

Knights Gear-Up For Indoor Season

By Dan Crowley, Sandwich Enterprise
Dec 11, 2009

The Sandwich High School girls' winter track team lost several key point scorers from last year, but Coach Steve Infascelli likes the line up the squad will field this season. "Senior Emily Travers will captain the team," the coach explained. "Travers is a two time league finalist in the 55m dash. Her transfer from soccer to cross-country this past fall will help her strength and we will be able to crank out some really fast workouts because of the base that she has built over the fall instead of having her take it easy for a while before we start the fun fast stuff."

In addition the Lady Knights expect positive things from senior sisters Liz and Lauren Duffy.

"The addition of a healthy Liz Duffy, and her twin, Lauren will be a great addition, because of their wonderful fall (cross-country) season," Infascelli said "The success they both had will help us set a high standard for the next generation."

Sophomores' Mikhaela Tropp and Bethany Gomes will also add to the girl's talent.

"They will both be looked at to score points in multiple events," the coach explained.

"Tropp was a Division II qualifier in the 300m dash and league champion outdoors at 400m. She is a state qualifier in the outdoor 4x4 relay. Gomes came extremely close to qualifying for the DII meet in 600m last winter, and again at 800m outdoors."

The Knights bring back more point scorers on the boys' squad this season

"We only lose three key point scorers," Infascelli noted, "but we have already replaced them. The boys' team will look to try for a league championship, which we are very excited about. One key returning runner will be Captain Sam Ellis. It is likely that Sam Ellis will score more points in the league than any other athlete from any other team. He is certainly a most valuable athlete. Sam will be running, jumping, and relaying his way while leading this team. He will have help from senior Captain Tim Regan. Tim was a Nike Indoor National Qualifier in the sprints, and a New England finalist outdoors at 400m. Tim will also be sprinting, and jumping for us this winter. Both boys will be on the 4x4m relay team which has high hopes of qualifying for the Nike Indoor National Meet. Distance runners Steve Macdonald, Jason Lefavor, Dana Murphy, Jamie Goins, and Dave Allen will dominate this winter. We're also looking to step up our throws with Ben Siransian, Kyle Mosher, Zach Johnson, and Patrick McGrath. The season is off on the right foot, and we look forward to what we can accomplish."