

Guidelines

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The NJSIAA's medical advisory committee of physicians, certified athletic trainers and department of education officials recommended the guidelines with the intent of preventing fatalities or catastrophic injuries.

The new guidelines have not been adopted by every conference, but most Morris County schools are sticking to them — though some coaches remain skeptical.

Nearly every high school football program in the area has spent a large part of the summer on the field and in the weight room.

Said Gallagher, "If our kids aren't acclimatized by the legal start of football practice, we're not doing our jobs."

The first three days of practice, dubbed the "acclimatization period" by the NJSIAA, were limited to no more than three hours. Helmets were allowed on the first two days, with shoulder pads on the third day.

"It's a guideline, and we hope schools follow it," NJSIAA assistant director Bob Baly said. "We feel our local schools and local doctors should take these and modify them to their own needs. We don't want to make it so regimented that if a local practice is three hours and three minutes, what do we do? Do we now become the practice police?"

Teams are no longer allowed to practice on more than six consecutive days. In addition, only five hours' of practice are permitted on any single day — including warm-ups, stretching, conditioning, weight training and a cool-down period.

A five-hour practice day may not be followed by one greater than three hours, leading to a 3-5-3-5 format.

In addition, a "recovery period" of at least two hours should be added after any practice longer than two hours, and a one-hour break before a walk-through, in which "no protective equipment or strenuous activity" is permitted.

"It's more mental stuff than physical stuff, but unfortunately, if you lose the physical stuff it really hurts," Mountain Lakes football coach Doug Wilkins said. "You've got to get the body toughened up, and that's a bit harder to do."

Several other state activities associations have recommended similar guidelines.

Oregon is the only one which mandates that its member schools adhere to them.

The National Federation of State High School Associations has not made any recommendations yet, though the NCAA has very specific rules for preseason.

"They know their states better than we do," NFSHA assistant director Bob Colgate said. "Some states really regulate it. Some states don't really care."

There were 16 indirect fatalities of football players last year, 12 of whom were in high school, according to an annual survey by the National Center for Catastrophic Sport Injury Research at the University of North Carolina. Of those deaths, eight were heart related, three heatstroke, and one unknown.

Thirty-one football players have died of heatstroke since 1995, 23 of them at the high-school level.

Though all coaches agreed that health concerns must certainly take precedence over any on-field training, limiting the duration and number of practices will likely have a greater impact on a younger team like Hopatcong, than Morris Knolls, which is led by 22 seniors. Golden Eagles head coach Bill Regan didn't have major issues with the guidelines, though it cost each team 10 practice sessions over the first three weeks.

The NJSIAA will consider amending its guidelines after the football season, with input from the New Jersey Football Coaches Association. Baly said reaction, particularly from trainers, has generally been positive.

"Probably what it encouraged us to do was start earlier (in the summer), to make sure they understood our basic training and basic concepts," Regan said. "Now we're just re-teaching and drilling it."

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Check out www.dailyrecord.com for a list of state-by-state regulations on summer football practice.

Trout streams still abundant for fall fishing

Bucks in velvet, grapes ripening, groundhogs fattening, less daylight, more vacations ending, bowhunting weeks away — signs that the season's getting ready to change.

Summer's end means fishing patterns will be changing and alarms ringing to awaken hunters for the September Canada goose season that will start on Saturday, then bowhunting for deer opening in many zones on Sept. 8.

For years, I thought wild brown trout didn't come out of hiding in small streams until September, then I fished before Labor Day one year and found them showing up in places where they hadn't been earlier. They spawn in the fall, mostly next month and October, depending on the brook.

That means they come out from undercut banks, deeper holes and other hiding places and at the peak of spawning can be found over gravel bottoms, but from now until then, some will be on the move. Some good brooks can provide 20 an hour, but remember that in places designated Wild Trout Streams the limit's two a day until Sept. 18, then it's catch-and-release.

The Division of Fish and Wildlife came up with interesting results during this summer's electrofishing work, when fish in brooks are temporarily shocked to get information on their numbers, species and condition. Hibernia Brook, last checked 20 years ago, was found to still have a healthy



Jim Stabile
Outdoors

brook trout population.

A tributary of the Musconetcong River south of Schooley's Mountain that had reproducing brookies 27 years ago still had young of the year as well as older trout, 18 of them. Another Musky tributary that had been shocked 25 years ago in Hunterdon still had small numbers, 13 brookies, plus a 10-inch wild brown that was moved to keep browns from getting established there.

Lopatcong Creek's headwaters, which had wild brookies 25 years ago, had 49 this summer, but wild brown trout have invaded the upper brook, 55 of them that included a 20-incher. Not all of a brook is checked, only sections selected for comparison. Part of Teetertown Brook, which goes into the South Branch of the Raritan, that had nine trout in 1981 had 23 brookies and 30 browns this summer.

