I hope the Sports Express Fall 2022 Edition finds you well. Spartan student athletes followed up an amazing 2021-22 year with another stellar effort to kick off the 2022-23 Spartan Athletics year. We are certainly proud of the manner of which all of our teams competed this past season which was highlighted with four Section III Championships.

HIGHLIGHTS FROM THE FALL 2022 SPORTS SEASON

GYMNASTICS  9th Consecutive Section III Title
GIRLS SWIM  Section III Champions
GIRLS CROSS COUNTRY  Tri-Valley League and Section III Champions
GIRLS TENNIS  Tri-Valley League Champions
BOYS SOCCER  Section III Finalist
GIRLS SOCCER  Tri-Valley League and Section III Champions, NYS Championship Runner-Up
SCHOLAR ATHLETE TEAMS  Congratulations to the boys soccer, girls soccer, field hockey, girls swim, boys cross country and girls cross country for being named scholar athlete teams.

As with any worthwhile program, there are key people behind the scenes that allow us to provide athletic competition as a part of the educational experience.

I would like to thank the board of education and administration for their continued support. I would also like to thank the transportation department as well as the buildings and grounds department for providing the support necessary for our athletic events to take place on a daily basis.

Most importantly, I would like to thank the student athletes and coaches for their hard work. Although hard work doesn’t guarantee success, it does give one the best chance to be successful! Parents, thank you for supporting your student athletes and Spartan Athletics.

Sincerely,

John W. Banek
Athletic Director
The New Hartford Spartans girls cross country team had yet another amazing season this fall. The team consisted of 41 runners, one of the largest teams yet. There were 14 freshmen, 13 sophomores, 6 juniors and 8 seniors. The girls won the Tri-Valley League championship title on Oct. 22, with a three-point win over Rome Free Academy. They then went on to compete in the sectional championship meet at Vernon Verona Sherrill High School on Nov. 5. Ten girls competed in this meet, including Kaitlyn Appler, Gabrielle Bashant, Tara Fobare, Alexandria French, Riley Heenan, Leah Hilton, Abigail Northrup, Gabriella Raspane, Julianna Vetter and Katharine Winter. The team won the Class B race, giving them a third consecutive section title. This section win was the biggest win of all three titles. The top seven runners then went on to compete at the New York State championship meet, where they placed eighth in the Class B race. They are looking forward to next year to see if they can continue their success.

THE TEAM
Abigail Achen
Caitlin Alt
Emily Alt
Kaitlyn Appler
Madeline Appler
Gabrielle Bashant
Ava Brazier
Jordyn Cole
MacKenzie Conover
Addison DelMedico
Jillian DePerno
Emma DeSanctis
Kaleigh Durso
Avery English
Tara Fobare
Alexandria French
Julie French
Gwenyth Galliher
Sarah Garaabrant
Riley Heenan
Leah Hilton
Felicia Huang
Mathea Kostic
Ava LaBella
Mia LaBella
Meredith Lott
Caitlin Monahan
Abigail Northrup
Maya Padmanabhan
Luna Pauley
Gabriella Raspane
Sophia Scapar
Isabel Silva
Arika Suits
Gabriella Trunfio
Alexandria Usyk
Sofia Velletto
Isabella Verdejo
Julianna Vetter
Sydney Walker
Katharine Winter

HEAD COACH
Andrea Carney

A W A R D S
MOST IMPROVED RUNNER - Emma DeSanctis
UNSUNG HERO - Tara Fobare
HEART AND HUSTLE - Riley Heenan
MOST VALUABLE PLAYER - Leah Hilton
The 2022 boys varsity cross country team continued to improve on last year’s best performances, both as individuals and as a team, by taking home their first Tri-Valley League title since 2015. The highlight of the season came at the league championship invitational meet, where the boys captured the overall title, propelling them to overall league champions.

Going into the sectional meet, the boys were ranked neck-and-neck with Jamesville-Dewitt for the sectional title, but came up just four points short on the course that day. The sting of the loss did not negate the outstanding performances from the sectional scoring squad of Henry Daley, Troy Luley, Jordan Palmer, Jameson Stockwell and Joey Talerico. Daley ran well enough to secure his first ever appearance at the state championship meet to close out his senior season.

