MORRIS COUNTY GIRLS TEAM PREVIEWS

BOONTON

COACH: Bob Bongo (29th season)

TOP NEWCOMERS: Kelli Hesse-12, Stef Hesse-12, Allie Scucci-11, Alex

Matchett-11, Alicia Bailey-10, Madie Leva-10, Terese Whritenour-10,

TOP NEWCOMERS: Sandya Pierre-11, Jackie Dulaff-9, Gillian Owens-9,

Meghan reilly-9, Tori Row-9, Liz sayles-9,

COACH'S OUTLOK: ``Small senior group, but many newcomers. Hesse sisters, Matchett and Bailey will carry the team. Hope to cover the events."

BUTLER

COACH: Jude Guy (six seasons as head coach)

TOP RETURNERS: Alison Wedemeier, 11, hurdles, Melissa Mattson, 10, high jump/hurdles Alyssa Rosania, 11, throws, Mykalah Curry, 10, hurdles.

TOP NEWCOMERS: Kathryn Ianuzzi, 9, sprints/hurdles, and Stephanie Stretavski, 11, discus, sprints.

COACH'S OUTLOOK: "With no seniors and a very large group of freshmen, Butler is looking to continue rebuilding its team. Our strongest field by far is the hurdles."

CHATHAM

COACH: Julie Ullmeyer (3rd season)

Chatham has moved up to Group 3 and into the Larger Division (National) of the NJAC.

TOP RETURNERS: Seniors Rachel Prill (hurdles, 400), Clemency Neville (HJ), Tess Frenzel (distance), Jill LaMantia (throws), Alex Conforti (mid distance), Kim Pyhel (throws)

Juniors Colleen O'Neill (PV), Lia Ferrone (sprints), Alexandra Cote (sprints, hurdles), Liz Malatesta (sprints, hurdles)

Sophomores Sarah Prill (sprints, LJ, TJ), Laura Walsh (distance), Jianna Caronan (throws).

TOP NEWCOMERS: Junior Morgan Maltby (sprints, jumps) and Freshmen Rashida Haye (sprints, jumps), Amy Duren (distance), Laura Barber (sprints), Erin Tencic (mid distance)

DOVER

COACH: Wayne Valentine (started the program in 1972 and has coached for 50 years).

Here is what Valentine said about his team:

"This year's Tigerette team has 25 girls, most are returning from last year's team. Our top two athletes are seniors Erin Fox and Melissa DeHorta. Both are four year letter winners in XC and WT and each will get their 4th ST letter this year. Erin will be running at the Univ. of New Haven (CT) on a scholarship. Melissa will be moving to either Mexico or Texas and hopes to run (probably at a jr. college in Texas).

Fox's best event is the 800. She holds four winter track school records from the 400 through the 1000 and is within our school record in the 800 in spring, running 2:19 last spring. She is also on all of our distance relays from the 4x4 through the DM. She will also run the 400 and 400 hurdles this year.

Melissa's best event is the 3200, where she is the second hastest girl we've had. Her best time is just under 11:40 and her best 1600 time is just under 5:30. She is also on the same relays as Fox. We have sveral other distance runners who help in our relays. juniors Karina Ayala, Jen Caban and Khloe Aragon and sophomores Juliana Vasquez and Rebecca Inglis.

Our throws crew is led by three juniors, who are in the 30 ft. range Andrea Morales (also a decent BB player), Eileen Anderson and Julia Gomez (WT). They also compete in the discus.

Our sprinters are all young. The top ones should be returning sophomores Michelle Ogilvie and Kimya Wilkins and freshman Theresa Fuller. All the jumping events are a mystery this year. We'll see what happens."

HANOVER PARK

COACH: Bill DiMauro

TOP RETURNERS Emily Gibbons, 12, distance runner, Francesca Petracco, 10, distance runner (5:14 mile as a freshman), Alex Stavropoulos, 11, jumper – LJ, TJ, HJ, Meghan Maguire, 11, LJ, TJ, HJ, Allison Ross, 11, thrower, (winter – 5th state sectionals, 6th state group 1 in the shot), Alexa Perkins, 12 (Morris County indoor HJ champion), Maria Garcia, 10, distance runner (winter - 6th state sectionals 1600 and 3200 events). TOP NEWCOMERS: Gianna Parlavecchio, 10, sprinter, transfer athlete Danielle Monahan, 10, hurdler/jumper (6th place 55H indoor sectionals), Victoria Rusinak, 11, pole vaulted (winter season – 1st state sectionals, 2nd state group, 6th County Championships), Anna Chou, 11, thrower (winter season- 6th state sectionals in the shot).

