

Caper Chronicles

“SPORTS EDITION”

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Coach Mike Wilson: Coach of the Year

By: John Abadie

Three years of high school football with only one win. That’s the way it’s been for our Lower Cape May Regional football team, but it seems as if things have turned around this year. After four straight wins to start off the season, the football team clinched a home play-off game versus Barnegat High School with help from their head coach.

Even through all of the rough years, their coach never gave up and never gave in to all the adversity that he faced over the almost winless three years. With the first winning season under his belt, this coach said that the team had success due to “team unity, work ethic, and goal setting.” This

man has been named Ms. Siscione’s News Media classes’ Fall Coach of the Year as well as the Cape Atlantic League Coach of the Year.

Mike Wilson has been the head coach of the football team for four years and it’s finally starting to pay off. Coach Wilson has pushed through just about everything that you can think of. This year is Wilson’s first class of seniors that he had the privilege to coach. Senior linebacker Eric Fletcher has been with Coach Wilson all four years and has nothing but positive things to say. “He pushes me harder every day, even when I don’t to push anymore. I wouldn’t be the person I am today without him,” said Fletcher



with a smile.

Fletcher is one of six seniors on this year’s squad. When asked if the senior class proves that the program works, Wilson said, “Absolutely. My first class of seniors proves that hard work pays off, and that there is always room to work harder.”

Three years with only one is win is a tough thing to overcome. How does one recover from this? How does a team keep their head up?

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“Being a player here, I knew how to handle adversity. I only won three games my first three years here as a player until my senior year when we won five,” said Wilson.

It is rare that a coach has so much success without help. Wilson has had a few people help him through all of the highs and lows of coaching football at LCMR.

“Coach Ziemba has taught me a lot about being a coach, especially on defense. My college coach from Towson has taught me a lot as well,” said Wilson.

Wilson also credits his parents and wife as also being huge supporters of his coaching career.

“My father has always been a huge

supporter and so has my wife,” said Wilson.

Maybe the old saying is true: Behind every great man is a great woman.

Success hasn’t come easy for Wilson. Everyone needs help, and Wilson doesn’t just credit his family and coaching staff for his number of victories this season.

“I owe some of the success I’ve been having to the whole senior class because they’re the guys who stuck it out through the years. They kept moving with the task I gave them even though most people doubted them,” said Wilson.

It may seem as if the first three years might have been a waste, but not to Coach Wilson. Wilson looks at those years as a learning experience for himself and his team.

“If I could go back, I would be tougher, but at the same time I would have tried to make more time for the players individually,” he said.



The Coach of the Year, Mike Wilson, is confident that he will have more winning seasons to come. Hard work pays off; it may not always come easy, but as Wilson says, “It’s easy to give up; it’s easy to doubt yourself. As long as you believe in yourself, you can succeed.”

Eye of the Tiger

By: Susie Booth

LCMR is looking for spirit! The Class of 2011 will be holding a search to find our official tiger mascot.

Junior and senior students qualify for the search, and applications will be processed through Ms. Siscone, the class advisor, and preliminary tryouts will be held. Depending on the number of students who tryout, that initial group will be narrowed down and the final group will perform in a pageant; highlighting their skills. The audience will then vote, along with a panel of judges – which includes Ms. Siscone, a cheerleader, athlete, and another teacher - and a winner, along with two alternatives, will be selected.

“We’re looking for someone who is committed, energetic, full of school spirit, and *has* to be entertaining,” Siscone said. These qualities are important; the selected mascot will be responsible for all boys and girls basketball games, football games in the fall, and they will also have to make appearances in the community. These appearances include community outreach programs, elementary school visits, and food drives. The responsibilities of the mascot go beyond sports.

The alternates have important functions as well. They have to be available if the original mascot is sick or has a conflict. If an athlete wins the search and the mascot appearances conflict with their season,



the alternate will become the mascot for specific performances instead. The search will begin after Thanksgiving, so start practicing those cheers, LCMR!

Girls Rule, Boys Drool?

By: Chris Stone

Throws like a girl, plays like a girl, and kicks like a girl are no longer insults in the hallways of LCMR. They now should be regarded as flattering c o m p l i m e n t s .



Though this may be the case, the question at hand is which gender has the best and most successful teams and athletes.

