

Defense leads Sweet Home past WS East

A strong defensive effort by the Sweet Home girls basketball team led them to another important ECIC Division II league win.

Sweet Home used an aggressive half and full court defense to get its offense going against West Seneca East last Friday in a 66-30 home win. The victory improved the Lady Panthers to 7-3 overall and 5-0 in ECIC II.

"We talked about where we need to get better and what we want to stress night in and night out and that is our defense, which we were better at," said Sweet Home coach Matt LaRoach.

LaRoach said his team started out flat but soon found its rhythm because of defense.

"The defense led to easy transition opportunities for us,

especially in the second and third quarters," said LaRoach. "I really thought that at times we played shut down style defense and that is exactly what we need to be able to do this year against any opponent night in and night out."

Sweet Home led, 13-7, after the first quarter, 33-17, at halftime and, 51-23, after three quarters.

Junior guard Ellie Allen led all scorers with 23 points. She also grabbed eight rebounds and dished out four assists.

"She was big for us," said LaRoach. "She stepped up and made shots and her free throws were very good. She has the ability to score and it is a matter of finishing those opportunities as she did in this game."

Bianca Smiley's 13 points were keys against West Seneca East's 3-2 zone.

"She did a nice job attacking the zone," said LaRoach.

Gleniesha Ferby added 11 points.

"She really pushed the tempo for us offensively and defensively," said LaRoach. "She played a nice game."

Laura Nerber chipped in eight points.

"She made nice post moves around the rim and attacked their zone well," said LaRoach.

Jenna Yates and Stephanie Gigante led West Seneca East with 11 and 10 points, respectively.

Sweet Home, ranked seventh among Western New York large schools, plays Hamburg at 7:30 p.m. on Thursday.

Genovese fights through the pain, lifts North over Nardin

by PATRICK J. NAGY
Reporter

A tender left ankle was not going to stop Corrin Genovese.

The freshman point guard outscored Nardin, 14-7, in the fourth quarter and lifted the Lady Spartans to a 49-43 home win on Saturday over the Gators.

Genovese, who missed the first five games of the season from an

left ankle injury she suffered while playing on the school's girls volleyball team, rolled the same ankle early in the second quarter after colliding with a Nardin player while going for a steal near half court. Genovese iced the ankle until the fourth quarter.

In the final stanza, she hit a three-pointer off a double screen, hit a few jump shots and made 5 of 6 free throws. Genovese fin-

ished with 17 points and four steals. She also gave North its first lead, 42-41, after a jump shot over a defender with three minutes remaining.

"She's definitely a warrior," said North coach Mike Del Valle. "She thrives in pressure situations and wants the ball in her hands when the game is on the line. Instead of feeling pressure, she relishes it."

For most of the game, Nardin

was in charge. The Gators led, 16-5, after the first quarter and 21-5 at one point in the second quarter. North trailed, 24-17, at halftime and, 36-30, after three quarters.

North also got double figures from freshman guard Allie Ahern (11 points) and junior forward Katie Kubala (10 points). Del Valle said Kubala had several steals around the paint.

"It was a great team win," said Del Valle. "No matter who I put in they contributed."

The Lady Spartans (4-6, 2-3) have a huge challenge at 7:30 p.m. on Thursday when they host Jamestown, the No. 1 ranked Western New York large school. North hosts Orchard Park at 7:30 p.m. on Monday, Jan. 14.

e-mail: pnagy@beenews.com

Sharks play with reckless abandon, win league games

by PATRICK J. NAGY
Reporter

Sacred Heart improved to 5-0 in the Monsignor Martin Association and 10-3 overall the only way they know how, with reckless abandon.

The Sharks almost won by identical scores last week, winning at Cardinal O'Hara, 69-31, and at Mount St. Mary's, 62-30, last Wednesday and Friday, respectively.

"We've been playing with reckless abandon," said Sharks coach Sister Maria

Pares. "They go after it. Everything seems to be clicking."

Sacred Heart had halftime leads of 37-6 and 28-16 over Cardinal O'Hara and Mount St. Mary's, respectively.

Eleven of the 12 Sacred Heart players who dressed against Cardinal O'Hara scored, led by Sam Arena's 16 points and Krystal Watson's 12 points, nine rebounds and two assists.

Liz Tramosch also scored in double figures with 10. She also had nine rebounds and two assists. Kacey Bougard tossed in nine points. Sarah Healy had

seven points and six rebounds. Devon Hornung scored six points and grabbed six rebounds. Alycia Pontello and Natalie Coppola each only scored two points but Pontello had six rebounds and dished four assists and Coppola had five assists.

