#  WINTER ARTICLES

# Hamilton-Wenham Athletics Director Craig Genualdo looks back at winter seasonback at winter seasonBy Dom Nicastro Correspondent, *HW Chronicle*Friday, Mar 24, 2017 at 2:34 PMHamilton-Wenham’s athletics director is equally excited about one of his winter team’s no-win seasons as he is about the Generals team that went to the North finals in the postseason.It’s not as if Craig Genualdo doesn’t think winning is important, especially on the varsity level.It is, he said.The players want to win, the coaches do, and it’s good for confidence and naturally serves as a way to prove hard work pays dividends.

But when the school’s athletics chief caught up with the HW Chronicle for a “state of the state” conversation, he gloated about the boys hockey team (0-18-2) as much as he did the girls basketball team (Division 2 North runner-up, 15-9).

“We’ve talked many times about how we define success,” Genualdo said. “A lot goes into it. I’d be naive to say we’re not trying to win games. And it’s a reward for these teams. We’ve had so many teams winning each season, and different teams each season. That’s the most exciting part.”

The boys hockey team made its varsity debut after many years off because of low participation numbers. It returned as a junior varsity program last season after a few years of sending Hamilton-Wenham players over to Salem in a cooperative program.

Robert Ryan, coach for the Generals, guided his team this season with modest goals. Get better each period. Don’t allow early leads. Be the first to score.

His boss, Genualdo, was genuinely impressed. This team is here to say, Genualdo said, and showed drastic improvement from game to game.

“The hockey team wins and losses wise would not be considered successful, but they’ve finished a varsity season and have 19 kids without a single senior and four juniors,” Genualdo said. “Some of the scores in the beginning really weren’t pretty, but there was a 10 to 12 game stretch we’re all the games were close. And if you look at the first and second periods, they were in one-goal games and were even tied in some cases.”

Genualdo spotlighted the Generals’ efforts against Swampscott, which had an historic season by winning 17 games, the Northeastern Conference South and drawing the No. 1 seed in Division 3 North.

Hamilton-Wenham lost to Swampscott twice, 2-1 and 4-0. If that’s not a sign of potential, nothing is, right?

“When you don’t have seniors, you don’t win those games,” Genualdo said. “They will get there. Swampscott -- that was a tightly-contested game. They may have overlooked us. In the second game (4-1), they weren’t overlooking us. Coach Robert Ryan has done a really great job with this team, and they showed a lot of progress.”

Genualdo said the elementary schools look healthy for hockey participation, and he’s hoping interest grows enough to create a junior varsity team.

“For the young kids on varsity, it’s hard to get them on the ice because they might be overmatched,” Genualdo said. “It’s important to find these kids ice time, and we’re looking at that very closely.”

Speaking of the girls basketball team, Genualdo said he was super impressed the team went from 2-18 this year to playing for a North championship in the ever-so-tough Eastern Mass. Division 2 bracket.

“They took their lumps but learned how it was to win,” he said. “It shapes you for the future, even beyond high school.”

Overall, Genualdo said numbers looked good for winter, and early registration for spring looks good, too. There are no significant gains or dropoffs.

Best news about the spring? All the coaches are intact.

“I’m super psyched about the spring,” Genualdo said. “The coaches are back. It’s a huge part of keeping a program healthy. Sometimes younger coaches move on because of job opportunities or family, but we’ve been able to keep those talented coaches around. They’re the leaders of the program.”

#

# Hamilton-Wenham swim team takes third in CAL meetFriday, Mar 24, 2017 at 2:35 PM|By Dom Nicastro Correspondent, HW Chronicle

# The Hamilton-Wenham Regional High School co-ed swimming team finished this season 3-3 and in third place at the Cape Ann League championship meet.

Despite the .500 record, it was anything but a mediocre season. There were terrific individual performances, some competitive team swimming in a challenging division and a great accomplishment doled out by other league coaches to cap the season.

The team won the Cape Ann League Sportsmanship Award, given each year to the team that demonstrates class, good sportsmanship and general goodwill for competitors and one another.

That may have been the biggest victory of all, said Hamilton-Wenham captain Olivia Horgan said.

She and fellow captain Chris Li worked hard to make sure their teammates were encouraging and energetic in and out of the pool all season.

“One thing Chris and I tried to do was to encourage and cheer on everybody during meets,” Horgan said. “It’s really discouraging seeing everybody on the bleachers when you’re swimming. We would make them get up and cheer.”

Horgan said she saw herself and Li as additional coaches. Make sure the team warms up properly. Make sure everyone is ready to do and in the right place.

“We would always get the team set up for warmups,” Horgan said. “You really have to be another coach. There are so many kids in the pool area. We need to function as coaches so it all works out.”

As for the sportsmanship award, the Generals did not win it the last couple years, breaking a string of several consecutive years as the winner.

“Chris and I really wanted to win that sportsmanship award back,” Horgan said. “That was one of jobs. We were going to be the ones that won it. It was a real team effort, especially with such a big team.”

# 2016-17 Salem News Winter Sports Coaches of the Year

# GIRLS BASKETBALLJON DeMARCOHamilton-WenhamIn his first two years as head coach at Hamilton-Wenham, Jon DeMarco’s qualified for the state tournament and reached the Division 2 North semifinals in his second year. The Generals won just two games his third season, however, before narrowly missing the state tournament in his fourth.Year No. 5 was the best yet for DeMarco and the Generals, who made it back to the playoffs and reached the Division 2 North final for the first time since 1983. The Generals’ 15 victories was the second-most under DeMarco, who is 55-51 in his five seasons at Hamilton-Wenham.“We had a hard-working and resilient group of players,” said DeMarco. “They were selfless and always willing to put the team first.”DeMarco thanked his assistant coaches, Rich DeMarco, Dan DeCristoforo and Paul Norton, as well as his wife, Amy, and Hamilton-Wenham athletic director Craig Genualdo, the players, and the parents of the program. He serves as the Dean of Students at Weymouth High School and lives in Saugus with his wife and their son, J.J.

# 2016-17 Salem News Girls Basketball All-StarsCATE BLATCHFORDHamilton-Wenham Senior – GuardWas the Generals' leading scorer with 9.9 points per game . . . Helped Hamilton-Wenham to its first sectional final appearance since 1983 . . . Had a team-high 65 assists in 24 games . . . Her 34 three-pointers were good for third most in the area . . . Finished with 16 points, five rebounds, four assists, and three steals in the Generals' win over Watertown in the Division 2 North quarterfinals . . . Hopes to play basketball in college.ELIZABETH KIRSCHNERHamilton-Wenham Senior – GuardHelped the Generals to their first Division 2 North final since 1983 . . . Averaged eight points, six rebounds, three assists and two steals per game . . . Had 17 points and 10 rebounds in the Hamilton-Wenham's loss to Arlington Catholic in the Division 2 North final . . . Was a Salem News all-star in girls soccer . . . Plans on majoring in computer science in college . . . Considers the New England Patriots to be her biggest athletic influence.

# CECILY SZADYHamilton-Wenham Junior – CenterAveraged 5.3 points and was Hamilton-Wenham's leading rebounder with 11 rebounds per game . . . Helped the Generals to their first sectional final since 1983 . . . Had 17 rebounds in the Generals' win over Watertown in the Division 2 North quarterfinals . . . Has a 4.0 grade point average and plans to major in an area in relation to math and science in college . . . Considers her mom to be her biggest athletic influence.

# 2016-17 Salem News boys basketball all-stars NICK DiMARINOHamilton-Wenham Senior  - Guard/ForwardTeam captain earned Cape Ann League Baker Division Player of the Year honors after averaging 10 points, 4 rebounds, 3 assists and 2 steals per game ... Scored a season-high 19 points in a win over North Reading ... Versatile athlete who was also a stout defender for strong Generals' team ... Helped guide H-W to another CAL title and an appearance in Division 4 North sectionals ... Carries a 3.25 GPA and hopes to play basketball at the collegiate level ... Credits his older brother Paul as his role model for paving the path to hard work.

# JAMES LUSTIGHamilton-Wenham Junior - Power Forward

# Six-foot-five-inch, 225-pound force who led the Generals in rebounding at nearly seven per game ... Also led team in points with 260 total and 11.8 per night ... First team Cape Ann League all-star ... Netted season-high 19 points in near-upset of St. John's Prep ... Strong post player who thrived in one-on-one situations ... Excellent free throw shooter led team with 3.5 makes on 4.5 attempts per game (77%) ... Could extend range behind the arc when given space ... Carries 3.9 GPA and hopes to play basketball in college.

# BILLY WHELAN Hamilton-Wenham Sophomore - Point Guard Integral piece of balanced Generals attack this season, averaging 11 points and nearly two 3-pointers per game ... One of the best underclassmen talents on the North Shore ... Dished out a team-high 3.4 assists per contest, which was seventh best in the area ... Pesky on-ball defender recorded nearly four steals per night ... Named a Cape Ann League first team all-star ... Scored a season-best 18 points in close defeat vs. St. John's Prep ... Maintains a 3.7 GPA in the classroom.

# 2016-17 Salem News Girls Hockey All-StarsBRYNNE O'CONNORMarblehead Senior – DefenseHearty and heady defender was a force in all three zones as a captain for the Lady Headers ... Booming slapshot led to 13 assists and a bounty of redirections for Marblehead goals ... NEHL all-star received her team's Coaches Award ... At her best down the stretch when Marblehead needed points ... Tied for second among all area defensemen in helpers ... Hamilton native will attend St. Lawrence University next year.

# 2016-17 Salem News Girls Indoor Track all-starsDANIELA GARCIAHamilton-Wenham Senior - 55/High Jump/RelayHas been one of fastest sprinters in the Cape Ann League and in Division 5 for past four years ... Finished 6th in 55 meter dash in 7.46 at Division 5 states ... Received gold medal for CAL track ... Member of 4x200 relay team that set Division 5 indoor record at Reggie Lewis Center ... Plans to run in college ... Grades are all A's and B's ... Thanks coaches Steve Sawyer and Dave Sawyer, along with her Dad for pushing her to do the best she can.

# DiMarino, Fahey earn top honors as CAL basketball Players of the YearBy Nick Giannino Staff Writer – *Salem News*Mar 22, 2017For the second year in a row a Hamilton-Wenham hoopster has been named the Cape Ann League Baker Division Player of the Year.Last season, Generals’ guard Matt Hawke took home the honor after a stellar sophomore season. This winter, senior captain Nick DiMarino earned the award.The versatile DiMarino was the heart and soul of a balanced Generals lineup which earned the No. 2 overall seed in the Division 4 North sectional. He started every single game at forward, finishing with all-around averages of 10 points, four rebounds, nearly three assists and two steals per game. His overall leadership and defensive prowess helped Hamilton-Wenham capture another CAL regular season title.Also earning repeat honors was DiMarino’s head coach, Mike DiMarino,who garnered his second consecutive CAL Coach of the Year.The younger DiMarino was joined on the all-conference first team by teammates Billy Whelan (11 points, 3.4 assists and nearly 4 steals per game) and James Lustig (11.8 points, 6.3 rebounds per game), while fellow General Ben Danforth (9.6 points, 4 rebounds) was a second team all-star.

# 2016-17 Salem News Boys Indoor Track all-starsDAN ALLARAHamilton-Wenham Senior: Middle Distance/Distance/Shot Put/RelaysGenerals MVP set school 600 record, then broke it three times ... Personal best is 1:23.15 ... Anchored both 4x400 and 4x800 relays ... Unbeaten in Cape Ann League dual meets in 600 ... Was 7th at All-States ... Took 13th at New Englands in 1:24.81 ... CAL bronze medalist ... Salem News cross country All-Star was primarily middle distance runner this winter ... Best shot put was 31-4 and 4:48 mile ... Has 4.07 GPA and plans to study chemical engineering in college ... Says biggest influence on his career has been Hamilton-Wenham's Ari Massos: "A great hurdler, friend, teammate, and prom date."

# Hamilton-Wenham girls basketball captains gave their allPosted Mar 15, 2017 at 1:55 PMBy Dom NicastroCorresponentThey're the captains that authored one of the great success stories and turnarounds in Hamilton-Wenham Regional High School athletics history.

Two wins in 2015, no tourney. Sub .500 record last year, no tourney.

This season? 15 wins, and a Division 2 North girls basketball championship appearance.

The Hamilton-Wenham Chronicle recently caught up with girls basketball quad-captains Cate Blatchford, Elizabeth Kirschner, Kelly Walsh and Jacqueline Fibbe, to get their take on their historic run, which ended with a 49-38 loss to Arlington Catholic, March 11 in the North Championships.

**What were the keys to success for this year's team?**

Blatchford: Our ability to all work together. We have been playing together for a few years now, and this year everything clicked. We all felt confident in our own abilities and trusted each other as teammates. We knew how to play with each other, and I think that played a huge role, because we had advantages over younger teams.

Kirschner: We played great defense, and we really emphasized team rebounding as well. We have always pressed, and the experience of the last few years really came together for us this year. In general, experience, poise, confidence, persistence and mental toughness were all qualities the team possessed.

Walsh: Taking the time to strengthen all of the little things: communication and rotations on defense, boxing out and rebounding and really working together as a team.

Fibbe: Our great rebounding. The bigs this year did a fantastic job creating opportunities both on the defensive and offensive ends.

