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2024

FALL
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PRESS PHOTO BY DON HERB

The Parkland football team hopes to return to the District 11 Championship game in 2024.

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Trojans want to return to the top

BY CJ HEMERLY
Special to the press

There wasn't much more the Parkland High School football team could have done last season, winning all 10 of its regular season games. But, as the one seed with all of the momentum in the District 11 Class 6A tournament, the Trojans lost in the championship game to Nazareth, 24-17.

Head coach Tim Moncman, entering his ninth season at the helm.

knows his program lost a lot of talent from last season and will have to play a good amount of inexperienced players. But he believes his group is practicing hard on the field and in the weight room to not lose a step.

"We don't have a ton of game experience, but it's a blue-collar team," said Moncman. "They have a good work-ethic. We have good kids who work hard all the time.

including the offseason. We have a lot of success in powerlifting, winning state and national championships.”

The area of strength on this 2024 squad, according to Moncman, looks to be on the offensive and defensive lines.

Evan Saylor, James Tyler and Mason Marcks have the most experience. Reid Andrush and Marcel Burden are two others that will bring strength and grit to both

sides of the ball.

Receivers Nas Adams and Leo Dauberman also have a strong skill set.

The one area that will be pretty much brand-new is the quarterback position. All-EPC performer Luke Spang graduated and he leaves a trio to compete for his spot in sophomores Blake Nassry and Finn Coen, along with senior

See **FOOTBALL** on
Page **8**

Girls tennis looks to replace just one senior

BY CJ HEMERLY
Special to the press

The 2024 season is expected to be another successful one for the Parkland High School girls tennis team.

The Trojans, who finished last year 20-1 overall and an unbeaten 15-0 in the Eastern Pennsylvania Conference, graduated just one key senior from the lineup that won both the team conference and District 11 3A championships. Team captain Sophia Petrocelli was 18-2 last season and a leader of the group, according to head coach Mike Hingston.

The lineup returning is deep with talent and experience and also has had a ton of success in their careers thus

See **TENNIS** on Page A8



PRESS PHOTO BY DON HERB

The Parkland girls tennis team went 20-1 overall and 15-0 in East Penn Conference matches last season.



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PRESS PHOTO BY DON HERB

The Parkland girls soccer team went 24-1-1 and reached the semifinal round of the state playoffs.

PHS girls soccer will have speed, skill

BY CJ HEMERLY
Special to the Press

Last season, the Parkland High School girls soccer team came within just two wins of winning a state championship, as the Trojans fell to eventual champion Pennridge in the state semifinal round.

Parkland finished the 2023 season 24-1-1 overall and 15-0-1 in the Eastern Pennsylvania Conference, winning both the EPC and District 11 4A championships. Both came via 2-1 victories over Central Catholic and Emmaus, respectively.

Trojans head coach Al Haddad had a strong group of players that graduated last year and will need to be replaced. “Like every year, losing quality kids that embodied our program’s culture is tough,” said Haddad, entering his 19th season in charge.

“Aristea Gougoustamos, Lauren Ervin, Dani Marsteller, Joana Chou were EPC all-stars, as well as Sophia Hallal, Sophie Frank and Ella Amadio were players that all need to be replaced.”

Some of the top returners for this season

include Ellie Kocher, Julie Hayward and Bella Hallal on the front line, Emma Hull, Evi Gougoustamos, Kennedy Perkins, Liana Zurinskas and Avery Mai in the midfield, Katie Sammarco, Jummai Umaru, Libby Grice, Megan Tarantino, Ken-

dall Billie and Delaney Chilcote on the back line with LaMiah Clemons in goal.

Some newcomers expected to contribute include forwards Mackenzie McNeely, Sarah Huff and Delilah Zaiter, midfielder Maia Rojas-On- See **GIRLS** on Page 15



PRESS PHOTO BY DON HERB

Parkland must replace eight graduates from last year's team that went 19-4 overall and reached the league title game and district semifinal.

