



# NORTHAMPTON HIGH SCHOOL

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# 2023

# FALL SPORTS & ACTIVITIES



# Football team eyeing elusive D-11 title

BY JEFF MOELLER  
Special to the Press

The missing piece.

For the past two years, Northampton's football team has won 24 games and lost only four. There aren't many teams in the greater Philadelphia area that can claim that kind of record. Unfortunately, the Konkrete Kids had both of those previous seasons end sooner than expected.

This season, the Kids have a district championship in their crosshairs. A loss in the second round of the district playoffs brought an abrupt end last season.

With a group that has been playing together for a long time, a long-awaited district crown is at the top of the list.

"We all believe we can get there," said Caden Henritz, who has rushed for nearly 2,300 yards with 32 touchdowns over the past two

years. "We know what we have to do, and we're all very hungry to get that gold medal."

"We have been playing together since we were very young, and we know each other well. We just have to stay focused."

A.J. Slivka, who has been a standout on defense the past few seasons, will step into a full-time role at quarterback after he saw some sporadic time last year. Tristen Pinnock is back in the backfield with Henritz along with Aiden Salvato.

Mike Coleman and Tymir Williams will open at wide receiver.

Colby Reph is a three-year starter on the line, and he'll be joined by returnees Gavin Crell and Jacob Biery. Jacob Ladd and Kaden Garis will be first-year starters.

On defense, Reph and Biery are back, and Slivka and Brett Rickert will return at linebacker.

Pinnock and Williams help solidify the secondary.

Billy Stuhldreher and Devin Chevere are new starters at linebacker as well as Henritz and Biery at defensive ends and Williams in the secondary.

Aaron Gutkowski takes over the kicking duties.

Head coach John Toman likes the makeup on both sides of the ball.

"We return starters or significant experience at every position," he said. "We feel any of our skills has the ability to go distance, and we will work to keep everyone involved. The key to success will be to spread the ball out and utilize all our talent, forcing teams to defend the entire field."

"We will focus on discipline and playing assignment football not giving our opponent any big plays. We want to force our opponent to



QB A.J. Slivka, left, fakes a handoff to Tristen Pinnock, right, during a game last season. Both players return this year to help lead the Kids as they try to make a deep run in the playoffs.

drive the field and not make a mistake."

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Tymir Williams is back for his junior season.



# Golf team has high expectations in 2023

BY SCOTT PAGEL  
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This has been the year head coach Brian Davies has had an eye on for a bit, now.

The Kids golf team returns seven starters from last season, all of which are juniors and seniors.

“We were District 11 runners-up last season and we are hoping to make a run at a league and district championship as a team, as well as competing for individual championships,” Davies said. “We probably have the deepest team in the EPC.”

Needless to say, expectations are high for this group.

Key returners include junior Gavin Pychinka, senior Trent Moyer and senior Michael Seidick.

“All three have sev-

eral years of postseason experience and will look to shoot in the low 70s in every match,” Davies added.

Other important team members include senior Justin Edwards, junior Kohler Strohl and junior Jayden Bleiler.

“All three will look to average in the upper 70s,” Davies said.

While confidence and expectations are high, there is a part of Davies who wants to keep things in perspective.

“If all of our top players are clicking at the same time, we are an unbeatable team,” he said. “But after 10 years of coaching golf, I know that consistency is difficult, only surpassed by winning championships. So I don’t take anything for granted.”

The Kids managed to

knock off Emmaus in an early match last week, and while the Hornets are always a formidable opponent, NHS won by 21 strokes, 382-403. The team was led by Pychinka’s 74 with Moyer and Seidick shooting 76. Strohl had a 77.

Davies was next eyeing a match, which took place Aug. 21 - past Press deadlines for this special edition.

“There are several strong teams this year, however, I believe our match against Nazareth on Monday, Aug. 21, may determine who will win the league this season.

“A district championship will be even more difficult due to the possible inclusion of strong Colonial League and Schuylkill League teams.”



