**One-Timers with ... Hamilton-Wenham's Keegan O'Shea
Phil Stacey, Salem News
1/31/18**

* **Name**: Keegan O’Shea
* **Age**: 15
* **Height**: 5-foot-8
* **Weight**: 150 lbs.
* **Hometown**: Wenham
* **High School**: Hamilton Wenham Regional
* **Year in School**: Sophomore
* **Position**: Right Wing
* **What type of skates, stick and helmet do you use?**: I have the Bauer x900 skates, the Bauer Re-Akt helmet and the Bauer x800 stick. I have always used Bauer, so I guess I figured why change?
* **What's been the biggest difference to you between last year, which was Hamilton-Wenham's return to varsity hockey after a nine-year absence, and this current season?**: I think our biggest difference has been our ability to skate with our competition. Last year we really didn’t know what to expect vs. teams like Lynnfield and Rockport and we struggled keeping up with them. Now, after a year of playing (together), our passing and skating has gotten so much faster and we've been putting more pucks in the net and not breaking down in the third period.
* **In what area do you feel you've improved the most from last season to this season?**: Last year I was definitely one of the smaller kids on the ice and was not very physical. This year I've become more physical and have learned to use my body more.
* **Who has been the biggest surprise on the team?**: It's probably senior Jack Greenwald. This is his first year playing hockey since he was in the eighth grade and he's a huge part of our offense. He’s one of the top scorers on the team.
* **Are you superstitious at all? Any pre-game rituals that you have to do?**: I always like go get the the locker room 15 minutes early and re-tape my stick. Then I always use my teammate Matty Deaborn’s wax after I’m done taping my stick.
* **Who spins the tunes in the Generals' locker room before and after games? What kind of music do they play?**: Aidan Daly is normally on aux for us. I’d say he does a good job at pumping us up before our games; we hear a lot of Kodak Black and Kendrick Lamar. It’s not our coaches' favorite genre, but once in  awhile they’ll let us play it over the speakers during practice.
* **What's your go-to song at the moment?**: My go-to song is “Stir Fry” by Migos, because it always gets me pumped up.
* **Do you have a nickname among your teammates, and if so how'd you get it?**: My nickname is 'Keegs'. I've had it since kindergarten.
* **How interested are you in watching the upcoming Olympics?**: I’m actually pretty excited to watch the Olympics. Given that there are no NHLers playing this year might mean someone else besides Canada could win the gold. So I’ll be watching for that.
* **Give us your prediction on Super Bowl LII and three bold predictions:** I have no doubt that the Pats will win this Sunday. I see Tom Brady throwing for over 300 yards and 3 touchdowns. I think that Gronk will have a big game and have 2 touchdowns himself. I also think that Malcolm Butler is going to have a pick-six. Final score 34-24 Pats.
* **Who has a better chance to reaching the finals, the Bruins or the Celtics?**: I think that the Celtics have a better shot at the finals because the East isn’t that strong. The Celtics have played the Warriors really well this year and have shown that they are legit.
* **Give us three words that your friends would use to describe you**: Hardworking; I think that my friends would say I’m a hardworking guy both on and off the ice. Competitive; most of my friends play sports similar to me. I'm always trying to win and am always willing to do what ever it takes to win. Funny; I think that most of my friends would agree that I'm funny.
* **What's your favorite restaurant or food joint?**: My favorite restaurant is Nicks Roast Beef in North Beverly; my teammates and I go to Nick's after games. Coach Rob (Ryan) uses Nick's to motivate us; he says, “Roast beef tastes better after a win” and he’s not wrong.
* **You can purchase any three hockey jerseys in the world to wear as your own: which ones are you choosing?**: First I would have to pick the Las Vegas Golden Knights jerseys. My second pick would be the LA Kings' throwback jerseys, and my last pick would have to be the 2018 NHL Pacific Division uniforms. I like the design on all three of these jerseys.
* **Lastly, your team is in the hunt for a playoff berth. Tell us why you think Hamiton-Wenham will qualify for the postseason**: Last year, being our first season back at a varsity team, had its ups and downs. I think the coaches and players have learned a lot from last year and have been able to use it as motivation. We have matured as a team and our commitment both on and off the ice will enable us to secure a postseason berth.
* -- As told to Phil Stacey

# Hamilton-Wenham swim team bows out to Manchester Essex

**By****Christopher Hurley****churley@wickedlocal.com
Posted Jan 29, 2018 at 3:42 PM**

Hamilton-Wenham swim team bows out to Manchester Essex

The Hamilton-Wenham swim team came up short against Manchester Essex, Jan. 28.

