



BETHLEHEM AREA HIGH SCHOOLS

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2023

FALL SPORTS & ACTIVITIES

LIBERTY HIGH SCHOOL

Young football team looks to surprise



Brayden McKinley is a junior back for the Liberty football team who will see time at running back and defensive back.

BY PETER CAR
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Liberty may not be experienced this year on the gridiron, but the Hurricanes give their coaching staff confidence heading to the fall.

Coming off a 2-8 season a year ago, head coach Shawn Daignault enters his third season with the program looking to make a leap to EPC competitiveness after going winless in the EPC South last season.

"We are going to be inexperienced," said Daignault. "I believe we have enough talent to be competitive, but a lot will depend on how our young players mature."

This year's core group includes Julius Vasquez (Sr, OL); Anthony Vega (Sr,

Safety/WR); Louis Haz (Jr, OL/DL); Connor McLaughlin (Sr, K); Brayden McKinley (Jr, RB/DB); Gabe Green (So, RB/DB); Daunte Morrison (Jr, DE/OL); Dylan Benway (Jr, DE/OL) and Marcus Askerneese (Jr, WR).

Newcomers are Jake Pukszyn (So, WR/Safety); Jahsi Cole (Jr, RB/Safety); Tre Parham (Jr, QB); Caden Vermuelen (Sr, QB); JJ Vazquez (Jr, WR/DB); Davian Carrasquillo (Sr, WR); Nick Schenkel (So, OL/DE); Cole Daignault (Jr, TE/DE); Silas Licsko (Sr, TE/LB); Ben Bartholomew (Jr, LB/FB) and JJ Pujals (So, LB).

Parham and Vermuelen are both competing for the quarterback position, but Daignault believes he has

talent that will support whoever wins the QB job.

"We are deep at the running back position," he said. "Gabe Green, Brayden McKinley, Jahsi Cole and others will get carries. Jake Pukszyn is a great addition at WR from the basketball team. Anthony Vega should stand out on both sides of the ball."

With the Hurricanes looking to gain momentum each day, the feeling is this year could be the start of something special for this group of players moving forward.

"We keep it simple, especially this time of year," Daignault said. "We want to be a better football team at the end of the day today than we were this morning."

Field hockey's mix of skill excites coach

BY PETER CAR
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Liberty's field hockey team has a nice balance of veteran experience and an infusion of youth this season, which should make this fall an interesting campaign for the Hurricanes in

head coach Jill Dorn's fifth season leading the program.

Coming off an 8-9-1 season a year ago, Dorn expects this group to be in the mix all season long.

Back for Liberty includes Ruby Miller (Sr.,

CM); Tula Sobrinski (Jr., F/MF); Cai Bardsley-Cutler (Sr., GK); Julianna Zumas (Jr., F); Ellis Corr (So., F); Ava George (Jr., C/FB); Mallia Lockhart (Jr., D) and Ava Sabetti (Sr., D).

Miller and Sobrinski were both third team EPC players last season and Dorn envisions a leap for both this season. Bardsley-Cutler brings a veteran presence in goal, as she's started the past two seasons for the 'Canes.

"Ruby has played center midfield the past two seasons and has one of the biggest work ethics during the game that I have ever seen," said Dorn. "She is extremely fun to watch. She is tenacious and receives a lot of compliments from other coaches because of her competitiveness."

"Tula scored eight goals and had five as-

sists last season. She is a tremendous athlete and has a great work ethic in the classroom and on the field. Cai has been our varsity goalie for the past two seasons and will most likely be our starting goalie. We have four great goalies, which is nice to have, because three of them play club and Cai is doing a great job as a leader. She will make impressive saves all season and has a great voice for leadership in the backfield."

Newcomers include Emily Tavares (Jr., MF); Cozette Frack (Jr., D/MF); Abigail Mayes (So., GK); Aubrey Wylie-Neith (Sr., GK); Emerson Dougherty (Fr., MF); Danielle Walz (Sr., D); Izabella Mowrer (Jr., D); Lily Weaver (So., F); Erika Broesicke (So., D); Genesis Duran (Sr., D); Nini Nguyen (Jr., F); Emerson Dougherty

(Fr., MF) and Zoey Sobrinski (Fr., F).

"I anticipate that we will find a good chemistry rather quickly," said Dorn. "The attitudes of the girls from playing together in lacrosse and being so tight knit will be an advantage. There is a nice mix of experienced players who have seen varsity time, along with a mix of young players who will work hard to put themselves in the line-up. That type of atmosphere could produce great results. The team has made conditioning more of priority in their offseason, that is a huge point of emphasis for opening with Easton and Nazareth. It will be a point of emphasis to have success early on. We are also fortunate to have three amazing returning goalies, a returning starter in Cai and two who will con-



Ava Sabetti is back for the girls field hockey team this fall.

tribute immensely to our defending of goal in Abigail Mayes and Aubrey Wylie-Neith. The trio compliment each other well, and each has their own signature skill set."

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LIBERTY HIGH SCHOOL

Girls soccer aims to keep connecting on field

BY KATIE MCDONALD
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Liberty girls soccer coach Andrew Uhler believes that the Hurricanes' 2023 season will be the culmination of the last four years of hard work and effort put in on the pitch.

"They are connecting better than ever on passes with high communication, and their camaraderie and support of one another is unmatched in the four years I've been with the team," Coach Uhler said.

