



# Eagle baseball season ends with presentation of awards

**By JOHN GATZ**  
*Free Press Contributor*

After a disappointing loss to Larned in Class 4A Regional baseball play, the Colby Eagles closed the curtain on the 2004 season with an awards ceremony and potluck dinner. Overall, the Eagle varsity was 18-4 on the season, taking the last loss at the regional tourney.

Colby enjoyed a first round bye and played Scott City in their first game of regional action. The Eagles came out on top, 9-5. Matt Augustine picked up the win, going six innings and facing 29 batters. Josh Houtz closed the game.

The second game came late on a 100-plus day, and the Eagles faced a fine Larned team. After seven innings, Larned claimed the victory, 9-6. On any other day of the season, Colby might have won. Coach Kevin Cox noted that it was a disappointing loss, but all in all the

Eagles had an excellent season. Cox passed onto the players and their families a compliment from another high school coach: Colby has three C's going for it — a class team, a class program, and class fans.

At the awards potluck, Coach Dustin Rorabaugh passed out certificates of participation and awards to the junior varsity players. He noted Brian Saddler was the Most Improved Batter, and Zach Thompson was the Most Improved Player. Heath Bieker was the Most Valuable Player on jayvee. The Most Improved Pitcher, from top to bottom including varsity, was Tyson Plumisto. Other players receiving certificates of participation were Jesse Hawk, Joe Heier, Corey Reed, Trenton Powell, Henry Lamm, Bobby Weiss and Kyle Withington.

Coach Cox presented varsity letters and awards to managers Clarissa Unger and Regina Heier,

and to players Mitch Gatz, Augustine, Brett Wilson, Travis Powell, Jordan Cranston, Bruce Arnberger, Chris Gordon, Houtz, Brian Sulzman and Jeremy Dietz.

Cox Presented the Gatorade Will to Win award to Sulzman for helping younger kids, demonstrating responsibility and volunteerism, and an overall desire to get the job done. Other awards were Rookie of the Year to Wilson; Most Valuable Player to Augustine; Most Inspirational Player to Houtz; Most Improved Defensive Player to Powell; Most Improved Offensive Player to Cranston; Pitcher of the Year to Houtz; Defensive Player of the Year

to Sulzman; and Offensive Player of the Year to Gordon.

Cox noted that Gordon had been selected to play with the Red Team, the top team in all Kansas classes, from 6A to 1A, at the All-Star Game at the University of Kansas this summer. Gordon was also selected to the 4A All-State First Team at third base.

In closing, Coach Cox said that the team was easy to coach and the players had a passion for the game. He complimented his coaching staff for being dedicated and having a thorough understanding of the game. Coach Williams thanked the seniors for their leadership and

noted that Colby Eagle baseball is headed in a good direction..

**Regional Action:**  
**First game vs. Scott City Colby 9, Scott City 5**  
**AB-Hits-SO-BB-HP-Runs-RBI-SB**

Travis Powell — 3-0-1-0-0-0-0-0; Brian Sulzman — 4-1-0-0-0-2-0-1; Chris Gordon — 4-1-1-0-1-2-0; Josh Houtz — 4-1-0-0-0-2-0-0; Matt Augustine — 3-1-2-0-1-1-0-1; Bruce Arnberger — 0-0-0-3-1-2-0-0; Jordan Cranston — 3-2-0-1-0-1-0-0; Jeremy Dietz — 3-0-1-0-0-0-0-0; Mitchell Gatz — 3-1-1-0-0-0-0-0. Pitching — Augustine, IP6,

AB29, R5, H6, SO8, BB5, ER3, LOB7; Houtz, IP1, AB5, R0, H1, SO0, BB1, ER0, LOB2.

**Second game vs. Larned Colby 6, Larned 9**

Powell — 4-0-1-0-0-0-0-0; Sulzman — 4-1-2-0-0-1-0-0; Gordon — 4-1-2-0-0-0-0-0; Houtz — 3-0-0-0-1-2-0-0; Augustine — 3-2-0-0-1-3-0-1; Arnberger — 4-2-1-0-0-0-0-0; Cranston — 2-1-1-2-0-0-0-0; Dietz — 4-1-2-0-0-0-0-0; Gatz (DH) — 2-0-1-0-0-0-0-0. Pitching — Houtz, IP6 1/3, AB33, R9, H10, SO0, BB5, ER7, HP2, WP1; Sulzman, IP2/3, AB4, R0, H0, SO0, BB0, ER0.

## SportsLine

### MAYB updates

June 4 is the registration deadline for 4th-12th boys and girls basketball tournaments on June 25-27 at Olathe. Five games guaranteed.

