

THE GOALPOST

August 2004

Coach's Corner

By: Coach Capuano

PASSION

Important Dates to Remember

Oct. 8 – Homecoming

Oct. 22 – Senior Recognition

Jan. 30 – Football Banquet

We had a great summer weight room and conditioning workouts. We had 20 players reach the 1000-pound club goal and many more were close. Over 50 players worked hard throughout the summer and most made personal gains in all areas. Brian Viti set a new record in the power clean with a lift of 250 pounds. Many 7th and 8th grade players lifted with the Varsity during the Spring. With 70 players on the team, we are looking for good depth this year.

Over the summer, we had several players play in All-Star games. Ryan Helfrich (SE) and Robbie Leonard (DB) played in the Penn-Ohio Classic which was played this year in Salem, Ohio. The game was won by the Pennsylvania Team. Ryan had one of the touchdowns and caught several balls during the game. Robbie had some key knockdowns from his defensive back position and one interception. Ryan will be attending Slippery Rock to play basketball and Robbie will attend Washington & Jefferson (W&J) and will play football.

Another player that played in an All-Star game was A.Q. Shipley. AQ was the fourth football player in the history of Moon High School to be picked to play in the Big 33 game in Hershey. This is a very prestigious game that is played each July with a team from Ohio. This year's game was close, with Ohio winning. Besides starting as defensive tackle for the PA squad, AQ was chosen captain for the game by his teammates. Mr. Shipley will be playing this fall for Penn State.

MARK YOUR CALENDAR...

Our annual Football Banquet will be held at the Wyndham Hotel on Sunday, January 30, 2005.

SEE OUR TIGERS ON THE WEB!!

Source for directions to away games, individual and team stats, and links to newspaper articles.

Stay up to date with the latest – visit us

www.moonfootball.co

Over the last ten years, only one team in AAA football has had a non-losing record every year. This same team has been to the playoffs 9 of the last 10 years. In those 10 years, this team has compiled an 83 - 31 record or .728 winning percentage. This team has built a strong tradition of winning and will continue that tradition this season.

These ARE your MOON TIGERS!

SEASON GOALS

- WIN THE SECTION
- PLAY AT HEINZ FIELD FOR WPIAL CHAMPIONSHIP
- PLAY FOR STATE CHAMPIONSHIP IN HERSHEY

In 2004, the Moon Tigers will have the "PASSION" to finish the task!

Another exciting Tiger football season has begun. As I'm sure most of you agree, it has been a lot of fun for us as parents to see our children progress with the program. They have worked hard to show you their talents and are already winners for what they have accomplished. I encourage you to be a part of Moon football as well by volunteering for some of the activities organized by the QB Club throughout the season. Just a few hours of your time will provide the support needed to continue our tradition of excellence in the Moon Football Program.

The QB Club wishes to thank everyone who put in so much time in preparation for the first home game. We had a lot of good coordination to make everything come together. Here are some updates and information following our first game:

- The concession stand has been renovated with the addition of new equipment, a more efficient layout, more work areas, pictures of the players/cheerleaders, etc. If you have not seen it, stop by. If you get a call to volunteer, please do so.
- Our 2004 program was unveiled for the first time. We added a color page pullout sheet in the middle along with several other enhancements over previous years. We were able to get the

- ninth grade team photo in this first edition. The 7th/8th grade team photo will be added for upcoming home games. We have a great outside cover artwork from Donna Pitaro (who also did the murals on our concession stand).
- Kettle corn and gyros are back again this year along with new food selections in the concession stand.
- The Dan Marino autographed jersey will be on display all season under the tent by the concession stand. Tickets will be sold for the jersey each home game (or see any QB Club board member for tickets). The winner will be selected at the last home game and will be based on the PA lottery three digit drawing on that day (first drawing).
- We are again having Coach Cap autograph selected programs for each home game. The holder of the autographed program gets a \$25 gift certificate to Karadante's.
- 50/50 tickets sales were good and we had the MCA volunteers out in full force selling them at three locations – thank you MCAA.

We're ready to start another year of tailgating for our road games. Last year, the turnout was fantastic and increased as the season went on.

Let's continue the community spirit this year. Our tailgating tradition has been a great way to meet other parents, friends and family of the players. If you wish to participate, please bring something to share (covered dish, snack, etc.). Look for us in the parking lot; you can't miss us!

