

Cougar News - 4/29/2024



All our spring sports are rolling and having competitions now. Here's the latest news about our Cougar athletes.

The middle school track team continues to do well with their track season. On Friday, April 19th, they ran the Camden-Frontier Invite, with Grace Williams earning a second-place medal for both the 70m dash and the long jump. The Co-ed relay of Williams, Katelyn Zienert, Caleb Russell, and Asher Church earned a third-place finish.

Finishing out top 4 places include Zienert in the 70m dash and the 4x400m girls relay of Williams, Zienert, Everly Cousino, and Allyson Farley.

The MS team traveled to Athens last Tuesday, with several strong finishes by both the boys and girls. On the boys' side, Asher Church placed 2nd in the mile and ran a PR time. For the girls' team, Katelyn Zienert placed 2nd in the 70m dash, with Grace Williams earning a 3rd place. Allyson Farley won the 800m run, and Everly Cousino placed 2nd in the 800 as well. The team of Williams, Zienert, Cousino, and Farley placed 3rd in the 4x400m relay. Grace Williams also tied for 2nd place in the long jump. The MS team will continue running meets and practice this week and next, before running their Championship meet next Friday, to end their season. Keep up the good work!

Our high school track team headed to Athens for this week's SCAA meet. Our team did well with Tyler Barnes taking 3rd place in the 200m. Caleb Daniels, Dominic LaRussa, and Sam Davis all had personal bests in the 100m. Molly Johnson also had her best 100m and 200m. A bunch of athletes also set personal records in the 200 meters including Antonin Slovacek, Sam Davis, Dominic LaRussa, and James VanCamp. Sam, James and Thomas Maier also set new personal bests in the 400m with David Dubinski PRing in the 1600m and long jump. Track is coming along nicely as our athletes are learning to master their events.

Our varsity golf team played in their first SCAA Jamboree of the season and took a WCA best 2nd place. Junior Will Thielen led the team with a 43 which tied him for 4th overall. Juniors Tyler Slade, Thomas Maier and Freshman David Maier all had top 20 finishes. Congratulations to our golf team on a tremendous start to the season.

Our top trap shooters this week were Oliver Richards with a 48, Alex Draper with a 47, James VanCamp with a 46, Ty Couch with a 45, and Western Watkins with a 43. Congrats on a great week.

Our girls who play softball with North Adams-Jerome return to the diamond on Monday, (Britton-Deerfield) Tuesday (Tekonsha) and Thursday (Hillsdale). Good luck in your upcoming games!



The Cougar Strength Program continues to meet an hour after school every Monday and Friday for any high schooler interested in attending. It's a great way to stay strong in the offseason, supplement practice during the season or just get more fit.

Reminder, if you get a great picture of a cougar student athlete in action we would love to feature it in the Cougar News. Send your submissions to wca.athletics@wcak12.org

Please contact me if you have any questions or concerns.

[Lucas Westblade](mailto:Lucas.Westblade@wcak12.org)

Athletic Director

wca.athletics@wcak12.org

Upcoming Cougar Sporting Events:



Monday 4/29

High School Golf Jamboree @ Hillsdale Academy at
4:00

Varsity Softball @ Britton-Deerfield at 5:00

Tuesday 4/30

Middle School Track & Field Meet @ Pittsford 4:30

Varsity Softball @ Tekonsha at 4:00

Wednesday 5/1

High School Track & Field Meet @ Climax-Scotts at
4:30

Thursday 5/2

Varsity Softball home (NA-J) vs Hillsdale at 5:00

