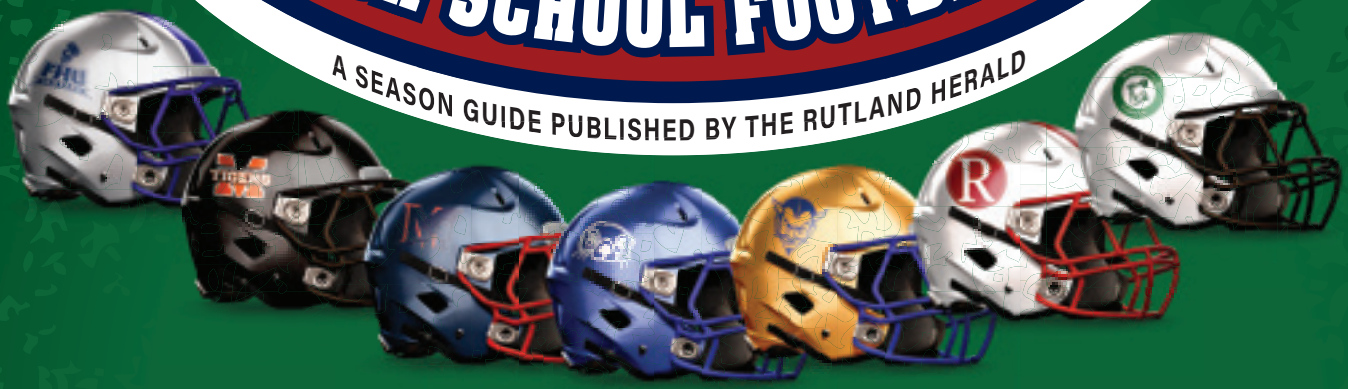
GAME ON!

2026 HIGH SCHOOL FOOTBALL

A SEASON GUIDE PUBLISHED BY THE RUTLAND HERALD



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Welcome

Welcome to the 2026 Vermont high school football season. As Sports Editor of the Rutland Herald, I'm excited to bring you our Rutland Herald football magazine once again this fall.

We are excited for the high school games to get underway this fall. Watching preseason practices and talking to many coaches, it's clear the excitement that everyone is feeling to get started.

Last year was a great year for football teams we cover closely here at the Herald. Division I Middlebury won a state championship and Division II Fair Haven made its second straight trip to the state championship game, while Division I Rutland and Division III Otter Valley came up just short of making the finals.

With teams itching to get going, we expect a competitive season of football ahead. Fair Haven's Adam Perry, Otter Valley's Jim Hill, Middlebury's Jed Malcolm, Mill River's Zach Allen, Rutland's Mike Norman, and Springfield's Todd Aiken all have teams they are excited about for the 2026 season.

There will be a hole this fall with Poultney not fielding a team, but those athletes have found a home in Fair Haven.

This year sees the state finals heading to Burlington High School on Nov. 14. It's a date every team has circled on the calendar.

We can't wait to see the bleachers packed, as classmates, parents and fans alike, cheer on their favorite teams.

Football is a Friday night and Saturday afternoon tradition that is hard to match.

We want to thank the six schools included in this book for their cooperation in allowing us to take photos of their teams and giving us some insight into what to expect this year.

Good luck to all players and coaches as you begin the journey to a potential state championship. Time to kick the ball off, let's play some football.

Adam Aucoin

Rutland Herald Sports Editor

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FAIR HAVEN UNION HIGH SCHOOL



Slaters



SEASON PREVIEW

By Adam Aucoin

FAIR HAVEN — Fair Haven Union High School boys athletes have played in a lot of big games over the last few years.

The Slaters' football team has played in two straight Division II state championship games, the boys basketball team made it to the state semifinals last year and the wrestling team has multiple athletes who are routinely in the mix for state titles, among other high-level athletes in other sports.

The Fair Haven football team is hoping that big-game experience serves them well going into the 2026 season.

"All of these kids, for the most part, are two or three sport players," said Fair Haven coach Adam Perry. "They've been in big games. They've been on a big stage and that's not going to faze them.

"Our schedule isn't easy. Every week is a dog fight. You get to the end and its three heavyweights, Colchester, Mount Anthony and Hartford, so you want to be playing your best ball. It's a good group. They're coming together and they're having fun."

The Slaters won the Division II state championship in 2024 and had their comeback effort come up just short in the state final last year against Colchester.

Fair Haven has the pieces to be right back in the mix among Division II's best.

The Slaters are breaking in a new quarterback this year with Cody Adams graduating, but they figure to be just fine with his younger brother, junior Easton Adams, taking over.

Easton Adams has varsity experience at the position already and is a standout three-sport athlete. Joey Rice is his backup and will get plenty of quarterback reps on the junior varsity squad.

"Easton is ready to take this ship over. This is his team and he's ready for it," Perry said. "He has two great receivers to look to for leadership with Sam Kyhill and Derek Webb and he has a nice backfield behind him with four seniors."

Sam Kyhill and Derek Webb are captains for the Slaters and are experienced receiving targets for Adams. Senior Logan Knipes, junior Devin LaFrancois, senior Brady New are others that figure to factor into the passing attack.

Junior Austin Williams and West Rutland student Joey McKirryher will have roles at tight end.

"There's some big targets and there's some speedy targets," Perry said. "There's a lot of depth and skill."

Anthony Szabo is heading into his senior season at running back and has had some solid run, especially late in the season last year. Aden Wilkins figures to step in a fullback role that Jon Hutchins thrived in.

Kole Lynch, from Poultney, also comes with loads of varsity experience. Kyhill is a Swiss army knife of the offense and will also see time in the backfield.

Fair Haven is well-stocked on the offensive line with four returning starters and plenty of young lineman waiting in the wings to take on bigger roles over the coming years.

Junior Jacob Jamieson, senior Tommy Buxton, senior Seth Czachor and junior Jerry Kirby return on the line. Sophomore Pauli Kuruyawa has stepped up at center and picked up the position well.

The Slaters were very strong defensively last year, holding opponents to 14 or less points in all but three of their 11 games. They look to be talented on that side once again.

Lynch and Szabo are standouts at linebacker, while Belden, Webb, LaFrancois and Kyhill are elite defensive backs. Corner is a position that is up for grabs, but guys like sophomores Colin Boudreau and Thorin Didomenico have impressed in the preseason.

Junior Aydin Long could factor into many defensive roles.

With the six additions Fair Haven got from Poultney's program, the Slaters program boasts 45 athletes, a major luxury for what they can do in practices and keeping guys fresh in games.

GAME SCHEDULE

Union-32	(H) 9/4 @ 7:00
Bellows Falls	(H) 9/11 @ 7:00
Lyndon Inst.	(H) 9/18 @ 7:00
North Country	(A) 9/25 @ 7:00
Mt. Mansfield	(A) 10/3 @ 1:00
Colchester	(A) 10/9 @ 7:00
Mount Anthony	(H) 10/15 @ 7:00
Hartford	(A) 10/23 @ 7:00

FAIR HAVEN UNION HIGH SCHOOL



Slaters



0
Brady New
WR / DB - Grade 12



1
Sam Kyhill
WR / DB - Grade 12



2
Aydin Long
WR / DB - Grade 11



3
Sawyer Belden
RB / LB - Grade 9



4
Matt Twitchell
WR / DB - Grade 11



5/34
Thorin Didomenico
WR / DB - Grade 10



6
Cody LaFrancois
WR/ DB - Grade 9



7
Colin Boudreau
WR / DB - Grade 10



8
Logan Knipes
WR / DB - Grade 12



9
Derek Webb
WR / DB - Grade 12



10
Cole Belden
WR / DB - Grade 11



11
Travis Duprey
WR / DB - Grade 10



12
Devin LaFrancois
WR / DB - Grade 11



13
Sarel Venter
WR / DB - Grade 9



15
Joey Rice
QB / DB - Grade 10



16
Jacob Torrey
RB / LB - Grade 12

FAIR HAVEN UNION HIGH SCHOOL



Slaters



17

Logan Steady
WR / DB - Grade 9



18/87

Joey McKirryher
TE / DL - Grade 12



19

Easton Adams
QB / DB - Grade 11



21

Jake Webb
RB / LB - Grade 10



22

Nick Lemois
WR / LB - Grade 10



25

Connor LaFrancois
RB / LB - Grade 11



26

Aden Wilkins
RB / LB - Grade 12



32

Maverick Traverse
RB / LB - Grade 9



33

Ian Bache
RB / LB - Grade 9



35

Anthony Szabo
RB / LB - Grade 12



40/44

Kole Lynch
RB / LB - Grade 12



46

Dustin Parker-Bourdeau
RB / DB - Grade 9



51

Cole Pomainville
OL / DL - Grade 10



53

Aiden Goyette
OL / DL - Grade 11



55

Tom Buxton
OL / LB - Grade 12



58

Jacob Jamieson
OL / DL - Grade 11

FAIR HAVEN UNION HIGH SCHOOL



Slaters



60

Seth Czachor
OL / DL - Grade 12



63

Charles Derouchie
OL/DL - Grade 10



64

Aiden St. Armour
OL / DL - Grade 12



65

Liam Quesnel
OL / DL - Grade 9



66

Jerry Kirby
OL / DL - Grade 11



68

Braytin Dougherty
OL / DL - Grade 9



70

Landon Hall
OL / DL - Grade 9



72

Carter Young
OL / DL - Grade 9



75

Pauli Kuruyawa
OL / LB - Grade 10



76

Ryan Mulholland
OL / DL - Grade 10



78

Mason McCallum
OL / DL - Grade 11



80

Austin Williams
TE / DL - Grade 11



87

Sawyer Bulch
WR / DB - Grade 10



88

Gabriel Goodwin
WR / DB - Grade 88

Coaching Staff

**Head Coach Adam Perry,
Associate Head Coach DJ Perry,
Assistant Coaches Hunter Muzzy,
Caleb Lisai, Joel Perry, PJ Szabo,
Chris Parker, Keith Hier**