June 11 is the registration deadline for tournaments for 4th-12th boys and girls at Emporia, Coffeyville and Kingman on July 2-4. Five games guaranteed.

June 18 is the registration deadline for tournaments for 4th-12th boys and girls at **Colby** and Sabetha on July 9-11. Five games guaranteed.

June 25 is the registration deadline for tournaments for 4th-12th boys and girls at Scott City and Baxter Springs on July 16-18. Five games guaranteed.

July 2 is the registration deadline for tournaments for 4th-12th boys and girls at Dodge City, Hillsboro and Gardner on July 23-25. Five games guaranteed.

Call (316) 284-0354 or email mayb@mayb.com for additional information. **Colby's** information can also be obtained by calling (785) 462-3736.

### Eagle track results needed

We have the Colby Eagle baseball and softball season-ending games in today's *Free Press*, along with awards given at the recent baseball potluck, and will need the Eagle track results from the state met at Wichita over the weekend to complete the spring sports season. Thanks, Jeff Quenzer, activities director and all coaches, for your cooperation throughout the school year. .

*SportsLine contact is colbysports@nwkansas.com to get your item placed in this column. Deadline is 10 am.*

# Colby softball team loses 1-0 in state opener

The Colby varsity Eagle softball team ended it season with a 1-0 loss to Lansing at the class 4A State at Salina last weekend.

Sarah Redmond pitched a complete game, allowing one run, two hits, struckout five, and walked one.

Offensively, Whitney Adams had two singles, Crystal Herschberger two singles and Cierra Rous one single.

Coach Jack Elliott offered these comments:

"Sarah's pitching was superb.

Our defense was solid for the most part. Offensively, we struggled to get a key hit when we needed it. Our team really came together the last month of the season. It was enjoyable to watch this group attain most of the goals they set for themselves.

Lansing beat Clay Center for third place. And Spring Hill beat Girard for first."

Elliott added a "special thanks to family, friends and all other supporters from the Lady Eagle softball team, and their coaches."

# Bigger, Faster, Stronger' seminar, clinic set

Colby High School will be hosting a "Be An '11' Success Seminar" and a "Bigger, Faster, Stronger, Strength Training Clinic" on Friday and Saturday, said Jeff Quenzer, Colby High activities director.

He said the seminar and clinic will be or coaches, parents and all 2004-05 Colby School District students who will be entering grades seven through 12 and who are planning to participate in athletics and/or enroll in a strength training class.

The "Be An '11' Success Seminar" is designed to help develop positive attitudes and motivate each student athlete to become an "Eleven" in every way — establish noble goals and a massive work ethic to achieve those goals, according to Quenzer's press release. This seminar will be held in the Colby High School auditorium from 5:30-8:30 p.m. on Friday. Registration for this seminar will take place at the door prior to the seminar. The fee is \$15 per student and will include the valuable information that will be

presented during the seminar as well as a *Student/Athlete Guidebook for Success*. This book will be a great tool to use during the seminar and during the summer months as well as during the school year, Quenzer's information says.

Student athletes are asked to bring a pen or pencil along to the seminar. Quenzer said the seminar is not only for students, but parents are also encouraged to attend. There is no fee for parents to attend. They will also have the opportunity to purchase the Guidebook for \$3.

On Saturday, the "Bigger, Faster, Stronger Strength Training Clinic" will be held in the high school gym. The coaches' clinic starts at 8 a.m. and then at 10 a.m. the clinic for students/athletes, parents and coaches will be held.

There will be no fee for this clinic. This clinic will provide state-of-the-art instruction and inspire the student/athletes to achieve athletic greatness, while at the same time unifying the Colby School District

athletic programs, according to Quenzer.

He said less than two percent of all high schools have a unified program. "That is why this clinic can give our school district's athletes a distinct edge—the winner's edge," Quenzer said. He said schools that have used the bigger, faster, stronger clinic unified program average more than 20 percent more victories in all sports, cut their injury rate in half, and win many state championships in a variety of sports. He said more than 200 high school, for example, have been state champions in football after having a bigger,

faster, stronger clinic.

The total program will be demonstrated in detail to the coaches and students. Quenzer said the right balance of emphasis will be given to athletic weight training, flexibility, agility, speed and plyometric training.

The clinic will also have specialized weight equipment for the women and beginning athletes to learn the same strength-training skills as the more advanced athletes.

Anyone with questions about the seminars on Friday's and Saturday's schedule can contact the high school at 460-5300.

