

Indoor track comes into its own at Dallas

By DAVE KONOPKI
Sports Correspondent

Six years ago, with just seven athletes on its roster, indoor track was just a little more than an unofficial extension of the cross-country season at Dallas High School.

But over the past half-decade Bill Kvashay has taken the sport to new heights and the Mountaineers have recently completed one of the most successful seasons in the school's history.

"We had a very good year," said Kvashay, the Mountaineers cross-country and outdoor track coach. "This has been one of the most fun seasons we've ever had. The kids have really worked hard and they've been successful. Indoor track is here to stay. The program is on a year-to-year basis but the school board has been supporting it."

Seven individual indoor school records were set by the Mounts this season and a pair of Dallas athletes have qualified for the Pennsylvania State Indoor Track Championships on Saturday, March 6 at Lehigh University.

Senior Ryan Clemm and sophomore Sean Callahan will compete in the state meet this Saturday. Clemm's high jump of 6'4" and Callahan's 400-meter run in 53.5 seconds qualified for the meet.

In addition, the team's 4x200 relay team of senior Alex Baird, sophomore Greg Hodne, sophomore Joe Ainkenbrand and Callahan missed the event by just seven-tenths of a second after posting a time of 1:39.1. Ainkenbrand also just missed qualifying for the meet in the 200-meter run. His time of 23.8 was just three-tenths of a second off the qualifying mark.

"Our primary incentive is to

train over the winter," said Kvashay. "We want to get our times down at least to what they were last year. We don't want to spend the first three weeks of the outdoor track season getting into shape."

"We've also been lifting a lot of weights," added the highly successful coach. "It's becoming more apparent how important weight training is. This program (indoor track) has really come a long way."

Clemm set the Dallas indoor record in the high jump with his 6'4" mark and the long jump record with a jump of 19'2". Ainkenbrand 23.8 in the 200-meter set the school record as did Callahan's 53.5 in the 400. The relay team's mark of 1:39.1 is a team record as was Mike Lykon's 60-yard high hurdle time of 8.9 seconds. Sophomore Dave Townsend set the school indoor record in the shot put with a throw of 40'4" before leaving the team to play basketball.

It appears as though the Mountaineers' success has just scratched the surface. With 18 underclassmen, including seven freshmen, on the 24-man roster, Kvashay's success should continue.

Seniors Matt Samuel, Dave Scidel, Kevin Loeffler, and Stephanie Dwinchick join Clemm and Baird as the only upperclassmen on the roster.

The roster also includes juniors Drew Bishop, Don Hartshorne, Bill Appel, Brian Crispell and Tom Keating; sophomores Mike Vozniak, Andy Burke, Jennifer Carr, Hodne, Ainkenbrand and Callahan and freshmen Mike Lykon, Mike Thomasura, Mike Murphy, John Tomedi, Steve Russo, Jared Rutt and Bobby Lorah.

L-L Jr. Knights football registration March 18

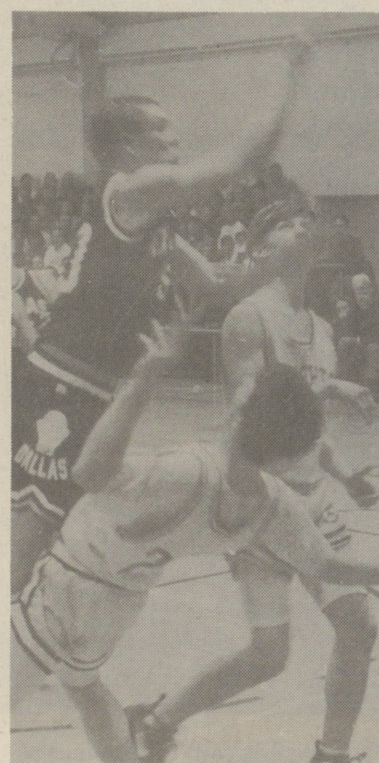
The Lake-Lehman Jr. Knights Football Club will hold registration for the 1993 season on Thursday, March 18, from 6:30 to 8:30 p.m. at the Lehman High School cafeteria. Football registration is open from ages 7 to 13. Boys age 14 may register if their weight is below 110 lbs. The cheerleading roster is full with the exception of 12 to 13 year old girls. Registration fee is \$15 per child with a \$10 family activity fee, also payable the night of registration.

