



# At the Game

## Basketball games here tonight

By Betty Jean Winston  
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Basketball players and fans will be thinking "on the road again" during December. After opening at home tonight (Thursday) against the Tigers and Lady Tigers from Dundy County, there will be no more home games before January.

The players will participate in the Sagebrush Tournament in Brewster the week of Dec. 7, and then travel to Colby on Tuesday, Dec. 15, and Oberlin to play the Decatur Community Red Devils on Friday, Dec. 18.

The Sagebrush Tournament in Brewster will again be a six-team event, which is the way it was last year after years of being an eight-team tournament.

St. Francis, Brewster, Stratton, Rawlins County, Cheylin and Triplains, will participate as they did last year. The teams will each be having the opportunity to play three games during the week.

The St. Francis boys will be in Pool A with Cheylin and Triplains and will play Triplains on Monday night at 7:30 in the north gym and Cheylin on Tuesday night at 7:30 in the south gym.

The Lady Indians are in Pool B with Stratton and Brewster. They will play Brewster at 6 p.m. on Monday night in the south gym and Stratton at 6 p.m. on Tuesday night in the north gym.

Saturday's competition will depend on the outcome of the pool play. The winner of Pool A will play the winner of Pool B, second place will play second place and third place will play third place.

There will also be a free throw and three-point contest during the tournament and an all-tournament team will be chosen.

The Indian had added Heartland Christian to the schedule this year. The school is located in Colby and Sainty will travel there on Jan. 29.

The remainder of the competition will be with Northwest Kansas League teams, Colby, Decatur Community, Goodland, Hoxie,

Oakley, Quinter and Rawlins County, plus Dundy County, Brewster, Wallace County, Weskan, Cheylin, Golden Plains, Hayes Center and Idalia, which are all repeats from last year.

This is the final year Colby and Goodland will be members of the Northwest Kansas League so there possibly will be changes in the schedule next year.

### Lady Indians

Sixteen athletes reported to the gym when the Lady Indian basketball team began practice sessions in November.

Five of these players, Mikaela Grace, Christina Hilt, Jodie Hilt, Shayla Hilt, Aly Marin and Sarah Trembly, all juniors, were named letter winners following the 2008 season. No seniors are on the roster this year.

"This is a group of good hard workers," Coach Larry Flemming said.

Coach Flemming also said there is some potential in the players moving up from last year's junior varsity squad.

At this point in time there are some injuries among the ladies. This could cause concern when the season begins.

Some of the junior varsity games will be shortened to two quarters this year. It is not just St. Francis which has a limited number of players. This could be a problem throughout the schedule as other coaches have said they also have fewer players. The decrease in school population plays a factor.

"Injuries and illness could come into play this year," he said, causing shorter games at the junior varsity level.

"The players that are out are wanting to compete and are working hard toward that end."

There will be a little more height this year, with at least one 6-foot player, Kaitlin Figgins. Grace, who is 5-9, will be a help in this area.

Team members played in the Atwood summer league again this year and they were faithful in the weight room said Coach Flemming.

"This is a group that wants to win," he said.

The seniors who graduated last year, Jami Pevler, Joni Pevler, Sidnee Crabtree and Elizabeth Gienger, spent a lot of time on the floor and were team leaders in all of the categories, total points, rebounds, steals and assists. Andrea Holzwarth was unable to play her senior year but had been a regular member of the staff prior to that.

It is now time for the juniors and underclassmen to make their mark, the coach said.

### Roster

Juniors: Jalyn McCauley, Grace, J. Hilt, Trembly, S. Hilt, C. Hilt, Silvia Bartoli, Marin.

Sophomores: Jenna Hill, Jacquelyn Ketzner, Figgins.

Freshmen: Aly Northrup, Clarice Neitzel, Aubrey Mills, Laura Brunk, Krissy Harris.

### Indians

Five letters winners return to lead the Indians during the 2009-10 season. Matt Raile, Trent Raile and Drew Zwegardt are seniors, and Brett Lampe and Garrett Figgins are juniors.

