

THE OFFICIAL 2024 SULLIVAN COUNTY

PREVIEWS • SCHEDULES • WRESTLING • INDOOR TRACK • TEAM PHOTOS • CHEERLEADING • BASKETBALL • SKIING

WINTER SPORTS GUIDE

SKIING • BASKETBALL • TEAM PHOTOS • INDOOR TRACK • WRESTLING • SCHEDULES • PREVIEWS



A special section
of the
Sullivan County
Democrat
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January 2024

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FORMAGGIO SUPPORTS ALL SULLIVAN COUNTY TEAMS

Sports still play important role

As you look through the next 28 pages of our Winter Sports Guide, we hope readers will notice the many student-athletes who are participating in scholastic sports this season across Sullivan County.

It was just four short years ago that high school sports were put on pause because of the COVID-19 pandemic but now it appears most all school – and community – activities are back to near normal.

That is a huge accomplishment and very important to the development

of our school-aged young adults – academically, socially and health-wise.

According to the National Federation of State High Schools Assn., participating in interscholastic athletics not only encourages and strengthens an athlete's high school experience but has long-lasting benefits.

These benefits, according to the study, include 1) a stronger sense of self-confidence in building relationships with others and having an expanded capacity for empathy; 2) developing a better understanding of self and in so doing understanding how their actions affect others; and 3) building foundations for lifelong fitness habits.

We couldn't agree more.

As participating athletes ourselves, we enjoyed every moment of spending time with our friends and teammates and the guidance, discipline and community support we received had a big impact on our high school experience.

In fact, many of those lessons learned and friendships forged have carried on throughout our adult lives.

But the students pictured on these pages cannot do it alone.

There are many people along the way that make high school sports what it is today.

It all starts with the parents, who must invest the time in getting their student-athletes to and from practice, rearrange meal and social schedules and hopefully attend their student's games to cheer them on.

And of course the coaches are paramount in the sports picture, probably spending as much quality

time with our young student-athletes as anyone.

Their dedication and hard work does not go unnoticed and although not every team can win a championship, it is the ability to have our students enjoying athletics that is the most important victory.

And then there are the countless people who "make it happen," including our referees, school administrators, custodians, volunteers and the many staff who "work the games."

Sports teach us many lessons.

Being part of a school team is unique because no single outcome can be accomplished individually. Regardless of score, each game is dependent on the contributions of all team members.

It is through this experience that high school participants cultivate a second family and learn to value each other; to maximize both team and individual potential, as teammates learn to care for each other both on and off the field of play.

This concept of being part of a team makes athletes more marketable to colleges and employers as they want people who can perform under stress and follow a business or collegiate plan of action. They want students and/or employees who can take initiative and make meaningful relationships so that everyone contributes to make an organization better.

We hope you enjoy this section and take the time to enjoy a few games this winter – supporting the next generation of great members of our community.

Play ball!

Winter Sports Guide

'Featuring Sullivan County's Scholastic Athletes'

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Eldred Indoor Track



CONTRIBUTED PHOTO

The Eldred Indoor Track team is, back row from left, Patrick Bangs, Jon Morabito, Hailey Gochenour, Tyiese Mack, Giovonathon Fein, Regan Kizer, Ashley Galinus, and Lindsay Zgrodek. Front row from left, are Paul Amoroso, Kristofer McConnell, Kate Jacksy, Inari Garci, Chelsea Potter, and Lilian Fisher.

Coach: Lisa Marie Drewitt
Last season's record: N/A
Top returning players: Senior Lindsay Zgrodek, Ksenia Sosnowski, Regan Kizer and Jon Morabito
Key losses to graduation: Jeff Morgan, Alexis Williams
Team strengths: We are tiny but

mighty. Although we are not large in number we have several stand out individual athletes, and we hope their achievements will encourage others to join.

Need to work on: Recruitment as we will be losing many student athletes due to graduation this year, we are ac-

tively looking for new student athletes to participate on our team.

Coach's comment: We have several new student athletes, and we are working hard on building our team. We are looking forward to seeing what they are able to achieve this season.

Best of luck to the Eldred Yellowjackets for a winning season!

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Congratulations & Best of Luck to all our Eldred Athletes & Cheerleaders for a successful season.

Go Get 'em Yellowjackets!

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Eldred Boys Basketball



CONTRIBUTED PHOTO

The Eldred Boys Basketball team is, front row from left, Koen McGill, Rory Brady and Connor Ranaudo. Back row from left, are Keegan Bagatta, James Deyermond, Trai Kaufmann, Cooper Stutz and Jaden Daletto.

Coach: Bill Furler

Last season's record: 7-10 (5-3)

Top returning players: Trai Kaufmann, James Deyermond

Key losses to graduation: Sean Furler, Frankie Whitmore

Team strengths: Youth. We start four 10th graders.

Need to work on: Teamwork. We only have two returning starters.

Coach's comment: Our goal is to be better than last year. This is my third

year with varsity. We went from 0-14 to 7-10. We made the playoffs last year and got eliminated in the first round. You can expect a team that plays hard on both ends of the floor.



Eldred Schedule

Boys Basketball

Jan	13	Webutuck Central	3:30 pm
	16	at Livingston Manor	6:00 pm
	17	Fallsburg	6:30 pm
	19	Chapel Field	6:30 pm
	25	Livingston Manor	6:30 pm
Feb	6	S.S Seward	6:30 pm
	10	Sullivan West	12:45 pm
	12	at Tuxedo	6:30 pm
	14	at O'Neill	6:30 pm

Indoor Track

Jan	13	West Point	1:00 pm
	17	SUNY Sullivan	3:15 pm
	19	West Point	6:00 pm
	22	SUNY Sullivan	3:15 pm
	24	SUNY Sullivan	3:15 pm
	28	Invitational	5:00 pm
	29	SUNY Sullivan	3:15 pm
	31	SUNY Sullivan	3:15 pm
Feb	5	SUNY Sullivan	3:15 pm
	7	SUNY Sullivan	3:15 pm
	9	Championship	6:00 pm
	17	State Qualifier	4:00 pm

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Eldred Girls Basketball



YOVANNI FIELDS | DEMOCRAT

The Eldred Girls Basketball team is, standing, from left, Coach June Hallock, Olivia Gonzalez, Rayanna Quintana and Marissa Gochenour. Kneeling from left, Avery Moscatiello, Sydney Furler and Regan Kizer.

