



SSFS QUIZ BOWL TEAM 2025-2026 RESULTS, SCHEDULE & PROGRAM RECORDS

RESULTS

SSFS 2025-2026 OVERALL RECORD (30-2-0)

across all interscholastic formats of play

IT'S ACADEMIC SCRIMMAGE (SSFS 4-0-0) and (2,384 PF – 1,485 PA):

- vs. Rockville W (435-365 & Mixed Team 375)
- vs. Rockville W (625-385 & Mixed Team 465)
- vs. Rockville W (665-395 & Mixed Team 345)
- vs. Rockville W (660-340 & Mixed Team 360)

SSFS AVERAGE POINTS PER GAME: 596

SSFS POINTS ALLOWED PER GAME: 371

IT'S ACADEMIC SCRIMMAGE (SSFS 3-1-0) and (1,965 PF – 2,095 PA):

- vs. Blake L (525-655 & SSFS B Team 350)
- vs. Blake W (415-445 & SSFS B Team 495)
- vs. Blake W (500-485 & SSFS B Team 435)
- vs. Blake W (525-510 & SSFS B Team 435)

SSFS AVERAGE POINTS PER GAME: 491

SSFS POINTS ALLOWED PER GAME: 524

MABL ROUND 1 (SSFS 3-0-0) and (1,628 PF – 775 PA):

- vs. Churchill W (515-415)
- vs. Poolesville W (570-360)
- vs. Wootton W (543-0) Forfeit

SSFS AVERAGE POINTS PER GAME: 543

SSFS POINTS ALLOWED PER GAME: 258

MABL ROUND 2 (SSFS 2-1-0) and (1,700 PF – 1,030 PA):

- vs. RM W (555-350)
- vs. Blair B W (720-140)
- vs. Blair A L (425-540)

SSFS AVERAGE POINTS PER GAME: 567

SSFS POINTS ALLOWED PER GAME: 343

IT'S ACADEMIC OPENING ROUND

vs. Whitman and Landon W & W (575-495-445)

MABL ROUND 3 (SSFS 3-0-0) and (1,785 PF – 590 PA):

- vs. Wheaton B W (565-315)
- vs. Gaithersburg W (595-0) Forfeit
- vs. Sherwood W (625-275)

SSFS AVERAGE POINTS PER GAME: 595

SSFS POINTS ALLOWED PER GAME: 197

MABL ROUND 4 (SSFS 3-0-0) and (1,740 PF – 520 PA):

- vs. Springbrook W (580-0) Forfeit
- vs. Magruder W (570-285)
- vs. Rockville A W (590-235)

SSFS AVERAGE POINTS PER GAME: 580

SSFS POINTS ALLOWED PER GAME: 173

MABL ROUND 5 (SSFS 3-0-0) and (1,365 PF – 1,220 PA):

- vs. BCC A W (500-385)
- vs. Magruder W (410-405)
- vs. Blair A W (455-430)

SSFS AVERAGE POINTS PER GAME: 455

SSFS POINTS ALLOWED PER GAME: 407

MABL SEMIFINAL ROUND (SSFS 3-0-0) and (1,545 PF – 850 PA):

- vs. Einstein W (620-165)
- vs. Walter Johnson A W (445-320)
- vs. Poolesville W (480-365)

SSFS AVERAGE POINTS PER GAME: 515

SSFS POINTS ALLOWED PER GAME: 283

MABL CHAMPIONSHIP ROUND (SSFS 4-0-0) and (1,805 PF – 1,380 PA):

- vs. RM W (545-330)
- vs. Whitman W (470-330)
- vs. B-CC A W (380-355)
- vs. Blair W (410-365) 1st Place: MABL Champions

SSFS AVERAGE POINTS PER GAME: 451

SSFS POINTS ALLOWED PER GAME: 345

SCHEDULE

What follows are the currently known interscholastic academic matches in which SSFS is participating.
There may still be more TBD.

