

THE DALLAS POST

Sports Week

Section 2



From the bullpen

Timothy J. Raub

Black Knights' success is built on foundation of coaches

It is said that a head coach is only as good as the assistants he surrounds himself with.

For Lake-Lehman head wrestling coach Phil Lipski, the assistants he has been able to bring on staff have meant much more.

Lipski's assistants — former Black Knights standouts Mike Tereska and Rick Hislop — and junior high coaches Ron Swingle Sr. and Ron Swingle Jr. have helped make the Lake-Lehman wrestling team one of the strongest teams in the Wyoming Valley Conference and PIAA Class 2A Northeast Region year after year.

"To have a coaching staff like I have been lucky enough to have is priceless," said Lipski. "When I took over the team on my own a few years ago, I wanted to assemble the best coaching staff possible, and these guys have been great."

Lake-Lehman has arguably the largest coaching staff in the Wyoming Valley, and Lipski feels he is in a very comfortable position with the numerous team alumni who continually return to the school to help the Black Knights at practice.

"We get more and more guys back every year to volunteer with the team, which is rare," said Lipski. "It is not something we flaunt, but when the kids are surrounded with great people, a lot of good things will happen."

Tereska, a former state placewinner with the Black Knights, has been Lipski's assistant coach since he took the sole reins of the team a few years back. Since then, Hislop, a standout for Lehman in the mid-1990s has joined the staff, giving the Black Knights a wealth of experience in the coaching ranks.

"These guys have been through the system and that helps," said Lipski. "The kids have the advantage of working out with a state placewinner on a daily basis, and (Hislop) is a great coach."

The Swingle family has only added to the abundance of coaching experience, and continually give Lipski a plentitude young talent each year.

This year's additions Matt Dragon (119 pounds) and Jeremy Schutz (130), were both key in Lehman's repeating as District 2 team champions.

"The Swingles are constantly looking at film for the team, and try to find things to improve on for us," said Lipski. "Without those guys, I don't know where we would be."

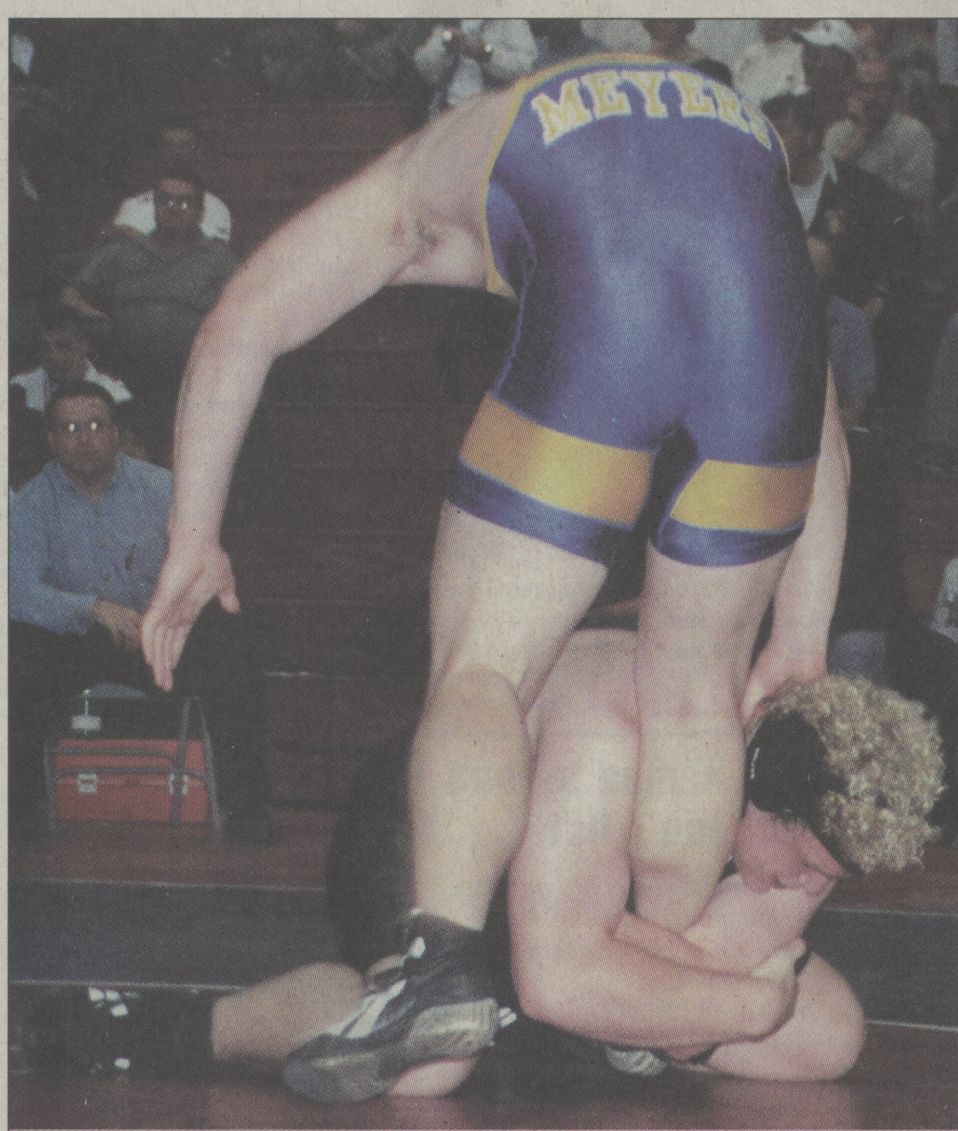
The Lake-Lehman junior high wrestling program has won the last six junior high district championships, said Lipski. "So when the freshmen come up to the high school team, I have no worries putting them in the line-up."

