

Cage, wrestling teams look forward to tournament action

Christmas week action preps teams for conference play

Tom ROBINSON
For The Dallas Post

High school basketball and wrestling teams from the Back Mountain will use the week between Christmas and New Year's to prepare for Wyoming Valley Conference competition in tournament action.

The Lake-Lehman wres-

ting team, which won its only conference match, is the only one of those teams to have started WVC action.

The rest will be transitioning from non-league play to the tournaments as the last step before league games begin the first week of January.

The Lake-Lehman boys basketball team and Dallas girls basketball team will actually play in their second tournament.

BOYS BASKETBALL
After reaching the final of the Cal King Memorial Tournament at Lackawanna Trail, Lake-Lehman will try to go a step further when it

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competes in the McGrane Tournament at the Wilkes-Barre CYC Thursday and Friday.

Pete Borum and Adam Dizbon will look for their second all-tournament selection of the season.

Borum scored 36 points and grabbed 21 rebounds while Dizbon had 12 points and 10 rebounds Dec. 13 when Lake-Lehman beat host Lackawanna Trail, 70-65, in the King Memorial.

The Black Knights rallied from a 30-22 halftime

deficit. Cody Paraschak finished with 13 points.

Borum had 10 first-quarter points before getting into foul trouble in the final when Mid Valley rolled over Lake-Lehman, 81-37. He finished with 18 points and 13 rebounds. Dizbon had nine points and five assists before fouling out early in the fourth quarter.

The same field returns to the McGrane Tournament. Dizbon made the all-tournament team last season.

The Black Knights, who finished fourth a year ago, will play Holy Redeemer Thursday at 6 p.m. Defending champion Hanover Area plays Pittston Area at 7:30 p.m.

The consolation and finals are set for Friday night.

Dallas returns to the Wyoming Area Holiday Tournament where it finished third last year.

The tournament also brings back the same field for games Thursday and Friday.

The Mountaineers open with the host Warriors. Defending champion Wyoming Valley West will play Old Forge in a rematch of last season's final.

GIRLS BASKETBALL
Dallas will play Central Columbia Friday in the first game of the Judy Knorr Tournament at Berwick. Selingsgrove will play Berwick in the second game of the tournament, which continues Saturday.

The Mountaineers finished last out of four teams at the season-opening tournament at Wyoming Valley West. Maggie Michael made the

all-tournament team there.

WRESTLING
The largest local high school wrestling tournament each season is the Tunkhannock Kiwanis Tournament.

Tunkhannock placed sixth and Lake-Lehman seventh out of 20 teams last year.

Among the individual champions expected back to defend their titles are Tunkhannock's Ben Siegel and Lake-Lehman's Austin Harry. Brady Butler finished second for Lake-Lehman last season while Jake Richards and Dalton Ray are back for Tunkhannock after finishing third.

Lady Black Knights can be dangerous

Lehman overpowers Dallas, 66-47, to win Black & Blue Trophy Game

TOM ROBINSON
For The Dallas Post

Cayle Spencer's scoring ability is quite evident to the Dallas girls basketball team.

The Lake-Lehman junior has scored 32 points in the Black and Blue Rivalry Trophy Game each of the past two seasons.

The Black Knights also made it clear Monday night how dangerous they can be when providing offensive support for Spencer while they broke away early in their 66-47, home-court victory.

Lake-Lehman used the rivalry game to win its third straight since falling to powerful Scranton Prep in the opener. Spencer put up her season-high in scoring, but the Black Knights also got their most productive night of the season from the rest of the lineup.

"Emily Sutton's all over the place; she's doing a great job for us," Lake-Lehman coach Charlie Lavan said. "The other kids are hitting shots. Danae Sutliff is playing a real solid brand of basketball with her defense, hitting some nice shots for us and running the open floor.

"We're a work in progress. We're coming along."

Sutliff hit two 3-pointers in the first 2:05 to get the Black Knights off to a fast start. Sutton made her first five shots while leading Lake-Lehman to an advantage on the boards. Miranda Pace helped make sure the Black Knights stayed comfortably in front by hitting her last four shots.

"It's Dallas, so we just came out hard," said Spencer, who is averaging 23.0 points per game, up almost five from a year ago when she led Wyoming Valley Conference Division 2 players in scoring. "We got to the rim early, which we've been having trouble doing lately."

Spencer was a consistent force, scoring at least seven points in every quarter while also producing nine rebounds and three steals. Sutton finished with 11 points, 16 rebounds and five assists. Sutliff had 12 points and two steals. Pace contributed nine points and eight rebounds.

Dallas had held the edge over Lake-Lehman in recent years.

When the Black and Blue Rivalry Trophy was created last season, however, Lake-Lehman pulled off an upset over a Dallas team that was on its way to the WVC Division 1 title.

