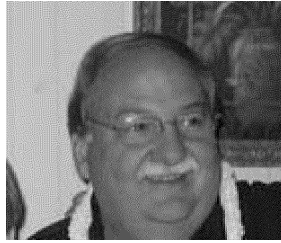


TORNADO SPORTS WATCH

For Alumni



by Jose Gonzalo, Class of '64

It is hoped that Tornado Sports Watch for Alumni will be a three-time per year report of the sports programs at Mount Carmel Area High School. Editions in January, March and June are planned.

SPRING 2010: Volume XII

GIRLS TRACK and FIELD (7-1)

The girls, under long-time coach Angela Farronato came within 3 points of an undefeated season in their second year in the Heartland Conference. A frustrating 77-33 loss to Central Columbia would be the only blemish on an otherwise outstanding season. A highlight for the Tornado thinclads would come in their winning the Purple and White Relays for the first time ever. They did it by placing in 14 of 16 events with championships coming from Heather Bolick and Maria Getchy in the javelin and Cassie Mace and Marisa Farronato in the discus

The girls would also have a fine showing in their 4th place finish at the Breslin Relays. Their depth again helped the girls as they won only the javelin - Bolick and Cara Sinopoli - but added a second in the shuttle hurdles, as well as, thirds in the 1600 meter relay in school record time - 4:07.53 with the team of Lawler, Butkiewicz, McAndrew, and Ahrensfield - discus - Mace and Farronato - high jump - Bernini and VanDoren.

Danielle Lawler broke her own school record in the 400 meters at the coach's invitational in a time of 59:08 in placing second. The 4 x 400 meter relay team also place second in the very

competitive meet. Mace would earn a 4th in the discus, McAndrew a 5th in the 300 meter hurdles, Mrozek a 6th in the shot and Bolick a sixth in the jav.

In the District IV meet, Lawler would defend her title in the 400 and would anchor the 4 x 400 meter relay team to a state qualifying and school record-breaking time of 4:06.20 along with Alyssa Butkewicz, Ranotta Ahrensfield, and Brittany McAndrew. Christine Mrozek would pick up a 4th in the shot with a toss of 34'1/2", while Cassie Mace and Marissa Farronato would go 2-3 in the discus. Heather Bolick picked up 5th in the javelin with VanDoren and Bernini going 6th and 8th in the high jump. The team would finish 6th out of 24 teams.

At the state meet, Lawler would run a 59.96 and finish 18th. The girls 4 x 400 ran a 4:10 and finished 22nd.

The 4 x 400 record that was broken this season had stood since 1985 and was established by the team of Val Zbicki, Joanne Menapace, Tammy Trione, and Holly Green in a time of 4:12.7.

Following the season, Danielle Lawler was a repeat selection to the News Item all area track team, She was joined by Brittany McAndrew, Christine Mrozek, Cassie Mace, and Heather Bolick. Karissa Cichon, Megan VanDoren, Marissa Farronato, and Danielle Bernini were given honorable mention. Lawler, McAndrew, Butkewicz, Ahrensfield, Mrozek, Farronato, and Bolick were named to the first team of the Heartland Conference while Cassie Mace and Maria Getchey were chosen to the second team.

BOYS TRACK and FIELD (8-0)

The boys, under head coach Mike Farronato completed a perfect dual meet season and won their first Heartland Conference Division II Championship. Farronato improved his overall record to 84-14-1 in his 11 years at the helm. The Tornadoes are 61-4 over the last 7 seasons. The Tornadoes were paced by Josh Maloney and the sprinters on the track. Maloney would win 4 medals at the District IV meet, winning championships in the 200 and 4 x 400 meter relay, along with Dylan Lawrence, Mikael Hause, and Meyrick Lamb. The 4 x 100 meter team of Maloney, Lamb, Justin Pellowski, and Tyler Hodge would also qualify for states on time. Maloney added a 2nd in the 100 at 11:06 to qualify for states. The 3200 meter relay team of Lawrence, Hause, Chris Monahan, and Justin Skavery picked up a third, while Pellowski added a 7th in the 100 and Sean McCollum added an 8th in the discus. The team would finish 5th overall.

The state meet would again prove to be too much as our best finish was in the 4 x 400 as the team of Lawrence, Hause, Lamb and Justin Latorre finished in 12th place with a terrific time of 3:27.8. The 4 x 1 would not run their best and finished 22nd while Maloney would make it to the semis in both the 100 and 200, but out of the money.

During the season, Josh Maloney was named the male athlete of the meet at the Coaches Invitational by virtue of his winning the 100 and 200 and helping the 4 x 1 and 4 x 4 to second place finishes. The team would come in 5th out of 20 teams. The Breslin relays found the 3200 meter relay team of Lawrence, Hause, Monahan, and Cody Yeager win in 8:28 and the 4 x 1 team of Maloney, Hodge, Lamb and Pellowski post a 43.81 in winning its own title. The 4 x 4 team of Lamb, Hause, Lawrence, and Maloney completed the relay sweep with a 3:28.28. Maloney again

led all area scorers with 172 points. Following the season, Josh Maloney was named the Male Athlete of the Year on the News Item All Area track team. He was joined by Justin Pellowski, Mikael Hause, Meyrick Lamb, and Dylan Lawrence. Honorable mention went to Sean McCollum, Tyler Hodge, Cody Yeager, and Chris Monahan. Hause, Monahan, Lawrence, Yeager, Pellowski, Latorre, Hodge, Maloney, Lamb, and Lawrence were named to the first team of the Heartland Conference.

