



Fast Pitches

Desmond's offseason regimen pays spectacular dividends

By Mike Grenier
Staff Writer

Mon, May 05 2008

If Kerry Desmond had done nothing more than stay in moderately decent shape in the offseason, she would've been a formidable pitcher in the Cape Ann League this season.

Ipswich High's junior ace already has two years of varsity experience under her belt. Coming off a 15-5 season, the hard-throwing Desmond could rely on her savvy and confidence to become a league all-star again.

But Desmond just doesn't want to be good — she craves greatness. So she spent the long, cold winter applying herself to a strict regimen that would enhance her game in every way.

Working with head trainer Steve Bunker at Mike Boyle's strength and conditioning facility in North Andover three times a week (2 hours per session), Desmond made enormous strides in improving her core strength. She also brushed up on her hitting once a week with former Bishop Fenwick coach Buddy Henry at Strike One in Danvers, and pitched as frequently as she wanted to in the batting cage located in the garage of her house.

That's right. Desmond can work on all her pitches from the high school regulation distance — this season it's been pushed back from 40 to 43 feet — from the comfort of the family garage. She's been doing it for years.

"Why not?" said the 17-year-old Desmond. "It's good practice, and it's free."

The results from all the offseason activity have been spectacular. Desmond is 7-1 with a 1.06 ERA and has struck out 71 batters in 46 innings. She tossed a no-hitter in a 9-0 win over Manchester Essex, fired a one-hitter with 12 strikeouts in a win over Georgetown two days ago, and fashioned a five-hitter and struck out nine in a milestone 8-0 win over defending Division 3 state champion North Reading, a team Ipswich hadn't beaten since 1996.

"She's just physically stronger — and it makes a big difference," Ipswich coach Doug Woodworth said of Desmond. "Her velocity has increased even though the mound has been moved back."

It's no mirage. Last season Desmond was throwing 55 miles per hour. Over the winter, she was reaching 60 mph. from the new, longer distance required in high school ball.

In the team's 5-1 loss to Division 2 state finalist North Andover two weeks ago, Desmond was clocked at 58-59 mph.

"I think the biggest difference has been in my leg strength," said Desmond. "I throw with more power and it comes from the legs. The hips drive the ball forward. But we also did a lot of ab work and upper body stuff (while working with Bunker), too.

"My (goal) is to lower my pitch count. I don't want to throw more than 120 pitches in a game. For the most part, the (pitch count) has been in the 70s and 80s. I'd like to be strong at the end of the year."

Desmond is looking for the Tigers to have an extended season. She gave up basketball last winter in order to concentrate on her softball preparation.

She loves the atmosphere surrounding the softball team. The Tigers stick together — they schedule things like a miniature golf tournament — and Desmond is quick to spread the credit around. Reflecting on the big win over North Reading, she said, "We played great defense that day, and defense is what wins games."

She feels the talent level could carry Ipswich pretty far in the postseason.

"It's the strongest team we've had since I started playing here," said Desmond, an honor student. "We have a freshman catcher, Liz Glavine (who is related to veteran major league star pitcher Tom Glavine) who is doing great, and we have Tiffany (DeFrancesco) in center. And I think we have the best infield on the North Shore with Kelly Michael (third base), Emma Docking (shortstop), Krista MacKenzie (second base) and Jackie (Hulpert) at first base.

"Overall, it's an amazing team. I think we can do better than last year (when Ipswich lost in the first round of the Division 3 North tourney)."

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Ipswich has an interesting team dynamic, to say the least. MacKenzie was Desmond's catcher for two years, and the combination worked so well that they seemed destined to be batterymates for four years.

However, MacKenzie switched to second base this season and the freshman, Glavine, took over behind the plate.

Why mess with a good thing? It's simple. The moves made Ipswich a better team. DeFrancesco went from second base to centerfield and anchors the outfield. MacKenzie and Docking are solid in the middle of the infield, and Glavine has adapted quickly behind the plate for a ninth grader.

"I knew in the offseason that Liz (Glavine) would be good," said Desmond. "She was around when I had pitching lessons (during the winter). Her footwork is good and she blocks the ball incredibly well.

"Liz had a homer in our first scrimmage against Bishop Fenwick. She's young but she's going to be really good."

As for MacKenzie, she's off to a remarkable start. After the team's first six games, she was hitting .689 (20 for 29) with seven doubles and two triples. And she's driving opponents nuts with her baserunning tactics and softball IQ.

"Krista has been nailing the ball," said Woodworth. "Teams play her to bunt and she reads the defense and shoots it by them, and she's the best baserunner I've ever had. She's so alert. She's just a pain for opposing teams. Kids call her 'The Bug', and that's a good description.

"This is another kid who does the extra stuff. Krista (regularly) goes to Tufts (University) for clinics and she plays AAU, **Bay State games** and indoor leagues. Basically, she's our Dustin Pedroia."

