

Trojans finish work on Garden

By R.B. Headley
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Knocking on the Top 25 door only means more teams want to slam it in Colby Community College's faces.

Garden City Community College took its best swings Wednesday evening, even taking a set from the Jayhawk League leaders on their home court.

Yet the visitors were no match for another balanced Trojans attack as three hitters almost equally divided 30 kills.

Freshman Adrianna Sosnowska drilled 11 kills, sophomore Lorena Rosario clobbered 10 and soph Andjela Reljic smashed another nine through the Garden defense.

Sophomore Maisy Munson brilliantly quarterbacked the attack like usual with 44 assists in a four set Colby win 25-14, 23-25, 25-9 and 25-15.

The Trojans (13-4 record overall) are now 6-0 against Jayhawk foes, but many of these same teams will soon get a second shot at them.

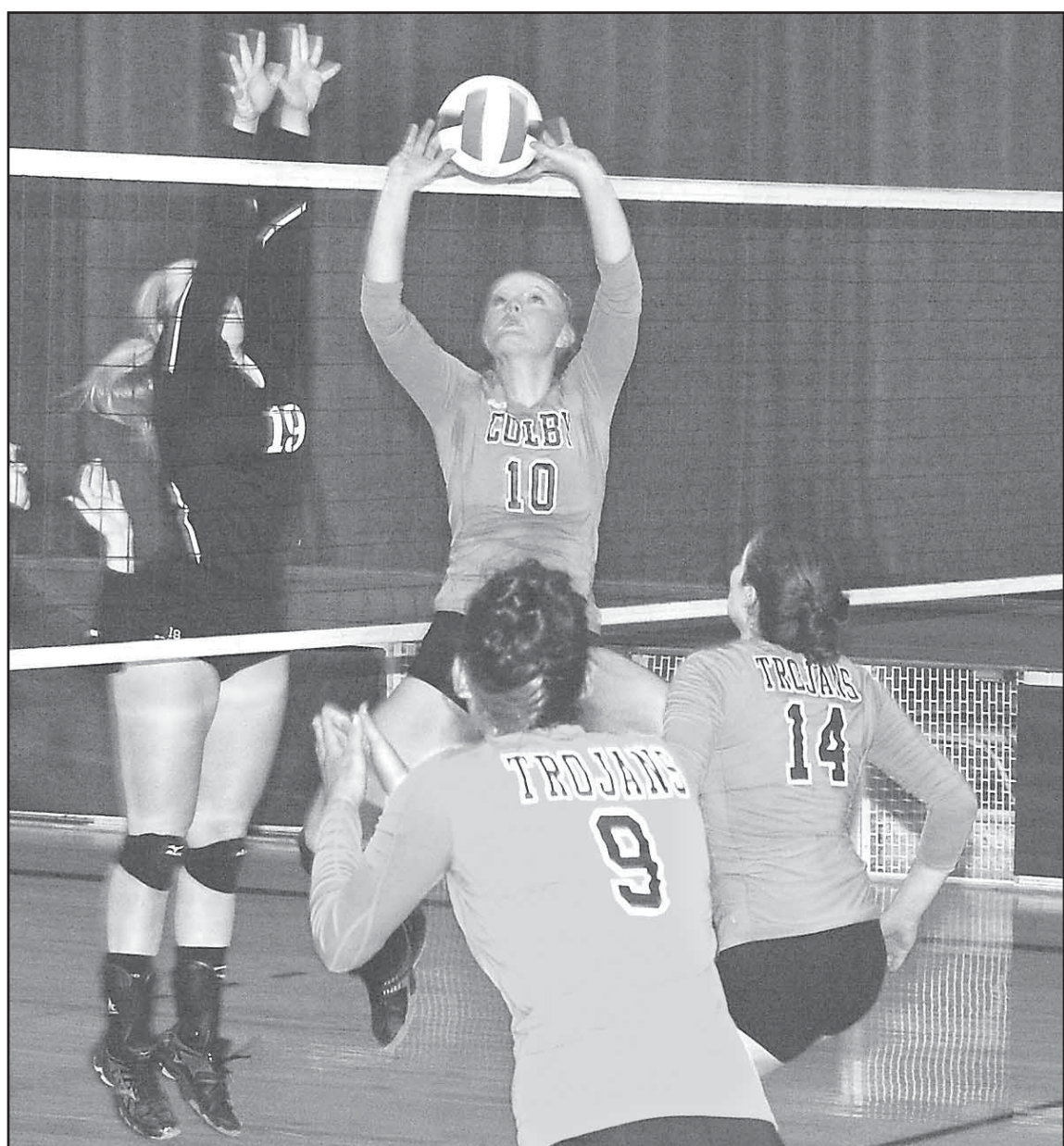
"Of course it will be (tougher)," coach Carey Jones said about the league season's second half. "Everyone is improving, and that's what our team wants to do. Our players come to practice every day wanting to improve. Never being satisfied is what we always talk about."

