

Lacrosse

Coaches:

Brad Fish, Ed Trabulsky, Justin Van Schiack, Kevin Ball and Jim West

Team Captains:

Jack Dobovsky, Dami Oladunmoye, Griffin Patton, Harrison Canaday, Tanner Carolan, and Matt Monaghan

Team Goals:

Win the State Championship

Major Games:

This year's schedule is the "toughest schedule in years [with games against] New Trier, Libertyville, Culver Academy, Glenbrook North, St. Viator and defending State Champion Loyola Academy"

Athletes to Watch:

"-Dami Oladunmoye is a returning US Lacrosse All-American in the hunt to break AJ Fish's all-time scoring record.
-Griffin Patton is a returning 2nd Team All-State selection who is also positioned to push his way to the top of the All-Time scoring leaders at Grayslake North.
- Matt Carr has a verbal commitment already made to National Power Marquette in his junior year and tops in the state of Illinois as the premier face-off man and is also a vital piece of the puzzle on the offensive end as well.
-Matt Monaghan will find himself in the top 5 in the all-time goal scorers in school history at the end of the year.
-Jack Dobovsky and Peter Stanfel will anchor the best defense in school history, and each should be in contention for All-State and All-American Honors."
- Coach Brad Fish

Soccer

Coaches:

Adam DeCaluwe, Alex McKenzie, Sarah DeCaluwe, Ashley Kopecky and Amber Vice

Team Captains: "Team captains have not been selected for this season as of yet"

Team Goals:

"Primary goal going into the season is to get better every single day, with the aim of playing our best soccer at the end of the season.. ideally allow us to compete for Conference, Regional, and Sectional Titles"

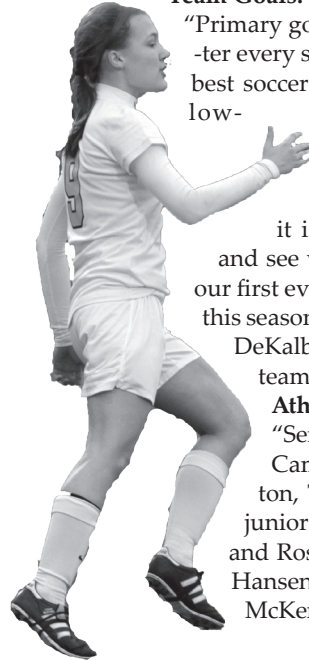
Major Games:

"Every game is important to us, as it is a chance to put ourselves to a test and see where we are at. We look forward to our first ever NLCC season, and for the first time this season we will be in a tournament hosted by DeKalb HS, that will be fun to see different teams at."

Athletes to Watch:

"Seniors Sydney Paez, Morgan Lyon, Cammy Cowperthwaite, Iman Hamilton, Tania Garcia and Sophia Deligiannis, juniors Lauren Davis, Maddie Wilkinson, and Rosie O'Malley and sophomores Lauren Hansen, Jordyn Gerdes, Katelyn Dameron, McKenna Brooks, and Emily Dunne."

- Coach Adam DeCaluwe



Softball

Coaches:

Lea Corcoran, Raquel Ness, Cindy Corcoran, Jim Kelly and Selina Dipersio

Team Captains:

Carissa Popp, Jenna Poezevinski, Lauren Olsen and Becca Sosa.

Team Goals:

"Some of my goals for the season are to finish top 3 in conference, to win more games than we did last year (15-19) and to win a Regional championship."

Major Games:

"We're really excited about the new NLCC. So our conference games will be very important this year. They are generally played on Tuesday and Thursday each week."

Athletes to Watch:

"We have a large senior class I believe is really going to drive our team and our success this season. Our seniors are Shannon Cremin, Quinnlyn Meadowcroft, Katie Moats, Lauren Olsen, Carissa Popp, Jenna Pozevinski, and Becca Sosa."



-Coach Lea Corcoan

Baseball

Coaches:

Brett Hill, Jon Sawyer, Vinnie Licciardello, Ross Purchatzke, Mike Licciardello, Kyle Fosco

Team Captains:

"We do not have captains for baseball."