Most recently, the Hurricanes competed in the Whitehall Summer Soccer League.

"The team really started click-

ing in summer league," said Uhler. "We graduated players at a few positions, and both returning players and incoming freshmen stepped in quickly to fill those holes. There's been a really great atmosphere around the team."

Key returners this fall will be midfielders Natalya Teran, Hannah Oliver, and Jalyn Reeves, and forward Megan Goodman.

Uhler said that improvements in confidence and consistency in play are necessary components to a successful season.

"Knowing that giving up a goal isn't the end of the world because we are always able to come back as long as there is time on

the clock," he added.

Uhler will be joined on the sideline by assistant coaches Cesar Cordova, Robin Hochella, Anthony Silva, Jessica DelCorso, Macy Miller, and Safa Turkdonmez.

Liberty's first in-conference match of the new season is scheduled for Aug. 28 at home where they will take on Pocono Mountain West.

"[I'm looking forward to] an opportunity to really showcase the culmination of what we have been trying to do at Liberty for the past four years," Uhler said, "both on the field and culturally with the team."



Natalya Teran fires a shot on net during a game last season. She's back as key player.

Boys soccer looks to finish chances this season



Dylan Lewis, left, is a key player back for the boys.

BY KATIE MCDONALD
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Finishing chances will be the key to a winning record for Liberty's boys soccer team, coached by Jason Horvath, in the 2023 season.

"We lost eight or nine games by a goal (last year)," Horvath said. "Most of those games, an early mistake led to us chasing the game the rest of the way. We had chances but couldn't capitalize on them. If we want to get back to the post season, it starts with finishing our chances."

Key returners to the Hurri-

cane lineup include senior defenders Tanner Horvath and Adrian Solano, senior forwards Josh Lee and Nathan Santos, and senior midfielder/forward Dylan Lewis.

Liberty competed in the Lehigh Valley Summer Soccer League that ran from May 31 to July 20 at Lehigh University.

"The boys had an up-and-down season, depending on who was there because of club soccer and/or vacations," said Horvath. "Guys had the opportunity to welcome new faces onto the field. We were able to see how

they think and work together, and we like what we saw at times."

Joining Coach Horvath on the sideline will be assistant coach and former Liberty player Colin Jupina.

Colin Muller, also a former Liberty player, was going to assist Horvath as well until landing an assistant coaching position for the East Stroudsburg University's men's soccer team two weeks ago.

The Hurricanes' first home match is scheduled for Aug. 30 against Emmaus.

Harriers eye postseason

BY KATIE MCDONALD
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Liberty's cross country team trained twice a week over the summer and is expecting to see some success this fall, especially from the girls.

Senior Katelyn Mast and juniors Emily Orrico, Kendall Terefinko, and Emma Haas are all returning for the Hurricanes.

Spencer Sabo will be the only senior on the boys team, but sopho-

mores Josh Cazares and Carl Fair are beginning to make an impact for the Hurricanes.

"The two of them are working really hard," said Liberty coach Kevin Bush. "They are guys to watch for the next couple years."

While a lot goes into coaching Liberty's runners, Bush does one-on-one work because he wants to see individual improvement throughout the season.

"The nice part is that

it was a nice transition," said Bush, who was the assistant coach last year.

This year's assistants are Rachel Byrne and Christa Plummer-Lawson, both former college and high school runners.

"Our goal is to see postseason success," Bush said. "It's a good way to see that training has been going well."

Liberty's first tri-meet is scheduled for Sept. 12 at Freedom.



PRESS PHOTO BY DANA GRUBB

The 2023 Liberty band.

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LIBERTY HIGH SCHOOL

Volleyball squad brings back solid core

BY PETER CAR
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Liberty went 20-2 last season on the volleyball court, but didn't bring home any hardware to show for it. The Hurricanes lost to Parkland in the District 11 4A semi-finals and said goodbye to seven seniors that led the charge on a memorable campaign.

So what can the Hurricanes do for an encore this season?

Head coach Connor Swigart knows the losses to graduation will be hard to replace, but also understands the talent level is still there.

"We return some talented, experienced players who will have to cover some of the holes that were left by our graduating seniors last season," said Swigart. "Lora Flynn and Bailey

Corrigan are two all-state players who will be key in our success this year. This is the most depth we have had since I have been coaching at Liberty, which allows us to be more competitive in practice and help us grow at a faster rate each day. These girls care for each other and want to see each other succeed. We have a tough regular season schedule with very competitive tournaments that will be a measuring stick for where we are and what we need to do in order to improve."

Returners this year are Lora Flynn (Setter, Senior); Gianna Sciarra (Libero/DS, Senior); Bella Martens (Libero/DS, Senior); Hannah D'Angelo (Pin Hitter, Senior); Angelica Santana (Setter/Pin/DS, Senior); Bailey Corrigan Outside

(Hitter, Junior); Malena Sabol (Middle Blocker, Junior) and Ava Kopetskie (Pin Hitter, Sophomore).

Newcomers include Hannah Pitt (Pin Hitter, Junior); Abby Schessler (Pin Hitter, Junior); Ava Panik (Libero/DS, Junior); Shawna Beatty (Middle Blocker, Junior) and Aliyah Cruz (Middle Blocker, Junior).

