

## EAST JUNIATA TRACK AND FIELD

## Improvement is the goal for Tiger track squads

By **DEREK MAJOR***Sentinel sports reporter*  
dmajor@lewistownsentinel.com

COCOLAMUS — East Juniata track coach Mark Ritzman has high aspirations for his teams this season.

“I think we will improve on what we did last year in that I think we’ll have more district medals coming home at the end of this year.” Ritzman said.

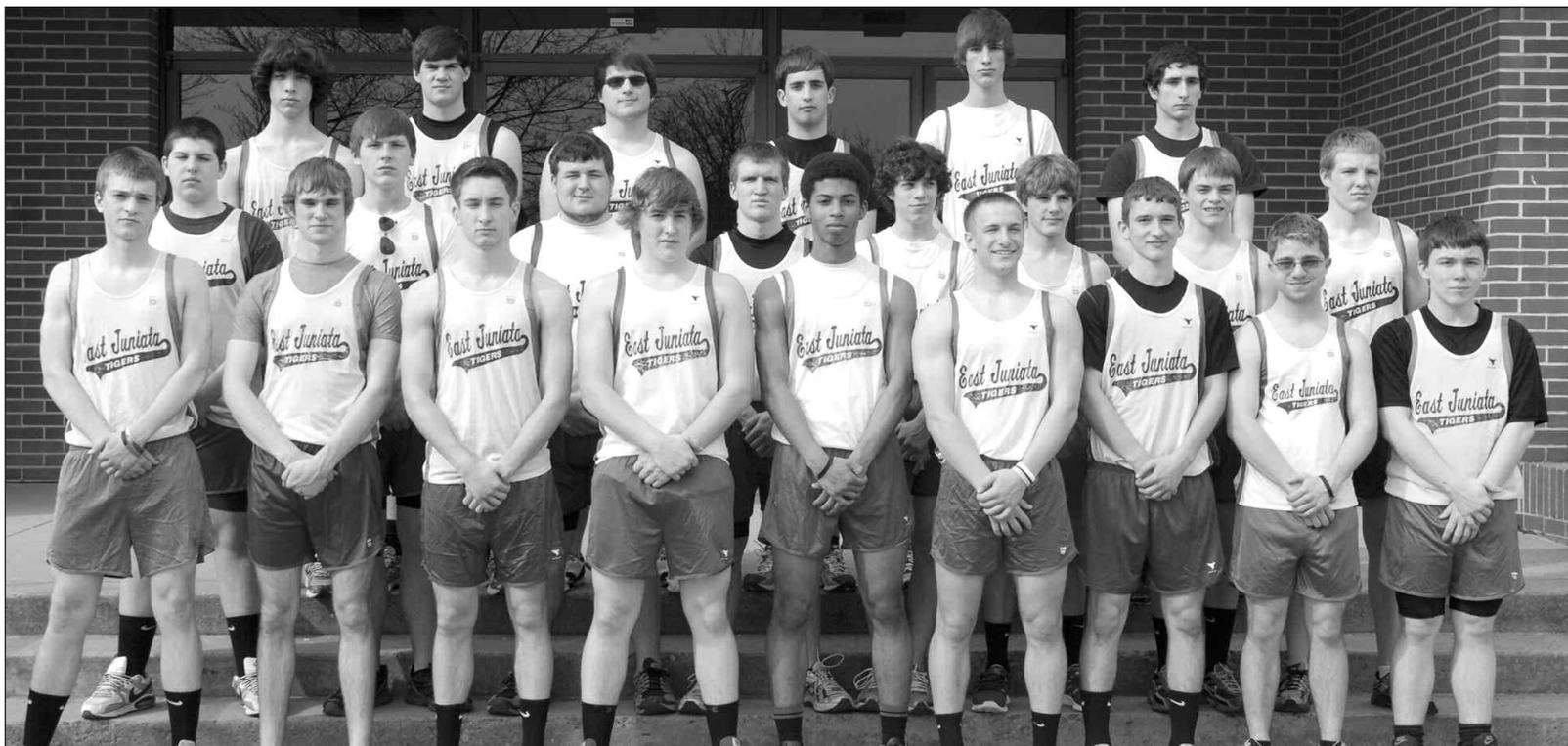
Last season, the Tigers had just one boy and one girl medal in District 4, neither of who finished high enough to qualify for the state meet. Amelia Spade placed fifth in high jump and Tyler Hepner placed in the javelin and shot-put last season.

