

Diamond in the Rough: Supplement



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2015

Track & Field

Why did you decide to join the track & field team?



"I decided to join the track and field team because I enjoy sprinting and I like the competition." - Haley Pilston (12)



"I joined track to stay in shape for cross country, get faster in my events, and spend time with my friends." - Maddie Biertempfel (11)



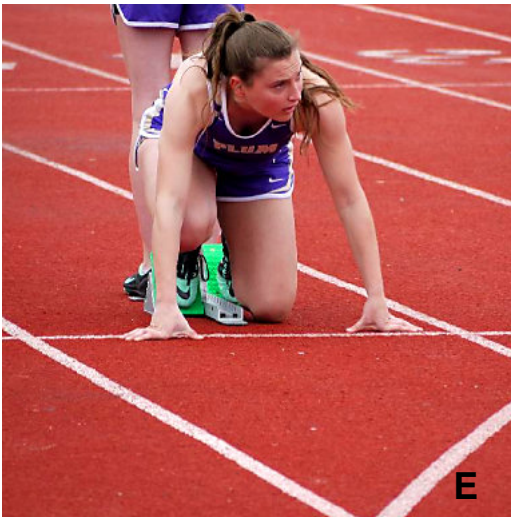
"I joined the track and field team to have fun with my friends." - Quinn Stezoski (10)



"I joined track because I'm one of those crazy people who run for fun and I like the competition." - Shawn Cook (9)



Looking around at a normal track and field practice, one can see a vast number of activities taking place. From sprinters practicing their starts to throwers perfecting their forms, diversity shines through each part of the team. Along with the dedicated students who participate every day after school are the coaches who devote valuable time to help these individuals improve. Each coach has various workouts they use to focus on different aspects of their event. Haley Pilston (12), who runs the 100, 200, and 4x100 relay works with Coach Hicks. Pilston says, "The most effective workout that helps me is 'the ladder'. You start by running a 400, decrease by 100 meters each time until you get to a 100, then go back up." A member of the distance team, Kayla Anderson (11) works with Coach Ionta. She runs the 4x800 meter relay, 800 meter run, and the 1600 meter run. Anderson admits, "I feel that interval workouts, although tough, are the most effective in my training for my events." Other coaches include Coach Oto, Coach Schuchert, Coach Morinello who train the throwers, jumpers, and hurdlers respectively. - Abigail Sebulnia & Rachel Valotta



E



F



G

A. Mike Simboli (11) prepares to throw shotput during the meet at Franklin Regional High School.

B. Carlee Domke (10) jumps over a hurdle during the home meet against Oakland Catholic.

C. Christian Toth (9) braces for impact as he leaps into the sand pit.

D. Marcus Thomas (9) sprints to the finish line in the 100 meter race.

E. Ashley Amato (11) looks to the official as he raises his arm to shoot off the start gun.

F. Ashton Teeter (11) pulls ahead of his opponents at Franklin Regional.

G. Jake Lewis (10) runs in the 1600 meter race during the home meet against Central Catholic.

Team Roster

Girls

Ashley Amato (11), Kayla Anderson (11), Shannon Barr (10), Ana Benitez (11), Maddie Biertempfel (11), Abby Costa (11), Cara DeGrano (10), Alyssa Diano (10), Josie DiClaudio (11), Carlee Domke (10), Mackenzie Dowling (9), Alexa Ferchaw (10), Meghan Fitzroy (10), Jasmyn Floyd (9), Chelsea Hubner (11), Mandy Majocha (11), Miranda Martin (10), Samantha McCoy (9), Haley Pilston (12), Jamie Ratesic (10), Brianna Schlegel (10), Rachel Valotta (11), and Alyssa Zezza (12)

Boys

Sergio Benitez (9), Daniel Bergless (12), Jaleel Bey (11), Zach Brooks (12), Kevin Brown (10), Shawn Cook (9), Reed Coulson (9), Nicolas Coxon (10), Karrson Ewing (9), Dylan Fantone (10), Lucas Foster (9), Noah Frederick (11), Patrick Goodlin (10), Carlos Henderson (11), Isaiah Hickman (9), Chris Izydore (9), Josh Kruger (9), Steve Leone (9), Jake Lewis (10), Ryan Loebig (10), Chris Mamatas (9), Duane Martin (9), Cole McKillop (9), Sean Mckinzie (9), Brandon Molinaro (12), Jason Molinaro (10), Dennis Newton (10), Mark Peterman (10), Brennan Poole (9), Le'ton Quao (11), John Raggiunti (11), Jarrod Schultz (10), Mike Simboli (11), Mark Snider (10), Quinn Stezoski (10), Jake Susalla (11), Ashton Teeter (11), Marcus Thomas (9), Christian Toth (9), and Zachary Zdobinski (9)

Scorecard

	Us	Them
<u>Girls</u>		
Springdale	90	18
Franklin Regional	63	86
Gateway	79	71
Woodland Hills	97	38
McKeesport	93	32
Penn Hills	64	65
Oakland Catholic	63	78
<u>Boys</u>		
Springdale	109	15
Franklin Regional	34	112
Gateway	35	114
Woodland Hills	58	74
Penn Hills	42	94
McKeesport	82	59
Central Catholic	33	108

How did going to Florida for pre-season training impact the team as a whole?

