

## DMAC grabs swim league title

The Dallas Mountaineer Aquatic Club boys and girls both claimed the Northeast PA Age Group Swim League South Division titles this year and followed it up with a strong showing at the NEPAGLS Championships recently at the Wilkes-Barre CYC. The following swimmers medaled (1st-8th place) at the event:

### FIRST PLACE

#### 8 & UNDER

Gabriella Spaciano, 25 Back; Tal Richards 25 Breast

#### 12 & UNDER

Annalise Cheshire, 50 Freestyle and 50 Back; Ava Baur, 100 Freestyle and 200 Freestyle; Abby Zolner, 100 IM and 50 Fly; Garrett Paul, 200 Free

#### 14 & UNDER

Tyler Manzoni, 200 IM

### SECOND PLACE

#### 6 & UNDER

Olivia Thomas, 25 Fly and 50 Free; Trinity Kong, 25 Back

#### 10 & UNDER

Melissa Leonard, 50 Free; Sydney Bittner, 50 Breast

#### 12 & UNDER

Jordan Miller, 50 Back; Dylan Lisnow, 100 Free; Mikail Krochta, 50 Back

#### 14 & UNDER

Julia Baur, 100 Fly

### THIRD PLACE

#### 6 & UNDER

Olivia Martin, 25 Free; Tenley Richards, 25 Breast

#### 8 & UNDER

Gabriella Spaciano, 25 Free; Jakob Baur, 25 Free; Thomas Doran, 25 Fly

#### 12 & UNDER

Dylan Lisnow, 50 Free; Mikail Krochta, 100 IM; Donovan McCall 100 Free

#### 14 & UNDER

Julia Baur, 100 Free; Madison Hurst, 100 Fly; Troy Reinert 100 Fly

### FOURTH PLACE

#### 6 & UNDER

Olivia Thomas, 25 Breast

#### 8 & UNDER

Jordan Bond, 50 Free; Gary Weaver, 25 Free and 25 Breast

#### 10 & UNDER

Kaitlyn VanEtten, 50 Breast

#### 12 & UNDER

Holly Holthaus, 50 Free and 50 Breast

#### 14 & UNDER

Madison Hurst, 100 Back; Thomas Manzoni, 100 Fly

### FIFTH PLACE

#### 10 & UNDER

Sydney Bittner, 50 Free; Dennis Ukinas, 50 Breast

#### 12 & UNDER

Abigail Bartuska, 100 Free; Donovan McCall, 50 Fly

### SIXTH PLACE

#### 6 & UNDER

Tenley Richards, 25 Free

#### 8 & UNDER

Jordan Bond, 25 Fly; Hailey Kline, 25 Back; Brooke Martin, 25 Breast; Stephen Brdaric, 25 Back; Aidan Chapple, 25 Breast

#### 10 & UNDER

Melissa Leonard, 100 Free

#### 12 & UNDER

Peyton Ross, 200 Free; Madison Federici, 50 Breast; Garrett Pall, 50 Fly

#### 14 & UNDER

### SEVENTH PLACE

#### 6 & UNDER

Olivia Martin, 25 Back

#### 8 & UNDER

Morgan Sakulich, 25 Back; Tal Richards, 25 Free; Thomas Doran, 50 Free

#### 10 & UNDER

Shane Szczecinski, 100 Free

#### 12 & UNDER

Hunter Kline, 50 Fly

### EIGHTH PLACE

#### 6 & UNDER

Trinity Kong, 25 Breast

#### 8 & UNDER

Jakob Baur, 25 Fly

#### 10 & UNDER

Shane Szczecinski, 50 Free; Logan Stambaugh, 50 Breast



Members of the Lake-Lehman girls basketball team and their coaches celebrated a victory at the Appletree Terrace in Dallas. Their team won the Black and Blue championship, beating Dallas High School. It is the first year for the competition sponsored by the Lions Club. From left, are Bethany Williams, Emily Sutton, coach Charles Lavan, Danae Sutliff, Jenny Konopinski, coach Barry Horvath, Karen Yamrick, Cayle Spencer, Nicole O'Connor.

## Lady Knights take possession of Black and Blue Trophy

Members of the Lake-Lehman girls basketball team and their coaching staff celebrated the season at Appletree Terrace at Newberry Estate on March 3. The Lady Knights took possession of the Black and Blue Trophy, a new program established by the Dallas Lions Club to honor the winner of the Back Mountain rivalry between Dallas and Lake-Lehman high school basketball teams.



From left, are Kaitlyn Sutton, Molly Storz, Rachel Leskowsky and Amy Williams, celebrating their victory over Dallas High School in the first-ever Black and Blue Tournament.



