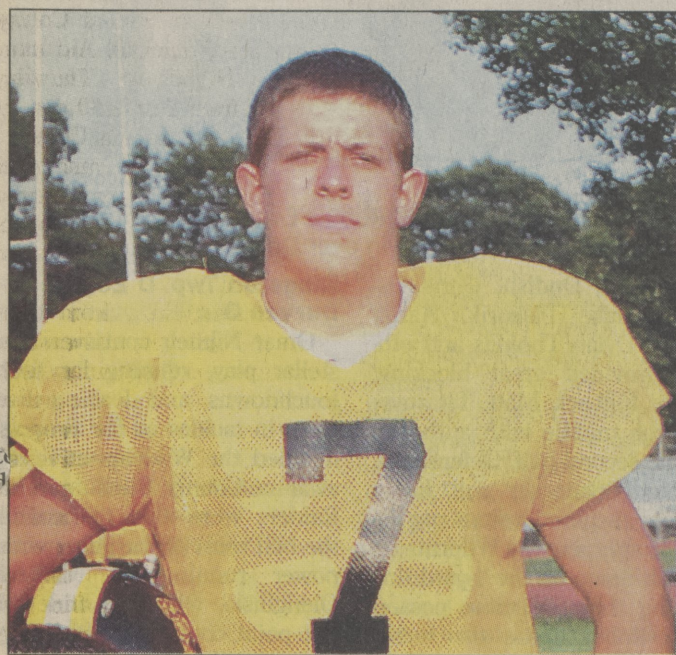


Sports Week



Ryan Arcangeli

Making a smooth switch to signal-caller

Ryan Arcangeli thought he would be a lineman, but instead is at quarterback.

By CHRIS BELL
Post Correspondent

When Greg Myers was hired in January as Lake-Lehman's new football coach, Ryan Arcangeli was preparing for his senior season as an offensive lineman.

After a conversation between the new head coach and Arcangeli, the 2004 campaign took a different direction as Arcangeli began preparing to

"We expect our quarterback to read defenses and make checks at the line of scrimmage, and I thought Ryan would be able to do that."

Greg Myers
Lake-Lehman coach

play quarterback.

"When I first met Ryan, I noticed that he was extremely knowledgeable about the game of football," said Myers. "He was able to discuss the details of the game and understand various strategies. There aren't a lot of high school players who have that kind of understanding."

Myers thought Arcangeli's intellect would be beneficial to the team. "I had an idea of what type of offense I was going to run and what would be required of the quarterback," Myers explained. "We expect our quarterback to read defenses and make checks at the line of scrimmage, and I thought Ryan would be able to do that."

Arcangeli was certainly surprised by the move. "I had no idea I'd be playing quarterback this year" he said. "I was working hard in the weight room trying to prepare for the season as a lineman. Coach asked me to give quarterback a try and it's worked out pretty well."

While the move came as a surprise, playing quarterback wasn't totally foreign to the 18-year-old son of Mike and Pat Arcangeli. "I'd played quarterback in junior high, but I never played a down at the position in

See QUARTERBACK, pg 12

Basketball skills and drills clinic Oct. 16

The Dallas boys varsity basketball coaching staff and players will hold a Skills and Drills Basketball Clinic for boys and girls in grades 3 through 8. The clinic will be held Sat., Oct. 16 at the Dallas High School gym, with session for grades 3-6 from 9 a.m. to noon and for grades 7-8 1 to 4 p.m.

The cost is \$25 per player, which includes a t-shirt. Registration deadline is Oct. 13. Call 675-1100 or 675-6573.

Lake-Lehman sports physicals

Lake-Lehman Junior/Senior High School winter sports physicals will be held on Wed., Oct. 20 at 9 a.m. for senior high girls participating in basketball and swimming. Junior high girls basketball and swimming physicals will be held on Mon., Nov. 1, at 9 a.m.

On Wed., Nov. 3, senior high boys basketball, wrestling and swimming physicals will be held at 9 a.m. Junior high boys basketball, wrestling and swimming will be held at 9 a.m. on Fri., Nov. 5. Make-up exams for all students will be at 9 a.m. on Tues., Nov. 9.

Students must have their physical forms filled out and signed by a parent or guardian prior their exam.

Raub scores for Westminster

Senior midfielder Jen Raub, a Dallas High School graduate, scored the final goal in Westminster College's 4-0 shutout of Grove City College. The Lady Titans are unbeaten in PAC play.

GOLF

Hole in one for Joe Bevevino

Joe Bevevino of Dallas scored his first hole in one Oct. 3 at Huntsville Golf Club. He aced the 157-yard fifth hole using an 8 iron. The shot was witnessed by John Janerich.



Emily Foran

Foran leads Amherst at Wellesley Invitational

Senior Emily Foran (Dallas/Wyoming Seminary) shot a two-day score of 81-79-160 to finish second overall and lead the Amherst College women's golf team to a third-place finish at the Wellesley Invitational, hosted by Wellesley College at the Nehoiden Golf Course Oct. 3-4. The Jeffs shot a season-low 351-346-697, finishing 11 strokes behind tournament champion Wellesley.



A split week in Cup action

Dallas edged Lake-Lehman 3-2 in soccer on October 7, to take a 4-1 lead in the Back Mountain Cup contest.

Ryan Murray scored twice for the Mountaineers and Billy DeAngelo added the third goal.



Jordan Krawetz scored both Black Knights goals.

At left, Lake-Lehman's Jake Precone gets the squeeze from Ryan Marascio and Lee Ruger.

Below, Jordan Krawetz, Lake-Lehman, battles Jordan Nelson for control.

