

# BEAR DOWN!

QCS Athletics Newsletter

March 2024



Quakertown Christian School is a proud member of the Atlantic Coast Christian Athletic Conference (ACCAC).

## Scoreboard Fundraiser

Again, we want to thank Boosters and donors (see insert) for allowing us to play the 2023-2024 Basketball season with two new, beautiful scoreboards!



QCS' Senior Basketball players, with one of two new scoreboards behind them. (L-R) Steven Detweiler, Winnie Njunge, Marcus Ridley, Drew Moyer, Grace Williams, Cody Roth, Selena Smith, and Josh Cavalea

## Winter Sports Wrap-Ups

### Middle School Girls' Basketball

From Head Coach Jeff Tomlinson

Wow! As coaches, we were truly blessed with such a group of players. The MS Girls' Basketball team was just that, "a team." From the first day of practice to the end, the players took care of each other. We, as coaches, were proud to walk into any gym and play any opponent with this team. The MS girls truly exemplify the conduct and behavior expected by QCS and the ACCAC.

Even when confronted with others who didn't show that same character, the MS girls never wavered in their belief of playing and acting in the right manner. It honestly changed an old man who was their coach in how I handled and interacted with opposing coaches and referees. I am a better person for

having the experience of coaching this year's MS girls' team. As I said to the team before our loss to Upper Bucks in round 2 of the ACCAC playoffs, this group as constructed will never be together again. Win or lose, make sure you take care of your teammates and enjoy the ride.

We had a few modest goals to start the season. One was a winning record in league play. Another was hosting a home playoff game. Finally, we wanted to win a playoff game and advance to round two. These goals were accomplished through hard work, caring for each other, and being committed to the team. We also discussed what it meant to be on the BEARS.

B – Believe: believe in yourself, believe in your teammates.

E – Effort: give your full effort to what was in front of you; whether in the classroom or on the floor playing basketball. We reminded the players that *they* control their effort. It's easy to blame others and hard to accept that nobody controls your effort but you.



Grace Tyahla shoots a 3 while Maddy Peck and Madi Bruch look for the rebound



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**A – Accountability:** to themselves, to teammates, to friends and family. We reminded them it is easy to blame someone else for a mistake (or turnover). It is hard to take accountability to say to yourself “what could I have done to help avoid it?” As the players began to understand and accept accountability, we as coaches could see a change in how they managed their emotions. They now controlled the situation instead of letting it control them.

**R – Respect:** respect for themselves, their teammates, the opposing team, the referees, and most importantly respect for their family and loved ones who supported them on and off the court. Respect was a core component of this team.

**S – Sacrifice:** sacrifice the open shot for a teammate in a better position to shoot. Sacrifice their time and care for others less fortunate. Appreciate the sacrifice of family and supporters who got them to practice, picked them up from practice, came out to the games and cheered.



The 2023-2024 MS Girls' Basketball Team

Throughout the season, there were so many high points to reflect upon; including a home win against Calvary Baptist in overtime. It would be too dramatic to say the MS girls were stunned they won, but the

joy (and relief) in their eyes as they came off the court left me speechless. I knew that this would be a special season.

When we won the first round of the playoffs at home, I again saw that joy in their eyes as they came off the court. When we lost to Upper Bucks in round two of the playoffs there were no tears. No dejection. They had grown up and matured in knowing it was one game, one snapshot in time, and they would have a chance in future seasons to overcome this loss. I was uplifted by how they handled themselves. In the end they truly represented everything we had agreed on in being the B.E.A.R.S.

There were a lot of individual achievements too, but in the spirit of the B.E.A.R.S. we prefer to speak about the team and the total team accomplishments. This team has left a legacy for future MS girls' basketball teams to aspire to in their own time.

We are proud to have the opportunity to coach the MS girls' basketball team. To those moving on to the varsity team next year we wish only the best. For those players who are returning to the MS girls' basketball team, the challenge has been put in front of you by this year's team: be yourself; and be that, well.

## Middle School Boys' Basketball

In the interest of not “burying the lead...”

## The 2023-2024 QCS MS Boys are the Champions of the ACCAC.

They went undefeated in league play; their only loss being by 3 points, on the road, to a Bicentennial Athletic League opponent.

They finished with 15-1 in the regular season; including the playoffs they went 18-1.



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First-year Head Coach Vince Sturdevant, with expert and experienced help from assistants Rodney Ridley and Josh Goodin, led a group of boys with significant advantages in talent, height, and age. All-Conference selections Isaac Ridley and Aaron Slimm led the Bears, who also received solid contributions from Ayden Black and James Klarsch as dangerous outside shooters, and the versatile Micah Roth, cracking the starting lineup as a 7<sup>th</sup> grader.



Ben Kulp blocks an opponent's shot while Mason Diehl (12), Isaac Ridley (35), and Micah Roth (15) hunt for a rebound

Newcomers Danny Parrish and Ben Kulp, when added to the returning players listed above, gave the Bears an unmatched blend of size and experience. QCS was able to start (4) 8<sup>th</sup> graders, and pull (3) 8<sup>th</sup> graders *off the bench*.



