



# NORTHAMPTON HIGH SCHOOL

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# 2025

# FALL SPORTS & ACTIVITIES



# NORTHAMPTON HIGH SCHOOL FIELD HOCKEY

## Girls leaning on their senior class



Grace Roberts is a key, returning player for the field hockey team this season.

**Cover design  
by  
Tanya Pecha**

***"We have a lot of talent, a lot of kids that can play multiple positions. I'm looking forward to the season and working with them."***

**Carrie Saul**

**BY TOM WENBORG**  
Special to the Press

The Northampton field hockey team will lean on a large senior class in an attempt to build on the success of last year's team that achieved an overall record of 11-9, but a conference record of 9-4 that saw them claim the fifth seed in the EPC tournament.

"We have a lot of talent, a lot of kids that can play multiple positions. I'm looking forward to the season and working with them," stated head coach Carrie Saul.

"Grace (Roberts) has started since the tail end of her freshman year. Madi (Williamson) was a starter last season as a freshman, and Lauren (Reznick) was our leading scorer last year with 17 goals. I think our offensive power is going to be good," she explained.

She continued, "The question mark is in cage with the graduation of Octavia (Reichelderfer). We have a junior



Julia Behnke is a returning senior for the Kids.

and a sophomore vying for time. They're giving each other a good battle, which is good, and they each have their own strengths."

The varsity roster is as follows:

**Seniors (Position)**  
– Lauren Reznick (F), Alexandra Tretiak (F), Julia Behnke (M/B), Jordan Saul (B), Alyssa Chromey (M/B), Grace Roberts (M), Emma Schall (M/B), Rileigh Koder (F)

**Juniors** – Hailey Barreto (M), Kacee Medei (M/B), Kailyn Gevaudan-Mollenkof (G)

**Sophomores** – Madison Williamson (F/M), Emma Gerstner (F), Kaya Pietryka (G)

**Freshmen** – Liviana Churetta (B), Paige Hamilton (M), Hayden Lopata (F/M)

Behnke, Chromey, and Roberts are the tri-captains.

A strong summer

campaign has set expectations high within the team.

"We've beaten teams that we've previously lost to. The fact that we're winning, even if it's not a real game situation shows promise, I think," explained Behnke.

Roberts added, "Normally, we end up in like the fifth or sixth seed. First place is always going to be Emmaus, but getting second or third would be a really good accomplishment."

"We need to stay healthy because we don't have a deep bench. We're working on fitness because we need our starters to be able to go 60 minutes and beyond with the tougher teams. We want one of those home slots (for the playoffs) for a top-4 seed this year," Saul concluded.

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# NORTHAMPTON HIGH SCHOOL FOOTBALL



Cameron Hersch is back for the kids at wide receiver.



Keegan Hackett and Chase Corrow block a Catty player during last year's game.

## K-Kids ready to take next steps this fall season

BY JEFF MOELLER  
Special to the Press

Northampton head football coach John Toman is taking a simple approach to his season this fall.

"We're taking it one day at a time," offered Toman, who will begin his fifth season at the helm of the Konkrete Kids' program, and brings a 40-11 record. "Our goal is to get better every day. Our lines are coming together, and we have a lot of experience."

Despite losing 22 seniors and many of them at key positions, Toman likes his team's chances this fall. The Kids participated in the East Penn Conference's (EPC) Northampton County-based Steel Division last fall, after the EPC North where they dominated play.

Facing many of their prior opponents in the former EPC South alignment, the Kids battled their way to a 6-6 record, but they finished on a high note with a 58-14 victory over Catasauqua in their annual Thanksgiving Day tilt. The Kids did lose to Freedom, 38-15, in a District 11 Class 6A quarterfinal playoff.

Senior Gavin Taff, who will begin his third season at quarterback, threw for 1,302 yards

with 14 touchdowns and eight interceptions last year. Fellow senior Zeke Spencer returns as the Kids' leading ground gainer with 378 yards.

Taff saw plenty of progress during the summer.

"The summer was great," beamed Taff. "Everyone is feeling comfortable with the game plan on both sides of the ball. We had a good scrimmage, and we feel prepared to go against the South teams (Steel Division)."

