



LAKE-LEHMAN TRACK SENIORS - Kneeling, from left, Nikki Hall, shot, discus, javelin; Jamie Yetter, hurdles; Jamie Moyer, sprints. Standing, from left, Ed Narkiewicz, coach, Mark Shisson, 800-1600 meters; Bob Ruggere, hurdles, triple jump, relays; Rich Lamoreaux, shot, discus, javelin; Gary Masters, shot, discus, javelin. (Post photo/Ron Bartizek)
Editor's Note: The Dallas Post attempted to photograph the Dallas High track team, but was unable to do so.

Track preview

Mounts look forward to better season

By CHRISTINA CONRAD
Sports Correspondent

The Dallas Mountaineers are looking to field a strong track team this year. Coach Bill Kvashay hopes to improve the boys' record of 14-1 and the girls' record of 8-6. Coach Kvashay stated,

"Our goal is to improve, get ready for districts, and take one meet at a time. Right now, we are finding a point of reference and working from there."

"Working hard is what they seem to be doing according to Jeremy Van Orden who said, "Training is the hardest right now. We can't help the weather but we are still running hard."

And a lot of hard work is exactly what Coach Kvashay will be looking for from the following members of the team: Jeremy Van Orden, David Podel, Brian Burd, Ryan Clemm, Matt Samuel, Eric Williams, John Morris, Lenny Kelly, Eric Williams, Eric Lehman and Brian Jayne.

The girls are also looking to improve on last year's performance. The members expected to excel this year are Ann Smaka, Becky Yurko, Tammy Langdon, Andrea Shone, Monnica Matthews, Monique Matthews, Amy Merrill and Stephanie Dwinchick.

Andrea Shone commented on the girls' season this year. "Well, it's hard in the beginning with trying to get back in shape and then it gets easier. The hardness increases again around districts when every one is trying to do well."

And do well is what Dallas should. They are going to be a force in the Wyoming Valley Conference this year. Some of the newcomers that should help them are freshman Brad Barkett in the distance runs; sophomores Charlie Siglin in the throwing events and Brian Gaspell in the distance runs; and Seniors Eric Ursiak and Brian Miller in running sprints.

Dallas is obviously geared up for this season and ready to challenge the other double A teams in the valley as well as at districts. Coach Kvashay commented, "It's really too early to tell how we are. We just want to keep improving and I think we will."

Despite possible blizzard conditions, Dallas should be able to get a good idea where they stand on March 26 with their home opener against Coughlin.

Youth soccer registration

Back Mountain Youth Soccer Association will hold registration for the 1992 Fall Intramural Season one day only, April 11, from 9:30 a.m. to 3 p.m. in the Dallas Middle School. Fees are \$30 for the first child, \$27 for the second and \$25 for the third. Registration will be limited this year to the number of coaches in each age group, U-8 to U-14, so register early. Birth certificates required for first year players and everyone who registers must have a social security number.

Jr. Football parents meeting April 7

Dallas Junior Football Association announces a special parents meeting April 7, 1992, 7 p.m. at American Legion Post 672, Memorial Highway, Dallas. For more information, call 675-7310 or 675-8662.

Body building meet April 11

The 4th Annual Natural Pocono Classic Bodybuilding Championships N.P.C. (National physique committee sanctioned), will be held Saturday, April 11. Prejudging 11 a.m., final show 7 p.m. Strength Show at 3 p.m., at the Nanticoke Senior High School in Nanticoke. Promoted and sponsored by Clawsons Fitness Center-Alden. For more information or tickets, call Clawsons Fitness Center, 735-7075. Tickets will be available at the door. (Mandatory drug testing).

Volleyball preview

Knights plan to renew winning ways

By CHRISTINA CONRAD
Sports Correspondent

Lake-Lehman volleyball has a tradition of winning. Coaches John and Jeris Baranowski's names are synonymous with excellence. And as the competition in the area gets better, Lehman hopes they will get stronger.

And stronger is what the team should be this year with six returning letter winners. Lehman is returning from an 11-3 season with a disappointing loss in districts. Still, they are excited and ready to go at it again this year.

