

VESTAL FIELD HOCKEY SENIOR NIGHT!



**Monday, October 6th
2025**

ALLEY CROWLEY #25

ESCORTED BY: Her parents, Meghan and Kiernan Crowley

NUMBER OF YEARS PLAYING FIELD HOCKEY: 7

FAVORITE MEMORY: Was winning back to back state championships

PLANS FOR THE FUTURE: Alley will be attending Boston University to major in Business and play D1 Lacrosse.

WORDS OF WISDOM: Give 100%, 100% of the time.

THANK YOU: Thank you to my family for all their love and support. A big thank you to my Coaches: Sax, Greenman, Emily, Hannah and Baylee for all your support and encouragement throughout the years.

MESSAGE FROM FAMILY: Alley, we are very proud of you! Your focus and dedication to academics & athletics has helped you achieve your high school goals and will serve you well at the next level....keep grinding! Love, Mom and Dad

ISABEL GONCALVES #13

ESCORTED BY: Her parents, Fernando and Courtney and her brothers, Owen, Luke and Jack

NUMBER OF YEARS PLAYING FIELD HOCKEY: 10

FAVORITE MEMORY: Playing in and winning the 2022 State Championship final game against Garden City knowing how special it was to bring home the WIN for the Vestal Field Hockey Program. I will never forget the excitement among the team on the bus ride home, the welcome back to Dick Hoover Stadium with a police and fire escort, and all the things the town and community did to celebrate it with us.

PLANS FOR THE FUTURE: Attend Susquehanna University to study Biomedical Sciences and play Field Hockey for the Susquehanna River Hawks!

WORDS OF WISDOM: Memories with your teammates are what you are going to look back on. Live in the moment. Laugh together, encourage and support one another and more importantly, have fun together.

THANK YOU: Thank you to Coach Sax, Coach Emily and all the Vestal coaches that have taught me and helped me grow and improve my skills. Thank you to my friends and teammates for making it all more than a game. Thank you to my parents and family for supporting me and cheering me from the sidelines. Special thanks to my Dad for all the amazing photos, videos, reels and song selections!

MESSAGE FROM FAMILY: Isabel, High School has been such an important chapter in your life, but the world is so much bigger than these fields and these halls. As you step forward into college and beyond, your world will expand in ways you can't imagine. You'll be shaped by new experiences, new people, and new challenges. Through it all remember that your true north is already set- it is home, family and is rooted in the kind, compassionate and hardworking person you are. No matter how wide the world becomes, we hope that center will always guide you. Thank you for all the wonderful memories you have given us as Golden Bear!

KARA MALEJS #23

ESORTED BY: Her parents, Sue and Pete and her sister, Maggie

NUMBER OF YEARS PLAYING FIELD HOCKEY: 10

FAVORITE MEMORY: The ride home from States Sophomore year when we were all crying in the back of the bus.

PLANS FOR THE FUTURE: Attend SUNY Oswego to study Early Childhood Education and continue playing Field Hockey.

WORDS OF WIDSOM: Having a bad game or practice might seem like the end of the world but remember you always have the next day to redeem yourself.

THANK YOU: To my parents, thank you for your unconditional love and support, you are part of everything I am today, and I am forever fortunate, and thank you to my sister Maggie for being my best friend through it all. To my teammates, thank you all for being a group of people I can constantly count on, I am thankful for every one of you and wouldn't be here without your encouragement. A huge thank you to Coach Sax, Greenman, Emily, Hannah and Baylee for shaping me into the person, and field hockey player I am today, your advice and guidance will forever stick with me. I am beyond blessed to have learned from the absolute best, a thank you isn't enough, and I will forever be in debt to this amazing program.