"We look to come to practice everyday and compete with each other to grow and get better," Swigart said. "We have a group that is hungry to repeat and expand on our success from last year. We look to compete with some of the best teams in the area and be peaking in time for the postseason. We are also looking to be in big playoff games and if we put in the work we can get there."



Bailey Corrigan is back for the Liberty girls volleyball team this season.

Tennis team asked to kick it up a notch



Liberty's Helena Lynn poses with her District 11 champion sign last fall.



Stephanie Zheng will play at number-two singles this year.

BY KATIE MCDONALD
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Liberty girls tennis coach Chris Conrad would like to see his Hurricanes kick it up a notch from last year and position themselves to finish fifth or sixth in the district for the 2023 season, and with multiple returners, that should be very possible.

District singles champ Helena Lynn, now a junior, is returning to the number one singles position.

At two singles is Stephanie Zheng, up from the number three spot, which is being filled by senior Sophia

Csatari.

Coach Conrad is also returning four girls to doubles: seniors Bella Cantelmi, Rachel Lin, Ava Sabetti, and sophomore Abigail Mayes.

Seniors Angela Schray, Grace Dhaa, junior Katie Bruno, and freshman Corinne Mumma have played in the Hurricane lineup with the exception of Mumma, and are expected to be challenging for permanent spots.

"It's gonna be complicated by who's returning across the district," said Conrad, regarding the season's outcome. "Our record should be

similar. We should get two more wins."

Liberty's 2022 record in the Eastern Pennsylvania Conference was 10-5, and its overall record was 11-7.

The 2023 roster numbers are high as Conrad and assistant Peter Demyan are expecting 26 players this fall.

The Hurricanes' first match will have been played on Aug. 21 against Emmaus without Lynn while she will be competing in tournaments before returning to Liberty's lineup on Aug. 25.

LIBERTY HIGH SCHOOL

Golf looking to rebuild as a powerhouse



Jace Barker is back for the Liberty golf team.

BY JEFF MOELLER
Special to the Press

For the first time in four years, Liberty's golf team will be moving in another direction.

Over the past three years, the Hurricanes captured consecutive district titles, made a trip to the state championship, and also went to regionals twice. In regionals, their seasons ended with losses to LaSalle College.

The Hurricanes graduated the services of twins Matt and Michael Vital, both of whom moved on to Temple University to continue their careers, along with fellow graduate Jimmy Barker.

As a result, the Hurricanes are the prohibitive favorite in the East Penn Conference (EPC) this fall.

They opened their season

in a quad match with Bethlehem Catholic, East Stroudsburg South, and Parkland. Liberty beat Beca and East Stroudsburg South, while they lost to Parkland.

Head coach Steve Bradley was pleased with the start of his season in a 388-411 loss.

"Our kids played well," said Bradley. "I'm happy with what we were able to do. We have some new golfers in place, and I believe we can have a good year."

Senior Jace Barker and Matt Ronca will lead the pack. Fellow senior Paul Erfle should also be near the top on a weekly basis.

The remainder of the spots will be battled among sophomore Trent Stahley, junior Adam Unangst, senior Chase Orinski, and junior Ryan Cummings.

"Jace and Matt should be pretty solid for us, and they could shoot in the high 70s or low 80s," added Bradley. "We had the rest of our guys shoot in the low to mid-80 in our first match, and that's a good sign."

"We just have to be consistent in every match. Everybody knows that this is a different team in a way, but they all will pick up the slack."

Bradley knows this is a transition year for his team, and it could be a rebuilding one next season with the loss of his current senior staff.

"We will be rebuilding, and we knew it was coming," he added. "There will be a lot of spots open for some young and upcoming golfers. But I believe we can stay in the hunt this season."

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FREEDOM HIGH SCHOOL

Football looks to find answers with new look

BY PETER CAR
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The expectations are always there for Freedom's football team to be competing for a district championship in November. This year's Pates doesn't feature many household names, but that can always change throughout the grind of an EPC regular season.

Coming off a 10-3 season last year that ultimately ended in a District 11 6A championship loss to Parkland, Freedom's 2023 season will be one written by a group that's eager to show what they can do after graduating over 20 seniors last season.

Some of the top returners for Freedom this season are Brayden Curry (SR, G/LB); Sam Neuffer (SR, TE/LB); Brooks Britt (SR, WR/DB);

Jayden Colon (SR, DB); Xavier Dunbar (SR, QB/DB); Zach Irvin (SR, DL); Noah Pierre (SR, RB/DB); Ryan Ellis JR,

OL/DL);

Jayden Macon (JR, TE/LB); Justin Peluso (JR, WR/OLB) and Tanner Wheeler (JR, OL/DL).

Newcomers to the varsity spotlight are Jordyn Moore (SR, OL/DL); Jio Richardson (SR, RB/OLB); Gabe Scotto (SR, C/LB); Aaron Beete (JR, RB/DB);

Shacre Colwell (JR, WR/DB); Amare Dubois (JR, WR/DB); Jelani Fedrick (JR, WR/DB); Gabe Fihlman (JR, WR/DB); Dylan Hill (JR, OL/DL);

Luis Ramos (JR, OL/DL); Ryan Roeder (JR, TE/LB); Chase Walker (JR, QB/DE); Xavier Dejesus (SO, WR/OLB); Jacob Hauze (SO, TE/DE); Geo Ledee (SO, QB/WR/DB) and Dan Schifert (SO, OL/DL).