Sports news, notes to:  
(785) 462-7749 (fax),  
colbysports@nwkansas.com

## Check each issue of the Free Press for additional TV Listings

# TV LISTINGS

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WEEKDAYS												JUNE 1 - JUNE 7														
	6 AM		6:30		7 AM		7:30		8 AM		8:30		9 AM		9:30		10 AM		10:30		11 AM		11:30			
KLBY/ABC 4 6	News				Good Morning America								Mak-e-over		Mak-e-over		The View				Holly-wood		News			
KSNK/NBC 9 3	News Cont'd				Today				Varied Programs								Live With Regis and Kelly				Martha Stewart Living					
KBSL/CBS 12 11	News								The Early Show				The 700 Club				The Price Is Right				The Young and the Restless					
K15CG 5 3	World News		Yoga		Body Electric		Caillou		Boohbah		Barney-Friends		Dragon Tales		Lions		Sesame Street				Clifford-Red		Teletub-bies			
WGN 13	Chang-ing		Believer Voice		Celebrity Justice		Hillbil-lies		Hillbil-lies		Happy Days		Matlock				In the Heat of the Night				Rockford Files					
NICK 29	Oddpar-ents		Rocket Power		Rugrats		Spon-geBob		Max & Ruby		Varied		Dora the Explorer		Blue's Clues		Dora the Explorer		Blue's Clues		Nick-toons TV		Nick-toons TV			
FAM 30	Digimon-Digital		Bey-blade		Power Rangers		Digimon-Digital		Growing Pains		Living the Life		The 700 Club				7th Heaven				Full House		Growing Pains			
USA 31	JAG				Nash Bridges				Movie								Movie									
TBS 37	Saved by Bell		Saved by Bell		Movie								Dawson's Creek				Dawson's Creek				Saved by Bell		Saved by Bell			
TNT 38	The Lost World				The Pretender				Charmed				ER				ER				Judging Amy					
DSC 42	Paid Program		Paid Program		Paid Program		Paid Program		Assignment Discovery				Double Agents				Designer Guys		Designer Guys		Rally Round the House					
A&E 47	Varied Programs				Movie				Murder, She Wrote				Murder, She Wrote				City Confidential									
ESPN 49	SportsCenter				SportsCenter				Sports-Center		Varied		SportsCenter				SportsCenter				Varied Programs					
HBO 7	Movie								Movie		Varied Programs						Movie		Varied Programs				Movie		Varied	
DISN 17	JoJo's Circus		Stanley		The Wiggles		JoJo's Circus		The Wiggles		Stanley		Rolie Polie		Rolie Polie		Out of the Box		PB&J Otter		Koala Brothers		The Wiggles			
MAX 21	Movie Cont'd		Varied Programs						Movie				Varied Programs				Varied Programs									

WEEKDAYS												JUNE 1 - JUNE 7											
	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30											
KLBY/ABC 6	All My Children		One Life to Live		General Hospital		Dr. Phil		Judge Judy	Judge Judy	News	ABC Wld News											
KSNK/NBC 9	News	Family Feud	Days of Our Lives		Passions		Inside Edition	Family Feud	Millionaire	Jeopardy!	News	NBC News											
KBSL/CBS 12 (1)	News	Bold, Beautiful	As the World Turns		Guiding Light		The People's Court		Oprah Winfrey		News	CBS News											
K15CG 3	Reading Rainbow	Mister Rogers	Varied Programs			George Shrinks	Beren. Bears	Liberty's Kids	Cyberchase	Arthur	Zoom	Business											
WGN 13	News		In the Heat of the Night		Street Smarts	Street Smarts	Cosby Show	Cosby Show	Fresh Prince	Fresh Prince	Home Improve.	Will & Grace											
NICK 29	Nicktoons TV	Nicktoons TV	Rugrats	Rugrats	Varied Programs		Oddparents	Jimmy Neutron	SpongeBob	Amanda	U-Pick	Varied											
FAM 30	Family Matters	Family Matters	Step by Step	Step by Step	So Little Time	Full House	7th Heaven		Switched!	Knock First	Full House	Full House											
USA 31	JAG		Walker, Texas Ranger		Movie				Walker, Texas Ranger		Walker, Texas Ranger												
TBS 37	Cosby	Cosby Show	Cosby Show	Fresh Prince	Fresh Prince	Steve Harvey	Steve Harvey	Drew Carey	Drew Carey	Home Improve.	Home Improve.	Seinfeld											
TNT 38	Law & Order		NYPD Blue		NYPD Blue		Judging Amy		Angel		Charmed												
DSC 42	Surprise by Design		Surprise by Design		Rally Round the House		Double Agents		Varied Programs		Varied Programs												
A&E 47	American Justice		Movie		Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		City Confidential												
ESPN 49	Tennis Cont'd		Varied Programs		Varied Programs		Varied Programs		Varied Programs		Varied Programs												
HBO 7	Movie Cont'd		Varied Programs			Movie		Varied Programs		Varied Programs		Varied Programs											
DISN 17	JoJo's Circus	Stanley	Winnie-Pooh	House of Mouse	House of Mouse	Recess	Lilo & Stitch	Recess	Kim Possible	Proud Family	Even Stevens	Sister, Sister											
MAX 21	Movie Cont'd	Varied Programs			Movie		Movie		Movie		Movie												