Coach: June Hallock
Last season's record: 3-12
Top returning players: Sydney Furler, Olivia Gonzalez, Rayanna Quintana, Regan Kizer, Marissa Gochenour
Key losses to graduation: None
Team strengths: Work very well to-

gether, great on-court communication
Coach's comment: My goal for this year is to beat our record from last year and possibly make it to sections. We may have only 6 girls, but they are mighty and will hold their own.

Eldred Schedule

Girls Basketball		
Jan 17	at Fallsburg	5:30 pm
18	Burke	6:30 pm
20	Webutuck Central	3:30 pm
22	at Tri-Valley	6:30 pm
30	S.S Seward	6:30 pm
Feb 5	at Livingston Manor	6:00 pm
7	New Paltz	6:30 pm
10	at Sullivan West	11:00 am

Wrestling		
Jan 17	at Ellenville	6:00 pm
19	at Fallsburg	5:00 pm
26	Eldred	6:00 pm
31	at Fallsburg	6:00 pm

Eldred Wrestling



CONTRIBUTED PHOTO

The Eldred Wrestling team is, from the left, Koen McGill, Luke Potter, Josh Warming and Liam McGill.

Coach: Josh Potter
Last season's record: 2-7
Top returning players: Luke Potter
Key losses to graduation: None
Team strengths: Endurance, youth, potential

Need to work on: Individual match management
Coach's comment: Expect all wrestlers to improve on last year's sectional performance. Our goal is to keep working hard and improve everyday.



Best of luck to all the Sullivan County Winter Sports Teams!



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Fallsburg Girls Basketball



JOSEPH McDOAL | DEMOCRAT

The Fallsburg Girls Basketball team is, from the left: Jennifer Pena-Fuentes, Arslyn Cantave, Jane Islas Escamilla, Jordan Batista, Maya Ballard, Marilyn Santos, Alana Gjeka, Emily Perna and Head Coach Michael Ballard.

Coach: Michael Ballard
Last season's record: 6-10
Top returning players: Emily Perna, Jordan Batista, Jennifer Pena-Fuentes and Maya Ballard
Key losses to graduation: Allison Perna

Team strengths: Chemistry. Running the court when out in transition and playing the Perimeter.
Need to work on: Boxing out/ Rebounding. Taking our time running the play and finding the post.
Coach's comment: Our goals are to

score more than 30 points a game, be able to rebound and run in transition. Be able to press and play help defense, and to keep our dribble, be disciplined, pass the ball inside. Also to win half our league games.

Fallsburg Schedule

Girls Basketball

Jan 17	Eldred	5:30 pm
22	at Port Jervis	6:30 pm
24	at Liberty	6:30 pm
26	at Livingston Manor	6:00 pm
30	Liberty	4:30 pm
31	at Rondout Valley	6:00 pm
Feb 5	at O'Neill	6:30 pm
7	Sullivan West	5:30 pm
8	Chester Academy	5:30 pm
10	Tri-Valley	2:30 pm
13	at Sullivan West	6:00 pm

Skiing

Jan 16	Holiday Mtn.	4:30 pm
17	Bellarye Mtn.	10:00 am
18	Holiday Mtn.	4:30 pm
31	Bellarye Mtn.	10:00 am
Feb 1	Mt. Peter	4:30 pm
14	Sectionals	TBD

Boys Basketball

Jan 16	at Sullivan West	6:00 pm
17	at Eldred	6:30 pm
19	Burke	5:30 pm
22	O'Neill	6:30 pm
29	at Tri-Valley	6:30 pm
31	Chapel Field	5:30 pm
Feb 6	at O'Neill	6:30 pm
9	Tri-Valley	4:00 pm
12	Chester Academy	5:30 pm
15	S.S Seward	5:30 pm

Fallsburg Boys Basketball

Coach: Lionel White
Last season's record: 9-10
Top returning players: Isaiah Young, Jean-Carlos Galeas
Key losses to graduation: Eugene Johnson, Carlos Alvarado, Andrew Rein
Team strengths: Speed, defense and they play for one another. This year's team has shown dedication to each other and taken on a team first

concept.
Need to work on: We are looking to improve each day. Communication and situational basketball are areas we can always improve on to complete our goals.
Coach's comment: We were one win away from making the sectional tournament last year. Our goal is to compete in sectionals this year and make a run.

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Fallsburg/Tri-Valley Wrestling

Coach: Andrew Foertsch
Last season's record: N/A
Top returning players: Arianna Gonzalez and Alexandra Ruiz
Key losses to graduation: Micheal Aguilar-Torres, Edwar Garcia, Isaias Hernandez
Team strengths: Athletic young team with a strong wrestling mindset.
Need to work on: Staying motivated during practice.
Coach's comment: We have a young athletic team with great potential in the near future.



JOSEPH McDOAL | DEMOCRAT

The Fallsburg/Tri-Valley Wrestling team is, standing from left, Coach Andrew Foertsch, Lorenzo Haffner, Inner Santos, Michael Kehlenbeck, and Coach Brenley Delgado. Kneeling from left, Arianna Gonzalez, and Alexandra Ruiz.

Boys Wrestling

Jan 17 Fallsburg 5:00 pm
 19 Fallsburg 5:00 pm
 26 at Ellenville 6:00 pm
 31 Fallsburg 6:00 pm

Girls Wrestling

Jan 18 at Middletown 5:00 pm
 Feb 17 at Chester Academy 5:00 pm

Fallsburg Cheerleading



JOSEPH McDOAL | DEMOCRAT

The Fallsburg Cheerleaders are, front row from left, Saniya Aquil, Meredith Anderman, Angie Rodriguez, and Nataly Alcocer-Zapata. Standing from left, Saleen Lyons, Kalena Clarke, Madeline Stone, and Francely Maradiaga. In back is Coach Rodgers-Sanchez. Missing from photo is Catherine Pena and Kaitlyn Pedersen.



