

# SportsWeek

Section 2

Wednesday, November 20, 1996

## Grit, preparation won state title

By VITO QUAGLIA  
Sports Writer

**LEHMAN** - Simply the best. Those three words are the catchphrase of an advertising jingle, but they also describe the Lake-Lehman field hockey team, 1996 Class AA state champions. Simply the best.

Becoming the best just doesn't happen, you have to work long and hard and pay for it in sweat and tears. Also, let's be honest about it, you have to be talented. Athletic ability coupled with a strong work ethic, under the guidance of good coaching, can produce success. Lake-Lehman had all of the above; they even started the season ranked number in the state, but they still had to win it on the field. How does a coach motivate a team which everyone expects to win to perform as well as Lehman did this season?

"We push the girls every day so that they develop depth of character," explained coach Jean Lipski. "In practice, when they think they can't run another sprint, we make them run 10 more. We are constantly working on mental toughness, giving the girls a place they

can reach back to when the pressure is on and they feel that they have no more to give."

Listening to Lipski talk about it makes you feel like you're in a clinic on sports psychology. Mental toughness. Depth of character. These sound like terms that Vince Lombardi once used to describe the Green Bay Packers. Make no mistake about it, field hockey is as just as intense a sport as football. And the way Lehman dominated the regular season and state playoffs with skilled offense and tenacious defense, Lombardi would've loved these girls.

"Last year we got to the state semi-finals and that was great," Lipski said. "The whole time we were in the playoffs seemed like a continual high for me. But this year that feeling wasn't there. After each win, the girls celebrated a bit, but then they calmed down. They realized that there was more to be done. They were so focused on winning the state title."

Focused. There's a word that coach Lipski loves to use. At first, it may seem like just another sports cliché like "playing one game at a time," but Lipski be-

*"We push the girls every day so that they develop depth of character."*

Jean Lipski  
Lake-Lehman coach

lieves in the concept, and so do her players.

"We knew what we had to do," stressed senior midfielder Deb White. "I know coach likes to say that we are a focused team, but we really are. We have a very strong mental attitude and that helped us win."

Senior Adrienne Miroslaw agrees that the team had focus, but that's not all. "Coach Lipski makes it fun. The coaches are always pushing us and making us better, but we goof around to keep it from getting too serious. We always hear stories about other teams whose coaches don't let them fool around at all, it has to be all business on the field. Mrs. Lipski isn't like that at all. She makes you work, but you have fun while you do it."

Debbie White also said that losing the first game of the season to Coughlin was a key factor in this year's run to the state title. "I think the Coughlin game was a wakeup call for us. We were under pressure to live up to the state ranking and that loss took the pressure away."

Debbie and her younger sister, Joanne, combined to turn in heroic performances in the semifinal game against Lancaster Mennonite. Debbie scored on the fourth stroke in the second round of an overtime shootout to put Lehman ahead on strokes, 2-1. All Joanne White had to do was deny Lancaster Mennonite and Lehman would move on to the championship game. No pressure, especially for someone who at the beginning of the season wasn't even a definite starter. No pressure at all.

Joanne made a diving save and, in one of the most memorable scenes of this season, was swept up onto the shoulders of the Lake-Lehman fans and carried off the field. "That game was definitely one of the best moments in my life," said Joanne. "It was so emotional after that game. Everyone was hugging and screaming. It was great."



Debbie White battled for the ball during Lake-Lehman's state championship field hockey game. Adrienne Miroslaw (20) was behind.

CITIZENS' VOICE PHOTO



Maureen Purcell greeted the team with a handmade sign and "Fan Man." A retired teacher, she said, "I waited 31 years for this."

### Fleeger named to all star team

Former Lake-Lehman High School student, Jeremy Fleeger was one of three College Misericordia men's soccer players named to the Pennsylvania Athletic Conference All-PAC team, Tuesday.

A sophomore midfielder, Fleeger was joined on the team by Stephan Pill and Paul Zaengle while head coach Chuck Edkins was named Coach of the Year.

Fleeger was third on the team with seven goals and was fourth on the team with 15 points while starting all 19 games.

Pill a junior midfielder, earned All-PAC status for the second consecutive season after leading the Cougars in scoring with 25 points. He scored six goals and had a school record 13 assists.

Zaengle, a four-year starter at sweeper, concluded his outstanding career by making his first All-PAC team.

In his sixth season as head coach, Edkins led the Cougars to an 11-5-3 record and their first PAC championship to earn Coach of the Year honors.

