



2024-2025
**MIDTOWN
ATHLETICS**



FALL SPORTS REVIEW



Midtown Sports continue to grow

The fall of 2024 was another busy season for sports at Midtown. With the formation of teams in boys' flag football, girls' volleyball and a record number of cross-country runners this year, almost 50 students represented the school at the competitive and recreational levels.

Thanks to all our coaches for their dedication and knowledge, without them sports at Midtown would not be possible. Here's the fall season in review.....

Boys' flag football

What a great season of football we had. From our very first week of practice I knew we had a lot of talent on our team & our first game of the season truly showed it. We won 28-12, and continued our winning ways for the next 2 games. We outscored a lot of our opponents this season with huge amounts of touchdowns through our passing and rushing plays. Our defense also had it's bright spots with lots of interceptions & sacks, even a shutout game with a score of 44-0!

Though our season didn't finish with us meeting our goal of winning the gold banner, it was amazing to see how much our players learned and were able to grow throughout the season. I couldn't be more encouraged with the 6th & 7th graders we have returning next year, I'm confident we will be very competitive, & for the 8th graders moving on with their sports journey, we want to wish them the absolute best.

Thank you players & Merryhill families for a great season, Go Mustangs!

- Coach Murry & Coach Zalisha



Girls' volleyball

The Midtown comp volleyball season was one of growth, grit, and memorable highlights. With a record of 1-6, the team's regular-season win against St. Ignatius Gold stood out as a testament to their hard work and progress. The team was led by a dedicated group of six 8th graders—Lily Barber, Miranda Williams, Gabby Stovall, Hadley Foster, Joanna Lee, and Izzy Estabrook—along with three promising 7th graders, Rylan Wilson, Megan An, and Ishanvi Sinha. Competing in the Christian Brothers tournament, they secured two wins out of five games, giving them a boost in confidence. The team closed out the season with a memorable performance in the PAL Silver Division tournament.



They began with an impressive victory over St. John Vianney, earning them a spot in the next round against St. Mel's. The match was a thrilling display of determination and teamwork, going to three sets before a close 15-12 finish that just slipped out of reach. Despite the loss, the team played with incredible heart, leaving me proud of how far they had come. This season was not only an opportunity to develop skills but also to forge lasting memories, making it a truly rewarding experience to coach such a committed and spirited group! - Coach Andrea



The '24 Volleyball Rec Season was a huge success! From the first day of practice we set goals and expectations which included learning the fundamentals of volleyball, learning how to overhand serve, be a supportive teammate and, most importantly, have fun! Coach Nathan and Coach Nichole have been very impressed with the progress all the girls have made this season and we are proud to say we accomplished our goals! The girls have been dedicated this season and worked hard at each practice to improve their skills, gel as a team, and develop deeper friendships along the way.

We have no doubt the girls are going to play their best and have a great time. It has been an absolute pleasure coaching these nine young ladies and we are honored to have been a part of this volleyball season. We look forward to seeing some of the girls return for the next season and wish the best of luck to those leaving Merryhill as they begin their High School journey. We have no doubt that they have the skills and mentality to take their game to the next level! - Coach Nathan & Coach Nichole

Cross-country

For the 3rd year in succession we were able to form a cross-country team. The team were involved in a total of 5 events; 2 Friday afternoon meets through the Sacramento Running Association, the 2 PAL at Jesuit High School and Flact Sac race which hosted an incredible 2800 runners!

What a great season! The kids had so much growth and development throughout the season. We practiced hard every week with the kids all taking on leadership roles in leading stretches and helping to push each other more and more every week.

The two PAL meets this year we had 8 students PR (beat their personal record). Makenna took the 3rd place medal in the championship meet for the Junior varsity girls and the 8th place for the Flat Sac Meet.

Almost every student beat their personal record from meet to meet. I am so incredibly proud of all the students and can't wait to see them run next year!

