

CHSAA

NEWSLETTER

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LOUGHLIN GAMES ~ SEASON OPENER

POLAR BEAR MEET, MT. ST. MICHAEL-
DEC. 8-Despite freezing temperatures and severe dampness, some fine performances were turned in.

Charles Scotto DiVetta, Paul Kaftanski, Tim Behr, and Al Paris teamed up to give Loughlin a runaway victory in the 4-mile relay. Their time of 18:08.5 was a meet record and beat second place La Salle by over 50 seconds.

The outstanding times of the day were turned in by Staten Island athletes. Paul Buttermark (Saint Peters) anchored the distance medley in 4:16.9, and helped his team to a meet record in the process. Joe Walsh ran a tough half mile, holding off two opponents down the stretch, to bring Farrell victory in the sprint medley. His split was a sparkling 1:57.4.

Another meet record was set by the trio from Xaverian in the shuttle hurdle relay. Molloy took both field events, which were held in the gym. John Schilling high jumped 6-4, and Bob Stewart putted 56-2.

BISHOP LOUGHLIN GAMES, STATE ARMORY-
DEC. 15-Performances ranged from fair to excellent in the first indoor meet of the season. Some athletes who were expected to do well did not perform very favorably, but such surprises are inherent in a meet of this size.

The two distance events, the mile and the two-mile, both came down to a sprint to the tape. In the two-mile, Paul Buttermark (St. Peters) led in the early stages, setting a brisk pace. After the mile, the lead changed hands

occasionally until, with 440 yds. to go, Pete Crooke (St. Anthony) surged into the lead. Crooke kept pouring it on, and had a 20 yard lead coming down the last straightaway. Then Sal Vega (Memorial) whipped off the final turn and sprinted madly toward the faltering St. Anthony's runner. Crooke just managed to hold on to win, 9:22.8 to 9:22.9.

In the mile the pace was very slow. Seeing that no one was anxious to take the lead, Gene McCarthy (All Hallows) went up front and brought the pack through a 3:22.5 3/4 mile. Kevin Murphy (No. Salem) then sprinted to the lead, and McCarthy went with him. Murphy had a few yards coming off the last turn, but Gene applied his speed to nip him by a tenth, in 4:22.9. McCarthy's last 440 was 60.4!!

The heavily favored Mark Belger of Mepham loped to an easy victory in the 1000. His time was 2:21.4. In the 600, Kevin Price (Cardozo) burned the track to register a huge victory in a speedy 1:13.9. Willie Smith (Uniondale) defended his title in the 300 dash as he ran the same time as last year, 32.5.

The two-mile relay was won handily by the familiar Loughlin foursome-Scotto DiVetta, Kaftanski, Behr and Paris. Their time was 8:09.8. Holy Trinity trailed in 8:11.0.



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MEET RESULTS

MOUNT SAINT MICHAEL MEET, DEC. 8-

180-Yard Hurdle Relay-1.Xaverian-23.5(meet rec); 2.LaSalle,24.1; 3.Molloy,24.5; 4.Power,25.5; 5.Msgr.McClancy,26.0; 6.Nazareth,26.1; 6. Xaverian, 26.1.....

4-Mile Relay- 1.Loughlin(DiVetta, Kaftanski, Behr, Paris)-18:08.5; 2. LaSalle(Galea, Walsh, Corrigan, Brown) 18:55.1; 3.Power(Centrowitz, Jennings Rafferty, Meuchner)-18:57.0; 4.Card. Spellman,19:04.0; 5.Albertus Magnus 19:14.8.....

2-Mile Relay-1.Rice(Cheek,2:09; Dern, 2:01.3; Mitchell,2:00.2; McDonald2:08 8:18.8; 2.Fordham(O'Rourke,2:09.5; Mauro,2:04.1; Lynch,2:02; DiRienzo, 2:04.5)-8:20.1; 3.Power(Everett, 2:05.4; Johnston,2:03.9; Rivera,2:07; Weaver,2:02.9)-8:20.6; 4.Xaverian, 8:20.8; 5.St.Francis,8:24.8.....

Mile Relay-Xaverian,3:29.9;2.LaSalle 3:39.3;St.Francis,3:41.6;Hayes,3:41.7; Nazareth,3:41.8.....

Sprint Medley Relay-1.Farrell(McBráide,53.6;Capano,24.4;Push,25.7; Walsh,1:57.4)-3:41.1; 2.Christ the King,3:42.1; 3.Spellman,3:42.4; 4. Molloy,3:42.1.....