COACH'S OUTLOOK: `Despite the loss of some very talented and accomplished seniors last year, the young team we have is looking forward

to a bright future. New athletes have already contributed during the Winter season and we hope to see the same kind of growth and accomplishments."

JEFFERSON

COACH: Brian Silipena (4 seasons as head coach)

TOP RETURNERS: Jasmine Amro- JR- 3200, Danielle Beniulis- JR- 100 200 100H TJ, Lindsay Brown- JR- 100 200 400, Imani Brown- JR- 100 200 TJ

Cameron Burke- SR- HJ, Katelyn Cannarozzi- SR- 400 TJ, Katie Hatler- SR - 100H, 100, 200, LJ, Amy Kaschak- SR- 3200, Hannah Scherlacher- SR- 800-1600, Brielle Shuster- SR- 100, 200, LJ, Gabriella Costantini- SR- JAV, Brandy Corsaro- SR- JAV

Ruby Pressl- SR- HJ, Disc, Caitlin Noonan- JR- Shot/ Discus, Carrie Wasdyke- SR- shot and discus.

Wasdyke won the shot out at the indoor Meet of Champions and Hatler won the 55 hurdles at the state indoor Group 2 meet.

TOP NEWCOMERS: Julia Murawinski, Ashley Stewart, Keith-Schadney Vialet, Madelyn McConnon.

COACH'S OUTLOOK: "We have a great mix of experienced athletes and young talent with very good work ethic. As a team we hope to compete for the Freedom division title."

KINNELON

COACH: Celeste Denman (6 seasons as head coach/26-4 record)

TOP RETURNERS: Niki Rodriguez, 12th, 3200, 1600, 800, Nicole Caci-12th, 800, 1600, 3200, Madison Galascio -10th PV, 100, 200, Cat Brown - 10th, HJ, LJ, 100, 200

Cariann Johnson - 110th, PV, 400, IM, 100, 200, Marissa Rehberger - 11th PV, 800

Brittney Boykas - 11th - 100, 200, Brooke Boykas - 11th, 200, 400 Erica Gray 12th LJ, TJ, Jaime Thorpe 12th 800, 400, Rebecca Sinski - 100, 200 HH

TOP NEWCOMERS: Sarah Elstien- 12th shot, disc, jav, Shannon Hanley, 10th discus

Kayle Pitts, 10th, shot, Julia Kleczkowski, 9th, 400, Taylor Chrisman, 9th - 200, 400

Emily Hausler, 11th, IM, 400, 800.

COACH'S OUTLOOK: ``This year's team is larger than ever before. With an abundance of freshmen and sophomores, the girls will continue to look to

improve their standing in the county and continue strong traditions in the 4x400 relay and IM relays. The Colts would like to make a run for the conference title again. Last year the Colts suffered their first 2 losses in three years. The girls are looking to reclaim a winning record.

MENDHAM

COACH: Roy Hamblen

TOP RETURNERS: Sprints and hurdles-Laura Papili, Cali Heffernan,

Liberty Mason-Sharma, Becky Flitcroft.

Sprints-Audrey O'Neill, Skye Tonnesen, Maggie Wadley.

Sprint and jumps-Courtney Foshay and Bonnie Brown.

Distance-Abby Seel, Mackenzie Barry (a 2 time Meet of Champions winner in the 3,200), Reagan Kolakowski.

Throws-Kayla Duggan and Rachel Powell.

TOP NEWCOMERS: Sierra Tonnesen (sprints), Margo Meden Bach)long sprints and 800), Julia Mszanski (pole vault), Faith DeMoss (TJ), Defne Sement (distances), Olivia Williams (sprints), Rayleen Hu (sprints), Katie Witosky (throws), Grace Tino (throws), Morgan O'Donnell (throws), Samantha Smith (throws), Ally Chapis (distances), Nicole Wuss (sprints). COPACH'S OUTLOOK: ``We should have a strong team and cover all of the events well. Hope to challenge for the NJAC and County Championships as well as the state sectional."

