

BMT grididders shine in UNICO game

West trounces East, 55-14, in 63rd annual classic

TOM ROBINSON
For The Dallas Post

Lake-Lehman's Dustin Jones sparked the offense with one last big game on his home black turf at Edward Edwards Stadium.

Four Dallas linebackers led the defensive effort.

That Back Mountain combination paved the way Nov. 30 when the West turned the 63rd Annual UNICO All-Star Classic into a rout, beating the East, 55-14, for its eighth straight victory in the all-star game for senior football players from the Wyoming Valley Conference.

Jones earned the game's Most Valuable Player award by carrying 14 times for 121 yards and four touchdowns while making other contributions to the win.

"He does everything you ask him to do," said Wyoming Valley West's Pat Keating, who coached the West team. "He's very unselfish whether he's getting the ball, he's blocking for somebody or he's trying to make tack-

les on defense.

"He's just an all-around great football player."

Logan Brace, Mike Mihal, Mark Michno and Bill Gately, all from Dallas, were among the top defensive players for the West.

"They're tough kids," Keating said. "They have a great nose for the football. It was just simplifying things and letting those guys play fast and run to the football. They did a great job tonight."

Jones ran 3 yards for the only touchdown of the first quarter in what started out as a close game.

The teams were tied, 7-7, and the East had the statistical advantage before the West ran off 20 points in less than five minutes late in the first half to start a streak of 41 straight points.

Gately followed Jones around left end and ran 31 yards for a touchdown to break the tie.

Jones also scored from 31 yards and had both a tackle for a loss and a fumble recovery during the late-second quarter flurry that broke the game open.

Jones, who rushed for 2,116 yards and 31 touchdowns while helping Lake-Lehman to division and district titles this season, wound up with



Referee Earl Harris tosses the coin as Umpire Frank Galicki and UNICO team captains look on at mid-field at Edward Edwards Stadium in Lehman Township.

touchdown runs in each of the four quarters. The fullback/defensive tackle plans to continue football into college.

"I plan on playing," said Jones, a District 2 Class AA heavyweight wrestling champion last winter who said he is unlikely to continue in that sport this season. "I just have to see what my opportunities are and take my best opportunity."

Even while struggling through a one-win season, Dallas often displayed a strong defense

this year.

Brace, Mihal, Michno and Gately showed some of the reasons why.

Brace and Michno started at linebacker while Mihal and Gately were part of the rotation of players used there. Brace finished as the game's leading tackler with six, including one for a loss, and an assist. Mihal had four tackles and was the only player in the game with two tackles for a loss. Michno had a tackle for a loss and forced a fumble. Gately had two

tackles, including one for a loss, and three assists.

Gately also ran three times for 52 yards as part of a West offense that averaged more than 10 yards per play.

Brady Butler, Pete Borum, Kyle Romanofski and Bobby Winters also represented Lake-Lehman in the game. Josh Winters was selected but could not play because of injury.

Butler joined the Dallas linebackers among the top five tacklers for the West while also carrying



Dallas' Logan Brace goes back to the huddle after making a tackle for UNICO West.



Lake-Lehman's Dustin Jones, right, carries the ball for a UNICO West touchdown.

twice for nine yards.

Luke Edwards and Rocky Rutkoski were the other Dallas players in the game.

Tunkhannock was represented by Alex Bishop, Shane Edmondson, Josh Kosak, Mike Markovitz and Ben Swilley.

Lake-Lehman hockey players take talents to Saint Francis University

STAFF REPORTS

The Saint Francis University field hockey program is on the rise with the help of a strong connection to Lake-Lehman.

In a unique situation for NCAA Division I sports, more than one-third of the Red Flash roster – and even one of the team's three coaches – are Lake-Lehman graduates.

With that strong influence from the Black Knights, the Loretto, Pa. school has made a significant climb from what was once its position at the bottom of Division I teams around the country.

Jaime Lipski is an assistant coach, Lottie Chipeco and Erica Johnson recently completed their senior seasons and Nikki Snyder, Selena Adamshick, Michelle Lipski, Tori Frederick and Carly Gromel are underclassmen on the team.

Saint Francis lost 55 straight games from 2001 through 2004 and was a combined 22-164 through 2011.

The 2012 team – featuring Chipeco, Johnson, Snyder, Michelle Lipski and conference Rookie of the Year Adamshick – was the first winning team in school history and also captured a Northeast Athletic Conference co-championship in the regular season while going 12-6.

With even more former Black Knights in the mix this season, the Red Flash moved up in competition to the Atlantic 10 and still managed their second-best record ever at 8-8.