Baseball



"The trip generated chemistry that a team needs to be elite in the WPIALS. It really gave us an advantage to have a great season." -Taylor Vivino (11)



"The trip brought us together as a team and from a baseball standpoint gave us a good idea of the great season we are capable of." -Brian Albert (12)



"The trip brought us closer together and taught us how to play as a whole." -Nick Depastino (12, right)



"It prepared us to see fast pitching up in Pittsburgh because we played against kids throwing 93-95 m.p.h." -Jake Mitolo (12)



This may be the best season of Coach Vollmer's career. Plum's varsity team won the AAAA Section 5 title and ended their regular season 18-2. This is their best record since 2008 when it was his third year coaching. The boys won their first round playoff game to advance to WPIAL qualifications. This put them as the No. 2 seed position in the WPIALS.

"This has been such a special year. To come back to my alma mater and be part of this program that has worked so hard since January is something I will never forget. It's the best team since I played here in 2008," Coach Wallace said when asked about the season overall. Along with such a great season, the team had a wonderful experience going to Florida for pre-season training. They worked very hard and understood the opportunity they had playing and training with such tough opponents. Congratulations to the varsity team on their hardwork and for setting a record!

- Addi Helbling & Myranda Cypher



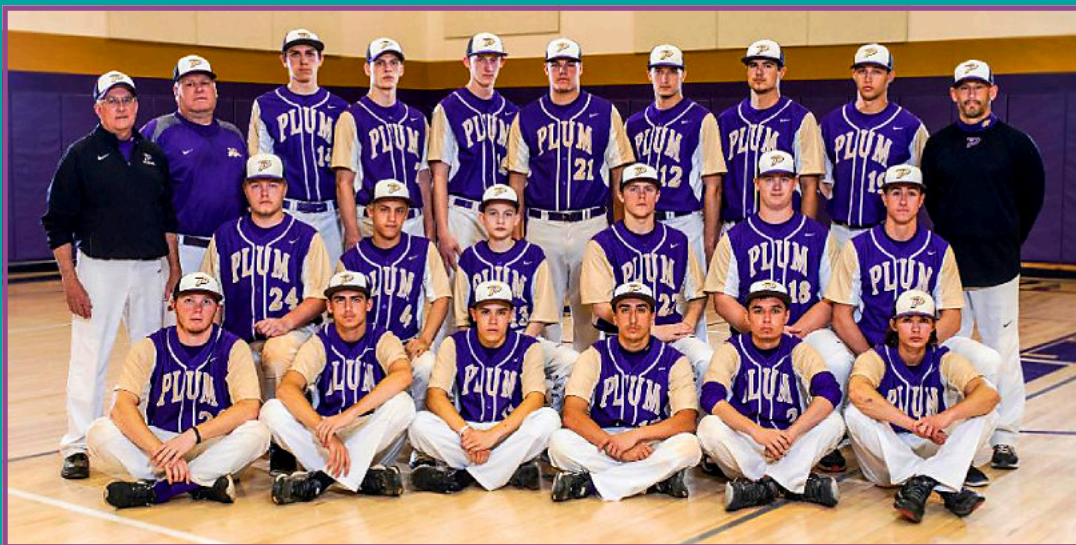
A. Brandon Kelly catches for Coach Wayman during warm-ups.

B. Nick Satovich is gets ready to deliver a pitch in hopes of striking out the batter.

C. The boys grab their gloves to head out to the field as they switch innings.

D. Alex Terrell frames a pitch for a strike behind the plate.

E. Brian Albert tries to lay down a bunt for a hit.



Front row: Austen Carney, Nick Depastino, Ian Miller, Jake Mitolo, Taylor Vivino, Mike Raggiunti. Middle row: Coach Wayman, Alex Terrell, Thomas Zummo, Brandon Kelly, Zach Martin, Brandon Williams, Chris Monroe. Back row: Coach Flemm, Robby Deemer, Philip Mahr, Nick Satovich, Zach Nolan, Brian Albert, Ethan Winesburg, Alex Kirilloff, Coach Vollmer.

