

Top 20 High School Football Rankings

Southeastern Pennsylvania Football

Featuring District 1, 12, the Philadelphia Catholic League and the Inter AC

October 4, 2005

(All teams are 4A unless indicated otherwise)

1. Saint Joseph's Prep (4-1) The Hawks moved to 2-0 in Red Division play with last week's 41-0 destruction of Archbishop Ryan. Two weeks ago they leveled Roman by the same score. If you thought last year's edition was good, and it was, prepare yourself for real metamorphosis with this group who as Hawks, have appropriately grown wings. QB Chris Whitney has thrown for 705 yards, while completing 43 of 69 passes. That's a completion percentage of 62 %, and further breaks down to 10.2 yards *per pass attempt*. What makes the passing scheme particularly dangerous is that it's a substantial attack, averaging 16.78 yards *per pass completion*. Meld that with running backs John Shaw (injured vs Roman) and stand-in Jamir Livingston, who ran for 212 yards on 28 carries (7.6 ypc!) the last two games, and you've got yourself a balanced attack of immense proportions. As much as O'Hara defense is ballyhooed in the media, deservedly so, it's the Hawk D that's been more resistant against stiffer competition. Ohio's 4th ranked Saint Ignatius was held to 58 rushing yards, while Roman was held to 11 and Ryan to 12. Gilman School (4-0), nationally ranked, and the top rated team in Maryland (beat Archbishop Curley last week 38-6), was held to 16 points in regulation. Gilman averages 28 points a game with wins against MD's 2nd ranked DeMatha (4-1) and 4th rated Georgetown Prep (4-1). Incidentally, DeMatha beat St. Johns of DC last week 38-6, the same St. John's West Catholic beat 21-0. St. Ignatius (4-1, played Massillon Washington last week) is storming people, averaging 40 a game while allowing 18. The point is the Hawks are a legitimate nation power this season that will slice through the Red Division like a hot knife through butter. They're at Bonner Saturday.

2. North Penn (5-0) North Penn is rolling now, getting their 9th straight win against Pennsbury last week on the road 35-13. But it wasn't as easy as the score might indicate with North holding a 21-13 lead at the 6:20 mark of the 4th quarter. It got a little ugly but we'll leave that out of this column. One of the ways to measure a team is in its ability to win on the road. The Knight's went 6-3 last year counting the playoffs, and 6-1 the year before. So far this season they're 3-0 on the road, with big wins against Glen Mills 30-6, Archbishop Carroll 41-21 and Pennsbury. Having 15 of 22 starters back from last year has something to do with that. Conversely at home, the power teams should be invincible, as the Knights have been at 14-0 the last 3 years. So, who's going to beat this team? Probably not Bensalem at 1-4, coming off a 49-28 blistering at the hands of Council Rock North. The Fighting Owls haven't had much fight in them recently with a 22-42 won-loss record over the last 6 years; 23-46 counting this year. Still, they managed a 28-21 scare last year that can only serve as bulletin board material here. The Knight's have won the last 4 encounters by and average score of 41-14 and can name it here.

3. Cardinal O'Hara (4-1) After scoring 13 and 14 points the previous 2 outings, Cardinal O'Hara got the offense going against outmanned North Catholic last week in a punishing 40-0 rout. Poor North had just 5 first downs, 3 yards rushing and 26 total yards

of offense for the game! It's sad seeing a team like North Catholic or any team humbled year in and year out because at some level the game is suppose to be fun, hopefully competitive. To balance this out and put O'Hara's win in perspective, North at 0-5 has struggled, getting but 57 yards rushing against Neumann-Goretti, 19 against Egan, 45 against McDevitt and 50 against LaSalle. They've been shutout 3 times, average 5 points a game offensively and allow 31 per game on average. Some teams like St.Joe's, Strath Haven, Cumberland Valley, Southern Columbia, Woodland Hills, and others expect to win 10, even 11 games a year. It's taken North 5 seasons to win that many games, going 11-43 since 2000. That needs factored in when appraising O'Hara's win. Next up for the Lions is another stiff road test. They passed one already at West Catholic 3 weeks ago, 14-12, and failed another the week before at North Penn, losing 35-28. The challenge Friday is at LaSalle against the red hot Explorers. LaSalle ended last year with a 21-7 loss to Ryan in the playoffs. Before that they won the last 2 games of the regular season and 3 of their last 4 to set a positive tone for this season. That's a nice finish to a 4-8 campaign. O'Hara blew them away last year in Springfield, 39-7. That was unusual since these two have a history of competitive games. The Lion's won in 2003 14-7. LaSalle took 2002's game 12-7. In 2001 the Lion's prevailed twice, 20-6 in the regular season and 21-6 in the playoffs. The way O'Hara's offense is playing this year says it could again be a close game. They're better, but they haven't been overwhelming offensively like they were last year.

