

The Dallas Post Sports Week

Section 2

Wednesday, September 27, 1995

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Lisa Tomaine stops (almost) all the shots

By LEN KRYESKI
Sports Writer

The opening chapter of Lisa Tomaine's career as a goal keeper for the Dallas field hockey team can't necessarily be called a fluke, but at the time it wasn't part of any preconceived plan either.

Lisa began her tenure in the net for the Dallas junior high team. An eager seventh grader ready to make a contribution, she was encouraged to try goal keeping because the team needed one and, well, someone had to do it. Five years later she's remained at the same position that she started and wouldn't move from there if you asked her.

And don't even consider questioning Mountaineer field hockey coach Ron Moran about moving Tomaine to another position. Named a second team all-scholastic player last fall, Lisa no longer

fills the position out of necessity or want of playing time.

"She's one of the better goalies in the league," Moran said. "She's proven it; last year she took us to the state playoffs."

The Lady Mounts also chalked up another District 2, class AA championship with Tomaine manning the net as a junior. She's been productive at the most scrutinized position on a hockey field for one of the most prominent programs in the Wyoming Valley Conference.

It's hard to spot a flaw in her game, but now and then she'll let a ball roll between her feet. Whenever that happens in practice she immediately does five pushups. The exercise is not meant only as a means of self discipline, but to make her legs stronger and more flexible.

Lisa doesn't back down from a good challenge either.

"It's the last line of defense; It's up to you and it's intense."

Lisa Tomaine
Dallas goal keeper

"I like going one on one with an opponent," said Tomaine, "although I don't get them very often. I'm beginning to like going against penalty strokes. A penalty stroke is just about all focus and I'm starting to focus on the ball better."

Dallas goalies must prove themselves at every practice. Whether Moran and assistant coach Nancy Shaw are working on scoring or stopping goals, the goal keeper is part of everything. At the end of practice the girls are divided into two groups and they make a little game of trying to beat the goalie.

Tomaine was especially excited when she finished undefeated at the end of one practice earlier this year. And why not? One person beating an entire squad certainly deserves to flash a smile.

Tomaine rates well in leadership on and off the field. She's a co-captain for this year's team and a newly-elected member of the Senior Steering Committee.

"I tend to express myself, a lot," said Tomaine. "If things are going well I let my teammates know that, too. I cheer people on as much as possible."

She's not too bad in the speed department either. During the spring, Tomaine covers a lot of real estate in centerfield for the Dallas softball team. She started half of the games as a sophomore and every game last year for coach Jay Pope. She's also involved

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POST PHOTO/JACK JONES
Lisa Tomaine, goal keeper for the Dallas field hockey team, has allowed only one goal all season. Of course, she gets plenty of help from here teammates, who are shown ready to defend in Monday's 2-0 shutout of Bishop O'Reilly.

JUNIOR FOOTBALL

Kingston Twp. Raiders

The Kingston Township Raiders A Team improved their record to 3-1 with a win over the Kingston Huskies Sept. 24. Mike Regan and Justin Tamanini scored the touchdowns for their team with Jeff Parrish adding the two-point conversion. Opening up the Huskies defense to allow the scoring were Scott Miller and Jonathan Lorah. Playing well for the Raiders defense were Andy Ruddy, Parrish, Regan, Brian Vetter and Mike Senausky. This year's defense has allowed only six points all season. Congratulations to all the A Team Raiders for contributing to the final tally of 14-0. Special thanks to the waterboys, Adam Tamanini and Chris Larson for doing a great job and also special kudos go out to the A Team cheerleaders for supporting their team 100%.

The Raiders C Team played a tough game but the Huskies ended up winning the game by a score of 18-0. Although the Huskies scored three touchdowns, the Raiders defense would not allow them to make the two-point conversions. Patrick Harmon, Tony Capaldi, Steven Rosencrans, Doug Zaruta, Elijah Miller and Curt Montz played well for the Raiders.

Raiders B Team defeated the Huskies 38-6. They now stand at 3-1 in the Greater Pittston Junior Football League Conference. Scoring for the Raiders were John Krispin, Luke Miller, Paul Saxon (2), Bobby Zaruta and Jonathan Nutche. Also seeing action on the offensive line were Matt Tucker, George Sprague, William Siglin, Matt Rondina, Nick Mathewson, Danny Piccolo. Playing well for the defense were Ryan Petit, Justin Sayre, Phillip Saxon and Jimmy Larson.

Next week the Raiders will be playing the Swoyersville Sailors at the Sailors field.

Dallas Mini-Mounts

The Dallas Mini-Mounts met the Swoyersville Sailors Sept. 24.

First game of the day was C Team's. In the first half, Dallas's Adam Scoonover ran 30 yards for a touchdown. John Nice made a sack. The defense held the Sailors from scoring any points. Ending the first half, the score was Dallas 6 and Swoyersville 0.

In the second half the Sailors were unstoppable. The end result was Dallas 6 - Swoyersville 14.

Next up was the B Team game. In the first quarter Dallas was hot! Mike Racoski ran a 42-yard touchdown. Ryan Bolton made a sack on fourth down to give Dallas the ball and Jimmy Jordan made a touchdown. Ryan Gryskевич made the two extra points. Ending the first quarter, Dallas 14-Swoyersville 0.