Along with Taff and Spencer, senior Sincere Wadlington will be at tight end, senior Keegan Hackett will be at half back, and seniors Cameron Hersch and Joey High will be at wide receiver. Seniors Dylan Stuhldreher, Rocco Amato, Gabe Urban, and Dominic Barkanic could also see some time.

The Kids will have experience up front with seniors Riley Montgomery, Gerald Bretzik, Chase Corrow, and Alex Garcia.

Defensively, the Kids suffered a major blow when senior Owen Stanchock suffered a season-ending knee injury in practice. He was their leading tackler last year with 105 stops.

Wadlington, Corrow, High, Spencer, Hackett

along with seniors Elijah Weidner and Zander Rickert are all returning starters on defense.

Newcomers on the defensive side of the ball will be seniors Ryan Heckman and Dominic Barkanic.

The Kids will open the season at Pennsbury Aug. 22, hoping to post another victory over the Falcons like their 24-2 win last year.

Their EPC season will begin the following week at home against East Stroudsburg South before they travel to Parkland and then host Liberty and Whitehall. It will be an early test of mettle for them.

Toman believes his team can avoid some of the pitfalls that plagued them last season, such as a three-game losing streak. During that tailspin, they were outscored 131-56.

He sees his club methodically wiring its way through the season.

"These kids know how to win," said Toman. "They were undefeated as JVs. The kids had a rough time with the losing streak, but we came out of it with a good feeling for his season."

"We just have to keep working and take it week-by-week."



# NORTHAMPTON HIGH SCHOOL BOYS SOCCER



Dante Keen is back for the boys soccer team this fall.

## Boys soccer aims to get back to finals

BY JEFF MOELLER  
Special to the Press

Last season, Northampton's boys' soccer team made program history when they advanced to a district final for the first time. Unfortunately, the Konkrete Kids dropped a 3-2 decision to Parkland in the title tilt.

This time around, fourth-year head coach Chris Bastidas will need to create new offensive outlets, but he is confident about his returning core.

"We lost a lot of goals from last year's team," deadpanned Bastidas. "We are trying to figure out how we will produce goals and what formation will work best for us."

"We have a lot of strong players coming back and we return 10 players who appeared in last year's district final. This year's senior class has been in a final each season."

The Kids did lose scorers Sebastian Mello, Brody Eisenhart, Chase Nederostek and defender Aaron Gutkowski from last year's 19-4 club. Nederostek had a team-high 21 goals and Eisenhart added 19.

The key returnees for this season are goalie Ryan Nahf, midfielder Dante Keen and Luca Mannino, forward Joey Snyder, and defender Blake Turner. Nahf recorded 64 saves. Forward newcomer Connor Magee has been a pleas-



Both Luca Mannino, pictured here, and Keen will be counted on for goals this year.

ant surprise.

Bastidas was pleased with his team's summer workouts.

"The mood this summer has been similar to most summers," noted Bastidas. "We know we are capable of accomplishing great things and we know there are other great teams in the league. We are focused on getting better each practice, making the playoffs, and competing for titles."

Bastidas knows his club is determined to get back to the district final.

"I don't think you can ever be more hungry," stressed Bastidas. "You just have to be willing to get better each practice and you have to willing

to make big efforts on each play during games, because you know that can make the difference. This team has always done that."

The energetic head coach also sees his team already bonding. In addition, Bastidas is pleased with the developing middle school program, which will serve as future pipeline. Northampton will open its season against Salisbury, Aug. 23.

"The chemistry seems great right now, but that is always tested throughout the season," beamed Bastidas. "I think we have strong leaders who will keep the moral up all season long."

**"We have a lot of strong players coming back and we return 10 players who appeared in last year's district final. This year's senior class has been in a final each season."**

Chris Bastidas



NORTHAMPTON HIGH SCHOOL

# Cheerleaders set for another busy season

BY SCOTT PAGEL  
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This year's Northampton cheerleading team is made up of three game day teams between varsity, junior varsity and middle school.

The team's first varsity football game is at Pennsbury on Aug. 22, which comes after this story was printed. The team is back home against East Stroudsburg South on Aug. 29.

