

# Tuscarora High School



# 2003 Girls Soccer

# Tuscarora High School

## 2003 Coaches Message

As August 15<sup>th</sup> approached in late summer, there was a definite air of excitement and anticipation in recognizing the unique opportunity that awaited us. Waiting for the players and coaches was a season that would lay the groundwork in developing the traditions and culture for the Titans girls soccer program for years to come. This opportunity was special for the 18 members of the girls soccer program, as they will forever be the pioneers for the future success and reputation of the girls soccer program here at Tuscarora High School.

Very early on, these traditions and values took shape into what has become known as “Titan Pride.” For the players in this program, the constant and ever evolving question becomes “What is Titan Pride?” Throughout the year, a variety of character traits began to emerge that began to shape this idea. It is the emergence and development of these traits that is the ever so elusive ingredient that separates good teams and programs from the truly special ones that achieve at the highest level on a yearly basis. More than anything, this inaugural year was about the nurturing of these traits.

There was no doubt that entering the season we knew that we would be very successful on the field of play at the Junior Varsity level. The girls supported this belief with a final JV record of 6-0-1. What was amazing was the *consistency* and *focus* they brought to each game. Through these 7 JV games, the girls scored 31 goals while allowing 0. That’s right, they did not allow one goal. While we obviously knew that we would dominate the opposition at this level, the fact that we gave up 0 goals over the course of 7 games demonstrates a wonderful level of *discipline* in a group of athletes. To not make that single final mistake to give away the one goal is a pretty amazing feat. While it was wonderful to achieve so much success at this level, it was also obvious that we would learn very little about ourselves during the course of the season by playing only JV games. The true character of each individual and team as a whole would only be discovered through moments of adversity. How would we react during the difficult times of a game or season? How would we respond in a game where the result was decided early on (and not in our favor)? How would we react in the most stressful moments of a competitive varsity match?

To find this out, we scheduled 5 varsity games, including two against the most prestigious programs in the county over the past decade in Middletown and Thomas Johnson. While we finished our varsity season with a respectable 2-3 record (fairly amazing when you consider that we were often facing teams that were starting 8-9 seniors while we were starting 8-9 freshmen), it was the answers to those questions above that truly make the varsity portion of our season a true success. The girls passed these tests with flying colors, gaining respect throughout the area and providing a sign of things to come.

At Middletown, we faced a team loaded with a strong senior class including one of the top 5 players in the state of Maryland. First and foremost, the girls responded to the challenge by coming out with an intelligence and energy to their play that we had not yet seen. This allowed us to make things very difficult for the Knights in keeping the score knotted at 0-0 for the first 20 minutes. We quickly learned that we had the ability to compete with an elite varsity program. When Middletown finally broke through for their 1<sup>st</sup> goal, it settled them down and led to three more before half. While it was obviously disappointing to be down 4-0 at halftime, this also

provided a wonderful opportunity to learn about ourselves as a group. What I saw in the second half made me as proud of our side as anything that I had seen to date. Despite realizing that the result was out of reach, we played with a pride and passion for 40 minutes in the second half that helped keep the score at 4-0 and earned the utmost respect from our opponents and officials. Our demonstration of the pride that we have in our performance regardless of the score has quickly set a standard for this program.

The Thomas Johnson and Boonsboro games demonstrated once again our ability to play at the Varsity level. At TJ, we were able to take a team that had not lost a county game (until three days before our match) in 10 years to the 63<sup>rd</sup> minute before they found the winning goal. The girls demonstrated at a very young age the ability to compete at a high level for a sustained period of time. This benefited us well at Boonsboro, as we were able to maintain our level of play throughout the game before scoring the game-winning goal with 5 minutes left.

These varsity matches demonstrated that within this team there is a wonderful amount of *resolve* and *pride* in the manner in which we compete. The continued fostering of these traits will be ones that will serve us well as we look to compete full-time at the varsity level next year.

During all of this, we had several individuals who on a personal level dealt with an incredible amount of adversity, yet found ways to remain important members of the team. How much more can you ask from a player than what *Rachel Micol* provided to this team. In a single moment in mid-August, she went from the anticipation of being a focal point of the team to a spectator for the rest of the season due to a broken leg. Despite knowing that she would not step on the field for the entire year, she was at each and every game providing support for the team. From there we go to *Kylina Hanley* who from the very first tryout suffered knee problems that limited her to action in just 5 games over about an 8 day period. Despite her own physical frustrations, she was with us day in and day out, doing everything she could to support and benefit the team. Finally *Corie-Mae Myers* experienced a roller coaster of a season dealing with an injury that led to missing close to the half the year. For each of these players, the soccer season became one of personal adversity. Despite this, they served as extraordinary examples of what it is to be a member of a "team." Their support and positive attitude despite personal adversity will serve as a model for all future players in this program.