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MIDDLEBURY UNION HIGH SCHOOL



Tigers

SEASON PREVIEW

By Tom Haley

MIDDLEBURY — On a bitter cold November night in South Burlington, the Middlebury football team warmed the hearts of Tiger fans by beating St. Johnsbury 13-7 in the 2025 Division I state championship game.

"I'm a bigger fan of this weather," Middlebury running back Jason Sperry said on a sunny August morning at a recent team practice.

Yes, but everything else about that frigid November night will be cherished by Sperry and his teammates for a lifetime.

It involved Sperry converting a fourth down with a run late in the game with what coach Jed Malcolm called "a bit of a risky play."

Of course, the risk is less with a blue chip back like Sperry.

"I think he will be in the conversation for Player of the Year," Malcolm said.

Few were aware of Sperry last year because an injury had put him in the shelf for his sophomore season.

"We knew about him," Malcolm said. "He won't be able to sneak up on anybody this year."

Before picking up the crucial first down, Sperry had turned away the Hilltoppers with an interception.

Now, the Tigers would love to go back-to-back with state titles. Sperry knows the one from last year guarantees nothing in the quest to hoist the plaque again. Resting on their laurels is not part of the plan.

"I think that we are more hungry. It is a brand new mindset now," Sperry said. "This is a team that is willing to hit."

The captains are returning starting quarterback Brady Lloyd, Sperry and big hard-charging running back Tucker Wright.

You can count on one thing and it is the same feature that you can count on about the Tigers every year — enemy defenses will get a very heavy dose of the run game.

Lloyd will be able to hand the ball to some talented running backs led by Sperry, Wright and Maverick Gardner-Wacker, a smallish, shifty runner.

Lloyd does possess a strong arm and is accurate enough to keep the defense honest. Senior Rowdy Malcom is his backup.

When the Tigers do opt to throw, tight end Adam Larose could be a weapon as an inviting 6-foot-6 target.

Larose's frame prompts memories of two other recent Middlebury tight ends, brothers Penn and Cooke Riney. Cooke is a 6-foot-7 tight end at Yale and Penn a 6-foot-5 tight end playing for Johns Hopkins.

A key player on the other side of the ball figures to be Parker Carl.

The biggest question mark, Malcolm said, is the offensive line. With the reliance on the running game, that unit's progress bears watching.

Malcolm feels that the top three teams are his own squad, Burr and Burton Academy and St. Johnsbury but adds other teams like Rutland and Essex could emerge as contenders.

That means that Middlebury's schedule is front loaded with major tests. They opened at Burr and Burton and play St. Johnsbury in the third game. In between, they face CVU.

"CVU will be a lot better this year," Malcolm said.

He does not plan on playing any freshmen, at least not early in the year.

That class is a story in itself. There are 23 freshmen, the largest ninth grade class in more than 30 years.

In an age when many schools are struggling to field teams, the robust freshman numbers signal a healthy future for Tiger football.

The starting quarterback is a safety on the defensive side.

Seniors on the team are Lloyd, Sperry, Rowdy Malcolm, Carl, Tucker Wright, Connor Swan, Sam Sherman and Aiden Arsenault.

The junior class is represented by Evan Gillette, Tanner English, Gardner-Wacker, David Odell, Larose, Larry Bouger III, Evan Northrup, Rudy Devoid, Randy Cameron, Tim Nop, Jackson Jacobs, Connor Desabrais and Trevor Wright.

Jerry Nop, Watson Malcom, Teddy Curran, Ryan Rheaume, Ezra Bliven, Kieran King and Tucker Sheldrick are the sophomores.

The Tigers' football history is a proud one. It includes 11 state championship. Jed Malcom played on one on 1995 and now he'd love to coach another one.

The chances? A big answer to that will come in the first three weeks.

GAME SCHEDULE

Burr & Burton	(A) 9/5 @ 7:00
CVU	(A) 9/12 @ 1:00
St. Johnsbury	(H) 9/18 @ 7:00
Mt. Anthony	(H) 9/25 @ 7:00
Hartford	(A) 10/2 @ 7:00
Essex	(H) 10/9 @ 7:00
Brattleboro	(H) 10/16 @ 7:00
Rutland	(A) 10/23 @ 7:00

MIDDLEBURY UNION HIGH SCHOOL



Tigers



1
Brady Lloyd
Captain / QB / S - Grade 12



2
Jason Sperry
Captain / RB / LB - Grade 12



3
Evan Gillette
RB / DB - Grade 11



4
Tanner English
FB / LB - Grade 11



5
Maverick Gardner-Wacker
RB / CB - Grade 11



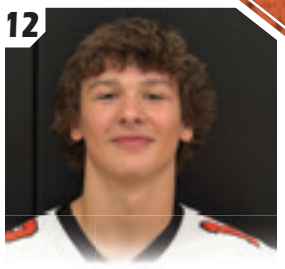
6
Rowdy Malcolm
QB / S - Grade 12



7
Jerry Nop
RB / LB - Grade10



8
Parker Carl
TE / DE - Grade 12



12
David Odell
TE / DE - Grade 12



13
Watson Malcolm
QB / LB - Grade 10



15
Adam Larose
TE / DE - Grade 11



18
Larry Bouger III
RB / DL - Grade 11



19
Evan Northrup
SE / DB - Grade 11



20
Rudy Devoid
RB / DB - Grade 12



21
Ryan Rheaume
RB / LB - Grade 10



22
Tucker Wright
Captian / RB / LB - Grade 11

MIDDLEBURY UNION HIGH SCHOOL



Tigers



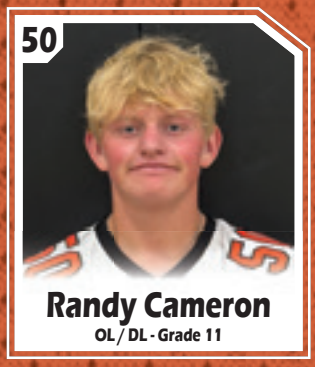
Teddy Curran
RB / DB - Grade 10



Lucas Wing
Grade 10



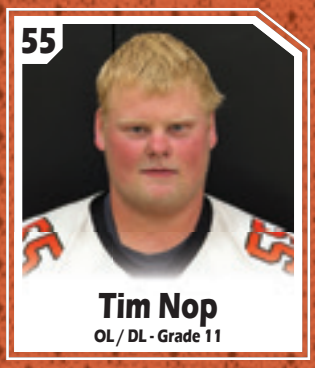
Ezra Bliven
RB / DB - Grade 10



Randy Cameron
OL / DL - Grade 11



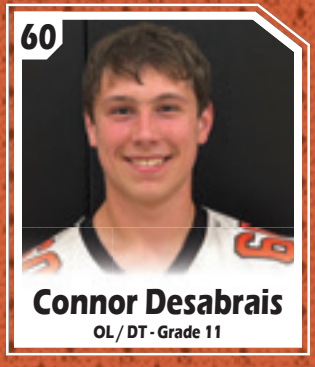
Connor Swan
OL / DL - Grade 12



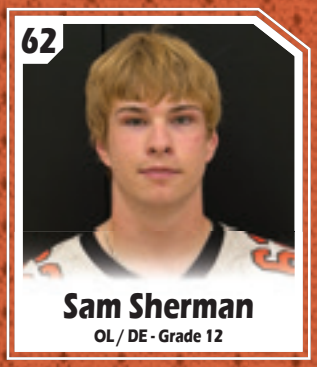
Tim Nop
OL / DL - Grade 11



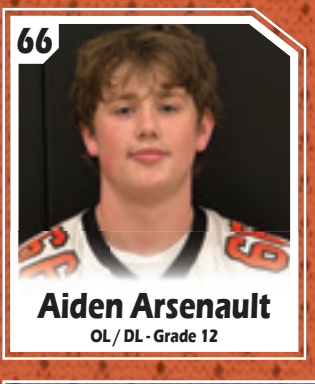
Jackson Jacobs
OL / DL - Grade 11



Connor Desabrais
OL / DT - Grade 11



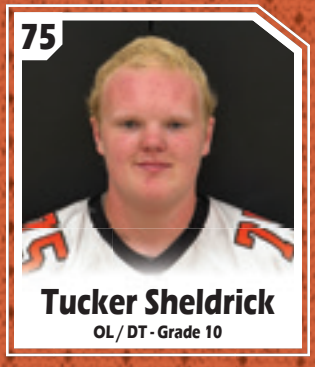
Sam Sherman
OL / DE - Grade 12



Aiden Arsenault
OL / DL - Grade 12



Kieren King
OL / DL - Grade 10



Tucker Sheldrick
OL / DT - Grade 10



Trevor Wright
OL / LB - Grade 11

Coaching Staff

Head Coach: Jed Malcolm

Varsity Assistants: John Nuceder, Nick Lawes, Mark Ambrosio

A PARENTS GUIDE

Right now, what may seem like "overkill" will help ensure that your teen has the best chance to heal and rejoin the team safely. After all we all want what's best for our kids both today and for a lifetime.

