

THE DALLAS POST

SportsWeek

Section 2

Swimmers look for big showing at districts

By SCOTT VINNACOMBE II
Post Correspondent

DALLAS TWP. — Dallas High School swimmers will be a force at the district meet this Saturday at King's College. Both the boys and girls sides have entries in all events and several swimmers have a good shot at moving on to states.

There are 10 senior boys on the team, and nine of them qualified for districts. Every one of the five senior girls on the squad has qualified and should put up a good fight for states as well.

Coach Matt Stretanski attributes the great season to tremendous leadership from his seniors and the great work ethic and commitment of all the students.

"We had only one bad meet this season," says Stretanski. "The girls (11-5) have had the best season in five or six years and the boys (9-5) the best ever."

Because the league is so much more compet-

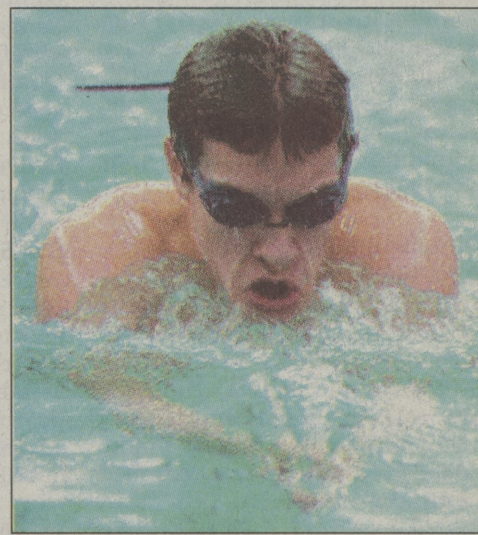
Eby wins district diving championship, page 11

itive this season, Stretanski says his squad has lost one or two meets they may have won five years ago, while still compiling those records.

Stretanski has had help from Assistant Coach Jill McGinley in preparing his swimmers for meets and now the district championships. While Stretanski works with the divers on one side of the pool, McGinley sees to the sprinters and freestylers on the other. The configuration may change from day to day, but either way the coaches are very happy with what they've been seeing.

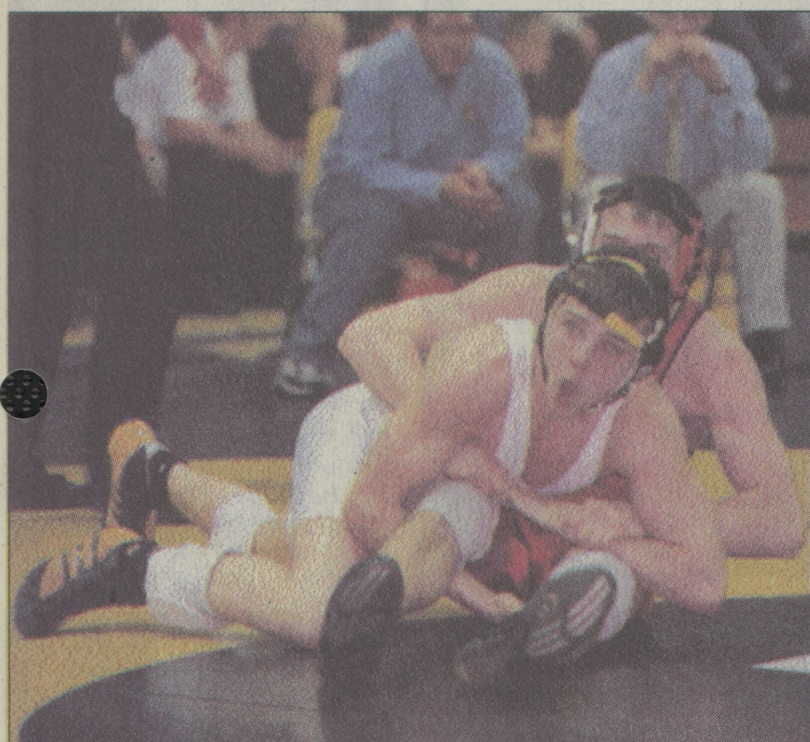
"We have the most people who have ever qualified for districts," Stretanski says excitedly. He continues to praise the new swimming

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POST FILE PHOTO

Joe Stredny set a Dallas record in the butterfly this season.



Dale Radginski tried to escape from Shane Dixon of Lackawanna Trail. Radginski finished fourth at 145 lb. at districts.