Scorecard

	Us	Them
Woodland Hills	13	3
Penn Hills	14	2
Shaler	1	4
Gateway	14	0
Brashear	10	0
Allderdice	10	2
McKeesport	9	2
Franklin Regional	6	1
Seneca Valley	3	2
Gateway	5	2
Brashear	18	0
Fox Chapel	9	4
Allderdice	2	3
McKeesport	11	0
Franklin Regional	6	1
Central Catholic	9	6
Seneca Valley	5	4
Butler	3	2
Shaler	0	1

Softball

What memory won't you forget from this season?



"I will never forget breaking my thumb before the biggest game of the year." - Rayna Donatelli (10)



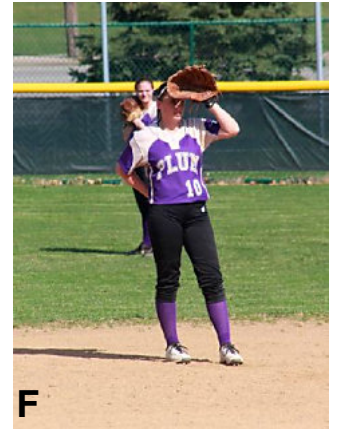
"One memory I will never forget was getting hit with a line drive by Penn Hills." - Amanda Dynoske (10)



"One time I won't forget was when Upper St. Clair didn't show on our senior night." - Kaitlyn Mallik (12)



"One moment I will never forget is the game at the Gateway field." - Rachael Adamski (12)



The Lady Mustangs, consisting of mostly underclassmen, had a strong season. With a few rough patches they still managed to finish the season with the record of 9-3. Unfortunately the Lady Foxes from Fox Chapel defeated the Lady Mustangs to clinch the section title. Although they did not win sections, they still were able to make playoffs, which ended in a loss of 5-2. Besides the fact that they didn't win they learned the skills that are needed to improve their record next season. Throughout all the practices and games they created many memorable moments. According to senior Kaitlyn Mallik, her favorite memory was "defeating our top competitor, the Lady Panthers from Franklin Regional High School." The season may be over for the girls, but they made lifelong memories that they will never forget and hope to go farther in sections next year.

- Rayna Donatelli & Alexa Goodwin



A: Rayna Donatelli (10) and Amanda Dynoske (10) pose before the game.

B: Keri Bellisario (9) gets down in position to catch the ball.

C: Sisters, Hannah Adamski (11) and Rachel Adamski (12) smile together at their team pictures.

D: Delenn Poe (10) strides to get the out.

E: Coach Tim and Jim smile at picture day.

F: Michaela Palmieri (10) blocks the sun at second base.

G: Rachael Klippa (10) is ready to make the play.

H: Jess Bitsura (12) smiles for her senior night.



Front row: Rachael Adamski (12) Middle row: Michaela Palmieri (10), Nicole Polakovic (10), Amanda Dynoske (10), Rayna Donatelli (10), Jess Bitsura (12), Delenn Poe (10) Back row: Coach Jim, Hannah Adamski(11), Kaitlyn Mallik (12), Marissa Lynch (10), Tara Marcyjanik (10), Rachael Klippa (10), Keri Bellisario (9), Sidney Young (9), and Coach Tim.

Scorecard

	Us	Them
Greensburg Salem	3	11
Allderdice	12	2
Penn Hills	13	1
Franklin Regional	7	3
Woodland Hills	15	0
Fox Chapel	1	8
Gateway	8	5
Valley	4	3
Gateway	0	10
Penn Hills	21	15
Allderdice	15	0
Franklin	10	9
Penn Trafford	0	12
Woodland Hills	20	0
Upper St. Clair	15	0
Fox Chapel	1	8
Burrell	1	6
Hampton	7	11
Penn Trafford (playoff)	2	5

What is the most challenging part about playing lacrosse?

Lacrosse



"Teaching my newer teammates how to play the game." -Nick Casile (12)



"Learning how to handle the stick and successfully work as a team." -Nolan Hulick (11)



"Staying disciplined and staying out of the penalty box." -Steven Tasik (10)



"I would say the most challenging part of playing lacrosse is learning the plays and cutting through the defense to get a goal." -Michael Rihn (9)



This year is only the second year that our school had a lacrosse team. The team has really grown in size with players and support. The new players have become a whole team and made a big impact on the field. The support from the fans is a help for the guys by coming out and cheering on the team. From all of these improvements from last season, the team has been able to become better. "I learned how to use the stick to catch and throw the ball. I got a lot of penalties because it was challenging to learn all of the rules," said Billy-Bob Baird (12).

