

October Nominees

Cheerleading: Cassidy Milstein: Senior

Cassidy has really stepped it up this season as an athlete and a leader. She has been a positive role model for all of her teammates and someone the coaches could count on. Cassidy was a base and flier this season and filled in wherever the team needed her. Her creativity helped develop new game day material which is important in helping to grow the cheerleading program. We have really enjoyed coaching Cassidy this season and will miss her next year!

Boys Cross Country: Ethan Wence: Junior

Ethan completed in three races during the month of October, finishing as the Mustangs' top competitor in each, including finishing 3rd place overall in the Camden County Championship. Ethan also finished 4th at the South Jersey Invitational, running the 5K in a new lifetime best time of 16:44. His 9th place finish at the Tri County Conference Championships capped off a great month and season. His efforts earned him a 1st Team All-Conference nomination as voted on by the coaches of the Tri County Conference.

Field Hockey: Olivia Broome: Freshman

Despite being a freshman, Olivia has made an amazing impact on our team. She has scored 33 goals this season and is currently tied for 2nd on the single season scoring record list. In six games this year, Olivia has scored three or more goals, including five against Highland. She was also chosen as NJ.com AND Courier Post Player of the Week for the week of October 17-22. Olivia was one of the focal points of the offense that ranked in the top 10 in every scoring category in the state. The coaches look forward to seeing how she progresses after such a successful freshman season.

Football: Justin Brown: Senior

Justin is a 4-year starter and a 2-year captain. When times were good and bad, Justin was the constant leader and positive teammate. He finished his Senior year with one of his best performances on the field. Justin had 116 yards on 25 carries and two rushing TDs. He also had 182 yards receiving on five catches with one TD. On defense, he finished with six tackles and one tackle for loss. On the year he led the team with 736 yards rushing with nine TD and 426 receiving yards with two TD. Justin will be greatly missed but I am looking forward to his Collegiate career.

Girls Cross Country: Victoria Whitman: Freshman

Victoria never ran before joining the cross country team, and while she may have had many moments of doubt during her training, her hard work and effort paid off! She started out running well over 30 minutes in the 5K, and by the end of the season at 29:17. Unfortunately, Victoria's season was cut short due to illness, but we anticipated her to drop her season PR to sub 28. Victoria found a love and passion for running this season, and we cannot wait to see where her hard work continues to take her in the sport.

Girls Tennis: Karlin Bahsas: Senior

Karlin finished her senior season with nine individual wins. With her slow, methodical style of play, Karlin has been the deciding court in many of our matches this year and she was able to pull out the team win in five of them. The most important one being the 1st Round of the State Tournament against Lacey. Karlin never quits in a match no matter how down she may be and she never takes a point off.

Boys Soccer: Josh Wood: Sophomore

Josh Wood - Josh has been a solid defender and a leader amongst the back line let alone the team itself. He's proven that he could stand firm in times of need for us with his well placed tackles and can provide further up the field with his well placed free kicks. His positive attitude and determination is what we love to see within the program.

Girls Soccer: Rylie Christy: Senior

Started and played every minute this season. Rylie has been a strong defender helping our team stay in games and a major part of our successful season. Always showed up with a positive attitude and role model to our younger players.

Girls Volleyball: Abby Valkusky: Freshman

Abby started the season as an outside hitter on the freshman squad, but within a few games she was elevated to JV and quickly rose to be one of the best players on the JV as well. Once the varsity playoff seedings were announced, Abby was brought up to the varsity squad, and her excellent form continued with seven kills and two blocks as a starter versus Pennsauken and OLMA. Abby's next start was against an experienced senior-heavy Winslow team in the 1st round playoff match, and Abby responded with two kills and two blocks against Winslow's 6'2" top hitter. Abby represents the best aspects of our girls volleyball program both in the classroom and on the court.