HANOVER HIGH SCHOOL ATHLETIC AWARDS 2022-2023



HOME OF THE HAWKS

Baseball:	Coach	K	evin	Mo	cGc	onie	ıle
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Record, Regular Season: 13-5

Captain: Gabe Knudsen, John McDonald, Jake Pelish League All Star: Cole Hendrickson, Gabe Knudsen,

John McDonald, Thomas Perkins

League Scholar-Athlete Award: Jake Pelish League Sportsmanship Award: James Solari

Patriot League MVP: Gabe Knudsen

All Scholastic: Gabe Knudsen – Patriot Ledger;

John McDonald – Patriot Ledger;

Jake Pelish – Patriot Ledger

Patriot League Champion - Fisher Division

MIAA Division 3 State Tournament – Round of 32

Basketball, Boys:Coach Nick Hannigan

Record, Regular Season: 13-7

Captain: Charlie Carroll, Jake Peterson, David Quinlan

League All Star: Charlie Carroll, Jake Peterson,

David Quinlan

League Scholar-Athlete Award: Teddy McCrann League Sportsmanship Award: Jacob Openshaw All Scholastic: Charlie Carroll – Patriot Ledger;

Jake Peterson – Patriot Ledger; David Quinlan – Patriot Ledger

Patriot League Team Sportsmanship Award MIAA Division 3 State Tournament – Round of 16 Basketball, Girls:Coach Brian Fisher

Record, Regular Season: 14-5

Captain: Mary Carven, Olivia Damon, Mary Kate Flynn

League All Star: Mary Carven, Olivia Damon,

Mary Kate Flynn

League Scholar-Athlete Award: Tess Madden
League Sportsmanship Award: Cam Bradford
All Scholastic: Mary Kate Flynn – Patriot Ledger
MIAA Division 3 State Tournament – Round of 32

Cheerleading:Coach Allison Galotti

Captain: Kelly Dailey, Meghan DeRice, Emma McInerney

League Scholar-Athlete Award: Meghan DeRice,

Norah Kelley

League Sportsmanship Award: Mischa DeVincent,

Izzy Latessa

Patriot League Champion - Fisher Division MSAA Division 3 South Sectional - Champion

Cross Country, Boys:.....Coach Andrew McLean

Record, Regular Season: 0-5

Captain: Jack Douglas

League Scholar-Athlete Award: Thomas Perkins League Sportsmanship Award: Jack Douglas

Cross Country, Girls:Coach Tim Brown

Record, Regular Season: 3-2

Captain: Jill Farrell, Mary Kate Flynn, Anna Mahoney

League All Star: Cam Bradford

League Scholar-Athlete Award: Jill Farrell

League Sportsmanship Award: Anna Mahoney

Patriot League MVP: Cam Bradford

All Scholastic: Cam Bradford – Patriot Ledger

Captain: Kylie Handrahan, Sophie Marshall-Pelayo League Scholar-Athlete Award: Riley McCormick League Sportsmanship Award: Emma Schlumper

Field Hockey:.....Coach Deb Bostwick

Record, Regular Season: 14 - 2 - 2

Captain: Sam Burke, Merri DeCoste, Ava Toglia

League All Star: Sam Burke, Merri DeCoste, McKenzie Foley, Katie Radzik, Ava Toglia,

MaryKate Vermette

League Scholar-Athlete Award: Sophie Marshall-Pelayo

League Sportsmanship Award: Emma Hammett

Patriot League MVP: Katie Radzik

All Scholastic: McKenzie Foley – Patriot Ledger;

Katie Radzik – Patriot Ledger; Ava Toglia – Patriot Ledger;

