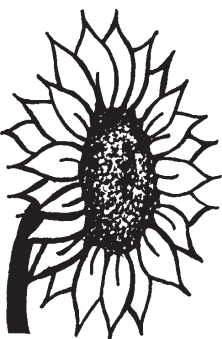


# The Saint Francis Herald

## At the Game



THE INDIANS have been on a busy practice schedule since Monday, Aug. 16. This Friday they will open the new campaign in Oberlin against the Red Devils in a Northwest Kansas League game.

Herald staff photo by Betty Jean Winston

# Indians are excited to begin new year

By Betty Jean Winston

"I'm excited to get started," St. Francis Community High School football coach Tim Lambert said. "We'll be able to see where we are and get a little feedback."

The team and coaches are not the only ones ready for the action to begin, the fans of St. Francis are anticipating the opening whistle also.

Coming off a 9-3 season which saw the 2003 team win the district title plus prevail over Plainville and Stanton County in post-season play, increases the interest in the new year. St. Francis also won the small school division title of the Northwest Kansas League.

Last year Clafin stopped the Indians on their way to the State game but this is a new season and every team starts with a 0-0 record.

Sainty plays two out-of-town games, in Oberlin on Sept. 3 and in Goodland on Sept. 10, before the home opener on Sept. 17. This will also be the Homecoming game and the opponent will be Quinter.

"The keys to the season will be to develop confidence, get some game experience, make sure to stay focused and to be at our best at the end of the season," Coach Lambert said.

And as always, they are question marks as to who will fill the vacancies left by the graduating seniors. Those players finishing their high school career in May were Kyle Buffington, Trevor Henderson, Trey Hilt, Grant Keller, Luke Keller, Nick Keller, Michael Raile,

Jonathan Roelfs, Troy Torrence, Tyler Voorhies, Dillan Zwegardt, Jon Zwegardt and Troy Zwegardt.

Returnees Derek Ross, Gabe Walz and Tanner Kinen received Northwest Kansas League honors last year. Ross was named a running back on the offensive team and a defensive linebacker on the defensive team, while Walz and Kinen were both named as defensive backs on the defensive team.

Defensively Ross had 47 unassisted and 73 assisted tackles to guide the team. He also had three fumble recoveries. Walz was a steady force on both the defensive line and Kinen had 33 unassisted and 34 assisted tackles.

Besides these players Andrew Feikert, Gabe Gienger, Seth Swihart, Dylan Loyd, Heath Owens, Gabe Smull, Jordan Gienger and Joel McAtee are returning letter winners. These 11 players will be looked to for leadership and will form the nucleus of the new team.

With the graduation of Tyler Voorhies the position of quarterback was up for grabs. Earning the spot was Dylan Loyd. Back-up quarterback will be Matt Brown.

"Dylan played some junior varsity and he has come a long way," Coach Lambert said. "Both Dylan and Matt have about the same amount of non-varsity experience."

"Dylan is a fair thrower and pretty accurate."

As in the past, the ground game

will be the bread-and-butter for the Indians. In 2003, the Indians gained 3,468-yards rushing on 664 attempts for an average of 289-yards per game while they gained 445-yards passing for an average of 37.1-yards per game. Sainty had 32 completions out of 82 attempts. Compare 664 rushing attempts to 82 passing attempts and you see how often Sainty uses the rush.

"I assume we will be using the ground game a lot," Coach Lambert said.

"Derek (Ross) is back and he will be joined in the backfield by Gabe Smull and Joel McAtee."

Ross had 1,435 yards on 224 attempts last year to lead the team in yards gained but graduating senior Kyle Buffington also carried a lot of the load with 222 attempts.

"Gabe and Joel do not have a lot of varsity experience but they have talent," Coach Lambert said.

Other returning players who stepped up last year and earned some rushing stats were Jordan Gienger, Tanner Kinen, Matt Brown and Dylan Loyd.

"Offensively on the line I have five seniors including the tight end," Coach Lambert said. "Some of the position are being filled with young players. They are inexperienced but talented."

Practice sessions began on Monday, Aug. 16, and the players arrived with a good attitude and reasonable physical readiness.

"I have seen them come in a little better physically but I have also seen a lot worse," Coach

Lambert said. "The summer weight program was used by a number of them."

"The attitude has been pleasant. They always start out with a good attitude. If there is a problem it develops later with loss of confidence following a defeat."

