



"THE FINISH LINE"



NEW CASTLE CROSS COUNTRY

Track/Cross Country



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With success comes
greater challenge.

Cowmeadow stepped out of nowhere to coach champion x-country teams

It is maybe the loneliest of all sports and one of the most demanding. It is called cross country, and you don't try it if you're looking for fame and fortune. You're out there in the wilderness all by yourself, running your tail off, choking for air, and almost nobody knows and almost nobody cares.

It's important that you have somebody to run for, somebody who demands your whole heart and soul, somebody you'd maybe not be willing to die for, but close to it. If you're fortunate enough to find that kind of person, you'll also have some thing to run for.

New Castle High had that kind of man in the late 40s through mid-50s. His name was Austin Cowmeadow. He was a unique person, a man's man and a player's coach, and one of the most admired and beloved teachers ever at that school.

He was later to become one of the first full-time high school athletic directors in western Pennsylvania and one of the best ever. He took hold of what was then a relatively new job description, evolving from the job of faculty manager, and set the standards for others who would assume this same role in high schools throughout the WPIAL and PIAA.

But before he was an athletic director he was a coach, at now-defunct Mahoning Junior High in Mahoningtown and at Ben Franklin, sending a multitude of well-grounded kids into the powerful programs of that day at New Castle High. Some time in the late 40s, he moved to the high school faculty and into the role of cross country coach; a new face in a new sport but one which he was to take to heights it has not enjoyed since he bowed out for bigger things.

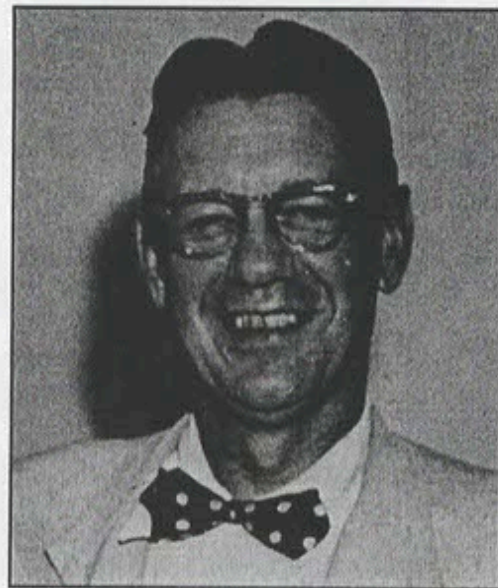
He led his Red Hurricane harriers to the school's first-ever WPIAL championship in 1947, the first year the school sponsored the sport, and to their first and only state championship in 1948. Over the next decade, his teams were among the elite in the state, culminating in 1956 with the school's first and only individual PIAA champion.

Special as he was as a man, he was just as special as a coach — dedicated, tireless, enthusiastic, matter-of-fact. If he had a good team, he told you so. If he had a chance to win a big meet, he said so. His teams performed much the way he expected them to. They ran against only the best competition, they lost only to the best, and sometimes they surprised even him by beating teams better than themselves.

The year was 1952, and it was typical. Cowmeadow's team faced a modest schedule of six dual meets, but there were few patsies. The 'Canes, led by a sensational senior named Chuck Sampson, finished with a 5-1 mark, losing only to eventual state champion Mt. Lebanon and defeating Ambridge which finished seventh in the state.

In the WPIAL championship meet, the 'Canes lived up to expectations by placing second behind favored Mt. Lebanon, but Sampson went one step better in claiming the individual championship over a field of 150 boys and remaining undefeated on the season.

They moved on to the state title meet at Penn State, and repeated their performance of the week



Austin Cowmeadow

before, placing second to Mt. Lebanon, with 102 points to the Blue Devils' 60. However, Sampson suffered his first loss after battling Paul Jessup, a sophomore out of Pittsburgh Langley, most of the way. Jessup pulled ahead to take individual honors right at the finish, but Sampson got second out of 148 runners, with his teammates chasing him across the finish line as follows: Frank Johnson 19th, Richard Hoyland 29th, Earl Smith 43rd and Jim Burkholder 58th.

As Cowmeadow gathered his troops back for the 1953 campaign, there was a pretty good nucleus returning, but no Sampson. Again, the 'Canes met only the best in the dual-meet portion of their schedule, winning four and losing only to Mt. Lebanon and Ambridge. These teams later were to place first and third in the WPIAL championship meet.

Wilkinsburg in second place and Aliquippa in fourth, limited New Castle to a fifth place finish in the WPIAL, but New Castle gave indications of things to come by taking second place in the WPIAL junior varsity race. Junior Frank Johnson, with an 11th place showing, and sophomore Bob Cearfoss in 20th place, were the only members of the Hurricane team to qualify for the state meet, and with only two representatives New Castle had no hope for a high finish in the state title meet.

As was his fashion, it did not take long for Cowmeadow to see what he had when his charges reported for practice in the fall of 1954. "The best group of sophomores I've ever had," he proclaimed. And, as usual, he knew what he was talking about, as the 'Canes reeled off six straight dual meet wins, including one over perennial power Mt. Lebanon on a day when Johnson, the team captain, was unable to run because of an ankle injury.

In one meet against Meadville, the Hurricane registered what must be considered a perfect score. They trounced the Bulldogs 15-40, throwing the equivalent of a cross country shutout. In fact, six New Castle runners linked arms and crossed the finish line in a dead heat. Cearfoss, Bob Rowe, Harry Price, Jerry Hassen, Jim Reiber and sophomore Paul Sanders all joined hands as they came to the finish line and crossed it as a group. It was the second time that season that the Hurricane walloped Meadville and ran its record to 6-0, with only Ambridge left on the schedule.

Like New Castle, Ambridge was undefeated, and the two were heavy favorites to take WPIAL and possibly state honors in the weeks ahead. Unfortunately, for New Castle, the fates were not kind. Ambridge won the meet 25-30 on a day when the 'Canes were not at full strength. Johnson was still hobbled by the ankle injury, and finished 10th, while Jim Reiber had broken his glasses and had to run without them and finished last.

Cearfoss's third place was the best the 'Canes could muster, and based on the results of that meet and the banged-up condition they found themselves in, Cowmeadow's kids entered the WPIAL meet as the underdog to both Ambridge and Mt. Lebanon. But somebody forgot to tell the 'Canes.

Back in 1948, New Castle had stopped Mt. Lebanon after it had claimed five straight WPIAL titles. On this day, New Castle did it again, turning back the Blue Devils and ending a string of four straight championships. And the 'Canes stunned Ambridge as well, relegating the Bridgers to fourth place. "Sheer courage won the title for us," Cowmeadow said. "Frank Johnson was hobbling on a bad ankle, yet he finished third for us."

It certainly was a team victory, since no New Castle runner placed in the top 10 and yet they won the championship with 85 points to 105 for runner-up Hickory and 119 for Shaler. Mt. Lebanon fell to eighth with 161.