Due to these injuries, we also asked players to change their roles on the team. None was more obvious than asking *Amber Kalmar* to step into the goal full-time. There is no more that you can ask of a person than to sacrifice their own desires for the good of the group. While I know that Amber would have preferred to play on the field as she did for the first portion of the season, she sacrificed those wishes to support her teammates by playing in goal. Once again, this example of personal sacrifice is one that has set a standard for this program by helping to define what it is to be a Titan teammate.

Two traits that must exist in multiple forms for any team to succeed are *strong leadership* and a *high standard of excellence*. While the coach provides leadership and sets standards for the team, a great team is developed when the players themselves take responsibility for the leadership of the team and the acceptance and enforcement of an extremely high standard of excellence in all that the team does.

For the Titans, this leadership begins with our captains, *Leeza Constantoulakis* and *Amanda Meehan*. I could not ask for more out of an individual than these two gave to the team this past year. Both have a wonderful combination of maturity as individuals; a manner in which to set expectations, both by word and example; and at the same time an empathy for their teammates. It

is not easy to lead a group of your peers. With that said, in developing a program that we hope to become one of the premier in the state of Maryland, it is essential that we have players who can provide the direction and focus for their teammates. In coming to Tuscarora, I could not have asked for two more wonderful individuals to deliver this responsibility to in helping develop the traditions and culture that will enable us to reach our goals in the coming years. Thank you both for your tireless efforts.

I would like to thank all the members of the 2003 Titans AND their families for a wonderful inaugural season. It has been an honor to be associated with each and every one of these young ladies! They have planted the seeds of something special here at THS. I can't wait to see what the future brings.

Mark Wolcott  
Titans Girls Soccer

# **Tuscarora High School**

## **2003 Special Thank You's**

### **Dina Boyd:**

A special thanks to Dina for her tireless efforts in putting together this banquet that serves as a special conclusion to our season each year. This monumental task includes searching and securing an appropriate facility, reviewing menus, and simply making sure that all details are taken care of. In addition, I can't thank her enough for the wonderful invitations that she provided. *Thanks very much Dina!*

### **Mike Kalmar:**

A special thanks to Mike for his efforts in videotaping the games for us. From making sure I had actually set my camera up correctly to taking the climb onto the top of the press box, he provided an invaluable service that benefits the program. *Thanks very much Mike!*

### **Wolcott Family:**

Finally I cannot even begin to express my appreciation to my family. My gratitude for wife Karen's patience in dealing with the lifestyle and demands of my being a coach can never be truly expressed. She keeps our lives afloat during this busy fall season. And to Evan, he is the greatest thing that has ever happened to Karen and I. I miss him terribly during this time of the year and the only thing that overcomes knowing his disappointment at hearing that "Daddy's at soccer again" is the wonderful welcome I get from him when I walk in the door. I love you both very much.

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## 2003 Titans Girls Soccer Roster

#	Name	Year	Position
1	Lindsay Tomlin	Sophomore	Midfield
2	Chrissy Conrad	Freshmen	Midfield
3	Jessie Nino	Freshmen	Striker
4	Leeza Constantoulakis **	Freshmen	Back
5	Sabrina Remsburg	Freshmen	Midfield
6	Chantel Logan	Freshmen	Midfield
7	Rachel Holmes	Freshmen	Striker
8	Kylina Hanley	Sophomore	Back
9	Caitlin Salovich	Sophomore	Midfield
10	Amanda Meehan **	Sophomore	Midfield
11	Kristen Custer	Freshmen	Back
12	Katherine Rock	Freshmen	Striker
13	Kristin Remsburg	Freshmen	Midfield
14	Rochelle Heyworth	Freshmen	Back
16	Dana Szymanski	Freshmen	Back
17	Rachel Micol	Freshmen	Back
18	Amber Kalmar	Freshmen	Back / Goalkeeper
20	Corie-Mae Myers	Freshmen	Goalkeeper

**Head Coach:** Mark Wolcott

**Athletic Director:** Jim Deegan

**Principal:** Jay Berno

\*\* - Denotes Captains

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## 2003 Titans Girls Soccer Player Statistics

