



BARON PRIDE IS EVERYWHERE!



Special Winter Sports Edition of the *Baron Blast Newsletter*



Brought to you by the B-CC Baron Pride Spirit Committee

B-CC Swim and Dive Team Produces Record Breaking Season

Congratulations to the Barons Swim and Dive Team who had an excellent season this year! The boys team finished 5-0 and the girls finished 4-1. **This matches their best combined record from the 2012-2013 season and is one of the best seasons in B-CC swim and dive history.**

The boys team went on to win the divisional title while the girls finished third. Overall, B-CC won the division championship and will be moving up to the top division in MCPS next season.

February 26, 2015



February is an exciting month in high school athletics. The weather is cold, but the action is heating up! The winter sports have just about

completed their regular seasons and are heading to the play-offs. Members from our **swimming and diving** team will represent B-CC at the MPSSAA State Championship and, in fact, senior Jack Crow just won the State Boys Diving Championship last Friday night! Congratulations, Jack!

Student-athletes will also compete in the region and state championship **Indoor Track** meets. Our **Wrestlers** will battle in the county, region and state championships. Our **Boys Basketball** and **Girls Basketball**

B-CC BASKETBALL OPENS PLAY-OFF SEASON AT HOME



The play-off brackets are set and both of B-CC's basketball teams will play their first post season games at home



Girls 200 medley Relay, Katie Smith, Rachel Danegger, Olivia McGrath & Angela Rysak prepare to compete

In the water and on the boards there was tons of success this season. At Metros, a championship meet combining both public and private schools, our boys and girls finished 12th overall. At the 4A/3A West Regional meet our boys finished 4th overall and our girls tied for 5th, easily some of our highest finishes since the inception of the Regional meet.

New team records were established in the Girls 200 Medley Relay (Katie Smith, Rachel Danegger, Olivia McGrath, Angela Rysak), Boys 200 Freestyle Relay (Diego Suarez Touzon, Duncan Crane, Nathan Wratney, Wyatt Fritz), and Boys Diving (Jack Crow - 4 dive, 6 dive, and 11 dive). Jack's 11-dive team record also broke the MCPS County record and the Metros meet record. He went on to complete an undefeated season and win his second of back-to-back state titles.



B-CC Swim Dive Seniors say farewell at their final meet

teams will head into the highly competitive 4A West play-offs late this week.

And while all that winter action is going on, the **spring sports** are gearing up for their first day. With sub-freezing temperatures outside and snow on the ground, the spring season may seem far away, but most our spring sports will start try-outs on **Saturday, February 28th**. B-CC offers the following sports in the spring: **Baseball, Softball, Gymnastics, Allied Softball, Boys Tennis, Boys Lacrosse, Girls Lacrosse, Track and Field, Boys Volleyball and Co-Ed Volleyball**. All students who are academically eligible and have submitted the required paperwork can participate in try-outs. The required paperwork can be found in the "**Files and Links**" section on the home page of www.BaronsAthletics.org. The website also offers information about each team and contact information of the coaches.

Go Barons!

Jim Tapley
B-CC Athletic Director

News From the Sports Boosters



Thank you to everyone who has been watching - either in person or through regular updates, our winter sports season. It certainly has been an exciting winter!

The B-CC Sports Boosters has been keeping busy as well. These are some of the initiatives that we have been working on so far.

Updates to the large gym - due to the success of the Boosters Bash the Sports Boosters will be able to pay for some updates to the gym. Look for a new floor, some new signage around the gym, updated banners and a new scoreboard. We hope to have this all in place by the fall.

Fields - Last spring's rains made practice very difficult for many of our teams who have to practice on county fields. This spring the boys and girls lacrosse teams will be

on Friday night!

The Girls take on the Montgomery Blair Blazers at 5:00 p.m. and the boys host the Walter Johnson Wildcats with tip-off slated for 7:00 p.m.

Honestly, these are FUN games to attend and we need YOU to come out this Friday and show that B-CC MEANS BUSINESS! Put on your Blue and Gold and support your girls and boys hoopsters in their first games of the play-off season!

Tickets are \$6 for children over 6, students and adults.

GO BARONS!



B-CC Girls Hoops Produces Winning Season Under New Coach



Under first year coach and former B-CC basketball player, Ryan Ingalls, girls' basketball has just ended one of their strongest regular seasons in years and is poised to do well in post season play!

Freshman Charlotte Lowndes drives the ball down the court

The team started the season on fire with a record of 6-1 and after going against some of the top teams in the county ended the regular season with a respectable record of 11-10.



Maddy Pfaff executes beautiful dive at Divisionals where she placed first.



Senior Jack Crow broke multiple team records this year and won the State Diving Championship at the University of Maryland on February 20th

With the state championship meet re-scheduled for Tuesday March 3rd there will be one more opportunity for our athletes to improve on an already very successful season. Best of luck to all the Barons who will be competing!

