

Sharks try to extend win streak in track

by **PATRICK J. NAGY**
Reporter

Not many high school sports teams could say they haven't lost in three years but the Sacred Heart girls track team can. But what makes the Sharks' 36-0 record over the last three years in Monsignor Martin Association meets more impressive is that they have also duplicated the feat in indoor track.

Judging by Sacred Heart's lineup for the 2007 outdoor season, there's a good chance the streak will continue. Coach Rod Sarkovics returns many girls who placed in an event at last year's All-Catholics. They include senior captains Melissa Federice, Kerry Hurley and Liz Subjeck, Jackie and Jenna Piecuch, senior Anna Ministero, juniors Kim Patterson, Kelli Anne Connolly, Emily Tutak, Brittany Gibbons and sophomore Melissa Naab.

Federice, a four-year varsity runner, was fourth in the 400-meters and was on the team's first-place 4x100 and second place 4x400-meter relay teams at All-Catholics. Federice will run the 400 and a leg in the 4x400 relay this season.

Hurley, fourth in the 3000 at All-Catholics, might run a relay, although Sarkovics is unsure of which event.

Subjeck, fourth in the discus throw and part of the 4x800 at All-Catholics, will again throw the discus and run a leg on the 4x400 and 4x800 teams. Sarkovics said Subjeck is running really well in practice.

"I expect big things from her," he said. "She's a talented kid with

a great work ethic."

The Piecuch sisters should excel in the triple and long jumping events. Each placed in the top three in both jumps at All-Catholics. Jackie is also the two-time All-Catholic champ in the 800. Jackie will also run the 4x400 relay. Jenna will compete in the 4x800 and another yet-to-be-determined event.

"I can't think of anyone who has been more significant for our program than the Piecuch sisters," said Sarkovics. "They're tremendous kids. I would not expect their senior years to be less of an impact than we've had from them in the past."

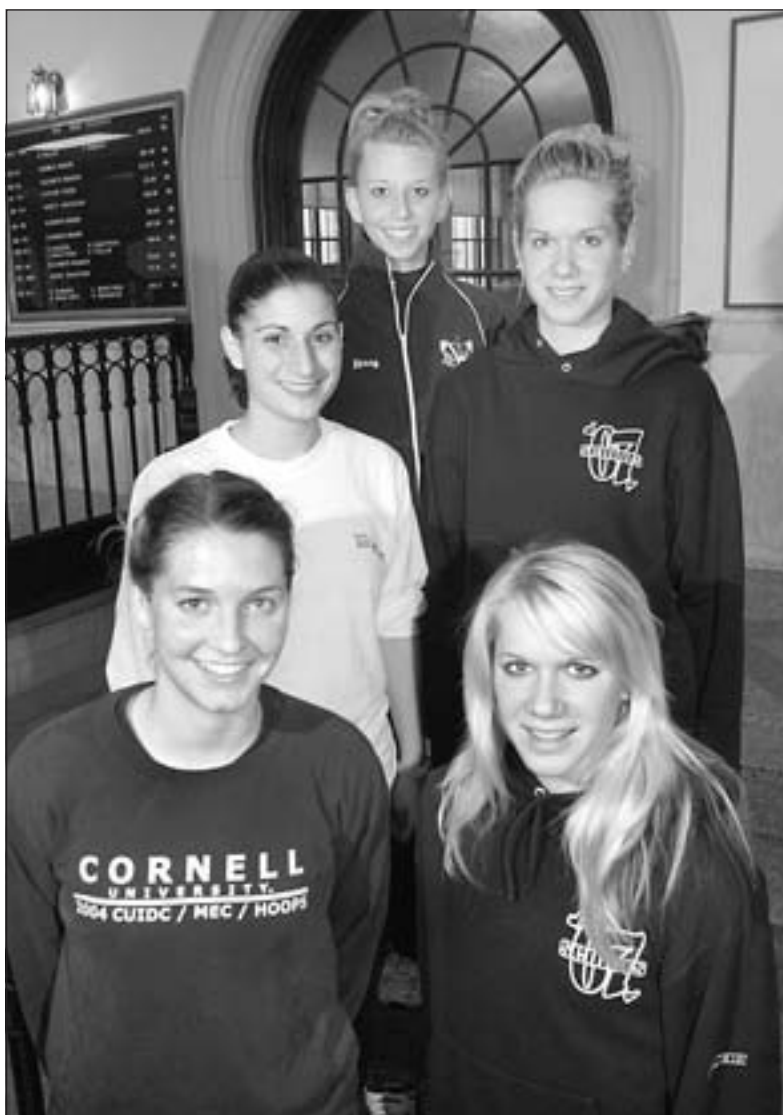
Ministero, fourth in the 1500 and Patterson, fifth in the 3000 at All-Catholics, return in these events. Connolly, fifth in the long jump at All-Catholics, is back in the long and triple jump.

Tutak, on the 4x100 at All-Catholics, might run a middle distance event this season. Gibbons, who placed at All-Catholics in the 800, 1500 and the 4x400 and 4x800 relays, will run the 3000.

Naab, a dynamite sophomore, placed fourth in the 100, fifth in the 200, and was on the 4x100 relay at All-Catholics as a freshman. She returns in all three events.

Other returning Sharks who should make an impact are senior Stephanie Smith (probably 800 and a relay) and junior Carly Hall (3000).

Sarkovics also debuts several new athletes brand new to track. They include seniors Michelle Rua and Gina Ricotta, junior Elizabeth Tramosch, and sophomores Natalie Coppola, Alycia



Sacred Heart's outdoor track team has five captains. In the front row, from left, are Elizabeth Subjeck and Jackie Piecuch; middle row, Melissa Federice and Jenna Piecuch; and top row, Kerry Hurley.

