

SUBURBAN ONE LEAGUE



AMERICAN CONFERENCE



PLYMOUTH WHITEMARSH COLONIALS (5A)

Back-to-Back Champs. Do you smell a three-peat? The Colonials have set the bar high & remain the top dog within the conference until someone knocks them off. Over the last two seasons head coach Dan Chang & staff have amassed a 10-0 record in conference play as well as a 20-5 overall record. Expect the Colonials to make a deep run in the playoffs. (Continued on page 2)



UPPER MORELAND GOLDEN BEARS (5A)

Head coach Adam Beach returned to the Bear's sideline last season & In his return, the Bears went 4-1 in conference play and 8-3 overall with a 4A District 1 playoff appearance. The loss of SR RB Stephen Broderick who totaled over 1,770 scrimmage yards & 24 TDs will be felt as the staff develops a young, yet talented roster. (Continued on page 3)

CHELTENHAM PANTHERS (6A)

The Panthers finished 6-4 overall and 3-2 in the conference. They have a plethora of talent on offense & defense coming back. Offensively, look for SR RB Tre Mcleod to continue his dominance as he carried the ball 87 times for 936 yards & 6 TDs a season ago. Defensively JR DE Sharlandiin "Zaqq" Strange looks to build off a dominant sophomore campaign where he amassed 74 tackles, 2 Sacks, & 17 TFLs. Is this the year the Panther's best PW & UM?

SPRINGFIELD SPARTANS (4A)

The Spartans are a smaller school yet compete year in and year out within the conference. Over the last two seasons, Head Coach Chris Shelly has compiled an 11-8 record overall & 5-6 in the conference.

WISSAHICKON TROJANS (5A)

With the arrival of Neumann Goretti's Jaden Randall and the growth of Nolan Pounds, Wissahickon has found their quarterbacks. The energy seems to have shifted in their favor as they show more effort and excitement than last year. As Rory Graver enters his second year as the head coach, he looks to change last year's outcome of 1-9. The team looks to use last season as motivation to build on. With a schedule in their favor, Wissahickon may have its first winning season in ten years.

WT WILLIAM TENNENT PANTHERS (6A)

The Panthers went 1-8 overall & 0-5 in the conference last season. New HC Colin Leach and his staff have a positive attitude & seem to have their new players buying into their program. Numbers are on the rise for a program that hasn't won more than 3 games since 2015 & hasn't had a winning record since 2006. This Panthers squad seems to be headed in the right direction. The new staff has a lot of confidence heading into this season and rightfully so. They have an up-tempo offense and some playmakers on the defensive side of the ball. (Continued on page 7)

2022 CONFERENCE STANDINGS		
School Name	CONFERENCE W-L	OVERALL W-L
Plymouth Whitemarsh	5-0	10-3
Upper Moreland	4-1	8-3
Cheltenham	3-2	6-4
Springfield (Montco)	2-3	5-5
Wissahickon	1-4	1-9
William Tennent	0-5	1-8

2023 BIGGEST GAMES
8/25 UM @ HATBORO HORSHAM
9/29 WISSAHICKON @ SPRINGFIELD
9/29 PW @ CHELTENHAM
10/13 WISSAHICKON @ WT
10/13 UM @CHELTENHAM
10/20 SPRINGFIELD @ UM
10/27 UM @ PW

2023 PRESEASON WATCH LIST		
POS.	NAME	TEAM
DE	SHARLANDIIN STRANGE	CHELT
RB	LUKE WINTERBOTTOM	PW
RB	TRE MCLEOD	CHELT
OL	JARRET FEDERER	WISS
DL	AHMAD GOVENS	CHELT
DL	THOMAS GARVEY	WISS
LB	KEVIN HEGARTY	PW
CB	NAZYE BOGGS	PW
RB	GARY MILUZZO	WT
QB	JONATHAN INGRAM	CHELT



PLYMOUTH WHITEMARSH COLONIALS

2022 CONFERENCE CHAMPIONS

2022 RECORD: 10-3 (5-0)



Classification: AAAAA
Head Coach: Dan Chang

Assistant Coaches: Paul Borusiewicz, Shane Frangiosa, Ronnie Fry, Will Gundlach, Dan Madonna, Jason Powel, Jimmy Rodgers, Saint Martin Torrence

