



ATHLETICS UPDATE

October 22, 2021

Fall Sailing

The CCA sailing team placed third at the recent NESSA Great Oaks Qualifier Regatta held on October 16 in Bridgeport, CT. Ten schools from all over New England attended the event, and winds were at a consistent 13 knots throughout the day. Despite facing stiff competition across the six races that were held, skipper Alex Kowaleski and crew Abbie Catalano were consistently at the top of the pack, finishing in first for the second race. Their performance means that four members of the team have qualified to compete in the Great Oaks Qualifier Regatta in New Orleans, LA from November 20-21.

Boys Middle School Soccer

At our Homecoming game on Saturday, the boys played hard and worked well as a team, but they were unable to break through the Falmouth Academy defense to find the back of the net. The Falmouth team scored four goals over the course of the game for a convincing 4-0 victory. On Wednesday, October 20, the boys faced off against Trinity Christian Academy for the second game of the season. The Seahawks played a great match. They ran hard, defended well, and really came alive offensively - possessing the ball, passing well, and scoring six goals before the final whistle. The team has made it into the playoffs and will begin their postseason next week. The playoffs are being hosted on Cape Cod Academy's campus.

Boys Varsity Soccer

With perfect weather for Homecoming, our varsity soccer team played Upper Cape Tech, playing with heart and grit. Although losing to them earlier in the season 9-0, the Seahawks made a lot of progress since that first contest. With an outstanding performance from goalie and captain, Bereket Nelson, and better ball possession in the midfield by Brady Livingston, the Seahawks only allowed two goals while applying pressure on the visitor's goalie. On numerous occasions, Emir Polat and Warrant Chen helped keep the ball away from the other team and transition the ball back to the other end of the field. Due to injuries and other conflicts, younger players stepped up and helped make significant contributions to the team. Notably, Connor Hall, Kaiden Holt, and James McGlinchey were helpful on defense and in the midfield. What was most exciting to see was the team finally working together, respecting each other, and maintaining stronger character than our opponents. And although the game didn't go our way, this was a huge first step for our team.

On Tuesday, the Seahawks traveled to play Sturgis West. Despite missing several regular starters, the team relied on future leaders from the middle school and underclassmen. The upperclassmen who were there, including Dylan Andrews, Alex Kowaleski, and Warrant Chen, were able to use their speed to put constant pressure on the home team's goaltenders. With the help of a great cross pass by Song Rauschenbach, Dylan Andrews was able to put one on the board to tie the score at 1-1. With strong wing play by Warrant Chen, we were able to go up by one, and with the pressure on the inside, Jack Thyer was able to put us up 3 to 1. West fought back and tied up the game at three, but with under two minutes to go, Kaiden Holt was able to weave through the midfield and find Warrant Chen on the wing for the game-winning goal. Connor Hall had an excellent day on defense with

James McGlinchey and Nate Delman stopping many odd man rushes. Bereket Nelson continues to be the quarterback for the team at goalie and executes precision transitions after his saves that create potential scoring opportunities downfield. This was a great team effort and another great example of the future successes of this team.

Girls Varsity Soccer

Last Thursday, Monomoy scored two goals in the first half. Lili Shanahan was on fire in goal and had 28 saves. Our defense played extremely smart and was able to draw Monomoy offside seven times. In the second half, Jenna Marsh scored two goals, one on a breakaway and the other from a free kick just outside the box. The team worked hard to keep Monomoy from getting another goal. It was a rewarding tie for the team.

On Saturday, Cape Cod Academy had a great Homecoming game against Upper Cape Tech. Taylor Bodurtha was a key element in midfield, stepping to the ball consistently to make stops and feeding it to the forwards. It was tied most of the game until Molly Lowery knocked in the game winner with just minutes left off a cross from Jenna Marsh to win 1-0.

On Tuesday, the Seahawks had a tough loss to Sturgis West 2-6. Although we were shorthanded in the game due to injuries and illness, the team worked extremely hard. Many players had to try out new positions and adapt to the flow of the game. Lili Shanahan had a solid game in goal with 27 saves. Jenna Marsh scored two goals late in the game, helping us to get on the board. The theme of the season, improvement, continues to be evident in the team's play.

Cross Country

We had a beautiful fall afternoon for a cross country race on Tuesday, and our runners performed accordingly. We faced off against an excellent Sturgis East boys' team. CCA boys did not win, but saw some strong individual performances, especially by Hunter and Brandon. Tamarr and Harrison remained consistent while Luke Berbine and Kieran had their best races. (Also, we did not officially score the race against FA, but would have won that race by a point!) Boys are 2-4 with one league race to go. Remember, the goal is to finish better than the record at the league meet on the 30th and all have their best times of the season for the 5K.

The girls ran against a strong Sturgis East girls' team and got the win. The team was led by Emele who had a tremendous finish to take second overall. Gigi remains amazingly consistent. Quinn and Tilly took off time and both had their best finishes. Noelle anchored the top five.

The girls moved up to 3-3. Despite losing to FA in week one, the Seahawks have unofficially beaten them the past few weeks and should be strong enough to compete against Sturgis West and Nantucket on the 30th. Obviously, Sturgis East will be looking to get us back, but the bottom line is that our girls' team will be very competitive and exciting to watch. This young team could actually take the trophy if everyone has their best race of the season.

Varsity Golf

The CCA Golf Team ended its season with a win over Rising Tide, ending in a 9-10 overall record (2-18 last season). Thomas Guidoboni, Ben Catalano, and Bella Scioletti represented Cape Cod Academy in the Cape & Islands School Boy Championships at Willowbend Country, Club competing at a high level. CCA's number one, Thomas Guidoboni, qualified for the MIAA State Tournament South Sectionals at Easton Country Club on Monday. Thomas missed the cut to move on to the second round by two strokes, shooting an amazing score of 77, placing him in the top ten out of eighty golfers. Congratulations!