

# Lady Panthers refocus, rout Williamsville South

Practice paid off last week for the Sweet Home girls basketball team.

The Lady Panthers dropped a 58-51 non-league home game to Kenmore East last Tuesday and responded with a 68-45 home win over Williamsville South last Thursday in its ECIC Division III opener.

Sweet Home led Kenmore East, 13-12, and 27-25, at halftime but trailed, 39-35, after the third quarter.

Lady Panthers coach Matt LaRoach said his team did not play four intense quarters of basketball.

"We needed our defense to step up and we struggled to play with the intensity we are capable of playing with," said LaRoach. "This was frustrating because we didn't play our best basketball and we were still in a position to win the game. I felt like this one slipped away from us. Give Ken East credit. They came in and made plays and down the stretch. They hit big shots when they needed to."

Ellie Allen scored 20 points, grabbed 14 rebounds and dished out nine assists. Nadia Durno had a season-high 18 points and grabbed 12 rebounds.

"Allen and Durno were forces for us offensively," said LaRoach.

Kenmore East was led by Jazmine Bell's

19 points and Cheryl Hartinger's 13 points.

LaRoach said he talked with his team after the game about learning from the loss and coming into practice and getting better for South last Thursday.

"I stressed that the only way this is a loss for us is if we do not come in to practice and get better," he said.

The Lady Panthers responded against South, building a 19-7 advantage after the first quarter and a 41-16 cushion by halftime. Sweet Home was up, 56-30, after the third quarter.

"This was an important win for us," said LaRoach. "We came back in to practice prepared for our first league game. The girls really used Tuesday's game against Ken East as a learning experience for us to refocus on our team defense."

LaRoach said his team's defense was the difference. He said his team opened the second quarter with a 22-9 run.

"They ran a half court press against us and our girls struggled dribbling into the traps," added South coach Erik Solomon. "A game like this will make us better in the long run."

LaRoach was happy that all 12 players got to play and that 11 of the 12 scored.

Allen led the Lady Panthers' offense with 26 points. Fourteen of her 18 first half points came in the second quarter.

Durno scored 10 points. Bianca Smiley added nine points.

LaRoach also lauded the guard play of Rachel Cimerman and Gleniesha Ferby.

"When they were on the floor, both of them did a nice job of running our offense and defense," said LaRoach. "This was a game where everyone was able to play and gain valuable experience."

Allen led all scorers with 26 points and eight rebounds. Durno added 10 points and grabbed five rebounds. Smiley chipped in nine points and hauled in eight rebounds.

Cassina Hyppolite's 12 points and Sarah Marcus' 11 points paced South. Claire Licata added six points. Joanna Ostroot scored four points and grabbed a team-high 10 rebounds.

Sweet Home (3-1, 1-0) played Tuesday at Williamsville East but the result was unavailable before The Bee went to press. Sweet Home hosts Iroquois at 7:30 p.m. on Friday. Both are ECIC Division II league games.

"Our upcoming games are going to be tough," said LaRoach.

## Williamsville South

South opened its week with a 50-45 loss last Tuesday at Hamburg.

The Lady Billies trailed by three for most of the first half before Alyssa Ashcroft hit a two-pointer and Hyppolite drained a three-pointer with no time on the clock to put South ahead, 23-21, at halftime.

South went ahead by six, 36-30, after three quarters, but Hamburg clamped down defensively and played well offensively, outscoring South by 11 in the fourth quarter, to pick up the victory.

"Hamburg stepped up every aspect of their game," said Solomon. "They were doing a good job on the boards and made adjustments to their full court press and starting hitting their shots. Everything came together for them."

Marcus led South with 20 points. She hit four threes. Hyppolite added 11 points. Ostroot came off the bench to add six points and 10 rebounds. Licata added four points and six rebounds.

South (0-3, 0-2) hosted Iroquois on Tuesday but the results were unavailable before The Bee went to press. They host West Seneca East at 7:30 p.m. on Friday.

(Patrick J. Nagy contributed to this article)

## Outstanding 14 and under athletes dominate Clarence Swim Club performances

As the short-course season works its way into December, swimmers of the Clarence Swim Club have stepped up to the plate and moved forward with their season goals.

In particular, the fourteen-and-under have taken a leap from the beginning of the season in their personal goals with times, stroke technique, and meet participation.

At the SHAQ meet mid November, 20 fourteen-and-under of Clarence took on the daunting task of the 500 freestyle races, most for the first time in their swimming careers.

Outstanding swims came from Sydney Modeas, 11, Claire Willis, 12, Kendra Mayer, 12, and Ryan

Saenger, 13, who each finished in under 6:13 (an average of less than 1:15 per 100 yards).

Clarence swimmers dominated not only the 500, but many of their personal times as well.

Julia Diebel, 8, dropped an amazing 25 seconds in her 50 breaststroke, and November female swimmer of the month, Karoly Halvachs, 14, dropped eight seconds in her 50 free, and 16 seconds in her 100 free.

The senior swimmers had a chance to be noticed when they traveled to their second-annual meet in Toledo, Ohio. However, the fourteen-and-under again dominated the scene.

Claire Sucharski, 13, dropped a notable 11 seconds in her 200

breaststroke, a personal best. November male swimmer of the month, Charlie Rommel, 14, saw the value of his hard work when he dropped just under 30 seconds in his 500 freestyle and a second

or more off of every event.