This season Ritzman thinks his team has only improved and it’s a pleasant surprise for him.

“One of our biggest strengths is that we have a good solid group of people returning from last year and we have a bunch of new people coming in, which is a bit of a pleasant surprise,” Ritzman said. “I was a bit concerned with the pay-to-play situation going on here but we have a solid amount of people that came in this year and I’m optimistic about our chances this season.”

The road won’t be easy for the Tigers as the Tri-Valley League is loaded with talent and in order for them to improve they’ll have to improve on their league record from last year.

“If you look at our record last year it looks reasonably good, but the TVL is really good. Greenwood and Millersburg are powerhouses, and Upper Dauphin is getting better and better every year, so you can’t underestimate them either,” Ritzman said. “There’s only four teams in



Sentinel photo by BUFFIE BOYER

Members of the East Juniata High School boys track and field team are, from left, front, Thomas Brotzman, Bryan Henry, Cody Scholl, Tyler Fawver, David Brantley, Hunter Gingerich, Landon Sheaffer, Cody Shadel and Jordan Kerstetter; middle, Joey Meintel, Jarrod Goss, Tyler Hepner, Jake Kauffman, Toby Auker, Zane Lauver, Richie Gilson and Adam Barrick; back, Jason Beck, Dexter Ehrenzeller, Jeremiah Skidmore, Adam Strawser, Jay Pillot and Melvin Smith II. Justin Murphy and Jimmy Page are also members.

the league but they’re four really good teams. We only had two wins combined in the league last year.

“I see no reason to think the TVL will suddenly take a nose dive, so we’re getting ready for another competitive season. I think it’s always a challenge because the teams are so good, but that’s how you get better, you can’t improve competing against teams that don’t challenge

you, you have to be constantly playing better competition and improving your game.”

And, until Juniata returns to the TVL, East Juniata remains the only team in the league that doesn’t get athletes from two schools under a cooperative agreement.

The Tigers will have 16 girls and 19 boys on their ros-

ter this season. While Ritzman loves the individual talent that he has this season, he wants to keep them in a team mentality and thinking about how to improve as a unit.

“I think we have some kids out this year because that will definitely make an impact,” Ritzman said. “However, I don’t want to name any indi-

vidual names because I don’t want to leave anyone out — let’s just say that we have a lot of guys and girls that will contribute to what we hope is a successful season.”

With so much going on at a meet, it’s hard for Ritzman and his staff of two to support all their athletes in their individual events when there are

as many as five events going on at the same time, but Ritzman took a light-hearted approach to the situation.

“It’s very easy — just be three places at the same time,” Ritzman jokes. “We try and get at least one of us everywhere, and we only have three

See **Small** / Page 25**AT A GLANCE****EAST JUNIATA TIGERS**

District 4, Class AA

Coach: Mark Ritzman, assisted by Cory Bender, Simon Cameron and Tom Brotzman  
2011: Girls 7-6, Boys 7-6-1

**Children of the Ark Daycare**

Full-time or part-time available at hourly rates.

**Emphasis is on development in education -  
Serving your childcare needs year round**

Convenient Hours:

5:30 a.m. to 7:00 p.m.

6376 Belle Ave., Suite #14,

Lewistown, PA

**717-242-1850**

(717) 248-5112

(717) 242-0703

**GOODYEAR****HESS TIRE & AUTO PARTS**

Atlas Filters • Exide Batteries • Dunlap • Kelly

**Good Luck Area Teams!**SCOTT HESS  
Manager900 W. 4TH ST.  
LEWISTOWN, PA 17044