

Sports

PREPS ■ RECREATION ■ HEALTH

Back on track

Tips on getting fit
for the new year. C5



No. 2 Flyers post impressive win over Wolves

BY DAN O'MEARA
STAFF WRITER

There no doubt are a few more believers following undefeated Farmington Unified's 12th consecutive victory.

The Flyers made a good case in support of their No. 2 statewide ranking by beating host Clarkston Wednesday, 3-0.

The No. 8-rated Wolves, the best team in the Oakland Activities Association Division I over the last four years, dipped to 6-4-2 overall.

Farmington stunned Clarkston by taking a two-goal lead in the first 22 seconds of the game, acting quickly to take the suspense out of the showdown.

The Flyers scored on their first two shifts, the first goal coming just 16 seconds into the first period from Keith Hay with assists by Mike Hand and Nick Hermiz.

A mere six seconds later Farmington was up 2-0 when Ian Chornoby scored the goal and Mark Rauth was credited with the assist.

"The kids came out and skated well," Farmington coach Mark Vellucci said. "Playing a good team like Clarkston in their building, we wanted to come out hard right away on them and we did. It deflated them a little bit."

The Flyers outshot the Wolves in the first period, 12-5, but it was closer in the second with the Flyers still holding a 10-8 edge.

"We knew they would come back hard in the second period and they did," Vellucci said. "In the third period, I told

the guys to dig down, the next goal would be big."

Farmington survived a Clarkston power play with two minutes left in the game. The Wolves pulled their goalie and had a 6-on-4 advantage.

Instead of Clarkston making it a one-goal game, Farmington added an empty-net, insurance goal by Brett Laird with a minute remaining.

The Flyers had an 11-6, third-period

PLEASE SEE FLYERS, C2

Undefeated Raiders win 3rd straight

BY DAN O'MEARA
STAFF WRITER

North Farmington had another productive performance in the pool Thursday night, making 12 state cuts during a 129-51, dual-meet victory over visiting Rochester.

"I thought we had an outstanding swimming meet," North coach Pat Duthie said. "I'm impressed with these kids, not just because they're my kids but looking at them as a swimming team. They're really doing some

great things."

The Raiders achieved nine Division II state cuts Tuesday in a win over Rochester Adams and

PLEASE SEE RAIDERS, C3



BILL BREWER/STAFF PHOTOGRAPHER

Mohamed Bachrouche won the 50-yard freestyle with a state-qualifying time of 23.38 and helped the Raiders win the medley and 400 freestyle relays Thursday in North Farmington's dual-meet victory over Rochester.

North begins division play with victory

BY DAN O'MEARA
STAFF WRITER

North Farmington won its Division III opener in Oakland Activities Association boys basketball Friday with a 59-48 victory over visiting Berkeley.

The Raiders built a 21-7 lead after one quarter and were in front all the way, leading 35-20 at halftime and 46-31 after three quarters.

"At times, I thought we played really well," North coach Tom Negoshian said. "We played hard defensively again. We're getting a little better; we're getting more consistency out of the bench."

"We had foul trouble, so the bench did

some nice things for us. Berkley did a lot of changing up defensively; at times, that hurt us, but the kids did a nice job of adjusting to it."

Senior guard Marcus McComb scored 17 points and had nine rebounds, seven steals and two assists to lead the Raiders, who have won two in a row and are 2-4 overall.

Junior Gary Kennedy had 15 points, as well as four assists and four steals. Sophomore Sean Mackler added 11 points, sophomore Darrin Rawls (seven rebounds) and senior Robert White five

each.

Berkley (1-0, 3-4) was led by senior guard Sean Kennedy who scored 25 points. He made five threes and eight of eight free throws.

The Bears also got six points apiece from 6-8 senior center Andrew Clark and Phil Scheplarn.

Berkley was 16-of-20 at the line while North made only 10 of 25 free throws.

"As a team, we need to improve on the free throw line," Negoshian said. "We need to get back in the gym and work on the things we need to work on and keep trying to get better as a young team."

domeara@oe.com (734) 953-2141

Harrison girls start with 3-0 record in OAA

BY DAN O'MEARA
STAFF WRITER

If the Farmington Harrison volleyball team continues on its current pace, the Hawks are headed for a very good year in 2003.

Harrison is undefeated after three matches in the Oakland Activities Association's Division III. The latest win was a 15-11, 15-3 decision Thursday over Clawson.

That's a nice change of fortune for

VOLLEYBALL

the Hawks, who were 2-9 last season competing against bigger schools in the Western Lakes Activities Association.

"We're real pleased about going to the OAA," Harrison coach Kevin Lashbrook said. "It's been fun. It has given our program a chance to grow. We feel like we're getting better."

"The other coaches are telling me we're going to sweep through the division. I've found the competition to be favorable; we've been fortunate to win. We have a good group of girls with experience and talent."

Harrison has eight seniors who returned from last year's team, four of whom are four-year varsity players.

