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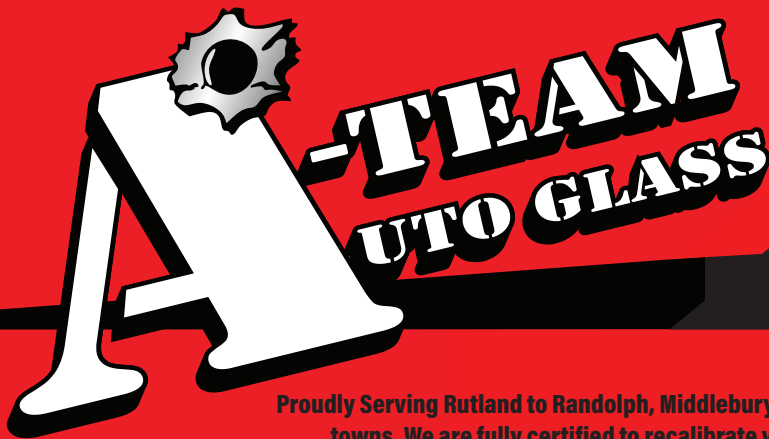
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Welcome

Welcome to the 2025 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 II Fair Haven captured a state championship, while Division I Rutland and Division III Otter Valley came up just short on State Championship Saturday in St. Johnsbury.

With teams itching to get going, we expect a competitive season of football ahead. Poultney's Andrew Breting, 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 2025 season.

This year sees the state finals heading to South Burlington High School on Nov. 8. 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 seven 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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Game On! The 2025 high school football season guide is a product of the Rutland Herald advertising and sports departments. Opinions expressed in the publication are those of the authors and do not necessarily represent those of the management of the publication.

FAIR HAVEN UNION HIGH SCHOOL



Slaters



SEASON PREVIEW

By Adam Aucoin

FAIR HAVEN — The Fair Haven football team is used to contending year in and year out.

Since the turn of the decade, the Slaters have had a winning record in three of the four seasons and made it to at least the semifinal round in all three of those seasons.

Last year, Fair Haven broke through for its first Division II state championship since 2017 and now the Slaters want more. Everyone wants what Fair Haven currently has — the championship trophy that stamps you as the best of the best.

The Slaters lost some of its cogs from the team that defeated Rice in the Division II state championship game last year in St. Johnsbury, but no unit was hit harder than its offensive line, where all five starters turned their tassel.

Luckily for Fair Haven, the guys that will step into those roles already have varsity experience and have even started on the other side of the line on defense.

Senior captain Jackson Beckwith will lead the line at center, learning from the graduated Gabe Bache. Junior Seth Czachor started on the defensive line last year and will play on the offensive line this year. Senior Porter Silva is going into his third year starting on defense and he will be on the line as well.

Senior Tanner Raymond, juniors Tommy Buxton and Aiden St. Armour, sophomores Aiden Goyette, Gavin Spencer and Jerry Kirby and freshmen Cole Pomainville, Charles Derouchie, Pauli Kuruyawa and Ryan Mulholland are also offensive linemen.

All of those guys also play on defensive line, with the exception of Buxton who is a linebacker on defense.

The losses of skill position guys like Max Kyhill, Konner Savage and Jack Almeida will be felt, but Fair Haven is still very well-stocked with guys that will put points on the board.

Senior Cody Adams returns as the team's quarterback after leading the Slaters to a state title in his first season as the varsity starter.

Caleb Long and John Hutchins both return in the back field for Fair Haven, while senior Mason Gutel and junior Sam Kyhill are returning standouts at wide receiver.

Coach Perry pointed to the progression of junior Derek Webb, who had a great summer, and will play a key role in the offense at wide receiver as well.

Senior Bryson Kelly, juniors Logan Knipes, Brady New and Jacob Torrey, sophomores Aydin Long, Evan Spanos, Devin Lafrancois, Matt Twitchell and Cole Belden and freshmen Nick Lemois and Travis Duprey are other wide receivers on the roster.

Juniors Anthony Szabo and Aden Wilkins, sophomores Connor Lafrancois and freshmen Jake Webb and Jaxsen Fisher are other running backs on the roster.

Sophomores Austin Williams and Jacob Jamieson are tight ends.

Sophomore Easton Adams and freshman Joey Rice will back up Cody Adams at quarterback.

Defensive backs are Gutel, Kelley, Kyhill, Knipes, Torrey, Derek Webb, New, Belden, Aydin Long, Easton Adams, Devin Lafrancois, Rice, Duprey, Twitchell and Fisher.

Linebackers are Hutchins, Buxton, Wilkins, Szabo, Connor Lafrancois, Jake Webb, Kuruyawa and Lemois.

Defensive linemen are Caleb Long, Beckwith, Silva Raymond, Cody Adams, Czachor, St. Armour, Williams, Jamieson, Goyette, Pomainville, Derouchie, Kirby, Mulholland and Spencer.

With Fair Haven returning a ton of talent, the Slaters figure to be in the hunt once again, but Division II looks to have a lot of parity this year.

An interesting wrinkle will be the addition of Hartford to D-II, after moving down from D-I. The Hurricanes were a perennial contender in the state's top division.

Fair Haven and Hartford are big rivals in other sports, but don't get the chance to compete in football. That changed this year when they opened the season against each other on Sept. 5 in Fair Haven.

Fair Haven's schedule will be a tough one and includes a pair of D-I opponents with Brattleboro and Mount Anthony.

GAME SCHEDULE

Hartford	(H) 9/5 @ 7:00
Lyndon Inst.	(A) 9/13 @ 1:00
Mt. Mansfield	(H) 9/19 @ 7:00
Brattleboro	(H) 9/26 @ 7:00
Bellows Falls	(A) 10/3 @ 7:00
North Country	(A) 10/10 @ 7:00
Union-32	(A) 10/17 @ 7:00
Mount Anthony	(H) 10/23 @ 6:30

FAIR HAVEN UNION HIGH SCHOOL



Slaters

0



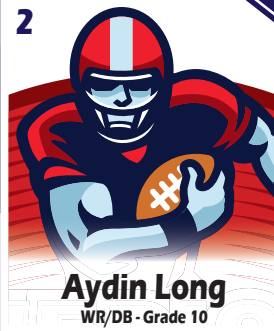
Brady New
WR/DB - Grade 11

1



Sam Kyhill
WR/DB - Grade 11

2



Aydin Long
WR/DB - Grade 10

3



Bryson Kelly
WR/DB - Grade 12

4



Mason Gutel
WR/DB - Grade 12

6



Caleb Long
RB/DT - Grade 12

7



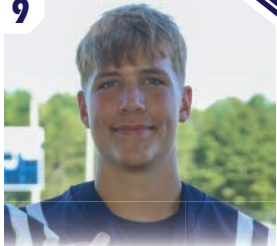
Evan Spanos
WR/DB - Grade 10

8



Logan Knipes
WR/DB - Grade 11

9



Derek Webb
WR/DB - Grade 11

10



Cole Belden
WR/DB - Grade 10

11



Travis Duprey
WR/DB - Grade 9

12



Devin LaFrancois
WR/DB - Grade 10

13



Cody Adams
QB/DL - Grade 12

15



Joey Rice
QB/DB - Grade 9

16



Jacob Torrey
WR/DB - Grade 11

19



Easton Adams
QB/DB - Grade 10

FAIR HAVEN UNION HIGH SCHOOL



Slaters

21



Jake Webb
RB/LB - Grade 9

22



Nick Lemois
WR/LB - Grade 9

25



Connor LaFrancois
RB/LB - Grade 10

26



Aden Wilkins
OL/DL - Grade 11

32



Matt Twitchell
WR/DB - Grade 10

33



Colin Boudreau
WR/DB - Grade 9

34



Jaxsen Fisher
RB/DB - Grade 9

35



Anthony Szabo
RB/LB - Grade 11

46



John Hutchins
RB/LB - Grade 12

50



Jacob Jamieson
TE/DL - Grade 10

51



Cole Pomainville
OL/DL - Grade 9

53



Aiden Goyette
OL/DL - Grade 10

55



Tom Buxton
OL/LB - Grade 11

58



Brayden McLaren
OL/DL - Grade 9

60



Seth Czachor
OL/DL - Grade 11

62



Jackson Beckwith
OL/DL - Grade 12

FAIR HAVEN UNION HIGH SCHOOL



Slaters

63



Charles Derouchie
OL/DL - Grade 9

64



Aiden St. Armour
OL/DL - Grade 11

66



Jerry Kirby
OL/DL - Grade 10

68



Tanner Raymond
OL/DL - Grade 12

69



Porter Silva
OL/DL - Grade 12

75



Pauli Kuruyawa
OL/LB - Grade 9

76



Ryan Mulholland
OL/DL - Grade 9

80



Austin Williams
TE/DL - Grade 10



Fair Haven Union High School Football Staff

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

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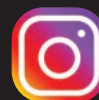
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MIDDLEBURY UNION HIGH SCHOOL



Tigers



SEASON PREVIEW

By Tom Haley

MIDDLEBURY — When you see those distinctive black and orange uniforms, you know what you will be in for. Middlebury will give you a steady diet of the run game.

