

SportsWeek

Section 2

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Move over Deion, we have our own 2-sport star

By VITO QUAGLIA
Post Correspondent

DALLAS - In a year that saw female athletes finally get their due in the Atlanta Olympics, a local girl continues to command respect for women in the sports arena.

Dallas High School's Natalie Temperine does something that only a few athletes can do. She plays two sports. Oh, you've heard of two-sport athletes before you say. You've even heard of three-sport athletes. Well, Natalie's two sports both take place in the same season. That's right, Natalie is on the Dallas Varsity Field Hockey and Cross Country teams.

Yes, there are local athletes who play soccer and football. They are to be commended for their

performances. However, they most likely play soccer and only do the kicking duties for the football team. Or some two-sport athletes may only participate on two sports.

Natalie doesn't just participate, she is very good at both sports, a varsity starter in field hockey and a returning 10th place finisher at the cross country District Championship.

Let's take a look at a typical day in the life of Natalie Temperine during the fall sports season. She gets up, goes to school, concentrates on her studies, and then goes to field hockey practice. Hockey practice lasts until 5:30 or 6:00.

Natalie goes home, then she changes into her running clothes and usually runs 3 to 5 miles.

"I guess I switch gears when I move from one sport to the next."

Natalie Temperine
Dallas two-sport junior

She gets home around 7:00, and she starts her homework. Natalie says that she normally finishes up her homework around 8:30. That's easily a 12-hour day. And she does this every day.

Asked if she ever feels like taking a night off from running after a hard hockey practice she said, "Yeah, I feel like that sometimes, but I run anyway. I'd regret it in my next meet."

It is impossible for Natalie to be at every field hockey game and

cross country meet. Because of her daily training regimen, she can stay in running shape while missing some meets. She says that she will be at several of the league meets, and she will get to a few weekend invitationals, and of course, districts.

Last year, as a sophomore, Natalie began pulling double duty. When asked which sport is her favorite, her response was "I love them both, but if I was forced to pick only one, it would be field hockey."

