Mountaineers have numbers to compete

By JEFF FANECK
Post Correspondent

Dallas
CROSS COUNTRY

Second year Dallas cross country head coach Reverend Reggie Thomas is very optimistic about the Mountaineers' chance to do well in both boys and girls competition this year.

Both teams begin their conference season Sept. 16 at Wyoming Area. The boys will have six meets this year and the girls have five on their schedule.

Thomas feels the team is well-balanced. "One of the strong points of the boys team is that the top five runners have times which are so close; that it is going to be our asset."

The boys team is going to rely on Matt Schweitzer, Matt Mark, Jamie Raub, Jeff Nutche, Peter Miller, Damian Temperine, Jim Appel, Scott Bent and Jerry Appel in its quest to be one of the top teams in the league.

Mark and Miller are still only freshmen and somewhat inexperienced, but Thomas feels as if they can make significant contributions beginning this year. "I am extremely optimistic this season with the addition of the freshman class."

The girls team this year is also counting heavily on some of its younger members to help them be successful. Freshman Jennifer Hardisky looks to be the key to the team. "She is running away from everyone," Thomas said.

Sophomores and freshmen are the nucleus of the team and that means they can only improve in the years to come. Clair Gammage, Maria Bednash, Candice Alaimo, Maureen McGuire, and Kelly Robacheski should contribute greatly this year and for years to come. Senior Janelle Kerr is showing great potential as well.

The team is also getting help from the field hockey team, when the schedules don't conflict, in senior Stacey Wagner and sophomore Amy Tkaczyk. "The two girls involved in field hockey will do their best to balance the two sports."

Dallas Cross-Country
First row, Amie Tkaczyk, Clair Gammage, Maria Bednash, Maureen McGuire. Second row, Kellie Robacheski, Stacey Wagner, Jenelle Kerr. Third row, Matt Mark, Peter Miller, Jerry Appel, Jim Appel, Jamie Raub, Damian Temperine, Matt Schweitzer. Missing Candice Alaimo.

Black Knights hoping to continue streak of wins, district titles

Lehman Cross Country
Front, Donora Hillard, Chris Rogers, Matt Magee, Jason Lyons. Back row, James Lyons, Joe Maskalis, Nick Long, Jeff Peiffer, Tony Lumbis, Will Bloom.

By RONALD BARTIZEK
Post Staff

Lake-Lehman
CROSS COUNTRY

Ed Narkiewicz says he's been coaching cross country at Lake-Lehman "since Adam and Eve." Well, maybe not that long, but he has been doing it since 1976.

In recent years, "Coach Nark" has twice put in notice that he might retire from his Earth and Space Science teaching spot at the high school, and each time has withdrawn. "I guess I found a place to be happy," he says. If they like winning, so have the members of his team.

Lake-Lehman has been undefeated the last two regular seasons, and is working on a streak of 14 victories. The going may get tougher this year, since District 2 now includes more than 20 schools, many from the strong Lackawanna League. But with seven seniors on the nine-man squad, things look pretty good for at least one more season.

Most of the seniors have shared the glory of the past two seasons, and many of them have been running together since seventh grade. If Narkiewicz has favorites, he's not saying much. "It's tough to pick any out," he said. "They've all improved year to year and they're all running well."

Past experience tells him Joe Maskalis and the Lyons brothers, James and Jason, can be counted on. The newest addition, Tony Lumbis, has run track since junior high and is trying cross country for the first time.

The team trains early in the season by running 8-10 miles a day. Gradually they work down to a combination of two to three mile runs with one long run a week, eventually cutting the short runs to a mile and adding sprints for the finishing "kick."

Wyoming Area, Hanover, Nanticoke and Dallas will provide the greatest challenges, Narkiewicz thinks. "Our division has always been tough," he said.

20 boys competing to play

By RONALD BARTIZEK
Post Staff

Dallas
GOLF

Losing eight seniors to graduation has put the Dallas golf team in a new position this fall. "We're really in a rebuilding program," said 15-year head coach Tom Kilduff.

The result, Kilduff said, is that more players will get to compete, as he tries to sort out his best combination. "I'm trying to give a bunch of guys a chance to play," Kilduff said.

Twenty boys turned out for this year's squad, but no girls. Kilduff says the same thing happened when he coached tennis in the past, the best female athletes were involved in cheerleading or field hockey in the fall, and couldn't find time for golf.

The team has only two seniors, Chuck Fehlinger and T.J. Amico. The rest of the squad is comprised of four freshmen, and seven each of sophomores and juniors.

Six players compete in each nine-hole match, and the lowest scores of the top four players are added to make a team total. In the event of a tie the fifth and sixth scores can come into play. That means more than a dozen players will sit out each of the team's 15 matches, but it won't be the same all the time.

"I told them I'll rotate several players in and out," Kilduff said.

Where eight or nine players usually see match play in a season, this year a 12 or more may get to test themselves when it counts. And the others will still get to develop their skills. "We're trying not to cut anyone," Kilduff said.

Fehlinger is the top returning golfer, and Kilduff mentioned Matt Hoover, Kevin Piekara, Jeff Zaruta, Kyle Tomek, Jared Karalunas, Mike Ruggere and Dan Laurenzi as potential match players. But everyone will have a chance.

Kilduff said he keeps records of the players' scores in practice rounds, and generally goes for the ones with the best average score. But not always; if someone hits a hot streak, they'll be in a match even if their average is lagging.