Boulder Hill Brook, which goes into the Lamington River, had 25 browns in 1980, had 113 browns and two large-mouths this year. Merrill Creek had 366 browns and 82 brookies, none bigger than 11 inches, and all the waters had other fish, different species, from blacknose dace, sunnies, chubs, to eels, even lampreys.

Meanwhile, the Pequest Hatchery is busy growing trout, including those that will be stocked in October. The hundreds of thousands of hatchery trout were fed 16 tons of food during a recent period.

Anglers have until Sept. 15 to keep lake trout at Round Valley and Merrill Creek reservoirs, because of the laker spawning season, but I wish they'd keep it open all year at Round Valley because there's no control of wild lakers that eat too many herring. Plus lakers aren't the best table fish and they compete with other more-desirable species.

Fluke is no fluke

Imagine how much wild food saltwater species require, fish like the 24.3-pound fluke caught on the Shrewsbury Rocks by Monica Oswald, a 45-year-old nurse fishing after her shift at Riverview Hospital, Red Bank, on Aug. 19. Once it's confirmed by the International Game Fish Assn., it will be the world record, beating the 22-pound 7-ounce record fluke from Montauk in 1975, and the 19-pound-12 state record fluke caught off Cape May in 1953. Fluke will start moving offshore for their wintering grounds next month.

New goose rules

There are some new rules for the special September Canada goose season that will open Saturday, featuring a 15-bird daily limit as part of the plan to lower resident populations of the Canadas. This year electronic calls will be permitted, as are shotguns capable of holding seven shells (chamber and tube), and hunting hours from a half-hour before sunrise to a half-hour after sunset.

Calendar

Aug. 26: "Right to Carry Road Show," 9 a.m.-3 p.m., Falls Twp., Pa., Rifle & Pistol Club, apply for Florida CCW permit, \$25, reservation required, www.njcsd.org or 201-895-0033

Aug. 26: Pequest 3-D archery range open, 10 a.m.-3 p.m.

Sept. 1: Special statewide Canada goose season, daily bag limit 15

Sept. 4: Morris County Federation of Sportsmen's Clubs meeting, 8 p.m., Mine Hill American Legion Hall

Sept. 8: Fall bow season opens in designated New Jersey zones

Sept. 9: Bowhunters Round-Up 3-D fun shoot/practice, 7 a.m.-1 p.m., Lincoln Park Archers, Camp Dawson, 96 Jacksonville Road, Towaco

Sept. 14: Knee Deep Club(KDC) meeting, 8 p.m., Hopatcong Civic Center, Lakeside Boulevard, Hopatcong

Sept. 15-16: KDC Walleye Weekend fishing contest at Lake Hopatcong, entry forms available at KDC weigh-in stations

During other waterfowl season, only three shells are allowed, electronic calls are not and hunting has to end at sunset. Comments about September hunting from goose hunting friends this week ranged from "It's too hot, so what?" to "I can't wait."

Jim Stabile is the Daily Record outdoors writer. Fax fishing and hunting reports, comments and questions to (973) 401-9735, or e-mail to jimustabile@aol.com.

DiRupo and May pick up new hardware from high awards

Thanks to Carol Scheu, a Morris County USBC WBA director, for passing along information on some talented women in our county. The winter high awards for the 2006-2007 have been announced. High average goes to Marianne DiRupo, Succasunna, at an amazing 231. Keri L. May posted high Series May with 805. DiRupo posted two 300 games (Dec. 10 and March 18 in the county tournament) along with Nidia Haneveld, Val Johannessen, Krista Cutler and Dorothy Newsome. All took high game honors.

Team members for the state's Inter-county Tournament, to be held Nov. 18 in Monmouth County, have been selected. These are based on the top five high average bowlers putting in a minimum of 66 games. They are: Marianne DiRupo, 231.13 average, Valarie A. Johannessen, 219.20, Karen S. Dodd, 218.75, Liz A. Christensen, 218.40, and Liesl C. Apgar, 217.30. Alternates are: Ellen K. Moore, 214.18, Keri L. May, 211.98 and Terri A. Baldwin, 211.65. I can remember when the highest average was in the low 200s.

Speaking of Val Johannessen, Long Valley, she was a recent finalist in a Women's All Star Association (WASA) tournament in Oakland. She posted a 300 game in qualifying, and finished in fourth place posting 2-4 in match play.

WASA returns to the Jersey shore on Saturday, Sept. 8 for the Roto-Grip Open at Brunswick Lakewood Zone in Lakewood. For additional information log on to WASA's Web site, www.wasabowling.com, or contact Sharon Nasta, Executive Director at (732) 367-0257.

