



Cougar News

April 24, 2023

Hello from the Athletic Department!

Leading trap shooters last week were James VanCamp with a 47, Julian Harman with a 46, Hannah Kies with a 45, Ty Couch with a 45, Alex Draper and Oliver Richards with a 44 each.

The high school track team went to Climax-Scotts on Wednesday for the first meet of the year. James VanCamp placed 4th in the 3200. Alex Draper finished 3rd in 3200. James Johnson came in 3rd in the 110m hurdles. Kristin Recob placed 4th in the 100m and 4th in the 200m. At the Pittsford Invitational, Samuel Davis got his PR in the 100m. The rest of the athletes had solid times and are getting close to their PR's. Tyler Barnes had an amazing day. He placed 6th in the 100m with a time of 12.26 seconds. He then destroyed his PR by over 2 feet in the high jump. He jumped 19.5 feet and placed 4th and received a medal.

The middle school track team had a great first meet Friday night, at the Camden-Frontier Invite. Since it was the team's first meet, all runners ran personal records, and also learned a lot about the events and track meet process. The boys' team, even with only 6 runners, earned a 5th place team finish, out of 8 teams. Here are some highlights from the meet, Antonin Slovacek placed 2nd in the 200m dash, and 3rd in the 70m dash, earning him medals in each race. Castin Cousino earned a third-place medal in the 800m run. He also came from behind to pass from 4th to 3rd place on the last leg of the 4x400m relay, earning the team of Cousino, Asher Church, Gideon Kelemen, and Dominic LaRussa a 3rd place medal. It was a very exciting race to end the meet! Jack Seiffertt also ran the three sprints, setting his own personal bests. The girls do not have enough runners to have a team, but Alicia Mack, Grace Williams, and Elizabeth Falater all ran good races in their respective events.

Thank you,
Aaron Scrivens
Athletic Director
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This week in Cougar sports:

Monday 4/24

Varsity golf at Ella Sharp at 4:00 p.m.

Tuesday 4/25

Middle school track at Athens at 4:30 pm.

Wednesday, 4/26

High school track at Pittsford at 4:30 pm.

JV golf at Mill Race at 4:00 pm.