The Trojans displayed that determination during Wednesday's final set.

Garden City jumped ahead 6-3 and seemed focused on forcing a surprising fifth set against the league leaders.

However, Colby quickly scored five unanswered points capped by sophomore Taryn Lee's kill for an 8-6 lead.

Garden City caught the Trojans one more time at 11-11, only to see another Rosario blast break



R.B. HEADLEY/Colby Free Press

Sophomore Maisy Munson delivered 44 assists during the Colby Community College Trojans' latest Jayhawk League volleyball win Wednesday evening. Also pictured for Colby are freshman Ariana Jacquez (9) and sophomore Christina Ehr (14).



Colby Community College

Colby Community College men's basketball players held up 320 pounds of wood during a recent pre-season workout. The efforts help build individual strength as well as belief in teammates.

Work starts early for Trojan hoops

By Rusty Grafel
Colby College basketball coach

The Colby Community College men's basketball team is inching closer to its first regular season practice on Tuesday.

Tuesday is the official date for all National Junior College Athletic Association schools to start team practice, and we are very excited and eager to get the season started.

We have five returning players that played minutes for our team last year and two players who redshirted that were a part of the team. It's nice to have guys returning that know how you want things done and can offer leadership and maturity to the incoming freshman and transfers.

We also added three transfers to our team this year who help us with maturity and gives us a good base for this year's team.

We are still in preseason and our men have been working extremely hard.

Our coaching staff has tested their toughness both mentally and physically in a lot of different ways. They have done a great job of fighting through days that are tough and more importantly, they have grown closer together through the obstacles that seem nearly impossible to do.

They have been awakening at 6

a.m. every Monday, Wednesday, and Friday to do conditioning workouts. That includes anything from flipping tractor tires uphill 200 yards to running with 300 pound logs on and above their shoulders.

Most of them probably question what this has to do with basketball but we are trying to build a different type of toughness for them and also team toughness.

On Tuesdays and Thursdays, the men awaken at 5:30 a.m. and do their individual basketball workouts. Monday through Friday, we lift in groups anywhere from 1 to 3:30 p.m. and on Sundays, we have our recovery day when the guys do an hour of stretching and pool workouts.

This is a very exciting time for our team and they are ready for the season to get underway.

With other athletics that have already started, I congratulate the Colby Community College women's volleyball team on a great start to this season and also congratulate the men's and women's cross country teams.

Good luck to all the rest of Trojan athletics!

Editor's note: Today marks the debut of coach Rusty Grafel's column, which plans to give fans more of an inside look at Colby Community College athletes, teams and programs.



Rusty Grafel

Colby golfers play annual league meet

The Colby Community College women golfers competed in a conference tournament Sunday and Monday at Mariah Hills Golf Course in Dodge City.

The women were led by Kaylee Keck with a 27 hole total of 145. She placed ninth in the event.

Two-day totals for the Colby golfers were Marissa Bland (151), Brooke Gettler (156), Rachel Platt (161) and Macinzie Lehman (171).

"Our girls made a lot of mental mistakes along with being very frustrated with the extreme windy conditions," assistant coach Lisa

Stithem said. "Macinzie Lehman pushed through Monday's 18 holes with a pulled muscle in her back. Gettler shot her all-time tournament best on Monday, shooting a 102. She and Rachel Platt continue to be consistent with their scoring."

