



TAKING FIRST PLACE...Last weekend three students from Karate N Motion in Westfield won first place at Green's Best of The Best Martial Arts Tournament in East Orange. Brown belt Matt Ciarrocca, right, and yellow belt Daniel Shorrock, left, both local Westfield students, placed first in the sparring competition. Brendan Salazar, center, placed first in weapons kata and third in open hand kata.

CJA Cheerleaders Qualify For World Championships

The Central Jersey All Stars (CJA), a national championship competitive cheerleading team, recently swept their divisions with all-four competing levels, taking home first place at Quest For The Best's competition at Brookdale Community College. In addition, the Junior Prep level was Grand Champion of 48 teams and the Youth level was Grand Champion of 28 teams.

Earlier last month, CJA qualified for The Final Destination, a televised competition held in Baltimore in May that brings together top All Star level cheerleading teams from around the world who will compete for the title -the World's Best!

All Star cheerleaders do not cheer for a team, but cheer for themselves at local and national cheer competitions. Their two-minute and 30-second routines combine cheering, gymnastics and dance in routines that are as terrifying as they are exciting to watch.

According to CJA team members, Central Jersey's success at the All Star level is due to founder and head coach Patty Ann Romero's tough coaching style.

"All Star cheering is supposed to

be the best of the best," says Romero. "We train to compete. Our athletes are responsible for a certain level of intensity while training."

Lateness or missing practice is not tolerated, nor is gossiping, staying out late, sleepovers during competition season, imbibing alcohol, unsafe Internet use or any other unsavory behavior.

"The wins are not what we're all about. They're just the result of everything else we do," said Romero.

Adult Players Sought For Baseball League

Adult (18+) recreational baseball players are wanted for the Amateur Baseball Association of New Jersey. There are multiple leagues in northern and central New Jersey.

All positions and skill levels wanted. Games are played on weekends. Please view www.AllStarTeamStats.com/aba or call Jason @ 201-873-3349 or email Larry at NJBaseball4all@aol.com for more details.

Westfield Y Swimmers Excel At Silver State Championship

On February 18 and 19 the Westfield YMCA swim team had many fine performances at the State Silver championships at Gloucester Institute of Technology.

9-10 Girls - Alexandri Korba (1st 200-free, 2nd 200-IM, 50-back, 11th 50 breast). Caitlin Carroll took 9th in 100-free, as did Catherine Kerr in the 100-IM. Courtney Hahn, Carroll, Korba and Kerr placed sixth in the 200-medley relay.

9-10 Boys - Tommy Pyle took first in 100-fly, Daniel Myers (2nd 100-fly, 4th 100-breast, 12th 100-IM). Pyle, Myers, Ryan Thomas and David Adsit finished eighth in the 200-medley relay.

11-12 Girls - Lizzie Stellar (1st 100-IM, 2nd 100-Free, 9th 100-back, 12th 50-free). Margaux Fleschler (6th 50-free, 9th 100-free, 14th 200-free). Kylie Bangs placed second in the 100-back, while Meg Kaveney placed 10th in the 50-fly and 15th in the 50-free. Amanda Adsit (11th 50-fly, 12th 100 fly). Emma Franks finished 13th in the 100-free, while Abby Pires finished 16th in the 100-breast. Fleschler, Kaveney, Krysta Huber and Franks finished fifth in 200-free relay, while Franks, Meghan Meyers, Kaveney and Fleschler placed 12th in the 200-medley relay.

11-12 Boys - Michael Rizzio (2nd 100-back and 50-fly, 3rd 100-IM, 16th 50-breast). Jonathan Drori (3rd 100-free, 4th 50-free, 5th 50-breast, 10th 100-IM). Sean Clark (2nd 100-free, 6th 200-IM, 10th 50-back). Brennan Haley (2nd 50-back, 9th 50-fly). Ryan Hobson placed fourth in the 100-fly. Dan Pesin finished seventh in the 100-IM and Kevin Oster placed 13th in the 50-back. Oster, Drori, Rizzo and Hobson finished fifth in the 200-medley relay, as did Haley, Pesin, Drori and Aris Psychojos in the 200-free relay.