Another key is our team's unselfish nature, we each played a role on the court, whether scoring, rebounding or assisting. Instead of having one big role player, there were always five role players out on the court at all times. Finally, we just gave immense effort in the games that we played, the tough wins had to be accomplished with a lot of effort and mental toughness.

There was a quote that my coach used throughout the year, and then especially when we hit the tournament: "Concentration and mental toughness are the margins of victory," by Bill Russell. The concentration, preparation, and mental toughness that went into each game helped get us as far as we did.

**What do you remember about the 2-18 season in 2015?**

Fibbe: I was a freshman that season. We were a very young team at the time, and it was definitely hard at times, but looking back I appreciate that year. I also had the privilege of getting to play with my older sister that season.

That year taught us all a lot about perseverance and to be able to make it to the North finals two years later is just incredible. We worked very hard and missed the tournament last year by one game, it was heartbreaking, but I knew coming into this year with the same group of players, that we would go far, and we did.

Blatchford: It was a tough season, but everything we learned that year paid off this year. It was a season of rebuilding after we five valuable players graduated. We were made up of freshmen and sophomores mostly, so the season was focused on getting better every day.

We learned a valuable lesson to not give up, and became one of the best teams in the state just two years later. It's all hard work and dedication.

Kirschner: The way I got through it was to forget about the score, and about the outcome of the game. For me, it became about improving and becoming a better basketball player and athlete. It was tough sometimes to keep my head up, but I saw how the team was improving game to game even though the final score didn't necessarily reflect our efforts.

Walsh: I was actually injured three days before the first game in that season, I tore my labrum in preseason that kept me out that season. It was staying together as a team that allowed us to come out stronger from a season like that.

**What is your advice to next year's team?**

Kirschner: The best advice I can give to them is to be their own team, don't let anyone tell you what you are capable of and always keep your head high no matter what.

The score doesn't matter in the end if you had fun and worked hard, and got better. I'm hoping they will have as much or more success next year as we did this year.

Blatchford: Believe in themselves and their abilities because all of the returning players, including the freshmen, have the talent and resiliency that we all had. They need to be confident in themselves and not play nervous on the court. Leave everything you have out there and bring energy to the floor, because when you are having a tough game skill wise, it is the energy and effort that will keep you in it.

Also, trust in your teammates. It may take time to build up a state tournament winning team, but it is worth all of the time you put in, from summer league to fall weight room workouts to team-building activities.

Walsh: Take the offseason to work on the areas people think are their weakest. We were so successful this year due to everyone, coaches included, putting in the time and effort in the offseason.

Fibbe: I am only a junior this year, so I will miss the seniors so much. Each senior played a pivotal role in our team this year, and next year we will have to fill their shoes. A big key is confidence

**What's next for you?**

Walsh: I still have a few schools to hear back from so I'm currently undecided as to where I'll be attending college next year.

Blatchford: I am not participating in a spring sport this year. I am going to be working as much as I can. I am still deciding on colleges but am looking to attend a school with a strong nursing program and an opportunity to allow me to play basketball for the school I attend.

Kirschner: I am running track. I am undecided regarding where I am going to school next fall, but I will be majoring in computer science.

Fibbe: I will be playing on my AAU basketball team, the MCW Starz, and will be working on skills for next year's season.

Other than basketball, I volunteer at Beverly Hospital which I am excited to be getting back to this spring. As for college, I am only a junior so the tours continue, but I do not have to worry about college just yet.

#

# Hamilton-Wenham girls basketball team falls to Arlington Catholic in Division 2 North Finals

**Posted Mar 11, 2017 at 10:24 PM
By****Christopher Hurley****churley@wickedlocal.com**

Lena Perez wasn't about to go down without a fight.

The senior center spearheaded an impressive fourth quarter comeback, as the fifth-ranked Arlington Catholic girls basketball team defeated sixth-rated Hamilton-Wenham, 49-38, to win the Division 2 North Championship, March 11 at Wakefield High.

With the win, the Cougars advance and will play South Champs Foxborough (18-2) in the Division 2 State Semifinals, Monday, March 13 at the TD Garden. Tip-off is slated for 5:45 p.m.

A 6-foot-1 pivot, Perez posted 15-points and just as many rebounds, hitting what proved to be the game-breaking basket with less than two minutes remaining.

"Perez was a steady force in the middle," Arlington Catholic Coach Dave Brady said. "I don't think we really boxed out well, and she was just a monster inside. There wasn't a lot of help going her way, too, which was a credit to her."

The shot killed what was shaping up to be another dramatic comeback by a gutsy Hamilton-Wenham team that refused to quit.

The Generals overcame a difficult 12-4 deficit in the first quarter which quickly turned into a 29-12 setback at halftime. But just as they did a few nights earlier against Wakefield, the Generals dug deep kicking into overdrive and outscoring the opposition 18-4 in the third quarter. The sudden surge cut the AC lead to 32-30. And when senior Elizabeth Kirschner potted a basket seconds into the fourth quarter, the Generals took its first lead.

"We got some stops on defense and got a little more confident," Hamilton-Wenham Coach John DeMarco said. "The first half we played well defensively, but we gave up second chances. We boxed out, rebounded a little better and went to a match-up zone switching man against their pick- and-roll. It gave us a good opportunity, it made them a little tentative and elevated our aggression in the game."

But history would not repeat itself this time around. Arlington Catholic's Erin Dolan (game-high 21-points) hit a pivotal three-pointer giving the Cougars the lead for good, and subsequently the game.

AC also got key efforts out of Alexandra Ball (seven points), Monica Royo (four points) and Julia Mattera (two points).

The Generals were fueled by the heady play of Kirschner (team-high 17 points), junior guard Jacqueline Fibbe (nine points, three treys), senior guard Kelly Walsh (seven points), junior guard Lauren Flynn (three-pointer) and senior guard Cate Blatchford (two points).

"It was an unbelievable effort," DeMarco said. "This is such a resilient group of girls. They play so hard. We got behind a little bit in the first half, but what a great comeback. They can't hang their heads, they have to be so proud just to get here and be able to compete. We obviously want and expect to win, but I'm just so proud of their effort."

The game was the latest building block for a burgeoning Hamilton-Wenham program, which won only two games two years ago. They've certainly come a long way.

"It shows the process of building something," DeMarco said. "It doesn't happen overnight to get to this point. We told them we thought we could compete for a state title in a couple of years and continue to do that moving forward."

Although they'll be losing four key seniors -- Kirschner, Blatchford, Walsh and Kelsie Baker -- the squad should be in great shape for next season.

"We rebuilt (the program) with a young group and have a lot of players coming back next year, so we're not done," DeMarco said. "This probably isn't the last you'll hear from Hamilton-Wenham."

# Furious second half comeback falls just short as Generals toppled by Arlington CatholicBy Phil Stacey Sports Editor, *Salem News*Mar 11, 2017

**WAKEFIELD —** Never giving up.

That, said senior captain Liz Kirschner, is the legacy that the 2016-17 Hamilton-Wenham girls basketball team will leave behind. That no matter the adversity or deficit that you might be facing, nothing is final until the clock reads 0:00.

For the final time this winter, the Generals proved that theory correctly Saturday night in the Division 2 North title game. Trailing by as many as 20 points in the first half, they stormed back with a brilliant third quarter and took a momentary lead early in the fourth before Arlington Catholic pulled away down the stretch, taking a 49-38 victory.

"We had a lot of games where we (trailed), and you just have to keep going. You can't give up. That's how you win games," said the 17-year-old Kirschner, who finished with a team-high 17 points. "It didn't work for us tonight, but we brought it (all the way) back."

When Lena Perez scored on the first possession of the second half, Arlington Catholic was seemingly in complete control with a 31-12 lead. But without warning, all the Hamilton-Wenham shots that hadn't been falling in the first half suddenly began dropping through the twine. Their defensive pressure caused turnovers and steals.

The result was a blistering 18-1 run to close out the third quarter, turning that 19-point deficit into trailing by a mere two points (32-30). Junior captain Jacqueline Fibbe led the charge by canning a pair of 3-pointers in an 8-point quarter, while Kirschner added six and senior captain Kelly Walsh had a free throw and a field goal from the paint.

When Kirschner had a steal and converted the layup to open the fourth quarter, the game was tied, 32-32. She then sunk a free throw with a little more than seven minutes remaining to give the Generals had their first — and ultimately only — lead of the evening.

"Unbelievable effort," said Hamilton-Wenham head coach Jon DeMarco, whose team finished the season 15-9. "This is such a resilient group of girls; they played so hard. (And) what a great comeback; they can't hang their heads. They have to be so proud.

"We got some stops on D and got some more confidence ... we boxed out, rebounded a little bit better went to a matchup zone, switching man against their pick-and-roll stuff, and made them tentative and elevated our aggression. We got back into it."

Arlington Catholic (18-6), however, would respond. The 6-foot-1 Perez (15 points) delivered a bucket following Kirschner's freebie to give the Cougars the lead back, 34-33, followed by a corner 3-ball from teammate Erin Donlan and a runner in the lane from Monica Royo to make it 39-33.

The two squads traded baskets before Generals' junior guard Lauren Flynn nailed a 3-pointer from the right elbow, making it 41-38. But that's as close as the Generals got as Arlington Catholic scored the game's final eight points, including three straight press-breaking layups, to claim the sectional crown.

"It was a little bit of uncharted territory for us (in the postseason) to be up that much at halftime. And it's human nature to relax," surmised AC head coach Paul Brady, whose team has eight seniors — four of whom start and two who are key reserves off the bench. They were freshmen on the Cougars' state title team in 2014.

"Maybe one of the best high school games I've ever seen was (Hamilton-Wenham's North semifinal win earlier in the week) against Wakefield. They were down 12-0, and it was so much fun watching them come back and seeing what (DeMarco) does for that team, watching those kids and their mannerisms and how they rallied. So I fully expected they'd get it to within five points against us. But I didn't think they'd take the lead; credit to them."

With her team trailing big at the half, Kirschner — whose stellar outing included nine rebounds (7 on the offensive glass), three assists, two steals and a blocked shot — admits she thought about a certain football team from the six-state region that recently mounted a comeback for the ages on the NFL's biggest stage.

"No one mentioned it, but I was thinking about it," she said. "We came back in our last game, too, kind of like the Patriots in the Super Bowl. It was definitely on my mind.

"I just took a minute to myself and thought about what I needed to do differently. I took a deep breath and relaxed a little bit. When you're down by 10, you've got nothing to lose. So I took a deep breath and said 'Get some steals, make some baskets and do your thing'."

Fibbe finished with nine points and four rebounds for Hamilton-Wenham, while Walsh had both seven points and seven rebounds. The Generals had to play for large portions of the contest without one of their top rebounders, junior center Cecily Szady, who was under the weather.

Donlan, a sharpshooting sophomore guard for the Cougars, had a game-high 21 points. Perez ("she was a monster underneath" said Brady) had a dozen-plus rebounds in addition to her 15 points. Arlington Catholic will now meet South champion Foxborough in the Division 2 state semifinals Monday at the TD Garden in Boston (5:45 p.m.).

Losing just four players (Walsh, Kirschner, captain Cate Blatchford and Kelsie Baker) off this year's roster, DeMarco is confident his team will once again be strong in 2017-18.

"This shows the process of building something doesn't happen overnight to get to this point," said DeMarco, whose club went 2-18 two seasons ago. "We felt we could compete for a state title in a few years and (still feel that way) going forward. We have a lot of players coming back, so we're not done."

#

# Hamilton-Wenham girls basketball team beats Wakefield in Division 2 North SemfinalsBy Christopher Hurley, churley@wickedlocal.com; Posted Mar 8, 2017 at 11:04 PMCate Blatchford made some noise Wednesday night.

The Hamilton-Wenham senior quad-captain hit the game-winning free throw with 9.3 seconds remaining, as the sixth-ranked Generals girls basketball team defeated second-seed Wakefield, 54-53, in the MIAA Division 2 North Semifinals, March 8 at Woburn High School.

Trailing by a point, Blatchford drew a key foul driving to the net in the closing seconds. She then silenced a very vocal Wakefield crowd burying both free throws despite the raucous audience's attempt to distract her to ultimately seal the victory.

"It feels amazing," said Blatchford. "We worked so hard for this. We did the (game) simulations in practice. Down by two with two minutes left, and all of our work just paid off. It feels simply amazing."

With the win, the Generals advance and will face fifth-rated Arlington Catholic, Saturday, May 11 for the Division 2 North crown at Mystic Valley High School at 7 p.m.

This will be the Generals first-ever trip to the finals, after previously losing in the D2 North Semifinals in 2014.

"It feels awesome," Hamilton-Wenham Coach Jon DeMarco said. "I'm so happy for this group of girls. They played on emotion. They were 2-18 a couple of years ago and to get to the North Finals after that is really impressive. I'm very proud of them."

According to Wakefield Coach Meg O'Connell, the Generals showed plenty of grit.

"One point was the difference," O'Connell said. "It was a tight game, back-and-forth and they made one more play then we did. Give them all the credit in the world, they're a great team, excellent defensively and shot great at the foul line. When you get into those back-and-forth games it's all about who's going to make that last play."

Wakefield stormed out of the gates early. Junior guard Hannah Dziadyk (game-high 24 points) sparked the attack hitting her first of three treys in the first half, establishing a comfortable 12-0 cushion and forcing DeMarco to call an early timeout.