Chase Walker figures to get the lead role at quarterback this season and Roeder hopes the experience they bring back on the offensive side of the field can help the transition to Walker's first official season



Jayden Colon returns to the Freedom football team this year.

under center.

"We need to replace the production of a starting quarterback and the league's leading rusher last year," said Roeder. "We bring back four receivers who played

valuable varsity minutes last year. Up front on the offensive line, four players return who played valuable varsity minutes last season.

"Defensively our line should be a strength



Xavier Dunbar is another key returner for the Freedom football team.

with four different players returning who started at one point during the 2022 season. A new group of talented players will need to step up in the linebacking corps and the secondary. Both

these units were hit hard by graduation."

Freedom opens the season on Aug. 25 with a trip to Stroudsburg.

Golf thinks it can be in the mix this year

BY JEFF MOELLER
Special to the Press

Freedom head golf coach Mike Evans believes his team can be in the hunt in the East Penn Conference (EPC) this season.

With a shift of power to Nazareth and Northampton away from perennial power Liberty, Evans envisions his team with a 10-5 mark this season.

"I believe we can achieve that record," said the veteran coach. "I think we can be among the top-five teams in the conference. But I believe there will be a bunch of teams like us in a battle."

Evans is confident his team can shoot in the 410 to 430 range, and they could lower that mark over time.

"Right now, that's where we should be,"

he said. "I don't think we have enough guys who can shoot in the 70s yet. The top of our lineup should be in the high 70s. We have some kids who will be in the 80s and others in the 90s. It will just be a matter of time for us."

Initially, Evans will look to seniors Louie Pagano and Dhruv Patel, both of whom can fall anywhere from the high 70s to mid-80s. Junior

Nick Hoffman has been shooting in the high 80s.

"These guys have been golfing all summer," said Evans. "They have been working hard, and we're anxious to see the results."

Others in the mix will be juniors Matt Heinemann and Nolan Hariman, both of whom should be in the high 80s and low 90s. Senior Andrew Mantz is a four-year player, and Evans

likes his chances.

Freshman Logan Ritter is a promising newcomer has been hovering around the 80s, and Evans want to see where "he falls among the rest." Junior Eric Gergier will be in competition for one of the final spots in the lineup.

Fellow junior Shayla Ames has been involved in tournament golf for many years, and she also will vie for a regu-

lar spot in the rotation.

Like every season, Evans understands the quick pace of the season. By Aug. 22, the Patriots will have nine matches under their belt.

"We'll have another tight schedule," said Evans. "Our quad matches can go either way, and we hope we're not having a bad day."

"But we're pretty optimistic about our chances this year."

FREEDOM HIGH SCHOOL

New era beginning for volleyball team

BY PETER CAR
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It wasn't the type of season that Freedom's volleyball team was used to a year ago, but the Pates return a veteran group this season with their eyes set on the postseason.

Freedom only lost two seniors from last year's 6-11 squad, giving them plenty of experience back in the fold as they head to the courts this fall.

New head coach Lori Guman has a plethora of returning players including Amayzia Frailey (Senior, Middle Blocker); Addison Vetter (Senior, Setter/OPP); Jizel Veneracion (Senior, DS/OH); Samantha Mikulski (Senior, Libero/DS); Sophia Tyma (Senior, Middle Blocker); Mallory Hall (Senior, OH/OPP); Landry Guman (Sophomore, OH/DS/Libero) and Sara Kokolus (Sophomore, Setter/OPP).

Newcomers are Jorellis Rivera (Junior, Setter); Siara Gonzalez (Junior, OH/OPP); Chelsea Johnson (Sophomore,



Addison Vetter is back for the Freedom

OH/OPP); Anzlea Frailey (Freshman, Middle Blocker); Sira Powell (Freshman, Middle Blocker) and Gianna Vetter (Freshman, OH/OPP).

"My outlook for the team is that we get back to basics and bring back the love of the game for these girls," Guman said. "We only graduated two girls last year and have a big senior class going into this season. Our seniors are good

leaders and have a great sense of dedication and pride for this program. Donna Roman, previous head coach, established a great culture and these seniors want to remind the newcomers of that culture. I think the girls want to get into the gym and get better. We set goals every year and one goal for this year would be to improve our record and get back to the post season."



PRESS PHOTO BY DANA GRUBB

The 2023 Freedom band.



Brooklyn Kollar is a key senior who is back for the field hockey team.

Field hockey team hoping to take strides

BY PETER CAR
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Chelsea Quinn hopes her second year as Freedom's field hockey coach will have more roots grown from the seeds she planted a year ago.

Coming off a 4-14 season a year ago, Quinn wants to see progress from a team bringing back five starters.

"I want to see who steps up and makes an

impact," said Quinn. "Last year we put in a lot of work to make changes to our team culture, habits, and overall program as a whole. We're hoping to continue to carry out those efforts and see where it takes us this season."

Back for the Pates this season include Brooklyn Kollar (senior, forward); Mia Faisetty (senior, defender); Ellie Kashner (senior, mid-

fielder); Alyssa Laubach (junior, midfielder) and Karee Vandever (sophomore, forward).

Kollar was the team's leading scorer last year, while the other returning players should provide the Pates with an experienced backfield.