SEPTEMBER 2025

- **Tuesday, September 9** (4:00pm-5:30pm) It's Academic Scrimmage @ SSFS
 - vs Rockville HS (transportation not provided by SSFS)
- **Saturday, September 13** (10:00am-12:00pm) It's Academic Scrimmage @ SSFS
 - vs. Blake HS (transportation not provided by SSFS)

OCTOBER 2025

- **Thursday, October 9** (2:35pm~6:30pm) MABL Round 1 @ Churchill HS
 - vs. Churchill, Poolesville & Wootton (transportation provided by SSFS)
- **Thursday, October 23** (2:35pm~6:30pm) MABL Round 2 @ Blair HS
 - vs. Blair A, Blair B & Richard Montgomery (transportation provided by SSFS)

NOVEMBER 2025

- **Sunday, November 9** (12:00 pm- ~3:30 pm) It's Academic Opening Round @ WETA Studios in Arlington, VA
 - vs Landon and Whitman (transportation not provided by SSFS)
- **Thursday, November 13** (2:35pm~6:30pm) MABL Round 3 @ Sherwood HS
 - vs. Sherwood, Gaithersburg & Wheaton B (transportation provided by SSFS)

DECEMBER 2025

- **Thursday, December 11** (2:30pm~6:30pm) MABL Round 4 @ Rockville HS
 - vs. Rockville A, Magruder & Springbrook (transportation provided by SSFS)

JANUARY 2026

- **Thursday, January 15** (2:30pm~6:30pm) MABL Round 5 @ TBD Walter Johnson HS
 - vs. TBD, TBD & TBD (transportation provided by SSFS)

FEBRUARY 2026

- **Thursday, February 5** (2:30pm~6:30pm) MABL Semifinal Round @ TBD HS

- vs. TBD, TBD & TBD (transportation provided by SSFS)
- **Thursday, February 26** (2:30pm-~6:30pm) MABL Championship Round @ Churchill HS
 - vs. RM, Whitman, B-CC A, & Blair A (transportation provided by SSFS)

SSFS QUIZ BOWL ORIGINS

- Established in the spring of 1985, the first iteration of SSFS Quiz Bowl lasted three years, running through the fall of 1988. Coached by Bob Hoch, SSFS competed with three starters and three alternates against Edmund Burke, GDS, Magruder, Sherwood, and Paint Branch. SSFS never hosted tournaments and never got on the television program *It's Academic*. SSFS had one more probationary period before earning the right to compete on TV, but broke up when Bob assumed duties as the College Guidance Counselor. The program went dormant for the next 23 years.
- In AY 2011-2012, and inspired by his mentor Bob Hoch, Eduardo Polón resurrected SSFS Quiz Bowl by establishing a fun, intramural program inspired by the NCAA's March Madness bracketology. Two successful years of intramural competition afforded Eduardo the time to identify and develop an invested participant pool, research the surrounding area's academic competition scene, and network with and receive mentoring from experienced academic coaches. In AY 2013-2014, SSFS joined the Montgomery Academic Belway League (MABL) and simultaneously earned the School's first invitation to participate on television's *It's Academic*.

PROGRAM RECORDS

Overall Program Record (389-148-7 through AY 2025-26):

- 2011-2012: Intramural
- 2012-2013: Intramural
- 2013-14: 22-16-1 Captain Jake Gearon & Assistant Captain Emil Kunkin
- 2014-15: 36-20-0 Captain Jake Gearon & Assistant Captain Emil Kunkin
- 2015-16: 40-17-2 Captain Ravi Serota & Assistant Captain Lindsay Richwine
- 2016-17: 33-15-1 Captain Lindsay Richwine & Assistant Captain Asa Kienitz-Kincade
- 2017-18: 47-15-0 Captain Asa Kienitz-Kincade & Assistant Captain Justis Dixon
- 2018-19: 47-14-0 Captain Justis Dixon & Assistant Captain Michelle Tobin
- 2019-20: 13-13-0 Captain Moira McCudden & Assistant Captain Olivia Gilbert
- 2020-21: 15-6-0 Captain Moira McCudden & Assistant Captain Olivia Gilbert
- 2021-22: 19-8-1 Captain Sophia Strocko & Assistant Captain Clara Shapiro
- 2022-23: 27-8-0 Captain Clara Shapiro & Assistant Captain Calvin Chrisfield
- 2023-24: 28-7-2 Captain Greta Garrettson-Taylor & Assistant Captain Diego Zein
- 2024-25: 32-7-0 Captain Diego Zein & Assistant Captain Justin Carr
- 2025-26: 30-2-0 Captain Justin Carr

Individual MABL Match Records:

- Single MABL Match Points-For High: 810 vs. Magruder (12/11/14)
- Single MABL Match Points-Allowed Low: 30 vs. Magruder (10/19/17)

Individual MABL Round (3 Matches) Records:

- Single MABL Round Points-For High: 2,110 (11/29/18)
- Single MABL Round Points-Allowed Low: 197 (11/07/24)
- Single MABL Round Average Points-For High Per Game: 703 (11/29/18)
- Single MABL Round Average Points-Allowed Low Per Game: 93 (10/17/19)

