

# West Hills

## Community News

Fall-Winter 08-09

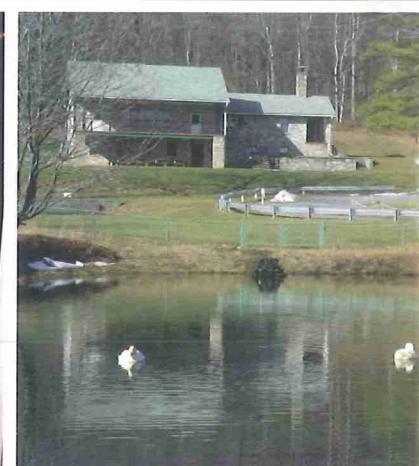
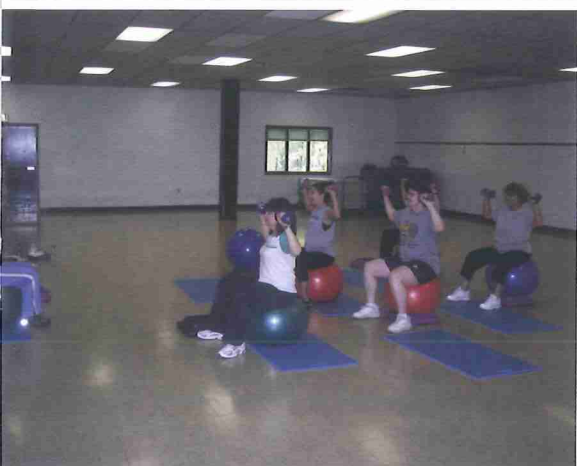


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## A Message from the Executive Director

### *David P. Roman, Jr.*

**O**n behalf of the Westmont-Hilltop Recreation Commission and Staff, I would like to extend our best wishes to you and your family this fall and winter season.

**T**he objective of the WHRC is to enhance the quality of life for the residents of Southmont Borough, Upper Yoder Township, and Westmont Borough. We strive to do that by providing recreational opportunities. Our short-term goal is to maintain and improve upon existing programs. Our long-term goal is to work with members of the community to meet their recreational needs.

**S**everal of our programs that take a break during the summer months are returning during the fall and winter. Be sure to check the schedules included in this issue. You can get up to date information at our website at [www.westmontrec.com](http://www.westmontrec.com).

**W**e hope that you enjoy reading this edition of the West Hills Community News. Be sure to read the spotlight Q & A with the new Westmont-Hilltop Varsity Football Coach, Matt Glennon. Also, be sure to check out the feature on our Cyclonic Program and Instructor Kim Varner.

**A**s always, we appreciate input from the community. If you have any suggestions on how we can better serve you, please call or stop by the office.

**M**uch thanks to all residents and non-residents that participate in our leagues, activities, and programs. We look forward to seeing you this fall and winter.



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# Westmont Hilltop Recreation Commission

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## **CHAIRMAN**

Lee Williamson

## **EXECUTIVE DIRECTOR**

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Jonathon Gleason

## **SECRETARY**

Herb Ewald

## **OFFICE MANAGER**

Kimberli Varner

## **SOLICITOR**

Daneil Lovette

## **CUSTODIAN**

Dennis Hammers

## **General Information**

### **RECREATION OFFICE**

1000 Edgehill Drive  
Johnstown, PA 15905

### **WEBSITE**

[www.westmontrec.com](http://www.westmontrec.com)

### **HOLIDAYS**

The WHRC office closes in observance of the following holidays:

New Year's Day, Good Friday, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas.



---

### **WESTMONT SCHOOL DISTRICT**

Gerard Campagna  
Thomas Polacek  
Kamal Gella

### **UPPER YODER TOWNSHIP**

Robert Amistadi  
William Good

### **WESTMONT BOROUGH**

Jonathon Gleason  
Lee Williamson

### **SOUTHMOUNT BOROUGH**

Dr. William Kory  
Herb Ewald

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### **OFFICE HOURS**

Monday through Friday  
8:00 AM through 4:00 PM

### **COMMISSION MEETINGS**

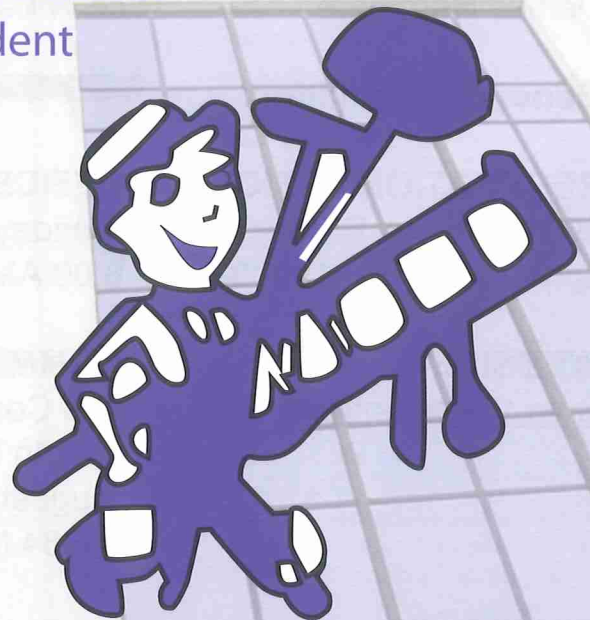
The Commission meets the fourth Wednesday of every month beginning at 12:00 PM @ the Grove. April and August meetings are held @ The Ridge facility (3984 Menoher Hwy) The August meeting begins at 6:00 PM.



