

*HANOVER HIGH SCHOOL
ATHLETIC AWARDS
2022-2023*



*HOME OF THE
HAWKS*

Baseball:.....Coach Kevin McGonigle

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

Dance:.....Coach Jenn Rogerson

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 – 6

Captain: 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 – 5

Captain: 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 – 3

Captain: 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 – 1

Captain: 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

Lacrosse, Boys:.....Coach Shawn Tierney

Record, Regular Season: 6 – 11

Captain: 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

Rugby:Coach Andrew McLean

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:Coach Joe Messina

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

Tennis, Boys:Coach Anthony DeFranzo

Record, Regular Season: 4 – 12

Captain: 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 – 5

Captain: 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.



HANOVER HIGH SCHOOL ATHLETICS 2023 FEMALE ATHLETE OF THE YEAR

Congratulations to Sophia Foley ('24) on being selected as the 2023 Female Athlete of the Year. Sophia was relentless on the pitch for the Hawks, positively impacting play on all three levels of the field. Her leadership, skill, and effort were integral in the team winning the MIAA Division 3 State Championship.

Congratulations on numerous recognitions for a remarkable season! And best of luck in your upcoming senior season at Hanover.

#GOHAWKS

Candidates
Male Athlete of the Year

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.



HANOVER HIGH SCHOOL ATHLETICS 2023 MALE ATHLETE OF THE YEAR

Congratulations to Anthony Mann ('24) on being selected as the Male Athlete of the Year for 2023. Anthony, in back-to-back years, earned Hanover's first and second wrestling State Championships. With one high school season remaining, Anthony also has the opportunity to finish as Hanover's all time wins leader.

HHS Athletics looks forward to supporting your pursuit of excellence, and Hanover wrestling records, in your senior season!

#GOHAWKS

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 McMahan – 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.



HANOVER HIGH SCHOOL ATHLETICS 2023 PARAGON AWARD

Congrats to Cailyn McCarthy ('23) for receiving the Paragon Award for overall excellence in athletics, academics, leadership, and character.

As a senior Cailyn was a three-sport captain; Soccer, Hockey, and Lacrosse. She is a strong leader, great communicator, highly competitive & passionate athlete, dedicated & hard working student, MIAA State Champion, Boston Bruins Sportsmanship Award recipient, and Hanover Hawks Super Fan.

Cailyn set an example for all to follow and aspire to be like! Congrats Cailyn, and Best of luck at Saint A's!

#GOHAWKS

Congratulations to the Legacy Award recipient, Natalie Mutschler.



HANOVER HIGH SCHOOL ATHLETICS LEGACY AWARD

Congrats to Natlie Mutschler ('24) for receiving a Legacy Award from HHS Athletics. Legacy awards are presented for outstanding athletic accomplishments. Not only was Natalie a member of the MIAA D3 State Championship girls soccer team, but she also earned an individual MIAA State Championship in the High Jump. On route to her high jump title, Natalie set 5 Hanover High School Track & Field records (Pentathlon, Heptathlon, High Jump, Indoor Shot Put, 55m Hurdles). With Natalie's dedication, focus and work ethic, it is safe to assume those records are not safe!

#GOHAWKS

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