

# Sports Update for the Week of March 29, 2021

## Cross Country

The Wolves XC team travelled to Marymoor Park on Wednesday for the LWSD XC Championships. The sunny day proved to be another stellar XC event for the Wolves. Across all 5 races the EHS squad ran tough, smart, and with courage. Varsity boys and Varsity girls also came away with **team championships** over Juanita, Redmond, and Lake Washington!

### **Varsity Girls Race**

The duo of **Alyssa Flindt (jr)** and **Abbey VanValkenburg (fr)** continued their front pack running. Abbey pushed the early pace, moving thru the first mile in 6:06 and keeping the race honest. Alyssa finished as the top Wolf of the day in 3<sup>rd</sup> place followed closely by her teammates with Abbey in 4<sup>th</sup>, **Ava Hagwell (so)** in 5<sup>th</sup>, **Claudia Wolf (jr)** in 7<sup>th</sup>, **Ariya Mathrawala (jr)** in 9<sup>th</sup>, **Salma Abdelale (fr)** in 11<sup>th</sup>, **Erin Schmidlin (so)** in 12<sup>th</sup>, **Nyah Allen (jr)** in 13<sup>th</sup>, **Nia Marwaha (sr)** in 16<sup>th</sup>, and **Kaitlyn Liu (so)** in 18<sup>th</sup>. This was **Salma's** first time in the top 7 Varsity! The girls tough racing defeated the 2019 State Champions Redmond girls team for the 2<sup>nd</sup> time this season.

### **Varsity Boys Race**

**Noah Zahn (so)** pushed the pace early for the boys race, followed closely by teammates **Ethan Pedersen (so)** and **Chris Lynn (so)**. The young EHS squad utilized their pack running and strong kicks to ultimate win the Championship. **Ethan** finished 2<sup>nd</sup>, **Chris** 3<sup>rd</sup>, **Noah** 4<sup>th</sup>, **Quinn Hulet (jr)** in 9<sup>th</sup>, **Bryce Flindt (jr)** in 13<sup>th</sup>, **Alex Johansson (sr)** in 16<sup>th</sup>, **Aditya Setty (sr)** in 19<sup>th</sup>, **Kade Smiley (jr)** in 30<sup>th</sup>, and **Connor Hom (fr)** in 33<sup>rd</sup>.

### **JV Boys Races**

The Boys JV squad, inspired by the Varsity races, ran with outstanding courage. **Jeffery Ellis (fr)** threw down and outstanding 84 second PR to finish 4<sup>th</sup> as the top Wolf in the 2<sup>nd</sup> JV race. **Eamon Senapati (fr)** finished 15<sup>th</sup> in the same race with an 11sec PR. Other big PRs include **Ethan Overstreet (fr)** taking over 60sec off his previous best, **Hayden Daniels (so)** running 11sec faster, **Alex Wei (fr)** with the biggest PR of the day dropping 88 seconds off his PR!

The freshmen are strong within our JV pack. Despite a short season these gentlemen pushed themselves to uncomfortable limits: **Rushil Arun, Denys Davydenko, Aviv Brill, Luka Simard, and Elias Timmins.**

### **JV Girls Race**

The girls race was dominated by the trio of **Claire Wilson (jr)**, **Sana Mathias (sr)**, and **Olga Carvallo (so)** finishing 1, 2, 3. **Claire** running a lifetime PR by 2 seconds just set the week before and beating the field by over 40 seconds in 1<sup>st</sup> place. **Sagunya Malhotra (so)** finished with a beastly kick past a Redmond runner breaking 28min for the first time and PRing by over 35 seconds. Freshmen **Saya Mehta** and **Anna Wu** also finished strong and the ever motivating yogi **Ella Santini** rounding out the top 7 EHS JV girls.

Fantastic season and congrats to all the XC runners for such a great season!