When playing lacrosse, teamwork is an important component that is needed to score a goal and win the game. It is a complicated sport to play because it is newer to our players. The goal is to pass the ball to the other teammates across the field and the other player tries to catch the ball and shoot the goal. The team tried really hard and worked toward a successful season.

- Jessica Barker, Jessica Walker, and Erin Collier



A: Thomas Melchiore, (11) blocks the other teams player while trying to score.

B: As the team struggles against Gateway, Dylan Kusenko (9) gets the ball.

C: During a home game, Conner Lewis (10) runs down the field to help his teammates.

D: Lacrosse senior picture: front row, Billy-Bob Baird, Christopher Conte, and Cameron Kutzner; back row, Brent Burkhouse, Nickolas Casile, and Jacob Younkins.

E: Before a game, the team gathers together to prepare, as they hold up their lacrosse sticks.



1st Row: Nickolas Casile, Cameron Kutzner, William Baird, Brent Burkhouse, Christopher Conte, and Jacob Younkins
 2nd Row: Shane McCallum, Dominic Bernardi, Kyle Gruber, Nino Fischetti, Nolan Hulick, Tye Alu, and Thomas Melchiore.
 3rd Row: Dante Bernardi, Connor McCaffrey, Jakob Lefchik, Alexander Miller, Elliot Peterman, Logan Martin, and Joseph Durso
 4th Row: Conner Lewis, Frank Casile, Garrett Montgomery, Dustin Vargo, Ryan Miller, and Jason Hubner
 5th Row: Dylan Dominkush, Matthew Hartley, Daniel Dominkush, Colin Patton, Thomas Stitt, and Dominic Alese
 Back Row: Steven Tasik, Michael Rihn, and Dylan Kusenko

Scorecard

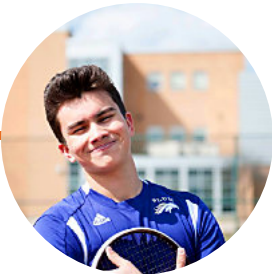
	Us	Them
Shaler	0	10
Norwin	2	12
Knoch	0	16
Vincetian Academy	2	13
Hampton	0	19
Gateway	6	11
Allderdice	7	13
Hempfeild	8	9
Aquinas Academy	2	18
Freeport	0	12
Winchester Thurston	14	13
Gateway	1	14
Penn-Trafford	3	15

How did you get into tennis?



"Since my mom, sister, and uncle all played tennis in high school, I was inspired to start playing the sport at a young age."

- Jason Kuhn (12)



"I started playing around the age of seven and fell in love with what the sport had to offer."

- Daniel Madrid (12)



"I don't really know. I just started to play and enjoyed it so I decided to keep with it."

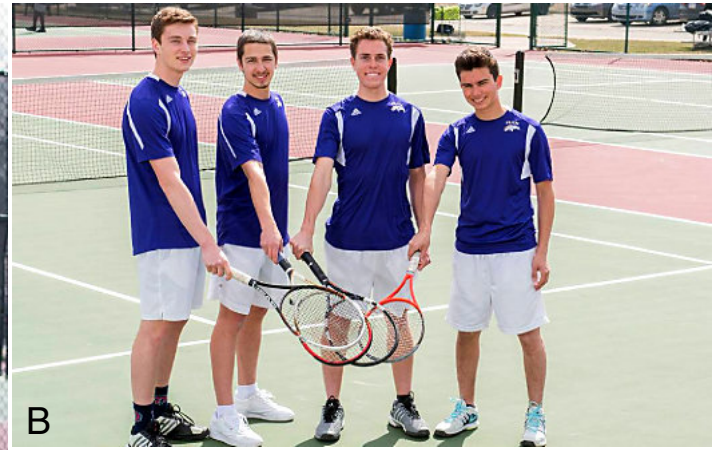
- Olaoluwa Owoputi (11)



"I went to a summer camp when I was younger and decided to pursue the sport further."

- Colin Lewis (9)

Boys' Tennis



For the first time in more than 15 years, the boys' tennis team made the WPIAL playoffs. Their hard work and determination made their journey to the playoffs possible. Unfortunately, their journey came to end in the second round of playoffs against Upper St. Clair. The boys' final record was 10-6, with 5 wins being shutouts. One of these shutouts was on their senior night, 3-0, against Hempfield Area High School. This made a good day for the seniors who are leaving the team with amazing accomplishments.