A new championship girls basketball rivalry game between Dallas High School and Lake-Lehman High School has been established called the Black and Blue Game sponsored by the Lions Club. This first year the trophy was won by Lake-Lehman.

## Seniors Knights cagers, cheerleaders honored

The Lake-Lehman Knights boys basketball banquet was held March 10 at Appletree Terrace at Newberry Estate. Senior members of the team honored were Josh Davenport, Jeremy Britt, Bill Hillman, Jared James, Tony Boyle, Cody Spriggs and Tyler Chaffman. Senior cheerleaders honored were Ashlee Barker, Kayla Demmon, Sommer Sereyka, Megan Davis, Karli Dolran and Kelsey Pritchard.



Individual award recipients at the Lake-Lehman boys basketball banquet at Newberry Estates are, from left, Brian Cutter, head coach; Jared James, 'For the Love of the Game' Award; Adam Dizbon, most steals, assist leader and free throw percentage leader; and Ted Sadowski, assistant coach.



Members of the Lake-Lehman boys varsity basketball team pose with the Back and Blue Trophy awarded to them for defeating Dallas. From left, first row, are Bill Hillman, Brian Devine, Mike Symeon, Adam Dizbon, Jeremy Britt and Tyler Chaffman. Second row, assistant coach Ted Sadowski, Tom Boyle, Cody Spriggs, Jared James, Pete Borum, Cody Parasczak, Josh Davenport and head coach Brian Cutter.



Individual award recipients at the Lake-Lehman boys basketball banquet at Newberry Estates are, from left, Ted Sadowski, assistant coach; Pete Borum, most rebounds and points leader; Brian Devine, most improved player; Jeremy Britt, most improved player; and Brian Cutter, head coach.

## Harry moves up the podium

By TOM ROBINSON  
For The Dallas Post

Austin Harry moved four steps up the podium.

Harry suffered his first two wrestling losses of the season March 7-9 at the Giant Center in Hershey, but he moved up from an eighth-place finish a year ago to fourth in the state with one more season remaining in his high school career.

The Lake-Lehman junior now has three district titles, two regional titles and two Pennsylvania Interscholastic Athletic Association Class AA state medals to his credit.

"Coming into the tournament, obviously everyone wants to win it," Harry said. "... After that first loss, you can't really hang your head. You have to come back and try to finish as high as you can."

Harry opened the state tournament by pinning Chase Schaeffer of Tri Valley in 2:44.

Eventual finalist Nick Zanetta of Keystone Oaks ended Harry's title hopes and ruined his perfect record with a 5-0 victory in the quarterfinals.

Harry fought back through the consolation brackets to a top-four finish by winning three straight low-scoring decisions - 3-1 over Lee Todora of Bethlehem Catholic, 4-2 over Cole Walter of Mifflinburg in a rematch of the Northeast Regional final and 6-3 over Michael Comunale of Pius X.

Ian Brown of Hanover defeated Harry, 5-0, to take third place.

Harry lost three times at the state tournament last year, falling to eighth place after clinching a medal.

"Being a sophomore, when I knew was going to place, I was happy knowing that no matter what, I would come out with a medal," said Harry, who improved from 36-8 as a freshman to 39-4 as a sophomore and 41-2 this season. "This year was different."

Harry hopes to continue the climb in the year ahead.

"Each year, you look at where you are in comparison with the other kids," Lake-Lehman coach Tom Williams said. "He was eighth last year and fourth this year. He closed the gap some."

"I think he also knows there is a little more work to be done."

Harry acknowledged that.

"There's definitely room for improvement," he said. "I'm obviously not perfect. I have a lot of work to do on my feet and on bottom. I have to get stronger."

Williams said Harry has shown the willingness to do the work necessary to make those steps.

"He's an excellent leader," the coach said. "He tries to use that ability to motivate the other kids on the team. He's self-motivated. He will go and do some extra things outside of what we coaches have instructed him to do. He's always looking for ways to get a little better workout."

As a result, Harry already has a 116-14 record with 58 pins and six technical falls with another year to try to add to those impressive totals - and his medal collection.

## Steven Newell advances to states

Steven Newell, a student at the Dallas Middle School, has qualified for PJW state finals at Area X Sectional Qualifier in Tunkhannock.

Newell moved on to Area X Regional Championships in Williamsport where he placed second to qualify him to the PJW state championship finals March 22 and 23 at the Pennsylvania Farm Show Arena in Harrisburg where he will face the best wrestlers in Pennsylvania.

Newell is a three-time state qualifier, placing fifth at state finals last year. He is 11 years old and a member of Rock Solid Wrestling Club headed by 3-time All American and NCAA Wrestling Hall of Famer Rocky Bonomo.