

AUGUST 2017

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FRIENDS FOREVER

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COVER STORY

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ONWARD STATE

Childhood friends Kuntz and Katshir take different paths to PSU

GEOFF MORROW AND JAKE ADAMS
The Sentinel

After years of failing to successfully recruit each other, longtime friends Zack Kuntz and Charlie Katshir will finally and officially become teammates yet again.

It won't happen until fall 2018, but the reunion will be legendary.

Growing up mere miles from each other in Camp Hill, the boys — each the youngest among their athletic siblings — were once teammates in basketball and football at Good Shepherd, their shared church.

But they were never classmates.

The Kuntzes live off Market Street in Camp Hill, and Zack attended Good Shepherd Elementary and Camp Hill Middle schools. He's now a senior at Camp Hill High School.

The Katshirs live near Brentwater Road closer to West Shore Country Club, and Charlie attended Sporting Hill Elementary and Good Hope Middle schools. He's now a senior at Cumberland Valley.

"They would always ask, 'Hey, Charlie, come to Camp Hill!'" said Fran Kuntz, Zack's father. "And

Zack's been asked to go there [to CV] to play. Because they always wanted to play together."

Those "recruiting" attempts failed, and instead the boys took vastly different paths to enormous high school success.

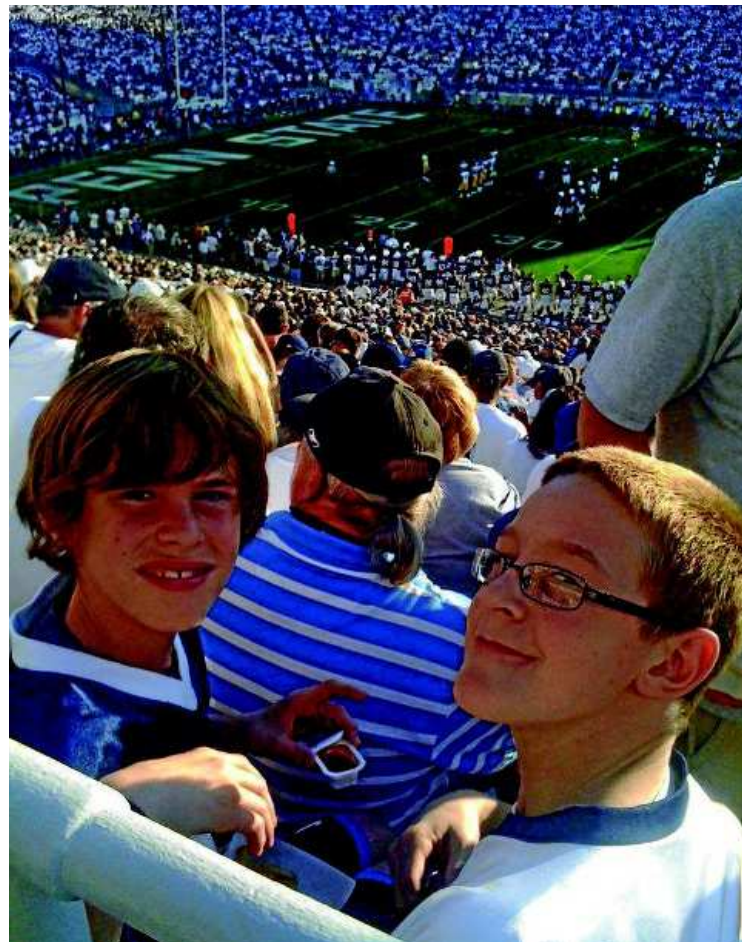
Zack, at 6-foot-8, blossomed into the big fish in a small pond, accumulating accolades in football, basketball and track at the small-school Mid-Penn Conference powerhouse.

Meanwhile, on Cumberland Valley's colossal college-like campus, the 6-foot-3 Katshir exploded onto the scene in football. He's also returning to basketball and track this year after missing both after post-football shoulder surgery last winter.

In November, with offers on the table from college football's greatest programs like Alabama, Notre Dame, Ohio State, Michigan, Stanford and more, Kuntz offered his verbal commitment to Penn State and head coach James Franklin. The four-star tight end will graduate high school early and enroll at PSU this January.

Three months after Kuntz committed, Katshir matched it. The three-star linebacker recruit (he plays receiver and safety at CV but is expected to bulk up for college) announced his decision first to his parents and family, but his second

Please see **FRIENDS**, Page 4



PROVIDED BY THE FAMILIES

In sixth grade, best friends and Good Shepherd basketball/football teammates Charlie Katshir, left, and Zack Kuntz watch at Penn State football game featuring Zack's older brother, Christian. Both Katshir and Zack Kuntz, now seniors at Cumberland Valley and Camp Hill high schools, respectively, have committed to play football at Penn State.



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Pennsylvania
MENTOR

COVER STORY

Friends

From Page 3

call was to Kuntz.

“Obviously we’d always talked about it, but it was a dream we didn’t really think would happen,” Katshir said. “Then once he got his offer and I was still waiting for mine, he told me not to worry, that it would come. Then it came. And it was like, ‘Dude, this is actually happening! It’s going to become a real thing!’

“It’s actually a dream come true. Obviously the college experience and playing football is great, but to do it with one of your best friends is even better.”

Katshir and Kuntz are part of a wildly promising 2018 recruiting class, which right now goes 23 players deep and ranks among the top classes in the nation. It also includes Harrisburg athlete Shaquon Anderson-Butts, who’s actively working on returning Cougars teammate Micah Parsons to his once-held verbal commitment to PSU.

“I really believe they’re going to win a national championship in the next couple of years,” Kuntz said of a rebirthed Penn State program that last year just missed out on the College Football Playoff.

So just how did these two great friends go from goofy-grinned youth standouts to top-level college recruits? Let’s dig in...

The upbringing

Both boys hail from athletic families, Zack the youngest of five and Charlie the youngest of three.

Both moms were athletes at Camp Hill High School, Kitty



PROVIDED BY THE FAMILIES

Good Shepherd teammates Zack Kuntz, left, and Charlie Katshir show off their CFA Football League awards honoring Kuntz as the “best defensive player” and Katshir as the “best offensive player.” Ironically, both have committed to Penn State football, Kuntz as a tight end on the offensive side of the ball and Katshir as a linebacker on the defensive side.

Kuntz running track and playing basketball and softball, while Tracy Katshir starred in track, field hockey and lacrosse.

Both dads played college football.

Fran Kuntz, a Bishop McDevitt product, had committed to Southern Methodist just before the NCAA handed down the “death penalty” for severe and repeated rules violations. So he instead spent two years at junior college in California before transferring to Maryland and playing alongside Boomer Esiason.

Greg Katshir, out of western Pennsylvania, played both baseball and football at the University of Penn, where he met Tracy.

Zack’s siblings – Fran, Christian, Anna and Brandon – all excelled athletically at Trinity, with Christian and Brandon also recruited to play football at Penn State.

Charlie’s siblings, Hannah and Riley, were also high school athletes. Hannah actually currently plays professional Quidditch for the Detroit Innovators, while Riley, who used to play CYO basketball with Brandon Kuntz, suits up for



SAMUEL GETTY, FOR THE SENTINEL

Camp Hill tight end Zack Kuntz looks on during practice Aug. 11 at Camp Hill’s Siebert Park. The Penn State verbal commit is healthy this year after missing the first half of 2016 with a foot injury.

the Lebanon Valley College soccer team.

But the athletic talent from their respective gene pools might have saved the best for last.

“Some of the catches Charlie would make as a sixth grader, you would think he was a high schooler,” Zack Kuntz said. “He’s honestly one of the most athletic kids I know.”

Said Camp Hill senior quarterback Quinn Buffington, who played with both in youth: “[Zack] was pretty dominating. He was bigger than everyone. I knew Charlie and Zack. They were great athletes, and I definitely knew they could possibly play at the college level.”

As kids, they were often inseparable. When Christian was playing at Penn State, Charlie would accompany the Kuntz family to



MICHAEL BUPP, THE SENTINEL

Cumberland Valley’s Charlie Katshir catches the ball during practice Aug. 8 at Cumberland Valley High School.

Nittany Lions games.

The boys, who Fran said were sometimes shy and always goofballs, won CYO basketball and football titles together.

Tracy Katshir recalls a particular basketball game at a packed gymnasium in Middletown, where Zack blocked a kid then waved the Dikembe Mutombo finger at him and drew a technical foul.

“The crowd was all over him,” she said. “He was devastated, but the rest of the team thought it was hilarious.”

There was another time Charlie wanted to get Christian Kuntz’s autograph when Zack’s older brother was watching a CYO game.

“Took him the whole game to get the nerve to ask him,” Tracy remembers. “Still have that autographed Christian Kuntz jersey!”

Please see **FRIENDS**, Page 5



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DR. MICHAEL VERBER, DMD, FICOI



COVER STORY

Friends

From Page 4

More recently, after a big snow-storm, Zack called and convinced Charlie to join in some big-time sledding.

Mike Hibbs, then the CV basketball coach, had warned his players against doing anything dangerous, but boys will be boys.

"The next day [there's] a picture of Charlie hot-dogging on his sled in the paper," Tracy said. "Coach Hibbs was none too pleased."

But that's who they are: a couple of fun-loving, always-smiling teenagers who just happen to possess incredible athletic gifts.

High school successes

While the massive size difference all but prevents Cumberland Valley and Camp Hill from matching up in athletic events, both Katshir and Kuntz have still been able to closely monitor each other's successes.

Charlie followed his youth blueprint and remains an incredibly diverse athlete for coach Mike Whitehead's football team, beating foes as a receiver, a defensive back, a kick returner.

"He was definitely always the best on his team," said CV teammate and offensive lineman Jacob Fetterolf, who played against Katshir in middle school. "On defense, like he does now, he was always running the show. He'd be at the forefront of everything back then, too."

Fetterolf also praised Katshir's leadership and approachability, calling him humble and "always joking around."

That's par for the course, said



SAMUEL GETTY, FOR THE SENTINEL

Camp Hill tight end Zack Kuntz looks on during practice Aug. 11 at Camp Hill's Siebert Park.

Eagles running back Jake Palmer, one of Katshir's best friends.

"He has a very joking and friendly personality," Palmer said. "He always seems to be loving life, and he is truly a great guy. You can tell when Charlie is around because he loves getting everyone involved laughing and having a good time. Gotta love Charles."

Kuntz is the same way, sporting a near constant smile that presents kind of an "aww shucks" attitude. That, of course, makes his on-field domination all the more intimidating, whether he's catching passes in the flat or racing around linemen from his position at defensive end.

"I like enjoying myself while I'm doing what I love," he said. "Some kids, [the goofiness] gets them out of their shells."

Added Buffington: "Zack's energy that he brings to practice and games is very uplifting. His size is unmatched, and he just dominates dudes. Zack is the biggest goofball I have ever met. He always knows how to make people smile."



MICHAEL BUPP, THE SENTINEL

Cumberland Valley's Jake Palmer, left, and Charlie Katshir await the next drill during practice Aug. 8 at Cumberland Valley High School.

Both battled injuries as juniors, Katshir playing through a painful shoulder that would often pop out, and Kuntz missing nearly half the season after breaking his foot in preseason.

But Kuntz's Lions (in Class 2A) and Katshir's Eagles (Class 6A) rank among the favorites in their respective classes to win District 3 trophies this fall.

Onto PSU

Kuntz's recruiting started when he still preferred basketball. It wasn't until a MaxPreps rankings list came out and he saw he was listed as the No. 1 Class of 2018 tight end in the country that he shifted football into priority position.

"I was like, 'What is this?'" he said.

Camp Hill head coach Frank Gay helped mold him into a more serious player, he said, and he ate up any recruiting advice he could get from his father or football-playing brothers. There was

also a desire to live up to that top national ranking.

He traveled throughout the country on recruiting visits, which included "wow" moments at places like Alabama and Stanford.

But Penn State always felt like home.

"He feels that comfort, us going up there all those years," Fran Kuntz said. "Zack pretty much could have gone anywhere he wanted. We made our trips, did the Notre Dame thing three or four times, and he just didn't feel it. Thought maybe Stanford would be it [because of the education], but he's just so dead set on Penn State. No wishy-washy with him. He's dead set and ready to go."

Katshir drew plenty of interest, too, but not quite on the national level. And his offers started rolling in a little later in the process.

But when his great friend committed, that helped settle things for the CV star, who offered his verbal in February.

"I think if he can get big, he can be really good," Fetterolf said. "Because he's been held back with that shoulder, I don't think he's really reached his potential with lifting and everything. But if he can get big and translate that into football, he can be pretty good."

And, years removed from chasing titles at Good Shepherd, Kuntz and Katshir will again be good together, chasing titles of the NCAA variety.

Email Geoff Morrow at gmorrow@cumberlink.com or follow on Twitter at @RageAgainstGMO

Jake Adams contributed to this story.

ABOUT SENTINEL SPORTS

SENTINEL STAFF

Sentinel sports specializes in local sports coverage in Cumberland County.

Our staff of five has more than 30 years of experience in the local sports journalism business. Editor Jake Adams (primary beats: football, cross country, basketball, baseball) helms a staff that includes veteran writer Geoff Morrow (football, volleyball, basketball, softball) and Mallory Merda (soccer, wrestling, hockey, lacrosse), along with clerks Michael Heaton and Ott Santoleri. Combined with freelance reporters Jeffrey Kauffman, Brett Keener and more, we have more than 75 years of sports coverage experience.

We value "old school" reporting, with quality game recaps (and photographs), breaking news and feature reporting. We also value social media, with reporters providing regular game updates on Twitter, and videos to complement our written work, but not at the expense of the print product. We also strive to run accurate varsity or local standings daily.

We specialize in high school sports, with a coverage area of 16 schools in and around Cumberland County, but also cover local youth sports, outdoors and non-varsity sports.

Our college coverage includes NCAA Division II Shippensburg and NCAA Division III Dickinson and Messiah. We also run coverage of Penn State football and more.

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DR. KATELYN HANNER, DMD

BIG SPRING BULLDOGS

THE BIG QUESTION

Do the Bulldogs finally get back in the playoffs?

The last time Big Spring was in the playoffs, not a single Bulldog was done with fifth grade.

In 2010, the 'Dogs went 5-5, then lost to Lampeter-Strasburg in the first round of the District 3 playoffs. Since then, they have had just one winning season, going 6-4 last year but still missing out in the Class 4A bracket.

It was thought 2016 would be the year, but Big Spring came up just short.

Is this finally the year?

Cory Hoffman's squad will have to solidify the offensive line and get good production from first-year starting QB Ethan Lee. But there's optimism here.

First, as long as Ryan Adams is healthy and running, this is a team that can win most games they're in. Second, the defense has continually forced teams to sustain long drives and work for every point.

Adams, Lee and the o-line have stepped up as leaders, Hoffman said. That's important. And with Shippensburg and Northern going through major roster turnover, maybe there's an opening here for one more win.

Not going to be easy out of the Colonial, and health will be important, but these Bulldogs have the makings of a team that could taste the playoffs again.

INSIDE THE HUDDLE

Head coach: Cory Hoffman, 3rd season (10-10)

Assistants: Bob Baker (DC/S/OL); John Barnett (OL/DL); Chuck Hickes (CB/RB); Don Witter (DL/WR); Matt Eisenberg (WR/DB).

Stadium: Bulldog Stadium (grass)

Colors: Maroon/Gold

Classification: 4A

Division: Mid-Penn Colonial

Offensive formation: Spread

Defensive formation: 4-3

2016 season: 6-4 (4-3)

Postseason: did not qualify

RETURNING LEADERS

Passing	Comp	Att	Yards	TD
Ethan Lee	2	9	29	0

Rushing	Att	Yards	Avg	TD
Ryan Adams	160	1,379	8.6	16

Receiving	Rec	Yards	Avg	TD
Nick Black	24	346	14.4	4

Returning starters: Ryan Adams, sr., RB/DB; Nick Black, sr., WR/DB; Ethan Lee, sr., QB/DB; Zach Hasco, jr., RB/LB; Joey Yaukey, sr., WR/DB.

Outlook: Adams, who would have needed one more (playoff) game last year to crack his coveted 1,500-yard mark, gets a new set of linemen to block for him this year.

To hear him tell it, he's seen impressive commitment from the new group of earth movers, calling the unit faster and stronger than prior years. That's good, because the Bulldogs' fortunes (and a quest to end a six-year playoff drought) ride on Adams' legs and the blockers in front of him.

Dangerous when he cuts upfield and durable, Adams is the focal point of that spread offense that now has a new QB in Lee, a capable backup the past two years who finally gets his shot. The pair, along with a few young backs and Zach Hasco, form the bulk of Big Spring's rushing attack. If it's running on all cylinders, and Lee can consistently hit his receivers in the short and intermediate passing game, this is an offense that can do plenty.

On defense, Hoffman's unit gets three new linemen and leaves Hasco in charge of the middle of the linebackers. Newbie Brayden Petty joins Gavin Pritchard as the edge rushers for a front seven that has, in recent years, made

teams earn every yard they got.

But they must replace 210 tackles from 'backers Lucas Carey, Austin Brownawell and Tom Miller, who also combined for nine sacks a year ago. Hasco was fourth on the team with 53 tackles, but that's still a lot of production that needs replacing. Come together quickly, and the Bulldogs can be in a playoff hunt.

The key may be unity, according to Adams. He's seen more dedication in the offseason, and sometimes that little extra connective tissue makes all the difference.

2017 Schedule

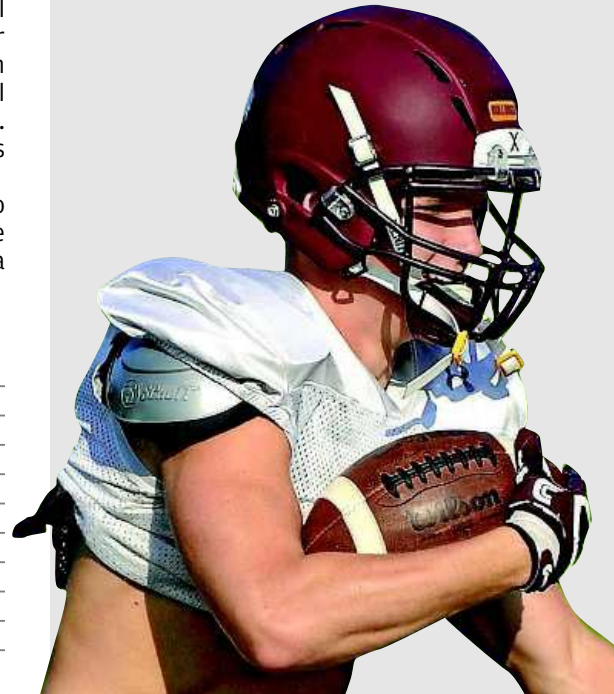
Aug. 25	at James Buchanan	7 p.m.
Sept. 1	at East Pennsboro	7 p.m.
Sept. 8	vs. Biglerville	7 p.m.
Sept. 15	vs. Boiling Springs	7 p.m.
Sept. 22	vs. Northern	7 p.m.
Sept. 29	at West Perry	7 p.m.
Oct. 6	at Greencastle-Antrim	7 p.m.
Oct. 13	vs. Waynesboro	7 p.m.
Oct. 27	vs. Mifflin County	7 p.m.
Nov. 3	at Shippensburg	7 p.m.

Q&A

RYAN ADAMS, SR., RB/DB

For one more year the Bulldogs have one of the Mid-Penn's best backs.

Ryan Adams maybe be small, but he's fast and doesn't go down easy. And now he says he's faster and stronger. That's import-



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ant for a team working in new blockers for him and trying to finally get a crack at the playoffs.

Q: What did you specifically work on this off-season?

A: I focused on getting faster. I dropped my 40 time by about .1, .15, and that's been a pretty big improvement. And I also focused on the major lifts — the squat and the bench — and getting stronger every day.