"We want to focus on our habits and hard work that will lead to the results we want to see," Quinn said.

FREEDOM HIGH SCHOOL



Michael Deluhery is an all-league player back for the 2023 season.

Boys soccer squad has several returners back

BY KATIE MCDONALD
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Freedom boys soccer coach Tyler Nolan is entering his second year leading the Patriots and will have an abundance of returning starters ready to challenge teams in the Eastern Pennsylvania Conference this season.

Key returners include third team All-EPC player Michael Deluhery, Corey James, Ryan Freeman-Nield, Brady Sutton, and Alejandro Herrera.

"I'm hoping that experience for the returning players will pay dividends this year," Coach Nolan said. "Defending-wise, we can be much more consistent. In the second half of our season last year, we were much more con-

sistent with defending and didn't allow as many goals as we did in the first half of the season. I chalk this up to our players learning more about each other, our system, and my expectations for how I wanted us to play."

Nolan's assistants are AJ Schroettner and Scott Chomitzky.

"We opted not to join a summer league and instead hosted summer training sessions at the high school with some scrimmages mixed in throughout the summer," said Nolan. "During the summer, we focus on developing our players' technical foundation and working in some fitness. We had success with this system last year and find that it decreases any anxiety

players may arrive at preseason with as they get to know each other and the coaching staff."

The Patriots' season opener is scheduled for Aug. 28 when they will take on Stroudsburg at home.

"Stroudsburg tested us last year with a really physical and competitive match," Nolan said. "I'm looking for the maturity I saw from my guys toward the end of last year. The group we return learned a lot from their experience last year, and I'm looking for that experience and maturity to shine through. I know we'll make mistakes, and it won't be perfect, but I'm looking for them to execute the plan we set in place during preseason."

Girls looking for more great moments

BY KATIE MCDONALD
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Freedom girls soccer coach Sean McIntyre is entering his second season leading the Patriots and is looking to turn last year's great moments into this year's greater results for the 2023 fall season.

"I am excited to get the season underway," Coach McIntyre said. "I take great pride in representing Freedom High School and am looking forward to seeing the program take another step forward this season."

Also returning with the program will be

coaches Tony Triscari (head junior varsity), Josh Hoff (assistant varsity), and Ethan Arner (assistant varsity/goalkeeper coach), as well as volunteer coaches Maya Muniz, Aislinn Gilmarin, and Taylor Marino.

"Our focus since last October has been development physically, technically, and mentally," said McIntyre. "We participated in a winter league, lifted two times a week from November through May, and since June, we have been working out four times a week."

Key returners for the Patriots include senior defender Lucy Kontir,

junior midfielder Anya Johns, junior forward Grace Burke, senior forward Andi Chepolis, and sophomore all-around player Danni Herman.

"I am very excited about the commitment [the team] has shown to the program and am looking forward to the moments this season where they will reap the benefits of their hard work and dedication," McIntyre said.

McIntyre also expects freshman Cece Warren to make an immediate impact for the Pates.

"Last year we had some great moments, but we also had some performances that I

know the girls wish they could get back. We need to play our brand of soccer regardless of the opponent and focus on the things that we are in control of," said McIntyre.

Freedom's season opener is scheduled for Aug. 28 at Stroudsburg.

"After a long summer of training with and against each other, we are eager to see where we stack up in the EPC with the hopes of earning the right to compete in the District XI 4A tournament come mid-October," McIntyre said.



Anya Johns is one of several key returners back for the 2023 girls soccer season at Freedom.

FREEDOM HIGH SCHOOL

Tennis team has good dilemma in 2023

BY KATIE MCDONALD
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Freedom girls tennis coach Mark Sigmon is returning for his 16th season leading the Patriots and finds himself with a good dilemma in having more players than open spots for 2023.

Prior to Freedom's first match, however, singles positions are set with Nadya Manne at number one singles, Liyana Paiker at two singles, and former doubles player Katie Twigg at three singles. All are se-

niors.

"I think Nadya will win more at one singles because she's more consistent," Coach Sigmon said. "Liyana will be a good number two player and is happy at two. Katie has good foot speed and will be fine at three singles."

Sigmon has senior Arleen Nagra set at two doubles, but her partner is unknown as of Press deadlines.

Although Sofii Nabayat and Khadeeja Husain are returning dou-

bles players, Sigmon has two new players vying for doubles spots.

Another certainty in doubles will be Mi-sha Braski who will be paired with freshman Katie Ryer at number three.

If Sigmon goes with a new pair at four doubles, it will be a pair with less experience but more athleticism.

"Last year, our record was 8-7, and we'll have the same type of team," he said. "We lost some matches we shouldn't

have and won some matches we shouldn't have."

One of the closest was Freedom's match against Nazareth where the Patriots lost three third-set matches that went to 10-point tie-break, eliminating them from a berth in district playoffs.

The Pates did win matches against Pleasant Valley and East Stroudsburg South by a score of 4-3, though.

"If we finish 8-8, I'll be happy," Sigmon said.



Katie Twigg and Arleen Nagra are both back for the Freedom tennis team.

Lots of returners, and newcomers, for harriers

BY KATIE MCDONALD
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The strength of Freedom's cross country team lies not only in its returners but in its newcomers this fall.

At the top of the pack are senior Ava Fihlman and junior Dylan Boyle, both 2022 state qualifiers who hope to repeat.

