

SportsShorts

Erica Gosart takes gold at Keystones

Erica Leigh Gosart formerly of Shavertown, participated in the 1993 Keystone State Summer Games held recently in Harrisburg.

Gosart competed in the Youth, 13-15 year old Division of the Track and Field competition for the Capital Area Region.

Gosart won a gold medal for placing first in the 4x100 relay. She is the daughter of Fred and Myra Gosart and the granddaughter of Betty Gosart of Shavertown and the late Nort and Hazel Berti and John Gosart.

Erica has an older brother John.

SV Eagles lose to Blilmsburg

In a hard-fought contest at Penn State Lehman Campus the Eagles of Sweet Valley lost a close game. Goalkeeper Kyle Purdy saved 19 shots and played a tough netkeeper position.

Sweet Valley goals by Ron Thomas Jr. (2) and Tara Harteis kept the contest close. Becky Ide, Chris Jerrytone and Joey Newell challenged the Blilmsburg goal throughout the game. Referees were Rev. Gary Jones and Pastor Chester Hiestler.

The Eagles of Sweet Valley have an overall record of 3-2 and play Grace Baptist in their next contest.

New American martial arts style comes to area school

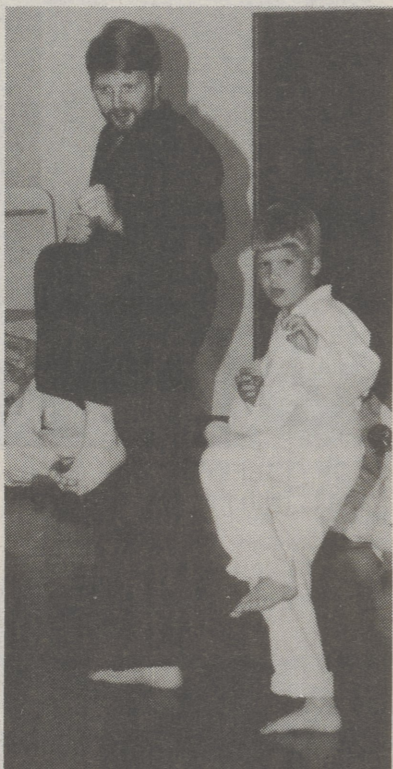
Martial arts are nothing new to the Wyoming Valley. There have been schools in this area teaching Asian methods of self-defense since the mid-1960s. A variety of schools have represented Japanese style, Chinese style and Korean style, but absent was a style representative of our own native land. Until now.

Kenpo Karate is the first distinctly American martial art. It is an eclectic combination of rapid fire hand strikes, kicks, body manipulation, advance footwork and sensitivity drills. Developed by the late Edmund K. Parker, a native of Honolulu, Hawaii, Kenpo came about in response to the need for innovations to combat modern day methods of fighting. He developed sophisticated methods of tailoring the martial arts to the individual, rather than teaching everyone in the same way as had been done in traditional Asian arts for centuries. This concept of "tailoring" allows individuals of all ages, from six to 60, and all physical types, male or female, to utilize their skills and to progress in an effective manner.

Kenpo has now come to the Back Mountain. Barnes Northeast Kenpo Karate System, on Route 118 has been in operation since February of this year.

"Kenpo is right for everyone," says Gary R. Barnes, owner and chief instructor of the school. "Age is not a restriction in Kenpo as it is in some of the better known traditional systems. Given a reasonably clean bill of health, anyone can do it."

"Everyone is equal," says Barnes, an 11 year veteran of the



MARTIAL ARTS, AMERICAN STYLE - Gary Barnes and his young student Kevin Arnaud display Kenpo Karate.

martial arts, and a former World Championship and Pan-American Championship competitor. "We are united under a common objective: learning Kenpo."

For those interested in either group or private instruction, they may contact Gary R. Barnes at Barnes Northeast Kenpo Karate System on Route 118 in Lehman next to Campus Pizza or 674-5611 for further information.