Q: Not to give anyone bulletin board material, but what are your expectations in the division this year?

A: As always we expect to be the best, we strive for the best. But things aren't going to go your way sometimes, but we just try to bounce back every time. As of this year we definitely have the talent to be one of the best, if not the best in the division. It's just a matter of everybody working hard and doing what they're supposed to.

Q: You're a senior. Where does this team rank among the previous teams you played on in Big Spring? Why?

A: It's the best group we've been. We all bonded over the summer, that was a big thing. We all know the strengths and weaknesses of everybody, and we can pick each other up and really help out the team in that way.

Q: A good chunk of your o-line is new. What do you have to do to get them ready to help this offense?

A: One of my main jobs is trying to get as many people in the offseason as I can. Normally we have 99 percent of the skill players in the offseason, and lineman last year were always really struggling to get in. Most of them had work or some other activities to do. This year was a lot different. Every lineman we have is stronger than the last linemen we had last year. So even though we don't have the same size or the same experience, we have stronger and faster linemen at every position.

CORY HOFFMAN, HEAD COACH

If the Bulldogs are going to finally get back to the District 3 playoffs, it might only take just a little bit more of everything.

A few more stops on defense, a few more big runs by Ryan Adams, a few more plays in the passing game. Big Spring is close. And Hoffman and crew think they can reach that next step.

Q: In recent years this defense has been pretty good at bending, not breaking, at making teams sustain drives. Should we expect anything different this year?

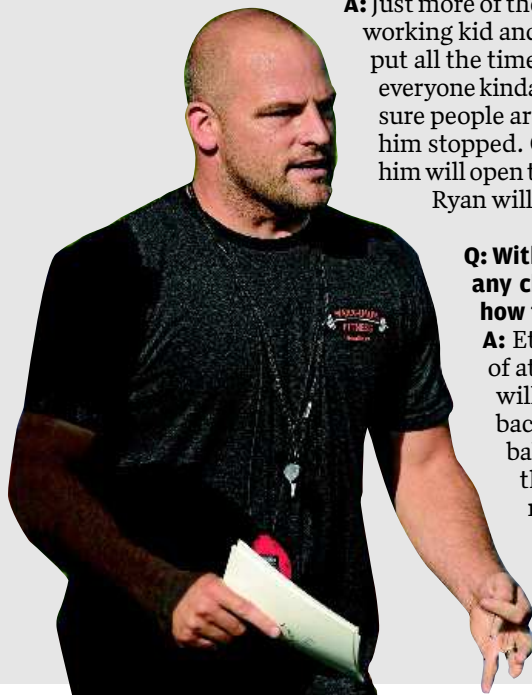
A: We try not to bend or break, but if we have to do something we'd rather bend and not give up a big score. So we just try to run and keep everything bouncing laterally and keep it in front of us. And give our secondary a chance to come up and make tackles as well. We'll continue to do that. I think it's been fairly successful for us. We have a middle linebacker now in Zach Hasco who can run both sides of the field and track things down, so we're just gonna let him do that.

Q: Ryan Adams is the obvious "playmaker" running back. What did you see out of him the past nine months?

A: Just more of the same in the offseason — he's a hard-working kid and nothing changes in the summer. He put all the time he could in the weight room. I think everyone kinda knows that he's gonna be the guy. I'm sure people are gonna try and stack the box and get him stopped. Our hope is that kind of attention on him will open things up for other guys in our offense. Ryan will get his carries and get his yards.

Q: With Jaret Petty gone at QB, will there be any changes with how the QB position or how the offense will run the ball?

A: Ethan (Lee), I think he's a similar kind of athlete. He can still run the ball and we will still run the ball with the quarterback. But I think he's able to spread the ball more in the quick pass game. He sees things really well, very smart, able to read defenses. And so I think just because of that we won't have to run the ball as much. We'll be able to get the ball out and get ourselves in short-yardage situations.



THE ROSTER

No.	Name	Yr.	Ht.	Wt.	Pos.
1	Joey Tressler	fr.	5-10	150	WR/DB
2	Anthony Gaudio	so.	5-5	155	RB/DB
3	Peyton Bechtold	sr.	6-4	170	WR/DB
4	Austin Long	fr.	6-0	160	WR/LB
5	Colton Hockensmith	sr.	5-10	150	RB/DB
6	Tim Siwy	jr.	5-10	170	QB/DB
7	Jack Shulenberger	fr.	5-11	145	QB/DB
8	Tyler Robertson	so.	5-11	140	WR/DB
9	Aiden Conklin	so.	5-7	140	WR/DB
10	Nick Black	sr.	5-11	180	WR/DB
11	Gavin Pritchard	so.	6-6	210	WR/LB
12	Ethan Lee	sr.	5-11	185	QB/LB
13	Adam Degregorio	so.	5-5	155	WR/DB
14	Jashaun Gerald	so.	5-11	190	WR/DL
15	Silas Keiter	jr.	6-1	195	WR/DB
16	Joseph Yaukey	sr.	5-9	170	WR/DB
20	Jamie Tressler	jr.	6-1	170	WR/LB
21	Braden Petty	jr.	6-1	200	WR/DL
22	Austin Walter	so.	5-6	120	WR/DB
23	Ryan Adams	sr.	5-6	165	RB/DB
24	Kyle Brobst	sr.	5-7	170	RB/LB
25	Nathan Fetchikan	so.	5-10	205	RB/LB
26	Grant Long	fr.	5-8	150	WR/LB
30	Anthony Jeter	jr.	5-7	160	RB/DB
32	Warren Hooper	jr.	5-10	160	RB/LB
33	Wayne Hooper	fr.	5-9	155	WR/DB
34	Dakota Clavey	sr.	6-0	190	RB/DB
36	Xavier Mason	jr.	6-0	175	WR/DB
40	Brian Wright	so.	5-8	180	RB/LB
42	Charles Bowers	sr.	5-9	165	RB/DB
43	Zach Hasco	jr.	5-9	185	RB/LB
44	Colton Shields	sr.	6-2	175	OL/DL
45	James Washington	so.	5-9	180	RB/LB
46	Zach Stum	so.	5-11	205	OL/DL
49	Wyatt Miller	so.	5-8	220	OL/DL
50	Ethan Hunt	so.	5-9	175	OL/DL
51	Spencer Fauver	so.	5-9	160	OL/LB
52	William Paulus	sr.	5-7	200	OL/LB
53	Adam Spencer	sr.	6-1	210	OL/DL
54	Talon Hair	sr.	6-0	175	OL/DL
55	Logan Peck	so.	5-6	175	OL/DL
56	Koltin Gettle	sr.	5-11	200	OL/DL
63	Steven Lynn	sr.	6-4	230	OL/DL
64	Donavan Howell	sr.	5-11	200	OL/DL
65	Seth Franklin	sr.	5-9	180	OL/LB
66	Nick Thomas	jr.	5-10	240	OL/DL
67	John Avery Ward	fr.	5-10	195	OL/DL
68	Tobin Romito	fr.	5-11	230	OL/LB
70	Andrew Kulp	sr.	5-10	270	OL/DL
72	Tyler Wiley	sr.	6-1	240	OL/DL
73	Alex Spencer	so.	5-11	270	OL/DL
74	Adam Melhorn	sr.	5-5	230	OL/DL
75	Mike Kutzmonich	jr.	6-0	250	OL/DL
76	Baillie Barnhart	jr.	5-11	210	OL/DL
77	James Laird	so.	5-9	225	OL/DL
87	Caleb Grimes	so.	5-5	115	WR/DB
89	Josh Russel	so.	5-6	125	WR/DB

Big Spring compiled by Jake Adams. Email him at jadams@cumberlink.com or follow him on Twitter @jakeadams520



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BOILING SPRINGS BUBBLERS

THE BIG QUESTION

Can the lines get the Bubblers back on track?

A few years ago, Boiling Springs rode an offensive line that had essentially six starters to a District 3 playoff berth.

It's unfair and way too early to draw comparisons between 2015 and 2017, but the parallels exist. Most coaches prefer to have a veteran offensive line over veteran skill-position guys, if they had to choose just one. The line is the

engine of the team.

This year the Bubblers have four returning contributors from last year who saw significant playing time. The hope is that unit, without a bell-cow back like Bryan Malone behind them, can create time in the passing game and lanes in the running game. The weight of the offense is on their broad shoulders.

And same is roughly true on defense.

That same group leads a front seven that brings back experience from a disappointing 0-10 season. The blessing of all the injuries Boiling Springs suffered last year is young guys got playing time, including in the trenches.

Health is obviously a factor. But if there aren't injuries, having a stable line on both sides of the ball will help Boiling Springs out immensely.

INSIDE THE HUDDLE

Head coach: Zack Stroh, 1st season

Assistants: Brent Stroh (OL/DL); Fred Make (WR/DB); Brad Nailor (DC); Joe Metka (RB).

Stadium: Ecker Field (turf)

Colors: Purple/Gold

Classification: 3A

Division: Mid-Penn Capital

Offensive formation: Pistol

Defensive formation: 3-5

2016 season: 0-10 (0-7)

Postseason: did not qualify

RETURNING LEADERS

Passing	Comp	Att	Yards	TD
Evan Mancuso	76	186	861	3

Rushing	Att	Yards	Avg	TD
Evan Mancuso	68	80	1.2	1

Receiving	Rec	Yards	Avg	TD
Jake Walker	17	231	13.6	0

Returning starters: Justin Johnson, sr., RB; Noah Parsons, sr., FB/LB; Jake Radic, sr., QB; Hunter Briner, sr., WR/DB; Brayden Coe, sr., T/DL; Gavin Fournier, jr., G; Keith Pate, jr., C; Luke Gardner, sr., G; Joe Crocenzi, jr., TE/DL; Jaelyn Gaither, sr., DB;

Nate Stahl, sr., LB; Chad Stout, sr., K.

Key returners: Grayson Hacker, jr., TE/DL; Evan Mancuso, sr., QB/LB; Austin Taylor, sr., OL/DL; Drew Nickel, sr., OL/DL.

Outlook: Show up at a Boiling Springs practice and the Bubblers, under new coach Zack Stroh, are moving quickly from drill to drill. Everything is fast-paced and little time is wasted.

That's the emphasis Stroh, whose father Brent previously coached at Big Spring and Carlisle, has with this team. He wants Bubbletown to play fast.

It's unclear yet if Boiling Springs will score fast as well, but there's reasons for optimism. For starters, the offensive and defensive lines are back with a ton of experience. No coach will complain about that. And one has to think that injuries won't decimate the roster the way it did last year, when the Bubblers were barely suiting up more than 22 guys by the end of the season.

But where will the rush yards come from? Bryan Malone, a stud for two years, is gone, as are his 1,089 yards last year (a low number for a guy who cracked 1,500

in 2015). Boiling Springs didn't have a rusher with more than 200 yards behind Malone last year.

Expect more of a committee approach, according to Stroh. The pistol offense will allow the Bubblers to get multiple people the ball throughout a drive, hopefully keeping defenses on their toes.

This division has a PIAA championship qualifier and several strong squads right behind Middletown. Boiling Springs' fight back into contention won't come immediately. But it's tough to imagine this squad struggles to get a win this year, too. Breaks should fall their way more often.

2017 Schedule

Sept. 1	vs. Littlestown	7 p.m.
Sept. 8	vs. Bermudian Springs	7 p.m.
Sept. 15	at Big Spring	7 p.m.
Sept. 22	at Trinity	7 p.m.
Sept. 29	vs. Palmyra	7 p.m.
Oct. 6	at Camp Hill	7 p.m.
Oct. 13	vs. Milton Hershey	7 p.m.
Oct. 20	vs. Middletown	7 p.m.
Oct. 27	at Steel-High	7 p.m.
Nov. 3	vs. East Pennsboro	7 p.m.

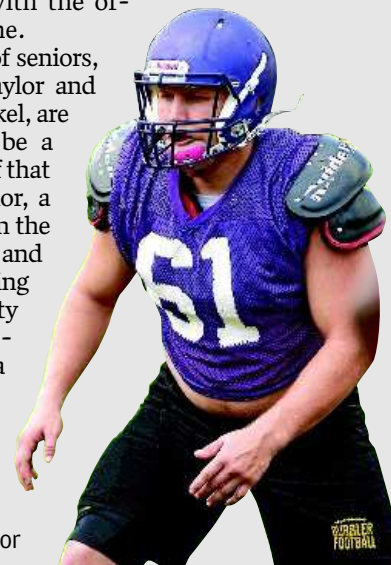
Q&A

AUSTIN TAYLOR, DREW NICKEL, SR. LINEMEN

If the Bubblers are going to bounce back from last season, it'll start with the offensive line.

A pair of seniors, Austin Taylor and Drew Nickel, are going to be a big part of that unit. Taylor, a wrestler in the winter, and Nickel bring back plenty of experience on a line that returns four starters.

Taylor



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Both have stepped up as leaders, according to new coach Zack Stroh. And both are bullish on a Bubblers rebound thanks, in part, to that veteran line.

Q: What's it like bringing back that experience on the line?

DN: Obviously rough year last year, but it was really good experience for all the young kids on the line, especially bringing them back.

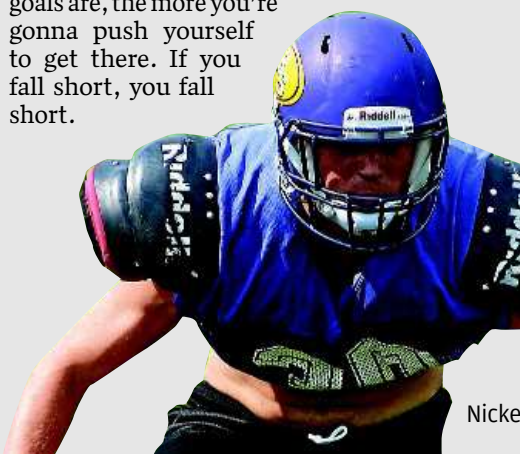
AT: We've all been together since freshmen year, basically. ... We got a good bond through the whole line; we're all together, we're always pushing each other to better ourselves in the weight room or on the field. So, I like what I'm seeing.

Q: What excites you most about this new pistol offense?

DN: It's gonna be a lot quicker than last year. We're obviously not the biggest linemen in the world, so athleticism's really gonna help us in getting quick off the ball and everything.

Q: Have you guys set out any goals for the season yet?

DN: We never really talked about a set record. **AT:** Honestly, if I was setting a goal for a record, it's 10-0 from the start. You may not achieve your goals, but at least you're setting them high. The higher your goals are, the more you're gonna push yourself to get there. If you fall short, you fall short.



Nickel

ZACK STROH, HEAD COACH

Zack Stroh comes from a coaching family; his father, Brent Stroh, helmed Carlisle and Big Spring for several years and is currently on this Bubblers' staff.

So Zack's got the confidence and experience, surrounded by football his whole life, to take over a team for the first time.

The rookie coach, one of two new faces in The Sentinel area in 2017, is all about tempo and energy, something Bubblers fans better get used to.

Q: What are some of the changes you've brought to practice as a new head coach?

A: My big thing was, when I came in, I want to try to really focus on intensity level. For me, I never want to be on a practice field longer than two hours. ... We want to fly around; we get in and out of position groups, things like that. It's always high-tempo, high-energy.

Q: How do you reset a team that went 0-10 in a year that should've gone much better for them?

A: The good thing about football is, unlike life, (where) sometimes you don't get a second chance, here we do. It's a clean slate. Everyone is 0-0.

I think our guys have really taken that idea to heart, that they're underdogs. They realize that not a lot of people are expecting a lot out of us this year, but they're excited to try and surprise some people.

Q: New offense. What has this group picked up quickest?

A: Their ability to grasp it all (terminology), to be honest with you.

Q: The team threw a bit more last year trailing in games than Boiling Springs may be accustomed to. What's the plan for balance?

A: Our philosophy is we want to be good at running the ball and throwing the ball. We don't want to be great at either one, because if we're a great running team and they take away the run, most likely you're not gonna have worked on the pass enough to really beat somebody with the pass. We just want to be balanced.



THE ROSTER

No.	Name	Yr.	Ht.	Wt.	Pos.
2	Leonardo Pham	jr.	6-0	145	WR/DB
3	Cameron Wolf	sr.	5-9	155	WR/DB
4	Jacob Walker	sr.	5-11	165	RB/DB
7	Dominic Schwang	jr.	6-0	160	RB/LB
8	Josh Otto	jr.	5-9	145	RB/DB
11	Tayven Kelley	jr.	6-2	185	RB/DB
12	Tyler Tressler	so.	5-5	150	WR/DB
13	Zachary Vonstein	jr.	6-1	175	QB/DB
15	Evan Mancuso	sr.	5-10	185	QB/LB
17	Zachary Caldwell	so.	5-9	145	QB/DB
19	Carson Myers	jr.	6-2	165	WR/DB
22	Kaiden Karper	sr.	5-10	165	RB/LB
23	Grayson Hacker	jr.	6-4	210	TE/DL
24	Quentin Jones	so.	5-7	160	RB/LB
26	Ian Rowe	so.	5-8	150	RB/LB
28	Benjamin Garman	so.	5-5	145	RB/LB
30	Michael Wagner	jr.	5-11	185	TE/LB
42	Andrew Uhler	jr.	5-10	165	RB/LB
50	Damon James	jr.	5-10	250	OL/LB
51	Joshua Morris	jr.	5-9	195	OL/DL
52	Austin Taylor	sr.	5-11	215	OL/LB
56	Drew Boley	sr.	6-0	205	OL/LB
58	Drew Nickel	sr.	6-1	195	OL/DL
59	Alexander Metzger	sr.	6-1	205	OL/DL
62	Hunter Finkey	jr.	6-2	210	OL/DL
65	Tristan Crum	so.	5-9	145	OL/LB
66	Colby Tennyson	jr.	6-0	195	OL/LB
68	Cole Barber	so.	5-10	235	OL/DL
71	Brenden Mark	sr.	6-0	200	OL/DL
72	Logan Snader	jr.	5-11	200	OL/DL
74	John Billman	so.	6-3	230	OL/DL
77	Josh Martin	so.	5-9	205	OL/DL
78	Colby Page	so.	5-10	210	OL/DL
79	Evan Borgaonkar	so.	5-10	185	OL/LB
81	Levi Rounce	jr.	5-9	150	WR/DB
84	Jeremy Filburn	so.	5-10	155	WR/DB

Boiling Springs compiled by Jake Adams.
Email him at jadams@cumberlink.com or
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MICHAEL BUPP, THE SENTINEL

Boiling Springs tight end Tayven Kelley extends for the ball during practice Thursday at Boiling Springs High School.

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CAMP HILL LIONS

THE BIG QUESTION

What will this running game look like?

The past four years have been basically plug-and-play for Frank Gay's Lions.

Plug in Bill Williams and play ball.

To the appreciation of the Mid-Penn Capital opponents, that is no longer the case. But let's try and steer away from "who" or "how" will Camp Hill try and replace the program's all-time leading rusher. Let's focus on how this team will choose to run the ball.

For several years it was a fairly standard drop-back passing game — former QB Michael Shuster did tuck and run at times — with a home run-hitting tailback.

Things will change in 2017. Second-year quarterback Quinn Buffington is more prone to use his legs. Combined with likely starting RB Nick Perry, the Lions will look to run more using combinations of the two, plus a committee of runners behind Perry.

Our guess is it wouldn't be surprising to see more jet sweeps, QB rollouts, option runs, Wildcat formations or something else other than the simple "hand it off."

Gay won't fundamentally change the way the offense functions — and throwing to Zack Kuntz is still a very important component — but the way Camp Hill runs could be a bit different this year.

INSIDE THE HUDDLE

Head coach: Frank Gay, 7th season (42-26)

Assistants: Chris Hakel (QB/DE); Michael Dickson (RB/DB); Tim Bigelow (OC); Jerry Taylor (OL/DL); Nate Grimwood (OL); Bruce Belskey (OL/DL); Matt Cox (RB); Luke Cox (RB); Jason Lynch (RB/OL).

