ashley VanBuskirk helped with depth in the 500 free. Seniors and Captains, Kristin Brycki, Rachel Prusacki and Laura Thorne provided leadership and finished their career with near personal best times in their respective events of 100 breast (Kristin)and 500 free (Rachel). The season was capped off with a great performance by Alex Ferrance in the 100 fly at the District Championships at La Salle College.

Methacton Boys Swimming:

Methacton Boy's swimming finished off a great 2019-20 season! The team was led by captains: Matt Tsai (senior) and Nathan Boardman (junior). Overall, the Warriors finished their season with 6 wins, 4 losses which placed them 5th in the PAC Conference. On February 15, all of the boys on the team competed in the PAC Conference championship meet. For many of the boys, this is the final meet of their season and the meet where most of the boys work so hard to achieve their goal times. We had twenty-one personal best performances and five top 5 finishes! Congratulations to the following boys who made All-Conference Teams: Tommy Gibbs (3rd Team - 100 Fly & 3rd Team 400 Free Relay), Christopher Groff (3rd Team - 400 Free Relay), Ryan Valle (3rd Team - 400 Free Relay), and Jan Perez Bonilla (3rd Team - 400 Free Relay). During the season, we had six boys qualify for the PIAA District meet, which was held on Feb. 27 & 28th: Tommy Gibbs (Medley Relay, 100 Butterfly, 100 Freestyle, 200 Free Relay), Christopher Groff (Medley Relay, 200 Free Relay, 100 Backstroke, 400 Free Relay), Jan Perez Bonilla (Medley Relay, 200 Freestyle, 100 Butterfly, 200 Free Relay), Dylan Phan (Medley Relay, 400 Free Relay), Matt Tsai (100 Butterfly, 400 Free Relay), and Ryan Valle (200 Free Relay, 400 Free Relay). Almost all personal best times at this meet, including a school record broken by freshman, Christopher Groff, in the 100 Backstroke. At this meet, Tommy Gibbs secured a spot at the State Championship meet in 100 Butterfly which will be held March 11th at Bucknell University.

As a team, the boys are happy with how their season progressed; many fast swims and overall the team coming together to beat some teams they struggled to defeat in the past. From a coaching perspective, I am proud to see the boys work so hard to achieve their goals that they set at the beginning of the season; there were many surprising performances and achievements along the way. Lastly, a big congratulations to our graduating seniors Harry Taylor, Matt Tsai, and Andrew Wang for their hard work and dedication over the past four years.

Methacton Boys Indoor Track:

The Methacton Boys Track season was highlighted by Hurdler Andrew Bregman qualifying for the PTFCA State Championships on March 1 at Penn State University. Andrew also secured his spot in the top 24 state-wide, by placing sixth in the TFCA of GP Meet of Champions. Bregman placed 6th at PTFCA State Championships and ran a lifetime PR of 8.41 in the finals of the 60 meter hurdles

event. Also qualifying for the Meet of Champions were Aaron Sanchez, in the High Jump and Long Jump, and Tom Heffernan in the High Jump, and Ty Darby in the 60 Meter Dash. The warriors were also represented at the Championships in the championships in the 4 x 200 meter relay as Ty Darby, Tom Heffernan, Matt Schwertfeger and Alex Clark carried the stick proudly for the warriors. Sophomores Bryan Landsberg (3000-9:30) and Vaughn Lackman (800-2:05) Junior Tom Heffernan (Long Jump-20-1) Senior Josh Clark (High Jump-5-8) narrowly missed qualifying for the Meet of Champions and are looking forward to the outdoor season. During the Indoor Season the squad gained valuable training and competitive experience that will pay dividends during the up and coming outdoor season.

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Methacton Girls Indoor Track:

The Girls Winter Track and Field team had an outstanding season, qualifying several athletes and a relay team for post-season competition.

Leading the way for the Lady Warriors were 6 "Meet of Champion" caliber athletes. Seniors Juliana Keenan and Camille Dunham each qualified for the post-season in multiple events. Keenan, who set personal best marks in the 55M Dash, 55M Hurdles, the 200M and the 400M, qualified for the post season the the 200M, 400M and as a member of the 4x200. Another senior, Camille Dunham, also had an outstanding season. She set PR's in both the long jump and triple jump, as well as being a member of the 4x200 relay. Sophomore Camille Dunham was also a 3-time qualifier for the Meet of Champions. Her events included the 60M Dash, triple jump and also as a member of the 4x200. New-comer to the program, sophomore Delaney Smith was the 4th member of the 4x200 relay. Junior Madi Eastmure solidified her spot as the top hurdler and high jumper of the program. She qualified for the Meet of Champions in both events, securing a PR of 5' 2" in the High Jump, the 17th highest height cleared in PA this season. Rounding out the Meet of Champion qualifiers is junior Rory Stein. Prior to the season, Stein had a PR of 8' 6" in the Pole Vault. At the Meet of Champions, Stein cleared 11' 0", not only finishing 3rd in the meet, but also qualifying for the PA State Championship meet on March 1.

