

**“Our seniors showed heart and grit, just as they had done all season long.”**

**- Mark Rickard, Boys Soccer Coach**

## Boys Soccer

Each season brings new challenges, new opportunities and for our boys this year, new adventures. In August, our Athletic Director Ryan Peplinski takes on the arduous task of building a competitive and full schedule for our boys’ and girls’ soccer teams. We have a spread-out district to say the least, and one that does not carry a full slate of teams. The only “local” team in our district is the Upper Columbia Academy Lions out in Spangle.

So, the theme of this year quickly became “destination games.” Our schedule took us all over the PNW: Coeur d’Alene, Walla Walla, Yakima, with the highlight being our trip to play Mount Vernon Christian and Orcas Island on their home fields. In total this season, our team traveled 1787 miles and spent 36 hours on a bus!

Our goal was to be battle tested, so that our team would peak when it mattered most. Although our win/loss record was not great halfway through the season (2-4-1) we were confident in the fact that teams we were playing would properly prepare us for our league schedule.

After reeling off six straight wins, we positioned ourselves to take home the regular season League Championship and more importantly head into districts as the #1 seed. Things were all coming together... or so we thought.

Sometimes in sports, teams get hot at the right time. In the first round of districts, we faced that team in Riverside Christian. Despite beating them twice during the regular season, RCS got the best of us in our “win or go home” district match.

For our seniors, Robby Witmer, Ashtan Krzyzanek, Jace Melville and Kayden Gu, it was a difficult conclusion to their careers. However, along with their varsity teammates, they showed heart and grit just as they had done all season long. For me, although there was sadness and disappointment in the final outcome, there was only pride and respect for the perseverance and resolve my team had shown all season. This season provided me new appreciation for the adage that it is not about the destination, it is about the journey. Thank you for a great season!

*– Mark Rickard, Boys Soccer Coach*



**Shawn Jones after scoring the first goal of the match vs Lakeland**



**Gavin Eliason maneuvers across the pitch**

## Girls Soccer

What a year this has been! If I had to choose one word to describe this amazing group of girls, it would be adversity. I had the pleasure of being able to watch our girls push through injuries, position changes and new teammates.

These roadblocks on our path to success allowed the leaders on the team to flourish in front of our eyes. The program enjoyed the leadership of our two senior captains, Katherine Gunn and Henrietta Osborne. These extraordinary girls showed everyone on the team how to lead with passion, empathy and heart.

Along with our two great leaders, we also had some other amazing seniors (Lily Nosbaum, Lila Rigsby and Lauren West) in this team who might not have worn a captain’s band, but definitely led by example.

With our league being as competitive as



it was, we definitely needed as many strong leaders as possible to overcome difficult odds. That was proven when two of the teams in our league had fantastic seasons and reached the Final Four.

Even though we might not have had the ending that we wanted, I believe that we still had a very successful season. We had tremendous growth from our newcomers and underclass athletes. I know that this season will help drive our returning players to get us back to the Final Four. This is an amazing group of girls, and I can't wait to see what they accomplish next year!

– Logan Georgeadis, Girls Soccer Coach

## Volleyball

The 2023 volleyball season was an amazing year of learning and growth for our young team. Our team of twenty-three athletes was made mostly of Freshmen and Sophomores who worked very hard to compete against the older competition.

The JV team also showed tremendous growth throughout the season as they learned the sport and the importance of teamwork.

Our Varsity team started off with a huge tournament, where they played against some tough teams from much larger schools. From that point on, they continued to overcome mental and physical challenges and get better every day. Juniors Kaylee Clark and Sophia Tehrani led our Varsity team in kills and blocks from the middle, while Kalea Schlenker (Soph) led our team in digs and aces. Our setter, Megan Neiwert (Soph), was a major part of our offense and led our team in assists.

From our first win to team dinners and spur-of-the-moment talent shows, this team made many memories that we hope to build off of in the future.

