



Medway Mustangs

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Mustang Nation Newsletter

Athletic Director

Jeff Parcels

Athletic Trainer

Sean Powers

Athletic Admin. Assistant

Kelly Culcasi



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Athletic Department Website: <https://www.medwayschools.org/departments/athletics>

The opening whistle...

Wow, what a school year this has been!

As the 2019-2020 school year officially comes to a close, I wanted to send out the final issue of the *Mustang Nation Newsletter*.

In all my years in school athletics, I have never been a part of a school year quite like this. From the new heat procedures and EEE restrictions during the fall season to the cancellation of the entire spring season due to COVID-19, our student-athletes and coaches were extremely resilient and very successful and that is something we should all be proud of.

Over the course of the two seasons we played, our high school teams captured six Tri-Valley League Championships, three Sectional Championships, one Sectional Finalist, one State Semifinalist and one State Finalist.

We had 44 first team TVL all-stars, 26 TVL honorable mention all-stars, six league MVP award winners, two All-State recognitions, three MIAA Educational Athletics Team Awards, four Coach of the Year Awards, and three Sportsmanship Awards. In addition, twenty members of the Class of 2020 will be continuing their athletic careers at the collegiate level!

Finally, I would like to take a second to thank Kelly Culcasi, who served as my administrative assistant this past school year. Unfortunately, her position was cut from the budget and she will be moving on to a new position in the high school main office next school year. Kelly will be greatly missed in the athletic office as she freed up time for me to do some of the 'extras' that makes our athletic department one to be very proud of. Hopefully we will still see her at our athletic events selling tickets and supporting our teams!

Have a great summer everyone! GO MUSTANGS!

Thank You !

- Thank you to the custodial and maintenance staff of both Medway HS and Medway MS!
- Thank you to the administrators, faculty and staff for your support!
- Thank you to the Turkey Trot Organization, the Medway Boosters and the many team booster groups for supporting our teams.
- Thank you to all of our coaches, student-athletes, parents/guardians and fans for a great year!

2019 Fall Season Recognitions

Fall Cheer

TVL All-Star: Ariana Johnson and Meredith Petersen

Team Award: TVL Champions

Boys Cross Country

TVL All-Star: Henri Chaudoir and Ethan Fennyery

Honorable Mention: Ethan Sewall

Team Award: TVL Team Sportsmanship Award

Girls Cross Country

TVL All-Star: Liana Harkins and Erin Shipos

Honorable Mention: Tara Shipos

Team Award: TVL Team Sportsmanship Award

Field Hockey

TVL All-Star: MaryKate MacDougall

Honorable Mention: Julia Berger, Kelly Lanoue and Emma Stearns

Football

TVL All-Star: Rome Banaitis, Reece Curran, Liam Hoye, Connor Kewley, Drew Plunkett (League MVP), Nick Sheehan and Nick Volz

Honorable Mention: Nick Der Garabedian, Dominic Firnges, Jimmy Kelly and Kyle Moran

Coed Golf

TVL All-Star: Cole Theodore

Honorable Mention: Matthew Peterson (League Sportsmanship Award Recipient)

MIAA D2 South Sectional Individual Tournament Participant: Cole Theodore

Boys Soccer

TVL All-Star: Luke Fagerson, Matthew Kaplan, Daniel MacDonald, Troy Newman, and Christian Perugini

Team Award: TVL Small Champions, MIAA D3 South Champions, MIAA D3 State Finalists

EMass Coaches All-Star Team: Luke Fagerson and Matthew Kaplan

Massachusetts All-State Team: Luke Fagerson

Boston Herald All-Scholastic: Luke Fagerson

Division III South Coach of the Year: Coach Neill Brandon

Girls Soccer

TVL All-Star: Kylie Hansbury, Brenna Lorenzen and Jill McElhinney

Honorable Mention: Lauren Beach, Mia Cence and Heather Scheid

Team Award: MIAA D2 South Sectional Finalists, MIAA Girls Soccer Sportsmanship Award, MIAA Educational Athletics Achievement Award

EMass Coaches All-Star Team: Jill McElhinney

Girls Volleyball

TVL All-Star: Maggie Regan and Alex Spezzano

Honorable Mention: Ashlyn Driscoll and Caitlin Nolan

Team Award: TVL Small Champions, MIAA Educational Athletics Achievement Award

TVL Coach of the Year: Coach Gary Patch

2019-2020 Winter Season Recognitions

Boys Basketball

TVL All-Star: Ryan Johnston, Drew Plunkett (League MVP), Kyle Regan

Team Award: TVL Champions

Girls Basketball

TVL All-Star: Lauren Beach (League MVP), Amy Johnston, Maggie Regan

Honorable Mention: Emma D'Entremont, Julia Dowling

Team Award: TVL Champions, MIAA D2 Central Champions, MIAA D2 State Semifinalist

Boston Globe and Boston Herald All-Scholastic: Lauren Beach

TVL Coach of the Year: Coach Joe Iannone

Winter Cheer

TVL All-Star: Maya Bonarrigo, Ariana Johnson

Team Award: MSSA Division 3 South Regional Champions

Boys Ice Hockey

TVL All-Star: Sam Marchionni, Evan Monaghan (Goalie of the Year)