Marykate Vermette – Patriot Ledger

Patriot League Champion - Fisher Division

MIAA Division 3 State Tournament – Round of 16

Football:Coach Chris Landolfi **Record, Regular Season:** 7-2**Captain:** Shane Coleman, Joe Curran, Nick Freel, Ben Hickey, David Quinlan **League All Star:** Joe Curran, Nick Freel, Ben Hickey, David Quinlan, Ben Scalzi League Scholar-Athlete Award: Colin Killgoar League Sportsmanship Award: Shane Coleman All Scholastic: Joe Curran – Boston Globe, Boston Herald, Patriot Ledger; Nick Freel – Patriot Ledger; Ben Scalzi – Patriot Ledger **MIAA Division 3 State Tournament – Final Four** Golf:.....Coach John Doherty **Record, Regular Season:** 10-6Captain: Chris Doherty, Liam Monahan League All Star: Owen Barth, Ben Cataldo, Chris Doherty, Matt Reynolds League Scholar-Athlete Award: Liam Monahan League Sportsmanship Award: Ben Cataldo **All Scholastic:** Ben Cataldo – Patriot Ledger; Chris Doherty – Patriot Ledger Gymnastics:Coach Keriann Hart **Record, Regular Season:** 7-5Captain: Meaghan DeRice, Tia MacVarish, Holly Rossi, Morgan Sullivan **League All Star:** Jadyn Molloy – Bars, Natalie Frank - Floor **League Scholar-Athlete Award:** Natalie Frank

League Sportsmanship Award: Maddie Curtis **All Scholastic:** Natalie Frank – Patriot Ledger;

Jadyn Molloy – Patriot Ledger; Holly Rossi – Patriot Ledger

Hockey, BoysCoach Jon Abban **Record, Regular Season:** 7 - 10 - 3Captain: Ryan Coutts, Ben Lines, Liam Joy, Liam Monahan, Tyler Richards League All Star: Ben Lines, Liam Monahan, Tyler Richards **League Scholar-Athlete Award:** Ryan Coutts League Sportsmanship Award: Liam Monahan MIAA Division 3 State Tournament – Round of 16 **Hockey, Girls:** Coach Pam Manning **Record, Regular Season:** 7 - 11 - 1Captain: Sam Burke, Merri DeCoste, Sarah Long, Cailyn McCarthy League All Star: Merri DeCoste, Sarah Long, Sophie Schiller League Scholar-Athlete Award: Eva Kelliher League Sportsmanship Award: Cailyn McCarthy **All Scholastic:** Merri DeCoste – Patriot Ledger; Sarah Long – Patriot Ledger; Sophie Schiller – Patriot Ledger Boston Bruins/MIAA Sportsmanship Award: Cailyn **McCarthy Record, Regular Season:** 6-11Captain: Ben Hickey, Ronan Kearney, Colin Killgoar **League All Star:** Joe Curran, Ronan Kearney **League Scholar-Athlete Award:** Ryan Jones

League Sportsmanship Award: Jimmy Godin **All Scholastic:** Ronan Kearney – Patriot Ledger

MIAA Division 3 State Tournament – Round of 16

Lacrosse, Girls:Coach Marissa Nimeskern

Record, Regular Season: 10-6

Captain: Sam Burke, Ella Heyl, Anna Mahoney,

Cailyn McCarthy

League All Star: Sam Burke, Eva Kelliher, Anna Mahoney,

Ayla McDermod

League Scholar-Athlete Award: Eva Kelliher League Sportsmanship Award: Emma Dolan

All Scholastic: Eva Kelliher – Patriot Ledger;

Ayla McDermod – Patriot Ledger; Sophie Schiller – Patriot Ledger

MIAA Division 3 State Tournament - Round of 8

Record, Regular Season: 7-0

Captain: Christian Carlson, Griffin Gasdia, Ben Lines

League All Star: Cullen Burke, Christian Carlson,

Nick Freel, Griffin Gasdia, Luke Segalla, Jack Sullivan,

Seth Willoughby

League Scholar-Athlete Award: Griffin Gasdia

League Sportsmanship Award: Timothy Carlson

Patriot Rugby Conference MVP: Nick Freel

All Scholastic: Christian Carlson – Patriot Ledger;

Nick Freel – Patriot Ledger; Jack Sullivan – Patriot Ledger

Patriot Rugby Conference Champion

MIAA Division 2 State Tournament – Final Four

Soccer, Boys:Coach Steven Rodday

Record, Regular Season: 10-6-2

Captain: Bryan Bellerby, Ryan Coutts, Michael DeMayo,

AJ Leone, Tyler Richards

League All Star: Brian Bellerby, Dan Bevilacqua,

Ryan Butzbach, Ryan Coutts, Tyler Richards

League Scholar-Athlete Award: Andrew Keegan

League Sportsmanship Award: Michael DeMayo

All Scholastic: Dan Bevilacqua – Patriot Ledger;