4. Neshaminy (4-1) Neshaminy won their 4th straight game last week in convincing style against a decent Truman team. Truman is stocked with quality players, big linemen, good skill in the backfield and seem well coached. All that meant nothing against the Big Red Machine who rolled to an easy 44-7 win. Neshaminy is going to do that to a number of teams this year; they are that good. Truman hadn't played the toughest of schedules but they had dispatched their opponents by an average score of 31-11, and entered the contest undefeated, 4-0. So they were scoring a lot of points and holding the other guy down. Then came the Neshaminy game where they were held to 94 yards total offense (40 ground, 54 air) while allowing the Skins 386 yards on the ground and 79 through the air. Truman didn't look like a 37 point loser as they left the field so good things should still come from this group, especially if they can reduce their 8 penalties. The Skins were worse with 9. National Conference action continues Friday at Pennridge. The last 4 years have produced exciting games of real impact in league standings. Neshaminy won last year 31-15. The Rams won in 2003, 24-21, and 2002, 21-19. The Skins state championship team of 2001 won narrowly 28-22. Pennridge will have to show more than they've shown against other state powers already played, Central Dauphin and North Penn, to have any chance in this one.

5. Conestoga (5-0) It's beginning to look like this team is bullet proof as they dodge one bullet after another *since the beginning of the season* in defeating Strath Haven 18-12 in OT, Upper Darby 14-7, and last week's victim Ridley, 21-14. The other wins were against West Chester East, 6-0 in the opener, then Penncrest, 7-0, after the Strath Haven win. All of that makes assessing the next opponent, Lower Merion, impossible, despite their 1-4 record. Actually, an upset would make sense by Conestoga logic. Back to the Ridley game: In so many games the difference between winning and losing is a big play,

or a few big plays. All the rest is filler, important filler that's setting the stage. Then *BOOM*, a bone jarring hit and fumble, an electrifying kick off return, or an interception returned for 6 turns the game completely around. Conestoga beat Ridley on such a play last week with 3 seconds left in the 1st half of a scoreless game. Until then it was a typical Ridley-Stoga slugfest with Ridley going toe to toe with the larger Pioneers. Much is made of Ridley having smaller players, players of less stature. Conestoga certainly had a few inches and pounds on the Green Raiders, but they were no stronger. At no point in the game were the smaller Raider's worn down. In fact Ridley's linemen who are shorter, broader and much stronger this year had great leverage against the taller Conestoga lines, particularly against Stoga's OL. And nobody in Delaware County is *quicker* than the Raiders. The big Stoga line got 46 yards on 30 carries against Ridley. Back to the big play: Coach Waller opted for a 33 yard field goal with 3 seconds left on the clock. 3 points would give them great momentum entering the 2nd half, especially with Coach Vogan and company going conservative all night. The snap was good, but the kick's trajectory so low it boomeranged back off a Raider lineman towards the holder where a heads up slap by Stoga's Dwuann Clark (flying in clean from the right) to FB/LB Mark Herzlich, 6-4 248 (no typo) racing in from the other flank, caught it on the bounce to race 87 yards untouched for the score. It was a thing of beauty, and looked like a scripted play. With both teams trading scores in the 2nd half (14-14), that was the *one big play*, and it won the game for Conestoga. 3 weeks ago after the overtime win against Strath Haven, Conestoga suffered a letdown, and barely escaped Penncrest 7-0. Now after consecutive big games with Upper Darby and Ridley, they need to guard against the letdown against Lower Merion.