## **Boys' Golf**

The boys' golf team completed the season with a perfect 6-0 record with a sudden death play-off win over the Redmond Mustangs. Top five scores for the Wolves were: Eshan Singh (46), Bryce Johnson (45), Chris Zamani (40), Nathan Yocam (39) and senior co-captain Ashay Manocha finished his career with the low score for the Wolves with a 38 on the East course at Sahalee. Those players then went to the #1 tee along with the top 5 scorers for the Mustangs. During the play-off hole the Wolves had two bogies, two pars, and a very impressive birdie by Eshan Singh for a two-stroke victory. Congratulations to a very young Eastlake team!

## **Volleyball**

### **Varsity**

The Varsity Volleyball team completed its last week of competition with two matches. On Monday night the Wolves celebrated its 9 graduating seniors as they hosted Lake Washington again. While the team came up short 1-3 [25-21, 23-25, 22-25, 22-25] they never gave up and pushed the Kangs in all four sets. Eastlake had 15 aces led by freshman Jess Martin's 5 and sophomore Nora Myre's 4. Senior Madeline Flynn led the team in hitting with 8 kills and only 1 error on 12 attack and a remarkable .583 hitting percentage.

Thursday marked the end of the season for the Wolves as they traveled to Redmond HS for the final match of the season. Eastlake won in a straight set victory 25-7, 25-21, and 25-23. Senior Madeline Flynn had 5 aces and 5 kills, while seniors Dawson Flaker and Bella Greene each chipped in with 3 kills.

### **JV**

### **C-Team**

Thursday April 1, the C Team finished out their season at Redmond. After meeting the Mustangs early in the season, both teams came together to show what the 5 week season had taught them. The Mustangs took the first set 18-25, even with the Wolves serving 90%. Second set the Wolves came out looking to make adjustments and did so decisively with a 25-10 win. Jana Monsour had a serving streak that put the Wolves way out in front. The final deciding set, also went quickly to the Wolves, 25-10 with Madeline Bishop serving 3 aces out of 8 serves and registering 2 kills on the front row. Tatum Wood was fierce at the net and managed to get a block and 2 aces. The Wolves look forward to building on this season with a short off season and returning in the fall for more volleyball.

## **C-Team Soccer**

## **Slow-Pitch Softball**

Lady Wolves Slow Pitch started off the final week of their season with a solid performance against rival Lake Washington. Battling back from an early inning deficit, the Wolves took a 1 run lead into the final frame. Despite a quality defensive effort, Lake Washington rallied to

retake and hold the lead, ultimately handing Eastlake a tough loss. Slow Pitch closed their season with an evening match at Redmond. Seniors, Pitcher Julia Kraynak and Short Stop Nell Harris, put on a defensive clinic, executing one crisp play after another to 1st Baseman Jess Umphrey and 2nd Baseman Maggie Tell. Led Offensively by 3rd Baseman Leah Cupp, the team scored in all seven innings of the contest, ultimately defeating Redmond to finish the season 4 and 4. Eastlake Slow Pitch will start up again with their traditional Fall season beginning August 30th.

## **Girls' Swim & Dive**

Girls' Swim and Dive had a great end to their season. Thursday night, the swimmers had their first indoor and in-person meet. They used those two factors to their advantage and had a great meet.

We had over 40 season best times. Shout out to big time drops: Diya Kumar (who dropped almost 40 seconds in the 500 free), Alyssa Baker (who dropped 17 seconds in the 200 IM), Abby Ivie (who dropped 6 seconds in the 100 free), Emma Hansen (who dropped almost 6 seconds in the 100 back) and Julia Lundblad (who dropped almost 6 seconds in the 100 breast).

These swimmers placed 1st in their heat: Carter, Garduno, Shelton, Ivie and Smith, Soininen, K. Srikumar, Aydia Carmosino (200 medley relay), Julia Lundblad (200 IM), Abby Ivie, Emma Hansen. Octavia Smith, Gia Carmosino, Alexa Carmosino, and Diya Kumar (50 free), Gia Carmosino (100 fly), Nabiha Farooqi (200 free), Soininen, Smith, G. Carmosino, Aydia Carmosino (200 free relay), Alyssa Baker and Emma Hansen (100 back), and Aydia Carmosino (100 breast).