# Registration Policy

1. The Westmont Hilltop Recreation Commission (WHRC) reserves the right to cancel programs for which there is insufficient registration. Full refunds will be given if the Commission cancels a program. Refunds will be given to participants who withdraw prior to the start of a league, clinic, workshop, camp or other WHRC sponsored function, however, participants will be charged a \$5.00 processing fee. Refunds will not be given once a program begins.
2. A registration deadline may be enforced by the WHRC to ensure that a sufficient amount of time is available to organize leagues, clinics, workshops, camps and other WHRC sponsored functions.
3. A registration minimum may be enforced by the WHRC to ensure that there is a sufficient number of teams and/or participants to successfully run a league, clinic, workshop, camp or other WHRC sponsored function.
4. A registration maximum may be enforced by the WHRC to ensure that gym availability, field availability, and league capacity are not exceeded.
5. Registrations are accepted on a first come, first serve basis. Hilltop residents taking precedence.
6. A decision must be made by the registration deadline date to determine whether or not there is a sufficient number of participants to run the league, clinic, workshop, camp or other WHRC sponsored function. Any functions that have not met the registration minimums by the deadline date will be cancelled. No exceptions!
7. EVERYONE MUST PRE-REGISTER as classes may be filled or cancelled. Instructors will not accept registrations. EVERYONE MUST PRE-REGISTER.
8. EVERYONE MUST HAVE FEE PAID IN FULL BEFORE ATTENDING ANY WHRC PROGRAMS. Instructors will not accept course fees.
9. Walk-in and phone-in registration are processed immediately. Mail-in registrations are processed at random depending upon postal delivery. WHRC recommends that you call the office prior to mailing your registration.
10. There will be no reduction in cost of a class for late registration or missed days.
11. Schedule changes or activity postponements are sometimes unavoidable. In such cases, every effort will be made to notify registrants.
12. The term "Hilltop Resident" refers to all Westmont Hilltop School District residents, and includes Westmont Borough, Southmont Borough, and Upper Yoder Township.

**Larry Kessler**  
President



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**535-4359**



# ADULT WELLNESS

**AEROBICS:** Days/Times: Mondays & Wednesdays-5:30 P.M.  
**Instructor:** Debra Smith, YMCA Certified Aerobics Instructor  
**Location:** The Grove Multipurpose Room  
**Fee:** \$25 per month. \$5 drop-in.

**CYCLONIC:** Have you heard of Spinning in the big cities or on "The Biggest Loser" television show? We are proud to be the ONLY facility in the Johnstown area to offer you our version of this high-cardio cycling class! In this class, you will use a Schwinn Spin Pro Bike to simulate a cross-country bike ride led by a certified instructor. All fitness levels are encouraged to participate and ride at their own pace. You can burn 500 calories during this 30-minute workout. Bring your towel and water bottle and start pedaling your way to fitness.

**Days/Times:** Mondays, Tuesdays & Thursdays 4:30 P.M. & 5:30 P.M.  
**Instructor:** Kimberli K. Varner, Certified Indoor Cycling Instructor  
**Fee:** \$50 per month. \$7 per ride.  
 \*\*\*\*\*Please call to verify bike availability.\*\*\*\*\*

**YOGA FOR EVERYONE:** This Class requires the ability to get up and down from the floor with ease. We will do strong poses, using props to assure safety and proper alignment. Breathing and relaxation techniques will be integrated into each class. Yoga, done properly, will offer an equal emphasis on developing flexibility, strength, and stamina as well as meditation and breathing techniques.



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William Huston



Lois Verhovsek



William Grove



Jami Janidlo



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**Dates/Times:** Mondays - 6:45 P.M.  
**Session I:** October 20th to November 17th  
**Session II:** November 24th to December 22nd  
**Session III:** January 19th to February 16th  
**Session IV:** February 23rd to March 23rd  
**Instructor:** Adriann White  
**\*Nationally Certified Yoga Instructor**  
**Fee:** \$30 or \$8 drop-in fee.



**Adriann White is a nationally certified yoga instructor that studied under Judith Sullivan as well as several other respected teachers. She has been certified since 2002. Adriann also works in a hospital setting where she has helped those with chronic pain and life-threatening conditions.**



# Pre School Activities

## FUN for TWO

This very popular program provides toddlers with their first experience in a classroom setting. A parent or guardian must participate with the toddler. Participants will enjoy a fun-filled hour of active games, music, crafts and storytelling. A maximum of 12 toddlers will be accepted in each class. Pre-registration is required and payment is due in full prior to the start of each session.

**Dates/Times:**

Tuesdays, Morning Class: 10:00 AM to 11:15 AM

Afternoon Class: 12:45 PM to 2:00 PM

**Location:** The Grove**Instructor:** Audrey Schafer**Fee:** \$35**Session I**

September 23rd thru  
October 21st

**Session II**

November 4th thru  
December 2nd

**Session III**

January 6th thru  
February 3rd

**Session IV**

February 17th thru  
March 17th

**Session V**

March 31st thru  
April 28th



## **SOCCER STARS**

This 5 week program is for pre-schoolers ages 3-5. Players will receive instruction and participate in live game situations to help build confidence and self-esteem. Everyone is a winner in this program.

**Days:** Sundays**Dates:** September 14, 21, 28 & October 5, 12**Time:** 1:00 PM**Location:** The Mound**Fee:** \$35**Instructor:** TBD

## Westmont Lanes

## ROCK & GLOW

### Saturday

**\$12.00** per person

\*Now Smoke-Free  
League Bowlers needed

**255-6312**

### ONE FREE GAME

With 1 full price paid game

\*Offer redeemable at either location. Not valid for league play, special events or holidays. One coupon per visit. Good Monday-Friday only.



# Youth Activities

## Fall Junior Tennis League

This program provides youth tennis players with singles, doubles and mixed doubles tennis matches. Supervised instruction provides tips on positioning and strategy. Pre-registration is required.

**Dates/Times:** Saturdays  
September 13, 20, 27

**Location:** High School Courts

**Fee:** \$30

**Times:**

Grades 1-4  
8:00 AM – 9:00 AM

Grades 5-6      Grades 7-8  
9:00 AM – 10:30 AM      10:30 AM – 12:00 PM



## Introduction to Basic Karate

In this course, students will learn the art of Tang Soo Do. Class structure includes Stretching, cardiovascular, basic techniques, forms and self-defense. The students will be taught the philosophies and etiquette of the Korean martial art. While in class, they will also be instructed on discipline and respect. This will be achieved while enjoying a good workout, both physically and mentally. If you never trained, used to train, or want to try another form of exercise, you are welcome to attend.