The 2023-2024 MS Bears hoist their ACCAC Championship Trophy

These Bears won QCS' first ever league championship since QCS joined the ACCAC; and it's the school's first championship in since 2014.

## High School Girls' Basketball

*From Coach Kevin Tomlinson:*

"Keep shooting, girls. Keep shooting." Over and over again, we reminded the girls to take the open shot. With that comes an understanding that even the best players might make roughly half their shots. That means that in basketball, as in life, there will always be ups and downs, where a few shots here or there can drastically affect results. What we're incredibly proud of, though, is that our girls get up and keep taking those shots. Those reminders, along with the efforts put in each day by everyone connected with the QCS Girls' basketball, proved that our team 'Trusts the Process' in moving the entire program forward.

Growth and success are rarely linear. With our movement forward, there are ups and downs, just as there are in life's many endeavors. That lesson became evident to our girls when our season ended abruptly and short of our hopes. That final playoff game doesn't define our season or our progress forward, but rather serves as a reminder for the work that still lies ahead.

As we move into the offseason, we look at many notable improvements. The Bears went from last place to 3rd place. Two wins to nine wins (and three losses by three points or less!). We recognize three starters receiving All-Conference recognition, and others that deserved consideration. Our girls finished 2nd and 3rd in our first ever tournaments, and hosted the first home playoff game in program history. We were thrilled the girls got to experience that atmosphere in front of their friends and family.

Comparing the numbers from last year to this year affirms that growth throughout the program. Across



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three league games in our first year, the Bears scored a combined 23 points in losses to Salem, Upper Bucks, and Valley Forge. This year, we scored 111 points in three of our games against those same opponents, coming up with two wins and a nail-biting one point loss to the eventual champion, Upper Bucks. Against Valley Forge, we lost last year 43-6 in what Mrs. T dubbed “The Lunch Table” game, as we were recruiting players to join the team during lunch. This year, a 41-32 win against the same opponent, with stellar defense against the league MVP, highlighted a key part of our season. All of those evenings spent conditioning, the open-gym practices over the holidays, and the extra efforts put forth by our girls contributed to that growth and success.

seemingly bought into “the Process.” They accepted the direction of the coaches, even if there was some reluctance. They showed good sportsmanship by checking in on injured opponents. They showed flexibility as we implemented new plays, strategies, and ideas, often with limited practice time. They showed maturity in accepting changing roles throughout the season. They learned to accept decisions from the officials and let the Tomlinsons try to argue calls - albeit unsuccessfully. They showed a true bond as they repeatedly asked Mrs. T to organize a get-together to go bowling. They ultimately left the Tomlinsons incredibly proud to be their coaches, regardless of the outcome on the scoreboard.



Forward Winnie Njunge hits a layup during QCS' HS Girls first-ever playoff win



Guard Nikki Diehl slashes to the net

Most importantly though, we're proud of our girls' commitment to do things the right way. They have

To our Seniors, thank you for being an integral part of what is being built within QCS basketball. While we wish we had more time with you on the court, you're always Bears, and we can't wait to hear about



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the amazing things you accomplish in life's next steps.

Our "Bears on 3" cheer takes on new meaning next year as we look to our third season together. We look forward to the workouts, practices, games, tournaments, and ultimately the growth that is still yet to come. Thank you to the players, parents, and entire QCS family for supporting our girls this season. Girls, as we enter the offseason, it's officially your time. BEARS ON 3!



2023-2024 HS Girls Basketball Team

## High School Boys' Basketball

A special group of boys had a special season, marred by adversity that had real impacts on traditional measures of success. But they persevered. They fought hard. They developed friendships, made memories, and led QCS' basketball program to unprecedented heights.

The core of Senior leaders; Drew Moyer, Marcus Ridley, and Cody Roth, returned. They've been starting together since their 8<sup>th</sup> grade year. All three had excellent seasons and were selected as All-Conference by the ACCAC.



Senior guard Marcus Ridley cuts through the defense for 2

The year began with an emphatic 70-47 win against Salem Christian for homecoming.

The Bears welcomed skilled newcomers like Mike Parrish and Matt Weikel. They picked up their first-ever in-season tournament win against Upper Bucks at the Rich Leister Memorial Tournament. For the 2<sup>nd</sup> year in a row, they defeated the defending league champion (Calvary Baptist) in the regular season.

A tremendous individual and team accomplishment was reached this year. Against West Chester Christian on 2/6, Senior Center Drew Moyer became QCS' first-ever 1,000 point scorer. It was a tremendously exciting experience as spectators counted down in stands. Drew needed 11 points going into that game to make it – we didn't know if he was going to hit it in the first quarter or the 4<sup>th</sup> – but he stormed out of the gates with 10 1<sup>st</sup> quarter points and hit 1,000 early in the 2<sup>nd</sup> quarter. As he did on so many of QCS' baskets over the years, point guard Marcus Ridley provided the assist.



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With this layup, Drew Moyer scored career points #1,000 and 1,001.



Drew takes a moment to celebrate his 1,000<sup>th</sup> point with his parents, Nate & Denise, and present mom with the ball.