"They will be good leaders," Coach Jeff Beims said.

He also said the players have had a year to become familiar with his coaching style which will help them too.

The team lost Trent Kinen, Sam Sowers, Ethan Zwegardt and Jacob Riedel due to graduation last spring.

A number of teams in the league lost a larger percentage of their varsity, said Coach Beims, so they will be needing to fill those vacancies as the season begins.

The new roster shows a total of 23 young men. Breaking the group down, it includes four seniors, seven juniors, six sophomores and six freshmen.

Coach Beims said that several of the league coaches have indicated they will have enough players on their rosters to have some C-team games this year. This option will give playing time to most of the Indians on nights with varsity, junior varsity and C-team action.

"The kids are working hard in practice," the coach said. "We are playing more up-tempo this year."

"There is a good atmosphere in practice and the kids seem to like the more high-octane action."

"The players are showing a willingness to word hard and play with intensity, he said."

Besides the letter winners, the coach said that he expects some of last year's junior varsity players to step up. He feels that Cody Killingsworth, Tyler Lauer and Isaac Schiltz, among others, will be contributing this year.

"I feel that we have the right kids, who have potential and a winning attitude and I am optimistic."

The coach feels that "you win some, lose some and let the chips fall where they may" but a good attitude and having a willingness to compete and work hard is very important.

Depth is also a factor and he feels that St. Francis has more depth this year, which will be a plus, especially when they play at a faster tempo.

Among the returning letter winners T. Raile and M. Raile were in the top three in points scored, rebounds, and steals last year, while M. Raile and D. Zwegardt were leaders in assists.

Coach Beims will again be assisted by Devin Dinkel, who has a number of years of experience in assisting with the basketball program.

### Roster

Seniors: D. Zwegardt, M. Raile, Trent Raile, Erick Estrada.

Juniors: Nick Smith, Zach Zwegardt, Figgins, Lampe, Killingsworth, Lauer, Brooks Hobrock.

Sophomores: Jonathan Butler, Schiltz, Dave Palencia, Gavin Cooper, Ty Zwegardt, Matt Tygart.

Freshmen: Jordon Easter, Keegan Sherlock, Joey McCormick, Dillion Straub, Gus Jardine, Dylan Peter.

Manager: Tony Meyer.  
Stats: Brooklyn Hnizzil, Trista Orth.



CLARICE NEITZEL scores two during a practice session.  
Herald staff photo by Betty Jean Winston

## Nine teams compete in wrestling tournament Saturday

By Betty Jean Winston  
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Tournament action is on the minds of wrestlers and their fans as the season begins. December always marks the Gabel/Jenkins Invitational in St. Francis the first Saturday of the month followed by the Colby tournament on Friday and Saturday, Dec. 11 and 12 and the Wray Invitational on Saturday, Dec. 19.

The Gabel/Jenkins Invitational at the high school is a special way to open the season for the Sainty wrestlers. The event is noted for it tough competition and the opportunity for the mat men to perform in front of a large group of supportive fans.

Adding to the competition this year, will be the Norton Blue Jays. They will be joining teams from Rawlins County/Atwood, Colby, Goodland, St. Francis, Wichita County/Leoti and three Colorado teams, Wray, Burlington and Sterling.

Colby won the tournament last year and will be hoping to retain their title. To give an idea of the possible strength of the competition, Colby won the 4A State Tournament last year, while Norton placed third and Goodland fourth in the 3-2-1A Tournament. Wrestlers from the remaining schools will also provide several quality opponents.

"Norton, who is expected to be strong, will add to the competition," Coach Mike Frewen said. "Colby and Goodland will also be tough."

Last year, St. Francis had five wrestlers in the top four positions at the tournament. The placers were Cody Sherlock, who is now a junior, second; Jesse Pacheco, who graduated last spring, second; Terrence Lamb, who is a senior, third; Freddy Pacheco, who is a senior, fourth, and Grady Brunk, who is a senior, fourth.