Parkland looks to compete for titles

BY CJ HEMERLY
special to the press

The Parkland High School boys soccer team lost a ton of talent and experience to graduation last year as eight starters must be replaced.

The Trojans still have

realistic goals and expectations of winning Eastern Pennsylvania Conference and District 11 Class 4A titles. That is due in large part to the returning upper-classmen who can play in different positions on the field, according to third-year head coach

Scott Mang.

"This season we will have a mixture of returning players who have big-game experiences with some rising junior varsity players who are chomping at the bit to make their mark on the Parkland boys soccer program," said

Mang. "I'm hoping that training with the 2023-2024 team puts them in a better position to meet the demands of playing in the EPC sooner rather than later."

"We will be a team that is very fit. Players will have the ability to play in multiple posi-

tions and in a variety of tactical formations. They are excellent young men, brothers on and off the field, and they work their socks off in training."

The Trojans finished last season 19-4 overall and 16-1 in the conference, advancing to the

conference final before losing to Northampton. They also reached the district semifinal, but fell to rival Emmaus, which won the title.

Mang will count on seniors Caleb Daniels, Danny Sipling, Evan

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PRESS PHOTO BY DON HERB

Just two seniors graduated from last year's Parkland field hockey team. While the Trojans return an experienced team, they will have to make up for 43 goals that were scored by last year's seniors.

Trojans will have depth, versatility

BY CJ HEMERLY
Special to the Press

The Parkland High School field hockey team has often been just one game short of winning an Eastern Pennsylvania Conference or District 11 championship, seemingly every season.

Emmaus has been the class of both the conference and district for many years.

But Trojan head coach Julie Nelson has a strong belief that this year's team will continue to push the button on getting over the top.

"I believe this team will see the success they want this season," said Nelson. "They are flexible on the field whether it be their positioning, their shooting, their outlook on defense. They are not fearful of the difficult schedule/competition we have this year and that is dangerous."

"My senior class is excited and motivated to achieve the goals they set out four years ago when they were freshmen. We are well conditioned and prepared to out-hustle our opponents offensively and defensively."

The Trojans graduated two key players from last year in Elaina Fragassi and Aurora Gery that brought a ton of offensive firepower. The biggest thing, according to Nelson, will be to find

who steps up in the scoring prowess.

"We lost two key scorers on our team last year," Nelson said. "I am looking forward to seeing who will step up on our team this year to fulfill the 43 goals we are

See **HOCKEY** on Page 14



PRESS PHOTO BY DON HERB

Parkland's girls volleyball didn't lose a match until deep in last year's state tournament. Many key players have graduated from that team, leaving the Trojans with a less-experienced, but still talented squad in 2024.

State semifinalist must replace seven grads

BY CJ HEMERLY
special to the press

Entering the 2024 regular season campaign, the Parkland High School girls volleyball team will be a little bit inexperienced when it comes to varsity playing time.

The Trojans graduated seven key players from last year's team that finished 24-1 overall

and 16-0 in the Eastern Pennsylvania Conference. They were Maggie Smith, Alli Reimer, Ava Best, Madi Siggins, Cat Neagle, Hailey Schimmer and Megan Haines.

The Trojans' lone defeat last season was in the PIAA state semifinal.

This season, head coach Mike Krause and his program bring back

some top returnees, including senior libero Izzy Fekula, senior setter/outside hitter Sarah Furey, senior opposite hitter Genda Avdijaj, senior defensive specialist Dani Gordon, senior defensive specialist Ava Brunnabend and senior outside hitter Lily Anderson.

Some of the newcomers that will be relied

upon for contributions include junior middle hitter Kasia Burda, junior opposite hitter Sarah Paugh, junior middle hitter Ana Gbur, freshman middle hitter Genevieve Supeck, sophomore setter Gabby Brader, freshman setter Josee Kim, sophomore outside hitter Riley Schilling, freshman outside hitter Gabi Nis-

sen and sophomore defensive specialists Zoey Leach and Adi Ochoa.

There are a couple of strengths of this season's team, according to Krause, and then also some areas to be worked on for the season.

