



Mount St. Mary senior Kara Powalski, pictured front row, is congratulated by Mount St. Mary's Principal Dawn Riggie, center, and Athletics Director Patricia Hartnett as she signs with Canisius College. Powalski was a standout swimmer at Mount St. Mary for the past four years.

Swimming MSM's Powalski signs with Canisius

Williamsville resident and Mount St. Mary Academy senior Kara Powalski has signed a National Letter of Intent to swim next year at Canisius College, where she plans to major in biology/pre-med.

Powalski, recently named an All-WNY Scholar-Athlete, is a four-year member of the Mount St. Mary Academy swim team. She placed first in the 100 free, second in the 50 free and helped her 400 free relay team to a second-place finish at this year's All-Catholic meet. She has been swimming since she was 5 years old and is currently a member of the Tonawanda Titans Swim Club and Park Country Club Swim Team.

Powalski is an active member of the Mount St. Mary community, playing on the championship lacrosse team, serving as a peer tutor and volunteering for a variety of school events. She is a member of National Honor Society and the Sports Boosters Club.

HIGH SCHOOL SPORTS CALENDAR

Wednesday, Jan. 30

Boys bowling: Cheektowaga at Amherst, 4:30 p.m. (Airport Lanes); Clarence at South, 4 p.m. (Transit Lanes)

Girls bowling: Cheektowaga at Amherst, 4:30 p.m. (Airport Lanes); Clarence at South, 4 p.m. (Transit Lanes)

Wrestling: East at Amherst, 7 p.m.; Sweet Home at W.S. West, 6 p.m.; Orchard Park at North, 6 p.m.; W.S. East at South, 6 p.m.

Thursday, Jan. 31

Boys basketball: Depew at Amherst, 7:30 p.m.; Sweet Home at Iroquois, 6:30 p.m.; W.S. East at South, 7:30 p.m.

Girls basketball: East at Lake Shore, 6:30 p.m.; Starpoint at Sacred Heart, 6:30 p.m. (Villa Maria Athletic Center)

Boys bowling: Amherst at Depew, 4:30 p.m. (Broadway Sports Center); East, North, South at Williamsville Cup, 4:30 p.m. (Transit Lanes)

Girls bowling: Amherst at Depew, 4:30 p.m. (Broadway Sports Center); Boys bowling: Amherst at Depew, 4:30 p.m. (Broadway Sports Center); East, North, South at Williamsville Cup, 4:30 p.m. (Transit Lanes)

Federation hockey: North vs. Canisius, 7 p.m. (Amherst Pepsi Center Feature Rink); Amherst vs. Sweet Home, 7 p.m. (Amherst Pepsi Center Olympic Rink); East vs. Niagara Falls, 9 p.m. (Amherst Pepsi Center Feature Rink)

Boys swimming: Hamburg at East, 6 p.m. (Transit Middle School)

Wrestling: Lake Shore at Amherst, 7 p.m.; East at Pioneer, 6 p.m.

Friday, Feb. 1

Boys basketball: East at Lake Shore, 6:30 p.m.; Lancaster at North, 7:30 p.m.

Girls basketball: Amherst at Starpoint, 7 p.m.; Sweet

Home at Iroquois, 6:30 p.m.; Lancaster at North, 6 p.m.; South at W.S. East, 7:30 p.m.

Boys swimming: Amherst at Depew, 4:30 p.m.; Orchard Park at Sweet Home, 4:30 p.m.; East at Iroquois, 5 p.m. (Iroquois Middle School); W.S. West at North, 5 p.m.; Maryvale at South, 4:30 p.m.

Wrestling: Hamburg at Sweet Home, 6 p.m.

Saturday, Feb. 2

Boys bowling: South at WNY Invitational, 8 a.m. (Thruway Lanes)

Girls bowling: South at WNY Invitational, 8 a.m. (Thruway Lanes)

Federation hockey: Amherst vs. Ken. East, 3 p.m. (Amherst Pepsi Center Feature Rink); Sweet Home vs. South, 3 p.m. (Amherst Pepsi Center Olympic Rink); Clarence vs. North, 5 p.m. (Amherst Pepsi Center Olympic Rink)

Wrestling: Sweet Home at Salamanca Tournament, 9 a.m.

Sunday, Feb. 3

Indoor track: Amherst, Sweet Home, East, North, South at Fredonia State College, 9 a.m. at varsity select No. 3

Monday, Feb. 4

Boys bowling: Amherst at Springville, 4:30 p.m. (Cascade Lanes); W.S. West at North, 3:30 p.m. (Transit Lanes)

Girls bowling: Amherst at Springville, 4:30 p.m. (Cascade Lanes); W.S. West at North, 3:30 p.m. (Transit Lanes)

Tuesday, Feb. 5

Boys basketball: Amherst at Pioneer, 7:30 p.m.; Lake Shore at Sweet Home, 7:30 p.m.; Hamburg at East, 7:30 p.m.; North at Clarence, 7:30 p.m.

Girls basketball: Sweet Home at North, 7:30 p.m.; Starpoint at South, 7:30 p.m.

Boys swimming: North at Orchard Park, 5 p.m.