Looking ahead to the future, the team returns eight of its top ten runners next year. With the youth and improvement shown over the course of this season, the Spartans look to build and become Section Ill champions in 2023!

**THE TEAM**

Zachary Achen  
Samuel Beaton  
Nicholas Bennett  
Dennis Blom  
Salaheddine Bourhim  
Nicholas Brych  
Vishal Budhu  
Evan Burke  
Elijah Campbell  
Cutler Cristiano  
David Daley  
Henry Daley  
Jake Dembrow  
Emmanuel Derima  
Ramiro DeTraglia  
Brody Edkins  
Ian Evans  
Anthony Falvo  
Isaac Gruneich  
Jack Jones  
Adem Kapo  
Adin Kapo  
Sawyer Kramer  
Jack LeMura  
Joshua Leo  
Troy Luley  
Caleb Massoud  
Nicholas Massoud  
Kimani Mbugua  
Deklan McCarthy  
Karim Mosaad Abdelwahed  
Hassan Mousad Abdelwahed  
Michael Niebuhr  
Liam Noonan  
Benjamin North  
Jordan Palmer  
Aleksandar Pejic  
Jake Rockford  
Caleb Scerbo  
Joseph Talarico  
Jon Wassel  
Nehmeh Wassel  
Walker Williams

**HEAD COACH**

Mike Brych

**AWARDS**

**MOST IMPROVED RUNNER** - Jordan Palmer  
**UNSUNG HERO** - Troy Luley  
**HEART AND HUSTLE** - Isaac Gruneich  
**MOST VALUABLE PLAYER** - Henry Daley
This season, the tradition continued as New Hartford varsity gymnastics had an undefeated ninth season. New Hartford’s 13 varsity athletes also defended the Section III team title for the ninth consecutive season. It was a total team effort that included seven first time varsity athletes.

**AT SECTIONALS THIS YEAR:**
- Jayla Jordan - Won vault
- Grayson Gall - Won uneven bars, balance beam, floor and the all-around

**QUALIFYING TO HS STATES:**
- Grayson Gall - In the all-around
- Madison Scranton - In the all-around
- Jayla Jordan - On vault, bars and floor
- Gabby Dietz - On beam

Thank you so very much to the athletic department for all of their effort and support to ensure the team had everything it needed to accomplish its goals. The team would also like to thank the transportation department for working tirelessly to provide a driver for practice every day. The team understands this was no easy task this year and appreciates all of their hard work.

**THE TEAM**
- Alessandra D’Apice
- Gabrielle Dietz
- Grayson Gall
- Jayla Jordan
- Emma MacDiamid
- Hailey Mahardy
- Julia Makuszek
- Gia Manzo
- Brianna Merrill
- Madison Scranton
- Morgan Sica
- Myleigh VonDauber
- Sophia West

**HEAD COACH**
Danielle Cerminaro
The New Hartford varsity field hockey team had a record of 11-6-1 this season and finished second in Class B, advancing to the finals against Holland Patent for the second year in a row. The team put up a tough fight against the Golden Knights and lost 0-1. Compared to last year, losing 0-6 in the finals, it was a big accomplishment.

The team finished third in the Tri-Valley League and first in the Tri-Valley Colonial Division. They had a lot of growth this season, not just as a team, but every single athlete grew in the sport and as an individual.

Senior goaltender, Emilee Clarey, broke a record of 500 career saves and ended her varsity career with more than 525 saves. Clarey also made the 2022 New York State All-Star and Field Hockey All-Star lists.

Unfortunately, the team will say goodbye to 13 amazing seniors this season, but they are so excited for the future growth of the program in years to come.
Girls Varsity CHEERLEADING

This football season, the cheerleading team focused on new choreography and stunting skills. The pep rally was certainly a highlight. Thank you to the senior football players and everyone who participated. Congratulations to the team’s award recipients!

