

Volleyball from page E1

The senior is playing the position for the first time.

"She has great hands," Moeller said, "and takes charge of the floor."

Senior Ashley Schumacher returns. She'll play middle and weak side hitter for the Marlins.

Carey Czech heads the list of juniors. A first-year varsity player, she will play middle blocker.

Mary Gignone is one of the Marlins most improved players. She'll be a strong side hitter.

"She's very intense once the whistle blows," Moeller said of the junior.

Angela Harbar plays with great hustle, the coach said. It's not uncommon for the junior to dive all over the court going for balls, he said.

"She's an excellent server," Moeller added.

Caitlyn Jarzembowski will work at middle blocker. The junior has good size at 5-9 and moves well, said Moeller.

Sophomores include Kelley Blunden, Amy Miller and Carrie Brankiewicz.

Blunden will play anywhere on the floor while Miller will be Mercy's other setter. Brankiewicz does everything but set, Moeller said.

Farmington

High school sports should be fun.

"That's the attitude Lisa Walega is taking in her first year as Farmington High varsity volleyball coach. The former Ferris State standout is hoping positive attitude, good work habits and solid athletic ability will translate to a few more wins for the Falcons this winter.

"My main goal," Walega added, "is for the girls to have fun. Everyone wants a winning season, but I'm not quite sure what to expect."

While she is a veteran of the courts, Farmington is Walega's first head coaching job. She previously worked as a freshman and junior varsity coach in Dearborn, Livonia and Big Rapids.

"I'm extremely excited," Walega commented. "I'm really looking forward to it."

She inherits a team that won just a handful of matches a year ago. Walega said her players are adjusting well to changes she's implementing.

"It's fun to come in and watch the girls react to me," she added.

The Falcons opened their season yesterday at the Farmington Hills Harrison Invitational.

A trio of seniors will lead Farmington this season.

Kelly DePoter will play middle hitter and be a captain for the Falcons.

"Kelly has good leadership skills and good court sense," said Walega.

Angela DePomenico will anchor Farmington captain. She'll be an outside hitter, but will help out all over the court.

"She's a pretty good all-around player," said Walega. "She's pretty level-headed."

Angie Lundbom will be in her second season on varsity. The senior is a "great athlete," Walega said.

At 5-foot 10-inches, Lundbom could be a force up front, too. The coach said she does, however, need to be more consistent with her hitting.

Juniors dominate Farmington's roster.

Among them is Courtney Blachford. A strong-side hitter, Walega said she plays strong defense and is adept at digging the ball out of trouble.

Brynn Maki will be on varsity for the first time. The junior is expected to help out in many capacities.

"She can play anywhere," Walega said. "She has a good vertical leap, among the top three on our team."

Junior Jamie Jakaacki is also playing in her first varsity season. She'll play outside hitter.

Emilie Villemonte will play at middle hitter. The junior was described as a good all-around athlete by Walega.

At setter, Farmington will feature Kristen Brown. The junior is a returning starter and key part of the squad.

"She is a really good communicator," said Walega. "You have to be at setter. It's like the quarterback position on a football team."

Katie Maus rounds out the list of juniors. She will play at middle blocker and setter.

"She's very dedicated," Walega said.

Sophomore Meghan O'Rear should see time at setter, too.

"She's got great hands and a real soft touch to her sets," the coach commented.

Transfer student Jonny Chatman will help the Falcons this season at outside hitter. But she won't be eligible until mid January.

Tricia Krause, a sophomore, will also play outside hitter. She'll also be a defensive specialist.

The Falcons had practiced for about a week heading into the

Harrison tournament. Walega said it'll take her awhile to gauge their team's strengths and weaknesses.

"We're struggling a bit with transition from serve-receive to defense right now," she commented. "But I have good athletes. They're showing me they can do it."

Farmington Hills

If a basebal team is only as good as its pitching, a volleyball team is only good as its setting.

Farmington Hills Harrison may have some of the best power hitters in the area this winter. But they still need someone to get them the ball.

That's the message from second-year coach Lisa Schrowe.

"I have some big hitters on this year's team," she said, "but (setting) will be the determining factor for us."

Juniors Ari Ault and Eva Chavez will try to fill the shoes of graduated Abby Ault. Schrowe said the duo will share time throughout the year.

As a team, the Hawks will be trying to comeback from a rough 1996-97 season. With solid senior leadership, Schrowe thinks her team will have an improved campaign.

