



# MNHS Winter '22-23 Recap

**Overall winter activities GPA was a 3.52!**

**Girls swim and dive won the ROAR award with a 3.91 GPA!**

**Cheerleading:** The Cheerleaders had a great season. Top finishes at all local competitions. Varsity finished receiving a bid to PIAA states and UCA nationals. Finished top 5 in the central league and had strong performances at states and nationals.

**Percussion:** MNHS Indoor Percussion is developing their 2023 program, "In The Dark". The program will be starting their competition season soon, and the members are putting lots of preparation into their show. Wish them well with their first upcoming competition and the rest of the season! This past weekend we had a 5-point increase and got 5th overall.

**Color Guard:** The MNHS Winter Guard's 2023 program "Flora" is currently sitting at a high score of 66.97 with a 13-point increase in the MAIN Guards Scholastic Regional AA Division. Congratulations to all members on their hard work and dedication. Indoor Guard finished 3rd this past weekend!

**Girls Indoor Track and Field:** Just missed top 20 in the state for the 4x800. Just missed meet of champs for the 4x200 and 4x800. Justine Rimple broke the high jump record with a 4'7" jump. (Broke it twice). 4x800 of Margo Gebey, Allie Pavone, Marissa Mounce and Madi Impriano ran 10:22.29 which is 10 seconds faster than the previous record. (broke it twice). 4x200 of Justine Rimple, Jaylen Tyler, Mary Goldbeck and Sydney Huynh 1:54.7, Broke the record by 1.2 seconds. Largest team of girls ever with 80! Zeyan Lin just missed the school record in the 60 hurdles. First time competing at Ocean Breeze in New York. Broke two school records there. Medaled in the 4x800 at Alvernia. Medaled in the DMR, 4x800, 4x400 and 55 hurdles at Glen Mills

**Boys Indoor Track and Field:** The Boys Track and Field Team made The Meet of Champions in style qualifying for ten spots with Logan O'Donnell in High Jump, Matt DeAngelo in both the 800 and mile, Luke Moyer in both the 60 dash and the 200, Ricky Lee in both the mile and the 3,000 and Joel Zacharias with three qualifications in the 200, the 400 and Long Jump. Luke's mark is new MNHS School record in the 60 and Joel recorded two New MNHS School records in both the 200 and in Long Jump! Joel finished 16th in the state in the long jump!

**Diving:** Ethan D'Angelo repeated as Diving Central League Champion this year and finished 8th in the district which qualified him for states. Delaney Behl placed 7th place with a career high score at Central League Championships.

**Girls and Boys swimming:** Swimming 2 boys (Pat Droesser and Kaden Bothma) qualified for districts.

**Ice Hockey:** The hockey team is having a great season again! We made the CAL playoffs for the first time in 10 years. We made the Flyers Cup for the first time since 2010. We beat WC Henderson in the first round and now play Lower Dauphin in the quarter finals.

**Bocce:** MN Bocce team began practicing in November, our season games started in December. Our team continued to grow and improve as the season progressed. The group was split into two team, team orange and team black. Our opponents this season were Radnor, Archbishop Carroll, Upper Darby, and Unionville. Our season concluded in March, our teams finished in 4th place and 8th place in the Upper Delaware County division. Their teamwork and relationships they built were inspiring.

**Wrestling:** The team is very young but still had a good year going 12-10 overall placing 5th in the Central League. Some of the standouts who had 20 or more wins are Damon Smith, Will Evans, Jimmy Hally and Louie DiLuzio. One of the team's leaders who stepped up even though he never wrestled before is Josh Tiger Wesley. Josh had a great senior year winning 16 matches so far with Districts still to go.

**Girls basketball:** Finished 12-11 this year as the 4th straight winning season and the 4th straight year in the playoffs! Mary O'Brien and Brooke Impriano were 4-year starters who led the team!

**Boys basketball:** Finished 12-13, won a playoff game again, first time in school history to win a playoff game in 3 straight years. 3 straight years of losing to the district champion, 1 game away from returning to states, exceeded expectations for this year, thank you Seniors.