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# 2023

# FALL

SPORTS & ACTIVITIES





PRESS PHOTO BY DON HERB

The 2023 Parkland High School football team.

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## Trojans hope for D-11 repeat

BY CJ HEMERLY  
mhaines@tnonline.com

Last season, the Parkland High School football team got back to winning gold. At the conclusion of the 2022 season, the Trojans took home the District 11 title, their first since 2017. They took down the reigning champ, Freedom, 35-10. Before that game, sixth seeded Parkland also knocked out top-three seed Nazareth and Northampton.

But that championship and the quest there did not come easy. Parkland started the season winning just two of its first five games and went 6-4 in the Eastern Pennsylvania Conference. A lot of the adversity faced was due to injuries, especially to skill position players.

This season, the Trojans should be more equipped to handle injuries with a large senior class to depend on.

“We’re bringing back around 25 seniors, last year, we had about 10 or 11,” said eighth-year head coach Tim Moncman. “We need our seniors to lead some of the guys who will be playing who don’t have as much experience.”

Parkland is set to return eight senior starters, including three-year starting quarterback Luke Spang, and running back Trey Tremba, both of whom missed

time during the season due to injury. They’ll be protected up front by senior offensive linemen Kale Kumernitsky, All-EPC guard Russell Clark and tackles Owen Broadhead and Ali Wezza. Safety Nolan Coen is another returning starter. Senior Jake Beidleman and juniors Leo Dauberman, Reid Andrush and Mason Marcks are also back and saw significant

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PRESS PHOTO BY DON HERB

The 2023 Parkland High School boys soccer team.

# PHS is coming off historic season

BY CJ HEMERLY  
Special to the Press

The Parkland High School boys soccer team achieved most of its goals during the 2022 season. All but one. The Trojans finished on top of the Eastern Pennsylvania Conference standings following the regular season, won the

EPC tournament championship and then captured the District 11 4A title, going 24-2-1 along the way.

But Parkland fell just one game shy of completing the triple, as it fell in the PIAA state semifinals, losing 1-0 to Lower Merion. The Trojans had a lot of help from a large group of se-

niors last year, 12 to be exact.

Now, entering just his second season at the helm, head coach Scott Mang is looking to recreate the magic of last season, but with a somewhat newer group.

"To say that 2022 was a magical season would be an understatement," said Mang. "In all of my

years involved in athletics, I have never experienced a group of players that embraced our mantra 'Ubuntu' the way last year's team did."

Ubuntu is a Zulu word that means humanity and is sometimes translated as 'I am because we are.' "They were determined," continued Mang, "selfless, passion-

ate, tough and they were instrumental in helping me to implement my vision for Parkland soccer during my first year as the head coach. I will forever be thankful for their efforts both on and off the field and for making the year so special. That said, we will surely feel the loss of those 12 seniors for some time."

There is still a solid group of seniors back this season that experienced the run of last year and will look to continue the tradition of winning. This group includes Trevor Grice, Josh Daniels, Luke Blenis, Jack Maier, Lo-

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PRESS PHOTO BY DON HERB

The 2023 Parkland High School girls soccer team.

## PHS must replace large class of grads

BY CJ HEMERLY  
Special to the Press

The Parkland High School girls soccer team accomplished a lot during the 2022 season, winning both the Eastern Pennsylvania Conference and District 11 4A championships, qualifying for the PIAA state tournament along the way.

But the Trojans did all of that with a very senior-laden team last

year, graduating what head coach Al Haddad said to be the largest senior class in his 17 years at the helm. The 2023 edition will have a lot of work on their plates to keep the streak of three straight district titles going.

"After graduating our largest class since I've been here, we have some early season work to do to get everyone on the same page," said

Haddad. "Once there however, our goal is to have put ourselves in a position to compete for championships at season end."

This season's Trojans still have some talented returning letter winners from last year's team that Haddad and his staff can rely on.