- Coach Becki





MUSTANGS IN ACTION!



MERRYHILL MIDTOWN

SACRAMENTO, CA.

Congratulations to all our student-athletes that participated and to the awards winners in fall sports. From our 8th graders participating in fall sports for the final time to the 5th graders enjoying PAL sports for the first time and all those in between:

Fall Sports rosters 2024 - 25

Boys' flag football	Girls' volleyball Varsity comp	Girls' volleyball Varsity rec	Co-ed cross country
Ameiy Gadhok 8	Gabrielle Stovall 8	Caroline Hurst 7	Anaia Lesh 7
Beckett Tam 7	Hadley Foster 8	Cora Walters 8	Bishan Dhillon 5
Ben Hayashi 7	Isabelle Estabrook 8	Gabrielle Hart 7	Evan Crivelli 5
Brian Nghiem 8	Ishanvi Sinha 7	Isabel Cormier 8	Gabriel Swierzbin 6
Christian Chen 7	Joanna Lee 8	Isis Funk 8	Gannon Gonzalez 6
David Xu 8	Lily Barber 8	Kailyn Bastedo 8	Harvir Dhillon 8
Devin Sanders 8	Megan An 7	Kaylana Laudato 6	Jack Amaral 5
Dominic Sanders 8	Miranda Williams 8	Rida Mujeeb 8	Jack Reid 6
Elias Cannon 8	Rylan Wilson 7	Sophia Geraigiry 8	Jackson Rodgers 8
Jack Miadich 7			Joaquin Hernandez 6
Logan Baker 6			Jonise Quinonez 7
Ryan Dias 8			Kyler Brock 5
Samuel Kahn 7			Linus Gradinger 6
			Makenna Holmberg 6
			Mattias Kuo 5
			Maxwell Geraghty 6
			Sabine Kuo 7
			Spencer Opiela 6

Fall Sports award winners 2024 - 25

Team	Coaches	Players' player of the year	Mustang Award
Varsity Boys' Flag Football	Phillip Murry Zalisha Oliver	Dominic Sanders	Elias Cannon
Varsity Girls' Comp Volleyball	Andrea Hern	Joanna Lee	Gabrielle Stovall
Varsity Girls' Rec Volleyball	Nathan Hart Nichole Hart	Isabel Cormier	Rida Mujeeb
Co-ed Cross-country	Becki Labhard	Jackson Rodgers	Gabriel Swierzbin Makenna Holmberg



MERRYHILL MIDTOWN ATHLETICS 2024 - 25



Merryhill Midtown participates in the Parochial Athletic League (**PAL**). Sports are played in the following seasons:

	Fall (August - November)	Winter (December - February)	Spring (March - May)
Boys	Cross country (5th - 8th) Flag football (6th - 8th)	Basketball (5th - 8th) Little Dribblers Basketball (1st - 4th)	Golf (5th - 8th) Track (5th - 8th) Volleyball (6th - 8th)
Girls	Cross country (5th - 8th) Volleyball (5th - 8th)	Basketball (5th - 8th) Little Dribblers Basketball (1st - 4th)	Flag football (6th - 8th) Golf (5th - 8th) Track (5th - 8th)

As is required for all sports players, athletes will need to fill out the [PAL Medical & Emergency form](#). All students that plan to participate in PAL Sports will also need a new signed [PAL Doctor's Medical Release form](#) for the 2024 - 25 school year.

1st - 4th grade students are eligible to participate in the Little Dribblers basketball program which runs during January & February and will also require the [PAL Medical & Emergency form](#) and a signed [PAL Doctor's Medical Release form](#) for the 2024 - 25 school year.

Questions about Midtown sports or the upcoming basketball season? Please contact Paul Kennedy at paul.kennedy@merryhillschool.com

Paul Kennedy
Director of Athletics



Merryhill Elementary & Middle School
2600 V Street
Sacramento, CA 95818
merryhillmidtown.com