Setting a good example

By Bryan Brothers
Thu May 08, 2008

Billerica, Mass. - It has been a tough season for the Billerica High boys volleyball team this spring.

But despite only one victory under its belt, the spirit of the Indians remains high and most of the reason for that is the play and spirit of senior captain, Curtis DeValle.

DeValle, a four-year member of the BMHS volleyball program, is the team leader.

The only senior on the squad, DeValle is surrounded by younger, more inexperienced players and while the results have not been there on the scoreboard, DeValle remains optimistic.

"We thought we would have a better turnout of players this year," said DeValle. "We're a young team, but we're really playing hard."

After watching his older brother play for BMHS as a sophomore, DeValle took an interest in the game. He attended summer camps at Bentley College and played on a junior Olympic select team in eighth grade, which was his first real playing experience.

In his freshman season, DeValle started the second game of the season as a setter. It's a position that he has not relinquished for four seasons.

"I kind of fell into the position," said DeValle. "I knew they needed a setter and I was willing to do what the team needed."

A setter is similar to the role of a quarterback on a football team. The offense flows through the setter to set up the hitters for the kills. DeValle is quite comfortable in the role, but joked he wouldn't mind hitting sometime.

"The hitters get all the glory," said DeValle. "I think I like scrambling for the ball though."

Setting is not all that DeValle brings to the table.

The senior has a strong serve, which was evident in the Indians only win this season over Dracut (3-0). He rifled 12 aces in the winning effort to lead his team to victory.

"I kept telling the team we needed to pick it up," said DeValle. "The third game we really took it to them (25-8). It was great the younger kids got to see what it was like to get a win."

His volleyball talents allowed him the opportunity to play in the Bay State Games over the last two years. His success does not come as a surprise to Indian coach, Lou Polan.

"He is a very hard worker and has a great serve," said Polan. "He does his best to motivate the team. He is a very emotional player."

While his talents on the court are impressive, one of his off-court roles may tell the type of person DeValle is. He is a peer mediator at BMHS, assigned cases by the principal where kids may be thinking about getting confrontational. The peer mediator sits with the kids and talks out their differences.

"It covers all grades," said DeValle. "We try and keep things from getting physical. That is the role we play."

DeValle does have a message for incoming freshman about his sport.

"It's a very intense and athletic sport," added DeValle. "People think it's not an intense sport, but I urge kids to go out and try it."

Next year, DeValle will take his talents to the University of New Haven where he hopes to be setting for the volleyball team — not getting all the glory, but scrambling all over the court.

That's the way he likes it.



Recreation Commissioner earns her seat on write-ins

By Matt Lynch
Correspondent

05/16/2008

TOWNSEND -- Pamela Shifrin isn't sure, but she thinks her mother's word-of-mouth campaign led to her victory in the Recreation Commission race through write-in votes.

She had been interested, but saw evidence of two candidates on the ballot already and it was too late to circulate petitions to be included. However, come election day, her mother, Laura Shifrin, saw only one name on the ballot with two seats open and quickly called her daughter to tell her she was writing her in. Mysteriously, so did 15 other people.

"I know who my mother is," Pamela laughed. "She even knew before the town clerk called me."

Alice Kennedy won the other open seat, as an official candidate, while Shifrin won as a rare write-in victor.

Despite the whirlwind events, Pamela believes she will be a true asset to the commission over the course of her three-year term. She acknowledged that she is "young, just out of college," but believes she can bring a different perspective to brainstorming and the planning of events and activities for the youth of Townsend.

She is a substitute teacher at the high school and also a coach in the Fitchburg State College softball program. This summer, she will coach the **Bay State Games** by herself. She credits these experiences with giving her a more detailed idea of what the younger generation likes to do for good, clean fun.

"I might be able to bring new and different ideas that kids might like," she said simply.

She looks forward to meeting her fellow commissioners at their next meeting, though she is still awaiting word on when that will be.

"I'm really excited to meet with them," Shifrin said. "I'm anxious to find out what, exactly, the process is like. It has always been something I wanted to do."

Shifrin recalls having "a blast" at Hawthorne Brook in her childhood, and praised the recreation camps there today, but said they were limited in what they could offer, even more so when it rains. She agrees with the sentiment that a real recreation center or grounds would be a worthwhile addition to the town.

Funding is the issue, though, and she thinks she can use her experience with the adolescent crowd to come up with some great fund-raisers that they could get excited about, like skateboarding. She also cited tennis as being a popular sport on the rise.

"That might be something we can work on," Shifrin said. "I think it'd be absolutely great to have a building or a field. It would certainly be more convenient for the kids, to have something where everything is."



GLOBE SOUTH SPORTS

All in the family tradition Javelin is sport of Lincoln clan

**By Monique Walker, Globe Staff
May 22, 2008**

On Christmas morning last year, Tom Lincoln handed his teenage son a long piece of PVC pipe, capped at both ends.

Ben Lincoln was not surprised by the object inside the unusual gift wrapping, but the history of the javelin left him touched.