Black Knights win district, seven advance to regionals

Staff report

SCRANTON — Lake-Lehman wrestlers won three individual championships on the team's way to the team title at the District 2 Class 2A wrestling championships Saturday night at Scranton Prep High School.

The top three wrestlers in each weight class advance to next weekend's regional championships at Williamsport High School. Seven Lake-Lehman wrestlers will make the trip.

"Winning never gets old," said Lake-Lehman head coach Phil Lipski, whose team won its third consecutive team championship and 12th in the last 14 seasons. Lake-Lehman finished with 212 points, 58.5 ahead of second-place Hanover.

Willie Weber's match against Meyers's Carlo Mercadante was of the most exciting of the tournament.

The two state-ranked wrestlers battled to a 1-1 deadlock through three regulation periods and one overtime period. But with seven seconds remaining in the second overtime, Weber was called for a false start.

When the wrestlers resumed

their position on the mat — Weber on top of Mercadante — the Lake-Lehman senior moved his right hand before the whistle and Mercadante was awarded one point for the infraction.

Lake-Lehman's Matt Dragon remained undefeated with a first-period pin in the 130-pound final. The Black Knight sophomore used only 1:38 to win his first three matches and capped the tourney with a fall in 1:34 against Hanover Area's Matt Pekar in the final.

"Going into a tournament, I try to use the least amount of energy possible to make it to the finals," said the state's No. 4-ranked 130-pound wrestler. "Once you get to the finals, you can let it all out. I thought I wrestled well. I'm looking forward to regionals."

Dragon will be joined by teammates John Houssock and Andy Josuweit, who won championships at 119 and 125, respectively. Both entered the tournament as No. 1 seeds. Also qualifying for regionals were Kelby Morgan, who finished second at 112; Jeremy Schutz (third at 135), and Derek White (third at 140).

Coolbaugh wins district title

He and 3 other Dallas wrestlers advance to regionals

Perry Coolbaugh won an 11-2 major decision over Alex Giblin of Abington Heights to claim the 160 lb. championship in the District 2, Class 3A wrestling championships Saturday at Hazleton Area High School. This

was the second consecutive year the Dallas wrestler won the district title.

Coolbaugh will be joined by teammates A.J. Musto (fourth at 112), John Hettes (fourth at 125) and Morgan Anderson (fourth at 152) at regional competition next week.

Brandon Short finished sixth at 215.



POST PHOTOS/JIM PHILLIPS

Jackie Hardwick battled for a rebound in the Dallas Mountaineers' 71-61 win over Scranton Prep Monday night, in the quarterfinal round of the District 2 Class 3A playoffs. Hardwick led Dallas with a game-high 21 points.

Dallas presses way to playoff victory

By JAMIE PIERCE
For The Dallas Post

EXETER — A pressing Dallas defense turned things around for the Mountaineers Monday night in their District 2 Class 3A quarterfinal matchup with Scranton Prep.

Late in the third quarter, Prep held a four-point lead, its largest advantage of the game.

But for the rest of the game, the Dallas defense swarmed and caused 10 turnovers that led to numerous easy buckets and the Mountaineers coasted to the win over the defending district champions.

"We knew that they couldn't take the pressure," Noon said. "I didn't want to press early because of the big court and a few sicknesses we have."

Dallas (20-5) faced North Pocono (22-3) in the semifinals Wednesday night, in a game that took place too late for this issue. The winner earns a berth in Saturday's district final and a ticket to the state playoffs.

With starting forward Rosalyn Wentko seeing limited action for Dallas because of a stress fracture, junior Jackie Hardwick was forced to play extra minutes despite suffering from flu-like symptoms. She scored a game-high 21 points — including 15 in the second half — and grabbed eight rebounds.

Hardwick's layup with 1:43 to go in the third started a 29-15 Mountaineer run to close the game. Junior Meredith Lacey followed with a pair of free throws and the game was tied, 46-46, after three quarters.

With the help of three consecutive turnovers, a little more than midway through the fourth, Dallas went on a quick 8-0 spurt to push its lead to 60-

49. A couple of missed free throws by the Mountaineers allowed Prep to temporarily hang around. Molly Cowley scored eight consecutive points, including a three-pointer and a three-point play, and the Classics pulled within six at 63-57 with 1:15 to go.

But Dallas knocked down eight consecutive free throws to end the game.

"The stakes were raised for this one," Hardwick said. "This is the round we lost in last year, but we were too determined to do that again this year. We worked too hard and our mindset was that we were definitely going to win this game."

