

CHEL TENHAM

★★★ **SPORTS** ★★★

Building Community Pride One Child at a Time

2025 ANNUAL REPORT



▶
THE
2014
UNITED
GIRLS

Winning Doesn't Hurt

We love competition but see player development as just as important.



T

he leadership of the Cheltenham Sports club is in a fair degree of agreement on the sentiment that the club is an organization that is dedicated to giving young people a taste of competition and camaraderie.

They see the club as a place for the Township's youth to gain experience, spark a passion in a sport that they may play for decades, make new friends and learn the benefits of self-discipline. The club is not managed in a way that directs resources to elite players taking a step toward something as lofty as playing that sport in college or on a professional level.

However, winning is fun and not bad for the old self-esteem, and as it turns out, players in the club's programs had plenty to celebrate in 2025. Here's a list of the club's recent soccer travel team champions, their volunteer coaches, and their accomplishments.

- **Birth Year 2014 United Girls** — 2026 EPYSA Indoor Champions — *Coached by Mike Hammond and Brian McLaughlin*
- **Birth Year 2017 Gobi Boys** — 2025 ICSL Fall Division 5 Champions — *Coached by Darnell Bowser and Kyle Thompson*
- **Birth Year 2015 Wolves Boys** — 2025 ICSL Fall Division 4 Champions — *Coached by Mike Ince and Khalid Hoummadi*
- **Birth Year 2014 Grizzlies Boys** — 2025 VE Summer Splash Tournament Champions — *Coached by Oliver Inslee, Terence O'Connor and Mike Fagnani*
- **Birth Year 2014 Grizzlies Boys** — 2025 ICSL Spring Division 4 Champions



The birth year 2014 Cheltenham Grizzlies Boys team and birth year 2014 United Girls team were among the club's soccer teams picking up some hardware in recent competitions

- **Birth Year 2015 Wolves Boys** — 2025 ICSL Spring Division 4 Champions
- **Birth Year 2014 Grizzlies Boys** — 2025 Whitpain Spring Challenge Champions
- **Birth Year 2014 United Girls** — 2025 SoFive Winter Champions

The coaches of the above championship teams are all volunteers, just to be clear. This goes back to the club's philosophy of endeavoring to provide an affordable, fun experience for the community's young people.

The club does use paid coaches for some of its soccer programs due to the fact that it gets harder and harder to engage busy community parents to devote their time to this degree. We get it. We're all busy.

But as anyone who has coached a youth soccer team can tell you, the memories you make doing it will last a good, long while.

And of course soccer isn't the only sport the club offers. Programs in wrestling, ball hockey, basketball and cheer are engaging hundreds of the community's young people.

If you have the time and the inclination, please join us in this effort as a volunteer, sponsor or donor. You needn't be an expert in any sport to pitch in. And now and then, you might even win.

The Cheltenham Sports Board of Directors

Flying High

Developing talent and upgrading facilities are on the to-do list.

If you happened to see elite hockey players offering tips to youthful Cheltenham Township ball hockey players this past spring, you weren't dreaming; it really happened.

As part of the Philadelphia Flyers Learn to Play Ball Hockey program, three former Flyers players offered instruction to 45 Cheltenham Sports players in six different sessions. The Flyers involved were alumni Riley Cote (Flyers 2006–2010), Todd Fedoruk (2000–2004, 2006–2007) and Chris Therien (Flyers 1994–2004, 2005–2006).

In addition to instruction, the young players were each given a stick, a ball and a jersey.

"I was extremely pleased with both the collaboration with the Flyers and the community response to the Learn to Play Ball Hockey Program," said Ned Hawkins, the Cheltenham Sports Board Member (Incoming Secretary), who helped to pull the collaboration together.

"Enrollment more than doubled my expectations, which speaks to the excitement and interest generated by the partnership. The collaboration with the Flyers was truly top-notch. They went above and beyond to support the program and the young players from providing each participant with equipment such as a stick and jersey, to having former Flyers players come out weekly to encourage and engage with the kids," Hawkins added.

The collaboration and connection, all in the service of developing team bonding and athletic skills in our young people, didn't end there.