\*All new participants will receive a FREE Team Miller's Martial Arts T-shirt.

**Instructor:** Master Christopher S. Miller  
4th Degree Black Belt Member of  
World Moo Duk Kwan Tang Soo  
Do Federation



## U6 SOCCER FUTURE STARS

This program is designed to teach the fundamentals of soccer.

**Days:** Sundays

**Dates:** January 4th - February 8th

**Time:** 1:00 PM Ages 5 & Under, and Beginners  
2:00 PM Age 6, and Experienced

**Location:** The Grove

**Fee:** \$40

**Instructor:** Brad Junker

**Ages:** 5 and Up

**Fee:** \$40 for returning students  
\$45 for new students

**Days/Times:** Saturdays (8 weeks)  
9:00 AM – 9:45 AM

**Location:** The Grove

Beginning October 18

## Volleyball Instructional Clinic

**Instructor:** Denise Nairn  
Westmont Volleyball Coach

**Location:** The Grove

**Fee:** \$30

This clinic will provide participants with the techniques necessary to perform basic volleyball skills. The skills will be taught through a variety of demonstrations and drills.

**Fall Clinic**

**Dates/Times:** Tuesdays  
November 11, 18, & 25  
6:00 P.M. – 7:30 P.M.

**Winter Clinic**

**Dates/Times:** Tuesdays  
February 10, 17, & 24  
6:00 P.M. – 7:30 P.M.







# Basketball Programs

## Peak Youth Basketball Program

The Westmont-Hilltop Recreation Commission will partner with Peak Youth Basketball Association in offering outstanding basketball instruction and competition to residents of the Westmont-Hilltop School District.

The emphasis of this program is on the fundamentals of basketball. Individual and team concepts will be covered. Each individual will have the opportunity to participate in league play. We will be returning to the traditional format of WHRC Basketball League Play. WHRC will have several teams represented in the league as well as teams from the surrounding area. Call the WHRC Office to register 539-1877.

### BOYS GRADES 3 & 4

Dates: Program begins on December 20, 2008

Time: 8:00 A.M.

(This practice day & time will remain consistent during the program)

Site: Westmont High School Gym

Fee: \$50

includes instruction, reversible game jersey, and league play.

### BOYS GRADES 5 & 6

Dates: Program begins on October 4, 2008

Time: 8:00 A.M.

(This practice day & time will remain consistent during the program)

Site: Westmont High School Gym

Fee: \$50

includes instruction, reversible game jersey, and league play.

### GIRLS GRADES 3 & 4

Dates: Program begins on December 20, 2008

Time: 10:00 A.M.

(This practice day & time will remain consistent during the program)

Site: Westmont High School Gym

Fee: \$50

includes instruction, reversible game jersey, and league play.

### GIRLS GRADES 5 & 6

Dates: Program begins on October 4, 2008

Time: 10:00 A.M.

(This practice day & time will remain consistent during the program)

Site: Westmont High School Gym

Fee: \$50

includes instruction, reversible game jersey, and league play.

## Peak Youth Basketball Clinics

The emphasis of this program is on the fundamentals of basketball. Individual skills and team concepts will be covered. Boys & Girls in grades 3-9 accepted.

Days: Saturdays

Dates: September 6, 13, 20, 27

Times: Boys:

Grades (7-10) 8:00 AM-9:30 AM

Grades (2-6) 9:45 AM-11:15 AM

Girls:

Grades (5-9) 11:30 AM - 1:00 P.M

Fee: \$50 for 4 clinics

or \$15 per clinic.

Instructor: Tom

Glennon, Director of

Peak Youth Basketball

## Drop-in Basketball @ The Grove

Informal drop-in basketball for boys & girls. Parents: This is not a supervised program. Please pick up your children in a timely manner as we must prepare the building for the evening activities.

Days: Fridays

Dates: November 7 to March 27

Times:

Grades 3-8 1:00 PM - 2:30 PM

Grades 9-12 2:30 PM - 4:00 PM



# Basketball Programs Cont'd

## WHRC Basketball Leagues

### 3rd & 4th Grade Boys Basketball League

Dates: Begins on Sunday, January 4, 2009 (All games are played on Sundays)

Site: Westmont-Hilltop High School

Fee: \$325 per team.

\*The league is limited to 10 teams.

### 3rd & 4th Grade Girls Basketball League

Dates: Begins on Sunday, January 4, 2009 (All games are played on Sundays)

Site: Westmont-Hilltop Middle School

Fee: \$325 per team.

\*The league is limited to 10 teams.

### 5th & 6th Grade Boys Basketball League

Dates: Begins on Sunday, October 19, 2008 (All games are played on Sundays)

Site: Westmont-Hilltop High School

Fee: \$325 per team

\*The league is limited to 10 teams.

### 5th & 6th Grade Girls Basketball League

Dates: Begins on Sunday, October 19, 2008 (All games are played on Sundays)

Site: Westmont-Hilltop Middle School

Fee: \$325 per team

\*The league is limited to 10 teams.