*Hope to see you at one of the
TIGER TAILGATE PARTYS
For our away games!*

If you would like to be added to the Quarterback Club e-mail list for meeting reminders, QBC updates, tailgate info, etc., send Jon Oberdick a note at:

jobers4@comcast.net

Monthly QBC Meetings

All meetings held the second Thursday of the month in room 103 or 106 at the High School at 7:30 PM.

October 9
November 13
December-no meeting
January 8

*Refer to MCA-TV or the Moon Record for changes or updates

13th Annual Gridiron Golf Outing

The 13th Annual Gridiron Golf Tournament at Fox Run Golf Course was a huge success and a good time was had by all in spite of the rain. Coach Capuano and the Quarterback Club thank all the golfers and hole sponsors for their support at the outing. Congratulations to the 2004 golf outing winners!

First Place Scramble Winners

Randy Cosgrove, Mike Bell, Bob Weber, John Heller, Joe Lear, Jack Stevens.

First Place Natural Winners

Joe Sekanick, Jon Sekanick, Jay Bosley, Dwaine Waite, Ted Vallandingham, Jason Camerson.

Second Place Scramble Winners

Todd Fuller, Alan Fuller, Brad Fuller, Greg Jovanelly, Todd Mendenhall, Doug Dackowski.

Second Place Natural Winners

Ken Dwyer, Jerry McFarland, Mark Capuano.

Longest Putt

Jim Devey

Longest Drive

Vince Setnar

Par 3 Winners

#6 – Rob Olson
#11 – Don Autry

#9 – George Schweitzer
#15 – Ian Bangor

2004 Weight Room Records

Our boys have been working hard this year in the weight room. Below are the 2003 Weight Room Records as of the end of summer. The pounds shown are a combined total of bench press, deadlift and squat. The points are calculated by adding all three lifts, BP, DL and SQ and dividing by the person's body weight and then multiplying by 200.

	<u>BP</u>	<u>DL</u>	<u>SQ</u>	<u>TOTAL</u>	<u>WT</u>	<u>POINTS</u>
1300 LB CLUB						
N. McCutcheon	300	450	550	1300	290	896

1200 LB CLUB						
B. Viti	300	475	500	1275	224	1138
J. Bachman	315	455	435	1205	250	964

1100 LB CLUB						
M. Hartz	235	450	435	1120	214	1046
G. Hingson	300	435	395	1130	217	1041
C. Trenney	300	435	365	1100	210	1047
C. Williams	265	435	400	1100	180	1222
T. Rinaldi	260	455	460	1175	165	1310

1000 LB CLUB						
S. Derenda	205	475	365	1045	192	1088
T. Askari	280	430	335	1045	170	1229
M. Hytla	255	420	325	1000	255	784
B. Schmidt	225	410	365	1000	210	952
M. Dowdell	235	405	385	1025	225	911
J. Fodse	245	405	350	1000	236	847
J. Oberdick	215	405	380	1000	165	1212
S. Raso	225	405	375	1005	188	1069
J. Sykes	225	435	375	1035	183	1131
J. Clary	265	415	335	1015	283	717
S. Gabert	245	405	375	1025	255	803
S. Brittrner	260	400	340	1000	189	1058

900 LB CLUB (JR. or SOPH)
none

800 LB CLUB (SOPH)						
J. Fuller	180	365	315	860	160	1075
C. McCartney	205	365	275	845	183	923
N. Petrelli	185	315	315	815	233	699
D. Askari	220	335	250	805	173	940
J. Miller	170	335	295	800	186	945

1000 POINTS CLUB						
C. Alford	250	315	225	790	146	1082
P. Altmyer	195	375	335	905	154	1175
J. Pickens	195	355	295	845	145	1165
B. Francis	205	340	315	860	145	1186
N. Peterson	235	365	335	935	169	1106
M. Jeffries	205	365	300	870	167	1041
J. Sinclair	205	325	315	845	168	1005
C. Braendle	180	325	345	850	157	1082
S. Barnett	155	275	225	655	127	1031
B. Goldbach	170	310	250	730	145	1006
M. Battles	185	275	275	735	140	1078
J. Camardese	175	315	235	725	145	1000
D. Maurer	175	310	275	760	141	1078
B. Hogle	175	335	260	770	146	1054



TIGER CLUB

6.75 or higher on Index. Score based on bench press, squat, deadlift and power clean.

T. Rinaldi	7.939
T. Askari	7.235
C. Williams	7.25
J. Oberdick	7.181
P. Altmyer	7.012
J. Pickens	6.965
J. Sykes	6.954
B. Francis	6.931

Player can lift indicated number times his own body weight.



