



ATHLETICS UPDATE

November 5, 2021

Boys Varsity Soccer

On Friday, October 29, Rising Tide visited the Seahawks for the last contest of the season, but the Rising Tide Herons were met with a seawall determined to weather the storm. Although the Tide broke through for a total of three times, the home team put up a strong fight. Showing flashes of unified play, the Seahawks demonstrated the best possession and precision passing of the season. With multiple shots on goal by Emir Polat, Jason Huang, Dylan Andrews, and Warrant Chen, these chances were not without the help of the young talent that will only make this team a bigger threat for years to come. Connor Hall was a steady force on the wing and helped counter many attacks towards the other end. Complementing this was Aidan Peck who also helped contain wing pressure from the Tide. James McGlinchey and Alex Kowaleski collaborated with aggressive defense plays to deter the fast footwork of the opponents. Brady Livingston helped knife through the midfield to also apply pressure to the visitors. Jack Thyer and Graeson Takach assisted with strong midfield and wing play to help move the ball downfield and keep it out of our own defensive zone. Bereket Nelson stopped over 13 shots on goal, punching and capturing many loose balls in front to help keep the game close. We are looking forward to seeing this team grow over the year and can't wait for preseason next summer!

Girls Varsity Soccer

On Friday, October 29, CCA traveled to play Rising Tide in Plymouth. Jenna Marsh had CCA's only goal and Lili Shanahan made over 20 saves to help the Seahawks finish 1-5 against Rising Tide. On Monday, November 1, the CCA girls finished the season with a great effort in their final game against Cape Tech. The defense got a break as the Seahawks dominated and spent most of the time in the offensive zone. Jessi Girouard-Shuter, Molly Lowery, and Kaleigh Howe had a couple shots on goal and pressured the goalie well. In the end, CCA came away with a big win! Lili Shanahan, Jenna Marsh, and Livy Daigle each scored one goal while Paola Ovies had two goals.

Cross Country

At the League Meet at DY on Tuesday, November 2, both of our varsity teams battled league competition in close races. The goal for both teams was to finish better than their season records. The boys came very close to that goal, taking fifth as a team and with Brandon Gomes placing in the top ten with a personal best for 5K. Hunter Kadra finished just outside the top ten while Tamarr Washington, Kieran White, and Alex Herman all had personal best times for 5K. They were just edged out by Falmouth Academy for fourth, and Rising Tide had a strong day taking third. As expected, Monomoy placed second and Sturgis East placed first place.

The girls did an excellent job in an extremely close race. They finished second overall but were just behind Sturgis West. Emele Conlon, Gigi Wilson, and Tilly Crosby all placed in the top ten. AND our varsity girls ran their fastest times of the season for 5K. That is truly all a coach can ask for. This was a superb end to their season!

Boys Middle School Soccer

The Boys Middle School Soccer Team played against St. John Paul II on Monday, November 1 in the first game of the 2021 playoffs. SJPII scored two early goals, pulling ahead of the Seahawks, who refused to give up. The Seahawks battled back, tying the game before pulling ahead 3-2. SJPII responded with a string of goals in the second half, leading 5-2 and breaking the Seahawks momentum almost entirely. But the CCA team never quit. They passed well, ran hard, and worked as a team. They were able to score two goals before the final whistle and were knocking on the door when the game ended, ultimately falling 4-5. The Seahawks played their best game of the season, and although they must be disappointed with the result, they should certainly be proud of their effort.