Stadium: Siebert Park (turf)

Colors: Blue/White

Classification: 2A

Division: Mid-Penn Capital

Offensive formation: Spread

Defensive formation: Multiple front

2016 season: 7-3 (4-3)

Postseason: did not qualify

RETURNING LEADERS

Passing	Comp	Att	Yards	TD
Quinn Buffington	45	109	828	11
Rushing	Att	Yards	Avg	TD
Quinn Buffington	48	403	8.4	6
Receiving	Rec	Yards	Avg	TD
Zack Kuntz	11	197	17.9	1

Key returners: Luca Colestock, sr., OL/LB; Sean Eboch, sr., OL/DL; Quinn Buffington, sr., QB/DB; Zack Kuntz, sr., TE/DL.

Outlook: It's felt like over the past few years, with big losses in Michael Shuster (QB, 2015) and Bill Williams (RB, 2016), that these Lions should be depleted of talent. Playoff runs only last a few years, generally, at small schools.

But Frank Gay's squad is senior heavy, despite just 29 on the roster (10 freshmen are being held down to get extra reps unless called upon to fill a void from injury). Everyone knows Kuntz's name by now. The Penn State-bound, early enrolling tight end will take up a lot of headline space this year, in what he hopes is an injury-free campaign that improves on a disappointing 2016. At 6-foot-8, he presents one of the most difficult-to-stop targets in the Mid-Penn, and someone close friend Buffington can rely on in nearly any game situation.

Injuries will always be a concern for any school Camp Hill's size, but Gay likes the tough quality his defense brings. Colestock and Nate Teeter are back to anchor the unit. Add in Kuntz, Nick Perry and Eboch, and the Lions have five of their top seven

tacklers back. Expect sound play up front and among the DBs. And imagine what a healthy Kuntz, who missed the first half of last season, can do this year. He had six sacks a year ago despite an ailing foot.

Note: The 2A Lions' only losses last year came against 3A Middletown, who went to the PIAA championship, 5A Palmyra and 4A Milton Hershey. Gay used that as almost a point of pride during a preseason conversation with a 7-3 record that wasn't good enough to make the District 3 Class 2A championship game.

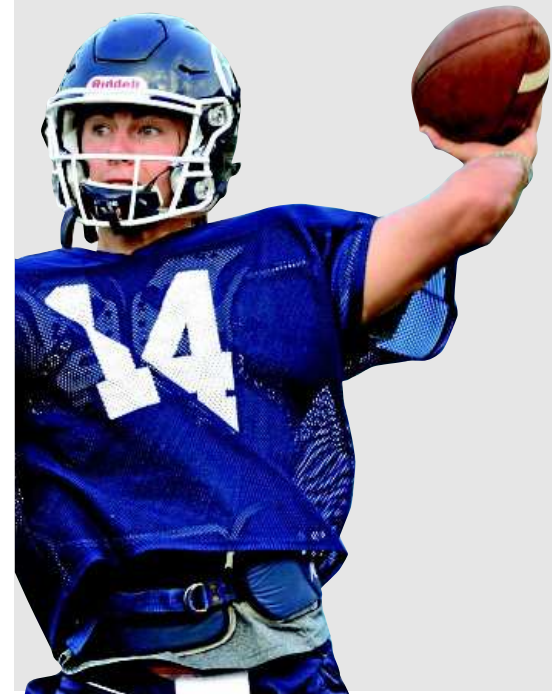
2017 Schedule

Aug. 25	at Palmyra	7 p.m.
Sept. 1	vs. Lancaster Catholic	7 p.m.
Sept. 8	at Annville-Cleona	7 p.m.
Sept. 15	vs. James Buchanan	7 p.m.
Sept. 30	at Milton Hershey	1:30 p.m.
Oct. 6	vs. Boiling Springs	7 p.m.
Oct. 14	at Middletown	7 p.m.
Oct. 20	vs. Steel-High	7 p.m.
Oct. 27	vs. East Pennsboro	7 p.m.
Nov. 3	vs. Trinity	7 p.m.

Q&A

QUINN BUFFINGTON, SR., QB/S

A lot rode on the shoulders, and left arm, of Quinn Buffington last year. He was replacing one of the best to



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DR. KIMBERLY ALFANO, DMD

play the position in Michael Shuster and having to do that while the Lions hunted for a third straight District 3 championship.

It was a lot to ask of the first-year signal caller, even with stud back Bill Williams to keep defenses preoccupied. While there were some bumps in the road in 2016, Buffington feels a lot more comfortable now, entering his final year.

Q: What's been your focus this offseason?

A: This year I think we're gonna do a lot more running with the quarterbacks. I think I'm gonna run more than I did last year. ... Getting ready for the season, it's just been a chance for me to calm down. Last season was kinda tough; I was a bit nervous, I had to fill pretty big shoes with Michael (Shuster).

Q: You just committed to East Tennessee State to play baseball. How'd that feel?

A: That was pretty exciting. I had a long summer playing baseball, and it was a bit stressful. But felt really good to announce that and get that wrapped up. I love the coaching staff down there. I've always wanted to play baseball down south as well.

Q: Anything you specifically worked on as a QB since last season?

A: Definitely passing accuracy, I would say. I'm definitely hitting my targets a lot better. And reading the defense — last year I kinda struggled with that.



FRANK GAY, HEAD COACH

Frank Gay has been at this whole coaching thing a while. Not a ton fazes him. Last year he was trying to replace a Penn State-bound quarterback in Michael Shuster. This year it's filling the void left by four-year starting back Bill Williams.

He's got a veteran group with some recognizable faces, and it's all about getting back to the District 3 playoffs.

Q: You went 7-3 last year but didn't make the playoffs. What did you focus on this offseason after missing out?

A: That's been our full focus, you know, 'Listen, we gotta take each game one week at a time and win that, or do the best we can.' Because we ultimately want to be in the district playoffs at the end of the season.

Q: Might be the biggest question you have. How do you replace Williams?

A: You can't replace him, you can't. Our offense has to move on, and we've gotta be a more balanced offense. We knew that we could hand him the rock 35 times against East Pennsboro and he was gonna get us yardage. We've gotta be more balanced now offensively to be able to run the ball and do things a little bit differently. You're never replacing a Bill Williams. Never.

Q: What have you seen from QB Quinn Buffington, growth-wise, this offseason?

A: Well, the reigns have been handed over. He's gotta be the guy this year that leads us offensively and defensively. He's our best athlete when you talk about the skillset that he has to do certain things. Quinn's the guy that we have that's shifty and can take it to the house at any time. We've gotta utilize those options for us.

THE ROSTER

No.	Name	Yr.	Ht.	Wt.	Pos.
2	Quinn Buffington	sr.	6-1	185	QB/S
3	Dylan Lamprey	jr.	6-2	165	WR/DE
4	Michael Massey	jr.	6-2	140	WR/DB
8	Greg Labine	so.	6-0	165	QB/DB
10	Luke Newman	sr.	6-1	170	WR/DB
11	Sam Williamson	sr.	6-0	155	WR/DB
20	Dayne Shover	sr.	6-3	155	WR/S
21	Zack Kuntz	sr.	6-8	235	TE/DE
30	Frank Shartle	so.	5-10	170	RB/LB
31	Ben Mullin	fr.	6-0	160	FB/LB
32	Xavier Ritchie	jr.	5-8	140	RB/LB
33	Nick Perry	sr.	5-9	175	RB/OLB
53	Nick Feagin	so.	5-1	135	OL/DL
55	William Massie	jr.	6-3	170	C/DL
56	Anthony Laporta	so.	5-8	160	C/LB
57	Cole Bayesa	jr.	5-10	175	G/LB
60	David Brennan	jr.	5-10	250	OL/DL
64	Nate Teeter	sr.	5-11	195	OL/DL
66	Sean Eboch	sr.	5-10	250	G/DT
70	Jonathan Shuster	sr.	5-11	190	G/LB
71	AJ Brantley	jr.	6-0	260	OT/DT
74	Thomas Zerbe	so.	6-4	250	OT/DT
78	Tristan Moten	sr.	6-3	230	OT/DE
81	Chase Gierasch	so.	6-1	170	WR/DB
83	Ethan Branstetter	so.	6-2	170	TE/DE
85	Nate Becker	sr.	6-0	160	WR/CB
88	Zach Raab	so.	5-5	110	WR
25/50	Luca Colestock	sr.	6-0	185	G/FB/LBB

Camp Hill compiled by Jake Adams. Email him at jadams@cumberlink.com or follow him on Twitter @jakeadams520



SAMUEL GETTY, FOR THE SENTINEL

Camp Hill's Nate Teeter during a water break during practice Aug. 11 at Camp Hill's Siebert Park.



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DR. MICHAEL VERBER, DMD, FICOI



CARLISLE THUNDERING HERD

THE BIG QUESTION

Can the offense find its groove again?

Last year, a coaching change and clashes in the program disrupted the momentum of a team that looked to be on the rise in the brutal Mid-Penn Commonwealth and had a quarterback and offense ready to spin scoreboards.

Now the Thundering Herd, on a third head coach in three years, just want to get back on the right track.

Brett Ickes brings some stability, an assistant over the past five years

who previously helmed the Herd in the 2000s. He's also planning to return the same spread, no-huddle offense brought on by Josh Oswalt that helped vault Carlisle to consecutive District 3 playoff appearances in 2014-15. Pat Conrad's version of the spread wasn't nearly as effective last year, with Carlisle's points-per-game nearly cut in half from 2015 to '16 despite many of the same players.

There are holes to fill at quarterback and wide receiver, with Eric Harris and Nate Barnes gone. Gavyn Barnes, an excellent receiver in the screen game with breakaway returning abilities, has gotten snaps under center in camp.

If the Herd can get steady play at QB, that'll make a world of difference. Barnes, Joe Mastrangelo and a stable of running backs should settle into their roles quickly.

INSIDE THE HUDDLE

Head coach: Brett Ickes, 5th season (6-34)

Assistants: Brandon Cook (DC/ILB); Bill Owens (Assistant HC); Scott Mitchell (WR); Brian Warner (OL/JV HC); Jesse Killinger (DL); Anthony Talianni (QB); Cleo Williams (RB/ST); Dean Bowers (OLB); Jim Scalf (DB).

Stadium: Ken Millen Stadium (grass)

Colors: Green/White

Classification: 6A

Division: Mid-Penn Commonwealth

Offensive formation: Spread

Defensive formation: Stack

2016 season: 4-6 (1-5)

Postseason: did not qualify

RETURNING LEADERS

Passing	Comp	Att	Yards	TD
Christian Watts	11	15	83	0

Rushing	Att	Yards	Avg	TD
Kyshawn Trinidad	41	203	5.0	1

Receiving	Rec	Yards	Avg	TD
Gavyn Barnes	43	430	10.0	3

Key returners: Gavyn Barnes, sr., WR/DB; Elijah Owens, sr., OL/DL; Rojen

Porcopio, sr., RB/OLB; Kyshawn Trinidad, sr., RB/OLB; Guiseppe Mazzola, sr., DT/OG; Caleb Richwine, jr., K/P.

Outlook: The most known commodity on the Herd this year is Barnes, an elusive if diminutive fireball capable of making any play a big one.

Last year the receiver/defensive back/kick returner scored nine times, and five of those came on interceptions or special teams returns. Ickes has had Barnes play at quarterback during camp in what has looked like an open competition to replace Eric Harris. So there's a pretty solid chance fans will see Barnes play all over the place for a full 48 minutes.

That's important for a group that also has to replace Nate Barnes, an over-the-middle target who had the most cumulative receptions and yards on the team from 2015-16. But that Barnes was also the heart of the team at outside linebacker, the position he now holds at West Chester. His loss will be felt dearly.

If Carlisle can find a QB that can get the offense humming, this spread attack that

Ickes plans to use is capable of churning out points. Carlisle won a few shootouts in consecutive playoff campaigns in 2014-15, so the tactic is known to work.

And we've barely touched on the lines or the defense. Carlisle should have some experience back with Elijah Owens, a staple of the past few years in the trenches. However, filling the hole at center left by four-year starter Justin Trolinger may be one of those under-the-radar losses that hurts more than may be realized. Will be interesting to see how that is filled.

2017 Schedule

Sept. 1	vs. Mechanicsburg	7 p.m.
Sept. 8	vs. Red Land	7 p.m.
Sept. 15	at South Western	7 p.m.
Sept. 22	at Central Dauphin	7 p.m.
Sept. 29	at State College	7 p.m.
Oct. 6	vs. Susquehanna Twp.	7 p.m.
Oct. 13	vs. Cumberland Valley	7 p.m.
Oct. 20	at CD East	7 p.m.
Oct. 27	vs. Harrisburg	7 p.m.
Nov. 3	at Chambersburg	7 p.m.

Q&A

JOE MASTRANGELO

A natural target for quarterbacks because of his 6-foot-6, 190-pound frame, senior Joe Mastrangelo is ready to produce his best season yet with Carlisle.

He'll play exclusively on offense this year, where the one they call "Frenchie" will aim to build on last year's numbers of 23 catches for 371 yards.

Q: How is focusing solely on offense freeing?

A: With me moving to tight end a little bit, my route tree is going to grow a little bit. I'm running more routes, more seams, all kinds of stuff, instead of playing (just) outside routes like slants and stuff.

Q: How do you improve in the offseason?

A: Last year to this year I would say I lifted a lot more. I tried to bulk, bulk, bulk. But I was also more focused on it. Last year I wasn't working as hard. This year I was working more. I was hitting the weight room. I gained about 10-15 pounds, so progress is coming. And I'm running a lot, too.

I go to France (for 2-4 weeks every summer) because my mom is from there, and she lives in a hilly area. So I just run in the vineyards, get my stamina



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BRETT ICKES, HEAD COACH

It was a humbling experience, Brett Ickes' first run as Carlisle football coach. As head man from 2006-09, Ickes won just six games against 34 losses before falling back into an assistant coach role under next head coaches Josh Oswald and Pat Conrad.

Well, Oswald left after the 2015 season, and Conrad lasted just one year. Ickes, feeling better prepared for the opportunity and wanting to provide a sense of consistency, reapplied and landed the gig for his second run as head coach.

Q: How are you different now than your first run as head coach?

A: I went through a maturity process, too, from '06 to '09. You think you're ready for the job, but in reality there are so many other things you've got to take care of that you don't realize as an assistant coach. So there's more to coaching as a head coach with all the administrative stuff and stuff like that.

As a second time here at Carlisle, I'm more confident. Obviously the administration knows the type of person I've been — I've been here for 20 years — and I'm a little bit laid back now, more laid back than I was before. I don't know if some of these guys think I'm laid back, but before I was a little crazy. I've found if I stayed laid back, the X's and O's, you can think and go through a process and make the kids and the team more effective.

Q: This isn't the usual new coach transition. How is it different?

A: The biggest thing for us right now is the kids getting used to what we expect out of them all the time. It's unfortunate for the seniors that they've been through three head coaches, but they do know me. They know what type of person I am. There are different expectations, and the biggest thing for us is staying focused and keeping that mental work ethic edge all the time, being consistent with it. That's one thing we've got to get better at, and I'm talking across the board.

VELO, SR., WR/TE

up, get my endurance up when I can't find a weight room.

Q: How have you adjusted to three head coaches in three years?

A: It's bothered me a little bit because I've had to learn three offenses three years in a row, but I've been improving every year, and hopefully this year we'll see even more improvement. That's all I'm hoping for.



THE ROSTER

No.	Name	Yr.	Ht.	Wt.	Pos.
1	Kurtis Ravenel	jr.	5-8	150	WR/DB
2	Cole Wolaver	jr.	6-0	180	QB/DB
3	Gavyn Barnes	sr.	5-11	195	WR/DB/KR
4	Richwine, Caleb	jr.	6-0	170	K/P
6	Ben Nix	jr.	5-9	175	WR/LB
8	Christian Watts	sr.	6-0	200	QB/DB
9	Matt Carrion	jr.	6-0	180	TE/LB
10	Noah Costopolous	jr.	5-9	175	QB/DB
11	Dayne Grays	jr.	6-3	175	WR/DB
12	Matt Echevarria	sr.	5-8	165	WR/DB
14	Jacob Morano	so.	5-8	160	WR/DB
20	Robert Lissner	so.	5-9	170	WR/DB
21	Rojen Porcopio	sr.	5-8	185	RB/DB/KR
22	Jamari Brown	jr.	5-6	140	WR/DB
23	Jared Strickland	so.	5-9	175	WR/DB
24	KeiSaun Wilson	so.	5-8	165	WR/DB
25	Trystin Sulich	so.	6-2	185	RB/DB/KR
28	Justin Strickland	so.	5-9	175	WR/DB
30	Justice Mosley	so.	5-9	175	RB/LB
31	David Peele	jr.	5-10	175	WR/LB
32	Cam Greene	jr.	5-7	180	RB/LB
40	Justin Harper	jr.	5-10	180	RB/LB
41	Jeremy Adams	sr.	5-10	175	WR/DB
42	Sean Sullivan	sr.	5-10	175	WR/DB
43	Kyshawn Trinidad	sr.	5-8	185	RB/LB/KR
44	Braydon Keller	fr.	5-10	185	RB/LB
46	Sam Adgie	sr.	6-2	210	TE/LB
49	Ben Hughes	jr.	6-0	175	TE/LB
50	Dylan White	jr.	5-10	210	OL/LB
51	Deandre Perry	sr.	6-0	240	OL/DL
52	Jeremiah Carothers	fr.	6-1	215	OL/DL
53	John Witkowski	so.	5-10	195	OL/DL
54	Jaden Motter	jr.	6-1	210	OL/DL
55	Antonio Rivera	so.	5-10	190	OL/LB
57	Giuseppe Mazzola	sr.	5-11	255	OL/DL
58	Dane Spence	jr.	5-10	185	OL/LB
59	Jater McCleary	sr.	6-0	235	OL/DL
60	Gus Ginter	jr.	5-10	210	OL/DL
62	Jonathan Masci	jr.	6-0	255	OL/DL
64	Levi Gelsinger	jr.	5-11	245	OL/DL
65	Ben Galbraith	sr.	5-11	210	OL/DL
68	Devon Harner	so.	5-11	230	OL/DL
67	Dan Richards	jr.	6-1	285	OL/DL
70	Robert Angell	jr.	6-3	290	OL/DL
71	Garfield Hewitt	jr.	5-10	240	OL/DL
72	LeeAnder Jordan	jr.	6-2	275	OL/DL
75	Brendan Chandler	jr.	6-0	265	OL/DL
77	Dajuan Barnes	sr.	5-8	385	OL/DL
78	AJ Stitt	jr.	6-0	390	OL/DL
80	Shane Golden	so.	6-2	175	WR/DB
81	Joe Mastrangelo	sr.	6-5	190	WR/DB
82	Nathan Oiler	so.	5-9	150	WR/DB
83	Hunter Miller	jr.	6-0	180	TE/LB
84	Reilly Zenewicz	so.	5-10	175	TE/LB
85	Jacob Kistler	fr.	6-2	190	TE/DL
87	Tristan Wolaver	jr.	5-10	170	WR/DB
88	Nick Nunnally	jr.	5-8	170	WR/DB

Carlisle compiled by Jake Adams and Geoff Morrow. Email Adams at jadams@cumberlink.com or follow him on Twitter @jakeadams520. Email Morrow at gmorrow@cumberlink.com or follow him on Twitter @RageAgainstGMO.



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CEDAR CLIFF COLTS

THE BIG QUESTION

Can they stay top dogs with rebuilt OL?

Protecting QB Grant Breneman, now at Colgate, and creating holes for RB Chris Thompson, also graduated from the Colts' program, in 2016 was an experienced, dominating offensive line.

Starring tackle Shaun Hastings, now at Saint Francis, and guard Evan Levitsky, tackle Noah Lazeration, guard Cade Hambright and center Erik Musselman, plus sixth man and fellow Class of 2017 member Kevin Borne, the offensive line paved the way to a 9-1 regular

season and a shared Mid-Penn Keystone title.