Earlier in the week, the Lake-Lehman girls volleyball team gave their school its first victory in the 2004-05 Back Mountain Cup race, whipping Dallas 3-1 on Oct. 4. Neither team was expected to perform as well as they have this season, but the Lady Knights have only one loss while the Lady Mountaineers have a 6-5 record, already much-improved from last year's two wins.

FOR THE POST/CHARLOTTE BARTIZEK



SPORTS ROUNDUP

FOOTBALL

Meyers 36, Lehman 13

Oct. 2 — Ryan Arcangeli went 13 for 23 for 167 yards and added 43 additional rushing yards in the Black Knights' 36-13 loss to Meyers. Chris Boyle caught a 10-yard touchdown pass from Arcangeli. Arcangeli also hooked up with Brandon Higgins on a 50 yard touchdown strike. Boyle finished with nine receptions for 84 yards in the Black Knights' loss.

Pittston Area 19, Tunkhannock 16 (OT)

Oct. 1 — Ryan Alfieri scored two touchdowns, one passing and one rushing, in the Tigers' 19-16 loss to Pittston Area. Tunkhannock led 13-6 in the third quarter, kicked a field goal in overtime, but could not hold Pittston Area in their overtime touchdown drive. The Tigers fell to 1-4. Aaron Smith had a field goal and an extra point in the loss.

Crestwood 30, Dallas 27

Oct. 1 — Matt Kelly completed 15 out of 28 passes for 236 yards and two passing touchdowns in Dallas' 30-27 loss to Crestwood. Doug Harris scored on a 3-yard run, capitalizing on an interception by the Mountaineers. Kelly also had a rushing touchdown in the Mountaineers' loss. Nick Samanas and Mike Race each scored a touchdown on a Kelly pass.

GIRLS CROSS COUNTRY

Lake-Lehman 15, Wyoming Area 50

Oct. 6 — Lake-Lehman's Kelcey



FOR THE POST/AIMEE DILGER

Lake-Lehman's Josh Arnold stopped Meyers' Scott Iseman in the Oct. 2 matchup at Memorial Stadium in Wilkes-Barre.

Cole won in 21:38 and teammates Melissa Josuweit (21:45) and Sarah Austin (21:46) finished second and third. Sarah Austin (21:46) was third; Jessica Callahan (22:26) was fourth and Courtney Matus (23:12) came in fifth.

Dallas 15, Nanticoke 50

Oct. 6 — Lisa Giacometti (19:50) and Jess Jones (19:57) paced Dallas as it captured the top six positions. Robin Razawich (22:08) finished third; Kenslie Kerestes (22:31) was fourth and Katie Gilligan (22:38) was fifth.

Black Knights finish second at Endless Mountains Invitational

Oct. 2 — Kelcey Cole took eighth-place in 21:21 to lead Lake-Lehman to a second-place finish with 68 points at the Endless Mountains Invitational. Sarah Austin finished 12th in 21:49 and Missy Josuweit was 14th with a time of 21:59. Tunkhannock's Andy Hildebrand took eighth-place in the boys race with a time of 17:47 and Ryan Bloom led Lehman's boys, finishing 11th in 18:13 and Justin Mazur finished 23rd in 18:38.

BOYS CROSS COUNTRY

Wyoming Area 26, Lake-Lehman 29

Oct. 6 — Frank Redmond of Wyoming Area won in 17:23, ahead of Lake-Lehman's Ryan Bloom (18:28). Justin Mazer was fourth in 18:57 and Andy Josuweit finished sixth in 19:07.

Dallas 15, Nanticoke 50

Oct. 6 — Dallas captured the first nine spots, with Adam Singer (18:37) and Erik Danko (18:58) leading the charge. Sean McMahon (19:17) was third; Mike Strasser (19:24) was fourth and Harry Hiscox (19:26) was fifth.

SOCCER

Wyoming Valley West 2, Lake-Lehman 1 (OT)

Oct. 4 — Matt Cecco scored the lone goal for the Black Knights in their 2-1 overtime loss to Wyoming Valley West in a Wyoming Valley Conference game.

Dallas 8, Tunkhannock 1

Oct. 4 — Bill DeAngelo had a hat trick, Dave Lukh had two goals and an assist in Dallas' 8-1 victory over Tunkhannock. Alex Baltimore, Lee Ruger and Mike Wyberski also scored for the Mountaineers. Tyler Meek scored for the Tigers.

Coughlin 4, Dallas 0

Oct. 1 — Peter Steve made 15 saves in the Mountaineers' 4-0 loss to Coughlin. The Mountaineers were out-shot 22-6.

Tunkhannock 4, Lehman 1

Oct. 1 — Bryan Dodge, Martin Straczekiewicz, Dusty Labar and Mike Flaherty all scored goals in the Tigers' 4-1 victory over Lehman. Steve Huffsmith had two assists and Cole Ciprich made five saves to preserve the victory. Justin Amy scored the lone goal for the Black Knights.

GIRLS VOLLEYBALL

N. Pocono 3, Lake-Lehman 1

Oct. 6 — North Pocono handed Lake-Lehman its first loss of the season.

The Black Knights (10-1) were paced by junior setter Hannah Sorber with 10 kills, seven blocks and 13 service points. Marissa Harrison had nine kills and five service points, while Jessica Turak had seven kills and 5 service points for the Black Knights.

The scores were 25-22, 15-25, 25-22, 25-17.

Tunkhannock 3, Coughlin 0

Oct. 6 — Kirsten Cavany had eight kills and seven digs as the Tigers swept the Crusaders. The scores were

See ROUNDUP, pg 12