Trent Moyer is a key, returning senior for the golf team.

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Michael Seidick is another key golfer back for the Kids.





Raegan Iasiello is expected to help lead the way in scoring.



Ella Steirer is back for the field hockey team this season.

## Lots of starters back for field hockey team

BY TOM WENBORG  
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The Northampton field hockey team has been one of the most consistent programs at the school, finishing with a winning record every year since the formation of the current EPC.

For the past three years, they had been able

to rely on Kadee Schrader, a 3-time 1st Team All-EPC selection in goal to give them a chance to compete in every game. With Schrader's graduation, the squad will look to another path to get back to the postseason.

Head coach Carrie Saul explained the approach.

"We return a wealth of starters on the field, nine," she said. "A lot of the juniors and seniors and even some of the sophomores have varsity experience from last year even if they weren't starters. That will help to make up for some of the uncertainty that we have in goal."

"Goalie is a tough position," Saul continued. "I feel that my senior, junior, and incoming freshman goalies have stepped up to the plate because they realize that it's their time to perform. They're rising to the challenge and I'm excited to see what they can do."

Fans of high-scoring of higher scoring have a lot to look forward to this season.

"We are trying a new formation this year because I have kids that have higher hockey IQs that know the game and work off of each other's talents," Saul said. "We can do some offensive

damage this year."

Seniors Kendall and Raegan Iasiello will lead the way for the K-Kids. The twins were 2nd team All-EPC as juniors. Both have committed to play field hockey at Bloomsburg in college.

# Girls tennis looks to improve this fall

BY SCOTT PAGEL  
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The Northampton tennis team is back this fall looking to build off a season where they went 4-12 a year ago in the always-tough EPC.

“Last year the girls tennis team went 4-12. We are hoping to improve our record this season. The girls have been working hard in the offseason,” said head

coach Daniele Bowman. The Kids do have some key, returning players from a year ago. However Press deadlines this year were too early for positions to be sorted out at the time for Coach Bowman.

The returning players are Toni Bubier, Ava Grell, Mya Cruz, Ava Aulisio, Gianna Lorenz and Joy Samaan.

The girls will feature

a bunch of newcomers as well this season. Those players are: Jenna Gower, Rachel Botton, Emilee Gaughran, Ella Flood, Emily Kemmerer, and Claire Lack.

The kids kicked off their first practice of the season back on Aug. 14 and their first match is August 21 at home against Stroudsburg, which came after Press deadlines.



PRESS PHOTO BY LINDA ROTHROCK

## Band

The NHS band gets in a practice session earlier this summer.

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# K-Kid cheerleaders ready for a busy fall

BY SCOTT PAGEL  
spagel@tnonline.com

Mia Guadagnino is the new head coach of the NHS cheering program.

This year, there are 66 girls in the program, with 23 on the varsity, 29 on JV and 14 in middle school.

Varsity cheerleaders for this season are: Abigail Enstrom (12), Abigail Loch (12) - Captain, Jianne Meyreles (12), Makayla Miranda (12), Rosalia Passanisi (12) - Captain, Alyssa Russell (12) - Captain, Sophie Burkhart (11), Ava Clapp (11), Bryana Fenstermacher (11), Rileigh Hudson (11), Isabella Kish (11), Aaliyah Kleintop (11), Mylea Lambert (11), Kayla Lesisko (11), Emily Metz

(11), Savana Williams (11), Addison Gardner (10), Treasure Kelly (10), Chloe Kunsman (10), Gabby Rothrock (10), Aubrey Dochat (9), Hannah Flamisch (9) and Ella Schrampf (9).

Some upcoming events for the team are: the first varsity game, Friday, Aug. 26, at Central; the first varsity home game, Thursday, Sept. 7, vs. Stroudsburg; the first JV game, Monday, Aug. 28, at 5:30 at home vs. Central and the first middle school game, Saturday, Sept. 9, at home vs. Nazareth.

There are some special events planned as well. Alumni Night is Friday, Oct. 6, at 7 p.m. at home vs. Pleasant Valley.

