

## INDIAN VALLEY GIRLS SOCCER

# Warriors want more than a District 6 playoff spot

By **BRIAN COX**

*Sentinel sports reporter*  
bcox@lewistownsentinel.com

HIGHLAND PARK — Coach Anita Valerio and her Indian Valley Warriors are looking to take the next step toward being a great team this season. And the second-year coach has some models to follow, starting with the team that ended the Warriors' run in the District 6 Class AAA girls soccer tournament a season ago.

"We watch the film and look at a team like State College and ask 'What are the things we need to do to be like them?'" Valerio said. "We try those things and see how successful it can be for us."

The team is hungry to prove that its victory in the first round of the district tournament over Johnstown a year ago was no fluke and that it can compete with the State Colleges and Central Mountains of the world. "The girls were pleased with making districts and getting that victory," Valerio said. "This year you have the girls that were around that saw that and want to do a little better. We want to work on getting the most wins in the conference, if not, then doing better in the league. We definitely want to compete in districts again. They definitely want to compete with and beat State College and Altoona."

But if Indian Valley is to move into the upper echelon of District 6 big schools and of the Mountain League, it will have to rely on a group of six key returnees. The veteran Warriors include team captains Lindsey Kauffman and Linzee Ruby as well as leading scorer Dani Treaster, defensive stalwart Erin Bishop, Korene Lichtenwalner and Ashley Shawver.

Some newcomers that will see some major playing time include Erika Shawver — younger sister of Ashley — and new goalkeeper Tarynn Sullivan, who Valerio says is "not afraid of anything."

With the new goalie and most of the vets playing in the backfield, the Warriors will likely

### AT A GLANCE

#### INDIAN VALLEY WARRIORS

District 6, Class AAA  
Mountain League

Coach: Anita Valerio, assisted by Trevor Eckley.

boast defense as one of its strengths.

"I would like to think so," Valerio said. "Last year, we had some games where we were a bit stronger than others. Last year, we had a freshman backup keeper that was pretty good, so we were alright."

But that's not to say that Indian Valley won't look to attack the net at the other end. The Warriors struggled to find the back of the net when they had chances in the most recent campaign, but the coach is looking to eliminate that issue come time for the first game.

"We want to work on crosses and we want to finish a lot more than we did last year," Valerio said. "We got some chances and just didn't put the ball in the net. We're looking to prevent that by emphasizing putting the ball in the corners."

The team scrimmaged twice — against Clearfield and Upper Dauphin — in an effort to find a few new wrinkles for its opponents this year in an effort to separate from the pack in a very competitive Mountain League.

Central Mountain is a perennial favorite with the likes of Bellefonte and Lewistown looking to make some headway as well.

"It's always tough for a small school like ours," Valerio said. "We usually win 1-0 at home and lose 1-0 or tie 1-1 on the



Sentinel photo by BUFFIE BOYER

Members of the Indian Valley High School girls soccer team are, from left, front, Alyssa Phillips, Korene Lichtenwalner, Alissa Yoder, Andrea Yoder and Ellee Harpster; second row, Erika Shawver, Page Herto, Dani Treaster, Morgan Lutz, Lindsey Kauffman and Jess Lamberson; third row, Zoe Heller, Linzee Ruby, Erin Bishop, Ashley Shawver, Cassie Schaeffer and Tarynn Sullivan.

road (in Mountain League games). It always seemed like it was a 1-1 series with each team."

Valerio's first offseason in charge of the team has allowed her to work with some of the players to help quicken their development.

"I've gotten to work with some of the girls over the summer and to just see how much they've developed in a year is great," she said.

If locker room chemistry has any effect on how the team will play, Indian Valley should ben-

efit greatly. The coach has spent the preseason keeping the girls together as much as possible, including a trip to Ocean City, N.J., to both train and increase camaraderie and get the team away from the daily grind.

"As much as high school sports and our league is competitive, you want them to have fun," Valerio said. "They're training but they're also having fun."

The Warriors begin play Sept. 9 at Huntingdon. The first home game is Sept. 10 against Bellefonte.



Online at:  
[cu.lewistownsentinel.com](http://cu.lewistownsentinel.com)

- Purchase Prints
- View Galleries
- Upload Photos
- Gift Ideas

### STUMP REMOVAL



**IRONWOOD**  
18 HOLE  
PAR 3  
GOLF COURSE  
and  
PRACTICE  
RANGE

Rt. 22  
2 Mi. West of McVeytown  
717-899-0900

### Open 8 a.m. to Dusk Daily

- Custom-made Golf Clubs
- Private Lessons & Clinics
- Men's & Women's Leagues
  - Tournaments
  - Memberships