"Ava is back and healthy," said Freedom head coach Bob Thear, entering his 12th season leading the Patriots. "Dylan looks really good. He put in a really good summer. He was committed to it and put in a fair amount of mile-

age, five or six days a week."

Sophomore Amelia Holden is returning for the girls team and is at full strength. Sophomore Molly Parkin, and freshmen Laney Stewart and Jordan Vidumsky are also on the Patriot roster.

Anya Johns will double roster, but not in the usual way, playing midfield for Freedom's soccer team and running for the Patriot cross country team.

"She looks really good," Coach Thear said. "She's been doing runs with the boys, mostly, and should be a

contender for states."

Senior Ryan Parkin and junior Ryan Haas are back for the Patriot boys and will be joined by freshman Braeden Boyle, Dylan's brother.

Newcomers Luke Yeager, a sophomore who ran track, and junior Eric Wu, a transfer from Saucon Valley, will most likely be in the top five or six.

Assistant coach Devon Harris is returning for his fourth year with Coach Thear and the Patriots.

Freedom will open its season at the Lion Invitational, hosted by Moravian Academy, on

Aug. 25.

"The Moravian Academy meet serves a lot of purposes. It's a good first race, and for the new people, they won't feel overwhelmed by the experience," said Thear. "It's a nice, low key invitational for the first one."

On Sept. 9, the Patriots will compete at DeSale's University's Centaur Invitational, and on Sept. 12 will host the first tri-meet of the season when they take on Allentown Central Catholic, Emmaus, and Whitehall.



Dylan Boyle returns as one of the top runners for the boys team this year.

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BETHLEHEM CATHOLIC HIGH SCHOOL

New look football team aims to surprise

BY PETER CAR
pcar@tnonline.com

If there's one football team in the East Penn Conference that's always intriguing, it's Bethlehem Catholic. This year's Golden Hawks are no different under first year coach Tyler Ward.

Following last year's 6-6 campaign that saw them lose in the District 11 4A championship to Central Catholic, the Hawks enter this season as a team looking to surpass league opinion of what they can become.

"We have a very strong mix of older senior leaders and young talent," said Ward. "I am looking for our team to grow under those senior leaders. Our players are hungry to compete and we have guys that are striving to get bet-

ter daily and constantly chase the best version of themselves. Offensively our line and running backs are our most experienced groups, but we have young skilled players ready to step in and play. Much like offense the front seven on defense has a little more experience.

Our kids work extremely hard and are excited to play in such a tough conference. Being a competitor means we want to play the best and test ourselves every week."

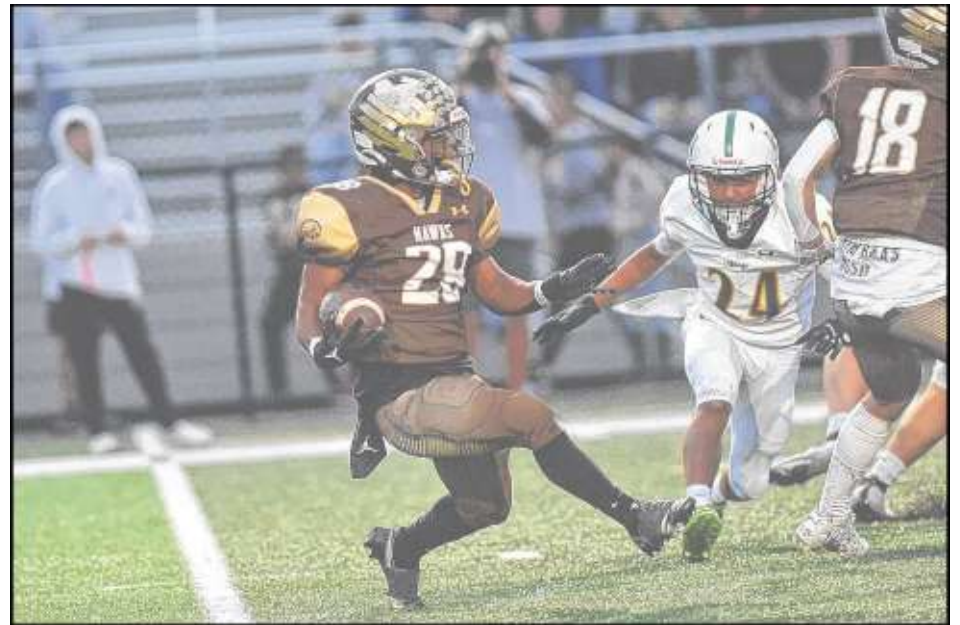
Back for the Hawks this year include Sammy Ayache (Sr., OL); Jacob Sutton (Sr., RB); Lapierre (Sr., ATH); Jacob Lance (Sr., OL); Robert Williams (Sr., OLB); Solomon Sutton (Sr., LB); Jacob Lance (Sr., DL) and Jeremy Fryer

(Sr., Kicker);

Newcomers are JD Awuah (DB); Colin Peacock (DB); Devin Greene Williams (DB); Fred Mweu (DL); Robert Cousar (OLB); Cayden Vassa (QB); Carlos Perez (LB) and Josh Brown (TE).

"Jacob Sutton and Mehki Lapierre should have good seasons on offense as senior leaders," said Ward. "Cayden Vassa, Carter Vassa, and Josh Brown are three relatively unknown names that I think could have breakout years as well."