Carson France (12), No. 2 seed for the 1-AAA tournament, won a pair of matches that sent him to the semifinals, where he automatically clinched a spot for the WPIALs. For the past three seasons, Carson has made it to the quarter finals of the Section 3-AAA singles tournament.

- Brianne DeGore & Rachel White



A. Carson France (12) ends a swing with good form while following the ball.

B. Seniors: Carson France, Dylan Matta, Jason Kuhn and Daniel Madrid
Not Pictured: Blake Biertempfel

C. Trent Rusnak (11) focuses on the ball to score against their opponent.

D. Senior Dylan Matta (12) swings with force to make an ace.

E. The team warms up before a big game at their home court.



Row 1: Daniel Madrid, Carson France, Jason Kuhn, Dylan Matta
Row 2: Coach Stashko, Trent Rusnak, Colin Lewis, Matthew Bohinski, Jamison Jenkins, Olaouwa Owoputi, Joshua Boland

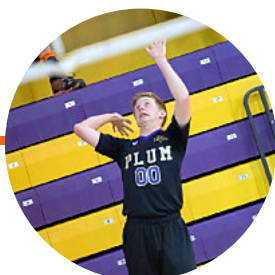
Scorecard

	Us	Them
Burrell	4	1
Penn Trafford	1	4
North Hills	1	4
Franklin Regional	0	5
Valley	3	2
Indiana	4	1
Gateway	5	0
Hampton	0	5
Kiski Area	5	0
McKeesport	3	0
Connellsville	5	0
Norwin	4	1
Hempfield	3	0
Greater Latrobe	0	5
Shaler	4	1
Upper St. Clair	0	5

What is it like
winning Sections
after 10 years?



"Winning the title gives us all the greatest feeling of accomplishment. We truly worked hard for our goal."
-Nathan Kunkel (12)



"It's a great feeling. It feels fantastic to leave a legacy."
-Tyler Arnold (12)

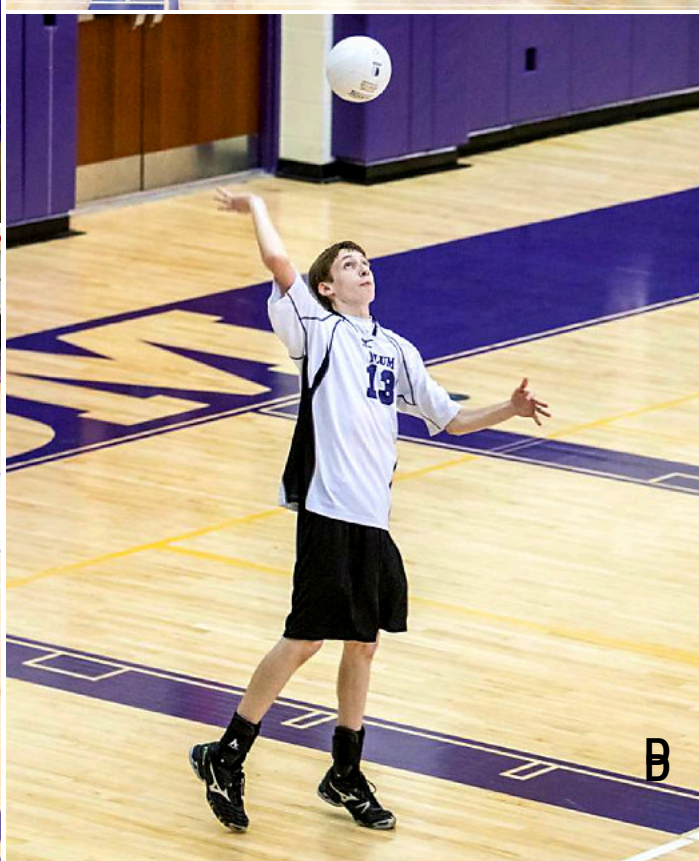


"There were some tough teams, it was just a great experience. It gives us a great sense of pride."
-Matt Innes (12)



"It was a good season playing for Storm (Coach Peterson). We said we wanted a legacy; I think we have one."
-Jack Murray (12)

Boys' Volleyball



Entering the 2014-2015 season, Colonel Rick Peterson has taken over the boys' volleyball team. The new face of Plum's AFJROTC in the hallways, he is certainly not new to volleyball. The team did very well this year with their new coach. Coach/Colonel Peterson came a long way from Virginia to shape young minds in the classroom and on the court. Peterson says, "The great thing about coming into a situation like this is because I get to see these guys grow and mature through their years here. The downfall is, I came into the season with no idea what to expect with competition. But then you have guys like Jack Murray and the rest of the team come together and see them go against the competition, it's fantastic. From the beginning to the end of the season, we have one of the most improved teams. These seniors and I hope to leave a legacy."

