

THE DALLAS POST

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Misericordia's Dave Martin named Coach of Year

College Misericordia head men's basketball coach Dave Martin has been named the NAIA District 19 Co-Coach-of-the-Year. Martin, in his second year at the helm of the Cougar program, was honored along with Alvernia coach Jack McCloskey.

Martin guided the Cougars to an 8-18 record this year, a six-game improvement over last season.

"It's always nice to be recognized by your peers, but you're only as good as the people around you," said Martin. "My assistant coaches Dave Argentati and Ray Ott did an outstanding job for us this year."

"A lot of credit has to go to our players who continued to work and improve throughout the season."

With his second season as head basketball coach at College Misericordia barely complete, Dave Martin is already looking forward to next season.

And with good reason. Martin's team which featured three freshmen starters, went 8-18, a marked improvement over last year.

With just two upperclassmen on the roster, Martin often had five frosh on the court together and a trio of freshmen were the team's leading scorers.

Rich Martini led the team with 13.3 points per game and was tied for the lead in rebounding with 7.7

per contest. Classmate Pete Dincher also grabbed 7.7 boards and was second in scoring with 12.2 points per game.

Another freshman, Pittston Area product George Schwartz, handled the point guard duties for the Cougars and led the team in assists with three per game. He added 10.8 points per game.

"We made some progress this year," Martin explained. "We knew coming into the season that we were young and inexperienced. Our goal was to constantly improve. I think we accomplished that."

The Cougars lone loss to graduation is guard Karl Reiff, a two-year starter who was a co-captain this year. "Karl did a fine job for us in the two years we were together," said Martin. "He stuck with the program through a period of transition and I'm proud of him for that."

However, four other starters and several key reserves will be returning and that's the reason for Martin's excitement. Junior Bobby Hough, the only upperclassmen on the team besides Reiff, joins Martini, Dincher and Schwartz as returning starters.

"We've got a good nucleus of players returning," said Martin. "Our young players got plenty of experience this season and that will be a plus next year."



TWO-SPORT STAR - Heather Ruger is patrolling center field for the Lake-Lehman Black Knight softball team. Last fall, she played goalie on the field hockey squad. (Post photo/Chris Conrad)

Heather Ruger is a two-sport star

By CHRISTINA CONRAD
Sport Correspondent

Lake-Lehman senior Heather Ruger has proven she can stand up to the challenges of a two sport athlete. She began in the fall with an excellent performance as the Lake-Lehman field hockey team's goalie. She is now proving it by anchoring the Lake-Lehman softball team on which she is the centerfielder and leader.

Heather says she doesn't prefer one sport to another. "I enjoy both of them because they offer different challenges," she commented. "And, there is not an overwhelming pressure to win. In high school we grow up as athletes."

Often the best part of playing high school sports is what the player gets from it. Ruger went on to say, "Softball is great because it helps to develop your concentration level because a lot of times you are standing out in the field and the ball isn't coming to you but you have to be ready."

Hockey teaches a different lesson, she says. "It is team sport. I like the fact that 11 players have to work together to win."

And winning is something Heather Ruger has done a lot of

in her high school career. Ruger said that is because of the coaching influences at Lehman. "Mrs. (Jean) Lipski and Ms. (Lynn) Coury have been great coaches for hockey because they gave me a shot even though hockey season had already started and told me I could be a good goalie. They had confidence in me that if the starter got hurt that they could put me in."

"Also, coach (Rose) Ragnacchi because she gave me a chance to play high school softball," Heather continued. "She had faith in me when I was a freshman to put me out there every day. She made me believe I could play. And also Cheryl Travis (now assistant coach at Trenton State University). She taught me everything there is to know about the game. She taught me how to hit and I am finally doing that now. She also gave me the confidence I needed to believe in myself."

Confidence is something Heather Ruger now has plenty of. She is one of the leaders by example on the Lake-Lehman playing fields. She also is one of the many great athletes who are showcased in high school athletics in the Back Mountain area.

