

# At the Game

## Lady Indians open season at home on Tuesday

By Betty Jean Winston

It is always nice for both the volleyball players and the Sainty fans when the season opens on the home court. This year the date is Tuesday, Sept. 2, and the visiting teams will be from Hoxie and Golden Plains. Games will be played in both the high school and elementary school gyms with all varsity action at the high school.

This will provide an opportunity to evaluate the team's potential early in the campaign.

Graduation last May ended the high school volleyball careers for seven seniors, Amber Feikert, January Fiedler, Samantha Coates, Heather Culwell, Gina Frohlich, Kelsey Andrist and Tara Neitzel, many of whom had been starters or spot starters for as many as three years.

This leaves several openings available on the Lady Indian varsity team with a number of athletes working hard to earn the right to fill the positions.

The new season will have the services of four returning letter winners with senior Kande Raile the only regular starter. The other three, Ashley Holzwarth, Meredith Knodel and Toni Rice, all seniors, had limited starting opportunities.

Head coach Kent Kechter will be expecting a lot from this group, with the main attribute being leadership. "They will need to set a good example and keep a positive attitude," he said. "Good quality, consistent play from them is important."

"Kandee (Raile) has excellent skills. Being the most experienced player, she will be a leader. She is also a good hitter and passer. "Another important aspect is that she is strong and an outstanding server."

When the season ended last year, Raile was at the top of the list of serving stats. Her totals show she had 269 service attempts with 247 landing in the designated area. She finished the year with 159 service points.

"She uses different motions and is on target," Coach Kechter said. Her variety of motions makes it hard for the opponent's defense to respond to her serves.

"Ashley (Holzwarth) is both a good blocker and good hitter with good all-around skills. She will be playing in the middle. She is fairly aggressive. I also expect her to provide leadership this year.

"Meredith (Knodel) is a fantastic

blocker and she has good skills. "Toni (Rice) will be our the primary setter when the season opens. She has good quickness and jumps well. She is an all-around player, a good passer and effective on defense.

"Lori Beth Faulkender will be sharing some of the setting duties and Allyse Lampe also is available when needed."

The first week of practice, which began Aug. 18, saw the players gather in the high school gym at 4 p.m. even though the temperatures were in the upper 90s or above. Volleyball depends on a number of skills to play the game well and these ladies began working on all the areas needed to represent St. Francis to the best of their abilities.

"They have been listening well," Coach Kechter said. "I feel that they are showing a lot of improvement; getting better and better.

Forty-three players will be playing for St. Francis either for the varsity, junior varsity or freshman team.

"From the top to the bottom of the lineup I see improvement. Again this year, as was true last year, the freshmen are arriving at practice with better skills and knowledge of the game than in years past."

As far as depth on the varsity this year, Coach Kechter explained there is very little but there are some decent players coming up from the junior and sophomores levels.

"The bench will be okay although it is not deep," Coach Kechter said.

"Players will need to earn their job and then keep it by playing adequately.

One definite plus is the attitude at practice.

"It is wonderful," said the coach. "They are working hard, and not complaining even if it is hot. Their attitude is very positive, good overall.

"Inexperience will be a weakness but we have girls eager to play.

Each year a number of former junior varsity players are waiting to show that they can step up and join the varsity.

Serving, blocking, passing and setting are all skills needed and Coach Kechter has a number of potential players to lead the squad in these areas. He feels that Raile and Lampe are consistent servers, Holzwarth and Knodel will lead the team in blocking and Raile and Rice are proficient passing with most of



SENIOR ALLYSE LAMPE will be counted on to help the Lady Indians this year.

Herald staff photos by Karen Krien

the team expected to contribute in this area. He is also looking to Amy Grace to contribute this year.

With only one week of practice under their belt, surprises are still expected as to who will improve the fastest and move into the lineup.