POST PHOTO/CHARLOTTE BARTIZEK

The band played on

The Dallas pep band supported the football team with a lively beat during the Mounts' game against Meyers.

Junior football

Jr. Knights win 2

The Lake-Lehman Jr. Knights, hosted the Kingston Huskies October 10. Although it was a beautiful sunny day for a football game, the wind made it very cold. The Knights seemed to like the weather taking two wins out of the three games.

The C Team Knights' Zach Ragukas made a touchdown early in the game with the team bringing in the extra two points.

The second quarter moved along smoothly with Chris Teetsel making a touchdown for the Knights and the Knights gaining the extra points. Just when the Huskies thought they were going to get a chance, Chris Teetsel ran for another touchdown.

In the third quarter, Ragukas ran for another touchdown with Galen Waltman bringing in the extra points. Chris Teetsel scored another touchdown for the Knights toward the end of the third quarter.

The fourth quarter went scoreless, and the final score was Knights 34 - Huskies 0.

In the B team game Justin Brink scored a touchdown with D.J. Kapson bringing in the extra points for the Knights. Brink scored two more touchdowns in the first period.

Warren Vogel scored a touchdown for the Knights in the third quarter.

The B Team final score, Knights 32 - Huskies 6.



RUNNING FOR PAYDIRT - Justin Brink, (33) running a touchdown for the Knights B Team. Photo by Rex Andrasko.

The Kingston Huskies scored a touchdown and extra points in the first quarter of the A Team contest.

Joe Hardisky scored a touchdown for the Knights in the second quarter.

Nick Morton made a touchdown for the Knights in the fourth quarter, but no extra points could be made. In between the Huskies last two touchdowns the Knight's Nick Morton and Joe Hardisky both ran well. The final score for the A Team were Huskies 46 - Knights 14.

Two trainers certified in strength and conditioning

"High school football was probably the most dangerous sport I ever played!" says Bill Ranieri, owner and president of One-to-One Fitness & Rehab Center in Dallas. "Unfortunately," he adds, "I didn't realize it until about 15 years later when my doctor told me I had three herniated discs in my back."

Ever since Ranieri found out why his back was in so much pain, he was committed to helping young athletes of all sports prepare and condition properly for their season.

"When I went to school, the coaches didn't know the first thing about developing power or safe lifting techniques. They were experts in their field which was their particular sport," Ranieri said. Today, I believe they appreciate the fact that strengthening is an important part of their program, but most of them have not kept up with the dynamic field of strengthening and conditioning. "There are factors of periodization, nutrition and plyometrics that can enhance or destroy an athlete's chances for success."

In an effort to help local high

school coaches prepare their athletes, Ranieri and his fitness director, Jim Dundon, recently prepared and passed the highly regarded CSCS exam.

The Certified Strength and Conditioning Specialist is qualified to assist professional sports teams, Division I programs and is often called on to assist Olympians prepare for their specific event.

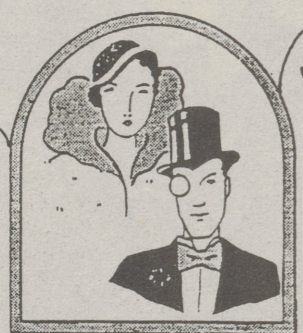
"There are a host of certifications out there, some better than others, but I believe the CSCS to be the best, by far, for helping the athlete prepare for their sport," says Bill.

Jim Dundon, CSCS, feels the same way as a result of preparing for a variety of sports in which he competes to this day. (Jim still competes in the Keystone Games throwing the shot and the discus.)

There are many athletes who get injured during the season. But not nearly as many as those who feel their pain a decade or more later. When quality of life and specific sports performance are your goals, Bill Ranieri, CSCS, and Jim Dundon, CSCS are dedicated to helping you reach them.



CERTIFIED TRAINERS - Bill Ranieri, left, and Jim Dundon of One-to-One Fitness and Rehab Center have completed the requirements for Certified Strength and Conditioning Specialist.



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