Getting most of the carries will be backs Jason Sperry, Logan McNulty, Ben DeBisschop and Tucker Wright. An added dimension to the ground game is that quarterback Brady Lloyd is also a very good runner.

Lloyd is a leader of the offense and started on defense last year.

“Brady is a good athlete and a leader,” Middlebury coach Jed Malcolm said of the Tigers’ basketball and lacrosse player. “He is a pretty dynamic runner.”

He can also throw enough to keep the defense honest. Malcolm knows that without the threat of the pass, the defenses will be stacking the box as they have in the past.

Lloyd will have some tall targets to throw to like tight ends Cooke Riney and Marshall Eddy.

There is a little experience there with Steve Lackard returning to anchor the offensive line as the center. The other returning lineman is Levi D’Avignon.

Kameron Raymond is back as a senior lineman after not playing last year.

A heavyweight wrestler, he brings good size.

Malcolm credits wrestling coach Ethan Raymond, Kameron’s uncle, with spicing up the wrestling program.

He appreciates the carry over from the wrestling to football.

The other lineman spots are still open making for a spirited position battle.

The Tigers have a four-way scrimmage at Otter

Valley this upcoming Friday with CVU and Fair Haven also coming to Brandon.

One thing that Malcolm and the staff will be paying close attention to that day is the physicality of the players. They have been reluctant to be too physical yet in practice due to the smallish squad.

There are 44 players between the varsity and JV squad, low participation by Middlebury’s standards.

Malcolm envisions six to eight varsity level players helping the JV team out for games with about five JV players getting the call up to the big team each week.

The Tigers had the stage to themselves on Thursday night, Sept. 4 opening the season in Essex with the early game. Everyone else opened Friday or Saturday.

The Tigers play on the road the first two weeks and then face the two teams in the 2024 Division I state championship game, Rutland and CVU, at home on Week 3 and 4.

Rutland lost five players who played in the Shrine Maple Sugar Bowl but Malcolm feels RHS will be very good.

The seniors are McNulty, DeBisschop, Jaxson Heffernan, Eddy, Tyreese Tucker, D’Avignon, Lackard, Raymond, Yankee Rheame, Brayden McKee and Riney.

Lloyd, Sperry, Parker Carl, Rudy Devold, Tucker Wright, Sam Sherman, Colton Murray, Connor Swan, Aiden Benoure and Aiden Arsenault are the juniors.

The sophomore class is represented by Evan Gillette, Tanner English, Maverick Gardner-Wacker, David Odell, Adam Larose, Trevor Wright, Tim Nop, Jackson Jacobs, Randy Cameron and Connor Desabrais.

Malcolm believes Essex, Rutland, CVU and St. Johnsbury will be formidable but he is wary of a team a lot of people are not talking about — Burr and Burton Academy.

The ball went in the air on Thursday, Sept. 4 for the Tigers.

Middlebury hopes that will be the start of a road that can lead to even better things after a successful 2024 campaign that saw the Tigers go 5-3 during the regular season, crush Burlington-South Burlington 31-17 in the quarterfinals and then lose a very competitive semifinal game to eventual state champion CVU, 21-7.

GAME SCHEDULE

Essex	(A) 9/4 @ 6:30
Brattleboro	(A) 9/12 @ 7:00
Rutland	(H) 9/19 @ 7:00
CVU	(H) 9/26 @ 7:00
Hartford	(H) 10/3 @ 7:00
Mt. Anthony	(A) 10/10 @ 7:00
Burr & Burton	(H) 10/17 @ 7:00
Seawolves	(A) 10/24 @ 7:00

MIDDLEBURY UNION HIGH SCHOOL



Tigers

1



Brady Lloyd
QB / S - Grade 11

2



Jason Sperry
RB / LB - Grade 11

3



Evan Gillett
RB / DB - Grade 10

4



Tanner English
FB / LB - Grade 10

5



Maverick Gardner-Wacker
QB / S - Grade 10

6



Logan McNulty
Captain / RB / CB - Grade 12

7



Ben DeBisschop
Captain / RB / S - Grade 12

8



Parker Carl
TE / DE - Grade 11

12



David Odell
TE / FB / DE - Grade 11

13



Jaxson Heffernan
RB / CB - Grade 12

15



Adam Larose
TE / DE - Grade 10

20



Rudy Devoid
RB / DB - Grade 11

21



Trevor Wright
RB / LB - Grade 10

22



Tucker Wright
RB / LB - Grade 11

25



Sam Sherman
TE / DE - Grade 11

26



Marshall Eddy
TE / CB - Grade 12

MIDDLEBURY UNION HIGH SCHOOL



Tigers

51



Connor Swan

OL / DL - Grade 11

52



Tyreese Tucker

OL / DL - Grade 12

55



Tim Nop

OL / DL - Grade 10

Coaching Staff

Head Coach: Jed Malcolm
Varsity Assistants: John Nuceder, Nick Lawes, Mark Ambrose

57



Jackson Jacobs

OL / DL - Grade 10

60



Randy Cameron

OL / DT - Grade 10

61



Levi D'Avignon

OL / DL - Grade 12

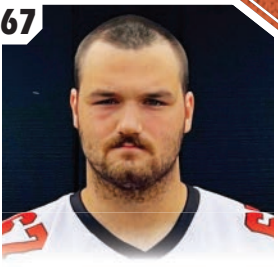
62



Steven Lackard

OL / DL - Grade 12

67



Kameron Raymond

OL / DL - Grade 12

68



Yankee Rheume

OL / DL - Grade 12

70



Colton Murray

OL / DL - Grade 11

71



Aiden Benoure

OL / DL - Grade 11

72



Aiden Arsenault

OL / DL - Grade 11

75



Brayden McKee

OL / DL - Grade 12

78



Connor Desabrais

OL / DL - Grade 10

81



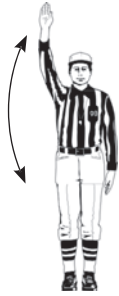
Cooke Riney

TE / DE - Grade 12

Referee Signal Chart



Touchdown,
Field Goal



Touchback



Safety



Dead Ball



Time Out



Personal Foul



Blocking Below
the Waist



Illegal Touching,
Illegal Batting



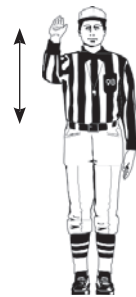
Delay of
Game



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 / For-
mation / Procedure



Ineligible Down-
field



Illegal Participa-
tion



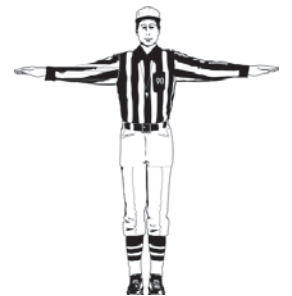
Uncatchable
Pass



Tripping



Illegal Crackback



Unsportsmanlike
Conduct



YOUR LOCAL SPORTS

Friday Night *Extra*

NO NEED TO WAIT

Readers asked for it. And the Rutland Herald answered. Friday local sports will be delivered in print sooner than you think. The Weekender paper will go to print early, the same as we have since January 2022. However, **readers will receive the Friday Night Extra in their Weekender paper.** The **Friday Night Extra** will deliver more local sports and photos for all local sports including the Friday night games on the football field. As always, you can find our local sports coverage on our website, in print and in the e-edition at www.rutlandherald.com

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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

