

## LACROSSE



MICHAEL LAUGHLIN/SUN SENTINEL

### PLAYER OF THE YEAR

# Dylan Frankhouser

Jupiter senior won 85 percent of faceoffs this season, added eight goals

Jupiter's Dylan Frankhouser is headed off to the United States Air Force, but not until after he helped the Warriors soar to a second straight FHSAA Final Four appearance in boys lacrosse. "We lost 17 seniors from last year's team, so it took a lot of hard work," Frankhouser said. "We had a lot of young kids, and a lot of new faces, but a lot of kids found out their roles throughout the season and they put in the work and figured out what they had to do to get on the

field for playing time." There was little doubt that Frankhouser would be on the field. The senior captain led Palm Beach County in all face-off related statistics for the past 2 seasons.

In 2018, the two-time All-American was the MVP of Jupiter when it became the first public school to win the FHSAA

state championship team. This season, Frankhouser was again named team MVP after winning 313 of 370 faceoffs (85%) and 214 ground balls. For his career, he has more than 900 faceoff wins and 500 ground balls. Frankhouser, who also had 8 goals and 11 assists for the state semifinalist, is this year's Sun Sentinel Palm Beach

County boys lacrosse player of the year.

A snapshot of his career at the X came in the regional final against Cardinal Mooney when they trailed by three goals with 1 minute, 30 seconds remaining and he kept winning faceoffs to rally Jupiter to an overtime win. He nearly did the same against eventual state champion Ponte Vedra in the state semifinal.

"You feel the adrenaline, but I just feel like I am in this one stage where I am locked in," Frankhouser said. "I feel like I am on top of the world and nothing can really beat me at that point. I am glad we won state last year and made it to the state semifinals this year. I am happy I played a part in putting Jupiter

lacrosse on the map."

Jupiter coach Nick O'Hara called Frankhouser the engine of the team.

"Our success on both ends of the field was dictated by Dylan's success at the face-off X and he cemented his legendary status in JHS history by winning the last five faceoffs in our regional final comeback win against Cardinal Mooney," O'Hara said.

"After being down three goals with 1:30 left in regulation," O'Hara continued, "he also fueled our comeback in the state semifinal game in which we found ourselves facing a 7-1 deficit. Simply put, he has been a beast at the X for four seasons."

Gary Curreri

### FIRST TEAM

**Louie Adams, D, Saint Andrew's junior:** US Lacrosse All-American; finished with one goal and one assist, along with 49 groundballs.

**Matt Adams, A, Saint Andrew's senior:** Amherst College signee excelled behind the net, dishing out 49 assists while scoring 27 goals.

**Connor Davies, A, Oxbridge Academy senior:** Providence signee had 41 goals, 58 assists to set a school record for points with 99.

**Camden Etten, A, St. John Paul II Academy junior:** The team captain has more than 200 career points; finished with 63 goals, 37 assists.

**Jack Kilian, M, Oxbridge Academy senior:** All-American and Providence College signee tallied 25 goals, and 28 assists.

**Michael Lizzio, M, Saint Andrew's junior:** North Carolina commit scored 32 goals and dished out 24 assists.

**Kurt Pelchen, D, Jupiter junior:** Warriors' defensive player of the year had one assist, 41 ground balls and caused 36 turnovers.

**Devon Rasmus, M, Jupiter junior:** Towson University commit; scored 37 goals, 15 assists, and added 26 ground balls.

**Christian Tomei, G, Oxbridge Academy senior:** Ohio State signee finished with 221 saves; All-American, All-State; Team USA U19 invitee.

**Zander Valentini, D, Benjamin junior:** Team captain and team MVP; Athletic All American scored two goals.

### SECOND TEAM

**Thomas Dean, Dwyer, Sr., M; Eric Diano, American Heritage-Delray, Sr., D; Wyatt McMeekin, St. John Paul II Academy, Jr., G; Anthony Molle, Saint Andrew's, Sr., A; Trevor Natalie, Benjamin, So., A; Griffin Phillips, Jupiter Christian, Sr., M; Reece Riccardo, Oxbridge Academy, Jr., A; Max Sanderson, Jupiter, So., M; Nick Shannon, St. John Paul II, Sr., D; Cameron Stovel, King's Academy, Sr., D**

### HONORABLE MENTION

Benjamin: Blake Chami, Bryce Kendrick, Andrew Pagano; Boca Raton: Jameson Burmeister, Alex Dunn, Ryan Eisenmann, Max Martin; Cardinal Newman: Tomasso Keough, Michael Sabatello; Dwyer: CJ Cerniglia, Ryan Kerr; King's Academy: Aiden Aitken, Trace Hogan, Michael Kolkans; John I. Leonard: Jaded Cruz, Julian Perez; Jupiter: Chris Radice, Trevor Sousa, Kai Stampar; Jupiter Christian: Behailu Gooley, Caleb Southard; Oxbridge Academy: Winny Cerasuolo, Ryan Conforti, Erik Parry, Liam Storkerson, Zac Weibel; Park Vista: Boyd Lane; Saint Andrew's: Sean Jordan, Harrison Konsker, Anthony Molle, Max Schwarz; St. John Paul II Academy: Brandon Balshi, Mason DuBois, Charlie Shannon, Frank Trimboli; Suncoast: Colton Finley, Shane Freidman, James O'Neill, Jack Regnery; Wellington: Refugio Perez; West Boca: Reed Cook.

### COACH OF THE YEAR

**Nick O'Hara, Jupiter:** Despite graduating 12 seniors from last year's state championship team. O'Hara guided the Warriors to state semifinal where they fell to eventual champ Ponte Vedra. "It was a great year for Jupiter lacrosse, building upon the success of our 2018 State Championship team. This year our players and coaching staff performed with great determination and unmatched resiliency. We had a special group of young men that came up just short of their ultimate goal, but should be extremely proud of their accomplishments."



