

Froome extends lead after moment of silence

BY THE SPORTS XCHANGE

The Tour de France resumed as planned on Friday but under heightened security as riders observed a moment of silence in tribute to the victims of the terrorist attack in Nice, France.

Thousands of fans lined the roads at the starting line in the town of Bourg-Saint-Andeol, France, amid reinforced security a day after a driver of a large truck plowed into a crowd for a Bastille Day fireworks display in the Riviera city of Nice, killing at least 84 people.

The killings on France's national holiday followed attacks in November in Paris that killed 130. France has declared three days of national mourning after the attack in Nice.

Defending champion Chris Froome of Britain extended his overall lead

to one minute and 47 seconds by finishing second Friday in the 13th stage time trial over the 23-mile leg from Bourg-Saint-Andeol to La Caverne du Pont-D'Arc in the Ardeche region.

Froome, seeking his third Tour title in four years, tweeted a picture of the blue, white and red French flag.

"Thoughts are with those affected by the horrific terror attack in Nice," Froome wrote on Twitter.

Dutchman Tom Dumoulin won the stage in 50 minutes and 15 seconds, with Froome clocked in 51 minutes and 18 seconds.

"It's terrible what happened and overshadows the day a lot," said Dumoulin, who also won a mountain stage last week in the Pyrenees. "So you're speaking to a man with two sides to his face today. Of course I'm happy with the win, but at the same time my thoughts

are with everyone involved in the horrific attacks in Nice."

The 31-year-old Froome leads Dutch rider Bauke Mollema by 1:47 overall, with fellow Briton Adam Yates in third place, 2:45 back. Two-time runner-up Nairo Quintana of Colombia is fourth, 2:49 behind.

"Today, we want to pay homage to the victims with dignity," tour director Christian Prudhomme said. "We have been asking ourselves if the race should continue, and after consulting with authorities, we have decided that it should. The Tour de France will continue in a subdued and solemn manner."

Froome, who lives in Monaco, just 12 miles from Nice, said: "This is definitely a time for people to stand together. It definitely puts things into perspective for us. I'm happy with how the stage went but everyone's



JACQUES CLAWEY | REUTERS

BikeExchange rider Adam Yates of Britain rides in the individual time trial in the 13th stage of the Tour de France on Friday from Bourg-Saint-Andeol to La Caverne du Pont-d'Arc, France.

thoughts are with the people in Nice. It's a special place for me, close to where I'm based, and I can't imagine what every-

one is going through."

Friday's stage is a 23.5-mile time trial from Bourg-saint-Andeol to Vallon Pont-d'Arc in the Ardeche region

about three hours northwest of Nice.

The Tour ends on July 24 in Paris on the Champs Elysees.

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said Sinclair. "They had a fantastic year last fall [reaching the Class C North championship game]. It was a great job by their coaches and the community came alive and they brought football back there, so we knew we were going to be taking [wide receiver Andre] Miller and [quarterback Jake] Jarvis as a package.

"We wanted to take advantage of what those two kids do and coach them up with [Foxcroft's] Hunter Smith and Anthony Brunelle from Cony (of Augusta). That's what we did when we started, look at those kinds of combinations."

That exercise was repeated at every level on the field, all producing what the coaches believe will be cohesive units as well as a play-book designed to maximize their potential.

"We all come from our different types of schemes, but football is football and ultimately the fundamentals of football are the foundation of everything," said Foxcroft football coach Danny White, an assistant coach for this year's East squad and a Lobster Bowl player representing the Ponies back in 2003.

"There's no right and wrong way to do this, it's just different and the terminology is different for the kids. But when you get right down to it, it just becomes football once the ball is snapped and this is a very unique week. I said it as a player and it's even more unique as a coach because you can live vicariously through the kids. It's tremendous."

Behind the scenes

When the players and coaches arrived on this picturesque campus in southern Piscataquis County early last Sunday to start turning their preliminary work — in the players' cases getting in shape for the double- and triple-session schedules leading up to the game — they were greeted by a host facility that similarly was in training camp mode.

Air-conditioned dormitories, home to approximately 100 international students during the academic year, were prepped for the incoming players, as were separate practice fields behind the school that provide the teams considerable privacy from each other.

