

SUBURBAN ONE LEAGUE



CONTINENTAL CONFERENCE

UPPER DUBLIN CARDINALS(5A)

UD went 6-0 in the conference a season ago & has an 11-1 record over the last two seasons. Overall the Cardinals and Head Coach Bret Stover have amassed...(Continued on page 10)

SOUDERTON INDIANS(6A)

The Indians went 9-3 and 5-1 in the conference. Their playoff run ended at the hands of Perkiomen Valley in the District quarterfinal 27-14. They have a seasoned Offensive line and all of their starters are back on defense. Is this Big Red's year? (Continued on page 11)

QUAKERTOWN PANTHERS(6A)

The Panthers finished 6-6 last season and 4-2 in the conference, only losing to Souderton & Upper Dublin. They have some senior leadership in key positions like QB, OL, WR, DL, Secondary. Expect these Panthers to be in playoff talks at the seasons end. (Continued on page 12)

C. ROCK NORTH INDIANS(6A)

The Indians have a solid core returning to the gridiron with some key skill-position players returning. They won 3 games in the conference a year ago. They have some key players returning.

(Continue on page 13)

C. ROCK SOUTH HAWKS(6A)

The Hawks return plenty of starters. With 8 players on defense & 7 on offense, they look to be consistent. There are some games for the taking for this bunch.

(Continue on page 14)

BENSALEM OWLS(6A)

The Owls went 2-8 overall & 1-5 in the conference. They have a good mix of returning starters and first-year impact players, who they are counting on their offensive line to not only open holes for the backs but also to be team leaders.

(Continue on page 15)



HARRY S. TRUMAN TIGERS(6A)

The Tigers went 2-8 overall & 1-5 in the conference. Can a new Head Coach produce more than 2 wins? Cordero Newkirk is hoping to change the culture in his new program.

(Continue on page 16)

2022 CONFERENCE STANDINGS

School Name	W-L	W-L
Upper Dublin	6-0	14-1
Souderton	5-1	9-3
Quakertown	4-2	6-6
Council Rock North	3-4	4-6
Council Rock South	3-4	4-6
Harry S. Truman	1-5	2-8
Bensalem	1-5	2-8

2023 BIGGEST GAMES

9/29 TRUMAN @ BENSALEM
9/29 QUAKERTOWN @ SOUDERTON
10/20 CRS @ BENSALEM
10/20 UD @ SOUDERTON
10/27 UD @ QUAKERTOWN
10/27 CRS @ CRN

2023 PRESEASON WATCH LIST

POS.	NAME	TEAM
QB	VINCE MICUCCI	QTOWN
DL	KAHLIL WILLIAMS	SOUDY
OL	TEDDY SHEPARDSON	CRN
CB	CHRIS KOHLBRENNER	UD
WR	MAX MORRIS	QTOWN
LB	SHYNE ROBERTS	UD
DB	ABRAHAM BATAILLE	TRUMAN
WR	DANNY DYCHES	SOUDY
OL	JAKE QUINLAN	BENSALEM
DB	JAKE HEMPLE	CRS



BROUGHT TO YOU BY:

UPPER DUBLIN CARDINALS

2022 CONFERENCE CHAMPIONS

2022 RECORD: 14-1 (6-0)



Classification:

AAAAA

Head Coach:

Bret Stover

Assistant Coaches:

Dr. Paul Winters-Ed Wall-Erik Shada-Steve Roberts

Steve Young-Brendan Paulison-Dan Pring-Joun Vetter

Key Starters Lost:

Colin O'Sullivan QB

Riley Hackett OL/DL

Kyree Butler OL/DL

DJ Ceresier WR/CB

Starters Returning:

Chris Kohlbrenner SR. 5'11 180 WR/S

Shyne Roberts SR. 6'1 225 RB/LB

Dom Paone JR 6'1 215 RB/OLB

Christian Holland JR 6'5 265 OL/DL

Phil Roll JR 6'1 245 OL/DL

Coaches Corner

What are your expectations for your team this year?

"We are a very young team after losing 24 seniors to graduation from last year's SOL and District 1 5A Championship team that lost to Imhotep in the Eastern Finals. Only 8 seniors are currently rostered, which means many underclassmen will be battling those 8 for playing time on Friday nights. A tough non-league schedule will help us grow up quickly and prepare for our tough league schedule."