"We're shooting for a winning season," she commented.

Three seniors will lead the way.

Megan Wild, a three-year varsity player, will play defensive specialist for the Hawks. Schrowe said Wild, a Hawks' captain, is an excellent passer from the back row and also does a good job of keeping team spirits high.

Becky Vosler will help captain the squad and play strong side

hitter.

"She's an all-around player and a strong spiker," Schrowe said. "She gained a lot of experience last year."

Kristen Schleicher is Harrison's third senior captain. She'll play at middle hitter.

"We're looking for her for good middle hits and blocks," Schrowe said.

Crissey Chavez is another returning player to Farmington Hills' lineup. She has loads of experience having played AAU ball in the off-season.

"She's my big all-around player," Schrowe said. "She's a very consistent hitter. You can always count on her."

All Ault and Brittany Masey are two more juniors that'll see playing time. Both play the right side hitting position.

Brieon Mallioux, also a junior, will play at middle hitter. Juniors Patty Moloney and Amy Lindgren will play defensive specialist and middle hitter, respectively.

Among the sophomores is Emily Jackson. A strong or left side hitter, she sees some time, but needs to gain experience at the varsity level.

While Schrowe wants an improved season in terms of wins and losses, she's like her colleague at Farmington, Lisa Walega, in that she wants her team to have fun on the court.

"I want them to have a good time," Schrowe said. "I think when the girls are having fun, they're winning more."

The coach emphasized that she'll use her entire roster this season.

"Most everyone will play," Schrowe said.

The Hawks opened their season yesterday by hosting an eight-team tournament.

North Farmington

Like the other two Farmington public schools, North struggled through 1996-97. The Raiders, in fact, won just one match.

Instead of worrying about how many wins she can add to that total, first-year coach Christine Diebold is more concerned about how her players progress. If the Raiders improve individually, in other words, winning will take care of itself.

So far, the coach likes what she sees in her players.

"I see a lot more team in this team," she said.

Having worked with many of the players as North's junior varsity coach in the past few years, Diebold is far from a newcomer to the program.

"I know what I can ask of the players," she said. "I think they're capable of whatever they

put their minds to."

North Farmington returns four seniors to the lineup.

Dianna Gutsky will work as a defensive specialist. Diebold says Gutsky has many strengths as a player.

"She sees everything on the court," the coach commented. "She has a great eye for things."

Katie Callahan will be a hitter for North. Diebold said the senior is consistent and a very hard worker.

Senior Rita Hindo will help out defensively.

"She is a defensive specialist," said Diebold. "She's aggressive and knows when to turn it on."

The Raiders last senior is Lynn Livernston. She'll play in the back row and back up at setter.

"She's very versatile," Diebold said.

North Farmington is dominated by its junior class. A total of seven are on the roster.

Cianelle Moses will start at setter. She played AAU ball during the off-season and should make major contributions to the Raiders this season. That experience should help her make the transition to setter.

"She's stepping into a position I haven't seen her play," Diebold said, "and she's doing a nice job."

Jessica Givock, Laurie Schehr and Minna Hindo will all play in the front row. Collette Bureau is a "good all-around player," Diebold said.

Junior Melinda Divito is another player with experience.

"This is her sport," said Diebold. "She's very dedicated and serious. It's very important to her."

Sarah Kay rounds out North's roster.

"She can play anywhere," Diebold said of the junior. "She's doing her best in back row, but wants to play up front."

Team chemistry is a strong point of the Raiders this year. Diebold said each player understands what their job is on the court, too.

"Each has their role," she added. "I think it makes us more of a team. All of the girls are very different, but they all come together. I think it makes a nice team."

"This is a great group."

As the fourth coach in four years, Diebold would like to establish some continuity in the volleyball program by sticking around for awhile. She said she'll coach the Raiders as long as assistants Debbie Weintraub and Julie Ingalls.

With continuity and commitment, North Farmington can build a winning tradition, Diebold said.

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The same pain with or without swelling often has a different cause. In some cases a crystal of uric acid from gout has deposited in the joint and set up an irritable focus. In other instances the crystals come from your shoe being too tight.

As we grow older our feet enlarge. The prolonged standing or sitting causes the foot to swell, the edges and top of the foot rub against the shoe. This pressure by the swollen foot can become a primary source for the most few years, Diebold is far from a newcomer to the program.

"I know what I can ask of the players," she said. "I think they're capable of whatever they

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