

# Five athletes sign letters for colleges

By Kayla Cornett  
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It was a big day for Colby Community College athletics Thursday, with four runners from the men's track team signing with NCAA Division I schools and Colby High senior Konnor Kriss signing with the college's wrestling team.

Kriss, a Colby native, received an athletic scholarship with the college.

At Colby High, Kriss participated in wrestling, football and golf. He was a Kansas State Class 4A wrestling champion in 2011 and 2012 and is the Kansas Kids Wrestling High School state champion as well.

He is a four-time champion at the Beloit Invitational Wrestling Tournament, a three-time St. Francis Invitational Wrestling Tournament champion and a two-time champion for both Liberal Invitational Wrestling and the Northwest Kansas League tournament.

He received the Outstanding Wrestler award four times in his career and was a state qualifier in golf in 2010.

Kriss holds the record for most victories by a Colby High wrestler with 150 wins and 21 losses and the record for most wins by a freshman with 38 wins and 4 losses.

Runners Edward Limo, Rift Valley, Kenya; James Leonard, Crosby, Texas; Kristen Mitchell, Houston; and Raymond Velazquez, San Antonio; were all accepted to Division I schools, with Limo, Leonard and Mitchell receiving athletic scholarships as well.

Limo signed with the University of Central Arkansas. A four-time All American (twice in cross country, twice in indoor track), he was a national runner-up at the 2011 National Junior College Athletic Association Cross Country Championships.

Limo also holds the school record in the indoor 5,000-meter run (15:03.73), outdoor 3,000-meter steeplechase (9:24.2) and the outdoor 5,000-meter run (14:54.18).

Leonard also signed with the University of Central Arkansas. He is a four-time All American in indoor track and was a member of the distance medley relay that finished as national runners-up at the this year's National Junior College Athletic Association Indoor Track and Field Championships. The distance medley team also broke the school record (10:17.85).

Mitchell signed with Sam Houston State University. He is the Colby record holder in the indoor 60-meter dash (6.96) and was a member of the school's record-holding 4x100-meter relay team (41.83), which qualified to the 2011 National Junior College Athletic Association Outdoor Track and Field Championships.

Velazquez was accepted to Cornell University on Thursday and will be running there next season.

Coach James Ortiz said Velazquez has been offered a position on the track team, but even though they are a Division I university, Cornell is an Ivy League school and does not offer athletic scholarships.

Velazquez is a two-time All American (once for indoor, once for outdoor). He was named the U.S. Citizen All-American as a freshman in the 1,500-meter run and this season, he was a member of the distance medley relay team that finished second at the National Junior College Athletic Association Indoor Track and Field Championships, which also broke the school record.

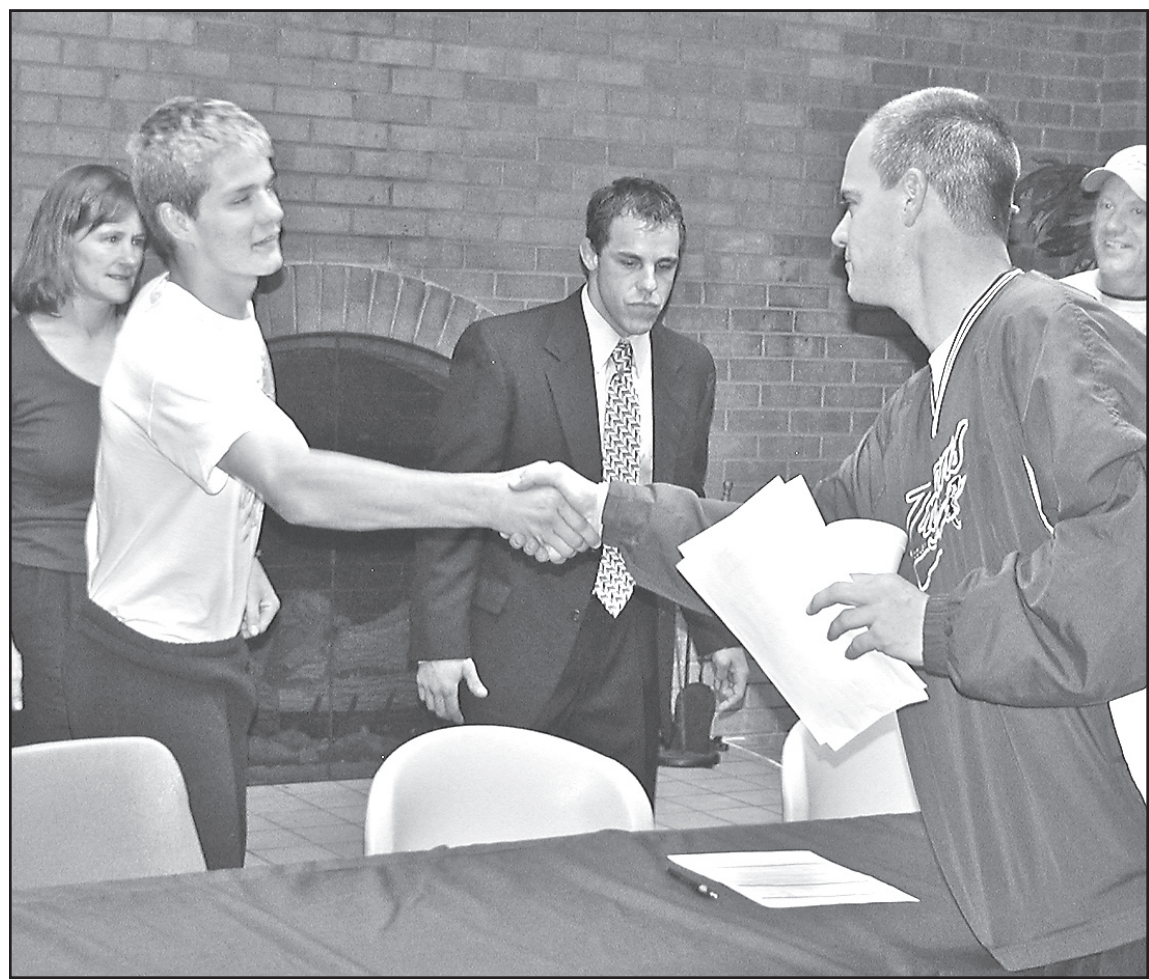
Velazquez has earned Academic All America honors twice in cross country and once for indoor and outdoor track and field. He is the first in his family to attend college.

