

Hasan breaks own pentathlon record at Notre Dame

by PATRICK J. NAGY
Reporter

Williamsville South graduate Alyssa Hasan has been setting personal bests at every indoor track and field meet she has appeared in this winter for Notre Dame University so it's no surprise she broke the school's pentathlon record.

The Notre Dame junior broke her own school record in the event by 300 points at the Akron Open held Feb. 1-2 at the University of Akron.

Hasan won the event with 3,939 points, breaking her own record of 3,655 that she set in her first



Alyssa Hasan

collegiate indoor meet in 2006. "I've been feeling pretty confident in practice and in past competitions so I knew what I was capable of," said Hasan. "It was a

matter of putting everything together and actually doing it."

Hasan won the 60-meter high hurdles (8.67) and long jump (18-5.75), tied for first in the high jump (5-9.75) and was third in the shot put (37-3.25).

One of the girls she beat out was Lela Nelson, who was running unattached and dropped out midway through the meet. Nelson is preparing for the Olympics.

The 3,939 mark was also a provisional score for the NCAA Division I Championships to be held March 14-15 at the Tyson Track Center at the

University of Arkansas, Fayetteville. The cut off provisional score is 3,700.

She needs a score of 4,050 to automatically qualify. Her pen-

tathlon score ranks her ninth in the nation.

The funny part about her performance is that she feels she can improve.

"I feel like I haven't reached my full potential," said Hasan in a phone interview hours before she competed in the Mayo Invitational at Notre Dame. "Some of these events I know I can improve on."

How true those words were as Hasan set a career-best in the long jump at the Mayo Invitational on Friday night with a leap of 19-8.25. She took fifth in the event.

In the Big East, Hasan has the top pentathlon score, high jump (5-9.75), long jump and tied for third in the 60 hurdles (8.64). She is also ranked 15th in the nation in the high jump.

Hasan attributes a lot of her success to her coaches at Notre Dame — John Millar (sprints and hurdles), Adam Beltran (throws) and Scott Winsor (jumps).

"They've all helped me understand what each event is about," said Hasan

"When she broke the record, she got off to a great start," said Winsor. "She had a good hurdles time and high jump, did OK in the long jump but her shot put and



Williamsville South graduate and Notre Dame University junior Alyssa Hasan has the top high jump in the Big East Conference with a 5-9.75. She is ranked 15th nationally in the event. She recently broke her own Notre Dame record in the pentathlon. She is ranked ninth nationally in the pentathlon.

800 weren't the best. I know she can throw the shot put three feet farther and run the 800 two to three seconds faster. If she can put all of her marks together in one competition, she should be fine."

Hasan is pursuing a bachelor's degree in psychology and is leaning towards going for a master's degree in clinical psychology.

Hasan owns the high school New York State record in the outdoor pentathlon and won state pentathlon championships her junior and senior seasons at South. She is a 15-time All-American at all levels in the long jump, triple jump, 100-meter hurdles, pentathlon, heptathlon and shot put.

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South girls place third at Western New York Relays

by PATRICK J. NAGY
Reporter

Although young, Williamsville South's girls indoor track team is ready to make an impact this season and that was apparent at the Western New Relays held last Saturday at Fredonia State College.

The Lady Billies took third in the girls competition with 42 points.

"The girls got to see that despite their age, it doesn't mean they can't compete with older girls," said South coach Sam Hasan. "It's going to be their time now."

The South girls took five second places and one fifth.

In the 55-meter hurdle relay, sophomore Allie Van Buren and eighth-grader Kailyn Arcury took second with an 18.33. Arcury set a personal record with a 9.25. Van Buren ran a 9.08.

The sprint medley of Van Buren, Arcury and sophomores Skye McCellan and Amanda Breyemeier placed second in 4:33.44.

In the 1500 racewalk, sophomore Jenny Mooney and freshman Allison Ferenczy placed second in 18-03.5.

The 4x400 relay of Mooney, junior Ashley Ferenczy, Breyemeier and Van Buren took second in 4:19.1.

Arcury and Breyemeier placed second in the high jump in 9-2.

In the shot put, seniors Jennifer Lopez and Lindsey Porter placed fifth with a 58-10.5.

The 4x800 relay of senior Colleen Hurtubise, freshman Elisa Frazier, and sophomores MC Aungst and Meagan Monroe ran a personal best time of 11:05.57. Frazier and Aungst ran personal best splits of 2:37 and 2:45, respectively.

The double 4x160 relay of sophomore Rachel Zucker, freshman Beth Syracuse, McCellan and Ashley Ferenczy ran a 3:18.9. The distance medley relay of Frazier, sophomore Rachelle Moyer, Allison Ferenczy and Hurtubise came in ninth in 14:17. Moyer, Zucker, Syracuse and sophomore Rachael DiVita ran the 4x200 relay in 2:06. In the triple jump, Porter leapt a personal record 27-9.5. Porter and Lopez just missed on scoring points, taking eighth in 54-10.75.

The South boys did not score points but performed well.

Juniors RJ Grampp and Nicholas Hoffman triple jumped, 35-4 and 31-10, respectively.

