NHS Athletics Update Monday, 4/12/21

It is hard to believe that we only have two (2) weeks left in the "Fall II" season of play. The dedication and hard work being displayed by our NHS football, volleyball, and cheerleading teams during the Fall II season has led to successful performances for each of these teams.

Below you will find updates and highlights for each of our 2020-2021 NHS Fall II teams, as well as information regarding the fast approaching Spring season of play.

Fall II Sports

NHS Football

The Whalers are now five (5) games into the Fall II season with just two (2) games remaining on their schedule.

After dropping their first two (2) games of the season (34-0 to Mashpee HS and 16-6 to West Bridgewater HS) the Whalers bounced back with a home win over Randolph High School on Saturday - 3/26/21 (38-14) and a Cape and Islands League win at Monomoy Regional High School (44-0) on Saturday (4/3/21). This past Saturday the Whalers hosted an undefeated Sandwich High School team and came up on the short end of a 30-9 score.

The Whalers really came together as a team in their home game vs. Randolph with solid play on both the offensive and defensive sides of the ball. Some standouts for the Whalers vs. Randolph included:

- Justin Bloise: 70 yard TD reception; 35 yard TD reception; 5 yard TD run; 5 PAT kicks; 1 field goal, and 1 interception.
- Maiki Bodden: 8 for 8 passing for 218 yards and 2 TD's; 58 yards rushing; and 1 rushing TD.
- Ryan Downey: Led the Whaler defense with 7 tackles.

In their game at Monomoy Regional HS the Whalers dominated from beginning to end building leads of 21-0 at the end of quarter 1 and 29 - 0 at the half. A "swarming" Whaler defense held

the Sharks to 0 first downs and negative yardage on offense for the game. Some standouts for the Whalers in the Monomoy game included:

- **Justin Bloise:** 36 yards rushing on 8 carries / 1 rushing TD and 5 pass receptions for 42 yards / 1 receiving TD.
- Maiki Bodden: 7 for 10 passing for 70 yards and 1 TD and 1 rushing TD.
- Hunter Paglia and Justin Zadroga Each with a rushing TD. The first ever varsity touchdown for each.

In this past Saturday's home game vs. the Sandwich "Blue Knights", turnovers and mistakes cost the Whalers opportunities for early first quarter scores and led to a 14-9 Sandwich lead at the half. The Whaler defense held Sandwich scoreless through the second and third quarters of play. The Whaler offense showed signs of life but penalties and turnovers prevented them from completing any second half drives for scores. Sandwich picked up scores early and late in the final period to earn the hard fought win by a 30 -9 score.

The varsity football team now has an overall record of 2 wins and 3 losses and a C & I Lighthouse Division record of 1 win and 1 loss with 2 remaining league games on the schedule. The Whalers will be back in action this Friday traveling to Saint John Paul II High School for a 3:30 PM kick-off and will finish the season hosting rival island Martha's Vineyard in the Island Cup game on Saturday, 4/24/21. The kick-off for the Island Cup game is set for 2:00 PM.

NHS Volleyball

Our girls volleyball team has had a very busy 2 week stretch, playing eight (8) matches in 11 days and earning wins in 6 of those 8 matches. Here is a breakdown of these 8 matches:

- Monday 3/29/21 The Lady Whalers hosted and lost in straights (3-0) to a very talented (undefeated) Dennis Yarmouth Regional HS team.
- Tuesday 3/30/21 Our girls bounced back from Monday's loss defeating Saint John Paul II HS 3- 0 in a home league match.
- Thursday 4/1/21 The Lady Whalers traveled to Nauset Regional HS and after dropping sets 1 and 2, came back to win sets 3, 4, and 5 to earn a great come from behind victory.

- Friday 4/2/21 Our girls were back on the home court hosting Mashpee High School in a non league match. The Lady Whalers earned the win in Friday's match defeating the "Falcons" in straight sets 3 -0.
- Saturday 4/3/21 The Lady Whalers played tough in Saturday's home match vs. Sandwich HS but unfortunately three (3) close sets all went in favor of the "Blue Knights" who won the match in straight sets by a 3-0 score.
- Monday 4/5/21 Our girls traveled to Mashpee High School and earned a non-league win in straight sets by a 3-0 score.
- Thursday 4/8/21 The Whalers hosted Rising Tide Charter School in their final home match of the regular season and picked up the win by a 3-0 score.
- Friday 4/9/21 Our girls traveled to Sandwich High School looking to avenge a loss to the "Blue Knights" from the previous Saturday. After dropping the first set in Friday's match our girls took control of play to win the next 3 sets and pick up the win by a 3-1 final score..

Winning 6 of their last 7 matches, the Lady Whalers volleyball team finished the regular season of play with an overall record of 8 wins - 5 losses and a Cape and Islands League record 4 wins - 2 losses.

The Cape and Islands League is hosting a single elimination championship tournament in volleyball this week. The league championship tournament is set up by league division with teams being seeded by their league divisional records. Our Lady Whalers have earned the #2 seed in the Lighthouse Division and with that will host a Round 1 home game vs. #3 seed Sturgis East Public Charter School this Wednesday (4/14/21) at 4:00 PM. The winner of Wednesday's Round 1 game will advance to Friday's Championship game. The location and time for Friday;s game is TBD.

