

2 Maine women lead 100-butterfly competitors

BY ROBBY MACDONALD
SPECIAL TO THE BDN

Former Maine interscholastic swimmers Emma Waddell and Lindsey Preglovsk have recorded the two fastest 100-yard butterfly times this season in the 11-school New England Small College Athletic Conference, a conference with a long tradition of swimming excellence.

Bangor's Waddell, a soph-

omore at Williams College, leads the field at 54.31 seconds, and Messalonskee product Preglovsk, a senior at Bates College in Lewiston, has swum a 54.37.

Bates swimming and diving teams won the Colby-Bates-Bowdoin title with Friday's wins over Bowdoin College of Brunswick and Saturday's victories against Colby.

The Bobcat men's 121-120 win in Brunswick followed a first-third finish in the final event, 200 free relay. Bates

touched in 1:27.2 and Bowdoin 1:27.5 to finish first, and the Bobcats also nabbed third.

Among the meet's impressive swims was a 1:43.8 200 freestyle from Polar Bear freshman Karl Sarier. Windham's Joe Paluso collected two wins for Colby against Bates in the 1,000 free (10:13) and the 500 free (4:55.3).

Husson's Gerber, Sarette shine

Husson University swimmers Lara Sarette and Grant

Gerber have combined to set nine school records for the Eagles this season.

Sarette, a transfer from the University of Maine, has established standards in the 50-yard breaststroke (31.3), 100 breaststroke (1:08.1) and the 200 breaststroke (2:32.6).

Gerber, a junior from Portland, has records in the 50 free (22.7), 100 free (49.9), 50 breaststroke (29.4), 100 breaststroke (1:04.1), 200 breaststroke (2:31.7), 100 individual medley (1:02.7) and 200 IM (2:17.2).

Mancini boosts diving marks

Falmouth's Nicole Mancini, an All-America diver at Bentley University and school record holder in both the one- and three-meter competition for six- and 11-dive competitions, added to her achievements in her team's win against St. Michael's.

The former Maine champion totaled 308.17 points for six dives in the 1-meter and 322.88 in the 3-meter, breaking her previous marks.

NISCA to honor students

The National Interscholastic Swim Coaches Association, in addition to recognizing All-America swimmers and divers, recognizes Academic All-Americans.

To be considered for an Academic All-American honor, the swimmer or diver must be a senior, have earned a varsity letter, and achieved a grade point average of a 3.75 on a 4-point scale or a 93.7 average out of 100 for seven semesters and 11 trimesters.

Patriots

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Divisional Round against a really good football team, it feels good, so it's one of those things that we've got a lot of work to do. Next game is going to be the toughest game of the year and you've got to get ready for it."

He was, however, focused on fixing the mistakes he made.

"I dropped some balls that I shouldn't of — trying to do stuff, trying to make a move before I caught it, but I just had to slow down and get back to the fundamentals

and I'll be working those out this week," Edelman said. "That was just me trying to be too fast."

Broncos want to pressure Brady

If the Denver Broncos are to disrupt Tom Brady and the New England Patriots in Sunday's AFC Championship Game, they must get the inside pass rush going.

It doesn't matter if that is accomplished by moving Von Miller and DeMarcus Ware over the A-gaps from time to time or supplementing their three-technique defensive ends with blitzes from inside linebackers

Brandon Marshall and Danny Trevathan.

"A lot of quarterbacks don't like pressure up the middle, so it's one of those things that you just have to keep doing that we've been doing all year," said defensive end Malik Jackson. "We have a great rotation, me, (DE Derek) Wolfe, (NT Sylvester) 'Sly' (Williams), (DE) Antonio (Smith) and (DE) Vance Walker.

"It's just a nice little rotation with everybody being fresh, trying to put pressure on them and run to the ball and make tackles."

Against the Steelers on Sunday, Wolfe and Smith provided two of the Broncos'

three sacks. In the Week 12 win over New England, Wolfe and Walker had sacks from the inside.

Denver's three-technique ends have combined for 17 sacks over the course of the season — an average of one per game.