Coach Lambert is entering his 12th year as head coach of the Indians following one year as assistant coach. The remainder of the coaching staff remains the same and each coach is familiar with the system. Rounding out the coaching staff are Steve Jenkins, Scott Carmichael, Ted Busse and Chuck Peters.

The St. Francis schedule this year includes playing every member of the Northwest Kansas League which includes 2A, 3A and 4A schools.

St. Francis and Atwood have been placed in a new District this year. The last three games of the regular season are played with District teams and this year the Indians will meet Syracuse and Wichita County-Leoti.

"The Northwest Kansas League is so strong that any time we play District games out of our league, I feel it is to our advantage," Coach Lambert said.

The school calendar this year has football games beginning at 7 p.m. in many instances so note the change so you don't miss the opening kickoff.

### Roster

Seniors: Cody Barnhart, Andrew Feikert, Gabe Gienger, Tanner Kinen, Devin Rohweder, Derek

Ross, Seth Swihart, Josh Walters, Gabe Walz,

Juniors: Matt Brown, Tal Earl, JD Hawkins, Dylan Loyd, Heath Owens, Trevor Richard, Gabe Smull

Sophomores: Brady Frewen, Mac Frewen, Jordan Gienger, BJ Killingsworth, A.J. McAtee, Joel McAtee, Zach Mills, Adam Peter, Russell Rogers, Andy Waite, Levi Weeden, Brennon Wilger

Freshmen: Josh Carpenter, Ted Crabtree, Keaton Frewen, David Guthmiller, Chance Hobrock, Justin Sherlock, RL Walz

### Schedule

Sept. 3: at Oberlin  
Sept. 10: at Goodland  
Sept. 17: Quinter, here  
Sept. 24: Oakley, here  
Oct. 1: at Colby  
Oct. 8, Hoxie, here  
Oct. 15: at Syracuse  
Oct. 22: Leoti, here  
Oct. 28 (Thursday) Atwood, here

### Junior Varsity/C-team

Thursday, Sept. 2: C-team, Goodland, here, 5:30 p.m.  
Monday, Sept. 6: junior varsity, Oberlin, here, 6 p.m.  
Monday, Sept. 13: junior varsity, Goodland, here, 5:30 p.m.  
Monday, Sept. 20: junior varsity, Quinter, there, 4:30 p.m.  
Monday, Sept. 27: junior varsity, Oakley, there, 5:30 p.m.  
Monday, Oct. 4: junior varsity, Colby, here, 5:30 p.m.  
Monday, Oct. 11: junior varsity, Hoxie, there, 5 p.m.  
Monday, Oct. 18: junior varsity, Atwood, there, 5:30 p.m.

## It's time to start season

By Betty Jean Winston

The season opens today (Thursday) for the junior high volleyball and football teams. They are playing in Oberlin with volleyball beginning and 4:30 and football at 5:30.

The teams have been practicing since Aug. 16 and are looking forward to opening the new campaign. This is the seventh graders first opportunity to represent St. Francis Junior/Senior High School and many are beginning six years of sporting activity.

The volleyball teams (seventh and eighth grade) are under the leadership of Terri Orth and Tammi Sherlock. Jeff Beims is the head football coach and he is assisted by David Morrow.

Following are the rosters and schedules for this season's activities.

### Volleyball

Eighth grade: Kimberly Church, Courtney Douthit, Elizabeth Gienger, Sarah Guthmiller, Andrea Holzwarth, Cara Hunt, Taylor Kennedy, Lacey Kibel, Jami Pevler, Joni Pevler, Taryn Richard, Kimberly Voeller, Candice Wiese, Ashley Zwegardt.

Seventh grade: Brittany Henderson, Jeri Merchant, Emily Mullins, Dale Northrup, Amber Smull, Taylor Spike, Brittney Statley, Kaycee Williams, BreAnna Zwegardt.

### Volleyball

Thursday, Sept. 2: Oberlin, there, 4:30 p.m.  
Thursday, Sept. 9: Quinter, there, 4 p.m.

Thursday, Sept. 16: Oakley, here, 4:30 p.m.  
Thursday, Sept. 23: Atwood, here, 4:30 p.m.

Saturday, Oct. 25: Hoxie Tournament, 9 a.m.  
Thursday, Sept. 30, Hoxie, there, 4 p.m.

