

# RALLY

Your front-row seat for **High School Sports**

Find the latest news, photos and scores at [philly.com/rally](http://philly.com/rally)

This tackle is a stalwart in the weight room and on the field.

## Katona doing heavy lifting for Neshaminy

It's no wonder Neshaminy's Ryan Katona is an all-eyes-on-him performer in the weight room.

Katona, a beefy senior lineman, has closely watched and worked out with his grandfather, Robert DeRisi, a former national and world powerlifting champion.

"When I was younger, I went to a lot of his competitions," Katona said. "It's something I'd like to get into one day. It's pretty neat to see those guys lift all that weight on the bar."

For now, Katona is busy being a two-way stalwart for the Redskins, who advanced to the PIAA District 1 Class AAAA championship with Friday's 33-7 semifinal romp over West Chester Rustin at Harry E. Runkles Stadium in Langhorne.

The 5-foot-10, 295-pound Katona, who fills out all of his No. 73 jersey, has been a fixture at offensive and defensive tackle. Last year, he concentrated on defense.

"It's been different playing both ways this year," the 18-year-old said. "It's definitely harder. But I enjoy it, think I've handled the demands of it pretty well. I like being involved as much as possible."

On Friday at 7:30 p.m. at Council Rock North's Walt Snyder Stadium, Neshaminy, the No. 4 seed, will clash with the No. 3 seed North Penn for the district crown. The Knights reached the final with a 28-14 victory Friday over No. 2 seed Council Rock South.

Katona, a first-team all-Suburban One League National

Conference selection on defense, has notched 29 tackles in 13 games for a defense that limited the Golden Knights' wing-T offense to 175 total yards and 10 first downs.

"We just executed our game plan, did a good job of shutting down the run," Katona said. "We've gotten better as a group as the season has gone along. We've figured out our strengths and weaknesses and made adjustments where needed."

Katona, of Levittown, began playing football in seventh grade at North Sandburg Middle School. He has bench-pressed 335 pounds, squatted 640, and power-cleaned 275.

"He's a strong kid, has very good footwork for someone his size, and

he's got experience." Redskins coach Mark Schmidt said. "Sometimes, on defense, he takes up two players, and that frees up our other guys to make plays."

Neshaminy's defensive line also features tackle Brandon Martyniuk, and ends Shane Quinn and Kiser Terry. The linebacking corps is made up Corey Majors, Tyler Masterson, Devin Carnichael, and Denny Lord. Dwight Williams, Bobby Marterella, and Dylan Donnelly are the backs.

Against North Penn, a former Suburban One National Conference rival, the Redskins will be looking to avenge last year's 35-22 quarterfinal-round loss to the Knights.

"We're excited about the chance to play for the district championship," said Katona, who is thinking of majoring in secondary education in college and becoming a history teacher. "We look forward to getting after it, giving it the best we've got."

**North Penn-C.R. South.** Knights quarterback Corey Ernst, a first-year starter, went 10 for 10 for 116 yards and two touchdowns, including his 20th of the season. ... North Penn finished with 328 total yards, including 212 rushing on 41 attempts. ... With their wishbone scheme, the Golden Hawks totaled 237 rushing yards on 42 tries. QB Billy Fleming gained 119 yards on 21 totes, including an 8-yard TD with 13.5 seconds to go. ... North Penn had three personal-foul penalties called against it. With just 30.2 seconds left, junior defensive end Shayne Watson and a C.R. South lineman were ejected for a dead-ball scrap. Per PIAA rules, Watson will have to sit out the district final against Neshaminy. "We have to be smarter than that," Knights coach Dick Beck said. "We can't lose



Neshaminy quarterback Charlie Marterella takes off under pressure during the Nov. 19 district quarterfinal win over Abington. At left is tackle Ryan Katona (73). The Redskins will take on North Penn Friday night for the District 1 Class AAAA championship.

## The Inquirer listed TOP 10

### FOOTBALL

Team Record  
Last week's rankings in parentheses.

1. La Salle (1) 11-1
2. North Penn (2) 12-1
3. Archbishop Wood (3) 12-0
4. Neshaminy (4) 12-1
5. West Catholic (5) 10-2
6. Council Rock S. (6) 11-2
7. Cardinal O'Hara (7) 9-2
8. Downingtown E. (8) 9-3
9. Strath Haven (NR) 12-1
10. Abington (10) 10-3

Under consideration (listed alphabetically): Central Bucks West (9-3), Penn Wood (9-2), Pottsgrove (10-3), Roman Catholic (8-4), West Chester Henderson (8-4), West Chester Rustin (11-2).

— Rick O'Brien



North Penn coach Dick Beck will be without junior DE Shayne Watson, who will sit out due to an ejection Friday.

our composition." ... On the ground this season, Fleming (188 carries for 1,046 yards, 22 TDs) and halfback Mark Damargian (158 for 1,206, 22) combined for 2,252 yards and 44 touchdowns.

**Stepping down.** After nine seasons, Kevin Kelly, 40, resigned last week as Conwell-Egan's coach. At Episcopal Academy, veteran Bill Gallagher, 60, did the same after six seasons with the Churchmen. Both left open the possibility of returning to the sideline.

Kelly posted a 52-55 record at Conwell-Egan. The Eagles went 1-9 this season, including an 0-4 mark in the Catholic League Class AA Division. They were outscored, 392-84.

"I just felt like it was a good time to step away and give someone else an opportunity to do it," Kelly said. "The things I was trying to communicate to the kids weren't get-



Strath Haven's Chazz Fisher takes a reception into the end zone for a touchdown against Pottsgrove. Strath Haven won the District 1 Class AAA final, and will face undefeated Archbishop Wood, the District 12 champion, in a state quarterfinal Friday in Coatesville.

ting through as well as they had in the past."

In 2008, coming off a 1-11 season, Conwell-Egan went 8-4 and advanced to the Catholic League Class AAA final before bowing to Archbishop Wood. "Those kids really maximized their talent that year," Kelly said.

Gallagher went 21-27 at Episcopal, his fourth head-coaching stop. He also guided Chestnut Hill Academy (1973-80), Penn Charter (1981-91 and 1993-94), and

### Catch Rally Recap

Be sure to take a look at Rally Recap on [www.philly.com/rally](http://www.philly.com/rally). Posted every week on Tuesday evening, it's the best online high school football show in the area. See if your school is featured this week.

Springfield-Montco (2004). His career record is 156-86-4.

end's playoff schedule:

**FRISBY**  
PIAA District 1 Class AAAA championship  
No. 4 Neshaminy (12:15) vs. No. 3 North Penn (12:15), 7:30 p.m., at Council Rock North.  
PIAA Class AAA state quarterfinal  
Archbishop Wood (12:20) vs. Strath Haven (12:15), 7:15 p.m., at Drexelville.  
PIAA Class AA state quarterfinal  
West Catholic (10:00) vs. Northern Lehigh (10:30), 7 p.m., at J. Binney Giam Stadium in Allentown.

**SOFTBALL**  
PIAA Class AAAA state quarterfinal  
Easton (12:20) vs. La Salle (11:15), 10 p.m., at Northeast.

Contact staff writer Rick O'Brien at 610-313-8019 or [rbrien@phillynews.com](mailto:rbrien@phillynews.com).

**Week 14.** Here is this week-