"Defense and ball control," said Krause of his team's strengths. "We are very good at transitioning defensively. Our

serve receive should be solid and we will be an aggressive serving team. Some things we need to work on is our offensive ability to attack the ball consistently to various areas of the court. We need to maintain a positive ratio of points earned to points given.

"We are working on See **VOLLEY** on Page 14

FOOTBALL

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Osmany Guzman.

"All do different things well and we're going to play it out through our scrimmage," Moncman said. "After Spang got hurt against Emmaus last year, we had both Nassry and Guzman out there a little bit. Not having an experienced quarterback changes us in that we have adjusted our system and our scheme to not put too much on them. With the two running backs [TJ Lawrence and Naquan Thomason] we have we'll be able to run the football and our O-line has some experience and size."

There was a little bit of a change with the schedules this season and the number of conference opponents that each team plays. Parkland actually opens the

season with a nonconference game, hosting George Washington out of Philadelphia on Friday, August 23.

The Trojans then have back-to-back road games at Freedom and Northampton, both considered out-of-conference contests. EPC play begins at Pleasant Valley on Thursday, Sept. 12.

"We were happy to get George Washington and I was happy Freedom agreed to play us and we got Northampton," said Moncman. "It's good to play some people we haven't seen. But you also want to try to keep the rivalries going. It's good we have Nazareth as a cross-division game within the league and Pleasant Valley from the North, but I will miss playing Liberty and Easton. I love playing those teams because they're what Lehigh Valley is all about. We'll see how it goes."

TENNIS

Continued from page 3

far. Playing No. 1 singles is junior Alexandria Warsing. At No. 2 will be senior Sophie Eljovich with senior Kiera Miles at No. 3 singles.

Parkland's double players will include senior Aarohi Vaze, sophomore Kiana Miles, junior Kate Gilchrist, seniors Belle Mattson, Riley Zangari, Sophie

Mang and Zoe Averbach and sophomore Ariana Tahir.

Some key newcomers to the lineup this season include freshmen doubles players Sonia Lee, Yihan Li and Syrien Alvin along with sophomore Hannah Schmoyer.

"We have a nice mix of experience and youth," said Hingston. "Our seniors are battle-tested and well prepared to serve as leaders to help bring our young-

er players along as the season progresses. We welcome the challenges we will face as we go up against the many outstanding teams in The EPC and in District 11. Our focus is to be process oriented with the simple goal of continuous improvement."

The Trojans opened up their 2024 campaign with a 7-0 victory over Pleasant Valley in a conference match. Maheen Jan, Eljovich, Miles and Alvin were

all victorious in singles, while Miles/Vaze, Lee/Gilchrist, along with Li and Mang all earned wins in doubles.

Parkland also had conference matches against Easton and Liberty to open up the season. The Trojans face Becahi, Moravian Academy, East Stroudsburg North, Wyoming Seminary and Northampton all before Labor Day weekend.



PRESS PHOTO BY DON HERB

Alexandria Warsing won the East Penn Conference's No. 1 singles title last season.



PRESS PHOTO BY DON HERB

Sophia Petrocelli will be one of Parkland's senior leaders this fall.

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PRESS PHOTO BY DON HERB

The Parkland High School golf team got its season underway in mid-August.

PHS golfers win nine of first 11 matches

BY MIKE HAINES
mhaines@tnonline.com

By the time this article is published, the Parkland High School golf team will be more than halfway through its regular season schedule.

While most high school sports just got

underway last weekend, golf season starts and ends earlier than other sports. The Trojans played five matches against 11 opponents during the first 10 days of the season, going 9-2 with their only losses coming to the East Penn Conference's top two

teams in Nazareth and Northampton.

"It's been going really well," said PHS golf head coach Ryan Kilpatrick. "The kids are shooting low scores."

The Trojans graduated three seniors from last year's team in Chloe Chase, Mujtaba Jaffer

and Kyle Steiner. All three were regulars in the line up. Chase and Jaffer were consistent top-five scorers on the team last year and both qualified for the District 11 Championship Tournament.