Five teams still unbeaten in Buffalo In-line Hockey Group

Two weeks into the winter 2008 season in Buffalo In-line Hockey League Group and only five teams have undefeated records.

The Vikings and the Blackhawks stand on top of the Major division with 2-0 records as does the Orangemen, Gladiators and Devils in the Junior division.

Major division Vikings 8, Snipers 5

The Vikes put on another passing clinic as all eight goals drew an assist.

David Campuzano recorded two goals and three assists and Chad Loughran tallied three goals and three assists to help the Vikes go to 2-0. Alex Wark was stout in net. Evan Dressel (Amherst) and Eric Wright starred for the Snipes.

Blackhawks 7, Mulecats 5

The Hawks took an early 4-0 lead and did not look back. Adam Rainey (Tonawanda) was strong for the other undefeated team in the Major division.

Warriors 6, Firestorm 5

The closest game of the day saw last season's MVP, Pat Smith (Amherst), score the game winner with 55 seconds left.

Edgar Rosario (Kenmore) was strong for the Warriors.

Crush 13, Stealth 7

The Crush used its outstanding team speed to great advantage in this one.

Rob Russell (Tonawanda), Kevin Eberth (Cheektowaga) and Ryan Okon (Lancaster) had 12 of the 13 goals.

Josh Grant (Kenmore) scored four times

for the Stealth.

Killer Pandas 8, Red Snappers 5

John Lyons (Amherst) took control of this one after a bad first period penalty.

Taylor Setlock (Tonawanda) scored a hat trick for the Reds.

Junior division Gladiators, Penguins 2

Nick Antoniadis (Amherst) and Ben Speyer (Amherst) did all of the scoring in the win.

Knights 11, Sharks 3

It was an entire team effort by the Knights, led offensively by Kevin Krawczyk (Tonawanda) and defensively by Mike Vaccaro (Amherst).

Adam Terragnolli had a hat trick for the

Sharks.

Maroons 10, Orangemen 0

Goalie Miguel Feliciano posted the first shutout of the season in blanking the Orange. The four scores of Dave Millbrand (Tonawanda) was all the offense needed.

Devils 6, Capitals 5

A Ryan Owarczyk hat trick paced the Devils to a 6-2 second period lead and they coasted to a win.

Buffalo In-line Hockey Group is the premier not for profit youth in-line hockey organization in Western New York playing out of the EPIC Center on Wehrle Dr. in Lancaster.

For more information, call Rich at 689-4090 or 773-1188 or visit bihg.org.

Fisher's Allison Boehm named Empire 8 Player of the Week

For the fourth time this season, St. John Fisher College's Allison Boehm, a Sacred Heart Academy graduate and Cheektowaga resident, has been named Empire 8 Conference Women's Basketball Player of the Week for the week ending Jan. 20.

In a 1-1 week for the Cardinals, the senior captain averaged 24 points, and nine rebounds, while adding three blocks, three steals and two assists in the two

Empire 8 Conference games.

In Fisher's 55-53 win over Nazareth on Tuesday, Boehm recorded a career-high 30 points on 12-of-22 (54.5 percent) shooting from the floor, including 4-of-9 (44.4 percent) from three-point range, while totaling nine rebounds, two assists, two blocks, and two steals in the win.

The Cardinals finished off the week with a 62-57 loss to visiting Stevens Institute of

Technology. Boehm notched 18 points, including 10 in the second half, and nine rebounds for Fisher, who failed to convert a three-point attempt for the first time since the 2002-2003 season.

On the year, Boehm leads the Empire 8 in scoring (18.8) and rebounding (9.8), and also ranks second in three-point field goal percentage (41.4 percent). The senior also ranks among the Conference leaders in

field goal percentage (47.1), and assists (45), and leads the Cardinals in minutes played (499).

Boehm was two rebounds shy of a triple-double in Fisher's 80-76 win over Hartwick College on Friday and finished with 20 points, 10 assists (career-high), eight rebounds, three steals and two blocked shots, while playing the entire game.

Buffalo Lacrosse Academy's summer 2008 elite team tryouts slated

The Buffalo Lacrosse Academy (BLA), in its fourth year, will be holding its Rising Seniors and Rising Juniors summer 2008 Elite team tryouts on Sunday, Feb. 3 and 10 at the EPIC Sports Center, 2793 Wehrle Drive in Williamsville.

Rising Seniors tryouts are from 10 a.m. to noon and Rising Junior tryouts are from 8 to 10 a.m.

All athletes on these teams will go through the summer BLA Player Development Program consisting of Elite

team training including agility performance training, a team mini-camp, a three-day skill school, and experience college coaches' clinics.

The teams will practice and compete throughout the summer months and will travel to highly selective and competitive tournaments with college coaches in attendance.

The BLA Rising Seniors team is for rising seniors and younger players while the BLA Rising Juniors team is for

rising juniors and younger who aspire to gain an invaluable summer lacrosse experience.

These teams are intended for any lacrosse player who is highly committed to lacrosse and/or is considering playing college lacrosse.

For more information and to register for tryouts, visit www.BLA.BuffaloLacrosse.com.

The BLA's Rising Sophomore and under-13 teams will have tryouts in early June.