Distance Medley Relay-1.St.Peters-(Swensen,2:05.3;Kenny,23.8;Archer, 54.4;Buttermark,4:16.9)-7:40.4; 2. Molloy,7:52.2; 3.Reilly,7:59.5....

High Jump-1.Schilling,Molloy,6-4; 2.Picarella,Holy Cross,6-2; 3. Coiscou,McClancy,6-2; 4.Pace,La Salle,6-0; 5.McManus,Molloy,5-10; 6. Raynis,McClancy, 5-10.....

BISHOP LOUGHLIN GAMES, ARMORY, DEC 15

Pole Vault-1.Byrne,Ardsey,13-0; 2.McDermott,LaSalle,12-6; 3. DeMaria,CBA,12-6; 4.Torres,Poly Prep,12-0; 5.Pintus,Half Hallow, 11-6.....

2-Mile Run-Pete Croke,St,Anthony 9:22.8; 2.Sal Vega,Memorial,9:22.9 3.Paul Buttermark,St.Peter,9:23.4 4.Mike Hagon,Suffern,9:23.5; 5. Kevin Murphy,East Meadow,9:27.8..

Mile Run-1.Gene McCarthy,A.Hallows 4:22.9; 2.Ken Murphy,No.Salem., 4:23.0; 3.Bob Cavaliero,Harbor- fields,4:23.4; 4.Joe Walsh,Farr. 4:24.9; 5.Steve Croke,St. Anthony 4:25.5.....

100 Dash-1.Manny Rosenberg,Vall. Stream Cent.,10.3; 2.Kev Powell, Bryant,10.5; 3.Ron Broomfield, Clinton,10.6; 4.Gil Wilson,Jack- som,10.6; 5.Harold Horton,Gompers 10.6,.....

60 High Hurdles-1.Don Berich,Nanuet 7.6; 2.Gerry Poelinitz,N.Rochelle 7.7; 3.Cornelius Addison,Mount Vernon,7.7; 4.Jim Kappel,Plain- edge,7.8; 5.Greg Fitts,Jackson,7.8

300 Dash-1.Willie Smith,Uniondale 32.5; 2.Russell,Lafayette,33.0; 3.Massey,Clinton,33.1;4.Crain. Clinton,33.2; 4.Williams,Bryant, 33.2

1000 Yd.Run-1.Mark Belger,Mephram, 2:21.4; 2.Hennessy,Uniondale, 2:23.2; 3.Lopez,Stevenson,2:24.0 4.Cocoran,Nazareth,2:24.2;5.Ron Stafford,Regina,2:24.4

600 Yd. Run-1.Kev Price,Cardozo, 1:13.9; 2.Mike Harris, VanBuren, 1:14.5;3.Williamson,So.Shore,1:15.1 4.Segre,Wingate,1:15.5;5.Everett, Power, Rick Kall,Bethpage, Boh Libbey,White Plains- 1:15.9...

2-Mile Relay-1.Loughlin(Kaftanski DiVetta, Behr, Paris)-8:09.8;2. Holy Trinity,(Foy,Coiro,Zeitler, Daghem)-8:11.0; 3.Christ/King- (Capo,McField,Drogsler,Bindert)- 8:15.6; 4.West Islip(Lewis,Runda Messner,Auega)-8:19.2-5.Rice(Cheek, Dern, McDonald, Mitchell)- 8:20.2.....



RESULTS CONTINUED:

LOUGHLIN GAMES, DECEMBER 15-

Mile Relay-1.Oceanside,3:31.9; 2. Lincoln,3:32.6; 3.Mt.Vernon,3:33.4; 4.Snyder,3:33.4; 5.

880 Yd.Relay-1.Springfield,1:37.5; 2.Newtown,1:37.6; 3.Floral Park, 1:38.0; 4.Boys,1:38.4; 5.Lincòln, 1:39.0.....

Shot Put-1. Scott DeCandia,St. Joe Regional,58'3"; 2.Steve Moore,New Dorp, 58'1½"; 3. Mark Saner,St.Joe Regional, 56'½"; 4.Ron Will,Lynbrook,55'5"; 5. Rich Stewart,Mollroy,54'7½".....

Freshmen 880 Yd.Run-1.F.Belrossi, Holy Cross,2:10.1; 2.Tom Condon, St.Peters,2:12.3; 3.L.Cintron,Rice 2:12.3; 4. J.O'Keefe,Molloy,2:13.8 5. Tom Donahue,St.Peters, 2:14.3...