## Basketball Skill Development with Coach Dave Roman, Jr.

4 District 6 Championships

3 LHAC Championships

201 career wins

72% winning percentage

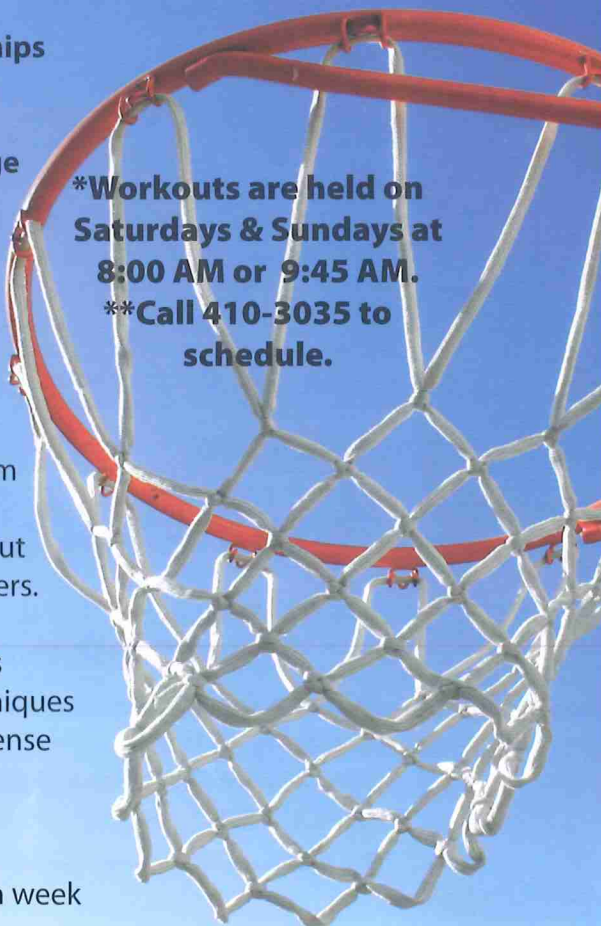
Become a complete  
player with the ability  
to score inside and out.

\*Skills development will  
provide individual  
attention with a maximum  
of 5 participants in each  
90-minute intense workout  
for post & perimeter players.

- Post scoring techniques
- Perimeter scoring techniques
- Perimeter and post defense techniques
- Ball handling
- Shooting
- Different workouts each week

\*Workouts are held on  
Saturdays & Sundays at  
8:00 AM or 9:45 AM.

\*\*Call 410-3035 to  
schedule.





# ADULT ACTIVITIES

## MEN'S BASKETBALL LEAGUE

21 Years Old and Over League

This league is for team entries only.

Returning teams have priority in maintaining their space in the league (minimum 4 teams, maximum 8 teams)

**Days:** Sundays

**Dates:** November 2 to March 15

**Site:** Westmont Middle School

**Fee:** \$525

(varies with number of entries)

**Registration Deadline:** October 10.

## WOMEN'S BASKETBALL OPEN GYM

Are you a former high school or college basketball player looking to continue playing the game that you love so much? The Westmont-Hilltop Recreation Commission, in conjunction with Westmont-Hilltop Girls Basketball, is providing the opportunity for you to participate in an open gym type setting this fall. The WHRC is offering this program to gauge the interest level for a possible Women's Basketball League in the future.

**Days:** Wednesdays

**Dates:** September 10 to November 5

**Time:** 6:30 PM to 8:30 PM

**Site:** Westmont High School

**Fee:** \$2 Drop-in fee

## WOMEN'S VOLLEYBALL

This league is for team entries only. Returning teams have priority in maintaining their space in the league.

**Days:** Mondays

**Dates:** September 21 to March 30

**Site:** The Grove

**Fee:** \$325 resident team

\$350 non-resident team

**Registration Deadline:** September 5.



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Richard Rodgers

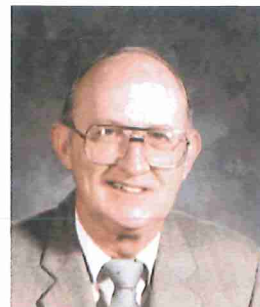


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# SPECIAL INTEREST

## HILLTOP AREA SENIOR CITIZENS

Hilltop Area Senior Citizens, Inc. is the organization to belong to if you are **interested** in staying active! The group meets every second **Thursday** of the month at the Westmont Grove beginning at 1:00 P.M. Membership dues are \$3 per year. Monthly activities to keep you busy include but are not limited to the following: **chorus singing**, bingo, card games, bowling, and summer **picnics**. Bus trips are scheduled quite frequently throughout the year. For more information, please contact Don Merritts at 255-2396.

## DISCOUNT SKI TICKETS

The WHRC is teaming up with the Pennsylvania Recreation & Parks Society to offer discount ski lift tickets for Blue Knob, Hidden Valley, and Seven Springs.

## TRICK OR TREAT NIGHT

Trick or Treat Night 2008 for Southmont Borough, Upper Yoder Township, and Westmont Borough, will be held on Halloween Night, October 31st from 6:00 P.M. to 8:00 P.M.



# FACILITY RENTALS

## THE GROVE

Need an indoor site for a special event? The Grove's multipurpose room and gymnasium are available for rental. We have a limited number of tables and chairs so please inquire about that at the time of your reservation.

**Reservations:** A \$25 deposit is required with all reservations that are 3 hours or less. A \$50 deposit is required for any event that exceeds 3 hours. That fee will be deducted from your closing balance. Deposits are non-refundable within 30 days of your rental date.

**Security Deposit:** A separate check for \$100 is due upon key pick-up. This security deposit will be returned after a property inspection determines no damages and the key is returned.

**Tables and Chairs:** We have a limited number of tables and chairs. Please inquire about the number when making your reservations.

## THE GROVE GYMNASIUM

The Grove Gymnasium is available for rental to accommodate sports practices or pick up games. **Fee:** \$30 per hour.

**Fees:** General Public \$45 per hour.

Residents of Westmont School District \$40 per hour.

Westmont-Hilltop School District (curriculum related): No charge

School sponsored organizations; PTO, HAT, Booster Groups, Resident Organizations: \$4 per hour + \$35 cleaning fee.

Profit Organization: (Admission Charged) \$50 per hour + \$35 cleaning fee.

Community Non-profit Organizations: \$20 first two hours, \$15 each additional hour + \$35 cleaning fee.



# FACILITY RENTALS CONTINUED

## THE RIDGE

Looking for an outdoor/indoor facility to host a wedding, graduation party, family reunion, class reunion, etc? Located within a beautiful 5 acre open setting on Menoher Highway (Route 271), the Ridge is the perfect place. The site includes a two-story lodge with a kitchen, two dining rooms, and restroom facilities. The outdoors includes five small pavilions with fireplaces as well as one large pavilion. Other outdoor amenities include a playground, basketball court, volleyball court, and softball field.

**Reservations:** A \$100 deposit is required with all reservations. The deposit is non-refundable within 90 days of your rental date.