"Our top returning players are seniors Aristeia Gougoustamos, Lauren Ervin,

Dani Marsteller, Joana Chou, Sophia Hallal and Sophie Frank," said Haddad early in the preseason. "Then there is returning juniors, Delaney Chilcote and Emma Hull and returning sophomores, Katie Sammarco and Ellie Kocher. We are still going through an intense tryout process but we are excited about the prospects of JV players from last year and in-

coming freshman class."

Parkland's upperclassmen give it a strong advantage on the offensive side of the field, according to Haddad. The Trojans will be talented in the midfield and forward area on the field.

"Our strengths will be in our midfield and front line," Haddad said. "Team speed and conditioning will be an attribute this season as well. We will be young and

inexperienced in the back (lost junior Aamina Bhanji to an injury), but we will be excited to see how this group looks to take advantage of the opportunity and make their own mark for us defensively."

Parkland's 2023 season is set to start with a home game in conference play on Monday, August 28, against Pocono Mountain East.



The 2023  
Parkland High  
School cheer  
team.



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The 2023 Parkland High School girls volleyball team.

## Girls volleyball seeks 10th straight D-11 crown

BY CJ HEMERLY  
Special to the Press

Just like each season over the last decade, the Parkland High School girls volleyball team finished the 2022 season with championships and playing in the state tournament. The Trojans won their ninth consecutive District 11 title last season and advanced to the PIAA 4A semifinal round before

falling to Garnet Valley, on their way to a 24-1 overall record.

Like with every season, Parkland graduated a talented senior group from last year, but has a core back.

"We have three players with a lot of varsity experience," said Krause. "Senior Maggie Smith returns for her third year as the setter in our 5-1 offense. Senior Alli Reimer is our No. 1

outside hitter entering her third year in that position. Senior Madi Siggins returns as our opposite hitter, also her third year at the position."

Then there are a few newcomers that Krause and his staff are excited about for the varsity team.

"Seniors Ava Best and Cat Neagle are training as middle hitters," Krause said. "Nea-

gle could also be an outside or opposite. Junior Sarah Furey is working as an outside hitter and setter. Senior Meghan Haines, juniors Ava Brunnabend, Izzy Fekula, Dani Gordon and Hailey Schimmer are competing for back row positions. Juniors Genda Avdijaj and Lily Anderson are training as six-rotation players. Sophomore Kasia Burda has training as both

a middle and an outside hitter."

There are some different strengths and a couple areas to improve upon for this year's squad.

"We are going to be pretty strong with our serve and our defense," said Krause. "With Maggie's experience as a setter, if we can pass well, she could move hitters around and run a quick tempo offense. If we

have the ability to pass, we potentially could hit the ball with some force behind it. The critical area for us will be the range of our defense and the consistency to pass the ball. We show goods signs of passing during the preseason, then we have some inconsistencies. Our block shows potential to impact

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The 2023 Parkland High School golf team.

PRESS PHOTO  
BY DON HERB

## Chase, Mujtaba will captain PHS golf team

BY MIKE HAINES  
mhaines@tnonline.com

While most high school sports got underway just last week, high school golfers around the state have been competing in official matches since mid-August.

This year's Parkland golf team was 9-3 through last week's matches.

Parkland graduated three members of last year's line up, but the Trojans return some of their best players and still have a young team this season.

"We are a fairly young team with majority 9th and 10th graders," said Head coach Ryan Kilpatrick. "Most have experience and the ability to get hot, but

it's just playing well in the pressure of matches and at different courses which always provides a challenge for young players."

Returning seniors Chloe Chase and Jaffer Mujtaba are team captains this season. Chase placed third in the District 11 girls championship last season to earn a trip to Penn State for the PIAA Championships. Mujtaba competed in last year's league championship tournament but did not qualify for the district championship.

Returning to the top of the line up is sophomore Landen Benner, who led all Trojan boys in the postseason last year with a 28th-place

finish at leagues and 22nd place at districts in his first varsity season.

This year's line up also includes senior Kyle Steiner, sophomores AJ Sundstrom and Gabe Chase and freshmen Charlie Gold and Jake Posocco.

