



POST PHOTO/RON BARTIZEK

## SAFE, BUT ALMOST OUT

Suzanne Fisher was called safe on a hard slide into second in the Dallas softball team's game against Tunkhannock last week. But it took a few minutes for her to recover from the slide. She was tended by coach Jay Pope, then walked off the injury and stayed in the game.



## Track

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Temperine and Amber Coolbaugh. That group will be making a repeat appearance at the state competition this weekend. Heather Wilt will serve as an alternate.

Tanya Butler, Sara Misson and the 400 meter relay team also placed in the top six at districts. Many others contributed throughout the past two campaigns, but how does a team win back-to-back championships after fielding just a handful of athletes?

"The success of the guys team helped get the girls interested," said Stacey Suda who will take her running talents to Penn State University next year.

Kvashay, also mentor of the boys' team, doesn't completely agree with that statement, mentioning that success by a group of people doesn't always guarantee interest from others. He credits the recent success to hard work and feels the high turnouts are the result of track and field becoming a viable option for girls wishing to participate in a spring sport.

"We usually had a high number of girls out before soccer became a sport," Kvashay said. "The girls have figured out that high school soccer is not like youth league where everybody plays. Now it's balanced to a more reasonable working number. The girls are also looking for a change."

"I was in softball," said sophomore Natalie Temperine, "but I've found that I like running more." Temperine made the switch as a freshman, others wait a little while longer, but at Dallas the word has been getting around about girls' track and field. The kids who stick with it seem to enjoy the sport because it builds team character as well as self esteem. While that encourages more to participate, the current group of athletes have been responsible for the winning.

"A lot of it is attitude," Kvashay said. "Positive attitude goes a long way. (This group) has en-

*"I love this team. It's the best I've ever been on."*

**Amber Coolbaugh**  
Dallas girls' track

joyed success and is willing to work for it."

It also helps being a close-knit group with everybody pulling for everyone else.

"Everyone gets along," said Wilt, "that makes a difference."

"I love this team," said Coolbaugh, "it's the best I've ever been on."

Talk among the girls was getting ready for this weeks trip to Hershey. Robin wants to improve on last year's seventh-place finish in the 100 meter hurdles. Stacey is trying to finish the 400 meter dash in less than 60 seconds. The 3200 meter relay team is setting their sights on the school record of 10:05.3 set in 1987.

"If we get the school record that would give us a shot at a medal," Gryzic said.

"I'm skeptical, based on our workouts, if it's achievable at this point," said Kvashay. "They haven't been working at that level."

Boys send 10 to states. The boys team finished the regular season 9-5-1 after a string of AA championships and four district titles. They showed character and just what the Dallas program is all about with a strong second, just six points behind Meyers, at districts last week.

Bob Lorah picked up two gold medals and will be joined in Hershey by teammates John Crispell, Corey Friedel and Jeff Balara. Last year the Mounts finished second in the team standings behind the Scotland School.

"I'm just working hard on winning a medal," Crispell said.

Balara is the team's unsung hero, a surprise winner of the long jump. Kvashay was also pleased

with the phenomenal performance of Mike Lykon who finished third in the 300 hurdles and helped the boys 1600 meter team claim silver.

"It was great seeing him turn his career around and finish strong," Kvashay said.

The top 10 or so returning members of the boys club happened to be strong performers in their respective events, well aware of the commitment it takes to be a winner. What Dallas was hoping to do this spring was build some depth and get a good look at some of the young Mountaineers. Unfortunately, the wet, damp spring held back the progress of some boys, particularly the young pole vaulters and jumpers.

"We're happy to be going to states," Kvashay said. "Anytime you take 10 athletes to the state championship, it's been a great year."

The Dallas coaches are immensely happy about the resurgence of the girls' team and looking to the future. The goal now is to consistently challenge for both the boys' and girls' titles at both the conference and district levels.

That's right boys' and girls' titles. "These are two separate programs," said Kvashay. "That bears mentioning."



**BILL KVASHAY**  
Dallas track coach

That was followed by their only disappointing effort of a 12-3-1 season, a 5-1 loss to Bishop Hoban.

This year they're looking forward to the midweek prime time matchup and appear more than ready. Despite having just two seniors on the squad, the Lady Knights display great maturity and depth. Monday's win was their eighth shutout of the season, while Lehman goalies are allowing less than a goal per game.