A big "Whaler" congratulation to our girls on a great regular season. We are very proud of all and wish all the very best of luck in the league championship tournament.

2020-2021 Spring Sports

The official start date for the 2020-2021 Spring Sport season is Monday, 4/26/21. The envelope for the spring sport play will run from the 4/26/21 start date to the MIAA cut-off date of 6/15/21. The MIAA will be hosting State Tournament play for spring sports starting on June 17th and ending with state championship games to be played on Saturday, 7/3/21.

Due to the short season of play for spring sports the state is allowing spring teams to hold pre-season practices to (1) help all get more students active / involved and (2) to help student-athletes get in shape for the spring season of play. Many of our NHS spring sport teams began pre-season practices this past week.

Here is a current list of the pre-season practice schedules that have been provided by our spring coaches:

Girls Lacrosse

- Tuesdays 4:30 PM to 6:00 PM Backus Lane Field
- Thursdays 4:30 PM to 6:00 PM Backus Lane Field
- Saturdays 11:00 AM to 12:30 PM Backus Lane Field

Boys Lacrosse

- Mondays 4:00 PM to 6:00 PM Backus Lane Field
- Wednesdays 4:00 PM to 6:00 PM Backus Lane Field
- Fridays 4:00 PM to 6:00 PM Backus Lane Field

NHS Softball

- Tuesdays 4:00 PM to 6:00 PM NES Softball Field
- Thursdays 4:00 PM to 6:00 PM NES Softball Field
- Saturdays 4:00 AM to 6:00 PM NES Softball Field

NHS Baseball

- Mondays 3:00 PM to 5:00 PM NHS Baseball Field
- Wednesdays 3:00 PM to 5:00 PM NHS Baseball Field
- Fridays 3:00 PM to 5:00 PM NHS Baseball Field

NHS Boys Tennis

- Mondays 3:00 PM to 5:00 PM Great Harbor Yacht Club tennis courts.
- Tuesday 3:00 PM to 5:00 PM Great Harbor Yacht Club tennis courts.
- Wednesdays 1:00 PM to 3:00 PM Great Harbor Yacht Club tennis courts.
- Thursdays 3:00 PM to 5:00 PM Great Harbor Yacht Club tennis courts
- Fridays 3:00 PM to 5:00 PM Great Harbor Yacht Club tennis courts.

NHS Girls Tennis

Unfortunately, we are still looking for a coach for our girls tennis team. If anyone is interested or knows anyone who may be interested in this position please contact us in the athletic office.

NHS Sailing Team

- Practice # 1
 - Thursday, 4/15/21
 - 2:45 PM to 5:00 PM / Great Harbor Yacht Club
- Practice # 2
 - Friday, 4/16/21
 - 2:45 PM to 5:00 PM / Great Harbor Yacht Club

These first 2 days of practice will be spent getting the boats set-up / ready for the season, as well as checking, preparing, and handing out any necessary.

- Practices # 3 thru # 7
 - Daily practices in the water starting on Monday, 4/19/21 through Friday, 4/23/21
 - All practice will start at 2:45 PM
 - Expectations are to be on the water from 3:00 PM to 5:00 PM each day
 - Practices will typically wrap up by 5:30 PM each day following the breakdown of boats and all gear properly stored.

2020-2021 Spring Sport Registration

The registration for 2020-2021 spring sports is currently open and will remain open until Friday, 4/23/21. We encourage all students interested in participating on a spring sport to complete the required registration items as soon as they possibly can. Please remember that all NPS athletic registrations need to include the following required items;

- Online registration at FamilyID.com.
- Filing of a current doctor's physical form with the NPS Athletic department.
- Payment of the required athletic participation fee.
- Filing of a current ImPACT baseline test with the NPS Athletic Department

For the 2020-2021 Spring season of play the NPS Athletic Department will be offering interscholastic play in the following sports and levels:

- Varsity Baseball open to students from grades 9 through 12
- Junior Varsity Baseball open to students from grades 8 through 10
- Middle School Baseball open to students from grades 6 through 8
- Varsity Softball open to students from grades 9 through 12
- Junior Varsity Softball open to students from grades 8 through 10
- Middle School Softball open to students from grades 6 through 8
- Varsity Boys Lacrosse open to students from grades 9 through 12
- Junior Varsity Boys Lacrosse open to students from grades 8 through 12
- Varsity Girls Lacrosse open to students from grades 9 through 12
- Junior Varsity Girls Lacrosse open to students from grades 8 through 12
- Varsity Boys Tennis open to students from grades 8 through 12
- Varsity Girls Tennis open to students from grades 8 through 12
- Varsity Co-Ed Sailing open to students from grades 9 through 12

As always, feel free to contact the athletic office if you have questions regarding anything regarding our NPS Athletic Program.

My best to all,

Coach Maury

Chris Maury

Director of Athletics

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GO WHALERS!