Team Goals:

"Our on field goals for this year are to compete for the NLCC Title, win 20 games and win a Regional. Beyond that, we are continuing to grow the program and get better every day. We are hoping to improve upon our record last year by making a point to treat nothing as a little thing and do everything well and to the best of our ability."

Major Games:

"We are looking forward to our Spring Break trip to Disney where we will play 5 varsity and 4 JV games. It is a great opportunity to bond as a team and improve against solid competition. We have been competing on a daily basis in practice even though we have been inside for the first three weeks. Our players are excited to get outside and play against someone other than their teammates."

Athletes to Watch:

"Pat Schaefer, Charlie Burr, Danny Yates, Chris Kelly, Declan Peterson are all seniors we will be counting on. We will have a balanced line-up of juniors and seniors throughout the season."

-Coach Brett Hill

Volleyball

Coaches:

Nikki Kirchway, Jill Grunloh and Dawn Johnson

Team Captains:

We do not have team captains as of yet, but I will be looking to the seniors for leadership.

Team Goals:

Our goals this season are to "grow as a team and as a program in our knowledge/skill of volleyball and be competitive during practice and games."

Major Games:

"Our games against Central and Lakes will be very exciting. This is our first year as a conference sport, so it will be exciting to see where we end up at the end of the season."

Athletes to Watch:

Brandon LeBaron, Alex Hartigan and Austin Martineau (Pictured)

-Coach Nikki Kirchway



Tennis

Coaches:

Johnny Kent and Jim Sarver

Team Captains:

Bryce Boyd, Matt Pawlowski and James Enowmbitang

Team Goals:

"With entering a new conference, we have a great, new opportunity. Our goal is to win the conference and hopefully advance someone to State. We have been practicing hard each and every day with a lot of competition in every drill. We have been lucky to get outside already a lot this spring, and that has been a great opportunity for improvement. We have been focusing on consistency in strokes and match play. Tennis is a sport where there is a direct relationship between how much you play and how well you play, so I'm thankful to have a long practice period before our first match."

Major Games:

vs. Wauconda (April 13)
vs. Grayslake Central (April 27)
NLCC Conference tournament (May 12)

Athletes to Watch:

-Matt Pawlowski is a returning State qualifier from last year and has a shot to be one of the top singles players in our new conference.

-Bryce Boyd has also done a great job of working hard through out the off-season, and I am excited to see how he ends up playing this year

-Coach Johnny Kent

Girls Track

Coaches:

Jesse Wolter, Tyler Hansen, Paige Kilcullen, Anthony De Stephano, and Westin Morrill

Team Captains:

The varsity captains this season are Jacque Garza, Sierra Herrington, Kathy Berganza, and Corey Warren

Team Goals:

"Some of our top team goals are to have every girl on the team hit a personal record this year, finish in the top half of all our invites, qualify athletes to the State meet, and most importantly have fun!"

Major Games:

"Friday, March 17th, we had a big invite at Carthage College. It was our last big invite of the indoor season. As for our outdoor, a couple of our big meets are the Lake County Invite, Conference, and Sectionals"

Athletes to Watch:

"We have a lot of top newcomers. It is almost too many to name. Some exciting additions to our varsity line-up are Kylie Stoneham, Kelli Tosic, Gabrielle Conceicao, Leialani Akalaonu, Hannah Kutsch, Delaney Carolan and Cindy Alcalá. Some of our key returners are Sierra Herrington, Emily Stoneham, Emma Indlecoffer, Catie Dole, Kathy Berganza, Emily Huculak, Sheila Cox, Caroline Riss, Jacque Garza, Camryn Gunn, Carissa Low and Alexa Jaszczur"

-Coach Jesse Wolter

Boys Track

Coaches:

Matthew Zaluckyj, Coach Anderson, Coach Pfeil, Coach Axelrod

Team Captains:

Griffin Gawenda and Michael Cabahug

Team Goals:

"Finish top 2 at Conference meet"

Major Meets:

"The biggest meet coming up is indoor conference on March 9th.

The other usual big meets are our County, Conference and Sectional meets in May"

Athletes to Watch:

Griffin Gawenda (pictured), Michael Cabahug, Liam O'Connell, Ryan Bernstein and the sprint relays.

- Coach Matthew Zaluckyj