THE TEAM
Taisha Acevedo
Bridget Bennett
Samarah Gonzalez
Asiyah Hunter
Janaya Joseph
Allison Kovacs
Melody Marrero
Aisha Mawier
Jalissa Sardina
Sara Saville
Ella Thompson
Sara Winn

HEAD COACH
Betsy Sinisgalli

AWARDS
MVP - Asiyah Hunter
MIP - Aisha Mawier
UNSGUNG HERO - Taisha Acevedo
HEART AND HUSTLE - Janaya Joseph
This was an exciting season for the Spartans football program. The varsity team competed in a very competitive Class A division. The team finished with a record of 6-4 and earned a home playoff victory against Corcoran in front of a tremendous crowd at Don Edick Field. The season ended in the sectional semi-finals against first-seeded Fayetteville-Manlius.

Season highlights included victories over Rome Free Academy, East Syracuse Minoa, Watertown, Carthage, Auburn and Corcoran. The team finished the season as a Class A honorable-mention in the state rankings. The team was also fortunate enough to celebrate homecoming with a great pep rally during the school day that included other fall athletes and classmates.

The JV and modified programs were both 6-1 and the future is bright for the Spartan football program. The team wishes the seniors all the best as they move on to the next chapter and is excited to work hard toward a successful 2023 fall season. Go Spartans!

AWARDS

OFFENSIVE MVP - Alex Collver
DEFENSIVE MVP - Wilkenson Joseph
LEADERSHIP - Logan Banek
UNSUNG HERO - Cole Raux
HEART AND HUSTLE - Thomas Vitagliano
BOB JONES AWARD - Ethan Daley
DON EDICK AWARD - Nicolas Perrotta
NATIONAL FOOTBALL FOUNDATION SCHOLAR ATHLETE - Dominic Ambrose

THE TEAM
Dominic Ambrose
Logan Banek
Taylor Barady
Anthony Barres
Patrick Barres
Nicholas Broccoli
Joseph Calabrese
Michael Carone
Logan Clarey
Alex Collver
Daniel D’Accurzio
John D’Accurzio
Ethan Daley
Luke Dischiavo
Rowan Gall
Michael Graziano
Jacob Halpin
Mikeal Hawkins
Wilkenson Joseph
Dylan Lien
Jahvontay McCorkle
Zachary Pazik
Jeremy Pearlman
Nicolas Perrotta
Cole Raux
Mateo Ripa
Angelo Santomassino
Jayden Schiavi
Casey Service
Jarrett Sherman
Garrett Smith
Talon Smith
Gabriel Spatto
Santino Viola
Thomas Vitagliano
John Vitullo, Jr.
Michael Waters
Salvatore Weller
Alex Zayas

HEAD COACH
Jim Kramer

ASST. COACHES
Keith Kempney
John Hurteau
Ted Swavely
Brad Davis
The New Hartford girls soccer team’s 2022 season resulted in their fifth consecutive Tri-Valley League title and second consecutive sectional and regional titles. The team reached the NYSPHSSA state championship game, where they fell to Section I Albertus Magnus. The Spartans finished the season with a record of 21-1-1. After this season, the team is tied for the second-longest unbeaten streak in New York State girls soccer history, with 59 consecutive games unbeaten.

Under the leadership of senior captains Biddie Clive and Talia Vitullo, the New Hartford team scored an impressive total of 110 goals throughout the season, while conceding just seven. The Spartans shut out their opponents 17 times this season.

The team will miss the intensity and competitive drive of this year’s seniors Brigid Clive, Savannah Cole, Meghan Kolb, Willa Pratt, Anna Rayhill, Mia Roberts, Talia Vitullo and Alexandra Volo.

The Spartans are thankful to all who made this season possible, including Athletic Director John Banek, Athletic Trainer Spencer Strife, the New Hartford Central School District, team parents, the New Hartford Soccer Boosters and all members of the community that came out to support the team.

AWARDS

HEART AND HUSTLE - Brigid Clive
MVP - Willa Pratt
MIP - Kacey Richards & Sophia Vitullo
UNSUNG HERO & FALVO SOCCER AWARD - Talia Vitullo
This season was filled with energy, hard work and determination. It was a great group of young men determined to improve upon their own personal skills and support each other through the highs and lows of a season designed to challenge. Through all of the hard work and challenges, the team maintained a positive attitude and found the strength to overcome this season’s hurdles.

This group of athletes set high expectations for themselves and worked hard to find success. We ended the season with a Tri-Valley League record of 9-2. The team found a great deal of satisfaction and pride in winning games against Central Square and many others in the Tri-Valley League. The season came to a close in the sectional finals against Christian Brothers Academy. The team played hard and left nothing on the field, but still came up a bit short. The Spartans finished with a record of 12-6-1.