THURSDAY												JUNE 3	
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
KLBY/ABC (4) (6)	(5:59) News	Ent. Tonight	NHL Hockey: Stanley Cup Final Game 5 -- Calgary Flames at Tampa Bay Lightning. St. Pete Times Forum. (Live) (CC)				News (CC)	Nightline (CC)	Jimmy Kimmel Live! (CC)				
KSNK/NBC (8) (9)	News	Wheel of Fortune	Frien-ds (CC)	Com-to Papa (N)	Will & Grace	Scrubs (CC)	ER Death and Taxes (CC)	News	The Tonight Show (CC)		Late Night		
KBSL/CBS (12) (11)	News (CC)	Frien-ds (CC)	Joan of Arcadia Recreation (CC)		CSI: Crime Scene Investigation (CC)		Without a Trace: Life Rules (CC)		News (CC)	Late Show (CC)		Late Late	
K15CG (3)	The NewsHour With Jim Lehrer	Sun-flower	Kansas Spotlight	The New This Old House (CC)			Frontline: Tax Me If You Can (CC)		World News	Keeping Up	Charlie Rose (N) (CC)		
WGN (13)	Will & Grace	Home Improve.	Movie: American Flyers ***½ (1985, Drama) Kevin Costner, David Grant.				WGN News at Nine (CC)		Becker (CC)	Becker (CC)	Elimi-date: The 5th Wheel		
NICK (29)	Jimmy Neutron	Spon-geBob	Oddpar-ents	Sabrina-Witch	Full House	Full House	Cosby Show	Cosby Show	Rose-anne	Rose-anne	Cosby Show	Cosby Show	
FAM (30)	7th Heaven Here We Go Again (CC)	Movie: Addams Family Values ***½ (1993, Comedy) Anjelica Huston.				Whose Line? (CC)		Whose Line? (CC)	The 700 Club (CC)		America's Funniest Home Videos (CC)		
USA (31)	Law & Order: Special Victims	Movie: Happy Gilmore ** (1996, Comedy) Adam Sandler. (CC) (DVS)				Movie: Billy Madison ***½ (1995, Comedy) Adam Sandler, Darren McGavin. (CC)		Law & Order: Special Victims					
TBS (37)	Frien-ds (CC)	MLB Baseball: Philadelphia Phillies at Atlanta Braves. (Live) (CC)	Turner				Movie: Pleasantville ***½ (1998) A suburban teen outcast finds solace in a 1950s TV sitcom. (CC)						
TNT (38)	Law & Order: DWB (CC) (DVS)	Law & Order: Formerly Famous	Law & Order: Ambitious		Movie: Now and Then *** (1995, Comedy-Drama) Christina Ricci, Thora Birch. (CC)		Movie: Saturday Night Fever (1977)						
DSC (42)	New Detectives: Forensic Science	Unmasked Treacher Collins Syndrome	David and Goliath (CC)		Thomas L. Friedman		Unmasked Treacher Collins Syndrome		David and Goliath (CC)				
A&E (47)	American Justice	Cold Case: Files The Killer's Tattoo; Secret Twin A Killer has a unique tattoo. (CC)				Third Watch Snow Blind (CC)		Cold Case: Files (CC)					
ESPN (49)	Sports-Center	NBA	NBA Basketball: Eastern Conference Final Game 7 -- Detroit Pistons at Indiana Pacers. (Live) (CC)				SportsCenter (Live) (CC)		Outside-Lines		Baseball Tonight		
HBO (7)	Movie: The Laramie Project *** (2002) Lizzy Baker. (CC)		Harry Potter		Movie: Femme Fatale (2002) A sexy jewel thief double-crosses her violent partners.				Best of Real Sex: How to Be		Movie: Deliver Us From Eva (2003)		
DISN (17)	Sister, Sister	Dylan McGuire	Movie: Dinosaur *** (2000, Adventure) Voices of D.B. Sweeney. (CC)		Sister, Sister	Boy Mts. World	Kim Possible	Proud Family	Even Stevens		Sister, Sister		
MAX (21)	(5:30) Movie: The Transporter (2002)		Movie: What a Girl Wants ***½ (2003, Comedy) Amanda Bynes. (Premiere) (CC)				Movie: Anaconda * (1997, Horror) Jennifer Lopez. (CC)		Best Sex Ever		Movie: The Silence of the Lambs (CC)		