Sherlock, F. Pacheco, Lamb and Brunk will be expected to lead the team on Saturday along with Darris Keller, who qualified for state last year, as did Sherlock, F. Pacheco and Lamb. Returning letter winner Adam Guthmiller, a

junior, will also be a leader.

The second session of the tournament is scheduled for 1 p.m. and the finals will take place 15 minutes after the last match of the second session (approximate time is 5:30 p.m.). The consolation and finals will be on two mats.

The tournament has the same number of schools entered as last year, nine. Norton will be wrestling in place of Scott City.

Coach Frewen is expecting some good competition.

Wrestlers will be able to find out just where they stand at the beginning of the season when they take to the mats Saturday.

First and second place team trophies will be given with medals to the first three placers and the consolation champions in each weight.

Coaches will be selecting the "Outstanding Wrestler" at the end of the tournament.

### 2009-10 season

The six returning letter winners, Sherlock, F. Pacheco, Lamb, Brunk, Keller and Guthmiller, scored many of the wins earned by St. Francis last year. Lamb, was 35-7, Sherlock 35-9, Pacheco, 25-15, Brunk 25-16, Keller 23-23, Guthmiller 18-21.

With 13 members on the squad, Coach Mike Frewen will be looking to fill open weights left by the graduation of Jesse Pacheco and Scott Ford.

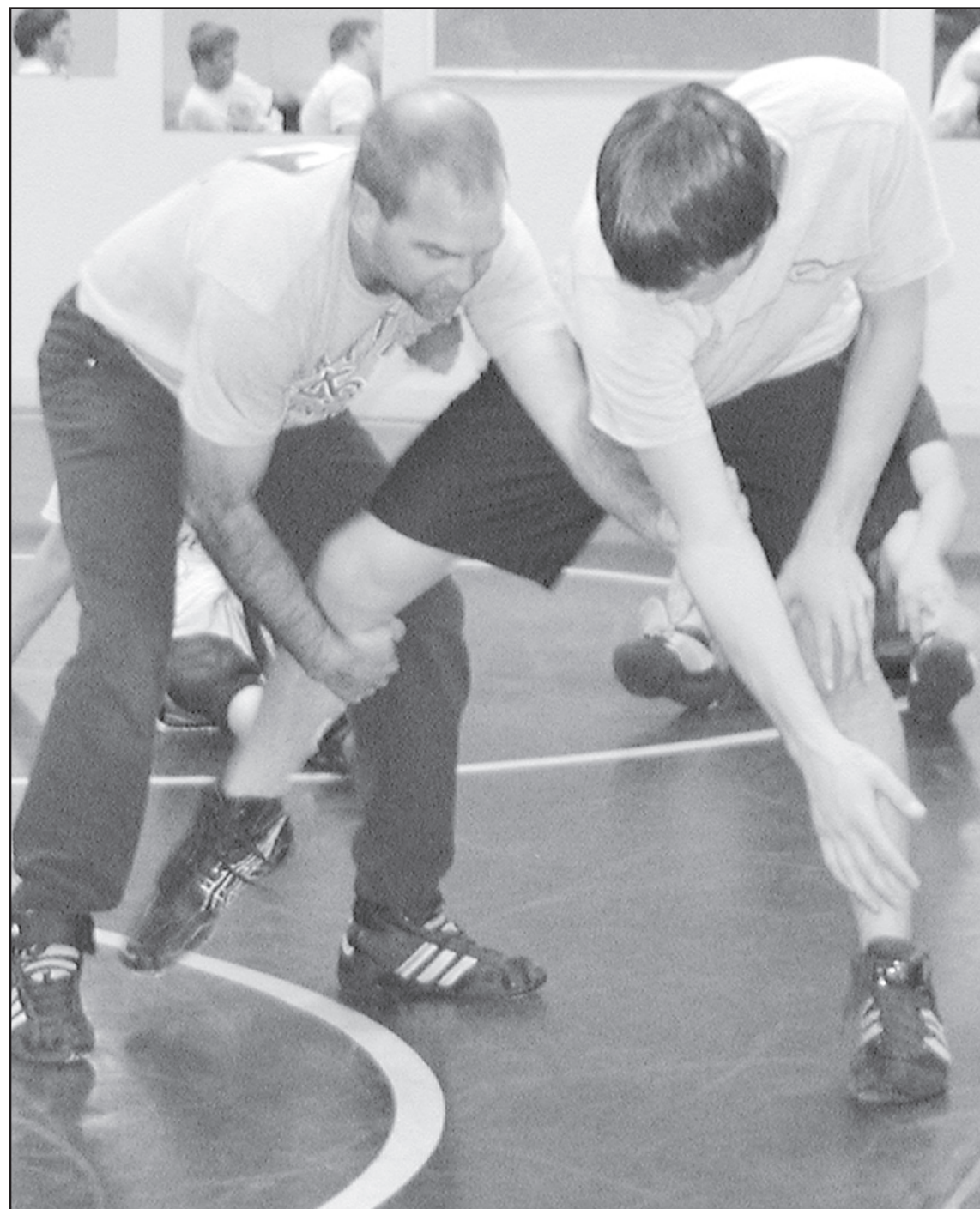
"We should have good leadership this year," Coach Frewen said. "The returning letter winners/seniors know it takes hard work, sacrifice and dedication."

