



MONICA KANE/Colby Free Press
O.T. Johnson, assistant coach at the University of North Carolina, Pembroke in southeast North Carolina, helped young wrestlers at Daniel Cormier Wrestling Camp on June 5 and 6 at Colby High School.

College wrestling icon coaches young athletes

By Andy Heintz

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Colby Community College wrestling legend Daniel Cormier held a camp at Colby High School last weekend for wrestlers from 5 to 17, bringing a couple of well-known friends with him.

The camp June 5 and 6 consisted of two 2 1/2-hour sessions each day. It was attended by students from Goodland, Oakley, Hoxie and Colby, said Steve Lampe, coach of the college wrestling team.

The fee was \$50 per camper, and the money went to the Trojan wrestling program. Lampe said the camp raised about \$660 for the team.

"It was a great gesture on his part," the coach said.

Cormier was assisted by sev-

eral people at the camp, including O.T. Johnson, a University of North Carolina, Pembroke assistant coach, and Obe Blanc, an All-American senior wrestler at Oklahoma State. More than 40 kids attended the camp, said Lampe.

Cormier said he had the kids work on base techniques. He taught them to pivot on their knees, get to their feet and go through their opponent.

"Little subtle changes can turn you from a junior high state champion into a high school state champion," he said.

"He teaches great fundamentals," added Lampe. "He's good at coaching technique."

The former Olympian said the athletes did some live wrestling at the camp where they could put the techniques they had learned to use.

Cormier said he hoped more

high school athletes would attend the camp next summer.

"A lot of people missed out by not being there," said Lampe, "but when you have a small group like that, the kids who show up really benefit."

Lampe complimented the way Cormier communicated with the wrestlers.

"He had a great rapport with them," said Lampe. "He jokes with them and he challenges them."

C.B. Dolloway, a star wrestler on the Trojans' wrestling team in 2002 and 2003, will be holding a camp in the fall, the coach said. Dolloway placed first and third in the national tournament in his two years wrestling for the Trojans and went on to become an All-American at Arizona State University. He is currently competing in the Ultimate Fighting Championship.

Lakers defeat Orlando 99-86; team wins 15th championship

ORLANDO, Fla. (AP) — Kobe Bryant jumped and punched the air. He did it again, seven years of pent up frustration freed in a fit of joy.

This was the one he wanted more than all the others.

The one to top them all.

One year after failing miserably in the finals against Boston, Bryant and the Los Angeles Lakers found redemption. They finished a season they felt was theirs with a 99-86 win over the Orlando Magic on Sunday night in Game 5 to win the 15th NBA title in franchise history.

For Bryant, this was the missing piece from his resume, his fourth championship and first without former teammate Shaquille O'Neal.

"I don't have to hear that criticism, that idiotic criticism anymore," said Bryant, the finals MVP. "It was annoying."

For Lakers coach Phil Jackson, this was title No. 10, moving him past legendary Celtics coach Red

Auerbach for the most by a coach in league history.

For Paul Gasol. For Derek Fisher. For Lamar Odom. For Trevor Ariza and for Andrew Bynum and the rest of the Lakers, this was a title to savor.

Odom scored 17 points, Ariza had 15, Gasol 14 and 15 rebounds, and Fisher, whose two big 3s in Game 4 saved L.A., had 13 points.

It took longer than Bryant expected, but he has stepped from O'Neal's enormous shadow — at last.

Bryant averaged 32.4 points, 7.4 assists, 5.6 rebounds and more than a dozen cold-blooded glares per game. He wasn't out to make friends in these finals, he was out for redemption. Throughout the playoffs, he didn't smile. He just snarled and bared his teeth.

"I was just completely locked in," he said. "I was grumpy for a while and now I'm just ecstatic, like a kid in a candy store."

O'Neal, who won three titles

with Bryant before the pair had a major falling out, was glad to see his former teammate win another.

"Congratulations kobe, u deserve it," O'Neal said on his Twitter page. "You played great. Enjoy it my man enjoy it."

Bryant and Jackson, whose relationship strained and briefly snapped under the weight of success, are again at the top of their games.

Together.

Following the game, the pair shared a long embrace.

Jackson, who once called Bryant "a selfish player," now sees the 30-year-old in a far different light.

