



Softball finished off the regular season winning region defeating Forsyth Central 2-0 and 13-1 as well as defeating West Forsyth 10-2. The varsity volleyball team lost a close one to Forsyth Central 3-2. The varsity football team had a bye week but the JV and 9th grade teams won big. The freshman defeated Forsyth Central 41-8 and the JV team defeated them 41-14. The cross country team performed well this past weekend. The top results are as follows: Varsity Girls- 4th- Carmel Yonas (17:55.73), 29th- Isabel Yonas (19:05.91), and 63rd- Molly Hanlon (19:51.91); JV Girls- 47th- Megan Milstead (22:17.39), 92nd- Shea Czajkoski (24:01.01), and 93rd- Gigi Grady (24:01.20); Varsity Boys- 4th- Nate Verska (16:00.32), 13th- Ben Bergey (16:26.10), and 32nd- Pujith Veeravelli (16:58.03); and JV Boys- 65th- Andrew Wilson (19:40.80), 66th- Josh Wilson (19:40.80), and 93rd- Kaleb Hammond (20:37.20).

This Weeks Contests

Tuesday, 10/20	4:00pm/6:00pm	Varsity Softball	Duluth @South Forsyth (1st Round of State Playoffs)
Wednesday, 10/21	6:00pm	Freshman Football	
Wednesday, 10/21	7:15pm/8:00pm	Flag Football	Forsyth Central/North Forsyth @Lambert
Thursday, 10/22	6:00pm	JV Football	Lambert @Lambert
Friday, 10/23	7:30pm	Varsity Football	West Forsyth @West Forsyth
Fri./Sat., 10/23-24	TBD	Varsity Softball	State Playoffs (Round 2)
Saturday, 10/24	TBD	Cross Country	Region Meet @Eagles Beak Park in Cumming



SOUTH FORSYTH HIGH SCHOOL

NEST NOTES

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