



Justin Phillips attempts to pin his opponent in the 75 -lb. weight bracket.



Jesse Goode tumbles to the ground with his opponent.



Anthony Deluca takes down his opponent in the 80-lb weight bracket.

## Holiday wrestle action

The Dallas Junior High School wrestling team honed its skills on the mats during the Christmas holiday break by taking on the Spartans of Wyoming Valley West at the Wyoming Valley West Middle School on December 28.



Justin Hutchins gets a quick pin in the 90 -lb. bracket.

CHARLOTTE BARTIZEK PHOTOS/ FOR THE DALLAS POST

## DYB TRAVEL TEAM WINS TOURNNEY CHAMPIONSHIP



The Dallas Youth Basketball Fourth-Grade Travel Team captured the championship in the Back Court Hoops Holiday Basketball Tournament by defeating Holy Cross from Scranton, 30-26, in the championship game. They DYB team finished the tournament with a 4-0 record and defeated Wallenpaupack, North Pocono and Mountain Top on its way to the title. From left, first row, are Sam Nocito, Jack Lukasavage and Matt Dolan. Second row, Jack Farrell, Dylan Schuster, Lenny Kelley, Brett Ostroski and Todd Phillips. Third row, Ray Ostroski, assistant coach; and Joe Phillips, head coach.



Sydney Strickland, of Dallas, and Lauren Golden, of Wyoming, have fun shooting baskets during a special camp for girls at the Rock Center in Trucksville.

CHARLOTTE BARTIZEK PHOTOS/ FOR THE DALLAS POST

## Focusing on FUNDAMENTALS

The Rock solid Girls Elite Basketball Camp at the Rock Rec Center in Trucksville focused on making players more fundamentally sound with position specific drills for each player.

AT RIGHT: Courtney Megargel, of Harveys Lake, gets ready to shoot during the Rock Center Elite Basketball Camp for girls.



### SPORTS BRIEFS

#### Rock Solid tryouts slated

Rock Solid AAU Basketball will

hold try-outs for the Spring 2012 Travel Basketball Season today, Jan. 8 and Sunday, Jan. 15.

Try-out cost for boys and girls in fifth through 10th grades is \$10

per player.

For more information, contact Doug Miller at 696-2769 or e-mail TheRockRecCenter@bmha.org.

#### BMYS hosts

#### futsal/soccer league

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

Penn State Lehman Campus gym.

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).