



Members of the Lackawanna Trail cross country team get a work out in during practice this week.

PHOTO COURTESY OF ALICE STUFFLE

## LT rebuilding

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The Lackawanna Trail boys' and girls' cross country teams are in rebuilding mode following last season.

The boys' team finished 16-6 while the girls' finished 10-12 in the regular season. The boys' team was the first time head coach Keith Youtz had a team make it to states, but he's certainly in some trouble after losing seven out of nine boys to graduation.

"We're still not sure if we'll be able to declare a boys team because of losing almost the entire team," Youtz said. "I haven't had many kids running in the summer but those that did have gotten a lot of miles in."

Youtz is hoping that enough boys will remain with the program after summer workouts to field a team. The alternative will be for the returning runners to just compete as individuals.

The girls' team has eight returning starters and will have varsity experience to help lead the team.

"Our girls' team will be okay and should be competitive if we stay healthy," Youtz said. "I'll have some returning boys who have varsity experience and they'll be ready for a good season."

**Boys' Roster:** Seniors Devon Clarke and Lowell Phillips; juniors Nathaniel Barbolish, Max Myers, and Jared Simon; sophomore Jacob Furneaux; and freshmen Matthew Kinback, Ethan Oswald and Samuel Vierling.

**Girls' Roster:** Seniors Olivia Cooper, Katie Seigle, Janine Strauch and Amanda Madans; juniors Taryn Matti, Grace Wetzel, Morgan Wiesel, Maddie Lengel and Vanessa Ellsworth; sophomores Amanda Kinback and Anna Kane; and freshmen Cassandra Brown and Ashleigh Clarke.

Full Schedule:

Sep. 4, home against Scranton Prep/Holy Cross, 4:45 p.m.

Sep. 10, at Nay Aug against Scranton/West Scranton/Mid Valley, 4:45 p.m.

Sep. 17, at Susquehanna against Honesdale/Forest City/Western Wayne/Carbondale, 4:45 p.m.

Sep. 24, at North Pocono against Abington Heights/North Pocono/Valley View/Susquehanna/Mid Valley/Lake-Lehman, 4:45 p.m.

Oct. 1, at Lakeland against Delaware Valley/Wallenpaupack, 4:45 p.m.

Oct. 8, at Mountain View against Mountain View/Blue Ridge/Elk Lake, 4:45 p.m.

Oct. 15 at Lakeland against Dunmore/Riverside, 4:45 p.m.

Oct. 19, Junior High League, at Lakeland, 10 a.m.

Oct. 23, Districts, at Elk Lake, 12 noon.

Nov. 2, States, at Hershey, 9 a.m.