New Castle entered the PIAA meet as WPIAL champion for the third time in the school's history, carrying with it ideas of repeating a feat of 1948 when it returned home with the state crown as well. But again, it wasn't to be.

New Castle finished as runner-up, and Cowmeadow explained what happened in his usual analytical fashion. "The boys ran as well as they could, and about the same as they did in taking the WPIAL title."

Technically, New Castle finished in third place with 125 points behind Altoona and Williamsport who were tied in first place at 116.

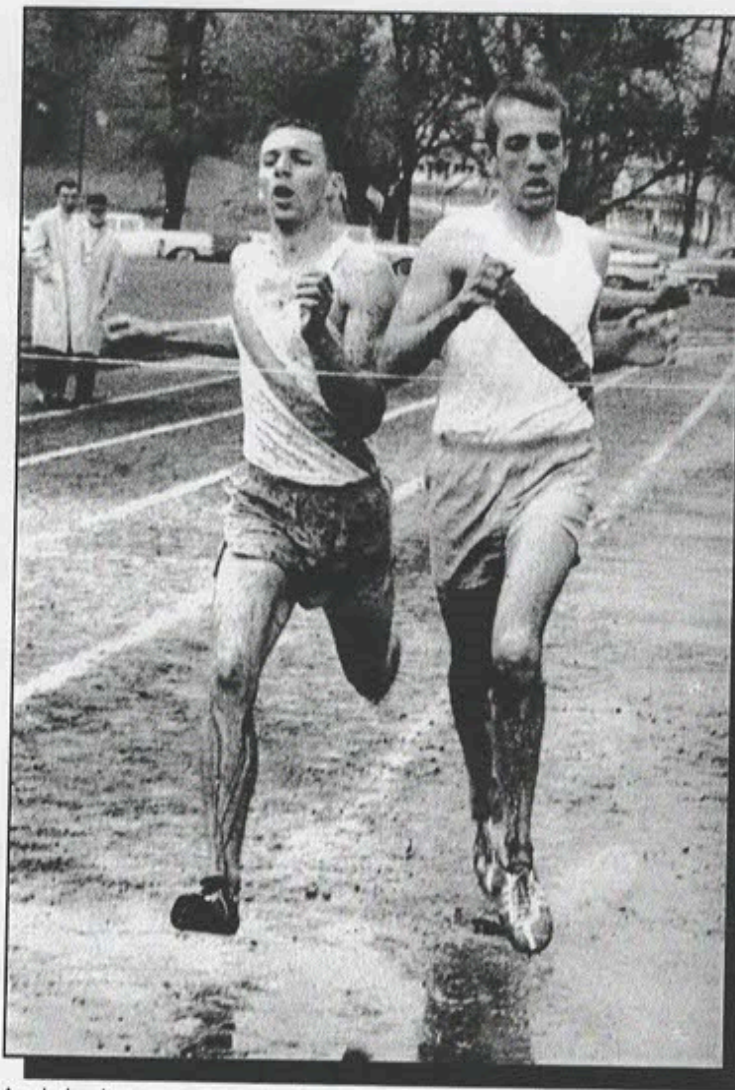
"We ran just about as expected," Cowmeadow said. "but we didn't have enough front strength. Of our five boys who scored, only Frank Johnson will be lost next year through graduation."

Cearfoss was the first Hurricane runner over the finish line with a 17th place in team scoring. Johnson was next in 22nd, then Rowe in 23rd, Hasson in 30th and Sanders, the promising sophomore who would be heard from again, in 33rd. About 180 boys competed in the race, with Ambridge's Dale Fauser setting a state meet record of 10:54.4, giving him the individual title. Fauser's time broke the record set in 1949 by Ted Garrett by nearly two full seconds. Garrett, also of Ambridge, was a member of the Penn State varsity cross country team at this time.

The success enjoyed by Cowmeadow and his kids did not end with a third place finish at Penn State in the fall of 1954. With everybody but the reliable Johnson back, there was more WPIAL and PIAA glory awaiting New Castle the following season.

It was a time also, when a youngster who was destined to be the school's all-time best cross country runner began emerging from the pack, breaking records as he went, until he reached to top.

Stay tuned ...



New Castle's only state champion cross-country runner, Paul Sanders, edges an opponent at the tape.

NCXC ROSTER

Manager

JACOB SOPKOVICH

GRADE 12

MASON PETRONE

GRADE 11

ETHAN MATTHEWS

ANNA REIDER

IZIAH NAUGLE

JACOB MENDOZA

JASMIEN CALDARARO

JENALYN NERO

MICAH FROST

NIKOLOS KLADITIS

HEAD COACH
JEFF SHAFTIC

JR HIGH COACH
MATT GIBSON

VOLUNTEER ASSISTANTS
ANDREW KLADITIS
PAIGE SHAFTIC

GRADE 10

BENJAMIN HOERNER

CAMERON SMILEY

FRANKIE ROBLE

JESSE FISHER

RYLEE BERGMAN

GRADE 9

AIDEN MATTHEWS

ALEXANDER

DRUSCHEL

ASHLEY DEVINCENTIS

CHRISTIAN

JOHNGRASS

DAMON BROWN

JAE'DHYN

LAWRENCE

KAINAN LYNCH

OLIVIA REYNOLDS

PAUL STEWART

RICHIE KINNEY

RICHARD MIGLIORISI

THOMAS MARCUS

2024 SCHEDULE

Date	Event	Time	Location	Details
Thursday, Aug 22	Scrimmage	4:00 PM	Away vs. West Middlesex	West Middlesex High School
Saturday, Aug 31	Invitational	9:00 AM	Away vs. McDowell	Brown Farm Erie (McDowell Invitational)
Saturday, Sep 7	Invitational	9:00 AM	Away vs. West Middlesex	West Middlesex High School (Big Red Invite)
Tuesday, Sep 10	Meet	TBD	Central Valley, West Allegheny	New Castle Jr/Sr High School (Flaherty Field)
Tuesday, Sep 17	Meet	TBD	Away vs. Montour	Settlers Cabin Park
Friday, Sep 20	PIAA Foundation Meet	9:00 AM	Away vs. PIAA	Giant Center
Tuesday, Sep 24	Meet	TBD	Away vs. Blackhawk	Blackhawk High School
Tuesday, Oct 1	Meet	TBD	Away vs. Beaver	Beaver Area High School
Wednesday, Oct 9	MAC Championship	3:00 PM	Away vs. MAC Schools	Ambridge, Beaver, Beaver Falls, Blackhawk, etc.
Thursday, Oct 17	TSTCA Invitational	9:00 AM	Away vs. Baldwin	White Oak Park
Thursday, Oct 24	WPIAL Championships	TBD	Away vs. WPIAL	White Oak Park
Saturday, Nov 2	PIAA Championships	TBD	Away vs. PIAA Championship	Giant Center