"Usually, in the past, we haven't beaten them," Sutton said. "In the last two years when we've had the Black and Blue Trophy, we've got the win and these



Tears and joy overwhelm the Lady Black Knights after they defeated Dallas, 66-47.



Dallas player Katie Kavitsky (No. 23) provides good block against her Lake-Lehman opponent.

The boys Black and Blue Rivalry Trophy Game will be decided Monday night when Lake-Lehman plays at Dallas.

are my last two years at Lehman, so that's really great."

Monday's win could not be characterized as another upset.

Lake-Lehman showed off its veteran team and likely WVC Division 2 contender against a Dallas squad that is young and still looking for its first win of the season.

There were times during the night that the promise of those young Dallas players showed. Dallas won the junior varsity game, 50-17, then got valuable bench contributions from some younger players while keeping Lake-Lehman from breaking away further after opening a 19-1 lead in the first quarter.

"Dallas is an up-and-coming team," Lavan said. "They're going to be a good basketball team."

"They have some solid players and when their young players start to come around, they're going to be good. We had a little more experience on the floor tonight and that definitely worked to our advantage."

Lake-Lehman established control early.

Sutliff's 3-pointers 33 seconds apart made it 7-0. Sutton added the next two baskets to make it 11-0 and Lake-Lehman held Dallas without a field goal until the last 20 seconds of the first quarter while building the 19-1 lead.

"We tried to attack their defense and get them in foul trouble," Spencer said. "Overall, we played hard man defense and pressured their ball handlers. They have a lot of good shooters, but we got in their face tonight."

Samantha Missal, who led Dallas with 18 points, scored six straight to cut the deficit to 25-12 midway through the second quarter.

Sutton and Spencer scored four points and Pace added a three-point play in an 11-1 response that put Lake-Lehman in command for good, 36-13.

The Black Knights opened the second half with three straight 3-pointers — two by Spencer and one by Sutton — for a 45-17 lead.



Lake-Lehman's Emily Sutton (No. 10) passes around Lady Mountaineer Stef Cybulski (No. 25).



Lake-Lehman's Danae Sutliff (No. 33) and Katy Comitz (No. 15) of Dallas spar in the annual Dallas vs. Lake-Lehman basketball contest.



Lady Black Knight Cayle Spencer (No. 32) gets under and around Dallas defenders Maggie Michael (No. 41) and Stef Cybulski (No. 25).

"Lately I haven't been shooting well, but tonight I was on," Sutton said.

Lindsay Jacobs came off the Dallas bench to hit two 3-pointers. Sophomore

Nikki Wren scored six points and grabbed a team-high 10 rebounds and freshman Sara Lojewski added five points and two assists, also as substitutes.



Dallas High School cross country standout Regan Rome recently competed in the national championship.

Rome takes talent to national competition

Dallas runner finishes 28th in cross country national race in San Diego

TOM ROBINSON
For The Dallas Post

Regan Rome completed her high school cross country career running with the best competition in the country.

The Dallas senior made a return trip to the Foot Locker Cross Country National Finals in San Diego where she placed 28th Dec. 14.

A season spent overcoming illness and injury may have caught up with Rome a bit on the national level, but she still finished with a surge to move up in the ranks among 40 runners, who had qualified by finishing in the top 10 in one of four regionals.

"I was a little behind at the two-mile and I caught some more girls," Rome said, "so, I didn't give up. I kept going and caught some girls in that last mile so I was happy with that."

Rome arrived in San Diego healthier than she had been earlier in the fall. The four-time District 2 champion, state Class AA runnerup and leader of the Dallas state championship team, however, did not have the same training behind her as when she finished 19th in the national race as a junior.

"I'm healthy, but certainly not trained right," said Rome, who still has her senior track and field season ahead at Dallas before heading off to William & Mary in

Virginia to compete on the NCAA Division I level in cross country as well as indoor and outdoor track. "I was only able to do a little bit leading up to the races compared to the other girls and how I would usually train."

"It's a little disappointing knowing I could have done better but it's just great to be out there and I'm so excited that I made it out here with these amazing girls, so I can't complain."

Rome was part of a Northeast Region team that won the team title, led by Penn State recruit and Abington Heights senior Tessa Barrett winning the individual championship.

The Northeast posted a team score of 26 to defeat the West (49), South (66) and Midwest (70).

"We knew our region was really competitive this year. We had a lot of really good girls so we knew we had a chance of winning. That was really cool."

Rome finished the 3.1-mile course at Morley Field in Balboa Park in 18:22, 18 seconds off of her time from last year.

The trip to San Diego with her parents, younger sister and teammate Ally and Dallas coach Matt Samuel included several other activities.

"It was a real fun experience," Rome said. "We got to meet a bunch of pro athletes who ran this race. Ten or 15 years ago, they were in the same spot."

Among those Rome was most excited to meet was Olympian Molly Huddle, the world record-holder at 12,000 meters and national champion and record-holder at 5,000 meters, the distance of high school cross country races.