The 4x200 relay of Hoffman, freshman Sammy Hasan, sophomore Nate Hall and freshman Harrison Sinatra ran a time of 1:56.62. The double 4x160 relay of Hoffman, Hasan, freshman Nicholas Helmick and Sinatra finished in 3:09.1.

The distance medley of senior Alex Podvezko, sophomores Bruce Hibler and Peter Galbo and junior John Stark ran a time of 12:04.9. The same four ran the 4x800 and just missed a personal record, running a 9:07.13.

Galbo ran personal best splits in the 4x800 (2:15.07) and distance medley (2:16.4).

"The boys have improved," said coach Hasan. "It may not show in the team scoring but their times have gotten better since the beginning of the season."

Combined with the girls, South finished sixth overall.

Williamsville East

Two indoor track team records fell in the 400 meter distance.

Colin Begy ran the race in 54.5 seconds

and eighth-grader Kala Allen blazed to a 63.7 split.

The Flames' best team effort was a first place finish in the 55-meter hurdle relay led by senior Greg French and junior Simon Park.

The East boys finished 10th with 13 points. Combined with the girls, East finished 17th.

Sweet Home

The boys were tied fourth with 28 points.

Top performances from the boys came from Ken Anaya and Josh Blango (second in 55 hurdle relay); Josh Blango and Matt Cross (second in triple jump relay); Chris Akromas and Ryan Wilson (third in shot put relay) and Ken Anaya and Sean Sanders (third, high jump relay).

On the girls side, the 4x800 relay of Katie Niblock, Elyse Cramer, Colleen Kozlowski, and Laura Delsignore came in fifth. The same four took sixth in the distance medley relay. The girls finished 19th. Combined with the boys team, Sweet Home took ninth.

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Tigers have problems holding on to a lead

by PATRICK J. NAGY
Reporter

The Amherst Central boys basketball team learned a valuable lesson last week which they can use next week in the Section VI playoffs — hold on to a lead when you have one.

The Tigers blew a 20-point lead in the second half at Pioneer last Tuesday and lost 70-65 in overtime and almost lost a 19-point lead at Springville last Friday but held on for a 66-59 victory.

"If we're going to be successful in the playoffs, we need consistency, not for two or three quarters," said Amherst coach Mike Chatelle.

Amherst led Pioneer, 12-8, after the first quarter, 25-21, at halftime, and 46-30, after three quarters. Chatelle said his team went up by 20 in the third quarter

before Pioneer outscored them, 30-14, in the fourth quarter.

"To give up 30 in one quarter was disappointing," said Chatelle. "It's not what we strive for, especially on a night when we score 65."

Three-pointers brought Pioneer back into the game. Between the fourth quarter and overtime, the Panthers hit seven of its eight threes.

Lucas Haskill connected on five of them (four in fourth, one in overtime) to help increase his point total from six at halftime to 36 after overtime. Teammate Mike Malicki connected on a three in the fourth and in overtime. He scored 13 of his 21 points in the second half and overtime.

"We had hands in their face contesting their threes," said Chatelle. "They hit a bunch from 24 to 25 feet away."

Amherst had a chance to win

the game in regulation. With 7.7 seconds remaining and the score tied at 60-60, the Tigers missed a layup, got the rebound and missed the put back.

Nico McLean led Amherst with 24 points. Geoff Gallson added 12 off the bench. Viron Hale chipped in eight points. Kurt Ebsary had seven.

Against Springville, the Tigers shot 63 percent (17 for 27) from the floor in the first half and used pressure defense to generate turnovers to jump start them to a 19-6 lead after the first quarter and 38-19 advantage by halftime.

In the second half, Amherst shot 24 percent (9 for 37) and got outscored 20-9 in the third quarter. The closest Springville came to taking the lead was 50-48 early in the fourth quarter.

"We didn't play defense like we did in the first half," said Chatelle.

"On offense, we had decent shots but they scored more on their early opportunities."

Ebsary led Amherst with 16 points and five steals. McLean added 15 points and five steals. Stephone Brown poured in career highs with 12 points and 10 rebounds. Hale added four points and eight rebounds.

Amherst (7-9, 6-6) played at

Starpoint on Tuesday but the result was unavailable before The Bee went to press. They play at Maryvale at 7:30 p.m. on Thursday and host Clarence at 7:30 p.m. on Friday.

"This week is going to be important for us to get focused on the playoffs," said Chatelle.

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Rogers swims personal bests

Drew Rogers, Williamsville South 2007 graduate and Geneseo State College freshman, competed in the 2008 SUNYAC Swimming and Diving Championships at Erie Community College's Burt Flickinger Pool from Feb. 7 to 9.

Rogers was a top eight qualifier with personal best times in the 500-yard freestyle (4:49.82), 200 free (1:44.42) and 100 free (47.55). He competed for first place finishes in the 800 free relay (7:00.28) and the 400 free relay (3:06.35- a national cut time and personal best of 47.26).

The Knight men won their tenth straight SUNYAC crown while the women claimed a first also after three straight Oswego wins.