2023 SCHEDULE
8/19- @ CR NORTH (SCRIMMAGE)
8/25- @ UPPER MERION
9/1- @ METHACTON
9/14- VS QUAKERTOWN
9/22- VS JP MCCASKEY
9/29- @ CHELTENHAM
10/6- VS WILLIAM TENNENT
10/13- @ SPRINGFIELD (MONTCO)
10/20- @ WISSAHICKON
10/27- VS UPPER MORELAND

Key Starters Lost:
QB/LB Aiden O'Brien
RB/LB Tommy Hannon
OL/DL Joe Foy
TE/DE Jared Kolsun
OL/DL Zach Smith
K/P/WR/DB Seve Spruill
RB/LB Greg Feinberg
DL Tom Montemayor
OL Connor Capizzi

Returning Starters:
Nazye Bogg, RB/DB, 6'0, 165, '23
Anthony Iannozi, DB, 6'0, 175, '23
Luke Winterbottom, RB, 5'11, 185, '23
Tye Hines, OL, 5'9, 245, '23
Kevin Hegarty, LB, 6'0, 175, '24
Chase Smith, DB, 5'11, 150, '24



Coaches Corner

What are your expectations for your team this year?

"The 2023 Colonials are looking to 3-peat as Suburban One American Conference Champions. We are looking to defend our league title and make another run in the playoffs."

When your team is on offense, what are the keys to success?

"Offensively, we are led by QB Anthony Iannozi who has lots of weapons at his disposal. Nazye Boggs, Luke Winterbottom, Luke Laviola, and Everett Baker are all dangerous with the ball in their hands. The young offensive line will need to come together quickly to succeed."

When your team is on defense, what are the keys to success?

"Defensively, we are led by returning LB Kevin Hegarty. He will lead a defense that brings back many parts but lost a huge part in LB Tommy Hannon."

2023 CAPTAINS

Anthony Iannozi Nazye Boggs
Tye Hines Luke Winterbottom



Head Coach
Dan Chang

Newcomers to Watch:

Vince Storti, WR/LB
Luke Laviola, RB/LB
Everett Baker, WR/DB
Marcus Laffredo, WR/DB
Jared Thomas Payne, OL/DL
Max Vizza, OL/DL
Shy Sajid, TE/DE
Jadon Joseph, TE/DE
Christian DiCiurcio, WR/LB
Shi-Nobi Morffiah, OL/DL
Chase Rarrick, TE/DE
Eddie Moyett, OL/DL



UPPER MORELAND GOLDEN BEARS



2022 RECORD: 8-3 (4-1)



Classification: AAAAA

Head Coach: Adam Beach

*Assistant Coaches: Zack Donnelly, Dan Heiland, Bill Travers
Aaron Lynch, Matt Beck, Mase Goodman, Luke Gehlhaus, Rob Ricker*

2023 SCHEDULE
8/19- @ POPE JOHN PAUL II (SCRIMMAGE)
8/25- @ HATBORO-HORSHAM
9/1- VS BOYS LATIN CHARTER
9/8- VS INTERBORO
9/14- VS RADNOR
9/22-@ NEW HOPE-SOLEBURY
9/29-VS WILLIAM TENNENT
10/6-@ WISSAHICKON
10/13- @ CHELTENHAM
10/20-VS SPRINGFIELD (MONTCO)
10/27-@ PLYMOUTH-WHITEMARSH

Key Starters Lost:

*Stephen Broderick
John Baker
Hassan Johnson
Chase Ragan
Tony Apice
Joseph Hardee
Shawn Herbert
Tahir Harris
Paul Meyers*



Returning Starters:

*Aiden Tuffy, WR/DB, 6'2-180, 2025
Zion Akinbo, WR/DB, 5'9-165, 2024
Alex Simpson, TE/LB, 6',-205, 2024
Colin Cannon, RB/DB, 6'-190, 2024
Luke Sword, K/P, 6'3-175, 2026*



*Head Coach
Adam Beach*

Coaches Corner

What are your expectations for your team this year?

"After graduating nearly all starters we look to develop depth on both sides of the ball. We look to utilize our speed to help us create plays in all three phases of the game and to put us in a position to compete for an SOL Title, District 1 playoff berth, and District 1 Title."



