

In the swing of things



PATTY DECKER/Colby Free Press

Erin Schafer, Colby High School senior, worked on her swing this morning during girl's golf practice. Ray Higley, head coach, said he has 13 girls out for golf this year and practices began Monday. The first meet will be in WaKeeney, Thursday, Aug. 30, beginning at 3 p.m.

Davis is silent

GREELEY, Colo. (AP) — After Terrell Davis gingerly made it through practice Monday, it was difficult to gauge how the former MVP running back felt. He wasn't saying. Davis, still bothered by a tight hamstring and a sore knee, was a limited participant as the Denver Broncos resumed workouts. Davis took part in position drills but watched as Olandis Gary, Mike Anderson and KaRon Coleman rotated in the backfield.

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We would like to thank George Weins, Winona Feed & Grain and Collingwood Grain of Brewster for purchasing our 4-H steers at the Thomas County Free Fair. Andrew Starns Miranda Starns Baylee Westover

Program here updates parents on activities

By PATTY DECKER

Free Press Editor

Colby Public Schools held the first of two meetings on Monday night designed to give parents and players general information on fall activities. The first meeting had specific guidelines directed to middle school students and the next meeting, on Thursday, will address high school students and parents. The agenda for both meetings includes eligibility requirements, sportsmanship, the risks associated with sports, new programs, other guidelines and viewing a 15-minute video produced by the National Federation of High Schools. "This is the first year we have held meetings like these," said Jeff Quenzer, Colby High School activities director/assistant principal, "and we (the administration) think it's important for moms and dads to get involved with their children's athletics/activities as well as their scholastic studies." In the hour-long presentation, Quenzer said that studies have shown

when students are active participants in competitive events, they do better academically. He talked about eligibility requirements for middle school, noting that grades are reviewed on a week-by-week basis and any student failing in one class would be ineligible to participate during that week. Another reason for ineligibility would be missed assignments or not turning in homework. Travel was another issue he addressed. "We want our middle school students to use the activity bus to and from events," he said. The administration, he said, understands that circumstances could arise when a student cannot ride the bus back. However, in those situations, parents should write a note to the specific coach or advisor, Robb Ross, middle school principal, or Quenzer. In most cases, though, parents should encourage their student to ride the activity bus and promote the "team" concept, he said. Injuries were another issue discussed. "Whenever a student is in-

jured, they need to communicate this to the coach and parents immediately," he said. Something new this year, he said, is the addition of an athletic trainer contracted through Sandhill Orthopedics, Garden City. "A trainer will come to the high school once a week on Mondays from 1 to 3 p.m.," he said. In explaining how this new program would work, Quenzer gave an example of an athlete who is injured late in the week and after the weekend still is hurting. In that scenario, the trainer could be an option. In this example, he said the administration would encourage students and their parents to call the high school and make an appointment to see the trainer on Monday. Although, he was quick to point out that the trainer is not a physician. "What the trainer can do is evaluate and recommend exercises or suggest that a doctor might be the appropriate choice depending on the injury. There will also be a free clinic at the Sandhill facility in Garden City, open on Saturdays from 9 a.m. until the last person is seen. Again, he said, these are all free services and available for Colby middle school and high school students participating in activities. Regarding insurance, Quenzer said the school district only carries catastrophic coverage and not regular

health insurance. He suggested to the parents, that if they do not carry insurance, they might want to look into local companies that might offer short-term policies during a particular time span or through the school year. For middle school students in activities, Quenzer also reminded parents that when dropping off or picking their child up after a home game or practice to wait at the south side of the middle school gymnasium. The reason for this location is so that the coach or advisor can keep track of players until parents arrive. One parent at the Monday meeting said she was concerned about the traffic congestion in that small area on the south side and wondered if the administration might consider another option. Her suggestion was having students wait in front of the middle school rather than the present location. Quenzer said that for those parents and middle school players who were unable to attend the Monday meeting, they are invited to the Thursday meeting beginning at 7 p.m. in the high school auditorium. "The information at that meeting," he said, "will be geared more toward high school students, although, the general information will still be beneficial."

Local Sports Brief

An informational meeting for students interested in Colby Middle School volleyball has been scheduled for 4 p.m., Monday, Aug. 20, in the elementary gymnasium, said Liz Strand, coach. An optional practice is planned at 4 p.m., Tuesday, Aug. 21. The official practice begins the first day of school, Wednesday, Aug. 22, following classes.

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