Tom Lincoln had used the same javelin while competing at Harvard, and now, after having it refurbished, was offering it to his son for his final two seasons on the track team at Hingham High.

"It gave me a sense of importance," said Ben. "It made me want to work a lot harder."

Javelin may not attract the most athletes compared to other track and field events, but in the Lincoln family, it's a proud tradition.

Mark Lincoln, Tom's younger brother and a 1977 Hingham graduate, owns the school record with a heave of 184 feet. Tom, a 1972 graduate, is second on Hingham's all-time list at 182 feet, and Ben is currently third, at 180 feet.

On the girls' side, Tom's daughter, Rachel, holds the school record, at 117 feet 3 inches.

Mark Lincoln set the record his junior year while competing in a dual meet at Randolph. "I figured that it would already be broken by now," he said.

Four feet is a manageable distance for Ben to reach before he graduates, according to his father, who has been a volunteer javelin coach for nine years. And he and his brother are more than supportive of Ben achieving that goal.

"We're happy if he breaks the record," Tom said.

Some families may grow up throwing baseballs, but Tom and Susan Lincoln's four children threw the jav.

A retired emergency room physician, Tom Lincoln said he picked up the sport from his older brothers and his father, Robert. In the 1970s, there was no coach dedicated to the javelin, so the Lincolns asked around at meets and educated themselves.

When his oldest daughter, Jennifer, wanted to try the sport in high school, she asked her father to help coach. He relished the opportunity to coach javelin throwers, a sport he was passionate about, and he was glad to have the chance to help teach life lessons to the student-athletes.

The javelin requires a skill that can be a challenge for those who are accustomed to throwing a baseball. Those athletes "have to start from square one," Tom Lincoln said. "They're throwing it on a line, and it's more of an arc-type of an instrument. It takes at least a year to lose the habit of throwing it like a baseball."

Drawing on his encyclopedic knowledge of the sport, Tom Lincoln spews out the names of the top competitors and history lessons of its adoption in the United States.

Susan Lincoln, an obstetrician, does not throw javelin, but she makes her way to meets, sometimes still in scrubs, to help record distances.

Rachel Lincoln gave up softball for javelin. She said she enjoyed the opportunity to spend more time with her father, but she also liked participating in track and field.

"In track, it's a team sport, but, yet, it's very individual. You get out of it what you individually put in," said Rachel, now 22, who, after setting the girls' record at Hingham, threw at Middlebury for two seasons.

Hannah Lincoln, a 2006 Hingham graduate, also threw javelin, but in college she turned her attention to Ultimate Frisbee.

All the while, Ben, the youngest, was picking up tips at a fairly young age watching his sisters.

"I thought this could be kind of fun," he said.

The 5-foot-10-inch, 175-pound Lincoln said he likes competing in a spring sport because it keeps him active after football season. His cousin, Jackson Stone, a freshman, also picked up javelin.

Ben Lincoln now competes at the local, regional, and national levels.

Last year, he was ranked seventh nationally for 15- and 16-year-olds. He won the **Bay State Games** for young men with a distance of 178 feet. His throw of 180 feet 3 inches ranks third in the state this season, and this summer he will compete at the Nike Nationals in South Carolina. One goal on his list is to own the school record, but Ben said the record is not a priority.

"I'm just trying to focus on the javelin. If I don't do it, I'll be in good company with those guys," he said, looking at his uncle and father. "And I'm fine with that."

SUN CHRONICLE

SPORTS CALENDAR

Monday, May 26, 2008

BASEBALL

Boash Baseball: Training in all baseball skills and techniques for all ages in both individual and team sessions; pitching, hitting, fielding, position play and conditioning just some of the lessons available; for additional information e-mail boash@comcast.net or call 508-285-6868 or 508-243-7098.

RBI Baseball Academy is now accepting registrations for its fifth annual summer day camps in Foxboro, Mansfield, and Easton. The camps are for boys and girls ages 5-14 and are conducted each day from 9am- 2:30pm. The summer camp schedule and locations are as follows: Foxboro, Booth Field Complex: Week 1: June 23-June 27; Week 2: July 14- July 18; Week 3: July 21-July 25. Mansfield, Otis Street Little League Complex: Week 1: June 23-June 27; Week 2: July 7-July 11; Week 3: July 14-July 18. Easton, Easton Little League Complex: Week 1: July 21-25; Week 2: July 28-Aug 1. Each week of camp features five days of top level instruction and games covering all baseball fundamentals under the supervision of RBI's experienced professional staff. In the case of inclement weather the camp will use the spacious indoor facilities at RBI Baseball Academy located on route 106 in Foxboro. The tuition for a week of camp is \$199 for the full day program and \$110 for half day (9am-noon, ages 5 & 6), multi-week discounts are available. Returning as camp directors are former professional pitcher and current RBI General Manager Chris Welch, Stonehill College head baseball coach Pat Boen, and former Red Sox player and RBI founder Paul Rappoli. For additional information and a free brochure contact RBI Academy at 508-543-9595 or visit their website at RBIACADEMY.com

