

Amherst indoor track attempts to break school records

by **PATRICK J. NAGY**
Reporter

There are plenty of reasons why Amherst Central's boys and girls indoor track teams should have successful seasons.

The girls team returns senior captains Celia Alterio (aiming for school record in 1000 meters) and Arielle Januszkiewicz (qualified for New York State Championships last year in 3000) as well as junior Sarah Lister. The boys team features senior Willie Jones (leads Western New York rankings in high jump) and junior Dave Szymkowiak (gunning for school records in 1000 and 1600).

Girls

Coach Bob LeFauve said Januszkiewicz should have a shot at states this year in the distance events. Lister is an all-purpose runner who is using the indoor season to take a run at the school's outdoor 400 intermediate hurdles record, he added.

Brenna Symoniak, who is coming off a state meet appearance in cross country, and Naysa Watson, a likely qualifier in the 300, lead a strong group of freshmen runners.

Boys

LaFauve said Jones should also challenge in the triple jump, where he'll be joined by senior David Robinson-Gault. Junior newcomer Deshawn Hough has been a quick study in the hurdles, LaFauve added.

Among the freshman, 300 sprinter Joe Calato looks the strongest, he said.

Senior Andy Wong is the team captain.

Amherst Central 2006-07 Schedule

12-22 at Fredonia State College 5 p.m.
12-27 weight throw exhibition/pole vault competition at Lancaster 9 a.m.
12-29 at Fredonia State College 9 a.m.
1-13 seventh-tenth grade championships at Fredonia State College 9 a.m.
1-15 WNY Relays at University at Buffalo..... 9 a.m.
1-21 at Fredonia State College 9 a.m.
1-27 at Lancaster High School noon
2-3 at Fredonia State College 9 a.m.



Sweet Home's Jacob Hagen has already qualified for the Section VI Championships in the 3200.

Photo by Patrick McPartland

2-10 League Championships at Fredonia State College.... 9 a.m.
2-17 Varsity Invitational at Lancaster..... 8 a.m.
2-24 Section VI Championships at Fredonia State College.... 9 a.m.

Sweet Home

Strong distance runners highlight Sweet Home indoor track this winter.

Jacob Hagen, Ryan Poley, and Megan Niblock, who all qualified for the New York State Championships in cross country this fall, hope to carry their success into the indoor track season, said Sweet Home coach Christine Couvutsakis, who will be assisted by Byron McKinney.

Hagen has already qualified for this year's Section VI Champi-

onships in the 3200. He also runs the mile, 1000 and 600. At last year's sectionals, Hagen placed fourth in the 1000 and 1600. He was second in the 1000 (2:45.8) at Saturday's meet at Lancaster.

Poley primarily runs the 3200. Niblock has qualified for sectionals in the mile, 600, triple jump and 1000. She placed sixth in the 600 at last year's sectionals.

Other Sweet Home boys to look out for are junior thrower Andrew Hopkins, junior high jumper and hurdler Dan Miranda and sophomore newcomers sprinter Matt Cross and jumper Nick Cavalieri.

As of this writing, the boys' 4x800 relay is ranked second in

Western New York. Hagen and Poley are set members. The other two spots are a work in progress. Ryan Hughson and Tim Heavern ran with Hagen and Poley in the team's first meet. Poley, Hagen, Heavern and Mike Bakowski were second at Lancaster in 9:03.1.

The girls team also features freshmen triple jumper Rebecca White, who was third in the event on Saturday with a leap of 28-4½, and mile runner Katie Niblock and sophomore shot putters Britany May and Meg Land. All are new to the team.

Couvutsakis sees the 1600, 3200, 1000, 600 and the boys' 4x800 as the team's best events.

"It's too early to tell, but I would like to qualify the distance runners - Hagen, Poley and Megan Niblock - possibly Miranda in the hurdles and Hopkins in the shot put (for sectionals)," she said.

"They're a young team and are hard workers," she added. "I see a lot of potential in the upcoming years."

Sweet Home 2006-07 Schedule

12-27 weight throw exhibition/pole vault competition at Lancaster 9 a.m.
12-30 at Fredonia State College 9 a.m.
1-13 seventh-tenth grade championships at Fredonia State College 9 a.m.
1-15 WNY Relays at University at Buffalo..... 9 a.m.
1-21 at Fredonia State College 9 a.m.
1-27 at Fredonia State College 9 a.m.
2-10 League Championships at Fredonia State College.... 9 a.m.
2-17 Varsity Invitational at Lancaster..... 8 a.m.
2-24 Section VI Championships at Fredonia State College.... 9 a.m.

Williamsville East

The East boys return senior Will Hughes and will get valuable experience and talented leadership from juniors Matt Pawlicki, Andy McDonald, Zinan Cheng, Carl Lew and Greg French, a sectional qualifier in the pentathlon from last year's outdoor team.

Promising sophomores include Scott Ryan and Dan Hughes and newcomers Ben Wie, Andy Aderman, Dan Egan and Fernando Recio.

Pawlicki, McDonald, Ryan and Recio run middle distance. French and Egan hurdle and long jump. Cheng long jumps and sprints. Lew, Wie, Aderman, and Will and Dan Hughes are sprinters.