Newcomers to Watch:

TBD



Head Coach
Bret Stover

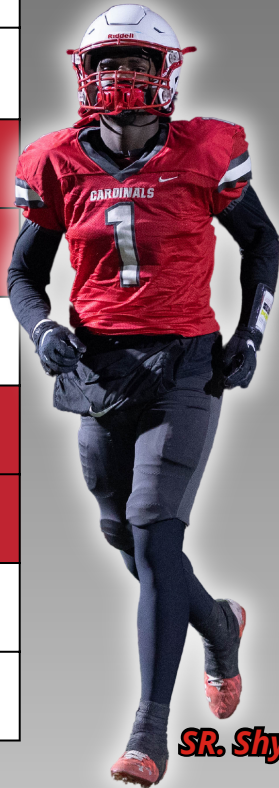
SR. Shyne Roberts



JR. Dom Paone



2023 SCHEDULE
8/19- SPRINGFIELD (MONTCO) (SCRIMMAGE)
8/25- @ KENNETT
9/1- @ C.B. WEST
9/14- VS NORTH PENN
9/22- VS BENSALEM
9/29- @ C.R. NORTH
10/6- VS WISSAHICKON
10/13- VS HARRY S. TRUMAN
10/20- @ SOUDERTON
10/27- @ QUAKERTOWN



(Continued from page 9)... a 23-4 overall record in the same timeframe. Last season was a magical ride for the Cardinals who fell short of The State Championship in the semi-final to IMHOTEP Charter 21-14. There are a lot of question marks at key spots in the lineup as well as some turnover on the defensive coaching staff. Offensively they have a ton of production to replace. Colin O'Sullivan who is now at Rutgers threw for over 2,800 yards & 35 TDs. SR RB Nyfise McIntyre rushed for over 1,300 yards & 15 TDs. The group most affected by graduation was the WR group. Between Griffin Pensabene, DJ Ceresier, & Starling Reaves UD must replace over 1,700 receiving yards & 18 TDs. With only 8 seniors, can this young team remain dominant enough to stay atop the conference? Time will tell.

SOUDERTON INDIANS



2022 RECORD: 9-3 (5-1)



Classification:

AAAAAA

Head Coach:

Ed Gallagher

Assistant Coaches:

Mike Bergey-Jeff Blue-Tony Cipriano

John Dubyk-Paul Fargo-Mike Heath

Kingsley Nworu-Elijah White

2023 SCHEDULE

8/19-@ PARKLAND (SCRIMMAGE)

8/25-VS HAVERFORD

9/1-@ PENNRIDGE

9/8- VS C.B. EAST

9/14-@ C.R. NORTH

9/22-@ HARRY S. TRUMAN

9/29-VS QUAKERTOWN

10/6-@ WARWICK

10/13-@ C.R. SOUTH

10/20-VS UPPER DUBLIN

10/27- VS BENSALAM

Starters Returning

SR OT Ben McMackin 6-5 255

SR OT / DE Kahlil Williams 6-1 245

SR OL Aaron Miller 6-2 265

SR RB / LB Ryan Sadowski 6-0 205

SR WR / S Danny Dyches 6-4 185

SR TE / HB Grayson Largent 6-0 210

SR TE / DE / LS Joey Nase 6-0 210

JR OG / LB Jayden Bergey 5-11 190

SR DT Aiden Elliott 5-10 245

SR DT Alec Sprouse 5-9 235

SR K / P Rylan Zuk 6-1 165



Key Starters Lost

QB Jared Zimmerman (Lycoming)

WR / CB Shaun Purvy (Lafayette)

FB / LB Chris Kerns (Lycoming)

K Ty Quintois (East Stroudsburg)

RB / S Caleb Hageman

Newcomers to Watch

JR OG / LB Julian Adorno 5-11 195

JR OT / DL Tom Gonc 6-0 230

JR OG / DT Evan Meenen 5-10 215

JR RB / CB Houston Marshall 5-10 165

SO QB Ben Walsh 5-11 155

SO WR / DB Hunter Smeltz 6-0 155

SO WR / S Timmy Meehan 6-1 155

SO FB / LB Michael McCormick 5-10 225



Head Coach
Ed Gallagher

Coaches Corner

What are your expectations for your team this year?

"We return most of our offensive line, our best WR (Dyches), and second-best RB (Sadowski). We have to replace several talented playmakers, but there are promising young athletes to do so (Walsh at QB, Smeltz at WR, Marshall and McCormick at RB). Rylan Zuk is an excellent three-way kicker, who split time last year with an all-state kicker (Quintois). He should shoulder the load this season. Nase is a three-year starter as a long snapper. We have several solid candidates to replace our returners."