## Rates:

### SATURDAYS, SUNDAYS, & HOLIDAYS

	Resident Rate	Non-Resident Rate
75 people or less	\$300	\$325
76-125	\$350	\$375
Over 125	\$400	\$425

**\*Over 175 people must make shuttle bus arrangements!**

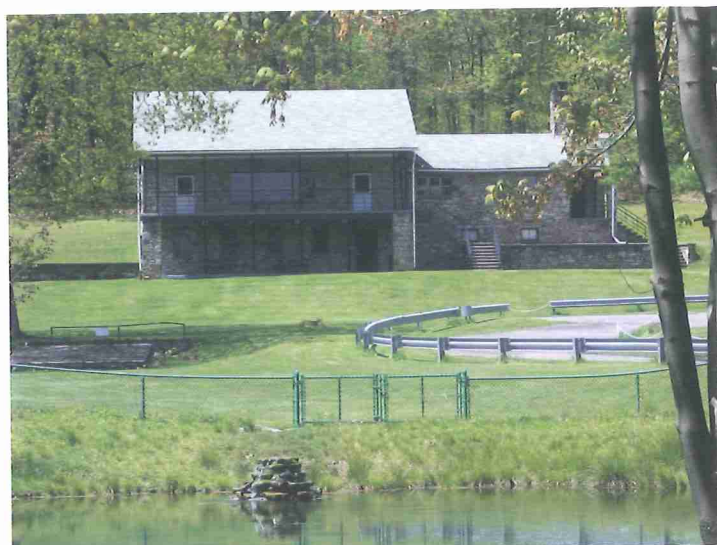
### WEEKDAY & NON-HOLIDAY

	Resident Rate	Non-Resident Rate
75 people or less	\$225	\$250
76-125	\$275	\$300
Over 125	\$325	\$350

**\*Over 175 people must make shuttle bus arrangements!**

## FIELD PERMITS

To reserve one of the following fields for practices or pick up games; The Mound, Engh, Elim, or Southmont, you must stop by the WHRC Office and fill out a field permit. There is no charge to reserve the fields. However, for security and insurance purposes, a permit must be issued.



The Ridge

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## Fall Athletics Schedule

### Football

Date	Opponent	Place	Time
8/30	Bishop Guilfoyle	Home	1:00pm
9/5	Penn Cambria	Away	7:00pm
9/12	Johnstown	Away	7:00pm
9/20	Somerset	Home	1:00pm
9/26	Bishop Carroll	Away	7:00pm
10/4	Bishop McCort	Home	1:00pm
10/10	Richland	Away	7:00pm
10/18	Central Cambria	Home	1:00pm
10/24	Bedford	Away	7:00pm
11/1	Forest Hills	Home	1:00pm

### Girls Volleyball

Date	Opponent	Place	Time
9/4	Somerset	Home	7:00pm
9/5	Dallastown	Away	TBA
9/6	Dallastown	Away	TBA
9/8	Holidaysburg	Home	7:00pm
9/9	Bishop Carroll	Away	7:00pm
9/11	Bishop McCort	Home	7:00pm
9/13	St. Francis Tour.	Away	TBA
9/16	Richland	Away	7:00pm
9/18	Forest Hills	Home	7:00pm
9/19	Ferndale	Away	7:00pm
9/22	Central Cambria	Home	7:00pm
9/23	Penn Cambria	Away	7:00pm
9/25	Johnstown	Home	6:00pm
9/30	Somerset	Away	7:00pm
10/2	Bishop Carroll	Home	7:00pm
10/7	Bishop McCort	Away	7:00pm
10/9	Richland	Home	7:00pm
10/13	Bishop Guilfoyle	Away	7:00pm
10/14	Cambria Heights	Away	7:00pm
10/16	Bedford	Home	7:00pm
10/21	Johnstown	Away	7:00pm

### Boys & Girls Cross Country

Date	Opponent	Place	Time
9/3	Somerset	Away	4:30pm
9/10	Richland	Away	4:30pm
9/13	Forest Hills Inv.	Away	9:00am
9/17	Penn Cambria	Home	4:30pm
9/24	FH & Windber	Home	4:30pm
9/30	Bishop Guilfoyle	Away	4:30pm
10/2	Central Cambria	Away	4:30pm
10/8	Bedford	Home	4:30pm
10/15	LHAC at UPJ	Away	4:30pm

### Boys Soccer

Date	Opponent	Place	Time
9/4	Cambria Heights	Away	4:00pm
9/2	Central Cambria	Away	4:00pm
9/8	Bedford	Home	4:00pm
9/10	Forest Hills	Away	4:00pm
9/11	Somerset	Home	4:00pm
9/15	Johnstown	Away	4:00pm
9/18	Bishop McCort	Home	4:00pm
9/22	Bishop Guilfoyle	Home	4:00pm
9/24	Bishop Carroll	Away	4:00pm
9/29	Windber	Home	4:00pm
10/1	Johnstown	Home	4:00pm
10/6	Somerset	Away	4:00pm
10/8	Cone. Twp	Away	7:30pm
10/9	Bishop Carroll	Home	4:00pm
10/11	Richland	Home	4:00pm
10/13	B. McCort	@ Point St.	7:00pm
10/15	Richland	Away	4:00pm
10/16	Windber	Away	4:00pm

### Co-ed Golf

Date	Opponent	Place	Time
8/18	Anderson Tourn.	@ NF	8:00am
8/26	Bedford	Away	1:00pm
9/10	Bishop McCort	Away	1:00pm
9/17	Richland & FH	Away	1:00pm
9/22	Wheeling Tourn.	Home	8:00am
9/23	BG & CC	Away	1:00pm
9/30	Sectionals	@ Summit	8:00am
10/2	JHS & Somerset	Home	1:00pm
10/7	D6 Boys	@ Scotch Val	9:00am
10/8	D6 Boys	@ Scotch Val	9:00am
10/8	D6 Girls	@ PSU	9:00am
10/9	D6 Girls	@ PSU	9:00am
10/9	Penn Cambria	Home	1:00pm
10/13	Regionals	@ Toms Run	9:00am
10/14	LHAC	@ Ebensburg	10:00am
10/20-21	PIAA	@ York	TBA