"We are looking forward to opening the season with our first varsity football game on the road against Pennsbury," said head coach Mia Guadagnino. "Our

varsity team is eager to cheer on the Kids as we kick off another great season."

On Oct. 3, will be Northampton Cheer Alumni Night.

"At this year's Homecoming game, we'll celebrate Alumni Night as former Northampton cheerleaders return to the sideline to cheer with the varsity team," said Guadagnino. "It's a special opportunity to honor and recognize the past cheerleaders who helped build our program's legacy."

The Northampton Area Cheer Challenge will take place on Nov. 2.

"Our competition

team will be hosting the Northampton Area Cheer Challenge on Nov. 2, at the high school," Guadagnino added. "We're excited to welcome teams in our area for a day full of fun, energy, and outstanding performances."

Members of the varsity team are: Maddison Andrews, Mya Arocho, Ava Cermak, Kamarr Collins, Aubrey Dochat, Hannah Flamisch, Addison Gardner, Kennedy Gardner, Bailey Gurski, Treasure Kelly, Chloe Kunsman, Isabella Luciano, Jenna Moran, Hailey Myer, Abigail Pennington, Valencia Rivera, Haileigh Romig, Gabrielle Rothrock, Ella

Schrampf, Morgan Shehab, Isabella Trompiz, Mia Watson and Summer Ziegler.

Members of the junior varsity team, coached by Marina Schrap, are: Olivia Deutsch, Makinley Freed, Sophia Giandomenico, Maci Hughes, Katie Johnson, Abigail Lesisko and Ava Williams.

Members of the middle school team, coached by Courtney Kokolus, are: Emma Angle, Keira Barthol, Yvannalise Cruz, Macyn Davidick, Autumn Dochat, Norah Edelman, Violet Fetchko, Brenna Fisher, Courtney Flamisch, Norah Glaudel, Aubrey Gurski, Lillian Keyser,



PHOTO COURTESY OF BISHOP PHOTO  
The 2025 NHS cheerleaders.

Gracelyn Kovach, Scarlett Kubilius, Jayliana Pantojas, Maci Scheid, Tess Szoke, Natalye Lopez, Janiyah Madera, Walker, Autumn Yost, Zakiah Manns-Atkinson, Mya Younes and Chloe Ziegler. Riley Miller, Makinah Novak, Jomaris

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## NORTHAMPTON HIGH SCHOOL

# Grejda takes over cross country teams

BY SCOTT PAGEL  
spagel@tnonline.com

The Northampton cross country teams will have a new coach this fall as well - Jaki Grejda takes over for Dan Benner.

Grejda coached the middle school team the past two seasons, so she's familiar with the program.

"It has been a learning experience but the cross country community has been very helpful and friendly," Grejda said. "Bobbi Jo (head coach from Easton) has reached out to offer help and is assisting me in this role as head coach. The team's parents have also been a huge help with my transition to head coach. From offering to help with course maps, fundraising, help-

ing with senior night, pasta parties, etc. I am blessed to be surrounded by such a wonderful community of helpers."

For Grejda, her focus and goals are pretty simple this season.

"My entire focus is on making the kids be the best runners that they can be. If they do that, I will consider my year a success," she said. "So far, I am in love with being head coach and look forward to working with these athletes and future athletes for years to come."

As far as the team goes, numbers were low coming into this season. So low, Grejda was worried she wouldn't have enough kids to compete as a team this coming season.

"We started with only four boys and four girls

and were not going to be able to compete, as we have to have five on each team to score. We now have the numbers to compete and athletes are continuing to sign up as we speak," she said last week. "Most of the athletes are new this year to cross country. Some have track and field experience. The runners are strong and very determined. They are a great group of kids. They have been working very hard at practice and seem eager to excel this year."

One familiar face for the Kids is Liv Jusinski.

She returns to the lineup as a senior and team captain. Last year, Jusinski went to states, and she's looking to get back there this season as well. She'll be trying to stay in the mix to win

leagues and districts as well.

"The entire team is made of a great group of kids that are working very hard and have a great team mentality, working together and cheering each other on," Grejda said.