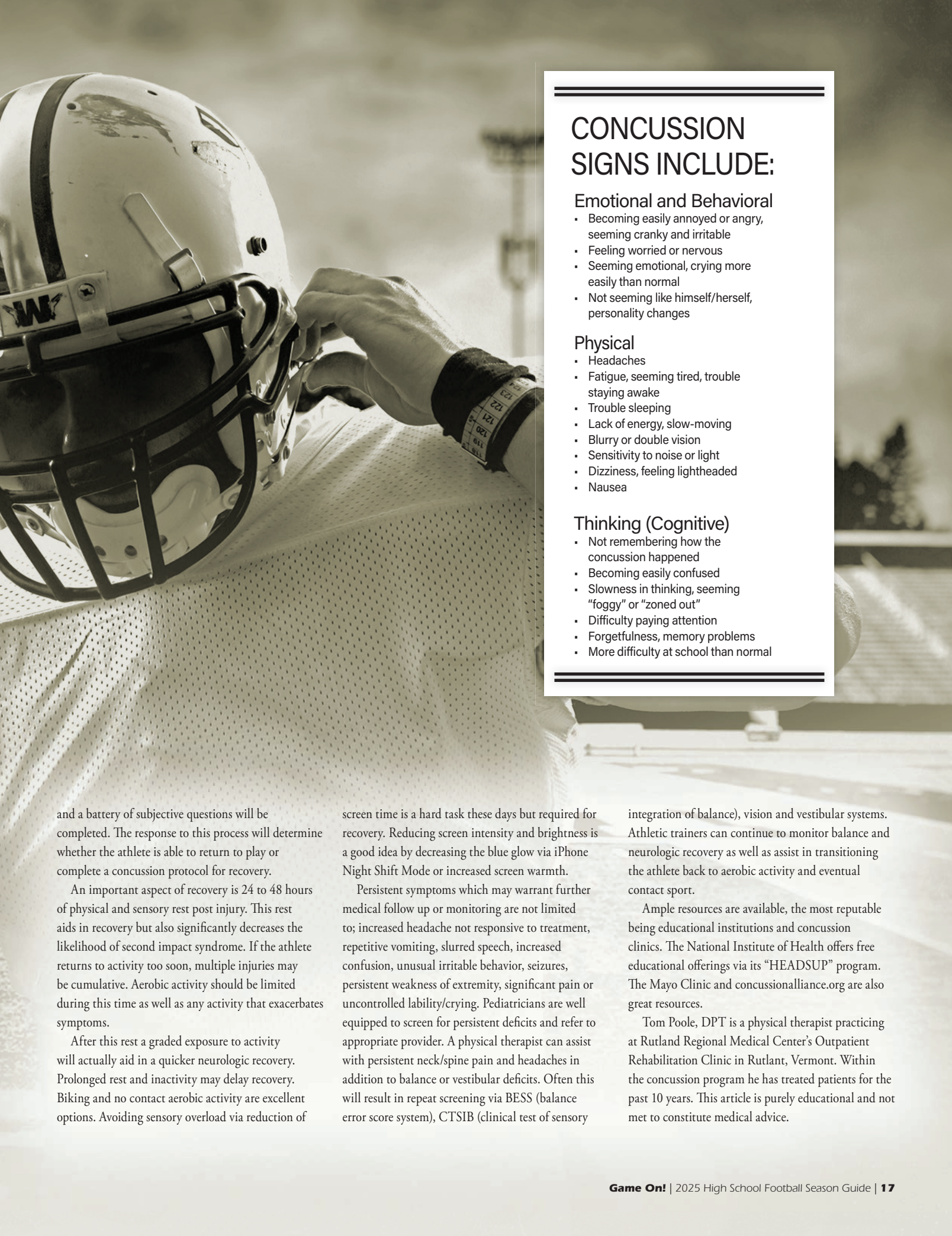
A concussion is a traumatic injury to the brain that effect its functions. Recent research has led to the generation of CPG’s (clinical practice guidelines), improved screening and the ability to classify the extent of injury and direct medical follow-up. A head injury can range from a concussion to 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





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

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 Rutland, 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.



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Jessica Wood
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Julie Pitts
Wendy Pringle
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Sara Rutigliano

*and others to be
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MILL RIVER UNION HIGH SCHOOL



Minutemen



SEASON PREVIEW

By Adam Aucoin

NORTH CLARENDON — Division III high school football has a different feel this fall in Vermont with the additions of Bellows Falls and Mount Abraham, dropping down from D-II, but the preparation for the Mill River football team won't be impacted.

The Minutemen are taking a game by game approach and not getting ahead of themselves looking at what could lay ahead.

"We've adopted the philosophy that we're playing the week that is ahead," said MRU coach Zach Allen. "Right now, we're just focused on Fairfax and we're going from there. The guys have honed in on that philosophy."

This will be Allen's first full year as Mill River's head coach. He took over as the interim head coach midway through last season, but got that interim tag removed over the offseason.

The Minutemen graduated a pretty small senior group, but they were a talented one. Even with those losses, there is a lot of quality talent returning this year.

"The chemistry is good, getting fit into the new stuff that we're doing," Allen said. "We have some very good leaders and the upperclassmen are doing a great job doing stuff on their own."

Mill River used multiple quarterbacks in different kinds of sets last year and one of those guys was senior Vinny Cavaleri, who returns this fall. Cavaleri will be backed up by Evan Ferguson, who is another versatile player.

Mill River is switching up some of its skill position players. Senior Brandon Theriault moves from running back to tight end and junior Gavin Treanor moves from running back to wide receiver.

Senior Artie Treanor makes the move from wide receiver to running back.

Junior Jack Boulger is another returner at wide receiver, a player with game-changing ability at the receiver spot.

Senior Tucker Moody returns from injury on the line for MRU and senior Ethan Patch also returns up front.

Senior Jake Lambert figures to be the linchpin of Mill River's defense at his linebacker spot.

Calling the plays on defense will be MRU's new defensive coordinator, John Cacace. Cacace is Rutland's varsity baseball coach and volunteered on the RHS football staff last year.

Rounding out Mill River's roster is Colton Jones, Thomas Yaddow, Dylan Buffam, Matt Boulger, Sophia Cavaleri, Brock Buffum, Wyatt Tarbell, Ryland Carleton, Liam Cyr, Aiden Zimmer, Timothy Phillips, James Alt, Justin Chambers, Dan Usher, Greg Osborne, Adrian Zielinski and Malachi Minor.

Mill River opened on Sept. 6 against perennial Division III power BFA-Fairfax/Lamoille, a game played at St. Peter's Field.

The chance to play on the historic St. Peter's Field is a special one for the MSJ students on the Mill River team. The MSJ football program was one of the state's most successful in its time.

Treanor is no stranger to that St. Peter's grass, having been an outfielder for the Mounties' baseball team for multiple seasons.

Those bleachers figured to be filled to the brim on Sept. 6.

GAME SCHEDULE

Fairfax/Lamoille	(H) 9/6 @ 1:00
Windsor	(A) 9/13 @ 1:00
Poultney	(H) 9/20 @ 1:00
Spaulding	(H) 9/27 @ 2:00
Woodstock	(A) 10/3 @ 7:00
Otter Valley	(A) 10/11 @ 7:00
Springfield	(H) 10/18 @ 1:00
Missisquoi	(A) 10/25 @ 1:00

MILL RIVER UNION HIGH SCHOOL



Minutemen

1



Arthur Treanor
Grade 12

2



Colton Jones
Grade 9

3



Jack Boulger
Grade 11

5



Vincent Cavalieri
Grade 12

7



Evan Ferguson
Grade 11

10



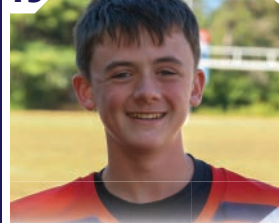
Brandon Therriault
Grade 12

11



Gavin Treanor
Grade 11

15



Thomas Yadow
Grade 9

20



Dylan Buffum
Grade 9

22



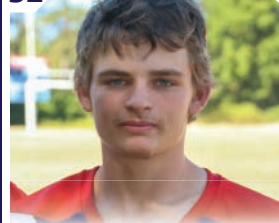
Matt Boulger
Grade 9

25



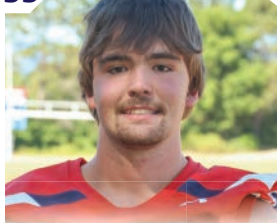
Sophia Cavalieri
Grade 11

32



Wyatt Tarbell
Grade 11

33



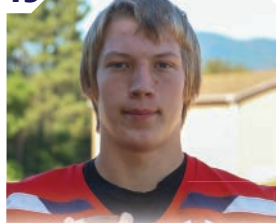
Brock Buffum
Grade 10

44



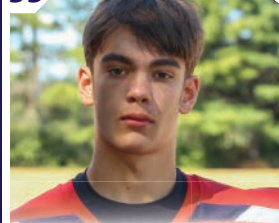
Ryland Carleton
Grade 9

45



Jacob Lambert
Grade 12

55



Liam Cyr
Grade 9

MILL RIVER UNION HIGH SCHOOL



Minutemen

60



Malachi Minor

Grade 9

63



Ethan Patch

Grade 12

64



Tucker Moody

Grade 12

65



Adrian Zielinski

Grade 9

68



Timothy Philips

Grade 9

71



James Alt

Grade 11

72



Justin Chambers

Grade 10

75



Dan Usher

Grade 11

77



Greg Osborne

Grade 10



Mill River Union High School Coaching Staff

Head Coach Zach Allen and staff

Sportsmanship Principles



Competitive sports have a lot to offer young people. In addition to exposing children to the thrill of competition, competitive sports can set a foundation for a lifetime of healthy living. One study published in the American Journal of Preventive Medicine found that afterschool physical activity programs were the most effective strategy to reduce childhood obesity among children between the ages of six and 12.