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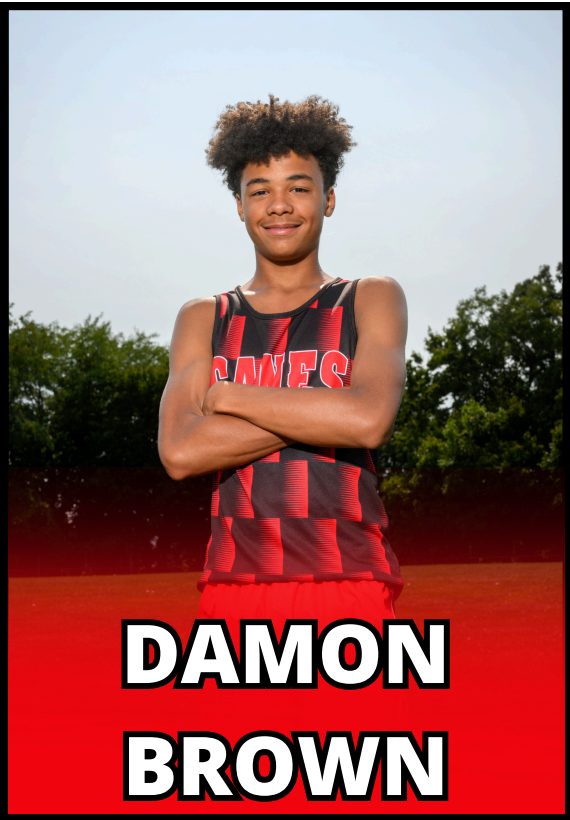
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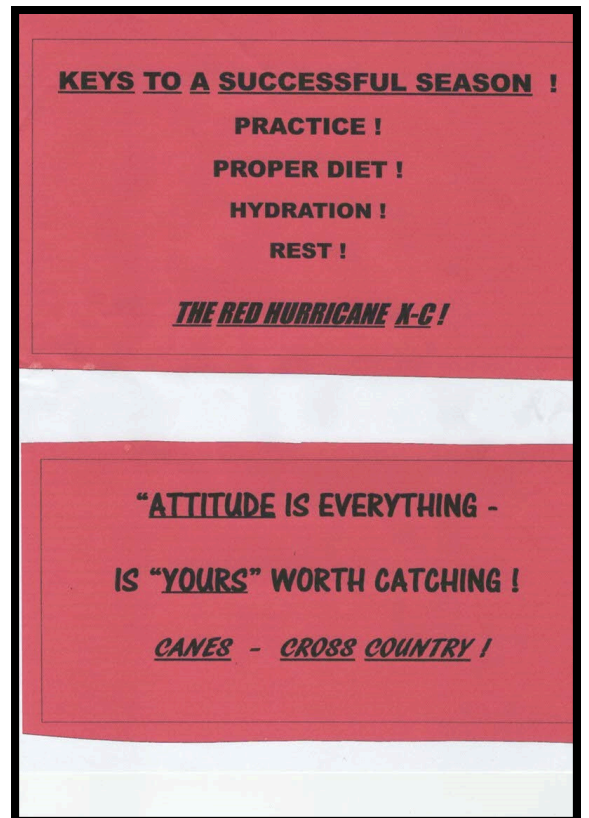
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CODY W. PATTISON | NEW

ABOVE: The New Castle High boys cross country team takes off from the finish line Tuesday afternoon at Flaherty Field. BELOW: The Lady 'Canes' girls cross country team gets started during Tuesday's race.

Kladitis leads New Castle High cross country team

**"YOU" can't Hoot
with the
OWLS" at MIDNIGHT
and
SOAR with the EAGLES
in the MORNING**

"Canes Cross Country - 2024"

NCXC NEWS

SATURDAY - AUGUST 31, 2024

NO. 1

****NEW CASTLE BOYS CROSS COUNTRY TEAM SECURES 6TH PLACE AT ERIE MCDOWELL INVITATIONAL****

BROWN FARM, ERIE, PA. The New Castle boys cross country team kicked off their 2024 season with a solid performance at the Erie McDowell Invitational, finishing 6th overall in a competitive field. The 5-kilometer race saw strong efforts from the team, with several runners placing well and setting the tone for the rest of the season.

Leading the charge for New Castle was junior Nik Kladitis, who delivered a solid performance, crossing the finish line in 18:19.1. Kladitis's time earned him a 24th-place finish.

Freshman Kainan Lynch also made an impact in his debut high school race, clocking in at 19:08.1, securing 40th place. Lynch was closely followed by sophomore Camron Smiley, who finished 41st with a time of 19:08, and fellow freshman Damon Brown, who placed 43rd with a time of 19:11.0.

Junior Jesse Fisher contributed to the team's overall score with a time of 19:20.8, finishing 45th. Rounding out the top seven for New Castle were juniors Micah Frost, who ran 19:39.1 to place 48th, and Iziah Naugle, who finished in 20:38.0, securing 56th place.

The team's collective efforts resulted in a 6th-place overall finish, a promising start to the season. With a mix of experienced upperclassmen and talented underclassmen, New Castle looks to build on this performance as they progress through the season.

Coach Shaftic expressed pride in the team's effort and noted the potential for improvement as the season continues. "Our guys showed great determination today. It's a solid start, and I'm excited to see how we grow from here,"

The New Castle boys cross country team will look to continue their momentum to the Big Red Invitation this Saturday at West Middlesex, as they aim to climb the ranks in their quest for a successful season.

NCXC NEWS

****NEW CASTLE GIRLS CROSS COUNTRY TEAM FINISHES 9TH AT ERIE MCDOWELL INVITATIONAL DESPITE MISSING KEY RUNNERS****

BROWN FARM, ERIE, PA. The New Castle girls cross country team faced a challenging start to their 2024 season at the Erie McDowell Invitational, finishing 9th out of 13 teams. The team, which was missing two of its top members due to illness, showed resilience and determination on the 5-kilometer course.

Sophomore Frankie Roble led the way for New Castle, placing 46th with a time of 25:53.5. Roble's performance was a highlight for the team, especially given the absence of two key runners.

Junior Anna Reider followed, finishing 51st with a time of 27:29.7, and freshman Ashley Devincentis made a strong debut in her first high school race, crossing the line in 28:22.1 to secure 53rd place. Another first-time high school competitor, junior Jasmien Caldararo, finished 55th with a time of 28:45.6.

Freshman Olivia Reynolds, also running her first high school race, rounded out New Castle's scoring runners, placing 64th with a time of 35:45.0.

Despite the challenges, including the absence of top runners and the inexperience of several team members, the New Castle girls managed to secure a respectable 9th-place finish. Coach Shaftic expressed pride in the team's effort, noting the valuable experience gained by the newcomers. "We were up against some tough circumstances today, but the girls stepped up and gave it their all," said Coach Shaftic "This was a learning experience, and I'm confident we'll see improvement as the season progresses."