Alex Simpson



Newcomers to Watch:

*Alex Foley, QB-2025
Jamir Williams, WR/DB-2025
Travis Quirk, WR/DB-2026
Elijah Davis, RB/DB-2026
Jimmy Baker, OL/DL-2025
Francesco Maglio, RB/LB-2024
Dan Bogart, OL/DL-2024
Larry Hughes, WR-2026
Dan Lewis, DL-2025
Anthony Sabatino, LB-2024
Rickie Soler, LB-2024
Darrius Whetstone, OL/DL-2026
Justin Valentin, OL/DL-2026
Thomaz Walker, RB/DB-2026
Chase Sinclair, OL/DL-2026*

CHELTENHAM PANTHERS

2022 RECORD: 6-4 (3-2)

Classification: AAAAAA

Head Coach: Troy Gore



2023 SCHEDULE

8/19-@ PENNSBURY(SCRIMMAGE)

8/25-@ABINGTON

8/31-VS CHESTER

9/8-VS ABRAHAM LINCOLN

9/15-@ PERKIOMEN VALLEY

9/22-VS ROMAN CATHOLIC

9/29-@ VS PLYMOUTH-WHITEMARSH

10/6-@ SPRINGFIELD (MONTCO)

10/13-VS UPPER MORELAND

10/20-@WILLIAM TENNENT

10/27-@ WISSAHICKON

Key Starters Lost

*Kion Wright
Zahiem Welton
Malachi Wyche
Brian Cherry
Faheem Barnes*

Returning Starters:

*Jonathan Ingram, QB, 6'2-174, 2023
Tre McLeod, RB/SS, 5'10-188, 2023
Zaire Williams, WR/CB 5'9-169, 2023
Julian Arthur, WR/CB, 6'0-177, 2024
Forey Chery, OL/DL, 6'2-298, 2023
Ahmad Govens, OL/DL, 6'1-285, 2023
Sharlandiin Strange, DL/TE, 6'4-230, 2024*



Head Coach
Troy Gore



Cheltenham returns a majority of last year's roster. Jonathan Ingram returns under center for the Panthers. He completed 50% of his passes for 366 yards & five TDs. He also rushed for an additional 124 yards and three TDs. Senior running back Trey McLeod rushed for 936 yards on 87 in Carries with 6 TDs but he should get more carries considering he shared the backfield with Zahiem Welton who carried the rock 77 times for 619 yards last season. JR DE Sharlandiin Strange returns on defense and looks hungry. The rising junior had 74 total tackles, two sacks, and an astonishing 17 tackles for loss as a sophomore. Senior Ahmad Govens will also look to make an impact for Cheltenham. Last season he had 30+ tackles & 7 TFLs.

Jonathan Ingram



Tre McLeod



Ahmad Govens



SPRINGFIELD (MONTCO) SPARTANS

2022 RECORD: 5-5 (2-3)



Classification: AAAA
Head Coach: Chris Shelly

Assistant Coaches:
Rob Bond, Bill Krewson, Matt Kraynik, Wes Sheffer,
Chris Stone, Malik Ball, Marty Morrison, Brian Finn,
Kevin McBride, Ray Ebner, Justin Hill

2023 SCHEDULE
8/19- @ UPPER DUBLIN (SCRIMMAGE)
8/25- VS ARCHBISHOP CARROLL
9/1- @ HARRINGTON
9/8- @ HATBORO-HORSHAM
9/14- VS WEST PHILADELPHIA
9/29- @ WISSAHICKON
10/6- VS CHELTENHAM
10/13- VS PLYMOUTH-WHITEMARSH
10/20- @ UPPER MORELAND
10/27- VS WILLIAM TENNENT

Key Starters Lost:

Dylan McKenzie
Colby Sabin
Will Shapley
Tim Saiber
along with another 10
experienced and terrific
seniors.

Returning Starters:

Peyton Marcino (Guard) 6'1" 210 JR
Miles Goodwin (WR, OLB) 6'3" 205 SR
Ryan Gibbons (RB) 5'6 160 JR



Head Coach
Chris Shelly

Coaches Corner

Newcomers to Watch:

Jack McGuckin QB,
CJ Johnson RB,
Frankie Wilman OT,
Nico Higham Guard,
EJ Hendrzak OLB,
Richie Jones LB,
Kenny Granderson Safety,
along with a plethora of
young and talented
underclassmen!

Jack McGuckin

What are your expectations for your team this year?

"We graduated a terrific class of seniors who made it to the first round of district playoffs last year and also left a tremendous legacy for our program. However, we are extremely excited to return a ton of talented underclassmen who are inexperienced on the varsity level but are very hungry to prove themselves immediately! We are planning to follow the "one game at a time" philosophy and expect to better ourselves exponentially as the season progresses."