The Generals girls team was edged 88-77, while the boys were also beaten 91-43.

Despite the setback, Coach Natalie Klobucher’s squad still managed to post several stellar individual efforts.

Camille Martin paced the girls team finishing first in both the 500 free and 200 free.

Caroline Pratt helped out in the 200 IM, while Erica Luo levied a strong effort in the 100 back.

Meanwhile, Max Martin made the most of it on the boys team, coming in first in both the 200 free and 50 free. Austin Halstead also took the lead in the 100 breaststroke.

“Overall, the team worked hard,” said Klobucher, whose team will host their last meet against Masco on Thursday, Feb. 1.

# Hamilton-Wenham boys basketball team enjoy second half resurgenceBy Dom Nicastro / Correspondent Posted Jan 26, 2018 at 4:14 PM

Hamilton-Wenham’s not used to losing many games in the regular season.

And they don’t like it. You can tell that from their recent performances.

After losing two out of three – to Cape Ann League Baker Division rival Manchester Essex and Cape Ann League Kinney Division leader Lynnfield – the Generals bounced back with three straight wins heading into this week.

The team beat Ipswich (73-33), Amesbury (73-42) and Georgetown (64-53) heading into a scheduled game with Pentucket Jan. 23 and a road trip to face Lynn Tech Thursday at 5:30 p.m. and Rockport at home Friday, Jan. 26 at 6:30 p.m.

“Right now we’re five games in eight days but we’re working hard,” Hamilton-Wenham coach Mike DiMarino said. “It’s all good. Things are coming together. We were delayed by some injuries.”

But the team is coming together, literally, with the return of Bill Whelan (shoulder) and Cam Peach (ankle). Each have returned to give the Generals their full squad and take the scoring pressure off Jake Lanciani, who has had some massive outputs but now doesn’t have to drop 20 or 30. He’s still leading the team at around 15.

But between Lanciani, Peach, Whelan and Cam Grinnell, the team has four double-figure scoring averages and that’s just fine most nights.

“It makes us a tough cover because we have a few different people that can hurt you,” DiMarino said. “Billy missed the first three games and it took him a couple games to get back in the groove. Now he’s moving well and is back to 100 percent.”

“Cam Peach had an ankle injury but he’s back to 100,” he added. “And then we had kids that were sick with a bug going around. We really struggled to even have a full squad but we’re rolling now which is good.”

DiMarino feels you never have to rely on one player, and he’s been blessed the Generals have not had to implement that formula. It makes it easier for teams to cover your best player and not worry about much else. But they can’t do that with the Generals.

“These kids work hard every day, have a great positive attitude and are just a great group of kids,” DiMarino said.

Hamilton-Wenham is leading the division with a 7-2 mark in the Baker. Manchester Essex and Amesbury are next at 4-4.

DiMarino said if the team does what it’s capable of doing down the stretch, he’s confident the team can bring home another Cape Ann League Baker division title.

Hamilton-Wenham will be playing up a division in the tournament -- Division 3 North.

“It’s just going to come with experience with the amount of time we have,” DiMarino said when asked what his team needs to do to become tourney-ready. “We need to play together and to stay healthy and work hard. We have some tough games coming up on our schedule. So with all those games combined we can really figure out who we are. I believe in playing up. If you’re good you need to go out and play some tough competition. It doesn’t help to just pack the schedule and play for a record.”

DiMarino cited Grinnell as a pleasant surprise, averaging 10 points and seven rebounds a game. He called him a “monster contributor.” Cole Dwyer has also been a strong presence.