Cheltenham Sports also partnered this past spring with Arcadia University's women's ice hockey team, adding collegiate-level coaching support and role models. Guest coaches from across the United States (NY, MN, CA, and PA), Canada (Manitoba, New Brunswick, and Nunavut), and even Australia contributed diverse expertise to the program.

Hawkins said the benefits to the young players from these efforts is palpable.

"The kids absolutely love the sport. Hockey is a unique game, and while it can seem technical at first, every participant gains confidence after a few sessions," Hawkins said.

"Once they get the hang of it — which they all do — there is a clear sense of accomplishment and pride. It's also a true team sport, and you can see them learning how to rely on each other in ways you don't always see in other sports. Even highly skilled players quickly learn that success depends on teamwork, communication, and trust. This creates a level of cooperation and camaraderie that you don't always see in



▲
Coach Ned Hawkins works with ball hockey players

other sports," he added.

"At the end of the day, it's simply fun — scoring goals, competing, and playing in games and scrimmages always brings smiles and excitement."

As part of the club's efforts to support the community's athletes, Cheltenham Sports is pursuing funding to contribute to an upgrade of the roller hockey courts at the Elkins Park School, which are badly in need of repair. It's too early to say whether that funding will come through, but Hawkins remains optimistic.

In the meantime, he encourages anyone in the community who wants to help with the ball hockey program to get involved.

"The community has been incredibly supportive and has really shown up to participate in the program," Hawkins said.

"If you know a young person that loves hockey or just wants to try something different, we have a fun opportunity to offer. And for the adults, we are always happy to welcome new volunteers, especially people who love hockey and enjoy working with kids. No coaching experience is required — just an understanding of the game and a willingness to help.

In addition, unused or gently used hockey equipment would be a tremendous help as the program continues to grow. Any level of involvement from the community helps us sustain and expand this opportunity for young players."

A Demanding Sport

The Cheltenham wrestling program is teaching the basics of a tough sport to dozens of young people.

There are sports where you can catch a breather now and then and still be a part of a winning team. For example, a right fielder in baseball may go an entire inning without having to move a muscle in earnest.

Wrestling is not one of those sports.

On the wrestling mat, you may be supported by your teammates and your coach from the sidelines, but in the heat of competition, it is just you and your opponent.

There is nowhere to hide.

Those of us old enough to remember can still recall the 1972 Munich Olympics, where Iowa's Dan Gable won the gold medal in the 68 kilogram class without conceding a single point. It was a heroic performance that made him a legend.

Texan Wayne Wells and Wisconsin's Ben Peterson also made history by winning gold medals at that Olympics. An exhausted Wells had to resort to tying his shoes twice in the closing minutes to hold on for the victory.

In this state we can also point with pride to the wrestling program at Penn State University, which has recorded 14 national titles since the team's formation in 1909.

Closer to home, the Cheltenham Sports wrestling program is being led by Joe Bentz, a Cheltenham High School graduate who went on to achieve Academic All American status as a wrestler at Kutztown University. Bentz got his start as a wrestler in Cedarbrook Middle School in the eighth grade.

He went on to be a four-year varsity wrestler at Cheltenham High School and a four-year varsity wrestler at Kutztown University.

In keeping with the spirit of Cheltenham Sports, the wrestling program is designed to teach kids the basics and see if their experience with the sport lights a fire that will carry them into other spheres.