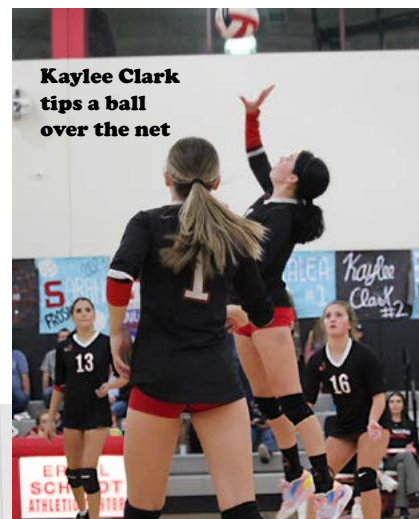
Thank you to all the players for their hard work, and to our only Senior, Helene Girard, for sharing her first season of volleyball with us! We are excited to keep the ball rolling!

– Jessi Reed, Volleyball Coach



**Regan Thomas fights for the ball in front of the Dragon's goal**  
(Photo by Jeff Thomas)

**On the Web**  
View galleries of photos from fall sports by scanning this QR code:



**Kaylee Clark tips a ball over the net**



**All eyes were on the setter Megan Neiwert**



**“Ben Morales had arguably the finest season ever by an SGS cross country runner.”**  
**- Rick Riley, Cross Country Coach**

## Cross Country

“Neither snow nor rain nor gloom of night stays these couriers from the swift completions of their appointed rounds”... The ages old adage of the US Postal Service might well be applied to the 2023 Saint George’s cross country team. Early season meets were run in oppressive heat and late season competitions on snow- and rain-soaked courses.

The Dragon young women, a team comprised of Regan Thomas, Josie McLaughlin, Remy Kiltz, Esther Buckner, Audra Gliniak, Delaney Nachreiner and 8th graders Zora Townley and Emma Shimizu, dominated League meets and capped the season with a League Championship on the Colfax Golf Club. A hip injury kept defending State Champion Josie out for the season, but sophomore Regan Thomas came through with a second-place finish. Remy Kiltz ran an outstanding race for 5th, and 8th grader Zora Townley finished 15th.

Senior Ben Morales led the boys with fabulous running throughout the season. Juniors Hrair Garabedian and Oliver Ling, along with freshman Liam Darcy and 8th graders Keagan Willson and Joe Sudlow, filled out the team. Unfortunately, by season’s end Liam and Joe were stopped by injuries.

Ben Morales had arguably the finest season ever by an SGS cross country runner. He scored runaway victories at the Highlander Invitational, Asotin Invite and the Big Cross invitational in Pasco. His 15:38 in the 5000 meters was the fastest time recorded at the 1B/2B level. Ben won both the League and District races.

The girls came up short at Districts, by an agonizing two points, and did not qualify for the State meet, but did advance Regan Thomas (3rd) and Remy Kiltz (9th) to the Championships. Ben Morales won by a huge margin, and Hrair Garabedian (6th) along with Oliver Ling qualified to run at Pasco.

Rain at the Willows Golf Course in Pasco, site of the State Championships on Nov. 4, did not deter the five Dragon runners. Ben Morales improved on his third place 2022 finish with a solid 2nd place, and Hrair and Oliver ran outstanding races, finishing 15th and 17th respectively.

Regan Thomas and Remy Kiltz, in their first State Cross Country race, impressed with 10th and 22nd place finishes.

The team graduates only Ben Morales, and both teams look forward to an outstanding 2024 season.

– Rick Riley, Cross Country Coach

**Ben Morales (left) on State medal stand; Ben finished 1st in League, 1st in District, and 2nd in State**



**Hrair Garabedian, Ben Morales, and Oliver Ling at the start of the League Championship Race (Photo by Jeff Thomas)**



**The girls’ cross country team running to a League Championship (Photo by Jeff Thomas)**

