

## Rome runs to 19th in country

By TOM ROBINSON  
For the Dallas Post

Dallas junior Regan Rome proved she could keep up with the best high school distance runners in the country.

Concluding her season in the Foot Locker Cross Country National Finals in San Diego on Dec. 8, Rome finished 19th out of the 40 girls who had qualified through regional competition after finishing high in their various state meets.

"The race went out super fast," Rome said in a post-race telephone interview from her hotel while looking over the Pacific Ocean. "I kind of got stuck behind."

"I had to work my way up. A little after the mile, I was in the spot I finished, then for the rest of the race, I was between about 16th and 20th."

Rome finished the 3.1-mile course in 18:04, the same time as 18th-place finisher Marisa Muskan from Bridgewater-Raritan, N.J.

Anna Rohrer of Mishawaka, Ind. won in 17:25. Catarina Rocha of Peabody, Mass. finished second, four seconds later.

Rocha was the champion of the Northeast Regional in the Bronx, N.Y. where Rome finished fourth - needing a top 10 finish in one of the four regionals - to qualify for the trip to San Diego.

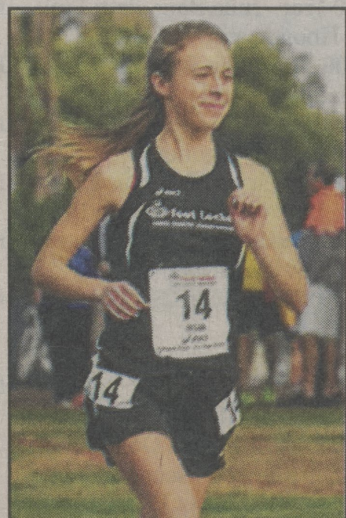
Although Rome made her way to nationals as an individual, the Dallas team shared in her accomplishment.

Rome made the trip along with her mother and her younger sister Ally, also a state medalist for Dallas, and coach Matt Samuel.

As Rome ran, other teammates followed live video coverage of the race online from home.

"My teammates were all texting me," she said following the race. "They were all watching the race. I'm really lucky to

**"My teammates were all texting me. They were all watching the race. I'm really lucky to have the teammates I have."**



Regan Rome runs in the Foot Locker Cross Country National Finals in San Diego.

have the teammates I have." They also helped Rome prepare for regional and national competition after their high school seasons ended.

"My teammates really helped me train," Rome said.

In a journal she wrote for milesplit.com about the Foot Locker experience, Rome credited her sister Ally, Bryanna Dissinger, Allison Grose and Maggie Fannick for running with her every day prior to the Northeast Regional.

With another year ahead for Rome and her teammates, there are more achievements to chase.

Rome finished third in the state individually and the Lady Mountaineers were second as a team in Class AA at the Pennsylvania Interscholastic Athletic Association Championships.

Rome will take aim at becoming a four-time District 2 cross country champion - not counting the junior high championship she won in eighth grade - then try to lift herself or her team to the state championship level. She will also pursue the possibility of becoming an NCAA Division I scholarship runner, something

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Regan Rome  
DHS runner



Lake-Lehman swimmers Chris Herrick, Kieran Sutton and Kirsten Cope listen to coach Nancy Edkins during practice at the Anderson Center at Misericordia University.

## L-L looking for more than wins

By TOM ROBINSON  
For the Dallas Post

Working with a small roster and without a home facility puts the Lake-Lehman swimming program at a competitive disadvantage, particularly in dual meets.

The Black Knights, who are able to use facilities at Misericordia University and the Dallas School District, will find ways to assess their program beyond just wins and losses in Nancy Edkins' second season as head coach.

"I think probably what has been a big part of the goal for the program is for kids to get better," Edkins said. "We're making the best swimmers that we can."

Lake-Lehman has just 12 girls and seven boys in its program.

Swimming scoring makes it a near statistical impossibility for even the girls team to win a dual meet - even it sweeps first-place finishes - against teams that have a large enough roster to en-

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Nancy Edkins  
Lake-Lehman swim coach

ter three competitors in every race.

"We just try to get as many first places and second places as we can and go from there," Edkins said. "The kids improved all the way through last season and we're starting out this season where we ended last season, so that's exciting from a coaching perspective."

While concentrating on getting improvement throughout the entire roster, the Black Knights have some individuals who can expect to find success in the pool.

The strength of the program should be in the divers, includ-



Lake-Lehman swimmer Kirsten Cope practices her freestyle stroke.

ing Matt Edkins, the coach's son, who won the district championship last season as a freshman, and, as Lake-Lehman's only qualifier, went on to finish sixth in the state.

Kieran Sutton has joined the boys team and brings the same endurance that helped make him a District 2 cross country champion.

Senior Samantha Sabol is the top returnee on the girls team, which adds a promising freshman in Julia Baur.

While the swimmers practice at Misericordia many nights, assistant coach Erin Yurko works with the divers at Dallas where the team also holds home meets.

Matt Edkins and Dustin Zeiler, who was fifth in the district meet, also try to help by swimming in some events.

"They don't get to train for swimming very often," coach Edkins said, "but they're able to do the 50 freestyle or help us

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## Championship seniors return to Mountaineer pool

By TOM ROBINSON  
For the Dallas Post

Brian Stepniak, Marcus Wagner and Jack Matusiak all played prominent roles when Dallas won the District 2 Class AA boys swimming championship last season and the three seniors are back to lead the Mountaineers this season.

Stepniak was part of two district championship relay teams while finishing second in the 100 backstroke and seventh in the 50 freestyle.

Wagner won the district title in the 500 freestyle.

Matusiak was third in the 100 individual medley and fourth in the 100 breaststroke.

All three showed they are ready for this season when they had the maximum four wins Dec. 7 in an impressive, season-opening, 109-74 win at Abington Heights. Each won two individual events while taking part in the winning 200 and 400-freestyle relays.

Wagner's wins came in the 200

Promising freshman Porter Luksic and sophomores Reid Luksic and Ezra Moore all added individual wins in the opener. Porter Luksic also had two second-place finishes against Abington Heights.

and 500 freestyle, Matusiak's in the 200 IM and 100 butterfly and Stepniak's in the 50 and 100 freestyle.

"Marcus will be in the 200 and 500, but Jack and Brian will probably mix things up from time to time," Dallas coach Romayne Mosier said.

The ability of Matusiak and Stepniak to swim multiple events gives Mosier flexibility in the lineup.

The Mountaineers also get a boost from the return of other experienced swimmers.

Senior Grant Luksic was fifth in the 200 IM and sixth in the 100 breaststroke in the district meet



Dallas' Abby Berger swims the girls 200 yard freestyle.

while junior Patrick Gelso was seventh in the 500 freestyle.

Promising freshman Porter Luksic and sophomores Reid Luksic and Ezra Moore all added individual wins in the opener. Porter Luksic also had two sec-

ond-place finishes against Abington Heights.

Mosier expects junior Patrick Madaya to contribute as a diver.

Both Dallas teams went 5-2 in the Southern Division to finish third out of eight teams last sea-



Dallas' Marcus Wagner swims the boys 200 yard freestyle.

son.

The Dallas girls, also coached by Mosier, were third out of 16 in Class AA at the district championships.

The Lady Mountaineers fell

110-66 against Abington Heights in the opener, which does not count in division standings.

Sophomore Kaylin Augustine

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