

# PRACTICE SCHEDULE | SOHI ATHLETICS

Monday	Tuesday	Wednesday	Thursday	Friday
9/10	9/11	9/12	9/13	9/14
Football Practice (SOHI) <ul style="list-style-type: none"> <li>• 3:00-5:30 pm</li> </ul> Cheer Practice (SOHI) <ul style="list-style-type: none"> <li>• 6:00-8:00 pm</li> </ul> XC Running Practice (SOHI) <ul style="list-style-type: none"> <li>• 3:00-5:00 pm</li> </ul> Volleyball Practice <ul style="list-style-type: none"> <li>• C-team (PREP)                             <ul style="list-style-type: none"> <li>○ 3:00-5:30 pm</li> </ul> </li> <li>• JV/V (SOHI)                             <ul style="list-style-type: none"> <li>○ 3:00-5:30 pm</li> </ul> </li> </ul> Swim Practice (SOHI) <ul style="list-style-type: none"> <li>• 2:30-3:00 pm (weight room)</li> <li>• 3:00-5:00 pm (pool)</li> <li>• 5:00-6:00 pm (dive)</li> </ul>	Football Practice (SOHI) <ul style="list-style-type: none"> <li>• 3:00-5:30 pm</li> </ul> XC Running Practice (Skyview) <ul style="list-style-type: none"> <li>• 3:00-5:00 pm</li> </ul> Swim Practice (SOHI) <ul style="list-style-type: none"> <li>• 2:30-3:00 pm (weight room)</li> <li>• 3:00-5:00 pm (pool)</li> <li>• 5:00-6:00 pm (dive)</li> </ul>	Football Practice (SOHI) <ul style="list-style-type: none"> <li>• 3:00-5:00 pm</li> </ul> Cheer Practice (SOHI) <ul style="list-style-type: none"> <li>• 6:00-8:00 pm</li> </ul> XC Running Practice (Skyview) <ul style="list-style-type: none"> <li>• 3:00-5:00 pm</li> </ul> Volleyball Practice <ul style="list-style-type: none"> <li>• C-team (PREP)                             <ul style="list-style-type: none"> <li>○ 3:00-5:30 pm</li> </ul> </li> <li>• JV/V (SOHI)                             <ul style="list-style-type: none"> <li>○ 3:00-5:30 pm</li> </ul> </li> </ul> Swim Practice (SOHI) <ul style="list-style-type: none"> <li>• 2:30-3:00 pm (weight room)</li> <li>• 3:00-5:00 pm (pool)</li> <li>• 5:00-6:00 pm (dive)</li> </ul>	XC Running Practice (SOHI) <ul style="list-style-type: none"> <li>• 3:00-5:00 pm</li> </ul> Volleyball Practice <ul style="list-style-type: none"> <li>• C-team (PREP)                             <ul style="list-style-type: none"> <li>○ 3:00-5:30 pm</li> </ul> </li> <li>• JV/V (SOHI)                             <ul style="list-style-type: none"> <li>○ 3:00-5:30 pm</li> </ul> </li> </ul> Swim Practice (SOHI) <ul style="list-style-type: none"> <li>• 2:30-3:00 pm (weight room)</li> <li>• 3:00-5:00 pm (pool)</li> <li>• 5:00-6:00 pm (dive)</li> </ul>	XC Running Practice (SOHI) <ul style="list-style-type: none"> <li>• 3:00-5:00 pm</li> </ul>

## EVENTS

### FOOTBALL

@ Kodiak

- Saturday, September 15<sup>th</sup>
  - Varsity – 2:30 pm
  - JV – 5:00 pm

### SWIM/DIVE

Hosts the SOHI Pentathlon

- Friday, September 14<sup>th</sup>
- Meet starts at 2:00 pm

@ Kenai Invite

- Saturday, September 15<sup>th</sup>
- Meet starts at 9:30 am

### VOLLEYBALL

vs Nikiski

- Tuesday, September 11<sup>th</sup>
  - C-team – 3:30 pm
  - JV – 4:30 pm
  - Varsity – 6:00 pm