Lady Knights prep for big softball matchups

By CHRISTINA CONRAD
Sports Correspondent

On Wednesday, April 22, the Lady Black Knights of Lake-Lehman will be visiting the Nanticoke girls' softball team. This will be a critical game for the Knights because it will be an overall test of their team's potential.

Potential is what the Knights have a great deal of. They bring a 3-0 league record to the contest (as of April 20), and have proven to the teams in the Wyoming Valley Conference that they can win their games offensively without relying solely on their pitching staff. They have seen a great deal of leadership from the seniors and confidence as well as maturation in the underclassmen.

Nanticoke has a solid team this year and the contest between the two is usually a good one. The Knights will have to show their strength and toughness for they will be playing two games in a row. On Tuesday, they faced Dallas.

It is fair to say that Lehman is a quarter of the way to an excellent season. If they pull together for a big win against Dallas and remain tough for the following contest against Nanticoke, the Knights will have proven their winning ability.

Pittston YMCA slates basketball camps

The Greater Pittston YMCA will hold its Sixth Annual Basketball Camp. Directors Stan Waleski and Kirby Shimp will accept applications from any boy or girl who is entering his or her first grade but has not yet entered 10th grade.

The instruction given to all players is designed to improve the individual skills as well as incorporating these techniques into a team concept.

The daily schedule will have each player receiving instruction in areas such as: shooting, dribbling, ball handling, rebounding, passing, fast break, individual offense and defense, as well as team offense and defense.

Each player will be entered in one on one tournament, foul shooting tournament and a 3 on 3 tournament. These competitions will be run daily with the championship rounds being held on Friday. The schedule is: Grades 1-2,

boys and girls, July 6-10, 9 a.m.-11 a.m.; Aug. 3-7, 1 p.m.-3 p.m.

Grades 3-4-5, boys and girls, July 13-17, 9 a.m.-12 noon; July 20-24, 9 a.m.-12 noon; Aug. 10-14, 9 a.m.-12 noon.

Grades 6-7-8, boys only, July 13-17, 1 p.m.-4 p.m.; July 20-24, 1 p.m.-4 p.m.; Aug. 10-14, 1 p.m.-4 p.m.

Grades 6-7-8-9, girls only, July 27-31, 9 a.m.-12 noon; Aug. 3-7, 9 a.m.-12 noon.

Cost is: Grades 3-9, \$45 per player for one week. Attend two weeks where applicable: \$40 per week. More than one in family: \$40 per player per week.

Grades 1-2, \$30 per player for one week. Attend two weeks where applicable: \$25 per week. More than one in family: \$25 per player per week.

For more information call: 655-2255.

Sports shorts

Local swimmers qualify for state meet

Megan Daney and Nick Mahler of the Back Mountain were among 11 swimmers from the Wilkes-Barre YMCA Dolphin Swim Team that finished in the top nine and earned a trip to Penn State.

Daney was a member of the Cadet Division 10 & Under, 200 Free Style, Relay which placed 6th with a time of 2:07.65. The team also placed 9th in the 100 Free with the time of 1:07.65. The Medley Relay finished 10th.

In the Junior Division 13-14 Nick Mahler took 4th place in the 100 Breast 1:07.63 and 6th place in 200 I.M. 2:14.10.

Ladies' Golf School

Four Seasons Golf Club, Exeter, will hold Ladies Golf School starting May 1, 7-9 p.m. on four consecutive Fridays. Golf instructor is PGA Golf Pro Rick Ryzdewski. To register call the pro at the Pro Shop, 655-8869.

Sports roundup

Softball

STEFANOWICZ LEADS KNIGHTS TO VICTORY

Karen Stefanowicz recorded two hits and pitched a two-hitter to lead the Black Knights over Pittston Area on Thursday, April 16. Other top hitters for Lehman were Jenny Smith, 3 for 4; Heather Ruger, 2 for 5; Jenny Cross 2 for 4, and Noell Brooks, 2 for 6. The Knights defeated Pittston 21-6.