MONTVILLE

COACH: Mark Philhower

Here is what Philhower said about his team:

"Our girls team is a mix of solid upperclass performers and talented freshmen. Returning letter winners include Jenay Crispyn and Melissa Moghadam in the throws, Sarah Burnett, Kirsten Godau, Alocoque Morgan and Kaitlyn Sanzone in distance events, and Mellisa Kanoff, Jennica Leftin, Amanda Murolo, Kayla Riccelli, Maria Samara, Leanna Sauser and Jade Serratella in the sprints, and Stephen Maggio, Jenny Lake and Samantha Meyers in jumps and hurdles. Outstanding newcomers include a pair of sub-5:20 milers, Cassandra Harasts and Michelle Golowko, and multi-event athlete Leah Wis.

Special thanks to the Pequannock and Caldwell coaches and teams for their generous hospitality while our track is closed for the spring during installation of a turf football field."

MORRIS KNOLLS

COACH: Laura Sornberger (7th season)

TOP RETURNERS: Andrea Bush 12th, NJAC (3rd 400 Hurdles, 3rd 400) Morris County Champs (2nd IH, 4th 400) North 1 Group 4 (3rd IH, 4th 400, 4x4), Leanne Sweeny 11th, Morris County Championships-4th triple jump, North 1 Group 4-4th triple jump, Erin Bongo-North 1 Group 4 - 6th in javelin, Julia Strother 12th, IH, Brianna Reggiani 12th, 800-1600, Pricilla Ortiz 12th 800-3200, Alyssa Wardrop 11th, discus.

TOP NEWCOMERS: Ashley Binns 9th, sprints, Tymia Joseph 9th, sprints/jumps, Katie Gleeson 9th, sprints/jumps.

COACH'S OUTLOOK: "With a strong and enthusiastic junior and senior class at the helm, the Golden Eagles hope to build off of last year's spring season and remain competitive again this year in a brand new conference. A large and promising freshman class will keep this team's future bright."

MORRIS HILLS

COACH: Nastaran Whitson

TOP RETURNERS: Ailis Clyne, 12th - 400, 800, 1600m, Sam Jelonnek, 12th - 100m, 200m, Rhianna Follet, 10th - 200, 400, 800m, Ashleigh Thurston, 10th - 800, 400 IH, TJ, Jaimie Swenty, 10th - HJ, 400 IH, HH, COACH'S OUTLOOK: ``We had a series of unfortunate events happen this winter that impacted our spring season & keeps our trainer, Scott Ellis, on his toes: Krissa Polimeni (Sr), PV/800m, broke her foot in x-country & Ulana Thompson (Sr) 400 IH/ 800m, was in a car accident & came away with a torn miniscus. Last year they both ran on our winning 4x800m team that went to Millrose for the 1st time in school history & won the state Sectional Relay. Meagan Baird (Sr) & Alondra Diaz (So) (100/200) have been recovering from injuries and will soon be on the track. So, it's been an interesting start to our season, but everyone is doing well in their rehab programs. It also leaves the door wide open for our very young team to step up. Currently, we have close to 30 freshman, 17 sophomores, just over 10 juniors (most of which are throwers) and just 2 seniors cleared to compete. Most freshman have never before ran track, but I'm excited to work with them. I have a lot of teaching in my future, but I have a great (and also fairly new) coaching staff in Sandra Ostrowski, Janel (Cleffi) Jones and Nicole McMahon as well as the support of our trainer who has been helping us strengthen our team."

MORRISTOWN

COACH: Gordon Drewery (head coach since 201)

TOP RETURNERS: Seniors: Olivia Walker - Shot put, Discus

Sara Boysen - 1600, 3200, Caitlin O'Kane - 800, 1600, Clarice Bourland-

800, 1600, 3200, Amber Whitley -400, 800, Nicole Cote 400IH, 800

Charlotte Antoni HJ 200, 400, Trisha Paul 100HH, 400IH.

Juniors: Nicole Griffin 100, 200, 400, LJ, TJ, Sydney Webber 100,200

Elen O'Donnell 100 HH, 200, LJ, TJ, Sophia Kurdlanski 100, 100HH, 200

Paige Epstein 100, 200, 400, LJ, Tess Degginger 100, 200, TJ, LJ

Sarah Alaskar 200,400 PV, Rachel Polling mid-distance, Chrissy Coon 400,

200, Lauren Barone 1600, 3200, Julia Cipriani HJ, Beth Rentko 3200 1600.