The word going around LCMR's hallways is that the female athletes in the school have the upper hand. When Nick Will was asked which teams were better, he simply replied, "Girls are better." It is important to realize that this response is coming from a varsity boys' soccer player.

When Mr. Demers, the boys' and girls' track coach, was asked about the topic, he agreed with Nick Will. He also added to Will's argument saying, "Girls don't complain as much as boys and are just plain better athletes." It seems that these comments make this controversial topic quite uncontroversial.

But are the lady Tigers better than the boys individually, or are their teams just stronger?

Mr. Demers said, "The best athlete on the track team is Chris Alicea who is in the top 30 in the state in the hurdle events."

Mr. Demers's comment may hint at the fact that male athletes, individually, may be better than female ath-

letes, but as a team the girls are superior. Their records this fall show it.

When all is said and done, people can make convincing arguments for both the male and female athletes at LCMR. Like Mrs. Zukawski said, "They all do their best."

The lifetime long debate will go on forever between who is better at sports, boys or girls. Will there ever be a true, proven answer, or will the public have to settle for opinions from people such as Ryan Lewis who says boys are better, stronger, faster, or Mr. Hickman who simply says, "Girls"? The world may never know; all we can do is debate away.

Wheelchair Basketball at LCMR

By: Shaheed Bashir

The sad truth is that just because people are disabled, there is a stigma that says they are not athletically inclined. I personally can tell you that this myth is just that, a myth. Growing up in North Jersey, school pride was important and valued. I was always taught that the best way to show your school pride was to become involved in sports.

As you can imagine, it is not that easy to find a handicapped-adapted sport. My dream is to start a handicapped sport at LCMR. I sat down with Mr. Castellucci to discuss this prospect, and he was amazingly positive. He first explained to me that I would have to check to see if the NJSIAA (New Jersey State Interscholastic Athletic Association) recognized the sport. If they do not

recognize it, I would need to try to get it approved as a club sport.

"Club sports are not governed by the rules of the NJSIAA, and you would have to pay for your equipment," Castellucci said.

In order to organize a wheelchair basketball club sport at LCMR, we would need a group of students who are interested in playing, as well as an advisor or coach to supervise as a volunteer.

"The club would need to meet with me and write a proposal that would need Board approval," said Castellucci.

The proposal would need to cover a plan for transportation, referee costs,

location for the sport, and uniforms. Most of these points are plausible. The biggest issues that I see would be finding a volunteer coach and enough players to get the wheelchair basketball club started. It is important to point out that you don't have to be in a wheelchair to play wheelchair basketball. Anyone could play if they were interested.



Weinberg Returns to LCMR, Gives Secrets to his Success

By: Gordon Sayre

David Weinberg visited Lower Cape May on October 29, and spoke to News Media classes about the positives and negatives of being a journalist. The former LCMR graduate was a guest speaker in three of Ms. Siscone's News Media classes and shed light on exactly what goes into writing for a major paper.

Weinberg recalled his time at LCMR with a smile on his face. "My dad was a football and baseball coach here at Lower, and I played both those sports."

"I hoped to continue playing in college," Weinberg explained, "but things didn't work out."

Weinberg still wished to continue with his passion for sports. "I started writing sports stories for the schools newspaper. After college I started writing for The Gazette and then the Herald. I started off covering city council meetings, boring stuff. It wasn't until I started with the Atlantic City Press that I became a sports journalist. First I covered high school sports, and after a while I worked my way up the ladder. I now cover the Philadelphia Eagles and professional boxing."

Students sat wide eyed when Weinberg started to list the perks of the job. "I've been to the Superbowl, the Indy 500, the World Se-

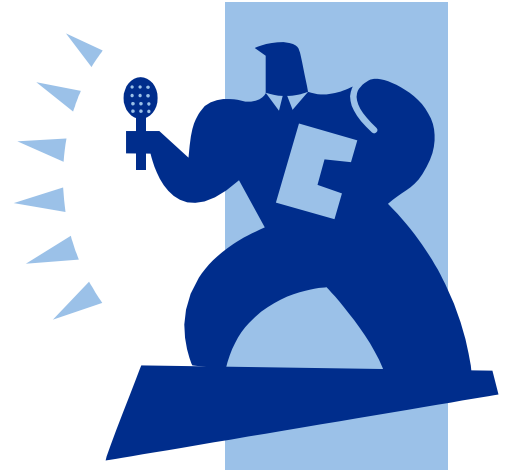
ries, the Tyson fight when Tupac was shot and every Eagles game since I began covering them"

The students' fascination continued as Weinberg named the athletes he has met. "You name an athlete, and I've probably met them. Kobe Bryant, Michael Jordan, Kimbo Slice, every one of the Eagles and Phillies, just about everyone but LeBron; I haven't met him yet."