LADY KNIGHTS BOMB TUNKHANNOCK 11-1

The Lake-Lehman Lady Knights soared past the host Tunkhannock Tigers on Monday, April 13 by the score of 11-1. The Knights saw strong performances from sophomore Heather Gray, who made many fine defensive plays, juniors Cherub Honeywell who went two for three with one RBI and Christina Conrad who had a good defensive game. Also, seniors Jenny Smith went one for one at the plate with two RBI's and two runs scored. Jenny Cross and Heather Ruger had RBI singles, and pitcher Karen Stefanowicz went six innings giving up one hit and one run as well as walking six and striking out eight.

KRINER STOPS VALLEY WEST

On Monday, April 13, the Dallas Mountaineers downed Wyoming Valley West by a score of 7-1. Stephanie Kriner led her AAA north team by pitching five innings and giving up five hits, one run, and five walks while striking out four. Offensively, Wendy Cave also helped the Mountaineers with her double.

Baseball

BLACK KNIGHTS SHUT OUT GAR

The Black Knights baseball team shut out GAR by the score of 9-0, April 13. Senior pitcher Donny James led the Knights with five innings pitched giving up four hits, no runs, no earned runs, two walks and six strikeouts. Jesse Sorber relieved James by pitching two innings of relief giving up no runs, hits, walks or earned runs and struck out one. The Knights were led offensively by senior catcher Chuck Finn who recorded two hits with two RBI's.

MILLER LEADS DALLAS TO WIN OVER HAFEY

The Dallas Mountaineers baseball team held Bishop Hafey scoreless while racking up 14 hits April 13 to beat Hafey 14-0. Senior pitcher Brian Miller pitched five innings giving up one hit, no runs, no earned runs, only three walks, and striking out 12. Miller also led the Mountaineers offensively with two hits including one double.

MOUNTS CRUSH SEM

The Dallas baseball team crushed Wyoming Seminary 11-2 on Thursday, April 16 by getting a strong seven inning pitching performance by Todd Paczewski. He gave up seven hits, three runs, two earned runs, one walk, and had six strike outs. The Mounts were led offensively by pinch hitter freshman Rich Butcofski with a grand slam homerun.

Track

DALLAS BOYS SWEEP TRI-MEET

The Dallas Mountaineers swept a tri-meet 113-32 beating hosting Hanover. The event winners were the 3200 relay team, Jeremiah Van Orden in the 110 hurdles and 300 hurdles, Dave Podel in the 100 dash, Matt Samuel the 1600 run, Eric Lehman the 800 run, the 1600 relay team, Charlie Siglin won the discus and shot put, Eric Williams the javelin, the triple jump by Jayne, the long jump and high jump by Ryan Clemm, and the pole vault was won by Banks.

DALLAS GIRLS LOSE TO CRESTWOOD, HOBAN

The Dallas Mountaineers girls team lost to Crestwood and Bishop Hoban on Wednesday, April 15. The Mountaineers picked up wins from Ann Smaka and double winner Becky Yurko.

FREDERICK WINS AS LADY KNIGHTS LOSE

The Lady Knights track team lost at the Crestwood tri-meet on Monday, April 13 by the following scores. Lake-Lehman 24, Tunkhannock 119, and also Crestwood 113. Still the Lady Knights did establish Lauren Frederick as a triple winner in the high jump, and triple jump.

MASTERS WINS SHOT PUT, KNIGHTS LOSE

The boys track team of Lake-Lehman were beaten by host Tunkhannock by the score of 113-37 on Tuesday, April 14 at Crestwood High School. Lehman's lone event winner was Gary Masters in the shot put.

NORTHWEST TOPS LADY KNIGHTS

The Lady Knights were defeated on Wednesday, April 15 by the Northwest girls' team 85-52. However senior Lauren Frederick was a triple winner for Lehman.

