

Winter Sports Preview

As the last leaves have fallen, the temperature starts to drop below freezing, and everybody's jackets come out, there is but one thing on a lot of Cathedral Prep students minds, the start of winter sports season. This year's winter sports will be yet another exciting season for the Ramblers with many top athletes in every sport returning to the stage.

Swimming & Diving

Coming off of their 13th straight District 10 title the swim team looks to continue their dominance in the pool. After many key losses from last years team like Daniel Bauman, Eli Chase, Reid Morrison, and Norman Stark the team is looking for an intense rebuilding year. With the help of top swimmers Rex Riley (senior), Alec Thomas (sophomore), David Rahner (senior), Pat Steele (senior), Tom Squeglia (senior), Tony Squeglia (junior), and Calvin Behm (sophomore) coach Mike Doyle is excited for a standout team from previous years. The team's spirit also seem to be revived within the first week of practice with the return of Daniel Anthony (senior) after taking a year off, bringing a whole new level of excitement to practice according to swimmer David Rahner. The diving team is also very excited this upcoming year with new coach Francis Kloecker and an increase of interest in the sport improving from the mere one diver they had last year, which is up to four this year.

Basketball

The basketball team is very excited in hopes for a big season after making it to the final four in last year's state tournament, losing to power house Archbishop Carroll in a tough match up. Although losing many top players, the basketball team has many returning figures that we can expect major impact from for a hopeful state championship run similar

to last year's. We can look forward to seeing Carter Cross (senior), Jaryn Simpson (junior), Dajon Heidelberg (senior), Jose Casiano (senior), JT Bowen (senior), and Peter Jefferys (senior) to make some magic happen on the court. They will be filling the lead roles of Matt Colpoys, Joe Fustine, Antonio Frisina, and Charlie Fessler from last year's team.

Wrestling

The wrestling team shows potential for a year to remember, only losing three starters from last year's lineup, and gaining two top ten nationally ranked freshman. Placing second last year in the District 10 meet the wrestling team hopes to improve to first place with returning D10 winners Brady Sittinger (junior) and Mike Hughes (junior) and senior leaders Brandon Sauers, Phil Selker, Ta'Nauz Gregory, Mike Caugrove, Mike Stark, and Phil Sweny. We can expect a lot to come this season from the mats of Cathedral Prep's very own wrestling team.

Hockey

After last year's phenomenal season the hockey team hopes to repeat their state championship win. The hockey team will have some bigger obstacles to overcome this year after being moved up from AA to AAA because of their dominance the last four years. This obstacle has proven true in their first portion of the season, as the team is currently 2-4-1, losing in very contested match ups. Senior captains Joe Sala, Joe Kelly, Jack Zaphiris, and Jack Becker look to fill the pivotal losses of last year's team, Trevor Faulkner, Ben Eliason, Jack Kelly, and Hunter Emerson to turn the season around and make a state championship run once again.

Rambler wrestling team breaks slump with win over Strong Vincent, eyes up McDowell

Last night the Cathedral Prep wrestling team was back in action, taking on a struggling Strong Vincent team. After sliding into a two-meet losing streak, the win last night was a must have for Prep. The Ramblers took forfeits in the 106, 115, 132, 138, 170, 182, 195, and 220 weight classes.

While there were a large number of forfeits, the few matches that were wrestled were extremely entertaining. One of the most interesting matches to watch was the heavyweight bout between freshman Matt Carr (Cathedral Prep) and Senior Brandon Altoff (Strong Vincent), who was formerly a student at Cathedral Prep during his freshman year. Altoff's homecoming was cut short due to being overpowered in the second period by Carr, who finished off a half nelson to secure the pin.

Two other matches that were interesting matches were the 160-pound and 152-pound bouts with Cathedral Prep captains Teagan O'Sullivan and Connor Wurst both securing hard fought pins to get back to their winning ways. After the match, when asked what the win meant to him, senior Dominic Kramer, who recently returned to action after a leave of absence due to illness, responded by saying, "It was nice to get back on the winning track. [It was a] good boost for the team for next week at McDowell."



Senior wrestler Connor Wurst

The upcoming match against McDowell has huge implications for the rest of the season for the Ramblers, who could end up facing off against them in Districts. For the seniors on the wrestling team, they have never beat McDowell in the three seasons they have faced off previously, which does not sit well. When asked about what it would mean to beat McDowell, senior captain Connor Wurst said, "It would be a great way to wrap up my high school career and hopefully start a new dynasty to Prep wrestling." The match against McDowell is the next time the Ramblers are in action and it is set for next Wednesday, which is sure to be the best meet of the regular season.

Rambler wrestling team rolls to perfection against East



Freshman Matt Carr (left) and junior Michael Stark (right) celebrate their 84-0 win over East.

The Cathedral Prep wrestling team was in action last night against the East High Warriors at home. What was to follow was a feat not accomplished by most. The Ramblers recorded a perfect score in the meet, defeating the Warriors 84-0.

During the meet, the Ramblers were given six forfeits in the 106, 160, 182, 195, 220, and heavyweight classes due to the Warriors not having a participant. Make no mistake, however, the Rambler wrestling team executed to near perfection in the course of the matches they actually competed in.