Parkland returns its top player from last

year in junior Landen Benner. As a sophomore Benner finished 4th in the EPC Championships to earn a spot in the district tournament, where he tied for 15th.

"He's playing really well, shooting some low scores," said Kilpatrick. Senior Ryan Van

Dien, a first-year player who came over from the Trojan soccer team, has boosted the Parkland line up this season. And sophomore newcomer Charlie Gold has played in the No. 2 spot this season.

Three returning players. See **GOLF** on Page 11



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PRESS PHOTO BY DON HERB

The Parkland cheer team will perform at football games and other competitions throughout the 2024-25 school year.

GOLF

Continued from page 9

ers have been regular top-five scorers for the team this season in juniors Gabriel Chase and John Gerancher, along with sophomore Jacob Posocco, who Kilpatrick

said “has been on a heater lately.”

Junior AJ Sundstrom, a district championship qualifier last season, was slated to play in the No. 2 spot this year, but he suffered a wrist injury on the baseball diamond that will limit him for the golf season.

The injury leaves Kilpatrick with just eight players this year, just enough to fill a full line up.

A pair of freshmen have also helped the team this year in Jacob Rapp and Carter Willis.

Willis shot 78 in last week’s win over Strouds-

burg at Twin Lakes, the team’s first home match of the season.

Benner and Van Dien both shot 77 to lead the Trojans over the Mountaineers. Willis and Posocco carded 78s, while Gold rounded out the team scoring with an 80. Chase came in with a

78 in the match, while Gerancher (87) and Rapp (94) were also in the line up.

Scores from Parkland’s away matches were not received by the Press.

The Trojans had two matches scheduled for this week, Tuesday vs.

Freedom at Bethlehem Municipal and Thursday at home vs. Pleasant Valley. They finish the season with matches at Twin Lakes against Whitehall (Sept. 10) and Emmaus (Sept. 12) before competing in the EPC Championships Monday, Sept. 16 at



PRESS PHOTO BY DON HERB

The Parkland boys cross country team won a District 11 title last season but graduated some of that team's top runners.

Boys XC team must replace top two runners

BY JEFF MOELLER
SPECIAL TO THE PRESS

Winning a district cross country championship often can pay dividends for the following season.

Sometimes, it does not. Such may be the case for the Parkland boys team this fall.

The Trojans showed their depth and speed to capture the District 11 Class 3A team title last season.

Paul Abeln was the individual runner-up and Ethan Willard was

fourth at districts. Jacob Barnes and Tyler Rothrock also were key contributors to the team title.

Unfortunately, all four have graduated with Abeln continuing his career at Stony Brook University, and Willard at Monmouth University.

The Trojans will have plenty of returning and new faces in their lineup this fall, including new head coach Kelly Bracetty, who has coached 20 years at various East

Penn Conference stops. She recently had a stint as the Emmaus head cross country coach.

Not being a stranger to EPC cross country circles, Bracetty is confident her new situation will be a period of transition and not a rebuild for a team that had a 16-1 record last season.

"We had four boys in our top seven graduate last year," she said. "But we've already seen some major improvements in several individuals who will play a key role in

the boys' success this season. They come focused, motivated and ready to put in the work every single practice."

Bracetty will look to the returning unit of Marcelo Castilla, Logan McEvoy, Luke McEvoy, Colin McGuigan, Jorge Rinker, Brady Roy, Brycen Smith, Henry Stein and Nick Settle to help set the table. McGuigan was fifth at the EPC meet, and Smith was 16th at the EPC meet and 20th at the district championship.

Also, Bracetty will look to newcomers Anthony Cappellini, Angel Chamorro-Melendez, Bennet Cook, Cole Orloski, Marco Rossi, Nathaniel Sinclair, Wesley West, Isaiah Wilson and Jaiden Zabler to be able to break through.

