

## L-L girls have tools to compete for title



FOR THE POST/CHARLOTTE BARTIZEK

Members of the Lake-Lehman cross country team work on their speed training during practice.

## Knights running deep

By DAVE KONOPKI  
Post Editor

**L**AHMAN TWP. – They go to the same school. They compete in the same sport. And they have the same coach.

But this year's Lake-Lehman boys and girls cross country teams couldn't be any more different.

The girls team is loaded with experience and depth. With 14 runners returning from last year's 5-1 team – including three performers who qualified for the state cross country championships – the Lady Knights should be in the thick of the Wyoming Valley Conference and District 2 championship races.

Things are vastly different on the boys side, however, with only six runners on the roster. The finishes of the top five runners from each school determine the final score during WVC meets, leaving the Black Knights with little margin for error.

So, despite having three solid performers and some young talent, the Lake-Lehman boys will need a little bit of luck to better last year's 3-3 record.

"It's a great group of kids to

### LAKE-LEHMAN

coach," said head coach John Sobocinski, referring both teams. "These kids have worked so hard this summer. Our work ethic is great. On the days that we had two practices, we had tough mornings of speed work and then a long run at night. And the kids kept coming back.

"They're eating the right foods and they're staying hydrated. I really have no trouble with these kids at all."

Here's a look at the two Lake-Lehman teams.

### GIRLS

Junior Kelcey Cole and sophomores Sarah Austin and Courtney Matus lead the way for the Lady Knights and should benefit from competing in last year's state championship meet. Sophomore Amanda Cooper also has experience running in state competition. She was a member of the school's 3,200-meter relay team during the track and field season last spring.

"I'm very excited about the girls team," Sobocinski said. "(Cole, Austin and Matus) are very impressive. Cooper is looking sharp and should factor into

our top five."

The Black Knight coach will also be counting on the services of freshman Marina Orrson, as well as seniors Jessica Callahan and Loren Roderick.

Orrson finished in the top five at last year's junior high districts and has a lot of potential, said Sobocinski. Callahan was doing well last year before she suffered a stress fracture in the shin area and Roderick moved back to the Lake-Lehman School District after living in Texas for a few years.

Dallas returns several all-state candidates and should be the team to beat in the WVC and District 2, Sobocinski said. But the third-year coach is optimistic about his own squad. "Dallas will be the favorite," said the 1986 Dallas graduate, who still competes and has won several local road races in recent years. "They're very experienced at the state level. But we should be very competitive and hold our own. I like our team."

### BOYS

Not only does Lake-Lehman have just six runners, none are

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## Staying at top a big priority

By DAVE KONOPKI  
Post Editor

### DALLAS

**DALLAS TWP.** – Matt Samuel wouldn't trade his program's success during the last few seasons for anything. But the Dallas boys and girls cross country coach knows life at the top is far from perfect.

"Having a bull's-eye on your back is very stressful for coaches and athletes," said Samuel, who has led the Mountaineer girls to three consecutive Wyoming Valley Cross Country

League and District 2 championships, as well as a state Class 2A title in 2003. "Being successful can be tough. It's like driving a luxury car. When you've driven a luxury car, you want to keep driving that kind of car."

With most of their top performers returning from the state championship team, the

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## Dymond's Farm Market & Bakery



### 2005 Dallas Girls Volleyball

Friday	Sept. 2	Coughlin	Away
Wednesday	Sept. 7	Tunkhannock	Home
Friday	Sept. 9	GAR	Away
Tuesday	Sept. 13	Berwick	Home
Thursday	Sept. 15	Hanover	Home
Monday	Sept. 19	Bishop O'Reilly	Home
Wednesday	Sept. 21	Wyoming Area	Away
Monday	Sept. 26	Wyoming Valley West	Away
Wednesday	Sept. 28	Hazelton	Home
Friday	Sept. 30	North Pocono	Away
Monday	Oct. 3	Lake Lehman	Away
Wednesday	Oct. 5	Nanticoke	Home
Monday	Oct. 10	Meyers	Home
Thursday	Oct. 13	Bishop Hoban	Away
Thursday	Oct. 20	MMI	Home
Saturday	Oct. 22	Abington	Away
Tuesday	Oct. 25	Crestwood	Home
Thursday	Oct. 27	Pittston	Away

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