It was the fourth straight year the Colts shared in a Keystone title or finished just one game back.

With all six now gone, though, along with guys like Breneman, Thompson and WR/DB Trysten McDonald, can Cedar Cliff remain in serious contention?

"They're progressing pretty well right now," junior fullback/linebacker Donovan Ball said of the new linemen, in-

cluding Ian McCauley, Anthony Shires, Isaiah Tirado, Brandon Riggelman, Dom Driscoll, Kevin Lusk and Austin Noll. "We still gotta put a lot of work in, still gotta work our butts off, get stronger, faster, better technique, and we should be just fine."

Having new mobile QB Bobby Whalen should ease the transition, as he'll be able to escape blitzers and breakthroughs, but Cedar Cliff's success this season rests mostly on how quickly the new line comes together.

INSIDE THE HUDDLE

Head coach: Colin Gillen, 4th season (25-8)

Assistants: Tim Froelich (DC, ILBs); Kevin Yarnevich (ST/DL); Mike Spagnuolo (run game/OL); Randy Yeager (DB); Scott Weyant (WR); Tom Sacoman (DL); Ken Sheaffer (OL); Ted Zindren (strength/conditioning); Nick McMillen (OLB); Matt Logan (RB).

Stadium: West Shore Stadium (turf)

Colors: Blue/Gold/White

Classification: 5A

Division: Mid-Penn Keystone

Offensive formation: multiple

Defensive formation: 4-4

2016 season: 9-2 (5-1)

Postseason: Lost to Manheim Central 38-29 in District 3-5A quarterfinals.

RETURNING LEADERS

Passing	Comp	Att	Yards	TD
Chris Dare	7	16	68	0

Rushing	Att	Yards	Avg	TD
Mike Dubas	45	191	4.2	1

Receiving	Rec	Yards	Avg	TD
Bobby Whalen	32	580	18.1	9

Outlook: The Colts boast an impressive regular-season record in Gillen's first three seasons, but the team hasn't been able to turn that into postseason success. In fact, they've lost six straight playoff games dating to a first-round victory over Exeter in 2011. Cedar Cliff has been bounced in the first round every year since.

While replacing the entire offensive line, much of the defensive line, the all-state QB in Grant Breneman, the starting tailback (Chris Thompson) and best defensive back (Trysten McDonald), not many expect this to be the Colts team to break that trend.

The line was adept at creating ample running room, or allowing Breneman to sit back and survey his options with the kind of time most signal callers would dream for. And on the flip side, the defensive front seven was always penetrating and chaos problems. (Surprising stud 'backer Francis Duggan also transferred out after

one year to Iowa City West High School.)

But there are some high-quality parts coming back, and Whalen shifting from WR to QB is nothing if not intriguing. Plus the more traditional QB, Chris Dare, will see action as well. If that line develops into something useful, Cedar Cliff could be right back in the Keystone mix and super hungry to snap that first-round skid.

2017 Schedule

Sept. 1	at Penn Manor	7 p.m.
Sept. 8	vs. Mifflin County	7 p.m.
Sept. 16	at York	1 p.m.
Sept. 22	at Lower Dauphin	7 p.m.
Sept. 29	vs. Bishop McDevitt	7 p.m.
Oct. 7	at Hershey	7 p.m.
Oct. 13	vs. Chambersburg	7 p.m.
Oct. 20	vs. Red Land	7 p.m.
Oct. 27	at Mechanicsburg	7 p.m.
Nov. 3	vs. Susquehanna Twp.	7 p.m.

Q&A

DONOVON BALL, JR., FB/LB

Donovon Ball truly embraces the multi-sport trend, starring not only in football but also in wrestling



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and baseball. He wouldn't have it any other way.

The other sports, he says, prepare him to be better on the grid, where last year he posted 64 tackles with a sack and an interception.

With two more seasons still to go, Ball will continue to be a beast for the Colts.

Q: Why do the three-sport thing as opposed to singular focus?

A: I've done them all since I was a little kid, and I've never not loved any of them. I know they all help out with each other, whether it's mentally, physically, technique, everything.

Q: How's this team replace QB Grant Breneman and an entire offensive line?

A: We have a whole bunch of guys working their butts off to get where Grant was, to get where those five linemen were. We're going to be putting in the work, and we should be just fine by the first game. We'll just get better each week.

Q: What will we see from new QBs Bobby Whalen and Chris Dare?

A: They'll both be a problem. Bobby will be a problem as a dual threat. Chris will be problem throwing the ball.

Q: How do Cedar Cliff's recent first-round playoff losses motivate you?

A: Obviously (we set a goal to) win the league and make a run in the playoffs. I've only ever been a part of losing in the first round once, but I'm tired of hearing it just from previous years because I have a whole bunch of friends who were on those previous teams. I'm tired of hearing about it, and I think everybody else is tired of hearing about it. But you can't let it get to you. You've got to let it fuel you, let it drive you.

COLIN GILLEN, HEAD COACH

No more Grant Breneman at QB. That entire offensive line that simply punished foes has also graduated.

But things still feel OK at Cedar Cliff. Head coach Colin Gillen, a former offensive lineman himself, is anxious for some of the new blood to step up and embrace the challenges associated with maintaining status quo of being a Keystone favorite.

Q: There's no easy way to replace a player like Breneman, so what's the Colts' approach?

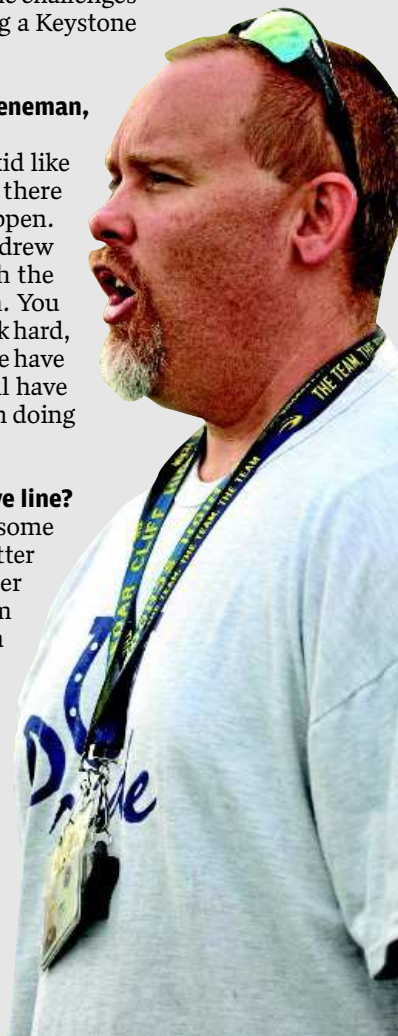
A: I think the biggest challenge in replacing a kid like that is the next kid that you have stepping in there trying to be Grant Breneman. That doesn't happen. Grant was in a very similar situation when Andrew Ford graduated, so we kind of had to deal with the same type of questions. You don't replace him. You just have another kid step in who's willing to work hard, willing to be a student of the game, and I think we have two of them. I think we have two kids who will have great years, Bobby Whalen and Chris Dare, both doing 50/50 reps right now and doing a great job.

Q: And what about finding a brand new offensive line?

A: We got to get better every day, and we have some kids who have bought into that and are getting better every day, chipping away at it. Then there's other kids where they're not quite where we want them to be, and that's typical of being young and in a position group. But I'm pleased with where we're at, where we've progressed, but by the same token, we've got a long way to go in terms of being where we at last year, being strong on the line of scrimmage and being able to impose our will on teams.

Q: What's the legacy of that offensive line group?

A: Kids see the way you work, kids see the way you prepare. And that's critical, the way you prepare for an opponent, the way you install a game plan. That's the legacy that's left.



THE ROSTER

No.	Name	Yr.	Ht.	Wt.	Pos.
1	Mike Dubas	sr.	5-10	185	RB/DB
2	Ryan Berrigan	so.	5-11	170	WR/DB
3	Brennan Quigley	jr.	6-0	185	RB/LB
4	Isaac Pagan	sr.	6-0	185	WR/DB
5	Reed Bertram	sr.	6-1	190	K
6	Jahiem Reynolds	so.	5-10	170	WR/DB
7	Pedro Cintron	so.	5-8	165	RB/LB
8	Elijah DeJesus	jr.	5-5	140	WR/DB
9	Mason Heiple	so.	5-8	145	QB/DB
10	Brady Ebersole	sr.	5-10	165	WR/DB
11	Landon Garland	so.	5-10	165	WR/LB
12	Chris Dare	jr.	6-0	165	QB/DB
13	Gannon McMeans	fr.	5-10	165	QB/DB
14	Bobby Whalen	so.	5-9	160	RB/DB
15	Sean Hernandez	sr.	6-2	170	WR/DB
16	Ashton Gombola	so.	5-10	160	WR/DB
17	Matthew Musselman	so.	5-11	160	K
19	Ethan Rinehart	so.	6-0	180	WR/DB
20	Caden Malone	sr.	5-11	205	RB/LB
21	Jared Mack	jr.	5-8	150	RB/DB
24	Nick Yarnevich	sr.	5-10	185	WR/LB
27	JaQuan Barnes	so.	5-7	170	RB/DB
28	Christian Martinet	so.	5-11	195	WR/LB
31	Jaheim Morris	so.	5-9	160	RB/DB
32	Elijah Ikeda	fr.	5-8	180	RB/LB
40	Donovon Ball	jr.	5-10	205	RB/LB
41	Jack Quesenberry	jr.	6-0	160	WR/DB
45	Nick Puig	so.	5-10	185	RB/LB
51	Isaac Wells	so.	5-8	180	OL/DL
52	Ben Gregory	jr.	6-2	230	OL/DL
53	Kevin Lusk	so.	5-10	200	OL/LB
54	Isaiah Tirado	jr.	5-6	235	OL/DL
55	Brandon Riggleman	sr.	5-9	190	OL/LB
56	Chayce Dantzer	jr.	5-8	210	OL/DL
57	Dom Driscoll	jr.	6-2	255	OL/DL
58	Elsayed Nasr	so.	5-9	160	OL/DL
59	Jace Noble	so.	5-7	200	OL/LB
60	Anthony Jones	so.	5-8	200	OL/DL
61	Jayvon Godineaux	so.	5-9	173	OL/LB
62	Anthony Shires	so.	6-2	220	OL/LB
63	Ben Fahr	jr.	5-11	175	OL/DL
64	Austin Noll	sr.	6-0	220	OL/DL
65	Ian McCauley	sr.	6-1	210	OL/DL
67	Chase Washington	sr.	6-0	380	OL/DL
68	Zach Lathrop	jr.	5-9	190	OL/DL
72	Dalton Reynolds	so.	6-0	285	OL/DL
73	Marquis McCollom	jr.	6-0	205	OL/DL
75	Tyson McDonald	sr.	5-11	235	OL/DL
81	Matt Enck	jr.	5-11	205	TE/DE
82	Justin Resto	jr.	6-1	220	TE/DE
86	Justin Carter	sr.	6-3	215	TE/DE
88	Alex Lantz	sr.	6-2	185	WR/DB

Cedar Cliff compiled by Geoff Morrow.
Email him at gmorrow@cumberlink.com
or follow on Twitter at [@RageAgainstGMO](https://twitter.com/RageAgainstGMO)



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DR. KATELYN HANNER, DMD

CUMBERLAND VALLEY EAGLES

THE BIG QUESTION

Can they chase down the OTHER powers?

Oh, there's plenty of joy and pride in that Cumberland Valley locker room when it comes to the recent domination of Central Dauphin.

Well, we can't call it domination, because every game is highly competitive. But CV most definitely has won five straight games against the Rams, including two times last year when CD was considered by most to be the stronger team.

But here's the thing: CV still finished a game behind CD (and State College) in the Mid-Penn Commonwealth standings. The Eagles and Harrisburg tied for third place.

CV lost 20-16 at State College in the middle of the regular season, then was housed 35-14 by a recharged Harrisburg side in Week 10.

So even if CV maintains its winning ways against CD, it needs to find a way

to topple the division's other powers, plus CD East, if a division crown is in the cards.

Harrisburg is again stacked, and State College is always dynamite.

Plus CV gets three of the other four Commonwealth powers on the road this season (CD, CD East and Harrisburg).

If Whitehead's boys want to wear the crown this season, they will most certainly have to earn it.

INSIDE THE HUDDLE

Head coach: Michael Whitehead, 5th season (41-13)

Assistants: Levi Mumma, Craig Schweitzer, Jim Fry, Matt Fisher, John Bates, Brad Zell, Gregg Williams.

Stadium: Harry Chapman Field (grass)

Colors: Red/White

Classification: 6A

Division: Mid-Penn Commonwealth

Offensive formation: Wing-T

Defensive formation: 6-2

2016 season: 9-4 (4-2)

Postseason: Lost to Wilson 28-14 in District 3 Class 6A championship game.

RETURNING LEADERS

Passing	Comp	Att	Yards	TD
Jared Plessinger	35	58	452	6

Rushing	Att	Yards	Avg	TD
Jake Palmer	132	774	5.9	6

Receiving	Rec	Yards	Avg	TD
Charlie Katshir	38	524	13.8	6

Key returners: Charlie Katshir, sr., ATH; Jacob Fetterolf, sr., OL/DL; Christian Arrington, sr., LB; Jake Palmer, sr., RB/DB;

Cole McCoy, sr., WR/DB; Andrew Miller, sr., OL; Matt Manchon, sr., OL; Zach Snow, sr., DB; Galen Witmer, sr., DL; Austin Kupko, sr., DL; Rumi Khan, sr., DL; Jared Plessinger, jr., QB.

Outlook: While Josiah Quigley, the team's 1,400-yard running back and leading tackler last year, has graduated, along with some other key players, CV returns a whole lot of talent from a group that last year surprised many by reaching the District 3 Class 6A title game and sweeping a pair of games (regular season and postseason) from expected superpower Central Dauphin.

Starting with Katshir (now healthy after offseason shoulder surgery) and continuing with the likes of Palmer, McCoy, Plessinger and more, the Eagles are solid at the skill positions. But with Fetterolf, Miller, Manchon, Kupko, Witmer and more, the heartbeat of this year's team might be in the trenches.

When the O-line controls the game, the Wing-T works like a well-oiled machine. When that happens, there are more open-

ings for play-action passes to Katshir, McCoy and others. And when points are scored, the defense can put more pressure on opponents.

Don't forget the power of the return game, too, as Katshir also ranks as one of the district's best in that department as well. He's proven again and again he can beat teams in all three facets of the game.

Shouldn't come as a surprise, but Cumberland Valley football again looks primed for major success.

2017 Schedule

Sept. 1	vs. Coatesville	7 p.m.
Sept. 8	vs. Central York	7 p.m.
Sept. 15	at Bishop McDevitt	7 p.m.
Sept. 22	vs. Chambersburg	7 p.m.
Sept. 29	at Central Dauphin	7 p.m.
Oct. 6	vs. State College	7 p.m.
Oct. 13	at Carlisle	7 p.m.
Oct. 20	vs. Lower Dauphin	7 p.m.
Oct. 27	at CD East	7 p.m.
Nov. 4	at Harrisburg	1 p.m.

Q&A



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JACOB FETTEROLF, SR., OT/DT

Don't play head games with Jacob Fetterolf. The CV lineman most likely already has you beat.

No. 1 in his class, Fetterolf is drawing Ivy League interest and has early offers on the table from Saint Francis and Millersville, but more will surely follow. He wants to go into either engineering or anatomy.

But first, he and his fellow Eagles have on-field goals to accomplish.

Q: What are some of those goals?

A: We always have goals: win Mid-Penn Conference, want to win districts, and this year our big goal is winning states, which obviously that's a huge thing especially with [Pittsburgh Central Catholic] and St. Joseph's and all the big private schools. I think since we have a good returning cast, we have big goals and think we can definitely [achieve] them.

Q: What's the importance of good senior leadership in this program?

A: You don't [want to] fear your leaders. At times you can see them as the big senior you're not able to talk to, but I think a lot of people can just relate to us easily. We don't always have to talk about football. Everybody can just strike up a conversation about everything, and you just chill with everybody. It's cool.

Cumberland compiled by Geoff Morrow. Email him at gmorrow@cumberlink.com or follow on Twitter at @RageAgainstGMO

MIKE WHITEHEAD, HEAD COACH

It's a world of expectations at Cumberland Valley. Usually the football program is loaded with them. Sometimes, like last year's 9-4 campaign that included a trip to the District 3 Class 6A championship, it exceeds them.

Fifth-year head coach Mike Whitehead remains cool-headed regardless, which is good. Because this year's group again has high expectations.

Q: Last year had its ups (sweeping CD, reaching title game) and downs (loss to LD, blowout loss to Harrisburg). What did you guys learn?

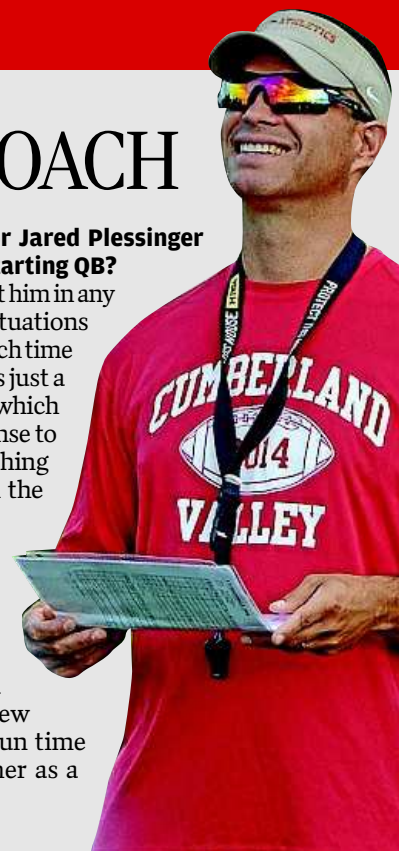
A: I think we exceeded a lot of expectations from people, but in the end we were where we wanted to be, where we expected to be. We play one of the toughest schedules around, and you're not really going to go undefeated too often. Losing to Lower Dauphin, they deserved to beat us that day; they were the better team on the field. That happens sometimes, and [we] learned from that and rebounded. And we just had to get our right guys healthy enough to make a playoff push to make the championship game.

Q: Anything different for Jared Plessinger now that he's the lone starting QB?

A: I don't think it will affect him in any way. He was in crucial situations last year. He was in at crunch time and made big throws. He's just a little more experienced, which is always good in our offense to really know the whole thing and be able to handle all the challenges.

Q: What do you enjoy about coaching?

A: I just like building a team, trying to get them to come together as a team. You get a lot of new faces in, and it's just a fun time to see guys come together as a team and execute.