6. Strath Haven (4-1, 3A) A quick reminder: Strath Haven is one missed extra point away (a made one actually) from being undefeated, in 1st place atop the Central League. Someone asked at a game if Strath Haven was *back*. That was the answer. They really haven't gone that far away considering the only loss was due to 2 extra point attempts blocked in regulation at Conestoga, and 2 field goals blocked in the overtime period. Then there were the 2 fumbles deep in Conestoga territory, and that's enough of that. The Panther's are right here on Stoga's tail but props to the Pioneers for making those blocks. Since the loss, they've rolled over Ridley, Radnor and Haverford, averaging 207 yards on the ground for a 4.8 yards per carry average. The D stats are skewed by Radnor's great scheme which generated 234 yards rushing. In the other 4 games, the opposition averaged 119 yards rushing a game, or 3.5 yards per carry. Marple Newtown's Fighting Tiger's are up next. The Orange and Black Attack is off to a 3-2 start, with narrow losses to Haverford 14-7 and Upper Darby, 17-0. It's simple stuff at 12 points per game on offense but they do have a defense at 9 ppg. The 17-0 road loss at Upper Darby is impressive knowing Lower Merion, Bonner and Radnor allowed 48, 34 and 43 respectively. So this could be a slugfest, with the Panther's revving up the pressure against so non-threatening an attack to break the ice and force the turnover. How Marple manages that pressure is key. They've won 2 straight so they're confident. And they owe them one for the 13-7 loss inflicted on last year's 7-4 team that extended Ridley 19-7 and Conestoga 35-20. The Tiger's are tough on the road, and contending for a 3A playoff berth with a win here.

7. Coatesville (4-1) Coatesville opened Ches-Mont play by defeating Bishop Shanahan 34-14. Nothing new there knowing the Raider's haven't lost a league game since 2003. They could go unscathed again with their toughest 2 opponents, Downingtown East and Henderson coming to them. West Chester East and D-town West are away. Over the course of the last few years the Raider's have gone far and wide to find a game, literally throughout the Central and Eastern half of the state in search of games. They've had to do that with the demise of their league through attrition. That all changes next year with the addition of Avon Grove, a 4A school from the Southern Chester County League, and the creation of a new school from West Chester's East High and Henderson to be called Bayard Rustin High. Not sure how things will shake out in terms of 4A and 3A classifications. So Coatesville will no longer have to travel to Allentown to battle Allen and Dieruff, or to south central PA to take on Mid Penn teams like Cumberland Valley or Central Dauphin. They've played Plymouth Whitemarsh, North Penn Central Bucks East and others as well. And they've had an ongoing relationship with York High and Lancaster McCaskey over the years. This year they took on Bethlehem Catholic and they'll probably continue their gutsy tradition of playing just about anyone willing to suit up. This week it's the Bulls from Glen Mills. At 2-3 the Bulls are having a disappointing season. After a 0-2 start where they were stuffed by North Penn 30-6 and Parkland 27-0, they beat Washington, D.C. schools, Woodson and Roosevelt. Last week they lost to Dunbar, D.C., in their 4th consecutive home game. So the game at Coatesville Friday is their first road game of the year. Tough one for the Bulls.

8. LaSalle (5-0) LaSalle got win number 5 last week with another decisive performance at home against Father Judge, 24-0. That was their 2nd shutout in a row in a season where they've allowed just 37 points all year. Offensively, the Explorer's score 37 points a game, so they appear capable enough *statistically* to give O'Hara a run for the money Friday. The problem for them should be maturity and big game experience. This is a young team that's well quarterbacked by sophomore Josh Harrison, 5-9, 156. But, with a completion rate of 66 % (57/86/10/545), who's asking questions. The go to tailback is junior Chris Ashley, 5-9, 175, supported by senior Chris Agnew 5-8, 165. All totaled, the rushing attack is clicking at 622 yards on 106 carries, for a 5.9 yards per carry average. No one is passing against them at 37 % completion rate. As a whole, the defense has been more a bend but don't break variety, than the brutish creation on the O'Hara side. They've got good speed and athleticism. The concern is they haven't been tested by a legitimate power the way O'Hara has against North Penn and West Catholic. Another issue, which O'Hara team will show up? The one that put up a scant 13 against Judge or the one that showed up last week against North Catholic. LaSalle isn't North so that won't happen. O'Hara *clearly* does not have the same punch as last year's big offense so why can't LaSalle hang? LaSalle has the Lion's attention with the 5-0 start, but it still gets down to big game experience, meaning how well LaSalle holds up, especially early, and then the same old stand bys that seldom get enough air time, turnovers-penalties, special teams play and field position.

