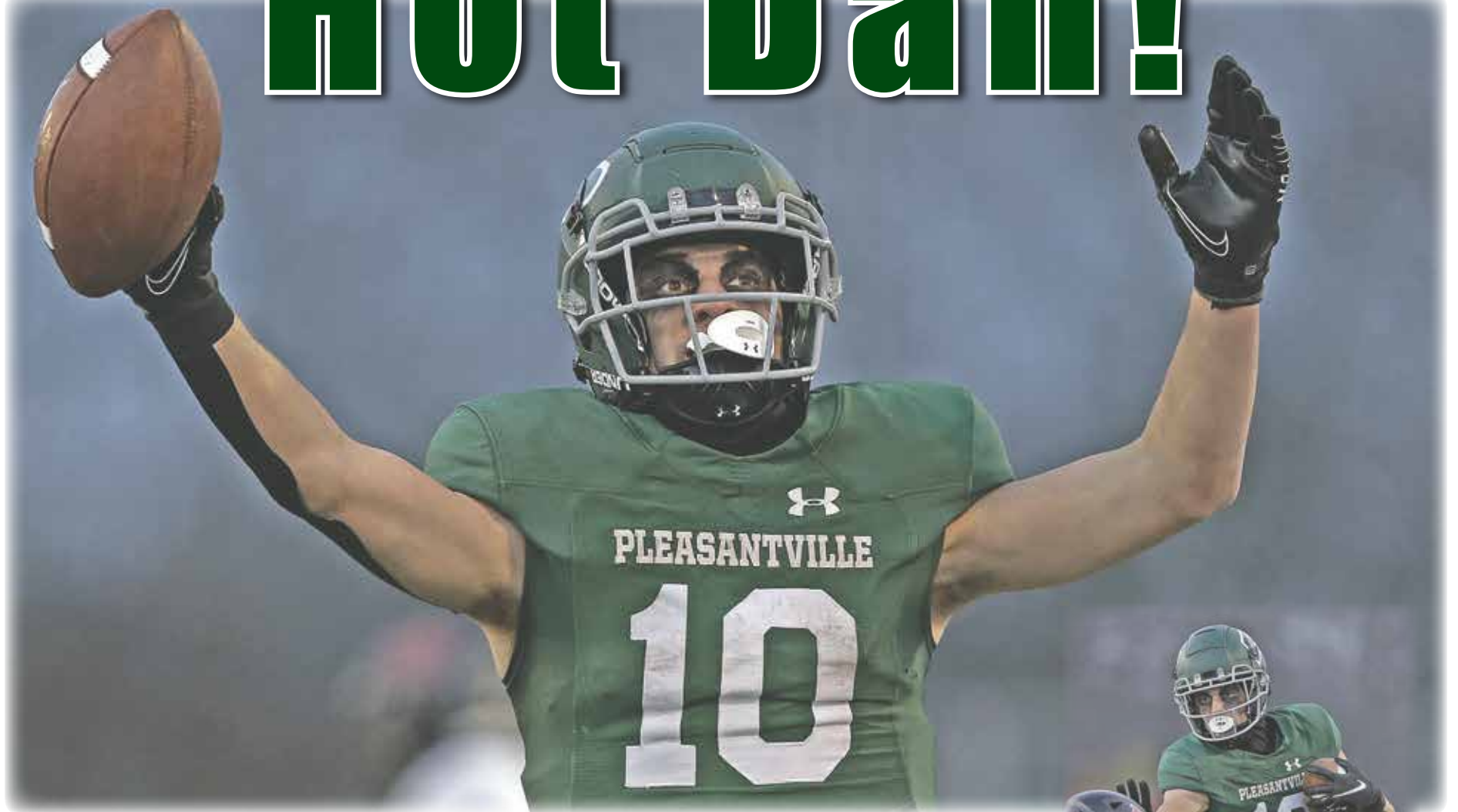


Examiner Sports Hot Dan!



