

Defender of the Week: Grace Wallis (Mount Saint Joseph Academy)

for games October 26 – November 1, 2015



Grace Wallis, sophomore midfielder from Mount Saint Joseph Academy, is our Defender of the Week. Led by Wallis, the Mount's defense held their opponents to 4 goals in 3 games in the highly competitive District One AAA playoffs last week.

The Mount entered the playoffs with a #11 ranking. Last week's game included two shut-out victories: a 2-0 win over #22 Avon Grove in Round One of Districts (10/26) and a 2-0 upset victory over #6 Downingtown West in Round Two (10/29). In the quarterfinals, the Mount dropped to #3 Central Bucks West 4-3. The game was a battle, and despite West's average goals against of .85, the

Mount was able to notch three goals on the unbeaten Bucks. Wallis was a key contributor on transition in addition to her defensive prowess.

Tina Reinprecht, Mount Head Coach shared: "In all 3 post-season games to date, Grace did a great job transitioning the team on attack. With poise, she is capitalizing on small cracks in defenses and creating quality pressure in the attacking circle with dangerous passing and shots on goal. Grace equally counter defended very well, slowing opposition fast break chances. Through the post-season, Grace has played with poise and strength throughout the midfield on both sides of the ball."

Wallis is a second-year starter for the Mount. The team wrapped up their season with a record of 14-8 and 9-3 in the competitive Catholic Academy League. Wallis recorded 24 points (8 goals and 8 assists) on the season.

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Student-Athletes of the Week: Bishop Shanahan players

Paige Plevyak, Emma Velez, Meghan Heary, Allison Dietl and Anna Dietl

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Five players from the Bishop Shanahan field hockey team were inducted into the Monsignor Schuyler Chapter of the National Honor Society last week. To be selected, Shanahan students must be in the top 10% of their class and be involved in service and extracurricular organizations. Paige Plevyah, Emma Velz, Meghan Heary, Allison Dietl and Anna Dietl have each demonstrated outstanding academic achievement, commitment to others, and strong interest in multiple activities and sports.

Paige Plevyak, a junior attacker and three-year member of the BSHS field hockey team (where she's led the team in scoring for two years) is also a stand-out track & field athlete. She's been on the team since her freshman year and has set school records for long jump and the 4x100 relay. Plevyak is also a member of WC Eagles FHC and a lifeguard at the Lionville YMCA. She has been a volunteer alter server for the past seven years at St. Basil the Great Parish; serves as a youth mentor for the Jump Start program, Side by Side; volunteers at Pete's Produce; and is a member of Community Service Corps club. Her favorite class? "I find Advanced Placement Language and Composition challenging but I have a great teacher, Ms. Belefonte, and enjoy the creativity of writing," shared Plevyak.

Emma Velez, a junior attacker and three-year varsity field hockey player, is the recipient of the Gunard-Berry Carlson Memorial Foundation Award and Scholarship. She plays club hockey with WC Eagles FHC and has made a college commitment to continue her field hockey career at the University of Delaware, a DI program in the CAA. Velez is a representative for the Community Service Corps and volunteers her time at Pete's Produce. Her favorite class? "Anatomy and Math. I love them both!" said Velez.

Meghan "Lucy" Heary, a senior and second-year varsity player, has made a commitment to York College, a DIII program. She is a member of Nook FHC. Heary is also involved with the Respect Life Club at Bishop Shanahan and volunteers with the Children's Liturgy at St. Elizabeth Church. Her favorite class? "Statistics, and Government and Law. I love them both and can't decide the favorite," noted Heary.

Allison Dietl, a junior and captain of the JV team, is involved in numerous programs at school including Spanish Club, Ambassadors, Ministry Team, and Respect Life club. She is also involved with the Community Service Corp and volunteers with Pete's Produce and at a nursing home. Dietl's favorite class is English Language Arts.

Anna Dietl, a senior defender and second-year varsity player, keeps busy at school with involvement in Y Disciple, Youth Group, Respect Life Club, and Ambassadors Club. She is also a member of the French Honor Society. Like the others, Dietl volunteers her time at Pete's Produce. She's also an avid volunteer at her school and church with activities "including serving food at homeless shelters, donating clothing to veterans, buying Christmas presents for those who cannot afford them, making blankets for children with cancer, and other similar services." Her favorite class? Dietl said: "my Sociology class through Immaculata University because we discuss topics and theories I can witness and apply in my life and the world around me."