Monday, Oct. 11: Colby, here, 4:30 p.m.  
Thursday, Oct. 21: Northwest Kansas League Tournament, seventh at Oberlin, eighth at Hoxie, time to be announced

### Football

Eighth grade: Sidnee Crabtree, Trent Kinen, Jesse Pacheco, Jon Finley, Trevor Hilt, Brennan Van Allen, David Meyer, Tyler Larson, Chris Sundstrum, Ethan Zwegardt, Talon Jones, Shawn Warren, Chase Barnhart, Scott Ford, Tyler Miller, Lance Owens, Sam Sowers, Jeremy Meyer

Seventh grade: Alex Long, Matt Raile, Trent Raile, Darris Keller, Freddy Pacheco, Terrence Lamb, David Stephens, Ben Neitzel, Grady Brunk, Jeff Meyers, Drew Zwegardt, Marvin Miller

### Football

Thursday, Sept. 2: Oberlin, there, 5:30 p.m.  
Thursday, Sept. 9: Quinter, there, 4 p.m.

Thursday, Sept. 16: Oakley, here, 4:30 p.m.  
Thursday, Sept. 23: Atwood, here, 5:30 p.m.

Thursday, Sept. 30, Hoxie, there, 4:30 p.m.  
Thursday, Oct. 7: Holyoke, there, 5 p.m.

Monday, Oct. 11: Colby, here, 5:30 p.m.

## -Sports Schedule-

Thursday: C-team high school 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: varsity high school football, St. Francis at Oberlin, 7 p.m.  
Monday: junior varsity high school football, Oberlin at St. Francis, 6 p.m.

Tuesday: high school volleyball, St. Francis, Oberlin, Colby at St. Francis, 4:30 p.m.

Thursday, Sept. 9: junior high volleyball, St. Francis at Quinter, 4 p.m.; junior high football, St. Francis at Quinter, 4 p.m.

Friday, Sept. 10: varsity high school football, St. Francis at Goodland, 7 p.m.

## Cross country runner happy for opportunity

By Betty Jean Winston

A love of running and the possibility of earning a spot on a college cross country roster next fall gave Amy Grace the motivation she needed to investigate finding a high school team to participate with this fall.

"I thought about trying to run last fall but didn't. This year I decided I was going to do it," she said.

Grace was very appreciative of the St. Francis Board of Education for their approval and for Principal Scott "Hoagie" Carmichael for his part in working out the cooperative agreement needed to run for the Oberlin Lady Red Devils.

"My classmates in St. Francis have also been very supportive," said Grace. "They have said 'Go for it.'"

"Reported for practice in Oberlin on Monday, Aug. 16, and returned every day for two weeks. I am getting to know the team members and everyone has been great. They have made me feel welcome.

"The practices are not overly long

but we do our warm ups, stretching and workouts every day. Oberlin has six girls on the team at this time including a couple of returning letter winners and a good freshman but there is the possibility of additional runners joining the team."

Oberlin had a soap scrimmage and run on Thursday evening with the girls going one-and-a-half miles. The team is led by Coach Dick Ahlberg, who has been at the helm at Oberlin for over 25 years.

The first meet will be today (Thursday) in Norton where the ladies will be running two miles.

"Many times they race around a golf course," she said. The times from the first five Oberlin placers will make up the team score.

Grace, who has been very involved with athletics at St. Francis, will be playing basketball and running track for the Lady Indians during the winter and spring.

Last spring she made a trip to the 2A State Track Meet in Wichita as a part of the St. Francis 4x800-meter relay team. St. Francis earned



AMY GRACE, in the middle, between two Oberlin team mates, participates in the soap scrimmage and run held on Thursday evening.

a third place. She was also an alternate on the 4x400-meter relay.

"Besides the relay teams, I occasionally ran the 800-meter at meets during the season," she said.

The Saint Francis Herald will be carrying the results of Grace's

meets throughout the fall.

The team schedule follows:  
Thursday, Aug. 26: Soap Run  
Thursday, Sept. 2: Norton  
Thursday, Sept. 9: Quinter  
Thursday, Sept. 16: McCook  
Thursday, Sept. 23: Hill City

Tuesday, Sept. 28: Oberlin  
Thursday, Oct. 7: Phillipsburg  
Saturday, Oct. 16: Northwest Kansas League at Quinter  
Saturday, Oct. 23: Regional, to be announced  
Saturday, Oct. 30: State at Wamego