By Tom Poole

A concussion is a traumatic injury to the brain that effect its functions. Recent research has led to the generation of CPG's (clinical practice guidelines), improved screening and the ability to classify the extent of injury and direct medical follow-up. A head injury can range from a concussion to mild traumatic brain injury to CTE (Chronic Traumatic Encephalopathy). The good news is the vast majority of concussions resolve through monitoring symptoms and do not require advanced testing. Most injuries will recover within 7 to 10 days if all advice is followed and the athlete does not return to play too early. Subsequent issues can result in PCS (post concussive syndrome) and prolonged recovery. No two injuries are identical however common symptoms experienced can be classified as physical, cognitive or psychologic.

Neurologic symptoms are not limited to; dizziness, vestibular dysfunction, blurred vision, tinnitus or ringing in the ears, difficulty thinking clearly and sensitivity to light or noise. Cognitive/psychologic symptoms can range from difficulty thinking clearly, attention deficits and brain fog to emotional distress. Sleep/wake deficits are often reported however if persistent after 48 hours should be monitored via medical provider.

Often adolescences are unable to fully understand these temporary changes and so direct observation is important. Coaches and athletic trainers, in addition to parents, play an integral role in the recovery process. It is paramount that both the athlete and parents adhere to all medical advice.

Immediately post injury, an athletic trainer or coach will monitor the athlete for symptoms. The screening process is of upmost importance. During this process the screener will be assessing neurologic and musculoskeletal deficits. Observing eye motion, assessing cervical spine range, a balance screening
and a battery of subjective questions will be completed. The response to this process will determine whether the athlete is able to return to play or complete a concussion protocol for recovery.

An important aspect of recovery is 24 to 48 hours of physical and sensory rest post injury. This rest aids in recovery but also significantly decreases the likelihood of second impact syndrome. If the athlete returns to activity too soon, multiple injuries may be cumulative. Aerobic activity should be limited



during this time as well as any activity that exacerbates symptoms.

After this rest a graded exposure to activity will actually aid in a quicker neurologic recovery. Prolonged rest and inactivity may delay recovery. Biking and no contact aerobic activity are excellent options. Avoiding sensory overload via reduction of screen time is a hard task these days but required for recovery. Reducing screen intensity and brightness is a good idea by decreasing the blue glow via iPhone Night Shift Mode or increased screen warmth.

Persistent symptoms which may warrant further medical follow up or monitoring are not limited to; increased headache not responsive to treatment, repetitive vomiting, slurred speech, increased confusion, unusual irritable behavior, seizures, persistent weakness of extremity, significant pain or uncontrolled lability/crying. Pediatricians are well equipped to screen for persistent deficits and refer to appropriate provider. A physical therapist can assist with persistent neck/spine pain and headaches in addition to balance or vestibular deficits. Often this will result in repeat screening via BESS (balance error score system), CTSIB (clinical test of sensory integration of balance), vision and vestibular systems. Athletic trainers can continue to monitor balance and neurologic recovery as well as assist in transitioning the athlete back to aerobic activity and eventual contact sport.

Ample resources are available, the most reputable being educational institutions and concussion clinics. The National Institute of Health offers free educational offerings via its "HEADSUP" program. The Mayo Clinic and concussionalliance.org are also great resources.

Tom Poole, DPT is a physical therapist practicing at Rutland Regional Medical Center's Outpatient Rehabilitation Clinic in Rutlant, Vermont. Within the concussion program he has treated patients for the past 10 years. This article is purely educational and not met to constitute medical advice.

CONCUSSION SIGNS INCLUDE:

Emotional and Behavioral

- Becoming easily annoyed or angry, seeming cranky and irritable
- Feeling worried or nervous
- Seeming emotional, crying more easily than normal
- Not seeming like himself/herself, personality changes

Physical

- Headaches
- Fatigue, seeming tired, trouble staying awake
- Trouble sleeping
- Lack of energy, slow-moving
- Blurry or double vision
- Sensitivity to noise or light
- Dizziness, feeling lightheaded
- Nausea

Thinking (Cognitive)

- Not remembering how the concussion happened
- Becoming easily confused
- Slowness in thinking, seeming "foggy" or "zoned out"
- Difficulty paying attention
- Forgetfulness, memory problems
- More difficulty at school than normal

Tailoring and Alterations

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Referee Signal Chart



Touchdown, Field Goal



Touchback



Safety



Dead Ball



Time Out



Personal Foul



Blocking Below the Waist



Illegal Touching, Illegal Batting



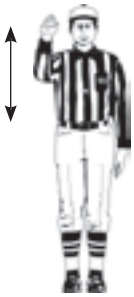
Delay of Game



Assisting the Runner



Sideline Violation



Rest Play Clock



Defense Offsides, Encroachment



Facemask



Holding



Illegal Use of Hands



Illegal Contact



Pass Interference or Kick Catch Interference



Illegal Motion



Illegal Shift



Intentional Grounding



Illegal Forward Pass



Penalty Refused, Unsuccessful Scoring Attempt



False Start, Illegal Defense / Blitz / Formation / Procedure



Ineligible Downfield



Illegal Participation



Uncatchable Pass



Tripping



Illegal Crackback



Unsportsmanlike Conduct

MILL RIVER UNION HIGH SCHOOL

Minutemen



SEASON PREVIEW

By Tom Haley

NORTH CLARENDON — The Otters are coming.

The Mill River football opened the season Sept. 5 at home against Rutland County rival Otter Valley. The game has it all: It is a Division III game, a rivalry game with a trophy on the line and one of those games where many players know the guys in the other uniform.

"It is a great way to start off. I am very excited about that game. It's like a homecoming before the homecoming," senior lineman James Alt said.

"It is a great rivalry game," senior receiver Gavin Treanor said.

Treanor and Alt are two of the captains and they've seen this edition of Minutemen football grow just in the first week.

That's good, because the team is young. The maturation process will be important.

"The young kids have really stepped up. They are really advanced for their age," Alt said.

Senior Jack Boulger will be the starting quarterback and sophomore Thomas Yaddow his backup.

Allen expects that Boulger will be directing an attack with fairly even pass/run ratio.

"We do a little of everything. We'll be balanced," the coach said.

Some of the primary receivers figure to be Jack's younger brother sophomore Matt Boulger, Treanor and freshman Richie Littler.

Littler is athletic and one of those ninth graders that has Allen so high on the freshman group.

Shouldering most of the ground game will be backs Wyatt Tarbell, Evan Spanos and Jameson Yeaman.

Treanor said that he sees the offensive line as one of the strengths of the team. Standing out on that line will be 6-foot-2, 225-pound Alt, who will play both ways.

Adding to the excitement of the opener, the Minutemen will be playing their first game on their game field since 2024. Last year, the Minutemen played home games on Mount St. Joseph's St. Peter's Field in Rutland because MRU's game field was unplayable.

Last year at this time, a bulldozer was sitting on Mill River's game field.

The numbers are at least average for Division III.

Treanor will handle the punting and placekicking with Sophia Cavalieri as the backup kicker.

The seniors are Liam Ricketts, Alt, Jack Boulger, Tarbell, Daniel Usher, Cavalieri, Cooper Gross and Treanor.

Yeaman, Wyatt Frei, Spanos and Gregory Osborne comprise the small junior class.

The sophomore class is represented by Ryland Carleton, Malachi Miner, Timothy Phillips, Matt Boulger, Adrian Zielinski, Colton Jones, Yaddow, Nick Bauer and Liam Cyr.

The freshmen are William Dasilva, Nicholas Dounetos, Littler, Keenan Collins, Tyler Davis, Aayden Lawrence, Dax Rydeski, Jeremiah Hoyle and Kayden Lambert.