Nancy Roselli, Shanahan's Head Coach added: "All of these players demonstrate a great dedication to their academic success as well as their success on the hockey field. They also take time to serve others through their volunteer activities. Their drive to achieve balanced success in their athletic, academic and spiritual lives is a blessing to our team."

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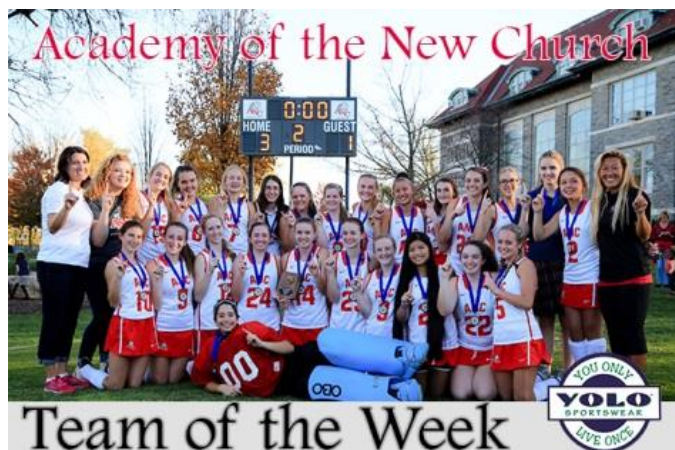


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Team of the WEEK: Academy of the New Church

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Our team of the week is Academy of the New Church, whose 9-0 league record (15-2-1 overall) doesn't do justice to their strengths as a program. ANC won the Friends League title last week – for the fourth consecutive year -- under Head Coach Whin Sylla Brown, who is assisted this season by Sarah Waelchli.

Sylla attributes her team's success to mental toughness, saying: "Our senior class has a strong mindset and are able to not let their emotions get in the way of their play. They get down to business and get the job done."

Coach Sylla continues: "Another key component is the love that they have for each other. They are extremely supportive, even during the difficult and frustrating games. They never yell at each other or bring each other down. Instead, they encourage, support and love each other."

This philosophy was captured by a quote the ANC team embraced this year: "Our Team, Our Dream." Sylla commented that the team's dream was to win the Friends League Championship four years in a row, and it took love and collaboration to accomplish this mission together. The team's sights are now set on a new mission: "getting as far as we can in the PAISAA Tournament." (beginning November 14)

It won't hurt that ANC has two players committed to college - Chelsea Duggan to the University of Pennsylvania and Kyla Rogers to Merrimack College. Coach Sylla said that these "two very strong and skilled players who have been playing club since they were in 5th grade... helped the team during our season."

But as we all know, it takes more than two players to build a successful program like ANC for four years and counting. The ANC roster includes: Kyla Rogers, Chelsea Duggan, Susan Scappatura, Aubrey Asplundh, Helen Bochneak, Brittany Gunther, Samantha Hill, Zia Cooper, Emily Cooper, Rachel Fink, Caitlin Irwin, Emma Reuter, Ellie Taylor, Isabella DeMaria, and Caroline O'Hagan. ANC's squad is rounded out by JV members Maggie McCabe, Rayna Synnesvedt, Anji Cooper, Maura Crotty, Faith Treacy, Lauren Ball, Fiona Hogan, Dara Rogers, and Waverly Wadsworth.

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Attacker of the Week: Anna Willocks (Saint Joseph's University)

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What a freshman year it's been for Saint Joseph University field hockey player, Anna Willocks! Last week, Willocks netted the opening goal and assisted on the game winner in the Hawks 3-2 win over Saint Francis to secure a spot in the Atlantic 10 Field Hockey Championship.

Willocks finished the regular season as the Atlantic 10 leader in goals and points, both overall and in conference play. She is also the nation's leading scorer among freshman in Division I. Willocks was also named the Atlantic 10 Field Hockey Rookie of the Week; the honor is the fourth weekly accolade for the native of Palmerston

North, New Zealand. She was named the league's Player of the Week last week for the second time; she was also honored with Player of the Week recognition on September 28 and Rookie of the Week laurels on October 12.

"Anna is a consistent contributor; she brings a contagious passion and competitive spirit to the turf," noted Saint Joseph's Head Coach, Lynn Farquhar. "She's a true team player that works extremely hard on the ball, off the ball and for her fellow Hawks."

Willocks will lead the third-seeded Hawks into their semifinal matchup with second-seeded Massachusetts on Friday, November 6, at 11:00 a.m. at Ellen Ryan Field.

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