THE ROSTER

No.	Name	Yr.	Ht.	Wt.	Pos.	No.	Name	Yr.	Ht.	Wt.	Pos.	No.	Name	Yr.	Ht.	Wt.	Pos.
1	Cole McCoy	sr.	5-10	165	ZB/DB	29	Tyler Dunkle	so.	5-8	135	TE/DB	61	Colin Cekovich	jr.	6-2	220	OL/DL
2	Charlie Katshir	sr.	6-3	210	SE/DB	30	Michael Swatt	so.	5-9	155	SE/DB	62	Caleb Smith	jr.	5-11	190	OL/DL
3	Kamil Jackson	jr.	6-2	170	HB/DB	32	Dylan Keefe	jr.	5-10	165	ZB/DB	63	Justin Hartzel	jr.	5-8	185	OL/DL
4	Isaiah Grunden	so.	5-9	135	SE/DB	33	Connor Madison	jr.	5-10	190	FB/LB	64	Dominic Kelly	jr.	5-11	195	OL/LB
5	Christian Arrington	sr.	6-2	205	ZB/LB	34	Jake Lucas	fr.	6-0	175	FB/LB	65	Andrew Miller	sr.	6-1	225	OL/DL
6	Jared Plessinger	jr.	6-0	170	QB/DB	35	Dominic Rillo	so.	5-11	185	HB/LB	66	Terrin Brammer	jr.	5-11	280	OL/DL
7	Hunter Grunden	so.	5-10	140	HB/DB	36	Brashaun McDade	so.	5-6	135	HB/DB	67	David Atkins	jr.	6-0	195	OL/DL
8	JT Wevodau	so.	6-2	175	QB/LB	37	Eli Somerville	so.	5-10	155	ZB/LB	68	Hayden Heisner	so.	5-10	215	OL/DL
9	Tim Kissinger	so.	5-9	136	SE/DB	38	Galen Witmer	sr.	5-9	213	FB/DL	69	Donavon McCalister	so.	5-11	241	OL/DL
10	Ryan McDonnell	so.	5-9	140	QB/DB	41	Tyler Fritz	so.	6-0	160	FB/LB	70	Quincy Thomas	jr.	5-10	240	OL/DL
11	Conner Strous	sr.	6-0	160	SE/DB	42	Norman Farran	so.	5-6	130	SE/DB	71	Charles James	so.	6-4	207	OL/DL
12	Cole Lucas	so.	6-0	160	QB/DB	43	Austin Kupko	sr.	6-0	210	FB/LB	72	Drew Thomas	sr.	6-0	235	OL/DL
13	Jalyn Makuch	jr.	6-0	135	SE/DB	44	Dontey Rogan	so.	5-11	195	FB/LB	73	Neil Pandey	so.	5-9	220	OL/DL
14	Jeremy Hinds	sr.	5-11	160	SE/DB	45	Kyle Leinberger	so.	5-7	135	HB/DB	74	Cory Reisinger	so.	5-11	160	OL/LB
15	Jack Istvan	so.	5-9	150	HB/DB	46	Quinton Robson	jr.	5-9	140	SE/DB	75	Muhammad Javeed	so.	6-1	225	OL/DL
16	Andy Almonte	jr.	5-10	145	SE/DB	47	Sameer Sayed	jr.	6-0	170	TE/LB	76	Ryan Walbert	jr.	6-2	210	OL/DL
17	Logan Ramper	so.	6-0	140	SE/DB	48	Jacob Nguyen	so.	6-0	200	TE/DL	77	Randy Neidig	so.	6-1	195	OL/DL
18	Thomas Kemprowski	jr.	5-0	140	HB/DB	49	Tyler Hancock	so.	5-11	175	OL/DL	78	Jacob Fetterolf	sr.	6-3	275	OL/DL
19	Jake Palmer	sr.	5-9	185	HB/DB	50	Jared Warner	sr.	5-9	218	OL/DL	79	Chase Myers	so.	6-2	300	OL/DL
20	Jake McKenzie	jr.	5-6	145	ZB/DB	51	Evan Boyd	so.	5-9	175	OL/DL	80	Rumi Khan	sr.	6-1	205	TE/DL
21	Jake Hart	jr.	5-10	175	HB/DB	52	Connor Mundis	so.	6-0	220	OL/DL	82	Logan Van Nostrand	so.	5-10	145	TE/LB
22	Maximos Dell'Anno	so.	6-0	180	HB/DB	53	Braden Wall	so.	5-11	160	OL/LB	83	Nate Pezzuti	so.	6-2	175	TE/DL
23	Matthew Barrick	jr.	5-10	180	FB/LB	54	Nate Kozlovac	jr.	6-3	235	OL/DL	84	Stone Huffman	jr.	6-2	220	TE/LB
24	Lucas Stutenroth	jr.	5-10	160	ZB/LB	55	Matt Manchon	sr.	6-0	200	OL/LB	86	Lukas Wandling	jr.	6-6	200	TE/LB
25	Zack Snow	sr.	6-0	170	ZB/DB	56	Kenlon Wells	sr.	5-10	265	OL/DL	89	Jacob Beatty	so.	6-2	160	SE/DB
26	Noah Keitel	so.	6-2	195	TE/DL	57	Wyatt Claypool	so.	6-1	215	OL/DL	90	Anthony Fye	so.	6-1	200	TE/DL
27	Chase Ebersole	sr.	6-1	170	HB/DB	58	Peter Acosta	so.	5-8	216	OL/DL						
28						59	Devon Danner	jr.	6-1	195	OL/DL						



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DR. MICHAEL VERBER, DMD, FICOI



EAST PENNSBORO PANTHERS

THE BIG QUESTION

Can East Penn's defense stop somebody?

It wasn't just that East Pennsboro's defense struggled in parts of last year. It's that the Panthers were way too often outright embarrassed.

"Billy Williams [of Camp Hill] burned us for almost 400," said head coach Todd Stuter. "The kid from Boiling Springs [Bryan Malone] got 300. That was a consistent thing where we were just giving up a hell of a lot of yards. That's not acceptable."

One problem was health. Some key

big men, including McGee Schnarrs, were lost for the season. Another was size. East Penn simply lacked the big bodies needed to draw double teams and open gaps for talented linebackers.

So while the Panthers are healthy heading into 2017, that latter issue hasn't changed. There's still not a ton of girth in the trenches. So East Penn has adjusted its game plan. Helps adding star RB Onasis Neely to the defen-

sive backfield this year, too.

The results of the philosophical and technical changes remains to be seen, but one thing we know for sure is, if East Penn can clean up on the defensive side, look out.

Because with Neely, returning QB Payton Morris, speedster Noah Alejandro, fullback/tight end Trent Fries, receiver Nic Nugent, etc., at skill spots, the offense will more than handle its end of things.

INSIDE THE HUDDLE

Head coach: Todd Stuter (21st season, 118-80)

Assistants: Mark Morris (OC), Joe Sharmeyer (DC), Tom Couch (OL), Ted Matter (OL/DL), Greg Campbell (DE/OL), Bob Schnarrs (LB), Steve Morgan (JV).

Stadium: George Saxton Memorial Stadium (grass)

Colors: Black/Orange

Classification: 4A

Division: Mid-Penn Capital

Defensive formation: spread

Offensive formation: 4-3

2016 season: 7-4 (4-3)

Postseason: Lost to Berks Catholic 63-33 in District 3 Class 4A quarterfinals.

RETURNING LEADERS

Passing	Comp	Att	Yards	TD
Payton Morris	127	221	1,500	17
Rushing	Att	Yards	Avg	TD
Onasis Neely	230	1,838	8.0	24
Receiving	Rec	Yards	Avg	TD
Onasis Neely	27	303	27.5	2

Key returners: Onasis Neely, sr., RB/CB; Trent Fries, sr., FB/TE/LB; Nic Nugent, sr., WR/S; Payton Morris, sr., QB; McGee Schnarrs, sr., OL/DL; Shawn Edmondson, sr., OL/DL; Noah Wilk, sr., OL/DL/K; Noah Alejandro, sr., RB/WR/CB.

Outlook: While Neely draws plenty of attention and earns myriad headlines – deservedly so after more than 2,000 yards of offense and 26 offensive touchdowns last season – this team goes a lot deeper than its energetic, exciting running back.

How about Morris throwing 17 TDs against just one interception last year in his first season as starter? Sure, his top target, Tyler Mason, graduated, but Nugent (13-198), Fries (13-215) and, of course, Neely out of the backfield all return.

Speaking of Fries, who last year moved from guard to tight end, expect to see a healthy dose of fullback added to the mix this year. Fries blocking for Neely? Now that's bad news for opposing defenses.

Add to that an improved set of linemen

featuring a healthy Schnarrs, a motivated Edmondson and others anxious to block for Neely, protect Morris and/or show marked improvement on the defensive front, and there's reason for optimism in Enola.

East Penn had a fine season last year, qualifying for the District 3 Class 4A playoffs. But the four losses were profound, coming by a combined score of 189-84.

Starts on D, because if the Panthers can stop people this year, that offense will more often than not outscore the competition.

2017 Schedule

Sept. 1	vs. Big Spring	7 p.m.
Sept. 8	at West Perry	7 p.m.
Sept. 15	vs. Greencastle-Antrim	7 p.m.
Sept. 22	vs. Middletown	7 p.m.
Sept. 29	at Steel-High	7 p.m.
Oct. 6	at Milton Hershey	7 p.m.
Oct. 13	vs. Trinity	7 p.m.
Oct. 20	at Palmyra	7 p.m.
Oct. 27	vs. Camp Hill	7 p.m.
Nov. 3	at Boiling Springs	7 p.m.

Q&A

MCGEE SCHNARRS, SR., OL/DL

McGee Schnarrs was a big dude when, early last season, he suffered a herniated disc in his back and missed the rest of the campaign.

Last season, he checked in at 6-foot, 270 pounds, and was healthy enough to be the wrestling team's heavyweight in the winter. But this football season, he's coming in at 6-foot-1, 220 pounds. He feels great, and he has something to prove.

Q: How'd you lose the weight, and what's different now?

A: I lost a lot of weight during wrestling season last year. I was a heavyweight, and I then I cut down to 220 for postseason and just stayed down for the rest of the summer. Looking to wrestle at 220 again next year. I feel a lot better. I feel a lot faster. I have a lot more explosion off the ball, and I didn't lose any strength when I lost the weight. I'm just faster, and I can chase people down better, and my hips are better off the ball to play D-end.

Q: What's it like blocking for Onasis Neely?

A: It feels good because he has a lot of suc-



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cess, and likes giving us a lot of credit for that. So it makes me feel good whenever he does good, and he's one of my best friends. So I just like blocking for him and helping him out.

Q: What goals have you set for your senior campaign?

A: At least all-conference. I want to have a bunch of sacks because we didn't have a lot of sacks last year. I just want to lead our team really well and hope we do better than we did last year. Just look to improve every week.

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AgainstGMO*

TODD STUTER, HEAD COACH

Nearly three decades coaching have simplified things for Todd Stuter.

A complex game with even more complex issues off the field, football can be overwhelming. But Stuter has survived long enough to love the simple things: the relationships, the camaraderie, the FUN.

And this season has the potential to be a lot of fun.

Q: What do you love about this job?

A: I like the relationships you develop with the kids. I'm to that point where expectations keep increasing and the reward lessens, because it's all summer long, it's team camp, you do this. I'm not in this to earn money, so the thing that keeps me in this is these kids. Even as a teacher, you don't develop the relationship you do vs. when you're out with the guys. It's just fun, real special, you develop a special bond with them, and when I do stop coaching, that will be the thing that I miss. That and the camaraderie with other coaches. We're a fraternity as coaches across the state.

Q: What's going to change about the defense this year?

A: I'm hoping that our strength is a little better. Shawn [Edmondson] is going to be better as a defensive lineman. Johnny Smart is in there now. Our ends are more mature, and Trent [Fries] is bigger. Because [last year] was an embarrassment for us. So we really worked on changing our front up a little bit, our philosophy on how we're attacking the offensive line, so hopefully that translates.

Q: What can you tell us about Onasis Neely's development?

A: I've known him since he was a little runt playing ponies and pee-wees. You hear [about NFL dreams] all the time, but this is a kid who's at least on the cusp of heading in that direction, and he's stayed with that dream. To see him mature, yeah, he's just a special kid. It's kind of like a pressure on me because I want to see him achieve it. I want to see him get his dream. I'm very hopeful he comes out and just really explodes these first couple games, and a couple other [scholarship] offers come through.

THE ROSTER

Name	Yr.	Ht.	Wt.	Pos.
Nic Nugent	sr.	6-2	185	WR/S
Trent Fries	sr.	6-3	225	FB/TE/MLB
Payton Morris	sr.	6-1	170	QB
Onasis Neely	sr.	5-11	190	RB/DB
Noah Alejandro	sr.	5-7	178	WR/RB/DB
Noah Wilk	sr.			OL/DL/K
Emerson Myers	sr.			
Nikolas Karoly	jr.			
Joshua Shermeyer	sr.			WR/S
Ryan Manderbach	jr.			
Justin LaManna	jr.			
Yahines Evans	sr.	5-11	180	DE/FB
Aditya Narayan	jr.			
Matt Hartman				
Andrew Kastiba-Black	sr.			
Tyler Radabaugh	sr.			
Garrison Shields-Seelig	sr.			OL/DL
McGee Schnarrs	sr.			OL/DL
Jonas Rineer	sr.			
Shawn Edmondson	sr.			OL/DL
Theron Jezorski	jr.			
Jacob Clapper				
Tanner Garlinger	sr.	5-11	225	OL/DL
John Smart	sr.			
Denceford Dasilva		6-0	200	TE/DL
Ethan Stine	jr.			
Felix Kastiba-Black	jr.			

Note: Roster based on information available from MaxPreps, Hudl and interview with coach. Official roster was not available before press time.




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DR. JOSHUA CAPOZZI, DMD

MECHANICSBURG WILDCATS

THE BIG QUESTION

Can the Wildcats finally snap the skid?

Mechanicsburg's losing streak stretches back 20 games, with the last win coming in the regular season finale in 2014.

Is this the year the Wildcats, coached by first-year skipper Billy Furman, finally gets back in the win column?

If the energy at practice is any indication, it's a resounding yes. Furman has made talk of the past two seasons a no-go during any team function. And

senior quarterback Dylan Smith, who is entering his third year as the starter, said it's an excellent policy. The 'Cats are trying to maintain course and only look forward, not back.

Plus, Furman has brought an up-tempo, college-style routine to practice, an influence he has from his University of Miami days. The players appeared to like it early on, and that could translate into enthusiasm to start the season.

It won't be easy, though. Non-division games against Carlisle, Spring Grove, Northern and State College present tough challenges. And even Hershey, which has just three Keystone wins the past two years, has thumped Mechanicsburg 68-0 the past two meetings combined.

That said, it's possible a renewed energy translates to a surprise win somewhere this season. We think the skid ends.

INSIDE THE HUDDLE

Head coach: Billy Furman (1st season)

Assistants: Jeff Costello (Assistant HC/LB); Erik Reisser (OC/WR); Joe Gazza (QB); Matt Couch (OL); Keith Newkam (DB); Dave Lamancusa (DL).

Stadium: John H. Frederick Field at Memorial Park (turf)

Colors: Maroon/Silver

Classification: 5A

Division: Mid-Penn Keystone

Offensive formation: Multiple

Defensive formation: Multiple

2016 season: 0-10 (0-6)

Postseason: did not qualify

RETURNING LEADERS

Passing	Comp	Att	Yards	TD
Dylan Smith	94	204	1,016	5
Rushing	Att	Yards	Avg	TD
David Butler	26	59	2.3	0
Receiving	Rec	Yards	Avg	TD
Jermaine Hull	19	306	16.11	2

Key returners: Dylan Smith, sr., QB/DB; Cade Alexander-Gray, sr., OL/DL; Jermaine Hull, sr., WR/DB; James Shryock, sr., WR/

DB; Hudson Onkst, sr., OL/DL; Cruz Manatt, sr., RB/LB.

Outlook: New coach, new year, new outlook on life for the Wildcats.

If you visited one of the first practices under new coach Billy Furman, a skipper with plenty of college experience, you'll notice a quick, high-octane set of workouts designed to maximize the limited time the Wildcats have on the field. You'll also notice that the kids seem to be buying in.

Just ask Smith, the third-year starting QB who has taken quite a beating as Mechanicsburg suffered through an 0-20 stretch, who looked chipper and expressed enthusiasm for the upcoming season.

Furman has a lot of work to do to rebuild this program, but encouraging signs of enthusiasm should get that ball rolling. There are a lot of question marks on this roster – when asked what he's concerned with most in practice, Furman said "everything" – but there's reason for optimism with a set of linemen with experience and Smith, who is eyeing PSAC schools.

He'll have some veteran targets in James Shryock and Jermaine Hull and even some new ones, like basketball's Ty Dieter.

This season is about laying a new foundation – the team got back up above 50 rostered players and has 13 seniors – and Furman won't let his charges sulk about last season, not around him at least. It's unlikely everything immediately turns around and Mechanicsburg chases .500, but watch for the growth and see how the team plays throughout the season. Trust the process.

2017 Schedule

Sept. 1	at Carlisle	7 p.m.
Sept. 8	at Spring Grove	7 p.m.
Sept. 15	at Northern	7 p.m.
Sept. 22	vs. State College	7 p.m.
Sept. 29	at Susquehanna Twp.	7 p.m.
Oct. 6	vs. Lower Dauphin	7 p.m.
Oct. 13	vs. Bishop McDevitt	7 p.m.
Oct. 20	at Hershey	7 p.m.
Oct. 27	vs. Cedar Cliff	7 p.m.
Nov. 3	vs. Red Land	7 p.m.

Q&A

DYLAN SMITH SR., QB/DB

The past two seasons haven't gone exactly how Dylan Smith might have envisioned.

But you can hardly tell when talking to him. The incumbent at QB seems excited with a new



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BILLY FURMAN, HEAD COACH

Florida transplant Billy Furman may have the tallest task of any area coach this year, new or veteran: turn around a program that hasn't won a game in two years, the longest current losing streak in Cumberland County.

Furman only arrived in May, so he's been working as quickly as possible to get his team ready to go.

So far, it sounds like the adjustments between new coach and team have gone rather well.

head coach and his senior year still ahead of him.

He talked about some of that during the first week of practice.

Q: You're a third-year starter now at QB. What's your mentality coming off two rough years?

A: Pretty good. I can't control the past; what happened, happened. We're moving on. I think we're looking pretty good right now. I'm pretty confident in myself, and just the team.

Q: You also have the coach most foreign to this area. What's it been like so far?

A: Bringing in Coach Furman was amazing; we're watching the Miami Hurricane videos and film. It's so interesting to learn it, hear it, from that kind of perspective. It's great.

Q: You have some early PSAC interest. How's the college hunt going?

A: Personally I'd like to find a place where I can find a good education first. 'Cause I know I can't play football forever, but I'd like to play at the college level.

Q: Anything new we should expect from you or the offense?

A: I think with the offense changing a lot, we're gonna have a lot more explosiveness on the offensive end. Got a lot more playmakers this year coming up. We have a lot better, I would say, offensive schemes towards how we're gonna run things with people that we have.

Q: What has the offseason been like for these guys since you got here in May?

A: They worked every day. We lifted four days a week. We used the same strength and conditioning program that we used at Miami, and it was a Division I workout. They went right through it. We lifted four days a week for eight weeks. And out of those 50 guys, we had over 35 be at all 32 of the lifts.

Q: How do you help them shake the feeling of the past two seasons?

A: We don't talk about it. To me, it never happened. To them, it might be a little different — they might carry it around with them. I don't bring it up to them; like I said, we're just trying to get better every day. We don't talk about wins and losses and past records — it's in the past, it's over with.

Q: How has the team responded to you in your first few months?

A: They've been great. Obviously there's a learning curve; I'm doing new stuff that they've never done before. And it's been guys like Dylan, Cade and Jermaine that have led the guys — when you get on that edge or something new that you're not so sure about it, who's gonna take the jump with you? Those were the first guys to take that jump, and then they started slowly pulling them all along.