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### PLAYER OF THE YEAR

# Caitlyn Wurzbarger

American Heritage-Delray junior finishes year with 103 goals, 103 assists

With one year remaining in her high school lacrosse career, Caitlyn Wurzbarger is in rarified air.

Wurzbarger, who just finished her junior year at American Heritage-Delray, helped lead the Stallions back to the state final four for the third time in four years. American Heritage, the 2018 girls state champion, came up short falling to Lake Highland Prep, 10-6 in the state semifinals.

The UNC commit wound up the year with 103 goals and 103 assists, the fourth consecutive year that she has topped the century mark in both categories. It also marked the fourth consecutive year that Wurzbarger has

garnered Sun Sentinel Palm Beach County girls player of the year honors.

"It's a big honor," said Wurzbarger, the top-ranked player in the nation, according to *Inside Lacrosse Magazine*. "I like having the pressure on me

being a leader on the team. I think getting better every day and trying to keep on myself, instead of other people. I am my harshest critic and I think my dad is also a big critic of mine too sometimes. I think that has really pushed me to get to the next level in my sport."

"It is all about being your best self every time you go on the field," said Wurzbarger, who also had 30 ground balls this season and won 70% of her faceoffs. "You have to show up to every game like it is your last. Losing the last game to Lake Highland was hard for us, but I think it is really going to motivate the team coming back."

In her five-year career at the school, she has scored 467 times and dished out 485 assists. The lone year she didn't crack the century mark in both was in her seventh-grade year — when she scored 58 times and had 42 assists in just 11 games.

American Heritage-Delray coach John McClain said Wurzbarger, who also has been selected for the USA U19 training team, is an anomaly.

"A player like her comes around once every 10 years," McClain said. "She makes everyone around her better."

Gary Curreri

### FIRST TEAM

**Jenna Byrne, A, Benjamin senior:** Rutgers signee scored 64 goals, 28 assists, 38 ground balls and caused 25 turnovers.

**Allegra Catalano, A, American Heritage-Delray senior:** Louisville commit tallied 86 goals and 28 assists this season.

**Kelly Denes, M, Cardinal Newman junior:** Scored a career-high 73 goals and 34 assists for Crusaders, had 103 draw controls.

**Molly Erneston, D, King's Academy senior:** Ohio State signee scored 58 goals, 13 assists, 80 ground balls, caused 15 turnovers.

**Kylie Hazen, A, American Heritage-Delray junior:** Georgetown commit scored 56 times with 24 assists and 21 ground balls.

**Hanna Hilcoff, M, Benjamin senior:** Oregon signee had 123 draw wins and caused 19 turnovers; posted 42 goals, 30 assists.

**Megan Mangines, M, American Heritage-Delray senior:** Louisville signee scored 28 goals, 5 assists and caused 14 turnovers.

**Chloe Provenzano, G, American Heritage-Delray junior:** Harvard commit had 3.6 goals-against average, .606 save percentage.

**Kaitlyn Trainor, M, St. John Paul II Academy senior:** Team captain signed with Fresno State; scored 75 goals, 42 assists.

**Ashley Turner, A, Benjamin senior:** Ohio State signee scored 67 goals and dished out 42 assists; also had 18 ground balls.

### SECOND TEAM

**Ainsley Malamala, Benjamin, Sr., D; Anna Palmisano, American Heritage-Delray, Jr., M; Sara Palmisano, American Heritage-Delray, Jr., A; Brooke Papenfuss, Cardinal Newman, So., A; Jordan Remer, American Heritage-Delray, Jr., D; Ali Savage, Benjamin, Sr., D; Nicole Scroggie, American Heritage-Delray, Jr., M; Skylar Simmonds, Oxbridge Academy, Sr., A; Alyssa Vitale, Benjamin, Jr., GKP; Callie Zoeller, Oxbridge Academy, Sr., M**

### HONORABLE MENTION

American Heritage-Delray: Sarah Allen, Casey Roberts, Payton Wainman; Benjamin: Ella Hayes, All Savidge, Gwen Savidge, Alexis Tadros; Boca Raton: Fallon Mears; Cardinal Newman: Claire Borland, Kate Borland, Piper Fendrich, Mackenzie Porter, Holly Pruitt; Dwyer: Delaney Callahan, Madi Norckauer, Tori Perez; King's Academy: Andrea Orozco, Juliana San Lucas, Serena Selk, Cami Van Wart; Olympic Heights: Jessica Budin, Sophia Santana; Oxbridge Academy: Hallee Plummer, Emma Quattlebaum, Lucy Ream, Mackenzie Wainman; Palm Beach Central: Talia Pondiscio, Mackenzie Sheedy, Ginger Stein; Park Vista: Mya Carrillo, Gloria Oh, Marely Reyes; Saint Andrew's: Maggie Brent; St. John Paul II Academy: Delaney Brannon, Megan D'Antuono, Daniel Farinas, Madison Kennedy; Spanish River: Alise Penbeer; Suncoast: Lilly Bedard, Gabi Gonzalez, Catherine Lindsay, Anna Spivey; Wellington: Hayley Alfonso, Isabella Jones, Morgan Stout, Ana Stowell.

### COACH OF THE YEAR

**Sara Burlingame, Benjamin:** Led the Buccaneers to their first state championship game and first appearance at final four since 2009. The team finished the season 16-5. "I am so proud of my team and their consistent effort, dedication, and determination to finish strong this season. I am also proud of our team's leadership and vision."