

## DMAC opens season with wins over Berwick

The Dallas Mountaineer Aquatics Club opened the Northeast PA Age Group Swim League season with an impressive win for both the girls (152-64) and the boys (122-55) at Berwick on Saturday, Dec. 3. The following swimmers placed in their events:

### GIRLS

**8 & UNDER**  
25 Free - Savanna Eneboe, first; Hayley Vasek, second; Hannah Kline, third  
50 Free - Haley Vasek, first; Hannah Kline, second; Amanda Puza, third  
25 Fly - Lauren Hurst, first

25 Back - Lauren Hurst, first; Emma Thomas, third  
25 Breast - Amanda Puza, first  
**10 & UNDER**  
100 IM - Madison Federici, second; Sydney Bittner, third  
50 Free - Ava Baur, first; Abigail Bartuska, third  
50 Fly - Julia Sabol, second  
50 Back - Hunter Kline, first  
50 Breast - Madison Federici, first  
100 Free - Emma Berger, first  
**12 & UNDER**  
100 IM - Abby Zolner, first; Madison Hurst, second; Jordyn Miller, third  
50 Free - Annalise Cheshire,

first; Taylor Cercone, third  
50 Fly - Abby Zolner, first  
50 Back - Heather Shively, first; Taylor Cercone, second  
50 Breast - Annalise Cheshire, first; Jordyn Miller, third  
100 Free - Madison Hurst, first; Lindsey Hoover, second; Lindsey Jorda, third  
**14 & UNDER**  
200 Free - Julia Baur, first  
50 Free - Kathleen Brown, first; Joy Nave, second; Ivy Chamberlain, third  
100 Fly - Julia Baur, first; Krista Vivian, second  
100 Free - Felicia Brittain, first; Kathleen Brown, second; Ivy Chamberlain, third

100 Back - Joy Nave, first  
100 Breast - Julia Baur, first; Krista Vivian, second  
200 IM - Krista Vivian, first  
**BOYS**  
**8 & UNDER**  
25 Free - Ethan Meuser, second  
25 Fly - Tal Richards, first; Gabriel DeLuna, second; Richard DeLuna, third  
50 Free - Gary Weaver, third  
25 Back - Ethan Meuser, first; Gabriel DeLuna, second; Thomas Doran, third  
25 Breast - Gary Weaver, second; John Andrews, third

**10 & UNDER**  
50 Free - David Lipinski, first; Logan Stambaugh, third  
50 Fly - David Lipinski, first; Logan Stambaugh, third  
100 Free - Bobby DeLuna, second; Jack Costello, third  
50 Breast - David Lipinski, first; Jack Costello, second  
50 Back - Bobby DeLuna, second  
**12 & UNDER**  
100 IM - Tyler Manzoni, first; Andrew Herrick, second; Conner McAndrew, third  
50 Free - Thomas Manzoni, first; Zachary Charlton, third  
50 Fly - Andrew Herrick, first  
100 Free - Tyler Manzoni, first

50 Back - Donovan McCall, first; Zachary Charlton, second  
50 Breast - Evan Sabecky, first  
**14 & UNDER**  
200 Free - Jarod Willis, first; Jared Krawetz, third  
50 Free - Tyler Dragon, third  
200 IM - Porter Luksic, first; Dominic Augustine, second  
100 Free - Jarod Willis, second; Alex McCarthy, third  
100 Back - Dominic Augustine, first; Jared Krawetz, third  
100 Breast - Porter Luksic, first  
The team hosts power Central Columbia on Saturday, Dec. 17 at the Dallas Middle School Natatorium.

### LADY KNIGHTS BASKETBALL TEAM CONDUCTS FOOD DRIVE



Each member of the Lake-Lehman Lady Knights basketball team donated an item to help provide a Thanksgiving meal for a local family with the Luzerne County Early Head Start Program. From left, first row, are Shoshana Mahoney, Nikki Sutliff, Karen Yamrick, Amy Williams. Second row, Emily Sutton, Marissa Moosic, Sarah Brooks, Sabrina Klauche. Third row, Lexi Oplinger, Katie Yoniski, Danae Sutliff, Cayle Spencer, Emily Leskowsky, Carol Mosier, Gen Konopinski, Nicole O'Connor and Danielle Belcher. Absent at the time of the photo was Bethany Williams.