MESSAGE FROM FAMILY: Kara, we are so proud of the person and athlete you've become. Field hockey has been such a big part of your life for over a decade, taking us all over New York and even most of Pennsylvania to watch you play. Through every challenge, you never quit on yourself, and we've loved watching you grow into your role on this team. The friendships, memories, and resilience this sport has given you will carry you far. You are a role model to your sister and to the younger players in this program, and we know you'll continue to inspire others. Keep working hard and never change a thing about yourself. We can't wait to see what's next for you as a Laker at Oswego State. We love you so much, Kare Bear! Love, Mom and Dad

Kara,

Thank you for being the best sister I could ask for. I don't know what I would do without you. I wouldn't be the person I am today if I didn't have you. You're the reason I play Field Hockey and I thank you for that every day. Thank you for always being there for me when I needed it the most and I hope college treats you well. Love you lots-Maggie

SUZIE MOYER #24

ESCORTED BY: Her parents, Rob and Meg, sister Hannah, and brother James

NUMBER OF YEARS PLAYING FIELD HOCKEY: 9

FAVORITE MEMORY: Evelyn falling off the bed at the Oneonta camp and us having to knock on the coach's door at 3am, and also Ava getting "state" and "champ" from the claw machine.

PLANS FOR THE FUTURE: Suzie plans to study architecture or interior design and still undecided on what college just yet.

WORDS OF WISDOM: Savor every moment because it goes so quickly.

THANK YOU: Thank you to my family and grandparents for being my biggest support system and coming to every game. Thank you to Coaches: Sax, Greenman, Emily and Hannah and Baylee for shaping me into the player I am today. Thank you to my teammates for being my best friends, I will forever be grateful for you guys.

MESSAGE FROM FAMILY: We couldn't be prouder of you, Suzanne! Your determination, perseverance, leadership skills, and zest for life inspire us. Watching you grow through the highs and lows of high school life and sports has been rewarding. Tonight's senior night holds extra weight as this walk marks our last one together on this field. What an amazing ride it has been. We love you, celebrate all you've accomplished, and look with excitement as the next chapter unfolds! Congratulations to all the amazing seniors, thank you to our extended family for always supporting Suzie, and thank you to the outstanding Vestal Field Hockey coaching staff!

AVA PETERS #7

ESCORTED BY: Her Mom and Dad and Brothers Owen, Parker and Evan

NUMBER OF YEARS PLAYING FIELD HOCKEY: 12

FAVORITE MEMORY: Getting my dogs “state” and “champ”, our good luck charms out of a claw machine on the way to states Sophomore year- and we won.

PLANS FOR THE FUTURE: Ava plans to attend the University of Vermont and play D1 Field hockey while majoring in Biology.

WORDS OF WISDOM: Believe in your process and enjoy every moment.

THANK YOU: Thank you to my Coaches: Sax, Emily, Baylee, Chris, Lunda, Glenn, Greenman, Storer and Sam. To my Mom and Dad and family for being my biggest supporters. Thank you to my teammates for the memories and for being my best friends.

MESSAGE FROM FAMILY: Our little girl, Ava, not so long ago you were chasing butterflies and doing cartwheels on the field. Even with my heels dug in the years have seemingly slipped away, and some things have changed. You are now chasing victories and learning from losses. Over the years valuable life lessons and memories have been made on the field. You play with poise and focus. We recognize all the hours you have poured in. The late nights and weekends, time spent traveling, unfamiliar places- all proving that you are capable, and continue chasing your best through the highs and lows. Ava, you are fun and disciplined, adventurous and reliable. You see the perspectives of others and have continued to reflect on what it means to be a good teammate. We are thankful that you've been surrounded by so many people who have recognized your potential and supported your growth. We are so excited for your final games as a Golden Bear and look forward to cheering for you on the sidelines as a Catamount for 4 more years of Field Hockey! You bring joy to our days, and we are so proud of you- we hope you are too.

As Laura Numeroff, *When You Give a Girl a Pair of Cleats*, writes- soak it all in. The bus rides and playlists, snacks, coaches who want you to succeed, friends you love, teammates that will laugh with you, yell at you, train, win and lose with you. LOVE the long practices, exhaustion and the sound of the whistle that starts the game.

AUBREY ROGERS #19

ESCORTED BY: Her Mother, Lori and her Father, Brandon and her Brother, Luke

NUMBER OF YEARS PLAYING FIELD HOCKEY: 8

FAVORITE MEMORY: Going to the corn maze for team bonding on JV and getting lost even with the cheat sheets Coach Emily told us not to use!

PLANS FOR THE FUTURE: I plan to play softball in college and study Biology or Animal Sciences.

WORDS OF WISDOM: Cherish every moment you get to step on the field, because you never know when it will be your last time.