Name	Yr	Pos	G-GS	Shots	Gls	Asst	Pts
Rachel Holmes	Fr.	Fwd	12-12	42	11	6	28
Amanda Meehan	So.	Mid	12-12	36	11	4	26
Leeza Constantoulakis	Fr.	Back	12-12	5	3	3	9
Chrissy Conrad	Fr.	Mid	12-12	24	1	5	7
Kristin Remsburg	Fr.	Mid	12-12	16	3	0	6
Jessie Nino	Fr.	Fwd	12-12	17	2	2	6
Lindsay Tomlin	So.	Mid	12-11	10	2	1	5
Caitlin Salovich	So.	Mid	11-1	5	2	0	4
Kristin Custer	Fr.	Back	12-8	1	1	1	3
Sabrina Remsburg	Fr.	Mid	12-1	2	1	1	3
Chantel Logan	Fr.	Mid	11-0	2	1	0	2
Dana Szymanski	Fr.	Back	12-12	2	1	0	2
Amber Kalmar	Fr.	Back	7-3	0	0	2	2
Katherine Rock	Fr.	Fwd	12-0	6	0	1	1
Rochelle Heyworth	Fr.	Back	12-12	3	0	0	0
Kylina Hanley	So.	Back	5-0	0	0	0	0
Rachel Micol	Fr.	Back	Inj	-	-	-	-

<b>Totals</b>	---	---	<b>12</b>	<b>171</b>	<b>39</b>	<b>26</b>	<b>104</b>
<b>Opponents</b>	---	---	<b>12</b>	<b>66</b>	<b>10</b>	<b>5</b>	<b>25</b>

Name	Yr	G-GS	Min	Shag	Saves	GA	GAA	Sho
Amber Kalmar	Fr.	8-7	470	48	25	8	1.30	3.0
Corie-Mae Myers	Fr.	6-5	380	18	13	2	0.45	4.5
Amanda Meehan	So.	1-0	40	0	0	0	0.00	0.5

<b>Total</b>	---	<b>12</b>	<b>890</b>	<b>66</b>	<b>38</b>	<b>10</b>	<b>0.90</b>	<b>8</b>
<b>Opponents</b>	---	<b>12</b>	<b>890</b>	<b>171</b>	<b>78</b>	<b>39</b>	<b>3.33</b>	<b>4</b>

### 2003 Game Results

Date	Tuscarora	Opponents	Varsity Record	JV Record		
Aug 22	Titans	6	Catoctin (Var.)	1	Scrimmage	-----
Aug 27	Titans	0	Reservoir (Var.)	4	Scrimmage	-----
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Sept 5	Titans	2	Urbana (JV)	0	-----	1-0-0
Sept 9	Titans	0	St. John's (Var.)	2	0-1-0	1-0-0
Sept 11	Titans	7	St. James (Var.)	3	1-1-0	1-0-0
Sept 15	Titans	10	Catoctin (JV)	0	1-1-0	2-0-0
Sept 22	Titans	3	Thomas Johnson (JV)	0	1-1-0	3-0-0
Sept 25	Titans	8	Frederick (JV)	0	1-1-0	4-0-0
Sept 30	Titans	0	Middletown (Var.)	4	1-2-0	4-0-0
Oct 1	Titans	0	Linganore (JV)	0	1-2-0	4-0-1
Oct 3	Titans	0	Thomas Johnson (Var.)	1	1-3-0	4-0-1
Oct 7	Titans	4	Brunswick (JV)	0	1-3-0	5-0-1
Oct 9	Titans	4	Walkersville (JV)	0	1-3-0	6-0-1
Oct 10	Titans	1	Boonsboro (Var)	0	2-3-0	6-0-1



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## 2003 Varsity Overview

### All MVAL Piedmont Conference Selections

<b>Honorable Mention</b>	Rachel Holmes	Striker
<b>Honorable Mention</b>	Amanda Meehan	Midfield

### Career Varsity Scoring Leaders

Name	Goals	Assists	Points
Rachel Holmes	4	2	10
Amanda Meehan	3	2	8
Lindsay Tomlin	1	0	2
Sabrina Remsburg	0	1	1

### Varsity Game Records

<b>Goals in a Game</b>	Rachel Holmes	3
	Amanda Meehan	3
<b>Assists in a Game</b>	Rachel Holmes	2
	Amanda Meehan	2
<b>Saves in a Game</b>	Amber Kalmar	11