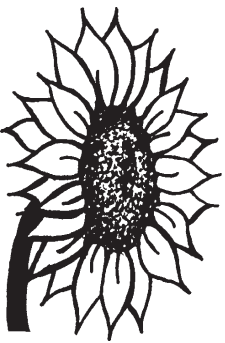


The Saint Francis Herald

At the Game



Basketball season starts tonight

By Betty Jean Winston

St. Francis fans are now moving into the winter sports season as the weather is turning cold and the hours of sunlight are reduced.

The basketball season opens at Benkelman tonight (Thursday) when the Indians and Lady Indians invade Dundy County Tiger territory. The schedule has the junior varsity playing at 5 p.m., the Lady Indians at 6:30 p.m. and the Indians at 8 p.m.

This year the fans will have to wait until Tuesday, Dec. 12, before action takes place in St. Francis. Cheyenne Wells will be the opponent. Varsity games are played at the high school beginning at 6:30 p.m. with the Ladies playing first. Junior varsity games are played at the elementary school with the men playing first.

The pre-holiday season will be busy as the teams are involved in eight contests, one more than usual. Four of these outings will take place at home. After Cheyenne Wells will be Decatur County, Rawlins County and Colby, all Northwest Kansas League teams. Decatur County will be here on Friday, Dec. 15, Rawlins County on Monday, Dec. 18 (this is a rescheduled contest), and Colby on Thursday, Dec. 21.

The week of Dec. 4, the varsity teams are on the road involved in the Sagebrush Classic at Brewster. The initial contests are played on Tuesday with the semi finals on Friday and the finals on Saturday.

Supporting Indians teams in all of their endeavors has always been important in St. Francis.

Lady Indians

The Lady Indians have been working hard since the opening day of practice. With so many contests on the December schedule it is important that the team spends quality time on the court prior to the first contest. Practice time is limited once action begins.

The four returning senior letter winners, Danielle Flemming, Megan Rice, Lauren Ross and Alecia Zimbelman, will be counted on as leaders. These four are the only ones with much varsity experience.

"During the first practices, the returning letter winners have been good leaders, and have worked very hard," Coach Ted Busse said.

Besides the seniors, the squad is composed of two juniors, Holly Keller and Kattie Ford, who will add some height.

The underclassmen are sophomores Andrea Holzwarth, Sidnee Crabtree, Elizabeth Gienger, Jami Pevler and Joni Pevler. Two freshman, Kaycee Williams and Dale Northrup, complete the squad.

These ladies will be working hard to earn floor time on the varsity.

"Toward the end of the season last year, the junior varsity really improved and had some hard-earned wins," Coach Busse said.

"We will be needing some of these players for the varsity. The race for positions is wide open."

Coach Busse and assistant coach Larry Flemming will be leading the teams again this year.

"I look forward to working with Coach Flemming again. He does a good job."

"I feel that the attitude is very good at practice. The girls that made up the team are ones that want to be here. We just have to continue to work hard and have good work ethics."

"Goals for the season include eliminating turnovers, playing pressure defense, making 75 percent of our free throws, rebounding our opponents and wanting to compete."

"I am looking forward to the season. The girls are working hard. We'll see what happens."

Indians

The 2005/06 squad finished the season with a 12-8 record. They scored 57.6 points per game and had 28.9 rebounds.

Many members of the basketball team were part of the excellent post-season run by the football squad which ended on Nov. 17. Some catching up may have to take place for the basketball players due to the late start.

An experienced squad reported for practice. Returning will be nine letter winners, six of them seniors and many of them starters last year.

Mac Frewen, Nathan Ketzner, AJ McAtee, Joel McAtee, Adam Peter and Levi Weeden, all seniors, are returning letter winners as are juniors Ted Crabtree and Keaton Frewen and sophomore Trent Kinen.

"They are great guys and they like each other," Coach Ward Cassidy said. "They know the system. We do have a couple of injuries as the season begins."



GIRLS BASKETBALL PRACTICE started two weeks ago. Waiting for a rebound are (l to r) Sidney Crabtree, Joni Pevler and Holly Keller.

"We are working on having a better shooting percentage this year. The guys play hard and we want to do that without running into foul trouble. It was our nemesis in a lot of games last year."

"We can run and we are aggressive. We made a lot of our scores off of our defense and on transition."

"We are going to try as hard as we can. On any given night we will compete well enough to win."

Coach Cassidy lets the player set the goals for the year. Last year they accomplished or came close to accomplishing some of the goals they set.

"The preseason has us picked fifth in the league. Everybody has a good bas-

ketball team. Hoxie will be very good, along with good teams at Oakley, Colby and Goodland.

"We play good 'D'... we just need the points to fall in."

"It just a great bunch of kids and hopefully some younger players will step up and help."

"We are going to try as hard as we can. We learn by playing."

Coach Cassidy is being assisted again this year by Brett Petersen, a former St. Francis Indian.

"He is good with the kids," Coach Cassidy said.

Remember the first home contest is Tuesday, Dec. 12.



B.J. KILLINGSWORTH waits for the ball during practice. The boy's team is going into play with Dundy County tonight with only a few days practice.

Wrestlers gear up for Sainty tourney held this weekend

By Betty Jean Winston

The wrestling season will open with the Indians having several returning letter winners to lead the way.

As happens every year, the St. Francis Invitational will be the beginning of a new season, extending a long-running wrestling tradition in St. Francis. Check Page 1 for additional tournament information.