**Keep up
the good work,
Boys!**

JULY 2004 MAX OUT RESULTS

	<u>BP</u>	<u>DL</u>	<u>SQ</u>	<u>PC</u>	<u>3 TL</u>	<u>PTS</u>	<u>WT</u>	<u>INDEX</u>
<u>SENIORS</u>								
S. Derenda	225	455	345	185	1025	1126	182	6.648
N. McCutcheon	280	475	455	225	1210	930	260	5.519
B. Viti	300	455	455	250*	1210	1105	219	6.666
T. Askari	280	430	335	185	1045	1229	170	7.235
T. Hall	150	225	215	130	590	887	133	5.413
P. Altmyer	195	375	335	175	905	1175	154	7.012
M. Hytla	255	420	325	185	1000	784	255	4.647
B. Schmidt	225	410	365	200	1000	952	210	5.714
C. Trenney	300	435	365	225	1100	1047	210	6.309
M. Dowdell	245	410	345	205	1000	956	209	5.765
J. Fodse	245	405	350	200	1000	847	236	5.084
J. Pickens	195	355	295	165	845	1165	145	6.965
B. Francis	205	340	315	145	860	1186	145	6.931
M. Paich	205	335	245	155	940	676	232	4.051
J. Oberdick	215	405	380	185	1000	1212	165	7.181
N. Peterson	235	365	335	175	935	1106	169	6.568
M. Hartz	285	455	365	225	1105	1330	229	5.807
V. Drnach	215	335	250	155	800	955	202	4.727
M. Jeffries	230	365	275	185	870	1000	174	6.063
M. Bowe	185	345	305	175	835	907	184	5.489
<u>JUNIORS</u>								
B. Montgomery	195	325	245	170	765	604	253	3.695
B. Kirby	175	325	245	170	745	662	225	4.066
S. Raso	225	405	375	185	1005	1069	188	6.329
G. Hingson	275	405	395	225	1075	990	217	5.990
D. Dixon	185	365	225	175	775	798	194	4.896
C. Williams	265	435	400	205	1100	1222	180	7.25
C. Braendle	180	325	345	170	850	1082	157	6.496
S. Brittner	260	400	340	185	1000	1058	189	6.269
T. Hersperger	225	405	245	185	875	751	233	4.549
J. Sykes	225	435	375	185	1035	1131	183	6.666
T. Rinaldi	260	455	460	135	1175	1310	165	7.939
<u>SOPHOMORES</u>								
J. Fuller	180	365	315	155	860	1075	160	6.343
C. Jeannot	150	310	245	160	705	762	185	4.675
A. Laipple	185	310	245	160	740	942	157	5.732
C. Smith	160	300	215	160	675	794	170	4.911
M. Colalillo	135	310	205	125	650	833	156	4.967
B. Goldbach	170	310	250	145	730	1006	145	6.034
M. Battles	185	275	275	155	755	1078	140	6.5
B. Hogle	175	310	265	160	750	986	152	5.986
J. Camardese	175	315	235	155	725	1000	145	6.069
D. Migitsch	115	255	245	120	615	984	125	5.88
C. McCartney	205	365	275	180	845	923	183	5.601
A. Muskovich	145	300	250	125	695	837	166	4.939
D. McLaughlin	175	295	215	135	685	810	169	4.852
J. Simms	175	275	235	135	685	913	150	5.466
A. Mohammed	165	315	315	155	795	919	173	5.491
N. Petrelli	185	315	315	180	815	699	233	4.270
A. Dowdell	155	325	300	155	780	684	228	4.100
D. Askari	220	335	250	190	805	940	173	5.751
R. Orlovsky	165	370	250	150	785	957	164	5.701
S. Gabert	245	405	375	185	1025	803	255	4.745
A. Vennare	200	325	260	165	785	912	172	5.523
D. Maurer	175	310	275	165	760	1078	141	6.550
S. Packer	150	315	225	135	690	825	181	4.558
J. Miller	185	305	275	155	765	813	188	4.893
J. Meyers	155	305	245	135	705	865	163	

* Power Clean Record

QUARTERBACK CLUB CONCESSION STAND SCHEDULE

On the reverse side of this page, you will find the 2004 Quarterback Club Concession Stand Schedule.

Moon Area Varsity is hosting five (5) "home" games, JV is hosting five (5) "home" games, the Freshmen is hosting four (4) evening "home" games, and the 7/8th Grades is hosting three (3) evening "home" games this year.