"The Northampton cheerleading alumni



PRESS PHOTO BY LINDA ROTHROCK

The Northampton cheerleaders get in an August practice before the start of football season.

will cheer along side of the varsity team for the first half of the homecoming game," said "At last year's Alumni Night we had about 50 alumni cheerleaders on the sideline."

The Northampton Area Cheer Challenge will take place Sunday, Nov. 5, at Northampton Area High School.

The Northampton High School competition team will be hosting

their 2nd annual competition at the high school. A variety of teams are invited to attend including both recreational and high school teams.

The middle school coach is Courtney

Kokolus and the JV coach is Marina Schrap. Volunteer Coaches are: Cara Seward, Kayla Cowitch and Megan Marker.



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# Volleyball team returns some experience

BY TOM WENBORG  
Special to the Press

No Northampton squad will see a greater transition than the girls volleyball team.

Their six members of the class of 2023 combined for over 15 varsity seasons as starters and were the backbone of the program's first back-to-back appearances in both the EPC and District XI tournaments.

Third-year head coach Mike Holihan assessed his varsity roster.

"My two seniors have been with the program for four years and my six juniors all have had varsity experience for the last two years," he said. "I think we have more experience than it looks like on paper."

Senior tri-captain Addison Morgan takes over the critical setter duties from 3rd team EPC All-Star Molly Hughes. Senior Jessica Domchek and junior Morgan Chandler are the other captains.

Senior Alyvia Schlegel, juniors Elizabeth

Sheldon, Claire Erdman, Alyx Cole, and Quinn Micheli, sophomore Leah Everhart, and freshman Claire Luckenbach round out the varsity roster.

When asked to identify who his potential breakout players might be Holihan opined.

"I think Morgan Chandler, she's one of my juniors," he said. "Last year, she was in and out of the lineup on the outside. The amount of work she put in over the summer is impressive."

"Claire Erdman did the same thing, she put in the work. They're both stronger, faster, and hit the ball harder. I have a freshman, Claire Luckenbach, she's going to be playing middle for me. I couldn't believe how strong she was coming out of middle school."

Holihan offered his impressions on the overall state of the team.

"The biggest thing is that these girls are hilarious," he said. "They have the best senses of

humor. They know how to have a good time, but then they switch it on when they get on the court."

"They gel very well together. It's going to be a challenge to get us ready to win games, but once they start winning and everything clicks, we might be able to make a run."

The team faces a challenging schedule in 2023. In addition to their home-and-home games against their EPC West division foes Parkland, Emmaus, Central, Whitehall, and Allen, they face Nazareth, Bethlehem Catholic, Liberty, PM East Stroudsburg, and ES North in the EPC. Their 2 non-league games are against traditionally strong programs Southern Lehigh and Notre Dame G.P.

The season kicks off Saturday morning August 26 hosting Southern Lehigh with a second home match, against Central, the following Monday night.



Clair Erdman, right, is back for the volleyball team this season.



PRESS PHOTO BY LINDA ROTHROCK

## Northampton Band

Members of the band were getting ready for the season with a practice session this summer back in early August at Northampton High School.



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# Boys look to pick up where they left off

BY SCOTT PAGEL  
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Despite coming off a great season in 2022, the Northampton boys soccer team doesn't have any plans to let up. The Kids finished as the second seed in the EPC and advanced all the way to the finals before a tough, 2-1 loss to top-seed Parkland. The Trojans would go on to win the District 11 title as well.

Northampton soccer doesn't change," said head coach Christ Bastidas, who enters his second season. "We want to qualify for districts, compete for a district title, and then have a state playoff run."

Key players back for Northampton are: Jackson Vajda, Delali Tsome, Sebastian Mello, Brady, Dolak, Brody Einsenhart and Ethan Schrampf, the keeper.

Other players to watch for NHS are: Dante Keen, Antonio DelPriore, Mason Haupt and Aaron Gutkowski.

