



Walking on air

CVA freestyle student Nick Rosenberger seems to float in mid-air off the "air hill" jump at Sugarloaf. To go off a large jump like the air hill, requires lots of practice and a progression that begins with trampoline training and continues with many smaller jumps on the mountain. Coaches are on hand at all times to ensure the athletes' safety. CVA's Freeride program was the first of its kind in the country. (Steve Mitman photo)

Dance classes returns to Kingfield

KINGFIELD — The MSAD #58 community now has the benefit of local dance instruction offered by professional instructor Rebecca LaRovera.

Local students ages 2-1/2 through high school can come and learn more about modern dance on Feb. 20 in a free introductory course at Webster Hall.

The intent is to start weekly classes beginning in early March, which will culminate in a full length dance recital for the communities' enjoyment.

The public is invited to visit LaRovera this Friday, and learn about her educational background and professional experience in dance, when classes will be offered and more about this new program.

Class schedule as follows: Ages 2-1/2 to 5 (9-9:30 a.m.); Grades 1 to 2

(10-10:30 a.m.); Grades 3 to 5 (11-12:00 p.m.); Grades 6 to 8 (12:30-1:30 p.m.); High school (3-4 p.m.)

At the end of each class, a half-hour period will be allocated for parents of the younger classes and students to ask questions to get to know more about LaRovera and the program.

No dance experience is necessary and LaRovera is encouraging new students to wear comfortable clothing on this day to allow optimal movement.

Look for Kingfield Recreation announcements for future adult classes and other performances of the arts ahead.

If you can't make the registration classes or would like to learn more about this program or other programs offered, email the KRD at kingfieldrecdept@yahoo.com.

Schrader tops all-time steal list

CLINTON, N.Y. — Hamilton College women's basketball team, the Continentals, posted a 1-1 week at home in Liberty League action. The Continentals secured a 67-49 win over Clarkson on Feb. 13, but dropped a crucial match-up to St. Lawrence, 63-56 on Feb. 14. The loss drops Hamilton to fifth place in Liberty League standings and sets up a showdown against fourth-place William Smith College (13-9 overall, 7-4 Liberty) on Feb. 17 in Clinton, N.Y. The top four teams make the Liberty League Championship Tournament.

Sarah Schrader (class of 2009), a Rangeley Lakes Regional High School graduate, contributed 12 points (5-for-7),

four assists and two steals in the Clarkson win.

Against St. Lawrence, she added nine points, four rebounds, three steals and two assists. Schrader moved into fifth place on Hamilton's all-time steals list with 177.

The previous week, the Continentals posted a 2-0 week on the road in Liberty League play. Hamilton picked up a 54-50 win at Rensselaer on Feb. 6 and went on to a 54-40 win at Vassar on Feb. 7.

Schrader chipped in 10 points and three steals during the Rensselaer game. At Vassar, she grabbed eight rebounds and handed out four assists.

Basketball development program underway

SALEM — Last week, flyers went home to MSAD #58 middle school kids announcing a basketball program designed to improve the basketball skills and development for boy and girl athletes grades six through eight.

The flyer encouraged kids to come out and be coached by Mt. Abram's top-varsity players. Participants will learn the skills, fundamentals, strategies and drills the way they are learned at MTA and have a chance to some-

times work with top-varsity athletes such as Sam Simpson, Kenni Norton, Jim Barker, Ethan Eisenhour and Mikayla Burbank as well as others.

The handout was an invitation for a six-week program starting on Wednesday, Feb. 25 from 6 to 8:30 p.m. at Mt. Abram.

Most games (one per week) will be played at MTA with some practices, no more than one-per-week, at local elementary schools. Participants will be originally

organized by local towns, but new teams will be developed within the district by the coaching staff and organizers.

Pre-registration is required by Feb. 20 for this program. Participation will dictate if there will be two age groups or levels of competition.

The cost for this program is \$20.

To pre-register by the Feb. 20 deadline, email the athlete's name, school, grade and phone number to: davehart@live.com or call 670-7167 between 5 and 7 p.m. The registration form and payment is due on the 25th.



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