

# Sports Week

Section 2

Wednesday, October 15, 1997



Cathy Dymond is now a leading scorer for the Cougars.

## Cathy Dymond grows into new role for Cougars

The College Misericordia field hockey team is enjoying another fine season as the Cougars look to win their fourth consecutive Pennsylvania Athletic Conference championship.

One of the key reasons for this year's success is the play of Lake-Lehman product Cathy Dymond.

A sophomore forward, Dymond arrived at Misericordia last fall after playing defense throughout her high school career. However, Misericordia head coach Kim Barbacci switched Dymond to the forward line and she has developed into one of the team's top scoring threats.

"Cathy has improved greatly over last year," said Barbacci. "After playing defense for so long, she had to make some adjustments. She has become more aggressive and looks to score."

The change came rather unexpectedly at a practice session a year ago, according to Dymond. "Coach was dividing us into offensive and defensive

*"I'm more comfortable on offense and I'm much more aggressive."*

Cathy Dymond  
Misericordia sophomore

players," she explained. "I started going with the defensive group and coach yelled, 'Dymond, you're with the offense.' I've been with the offense ever since."

It hasn't been quite that simple on the field though. "I struggled at times last year because I still had the mentality of a defensive player," said Dymond. "I had a tendency to stay back instead of moving up on the attack."

After scoring two goals as a freshman, Dymond moved into a starting role this season and has helped the team to a 10-4 record, including a 7-1 mark in the PAC.

She is third on the team in scoring with seven goals and five assists. She is also the third leading scorer in the PAC.

"Cathy's starting to understand the position," said Barbacci. "She knows what we want from her. For us to continue winning, we need her to score."

"I'm definitely more confident this year," said Dymond. "I'm more comfortable on offense and I'm much more aggressive. I need to keep working on that, but I'm not tentative like I was last year."

The youngest of four daughters of Bob and Donna Dymond of Shavertown, Cathy is a coach's dream, according to Barbacci. "I wish we had more kids like her," said Barbacci. "She is very coachable. She is a hard worker who never gives up and she is willing to work on her own outside of practice."

Dymond believes her communication

skills play an important role in her game. "I try to talk it up on the field," she explained. "It helps for everyone to know where everyone else is on the field. It keeps people motivated and it leads to good passing."

If Dymond and the Cougars continue their winning ways, it will lead to another PAC title and perhaps their second consecutive Eastern College Athletic Conference playoff berth.

With the last two regular season league games on tap this week, the Cougars are keeping their goals in perspective. "Our primary goal is to play as a team," said Dymond. "If we succeed at that, the wins will take care of themselves. We have our sights set on the PAC and ECAC playoffs, but we are taking one game at a time."

With wins over Alvernia and Immaculata this week, Misericordia will probably clinch home field advantage for next week's PAC playoffs.

### SPORTS ROUNDUP

#### HOCKEY

##### Crestwood 3, Lehman 1

Jen Johnstone opened the scoring just over five minutes into the first half off a pass from Sara Kasper but the Comets responded with three unanswered goals of their own to hand the Knights their first loss of the season 3-1 Oct. 8 in Mountaintop. The loss drops Lehman's record to 11-1-1 and assures the Comets (14-0) of the WVC overall title.

##### Dallas 1, Wallenpaupack 0

The Lady Mounts (8-4) kept the heat on their visitors cage rattling off 24 shots on goal and 12 corners, converting one to drop Paupack 1-0 Oct. 8. Kristyn Race slapped the game's only goal, her ninth of the season off a pass from Nadalie Temperine.

##### Dallas 2, Northwest 1

Jen Noon sank two goals including an overtime sizzler to lead Dallas to a 2-1 victory over Northwest Oct. 10. Noon's first goal came in the first half off a pass from Brittany Bartolini and followed up with the game winner in overtime off an assist from Gail Buzin.

##### Lehman 4, GAR 0

The Knights bounced back from last week's loss to Crestwood with a convincing 4-0 shutout of GAR Oct. 13. Susie Walters dumped two of Lehman's tallies while Melissa DeCesaris and Sara Casper scored the remaining goals.

#### GOLF

##### Dallas 164, Crestwood 189

Brian Blase captured medalist honors with a 38 to lead the Mounts past Crestwood 164-189 Oct. 8 at par-36 Irem. Tom Swartwood followed with a 39 while Larry Lettie carded a 43 and Ed Piekera a 44.

##### Coughlin 161, Lehman 178

Dom Castrigano led the Knights with a 41 but finished three shots behind the winner as Coughlin dropped Lehman 161-178 Oct. 8 at par-36 W-B Golf Club. Gary Sagan shot a 43, Joe Hardisky, Matt Loftus and Chad Sorber 47's.