Although Stein will be the only member of the team to compete at the PA State Championship Meet, the 4x200 relay ran the time to qualify for the meet, but was shy of finishing in the top 20 (the limit allowed to compete). Madi Eastmure came 1" shy of making the State Championship, despite finishing 4th at the Meet of Champions.

The girls have much to look forward to the spring season is about to begin after an outstanding winter season.

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Methacton Boys Basketball:

The Methacton Boys Basketball team finished the regular season with an overall record of 20-2. The only losses came to Roman Catholic and Wilson West Lawn and in between, the Warriors won 17 games in a row. The Warriors continued their winning ways by going 2-0 in the PAC playoffs, and in the process, earned their third consecutive PAC Championship. After opening up the district-one playoffs with a convincing win against C.R. South, the Warriors defeated Pennridge to qualify for the

district-one final four for the first time in program history. In their first ever trip to the final four at Temple University, Methacton defeated Chester by a score of 81-54. Next up is the district-one championship game against Cheltenham at Temple University on Saturday, February 29th at 7:00 PM, followed by the PIAA state tournament beginning on Saturday, March 7th.

Noteworthy individual accomplishments on the season are listed below:

- Jeff Woodward became the all-time leading scorer in Methacton Boys Basketball history and presently stands at 1,401 career points. Jeff also became the first player in Methacton history to eclipse the 1,000 rebound mark for his career.
- Erik Timko hit the 1,000 career point mark against Pennridge in the district quarterfinals and presently stands at 1,025 points for his career.
- Brett Eberly became the all-time assist leader in Methacton Boys Basketball history and presently stands at 338 career assists.

2019-2020 Stats through 27 games:

Erik Timko - 19.7 ppg, 71 threes (44%), 93% on Free Throws

Jeff Woodward - 13.4 ppg, 277 rebounds

Owen Kropp - 10.4 ppg, 38 threes, 98 assists

Brett Eberly - 8.3 ppg, 48 threes, 110 assists

Brett Byrne - 5.6 ppg, 22 threes

Cole Hargrove - 4.5 ppg, 116 rebounds

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Methacton Girls Basketball:

The Girls Basketball team is currently preparing for the PIAA 6A State Playoffs. This is the fifth time in program history that the team has qualified for states and are going in consecutive years for only the second time. The team has had a very successful season to date posting a record of 23-5, currently tying a mark of the second most wins in program history. In the regular season, the team went 20-2 overall and 14-2 in the PAC. The team finished in second place in the Liberty Division of the PAC and was the overall #3 seed in the PAC playoffs where they advanced to the PAC Championship before falling to Spring-Ford. The team's great regular season earned them the #5 seed District 1 6A playoffs. The team also won their season opening tip-off tournament and their bracket at the Wildwood Boardwalk Basketball Classic back in December.

The team has had many individual accomplishments as well. Senior Sydney Tornetta (11.4 ppg) became the seventh female in school history to record 1,000 career points. Sophomore Nicole Timko (15.4 ppg) has set number program records for threes in a season 76 and Sophomore points 418. Sydney and Nicole were named First Team All Liberty Division in the PAC. Freshman Cassidy Kropp (7.4 ppg) was named Second Team All Liberty Division in her rookie year. Seniors Sydney Hargrove and Caroline Pellicano have been solid two year starters for the Lady Warriors and have had great Senior seasons. Junior Alli Hazlett and Sophomore Tori Bockrath have provided valuable minutes off the bench all season.

The JV team finished with a record 10-9 on the season. Freshmen Mairi Smith (11.0 ppg) and Reana Torres (7.5 ppg) were the leading scorers on the team.

Methacton Cheerleading:

The Varsity Cheerleaders had a very busy Winter season! In December, they qualified for the PIAA State Championship. At States, they moved straight to finals from prelims, skipping the semi-final round, and ended up 6th out of 54 teams in the largest division at the event. We were lucky enough to host the inaugural official PAC championship here at Methacton, and win not only the small division but the Overall PAC Grand Championship. Other notable successes include being named Grand Champions at both the Lansdale Cheerleading Classic and the Kedron Spirit Classic. The team entered the Game Day division for the first time in school history and earned second place twice and took home first place at the Lansdale Cheerleading Classic. To top it off, the cheerleaders have loved supporting both the Girls' and Boys' Basketball teams throughout the regular season and now in the post-season! Our outstanding cheerleaders have had an exciting and amazing season!

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Please contact me with any suggestions or feedback regarding this publication. The Athletic Office is working hard to continue to strengthen our relationship with the school community by providing the best possible communication.

Paul Spiewak, Assistant Principal for Athletics and Activities