Coach Jeris Baranowski firmly stated, "The team's goal is to win districts. Last year was disappointing for the boys and now they want the championship back."

And there is a strong chance they will get it back for they seem to be ahead of schedule this year. "Many boys, a good team core, played USVBA (United States Volley Ball Association) this year. When they came to practice, they were in better shape and should benefit from the extra play", commented coach Jeris Baranowski.

A strong and key player in this season's fight for the district title is Dave Knapp. Coach Baranowski said, "Dave has worked very hard and he is possibly the strongest he has ever been."

Knapp added, "Our passing game is good, our serving game is strong, and the offensive game is the best as it has been in years. Also, our net game is strong and we work well as a team."

When asked about the team weaknesses Dave replied, "I don't think there are too many. We're still learning but we are sure of ourselves. We're only getting better and if there are any weaknesses, they are only little basic things which can be corrected."

The Black Knights are going to



LAKE-LEHMAN VARSITY VOLLEYBALL - Kneeling, from left, Tim Norconk, Jarrod Baranowski, Paul Klemens, Mike Callahan, Jamie Welby. Standing, from left, Chris Salko, Justin Goodwin, Anthony Scavone, Guille Loutaif, David Knapp, Dave Larkins, John Baranowski, coach. (Post photo/Ron Bartizek)

be geared for the end of the season but before they get on their bus to victory they must correct the "little basic things" and be ready for their home opener on March 24 against GAR.

"We have a tradition we know and love very dearly," added Coach Baranowski. And there is a good chance they will be loving it again this year.

Mounts have big plans for this season

Dallas volleyball coach Dave Jones has been busy preparing his team to meet some big goals. The Mountaineers have a four

point plan, "Our goal is to win the league championship, playoffs, and districts and to go to states," commented Coach Jones. With all of their letter winners from last year and eight seniors the team should have valued experience on their side.

Dallas seems to be on the rebound from last year's 7-5 record with losses to Abington Heights, Lake-Lehman, Tunkhannock, Wyoming Area, and Wyoming Valley West. Nevertheless, a positive attitude is with the team which Coach Jones commented on. "The attitude of the boys on the team is good."

Senior Keith McDonald feels good about the team. "We are strong because all of the varsity is returning, we didn't lose seniors, and our attitude is positive. Once we get more and become a stronger unit

we will be able to use our experience to our advantage because we learned a lot from last year."

Senior Ned Palka is also confident. "Everyone is back and we are used to playing together. We may have a few injuries, but we are really getting something together."

The Dallas volleyball team has big numbers and small facilities but they also have a lot of talent and a strong positive outlook. Most of all though, Senior Keith McDonald may have just the right outlook you love to see in high school sports. McDonald said, "The best part of the season is not really winning or losing but just being around the people and having the experience. The team atmosphere is really great."

Dallas' positive outlook could very well take them where they want to go in this 1992 season.



Wrestlers place at Mountain View

The Back Mountain Wrestling club attended the Mountain View Tournament on Saturday, March 14.

The following boys placed:

First row, Marc Shaw, Bantam 45, 3rd place; Andrew Shaw, Bantam 45, 2nd place; Aaron Kubasik, Bantam 50, 1st place. Second row, Justin Griffin, Bantam 55, 4th place; Mike Yenason, Bantam 55, 2nd place; Timothy Shaw, Bantam 60, 1st place; Jake Walter, Midget 80, second place. Third row, Geoffrey Rittenhouse, Midget 70, 2nd place; Lewis Spurlin, Bantam 55, 1st place; Matt Marchakitus, Midget 70, 1st place; Michael Dombroski, Bantam Hwt., 2nd place; Charles Hann, Junior 75, 2nd place; David Spurlin, Midget 75, 2nd place.

Game Commission will measure animal racks, skulls

The Pennsylvania Game Commission will measure whitetail deer antlers and black bear skulls taken by hunters in Pennsylvania. The program will be held at the Game Commission Office, Memorial Highway, Junction Rts. 415 & 118, Dallas, on Sunday, April 5, from 9 a.m. to 3 p.m.