"Defensively our front seven leads the group. Jacob Lance, Sammy Ayache, and Fred Mweu headline the defensive line with Carlos Perez and Solomon Sutton behind at linebackers poised to have big years."



Jacob Sutton is back for the Becahi football team.

The Hawks open the season on Aug. 25 at Pleasant Valley. It'll be the first opportunity for everyone to show what potential this year's

group can display.

"We want to focus on the process, follow our motto and do things the right way consistently," said Ward. "If every

player on our team is constantly chasing the best version of themselves then the rewards we all want will happen naturally."

Golf squad hopes to continue building process

BY JEFF MOELLER
Special to the Press

For the Bethlehem Catholic golf team, it continues to be about transition.

Fourth-year head coach Mark Csencsits has worked to build depth in the program, and he knows it will take time.

"I will definitely try to get more kids out," said Csencsits, who is the head pro at Bethlehem Municipal. "It will be a matter of being more active in the high school, and also getting into the grassroots level in the elementary schools. There has to be more kids out there who are interested in golf."

"You can definitely

see progress. They are over their jitters as they are not as nervous as they were."

Csencsits will look to the core of upper classmen led by captain George Pavis along with Derek Ostrosky, Charlie Scanlan, Luke Zeigner, Peter Vallance, and Ethan DiLello to help set the pace.

"They are getting better each week," said Csencsits. "It is just a matter of lowering their strokes every week. The league will be very competitive again, and we have to keep battling with everyone."

Csencsits also is optimistic about his unit of underclassmen, who will have their opportu-

nity to make their mark.

Ralston Rowlands, Grady Miletics, Michael Vargas, David Hubany, and Iman Desai are all viewed as the foundation for the program.

"It is exciting to see more golfers come out for the team," he said. "Ralston Rowlands has been an unexpected surprise and has already played well. He has had many private lessons from me and other pros in the Lehigh Valley. Iman Desai is the first girl under my four years of coaching. I hope it is a positive sign for more girls getting to become inspired to come out for golf."

"There is a lot of potential here, and our

young players are our future. They are a great bunch of kids and will need to fill some holes when we lose some of

our players to graduation."

"We have some kids with experience, and we have some kids who are

somewhat green. Our kids have been working, and they should improve throughout the season."



PRESS PHOTO BY DANA GRUBB

Becahi Band

The 2023 Bethlehem Catholic band.

BETHLEHEM CATHOLIC HIGH SCHOOL

Field hockey team looks to improve

BY PETER CAR
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Bethlehem Catholic's field hockey team only has one way to go this season and that's up.

Following a 1-17 season a year ago, the Golden Hawks are hoping they can take steps forward in the win department this fall.

"We strive for improvements every day," said head coach Sarah

Lumi. "After preseason, our goal is for all of the improvements to add up and lead to a successful season."

Top players this year for Becahi are Mia Willard (Midfield, Senior); Alayna Bergman (Defense, Senior); Sarah Pilovsky (Offense, Senior); Vanna Hrousis (Midfield, Junior); Aubreyella Staub (Offense, Junior); Nya Gray (Of-

fense, Junior) and Carlie Stem (Defense).

Newcomers are Kurmun Thakral (Midfield, Sophomore) and Lilla Berces (Goalie, Sophomore).

"We have a young and motivated team this season," said Lumi. "They are working hard and excited for the opportunity to see that hard work play out during our games."



Mia Willard, right, is a returning player for the field hockey team.

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BETHLEHEM CATHOLIC HIGH SCHOOL

Girls soccer wants to get noticed in EPC

BY KATIE MCDONALD
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Bethlehem Catholic's girls soccer team is looking to make as much noise in the Eastern Pennsylvania Conference this fall as it did in the Lehigh Valley Summer Soccer League after repeating as Girls Division champion this past July.

"Overall this year, I am cautiously optimistic," said Becahi coach Brad Kratzer, who will be assisted by Kaleb Missmer. "We are in a really good place with the girls. We have almost our entire roster returning for this season from one year ago."

The midfield will be led by Lehigh University commit Summer Hill, along with Maddie Nicholson, Tallia Hill, Tealyn Boyle, Joanne Bozzi and Molly Lodwig. Returning striker is senior Gabby Mutis, and the Hawks' strength, the back four, will be led by four-year starter Kenzie Davis, along with Sarah Gowell, Jaon Lee, and incoming freshman Vivian Deitrich.

"This year, to really push for the district title, we absolutely need to work on communication more," Coach Kratzer said. "The girls all now believe, and we have the talent to do

something very special. We just need to not get too far ahead of ourselves, communicate on the field, and take it one game at a time."

Becahi's season opener is an away match against Nazareth, scheduled for Aug. 28.

"Nazareth... is always going to be a tough opener," said Kratzer, "but we feel that we can match up well and exploit some areas. We have a scrimmage set against Faith Christian (Sellersville), so we will have the chance to iron out any issues prior to our first game."



Summer Hill is back for the Becahi girls soccer team.



Ethan Wiles returns to the boys soccer team.

Boys soccer team returns five seniors

BY KATIE MCDONALD
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Bethlehem Catholic's boys soccer team will face tough opposition in its opening week of competition when they host Nazareth before traveling to Parkland, the 2022 District XI champion.