With their first race behind them, the New Castle girls cross country team will focus on building strength and unity, looking forward to their next opportunity to compete this Saturday at The Big Red Invitational hosted by West Middlesex. The team is optimistic about the return of their top runners and the potential for growth among their new athletes.

NCXC NEWS

****NEW CASTLE BOYS JUNIOR VARSITY CROSS COUNTRY TEAM SECURES 5TH PLACE AT ERIE MCDOWELL INVITATIONAL****

BROWN FARM, ERIE, PA. The New Castle boys junior varsity cross country team began their 2024 season with a strong showing at the Erie McDowell Invitational, finishing 5th overall. The 5-kilometer race featured solid performances from both seasoned and first-year runners, setting a positive tone for the rest of the season.

Junior Ethan Matthews led the team, clocking a time of 21:54.0 to place 26th overall and 24th among scoring runners. His average pace of 7:03 per mile set a strong foundation for the team's overall performance.

Freshman Aiden Matthews followed closely, finishing 29th overall and 27th among scorers with a time of 22:24.2, averaging a pace of 7:13 per mile. Another freshman, Thomas Marcus, also made a significant contribution, placing 37th overall and 31st among scorers with a time of 23:06.0.

Junior Jacob Mendoza was right behind Marcus, finishing 39th overall and 32nd among scorers with a time of 23:11.6. Freshman Richie Kinny rounded out New Castle's scoring runners, placing 44th overall and 35th among scorers with a time of 23:50.6.

Additional strong performances came from freshman Paul Stewart, who finished 48th overall with a time of 24:28.6, and senior Mason Petrone, who crossed the line just behind Stewart in 49th place with a time of 24:28.8. Freshman Jae'Dhyn Lawrence (54th, 25:31.7) and sophomore Ben Hoerner (70th, 32:00.3) also contributed to the team's depth, with freshman Richard Maglitoris finishing in 71st place with a time of 32:50.8.

Coach Shaftic praised the team's effort and highlighted the strong performances from the freshmen, who showed great promise in their first high school race. "Our JV team put together a solid race today, and I'm particularly impressed with how our younger runners handled the pressure," he added that "Finishing 5th in a competitive field is a great start, and I'm excited to see how we progress throughout the season."

The New Castle boys junior varsity team will aim to build on this early success as they prepare for upcoming meets, looking to improve both individually and as a team.

NCXC NEWS

Saturday - September 7, 2024

No. 2

****NEW CASTLE BOYS CROSS COUNTRY TEAM SECURES 9TH PLACE FINISH AT BIG RED INVITATIONAL****

WEST MIDDLESEX. PA The New Castle boys cross country team delivered a competitive performance at the Big Red Invitational, hosted by nearby West Middlesex High School. The short 15-minute drive gave the team a local advantage as they competed against 28 schools and 195 runners from across the region. New Castle finished 9th overall, showcasing both depth and potential in a highly competitive field.

Junior Nik Kladitis led the team once again, finishing 32nd with a time of 18:20 and an average pace of 5:55 per mile. Kladitis's strong run gave New Castle a solid start in the large pack of runners.

Sophomore Jesse Fisher followed as New Castle's second finisher, placing 54th with a time of 18:55, averaging 6:06 per mile. Freshman Kainen Lynch also impressed, clocking in at 19:02 with a 6:08 pace to secure 58th place, and fellow freshman Damon Brown was right behind, finishing 60th in 19:03.

Sophomore Camron Smiley and junior Micah Frost ran nearly identical races, both crossing the line in 19:34 with an average pace of 6:19 per mile, finishing 76th and 77th, respectively. Junior Iziah Naugle rounded out the team's top seven with a time of 20:03 and a 6:28 pace, placing 91st.

The team's total time of 1:34:54 and score of 280 points secured them a 9th-place finish, a solid result against some of the top teams in the region. Coach was pleased with the team's performance and noted their consistency across the board. "Our runners stayed close, pushing each other and moving up in the pack. It was great to see them hold their own against tough competition,"

With the season still young, New Castle's cross country team is poised to continue building on this strong start. The mix of experienced runners and promising newcomers is providing a foundation for growth as they prepare for their next invitational at Hershey.

NCXC NEWS

****NEW CASTLE GIRLS CROSS COUNTRY TEAM SHOWS DETERMINATION AT BIG RED INVITATIONAL****

WEST MIDDLESEX. PA The New Castle girls cross country team put forth a valiant effort at the Big Red Invitational, held at West Middlesex High School, despite being one of the youngest and most inexperienced teams in the field. Competing against 18 other teams, New Castle finished 19th overall, showcasing resilience and a commitment to improvement in their first large invitational of the season.

Junior Jenalyn Nero led the team, finishing 65th overall with a time of 24:31 and an average pace of 7:54 per mile. Her solid performance set the tone for her teammates, who pushed through the challenging race against a highly competitive field of runners.

Sophomore Frankie Roble followed Nero, finishing in 76th place with a time of 25:09, averaging an 8:06 pace. Junior Rylee Bergman, running in her first major invitational, finished 88th with a time of 25:56 and an 8:22 pace, with junior Anna Reider close behind in 91st at 26:07 and an 8:25 pace.

Freshman Ashley Devincentis and junior Jasmien Caldararo rounded out New Castle's top six, finishing in 102nd and 109th places with times of 26:43 and 27:45, respectively.

The team's total time of 2:08:26 resulted in a score of 422 points, placing them 19th in the overall standings. While the final placement doesn't fully reflect the team's effort, Coach Shaftic expressed pride in the runners' perseverance and positive attitude. "Our girls are young, and we knew coming in that we'd be up against a tough field," said Coach [Last Name]. "They worked hard, and each runner improved from their last race. That's what counts at this stage."

With a mix of underclassmen and new athletes on the roster, the New Castle girls cross country team is focused on growth and gaining experience as they move forward in the season. They'll continue to build their endurance and confidence in upcoming races, setting the stage for future success.

NCXC NEWS

****NEW CASTLE JV BOYS CROSS COUNTRY TEAM FINISHES STRONG AT BIG RED INVITATIONAL****

WEST MIDDLESEX. PA The New Castle Red Hurricanes JV boys cross country team delivered an impressive performance at the Big Red Invitational at West Middlesex High School. Competing against a talented field, the New Castle JV team showed their depth and determination, with each runner turning in a competitive time. The team achieved a total score of 78 points and a cumulative time of 1:48:19.

Freshman Thomas Marcus led the way for New Castle, finishing 9th overall with a time of 21:03 and an average pace of 6:47 per mile. Junior Ethan Mathews followed closely, placing 11th with a time of 21:11, averaging 6:50 per mile. Both Marcus and Mathews set a solid example for the younger runners, maintaining a consistent pace that helped anchor the team's performance.

Freshmen Christian Johngrass and Alex Drushel placed 16th and 18th, with times of 21:40 and 21:47, respectively. Their near-identical paces provided New Castle with a strong middle pack, keeping the team in contention.

