

More goals needed to stay on top of league

BY VITO QUAGLIA
Sports Writer

The Dallas field hockey team will look to continue the success of last year's 14-2 season in 1996. Seven letter-winners return to the team that tied Lake-Lehman as AA champs.

Coach Ron Moran feels that his squad will be very competitive, but needs to improve production from its younger, inexperienced players. "We lost nine girls to graduation, and all of them were good players."

Moran says that forwards Heather Wilt, Melanie Getz, Natalie Temperine and Maryann Selinski need to score if Dallas has a chance to be successful. Other key returnees will be links Jen Hite, Michelle Molesey and Kelly Killeen. Younger players like sophomores Stephanie Potisek, Gail Buzin, Jen Noon and Kristyn Race will also likely contribute this season. According to Moran, experience isn't his chief concern. "The biggest question right now is at the goalkeeper position. Lisa Gurdin (12) and Jen Janczewicz (10) are competing for that spot. We need to have a solid player

there, that's key."

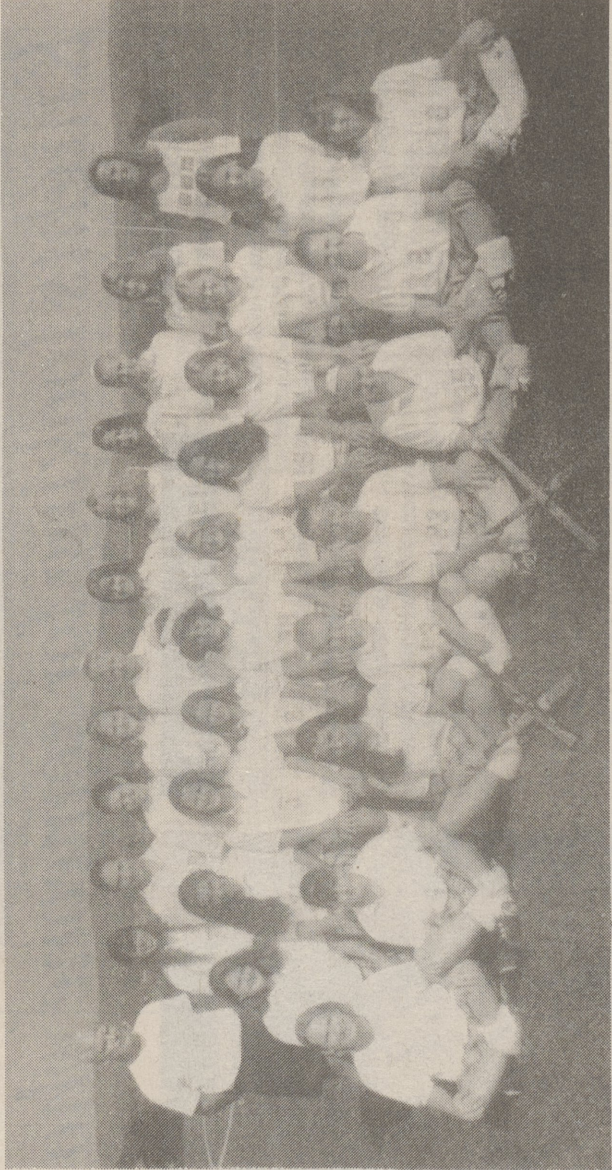
Standing in the way of Moran's charges are several tough opponents. "Lake-Lehman and Wyoming Seminary will be very tough. Our schedule doesn't help us, either. We play both Seminary and Tunkhannock early in the season."

Moran believes that if they overcome some early obstacles, Dallas could become a team to reckon with in 1996. "I think that we'll be competitive this year, but we need to score more than we did last year. Our goal this year, like always, is to get to Districts."

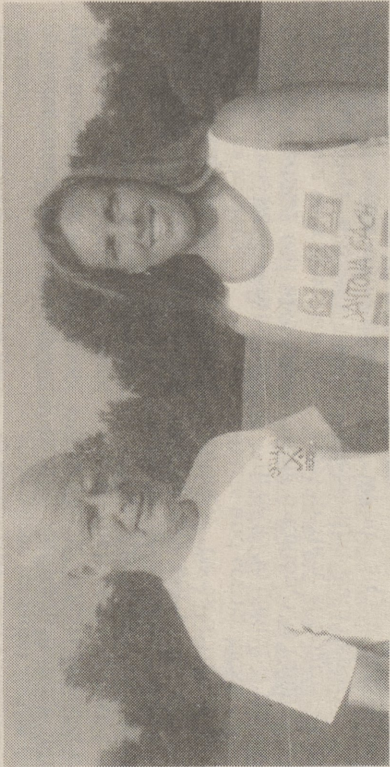
Dallas FIELD HOCKEY

"We lost nine girls to graduation, and all of them were good players."

Ron Moran
Dallas field hockey coach



Dallas Field Hockey - First row: Kelly Killeen, Stacey Wagner, Melissa Karis, Jen Noon, Sherri Kuderka, Kelly Seman, Erica Boyer, Stephanie Potisek; second row: Annie Bishop, Heather Wilt, Holly Shiver, Gail Buzin, Melanie Getz, Holly Ramey, Kristyn Race, Courtney Kryston, Lacey Popson, Natalie Temperine; third row: coach Ron Moran, Janelle Morgantini, Kate Weiss, Lisa Gurdin, Sarah Jennings, Michelle Molesey, Mary Ann Selenski, Sarah Kuzma, Jennifer Hite, Danielle Shanaberger, Jenn Janczewicz.