Competitive sports also teaches valuable lessons about humility and respect. Sportsmanship is a vital and valuable component of competitive sports, and that's a lesson no athlete is too young to learn. Coaches and parents can work together to emphasize these principles of sportsmanship to young athletes.

Always respect officials

In the era of instant replay in professional sports, criticism of officials has become more common. Such criticism can easily move from the professional to the amateur arena if players are not taught to always respect the officials. Unfortunately, many amateur sports officials continue to be the victims of overaggressive behavior on the parts of coaches, parents and athletes, and many have simply chosen

to walk away rather than subject themselves to abuse. Estimates from the National Association of Sports Officials indicates that the group's membership has dropped by more than 20 percent since March 2020. Coaches and parents can practice what they preach when teaching young athletes to respect officials at all times, regardless of how games unfold on the playing field.

Respect the rules

Respect for officials should coexist with respect for the game itself. Every game has rules, and knowing and adhering to those rules is a vital component of good sportsmanship. Coaches and parents can set the tone for this by encouraging kids to play by the rules during the games, but also by adhering to rules governing practice times and offseason workouts when no one is watching too closely.

Respect opponents

Showing respect for opponents is another principle of good sportsmanship. Social media provides a readily available platform for athletes to disparage their opponents before and after games.

Such platforms have even proven too tempting to resist for some professional athletes. But showing respect for opponents, even in defeat, illustrates to parents and coaches that young athletes are mature and cognizant of the fact that participation in sports requires good sportsmanship.

Respect coaches

Good sportsmanship also involves respecting coaches, even when they make decisions players and their parents do not necessarily agree with. That respect has been dwindling in recent years, and it's contributing to a coaching shortage in youth sports. One survey of more than 200 coaches in the Syracuse, N.Y., area found that nearly 60 percent of coaches had considered quitting over conflicts with parents. Many coaches volunteer their time to teach young people the game, and players should be taught to respect coaches at all times. That includes those times when players feel like they aren't getting enough playing time or when they disagree with coaches — in-game decisions.

Sportsmanship is a vital component of sports participation. Teaching young athletes the principles of sportsmanship adds one more unique benefit to sports participation.

Making youth sports safer for athletes



Participating in youth sports can be a great way for children to develop various interpersonal skills and stay active. Routine physical activity is part of a healthy lifestyle, which can help reduce the rates of obesity and overweight among modern youths. However, participation in sporting activities is not without risk. It falls on coaches, leagues and parents to make youth sports as safe as possible for these young athletes.

According to Stanford Medicine Children's Health, more than 3.5 million children ages 14 and younger get hurt each year while playing sports or participating in recreational activities. The Centers for Disease Control and Prevention reports high school athletes account for an estimated two million injuries, half a million doctor visits and 30,000 hospitalizations each year. A 2011 study of Canadian youth published in Science Direct found that 66 percent of injuries among young people between the ages of 12 and 19 were sports-related. In the face of such data, parents may be left wondering what can be done to reduce injuries.

Cross train for overuse injury prevention

The Canadian Strength & Conditioning Association says overtraining may be one contributor to these injuries. Overuse injuries involve repetitive strain placed on bones, tendons and ligaments, which differ from acute injuries that occur during a traumatic event. A 2009 study from the American College of Sports Medicine found the number of anterior cruciate ligament (ACL) reconstructions performed on children between the ages of three and 20 in New York increased by 100 percent between 1990 and 2009. The Children's Hospital of Philadelphia

says ACL tears in children are not typically common compared to all injuries they suffer. However, they are more prevalent among youths who participate in organized sports that involve a lot of running, jumping, twisting, and pivoting. Children need to take breaks from sports to allow their bodies to recover and to incorporate variety into their activities through cross training to avoid repetitive strain on one area of the body. In addition, muscles that have had the chance to warm up are less vulnerable to overuse injuries.

Use proper technique

It is essential that young athletes be schooled in the proper techniques when engaging in physical activity. Coaches should make sure that athletes are employing the proper techniques before sending them into games.

Get the proper equipment

Protective equipment, such as helmets, pads, shoes, and more, are vital for injury prevention and should never be overlooked.

Listen to your body

Young athletes should not be advised to play through pain. Doing so can exacerbate any injuries and lead to more damage that may sideline an athlete for a long time, says Johns Hopkins Medicine. Less focus on being the best at all costs from coaches and parents may remove the pressure to play no matter what.

Although there is some risk of injury when playing sports, young athletes can reduce their chances of getting hurt if they are smart about sports play.

2025 Season Schedule

Fair Haven High School Slaters

Hartford

Lyndon Inst.