Ryan, Pawlicki, McDonald and Cheng ran cross country in the fall. Pawlicki, McDonald, Cheng, Lew, and Ryan and Dan Hughes also run outdoor track.

At a JV meet on Dec. 9 at Lancaster High School, Egan, Wie, Aderman and Recio ran the fastest 4x200 relay time of the day, with a 1:52.5.

East coach Kurt Holme said he has seen promise in the hurdle, long jump and middle distance events.

"We hope to challenge for sectional spots in the hurdles, long jump and sprint relay," said Holme.

Girls

Holme returns senior Nicole Marple (distance) and juniors Kristen Saviola (hurdler, sprinter), Hillary Scrivani (distance), Colleen Lauer and Kristen Leonard (both middle distance).

Freshman newcomer Melissa Spada has already taken second place in the 1000 and 1500 in a meet this season. Holme said Spada will run middle distance and distance events.

"She does well in anything," said Holme.

East 2006-07 Schedule

12-22 at Fredonia State College 5 p.m.
12-27 weight throw exhibition/pole vault competition at Lancaster 9 a.m.
12-29 at Fredonia State College 9 a.m.
1-13 seventh-tenth grade championships at Fredonia State College 9 a.m.
1-15 WNY Relays at University at Buffalo..... 9 a.m.
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North optimistic of state qualifying chances

Coach Julian Blake is excited about the indoor track program at Williamsville North. And why shouldn't he?

Last year, the North boys' team sent three athletes to the New York State Public High School Athletic Association Championships - Richard Wong, John Bauman and Matt Losi. Another two athletes - Mike Dobmeier and Andrew Mikulski - should have qualified but were injured. Out of the five, only Losi returns.

Others who graduated from the boys' team were Kurt Wende, Jeff Nelson, William Du, Varun Dewan, Mike Brown and James O'Leary and Jessica Lemmon and Angella Anello on the girls' side.

Boys

This season, Blake thinks the boys and girls team should be competitive on the track and in field events, led on the boys' side by Matt and Greg Losi. Both are senior co-captains.

Matt qualified for states last year in the triple jump after edging his brother, Greg, by five inches, for second at the Section VI Championships.

"The Losi's are four-year veterans with

state competition experience," said Blake. "They both lead the division in the long jump and were among the top three triple jumpers, just behind Wong. They will defend their rankings again this year and be a pivotal part of the sprint team."

Blake said Greg is also a 5-5 high jumper. Matt came in five seconds shy of the 55m-hurdle sectional qualifying time, he added.

Also returning to this lineup for the boys team will be seniors David Johnson, Jake Fortine, Jerry Gao, Justin Casselmen, Mi-ah Hildreth, Richard Weiss, and Alexander Weiser, juniors Max Esenbaum, Ryan Caselmen, Sean Felton, and Steve Oehler, sophomores Evan Hughes and Nathon Benamoz and eighth grader from Casey Middle School, Collin Preston.

Blake is looking for Johnson, Gao, Eisenbaum and newcomers senior Geoff Stallman, sophomores Michael Thelman and David Roberts and freshman Ryan Perry to compete in distance events, and Weiser, the Casselmen brothers and Benamoz as well as newcomers, seniors Ben Demerath and David Woods, juniors Tim Gavigan,

Will Fritzinger and Matt Flemming, sophomores Chris Colletti, Joe Seitz, Justin Shade and freshman Nick Otinger, in middle distance.

The boys' sprint teams will feature Fortine, Felton, Preston, Hughes, along with senior Arthur Collins, sophomore Andrew Svisco and freshman Robert Golightly.

Weiss, Svisco, and sophomore Greg Schwake as well as Golightly and other freshmen Raj Shah and Anthony Cimato will throw.

Girls

Junior Meredith Kirby and senior Ashley Redino will lead the way for a deep and talented field of Lady Spartans.

"Redino is a sectional qualifier in the 55 hurdles and a school record pole vaulter," said Blake. "Kirby is one of the top long jumpers in the section and a versatile sprinter who can competitively race 300 and 400 meters."

Kirby was nudged out of states last year in the long jump by a half inch. She finished third at sectionals.

Returning senior runners for the North girls' team includes seniors Kim Dohn, a

2005 state finalist in the 300, Nicole Steszewski, a sectional qualifier in the triple jump, Cristina Irizarry, Emma Donathen, Lauren Howell, and Jill Frenning. Returning juniors include Emily Curry, who advanced to the triple jump sectional finals, Dawn Hu, Kim Schueler, and Sarah Mikulski, who recorded her best time in the 55 hurdles at sectionals.

Other returning girls include sophomores Amy Loud, a sectional qualifier in the 55 hurdles, Alex Nero, Caitlin and Lauren Triantafillou, Sana and Sarah Khan, and Anya Giarraffa.

Blake likes Lemmon and Giarraffa and new additions junior Kayla Maxwell, sophomores Kim Berus, Leslee McGee, and Caitlin Curry and freshman Natalie Worley in distance events and Dohn, Hu, Schueler, Nero, Sana Khan and the Triantafillou's and newcomers juniors Katie Palka and Michele Bauman, sophomores Katie Dowdell, Kearsten Renzi, and Rosie McCarthy, freshmen Bailey Lamson and Molly Mitchell and eighth grader from Casey Middle, Ashley Fillmore in middle

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