

South indoor track rebuilds on the fly

by PATRICK J. NAGY Reporter



Paul Mangold, far left, Tim Krempa and Jennifer Lopez captain Williamsville South's indoor track program.

Photo by Joe Eberle

Although it's a rebuilding year for Williamsville South's indoor track program, Coach Sam Hasan sees the blueprints for a great season from several individual runners.

"It's a rebuilding year but I hope we do well on the fly," said Hasan, who will be joined by first-year assistant coach Nataliea Brenton. "These kids are very eager and it makes it that much easier as a coach to develop them."

Hasan is no stranger to building a track program at South. Eight years ago when his daughter Alyissa, then in seventh grade, now a sophomore at University of Notre Dame, came out for the team, the Billies only had seven athletes. Since then

they've fielded as many as 68 competitors. There are 41 on the roster between the boys and girls teams this season. A lot of them are freshmen and new to the sport.

"The whole thing is developing these kids," said Hasan. "There are a lot of kids who just have raw talent; now you have to teach them how to run, jump or hurdle. This is the part I love the most, just pulling that talent out."

Girls

Coach Hasan returns his daughter, senior Jenna Hasan as well as senior Jennifer Lopez, juniors Colleen Hurtubise, Leah Neumann, Lauren Falzone, sophomore Ashley Ferenczy and freshman Allie Van Buren.

As of this writing, Jenna Hasan is the No. 2 triple jumper in Section VI. She was eighth at last year's Section VI Championships. She also just missed finals at sectionals in the 55-meter hurdles.

Van Buren is only a freshman but should be the top 55 hurdler in the section, coach Hasan said. She was fifth at sectionals last year. She can also run a great 300 and is a returning member of the team's Section VI champion 4x400-meter relay along with Ferenczy, who was an alternate for states but ended up running, freshman newcomer Amanda Breyemeier and either Hasan or freshman Rebecca Emo.

At South's first meet on Dec. 2 at Fredonia State College, the quartet of Van Buren, Ferenczy, Breyemeier and freshman newcomer Danielle Giancarlo won by 160-meters.

Ferenczy is on pace to qualify for sectionals this year in the 600.

Breymeier also won two high jumping events this season along with the 600 and was fourth in the 300. Coach Hasan said Breymeier's work ethic is unbelievable.

"Amanda is focused, always asks questions, wants to learn and is very hungry and eager," he said. "I like to see that out of the young kids."

Lopez, a sectional qualifier in the shot put, is the girls' captain. It's her fourth year on varsity.

Neumann has already reached her high jump goals from last year, coach Hasan said.

Falzone, on the team since seventh grade, runs the 55 dash.

Newcomers who should contribute include Emo (300, 600) as well as fellow freshmen Jenny Mooney (600 and up), Ellie Falletta (55-dash, 300) and eighth grader Elisa Frazier (600, 1000).

Coach Hasan sees the 55 hurdles to 1000 as team strengths.

"I can see the rebuilding of a very good team," he said.

Boys

Paul Mangold is already having a great season, setting a personal record in the 3200 by 12 seconds.

"Every year, he's worked his butt off," said coach Hasan. "Other than my daughter, Alyssa, I would have to say Paul is probably one of the hardest working kids I've been around in terms of wanting to learn. When there's down time, he's doing things you told him that are important things to do. He's always been a leader, is very coachable, and his times keep dropping."

Mangold, who can run the 1000 to the 3200, has been a member of the team since eighth grade and is a co-captain with third-year runner junior Tim Krempa, a 55 hurdler and jumper.

Senior Joe Dash (55 hurdles, long jump) and junior Alex Podvezko (mid-distance to distance events) also return.

Freshman Peter Galbo (300 and up) and senior Shawn Mooney (sprinter, high jump) make their debuts. Sam's son, eighth grader, Sam, is one of three eighth graders on the boys' side, but is recovering from a broken ankle