- Mike Bell & Ethan Washington



A: The hit is followed through during a J.V. boys' volleyball game.

B: Jack Murray (12) & Kaynen Yocca (12) shake hands after a strenuous match.

C: There's a mad scramble as the set is up during a varsity match.

D: Zach Taylor (11) follows through with connection on the ball.

E: Matt Innes (12) watches in awe as Khaynen Yocca completes a dramatic play.



Row 3: (left to right) Zach Taylor (11), Collin Dedert (10), Nathan Kunkel (12), Khaynen Yocca (12), Jack Murray, (12) Alex Pogue (11) Coach Rick Peterson. Row 2: Richard Mock (11), Matthew Innes (12), Maxwell Flowers (12), Zachary Crowe (12), Ethan Washington (12). Row 1: Dominic Grasso (12), Tyler Arnold (12).

Scorecard

	Us	Them
Hempfield	3	0
Norwin	3	1
Penn Trafford	3	0
Latrobe	3	0
Bethel Park	2	3
Penn Hills	3	0
Gateway	3	0
Hempfield	3	0
Norwin	3	0
Penn Trafford	1	3
Latrobe	3	0
Seneca Valley	0	3
Penn Hills	3	0
Gateway	3	0

Shrek the Musical

Four long months of rehearsal definitely paid off for the cast of the musical "Shrek." It starred Logan Smith (12) as Shrek, Emily Matisko (12) as Princess Fiona, Terry Terhune (12) as Lord Farquaad, and Travis Jenkins (11) as Donkey.

Shrek is a heartwarming story about a feared ogre who is convinced to save homeless fairy tale creatures by finding Lord Farquaad a princess to marry. In the process of bringing the princess from her isolated tower to Duloc, he falls in love with her. But little does he know, she has a very big secret. Every night, when the sun goes down, she turns into an ogre. She is afraid no one will like her, so she hides.

Shrek calls Lord Farquaad to come pick Fiona up, because he hears her talking bad about him. He crashes Fiona's and Lord Farquaad's wedding to confess his love for Fiona. They get married and live happily ever after.

The majority of the seniors that participated in this year's musical were sad that this is their last musical. Emily Matisko who played Fiona said "It is bittersweet, since it's my last musical. I'm so glad I get to go out on a high note with such a great production."

The musical was nominated for 11 Gene Kelly awards.



- Lillian Paul, Chelsie Stewart, & Julia Lodge

What makes this year's musical special?



Teddy Jeannette (10): "There's lots more action and creativity. I think it's a lot more fun."



Nick DiGuilio (10): "It's a lot of fun, and it's just a good time."



Emily Matisko (12): "It's just a really great show. It's a wonderful, heartfelt story with amazing, loveable characters. And the fact that every role is so perfectly casted makes it even better!"



A: Shrek and Donkey make their way to Duloc.



B



D



C



E



F

B: Shrek discovers the fairy tale creatures in his swamp and orders them to leave.

C: The Duloc dancers support Lord Farquaad in "Welcome to Duloc."

D: Teddy Jeannette (10) as Pinocchio sings his solo in "Story of my Life."

E: Three stage crew members, Marley Kohan (10), Maham Ahmed (10), and Skyler Kutzner (10), pose for a picture in their Shrek shirts.

F: The entire cast takes their final bow.



Travis Jenkins (11): "It's fun! we get to be so creative and highly energetic to keep this show true to its roots."



Terry Terhune (12): "Having the weird and hilarious role Farquaad. I am having a fun time walking on my knees and making people laugh. The cast is so supportive of everyone, and I am thankful to be spending my senior year with them."



Logan Tomko (11): "Our incredible cast and crew have been working so hard to provide a great musical and have been getting amazing amounts of work done."



Ashley Pellegrino (11): "This year I got chosen to be a featured character, and last year I was just in the ensemble."

Spring concerts

Each year, the school performs various concerts involving the band, orchestra, and chorus. Throughout the year, the students who are participating in these events prepare for them in their music classes. Many of the students seemed to enjoy playing an instrument or participating in the chorus. For example, Liza Caprara (12) stated that the song "Les Miserables" was a cool songs to play because she liked the movie. It has been a successful year with band, orchestra, and chorus. The seniors graduating this year have said that this year is bittersweet because they are excited for their future, but will miss the time they spent in the music program.

-Emily France and Danielle Nichols



What was your favorite piece this year and why?