Freshmen 880 Relay-1.Loughlin,1:44.9 2.St. Francis,1:48.2; 3.LaSalle, 1:48.6; 4.St,John Baptist,1:50.0; 5. Farrell, 1:50.0.....

Varsity High Jump-1.John Schilling, Molloy,6-4; 2.Kevin Nero,Edmson, 6-3; 3.Johnson,Plainfield,6-2; 4. Picarella,Holy Cross,6-0; 5. tie- Joe Dombroski,Holy Cross,6-0; Revis,New Rochelle,6-0.

Team:Uniondale,10; St.Joe's R - Regional,9; St. Anthony's,7; Arch. Molloy,7; Clinton,7; Loughlin,6; Mephram,6; Springfield,6; Oceanside, 6; Cardozo,6; All Hallows,6; Nanuet, 6; Mt.Vernon,6; Valley Stream Cent. 6; Ardsley,6;

RUNNING QUIZ***-1.Who was the last runner to head the prep list in both the 100 dash and 220(turn)?....

2.He led prep 220 runners in '67 and is now a football wide receiver....

3.What place did Ron Clarke take in the 1968 Olympic 5000meters?....

4.Name the first 7ft. high jumper..

5.Who first pole vaulted 18feet indoors?

6. Who ran the fastest 2-mile ever for a prep, and what was his time??

ANSWERS ON PAGE FIVE.....

Msgr. FARRELL 7th ANNUAL 4MILE REL at MSGR, FARRELL- DECEMBER 1-

VAR. 4-Mile Rel-1.St.Peters(Mike O'Donnell,4:42.7;Brian Swensen, 4:41.2;Rich McGowan,4:56.8; Paul Buttermark,4:25.5)-18:43.0; 2. Farrell-(Tom Walsh,4:49.1;Paul Golterman,4:49.0;Frank Dawson,4:47.8 Joe Walsh,4:19.0)-18:44.9; 3.Sacred Heart-(Kiernan Lyons,4:52.2;John Dowicyan,4:36.1;Kevin O'Leary, 4:37.9;Kevin Nolan,4:52.7)18:59.0 4. Susan Wagner-(Bob Brandt,4:48.5 Ed Morris,4:40.5;Al Thomson,4:46.0 Dennis Larsen,5:00.5)-19:13.0; 5. Nazareth-(Corcoran,4:40.5;Clark, 4:52.3;Carty,4:53.3;Boyle,5:08.3)- 19:31.3; 6.Tottenville-(Chris Militcher,4:49.3;Tom Evans,4:52.3; Geo.Belnavis,5:00.3;Dave Hogan, 4:49.3)-19:34.0.....

Soph 4-Mile Relay-1.Susan Wagner-(Bob Orazem,4:54.0;Tom Hammerton, 4:44.0;Don Karmondy,5:01;Rich Harder,4:49.0)-19:25.2; 2.Xaverian (John Black,4:40.1;Russ Sullivam, 4:57.6;Tom Raymond,5:07.8;Tom Maher 4:41.2)-19:26.7; 3.Farrell-(Tom Celic,5:01.2;Ray Curry,4:57.8;Mike Liberatore,5:03.9;Gene Spillane, 4:53.6)-19:56.5; 4.Tottenville-(Neil Vaillencourt,4:50.5;Jose Reis 4:56.5;Mike Luisi,5:05.5;John Week 5:11)-20:04.7; 5.Nazareth,(Del Mastro,5:01;Zito,5:00;Shannon,5:01 Sweeney,5:09.5)-20:10.6.....

Freshmen 2-Mile Relay-1.FARRELL-(Mike Sayers,2:13.7;Ed McGettigan, 2:16.3;Mike Hart,2:16.7;Tom Cuffe. 2:11.7)-8:58.4; 2.St.Peters-(Tom Donohue,2:17.5;Mike Bertolini,2:20 Tom Condon,2:13.3;Chuck Notaboartolo 2:26.1)-9:15.3; 3.Nazareth-(Dan O'Donell,2:18;John Muldoon,2:34.0; Frank Gallagher,2:14.2;Pete Aquavella,2:13)-9:18.2; 4.Tottenville-(Nick Achille,2:15.0;Ed Quinn,2:22 Jeff Turiell,2:25;Dennis Camuto,2:34 9:36.4; 5.Regis-(Chris Hetherington 2:29;Tony Passanante,2:28;John Nunn Gary Bell,2:29)-9:48.5

BACK AGAIN →

Here is a list of some of the top performers of last year in the CHSAA who are returning this year.