Runners slip to fifth

After a week of no competition, the Colby Community College men's cross country has slipped to fifth in the National Junior College Association rankings. Coach James Ortiz's team will take on three nationally-ranked squads on Saturday at Stillwater, Okla.

'Rabbits attack at Tribune

By Judy Rogers
Golden Plains High School

The Golden Plains Bulldogs traveled to Tribune to face off against the Greeley County Jackrabbits on September 20 with a 1-1 record.

They allowed the 'Rabbits to claim their first win with a 66-24 victory over the visiting Bulldogs.

"We started out strong in the first quarter," senior running back Josh Barnhart said.

The Bulldogs scored three touchdowns in the first to Greeley County's one.

The Jackrabbits then pushed in five touchdowns during the second while holding the Bulldogs away from the goal line to go into the half with a 36-18 lead.

"We just kind of gave up," senior Shane Ryburn said.

The Jackrabbits took advantage

of the Bulldogs' lack of enthusiasm for the game and added another eight in the third.

The Bulldogs rallied a bit in the fourth.

They a final touchdown and a successful PAT while allowing

that deadlock again.

Sosnowska's final shot gave Colby a 20-14 advantage, and two more Rosario rockets finished the 25-15 clinching win.

"We just need to be a little more consistent," Jones said. "We'll work on that this week."

All of their efforts have also earned the Trojans many votes for this week's National Junior College Athletic Association top 20, which can be seen at ncjaa.org.

"We're one of five teams getting votes, so you could say we're in the top 25," Jones concluded.

without all the great community support. The fans were awesome again last night."

Colby plays its next match at league foe Barton Community College Saturday afternoon (2 p.m.) in Great Bend.



HAILEE SPRESSER/Golden Plains High School

Golden Plains junior Domico Luna, left, leaps to break up a Greeley County pass during their varsity football game at Tribune Friday evening.

of the Bulldogs' lack of enthusiasm for the game and added another eight in the third.

The Bulldogs rallied a bit in the fourth.

They a final touchdown and a successful PAT while allowing

the 'Rabbits to post up another 22 points for the 66-24 win.

The Bulldogs will return to action this week as they prepare to face the 2-0 Weskan Coyotes Friday night for their Homecoming game at Rexford.

Golden Plains spikers stretch victory streak to 11

By Judy Rogers
Golden Plains High School

The Golden Plains Lady Bulldogs continue to win their volleyball games as they extended their record to 11-1 Tuesday night in Rexford.

The Lady Bulldogs have not lost a match since their first match on September 3.

"We played some tough competition today," senior Jordan Christensen said. "This is the best we've played together so far this season."

The Bulldogs faced the Cheylin Lady Cougars for the first match of the quadrangular.

The hometown team grabbed an early lead before the Cheylin girls came back to within one.

The Lady Bulldogs held tough not allowing the Lady Cougars to ever get ahead and won 25-17. In the second game of the match, the Lady Bulldogs continued to show their strength as they put the game away 25-13.

For the second match, the Lady Bulldogs played the Lady Bulldogs from GPHS pulled to an

early lead in the second claiming a 12-point lead at 22-10.

Quinter's girls rallied and closed the spread, but the Lady Bulldogs held on for a 25-18 win.

For the final game of the night, both teams were getting tired but the Lady Bulldogs were determined to once again claim a victory of the Heartland Christian Lady Crusaders.

This was the fourth time the Lady Bulldogs have competed with the Lady Crusaders this season.

Although each time they meet gives both team quality competition, the Lady Bulldogs once

This was their first time to play the Quinter girls this season.

The Quinter girls pulled ahead by eight midway through the game before the girls from Golden Plains rallied, and tied the game at 15 with a spike from senior Kylie Jones.

Both teams fought hard and hustled at the net to keep it close, tying it back up at 25 with a kill from Christensen.

With Christensen serving the last two points of the set, the Lady Bulldogs claimed the win 27-25.

Having worn out the Quinter girls in the first set, the Lady Bulldogs from GPHS pulled to an

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