Ta'Nauz "Junkyard" Gregory, Brandon Sauers, and Connor Wurst all pinned their opponents in less than one minute. Another jaw-dropping statistic for the Ramblers was the fact that in each match a Rambler wrestler recorded a pin. One of the more exciting matches of the night was 113-pound freshman wrestler Tyler McKinney scoring a pin with only 4.7 seconds left in the final period to keep the streak alive.

Also, 170-pound freshman wrestler Ian Malesiewski solidified the perfect score with a pin in the final contested match of the night. After the meet, junior captain Brandon Sauers said, "It was an all around team effort. Everyone did their job and

gave 100 percent. It's going to be a great season."

With the win, the Ramblers extend their record to 4-0 on the year and will look to make it a 5-0 start tomorrow night at home when the team will be facing off against Fort LeBoeuf, which will more than likely be the Ramblers' toughest opponents up to this point in the season.

2014 Winter Sports Preview

Cathedral Prep athletics experienced (and still is experiencing) much success in the first season of the 2014-2015 athletic calendar. This fall season, the Ramblers saw Sean Reed and the soccer team reclaim the District 10 trophy from McDowell, bringing the trophy back to Prep. Several "XCers" ran straight to the state meet to represent the school. Golfer Ryan Poduful represented the Ramblers down in Heritage Hills coming home with a 15th place medal proudly hung around his neck. The water polo team fought hard with senior Daniel Bauman leading the Ramblers to an astounding fourth place finish in the state tournament. Football is rolling through their season with an undefeated record and a lengthy playoff run still to come. This success will hopefully follow the Ramblers right into the winter sports season as they compete in indoor track and field, wrestling, swimming, basketball, and hockey.



“On your mark. Get set. Go!” Senior track athlete Bryce Boyd prepares to take off!

Coach Chet “the Jet” Moffett’s last season as the Cathedral Prep track coach took place this past year. He brought excellence and enjoyment to the teams for more than 10 years and will be missed. With his departure as coach, he leaves behind a large pair of shoes that still need to be filled. As the new indoor and outdoor track and field coach for both Prep and Villa, Mr. Palmer hopes to take these teams to new heights. Returning athletes such as Bryce Boyd, Stevie Crocket, and Josh Coleman all will have an influential part in the Ramblers’ success this season.



Senior wrestler Ed Ruff takes on senior Andrew Chludzinski

On the mats this year in wrestling, the Ramblers look to bounce back after losing a few strong wrestlers to graduation. Notably, the Ramblers lost Niko Shrieve and four-time state medalist Jake Gromacki who is continuing his wrestling career as a Pitt Panther. Having lost the previous D10 team meet, this team looks to hopefully come out as this area's champion. The swift and fearless Brandon Sauers and the out-of-retirement Chucky Bizzarro are predicted to lead the Ramblers this season. Also, TaNauz "Junkyard" Gregory and Ed Ruff will be factors.



Senior swimmer Eli Chase doesn't even need a pool to practice his freestyle swim.

The second and final aquatic sport Prep has to offer looks to live up to the highly successful season of the water polo team. The domination of D10 by Prep's "fish" will likely continue this year, despite the loss of a strong senior class. Past seniors such as Zach Miller, Connor Van Hove, and Joe Marin dominated the pool while they swam in the orange and black. The seniors and underclassmen have to step it up in order to continue this excellence. Senior Daniel Bauman and junior Rex Riley are predicted to lead the Ramblers. Bauman dominated the water polo season, breaking several respectable career, season, and game records, and Riley was a third place medalist in the 100m breast stroke at the 2014 PIAA Swim Championships. These aquatic monsters, as well as the rest of the team, look to have a dominant season in the pool this year.



Matt Colpoys holds the follow through from behind the arc.

After the football season ends, Rambler Nation patiently awaits the tip-off of the season opener of CP's second favorite sport to watch: basketball. Fast-paced, energetic, and just flat-out interesting, the basketball team makes their

season debut on December 8. After an unexpected loss in the D10 Championship to McDowell despite two regular season wins against their arch-rival, the Ramblers look to bounce back. Seniors Matt Colpoys, Antonio Frisina, Taylor Mackowski, and Jack Lindenberger as well as juniors Carter Cross and Dajon Heidelberg are projected to be key contributors at the start of the season. Senior Jack Lindenberger says, "We will make a recovery from last year. A lot of guys have been stepping up lately." With the completion of the CPEC coming in the fall of 2015, the Ramblers look to close out the Gannon Hammermill Center with a bang!

Perhaps one of the most anticipated teams the winter sports season has to offer, and undoubtedly one of the most interesting to watch, CP hockey is already underway as the Ramblers boast an undefeated 8-0 record to date. Although the hockey team is dealing with the loss of the strongest senior class among all the winter sports this year and an unfortunate loss in the Pen's Cup to Bishop Canevin, the Ramblers have shown these losses will not linger with them into the 2014-2015 season. Early on, seniors Trevor Faulkner, Hunter Emerson, and Ben Eliason have been dominant threats on the ice. Hopefully, the Cathedral Prep hockey team will continue its early season success to the post-season where they hope to travel down to Penn State for the state championship.