**2017 Salem News Football all-stars  
Dec 12, 2017**

**PHIL DURGIN**  
**Hamilton-Wenham Senior  
Fullback/Inside linebacker**

One of a team captain's primary goals is to lead by example. Towards that end, few performed those duties better in the fall of 2017 than Durgin, who rarely left the field for the Generals.

As thoughtful and erudite off the field as he was punishing and effective on it, Durgin finished as one of the North Shore's top tacklers with 115. He added an interception, two forced fumbles and, for the second straight season was a First Team Cape Ann League all-star. Durgin had a remarkable 25 tackles in one game against Manchester Essex, the biggest of those a goal line stop that forced a turnover and led to his team's game-winning touchdown going the other way in the waning seconds.

Looking to attend Worcester Polytech Institute and continue his football career, Durgin caught 19 passes for 253 yards and four touchdowns; added 199 yards rushing and a score, and served as the Generals' long snapper. With a 3.6 grade point average, he's as serious a student as he is a student of football.

**JAKE LANCIANI**  
**Hamilton-Wenham Senior  
Wide receiver/Defensive back**

The Generals were blessed with not one, but two elite wideouts to get the ball to in open space. As one of those glue-fingered pass catchers, Lanciani tortured opposing defenses with his smart route running, sharp cuts and nose for finding the end zone.

Lanciani hauled in 33 passes for 601 yards receiving and six touchdowns for the Cape Ann League Baker tri-champions. His nine receptions against Manchester Essex this fall not only tied for tops in the area, but also equaled Hamilton-Wenham's single game record. He also finished with a season-best 129 yards receiving in that contest. Later, in the Division 6 North playoff semifinals, he corralled a 77-yard touchdown pass from running back Ian Coffey on an option play, leading to a blowout victory.

Having also booted a 21-yard field goal this season, Lanciani also picked off two passes in the Generals' secondary. A strong student with a 3.5 grade point average, his goal is to keep playing football in college.

**MORGAN LIPHARDT**  
**Hamilton-Wenham Senior  
Offensive tackle/Defensive tackle**

Stability. It's what Liphardt brought with him onto the field every time he left the Generals' sidelines and parked himself in the trenches and readied himself for another battle.

It's one of the reasons that the 5-foot-10, 215-pounder was named a captain by his teammates, who appreciated his work ethic, relentless commitment to improving himself and doing whatever it took for the team to prevail. A snapshot image of Liphardt was being helped off the field in a playoff quarterfinal against Salem with what looked like a game-ending injury. But less than a quarter later, he was back on the field and as dominant as ever.

Liphardt finished the season with 21 pancake blocks offensively while contributing 28 1/2 tackles and a pair of sacks defensively. He played his best when the stakes were highest, such as in the Generals' dominant victory at Lynnfield in a battle of 6-0 teams. Both his father and Generals' line coach Eddie Melanson have been huge influences on him, and he hopes to keep playing football at the next level.

**CAM PEACH**  
**Hamilton-Wenham Senior  
Wide receiver/Running back/Safety**

In terms of sheer athleticism, Peach may stand alone among his gridiron brethren. Consider that he leaped from the 3-yard line and did a 360-degree flip into the end zone for a touchdown — in a playoff game, no less — simply because he saw someone else do so on Instagram and thought it might be fun.

When the spotlight shone brightly, Peach was there to bask in its glow. He had three touchdowns in both of the Generals' playoff victories (over Salem and Arlington Catholic) and wound up as team MVP and the Cape Ann League Baker MVP. In the aforementioned postseason triumph over Salem, Peach hauled in 217 yards in receptions, one of four occasions he had at least 100 yards receiving.

With 44 catches, 867 receiving yards and 10 touchdown catches, Peach won the Triple Crown for wideouts by leading the area in all three categories. He also ran for six scores and, for good measure, he also had punt returns that went 70 yards and 50 yards, both for touchdowns. His 18 total touchdowns placed him second on the North Shore in scoring with 108 points.

Peach finished his remarkable career with 144 catches, 2,316 receiving yards and 26 touchdown catches (he also ran for 9 scores and finished with 37 total touchdowns). After a post-graduate year of school, Peach has his sights set on playing Division 1 college football.

**BILLY WHELAN**  
**Hamilton-Wenham Junior  
Quarterback**

With the keys to his team's explosive offense in his capable hands, the Generals were virtually unbeatable with Whelan under center. The junior signal caller led Hamilton-Wenham to nine straight victories to open the year and a share of the Cape Ann League Baker title before his season was ended in the Division 6 North title game thanks to a separated shoulder.

Prior to that, Whelan put up some outstanding numbers. He completed 97-of-170 passes for 1,606 yards and 18 touchdowns while rushing for three scores himself. The southpaw threw an accurate deep ball, with touchdown passes to his fellow all-star, Cam Peach, of both 68 and 65 yards, and was deft in getting the ball off in traffic and hitting his receivers in stride.