Junior Jacob Mendoza and freshmen Richie Kinney and Aiden Mathews rounded out New Castle's top seven, finishing close together in 24th, 25th, and 26th places. Mendoza clocked in at 22:38, while Kinney and Aiden Mathews both ran 22:41 with a pace of 7:19.

NCXC NEWS

Saturday - September 21, 2024

No. 3

****INJURY-DEPLETED NEW CASTLE CROSS COUNTRY TEAM COMPETES AT PIAA FOUNDATION RACE IN HERSHEY****

HERSHEY, PA. The New Castle Red Hurricanes traveled to Hershey to tackle the PIAA Foundation Race, also known as "Pre-States," on the state championship course at Hershey Park. Known for its demanding hills and tough terrain, the course proved to be an even greater test for the Red Hurricanes, as the team was hit by injuries and missing a few of its top varsity runners. Juniors Nik Kladitis, Cam Smiley, and freshman Kainen Lynch were sidelined, relegated to cheering on their teammates as they recovered from injuries.

With only six varsity runners able to compete, New Castle finished 26th in a field of 30 teams and 224 competitors. Junior Jesse Fisher led the way for New Castle, finishing 86th with a time of 19:34, maintaining a steady 6:19 pace on the challenging course. Freshman Damon Brown followed, finishing 130th in 20:34 with a 6:38 pace.

Junior Iziah Naugle and junior Micah Frost stayed close to each other, finishing 144th and 145th, respectively, with times of 20:58 and 21:00, each averaging 6:46 per mile. Freshmen Christian Johngrass and Thomas Marcus rounded out New Castle's lineup, crossing the line in 164th and 175th places with times of 22:13 and 22:45.

The team finished with a combined time of 1:44:19 and a score of 669. While not the result they hoped for, Coach Shaftic was proud of the team's effort in a challenging situation. "Being down three varsity starters was a tough blow, especially on such a difficult course," said Coach Shaftic. "But the guys who stepped up gave it their all, and that speaks volumes about their commitment."

The race provided valuable experience for New Castle's underclassmen, who had the opportunity to compete against some of the top runners in Pennsylvania. The Red Hurricanes will now focus on recovery and preparation for their next meet, with the goal of returning stronger and healthier as they move into the heart of the season.

NCXC NEWS

****NEW CASTLE GIRLS CROSS COUNTRY GAINS EXPERIENCE AT PIAA FOUNDATION RACE****

HERSHEY, PA. The New Castle girls cross country team faced the tough Hershey Park course for the first time at the PIAA Foundation Race, known as "Pre-States." Competing against 36 teams and a large field of 236 runners, the young and developing Red Hurricanes team placed 35th with a combined score of 1107 and a total time of 2:24:18.

Junior Jenalyn Nero led New Castle, finishing 203rd with a time of 25:42 and an 8:17 mile pace on the challenging, hilly course. Sophomore Frankie Roble followed as the team's second finisher, crossing the line in 217th place with a time of 27:29 and an 8:52 pace.

Juniors Anna Reider and Jasmien Caldararo and freshman Ashley Devincentis rounded out New Castle's top five. Reider finished in 226th place with a time of 29:32, Caldararo in 230th with 30:46, and Devincentis in 231st with a time of 30:49.

For each of the girls, this was their first time running the difficult Hershey Park course, and the experience provided valuable insight into the demands of a high-stakes race environment. Coach Shaftic noted the importance of learning from such challenging races, saying, "This course is tough for anyone, and it was a new experience for our girls. They did a great job keeping their spirits up and putting in their best effort."

NCXC NEWS

Wednesday - October 9, 2024

No. 4

****NEW CASTLE BOYS CROSS COUNTRY SHINES AT MAC CHAMPIONSHIP ON TOUGH BRUSH CREEK COURSE****

BRUSH CREEK PARK, BEAVER. PA. The Midwestern Athletic Conference (MAC) Championship made its long-anticipated return to the Brush Creek Course in Beaver County, one of the most challenging venues in western Pennsylvania. The course's rugged terrain and hills are notorious for pushing runners to their limits, but they also make it a fantastic spectator course for fans. With 28 teams and 134 runners competing, it was a thrilling day for cross country enthusiasts—and an especially successful one for the New Castle Red Hurricane boys.

Despite the challenging course, several New Castle runners achieved personal bests, showcasing both their determination and grit. Leading the way for the Hurricanes was freshman Damon Brown, who placed 40th overall with a time of 19:03.20. Junior Jesse Fisher followed close behind, finishing 43rd in 19:12.00. Their sub-20-minute performances on this difficult course were impressive and set a strong tone for the rest of the team.

Freshman Alex Drushel continued his steady improvement, crossing the line in 20:29.30 for 70th place. Junior Micah Frost was next for New Castle, finishing 75th with a time of 20:55.80. Junior Iziah Naugle rounded out the top five, placing 85th in 21:29.90.

Ethan Matthews and Thomas Marcus completed the varsity lineup for New Castle, finishing 105th and 110th with times of 22:43.50 and 23:09.50, respectively.

The boys' performance at MAC underscored their season-long progress and resilience, as they conquered one of the toughest courses they'll face all year. Coach praised the team's achievements, saying, "The guys really stepped up today, and seeing so many personal bests on such a hard course shows just how much they've improved."

With strong individual and team results, the Red Hurricane boys continue to gain momentum as they approach the postseason, setting the stage for even greater achievements in the races to come.

NCXC NEWS

****NEW CASTLE BOYS JV SHOWS PROMISE IN MAC CHAMPIONSHIP****

BRUSH CREEK PARK, BEAVER. PA. In the JV race at the MAC Championship, the New Castle Red Hurricane boys delivered a strong performance, with several athletes turning in solid times on the tough Brush Creek Course. Freshman Aiden Matthews led the JV squad, finishing with a time of 21:43.30. Junior Jacob Mendoza followed closely, placing 11th in 22:18.30.

Freshman Richie Kinney completed the course in 23:00.70, with senior Mason Petrone clocking in at 23:31.20. Freshman Paul Stewart finished in 24:46.10, while sophomore Ben Hoerner rounded out the group with a time of 29:08.12.

The JV team's performance highlighted the depth of New Castle's program, with young runners gaining valuable experience and setting the stage for future varsity roles.

****NEW CASTLE GIRLS CROSS COUNTRY BATTLES TOUGH BRUSH CREEK COURSE AT MAC CHAMPIONSHIP****

BRUSH CREEK PARK, BEAVER. PA. The New Castle Red Hurricanes girls cross country team braved the rugged Brush Creek Course at the Midwestern Athletic Conference (MAC) Championship, taking on one of the most challenging courses in western Pennsylvania. Competing against a deep field, the girls showed resilience on the hilly terrain and continued to gain valuable racing experience.

