

Dallas track

(continued from page 9)

and depth. We're looking for surprises."

Friedel, Morris and Lorah will serve as tri-captains for Kvashay who tabs G.A.R. as the team to beat at the AA level this season. They're always strong and usually get more quality practice time in early because of the turf at Wilkes-Barre Memorial Stadium. Like Dallas, most schools aren't exactly sure of what they have at this point. If the Mounts develop some depth during the early part of the schedule, their division stronghold may continue.

Girls have enthusiasm

Last season the Dallas girls dropped just one meet, that to a mighty Valley West squad, and won the AA division in the process. The Lady Mounts finished the year with 18 girls on the roster, this year they open with 34 members.

"I'm very excited about the enthusiasm of the girls and the way it's grown the last couple of years," Kvashay said. "This year we've almost doubled the roster. A lot of these girls are out for the first time."

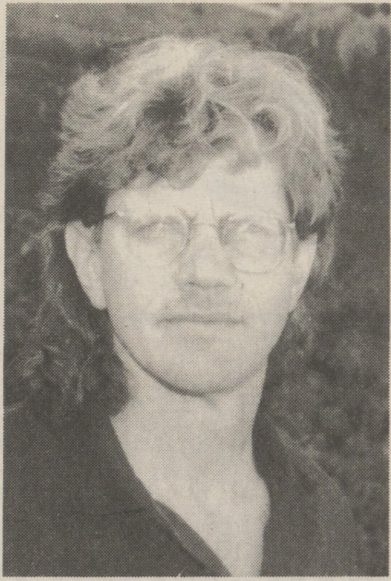
Dallas also returns the bulk last year's 12-1 team and is considered a pre-season favorite along with G.A.R. Dallas defeated the Lady Grenadiers during the regular season, but finished second to them at districts.

"We'd like to think that we have a shot at the title," Kvashay said, "but it's too early to tell."

Dallas returns the entire district gold winning 3200 relay team. Natalie Temperine, Amber Coolbaugh, Heather Gryzic and Stacey Suda qualified for states with a time of 10:18 last spring.

Senior sisters Stacey and Robin Suda are among the top performers in the conference and hold a number of school records between them. Stacey specializes in middle distance, Robin in jumps and hurdles. Robin finished seventh at states last year in the 100 meter hurdles.

Coolbaugh, Gryzic and Temperine are the top distance runners. Heather Wilt and Christy



BILL KVASHAY

"We need some back up sprinters and depth. We're looking for surprises."

Bill Kvashay
Dallas track coach

Woolbert are the main sprinters. Carrie Fetterman (sprints, relay) is out recovering from a knee injury.

Kvashay will need to develop some depth behind his main throwers Tanya Butler and Sara Misson. Misson also participates in the jumping events.

"We have some new girls that we hope to fit in," Kvashay said. "Many of the ninth graders will probably be moved up to the varsity."

The Lady Mounts' returning letter winners are quality athletes who give 100 percent in effort as well as enthusiasm. They'll contribute many points for this year's team. If a few of the newcomers can step in and add depth, Dallas will be a strong team.

What they really need is some quality practice time on the track. "I have no idea what the lineup will be come Monday," added Kvashay.



Golf tourney aids Challenger league

District 16 Challenger and Little League will hold its first golf tournament to raise funds to maintain the Challenger Program, which benefits more than 80 physically and mentally disabled youngsters, and to provide training and development for the 33 leagues in the district, the largest Little League District in the country with over more than 5,000 participants.

The committee planning the captain and crew tournament, set for June 3 at the Wilkes-Barre Municipal Golf Club with a 1 p.m. shotgun start, are front row from left: Bob Bertoni, District 16 chief umpire and tournament chairman; Fred DeSanto, District 16 administrator; Joan Conrad, assistant district administrator; Andy Griglock, assistant district administrator; back row: Larry Lettie, assistant district administrator; and Tom Salus, assistant district administrator.

The \$75 fee includes open bar and buffet dinner at the Carriage Stop Inn, greens fees, golf cart, souvenirs, course refreshments, and prizes.

Lehman track

(continued from page 9)

Jantz, who has moved back to the area for his senior season. Jantz last ran for Lehman as a sophomore. Mike Phillips is a quality middle distance runner.

Narkiewicz is expecting big things from Chris Risko. Risko runs the relays but specializes in the javelin.

"We're using many of the new people for the field events," Narkiewicz. "We're taking the approach they'll be able to fit in although it may be too late in some cases."

Brad Dieffenbacher leads Lehman in the jumps and took silver at districts in the high jump last spring. Senior Tony Tereska provides experience in the throwing events and the jumps.

The veteran coach doesn't see a clear-cut favorite at the AA level this year and mentioned any team could put together a run this spring. Dallas was hit hard by graduation, so Narkiewicz is figuring out an interesting season with a few surprises.

Girls look solid

Last season, Lake-Lehman girls coach Ed Radzinski let his enthusiasm get the best of him. This season he's looking for continual improvement so the varsity girls can attain the same success his junior high girls have.

"I'm not stressing winning," Radzinski said. "This is a good group of girls, a solid bunch with just five seniors. We have to develop and build for the future with our junior high team coming up."

The junior high girls have posted a 29-7 record the last three years, and with 16 freshman leading the way have a good shot at the crown. Radzinski prefers they develop unity and will keep the majority of them off of the varsity squad.

"At the varsity level we have at least one good girl at each of the throws and there's talent and depth at the middle distances and distances," Radzinski said. "We're a little weak at the sprints."

Jen Reno captains the Lady Knights and runs distance, the 100 meter and throws the shotput. She's one of five seniors who include Amy Shoemaker (distance),

"We just want to be competitive and have the people to be so."