Tyler Richards – Patriot Ledger

Patriot League Fisher Division Sportsmanship Award MIAA Division 3 State Tournament – Round of 8

Soccer, Girls:Coach Mary Cullity

Record, Regular Season: 14 - 3 - 1

Captain: Mary Carven, Cailyn McCarthy, Mia Pongratz

League All Star: Callie Baldwin, Mary Carven, Sophia Foley, Cailyn McCarthy, Mia Pongratz League Scholar-Athlete Award: Ava Curran

League Sportsmanship Award: Cate Migre

Patriot League MVP: Sophia Foley

All Scholastic: Sophia Foley – Boston Globe, Boston

Herald, Patriot Ledger; Mary Carven – Patriot Ledger;

Cailyn McCarthy – Patriot Ledger;

Mia Pongratz – Patriot Ledger

Patriot League Champion - Fisher Division

MIAA Division 3 State Tournament - Champion

Softball:	(2 O	ach	1	Ioe	\mathbf{N}	l essii	าล
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Record, Regular Season: 14-6

Captain: Kaelyn Chase, Erin Condon, McKenzie Foley

League All Star: Kate Baldinelli, Kaelyn Chase,

Erin Condon, McKenzie Foley, Abby Hanna, Noey Giardina

League Scholar-Athlete Award: Sydney Currie League Sportsmanship Award: Julia Sledziewski

Patriot League MVP: Kaelyn Chase

All Scholastic: Kaelyn Chase – Boston Globe, Boston Herald, Patriot Ledger; McKenzie Foley – Boston Herald,

Patriot Ledger; Abby Hanna – Patriot Ledger;

Noey Giardina – Patriot Ledger

Patriot League Champion - Fisher Division MIAA Division 3 State Tournament - Round of 32

Swimming & Diving, Boys:Coach Nikki Sheehan

Record, Regular Season: 4-3

League Scholar-Athlete Award: Dean Gomes Patriot League Team Sportsmanship Award

Swimming & Diving, Girls:.....Coach Barb Toohey

Record, Regular Season: 5-2

Captain: Mary Waters

League Scholar-Athlete Award: Claudia Richards

Record, Regular Season: 4-12Captain: Alex Fredette **League Scholar-Athlete Award:** Charlie Phillips League Sportsmanship Award: Alex Fredette MIAA Division 3 State Tournament – Round of 32 **Tennis, Girls:** Coach Peter Alvarenga **Record, Regular Season:** 4-12**Captain:** Hayden Daley, Paulina Leskow League All Star: Ellie Handrahan **League Scholar-Athlete Award:** Hayden Daley **League Sportsmanship Award:** Paulina Leskow MIAA Division 3 State Tournament – Round of 32 Track & Field, Boys Indoor:Coach Patty Nee **Record, Regular Season:** 0-5Captain: Michael DeMayo, Marvin Felix League All Star: Marvin Felix **League Scholar-Athlete Award:** Michael DeMayo League Sportsmanship Award: Ryan Jones Track & Field, Girls Indoor:Coach Patty Nee **Record, Regular Season:** 1-4**Captain:** Jillian Farrell, Anna Mahoney, Ayla McDermod League All Star: Sophia Foley, Hannah Geary, Natalie Mutschler League Scholar-Athlete Award: Katelyn Farrell **League Sportsmanship Award:** Anna Mahoney **All Scholastic:** Hannah Geary – Patriot Ledger;

Natalie Mutschler – Patriot Ledger

Track & Field, Boys Outdoor: Coach Peter Harrison

Record, Regular Season: 0-4

Captain: Michael DeMayo, Marvin Felix

League All Star: Michael DeMayo, Marvin Felix League Scholar-Athlete Award: Michael DeMayo

League Sportsmanship Award: Marvin Felix

All Scholastic: Michael DeMayo – Patriot Ledger;