Other members of the team are: Gavin Beam (11), Marc Jusinski (11), Micheal Muessig (9), Liam Sekol (11), Micheal Snyder (9), Juliana Joseph (12), Jocelyn Perl (11), Brielle Torres (12) and Alexa Wright (9).

Grejda added new kids are being added all the time as she looks to build the numbers.

Grejda will be assisted by Dave Remaley and Matt Heisler, both are first year coaches for the team.



Liv Jusinski returns as a senior captain this season and is looking to get back to the state meet.

# Girls tennis team gets a new head coach

BY TOM WENBORG  
Special to the Press

The Northampton girls tennis team has a new head coach for this season, but they are welcoming a familiar face as Gabrielle Demchak, the Salutatorian of the Class of 2019, takes over a squad that was 7-9 in 2024 and 6-9 in the EPC.

Demchak, a 3-sport athlete for the Konkrete Kids during high school, has been a coach for the Kids' JV girls basketball and softball teams

over the past few years and accepted the tennis coaching position in June.

"During this off season, we were able to coordinate intersquad exhibition matches and conditioning training. With the shorter workout time before the season started along with battling vacations and work schedules, we weren't able to achieve all our goals, however, I feel we're in a good place as the season begins,"

***"With this being my first season, I am not sure what to expect, but I am optimistic we will be competitive across the league based on the progress we've made this off season."***

**Gabrielle Demchak**

wrote Demchak.

The Kids' roster is as follows:

Seniors - Hayden Bilheimer, Emilee Gaughran, Emily Kem-

merer, Claire Lack, Hayden Nagy, Mia Rios, Joy Samaan.

Juniors - Lea Fornarotto, Keely Holland, Dahlia Janis, Isabella

Marshall, Addison Slivka, Olivia Warren, Evelyn Ziegler.

Freshmen - Yelitz Amadoe Gomez, Kayleah Boyer, Sarah Constant, Evelyn Lack, Tianna Shammass.

There are six returning starters. Claire Lack is moving into the top singles position. Emilee Gaughran and Emily Kemmerer will bump up from doubles last year to claim the other two singles spots.

Hayden Nagy and

Lea Fornarotto will form one doubles pairing. Joy Samaan and will join first-time varsity starter Mia Rios as another doubles team. The final doubles combination will be Addison Slivka and Hayden Bilheimer.

"With this being my first season, I am not sure what to expect, but I am optimistic we will be competitive across the league based on the progress we've made this off season," Demchak affirmed.

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# NORTHAMPTON HIGH SCHOOL GIRLS SOCCER

## Girls hoping for a repeat this year



Saige Korpics is back for the girls soccer team.

BY TOM WENBORG  
Special to the Press

The Northampton girls soccer team hung the first banner in program history last season by taking District XI Class 4A with a 2-1 win over Emmaus.

While the Konkrete Kids are the defending champions, a repeat will require the effort from an almost completely new cast. The 2024 team featured 13 seniors, most of who played significant roles on the field.

Also gone is head coach Michael Missmer, who directed the K-Kids to the playoffs in each of the six seasons of his tenure.

Taking over as head of the program is Traja-

no Bastidas. He comes from the Middle School program, so has experience with all of the younger players on the roster.

"I honestly just feel privileged to take over a program at any juncture. It does feel a little like a fresh start, but there is also the momentum of having captured a district title. So there's a little incentive for the players and for the new coaching staff, a little challenge. I think they're ready for that so we're very happy," explained Bastidas.

Bastidas doesn't inherit an entirely bare roster. Seniors Saige Korpics and Brielle Szoke, along with junior

Alayna Hanh will give the Kids a trio of experienced and talented scorers.

"We try to draw from the seniors' experience to mentor the juniors and sophomores and we preach that we play for each other. We're a family, so I think they've embraced that and I think that's going to help help us," said Bastidas.

"It'll be a big challenge the entire year to replace all of the seniors, but we have the technical ability and tactical awareness. If we put the players in the right spots, we might have a decent amount of success, so that's what we're hoping for," he concluded.



Alayna Hahn is another key returner for the girls team.