Attleboro YMCA will hold a baseball pitching clinic on Monday evening June 16th from 6:30-7:30 PM. The proceeds of the clinic will go toward the Attleboro YMCA Best Friends Campaign. The clinic will be led by former Boston Red Sox and Philadelphia Phillie pitcher Ken Ryan who currently operates K R Baseball Academy in Pawtucket. Ken will give a talk and demonstrate pitching techniques, participants will then practice what they have learned. The clinic will be open for boys and girls aged 7 through 17, pre registration is required. Participants should bring a glove and should wear sneakers. Cost for program is \$5 for Attleboro YMCA members and \$10 for non members. Space will be limited so register early. For more information or to register call the Attleboro YMCA at 508-222-7422.

Extra Innings, West Bridgewater is taking registration for the following events: July East Bridgewater Baseball Clinic for boys and girls ages 6-12. This clinic will run the weeks of July 7-11 and again July 14-18. Clinics will be from 9 a.m. to 1 p.m. each day. You can sign up for one week or both weeks. Those signing up for both will be discounted. Clinics will be held at the Church Street Fields. July Lakeville Baseball Clinic is a four-day clinic at the Ted Williams Complex. Clinic dates are July 21-24 and will run each day from 9 a.m. to 1 p.m., Monday-Thursday. Fall Baseball and Softball: Extra Innings is taking early registration for annual Fall Ball program for baseball and softball. Fall Ball will begin on September 6 and will be played every Saturday for six weeks. Teams that sign up before August 1st will save \$45 on registration. Baseball will be 13u, 12u and 9u. Softball will be 12u and 9u. Register early to save on fees. To register for these or any of our other clinics please go to www.extrainnings-wbridgewater.com or call 508-580-3113. BASKETBALL

Sarah Behn Basketball Camps: Girls only, 19 locations for day camps including Dighton-Rehoboth Regional High School (July 7-11) and Foxboro High School (Aug. 4-8). High school elite camp Aug. 4-7 at Wheaton College, Norton; Overnight camps at The Governor's Academy, Byfield, July 27-Aug. 1 and Wheaton College, Norton, Aug. 3-8. More details and online registration available at www.behncamp.com.

Bishop Feehan Girls' Basketball Camp: Elite basketball training conducted by former Bishop Feehan and University of Maine standout Missy Traversi. July 7-11 for girls grades 6-9 and Aug. 4-8 for girls grades 2-5, at Bishop Feehan High School. Schedule Monday-Friday, 9 a.m.-3:30 p.m.; \$250 per player, includes T-shirt and trophies. Forms and payment (checks only, payable to Missy Traversi Camp) by June 1 to Bishop Feehan High School, c/o Bishop Feehan Girls' Basketball Camp, 70 Holcott Drive, Attleboro MA 02703. Further information from Camp Director Mike Deady at mdeady@bishopfeehan.com or from Traversi at missyat5@gmail.com.

20th Annual Summer Basketball camp at Bishop Feehan High School. Under the direction of veteran coaches Ed Gagnon and Leo Charron the camp is open to all area boys and girls in grades 1-9. Three great weeks to choose from: Girls entering grades 5-9, July 14-18, 8:30 to 2:30, cost: \$200. Boys entering grades 5-9, July 21-25, 8:30 to 2:30, cost: \$200. Boys and girls grades 1-4 July 28-August 1, 8:30 to 12:00, cost: \$140. For an application online go to www.bishopfeehan.com and click on athletics. For more information, contact Coach Gagnon at 508-226-0975 or egagnon@bishopfeehan.com or Coach Charron at 508-226-1084 or lcharron@bishopfeehan.com.

New England Colonials International Basketball Club invites applications from Massachusetts players for its 2008 Spirit basketball tour to England and Belgium; tour scheduled for mid-August, open to boys with solid basketball experience who will be entering the 9th, 10th, or 11th grades this fall; the Colonials' Spirit team will take part in the 6th annual Flanders Trophy Tournament in Ghent, Belgium; teams from more than 20 countries will compete in the Flanders tournament, one of Europe's premier basketball events. Games and visits in Sheffield and Gloucester, England will precede the team's time at the tournament; in England, Colonials' players will be hosted by the families of their basketball peers; several stipends are available for players with financial need; colonials' teams do not hold tryouts and rely on references and an assessment of the applicant's commitment to school, community, and basketball; for additional information about the August 2008 Spirit tour contact the New England Colonials at 508-668-1935 or email necolonials@aol.com; interested players and their parents may learn more about the program online at www.newenglandcolonials.net

R.A.B.C. will be hosting its annual USSSA Basketball National Qualifier on Saturday June 14 and June 15. The tournament will be played at Sherwood Sports Complex and P.C.D. field house. All teams are guaranteed three games. The fee is \$375.00 per team and all teams (USSSA, AAU, Travel, Club, etc.) are welcome. The two teams who make it to the championship game will qualify for the Nationals. There is a 5th-11th grade division, as well as anm open (the open teams play only for a state title) division. The Open Division is for Seniors and 1st year post-graduate players. For more information, please call Ray Cantelmo at 508-674-9724.