THE ROSTER

No.	Name	Yr.	Ht.	Wt.	Pos.
1	Jermaine Hull	sr.	6-4	179	WR/DB
2	Harry Costea	sr.	5-11	151	WR/DB
3	James Shryock	sr.	5-10	156	WR/DB
4	David Butler	sr.	5-6	191	RB/LB
5	Elijah Johnson	so.	5-4	123	QB/DB
6	Dylan Smith	sr.	6-2	190	QB/DB
7	Joseph Bruno	so.	6-0	165	WR/DB
9	Michael Lamancusa	so.	5-6	162	RB/LB
10	Nicolas Morrison	fr.	5-7	140	K/P
11	Joey Fenicle	sr.	6-2	194	TE/DL
12	Cain Fullerton	sr.	6-2	210	TE/DL
14	Ty Deiter	jr.	6-2	165	WR/DB
17	Noah Williams	so.	5-9	140	WR/DB
18	Justin Stine	sr.	5-10	156	QB/LB
21	Johnathan Kopenhaver	sr.	5-11	152	WR/DB
22	Gavin Gosage	sr.	6-3	175	WR/DB
23	Mitchell Snyder	jr.	5-10	160	RB/LB
27	Will Hoover	so.	5-11	154	WR/DB
25	Jason Collins	so.	5-9	170	WR/DB
28	Keegan Neill	so.	5-9	146	RB/LB
33	Haven Myers-Hank	so.	5-9	164	WR/DB
40	Cruz Manatt	sr.	5-7	158	RB/LB
42	Dominick Knox	so.	6-0	224	OL/DL
43	Patrick Mayernick	jr.	5-9	157	RB/LB
44	Connor Wallace	jr.	5-10	170	TE/LB
49	Dillon Fullerton	jr.	5-9	186	OL/DL
51	Hudson Onkst	sr.	5-9	182	OL/DL
55	Aidan Reisser	jr.	5-11	233	OL/DL
56	Jakub Hierman	so.	5-10	190	OL/DL
60	Ben Kehres	jr.	6-0	221	OL/DL
68	Kaelen Nolen	jr.	5-11	301	OL/DL
70	Aidan Sheely	jr.	5-9	198	OL/DL
71	Adnan Dedic	so.	5-5	206	OL/DLD
72	Cade Alexander-Gray	sr.	6-2	321	OL/DL
75	Adam Casper	sr.	6-6	217	OL/DL
76	Jonah Smith	jr.	5-5	191	OL/DL
77	Brando Aristy	so.	6-1	274	OL/DL
78	Steven Monahan	jr.	6-4	220	OL/DL
81	Hunter Rusinko	jr.	5-11	159	WR/DB
82	Zhyair Tate	so.	5-11	157	WR/DB
83	Abdiweli Abdi	so.	5-8	111	WR/DB
84	Bailey Branoff	so.	5-8	130	WR/DB
87	Jared Bolash	jr.	5-9	179	WR/DB
88	Kendi Hoffman	so.	6-4	169	WR/DB



MICHAEL BUPP, THE SENTINEL

Mechanicsburg's Cruz Manatt.

Mechanicsburg compiled by Jake Adams.
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NORTHERN POLAR BEARS

THE BIG QUESTION

How well will the D come together?

The Polar Bears have to replace both defensive ends, a couple of linebackers and all of the defensive backfield.

The 2016 unit was one that stopped the run and forced turnovers. The 2017 unit is still up in the air.

Zarrick Jordan returns to anchor the middle of the line, and 'backers like A.J. Lodovici and Nick Lerew got regular playing time by the end of last year. But

that's about all the known commodities Bill Miller has.

The defense adds Kyle Swartz, a wrestler — "Wrestlers always know how to tackle," Miller said — and last year's breakout freshman back, but it's not quite clear where he'll play.

Run prevention will be a key, with area backs like Shippensburg's Adam Houser and Big Spring's Ryan Adams looming large before the sea-

son, but the P-Bears must also find answers at safety and corner. Carter Van Scyoc may be the Mid-Penn's best returning QB at Ship, and he'll be champing at the bit to exact revenge on last year's last-second regular-season loss and carve up an inexperienced D.

Northern's hopeful that the defensive side of the ball is coming together quickly, but it'll have to prove it.

INSIDE THE HUDDLE

Head coach: Bill Miller, 2nd season (7-4)

Assistants: Brad Livingston (DC/DL); Marty Green (OL/DL); Scott Link (TE/LB); Brian Robison (WR/DB); Pat Hicks (RB/LB); Robbie Bleiler (WR/DB); Jason Stacknick (WR/DB).

Stadium: Robert Bostic Field (grass)

Colors: Purple/White

Classification: 4A

Division: Mid-Penn Colonial

Offensive formation: Multiple

Defensive formation: Multiple

2016 season: 7-4 (5-2)

Postseason: Lost to Shippensburg 28-17 in District 3 Class 4A quarterfinals.

RETURNING LEADERS

Passing	Comp	Att	Yards	TD
Kyle Swartz	1	1	42	1

Rushing	Att	Yards	Avg	TD
Kyle Swartz	168	749	4.5	11

Receiving	Rec	Yards	Avg	TD
AJ Lodovici	4	113	28.3	0

Key returners: Chris Barrett, jr. QB/DB; Kyle Swartz, so., RB/DB; Steven Yurchison, sr., RB/LB; AJ Lodovici, sr., WR/LB; Jake Coover, sr., RB/K; Zarrick Jordan, sr.,

DT/RB; Nicholas Lerew, sr., LB/OL; Wyatt Lewis, sr., RB/LB.

Outlook: Boy, there are a lot of holes to fill on this roster.

About the only positions Miller doesn't have to replace in his second year leading Dillsburg are running back (Swartz), D-tackle (Jordan) and four offensive line positions. Wide receiver and defensive back need complete overhauls, and while there are returning linebackers on the roster, many of them were in a rotation or didn't start a full season.

Not that it's doom and gloom for the P-Bears. No, as long as Swartz is toting the rock, the offense should be fine. And Miller's not afraid to rotate QBs in any game or any series. There's three on the roster he likes, including vet Barrett and freshman Jordan Heisey.

We oversold the linebacker changes, but Lodovici and Lerew, two players who saw plenty of action by season's end, are back and there are other names there who should step up immediately.

Northern will be hours away from a Week Zero game against Octorara, so we'll know shortly who starts at DB. It's

also crucial to note that one of the Mid-Penn's best specialists, Aidan Alves, is gone. Don't underestimate the importance of a good kicker/punter.

Miller's squad should be OK, though. Shippensburg, which the Bears stunned last year on a last-second field goal, replaces even more of its roster. Northern should be in the thick of the Colonial Division race and chasing another District 3 playoff spot. They just may need a game or two to get rolling. It might turn out that the Week 6 bye comes at a perfect time before the stretch run against Mifflin County, Ship and Greencastle-Antrim.

2017 Schedule

Aug. 25	at Octorara	7 p.m.
Sept. 1	at Susquehannock	7 p.m.
Sept. 8	vs. Middletown	7 p.m.
Sept. 15	vs. Mechanicsburg	7 p.m.
Sept. 22	at Big Spring	7 p.m.
Sept. 29	vs. Waynesboro	7 p.m.
Oct. 13	vs. Mifflin County	7 p.m.
Oct. 20	at Shippensburg	7 p.m.
Oct. 27	vs. Greencastle-Antrim	7 p.m.
Nov. 3	at West Perry	7 p.m.

Q&A

ZARRICK JORDAN, SR., DT/RB

Last year, Zarrick Jordan and the Polar Bears held the opposition to around 150 yards on the ground each game.

The then-junior, who spent his summer recovering from an injury, was in the top five in tackles (60) and sacks (3) on the team, and forced and recovered a fumble. This year, despite two new ends beside him, a rebuilt linebacker corps and an entirely new defensive backfield, Northern hopes to get more of the same stout defense.

Q: Some new faces around you on defense. What have you seen from the new front seven? How about the d-ends in particular?

A: We're definitely, I think, personally a lot further ahead than we were last year. Especially having a Week Zero group. I think, personally, we're looking



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BILL MILLER, HEAD COACH

It's going to be tough for Bill Miller's football program to replace Curtis Robison (same with basketball and especially baseball later this year), who's now off to Penn State to play outfield.

But the second-year coach has a veteran O-line and RB Kyle Swartz back for his sophomore season. There are questions on defense, but this is a unit Miller is high on ahead of the Week Zero opener.

pretty solid [at defensive end]. It's definitely gonna be a fun year.

Q: What's the key to being a good run-stopping defense, especially up front?

A: We're all pretty good, connected. We're all really good friends. We have really good communication. We can coincide with each other. We can work together to get things done. On and off the field.

Q: You guys were the only team to knock off Shippensburg in the regular season. What will it take to be another strong contender in the Colonial and to fend off Ship once more?

A: Definitely we owe a lot of credit to the line. The blocks are always there; it makes running the ball easy.

Q: What's the offense's strength this year?

A: Definitely we owe a lot of credit to the line. The blocks are always there, it makes running the ball easy.

Q: Do you prefer to replace skill guys or the linemen?

A: I don't know. It depends on who you have coming in. We were fortunate this year that the skill guys that are coming in have worked extremely hard. And we have an influx of some young guys who have worked, really, really hard. Obviously, when you return your linemen, that's always a big thing. That's a driving force of your offense. We were building toward something last year, and we're hoping, at least from an up-front standpoint, that we can build on last year.

Q: Robison brought a lot as a dual-threat QB last year. What do you have in Chris Barrett, assuming he takes over the starting role?

A: I put it this way. It's awful strange (that) for the first time in three years it won't be Curtis Robison under center. I guess on paper you have to say Chris is the logical choice to step in. He's junior, he's got a very strong arm, he's a champion javelin thrower. We are (also) bringing a freshman [Jordan Heisey] up this year at quarterback that has a lot of potential and has worked really hard and done really well during the preseason. I've never been shy of using multiple quarterbacks. I know a lot of people [are]. I'm not ruling something like that out.

Q: What was the impetus for moving to Week Zero?

A: Because of the Mid-Penn Conference allowing [James Buchanan] out in the middle of a two-year cycle, to be honest with you I was shocked there was only one no vote. We looked at all of our options, and we had to wait sort of before we had the vote to change leagues [Northern explored moving to the YAIAA in the spring]. We were fortunate to find someone.

Q: Swartz certainly had a strong rookie year. What's the expectation for him this season?

A: Kyle really developed as the season went on last year. He was a work in progress, and as we got through the season he continued to improve, improve, improve. This season I've been making the mistake and calling him a junior; I forget that he's a sophomore.

THE ROSTER

No.	Name	Yr.	Ht.	Wt.	Pos.
2	Mitch Wagner	sr.	5-8	140	WR/DB
3	Tyler Yohn	so.	5-10	130	QB/WR/DB
5	Omar Hosni	jr.	6-0	160	WR/DB
6	AJ Lodovici	sr.	6-2	200	TE/LB
7	Kyle Swartz	so.	6-0	190	RB/DB
8	Bryson Townsend	sr.	6-1	165	WR/DB
9	Tristan Clark	sr.	5-8	160	RB/DB
10	Jordan Heisey	fr.	6-1	155	QB/DB
11	Kyle Downer	so.	5-8	145	WR/DB
12	Aidan Wenger	so.	5-7	135	WR/DB
13	Evin Cassar	sr.	6-0	160	WR/DB
14	Blake Cruz	fr.	5-6	175	WR/LB
15	Chris Barrett	jr.	6-1	195	QB/DB
16	Josh Shelly	jr.	5-9	160	WR/LB
18	Jaxson Irwin	so.	6-2	162	QB/WR/DB
22	Steven Yurchison	sr.	6-0	180	RB/LB
23	Kyle Kerstetter	sr.	6-0	175	TE/LB
25	Ty Regan	so.	5-7	125	WR/DB
30	Luke Horvath	so.	5-8	150	RB/LB
31	Jonathon White	so.	5-8	160	RB/LB
36	Jake Coover	sr.	5-9	190	RB/LB
42	Richard Eshleman	jr.	5-9	155	RB/DB
48	Zarrick Jordan	sr.	5-9	200	RB/DB
52	Ryan Way	sr.	5-11	195	OL/DL
53	Joseph Samsel	jr.	6-0	225	OL/LB
55	Donovan Bair	so.	6-1	200	OL/DL
56	Trevor Coulson	sr.	6-0	190	OL/DL
57	Christian LaRosa	jr.	6-1	235	OL/DL
59	Nick Lerew	sr.	5-11	225	OL/LB
62	Axel Routh	jr.	5-11	205	OL/DL
63	Gage Mummert	sr.	5-10	245	OL/DL
64	Jordan Oliver	sr.	5-11	205	OL/DE
66	Sam Blaschak	jr.	5-8	150	OL/LB
68	Blake Sanchez	sr.	6-2	225	OL/DL
72	Jonathon Wirth	sr.	5-11	250	OL/DL
73	Jordan Sipe	jr.	5-10	215	OL/DL
74	Zach Ulrich	so.	5-11	195	OL/DL
77	Spencer Breski	jr.	6-3	240	OL/DL
78	Travis Myers	jr.	5-10	230	OL/LB
80	Tim Geiser	so.	5-10	155	TE/LB
81	Brett Miller	sr.	5-10	150	WR/DB
82	Tony Potteiger	jr.	5-11	145	WR/DB
84	Cameron Rafuse	sr.	6-1	175	WR/DB
86	Ben Collins	sr.	6-1	175	OL/DE
85	Preston Johnson	fr.	5-9	165	RB/LB
86	Ethan Misal	jr.	5-9	150	WR/DB
87	Reese Kauffman	fr.	5-10	200	TE/DL
88	Sean Stewart	fr.	6-1	205	WR/LB
89	Collen Deming	fr.	5-10	165	WR/DB



Northern compiled by Jake Adams. Email him at jadams@cumberlink.com or follow him on Twitter @jakeadams520

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DR. WILLIAM NOLL, DMD



RED LAND PATRIOTS

THE BIG QUESTION

How will Pats handle being the hunted?

Sure, this question is really only relevant right out of the chute, but how Red Land responds to its Week Zero visitor could tell us a lot about what to expect from the 2017 Patriots.

Red Land stunned the Mid-Penn Conference with 17-6 road victory over the powerhouse Crusaders last year, creating lofty expectations in what ended as a 6-4 season that ended just short of the playoffs.

The Patriots couldn't quite sustain that Week Zero momentum all the way through, with losses to Carlisle and Lower Dauphin undoing those playoff hopes.

This year, though, expect McDevitt to be angry when it visits West Shore Stadium in Week Zero. Head coach Chad Weaver expects revenge to be on the mind of McDevitt, which was also stunned by Shippensburg in the District 3 Class 4A semifinals.

So, rather than its usual turn as the

underdog, as the hunter, Red Land finds itself in a rare position as the hunted in its season opener. The team, with new skill players at nearly every position, will be tested in a major way out of the gate. The mental game will be on full display.

A good showing obviously means good things moving forward, but if McDevitt has its way, that could signal a rebuilding campaign. And nobody wants to accept being in rebuilding mode.

INSIDE THE HUDDLE

Head coach: Chad Weaver, 7th season (35-32)

Assistants: Tom Peifer (OC); Dave Payne (OL/DL); John Rados (OL/LB); Zach Pottinger (WR/DB); Zack Boisvert (WR/DB); John Weaver (WR/DL).

Stadium: West Shore Stadium (turf)

Colors: Red/White

Classification: 5A

Division: Mid-Penn Keystone

Offensive formation: multiple

Defensive formation: 4-4

2016 season: 6-4 (4-2)

Postseason: did not qualify

RETURNING LEADERS

Passing	Comp	Att	Yards	TD
Jack Hertzog	5	10	62	0
Rushing	Att	Yards	Avg	TD
Matt Moody	6	47	5.2	0
Receiving	Rec	Yards	Avg	TD
Matt Moody	21	311	14.8	7

Key returners: Joe Crocenzi, sr., RB/DE; Keith Pate, sr., OL/DL; Gavin Fournier, sr.,

OL/DL; Troy Kraynak, sr., RB/LB; Richie Sykes, jr., RB/DB; Matt Moody, jr., WR/DB.

Outlook: Unlike its sister school, Cedar Cliff, which returned several prominent skill guys but is rebuilding in the trenches, Red Land brings back some quality linemen but needs to replenish at the skill spots.

Tough to say which of those tasks is more difficult, but the Patriots do have their work cut out for them to replace QB Jake Radic (Sacred Heart), RB Justin Johnson (Lincoln), WR Hunter Briner (Lock Haven), WR Jaelyn Gaither (Millersville) and others.

Adding insult to injury is the younger brother of Class of 2017 lineman Brayden Coe, Ryan Coe, is a standout kicker, but his family moved to Pittsburgh ahead of this season. So he's gone, too, meaning the kicking game is in flux.

But the even-keeled Weaver knows nothing of panic buttons. He'll have the Patriots prepared, starting with those experienced linemen, plus a beast like Cro-

cenzi and a playmaker like Moody. New QB Jake Hertzog knows the ins and outs of the offense and is ready for his turn on the big stage. There's also a transfer from Cedar Cliff in RB/LB Derek Reitz.

Last year Red Land shocked the conference by beating Bishop McDevitt in Week Zero. There will be no sneaking up on the Crusaders this year, so the Patriots will be tested early and often with their difficult schedule.

2016 Schedule

Aug. 25	vs. Bishop McDevitt	7 p.m.
Sept. 1	vs. Cocalico	7 p.m.
Sept. 8	at Carlisle	7 p.m.
Sept. 15	vs. Dover	7 p.m.
Sept. 22	vs. Susquehanna Twp.	7 p.m.
Sept. 29	at Lower Dauphin	7 p.m.
Oct. 13	at Hershey	7 p.m.
Oct. 20	at Cedar Cliff	7 p.m.
Oct. 27	vs. Central Dauphin	7 p.m.
Nov. 3	at Mechanicsburg	7 p.m.

Q&A

CHAD WEAVER, HEAD COACH

Last season provided some big highs — like the stunning Week Zero victory over Bishop McDevitt — and some painful lows — like getting smoked by Central Dauphin in Week 9 to essentially kill playoff chances — for Chad Weaver and Red Land football.

That squad also had some serious talent at the skill positions, most of whom graduated in the spring. So the 2017 Patriots are a bit of a question mark.

What will we see from this unit? A team that will again battle top-level programs, or a rebuilding squad that will suffer some lopsided lessons?



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Q: What's the challenge in replacing so many quality seniors from last year?

A: The big thing is those guys had been around. They were all two- or three-year starters for us, and a lot of the guys behind them just didn't get the reps, especially game-situation reps. So getting up to speed as far as the varsity level and getting into the right positions, making sure you're doing the right thing.

Q: How's the progression of first-year/senior QB Jack Hertzog?

A: One of his big strengths is, mentally, he's as sharp as can be. He knows the offense in and out. So now it's just getting him as many reps as he can get. In the summer we were able to get him quite a few reps throwing the ball in 7-on-7s, so now it's having control of the pass protections that in the summer we didn't have to worry about quite as much. He's going to be thrown into the fire a little bit, especially starting against McDevitt.

Q: For a change of pace, McDevitt will be gunning for you guys after last year's upset. How are you dealing with that?

A: [McDevitt's] going to be just as well prepared as they've ever been. I'm sure they're going to have revenge or whatever you want to call it on their minds, so we've got to come into that game as sharp as we can be and play as smart as we can. In that first game, there are always errors that are made that are preventable. Whoever plays the cleanest game that first game usually has a better chance of winning, so we've got to do all those little things. ... It's almost a little bit of a respect thing that we haven't had from that team or other teams of similar caliber, and I think the kids understand that as well and will be ready to go.



NANCY ZIMMERMAN, FOR THE SENTINEL

Red Land's Troy Kraynak follows behind his blockers during heat acclimation week at Red Land High School.

TROY KRAYNAK, SR., RB/LB

Among those stepping into new leadership roles, forced by the graduation of so many key players, is Red Land senior fullback/linebacker Troy Kraynak.

He didn't get any carries last year as a junior, but he did pick up 34 tackles, a sack and two interceptions.

Coach Chad Weaver hints that Kraynak flies a bit under the radar, so we centered on him for a quick chat.

Q: Bishop McDevitt will be fired up to meet you guys in Week Zero after you beat them 17-6 last year. How are you handling that pressure?

A: Just got to give it back to them, show the same intensity they'll bring. We know they're gonna come hard at us, so we've got to give it back to them.

Q: Replacing so many key guys isn't easy, but what are you seeing from the new guys filling in at positions like quarterback, receiver, running back, etc.?

A: All the new skill guys are definitely learning and getting better, filling in the roles that left. Putting in the same work they did [is key], to be just as good as them or even better.

Q: What's it like playing for Coach Weaver?

A: I like him. More relaxed than some other coaches I've seen, but he's a good coach.