Mt. Mansfield

Brattleboro

Bellows Falls

North Country

Union-32

Mount Anthony

(H) 9/5 @ 7:00

(A) 9/13 @ 1:00

(H) 9/19 @ 7:00

(H) 9/26 @ 7:00

(A) 10/3 @ 7:00

(A) 10/10 @ 7:00

(A) 10/17 @ 7:00

(H) 10/23 @ 6:30

Middlebury Union High School Tigers

Essex

Brattleboro

Rutland

CVU

Hartford

Mt. Anthony

Burr & Burton

Seawolves

(A) 9/4 @ 6:30

(A) 9/12 @ 7:00

(H) 9/19 @ 7:00

(H) 9/26 @ 7:00

(H) 10/3 @ 7:00

(A) 10/10 @ 7:00

(H) 10/17 @ 7:00

(A) 10/24 @ 7:00

Mill River Union High School Minutemen

Fairfax/Lamoille

Windsor

Poultney

Spaulding

Woodstock

Otter Valley

Springfield

Missisquoi

(H) 9/6 @ 1:00

(A) 9/13 @ 1:00

(H) 9/20 @ 1:00

(H) 9/27 @ 2:00

(A) 10/3 @ 7:00

(A) 10/11 @ 7:00

(H) 10/18 @ 1:00

(A) 10/25 @ 1:00

Otter Valley Union High School Otters

Mt. Abraham

Springfield

Woodstock

(A) 9/6 @ 1:00

(A) 9/12 @ 7:00

(H) 9/19 @ 7:00

Missisquoi

Windsor

Mill River

Poultney

Rice Memorial

(H) 9/26 @ 7:00

(A) 10/4 @ 1:00

(H) 10/11 @ 7:00

(H) 10/18 @ 6:30

(A) 10/25 @ 1:00

Poultney High School Blue Devils

Spaulding

Woodstock

Mill River

Milton

Springfield

Windsor

Otter Valley

Mt. Abraham

(A) 9/6 @ 1:00

(H) 9/13 @ 1:00

(A) 9/20 @ 1:00

(H) 9/27 @ 1:00

(A) 10/3 @ 7:00

(H) 10/11 @ 1:00

(A) 10/18 @ 6:30

(H) 10/25 @ 1:00

Rutland High School Football

CVU

Burr & Burton

Middlebury

St. Johnsbury

Mt. Anthony

Brattleboro

Hartford

Essex

(H) 9/5 @ 7:00

(H) 9/11 @ 6:30

(A) 9/19 @ 7:00

(H) 9/26 @ 7:00

(A) 10/3 @ 7:00

(A) 10/10 @ 7:00

(A) 10/17 @ 7:00

(H) 10/24 @ 7:00

Springfield High School Cosmos

Missisquoi

Otter Valley

Windsor

Bellows Falls

Poultney

Woodstock

Mill River

Milton

(H) 9/5 @ 7:00

(H) 9/12 @ 7:00

(A) 9/20 @ 1:00

(A) 9/26 @ 7:00

(H) 10/3 @ 7:00

(H) 10/9 @ 6:30

(A) 10/18 @ 1:00

(A) 10/24 @ 7:00

2025			WEEK #2	WEEK #3	WEEK #4	WEEK #5	WEEK #6	WEEK #7	WEEK #8
TEAMS-DIV. I	Overall RECORD	9/4, 9/5or 9/6	9/11, 9/12 or 9/13	9/18, 9/19 or 9/20	9/25, 9/26 or 9/27	10/2 10/3or 10/4	10/9, 10/10 or 10/11	10/16, 10/17 or 10/18	10/23, 10/24 or 10/25
B.F.A.	0-0	North Country (H) 9/5 7:00	CVU (A) 9/13 1:00	St. Johnsbury (A) 9/19 7:00	Union-32 (H) 9/26 7:00	Colchester (A) 10/4 7:00	Seawolves (A) 10/9 7:00	Essex (H) 10/17 7:00	Mt. Mansfield (H) 10/24 7:00
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BRATTLEBORO	0-0	St. Johnsbury (A) 9/5 7:00	Middlebury (H) 9/12 7:00	Hartford (H) 9/19 7:00	Fair Haven (A) 9/26 7:00	Burr & Burton (A) 10/4 1:00	Rutland (H) 10/10 7:00	Mt. Anthony (A) 10/17 7:00	North Country (H) 10/24 7:00
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BURR & BURTON	0-0	Seawolves (H) 9/6 1:00	Rutland (A) 9/11 6:30	Mt. Anthony (H) 9/20 1:00	Essex (A) 9/26 7:00	Brattleboro (H) 10/4 1:00	Hartford (A) 10/10 7:00	Middlebury (A) 10/17 7:00	CVU (H) 10/24 7:00
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C.V.U.	0-0	Rutland (A) 9/5 7:00	BFA St. Albans (H) 9/13 1:00	Seawolves (H) 9/20 1:00	Middlebury (A) 9/26 7:00	Essex (H) 10/4 1:00	Colchester (H) 10/11 1:00	St. Johnsbury (A) 10/17 7:00	Burr & Burton (A) 10/24 7:00
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ESSEX	0-0	Middlebury (H) 9/4 6:30	Seawolves (A) 9/12 7:00	Colchester (H) 9/19 7:00	Burr & Burton (H) 9/26 7:00	CVU (A) 10/4 1:00	St. Johnsbury (H) 10/10 7:00	BFA St. Albans (A) 10/17 7:00	Rutland (A) 10/24 7:00
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MIDDLEBURY	0-0	Essex (A) 9/4 6:30	Brattleboro (A) 9/12 7:00	Rutland (H) 9/19 7:00	CVU (H) 9/26 7:00	Hartford (H) 10/3 7:00	Mt. Anthony (A) 10/10 7:00	Burr & Burton (H) 10/17 7:00	Seawolves (A) 10/24 7:00
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MT. ANTHONY	0-0	Mt. Mansfield (H) 9/5 7:00	Hartford (A) 9/12 7:00	Burr & Burton (A) 9/20 1:00	Rice Memorial (A) 9/27 1:00	Rutland (H) 10/3 7:00	Middlebury (H) 10/10 7:00	Brattleboro (H) 10/17 7:00	Fair Haven (A) 10/23 6:30
0									
RUTLAND	0-0	CVU (H) 9/5 7:00	Burr & Burton (H) 9/11 6:30	Middlebury (A) 9/19 7:00	St. Johnsbury (H) 9/26 7:00	Mt. Anthony (A) 10/3 7:00	Brattleboro (A) 10/10 7:00	Hartford (A) 10/17 7:00	Essex (H) 10/24 7:00
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Seawolves	0-0	Burr & Burton (A) 9/6 1:00	Essex (H) 9/12 7:00	CVU (A) 9/20 1:00	Lyndon Inst. (A) 9/27 1:00	St. Johnsbury (H) 10/3 7:00	BFA St. Albans (H) 10/9 7:00	Colchester (A) 10/17 7:00	Middlebury (H) 10/24 7:00
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ST. JOHNSBURY	0-0	Brattleboro (H) 9/5 7:00	Colchester (A) 9/12 7:00	BFA St. Albans (H) 9/19 7:00	Rutland (A) 9/26 7:00	Seawolves (A) 10/3 7:00	Essex (A) 10/10 7:00	CVU (H) 10/17 7:00	Lyndon Inst. (H) 10/25 1:00
0									
TEAMS-DIV. II	Overall RECORD	9/4, 9/5or 9/6	9/11, 9/12 or 9/13	9/18, 9/19 or 9/20	9/25, 9/26 or 9/27	10/2 10/3or 10/4	10/9, 10/10 or 10/11	10/16, 10/17 or 10/18	10/23, 10/24 or 10/25
COLCHESTER	0-0	Milton (H) 9/5 7:00	St. Johnsbury (H) 9/12 7:00	Essex (A) 9/19 7:00	Mt. Mansfield (A) 9/27 1:00	BFA St. Albans (H) 10/4 7:00	CVU (A) 10/11 1:00	Sewolves (H) 10/17 7:00	Hartford (A) 10/24 7:00
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FAIR HAVEN	0-0	Hartford (H) 9/5 7:00	Lyndon Inst. (A) 9/13 1:00	Mt. Mansfield (H) 9/19 7:00	Brattleboro (H) 9/26 7:00	Bellows Falls (A) 10/3 7:00	North Country (A) 10/10 7:00	Union -32 (A) 10/17 7:00	Mt. Anthony (H) 10/23 6:30
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HARTFORD	0-0	Fair Haven (A) 9/5 7:00	Mt. Anthony (H) 9/12 7:00	Brattleboro (A) 9/19 7:00	North Country (A) 9/25 6:30	Middlebury (A) 10/3 7:00	Burr & Burton (H) 10/10 7:00	Rutland (H) 10/17 7:00	Colchester (H) 10/24 7:00
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LYNDON INST.	0-0	Rice Memorial (H) 9/6 1:00	Fair Haven (H) 9/13 1:00	Union-32 (A) 9/20 7:00	Seawolves (H) 9/27 1:00	Mt. Mansfield (A) 10/4 1:00	Bellows Falls (H) 10/11 1:00	North Country (A) 10/17 7:00	St. Johnsbury (A) 10/25 1:00
0									
MILTON	0-0	Colchester (A) 9/5 7:00	Spaulding (H) 9/12 6:30	Fairfax/Lamoille (A) 9/20 1:00	Poultney (A) 9/27 1:00	Missisquoi (H) 10/4 1:00	Mt. Abraham (H) 10/10 6:30	Rice Memorial (A) 10/18 1:00	Springfield (H) 10/24 6:30
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MT. MANSFIELD	0-0	Mt. Anthony (A) 9/5 7:00	North Country (H) 9/13 1:00	Fair Haven (A) 9/19 7:00	Colchester (H) 9/27 1:00	Lyndon Inst. (H) 10/4 1:00	Union-32 (A) 10/10 7:00	Bellows Falls (H) 10/18 1:00	BFA St. Albans (A) 10/24 7:00
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NORTH COUNTRY	0-0	BFA St. Albans (A) 9/5 7:00	Mt. Mansfield (A) 9/13 1:00	Bellows Falls (H) 9/19 7:00	Hartford (H) 9/25 6:30	Union -32 (A) 10/3 7:00	Fair Haven (H) 10/10 7:00	Lyndon Inst. (H) 10/17 7:00	Brattleboro (A) 10/24 7:00
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RICE MEMORIAL	0-0	Lyndon Inst. (A) 9/6 1:00	Missisquoi (A) 9/13 1:00	Spaulding (H) 9/20 1:00	Mt. Anthony (H) 9/27 1:00	Mt. Abraham (A) 10/4 1:00	Fairfax/Lamoille (A) 10/11 1:00	Milton (H) 10/18 1:00	Otter Valley (H) 10/25 1:00
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SPAULDING	0-0	Poultney (H) 9/5 7:00	Milton (A) 9/12 7:00	Rice Memorial (A) 9/20 1:00	Mill River (A) 9/27 2:00	Fairfax/Lamoille (H) 10/3 7:00	Missisquoi (H) 10/10 7:00	Mt. Abraham (A) 10/18 1:00	Union-32 (H) 10/24 7:00
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Union - 32	0-0	Woodstock (A) 9/5 7:00	Bellows Falls (A) 9/12 7:00	Lyndon Inst. (H) 9/19 7:00	BFA St. Albans (A) 9/26 7:00	North Country (H) 10/3 7:00	Mt. Mansfield (H) 10/10 7:00	Fair Haven (H) 10/17 7:00	Spaulding (A) 10/24 7:00
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TEAMS-DIV. III	Overall RECORD	9/4, 9/5or 9/6	9/11, 9/12 or 9/13	9/18, 9/19 or 9/20	9/25, 9/26 or 9/27	10/2 10/3or 10/4	10/9, 10/10 or 10/11	10/16, 10/17 or 10/18	10/23, 10/24 or 10/25
BELLOWS FALLS	0-0	Windsor (H) 9/6 7:00	Union - 32 (H) 9/12 7:00	North Country (A) 9/19 7:00	Springfield (H) 9/26 7:00	Fair Haven (H) 10/3 7:00	Lyndon Inst. (A) 10/11 1:00	Mt. Mansfield (A) 10/18 1:00	Woodstock (A) 10/24 7:00
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FAIRFAX / LAMOILLE	0-0	Mill River (A) 9/6 1:00	Mt. Abraham (H) 9/13 1:00	Milton (H) 9/20 1:00	Woodstock (A) 9/26 7:00	Spaulding (A) 10/3 7:00	Rice Memorial (H) 10/11 1:00	Missisquoi (A) 10/18 1:00	Windsor (H) 10/25 1:00
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MILL RIVER	0-0	Fairfax/Lamoille (H) 9/6 1:00	Windsor (A) 9/13 1:00	Poultney (H) 9/20 1:00	Spaulding (H) 9/27 2:00	Woodstock (A) 10/3 7:00	Otter Valley (A) 10/11 7:00	Springfield (H) 10/18 1:00	Missisquoi (A) 10/25 1:00
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MISSISQUOI	0-0	Springfield (A) 9/5 7:00	Rice Memorial (H) 9/13 1:00	Mt. Abraham (H) 9/20 1:00	Otter Valley (A) 9/26 7:00	Milton (A) 10/4 1:00	Spaulding (A) 10/10 7:00	Fairfax/Lamoille (H) 10/18 1:00	Mill River (H) 10/25 1:00
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MT. ABRAHAM	0-0	Otter Valley (H) 9/6 1:00	Fairfax/Lamoille (A) 9/13 1:00	Missisquoi (A) 9/20 1:00	Windsor (H) 9/27 1:00	Rice Memorial (H) 10/4 1:00	ilton (A) 10/10 7:00	Spaulding (H) 10/18 1:00	Poultney (A) 10/25 1:00
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OTTER VALLEY	0-0	Mt. Abraham (A) 9/6 1:00	Springfield (A) 9/12 7:00	Woodstock (H) 9/19 7:00	Missisquoi (H) 9/26 7:00	Windsor (A) 10/4 1:00	Mill River (H) 10/11 7:00	Poultney (H) 10/18 6:30	Rice Memorial (A) 10/25 1:00
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POULTNEY	0-0	Spaulding (A) 9/5 7:00	Woodstock (H) 9/13 1:00	Mill River (A) 9/20 1:00	Milton (H) 9/27 1:00	Springfield (A) 10/3 7:00	Windsor (H) 10/11 1:00	Otter Valley (A) 10/18 6:30	Mt. Abraham (H) 10/25 1:00
0									
SPRINGFIELD	0-0	Missisquoi (H) 9/5 7:00	Otter Valley (H) 9/12 7:00	Windsor (A) 9/20 1:00	Bellows Falls (A) 9/26 7:00	Poultney (H) 10/3 7:00	Woodstock (H) 10/9 6:30	Mill River (A) 10/18 1:00	Milton (A) 10/24 7:00
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WINDSOR	0-0	Bellows Falls (A) 9/6 7:00	Mill River (H) 9/13 1:00	Springfield (H) 9/20 1:00	Mt. Abraham (A) 9/27 1:00	Otter Valley (H) 10/4 1:00	Poultney (A) 10/11 1:00	Woodstock (H) 10/18 1:00	Fairfax/Lamoille (A) 10/25 1:00
0									
WOODSTOCK	0-0	Union - 32 (H) 9/5 7:00	Poultney (A) 9/13 1:00	Otter Valley (A) 9/19 7:00	Fairfax/Lamoille (H) 9/26 7:00	Mill River (H) 10/3 7:00	Springfield (A) 10/9 6:30	Windsor (A) 10/18 1:00	Bellows Falls (H) 10/24 7:00
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OTTER VALLEY UNION HIGH SCHOOL

