




The Tribune-Democrat



Homepage | Local News | Sports | Features | Community | Obituaries | Faces of the Flood | Order Photos | Retail Ads | Classifieds | Buy a Classified | High School | College | Pro | Outdoors | Shawn of the Web |

Published: January 18, 2008 12:06 am   

Colts senior reaches 1,000-point mark as team closes on a Heritage crown

BY MIKE MASTOVICH
The Tribune-Democrat

NORTHERN CAMBRIA — Jen Valeria's main focus was on helping Northern Cambria defeat Heritage Conference rival Penns Manor on Thursday night.

Once that outcome seemed rather obvious in the first half of a game between conference front-runners, Valeria admitted she was relieved when her 1,000th-career point swished through the net with 52.5 seconds left in the opening half of Northern Cambria's 75-41 victory over the visiting Comets.

"I wasn't really that nervous," Valeria said. "I was most concerned about the win. I was a little frustrated that I couldn't get my foul shots to go. I was shooting so many and I was frustrated but I knew I was eventually going to get it."

The 5-foot-7 senior guard entered the game 11 shy of the milestone and finished with 17 points overall. She made the first of two free throws in the final minute of the first half to put the Colts up 42-13 in a game that was surprisingly one-sided.

There was some drama because Valeria, who typically makes about 75 percent of her free throws, missed five foul shots in the first and second quarters prior to the big moment.

"I was focused, and then I got frustrated when I missed the first couple," said Valeria, whose sister, Jess, finished with approximately 1,400 career points before graduating from Northern Cambria. "It was definitely a relief and this was a good game to get it in. I wanted to get it in this game because it's a rivalry and it was at home."

Northern Cambria hasn't mathematically clinched the Heritage Conference crown, but the Colts are in solid position with a 16-1 record overall and a perfect 12-0 conference mark.

Penns Manor is 13-3, 9-3, including a 55-40 loss to Northern Cambria earlier this season.

So far, the Colts are living up to some lofty expectations.

"We only lost one player to graduation last year, and a big part of it is the three freshmen from last year are a year more mature (as sophomores)," Northern Cambria coach Eric Thomas said. "I think getting them all that time last year as freshmen really helped. You can tell we've played together now. We're starting to read each other and help each other on defense. We're just clicking right now."

Senior Brittany Sedlock netted 18 points and grabbed 10 rebounds.

Sophomores Breanna Kochinsky (13 points) and Ariel Rocco (10 points, seven rebounds) scored in double digits.

The Colts built a 26-9 first-quarter advantage and led 45-15 at the half.

Penns Manor's Jessica Heidenthal had a team-high 12 points and eight rebounds.

The teams combined for 44 personal fouls in an aggressive and physically played game, especially during the second half as Valeria had little time to savor her milestone.

"We really didn't talk about it," Thomas said. "Coming into this game I told her to play her game and not to be nervous. We didn't talk as a group with it. We knew it was coming but it wasn't a focus. Jen even said her main concern was getting the 'W.' That's what makes this group special. There are some individuals that have accomplished some things yet they're totally focused on the team concept."

Photos



Northern Cambria's Jen Valeria looks for room on Thursday against Penns Manor. Valeria scored 17 points and eclipsed the 1,000-point mark for her career. **John Tanish/The Tribune-Democrat** (Click for larger image)



John Tanish/The Tribune-Democrat (Click for larger image)

More from the Sports section

[Colts senior reaches 1,000-point mark as team closes on a Heritage crown](#)

[Mountain Cats hold on for 'W'](#)

[Aden, Cale, Lady Cats clutch to the end](#)




[Chiefs' promo fits the situation](#)


[New Bucs manager has keen sense of the old](#)


Ads by Google

- [Planet Ice Johnstown](#)
- [Cambria County Library](#)
- [Ski Den Sports](#)
- [Johnstown PA](#)


Resources


-  Print this story
-  E-mail this story
-  Discuss this story


Find a business:
Business name or type... 

Location:
Johnstown, PA 

Maps, Menus, Store hours, Coupons, and more...

 Find a new or used car.

 Find a new home.

 Find a new job.

Popular business directory searches

Premium Jobs

PART-TIME TELEMARKETING SALES REPRESENTATIVE
Easy work contacting current and former customers of a gou...>[MORE](#)

Accountant
Johnstown area contractor has an immediate opening for an accountant. That person must possess good lead...>[MORE](#)

TIRED OF GETTING UP AND GOING TO THE SAME OLD JOB EVERY DAY?
Why not do something about it??? We have immediat...>[MORE](#)

FIELD SALES POSITION
Construction Equipment salesperson for large equipment dealer. Ideal candidate must be sales o...>[MORE](#)

MEAT CUTTER/DELI CLERK. P/T. Apply in person at Conzatti's Market, Scalp Ave...>[MORE](#)

WELDERS/FABRICATORS
Riggs Industries is seeking experienced welders and welder fabricators. Ability to layout and f...>[MORE](#)

TO SUPPORT OUR GROWING COMMERCIAL AND DEFENSE BUSINESS, JWF INDUSTRIES IS EXPANDING. WE HAVE ...>[MORE](#)

ELEMENTARY PRINCIPAL