We say good-bye to 14 fantastic seniors who have shown dedication and commitment to the team. We will miss their leadership! Thank you Alyssa Baker, Alexa Carmosino, Aydia Carmosino, Gia Carmosino, Denise Garduno, captain Emma Hansen, Emma Huang, Abby Ivie, Diya Rekhi, Emma Soininen, Gauri Srikumar, Sophia Thompson and captain Hailey Yocam.

Our fearless divers: Diya Rekhi, Sophia Thompson, Olivia Bock and Ashley Richards will compete in their final meet Friday night. Good luck divers!

## **Varsity Tennis**

The boys' varsity tennis team finished our COVID shortened season with a thrilling 4-3 victory at Eastlake over cross-town rival Redmond High School. In our first match of the season, the boys lost to Redmond. In that match sophomore Rohan Singh went down with an ankle and had to forfeit his singles match. Rohan healed up and the boys regrouped and refocused their efforts for our final match of the season. For Eastlake, Sammy Bharadwaj won 6-3, 6-3 at first singles, Tohma Sugimoto won 6-3, 6-3 at 2<sup>nd</sup> singles, and Surya Narayanan won 6-2, 4-6, 1-6 at 4<sup>th</sup> singles. Redmond won 3<sup>rd</sup> singles, and 1<sup>st</sup> and 3<sup>rd</sup> doubles. The match came down to 2nd doubles. Alex Piavis and Gavin Wallace rose to the occasion and won their match 6-3, 6-4 before a crowd of cheering players, parents, and friends. It was great fun to watch and a great way to end the season. Go Wolves!

## **Varsity Soccer**

Varsity soccer finished out their season with two wins to end with an undefeated 6-0 record. The Wolves faced off against LW on Tuesday night and walked away with a 1-0 win. The goal came from Kelsey Kwon. On Thursday, Eastlake walked away with a 2-1 victory against Redmond. Goals came from Kate Mcevers and Morgan Young. In their 6 games, the Wolves scored a combined 18 goals and only gave up 3.

Congratulations to our seven seniors in what has been a great career at Eastlake: Kelsey Anderson, Kate Mcevers, Nicole Vanderschaaf, Julia Holec, Jane Blissett, Kaisa Wahlquist, Kelsey Kwon. WSPS!

## **JV Girls Soccer**

JV girls soccer won their game on Tuesday against Lake Washington 4-0. Courtney Knapick, our center back scored a magnificent header off a corner kick. Brielle Stuesse (mid) scored by an incredible give and go with Mallika Jaddi (fwd). Hailey Philips (mid) scored off a stunning cross from Sydney Wasyluka (fwd). Malika Jaddi (fwd) got her first goal of the season from a spectacular cross from Natalie Jas (mid). Lauren Devine (keeper) had another shut out! Lizzy Sanders (def) did an outstanding job as center back and didn't let anything through.

JV girls' soccer tied 1-1 against Redmond on Thursday. This was a tough fight, and our defensive mid, Aheli Dutta scored in the last two minutes of the game by an impressive cross from Hailey Philips (mid). Katie Bradford and Lauren Wetzel held their own on the wings and used their technical skills to outplay and run their opponents. Sydney Grassi (mid) and Sierra Hanson (fwd) stepped up and played outside back and did a magnificent job in supporting the defense. Sydney used her technical footwork to maneuver around their forwards and midfield and played awesome passes to our wings. Sierra plowed through their midfield and had several incredible runs to goal from the back.

We had an incredible season, and I am truly proud of each of my players. They put their all into each game and had hearts of gold! I am so grateful to have coached them this season and make some fun memories together!