Although they lost starter Mike Parrish to a season-ending injury in January, the Bears finished the regular season as the #2 seed heading into the

conference playoffs. For the 2<sup>nd</sup> year in a row, they hosted Lehigh Christian in the first round. Despite Lehigh's dangerous 3-point shooting, the Bears played a team game on offense and defense and won, 50-36. Unfortunately, Drew sustained an ankle sprain late in the game, and missed our round 2 playoff game against Valley Forge. Last year, a stomach bug swept through the team, contributing to an early round 2 exit for the Bears. This year, two injuries to starters proved too much to overcome on the scoreboard. Nevertheless, the Bears played *As One*. All season long they played relentless defense. They attacked the basket with fury and improved their outside shooting game also. Most of all, the laid the cornerstone, the foundation of QCS' basketball program through consistent high effort and excellence. These boys were the pioneers and trailblazers for every group that is to follow. No matter the difficulty of the task ahead of them, time after time I asked them to *Bear Down!* and do their best, as if playing for the Lord and not for themselves. Before every game I challenged them to remember who they represent when they took the court – their Lord, their families, their coaches, their school. They are an unforgettable and special group of young men.



2023-2024 HS Boys Basketball Team



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QCS thanks businesses and individuals who so kindly and graciously donated to our scoreboard fundraising efforts!

## Legend Sponsors:



## All-Star Sponsors:



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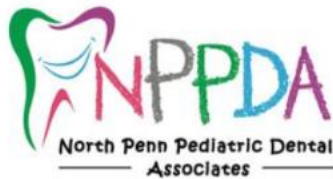


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## Champion Sponsor:



## Captain Sponsors:



The Moore  
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## Spring Sports Previews

### **MS Girls' Soccer**

Coaches Kacie Peters and Jeff Tomlinson return to lead a large, enthusiastic, and athletic group onto the pitch this season. Many returning players, including Aurora Slimm, Zoe Roth, and Grace Tyahla, make for a team with great potential.

### **HS Boys' Volleyball**

The ACCAC recognized the growth of Boys' Volleyball this year and made it a league-recognized sport for the first time. The Bears are excited to compete with Calvary Baptist and Salem Christian for the first-ever ACCAC Boys' Volleyball Championship. The Boys also take on a challenging slate of non-conference opponents in Lansdale Catholic, Conestoga High, Coventry Christian, and Lincoln Leadership.

The Bears are led by a dynamic, motivated core of Senior players including Cody Roth, Micah High, Ethan Flack, and Drew Moyer. The Bears' hitting this year will inspire fear in many opponents - and volleyballs.

### **MS & HS Boys' Baseball**

The MS & HS Boys will co-op with nearby Upper Bucks Christian for baseball again this spring. One of the merged squads has won the league championship each of the last two years, so with returning players like Aaron Slimm (MS) and Marcus Ridley (HS), hopes are high.

### **MS Girls' Soccer Season Schedule**

3/14 @ Calvary Baptist, 4pm  
3/22 @ Windsor Christian, 4:00  
4/4 [home] v. Calvary Baptist, 4:00  
4/9 [home] v. Salem Christian, 3:30  
4/11 [home] v. Windsor Christian, 4:00

4/15 @ Valley Forge Baptist, 3:45  
4/18 @ Upper Bucks Christian, 3:45  
4/25 [home] v. Upper Bucks Christian, 3:45  
4/30 @ Salem Christian, 3:45  
5/6 & 5/7: ACCAC Playoffs round 1 (schedule/sites TBD)  
5/9 ACCAC MS Girls Championship Game @ Salem Christian, 4pm

### **HS Boys' Volleyball Season Schedule**

3/12 [home] Scrimmage v. Lansdale Catholic, 5pm  
3/14 @ Calvary Baptist, 4:00  
3/19 @ Salem Christian, 3:45  
3/25 @ Lansdale Catholic, 5:00  
4/4 [home] v. Calvary Baptist, 4:00  
4/5 @ Lincoln Leadership, 4:00  
4/9 @ Salem Christian, 3:45  
4/11 [home] v. Lincoln Leadership, 4:00  
4/22 [home] v. Conestoga, 4:30  
4/23 [home] v. Dock Mennonite JV, 4:00  
4/26 [home] v. Coventry Christian, 4:00  
4/29 @ Calvary Baptist, 4:00  
4/30 @ Salem Christian, 3:45  
5/6 & 5/7: ACCAC Playoffs round 1 (schedule/sites TBD)  
5/9 ACCAC HS Boys Championship Game @ Salem Christian, 5:30pm

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### **The Mission of QCS Athletic Programs is to:**

- Display Christ-likeness
- Instill goal-orientedness, self-discipline, and team-first attitudes
- Glorify God in our bodies

### **If you would like to help further that mission:**

- Volunteers to collect admission or sell concessions are welcome
- We can often use additional coaches for upcoming seasons

Contact Athletic Director Jeff Wright and/or the QCS Sports Boosters with interest:

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[boosters@quakertownchristian.org](mailto:boosters@quakertownchristian.org)

