



2025 FALL SPORTS
Superintendent's
Interscholastic Athletics
Advisory Council

Farmington High School River Hawks





2025 Cheerleading

Head Coach: Courtney Martin



River Hawks Cheerleading

- Brought the SPIRIT and PEP to all HOME Football Games
- 100% Growth in Participation
- Sunts, Tumbling and Fundamentals!
- Pep Rally & School Spirit!





2025 Boys' Crew

Head Coach: Adam Askham



River Hawks Boys' Crew



- Growth, Depth and Standout Results!
- Won the Mahoney Cup and Guardian Chase
- Top 15 Performance at Head of the Riverfront and New England Regionals





2025 Girls' Crew

Head Coach: Kirsten Preskenis



River Hawks Girls' Crew

- Highly Successful Fall Season
- 2nd Place finish Guardian Chase
- Competed at the Head of the Charles
- Season defined by team culture, competitive focus and strong camaraderie!





2025 Boys' Cross Country

Head Coach: Brendan Zeng



River Hawks Boys' XC



- 12-6 Overall Record
- Best record 10+ years
- 7th CIAC Class L Championship
- 3 All-Conference Athletes





2025 Girls' Cross Country

Head Coach: Brendan Zeng

River Hawks Girls' XC

- 16-2 Overall Record
- CONFERENCE CHAMPIONS
- Undefeated Dual Meet Regular Season
- 2 Athletes Qualified for State Open
- 3 All-Conference Athletes





2025 Field Hockey

Head Coach: Meghan Murphy-Nagle



River Hawks Field Hockey



- 10-3-1-2 Overall Record
- 1 of 4 teams qualify for CCC Championship!
- CIAC Class M Qualifier
- 3 All-Conference, 2 All-State





2025 Football

Head Coach: Chris Machol



River Hawks Football

- 4-6 Overall Record
- Losses came to Top 10 teams
- Big COMMUNITY WINS at Black Out Game and Homecoming
- RETAINED home the Olde' Canal Cup
- 5 All-Conference Athletes





2025 Boys' Golf

Head Coach: Sean Mongillo



River Hawks Boys' Golf



- 5-11 overall record
- Consistent IMPROVEMENT
- 2nd in CCC Conference Championship
- Improved seeding in CIAC Division I State Tournament
- 2 Golfers Named All-Conference





2025 Boys' Soccer

Head Coach: Nick Boorman



River Hawks Boys' Soccer

- 15-2-3 Overall Record
- CCC Division Champion
- Undefeated Regular Season
- Wins over Hall, Glastonbury and Xavier
- #3 Seed in CIAC Class LL Tournament
- 6 All-Conference Athletes
- 2 All-State Athletes
- 1 All-New England Athlete





2025 Girls' Soccer

Head Coach: Chris Lepak



River Hawks Girls' Soccer



- 16-4 Overall Record
- #1 Seed in CCC and CIAC State Tournaments
- Lost in CCC Semifinals to Simsbury
- Lost in CIAC Quarterfinals to New Canaan
- 5 All-Conference Athletes
- 1 All-State Athlete





2025 Girls' Swimming & Diving

Head Coach: Scott Ferrigno





River Hawks Swimming & Diving

- 9-1 Overall Record
- 2nd Place in CCC Division Championships
- Strong Senior Leadership combined with well balanced roster
- Lexi Sardinas RECORD BREAKING inaugural season!
- 7 All-Conference Athletes, 1 All-State



River Hawks Unified Sports



- Exciting and Rewarding Season of Unified Soccer!
- Participated in tournaments at East Hartford and Conard High Schools
- Teamwork, sportsmanship and ENTHUSIASM!





2025 Girls' Volleyball

Head Coach: Laura Arena



River Hawks Girls' Volleyball

- 19-8 Overall Record
- Semifinalist in Central Connecticut Conference Tournament
- Semifinalist in the CIAC Class LL State Tournament.
- Signature moment = Class LL Quarterfinals @ Simsbury
- 3 All-Conference Athletes
- 1 All-State Athlete



Winter Sports 2024-2025 UPDATE



Winter Sports Offerings

- Boys' & Girls' Basketball
- Cheerleading
- Gymnastics
- Boys' & Girls' Ice Hockey
- Boys' & Girls' Indoor Track
- Boys' Swimming & Diving
- Unified Sports (Basketball)
- Wrestling



Spring Sports 2025 UPDATE

Spring Sports Offerings

- Baseball
- Boys' & Girls' Crew
- Girls' Golf
- Boys' & Girls' Lacrosse
- Softball
- Boys' & Girls' Tennis
- Boys' & Girls' Outdoor Track
- Unified Sports (Track & Field)
- Boys' Volleyball





Quality Program Award

- **Began:** June 2023
 - **Completed:** April 2025
 - **Recognized:** December 2025
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- National Interscholastic Athletic Administrators Association
 - QPA designed to help AD's identify strengths, uncover areas where we can improve and create a plan for long term growth!
 - 3rd High School in the State of Connecticut, Top 4% in the Nation



QUALITY PROGRAM ASSESSMENT

SET THE STANDARD FOR
ATHLETIC PROGRAMS





HAPPY HOLIDAYS

**FARMINGTON
HIGH SCHOOL
ATHLETICS**