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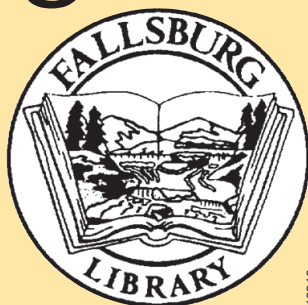
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Fallsburg Boys Indoor Track



CONTRIBUTED PHOTO

The Fallsburg Boys Indoor Track team is, back row from left to right, Isaiah Kirk, Nazir Lopez, Yoshua Bache-Seraphin, Jefferson Gallo, Jayden Edwards, Eric Moocz, Treyvon Hayden, Daris Koljenovic, and Amazon Laurel. Middle row from left to right, Kennyn Bonilla, Bryan Avelar, Rodrigo Zacapexpan, Olvin Mendez, Jansel Gonzalez, Jamin McCullough, Isaac Rubio, Anthony Pignataro, and Jozyr McNeil. Front row from left to right, William Martinez, Erli Garcia, Isaac Hernandez, Rubin Bonilla, and Jayden Johnson.

Not pictured: John Trujillo-Henderson.

Coach: Danielle Halikias
Last season's record: 2nd in OCIAA Divisional Championship

Top returning players: Nazir Lopez, Isaiah Hersehewsky, Jefferson Gallo, William Martinez

Key losses to graduation: Hunter Doty, Edwin Morales Jr., Mike Torres, Isaias Hernandez, Luke Oefelein

Team strengths: Athletic ability and a young team.

Need to work on: A larger distance team and throwing events.

Coach's comment: Our team is very young, on the roster we only have one senior, this will ensure that next year will be even more exciting. This year, the boys team is more well-rounded and larger than ever before. Even though we are working on some new skills, we are looking forward to seeing athletes compete and progress throughout the season. We are hoping for top placements in the Division and Sectionals as well as a large representation at State Qualifiers.

Indoor Track Schedule

Jan 13	West Point	1:00 pm	29	SUNY Sullivan	3:15 pm
17	SUNY Sullivan	3:15 pm	31	SUNY Sullivan	3:15 pm
20	West Point	1:00 pm	Feb 5	SUNY Sullivan	3:15 pm
22	SUNY Sullivan	3:15 pm	7	SUNY Sullivan	3:15 pm
24	SUNY Sullivan	3:15 pm	9	Championship	6:00 pm
28	Armory Track	5:00 pm	17	State Qualifier	4:00 pm

Fallsburg Girls Indoor Track

Coach: Loren Rappaport

Last season's record: 1st in OCIAA Divisional Championship

Top returning players: Meredith Anderman, Hayden-Marie Herrera, Hannah Johson, Zoey Ketcham, Joslyn Odell, Angelina Levner

Key losses to graduation: Bintou Darboe, Stephanie Granados, Gisella King, Mikalah Ballard, Cyriah Russell

Team strengths: Well-rounded and dedicated to working hard.

Need to work on: Catching new athletes up to the experienced, and improving field events.

Coach's comment: Girls are well-rounded and are very motivated to do well this season. This is a larger team from last year and many Outdoor Track athletes joined for indoor track for the first time. The girls are looking to defend their Division Championship title, rank high at sectionals, and aiming to have a larger representation at State Qualifiers this year. We are looking forward to seeing what they can accomplish.



CONTRIBUTED PHOTO

The Fallsburg Girls Indoor Track team is, back row from left to right, Angelina Levner, Skylar Wright, Hayden-Marie Herrera, Kaddyjatou Darboe, Hannah Johnson, Adira Greer-Padilla, and Cecelia Norris-Yanes. Middle row from left, Arrow (Joslyn) Odell, Francely Maradiaga, Kyleigh Avery, Nancy Martinez, Gelsey Aguilar, Savannah Doty, Alexia Clark, and Shelby Lyons. Front row left to right, Meredith Anderman, Natalie Fuentes, Catherine Pena, Zoey Ketcham, Angie Rodriguez, Jordyn Wall-Carty, Jaily Sebastian, and Cassandra Damms. Not pictured: Alana Gjeka, Chanel Han, Daniela Martinez, and Allannah Owens

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Liberty Wrestling

Coach: Brian Vaughn
Last season's record: 4-5
Top returning players: Shawn Bickham, Zoe Kip, Cheyenne Graham
Key losses to graduation: Lost 6 seniors, the team is now very young with only 3 seniors
Team strengths: Small group but dedicated. Mix of experience levels in the room, which helps with growth potential.
Need to work on: Experience. Young team overall, still making rookie mistakes, lost a few winnable matches at prior tournaments.
Coach's comment: I think we have a few guys who are going to be surprising at Sections. We're a young team overall, but these guys are tough. We've been to three tournaments and we've only had one where not a single guy placed. The team is learning very quickly, with a few guys heading into winter break with a winning record.



ANTHONY MORGANO | DEMOCRAT

The Liberty Wrestling team is, standing from left, Coach Vaughn, Miguel Guzman, Joshua Decker, Nathan Mendoza, Manuel Lopez, Adam Houser, and Zach Bickham. Kneeling from left, is Tarek Benadim, Elmer Son Vicente, Cheyenne Graham, Zoe Kip, Shawn Bickham, and Edvin Perez. Not Pictured: Everett Schwartz, Gabriel Rodriguez, Logan Harasemovech, and Gene Fancher.



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Liberty Schedule

Boys Basketball

Jan 12	Tournament	5:00 pm
13	Championship	2:00 pm
Feb 1	at Chester Academy	6:30 pm
6	at Port Jervis	6:30 pm
9	at SUNY Sullivan	7:30 pm
12	Beacon City	6:30 pm

Skiing

Jan 16	Holiday Mtn.	4:30 pm
17	Belleayre Mtn.	10:00 am
18	Holiday Mtn.	4:30 pm
31	Belleayre Mtn.	10:00 am
Feb 1	Mt. Peter	4:30 pm
14	Sectionals	TBD

Indoor Track

Jan 12	West Point	6:00 pm
17	SUNY Sullivan	3:15 pm
20	West Point	1:00 pm
22	SUNY Sullivan	3:15 pm
24	SUNY Sullivan	3:15 pm
28	Armory Track	5:00 pm
29	SUNY Sullivan	3:15 pm
31	SUNY Sullivan	3:15 pm
Feb 5	SUNY Sullivan	3:15 pm
7	SUNY Sullivan	3:15 pm
9	Championship	6:00 pm
17	State Qualifier	4:00 pm

Wrestling

Jan 17	at Rondout Valley	6:00 pm
19	at Fallsburg	5:00 pm
24	Liberty	6:00 pm
26	at Port Jervis	6:00 pm