L-L Jr. Knights officers to meet March 11

The officers of the Lake-Lehman Jr. Knights Football Club will hold their monthly meeting on Thursday, March 11, at 7 p.m. at the Harveys Lake American Legion. All parents of football players and cheerleaders are cordially invited to attend.



BACK MOUNTAIN SHOWDOWN - Above, Lehman's Dave Clancy got a hand on a shot by Dave Puz. Below, left, Mike Wagner charged into Chris Ziomek. Below, right, Wagner kept a tight rein on Lehman's Rich Davis.



Clancy did his part to bring Lehman title

By DAVE KONOPKI
Sports Correspondent

Dave Clancy will be the first to admit that there have been some tough times during his basketball career at Lake-Lehman High School.

Times, like his sophomore year, when he questioned his ability to play the sport on the varsity level. And times, like early this season, when he felt like he wasn't a vital member of the team.

But those times have now come to an end. The questions have been answered and the doubts have been erased. Not only has the senior co-captain proven that he is a legitimate college prospect, he is one of the major reasons the 1992-93 Wyoming Valley Conference Division II championship banner will hang in the Lehman gymnasium.

"I feel like I'm a part of the team," said Clancy, who scored 12 points and grabbed nine rebounds in the Black Knights' triple-overtime win over Meyers in the championship game last Saturday night. "During the first half, I was mainly a rebounder and played good defense. I had a few bad games and I wasn't getting that many shot attempts. Rich (Davis) and Jesse (Martin) were playing well and hitting most of their shots. There were times when I felt like I wasn't a part of the game."

The turning point for Clancy may have come in the Black Knights' first game of the second half against Wyoming Seminary.

With his team riding a two-game conference losing streak and trailing the Blue Knights by three points with just nine seconds remaining, the 6-6, 205-lb. son of Norman and Diane Clancy calmly nailed a three-pointer to send the game into overtime.

Lehman eventually won the game and finished the second half unbeaten.

"He knew the situation and what it took to win the game," said Lehman head coach Roger Bearde. "I think that shot gave him a lot of confidence. Dave plays just as hard everyday in practice as he does in the game. One of the biggest reasons he's being recruited by college coaches is because of his work ethic. He's worked very hard to get himself into this position."

Clancy averaged 7.5 points per game in the first half of the season for the Black Knights but rallied to score 101 points in eight games of the second half to boost his season conference average to 10.5 ppg. Clancy also averages nearly 10 rebounds per contest.

The Honor Society student averaged just over 13 points per game last year as a junior and, after putting 20 pounds of muscle on his frame, had high expectations entering this season.

"I was looking forward to a good season," said Clancy, who credits his brothers and former Lehman wrestlers, Norm and Jason for his added size and strength this season. "I worked out a lot during the off-season with my brothers. I started out a little slow this season but I think I've been playing pretty well over the past couple of games. I've been getting the ball more often and taking more shots."

Bearde says Clancy's basketball ability is just beginning to peak.

"Dave is just going to get better and better," said Bearde. "Two years from now, he'll be dominating a game on the college level. He's always played good defense and he's been one of our top rebounders. He's just beginning to grow into his body. Dave has a good future ahead of him."

Bearde also added that Clancy's success far exceeds the basketball court.

"Dave is a super kid. He comes from a fine, close-knit family," said Bearde. "He is a very popular kid at Lake-Lehman. He's a very good student and a top-notch young man. He's all the things you look for in a high school athlete."

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