BOWLING

Forbes Sports seeks individuals for its spring bowling leagues; the following link www.forbessports.com/bowling.html lists the alleys in your area that will be hosting our leagues, along with the nights of the leagues and the cost per person; to promote the Chamber of Commerce, any business that signs up a team of four for any of our leagues will receive discounted rates for all of the team members; individuals or teams may call 800-779-0112 for more information.

FIELD HOCKEY

33rd Annual Northeast Clinic: Shannon LeBlanc Hlebichuk, head coach of UMass-Lowell and Director of Northeast Field Hockey Clinic announces the 2008 session to be held at The Governor's Academy in Byfield, MA; for beginner, intermediate and advanced field hockey players in grades 5-12; includes regulation indoor and outdoor tourney play on grass, indoor synthetic surfaces and two new outdoor artificial field hockey fields; clinic length, four days; July 13-16; cost: \$465 resident, \$345 day and \$395 extended day; team rate (15 or more players on same team) \$450 resident, \$330 day and \$380 extended day; special addition, grades three and four, day clinic only, three days, July 14-16, cost \$130; for an application and/or additional information call 603-887-4907, fax 603-887-3502 or e-mail northeastclinics@hotmail.com or write NECI, Post Office Box 839, E. Hempstead, NH, 03826.

FOOTBALL

Blue Pride Camp: registration underway for the Bombardier Blue Pride Football camp at Attleboro High School's Tozier-Cassidy Field in July and August; instructional camps for boys in grades 4-8 and 9-10 will be held July 14-18 and Aug. 4-8 under the direction of the AHS football staff; enrollment limited; for additional information call 508-226-8711 or visit www.ahsbluepridegridironclub.com; camp daily from 8:30 a.m. until noon; registration fee \$80; instruction and skill development will be offered in individual and team offensive and defensive techniques as well as daily individual and team competitions.

Bishop Feehan High coach Tony Wood and his staff will be holding a four-day clinic July 11-12 and July 18-19 for boys in grades 4-8; along with football skills the clinic will stress successful classroom techniques as study skills, note taking and time management along with what it means to be a student athlete; positional instruction, plyometrics, agility, and form running are a few of the topics; registration fee for the four days \$195; for further information and registration contact twood@bishopfeehan.com or visit www.bishopfeehan.com/athletics for a camp brochure.

26th annual Northeast Quarterback/Receiver Football Clinic: applications being accepted for the 2008 Day and Resident session to be held at The Governor's Academy in Byfield, MA; clinic length, three days from July 11-13; cost: \$398 resident, \$310 day, \$350 extended day; team rate (10 or more players on same team): \$383 resident, \$295 day, \$335 extended day; for an application and/or additional information, call 603-887-4907 or fax 603-887-3502; e-mail at northeastclinics@hotmail.com or write NECI, Post Office Box 839, E. Hempstead, NH 03826.

13th annual Northeast Offensive/Defensive Lineman and Linebacker Football Clinic: applications being accepted for the 2008 Day and Resident session to be held at The Governor's Academy in Byfield, MA; clinic length: three days from July 11-13; cost: \$398 resident, \$310 day, \$350 extended day; team rate (10 or more players on the same team) \$383 resident, \$295 day, \$335 extended day; for an application and/or additional information, call 603-887-4907 or fax 603-887-3502; e-mail at northeastclinics@hotmail.com or write NECI, Post Office Box 839, E. Hempstead, NH 03826.

GOLF

The Gridiron Club of Mansfield announces the 12th Annual Women's Golf Tournament will be held on June 29, 2008 at Chemawa Golf Course in North Attleboro. One of the few women only golf events in the area, the golf tournament helps provide funds for the Mansfield High School Football and Cheerleading Program. The Gridiron Club returns all the dollars it raises to the local athletes who have joined Coach Mike Redding in making Mansfield's Football Program one of the most successful football programs in the state. An \$80.00 registration fee includes green fees for 18 holes of golf, cart, cash prizes and a buffet lunch. Those interested in playing should contact Lorraine Carli at 508-261-6187 or lcarli@aol.com. Non-golfers are welcome to attend the luncheon for a \$25.00 donation. Reservations for the event are due by June 13th. Sponsorship opportunities are also available for this golf tournament. If you would like to support the event please contact Lorraine Carli at 508-261-6187 or lcarli@aol.com.

The Golf Development Program in Foxboro will hold camp dates from June 30 through July 3 for kids ages 13-17; limited to 12 participants; \$280 tuition includes individual, group and on-course playing lessons; daily 18 hole greens fees on four local high quality golf courses, range/practice balls and prizes; for an application or additional information contact program Instructor and operator Shawn Seybert at 508-399-5097 or 508-332-2625.