Overall, the team was very young and should be expected to have a stellar season in 2011.

All-Time Track and Field State Champions

Nick Sebes, 2000 AA 400 (48.56) Nick Sebes, 1999 AA 400 (49.28) Jay Malakoski, 1999 AA shot (56-4 1/2) Mike Fantanarosa, 1992 AA shot (56-3) Mike Diminick, 1985 AA long jump (22-0 1/4) Tim Katona, 1973 A 330H (39.0) Dan Ficca, 1957 A discus (160-9 5/8) Phil Vincenzes, 1949 A discus (144-6 1/2) 1945 A mile relay (3:35.8) Adam Williams, 1945 A 440 (52.8) Frank Zorica, 1942 A discus (135-11) Pete Avizinis, 1932 A shot (48-6 3/8)

GIRLS SOFTBALL (3-17)

The girls under first year coach Jake Wojick would struggle through a 3-17 season but showed marked improvement as the season went on. Only two seniors, Va Bendas and Jordan Watkins, saw considerable playing time for the Tornados, so the outlook for next season should be very bright. One bright spot after the season found Jocelyn Darrup being named to the News Item All Area team as a sophomore after leading her team in average and hits.

BOYS BASEBALL (11-9 - 13-10)

The boys, under head coach Joe Varano, would have a roller coaster season, but would finish the regular season with a 11-9 record and an 11 seed in District IV play. They opened the post season with a 10-7 victory over the 6th seed Mansfield and would follow that up with a 15-9 win over rival Southern Columbia - a 15 game winner during the regular season. They then played the Loyalsock Lancers in the District semi finals, losing by a 3-2 score. Varano improved his career record to 44-38 after 4 years with 3 District Playoff appearances. Mark Minning and Jeremy Yacobacci were named to the first team Division II of the Heartland Conference, while Bobby Shustack and Mike Domaleski were given second team slots.

Domaleski was named Player of the Year by the News Item - He maintained a .434 average with 33 hits and 18 rbi. he also had a 2.29 ERA with a 5-3 record. He was joined by Mark Minning - .447, 34 hits and 31 runs, Jeremy Yacobacci - .31 rbs and 22 runs scored and 4-3 record, and Trevor Demko - .391, 19 rbi and 25 hits.

YEAR END WRAP

ROTARY STUDENT OF THE MONTH

SEPTEMBER – T.J. HEROMIN

OCTOBER – SETH SCICCHITANO

NOVEMBER – ROBIN HAMPTON

DECEMBER – AHMAD ABOUMAR

JANUARY – JACOB SCHMOYER

FEBRUARY – EMILY SKONECKI

MARCH – ALYSSA BUTKIEWICZ

APRIL – JUSTIN LATORRE

MAY – MICHAEL PURCELL

ATHLETES OF THE MONTH

September - Justin Pellowski

October - Steph Williams

November - Ahmad Abuomar

December - Mike Domaleski

January - Sean McCollum

February - Seth Scicchitano

March - Marissa Farronato

April - Jeremy Yacobacci

May - Danielle Lawler

2010 Band Honors

District 8 Band

Shaine Lepley, 11th grade, trombone

Kristen Klusman, 11th grade, clarinet

Bridget Wagner, 11th grade, clarinet

Cody Yeager, 10th grade, tuba.

Samantha Yuschock, 10th grade, clarinet

District 8 Orchestra

Shaine Lepley, 11th grade, trombone

Region IV Band

Shaine Lepley, 11th grade, trombone

Cody Yeager, 10th grade, tuba

District 8 Jazz Band

Shaine Lepley, 11th grade, trombone

All-State Wind Ensemble

Shaine Lepley, 11th grade, trombone

Susquehanna University Honors Band

Alyssa Fallat, 12th grade, tenor sax

Shaine Lepley, 11th grade, trombone

Kristen Klusman, 11th grade, clarinet

Samantha Yuschock, 10th grade, clarinet

ODYSSEY of the MIND

MCA's Odyssey of the Mind team finished 6th out of 55 teams at the OM World Finals at Michigan State University. Members of the team included Mariah Beaver, Amy Besser, Kayla Bressi, Rachel Fletcher, Kelsey Kraynak, Sami Spieller and Christine Mrozek. Advisers are Aaron and Kelly Domanski.

Please take a minute to check out the new Ed Romance Chapter of the Pennsylvania Sports Hall of Fame website at joeba.com, and if any of you are inductees and have a photo of your class, please send to me at rxman01@verizon.net

Don't forget to check out the [Mount Carmel Area Education Foundation](#) website to find out how you can help MCA remain competitive in the future!

Watch for information about our Second Annual Mount Carmel Area Alumni Banquet on Labor Day Weekend!

Past Editions of Sports Watch

[Volume 12 \(Spring 2010\)](#)

[Volume 11 \(Winter 2009-2010\)](#)

[Volume 10 \(Fall 2009\)](#)

[Volume 9 \(Spring 2009\)](#)

[Volume 8 \(Winter 2008-2009\)](#)

[Volume 7 \(Fall 2008\)](#)

[Volume 6 \(Spring 2008\)](#)

[Volume 5 \(Winter 2007-2008\)](#)

Jose's Sports Watch

[**Volume 4 \(Fall 2007\)**](#)

[**Volume 3 \(Spring 2007\)**](#)

[**Volume 2 \(Winter 2006-2007\)**](#)

[**Volume 1 \(Fall 2006\)**](#)

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