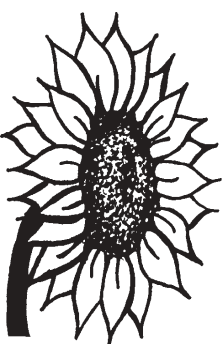


# The Saint Francis Herald

## At the Game



### Attitude excellent at practice, contests begin Tuesday

By Betty Jean Winston

Three home matches, especially two near the beginning of the season, make it possible for the St. Francis fans to view the 2004 version of the Lady Indians volleyball team. These two early outings also gives the players additional confidence in front of a friendly crowd before moving into the 'meat' of the schedule.

Home contests will be taking place on Sept. 7, Sept. 14 and Oct. 12 (all Tuesdays). Many matches during the season include games not only for the varsity and junior varsity but also C- or freshman teams.

In St. Francis games will be played in both the high school and elementary school gyms with all varsity action at the high school.

The season opens at Golden Plains on Tuesday. Besides St. Francis and Golden Plains, volleyball players from Hoxie will compete.

Three returning letter winners reported to the opening practice on Monday, Aug. 16, and they will be counted on to provided leadership for the squad as they head into the new campaign. Senior Amber Havel and juniors Ally Reichert and Talisa Voorhies have already set an example with their hard work.

"They are trying hard to provided the leadership needed," Head coach Kent Kechter said.

"Amber (Havel) will be our primary setter this season," he said. "She is also a very good

server and will be Sainty's leadoff server in games. Her hitting has improved and she is a good passer. "Ally (Reichert) is a powerful hitter and will be counted on as our primary hitter. She is also a threat as a server and a good passer.

"Talisa (Voorhies) is exceptionally quick. She can play any role that is needed. Talisa hits well for her size, is a good passer and it is possible she will be doing some setting.

Thirty-seven additional players round out the squad. There will be openings to fill as the team lost eight seniors (Janis Dodd, Lori Faulkender, Ashley Holzwarth, Meredith Knodel, Allyse Lampe, Kande Raile, Toni Rice and Hannah Sowers) from last year's 1-23 season.

Besides the three returning letter winners, the team is composed of 37 additional athletes for a total of eight seniors, 13 juniors, 11 sophomores and eight freshmen.

It is early in the year but Coach

Kechter has already listed the players "great desire" as a characteristic of the team.

It takes a combination of skills to field a good team and Coach Kechter is looking for the servers, hitters, blockers, setters, passers to come up with a winning offensive attack and consistent defensive effort.

"We're not very experienced," he said so there will be openings available for those who step up.

"The depth is improving. We have a large group of players with somewhat similar skills so there will be no drop in performance when different players are used.

"Our main weaknesses at this time is our inexperience and lack of front-row strength.

"Setting is one area where we have some starting experience with Amber (Havel). Talisa (Voorhies) also has strength in this area. Some of the other possibilities include McKenzie Grace, Alisha Zimbelman and Kelsey Dunn.

"Our blocking is getting better, our passing is pretty good and we have several servers with good power and fair placement.

The team is working hard on a 6-2 type of offense at this time with the setters coming out of the back row. Time will also be spent on other of-

fensive patterns.

Defensively the main emphasis is on a middle back pattern with some adjustments possible in the future.

"We have to be a good defensive team," Coach Kechter said. "This helps the offensive as they develop power."

Many of the girls have attended camps including those at St. Francis and Ogallala. Ogallala was a team camp. Some team members have also played winter ball.

"This additional work should prove beneficial to the Lady Indians in the upcoming season," he said.

"This is the most inexperienced team St. Francis has placed on the court in several years. It will be interesting to see how the team develops and how successful they can become.

"We have some good athletes in the sophomore and freshman classes which is a plus.

"The attitude is great at practice. Most of the girls are working hard and are excited about the opportunity to play.

"We have hustle and they will be



TEAM MEMBERS are working hard to develop new skills before Tuesday. Pictured from the left are McKenzie Grace, Schuyler Coates, Ally Reichert, Amanda Jones and Lauren Ross.

Herald staff photos by Betty Jean Winston

trying hard to compete. They are listening and doing their best.

"A big key will be everyone accepting their role on the team."

Injuries have already played a part, as Kali Rueb, one of the hitters, is having knee problems. St. Francis is also without the services of provisional returning letter winner Amy Grace, who will be participating in cross country with a league team.

At Golden Plains on Tuesday, St. Francis will meet Hoxie, a Northwest Kansas League team and during the September matches in St. Francis, two more league teams, Oberlin and Colby, will be on the schedule. These games count toward league standings as do meetings with Goodland, Quinter, Atwood and Oakley.

The Northwest Kansas League is a strong volleyball league as attested by the fact some of the teams reach a state tournament level most years. League teams have different school populations and, as a results, teams range from 2A through 4A.