The Blue Pride Gridiron Club's third annual golf tournament will be held Saturday, June 21 (1:30 p.m.) at Triggs Memorial Golf Course in Providence; there will be a shotgun start; cost of \$100 per player includes golf, cart, t-shirt and Texas barbecue dinner, with cash prizes for first through third place; there will also be a hole-in-contest to win a car and other contests; for information, call Chris Chapman at 508-226-8713; send payments to Chris Chapman, 20 Prospect Ave., Attleboro, MA, 02703. Make checks payable The Blue Pride Gridiron Club and send in t-shirt sizes of players; proceeds benefit the AHS football

program to help defray camp costs, clinics, football equipment, etc; raffle donations and hole sponsorships for \$100 are also being sought.

St. Joseph School 10th Annual Golf Tournament: Saturday, May 31 at Whaling City Golf Club, 581 Hathaway Road, New Bedford; registration 11:30 a.m., shot-gun start at 1 p.m.; sign up as singles, doubles or foursomes; \$100 per person (includes greens fees, carts, driving range and buffet dinner after golf at Wonder Bowl Lounge); for non-golfers, dinner tickets available for \$15 per person; goodie bags, team prizes, putting green contests, closest to the pin prizes, long drive prizes, raffles; for more information or an application call Liz Rogers at 508-996-1983; registration deadline May 9.

On Saturday June 7, North Attleboro Junior Football and Tri-Boro Titans Lacrosse will hold their 2nd annual joint golf tournament. The tournament will take place at Heather Hills Golf and Country Club in Plainville, MA. A dinner and raffle at the Country Club will immediately follow. North Attleboro Junior Football has been serving the youth of North Attleboro for 45 years and Tri-Boro Titans Lacrosse is entering into its 6th season. The organizations serve both girls and boys in the communities of North Attleboro for football/cheering and Attleboro, North Attleboro and Norton for lacrosse. North Attleboro Junior Football and Tri-Boro Titans Lacrosse are seeking donations merchandise and or services to use for the raffles during this event. During this entire event your business name will be prominently displayed and will also be announced at the prize drawing as a donator. Businesses, friends and families can also sponsor a hole at the tournament. This sponsorship features a prominent sign at the hole for the duration of the tournament. Hole sponsorships are a minimum of \$100.00. For those that would like to golf we still have room for a few more foursomes. For more info contact Dave Paulhus, Fundraising Chairperson, North Attleboro Jr. Football, PO Box 3305, N. Attleboro, MA 02760 or call 508-989-7009.

MISCELLANEOUS

Attleboro YMCA introduces a new program to be held at the Norton Outdoor Center as part of the ongoing expansion to the facility. The Finberg Flyers Swim Club will be a recreational competitive swim team that uses the eight lane pool located at the Outdoor Center that currently hosts both Camp Finberg and the Swim Club. The Flyers Program will be directed by North Attleboro High School and Clark University swim coach Tim Kelly. Also, on staff will be Attleboro YMCA Tsunami assistant and elementary school teacher Edwin Fladger, Clark University swimmer and former North Attleboro High School standout Elizabeth Rosen and Catholic University of Washington D.C. swim standout Chris Cummings, who like Rosen is a former NAHS Captain and All Star swimmer. The program is for swimmers ages 6-16 as of July 1, 2008 and designed to teach basic stroke technique, being part of a team and to build relationships through the sport of swimming. Practices will be held at the Finberg Pool located near the Norton and Attleboro town line on route 123, Monday through Thursday with 10 & unders from 5-6 p.m. and 11 & overs from 6-7:30 p.m. Practice and meet participation is flexible. Registration for the Program will take place at the Attleboro YMCA front lobby this Saturday, May 10th from 11am to 1 pm. There will be a second registration Saturday, May 17th from 11am to 1pm also at the Attleboro YMCA main building. For more information visit the Attleboro YMCA website www.attleboro-tsunami.com or call the Attleboro YMCA at 508-222-7422.

Attleboro YMCA Spring 08 Youth Karate Program YOUTH TAE KWON DO KARATE Tae Kwon Do style Karate that emphasizes kicks is taught by Jay Hewitt. Hewitt has been teaching Karate for over 20 years at the Attleboro YMCA. Hewitt weaves into his classes physical fitness, stretching, respect, responsibility, caring, and honesty. Classes meet every Tuesday and Thursday as follows: Beginner (white and yellow belt) 4:15-5 p.m.; Advanced (blue belt through black belt) 5-5:45 p.m.; NO MONTHLY FEES. 7 WEEKS, 14 CLASSES FOR ONLY. \$60 Non Member; \$50 Y Member; \$40 Y Family Member. Classes run through June 12th. For further information and registration call 508-222-7422 Attleboro YMCA, 508-285-7574 Norton Program Center, or 508-226-7700 Activity Center