Junior Jenalyn Nero led the New Castle squad, finishing with a time of 27:01.30. Sophomore Frankie Roble followed closely behind, crossing the line in 27:24.29. Junior Rylee Bergman ran a steady race, finishing with a time of 28:47.27, while freshman Ashley Devincentis and junior Jasmien Caldararo rounded out the varsity lineup with times of 29:26.48 and 29:26.48, respectively.

NCXC NEWS

Thursday - October 17, 2024

No. 5

****NEW CASTLE BOYS CROSS COUNTRY COMPETES AT WHITE OAK PARK INVITATIONAL AHEAD OF WPIAL CHAMPIONSHIPS****

WHITE OAK PARK, EAST ALLEGHENY, PA. The New Castle Red Hurricanes boys cross country team competed at the White Oak Park Invitational, a crucial meet on the same course that will host the WPIAL District 7 Championship in just eight days. With the team putting forth strong performances, several athletes achieved season bests (PR's) despite the pressure of racing on this critical course.

Freshman Damon Brown led the charge for New Castle, finishing 43rd in the AA Boys Overall standings with a time of 18:18.79. Junior Jesse Fisher was just a step behind, clocking a season-best 18:19.11 to take 44th place. Junior Iziah Naugle crossed the line in 88th, running 19:32.17. Freshman Alex Drushel turned in a season-best performance, finishing 97th in 19:44.38. Junior Micah Frost completed the top five for New Castle, placing 114th in 20:11.37.

The depth of the Red Hurricanes was on display as the rest of the squad put in solid efforts. Freshman Aiden Matthews (21:19.56), freshman Thomas Marcus (21:24.65), and junior Ethan Matthews (21:43.55) followed in close succession.

Season-best times were achieved by juniors Jacob Mendoza (22:08.16, 154th), Richie Kinney (22:22.54, 158th), and senior Mason Petrone (22:35.34, 160th), while freshman Paul Stewart rounded out the team's effort with a time of 24:53.22.

Coach Shaftic commended the team's performance, saying, "White Oak Park is a technical and challenging course, and today's race was about building confidence for WPIALs. The season-best times show that the guys are peaking at the right time."

With the WPIAL Championships around the corner, the Red Hurricanes will focus on fine-tuning their strategies and recovering as they prepare for the most important race of their season.

NCXC NEWS

****NEW CASTLE GIRLS CROSS COUNTRY COMPETES AT WHITE OAK PARK INVITATIONAL WITH STRONG EFFORT****

WHITE OAK PARK, EAST ALLEGHENY, PA. The New Castle Red Hurricane girls cross country team continued their season at the White Oak Park Invitational, which served as a preview for the upcoming WPIAL District 7 Championships on the same course. The team took on a challenging field and used the opportunity to test strategies ahead of the postseason, with two runners achieving season-best (SB) performances.

Junior Jenalyn Nero led the team, recording a season-best time of 23:45.39 to place 161st in the AAA Girls Overall standings. Junior Anna Reider followed with her own season-best, crossing the line in 24:44.77 for 184th place.

Sophomore Frankie Roble was next for New Castle, finishing in 25:04.49 for 193rd. Junior Rylee Bergman placed 199th with a time of 25:21.80, and junior Jasmien Caldararo finished in 206th at 26:59.34. Freshman Ashley Devincentis rounded out the Red Hurricanes' lineup with a time of 27:39.20, placing 212th.

The Red Hurricanes will focus on recovery and preparation as they gear up for the WPIAL District 7 Championship in eight days, ready to take on the same course with high stakes on the line.

NCXC NEWS

Thursday - October 24, 2024

No. 6

****NEW CASTLE BOYS CROSS COUNTRY CLOSSES OUT SEASON AT WPIAL CHAMPIONSHIPS****

WHITE OAK PARK, EAST ALLEGHENY, PA. The New Castle Red Hurricane boys cross country team capped off their season at the WPIAL District 7 Championship held at White Oak Park under ideal conditions, with cool temperatures and sunny skies. Despite missing key contributors Nik Kladitis, Cam Smiley, and Kainan Lynch due to injuries, the Hurricane Harriers finished 19th out of 33 teams, showcasing their depth and determination.

Freshman Damon Brown delivered a standout performance, leading the team with a season-best time of 18:00.30 to place 56th in a highly competitive field. Junior Jesse Fisher followed with a strong run, finishing 84th in 18:37.60.

Junior Iziah Naugle continued his late-season surge, achieving a season-best time of 19:09.90 for 108th place. Freshman Alex Drushel (19:34.60, SB) and junior Micah Frost (19:43.30) rounded out the top five for New Castle.

Freshmen Aiden Matthews (20:21.80, SB) and Thomas Marcus (20:23.90, SB) added impressive efforts to close out the lineup and the season for New Castle.

Coach Shaftic commended the team's resilience, saying, "Missing three of our top runners for the second half of the season was tough, but the rest of the team stepped up and gave it their all. To see so many season-best times on such a challenging course is a testament to their hard work and progress this year."

NCXC NEWS

****NEW CASTLE GIRLS CROSS COUNTRY CONCLUDES SEASON AT WPIAL CHAMPIONSHIPS****

WHITE OAK PARK, EAST ALLEGHENY, PA. The New Castle Red Hurricane girls cross country team wrapped up their 2024 season at the WPIAL District 7 Championship at White Oak Park, racing in the AAA classification—the largest and most competitive division in the district. With ideal weather conditions and a well-prepared course, the team faced off against a strong field of runners, delivering several season-best performances.

Sophomore Frankie Roble led the Hurricanes with a season-best time of 24:45.30, placing 169th. Junior Anna Reider followed closely behind, finishing in 25:09.20 for 173rd. Junior Rylee Bergman achieved her own season-best time of 25:10.70, securing 174th place.

Junior Jenalyn Nero was next across the line for New Castle, clocking in at 25:26.90 for 176th. Junior Jasmien Caldararo set a season-best time of 26:19.70, placing 178th, and freshman Ashley Devinentis rounded out the team's effort with a time of 27:57.00, finishing 182nd.



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NEW CASTLE

2024

D. COOY W. PATTISON
NEW CASTLE NEWS

The New Castle High boys and girls cross country teams competed in their lone home meet of the season on Tuesday.

"It is our only home meet this year so it's extra special that we get to come out here and compete hard," New Castle coach Jeff Shaftic said. "We did do exactly that on both sides, the boys and the girls. We're very young. On the guys side, I have four or five freshmen and sophomores that are running their first year of cross country. They're learning how to compete."

West Allegheny's boys team eked out a WPIAL Section 5-2A/3A win over the Red Hurricane, 26-29. Also competing was Central Valley who did not have a full boys' team.

Nik Kladitis paced New Castle with a time of 18:20 to take second.

"He did exactly what he was supposed to do today," Shaftic said of Kladitis. "He's the team leader. He's been around since he was in junior high. He had one job today and that was to go out and get that No. 2 spot. That's where we wanted him, that's what we asked and that's exactly what he did."