Individual MABL Season Records:

- Single MABL Season Record (Regular Season & Playoffs): 21-1-0 (AY 2025-26)
- Single MABL Regular Season Average Points-High Per Game (Five Rounds): 539 (AY 2016-17)
- Highest MABL Ranking at End of Season (Regular Season & Playoffs): 2nd (Silver Medalists) out of 26 (AY 2016-17 and 2017-18)

Accomplishments:

- **Montgomery Academic Beltway League (MABL):**
 - MABL Gold Medalists (Fall 2025)
 - MABL Silver Medalists (Fall 2016 & 2017)
 - MABL Bronze Medalists (Fall 2018, 2021, 2023 & 2024)
 - Advanced to MABL Championship Round (AY 2013-14, 2014-15, 2015-16, 2016-17, 2017-18, 2018-19, 2021-2022, 2022-2023, 2023-2024, 2024-2025 & 2025-2026)
 - Advanced to MABL Semifinal Round (AY 2019-2020 & 2020-2021)
- **It's Academic:**
 - Earned first invite to participate in *It's Academic* (AY 2013-2014)
 - Won the *It's Academic* Opening Round Match and team program debut (02/08/14)
 - Won first *It's Academic* Playoff Round Match (02/07/15)
 - *It's Academic* Quarterfinalists (AY 2013-14 & 2017-18)
 - *It's Academic* Semifinalists (AY 2014-15, 2015-16, 2021-2022 & 2024-2025)
 - *It's Academic* Championship [AY 2018-19 (2nd Place), 2022-2023 (3rd Place), 2023-2024 (3rd Place) & 2024-2025 (2nd Place)]
 - 2018 *It's Academic* Sophie B Altman *Coach of the Year Award* to Eduardo Polón
- **Blake HS It's Academic Tournament:**
 - Finalists of Blake HS It's Academic Tournament (Fall 2017)
 - Semifinalists of Blake HS It's Academic Tournament (Fall 2013, Fall 2016, & Fall 2018)
 - Quarterfinalists of Blake HS It's Academic Tournament (Fall 2014)
 - Qualified Two Teams to Playoffs in Blake HS It's Academic Tournament (Fall 2014, Fall 2016, Fall 2017, & Fall 2018)
- **Program Milestones & Achievements:**
 - Most Wins in an Academic Competition Season: 47 (AY 2017-18 & 2018-19)
 - Earned the program's 350th victory since AY 2013-14 on 02/06/25 (AY 2023-2024), doing so in only 501 attempts (350-144-7)
 - Earned the program's 300th victory since AY 2013-14 on 09/18/23 (AY 2023-2024), doing so in only 437 attempts (300-132-5)
 - Earned the program's 250th victory since AY 2013-14 on 02/11/21 (AY 2020-2021)
 - Earned the program's 200th victory since AY 2013-14 on 10/31/18 (AY 2018-19), doing so in only 294 attempts (200-90-4)

LEARN MORE

- [An Introduction to SSFS Quiz Bowl](#) (video)
- [SSFS Quiz Bowl Promo](#) (video)
- [Clara Shapiro \('23\) College Essay on SSFS Quiz Bowl](#) - Inspiration for the Aspirational