Captains Ashton Giambrone (sophomore), Chase Giambrone (senior) and Keegan McDermott (senior) helped to keep the team focused and lead them to a successful year. The 2022 team was supported by seniors Anthony D’Amore, Callahan McIntosh, Chris Selvarajah, Jeremy Selvarajah and Arda Sencicek, all of whom will be missed next season.

Rounding out the end of the season, Ashton and Chase Giambrone and Keegan McDermott were selected as Tri-Valley League First-Team All-Stars. Tri-Valley League Divisional Honorees were Pepe Aragon, Brendan Krol and Michael Linder. Congratulations to this group of talented and dedicated young men on all they accomplished and for proudly representing the New Hartford Spartans.
The varsity girls swimming and diving team had a very successful fall season for 2022. The team finished the regular season undefeated with a record of 8-0. In the post season, the girls captured their first Section III Class B title in a few years with a dominant performance, winning by more than 130 points. The team went on to capture the team title at the state qualifier meet for the first time since 2005.

Overall, it was a dream season for the team with some amazing individual performances. Kaitlyn Lester (junior) broke two school records in the 100 freestyle and the 100 backstroke, and went on to finish fifth in the 100 freestyle and 17th in the 100 backstroke at the state championship. Dana Hans (junior) also swam individually at the state championship meet in the 500 freestyle and finished 15th in the entire state.

The team had two relay groups qualify for the state meet for the first time since 2010. The medley relay team of Dana Hans, Lily Mulchy, Kaitlyn Lester and Rhianna Lynch finished 26th and the 400 freestyle relay team of Dana Hans, Abigail Jaros, Rhianna Lynch and Kaitlyn Lester finished 21st. The team had several other individual girls do extremely well at the Section III championship, including individual winners Dana Hans (500 freestyle), Abigail Jaros (200 freestyle), Katie Lester (100 freestyle and 100 backstroke) and both the 200 medley and 400 free relay groups won sectional championships.

The team will miss a great group of nine seniors next year, but wish them all the best in their future.
The tennis courts have a new sign and some additional decor this year, but what happened on those courts is even more impressive! Sixteen student athletes came together, some who have played for years and others brand new to the sport. They played with heart and earned themselves a 10-1 record, winning the Tri-Valley League championship. As a team, they worked their way into the semifinals of team sectionals, where they truly pushed their abilities to the limit.

In individual sections, all singles players (Sophia Burynski, Victoria Cioni and Nina Paciello) and two doubles teams (Lily Goodemote, Emma Mihajlovic, Anna Nigro, Hana Sabanovic) participated in individual sectionals. Burynski went on to become the Section III Division II champion and the doubles team of Goodemote and Sabanovic played in the finals. From there, Burynski, Cioni, Goodemote and Sabanovic participated in the state qualifier tournament with the best of the best from Section III.

Throughout the season, these student athletes formed bonds and created memories that they will carry with them for the rest of their lives; storming the court after the last singles win, securing the Tri-Valley League championship, stepping up to play positions they don’t normally play to get the team win and the matching ribbons worn and collected on their bags for every match. The team wishes its seniors an abundance of success in their future endeavors. Congratulations to all of the players on an amazing ending to the fall season.

THE TEAM  
Samantha Ayala  
Julia Battaglia  
Leah Brennan  
Sophia Burynski  
Victoria Cioni  
Anna Curry  
Aasana Gautam  
Lily Goodemote  
Scherezade Haider  
Emma Mihajlovic  
Anna Nigro  
Rebecca Ortiz  
Nina Paciello  
Katelynn Phelps  
Hana Sabanovic  
Lauren Schilling  
Sarah Win

HEAD COACH  
Melissa Curtis

ASST. COACH  
Chuck Rogan

AWARDS

HEART AND HUSTLE - Lily Goodemote & Hana Sabanovic
UNSUNG HERO - Victoria Cioni
MVP - Sophia Burynski
MIP - Emma Mihajlovic
CHARLES ZBYTNIEWSKI MEMORIAL AWARD - Nina Paciello