Marvin Felix – Patriot Ledger

Patriot League Team Sportsmanship Award

Track & Field, Girls Outdoor:.....Coach Tim Brown

Record, Regular Season: 0-4

Captain: Jillian Farrell, Sarah Lynch, Cate Migre,

Natalie Mutschler

League All Star: Cam Bradford, Sophia Foley,

Natalie Mutschler

League Scholar-Athlete Award: Katelyn Farrell

League Sportsmanship Award: Olivia Curran

All Scholastic: Natalie Mutschler – Patriot Ledger

MIAA Division 5 State Champion, High Jump:

Natalie Mutschler

Volleyball:Coach Colleen Smith

Record, Regular Season: 3-17

Captain: Devin Benjamin, Bella Pineau

League All Star: Bella Pineau

League Scholar-Athlete Award: Kathryn Shields League Sportsmanship Award: Lauren Cusick

Wrestling:Coach Tim Brown

Record, Regular Season: 9-8

Captain: Angel Bonilla, Anthony Mann, John Ryan

League All Star: Angel Bonilla, Anthony Mann, John Ryan

League Scholar-Athlete Award: Griffin Gasdia League Sportsmanship Award: Jimmy Godin

Patriot League MVP: Anthony Mann

All Scholastic: Angel Bonilla – Patriot Ledger,

Anthony Mann – Patriot Ledger

MIAA Division 3 State Champion, 145: Anthony Mann

Athlete of the Year

The Hanover High School **Athlete of the Year** is an athlete that consistently performed at an elite level during the indicated sport/season. The play of this athlete was integral to the overall success of the team during that singular season. HHS Athletics is honored to recognize both a female and a male **Athlete of the Year**.

Candidates Female Athlete of the Year

Mary Kate Flynn – Basketball

Cam Bradford – Cross Country

Katie Radzik – Field Hockey

Eva Kelliher - Lacrosse

Sophia Foley – Soccer

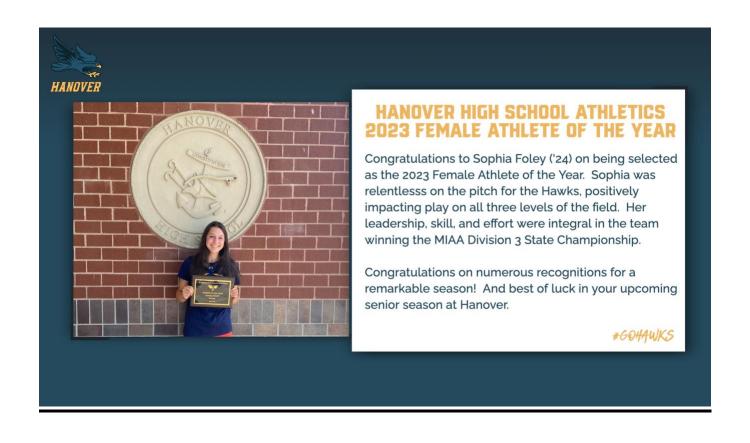
Kaelyn Chase – Softball

Ellie Handrahan – Tennis

Hannah Geary – Track & Field, Indoor

Natalie Mutschler – Track & Field, Outdoor

Congratulations to the 2023 Female Athlete of the Year, Sophia Foley.



<u>Candidates</u> <u>Male Athlete of the Year</u>

Gabe Knudsen – Baseball

David Quinlan – Basketball

Joe Curran – Football

Ronan Kearney – Lacrosse

Nick Freel – Rugby

Tyler Richards – Soccer

Marvin Felix – Track & Field, Outdoor

Anthony Mann – Wrestling

Congratulations to the 2023 Male Athlete of the Year, Anthony Mann.



Paragon Award

The word paragon can be defined as a model of excellence.

The **Paragon Award** is presented annually to a HHS senior that demonstrates excellence in academics, athletics, leadership, and character.

