

The Dallas Post SportsWeek

Section 2

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Mike Metz is a force on the mat

By LEN KRYESKI
Sports Writer

DALLAS - Energetic and dedicated. That's the kind of wrestler Mike Metz set out to be.

The Dallas senior has proven to be just that to his teammates and fans of the Mountaineer wrestling program. He's also dependable.

All wrestlers receive some bumps and bruises, but the Dallas grapplers have seen more than their share of injuries over the past few seasons. Mike has become a favorite of the Dallas faithful not only because he's stayed away from the major injuries, but because they know he's going to deliver a quality, top-notch performance every time he takes the mat.

A member of the starting lineup since he reached the varsity squad

"I'm looking to achieve what I haven't in the past."

Mike Metz
Dallas senior wrestler

in tenth grade, Metz has taken to the mat plenty of times over the past three years. Two seasons ago, word spread quickly throughout the Wyoming Valley Conference of the tough sophomore wrestler who cracked the Mountaineer lineup. A victory at Wyoming Valley West was particularly notable for Metz.

"My favorite moment is probably the pin my sophomore year against Mike Peters," said Metz. "It was at Valley West, everyone

there was really up and shouting and I managed to pin the kid. It was a real emotional high."

Whether at practice, a league meet or a tournament, Metz is always a tough competitor, but sometimes he has to control the flow of energy. Now in his 11th year of wrestling, the best advice he's ever received has been to stay focused and relaxed. More and more he's been concentrating on preparing for each match mentally.

"I've worked most on my takedown and my mental preparation," said Metz. "I've really focused on my takedown and it's been working a lot lately."

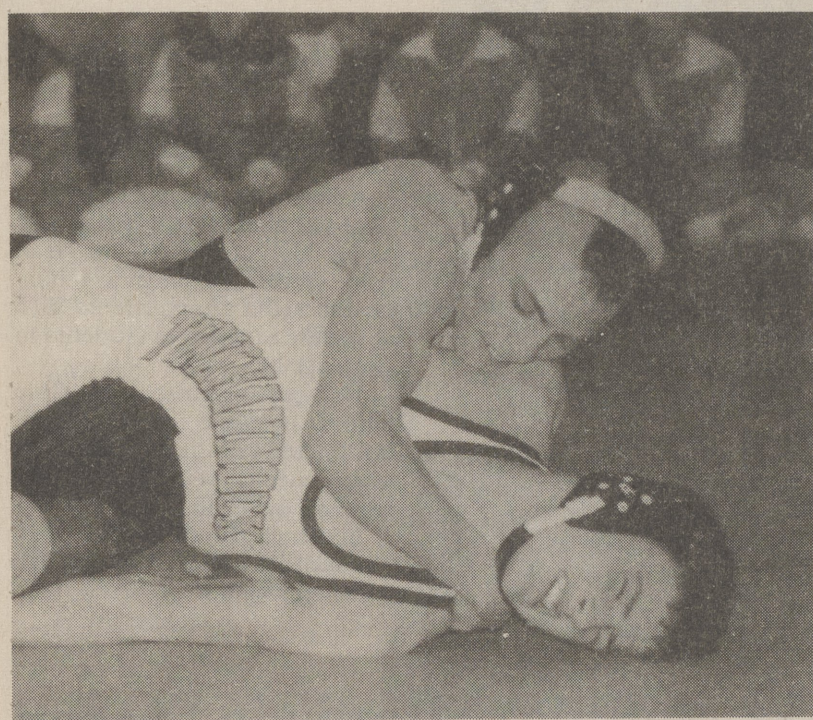
Metz started wrestling in second grade. His family lived in the Allegheny area at the time and Mike liked what he saw of the elementary program at his school.

He also figured he could throw guys around just like the wrestlers on television.

"It's a one-on-one sport," said Metz. "It's all about competition and wrestling builds character."

The son of Michael J. and Rosemary Metz of Dallas Township has honored his family and teammates with over 60 victories in a Dallas uniform. Mike has placed first and second at the Troy Tournament the past two Decembers and has been named a second team all-scholastic. One title eludes him - a district championship. Competing at 112 pounds, Metz has finished runner-up the past two seasons. With district action taking place this weekend, Metz has become even more dedicated than ever the the sport he

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POST FILE PHOTO

Mike Metz, wrestling at 119 pounds most of the year, has usually been in this position. He is aiming for a spot in the state meet.