"My favoritie piece I played this year was 'Les Miserables' because I liked the movie; therefore, it was cool to be able to play a song that was farmiliar to me."
-Liza Caprara (12)



"My favorite song I played this year was Palladio because it has a lot of energy built up through the song, and I like the mood it creates"
-Megan Lukac (11)



"My favoritie song I played this year was Palladio because it's a popular song and very catchy."
-Abby Kraeer (12)

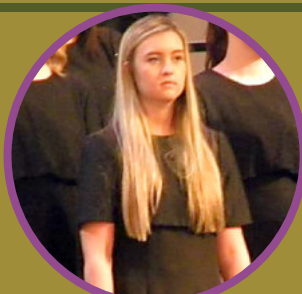


- A. The orchestra students warm up for their concert.
- B. Some of the seniors look very sad as the last chorus concert draws to a close.
- C. The orchestra students are very focused as they perform during the spring orchestra concert.
- D. The ninth grade chorus is determined to sing the song in perfect tune.
- E. Chorus students sing during their concert.
- F. Mrs. Loy conducts for the orchestra so they perform perfectly during the band concert.

What was your favorite song you sang this year and why?



"My favorite song was 'If Music be the Food of Love' because we had the most control and technique and it was the most beautiful out of all the pieces."
-Edward Terhune (12)



"'Been Buked', because it is a very soulful and heartfelt song"
-Claudia Peterman (12)



"My favorite song we sang this year was The Irish Blessing because I thought it was a really nice song to sing to close out our senior year."
-Laura Allston (12)



"My favorite song was 'Sit Down You're Rocking the Boat' because it was really fun and I had a solo."
-Logan Smith (12)

Prom

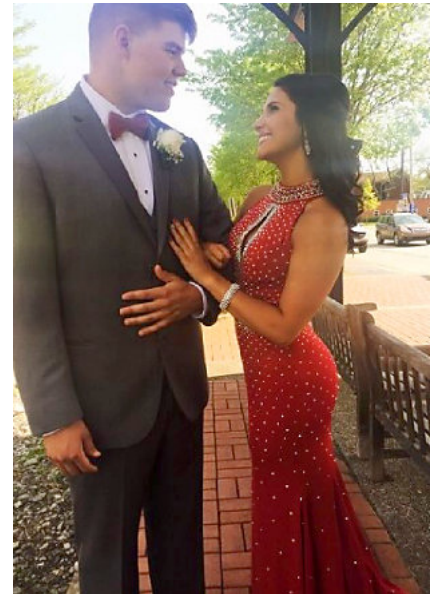
Having a good time, old sport? There's no doubt that May 8 at the Omni William Penn Hotel in Pittsburgh was a night to remember for a lot of the juniors and seniors. The Gatsby-themed night kicked off with an abundance of pictures and a chocolate fountain, but that was just the start of the fun. The young and beautiful prom court included Ashley Amato, Alexa Dudding, Mandy Majocha, Madison McDade, Natalie Marco, and Heidi Nixon. The 2015 prom queen was Isabella Churilla. The queen said, "It was an honor to be on court with such amazing, kind hearted girls. It made prom that much more memorable for me to experience that with my best friends!" Students danced the night away like beautiful little fools. A little party never hurt nobody.



Seniors Celina Bisceglia, Sarah Ferragonio, Liza Caprara, Kelly Parkins, and Jordan Cioppa



Marissa Dent (11) and Talia Macioce (12)

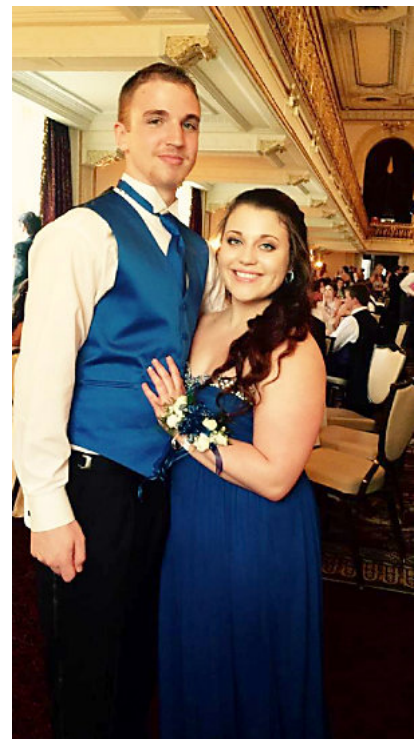
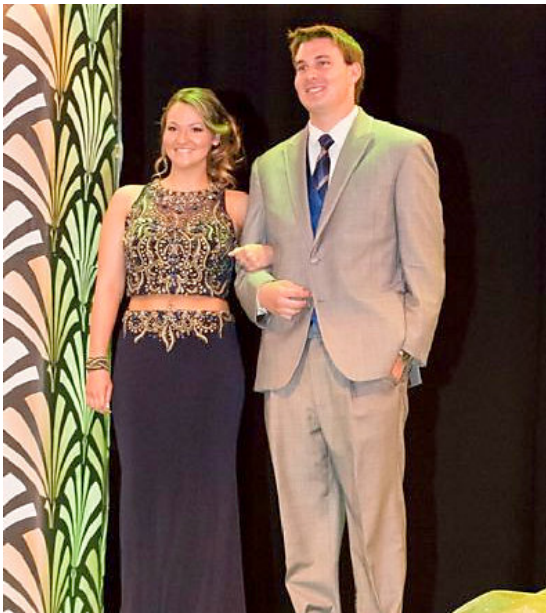