Photo by Joe Eberle
Purchase color photos at www.BeeNews.com

Pontello, and Amanda Zanghi, and freshman Alex Skomra. Rua swam for Sacred Heart in the fall; the rest are basketball players.

Sarkovics said Rua should fit in well on the 4x800 relay and possibly a middle distance event. Ricotta has worked herself into

one of the top three shot putters on the team, he added.

Tramosch is the team's top shot put thrower. She and Subjeck are the top discus throwers.

"We should be the strongest in years in the (shot put and discus) throws and a lot of that has to do with Tramosch," said Sarkovics.

Sarkovics is looking for good seasons out of Coppola (100, 200, 4x100 relay), Pontello (open 400, 4x100 relay, maybe 200), Zanghi (1500, probably 4x800 relay), and Skomra (possibly 100 and 200).

Overall, Sarkovics said there are 27 on the Sacred Heart roster, which makes it challenging for him to find a spot for everyone.

"The good thing with having that many kids on the team is that I can go to a number of girls to hopefully give others a rest," Sarkovics added. "That's something we've never been able to do in the last three years."

Sarkovics will find out how good his team is in the MMA as they open with rival Nardin at 4 p.m., Thursday, April 26 at the Donahue track.

"I know that Nardin will be ready and they know we'll be ready," said Sarkovics.

Sacred Heart 2007 Schedule
4-21 WNY Officials Relay (ECC South Campus)..... 1:15 p.m.
4-26 Nardin (Donahue).... 4 p.m.
5-1 Holy Angels (Donahue) 4 p.m.
5-8 Mount Mercy (Donahue) 5:30 p.m.
5-10 Mount St. Mary's (Donahue) 4 p.m.
5-16 All-Catholics (John F. Kennedy)..... 4 p.m.

e-mail: pnagy@beenews.com

South track

(Continued from page 21)

be a horizontal jumper.

Others who show promise are senior Michael Payne (sprint, horizontal jumper), junior Sean Bowers and freshman Peter Galbo (distance and mid-distance events), and sophomore Jordan Lawson (100 to 400 intermediate hurdles, horizontal jumper). Another one to look out for is Russ Scheiss (relay).

Williamsville South boys and girls 2007 Schedule

4-19 at East 4:30 p.m.
4-21 at WNY Officials Relay (ECC South Campus) 1:30 p.m.
4-24 Iroquois..... 4:30 p.m.
4-28 at Kenmore Track & Invitational 10 a.m.
5-1 Amherst..... 4:30 p.m.
5-5 at Wildcat Relays (Depew) 2 p.m.
5-8 at Starpoint..... 4:30 p.m.
5-15 at Pioneer..... 4:30 p.m.
5-19 at WNY Girls Track & Field Classic (Lancaster)..... 9:30 a.m.
5-19 at WNY Girls Track & Field Classic (Clarence)..... 9 a.m.
5-21 at All-Amherst Championships (Amherst) 4:45 p.m.
5-25 at ECICs (Alden) 3 p.m.
5-26 at ECICs (Alden) 10 a.m.
6-1 at Section VI Championships (Starpoint)..... noon
6-2 at Section VI Championships (Starpoint)..... noon

e-mail: pnagy@beenews.com

Niblock sisters lead Sweet Home

by **PATRICK J. NAGY**
Reporter

The best two athletes on the Sweet Home girls outdoor track team have the last name Niblock.

Senior Megan Niblock and her sister, freshman Katie Niblock, should be the Lady Panthers' top distance runners. Each can also triple jump although Katie has been trying the high jump. Katie's also taking a stab at the steeplechase, an event Megan has excelled in, including placing third at last year's Section VI Championships.

Others athletes who should contribute are the 4x100-meter relay team of sophomore Marissa Criswell, juniors Glenisha Ferby and Coretta Davis and either freshman Larri Phelps or Rebecca White. Criswell can also run the open 400. Ferby and Davis will compete in the 400 intermediate hurdles, Phelps can run the 100 and 200 and White can triple jump and run the 200.

Overall, coach Christine Couvtsakis said the team is large (45 members) and young (more

than half are freshmen and sophomores), with many coming from Sweet Home Middle School. One of the team goals is to train the younger members in field events. Another goal is to lower athletes' times.

Sweet Home 2007 Schedule


4-21 WNY Officials Relay (ECC South) 1:15 p.m.
4-24 Jamestown 4:30 p.m.
4-28 Ken West Invitational (Crosby Field) 10 a.m.
5-1 Hamburg..... 4:30 p.m.
5-8 at W.S. East..... 4:30 p.m.
5-12 Starpoint Team Challenge (Starpoint) 10 a.m.
5-15 at Lake Shore 4:30 p.m.
5-19 WNY Girls Classic (Lancaster)..... 9 a.m.
5-21 All-Amherst Championships (Amherst) 4 p.m.
5-25 ECIC Championships (Alden) 3 p.m.
5-26 ECIC Championships (Alden) 10 a.m.
5-31 Ninth, tenth Championships (Iroquois High School)..... 4:30 p.m.
6-1 Section VI Championships (Starpoint) noon
6-2 Section VI Championships (Starpoint) noon


e-mail: pnagy@beenews.com



Amherst
PEPSI
Center

A Town of Amherst
Recreation and Entertainment Center





Amherst's Premier Ice
and
Recreational Facility

**TWILIGHT
SKATE**

Every Friday Night

11:30PM-1:00AM

1615 Amherst Manor Dr. • Williamsville • 716-631-7555 • www.amherstpepsicenter.com
Join us for one of our many open skating sessions.