Dragon and Schutz are just two examples of what the Swingles have brought to the varsity team over the past few seasons.

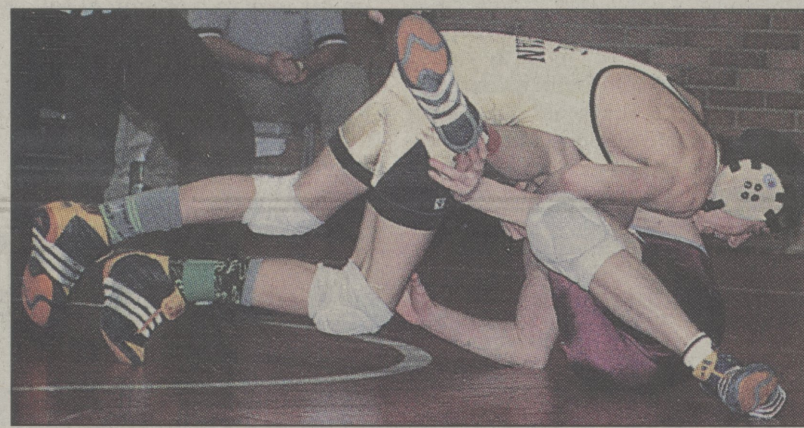
Both wrestlers placed at Districts, with Dragon winning the District 2 119 pound title. He also finished fifth in the Northeast Regional tournament.

Lipski said other teams in the conference have criticized the

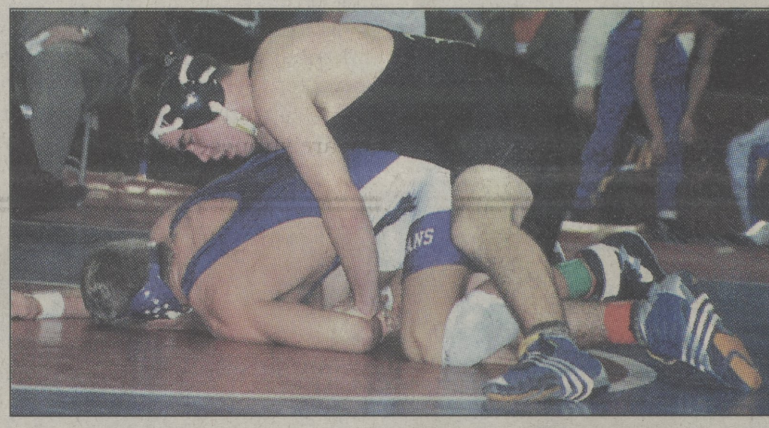
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Lake-Lehman heavyweight Matt Carey hangs onto the leg of Meyers' Joe Ostrowski in their PIAA Northeast Regional finals match. Carey held on for the 1-1 win in a rideout to claim his first regional title.



John Houssock (112 pounds) cradles Sean Close of Northeast Bradford in his regional quarterfinal match. Houssock went on to pin Close in 1:29 and advanced to the state championships.



Black Knight Ed Becker rides Jeremy Wetzel of Shamokin in their 189 pound bout. Becker posted a 2-0 decision over Wetzel, and will advance to this weekend's state tournament.

4 Lake-Lehman wrestlers going to state tourney

□ Matt Carey is regional champion heavyweight

By TIMOTHY J. RAUB
Post Staff

WILLIAMSPORT — Lake-Lehman's Matt Carey and Meyers' Joe Ostrowski are getting to know each other really well.