MOUNTS NEARLY BEAT CRESTWOOD

The Dallas Mountaineers lost to Crestwood 79-71 in a league Wyoming Valley track meet on Thursday, April 16. Winners for Dallas were Brian Miller, Dave Podel, Brad Barkett, Jeremiah Van Orden, Matt Samuel and Banks.

Volleyball

MOUNTS WIN OVER GAR BY FORFEIT

The Dallas Mountaineers boys volleyball team won their match by forfeit over GAR on Tuesday April 14 due to GAR not having enough players. The Mountaineers are now 6-0.

DALLAS TAKES WYOMING AREA

The Dallas Mountaineers came back to defeat Wyoming Area by the score of 15-7, 15-12, 15-9. The Mountaineers saw good games from their best hitters Ned Palka and Scott Bearley.

LEHMAN UPSET BY TUNKHANNOCK

On Tuesday, April 14 the Lake-Lehman boys volleyball team was upset by the host Tunkhannock Tigers in two hard fought games. The scores were 15-13 and 15-11. Lehman was led by two seniors, Paul Klemunes and Dave Knapp who had many fine plays at the net.

Soccer

DALLAS BLANKS VALLEY WEST

The Dallas Lady Mountaineers shut out the Wyoming Valley West soccer team on Monday, April 13 by a score of 3-0. The Dallas defense held Wyoming Valley West to only three shots, while the offense was led by Amy Shelley and Holly Mannear.

KNIGHTS SHUT OUT ABINGTON HEIGHTS

Gretchen Dershimer led the Lady Knights on Monday, April 13 by beating visiting Abington Heights with her first quarter goal. The Knights dominance continued throughout the game with goals by Jill Smigelski and Heather Picchi. The Knights beat Abington Heights by the total of 3-0. The Knights defense held Abington Heights scoreless and allowed only three shots on goal and only two corners.

DERSHIMER SCORES 3 AS LADY KNIGHTS ROLL

On Tuesday, April 14, the Lady Knights soccer team defeated the

Field hockey camp at YMCA

The Family YMCA of Wilkes-Barre, a United Way Agency, announced plans for a summer field hockey camp to be held at Camp Kresge/Hugh Beaver.

The field hockey camp will be held the week of June 28 through July 3. Coach Jones who currently coaches Dallas High School field hockey, will head up the program this year. Coach Jones is the Sunday Independent and Times Leader Coach of the Year. Coach Jones' Dallas team finished PIAA states runner up and AAA District II champions in 1991.

The camp is open to all children ages 8-14. For further information call the Family YMCA of Wilkes-Barre.

Tennis

LEHMAN EDGES DALLAS BY 4-3

Dallas and Lake-Lehman met on the tennis court on Wednesday, April 15. Lehman came out victorious by the score of four to three. Lehman's singles winners were Clive Lankwarden, Ken Miroslaw, and Rick Matysick, while Matt Sleightholm was the lone singles winner for the Mountaineers. In doubles, the team of Lankwarden and Miroslaw were victorious for the Knights while for the Mountaineers their doubles winners were Sleightholm/Richardson and Medura/Fegley.

KNIGHTS SWAMPED BY WVW On Monday, April 13, the Black Knights tennis team lost to Wyoming Valley West by the score of six to one with their only win coming from the doubles pair of Littleford and Matysick.

Notices

KELLY NAMED TO NATIONAL TEAM

Lake-Lehman's Brian Kelly was officially selected to the United States under 20 soccer team on Tuesday, April 14. Kelly is the youngest player on the team. He and his teammates will undergo qualifying games next month in British Columbia, Canada. If they qualify, their destination will be the U-20 world cup tournament in Australia in March of 1993.

STEFANOWICZ WILL ATTEND TRENTON ST.

Senior softball pitcher and volleyball standout Karen Stefanowicz of Lake-Lehman announced on Wednesday, April 15, that she will be continuing her softball and academic career at Trenton State University.

By CHRISTINA CONRAD
Sports Correspondent