

**Winter previews to conclude next week**

The Bee will wrap up its previews of the varsity winter sports teams for the 2006-07 season in next week's edition of the paper by featuring the indoor track teams, as well as any other team that was missed over the past few weeks. As always, the preview will include a full schedule.

## South boys keglers make ECIC Division II debut

by **PATRICK J. NAGY**  
*Reporter*

Williamsville South enters some unfamiliar bowling territory for the 2006-07 season.

Because of enrollment, the ECIC Division III co-champions move up for the first time to ECIC II.

While the Billies won't have to contend anymore in league matches with usual bowling powerhouses Maryvale, Tonawanda and Depew, coach Rick Newton said there are some challenging teams awaiting.

"West Seneca East is always tough," he said. "Sweet Home's usually good. Iroquois always has got a bunch of kids who bowl well. These are teams that we've never faced before. The big part is they're all new lanes for us. I really don't know what to expect. The first go around is going to tell me how we'll do."

Newton returns a veteran squad despite returning the fewest number of seniors.

His "A" lineup will consist of sophomore cousins Alex and Adam Petrie, junior Russ Scheiss and senior anchor Collin Ballou. Scheiss and Ballou are co-captains.

Newton expects Ballou, who had the third highest average on the team last year, to be his steady self, averaging between 215-220. At the Maryvale Holiday Tournament on Dec. 4, Ballou shot a 640 series, averaging over 213. South finished fifth overall with 3,020 total pins, nine from fourth-place Depew.

Scheiss was the team's second leading bowler last year.

Alex Petrie, the "B" team's anchor last year, improved his average between 25 to 30 pins and should be around 220 leading off this season. He led South with a 656 series at Maryvale.



**Collin Ballou** captains Williamsville South's boys bowling. Ballou will anchor the Billies' "A" team.

*Photo by Joe Eberle*

Adam Petrie also bowled on "B".

"We lost one of the top bowlers in the section in Steve Terranova (to graduation) but I think between the bunch of them, there're all going to step up," said Newton of his "A" team.

Look for 6-foot-1, 200-pound eighth grader Anthony Cirbus to anchor the "B" team and average 200.

"Maturity is the factor with him," said Newton. "As he matures, he will be very tough. And he is tough now."

Junior Justin Maggio, a solid 180 bowler, senior lefty Andy Vitale, seventh grader Matt Petrie, Alex's youngest brother, and sophomore Mike Wambach, who is recovering from a knee injury, to all compete for a starting "B" spot.

Senior Nate Sprague and freshman Matt Terrana rounds out the squad.

Newton describes his team as talented and mature with a good sense of knowing how to compete as a team.

"They want to do well individually but they're there to make sure everybody stays up emotionally and competitively," he said. "I've got kids helping other kids, pointing out lane conditions, the spot to go to on the lanes, and where you should put your feet. They want to hear and learn from each other and want to win together. That's an amazing combination. That gives me a lot of optimism for this year."

Newton credits volunteer assistants Paul Mamon, Mike Petrie and Tim Petrie for helping the team in the offseason through travel leagues at Transit Lanes and supporting them during the season.

South has also won the boys portion of the Williamsville Cup for the last ten years.

### South 2006-07 Schedule

12-13 East .....	4 p.m.
12-18 Hamburg.....	4 p.m.
1-3 at Sweet Home (Manor II).....	4 p.m.
1-8 W.S. East .....	4 p.m.
1-10 at Iroquois (Lancaster).....	4 p.m.
1-17 at East (Transit).....	4 p.m.
1-31 at W.S East (Wimbleton Lanes).....	4 p.m.
2-3 at Roy Summers Tourn. (Thruway).....	8 a.m.
2-5 Iroquois.....	4 p.m.
2-7 Will. Cup (date tentative, at Transit).....	TBA
2-12 at ECIC Rolloffs (Thruway Lanes).....	TBA
2-15 at Section VI Championships (Thruway Lanes).....	TBA

\*All home matches are at Transit Lanes.