ANDY JACOBS PHOTOS

Picart Explodes for 3TD, 201 Rushing Yards & More in Panthers' NYSPHSAA Class B Regional Grid Win



Pleasantville junior Daniel Picart had reason to rejoice after making a first-quarter interception, part of a 201-yard, stiff-arming assault (inset) in the state-ranked (No. 4) Panthers' 33-7 Class B state regional win over Section 9 champion Port Jervis on Friday afternoon at Arlington High School. Coach Tony Becerra's 11-0 team advanced to the NYS Final Four to take on Section 2 champion Ravena-Coeymans-Selkirk, ranked No. 11 in the state, Saturday at 3 pm at Middletown's Faller Field... see Grid Notebook

And Then There Were Two: Somers, Pleasantville Advance to NYS Semis

Reigning NYS Champ Carmel Ousted in OT; Westlake Denied by O'Neill

By Ray Gallagher
Examiner Sports Editor @Directrays
& Andy Jacobs

Football is the fabric that weaves our communities together each and every fall. Win, lose or draw, very few things bring folks together like the autumnal bond of Friday Night Lights and/or weekends at the gridiron and tailgates in the lot. Our communities were blessed to reap the benefits of four Section 1 football championships in the Examiner-area last week and a pair of those programs – Class A Somers and Class B Pleasantville – survived and advanced to the NYSPHSAA Final 4 while reigning NYS Class AA champ Carmel and Class C Westlake were not so lucky. Nonetheless, these football programs, along with many others in Section 1, did their best to forge a football bond that some will take to their grave #FootballIsLife.

CLASS A

Last week, after winning his second consecutive Section 1 Class A grid title, **SOMERS** Coach Anthony DeMatteo uttered these words: “Defense is really what we hang our hat on. The offense has been super explosive but defense is really our identity.”

So this week, on a chilly Friday night at Middletown High School’s Faller Field, those words served as poetic justice when

– with Section 9 champ Our Lady of Lourdes facing a fourth-and-3 at the 13-yard line in overtime – Somers DE Stefan Swee chucked a blocker and went into chase mode toward the Tusker sideline, eventually combining with DB Luke Kennedy for the game-saving tackle, which preserved a 35-28 NYSPHSAA regional title victory after Tusker QB Matt Fitzsimons scored from a yard out on Somers’ first OT possession.

“Once Fitz scored we knew we weren’t going home tonight without the win,” said Kennedy, a senior who sticks his cage into every play possible. “Everyone gave everything they had and it paid off. When we needed a stop, everyone came up big and did what they were supposed to do.”

If it weren’t for some late-game folly, the state-ranked (No.1) Tuskers (11-0) would have been on the bus 30 minutes sooner, but Lourdes erased a 14-point deficit late in the fourth quarter, scoring two TDs within two minutes – thanks to a botched Somers punt and the Warriors inducing a successful on-sides kick – to force overtime. But the Tuskers responded in the extra session when senior Fitzsimons plowed in from a yard out, earning a berth to Friday’s (6 pm) state semifinals against 16th-ranked Section 2 champ Niskayuna right back at Faller Field. The winner will move on to the state finals, Saturday, Dec. 3rd (3 p.m.) against the winner of eighth-ranked Section 4 Union-

continued on next page



Somers DL George Forbes was one of many Tuskers to step up on D in 35-28 NYS regional overtime win over Lourdes Friday.



Somers RB Ravi Dass Jr. (4) celebrates one of his 3 TDs by breaking a move with teammate James Balancia in Tuskers' 35-28 NYS regional win over Lourdes.



Somers RB Luke Savino splits three Lourdes defenders en route to finding paydirt in Tuskers' 35-28 NYS regional win.



Somers RB Ravi Dass Jr. eases across goal line for his third TD of the game in Tuskers' 35-28 NYS Class A regional OT triumph of Lourdes Friday.



Somers QB Matt Fitsimons rolls out as he readies to flip one of 3 TD passes to go with rushing score in OT in Tuskers' 35-28 NYS Class AA regional win.