Now that's outrageous! With all the hype about the much-anticipated return (somewhat) of women's bowling to the pro tour (as part of the Denny's PBA pro tour) and the recent women's BPAA US

Express, which announced Morris County as its new home in the summer. Before moving to the area, the Express floundered in Newark, putting up sub-500 records with little fanfare.

"We're surprised by the turnout," Express account executive John Torrance said. "At our last tryout we only had like under a dozen show up."

Morristown's Tezmar Caldwell was the only other Morris County product to audition for the squad. After the nearly four-hour tryout, Caldwell survived the final cut and will join Hendershot and more Express hopefuls at training camp in October.

"He's got the talent," Thompson said of Caldwell. "We just have to get it to a point where it's always there."

In his senior season at Farleigh, Hendershot was the



Joan Taylor
Bowling

have to return to Reno for live finals Oct. 14. As my friend, bowling writer Joe Lyou in California wrote, "What other sport has you wait two months for the results of an event?" I have to ask what the logic was behind this. No wonder they only had three international entrants, considering the expense of traveling to Reno twice. I won't be the spoiler here, but if you can't wait for the telecasts, my friend Herb Bickel has put the results on bowlingdigital.com. Further, 65 women who entered "the Open" at \$250 each, put in \$750 more each for a shot at the mini-tour of four stops being conducted by the PBA. That amounted to more than \$48,000, which went where?

On a positive note, one of the Denny's PBA Tour stops that will incorporate the women's tournament-within-a-tournament will be the Etonic Championship Women's Series in Cheektowaga, NY on Nov. 7 through 11. It is within driving distance of this area and should be thrilling to see. Check out the Web site at www.pba.com for more information.

The publishing of the US Open results, less the final rounds Oct. 14 has spawned bickering among the media. Some press people in attendance wrote about the results of the matches and drama thereof. If they weren't to release it until mid-September or later, why bother being there? Others wrote long editorials criticizing people who leaked the results, claiming that ESPN will lose viewers.

They wouldn't lose viewers if they televised the entire shooting match as they do with other "normal" tournaments. Then again, I enjoy watching old bowling shows on ESPN Classic even when I know the results. So I guess if the viewership is less than spectacular, some writers will blame other writers. Can't we all just get along?

Happy National Bowling Week! It started yesterday and goes through Aug. 31 to kick off the new bowling season.

By the way, the series that John Neral posted to set the Rockaway Lanes record was 857. It was duplicated recently by Dominic Cuttito, but has yet to be surpassed.

Call the Bowling Hotline at (570) 476-4419 to schedule an interview, or send an e-mail to joaness@pid.net. IMPORTANT NOTE: Send in only scores electronically to lruse@gannett.com, or fdileo@gannett.com, or fax to (973) 428-6680.

Hendershot

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At 6-6, 220-pounds, Hendershot expects to be a mainstay at power forward. A physical low-post presence, the Wallkill Valley High School graduate is exceptional at drawing enough contact to reach the free throw line.

"He's got the heart," Express head coach Clarence Thompson said, "he's got the talent and he's got the nose for being under the basket and scoring. He's a great asset."

Hendershot, Sussex County Community College's all-time scoring leader, used Saturday's tryouts to keep sharp, noting the intensity of the competition.

Approximately 40 other hopefuls tried out for the

only Division 3 player to earn Metropolitan Basketball Writers Association Player Of Week honors. He was also a junior college All American at Sussex and named All Freedom Conference First Team after his junior and senior years with the Devils.

Hendershot, who plans on a career in law enforcement, is particularly excited about one aspect of professional basketball: "The fact that I'm getting paid to play basketball is great," he said.

The Express will play a 36-game schedule starting in Nov., including 19 home games at Drew University.

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Bowling scores

ADULTS

Circle Lanes
Bowlers World Classic: Chris Lynch, 278, Jules Napolitano, 278-718, John Jensen, 278, William DiBenard, 277-761, Brian Torr, 269, Dominick Cuttito, 744, John Flaherty, 721, Sam Simone, 702.

Chester League: Men: Steve Borgnesser, 290-724, D.J. Alpaugh, 289-712, Bobby Voratsoth, 267, Allen Alpaugh, 689. Women: Sandie Borgnesser, 213, Sharon Nell, 206-558, Cathie Bruen, 203, Karen Wolfe, 559, Christina Bream, 552.

Friday Night Summer No-Tap: Men: Herb Nicholas, 300-855, Richard Wertz, 300-789, Jules Napolitano, 300-839. Women: Traci Nicholas, 278-746, Rosemary Wagner, 278-744, Eileen Grogan, 266, Carol Chadwick, 695.