## Lake-Lehman

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be the game winning run, a solo home run in the top of the fourth as Lehman shut out Dallas 3-0, May 20 at Dallas. Nikki Newell added a couple of security runs later in the inning, with a two run homer. Spencer pitched a near perfect game giving up only two hits and striking out 11. Sandy McCloud took the loss allowing just five hits and fanning three.

### SOFTBALL

#### Tunkhannock 5 - Lehman 2

The Lady Knights took a hard fall May 15 as second place Tunkhannock rallied to drop Lehman 5-2 and close in on top ranked Lehman (7-3). The win puts Tunkhannock (8-4) less than 1/2 game behind Lehman. With the score even at two in the fifth, the Tigers drove in three runs to take the lead. Kim Halowich was two for three for Lehman.

#### Lehman 5 - Hoban 0

Kim Spencer commanded the field May 18, giving up only three hits and fanning 14 as Lehman blew away Bishop Hoban 5-0. Nikki Newell, Jen Johnstone and Spencer all had two hits each for the Knights.

#### Lehman 13 - Wyoming Area 3

Wyoming Area caught an early bus home as Lehman bested the

Warriors 13-3 in a game Lehman shorted by the 10-run rule after 4 1/2 innings May 16. Kacy Ziomek and Darby Wolfe had a fine day at the plate, each slicing three singles. Kim Spencer and Kim Halowich combined for the win.

### BASEBALL

#### Lehman 11 - Meyers 8

Mike Adamchick's late game heroics propelled the Knights (13-2) to an 11-8 heart pounding victory over Meyers (13-2) May 16. With two on and two out in the bottom of the seventh, Adamchick sailed a home run over the left field fence to clinch the win. The win caused a tie for first between the two teams creating a playoff May 18 for the title. Other big hitters for the spoilers were John Oliver, three for four and Mike Pitcavage and Jason Perlis both going two for three.

#### Lehman 8 - Meyers 4

The Knights showed their consistency May 19 scoring a run an inning for the first five innings and besting Meyers for the second time in three days to capture the WVC AA Division I title. Lehman capitalized on stellar performances at the plate from Mike Adamchick, three for three and Jarrett Perlis, and John Oliver both two for four.

## Dallas

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freshman standout Carissa Messimer May 17 as her Crestwood squad swiped a victory away from Dallas 4-3, and advanced to the District 2 playoffs. Messimer scored all of the Comets goals including three in the fourth. Dallas had tallies from Robin Holeman in the first and second quarter and Jamie Slocum, unassisted in the fourth.

### BASEBALL

#### Dallas 4 - Crestwood 1

Dallas (8-5) clinched a WVC play-off spot May 16 with a 4-1 victory over Crestwood at home. Rich Klick and Justin Bicking were heavy hitters for the Mounts each stroking two hits and a homerun to boost the offense. Jeff Kunkle took the duty on the mound striking out 10.

### SOFTBALL

#### Berwick 8 - Dallas 1

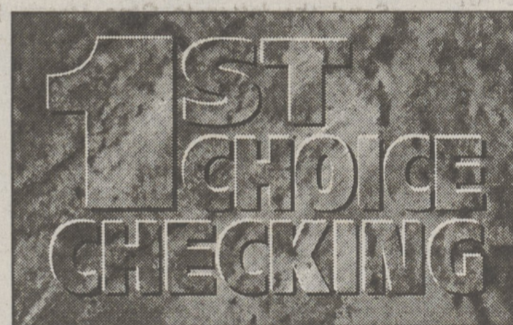
AAA South powerhouse Berwick dominated the Lady Mounts May 14 handing Dallas a 8-1, 2 hit loss. Suzanne Fisher scored the Mounts only run, with a homerun in the second.

#### Valley West 9 - Dallas 6

The Mounts racked up six runs in the fourth but fell silent the rest of the game as Valley West dropped Dallas 9-6, May 15.



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## Knights

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by shadowing her with Kristen Arcuric. Spencer, a step quicker, eventually allowed her endurance to take over. With temperatures in the 90s, the Trojans played basically 13 players the first three and a half quarters. Dave and Jan Elston, meanwhile, substituted freely from the outset, particularly at the midfield and striker positions.

"That was in the game plan," said Dave Elston. "We decided to keep a lot of fluids in them early

and have them ready for the third and fourth quarters if we needed them. It doesn't disrupt the flow of our game; we have a number of underclassman that can play."

One of those is Theresa DeCesaris. She came off the bench and immediately displayed great quickness, assisting Miroslaw on the fifth and final goal with 2:45 remaining in the game.

The Lady Knights defeated North Pocono in the opening round of district play last season, 2-0.