"They have come focused, motivated and ready to put in the work every single practice," said Bracetty. "Jorge Rinker, Henry Stein and Brady Roy will use their experience to lead the team, and our

strong sophomore and junior class of Brycen Smith, Luke McEvoy, Logan McEvoy, Marcelo Castilla and Colin McGuigan will be ready to showcase their improvements from the summer.

"We're looking for newcomers Cole Orloski and Jaden Zabler to make an immediate impact in the team performance. If we can tighten up our front pack as the season goes on, we will be able to challenge for another district title."



PRESS PHOTO BY DON HERB

The Parkland cross country teams will be under the direction of head coach Kelly Bracetty this fall.

Girls XC returns two state qualifiers

BY JEFF MOELLER
Special to the press

The Parkland's girls cross country team won't have all the same pieces in place this fall, but they Trojans are expecting to have some similar team results.

Parkland graduated 2022 individual district champion Lana Hurwitz and state qualifier Gracie Trexler from last year's team. The team posted an overall an overall 15-2 mark last

season.

Also new this year is head coach Kelly Bracetty, who has accumulated 20 years coaching experience at other schools in the East Penn Conference.

Bracetty will be assisted by Christie Schlander and Dan Lewis.

Along with Hurwitz and Trexler, the Trojans lost seven other seniors. It will be a bit of a transition year for the first-year head coach.

Bracetty will look to returning state qualifiers Harshita Keerti --16th at the EPC meet -- and Lucy Tobia to lead the pack.

"We have a large incoming group of young runners who have the most positive attitudes and are motivated to improve," said Bracetty. "Having lost nine seniors last season, including district champion Lana Hurwitz and state qualifier Gracie

Trexler, we will rely on the experience of our other state qualifiers, Harshita Keerti and Lucy Tobia."

Bracetty, who had a recent stint as the head coach at Emmaus, will look to the core of Keerti, Tobia, Marly Boyle, Emma Carlson, Gabby Hochmiller, Eve Horvath, Madelyn Kruk, Adelaide Roy, Hannah Roy, and Juliana Varano to pace the pack.

There also is a large

group of newcomers who should make a difference. Madison Anthony, Lilah Ellis, Violet Forte, Camila Gonzalez, Brielle Krandel, Mikaela Krandel, Dani Schultz, Kenzi Schultz, Parker Tatum, Maya Trela, Tesla Winans.

"We have a large incoming group of young runners who have the most positive attitudes and are motivated to improve," said Bracetty. "Violet Forte has

already shown a lot of promise as she moves from track to her first cross country season. We're looking for newcomers Kenzi Schultz, Dani Schultz, Parker Tatum, Maya Trela, Madison Anthony and Lilah Ellis to make their way into our varsity lineup. If we can get our middle pack to move up during the season, we will have a solid team ready to compete at districts."

HOCKEY

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are losing from graduating seniors last year.”

Some of the top returnees include Jordan Brunnabend, Rosella Birns, Brynn Harrison and Lila Temchatin. A couple of key newcomers include Audrina Stewart and Leah Frew.

“Diverse group of girls pertaining to class,” said Nelson. “Most players have more than one position and play very versatile. We have several scoring players with diversity in their shooting. We have a positive mentality with positive communication. My senior class this year has played together since they were in third grade, creating a solid foundation and leadership for our team. We are motivated and plan to elevate our play this year with an intense schedule.”

Parkland’s 2024 regular season begins this Friday at home against Southern Lehigh in a nonconference game.



PRESS PHOTO BY DON HERB

Rosella Birns is one a few returning players on this year’s Parkland field hockey team.