Maggie Condeni is a 5-foot-11 middle hitter-blocker who also can play on the outside; 5-5 Diana Platt is a veteran setter and the player who makes the offense work; 5-6 Alex Ciceri is a defensive specialist, and 5-9 Jamila Fair is an outside hitter.

In the Clawson match, Condeni had five kills while playing just one game and DeRose three; Platt had a total of 14 assists, Fair three aces and Ciceri eight digs.

Maggie, Jamila, Alex and Diana

PLEASE SEE VOLLEYBALL, C2

Rams top Falcons; Maples sink Hawks in basketball

BY DAN O'MEARA
STAFF WRITER

Madison Heights Lamphere overcame a one-point deficit heading into the fourth quarter Friday and claimed a 55-46 victory over Farmington in boys basketball.

It was the OAA Division IV opener for the visiting Falcons, who are 1-5 overall. The Rams are the defending division champions.

Lamphere benefited from a wide disparity in free throw opportunities, making 21 of 32 chances compared to five of 11 for Farmington.

The Rams had only two field goals in the fourth quarter, but they made 15 of 19 free throws while outscoring the Falcons, 20-10, to overcome a 36-35 deficit entering the final.

Chris Lelli scored 19 points to lead Lamphere. He made 14 of 16 free throws and was 9-of-10 at the line in the fourth quarter. Jason Alaya tossed in 18 points.

Georgio Holt was Farmington's high scorer with 15 points, which

included three threes. Tim DePaulis had eight points, Joe Green seven, Jeff McCullough and Matt Okopny five each.

The Falcons had a 19-16 lead after one quarter and the score was tied at halftime, 25-25.

"It was the best game we've played all season," Farmington coach Steve Norgrove said.

"Defensively, we did what we were supposed to do. We got caught out of position and had a few lapses, but that's because we played hard."

"Down the stretch, we didn't close the game out like we should have. (Lamphere) returned three seniors from a team that won the league, and those three players closed the game out like seniors are supposed to do."

"We had two guys foul out, and there was a large disparity in fouls. That caused us trouble in our rotation; I think that was a little too much for us to play through this early in the season, because we only

PLEASE SEE BASKETBALL, C3



TOM HOFFMEYER/STAFF PHOTOGRAPHER

Harrison's Robert Showalter gets tossed to the floor during a tight play at Friday night's game at Sealhorn.

Sidelines

Falcons commit

A pair of Farmington High School senior volleyball players, Jessica Janowicz and Deanna Gause, will sign letters of intent Monday to play next season for St. Clair Community College.

Both are 6-foot, front-court players who helped the Falcons compile a 40-16-4 record last season.

St. Clair has a nationally-recognized program, having won the national junior college championship three years and finished third in the nation two years ago. St. Clair finished behind Schoolcraft in the region last year and didn't qualify for the national tournament.

"Most coaches say St. Clair is the equivalent of playing at a very strong Division II or lower-level Division I school," Farmington coach Alex Perrin said.

"Both look at it as an opportunity to get their college paid for and, after training, go on to play at a four-year school."

The scholarship offers cover full tuition, but individual players are responsible for their own room and board.

Prep ski results

Farmington Hills Mercy finished second in a Mount Brighton Interscholastic Ski Association slalom meet Thursday.

Birmingham Groves had 28 points and Mercy 29. Brighton was third with 54.

Mercy's Liz Kujala was the individual winner with a two-run time of 36.52. Nicole Zaleski was fourth (40.25).

Margot Spera 10th (42.84), Rachelle Beazley 14th (46.66) and Nikki Cowks 15th (46.95).

Reford-Detroit Catholic Central finished seventh in the MBSA boys slalom meet.

The Shamrocks, who had two skiers disqualified on the second run, had 100 points, well behind first-place Brighton with 24.

Groves was a distant second with 60.

Eric Kasprowitz led the Shamrocks by finishing in 15th with a combined time of 39.87. Brandon Guptoni was 23rd (44.45). Pat Repasky 24th (45.10) and Che Martinez 38th (54.35).

The overall winner was Groves' Pete Manley with a two-run time of 33.48.

Lifflon picked

Plymouth Whaler defenseman David Lifflon was among the 40 players selected for the Home Hardware Canadian Hockey League Top Prospects Game, which will be played at 7 p.m.

Wednesday, Jan. 22, at Kitchener Memorial Auditorium Complex.

The 6-foot-2, 201-pound Lifflon has four goals and five assists (nine points) for the Whalers this season. Last season, he has three goals and nine assists (12 points) in 62 games.

Players selected were chosen by the CHL and NHL.

All 40 players selected are eligible for this year's NHL Entry Draft June 27-28 in Nashville.

Former Compumare Ambassadors' defenseman Frank Rediker, currently playing with the Windsor Spitfires, was also chosen.

Find a home for your horse.

Feeding horses, household things, whatever...call today and we'll learn quickly with a classified ad—1-800-578-SELL