Saint Francis coach Stacey Bean has developed a strong connection with Lake-Lehman coach Jean Lipski through years of recruiting and has built a large part of her team around Lake-Lehman



Former Lake-Lehman field hockey players who now all play for Saint Francis University in Loretto, Cambria County, about 20 miles west of Altoona, are, from left, Lottie Chipeco '10, of Harveys Lake; Nikki Snyder '11, of Harveys Lake; and Erica Johnson '10, of Hunlock Creek. Second row, Carly Gromel '13, of Harveys Lake; Michelle Lipski '12, of Shavertown; Selena Adamshick '11, of Harveys Lake; and Tori Frederick '12, of Sweet Valley.

graduates. Jaime Lipski, a former two-time, second-team Big East all-star at Providence College, is Jean's daughter. Michelle Lipski is Jean's niece.

"We have our own little support group," Michelle Lipski said after returning home for the holidays along with the rest of her college/former high school teammates.

Having other Lake-Lehman graduates already there, combined

with an early commitment from Frederick, her close friend and roommate, helped Michelle make her decision.

So many players sticking together from the same high school has made the 175-mile trips to and from the Saint Francis campus easier for the student-athletes and their fan base.

"Depending on where it is, all of our parents follow wherever

we go," Michelle said. "Sometimes, if it's close, our high school brings the younger girls to our game."

Chipeco, Snyder and Gromel started all 16 games this season.

A defender, Chipeco had two assists. Snyder, a junior midfielder, led the team with 10 assists and also scored a goal. Gromel, a freshman defender, made the Atlantic 10 all-rookie

team and had one assist.

Adamshick played and started in all but one game, while ranking second on the team in goals (12), assists (8) and points (32).

Michelle Lipski, a sophomore forward/midfielder, made two starts and appeared in 13 games total.

Johnson and Frederick, a redshirt freshman, each appeared in five games as forwards.

Regan Rome runs her way to spot at nationals

Lindsey Oremus, Ally Rome and Bryanna Dissinger also had big days Nov. 30 at the 35th annual Foot Locker Cross Country Championships Northeast Regional.

TOM ROBINSON
For The Dallas Post

Regan Rome earned a return trip to nationals and Dallas teammates Lindsey Oremus, Ally Rome and Bryanna Dissinger also had big days Nov. 30 at the 35th annual Foot Locker Cross Country Championships Northeast Regional in the Bronx, N.Y.

Rome finished eighth out of a field of 107 top high school runners from 11 states and the District of Columbia, representing one-quarter of the nation. The four-time District 2 champion assured herself of finishing her high school career at the national meet by placing in the top 10.

The top 10 runners from each of four regions will gather Dec. 14 at Morley Field in San Diego's Balboa Park for the Foot Locker Nationals. Rome was one of four Northeast girls to qualify for nationals for the second straight year.

In addition to the championship race, which was seeded based on state high school finishes, other runners competed in junior/senior and freshman/sophomore races.

Oremus won the junior/senior girls race and Ally Rome, Regan's younger sister, finished second in the freshman/sophomore race. Dissinger was ninth in the junior/senior girls race.

All four girls won individual state medals while helping Dallas win the state Class AA championship in November. Regan Rome was second in the state while Oremus was 14th, Dissinger was 15th and Ally Rome was 16th in the race at Hershey.

Regan Rome ran the 3.1-mile course at Van Cortlandt

Park in the Bronx, N.Y. in 18:04. Pennsylvania Class AAA champion Tessa Barrett of Abington Heights, a frequent rival of Rome's in District 2 track and field and cross country races, won the race in 17:33, the fastest girls time of the past five years.

Barrett and Rome helped Pennsylvania finish second, behind New York, and ahead of New Jersey, Connecticut and Massachusetts in the team competition among states represented by five or more runners.

Tunkhannock sophomore Maggie Toczko was also in the top half of the field, finishing 44th in 19:34.4.

Oremus topped a 103-runner field by finishing in 19:41.2 for a six-second victory. Dissinger was ninth in 20:22.6.

Ally Rome was one of only two girls in the 87-runner freshman/sophomore girls field to break 20 minutes. She finished in 19:59, 17.1 seconds behind champion Aaliyah Wajid of Bronx, N.Y.

The boys championship race drew a field of 171 runners.

State Class AA champion Dominic DeLuca of Dallas finished 20th in 16:51.1 and state runner-up Domenic Hockenbury of Lake-Lehman was 21st just four-tenths of a second behind.

Jack Tidball was 97th and Tunkhannock teammate Carson Ayers was 129th.

Other members of Tunkhannock's state Class AA boys team champion also competed.

John Loomis was 21st of 140 in the junior/season race in 17:38.8.

Jacob Toczko was 15th out of 149 in the freshman/sophomore boys race in 17:24.9. Alan Grow was 69th.