Daman Brown placed fifth (19:28), Jesse Fisher was sixth (19:30), Cameron Smiley took seventh (19:45) and Isaiah Nagle was ninth (20:13) for

New Castle's boys team.

"We were a little short handed. One of our top guys (Kainan Lynch) was out with a little bit of a calf injury. We asked the rest of the guys to step up and jump in and try to take that spot," Shaftic said. "They did go out and compete. It was a really tough race. West

Allegheny just nipped us but they have a really good team. They're good up front."

West Allegheny topped the Lady 'Canes (15-46) and Central Valley (15-49). New Castle beat Central Valley, 18-39.

"It's always fast coming out. They're excited. They've have been waiting all week to do this

and it's hard to rein them in," Shaftic said of his girls' team. "But, I gave them a little holler in there about 50 meters in and they responded perfectly, settled into the race pace that they were supposed to be. Our top three girls ran really tight together tonight."

SEE HARRIERS, B2



NEW CASTLE - CROSS COUNTRY - 2024

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RACE TIMES

First Name	Last Name	August 6 - 2 Mile TT (70 and Humid)	Scrimmage at West Middlesex	McDowell Invite	Big Red Invite	Home Against W.A. and C.V.	@ Montour/Amb	Foundation Race/Varsity	@ Blackhawk with Hopewell	@ Beaver with Char Valley	MAC Championship	TSTCA	WPAL
Nik	Kiaditis	11:32	18:50.66	18:19	18:20	18:20	Injured/hip	Hip	Hip	Hip	Hip	Hip	Hip
Jesse	Fisher	Inj.	20:26.00	19:20	18:55	19:30	20:54.7	19:34	20:22	19:41	19:12	18:18	18:00
Kainan	Lynch	13:25	20:14.97	19:08	19:02	Injured/calf	Injured/calf	Injured/calf	Calf	Calf	Calf	Calf	Calf
Damon	Brown	12:21	20:15.40	19:11	19:03	19:28	20:13.3	20:34	20:53	19:09	19:03	18:19	18:37
Cameron	Smiley	12:35	20:32.31	19:08	19:34	19:45	Injured/foot	Foot	Foot	Foot	Foot	Foot	Foot
Micah	Frost	12:38	20:33.02	19:39	19:34	21:23	22:59.4	21:00	21:03	21:43	20:55	20:11	19:43
Iziah	Naugle	12:45	20:32.52	20:38	20:03	20:13	21:05.7	20:58	21:06	20:30	21:29	19:32	19:09
Alex	Druschel	13:50	22:09.59	Sick	21:47	21:40	22:13.5	Hip	Hip	20:45	20:29	19:44	19:34
Thomas	Marcus	14:22	24:17.18	23:06	21:03	22:15	23:31.5	22:45	22:53	21:32	23:09	21:24	20:23
Christian	Johngrass	Absent/golf	Absent/golf	Absent/golf	21:40	21:11	Illness	22:13	24:37.00	20:44	Ankle	Ankle	Alt.
Aiden	Matthews	14:52	23:15.47	22:24	22:41	22:37	24:15.0		23:03	22:30	21:43	21:19	20:21
Jacob	Mendoza	15:26	25:20.50	23:11	22:31	25:08	24:41.3		23:58	22:50	22:18	22:08	
Ridhie	Kirney	Absent	25:35.44	23:50	22:41	22:52.8	24:41.1		23:53	22:43	23:00	22:22	
Jae Dlyn	Lawrence	18:59	DNF	25:31	22:41	24:09	Injured/foot		Injured/foot	Foot	Foot	Foot	
Ethan	Matthews	14:31	24:46.62	21:54	21:11	22:52.3	25:36.2		25:11.00	Sick	22:43	21:43	
Paul	Stewart	15:43	25:40.78	24:28	23:35	Illness	28:47.4		26:26.00	24:11	24:46	24:53	
Mason	Petrone	15:39	26:43.00	24:28	23:56	24:26.3	27:05.5		25:31.00	24:12	23:31	22:35	
Ben	Hoerner	18:49	31:19.97	32:00	30:45	31:15	32:22.7		31:13.00	29:05	29:08		
Richard	Milgiorisi	19:17	33:56.28	30:00.25	31:31		28:27.8		33:08.00	32:53	Illness	Illness	
Rylee	Bergman	15:43	Absent	Absent	25:56	Injured/leg	Injured/leg	Injured/leg	Injured/leg	Injured/leg	27:24	25:21	25:10
Jenilyn	Nero	15:43	27:25.09	Absent	24:31	25:43	27:22.42	25:42	26:11	25:02	25:01	23:45	25:26
Anna	Reider	15:50	26:56.78	27:29	26:07	26:14	27:24.12	29:32	27:06	25:32	Injured	24:44	25:09
Frankie	Roble	16:22	26:14.25	25:53	25:09	25:23	28:15.0	27:29	26:54	27:12	27:01	25:04	24:45
Ashley	DeVincents	16:53	DNF	28:22	26:43	28:24	31:08.97	30:49	28:18	28:58	28:47	27:39	27:57
Jasrien	Caldararo	17:32	DNF	28:45	27:45	29:32	30:23.34	30:46	27:18	28:33	29:26	26:59	26:19
Olivia	Reynolds	21:35	34:22.12	35:45	DNF	33:27	Injured	DNR	Absent	DNR	DNR	DNR	

STATE QUALIFIERS

	year	time	location	indivual or team	WPIAL place	State meet results	
Chris Mazzanti	2014	17:57	Cooper's Lake				
Anthony Voto	2015	17:29	Cooper's Lake				wpial medalist
Caitlin Adamo	2014	21:38	Cooper's Lake				
Andrea Lansdowne	2012	21:37	Cooper's Lake				
Anthony Litrenta	2016	17:58	Cooper's Lake				
Anthony Voto	2016	17:58	Cooper's Lake				
Le'shawn Huff	2016	18:05	Cooper's Lake				
Le'shawn Huff	2017	16:58	Cooper's Lake	Team	Wpial Runner up	11th	Wpial medalist
Anthony Litrenta	2017	17:33	Cooper's Lake	Team	Wpial Runner up	11th	Wpial Medalist
Jonah Miller	2017	17:39	Cooper's Lake	Team	Wpial Runner up	11th	
Zac Gibson	2017	17:59	Cooper's Lake	Team	Wpial Runner up	11th	
Andre Corbin	2017	18:01	Cooper's Lake	Team	Wpial Runner up	11th	
George Eggleston	2017	18:13	Cooper's Lake	Team	Wpial Runner up	11th	
Ryan Hunyadi	2017	18:18	Cooper's Lake	Team	Wpial Runner up	11th	
Anthony Litrenta	2018	17:06	California University	Team	3rd	7th	wpial and state medalist
Jonah Miller	2018	17:46	California University	Team	3rd	7th	
D'Angelo Patxot	2018	17:46	California University	Team	3rd	7th	
Zac Gibson	2018	17:48	California University	Team	3rd	7th	
Ryan Hunyadi	2018	18:12	California University	Team	3rd	7th	
Andre Corbin	2018	18:33	California University	Team	3rd	7th	
Gavyn Hansotte	2018	18:38	California University	Team	3rd	7th	
Anthony Litrenta	2019	17:04	California University	Team	Wpial Champions	3rd	Wpial medalist
Zac Gibson	2019	17:20	California University	Team	Wpial Champions	3rd	Wpial medalist
Jonah Miller	2019	17:38	California University	Team	Wpial Champions	3rd	
Gavyn Hansotte	2019	18:10	California University	Team	Wpial Champions	3td	
Ryan Hunyadi	2019	18:10	California University	Team	Wpial Champions	3rd	
Isaac King	2019	18:28	California University	Team	Wpial Champions	3rd	
Aiden Klik	2019	19:23	California University	Team	Wpial Champions	3rd	
Anna Blundo	2019	22:11	California University				
Lucas Bradley	2021	17:56	California University				Wpial Medalist
Lucas Bradley	2022	17:15	California University				Wpial Medalist



