



(PHOTO: FRANCINE ATTARDI)  
Toms River South's Conner Voll (14) takes control of the ball in front of the net.

## With a winning record, TRS has eye on winning SCT

By Josh Lashley

They have already laid down a strong foundation this fall. With an 8-4-1 record through thirteen games, the best part about the Toms River South boys' soccer team is that with the play-offs awaiting, they are continuing to progress. "We seem to be headed in the right direction, so we'd like to keep doing what we've been doing," Head Coach Ed Leibe said.

Though it's exciting to watch the Indians demonstrate their winning ways on the field, it's not really surprising. Leibe has strong leadership from senior captains Dan Chraschewsky and Sean Casey. Through October 15, Chraschewsky had seven goals and eight assists while Casey tallied two goals and seven assists up to that date. "Dan leads by example and he's very hard working," Leibe said. "Sean is also hard working. He's a

very skillful and unselfish player. Steve Petrosino is a junior defender who has shut down defenders and managed to score six goals so far this season".

Junior John Nogiewich has six goals and five assists and along with defenders Josh Panecki and Kyle Felton are players who have impressed Leibe with the progress that they've demonstrated throughout the course of the season.

"We want to make it to the later stages of the Shore Conference Tournament and the State Tournament," Leibe said. "We have a shot at finishing second in the A-South despite being picked much lower in some pre-season polls." The Indians were defeated by Absegami in the opening round of the NJSIAA South Jersey Group IV Tournament last season.

## Plantar Fasciitis – What is it and how to get it better?

By David Bertone, PT, OCS

When an athlete develops foot or heel pain it can be one of the most limiting type injuries when it comes returning to their chosen sport. A common problem that can occur in this area is the development of plantar fasciitis.

The plantar fascia is a thick band of connective tissue that runs along the bottom of the foot from the heel to the base of the toes and is responsible for supporting the arch of the foot. The tissue is repetitively stretched with each step a person takes and when it becomes painful, it can really limit the athlete from performing at a high level. The pain can develop anywhere along the bottom of the foot but is typically found near the insertion to the heel. Another common complaint with this problem is pain immediately upon awaking in the morning and taking the initially few steps.

Some of the risk factors for developing pain associated with plantar fasciitis are flat feet, high arch feet, tight heel cords/calf muscles, weakness in the small muscles of the feet, leg length differences, and most importantly overuse when combined with any of the other risk factors. One of the structural abnormalities alone may not lead to symptoms but when combined with repetitive running, jumping and cutting typically performed in sports, the risk of pain increases.

There has been some debate in the literature if the process is an inflammatory one or a degenerative, micro-tearing breakdown of the tissue at the cellular level. When seen in young athletes, it typically is caused by inflammatory cells rushing to the area from overuse. However, as a person gets older, the problem is more degenerative micro-tearing and subsequent thickening of the tissue. Treatment options are determined after a complete evaluation is performed to identify the underlying risk factors. For the young athlete with new symp-

toms, non-steroidal anti-inflammatory medication and ice is effective in controlling the inflammation along with gentle stretching of the calf muscles and plantar fascia directly. Taping is also used to control the foot mechanics with each step and therefore reduce the stress on the plantar fascia. Once the acute symptoms decrease, an over the counter orthotic can be beneficial in controlling the foot if flat feet have been identified as a risk factor. Cortisone injections are rarely beneficial for the long term success of this problem and are never recommended for the very young patient.

For the person with chronic pain or plantar fascia symptoms in the older athlete, the micro-tearing responds well to moist heat, ultrasound, cross friction massage, stretching of the calf and the plantar fascia along with strengthening of the small muscles of the foot. If an over the counter arch support proves beneficial, a permanent custom molded orthotic can be made to control the abnormal motions of the foot and help absorb the shock of a dysfunctional foot.

Early recognition and immediate treatment intervention has been shown in several studies to reduce the course of treatment and increase the chance for successful treatment. Therefore, I recommend an early evaluation with a physician, podiatrist or physical therapist for anyone who develops acute foot/heel pain.

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(PHOTO: ANNE KASTEN)  
Saint John Vianney's Courtney Matuozzi leaps to intercept the ball as her opponent takes a shot.

## Field Hockey Playoffs in Sight for SJV

By Ted Kaiser

HOLMDEL — The St. John Vianney field hockey team has turned it on of late. The Lancers are 8-6-1 overall and positioned to qualify for the state play-offs by the October 23rd cut-off date. By going 3-1 last week, the Lancers increased their chances of being .500 or better. Their only loss during the critical week of games came at the hands of top ranked Shore Regional.

The highlight of the week came on Friday in dreary weather conditions. SJV squared off against Class A Central Division rival

Manasquan in a Shore Conference Tournament preliminary round contest. After a scoreless first half, the Lancers ended the drought thanks to senior forward Nicolette Spallanzani who took a pass from Katie O'Reilly and deposited it past Manasquan goaltender Alicia Lyons. Later, senior Kasey Bulman tacked on an insurance goal as the Lancers advanced with a 2-0 win. Sophomore goaltender Taylor Martino needed to stop only one shot for the shut-out.

Also last week, SJV defeated Howell by a



(PHOTO: ANNE KASTEN)  
SJV's Casey Bulman brings the ball down-field.

score of 3-1 in a non-divisional game. The Rebels led 1-0 at halftime, but three second-half goals by the Lancers turned the tide. Senior Kelsi Eehalt scored twice and Katie O'Reilly added the other goal.

All season the Lancers have looked to the scoring prowess of seniors Kasey Bulman, Kelsi Eehalt and Nicolette Spallanzani. If SJV is able to extend their march in the SCT and start a run in the state play-offs, it will need its seniors to continue their fine performances deep into the fall.



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