9. Malvern Prep (4-0) Malvern Prep won their 3rd road game of the year last week against Peddie School of New Jersey, 31-14. They've already proven themselves with wins against Henderson and Downingtown East. Now they can show their stuff against

one of Delaware's finest when Wilmington's Salesianum brings their 3rd ranked Sals to Malvern. The Sallies are 3-1, with wins against powerful Newark, DE 25-7, and Dover 41-6 last week. The other win was against Bel Air, 42-14. 2nd ranked William Penn dealt them their only loss, 25-6. The top ranked team in Delaware is Middletown. They routed Downingtown West 4 weeks ago in Downingtown, 42-14. Seems as though the 1st State has elevated its play. The Sals are one of the teams that thumped the Friars last year so you know they're primed for pay back at home where they are nearly impossible to beat. Salesianum won in a free-for-all last year in Wilmington 35-22, against Malvern's 3-8 team. This year's edition is much stronger with double threat QB Ian Mitchell at the controls. Ian's passed for 452 yards while rushing for another 184. He's connecting at 61 % (22/36/3), and running for 4.8 yards a carry on 38 totes for 184 yards. The other weapons are tailback James Cotton and some serious banging from fullbacks Tom Hagan and Steve Layne. Cotton motors at 6.1 ypc after 47 attempts garnered 288 yards. From the fullback position, Hagan is doing real damage on 36 carries for 199 yards. 5.5 ypc average from the FB spot! Big Trey Womack is the preferred target at 16 receptions for 316 yards. That's 19.7 yards per catch. This is a nice team. Add in QB Mitchell's carries and accurate arm to see a balanced attack that spreads the wealth to a number of positions. Wow, this should be a great one, but even the talented Sals will find the going tough against the feisty Friars.

10. Downingtown East (4-1) Last week's score is more like the stuff most of us expected from this group from the very start of the season. Then QB Devlin went down for a few games, rehabbed, and here we are. After Friday's performance in Uwchlan, it's safe to say Pat Devlin and the Cougars are back in a very big way following their 41-13 mauling of Interboro. This wasn't some 3A light weight from the Lancaster-Lebanon League, this was Interboro. Some stats: East won the yardage battle 555 to 215. First downs showed the same domination with the Cougs holding a 26 to 11 advantage. And the Cougar D was special, holding the Bucs to 115 rush yards, 2.9 ypc. They threw for a mere 100 yards, a 30 % completion rate. If you think that's impressive, hold on. QB Devlin had an unimaginable performance, connecting on 28 tosses in 38 attempts for 444 yards. His completion rate was 74 %. He was involved in all 6 touchdowns with 5 TD passes, and a 23 yard scamper for another 6. You don't do that in high school ball, not at Pennsylvania's 4A level. On to the next game: Just when no one was looking, here comes the Whippets of Downingtown West on a 3 game roll. West started the season with a loss to Allentown Central Catholic 25-20. Then they were beat by powerful Middletown of Delaware 42-14. Thereon they swamped Chester 24-6, Ephrata 49-21 and Solanco 41-14 for great momentum here against their arch rival. The bottom line is the Whippets only losses are to the best team in Delaware, and historically one of the best programs in the Lehigh Valley in Allentown CC. This year has shown ACC again strong with a win against Easton 17-7, and an overtime loss to one of the best teams in the state according to many polls, Bethlehem Liberty, 32-25. The Cougar's need to forget Interboro, and get these Whippets on their minds.

11. West Catholic (4-1) Looks like there's little change in the Blue this year the way West Catholic is powering over people. Actually there is change with West appearing somewhat stronger than last year. At this point last season the Burrs had 2 shutouts. This

year they have 3 against a *tougher schedule* with the addition of Maryland's rated St. John's team and Springfield's Cardinal O'Hara. St. John's 2-3 record is misleading. They are 2-2 against the Top 10 private schools in Maryland, including powerhouses like DeMatha and Good Counsel. West beat them 21-0. Despite the schedule upgrade, West's stats are nearly a mirror image of last years at 110 scored to 20 allowed. The 2004 edition scored 118 points while yielding 25 the first 5 games of the season against Roman, Wood, Conwell-Egan, Dougherty and Kennedy-Kenrick. Next up is a surprising Conwell-Egan team off to a 4-1 start. Most expected a little more slippage with the graduation of running back Steve Slaton. They visit West Saturday where the Burr's should at least mimic last year's 20-7 win.

12. Ridley (3-2) Ridley dropped just 1 rung in the rankings after losing at Conestoga 21-14. See Conestoga above for more detail. It was hard dropping them at all and swapping places with West Catholic, but a loss is a loss and that one was their 2nd. In a year where more than a few teams will have more than 1 loss and still make the playoffs, that is far less likely to be the case for Ridley and other Central League members with 5 Triple-A teams in the league. But, Ridley is Ridley so never count them out. They could run the last 5 league games to go 8-2 by November 4th. The 28th of October brings Upper Darby to Folsom for what should be a crucial game to both, depending how the Royals do at Strath Haven the 14th. It's going to be a wild finish with Strath Haven fighting for its playoff life as well. Ridley is home to Radnor Friday. The Red Raider's are 1-4. But anyone who can hang with Strath Haven in a losing 28-15 effort can hang with Ridley.