The Quarterback Club is asking for your volunteering assistance during these games. PLEASE HELP !!! Hopefully, all of the Varsity Games will be very busy with Ambridge, Blackhawk, and Hopewell. We will need as many workers as possible for ALL games but especially the Varsity Games.

Thank you in advance,

GO MOON TIGERS!

Lois Fuller and Mary Ann Miller



2004 Quarterback Club Concession Stand Schedule for all HOME Games - PLEASE REPORT TO THE CONCESSION STAND (VISITOR'S SIDE).

VARSITY Games: 1st Half: Report at 6:30 PM and please stay through Half-Time. 2nd Half: Report five (5) minutes before Half-Time and please stay through close.

DAY	DATE	TIME OF GAME	OPPONENT	1st Half	ASSIGNMENT 4 FOOD WORKERS Parent of:	ASSIGNMENT 3 COUNTER WORKERS Parent of:	ASSIGNMENT 1 FRENCH FRY STAND Parent of:	ASSIGNMENT 1 CANDY STAND Parent of:	2nd Half	ASSIGNMENT 4 FOOD WORKERS Parent of:	ASSIGNMENT 3 COUNTER WORKERS Parent of:	ASSIGNMENT 1 FRENCH FRY STAND Parent of:	ASSIGNMENT 1 CANDY STAND Parent of:						
Fri	8/27/2004	7:30 PM	RINGOLD	<div style="border-left: 1px solid black; border-right: 1px solid black; padding: 2px;"> Mike Quinn Kevin Barthelemy Nathan Aughton Kyle Arendsen Nick Berdine Joe Fetscher Corey Halajcio Ashley Bailly D.J. Kane Wesley Hammett Leah Musta Jonathan Aiello Jen Clark Chris Geisler Matt Renshaw Andrew Brown Jordan Bryan David Dombrowski Mike Sivak </div>					<div style="border-left: 1px solid black; border-right: 1px solid black; padding: 2px;"> Jared Miller Tom Franzese Derrick Maurer Kim Obusek Garren Work Ryan Brosovic Aaron Hassett Garrett Pinciotti John Merison Andrew Lacy </div>	<div style="border-left: 1px solid black; border-right: 1px solid black; padding: 2px;"> Sadie Kelly Bobby Kownacki Justin Burke Rhai Cicconi Luke Wanchock Tony Watkins Chelsea Gumpf Eric Lingenfelter Scott Liller Jonathan Oncken Ron Beck Tom Emmons Nathan Hendrick Ali Pokorny Phil Bondi James Camardese Emily Griffith Nick Petrielli </div>	<div style="border-left: 1px solid black; border-right: 1px solid black; padding: 2px;"> Scott Rush Mohamed & Ibrahima Balde Chris Crayton Tanner Woody Amy Knouse Margaret Lee Bryan Turney Brandon Carey Rebecca Chieffe Corey Quel Ben Gelzheiser Doug Migltsch Anthony Vennare </div>	<div style="border-left: 1px solid black; border-right: 1px solid black; padding: 2px;"> Jared Miller Michael Master Devin Murphy Victor Ford Ryan Falso </div>	<div style="border-left: 1px solid black; border-right: 1px solid black; padding: 2px;"> Tom Franzese Joe Styche John Gardom Brenden Coulihan Joesph Danleys </div>						
Fri	9/10/2004	7:30 PM	PETERS TWP																
Fri	9/24/2004	7:30 PM	AMBRIDGE																
Fri	10/8/2004	7:30 PM	BLACKHAWK																
Fri	10/22/2004	7:30 PM	HOPEWELL																

JV Games: Report for the ENTIRE game at 9:00 AM and please stay through close.


DAY	DATE	TIME OF GAME	OPPONENT	ASSIGNMENT 1 FOOD WORKER Parent of:	ASSIGNMENT 1 COUNTER WORKER Parent of:
Sat	8/28/2004	10:00 AM	WEST MIFFLIN	Brian Viti	-
Sat	9/4/2004	10:00 AM	KNOCH	Chad Trenney	Mitch Morsillo
Sat	9/18/2004	10:00 AM	MONTOUR	Brian Schmidt	Nick McCutcheon
Sat	10/2/2004	10:00 AM	NEW CASTLE	Mark Hartz	Ryan Busch
Sat	10/16/2004	10:00 AM	WEST ALLEGHENY	Mike Hyla	Zac Brittner

FRESHMEN Games: Report for the ENTIRE game at 8:00 PM and please stay through close.