Mill River combines with Mount St. Joseph for football and, in fact, the Minutemen will still play one home game on St. Peter's Field, the one honoring the MSJ seniors.

"We also played baseball with MSJ and won a state championship. We are one big happy family," Alt said.

Allen is also Mill River's wrestling coach and has 10 of his wrestlers on this squad.

Boulger rifled a sideline pass to Treanor in a recent practice and Treanor dropped it.

They ran the same play three more times and Treanor caught all three.

That is a microcosm of what this young team could be all about. Correcting mistakes and growing up in a hurry could be the key to a successful season for a team heavy with underclassmen.

GAME SCHEDULE

Otter Valley	(H) 9/5 @ 1:00
Spaulding	(A) 9/11 @ 7:00
Windsor	(H) 9/19 @ 1:00
Springfield	(H) 9/26 @ 1:00
Missisquoi	(A) 10/3 @ 1:00
Monadnock	(H) 10/10 @ 2:00
Woodstock	(H) 10/17 @ 1:00
Fairfax/Lamoille	(A) 10/24 @ 1:00

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MILL RIVER UNION HIGH SCHOOL



Minutemen



1
Gavin Treanor
WR / DB - Grade 11



2
Colton Jones
RB / DB- Grade 10



3
Jack Boulger
QB / DB - Grade 12



5
Jameson Yearman
RB /DB - Grade 11



7
Evan Spanos
RB / DB - Grade 11



10
Richie Littler
WR / DB - Grade 9



11
Nicholas Dounetos
WR / DB - Grade 9



15
Thomas Yaddow
QB / DB - Grade 10



22
Mathew Boulger
RB / OLB - Grade 10



25
Sophia Cavalieri
WR / DB - Grade 12



32
Wyatt Tarbell
RB / DB - Grade 12



40
Jeremiah Hoyle
RB / OLB - Grade 9



44
Ryland Carleton
TE / MLB- Grade 10



50
Dax Rydeski
OL / DL - Grade 9

MILL RIVER UNION HIGH SCHOOL



Minutemen

52

Aayden Lawrence
OL / DL - Grade 9

54

Kaden Lambert
OL / DL - Grade 9

55

Liam Cyr
OL / DL - Grade 10

60

Malachi Miner
OL / DL - Grade 10

62

Liam Ricketts
OL / DL - Grade 12

64

Daniel Usher
OL / DL - Grade 12

65

Adrian Zielinski
OL / DL - Grade 10

67

Cooper Gross
OL / DL - Grade 12

68

Tyler Davis
OL / DL - Grade 9

71

James Alt
OL / DL - Grade 12

77

Gregory Osborne
OL / DL - Grade 11

80

William Dasilva
WR / DB - Grade 8

86

Wyatt Frei
WR / DB - Grade 12

88

Keenan Collins
TE / OLB - Grade 9

2026 Season Schedule

Fair Haven High School
Slaters

Union-32	(H) 9/4 @ 7:00
Bellows Falls	(H) 9/11 @ 7:00
Lyndon Inst.	(H) 9/18 @ 7:00
North Country	(A) 9/25 @ 7:00
Mt. Mansfield	(A) 10/3 @ 1:00
Colchester	(A) 10/9 @ 7:00
Mount Anthony	(H) 10/15 @ 7:00
Hartford	(A) 10/23 @ 7:00

Otter Valley Union High School
Otters

Mill River	(A) 9/5 @ 1:00
Fairfax/Lamoille	(A) 9/12 @ 1:00
Rice Memorial	(H) 9/18 @ 7:00
Open Date	Week 4
Windsor	(H) 10/3 @ 7:00
Woodstock	(A) 10/9 @ 7:00
Springfield	(H) 10/16 @ 7:00
Mt. Abraham	(H) 10/24 @ 7:00

Middlebury Union High School
Tigers

Burr & Burton	(A) 9/5 @ 7:00
CVU	(A) 9/12 @ 1:00
St. Johnsbury	(H) 9/18 @ 7:00
Mt. Anthony	(H) 9/25 @ 7:00
Hartford	(A) 10/2 @ 7:00
Essex	(H) 10/9 @ 7:00
Brattleboro	(H) 10/16 @ 7:00
Rutland	(A) 10/23 @ 7:00

Rutland High School
Football

BFA St. Albans	(A) 9/4 @ 7:00
Hartford	(H) 9/11 @ 7:00
Mt. Anthony	(H) 9/18 @ 7:00
Essex	(A) 9/25 @ 7:00
Seawolves	(A) 10/2 @ 7:00
Brattleboro	(H) 10/8 @ 7:00
Burr & Burton	(A) 10/16 @ 7:00
Middlebury	(H) 10/23 @ 7:00

Mill River Union High School
Minutemen

Otter Valley	(H) 9/5 @ 1:00
Spaulding	(A) 9/11 @ 7:00
Windsor	(H) 9/19 @ 1:00
Springfield	(H) 9/26 @ 1:00
Missisquoi	(A) 10/3 @ 1:00
Monadnock	(H) 10/10 @ 2:00
Woodstock	(H) 10/17 @ 1:00
Fairfax/Lamoille	(A) 10/24 @ 1:00

Springfield High School
Cosmos

Brattleboro	(H) 9/4 @ 7:00
Beekmantown	(A) 9/11 @ 7:00
Woodstock	(H) 9/18 @ 7:00
Mill River	(A) 9/26 @ 1:00
Union-32	(A) 10/2 @ 7:00
Windsor	(H) 10/9 @ 7:00
Otter Valley	(A) 10/16 @ 7:00
Bellows Falls	(H) 10/24 @ 7:00

		WEEK #2	WEEK #3	WEEK #4	WEEK #5	WEEK #6	WEEK #7	WEEK #8
TEAMS-DIV. I	9/3, 9/4, or 9/5	9/10, 9/11 or 9/12	9/17, 9/18 or 9/19	9/24, 9/25 or 9/26	10/1 10/2 or 10/3	10/8, 10/9 or 10/10	10/15, 10/16 or 10/17	10/22, 10/23 or 10/24
B.F.A.	Rutland (H) 9/4 7:00	Seawolves (H) 9/10 7:00	Essex (A) 9/18 7:00	Colchester (H) 9/25 7:00	Mt. Anthony (A) 10/2 7:00	Mt. Mansfield (A) 10/10 1:00	St. Johnsbury (A) 10/16 7:00	CVU (H) 10/23 7:00
BURR & BURTON	Middlebury (H) 9/5 7:00	Mt. Anthony (A) 9/11 7:00	Hartford (H) 9/19 1:00	Seawolves (A) 9/25 7:00	Brattleboro (A) 10/2 7:00	CVU (A) 10/10 1:00	Rutland (H) 10/16 7:00	Essex (H) 10/23 7:00
C.V.U.	Hartford (H) 9/5 1:00	Middlebury (H) 9/12 1:00	Seawolves (A) 9/18 7:00	St. Johnsbury (H) 9/26 1:00	Essex (A) 10/2 7:00	Burr & Burton (H) 10/10 1:00	Colchester (A) 10/16 7:00	BFA St. Albans (A) 10/23 7:00
ESSEX	St. Johnsbury (A) 9/4 7:00	Colchester (A) 9/10 7:00	BFA St. Albans (H) 9/18 7:00	Rutland (H) 9/25 7:00	CVU (H) 10/2 7:00	Middlebury (A) 10/9 7:00	Seawoles (H) 10/16 7:00	& Burton (A) 10/23 7:00
MIDDLEBURY	Burr & Burton (A) 9/5 7:00	CVU (A) 9/12 1:00	St. Johnsbury (H) 9/18 7:00	Mt. Anthony (H) 9/25 7:00	Hartford (A) 10/2 7:00	Essex (H) 10/9 7:00	Brattleboro (H) 10/16 7:00	Rutland (A) 10/23 7:00
MT. ANTHONY	Seawolves (H) 9/4 7:00	Burr & Burton (H) 9/11 7:00	Rutland (A) 9/18 7:00	Middlebury (A) 9/25 7:00	BFA St. Albans (H) 10/2 7:00	Hartford (H) 10/9 7:00	Fair Haven (A) 10/15 7:00	Brattleboro (A) 10/23 7:00
MT. MANSFIELD	Colchester (A) 9/4 7:00	Rice Memorial (H) 9/12 1:00	Union-32 (H) 9/19 1:00	Lyndon Inst. (A) 9/26 1:00	Fair Haven (H) 10/3 1:00	BFA St. Albans (H) 10/10 1:00	Bellows Falls (A) 10/16 7:00	North Country (A) 10/23 7:00
RUTLAND	BFA St. Albans (A) 9/4 7:00	Hartford (H) 9/11 7:00	Mt. Anthony (H) 9/18 7:00	Essex (A) 9/25 7:00	Seawolves (A) 10/2 7:00	Brattleboro 10/8 7:00	Burr & Burton (A) 10/16 7:00	iddlebury (H) 10/23 7:00
Seawolves	Mt. Anthony (A) 9/4 7:00	BFA St. Albans (A) 9/10 7:00	CVU (H) 9/18 7:00	Burr & Burton (H) 9/25 7:00	Rutland (H) 10/2 7:00	St. Johnsbury (A) 10/8 7:00	Essex (A) 10/16 7:00	Colchester (H) 10/23 7:00
ST. JOHNSBURY	Essex (H) 9/4 7:00	Brattleboro (A) 9/11 7:00	Middlebury (A) 9/18 7:00	CVU (A) 9/26 1:00	Colchester (H) 10/2 7:00	Seawolves (H) 10/8 7:00	BFA St. Albans (H) 10/16 7:00	Lyndon Inst. (A) 10/24 1:00