Pleasantville quarterback Aidan Picart eludes a tackle in the first quarter of Friday afternoon's Panther victory over Section 9's Port Jervis in the Class B state playoffs.



Pleasantville sophomore fullback Louis Sdao carries the football in the Panthers' 33-7 win over Port Jervis in the state regionals on Friday.

continued from previous page

Endicott and/or the winner of Monday's sixth-ranked Section 6 champ Jamestown vs. No.9 Section 5 champ Hilton survivor (that game was pushed back to Monday after six feet of snow in the region).

"Anything can happen in the playoffs," Coach DeMatteo said. "Kids played hard and we got it done. I was annoyed they moved the ball the way they did in spots, but they were very good up front. We played great D when it mattered."

Fitsimons (18 of 30 for 257 yards) also dialed up a pivotal 46-yard TD pass to senior RB Ravi Dass Jr. (7 catches, 87 yards), his third score of the game, which gave the Tuskers a 28-14 lead. The dynamic duo missed on a couple of bombs earlier but were in synch much of the night, connecting on three TD passes from 46, 19 and five yards out.

"Oh yeah, we feeling good," Fitsimons admitted. "Ravi and I slightly missed (previously), but we knew we would connect. Gotta forget and keep grinding. Big shout out to line on both sides of the ball for stepping up. Love this team and we are gonna keep it rolling."

The Tuskers were without the heart and soul of their offensive and defensive line as Navy-bound senior Jake Polito (shoulder) sat this one out. The Tuskers missed his presence along the interior of both lines, but

continued on next page



Erik Coleman of Pleasantville finds room to run during the Panthers’ 33-7 regional playoff win over the Port Jervis Raiders at Arlington High School.



The Pleasantville defense swarms to make a tackle against Section 9 champ Port Jervis during Friday’s Class B regional playoff game.



Pleasantville head coach Tony Becerra calls a play for quarterback Aidan Picart in the second half of Friday’s state regional playoff game.



Pleasantville captains, left to right, Joseph Alesawy, Joseph Reich, Thomas Cahill and Owen Mooney gather together with the winner’s plaque after unbeaten Panthers had defeated Port Jervis in the opening round of the state playoffs on Friday.



Dejected Carmel Rams come to harrowing realization that their quest to repeat as NYS champs comes to a crashing end in OT loss to NFA Saturday.

continued from previous page

their next-man-up mentality prevailed for the most part.

"We are still good up front but Lourdes was solid," DeMatteo said. "We really missed Polito and hope to have him back next week."

Somers RB Luke Savino normally finds bigger holes than he did Friday, but he finished with a polished 50-yard TD trot off right end and 63 yards on nine carries. He was also 5-of-5 on PATs and continues to serve as a Swiss army knife.

Tusker DL George Forbes was an absolute menace, leading the defense with 15 tackles. Kennedy added 11 sticks and DL Ryan Cole had nine, two for a loss, and a sack. Mac

Sullivan, Nick Newman and Nick Crecco each had seven tackles for the Tuskers, who are in search of their second NYS (2016) title after losing in the state finals last year.

CLASS B

PLEASANTVILLE played its finest game of the year, eliminating Section 9 champion Port Jervis, 33-7, in the NYSPHSAA Class B quarterfinals at Arlington High School Friday afternoon.

The state-ranked (No.4) Panthers (11-0) rushed for more than 400 yards as a team, All-NYS WR/RB Daniel Picart going for half of that. Picart finished with 201 yards on 21 totes while spotting the Panthers a three-TD lead before state-ranked (No.10) Port Jervis



Carmel RB Nick Rosaforte takes a pair of NFA defenders on in Rams' NYS Class AA regional title loss Saturday at Faller Field.

(10-2) knew what hit them. The junior DB also starred on defense, picking up a sack and two picks, further maximizing his legacy as an all-time Section 1 great.

