

Raiders Gear Up for Sections, Stop Warrior Matmen, 39-24

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won a 3-0 decision over Al Nassiri then, at 215-lbs, Raider Keith Baker recorded a trio of takedowns to defeat Mark Wroblewski, 6-3. Raider heavyweight Johnny Loomis was locked in a battle of headlocks with Clint Heath until his finally countered with a lateral throw to record a fall in 5:17, putting the Raiders well in front, 39-10.

Warrior Arjun Patel scored a 12-0, majority decision at 103-lbs and teammate Tom Ross at 112-lbs followed with seven counter-style takedowns and an escape to grab a 15-4, majority decision. At 119-lbs, Warrior Chris Valerio used a far arm corkscrew to pin Jawan Gaines in 58 seconds.

"There was a lot of intensity from our kids. They wanted to make a

statement to Voorhees and, hopefully, Warren Hills," said Scholz.

BOUT SEQUENCE:

- 125: — Gano (S) p DeTorres, 1:25
- 130: — Ferra (S) p Aldrich, 4:56
- 135: — Olsson (S) p Muldowney, 3:29
- 140: — Alpizar (W) d Ridge, 6-2
- 145: — Mineo (S) won forfeit
- 152: — Cannon (S) d Jessen, 2-0
- 160: — Bachi (S) d Janajri, 3-2
- 171: — Ard (W) md DeNichilo, 9-1
- 189: — Scriffano (W) d Nassiri, 3-0
- 215: — Baker (S) d Wroblewski, 6-3
- Hwt: — Loomis (S) p Heath, 5:17
- 103: — Patel (W) md Dave Casmas, 12-0
- 112: — Ross (W) md Bundy, 15-4
- 119: — Valerio (W) p Gaines, :58

Raiders beat Voorhees, 37-29, in sectional semis on February 6 and will face Warren Hills for the championship tonight at 7 p.m.



GREAT COMPETITION FOR EACH OTHER...Raider Mike Alleman, left, and ALJ Crusader Ollie Haney, right, have been great competition for each other in the shot put event. Alleman won the UCT event with a shove of 55'7.5" while Haney was right behind with a personal-best toss of 55'2". Haney also had personal-best throws of 54'7.5" and 54'10.25" on the evening.

Vikings Grab 1st, Raiders 2nd in Union County Track & Field

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finishing with a time of 10:24.9 seven seconds ahead of Viking senior Brian Guterl, who had a partial tear in his rectus femoris muscle (one of the quadriceps - front thigh). Raider Dan Sapienza finished third at 10:36.3 and Blue Devil Kevin O'Rourke finished fourth with a time of 10:54.

"We were talking before the race. Pat wanted to know if I thought he had a chance. I said, 'Yes!' When we saw Guterl running, we knew he had been hurt. We didn't know what he would have left, so I said to Pat, 'Just do what I say'. With five laps to go, he was behind Guterl's shoulder. I told him, 'Now!' He knew what I meant and he ran away from him," explained Raider coach Jeff Koegel.

"Mr. Koegel said stick with Guterl as long as I could and then about six laps from the end, I should take off. He gave me the signal and I was able to take it," said Doliber. "I should have taken it out faster in the beginning because I did have a lot (left)."

Raider Rowbotham got a slow start but managed to sprint past Rahway's Mahdi Sumter after the final hurdle to win the 60-yard hurdles in 7.6 seconds. Westfield Blue Devil Adam Bergo finished sixth with a time of 8.4.

"I'm still a little shaky on my form. I got a really slow start. I started back in the pack, like third place. I need to get my trail leg a little faster, get over the board a little faster but that's come along in practice. The only thing I needed to work on was my start," said Rowbotham.

Bergo, who had a personal-best leap of 6'4" in the high jump at the Group 4 Relays in mid-January, was hoping for another fine performance. Last spring, his best height was 5'10".

"It was definitely the growth. My height! I grew a couple of inches and

I added leg work, weight training, front squats, back squats and explosive cleans. That really helped my pop. And I ran a lot over the summer and got faster," said Bergo.

Bergo was one of three competitors who cleared six feet but he had to settle for third due to total misses. Elizabeth's Kareem Andrews won the event and Union's Marques Wallace placed second.

