



ATHLETIC NEWSLETTER

A weekly recap of NQ Raider Athletic action



@NQHSAthletics



@NQ Raiders



[North Quincy Athletics](http://www.northquincyathletics.com)

VOLUME 1
October 4, 2021

NQ Athletics is back in action this year with minimal COVID-19 game modifications! The kids, coaches, parents and superfans couldn't be more excited. We're 1/2 way through our fall 2021 seasons and all our teams have been doing great! We'll be sending a weekly recap so that you won't miss a thing.

NQ Athletics Sideline Store

WE'VE GOT SPIRIT



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AND MAKE IT YOURS

Click [HERE](#) to order
NQ Athletic Gear



THE PATRIOT LEAGUE



KEENAN

Duxbury
Hingham
Marshfield
Plymouth North
Silver Lake
Whitman-Hanson

FISHER

Hanover
North Quincy
Pembroke
Plymouth South
Scituate
Quincy



HOW DO I
REGISTER FOR
WINTER
SPORTS ???

Registration for Winter 2021-2022 Sports
are now open!!!


- 1) Register on Family ID
- 2) Updated Physical
- 3) Concussion Impact Test
- 4) Academically Eligible
- 5) Pay User Fee

FamilyID®

Click [HERE](#) for full Registration Checklist

Sports/Clubs Offered this Winter

- Basketball (Boys & Girls)
- Ice Hockey (Boys & Girls-QNQ)
- QNQ Wrestling (Co-ed)
- QNQ Swim & Dive (Boys & Girls)
- Ski (Club-Trial)
- Winter Cheer



North Quincy H.S. Student-Athlete of the Month

Each month we'll be honoring 1 student-athlete from each of our teams that exemplifies what it means to be a NQ student-athlete. Stay tuned as September's athletes will be announced next week.

THANK YOU



QATV Quincy Access Television
See the Difference!

Special Thanks to our friends over at QATV and Mr. Feinburg's Video Production class for filming so many of our games this year!

Be sure to check out QATV Sports.

[CLICK HERE FOR QATV SPORTS](#)

FALL ATHLETICS UPDATE

MIAA New Power Rankings

The MIAA has a new power ranking system this year that will determine which teams will advance to post season play. The top 32 teams in each division will make the playoffs. [CLICK HERE](#) for full power ranking list

FOOTBALL (2-1)



It really does feel like Fall again now that football is being played in September instead of March. The Football team started the season with 2 big wins against Somerville (48-6) and Westwood (31-0). They were featured as the Fox 25 Game of the Week vs. Abington. They dropped a hard-fought battle (27-21) that lived up to the hype and came down to the final seconds. Leading the team are Seniors Matt Craig, Cooper Hanson, Brandon Baker, Hunter MacIsaac, Colm Geary and Brian Rodrigues. Some of the highlights from this season can be viewed on the NQ Football Twitter feed @NQfootball. They are entering league play on October 8th against Scituate here at Veterans Memorial Stadium for a 7:00pm kick-off.



VOLLEYBALL (9-3)

Girls Volleyball is living up to that Raider Volleyball winning tradition. They're currently 9-3 on the season. This experienced group is led by 11 seniors Bridget Keane, Kaila Jacques, Angelina Lee, Breeana Cu, Kiera Sleiman, Olivia Kosinski, Flora Chen, Stephanie Huang, Amy Lien, Mia Cluett and Bryanna White. Coach Plaskasovitis hands out a "Hustle" chain to the player of the game. This past week's "Hustle Chain" was presented to Jr. Chika Akuwe. Past winners include Stephanie Huang, Flora Chen, Kaila Jacques, Ava Bryan, Kiera Sleiman & Angelina Lee. The team is currently ranked 21 in Division 2 according to the new MIAA power ranking system, however they are higher than that and it will be corrected this week!

QNQ X-COUNTRY (3-1)



The combined Quincy and North Quincy X-Country teams are looking to continue the success and winning tradition that coach Geoff Hennessy has built here in Quincy. Both Boys and Girls teams are 3-1 and undefeated in league play. Leading the way for NQ runners are Aluna Coogan-Coyne, Caitlin Cormican, Grace Cody, Victoria Mariano, Jennie Burgess, Kyle Clements and David Schmidt.



GIRLS SOCCER (2-7)

Head Coach Devin McKay is entering her 2nd year leading the program and is so excited about this close-knit group. Leading the way for the Raiders are 6 seniors Zoe Rakarich, Jamie McAleavey, Carly Amendolare, Teresa Sheedy, Caroline Cavicchi and Alex Abrahamovich. This very special group has a solid supporting cast of underclassmen such as Melanie Chretien, Marrybeth Smith, Nina Smith and Lucy McLaughlin. They have some big wins this year that includes a 10-0 win over Fontbonne and a 3-0 victory against cross town rival Quincy High!



BOYS SOCCER (2-7-1)



Coach Charlie Kilmain in his 2nd year has seen the boys soccer program participation numbers rise to over 50 kids. Speed, toughness, fire and grit are all adjectives that can be used to describe this great group of kids. Leading the way for the boys' soccer team are seniors Kevin Le, Mike Colantonio, Sam Wong, Oliver Smith, Dan O'Shea, John McLaughlin, Pablo Flores-Munoz, Martin Demo, Malik Francis and Ethan Walsh. Just like the girls team this underclassman group is stacked! Ben Dawe, Jack Cavicchi, Nate Davis, Arli Dylja and Joe Bates give

everything they have. They have some noteworthy wins against Whitman-Hanson and Archbishop Williams. Also a hard fought team effort against Quincy High that led to a 1-1 draw. You can watch the games on the Quincy Access TV.

BOYS GOLF (0-12)



Seniors Scotty Gutro and Lucas Quach lead this amazing group of kids this year. They've been in some close matches and every single player on the golf team has seen their scores improve. Their persistence and patience in learning the great game of golf will surely pay off. They recently had a wonderful day at Furnace Brook against Quincy High and the rematch is set for October 6th at Presidents G.C.

CHEERLEADING



Make sure you check out our Varsity Cheerleaders during halftime this Friday October 8th at Veterans Memorial Stadium. This hard working group is led by seniors Kaylee Sleiman, Maeve Dugan, Kayla Lindsay, Kathryn Boylan, Dawn Folan, Jaclynn Nguyen, Vanessa Guan and Taylor Ferolito.