"We just needed to settle down," DeMarco said. "We were hyped up offensively, we wanted the ball inside a little more. I just kept telling them to rely on your defense. We're a good defensive team. Rely on turning the other team over on the press. We did that and that's how we generated the offense."

Hamilton-Wenham methodically chipped away at the lead. And when Lauren Flynn sank a three-pointer in the final seconds, managed to cut the deficit to 15-10 at the end of the first quarter.

The Generals regrouped in the second stanza, fueled by the non-stop hustle of Elizabeth Kirschner (team-high 16 points). The Hamilton-Wenham senior quad-captain hit three treys in the second quarter giving the Generals the temporary lead.

"Liz is the energizer bunny for us," DeMarco said. "She gets us going. She helped us make that early run. Best part about her is she's a great shooter for us, not just a great defender."

Hannah Dziadyk rallied her troops with some big baskets knotting the game up 30-30 at halftime.

The Warriors got great efforts from junior Allee Purcell (13 points), Olivia Dzoaduk (six points), and tri-captain Emma Butler (four points). But there seemed to be no stopping Hamilton-Wenham, as junior center Cecily Szady (13 points) shined netting 10 points in the second half, including an effective 7-for-9 from the floor.

"Cecily's a great rebounder for us," DeMarco said. "We knew once they went into that zone to get the ball to the middle and she can score. She's athletic center for us. A great rebounder and a great defender."

Both teams traded big baskets in the final minutes, but the Generals maintained a steady pace to their attack, slowly wrestling the game away from Wakefield.

"Their pressure definitely got to us," O'Connell said. "We had some turnovers and then they started to score. We didn't really get any attempts. So credit their defense on that."

With the game on the line, it was all up to Blatchford to come through in the clutch.

The senior managed to shrug off the rambunctious Wakefield crowd to sink her foul shots to seal the victory,

"We just felt so composed," said Blatchford. "We knew what we were doing. We didn't feel rushed. We've felt like we've done this (before). We know how to get back."

According to Blatchford, the Generals were well prepared to handle noise time.

"We do that in practice," she said. "We have music playing and people cheering in the background. You have to zone everything out and just focus.

DeMarco concurred.

"We pipe noise into the gym to try to simulate this environment," DeMarco said. "I think it really helped them."

The Generals now turn their attention to Arlington Catholic

"We know they're a great team, a great program and have a lot of respect for them," DeMarco said. "We're going to come out, play our style, play our way and we're going to have to play a great defensive game."

# FIGHT, GENERALS, FIGHT: Hamilton-Wenham gets last second win, advances to sectional finalPat O'Rourke Staff Writer, Salem News

# March 9, 2017

**WOBURN —** Two years ago the Hamilton-Wenham girls basketball team won just two games.

And now Jon DeMarco’s team sits three wins away from a state title after beating Wakefield, 54-53, in a last-minute victory on Wednesday night in a Division 2 North semifinal at Woburn High.

“I’m emotional,” said DeMarco in the moments that immediately followed the win, which was sealed when Wakefield junior Olivia Dziadyk missed a free throw attempt with 1.5 seconds left. “They played for that group that was 2-18 a couple of years ago, and to get to the North finals after that is just really, really impressive. I’m very proud of them.”

In a back-and-forth thriller that proved to be playoff basketball at its finest, the Generals (15-8) managed to come out with the result to justify the effort when Cate Blatchford made two go-ahead freebies with 25 seconds to play.

“I didn’t think about it,” said Blatchford. “I was just like, ‘I’m in practice, shooting two free throws, and I just didn’t think about it.’”

 Now H-W will play Arlington Catholic in the sectional final on Saturday at Mystic Valley (7 p.m.).

“We got to the semifinals in 2014, and lost,” said DeMarco. “So to get back here and be able to win, we appreciate it, I’m just so excited for the girls.”

The win didn’t come easy. After Wakefield raced out to a 12-0 lead to begin the game — which Hamilton-Wenham quickly erased, taking a lead in the second quarter - the two teams traded leads throughout the second half.

Tied 30-30 at halftime, no team led by more than five points in final 16 minutes, when H-W took a 49-44 lead with 4:46 to go, with a Cecily Szady three-point play putting the Generals on the good side of a two-possession game. The Warriors responded with a 6-0 run to regain the lead before the two teams traded foul shots in the final minute of the game.

It was Blatchford who hit the most important free throws of the game. At the line with the Generals down a point and 25 seconds to play in the game, Blatchford hit the two foul shots to put H-W back in the lead. She hit another with nine seconds left to make it a two-point game.

Falling behind 12-0 in the first quarter, the Generals got going with a Szady foul shot with 2:50 left in the quarter to put H-W on the board. The free throw kickstarted a 10-3 run to end the first quarter to get back into the game.

The Generals broke it open for a short period in the second, when Liz Kirschner scored 10 straight points to put Hamilton-Wenham ahead, 28-22.

“Liz is the energizer bunny for us,” said DeMarco. “She gets us going, she helped us make that early run. She just goes and goes and goes.”

Reaching the North final is the latest step for this group, which went through growing pains as freshmen and sophomores. With much of the same squad back last season, the Generals just missed the postseason, going 9-11.

This year, comprised of juniors and seniors, Hamilton-Wenham is making the run it built for over two years.

Wednesday’s win was the latest step.

“We always talk about how we went 2-18 two years ago,” said Blatchford. “Now our team is an older team, we’ve been together do so long and I think we know each other, and we know how to play with each other.”

# Hamilton-Wenham boys basketball edged by Pope John in D4 North QuarterfinalsPosted Mar 3, 2017 at 10:49 PMBy Christopher Hurley / churley@wickedlocal.com Travon Ford turned the tables on Hamilton-Wenham once again.

The senior guard scored a game-high 20-points, hitting the game-winning basket in the final seconds, as the seventh-ranked Pope John boys basketball team edged the second seeded Generals, 46-45, in the Division 4 North Quarterfinals, March 3.

"It feels great," said Pope John Coach Matt Karakoduas. "This is exactly what I expected tonight. This atmosphere was unreal. (Hamilton-Wenham is) an incredibly well coached team. I knew we were in for a dogfight."

After an ice cold start, trailing 26-16 at halftime, Hamilton-Wenham caught fire in the fourth quarter, reclaiming the lead with 22.1 seconds left in regulation.

But in the end it was Ford that had final say. The familiar foe hit a clutch lay-up with five seconds remaining to seal the victory.

"Travon is a tremendous player," said Hamilton-Wenham Coach Michael DiMarino. "He beat us last year with a deep three off the backboard. And once again he just made a great play with about five seconds to go. Give all the credit to Pope John. They're a great team, very well-coached. They played hard, but I love my guys. That was a great high school basketball game. It's just hard (to take) right now."

Pope John narrowly avoided the mother of all comebacks, going up against a gutsy Generals team that refused to give up.

Trailing 41-26 at the end of the third quarter, Hamilton-Wenham turned on the offense posting 19 points in a fantastic fourth quarter frenzy. The Generals trimmed the deficit to 44-40 with 3:00 to play when Nick DiMarino (nine) buried a three-pointer turning it into a one-point game with 1:19 left.

Meanwhile, Jake Lanciani (team-high 11 points) did a masterful job holding Ford scoreless for the majority of the second half. The junior guard managed to get under the 1000-point scorers skin, taking him off his game.

Christian Herbert (14 points) managed to pick up the pace for Pope John, nailing a series of three-pointers, keeping his team ahead, but Hamilton-Wenham continued to chip away.

Lanciani managed to draw a key foul, hitting both free throws to take the 54-44 lead with 22 seconds left.

"He played his heart out," Coach DiMarino said. "Jake's probably the best defender in the Cape Ann League. He's long and he's quick. We just said at halftime no more for (Ford), and if I'm not mistaken (the winning basket) was his only one of the second half."

Ford was every bit the focal point in the first half. The senior guard paced the attack hitting a pair of early treys, and continued to take it to the hoop scoring 18 points in the first half alone.

The Generals meanwhile fell into a first half funk, missing key shots, including multiple three-point attempts. And when the Tigers took full advantage outscoring the opposition 13-5 in the second quarter, a rout appeared possible.

"I don't think it was a matter of us not being ready," said DiMarino, whose team trailed 26-16 at halftime. "We were prepped, prepared and ready to go. I think they were settling on the perimeter far too much it the first half.

# "We shot 2-for-10 on three-pointers at the half, and in the third quarter we remained on the perimeter. We wanted to attack the basket."Generals' epic comeback falls just short in loss to Pope JohnBy Nick Giannino Staff Writer *Salem News*Mar 3, 2017

**HAMILTON** — For three quarters of play in Friday night’s Division 4 North boys basketball quarterfinal, it was all Pope John.

To say the hosts from Hamilton-Wenham couldn’t get anything going would be an understatement. The second-seeded Generals stumbled their way to a 15-point deficit heading into the final eight minutes of action.

But with the Tigers on cruise control, H-W flipped the switch in a huge way. They reeled off 14 unanswered points in just over a four minute span to gain immense momentum heading down the stretch. A handful of possessions and many turnovers later, the Generals found themselves in front by one after consecutive free throws from Jake Lanciani.

With just 22 seconds to go, it looked like Hamilton-Wenham would hold on for the improbable comeback win.

“How do you not love Jake Lanciani?” Hamilton-Wenham (17-4) head coach Mike DiMarino said of his junior guard’s fourth quarter effort. “The kids played his heart out, makes two free throws to give us the lead and all we gotta do is come up with a stop ... ”

Unfortunately for the Generals, that defensive stand wasn’t in the cards.

Following a Pope John timeout, the Tigers got the ball in the hands of their captain Travon Ford, and the senior superstar did the rest. Despite terrific on-ball pressure from Lanciani (a game-high seven steals), Ford weaved his way along the baseline and towards the basket, letting go a contested floater in the paint with just five ticks left on the clock. The ball bounced around the rim for what seemed to be an eternity, before settling down and dropping through the net for a 46-45 lead.

With no timeouts and just three seconds remaining, Hamilton-Wenham frantically inbounded the ball but was unable to get a shot off. Game over.

Fittingly, it was the first points of the second half for Ford, who finished with a game-high 20.

“I mean coming out of the timeout everybody in this gym knew that play was gonna be to get Travon the ball,” said Pope John (15-7) head coach Matt Karakoudas, the former St. Mary’s of Lynn star from Peabody. “He’s an excellent offensive player. I’m just glad we were able to execute and get him the ball — and in that situation it’s get out of the way and let him try to go to work because that’s his best offense.”

It was deja-vu all over again for DiMarino and the Generals, who fell to Pope John last year in the Division 4 North semis.

Still, DiMarino felt that the effort, grit and pure determination to come all the way back and take the lead shows a lot about the character of this year’s Generals.

“These kids are absolutely phenomenal. Leadership, qualities you want in young men; they work hard in school, they work hard on the basketball court, they carry themselves with class — they do everything the right way and I’m really proud of them,” said DiMarino. “I’m really proud of my program and proud that these guys have been here and been able to set an example for the future for years to come.”

Leading the fourth quarter comeback was Lanciani (8 points, 6 rebounds, 3 assists), whose stifling defensive pressure wreaked havoc on the Tigers’ ball handlers. Ben Danforth also canned back to back triples to open the frame and close the gap, while James Lustig (11 points, 10 rebounds) was furious in attacking the rim and drawing contact.

Nick DiMarino (9 points, 4 rebounds) also hit a huge triple from the corner to cut the deficit to one with 1:19 remaining. Billy Whelan added 11 points in the setback.

“This team’s been fighting all year; they have a ton of heart and never give up, it just came down to the little things in the end,” said coach DiMarino. “That Travon kid is a tremendous player and he just made a great play with about five seconds to go. Give Pope John a lot of credit, but I love my guys, man.”

For Pope John, Christian Hebert (14 points, 8 rebounds) and Marques Bouyer (6 points, 13 rebounds, 3 blocks) were instrumental along with Ford in building the big lead.

#

# Hamilton-Wenham knocks off Swampscott in first tournament game since 2014By Pat O'Rourke Staff Writer, Salem News, Feb 28, 2017

**HAMILTON --** Hamilton-Wenham wasn’t going to be denied.

Tuesday’s home match with Swampscott in the first round of the Division 2 North girls basketball sectional was something the Generals had been building for three seasons, a process that began with a 2014-15 season in which H-W won just two games.

The latest step in that process came with a 45-32 win for the Generals on their home court, notching their first postseason victory since 2014.

Hamilton-Wenham advances to the Division 2 North quarterfinal round, where it will face the winner of Tuesday’s first round matchup between Watertown and Chelsea.

“We had three of our best practices of the year (coming into Tuesday),” said Hamilton-Wenham head coach Jon DeMarco. “Just really proud of their effort, and where we’ve come these last two years from a 2-18 team to a team that earned the home tournament game.”

A team that prides itself on rebounding, the Generals (13-8) were their usual dominant self on the boards. H-W pulled down 61 rebounds, 33 of which came off the offensive glass. The Generals managed a number of second-chance points, which was ultimately the difference in the ballgame.

Cecily Szady led the way with 18 rebounds (12 offensive) while Kelly Walsh (14), Liz Kirschner (11), and Lauren Flynn (10) also managed double-digit boards.

“Cecily was pulling (the rebounds) down the whole game,” said Kirschner. “Rebounding is one of the biggest things we work on, it’s the most important part of our game.”

