

Mountaineers hope to break through .500 threshold

By JEFF FANECK
Post Correspondent

Senior leadership is vital to a team's success in any sport. Seniors are after all the more experienced players on the team and know what it takes to win. This year's Mountaineer volleyball squad is led by three seniors who make up the team's core.

Jacey Peterson, Beth Carey, and Tara Holly all know what it is like to be part of successful teams which have had strong senior leadership. Now it is their turn to take the lead, and they look to take every opportunity to do so.

Richelle Straka returns for her sixth year as Dallas head coach and she feels as if this senior class can carry the team a long way. "We have very strong senior leadership in the middle."

The team has lost some key seniors in Sarah Podehl, who received several post-season honors, and Erika Knappman. Podehl was a leader on and off the court and showed the current group of seniors a lot about the mentality of the game.

According to Straka, the strength of the team this year could be its exceptional communication. "Everyone gets along well. The communication is excellent."

Dallas VOLLEYBALL

cellent, although sometimes a bit loud. It is not going to be a problem at all."

Coming off a 7-8 record last year, the team's goal for now is to keep getting better each year and always improve, even if it is just a little at a time. Straka adds, "We want to beat last year's record. Though we have some inexperience, we feel like we can put together more wins than losses this year. If the girls work hard, this season could get really interesting."

The team is scheduled to play 16 games this year as opposed to 15 from last year since two teams were added and another dropped out of the league. The team began regular season play on Friday (9-4) at home against Bishop O'Reilly, one of the teams which was added this season. The tougher teams in the league figure to be Crestwood, Lehman, and Tunkhannock.

Straka is assisted by her husband, Kevin, and Jim Gavin Sr. Both assistants are also heavily involved with the boys program at Dallas.



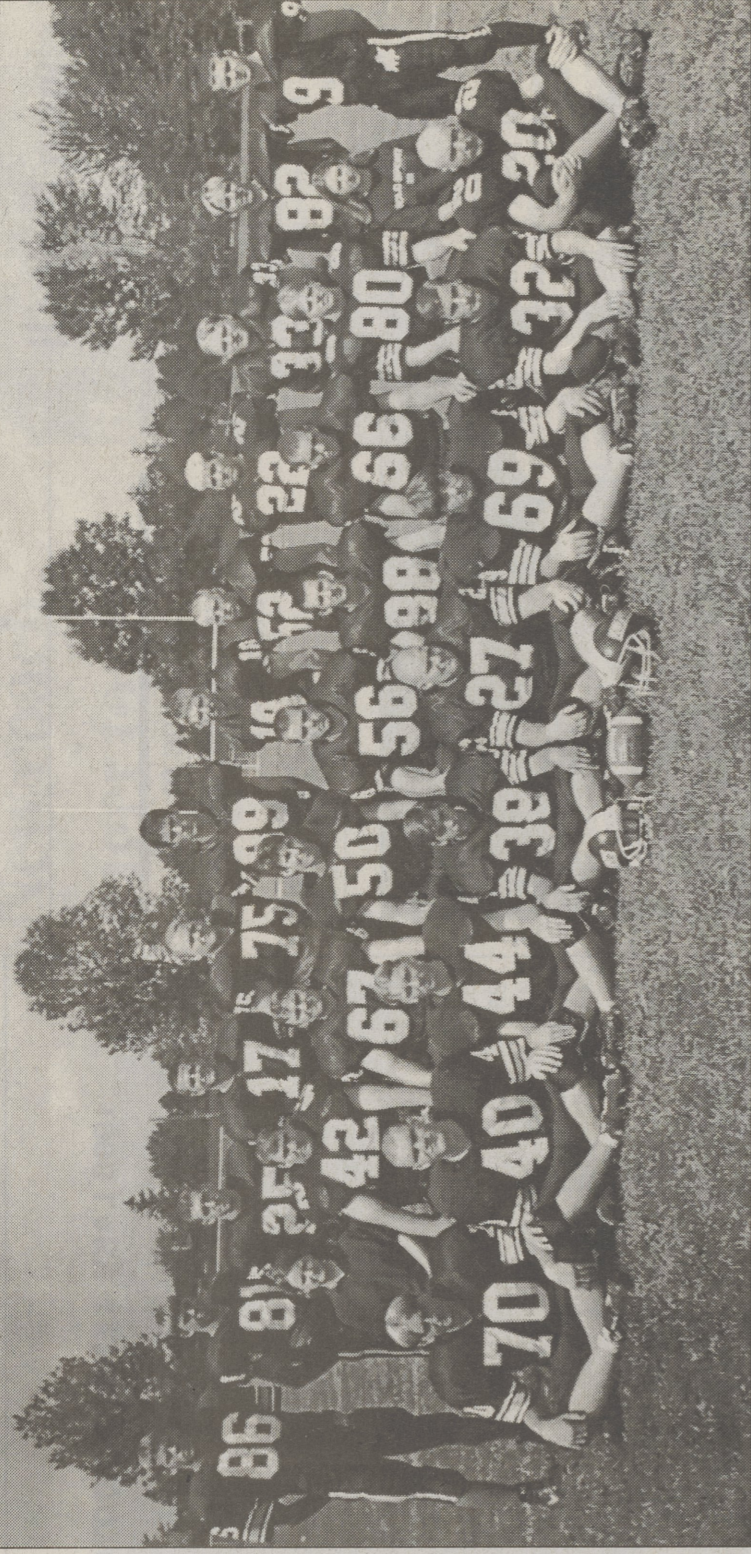
Dallas volleyball

First row, Jen Roman, Kim Derhammer, Amber Koes, Sue Dwinchick, April Piazza. Second row, Carry Angelo, Leah Grundowski, Elizabeth Eby, Heather Harmon, Shannon Gaffney, Danelle Jones. Third row, Jim Gavin, asst. coach; Mary Ricci, Lizzy Bomboy, Beth Carey, Tara Holly, Jacey Peterson, Richelle Straka, head coach; Sarah Nichol, Jen Hardwick, Nancy Levinson, Shannon Harkins, Kevin Straka, asst. coach.

