

Sports



Lehman letterwinners

The Lake-Lehman girls' softball team has two juniors and one senior letterwinners returning to this year's squad. From left, are Cindy Slocum, junior; Sandy Diction, senior; and Kelly Wandel, junior.

Dallas Post/Ed Campbell



Dallas letterwinners

Senior letterwinners returning to the Dallas girls' softball team are shown here with Jay Pope, Dallas softball coach. From left, are Joan Hilstolsky, Pope and Jill Radzinski.

Dallas Post/Charlot M. Denmon

Diamond

(Continued from page 11)

and Chris Legenz, outfielder, are the two freshmen on the senior high team.

Other girls who will see action during the season are Lori Bartleson, Michele Buttons and Donna Platt, catchers; Chrissie Konopki and Heather Bachman, pitchers; Amy Wesley, Donna Wylie, infielders; Theresa Dressler, Michelle Daveski and Legenz, outfielders.

The Lady Mountaineers open Monday, April 1, at home, with the Comets of Crestwood.

COACH NEEDED

Coach Florence Finn, Lake-Lehman's girls softball mentor, has 27 girls on the senior high squad and 35 girls out for the junior high team. There is no doubt that Finn needs another coach for Ronda Hudzik is trying to handle the junior high girls while Coach Finn has only former Lake-Lehman player Cheryl Travis as her assistant.

Sandy Diction is the lone senior letterman returning to the Lady Knights squad this season, the others lost through graduation. Diction will be back on first and will be among those with a powerful bat at the plate. Senior Corrine Smith is out for the first time this year and will probably play in the outfield.

LETTERWINNERS RETURN

Two returning junior letterwinners are Kelly Wandel and Cindy Slocum. Both of these girls are powerful hitters and Coach Finn is depending on them. Kelly Siglin will be behind the plate and sophomore Beth Finn will be doing most of the pitching. Second baseman will be Susie Slocum, who will be covering the middle of the infield along with Wandel and Noelle Kuznicki will take over on third.

Christi Wesculis will be in the outfield and Patti Rish and Lori Pannle will be vying with Corrine Smith for the third outfield position. Finn is not sure about relief pitchers but is working with several of the younger girls to help them get in condition by the opening day on April 1.

NO DOUBT

Despite the fact that she has a young team, Coach Finn has no doubt that the team can get into the Division AA playoffs, in fact depending on how they develop she believes that the team could go all the way.

The Lady Knights' attitude is super, they are hustlers and they are very competitive. Finn said they are extremely coachable and

although young they have a lot of good experience from summer softball.

A number of these girls are on Charlotte Slocum's championship teams and they (the girls) are well disciplined and well coached.

"I'm getting a lot of fine leadership from Sandy Diction," said Coach Finn. "Her experience on the hockey and basketball teams has given her a lot of poise and polish. She knows how to work with these younger girls. Cindy and Susie Slocum are naturals, I'm expecting a lot from them, and Kelly Wandel is terrific. This year's team is a fun team to coach."

Rodgers on sports

This sports clinic was full of get-in-shape suggestions

By JOHN RODGERS
Sports Columnist

I had the pleasure of attending a sports medicine clinic at the Sheraton Crossgates in Wilkes-Barre. The clinic was held by the N.P.W. and titled "Sports Medicine and Injury Care" and was right up my alley.

I myself am an avid participant and fan of mature athletics, playing softball three to five nights a week in the summer and some basketball in the winter.

One of the biggest questions or topics this time of the year among us weekend warriors is how do I get in shape for the summer? I think everyone has their own answer, but this clinic helped me immensely.

There were some very notable physical therapists and exercise physiologists speaking, such as Rich Ross, strength and conditioning coach at Penn State and Roberta Simmons, athletic trainer at Bucknell University. In all, there were over 100 people in attendance, mainly on the college and high school athletic level.

Many of my questions were answered and I have passed them on to my friends and would like to pass some of them on to you.

First — how much running and weightlifting should I do?

Running should be done on a gradual level progressing as one goes on, start with about a half mile. Weightlifting should be done year round, but if you're just starting out go with lighter weights and set up a schedule to compliment your running preferably lifting after your run. Actually weightlifting is not necessary for strength, stated Mr. Ross. He likes to put Penn State football team through a manual resistance exercise program, which includes pushups and sit-ups. Also before a practice or game one should jog a little to get the body temperature up and do some stretching exercises.

The women can follow the same advice, stated Roberta Simmons, just make sure to check and adjust the weightlifting equipment. "Everything was set for the average male athlete, so you have to adjust the equipment accordingly," she said.

Roberta also expects more women

to participate in athletics since it's in style now.

Another important thing stressed at the clinic was having the mind working with the body. Know your goals and your potential, don't over shoot or overload your own capacity. You do not want to push yourself too fast in the beginning or you can find yourself getting sore and tired and boring yourself with your

progress and giving up. It's better to reach your peak midway or late in the season than to peak out too early and lose everything you already earned.

Something to note is this pertains to hunting and fishing, as well. A half mile wade through a stream or rowing a boat a half mile is equivalent to jogging a mile.

Former Mountaineers at King's

Three former members of the Dallas High School tennis team are members of the King's College net squad.

Brothers Bill and Jay Downs of Dallas help supply experience and team leadership. Bill was named captain of the King's netmen, according to Coach Bill Eydler.

The third squad member is Jerry Ross, resident of Shavertown, who had an outstanding season as a freshman.

Bill is a senior with a major in marketing and business administration.

Jay is a junior studying computer science.

Jerry is a junior psychology major.

King's team leaves next week for a swing through Virginia and southern Pennsylvania. The Monarchs opened at home Saturday with Villanova University in Wilkes-Barre.



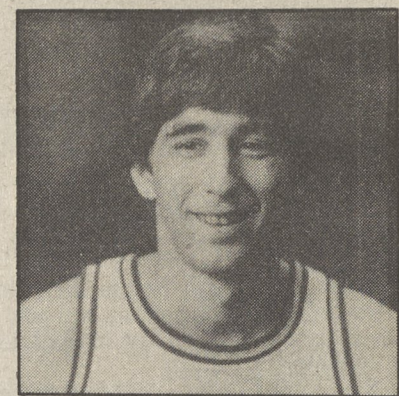
RODGERS

Penkrot honored

A University of Delaware men's basketball co-captain has been named East Coast Conference Scholar-Athlete in men's basketball for the second year.

The honor, voted by the eight-member school sports information directors, recognizes the top scholar-athlete in each sport sponsored by the ECC.

David Penkrot, a 6-6 senior forward from Shavertown, shared the men's basketball honor with Mark Allstead of Bucknell.



DAVE PENKROT

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