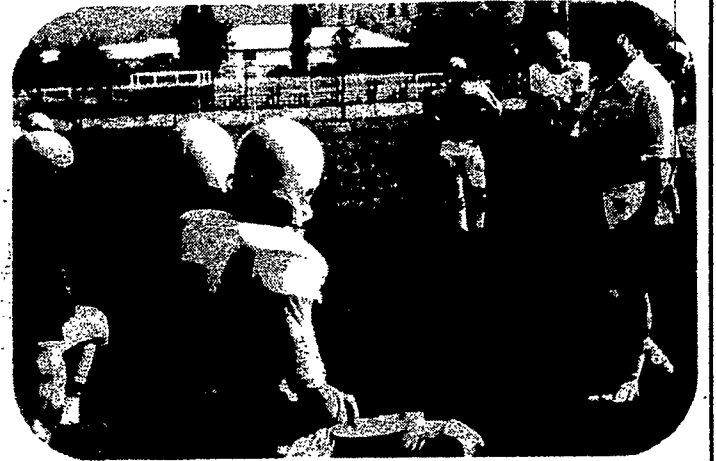


Rap Around Rap Around Rap Around Rap Around Rap Around Rap Around Rap Around Rap Around Rap



Photos by Terrance J. Brennan

The strain shows on the face of one player during a blocking drill on the practice field.

Coach Tom Seymour has some words of advice for his defense.

Knights Get Ready For Another Season

Yes, it is that time of year again. Football season. And at McQuaid, practice is in full force. Last year, the Knights were co-champions of the City-Catholic League with Cardinal Mooney. Both teams had 7-1 records. McQuaid also won the Section 5 title over Aquinas in the post-season 'playoff game.

But this year, says Coach Tom Seymour, it may be a different story.

"We lost 21 of 22 starters from last year's team," Seymour said. "So this year we're inexperienced and our success depends on how our juniors come through."

Seymour's only returning starter from last year is fine running back, Chris Heier. Heier was selected most valuable player in the sectional championship game against Aquinas last year.

Seymour also has high

aspirations for senior quarterback Mike Mieltski. With the team as inexperienced as it is, Mieltski must shine for the Knights if the team is to expect the same success as last season.

McQuaid opens its schedule against Corning East and Seymour feels that his team will have its hands full trying to slow down state sprinter Mark McMillian.



Senior quarterback Mark Mieltski hurls the long one during practice.

Kearney Sprinter Turns Hurdler for State Games

During trials for the Empire Games, Bishop Kearney senior Denise Cordaro felt the need for a respite from her usual 400-meter dash workouts.

So she entered the 400-meter low hurdles to get the necessary exercise to compete effectively in the dash trials held later. Denise finished with a time good enough to qualify her for the hurdles at the Empire Games.

"I needed the warmup very badly," Miss Cordaro, 17, said. "I had just come back from a track camp at Penn State and I was in very good shape for that.

"But I needed a break from the tension of the meet, so I ran the hurdles and ended up qualifying for the Games."

Denise, daughter of Ross and Wally Cordaro of Chapel Hill Drive in Irondequoit, ran well at the Empire Games and reached the semifinals of the hurdles before being knocked out by the stiff competition provided from all over the state.

Until that point, most of Miss Cordaro's experiences in track had consisted of running dashes, ranging from short sprints to 880-yard runs.

Although it wasn't completely a fresh endeavor (she did have some training in hurdles when she was younger), it is one that she now relishes.

When the season starts at Kearney, Miss Cordaro will compete in the 400-meter dash, the 400-meter relay, the 800-meter relay, and, if offered, the 400-meter low hurdles.

She has also decided to run cross-country this fall to prepare herself for the indoor track season come winter. After one look at her neighborhood, it's no wonder why cross country is on her mind. Chapel Hill Drive could easily be called "Chapel Mountain Drive" for it is a very steep climb of considerable length.

"I run up it every day," Miss Cordaro said. "And every day I just can't wait to get to the top. Although I know it's doing me good, it hurts."

Also among her experiences this summer, has been her participation in the International Games, competition between Canada and runners from New York.

"I finished fifth in the final of the 400-meter dash," Miss Cordaro said. "I think that



Denise Cordaro

level of the competition was higher at the International Games than the Empire Games.

"The Canadians are really in top condition. One of their runners came in second, and

she even went to the Pan-American Games."

Miss Cordaro looks forward to her last year at Kearney, and hopes to attend Penn State or Auburn for a career in Business Administration.

BK Events

To open the academic year, two events have been slated for next week at Bishop Kearney High School.

The first event will be held at 8 p.m. on Sept. 7. Brother Brian Walsh, principal, and staff of the school will conduct a Freshmen Orientation Evening in the auditorium. Parents Club officers, Nancy and Fritz Hutteman of Holy Trinity Parish, are co-chairpersons of the event which will conclude with refreshments in the cafeteria.

Brother Brian will be feted at a champagne reception at 8 p.m. on Sept. 11. Sophomores, Juniors, and Seniors at the school, and their parents have been invited. Nancy and James Tucker of St. Paul's Parish are co-chairpersons.

To Anxious Students Help Is on the Way

Father William C. McCusker, SJ, director of counseling services at McQuaid Jesuit High School, is preparing a program he calls Relief for Anxious Test Takers. He has a \$2,000 grant from the State Education Department, and his remedial program will be made available to counselors and educators throughout the state after it has been tried out on McQuaid juniors.

A similar award in 1977 enabled Father McCusker to develop Goal Setting for Underachievers, the school announcement said.

JOAN M. SMITH, Editor