"It's a great day to be a Trojan!" Ortiz said.



KAYLA CORNETT/Colby Free Press

Colby Community College men's track runners Edward Limo (above left), James Leonard and Kristen Mitchell signed letters of intent Thursday to NCAA Division I schools in the Fireside Lounge at the college Student Union. Later in the day, Colby High senior Konnor Kriss (right) was congratulated by Women's Basketball Coach Brady Jasper after he signed a letter of intent to attend the college here and wrestle for Coach David Nordhues (right center). Kriss' parents, Cindi and Kevin Kriss, had joined him at the table while he signed.



# Track season begins for sixth, seventh grades

By Russ Aumiller  
Golden Plains Middle School

The Golden Plains Middle School teams began their track season at the Cheylin Invitational in Bird City on March 30.

The sixth- and seventh-grade athletes competed together on a bright, sunny day with 10 other schools.

The sixth- and seventh-grade girls scored 64 points for fourth place. These points came from:

**Jennifer Esparza:** second, shot put, 27 feet, 11 inches.

**Arianna Camacho:** fourth, shot put, 26'1".

**Morgan Ritter:** third, discus, 55'9.5".

**Gabrielle Schiltz:** sixth, long jump, 11'4".

**Kaylie Schaben:** sixth, high jump, 3'6".

**Jessica Koerperich:** third, high jump, 4'2"; fifth, 75-meter hurdles, 15.73 seconds; third, 200 meters, 32.75.

**Courtney Heinrich:** second, 800 meter, 3:00.21.

**4x100 relay:** second, 1:05, Schiltz, Kellee Snyder,

Sierra Finlay, Heinrich.

**4x200 relay:** third, 2:19.9, Schiltz, Finlay, Heinrich, Koerperich.

**Medley relay:** second, 2:28.49, Kellee Snyder, Kaylie Schaben, Camacho, Heinrich.

The sixth- and seventh-grade boys scored 36 points for sixth place, with places going to:

**Jesus Aragon:** fourth, softball throw, 130'1"; sixth, 800 meters, 3:01.

**Bodie Sauvage:** fifth, triple jump, 24'11.5"; sixth, high jump, 3'10".

**Dawson Spresser:** fourth, long jump, 11'11.75".

**4x100 relay:** first, 1:09, Bodie Sauvage, Spresser, Zak Brown, Aragon.

**4 x 200 relay:** second, 2:47, Nick Brown, Colten Sauvage, Bodie Sauvage, Zak Brown.

**Medley relay:** fourth, 3:00.4, Nick Brown, Clayton Bange, Zak Brown, Spresser.

The middle school teams were to compete in Logan today at the Northern Valley Invitational.

## Full Circle...an Aging Expo

Friday, April 27<sup>th</sup> - Catholic Parish Hall, Hill City, KS

Public Track - 9:15 am - 3:30 am

\$25 per person or \$40 for 2 family members - \$35 each at the door

Opportunity for informative sessions on care taking, traumatic brain injury, new road laws, communicating with Alzheimer's patients, life style choices, tiny garden-big rewards, aging with flair, and our featured speaker - **Larry Hatteberg**, KAKE TV!

Professional Track - 8:30 am - 4:30 pm CEUs Available

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Featured Speaker - **Andrew Crocker**, Program Specialist, Texas AgriLife Extension Managing Dementia Behaviors, Use Your Noodle, Have a Ball, Get Your Residents Moving, Lifestyle Choices and Your Health, Virtual Alzheimer's: A Hands-on Experience, Rhythm Play in the Prevention, Treatment & Maintenance of Alzheimer's Disease.

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