##### Dallas 174, O'Reilly 183

Dallas clinched the final WVC playoff berth with a 174-183 victory over O'Reilly Oct. 9 at par-36 Irem. Medalist Brian Blase shot a 40 followed by Larry Lettie, 43 and Keith Zinn 45.

##### Lehman 183, Wyo. Area 185

Dom Castrigano snagged medalist honors with a 42 as Lehman nipped Wyoming 183-185 Oct. 9 at par-36 Huntsville. Gary Sagan carded a 44, Chad Sorber a 48 and Matt Loftus a 49.

#### VOLLEYBALL

##### Tunkhannock 2, Lehman 1

Rachel Bouthot served four aces but Tunkhannock had the depth to edge Lehman 15-5, 11-15, 15-6 Oct. 8 in Lehman. The loss drops the Knights (8-2) to fourth place in the standings behind first place Crestwood 9-0.

##### Pittston 2, Dallas 0

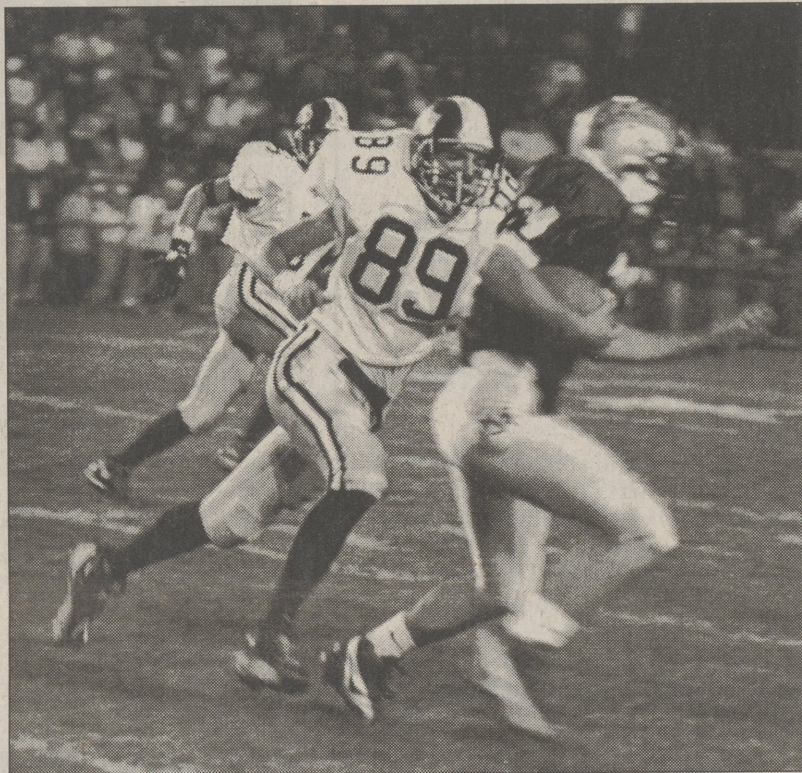
The Mounts nearly staged a comeback in the second game but it came a little late as Pittston swept Dallas 15-5, 15-12 Oct. 9. Sarah Podehl lead Dallas with three aces and Beth Carey with two.

#### CROSS COUNTRY

##### Lehman 21, Hanover 34

The Knights won the WVC Division II Championship Oct. 8 behind the stamina of James Lyons who set a new course record at the 2.9 mile course at Lehman with a