	WEEK #1	WEEK #2	WEEK #3	WEEK #4	WEEK #5	WEEK #6	WEEK #7	WEEK #8
TEAMS-DIV. II	9/3, 9/4, or 9/5	9/10, 9/11 or 9/12	9/17, 9/18 or 9/19	9/24, 9/25 or 9/26	10/1 10/2 or 10/3	10/8, 10/9 or 10/10	10/15, 10/16 or 10/17	10/22, 10/23 or 10/24
BRATTLEBORO	Springfield (A) 9/4 7:00	St. Johnsbury (H) 9/11 7:00	Bellows Falls (H) 9/18 7:00	Hartford (A) 9/25 7:00	Burr & Burton (H) 10/2 7:00	Rutland (A) 10/8 7:00	Middlebury (A) 10/16 7:00	Mt. Anthony (H) 10/23 7:00
COLCHESTER	Mt. Mansfield (H) 9/4 7:00	Essex (H) 9/10 7:00	North Country (A) 9/18 7:00	BFA St. Albans (A) 9/25 7:00	St. Johnsbury (A) 10/2 7:00	Fair Haven (H) 10/9 7:00	CVU (H) 10/16 7:00	Seawolves (A) 10/23 7:00
FAIR HAVEN	Union-32 (H) 9/4 7:00	Bellows Falls (H) 9/11 7:00	Lyndon Inst. (H) 9/18 7:00	North Country (A) 9/25 7:00	Mt. Mansfield (A) 10/3 1:00	Colchester (A) 10/9 7:00	Mt. Anthony (H) 10/15 7:00	Hartford (A) 10/23 7:00
HARTFORD	CVU (A) 9/5 1:00	Rutland (A) 9/11 7:00	Burr & Burton (A) 9/19 1:00	Brattleboro (H) 9/25 7:00	Middlebury (H) 10/2 7:00	Mt. Anthony (A) 10/9 7:00	Lyndon Inst. (H) 10/15 7:00	Fair Haven (H) 10/23 7:00
LYNDON INST.	Spaulding (A) 9/3 7:00	Union-32 (H) 9/12 1:00	Fair Haven (A) 9/18 7:00	Mt. Mansfield (H) 9/26 1:00	North Country (H) 10/3 1:00	Bellows Falls (A) 10/9 7:00	Hartford (A) 10/15 7:00	St. Johnsbury (H) 10/24 1:00
NORTH COUNTRY	Bellows Falls (A) 9/4 7:00	Woodstock (A) 9/11 7:00	Colchester (H) 9/18 7:00	Fair Haven (H) 9/25 7:00	Lyndon Inst. (A) 10/3 1:00	Milton (A) 10/9 7:00	Union-32 (H) 10/15 7:00	Mt. Mansfield (H) 10/23 7:00
RICE MEMORIAL	Fairfax/Lamoille (H) 9/5 1:00	Mt. Mansfield (A) 9/12 1:00	Otter Valley (A) 9/18 7:00	Spaulding (H) 9/26 1:00	Mt. Abraham (H) 10/3 1:00	Union-32 (A) 10/9 7:00	Missisquoi (H) 10/17 1:00	Milton (A) 10/23 6:30
SPAULDING	Lyndon Inst. (H) 9/3 7:00	Mill River (H) 9/11 7:00	Missisquoi (A) 9/19 3:00	Rice Memorial (A) 9/26 1:00	Milton (H) 10/3 7:00	Fairfax/Lamoille (A) 10/10 1:00	Mt. Abraham (H) 10/16 7:00	Union-32 (A) 10/23 7:00
Union - 32	Fair Haven (A) 9/4 7:00	Lyndon Inst. (A) 9/12 1:00	Mt. Mansfield (A) 9/19 1:00	Bellows Falls (H) 9/25 7:00	Springfield (H) 10/2 7:00	Rice Memorial (H) 10/9 7:00	North Country (A) 10/15 7:00	Spaulding(H) 10/23 7:00

	WEEK #1	WEEK #2	WEEK #3	WEEK #4	WEEK #5	WEEK #6	WEEK #7	WEEK #8
TEAMS-DIV. III	9/3, 9/4, or 9/5	9/10, 9/11 or 9/12	9/17, 9/18 or 9/19	9/24, 9/25 or 9/26	10/1 10/2 or 10/3	10/8, 10/9 or 10/10	10/15, 10/16 or 10/17	10/22, 10/23 or 10/24
BELLOWS FALLS	North Country (H) 9/4 7:00	Fair Haven (A) 9/11 7:00	Brattleboro (A) 9/18 7:00	Union-32 (A) 9/25 7:00	Saranac Lake (H) 10/2 5:30	Lyndon Inst. (H) 10/9 7:00	Mt. Mansfield (H) 10/16 7:00	Springfield (A) 10/24 7:00
FAIRFAX / LAMOILLE	Rice Memorial (A) 9/5 1:00	Otter Valley (H) 9/12 1:00	Mt. Abraham (A) 9/19 6:30	Missisquoi (H) 9/26 1:00	Woodstock (A) 10/2 7:00	Spaulding (H) 10/10 1:00	Milton (A) 10/15 6:30	ill River (H) 10/24 1:00
MILL RIVER	Otter Valley (H) 9/5 1:00	Spaulding (A) 9/11 7:00	Windsor (H) 9/19 1:00	Springfield (H) 9/26 1:00	Missisquoi (A) 10/3 1:00	Monadnock RHS (H) 10/10 2:00	Woodstock (H) 10/17 1:00	Fairfax/Lamoille (A) 10/24 1:00
MILTON	Mt. Abraham (A) 9/4 7:00	Missisquoi (A) 9/12 1:00	Open	Windsor (A) 9/26 1:00	Spaulding (A) 10/3 7:00	North Country (H) 10/9 6:30	Fairfax/Lamoille (H) 10/15 6:30	Rice Memorial (H) 10/23 6:30
MISSISQUOI	Windsor (A) 9/5 1:00	Milton (H) 9/12 1:00	Spaulding (H) 9/19 3:00	Fairfax/Lamoille (A) 9/26 1:00	Mill River (H) 10/3 1:00	Mt. Abraham (A) 10/9 7:00	Rice Memorial (A) 10/17 1:00	Mascoma NH (A) 10/24 2:00
MT. ABRAHAM	ilton (H) 9/4 7:00	Windsor (A) 9/12 1:00	Fairfax/Lamoille (H) 9/19 6:300	Woodstock (H) 9/25 7:00	Rice Memorial (A) 10/3 1:00	Missisquoi (H) 10/9 7:00	Spaulding (A) 10/16 7:00	Otter Valley (A) 10/24 7:00
OTTER VALLEY	Mill River (A) 9/5 1:00	Fairfax/Lamoille (A) 9/12 1:00	Rice Memorial (H) 9/18 7:00	Open	Windsor (H) 10/3 7:00	Woodstock (A) 10/9 7:00	Springfield (H) 10/16 7:00	Mt. Abraham (H) 10/24 7:00
SPRINGFIELD	Brattleboro (H) 9/4 7:00	Beekmantown NY (A) 9/11 7:00	Woodstock (H) 9/18 7:00	Mill River (A) 9/26 1:00	Union-32 10/2 7:00	Windsor (H) 10/9 7:00	Otter Valley (A) 10/16 7:00	Bellows Falls (H) 10/24 7:00
WINDSOR	Missisquoi (H) 9/5 1:00	Mt. Abraham (H) 9/12 1:00	Mill River (A) 9/19 1:00	Milton (H) 9/26 1:00	Otter Valley (A) 10/2 7:00	Springfield (A) 10/97:00	Open	Woodstock (A) 10/22 7:00
WOODSTOCK	Newport, NH (A) 9/5 2:00	North Country (H) 9/11 7:00	Springfield (A) 9/18 7:00	Mt. Abraham (A) 9/25/ 7:00	Fairfax/Lamoille (H) 10/2 7:00	Otter Valley (H) 10/9 7:00	Mill River (A) 10/17 1:00	Windsor (H) 10/22 7:00

OTTER VALLEY UNION HIGH SCHOOL

Otters



SEASON PREVIEW

By Adam Aucoin

BRANDON — The Otter Valley football team didn't struggle to put the ball in the end zone last year, scoring more than 20 points in six of its 10 games last season.

