

HELOCK, MURPHY WIN 2 INDIVIDUALS VS PRINCETON

Raider Girls Capture First NJSIAA State Swim Title

By FRED LECOMTE
Specially Written for The Westfield Leader and The Times

After a four-year drought, the Scotch Plains-Fanwood High School girls' swimmers beat out Chatham, 114-56, for the North Jersey Section 2, Public B title on February 22 in Bayonne. That victory earned the Raiders its first trip to the state semifinals where they won seven events for a 93-77 victory over No. 18 Mountain Lakes, seeded third, on February 25 at Lawrence. However, the fifth-ranked Raiders earned its first NJSIAA Public 'A' state champion-

stoked to victory in the 50-yard freestyle in 26.15, then built up the Raiders' point total by finishing first in the 100-yard backstroke in 1:03.54. Larkin glided to victory in the 100-yard butterfly in 1:03.75 and Becca Fox won the 100-breaststroke in 1:11.76. Cameron, Henkels, Murphy and Helock combined to capture first in the 400-yard freestyle medley with a time of 3:49.97.

Against three seed Mountain Lakes, Raiders Fox, Henkels, Larkin and Cameron opened up with a victory in the 200-meter medley relay with a

four in the fifty. That was the big turning point and we just took off after that. The kids just swam better and better. By the end of the breaststroke we had the meet actually won, so it was really nice to go into the 400-free relay without any pressure. As a matter of fact, Cameron, Larkin, Mary Henkels and Helock set a new school record."

Murphy, Henkels, Larkin and anchor Cameron combined to capture first in the 200-yard freestyle medley with a time of 1:43.38. Murphy aced the 100-yard freestyle with a time of 56.60 followed by Mary Henkels in 57.53 then shocked the field with a first place in the 50-yard freestyle in 25.41.

Helock tasted victory in the 200-yard freestyle in 1:56.59 followed by Cameron in 1:59.13. Helock then carried her momentum before a roaring crowd to claim victory in the 500-yard freestyle by touching first in 5:15.63 while teammate Cameron zipped in third. "Amanda (Cameron) and I knew that it would be close, so we came out really pumped and focused," said Helock. "In the 200 free, we were not expected to go one, two, however that finish really helped in the scoring column as did the 500 (IM) where we finished one, three."

"Every single kid in every single event stepped it up and performed incredibly," concluded Coach Hulnik. "When the kids were getting out of the water, they would tell each other, 'wow', I saw what you did. That's how good a meet it was."

Raider Cagers Rout Rahway Girls, 67-29

There were no questions that the No. 7 Scotch Plains-Fanwood High School girls basketball team intended to advance to the Union County championship game when the 19-5 Raiders routed fourth-seeded, 15-7 Rahway, 67-29, at Dunn Center in Elizabeth on February 22. Senior center Hillary Klimowicz rolled in 19 points, pulled down 13 rebounds and made five blocks for the Raiders.

Klimowicz, who upped her career total in points scored to 1,850, sank 17 of her points in the first half as the Raiders glided to a 41-14 lead. Sophomore guard Tiffany Smith netted 12 points in the second half. Allie Zazzali, Lauren Benovegno and Jenny Burke each put up eight points while Maura Gilooly and Elizabeth DeCataldo scored five points apiece. Loni Kaye had two points.

Rahway	9	5	3	12	29
Sc. Pl.-Fanwood	18	23	10	16	67



IT'S A NJSIAA STATE TITLE...Raider freshman Melissa Helock zipped through the water to capture the 200-yard freestyle and the 500-yard freestyle to help Scotch Plains-Fanwood earn its first state swimming title.

ship crown with a 95-75 victory over Princeton on February 26 at The College of New Jersey in Ewing. "Threepeat," said Raider Head Coach Jessie Hulnik. "We had some outrageous swims where we finished one, two. Our goal lap meet was to try to boost our power points so when we went into the re-seeding for the last four remaining teams we would be one of the top two seeds and we ended being two."

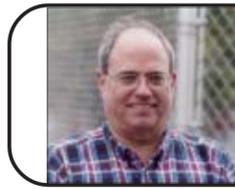
Against Chatham, senior Amanda Cameron won two individual titles and two relay titles for the 12-2 Raiders. In the opening event, the 200-yard freestyle relay medley, Cameron, Mary Henkels, Kristen Henkels and Brittany Larkin topped the field in 1:46.38. Cameron also touched first in the 200-yard freestyle in 2:01.86 then repeated the feat in a close race in the 100-freestyle with a time of 5:56.61.

