

# Sports Week

## HIGH SCHOOL CROSS COUNTRY

### Dallas girls defend league meet title

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Post Correspondent

The Lake-Lehman and Dallas High School cross country teams were well represented at the Ed Narkiewicz Wyoming Valley Championships last week.

In a race named in honor of the long-time Lake-Lehman coach, the boys and girls teams from Dallas and Lake-Lehman had impressive showings, with the Mountaineers girls eking out a one-point win to defend their 2003 championship.

Lake-Lehman finished third in both the boys and girls races while the Dallas boys team was fifth.

"It was a scary day," said Dallas coach Matt Samuel. "The weather conditions provided a very difficult course and our main concern was to avoid injury. We were a bit surprised to win by just one point, but we were pleased to come



FOR THE POST/M.B. GILLIGAN

The Dallas High School girls cross country team took first place in the Ed Narkiewicz League Championship race held at Hanover Area High School on Oct. 20. Seven Dallas girls took home medals as did Adam Singer who placed 17th in the Boys' League race. Pictured from left are: Katie Gilligan (23rd), Kasia Szulborski (27th), Debra Ketchner, Jessica Jones (5th), Kenslie Kerestes (10th), Hillary Adams (7th), Kristin O'Brien, Samantha Dimmock, Lisa Giacometti (2nd), and Robin Razawich (24th).

away with a win in such a big race."

While Samuel was excited to get the win, he and his teams have their sights set on the next two races. "We're focused on the district and state meets," said Samuel. "The league championship is a significant race, but we're looking forward to the district and state championships."

Samuel is impressed with the way his girls team has responded the pressure of being defending state champions. "I'm extremely proud of the way the girls have handled themselves throughout the season," said Samuel. "We kind of surprised people last year, but the

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### Local talent leads Queenswomen to district title

Staff report

The Bishop O'Reilly field hockey team will host a District 2 Class 2A playoff game on Monday, after winning twice last week to claim the Wyoming Valley Conference Division II championship with an 11-0 record.

"We're Bishop O'Reilly; we're a small Catholic school and we usually don't win in field hockey, but we've worked so hard this year and it all came together," said junior center midfielder Annie Onzik.

Katie Goode had a hat trick for O'Reilly and Ali Baur and Sam Solack scored two goals apiece in the Queenswomen's 7-4 victory over Hazleton on October 20. While Onzik had just one assist, she was a huge factor in helping her team jump out to a quick lead and then hold it.

"I hate to mention individuals because it is always a team effort, but Annie Onzik, my center midfielder, was fantastic," said O'Reilly coach Juliann Leskiw. "She has played amazing for me every game. She has been a playmaker."

Onzik made plays early and often, as the Queenswomen jumped out to a 2-0 lead in the first 1 minute, 16 seconds on a pair of goals by Baur. Goode scored her first goal at 14:04 of the first half, and Solack made it 4-0 at 17:53.

"We knew we had to come out fast because we knew they were capable of scoring," Onzik said. "We figured if we scored first then we had momentum."

O'Reilly will take on either Meyers or Dallas on Monday in a Class 2A game in the first round.

Earlier last week, the Queenswomen beat Bishop Hoban 3-1 to clinch a playoff berth. Goode had two assists and Kelly Puffenberger had one in that game. Keeper Kathleen Paley stopped seven Hoban shots.



FOR THE POST/FRED ADAMS

Bishop O'Reilly's Annie Onzik, No. 7, moved the ball upfield Oct. 18 against Bishop Hoban. O'Reilly won 3-1 and beat Hazleton later in the week to win the Division II championship.

## SPORTS ROUNDUP

### FOOTBALL

#### Tunkhannock 19, Meyers 18

Oct. 16 — Ryan Alfieri threw for 151 yards and had both a passing and rushing touchdown in The Tigers' win over Meyers. James Allen scored on a four yard run for the Tigers in the fourth quarter to give Tunkhannock a 19-12 lead. Meyers struck back with a touchdown, but the Tigers' defense thwarted the two-point conversion to hang on for the victory. Mike Ross had a 59-yard touchdown pass in the victory, his only catch of the game.