Liberty Cheerleading



Liberty's 2024 Cheerleading Team

JOSEPH McDOAL | DEMOCRAT

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Liberty Girls Basketball



Liberty Girls Basketball Schedule

Jan	12	Beacon City	5:45 pm
	15	at Tri-Valley	6:30 pm
	18	Port Jervis	6:30 pm
	19	Tournament	5:00 pm
	20	Championship	2:00 pm
	24	Fallsburg	6:30 pm
	30	at Fallsburg	4:30 pm
Feb	2	O'Neill	6:30 pm
	5	at Chester Academy	4:30 pm
	8	Sullivan West	5:00 pm
	9	at Monticello	5:45 pm
	13	at Beacon City	4:30 pm
	15	S.S Seward	5:00 pm



ANTHONY MORGANO | DEMOCRAT

The Liberty Girls Basketball team is; front row (left to right): Aubrey Botsford, Mya Huebsch, Allyson Houser, Angela Wheeler, Tianna Wilson. Back row (left to right): Kenisha Ledoux, Julissa Velez, Giuliana Wagner, Haylee Gomez, Destiny Loyce. Not in picture: Arianna Wilson, Aaliyah Williams, Natalie Morales.

Coach: Timothy Johnson

Last season's record: 3-11

Top returning players: Mya Huebsch, Aaliyah Williams

Key losses to graduation: A majority of the team graduated.

Team strengths: Athleticism and size

Need to work on: Fundamentals and Basketball IQ

Coach's comment: For me, I expect us to individually and collectively get better everyday. We have a very young team but there's a lot of potential and eagerness to get better. Our goal this year and every year moving forward is to reach the playoffs and to try to win a championship. I think as the season progresses we will get better and will have an opportunity to accomplish this goal.

Liberty Girls Indoor Track

Coach: Richard Feeney

Last season's record: N/A

Top returning players: Sydania Foster, Rayanna Cottman, Noellia Cruz Cruz, Audrey Krum

Key losses to graduation: Ashlyn Nivello Cruz

Team strengths: Hurdles and mid-distance

Need to work on: Field events and endurance

Coach's comment: Our goals are to improve each meet and familiarize our new athletes with the sport. We have a lot of new faces this season, but they want to learn and be competitive.

Play hard

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Liberty Boys Basketball



YOVANNI FIELDS | DEMOCRAT

The Liberty Boys Basketball team is, from left, Austin Werlau, David Philips, Aydin Wilson, Jeremy Simon, Jamel McCline, Yedrick Aliers, Coach Matt Robinson, Micheal Gomez, Riley Totten, James Dworetzky, and Dillion Finke. Missing from picture Riley Cox, Enrique Mercado.

Coach: Matt Robinson
Last season's record: 8-12
Top returning players: Riley Totten, Enrique Mercado
Key losses to graduation: Cody Ricco, Tanner Bury, Londyn Guara
Team strengths: The most hard working group I've coached, plays with a lot of heart and hustle. Team Chemistry.

Coach's comment (Goals): Play with passion. Have no excuses. Compete to win in practice every day. Take care of business in the classroom (number one goal.) Have great character on and off the basketball court.
 The coaching staff must encourage and foster the desire to learn not just on the basketball court but also assist players as they learn to navigate through life.

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The Livingston Manor Girls Basketball Team is, back row from left, Coach Maggi Fitzpatrick, EmmaRae Owen, Julia Meola, Sarah Evans, Zaylee Cox, Sarah Gorr, Hailey Sheehan. Front row from left, Isabella Francisco, Leah Ladenhauf, Athena Niforatos, Anastasia Niforatos, Olivia Stickle and Kelsey Ryder.

ANTHONY MORGANO | DEMOCRAT



Good Luck to all our Student Athletes!
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District 3 Legislator



Coach: Maggi Fitzpatrick
Last season's record: Livingston Manor 8-11, Roscoe 0-18
Top returning players: We have a completely new team as Livingston Manor and Roscoe have merged this season. From Livingston Manor, senior Sarah Evans is returning after missing last season with an injury. From Roscoe, seniors Athena

Niforatos, Zaylee Cox, Sarah Gorr, and Isabella Francisco are returning.
Key losses to graduation: Mackenzie Carlson, Jocelyn Mills, Alyssa Peck, Hailey Wolcott, Nevaeha Jones
Team strengths: Depth and speed
Need to work on: Creating a cohesive playing style, transition
Coach's comment: Our goal for the season is to grow as a unit, improve in all areas of the game, and make another sectionals appearance. I'd like to see this team grow into a fast-paced style of play with well-rounded players across the board.

Best of Luck for a Winning Season!

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Livingston Manor Boys Basketball



ANTHONY MORGANO | DEMOCRAT

The Manor Wildcats are, front row, from the left, Kaleb Maldonado, Logan Park, Levi Werner, Wesley Kinney, and Zach Schwartz. Standing left to right, Assistant Coach Josh Evans, Hunter Banks, Josh Hendrickson, Anthony Zamenick, Cam Revicki, Aidan Johnston, Ben Johnston, Jayson Meola, Kyle Hendrickson and Head Coach Charlie Hicks.

Coach: Charlie Hicks
Last season's record: LMCS and Roscoe have recently merged making LMCS the host school. As such we do not have a record from last year.
Top returning players: Josh Hendrickson, Logan Park, Aidan Johnston, Anthony Zamenick
Key losses to graduation: Dan

Tolbert, Bobby Staudt, Morgan Mckinley
Team strengths: Our speed and shooting ability
Need to work on: Clearing the boards as we lack height
Coach's comment: Very excited about this season. We are going to work hard, play fast and have fun.

Livingston Manor Girls Cheerleading



The LMCS Varsity Cheerleading team is ready to bring spirit and cheer all season long for both the Boys' and Girls' Varsity Basketball teams. They are looking forward to debuting some new surprises to the loyal fans, and love the crowd participation at all the games! This year's team members include: Back Row, from the left, are Emily Hathaway, Bronwynn Wolcott, Aliya Anderson, Jordyn Jones and Alivia Garcia. Front Row, from the left, are Jewel Wright, Kaelyn Perry, Krysta Hallock, and Isabella Park. Missing: Michelle McKinley.