For information about Clarence Swim Club, contact Russ Sampson at ClarenceSwimming@aol.com or visit ClarenceSwimming.com.

Also, get your Learn to Swim registration forms to Colleen Adams at ClarenceLearnToSwim@yahoo.com, as there is limited availability for the upcoming January session.

## Canisius College to hold baseball camps

The Canisius College baseball program will be holding winter baseball camps at the Koessler Athletic Center, 2001 Main St., at Canisius.

The camps are open for ages 9 through high school.

The camps are: elite pitching camp (Dec. 15-16, 11 a.m. to 5 p.m., \$225 overnight), holiday camp (Dec. 27-29, 1 to 5 p.m., \$95) and three-day hitting camp

(Feb. 2, 9, 16; Feb. 3, 10, 17; both sessions 11 a.m. to 1 p.m., \$85).

Enrollment is limited. All participants will receive a camp T-shirt.

For more information, call head coach Mike McRae at 888-3207 or e-mail mcraem@canisius.edu. Brochures are also available by visiting the Canisius College baseball Web site.

## Lady

(Continued from page 36)

Frontier a lot which led to more of the Lady Golden Falcon scoring.

Nine North players scored led by 12 points from junior Megan Klansky, 11 from freshman Allie Ahern and five from Kubala.

North (1-3) played at West Seneca West on Tuesday but the result was unavailable before The Bee went to press. They play at 7:30 p.m. on Friday at Lancaster.

## Williamsville East

The Lady Flames opened a 26-9 halftime advantage and cruised to a 57-20 home win over West Seneca East last Tuesday.

East hit its first four shots from the floor and finished 23-for-48, including 3-of-4 from three-point range. They also sank eight of nine free throws.

Ten East players scored led by 10 points and 10 rebounds from senior Anna Stolzenburg.

Becca Rumschik and Neha Bakhai each scored eight points. Rumschik hit two three-pointers.

Taylor Klun, Alece Burgio and Courtney Hawkins each chipped in six points. Jessica Kowalski (five points, hit a three), Kristen Ostanski (four points), and Jordan Kowalski and Bridget Steele (two points each) also contributed. Steele dished out six assists.

East (3-1) hosted Sweet Home (3-1) on Tuesday but the result was unavailable before The Bee went to press. They host Lake Shore at 7:30 p.m. on Friday.

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## HIGH SCHOOL SPORTS SCOREBOARD

### Amherst Central

**Boys basketball** — def. Medina 50-32; Dick Harvey Tip-off Tournament — lost to Lafayette 50-45; consolation — lost to Ken. West 57-37

**Girls basketball** — def. Springville 39-29; lost to Cheektowaga 44-36; lost to Maryvale 52-45

**Boys bowling** — lost to Tonawanda 4-3; lost to Maryvale 6-1

**Girls bowling** — lost to Tonawanda 7-0; lost to Maryvale 7-0

**Hockey** — lost to East 5-2; lost to Niagara Falls 5-3

**Boys swimming** — lost to Starpoint 111-57

**Wrestling** — third at Grand Island Team Duals Tournament

### Sweet Home

**Boys basketball** — Cataract Classic — lost to Rochester East 71-54

**Girls basketball** — lost to Ken. East 58-51; def. South 68-45

**Boys bowling** — def. Hamburg 4-3; def. Iroquois 6-1

**Girls bowling** — lost to Hamburg 4-3; def. Iroquois 7-0

**Hockey** — def. Niagara Falls 6-3

**Boys swimming** — lost to Hamburg 126-54

**Wrestling** — lost to East 49-14

### Williamsville East

**Boys basketball** — def. W.S. West 68-34; def. W.S. East 65-45; def. St. Francis 64-62 (OT)

**Girls basketball** — def. W.S. East 57-20

**Boys bowling** — lost to W.S. East 7-0

**Hockey** — def. Amherst 5-2; lost to North 6-2

**Boys swimming** — lost to Orchard Park 123-57

**Wrestling** — def. Roy-Hart 39-20; def. Sweet Home 49-14

### Williamsville North

**Boys basketball** — Dick Harvey Tip-off Tournament — def. Ken. West 55-50; final — def. Lafayette 66-55; Bennett Tournament — def. South Park 64-48

**Girls basketball** — lost to Orchard Park 44-27; lost to Frontier 60-44

**Boys bowling** — lost to Frontier 5-2

**Girls bowling** — lost to Frontier 7-0

**Hockey** — def. Clarence 5-0; def. East 6-2

**Boys swimming** — lost to Iroquois 53-49

**Wrestling** — def. South 49-13; lost to Jamestown 35-21; second at Grand Island Team Duals Tournament

### Williamsville South

**Boys basketball** — lost to Bishop Timon-St. Jude 65-63; lost to Hamburg 64-38

**Girls basketball** — lost to Hamburg 50-45; lost to Sweet Home 68-45

**Boys bowling** — lost to Hamburg 6-1

**Girls bowling** — lost to Hamburg 6-1

**Hockey** — lost to Niagara Falls 1-0; lost to Bishop-Timon St. Jude 1-0

**Boys swimming** — lost to Starpoint 99-46

**Wrestling** — lost to North 49-13

### Sacred Heart

**Girls basketball** — def. Niagara Catholic 44-23; Al Pastor Tournament — final — def. Immaculata 56-26

**Girls bowling** — def. Mt. Mercy 3-1; def. Holy Angels 3-1

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