1998

Lake-Lehman Black Knights

Sitting, from left, Dave Kovallik, John Sharkus, Willard Clivik, Tony Bilwin, Iv Nulton, Steve Arnold, Stan Chmura, Chris Navin, Stilling, Maura Narkiewicz, Seth Meyer, Palmer Edwards, Brent Stransky, Jarrod Dalley, Matt Morris, Carl Sgarlat, Floyd McRoy, Kristin Evans, Standing, D.J. Harris, Mike Fink, John Pitcavage, D.J. Kapson, Matt Kehler, Scott Healy, Gregg Woronko, Dave DeLong, Rich Patton, Travis McRoy, Matt Gonzales, Mack Newell.



Black Knights will mix things up on offense

By CHRIS BELL
Post Correspondent

The Lake-Lehman High School football team has a lot of players returning from last year's District 12 championship team, but many of them will serve different roles.

"We've got to get some experience," said head coach Rich Gorgone. "A lot of our guys played on special teams last year and they will be called on to start this season. We need to make that transition."

The Knights return five starters on offense and are led by junior quarterback D.J. Kapson, who threw for 20 touchdown

passes a year ago. With just six seniors on the team, Kapson and his classmates will be counted on for leadership.

"We've got some good seniors, but it's a small group," said Gorgone. "We are loaded with juniors and they will have to assume some leadership roles."

Kapson will be reunited with classmate

See LEHMAN FOOTBALL, pg 4

Lake-Lehman FOOTBALL

Matt Morris, a split end who grabbed 14 scoring passes last season. "We're very good at the skill positions," said Gorgone. "D.J. and Matt are a dangerous combination."

Other returning starters include Jarrod

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Sept 16	Wyoming Area	A 4:15 p.m.
23	Hanover	A 4:15 p.m.
30	GAR	A 4:15 p.m.
Oct 7	Lake-Lehman	A 4:15 p.m.
14	Nanticoke	A 4:15 p.m.
21	Coaches Assoc. Meet	
28	Dist. II Varsity Meet	

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Fri.: 11:00 am - 12:00 Midnight
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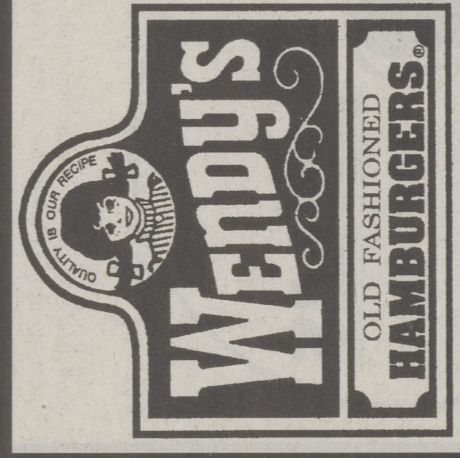
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1998 Dallas Girls Volleyball

Sept 4	Bishop O'Reilly	H 4:30 p.m.
10	Hanover	A 4:30 p.m.
15	Bishop Hoban	H 4:30 p.m.
17	Abington	A 4:30 p.m.
22	Tunkhannock	A 4:30 p.m.
24	GAR	H 4:30 p.m.
29	Lake-Lehman	A 4:30 p.m.
Oct 1	Coughlin	H 4:30 p.m.
5	Wyoming Area	A 4:30 p.m.
7	Crestwood	H 4:30 p.m.
12	North Pocono	A 4:30 p.m.
14	WVW	H 4:30 p.m.
19	Meyers	H 4:30 p.m.
21	Pittston	A 4:30 p.m.
26	Hazleton Area	H 4:30 p.m.
28	WSAVT	A 4:30 p.m.
Nov 2	Nanticoke	H 4:30 p.m.

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Your 1998 Football Schedules!

1998 Dallas Football

Sept 4	W. Scranton	A 7:00 p.m.
12	Crestwood	H 1:00 p.m.
19	Hanover	A 1:00 p.m.
26	GAR	H 1:00 p.m.
Oct 2	Emmaus	A 7:30 p.m.
9	Nanticoke	A 7:30 p.m.
16	Tamaqua	A 7:30 p.m.
24	Wyoming Area (homecoming)	H 1:00 p.m.
31	Meyers	A 7:30 p.m.
Nov 7	Lake-Lehman (Parent's Day)	H 2:00 p.m.

1998 Lake-Lehman Football

Sept 4	Delaware Valley	A 7:30 p.m.
12	Wyoming Area	H 1:00 p.m.
19	Bishop Hoban	A 7:30 p.m.
26	Nanticoke	H 1:00 p.m.
Oct 3	Hanover	H 1:00 p.m.
9	Meyers	A 7:30 p.m.
16	GAR	A 7:30 p.m.
24	Marian Catholic	H 1:00 p.m.
31	Crestwood	H 1:00 p.m.
Nov 7	Dallas	A 1:00 p.m.