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you and everything you
have accomplished"**

Love Grandma



CHRISTIAN JOHNGRASS

**"We are very proud of you
Christian and all your hard
work and dedication."**

**Love Mom, Mark, Alivia,
Marky, Dad, JD & Micaela**

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ANNA REIDER

"Let your light shine before others that they may see your good deeds and glorify your Father in heaven". Matthew 5:16

We are so proud of you! With Love, Mommy, Daddy, Jake, and Otis





ALEX DRUSCHEL

"Great job this season Alex! We are so proud of your hard work and dedication. Keep crushing your goals!"

Love always, Mom and Dad.



BEN HOERNER

"Ben - Keep working hard and making us laugh along the way! We are so proud of you!"

Love, Mom, Dad and Josh.

FAVORITE MEMORY

Nik: "Watching my teammates PR at WPIALS. Even though I wasn't able to run, it made me happy for them."

Jesse: "Going on the team trip to Hershey."

Kainan: "The team trip to Hershey."

Damon: "The bus rides to the meets."

Cameron: "When me, Nik, Nate, and Andrew almost got attacked by a dog on a long run at Flaherty."

Micah: "Hershey. I loved going out and being with the team for those days. Hershey taught me a lot and showed me how to race. It was great motivation."

Iziah: "The practices. We had lots of fun times, and we bonded as a team."

Alex: "The trip to Hershey with my team."

Thomas: "Qualifying for the team trip to Hershey."

Christian: "Mainly the Hershey trip and mostly just team practices, also having fun with everyone at Hershey."

Aiden: "Qualifying to run at WPIALS with my team."

Jacob: "The MAC Championship at Brush Creek. It was the first time I was able to PR in a long time, and it was apparently one of the hardest courses."

Richie: "My teammates pushing me to run faster."

Jae'Dhyn: "Going to get Dairy Queen after one of the races."

Ethan: "The bus rides to the meets and being there for my team when they needed it. We all had a good time, cared for one another, and gave each other the motivation we needed to get through those rough 20 minutes of our lives."

Paul: "Long runs with Ashley and Jaz."

Mason: "The fun times running with my teammates at practice."

Ben: "By far, eating breakfast in the morning at Coach Shaftic's house."

Richard: "Being able to bond with my team and laughing at all the times I've fallen over the past years."

Rylee: "When we went to Primanti Brothers after the WPIAL meet and had fun at dinner. I really got close with the girls on my team this year, and I am so grateful for every opportunity I was given with this team."

Jenalyn: "The friendships I made and strengthened throughout the entire season and the Hershey trip."

Anna: "Coming together as a team and forming an entirely new family. Being able to bond with these talented girls this season is an experience I will never forget."

Frankie: "The memories we made at Hershey Park. I truly felt a connection with the team on that trip, and we all got to have a great time. That course was one of the toughest ones we ran, and getting through it only made us better runners."

Ashley: "When we all joined together right before the race to cheer each other up and motivate one another to do our best."

Jasmien: "Our trip to Hershey. It was a wonderful experience that truly brought our team together, creating lasting friendships among us all."

Olivia: "Spending time with my team at practices."

Aryanna: "When we were at our Montour meet, and Makayla and I were running up a hill holding each other up. I kept saying, 'Come on, Makayla. We gotta go.'"

Michael: "Running and talking with Coach Gibson at practices."

PROUDEST MOMENT

Nik: "Being able to coach some of the boys and helping them lock in for races while I was recovering."

Jesse: "Getting my PR of 18:19."

Kainan: "Running in the Varsity races at invites until my injury."

Damon: "Breaking 18 minutes at WPIALS."

Cameron: "Being able to keep up with Coach Andrew for a six-mile long run, thinking it was impossible."

Micah: "Racing at Big Red. I was asked to go to homecoming, got a bunch of candy, and raced so hard that day. It was my biggest PR, and my legs hurt so badly afterward that I couldn't bend over or sit down. It hurt to walk and do basic activities, but this experience taught me to race and helped me see the good in pain."

Iziah: "Coming back from injury to run my two best races of the season for my team."

Alex: "Breaking 20 minutes for the first time at White Oak Park."

Thomas: "Earning a medal in the JV race at the Big Red Invite."

Christian: "Hitting a PR lower than what Coach expected me to run."

Aiden: "Breaking 21 minutes at my last race of the year."

Jacob: "Racing at White Oak for the TSTCA. I just had a good time in general because it was a fun experience and also a big relief that it was finally over and I could rest."

Richie: "Running PRs and racing faster than last year."

Jae'Dhyn: "Running 22:41 at Big Red."

Ethan: "Getting my first medal at the Big Red Invite, but my proudest and favorite moment was knowing my little brother was competing in the WPIAL Championship for our team."

Paul: "When I broke 24 minutes!"

Mason: "Improving throughout the season."

Ben: "My biggest accomplishments this season were the last three races. I ran great times and stayed consistent to end the season."

Richard: "Beating the girl who was ahead of me for most of Big Red by three seconds."

Rylee: "When I PR'd at the last meet of the season. I dropped 10 seconds in a week, and I was very proud of that accomplishment."

Jenalyn: "Running a PR faster than Coach thought I would!"

Anna: "My proudest moment was running my fastest time this year at TSTCA."

Frankie: "Running this year's home meet. I came in sixth place, which was the closest I've come to first in a meet overall. That really showed me what I'm capable of and inspired me to continue improving throughout the rest of the season."

Ashley: "Coming around the finish line at Big Red, and Coach Shaftic was yelling at me to go faster so I could PR. I crossed the finish line and found out I PR'd by two minutes."

Jasmien: "When I achieved my personal best time at WPIALS. It was such a rewarding experience, and I was so grateful to have put in the hard work and effort to reach that milestone."

Olivia: "Finishing my first race without stopping."

Aryanna: "When we had our home meet, I PR'd by five seconds."

Michael: "Finishing third at our home meet."