"This is the most inexperienced varsity team St. Francis has placed on the court in several years," Coach Kechter said. "It will be interesting to see how this team develops and how successful they will become. The girls are working hard and are excited about the opportunity to play."

The coach feels the keys to the season will be playing hard, playing together and to be competitive and have a good time.

Offensively the team will play a 6-2 offense (six hitters with two designated as setters) most of the time but will be able to adjust when needed. The middle back will be their main defensive weapon.

A number of these girls are enthusiastic volleyball players and are involved in the sport year around. St. Francis had one camp this summer but a number of the girls also attended other camps, along with some of them playing in the Rocky Mountain League and Sainty provided three teams in the Colby summer league.

The additional work should prove beneficial to the Lady Indians in the upcoming season.

St. Francis had a winning season last year making it to the sub-state championship game in post-season play. They defeated Sublette and

Santana to reach this level. Atwood kept them from traveling to State by defeating them in the deciding game. Sainty finished the season with a 17-11 record.

Coach Kechter is beginning his 13th year leading the Lady Indians. He will again team with Jeff Olofson, going into his 11th year as assistant. The two coaches form a consistent team for players entering the high school volleyball program.

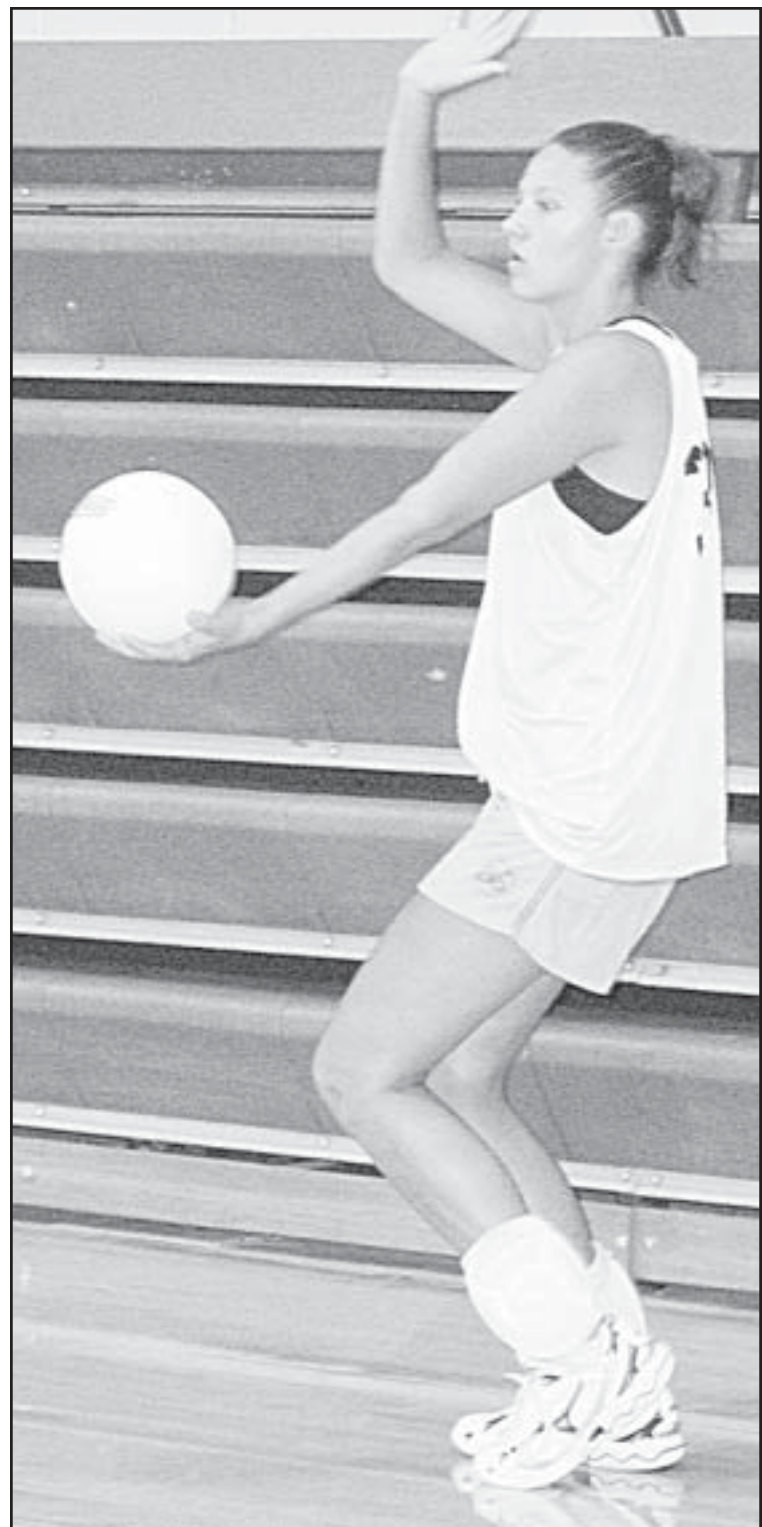
This year for the first time, Talley Morrow will be serving as an assistant coach. Coach Morrow played volleyball during her students days at York College and will be a knowledgeable addition to the coaching staff.