"We understand that we are coming off a great season, but we also know that we lost key players in certain positions and that we will have to adjust accordingly," Bastidas said. "We have to know that this year is a different year, and that we have to go out and earn all our victories."



Jackson Vajda is a key, returning player for the boys soccer team this coming fall season.

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Brady Dolak is another key player back for the boys soccer team.



# Girls soccer excited for 2023 season

BY TOM WENBORG  
Special to the Press

The Northampton girls soccer team enjoyed a successful campaign in 2022, qualifying for both the EPC and District 11 tournaments.

They advanced to the district semifinals where they lost a tight game to EPC and district champion Parkland.

Head coach Michael Missmer is optimistic about the team's prospects this year.

"We're excited about the season," he said. "If we do things right, this could be the best year ever. The kids worked hard and they really stepped up and it gives us this wave approach where we have depth in the number of kids who can help us. They may come in off the bench,

but they can actually play."

The key to success this season will be finding scoring options. The leading scorer from last year's team, Danika Cuchran graduated and rising sophomore Brielle Szoke, who scored the lone goal against Nazareth in a district quarterfinal upset, suffered an injury and will miss the season.

Missmer feels that his offensive approach will yield opportunities for several players to contribute on the offensive end.

"The long ball option is always there, especially this year with the speed that we have," he said. "If we do get ourselves to the point where everybody's trying to mark us and we play long, great. But we

want to keep possession so when we play the top teams, if they don't have the ball, they can't score.

"That's our plan."

If it takes some time for the offense to gel, the team can be confident that they have junior Emma Fry, a 2nd team EPC All-Star in goal, to keep the score close.

Missmer stresses buying into a patient approach as his team develops.

"The girls recognize and trust that wherever we are now, we will be better once the playoffs start," he said. "Last year, Nazareth beat us in the regular season. We beat them in the playoffs. Parkland beat us 6-0 in the regular season and that semifinal game was a 1-0 with a couple of minutes left."



Emma Fry will be a steady force in goal for the girls soccer team.



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Deric Fritzges is back this season as a returning district qualifier.



Liv Jusinski is just a sophomore but a returning D-11 qualifier.

# Despite lower numbers, harriers have high hopes for this fall season

BY SCOTT PAGEL  
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Every high school coach always thrives to have high numbers for their sports program.

While some schools can seemingly pull this off with every sport, every year, it's not always realistic.

This year, the Northampton cross country teams don't have the numbers they had recent seasons..

"We have a smaller

group this year with eight girls and seven boys on the team, but we have been happy with the effort and attitude so far at the onset of the season," said head coach Dan Benner. "We had a slight shakeup with the coaching staff with Jackie Gredja replacing Melissa Davis as a middle school coach. Melissa gave us seven great years and we thank her for all the time she put in.

"Coach Jon Stevens joins Coach Gredja and returns for his sixth season as middle school coach. And Coach Mike Miller is back for his fifth season coaching with the high school team."

While the numbers are lower, the teams do bring back some experience.

On both the boys and girls side the Kids have three returning District 11 runners from last

year. For the boys they are seniors Braeden Lower and Deric Fritzges along with Junior Abel Veltri. The girls are sophomores Liv Jusinski and Rachel Makary, joined by senior Nikita Yessen.

The boys have other returners from last year with senior Nate Lopez, junior Edwin Wright, and sophomore Caden Dempsey. There is one new runner in senior Krystian Komlani.

"For our team to push above .500 this year, these four will need to continue to work hard and be ready to fill a larger role this year," Benner said.

The girls also have a couple of returning experienced runners from past years in junior Olivia Kuhns and senior Abby Enstrom. They will be combined with some new runners in sophomore Juliana Joseph and freshmen Au-

rora Greene and Jocelyn Perl.

"While the numbers are down a little bit from the last few years overall, the team has been in great spirits and has been working hard," Benner said. "The goal is to try and push for a winning record in the EPC for both boys and girls. We are really focused on culture and getting back to a winning mentality."





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