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MOUNTAINEER SPORT FLASH MARCH 2021 EDITION #62

Lady Mountaineers Ranked in State

With a thrilling 49-43 victory over #7 University High School of Newark, our Lady Mountaineers Basketball team vaulted into the top twenty in the state rankings. The win snapped a 33-game winning streak by University.

"It was a total team win," stated Head Coach Caniece Williams.

Leading the way for the Mountaineers were seniors Mackenzie Dover, Tracey Ilderis, Kaya Schultz, and Junior Kiley Capstraw.



Mountaineer Bowlers Strike Gold Again

For the third consecutive year our Mountaineer Bowlers have captured the Super Essex Conference with a 15-0 record. The team is led by one of the best bowlers in the state, Kieryn Knox. Knox boasts a 230 average. Also contributing to the All-Star team was Scott Lillis (195), Justin Soto (190), Owen Murphy (187), and Joshua Allen (182). The pandemic prevented the team from competing in regional and state championships.



Hockey Team Battles Through

For the first time since 2011, our WOHS Hockey team enjoyed a 500% season. The team showed grit and determination in battling through the Pandemic shortened season. Defenseman Drew Palent earned 2nd Team All-Conference while Center Forward Cam Murphy took home First Team Honors.



Capstraw, the Complete Student-Athlete

Kiley Capstraw scored her 1000th career point against top-rated Montclair Immaculate and did it in grand style, contributing 44 points in the game. One of the top players in the state, she is highly competitive on the court and in the classroom. Capstraw is a junior and an honor student who has already committed to playing at Yale University after graduation from WOHS.





Athletic Director's Corner

I would like to take a moment and give my appreciation and thanks to all of our student-athletes, coaches, trainers and custodial crew for their outstanding performance in battling the Pandemic on a daily basis. Without a committed team effort, athletics at WOHS may have been prohibited. Special thanks to our BOE and School Physician, Dr. Mike Kelly who is always only a phone call away for consultations and advice.

Coach Bligh's Quote of the Month –

"Talk about your blessings more than you talk about problems."

~Anonymous

***KEEP THOSE MASKS ON....STAY SAFE...
RON AND TRISH***