

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 2008: Volume VI

BOYS TRACK

Coach Mike Farronato begins his 9th season with the boys and owns a 60-13 -1 record. At the annual Mount Carmel Invitational, the boys finished a disappointing 8th place with 41 points. MCA's only win in the field came from Mark Costello in the triple jump with a 42-10, Costello also took third in the javelin with a 174-5.

On the track the 4 x 800 meter relay team of Like Vaughan, Wally Watkins, Andrew Greager, and Matt Kozlowski finished first with a 8:26.17

At the annual Breslin Relays, the Tornadoes were only able to come away with one win in the javelin where Billy Ditchey and Mark Costello combined for 328 feet in winning gold. The Schuylkill League meet found the boys being edged for the team title by Pottsville. The only individual win was by the 4 x 100 meter relay team of Haynes, Pellowski, Maloney and Demetrius in 44.64 and by Mark Costello in the triple with a leap of 44' 1/2".

On a positive, the boys finished 10-0 in dual meets - (7-0 in the league) and came away with their second consecutive Schuylkill League Championship. The boys sport a very healthy 38-2 mark over the last 4 seasons. It was a great way to end their association with the league, as we enter the new Heartland Conference next season.

At the District IV meet at Athens, MCA was able to garner 43 points to place 5th as a team. Matt Kozlowski was the only performer to go on to the state meet by virtue of his first place finish in the 1600 meter run in 4:30.49. Mark Costello earned a third and 2 fourth place finishes in the discus, triple jump and javelin. The 4 x 100 meter relay team of Haynes, Pellowski, Maloney and Demetrius finished 4th in 44.65, while the 4 x 400 meter relay team of Eddie Stewart, Nate Varano, Maloney and Kozlowski finished 5th in 3:34.05. Maloney also managed an individual 4th in the 100 in 11.49. Kozlowski, Watkins, Graeger, and Shane Fletcher placed 6th in the 4 x 800 in 8:48.56. Kozlowski's time was good enough to seed him 6th at the state meet.

Unfortunately, Kozlowski finished 22nd out of 24 runners at the state meet running a 4:40. Costello was named co track athlete of the year by the News Item - Kozlowski, Haynes, and Josh Maloney were named to the all area team - Billy Ditchey, Nate Varano, and Chris Monahan were given honorable mention.

GIRLS TRACK

Coach Angela Farronato begins her 13th season as head coach of the Lady Tornadoes. The girls also came up short at the Invitational with a 10th place finish with 29 points. Krystal Kaminski lead the way with a 111-4 win in the discus and a 34-0 foot fourth place finish in the shot. Sarah Novack earned a 5th in the 400, while Erin Long had a great second place finish in the 300 Intermediates - The 1600 relay and the 3200 relay finished 6th and 5th respectively. Freshman Cassandra Niglio took 6th in the long jump

At the Breslins, the girls were also only able to win one event - the discus with Cassie Mace and Krystal Kaminski throwing 198 feet for the win.

The girls had a great showing at the Schuylkill League meet with Krystal Kaminski winning the discus with a throw of 105-5. Sarah Novack took a third in the 400 in 63.08, while Erin Long placed 2nd in the 300 intermediate in 48.89. Maloney took a 3rd in the triple, as did Paige Schoffler in the pole vault.

The girls ended their run in the Schuylkill with a fine 8-2 mark and will also get to compete in the Heartland Conference next season.

The girls managed to score only 18 points in finishing 15th as a team. Krystal Kaminski punched her state ticket with a second place finish in the discus with a throw of 113. 6. Sarah Novack placed 6th in the 400, while Erin Long took 4th in the 300 intermediates. The 4 x 400 meter relay team of Novack, Long, Hannah Kolody and Danielle Lawler placed 7th in 4:19.14

Kaminski managed an 11th place finish at the state meet throwing 110 feet in the discus. Kaminski, Novack, and Erin Lon were named to the News Item all area team, Paige Schoffler, Sam Ortona, Cassandra Niglio, and Holly Ibanez were given honorable mention.

GIRLS SOFTBALL

The girls struggled through a 2-18 season (1-13 in the Schuylkill League). Short capsules of three outstanding players:

Dana Wisneski - Senior - Captain - Shortstop

.347 - Highest batting avg. - Total hits-17-1st - Extra Base Hits-5-Tie-1st - Multiple Hit Games-6-1st - 2B-2-Tie-1st - 3B-3-Tie-1st - RBI-8-Tie-1st - Runs scored-9-1st - Put Outs-31-3rd - Assists-32-2nd - Field Avg-.778 - Dana will win the David Hodrick Memorial Award given by his family to the player with the highest batting average. Wisneski was the only player selected to the News Item All Area Softball team for 2008.

Valerie Bendas - Sophomore - 3rd. Base

Val played in all 20 games and played 112-113 total innings - She is the most improved player on the team this year and will be counted on to add stability to the infield next year - She batted .311-2nd - Total Hits-14-2nd - Runs Scored-7-2nd - Mult. Hit Games-3 - Put Outs-28 - Assists-43-1st - Fielding Avg-.835-2nd

- Her .311 average is a 134 point increase over last year -

Felicia Hughes - Freshman - Catcher

Felicia caught every inning of every game-20 games-113 innings - She could probably catch 10 games in one day if she had to - She batted .261-3rd - Total hits-12-3rd - Runs scored-6-2nd - 2B-2-Tie-1st - 3B-3-Tie-1st - X-Tra Base Hits-5-Tie-1st - Walks-8-1st -Put Outs-53-2nd - Only committed 7 errors which is the team low this year - Fielding Avg-.891-1st

BOYS BASEBALL

A young squad managed a 6-12 record during the 2008 campaign after canceling the last 2 games with Southern and Shamokin The 2008 squad managed a .282 average with Second Baseman Tom Gallagher leading the way with a .392 average and 20 hits in 51 official at bats. He was followed closely by Jeremy Yacobacci with a .326 average and centerfielder Jimmy Lesko's .317 average and 19 hits. Sophomore catcher Trevor Demko lead the team with 7 doubles while Gallagher posted 2 home runs. With only 2 seniors, coach Joe Varano should be in good position for next year's season. Gallagher and Lesko were both named to the News Item All Area team.

ATHLETES OF THE MONTH

James Haynes Holly Ibanez Krystal Kaminski

Matt Kozlowski Mark Costello

Sarah Novack Jordan Politza

ROTARY STUDENTS OF THE MONTH

September - Mary Elizabeth Tomedi

October - Marie Constance Ripa

November - Lauren Marie Sosnoski

December - Charlene Alice Molnar

January - James Stuart Lesko III

February - Megan Hynoski

March - William Joraskie

April - Tracey Stutzcage

May - Hannah Kolody

ODDS AND ENDS

Mike Kogut '93, current athletic director and assistant coach at Mount Carmel has accepted the head football coaching position at Tri Valley.

Good luck Michael!

Nicco Dalpiaz, son of Charles Dalpiaz '64 and Linda Greco Dalpiaz '72 placed 10th at the state meet in the AAA pole Vault with a jump of 14 feet for Shikellamy High School.

Past Editions of Sports Watch

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

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

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

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

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