# SPORTS



DALLAS VOLLEYBALL TEAM - Members of the Dallas volleyball team won their first game last Friday opening the season with Nanticoke. Team members, above, are first row, from left Brad Bryant, Dan Watchulonis, Mark Lamoreaux, Ned Palka, Scott Bearley, Keith McDonald, Jeff Polachek, Dave Holdredge: back row, Joe Hudak, Ramy Shelin, Mike Niel, Shawn Miller, Ron Moses, Geoff Spear, Tony Massara, Coach Dave Jones. (Post Photo/C.M. Denmon)

# It's a new experience for Dallas volleyball coach and his players

### By CHARLOT M. DENMON Staff Writer

The Dallas Mountaineers volleyball team enters the season with a rookie coach and mostly first-time players. But despite fielding only one returning player from last season, the Mounts won their opening match Friday against Nanticoke, 15-3, 15-10.

Junior Mark Lamoreaux, setter, played an excellent game for the young Mountaineers. The team also played a great defensive game.

The Mounts are playing under a new coach this season, David Jones, a member of the Dallas faculty

We have no seniors on the team this year," said coach Jones. "Ned Palka is the only player returning from last year. Seven others were lost through graduation.

"We have eight juniors and seven sophomores on this year's and believe me, we are both learnroster and most of them have no experience with volleyball. For that matter neither do I," said Jones, "With the exception of picnic volleyball. We have a great group of boys though; they are enthusiastic and cooperative and have a great attitude. They are familiar with the team concept and are well disciplined. I don't know how many games we will win, but we will be competitive," Jones said.

Jones said he knew nothing about volleyball until he decided to apply for the coaching position so he went to some of the best to learn

"I went to John Baranowski and John Rogers who have done such a great job at Lake-Lehman. They helped me a great deal. I also learned a lot from their former coach Donna Trebilcox. Now the

ing a great deal."

The starters at present are Scott Bearley, Ned Palka, Mark Lamoreaux, Keith McDonald, Jeff Polachek and Dan Watchulonis. Palka, Bearley and McDonald are tricaptains of the team.

Jones said he believes the strongest teams in this year's Wyoming Valley Volleyball Conference are Lake-Lehman, North Pocono, Tunkhannock, and Wyoming,.

His team members include juniors Bearley, Palka, Joe Hudak, Lamoreaux, McDonald, Polachek, Ramy Shelin, Geff Spear, Watchulonis, Brad Bryant, Dave Holdredge, Tony Massara, Shawn Miller, Ron Moses and Mike Niel.

"I'm pleased with what all the boys are doing," said Jones.

# Temple coaches help Lehman girls

### Bu CHARLOT M. DENMON

Temple University head coach onnie Maureh and assistant ach Cheryl Travis recently invarsity high school team in a hit-

Stroudsburg, she was named to the university's Hall of Fame in 1986. In 1989 she was the Atlantic university. structed 40 players and coaches of 10 Coach of the Year. Maureh is a the Lake-Lehman softball junior pioneer in women's fast pitch soft-

coach at Temple for 15 seasons which time the Lady Knights won and will attain her 300th win this two district titles. She is presently season. A graduate of East pursuing her doctorate in sports psychology and is in her second year as assistant coach at the

While in the area, the two Divi- GOVERNMENT SEIZED ball having played professionally sion 1 coaches conducted a coach's

# 3 from gym enter body building meet

#### By CHARLOT M. DENMON Staff Writer

Three members of The Gym in Dallas will enter the 3rd Annual Natural Pocono Classic Body Building Championships, April 20 at the John S. Fine High School, Nanticoke.

Tess Hollitt, sister of Raye Hollitt, owner of The Gym, was encouraged by her sister Raye to work out and become physically fit. She has been working out since July and will enter the women's middleweight physique and strength competition. Tess is currently employed at The GYM as well as working out there.

Mark Senchak is also employed at The GYM. He is a graduate of Wyoming Valley West High School but now lives in Sweet Valley. When in school he was active in sports, playing football and also was a member of the wrestling team. Senchak will enter the lightweight physique competition for men.

The third entrant is Corey Kleinfelter, a member of The GYM, and an employee of the local water weight lifter. He will enter the men's as well. lightweight physique competition



PHYSIQUE CONTESTANTS - Three members of The GYM in Dallas plan to enter the 3rd Annual Natural Pocono Classic body building championships at John S. Fine High School, April 20, at Nanticoke. Above, from left are Corey Klinefelter, Tess Hollitt, and Mark Senchak. (Post Photo/C.M. Denmon)

company. Corey has always been a and the strength endurance class weight lifters have entered compe-

tition and hope to bring back tro-

## This is the first time the three phies to the Back Mountain.

Dallas girls soccer scores shutout

of the goal in the first half Monday gave the Lady Mountaineers a difficult time in their soccer game with Tunkhannock. But the Dallas girls fought through the mire to post a 4-0 shutout.

The Dallas girls were able to manage one goal late in the first

Rain and a muddy area in front half when Karen Wisnewski sent a kick that bounced to Amy Shelley left pass in front of the goal which Sue Richardson drove past the Tigers goalkeeper Tracy Harvey.

In the second half the teams switched goals and the Dallas girls used the firm end of the field to their advantage.

Sue Richardson made a corner out.

who drove the ball in for a score. Megan Moran moved the score to 3-0 with a long shot past Harvey into the cage

Moran also picked up an assist by knocking the ball to Patrice Shovlin who scored from 10 yards

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ting clinic.

Maureh and Travis taught team members compact hitting, bunting and slap hitting. They also conducted drills and provided the instructional progression instrumental to building effective hitters

and gaining All-American status.

Travis is a 1979 graduate of Lake-Lehman where she was an Coach Maureh has been head Lake-Lehman for five years during tended the clinic.

clinic for Back Mountain Little League Softball coaches the day before the high school clinic at the All-Scholastic shortstop. She also Dallas American Legion. They displayed softball for four years at cussed techniques, styles of offen-Susquehanna University where she sive and defensive skills in addireceived a bachelor's degree in tion to pitching fundamentals. psychology. She then coached at Approximately 25 coaches at-

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