In addition to her 11 rebounds, Kirschner finished with 13 points in addition to five assists, two steals, and two three-pointers. Only Szady (15 points) finished with a higher point total.

“She’s a hustle player,” said DeMarco. “She’s our energy ball, she goes and goes and goes.

“She hit the floor for loose balls, she got some key rebounds, and she’s improved her shot a lot over the last three years, she’s a good three-point shooter, and she hit a couple tonight.”

The Big Blue (10-11), who were led by Maggie DeGrande’s 10 points, were missing starters Jaymie Caponigro and Katie Watts from the lineup.

Missing the two regulars, Swampscott raced out to a 7-3 lead, but never led after the early second quarter, when the Generals responded to a DeGrande three-pointer with a 8-0 run.

Freshman Olivia Matela also chipped in with nine points.

# “Having (Caponigro and Watts) is tough to overcome,” said Swampscott head coach Katelyn Leonard. “You could see us toward the middle of the second half, our legs were just gone. But I’m just proud of the way they played.”Marblehead, Hamilton-Wenham earn No. 2 seeds in boys basketball playoffsBy Nick Giannino Staff Writer, Salem News, Feb 24, 2017

The high school boys basketball regular season has officially come to a close.

For some North Shore squads, that means a nine-month layoff before getting back on the hardcourt.

For others, the real season starts now.

Six of our local teams finished at or above the coveted .500 mark to earn a trip to the state playoffs. Here's a quick look at each team's opening round matchup and bracket draws, as well as what will be needed for a deep run.

**DIVISION 4 NORTH**

**No. 2 Hamilton-Wenham (17-3) earns first round bye:**Thanks to a terrific regular season, the Generals locked up the No. 2 seed and a opening round bye. They'll have plenty of time to gear up for their quarterfinal matchup at home Friday (7 p.m.) against the winner of No. 7 Pope John and No. 10 Mystic Valley.

"Pope John is excellent. They play a very tough schedule, they're athletic and they're very well-coached," said Generals head coach MIke DiMarino. "And Mystic Valley moved up to the Large division of the Commonwealth Athletic Conference, so they've been playing much bigger schools this season. We've seen both teams, so it should be an interesting game either way. But our kids are ready. It should be fun and should be a good atmosphere."

An H-W win means it would likely see No. 3 St. Mary's of Lynn in the quarterfinals.

# Hamilton-Wenham boys hoop team in great shapePosted Feb 17, 2017 at 2:05 PMBy Dom Nicastro Correspondent, HW Chronicle

What's there left to do for the Hamilton-Wenham Regional High School boys basketball team?

The Cape Ann League Baker division title? Forget about that. The Generals locked that up a long time ago and stand at 12-2 in the CAL and 14-2 overall heading into this week. The closest team? Amesbury at 6-8, 7-9.

Beat a team it lost to this season? Nope, they've beat their final two CAL opponents, Ipswich (scheduled for Tuesday, Feb. 14) and Georgetown (Feb. 17, 6:30 p.m., at home).

They finish up with Winchester (Feb. 20) and a TBD opponent (Feb. 22) in the Patton tourney.

So no revenge. No conference title on the line. No undefeated season at stake.

So, again, what's left?

A lot, if you ask Generals coach Mike DiMarino.

"We're looking to stack up as many wins as we can," DiMarino said. "We're trying to get a first-round bye and a home game. Last year was a very good year but we got caught in a coin flip to decided home court advantage. And we ended up losing the home game. We really want for these seniors to be able to experience that."

One game Hamilton-Wenham wasn't overly concerned with "stacking up a win" was St. John's Prep. The Generals' traveled to St. John's Prep in Danvers Feb. 8 and lost, 59-53.

"But it almost felt like we didn't lose," DiMarino said.

The Division 4 Generals played extremely well against one of the top Division 1 teams in the state. It was a one-possession game with 30 seconds to play. The Generals went into the fourth quarter tied with the Eagles.

"The kids battled," DiMarino said. "It was a great high school basketball game. We put them on the schedule and wanted the challenge. The Prep is fantastic. We fought them tooth and nail. It kinda felt like a home game. We traveled really well. It as exciting. They're fantastic, and we played great defensively against them."

It's a great preparation for the tourney. The Prep plays in-your-face defense much like some of the top opponents in Division 4 North. The Prep's frontcourt had a 6-9 and 6-6 player, presenting all kinds of challenges for the Generals, who will be better off for it.

"There was no easy basket for us," DiMarino said. "Our kids really executed and followed through with our game plan. We wanted to go out and challenge ourselves. We make sure we schedule these very good teams to help get us ready for the tourney."

Nick DiMarino and Billy Whelan have continued their consistent play as they have all year. Jake Lanciani has worked his way into the starting lineup by creating havoc on defense with steals and forcing turnovers. Ben Danforth is shooting well, and Jack Wosepka is rebounding well and challenging shots.

James Lustig is pretty much a guaranteed double-double in points and rebounds each night.

"We have a very balanced group," DiMarino said

Lustig had 18 points against the Prep. Whelan added 12. DiMarino scored 15 in a 61-40 win on the road at Manchester Essex.

"The kids are playing good basketball," DiMarino said. "We had a little bit of a hangover from the Prep against Manchester Essex. We haven't seen the kids for a while because of the snow, but we'll be ready for the next game."

# Bounce Passes girls basketball column: February tournaments make good springboard for state playoffsBy Pat O'Rourke Staff Writer Salem News, Feb 17, 2017

Hamilton-Wenham girls basketball coach **Jon DeMarco** remembers falling to Bishop Fenwick in the championship game of the inaugural Patton Tournament back in February 2014.

DeMarco can also recall how beneficial the loss was for the Generals in the long run. The team went back to that game to look for mistakes they made and how to correct them; then, they applied what they learned to the games that ensued in the Division 2 North tournament.

Hamilton-Wenham went onto reach the sectional semifinal, where it fell to Watertown, but not before scoring a pair of playoff victories over Stoneham and Dracut.

“We used that game to prepare us for the state tournament,” said DeMarco. “We were able to fix some of those mental mistakes and won our first two games ... I’m very confident that that game against Fenwick more than prepared us for the state tournament.”

For the first time since that inaugural 2014 tournament, DeMarco’s team will take the floor for the Patton Tournament already having secured a state tournament berth. The Generals punched their ticket with a win Tuesday night at Ipswich.

Hamilton-Wenham is one of three area teams hosting a tournament during the February vacation week. The Generals will welcome in Dracut, Tewksbury and Wakefield for the four-team tournament, with the semifinals coming Monday followed by the consolation and championship games Tuesday.

There will also be a boys Patton Tournament for the first time in its four-year history, consisting of Arlington Catholic, Revere and Winchester along with Hamilton-Wenham. Those first round games also take place Monday, with the consolation and title games slated for Wednesday.

“It gets you prepared for a tournament atmosphere,” said DeMarco. “There’s a bigger crowd, three officials, and obviously you want to try and win the tournament. So it’s just like playing in a state tournament game.”

After facing Dracut in its first game of the Patton Tournament, Hamilton-Wenham will get see either Wakefield or Tewksbury in the finale. A win against the Middies would give the Generals a bid at a second straight tournament title

#

# Hamilton-Wenham track team keeps up the pace despite low numbers

By Dom Nicastro Correspondent, Posted Feb 16, 2017 at 3:24 PM

The Hamilton-Wenham High School boys and girls track teams will compete in the Division 5 Eastern Mass. championships Friday night, Feb. 17 at the Reggie Lewis Center in Boston.

It will be a good thing for these teams to compete - they've been trying to work in the Cape Ann League championship meet at the same Boston venue for a while now after two snow-related cancellations.

"We'll have to wait and see if we ever get in that meet," Hamilton-Wenham track coach Steve Sawyer said.

For now, the focus is on Division 5 Eastern Mass. Much like the dual-meet season, both the boys and girls do not have their sights set on doing anything huge team-wise.

Low numbers prevent them from doing any damage on a team level. The Generals boys went 1-9 in the Cape Ann League dual-meet season. And the girls finished 1-8-1.

Neither team had anywhere close to the number of competitors it takes to field a competing team.

"We weren't really a dual-meet team and had to give up a lot of points," Sawyer said. "We didn't have enough competitors. But we've got some kids who will do pretty well in the big meets."

Sawyer said his athletes didn't see the losses piling up as a big issue. They were solely focused on individual improvement and continue to do so.

"They're looking at getting fast times and having some good performances at the end of the year," Sawyer said. "They're just concentrating on putting together some good relay teams and some good individual performances."

Sawyer's not worried about spring numbers. The outdoor track programs have traditionally yielded a strong number of participants.

"We always have 100 plus outdoors," Sawyer said. "It's not going to be an issue. Most of the cross country girls will be back. Numbers will not be an issue."

As for Eastern Mass. championships, Dan Allara will compete in the 600 meters. He's ranked eighth out of 32 competitors.

**One-Timers with ... Hamilton-Wenham's Will Major**
By Phil Stacey Sports editor, Feb 15, 2017

**Name**: Will Major

**Age**: 16

**Height**: 5-foot-8

**Weight**: 125 lbs.

**Hometown**: Hamilton

**High School**: Hamilton-Wenham Regional

**Year in School**: Sophomore

**Position**: Right wing

**What type of skates, stick and helmet do you use?**: I use the Bauer 1x for a stick with a pretty low flex, mostly because I like its quick release when shooting. For a helmet I just wear a Bauer helmet; no particular reason for that one. I’ve just always been a fan of Bauer; they make high quality gear. As for skates, I have Bauer Vapors. They offer good support and like I said, Bauer makes good stuff.

 **How does it feel to be part of the first varsity hockey team for the Generals in more than 20 years?**: It’s pretty special to be a part of this time. This community has always loved hockey, and it’s cool to be a part of bringing the sport back to the Regional. We have a long way to go, but I’m proud of what we have done so far.

 **What's been the highlight of the season so far for you personally?**: Well, unfortunately I broke my arm early on in the season, so I haven’t been able to play as much as I would have liked. But I would say the highlight of the season so far was coming back from the injury and getting back to playing again.

 **Who is the funniest guy on the team?**: Finn Brophy, our goalie. He provides a lot of the energy in the locker room, but at the same time knows when to be serious.

 **Do you have any game day superstitions?**: I'm not a superstitious guy, so I wouldn’t say I have any crazy game day rituals. But once I get to the rink, I like to follow the same routine as far as warmups go. It just allows me to get mentally prepared for the game.

 **What's your favorite song right now?**: Right now it's "Africa" by Toto. They have a lot of great songs and "Africa" is a classic. However, "Wifey" by Finn Brophy is a close second.

 **When did you think it was a possibility that the Patriots might be able to come back and win Super Bowl LI?**: I think I started to really believe when (Dont'a) Hightower had the strip sack on (Falcons QB Matt) Ryan midway through the fourth. I was watching the game with some friends at my house and we were all pretty pumped after that.

 **If you could own any car, what would it be?**: It would have to be a DeLorean, I'm a big 'Back to the Future' fan and I think it would be pretty sweet to ride around in one of those.

 **What's the best thing about being a student at Hamilton-Wenham Regional High School?**: The best thing about being a student at HWRHS is the community. The students are very genuine, and it's a great atmosphere to show up to every day.

 **Give us three words that your friends would use to describe you**: 1. Pats Fan: I'm a diehard Pats fan and I’m sure that’s what a lot of people think of when they think of me. 2. Passionate: I care a lot about everything I do (sometimes too much), and I think it shows to those around me. 3. Leader: No matter what I'm doing I like to try and take on a leadership role, and I think my friends see that in me.

 **What's your go-to snack?**: Got to be Mike and Ike's. I always get them after games; just a solid snack overall.

 **Which TV show do you never miss?**: I watch most of my TV on Netflix as opposed to cable, and I'm a big fan of The Office. I love its style of comedy and Michael Scott in particular.

 **How do you think the coaching change will ultimately affect the Boston Bruins this season?**: So far, so good, especially after beating the Canadiens (this past) Sunday. I'm hesitant to buy in fully and say they’ll make the playoffs, but I think it was the right move to get rid of (Claude) Julien.

**First half run propels Manchester Essex past Hamilton-Wenham girls**By Pat O'Rourke Salem News Staff Writer, Feb 10, 2017 Updated Feb 11, 2017

HAMILTON — Facing Manchester Essex in an important Cape Ann League Baker Division matchup Friday night, the Hamilton-Wenham girls basketball team found itself down by 17 points midway through the second quarter.

While the Generals fought back to get the lead down to three early in the third quarter, they couldn’t overcome that initial deficit as the visiting Hornets scored their fifth straight win with a 47-35 triumph.

“They played better than us tonight,” said Hamilton-Wenham head coach Jon DeMarco. “We turned it on in spurts and we made runs, but you’ve got to sustain that effort.”

The Hornets (14-4) took control of the contest with a 20-0 run in the first half, taking a 16-3 lead after one quarter. Jacqueline Fibbe (8) opened the scoring with a three-pointer 35 seconds into the game, but Hamilton-Wenham (9-7) didn’t get another basket until there was 3:18 left in the first half when Liz Kirschner hit a trey of her own, cutting the lead to 20-6.

“We started off strong, that’s what we wanted to do,” said Manchester Essex head coach Lauren Dubois. “(The Generals) can really shoot and they’re a great rebounding team, so that’s what we really tried to key in on.”