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

"If the young skilled players adjust to varsity football well, we should be very successful and diverse on offense."

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

"We return our entire defensive line and several key pieces in the back end of our defense. We've been blessed with a talented and deep secondary for the past few seasons, so the development of some of our young safeties and corners will determine how well we can defend this season."

Ryan Sadowski



Ben McMackin



Kahlil Williams



QUAKERTOWN PANTHERS

2022 RECORD: 6-6 (4-2)

Classification: AAAAAA
Head Coach: George Banas



2023 SCHEDULE
8/19- @ PERKIOMEN VALLEY (SCRIMMAGE)
8/25- @ SOUTHERN LEHIGH
9/1- @ NORTH PENN
9/8- VS C.B. WEST
9/14- @ PLYMOUTH-WHITEMARSH
9/22- VS C.R. SOUTH
9/29- @ SOUDERTON
10/6- VS BENSLEM
10/13- VS C.R. NORTH
10/20- @ HARRY S. TRUMAN
10/27- VS UPPER DUBLIN

Key Starters Lost

John Eatherton
Brett Hileman
Owen Jaegers
Nick Laudenberger

Reagan Payne



Starters Returning

SR QB Vince Micucci 6'2-195
SR OL/DL Andrew Gansz 6'0-225
SR OL/DL Keondre Lopez 5'6-215
SR OL/DL Brian Hendrzak 6'2-260
SR WR/DB Max Morris 5'11-155
SR WR/DB Adam Strehle 6'0-170
JR RB/LB Gavin Carroll 5'8-160
SR RB/DE Ed Bittner 5'11-200
SR TE/DE Anthony Ferrugio 6'3-215
SR WR/CB Reagan Payne 6'1-195



Head Coach
George Banas

On the offensive side of the ball SR QB Vince Micucci is back under center after completing 52% of his passes for 1,271 yards & 11 TDs a year ago, while also adding 399 yards & 4 TDs on the ground. They have three seasoned vets on the offensive line, Andrew Gansz, Kendre Lopez & Brian Hendrzak. Senior receivers Max Morris & Adam Strehle are back and look to be Micucci's favorite targets. Morris had 34 catches for 360 yards and 3 TDs last fall, while Strehle caught 18 balls for 249 yards and 2 TDs.

On defense, junior linebacker Gavin Carroll led Quakertown in tackles with 63, nine of which were for loss, in 2022. Senior safety Strehle added 51 tackles and two interceptions, with senior end Anthony Ferrugio having 10 tackles for loss, including a team-high 4.5 sacks. Senior end Ed Bittner also returns. Senior cornerback Reagan Payne chipped in with two interceptions a year ago.

The running back position remains an open competition with five players, including Carroll, Bittner and junior Aiden Whiteley, in the mix.

Vince Micucci

Max Morris



COUNCIL ROCK NORTH INDIANS



2022 RECORD: 4-6 (3-4)



Classification: AAAAAA
Head Coach: John Greiner

Assistant Coaches:
Mason Jones-Ray Jones-Shane Oros
Zach Schram-Matt Schram-Jim Mento
Zach Flaherty-Joe Brown-Matt Applebaum
Shane Wright-Daulton Johnson-Stevie Bostancic
Peter Brill

Key Starters Lost:
Gavin Papp
Vaughn Vanderslice
Caden Smith
James Paessler
Gavin Swope
James McCafferty
Dylan Siveter
Trevor Whitlock
Avi Patel

2023 SCHEDULE
8/19-@ PLYMOUTH-WHITEMARSH (SCRIMMAGE)
8/25- @ WISSAHICKON
9/1- @ ABINGTON
9/7- VS C.B. SOUTH
9/14-VS SOUDERTON
9/22-@ BENSLEM
9/29-VS UPPER DUBLIN
10/6-VS HARRY S. TRUMAN
10/13-@ QUAKERTOWN
10/20-@ HATBORO-HORSHAM
10/27- VS C.R. SOUTH

Offensive Starters Returning:
Kyle Paris JR-OG-5'11"-185
Jackson Farley-SR-QB-5'11"-167
Will Scibona-SR-Slot-5'10"-180
Jack Paessler-SR-SE-5'11"-160
Paul Esposito- SR-TE-5'11"-190
Teddy Shepardson-SR-OT-6'2"-227