### DJHS CHEERLEADERS FINISH IN SECOND PLACE



The Dallas Junior High cheerleaders earned a second-place trophy at the recent College Misericordia Cougar Challenge Cheer Competition. The team performed a 90-second dance and 60-second cheer. From left, seated, are Kaura Chavez, Captain Courtney Powell and Ashlie Alves. Standing, Captain Brooke Fauls, Angela Bendick, Coach Jenny Sorber, Brianna Reinheimer and Page Frederick.

### WOMEN'S SELF-DEFENSE CLASS HELD



The Eighth Annual Froggy 101/Northeastern Ju-Jitsu Women's Self-Defense Class was recently held at Northeastern Ju-Jitsu in Swoyersville. Morning Show Radio Personality Selena started "Selena's Kick Butt Class" with the owner of Northeastern Ju-Jitsu Grand Master Charlie Litchkowski as a way to teach women of all ages the importance of self defense, self awareness and confidence. Listeners of Froggy 101 FM won their spot in the self-defense class by calling into the morning show with Selena and Eric on Froggy 101. Instructors involved were Grandmaster Charlie Litchkowski, of Shavertown, owner/instructor, Northeastern Ju-Jitsu; Master Sean McGrath, of Harveys Lake, instructor; Sensei Robert Dunn, of Plymouth, instructor and "honorary" black belt.

### JUNIOR MOUNTS CHEERLEADERS WIN TROPHIES



The Dallas Junior Mounts cheerleaders participated in the Wyoming Valley Football and Cheer Competition on October 8. The B team cheerleaders won three trophies in the competition, including first place for their sideline chant, second place for their "Hello" cheer and second place for their dance routine. In addition to the trophies, the girls each received medals for their performance. From left, first row, are Erin Garnett, Nicole Jacobs, Sammy Dixon, Gabby Sweeney, Biana Cantando, Chiara Amico. Second row, Caitlin Walsh, Nora Malarkey, Alexis Lana. Third row, Cathy Dixon, coach; Victoria Dent, Hanna Morgan, Katie Malarkey, coach. Absent at the time of the photo was Chloe Scott.

### SPORTS BRIEFS

#### Gymnastics program begins registration

Shooting Starz Gymnastics, 250 Johnston St., Wilkes-Barre, will begin accepting enrollment for 2012 session dates on December 12. Registration dates for 2012 are January 2, February 25 and 27, April 14 and 23, June 11 and 25, August 18 and 27, October 15 and October 29 and

December 22.

For more information, contact Joelle Rose at 822-1212.

#### Basketball league sets tryout schedule

Firm A.C. Basketball will hold tryouts for the spring 2012. The full tryout schedule is listed online at [www.firmacbasketball.com](http://www.firmacbasketball.com).

.com.

All tryouts will be held at the Kingston Rec. Center, 655 Third Ave, Kingston. Cost is \$40 which includes a t-shirt and the option to attend all of the tryouts.

For more information and a registration form, e-mail [firmacbasketball@gmail.com](mailto:firmacbasketball@gmail.com).

#### Blast fastpitch teams seek new players

The U12 and U14 Endless Mountains Blast fastpitch teams are still looking for a few qualified players to fill their 2012 rosters.

Those interested in U12 should contact John Keefe at 885-5808. Interested U14 players should contact Bill Kern at 498-5991.

The Endless Mountains Blast is a travel fastpitch softball organization based in Tunkhannock. Additional informa-

tion can be found at <http://www.eteamz.com/endlessmtblast>, or by e-mailing [ronh@sbsmod.com](mailto:ronh@sbsmod.com).

#### BMUSA hosts indoor futsal/soccer league

Back Mountain Youth Soccer will host an indoor Futsal/Soccer league beginning January 13 through March for ages U6 to high school age at the

Penn State/Wilkes-Barre gymnasium.

FIFA futsal ball and rules will be used. Games will be played on weekends. All area intramural and travel teams are welcome. All area individual players seeking a team can sign up online as well. Divisions will be set to insure fair competition.

More information and sign up sheets are available online at [www.bmysa.org](http://www.bmysa.org). Registration closes December 31.