Summer Sports Clinics at Franklin High School: Baseball, Softball, Football, Advanced Volleyball, Lacrosse, Tennis, Field Hockey and Basketball are some of the fun sports clinics offered this summer through the Franklin Public Schools. Students entering grades 4 through 12 are eligible to enroll in a variety of clinics. In addition to skill instruction in specific sports, there is the opportunity to develop and/or

improve basic fitness through Coed Speed & Strength and Girls' Fitness. Each clinic runs for one week beginning the week of July 7 and ending Aug. 4. Franklin coaches and teachers will conduct these clinics. Students may register online through our secure website: www.franklin.k12.ma.us. Once there, select 'lifelong' from the top gold banner and follow the prompts to summer. Or, students may register in person at the Lifelong Learning/Solutions Office at the former town hall, 150 Emmons St., Monday through Friday, from 10 a.m. to 4 p.m.

BAY STATE GAMES: The Massachusetts Amateur Sports Foundation (MASF) has opened registration for the 2008 Bay State Summer Games; registration forms and sport specific information can be found in the Bay State Summer Games publication, with your local high school athletic director, or at the Bay State Games' Web site; for updated information about tryout dates, sport specific information, scholarship forms, volunteer information, and registration deadlines, visit the Games' Web site at www.baystategames.org/summer or call the Bay State Games' office 781-932-6555.

SOFTBALL

The Easton Men's Softball League seeks teams for the 2008 summer league; interested teams should call Jim at 508-982-8049.

PONY fundraiser: Two Attleboro youth softball players, Shannon Robey and Danielle Paquin, are on their way to the Girls 14 and under, PONY National Championships in Cary, N.C., this July and they need your help; Their team, the Mass XPlosion, is holding a raffle fundraiser to help defray expenses. First prize is four box seat tickets to a New York Yankees-Boston Red Sox game in September. Raffle tickets are two for \$5 and can be purchased by calling Beth or Gary Robey at 508-223-4714. Drawing will be held on June 20.

SOCCER

King Philip Soccer Association has opened registration for the Fall 2008 season. KPSA provides travel soccer teams for players who will be in 7th or 8th grade in September 2008 and who live in Norfolk, Plainville or Wrentham. The registration deadline is May 28. Registration is on line along with full details at www.kpsoccer.org.

Attleboro Youth Soccer has begun registration for their Fall Travel Program. Online registration is available at attleborosoccer.com. Registration fees are \$70 for one child, \$130 for two and \$150 for a family of 3 or more. A late fee of \$15 per child will be added for registrations completed after May 24th. Registrations received after May 30 are subject to be placed on a waiting list. Registration is open to boys and girls who will be entering 3rd-8th grade in the fall. In some instances we will consider boys and girls who are entering 2nd grade. There will be mandatory player evaluations done for most of the players. These will take place in early June and dates/times will be announced shortly. If you have any questions, please e-mail the AYS Travel Director at dav168@comcast.net

Seekonk Youth Soccer Fall 2008 Recreation League Sign Up: Sign up now for the Seekonk Youth Soccer Fall 2008 Recreational League. The eight week season runs from September 6 through November 1. Games are played on Saturday afternoons at the Cole Street soccer fields. Visit www.SeekonkSoccer.org for more info and online registration. Late fee and waiting list applies from June 1 to June 15. Registration closes on June 15. The league is always in need of volunteers to help coach the children and maintain the fields. If you are interested in becoming a volunteer or a board member please send the organization an e-mail.

TRACK

Run Jump and Throw for fitness or sport. Sign up now at the Attleboro YMCA for the Jaguars Track & Field Program. Tuesday practices through June 10 at Bishop Feehan High School in Attleboro. Practice and events from April to October. Training in Sprinting, distance running, high jump, long jump, shot put,

javelin, and more. No weekly commitment. Be part of this exciting nationally recognized Program. For more information contact: Ed Poirier email epattleboroymca@yahoo.com or 508-222-7422 ext 124.

VOLLEYBALL

Wrentham Volleyball: Wednesday evenings at 6:15; high school age and older; people will be playing outside all summer behind King Philip Regional High School in Wrentham; for more information, contact Ken Graves at 508-384-8084 or ken.graves@gravesfa.org.

Generations Sports Club volleyball: Programs for youths and adults at Fred Bartek Center, 81 Pine St., Attleboro; for more information, visit www.generationssports@yahoo.com, e-mail GenerationsSportsClub@yahoo.com or call 508-226-0399

SUN CHRONICLE

GOBIS: Koneski a true ace

**BY PETER GOBIS
SUN CHRONICLE STAFF**

Tuesday, May 27, 2008

Maybe it's because he's from a baseball family - his dad traipsed around the same high school base paths and continues making the calls behind home plate; his elder brother waves his bat and shags fly balls for Bridgewater St. College and his younger brother is a teammate.

Maybe it's because he's a left-hander.