He feels that they will be helping to show the freshmen what is required.

Coach Frewen gives a lot of credit to the school's weight program as he said many of the wrestlers hit the weight room hard this summer.

Again this year, as has happened before, Sainty will be having open weight in duals and tournaments.

"I think the only league teams with full weights could be Goodland and Colby," he said. "A number of our dual opponents will also have open spots."



COACH MIKE FREWEN and senior Terrence Lamb demonstrate a move during a recent practice. Team members are preparing to compete in the Gabel/Jenkins Invitational at the high school on Saturday.  
Herald staff photos by Betty Jean Winston

"The good news is that our weights are spread out which will help give many wrestlers a chance to compete."

He feels most of the wrestlers reported in good shape as they have just come out of football.

Over the summer, Sainty sent a team to the Kearney team

camp, which is also a helpful experience.

"Every practice is an opportunity to get better or not and we want each wrestler to try and get better each time."

He said that the older kids know the skills that are required but the younger ones also have a

good hardworking attitude.

"We have a lot of repetition of fundamentals to make the guys fundamentally sound."

"We are going to be very young in some of the weights. We have experienced wrestlers and young ones, no in between."

"We are hoping some of the

young ones can step up into the varsity.

"Every year our aim is that by the time regionals and state comes around, the wrestlers will reach their peak performances," Coach Frewen said.

The season always comes down to the last few events, league, regionals and state. The object of all the practice sessions is to do well in these meets.

As for winning duals and placing at tournament, the coach said that Sainty will probably do better in tournament than in duals, due to the open weights.

The St. Francis varsity wrestlers will be attending the St. Francis Invitational, along with tournaments at Colby, Wray, Sterling, Colo., the league tournament, Phillipsburg, regionals and state.

Individual duals will take place with Colby, Decatur Community, Goodland, Oakley, and Rawlins County, all Northwest Kansas League teams. Quinter does not have a team.

The Indians will not be traveling to Hays this year for the Bob Kuhn two-day tournament, as it has been eliminated from the St. Francis schedule. No other changes have taken place.

Kyle Buffington will again be assisting with the wrestling program. The junior varsity wrestlers will attend some of the same tournaments as the varsity and they will also participate in the Goodland, Oberlin, Dundy County and Colby junior varsity tournaments.

Squad members include:  
Seniors: Brunk, D. Keller, Lamb, Pacheco.

Juniors: Guthmiller, Sherlock.

Sophomores: None.  
Freshmen: Thomas Douthit, Zach Gienger, Foster Grant, Casey Keller, Mikey Leibbrandt, Dylan Wolaver along with Austin Manners from Cheylin.

Manager: Trevor Reed.

Mat maids: Tayley Brown, Emily Mullins, Taylor Archibald, Jandy Dunn.