This year's team will try to build on last year's 10-5 record in East Penn Conference matches and 11-5 overall mark.

"I am excited to see how everyone plays," said Kilpatrick. "All of these players are in my opinion solid 80s players when they are playing well. Can they make that leap during the season and dip into the high 70s? That will be fun to find out."

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The 2023 Parkland High School field hockey team.

## Field hockey expects another great season

BY CJ HEMERLY  
Special to the Press

The Parkland High School field hockey team, like every other team in the Eastern Pennsylvania Conference and District 11, is looking to break through and finally get the better of powerhouse Emmaus and break the streak of the Green Hornets' con-

ference and district title win streak.

Last year, the Trojans qualified for both the EPC and District 11 3A tournaments after a 14-7 overall record. They won a game in each post-season, but fell in both to Emmaus in the semi-final round.

Head coach Julie Sikorsky is now in her fourth season and is

hoping this is the year to break through.

"I think we will have another great team this season," said Sikorsky. "We have a good core returning and a high number of underclassmen that are hungry to compete on the varsity level."

Some of the top returning players to this year's team include

Elaina Fragassi, Aurora Gery, Jordan Brunabend, Brynn Harrison and Rosella Birns. There is also a newer duo that Sikorsky is excited about, as Kendall Pattishall and Jenna Mayer join the varsity team looking to make an immediate impact.

There are plenty of good things that her team can do, according

to Sikorsky, but the offensive side of the field is where she is most excited about.

"I think the strength of our team comes from the offensive end," she said. "We have a variety of skilled shooters that can score with the best of them. We're well-conditioned, fast-paced, we work as a unit and the girls get along well on

and off the field. There is also a large incoming freshman class that we are excited about and think will be a strength of the team this year and for years to come."

So, now it is just about going out and working hard to get the job done. Parkland begins

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The 2023 Parkland High School girls tennis team.

# Warsing returns to top of tennis lineup

BY MIKE HAINES  
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The two-time defending District 11 champion Parkland girls tennis team got off to a 2-0 start to the 2023 season, beating East Stroudsburg South and Whitehall in its first two matches.

The Trojans return their top singles player this season in sophomore Alexandria Wars-

ing, but they team must replace two singles players and one doubles player from last year's line up.

Two seniors graduated from last year's team in singles player Leah Zolotareva and doubles player Anshika Gupta. Just as big of a loss for the team is one that came via injury as last year's No. 3 singles play-

er Gigi Leonzi suffered an ACL injury that will cause her to miss tennis season.

"That is a huge loss not only on the court, but also for her senior leadership and the intangibles," said Parkland head coach Mike Hingston, adding that Leonzi hadn't lost a singles match in the past two seasons.

Zolotareva and Gupta were also four-year members of the varsity line up and, like Leonzi, could be counted on to earn team points in their positions.

"Those three were almost automatic points every match," said Hingston. "I don't think any of them lost more than a couple matches in their career. They

were great leaders and great role models."

The Trojans have no shortage of players ready to step into new roles with the team this season.

One player who remains in the same position is Warsing, who beat everyone she faced last season except District 11 champ Helena Lynn of Liberty.

Hingston said last year's district singles finalists are two of the best girls players ever to play high school tennis in the Lehigh Valley.

The longtime head coach is excited to see what his top player can do during her second season of varsity competition.

"She's a bona fide top See **TENNIS** on Page A15



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# Four seniors return for boys XC

BY MIKE HAINES  
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Coming off an unbeaten season in 2022, Parkland's boys cross country team enters this fall with the bulk of last year's District line up still in tact. The Trojans graduated just three runners from last year's District 11 championship line up in Liam McGuigan, Brady Hoffman and Praveen Sureshkumar, along with Samuel Tomko, who was part of the team's EPC Championship lineup.

Parkland returns a district champ, along with two other top-10 finishers from last year's district meet.