"In my experience over the years, yeah, the quickest way to the quarterback is an inside guy winning," said Smith. "It's not as common as outside rushers winning, but if an inside guy wins or even gets pressure pushing the pocket back, that stops quarterbacks — stops him from being able to step up and really follow through his throws."

York girls basketball coach wins 500th with school

BY JAY PINSONNAULT
YORK WEEKLY

YORK — The day started by shoveling the snow that had fallen overnight, and it continued with his home game routine of stopping at a local eatery and getting his two hot dogs and a chocolate milk.

However, Monday night was like no other for Rick Clark in his 33-plus years as the head coach of the York High School girls basketball team.

The Wildcats, after a sluggish start, beat rival Marshwood, 58-31, in a Class A South contest at Robert E. Butler Gymnasium, and Clark became the sixth basketball coach in the state of Maine to reach the 500-win plateau — with all his wins coming at York High School.

"It was absolutely important [to win No. 500 here]," Clark said. "This has been my home. We've won a ton of games here. Many, many more than we've lost and to celebrate in a place where I call my home — it's awesome."

As the final second ticked off the clock and the 500th win was official, a Gatorade bucket of confetti was dumped on Clark, who led the Wildcats to three Class B state cham-

pionships in 1992, 1994 and 2010.

"It was a really special night and I think he really appreciated all of it," York senior tri-captain Shannon Todd said. "This is such a special year and him getting his 500th win is just icing on the cake. He really deserves all of this. It was so cool seeing all the past players in the stands here to watch us play and I got to meet a couple of really good players that I had never met. It was a really cool ceremony and it was amazing to be a part of it."

Approximately 25 former players of Clark's were in attendance for the game.

Clark went 10-26 in two years (1974-76) as head coach of the boys varsity and has gone 490-191 (1983-present) in his 33-plus years with the girls for a total of 500 varsity basketball wins.

"Sometimes you don't know, when you're a teacher or a coach, what kind of job you've done," said Clark, fighting back emotions. "You like to think you've done a good job, and you win games and you win championships, and that's all well and good, but when you hear kids talk about what it meant for them to be a part of your program, that makes it all worthwhile."

UMaine

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scholarship entails, academic programs," he said. "You've got to be in the know on everything, and you have to gear your talk toward what you think Maine is all about."

Harasymiak continues to field questions about his age. At 29, he's only 10 or 11 years older than most recruits.

"I think that's a good thing," he said. "As you look around, a lot of the [head] coaches are getting a little bit younger. There's been a lot of hires."

Harasymiak has spoken with recently hired Fordham coach Andrew Breiner, 31, and has exchanged messages with 34-year-old Western Michigan head coach P.J. Fleck.

At the same time, Harasymiak knows he can look into recruits' eyes with a different perspective in terms of what being a college student-athlete is all about.

"We're just trying to get kids and parents excited about being part of something new," he said. "We're preaching the fact that there's been a change, that there's going to be new things going on, [and] that it's an exciting time to be a part of Maine football."

Another aspect of the youth movement has been the ability to follow recruits on social media sites such as Twitter.

"You're able to stay up to date with everything that's going on with that recruit, es-



TYSON MCHATTEN | UMAINE ATHLETICS

University of Maine first-year head football coach Joe Harasymiak takes care of some paperwork recently as he settles into his new duties at Memorial Gym in Orono.

pecially a guy that puts out Tweets about what he's doing, where he's going," Harasymiak said.

Social media also gives UMaine football an opportunity to promote itself and the school. Harasymiak recently posted a photo on Twitter showing improvements to the Latti Fitness Center, where Black Bear athletes lift weights and train.

"If you don't visit here, you want to know what it looks like," Harasymiak said.

Other Tweets have shown mannequins dressed in UMaine home and away uniforms and wished good luck to former Black Bears Mike DeVito of Kansas City and Justin Perillo of Green Bay before their NFL playoff games last weekend.

