

1999 Dallas Mountaineers

From left: First row: Joe Saraka, John James, Chris Arnaud, Ben Russonello, Matt Simpson, Nick Harris, Joe Youngblood, Ryan Gryskewicz, Blake Saba; 2nd row: Mitch Onzik, Justin Tamarnini, Adam Harris, Ben Coslett, Luke Miller, Kevin Yurko, Randy Knappman, Darrell Evans, Jonathon Lora, John Nackley, Matt Acrt, Paul Grundowski; 3rd row: Paul Hiller, Shane Schoonover, Joe Rogers, Brian Vetter, Mike Senausky, Nick Lopuhovsky, Matt Jackson, Joe Stuppino, Jeff Matthe, Jeff Parrish, Matt Simpson, Cory Gallant, John Barbose; 4th row: Jake Walter, Mike Dombroski, Paul Wisniewski, Chuck Suppon, Matt Douglas, Matt Eyet, John Simonitis, Jason Race.

POST PHOTOS/JIM PHILLIPS



Youth and experience form potent mix for Mountaineers

By KASIA McDONOUGH
Post Staff

DALLAS - A balanced offensive attack means Dallas could be in the hunt for a Division II championship this season. Right now, Ted Jackson's squad is hungry for play to begin. "We're excited about the season," he said. "We put a lot of work in during the winter. The guys spent a lot of time in the weight room even before we got out here to start our drills and now were looking forward to playing some games with a

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few people in the stands." The Mounts are considered one of the top teams in the Wyoming Valley Conference despite having lost 10 players from last year's roster. "We have a good group of kids who have been waiting their turn and we think we can

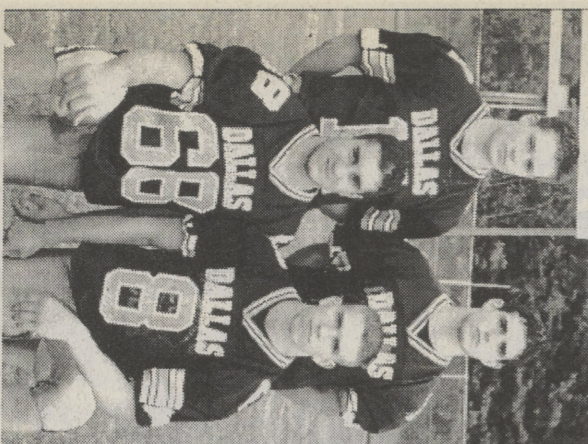
"It's a joy to coach this group."

Ted Jackson
Head coach

be a contender," said Jackson. One of those who is ready to step up is sophomore quarterback Chuck Stuppino. "Chuck has a good arm and we are going to give him a chance to make some plays but we don't expect him to win games by himself," said Jackson. "We have two returning starters in our backfield who can help us move the ball."

Tailbacks Matt Acrt and Matt Jackson, the coach's son, will keep opposing defenses guessing and their speed should open things up for the passing game. "Our backfield combined for over 2,000 yards rushing last year so they are definitely one of our strengths," said Jackson.

Dallas captains for 1999, from left, kneeling: Joe Stuppino, Jeff Parrish, Standing: Matt Jackson, Matt Acrt.