A little too well, if you ask Carey.

Carey and Ostrowski have exchanged wins throughout the eight times they have faced each other during their careers. But this time it was the Black Knight's turn to take the top spot on the winner's stand.

Carey avenged his loss to Ostrowski in the district finals last week and defeated his heavyweight counterpart 1-1 in a rideout, garnering his first PIAA Class 2A Northeast Regional title on Saturday.

"It is hard to keep up with somebody when you face them as many times as we have," said Carey, who has won three of the last four bouts with Ostrowski. "I really can't explain why I have won three of the last four times. It just happens."

Ostrowski (31-5) and Carey (39-4) fought to a 1-

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Competition will be fierce at Hershey

Lake-Lehman will send four wrestlers to this weekend's PIAA Class 2A State Wrestling Championships in Hershey, PA. Heavyweight Matt Carey, who was the Wyoming Valley Conference's only Class 2A regional champion last weekend, leads the list.

Also making the trip will be: John Houssock (112 pounds), Willie Weber (152) and Ed Becker (189).

The top six finishers at the state tournament receive medals.

Preliminary round action starts at 8 a.m. on March 7. Here is a quick preview of who the Black Knights will see in the preliminary round, March 7.

112 — Junior John Houssock (28-9) will face Strong Vincent senior Andy Henry (26-0), the top seed from the Northwest Region in the first round.

152 — Willie Weber (29-8), the Northeast Region's fourth seed, will meet Southeast Regional champion Keith Smith (30-3), from Pius X, in the first round.

189 — Ed Becker (31-11), also a fourth seed from the Northeast Region, will have his work cut out for him with Bryan Echart (37-3), from Wilson.

HWT — Matt Carey (39-4), the WVC's lone regional champion, is the top seed from the Northeast, and will meet Pius X senior Jordan Hildebrandt (30-4), a fourth seed from the Southeast Region, in the preliminary round.

Lake-Lehman girls look to advance

□ Fall hard to Prep after upsetting Dallas, now face Shamokin

By JOHN ERZAR
Special to The Dallas Post

CARBONDALE — Just a few minutes into Saturday afternoon's game it became apparent Lake-Lehman wouldn't be pulling off another upset. And by halftime, all that was left to play for was pride.

Coming off a stunning victory against top-seeded Dallas three days earlier, the Black Knights couldn't muster the same effort, nor would Scranton Prep allow them, as Prep captured the District 2 Class 3A girls basketball title with a 61-35 victory.

Despite the loss, Lehman (17-8) plays District 4 runner-up Shamokin on March 9 at 1 p.m. at Wyoming Valley West in the first round of the PIAA girls basketball state championships.

"It was the first time the Lehman girls have been here since 1984," said Lehman coach Rob Wilson. "And with a team like Prep that's been here three times in a row, we told them to forget about it, that they had nothing to lose. Just go out, play as hard as you can and see what happens."

Lehman did so, but Prep wasn't about to be a second consecutive upset victim. The Classics took a 9-0 lead and built it to 30-11 by halftime. Rena Bolan (eight points) caused problems in the backcourt while Jenell Fort and Ashley Keen (seven apiece) did the same inside.

"With a team like Prep, you can't afford to get down early," Wilson said. "We got away with it against Dallas and Wyoming Area, but against Prep eight points is almost impossible to come back from."

Lehman didn't help matters by shooting 3-of-23 in the first two quarters. Kari Maskalis sparked a brief run in the third quarter and another in the fourth that allowed the Black Knights to move within 46-32 with 6:31 left in the game.

"When they saw the game was getting out of hand, they decided to dig deep and just play for pride," Wilson said. "They didn't want to go out of the district playoffs on a sour note."

Maskalis led Lehman with 15 points and Lisa Wasser added 10.



POST PHOTOS/JIM PHILLIPS

Lake-Lehman's Megan DeCesaris defends Dallas guard Shannon Thomas in last week's district playoff game. The Black Knights defeated the Mountaineers in the District 2 Class 3A semifinals.



Black Knight Tracey Hudak brings the ball up court as Dallas defender Meredith Lacey attempts to get in the way. Lake-Lehman, the District 2 Class 3A runner-up, will face Shamokin in the first round of the PIAA state basketball tournament at 1 p.m. March 9 at Wyoming Valley West High School.



S. JOHN WILKIN FOR THE DALLAS POST

Lake Lehman's Kim Jones, left, and Lisa Wasser double team a Scranton Prep player during the District 2 playoffs at Carbondale High School.