

This year's fall sports season comes to an end

Nick Verzoloni
Reporter

The fall sports season is coming to a close, so let's recap the highlights so far.

Football- The Rams football team is coming off of a disappointing 1 and 9 season. The rams hired a new head coach Patrick Weider who was the wide receivers coach last season. They also hired Jeffery Lange and Chris Grube who are new offensive/defensive line coaches.

"I think we have improved in our commitment to the program. The kids seem to buy into what the coaching staff is teaching them," said Weider.

The rams started their season with tough loss to Waynesboro 53-7.

Then the Rams traveled to Hanover to take on the Night Hawks. They trailed 14-7 at halftime but then Hanover pulled away in the second half to beat the rams 35-7.

When week three came around, the rams picked up their first win of the season against York Tech with a score of 30-12.

The rams went on to lose three straight after the victory, Falling to York Suburban 35-0, West York 55-0, and Dover 34-14.

The rams were down 14-6 at the half against Dover.

Dover went on to score 20 straight points. The rams scored late with a touchdown by senior running back Josh Eaton.

The rams played their homecoming against Gettysburg. Gettysburg won 85-12.

"The main goal of the season was to win more football games. We are currently sitting at one win, although I feel like we should win a few more games the rest of the season. The other main goal was to get the players to buy into the program, and I think they have done this," said Weider.

Boys Soccer- The boys' soccer team came into the season looking to improve on a 4-10-2 record last year.

The rams lost four straight games after the win.

"Some of our goals for this season were to have a better record than last year and to make it to districts," stated sophomore striker Zachary Anderson, "although we didn't go to districts, our record improved."



Photo by: Jennifer Abbott

The girls varsity tennis team finished their season with a bang at the PIAA championship at the sweetest place on Earth, Hershey.

One of the highlights of the season came against Dover as the offense came alive with a 6-2 victory.

"Our main weakness as a team was the ability to score," said Anderson.

The rams took on Hanover and the offense had a strong showing again as they pulled out a 5-1 victory.

The season ended with five straight losses; the rams finished with a record of 3-14.

"Our strength this season was that we worked well together as a team. We also had good possessions and foot skills while on the ball," said Anderson.

Field Hockey- The field hockey team has had many strong seasons recently, and they were looking to continue that this season.

The rams had to play this season without last season's Division III co-player of the year Lyndsey Duty, who suffered a season ending knee injury last lacrosse season.

"Obviously, it was a challenge for us without her this season," coach Andrea Walton said. "We've been used to having her the past three years in the center of the field. Now we have Jordan

Miller, who has been an awesome player there, but that experience and the fact she was a big scorer for us is hard to replace."

The field hockey team had an up and down year. They lost eight starters to graduation and had a very young team this season they started eight underclassman.

They finished with a record of 9-9 overall and 6-2 in the division, and came up short against Littlestown in the final game of the season and missed the playoffs.

Girls Soccer- The girls' soccer team had a disappointing season finishing 0-13.

The rams were unable to get consistent play on offense and struggled to finish games.

The ram's best game of the season came against West York they battled the bulldogs but fell 2-0 in a close defensive battle.

The rams finished last in their division.

Volleyball- The girls' volleyball team finished with a record of 4-12 and seventh in the division.

The rams had an up and down season but struggled in division going 2-11.

The rams won in five close complete sets in a back and forth match.

Tennis- The tennis team had a history making season finishing with a record of 11-3 and going to districts.

The ram's depth hurt them at districts having just eight girls on the team.

Five of them qualified for the county singles tournament. Evan Boone finished fourth and Alyssa Miller finished third.

For the first time in school history, the Rams' doubles team captured a YAIAA title.

The duo of Alyssa Miller and Evan Boone beat York Suburban for the title.

"We had played some doubles together as freshmen. After she came back this year, it took about a week or two, and we started getting into a rhythm and really feeling comfortable playing together. We just work really well together and complement each other's games. I thought we had the potential to do this at the beginning of the year, and it was final our goal," stated Miller.