1999 Dallas Mountaineers Roster

| No. | Name | Ht. | Wt. | Yr. | Position |
|-----|---|------|-----|-----|----------|
| 1 | Matt Acrt | 5-9 | 178 | 12 | TB/DB |
| 2 | Cory Gallant | 6-2 | 215 | 11 | TB/DE |
| 3 | Kevin Yurko | 5-9 | 170 | 12 | QB/S |
| 4 | Jonathon Lora | 5-10 | 165 | 11 | TB/DB |
| 5 | Matt Douglas | 6-4 | 190 | 12 | K/O/LB |
| 6 | Randy Knappman | 6 | 185 | 12 | SE/DB |
| 7 | Jeff Parrish | 6 | 180 | 12 | WB/OLB |
| 8 | Jeff Matthe | 6-2 | 190 | 12 | FB/LB |
| 9 | Chuck Suppon | 6-5 | 230 | 10 | QB/S |
| 10 | Matt Jackson | 6-1 | 215 | 12 | TB/S |
| 11 | Paul Grundowski | 5-10 | 160 | 9 | CB/DB |
| 12 | Brian Vetter | 6-2 | 200 | 11 | WB/OLB |
| 13 | John Barbose | 6-1 | 190 | 9 | QB/DB |
| 14 | John James | 5-8 | 175 | 12 | WB/LB |
| 15 | Joe Saraka | 5-6 | 150 | 12 | WB/DB |
| 16 | Justin Tamarnini | 5-10 | 180 | 12 | WB/DB |
| 17 | Nick Harris | 5-9 | 180 | 11 | FB/OLB |
| 18 | Ben Russonello | 5-10 | 165 | 11 | FB/OLB |
| 19 | Shane Schoonover | 5-10 | 185 | 11 | WB/DB |
| 20 | John Nackley | 5-10 | 195 | 11 | FB/OLB |
| 21 | Darrell Evans | 6-2 | 190 | 11 | SE/DB |
| 22 | Adam Harris | 6-2 | 220 | 10 | FB/LB |
| 23 | Mike Senausky | 6 | 200 | 12 | G/LB |
| 24 | Nick Lopuhovsky | 6 | 230 | 12 | G/DE |
| 25 | Matt Simpson | 6-2 | 220 | 12 | T/DT |
| 26 | Brian Downey | 6 | 225 | 10 | T/DT |
| 27 | Mitch Onzik | 6-1 | 240 | 11 | G/DT |
| 28 | Kyle Wicht | 5-9 | 175 | 11 | CB/LB |
| 29 | John Simonitis | 6-3 | 260 | 10 | T/DT |
| 30 | Joe Stuppino | 6-2 | 202 | 12 | C/DE |
| 31 | Paul Hiller | 5-9 | 210 | 11 | G/LB |
| 32 | Jake Walter | 5-9 | 170 | 12 | C/LB |
| 33 | Joe Youngblood | 5-9 | 190 | 12 | T/DT |
| 34 | Joe Rogers | 6-1 | 180 | 11 | T/DE |
| 35 | Paul Wisniewski | 6-4 | 275 | 11 | T/DT |
| 36 | Ben Coslett | 5-9 | 220 | 11 | T/DT |
| 37 | Luke Miller | 6 | 180 | 11 | SE/S |
| 38 | Jason Race | 6-2 | 190 | 11 | SE/DB |
| 39 | Matt Eyet | 6-3 | 220 | 11 | T/DE |
| 40 | Blake Saba | 6 | 165 | 10 | SE/DB |
| 41 | Chris Arnaud | 5-9 | 180 | 10 | G/DT |
| 42 | Mike Dombroski | 6-4 | 225 | 10 | T/DE |
| 43 | Head Coach: Ted Jackson, Asst. Coaches: Bill Sivi, John McNeill, Pat Patte, Gordy Kutz, Ted Jackson Jr. | | | | |

Top players gone, Dallas spikers will rely on depth

By JEFF FANECK
Post Correspondent

Lossing three outstanding seniors to graduation on a volleyball court is not exactly the easiest thing to deal with. However, this is the situation Dallas head coach Rachelle Straka is faced with this fall.

One of those seniors, Tara Holly, is now attending King's College on a scholarship. "She is certainly going to be difficult to replace," said Straka. "There just is no way to make up for her loss in one person."

Seniors Kerry DeAngelo and Jen Hardwick look to be the main contributors for this group of Mountaineers. "Kerry's strong point is defense. She's also a good passer, and we'll definitely benefit from that," said the coach. "Jen may be our best hitter. Serving, though, is her thing. She is the best server on the team and hopefully will provide us with some aces."

Junior Amber Koes is also being noticed. Amber can play anywhere on the floor comfortably, Straka says. "Amber is a good all-around player. She can hit, pass, and serve."

Dallas VOLLEYBALL

New to the team this year is sophomore Kristen Vozzak. "She does a lot of things well, especially impressive for a walk-on. We'll use her a lot on the front line for hitting," Straka said. Senior Jen Roman also will be relied upon to provide some senior leadership in the experience and ability areas. "She's an excellent setter, so we hope to take advantage of that."

With 22 players out for this year's team, Straka will certainly have depth. The size of the team will allow for junior varsity games so some of the younger kids can develop their talents.

Coach Straka is entering her seventh year at the helm at Dallas and will be assisted by her husband Kevin, who is head coach for the Dallas Boys team. "We're looking to improve upon last year's record (5-11) and finish in the middle of the pack this year," Straka said. "If any key players can step up, we'll do fine. They already have a great attitude."

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1999 Dallas Girls Volleyball

| Date | Opponent | Time |
|--------|-----------------|-------------|
| Sept 3 | Bishop O'Reilly | A 4:30 p.m. |
| 9 | Hanover | H 4:30 p.m. |
| 14 | Bishop Hoban | A 4:30 p.m. |
| 16 | Abington | H 4:30 p.m. |
| 21 | Tunkhannock | H 4:30 p.m. |
| 23 | GAR | A 4:30 p.m. |
| 28 | Lake-Lehman | H 4:30 p.m. |
| 30 | Coughlin | A 4:30 p.m. |
| Oct 4 | Wyoming Area | H 4:30 p.m. |
| 6 | Crestwood | A 4:30 p.m. |
| 11 | North Pocono | H 4:30 p.m. |
| 13 | WWV | A 4:30 p.m. |
| 18 | Meyers | A 4:30 p.m. |
| 20 | Pittston | H 4:30 p.m. |
| 25 | Hazleton Area | A 4:30 p.m. |
| Nov 1 | Nanticoke | A 4:30 p.m. |

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