**"I honestly just feel privileged to take over a program at any juncture. It does feel a little like a fresh start, but there is also the momentum of having captured a district title. So there's a little incentive for the players and for the new coaching staff, a little challenge. I think they're ready for that so we're very happy."**

Trajano Bastidas





PRESS PHOTO COURTESY OF BISHOP PHOTO

The 2025 Northampton High School marching band.



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# NORTHAMPTON HIGH SCHOOL VOLLEYBALL

## NHS girls under new leadership



Leah Everhart is back for the volleyball team as a senior.

BY TOM WENBORG  
Special to the Press

After battling through a tough schedule to finish 10-9 last year with a district play-off qualification to their credit, the Northampton girls volleyball team graduated six key seniors in 2025. This year's new look squad will be under the direction of first-year varsity coach Helene Quaintance, otherwise known as Coach Q.

She will be joined on the Konkrete Kids' sideline by new assistants Syd Hefner, Zach Franges, and Abby Tomasic.

Quaintance has been Sue Arndt's varsity boys staff for the past 9 years

and had also coached the Northampton girls middle school program for five seasons.

"I'm super excited, especially with the seniors. I had them in middle school, so it's nice to start with them and they're excited to end with me too, so it's good," Quaintance noted. "I had always said that I never wanted to be a head coach, but I feel that I've grown so much, and I've surrounded myself with so many good people and coaches that I feel that I can do this."

Seniors Leah Everhart, Emma Beil, Isabella Pecuch, and Aubrey Layton along with juniors Claire Luckenbach and Averie Mor-

gan provide varsity experience for this year's team. Everhart and Beil are co-captains.

Newcomers to varsity are juniors Julia Arbushites, Grace Doward, Corrina Gillespie, and Grace Wolfel. They are joined by sophomores Cyd Chilson and Madelyn Taff.

"I think it's a realistic expectation (to qualify for districts). I can only push them so much and then it's up to them to do it, but I know it's on their to-do lists to make districts. We're going to have a lot of competitive matches that are going to come down to who wants it more," Quaintance concluded.



Isabella Pecuch is also back for the volleyball team.

***"I'm super excited, especially with the seniors. I had them in middle school, so it's nice to start with them and they're excited to end with me too, so it's good."***

Helene Quaintance



NORTHAMPTON HIGH SCHOOL GOLF

Golf team gets a new head coach

BY SCOTT PAGEL  
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The golf team is one of several fall teams going through a coaching change this season.

Doug Fehnel takes over a Northampton team that certainly had a great run under former head coach Brian Davies.

However, Fehnel takes over a team that had some losses on top of it being his first season taking over the program.

"I'm not sure what to expect for this season since this is my first year taking over the program from Brian Davies," Fehnel said. "I know the team lost a ton of starters from last

year's team, so there is an opportunity for some young players to make some noise this fall."

The team got off to a fast start with nine matches in their first week alone and before this story is printed.

As Fehnel said, the team will be young.

Freshmen are Braxton Bigelow, Chase Bodnar, Cooper Fry and River Gotto. Sophomores are Lukas Bendekovits, Justice Flores and Carson Rader. Juniors are Andrew Eberts, Corbin Miller, Derek Moyer, Cade Strauss, Christopher Stumpf and the lone senior is Collin Enright.

\*\*\*

Northampton posted a 385 in a match with



CJ Stumpf is back for the Kids golf team this seaosn.

Bethlehem Catholic, Freedom and Pocono Mountain West.

Stumpf shot 72, Moyer and Eberts both had a 76 while Fry carded a 79. Gotto had an 82.

The Kids topped Pleasant Valley but lost a tiebreaker to Pocono East and Emmaus. The Kids shot a 414 with Emmaus notching a 390. PME also had a 414. Stumpf shot 77, Moyer 80, Fry 82 and Eberts 84. Miller had a 91.

The Kids lost to Nazareth (365) and Parkland (376) while shooting a 390 and defeating Central (423)

Stumpf and Moyer led the way with 76s. Miller carded a 78 and Eberts and Fry shot 80s. Enright scored 90 and both Gotto and Bendekovits shot 91s.



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