

Sports

SPORTS BRIEFS

FAMILY FUN NIGHT

The Lake-Lehman Track Booster Club will hold a Family and Friends Fun Night from 5 to 8 p.m. on Monday, April 15 at Leggio's in Dallas.

A percentage of all foods sales will go to support the Lake-Lehman Track and Field Booster Club. Take-out orders and gift certificates count, too.

RAIDERS REGISTRATION

The Kingston Township Raiders will hold registration for mini football and cheerleading from 9 a.m. to 1 p.m. on April 20 and May 18 at the Kingston Township Municipal Building, 180 E. Center St., Shavertown.

Parents should bring the child's birth certificate, two proofs of residency and a photo of the child.

Registration fees are \$50 for cheerleading and \$60 for football with a \$10 sibling discount.

SOFTBALL CLINIC

The Dallas High School softball team will hold its second development clinic for girls ages 7-14 from noon to 2 p.m. on Sunday, April 21 at the Back Mountain Little League Field.

This clinic will have a brief review of Session 1, go over base running, proper infield and outfield positioning and offensive execution drills.

For more information, call Brent Berger at 793-1126 or Bill Kern at 498-5991.

In case of rain, the clinic will be held in the Dallas High School gymnasium.

SOCCER REGISTRATION

Back Mountain Youth Soccer Association will hold registration for the fall 2013 intramural soccer season from 9 a.m. to 3 p.m. on Saturday, April 27 at the Dallas Middle School cafeteria.

Age groups U-6 through U-18 will be accepted. Eligible players must be at least 5 years of age before Aug. 1. New players must showproof of age.

WII players must register online at www.bmysa.org. Computers will be available at registration.

CAR WASH/BAKE SALE

The Dallas Mountaineers High School Baseball Booster Club will sponsor a car wash and bake sale from 10 a.m. to 2 p.m. on Sunday May 5 at Newell Fuel.

Members of the high school baseball team will be on hand to wash cars and an array of baked goods will be sold. All proceeds will go to support the Dallas School District baseball program.

Car wash tickets are \$5.

BANDITS ACCEPT REGISTRATIONS

Registrations are now being accepted via the website at www.laxteams.net/ bmylax for the Back Mountain Bandits lacrosse team.

Boys and girls in grades 1-3 may sign up for intramurals. Boys age groups are U-9, U-11, U-13 & U-15. Girls age groups are third and fourth grade, fifth and sixth grade and seventh and eighth grades.

The registration fee includes US Lacrosse registration, US Lacrosse magazine and a team jersey.

Participants should print the form and mail it, along with applicable fee to BMYL, P.O. Box 1746, Shavertown, PA 18708.

FASTPITCH PLAYERS SOUGHT

The Endless Mt Blast U14 travel fastpitch program is still looking for a few qualified players to round out its teams for the upcoming season.



CHARLOTTE BARTIZEK PHOTOS/ FOR THE DALLAS POST

The Dallas women's lacrosse team is happy to be playing on its new field next to the new high school complex in Dallas.

HOME AT LAST!

Dallas High School lacrosse teams now have a home of their own

By TOM ROBINSON | For The Dallas Post

The development of lacrosse as a high school sport at Dallas, in particular, and the Wyoming Valley, in general, continues.

When Dallas teams swept the North Pocono boys and Pittston Area girls on April 4, it marked the programs' debut at on-campus fields. The teams play on a new field adjacent to the high school.

This is a big season for the sport's growth throughout the area, as well.

Dallas athletic director Nancy Roberts is the president of the Wyoming Valley Conference Lacrosse League, which is in its first season. And, for the first time, District 2's champions will proceed directly into the Pennsylvania Interscholastic Athletic Association tournament rather than having to try to play their way in through a subregional game with District 4 teams.

Lake-Lehman, Delaware Valley and Crestwood join Dallas in both the boys and girls leagues. Tunkhannock, North Pocono and Scranton Prep also have boys teams while Pittston Area, Coughlin and Wyoming Seminary have girls teams.

The sport is clearly thriving at Dallas.

The Mountaineers have 37 boys and 27 girls



Kristan Capitano, of Pittston Area, defends as Katie Kapral tries to score for Dallas.

on their teams, allowing for junior varsity games when facing other programs with similar numbers. Dallas has one of two unbeaten girls teams, joining Wyoming Seminary, while the boys are off to a 2-1 start in league play.