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Monticello Girls Basketball



Coach: Sheila Burns
Last season's record: 10-11
Top returning players: Alex Deitz, Isabella Velasquez, Amiah Neails
Key losses to graduation: Aaliyah Mota, Gianna DeMaio, Janee Vias
Team strengths: A strength of our team is that we have five experienced seniors on our roster- Isabella Velasquez, Alexandra Dietz, Amiah Neails, Christina Chakar and Jocelynn Colon.
Need to work on: This season we have eight new additions to the Varsity roster and we are looking forward to providing them with experience at the Varsity level.
Coach's comment: Last season, our team competed in playoffs, representing Monticello Girls Basketball for the second consecutive year. We hope to carry the same success over to this season.

YOVANNI FIELDS | DEMOCRAT

The Monticello Girls Basketball team is, top row from left to right, Coach Sheila Burns, Coach Rau, Morgan Hutchins, Ava Williams, Amiah Neails, Reiley Schloicka, Jocelynn Colon, and Coach Rodriguez. Bottom row from left, Jaylee Hernandez, Isabella Velasquez, Alex Dietz, and Christina Chakar. Not pictured: Alyssia Young.



Monticello Indoor Track

Coach: Matt Buddenhagen
Last season's record: N/A
Top returning players:
Boys: Eduardo Salinas, Tyrese Shaw, Tahir Denton, Deandre Armour, Ricky Gonzalez
Girls: Gabriela Almonte, Chelsea Reynolds, Diya Patel, Tiara Harris, Kalene Harris

Key losses to graduation: N/A
Team strengths: The strength of the Boys and Girls team is in the sprints and relays.
Need to work on: N/A
Coach's comment: Our goal is to have a few athletes be Divisional or Sectional Champions; along with making it to the State Meet.

Girls Basketball Schedule

Jan	12	Cornwall	5:00 pm
	18	Goshen	6:30 pm
	22	Valley Central	6:30 pm
	25	at Washingtonville	6:00 pm
	30	Washingtonville	6:30 pm
Feb	2	Warwick	6:30 pm
	5	at Minisink Valley	6:30 pm
	9	Liberty	5:45 pm
	13	at Cornwall	6:30 pm
	16	Middletown	6:30 pm

Indoor Track Schedule

Jan	12	West Point	6:00 pm
	17	SUNY Sullivan	3:15 pm
	19	West Point	6:00 pm
	22	SUNY Sullivan	3:15 pm
	24	SUNY Sullivan	3:15 pm
	28	Armory Track	5:00 pm
	29	SUNY Sullivan	3:15 pm
	31	SUNY Sullivan	3:15 pm
Feb	5	SUNY Sullivan	3:15 pm
	7	SUNY Sullivan	3:15 pm
	10	Championship	1:00 pm
	17	State Qualifier	4:00 pm



*Best of Luck
for a Winning Season*

Assemblywoman Aileen Gunther

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Monticello Wrestling



YOVANNI FIELDS | DEMOCRAT

The Monticello Wrestling team is, standing from left, Assistant Coach Dom Zigrossi, Liam Burns, Arturo Benedicto, Matthew Finnerty, Julio Santiago, Sincere Embrey, Scott LaRusso, Liam Brasington, Junior Peña, Jahvarri Macintosh, and Head Coach Patrick Owens. Kneeling from left to right, Jonathan Carabajal, Ronald Brigman, Jasper Hance, Joe Martinez, Chase Persten, Jayvion Slater-Egan, Thomas Macias, Jeffrey Ruiz, and Ashlin Garcia.

Monticello

Wrestling Schedule

Jan 17	at Goshen	6:00 pm
20	Tournament	9:30 am
24	Chester Academy	6:00 pm
30	at Saugerties	5:00 pm
31	Beacon City	5:30 pm

Coach: Patrick Owens

Last season's record: 1-7

Top returning players: Arturo Benedicto, Matthew Finnerty

Key losses to graduation: Last year we graduated a few big pieces in the lineup, Jesse Corces and Irvin Oestrich, who were great leaders on and off the mat.

Team strengths: Commitment. Showing up everyday and trusting the process and believing in a new coach.

Need to work on: Getting stronger and getting more experience on the mat.

Coach's comment: My goal for this team is that every time we practice and each time we compete we're progressing. We're a young team with tons of first year wrestlers with no experience. My goal isn't to be perfect, but it's to progress every single day.

Best of Luck to Our Sullivan County Athletes & Cheerleaders for a Winning Season. Go Get 'Em!!

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Monticello Nordic Skiing



CONTRIBUTED PHOTO

The Monticello Nordic Ski team is, back row from left, Abby Morse, Preston Roosa, Anneliese Reyes, Anthony LaRusso, and Giovanni Gutierrez. Front row from left, Kaitlyn Morse, Yousef Elsayed, and Didi SanMiguel. Missing from photo: Megan Bastone, Baya Titus, Hannah Titus.

Coach: Scott Fitchett

Last season's record: N/A

Top returning players: Kaitlyn Morse who last year qualified for the state meet, Abby Morse and Giovanni Gutierrez who are getting stronger and improving their ski technique.

Team strengths: Dedicating ourselves to working hard on our ski technique and skills along with our cardiovascular endurance and muscular strength each day in practice.

Coach's comment: Our goals for the season include everyone improving their skiing and getting a little bit better everyday. We can expect everyone on the team to become stronger skiers and to enjoy each and everyday participating in this great sport of Nordic Skiing.

Monticello Skiing Schedule

Jan	16	Holiday Mtn.	4:30 pm
	17	Bellarye Mtn.	10:00 am
	18	Holiday Mtn.	4:30 pm
	31	Bellarye Mtn.	10:00 am
Feb	1	Mt. Peter	4:30 pm
	14	Sectionals	TBD

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- Dance - Tiny Dancers: Saturdays from 11:00-11:50am

Programs for Students Grades 2-5

- Theatre - Little Actors: Fridays from 5:15-6:05pm
- Visual Art - Children's Arts & Crafts: Saturdays from 10:00-10:50am
- Dance - Emerging Dancers: Saturdays from 12:00-12:50pm
- Music - Nucleo II (El Sistema): Fridays from 4:15-5:05pm, or Saturdays from 11:00-11:50am

Programs for Students Grades 6-12

- Music/Theatre - Play Production Practicum: Fridays from 6:00-7:30pm
- Dance - Dance Company: Saturdays from 9:00-10:30am
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Monticello Alpine Skiing

Coach: Derrick Kelly and Steven Duarte

Last season's record: Last year Monticello sent four athletes to the NYS Alpine Ski Championships at Bristol Mountain. Two young men (Reese Kelly and Sam Rein) and Two young ladies (Alexis Heins and Harley Taylor).