13. Pennridge (3-2) The Rams stepped up big time last week with a come from behind 28-10 win at home against Abington. The Ghost's jumped out to a 10-0 lead in this one but couldn't hold on. Knowing that Pennridge was rebounding from a 42-21 loss at North Penn makes that climb out of a 10-0 hole all the more impressive. Nice win Rams! It kept their playoff hopes alive. The playoff hopes of 24 AAAA teams are still real after last week's action. There are only 2 undefeated AAAA teams left, Conestoga and North Penn. Those with 1 loss include Upper Darby, Coatesville, Dtown East, Academy Park, CB East, Tennett, Neshaminy, CR North, Pennsbury, and Truman. Teams with 2 losses include Haverford, Ridley, Dtown West, Plymouth Whitemarsh, Wissahickon, Qtown, Souderton, Norristown, Abington, Perkiomen Valley and Boyertown. For a team with 3 losses to have any remote shot they'd have to start winning now, against those teams just mentioned. The only one with that kind of talent is Henderson. But they've let the close ones slip away. Instead of being 5-0, 1, 2 and 5 point losses have them at 2-3. We're not used to thinking in this context but the above reality makes games like Abington-CR North, Tennett-Qtown and Pennsbury against Truman playoff like games. This is a wild year. At the half way point, everyone in the SOL-National is alive except Bensalem, everyone! For the Rams, it's do or die Friday night at home against Neshaminy.

14. Tennett (4-1) How about Tennett, the defending Continental Conference champ, at it again with the 4-1 start. Remember they went 7-0 last year in conference, and are doing the same this year with a 2-0 start. But it gets a little spookier Friday with Quakertown's quirky bunch coming to town. Qtown started the season with a 28-6 win at home against CB West, then nose dived *at home* with consecutive losses to Wissahickon and Upper

Merion by 7 and 6 points respectively. Home losses? You've got to defend the home turf! So what do they do after that? They go to undefeated Norristown who's fresh off a road kill at Cheltenham 17-16, and beat the Eagles 33-27. Who knows what's going to happen in this one but the Q team is also 2-0 in conference and on the periphery of the playoff picture. So expect them to play with a purpose, especially after last year's 14-13 loss at home.

15. Upper Darby (4-1) This is probably the best kept secret in southeastern Pennsylvania. The Royals have a very good football team as shown in their 14-7 loss at Conestoga 2 weeks ago. They're a big, physical, athletic team with a lot of weapons. They even have a strong field goal kicker. Last year's 5-7 squad misfired often. This one has not, despite their going away from the running game "late", on a deep drive, after moving Conestoga's defensive wall at will, all night. Maybe that is one misfire for the year. In spite that outcome, they're averaging 30 points a game and allowing 8. All of that was demonstrated last week in the overwhelming win against Lower Merion, 48-7. The Royals have a running back of that rare breed which comes along every so often that simply cannot be stopped. It's show time when Simoni Marco Lawrence, all 6-1, 200 pounds of him, takes the field. He's shredded every front thrown his way to date, lugging it 115 for 750 yards! That's 6.5 yards every time he carries the ball. Against Lower Merion he got his first 200 yard game, going 205 yards on 23 carries. The week before he went 170 yards on 31 carries against Conestoga, suggesting that no one can stop him except the people calling the plays. Darby is home Friday (vs) Springfield. Then it's on to Wallingford the next week for another grudge match with Strath Haven.

16. Pennsbury (4-1) North Penn and Pennsbury had quite a game last week. And it was tighter than the final portrays. Evidently much closer than some wanted it. So, a few late scores turned a game that is supposed to be for the players and schools into something less. But we're talking football here and Pennsbury played a pretty decent game. North is a brute for sure, but they're giving up far too many points to be a state champion. Look real hard to find a gold medal winner allowing 18 points a game. You won't find it at the 4A or 3A classification. For Pennsbury, it's on to Truman Saturday in a critical conference game between playoff contenders. The Falcon's did a number on Truman's 2-10 team last year, getting the shutout 29-0. You won't see a shutout here. But you will see who can reach down and gather themselves after a disappointing loss. Up until now, Pennsbury has had it pretty good; 4 homers and 1 road game. Power verses speed won at York, 31-14 in their only road game. Truman is just as quick as the Bearcats, far larger and better coached. Look out Falcs.

