

Sports

PREPS ■ RECREATION ■ HEALTH

Get fit!
Starting a fitness program tops New Year's resolutions. C6

Sidelines

Two-Dae clinic

As part of the Michigan High School Athletic Association's Women in Sports Leadership Conference, the MHSAA will conduct a six-hour rookie official training program, Saturday, Feb. 1, at DeWitt High School, which is located between Clark and Heribson roads, west off Exit 85 (off the 27-69 expressway which connects US 127 and I 96, north of Lansing).

Two-Dae, which stands for Trained Women Officials, Dedicated, Accomplished, Educated, provides entry level training for all 12 MHSAA sponsored sports including baseball, basketball, competitive cheer, cross country, football, gymnastics, ice hockey, soccer, softball, swimming and diving, track and field, volleyball and wrestling.

Check-in starts at 8 a.m. The program concludes at 4:30 p.m. Pre-registration is required by Friday, Jan. 24.

Included in the \$30 cost is Continental Breakfast, lunch and a gift. A registration voucher toward registration in one sport for the 2003-04 school year is also included.

For more information, call (517) 332-5046 or visit mhsaa.com. You can also email: register@mhsaa.com.

Baseball sign-up

South Farmington Baseball will be registering players for the 2003 season in January at the William Costick Center on 11 Mile Road, east of Middlebelt.

Registration sessions will be 10 a.m. to 2 p.m. Saturday, Jan. 11; 7-9 p.m. Wednesday, Jan. 15; and 10 a.m. to 2 p.m. Saturday, Jan. 18.

New players must have a birth certificate with them. The costs are \$50 for 13-ball, \$100 for all softball players and baseball players under age 15 and \$140 for baseball players age 15 to 18.

For additional information, call the SFB Hotline (248-474-3925) or see the Web site at www.leadmz.com/sfb.

SFB will also enlist team managers, coaches, and volunteers during the registration sessions.

Individuals interested in umpiring league games can sign up at registration or call Lori McCarthy at 248-476-7243.

Titans tryouts

Tryouts for the Oakland Titans, a 17-year-old travel baseball team that plays out of Farmington Hills, will take place at 8:30 p.m. Wednesday, Jan. 8, at the Upper Deck in Northville.

The Titans play exclusively weekend tournaments in southeastern Michigan in June and July.

For more information call Ray Merriman at (248) 626-3024.

Softball camp

The Annual Merry High School Softball Camp will take place 9 a.m. to 10 noon on six Saturdays in early 2003. The camp dates are Jan. 11, 18 and 25, Feb. 1 and 15 and March 1.

The camp is for girls in grades 5-12. The cost is \$50 for six sessions. For more information call Sue Graves at (734) 981-5455.

Raiders have talent to continue swim tradition

BY DAN O'MEARA
STAFF WRITER

North Farmington has a small but talented senior class to lead the Raiders to what they hope is another good year in boys swimming and diving.

Five of the team's eight seniors begin their fourth year in the program - Doug Anderson, Mohamad Bachrouche, Lucas DiGlia, Glenn Legacki and Jeff Mataya. Bachrouche and Legacki are solid, all-around swimmers who can compete in the IM, butterfly and most freestyle events.

DiGlia is a sprint freestyler and an asset in the relay events in which he also swims the fly. Anderson swims the breaststroke and freestyle, and Mataya specializes in distance freestyle.

Senior Matt Newman, who moved into the district as a sophomore, is another talented swimmer who won the Western Lakes Activities Association championship in the breaststroke last year. Freestyler Philip Carlisle and breaststroke Ben Iwrey complete the senior class and also are third-year team members.

Legacki, who "is really looking very good this year," according to coach Duthie, Mataya and Newman are tri-captains.

"Eight of 26 (total team members) is not a small percentage," Duthie said. "We're real strong with seniors and freshmen; in the middle ranks, we're a little lean there."