Dallas High School lacrosse traces its roots back to the Back Mountain Bandits club team, which evolved into a Dallas-only club team as more high schools became involved in the sport. The school district took over responsibility, making it an official PIAA-sanctioned team with full compliance to eligibility, academic and physical requirements. The latest step is bringing the team onto campus.

"We were interested in it, but we didn't have the space until the new high school was built," said Roberts, who credits a strong parents club for getting the program moving before the school was involved. "Now, we have the extra field.

"It's something we agreed to progress with

each year. We pay for some things, but not all things. There are still some things the booster club has to do."

Boys coach Rich Cohen has been involved since the beginning with the Back Mountain Bandits starting U-19 and U-15 club teams.

Cohen said his team is led by three players who received recognition on the Central Susquehanna League all-stars last year when Dallas played in that league.

George Pfeiffer was a two-time, first-team goalie. Ray Schultz, a defender, and Casey McAndrew, a midfielder, each received honorable mention.

They helped Dallas roll over North Pocono, 15-1, in the home debut.

The girls, coached by Mary Beth Zardus, have defeated both Crestwood and Pittston Area.

The girls team, which beat Pittston Area, 14-5 in the home opener, has four seniors - Madeline Mulhern, Cara Pricher, Deidre DeLuca and Evonna Ackourey - who received all-star recognition in their previous league.

With dozens of players involved in forming two winning teams, lacrosse is establishing its place in the Dallas athletic program after years of dedicated effort by those excited about the sport's growth.

"They did sell me on it," Roberts said of the original decision to add the sport to those that the school district sponsors. "The kids pushed it. The boys and girls teams and the boys and girls coaches really didn't let it drop.

"With the numbers we had in it, we knew it was the right thing to do."

Lake-Lehman sophomore has record-breaking throw

Cayle Spencer's javelin hurl breaks 12-year-old school record.

By TOM ROBINSON
For The Dallas Post

Cayle Spencer set a school record in the javelin Tuesday and added a win with a career-best in the shot put.

When the impressive performance was over, coach John Sobocinski was not certain that either would ultimately be the best event for the talented Lake-Lehman sophomore.

"She has a lot of talent in the discus," Sobocinski said of Spencer. "She can be really good once she perfects her spin. She has a chance to do some really nice things in the discus."

With the chance to compete in pleasant weather conditions for the first time, Spencer had the best day of her high school career, contributing 13 points with two first-place finishes and

a second in the discus to help Lake-Lehman tie Northwest, 75-75, and remain unbeaten through three meets.

Spencer had never thrown the javelin more than 120 feet in competition. After unleashing consecutive throws of 124 and another of 127 at Monday's practice, she carried that momentum into Tuesday's meet.

A throw of 122-8 broke the 12-year-old school record of 120-1 that had been held by Kari Maskalis.

"I've been working toward that school record since last season," said Spencer, who finished third in the District 2 Class AA Championships as a freshman.

While her coach sees the potential for her to become even more of a three-way threat as a thrower, Spencer enjoys javelin the most.

"It's my favorite," said Spencer, who took up track and field in seventh grade and immediately settled into the throw-

ing events. "Every year I get better at it.

"I just try to keep working on my technique and footwork."

That attention to detail has combined well with the athleticism that has already made Spencer a two-year starter in soccer and basketball where she was among the Wyoming Valley Conference's top scorers while producing 20 points per game.

"She's a strong kid," Sobocinski said. "She's explosive; she's very coordinated, a really nice athlete. It's just a matter of perfecting her form."

Tuesday's efforts showed she's well on her way.

"We all thought shot put would be her weakest event and she goes out and throws over 33 feet," Sobocinski said. "That's a fantastic throw."

Spencer was sixth in the district in the shot put last season.

The javelin distance produced Tuesday, if repeated in May at Scranton



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Cayle Spencer throws the javelin in track and field events for Lake-Lehman High School. Her throw in a meet on Tuesday broke a 12-year-old school record.

Memorial Stadium, would make her a district title contender. That throw of 122-8 would have finished second a year ago.

"That throw, if she packages it up and takes it on the road has a very good chance to win districts," Sobocinski said. "That can win districts. If you get

into the mid- to upper-120s, traditionally that win will districts in Double-A.

"Even in Shippensburg, at the state meet, you have a chance to medal with that."

With Tuesday's performances, Spencer showed she is in position to contend for more honors as the season progresses.