### Olympic wrestler will present clinic

1996 Olympic Gold Medalist Kurt Angle will present a wrestling clinic at Penn State Wilkes-Barre campus on Saturday, Nov. 23. Instruction will be from 10 a.m. to 3 p.m. Elementary through 12th grade wrestlers are eligible to attend. Phone registration call 477-2110, 7 p.m.-10 p.m. Sponsored by the Back Mountain Wrestling Club.



Irem Women's golf winners, pictured above, seated from left, Lois DeGennaro, Corrine Sgarlat, Joan Moran, Mary Ann Stelma, Esther Saba; standing, Sis Ertley, Estelle Laux, Sharon Strauser, Theresa Balliet, Betsy Thomas, Janet Miller, Julie Conklin, Diane Kosik and Jeanne Francis.

### Irem Women salute 1996 season's champs

At the recent closing dinner of the Irem Women's Golf Association, prizes were awarded to the winners of the past season's events. The following is a list of the winners of the Irem Women's Golf Association golf season.

Club champion, Sis Ertley; runner-up Bok Choi; second flight, 1st low gross, Diane Kocik; 2nd low gross, Corrine Sgarlat; 1st

low net, Esther Saba; 2nd low net, Kay Goodman; third flight, 1st low gross, Joan Moran; 2nd low gross, Julie Conklin; 1st low net, Lois DeGennaro; 2nd low net, Elaine Dougherty; fourth flight, 1st low gross, Mary Ann Stelma; grandmother's prize, Jeanne Francis; Captain's prize, Betsy Thomas.

Chairman's prize, Kay

Goodman; most improved, Sharon Strauser and Estelle Laux; chip-ins, Shirley Evans and Kay Goodman; ringers, 1st flight, gross, Sis Ertley net, Corrine Sgarlat; 2nd flight, gross, Kay Goodman; net, Jeanne Francis; 3rd flight, gross, Julie Conklin; net, Theresa Balliet; 4th flight, gross, Janet Miller; net, Shirley Richardson.



Mary Brislin raced to head off a Gwynned Mercy player.

CITIZENS' VOICE PHOTO

See STATE CHAMPS, pg 10

### Dallas Youth Basketball tips off the '96 season

#### CELTICS 58 - HORNETS 24

The opening game of the 96-97 Dallas Youth basketball 7th-8th grade season, had the Celtics doubling up on the Hornets by a score of 58-24. At the end of the first quarter the Celtics jumped out to an 18-5 lead, on the hot shooting of Jared Karalunas, scoring 10 of his game high 30 points. The pace slowed a bit in the second quarter, with the Celtics holding a 25-7 halftime lead. The third and fourth quarters were much the same with the Celtics outscoring the Hornets in the final two quarters 33-17. The Celtic defense was led by Jared Karalunas with a game high 30 points, followed by John Lukasavage with 9 points and Matt Eyet with 7 points. A fine defensive game was turned in by Seth Yeager. The Hornets offense was led by John Simonitis with 7 points, followed by Pat Barnard with 6 points and Kevin Razawich with 5 points. The Celtics are coached by Russ Eyet and the Hornets are coached by Phil Dale.

#### HEAT 39 - TRAILBLAZERS 34

In game two, the Heat hung on to beat the Trailblazers 39-34. Both teams started off slow. The first quarter had the Trailblazers out front by a score of 4-3. The Heat outscored the Trailblazers in the second quarter by 15-11, on Kevin Piekara's 3-point baskets. In the final two quarters, both teams traded baskets, with the Heat outscoring the Trailblazers

21-19. The Heat's offense was led by Kevin Piekara with 15 points, followed by Mike Domzalski with 9 points and Fran Yanik with 6. A fine defensive performance for the Heat, was turned in by Luke Miller and Jason Race. The Trailblazers offense was led by John Nackley with a game high 21 points, followed by Andrew George with 8 points. Blake Saba and Bruce Hubbard had a fine defensive game. The Heat is coached by Dave Domzalski and the Trailblazers are coached by Jack Ellis.

#### BULLS 42 - SIXERS 29

In the third game of the afternoon, the Bulls defeated the Sixers by a score of 42 to 29. The first quarter had both teams being cautious, with the Sixers holding a 6-2 first quarter lead. The Bulls caught fire in the second period outscoring the Sixers 15 to 9 to take a 17-15 halftime lead. At the end of the third quarter the Bulls led 25-21. However, in the fourth quarter the Bulls broke the game wide open by outscoring the Sixers 17-8 on the shooting of Lloyd Droppers and Danny Laurenzi. The Bulls offense was led by Paul Dougal with 16 points, followed by Lloyd Droppers with 12 points and Danny Laurenzi with 11 points. The Sixers offense was led by Danny Krause with 10 points, followed by David Finn with 7 points and Danny Fetko with 6 points. The Bulls are coached by

See BASKETBALL, pg 10