### Roster

Seniors: Janis Dodd, Rice, Holzwarth, Hannah Sowers, Knodel, Faulkender, Lampe, Raile  
Juniors: Jennifer Austin, Julie Voeller, Kelsey Dunn, Amy Nicklos, Amber Havel, A. Grace, Amanda Jones, Emily Walz, Kali Rueb, Sayuri Ito

Sophomores: Schuyler Coates, Jade DeGood, Ashley Dowgwillo, McKenzie Grace, Maddie Knodel, Samantha Marin, Sheryl Miller, Christie Milne, Erin Neitzel, Allyson Reichert, Ashton Rueb, Angela Van Allen, Talisa Voorhies, Sawyer White, Samantha Zwegardt

Freshmen: Melissa Burton, Andrea Blair, Danielle Flemming, Brittany Lucas, Lauren Ross, Megan Rice, Alecia Zimelman, Janelle Zwegardt, Adrienne Swihart, Shaina Gohl



ASHLEY HOLZSWARTH is a returning letter winner and is expected to provide leadership this year.

Statistician/scorekeepers/manager/video: Megan Ford

### Volleyball schedule

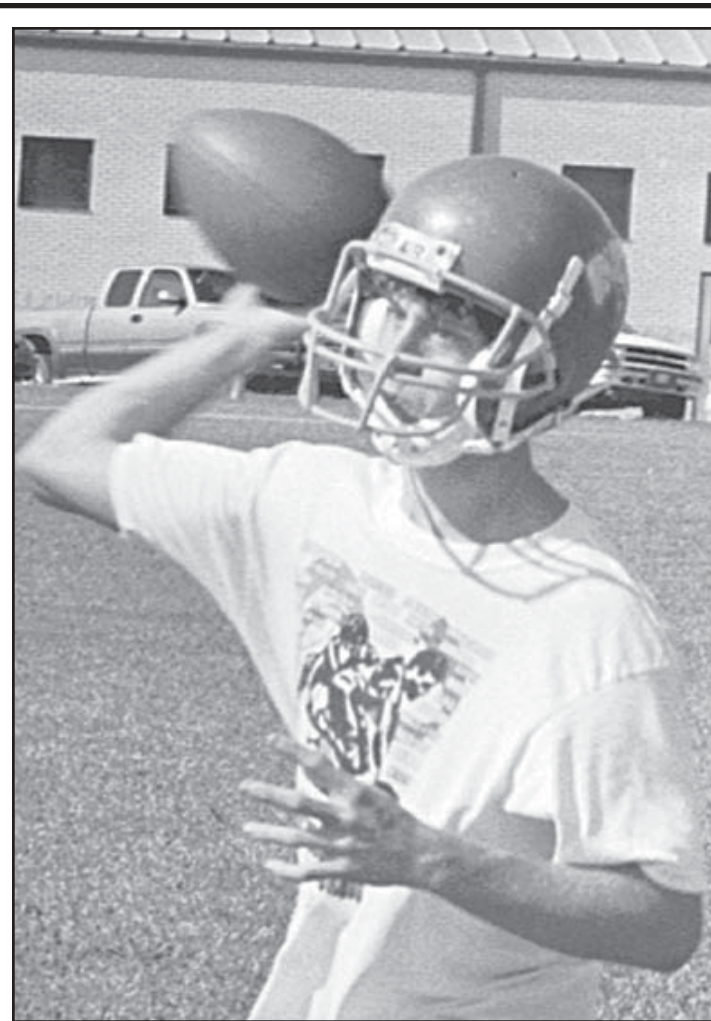
Tuesday, Sept. 2: St. Francis, Hoxie, Golden Plains, at St. Francis  
Tuesday, Sept. 9: Oberlin, Colby, St. Francis at Colby  
Tuesday, Sept. 16: St. Francis, Atwood, Sharon Springs at Atwood; Volleyball Appreciation Day  
Tuesday, Sept. 23: St. Francis, Wray, Holyoke at Holyoke  
Thursday, Sept. 25: St. Francis, Imperial, Dundy County at St. Francis  
Tuesday, Sept. 30: St. Francis, Oberlin, Cheylin at Oberlin  
Saturday, Oct. 4: Oberlin Tournament, varsity and junior varsity, 9 a.m.  
Tuesday, Oct. 7: Oakley, Triplains, St. Francis and Scott City at St. Francis  
Tuesday, Oct. 14: St. Francis, Triplains, Sharon Springs at Sharon Springs  
Saturday, Oct. 19: Northwest Kansas League at Oakley, 10 a.m.  
Saturday, Oct. 25: Sub-state Tournament  
Friday, Oct. 31 and Saturday, Nov. 1: State Tournament  
