

MT. BLUE FOOTBALL



2024

GO COUGARS

MT. BLUE COUGARS



2024 SEASON

Home

Away

SATURDAY
AUG 24

Hampden Aca
scrimmage

Friday
AUG 30

Mountain Valley
Exhibition

Friday
SEP 6

Brewer

Friday
SEP 13

Gardiner

Friday
SEP 20

Brunswick

Friday
SEP 27

Skowhegan

Friday
OCT 4

Falmouth

Friday
OCT 11

Lawrence

Friday
OCT 18

Messalonskee

Friday
OCT 25

Cony

Mt. Blue Community Access TV

Airing in Farmington, Jay, Livermore Falls, and Wilton

[TV Guide](#)

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Head to mtbluetv.org to
catch all the action!

MEET THE COACHES



VARSITY HEAD COACH

MATT FRIEDMAN

ASSISTANT COACHES

Joshua Newhall

Sean Moore

Brody Cousineau

Hunter Meeks





**Mt. Blue Cougars
Football & Cheering Roster**

2024



#	Name	Gr
12	Bode Markham	12
17	Trey Bailey	12
21	Stevie Galkowski	12
22	Dane Cousineau	12
40	Brody Farmer	12
54	Tucker Bates	12
59	Isaac Waldrop	12
65	Nate Armstrong	12
67	Sebastian Kelley	12
3	Gary Harkins	11
32	Jason Akers	11
33	Jakob Martin	11
60	Joey Hayden	11
66	Chris Davidson	11
74	Nick Rackliff	11
79	Sam Rackliff	11
80	Joey Rackliff	11

#	Name	Gr
5	Karter Meader	10
8	Matt Wrigley	10
23	Dillon Gray	10
24	Roman Galkowski	10
25	Reed Cousineau	10
55	Mason Keene	10
56	Daniel Blauvelt	10
57	Jasiah Grose	10
62	Blake Alexander	10
70	Lucas Therrien	10
72	Daniel Welch	10
77	Jakobi Dube	10
1	Parker Smith	9
2	Nolan Hornsby	9
9	Thomas Farmer	9
10	Holden Oliver	9
11	Cannon Smith	9
14	Quinn Ryan	9
15	Emmyt Bailey	9
27	Isaiah Goulette	9
44	Reid Caton	9
51	Jakob Corey	9
58	Max Teele	9
69	Caden Davidson	9
76	Ryan Richards	9
83	James Davis	9

Cheerleaders
Natalia Bernatowska
Anglee Brewer
Farida Elsabea
Emma Richter
Paula Sprenge
Emma Turcotte
Alexis Visuano
Naomi Lane
Avery Oliver
Alexis Wood
Abigail Walker
Samantha Cook
Aydia Hajek
Rylie Helger
Jewel Marsden
Sophia McGraw
Grace Mooar
Emma Turner
Elizabeth Welch

Mascot:
Cougars

School Colors:
Blue & Gold

Head Coach:
Matt Friedman

Assistant Coaches:
Joshua Newhall
Sean Moore
Brody Cousineau
Hunter Meeks

Captains:
Dane Cousineau
Stevie Galkowski
Sebastian Kelley
Joey Hayden

Cheer Coach:
Holly Harrington

Athletic Director:
Cyndi Pratt

Superintendent:
Christian Elkington

Athletic Trainer:
Heather Mitchell

SENIOR SPOTLIGHTS



Stephen Galkowski #21

Favorite NFL player all time: Rob Gronkowski

Favorite Pregame Food: Footlong Steak and Cheese with Banana Peppers

Favorite Gatorade: ZERO Sugar Glacier Freeze

Plan After Graduation: Pursuing Education in Engineering

#1 Song on your pregame playlist: "Break Stuff" by Limp Bizkit

Bode Markham #12

Favorite NFL player all time: Brock Purdy

Favorite Pregame Food: Pop-Tarts

Favorite Gatorade: Light Blue

Plan After Graduation: College

#1 Song on your pregame playlist: "Runnin" by The Pharcyde



SENIOR SPOTLIGHTS



Trey Bailey #17

Favorite NFL player all time: Julian Edelman

Favorite Pregame Food: Subway

Favorite Gatorade: Purple

Plan After Graduation: College

#1 Song on your pregame playlist: "Till I Collapse" by Enimem

Brody Farmer #40

Favorite NFL player all time: Adam Thielen

Favorite Pregame Food: Mentos

Favorite Gatorade: White

Plan After Graduation: College

#1 Song on your pregame playlist: "Dancing Queen"