Defensive Starters Returning:
Gio Cozza-JR-DB-5'10"-164
Will Scibona-SR-LB- 5'10"-180
Jack Paessler-SR-DB-5'11"-160
Paul Esposito-SR-DE-5'11"-190
Teddy Shepardson-SR-DT-6'2"-227
Bobby Snyder-SR-DB-5'9"-160



Special Team Starters Returning:
Gio Cozza-JR-K-5'10"-164
Jackson Farley-SR-Holder-5'11"-167
Will Scibona-SR-Returner-5'10"-180
Jack Paessler-SR-Returner-5'11"-160



Head Coach
John Greiner

Coaches Corner

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

"We have a mix of experienced and novice players coming into the fold for our offense. We are looking to build off of the success of the second half of our last year. Mason, Ray, and Shane O. have done a fabulous job this off-season putting the pieces together for the players that we will be intermixing together on the offensive side of the ball."

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

"We have a few experienced players along with young energetic youth on the defensive side of the ball. Jim, Zach S. and Matt have a solid game plan for the upcoming season that will bring a hybrid look to play to the strength of our players."

Key Newcomers:
Drew Hendricks-SR-LB-5'10"-170
Logan Atkinson-SR-RB-5'11"-174
Brady Pae-So-SE-5'11"-161
Michael Zarutskie-JR-SE-5'7"-141
Jesse Sanchez-Senior-DT-5'8"-186
Thomas Horan-Senior-OT-6'4"-225
Charlie Shepardson-So-G-5'10"-210
Peter O'Keefe-Junior-OT-6'3"-210
Max Chernetz-Sophomore-LB-5'10"-190
Kurken Arpajian-Junior-DE-6'2"-215
Everett Meehan-Senior-LB-6'0"-180
Atkinson-Senior-RB-5'11"-174
Brady Pae-So-SE-5'11"-161
Michael Zarutskie-Junior-SE-5'7"-141
Jesse Sanchez-Senior-DT-5'8"-186
Thomas Horan-Senior-OT-6'4"-225
Charlie Shepardson-So-G-5'10"-210
Peter O'Keefe-Junior-OT-6'3"-210
Max Chernetz-So-LB-5'10"-190
Kurken Arpajian-Junior-DE-6'2"-215
Everett Meehan-SR-LB-6'0"-180

Teddy Shepardson



Will Scibona



COUNCIL ROCK SOUTH HAWKS



2022 RECORD: 4-6 (3-4)



Classification: AAAAAA

Head Coach: CJ Szydlik

Assistant Coaches: Keelan Quinn-Jared Vivacqua-Ethan Rook-Sean Hartman Jim Fitzgerald-Joe Murphy-Mike Dimitriou-Chris Root-Dennis Cox-Dave Cebular-Tom Vivacqua-Charlie Szydlik-Allen Jett-Connor Omlor

2023 SCHEDULE
8/19-VS WISSAHICKON (SCRIMMAGE)
8/25-VS WILLIAM TENNENT
9/1- @ NESHAMINY
9/8-VS PENNSBURY
9/14- VS HARRY S. TRUMAN
9/22-@ QUAKERTOWN
9/29- @ HATBORO-HORSHAM
10/5-VS UPPER DUBLIN
10/13-VS SOUDERTON
10/20- @BENSALEM
10/27- @COUNCIL ROCK NORTH

Key Starters Lost:

Joe Forunato
Connor Omlor
Hugh Frank
Jake Zarnowski
Richie Pohorilenko

Offensive Starters Returning:

SR QB Chase Ennis 6'4 215
SR RB Chase Myers 6' 180
SR TE Anthony Carey 6'2 220
SR WR Nick Haurin 6'3 195
SR WR Bryan Rabatin 6' 175
SR OL PJ Labadie 6'2 265
SR OL Vinnie Szydlik 6'3 255
SR OL Garrent Hagen 5'11 240

Defensive Starters Returning:

SR DB Jake Hemple 6'1 180
SR DB Danny Boss 5'10 170
SR DB Chase Myers 6' 180
SR LB Nick Haurin 6'3 195
SR DL Anthony Carey 6'2 220
SR DL Thomas Gallagher 6'2 245
SR DL Luke O'Hanlon 6'1 255
SR DL Dyaln Notler 5'11 230

Key Newcomers:

SR WR Caleb Christian 5'9 165



Coaches Corner

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

"With returning 8 starters on Offense and a year under our belts, we expect much consistency."

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

"Returning 7 Defensive starters will be big for us early as we try to replace 2 All SOL LB's in Omlor and Forunato."