One of the top rebounding teams in the Cape Ann League, Hamilton-Wenham had a rare ‘L’ in that category Friday night as Manchester Essex held a 33-30 edge on the boards. The Hornets held Generals’ top rebounder Cecily Szady to just two. Nobody for the home team had more boards than Kelly Walsh, who finished with seven. Meanwhile, Melanie Carter pulled down 17 for M-E to go along with her eight points.

“I think we’re the best rebounding team in the league,” said DeMarco. “We had position sometimes, but we still had to grab the basketball.

“Some of those become 50/50 balls where two players go for it and it bounces around, and you’ve got to go rip it.”

The Generals came out in the second half on a 5-0 run — after outscoring the visitors, 11-3, to end the first half — to cut the Manchester Essex lead to 22-19. But the Hornets responded with a 12-2 run of their own to distance themselves from Hamilton-Wenham.

After winning its first five home games of the season, Hamilton-Wenham has dropped three straight. H-W has dropped three of four overall since a midseason run of six wins in seven games.

“It’s disappointing, but I said to the team that we have a great opportunity to put it back together and go win our next game (at Ipswich Tuesday),” said DeMarco. “We’re going to try to stay positive and just go back and get the next one.”

**Hamilton-Wenham boys hockey team looks to improve**

By Dom NicastroCorrespondent, Posted Feb 10, 2017 at 7:50 PM

All along, the Hamilton-Wenham Regional High School boys hockey program said this was a season for improvement.

Get better as a team. Get better as players.

Come back next year and compete even harder.

So far, that's working out pretty well. The team is certainly improving and competing. After all, they gave Swampscott, the top team in Division 3 North by many estimates, a run for its money in a 2-1 battle Jan. 14.

The team didn't get within four goals in their next four games. But such is life in a program returning to the ice after a decade off it because of a lack of participation.

There are highs and lows, and expectedly, mostly lows. But this team set realistic goals at the beginning of the season. It wanted to play better each game and set specific goals around that.

Their hard work hasn't resulted in a win yet, but it almost did. The team tied Rockport/Manchester Essex, 2-2, Saturday, Feb. 4 at Johnson Rink in Pingree School.

But again, lessons were to be had.

The team led, 2-0, in this game but couldn't hold on to it. Kit Shaw scored the first goal of his season, assisted by Cam Vautour and Aidan Daly. The second goal was scored by Daly unassisted.

"The team effort was great in the first and second periods," said Vautour. "We came out flying like we said we would and got up 2-0, but the third period we fell apart a bit and let in two goals."

# Hamilton-Wenham's Izzy Berthoud signs with Lee UniversityBy Dom Nicastro, Correspondent, HW ChronicleFebruary 9, 2017

Tennessee.

There was just something about the Volunteer State that appealed to Isabelle "Izzy" Berthoud, a Hamilton-Wenham Regional High School senior who played girls soccer.

She had never been there, but always wanted to go. A friend lived there, and it seemed amazing, the weather, the people, the Southern charm.

Ultimately, what lured her there was soccer. And a good Christian school.

Berthoud, a Cape Ann League and Eastern Mass. All-Star last fall for the Generals, has decided to attend Lee University in Cleveland, Tenn. and will play for the Division 2 collegiate team.

When exploring colleges, Lee came to the top of her list. And she was sold.

"Ever since I was little, Tennessee was always some place I wanted to go and visit," Berthoud said. "For colleges, I looked up the top 10 Christian colleges in Tennessee, and they were in the top 5. I went to visit and it felt right at home."

She'll be the latest Berthoud soccer standout to play in college. Sister Maddi had an all-star freshman season for Westmont College in Santa Barbara, Calif. She was Berthoud was named to the NSCAA NAIA All-Southwest Conference Region First Team. The NSCAA (National Soccer Coaches Association of America) is the world's largest soccer coaches' organization.

As a freshman, Berthoud played and started in all 22 games for the Warriors. She was second on the team and third in the conference for goals scored with 11 and was tied for first on the team and in the conference for assists with 10.

Along with this honor, Berthoud also earned All-GSAC honors and was named GSAC Women's Soccer Newcomer of the Year.

Now it's Izzy's turn to make her mark. The younger Berthoud played three years with her older sister and moved into more of a defensive role last fall without her sister there. She scored four goals and added five assists and was part of a standout defense.

Brother Alexander, 21, is out in California, too, pursuing an acting career. He got a gig in a Pokemon Go commercial.

"I had more of a defensive role this year and didn't have a lot of opportunities to get up the field and be a part of the goal-scoring action," Berthoud said. "I played a big role defending against the other team."

The Generals lost in the Division 2 North semifinals last fall. They won their second straight Cape Ann League Baker Division title. They won five straight to close out the season against Baker-Division teams that locked up the title. They outscored their foes, 12-0, in the last five games of the regular season only gave up seven goals in 16 regular-season matches this season.

Their overall 32-4-3 record in Berthoud's last two season was unmatched, a record that matches up to many two-year spans for high school teams on the North Shore. They didn't lose a game last year in regulation, their only setback the PK loss in the 2015 North tourney.

Berthoud is looking for the same success in college. She's working out right now, trying to stay in shape so she's ready for her early-August arrival in Tennessee.

She's planning on running track in the spring for the Generals.

She's been in touch with the Lee University coaching staff. She hopes with enough hard work she can see some time on the soccer field in her rookie season.

"We had a long sit down over April vacation," Berthoud said of her meeting with Lee's coach. "I sat in on a practice and each one of those girls formally introduced themselves to me and talked with me for a while. It was really shocking because they were in their practice, but they took the time. It just shows how much of a family and how inclusive they are as a team."

Berthoud wants to study psychology and someday sees herself as a missionary in a third-world country.

"Having a psychology base will be very helpful," she said.

For now, she's focusing on finishing strong at Hamilton-Wenham before embarking off to Tennessee to play some soccer, study hard and listen to a lot of country music, one of her favorite genres.

While country isn't so much of a hit around here, playing good soccer is. And that's what Berthoud and Hamilton-Wenham have done.

"It was just teamwork and us being able to work together and make stuff possible," Berthoud said. "We just worked really hard. It's no big secret."

**Hamilton-Wenham hoop team forges ahead despite recent losses**
**HW Chronicle**
February 8, 2017

The Hamilton-Wenham Regional High School boys basketball team has gone 4-3 in its last seven games after starting the season at 7-0.

Cause for panic? Need to go back to the drawing board? Time for a wakeup call? (Insert rhetorical sports cliche question here)?

The answer for the Generals is, "No. No. No."

Everything is just fine in Hamilton-Wenham hoop country after the loss. With about a whole month to go in the regular season, they've already clinched a Cape Ann League Baker division title and a state tourney berth. They could even finish better than last season, a feat that's pretty impressive considering their top player, the MVP of the league, chose to go to a private school this season.

So there's very little worry going around for the Generals, who technically only have two losses. Their 55-39 loss to Division 1 Malden (H-W is in Division 4) is an "endowment game," which doesn't count toward their overall record because Malden is such a bigger school.

Not even the 53-52 loss at Newburyport concerns the Generals much. They battled on the road against what is now a 10-2 team that is fighting for the Cape Ann League Kinney Division lead with North Reading and Lynnfield, against whom they lost, 53-47, Jan. 10.

Why are none of these losses an issue for Mike DiMarino's crew?

For starters, Hamilton-Wenham came back with two straight wins, including a 66-34 victory over what was previously a one-loss team, North Reading, Jan. 24 at home.

"The losses brings us back to earth," DiMarino said. "We put together a tough schedule because we knew we had a lot of kids coming. We came back Saturday after the loss to Newburyport at practice, and the kids really got after it. It was by far the most physical practice we had."

That led to the North Reading game Jan. 24, in which the Generals led by 11 at halftime and broke things open in the third quarter as it "absolutely blitzed" the Green Hornets.

Nick DiMarino had what was the second of two straight 19-point efforts. Jake Lanciani added 14 points. The North Reading coach told DiMarino after the Generals exposed just about every weakness they had.

"It was the best game we played all year," DiMarino said. "We turned it over five times all game and shot 70 percent from the line. We were so proud of the kids. They played a quality game against a quality team."

The team traveled to Ipswich the next game and won, 59-40. They led, 21-4, after one quarter.

Ben Danforth led the way with 21 points, including 17 in the first half. James Lustig added 19 points.

"We've got a shot at having a better record than last year," DiMarino said. "Another goal we have is to put something together and get ourselves a first-round bye or at least a home game in the tourney. We know from here on out we're going to get everyone's best, and we've got to take care of business."

The closest team to Hamilton-Wenham in the CAL Baker is Amesbury, which is 4-7. Hamilton-Wenham is 9-2 in the conference. They are 11-2 overall.

 **St. John's Prep survives at home against pesky H-W squad**By Nick Giannino Staff Writer, **Salem Evening News**

 Feb 8, 2017

**DANVERS —** With the clock winding down at the end of the first half in Wednesday's out of conference battle between St. John's Prep and Hamilton-Wenham, Generals' senior guard Ben Danforth raced up court with hopes of getting a last second shot off.

Not only did he get the shot off in time, but he drained it from just inside half-court to bring his team within two points at the break. It was at that point where the Eagles and the rest of the fans in attendance at Memorial Gymnasium realized that Hamilton-Wenham wasn't messing around.

On paper it seemed like the Generals were outmatched: A relatively small Division 4 school going up against a D1 Prep team that is ranked among the top 10 squads in the state. While the Eagles made just enough plays down the stretch to hold on for a 59-53 victory, it felt like both teams walked off the court with a win.

"I love this team. These guys played with all kinds of heart and left everything on the floor tonight," said Hamilton-Wenham (13-4) head coach Mike DiMarino. "A couple balls fall our way and it's a different outcome. But all the respect in the world to St. John's; they are fantastic. They're big, strong, fast and they made some excellent plays down the stretch. Just a great high school basketball game to be a part of."

With the hosts clinging to a five-point lead with just over a minute to play in regulation, H-W senior captain Nick DiMarino (6 points, 2 rebounds, 2 assists and 2 steals) drained a 3-pointer to make it a one possession game.

Prep's 6-foot-8 junior Tommy O'Neil (10 points, 8 rebounds and 3 blocks) proceeded to find the bottom of the net with a putback tip-in to bring the hosts back up five, but James Lustig (18 points, 3 rebounds, assist, steal and block) then drew contact inside on the other end and dropped in both free throws to cut it back to three.

It was that type of back-and-forth game for the entire 32 minutes of action, as every time it felt like the Eagles would pull away H-W had the answer.

"That's a good team that we played against tonight," said Prep (13-4) head coach John Dullea.

"They just wouldn't go away. A couple times we got the lead up to nine or so and they battled right back by going on like a 5-0 run to get right back in it. We were a little sloppy tonight but give them credit; they played hard."

Following the pair of freebies by Lustig, H-W was forced to foul with the shot clock officially turned off.

Eagles' freshman point-guard Jarnel Snow-Guzman calmly came through in the clutch, cashing in on four consecutive free throws in the waning seconds to put the game out of reach.

"Jarnel's been doing this for us all year," said Dullea. "He sometimes has ups and down and has a few turnovers but that's gonna come with a freshman starting point guard. But he always competes and makes big shots and tonight he made four big foul shots for us. So I don't mind when I see him going to the line at the end of the game because I have all the confidence in the world in him."

While Snow-Guzman ultimately iced the game for the hosts, Nate Hobbs was the biggest difference maker. The junior guard poured in a game-high 26 points, including an efficient 8-for-9 mark from the charity stripe and one rim-rocking dunk in the third quarter.

On the other side, it was Billy Whelan's hot shooting that kept the Generals in it, as the sophomore guard canned four triples on the evening en route to 15 points. Lustig was also immense both in the paint and behind the arc, while Jack Wosepka and Alex Renaud turned in some excellent minutes off the bench.

They may have lost the game, but the overall gutty performance by the visitors should bode well as we inch closer to tournament action.

"This isn't just a D1 team, this is the No. 4 team in the state," said DiMarino. "To hold a team like St. John's Prep under 60 points is a heck of an achievement and a game like this certainly gives us confidence moving forward. But we still have to get back to work and get a little better every day."

Danforth finished with 14 points, five rebounds and three steals for H-W, while Matt Relihan nearly notched a double-double for the Prep with 10 points and eight boards.

**Full Court Press: Well-balanced Hamilton-Wenham squad looking to make its mark**Nick Giannino Full Court Press, **Salem Evening News**

 Feb 7, 2017

Just over two years ago, the Hamilton-Wenham boys basketball team capped off an undefeated season with a 59-50 triumph over Sutton in the Division 4 state championship game.

That unforgettable campaign happened to be the last one for Generals’ legendary Hall of Fame coach **Doug Hoak**, who retired on top with no regrets.

Today, Hamilton-Wenham is looking to carry on Hoak’s legacy under second-year head coach **Michael DiMarino**. And so far, the results are indisputable.

After a 17-5 season and a trip to the Div. 4 North semifinals last winter, the Generals have compiled an equally impressive 13-3 mark thus far in 2016-17.

Having already qualified for the state tournament is great and all, says DiMarino, but the team’s ultimate goal is to come out of March with a state title.

“We always start the season with three goals: qualify for the state tournament, win the conference and win a state title,” said DiMarino. “We’ve already achieved the first two goals, so now we want to work on that final one by stacking up as many wins in the left-hand column so that we can earn a first round bye and a home game.”

