

The Dallas Post Sports Week

Section 2

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Dallas swims into second season

By LEN KRYESKI
Sports Writer

When Matt Stretanski took the head coaching position for the Dallas swim team job before the inaugural season he indicated the program would need four or five years to build a foundation. If everything falls into place he believes the Mountaineer swimmers could become contenders in the Wyoming Valley Conference in approximately the same amount of time.



MATT STRETANSKI
Dallas swimming coach

These workouts separate the women from the girls and the men from the boys.

Matt Stretanski
Dallas swimming coach

officially got underway two weeks ago and the program has made some progress. Last year the boys and girls competed as one, but Dallas will field separate teams for the upcoming winter. The roster has increased in number and the Mounts won't have to automatically forfeit any diving points this time around. Dallas will compete in all of the diving

Head coach: Matt Stretanski
Assistant: Heather Dougherty
Number of swimmers out: Boys, 13 Girls, 20
Pool: Dallas will not have any home meets, practices are held at the Anderson Athletic Center, College Misericordia

events during the upcoming season.

"We have some experience now, finally," Stretanski said. "We do have some upperclassmen on the girls team with three or four seniors and a couple of juniors. There's two seniors on the guys team, but the rest of them are mostly freshman and sopho-

mores."

The Mounts didn't have much of a pre-season last year. The swimmers officially became a team just before the holidays and won their first scheduled meet on January 6th. The Lady Mounts open the season this year one month earlier, on December 6th, against the girls from Meyers.

Because he actually had time to map out a practice regimen, Stretanski also has the squad doing two dry workouts a week. For swimmers the term dry workouts simply means calisthenics and spending time in the weight room. The Mounts benefit in terms of strength and agility, but the

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Back Mountain bolsters Seminary swim team

By LEN KRYESKI
Sports Writer

Head coach: John Sloyan
Assistant coach: Michael Lunblad

Number of swimmers out: Boys 10, Girls 26
Pool: Carpenter Athletic Center, Wyoming Seminary Upper School

The Wyoming Seminary swim teams will take to the water under the guidance of a new coach this year. John Sloyan replaces Maggie Pasek as head coach of both the boys' and girls' teams.

Sloyan previously served as swim coach for the University of Tennessee and led an age group team in Virginia. He doubles as an English teacher for the Blue Knights.

"I was interested in getting a teaching job and getting a head coaching position," said Sloyan. "The coaching job at Seminary was vacant and I'm glad to be here."

As you might expect the new coach is faced with a rebuilding situation. Sloyan's first priority is to establish a name for the program and is more than thrilled with the number of underclassmen out for the team. While the boys' squad numbers just ten, 26 will swim for the ladies - the majority of them juniors and sophomores.

"We've had some upbeat practices," Sloyan said. "For the first time in years the team practiced over the Thanksgiving break."

The strength of the boys' team lies in their returning swimmers. Junior John Harding is very versatile and specializes in the butterfly as well as diving events. Sloyan

refers to Josh Gaia, a sophomore from the Back Mountain, as a dark horse who is going to see plenty of time in the pool this winter.

Other Back Mountain swimmers are Kevin Shaw and Mike Hurwitz, a freestyler who figures to score some points for the Blue Knights.

Senior captain Tizzy Pomento paces the girls the team. Pomento rates high in the freestyle and is one of the best swimmers in the Wyoming Valley Conference.

The Back Mountain is well represented with Lisa Roosa, Christy Kolzack, Karen Suszko and Amy Lloyd competing for the Lady Knights.

The biggest obstacle for both teams to overcome, besides Wyoming Valley West and Bishop Hoban, is learning how to swim faster, stronger and better on a daily basis.

"You're dealing with basic swimming abilities," Sloyan said. "That's our biggest challenge. It's very rough because there's not a lot of places around here to swim, especially year-round."

Gager, Lloyd will lead Seminary on the ice

By LEN KRYESKI
Sports Writer

With two Back Mountain players leading the attack, Christopher Button is expecting big things on the ice from his Blue Knights hockey team this winter.

Forwards Phil Gager and Matt Lloyd both hail from Dallas and will serve as co-captains for Seminary this season. While Button expects the duo to be leaders on the ice, he also relies on them to light up the scoreboard.

"Phil and Matt lead the team in scoring," Button said. "They're both excellent scorers and excellent players that play on the same line."

Button is especially excited about the '95-'96 season because he can count on his bench. Seminary lost just three seniors last year and has finally developed some depth because of in-

"We should be very good, much better than last year."

Christopher Button
Wyoming Seminary hockey coach

creased interest in the program. The school recently picked up two quality freshmen student/athletes from the Czech Republic. Both have looked good so far. The coaches feel the icers have the opportunity to be a great unit.

"We should be very good, much better than last year," said Button. "We got blown out a few times, but that shouldn't happen this year. I have more and more coaches calling me to schedule us because they heard we're competitive."

Opponents should consider themselves lucky to score on

Head coach: Christopher Button
Assistant: Randy Grainger
Varsity Players: 18
Home ice: Wilkes-Barre Ice-A-Rama, Coal Street Park

Seminary with Jared Scherler at the goalie position. Scherler, an underclassman from Berwick, has incredible, unlimited potential according to Button.

The Knights also figure to do a better job with stick handling this season, but that aspect of the game will also be a weakness with certain players. A good deal of practice time is set aside to concentrate on stick handling and passing the puck.

The squad is not very big. While size could also work against the prep school, Button's biggest fear is losing Scherler for any extended

period of time. Goaltender is one position where Button has no depth.

Aaron Katyl, a forward from the Back Mountain, figures to keep his skates plenty sharp this season. The hard-working freshman has already impressed his coaches in the early going.

"He got crushed in a game this past weekend," Button recalled, "but got right back up and continued his game. He's going to be a major contributor for us over the next four seasons."

Three other Back Mountain residents play defense for the Blue Knights. Button labeled junior Doug Oldham as an excellent defender. There's also freshman Kim Reddy and eighth grader John Vida.

With the season already underway, Seminary's record stands at

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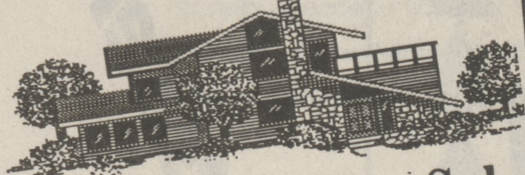
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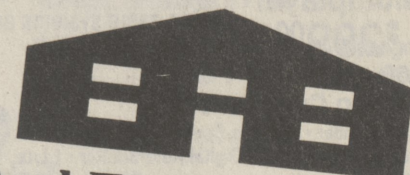
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