"We are just having fun and executing the game plan the coaches are putting into place," said Picart, who owns the Pleasantville record book with over 5,000 all-purpose yards and 52 career TDs, seventh-most in Section 1 history. "The hard work all

season is paying off and the team seems to be clicking on all cylinders. Our mantra all season was 'one game at a time' and that's what we're doing."

Pleasantville will face Section 2 champion Ravena-Coeymans-Selkirk, ranked No.11 in NYS, Saturday at 3 p.m. at Middletown High School in the NYS Final 4 with a berth for the

continued on next page



Carmel WR Ryan Aabel celebrates his long pass reception, which set up a TD in Rams' NYSPHSAA Class AA regional loss to Newburgh.

Brewster's Ford 7th in NYS Federation Meet



Brewster senior Patrick Ford (center) placed 7th overall out of over 250+ of the best runners in NYS at Saturday's Federation Meet at Bowdoin Park, capping a trailblazing career.

Sports

Grid Notebook



Carmel quarterback Matt Gay tries to turn corner in Rams' NYS Class AA regional title setback to NFA Saturday.

continued from previous page

state finals at the Syracuse JMA Wireless Dome on the line against the survivor of the Section 4 Maine-Endwell vs. Section 6 Iroquois/Section 5 Batavia (Monday 6 pm) winner. The state finals are slated to kick off Sunday, Dec. 4 at noon.

Port Jervis, the four-time defending Section 9 champs, could do little, if anything, against a P'Ville club that faced some serious adversity in last week's sectional title win over Byram Hills.

How much of a difference was it for the Panthers Friday after last week's big scare

from the Bobcats?

"Huge, night and day," Panther Coach Tony Becerra said. "We asked the kids to dominate and they did. We asked them to play smart and they did. It was just a complete game, start to finish from every player and every coach."

Up 15-0 at the half, the Panthers scored on their first play of the third quarter when Picart ramblled in from 70 yards out before converting his second two-point conversion, completely deflating Port Jervis.

"You know, we would've been happy with

continued on next page



Carmel WR Damien Santiago tears off a chunk of yards in Rams' 26-20 NYS Class AA overtime title loss to NFA Saturday.

ANDY JACOBS PHOTOS



Carmel RB Thomas Keating heads up field in Rams' 26-20 NYS Class AA regional title loss to NFA Saturday.



Like our SPORTS PHOTOS?

To purchase a digital file, email us at photos@theexaminernews.com

Just include the name of the student athlete featured in the picture or pictures you're interested in buying, the Tuesday publication date in which the image or images appeared and the page number or numbers.

Join online as a member to live your most intelligent local life

THE Examiner NEWS

SMALL NEWS IS BIG NEWS

www.TheExaminerNews.com



Membership support delivers: Full access, thank you perks





Carmel's PJ McGrory has some green in his trek down field in Rams' NYS Class AA regional title loss to NFA Saturday at Middletown High School.

continued from previous page

an eight-, 10-, 12-play drive and salt some clock, and score," Coach Becerra said. "I really didn't expect it on the first play, but then you can't say that when you talk about number 10 (Picart). Yeah, a little bit (it broke their backs with that TD). But the way they throw the ball, they had big-play potential, so you always have to watch out for that. Listen, we didn't want to be in the situation we were in with them last year (game-winning field goal in the final seconds). We didn't want to be in the situation we were in last week, either. And we weren't. That's a relief, for sure. I think coming out of that game (the dramatic win over Byram Hills), collectively, we all took a breath and realized, this season, you can't take it for granted, so when the opportunity comes, just relish it and take advantage of it."

The Pville O-line of Thomas Cahill, Joe Reich, Ethan Taboh, Cooper Kittsley, Joe Alesawy, Chad Saragganonda, Bryson Williams, Fitzzy Byrne, Lucas Malgarinos and Owen Mooney controlled the line of scrimmage in the second half. A 22-yard field goal by Joe Sokich with 7:45 to go gave the Panthers a 33-0 lead.