Returning letter winners include seniors, Brennon Wilger, Jordan Gienger and Russell Rogers; juniors, David Meyer, David Guthmiller, Josh Carpenter, Gavin Smull and Justin Sherlock and sophomores, Jeremy Meyer, Jesse Pacheco, Scott Ford, Trevor Hilt, Tyler Miller, Shawn Warren and Sam Sowers.

Leading the way will be Wilger, Gienger, Smull, Sherlock and Rogers, who qualified for the State Tournament last year. Wilger finished second and Gienger, third.

Mike Frewen, new head wrestling coach, will be taking over the helm. Coach Frewen represented St. Francis Community High School well in the past as he won State titles both his junior and senior year in high school. The first year at 98 pounds and the second year at 105 pounds.

Coach Frewen is an experienced coach as he led the Osborne High School squad for 23 years, the Osborne junior high squad for 22 years and worked in the Kids Wrestling program for 18 years. During that time Osborne had its first individual State Champion.

"Sainty has a wrestling tradition," Coach Frewen said. "Wrestling fans recognize the name St. Francis. The town had a long wrestling history and Coach Larry Gabel

moved it up another notch in the years he was here.

"The St. Francis boys were known as good sportsmen, well disciplined and good competitors. This was instilled by Coach Gabel and I want this to continue."

Coach Steve Jenkins and Coach Daryl Loyd will be returning assistant coaches.

"These coaches will form a bridge for the program as I get to know the kids and they get to know me," Coach Frewen said.

Due to four exciting post-season football games, the beginning practice sessions were delayed.

"The wrestlers know the basic skills and they will be ready to compete. December is very busy but we will be using the Christmas break to catch up on some stuff."

Wrestling fans need to mark some changes on their school calendar. The weekend of Friday, Dec. 8, and Saturday, Dec. 9, St. Francis will attend the Colby Invitational instead of Friday night duals in Brush and the Brush Invitational on Saturday. The Colby Tournament went to dual format in 1999, and wrestlers advance as teams instead of individuals. In 2005, 18 teams were entered in the event. More information will be available early in December.

So the December schedule looks like this: Saturday, Dec. 2: St. Francis Invitational; Thursday, Dec. 7: Colby dual in St. Francis; Friday, Dec. 8 and Saturday, Dec. 9: Colby Invitational; Friday, Dec. 15: Decatur Community dual in Oberlin and Saturday, Dec. 16: Wray Invitational. This sounds like a busy month for both wrestlers and fan.



NEW HEAD WRESTLING COACH Mike Frewen demonstrates a takedown move on Josh Carpenter.

Herald staff photo by Karen Krien

Coach Frewen also provided some information on changes taking place in Kansas high school wrestling this year.

The first change involves overtime matches. The new rule states that matches which are tied at the end of regulation time will first have a one-minute sudden victory period, but if needed, two 30-second tiebreakers have been added. Which ever wrestler has scored the most points in the two 30-second tiebreakers will be declared the winner. If the score is still tied an ultimate tiebreaker will take place and the wrestler who scores the first points during the ultimate tiebreaker will be declared the winner. If no scoring

occurs, the offensive wrestler will be declared the winner and one match point shall be awarded to the offensive wrestler's score.

The second change involves a "hydration assessment." A wrestler must pass a hydration test before they can practice and pass a hydration test when they certify and then must make the certified weight. They cannot establish their Alpha weight until such time as they present a urine sample which indicates they are at or below a hydration level of 1.025.

The deadline for a wrestler to establish their minimum certified wrestling weight will be Friday, Jan. 12. If they do not pass the test

they are out for the remainder of the season.

"There are some very strong teams in 3-2-1A," Coach Frewen said. "Norton will be the team to beat. Scott City has moved down to 3A. These teams could be extremely strong."

"One thing that is hurting small town wrestling is that, as the population goes down, so does the talent pool."

"The field is wide open. We have the kids to compete and hopefully we will have some young kids step up."

"My goal is to have each wrestler be the very best they can be. That could be a State Champion, a State placer - just so they do their best."

Indians meet Hoxie



Hoxie's boys basketball teams visited St. Francis on Monday, Nov. 20, to compete with the Indians.

The final score of the eighth grade game was Hoxie 38, St. Francis 20. Hoxie defeated the seventh grade 37-19.

Eighth grade

Hoxie 38, St. Francis 20

"The guys continue to direct their energy toward positive results," Coach Larry Flemming said.

Six players helped to collect points for Sainty. Brendan Finley led the action with 6 points.

Sainty made 2 free throws out of a total of 15. They had 26 rebounds with Garrett Figgins and Brett Lampe with 5 rebounds each. Cody Killingsworth lead with steals having 6 and Brendan Finley having 5.

SF	04	08	14	20
H	12	22	34	38

Scoring: Finley 6, Hobrock 4, Killingsworth 4, Figgins 3, Guthmiller 2, Reed 1.

Seventh grade

Hoxie 37, St. Francis 19

"Hoxie has a pretty good team with good size," Coach Kent Kechter said. "Their size gave us lots of problems, but the kids tried hard throughout the game."

We did not execute real well offensively and thus did not get as many good looks at the basket as we would have liked."

SF	06	02	04	07	19
H	13	11	08	05	37

Five players scored for St. Francis with Isaac Schiltz having six points, Jonathan Butler and Sam Reed, four points each, Ty Zwegyardt, three points, and Martin Hnizdil, two points.