

ATHLETICS



While the South Fayette stadium construction had our football and soccer teams playing at alternate locations throughout the season, our athletic squads played with just as much pride and brought home great results for the 2004-2005 season.

The year got off to quite a start when the South Fayette Lions played their first home football game at Heinz Field on the North Side. With what has become an annual tradition, the South Fayette Football, Band and Cheerleading Booster clubs organized an exciting pep rally to let our teams know how much support they had from our staff, parents and community.

Our fall sports teams brought great pride to the District as all of our teams – Varsity Football, Girls' and Boys' Soccer, Golf, and Girls' Volleyball all qualified for the WPIAL playoffs for the 2004 season. South Fayette's Golf Team brought home their third consecutive WPIAL Division II title, and coach **Joe Cochran** was a finalist for the Tri-County/Washington Observer "Coach of the Year."

The year also boasted three Middle School Championship teams: the 8th grade Girls' Basketball team, the 7th grade Boys' Basketball team, and Girls' 7th-8th grade Volleyball team.

Many of our athletes were also recognized for outstanding individual achievement for their performances last year. In swimming **Megan Rooney** set a new school record in the 200 meter freestyle with a time of 1:59.34. **Sara Johnson** was named to the 1st Team All-Section in volleyball. **Andrew DiDonato** was named to the 1st Team Conference for boys' basketball. **Shane Rooney, Dante Capozzoli, and Brennan Troyer** were named to the Century Conference All-Conference 1st Team in football. **Chelsea Smith, Michelle Latta-Maloney and Alyssa McCullough** were all named to the girls' soccer All-Conference Team. In boys' soccer, **Coach Mark Kuglar Sr.** was named the Section Coach of the Year and players **Brennan Troyer, Eric Sharrow, Dave Quinlan and Luke Morgan** were all named to the All-Section Team. **Jim Markovitz** finished 11th in the PIAA golf finals. Wrestler **Adam McKnight** took 2nd place in Section 6 AAA.

South Fayette also continued its relationship with **UPMC**, bringing highly qualified athletic trainers to our athletes throughout the year. Our team includes a trainer, as well as weight lifting and performance coaches who work with the students starting to improve athleticism and prevent injuries. Each week throughout the year, over 250 athletes work for an average of 3 hours with the trainers to improve strength, agility and flexibility in preparation for competition. Through our partnership, South Fayette also has access to Body Map™, a unique testing and evaluation software that gives each athlete individual attention in meeting their fitness goals.

In the 2004-2005 school year, nearly 50 percent of South Fayette High School students participated in athletics, and the number of Middle School students that participated in sports was more than 40 percent.