Sophomores: Christine O'Kane 800, 1600, Emma Cary 1600, 3200

Julie Gomez 1600, Brooke Helstrom 100, 200, LJ, TJ, Uma Kantheti 400,

800, Sequoyah Arscott 100, 200, Emily Marks 400.

Freshmen-Jian Zabalerio PV 100, 200, Melissa Cote 800, 1600

Maggie Servais 800, 1600, Marissa Joel 100, 200 LJ, TJ

Kyla Nixon 100, 200, Lauren Procanik 100, 200, Jav, Dis

Olisha Walker SP, Dis, Andrea Hormaza SP, Dis, Jav

Fabiana Castaldo 100, 200, Sarah Bacharach 200, 400, Jerilyn Estrada

200,400, Jingtong Czhi 200, 400, Simone Ekstroem HH, 200

Kristie Falconer HH 1600, 800.

COACH'S OUTLOOK: ``I'm very excited to see how are team fares this season, because we are still young.

With a relatively young squad and a competitive conference, Morristown Colonials will be weighing heavily on seniors Bourland and Whitley to carry the team. There are a few surprises in the sprinters: juniors Paige Epstein and Tess Degginger and Sophomore Uma Kantheti have emerged, but the lady Colonials are loaded in the middle distance with Christine O'Kane, Nicole Cote, Emma Cary, Beth Rentko, and Sara Boysen. Tess Degginger and Nicole hold their own in the county in the LJ and TJ events. Olivia Walker has gotten stronger this season and hopefully she will throw in the high 30s to push the counties best."

MOUNTAIN LAKES

COACH: Sue Bessin (third season)

TOP RETURNERS: Colette Richter (Sr- 1600, 3200), Kristin Burnham (Sr-400), Brannagh Walker (Sr-mid-distance), Zoe Rankin (Sr-hurdles, javelin), Maddie DiGiovanni (Sr-hurdles), Juliana Balluffi-Fry (Sr- hj, pole vault),

Kim Chan (Jr-pole vault), Taylor Harrington (Sr-high jump) TOP NEWCOMERS: Jane Willke (Jr-mid-distance), Jean-Marie Van der Merwe (So-1600, 3200), Lola Zavras(Jr), Abby Morgis (jr), Jess Schicke (Jr-throws), Alexa Castellano (Fr-hurdles)

MOUNT OLIVE

COACH: Vanessa Benfatti (started in 2004)

TOP RETURNERS: National indoor triple jump champion Keturah Orji (Jumps/Sprints), Alicia Warren (Jumps/Sprints), Susie Nimoh (Sprints), Mikaela Poggi (Sprints), Mariah Christian (distance), Marissa Karl (distance), Sarah Masukewicz (distance), Alexis Pignataro (throws), Jessica Prevete (jumps/hurdles), Kellie Sagi (sprints/jumps/hurdles), Lindsay Schafer (distance), Sarah Wells (jumps/sprints/hurdles).

TOP NEWCOMERS: Alexandra Karle--an all state volleyball player, first time out for track---expect to see her in jumps/sprints, Frankie Pignataro---sprints/jumps/hurdles.

COACH'S OUTLOOK: "The team is coming off a very strong indoor season: 2nd in Counties and Sectional Champs. We won the Morris County Championship last Spring for the first time in Mt Olive History. I expect us to perform well this year by equaling or outperforming last year. Our distance team is stronger than last year (I mentioned only a few). We have some new additions that I think will make an impact right away. Keturah Orji is obviously a major contributor but we are working hard to give her a strong support base."

PARSIPPANY

COACH: Walt Bleuler

Here is what Bleuler said about his team:

"Undefeated season last year with a 7-0 record along with winning the NJAAC Meet .Key loses for the team were with Karen Lobaton, NIcole Lobaton, Sam Higinbotham, Niyah Lamar, and Nicole Herbst. This season we have many freshman and we are looking to rebuild the team. Team is lead by BriaSaunders in the sprints, Sam Pignatelli in distance, Jen Mylar and Gabby Rachmaciej in the hurdles and mid distance. The jumps are lead by Kelly Higinbotham, and throws will be with Donna Herbst and Krissy Tanella. New comers are Kristen Mayers, Allie Schlosser, Natalie Hall, Robin Barthelus, Kathryn Campbell, and Phoebe Nelson. Team is hoping to be above 500 with the new comers and the veterans."