POMS Kick It Up For Another Successful Year



The B-CC Poms continued their tradition of excellence this year, always taking things up a notch. The Team's motto, "All We've got, All the Time"

served as a catalyst to keep the team advancing through the long August-March season.

This year's team was led by Captain **June Peacock** and Co-captains **Nia Abdul-Majid** and **Laura Vogelsang**, alongside Coach Joy Dawson. The captains were responsible for the majority of this season's choreography, with contributions by the Coach and other members.

In the Fall, the team entertained the crowds with jazz, hip hop, kick, and pom routines during home

site with a large amount of space! Boosters committed to help the teams with storage so that the teams won't have to move equipment after every practice and will do what we can to keep the fields in good playing condition. We hope Tilden, while a little further away, will prove to be a good practice field for our teams.

B-CC expansion- B-CC's expansion will impact many of our teams. We have worked to make as many improvements as possible to those places impacted by the expansion such as the tennis courts, the stadium seating and the press box. Please attend the March 4 Booster meeting at 6:00 pm for an update on the expansion.

Mulch sale - Boosters' biggest fundraiser is our mulch sale coming up March 14 and 15. If you haven't already, please go to www.bccmulch.com to order your mulch.

The teams - So far this year, in athletic competition, B-CC has All-Met winners, state champions, a Heisman winner, state finalists, region champions, district champions, and many play-off caliber teams and individuals. This winter season we already have a State Champion Bocce Ball team, a dominating playoff basketball team, indoor track winners, wrestlers distinguishing themselves on the mat, and other winning teams that never give up.

If you have not been present to witness the B-CC competitive spirit, you need to come see it for yourself. It is exciting! And if you want to know more about what Boosters is doing please join us Wednesday, March 4 at 6:00pm at our general Boosters meeting.

Linda Platt
President, Sports Boosters Organization

Boys Hoops Hustles Towards Play-Offs



B-CC Boys Varsity Basketball wrapped up its best regular season since 2008-2009. The team finished with 16 wins and 5 losses to take 2nd place in the 4A South Division.



Senior Mariama Tunkara takes aim and goes on to score



Sammy Howell and Charlotte play defense

What's really impressive is the way the Lady Barons have gone about their victories this season. It appears that with every game, their offense and defense has gotten increasingly more confident.

With strategic outside shooting and a better and better post game, the Lady Barons will continue to be a force to contend with both in post season play and next season, too!



Forward Daisy Leahy swoops in to fight for a loose ball in game against Churchill

The team is looking ahead to their matchup against the Blair Blazers in the first round of the play-offs this Friday at home at 5:00 p.m. The Barons beat the Blazers twice during the regular season and will look to do it again this Friday!



Hockey Team Ends Season With Improved Record

Football games. In the Winter, the team stepped it up to prepare for competition season, emphasizing artistry and uniformity of movement. The team continued to perform for Barons fans at home basketball games and competed in 4 competitions, winning the Blake Bengals Invitational and placing 4th at the MCPS Championships.

Poms is a lot of hard work, discipline, and sacrifice, but the strong team bonds and satisfaction of achievement that result are well worth it.



An interest meeting for next year's team will be held in March, clinics in April, and try-outs in late May/early June. If you know anyone that is passionate about dance, has the drive to work hard, and the desire to be part of a fun and supportive team/family, Poms might be the place for them!

BARON'S WRESTLING - IT'S ALL GOOD BRO!



Eleven years ago, brothers Chad and Eric Jeronimo set B-CC wrestling records as they won numerous county and regional championships.

Senior Livio Caputo glides in for two in last weeks game against Churchill

The Barons hope to make a deep run in the [Playoffs](#) starting this Friday when they host Walter Johnson in their first post season game.

This year's Barons roster includes: seniors Yannick Alexis, Carlton Bucknor, and tri-captains Livio Caputo, Justin Carter and Max Knott; juniors Richard Banach, Thyjai Byers, Kevin Holston, Robert Lowndes, Sam Robinson, Colton Teri, and Ivan Torres; sophomores Kai Elwood-Dieu, Cameron Galic and Mike Young, and freshman Thomas Baer.

Season highlights include:

- Justin Carter scored a tournament record 29 points to lead the Barons to a 2nd place finish in the Watkins Mill Holiday Tournament
- Two wins against Whitman! Game highlights can be viewed [HERE](#)
- Two wins over Blair, which avenged three losses to Blair last season
- Ivan Torres scored 28 points in a win vs. Sherwood.
- Two wins against Churchill, including a game in which four Barons scored in double figures (Torres 16, Caputo 14, Byers 12, Galic 10)



Senior forward Yannick Alexis battles for a rebound against Churchill. To see the play-off brackets [CLICK HERE](#) to go to the MPSSAA County Sports Zone.