Whelan threw for 150 or more yards in six of 10 games this fall, including a season-high 307 yards in a playoff win over Salem. He added a career high 19 completions against Manchester Essex, and five times attempted at least 19 passes in a game. The 5-foot-10, 140-pounder is also a terrific student with a 3.5 grade point average.

**2017 Salem News Golf All-Stars  
12/11/17**

**BENJAMIN MEAHL**

**Hamilton-Wenham Senior**

Generals co-captain went unbeaten individually on the season ... Carded a low round of 1-under par for 38 quota points during regular season win at Myopia Hunt Club ... Irreplaceable player for an H-W group that claimed yet another Cape Ann League title ... Selected a first team CAL all-star ... Owner of 3.6 GPA ... Committed to play collegiate golf at St. Lawrence University next fall ... Says his father has pushed him to be a better golfer since the beginning.

**AIDAN DALY**

**Hamilton-Wenham Junior**

Generals co-captain dominated as the No. 1 player on Cape Ann League champion squad ... Held a 31 quota point scoring average ... Compiled a 13-1 individual record ... Selected as a CAL all-star and chosen as Player of the Year ... Fired a season-best 38 points in a 1-under par round at Myopia Hunt Club ... Hopes to play college golf ... Highlights his father as biggest role model.

**2017 Salem News Girls Volleyball all-stars  
Dec 9, 2017**

**LAUREN FLYNN**

**Hamilton-Wenham Senior**

**Outside Hitter**

The Cape Ann League Player of the Year finished her senior season with 233 kills, 40.6 points per set and 251 digs ... Had 27 kills in a 3-2 win against fellow CAL juggernaut Lynnfield ... Was a threat to make something happen any time the ball came her way ... Maintains a 4.1 grade point average ... Her mom, who introduced her to volleyball, is Flynn’s biggest inspiration.  
  
**GRACE LAPIAN**

**Hamilton-Wenham Senior**

**Libero**

Concluded her senior season with a stellar 89.2 service percentage, 227 digs and 2.12 passing score ... Recorded 32 digs in a comeback victory against Lynnfield ... Will be attending Gordon College and hopes to play volleyball there ... Her older brother and biggest inspiration, Will, always reminds her to play hard no matter the circumstances and that being able to play is a gift.

**CECILY SZADY**

**Hamilton-Wenham Senior**

**Middle Blocker**

The Generals captain served at a remarkable 97 percent, stuffed 31 blocks and collected 81 digs in her senior year ... Named to first team all-star in the Cape Ann League ... Had 16 kills in their comeback victory against Lynnfield ... Hoping to play basketball at a four-year college ... Biggest inspiration and reason for loving sports is her mother.

**KATIE HANKIN**

**Hamilton-Wenham Senior**

**Outside Hitter**

Served at a terrific 95 percent throughout the season for the Generals ... Racked up 165 digs and averaged two passes per game ... Finished with the most aces for Hamilton-Wenham ... Named a Cape Ann League all-star ... While her college plans are still unknown, she excels in the classroom as well as the volleyball court by holding a 4.3 grade point average.

**2017 Salem News Girls Soccer All-Stars  
Dec 8, 2017**

**ERIN O'SHEA**

**Hamilton-Wenham Senior**

**Midfield**

The Generals' leading scorer netted ten goals while garnering Hamilton-Wenham Most Valuable Player honors ... Ranked as one of the top dozen goal scorers on the North Shore ... Four-time Cape Ann League all-star garnered first-team All-Conference distinction as a senior ... Scored twice in hard-fought tie with Amesbury ... Had a point on 70 percent of her team's total goals ... Also a solid 800 runner in track and hopes to play in college next year.

**2017 Salem News boys soccer all-stars**

**12/7/17   
  
ALEX RENAUD   
Hamilton-Wenham Senior  
Defense/Midfield**

Generals captain provided seven goals and seven assists on the year ... Selected as a Cape Ann League first team all-star ... Tallied two goals and two assists in a league win over Amesbury ... Versatile player who contributed on both ends of the field for a tremendously strong defensive H-W squad ... Terrific student carries a 4.24 GPA on a 4.3 scale ...  Plans to attend college somewhere in New England ... Credits his former teammates and captains for shaping him into the player he is today and helping him become a better leader.   
  
**NICHOLAS ONG  
Hamilton-Wenham Senior  
Midfield**Led a defensive-minded Generals team with six goals ... Selected as a Cape Ann League all-star ... More than did his part at midfield to help the Generals allow the least amount of goals in the CAL ... Helped his squad clinch a tournament berth for the third consecutive season ... Netted the game-winning goal against Triton in just his first game back from injury ... Team captain ... Plans to either attend UMass Amherst or play Division 3 collegiate soccer somewhere else ... Holds a 3.3 GPA.

