

Fitness fuels the Lions' success

Maryvale Preparatory School, Brooklandville's head soccer coach, Billy Reinhardt, focuses on one thing to fuel the Lions' success and that's fitness.

"When you're physically fit, you think clearly and play clearly, especially under pressure," said Reinhardt, who is entering his sixth season with the outdoor soccer team.

The Lions compete in the IAAM B Conference and Reinhardt contends that this year's team can confidently go toe-to-toe with teams from the A Conference.

"This is, by far, the most well-rounded and talented team we've had," Reinhardt said as he honed in on the team's determination to show that they are A Conference material.

That said, the Lions are indeed well-balanced with 11 returning players and six freshmen. With academics in the forefront at Maryvale, the Lions have their fair share of true

athletes this season which has sparked enthusiasm from Reinhardt.

"Our goalie, Sarah Mather, will be our first pure soccer player to go Division I next year. Sarah will be attending Virginia Tech and is definitely seen as a top goalie in the state," said Reinhardt.

Mather is tops at her game. In fact, in 2006 she only gave up five goals and those stats include post-season play. "Her work ethic is incredible. She loves the sport, she trains every weekend and plays state-level competition," said Reinhardt.

With Mather in the goal, the defense is solid as junior Kelsey Meyd, senior Erin MacPherson and junior Megan Roberts have the experience to get the Lions back to the finals and a chance to defend their IAAM B Conference title.

Offensively, the Lions look to senior Emily Noto, junior lacrosse whiz Sophia Thomas and freshman Gabby Tana.

The team is out to a 3-1 start (as of Sept. 16) with conference play getting underway this week.