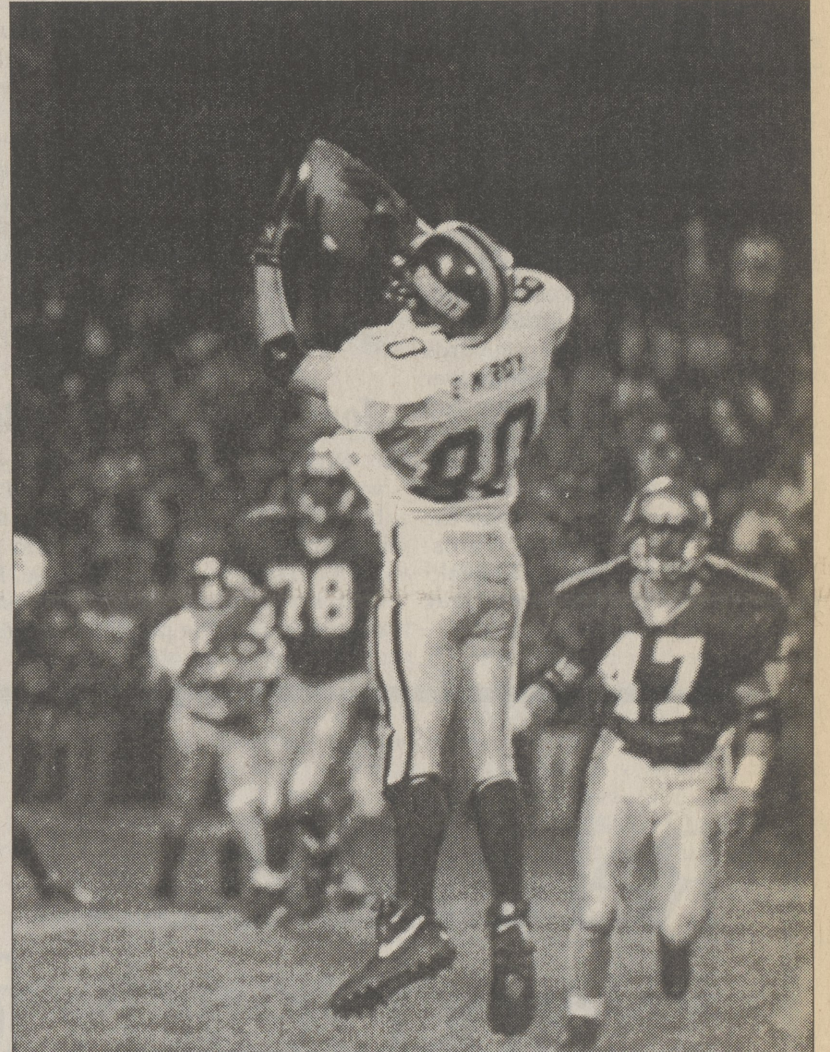
See ROUNDUP, pg 10



## HARD DAY'S KNIGHT

Lake-Lehman came up short against its toughest opponent of the season Friday night. Wyoming Area stopped the Black Knight offense cold, taking a 38-0 win while holding Lehman to four first downs. In top photo, Ryan Healy was about to take down a Warrior runner. At right, Floyd McRoy grabbed one of his three catches in the game.

POST PHOTOS/JIM PHILLIPS



## Dallas Youth Basketball skills contest winners

4th Grade: Foul Shots; first place, Eric Domzalski; second place (tie), Jesse Swartwood, Ben Thomas; third place (tie), Jeremy Weinstock, Kyle Mahle. Layups; first place, Eric Domzalski; second place (tie), Ben Thomas, Jeremy Weinstock. Dribble Drill; first place, Ben Thomas; second place, Eric Domzalski; third place, John Durr.

5th Grade: Foul Shots; first place, Tim Crossin; second place, Mike Haines; third place, Colin Baird. Layups; first place, Tim Crossin, second place, Matt Wilson; third place, Colin Baird. Dribble Drill; first place, Tim Crossin, second place, Matt Wilson; third place, Ryan Ward.

6th Grade: Foul Shots; first place, Tim Kerestes; second place, Joe Bednash; third place, Frank Buzin. Layups; first place, Tyler Droppers; second place, Erich Mahle; Dribble Drill; first place, Erich Mahle; second place, Cory Schultz; third place, Tyler Droppers.

7th Grade: Foul Shots; first place, Matt Pietrzak; second place, Christian Cobleigh; third place, Paul McCue. Layups; first place, Paul McCue; second place (tie), Matt Pietrzak, Christian Cobleigh, Brett Sprau, Mike Fehlinger. Three Point Shots; first place, Todd Kerestes; second place, Steve Chopick.

## Four Seasons Open set for Oct. 19

The seventh annual "Four Seasons Open" will be held on Sun., Oct. 19, with tee times starting at 9 a.m. The format will be "Better Ball of Partners". The \$35 per person fee includes 18 holes, meal, beverages, and prizes for flight winners and contests held on the course. Call the Pro Shop at 655-8869 to register your twosome.

## Sarah Podehl brings stability to squad

By JESSICA APPOLO  
Post Staff

DALLAS - Dallas High School girls volleyball may not have a history of winning records, but the team certainly has the right stuff for Sarah Podehl to keep coming back for more. Sarah, now a senior, has been with the squad since she joined Coach Richelle Straka's team as a freshman. This year, Podehl is the only senior returning varsity player.

Coach Straka accepted 30 new players, eight of whom are chosen for varsity. With so many young and novice players, Straka says, "This year will be a training year." Podehl, co-captain, sets an example for the young team. Coach Straka relies on her to bring calmness to the inexperienced players. "She is definitely a leader," says Straka.