Panther RB Erik Coleman (5 carries, 53 yards) took a reverse untouched 26 yards for a 30-0 Pleasantville lead with under four minutes left in the third. Panther FB Louis Sdao, just a sophomore, took pressure off Picart by adding 111 yards rushing on just eight carries in a punishing performance.

CLASS AA

The game turned on a dime, over and over again. State-ranked (No.4) **CARMEL** was defending its goal line midway through the first quarter, backed down to their 10-yard line, when Ram DB/RB Nick Rosaforte went 90 yards in the other direction for a pick-six and a game-changing play that few players in NYS can make. Just moments later, Rosaforte took another pick-six 21 yards for a 13-0 lead at 5:49 before the half.

The All-NYS senior, who has been the best two-way player in every game this season, had turned the tide in Carmel's favor for what looked like a sure win. However, things went awry from that point forward en route to Section 9 champion Newburgh Free Academy's 26-20 come-from-behind overtime win in the NYSPHSAA Class AA

continued on next page



Carmel's Jake Storen (13) and Brandon Carty come to grips with Rams' NYS Class AA regional title loss to NFA.



BE THERE WITH BELLS ON!
REGISTER TODAY!
www.jbr.org/westchester

All Registered Runners receive Race T-shirt and Finisher Medal

SCAN ME



Arthritis Foundation

Jingle Bell Run 5K RUN

Saturday, December 3, 2022

Manhattanville College
2900 Purchase St.
Purchase, NY 10577

8:30 am Race Registration Opens
10:00 am Officially Timed Race Start

For more information contact:
Nancy Sorbella nsorbella@arthritis.org (845) 494-2784

National Sponsors:   



Sports

Grid Notebook



Westlake quarterback Michael Pagan runs with the football for a big gain in the fourth quarter of Saturday's state regional loss vs. Section 9 champ James I. O'Neill.



Chris Kalle of Westlake returns a kickoff early in the second half of the Wildcats' season-ending loss to O'Neill in the state playoffs.

continued from previous page

regional quarterfinals Saturday at Faller Field on the campus of Middletown High School. NFA, ranked No.19 in NYS, will take on fifth-ranked Section 2 champion Christian Brothers Academy Saturday (6 pm) at Faller Field in the state semis. The Rams, shockingly, finished at 10-1.

"Well, perception is always unfortunate because we were not the same team as last year, but these kids created their own legacy and won back-to-back sectional titles, which is extremely hard to do," said Carmel's three-time Section 1 champion Coach Todd Cayea. "I think only New Rochelle has done that since the 1993 state tournament began. Newburgh was the better team, but I am extremely proud of our team and their accomplishments."

Down two TDs, NFA (9-2) answered quickly when QB Mason Hoover found Jashon Thomas, who rambled 65 yards for a score at 5:34 of the second quarter to make it 13-7, Rams. NFA RB Deondre Johnson then plowed in from a yard out to make it 13-all at the half.

NFA threatened to take a third-quarter lead when Hoover found Elijah Bevier for a perceived 52-yard score, but the referees conferred and said he was stripped going into the end zone as the ball bounded over the end line for a touchback, Carmel ball.

The Rams could get nothing going offensively, and Hoover found Bevier for a 41-yard completion before Darryl Jackson found paydirt from the four with 3:56 left in the third for a 20-13 Goldbacks lead.

Rosaforte's third INT at the Carmel five then halted yet another potential NFA scoring drive. Trailing by seven, with everything on the line, Carmel took over at its own 37 with 8:43 left in the fourth. At which point Carmel QB Matt Gay found WR Ryan Aabel for hookups of 12 and 41 yards to set up first and goal at NFA one-yard line with 7:04 to go. After a Ram time out, Rosaforte plowed to paydirt to stage

a 20-20 tie after Jared Navidad's PAT with 6:32 left.

It was at this point when any coach in NYS was left longing for a player of Rosaforte's ilk. His third TD of the game fueled hope along the vibrant Carmel sideline.