Dallas got off to a fast start. Guards Shannon Thomas and Cory Patton combined for 11 first-quarter points and the Mountaineers led 18-13.

The teams traded buckets for most of the second quarter, with Patton adding eight more points and Dallas took a 33-30 lead into halftime.

Hardwick got going in the third. She scored six in the quarter before her last layup and Lacey's foul shots tied the game at 46-46.

Thomas added 19 for the Mountaineers to go along with six steals.

Patton finished with 17 points, including two 3-pointers.

Lehman falls to N. Pocono

SCRANTON — A cold first half doomed the Black Knights Monday night, as North Pocono ran off with a 49-31 victory in a Class 3A semifinals game Monday night. Casey Horvath was Lehman's high scorer with 10 points, including a 3-point goal.

Lake-Lehman ended the season with a 13-12 record.

Sam Lloyd is finalist for High School Heisman award

Samantha Lloyd of Shavertown, a senior at Wyoming Seminary, has been named a Pennsylvania State Finalist in the 2002 Wendy's High School Heisman Award contest. Lloyd received a bronze medallion to commemorate her selection as state finalist.

The award recognizes students for their academic achievements, athletic accomplishments and community service.

Lloyd is one of 1,020 state finalists selected from more than 13,500 nominees nationwide. The Wendy's Heisman Award program will choose one male and one female finalist from each state to continue on to national competition.

Lloyd is a four-year varsity letter winner in field hockey and was the team's offensive MVP in 2000 and 2002. She has served

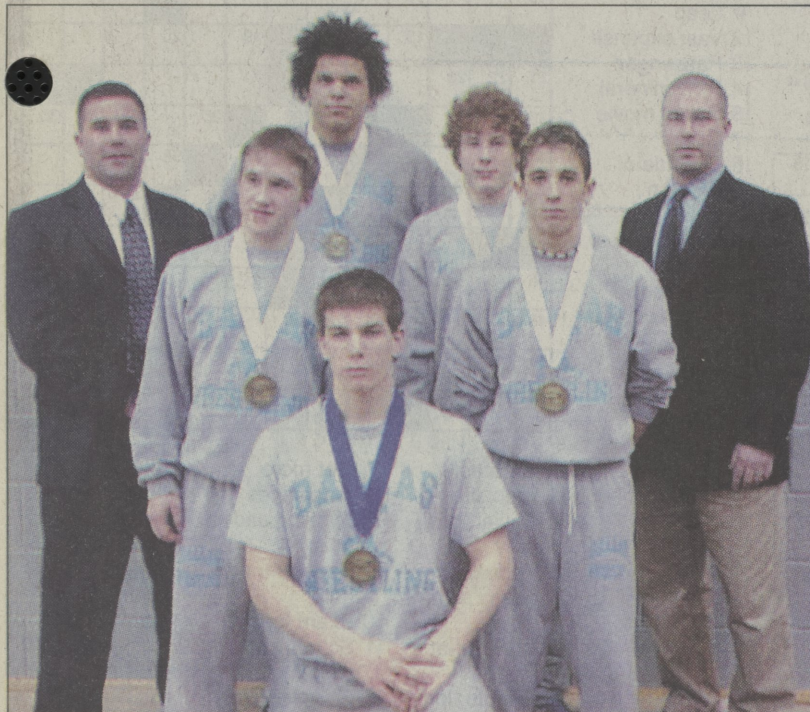
as co-captain of the field hockey team for the last two years, including last year's state championship team, and has been named to the all-state field hockey team for three years. She also is a member of the Sem girls soccer and girls ice hockey teams, serving as captain of the soccer team and receiving varsity letters in both sports.

On campus, Lloyd has been named to the Dean's List High Honors and was a commended student in the 2003 National Merit Scholarship program. She has been active in the school's Blue Key Club and Peer Group and chaired the 2002 Orientation Committee. She also served as a class officer during her freshman and junior years.

Samantha is the daughter of Tom and Susan Lloyd of Shavertown.



Samantha Lloyd received her Wendy's High School Heisman Award medallion from David L. Davies, Wyoming Seminary Upper School Dean.



Dallas wrestlers who competed at districts. Kneeling, Perry Coolbaugh, champion at 160 lbs. Standing, from left: Head Coach Mike Ropietski; John Hettes, 4th at 125; Brandon Short, 6th at 215; Morgan Anderson, 4th at 152; A.J. Musto, 4th at 112; Assistant Coach Joe Ropietski.

Send your sports reports by e-mail dallaspost@leader.net