

SPORTS

WVW Girl's Soccer By Rylee Geffert '24



The Wyoming Valley West girl's soccer team had an amazing overall score of 12-8 for the 2022 season. They are "currently" second in the Wyoming Valley 1 Conference.

Their first game didn't look good for the new season, approaching with a score of 2-1 against Wolfpack being their first game leading to a loss. The girls didn't let that game get to them, with a win four days later 8-4 against Hazleton Area. The next six games all ended with WVW winning.

The girl's soccer team didn't look so 'hot' in the pre-season games. "We had a very rough pre-season and lost most of our scrimmages and exhibition games", said Lauren Richie, a senior and captain of the soccer team. This team is a great example of never giving up and not letting some mistakes stop you. "We overcame all the negatives, which lead to us becoming the 1st ever WVW Girls Soccer District Champions."

The team did very well so far in this season with some improvements. "I think the team did very well on communication this season," said Alissa Laudenslager, a junior. Communication is very important for any sport, especially soccer. It contributes to the increased performance and concentration on the field, and motivates/ enhances leadership skills. Players who know how to effectively communicate with each other will work together better, forming a stronger overall team.

Another thing about this soccer team is that they have some unique pre-game warm-ups/ rituals to get them ready for the game.

"Our team is full of superstitions. We have a set stretching routine and then we move into passing and shooting drills. Also before every game the starters run onto the field and huddle around the captain," said Richie.

Doing warm-ups before a game helps with

oxygen, blood flow, prepares the players' muscles for stretching, "and" prepares the players mentally for the game ahead of them.

The coaching staff had a huge influence on the team's success this season. "The coaching staff was always so supportive of every player on the team. It also helps having younger coaches such as Gwen Langley and Aubrey Bakewell on the staff, because we have shared the field with them before and they can relate to the athletes", said Richie.

A good coach will build the players up and instill confidence in them, and help the team overcome any hurdles in front of them. And with that means the players will be successful and then the whole team will be successful.

Now, the Wyoming Valley West girls are trying to get the 2022 PIAA Girls Soccer Championship 4A Girls Championship.

Lady Spartan Field Hockey By Ella Kurovsky '24

The Spartan Girls Field Hockey team began their preseason during August of 2022. Their regular season practices commenced at the end of August and beginning of September.

After a few lengthy distanced games in Lower Dauphin, Bloomsburg, Selinsgrove, and Shikellamy, the Spartans versed Pittston more locally. They came out with an 8-2 win.

Throughout the season, many injuries affected the team. "We had a lot of ups and downs but we managed to pull it all together and get through every challenge," said Junior Izzy Kilgallon.

"The team had many ups and downs through the whole season such as injuries and players being out, losses, and so much more but the team did not stop fighting and gave it their all throughout the whole season," said Sophomore Brilee Russo.

The Spartans lost a few seniors from the previous year but came back just as strong. They also gained a few new freshmen.

The high school team has four coaches total. "The coaches never gave up on us and

always gave 110%, encouraging us at all times and pushing us to be the best they know we can be," said Brilee Russo.

The girls held their annual pink out game at home against Dallas on September 14. They won with a score of 2-0.

The team raised \$1,100 for their fundraiser. The money was donated to Candy's Place in Forty Fort.

After a win against Hazleton Area, the Spartans were victorious in the District 2 Class 3A field hockey semifinals. Laila Zdanczewicz scored in this game.

On October 3, the Spartans versed Delaware Valley. These wins scored the Spartans a spot in the District II AA and AAA Championships.

On Wednesday, November 2, the Spartans played Honesdale in a double header at Wyoming Seminary in Kingston. The score was 2-1, Honesdale, with a Spartan goal by Izzy Kilgallon.

The season sadly ended here but the Spartans gave it their all one last time.