Otters



SEASON PREVIEW

By Tom Haley

BRANDON — The Otter Valley football team got a taste of what State Championship Saturday feels like.

Last fall, the Otters knocked off previously-unbeaten BFA-Fairfax/Lamoille in the state semifinals, before falling to a juggernaut Woodstock in the championship game.

After graduating just four seniors, albeit really quality seniors, Otter Valley has its sights set on being right back in championship contention this year.

"A lot of our guys were excited to be there last year, but they got a taste of what it's like to be a champion by watching what Woodstock was," said OV coach Jim Hill.

"Now, they now what it's like. They know how to get there and their aspirations are to win it. It's not going to be an easy road. Week in and week out, we're going to have to battle."

The Otters getting to that point last year was made even more impressive by the fact that coach Hill had been installed as head coach very close to the preseason beginning.

Now, with a full offseason of knowing the staff that will be at the helm, Otter Valley can settle into the system they are playing.

Knowing the system is paramount for the guy in the controls at quarterback. Senior Zac Dragon enters his second year as the QB in Hill's system and his third as the Otters' starter at the position.

Dragon has his main passing weapons back in the fold this year with seniors Chase Razanouski and Dom Waite at wide receiver and Max

Potter at tight end. Colin Carroccia, who had been a stalwart on OV's offensive line, moves to in-line tight end this year as well.

Sophomores Emmett Mallory and Alex MacLeod are younger wide receivers that could factor into the offense. Junior Marek Heitmann returns to the sport after a year off and will play wide receiver as well.

There are more holes to fill in the backfield for Otter Valley with Isaac Whitney and Noel Pearsons' graduations.

Senior Drake Felkl is a returner at running back, as is sophomore Colby Benoit, who can also play slot receiver. Junior Keegan Reid moves from tight end to running back.

Sophomore Nolan Quenneville is the team's backup quarterback, but could play at any of the skill positions.

Otter Valley should be strong in the trenches. Hill says the team is about eight deep the position.

Senior Jaydon Connors will be the team's center and provides vocal leadership. Senior Derek Felkl plays at left guard and had a great summer. Senior Sam Luis is at right tackle and provides great size at the position.

Ryan Li plays at right guard and his older brother Derek was a Shrine Bowl player.

Hill knows he has talent all over his defense, but believes their biggest strength will be their front seven.

Reid is back at middle linebacker after leading OV in tackles last fall. Potter also returns at linebacker and Benoit moves from corner to outside linebacker.

Felkl, Carroccia, Walton and Austin Mallory will all be key on the defensive line.

Razanouski, Waite and Quenneville will be important pieces in the secondary with other guys battling for roles.

Rounding out the roster is Lucas Whitney, Andrew Sweeney, Gerald Phillips, Jared Krans-Gould, Ethan Dukette, Patrick Coleman, Landon Wilcox, Brooklyn Colburn, Eli Larocque, Jonathan Rayborn, Declan Gallipo, Ayden Larocque, Justin Hendee, Jonathan Rambone, Ethan Kenyon, David Bertrand, Peyton Trombley and Austin Lamica.

Division III takes on a little bit of a different feel this fall. The heavyweights of last year like Woodstock and Fairfax/Lamoille remain, but additions of Bellows Falls and Mount Abraham add an extra wrinkle.

GAME SCHEDULE

Mt. Abraham	(A) 9/6 @ 1:00
Springfield	(A) 9/12 @ 7:00
Woodstock	(H) 9/19 @ 7:00
Missisquoi	(H) 9/26 @ 7:00
Windsor	(A) 10/4 @ 1:00
Mill River	(H) 10/11 @ 7:00
Poultney	(H) 10/18 @ 6:30
Rice Memorial	(A) 10/25 @ 1:00

OTTER VALLEY UNION HIGH SCHOOL



Otters



Lucas Whitney
Captian - RB/DB



Alexandru MacLeod
WR/DB



Marek Heitmann
WR/DB



Emmett Mallory
WR/DB



Andrew Sweeney
WR/DB



Dominyk Waite
WR/DB



Jordan Loso
WR/DB



Keegan Reid
RB/LB



Nolan Quenneville
QB/DB



Chase Razanouski
Captian - WR/DB



Max Potter
TE/LB



Gerald Phillips
QB/DB



Zachary Dragon
Captian - QB/DB



Hayden Stone
TE/LB



Colby Benoit
RB/LB



Jared Krans-Gould
RB/DE

OTTER VALLEY UNION HIGH SCHOOL



Otters

29



Colby Brown

WR/DB

30



Paul Flanders

WR/DB

31



Ethan Dukette

RB/DE

32



Patrick Coleman

TE/LB

34



Brooklyn Colburn

RB/LB

40



Landon Wilcox

RB/LB

43



Drake Felkl

Captian - RB/DL

44/70



Austin Mallory

RB/DL

50



Derrick Walton

Captian - OL/DE

52/81



Colin Carroccia

Captian - TE/DE

54



Ryan Li

OL/DL

55



Eli Larocque

OL/DL

56



Jonathan Rayborn

OL/DL

57



Declan Gallipo

OL/LB

58



Ayden Larocque

OL/DL

62



Justin Hendee

OL/DE

OTTER VALLEY UNION HIGH SCHOOL



Otters

63



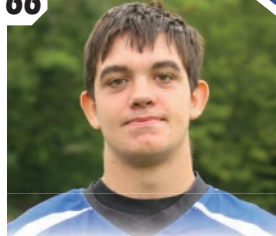
Jonathan Rambone
OL/DL

65



Jaydon Connors
Captain - OL/DL

66



Ethan Kenyon
OL/DE

74



David Bertrand
OL/DL

75



Peyton Trombley
OL/DL

78



Austin Lamica
OL/DL

79



Samuel Luis
Captain - OL/DL



Otter Valley Union High School Coaching Staff

Head Coach Jim Hill, Assistant Coach Bill Rose, Assistant Coach Tom Hobbs, Assistant Coach Carson Leary, Assistant Coach Kinny Stanley, Manager Clover Hobbs. Coaches Missing: Aiden Larock, Ethan Kellier, Tristan Congleton.