The Goldbacks then advanced to the Carmel 26 and went for a 42-yard field goal – into a gusting wind – with 2:04 left, and missed. Carmel did nothing within the final two minutes and overtime ensued.

That's where it all went wrong for the Rams. Johnson tipped a Gay pass and picked it off, providing NFA with a chance to win, which it accepted when Johnson went Wildcat and strolled to paydirt for the winning score, ending Carmel's reign as state champs and its 26-game winning streak, thus concluding three single greatest stretch of football in Putnam County history.

"We just couldn't get anything going on offense and we were just killing ourselves," said Carmel OL/DL Owen Boland, one of the best in Carmel history. "Whether it was drive-killing penalties, our quarterback and receivers not connecting, and even up front we have been dominant all season on the line of scrimmage, but we did not show up last night like we usually do. Newburgh is a good team and sometimes things just don't go your way and that's just the way it is sometimes. But we know we tried our best and I'm so proud of this team for an incredible season, and I know there's some studs in the grade below us and I know they'll be right back in it next year."

CLASS C

WESTLAKE, ranked No.12 in NYS, had no answers for fifth-ranked Section 9 champion James I. O'Neill (10-2) Saturday in the NYSPHSAA Class C regional where

continued on next page

Pac Laxers Stage Successful Bingo Fundraiser



NIKKI GALLAGHER PHOTO

The Mahopac boys' and girls' lacrosse teams hosted 223 bingo players -- only 45 with direct connection to a MHS lax player -- last Friday at the Mahopac Firehouse as the Indians' bingo fundraiser has truly evolved into a community event, including folks from Mahopac, Somers Jefferson Village & Heritage Hills. The photo includes members of the Mahopac Varsity Lacrosse teams, who went out of their way to provide a fun-filled evening with lots of laughs and prizes.



It was a long and frustrating afternoon for William Rivera and his Westlake football teammates on Saturday against Section 9 champion O'Neill.



A determined Nicholas Castellano picks up yardage as he carries the ball in Westlake's state regional playoff loss to Section 9's O'Neill on Saturday afternoon.

continued from previous page

the Wildcats (9-3) were blown out, 38-6, Saturday afternoon at Middletown High. From the jump, O'Neill had its way, taking a 14-0 lead after the first quarter before taking a 17-0 lead into the break. Whether O'Neill was methodically working its way down field, or quick-striking on a third-quarter 58-yard punt return to the house by Marek Arbogast (his 2nd TD of the day), Coach John Castellano's youthful Wildcats were overmatched by a team that gave Dobbs

Ferry fits in last year's regionals before losing a close one.

"O'Neill was a really good football team, big and fast, but we also didn't play a good game at all on both sides of the ball," Westlake junior RB/DB Christoper Kalle said. "Could be because we still have a young team. At the end of the day they were just a really good football team."

And the Wildcats would need to bring their A-game, something they didn't do.

"We didn't play well," Coach Castellano said. "As good as we played last Saturday, that's as bad as we played today. But my hat's off to that football team. They're very good. They've got a back that you have to be able to control, and if you load the box they're gonna throw it. So you're caught between a rock and a hard place. They've got everything you need to run that package."

Westlake got off on the wrong foot, having a punt blocked, which set up a short field for O'Neill.

"You don't like to see that," Coach Castellano said of the blocked punt on the Wildcats' first possession. "Hey, listen, I don't know if that really made a difference. Defensively, we talked about giving them all the short stuff, rallying to the football, don't get beat over the top. Make them go on 12-, 14-play drives. And we did that a couple times. And then when we rallied to the football, the kid made us miss. They're much more athletic than I thought, much more athletic than us. But I think where I'm really surprised is defensively. I'm not even sure, and I've got to go back and look at the film, if there was a rhyme or reason to what they were doing defensively. They were blitzing on every play. They weren't even lined up sometimes.