Friendship League: Men: Eddie Donlin, 258-616, Mike Sceranko, Sr., 236-635, Matt Isherwood, 232, Todd Brinkofski, 223-625, Robert Gage, 222-609, Robert Haight, 620. Women: Renee Smith, 178-487, Mary Smith, 177-481, Amy Brinkofski, 158-437, Penny McCabe, 151-362, Nancy Ruddy, 149-433.

Gals and Pals: Pals: Dan Engers, 287-709, Elliot Bruen, Sr., 255, Pete Karlovits, 246-672, Pete DiMarco, 651. Gals: Cathie Bruen, 246-618, Barbara Strelac, 229-580, Erica Monaco, 224-612.

Monday Summer Mixed: Men: Steven Pancoast, 290-814, Joe Macedonio, 256, Herb Nicholas, 252, Mike Huk, 700, Mike Pototski, 640. Women: Sarah Donemus, 234-624, Sandy DeMeo, 203, Jen Drury, 192-514, Melanie Pancoast, 531.

Summerettes: Nidia Haneveld, 288-660, Val Johannessen, 257-629, Erica Monaco, 256-705. **Sunset Mixed:** Men: Ricky McColligan, 289, Frank Wasniewski, 258-712, Arnie Coslit, 238-711, Shawn Suk, 649. Women: Dale Weaver, 218-638, Jacqueline Wasniewski, 214-582, Diane Kimble, 188-485.

Thursday Nite Socials: Men: Herbie Muller, 279-724, Rick McColligan, 279-705, Pat Oglier, 269, Steven Pancoast, 720. Women: Marianne DiRupo, 239-687, Jessica Petersen, 209-561, Missy Wertz, 203, Madeline Wasillas, 539.

Wednesday Nite Summerettes: Sharon Ioannidis, 224-576, Clara Hanks, 209-498, Eileen Grogan, 200-532, Cindy Wiant, 181, Kathy Willis, 181-514.

Plaza Lanes

Thursday Mixed: Kyle McKissock, 257-713, Rich

Raymond, 249, Scott West, 679, Jane Inch, 215, Karen Reinacher, 214-610.

Tuesday Adult/Junior: Joe Parisi, 221-654, Kyle McKissock, 193-553, Mark Masucci, 195-513, Joey Parisi, 188-551, Laura Zaugg, 189-499.

Tuesday 400 Doubles: Dennis Najjar, Jr., 257-655, Ray

Nemzek, 237, Rick Bednarik, 644, Carolyn Granato, 225-537, Lisette Artz, 181-507.

Rockaway Lanes

Monday Nite Friends: Eugene Opsanick, 224-268-255-747, Shaun Funk, 236-247-227-710, James Stiles, 266, Kerl May, 223-248-234-705, Alison Gomer, 190-174-205-569.

Mixed Up Tuesdays: Mike Pototski, 244-233-247-724, Rich Evans, Sr., 228-211-204-643, Sharon Massimo, 235-222-225-682, Jennifer Drury, 163-217-191-571.

Rockaway Summer Trios: John Neral, 238-268-222-728, Chip Vincent, 255-215-257-727, Scott Struble, 239-233-233-705, Ben Yokobosky, 246, Michael Stoyko, 245.

Wednesday Early Birds: Pat Cook, 217-197-219-633, Miguel Galloza, 196-213-202-611, Keith Helburg, 227, Stacy Titus, 242-224-187-653, Jean Ricco, 177-186-193-556, Kara Cook, 224.

JUNIORS

Rockaway Lanes

Rockaway-Denville Recreation Summer (Monday) (2 games): Troy Decker, 109-163-272, Joseph Rendon, 121-112-233, Tyler Turnage, 129, Ben Tuhy, 114, Morgan Cullen, 102-100-202, Karyl Cullen, 84-110-134, Haley Paconcione, 100.

Monday Summer Adult/Junior League: Adults: Ricky Exner, 171-200-223-594, Noel Hackelberg, 144-129-157-430, Teri Albert, 130-142-169-441. Juniors: Nathan Hackelberg, 153-137-108-398, David Exner, 151-124-114-389, Katie Albert, 168-164-152-484, Alyssa Hackelberg, 134-404-116-354.

Tuesday Summer Recreation (2 games): Oliver Lee, 114, Jonathan Alvarez, 113, Kelly SanRoman, 155, Amy Banfield, 116, Denise Weir, 109.

Rockaway-Denville Recreation Summer (Saturday) (2 games): Zachary Hosler, 137-126-263, Jack Cook, 143-101-244, Matthew Hosler, 98-98-196.

Junior Match Play Doubles: Anthony Williams, 248-279-182-709, Stephen Eilers, 226-234-211-674, Michael Angle, 214-187-226-627, Steven Haneveld, 227-160-226-613.

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