



# A YEAR IN REVIEW



## Spring success rounds off a great year for Midtown Sports

The 2022 -23 school year was an outstanding year for sports at Midtown. With participation numbers at an all-time high through the formation of teams that had previously lacked interest, Midtown Sports enjoyed the most successful year in its history. Add to that PAL Championship wins and the inaugural Golf Fundraiser & Family Event, our school community had plenty to celebrate.

Here's the year in review.....

# FALL SPORTS

## Girls' Volleyball

The start of the new school year always brings tryouts and we had another great turnout for girls' volleyball with the formation of 4 teams last fall. Players included 8th graders finishing out their Midtown careers to 5th graders eligible for PAL sports for the first time.



Congratulations to the Midtown JV Comp volleyball team who won the PAL JV Silver Division Championship at Christian Brothers High School. Following a strong end to the league season, the girls carried their momentum into a busy week of playoff games, playing 3 games in 5 days at 3 different locations before clinching the championship vs St. John Notre Dame. It was an outstanding team effort as all players contributed to the success. Well done to the team and, of course, Coach Andrea Hern who guided the girls from the start of the season back in August to the final game and their Championship. We're proud of you all!

## JV Girls Volleyball PAL Silver Division Champions 2022 -23



# Cross-country

We expanded our program last year with the addition of a cross-country team! Coach Al Hernandez brought a wealth of distance running experience and guided our 10 students through the season. The team were involved in a total of 5 events; 3 Friday afternoon meets through the Sacramento Running Association and the 2 PAL meets both held at Jesuit High School. Thanks to the hard work of Coach Al and the students cross-country is now another sports offering at Midtown.



## Fall Sports Award Winners 2022 -23

Team	Players' player of the year	Mustang Award
Varsity Girls' Comp Volleyball	Abbey Pierce	Melina Dimitriades
Varsity Girls' Rec Volleyball	Grace Barber	Zoey Fiandaca
JV Girls' Comp Volleyball	Hadley Foster	Joanna Lee
JV Girls' Rec Volleyball	Isabel Cormier	Gabrielle Hart
Co-ed Cross-country	-	Noah De Leon

# WINTER SPORTS

## Boys' Basketball

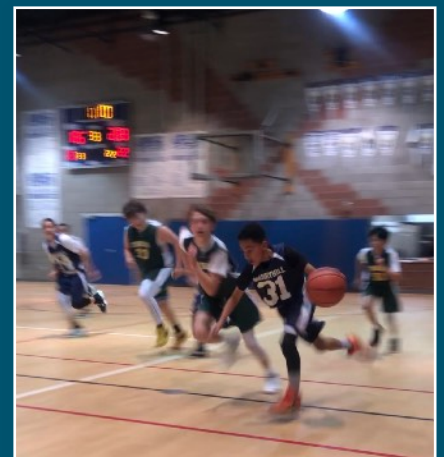
Huge to congratulation to our Varsity & JV boys basketball teams for finishing up their seasons in superb fashion. The Varsity boys' were victorious in the final league game meaning an unbeaten season in addition to their tournament win the week earlier. The JV boys' earned the 2<sup>nd</sup> Gold Championship for the school following a comprehensive victory over St. Mary's. Congratulations to Coach Zalisha, Coach Baxter, Coach Cameron



MERRYHILL MIDTOWN



*"Control the controllables. You cannot control the opposition or the calls of the refs, you cannot control your own level of performance in every game; even elite level athletes have off days. The thing you have total control of is your focus and effort. Creating a mindset where you give your best every time you practice or compete will bring success; it's a byproduct of your commitment"*



SACRAMENTO, CA.

## JV Boys Basketball PAL Gold Division Champions 2022 -23



## JV Girls Basketball PAL Gold Division Champions 2022 -23



## Girls' Basketball

The JV girls' basketball team were the first team in Midtown history to win a PAL Gold Championship! The hard fought win vs Sacred Heart came at the end of an incredible season in which the team did not lose a single game.

