

Knights rebuilding after that championship season

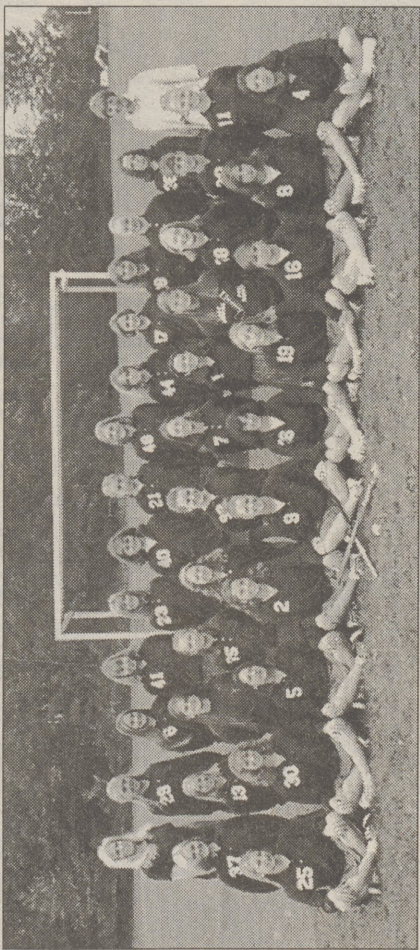
By JENNIFER KLAIPS
Post Correspondent

Every sports team tries to do better than it did the previous season. So what does that leave for the Lake-Lehman field hockey team? The squad currently holds the title of state champions. They can't do much better, but they can try to defend their title this season.

Coach Jean Lipski said that she is entering the season with mixed feelings. "We always want to be successful and do as well as the team did the year before. There is some pressure that hasn't been



Coaches Sandy Boyle, left, Jean Lipski



LAKE-LEHMAN FIELD HOCKEY - From left, first row; Nikki Yoblonski, Carrie Race, Val Fiore, Laura Castellano, Sara Kasper, Theresa DeCesaris, Joanne White, Jen Wroebel, Danielle Terescavage, Susie Walters. Second row; Rachel Harrison, Jonelle Perils, Kim Parsons, Jen Naugle, Becky Keefe, Erica Hoodick, Sandy Lowery, Leigh Isaac, Jill Marchakitus, Jen Johnstone, Melissa DeCesaris, Rachel Kasper, Third row; Sandy Boyle, Carrie Thorn, Alyson Bevan, Terri Pfeiffer, Katie Britt, Corin Smith, Maureen White, Janel Janiczek, Tara Birt, Marielle Narkiewicz, Kori Clark, Nicole Parsons, Jannell Bucca, Jean Lipski, coach.

Lake-Lehman FIELD HOCKEY

the state run, and senior Niki Yoblonski who scored the first goal in the state championship game.

"This year is a rebuilding year, but I think we'll surprise everyone," said Jen Johnstone.

Many of the players have been active throughout the off-season. Several members of the team played for the Futures program, and seven played hockey in the Keystone State Games.

One of the main team goals is to defend the district title for the third year in a row. Although the team is young, they have the talent and the right attitude.

"We're a younger team. We're not as experienced as we have been in recent years, but we've stepped up," said Sara Kasper.

"This year is a rebuilding year, but I think we'll surprise everyone."

Jen Johnstone
Lake-Lehman junior

1997 DALLAS MOUNTAINEER FOOTBALL TEAM

No.	Name	Off./Def.	Height	Weight	Year
3	Rick Lora	WB/DB	5-10	165	12
5	Matt Douglas	K/WR	6-1	160	10
7	Randy Knappman	QB/DB	5-10	165	10
8	Chris Tucker	WR/DB	5-10	155	11
9	Matt Acri	RB/DB	5-9	160	10
10	Kevin Yurko	QB/S	5-9	155	10
11	Matt Jackson	RB/DB	6-1	190	10
14	Matt Barnard	QB/S	5-10	165	11
15	Bill Piasta	QB/S	6-1	190	12
22	Paul Orzick	RB/LB	5-11	200	11
23	Joe Saraka	WB/DB	5-6	135	10
24	Justin Tamani	WR/DB	5-8	160	10
25	Ron Selenksi	WB/DB	5-10	170	11
26	Brian McDonald	WR/DB	5-10	165	11
27	Jeff Parish	RB/OLB	5-11	170	10
31	Eric White	RB/DB	6-2	180	12
32	Jim Krispin	TE/OLB	5-10	180	11
33	Jeff Mattie	RB/LB	6-1	175	10
35	Dennis Wengrzynek	RB/OLB	5-11	205	12
43	Bill Duda	RB/OLB	5-10	160	11
54	Mike Sanauski	G/LB	5-11	180	10
54	Nick Lopouski	G/LB	5-11	185	10
55	Matt Gingo	C/LB	5-8	190	11
56	Mike Schiavone	G/DE	5-10	195	12
60	Rick Macri	T/DE	5-10	200	12
61	Rick Barrett	G/DE	6-2	185	10
63	Mike Ferko	G/LB	6-0	200	11
66	Frank Perkoski	T/DT	6-3	290	11
67	Jake Lanyon	T/DT	6-2	295	12
68	Joe Stuppino	G/DE	6-1	185	10
70	Len Dorrance	G/DE	6-5	240	12
72	Gary Youngblood	T/DT	6-1	260	11
73	Jake Walter	C/LB	5-9	170	10
74	Brian Banks	G/OLB	6-0	170	12
78	Chris Pratz	T/DT	6-1	290	10
80	Bruce Pitts	WR/OLB	5-11	160	10
81	Dave Martin	WR/DB	5-11	170	10
82	Matt Simpson	TE/DT	6-1	180	10
86	Joe Kukosky	WR/DB	6-1	165	12
88	Jon Saba	TE/DE	6-4	225	11
89	Jesse Yamal	TE/DE	6-3	205	11

Dallas football

(from page 2)

son continued. "Each guy has a different style and they complement each other well."

