



Above, left: Three members of the West Essex fencing team qualified for the state individual fencing championships for the 2023-24 season. They are men's foil captain Alan Hu, middle left, girls foil captain Isabella Sun, middle right, and boys epee captain Alex Chen, second from right. Joining them, from left, are head fencing coach Mark Trudnos and assistant coaches Christopher DeNude and Richard Craine. **Above, right:** The West Essex boys foil team secured the bronze medal at the NJSIAA District 3 Fencing Championship on Sunday, Feb. 4, in Annandale. They are, Jonas Himawan, second from left, captain Alan Hu, middle left, and Ryan Kwong, middle right. Joining them, from left, are assistant fencing coach Christopher DeNude, head coach Mark Trudnos and assistant coach Richard Craine.



West Essex fencers Isabella Sun, Alan Hu and Alex Chen qualify for state tournament

NORTH CALDWELL – The West Essex High School fencing team has seen success on the strip this winter as the season winds down.

Most recently, on Sunday, Feb. 4, both the boys and girls squads competed at the NJSIAA District 3 Fencing Championship in

Annandale, against eight other high schools. At the conclusion of the tournament, the top three fencers among both the boys and girls participants in each weapon – foil, saber and epee – qualified for the state individual championship. Three from West Essex

were among those qualifiers, including Isabella Sun in girls foil, Alan Hu in boys foil and Alex Chen in boys epee. They will compete on Saturday, March 2, at Hunterdon Central High School in Flemington amongst 39 other fencers in each of their disciplines.

Sun, Hu and Chen are also the captains for their respective weapons for West Essex.

The boys foil team also finished in third place, qualifying for the boys foil state tournament.

The Knights fared well at this year's Santelli and Ce-

trulo tournaments at Drew University in Madison earlier in the season.

The Santelli event, which is open to all girls teams across the state, took place on Saturday, Jan. 20. Among the 53 participating teams, West Essex finished 15th overall and the

epee team finished in eight place.

The Cetrulo tournament, which is open to all boys teams across the state, took place on Sunday, Jan. 21. The Knights finished 17th overall out of the 55 total participating teams and the epee team placed 14th.

Deadline for West Essex youth track registration is March 8

Aspiring athletes in grades 4-8 are invited to participate in this year's West Essex youth track program this spring.

Youngsters in Roseland, Fairfield, Essex Fells and North Caldwell are all eligible.

Participants will train for various events including long and short distance running, the long jump and the turbo javelin.

Practices will be held

from 7:30 to 8:45 p.m. on Monday, Wednesday and/or Friday evenings at the West Essex High School track starting on Monday, March 25.

Registration is \$90 per team member and there are a total of 80 slots to fill. It will remain open until all the spots are gone or Friday, March 8 – whichever comes first.

To sign up, parents and guardians are asked to vis-

it Roseland's Community Pass website at <http://tinyurl.com/y8sads34>.

The Roseland Recreation Department is also seeking volunteers to help run the program. Those who are interested may register themselves as a coach on the Community Pass site and contact the recreation office at (973) 403-6822 or Recreation Director Michael Colitti via email at mcolitti@roselandnj.org.

West Caldwell/Caldwell sports equipment swap is Saturday

WEST CALDWELL TWP. – The recreation department will hold a sports equipment swap from 10 a.m. to 2 p.m. on Saturday, Feb. 24, at Essex Valley School.

The school is located at 1 Henderson Drive in West Caldwell.

Residents in the West Caldwell and Caldwell are invited to browse a selection of new and gently used items such as

cleats, shin guards, knee pads, goalie gloves, tennis rackets, balls and more, as well as bicycles and musical instruments.

Everything is free of charge.

Those wishing to donate equipment to the swap may drop items off at the school from 5 to 7 p.m. on Friday, Feb. 23, and from 8 to 9:30 a.m. on Feb. 24 before the swap

begins.

Items not accepted include baby gear, toddler play sets and clothing.

The swap is being co-sponsored by the West Caldwell Environmental Commission and the West Caldwell-Caldwell Recreation Department.

For more information, call the recreation department at (973) 226-3621 or email recreation@westcaldwell.com.

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