

With 'fall' in mind



TISHA COX/Colby Free Press

Colby High School head football coach Greg Koenig spotted a student during a weightlifting session Wednesday at the high school gym. Students are taking advantage of the high school weight room this summer to train for fall sports. Details, including hours, can be found in today's SportsLine.

College's quarterback dies in wreck

COFFEYVILLE — Coffeyville Community College sophomore quarterback Ronnie Hendricks died in an automobile accident Tuesday in Hampton, Va.

Hendricks, who had returned home for the summer, was a passenger with three other individuals from his hometown area when the accident occurred. The one-car accident claimed the lives of all four individuals.

"Ronnie's best attribute was he was so positive, so eager to learn," Red Ravens football coach Jeff Leiker said. "He waited for his opportunity to play and took advantage of it. He was a quiet leader, but the other kids had so much respect for him. He was over here all the time finding out what he needed to work on this summer to get ready for the fall."

Hendricks transferred to

Coffeyville last summer from Hampton University and was scout team quarterback last fall.

"He gave our defense some great looks when he was on the scout team," Leiker said. "I finally had the chance to work with him this spring and he did a great job."

Hendricks competed with Atchison quarterback Shea Sowers this past spring and earned the starting quarterback job.

Hendricks led Phoebus High School in Hampton to the state championship his senior year with a 14-0 record.

Leiker said Hendricks, who needed just 15 hours to graduate from Coffeyville Community College this fall, had Kent State and the University of Massachusetts already willing to recruit him this summer.

Hendricks was working out with

his high school coach earlier Tuesday getting ready for the upcoming fall season.

"We're going to miss his great leadership ability and we're currently coping with the loss," Leiker said of the Raven football players and coaching staff.

"Marlon (Mahorn) was one of his best friends and he helped line up a small service for him here Wednesday night. The kids who stayed here for the summer have spent most of the day on the phone getting in touch with the other players letting them know what happened."

Leiker said he hasn't yet received word on funeral services, although he believed they would probably be held Monday or Tuesday.

Fans who would like to send the family a card may address them to the Hendricks family at 179 Pine Chapel Road, Hampton, Va. 23666.

Red Sox sock Rockies at Coors Field 11-0

DENVER (AP) — Shortly before his first start at Coors Field, Derek Lowe told catcher Jason Varitek he didn't want to throw any curveballs.

Lowe missed his goal by one, but he sure had the right idea.

Sticking mostly with his fastball and sinker at the hitter-friendly park, Lowe pitched four-hit ball for seven innings in the 25th shutout in Coors Field history Thursday to help the Boston Red Sox avoid a sweep with an 11-0 victory over the Colorado Rockies.

Lowe threw just one curveball — to Todd Helton — and three other breaking balls, choosing to negate the affects of the Mile High air at

Coors by changing speeds instead of with movement.

"The air doesn't really affect the change of speed, so if you can throw a sinker and a changeup you'll have a lot more success than the breaking ball because the breaking balls are the ones that spin," Lowe said. "You've got to give yourself the best chance to have success and throwing breaking balls isn't the right way to go."

It certainly was effective this time.

Working quickly in his 100th career start, Lowe (6-5) allowed three hits and no runners past second base through the first five innings. Colorado had runners on second and

third in the sixth, but Lowe got Matt Holliday on a groundout to end the inning.

One of baseball's best softball pitchers, Lowe allowed just two flyballs and struck out three for his third win in four starts. He has allowed two runs in 19 innings his past three starts after giving up 19 the previous 13 1-3 innings.

Lowe was lifted for a pinch-hitter in the eighth after throwing 93 pitches on a cool, rainy afternoon.

David Ortiz hit his 14th homer and drove in a career high five runs, Nomar Garciaparra had three hits and the Red Sox finished with 14 hits for their third win in nine road games.

SportsLine

Girls' basketball camp announced

Colby Community College women's basketball coach, Tom Stephens, and the women's basketball team, will hold a girls' basketball camp on June 21, 22 and 23 at the Colby Community Building. The camp on the 21st is for 5th-6th graders (2004-05); the camp on the 22nd is for 7th-8th; and on the 23rd for high schoolers. There is a cost involved and that is available by calling Stephens. Registration to Tom Stephens, 1255 South Range, Colby, Kan. 67701. The camp will have instruction on fundamentals with an emphasis on off-season work outs and will run from 9 a.m. to noon.

Weight room reminder

The summer weight room hours for all Colby School District athletes, 7th through 12th grades, are underway and will continue through Aug. 12 at the high school gym. The room is open on Mondays, Tuesdays, Wednesdays and Thursdays, with workout sessions from 6-7:15 a.m., 7:15-8:30 a.m., 8:30-9:45 a.m., and 6:30-7:45 p.m. These sessions will include strength training and also flexibility and agility. Athletes will need to attend one session daily, but need to arrive 15 minutes prior to the session they want to attend.

MAYB updates

Today 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 Ryan Sturdy or Melissa Murray at (785) 462-4440.

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

Sports fax line :

(785) 462-7749

KC Royals in 10-4 win

ATLANTA (AP) — Darrell May was devastated when the Atlanta Braves put him on waivers. Eight years later, in his first start against his former team, he put all that behind him.

The left-hander won his second straight start, and Desi Relaford went 3-for-5 with three RBIs to lead the Kansas City Royals past Atlanta 10-4 Thursday. The Royals improved their AL-worst road record to 9-21 with their second victory in a row.

"This is what we thought we were going to be from the get-go this season," May said.

May (4-8) was picked by the Braves in the 46th round of the 1992 draft and made his major league debut with them three years later. After appearing in two games, he was claimed off waivers by Pittsburgh and began a long journey to the Royals, a trip that included four years in Japan.

Now, he appears to have a home in Kansas City. He was 10-8 with a 3.77 ERA last season.

"When they put me on waivers, it was like I had been released," May said. "I was devastated. It feels good to beat them the first time I faced them."

Relaford homered for the first time this season, Carlos Beltran went 2-for-3 with a home run and Dee Brown added two RBI singles for Kansas City.

"To play a good team and take two out of three, that's a confidence builder," Relaford said. "The last few games, this seems like last year's team."

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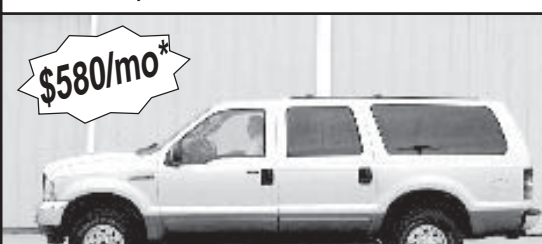
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