Coach Tracy, who is in his 3rd year at the helm of the team, attributes much of the teams success to its off season program. Coach Tracy, who is in his 3rd year at the helm of the team, attributes much of the teams success to its off season program, including a team camp, two summer leagues, and a combination of weight training and skills development. The off-season program

The B-CC Hockey Team ended the season 5-5-1, and while just missing the playoffs, this record is a major improvement over last season. For the first time in years the team had great depth, including lots of young talent!

Congratulations to Captains Alex Eisenberg and Nathan Jester who have been selected for the Montgomery Hockey Conference All Star Team and will participate in the All Star game on Wednesday, February 25th in Laurel, Maryland.

Play-offs or not, the team is young and gaining momentum - the future is bright for B-CC Hockey!

Thanks for all the fans who made the trip to Cabin John and Rockville!

Go Barons!



Hockey Team seniors take one last photo. Pictured, Coach JT Burton, Eric Eisner, Reed Crosson, Harrison Fang, Nathan Jester, Alex Eisenberg, Matt Menzi, Coach Nathan Shearer, and Margaret McCallum

News From The B-CC Equestrian Team

Did you know that B-CC has an Equestrian Club Team? The answer is "yes" and they have been competing in the InterSchool Horse Show (ISHS) League for three years!

B-CC fields both a JV and Varsity team and competitions are held on Sundays in either Gaithersburg or Poolesville where the riders compete in what is known as "equitation."

With one competition left in the season, the Varsity team is currently in 3rd place, out of 35 teams, and the JV is in First place out of 26 teams! The next competitions are March 1st for the

All the punishment that the little bros must have absorbed from their older siblings growing up is finally paying off, as this season the younger brothers, Co-Captains Jack Banaszak and Alec Cohen, are chasing the records set by Charlie and Sean, continuing the Barons legacy of successful wrestling brothers. Jack Banaszak is currently tied with Sean Cohen for third most career wins at 112. One more win and Jack will be second only to his brother Charlie who holds the record with a seemingly untouchable 142 wins!

Then two years ago, two more sets of wrestling brothers - the Banaszaks and the Cohens - set new records. In 2013, Captains Charlie Banaszak and Sean Cohen led their team to numerous individual and team victories.



Congratulations to the B-CC Barons Wrestling Team for a successful 2014-2015 Campaign

Alec Cohen leads the current Barons wrestlers with a 31-2 record this season and has, somewhat incredibly, pinned 23 of his opponents, leaving him only six pins away from breaking Charlie's record for most season pins. At the rate Alec is pinning his opponents, he needs only one more pin to tie his brother Sean's record for third most career pins, six more pins to move into second place, and could surpass Charlie's record by the end of next season. And, stay tuned! It is expected that the "brothers legacy" will continue with the two current sets of brothers, the McAndrews and Cohens, and next year's brothers Cowie.

The man behind these wrestlers is Coach Nick Arnone, believed to be one of the best coaches in Montgomery County as

has enhanced the team's performance on the court and, equally as important, has helped to develop the team's chemistry. Says Coach Tracy "The guys are really starting to buy into our system, and believe in what we are doing with the program. The returning players know the expectations, and are doing a great job of setting an example for the new and younger players, as to how we do things both on and off the court." To read more on B-CC's Basketball program [CLICK HERE](#) for Gazette article, "B-CC Returns To It's Glory Days."

Additional information about the team, including the schedule and game summaries, can be found [HERE](#) on the B-CC Athletics website.

B-CC Bocce Brings Home The Gold



The Bocce Team this year was: Jared Goldstein (11 -Cap.), Ariel Levin-Antila (10), Zach Levine (12), Rachael Rabinovitz (9), Mary Spencer (11), Khary Taylor (11) and Team Managers, Lily Dufour (10) and Zoe Kontos (12). Steve Sutherland is Head Coach.

It was late in the day and volunteers from Hagerstown Community College were disassembling and packing away the bocce courts. B-CC Bocce Ball Head Coach Steve Sutherland, wearing a big smile, was gathering his gold medal championship team together for one last high five. "I could not be more proud of this team." Sutherland remarked. "They worked very hard this season. We knew we had a target on our back after winning the division and county tournament last year. After losing to Wootton during the season the team really came together and worked hard to beat them when it counted most."

Varsity team and March 8th for the JV team. Both competitions will take place at Nothing Fancy Farms in Poolesville.

Is your daughter interested in joining the Equestrian Team next year? Contact Cathy Dillon at crileydillon@ahoo.com. It is required that all competitors be taking lessons from certified instructors. It is not necessary to own your own horse. Competitions are held at all levels!



News From B-CC Crew

Congratulations to the 15 B-CC Crew team members and a couple of their coaches that raced at the 30th annual Mid-Atlantic Erg Sprints in Alexandria in Late January.