Sarah admits the girls' volleyball team has always struggled and has been labeled the weaker team compared to

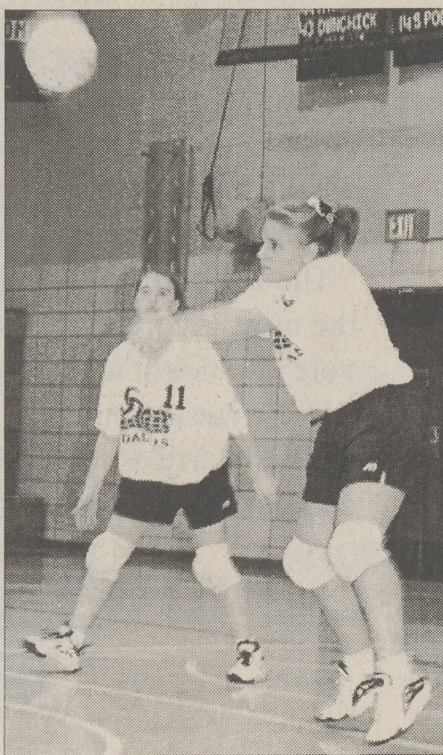
*"The team works well together and we have great chemistry."*

Sarah Podehl  
Dallas senior

neighboring rivals. "The statistics have never defeated my love of playing or enthusiasm for the team," Sarah says.

Straka promises to give each girl game time in exchange for perfect attendance at practices. As a freshman, Podehl played front row junior varsity. Last year, she was chosen for the varsity team. This year, Podehl plays all-around varsity and shares a co-captain seat with Erika Knappman.

See PODEHL, pg 10



POST PHOTOS/JIM PHILLIPS

Sarah Podehl is the lone returning senior on the Dallas volleyball team. She's shown setting against Pittston.

### JUNIOR FOOTBALL

## Raiders A team will play for season title

The Kingston Township Raiders A team couldn't hold on to a 12-8 fourth quarter lead, finally losing 24-12 to the Wilkes-Barré Bears Sunday. Jonathan Nutche gave the Raiders the lead on a 33-yard scamper to paydirt, then the Bears scored the go-ahead touchdown after the teams traded possessions.

Justin Sayre scored the Raiders' first touchdown and just missed another on a 78-yard interception return in the final seconds of the first half. Nick Mathewson, Bobby Zaruta, Billy Youells, Doug Zaruta, Brad Lothridge, Jimmy Larson and Ryan Pettit turned in solid performances on special teams.

#### B team wins third in row

The Raiders B team rolled up their third straight win with a hard-fought 8-6 victory over the Bears. Defense was the key to the win, with Patrick Harmon leading the Raiders with four solo tackles, two QB sacks and a fumble recovery. Jacob Kovalchik, Kenny

Regan and Brian Ostrowsky had big defensive games as well. The Ostrowsky to Matt Kelly connection proved to be the right offensive combination for the Raiders' only score.

The Bears stopped the Raider running attack all afternoon, so Ostrowsky aired it out, completing 10 of 16 including the touchdown and a two-point conversion to Kelly. Elijah Miller intercepted a pass to seal the victory with the Bears driving and time running out.

#### C team stops Bears 12-2

The Raiders C team improved to 4-3 by handing the W-B Bears their first defeat. Kingston Twp. won by a 12-2 score. The Raiders' offensive line of Tom Perrego, Bridget Major, Grant Cebric, Eric Tucker and Paul Green dominated the Bears' defense all day. Kevin Roman, who scored both touchdowns, Nick Onzik, Andy Casterline and Sean McMahon ran through the holes the line opened up. McMahon's runs late

in the game helped eat up the clock much of the final quarter. Also blocking well were Nick Major and Rodney Samson.

The Raider defense, led by Anthony Oiveri, Chad Kubasti and David Henry, kept the Bears out of the end zone. Kyle Smith, Kyle Hazelton, Mark Rondina and Zack Hilstolsky made late-game tackles to preserve the lead.

The Raiders will play their final regular season games at home against Plymouth this Sunday. The Raiders A team and the Plymouth Shawnee Indians, both 6-1, will play for the regular season title.

#### Duryea dominates Jr. Mounts

Duryea swept the Dallas Jr. Mounts Sunday. The A squad, leading 44-6, won by forfeit after all the Mounts quarterbacks were injured. The Dallas B squad was shut out 24-0 and the C squad lost 52-6.

The Jr. Mounts will be at Lehman Sunday for their final regular season games.