High school golfers play from the men's standard tees, usually white. Dallas uses Irem Temple Country Club as a home course, but Kilduff says Huntsville Golf Club, home for Lake-Lehman and Wyoming Seminary presents the biggest challenges.

As it is for most casual golfers, the short game — chipping and putting — is the place his players need the most work. "You see them waste a lot of shots around the greens," he said. That's especially true when they have a match of fast greens.

Kilduff, who is a physical education teacher at Dallas Middle School, played golf for E. Stroudsburg while in college.

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1998 DALLAS GOLF

Aug	24	WVW	A 3:30 p.m.
	26	Tunkhannock	H 3:30 p.m.
	28	Hazleton	A 3:30 p.m.
	31	Coughlin	A 3:30 p.m.
Sept	2	Meyers	H 3:30 p.m.
	4	Bishop Hafey	H 3:30 p.m.
	8	Hanover	A 3:30 p.m.
	10	Lake-Lehman	A 3:30 p.m.
	17	Wyoming Sem	H 3:30 p.m.
	21	Nanticoke	A 3:30 p.m.
	23	Bishop O'Reilly	A 3:30 p.m.
	25	Berwick	H 3:30 p.m.
	30	Wyoming Area	H 3:30 p.m.
Oct	2	Crestwood	H 3:30 p.m.
	8	Pittston	A 3:30 p.m.
	12	Bishop Hoban	H 3:30 p.m.

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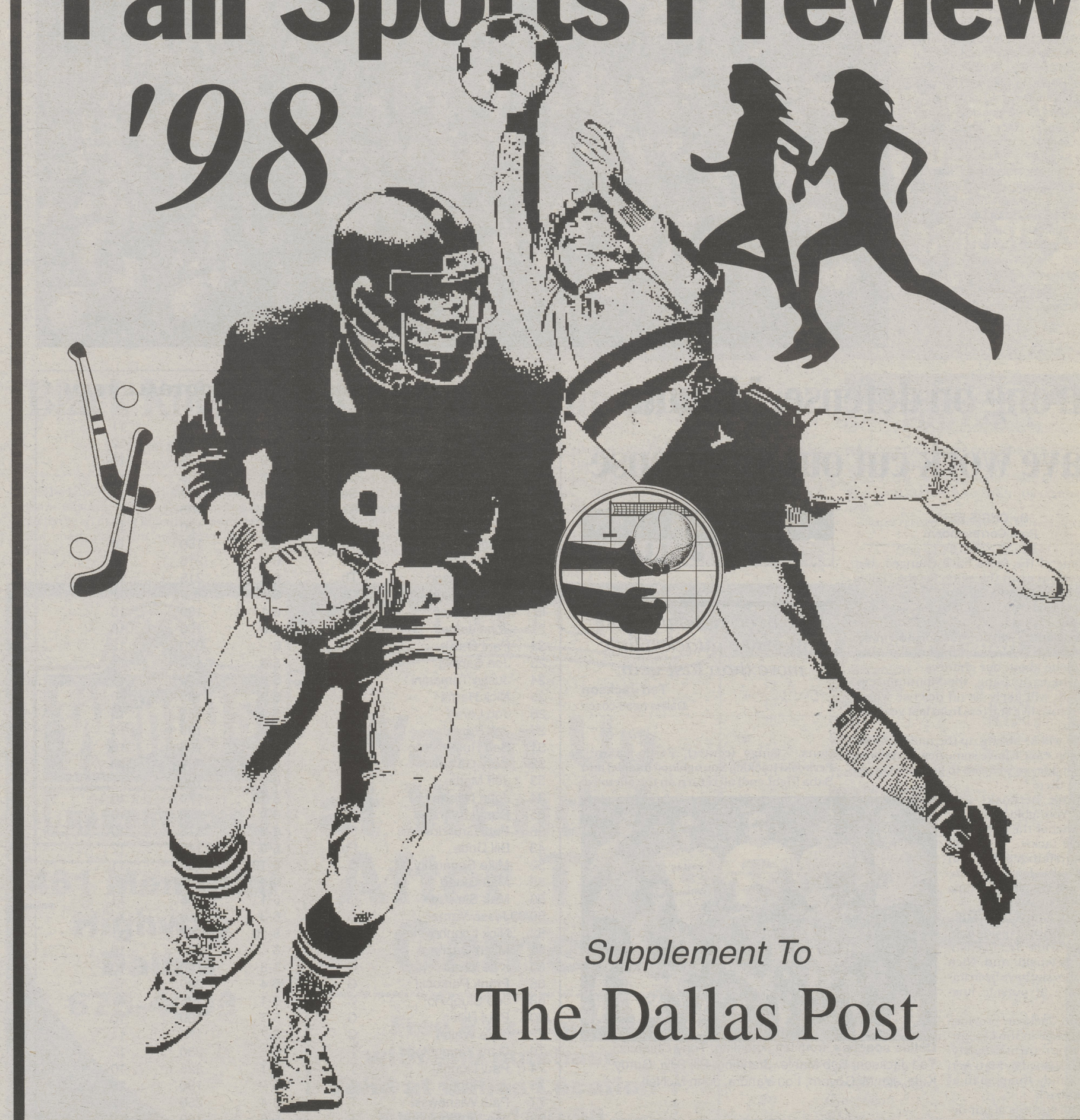

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