

sports & outdoors

Best record ever in the books, Lady Whalers look to extend winning ways in new season

BY STEVE SHEPPARD
INDEPENDENT SPORTS EDITOR



ROB BENCHLEY/The Independent

Caroline Stanton fights for the loose ball during practice last week. The Lady Whalers begin defense of their league title at Mashpee next Monday.

With the season beginning next Monday at Nauset, and with several underclassmen hoping to move up to

the varsity squad, the team is still finding new ways to gel. "All the pieces are there," Ferreira noted. "We just have to try to put it together. We may not be successful right away — sometimes it takes a little while for a team to learn and understand new roles."

They will focus, he said, on the lessons learned from last year's run through the playoffs. "We've got to defend, we have to get better on defense and rebounding. We have enough size to dominate the boards."

Entering his 15th season as head coach, Ferreira likes the makeup of this team, and believes it has what it takes to duplicate, or better, last year's championship run. "We have a lot of basketball talent, and we're a little more experienced," he said. "Last year we played well at the right time. To do well in the tournament, you have to be healthy and playing well."

"They work hard," he continued. "This group wants to be here, every single one of them."

Ferreira said even though last year's team lost in the South Sectional finals to Sacred Heart, he believes that just getting to the game and winning three tournament games to get there, provided needed insights. "When you get to that level, and you play at that level it can be intimidating at first. I think it's just a confidence type of thing. These girls learned a lot."

And now, with the most solid core of veterans he's had in some time, Ferreira is enjoying being along for the ride.

"It's a good thing to be a part of."

The first home game is scheduled for next Wednesday against Upper Cape. ■

TIME OUT
BEAU GARUFI
Junior Swimming
BY SAM TOOLE



The Whalers swimming and diving team is poised for another great season. One of the most dedicated swimmers on the boys' team is junior Beau Garufi.

A fixture at the pool, he swims year-round and has successfully competed on the state level in breaststroke. With a very solid team surrounding him, Beau is looking forward to the season getting underway. When he is not swimming, he might be found practicing the violin or tossing a baseball around.

The Nantucket Independent caught up with him before practice in this week's Time Out:

ON SWIMMING

Sam: How do you think the season is going to go this year?

Beau: I think we are a stronger team than last year and we're going to beat our rivals, Nauset. It was close last year and they lost some talent. I think we need a diver, though, to win championships.

S: What are your personal goals for the season?

B: I want to get the Individual Medley record and beat my old breaststroke record.

S: What's been the top highlight for your career to date?

B: Beating my rivals, Matthias and Joe, of Nauset for two years in a row. It's going to be intense come January 12 when we meet again. I'm ready though.

ON SCHOOL

S: What has been your favorite class this year?

B: Pre-calculus with Mr. Psaradelis because it makes sense to me. I have to work hard at English but math just makes sense to me.

S: Who has been your favorite teacher during your high school career?

B: I like Ms. Sourian because she seems crazy but it all makes sense in

the end.

S: What event are you most looking forward to during your junior year?

B: My trip to Europe with the Accidentals and Naturals. I'm excited about it.

ON BEAU

S: What's on your playlist right now?

B: Phish, The Who, The Allman Brothers and classical. I basically listen to classic rock and classical.

S: What was the last good movie you saw?

B: I never see movies. I can't even remember the last movie I saw but I know it was good.

S: What are your other interests?

B: I play the violin, baseball and I love to watch basketball. I'm psyched for the Celtics season — so far so good. ■

THIS WEEK IN SPORTS

Friday, Dec. 7
NHS boys' basketball at Mashpee, 3 p.m.
Boys' JV basketball at Mashpee, 4:30 p.m.

Saturday, Dec. 8
NHS swimming and diving at BCC Relay in Sandwich, noon
JV hockey vs. Easthampton, 5 p.m.

Sunday, Dec. 9
JV hockey vs. Easthampton, 9 a.m.

Monday, Dec. 10
NHS girls' basketball at Nauset, 4 p.m.
Girls' JV basketball at Nauset, 5:30 p.m.

Wednesday, Dec. 12
NHS girls' basketball vs. Upper Cape, 3 p.m.
Girls' JV basketball vs. Upper Cape, 4:30 p.m.