Raider Mike Alleman barely won the match-up of "powermen" in the shot put when he shoved his orb 55'7.5" to beat out Johnson's Ollie Haney who had a personal-best (PB) push of 55'2". Haney also had PB throws of 54'7.5 and 54'10.25".

"My form was great! I have been working on form. We had Kevin DeGeorgio come in. He's the best

shot putter in the state of New Jersey. He has been helping me get my left foot under me because I am a lefty. He told me some new techniques that really had been helping me. It was my best series ever. I went ahead (PBs) three times," said Haney. "We are good friends. We had a good time. He just popped that one out there. Mike knows we've got competition. Everyone expects it and we are really going to put it to everybody. We are going to show them we Union County boys should be up there."

"You come to every meet hoping to PR. Overall, I'm pretty happy," said Alleman who added, "Just before going into finals, he had me by a couple of feet. He kind of forced me into it. I love throwing against him. He's great competition."

Raider John Badala placed third in the shot put with a heave of 48'0.75 and Blue Devil Erik Anderson, who had a PB of 47'11.75" at the Group 4 meet, placed sixth with a shove of 46'6.75. Since the beginning of the season, Anderson has made leaps in bounds in the shot put.

"I started 45'7" then I got out to 47-11 and three quarters. I would like to break 50 by the end of the winter," said Anderson who added, "We do a lot of weight training and we do some quickness drills out on the field, so we get some pliametric (flexibility, kinesthetic - movement) stuff."

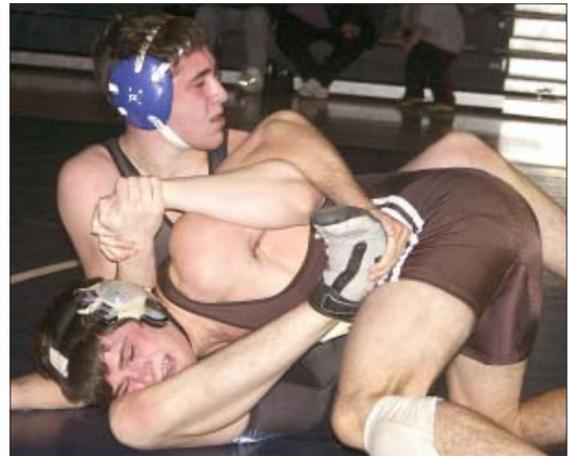
"It was a true team effort! We didn't get any first-place medals, but we placed second in every track event except high hurdles," said Viking coach McCabe. "Obviously, Garrett Ellis was a catalyst to our success. Brian Guterl ran a gutsy two miles. He was off the entire week before counties and in the pool the two weeks before that. Mike Sprague placed second in the mile run and fourth in the 880. Ryan Kilkenny's second in the 800 was a major help as well."

TEAM TOTALS:
1. Union Catholic (UC) 57, 2. Scotch Plains-Fanwood (SPF), 3. Rahway (Ra) 43, 4. Elizabeth (E) 29, 5. Westfield (W) 21, 6. Union (U) 20, 7. Roselle (Ro) 14, 8. Johnson (J) 11, 9. Plainfield (P), Summit (S) 10, 11. Cranford (C), New Providence (NP) 4, 13. Linden (L), Governor Livingston (GL) 2

EVENT WINNERS:
60-Yard Dash - Reggie Dixon (P) 6.3
440-Yards - Paul Jones-Burden (Ra) 54.1
880-Yards - Jones-Burden (Ra) 2:09.8
One Mile - Steve Hankinson (S) 4:41.8
Two-Mile - Pat Doliber (SPF) 10:24.9
60-Yard Hurdles - Kyle Rowbotham (SPF) 7.6
High Jump - Kareem Andrews (E) 6'0"
Shot Put - Mike Alleman (SPF) 55'7.5"
Mile Relay - Ra (Jones-Burden, Deion Lawson, Marquis Barnes, John Ferrer) 3:46.2



ON THE RISE...Blue Devil Erik Anderson, who had a PB of 47'11.75" at the Group 4 meet, placed sixth in the shot put with a shove of 46'6.75.



MENACING WITH LEGS...Raider Dave DeNichilo, top, gave Warrior Brendan Ard (ranked-fifth in NJ at 160-lbs) fits with his menacing leg entwinement.

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