Alexis Heins won the Section and also the Slalom race and became the NYS Champion.

Top returning players: Girls Varsity; Hana Cavello, Madelyn Cavello, Tiffany Cutler, Juliette Giglio and Alexis Heins are all returning varsity racers this year.

Boys Varsity; Deigo Ferrer, Reese Kelly, Owen Messenger, Sam Rein, and Andrew Weiner are all top returning boys this season.

Key losses to graduation: As a young team, we only lost one varsity

skier on the girls team due to graduation, (Harley Taylor).

Team strengths: As a whole, the entire team is young. With only one senior on our team this year we hope to have a successful season. All the athletes on the team are close knit friends, and they push each other to do well on and off the mountain.

Need to work on: All of the racers this year need to push hard, but they need to finish races. The hard work that the athletes put in on dry land training will hopefully give them the edge they need to have the endurance and strength to finish strong.

Coach's comment: We are very proud of our team this year. We look forward to watching the athletes showcase their talent, but we want them to enjoy the season and have fun doing what they love.

Monticello Boys Basketball



YOVANNI FIELDS | DEMOCRAT

The Monticello Boys Basketball team is, from left, Asst. Coach Dan Clancy, Brendon Benbow, Christian Brown, Judah Brown, Jayden Berriod-Cuevas, Quentin Liciaga, Xavean Mitchell, Joey Merton, Rafael Liciaga, Daevion Sandoval, Student Manager - Isaiah Hernandez, and Head Coach Chris Russo. Missing from photo: Alem Radonic and Asst. Coach Harrison Larkin.

Coach: Chris Russo
Last season's record: 11-10
Top returning players: Xavean Mitchell, Christian Brown, Daevion Sandoval, Judah Brown
Key losses to graduation: Joseph Russo, Dylan Hardy, Demetrius Edwards
Team strengths: We are very athletic and have a lot of skill at the guard position. We have players that can score at all three levels and play multiple positions on offense and defense, which allows us to be creative and take advantage of favorable matchups. We play with great energy and we are pretty solid defensively because of our effort.

Need to work on: As all teams, there are areas to improve. From a skill standpoint we need to rebound as a team, we need to share the ball, and we need to manage/limit our turnovers. Because of the style we play, we are prone to some turnovers, but we

have to do our best to limit the lazy turnovers from a lack of focus. We need to check our egos and play together – when we do that, we are really tough to beat.

Coach's comment: We are going to be very competitive and have a chance at winning our division. AA will be the most competitive division as most of the teams are very similar from a talent standpoint. We need to trust in each other, recognize our weaknesses and play to our strengths. With the way we defend and the weapons we have on offense, we are going to be in every game we play.

Jan 12	Cornwall	6:30 pm
16	Goshen	6:30 pm
29	Washingtonville	6:30 pm
Feb 1	at Warwick	6:30 pm
6	Minisink Valley	6:30 pm
9	Liberty	7:30 pm
12	at Cornwall	6:30 pm
15	Valley Central	6:30 pm

Monticello Cheerleading



YOVANNI FIELDS | DEMOCRAT

Monticello's 2024 Cheerleading Team

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Sullivan West Boys Indoor Track



CONTRIBUTED PHOTO

The Sullivan West Boys Indoor Track team is, back row from left, Coach Sean Reuss, Blaise Maher, Tyler Stevenson, Landon Volpe, Peter March, Hunter Ebeling, Grant Gorr, Bryce Bressler, Adam Ernst and Coach Justin Diehl. Kneeling from left, Kevin Lin, Devon Burger, Esteban Ramos, John Adams, Zachary Conklin and Sean Umbaugh. Missing: Bradley Dubois, Michael Browne, Liam Bernas, William Saul, Matthew Saul, Chase Ferber, and Luke Kavarnos.

Coach: Sean Reuss

Last season's record: N/A

Top returning players: Peter March, Landon Volpe, Chase Ferber, Kevin Lin,

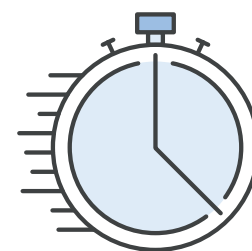
Grant Gorr, Hunter Ebeling

Key losses to graduation: Dylan Hanslmaier

Team strengths: Versatile, we have a lot of athletes that can perform in several events, which makes it easier as a coach to fill events.

Need to work on: Experience, we have a lot of new athletes trying Indoor for the first time.

Coach's comment: Our goals are simple, be better than you were the week before. Consistently seeing improvement throughout the season as a team and individually.



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Sullivan West Girls Indoor Track



ALEX KIELAR | DEMOCRAT

The Sullivan West Girls Indoor Track team is, top row from left, Vee Cordischi, Emerson Mall, Jocelyn Doyle, Ryann McElroy, and Sunshine Agnello. Middle row from left, Coach Joe Ebeling, Norr Mameri, Ashly Diehl, Gracyn Halloran, Sophie Wilkin, and Coach Jenna Kratz. Bottom row from left, Kaylan Welton-Erdman, Katelynn Smith, Jaimee Hendrickson, Samantha Waldman, Jasmine Green. Missing: Violet Adams, Kaydence Everitt, Rahmat Gambari, Keisy McHenry, Kelly Schock, and Molly Zadubara.

Coach: Joe Ebeling

Last season's record: N/A

Top returning players: Gracyn Halloran, Ashely Diehl, Keely Schock, Katelynn Smith, Kaylan Welton-Erdman

Key losses to graduation: None, we had no seniors last year.

Team strengths: Core group of experienced athletes, willing to help out the new and younger teammates.

Need to work on: Depth in our mid distance and distance events.

Coach's comment: Our goal for this season is to get as many athletes as possible to hit the state qualifying standards and compete at the Armory in February. We have a young team again but our numbers are a lot better than last year. We're looking for some strong performances, not only from our veterans but from the new athletes as well.

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Sullivan West Girls Basketball



ANTHONY MORGANO | DEMOCRAT

The Sullivan West Girls Basketball team is, standing from left, Karlee Diehl, Ella Herbert, Coach Pat Donovan, Sophie Flynn, and Karli Keesler. Kneeling from left, Brooke Nunnari, Abby Parucki, Nicole Reeves, Liz Reeves.

