



# Cougar News

## September 27, 2022

The Cross Country team competed at Pittsford on Saturday. High schoolers ran 3.1 miles and middle schoolers ran 1.855 miles. 14 out of our 16 runners set personal records. PR'S are determined by mile pace in middle school. Here is the list of PR from least to greatest time improvement. Allie Jameson, Ben Lutz, Theo Davis, Castin Cousino, Harrison Sands, Dominic Larussa, Gideon Kelemen, Elliott Johnson, Tyler Barnes, and the top 5 PR's were:

5<sup>th</sup> - Asher Church

4<sup>th</sup> - Alicia Mack

3<sup>rd</sup> - Grace Williams

2<sup>nd</sup> - Nathan Todd

1<sup>st</sup> - Jack Seiffertt

Four athletes medaled. Out of 74 middle school runners, Castin Cousino medaled in 15<sup>th</sup>. Harrison Sands medaled in 11<sup>th</sup>. Allie Jameson and Tyler Barnes both medaled and both got 14<sup>th</sup> in the Junior/Senior race.

The varsity volleyball team won both games last week. They beat both Jackson Prep and Pansophia in 3 straight games.

The 6/7 grade won 2 out of 3 on Thursday against Pansophia.

Over the summer we installed a Pixellot streaming system in our gym. This will allow our games to be streamed to anyone that would like to subscribe. There are sponsorship opportunities available for local businesses to advertise during the broadcasts as well. Feel free to reach out to me with any questions.

Basketball sign up sheets are posted in the gym. Please sign up as soon as possible.

We are in need of a varsity girls basketball coach. Please contact me if you or anyone you know might be interested.

Thank you,  
Aaron Scrivens  
Athletic Director

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**This week in Cougar Sports:**

**Tuesday 9/27/22**

7/8 volleyball home vs Factoryville at 5:30 pm.

Varsity volleyball home vs Factoryville at 6:30 pm.

**Wednesday 9/28/22**

Cross country at Hillsdale Academy at 5:00 pm.

**Thursday 9/29/22**

7/8 volleyball home vs Litchfield at 5:30 pm.

Varsity volleyball home vs Litchfield at 6:30 pm.