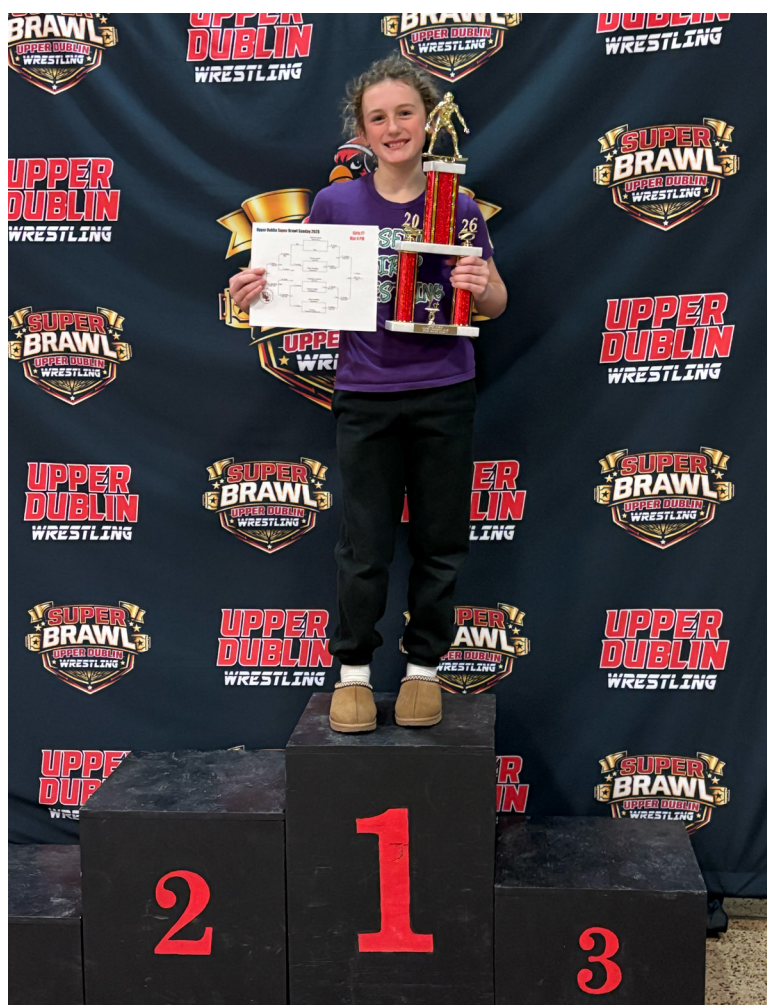
"The initial goal this year to introduce kids to the sport of wrestling and get a sense of how many are interested in competing. If the interest grows, we will start competing in the future," said Bentz, in addition his work with the club serves as a PIAA wres-

ting official, a USA Wrestling Freestyle Coach and a USA Wrestling Freestyle Official.

January of 2026 marks the second year of the program. It runs through March and now involves 35 young wrestlers, who under Bentz's tutelage are learning the vital traits of hard work, dedication, nutrition, proper exercise motions, realistic competition, and time management.

There may or may not be another Dan Gable, Wayne Wells or Ben Peterson among the Cheltenham wrestlers. But they are already, through their participation, taking on something that will teach them important life lessons.

Cheltenham's Katelyn Bentz was a winner of the Upper Dublin Super Brawl



The Power of Partnerships

Reflecting on this past year, it's clear that strong partnerships have been at the heart of everything we've accomplished. Whether it's the commitment of our volunteer coaches, the generosity of local business sponsors, or the support of community partners like Cheltenham Township and Cheltenham School District. These partnerships are more than just relationships; they're what allow us to create experiences that bring children, families, and neighbors together.

We are deeply appreciative of the access to fields, gyms, and recreational spaces provided by Cheltenham Township and Cheltenham School District, because without their support, our programs would not have a home. These spaces are more than places to play, they are where friendships are built, families come together, and where lasting memories are made. Their partnership ensures that sports remain accessible and affordable to every child in Cheltenham, and their ongoing collaboration helps us keep our programs running smoothly. We value this relationship because it reflects a shared commitment to creating opportunities for kids to learn, grow, and belong.

While access to fields and gyms is essential, what truly makes Cheltenham Sports special is the passion and commitment of our volunteer coaches. These dedicated individuals give their time, energy, and passion to guide our athletes, whether they're introducing a child to their first sport or helping a seasoned player sharpen their skills. Our coaches do more than teach the game; they build confidence, foster teamwork, and create a positive environment where every child feels supported. Their commitment is the heartbeat of Cheltenham Sports, and we are deeply grateful for all they do.

Equally important are the small businesses that spon-



Cheltenham Sports
President
KRYSTEN SMITH

sor our programs. Their contributions not only assist our operations but also demonstrate the power of local investment in community well-being. Every sponsorship, large or small, helps us provide equipment, scholarships, and experiences that shape the lives of young athletes. We encourage more businesses to join us in this mission, knowing that their support creates lasting impact.