Paragon Award Recipients

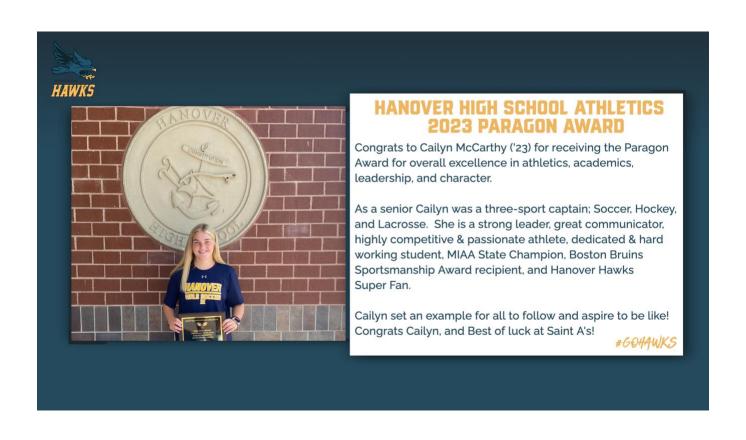
Michael McLeod – 2015, Kayla McMahon – 2016, Will DeBoer – 2017 Alyssa Wilcox – 2018, Sam Perkins – 2019, Sarah Gavin – 2020 Clare Connolly – 2021, Thao Lanagan - 2022

There are numerous student-athletes deserving of recognition for excellence in academics, athletics, leadership, and character; as well as commitment to our community.

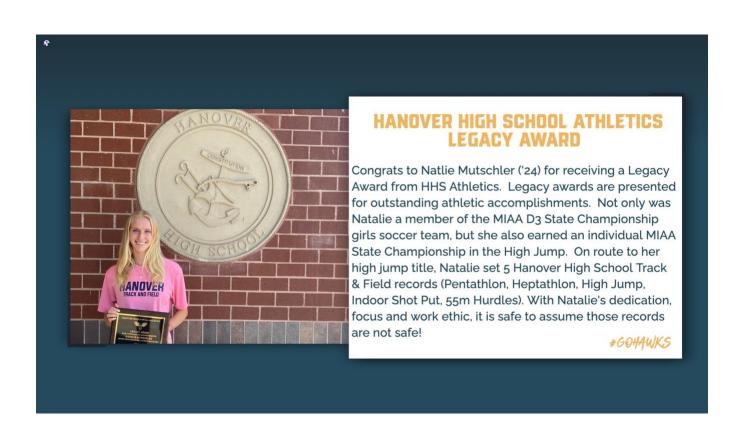
Candidates for the 2023 Paragon Award:

Sam Burke, Mary Carven, Ryan Coutts, Merri DeCoste, Michael DeMayo, Jillian Farrell, Anna Mahoney, Cailyn McCarthy, Liam Monahan

Congratulations to the 2023 Paragon Award recipient, Cailyn McCarthy.



Congratulations to the Legacy Award recipient, Natalie Mutschler.



Hanover High School Athletics reserves Legacy Awards for students, coaches, business partners, or community members that achieve outstanding accomplishments or demonstrate unparalleled support. Natalie is the third student in the past decade to receive a Legacy Award. Congratulations, Natalie!

The HHS Athletic Department would like to acknowledge the following Athletic Department staff:

Boston Globe

2022 Coach of the Year

Mary Cullity

Girls Soccer Head Coach

Massachusetts Secondary Schools
Athletic Directors Association

2022-2023 Athletic Director of the Year - District 9
Scott Hutchison
Hanover High School

The HHS Athletic Department would also like to acknowledge the following.

The HPS Administrative Team & HHS Faculty

Thank you for the continued support of our student-athletes.

The HPS Facilities Department & Hanover DPW

Thank you for the hard-work keeping our facilities in great condition.

The HHS Athletic Staff & HHS Athletic Trainer

Thank you for the commitment to providing the student-athletes of Hanover High School tremendous extracurricular opportunities.

The Families of HHS Student-Athletes

Thank you! Thank you for supporting extracurricular opportunities. These opportunities greatly enhance the student experience at HHS.

The HHS Athletic Department extends sincere appreciation to our local community partners.

AP Insurance Group, Inc.

720 Washington Street Suite 701, Hanover apinsgroup.com

DJ Meads Photography

184 Old Washington Street, Hanover djmeads.com

Elliott Physical Therapy

2053 Washington Street, Hanover elliottphysicaltherapy.com

Harmon Golf

168 Concord Street, Rockland harmongolf.com

McGee Toyota

880 Washington Street, Hanover mcgeetoyota.com

Richardson Insurance

205 Hanover Street, Hanover insurewithrichardson.com