WISSAHICKON TROJANS



2022 RECORD: 1-9 (1-4)



Classification: AAAAA
Head Coach: Rory Graver

Assistant Coaches:
Mike Magowan-Mike McTamney
Brandon Gillard-Dale Smith
Varney Dassin-Brian Leshar
Jared Johns-Lupold

2023 SCHEDULE
8/19- @ CR SOUTH (SCRIMMAGE)
8/25- VS CR NORTH
9/1- @ HATBORO-HORSHAM
9/8- VS LOWER MERION
9/14- VS SIMON GRATZ
9/22- @ UPPER DUBLIN
9/29- VS SPRINGFIELD (MONTCO)
10/6- @ UPPER MORELAND
10/13- @ WILLIAM TENNENT
10/20- VS PLYMOUTH-WHITEMARSH
10/27- VS CHELTENHAM

Key Starters Lost:

Ronnie Weldon
Max Pester
Gavin Myers
Adam Grossman

Newcomers to Watch:

Jaden Randall

Returning Starters:

SR C Thomas Garvey, 6-1 270
SR OT Jarret Federer 6-3 290
SR RB/WR Jaden Mclean 6' 185
JR WR/DB Amari Nash 6' 165
JR RB/LB Kareem Lee 5'8 150
SR QB Julian Perkins 6'4 215
SR OL/LB Ben Pearse 5'9 190
SR OL/DL Cole Rogers 6'2 225
JROL/DL Ethan Baritz 5'10 220
JR OL/DL Sam Muscatello 5'10 215
SR TE/LB Michael Bemis 6'2 165
JR DB Jonah Sydney 6' 150
JR WR/DB Rahmel Brooks 5'9 150
JR QB/DB Nolan Pounds 5'10 165



Head Coach
Rory Graver

Jarret Federer



Thomas Garvey



Jaden Randall



WILLIAM TENNENT PANTHERS



2022 RECORD: 1-8 (0-5)



Classification: AAAAA
Head Coach: Colin Leach

Assistant Coaches: Doug Guenther - Matt Conroy - Yawin Smallwood
Anthony Perretti - Ryan Savage - Dylan Lauer - Andrew Fiorelli - Rob Wallace

2023 SCHEDULE

8/19- VS ARCHBISHOP CARROLL
(SCRIMMAGE)

8/25- @ C.R. SOUTH

9/1- @PENNSBURY

9/8- Vs UPPER MERION

9/14- Vs HATBORO-HORSHAM

9/22- VS FATHER JUDGE

9/29- @ UPPER MORELAND

10/6- @ PLYMOUTH-WHITEMARSH

10/13- VS WISSAHICKON

10/20- VS CHELTENHAM

10/27- @ SPRINGFIELD (MONTCO)

Key Starters Lost:

Zack Stanfield QB/LB
Tim Lawson RB/DB
Evan Devor OL/LB
Danny Scheller WR/OLB

Offensive Starters Returning:

SR. Connor Berry OL 6'2 245
SR. Andrew Schultz OL 6'3 230
SR. Stephen Consenza WR 6'2 170
SR. Gary Miluzzo RB 6' 215
SR. Liam Gibson WR 5'10 175

Defensive Starters Returning:

JR. Joey Hebling CB 6'1 160
SR. Gary Miluzzo LB 6' 215
SR. Liam Gibson S 5'10 175
SR. Stephen Consenza CB 6'2 170
SR. Jayden Lee DT 6'1 295
SO. Lorenzo Hurley S 5'9 165

Special Team Starters Returning:

SR. Kyle Flack K 5'9 165



Coaches Corner

When your team is on offense, what are the keys to success?

"We are going to use a variety of formations to get our athletes in a position to have the ball in their hands early. We plan to be fast-paced and utilize various personnel packages."



Colin Leach

When your team is on defense, what are the keys to success?

"We are going to be an aggressive style of defense. We want to control the line of scrimmage and tailor it to our strengths up front, we will have several looks we will be going into during the season."



Key Newcomers:

SR. LJ Rosales RB/DB 6' 175

SR. Troy Mangin OL/DL 6'2 230

JR. Ajmal Alwan TE/OLB 6'4 205

JR. Nick Taylor OL/DL 6'3 285

JR. Sean Hazlett OL/LB 6'1 235

JR. Justin Frederic RB/S 5'11 225

SO. Trey NoII WR/DB 5'8 165

SO. Derrek Guenther QB 6' 180