As we close one year and look toward the future, I envision all of these partnerships growing even stronger. From deepening our alignment with the School District and Township to increasing volunteer involvement, as well as expanding the support of local business sponsors. Every connection plays a vital role in our success. Together, these partnerships allow us to create programs and experiences that unite our community.

Join Us in Building the Future of Cheltenham Sports

Our success depends on the strength of our community and that includes you! Whether you're a local business looking to sponsor a team, a volunteer ready to lend a hand, or a neighbor who believes in the power of sports to unite and inspire, we invite you to be part of this movement.

Become a partner. Make a difference. Shape the future.

Visit cheltenhamsports.org/donations to learn more about sponsorship and donation opportunities and ways to get involved. Together, we can ensure that every athlete has the chance to thrive.

Here's to an even stronger 2026!
With appreciation,

Krysten Smith
President, Cheltenham Sports Board of Directors

DONATE NOW!

Please donate what you can by going to cheltenhamsports.org/donations. Or by mailing a contribution to Cheltenham Sports, Attn: Sponsorship P.O. Box 211 Cheltenham, PA 19012. And thank you for supporting this vital community effort that has benefitted the young people of Cheltenham Township for generations.

SERIOUS DEDICATION

Long-time community volunteer Bruce Rangnow is still at it, 42 years after first getting involved with Cheltenham Sports.

B

ruce Rangnow couldn't have known it at the time, but when he signed his daughters up for intramural soccer in 1983, he was initiating an involvement in Cheltenham Sports that would span decades.

"I initially did so because I wanted my two daughters to experience, learn and have fun playing sports," Rangnow said.

But over time he realized that the work being done by Cheltenham Sports volunteers was a big part of what makes Cheltenham Township such a special place to live.

"And that continues to be of paramount importance to me," Rangnow said.

Much has changed since Rangnow first got involved as a volunteer. These days, there are a myriad of recreational choices for young people, not to mention those smartphones the use of which seem to be occupying so much of everyone's time.

"The club's chief challenge is getting children interested in participating in the club sports and activities that we provide," said Rangnow. He also points to the importance of the club working as a partner with the township and the school district.

"We need their joint and direct support of the club without unnecessary stipulations, contractual handicaps and direct competition or the club will likely not survive much longer, certainly not with our soccer programs, as I see it," he said.

The importance of that community coordination is just one of the reasons why Rangnow is such a fan of current board president Krysten Smith, who has made a point of reaching out to school district and township staff and leadership to better cement community bonds.

"I am particularly enamored of Krysten for both the vision and energy she has contributed as board president," Rangnow said.

A Numbers Guy

Right out of college, Rangnow went to work for a local savings and loan, gradually working his way up to executive vice president of all bank branch operations. In 1990, he became acting bank president for two years following an acquisition.

His career path then led to a position as Accounting Supervisor for Cheltenham Township, a position he held for 20 years. He then tacked on eight more years as *continued* ►



**VOLUNTEER
SPOTLIGHT**

BRUCE RANGNOW

1983 — Bruce signs his daughters Tiffany and Jennifer up for Intramural Soccer. In that same year, he serves as the IM U-6 Soccer Program Coordinator

1987-1988 — Serves as Club Vice President

1989-1991 — Serves as Club President

1992-2019 — Serves as Club Treasurer

1993 — Convinces The Cheltenham School District to establish a girl's varsity soccer program

In addition, served as IM soccer director (4 years), girl's travel team manager and head coach (9 years), soccer equipment and uniform purchasing agent (25 years and counting) and to this day is in year 35 of setting up the soccer fields for travel and intramural play. Bruce was also instrumental in getting a lighted soccer field built at Wall Park.

Director of Fiscal Affairs before his retirement in 2020.

Cheltenham Sports holds cash reserves and has no debt, factors that Rangnow said compliment the dedication of current volunteers and board members as significant club strengths.

These days, if you are driving along the Tookany Creek Parkway, you may spot a spry septuagenarian, possibly garbed in Eagles gear, striding along at an impressive pace. That is Mr. Rangnow, keeping up a fitness regimen that puts many of us to shame.

"I walk an average of 10 miles a day to help stay in shape these days, sometimes with a little running included," Rangnow said.