Coach: Pat Donovan
Last season's record: 12-6
Top returning players: Abby Parucki, Liz Reeves, Nicole Reeves, Sophie Flynn, Karlee Diehl
Key losses to graduation: Elaine Herbert, Georgeanne Cardona, Anna Bernas, Felicity Bauernfeind, Paige Muzuruk
Team strengths: Speed, cohesiveness
Need to work on: Communication, patience
Coach's comment: We would like to be competitive in each game. We have moved up a class this year, so many of our opponents are new. We would like to reach sectional play.

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Sullivan West Boys Basketball

Coach: Ronj Padu
Last season's record: 7-12
Top returning players: Jacob Hubert, Matthew DuBois, Evan Ebert
Key losses to graduation: Andrew Hubert, Jaymes Buddenhagen
Team strengths: Guards, shooting ability and defense.
Need to work on: Execution and confidence.
Coach's comment: Our goal of the year is to grow as a team. To build off of the wins and learn from the losses. You can expect to see a team that plays hard and fights until the last whistle, a team that plays together and trusts each other.



ANTHONY MORGANO | DEMOCRAT

The Sullivan West Boys Basketball Team is, back row from left Jacob Halloran, Coach Pritzert, Chris Vecchione, Brandon Haass, Allyn Walter, Charlie Kutchera, Liam Cavanaugh, William Roycroft, Sam Lieberman, Coach Padu, Matthew Dubois. Front row from left, Ethan Karvanos, Austin Nystrom, Jacob Hubert, Evan Ebert, Landon Boyd.



Sullivan West Cheerleading



JOSEPH McDOAL | DEMOCRAT

The Sullivan West Cheerleading squad is, back row from left, Coach Courtney Goldsmith, Dakota Saul, Allie Sierens, Amber Andrews, Nilahna Peña and Angelina Galvez. Front row from left, Annika Elder, Layla Wilkin, Isabella Alicea and Taylor Kehrley.

Sullivan West Alpine Skiing

Coach: Lionel Billard

Last season's record: N/A. Not enough ski members to qualify as a team.

Top returning players: Caden Allen and Parker Tyler

Key losses to graduation: Lucia Kennedy, she was a sectional and state qualifier.

Team strengths: Experience, Caden Allen and Parker Tyler are sectional qualifiers. Parker placed 9th at sectionals last year.

Need to work on: The team needs to work on two things. One, initiate the ski turn early on the rise line and second, being able to see at least two gates down the ski course.

Coach's comment: This year we are working hard on anticipating different gate combinations in order to link turns together for a steady flow in a ski course.

Best of Luck to Our Sullivan West Winter Teams for a Winning Season!



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Sullivan West Wrestling



ALEX KIELAR | DEMOCRAT

The Sullivan West Wrestling team is, back row from left, Brandon Tello, and Mike Casiano. Middle row, from left, Walter Henry, Farrah DeAveiro, and Naveah VanSickle. Front row from left, Alec Hubert, Rally Cruz, and Logan Milk. Missing: Todd Walter.

Coach: Scott Haberli

Last season's record: N/A

Top returning players: Rally Cruz and Alec Hubert

Key losses to graduation: None

Team strengths: We are a very young team and enthusiastic group with an excellent work ethic.

Need to work on: We need to work on the basics and techniques.

Coach's comment: Simply for all team members to improve throughout the season.

Girls Basketball

Jan 19	Tournament	6:30 pm
20	Championship	2:00 pm
22	Chester Academy	6:00 pm
Feb 1	O'Neill	6:30 pm
2	Beacon City	6:30 pm
5	Port Jervis	6:00 pm
7	at Fallsburg	5:30 pm
8	at Liberty	5:00 pm
10	Eldred	11:00 am
13	Fallsburg	6:00 pm
15	at O'Neill	6:00 pm

Skiing

Jan 16	Holiday Mtn.	4:30 pm
17	Belleayre Mtn.	10:00 am
18	Holiday Mtn.	4:30 pm
31	Belleayre Mtn.	10:00 am
Feb 1	Mt. Peter	4:30 pm
14	Sectionals	TBD

Sullivan West

Schedule

Boys Basketball

Jan 12	Tournament	6:30 pm
13	Championship	2:00 pm
16	Fallsburg	6:00 pm
19	at O'Neill	6:30 pm
26	Chapel Field	6:00 pm
29	Chester Academy	6:00 pm
Feb 6	Tri-Valley	6:00 pm
9	at Port Jervis	6:30 pm
10	at Eldred	12:45 pm
12	at Burke	6:30 pm

Indoor Track

Jan 12	West Point	6:00 pm
17	SUNY Sullivan	3:15 pm
20	West Point	1:00 pm
22	SUNY Sullivan	3:15 pm
24	SUNY Sullivan	3:15 pm
28	Armory Track	5:00 pm
29	SUNY Sullivan	3:15 pm
31	SUNY Sullivan	3:15 pm
Feb 5	SUNY Sullivan	3:15 pm
7	SUNY Sullivan	3:15 pm
9	Championship	6:00 pm
17	State Qualifier	4:00 pm

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Tri-Valley Sideline Cheer



CONTRIBUTED PHOTO

The Tri-Valley Sideline Cheer team is, back row from left; Deanna Brucelis, Maddy Kirkpatrick, Lilli Morton-Curry, Abby Ruef. Front row from left; Emily Poley, Abigail Sweetman (Manager), Kiera Tixi

Tri-Valley Competition Cheer



CONTRIBUTED PHOTO

The Tr-Valley Competition Cheer team is, top row from left; Deanna Brucelis, Serenity Somers, Rayne Edwards, Abby Ruef. Middle row from left; Brie Cookingham, Isabella Rion, Maddy Kirkpatrick, Dakota Berlinski. Bottom row from left; Kiera Tixi, Lilli Morton-Curry

Here's to a Great Season!



LET'S GO BEARS!

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Tri-Valley Girls Indoor Track



ANTHONY MORGANO | DEMOCRAT

The Tri-Valley Girls Indoor Track team is, front row, from left, Abbigail Mentnech, Brook Mulholland, Amelia Mickelson, Juliana Adams, Anna Furman, Caitlyn Monell, Lily Siciliano, and Samantha Mentnech. Back row from left, are Coach Wolfe, Isabelle Mentnech, Akerke Bashir, Rebecca Squires, Em Richardson, Chrissy Wachter, Gwen Redman, Savanna Chaboty, and Coach Eckhoff.