POULTNEY HIGH SCHOOL

Blue Devils

SEASON PREVIEW

By Tom Haley

FPOULTNEY — Football has been king at Poultney. Pregame parades, game-day breakfasts and no boys soccer in a long time have kept football as a highlight of the community's autumn.

So what gives? There are only 24 players out for the Blue Devils football team.

Second-year coach Andrew Breting points out that only 75 boys attend the school.

The Blue Devils will have to play a lot of players on both sides of the ball, stay healthy and fight.

Breting believes the Devils have a great wealth of that last ingredient. He said that even when getting thumped by eventual Division III state champion Woodstock in the 2024 opener, there was not let up among his players.

That type of fight and resolve was also evident in a victory over Springfield where the Devils trailed by two touchdowns late in the game and rallied for an overtime victory.

The trump card could be a veteran offensive and defensive line. Seniors Jayden Kelly, Gabe Casey, Brayden Schreiber, Isaiah Kerber and Nolan Lyford return as seniors to give the trenches plenty of savvy.

There are also some seniors in the skill positions. One is quarterback Ethan Anderson. He was not the starter last season but when he entered the game because of an injury, he helped lead the Devils to that

comeback victory over Springfield.

Seniors Oliver Shanholtzer and Eric Kendall figure to get the bulk of the carries and Kaylon Carvey and Mike Celik, also seniors, are receivers and defensive backs.

Kole Lynch looks to be a tight end and a linebacker.

Rounding out the squad are players like Simon Moulton, Abram Sosnoff, Ari Lupien, Landon Gibbs, Thorin Didomenico, Will DeBonis, Tucker Casey, Keegan Whitcomb, Talon Chalmers, Aryn Saviano, Xavier Reed and Nathan Martel.

The opening of the season is a monster. The Blue Devils traveled to Division II Spaulding on Sept. 5 and then host Woodstock the following week.

Rivalry games with nearby Mill River and Otter Valley are both on the road and the Chili Bowl, a highlight of the home schedule each year, comes on Sept. 27 against Milton.

The Chili Bowl also means that Breting and Milton coach Dustin Rock will be scheming against one another. They know one another well from their involvement with the Vermont State University Castleton football program.

"It's not the greatest," said Breting of the numbers situation.

"We have that returning offensive line where they all started last year. We need to build off that.

"We have a lot of returners but our depth scares the hell out of me."

He feels good about this edition of Poultney football being able to hold its own in the first half.

"I just want to see us still competing in the fourth quarter," Breting said.

They threw the ball more last year than recent Poultney teams and Breting said that will continue to be the trend with Anderson at the controls.

The Blue Devils did make the playoffs last fall only to be dropped in a heartbreaker, 21-20 in the first round by Springfield. The Blue Devils and Cosmos split two memorable games last year and you can bet their game on Oct. 3 at Springfield's Brown Field is circled on a few calendars.

GAME SCHEDULE

Spaulding	(A) 9/6 @ 1:00
Woodstock	(H) 9/13 @ 1:00
Mill River	(A) 9/20 @ 1:00
Milton	(H) 9/27 @ 1:00
Springfield	(A) 10/3 @ 7:00
Windsor	(H) 10/11 @ 1:00
Otter Valley	(A) 10/18 @ 6:30
Mt. Abraham	(H) 10/25 @ 1:00



POULTNEY HIGH SCHOOL

Blue Devils

2



Keighan Whitcomb-King
Grade 12

4



Kole Lynch
Grade 11

5



Thorin Didomenico
Grade 9

6



Cameron Camp
Grade 10

7



Mikey Celik
Grade 12

8



Eric Kendall
Grade 12

9



Talan Chalmers
Grade 11

11



Oliver Shanholtzer
Grade 12

14



Kaylon Carvey
Grade 11

15



Ethan Anderson
Grade 12

16



Will Debonis
Grade 11

22



Hayden Rice
Grade 9

50



Ari Lupien
Grade 9

55



Landon Gibbs
Grade 10



POULTNEY HIGH SCHOOL

Blue Devils

57



Jayden Kelly

Grade 12

58



Nolan Lyford

Grade 11

63



Isaiah Kerber

Grade 12

72



Brayden Schreiber

Grade 12

74



Abe Sosnoff

Grade 9

75



Tucker Casey

Grade 10

76



Gabe Casey

Grade 12



Joey Mckirryher

Grade 11



Lucas Cole

Grade 11



Jason Mattison

Grade 9



Liam Hier

Grade 9



Simon Moulton

Grade 9



Aymn Saviano

Head Coach
Andrew Breting



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RUTLAND HIGH SCHOOL Football



SEASON PREVIEW

By Adam Aucoin

RUTLAND — Last fall, the Rutland football team was one win away from completing one of the best year to year turnarounds in recent memory in the state.

Two years ago, RHS had just one win, but last year, they flipped the script losing just once in the regular season and making it all the way to the Division I state championship game, where it fell to CVU.

With some key graduations, the next challenge for Rutland is to see if it can remain in that upper tier of Division I. They return some talent from last year's team they hope can help in that endeavor and a lot of younger talent got a look at what it takes.

"We try to keep everybody involved. Strength comes in numbers," said Rutland coach

Mike Norman. "All of those kids last year that were freshmen, sophomores and juniors, they took part in everything. Some of them played a lot of some of them didn't play at all, but they had that experience."

Norman noted that last year was the first time since 2015 that Rutland had a returning starting quarterback. That won't be the case this year as Noah Bruttomesso graduated.

Junior Giovanni Spallieri got some experience starting a handful of games when Bruttomesso got hurt last year. Sophomore Jayden Prucha is another potential option at quarterback.

"Noah went down in the Essex game and (Gio) got thrown into quadruple overtime and played out of his mind," Norman said of Spallieri, who helped lead Rutland to some key late season wins last year. "Gio is a kid where the best is yet to come."

Senior Grady Gallagher returns at running back and with health could be one of the best backs in the state. Gallagher got a lot of experience playing as a sophomore when Jayden Graham was hurt and teamed with Graham last year in the backfield.

Other running backs that return from last year's roster are Mason Keefe, James Reveal and Micah Perez.

"Last year, they were a thunder and lightning kind of thing," Norman said. "(Grady's) another kid that has done a really good job with leadership. I would anticipate him to have a great season for us and should be one of the better players in the state."

Seniors Griff Norton and Cellan Wood will take on bigger roles on the offensive side of the ball at wide receiver. Senior Gavin Hughes figures to do the same at tight end.

Senior Whit Sullivan is another wideout that saw a little bit of time last year that returns.

Kobe Webster and Brody Austin are two returners on the line, but there will be some inexperience around them. Those two will be key on the defensive line as well. Sophomore Adrian Krakowka is another player that shined on the line in his freshman season.

Gavin Hughes and Keefe are seniors in the linebacker group. Norton was a game-changer in the secondary for RHS last year and that only figures to continue this year, along with guys like Gallagher, Sullivan and Wood, among others.

GAME SCHEDULE

CVU	(H) 9/5 @ 7:00
Burr & Burton	(H) 9/11 @ 6:30
Middlebury	(A) 9/19 @ 7:00
St. Johnsbury	(H) 9/26 @ 7:00
Mt. Anthony	(A) 10/3 @ 7:00
Brattleboro	(A) 10/10 @ 7:00
Hartford	(A) 10/17 @ 7:00
Essex	(H) 10/24 @ 7:00