13&14 Female - Alice Li (2nd 100-free, 4th 50-free and 200 free, 15th 100-fly). Emily Budnick (4th 100-free, 8th 100-breast, 11th 200-free, 13th 200-breast). Kelsey Wilson (14th 100-fly, 15th 200-IM). Megan Boersig (12th 100-breast). Lyndsey Anderson, Boersig, Jill Ceasrine and Li placed fourth in the 200-medley relay, while the 200-free relay of Boersig, Anderson, Wilson and Li finished 12th.

13&14 Male - Andrew Cordeiro placed 13th in the 100-free. Coline Terwelp, Cordeiro, Dorian Bogdanovski and Carson Foley placed 10th in the 200-medley relay and seventh in the 200-free relay.

15 to 18 - Ruth Stoddard, Cathryn Winchester, Annie O'Neill and Michelle Jablons placed sixth in the 400-free relay. Winchester, Maegen Foley, Jablons and O'Neill placed seventh in the 200-free relay. Caitlyn Oster, Foley, Ilene Goodman and Alex Roll finished 13th in the 200-medley relay.

Brian Lapham Grabs SJ Jr. Mat Crown

Brian Lapham, a third grader at Coles Elementary School who wrestles for the Scotch Plains Jr. Raiders in the Central Jersey Midget Wrestling League, which are coached by Mike Ridge, Steve Cannon and Kevin Morrison, won the South Jersey Wrestling Association State Championships (75-lb Bantam) in Wildwood on February 19.

Brian qualified for the USA Wrestling, NJ Federation State Tournament by finishing first in the qualifier at Union, one of eight regional qualifying tournaments around the state. The State Tournament will be held on March 25 at Union High School.

JCC Blue 7/8th Boys Rumble On a Hot Streak in Hoops

Coming from an on again/off again season, to date the JCC Blue 7/8th grade basketball team is emerging as a force to be reckoned with in both the Garden State League and JCC Leagues.

The boys defeated Westfield Blue, 47-45. Zach Flanzman pumped in 17 points, Mitch McNamara had 14 points and Alex Brass netted eight points.

The JCC Blue team trounced Clifton, 62-31. Once again, Flanzman (22 points) and McNamara (11 points) played to win. Brandon Wheeler showed his talent, scoring 10 points, and Greg Stein, Brass and Ryan

Wheeler each scored six points.

The next outing for the team was against Passaic, who prior to their game with JCC Blue, was undefeated in the JCC League. The final score in that game was an amazing 50-39, with JCC Blue taking the win.

On February 23, the JCC Blue team hosted returning rivals from last year, Basking Ridge. Once again the Blue team poured on the heat. Flanzman scored a record 25 points, Stein sank 10 points, McNamara put up nine points and Michael Reisenberg had six points. The Blue got full support of teammates Brandon and Ryan Wheeler and Adam Offitzer.



MAT CHAMPION...Brian Lapham, top, of Scotch Plains won the South Jersey Wrestling Association 75-lb Bantam state championship in Wildwood on February 19.

St. Helen's Hoop Boys Reach State Catholic HS Final Four

St. Helen's high-school boys basketball team made the final four best high school Catholic League basketball teams in the state but fell one game short of its expectations by falling in the state semifinals, 65-56, to St. Mary's of Medford on March 5.

Although St. Helen's shot a respectable 43 percent (19-for-44) from the floor, they were out rebounded offensively and defensively, which translated into 12 fewer shot opportunities than their opponents. The additional shots told the tale of victory for the Medford squad.

Leading all scorers in the tournament was St. Helen's senior guard Woody Handza, who averaged 22

points a game and was named a First Team All-Tournament selection. Seniors Eric Scudato and Mike Manders were named to the Second Team all defensive unit, junior Dan Melillo was named to the Honorable Mention rebounding team, junior Scott Dyer was named a Third Team All Tournament selection and senior Mike Amjody and sophomore Bobby Molson were named to the Sixth Man honorable mention unit.

With five returning juniors and three sophomores all gaining valuable experience and playing time this season, St. Helen's figures to be in the hunt for the State Championship crown again next season.

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