"I'd love to run 4-5 miles a day again as I did until my early sixties, but my knees no longer allow me to do this," he said, voicing a reality many of us can relate to.

Time-Tested Bonds

As we alluded to at the top, girls in the Cheltenham Schools varsity soccer program have Rangnow to thank for leveraging Title 9 considerations in convincing the district to establish a varsity program decades ago. He also points with

affection to the fact that his daughter Tiffany, now 46, is still friends with many of the women she played with on the club's travel soccer team and the high school's varsity team.

"I didn't realize at the time and until much later that the friendships she made due to our club's soccer program were far more important to all of the girls than the three championships and the numerous tournaments they won together could ever compare to," Rangnow said.

His work with Township Manager David Kraynik, State Representative Lawrence Curry and Ward 3 Commissioner Harvey Portner to establish a soccer field at Wall Park is another accomplishment Rangnow remembers fondly.

Rangnow said he has also enjoyed the decades of interaction with club board members past and present.

"Over my many years of service I've had the chance to work with some amazing individuals whose intellectual abilities and leadership acumen far exceed my own," Rangnow said.

"In comparison, I've always just been more of the long distant runner who wasn't fast or flashy but was determined to never fail to cross the finish line by successfully completing whatever tasks we're put in front of me."

BE A CHELTENHAM SPORTS SPONSOR!

◀ SPONSORSHIP LEVELS ▶

\$500

Puts a small business logo on the club's intramural soccer jerseys, worn by kids aged 4-16

\$1,000

Puts a medium business logo on the club's intramural jersey. It also includes mention of your business in two e-mail blasts to our 1,300 member families.

\$2,000

Puts a large business logo on the club's intramural jerseys. Also includes mention of your business in e-mail blasts and Cheltenham Sports Social Media posts.



Getting the name of your business or organization out there is terrific. But most importantly, (we think!) you will be supporting the vital education and training of the young people who participate in our sports programs annually. Thank you for your consideration of this opportunity.

To get involved or for more information, please call 215-622-9030 or e-mail coachingdirector@cheltenhamsports.com

Dreaming of Hoops

Cheltenham's Brent Taylor provides us with a narrative on a season of growth for Cheltenham girls' basketball.

Cheltenham Sports: How many girls were involved in this year's IM basketball program? **Brent Taylor:** In total, 9 girls have been involved in the program this year, both 7th and 8th graders. The team is Taylor Grayson, Alsatia Malcom Johnson, Quinn LaBohne, Aaliyah Lester, Kyla Ryan, Joi Smith, Fiona Steever, Khloe Smith and London Hampton-Nowell.

CS: How did you come to get involved in coaching this program? **BT:** We have a rule in my home, everyone must have a physical discipline. My youngest daughter, Kyla Ryan, chose basketball. As a basketball coach I had mixed emotions about her choice. I have coached basketball for her entire life, yet she has never expressed any interest. Now at 12 years old she has a change of heart.

My regret as a parent is that I did not develop her sooner. Now as a middle schooler she was attempting to participate in a sport that her contemporaries have been playing for 3-5 years prior.

I spoke with my friend and fellow Coach, Kevin Smith, and he agreed to coach the Girls travel team as a means to give our daughters a chance to learn the sport that has given so much to us. His daughter, Khloe Smith, was a developing basketball player and this was going to be a great opportunity for her to compete against girls, since up into this point she was only competing against boys due to the lack of local girl teams for youth.

Together Coach Smith and I scoured the community for female athletes that wanted to try a new sport. We had the best luck with soccer players. The sport translates well to basketball. The footwork, conditioning, and overall movement are very similar. Fiona, Joi, and Quinn all have soccer backgrounds and are exceptional in their own right. Ironically, all three girls are exceptionally tall, with heights of 5'9, 5'9, and 5'11. I also begged Alsatia to join the team,



▲ Left to right: Coach Brent Taylor, Fiona Steever, Joi Smith, Quinn LaBohne, London Hampton-Nowell, Aaliyah Lester, Kyla Ryan, Taylor Grayson and Alsatia Malcom-Johnson

leveraging my relationship with her mother, whom I served on the executive board of Cheltenham African American Alliance with. Alsatia is an amazing athlete starring in both track and wrestling. Also new to the sport, the learning curve was steep, but her athleticism allowed her to compete at a high level. Coach Smith recruited Taylor, our star guard. Her ball handling and scoring made us a legit threat against teams who have played together for years.