"We have the dormitories, the facilities, the management staff and the staff in the dormitories that understands what a residential program is, they're all very capable and knowledgeable when it comes to having a summer camp of this size because that's essentially what this is," Danny White, also the chief financial officer at Foxcroft.

"We're very fortunate to be able to host it here and to be able to operate almost like we run a normal school day."

Perhaps no one on campus faces more preparatory work than the cafeteria staff charged with feeding the players and coaches four times a day — including an 8 o'clock "snack" each evening.

For the school's veteran



MICKY BEDELL | BDN

Chris Sementelli (right) squirts saline into a puncture wound on the foot of Lobster Bowl West player Danny Guilianni of South Portland after morning practice on Wednesday at Foxcroft Academy. Sementelli is the sports medicine manager at Maine General Medical Center in Augusta; this will be his 16th year with the Lobster Bowl.

director of food service Rhonda Tyler and her staff, those efforts are similar to a typical school day even though they are feeding only a quarter of the people they do daily from September to June — Foxcroft's enrollment is approximately 450.

"First of all, they're great kids," said Tyler earlier this week. "It's been a challenge the first couple of days getting the numbers right. They're eating what we would typically prepare for our three lunch waves during the school day for all the kids.

"We're pretty much preparing for that many and they're pretty much eating all of it. They're big eaters, but they're out there working hard."

Rest and repetitions

Training camp is both a physical and mental challenge for the players.

While the teams enjoyed a bowling outing on Tuesday and were scheduled to visit nearby Peaks-Kenny State Park on Thursday, the rest of training camp is all about repetitions — and rest.

In particular, players are asked to grasp their responsibilities within the play-book as soon as they can upon receiving it when they arrived Sunday, and for the most part the students are quick learners.

"I think we've done great with it, our calls are getting on point and any time we have a question the coaches are right there to help us," said Dylan Severance, a linebacker representing Brewer High School. "They've been extremely helpful throughout this and I think our defense is really starting to get it and get going."

For the coaches, early mastery of the playbook by the players is crucial to steady progress throughout the week.

"Sunday and Monday and Tuesday are critical days, so we've got to be on the same page and that's why those early meetings are so important," said White. "We've got to get the offense and defense and special teams in, and you've got to make sure your offense is getting good looks from your defense and that we're giving the defense the looks they need to see. We've got to be able to find time and structure the prac-

tice plans so everybody is getting equal repetitions.

"There's a consensus of how things flow for the week, and probably by Monday night or Tuesday mid-morning we'd either say we're all set in this area or we have to circle back because we're falling behind and the week's getting away from us."

While the Lobster Bowl participants represent the state's most experienced high school football players, there's also some teaching to be done.

"Some of our kids have never pass-blocked out of a two-point set before because a lot of schools are in that shotgun spread formation, so we've had to work with some kids on that and I see improvement every day," said Sinclair.

"You just have to teach them and keep repping it and they'll get better. They're bright kids and good athletes."

How well they've understood those lessons and learned their playbooks won't be known for sure until late Saturday after-

noon after the East and West battle before upward of 5,000 football fans from around the state.

The West won last year's game 45-21 and leads the overall series 18-8, but after losing the first nine games and 12 of the first 13, the East has rebounded to win seven of the last 13 matchups and six of the last 10 since 2005.

But while regional bragging rights are big news during training camp and on game day, all the preparation these players and coaches have done reflects an even higher calling.

"We all understand that the focus of this game is for the kids and the Shrine," said White, "so as coaches you set aside what you do for the good of the team and to make it the best possible experience for the kids while they're here."

"We certainly want to put them in the best possible position to be successful, but first and foremost it's about understanding that this is a charitable event for an incredible cause. That's why we're here."



MICKY BEDELL | BDN

Dane Johnson of Bangor stands ready to catch a pass during Lobster Bowl East team practice at Foxcroft Academy on Wednesday in preparation for the Saturday game.

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great job professionally at Hampden Academy.

"She is a great person, and she has wonderful values that are congruent with the values of the university, the athletic program and my values running the program," he added. "She is reliable, she works extremely hard, and she is very personable. Everybody loves Liis. I couldn't think of a better person to represent our program in the capacity of assistant coach."

Atherley said Dyer will be missed.

"He was a wonderful person to have in the program," said Atherley, who added that he valued his experience and expertise.