"He's learned how to become a leader in a way in which people want to follow him," Jackson said.

"That's really important for him to have learned that because he knew that he had to give to get back in return, and so he's become a giver rather than just a guy that's a demanding leader."

Former Jayhawk guard to hold camp in Colby

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Former Kansas basketball star Jeff Boschee will be holding a clinic for grade-school and junior high players at Colby High School for the third straight summer on Monday and Tuesday, June 29 and 30.

The camp will have two sessions each day. The first will be from 10 a.m. to noon for boys and girls in the third through sixth grades. The

second, from 2 to 4 p.m., will be for athletes in the seventh, eighth and ninth grades.

Boschee said the camp will feature a lot of basic fundamentals, including ball handling and passing. The camp costs \$65 per camper. Each camper will get a T-shirt, a backpack and autographs from the coaches and players. A current player for KU or the University of Missouri will assist with the clinic. David Devaney, assistant coach at Blue Valley Northwest High School, works with

Boschee at the clinics.

Boschee has been holding the clinics for four years now all over the state of Kansas. This year, he will hold camps at Colby, Salina, Ellis, Kansas City and El Dorado.

Boschee made the most three pointers in Kansas history — 338 — during the four years he played for the Jayhawks under Roy Williams from 1998 to 2002. He is currently coaching the Barstow High School boys varsity basketball team in Kansas City, Mo.

Rockies win eleventh straight, hammering the Mariners 7-1

DENVER (AP) — Nothing can slow down the streaking Colorado Rockies — not even tornado warnings.

Garrett Atkins and Todd Helton had three hits each and the Rockies beat the Seattle Mariners 7-1 on Sunday, matching the franchise record with their 11th straight win.

Colorado's starters have won 10 times during the streak.

Jason Hammel said he felt strong, but a 55-minute rain delay in the top of the sixth, which also included a tornado warning for the Denver area, kept him from pitching deeper into the game.

"I saw at least seven for sure," Hammel said. "I've never had to deal with tornadoes. I've never found the other team being Mother Nature."

Brad Hawpe doubled twice and Clint Barmes had two hits for Colorado, which has swept three straight series and is 13-4 under interim manager Jim Tracy.

"Every day we walk out on the field we expect to win," Helton said. "In the big leagues, you're facing good teams, and sometimes it doesn't happen, and that's why you don't get too down when

things go bad, because you can always turn them around."

The Rockies won 11 straight from Sept. 16-27, 2007, when they surged to the NL wild card. They won 14 of their last 15 regular games that season, including a one-game playoff against San Diego to win the wild card.

Colorado then won seven straight playoff games, sweeping Philadelphia in the divisional playoff and Arizona in the league championships before being swept by Boston in the World Series after an eight-day layoff.

Sunday, they finished off a sweep of a team that was playing well. The Mariners had won four straight series and 9 of 13 games overall entering the series.

"We came in here on a roll," first baseman Russell Branyan said. "They got the best of us."

The Rockies tied the Red Sox for the longest win streak in the majors this year. The Sox won 11 in a row from April 15-27.

The streak began after losing three in a row at Houston. Colorado salvaged the final game of that series before sweeping four games in St. Louis and three more in Milwaukee.

"We played great baseball in the first two games in St. Louis, and you could see an easiness to the group by game three in St. Louis," Tracy said. "Then when we got to Milwaukee, I saw belief."

Hammel (4-3) gave up one run on five hits in 5 1-3 innings. He struck out six and didn't walk a batter to earn his fourth straight win.

Seattle starter Jason Vargas (2-2) gave up seven runs and 12 hits, walked two and struck out four in 4 2-3 innings.

"I thought I had things going when I struck out the side in the third," Vargas said. "I just got off track in the fifth and they really opened up the game."

Ichiro Suzuki had two hits for Seattle.

Ahead 2-1 after four, the Rockies blew it open in the fifth. Helton and Atkins started the inning with singles and Hawpe doubled to left to drive in Helton. One out later, Troy Tulowitzki was intentionally walked and Chris Iannetta drove a double to the wall in left-center to clear the bases.

After Hammel grounded out, rookie Dexter Fowler doubled home Iannetta to make it 7-1.

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