Freshman Melissa Helock breezed through the 500-yard freestyle, finishing in 5:18.14, then claimed victory in the 200-individual medley in 2:14.33. Freshman Jillian Murphy

time of 2:08.73. Helock won the 200-freestyle in 2:09.54. Fox returned to the water to claim the 200-individual medley prize in 2:33.74, then captured first in the 100-breaststroke in 1:20.96. Larkin and Katie Kosenick finished 1-2 in the 100-butterfly. Helock captured her second individual victory, touching first in the 500-freestyle in 6:09.89 while Henkels applied the exclamation mark with a victory in the 100-backstroke in 1:09.95. "We had a real nice meet," said Coach Hulnik. "We switched a few things around in that meet, perhaps to throw them off a bit with the ultimate goal of throwing Princeton off."

Things could not have gone better for the Raiders at The College of New Jersey. Sparked by Murphy, Helock, Cameron and the Henkels sisters, the Raiders captured all of the individual titles for its first Public B state title.

"We just swam out of our minds. We swam absolutely incredible," said Coach Hulnik. "Most of the kids were at or very near personal bests. We finished one, two in the 200 free, then two, three in the IM and one, two,



Devil's Den Looking For Some Fun Reading? Try High School Record Book

By BRUCE JOHNSON
Specially Written for The Westfield Leader and The Times

The 2005 National High School Sports Record Book arrived in the mail the other day. It's 224 pages of some of the most interesting stuff you'll see anywhere. If you're a high school sports nut - and if you're not, you should be - the book is worth checking out. Just contact John Gillis at (317) 972-6900.

The 27th edition of the book has every varsity sport covered, with winningest teams, longest streaks, every individual record imaginable (and some of the records are un-imaginable!).

And it's very, very cool to see a couple mentions of Westfield High School in the book. Right there with the "big boys" of American scholastic sports.

On page 74, under the Football Undeclared Seasons listing in the seventh slot is Westfield with 15. The leader is Lawrence, Kan., with 31, followed by Valdosta, Ga., at 23, Rome (N.Y.) Free Academy and Bakersfield, Calif., with 21, Massillon (Ohio) Washington with 20 and Concord (Calif.) De La Salle with 17.

Back on page 162 under the Boys Swimming State Championships is Westfield with 20, trailing just 10 schools, including Greenwich, Conn. with 25 and St. Joseph of Metuchen with 21. The leaders are Honolulu (Hawaii) Punahoe and Louisville (Ky.) St. Xavier, each with 40.

On page 186 is a picture of former Scotch Plains-Fanwood standout Renaldo (Skeets) Nehemiah, who still holds the national record in the 120-meter high hurdles at 12.9, set in 1977. Also pictured on the Track and Field page are future NFL stars Terry Bradshaw, who threw the javelin a national record 244 feet, 11 inches for Woodlawn of Shreveport, La., in 1966; Mike Carter, a 77-0 shot putter from Dallas Jefferson in 1979, and Russ Francis, who shattered Bradshaw's mark with a 254-11 throw for Pleasant Hill, Ore., in 1971. (Interestingly, Nehemiah, a wide receiver, and Carter, a nose tackle, were teammates on the San Francisco 49ers.)

The book is filled with interesting stuff. Did you know that the two New Jersey teams with the most state championships are not Kearny and Scotch Plains. Harrison ranks 10th nationally with 11 state titles, and the national leader with 16 is N.J.'s own Point Pleasant Boro!

For a sample of how mind numbing some of the records are, consider this: Rebecca Krohn is the all-time goal scorer at WHS with 103 for her career. The national record is 286! by Erin Martin of Temple City, Calif.

Some guy named Abram Booty caught 83 career touchdowns passes during his four years at Shreveport (La.) Evangel Christian. To put that in perspective, WHS threw 136 during

Gary Kehler's 22 years as head coach. (Then again, 136 probably is more than most people would've thought happened during the GK years.)

The NHSSRB is filled with names and pictures of people who went on to become famous athletes, either in their high school sport or sometimes in a different one (ala Terry Bradshaw). And the records... how about 94 points by the Loudon (Tenn.) boys basketball team, in ONE PERIOD during a 1956 game? Or the 16-overtime girls basketball game between Tennessee's Chattanooga East Ridge and Ooltewah (East Ridge won 38-37!) in 1969? Did you know that current Boston Red Sox manager Terry Francona hit .769 in 1976 for New Brighton, Pa.? It says so on page 22. How about this softball score (on page 143): East Machias Washington (Mass.) Academy over Lubeck (Mass.) by a non-mercy-ruled 88-6, back on April 28, 1983.