If not scored previously in a Game Commission measuring program, trophies taken in any year may be measured.

Those who submit the largest trophies in this spring's measuring program will be feted at the appropriate recognition ceremonies next fall.

The following rules apply:

1. All racks, including spike bucks, will be measured. Only "clean" bear skulls will be measured; all adhering flesh, membrane and cartilage must have been removed.
2. Sawed, split or repaired skulls will not be measured.
3. Antlers may not show removed or repaired points.

4. Trophies must have been taken in Pennsylvania in fair chase, as defined by Boone and Crockett Club.

5. Trophies will not be measured if taken on regulated shooting areas or private preserves.

6. Trophy must have been taken in compliance with the Pennsylvania Game Law.

7. Trophies measured in a previous Game Commission program may not be reentered.

8. All measurements of the judges will be final.

9. The Pennsylvania Game Commission retains the right to reject any entry.

10. The Pennsylvania Game Commission shall not be responsible for any trophy lost or damaged.

Sportsmen are urged to participate since measuring programs are conducted only every two or three years. This program is conducted as a public service to all sportsmen at no charge.

Wilkes-Barre YMCA will host summer gymnastics camp

The Family YMCA of Wilkes-Barre, a United Way Agency is announcing a summer gymnastics camp to be held at Camp Kresge/Hugh Beaver.

The Gymnastics Camp will be held the week of June 28 - July 3. Coach Monahan, who currently coaches at the Wilkes-Barre YMCA will head up our program this year. In 1984 she was the Class II Regional Vaulting Champion. From 1984 to 1987 she competed on collegiate level for the University of Pittsburgh. The camp is open to gymnasts at all levels beginner through advanced. Activities will include work on the balance beam, vault, spring board and floor exercise. Emphasis will be placed on teaching the gymnasts new skills,

improving their strength, flexibility as well as technique.

Camp Kresge is a 1000 acre camp site nestled in the beautiful Pocono Mountains. The camp features a 30 acre spring fed lake at the foot of Mt. Yeager. The camp offers modern cabin facilities, dining hall overlooking the lake, lodge for indoor activities and two out-post tent sites. Sport activities include soccer, softball, football, wrestling, cross country, track, basketball, cheerleading. Recreational activities include boating, fishing, archery, riflery, horseback riding, nature lore and special programs.

For further information call the Wilkes-Barre YMCA at 823-2191.

Racquetball tourney will aid Children's Miracle Network

The Athletic Club Fitness and Racquetball Center is hosting an open racquetball tournament to benefit the Children's Miracle Network Telethon on behalf of the children's hospital at Geisinger Medical Center.

The tournament will be held April 10, 11 and 12 at The Athletic Club, Plains Twp. Registration deadline is April 3. The registration fee of \$30 for one event and \$15 to participate in a second event will be donated to the telethon. Singles and doubles categories will

be open to both men and women. Cash and prizes will be awarded in all divisions and participants will receive T-shirts.

For registration information, call The Athletic Club at 823-2124.

Telethon proceeds help provide services and equipment for injured and ill children in our region.

The 21-hour 1992 Children's Miracle Network Telethon will broadcast in Northeastern PA on WNEP starting at 9 p.m. Saturday, May 30.

Wilkes will hold soccer camps

Wilkes University will offer three soccer camps for area youth interested in learning more about the sport.

In addition to the extremely popular Colonel Soccer Day Camp, now in its eighth year, camp director Phil Wingert is also offering camps designed specifically for high school boys and girls.

All three camps, players will get work with an experienced staff of coaches and players, and will get both technical and tactical training. At both high school camps

there will be separate training for goalkeepers.

The high school girls camp will be held from July 20 to July 23 from 5 to 8 p.m., the high school boys camp from July 27 to July 30 from 5 to 8 p.m. and the Colonel Day camp from July 27 to July 31 from 8:30 to 11:30 a.m. All camps will be held at Ralston Field in Edwardsville.

For more information or to get a camp brochure, call the Wilkes athletic office at 824-4651, ext. 4020.