Overwhelmed

The Dallas boys' played their last home game Feb. 9, but a dominating Meyers squad came away with the win. Mark Kaschenbach went up for two points over Julius Perry, below. At right, Jay Smith (23), Kaschenbach and Shawn Volgelsang (54) battled for a rebound.

POST PHOTOS/RON BARTZICK



Celts, Hornets, Sixers, Blazers claim wins

In the opening game of Dallas Youth Basketball grade 7-8 play Feb. 11, it was the Celtics defeating the Warriors 57-33. The Celtics outscored the Warriors 16 to 5 in the first quarter, behind the combination of Matt Eyet and Jay Carroll. At the end of the second quarter the Celtics increased their lead to 35-14. The third and fourth quarters were much the same, with the Celtics dominating the inside and outside shooting. The Celtics' offense was led by Carroll with 23 points, followed by Eyet with 19 points and Michael Bayer with 10 points. The Warriors were led by Justin Bicking with 17 points followed by Kevin Piekara with nine points. Bicking had three 3-point goals. The Celtics improved their record to 6-3, while the Warriors drop to 2-7.

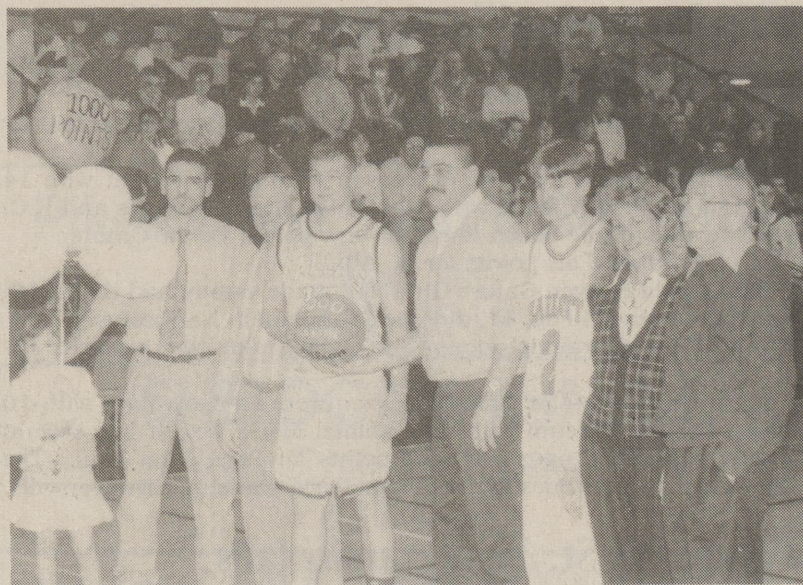
The second game had the Hornets defeating the Magic 46-33. The Hornets outscored the Magic 10-5 in the first period. The half time score was Hornets 21-Magic 15. In the third quarter, the Hornets outscored the Magic 16-8. The Hornets' offense was led by David Fauerback with 13 points followed by Bobby Zaruta with 10 points and David Jumper had nine points. The Magics was led by Ryan Sorber with a game high 17 points, followed by Mike Domzalski with 14 points. The

Hornets record improves to 5-4, while the Magic slip to 6-3.

The third game of the afternoon had the Sixers defeating the Heat in a close game 52-47. The Sixers led at the end of the first quarter 14-9 with the outside shooting of Matt Wycallis. The Heat kept the game close in the second period, with the Sixers holding a 24-18 half time lead. In the third quarter, the Sixers increased their lead to 45-34. However, the Heat came to play in the fourth quarter by outscoring the Sixers 13-7, but it wasn't enough. The Sixers offense was led by Wycallis with a game high 26 points, including three 3-point goals, followed by Matt Jackson with 16 points. The heat had a well balanced attack, which was led by Joe Stupino with 15 points, followed by Danny Fetko with 14 points and Jason Race with 13 points. The Sixers record improves to an impressive 9-0, while the Heat drops to 5-4.

The Trailblazers narrowly defeated the Bulls 43-40. The first quarter went to the Blazers, 7-6. However, the Bulls outscored the Blazers in the second quarter 15 to 12. At half time the Bulls had a 21-19 lead. In the third quarter the Blazers turned the tide and never looked back. The Blazers' offense was led by Chad

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Jackson hits a grand

Dallas High School three-sport star Ted Jackson Jr. scored his 1000th point in a Mountaineer uniform when he swished a 3-pointer for his team's first points against Meyers Feb. 9.