Erg Sprints is the largest indoor regatta for juniors in the US, with over 17,000 participants ranging from younger kids to veterans, and even a few Olympic athletes in the mix. The team saw great results, bringing home some medals and a number of top ten finishes and personal records.

This year the following B-CC crew members stepped up to the challenge: Laithe Zughuib, Adrian Wong-Valle, Jacob Gross, Will Keenan, Claire Holmvik, Henry Germaine, Talia Tunham, Jacob Nibali, Elena de Toledo, Penny Saltzman, Miriam Blumenthal, Kelly Williams, Julia Cardwell, Quynlyn Spellmyer and Frankie Albayat, along with coaches Joe McMullin and Stuart Sloan.

A big shout out to the teammates and coaches who came to support them!

demonstrated by the fact that Arnone's first graduating class (2013) won their division, took second at Counties and Regionals, saw for county and regional championships, and a state championship plus two state medalists!



Good luck our seniors! Pictured left to right are Aryan Manglik, Jordan Miller, Robert Bridenhagen, Michael Fine, Daniel Roa, Jack Banaszak and Matt Zehner

While this year's team is very young, it still took third place at the Montgomery County Wrestling Championships. At Counties, juniors Alec Cohen and Robert Bridenhagen both won three of their county matches by pin and took second place in the finals. Junior Marcelo McAndrew placed third, junior Colin Cowie fifth, and junior Ben Cohen sixth. Jack Banaszak did not wrestle due to injury and senior Matt Zehner was one away from placing. This weekend, these seven Barons will wrestle at Regionals, the precursor to the Maryland State Wrestling Championship at Cole Field House on March 6-7.

SOME FINAL SHOTS OF WINTER SPORTS!



Senior Zach Levine concentrates on his target while junior Jared Goldstein cheers him on



Manager Lily Dufour helps Rachael Rabinovitz set strategy

And count it did! On February 11th, after capturing both the MCPS Division III and MCPS County titles, the B-CC Unified Bocce Team defeated three-time champion Hancock High School to capture the Special Olympics State Championship title!

In the morning game, B-CC defeated Wise High School from Prince George's County, 10-0. In the afternoon game, B-CC took on Surrattsville (also from PG County) and won 9-4. In the Championship game, B-CC was prepared and conquered Hancock High School 11 - 3.

"We have a great team, outstanding parent and community support, and outstanding staff support," said B-CC Athletic Director Jim Tapley. "I couldn't be more pleased that Bocce is such a successful program at B-CC."



Coach Sutherland and his team celebrating Divisional win

Unified Bocce began in Maryland as a result of Governor Martin O'Malley's Fitness and Athletic Equity Act of 2008, and B-CC was one of the six original pilot schools to add Unified Bocce Ball as a sport in 2010 and it definitely has become a true favorite among athletes and coaches!

"Bocce is a great sport selection for all people of different abilities and I'm pleased

B-CC Long Distance Runner Brings Home The Gold

Congratulations to Nora McUmbler on winning the two mile at the Class 4A State Championship Indoor Track Meet on February 23rd. This was Nora's first crack at running in the indoor season and her 4th State Title in her time at B-CC.



Senior Nora McUmbler ran indoor track for the first time in her high school career this winter

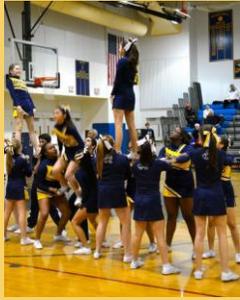
In other events the B-CC girls 4X800 team of Caroline Beakes, Sisan Dorsu, Analise Schmidt and Nora McUmbler finished in third place, while the 4x400 team with Olivia Juliano finished in 8th place. Zoe Nuechterlein finished 8th in the mile run and also helped the girls team to a 12th place finish overall!

Congratulations to the B-CC Indoor Track and Field Team.

Spring Track and Field is about to start with try-outs scheduled for this Saturday, February 28th on the track at B-CC! For more information go [HERE](#) to the B-CC Track and Field web page.

Pennies For Patients at B-CC





BARONS FOREVER!

at B-CC, "said Sutherland who is in his third year as Bocce Head Coach at B-CC. " The chemistry on our team is always high and everyone is extremely supportive of each other!"

Pennie's For Patients and LLS Month is coming to and end and B-CC has almost reached their goal of \$10,000! THEY STILL NEED OUR HELP!

You can STILL give by going on line and making a contribution. Go to bccsga.wix.com/bccllsmoonth2015 and donate now!

WATCH THIS B-CC STUDENT PRODUCED VIDEO ["WHAT IS PENNIE'S FOR PATIENTS"](#)

We believe 2015 is the year B-CC is going to make the biggest impact ever to knock out cancer!

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