SENIOR SPOTLIGHTS



Sebastian Kelley #67

Favorite NFL player all time: Aaron Donald

Favorite Pregame Food: KFC Chicken Sandwich Combo

Favorite Gatorade: Purple

Plan After Graduation: College for Nursing

#1 Song on your pregame playlist: "Toothpick" by Danny Towers

Thomas Waldrop #59

Favorite NFL player all time: Brian Dawkins

Favorite Pregame Food: Chicken

Favorite Gatorade: Yellow

Plan After Graduation: Trade School

#1 Song on your pregame playlist:

"Dreams and Nightmares" by meek Mill



SENIOR SPOTLIGHTS



Nate Armstrong #64

Favorite NFL player all time: Vince Wilfork

Favorite Pregame Food: Quarter Pounder with 4 patties

Favorite Gatorade: Blue

Plan After Graduation: College for Business

#1 Song on your pregame playlist: "Unwritten" by Natasha Bedingfield

Dane Cousineau #22

Favorite NFL player all time: CMC

Favorite Pregame Food: Steak and Cheese from Subway

Favorite Gatorade: Blue

Plan After Graduation: College for Business

#1 Song on your pregame playlist: "Got it on Me" by Pop Smoke



SENIOR SPOTLIGHTS

Tucker Bates #54

Favorite NFL player all time:

Montravius Adams

Favorite Pregame Food: Chicken Bacon
Ranch from Subway

Favorite Gatorade: Green

Plan After Graduation: Marine Corp

#1 Song on your pregame playlist:

"Hells Bells" by ACDC



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WEEK 1 SUMMARY



Mt. Blue High School

33-6

Sep 6 at 7:00PM

Brewer



Top Players	Home	1	2	3	4	F	Away	Top Players
#3 Harkins	167 Pass Yds	7	12	7	7	33	Rest of team	71 Pass Yds
#22 Cousineau	101 Rush Yds	0	0	0	6	6	Rest of team	44 Rush Yds
#22 Cousineau	74 Rec Yds						Rest of team	71 Rec Yds

Scoring Summary

First Quarter		MBHS	BHS
	TD Stephen Galkowski 35 Yd Pass From Gary Harkins (Cannon Smith Kick)	7	0
Second Quarter		MBHS	BHS
	TD Dane Cousineau 37 Yd Pass From Gary Harkins (Kick No Good)	13	0
	TD Reed Cousineau 7 Yd Run (Failed Two-Point Conversion)	19	0
Third Quarter		MBHS	BHS
	TD Dane Cousineau 15 Yd Run (Cannon Smith Kick)	26	0
Fourth Quarter		MBHS	BHS
	TD Gary Harkins 1 Yd Run (Cannon Smith Kick)	33	0
	TD 31 Yd Pass (Kick No Good)	33	6

Team Totals

Total Plays	62	42
Total Yards	346	115
Passing Yards	167	71
Rushing Yards	179	44
First Downs	17	3
Third Down Efficiency	5-11 (45%)	2-10 (20%)
Fourth Down Efficiency	4-5 (80%)	0-3 (0%)
Turnovers	1	-
Fumbles Lost	1	-
Interceptions Thrown	-	-
Penalties	10	7
Yards	115	38

[CLICK HERE TO SEE FULL BOX SCORES](#)

WEEK 2 SUMMARY



Mt. Blue High School

7-14

Sep 13 at 7:00PM



Gardiner High School

Top Players	Away	1	2	3	4	F	Home	Tigers Top Players
#3 Harkins	134 Pass Yds	7	0	0	0	7	Rest of team	124 Pass Yds
#22 Cousineau	95 Rush Yds	7	0	0	7	14	Rest of team	120 Rush Yds
#21 Galkowski	79 Rec Yds						Rest of team	124 Rec Yds

Scoring Summary

First Quarter	MBHS	GHS
TD Chase Burgess 46 Yd Pass From Asher Nagy (Kutman B Kick)	0	7
TD 53 Yd Run (Kick)	7	7
Second Quarter	MBHS	GHS
Third Quarter	MBHS	GHS
Fourth Quarter	MBHS	GHS
TD Kyle Doody 4 Yd Run (Kutman B Kick)	7	14

Team Totals

Total Plays	53	59
Total Yards	194	244
Passing Yards	137	124
Rushing Yards	57	120
First Downs	14	12
Third Down Efficiency	5-12 (42%)	5-12 (42%)
Fourth Down Efficiency	2-3 (67%)	0-2 (0%)
Turnovers	2	1
Fumbles Lost	1	1
Interceptions Thrown	1	-
Penalties	7	6
Yards	53	33

[CLICK HERE TO SEE FULL BOX SCORES](#)

GOOD LUCK TO The 2024 MT. BLUE FOOTBALL TEAMS!



[MT. BLUE ATHLETICS WEBSITE](#)



***Thank you to Morrison Digital Design for producing and hosting our
digital media guide!***