



Karen Porter Whalen
Class of 1984

Karen graduated from Ticonderoga High School in 1984. She competed in both gymnastics and track and field. In 1983 she was Section VII Champion in the vault competition. Karen qualified for the New York State meet for gymnastics for four consecutive years. In track, she qualified for New York State meets for three consecutive years. Karen held the Ticonderoga High School records in the 100-meter, 200-meter, 4 x 100-meter relay and the long jump for many years.

Karen resides in Ticonderoga with her partner, Mike Corbo, has two sons, Michael and Tony and two granddaughters, Eva and Ellie.



Michael C. Vigliotti
Class of 1989

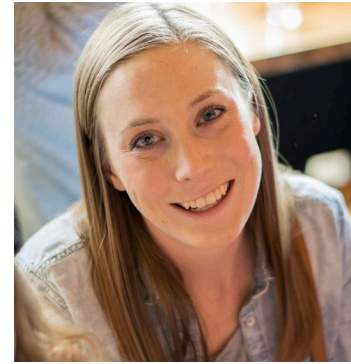
Mike graduated from Ticonderoga High School in 1989. He competed in football, basketball and golf. He received CVAC recognition in both football and basketball as a senior. In golf, Mike was a six-year member of the varsity golf team and started every year beginning as an eighth-grade student. He helped lead the Sentinels to a Section VII Championship and qualified for the New York State Tournament as a junior and senior.

Mike is currently in his 24th year in the Transportation Department at Ticonderoga Central School District and resides in Ticonderoga with his wife Karla and his two sons, Gabe and Kameron.



Laura Johnson (Olcott)
Class of 2007

Laura graduated from Ticonderoga High School in 2007 and grew up with a passion for competitive athletics. While she always gave her all to Soccer and Basketball, she chose softball as her sport of focus where pitching became her passion. Together with a fabulous group of teammates, the Sentinels won 3 straight CVAC Division II Softball Championships and the Section VII Softball Championship in her senior year, where she went out on top and won back-to-back 2006 and 2007 CVAC Softball Most Valuable Player awards. Laura continued on to play softball at Genesee Community College where she earned Team Captain and 2nd Team All-Conference awards. After an injury, Laura hung up her cleats to pursue a civil engineering degree at Rochester Institute of Technology, where she graduated Tau Alpha Pi. She currently lives in Denver, CO with her husband, Nick, stepson, Gunnar, and twin daughters, Jenna and Remi. She works as a Highway Engineer for Kiewit where she helps maintain and design the transportation infrastructure across the country. Her love of softball never quit, and she still surrounds herself with the game and hopes to coach her daughters, if the athletic genes get passed down. She would like to thank her dad, Donnie, for the countless hours spent being her personal catcher, the endless bruises from wild pitches, and the constant through all her endeavors.



Emily Palmer
Class of 2008

Emily graduated from Ticonderoga High School in 2008. She competed in Gymnastics, Indoor Track and Field, and Outdoor Track and Field all four years. Emily specialized in hurdles, sprints, and jumps while on the track team. She competed in the sectional meet all eight seasons and led the section in the 55-meter hurdles and 100-meter hurdles her junior and senior years. Emily broke the school records in the 100-meter hurdles and the 4x100 meter relay and broke the Section 7 record in the 55-meter hurdles. Emily competed at the NYSPHSAA State meets four times where she placed 13th in the 100-meter hurdles her junior year. Her senior year, Emily placed 9th in the 4x100 meter relay and 7th in the 100-meter hurdles.

After high school, Emily attended Saint Lawrence University where she studied Biology, Chemistry, and African Studies. She competed on and captained the Women's Indoor and Outdoor Track and Field teams. Following Saint Lawrence, Emily attended Boston University School of Medicine where she obtained her Master's Degree in Biomedical Forensic Sciences. Emily started her career with the Orange County Sheriff's Department Crime Lab in California as a Forensic Scientist. Emily has since moved back to the east coast and is working as a Forensic Scientist at the Massachusetts State Police Crime Lab. Emily married her husband, Neal, on September 17, 2022. They reside in Westminister, Massachusetts with their dog Finnegan.