Ed Narkiewicz
Lake-Lehman track coach

Kim Steinhauer (discus), Stacy Kellar (throws), and Diane Bartosch who is out for the first time.

Another newcomer is sophomore Joanne White. White has never run before, but ran some of the fastest times on the first day of practice. She'll help out at the 400 and 800 meter runs as well as the 3200 meter relay.

Marie Manzoni leads the underclassman and is Radzinski's utility girl. Manzoni throws the discus and shotput, performs all three jumps and runs the 100 and 200.

"She'll be seeded in six events at districts and will be allowed to participate in three," Radzinski said.

Other girls figuring to see a lot of action include Allison Savage (distance), Caryn Clark (jumps, javelin), Nicki Yoblonski (hurdles, relay) Amanda Blaine (hurdles), Cillian Nallon (hurdles), Dayna Rodgers (hurdles) and Robin Shaffer (hurdles).

One freshman who will make the jump to varsity is Sandy Lowery. She's an instrumental part of the 3200 meter relay team Lehman is putting together.

Jen Marchitus is a speedster from the soccer team who hopes to also run track. Jen will run the 100 meter dash during home meets whenever able, then move over to the soccer field. She'll need to see action in six meets to qualify for districts.

"I tell the girls everyone contributes," Radzinski said. "Whether it's one event or four, it's the contribution that matters. I'm not stressing winning."

Radzinski figures Dallas and GAR to be the teams to beat at the AA level. In years to come, the Lady Knights should also receive that favorable moniker.



Wrestlers place at Danville

Wrestlers from the Back Mountain Wrestling Club recently participated in the Danville Elementary Wrestling Tournament. Members from the club finished as follows: First row, Eric Spurlin, Bantam 3rd place; Colton Spencer, Peewee 1st place; Jared Kopetchne, Peewee 3rd place; Kyle Wardell, Bantam 4th place. Second row: Matt Davis, Bantam 2nd place; John Walter, Junior, 4th place; Aaron Kubasik, Junior 2nd place; Andrew Harrison, Midget 4th place; Greg Kostrobala, Midget 3rd place.



Wrestlers place at Benton tourney

Wrestlers from the Back Mountain Wrestling Club recently participated in the Benton Area Elementary Wrestling Tournament. Following are wrestlers from the club who finished in the top of their class. First row, Jesse Cooper, Peewee 2nd place; Donovan White, Peewee, 4th place; Matt Simms, Peewee, 3rd place; Mike Prater, Peewee, 1st place. Second row, Andrew Shaw, Midget 1st place; Doug Bedford, Junior 2nd place; Dereck White, Midget 4th place; Greg Kostrobala, Midget, 2nd place. Absent from the photo: Aaron Kubasik, junior 2nd place; Andrew Harrison, Midget 1st place.



Misericordia honors record board donors

The College Misericordia athletic department honored former college employees Arnie Garinger and Jack Hoover for purchasing a record board for the Cougars swim teams. Garinger and Hoover both worked full time at Misericordia for more than 25 years and despite their retirement continue to serve as golf coaches at Misericordia.

The record board, which includes school and pool records for the men's and women's swim teams, is an impressive addition to the Misericordia swimming program.

Showing off the record board are from left, Arnie Garinger, Dr. Michael Mould, Misericordia athletic director and Jack Hoover.

Shannon Gaffney honored by YMCA

Trucksville resident Shannon Gaffney recently received notification of National YMCA Swimming recognition.

Shannon was a member of last year's Wilkes-Barre YMCA Dolphin 12-and-under 200 Free Relay, a 5th place finisher in YMCA State competition. That relay, comprised of Gaffney, Tricia Rado, Kelly Chamberlain and former Back Mountain resident, Megan Daney, has now received recognition as 14th in National YMCA Standings for 1995 with a time of 1:48.95.

Shannon is an eighth grade student at Gate of Heaven School and has been a YMCA Dolphin since 1988. She also competes during the summer as a member of F.A.S.T., a USS swim team. Shannon plans to swim for the Dallas High School team next year.



SHANNON GAFFNEY



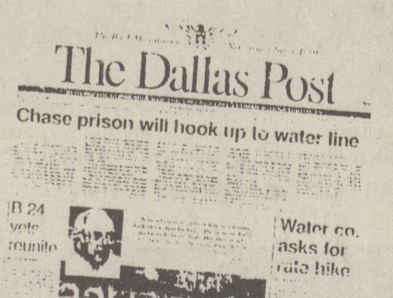
Wrestlers place at Wyalusing

Wrestlers from the Back Mountain Wrestling Club recently participated in the Wyalusing Elementary Wrestling Tournament, with the team taking an overall finish of third place.

Showing off the team trophy are: first row, Jesse Cooper, Peewee, 1st place; Jonathan Drayer, Donovan White, Peewee, 2nd place; Matt Davis, Bantam, 1st place; C.J. Young, Jared Kopechne, Eric Spurlin. Second row, Colton Spencer, Peewee, 4th place; John Hetes, Jeremy Shutz, Andrew Harrison, Midget 1st place; Derek White, Midget 4th place; Andrew Shaw, Midget 1st place; Greg Kostrobala, Midget 2nd place.

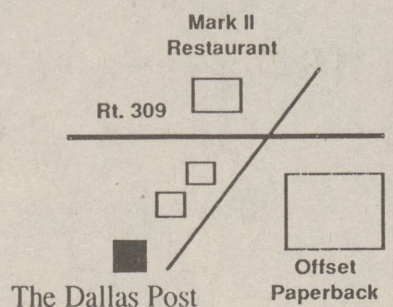
Third row, Jonathan Schutz, Jake Walter, Tim Shaw, Mike Yenason, Junior 4th place; Doug Bedford, Junior 2nd place; John Walter. Absent from photo, Aaron Kubasik, Junior 1st place.

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