The feeling around Brandon is that the Otters could be similarly strong in that aspect this year, with a lot of talent at the skill positions coming back.

"I think skill-wise, we're as good as we've ever been," said OV coach Jim Hill.

The one wrinkle in the offense's success could be how quickly the offensive line gels. The Otters are lacking in experience in the trenches, so they'll hope development in that spot makes them more and more dangerous as the season goes on.

"I'm really encouraged with what I've seen so far," Hill said. "It's going to take a little time, but I think by midseason we're going to have a pretty solid line. With the skill guys we have, by playoff time, we're going to be dangerous."

Juniors Ethan Kenyon and Peyton Trombley are the two returning pieces on the offensive line, so they'll provide leadership for the guys stepping into big roles.

Freshman Camden Buzzell has a impressed and could be the team's center at just 14 years old. Sophomore Justin Hendee will play at left tackle and shouldn't be fazed by the big lights, having played first base as a freshman on OV's state semifinalist baseball team.

Sophomore Austin Lamica put in a lot of work in the summer is battling with some upperclassmen for spots. Junior Eli Larocque will have a role as well.

Senior lineman David Bertrand will play mostly on the defensive line, but could flip to the offensive side if need be.

Seniors Marek Heitmann and Keegan Reid will have roles at tight end, but Reid will be playing all over for the Otters.

"They are two big-bodied athlete kids," Hill said.

Junior Colby Benoit will be the team's main running back, with Reid playing some fullback. Senior Max Potter will be used in a very similar role to the graduated Chase Razanouski, playing all over the field.

Potter will also see some time at quarterback. Junior Nolan Quenneville could be the main guy at quarterback, but the two are battling for reps at that spot and Hill thinks both will be used in different sets. Quenneville has the versatility to play other skill positions as well.

"It's nice that we have two solid quarterbacks. They're both fighting it out," Hill said. "When one's not playing quarterback, they're playing in the slot. They're going to be on the field."

Junior Alex MacLeod is a returner at wide receiver. Ayden Wingfield comes over from soccer and will bring speed at the wideout spot.

Juniors Emmett Mallory and Lucas Whitney are both returners at receiver. Freshman Levi Whitney figures to be the team's kicker and will also play some receiver.

Levi Whitney, Mason Denis and Hayden Quenneville are also freshmen that could find roles.

"We have some young guys, but they've played a lot of football," Hill said.

Reid has led Otter Valley in tackles the last two years and returns at inside linebacker. Hill said he reminds him a lot of Max Kyhill, who Hill coached at Fair Haven.

Benoit will also be at inside linebacker. Mallory and Nolan Quenneville will on the outside, but could drop to safety in some sets.

Potter and Heitmann are both defensive ends and have good length. Bertrand, Kenyon, Trombley, Lamica and Hendee are all guys that will find roles as well.

Lucas Whitney, MacLeod and Landon Wilcox provide experience in the secondary. Wingfield and Jimmy Phillips will factor in as well.

GAME SCHEDULE

Mill River	(A) 9/5 @ 1:00
Fairfax/Lamoille	(A) 9/12 @ 1:00
Rice Memorial	(H) 9/18 @ 7:00
Open Date	Week 4
Windsor	(H) 10/3 @ 7:00
Woodstock	(A) 10/9 @ 7:00
Springfield	(H) 10/16 @ 7:00
Mt. Abraham	(H) 10/24 @ 7:00

OTTER VALLEY UNION HIGH SCHOOL



Otters



1
Lucas Whitney
Grade 11



2
Alexandru MacLeod
Grade 11



3
Marek Heitmann
Grade 12



4
Emmett Mallory
Grade 11



5
Andrew Sweeney
Grade 10



6
Gerald Phillips
Grade 10



8
Keegan Reid
Grade 12



9
Nolan Quenneville
Grade 9



10
Ayden Wingfield
Grade 11



14
Devon Pyenta
Grade



17
Max Potter
Grade 12



22
Hayden Quenneville
Grade 9



24
Mason Denis
Grade 9



25
James Cassel
Grade 9



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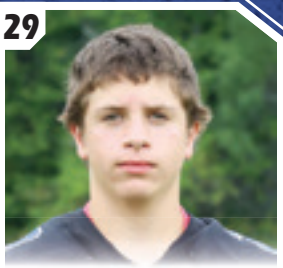
OTTER VALLEY UNION HIGH SCHOOL



Otters



26
Colby Benoit
Grade 11



29
Garrett Disorda
Grade 9



33
Andrew Trudo
Grade 9



40
Landon Wilcox
Grade 10



44
Levi Whitney
Grade 9



52
Camden Buzzell
Grade 9



54
Landon Euber
Grade 9



55
Eli Larocque
Grade 11



56
Skiler Cushman
Grade 9



57
Declan Gallipo
Grade 10



62
Justin Hendee
Grade 10



66
Ethan Kenyon
Grade 11



70
Heath Johnson
Grade 9



74
David Bertrand
Grade 12

OTTER VALLEY UNION HIGH SCHOOL



Otters



75

Peyton Trombley
Grade 11



76

Rylee Martin
Grade 10



77

Austin Lamica
Grade 10

MGR

Lani Heitmann
Grade 9

Jason Littlefield
Grade 11

Jordan Raiche
Grade 11

Lucas Beebe
Grade 10



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RUTLAND HIGH SCHOOL Football



SEASON PREVIEW

By Adam Aucoin

The Rutland football team was knocking on the door of a state final last fall.

Fresh off a trip to the state championship game in 2024, RHS was right back in the mix last year, falling short to St. Johnsbury on the semifinal stage.

If Rutland wants to remain in that tier, it will need guys to step into bigger roles at the skill positions.

Rutland graduated Gatorade Player of the Year running back Grady Gallagher, along with key receivers Cellan Wood, Griff Norton and Whit Sullivan.

Quarterback Gio Spallieri and wide receiver Aden Galiano return for their senior seasons, but RHS will be looking for guys to complement them. Spallieri was first-team all-state at QB last year and Galiano was first-team all-state at wide receiver.

Galiano was also a second-team all-state honoree at defensive back, where he was a terror for opposing quarterbacks in the secondary last year.

"Not to put the pressure on (Gio), but the reality is we're going to go as far as he goes," said Rutland coach Mike Norman. "He's worked hard in the offseason. He's a quiet guy. He's like Cool Hand Luke, nothing rattles him. He processes really well.

"Aden had a good year last year and he's put some time and effort into it."

Micah Perez saw some time in the backfield as a change of pace to Gallagher last season and returns for his senior season. Senior James Reveal is another back with experience that returns, coming back from an injury, along with a younger stable of backs that were rostered last year.

Sophomore Aaron Jones has impressed and could be a big piece of the future in the backfield.

"Micah Perez has worked really hard," Norman said. "James Reveal is coming back off a pretty serious knee injury. Credit to him and the folks around here for rehabbing it. We're really fortunate to have the sports med situation we do."

Other upperclassmen in the receiving core with Galiano are senior Braiden Jensen, senior Kason Velde, senior Caleb Kimball, senior David Scott, junior Aiden Howland, junior Hunter Ackley and junior Caiden Taggart, along with some younger wideouts.

RHS will be looking to fill in the tight end role. Senior Lucas Hughes, senior Cole Erickson and junior Brogan McCarthy were all rostered at the position last season.

Hughes was an all-state honorable mention on the defensive line last season.

"We're still sorting through all of that," said Norman about how the rotation will come together at the skill spots.

Jayden Prucha returns as Spallieri's backup at quarterback, with sophomore Connor Beach also rostered.

Rutland had a Shrine Bowl player graduate on the line in Brody Austin, but has a lot of talent returning in the trenches.

Senior DJ Tricarico, junior Adrian Krakowka, senior Kobe Webster, junior Viktor Durfee, junior Tyler Kennedy, junior Phillip Ramage, junior Owen Carris, junior Hunter Genovesi and junior Lincoln Munger are upperclassmen that return on the line.

Webster was second-team all-state on the offensive line last year. Tricarico was an honorable mention.

"As time went on, we gained some experience and a lot of those kids are back," Norman said. "We've had some other kids that played JV football last year and we're trying to build some depth on both sides of the ball.

"DJ is a good player. He's strong and he manages that situation.

"Kobe Webster is a three-year starter and he plays defense as well.

"It's a good place to start. We just need to be solid up front."