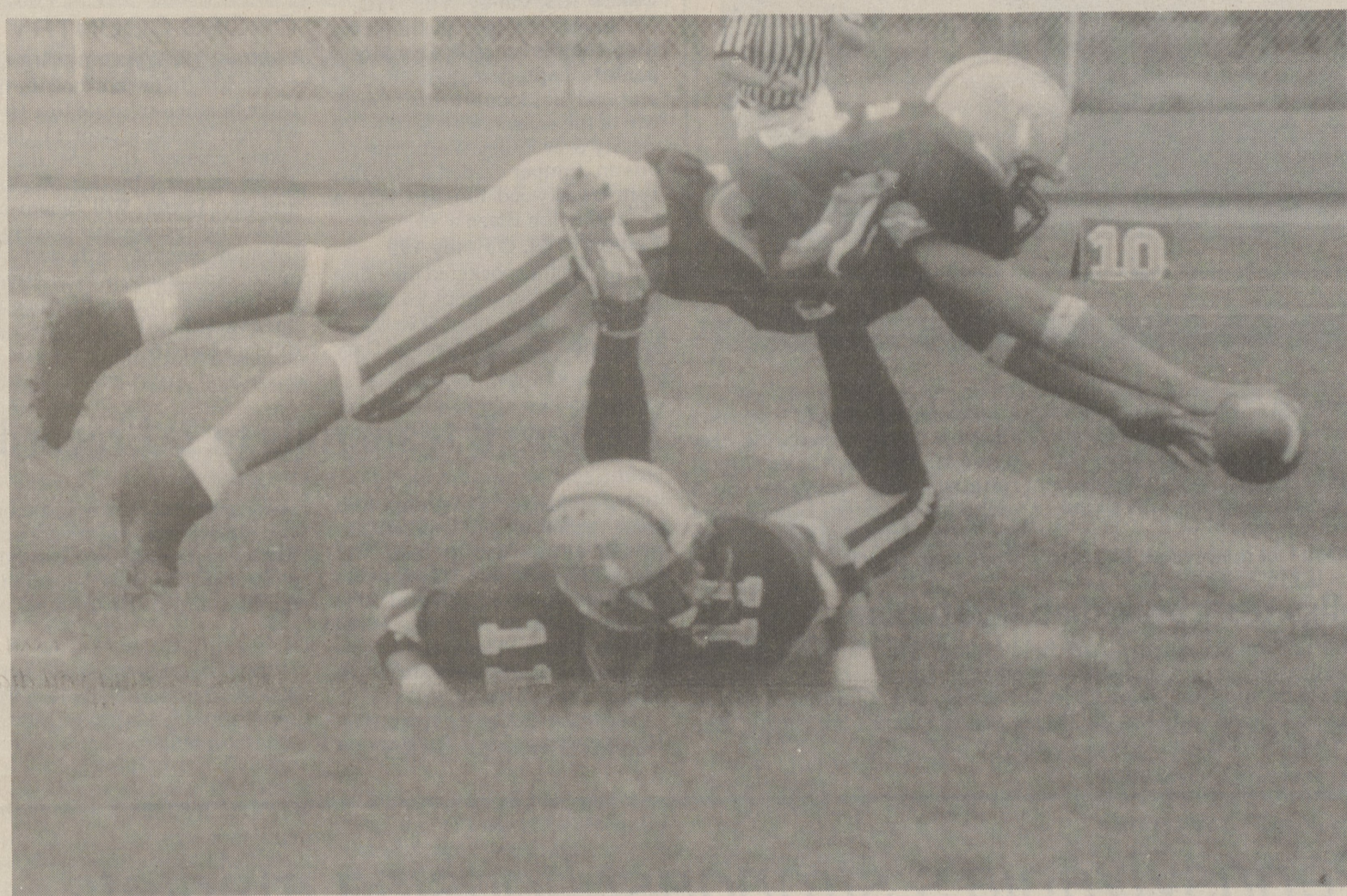
Consider the differences between the two sports. Field hockey is a fast-paced game, whose frenzied players must swing wooden clubs and hit a hard, round spheroid past their opponents into a

See 2-SPORT STAR, pg 10



POST PHOTO/RON BARTIZEK

Natalie Temperine, in action against Lehman Sept. 11, plays two varsity sports for Dallas. The junior also runs cross country.



By VITO QUAGLIA
Sports Writer

LEHMAN - Lake-Lehman was generous in moving the starting time of their game against Central Columbia to 11 a.m. so the Blue Jays' quarterback could be in his brother's wedding. But the Knights may have gotten carried away with their generosity by giving away the football several times in the game.

Five Lake-Lehman turnovers were the gifts Central Columbia used in orchestrating a 14-0 victory over the Black Knights Saturday. Three first half fumbles, two inside their opponents' 5-yard line, destroyed possible scoring drives for the Knights.

"If you told me before the game that they were going to get their second score with under two minutes left, I would have told you that we would win the game," explained a disappointed head coach Rich Gorgone. "This is the third game in which we've made mental mistakes. In the first two, we overcame them. Against Central Columbia, those mistakes caught up to us."

Tailback Marc Ronczka turned in a good performance, rushing for 113 yards on the day, nearly reaching the century mark in the first half. But by halftime, the

"We are not good enough to overcome the number of mistakes that we've been making."

Rich Gorgone

Lake-Lehman football coach

Knights' miscues overshadowed their positive play. The Blue Jays recovered a loose ball on their own five yard line, and marched 95 yards to paydirt. The scoring drive was capped off by a 26-yard touchdown pass from quarterback Nate Klingerman to Jason Laubach. Central Columbia led at the break 7-0.

"I thought we played well at spots in the first half, but we were flat at halftime," said Gorgone. "I could see it in their faces. The fumbles really killed us."

Central Columbia running back Trent Flick was the workhorse for the Blue Jays. He carried the ball 30 times for 138 yards. Flick scored on a 10-yard run with 1:48 left in the game to seal the victory.