And that's the worst thing because when you're working with your kids and you say, 'OK, this kid's gonna be here, that kid's gonna be there, that kid's gonna be there, block them' and then all of a sudden one kid's running



Westlake junior Stephen D'Napoli tries to elude the defensive pursuit of O'Neill's Thor Swanson during the first quarter of Saturday's 38-6 Wildcat playoff loss at Middletown's Faller Field.

over from the top; he's not even in a stance. Do I block that kid or not? You know, it's tough. I think their game plan defensively, they knew they couldn't stop us or they thought they couldn't stop us, so they blitzed on every play. EVERY play they blitzed.

But, listen, I've been in this business a long time and you just kind of know when you just don't have it," the coach added. "We thought at 17-0 if we could make a stop and score and score, well then maybe. But once they went

up 24, you just know you can't do anything. Listen, I thought we did a tremendous job of rebounding from 2-2, and I thought we played Dobbs as good a football game as you could play last week. And, again, for some reason, we didn't come out with that same firepower, I don't know. Maybe it's the type of offense that we can get in the box with you and play. You want to go nine on nine, eight on eight in the box, we're good. You start spreading us out, we've got a problem."



Westlake head football Coach John Castellano sees the state title hopes of his Section 1 champion Wildcats slipping away during Saturday afternoon's regional game vs. O'Neill.

ANDY JACOBS PHOTOS

Kennedy Catholic Sends Trio to Play D-I Level



Kennedy Catholic Prep's Malin Turnquist (L) signed to play lacrosse at Bryant University next year. An Ossining resident, Malin scored 75 goals last year in leading the Gaels to the CHSAA City Championship. Congratulations also to Adam Agresti (M), a Yorktown Heights resident, who signed to play D1 baseball at St. John's University last week. Adam was joined by his friend and teammate Harry Leipold (R), a Thornwood resident, who signed to play D1 baseball at the University of Maine. Adam and Harry join over 50 graduates since 2005 that have played baseball for legendary Coach Bob Fletcher at Kennedy and have gone on to play in the NCAA or been drafted into the MLB.

Sports

Volleyball Notebook

Hen Hud Leaves Nothing to Doubt, Wins 4th NYS Title

Sailors Cap Undefeated Season at Glens Falls, Home Away from Home

HEN HUD left no doubt as to who was the best and most dominant Class B girls' volleyball team in New York State.

The Sailors entered the New York State Public High School Athletic Association final four undefeated (22-0) and were determined to return from Glens Falls to Montrose in the same fashion. Hen Hud was playing at such a high level this season that it had only lost one set to date.

Even though Westhill (Section 3) was fortunate to grab the first set in pool play, Hen Hud responded by winning the next set (25-18). Hen Hud then swept Section

8 champion Seaford (25-15, 25-12) and Section 5 titlist Wayne (25-21, 25-10). The Sailors five victories were by an average of 10 points.

Hen Hud carried the momentum into the final against Wayne and added the exclamation point to its outstanding season with a 25-9, 25-18, 25-17 sweep of the Eagles (18-4). The Sailors won their fourth state title in their 11th trip to the state finals under legendary Coach Diane Swertfager. Dating back to the fall of 2021, the Sailors have only lost one match over this two-year stretch and that was in the 2021 state finals.

Freshman Julia Nelson added the state-championship point with an excellent serve that Wayne was unable to handle.

"I can't even put it into words," said senior, captain and four-year varsity player Amya Davis, who had 16 kills, 12 digs, three aces and a block in the Sailors' state finals win.

"This being my third time at state, there was so much want to finally get it. I felt everything pouring out. I couldn't stop crying tears of joy until I got on the bus."

Davis was named the Class B most valuable player and teammates Camille Gibson (15 digs in finals) and Marta Przybylowska (11 kills, seven digs, two aces, one assist and a block) were selected all-tournament.

Davis and Gibson, along with classmate

and fellow captain Vera Montalbano (two assists, a kill and a block) accepted the state championship plaque.