Miller and Boone finished second place at districts and will compete at states on October 31.

Record Homecoming loss

Austin Orr
Sports Editor

October 10 was a tough night for the Rams football team; on their Homecoming history was made—but not by them.

The Gettysburg Warriors took care of the Rams 85-12, setting records for 531 rushing yards in a game and points scored in one game.

The Warriors came into the game at 5-1, and the Rams were 1-5, trying to pull off a major upset on the night of their homecoming.

The Warriors started off with a run of 57 yards for a touchdown by running back Lane Sherman.

After the Rams' Kyle Wooldridge punted, the Warriors were at it again with Warriors' back up running back Nathan Sharrh making a touchdown run of 55 yards. The extra point made it 13-0 Gettysburg.

The Warriors scored once again, but the Rams put up a fight on the

next drive when quarterback Kyle Amrhein ran the ball in from ten yards out for a Rams touchdown. This touchdown cut the score to 20-6 Warriors at the end of the first quarter.

The Warriors would come back to score 37 straight points and would take a 57-6 lead.

With seconds remaining in the second quarter, wide receiver Jacob Keese of the Rams took a kick-off 90 yards for a touchdown, making the halftime score 57-12 Warriors.

"Jake never quits no matter the score, he works hard," said Rams head coach Patrick Weider of Keese's leadership.

Starting the third quarter, the Warriors would pick up right where they left off by going down and scoring a touchdown thanks to their running back Mitchell Hoffman who had a six yard run to complete the drive.

The score was now 64-12 in favor of the Warriors.

Weider said, "It didn't matter what the score was, you try as hard as you can and you play the game until the end."

The Warriors went into the fourth quarter with an unbelievable 71-12 lead.

But they weren't done there.

The fourth different running back to score for Gettysburg was Oakley Marsh, who took the ball 70 yards for a touchdown.

The fifth running back to score for Gettysburg was Edny Celius who scored with two minutes left in the game for the Warriors, after he took the ball 51 yards to the end zone to set the final score at 85-12.

Weider said after the game, "We could have done better. It's embarrassing to lose the way we did. We have three winnable games coming up, and I think we can win them all. This day will always live in the head of the players and will be used in future pep talks."

Cross country goes to Disney

Caitlin Salomon
News Editor

On October 8, 11 different runners from the cross-country team along with nine coaches and parents traveled to Orlando, Florida to go to the Walt Disney World Classic Invitational.

The group became interested in going about one year ago, with fundraising starting soon after.

Throughout the year, the attendees organized various fundraisers, such as selling food goods, including pit beef, pies for Thanksgiving, and pretzel sandwiches.

The group also sold flags and headbands, held a carwash, worked a cross-country sponsored soup stand at the 2013 Homecoming football game, and held a Halloween 5K race at the high school.

The fundraising proved beneficial for participants as the trip cost roughly 1,200 dollars for each person who attended.

"My parents and I were both very glad that we participated in the fundraising. I alone earned over 800 dollars, which covered well over half of the trip's cost,"

said junior Caitlin Salomon.

The cost of the trip included round-trip airfare, hotel accommodations at the All-Star Sports Resort, a Disney meal plan, entrance fees to all of Walt Disney World parks, and the participation fee for the race.

Although the time spent at the parks was enjoyable for all who attended, the day of the race proved to be the most important for students.

"The race impacted our overall schedule at the parks. I had to constantly keep hydrated and make sure I was eating smart," said junior Joshua Chamberlain.

In the days leading up to the race, the team felt fairly confident about racing, as the course was described as being mostly flat, easy to follow, and having only one hilly section.

Upon arriving, however, the runners found that the hot and humid conditions that included temperatures of over 90 degrees proved to be quite a challenge.

"As soon as we arrived



Photo by: Yolanda Salomon

The cross country team poses for a group picture after competing at the Walt Disney World Classic Invitational.

at the [ESPN Wide World of Sports] complex, it was scorching hot. I was worried about how well I would race," Chamberlain stated.