#### Dallas 16, Wyoming Area 6

Oct. 16 — Mike Race hauled in a 27-yard touchdown pass late in the fourth quarter to secure the win over Wyoming Area. Doug Harris had a six yard touchdown run enroute to his 79 total rushing yards. Race also added on a 36-yard field goal before halftime to stretch the lead out to 9-0 at halftime. The Mountaineers defense played a major role in the victory, allowing Wyoming Area only 111 yards of offense.

#### Lehman 25, Crestwood 20

Oct. 15 — Chris Boyle intercepted his third pass of the game for the Black Knights, to seal the victory against Crestwood. Derek Shurmanek scored on a 10-yard run and Ryan Arcangeli hooked up with Stephen Yankowski on a 20-yard touchdown strike to make it a 13-0 game. The Black Knights were the recipients of a safety when a Crestwood botched snap caused the ball to go out of the end zone. Brandon Higgins returned a fumble for 62-yards to give the Black Knights a 15 point lead at the half. The Black Knights were able to hold on for the win after Shurmanek's interception.

### FIELD HOCKEY

#### Lehman 5, Dallas 0

Oct. 20 — Julia Covert scored twice as Lake-Lehman defeated Dallas in a Division I game.

Both teams are headed to the District 2 Class 2A playoffs. Lehman will host a semifinal game on Oct. 29 or 30. Dallas will play a first-round game at Bishop O'Reilly or Meyers on Monday.

#### Meyers 3, Tunkhannock 1

Oct. 20 — Jen Fleming scored for the Tigers and Sara Crimmel stopped eight shots on goal.

#### Seminary 6, Nanticoke 0

Oct. 20 — Laura Suchoski had two goals and three assists as Wyoming Seminary defeated Nanticoke in a Division I game.

Tam Morris scored twice for the Blue Knights, who will host a District 2 Class 2A quarterfinal game on Oct. 27.



FOR THE POST/CHARLOTTE BARTIZEK

Paige Selenski, Dallas, tries to break in between Chrise Kazmierski and Traci Ragukas for Lehman during last week's field hockey game between the Back Mountain schools. Lake-Lehman edged closer in the race for the 2004-05 Back Mountain Cup with a 5-0 shutout over the Mountaineers. Both teams will be in the district playoffs starting this week.

The matchup of the cross country squads was postponed from Oct. 15 to Oct. 22, meaning the results weren't available for this issue. The Dallas girls squad won last week's league championship meet, in which Lehman placed fifth. On the boys side, Lehman was sixth and Dallas finished in 11th place.

The final Cup meeting of the fall season will be in the Old Shoe football game on November 6. Only regular-season games, matches and meets are counted toward the Cup.

#### Lehman 7, Valley West 2

Oct. 18 — Chrise Kazmierski and Allison Boris both scored two goals in Lehman's victory over Wyoming Valley West. Allison Paulauskas, Amanda Sagan and Jocelyn Mahon also had goals for the Black Knights. Shannon Prescott had six saves in the win for the Black Knights.

#### Dallas 1, Honesdale 0

Oct. 15 — Paige Selenski scored in overtime to give the Mountaineers a victory over Honesdale. Lindsay Davenport made three saves for the Mountaineers in the win.

### VOLLEYBALL

#### Abington Heights 3, Dallas 1

Oct. 20 — Abington Heights dug out a hard-fought 3-1 victory with scores of 25-15, 25-23, 27-25, 25-22.

Erica Kelleher led Dallas with 10 kills, 12 blocks and 10 digs, while Caity Green added six kills, five blocks and 10 digs. Therese Heintz had 13 points and four kills; Jill Piontkowski had 13 assists and six digs and Vicki ePiontkowski had 10 assists and eight digs.

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FOR THE POST/PETE G. WILCOX

Lake-Lehman quarterback Ryan Arcangeli is swarmed by the Crestwood defense in the first quarter of the Oct. 15 game.