**2017 Salem News Girls Cross Country all-stars  
12/6/17  
  
ANNA CASSIDENTO  
Hamilton-Wenham Senior**  
  
A big reason why Generals went was undefeated for 13th straight season... No. 2 runner was 8th at Cape Ann League 3K championship in 20:09 ... Turned in best performance of season at Division 5 Eastern Mass. Meet by taking 14th in 5K in 20:12 ... Was 40th at Division 2 All-States in 20:15 to help Generals place 5th ... Took 12th at Bay State Invitational ... Finished 4th at Frank Kelley Invitational in 12:01 ... Carries 3.8 GPA and plans to keep running for a Division 3 college while studying mechanical engineering ... "My past captains set a great example of what a strong, committed cross country runner looks like. They helped me love the sport."  
  
**REBECCA ERHARD  
Hamilton-Wenham Senior**  
  
Team's No. 1 runner played big part in keeping unbeaten string going for 13th straight season ... Was 3rd at CAL championship in 19:30 ... 8th at Division 5 Eastern Mass Meet in 19:20 ... 21st at Division 2 All-States in 19:38 ... 5th at Bay State Invitational in 19:36 ... 2nd at Frank Kelley Invitational in 11:49 ... CAL and Eastern Mass All-Star ... Carries 4.02 GPA and wants to continue running career at a Division 2 or 3 college while studying accounting/economics ... Says coach Steve Sawyer has really had a positive impact ... "I'm so grateful to have someone, who always pushed me and supported me for four years of running."  
  
**GAYLAN RYUS  
Hamilton-Wenham Freshman**  
  
No. 3 runner on team ... Helped Generals keep unbeaten streak alive at 13 straight seasons ... 14th at CAL championship in 21:00 ... Ran 20:29 at Division 5 Eastern Mass Meet to place 18th ... 20:47 at Division 2 All-States to help team finish 5th ... "My captains, teammates, and coaches have been the biggest influences in my athletic career, helping me fulfill my potential and constantly supporting me."

**2017 Salem News Boys Cross Country all-stars  
12/5/17**

**JAKE STURIM  
Hamilton-Wenham Junior**Generals' No. 1 runner all season ... Finished 23rd at CAL championship in 17:27 ... Was 29th at Division 5 Eastern Mass. in 17:26 ... Ocean States 5K time of 17:26 for 4th place ... GPA is 3.78 and plans to study engineering or computer science in college while running cross country and track ... Influenced by Michelle Horgan ... "Her energy at the meets is louder and more motivating than any other spectator."

**2017 Salem News Field Hockey all-stars  
Dec 4, 2017**

**CALLIE FLANAGAN**  
**Hamilton-Wenham Senior  
Goaltender**

Cape Ann League All-League selection after earning CAL all-star accolades as a junior ... Won MIAA Sportsmanship Award ... Captain from Wenham was last line of defense for Generals and kept her team in majority of games with her outstanding play ... Athletic and anticipated shots well ... Had stellar performance in season opener against perennial power Manchester Essex ... Will continue her field hockey career in college at Mount Ida ... Inspired by English international goalkeeper Maddie Hinch, who has inspired her to push herself beyond her limits while standing the same height (5-foot-3) as Flanagan.

**H-W's Peach, Lanciani, Ipswich's Spinale snare CAL Baker awards  
Nov 29, 2017   
Updated Nov 30, 2017**

Three squads wound up sharing the Cape Ann League's Baker Division title so it's only fitting that Hamilton-Wenham, Ipswich and Lynnfield also shared the spoils of conference's annual awards.

Senior Cam Peach of H-W was voted the Baker's overall MVP while teammate Jake Lanciani took home Special Teams Player of the Year honors. Ipswich senior Peter Spinale was the Baker Lineman of the Year while Lynnfield's Nick Kinnon and Matt Mortellite shared the Offensive Player of the Year award.

Robbie Sarmanian of Manchester Essex was the Baker Defensive Player of the Year.

Ipswich's Kevin Fessette, who led the Tigers to their first league title in 11 seasons and their third straight winning season, was named Baker Coach of the Year.

In the Kinney Division, North Reading's Jake Bedell was the overall MVP. Masconomet senior Aiden Greenslade was voted Kinney Lineman of the Year while the Defensive Player of the Year honors went to Newburyport's Owen Bradbury and Triton's Tommy Lapham was Offensive Player of the Year.

North Reading's Jeff Wall earned Kinney Coach of the Year honors.

The league all-stars, voted by division, were as follows:

**Hamilton-Wenham**: Senior wide receiver and defensive back Cam Peach; senior running back and linebacker Phil Durgin; junior quarterback Billy Whelan, senior wide receiver, defensive back and kicker Jake Lanciani; sophomore running back and defensive back Ian Coffey.