<u>100 Dash</u>			
Jim Werner, Loughlin	Sr.		10.3
<u>220 Dash</u>			
Jim Werner, Loughlin	Sr.		23.2
<u>300 Dash</u>			
Greg Little, Power	Sr.	32.9	
Jim Werner, Loughlin	Sr.	32.9	
<u>440 Dash</u>			
Tom Donavam, Holy Family Jr.		49.5	
Bob Murak, Xaverian	Sr.	52.0	
<u>600 Dash</u>			
Tom Donavam, H. Family	Jr.	1:15.0	
<u>880 Run</u>			
John Sierra, DuBois	Sr.	1:55.1	
Ron Stafford, M. Regina	Jr.	1:55.6	
Gene McCarthy, A. Hallows	Sr.	1:56.5	
Al Paris, Loughlin	Sr.	1:59.9	
John Daly, Farrell	Sr.	1:55.3	
<u>1000 Run</u>			
Charlie Bindert, CK	Sr.	2:18.4	
John Sierra, DuBois	Sr.	2:19.0	
Al Paris, Loughlin	Sr.	2:19.5	
<u>Mile Run</u>			
Gene McCarthy, A. Hallows	Sr.	4:15.5	
Mark Ogden, Molloy	Sr.	4:20.7	
Steve Crooke, St. Anthony	Sr.	4:21.3	
Brian Johnston, Power	Sr.	4:21.5	
Al Paris, Loughlin	Sr.	4:23.5	
Paul Buttermark, St. Peter	Sr.	4:23.9	
Tim Behr, Loughlin	Sr.	4:24.7	
<u>Two Mile Run</u>			
Mark Ogden, Molloy	Sr.	9:19.8	
Gary Conroy, Molloy	Sr.	9:24.0	
Pete Crooke, St. Anthony	Jr.	9:28.0	
Steve Crooke, St. Anth.	Sr.	9:29.2	
Tim Behr, Loughlin	Sr.	9:35.0	
Myles Corrigan, LaSalle	Sr.	9:36.0	
Joe Walsh, Farrell	Sr.	9:34.0	
<u>High Jump</u>			
Joe Dombrowski, H. Cross	Sr.	6-5	
<u>Shot Put</u>			
Bob Young, Spellman	Jr.	55-4	
<u>Triple Jump</u>			
Vic Sesare, H. Trinity	Jr.	45-6½	

Running Notes 4.

In the mile relay at the Polar Bear Meet, Bob Murak (Xaverian) reportedly ran a 49.9 leg... John Dowicyan (Sacred Heart), who has run 13:21 in cross-country, 9:49 2-mile, and 4:36 mile, is only a sophomore.... Matt Centrowitz (Manhattan) ran an 8:51.3 on an indoor track, December 8. Pete Gaughn (formerly of Nazareth now at Manhattan) ran a 1:57.3 leg on a winning 2-mile relay. The meet was a triangular affair with Connecticut and Massachusettes.... Gene McCarthy has made his decision in regard to colleges. After looking over the Fordham University campus last week, he announced his plans to attend there next year... In case some of you were wondering about the all-star selections I printed in last week's issue, let me remind you that these picks were made from schools from Manhattan, Bronx and Staten Island only... That last edition, if you haven't seen it, had pictures in it. They were made possible by the outstanding talents of the photo staff - Rudy Vila, Bob Caravella and Butch Mooney... Gene McCarthy's official splits in the Loughlin mile were - 67.6, 2:15.4, 3:22.5 and 4:22.9... Brian Johnston (Power), who ran 4:39.0 in the Loughlin Games, reportedly had a bad cold.... John Daly, star half-miler for Farrell, has a bad case of tendonitis and is currently on crutches... Bishop Loughlin won the HS distance medley in an AAU development meet, Dec. 14. The team of Paul Kaftanski (2:08.5), Charles Scotto DiVetta (54.1), Tim Behr (3:14.2) and Al Paris (4:26.2), ran 10:43.0... Sal Vega (Memorial), who placed 2nd in the 2-mile at the Loughlin Games, is only a junior.... Sophomore from Power, Maurice Weaver, ran 2:25.7 in the 1000 yard run.... I remind coaches of the CHSAA schools to send me any results of meets not held in the Armory. It is most essential to keep results complete for the Annual Edition....

CONTINUED PAGE FIVE.....

CLOSE-UP

*****BRENDAN SHEEHY, CATHEDRAL PREP*****

Even though the cross-country season is well buried, I think it important to give recognition to the accomplishments of this outstanding junior.