Joining in the congratulations were, from left: sister Jill Jackson; Joe Ellis, ass't coach; Ted Jackson Sr.; Jackson; head coach Paul Brown; brother Matt Jackson; Sandy Jackson; grandfather Todd Smith.

Girls' 7-8 team in tournament

Dallas Youth 7th and 8th Grade Girls Basketball team defeated Northwest Girls team Feb. 10 at Wyoming Valley West High School to win the division title. They then went on to beat the Wyoming Valley West Girls Gold team for the overall championship.

Each girl was presented a trophy and Coach Joe Noon received the team trophy. Team starters are Jennifer Noon, Erika Turner,

Jeannie Dreier, Kendall Santarelli, and Stephanie Simonitis. Substitutes are Denise Kovaleski, Stacy Amann, Melonie Sappe, Sarah Nichol and Sherry Kuderka.

This concluded the regular season.

Next Saturday will begin the tournament which will conclude on Sunday, at which time the winner of the tournament will be announced.

Erin Edwards skis past all comers at Games

By LEN KRYESKI
Sports Writer

LEHMAN - For 17 year old Erin Edwards, the experience of competing at the Keystone State Games Winter Sports Festival was like something out of a Hollywood script.

Her alpine skiing performance at Montage this past weekend was indeed factual, as the Lake-Lehman student picked up two gold medals in grand style.

Erin not only topped the 16-19 year old bracket in the downhill and the elite giant slalom, but drew rave reviews by recording the fastest time among all female competitors in both events.

Participants get only one shot at the downhill. Before Thursday's run, Erin spent time reflecting on the task ahead by going over in her mind all of the things her coaches had taught her. She made the best of her opportunity by skiing the 3,945 foot course in 89.34 seconds.

"Before the run, I was just trying to focus and have a good run," explained Edwards. "After, I realized the coaches knew what they were talking about. I knew I'd do well, but wasn't counting on first."

Most amazing, Erin had never performed a downhill run before, not even in practice. Most local resorts don't give skiers the opportunity because the downhill



ERIN EDWARDS

requires too much room and is quite dangerous.

"It was a lot different," Edwards said. "You have to make a lot of adjustments and stay in your tuck. I'd lot to do a lot more (downhill skiing)."

The event was kind to residents of the Back Mountain. Josh Van Jura of Trucksville, competing in the 16-19 age group, finished with the fastest time of the day, 75.37 seconds, and four other local skiers took home gold medals.

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Lady Knight season ends with yet another close loss

By LEN KRYESKI
Sports Writer

LEHMAN - The season of missed opportunities came to a close for the Lake-Lehman girls' basketball team at home Monday night. The Lady Knights suffered yet another heart-breaking loss, this one to GAR 43-40.

Lehman closed the season 9-14, including a 1-7 record in the second half of Wyoming Valley Conference play. The Lady Knights were in nearly every game this year and deserved a much better fate. They are by no means a sub .500 club. To call it a season of missed opportunities may not be totally fair either. The young Lady Knights went out and created opportunities for themselves throughout the winter with a tenacious defense and transition game.

Head coach Dick Morgan summarized the season in a different light.

"After the game I told the girls we're like the gang that couldn't shoot straight," said Morgan. "We were so close so many times this season, but every girl worked hard all year. The practices are great and these girls are just a joy to be around."

Not being able to shoot straight, in basketball vernacular, plagued Lehman all season long, includ-

ing Monday night. The Lady Knights dominated play throughout the first half. Their 24-20 lead at intermission could have been larger were it not for a bunch of missed shots - most of which were inside.

Their outside shooting has shown marked improvement since the start of the season. Lehman fired in six treys against the Lady Grenadiers, including two apiece by Kelly Spencer and Marissa Michaels.

With six minutes remaining GAR built up their biggest lead of the night at 35-31. Led by point guard Kelly Spencer, the Black Knights refused to give in.

Spencer put seven consecutive points on the board in less than 40 seconds. She fired in a trey, stole the ball before the half-court line and proceeded to make an easy two. She came right back with another steal and easy bucket.

"Kelly is just a gifted athlete," said Morgan of the three-sport star who figures to be one of the league's best guards for two more years. "She gives one hundred percent all of the time."

GAR took command in the second half by holding Lehman to five points in the third period, establishing position under the

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