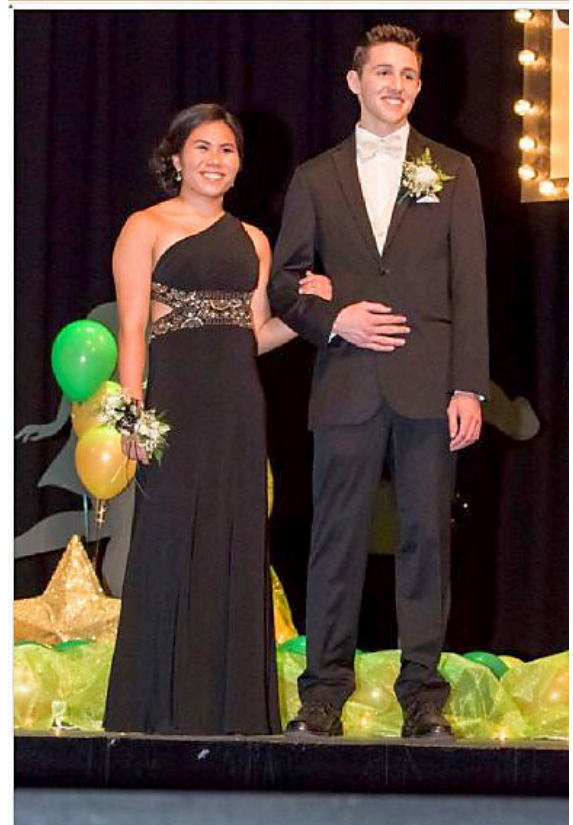
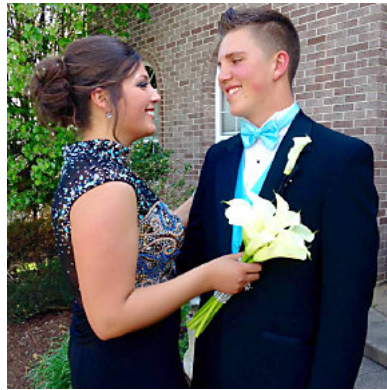
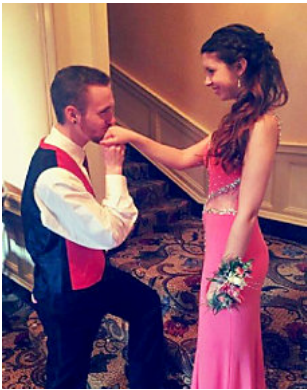
Juniors Zach Nolan and Leah Ruggiero

- Blythe Bryner & Victoria Olsavsky









Graduation

The Class of 2015 came out strong and finished even stronger with having almost every student receive their diploma on June 5. With many obstacles to overcome, this hard-working class made it their mission to have a successful and memorable year. There were many creative speakers who spoke at commencement. One of those speakers was Michael McGuire, president of the student council. He made multiple references to memories he made in high school such as a rap group his friends created called "Street Squad."

At the end of the ceremony, the excited senior class threw up their caps, anxious to start their journey after high school.

- Alexa Nolan & Kathleen Crossey



Dan Madrid will be attending Cornell University. He is one of several graduates attending an Ivy League school.



Kiersten Torma will be attending Penn State University.



Nathan Turchick is eager to begin classes at the University of Pittsburgh.



A

A: The Class of 2015 throws up its caps in excitement to start its new journey outside of high school.



B: After receiving his diploma, Michael McGuire celebrates by raising his hands in the air.



C: Taylor Dudding is all smiles while she waits to receive her diploma.



C: A group of long-time friends poses for a quick picture before heading to commencement.



D: Students anxiously and patiently wait to graduate.



Adelynn Helbling decided to pursue a job in the work force.



Rylee White is excited to move on to her next step in life at James Madison University.



Outstanding Senior, Emily Matisko plans to attend Otterbein University.