DAY	DATE	TIME OF GAME	OPPONENT	ASSIGNMENT 2 FOOD WORKERS Parent of:	ASSIGNMENT 2 COUNTER WORKERS Parent of:
Wed	9/8/2004	7:00 PM	NEW BRIGHTON	Paul Almyer Andrea Cinkovic	Drew Dixon Casey Williams
Thu	9/23/2004	7:00 PM	PINE-RICHLAND	John Bachman Taryn Kukucka	Jocelyn Rimbey Josh Sinclair
Thu	10/7/2004	7:00 PM	CENTER	Matt Bowe Kristen LaJeuneese	Pat Metzler Anna Setnar
Thu	10/21/2004	7:00 PM	BLACKHAWK	Sarah Cronin Vince Drnach	Tara Friedl Tyler Hall

7/8th GRADES Games: Report for the ENTIRE game at 6:00 PM and please stay through close.

DAY	DATE	TIME OF GAME	OPPONENT	ASSIGNMENT 2 FOOD WORKERS Parent of:	ASSIGNMENT 2 COUNTER WORKERS Parent of:
Thu	9/16/2004	7:00 PM	SOUTH FAYETTE	Jim Fodse Aryn Slavinsky	Zack Engel Jen Karpinski
Thu	9/30/2004	7:00 PM	WEST ALLEGHENY	Casey Braendle Samantha Varadi	Bobby Francis Rachel Keene
Thu	10/14/2004	7:00 PM	AVONWORTH	Taylor Fecko Alyssa Virgin	Mike Paich Sarah Recchio



PASSION

WE NEED YOUR HELP !!!
The profit from these football games go directly to benefit our children. Thank you for your cooperation.

If possible, please feel free to switch with another scheduled worker if you will not be available on your scheduled turn.
We thank you in advance for your cooperation and assistance.
Lois Fuller: 412-262-4490 (home) or 412-787-4672 (work).

The French Fry and Candy Stands are located in the tent area opposite of the Quarterback Club Concession Stand.

Cheerleading News

Move over boys.....you are not the only ones in the weight room pumping iron! Our Cheerleaders have been there working out while you were on the practice field.

THE SPORT OF CHEERLEADING AT MOON HAS GONE TO THE NEXT LEVEL!

Our Cheerleaders have been conditioning and working out, attended a camp, and have been practicing all summer in preparation for something new you will see on the sidelines.

The newly formed "Stunt Group" of 12 to 14 cheerleaders/stunters will be performing throughout the game.

Athleticism plays a huge factor in the stunt group, as Linda Bobish, Cheerleader Coach, will confirm. There were more athletes amongst the girls than anticipated, which made it easier to put together this new program at Moon.

TIGER PAW PAINTING



Notice the newly painted TIGER PAWS on the roads leading up to the stadium.....thank the Cheerleaders for coming out in full force, paint brushes in hand, bright and early one Sunday morning in August. The Quarterback Club thanks you for taking on this task.



SHOW YOUR TIGER PRIDE

*with Moon Tiger apparel
from TEAM SPORTSWEAR*

*Sweatshirts, golf shirts, t-shirts, hats, etc.,
for sale at the home games.*

*Look for the TEAM SPORTSWEAR display
as you enter the home side of the stadium.*

**Our 2004 Moon Tigers
AAA State Championship
Basketball Team
will be honored at the
Moon vs. Peters Twp.
football game
on September 9th
with a fireworks celebration.**

MOON TIGER PRIDE

Moon Quarterback Club

P.O. Box 680
Moon Township, PA 15108

fredqbc@yahoo.com

*"PASSION
in 2004"*



PASSION

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Moon Varsity Football Schedule

Friday	Aug. 27	Ringold	Home	7:30 PM
Friday	Sept. 3	Knoch	Away	7:30 PM
Friday	Sept. 10	Peters Twp	Home	7:30 PM
Friday	Sept. 17	*Montour	Away	7:30 PM
Friday	Sept. 24	*Ambridge	Home	7:30 PM
Friday	Oct. 1	*New Castle	Away	7:30 PM
Friday	Oct. 8	*Blackhawk	Home	7:30 PM
Friday	Oct. 15	*West Allegheny	Away	7:30 PM
Friday	Oct. 22	*Hopewell	Home	7:30 PM

* = League Event

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