# 2008-09 WESTMONT HILLTOP HIGH SCHOOL

## Fall Athletics Schedule

### Girls Soccer

Date	Opponent	Place	Time
9/2	Central Cambria	Home	4:00pm
9/4	Cambria Heights	Home	4:00pm
9/8	Bedford	Away	4:00pm
9/10	Forest Hills	Home	4:00pm
9/11	Somerset	Away	7:00pm
9/15	Johnstown	Home	4:00pm
9/17	Richland	Away	4:00pm
9/18	B. McCort	@ Point St.	4:00pm
9/23	Bishop Guilfoyle	Away	7:00pm
9/25	Bishop Carroll	Home	4:00pm
9/29	Penn Cambria	Away	4:00pm
9/30	Holidaysburg	Away	4:00pm
10/2	Johnstown	Away	6:30pm
10/7	Somerset	Home	4:00pm
10/8	Cone. Twp.	Away	6:00pm
10/9	Bishop Carroll	Away	4:00pm
10/11	Richland	Home	11:00am
10/14	Bishop Mccort	Home	4:00pm

### Girls Tennis

Date	Opponent	Place	Time
8/26	Bishop McCort	Away	4:00pm
8/28	Johnstown	Home	4:00pm
9/2	Forest Hills	Away	4:00pm
9/4	Windber	Home	4:00pm
9/8	Bedford	Home	4:00pm
9/10	Richland	Home	4:00pm
9/11	Somerset	Away	4:00pm
9/15	Windber	Away	4:00pm
9/16	Bishop McCort	Home	4:00pm
9/18	Johnstown	Away	4:00pm
9/22	Central Cambria	Away	4:00pm
9/24	Bishop Guilfoyle	Home	4:00pm
9/25	Richland	Away	4:00pm
10/1	Somerset	Away	4:00pm

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## Winter Athletics Schedule

### Boys Basketball

Date	Opponent	Place	Time
12/5	Ford City Tourn.	Away	TBA
12/6	Ford City Tourn.	Away	TBA
12/10	Central Cambria	Away	7:00pm
12/15	Bishop McCort	Home	7:00pm
12/17	Bishop Carroll	Away	7:00pm
12/19	Johnstown	Home	7:00pm
12/22	Penn Cambria	Home	7:00pm
12/29	Windber Rotary	TBA	
12/30	Windber Rotary	TBA	
1/7	Richland	Away	7:00pm
1/9	Somerset	Home	7:00pm
1/12	Windber	Home	7:00pm
1/14	Cambria Heights	Home	7:00pm
1/16	Bedford	Away	7:00pm
1/21	Forest Hills	Home	7:00pm
1/23	Bishop McCort	Away	7:00pm
1/26	Hollidaysburg	Away	7:00pm
1/28	Bishop Carroll	Home	7:00pm
1/30	Johnstown	Away	7:00pm
2/4	Richland	Home	7:00pm
2/6	Somerset	Away	7:00pm
2/10	Bishop Guilfoyle	Away	7:00pm

### Girls Basketball

Date	Opponent	Place	Time
12/5	Somerset Tournament		TBA
12/6	Somerset Tournament		TBA
12/10	Central Cambria	Home	7:00pm
12/12	Bishop McCort	Away	7:00pm
12/17	Bishop Carroll	Home	7:00pm
12/19	Johnstown	Home	7:00pm
12/22	Penn Cambria	Away	7:00pm
12/29	Penns Valley Tourn.		TBA
12/30	Penns Valley Tourn.		TBA
1/7	Richland	Home	7:00pm
1/9	Somerset	Away	7:00pm
1/13	Hollidaysburg	Away	7:30pm
1/14	Cambria Heights	Away	7:00pm
1/16	Bedford	Home	7:00pm
1/21	Forest Hills	Away	7:00pm
1/26	Bishop McCort	Home	7:00pm
1/28	Bishop Carroll	Away	7:00pm
2/2	Johnstown	Home	7:00pm
2/4	Richland	Away	7:00pm
2/6	Somerset	Home	7:00pm
2/9	Punxsutawney	Home	7:00pm
2/11	Bishop Guilfoyle	Home	7:00pm

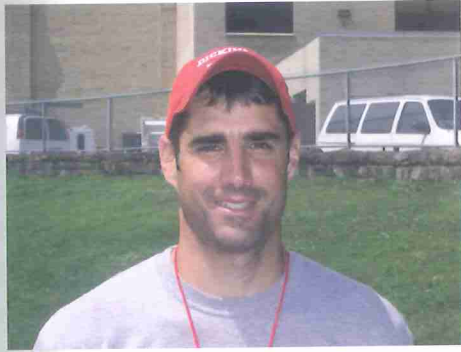
### Wrestling

Date	Opponent	Place	Time
12/5	Conemaugh Twp	TBA	
12/6	Conemaugh Twp	TBA	
12/9	Richland	Home	7:00pm
12/11	Penn Cambria	Away	7:00pm
12/16	Cambria Heights	Home	7:00pm
12/18	Meyersdale	Home	7:00pm
12/23	Ligonier	Home	7:00pm
12/29	Powerade Tournament		TBA
12/30	Powerade Tournament		TBA
1/6	Forest Hills	Home	7:00pm
1/15	Somerset	Away	7:00pm
1/16	Mount Madness Tourn.		TBA
1/17	Mount Madness Tourn.		TBA
1/20	Bedford	Away	7:00pm
1/22	Northern Cam.	Away	7:00pm
1/27	Central Cambria	Away	7:00pm
1/29	Blairsville	Away	7:00pm

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# Community Spotlight



**Matt Glennon**

*Head Football Coach,  
Westmont-Hilltop  
High School*

Matt Glennon takes over the Westmont Football program after spending the last 6 seasons as an assistant coach at Central Dauphin High School. Prior to coaching and teaching at Central Dauphin, Coach Glennon was a teacher and assistant football coach at Hayfield Secondary School in Alexandria, Virginia. Coach Glennon graduated in 1989 from West York High School where his team won the District 3 AA Championship in 1988. Coach Glennon graduated from Dickinson College (1993) where he played on 4 Centennial Conference Championship teams and two NCAA qualifying teams. Matt Glennon has a Masters Degree from George Washington University (2003). Matt and his wife Melanie have been married for 7 years. They have three children; Madelyn (4), Jonathon (2), and Patrick (10 months).