Katie Karkoski Class of 2010

Katie Karkoski graduated in 2010 from Ticonderoga High School, where she played softball and ran cross country and indoor track.

Katie moved up to varsity softball for playoffs at the end of her freshman year, and was a starting pitcher and first baseman for the remainder of her time on the team. She was named to the CVAC All-Star team in 2008, 2009, and 2010. She was also named to the New York All-State team in 2009 and 2010. She had only two regular season losses her entire high school career.

The team was CVAC Section VII Class C champions in 2007, 2008, 2009, and 2010. The team also made it to the state quarter finals in 2007, 2008 and 2010.

Katie also ran cross country and indoor track all four years of high school. She made it to the Cross-Country State Championships all four years she was on the team. She participated in distance events in indoor track, including the 1500m and 3000m, as well as the triple jump.

Katie attended Russell Sage College, where she continued to play softball as a pitcher and second baseman. She studied Biology.

After college, Katie decided she wanted to work with animals. She found her passion as a dog groomer, which she has been doing for seven years. She lives in Cohoes with her boyfriend Anthony and their two dogs, Ajax and Atlas.

Todd Carr, Jr. Class of 2010



Todd graduated from Ticonderoga High School in 2010. He competed in football and baseball as a Sentinel. In baseball, Todd was a member of four consecutive CVAC and Section VII Championship teams. In addition, he was a four-time CVAC All Star as a catcher. In football, Todd was a member of the Section VII, Class D Championship team that made it to the State Final held at the Carrier Dome. That year he was honored with the NYSPHSAA Sportsmanship Award. After High School, Todd continued his athletic career at Castleton University. He led the Eastern Collegiate Football Conference in tackles as a senior and was a two-time Eastern Collegiate Football Conference All Conference Selection. Todd was named a Pre-Season All American as a senior, named the 2021 Spartan Player of the Year and graduated holding team records in single game, season and career tackles. Todd was inducted into the National Football Foundation Hall of Fame- Vermont Chapter.

Todd served his country as part of the United States Army- Vermont National Guard. In 2014 he was commissioned as a 2nd Lieutenant as an Engineer Officer and finished his military career as a Captain. Todd currently resides in Exeter, New Hampshire with his wife Sarah and two daughters, Hadley and Addison.

Jason Fish Class of 2003



Jason Fish, Class of 2003, was a three-sport athlete for the Sentinels: competing in Varsity Football and Varsity Baseball his Sophomore, Junior and Senior years, and Varsity Basketball as a Junior and Senior.

Playing all sides of the ball, Jason was a starting fullback, linebacker and member of special teams. As a Junior in the 2001 Football season Jason led the team in rushing (533 yards on 126 carries) and tackles (97) helping the Sentinels make it to the final game of the season with a 6-3 record before missing out on the Section VII Class C Championship. In 2001 Jason received two selections to the CVAC Coaches' All-Star Team - on offense as fullback, and on defense as linebacker. He was also selected as the Press Republican's Defensive Player of the Year that year and was named to the All-New York State Third Defensive Team as a linebacker. Jason received a selection to the Press Republican's All Area Team as linebacker in 2002; and was again named to the All-State Third Defensive Team as a linebacker his senior season.

A starter on the Sentinels' Varsity Basketball team his Junior and Senior years, Jason lead the team in rebounds. The Sentinels were CVAC Division II Champs in 2002 and 2003.

Starting at 1st and 3rd base his sophomore year, and as catcher his Junior and Senior years; Jason received a CVAC All Star Honorable Mention as Catcher in 2002. The Sentinels were 2002 Division II Champions with a 9-2 record. As a Senior in 2003 Jason was named to the CVAC Coaches' All Star Baseball team as catcher; with a .457 batting average and .635 on base percentage, scoring 21 runs.

Jason graduated from Bridgton Academy in 2004, where he started on the Wolverine's baseball team as catcher, and played defense on the football team.

Jason has a daughter, Olivia, who is 12 years old. He resides in Glens Falls where he is a boat builder at Hacker Boat Company.