WATCH

- **2025-2026:**
 - [SSFS on It's Academic Opening Round vs. Landon & Whitman \(03/07/26\)](#)
- **2024-2025:**
 - [SSFS on It's Academic Championship Round vs. Blair HS & Blake HS \(06/14/25\)](#)
 - [SSFS on It's Academic Semifinal Round vs. B-CC & Georgetown Day \(05/31/25\)](#)
 - [SSFS on It's Academic Quarterfinal Round vs. BASIS Independent McLean and Robinson Secondary HS \(04/26/25\)](#)
 - [SSFS on It's Academic Opening Round vs. Churchill & Whitman \(10/19/24\)](#)
- **2023-2024:**
 - [SSFS on It's Academic Finals vs Blake & Rockville \(06/29/24\)](#)
 - [SSFS on It's Academic Semifinals vs Landon & Georgetown Day \(06/22/24\)](#)
 - [SSFS on It's Academic Playoffs vs Langley & South Lakes \(06/08/24\)](#)
 - [SSFS on It's Academic Opening Round vs Bishop Ireton & Westfield \(02/24/24\)](#)
- **2022-2023:**
 - [SSFS on It's Academic Finals vs Montgomery Blair & McLean \(06/17/23\)](#)
 - [SSFS on It's Academic Semifinals vs W.T. Woodson & Fauquier \(06/03/23\)](#)
 - [SSFS on It's Academic Playoffs vs Bullis & B-CC \(05/06/23\)](#)
 - [SSFS on It's Academic Opening Round vs WIS & KIPPS DC College Prep \(12/17/22\)](#)
- **2021-2022:**
 - [SSFS on It's Academic Semifinals vs St. Anselm's & Blair \(06/18/22\)](#)
 - [SSFS on It's Academic Playoffs vs Landon & St. Albans \(05/28/22\)](#)
 - [SSFS on It's Academic Opening Round vs Dominion & South Lakes \(04/02/22\)](#)
- **2020-2021:**
 - [SSFS on It's Academic vs Holton Arms & George Mason \(11/28/21\)](#)
- **2019-2020:**
 - SSFS on *It's Academic* Playoffs vs vs Poolesville & GDS (??/19)
 - SSFS on *It's Academic* Opening Round vs Paint Branch & Bowie (11/30/19)
- **2018-2019:**
 - SSFS on *It's Academic* Championship vs Blair & Rockville (??/19)
 - SSFS on *It's Academic* Semifinals vs Langley & Thomas Jefferson (??/19)
 - SSFS on *It's Academic* Playoffs vs Oakton & McLean (04/14/19)
 - SSFS on *It's Academic* Opening Round vs Chantilly & Woodgrove (10/20/18)
- **2017-2018:**
 - [SSFS on It's Academic Semifinals vs Blair & Richard Montgomery \(06/16/18\)](#)
 - [SSFS on It's Academic Playoffs vs W.T. Woodson & St. Stephen's & St. Agnes \(05/19/18\)](#)
 - [SSFS on It's Academic Opening Round vs Dominion & Suitland \(03/17/18\)](#)
- **2016-2017:**
 - SSFS on *It's Academic* Opening Round vs McLean & South Lakes (10/22/16)
- **2015-2016:**
 - SSFS on *It's Academic* Semifinals vs Whitman & Churchill (??/16)

- SSFS on *It's Academic* Playoffs vs vs Suitland & Eleanor Roosevelt (??/16)
- SSFS on *It's Academic* Opening Round vs Falls Church & Wakefield (02/27/15)
- **2014-2015:**
 - SSFS on *It's Academic* Semifinals vs GDS & Blair (??/14)
 - [SSFS on *It's Academic* Playoffs vs Wootton & St. Alban's \(02/07/15\)](#)
 - SSFS on *It's Academic* Opening Round vs Washington Lee & Chantilly (10/18/14)
- **2013-2014:**
 - SSFS on *It's Academic* Playoffs vs Langley & Blake (05/31/14)
 - SSFS on *It's Academic* Opening Round vs La Plata & Magruder (02/08/14)

RECOMMENDED PRACTICE -- QUESTIONS, LISTS & STUDY GUIDES

- [SSFS QUIZ BOWL STUDY GUIDE: *The Clara Shapiro '23 Quiz Bowl Manifesto & Quizlet Compendium*](#)
- [QUIZ BOWL STUDY QUIZLETS: *A Gift from Cameron Tollefson \(SSFS '23\)*](#)
- [Protobowl](#) (A Real-Time, Multiplayer Quiz Bowl App)
- [QBReader](#) (A Text-Based Quizbowl Packet Reader and Database)
- [Quinterist](#) (A Quiz Bowl Search Engine)
- [NAQT You Gotta Know](#)
- [NAQT Sample Questions](#)
- [NAQT Buzzword](#) (an engaging, online, and audio-based format)
- [High School Quizbowl Packet Archive](#)
- [The Stanford Packet Archive](#)
- Watch & Play [Jeopardy](#)
- Watch [It's Academic](#) on Saturday mornings or on the [It's Academic YouTube Channel](#)
- [National Science Bowl \(NSB\)](#) Sample Question Sets [It's Academic - YouTube](#)
- [National Ocean Science Bowl \(NSOB\)](#) Sample Question Sets
- Sign up for the **Quiz Watch** and/or **Trivia Crack** app and compete against one another, but be sure to choose academic-centered topics.
- Quiz Bowl questions tend to include the following subjects:
 - Arts (Film History, Theater History, Music History)
 - Education
 - Geography (American, World)
 - History & Culture (American, World, Histories of Journalism, Politics, Pop Culture, Science History)
 - Literature
 - Math (Arithmetic, Algebra, Geometry)
 - Mythology, Philosophy & Religion
 - Science (Astronomy, Biology, Chemistry, Earth, Human Biology, Physical Science, Physics)