Jocelyn Kozick won Grand Champion riding Spookey out of Winterview Farm. Here she warmed up on Gallimaufry Coachman earlier in the day.

Local winners in Fall Classic Open Horse Show

Back Mountain winners in the Fall Classic Open Horse Show, held September 24 at the Luzerne County fairgrounds, were:

Lead line (ages 6 and under): Emily Ashton

Short stirrup over cross-rails, (age 8 and under): Erin Liff

Short/long stirrup over fences: Megan Ross

Children's hunter horse: Melissa Valeski

Limit equitation over fences: Jocelyn Kozick

Pleasure division: Melissa Valeski

Tandem hunter (Lafette Memorial Trophy): Wendy Wallo and Melissa Valeski

Points earned from this show will go toward the riders' year-end awards through the Northeastern Pennsylvania Horse Association.

Proceeds from the show benefitted the Showin' Blue 4-H Club.

Photos by Charlotte Bartizek



Jocelyn Eckman prepared to ride Double Dutch. She placed third in the lead line competition.

SPORTS SHORTS

DALLAS

LEHMAN

SOCCER

Dallas 2 - O'Reilly 0

Ned Friar and Mike Clary each booted one goal as the Mounts shut out O'Reilly 2-0 September 21. Cleary assisted Friar's goal while John Fagan assisted Cleary.

Dallas 3 - Tunkhannock 1

Justin Kerr and Quinn Kavanaugh combined for one goal and one assist a piece to lift the Mounts past Tunkhannock 3-1, September 23. Mitch Bailey booted the other Mount goal assisted by Kerr.

FOOTBALL

Dallas 17 - Crestwood 14

Jeff Kunkle kicked a 25 yd. field goal with 3:27 remaining to sustain the Mounts unblemished record and lift them past Crestwood 17-14 September 23. The Mounts fell behind 14-7 in the third until Frank Valvano pulled in a five-yard touchdown pass from Ted Jackson Jr. to even the score 14 apiece. Then Kunkle sailed the game winner.

SOCCER

Lehman 3 - Meyers 1

The Knights booted in three goals in the second half to overcome a 1-0 Meyers lead at the half and win 3-1 September 23 at Meyers. Keeper Mike Trebendis racked up 12 saves in the victory.

FIELD HOCKEY

Lehman 5 - GAR 0

After a scoreless first half the Knights exploded in the second with five goals to blank GAR 5-0 September 20. Debbie White sank two of Lehman's goals on penalty strokes.

CROSS COUNTRY

Lehman 21 - Crestwood 39

Christ Long (16:42) claimed the top spot to lead Lehman to a 21-39 victory over Crestwood September 21. Jason Lyons (17:14) was third

GOLF

Lehman 175 - O'Reilly 188

Jeff Farley and Dave Cardswell shared medalist honors, each shooting a four over 40 to lead the Knights to a 175-188 victory over O'Reilly September 21.



Dallas Kiwanis tourney Oct. 6

The Dallas Kiwanis Club's annual golf tournament will be held October 6, at noon at Irem Temple Country Club. Members of the golf committee are: front row, from left, Walter Kozemchak, Leo Corbett, Tex Wilson and Dean Abbott; back row, Jim Snyder, Robert Dolbear, John Navich, Joe Grimes and Peter George.

Strikers wrestling signup Oct. 3

The Strikers will start their '95 season with signups only October 3, 7 p.m.-8:30 p.m. at the Lake-Noxen School. All newcomers are encouraged to sign up then.

The first practice will be October 5 from 7-8:30 p.m. Those in fall sports should come only when it doesn't interfere with their current sport, but should sign up. Call: Ron Swingle, 298-2212, Lois Engleman, 298-2116, or John Houssock, 477-2288.

SPORTS THIS WEEK

DALLAS

Cross Country
Wed., 9-27 @ Hanover

Wed., 10-4 Wyo. Area, home

Field Hockey

Wed., 9-27 @ Honesdale

Fri., 9-29 Coughlin, home

Mon., 10-2 @ Meyers

Wed., 10-4 Tunkhannock, home

Football

Sat., 9-30 Bishop Hoban, home

Golf

Thur., 9-28 Lake-Lehman, Irem

Mon., 10-2 @ Bishop Hafey

Tues., 10-3 Districts

Soccer

Thur., 9-28 @ Bishop Hoban

Tues., 10-3 Meyers, home

Volleyball

Thur., 9-28 Tunkhannock, home

Tues., 10-3 @ North Pocono

LAKE-LEHMAN

Cross Country
Wed., 9-27 @ Wyoming Area

Wed., 10-4 Nanticoke, home

Field Hockey

Fri., 9-29 Wallenpaupack, home

Mon., 10-2 @ Wyo. Valley West

Wed., 10-4 Honesdale, home

Football

Sat., 9-30 GAR, home

Golf

Thur., 9-28 @ Dallas, Irem

Mon., 10-2 @ Wyo. Seminary

Wed., 10-4 Districts

Soccer

Thur., 9-28 @ Bishop O'Reilly

Tues., 10-3 Tunkhannock, home

Volleyball

Thur., 9-28 @ Coughlin

Sat., 9-30 @ Lady Lions Tourn.

Mon., 10-2 Hazleton, home

All dates weather permitting