

SPORTS

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Trail seniors in Dream Game

BY JOBY FAWCETT
TIMES-SHAMROCK WRITER

With a quick first step and a burst of speed, Kody Cresswell broke free for the best 50-yard sprint of his football life.

On that play, with 10 minutes and 3 seconds left to play, Cresswell bolted for a touchdown. It gave Lackawanna Trail a 14-10 lead that its defense held in a District 2 Class 2A showdown with Dunmore.

The Lions' win ended a

seven-year reign as champion by Dunmore. It also sent Trail to the state playoffs for the second time in Cresswell's career.

A week later, the Lions lost to Northern Lehigh. Now, Cresswell will play his final game when he takes the field Wednesday for the County all-stars in



STEVE JERVIS

the 88th Scranton Lions Club Dream Game. The team will take on the City Squad at 7 p.m. at John HENZES/Veterans Memorial Stadium.

Joining Cresswell are teammates Owen Lisk, Miles Edwards, Cole Cholosky, and Xander Ball.

Trail all-state tackle RJ Schirg declined the invitation to play.

Cresswell hits the field one more time before heading to Penn Tech, where he will study

HVAC, and he is treasuring the opportunity to play for coach Steve Jervis, which makes this an even more special time for the graduate.

"This is truly an honor," Cresswell said. "It's also great, especially having our practices here at Lackawanna Trail. It couldn't be better than this right now."

Cresswell made an immediate impact for Trail as a sophomore.

That season, with Ray

Melnikoff being the main power running option in the Lions' Wing-T attack, Cresswell provided the speed. He ran for 502 yards and scored nine touchdowns, but more importantly, he offered a changeup in the state playoffs.

In a win over Williams Valley, where the teams kept trading momentum, Cresswell had a burst through the center of the defense for a 40-yard touchdown in the first

half. The Lions picked up a thrilling 44-30 win where he had 82 of the Lions' 379 yards rushing and two touchdowns.

Cresswell finished the state playoffs that eventually ended in the semifinals with 219 yards and five touchdowns in four games.

"I was definitely very nervous in the beginning, because I was new to football," Cresswell said. "All

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Woodchuck hunt set for July 29-30

BY COLLEEN MCALEER
PRESS EXAMINER

Lake Carey Sportsmen's Club will host a woodchuck hunt on Friday and Saturday, July 29-30, with weigh-ins on Lake Carey Day.

Scott Wetherbee, LCSC Tournament Director said earlier, "We are hoping for 50 plus registrations to make for friendly competition."

The entry fee is \$10 per person / per category of heaviest individual woodchuck and overall weight of multiple woodchucks and monies benefit the Club for future events. Hunters may enter both categories.

Pre-registration must be completed by Wednesday, July 27, and can be done by filling out the entry form which is found at several locations around town and on the club's Facebook page. It can be mailed in with the registration fee in ample time, or download the application off Lake Carey Sportsmen's Club Facebook page.

Weigh-ins will be from 5 to 5:30 p.m. at the Sportsmen's Club grounds and are a single, 50 percent payout of one prize. The winner will be announced at 5:45 p.m. on Saturday.

The LCSC, for the second year, will also offer a prize of \$25 for the heaviest woodchuck by a junior mentored hunter, aged 12 and under, as they continue to encourage mentored hunting.

All participants must follow Pennsylvania Game Commission's rules and regulations as required by law, including having a valid PA hunting license, as well as follow all trespassing rules.

All hunters must dispose of their own

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COLLEEN MCALEER / STAFF PHOTOS

Before getting into the water, Instructors Paige Christopher, left, and Ellie Kuzma show the students how to move their arms while doing the backstroke.

Water safety a TA priority

BY COLLEEN MCALEER
PRESS EXAMINER

"Water safety is such an important skill for everyone to have, not just children but adults as well," said high school physical education teacher Ellie Kuzma after the recent week-long set of swimming lessons offered at the Wyoming County high school last week.

She continued, "These lessons benefit our community because the kids become acclimated to the water in an extremely safe environment where they also learn new swimming skills and build their confidence in the water. With all the access to water sources in our community- pools, creeks, rivers, lakes- we want to make sure everyone has the skills needed to be around and in water."

"I am a high school physical education teacher with a lifeguarding and water safety instructor certification. We teach



Jodi Crimmel talks her student through combining leg and arm movements in Wednesday's swim lessons at TAHS.

swimming as part of our curriculum at TAHS," said Kuzma. "When I was asked to teach swim lessons, I jumped on the opportunity because I remember how beneficial they were for me when I took swim lessons here at TAHS."

Kuzma and instructors Jodi Crimmel, Victoria Slusark, Gracey Bonnice, and



Ellie Kuzma and Iziak practice arm movements at swim lessons last week at TAHS's pool.

Paige Christopher taught four levels of swimmers this past week with each level determined by swim ability and skill.

Crimmel is retired from finances at Select Sires, and has been involved in the swim lessons for about 10 years. She coaches swim lessons and water aerobics in the district.

And even though Slusark, Bonnice, and Christopher are in their first year of teaching lessons, they are all members of

the Tigers varsity swim team and hold multiple coaching and lifeguarding positions.

All are lifeguards through Tunkhannock, and are American Red Cross certified. The lessons are not American Red Cross lessons, however; lesson schedules are based on the American Red Cross. They also combine some helpful skills instructors have learned throughout the years. The Tigers have been hosting swim lessons

for over 50 years.

"Tiny Tots is typically from infants up until two years old. At this stage we mainly want to make the children acclimated to the water and not fear it," explained Kuzma. "At this level, we sing a lot of songs with dances that involve moving the water around and getting a few splashes on their face so they do not fear water being near them. Each child is accompanied by a parent or guardian the whole time. We also encourage that the parent or guardian puts the child on their tummy and lets them splash their arms and kick their toes."

That is followed by Level One, which Kuzma said is typically from two years old until five years old. The goal of this level is to have the children enjoy being in the water and also make them feel confident enough to be able to go under the water without holding

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Keystone offers youth soccer camp

BY COLLEEN MCALEER
PRESS EXAMINER

Keystone College soccer coaches Clint Caso and Lilly Cross were pleased with the first week of Giants soccer camp this year.

One of the most anticipated camps of the summer kicked off with 75 student athletes signed up to work with members of the men's and women's teams as well as the coaches.

Men's coach Caso said, "I believe we provide and create an experience that players enjoy. There are challenges, but the players also have a lot of fun. They are with their friends and they meet new friends. It's an opportunity to play the game they love in an environment that fosters enjoyment and having fun."

Cross, in her first year as



Conner, South Abington, tries to stop a rolling ball from entering the goal at Keystone College's Youth Soccer Camp on Thursday.

women's coach, added, "I think the main reason kids come back each year is that we have such great staff that truly cares about the campers. They want to help them get better as players, and want them to have an enjoy-

able experience. We aren't just doing difficult and serious drills all day with them. We take time to play fun games with them, and allow them significant time to scrimmage against each other."

"I thought this camp was

organized and run very well," Cross reflected on her rookie experience. "I loved how Coach Caso had everything laid out for the coaches and had a 'skill of the day.' He had it broken down hour by hour or less on

what to do with the campers."

She added, "The campers were so fun to be around. They were energetic, funny, hard working, and were willing to learn what our coaches were teaching them. I've

had some experience coaching youth club teams in the area so it was exciting to see some of them attending camp." "The main focus of the camp is enjoying the

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COLLEEN MCALEER / STAFF PHOTOS

Michael from Waverly makes a stunning diving stop in goal.