GAME SCHEDULE

BFA St. Albans	(A) 9/4 @ 7:00
Hartford	(H) 9/11 @ 7:00
Mt. Anthony	(H) 9/18 @ 7:00
Essex	(A) 9/25 @ 7:00
Seawolves	(A) 10/2 @ 7:00
Brattleboro	(H) 10/8 @ 7:00
Burr & Burton	(A) 10/16 @ 7:00
Middlebury	(H) 10/23 @ 7:00


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RUTLAND HIGH SCHOOL Football



2

Micah Perez
RB / DB - Grade 12

3

Braiden Jensen
WR / DB - Grade 12

4

Kason Velde
WR / DB - Grade 12

5

James Reveal
RB / LB - Grade 12

7

Aden Galiano
WR / DB - Grade 12

8

Gio Spallieri
QB / LB - Grade 12

9

Jayden Prucha
QR / DB - Grade 11

10

Caiden Taggart
WR / DB - Grade 11

11

Lucas Hughes
TE / DL - Grade 12

12

Aiden Howland
WR / DB - Grade 11

13

Caleb Kimball
TE / LB - Grade 12

14

Landen Prucha
WR / DB - Grade 10

15

Craig Laslow
QB / DB - Grade 9

16

Landon Minichiello
WR / DB - Grade 10

17

Logan Hicks
RB / LB - Grade 11

18

Connor Beach
QB / LB - Grade 11





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RUTLAND HIGH SCHOOL Football



19

Braydon Kelly
RB / DB - Grade 11

20

Noah Alger
RB / LB - Grade 11

21

Caleb Saienni
RB / LB - Grade 11

22

Logan Polcaro
RB / DL - Grade 10

23

Jonathan Baker
RB / LB- Grade 11

24

Aaron Jones
RB / DB - Grade 10

25

Carter Velde
WR / DB - Grade 10

26

Crawford Bellomo
QB / CB - Grade 9

27

King Humphries
WR / LB - Grade 9

28

Liam Donahue
RB / LB - Grade 9

30

Hunter Ackley
WR / DB - Grade 11

32

Sam Loffredo
WR / DB - Grade 9

33

Brogan McCarthy
TE / DL - Grade 11

34

Lucas Carris
RB / LB - Grade 9

35

Shane Bushway
WR / DB - Grade 9

38

David Scott
WR / DB - Grade 12

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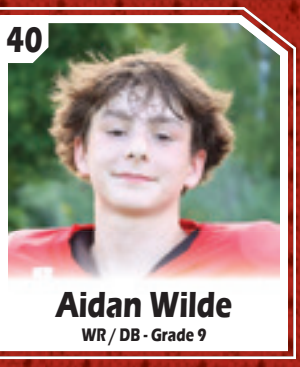
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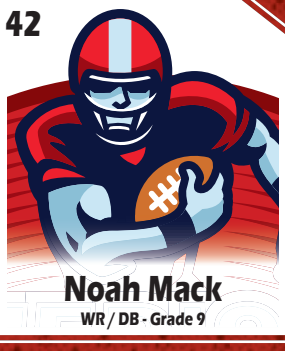
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RUTLAND HIGH SCHOOL Football



40
Aidan Wilde
WR / DB - Grade 9



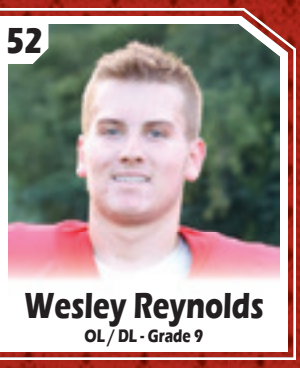
42
Noah Mack
WR / DB - Grade 9



44
Liam Bouchard
RB / LB - Grade 10



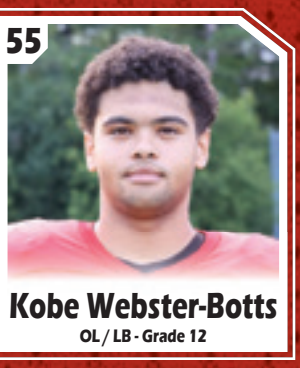
51
DJ Tricarico
OL / LB - Grade 12



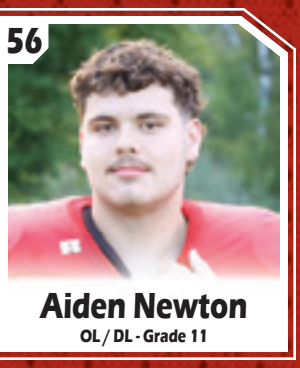
52
Wesley Reynolds
OL / DL - Grade 9



53
Tyson Fredette
OL / LB - Grade 9



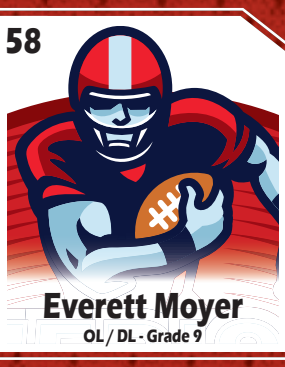
55
Kobe Webster-Botts
OL / LB - Grade 12



56
Aiden Newton
OL / DL - Grade 11



57
Franklyn Wilson
OL / LB - Grade 11



58
Everett Moyer
OL / DL - Grade 9



59
Arjun Oquendo
OL / DL - Grade 10



60
Lucas Cole
OL / DL - Grade 12



61
Myles Munroe
OL / DL - Grade 10



62
Tyler Kennedy
OL / DL - Grade 11



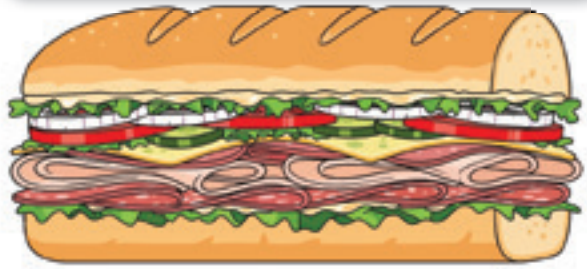
63
Lincoln Munger
OL / LB - Grade 11



64
Hunter Genovesi
OL / DL - Grade 11

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RUTLAND HIGH SCHOOL Football



65
Owen Carris
OL / DL- Grade 11



66
Lee Alarie
OL / DL - Grade 9



69
Alberto Marin
OL/ LB - Grade 12



70
Emmett Amerio
OL / DL - Grade 9



73
Phillip Ramage
OL / DL - Grade 11



76
Viktor Durfee
OL / DL - Grade 11



77
Brody Taylor
OL / DL - Grade 10



78
Cole Erickson
OL / DL - Grade 12



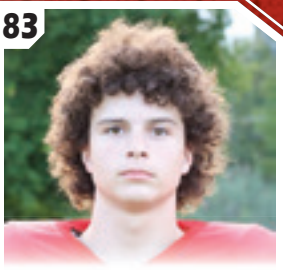
79
Paxtyn Reed
OL / DL - Grade 9



80
Avery Boyd
TE / LB - Grade 10



81
Hayden Simpson
TE / DE- Grade 10



83
Carter Fitzsimmons
TE / DL - Grade 10



86
Mason Fleck
TE / DB - Grade 9



88
Adrian Krakowka
TE / DL - Grade 11

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SPRINGFIELD HIGH SCHOOL

Cosmos



SEASON PREVIEW

By Tom Haley

This year look for a productive ground game from the Springfield High football team that will feature hard-charging backs Josiah Martinez, Dmitri Jasinski, Logan Merrow and Tanner Thurston.

Those backs can do plenty on their own and they also have a veteran offensive line that can give them the crack of daylight they need. Francis Wheeler will anchor that line as the center and his line mates will be Riley Snide, Jonathan Lake and Liam Rando.

"We have four good backs. They all run really hard," Springfield coach Todd Aiken said.

Martinez and Jasinski are known around the league, but the emergence of Merrow and Thurston will mean the Cosmos can have a fresh set of legs in the lineup the entire game.

Merrow was especially impressive in the recent three-way scrimmage in Bristol that involved Mount Abraham and Mount Mansfield. He showed his speed by getting outside for a sizeable gain on one run and broke away up the middle for a 50-yard sprint to a touchdown on another play.

The Cosmos have been known as a run first team and likely will be of in mode again, but the capability of complementing it with the passing game this season is exciting.

Senior quarterback Maddox Wilson and sophomore left-handed thrower Jace Beamon have live, accurate arms. There are also some talented receivers at their disposal.

"Our quarterbacks and receivers are in sync. Braiden Wheeler and Garrett Brickey have been running phenomenal routes," Aiken said.

Against Mount Mansfield, Brickey ran one of those routes precisely to get open and Wilson hit him in the numbers for a touchdown.

"I saw that their cornerback had left him and that he was wide open," Wilson said.

Seventeen players will shoulder most of the playing time and will see plenty of action on both sides of the ball.

"We have had a good two weeks and are getting better every day," Aiken said. "We want to be confident every week and as physical as possible. That is what we are known for."

The senior leadership will be provided by Wilson, Brickey, Evan Farrar (a player coming over from neighboring Green Mountain), Jasinski, Lake, Martinez, Jayden Paul, Rando, Mitchell Shaw and Snide.

Juniors are Francis Wheeler, Everett Barlow, Jameer Cosby, Jace Geary, Merrow, Phillip Rouse, Thurston and Braiden Wheeler.