THANK YOU: Thank you to my mom and my dad, who showed up to all my games, even if they were those chilly, rainy, rec games nobody wanted to be at. Words can't describe how much I appreciate you both for everything you have done for me. Thank you to my brother, who never came to any of my games, despite me going to 90% of yours. It's nice to see you attending my senior night. Thank you to all my coaches, I wouldn't be the player I am today without you guys. You always believed in me when I couldn't believe in myself. And most importantly, thank you to all my teammates. You guys showed me what real sisterhood is. I've never failed to laugh around this group of girls. They are the reason I show up to practice every day. We have built so many memories that will last a lifetime, and I wouldn't want it to be with any other group of girls than this group. I love you guys and can't wait to see the amazing things you do in the future.

MESSAGE FROM FAMILY: Just as we had finally figured out what all the penalties and signals were for, your Field Hockey career at Vestal is coming to an end. Although your senior year isn't what you'd hoped it would be, we couldn't be prouder of you for sticking to a game that no one in the family knew how to help you with...and a game that gave you your fair share of ups and downs. We have been your number one fans since those days of rec Field Hockey when the wins were rare, yet you'd keep going back. That's when we found out you loved the game. We've truly enjoyed every minute. Enjoy your senior night and your senior year with your teammates. Although you're bidding a fond farewell to Field Hockey at Vestal, we hope you keep the door open to possibilities in the future. Congratulations on a great career at Vestal, Aubs. We love you!

EVELYN RYAN #3

ESCORTED BY : Her parents John and Karen, sisters Meredith and Helene and Grandparents Sylvia and Robert Bennett.

NUMER OF YEARS PLAYING FIELD HOCKEY: 13 Years (since Kindergarten)

FAVORITE MEMORY: Winning states both times and also while attending Oneonta field hockey camp she fell out of the four feet tall bed injuring her forehead on the concrete floor and having a goose egg for a week.

PLANS FOR FUTURE: Evelyn has committed to continue her athletic and academic career playing field hockey at St. John Fisher University in the fall of 2026 and plans to pursue her interests in History.

WORDS OF WISDOM: Don't take anything for granted because it all will be gone in a blink. Also, if you are stressed just know, it's seriously never that deep, so honestly just procrastinate it lol.

THANK YOU: I want to first thank my parents for always giving me the best advice and driving us endlessly around the whole state for every tournament or game and getting Chick-fil- a after surge every week! My sisters and the rest of my family for being my whole support system and for always pushing me to be the best version of myself. My best friends because I wouldn't have you guys without this sport and where would I be without you guys. Thank you, Coach Sax for teaching me lessons of this game that I can apply to life. Thank you to Coaches Emily, Hannah, Baylee, Dando, Storer and Greenman because I wouldn't be where I am today without all of you!

MESSAGE FROM FAMILY: To our perfectly middle, Evelyn! Tonight we celebrate you! You have always been the bridge between Meredith and Helene- all three of united by your love of field hockey, lacrosse and good friendships, but you have always remained very much your own person. From the earliest days in the rec league when the fields were still wet with dew on Saturday mornings, you played with a big grin, and a determined spirit. Those days felt more like playdates with goals. Some of your friends/teammates from those early years are still beside you now. That says a lot about who you are: loyal, loving, and a kind of friend people want to grow up with. Evelyn, you are witty, funny, and social but have a quiet strength that shows up in the way you handle adversity, the way you lead by example, and give your all without needing to be in the spotlight. You are kind, but tough. You are loving but fiercely independent. You have been a joy to watch on and off the field. You do it all with heart. We are so proud to see you take the next step and play at St. John Fisher University. We know you'll bring the same passion, strength, and humor to the cardinals. Thank you for the memories, laughter, and the love you pour into this sport and everyone around you. We are proud, not just for the athlete you've become, but for the strong, beautiful, grounded young woman you are. We love you beyond words and will always be cheering you on! Love, Mom, Dad, Meredith and Helene

OUR SINCERE THANKS TO:

OUR COACHES

Vickie Sax, Dan Greenman, Emily Barnard, Hannah Barnard, Sam Schaffer, Baylee Burkhardt, and Tracy Sephton

Our Field Hockey Families

Thank you for your commitment of time and resources to our program

Vestal Central School District

Josh Gannon, Joel Garrison, Zach Smith

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