**Q. What attracted you to the Westmont-Hilltop School District?**

**A.** The academic reputation of Westmont was a big attraction. Westmont has a great reputation for getting kids into college, test scores, and academics in general. That is very important to me and my family. Family is important to us, my brother Tom and his family live in the area. The football program has a good reputation as a solid program. I worked with kids in the basketball program in the past and they have been great to work with. Westmont has the whole package; community, school, athletics, and family. It was an easy choice for me.

**Q. Who has had the biggest influence on your coaching career?**

**A.** My Dad.

**Q. What is your basic coaching philosophy?**

**A.** If the kids play hard and to the best of their ability, things will work out for themselves.

**Q. What are your base offensive and defensive systems?**

**A.** Offensively we will run Multiple I formation pro set. We use our kids in many multiple formations, sets and ways. We don't have any one philosophy rather we try to adapt to things given to us by the defense. It's a series based offense that is very adaptable to kids and opposing teams.

Defensively we will run the stack 3-3-5 which West Virginia has run in the past. The Defense is based on speed, aggression, and getting to the football as fast as possible. It fits our kids pretty well.

**Q. How have the kids responded so far this pre-season?**

**A.** The kids have been tremendous, better than I could have ever expected or imagined. We do morning workouts from 6:30 AM to 9:30 AM. We have about 30 kids each day. The only kids that don't show up are the kids away on vacation. They have worked their tails off. We just came back from camp at Bloomsburg where the kids performed very well. They have done more than I have asked them to do. I am very pleased at this point with their output and effort.



**Q. When **w**atching the Hilltoppers play football, what will let us know that this team is coached **b**y Matt Glennon?**

**A. Kids **f**lying around hitting people on both sides of the ball.**

**Q. Who **w**ill make up your coaching staff at the varsity level?**

**A. Tom **J**ones will be our offensive coordinator. He will be coaching the quarterbacks and line**b**ackers. Jack Basset played at Forest Hills High School and Clarion University. He will be coaching the offensive and defensive lines. Former Westm**o**nt standout Brian Omahne will be coaching the running backs and secondary. I will **b**e calling the defense and coaching the wide receivers and helping out with the lineback**e**rs.**

**Q. If a **m**ovie were made about your life, what actor would play you?**

**A. Al Pacin**o****

**Q. What **i**s your favorite movie?**

**A. The **G**odfather.**

**Q. What **i**s your favorite food?**

**A. Spaghett**i** and meatballs.**

**Q. What **i**s your favorite restaurant?**

**A. Numer**o** Uno**

**Q. What **i**s in your ipod or CD player right now?**

**A. I don't **h**ave an ipod.**

**Q. What's **i**n your CD player?**

**A. Barley ju**i**ce.**

**Q. What **i**s your favorite quote?**

**A. "It is not the critic who counts, not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man in the arena, whose face is marred by dust and sweat and blood, who strives valiantly...who knows the great enthusiasms, the great devotions, who spends himself in a worthy cause, who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who have never known neither victory nor defeat."**

**-Teddy Roosevelt**



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# Program & Instructor Spotlight



## Kimberli Varner *Cyclonic Instructor at WHRC*

Kim Varner has been a Certified Indoor Cycling Instructor and Certified Personal Trainer for four years. Born and raised in Johnstown, she has been teaching Spinning classes since 2004 and brought the exciting high cardio class to WHRC in early 2007.

Upon naming our Spinning classes Cyclonic and selecting a class schedule, every bike has been filled and at times we have even had a waiting list for eager riders. There are times when Kim wishes she could clone herself in order to offer more classes so that everyone that has shown interest could have the opportunity to

ride. Starting this fall, Kim will be offering rides three times per week instead of twice per week. This request came from her devoted riders. "This class has really taken off in Westmont!" said Kim. She added, "Not only are we the only local place to offer this, you cannot match the cardio workout you get in 30 minutes....IT'S SIMPLY AWESOME!"

Kim suggested renaming the class Chaotic Cyclonic because of her diverse teaching style. Unlike several out of town gyms that teach Spinning from the standpoint of providing a relaxing tour as your ride, Kim prefers to deliver a more intense cardio style. Her devoted riders know that they must be prepared to make fast adjustments to their speed, style, and tempo throughout ride at any moment. They must also make a quick recovery. The Cyclonic riders love it when Kim mixes it up by sporadically throwing challenges at them as well. "You gotta have fun while you're burning the calories!" she said. Kim loves being involved in fitness and she plans on teaching for as long as God allows. She said, "God has blessed me with a passion for helping others reach their potential and I am so thrilled to be fulfilling this at WHRC while making new friends in the process!"