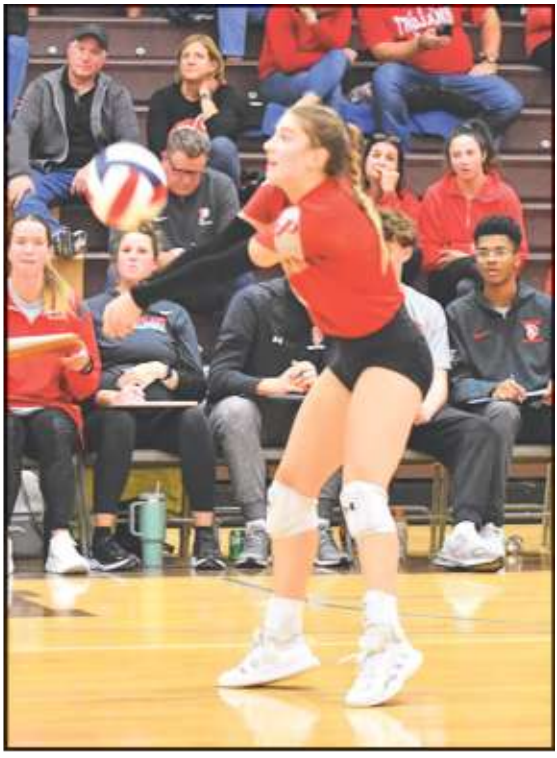
VOLLEY

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“We are working on consistently attacking in a tempo offensive. We are trying to determine if we will run a 6-2 or 5-1 offensive system. We will need to sustain rallies with the intention of scoring in the third or fourth rally.”

The 2024 regular season begins on Tuesday with a home match against Allen in conference play. Even with the success of last season, there is still some work to be done before the season kicks off.

“We are a work in progress,” Krause said. “We need to emphasize growth in consistency within the fundamental framework of skills versus competitive outcomes. The pace of growth in consistency will be determine how quickly we can be fundamentally sound to allow us the chance to increase the pace of our tempo offense.”



PRESS PHOTO BY DON HERB

Senior Izzy Fekula returns to the Trojan line up this year after playing as the team’s libero last year.



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GIRLS

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dra, defenders Kelly Bates and Adrianna Rizzotto and goalie Hanna Hertzog.

“Our team speed is excellent as well as the overall technical skill set of all the players,” Haddad said. “Without that, tactics don’t matter. We just need to make sure we don’t take any steps backward in our training, not only retaining what we’ve learned but also demonstrating the ability to ap-

ply what we retain.”

Parkland’s 2024 regular season begins on Tuesday with a home game against Freedom in conference play. The Trojans are looking to defend both their conference and district crowns, while also getting to that final game at states.

“Our goals are to progress each week, leading to putting ourselves in the best position to compete for EPC, District 11 and PIAA championships,” said Haddad.”



PRESS PHOTO BY MARK LINEBERGER

Emma Hull is part of a large group of returning players on this year’s Parkland girls soccer team.



PRESS PHOTO BY MARK LINEBERGER

Evan Sprunk and the Trojans expect to compete for East Penn Conference and District 11 titles in 2024.

BOYS

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Sprunk, Jacob Silman, Derin Olatilo, Kyle Tobias, Nathan Park, Christian Cusumano, Logan Williams, Ramy Chakar, Zach Reidy, Zach Salit, Dylan Rochus and Bryce Peters to lead the way. There is also a lot of continuity within the coaching staff.

“We have the entire

coaching staff back, so our job will be to create a training environment with a growth mindset,” Mang said. “One that is physically demanding, mentally challenging, fun and supportive for all of the players in the program. We need to provide consistency to the boys as we focus daily on meeting and surpassing the standards of excellence established by previous Parkland

teams and coaches.”

Parkland’s quest of winning trophies began on Tuesday, August 27, with a road game at Freedom.

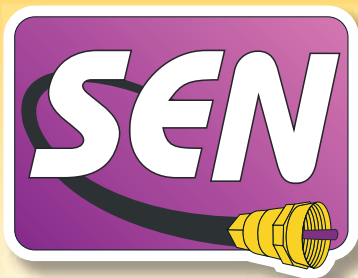
“Everyone knows the expectations of playing for and coaching at Parkland,” said Mang. “We will continue to work diligently at being great students, becoming young men with great character, caring for our community and

communities around us, building a strong team bond, continuing to create an environment that prepares boys to play at the collegiate level and improving our craft as soccer players and coaches. Our end goal is to always compete for the league, district and state championships.”

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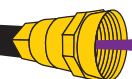
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