

Cross Country

Coach Nark likes new schedule format

LAKE-LEHMAN CROSS COUNTRY

Head Coach: Ed Narkiewicz (18th season)
1993 record: 10-8

Returning letterwinners: Juniors, Chris Long, Mike Phillips, Chris Rishko.

Promising runners: Juniors, Kevin Newell, Ralph Wasiakowski; sophomore Shaun Sarmonis.

For the Lake-Lehman High School cross-country team, the 1994 season is a case of quality, not quantity.

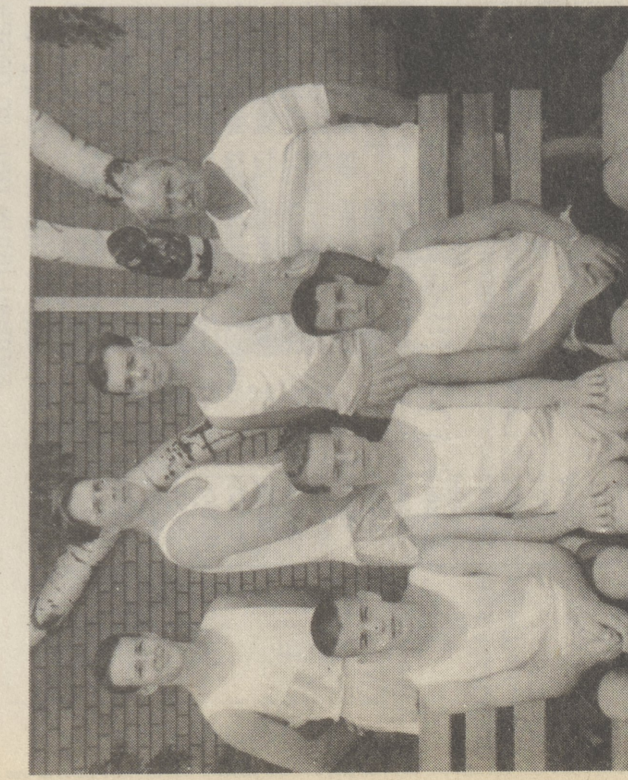
Just six runners make up the roster for the Black Knights this season. But they're talented athletes and veteran head coach Ed Narkiewicz remains optimistic.

"That's it, that's our entire roster," said Narkiewicz, after reading off the six names. "So far, we've been looking pretty good. They're enthusiastic at practices and they're willing to put in the time it takes to train to become better. I really don't know how we'll do in the conference until we get started. But we're looking forward to the season."

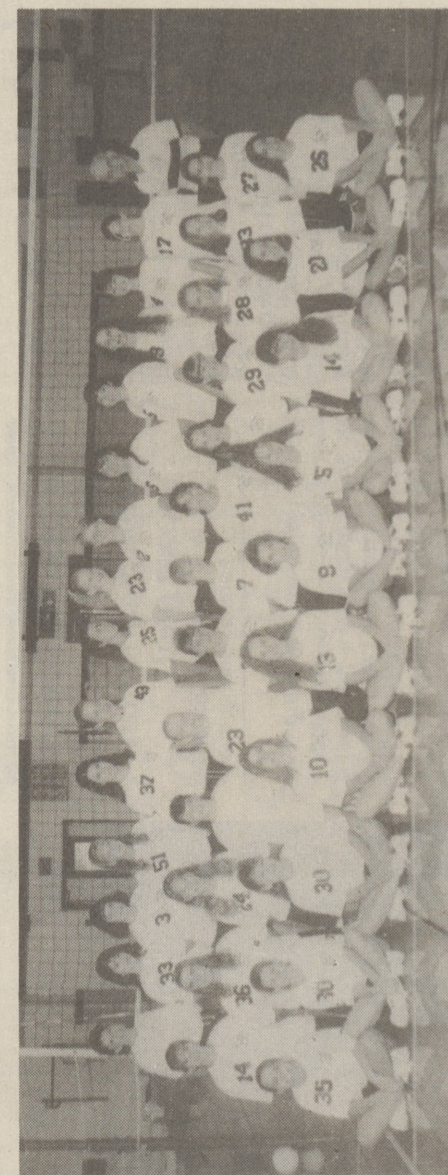
As a sophomore last season, Chris Long finished in the top 10 in the District 2 Class AA championship and qualified for the state meet at Lehigh University. Narkiewicz is hoping that experience helps Long become one of the best runners in the Wyoming Valley Conference this season.