Maybe it's because he can throw three pitches anywhere around the plate.

Maybe it's because he recognizes and understands situations, being ranked No. 2 academically in his class.

It just didn't occur by accident that Dighton-Rehoboth Regional High senior Nate Koneski has more victories on the pitching mound (29) than any of the many great Falcon pitchers through the years.

It didn't occur by accident that the College of the Hoy Cross-bound Koneski has been assessed just five losing decisions over his four-year varsity career. Nate Koneski has given up one earned run this season in going 9-0. He's headed to Holy Cross in the fall. (Staff photo by MARTIN GAVIN) "I always try to get ahead of the batters," Koneski said over the weekend of his strategy on the mound, not exactly a secret for success. Throw a strike on the first pitch, have a count in favor of himself against the hitter, be concerned about getting the first out.

"He's, maybe, the best I've ever had," no small feat in the lexicon of Dighton-Rehoboth High baseball coach Bill Cuthbertson, who has been nurturing right-handers and left-handers, hard throwers and soft tossers for nearly a quarter century.

Consider this of Koneski, in just this 2008 season alone:

He has produced an 9-0 record with one save, having allowed just one earned run through 57 innings of duty - an 0.14 earned run average. Koneski has retired 86 batters on strikes and issued just 14 free passes to first base.

He has thrown 66 percent of his pitches for strikes; having thrown 64 percent of his first pitches to batters for strikes.

Putting the ball in play safely against Koneski is a near virtual impossibility as foes are batting just .107 against him; opponents have merely a .176 on base percentage.

"Growing up, I always played baseball, I've always pitched, always been on all-star teams," said the six-foot, 170-pound Koneski. "As I've gotten older, I've gotten stronger. I put a lot of effort into my weight training and conditioning, that enables me to stay strong in the late season."

So here are the (18-2) South Coast Conference champion Falcons (for the sixth time over the past seven seasons) heading into the MIAA Tournament with their trump card being handed the baseball.

Of course, that doesn't always spell success. Koneski fired a two-hitter with 13 strikeouts against Hopkinton last year in the opening round of the Division 2 South Sectional and lost 1-0.

"They earned it, but our goal is to go somewhere in the tournament," said Koneski. "The postseason has been kind of a disaster for us."

This season alone, Koneski has thrown a one-hitter with 13 strikeouts against arch-rival Seekonk; a one-hitter with eight strikeouts against Case; a two-hitter against Greater New Bedford; a pair of four-hitters against Old Rochester.

That comes after a junior season in which Koneski posted an 8-2 record with one save, owning a 1.34 earned run average, with 68 strikeouts in 57 1/3 innings of work - and just seven walks issued.

Koneski went 6-2 as a Falcon rookie, 6-1 during his sophomore season at D-R, headed for four straight All-South Coast Conference and All-Sun Chronicle selections.

"He has excellent command of his pitches," continued Cuthbertson, "and he has way above average stuff. He has a good fastball, an above average curveball and an excellent changeup.

"A high school kid with three pitches, who's a left-hander and who knows how to pitch - that's what separates him from other kids."

What also separates Koneski from other kids is baseball tradition. His dad, Steve Koneski, played his high school baseball at D-R and serves as a college baseball umpire. His brother Brad has been a three-year starter at Bridgewater St. His brother Josh is a sophomore outfielder at D-R.

Koneski has been to his share of baseball showcase camps, played in the Bay State Games, played summer ball for the Swansea American Legion team.

He is not just a student of the game, but relishes the responses of his dad, his brothers, his coaches and his teammates about the pursuit of perfection on the baseball field.

"My dad always seems to find a flaw," chuckled Koneski, "but I appreciate it. He always emphasized fundamentals. When it comes to pitching, he always emphasized throwing the changeup, working the count, working the batters."

Indeed it is an art form for Koneski on the mound with a baseball in his hand.

"He uses both sides of the plate, he pitches down, he pitches up," added Cuthbertson. "And he doesn't get flustered with men on base."

Upon the insistence of his dad, Koneski didn't start throwing a curveball until the eighth grade. Over the past two years, he has developed his knockout pitch, a changeup. With speed in the mid-80's, "I like to rely on my fastball, but the off-speed stuff helps, especially the changeup because it looks like a fastball."

Koneski is persistent too upon throwing strikes, not necessarily good pitches, covering the corners of the plate, keeping hitters guessing. "It's a little mental too, knowing the batters, knowing what pitches to throw in different situations," he said.

Even his homework. "I can separate the two, when I'm in school or doing my homework, that's what I'm focused on. When I'm at practice or playing, that's what I focus on."

Just like the leadoff batter, the No. 9 batter or with a runner at third base.

"If you fall behind a batter, you have to focus on throwing strikes." And not just total strikeouts either. Get outs, get off the mound.

"I like to be able to work guys, to be able to throw the curveball. A good batter, I go after. The farther ahead that you get makes all the difference."

It certainly does.