PARSIPPANY HILLS

COACH: Bob Fulton (22 seasons)

TOP RETURNERS: Megan Crowley, 12, hurdles, high jump,

Ellen Miller, 12, mid distance, Dana Marxen, 12, throws, Catherine Chen, 11, sprints, hurdles, Alexis Serra, 11, hurdles, jumps, Kaitlyn Murphy, 10 sprints, Neha Zahid, 10, sprints, jumps, Gianna Pallis 10, sprints, hurdles, Meredith Giovanelli, 10, distance, Yesenia Padilla, 11, distance, Amanda Farkas, 10, distance,..

TOP NEWCOMERS: Tatianna Etienne, 9, sprints

COACH'S OUTLOOK: `To improve over last season."

PEQUANNOCK

COACH: Rick Mullins (1st year at Pequannock was 1984-has coached track since 1968).

TOP RETURNERS: Elena Borovskis (100, 200, 400, 400H and 800), Danielle Galloway (jav. and disc), Shaina Kassaleh (shot, disc), Julia Wehrer (400H, 400, 100H, TJ), Shannon Brown (1600, 800, jav.), Erin McGrogan (HJ, TJ, LJ, 100H), Marlo Wehrer (400H, 400, 100H, TJ, LJ), Alanna Van Wingerden (100, 100H, LJ, HJ), Carly Hausleben (400H, 400, 100H, 800) and Katie Gitin (disc, jav).

TOP NEWCOMERS: Catherine Wood (1600, 800), Taylor Carmicheal (100, 200, 400) and Jenn McGrogan (1600, 800, HJ, LJ, TJ).

COACH'S OUTLOOK: "We have a strong returning team with hopes of contending for both conference and North 1 Group 1 sectional titles.'

RANDOLPH

COACH: Len Pietrewicz (36 years as head coach)

TOP RETURNERS: Samantha Kral-(12)-100-200-400-HH-LJ, Lynn Petrella-(12)-100-200-400-LJ, Aliyah Huland El-(11)-HH-SP-TJ-LJ-HJ, Marianne Loeken-(11)-400-800-1600, Liz Wellman-(11)-400-800-1600, Katja Brackelmanns-(10)-HH-LH-400-TJ, Carole Harsch-(10)-800-1600-3200, Liz Lansing-(who won the 1,600 at the Meet of Champions last spring as a freshman)-400-800-1600-3200, Margaret Thomson-(9) 800-1600, Hanna Stepan-(9)-HH-LH-TJ-400, Keyanna Davenport-(11)-SP-DIS, Nicole Ough-(11)-SP-D-Jav., Nina Zammiello-(11)-SP-DIS-Jav TOP NEWCOMERS: Marisa Lansing-(10)-400-800-1600, Gillian McConnell-(9)-100-200-400, Nora May McSorley-(9)-400-800-1600, Elly

Scherer-(9)-100-200-HH, Esther Wellman-(9)-400-800-1600.

COACH'S OUTLOOK: ``Contend for the County Relays/County

Champs/State Sectionals."

ROXBURY

COACH: Laura Myers (2nd season)

What Myers said about her team:

"We are a very young team with only 6 seniors and 6 juniors, but our sophomore and freshman presence is numerous and promising. This year we added 2 new coaches to our staff. Brian Cooper is a first year track coach, but had a successful season coaching Swimming for Roxbury. His track experience lies in the pole vault and jumps area as he competed in both in high school. Although he wished to continue his track career in college, it did not fit into his rigorous schedule. We also added another coach with pole vault experience this year when we hired Allie Golden. Originally a pole vaulter, sprinter, and cross country athlete, Allie Golden computed for Morris Knolls during her high school career. We look forward to having new coaches who can add to our program and help us to target the event specific groups. "Four of our top 5 dual meet point scorers are returning this year, and the best part is, they are all only sophomores and juniors!"