The Raiders have just three juniors and four sophomores, but they have a

couple very good ones in that group. Junior Thomas Naughton and sophomore Jason Bank played key roles last year. Naughton is a sprinter and backstroke; Bank is an outstanding, all-around swimmer, Duthie said.

"We could probably put (Bank) in any event, and he might be the most versatile swimmer on the team," he said.

Diver Mike Millman and freestyler Aaron Lesniak are the other juniors. Russ Mataya, Jason Muccioli and Bill Navas round out the sophomore group. All are primarily freestylers and returning team members.

North has a promising future with a freshman class that includes Ronnie Asmar, Zach DiGlia, Brandon Eick, Claudio Hernandez, Keith Jones, Nick Ludwig, Matt Naughton, Ryan Podges,

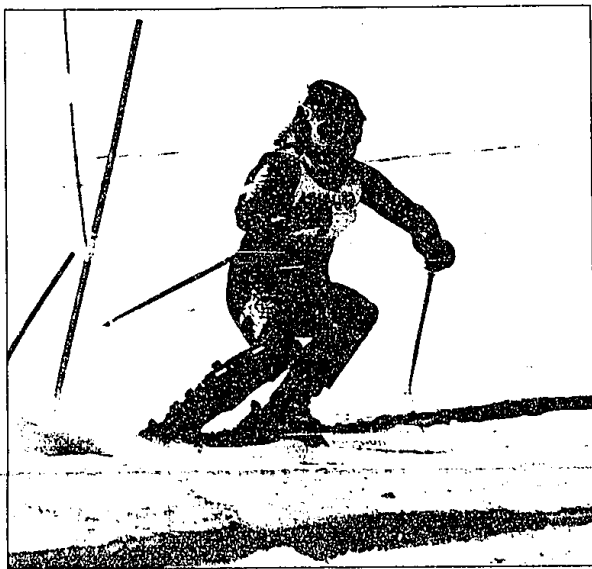
Jason Setsuda, Brad Smith, Alejandro Vallierra and Andrew Warnick. Jones, Smith, Vallierra and Warnick are outstanding swimmers in freestyle, breaststroke, sprint freestyle and backstroke, respectively, according to Duthie.

"We have quite a few good athletes in that group," he added. "We haven't had a group this large in quite a while."

In the team's only competition thus far - a 140-39, dual-meet victory over Rochester Adams last month - North qualified two relays and four individuals for the state meet.

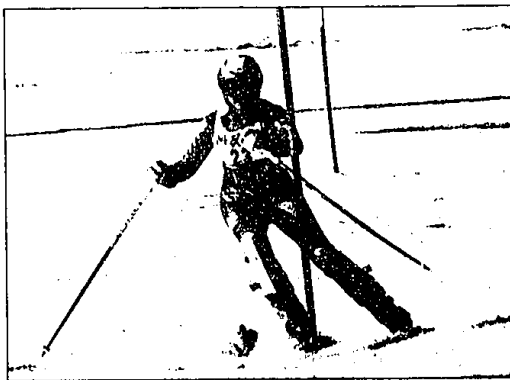
The Raiders, who were always Class A in swimming, will compete in Division II this year under the new format designed to evenly divide the teams statewide.

PLEASE SEE SWIM, C2



PHOTOS BY DEB BRISLER / STAFF PHOTOGRAPHER

Junior Liz Kujala returns to lead the Mercy ski team again in 2003. The Marlins hope to win a third-straight Mount Brighton Interscholastic Ski Association championship this year.



Senior Nicole Zaleski is a veteran skier and an important member of the championship Mercy ski team.

Marlins plan to win league crown again

BY DAN O'MEARA
STAFF WRITER

With its top two skiers returning, Farmington Hills Mercy should have another successful season in 2003, according to coach Tom Gable.