Additionally, our Varsity girls had an hugely positive experience. With only two of our team having prior basketball team experience the group were fully supportive of one another and enjoyed the season



## Little Dribblers Basketball

We had a total of 72 Little Dribblers last winter. Our young 1st - 4th grade students formed 6 teams and with the support of Midtown teachers and parents completed a standard 6-week following modified seasons since 2020. Little Dribblers is the only organized sport offering available to young Mustangs ahead of them having increased options 5th grade and beyond. For many students Little Dribblers is their first team sport and our goal is to ensure that they have a positive experience and want to play again next time!

### Winter Sports Award Winners 2022

Team	Players' player of the year	Mustang Award
Varsity Boys' Basketball	Miles Dansby	Matthew Wang
Varsity Girls' Basketball	Parsiny Nijher	Georgi Williams
JV Boys' Comp Basketball	Kameron Nasser	Devin Sanders
JV Girls' Comp Basketball	Ella Marcus	Bianka Bagatelos
JV Girls' Rec Basketball	Gabrielle Stovall	Violet Wells

# SPRING SPORTS

## Track & Field

The success of fall and winter continued into the spring for our young athletes with many of the same students participating on the track. As part of a new partnership with Christian Brothers High School the team were able to practice on their brand new track. The young Mustangs were involved in a total of 5 meets, which included the JV & Varsity Championships hosted by Jesuit. The JV team had a memorable day with the boys finishing 2nd and the girls taking 1st place resulting in a 2nd place overall for our 5th & 6th graders. Both the boys and girls were victorious in the 4x100m relay with the Midtown girls setting a new official PAL record of 58.92 seconds!



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SACRAMENTO, CA.

## Golf

Building on the previous year we had 13 5th - 8th graders play golf in the Spring. In order to maximize the experience we combined a model of playing rounds at Bing Maloney's Executive 9 course, using the range as well as the academy area at Land Park to help with the short game. Our coaches focused on the technicalities as much as golf etiquette and enjoyment of the game and it proved to be an ideal balance as students not only improved but clearly increased their love of the game.



## Girls' Flag Football

Student council president Ella Davis was the real driving force in the formation of the first girl's flag football team in many years! A group of 12 middle schoolers came together and enjoyed a season of flag football and great camaraderie. Flag football is now a high school sport and this experience may lead to future playing opportunities for young Mustangs. Thanks to Coach Zalisha for giving the girls such a positive experience on the field!





## Boys' Volleyball

Much the same as the girls' flag football team the boy's volleyball team had many students participating in the sport for the first time with just a couple of returning from the previous year. Establishing a team is the first step in building the program and with only 4 8th graders departing and 6 boys returning we hope to keep the momentum going and field a team in spring of 2024!



### Spring Sports Award Winners 2023

Team	Players' player of the year	Mustang Award
Varsity Girls' Flag Football	Cailin Wollman	Ella Davis
Varsity Boys' Volleyball	Matthew Wang	Kado Lim
Varsity Boys' Track & Field	AJ Portas	Preston Richardson
Varsity Girls' Track & Field	Hannah Ngyuen	-
JV Boys' Track & Field	Kameron Nasser	Bianka Bagatelos
JV Girls' Track & Field	Tori Davis	Elias Cannon
Co-ed Golf	Rohil Patel	Jae Landesman-Kwon

# Highlights from the 2022 - 23 Sports Year

- Formation of co-ed cross-country team
- JV Girls' Comp Volleyball team win PAL Silver Division Championship
- JV Girls' Basketball team in win PAL Gold Division Championship
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- Inaugural Merryhill Golf Fundraiser and Family Event to support Midtown Athletics
- Varsity Boys' Basketball tournament win
- JV Girls' Basketball tournament win
- Formation of Girls' flag football team
- Established partnership with YMCA Sacramento for use of facilities to support Midtown basketball
- Established partnership with Land Park Golf Course for use of facilities to support Merryhill Golf Fundraiser and Family Event and the Midtown golf team
- Established partnership with Christian Brothers High School for use of their facilities to support Midtown track & field program
- Merryhill Midtown Family Event at Sacramento Republic Soccer game
- Merryhill JV Girls' relay team set new official PAL 4x100m relay time of 58.92 secs!