Gorgone made no excuses for his team's loss. "Columbia is a

See KNIGHTS, pg 10

Knights looking good after whitewashing Berwick 7-0

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LEHMAN - After soundly defeating Berwick 7-0 in a solid performance on Friday, Lake Lehman field hockey coach Jean Lipski thinks her squad is coming together.

Sara Kasper and Jen Johnstone each had two first half goals. Deb White, Tiffany Van Scoy, and Christine Farrell scored the other goals in a whitewash that saw Lehman outshoot Berwick 21-1.

"I think the girls are finally playing up to their potential," said Lipski. "Our positioning has been excellent, but now we must concentrate on getting mentally tougher."

In addition to her scoring, Johnstone had three assists. Sara Kasper, Kacy Ziomek, Nikki Yablonski and Leighann Isaac also had assists.

Having a team loaded with individual talent does not always mean that the team will be suc-

"I think we need to continue fine tuning our skills and we will be successful."

Jean Lipski

Lake-Lehman field hockey coach

cessful, and Lipski knows that. "I think that we are starting to play very well as a team. Hockey is definitely a team sport. It's so important to work as one unit, but it doesn't always happen. Against Berwick we saw what playing as a team can do."

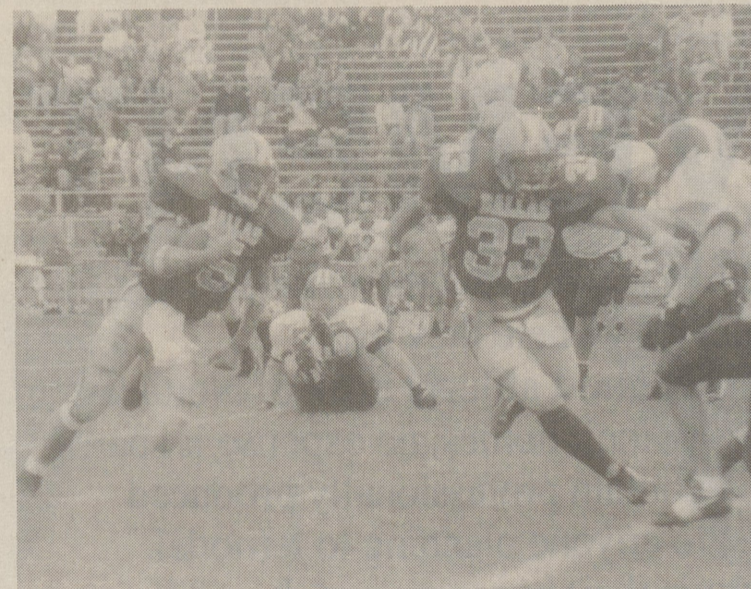
Lehman has O'Reilly and Northwest this week, and then Wyoming Seminary and Tunkhannock next week.

"Both O'Reilly and Northwest are playing tougher than in years past and Sem and Tunkhannock are always tough, explained Lipski. "Our next few weeks will be difficult. I think we need to continue fine tuning our skills and we will be successful."

GRID ACTION

Dallas waited until the third quarter to put points on the board, then went on to beat Nanticoke 22-14 Saturday. In top photo, Frank Valvano leaped over teammate Billy Puchalsky for a loose ball. At left, Valvano turned the corner behind Fran Brown's block. At right, Puchalsky was brought down by a Nanticoke linebacker.

POST PHOTOS/JIM PHILLIPS



SPORTS SHORTS

SOCCER

Hazleton 2, Lehman 0

Despite outshooting Hazleton 20-9 Lehman suffered their first loss of the season with a 2-0 loss to the Cougars Sept. 10 at home. The Knights allowed both goals within minutes apart in the third quarter. Lehman keeper Nathan Pankratz recorded three saves.

Meyers 2, Dallas 0

The Mohawks picked away at Dallas, scoring a goal in the second and third quarters to shutout the Mounts 2-0 Sept. 10 in Wilkes-Barre. John Fagan had eight stops in the cage for Dallas.