"I think it was invaluable experience, especially for a sophomore," said the Lehman coach, who enters his 18th year as head runner. "He's really become a good runner. We're going to need him this season."

Joining Long as returning starters are juniors Mike Phillips and Chris Rishko. Combined with Long, the pair gives the Black Knights a solid trio of performers - which can go a long way in winning league meets.



KNIGHTS VARSITY - First row, Kevin Newell, Shaun Sarmonis, Chris Long. Second row, Ralph Wasiakowski, Chris Rishko, Mike Phillips, coach Ed Narkiewicz. Absent, Jen Sandstrom.



LAKE-LEHMAN VOLLEYBALL - Seated, from left, Helene Strutko, Mollie Lewis, Lindsay Lanning, Kena Etchegoncelay, Cara Nygren, Laura Knapp, Jenny Shook, Amy Grabowski, Nikki Pagoda, Nikki Parry, Kneeling, Brienne Piper, Jennifer Crispell, Mandy Scovish, Missy Reskes, Jennifer Kays, Michele Alters, Robin Shaver, Kim Halowich, Chris Parry, Phyllis Platt, Heidi Sprau. Standing, ass't coach Liz Wagner, Erin Toole, Allison Staub, Lisa Lanning, Jessica Pickett, Jen Feia, Amy Leitern, Cara Stroud, Kim Spencer, Diane Alters, Jessica Smith, Caryn Clark, Laura Jones, Taryn Waiter, head coach Bob Rogers.

Hopes running high as rafters

LAKE-LEHMAN VOLLEYBALL

Head coach: Bob Rogers (12th season)
1993 record: 14-4 (2nd place District 2 playoffs)

Returning starters: Seniors, Laura Knapp (defense), Jenny Shook (hitter), Cara Nygren (hitter), Amy Grabowski (defense), juniors, Cara Stroud (hitter), Kelly Spencer (hitter), Amy Leitern (hitter), Nikki Parry (setter)

Promising players: Seniors Kena Etchegoncelay (exchange student from Argentina), juniors, Linda Lanning (utility), sophomores, Kim Spencer (setter)

For many high school athletic coaches, a 14-4 record would be cause for celebration. But Bob Rogers is no ordinary coach. And the Lake-Lehman High School girls' volleyball team is no ordinary team.

The Black Knights finished the 1993 season with an impressive 14-4 record, finishing second in the District 2 playoffs behind champion Tunkhannock. But for Rogers, who has seen his teams win more than 85 percent of their games during the past 10 seasons, it was a successful, but not necessarily an extraordinary season.

"We had a good team last year and we had some very good play-

"The first day of the season we took a look at the banners on the wall and we want a 1994 banner to join them."

Bob Rogers
Lehman volleyball coach

returning seniors. Laura Knapp (defense), Jenny Shook (hitter), Cara Nygren (hitter) and Amy Grabowski (defense) each earned a varsity letter last season. Other returning letterwinners who should play a pivotal role in the Black Knights' success this season include juniors Cara Stroud (hitter), Kelly Spencer (hitter), Amy Leitern (hitter) and Nikki Parry (setter).

Freshman Kelly Spencer (one of three players with the last name Spencer) should see a lot of time as a setter while Kena Etchegoncelay (a foreign exchange student from Argentina), Linda Lanning (defense), Nikki Pagoda (utility) and Kim Spencer (hitter) are all promising players for the Black Knights in 1994.

