



TRENT ROSE/Colby Community College
Mikarla Swann (middle) ran in the Fort Hays State University women's cross country meet last year for Colby Community College. She is the only returning runner this season, and Head Coach Crystal Berndt said Swann did well last year and she looks even better this year.

Women's cross country gets ready for new season

By Kayla Cornett

Colby Free Press
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The Colby Community College women's cross country team is about to begin its season and there are several new runners ready to help out this year.

Head Coach Crystal Berndt has only one runner returning from last year, sophomore Mikarla Swann. Swann is from the Bahamas, and Berndt is glad she decided to return to the team this year.

"She did good last year," Berndt said. "She looks even better this year."

Freshman Oslin Melissa Colins is from Guyana, South America, and she has been training in Trinidad and Tobago, which are islands off the coast of South America. This is where Berndt recruited her.

"She is a very strong runner," Berndt said. "She's in excellent shape. I'm really looking at big things for her this year."

Prisca Roy-Dossou is a freshman runner from France who was on the college's track and field team last year. Berndt said she was

a multi-event track athlete, but she has decided to run cross country this year as well.

Freshman Britni Sumpter is an local runner from Hoxie, but she is battling a hip injury.

"We're working on getting her back into shape," Berndt said. "We're hoping to get her healed and ready to run."

Another runner joining the team this year is freshman Afton Macias from Omaha, Neb. Berndt said she is in the nursing program and was a late sign-up.

"She came in to help the team so that we could have a team," Berndt said.

There is one other sophomore on the team, Vanessa Loya, from El Paso, Texas. Berndt said she played for the volleyball team and competed in high jump on the track and field team last year, but she decided to try cross country this year.

Freshman Alyssa Wagenhals is here from Arizona, and also joined the team late.

"I'm just hoping to get some running experience in her," Berndt said.

The last runner for the team is

freshman Shanley LaMasters, another local runner from Oakley. She was another late walk-on, and Berndt said she just wanted to try running.

Berndt will take her team to its first meet, the Wichita Invite, on Saturday, Sept. 3, at Wichita State University. She said this is the first time the team is going to this specific meet, and she's looking forward to seeing who's all there.

Their next meet, the Colby Invite, will begin at 7 p.m. on Friday, Sept. 9, at the college. So far, teams from Fort Hays, Dodge City and Oklahoma Panhandle will be attending this meet.

"We're trying to get a few more teams to come," Berndt said.

Broncos finally have defense-minded coach

By Arnie Stapleton
AP Pro Football Writer

DENVER – Elway is back in the building and Elvis is back on the field.

Elvis Dumervil was expecting big things last year after signing a \$58 million contract, but during a routine 1-on-1 drill with Tyler Polumbus during the first week of training camp, he heard a pop and felt a sting in the right side of his chest.

He spent his 2011 season recovering from surgery to repair a torn chest muscle and watching the Broncos wither without him.

They finished last in almost every major defensive category during a franchise-worst 4-12 debacle that led to Josh McDaniels' firing. The front-office shake-up brought back Hall of Famer John Elway as the team's new chief of football operations.

Elway hired John Fox, Denver's first defense-minded coach in 17 years.

Although all the national focus has been on the Broncos' quarterback competition – Kyle Orton won the starting job after being dangled as trade bait in July when the lockout ended, and Brady Quinn seems to have surpassed Tim Tebow as his primary backup – Denver's defense is really where the fuss is all about.

Just about anytime Fox speaks about improving Denver's defense, he starts the conversation with, "Well, we get Elvis Dumervil back."

Even after losing run-stuffer Ty Warren, the team's key free agent acquisition and anchor of the 4-3 scheme, to a torn triceps that will sideline him at least until November, the Broncos are touting a new nastiness on defense. One of the first items on Fox's fix-it list was ditching McDaniels' 3-4 defensive scheme for the traditional 4-3 in which former pupils Michael Stra-

han and Julius Peppers thrived. Dumervil was thrilled.

Instead of having to take a crash course at linebacker in the new staff's philosophies following the lockout, he went back to his natural position on the line.

"It's been awesome because I don't have to learn so much in such a short period of time," Dumervil said. "So, going back to defensive end is pretty much at home for me. I don't have to do much thinking. I can pretty much just go."

And he's bringing with him the knowledge he soaked up at outside linebacker – such as presnap reads, deciphering formations – where he led the league with 17 sacks in 2009.

When he was done rehabbing, Dumervil went about reshaping his body, adding 15 pounds of muscle that pushed his weight to 260 in anticipation of his switch back to end.

And Dumervil just wouldn't feel at home if he didn't also have a new defensive coordinator to work with. Fox hired Dennis Allen, formerly the New Orleans Saints' secondary coach, Denver's sixth defensive coordinator in six seasons.

Dumervil hasn't had the same defensive coordinator in consecutive years since he was still at Jackson High School in Miami a decade ago.

Dumervil finally has a pass-rushing partner, too.

The Broncos selected Texas

A&M linebacker Von Miller with the second overall pick of the draft. Miller lines up on the opposite side of the formation from Dumervil at right end, forcing offenses into some tough choices in their protection schemes.

Add in a healthy Robert Ayers at left defensive end – he also moves inside on third down – and the Broncos have a pass-rushing corps that Miller has dubbed "The Legion of Doom."

Miller reminds many of the late Derrick Thomas of the Kansas City Chiefs, including Elway.

"Hopefully, he has that kind of career, too," Elway said. "He's got the talent to do it."

High school scrimmages begin Friday

The Colby High School volleyball teams and football teams will be playing innersquad scrimmages Friday night.

The volleyball scrimmage is a Sports Drink Scrimmage, which means admission to the game is one bottle of gatorade, water or other sport drink. It begins at 6 p.m. in the high school gym.

The football scrimmage is a Video Scrimmage, which means admission is one recordable DVD. It is at 8 p.m. at Dennen Field.

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