Honorable Mention: Alex Infanger, Cole Theodore

Team Award: TVL Small Champions

All-State Team: Evan Monaghan

TVL Coach of the Year: Coach Derek Harrington

Girls Ice Hockey

TVL All-Star: Brynn Moriarty (Ashland), Lauren Norton (Medway)

Honorable Mention: Izzy Larch (Holliston), Jenna Shutt (Holliston)

Alpine Ski

MIAA Alpine Ski State Championship Participant: Andrew Rozak

Swim and Dive

TVL All-Star: Jon Bird

Boys Indoor Track

TVL All-Star: Connor Gilmore

Honorable Mention: Rome Banaitis, Henri Chaudoir, Ethan Fennyery, Joe Hamm, Jared Selby

Girls Indoor Track

TVL All-Star: Abby Greeley, Chloe Redfield, Peyton Redfield, Laci Santos, Erin Shipos

Honorable Mention: Alise Higgins, Tara Shipos

Future Collegiate Student-Athletes

Rome Banaitis: Division III Football at Colby College

Mary Kate Gould: Division III Basketball at Wentworth Institute of Technology

Abigail Greeley: Division I Track and Field at Merrimack College

Joe Hamm: Division I Club Rugby at Syracuse University

Catherine Higgins: Division II Softball at Assumption College

Liam Hoye: Division III Football at Union College

Matt Kaplan: Division I Soccer at Merrimack College

Grace Killman: Division III Soccer at Nichols College

Brenna Lorenzen: Division III Soccer at Ithaca College

Abby McHallam: Division II Lacrosse at University of New England

Matt Mueller: Division III Baseball at Salem State University

Lauren Norton: Club Ice Hockey at Assumption College

Kirsten Petersen: Division I Soccer at Gardner-Webb University

Matt Peterson: Division II Baseball at Assumption College

Drew Plunkett: Division III Football at Worcester Polytechnic Institute

Peyton Redfield: Division I Track and Field at University of Rhode Island

Nick Sheehan: Division II Baseball at Southern New Hampshire University

Tara Shipos: Division I XC and Track at Sacred Heart University

Alexandra Spezzano: Division III Volleyball at Worcester Polytechnic Institute

Emma Stearns: Division III Field Hockey at Eastern Connecticut State University

Sports Registration Information for Fall 2020

In order to tryout for any Medway High School or Medway Middle School team, you must complete the following:

1. Parent/Guardian and student-athlete must register together on [FAMILYID](#). *Registration opened for Fall 2020 on May 20th for MHS and May 26th for MMS*
2. Make sure the Athletic Department has an updated Physical Form on file. Physicals are good for 13 months only. It is your responsibility to ensure that the updated form is on file with the athletic office well in advance of tryouts. Feel free to scan/email a copy to Mr. Parcels in the Athletic Office (jparcells@medwayschools.org). All forms received in the athletic office will be forwarded to the school nurse after the physical date is noted.
3. Pay the Athletic User Fee (\$255 for high school teams...\$500 for HS Golf or \$215 for middle school teams) via check or online at [UniPay](#) (we are not accepting online payments until we are sure we are having a fall season). You can also bring your check to the Meet the Coach Night event for your school. If paying by check, please put the student-athlete name and sport in the 'Memo' section of check.
4. Ensure you are academically eligible to participate on an athletic team. To be eligible to try out for a fall athletic team, you cannot have failed more than one course on your final course grades from the previous year. All new 9th graders are automatically eligible.
5. Attend the *Fall Season Meet the Coach Night (student-athlete and parent/guardian)*.
 - *High School Teams: **August 19th at 6pm** in the high school auditorium*
 - *Middle School Teams: **August 31st at 6pm** in the middle school auditorium*
6. When do sports begin?
 - High School Fall Sports begin on August 21st for football and August 24th for all other teams (pending COVID-19 restrictions)
 - Middle School Fall Sports begin on Tuesday, September 8th (pending COVID-19 restrictions)

If anyone has questions or concerns regarding a specific athletic team, please reach out directly to the head coach of that program. Names and contact information for all of our coaches can be found [here](#)!