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RUTLAND HIGH SCHOOL

Football

2



Micah Perez
RB/DB - Grade 11

3



Braiden Jensen
WR/DB - Grade 11

4



Kason Velde
WR/DB - Grade 11

5



James Reveal
RB/LB - Grade 11

7



Aden Galiano
WR/DB - Grade 11

8



Gio Spallieri
QB/LB - Grade 11

9



Jayden Prucha
QB/DB - Grade 10

10



Cellan Wood
WR/DB - Grade 12

11



Whit Sullivan
TE/LB - Grade 12

12



Aiden Howland
WR/DB - Grade 10

13



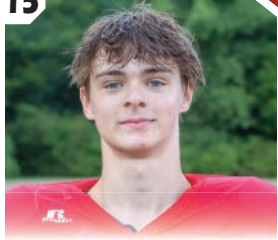
Caleb Kimball
WR/LB - Grade 11

14



Aaron Jones
DB - Grade 9

15



Lucas Hughes
TE/LB - Grade 11

16



Caiden Taggart
WR/DB - Grade 10

17



Griffin Norton
WR/DB - Grade 12

18



Connor Beach
QB/DB - Grade 9

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RUTLAND HIGH SCHOOL

Football

19



Logan Hicks
WR/LB - Grade 10

20



Gavin Hughes
TE/LB - Grade 12

21



Quinlan Marechaux
RB/DB - Grade 9

22



Carter Velde
WR/DB - Grade 9

23



Sam Dyer
WR/DB - Grade 9

24



Landon Minichiello
WR/DB - Grade 9

25



Logan Polcaro
RB/LB - Grade 9

26



Noah Alger
RB/LB - Grade 10

27



Braydon Kelly
RB/DB - Grade 10

28



Grady Gallagher
RB/LB - Grade 12

29



Quincy Bruttomesso
WR/DB - Grade 12

30



Hunter Ackley
WR/DB - Grade 10

32



Landon Prucha
WR/DB - Grade 9

33



Brogan McCarthy
TE/DL - Grade 10

36



Elijah Gillespie
TE/DL - Grade 9

38



David Scott
WR/DB - Grade 11



RUTLAND HIGH SCHOOL

Football

42



Charlie Woods
WR/LB - Grade 12

44



Liam Bouchard
RB/DB - Grade 9

50



Marcos Bautista
OL/DL - Grade 10

51



DJ Tricarico
OL/LB - Grade 11

52



Mason Keefe
OL/LB - Grade 12

53



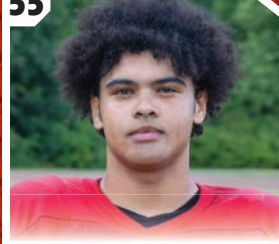
Ronald Jones
OL/DL - Grade 11

54



Lucas Cormia
OL/DL - Grade 11

55



Kobe Webster
OL/DL - Grade 11

56



Myles Munroe
OL/DL - Grade 9

57



Franklyn Wilson
OL/DL - Grade 10

59



Brody Taylor
OL/DL - Grade 9

62



Tyler Kennedy
OL/DL - Grade 10

63



Lincoln Munger
OL/DL - Grade 10

64



Hunter Genovesi
OL/DL - Grade 10

65



Owen Carris
OL/DL - Grade 10

66



Aiden Newton
OL/DL - Grade 9



RUTLAND HIGH SCHOOL

Football

68



Carter Fitzsimmons

OL/LB - Grade 9

69



Brody Austin

OL/DL - Grade 12

72



Phillip Ramage

OL/DL - Grade 10

75



Hayden Simpson

OL/DL - Grade 9

Football Coaching Staff

Head Coach Mike Norman

Dan Alcorn

Jeff Cassarino

Matt Creed

Chad Galiano

Jerry Gorruso

Toby Jakubowski

Greg Lewis

Paul Magro

Robbie Reis

Ernie Sule

Studen Manager Connor Godden

76



Viktor Durfee

OL/DL - Grade 10

77



Adrian Krakowka

OL/DL - Grade 10

80



Ian Cornell

WR/LB - Grade 9

81



Finn Fuller

TE/DL - Grade 11

84



Avery Boyd

WR/LB - Grade 9

86



Henry Goelz

TE/DL - Grade 9

88



Cole Erikson

TE/DL - Grade 11



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SPRINGFIELD HIGH SCHOOL Cosmos



SEASON PREVIEW

By Tom Haley

SPRINGFIELD — Maximum Occupancy: 989 Persons, reads the sign on the bleachers at Brown Field.

If the Springfield football team continues its climb, it will be a spill-over crowd watching their Cosmos at Brown Field on Friday nights. Last year the Cosmos won a playoff game, beating a Poultney team they lost to during the regular season.

This year, they are hoping that the trend continues.

The attack might be a little more balanced.

"We have always been a run-heavy team. This year it might be 60-40 in favor of the run," Springfield coach Todd Aiken said. "We have some weapons to air it out."

Pulling the trigger on the attack is junior quarterback Maddox Wilson. He played very little there last year but said he feels confident in the offense.

Freshman Jace Beaman is the backup QB and someone to watch with an eye on the future.

"He throws a great ball. He and Maddox push each other. They work well together. It is fun to watch," Aiken said.

The ground game will still be the bread and butter and the experience of Dmitri Jasinski and Josiah Martinez will headline that facet. Landon Truell will

also get carries.

Truell made quite a name for himself last year as a freshman linebacker with 56 tackles.

Braiden Wheeler will be a wideout and a defensive back.

Jayden Paul will see more time as a defensive back this season and Wilson will also be in the secondary as a free safety.

Jameer Cosby started last year on offense and his presence will be felt on both sides of the ball this fall.

"Right now, I feel really confident about our linebackers," Aiken said.

Another reason that position is a strength is the play of sophomore Logan Merrow.

"He is very athletic with a high football IQ. He will be an outside linebacker who will be important in covering passes," Aiken said.

Tanner Thurston also brings plenty to the linebacker corps. "He is a very athletic and hungry kid who lives for contact," Aiken said.

Riley Snide, Liam Rando and Johnathan Lake return to lead the offensive line.

"They are all juniors and bring a lot of leadership," Aiken said.

It is a young squad with Nolan Balfer the only senior returning.

Turn on the Friday Night Lights: The first two games were at home with Missisquoi in town on Sept 5 and Otter Valley the visitor at Brown Field on Sept. 12.

Aiken loves the attitude that he has seen displayed in the opening practices.

"Our goal every year is to be competitive in the league. There has been a lot of focus," he said.

"The Pee Wee football league came back 10 odd years ago and we are starting to see its fruition."

GAME SCHEDULE

Missisquoi	(H) 9/5 @ 7:00
Otter Valley	(H) 9/12 @ 7:00
Windsor	(A) 9/20 @ 1:00
Bellows Falls	(A) 9/26 @ 7:00
Poultney	(H) 10/3 @ 7:00
Woodstock	(H) 10/9 @ 6:30
Mill River	(A) 10/18 @ 1:00
Milton	(A) 10/24 @ 7:00



SPRINGFIELD HIGH SCHOOL

Cosmos

1



Josiah Martinez
Grade 11

2



Jameer Cosby
Grade 10

3



Jayden Paul
Grade 11

4



Weston Peck
Grade 9

5



Braiden Wheeler
Grade 10

6



Tanner Thurston
Grade 10

7



Garrett Brickey
Grade 11

8



Jace Beamon
Grade 9

9



Haleigh Goodrich
Grade 9

10



Carter Brown
Grade 9

11



Maddox Wilson
Grade 11

14



Emmitt Brown
Grade 9

15



Logan Merrow
Grade 10

17



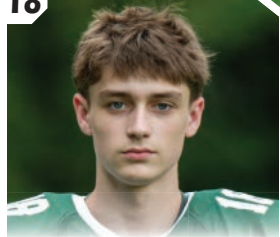
Curtis Davis
Grade 9



SPRINGFIELD HIGH SCHOOL

Cosmos

18



Jace Geary

Grade 10

21



William Fench

Grade 9

22



Dmitri Jasinski

Grade 10

23



Landon Truell

Grade 10

25



Tanner Matuszewski

Grade 10

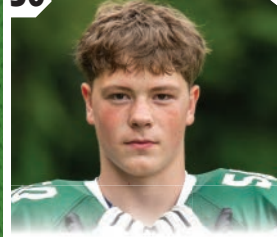
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Gage Quimby

Grade 12

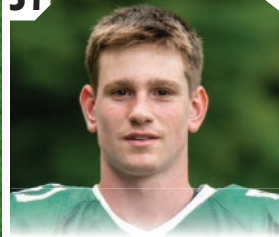
50



Liam Rando

Grade 11

51



Evan Farrar

Grade 11

52



Jonathan Lake

Grade 11

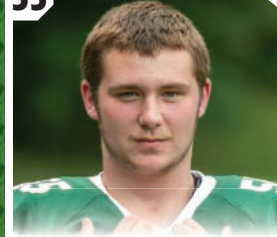
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Kien Priestley

Grade 9

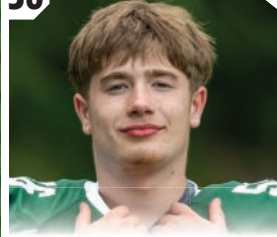
55



Francis Wheeler

Grade 10

56



Everett Barlow

Grade 10

58



Phillip Rousse

Grade 10

60



Nolan Balser

Grade 12



SPRINGFIELD HIGH SCHOOL

Cosmos

62



Riley Snide
Grade 10

68



Mitchell Shaw
Grade 11

72



Mason Clouart
Grade 10

75



Jaivien Santana
Grade 9

78

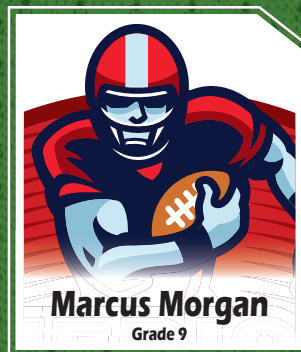


Nicholas Pierce
Grade 10

84



Evan Palmisano
Grade 11



Marcus Morgan
Grade 9



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Head Coach Todd Aiken

Assistant Coaches Jon Beamon, Tom Boudro, Ryan Duford, Doug Feickert, Greg Otis

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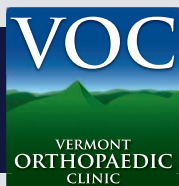
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