CS: What is your basketball background? **BT:** My sports background is vast. At the highest level I played College football for Millersville University. My stature and access was more suited to Football. However, I have always loved basketball. I played up until high school where it became clear that my path to scholarship would be football.

Ironically, it was through college basketball intramural that I rediscovered my passion. Whether 3 on 3 tournaments, Fall and Spring 5 on 5 intramurals, or the popular Abdul Malik Classic Tournaments, I found myself not only playing constantly, but constructing and coaching my peers to victories.

My first Job as a Teacher for Delaware Valley Charter offered me my first adult Coaching Opportunity. I assisted the varsity boys basketball team there from 2011-2015. Coaching under eventual coach of the year recipient Jason Harrigan I fell in love with the ability to shape the lives of young men through a game I loved. We experienced a lot of success including winning the city championship over powerhouse Imhotep and the District championship over Neumann Goretti.

I then pivoted to a coaching job at Northeast High School where I currently work as an Algebra teacher and

Equity Coordinator. Together with my close friend Ibin Ingram we led our JV teams to 4 consecutive winning seasons having lost less than 10 games in that time period. Of course, as JV coach we assisted the varsity as well.

In 2018, I took the position as head coach of Cedarbrook Middle school Basketball. I am still currently coaching there now. During my time there we have won 2 championships and appeared in 3. We also have had 7 consecutive winning seasons during my tenure.

In addition, I am coaching my son's 5th grade Cheltenham travel team where we boasted a 9-3 record and a play-off berth.

Coaching is my favorite pastime. It affords me the chance to share my passion and knowledge with young people.

CS: What were some of the high points of the program this year from your observation? **BT:** It should be noted that we have never won a game. But, our girls grew every day. Coach Smith prioritized development of the girls. He wanted them to be ready to contribute on the high school level. So often he would work on their individual skills teaching them advanced concepts and sets.



My role was to focus on competitiveness and structure. I wanted the girls to play together and trust each other. I preached collectiveness and the importance of getting each other's back. A lot of the girls were gun shy and afraid to shoot the ball. We would have games where we would be great defensively but only have 2 points in the quarter.

I emphasized the importance of failing up. To be successful requires failing over and over again.

I also emphasized focus and competing for the entire game. Losing a lot can be desensitizing. The girls lost their expectation of winning and instead looked forward to hanging with each other. They found a community which I thought was great. However, it was important they gave themselves a chance to win.

CS: What do you get on a personal level from being involved this kind of work? **BT:** I love my children with all my heart. I would do anything for them. I have coached for over a decade. But I have never considered coaching girls' basketball, even when offered a paid position, until my daughter Kyla asked me to coach this team. Even then I deferred to Coach Smith who did an excellent job showing up for the girls consistently.

Watching my daughter grow as a teammate, player, and young woman is my life's pleasure. Because of her I developed a new skill as a coach. Girls basketball is very different from the boys game. Much more passion and grit. Fundamentals matter so much more since they are not as large or as athletic as the boys. And most importantly, my ability to communicate as a coach holds a different weight with girls. There is no room to assume they can relate to me. I have to make sure I am clear and deliberate.

Kyla, also gave me an opportunity to meet several amazing families by asking me to coach. I feel like Taylor's mother was at the practices more than some of our players lol. All the girls parents showed up to the games religiously encouraging not only the girls but me through some tough losses.

The experience grew me as a man, a father, and coach.

CS: Looking forward, what will be the keys to keeping this program alive? **BT:** If I am being honest, I would have to say coaching. Basketball is the best sport. It is a game you play well into your 60's and it is so beloved that all one needs to do is find their level of play and you have instant community.

ICBA and Cheltenham travel have the potential to be an awesome developmental league for girls. I believe the talent is here. But, as an unpaid coach I think you would be hard pressed to find a qualified person that could realistically make the time commitment.



Fiona Steever inbounds the ball.