

# Dallas hoping to rise above competition

There is plenty of optimism surrounding the Dallas High School volleyball team in 2005. That's because the Mountaineers are a team on the rise.

After back-to-back 2-15 seasons in 2002 and 2003, the Mounts were 9-9 a year ago.

In addition, second-year head coach Mike Williams welcomed 32 players for preseason practice, including 12 letter-winners and four returning starters.

Williams credits the huge turnout to winning and word of mouth.

"We had a big turn around last year and I think the kids had a lot of fun," he said. "We have a lot of new kids who have decided to give volleyball a try."

The Mountaineers are led by 6-foot-1 middle hitter Caity Green, a second-team all-star a year ago. "Caity had a good season for us last year and we are hoping for big things from her this year," said Williams.

Other returnees include outside hitter Theresa Heintz, setter Lauren Yurko and

## DALLAS

middle hitter Vicky Pointkowski. Brittaney Allan and Mackenzie Hogue are expected to see plenty of time at outside hitter, while freshman Shawna Phillips has shown promise at middle hitter in her first season.

Jackie O'Brien will share the setter duties with Yurko and Caitlyn Kelleher will step into the lineup at libero as the Wyoming Valley Conference utilizes the defensive-only position for the first time.

According to Williams, the team's strength in the early-going will likely be their serving. "We're a pretty good serving team," he said. "We hope to use that to our advantage and keep the other team on defense."

Williams also thinks the schedule could work in his team's favor.

"I think we're going to get better throughout the season and we don't play most of the traditionally strong teams until later in the season," he said. "I think we could surprise some teams."

# Lady Knights ready to continue tradition

## LAKE-LEHMAN

He might be a rookie head coach, but Noah Pickett knows all about the volleyball tradition at Lake-Lehman.

A four-year standout for the Black Knights, Pickett hopes to continue a winning tradition carried on by former head coach John Baranowski. And while the girls volleyball team might have as many championships as the boys, the Lady Knights did go 15-3 and qualify for the playoffs last season.

"We'd like to improve on last year's record," said Pickett, who spent one season as the assistant boys coach under Baranowski. "This team made tremendous strides last year and we have a lot of outstanding players returning."

Senior Hannah Sorber is regarded as one of the top players in the league and returns at setter. "Hannah can do it all," said Pickett. "She is an outstanding setter and she can jump and hit as well."

Other returnees include Sheree Horvath, Rebekah Williams, Liz Sullivan and Marissa Harrison at middle or outside hitter.

Amanda Supey, Victoria Lacey and

Megan Strunk will likely see time as defensive specialists with Strunk expected to play a defensive-only position.

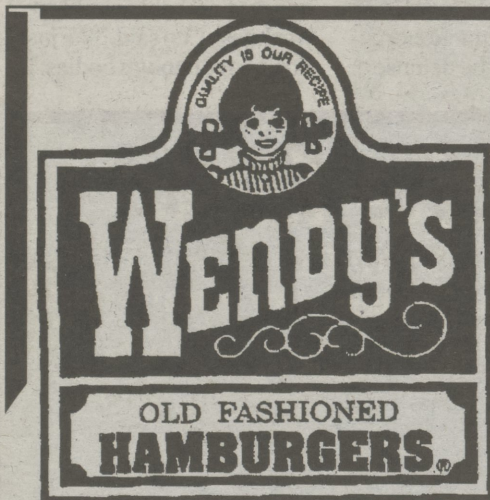
Juniors Megan Devine and Alicia Sherwood are also challenging for a spot at outside hitter.

Pickett is looking forward to making the transition to head coach. "There is more responsibility and a lot more decisions to make," he said. "I learned a lot throughout my career from coach Baranowski and I'm excited to be a head coach."

It's been a smooth transition so far. "Things are going well," he said. "The girls have done everything we've asked of them and really hustle."

Pickett believes that last year's success has instilled the team with an abundance of confidence.

"The girls really believe in themselves and have set some lofty goals for this season," he said. "They know that hard work pays off and they are really excited about the season."



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## 2005 FOOTBALL SCHEDULE

### 2005 Dallas Football

Sat., Sept. 3	Couplin	1 p.m.
Sat., Sept. 10	at G.A.R.	7 p.m.
Sat., Sept. 17	Stroudsburg	1 p.m.
Fri., Sept. 23	at E. Stro. North	7 p.m.
Sat., Oct. 1	Crestwood	1 p.m.
Fri., Oct. 7	at Hanover Area	7 p.m.
Sat., Oct. 15	Wyoming Area	1 p.m.
Fri., Oct. 21	at Nanticoke	7 p.m.
Sat., Oct. 29	Meyers	1 p.m.
Fri., Nov. 4	at Lake-Lehman	7 p.m.

### 2005 Lake-Lehman Football

Fri., Sept. 2	Hanover Area	7 p.m.
Fri., Sept. 9	Pocono Mt West	7 p.m.
Fri., Sept. 16	at Tunkhannock	7 p.m.
Fri., Sept. 23	Bishop Hoban	7 p.m.
Fri., Sept. 30	Meyers	7 p.m.
Fri., Oct. 7	G.A.R.	7 p.m.
Sat., Oct. 15	at Crestwood	7 p.m.
Sat., Oct. 22	at Coughlin	7 p.m.
Fri., Oct. 28	Nanticoke	7 p.m.
Fri., Nov. 4	Dallas	7 p.m.

Good Luck!