Weinberg offered some advice to those who want to pursue journalism as a profession. "Of course take as many English classes and journalism classes as possible. I would also encourage you to take as many computer classes as possible; graphic design, web page design, word processing. Digital Media is the future of journalism."

Students soon learned that it isn't all fun and games with journalism. Weinberg began to explain all of the articles he must write during and after every Eagles game. "I have to write a sidebar, a game story, a feature story, a blog and twitter posts throughout the game."

Weinberg also touched on the harsh deadlines every journalist must contend with. "Four o'clock games are the worst because I have the least amount of time to finish all of my stories."



"Do you find it hard to remain objective when writing your stories?," asked a student.

"Well it isn't much of a problem for me," explained Weinberg. "I've been doing this so long that people have come to expect me to insert my opinion. The Press has been very flexible in allowing me to express my creativity."

Weinberg's story is a lesson in hard work and perseverance. However humble his beginnings, Weinberg worked his way up the journalistic ladder and is now the recipient of several journalism awards, including the Top Sportswriter in New Jersey. Mr. Weinberg undoubtedly served as an inspiration and role model for the aspiring journalists at LCMR.

A True Sports Addict: A Profile of an Athletic Director

By: Will Cagney and Ryan Tierney

The life of an athletic director is not an easy one, and fortunately there is one man at Lower Cape May Regional High School who is dedicated to the success of LCMR's sports: Mr. Mark Schiffbauer.

As the Athletic Director for the last seven years, Mr. Schiffbauer knows exactly how things are run around LCMR sports.

"In the fall, we have over 200 athletes. It is my responsibility [besides the coaches] to run the school sports," said Schiffbauer.

An athletic director's hours are not a typical nine to five day. Mr. Schiffbauer is at every home game and tries to be at as many away games as he possibly can.

"My hours are very long, and on a

sports day, they are even longer," said Schiffbauer.

Aside from keeping the morale of LCMR's sports teams high, Mr. Schiffbauer also makes important game day decisions. He is directly in charge of scheduling transportation to and from games, and he must make sure athletes are safe while traveling. He also schedules all games for every sport and officials for LCMR's home games. He manages budgets for each team and calls other school's athletic directors to confirm all games.

Mr. Schiffbauer has another extremely important responsibility at LCMR. He is in charge of all the extracurricular activities in the school district.

Mr. Schiffbauer has been involved in sports and they have helped shape

him into the man he is today. In 1986, he graduated from LCMR after playing football, track and basketball for the school. He went onto Eastern Connecticut State University and played college football. He was a wide receiver and a punt returner.

In 1990, he graduated with a bachelor's degree in health and physical education. After college he was hired by the Ewing Public School District in central New Jersey as a physical education teacher and basketball and track coach.

Thankfully, Mr. Schiffbauer returned to his alma mater in 2003 and has been a great asset for the school community. He strives each and every day to make LCMR a better place, making school sports and activities something for each and every student to be proud of.

LCMR Girls' Basketball Loses Key Player to ACL Tear

By: Katey Monzo

Lower Cape May Regional High School senior, Marisa Staley will be out for the majority of this year's basketball season due to an ACL tear that happened during the summer.

In August, Staley was playing in summer league game versus Middle Township at the Wildwood Crest Pier. She recalls that LCMR was behind, and she was playing her hardest when she went to save a ball from going out of bounds. That was when she hit the bleachers.

"I felt it pop," said Staley. "I heard it."

She soon found out that she tore her ACL, which is critical to knee stability.

"I cried when I found out," said Staley.

Staley has been an avid basketball player since the age of five. In addition to playing for LCMR's varsity team, she also has been playing

AAU since her sophomore year. For the past three years she has been looking forward to playing her senior year.

