

DALLAS MOUNTAINERS - From left, first row: Matt Eyer, Jeff Parish, Gary Youngblood, Joe Saratka, Matt Gingo, Matt Acri, Kevin Yurko, Matt Jackson, Justin Tammani, Bruce Pitts, Jim Krispin, Dave Martin, Matt Simpson, Rick Maori, Brian McDonald. Second row, Brian Barrett, Jeff Matthe, Matt Barnard, Chris Pratz, Bill Duda, Joe Stuppino, Jon Saba, Jake Lanyon, Jake Walker, Eric White, Mike Farko, Bill Pastera, Rick Loriah. Third row, Randy Knappman, Mike Samauski, Ron Selienski, Nick Lopuhousky, Joe Kukosky, Matt Douglas, Jesse Yarnal, Len Dorrance, Frank Perkoski, Bryan Banks, Paul Onzik, Dennis Wengryznrek, Mike Schavone, Chris Tucker.



Frontline strength must offset youth at skill slots

BY CHRIS BELL
Sports Correspondent

Although there are some new faces in the starting lineup, the goal is unchanged for the Dallas High School football team in 1997. "Our goal is the same as always," said head coach Ted Jackson. "We want to win our division and make the playoffs. If this team continues to work hard, we have a good chance of doing that."

The Mountainers have 40 players on this year's roster, including four returning starters on offense and five on defense. They are defending co-champions of the Wyoming Valley Conference Division II and qualified for the Eastern Conference playoffs a year ago.

"We've looked good so far," said Jackson. "These kids have a great work ethic and a tremendous attitude. They are a nice bunch of kids. They're not afraid of hard work."

Senior Bill Pastera will be the starting quarterback after serving as the backup a year ago. "Bill's been around and is familiar with our system," said Jackson. "He's intelligent and is a hard worker. He's a tough kid. The only thing he lacks is experience."

Matt Barnard will be Pastera's backup.

Dallas FOOTBALL

"He's a junior and needs some experience," said Jackson. "He'll be okay."

The backfield will feature Paul Onzik and Dennis Wengryznrek at fullback while Eric White, Matt Jackson and Matt Acri will rotate at tailback. "Fullback will be one of our greatest strengths," said Jackson. "Onzik and Wengryznrek are both tough kids who will really help us."

"We've got good depth at tailback," Jackson said.

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New coach, new runners will mean year of uncertainty

By JOY MORGAN
Post Correspondent

This year, the Dallas Cross Country team will be under the instruction of a new coach, Rev. Reggie Thomas. And with four new runners, this is going to be a year of growth for the team.

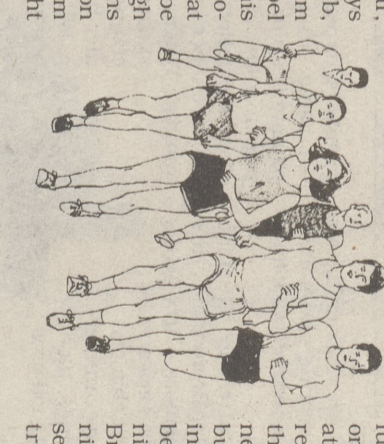
With a new coach comes new techniques. Practice this year is more than just running. Thomas takes time to teach his runners proper nutrition, running form, breathing techniques, running steps, and more. Training he hopes will make the team stronger in the future. The team will also be getting new uniforms which were specially designed for them.

Thomas is very pleased with the boys' team. Jeff Nutche. A very dedicated runner is returning for his second year on the team and should improve this season. Nutche, the lone boy on the team last year, now has four new boys to run with. Jamie Raub, Damian Temperine, Jim Appel, and Jerry Appel are all newcomers this year. According to Thomas, Raub has a great deal of talent and will be able to progress through the year. The Appel twins have been running on the Middle School team and look to have a bright future in this sport. This is Temperine's first year running cross country but he is strong and looking to improve.

Things aren't as hopeful for the girls' team. With one runner lost to graduation and only three girls returning this season, there aren't enough runners to qualify as a team, but they should do well individually. Senior Amber Coobough will be running for her fourth year. Bridget Barnes, also a senior, will be running her second year of cross country, joined by senior Nadale Temperine. But because she also plays field hockey, Temperine will only be able to participate in a few races.

Thomas is planning to run in several invitational meets this year. The first will be Labor Day weekend at Cliff Robbins. The race, which takes place at Kirby Park, is a tradition for the team. Other invitations will take the team to Shenango Valley, McDeade Park, and Bloomsburg.

Thomas says that the teams main goal is to "do the best they can and have fun while they're doing it."



Knights poised to turn in another strong performance

By JOY MORGAN
Post Correspondent

The Lake-Lehman Cross Country team should be very competitive this season, according to long-time coach Ed Narkiewicz.

The team only lost one runner to graduation and all of the remaining team members from last year are returning again this season. Returning runners are the Lyons brothers, junior James and sophomore Jason, juniors Joy Maskalis, Nick Long, Will Bloom, and Matt McGee, and sophomore Chris Roger.

Narkiewicz says, "Every time we practice, everyone does a little bit better." The team was undefeated last year and is looking to do well at big meets, especially districts.

Unfortunately, though, there are no girls running this year. The lone girl from last year's team, Allison Savage, graduated and no one new has joined them team. But Narkiewicz isn't giving up. "There was a good turnout for the junior high team and Narkiewicz hopes those girls with stick with the sport."

This year, the Knights plan to run in three invitational runs: McDeade Park, Bloomsburg, and Montrose. Narkiewicz considers these meets good preparation for districts.

The main goal of this year's cross country team is to get to states. Narkiewicz hopes to "improve on last year" and feels he has the team to do it.

Lake-Lehman CROSS COUNTRY

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Sept. 5	Crestwood	Away
Sept. 10	Wyoming Area	Away
Sept. 17	GAR	Home
Sept. 24	Nanticoke	Away
Oct. 1	Dallas	Home
Oct. 8	Hanover	Home
Oct. 15	Coaches Meet	Away
Oct. 22	District II Meet	Away

Head Coach: Ed Narkiewicz

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DALLAS CROSS COUNTRY			
Day	Date	Opponent	Place
Tues.	Sept. 2	Nanticoke	Home
Wed.	Sept. 10	Crestwood	Home
Wed.	Sept. 17	Hanover	Home
Wed.	Sept. 24	GAR	Home
Wed.	Oct. 1	Lake-Lehman	Away
Wed.	Oct. 8	Wyoming Area	Away
Wed.	Oct. 15	Coaches Assoc. Meet	
Wed.	Oct. 22	District II Meet	
Sat.	Nov. 1	PIAA State Meet	

Meet time: 4:15

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