THE ROSTER

No.	Name	Yr.	Ht.	Wt.	Pos.
1	Richie Sykes	jr.	6-1	185	RB/DB
2	Dakota Sheesley	jr.	5-7	165	RB/DB
3	Michael Daylor	jr.	5-9	165	WR/DB
4	Matt Moody	jr.	5-11	185	WR/DB
5	JT Painter	jr.	5-10	170	WR/DB
6	Neith Brennan	sr.	5-9	185	RB/LB
7	Nik Keys	sr.	6-0	160	K
8	Carson Eisenhauer	jr.	6-1	180	WR/DB
9	Mike Stank	so.	5-9	185	RB/LB
10	Chaz Munoz	jr.	6-1	180	WR/DB
11	Alex Stimeling	jr.	6-0	185	WR/LB
12	Ryan Alt	jr.	5-7	150	K
13	Collen Demming	jr.	5-10	160	WR/DB
14	Justin Hertzog	so.	6-2	200	TE/DL
16	Jack Hertzog	so.	6-1	205	QB
17	Adam Cramer	so.	5-9	155	QB/DB
18	Justin Beck	sr.	6-1	205	QB/LB
19	Jay Hummer	jr.	5-10	180	RB/LB
20	Matt Seiferth	so.	5-10	160	P
22	Zach Bonner	so.	5-9	155	WR/DB
23	Meredith Willson	jr.	5-6	135	K
24	Connor Freese	jr.	5-9	165	WR/DB
26	Shamar Hunt	so.	6-1	195	TE/DL
32	Reese Kauffman	so.	5-10	185	RB/LB
33	John Greene	jr.	6-1	190	WR/LB
40	Troy Kraynak	sr.	6-1	215	RB/LB
42	Derek Reitz	sr.	5-11	190	RB/LB
43	Patrick Beaghey	so.	5-11	185	RB/LB
44	Artie Archaibeault	sr.	5-7	150	WR/LB
45	Joe Crocenzi	so.	6-1	225	RB/DL
50	Zach Wolfe	so.	6-1	230	OL/DL
51	Chase Rados	jr.	5-10	200	OL/LB
52	Andrew Aitkens	jr.	5-11	215	OL/DL
53	Brandon Sucuzhanay	jr.	5-10	190	OL/DL
54	Trevor Henderson	so.	5-10	185	OL/LB
55	Cameron Metzel	so.	6-2	230	OL/DL
56	Aidan Moore	sr.	6-3	260	OL/DL
57	Wes Dunlap	sr.	5-11	275	OL/DL
58	Carter Halley	sr.	6-2	210	OL/DL
59	Mitchell Hoak	sr.	6-0	250	OL/DL
60	Tyler Gasswint	sr.	5-11	210	OL/DL
61	Gavin Fournier	sr.	6-0	235	OL/DL
63	Keith Pate	sr.	5-10	210	OL/DL
67	Ezra Korick	jr.	5-10	220	OL/DL
68	Robert Miller	jr.	6-1	215	OL/DL
81	Nate Ingersoll	sr.	6-0	190	WR/LB
82	Gabe Socko	so.	6-0	170	WR/DB
83	Reese Archaibeault	jr.	6-0	170	WR/DB
88	Sean Stewart	so.	6-1	200	WR/LB

Red Land compiled by Geoff Morrow. Email him at gmmorrow@cumberlink.com or follow on Twitter at [@RageAgainstGMO](https://twitter.com/RageAgainstGMO)



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SHIPPENSBURG GREYHOUNDS

THE BIG QUESTION

Can new front seven perform like 2016?

It's not often we go into a season talking all about the Greyhounds' passing game and the offense as a whole. This team, for a long time, was about the ground game and stout defense.

But here's where we'll take the contrarian approach. We know what Ship has in Carter Van Scyoc and the skill guys (or we believe the staff's hype), but

the defensive front seven is an enigma. Cameron Tinner, playing a short jog away at Shippensburg University, is gone, as is a d-line that was loaded with experience before last season. The heart and soul of the unit is not there anymore. Who will step up?

Granted, this isn't a miserable question to ask. Coach Eric Foust, fast approaching two decades on the job, has

built strong defenses for a while now and said the offseason dedication is strong coming off last year's playoff run. Players will inevitably step up for one of the Mid-Penn's more stable programs in recent years. There just aren't household names right now.

Perhaps by the middle of the season there will be. For now, it's a bit of a waiting game.

INSIDE THE HUDDLE

Head coach: Eric Foust, 16th season (84-67)

Assistants: Kevin Gustafson (OC); Rick Foust (DC); Mike Heefner (DL); Chase Rhodes (OL); TJ Silverstrim (LB); Ed Barrett (LB); Trey Proctor (DB); Dave Jones (DB).

Stadium: Memorial Park (grass)

Colors: Gray/Maroon

Classification: 4A

Division: Mid-Penn Colonial

Offensive formation: Multiple

Defensive formation: 3-4

2016 season: 11-2 (6-1)

Postseason: Lost to Berks Catholic 37-13 in District 3 Class 4A championship game.

RETURNING LEADERS

Passing	Comp	Att	Yards	TD
Carter Van Scyoc	152	264	2,547	25
Rushing	Att	Yards	Avg	TD
Adam Houser	206	1,211	5.9	10
Receiving	Rec	Yards	Avg	TD
Adam Houser	23	386	16.8	3

Key returners: Carter Van Scyoc, sr., QB; Adam Houser, jr., RB/DB; Philip Torres, sr., RB/LB.

Outlook: As much as Shippensburg still feels like it's riding the high of last year's Bishop McDevitt upset and a District 3 championship berth, let's do our best to look forward, not back.

The two big names are ones you'll hear a lot of this season: Van Scyoc and Houser. Last year's senior class, a big one, is gone, taking with it the entire offensive and defensive lines, linebackers and the top two receivers and defensive backs (and kicker/punter). That could be catastrophic for a team Ship's size, except it feels like it's not. As long as Van Scyoc is under center, this team has a chance in every game.

He loses Cody Gustafson (84 receptions, 1,583 yards, 15 TDs) and Clayton Stine (25, 385, 6), but gets a young WR corps that's even longer. Nick Gustafson is 6-foot-5, Ethan Stouffer is 6-foot-3 and Cain Fridinger is 6-foot, giving the Greyhounds a stable of sizable weapons, along with capable backfield receiver Houser. They are inexperienced but present matchup problems.

The biggest issue is what to do in the trenches. Foust says it's a hungry group, but last year's line averaged two years of experience or more. Most of the new guys saw only JV duty. Foust is high on Trey Lynch, but this group needs to come along fast to protect their prized signal caller, and on the other side of the ball they need to get to the QB. Even with all the losses, mark this team down as a decent bet to defend the Colonial Division crown.

2017 Schedule

Sept. 1	at Dover	7 p.m.
Sept. 8	vs. Chambersburg	7 p.m.
Sept. 15	at Bermudian Springs	7 p.m.
Sept. 22	at Waynesboro	7 p.m.
Sept. 28	vs. River Dell (NJ)	6 p.m.
Oct. 6	at Mifflin County	7 p.m.
Oct. 13	vs. Greencastle-Antrim	7 p.m.
Oct. 20	vs. Northern	7 p.m.
Oct. 27	at West Perry	7 p.m.
Nov. 3	vs. Big Spring	7 p.m.

Q&A

ERIC FOUST, HEAD COACH



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Talk to Eric Foust, and you can hardly tell he's got to replace nearly all of his starting 22.

The uber-confident 16th-year coach is excited for the upcoming season, with the Greyhounds fresh off a historic 2016 playoff run. If he's concerned about who will step in for big departed names like Cameron Tinner or Cody Gustafson, he's not letting on.

He spoke during heat acclimation about the rebuild and what to expect.

Q: What did last year's success do for Carter Van Scyoc and this team during the offseason?

A: I think last season helped us as a team tremendously. Last year's kids did a lot of things well to bring it together to where they got to.

Q: We know what you lose at wide receiver, but do you have any concerns about replacing a bunch of starters on the offensive line?

A: We have probably seven or eight young linemen, mostly young, that have worked very hard and are ready to play. Like I said earlier, these kids have a tremendous level of expectation.

Q: The running game, despite a 1,200-yard rusher, took a back seat in the headlines last year. Are you looking for anything different from Adam Houser and that group?

A: The passing game stole the show, and he rushed for 1,200 yards in the process, and nobody notices that. We rushed for about 2,000 yards with underclassmen backs last year; it just wasn't noticeable.

[Houser's] goal this offseason was to get bigger and be more durable and be more of an inside back. He's put on 15 good pounds.

CARTER VAN SCYOC, SR., QB

There's little question Carter Van Scyoc is one of the Mid-Penn's best QBs coming into the season.

But how does he handle losing his biggest safety blanket at wide receiver?

He's not too worried. Sure, Cody Gustafson made life a lot easier for Van Scyoc in 2016, but the senior, who's getting PSAC looks right now, feels he's grown enough to be more than "the guy who threw to Gustafson."

Just let him tell you.

Q: You're a senior now. How have you adjusted to become more of a leader?

A: I was a leader [last year], but I wasn't the one that always spoke. And I think that this year I'm gonna have to do that more. If my attitude's bad, then their attitude's gonna be bad.

Q: Obviously, losing Gustafson is a big deal. But you still have a

bunch of big targets. What will be new in the pass game?

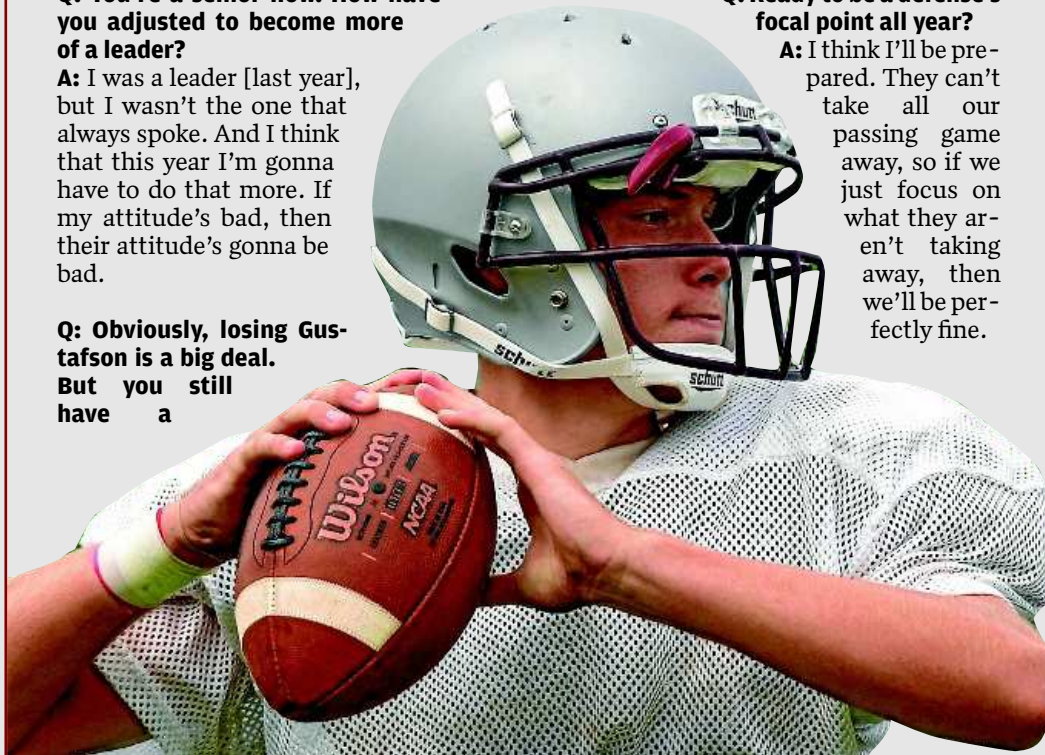
A: Not too much changes. Cain Fridinger, Nick Gustafson can maybe not do it as well as Cody does, but they can still do it. I just think that this year we're gonna take more of what the defense gives you.

Q: Coming off a breakout season, what did you work on this offseason?

A: It was everything. Footwork and my arm strength and also trying to get quicker.

Q: Ready to be a defense's focal point all year?

A: I think I'll be prepared. They can't take all our passing game away, so if we just focus on what they aren't taking away, then we'll be perfectly fine.



THE ROSTER

No.	Name	Yr.	Ht.	Wt.	Pos.
5	Tim Cramer	so.	5-9	160	WR/CB
6	Jacob Loy	so.	5-11	170	WR/LB
8	Adam Houser	jr.	5-10	170	RB/DB
10	Nick Gustafson	so.	6-6	195	QB/WR
11	Philip Torres	sr.	5-8	168	RB/LB
12	Micah Landreth	so.	5-8	130	WR/CB
13	Christian Melendez	so.	5-11	170	WR/S
14	Andrew Hoch	jr.	5-11	155	WR/CB
15	Alaric Hickman	sr.	6-2	200	WR/S
16	Carter Van Scyoc	sr.	6-3	191	QB/LB
17	Kohl Holderbaum	so.	5-8	145	TE/LB
18	Cain Fridinger	sr.	6-0	180	WR/LB
19	Jacob Keyes	jr.	5-11	150	WR/OLB
20	Maxwell Kalb	so.	5-10	140	RB/DB
21	Nicholas Clapsaddle	jr.	5-7	147	RB/CB
22	Dante Lotruglio	jr.	5-9	145	WR/CB
23	Kyler Brown	jr.	5-10	165	WR/LB
24	Blake Rhoades	jr.	5-10	150	WR/DB
26	Alex Sharrow	so.	5-5	130	RB/CB
27	Delonte Wilson	so.	5-5	140	RB/CB
28	Josh Connor	jr.	5-9	155	CB/WR
32	Nicholas Weltz	jr.	6-2	190	FB/LB
33	Eddie Ocker	sr.	5-10	168	RB/LB
34	Naz Miner	jr.	5-11	180	RB/OLB
35	Ethan Stouffer	jr.	6-5	205	TE/LB
42	Jeremy Telesky	so.	5-10	155	RB/LB
45	Cole Calder	so.	5-9	225	OL/DL
50	Evan Allenman	so.	5-9	154	OL/DL
51	Trever O'Donnell	sr.	5-7	233	OL/DL
52	Wyatt Craig	jr.	6-0	215	OL/DL
53	Christian Boarts	sr.	6-4	210	OL/LB
54	Kaden Burnett	so.	5-10	210	OL/DL
55	Noah Foust	so.	5-9	205	OL/LB
56	Orry Kramer	jr.	5-10	210	OL/LB
57	Gabriel Long	sr.	6-1	183	OL/LB
59	Luke Greenawalt	so.	6-1	165	LB
60	Collin Stouffer	jr.	5-11	165	OL/DL
61	Zach Hutchison	jr.	5-8	215	OL/DL
62	Colton Musser	so.	6-2	200	OL/LB
63	Aiden Mead	jr.	5-11	185	OL/DL
64	Cike Frey	jr.	5-11	290	OL/DL
65	James Monahan	sr.	6-0	205	OL/DL
66	Trey Lynch	jr.	6-4	230	OL/DL
67	Aydin Burtler	so.	5-10	160	OL/LB
68	Maculen Cramer	so.	5-6	185	OL/LB
70	Colby Tracy	jr.	5-11	225	OL/DL
71	Karter Craig	so.	6-1	205	OL/DL
72	M. Rook Smith	so.	5-11	210	OL/DL
73	Anthony Petrone	sr.	5-9	225	OL/DL
74	Thomas Sheele	sr.	5-7	250	OL/DL
75	Eric Reed	so.	5-11	265	OL/DL
76	Tyler Hoover	jr.	6-2	280	OL/DL
77	Derek Kunkleman	so.	5-10	175	OL/LB
78	Kyler Danzberger	jr.	6-4	295	OL/DL
79	Brandon Betz	so.	6-1	250	OL/DL
82	Aaron Rauber	sr.	6-0	240	OL/DL
83	Austin Koser	sr.	5-9	142	WR/DB

Shippensburg compiled by Jake Adams.
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TRINITY SHAMROCKS

THE BIG QUESTION

Can the offense take the next step?

There are several good things about the 2017 Shamrocks offense.

Senior quarterback Tommy Kirchhoff should provide stability to a position that didn't have much of it last year. The offensive line has more experience than a year ago, as does the backfield. And this is Year 2 with the up-tempo, spread offense.

Last year's squad put up some big numbers in a few games, but consistency was an issue. Coach Troy Jensen has been hammering home the 16 times in the first half of the year the offense failed to score inside the red zone.

Kirchhoff should help correct that; he's got quarterbacking in his DNA thanks to a father who played at Lehigh

University. He also got time last year late in the season and should be better than his sub-40 percent passing. Tre Moody should also be able to improve on his 3.6 yards a carry.

It's too early to say just how improved the O will be, but even if the Shamrocks just get steadier play, that could mean the difference between a 2-8 season and 5-5.

INSIDE THE HUDDLE

Head coach: Troy Jensen, 3rd season (5-15)

Assistants: Chance Powell (OC/QB); Benjamin Shea (DL/OL); Todd Ryan (DL/OL); Don Rhoad (LB/RB); Rich Gagliano (LB/WR); David Cook (WR/DB).

Stadium: COBO Field (grass)

Colors: Green/White

Classification: 3A

Division: Mid-Penn Capital

Offensive formation: Spread

Defensive formation: 4-4

2016 season: 2-8 (1-6)

Postseason: did not qualify

RETURNING LEADERS

Passing	Comp	Att	Yards	TD
Tommy Kirchhoff	19	52	217	3

Rushing	Att	Yards	Avg	TD
Tre Moody	130	464	3.6	5

Receiving	Rec	Yards	Avg	TD
Tresjon Ruiz	34	249	7.3	3

Key returners: Tre Moody, sr., RB/LB; Colby Rigg, sr., RB/LB; Tresjon Ruiz, sr., WR/DB; Tommy Kirchhoff, sr., QB/LB; Mark Centurione, jr., LB/OL.

Outlook: Kirchhoff could be considered a newcomer, because he didn't open the season as the starting quarterback. But by the end of the season, Jensen had the then-junior running the offense from under center.

The hope is Kirchhoff will blossom as the entrenched starter. He appeared in four games at QB last year and impressed in a few of them, including an 8-for-12, 77-yard, one-TD performance in a 35-24 loss to Palmyra in Week 9. That's something to build on. He's got an offensive line Jensen believes will be better than last year and some weapons in Moody and Ruiz who should take steps up themselves.

Defensively, Jensen is high on his linebackers. That group is led by Rigg, a hard-nosed defender who made stops (46) for the Shamrocks last year, and Centurione, an All-Sentinel First Team defense selection with 59 takedowns, two picks and two sacks.. If the front seven can stop the run and get to the quarterback, it'll make life easier for a defensive backfield that is lacking depth, despite a roster that topped 40 players for the first time in Jensen's

tenure. The group lost Alex Schlager, the team's leading tackler and QB-harasser (six sacks). Rigg, senior Jack McHale (two) and senior Dante Manetta (two) could help fill some of that void.

Watch out for Kalen Veres. The boys basketball player hasn't put on pads since midgets but will line up as a tight end and some at defensive lineman. Coaches are high on the former Red Land student, who said he wants to be a two-sport athlete again.

2017 Schedule

Aug. 25	vs. Annville-Cleona	7 p.m.
Sept. 1	at Delone Catholic	7 p.m.
Sept. 15	vs. Lancaster Catholic	7 p.m.
Sept. 22	vs. Boiling Springs	7 p.m.
Sept. 29	at Middletown	7 p.m.
Oct. 6	vs. Steel-High	7 p.m.
Oct. 13	at East Pennsboro	7 p.m.
Oct. 20	at Milton Hershey	7 p.m.
Oct. 27	vs. Palmyra	7 p.m.
Nov. 3	at Camp Hill	7 p.m.

Q&A

COLBY RIGG, SR., RB/LB

Colby Rigg did a little bit of everything for Trinity last year.

