

# The Dallas Post SportsWeek

## Girls' soccer preview

### Playoffs, maybe more in store for Black Knights

By LEN KRYESKI  
Sports Writer

It's the first week of the regular season for girls' soccer in the Wyoming Valley Conference. At Lake-Lehman High School the expectations are high for 1995, as the Lady Knights hope to stay away from the injury bug that bothered them last year. The combination of good health and high numbers should enable Lehman to become one of the league's deepest and perhaps strongest teams.

"If we can stay healthy we'll pull through," said co-head coach Jan Elston. "Last year we had a really tough time with injuries and we were not as deep on the bench. We have a lot of depth this year."

Forty-one girls are out for Lake-Lehman this spring including eleven returning letterman. The husband and wife coaching duo of Dave and Jan Elston are count-

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Jan Elston  
Lake-Lehman coach

ing on players from every class, freshmen through seniors, to make a major contribution. The coaches are planning to allow a good number of the booters to see game action. Many of the girls are very knowledgeable and familiar with the sport through the numerous leagues in the area.

"They're experienced soccer players, but they're still young as far as high school soccer goes," explained Jan Elston. "They're pretty consistant. We don't seem to have any holes and we can put a strong eleven on the field. The

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### 6th title may be hard to come by for Dallas

By LEN KRYESKI  
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After winning the Wyoming Valley Conference championship each of the last five years, and finishing 12-1-1 in 1994, the Dallas girls' soccer team may be in the unfamiliar position of looking up in the standings this spring.

Please note the emphasis is on "may be." The Lady Mounts of Ron Moran will be strong again in 1995. Dallas lost their two leading scorers and a number of seniors from a year ago, but they return 12 letterman and a number of offensive people who managed to score 40 goals last season. With Moran and assistant coach Ron Loeffler heading the program, the Lady Mounts are not only a threat to win, but to pull off an unexpected victory or two.

"We don't talk about wins and losses," explained Moran. "We talk about playing 100 percent every game and being focused every game."

Those ingredients help develop confidence and a style of play that allow the victories to take care of

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Ron Moran  
Dallas coach

themselves. This spring, the Lady Mounts will need to make every victory count in their highly competitive division. All eight teams in Division I of the Wyoming Valley Conference appear to be play-off material and Moran is excited about the number of great games fans and players will witness this spring.

"Every team is really strong," said Moran, "and probably the two strongest are Bishop Hoban and Coughlin - at least from what they had last year and what they have returning. Hoban in par-

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### Mounts blast Argents in track

The Dallas Mountaineers buried Bishop Hoban Monday 117-31 in boys' track and 77 1/2-63 1/2 in girls' track.

Above, Robin Suda ran away with the 100 meter hurdles, as well as taking three other firsts.

At left, Sebastian Reger, an exchange student from Germany, hands off to Brian Baker in the 3200 meter relay, which the Mounts won.

At right, Dave Townsend lets the discus fly, in an event he won with a toss of 142-9.

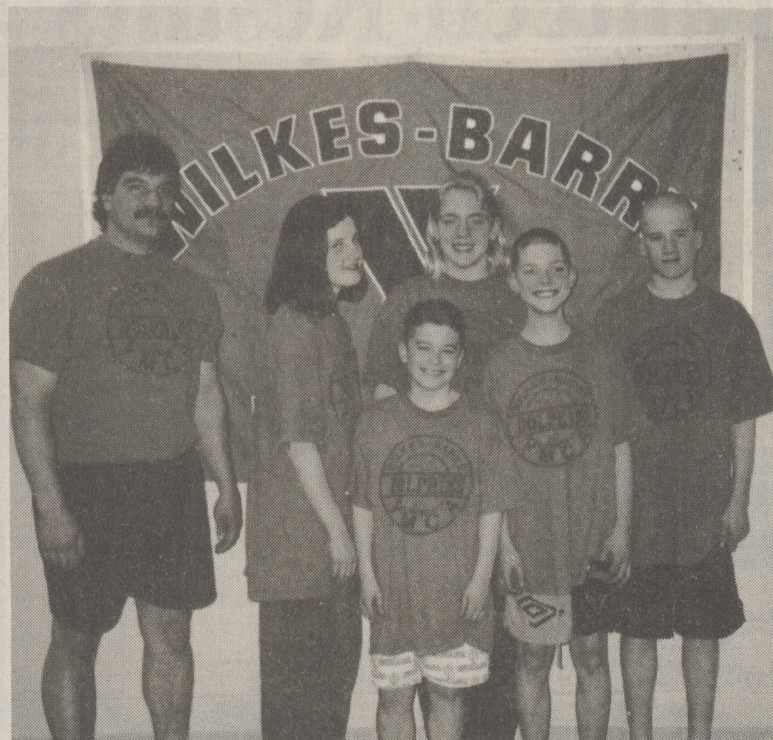
POST PHOTOS/RON BARTIZEK



### Theresa Guntli scores 500th point

Theresa Guntli recently scored the 500th point of her basketball career.

Theresa is an eighth grade student at Gate of Heaven School. Showing off her commemorative basketball are Theresa and coach and father, Rick Guntli.



### Dolphins swim in YMCA championships

Area members of the Wilkes-Barre YMCA Dolphins swim team who swam in the YMCA East-West Swimming Championships at State College March 25-26 were: from left, Jerry Rynkiewicz, head swim coach; Megan Daney, Shavertown; Andrew Schweitzer, Dallas; Shannon Gaffney, Trucksville; Eric Daney, Shavertown; Matthew Schweitzer, Dallas.

Results are: Megan Daney, 2nd - 50 yard freestyle 26.12; 4th - 200 yard individual medley, 2:22.57; 5th - 200 yard free relay 1:49.95. Matthew Schweitzer, 4th - 200 freestyle 2:08.80. Eric Daney, 8th - 50 yard freestyle 29.71; 8th - 200 yard medley relay 2:23.64 and 10th - 100 yard individual medley 1:17.27. Shannon Gaffney, 5th - 200 yard free relay 1:49.95.



### Top finishers at Bloomsburg

Wrestlers from the Back Mountain Wrestling Club participated in the Bloomsburg Elementary Tournament. Top finishers were: First row: Matthew Davis, Bantam 75, 1st place; Andrew Shaw, Bantam 55, 1st place; Michael Stolarik, Peewee 50, 1st place; Matthew Shaw, Peewee 40, 4th place.

Second row, Chris Parrish, Peewee 50, 4th place; Michael Yenason, Midget 75, 4th place; Lewis Spurlin, Junior 75, 4th place; Tim Shaw, Junior 85, 3rd place; Andrew Gramps, Bantam Unlim., 2nd place.

Absent from photo: Donovan White, Peewee 35, 1st place and Derek White, Peewee 55, 2nd place.