Senior Paul Abeln was a runner-up at



**PAUL ABELN**



**ETHAN WILLARD**



**JAKE BARNES**



**TYLER ROTHROCK**

leagues last season before taking the individual district title a week later. Teammates and senior classmates Ethan Willard (6th at districts, 4th at leagues in '23), Jake Barnes (9th at dis-

tricts, 10th at leagues) and Tyler Rothrock (21st at districts, 24th at leagues) return to a team that is coming off the best postseason in school history

"Our boys are defend-

ing EPC regular season, EPC championship and District 11 champions," said fifth-year head coach Stephen Ott. "We finished 8th in the PIAA state race last year, which was the highest

team finish in school history. Four of our top seven runners are back this year including Paul, the individual District 11 champion.

"We know that we have a tough regular

season to get through before the important championship races in the postseason. The goal is to defend our titles and improve our finish in the state race. Nothing is taken for granted, and we need to work hard in order to accomplish that."

Ott said there will be some newcomers to the line up that will help the team in its quest to make history a second year in a row. He's looking forward to the Sept. 2 Northampton Invitational where his team will compete against a strong field in its first official competition of the season.

"We will get a real feel of both our teams in this exceptional race," he said.



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PRESS PHOTO BY DON HERB

The 2023 Parkland High School cross country team.

## Defending champ Hurwitz returns for girls XC

BY MIKE HAINES  
mhaines@tnonline.com

This year's Parkland's girls cross country team returns its top runner from last year in District 11 champ Lana Hurwitz. While the Trojans graduated a couple of other runners from last season's top seven, much of last year's line up remains on this year's roster with another year of experience.

Graduates Elena Wenger and Homare Yamashita, who both part of the team that took

fourth place at districts last year, have both graduated, along with Ava Lundy, who ran in the league championship race but not at districts.

Hurwitz, a senior, is back after placing third in the East Penn Conference Championships last season before winning a district title and finishing 36th in a field of 233 at the girls Class 3A state championships.

Parkland had three girls state qualifiers last season in Hurwitz,

Wenger and returning senior Gracie Trexler, who finished 17th at leagues and 18th at districts last year.

Junior Lucy Tobia, who missed qualifying for state cross country by a few positions, returns after a successful spring track season where she joined Hurwitz and Trexler as part of a relay team that earned a state medal and set a school record.

Sophomore Marley Boyle also returns from last year's team that

competed at districts. Seniors Abbey Bender and Alexandra Ost, who both ran in the league championship race last season, are back on the team's roster this year.

"We have a strong lead runner back in Lana this year," said head coach Stephen Ott. "Our other girls will need to step up if we are to contend for any team titles. I am confident that they will improve through the season and hit peak performance during the postseason."

Ott's assistant coaches this season are Doug Finley, Christie Schlanger and newcomer to the staff Kelly Bracetty, who has held several head coaching positions, including a stint at the helm of the Emmaus team.

"Her knowledge and the success of her programs led me to want to get her on our staff," Ott said. "We were lucky to have her join our track and field staff this past year, and I saw the positive impact first hand.

I am looking forward to the positive impact she will have on our cross country student-athletes as well this fall."

The Trojans open their league schedule on Tuesday, Sept. 12 at Pleasant Valley.

Parkland gets the season underway Saturday, Sept. 2 at the Northampton Invitational. The Trojans' first EPC meet is slated for Tuesday, Sept. 12 at Pleasant Valley.



Returning seniors Josh Daniels, Jack Maier and Luke Blenis were part of Parkland's championship season in 2023.

PRESS PHOTO BY  
DON HERB



## SOCCER

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gan Thrash, Sam Masenheimer, Zach Ironside and Richard Castillo.

"This season we will have a young and inexperienced roster of players that have trained with some excellent coaches and have played a ton of big games for their club teams throughout the off-season," Mang said. "I'm hoping that training with the 2022 team puts the players in a better position to meet the demands of playing in the EPC sooner rather than later."

"We are a team that will be very fit, players will have the ability to play in multiple positions and in a variety of tactical formations."