Damion Bailey, Beamon, Curtis Davis, William French, Haleigh Goodrich, Weston Peck and Kevin Priestley are the sophomores. Goodrich is the kicker and also a key member of the Cosmos girls soccer team.

The freshman class is represented by Mason Colburn, Jackson Cummings, Bentley Gokey, Xander Lynds, Liam Salo and Logan Stewart.

This year the storied Springfield-Bellows Falls football rivalry, a series that dates back to 1894, will be played on Oct. 24 in Springfield at 7 p.m.

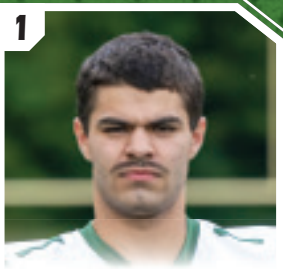
Football is in the air in Springfield, always known as a good football town. The ball might be in the air literally in Cosmos Land, just a little more than usual.

GAME SCHEDULE

Brattleboro	(H) 9/4 @ 7:00
Beekmantown	(A) 9/11 @ 7:00
Woodstock	(H) 9/18 @ 7:00
Mill River	(A) 9/26 @ 1:00
Union-32	(A) 10/2 @ 7:00
Windsor	(H) 10/9 @ 7:00
Otter Valley	(A) 10/16 @ 7:00
Bellows Falls	(H) 10/24 @ 7:00

SPRINGFIELD HIGH SCHOOL

Cosmos

1

Josiah Martinez
RB / LB - Grade 12

2

Jameer Cosby
DB / WR - Grade 11

3

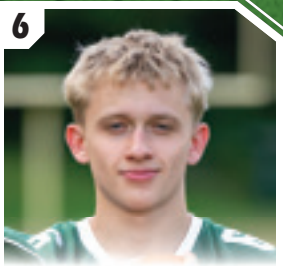
Jayden Paul
WR / DB - Grade 12

4

Weston Peck
Grade 10

5

Braiden Wheeler
WR / DB - Grade 11

6

Tanner Thurston
RB / LB - Grade 11

7

Garrett Brickey
WR / DB - Grade 12

8

Jace Beamon
QB / DB - Grade 10

9

Haleigh Goodrich
PK - Grade 10

10

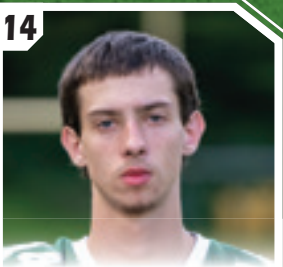
Jackson Cummings
Grade 9

11

Maddox Wilson
QB / DB - Grade 12

12

Liam Salo
Grade 9

14

Bentley Gokey
Grade 9

15

Logan Merrow
RB / LB - Grade 11

Staying Hydrated

By Shawn Ryan

Across the area, the dreaded two-a-days, or in some cases just plain old long and grueling single practices, have shaken our local athletes out of their summer-induced ennui and started the process of whipping them back into playing shape.

While coaches go over everything from cleats to practice drills to bus schedules, one thing that should be at the forefront of their minds is proper hydration for young athletes.

Even with the dog-days of summer largely behind, they need to drink enough fluids during a workout is essential for not just the performance of the athlete, but for their health as well.

According to the Mayo Clinic, "Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated."

While symptoms of dehydration can range from simple to acute, high school athletes have actually died from severe dehydration during grueling practices in recent years.

The debate often arises as to what type of drinks hydrate the best; water or sports drinks. Theories abound.

"For most outdoor activities, good old-fashioned tap water does the trick," says an article at Web MD. "If your activity lasts an hour or more, either fruit juice diluted with water or a sports drink will provide carbohydrates for energy plus minerals to replace lost electrolytes in your sweat."

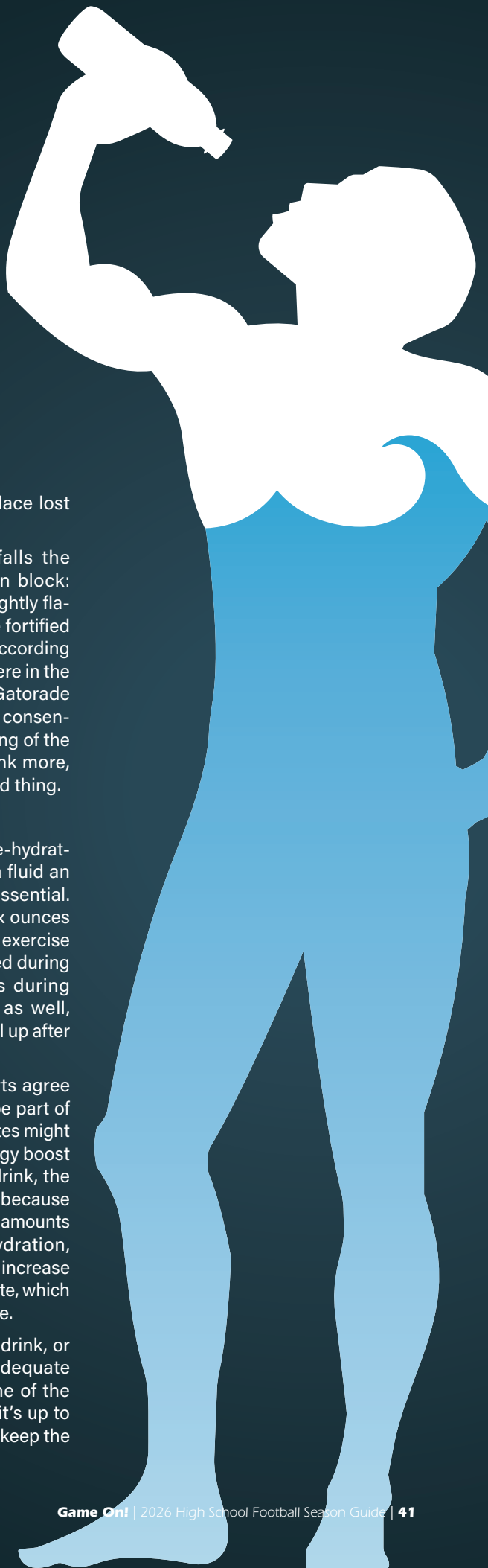
Somewhere in the mix falls the newest kid on the hydration block: "Fitness waters," which are lightly flavored waters that claim to be fortified with vitamins and minerals. According to Web MD, they fall somewhere in the middle between water and Gatorade or Powerade. But the general consensus seems to be, if the flavoring of the water gets the athlete to drink more, then fitness waters are a good thing.

But how much is enough?

Most experts agree that pre-hydrating with about two cups of a fluid an hour before the workout is essential. During the activity, four to six ounces for every 15 to 20 minutes of exercise will keep the muscles hydrated during the workout. Taking breaks during practice to drink is critical as well, rather than trying to make it all up after practice.

On one point all the experts agree — energy drinks should not be part of the hydration mix. While athletes might think they are getting an energy boost after consuming an energy drink, the exact opposite is true. That's because energy drinks containing large amounts of caffeine can cause dehydration, which can lead to fatigue, and increase body temperature and heart rate, which can compromise performance.

Whether it's water, sports drink, or vitamin water, drinking an adequate amount is critical at this time of the year for young athletes, and it's up to both coaches and athletes to keep the athlete safe.



SPRINGFIELD HIGH SCHOOL

Cosmos





17

Curtis Davis
Grade 10



18

Jace Geary
Grade 11



22

Dmitri Jasinski
LB / RB - Grade 12



23

Landon Truell



33

Davian Currier



50

Liam Rando
OL / DL - Grade 12



52

Johnathan Lake
OL / LB - Grade 12



55

Francis Wheeler
OL / DL - Grade 11



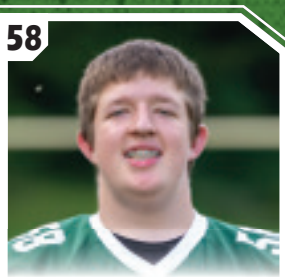
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56

Everett Barlow
LB / OL - Grade 11



58

Phillip Rousse
Grade 11

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Cosmos





62

Riley Snide
DL / OL - Grade 12



71

Mason Colburn
Grade 9



72

Xander Lynds
Grade 9



81

Evan Farrar
LB / OL - Grade 12



64

Logan Stewart
OL / DL - Grade 9



65

Damion Bailey
Grade 10



68

Mitchell Shaw
OL / DL - Grade 12



Kien Priestly
Grade 10



Jace Beamon
Grade 10



Todd Aiken
Head Coach

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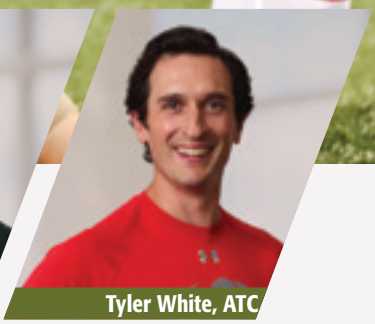
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