And on and on...

TRIVIA QUESTIONS

A. Four Harvey brothers - Pete, Dave, Bob and Chris - wrestled under Gary Kehler at WHS; which was the only one to capture a district championship?

B. From 1963 through 1980, WHS won 17 district wrestling titles in 18 years. Which year did they finish second to Scotch Plains-Fanwood?

SWENSONS 1-2

A couple of very familiar faces battled it out for first place at the recent Metropolitan Conference Swimming Championships. Former Scotch Plains-Fanwood stars Steve Swenson and Chris Swenson hooked up in the 100-yard breaststroke final. Steve, a junior at The College of New Jersey won in 56.95; Chris, a senior at Rowan, was second in 59.51. Steve also won the 200 breast in 2:04.50, with Chris finishing fifth in 2:11.29.

Younger brother Eric Swenson had a solid freshman year at Notre Dame. And youngest brother Billy Swenson will finish up his high school career this weekend for St. Joseph of Metuchen at the NJSIAA Meet of Champions in Deptford. Billy had two outstanding swims Sunday when St. Joe's lost 86-84 to St. Augustine in the Non-public A Division final. He dropped four seconds in the 200 individual medley for a 1:59, and dropped to a 55-plus in the 100 backstroke.

Former WHS standout Josh Schoenfeld, a freshman at TCNJ, placed in the 200 and 400 individual medleys.

CONTEST OVER

OK, the entry deadline for the What Year Was Best for WHS contest came and passed on Monday at midnight. So we have 14 people with a shot at winning a night at the Jolly Trolley with the Corbin brothers. If there are no winners, it'll just be the Corbins and

the Devil's Den. Results will be announced as soon as the numbers are all tabulated and rechecked by the Den's official statman, Charlie (The Scorekeeper) Hansen.

A SAD WEEK

You know you're getting old when you look at the obituaries before the sports section in the newspaper. Obits are also always worth a quick look in Rolling Stone when it comes out. The Feb. 24 issue was an especially sad one. Dave Lerchey, a founding member of the Del Vikings doo-wop group of the '50s, passed away at age 67. The Del Vikings, one of the first racially integrated groups, were among my youthful favorites. I still have the 45s for "Come Go With Me" and "Whispering Bells."

Also passing away were Jim Capaldi, drummer in Traffic, a tremendous group which also featured Dave Mason, Steve Winwood and Chris Wood; Ray Peterson, of the 1960 hit "Tell Laura I Love Her"; and Eric Griffiths, lead guitarist of the Quarrymen, a band that was formed in 1956 by John Lennon and would eventually include Paul McCartney and George Harrison, and which would change its name in 1960 to the Beatles.

REMEMBER WHEN

March 3, 1951: Dick Larosa wins the 150-yard individual medley to become WHS's first non-diver to win a state swim title.

March 3, 1962: Ken Cornell (123 pounds) beats Tenafly's Jim Henry 11-0 and Dave Morash (168) outscored Seton Hall Prep's Ed Bilinski 11-7 to win state wrestling titles at Rutgers.

March 4, 1967: Bill Kenny wins the state 98-pound wrestling title with a 2-2, 0-0 referee's decision over Bound Brook's Vince Yannetti at Asbury Park's Convention Hall.

March 5, 1960: Dennis Powers becomes the first WHS wrestling champion with a 3-2 victory over Newton's Dick Wilson in the 130-pound final at Rutgers.

March 7, 1940: WHS beats Dunellen 3-2 to end the Destroyers' 27-match unbeaten streak in tennis.

March 8, 1958: Terry Bentley captures the 100-yard butterfly and Jay Pierson wins the 100 back as WHS takes its first state swimming championship, at Princeton's Dillon Pool.

TRIVIA ANSWER

A. Chris Harvey won the 1977 district heavyweight championship.

B. In 1964, WHS finished second at District 7, despite wins by Joe Wiendl (148), Jim Minno (157), Jay Isbrecht (168) and Leroy Gallman (178).

Bruce Johnson's Devil's Den appears every Thursday in The Westfield Leader. Contact him with comments or ideas at bj1019@aol.com

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