In only his first year of track, Brandan boasted fine performances and great improvement. "I bettered my time from 14:15 to 13:37, averaging over seven seconds improvement per meet." That 13:37 placed him 7th in the "B" race in CHSAA Champs. He also placed 3rd in Manhattan Boro Champs.

About the indoor season he commented, "I'm confident of doing well, but I don't know my times for track events since it is my first year. I hope to give rough competition and to place among the top in all my races."

Runners of the CHSAA may have to contend with an unexpected opponent these next two years.

Season's Greetings

I wish all my avid readers a very Merry Christmas and the very best for the coming year.



Brian Caulfield

Running Notes CONTINUED

Former Power star, Tony Colon, ran a 1:53.8 half-mile anchor on a winning Manhattan 2-mile relay... Denis Fikes, formerly of Rice HS, won the 2-mile run with a time of 8:45.5....**Historical Notes:** In 1969, Brian Bozzone, a junior at Nazareth, dominated the indoor high jump scene. He won the Bishop Loughlin Games at 6-6, St. Francis Meet (Jan 25), Hayes Games (Feb 8), NYU Meet (Feb. 15), CHSAA Champs (Feb 23), and finally the Mayor Meet (6-5 1/4). Recently Brian jumped 6'6" for Maryland in a high jump relay that was victorious..... Dec. 27, 1972-CHSAA Relays-Matt Centowitz came from far behind in the two-mile relay to give Power a 40-yard victory. His leg was 1:55.1, Power's time-8:01.2. Molloy was second placer. Gary Conroy (Moll) won the two mile in his usual come from behind tactics. He kicked by Myles Corrigan (LaSalle) in the final stages of the race. St. Peter's won the distance medley in 10:45.6.

RUNNING QUIZ ANSWERS---1. Marshal Dill, he ran 9.4 and 20.6 to lead both in 1971...2. Mel Gray (now receiver for St. Louis Cards) he ran 20.7 (turn)...3. He took 5th in 14:12.4.....4. First 7 foot HJer was Charlie Dumas, of the U.S.A. He jumped 7'0 1/2" in 1956.....5. Steve Smith (Pacific Coast Club). He vaulted 18'0 1/4" in the Milrose Games in 1973 in the Garden.....He made it on his first attempt!!....6. Gerry Lindgren, 8:40.0 (indoors). He placed second to Ron Clarke on February 15, 1964. He also passed the 3000 meter mark in the fastest prep time at 8:06.4....

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EXTRA POINTS

I'd like to point out some facts and opinions on the controversial subject of doubling.

POINTS AGAINST DOUBLING-Running two events in one meet is taxing on the body and mind, and in the long run can be very harmful. Racing depletes stored reserves of energy built up by training. Doubling puts an added strain on these reserves, and if done too often, it will run them dry. Tests have shown, that after an all out 440, it takes up to one and a half hours to fully recover from the effort. The recovery time increases with the distance. It is easy to see that in most cases, it is physiologically impossible to run two all out races in one meet.

Not only can doubling be physically harmful, it can have bad psychological effects, also. If a runner goes two events every week, he's going to get to a point where he no longer enjoys it. There is twice the pressure, and it is difficult to concentrate on the race at hand. Once he finishes the first race, he has to get prepared all over again for the second race. Competing this often will drain mental sharpness and make racing an unnecessary grind.

POINTS FOR DOUBLING-A rule against doubling will hold runners back. There are runners who can handle two events, and are anxious to do so. I have my doubts as to how long anyone can stand up to the effects of doubling, but if done with reserve, I am sure it can help a runner. The important thing is that the option should not be taken away from the individual. It should be the runner's choice. There are, no doubt, many who would like to run and win as much as possible in high school, for they have no serious track plans for college. By doubling a runner will have more of a chance to gain recognition, and attract more scholarship offers. I feel by outlawing doubling, runners are being deprived of the glory and recognition they may want and deserve.

ADDITIONAL COMMENTS- I've heard the contention that if doubling is allowed, coaches will go wild and throw their kids in two events every week. I agree that this can be nothing but harmful to the athlete. I find it a sorry situation if a rule must be imposed to protect athletes from coaches, but it's true! Some coaches will run their athletes into the ground for the sake of a team championship and school glory. Athletes must be protected from coaches, but banning doubling is just treating symptoms, not the disease. By disallowing doubling you're protecting some athletes but restricting others. If you really want to help the athletes, let them have more say in what and when they run. As it stands now, an athlete must participate in the event designated by the coach, or not at all. This is not right!

I advocate the two(or more) event rule, but I also advocate the athlete having the power to run what he wants.

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