Atherley said Dyer wants to travel this fall.

Emajoe will work with the goalkeepers.

"She's an excellent trainer of goalkeepers," said Atherley.

Atherley also announced his 12-member freshman class on Friday, and it includes two Norwegians, two Germans, five Canadians, two players from Massachusetts and former Bangor High School star Anna-Marie Dagher.

Annalena Kriebisch is a

goalkeeper from Potsdam, Germany; the backs are Shannon Armitage (Middle Sackville, Nova Scotia), Priscilla Domingo (Ottawa, Ontario) and Maevie Rabbitt (Concord, Massachusetts). The midfielders are Dagher, Nicole Bailey (Nepean, Ontario), Kaitlyn Ball (Ottawa, Ontario), Emilie Andersen (Oppegard, Norway), Kayla Brace (Lewis Lake, Nova Scotia) and Theresa Gosch (Bochum, Germany). The strikers are Beate Naglestad (Oppegaard, Norway) and Ellie Paolucci (Chelmsford, Massachusetts).

"We're pretty excited about the class. We needed a big class to replace the one that just graduated," said Atherley, who will begin his 18th season this fall after receiving a three-year contract extension. "All will have the potential to play immediately in some capacity. Some will be more impactful than others."

UMaine returns six starters off last year's team, which went 9-8-2 overall, 4-3-1 in America East and reached the league semifinals where it lost to Hartford 1-0.

UMaine will play an exhibition game at Mahaney Diamond in Orono against Division II Assumption College (Massachusetts) on Aug. 16 before opening the season at Long Island University-Brooklyn on Aug. 19.

Hockey

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Second, during the regular season, any player who receives a 10th, 11th, 12th and 13th fighting major will be suspended for one game after each one.

Third, any player who receives a 14th fighting major will be hit with a two-game suspension and will receive a two-game suspension for any subsequent fighting major.

The NHL doesn't have any such rules pertaining to fighting.

Guite believes that setting the first suspension at 10 fights is a "pretty low number."

He also pointed out that the prototypical 1980s or 1990s goon "doesn't exist any more."

"If you can't skate, there's no room for you in the game any more," he said.

New York Islanders coach and former University of Maine All-American defenseman Jack Capuano said today's physical NHL players can all play the game.

"The game has changed the last dozen years. The players are bigger and faster than ever before," he said. "It's fast-paced, exciting hockey. It's the best hockey I've seen in a long time."

Capuano acknowledged that fighting has "always been a part of the game" but feels there is a lot of respect among the players in the league.

"The guys in our league are smart enough to know when [fighting] needs to take place. Every team has players who are physical but that doesn't necessarily mean they drop the gloves," added Capuano, who played in 267 AHL games and six NHL contests.

Guite said fighting does have a purpose in the professional game.

"It's to prevent players from taking liberties," he explained, referring to cheap shots and nasty stick infractions. "There is still value to

having a player who can hold the other team accountable."

Former University of Maine All-American and current University of Denver coach Jim Montgomery played 451 games in the AHL and 122 in the NHL and agreed the rules are an effort to curb fighting, but was quick to point out that fights have significantly diminished in recent years.

"There were some teams in the NHL that had only 12 fighting majors as a team last year," he said.

Six teams had 12 or fewer fighting majors in their 82 regular season games and 16 of the 30 teams had 22 or fewer.

"The game is headed that way [away from fighting]. There is a sensitivity in every sport about concussions, head injuries and their long-term trauma," Montgomery said. "I do think the game has gotten better in that players aren't taking as many liberties when it comes to hits from behind and hits to the head. The NHL has done a real good job cleaning up the game. Players don't want to get suspended. It's a proper evolution."

Montgomery is glad the AHL is trying to eliminate the "staged fights" but agreed that there is always room for fighting if it is based on "true emotion."

"When someone tries to run someone from the blind side and he sees it at the last second, he'll get ticked off and grab the guy [and fight him]," said Montgomery.

He said the AHL is a "developmental league" and noted that the NHL has been "very intelligent in using the AHL" to test new rules.

"Several rules that were tried in the AHL have been adopted by the NHL," he said.

Montgomery said one issue he will take with the AHL rule changes is that opposing teams will know when a player has nine fighting majors and is one away from a suspension and will try to goad him into the 10th fighting major.