TOP RETURNERS: Tiffany Larusso - sophomore - sprints/jumps, Olivia Viparina - sophomore - distance, Kat Ramage - sophomore - throws, Tara Liska - Junior - hurdles/jumps/pole vault, Nicolle Natali - junior - 400 hurdles/mid-distance, Maura Smith - Senior - hurdles, Taylor MacEwen - senior- mid-distance.

PROMISING FRESHMEN: Emily Silfies - hurdles/sprints, Niki Alford - hurdles/sprints, Deanna Grazianni - mid-distance

VILLA WALSH

COACH: Rick Synold (7th season as head coach) TOP RETURNERS:

Meg Curham (senior)-one of the top distance runners in the state, Grace Penders (soph) triple jump group champion 2012, Monica Benz (soph) 10'6 pole vault and 4"10 hj indoors, Grace McGurn (junior) javelin school record 107, Gabby West (senior), 100/200/400/relays, Tess Feury (junior), 400/800/Jav/triple jump, Kelly Larkin (junior) 400/800/relays COACH'S OUTLOOK: "Solid in the distance and sprints and growing in field area depth wise."

WEST MORRIS

COACH: Jay Herrigel (7th season)

TOP RETURNERS: Kylene Cochrane - 11th grade (400m, 800m, 1600m) 3rd Meet of Champions in 1600m with 4:53 (school record) - Also broke school record in the 800m with 2:14. Carli Thurber - 12th grade (Shot Put, Discus, Javelin), Katie Sabatino - 11th Grade (400H, 100H), Kelsey Foster -12th Grade (High Jump), Megan LaGueux - 12th Grade (High Jump, 100m, 200m, LJ), Lauren Toth - 12th Grade (400m, 800m), Kendall Ballotti - 11th Grade (High Jump, Long Jump), Kelsey Cronin - 11th Grade (High Jump, 100 H), Sam Miller - 11th Grade (1600m, 3200m), Brigitte Rec - 12th Grade (100 H, 400 H), Brielle Kelly - 11th Grade (Javelin, Discus), Taylor Brown -11th Grade (800m, 1600m), Charlotte Hauser - 11th Grade (Triple Jump, 400m), Alex Donaldson - 12th Grade (100m, 200m), Katrina Kolvek - 11th Grade (Shot Put, Discus), Sondra Iozzia - 12th Grade (100 H, 100m, 200m) Marlena Paz - 11th Grade (Pole Vault), Brennan Sharkey - 11th Grade (1600m and 3200m), Kendall Ballotti: 4th NJAC Conference Championships in High Jump, 3d Morris County Championships in High Jump, 5th State Sectional Championships in High Jump, 7th Group 3 Championships in High Jump (wildcard), and 24th Meet of Champions in the HJ.

TOP NEWCOMERS: "I have 105 girls on the team this year and have been busy sorting through the new talent. Look for Morgan and Kristina Lovenberg (twin freshmen sisters), Abby Rec (mid-distance/high jumping freshman), Christen Cooper (Shot and Discus Sophomore), and Sierra Castaneda (400m, 800m, 1600m Freshman). Many other girls show promise and I'm excited to see how the season unfolds."

COACH'S OUTLOOK: "I have high hopes for the season. We have many talented returning varsity athletes that I hope will compete with the best in the county. We have the largest girls team in the history of West Morris Central Track and Field. I'm hoping the upcoming talent can fill in the voids and make us a more well rounded team. So far the girls have had a d

WHIPPANY PARK

COACH: Brad Callahan (14th season)

TOP RETURNERS: Seniors- Dina Abdeljabbar, Jania Bibighaus, Ashley Granato, Caroline Park, Kelsey Potkay, Kelsey Rynearson.

Juniors Marissa Kowalskie, Dina Sheira.

Sophomores Kristin Alwell, Caroline Brennan, Kate Cantrell, Danielle Cozzarelli, Jessica Glomb, Christine Jones, Rose Nixon, Lauren Schanz, Joannie Schuman

TOP NEWCOMERS: 9th-Gina Dello Russo - jumps, 9th-Tania Bilanvich - hurdles, 9th-Nikolette Dunbar - throws, 9th -Gina Mellon -sprints, 10th-Kayla Miller - jumps, Kayla Wrigley throws, 11th-Julie Peterson throws COACH'S OUTOOK: ```The girls are working hard and coming together as a team. We are rebuilding this program with a large number of freshman and sophomores."