Thanks to an extremely balanced, experienced and overall deep roster, the Generals are well on their way to doing just that.

They may not have one singular superstar like many teams across the North Shore, but DiMarino has a handful of weapons he can lean on on any given night. One of them happens to be his cousin, **Nick DiMarino,** a versatile senior captain who has been a jack-of-all-trades for the Navy Blue-and-White this winter.

The younger DiMarino is confident with his surrounding group and hopes he can help them reach the pinnacle of success in his final high school campaign.

“I think the mentality this year has been that we’re going to do it as a group; no single player is going to carry us. That’s the way we’ve always done it, and I think it’s a good way to do it because one player doesn’t make a team,” said the Generals’ captain, who carries all-around averages of 10 points, four rebounds, two assists and two steals per night.

Joining DiMarino in the starting lineup is sophomore point guard **Billy Whelan**, who earned significant playing time as a freshman, but has elevated his game to the next level this winter. Whelan mainly operates as an efficient distributor (team-high 3.6 assists per game), but has also proven his place as a true scorer — evidenced by his 11.2 points per game.

He can shoot from the outside, canning 24 triples thus far (also a team-best), and his pesky defense has allowed him to pile up an absurd 4.1 steals per contest. Statistics aside, Whelan is a true team player and an irreplaceable asset in just his second year on the court.

“Billy is an absolutely fantastic point guard,” said coach DiMarino. “He’s one of the best defenders we have and can score when he needs to. He’s stepped up in some big moments for us; he’s going to be a kid to watch on the North Shore for years to come.”

Whelan and DiMarino alone combine to form a serious threat for opposing teams to stop. Add in skilled big man **James Lustig**, who paces the Generals with 12.2 points and 6.5 rebounds per game, and you have the recipe for a rare 1-2-3 punch.

There’s also senior co-captain **Ben Danforth**, a knockdown shooter and terrific defender; big man **Jack Wosepka,** a reliable sixth man and above-average reboudner; and **Jake Lanciani,** a speedy guard who slides into the starting lineup as a third guard alongside Danforth and Whelan.

Collectively, the Generals’ rock solid core has helped them shake off a recent one-point setback to Cape Ann League rival Newburyport and string together four straight wins in dominant fashion. However, perhaps their biggest test thus far awaits them Tuesday night when Division 1 powerhouse St. John’s Prep comes to town for an out-of-conference bout.

“St. John’s is a great team,” said Whelan. “We scouted them a couple of times and we’re just going to try and play our best game, not switch anything up and just go in confident. Our game is the best when our defense really fuels our offense and we get out in transition for easy buckets. If we’re able to do that, I like our chances.”

Nick DiMarino agreed, adding that they need to head into Tuesday’s contest with confidence and get out and attack the Eagles early, or else they could be in for a long night.

“Not playing scared is the key. That’s the reason we lost to Lynnfield and to Newburyport, too,” said DiMarino. “We came out a little scared and if we do that again and look like a deer in the headlights against the Prep, they’ll roll us by 20.”

Regardless of what happens, St. John’s Prep is on H-W’s schedule for a reason: they’re a good Division 1 program who’ll bring out the best in a Generals team looking to improve as much as possible before the postseason. DiMarino & Co. have already played other Division 1 schools Boston Latin (a 51-47 win) and Malden (55-39 loss) and are slated to battle with yet another, Winchester, later this month.

“We’re not going in for a moral victory,” said coach DiMarino. “We’re going to give them our best and see where we land. We have some serious competitors on this team and we’re not just going to roll over.

“Obviously we have all the respect in the world for St. John’s Prep; they’re a great team and work really hard, but so do we. We just have to limit our mistakes, get good quality possessions and battle for a full 32 minutes.”

Tipoff for Tuesday night’s clash between the Eagles and Generals is slated for 6:30 p.m. at Hamilton-Wenham High.

 **Hamilton-Wenham girls basketball team bounce back into tourney contention**

By Dom Nicastro Correspondent, **HW Chronicle**
February 2, 2017

The Hamilton-Wenham Regional High School girls basketball team has won six of its last seven games heading into this week.

The surge has vaulted the Generals into a tie for second place with Manchester Essex with a 7-3 mark in the Cape Ann League Baker Division. The team has an overall record of 9-4 heading into this week with a scheduled game against Amesbury on Tuesday, Jan. 31, and another Thursday, Feb. 2, at Swampscott at 7 p.m.

It was the 56-38 loss to Amesbury Dec. 16 that gave the Generals some sort of wake-up call, their coach said. They got back to basics, worked heavily on pressure defense and rebounding in practices, and kept things simple in their schemes.

"I think we can be better -- let's fix this," Hamilton-Wenham coach Jon DeMarco said of the feeling after that game.

And here they are, five weeks later, heading toward qualifying for a tourney berth and even taking a crack at the league title. Tuesday's game at home against Amesbury is huge; the Indians were 9-1 in the Baker Division, 14-1 overall heading into this week.

"We're so fortunate because when you win a few games sometimes you get complacent," DeMarco said. "But these kids are not getting complacent. They want to keep winning."

DeMarco said Monday night he saw the Amesbury game coming down the last possession.

Hamilton-Wenham last week took care of rival Ipswich by 30 points, 58-28.

It was a typical kind of night for this team -- everyone seemed to contribute.

Junior Lauren Flynn had 15 points and 14 rebounds. Junior captain Jacqueline Fibbe had 12 points and 10 rebounds, and Junior Cecily Szady added six points and 20 (nine offensive) rebounds to lead the Generals.

Kelly Walsh added eight points. Liz Kirschner is assigned to the other team's best offensive player each night and has done phenomenally. She also contributes points when needed.

The Generals have also been good in the clutch.

They beat North Reading, 47-46, thanks to Cate Blatchford, who sunk two free throws with 4.4 seconds to go and her team down one point.

Jacqueline Fibbe and Blatchford each as 12.

"She had ice water in her veins," DeMarco said. "She's shooting over 70 percent for us for free throws. It was a great win for us."

Scoring nearly 60 against Ipswich was a great sign. The team is moving the ball well -- "there is not a selfish player on the team," the coach said -- and they're comfortable with one another.

"They've played together for a couple of years now," DeMarco said. "They want to work with each other. If teams play zone against us, we can move the ball around and we have 10 girls who can shoot 3-pointers. If they play man-to-man, we're very athletic getting to the basket or kicking it out for shots."

Defensively, the team has fixed some patches in its pressure defense, its bread and butter. When the pressure defense is not working, things can go downhill fast.

"They knew what we had to do -- we had to renew our focus on some of those little things that make a big difference," DeMarco said.

Rebounding needed work, too, and now they're getting it, mostly from Walsh, Flynn and Szady. It's not as if they're always the tallest players on the court, but they're doing the little things to haul down boards.

"They are three of the top rebounders in the area," DeMarco said. "Those three are doing a tremendous job."

# Hamilton-Wenham girls drop CAL Baker battle with AmesburyBy Pat O'Rourke Staff Writer, Salem News

**Jan 31, 2017

HAMILTON** — In its first matchup against Amesbury earlier this season, the Hamilton-Wenham girls basketball team fell into a deep first quarter hole from which it couldn't recover, eventually losing by18.

On Tuesday night, it was a run of 13 unanswered points in the opening quarter by Amesbury that ultimately propelled them to victory, scoring a 51-43 win on Hamilton-Wenham's home court.

Those points came in a span of 1:40 as the Indians raced out to a 13-2 lead after the visitors scored its first basket with 3:30 to play in the quarter.

"They're a good team," said Hamilton-Wenham head coach Jon DeMarco. "I think it was a tournament-type game for us that they got a little bit of a lead in, but we just hung in there. We kept battling right down to the end (where) we got a couple shots go in and out."

The two teams combined to miss the first 15 shots of the game;  Amesbury senior Madison Napoli hit a three-pointer with 3:30 to play in the first quarter for the first successful conversion from the field. The only points prior to that coming from a pair of free throws hit by H-W junior Cecily Szady. The shot kicked off a sequence in which the

Indians (15-1) hit seven straight shots — four of which came from Napoli, who scored nine of her 16 points in the opening quarter.

The Generals (8-5) were able to recover, responding with a 10-2 run of their own to cut the Amesbury lead to 15-12 early in the second. Hamilton-Wenham went into halftime within striking distance of the visitors, trailing 26-20.

"They had a pretty big first quarter, same thing they did the last game against us," said DeMarco. "But the difference was we were able to clamp down and battle back and get (the lead) down to six at the half."

Leading the way for Amesbury was Napoli, the senior captain, as well as her sister, Alli, who finished with a game-high 17 points. The Indians were missing senior center Mikayla Porcaro, who was injured in the Indians 59-56 win over Manchester Essex last Friday.

"This is probably our best team win of the season," said Amesbury head coach Matt Willis. "We're out one of our five starters and got into a couple of girls who really hadn't played any minutes where the game was still in question."

Amesbury ran its lead to 12 points in the third quarter as Hamilton-Wenham went nearly six minutes without hitting a field goal. But that was as wide as the lead would get as the

Generals fought back to within four points when Liz Kirschner (11 points) hit a jump shot, making it 33-39 with 5:35 to play.

The Generals hit seven 3-pointers in the game, three coming from Kirschner in addition to a pair from Lauren Flynn and Jacqueline Fibbe.

"We hit some outside shots; we got some good looks," said DeMarco. "They collapse pretty hard inside. I like when teams do that because we're a great 3-point shooting team and we hit some good shots."

#

# Marblehead co-op hockey squad wins four in a rowBy Scott Cooper / swampscott.sports@wickedlocal.comJan 25, 2017 A solid four-game run, all wins, has propelled the Marblehead-Swampscott girls hockey team to just a shade under .500, clocking in with a 5-6-1 record with nine games left in the regular season, before falling to powerhouse Beverly, 8-1, on Jan. 24 to fall to 5-7-1.

The team kicked off the four straight wins with big W's over Wilmington and Wakefield, and then the team swept their two games this past weekend, shutting out the team from Falmouth, Maine, 3-0, on Saturday, and wrapping up the weekend with a 3-1 road win over Bishop Fenwick.

On Saturday against the Yachtsmen, the Headers got a shutout in the net by Sarah Ryan and a couple of tallies by Sydney Cresta. Cresta also had a helper on a score by Olivia Fusegni for a three-point afternoon. Abby Kalinowski, Caroline Kinne and Bella Peters also had assists for the winners.

"It was a nice win. The people in Maine were great to us, they were very appreciative that we took the time and came up to play them, and we came out with a win, so that's nice for our team," said head coach Emily Hudak. "Sydney Cresta played a very strong game, we had a lot of players play really well for us, and Sarah [Ryan] is getting more confident in the net every game."

Sunday morning, win No. 4 in a row came against the Crusaders. Marblehead-Swampscott went up 3-0 on two goals by Cate Delaney and a single strike by Grace Moroney. Moroney set up both of her linemates' goals, and Delaney returned the favor on Moroney's goal in the second period.

# Hamilton-Wenham keeps distance, closes out PentucketBy Nick Giannino Staff Writer, Salem News

 **Jan 16, 2017**

**SOUTH HAMILTON** — Sometimes playing a game the night after having the day off from school can prove detrimental to a team of high school status.

That seemed to be the case for one of the squads in last night’s Cape Ann League boys basketball battle between Hamilton-Wenham and Pentucket — and it wasn’t the hosts.

Although they managed to stay close with some timely buckets to start the third quarter, the visiting Sachems never quite found a rhythm offensively and were ultimately overpowered by a fundamentally sound and ready-to-play Generals team.

Pentucket had cut a double-digit deficit to two points in the early stages of the third frame, but the Generals closed out the quarter on a 12-0 run before holding on for the wire-to-wire 55-45 victory.

“We played hard, we just didn’t play smart. And in order to beat good teams you have to do both,” said Pentucket head coach Ed Hickey, his team now 5-5 at the midway point in the season. “Our defense had definitely improved but it was the turnovers and we gave up some easy buckets and they were able to get out to that big run in the third quarter.”

A sloppy, turnover filled second quarter allowed the Sachems to crawl back into the game prior to the break, and after 16 minutes they trailed by just four points.

Things continued to look promising at the start of the third, as Gus Flaherty (10 points) and Jimmy Cleary (team-high 13 points) canned back to back triples to bring their team within two.

But it was all Generals from there, as head coach Mike DiMarino opted for a smaller lineup resulting in a number of steals and easy baskets at the other end.

Hamilton-Wenham (now 9-1) also did a great job finding the best possible looks offensively during the game-deciding run. Nick DiMarino (12 points) and Billy Whelan (11 points) responded to the couple of Pentucket threes by hitting consecutive long balls of their own. Jake Lanciani (14 points) then capped off the spree with a beautiful and-1 layup off the fast break.

“That’s something the coaches and I decided at the half to try to give them a different look because they were doubling down on our bigs inside and we were moving kind of slow,” coach DiMarino said of transitioning to the smaller lineup. “So we went with the smaller, more aggressive lineup to try to force some turnovers and it worked. The lead went from plus-two and got up to like 14 at one point. When we’re getting easier baskets off our defense things tend to get rolling a little better for us.”

Nick DiMarino was instrumental in the second half for H-W, acting as a leader on both ends of the court. When he wasn’t scoring, he was finding the open man for the best possible shot, and when he wasn’t touching the ball he was communicating with the rest of his teammates making sure they were in the correct positions to keep the floor spread out.