The flatness of the course helped the runners tremendously, though, as many of the courses they had previously raced in the season offered very challenging and demanding hills.

Both teams competed in the AA Varsity categories, with the girls racing first in the Jasmine race, followed by the boys in the Robin Hood race.

Salomon, sophomores Elizabeth Graham and Alyvia Simonds and sen-

ior Emily Livezey all participated in the race.

Salomon led the pack, earning third place overall with a time of 19:46.

"The race went well overall. I was excited to earn a trophy for myself and my team," Salomon stated.

Sophomores Donald 'Merle' Bernhard, Alexander Bullen, juniors Devin Awalt, Christopher Moore, Joshua Chamberlain, and senior Layne Graham comprised the boys' team.

Bernhard completed the course in a time of 18:39, earning fiftieth place and helping the team to earn sixteenth place overall.



Photo by: Yolanda Salomon

York Suburban's **Olivia Gettle** and junior **Madison Ferner** battle it out on October 7th at Suburban's course.

Another win for cross country

Lily Riale and Caitlin Salomon
Reporter and News Editor

The girls' cross-country team has achieved tremendous success this year in their meets. The team finished the season with a strong record of 19-1, with several sweeps throughout the season.

A sweep in a meet is when the top three finishers of the race are from the same team, thus prohibiting the other competing teams from winning the dual meet.

The team successfully swept the dual meets held at Fairfield, John Rudy Park, and at their home meet.

The team also managed to qualify for districts as a team, which means that they needed a record that had at least an equal number of wins and losses.

Along with this, the team's last dual meet, a 5k race held at York Suburban, occurred on October 7.

The cross country team faced West York, Susquehannock, and their biggest competitor: the undefeated York Suburban team.

Despite the girls' best efforts, Suburban won the meet with a score of 27-32, defeating all of the other teams.

However, the girls' record is undoubtedly impressive, as cross-country coach Jeffery Halterman stated, "A 19-1 season speaks for itself. The girls push each other in practice, which translates to success in meets."

Their success did not happen overnight, however, but through the large

amount of work and dedication.

"It all starts with summertime dedication. The team has the opportunity to run four days a week all summer long," stated Halterman, "also, many attended a cross country camp for a week in August in Potter County. This background preparation helps lead to success during the season."

These summer training sessions usually included a 30-60 minute run followed by strength training, such as an abs workout or push up and plank routine.

During practice, the runners frequented the back roads located near the school, many of which are hilly and allow runners to become used to tackling hills throughout their runs, a skill that is translated into their races.

Workouts also play a vital role in getting the girls in shape for their meets.

Halterman said, "Basically, workouts are a mixture of distance, tempo, and interval training. Interval training, I feel, can be the most effective."

Interval training is when a specific distance is repeated multiple times by runners, such as running a mile six times.

The most typical workout the team completed were 400 meter track intervals that were run an average of seven to eight times.

"[In preparation for meets] we do intervals on the track, tempo workouts, and long distance runs," said sophomore, and long distance runner Elizabeth Graham.

It takes about 80-100 seconds for the girls to complete each 400 meter interval.

Although the training is hard work for the girls, it certainly paid off for them throughout the season.

Cross-country coach Karen Graham certainly noticed the accomplishments made by the team as she stated, "The girls have really called upon their self-motivation, competitiveness, drive, teamwork, and hard work."

As with all sports and activities, the team still has room for improvement.

The team proved to be prepared and well-conditioned as they are competed again at counties on October 14 and at districts on October 22.

Both of these races allowed for the girls to show their potential and talent at both John Rudy Park in York and at Parkview Course in Hershey, which is located behind the Giant Center.

In both the county and district meets, senior Kayla White and juniors Madison Ferner and Caitlin Salomon earned medals for their accomplishments.

White was also named YAIAA athlete of the week.

The state meet will be held on November 1 in Hershey.