“These guys are seniors,” DiMarino said. “They have been in the program for with me for the last three years and they have really stepped up and done a fantastic job.”

# Hamilton-Wenham swim team falls to Triton

**By****Christopher Hurley****churley@wickedlocal.com
Posted Jan 25, 2018 at 3:09 PM**

The Hamilton-Wenham swimming team was tripped up by Triton on Monday night.

Both the Generals girls and boys team’s came out with a loss. The girls fell 92-72, while the boys bowed out 64-73.

“It was a tough loss for both the girls and guys,” said Coach Natalie Klobucher.

The girls where led by Camille Martin, Jordan Reader, Erica Luo and Caroline Pratt. Martin finished first in the 200 free, while scoring second in the 500. Pratt placed second in the 100 fly and 100 breast. Reader registered second in the 100 free and 100 back. Luo levied second in the 200 IM.

The boys were led by Max Martin, Austin Halstead, Ben Gingrich and Jake Maier All four worked together to come in first in the 400 free relay.

Martin managed first in both the 200 IM and 100 breast, while Halstead headlined the 100 fly and 100 back. Meanwhile, Maier managed second in the 200 free and 500 free.

# Hamilton-Wenham girls basketball team faces adversity

**By Dom Nicastro / Correspondent**

**Posted Jan 25, 2018 at 3:12 PM**

What cures the blues of losing three out of four basketball games? Winning four out of five, including three in a row.

That’s what the Hamilton-Wenham Regional High School girls basketball team has pulled off in the past week or so. Heading into this week, the Generals improved to 6-4 after three straight wins and four victories in their last five.

The last three came against Cape Ann League Baker Division foes Manchester Essex (52-27), Ipswich (45-28) and Amesbury (38-27). Ipswich had beaten Hamilton-Wenham the first time around, 30-22, which shows the marked improvement by the Generals since last month.

The win over Amesbury completes the season sweep of the Indians and, heading into this week, put a nice cushion of two games between Hamilton-Wenham and Amesbury at the top. Hamilton-Wenham was 5-2 in the league – Amesbury 3-3 – heading into this week.

“You know I think they’re starting to understand their roles and are starting to gel as a team,” Hamilton-Wenham coach Jon Flanagan said. “And I think they’re beginning to pick up the nuances of our system.”

Those nuances are something Hamilton-Wenham had to learn quick. Flanagan took over shortly after Jon DeMarco suddenly resigned for personal reasons on Day 1 of the season. He brought in his old guard from his decade-long stint in Gloucester – Mark and Meghan Cole – and the Generals have been off and running since.

Lately, the team’s defense has buckled down, especially tough in the halfcourt when the opponent is trying to set things up. In its four last victories heading into this week, Hamilton-Wenham has kept its foes in the 20s for total points.

“I think we’re really doing a good job defensively,” Flanagan said. “It’s one of the stronger defensive teams that we’ve coached. I think that with the defense anchoring us, we’re also spreading out the scoring in that you know each night we’re getting contributions from five players or so.”

The team has bought into the team defense in the halfcourt. This is a bit of a change of pace on defense for the Generals than in the past. Usually, they’ve relied on pressure defense full court to generate turnovers.

Now, they’ve let the defense do its thing in the halfcourt. And, meanwhile, on offense, they’re getting contributions from “a lot of them each night.”

“There are a couple of leaders in the scoring department each night,” Flanagan said. “We’ve had a different scoring leader in each of the last four games.”

Cecily Szady has been a team leader, going after loose balls and giving the team a “great deal of energy.” She’s averaging about 12 rebounds per game.

Jemma Shea has been doing a great job defensively, working the perimeter and handling some of the top scorers on the other teams.

Lauren Flynn had 16, Jacqueline Fibbe had 13 and Shea added 14 in recent performances, but it’s been a team effort with most girls averaging between 7 to 10 points per game in a collective effort.

As for improvements, that will come with time. The team is still young and inexperienced, so the farther the season goes along the better off the team will be, Flanagan said.

“I think we do improve with each practice and with each game because we are so young and inexperienced,” Flanagan said. “The way we approach practice now is starting to translate into the way we play in the games.”