The Marlins are two-time defending champions in the Mount Brighton Interscholastic Ski Association and have won seven of the last 10 league titles. All they need to begin a new season Tuesday with a giant slalom meet against MBISA members Brighton, East Lansing, Okemos, Pinckney, Howell and the two Birmingham schools, Seeholm and Groves.

"All in all, the team is going to be right back where it was," Gable said. "I think we should be the team to beat at Mount Brighton."

"Though we missed a step last year at the regional, I don't have any doubts we'll be right there to challenge for the top spot again."

Mercy won the regional two years ago but finished a disap-



Liz Kujala

pointing fourth last year, losing a sixth-racer tiebreaker. Only the top three teams in each regional qualify for state.

Leading the Marlins again

this year will be junior Liz Kujala and senior Nicole Zaleski, both of whom are more experienced and that much better skiers, according to Gable.

In the regional, Kujala was second in the slalom only to a Marian girl who has graduated. Therefore, her coach believes she would be a regional champ in both events.

"As a sophomore, when you're as talented as (Kujala) is, the only thing lacking is experience," Gable said. "I think, with that year under her belt, she seems to be sking with a lot more confidence."

"Last year was a real building block for her, and she'll ski

PLEASE SEE MARLINS, C2

Shamrocks ready to rebound in 2003

BY PAUL BRADBURY
STAFF WRITER

Last year was a rebuilding year for Redford-Detroit Catholic Central's ski team.

After winning back-to-back regional titles in 2000 and 2001, the Shamrocks suffered from inexperience in 2002 and finished in the middle of the pack in the Mount Brighton Interscholastic Ski Association.

But the growing pains of last season mean the 2003 Shamrocks have a solid nucleus of experienced skiers. And coach Tom Gable hopes this will

lift CC back to the top of the circuit.

"We had a young team last year with five juniors on the squad leading us," said Gable. "But this year, those juniors are seniors. Their attitude is strong, some of them went to camp this summer and that sharpened their skills. Their enthusiasm and technique are at a higher level than last year and when you add on the experience, we could be knocking at the door at Brighton."

The best of the returning

PLEASE SEE SHAMROCKS, C2

North rebuilds with new volleyball coach, players

BY DAN O'MEARA
STAFF WRITER

North Farmington has a new look in the sport volleyball this year with a new coach and virtually a new team.

Gus Dumlaio takes over as the Raiders' coach in place of Deb Calanchi, who guided North to its best season in more than a decade last year.

The Raiders, who posted a 22-14-12 record, lost many of their players to graduation and have just two returning.

Senior Amy Berke and junior Brittany Pajewski, a pair of 5-foot-7 outside attackers are the only holdovers from last year's team.

Dumlaio spent the last three seasons as the JV coach at Birmingham Marian, and he coached the JV team at Rochester Hills Lutheran Northwest for a year before joining the Marian staff.

Dumlaio, who had a 30-7-5 record last season, also has been a club coach with USA Michigan since 1997.

His goal for the Raiders is "to develop the basic skills and team play," he said. "I look at success based on how players improve. 'Are you a better player now than you were?'"

"I'm looking at taking a lot of little steps and, eventually, they become big steps. It's a young team and our skills need to be developed."

"It's pretty much a new team; so we're going through all the developmental stages of becoming a varsity team." North has 12 players on its roster, but four are transfers who won't be eligible until the second semester.

The Raiders will be a different team when they have their full complement of players later this month, according to Dumlaio.

"The transfers will definitely be an asset to the team," he said, adding they come from good programs and have good skills.

"The second semester should be different from the first. It will be a better team; there should be better results. I just like to think positive."

Three of the transfers are from Marian - junior Christine Rinke and sophomores Aletta Rinke and Ellen Doty - although none previously played for Dumlaio. Alicia Rinke can play either setter or outside hitter; her sister and Doty are outside players.

Sophomore Lindsay Lawley is a 5-9 all-around player who transferred from Livonia Ladywood, another perennial Catholic League power like Marian.

PLEASE SEE VOLLEYBALL, C3

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