While this injury was undoubtedly devastating, Staley has managed to remain positive. Even though she won't be physically participating this season, she is still going to be around her team to help coach and mentor the less experienced players.

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The Lady Tigers will miss Staley's experienced presence on the court since she has served as a true leader over the past two years.

Junior teammate Marissa McCorkel said that not having Staley on the court is "definitely going to make things harder."

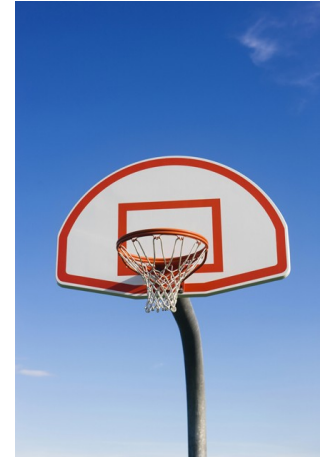
McCorkel believes that it is going to hurt not having Staley as one of the team's main offensive threats. McCorkel is now challenged with the responsibility of making up for what they have lost due to Staley's injury.

Staley's former coach, Jackie Siscone said that the void Staley leaves is much bigger than just points and rebounds.

"Marisa's presence is a big one as a player as well as a vocal, emotional leader on the court. It is clear that she will be more than missed this season," said Siscone.

There is a possibility that Staley may be healthy enough to play in the final regular season game this year. Even if this does not come to fruition, Staley plans to go to every practice and attend all games. She

will remain one of the captains of the team, and she plans to live up to that title in any way that she possibly can.



Fall 2010 Sports Recap

By: Ryan Lewis and Zach Valcarce

"LCMR's fall sports were incredible this year," said Ms. Siscone.

This comment sums up the amazing season that LCMR's fall sports team put together this year. Every one of the fall sports teams made the state playoffs this season. The most improved team from last year was definitely the football team who was 1-29 last season. This year, however, they turned it around in a major way.

In 2010, the football team is was 7-3. The 2010 squad is only the third team in school history to make the state playoffs, and what better year to do it than on the 50th anniversary of LCMR's existence.

Coach Wilson said the biggest highlight of the season was having a winning record and "getting a chance to make history in the school."

The team has many key players including Mike Mulligan, Chris Alicea, Vance Matthews, Frank Ziegler, Jimmy Hall and Tyler Sole. Boys' soccer also improved from last year, tallying a record of 10-5-3



this season. They also qualified for the state playoffs. They had many key players contribute to their success including Matt Nowakowski, Tom Davies, Cristian Valencia, Erick Valencia, and Alec DelConte.

Coach Elia said he was very happy to "finish the season winning nine

out of the last ten games."

The girls' soccer team also made history this year by being the first girls' soccer team ever at LCMR to win a state playoff game. The team was lead by its captains Meaghan Mann, Danielle Hickman, and Frankie Gibson. They finished the season with an 11-7-2 record, and Coach Matthews was proud of her girls for their performance this season.

Boys' cross country ran hard this year and made a statement. This season they went 4-7, won second place in the Big Five Tournament, and beat Middle by one point in a meet. The top runners on the team were Matt McGaffney, Zach Miller, Roberto Gonzalez, Zach Valcarce, and Zach Hicks. They look forward to having all of their varsity runners returning next year.

The girls' cross country team was lead by Mr. Pacevich who ran them hard and made them dedicate
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a lot of time to the team in order to succeed. They compiled a record of 3-6, and Pacevich said there were three runners (Shantel Johnson, Alyse Johnstone, and Maggie Chase) who qualified for the Cape Atlantic League meet at Stockton.

The field hockey team had another amazing year with a record of 13-6, winning their division for the second year in a row. They also qualified for the state tournament and advanced to the second round after beating Barnaget. They had many key players including Mary Beth Keeler, Maddie Craig, Meghan Oliver, Alessa Antinori, and Rebecca Holden. Coach Murray was very proud of the team's performance this year.

Finally, the girls' tennis team had another outstanding season lead by the tutelage of Mr. Douglass (Greg). The team qualified for the state tournament and was lead by Olivia Zeitler, Emaleigh Kaithern, Sarah Peck, Katie Smith, and Karissa Zuzulock.