Though the season ended with a disappointing 2-8 record, the rising senior felt his Shamrocks started to turn a corner in the final weeks.

Now, with Rigg again ready to tackle key roles on both sides of the ball (running back and inside linebacker), Trinity aims for continued improvement.

Rigg last year gained 375 yards and scored six touchdowns on 56 carries, and he totaled 46 tackles, including three sacks, two forced fumbles, three recoveries, and a couple of blocked kicks.

Q: What do you like about playing for Trinity?

A: I like Coach [Troy] Jensen. I think he's a good coach. He's an intense guy. It takes a while to get used to, but it definitely pays off in the end. You definitely respect him more as a person and as a coach [because of his NCAA Division I playing credentials], as opposed to somebody who hasn't played football at that level. That's definitely a plus. It's not always about the wins and losses at the end of the day. He teaches us more than that. It's a good thing to have him as a coach. He's always pushing you to your limit, so that carries on further in life.



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DR. KATELYN HANNER, DMD



Q: Where have you seen noticeable strides within this struggling program?

A: We're definitely more of a team now rather than playing as individuals, which is huge when it comes to organized sports because if you don't play as a team, you can't win. That's what we needed to learn, and I think we really grasped that toward the end of last year. Maybe it was a little too late, but we can really incorporate that now with everybody that's fresh. There's a lot of new guys this year, which is good.

Q: What are the expectations in the competitive Capital?

A: Definitely .500 or better. It's tough, but we can stand toe to toe with any of those guys, which is what some people don't understand sometimes. They don't believe in themselves, and that's where we fall short. Everybody will play, but some people won't play to their best ability. That's what really slows us down is the mental game sometimes.

TROY JENSEN, HEAD COACH

Third-year coach Troy Jensen called it a "milestone" to get 40 kids to camp this summer. For the small-school Shamrocks, that's a good size.

There are 12 seniors and 12 freshmen on the roster, which could provide some good balance for a team Jensen is trying to build up one year at a time.

There was progress made last year, and now he wants more.

Q: You got a couple wins and were in some other games last year. Did the team carry that momentum into the offseason?

A: I think culturally we turned the corner a lot. We were fighting, scratching and crawling all the way through the season. And that was a big change, because in years past they folded up and they quit. Not so (this year). We did carry that into the offseason; we had a very, very good offseason. We had a great summer of participation and a great (Lebanon Valley College) camp.

Q: Did you feel like you were just missing a few pieces or a few plays?

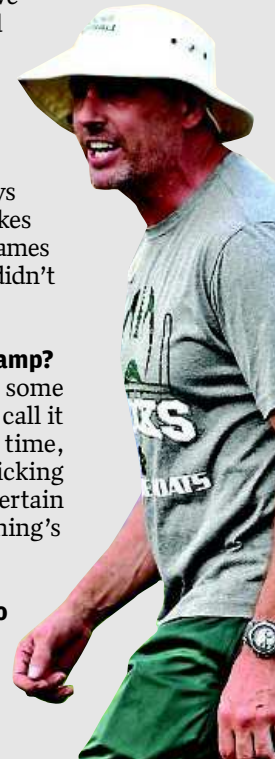
A: Yeah, we really stumbled the first half of the season. One of the numbers we always shot out sometimes at these guys, and makes them twitch, was 16. The first four or five games we were inside the red zone 16 times and didn't score. Those are games you should win.

Q: What are you doing about it during camp?

A: During practice time we gotta spend some time in that red zone. We're starting to call it a green zone. Just have 100 percent go time, where you gotta have the mentality of sticking it in the end zone. Once you're inside a certain yardage, you have a mentality that nothing's holding you back.

Q: Familiarity with the spread, up-tempo offense helping?

A: Yeah, absolutely. More familiarity, more experience on the line, and that's gonna go a great distance for us.



THE ROSTER

No.	Name	Yr.	Pos.
1	D'Amonte Porter	so.	WR/DB
2	Jack McHale	sr.	TE/LB
3	Tre Moody	sr.	WR/LB
4	Jack Patten	sr.	WR/LB
5	Colby Rigg	sr.	RB/LB
6	Lek Powell	fr.	QB/DB
8	Scarpelli Mike	sr.	TE/DL
10	Ty Knopp	sr.	WR/DB
11	Deuce Dalton	fr.	H/LB
12	Danny Scott	so.	QB/DB
14	Tommy Kirchhoff	sr.	WR/LB
15	Izaiah Bowens-Perrin	fr.	H/FS
16	Daniel Kosinski	so.	RB/LB
18	Tresjon Ruiz	sr.	RB/DB
20	Liam Beckett	fr.	WR/DB
21	Jack Murray	so.	H/DB
22	Norvell Bartow, jr.	so.	QB/DB
23	Nick Schiffer	fr.	WR/LB
24	Bryce Miller	fr.	WR/DB
26	Connor McCarthy	so.	RB/LB
28	Trey McAuliffe	fr.	TE/DE
31	Justin Bodle	fr.	WR/DB
32	Michael McDermott	jr.	WR/LB
35	Patten Warner	fr.	WR/LB
44	John Dye	fr.	WR/DB
50	Brian Bodle	sr.	OL/DL
52	Collin Schrim	fr.	OL/DL
53	Hunter Becker	sr.	OL/DL
55	Dante Manetta	sr.	RB/LB
56	Jonathan Banzhoff	so.	OL/DL
57	Tommy Cloak	fr.	OL/DL
60	Elijah Beard	fr.	OL/LB
62	Bill Schiffer	sr.	OL/DL
63	Mark Centurione	jr.	OL/LB
68	Max McMurray	jr.	OL/DL
70	Andrew Mott	so.	OL/DL
73	Connor Knittle	so.	OL/LB
74	Tanner Garlinger	sr.	OL/DL
75	Jason Skreppen	so.	OL/DL
80	Kalen Veres	jr.	TE/DL
85	Jonah Balsavage	sr.	TE/DL

Trinity compiled by Geoff Morrow and Jake Adams. Email Morrow at gmorrow@cumberlink.com or follow him on Twitter @RageAgainstGMO; Email Adams at jadams@cumberlink.com or follow him on Twitter @jakeadams520



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DR. KIMBERLY ALFANO, DMD

WEST PERRY MUSTANGS

THE BIG QUESTION

What kind of momentum can they build?

Two wins were a big deal for the Mustangs last year. A big deal.

After two years without one, putting up a two-game win streak and finishing 2-8 on the year was one of the more exciting moments of the 2016 football season.

Now West Perry wants more. Senior quarterback Dom Salinetro made a bold (we mean bold) prediction in saying he thinks the team can fight for a Mid-

Penn Colonial title. Head coach Bob Boden is likely a little more conservative on those predictions, but nonetheless confident.

It's worth noting Boden saw turnout numbers for camp jump a few, and the roster now breaks 40, a respectable number in Elliottsburg.

West Perry returns a ton at the skill positions and hopes to use a young but small offensive line as a mobile

unit. Salinetro, along with backs like Kenyon Johnson, provide the team an ability to score points it hasn't seen in a few years.

The defense will have to do more heavy lifting, too. With the lines losing the bulk of the experience from last year, there are questions about how the Mustangs can hold up against the run.

Our answer? Yes, West Perry takes another step in the right direction.

INSIDE THE HUDDLE

Head coach: Bob Boden, 4th season (2-28)

Assistants: T.J. Quaker (OC/QB/DB); Derek Puchalsky (DC/OL/DL); Russ Fee-ney (OL/LB); Matt Harmon (WR/DB/ST); Derek Sheaffer (RB/DB); Ken Wilson (RB/DL); Jake Owens (WR/DB).

Stadium: Mustang Stadium

Colors: Green/White

Classification: 4A

Division: Mid-Penn Colonial

Offensive formation: Spread

Defensive formation: 4-4

2016 season: 2-8 (2-5)

Postseason: did not qualify

RETURNING LEADERS

Passing	Comp	Att	Yards	TD
Dominic Salinetro	108	188	1,204	10
Rushing	Att	Yards	Avg	TD
Terrance Quaker	117	574	4.9	4
Receiving	Rec	Yards	Avg	TD
Joey Reisinger	28	529	18.9	4

Key returners: Dom Salinetro, sr., QB/

OLB; Terrance Quaker, jr., RB/CB; Kenyon Johnson, so., RB/MLB; Joey Reisinger, sr., WR/CB; Jake Quaker, sr., WR/DE/K; Braden Cooks, sr., OL/DL.

Outlook: If anything, this Mustangs teams is going to be fun to watch.

We'll stop harping on it soon, but snapping that 26-game skid last year was a big monkey off the back for Boden's squad. And that unit returns nearly everyone on the edges except Swiss army knife Cameron May. Johnson and Terrance Quaker emerged as a pair of quality backs behind Salinetro, who's now entrenched under center and should take a step in the right direction. Reisinger gives Salinetro, who just got an offer from NCAA Division III Ursinus, a steady target with some possible big-play potential, too.

Where there will be trouble is in the trenches, where the Mustangs lost nearly all of last year's starters to graduation. Cooks is one of the few holdovers from that group, but Boden is optimistic about some of the new faces who are settling in. Still, it's a physically small cast of charac-

ters that will have to rely on leverage and quickness to get the best of opponents that will almost universally be bigger than them.

As long as the line can come together quickly, West Perry will put up points. That should keep them in games, maybe a few more than last year. Salinetro is calling for a Colonial Division title. Praise the confidence and enthusiasm, but Shippensburg and a few other teams may have something to say about it. Still, this is a team that has hopefully turned a corner. A push to 5-5 is more than doable.

2017 Schedule

Sept. 1	at Palmyra	7 p.m.
Sept. 8	vs. East Pennsboro	7 p.m.
Sept. 15	at Middletown	7 p.m.
Sept. 22	at Greencastle-Antrim	7 p.m.
Sept. 29	vs. Big Spring	7 p.m.
Oct. 6	at Waynesboro	7 p.m.
Oct. 13	vs. James Buchanan	7 p.m.
Oct. 20	at Mifflin County	7 p.m.
Oct. 27	vs. Shippensburg	7 p.m.
Nov. 3	vs. Northern	7 p.m.

Q&A

DOM SALINETRO, SR., QB/OLB

We won't waste much time introducing Dom Salinetro, who took over last year as the Mustangs' starting QB.

Fresh off a season that built momentum for this year and hopefully more, Salinetro is confident and, dare we say, a bit cocky.

Gotta love bold quarterbacks.

Q: You lose do-everything receiver Cameron May, but what excites you about this year's skill-position guys?

A: What excites me the most is just (answering) what can we do? We don't know our limit. We know what we can do, but we're just building up to that (ceiling) right now. We think we can put more points on the board than we have in the past, and that's what we're working for this year.

Q: What has it been like coming off of last season's marked improvements and finally getting a win?

A: After the James Buchanan game, we were like, 'Hey, we have momentum. Let's keep it up.' And then we go into the next week playing 6A Mifflin County, and we just went out like a ball of fire. We just played like we had nothing



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DR. JOSHUA CAPOZZI, DMD

to lose, and it paid off in the long run.

Q: Has there been a difference from previous offseasons to this one?

A: I think this offseason we came with the mentality that we have the ability to possibly win our division. And that's what we worked towards.

Q: That's a bold statement to make, a bold way to think, is it not?

A: We like to think of ourselves as underdogs, because when people look at us as underdogs, it's like, 'Ugh, we don't pay attention to them.' So what do we have to lose? We have nothing to lose. Shippensburg? They have the division titles and we don't. So we use that to our advantage.

Q: What did you work on this offseason to prepare for a life without May?

A: During 7-on-7s we spread it out more. I'd

throw to Joey (Reisinger) a lot, and I'd throw to Cade Sutch a lot, and I'd throw to Jake Quaker a lot. We just spread it out more; it wasn't one specific guy. The more we spread it out, then we won't have just one guy to rely on. We have four or five guys to rely on to catch the ball.

Q: How about yourself? How have you improved as a QB?

A: I've felt like I'm more poised, I'm more aware and I can make decisions quicker than I did last year.



West Perry compiled by Jake Adams. Email him at jadams@cumberlink.com or follow him on Twitter @jakeadams520

BOB BODEN, HEAD COACH

It took three years for Bob Boden to get his first win as a varsity head coach. It was a sweet moment for him, but more so for some players on the team who were craving success.

But now the fourth-year coach is eyeing better results, despite having to replace nearly his entire offensive and defensive lines, as well as dynamic playmaker Cameron May.

Q: What growth have you seen with the young o-line early in camp?

A: Every day they're getting better. We can only move as fast as they can move, so we're not going real super fast — we don't want to confuse them too much. I would say we have probably 10 guys vying for five spots.



Q: What's jumped out at you so far about this team?

A: Hard workers. You probably hear it from everybody, but we run a tough (practice). Our kids are working hard and being tough.

Q: Have you noticed a difference in how the kids attacked the offseason?

A: We just gave an award today. We keep points for everything you do: community service, weight room, all the things you show up to. (Dom Salinetto's) team won; we gave them an ice cream party for that. We had a lot of kids with a lot of points this year. Last year there were a lot of kids that were mediocre, and now we have a lot of kids up in the 300s, which is good.

THE ROSTER

No.	Name	Yr.	Ht.	Wt.	Pos.
10	Michael Kurtz	fr.	5-6	115	QB/DB
11	Eli Puchalsky	fr.	5-9	160	QB/DB
12	Dom Salinetto	sr.	6-3	185	QB/LB
14	Cade Sutch	jr.	6-1	160	WR/DB
20	Braydon Rice	jr.	6-2	151	WR/DB
21	Kenyon Johnson	so.	5-11	162	RB/LB
22	Terrance Quaker	jr.	5-8	145	RB/DB
23	Nevin Shields	sr.	5-7	155	RB/LB
24	Randy Negley	jr.	5-10	160	RB/LB
25	Trystin Panilaitis	jr.	5-11	137	WR/DB
30	Kyle Darhower	jr.	5-7	138	WR/LB
33	Jon Negley	jr.	5-10	160	RB/LB
35	Adam Thoman	so.	5-7	153	RB/LB
42	Jake Fadness	jr.	6-1	180	RB/LB
43	Tad Ziegler	so.	5-10	160	RB/LB
44	Luke Sheaffer	so.	6-1	181	TE/DE
45	Zach Quaker	so.	6-4	160	WR/DB
50	Joey Dress	jr.	6-0	173	OL/DL
51	Zane White	jr.	5-9	190	OL/DL
53	Landon Donnelly	so.	5-9	174	OL/DL
54	Cole Bair	fr.	5-6	180	OL/LB
55	Seth Rosenberry	fr.	5-6	155	OL/DL
56	Isaac Nulton	jr.	5-9	165	OL/DL
58	Tyler Wonders	fr.	5-6	145	OL/DL
61	Darrian McLaughlin	sr.	5-10	150	OL/LB
62	Dave Doran	jr.	5-7	207	OL/DL
63	Robert Negley	so.	5-11	167	OL/DL
65	Quinten Slaseman	jr.	5-8	155	OL/DL
66	Dylan Sparrow	sr.	5-9	169	OL/LB
68	Dave Zimmerman	sr.	6-3	225	OL/DL
70	Dylan Hess	fr.	5-5	176	OL/DL
71	Brandon Kurtz	sr.	6-0	230	OL/DL
72	Jared Buechel	jr.	6-3	247	OL/DL
73	Derek Tienter	so.	5-5	134	OL/DL
75	Dan Dress	n/a	5-11	195	OL/DL
77	Matt Holley	fr.	5-10	183	OL/DL
78	Owen Stauffer	so.	6-3	265	OL/DL
80	Marcus Goodrum	sr.	5-11	n/a	WR/ILB
81	Jake Quaker	sr.	6-5	200	WR/DB
82	Joey Reisinger	sr.	5-8	150	WR/DB
83	Gunner Taylor	fr.	5-7	130	TE/LB
84	Preston Weber	jr.	6-1	155	WR/DB
88	Aidan Clark	fr.	5-5	130	RB/LB



JASON MALMONT, FOR THE SENTINEL

West Perry's Terrance Quaker rushes for yards during practice Aug. 11 at West Perry High School.


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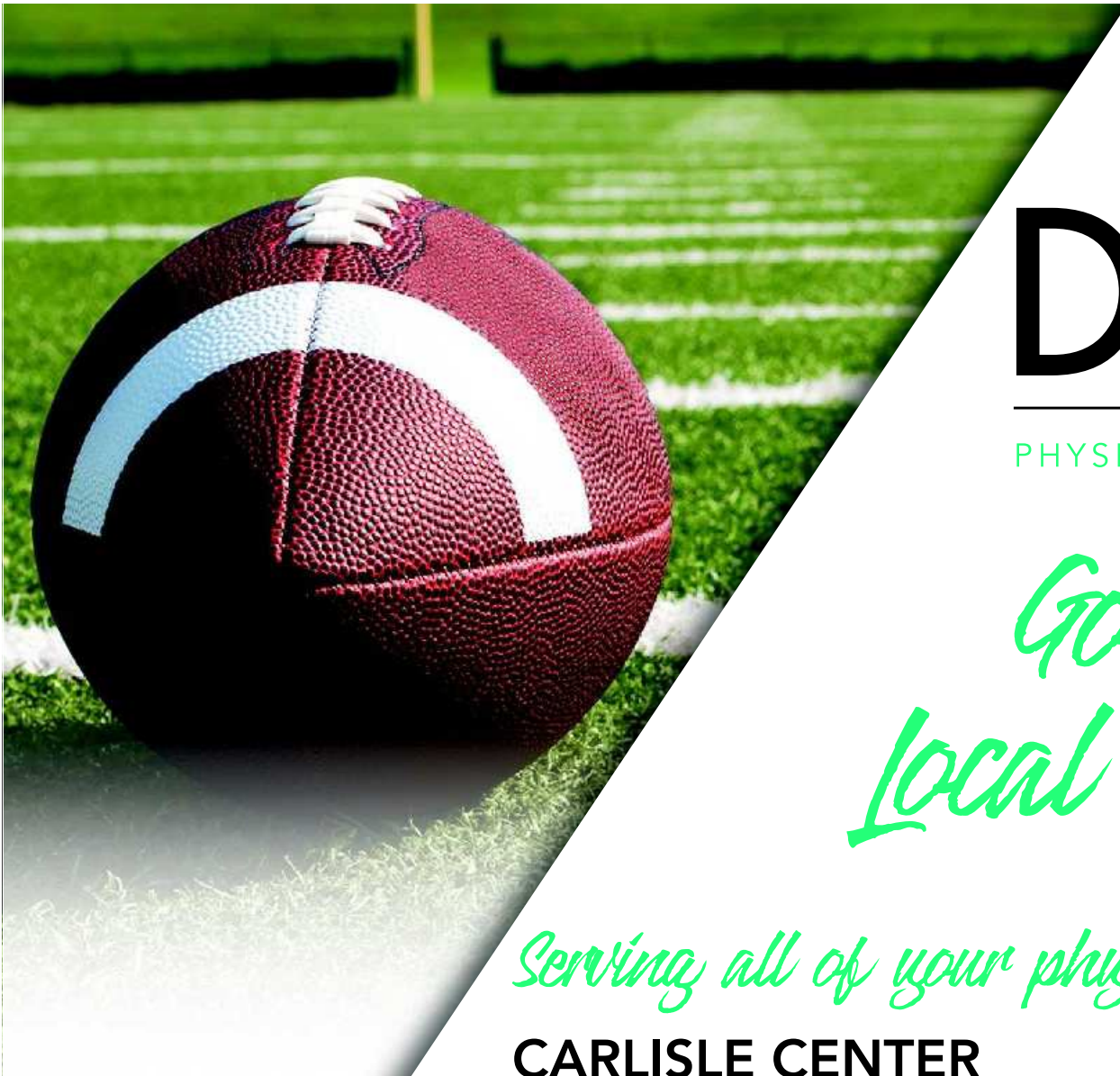
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