Shaniqua Ray scored 15 to lead Cardinal O'Hara.

Watson posted a double-double against Mount St. Mary's with 12 points and 12 rebounds. She also made four assists.

Coppola scored 11 and had five assists and a rebound. Tramosch's nine points and three assists, Hornung's eight points, four

rebounds and two assists, and Bougard's seven points and two rebounds and assist were other major Shark contributors.

Jasmime Shabazz's 10 points paced Mount St. Mary's.

Sacred Heart, ranked third in Western New York large schools, host Nichols and Mount Mercy, at 6:30 p.m. on Wednesday and Friday at the Villa Maria Athletic Center. Nichols is also undefeated (9-0, 5-0). Mount Mercy upset Sacred Heart for the MMA title last year.

e-mail: pnagy@beenews.com

Clarence Swim Club finishes 2007 with a splash

Clarence Swim Club dove into the holiday season with outstanding swims at the Silver IMX meet in early December.

Andrew Cahalane, 11, swam well in his breaststroke and freestyle events, scoring personal bests in each of his races. Kenzie Laughlin, 11, also swam personal bests in her butterfly and breaststroke events.

Sarah DiMayo earned swimmer of the meet honors with personal bests in nine of her events, along with her outstanding effort and

team minded attitude. Kendra Mayer, 12, dropped 1:29.26 in her 1000 yard freestyle swim, and another 12.6 seconds from her 200IM.

At the STAR invitational later in the month, Mayer followed her times by breaking the Clarence Swim Club 500 free record in 5:42. The swim marked a personal best by over 13 seconds.

Claire Willis gave outstanding effort in her 500 free as well, dropping 3.6 seconds for a 6:00.24. John Lee, 9, dropped time for six personal bests in eight

races, receiving swimmer of the meet recognition.

Clarence will continue to compete throughout 2008. January will begin with the Bronze IMX meet, and continue with the 14 and under Gold IMX and the Go

The Distance/Senior Junior Olympics meet, where Clarence swimmers will have the chance to meet three Olympians and attend a clinic hosted by Mark Gango.

For more information, e-mail

Coach Russ Sampson at ClarenceSwimming@aol.com, or visit ClarenceSwimming.com. If you are interested in the Learn to Swim, open to anyone, contact Colleen Adams at ClarenceLearnToSwim@yahoo.com.

HIGH SCHOOL SPORTS SCOREBOARD

Amherst Central

Boys basketball — lost to Pioneer 52-45
Girls basketball — def. Depew 69-39
Boys bowling — lost to Cheektowaga 6-1; def. Springville 6-1
Girls bowling — lost to Cheektowaga 6-1; def. Springville 6-1
Federation Hockey — lost to Sweet Home 7-0; lost to St. Francis 4-1
Boys swimming — def. Springville 58-28

Sweet Home

Boys basketball — def. Lake Shore 70-51
Girls basketball — def. W.S. East 66-30
Boys bowling — def. Hamburg 5-2
Girls bowling — lost to Hamburg 5-2
Federation hockey — def. Amherst 7-0; def. South 4-0
Boys swimming — lost to Lancaster 105-75; lost to North 78-26

Williamsville East

Boys basketball — def. Hamburg 61-59 (2 OT)
Girls basketball — def. South 53-39
Boys bowling — lost to South 6-1; lost to W.S. East 7-0
Girls bowling — lost to East 7-0; def. W.S. East 4-3
Federation hockey — def. Section V's Web-

ster-Schroeder 5-3
Boys swimming — lost to Clarence 107-79
Wrestling — def. Canisius 54-9

Williamsville North

Boys basketball — def. Clarence 71-47
Girls basketball — def. Nardin 49-43
Boys bowling — lost to Clarence 7-0
Girls bowling — def. W.S. West 6-1; lost to Clarence 7-0
Federation hockey — lost to Orchard Park 3-2; def. Ken. West 2-1
Club hockey — lost to Lancaster 5-1
Boys swimming — def. Lake Shore 107-78; def. Sweet Home 78-26

Williamsville South

Boys basketball — def. Maryvale 78-68
Girls basketball — lost to South 53-39
Boys bowling — def. East 6-1
Girls bowling — def. East 7-0
Federation hockey — lost to Sweet Home 4-0
Boys swimming — lost to East Aurora 142-37

Sacred Heart

Girls basketball — def. Cardinal O'Hara 69-31; def. Mount St. Mary's 62-30
Girls bowling — lost to Mount St. Mary's 4-0



**Sons. Daughters.
Sports. Events.
Lifestyles.**

Get the color photographs we print and more online.

www.BeeNews.com