Teach Me How to Douglass: Kenny Douglass, LCMR Athletics' Unsung Hero

By: Tyler Garrabrant

Kenny Douglass, LCMR's varsity football manager works hard to keep things in order. He is an important aspect to the team who does not go unnoticed. Douglass holds the positions of both equipment manager and water boy.

The aspect he enjoys most about being the Tiger's football manager is helping out the team and doing what needs to be done. He does what needs to be done and undoubtedly does a good job at all times.

Does Douglass have a favorite player on the team?

"No, I don't have a favorite one. They all have different talents and together they make one good football team," said Douglass.

He was introduced to the manager position because Coach Wilson came to him and asked him to help out. Douglass immediately asked his parents if he could do it.

"They said I could do it as long as I took it seriously," said Douglass.

He has been managing the team since he was an eighth grader.

Coach Wilson jokingly said, "Sometimes he thinks he's the coach. He's great, and I enjoy having him around."

The football players all agree that Douglass is an enthusiastic worker who does what is asked of him. Some players even said that they would not be as ready for games without Douglass because he is so

aware of who needs water and gets it to them in a timely manner. He has developed a brotherly relationship with the members of the squad, and they all believe that the team just wouldn't be the same without Douglass's presence on the sidelines.



Gab Mckeown: Caper Chronicle's Female Athlete of the Fall

By: Alaina Fox



A runner, a reliable teammate, a motivator, a skilled midfielder, a coach's dream. All of these are some of the greatest qualities to have as a young athlete. They are also just a few of the reasons why freshman soccer phenom Gab McKeown was voted by Ms. Siscone's News Media classes to be Caper Chronicle's Female Athlete of the Fall.

A talented newcomer to the LCMR girls' soccer team, McKeown has always loved soccer since the first moment she started. Her love of the game is obvious in her determination and focus on the field. As a freshman, McKeown has helped take her team to the top of the Cape Atlantic League and all the way to the second round of the state playoffs.

McKeown has been playing soccer since she was young, and with her

talent and technique, it is no surprise that she made varsity her freshman year.

"Everyone was supportive," said McKeown of her team. "I've been playing with most of them

[the girls on the team] since I was little."

According to McKeown, there was no animosity from any of the other LCMR Lady Tigers. In fact, there was nothing but good spirits and hard work, especially from McKeown herself.

Junior teammate Marissa McCorkel credits McKeown as being a key player when it comes to scoring important goals and keeping the team motivated when a match may not be going as planned. McKeown has been known to step up as a motivational leader for the rest of her team and never fails to motivate the team when their heads are down.

"She cares about the game. She keeps us together. She really is awesome to play with," said McCorkel.

When it comes to being a successful player, McKeown is reliable during long plays in the team's games, and

she has also been known to make everything a lot easier for her team.

"I can run all day," McKeown said of her abilities.

Her physical strength as well as her mental strength plays a huge role in her success on the field. She is great at transitioning the ball from offense to defense, which is an important skill to have as a midfielder.

As for her personality, McKeown is a total team player.

"She doesn't play for the glory," junior teammate Cara Aguado said of McKeown.

McKeown simply does her best for the benefit of the team as a whole. She has proven to be a truly dedicated player and an asset to the team.

The Lady Tigers closed out their season with an 11-7-2 record with help from McKeown along with fellow key players including seniors Meaghan Mann, Frankie Gibson, Danielle Hickman, junior McCorkel, and sophomore Victoria Mann. "The team will be great," Aguado said of future seasons. "The team will grow better, and Gab will continue to improve."

Based on her performance on the field this year, McKeown will prove to be a valuable player in seasons to come.

Chris Alicea: Caper Chronicle's Male Athlete of the Fall

By: Hope Gilbert and Rachel Sandman

One of LCMR football's top players, senior wide receiver Chris Alicea, was chosen as the Caper Chronicle's Athlete of the Fall. Alicea is very honored to be in this position knowing that students see how hard he works for the team.