**Q. What is your favorite exercise?**

**A.** Seriously?!?! Do you need to ask???

**Q. What is your favorite restaurant?**

**A.** Chili's

**Q. What is your favorite food?**

**A.** Grilled Chicken Salad (Chili's)

**Q. What is your favorite vacation spot?**

**A.** The Beach!

**Q. Who is your favorite person?**

**A.** My mom and my dog Precious. (Oh, you mean my dog is not a person???)

**Q. If a movie was made about your life, what actress would play you?**

**A.** Jodi Foster

**Q. What is your favorite quote?**

**A.** Everything happens for a reason!





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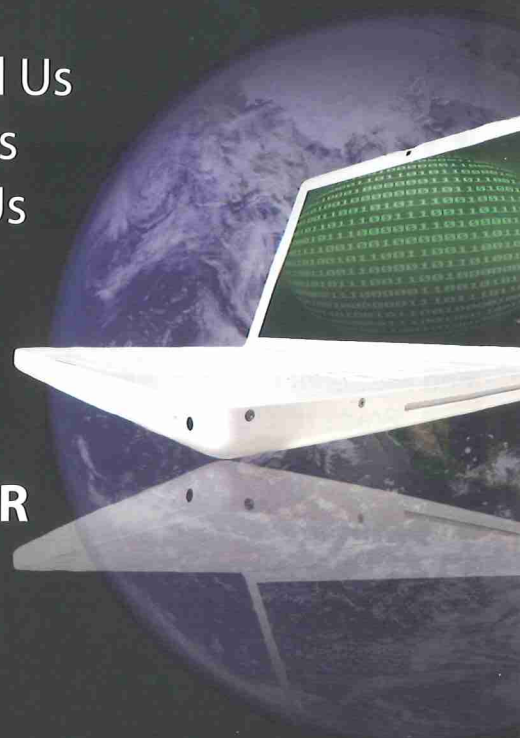
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# Spotlight on Brad Kanuch

Westmont-Hilltop High School Class of 2006  
University of Connecticut Football

## THE ROAD LESS TRAVELED

by David Roman, Jr.

As you leaf through the University of Connecticut Football Media Guide, you won't find poetry listed as one of Brad Kanuch's interests. However, you have to wonder if he had Robert Frost's poem in mind when he signed a letter of intent in 2006 to attend school and play football at UConn. Brad's uncles Tom, Matt, and Jim Bradley all played college football at Penn State. As is well known, Tom is in his 30th year of coaching in Happy Valley. Brad's brother Jim Kanuch (Westmont 2002) also played football for Joe Paterno graduating in 2006. Brad looked to be a lock for the Nittany Lions considering his Uncle Tom was recruiting him and that Brad and Joe Paterno had been on a first name basis for most of his life.

After many sleepless nights and family discussions with his mom (Kitty) and his dad (Dan) who was a standout football player at Johnstown High School and St. Francis University, Brad decided that

the University of Connecticut was the best fit for him. "It was difficult saying no to my uncle," said Kanuch. "We were and still remain extremely close, we still talk on the phone quite often," he added. "It basically came down to what my grandfather and parents always told me, to make decisions that are right for me," said Kanuch.

Brad, a pre-kinesiology major, has experienced early success with the Huskies Football program. In two years at UConn, he has played in 25 games with 20 starts at wide receiver. He has 40 catches for 721 yards as the Huskies' deep threat. In 2007, Brad appeared in all 13 games with 12 starts. He ranked third on the team with 27 catches and second with 443 receiving yards. Kanuch was UConn's leading receiver in the Meineke Car Care Bowl Game.

Kanuch's success has not been limited to the football field. He currently maintains a 3.7 GPA while balancing the high demands of major college football. Kanuch has also found time for charity work as he is one of the 71 nominees for a spot on the

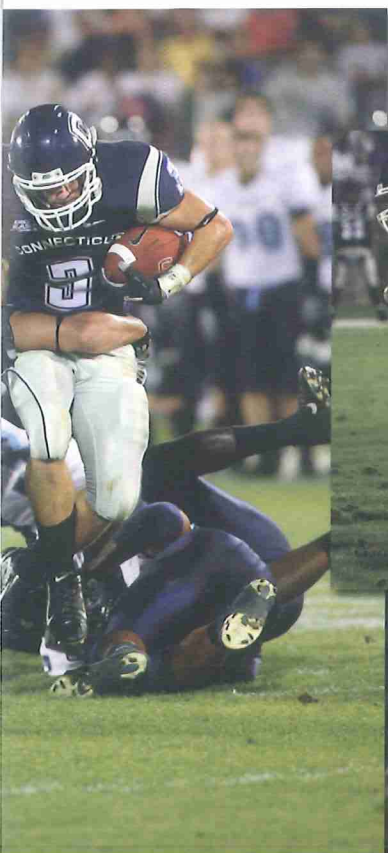
Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;

Then took the other, as just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that passing there  
Had worn them really about the same,

And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I—  
I took the one less traveled by,  
And that has made all the difference.

-Robert Frost







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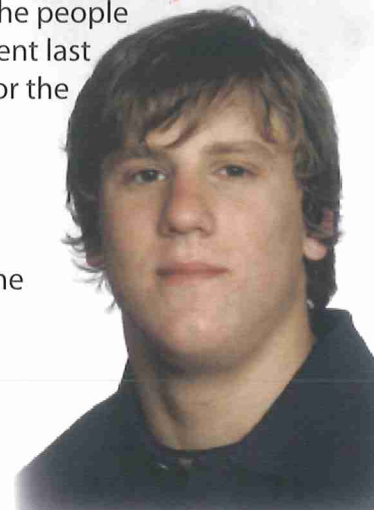
22-member All-State AFCA Good Works Team. According to the organization, the student-athletes nominated for the honor "embody the true spirit of teamwork and giving back through selfless contributions and commendable acts of kindness."

Some of the work for which Kanuch got nominated included weekly mentoring to students at East Hartford Middle School, mentoring in Hartford's inner city schools; and helping organize a bike-a-thon in Hartford to raise money for UConn alumnus Emeka Okafor's One Million African Lives program, designed to help stop the spread of HIV/AIDS.



When he first arrived at UConn, Kanuch may have wondered what might have been if he had chosen to go to Penn State. However, heading into his junior campaign, he has no doubt that he made the right decision. "This is my home away from home," said Kanuch. "It reminds me of Westmont with the sense of community." "The people are very supportive like those back in Johnstown," he added. The support of Kanuch was evident last year when nearly 100 Westmont/Johnstown residents were spotted tailgating at Heinz Field for the Pitt/UConn football game, many of them sporting Kanuch's #3 replica jersey.

For as long as he can remember, Brad Kanuch traveled up Route 22 East and stopped in State College to watch Penn State football. In the summer of 2006, Kanuch took that familiar trip towards State College, but this time he continued on Interstate 80 towards Storrs, CT. It was the road less traveled. And that has made all the difference.





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