"It was just so surreal," said Davis of holding the state-title plaque. "I couldn't believe it was happening. It was everything I've wanted for so long. It was the most amazing feeling."

Hen Hud came into the state final four not wanting a repeat of 2021, when John Glenn shocked the Sailors in the state final.

"Last year, we were young and it was a new experience for a lot of us that I think we were not able to lock in and get out of our heads," Davis said. "This year, everyone was able to play through the nerves and deal with it. We were able to persevere through

continued on next page



One of many typical scenes for the Hen Hud Sailors en route to their fourth NYS title last Sunday at Glens Falls.



Hen Hud's Marta Przybylowska (11 kills, seven digs, two aces, one assist and a block in finals) was a force all season for NYS Class B champion Sailors.

MATT TURRI/TOM BAKER PHOTOS



Hen Hud senior Amya Davis was as dominant as any player in NYS this fall, leading the Sailors to a fourth NYS title Sunday at Glens Falls.

Sports

Volleyball Notebook

continued from previous page

them, have fun, find a rhythm and get the job done.”

Hen Hud’s performance during pool play was masterful. From the second set of the Westhill match forward, the Sailors dictated terms and their opponents could not handle it.

“Every team was so good and every team had so much to offer,” Davis said. “We felt that if we played hard, played our game and responded the way we did, we might actually be able to win a state title.”

Swertfager witnessed her team play its best volleyball once sectionals began, and she was impressed with the way her team responded when it lost those two sets or was trailing in a set.

“When we lost the one set at regionals the girls showed me they were composed,” Swertfager said. “When you fall down, you have to get back up and keep going.”

“When we fell behind in the third set in the final, you could still see their confidence. They were on a mission and they were very mature about it.”

Davis and her teammates will always be remembered for their crowning achievement.

“This means everything because we worked hard and got the job done,” Davis said. “All those hours of sweat, tears and occasional blood, was worth it. We will always have that place at Hen Hud as state champions.”

Swertfager said she was happy for everyone, from the players, to their families to the community.

“We play for the happiness to celebrate with each other and for the community to celebrate with us,” Swertfager said. “Their performance shows that hard work does pay off, but you have to sacrifice. And these girls were willing to sacrifice.”

“They shared success together and worked together as a family. And this weekend, the family worked very well together.”



Hen Hud players and coaches pose with 4th NYSPHSAA title plaque after Sailors swept Section 5 champ Wayne Sunday at Glens Falls.

The Sailor family did major work behind the play of Olivia Tran, who set things up with 21 assists, four digs, one ace and a kill. Julia Nelson had 15 assists, four aces, one dig, a block and two kills. Ryan Calhoun had six kills, four digs, three aces and two blocks. Madison Porter had seven digs and a kill. Adelina Elezaj had three kills and four digs.

Ray Gallagher contributed to this story



Hen Hud freshman Julia Nelson (L) and junior Ryan Calhoun played big roles in Sailors’ quest for fourth NYS title, which they landed Sunday at Glens Falls.



Legendary coaches Diane Swertfager of Hen Hud volleyball and husband Bill Swertfager of John Jay CR wrestling, deserved this moment together Sunday at Glens Falls after her Sailors won 4th NYS title.

Examiner Sports

By George!



RAY GALLAGHER PHOTOS



No.1 Somers Topples Lourdes in OT, 35-28, Advances to NYS Final 4

Somers OL/DL George Forbes (52) gives it up to RB Ravi Dass Jr. (4) after Dass' 46-yard TD grab (inset) -- his third of the game -- with 10:11 remaining provided the state-ranked (No.1) Tuskers a 28-14 lead en route to their 35-28 NYSPHSAA Class A regional title overtime victory over Section 9 champion Our Lady of Lourdes Friday night at Middletown High School where 2021 NYS runner-up Somers (11-0) advanced to the Final 4 to challenge 16th-ranked Section 2 champ Niskayuna (10-2) Friday (6 p.m.) right back at Faller Field... see Grid Notebook