



# GIMME FIVE!!

WHITMAN ATHLETICS NEWSLETTER



Gimme Five!! provides five quick updates from Whitman Athletics.  
Each newsletter will be formatted to provide links to relevant information .  
It will also be shared via the Whitman Athletics Twitter page and Whitman Facebook page.

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## Section V Champions!!!

The Winter Season was a huge success with multiple teams winning Section V Titles as well as multiple individuals winning Sectional Titles.  
These first couple pages capture those Champs!!!



**Boys Bowling**  
**Class C Section V Champions!!**  
**State Qualifiers!!**

## **More....Section V Champions!!!**



**Girls Bowling  
Class C Section V Champions!!**



**Connor Rinas  
Section V Champion!!  
Weight Throw**



**Lana Burnett  
Section V Champion!!  
Triple Jump**



## **More....Section V Champions!!!**



**Brendan Laity**  
**Section V Champion!!**  
**200 Free & 500 Free**



**Carl Parsons**  
**Section V Champion!!**  
**100 Fly**



**Gabe Johnson, Carl Parsons, Zach Lincoln, Brendan Laity**  
**Section V Champions!!**  
**200 Medley Relay & 400 Free Relay**

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## **Winter League All Stars and Honors**

**We have a large number of student-athletes receiving selection as a  
League All-Star for the Winter Season.  
That, and other honors, listed below.  
Congratulations to all!!**

### **Cheerleading**

**Finger Lakes League All-Stars  
Payton Valastro - 1st Team  
Cadence Trottier - 2nd Team**

**Exceptional Senior Selections  
Brooke Hudson  
Natalie Diaz**

### **Bowling**

**Finger Lakes League All-Stars  
Austin King- 1st Team  
Kennedy Smith - 2nd Team  
Isaiah Murphy - 2nd Team  
Zoelle Payne - Honorable Mention  
Kendall Davis- Honorable Mention  
Ely Mangiarelli- Honorable Mention  
Brayden Armison- Honorable Mention**

**Isaiah Murphy - Section V All Tournament Team**

### **Indoor Track**

**Finger Lakes League All-Stars  
Lana Burnett - 2nd Team Triple Jump  
Dan Nemitz - 3rd Team Pole Vault**

## **Boys Swimming/Diving**

**Finger Lakes League All-Stars**

**Gabe Johnson- 1st Team**

**Brendan Laity- 1st Team**

**Zach Lincoln- 1st Team**

**Carl Parsons - 1st Team**

**Phoenix Deacon- Honorable Mention**

**Canon Laity- Honorable Mention**

**Patrick McCarthy Honorable Mention**

## **Girls Basketball**

**Finger Lakes West League All-Stars**

**Olivia Herod - 1st Team**

**Natalie Cotroneo - 1st Team**

**Lily Carrol - Sportsmanship Award**

**Exceptional Senior Selections**

**Katie Bootes**

**Aurora Woodworth**

**Ronald McDonald All Star Game Selections**

**Olivia Herod**

**Natalie Cotroneo**

## **Boys Basketball**

**Finger Lakes East All-Star**

**Brody Royston - 2nd Team**

**Exceptional Senior Selection**

**Bryce Tomion**

**Team/Community/Venue Award**

**Thomas Emmanuel Sportsmanship Award**



## Clay Target Sign Ups



2022 Clay Target Team

We are excited to once again offer competitive Clay Target Shooting this spring. This is our 6th year in the NYS Clay Target League and it has been a huge success. We are very appreciative of the partnership with the Middlesex Conservation Club which is our home site for weekly clay target shooting practice and competition. Students can sign up on the interest sheet in the Athletic Office.

Mrs. MacUmbler (lmacumber@mwcsd.org) and Mr. Ekdahl (cekdahl@mwcsd.org) are the Club Advisors and can be contacted via email if you have any questions about the activity. Priority is given to interested students in grades 9-12 but this year we are once again hoping to include 7th and 8th graders as well. Students can also still participate in both Spring sports and Clay Target. The first week of the season starts March 26th. The season lasts for roughly 9 weeks. Students need to have their own safety certification and their own firearm. Students must only have their competitive firearm at the Conservation Club as they are never allowed to have it at the school campus. This link to the NYS Clay Target League has additional information about the activity. We are looking forward to another successful season with the Whitman Clay Target Team.



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## Spring Sports

Registration for Spring Sports is now open on Family ID. We offer opportunities in the following sports: Softball, Baseball, Boys Tennis, Girls Lacrosse, Boys Lacrosse and Track & Field. In addition to completing registration, every student-athlete must have a current physical on file.

Varsity Spring Sports begin on March 13th.  
Modified Track, Baseball & Softball begin on March 20th.  
Modified Lacrosse begins on March 27th.

Follow this link to register: [Family ID Registration](#)

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## **5** Athletic Hall of Fame Call for Nominations



In the Fall of 2023 we will induct a new class into the Marcus Whitman Athletic Hall of Fame. This includes players, teams, coaches, and contributors to the history of Marcus Whitman Athletics, including Gorham High School and Middlesex Valley High School.

Do you know of anyone worthy of this distinction?  
If you do, please nominate them so they can be considered for induction into the Athletic Hall of Fame. Use the document at this link - [Hall of Fame Nomination Form](#) - and send it to Paul Lahue, Marcus Whitman Athletic Director







## Individual Sectional Champ History

Our school does a great job recognizing and celebrating Team Sectional Championships. We have Banners hanging in our gym showing the year of Sectional Titles. We welcome them home via a police and fire truck escort when they are victorious. The teams and history are also represented in our trophy cases.

However, we don't do as good of a job recognizing those individuals that win sectional titles. They are celebrated on Social Media and also invited to be recognized at our BOE meetings. We also celebrate them at whole school assemblies that occur throughout the year. But, once the year is over, their accomplishments are not seen from a historical perspective.

I would like to change that.

From recent years, we have record of those individual Sectional Champions. However, I need help to look back into the history of Marcus Whitman to build an archive of those individuals who won a Sectional Title in their sport. I am currently working with our Whitman coaches on collecting this same information. However, our most veteran coach only goes back to the early 2000's.

Did you win an Individual Sectional Title for Whitman?  
Do you know someone who did win an Individual Sectional Title for Whitman?

The link below is a survey to collect this information. This pertains only to Individual Titles and not Team Titles. If you know of someone who deserves to be recognized as part of the rich Whitman Athletic History, please complete the survey.

Thank you!!

[Individual Sectional Championship Survey Link](#)





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## Whitman Athletics is on Social Media

Follow 'Whitman Wellness Center' on Facebook

Follow "Marcus Whitman Athletics" on Facebook

Follow "Whitman Athletics" on Twitter.

Follow "whitman wildcat athletics" on Instagram



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## GO WILDCATS!!!



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