Coach: Tyler Eckhoff

Last season's record: No head-to-head matches, Tri-Valley Girls were the OCIAA Division 5 Champs

Top returning players: Amelia Mickelson (distance), Anna Furman (distance), Kendall McGregor (Sprints, Hurdles, Jumps), Dakota Evans (Throws), and Em Richardson (Distance)

Key losses to graduation: Emily Hornbeck, Kaylee Poppo

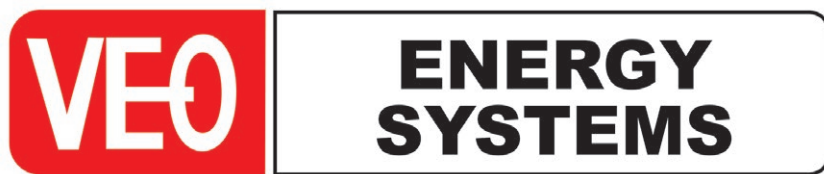
Team strengths: The team is continuing to grow in number and has a strong core of returning veterans. The distance squad looks mighty and projects to be a force to be recognized with.

Need to work on: A crew of new athletes have joined but need to sharpen their skills and competitiveness while racing. Meets throughout the season will work as practice to do so for championship time.

Coach's comment: The team will be looking to repeat as division champions, be competitive at the Sectional B Championships, and have girls qualify for the state meet.

Best of Luck to this year's Winter Sullivan County Sports Teams for a successful season and especially to Molly Van Etten & her teammates who play on the T-V Varsity Basketball team and Jake Van Etten & his teammates on the T-V Indoor Track Team Go Get'em!!

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Tri-Valley Boys Indoor Track



ANTHONY MORGANO | DEMOCRAT

The Tri-Valley Boys Indoor Track team is, front row from left, Chris Prousalis, Aaron Edwards, Matthew Ortiz-Jimenez, Logan Weyant, Noah Edwards, Craig Costa, and John Woods. Back row from left, are Jonathan Moore, Jake Van Etten, Nick Bender, Kane Poje, William Seward, Wyatt Morton, Connor Weyant, and Coach Chip Furman.

Coach: Chip Furman
Last season's record: Division Champions, Section 9 Champions
Top returning players: Van Furman, Craig Costa, Noah Edwards, Collin Monell
Key losses to graduation: Adam Furman, Armaan Butler
Team strengths: Versatile team with all events covered
Need to work on: Throughout the season we will continue to work on strength, speed and technique.
Coach's comment: Our team goals for this season are to repeat as Division Champions. Individually, we hope to achieve personal bests in our events and qualify for the NYSPHSAA Championships.

Tri-Valley Indoor Track Schedule

Jan 12	West Point	6:00 pm
17	SUNY Sullivan	3:15 pm
19	West Point	6:00 pm
22	SUNY Sullivan	3:15 pm
24	SUNY Sullivan	3:15 pm
28	Armory Track	5:00 pm
29	SUNY Sullivan	3:15 pm
31	SUNY Sullivan	3:15 pm
Feb 5	SUNY Sullivan	3:15 pm
7	SUNY Sullivan	3:15 pm . . .
9	Championship	6:00 pm
17	State Qualifier	4:00 pm

BEST WISHES TO THE TRI-VALLEY BEARS!



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Tri-Valley Girls Basketball



JOSEPH McDOAL | DEMOCRAT

The Tri-Valley Lady Bears are, front row from left, Delanie Hoffman, Sophia Richardson, Reilly Kelly, and Jordan Dymond. Back row, from left to right, are Kaitlin Stungis, Mya Ibarra, Molly Van Etten, Emily Rusin, Brynn Poley, and Jenna Carmody.



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Coach: Jason Closs
Last season's record: 9-9
Top returning players: Jenna Carmody, Jordan Dymond, Riley Kelly, Brynn Poley & Emily Rusin
Key losses to graduation: Mackenzie Closs & Clare Verbert
Team strengths: Work Ethic & Coachability
Need to work on: Continue to gain Varsity Basketball experience.
Coach's comment: This year's team is hardworking, coachable and looking to improve as a team. Consistent improvement throughout the season is our focus. We look to compete with every team on our schedule.

Tri-Valley Girls Basketball Schedule

Jan 15	Liberty	6:30 pm
17	at S.S Seward	6:30 pm
19	Tournament	5:00 pm
20	Championship	2:00 pm
22	Eldred	6:30 pm
30	at Livingston Manor	6:00 pm
Feb 8	Burke	6:30 pm
10	at Fallsburg	2:30 pm
13	Onteora	6:00 pm

Tri-Valley Skiing Schedule

Jan 16	Holiday Mtn.	4:30 pm
17	Belleayre Mtn.	10:00 am
18	Holiday Mtn.	4:30 pm
31	Belleayre Mtn.	10:00 am
Feb 1	Mt. Peter	4:30 pm
14	Sectionals	4:30 pm



Tri-Valley Boys Basketball



JOSEPH McDOAL | DEMOCRAT

The Tri-Valley Bears are, standing from left, James Kacherriess, Matt Fanslau, Austin Swett, Phenix Scurry, and Coach Kevin Delaney. Kneeling from left, Jai Patel, Josh Fanslau, Misha Khodakovski, Travis Capawana, Boe Mueller, and Zach Whipple.

Tri-Valley Boys Basketball Schedule

Jan 12	Tournament	5:00 pm
13	Championship	2:00 pm
16	at Burke	6:30 pm
19	Chester Academy	6:30 pm
26	at Chester Academy	6:30 pm
29	Fallsburg	6:30 pm
Feb 6	at Sullivan West	6:00 pm
9	at Fallsburg	4:00 pm
12	O'Neill	6:30 pm
15	Tuxedo	6:30 pm

Have a
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Tri-Valley Wrestling Schedule

Jan 17	at Fallsburg	5:00 pm
19	at Fallsburg	5:00 pm
26	at Ellenville	6:00 pm
31	at Fallsburg	6:00 pm

Coach's comment: This year we were moved up to Class B with the new class system for NYS. We will have to work hard to compete with the newer bigger schools in our class. Our goal is to make sectionals and compete in Class B.

Coach: Kevin Delaney
Last season's record: 10-10
Top returning players: Matt Fanslau, Josh Fanslau, Austin Swett
Key losses to graduation: Ian Mulen, Zach Kitaychik, Gavin Clarke
Team strengths: Defense, Passing
Need to work on: Rebounding, Shooting

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