Up front, the offensive line features strength, size and depth. Senior Matt Gingo (190) returns at center and will work beside Len Dorrance (240), Mike Ferko (200) and Mike Schiavone (195) who will rotate at guard.

Jake Lanyon (295) and Frank Perkoski (290) are returning starters at tackle. Gary Youngblood (260) will also see time at tackle while Jon Saba (220) is the tight end.

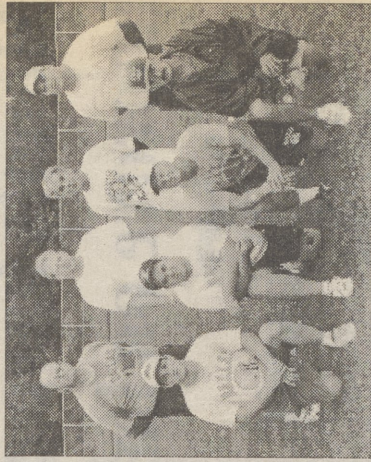
"This team is the strongest we've ever had in the weight room," said Jackson. "We've plenty of experience and depth on the line."

Chris Tucker, Rick Lora and Joe Kukosky are the team's primary receivers. "All three guys are quality receivers," said Jackson. "Tucker could be a great one."

Defensively, the Mounts are led by Dorrance, a returning All-Scholastic at defensive end. He will be joined up front by Perkoski, Lanyon, Schiavone and Rick Macri.

Six players are expected to see plenty of action at linebacker, including Paul Orzick, Gingo and Ferko in the middle and Brian Banks, Wengrzynek and White on the outside.

"We're excited about our front eight," said Jackson. "That's where most of our experience is and we have some really tough kids and good depth at those positions."



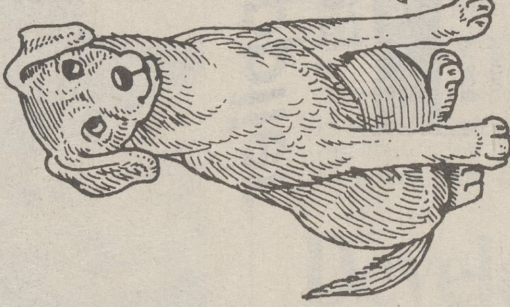
Dallas coaches, from left, kneeling, Bob Mahle, Pat Patte, Ted Jackson, Tony Chiarucci. Standing, John McNeil, Gordy Kutz, Bill Sivi, Jim McGovern

The major area of concern for the Mounts is the secondary where Lora, Piasta, Kukosky and Jackson will see time. "Lora played a lot last year, but other than that, we're very inexperienced there," said Jackson. "We've got some good kids there, but they need experience. They've been working very hard."

Kukosky and Barnard will handle the punting duties while Matt Douglas returns at kicker. "Douglas has increased his range from 25 yards to about 40 yards," said Jackson.

After opening the season at home against Marian Catholic, the Mounts will focus on the WVC Division II. "Our conference is brutal as usual," said Jackson.

"Our non-league games against Marian and Shamokin are very tough, too. We are bigger, stronger and in better shape than we've ever been, so we think we can compete with anybody."



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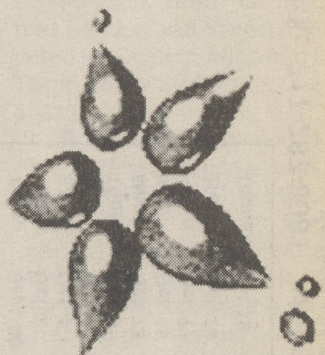
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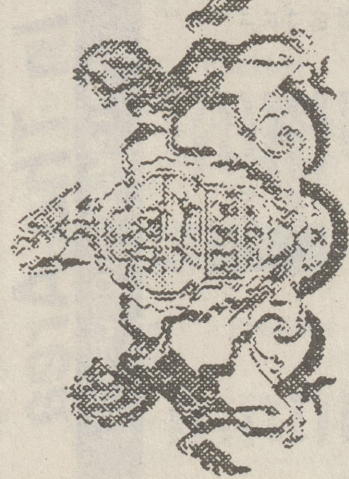
LAKE - LEHMAN FIELD HOCKEY

Sept. 3	Coughlin	Away
Sept. 5	Abington	Home
Sept. 6	Middleburg Tourn.	Away
Sept. 8	Wallenpaupak	Away
Sept. 10	Dallas	Home
Sept. 12	Berwick	Away
Sept. 15	Wyo. Valley West	Home
Sept. 17	Bishop O'Reilly	Away
Sept. 19	Northwest	Home
Sept. 24	Wyoming Seminary	Away
Sept. 26	Tunkhannock	Home
Sept. 29	Abington	Home
Oct. 1	Lackawanna Trail	Away
Oct. 3	Honesdale	Home
Oct. 8	Crestwood	Away
Oct. 13	GAR	Home
Oct. 15	Nanticoke	Away
Oct. 17	Meyers	Away

Head Coach: Jean Lipski

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