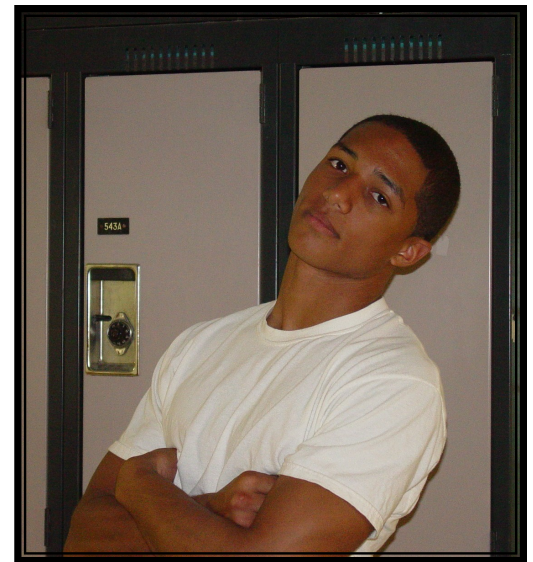
Alicea's love for the game drove him to stick with the Tigers all four years of high school. Despite the many losses they faced the first three years, Alicea had heart and believed in the team. He always knew that with how well the coaching system was everything would turn around, especially when the athletes started catching on to the

coach's tactics of coaching. Alicea's season highlight was "clinching the win against Buena and having a secure spot in the playoffs."

Alicea has been very successful during his football career. His hard work has lead many colleges such as Rutgers, Boston University, Villanova, Lafayette, Towson, Delaware University, Duke, and Miami University to be very interested in him. Alicea is not sure whether or not he wants to pursue football in college.

Alicea made it clear that "college football is constant hard work, and besides school it's like a job that you have to be at every day." He

really loves track, and depending on his track season and scholarship offers he may pursue track at the next level.



Frankie Gibson



Meghan Oliver

Same Name, New Coach

By: Susie Booth



For the Holden family, basketball is a tradition. Pat Holden has recently stepped down from Lower Cape May Regional High School's head coaching position, and younger brother Scott Holden has taken over. Their father was a basketball coach at LCMR as well, while also coaching at Camden County's Haddon Heights High School.

"It [basketball] always just seemed like the family thing," Scott Holden said.

Scott Holden has had much experience in basketball, spending over 30 years in the sport in some capacity. He played at LCMR himself for two years; missing his sophomore year due to a broken arm. He also played at the Naval Academy for one year, and played at a Division II School in Florida.

"He played collegially at Florida Southern – which ranked in the top ten in the country for Division II," Pat Holden pointed out.

But his coaching experience is also impressive- he got involved in coaching his first year after college. His first coaching job was a junior varsity position at George Jenkins High School in Lakeland, Florida, and he stayed there one year. The following year he moved to the Fort Lauderdale area and became head coach at Pembroke Pines Charter

High School and coached there for five years. Now he has joined the family tradition as head coach for Lower, and does not plan to retire from the position soon.

"I can see myself coaching for the rest of my teaching career."

According to Scott Holden, few changes are going to be made to the team.

"Due to the fact that my brother was head coach, we have a lot of the same ideas and principles and values of how a program should be run. But of course it being my first year, I'm motivated to bring my own changes, but they're going to be very small."

But Holden wants to see less individualism; emphasizing that the team, as well as the program and school, should look good, not just an individual player. He is also looking for a competitive spirit and consistent improvement in the team; two things he values more than winning.

"I've always wanted to have a hard-working group – competitive every game, every season, and if a championship comes here or there, that's great, but the most important thing is that they improve all the time."

Pat Holden is completely confident in his brother, remarking decisively, "I think that people might say that I have a biased opinion because he's my brother, but he is the right man for the job."

Since Scott Holden was the assistant coach for LCMR, Pat Holden believes his brother will be a familiar

face to the team and it should be a smooth transition; having no doubt that the team will adjust very well.

"I think that's the biggest advantage they have from hiring from within: that he's familiar with them, and they're familiar with him," said Pat Holden.

Ernie Harper, a senior point guard and shooting guard, has been on the team since his freshman year. He agrees with his former coach:

"He's been our assistant coach since my freshman year so it won't be that big of a change...I'm completely comfortable with him and trust him as our new head coach."

When asked why he applied for the position, Scott Holden responded, "I mostly applied for the coaching position because it seems like something I can offer young people – young guys that want to play basketball. But there's a certain aspect of it, the competitiveness as a coach, I would feel like something was missing if I didn't have it."

This competitive spirit has driven Lower Cape May Regional to be a success in previous years, as seen in last season's 20 - 4 record, and as it appears, it will continue to be the driving force under the new leadership of Scott Holden.