*e-mail: pnagy@beenews.com*

## High yardage equals success for Amherst boys swimming

by **PATRICK J. NAGY**  
*Reporter*

While most high school swimming coaches believe total immersion is the best style to help one's team, Amherst Central's Chris Connor has an old-school approach that has never failed.

"I still believe in hard work and (high) yardage," said Connor. "That's why in meets that count at the end of the year our boys excel."

Connor said normally, teams swim about 5 to 7,000 yards in practice. Amherst swims 7,000 yards at the minimum and max out at 10,000. It's a philosophy he learned from former East Aurora coach Tom Fahrenholz, who he swam for from 1989 to 1993. Fahrenholz won 36 division and 10 sectional titles from 1967 to 2004.

"We train our swimmers for aerobic endurance first, then we build a foundation of speed and quality," he said. "I've found that it pays off quite a bit. That's why we seem to be a breeding ground for distance swimmers."

The swimming philosophy is why Amherst has excelled at postseason meets in recent years. Last year, Amherst sent only four swimmers to ECICs and the Sec-

tion VI Championships and took fifth and tenth overall, respectively. Most of the Tigers' finishes came in distance events, including graduate Steve Rois, who won the 500 free and took second in the 200 IM at sectionals.

Two of those four swimmers, captains senior Ryan Menasco and freshman Paul Timmel, return. Menasco was close to qualifying last year for the New York State Championships in the 50 and 100-yard freestyle. Connor said Menasco has already surpassed his 50 free time from ECICs and sectionals in the team's first league meet this season, a 69-29 home loss on Dec. 5 against Starpoint.

Connor said he expects Timmel, who won the 200 and 500 free against Starpoint, to be a top swimmer in both events at sectionals and be close to the state cut time in the 500.

Other returning Tigers include freshmen Allen Dengler, Nathan Chau, and Ian Blochwitz, sophomore Marshall Davis and junior Harrison Singer.

Dengler already qualified for ECICs in the 100 butterfly and 500 free with personal best times against Starpoint. Connor expects Chau to qualify for sectionals in the 100 fly and backstroke,

Blochwitz at ECICs in the 100 and 200 free, and Singer and Davis in any 50 to 500 free distance event at ECICs and sectionals, respectively.

New to the team are freshmen Justin Jenkins (50, 100 free), Ben Swiatek (free, back), Devin Finan (breast, free), junior Stephen Arlington (breast, free) and senior Ian Johnson (free, back).

Perhaps the team's best kept secret is seventh grader Jacob Hofmar-Glennon, one of the top 11-12 age Western New York swimmers. Hofmar-Glennon, who also swims for Tonawanda Titans Swim Club, can swim the back, free and IM events. This past weekend, he competed at the STAR Invitational, an ultra competitive swim meet featuring teams from all over the Northeast.

Against Starpoint, Connor said Hofmar-Glennon won the 100 back pretty handily, defeating a Starpoint junior and sophomore. He also took second in the 200 IM.

Connor said his relay teams are up for grabs but his strongest core group consists of Hofmar-Glennon, Timmel, Menasco and Singer in the 400 free relay, Hofmar-Glennon, Arlington, Timmel and Menasco in the 200 medley and Timmel, Menasco, Hof-

mar-Glennon and Davis in the 200 free relay.

Amherst moves from a large school to small school classification and will compete with the likes of Eden, East Aurora, Cleveland Hill, and Tonawanda, who they swam on Tuesday but results were unavailable before The Bee went to press.

"I've never seen a more competitive group of small school teams," said Connor.

Connor said he expects his team to win between eight to ten

meets and surprise squads at the end of the season.

"I think some teams are not expecting what we've got and we're looking forward to that," said Connor. "Our team goals are to qualify all swimmers for ECICs and place as high as we can, then qualify as many from ECICs for sectionals. We want our kids to shine at the end of the year rather than during dual meets during the year."

"I probably have one of the

*(Please turn to page 18)*



**Amherst Central freshman Paul Timmel** should be a top 200 and 500-yard freestyle swimmer. Timmel is a co-captain.

*File photo*