1994 LAKE-LEHMAN FOOTBALL

| No. | Name | Year | Ht. | Wt. | Off. | Def. |
|------|-------------------|------|-------|-----|------|------|
| 5 | Jamie Patton | 12 | 5'10" | 195 | WB | LB |
| 9 | Dave Rogers | 10 | 5'10" | 178 | TE | LB |
| 13/1 | John Oliver | 11 | 6'1" | 172 | QB | HB |
| 14 | Tom Fostock | 11 | 5'8" | 174 | WB | DE |
| 20 | Angelo DeCesaris | 11 | 6'0" | 205 | TE | DE |
| 25 | Marc Ronczka | 12 | 6'1" | 172 | RB | LB |
| 27 | Tom Smigajski | 12 | 6'1" | 172 | RB | S |
| 32 | Mike Picavage | 11 | 5'10" | 165 | RB | HB |
| 33 | Bob Roberts | 11 | 5'8" | 150 | -SE | LB |
| 34 | Jason Adamski | 11 | 6'1" | 205 | TE | LB |
| 40 | Brad Bittenbender | 12 | 5'10" | 178 | WB | LB |
| 42 | Mike Woronko | 10 | 6'4" | 180 | QB | S |
| 44 | Mike Conte | 10 | 6'1" | 208 | TE | DE |
| 46 | Mike Adamshick | 11 | 6'1" | 205 | RB | LB |
| 50 | Kevin Whipple | 10 | 5'10" | 185 | G | LB |
| 52 | Dan Thomas | 11 | 6'0" | 215 | C | DT |
| 55 | Chris Swire | 11 | 5'11" | 225 | G | DE |
| 56 | Mike Spencer | 11 | 5'10" | 185 | G | DE |
| 59 | Gabe Sidonio | 11 | 5'6" | 190 | G | DT |
| 60 | Erik Crisman | 11 | 6'1" | 215 | T | DT |
| 62 | Joe Kosier | 10 | 6'2" | 210 | T | DT |
| 66 | Joe Morris | 10 | 6'1" | 195 | G | DE |
| 69 | Jason Stockage | 12 | 5'11" | 185 | G | DE |
| 70 | Chuck Kindler | 12 | 6'3" | 265 | T | DT |
| 72 | Dave Thomas | 12 | 6'2" | 250 | T | DT |
| 74 | Bryan Wesley | 10 | 5'10" | 250 | T | DT |
| 75 | Ryan Hartz | 10 | 6'0" | 215 | T | DT |
| 76 | Ebin Waller | 10 | 5'7" | 205 | G | DE |
| 77 | Chris Lucarino | 10 | 6'1" | 170 | C | DE |
| 80 | Chris Carnes | 11 | 5'9" | 140 | WB | S |
| 81 | Tim Waslick | 12 | 6'0" | 172 | SE | HB |
| 82 | Chris Bath | 10 | 5'9" | 150 | SE | HB |
| 85 | Len Crawford | 11 | 6'0" | 155 | SE | HB |
| 86 | Roy Holcomb | 10 | 5'8" | 145 | WB | HB |
| 88 | Tony Tereska | 11 | 6'3" | 190 | SE | LB |

Head Coach: Rich Gorgone
Asst. Coaches: Bob Langan, Bob Roberts, Scott Kerkowski, Don Spencer, Scott Shafer.



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| Tues. Sept. 13 | Crestwood Away |
| Thur. Sept. 15 | Wyoming Area Home |
| Tues. Sept. 20 | WVW Home |
| Thur. Sept. 22 | Bishop O'Reilly Away |
| Tues. Sept. 27 | Tunkhannock Home |
| Thur. Sept. 29 | Coughlin Home |
| Sat. Oct. 1 | Bishop Hoban Home |
| Tues. Oct. 4 | Meyers Home |
| Thur. Oct. 6 | Berwick Home |
| Tues. Oct. 11 | Lake-Lehman Home |
| Thur. Oct. 13 | Abington Heights Home |
| Tues. Oct. 18 | Crestwood Home |
| Thur. Oct. 20 | WVW Home |
| Sat. Oct. 22 | WVW Home |
| Head Coach: Paul Callahan | |

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| LAKE-LEHMAN FOOTBALL | |
|----------------------|------------------------|
| Fri. Sept. 2 | Riverside Away 7:30 |
| Sat. Sept. 10 | Northwest Home 1:00 |
| Sat. Sept. 17 | Wyoming Area Home 1:00 |
| Sat. Sept. 24 | Hanover Home 1:00 |
| Fri. Sept. 30 | GAR Away 7:30 |
| Sat. Oct. 8 | Crestwood Home 1:00 |
| Sat. Oct. 15 | Bishop Hoban Home 7:30 |
| Sat. Oct. 22 | Meyers Home 1:00 |
| Fri. Oct. 28 | Nanticoke Away 7:30 |
| Sat. Nov. 5 | Dallas-Away 1:00 |

Coach: Fitch Gorgone

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