**C-team**  
Saturday, Sept. 20: C-team at Oberlin, 9 a.m.

### School Menu

Sept. 1 - Sept. 5  
Monday: Labor Day, no school  
Tuesday: breakfast: waffles, syrup, apple juice, milk; lunch: chicken or ham patty on a bun, slice of cheese, baby carrots with ranch dip, pink apple sauce, milk  
Wednesday: breakfast: breakfast taco, hot sauce, grape juice, milk; lunch: chicken fried steak, mashed potatoes, gravy, hot rolls, strawberries and bananas, milk  
Thursday: breakfast: yogurt, buttered toast, cereal assortment, orange juice, milk; lunch: spaghetti with meat sauce, green beans, French bread, watermelon and cantaloupe, milk  
Friday: breakfast: warm coffee cake, cereal assortment, apple juice, milk; lunch: cheeseburger, bun, lettuce and pickle, potato chips, baked beans, pears, milk  
Monday/Friday: junior/senior high salad bar

### Schedule

Friday: high school volleyball/football open house, 7 p.m.  
Monday: no school, Labor Day  
Tuesday: high school volleyball, St. Francis, Golden Plains, Hoxie at St. Francis, 4 p.m.  
Thursday: junior high volleyball/football, Oberlin, here, volleyball, 4:30; football, 5:30; high school football, C-team, Goodland, there, 5:30 p.m.  
Friday: high school football, Clay Center and St. Francis, the game will be played in Phillipsburg, 7 p.m.



PRACTICING HIS PASSING--Football players including Matt Brown had two-a-day sessions last week.

Herald staff photo by Betty Jean Winston

## Football preview next week!

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# Check it out!

## Fair Tab Is Here!

*Inserted in this week's paper*

Coming Soon!

# FALL SPORTS TAB

Featuring those Football & Volleyball players & Cheerleaders

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