Back for another season. Dallas field hockey head coach Ron Moran and assistant Nancy Shaw.

Coach vexed by subpar turnout

BY VITO QUAGLIA
Sports Writer

Cross Country coach Bill Kwashay begins this season disappointed. The reason for his disappointment: a poor turnout for the Boys' Cross Country team. Last year's team finished with a 3-3 record, not terrific, but a place to build from. But this year only two boys have come out for the team. That means that the boys' team will automatically have to forfeit all meets in which they run.

The two boys who did decide to run this year are sophomore Jeff Nutsche and senior Tony Giardina. The fact that these two will have no other teammates is called by coach Kwashay "tragic."

Kwashay, coach at Dallas for 10 years, is confused over the low turnout. "It's not that all the athletes are busy playing other sports," the miffed mentor said.



Dallas Cross-Country - First row from left: Jeff Levinson, Joy Morgan, Amber Coobauagh; second row: Rose Alaimo, Tony Giardina, Jeff Nutsche, coach Bill Kwashay. Absent from photo, Bridget Baines.

Dallas CROSS COUNTRY

"Some kids aren't doing anything." Kwashay's confusion is intensified by the fact that the junior high program had some good runners. "We had some good, younger kids who ran last year, but just didn't come out."

According to Kwashay, there is hope for the future. "The junior high program has some good runners. We just have to get them to come out for the high school team." The Dallas Girls' Cross Country team should fare a bit better. Kwashay has six girls out for a team that won district last year. Joy Morgan is the lone senior on the team, while sophomore Rose Lima is the youngest girl on the squad.

districts last year, also plays field hockey, as does Kellie Seaman. Kwashay cannot say enough about Temperine.

"Natalie is an exceptional athlete," Kwashay said. "She did really well last year at district without much training from me. She is a self-motivated runner who really knows how to push herself. She's exactly the kind of athlete that does well in distance running. She enjoys the individual tests of the sport and really tries to push her limit."

Dallas Cross Country seniors, Joy Morgan and Tony Giardina.

"It's not that all the athletes are busy playing other sports. Some kids aren't doing anything."

Bill Kwashay
Dallas x-country coach

Team has building blocks for a strong year, future

Lake-Lehman CROSS COUNTRY

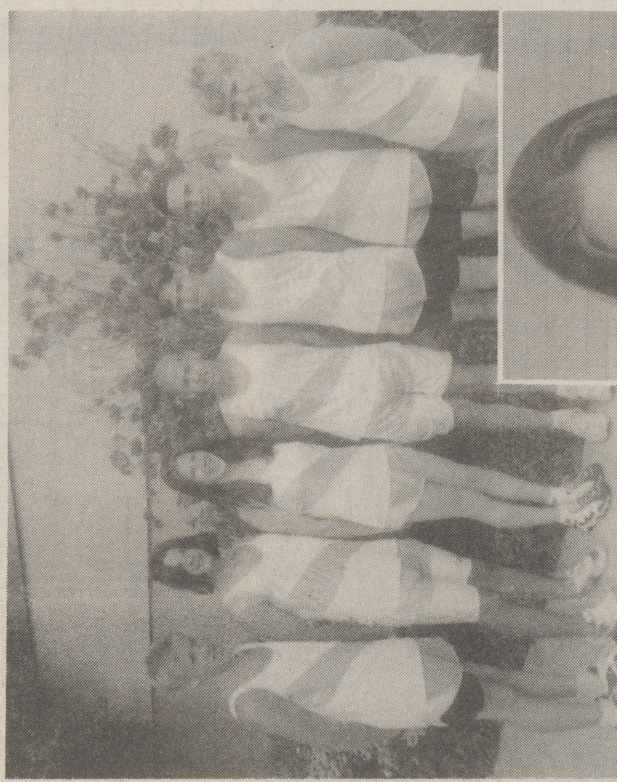
in the sport earlier and it really helps."

Narkiewicz has been the coach of the Lake-Lehman Cross Country team since 1976. In those many years, Ed has seen many changes, but the one that he feels has really worked is the present format of league meets.

In the past, teams would have to run two or maybe even three cross country meets in one week. According to Narkiewicz, that is just way too much distance running. "If world-class athletes don't run that much, how could we expect high school kids just learning the sport to do it?"

However, for the last three years, cross country teams have only one meet per week. Narkiewicz likes this format. "This gives us the opportunity to get in more quality training. There are fewer injuries and the kids are less run down."

Narkiewicz targets Hanover as the team to beat this year, and



Lake-Lehman Cross Country - From left: Jason Lyons, Nathan Bedik, Allison Savage, James Lyons, Nick Long, Will Bloom, Matt Magee. At right, Allison Savage is the lone girl on the Lake-Lehman squad.

"Three years ago we started a junior high program, and it's doing really well for us."

Ed Narkiewicz
Lake-Lehman coach

hopes that his youthful distance men will be up to the task. "I have a friendly rivalry going with coach Weston of Hanover Area. It's always fun to compete against them because we've known each other for so long."

As for the Girls Cross Country team, well, that consists of one person, senior Allison Savage. Truth is, there isn't really a girls' team to speak of, but Allison does train and she accompanies the boys to meet to run against other schools that have a girls' team.

"I give Allison Savage all the credit in the world," a proud Narkiewicz said. "It's awful hard being the only girl out there, working by herself. There are no other girls here to push her. But she challenges herself each day and will continue to get better."

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