"Many of them are expected to have good teams again this year," Coach Kechter said.

Coach Kechter is entering his 14th season as head coach with Jeff Olofson and Talley Morrow as assistants. Coach Olofson begins his 12th season and Coach Morrow her second.

"They both are wonderful," Coach Kechter said.

St. Francis has a nice-size squad with enough athletes to field all teams and they are looking forward to the first match on Tuesday.

#### Roster

Seniors: Jennifer Austin, Kelsey Dunn, Amber Havel, Wing (Yoko)

Ying Ip, Amanda Jones, Amy Nicklos, Kali Rueb, Emily Walz

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

Sophomores: Andrea Blair, Melissa Burton, Danielle Flemming, Shaina Gohl, Brittany Lucas, Megan Rice, Lauren Ross, Amber Sundstrom, Adrienne Swihart, Alecia Zimbelman, Janelle Zwegardt

Freshmen: Cassie Dankenbring, Kattie Ford, Jenice Hartman, Holly Keller, Dara Loyd, Katlin Marin, Sara Miller, Terri Walters

#### Volleyball schedule

Varsity, junior varsity, C-team or freshman teams may play on these dates.

Tuesday, Aug. 31: St. Francis, Hoxie, Golden Plains, at Golden Plains

Tuesday, Sept. 7: Oberlin, Colby, St. Francis at St. Francis

Tuesday, Sept. 14: St. Francis, Atwood, Sharon Springs at St. Francis; Volleyball Appreciation Day

Thursday, Sept. 23: St. Francis, Imperial, Dundy County at Benkelman

Tuesday, Sept. 28: St. Francis, Oberlin, Cheylin at Cheylin

Saturday, Oct. 2: Oberlin Tournament, varsity and junior varsity, 9 a.m.

Tuesday, Oct. 5: Oakley, Triplains, St. Francis at Winona

Thursday, Oct. 7: Holyoke, St. Francis, Wray at Wray

Tuesday, Oct. 12: St. Francis, Triplains, Sharon Springs, Wray at



SAWYER WHITE (left) and Lauren Ross practice their blocking technique during practice.

St. Francis Tournament  
Saturday, Oct. 16: Northwest Kansas League at Oberlin, 10 a.m.  
Saturday, Oct. 23: Sub-state Tournament  
Friday, Oct. 29 and Saturday, Oct. 30: State Tournament  
Junior varsity - additional  
Saturday, Sept. 25: Brewster

Tournament  
C-team - additional  
Saturday, Sept. 11: C-team quad at St. Francis, 9 a.m.  
Saturday, Sept. 18: C-team, Oberlin, 9 a.m.  
Saturday, Sept. 25: Brewster Tournament.

### School Menu

Monday, Aug. 30 - Friday, Sept. 3  
Monday

Breakfast: French toast sticks, maple syrup, juice, cereal, milk

Lunch: chicken alfredo on noodles, peas, dinner rolls, watermelon, milk

#### Tuesday

Breakfast: coffee cake, grapes, juice, cereal, milk

Lunch: hamburger or cheeseburger on a bun, macaroni salad, peach halves, peanut butter fingers

#### Wednesday

Breakfast: Belgian waffles, strawberries, whipped topping, juice, cereal, milk

Lunch: spaghetti with meat sauce, French bread, green beans,

fruited Jello, chocolate cake

#### Thursday

Breakfast: breakfast casserole, toast, juice, cereal, milk

Lunch: steak fingers, mashed potatoes, white gravy, tossed salad, dinner rolls, fresh pears

#### Friday

Breakfast: scones, cantaloupe, juice, cereal, milk

Lunch: chicken fajita, lettuce, tomato, cheese, salsa, sour cream, seasoned rice, pineapple slices

• Juice and cereal assortments are offered every morning

• Milk is offered every morning and every noon

• Salad bar is offered at noon daily in the junior/senior high school

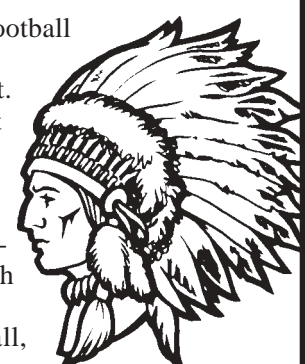
### Sports Schedule

Friday: high school volleyball and football open house, 7 p.m.

Tuesday: high school volleyball, St. Francis, Golden Plains and Hoxie at Golden Plains, 4 p.m.

Thursday, Sept. 2: high school C-team football, Goodland at St. Francis, 5:30 p.m.; junior high volleyball, at Oberlin, 4:30 p.m.; junior high football, at Oberlin, 5:30 p.m.

Friday, Sept. 3: high school football, St. Francis at Oberlin, 7 p.m.



## Football preview next week