“Nicky, he’s the best. He can handle the ball, he can rebound, he can shoot it, he can defend — hes our glove and he keeps everything together,” said the elder DiMarino. “He’s got the body of a power forward but can handle it like a guard. He’s a great player and he saved it for us tonight.”

For Pentucket, a similarly balanced scoring team like H-W, Nate McGrail also finished in double figures with 10 points.

Hamilton-Wenham will look to clinch a postseason berth with a win at home Wednesday against Malden. Tip off is set for 6 p.m.

# Weekend area roundup: Swampscott icemen get late goal to top H-WThe Salem News, Jan 15, 2017 BOYS HOCKEY

**Swampscott 2, Hamilton-Wenham 1**: Captain Louis Olivieri’s 10th goal of the season snapped a third period tie and gave the Big Blue their eighth victory in nine games this season.

Freshman Conor Donovan added his first varsity goal for Swampscott, which outshot the Generals, 45-7. Defenseman Dom Codispoti assisted on Donovan’s second period tally, while sophomore Victor Kratik earned his second victory of the season in goal.

Freshman Finn Brophy was immense in goal for Hamilton-Wenham (0-7-1), finishing with 43 saves. Sophomore Clint Gourdeau scored the Generals’ goal.

**Hamilton-Wenham swim team edged Manchester Essex
By****Christopher Hurley****,** **Wickedlocal.com** **/ HW Chronicle
January 9, 2017**

The Generals showed there was strength in numbers, Monday night.

Austin Halstead headed an all-star cast as the Hamilton-Wenham swim team turned the tide beating Manchester Essex in a close 86-84 nail biter, Jan. 9.

"Everyone contributed to the win," Hamilton-Wenham Coach Nicole Klobucher said.

Halstead headed a strong ensemble cast taking top on honors in the 50 and 100 free.

The Generals swimmer was bolstered by big results from the rest of the squad, including standouts performances by Maddie Katz, Camille Martin, Chris Li, and Max Martin.

Max Martin made some moves winning the 100 fly, while placing a strong second in the 200 IM. Li scored first in the100 breaststroke, while placing and second in the 100 free. Katz controlled her destiny winning both the 200 Free and 100 backstroke. Camille Martin also earned high marks securing second in the 500 free.

Olivia Horgan pulled out al the stops winning the 200 .Jordan Reader made waves running away with the 500 free. Erica Luo was the Generals third two-time winner, taking top honors in both the 100 fly and 100 back.

In earlier action, Hamilton-Wenham showed no signs of a holiday hangover, as the Generals Swim team topped Ipswich, 102-68, Jan. 5.

"Overall everyone swam great after coming back from the holiday break," Klobucher said.

Maddie Katz, Chris Li and Olivia Horgan ran the table in the 200, placing first, second and third, respectively. Katz and Horgan also took the top two spots in the 500.

They were bolstered by a fantastic team effort with Max Martin and Erica Luo placing first and second in the 100 fly. Austin Halstead won both the 50 and 100 free, while Chris Li placed first in the 100 breaststroke.

The JV swim team also got the job done taming the Tigers, 65-59.

# Friday's area roundup: Hamilton-Wenham gets marquee win over MasconometThe Salem News, Jan 6, 2017GIRLS BASKETBALLHamilton-Wenham 46, Masconomet 42: The Generals (3-3) used a 17-8 fourth quarter run to earn their first win against the Chieftains (4-2) since 2013. H-W was led by Cate Blatchford, who finished with 14 points, seven rebounds, and three assists while Liz Kirschner had nine points, eight rebounds, and five steals. Lauren Flynn (14 rebounds), Cecily Szady (12), and Kelly Walsh (10) all finished with double-digit boards.Grace Fahey had 10 points and 13 rebounds to lead Masco, which shot 17-for-70 from the field. Mak Graves had seven points, seven rebounds, six assists, and five steals. Stephanie Mini had six points and seven rebounds.

# Hamilton-Wenham swim team makes splash against IpswichHamilton-Wenham Chronicle / Wicked LocalChris Hurley, January 6, 2017The Generals swept the 200 free, as the Hamilton-Wenham swim team topped Ipswich, 102-68, Jan. 5.

"Overall everyone swam great after coming back from the holiday break," Natalie Klobucher said.

Maddie Katz, Chris Li and Olivia Horgan ran the table in the 200, placing first, second and third respectively. Katz and Horgan also took the top two spots in the 500.

They were bolstered by a fine ensemble cast,with Max Martin and Erica Luo placing first and second in the 100 fly. Austin Halstead won both the 50 and 100 free, while Chris Li came in first in the 100 breaststroke.

The JV swim team also got the job done taming the Tigers, 65-59.

 **Hamilton-Wenham girls hoop team working out the early season kinks
Hamilton-Wenham Chronicle / Wicked Local
By Dom Nicastro Correspondent, January 5, 2017**

With 2016 officially in the rear-view mirror, the Hamilton-Wenham Regional High School girls basketball team is moving on to the grind of their season: the Cape Ann League stretch run where most of the opponents from here on out are league rivals.

While 2016 is closed, the Generals are taking some learning lessons as they move forward with scheduled games against Manchester Essex (Jan. 3) and Masconomet (Jan. 6, home, 6:30 p.m.)

They went 2-2, beating Swampscott and Georgetown and falling to Austin Prep and Amesbury. So that's 1-1 in the CAL, 1-1 out of conference.

They want to play better defense, including making better rotations on their trapping defense and just simply getting back to some defensive basics.

They beat Georgetown, 61-19, and did not have much trouble defensively there. But they allowed 59 in a 10-point loss to Austin Prep in the next game.

"We thought against Georgetown the girls played well defensively, but we still looked at that game and saw a lot of things we need to work on," Hamilton-Wenham Coach Jon DeMarco said. "And we saw the Austin Prep game as another opportunity to look at ways we can keep improving."

Particularly, the Generals gave up more than a few points in the transition game. It's something they haven't done. The H-W coach would like to see his team get to its positions faster on defense as well, in other words, make rotations more swiftly.

"We gave up some transition points," DeMarco said. "We hadn't given up fast break baskets until that game. So we were disappointed by that. Our rotations were not great for us in the press. We talked as a team about what we need to do to get better."

The coach is pleased with the team's rebounding, which has improved.

Against Georgetown, the team was led by a 16-point, five-rebound effort from junior captain Jacqueline Fibbe.

Lauren Flynn added eight points, 11 rebounds, seven assists and six steals, and captain Kelly Walsh contributed 10 points, 10 rebounds and four blocks.

The Generals forced 35 turnovers in the game and grabbed more than 25 offensive rebounds.

Against Austin Prep, Cate Blatchford led the team with 16 points. Flynn added 15 rebounds and seven assists.

"We get a mixed scoring balance," DeMarco said. "But on any given night we do have players going off with three or four 3-pointers and those getting to the line and hitting layups. We could have six kids with 10 points or one with 25. We seem to shoot well in our own gymnasium. We had nine 3-pointers against Georgetown but went 2-for-22 against Austin Prep. We played well against Georgetown and did some good things offensively. We the shot ball pretty well and got to play a lot of different players, which was helpful."

DeMarco said the team had a great practice after the Austin Prep loss and is ready for battle in 2017.

"We've recognized that we can be a lot better," DeMarco said, "even though Austin Prep is a good team."

#

# Hamilton-Wenham pulls away from M-E to win tourneyBy Nick Curcuru Staff WriterThe Salem News, December 29, 2016

**GLOUCESTER** — The Manchester Essex boys basketball team entered Thursday's BankGloucester Holiday Tournament final on an offensive tear, averaging nearly 70 points per night.

The Hornets, however, did not have to deal with a defense like Hamilton-Wenham's until the tournament final. Manchester Essex could not find any room on the perimeter to let off uncontested three-pointers and also could not crack the 2-3 zone to get to the basket.

As a result, the Generals picked up a 56-40 win at the Benjamin A. Smith Field House to win the BankGloucester Holiday Tournament.

"If they were going to beat us we wanted them to do it inside the three-point line," Generals head coach Michael DiMarino said. "We identified their shooters early and extended on the perimeter. This team takes a lot of pride in its defense and we were really happy with the performance against a good, athletic team."

After a rough start, where the Generals (5-0) opened up a 24-4 lead in the middle of the second frame, the Hornets showed some life and roared back into the contest. A 20-5 run to finish off the half brought Manchester Essex (4-2) right back into the game as it cut the Hamilton-Wenham lead to 29-24 at the break.

"The kids don't quit, cutting it to five showed the heart of this team," Manchester Essex head coach Tim St. Laurent said. "We made a nice run there and we played well on defense all night but we just couldn't get our shots to fall. Hamilton-Wenham closed out hard and we couldn't convert on our good looks."

But in the third quarter, the Generals 2-3 zone continued to stymie the Hornet's offense and the tournament champions quickly extended the lead back to double-digits while surrendering just nine points in the quarter. As a result, Hamilton-Wenham took a 44-33 advantage into the fourth and final frame.

"I think we got a little rattled at the end of the first half but we regrouped and went back to basics in the third," DiMarino said. "We started playing our game and we were able to make some shots to extend our lead."

Manchester Essex's comeback bid took a big hit right away in the fourth when Jake Lanciani scored, then stole the ensuing inbound pass to extend the lead back to 15 points at 48-33.
|
In the end, the Hornets could only put up 16 points in the second half en route to the 16-point defeat.

Ethan Ketchum led the way for Manchester Essex with 12 points, Will Janowicz scored 10. Billy Whelan led the way for Hamilton-Wenham with 15 points, James Lustig scored 13 while Jack Wosepka and Nick DiMarino had 10 rebounds a piece.

Wosepka was named the tournament's Most Valuable Player while Whelan was named to the All Tournament team.

"We go 6-foot-5, or 6-foot-6 across the board inside and rebounding was key tonight," DiMarino said. "Wosepka was great contesting shots and our guys did their job on the perimeter too."

The Cape Ann League Baker Division rival will not have to wait long to see each other again as the two teams meet on Tuesday in Hamilton (6:30 p.m.).
 **Hamilton-Wenham swim team makes waves despite low numbers
Hamilton-Wenham Chronicle / Wicked Local
By Dom Nicastro Correspondent, December 28, 2016**

The Hamilton-Wenham Regional High School co-ed swimming and diving team returns to the pool with confidence this season.

It's not exactly the ideal scenario to compete for a Cape Ann League championship, however. The Generals have 52 swimmers in the co-ed program but only about 12 competing on varsity in the early going. That number would need to be more in the 20 to 25 range to be competitive on a league championship level.

For now, though, the Generals are setting their sights on qualifying as many individuals as possible for the state meets at the end of the season.

And don't rule them out to make some noise in the CAL, too. The Generals finished second in the Cape Ann League dual-meet and second in the Cape Ann League championship meet - each time trailing Masconomet.

The Chieftains look strong again this year. They beat Hamilton-Wenham, 107-63, in the dual-meet opener Dec. 19 at the Bennett Athletic Center at Gordon College.

But is second place is a reality for this season?

"Absolutely," said Hamilton-Wenham coach Natalie Klobucher. "We have to be healthy and injury-free (they weren't against Masco). The kids have to have a lot of understanding about what we're trying to do. There will be a lot of mixing and matching around in that time. They're not always going to be able to swim the strokes that they want. They have to be content with what we're doing. If they keep up their morale, we should stay in contention to finish in second."

Hamilton-Wenham lost 12 swimmers and divers to graduation. Coach Klobucher said she recruited more than 20 to join the team.

But while it may be a victory in sheer numbers, most of the newcomers need more experience before they are ready to legitimately compete in the CAL.

"Our team is strong," Klobucher said, "but not as strong as we'd like to see in depth."

Some of the newcomers are strong.

"We give equal opportunities to all," Klobucher said. "Some are young and some are brand new to the program. We spread the lanes and have a fast-pacing practice. We don't have time for anything else. It's a continuous workout."

The team practices nights at 7:30 at Gordon College. Practices run to about 9 p.m., so anyone that wants to become a better swimmer or diver certainly needs a lot of energy, commitment and must be good at time management to balance studies.

The team has some particularly strong incoming girls swimmers. But this is a co-ed sport, and sometimes they compete against males and tend to come up short in particular events.

"We expect them to do well overall but they're competing against male swimmers," Klobucher said. "They challenge them but often the outcome is not in their favor."

Chris Li and Olivia Horgan serve as team captains. Each have made a tremendous impact on the program in not only their swimming but leadership, Klobucher said.

"The kids select the captains and if they weren't I would have," Klobucher said. "They are respectable leaders and role models. They help guide the new swimmers and they are very good at teaching strokes. We have 52 kids There is no way I can do it all. I'm run very thin."

Li and Max Martin had great starts in the breaststroke against Masconomet.

"Chris Li has blossomed from last year," his coach said. "We expect good results with him and a lot of improvements. He's worked hard between last season and this season and has conditioned well."

Camille Martin, Jordan Reader and Erica Luo are newcomers who will make some noise. Maddie Katz is also a swimmer to watch, Klobucher said.

Klobucher is looking for a competitive meet Thursday, Jan. 5 when it hosts Ipswich at 8 p.m. It's meets like these where the Generals could be winners, provided everyone stays healthy.