UMaine's campus visits also invariably coincide with cold, snowy, winter weather. You'd better be-

lieve recruits, most of whom have never been to the state or lived in the northern U.S., ask about that dynamic.

"We have the bubble [Mahaney Dome], which works perfect for us," Harasymiak said. "It's huge for us because we'll warm up in there and do a lot of other things in there."

Harasymiak said UMaine also benefits from showing off its rural campus, featuring brick buildings with ivy climbing the walls, along with the town of Orono and Greater Bangor.

"It's different than where a lot of our recruits come from," Harasymiak said. "It's a real eye-opener for them in terms of where they can see themselves being for the next four or five years."

Harasymiak is still deciding how to decorate his office in the football wing of the Alumni Gym complex. He already has a football

helmet from his alma mater, Springfield College, and a few of Cosgrove's photos remain on the walls.

He said aside from the furniture, Cosgrove bequeathed him some reading material.

"He left me all the recruiting manuals and the referee books on the rules," said Harasymiak, who already knows one former Black Bear who will be included among the new photos.

"The one guy I'm putting in here is Trevor Bates," he said of UMaine's standout defensive end, who is in Florida training for a shot at making an NFL roster. "He's going to be my guy."

The first day of the National Letter of Intent signing period for football is Feb. 3.

Racing

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"And that's how we want our young drivers, at a very early stage, to understand the latest in the competitive style of NASCAR. So no better way to do that than to have our championship formats consistent, and that's one of the main reasons we did that."

The Chase formats in the Xfinity and Camping World Truck Series will feature seven races each and two elimination rounds before the championship race at Home-

stead-Miami Speedway. But beyond that, they diverge in format.

The Xfinity Series Chase starts with 12 drivers, four of whom are eliminated after each three-race round, leaving four drivers to race for the title at Homestead. As with the Sprint Cup Series, the highest finisher among those four drivers in the season finale is the champion.

In the Truck Series, eight drivers will qualify for the Chase, with two drivers eliminated after each three-race round, again leaving four competitors to run for the championship at Homestead.

In detailing the fine points of the two new formats, NASCAR executive vice president and chief racing development officer Steve O'Donnell said the new format in the two lower national touring series would go a long way toward eliminating "points racing," particularly in the championship race.

O'Donnell pointed out that Erik Jones won last year's Truck Series title by taking care of his equipment and finishing sixth in the finale, given that he had a large enough lead to play it safe at Homestead. By definition, that will change under the new playoff format.

Bapst

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They make me look good," Cyr-Ellis added.

The feeling is mutual as Legassie and Wheeler said they enjoy being on the same line.

Wheeler and Legassie had spent time as linemates a year ago, but Stephenson moved Cyr-Ellis from forward back to

defense "because we needed him there last season."

Orrington's Legassie said that as individuals, "we have similarities and differences" when it comes to skill sets.

"But we've learned how to play together," Legassie said.

Wheeler said Legassie is the goal scorer, he is more of a playmaker and Cyr-Ellis is the tireless forechecker.

"Logan grinds in the corners and that gives Tyler and me more space," said

an appreciative Legassie.

Wheeler pointed out that each of them can handle any of the roles if necessary.

Wheeler said they could tell when they were first put together during the preseason that there was some potential.

"You could tell there was a spark, and we rolled with it," he said.

"They're tenacious," said Old Town-Orono coach Denis Collins. "They never stop coming at you."

Pete Rose to make Reds' Hall of Fame

THE SPORTS XCHANGE

Pete Rose describes his playing days as a Hall of Fame career, and the Cincinnati Reds are ready to vali-

date baseball's all-time leader in hits by inducting him into the team's hall of fame.

Rose, 74, is permanently banned from baseball since he admitted to gambling on games in 1989. "I haven't given up on Cooperstown," Rose said Tuesday.

With the permission of Major

League Baseball, the Reds will welcome Rose into their 85-member Hall of Fame and erect a statue of Rose outside Bank of America Ballpark at a later date. Rose played for the Reds from 1963 to 1978 and returned in 1984 as player/manager until 1986. He remained as manager from 1987 to 1989.

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