**Midtown's JV Girls 4x100m record breakers!**

**Tori Davis, Gabrielle Stovall, Bianka Bagatelos & Ella Marcus**





Last Spring we held Merryhill Midtown's First Annual Golf Tournament and Family Event at Land Park. A huge thank you to our Committee Chair, Cathy Senderling-McDonald, and the Midtown PTSO board for their help in making this event a reality. We enjoyed a great day of golf, food, drink, and putting, as well as music the outstanding student Rock Band. Many thanks to our sponsors below and the families that donated raffle and silent auction items. Your generosity was incredible!

### Platinum Level Sponsors

- [Capital Advisors Group](#) (Jack Snider, Kindergarten)
- The Lee Family (Joanna Lee, 6<sup>th</sup> grade)
- [Silva Costs Consulting, Inc.](#) (Elena Silver, 7<sup>th</sup> grade)
- [Woodland Oral Surgery](#) (Ethan Wang, 6<sup>th</sup> grade & Matthew Wang, 8<sup>th</sup> grade)

### Gold Level Sponsors

- [Clark Pest Control](#) (Preston Richardson, 7<sup>th</sup> grade)
- [RMarcus Government Strategies](#) (Ella Marcus, 6<sup>th</sup> grade)
- [Wilson Callahan Strategies](#) (Desmond Callahan, 7<sup>th</sup> grade)

### Silver Level Sponsors

- The Senderling-McDonald (William Senderling-McDonald, 3<sup>rd</sup> grade)
- Ricardo & Tinamarie De Teresa (Mia De Teresa, 3<sup>rd</sup> grade)
- The Mills Family (Lillian Mills, 8<sup>th</sup> grade)
- The Morgan Family (Lily Morgan, 8<sup>th</sup> grade)

We look forward to making this event part of our annual calendar at Midtown and thank our families for the continued support of the Athletics program.

Sincerely,

Paul Kennedy  
Director of Athletics

# Farewell Mustangs...

As our 8th grade students graduate from Midtown we wish each of our young student-athletes the best of luck at high school and beyond.

- Abbey Pierce
- Aleksey Selifanov
- Bobo Bhambore
- Dylan Opiela
- Ella Davis
- Gagan Dhillon
- Gillian Kephart
- Hannah Nguyen
- Isabella McGinley
- Jae Landesman-Kwon
- Kavita Thornton
- Kyle Leung
- Lillian Mills
- Lily Morgan
- Matthew Wang
- Miles Dansby
- Noah Pilon
- Roslyn Dahle
- Sean Cannon





# MERRYHILL MIDTOWN ATHLETICS 2023-24



Merryhill Midtown participates in the Parochial Athletic League (**PAL**). Sports are played in the following seasons:

	<b>Fall</b> (August - November)	<b>Winter</b> (December - February)	<b>Spring</b> (March - May)
<b>Boys</b>	Cross country (5th - 8th) Flag football (6th - 8th)	Basketball (5th - 8th) Little Dribblers Basketball (1st - 4th)	Golf (5th - 8th) Track (5th - 8th) Volleyball (6th - 8th)
<b>Girls</b>	Cross country (5th - 8th) Volleyball (5th - 8th)	Basketball (5th - 8th) Little Dribblers Basketball (1st - 4th)	Flag football (6th - 8th) Golf (5th - 8th) Track (5th - 8th)

As is required for all sports players, athletes will need to fill out the [PAL Medical & Emergency form](#). All students that plan to participate in PAL Sports will also need a new signed [PAL Doctor's Medical Release form](#) for the 2023 – 24 school year.

1st - 4th grade students are eligible to participate in the Little Dribblers basketball program which runs during January & February and will also require the [PAL Medical & Emergency form](#) and a signed [PAL Doctor's Medical Release form](#) for the 2023 – 24 school year.

Questions? Please contact Paul Kennedy at [paul.kennedy@merryhillschool.com](mailto:paul.kennedy@merryhillschool.com)

Interested in coaching at Merryhill Midtown during the 2023 – 24 school year please complete the form: [Coaching at Merryhill 2023 - 24](#)

Paul Kennedy  
Director of Athletics



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