"Having 20 to 25 kids would be the ultimate," Klobucher said. "We're fighters. We're not going to let Masco come in and just be handed a meet. They'll have to earn it."

 **Hamilton-Wenham boys hockey team returns to the ice
Hamilton-Wenham Chronicle / Wicked Local
By Dom Nicastro / Correspondent, December 22, 2016**

The trial period is over. The meetings, the recruiting (well that never ends), the convincing, they are ready for the big-time.

Varsity hockey is back for Hamilton-Wenham Regional High School. The boys hit the ice for their opener last week after more than a decade off because of lack of interest.

The team lost to Amesbury, 4-2, but showed fight and signs they'll be more improvement.

The Generals return to the ice this year after a decade in which its players teamed with other schools in cooperatives.

"The boys were down 2-0 and showed they can battle," said Hamilton-Wenham coach Robert Ryan.

Hamilton-Wenham was missing a few players from its roster due to injury. Because of that, the defense ended up being Mark Roselli, Clint Gourdeau and Matt Dearborn, the latter who played defense for the first time.

"They were monsters back there," Ryan said. "They logged more minutes than probably (Boston Bruins defender Zdeno) Chara does. Dearborn will do whatever you want him to do. They did a good job, those three guys, rotating on defense."

Aidan Daly scored to make it 2-1 on an unassisted, hard-working goal out of the corner.

Henry Smith scored the equalizer to make it 2-2 on feeds from Daly and Cam Vatour.

"We learned how to battle and didn't quit," Ryan said. "We tied it up and did a lot of the things we asked them to do."

Finn Brophy played in net for the Generals, saw 35 shots and saved 31. Ryan said Brophy reminds him of a Tim Thomas-type of goalie. Thomas played for the Bruins, leading them to the 2011 Stanley Cup.

"He just puts himself right in the line of fire," Ryan said. "He's not a particular type of goalie. He just gets there."

This season is naturally bigger than one game. The Generals, playing an independent schedule, are trying to prove their worth as a varsity team.

Sophomore forwards include: Cam Guyer, Henry Smith, Callum Hunt, Henry Jones, Will Hogan and Mark Roselli.

Junior defensemen Jack Gebhartdt and Kit Shaw and junior forward Griffin Penn should contribute.

The team has 20 players total: 12 forwards, six defensemen and two goalies.

Vatour is a captain, and Jack Gourdeau is the assistant.

"Cam brings a lot of passion to the game and great speed and work ethic," Ryan said. "He gives 100 percent all the time on the ice and he can help set the tempo on the game. Jack is a big, strong defenseman. He has some speed. We expect a lot out of him from the point. He's playing very solid defensively."

Ryan said the team is coming to grips with the reality that they've arrived on the varsity level. Things are faster and players are stronger.

"They need to push themselves at practice and hit the weight room," Ryan said. "The tempo is faster, so we can be faster."

Some of the goals the team set include:

Score the first goal of every game.

Do not give up a goal in the first 10 minutes of a game.

Always take fewer penalties than the other team and limit themselves to no more than four penalties per game.

"They also have a stretch goal of winning 10 games," Ryan said. "They'd like to make the tourney, too."

 **Hamilton-Wenham track teams struggle with low numbers
Hamilton-Wenham Chronicle / Wicked Local
By Dom Nicastro / Correspondent, December 20, 2016**

It's a numbers game for the Hamilton-Wenham Regional High School boys and girls track teams.

And it's not good numbers.

Both teams are struggling with participation numbers this winter. The boys have 13 and the girls include 17, numbers not big enough to compete in the multiple events each meet requires.

Essentially, it's like starting a football game down 25-0.

It's not exactly a shock to Hamilton-Wenham coach Steve Sawyer, who runs both programs. He's seen low winter track numbers before. It's the life of a small school like Hamilton-Wenham, the choices are plenty for winter sports.

Sawyer's only got one runner from his state-recognized and nationally-recognized cross country team, Rebecca Erhard. The Generals won the Eastern Mass. Division 5 title this fall.

She'll handle the bulk of the distance events, like the mile, 2-mile and 1,000-meter.

The boys actually bring back four harriers from their strong cross country team, Dan Allara, Griffin Marshall, Jack Gourdeau and Jake Sturim, and they will score very well in the distance arena and 4x800 relay.

However, there are only nine other competitors for the Generals, and that means the losses will pile up in the Cape Ann League dual meet season.

The boys are 0-4 thus far. The girls are 0-3-1, tying Lynnfield to open the season.

Considering their lack of numbers, it was quite an impressive feat to earn the draw against the Pioneers.

"We were very fortunate to pull out that tie," Sawyer told the Chronicle.

Each team, Sawyer said, is looking more for individual accomplishments.

The girls have potential for that with captains Julia Koenig and Daniela Garcia (sprinter and jumpers that are "both very very good.") and Makaiah Sidell.

Koenig has the 300-meter indoor track record, and she and Garcia are both on a 4x200 meter relay team that still holds the school record and on the team that holds Division 5 state 4x200 meet record.

While some cross country runners are taking the season off and others are swimming with the Generals, Erhard is coming back after a great cross country season (11th in Division 5 Eastern Mass.)

"She's doing our distance events," Sawyer said. "But other than that there are at least two distance events we can't cover. We don't have any bodies. We lose all those points. But once again we're not looking for team accomplishments but individual stuff at the end of the year."

Sawyer said he doesn't think low numbers in the winter track season is a trend across the Cape Ann League. He sees most other programs as OK for numbers outside of his teams and Manchester Essex, another one of the smaller schools in the CAL.

"A small school like ours has ups and downs," Sawyer said. "Sometimes you have a lot of kid and sometimes you don't. It depends on the class and what the kids are interested in."

Two junior girls hurdlers, Jordan Smith and Emma Roebuck, should do well, according to Sawyer.

The boys despite super-low participation have some talent. The cross country quartet should make plenty of noise on the distance scene. Allara should be the mile guy mostly, and Marshall (600), Gourdeau (1,000) and Sturim can fill in anywhere, pretty much.

Sawyer is also excited about first-year sprinter Anthony Palazzola, who has "good speed and is going to develop. He's very, very enjoyable to work with and works hard in practice. He's going to be OK by end of the year."

James Goudie, a junior hurdler, is coming along very well. Ari Massos is also a hurdler doing well.

Marshall, Gourdeau and Owen Vadala are the captains.

"Our attitude is always good here," Sawyer said. "These kids are very, very coachable and are not going to do much as a team but are going to do some good individual stuff by the end of the year, and that's what we're focusing on right now."

Senior captain and shot putter Arthur Doggett will also be looked upon to lead the way.

# Veteran Generals girls basketball Kicks Year Off on Right FootBy Pat O'Rourke Staff Writer, The Salem News

# December 14, 2016

# HAMILTON — The benefit of starting freshmen and sophomores is someday they'll become seasoned and experienced juniors and seniors.Someday has come for Hamilton-Wenham girls basketball, a team that has rolled out underclassmen-heavy lineups in recent seasons with the vision of payoff when the girls reach their upperclassmen years. The Generals now find themselves as a veteran team going into the winter, with four seniors and three more juniors on the varsity roster.The payoff came to the tune of a 44-24 season-opening win over Swampscott on Tuesday night on their home floor."We've built this over the last couple of years," said Hamilton-Wenham head coach Jon DeMarco. "Some of these players have started as freshmen, and now they're juniors or seniors."The Generals (1-0) got scoring from eight different players, with Cate Blatchford leading the way with 10 points. Cecily Szady finished with nine while Lauren Flynn picked up eight, six of which came in the second half. Elizabeth Kirschner was behind her, with seven."Depth is huge for us," said DeMarco. "I'm very confident one to ten that we can put players on the floor that are going to pick each other up."They all bring different skills to the table, but we are fortunate that we have 10 great defenders, and 10 players that can all handle the basketball too."Hamilton-Wenham sank five three-point attempts. When shots weren't sinking from long range, the Generals relied on second chance opportunities to pick up points.Swampscott (0-1) struggled to find its rhythm throughout the game, with just 14 points through three quarters. Down 19-10 at halftime, the Big Blue came out of the break missing nine straight shots, not making a basket until Maggie DiGrande connected with 2:35 left in the quarter, cutting the deficit to 26-12. The Blue were able to find an offensive stride in the fourth quarter with 10 points in the final eight minutes. Hannah Leahy was Swampscott's leading scorer, with six points."I think our ball movement got better and we made their defense work a little harder," said Swampscott coach Katelyn Leonard. "I think the first part of the game we weren't moving the ball that well. So once the ball started going from one side to the other, it gave us better shots."The 24 points allowed by Hamilton-Wenham was the lowest point total it had yielded since Jan. 2014, when the Generals allowed Triton to score just 16. H-W allowed 90 in a pair of games with Swampscott last season, including 52 in the latter of the matchups."We always try to put pressure on the basketball and get teams to make mistakes," said DeMarco. "We were able to do that early on, and that really helped us. And then in the halfcourt, I thought we rebounded pretty well and boxed out, and we didn't give them a lot of second chances."Hamilton-Wenham winter sports team-by-team previews for 2016-17

# The Salem News

# December 14, 2016

**BOYS HOCKEY**Last year’s record: 0-0-0 (1st year returning as a varsity program)
Head coach: Rob Ryan (1st season)
Team captains: Cam Vantour, Jr. F; assistant captain Jack Gerhardt, Jr. D.
Other key players: Gannon Devlin, Jr. F; Griffin Penn, Jr. F; Cam Guyer, Soph. F; Henry Smith, Soph. F; Callum Hunt, Soph. F; Henry Jones, Soph. F; Will Hogan, Soph. F (injured); Mark Roselli, Soph. D; Clint Gourdeau, Soph. D; Aidan Daly, Soph. D; Aidan Heney, Soph. D (injured); Keegan O’Shea, Fr. F; Ethan Moynihan, Fr. F; Matt Dearborn, Fr. F; Tucker Apgar, Fr. D; Finn Brophy, Fr. G; Grant Landon, 8th grade G.
League: Will play independent schedule

Outlook: The Generals will field a varsity team for the first time in a decade this winter and are eager to see how they’ll fare after playing at the JV level a year ago. Their game-by-game wish list -- such as score the first goal of every game, take 30 shots a night and have fewer penalties than their foes -- will expand as the team gets more experience and confidence while navigating the varsity waters.

**BOYS BASKETBALL**Last year’s record: 17-5 (Cape Ann League champions, lost in Division 4 North semifinals)Head coach: Michael DiMarino (2nd season at Hamilton-Wenham (17-5), 5th overall)Team captains: Nick DiMarino, Sr., F; Ben Danforth, Sr., G.Other key players: James Lustig, Jr., F; Billy Whelan, Soph., G.League: Cape Ann League

Outlook: Hamilton Wenham is returning nine varsity players, including four starters, and look to be in the mix both in the Cape Ann League and Division 4 North.

 **GIRLS BASKETBALL**Last year’s record: 9-11
Head coach: John DeMarco (5th season, 42-40)
Team captains: Kelly Walsh, Sr.; Liz Kirschner, Sr.; Cate Blatchford, Sr; Jaqueline Fibbe, Jr.
Other key players: Lauren Flynn, Jr.; Cecily Szady, Jr.; Kelsie Baker, Sr.; Jemma Shea, Fr.; Maddy Rivers, Fr.; Belle Dolan, Fr.
League: Cape Ann League

Outlook: “We hope to improve each day in order to give ourselves the best chance to qualify for the state tournament,” said DeMarco, “and to continue to win once qualifying.”

**BOYS INDOOR TRACK**Last year’s record: 0-7
Head coach: Steve Sawyer (18th season)
Team captains: To be named
Key athletes: Griffin Marshall, Sr., Middle Distance/Distance; Jack Gourdeau, Sr., Distance; Owen Vadala, Sr., Sprints; Ari Massos, Jr., Hurdles; Jake Sturim, Soph., Distance
League: Cape Ann League

Outlook: Sawyer expects the team to be strong in distance events, and has some good looking newcomers who will help the team. The Generals need to find people to fill out some events, but the attitude is positive and work ethic strong.

**GIRLS INDOOR TRACK**Last year’s record: 4-6Head coach: Steve Sawyer (18th season)Team captains: To be namedKey athletes: Daniella Garcia, Sr., Sprints/High Jump; Julia Koenig, Sr., Sprints/High Jump; Micaiah Sidell, Sr., Shot Put; Rebecca Erhard, Jr., Distance; Jordan Smith, Jr., Hurdles; Emmy Roebuck, Jr., HurdlesLeague: Cape Ann League

Outlook: “We’re looking for more girls to sign up,” said Sawyer. “The attitude is positive, and we’ll work hard to be competitive.”

**SWIMMING**Last year’s record: 8-2Head coach: Natalie Klobucher (3rd season)Team captains: Chris Li, Sr., 50 freestyle/100 breaststroke; Olivia Horgan, Sr. 200/500 freestyle.Other key swimmers: Max Martin, Jr. 100/500 breaststroke; Austin Halsted, Jr. 50/100 freestyle; Maddie Katz, Soph. 200 IM/500 free; Camille Martin, Fr.; Jordan Reader, Fr. ; Erica Luo, Fr.League: Cape Ann League
Outlook: “I feel that we have three strong freshmen along with the returning swimmers that we should have a very successful year. Masconomet is going to be a very strong (CAL) team, which will be a challenge to us along with Manchester Essex.”