

# SPORTS

## Douglas runs well at DVC Championships, while Crusaders' Wiersma shines in shot put

BY KEN POWERS  
SPORTS CORRESPONDENT

**NORTHBRIDGE** — The Douglas High girls' and boys' indoor track teams both turned in fine performances at the Dual Valley Conference (DVC) League Championships. The girls, led by Jenna Keeman, Maureen Grady and Keely Mungeam, finished second with 64 points, while the boys, led by Alec Goldenberg, Matthew Brooks and Clark Bishop, finished fourth with 45 points.

Sutton High won both the girls' and boys' portions of the meet, held Tuesday, Jan. 23 at Northbridge High's Veterans Memorial Field House. The Suzies rolled up 124 points while the Sammies amassed 139.

On the individual side of the DVC championships, no first place performance was as awe-inspiring as the one turned in by Whitinsville Christian School senior Tatiana Wiersma, who won the shot put with a heave of 31 feet, 3-1/2 inches.

Before getting to Wiersma, here is a recap of the team competition.

Wins by members of the Tigers girls' team were turned in by Grady in the 50-yard dash, in 6.52 seconds, Keeman in the high jump (5-foot) and the 4-by-200 meter relay team of Grady, Keeman, Taylor Catlin and Leah Haire (1:59.83). The 4-by-400-meter relay team finished third, as did Mungeam in the two mile (12:42.36). Keeman also finished third in the 300 (47.32), while Mungeam was fourth in the 1,000 (3:33.88).

On the boys' side for Douglas, Goldenberg won the 300 (38.63) and the 600 (1:34.74), Brooks won the shot put (40-10) and Bishop was third in the two-mile (10:46.70) and fourth in the 1,000 (3:00.98).

"We had some ups and downs but overall everybody placed about where we thought they were going to place," Douglas head coach Jeff Thayer said. "We had a few double winners — Alec, Maureen and Jenna — that was nice to see. The team is performing well right now. We have a lot of new runners this year, so we're kind of in a learning stage with a lot of them. Because of that, what we did today is tremendous."

Also tremendous was the performance turned in by Whitinsville Christian's Wiersma in the shot put. It's not so much that she won the event, but that she did so less than four months after surgery to repair her right anterior cruciate ligament (ACL), which she tore playing soccer in the fall.

Because she is still recovering from surgery and at the time of the DVC Championship hadn't been fitted for a brace, Wiersma can only compete in the shot put from a standing position. She is unable to use the customary glide technique to generate speed and power through the circle prior to the throw.

Adapting to the standing throw from the glide is nothing new for



Wiersma, however. She had to do the same thing two years ago during the indoor season after she tore her left ACL while playing soccer.

"Good news, though," Wiersma said. "I talked to my surgeon [on Jan. 18] and I've been cleared to order my brace. Once I get my brace I'll be able to go back to my glide. Last spring I threw 38-6 with the glide. I'm hoping to get back to that and then improve on my distance."

While Wiersma downplayed throwing 31 feet and winning the shot put from the standing position, her coach, Karen Berkowitz, did not.

"That's huge; 31 feet from the standing position? I can pretty much guarantee that no else is doing that. That's a good throw with a glide," Berkowitz said. "Tatiana's awesome; she is just an athlete, plain and simple. We knew that when she was in the seventh grade."

Wiersma said she decided to join the track team at the Whitinsville Christian School at the urging of her friend, Natalie Booz, who was a member of the team.

"Natalie suggested I try it; that I give it a shot. She said it was fun," Wiersma said. "I tried it and I loved it and I've been here ever since. I like being on a team; I like the environment of it. I have my own thing to focus on, but at the same time you're part of a team; you get to cheer everybody on and work together."

When not playing soccer, running track, being a member of the student council or playing the violin in the school orchestra, Wiersma like to get away with her father, Wayne, and go skiing.

"My dad and I have this goal to ski every moun-



Mathew S. Plamondon photos

The Douglas High and Whitinsville Christian School's boys' and girls' indoor track teams, as well as squads from Sutton High, Nipmuc Regional, Blackstone-Millville Regional and Hopedale High, competed in the Dual Valley Conference League Championships at Northbridge High's Veterans Memorial Field House on Tuesday, Jan. 23.

tain in New England," Wiersma said. "We've done 28; we've got about eight left. Skiing a differ-

ent mountain every time makes every mountain exciting."