Hoban 2, Lehman 0

Hoban broke a scoreless match and grabbed the lead with two goals in the fourth to drop Lehman 2-0 Sept. 12. The Knights outshot the Argents 15-8 in the setback. Valley West 5, Dallas 2

Dallas' defense could not overcome a powerful Spartan front line giving up three goals in the first half as Valley West dropped the Mounts 5-2 Sept. 12. Dallas' Mitch Bailey reached the net with a scorcher off a penalty kick in the second to tally the scoring at 3-1 at the half. Josh Dukas rounded out the Mount scoring with a sinker at 8:05 in the final stanza

off a pass from Justin Kerr.

Dallas 2, Wyo. Sem 1

Seminary added to their uncharacteristically dismal start to their soccer season with a 2-1 loss to Dallas at home Sept. 16. Mount hot foot John Fagan booted the first goal of the game off a pass from John Zimmiski in the first. Seminary responded in the second to even the game at one apiece at the half. Jeff Refection sailed the go-ahead unassisted in the third to up the Mounts record to 2-3 while Seminary drops to 0-5.

Coughlin 11, Lehman 4

Coughlin had an easy time with the Knights' offense Sept. 16 rallying for 11 goals to drop Lehman 11-4. Coughlin scored goals in each of the four periods including three within a minute and a half in the fourth. Eric Rittenhouse accounted for three of Lehman's goals, all in the third. Mark Steele rounded out the Knight's scoring unassisted in the final period.

HOCKEY

Lehman 3, Dallas 1

Jen Johnstone lead the scoring blitz for Lehman with a goal and two assists as the Lady Knights squeezed Dallas 3-1 Sept. 11. Lady Knight Adrienne Miroslaw commenced the scoring off a pass

from Johnstone in the first. Dallas' Melanie Getz responded with a tally later in the period to even the score at the break, the second half proved to be the difference as Johnstone and Sarah Kasper both found the net for the spoilers.

Dallas 2, Honesdale 0

The Dallas defense dominated the field limiting Honesdale to just two corners and no shots on goal as the Mounts blanked Honesdale 2-0 Sept. 13. Mary Ann Selenski belted both of Dallas' goals the first off a pass from Michelle Molesky in the first and the latter in the second assisted by Natalie Temperine.

Dallas 2, Crestwood 0

The Lady Mounts pulled off a dramatic upset in W.V. Conference action Sept. 16 with a stunning 2-0 victory over Crestwood at home. The victory ends the Big Red Machine's 48 game win streak after three years without a loss. Mary Ann Selenski and Heather Will accounted each of Dallas' goals just a minute apart in the second half. Keeper Jenn Jancewicz had a stellar day in the cage stopping nine shots. Dallas' records improves to 3-3 and move on to face GAR in Wilkes-Barre Wed. Sept. 18.

Lehman 1, Valley West 0

The Lady Knights were unable to penetrate a stingy Spartan defense through regulation sending the game into overtime with no goals Sept. 16. Lehman outshot Valley West 20-1 and lead in corners 20-3 but were unable to find the net until Adrienne Miroslaw pumped the game winner at 8:30 in overtime. The win marks the Knights record at 5-1.

VOLLEYBALL

Lehman 2, W.S.Tech 1

Faith O'Dell slammed six kills as Lehman bested Tech 15-0, 4-15, 15-4 Sept. 11. Mandy Scovish added to the action with seven aces and Jen McCall added five.

Dallas 2, GAR 1

Emily Schweitzer and Angie Austin combined for 18 kills as Dallas defeated GAR 15-11, 12-15, 15-7 Sept. 16 at Dallas. Lori Buzin dished out nine service points including seven aces to lead the Mounts at the line.

GOLF

Hoban 172, Lehman 179

Lehman closed in on the Argents but could not grasp the lead as Hoban narrowly defeated

More SHORTS, pg 10