

January 2009

From the Editor

The Monroe County Public School Athletic Conference (MCPHSAC) is becoming more of a Section V's "Who's Who?" as Canandaigua was admitted recently, following Honeoye Falls-Lima into the MCPHSAC, which is now comprised of 23 schools. The MCPHSAC is, by far, the largest league in the section and stretches from Batavia to Canandaigua and Hilton to Honeoye Falls-Lima.

The drive from Batavia to Canandaigua covers 54 miles, while Hilton to Honeoye Falls-Lima is 37 miles.

The MCPHSAC Division I will consist of eastern schools Canandaigua, Irondequoit, Fairport, Penfield, Rush-Henrietta, Webster Schroeder and Webster Thomas.

Division II will feature mainly western schools including Brockport, Churchville-Chili, Gates Chili, Greece Arcadia, Greece Athena, Greece Olympia, Hilton and Spencerport.

Division III will consist of Batavia, Brighton, Greece Odyssey, East Irondequoit Eastridge, Honeoye Falls-Lima, Pittsford Mendon, Pittsford Sutherland, and Victor.

All in all, the MCPHSAC should be considered amongst the best athletic leagues in the state of New York.

With the league already garnering a highly respected reputation for athletics, now with the addition of Honeoye Falls-Lima and Canandaigua, it has elevated to an even higher level.

HF-L has always provided one of the best, if not the best, cross-country running and track and field programs, both boys and girls, in all of the state.

The cross-country program is a dynasty with head coach Bernie Gardner as the Cougars have claimed eight state titles in girls' cross-country and four state crowns in boys' cross-country, including this year's Class B title. The boys feature 2007 state champion Alex Deir, who placed second overall this season and is one of the top-10 junior runners in all of the nation. The HF-L girls will make a run to the top of the podium again next fall as defending Class D state champion Amanda Moreland has moved into the district where she will finish off her junior year donning the black and yellow. HF-L is also a fixture around Section V as one of the elite girls' basketball programs.

The Lady Cougars celebrated the program's first-ever state title four years ago with Maddy Brown (Texas Tech), Erica Williamson (Notre Dame) and Jessica Chapin (Brandeis) leading the charge. Last year, with Livingston County Player of the Year Beth Allport running the show, HF-L made it all the way to the state title game.

All in all, head coach Steve Willoughby has guided the Lady Cougars' girls basketball program to three state finals appearances in six years so they will more than fit right in playing Monroe County powers Pittsford Mendon, Fairport, Rush Henrietta and Penfield on a year-to-year basis.

Although Canandaigua will be a stranger to the Monroe County League next fall, the Braves' athletic program is no stranger to successful programs including football, swimming, girls' basketball and lacrosse, and those four programs, amongst others, will give the MCL more than its fair share of competition.

We are all looking forward to next year.

Good luck HF-L and Canandaigua.