Even with a somewhat more young and inexperienced team compared

years, the standards and expectations are still there to be competing for and winning championships. And 2023 is no different.

"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 college level and improving our craft as soccer players and coaches. Our end goal is to always compete for the league, district and state championships."

Parkland opens its regular season on the road in conference action at Pocono Mountain East on Monday, August 28.

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PRESS PHOTO BY DON HERB

This year's Parkland football captain are (right to left) Trey Tremba, Connor Johns, Kale Kumernitsky, Russell Clark and Luke Spang.

## FOOTBALL

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time last season.

Tremba rushed for 1,238 yards and 21 touchdowns and caught 28 passes for 428 yards and five TDs. He also averaged 15.4 yards per punt return and 20.2 yards per kickoff return.

Outside of Tremba, who can go out and catch passes as well,

Spang has a tall and athletic receiving corps to throw to, including 6'4" tight end Robbie Ruisch and 6'3" Connor Johns and Jendel Sanchez.

"If we can stay lucky and avoid injuries, our offense can be very high-scoring," Moncman said. "There are some athletes and some experience on that side of the ball."

Some key newcomers to the varsity this season include senior Alex Kelchner, sophomore

Nassim Adams and freshman TJ Lawrence.

Parkland begins its regular season at home with a conference game against Pocono Mountain West on Friday night, Aug. 25, for youth night at Parkland School District stadium. The Trojans then face a rematch with the Patriots the following Friday night at Bethlehem Area School District Stadium.

## VOLLEY

Continued from page A6

hitters. We need to go against some other programs to see where we are with the block.

"We will need to develop consistency over the course of the season. We have had some 'wow' plays in practice, which

is a good sign of what we can do. We have very good leadership; the work ethic is extremely high and the attitude from top to bottom is very positive with high levels of energy. We hope to get in a position to participate in the postseason. Should we get there, it could be a lot of fun."

## HOCKEY

Continued from page A8

its quest with the season opener on Friday, Aug. 25, at home against Freedom in conference action.

"We know to be the best you have to beat the best and we always

strive for that," said Sikorsky. "Our goal is to make it to those big games and find success in the conference and in districts. The girls are motivated and confident in their abilities individually and as a team. They have worked really hard this off season."

## TENNIS

Continued from page A10

level player," he said of Warsing. "She has a great attitude. She's a team leader. She's a role model. And she's humble. If you saw her around the team when she's not playing, you wouldn't know she's the No. 1 player."

Moving into the No. 2 singles position this season is junior Sophie Elijovich, who was undefeated at No. 3 doubles last season where. Sophia Petrocelli, the only senior in the Trojans' starting line up, moves into the No. 3 singles position after playing at No. 2 doubles last year.

Junior Arohi Vaze, who played at No. 3 doubles, joins classmate Kiera Miles at No. 2 doubles this year. Miles played at No. 4 doubles last season. Her teammate last season, junior Ali Silman, will play No. 3 doubles this year along with freshman Kiana Miles.

Sophomore Kate Gilchrist and junior Ri-

ley Zangari will play in the fourth doubles position this year.

The rest of this year's roster includes several players who will compete for time at alternates. They are junior Belle Mattson, senior Moriah Thomas, junior Sophie Mang, senior Vidhi Desai, junior Anika Vedantham, and freshman Ariana Tahir.

Parkland went 20-1 last season. The Trojans were 15-0 in the EPC before rolling through districts without losing a match. Warsing and Zolotareva won a District 11 doubles title last season and went on to finish third in the state. They gave the eventual state championship pairing from Methacton the closest match of anyone it came up against during the tournament as the Trojans fell 6-1, 3-4, 6-3 before that pairing won its state final by a 6-1, 6-2 score.

While last year's success won't be easy to repeat, the Trojans have the talent and depth to give it a shot again in 2023.



PRESS PHOTO BY NANCY SCHOLZ

Alexandria Warsing finished second in district singles and was part of a doubles team that won a district title and earned a state medal as a freshman last season.



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