2023 CAPTAINS



HEAD COACH
CJ SZYDLIK



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Jake Hemple
4 INTS
47 TACKLES
(2022)

BENSALEM OWLS



2022 RECORD: 2-8 (1-5)



Classification: AAAAAA
Head Coach: Alexander Houston

2023 SCHEDULE
8/19- ABINGTON (SCRIMMAGE)
8/26-@ LOWER MERION
9/1- @ C.B. EAST
9/8-VS PENNRIDGE
9/14-@ UPPER DUBLIN
9/22-VS C.R. NORTH
9/29- @ HARRY S. TRUMAN
10/6-@ QUAKERTOWN
10/13-VS HATBORO-HORSHAM
10/20-VS C.R. SOUTH
10/27-@ SOUDERTON

Key Starters Lost:
Zyan Greene
Corey Jackson
Nasir Austin
Nick Murillo
Ahmed Kamara

Returning Starters:
SR OL/DL Jake Quinlan, 6'2- 250
SR/OL Gavin Phelan 6'5-265
SR WR/DB Connor Hasson 5'7- 150
SR P Jaxson Dunn 6'2-175
SR OL/DL Thomas Leible 6'6-290

Key Newcomers:
So QB Hollis Sanders 6'2-191



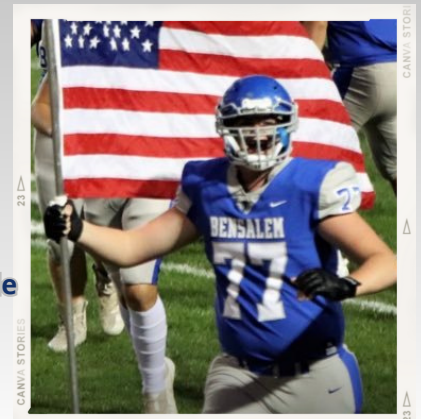
Head Coach
Alexander Houston

Coaches Corner

"Three-year starter Jake Quinlan, a 6-foot-2, 250-pound junior, senior returnees Thomas Leible (6-6, 290) and Gavin Phelan (6-5, 265) are the top offensive linemen. Senior Connor Hasson (5-7, 150) is back at receiver. Sophomore Hollis Sanders (6-2, 191) takes over at quarterback."

"On defense, Quinlan and Phelan are set on the line and sophomores Aiden Mayfield (5-11, 180) and Thomas Bailey (5-10, 180) join Hasson in the secondary."

"Impressive 10th-graders Mayfield and Bailey could be difference-makers on both sides of the ball. Senior punter Jaxson Dunn (6-2, 175) also returns."



Thomas Leible

HARRY S. TRUMAN TIGERS



2022 RECORD: 2-8 (1-5)



Classification: AAAAAA
 Head Coach: Cordero Newkirk

Assistant Coaches:
 Blake Baker-Leon Dodson
 Donald Crawley-Chris Stine
 Jordan Fant-David Gray
 Ken O Connell-Maurice Jackson

2023 SCHEDULE
8/20-vs FRANKFORD (SCRIMMAGE)
8/25- @ C.B. EAST
9/1-@ C.B. SOUTH
9/8- VS ABINGTON
9/14-@ C.R. SOUTH
9/22-VS SOUDERTON
9/29-VS BENSLEM
10/6-@ C.R. NORTH
10/13- @ UPPER DUBLIN
10/20- VS QUAKERTOWN
10/27- VS STRATH HAVEN

Key Starters Lost:
 Rondell Bradley
 Kier Williams
 Kess loenthal
 Wesley Miller
 Ansu Toure
 Timmy Slayton Jr.
 Martins Jemie
 Caleb Wright
 Dante Giannetti
 Eliazar Mercado
 El Vines

Returning Starters:
 Maxx Strong 6'5 Oline senior
 RJ Cox 6'0 LB senior
 Abraham Bataille 6'0 Senior WR/DB
 Khalil King 6'0 WR/DB Jr
 Marshall Kennedy QB

Newcomers to Watch:
 Raheem Bradley So, WR/DB
 Aquil Chapman RB/DB
 Patrick Wojciechowski (OL/DL)



Coaches Corner

Maxx Strong



What are your expectations for your team this year?

"Last year's team went 2-8. As a first-year head coach, I want to build the foundation of our program. We want to play with effort and discipline. We're looking forward to getting better every snap of the 2023 season."

Khalil King