Becahi coach John Hohn has assembled a

roster that includes five seniors: Jeremy Fyrer, David Lembach, John Preiss, Donovan Seeney, and Robert Welsh.

The junior class will be represented by Christian Hawach, Michael Montesdeoca, Daniel Sledz, Caius Van Haute, Ethan Wiles, and Nathaniel Yoder.

Sophomores are Aaron Geiger, Gabriel Santamaria, and Andrew Spiegel.

Derrick Hartman, Brady Jones, and Evan Schultz are the soccer team's freshmen.

The Hawks hope to improve on last year's record and get closer to qualifying for districts.

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BETHLEHEM CATHOLIC HIGH SCHOOL

Tennis team has new look as Dan Arkans takes over as coach

BY KATIE MCDONALD
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Bethlehem Catholic's search to replace retired tennis coach George Harmanos is complete and marks a new beginning for the program and new head coach Dan Arkans.

Arkans was an assistant tennis coach at Quakertown Community High School where son, Max, became the

first Quakertown tennis player to win a Suburban One League title this past spring.

Arkans is also the former sports editor of Lansdale-based newspaper, The Reporter.

"I love tennis and wanted to take over a program," said Arkans, a four-year starter for Arcadia University's men's tennis team in the 1990s. "It's pretty ex-

citing. I'm trying to get beginners to learn how to play, then we'll have challenge matches, and then, are we gonna be ready?"

In addition to his knowledge of the game, Arkans is familiar with District 11, having covered sports for The Pocono Record early in his journalism career.

And while Arkans is starting from scratch

at Becahi, his Golden Hawk returners have been more than happy to help their new coach with anything from information on past procedures to input on present needs.

Becahi junior Ava Burkhart is expected to play at number one singles this season, up from number two doubles last year.

The rest of Becahi's

lineup is still being decided as of Press deadlines.

"I'm excited to see how the girls develop and how they play," said Arkans. "A lot of girls are on the same level through three doubles."

Becahi's season opener will take the Hawks on the road to Pocono Mountain East on Aug. 21 before hosting Nazareth on Aug. 23.



Ava Burkhart will see time at the number one singles spot for the Hawks

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BETHLEHEM CATHOLIC HIGH SCHOOL

Hawks look to keep winning moniker

BY PETER CAR
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Bethlehem Catholic's girls' volleyball program is used to winning. The Hawks finished last season 18-6 and have won three straight District 11 3A championships, but with a new head coach in Gabriella Mineo and a young roster, can the Hawks win a fourth straight championship?

That's something that will play out over the course of the season, but Mineo is optimistic about the team's talent despite their youth.

"Overall very excited for this season, even though we have a lot of young girls and it's going to be a lot of rebuilding," Mineo said. "There is so much potential

with their talent and attitude they are coming in with this season. Our goals are to encourage, inspire, and develop this team to be the best they can be, and trusting that they will get to where they need to be as long as they come to every practice and game willing to play to their top ability and leave it all on the court."

Returning players for the Hawks are Sophia Bedics (sophomore, middle), Leah Bender (Junior, right side), Leah Boyer (sophomore, setter/right side), Derica Minor (Senior, defensive specialist), Keira Metzger (Senior, middle), Mia Roof (Senior, defensive specialist), Kendall Nickisher (sophomore, defensive

specialist), Theresa Ruhl (sophomore, outside), Carly Zegalia (junior, libero) and Maddie Quinn (Sophomore, defensive specialist).

Newcomers to the varsity scene are Piper Ruggiero (setter) and Jocelyn Bell (outside).

Mineo hopes that the talent at her disposal this year can translate to the continued success of the Hawks program.

"We want to improve everyday in the gym, not only as players but as people," she said. "Then use that so that we improve every game on the court and to end the season confident in how we played each day, leaving no regrets. And to win some hardware."



Keira Metzger is a key returning player for the girls this season.



Mekhi Britt is expected to be one of the Hawks top boys runners this year.

Familiar face takes over as head cross country coach

BY KATIE MCDONALD
kmcdonald@tnonline.com

Bethlehem Catholic's cross country team has a familiar new head coach this season in Krystyn Fenon, who was the assistant for Kassi Yocco last year and is the mid-long distance track coach for the Golden Hawks.

"I want to coach cross country and track because I've always loved running, and coaching is very rewarding in the sense that I'm able to give back to the athletes what I was able to do and still enjoy doing," said Fenon, a PIAA state qualifier for cross

country and track while attending Lehigh Valley High School, and an all-regional freshman while attending Moravian College.

Key returners for the Hawks this fall include Mekhi Britt, Timothy Kraus, Brandon Andrews, Blake Morrow, LJ Horvath, Aliyah Brame, and Remiah Rivera.

Freshman Matthew Amrick will also be a key component for the Hawks.

"I'm looking forward to hearing the athletes set both their individual and team goals, coaching and cheering them on, and seeing them all run a really strong race giving it their all,"

said Fenon, who will be assisted by Heath Lorah.

This summer, Fenon held a running and weightlifting program with the team.

"It's nice to be on the other side, now, coaching and being able to see each athlete's potential and helping them set and attain new goals through teaching them to believe in themselves, stay positive, and to always challenge and push themselves to the next level while teaching them everything they need to know to be the best runner and athlete they can be knowing there is no limit," she said.

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