Varsity @ West Spiketacular

- September 14-15<sup>th</sup>

JV @ Wasilla Tourney

- September 14-15<sup>th</sup>

C-Team @ Colony Tourney

- September 14-15<sup>th</sup>

### CROSS COUNTRY RUNNING

@ Borough Championships (Nikiski)

- Saturday, September 15<sup>th</sup>
- Meet starts at 12:00 pm



# SOHI ATHLETICS | RESULTS & HIGHLIGHTS



## FOOTBALL

(W) 55-19 vs Eagle River (9/8)

- Top performers
  - Wyatt Medcoff – 3 TD runs and 1 TD interception return (first 4 touchdowns of the game for SOHI)
  - Aaron Faletoi – 2 TD runs
  - Jersey Truesdell – 1 TD pass
  - Hudson Metcalf – 1 TD catch
  - Austin Escott – 1 TD run

Season Record

- 4 W – 1 L (1-0 in conference)

## CROSS COUNTRY RUNNING

Homer Spit Time Trial (9/7)

- Boys – Top performers (5K)
  - Lance Chilton (3<sup>rd</sup> – 17:05)
  - Bradley Walters (4<sup>th</sup> – 17:28)
  - Mekbeb Denbrock (5<sup>th</sup> – 17:44)
  - Jack Harris (7<sup>th</sup> – 18:41)
  - Nathanael Johnson (8<sup>th</sup> – 18:44)
  - Anchor Musgrave (9<sup>th</sup> – 19:04)
- Girls – Top performers (5K)
  - Jordan Strausbaugh (3<sup>rd</sup> – 20:05)
  - Tanis Lorrington (4<sup>th</sup> – 20:41)
  - Cameron Blackwell (6<sup>th</sup> – 21:39)
  - Jordan Ruffner (7<sup>th</sup> – 21:40)
  - Ellie Burns (8<sup>th</sup> – 21:48)
  - Ryann Cannava (10<sup>th</sup> – 22:26)

## SWIM/DIVE

Homer Invite (9/7-9/8)

- Boys – 5<sup>th</sup> in team standings
  - Top performers
    - Kylin Welch – 1<sup>st</sup> in the diving event
    - Ethan Evans – 3<sup>rd</sup> in the 200 free and 100 backstroke
    - Sam Skolnick – 3<sup>rd</sup> in the diving event
- Girls – 2<sup>nd</sup> in team standings
  - Top performers
    - Sydney Juliussen – 1<sup>st</sup> in the 100 free
    - Madelyn Barkman – 1<sup>st</sup> in the 50 free
    - Madison Snyder – 2<sup>nd</sup> in the 500 free
    - 1<sup>st</sup> in the 200 free relay – S. Juliussen, M. Barkman, M. Brennan, A. Juliussen)

## VOLLEYBALL

(W) 3-0 @ Houston (9/6)

- 25-16, 25-13 and 25-20
- Top performers
  - Serena Foglia – 14 game points and 4 aces
  - Ituuu Tuisaula – 8 game points and 5 kills

(W) 3-2 @ Palmer (9/7)

- 25-18, 18-25, 21-25, 30-28, 15-3
- Top performers
  - Aliann Schmidt – 14 kills
  - Kalyn McGillivray – 13 consecutive service points
  - Bailey Leach – 10 kills

(W) 3-1 @ Palmer (9/8)

- 25-16, 24-26, 36-34, 25-20
- Top performers
  - Brittani Blossom – 14 service points
  - Holleigh Jaime – 14 service points
  - Carsen Brown – 34 assists

Season Record

- 6 W – 0 L (4-0 in conference)

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# STARS IN THE NEWS

- ❖ Soldotna sophomore Madelyn Barkman was named the KSRM Peninsula Sports/Subway Athlete of the Week for the week of September 6<sup>th</sup>. Madelyn was dominant at her dual swim meet in Kodiak, surging to victories in the 50 free, 100 backstroke and the 200 medley relay.

