

Dallas volleyball

(from page 10)

many of our players are freshmen and sophomores, we will look to the future as we build a seasoned team."

The team plays two games every week with a total of 16 games per year. Eight games are at home and eight are away. They practice at Dallas High School every evening from 4 to 6 p.m. when they are not playing a game.

"The hardest teams to beat," said Cooper, "are Timbhamock, Abington Heights, Crestwood, Lake-Lehman and Wyoming Valley West. Although we would be ecstatic to make it to the district finals and state playoffs, we believe that all of our girls are winners right now. They are a great group of young people who have lots of spirit and heart. We want them to enjoy the sport and have fun when they get together."

"When they walk away at the end of their senior year, we want them to have learned teamwork, social skills and that winning isn't everything. Sometimes it's just how much heart you put into whatever you are doing."

Carolyn Cooper
Head coach

"They are a great group of young people who have lots of spirit and heart."

Big turnout makes coach optimistic for season

□ 11 boys, 7 girls bring unusual depth

By RONALD BARTZEK

Post Staff

Reggie Thomas enters his fourth year as the Dallas High School cross country coach with a great deal of optimism.

"This year I've got some talent on both the boys and girls teams," he says. The turnout is up as well, with 11 boys and seven girls out for the team.

Only an injury to the top boys runner kept Dallas from a perfect record last year, and even though the two best runners graduated, Thomas feels the team will be a contender this season. Leading the way is junior Pet Miller and seniors Floyd Mattie and Matt Mark. In a sport where the top five finishers are counted, the next tier is important, and Thomas is happy with his chances. "I have four really strong guys who run very equally," he says.

Wilkes-Barre GAR may be the toughest competition this year, among many teams. "It's going to be a tough division," Thomas says, with Nanticoke and Hanover as ob-

Dallas
CROSS COUNTRY

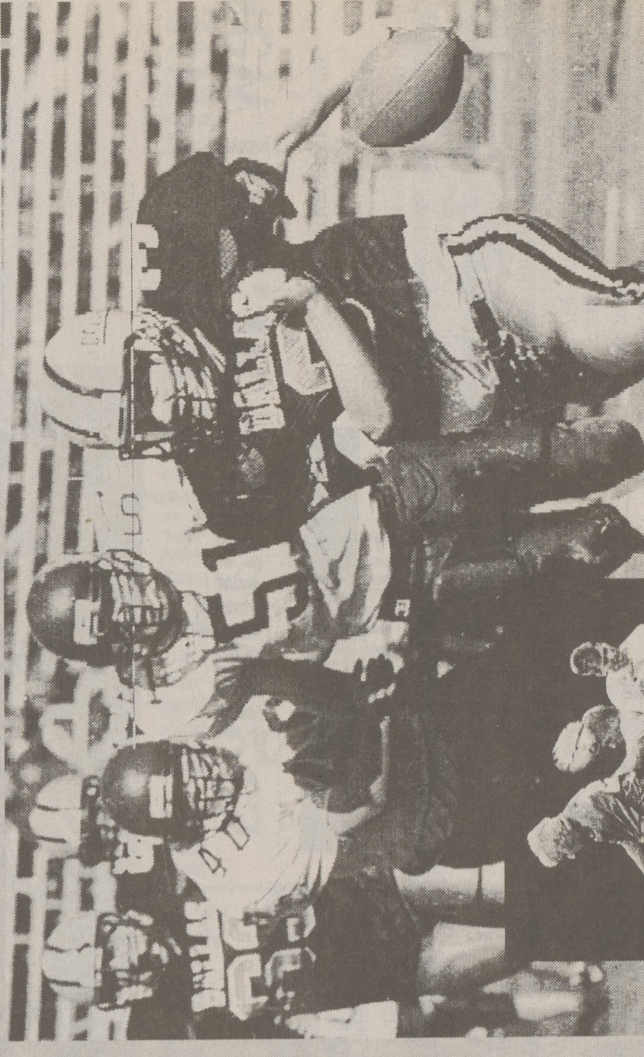
"This year I've got some talent on both the boys and girls teams."

Reggie Thomas
Cross country coach

stacles to a Mountaineer sweep. But with unusual depth, he likes his chances. On the girls side, Whitney Adams, who was junior high district champion at two miles, moves up to the varsity. "She's an outstanding talent and a rare find," Thomas says. Joy Youngblood, a junior, returning runner Maria Bednash and a "much improved" sophomore Jamie Bozentka will be joined by Maureen McGuire, Stacy Annann and Rhonda Shatkin to round out the roster.

Wyoming Area, with two outstanding runners, looks to Thomas like the team to beat, and that's who the Lady Mounts will run against at the opening conference meet on Sept. 13.

Fall Sports Preview



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Lehman volleyball

(from page 11)

The word "strong" comes up a lot when Reno talks about her team, which has 33 girls out. "I have strong kids and they're not all seniors," she says. She feels they will hold their own serving and spiking and will be set up by a seasoned senior setter, Sarah Davis.

While she's hesitant to be too specific, Reno is impressed with a key hitter. "I'm lucky to have a strong hitting junior, Kari Maskalis," she says.

Reno is assisted by Mike Tribendis, who played volleyball while a student at Lake-Lehman and has been a volunteer assistant with the boys team.

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