17. Council Rock North (4-1) Yes! That's the kind of win you're looking for from a team that may be emerging and finding its stride. This SOL-National is one exciting conference. Even though Truman and Pennsbury got dusted last week, each has the potential to be a threat. Many of the elements are there. That's true for this team as well, perhaps to a larger degree because the Indians are pounding people with atypical regularity. The offense is putting up huge numbers at home (42,39,49), and importantly, good numbers on the road where they already have the big win at CB East, and the bitter but well fought loss at Pennsbury. What you like about that is the way they responded to

defeat in dismantling Bensalem 49-28 last week. No one scored that many points on the Owls since North Penn did it in 2001, 53-28. Not the powerful West teams, or a number of fine North Penn, Neshaminy and Pennridge teams. They need to continue their good efforts on the road to get past Abington Friday. CRN won last year 21-12. The Ghost's are coming off losses to Neshaminy and Pennridge and may be softened just enough for the Indians to get a road win.

TIE

Pottsgrove (3-1, 3A) Guess the extra week helped. Pottsgrove had a bye week before the Lansdale Catholic game, right on the heels of a mild 14-10 upset at the hands of Boyertown. That and some solid defense came together as the Eagles soared to a 17-14 overtime victory against previously undefeated Lansdale Catholic. The win threw the conference into turmoil with Phoenixville alone atop the PAC at 4-0. The Phantoms are 5-0 overall, making a serious run at a 3A playoff spot, but have yet to face the big 3, Lansdale Catholic, Boyertown and Pottsgrove. The turmoil is beneath them with LC and Spring-Ford tied at 3-1, followed by Pottsgrove and Boyertown at 2-1. Pottsgrove ran the gauntlet that is Lansdale Catholic and Boyertown, positioning themselves well for a charge into the 3A playoff picture. They're at Upper Perkiomen Friday. Upper Perk is struggling at 2-2 after last year's 8-3 season. And it could go ugly for them here facing a focused Pottsgrove team bent on staying in the PAC and postseason picture, and avenging last year's 35-21 loss.

18. Lansdale Catholic (4-1, 2A) Lansdale Catholic lost to Pottsgrove last week 17-14. But it took an overtime period and a 3A power at home to pull it off. Catholic is still one of the top teams in the state at the Double-A classification as the post season will reveal. They're on the road again Friday where Perkiomen Valley (3-2, 2-2 PAC) will pay for Pottsgrove's transgressions last week, probably in the same manner as last year where LC won 49-15.

19. Abington (3-2) Things have gone bad the last 2 week for Abington after getting off to a 3-0 start. Two weeks ago they were routed at home by Neshaminy. Then last week they couldn't hold a 10-0 lead and fell to Pennridge 28-10. That's quite a defensive-special teams collapse against a less than spectacular Ram offense. And it doesn't get any easier Friday at home against the well oiled Council Rock North machine. North is firing on all cylinders at 36 ppg! On the road they've put up 28 and 24. Not bad. The D is getting stubborn at 13 ppg so Abington has their hands full with this group. Both teams are in a tough spot with Abington needing to stop the hemorrhaging to avoid a 3 game losing streak before North Penn visits next week, and Rock North needing to avoid another loss with Neshaminy on deck.

20. Central Bucks East (4-1) East began the year as the 16th rated team in the Preseason Rankings, but fell out of favor after losing at home to Council Rock North 28-10. The next 2 games should tell if that was an aberration and East is a force, or if CRN is that good. Except for that loss, East looks real good with a 31 ppg scoring average. But it's the other side of the ball where they've solidified into a force by allowing 17 total points

in their other 4 games combined. Their situation is similar to CRN's in terms of conference race and the playoffs. Of course there's no North Penn or Neshaminy in the Continental, rather, a prodigious amount of parody, making every game a crap shoot. Like CRN-Abington, East's opponent Norristown is in a must win situation, attempting to halt a 2 game slide and keep their playoff hopes alive.

Honorable Mention

VFMA (3-0)

Downingtown West (3-2)

Henderson (2-3)

Truman (4-1)

Norristown (3-2)

Quakertown (3-2)

Souderton (3-2)

Boyertown (2-2)

Chichester (5-0, 3A)

Interboro (3-2, 3A)