

Volleyball team has power

Talented and energetic team to take the field this season

By Rachel Miscall
The Goodland Daily News

Don't let the age of players on this year's Cowgirls volleyball team fool you. Coach Jerry McKee said they may be young, but they're talented, skilled and powerful.

"The team may be young age wise," he said, "but ability wise and skill wise it's a very experienced club."

Seven top-notch seniors helped the Cowgirls finish the regular season undefeated last year before the No. 1 ranked team fell to Scott City in the sub-state finals, ending the year with a 36-1 record.

Only one senior, Lacey Brenner, is returning this year, and Coach McKee said fans can expect to see a bunch of sophomores and juniors taking the floor when the new season starts in September.

But, he noted, that's not going to make any difference.

"It won't have a bit of affect on playing," McKee said. "It's a very athletic group this year and we're going to be fairly well-experienced."

Many of the girls, he said, have continued to play in the off season with other volleyball organizations — sophomore Alisha McKee was one of 45 young athletes picked to attend a camp at the Olympic Training Center this summer, for instance — so they're not rusty. And the new team has good genes on its side, too.

"We're going to be able to put up a very big blocking wall," Coach McKee said. "Overall, we're going to have a bigger line than last year."

The coach said a majority of the players last year were 5 feet 6 or 7 inches tall, while many on this year's varsity team tower at 5 feet 9 or 10 inches — and they can pound the ball like nobody's business.

"We've got people now in practice that could knock you down," McKee said. "People thought we hit hard last year..."

The young team's skill isn't surprising, he said, because, after all,

they studied under some of the best — last year's varsity. McKee said last year's junior varsity team, which is now stepping up, played the varsity team during practices.

"They worked against one of the best teams in the state," he said. "They faced their toughest competition in their own practices."

On the court, they dominate. The coach said the junior varsity played over 30 games, losing only three or four.

McKee said the junior varsity group did well against a tough varsity competitor last year at a match at Mach-ebeuf High School in Denver. He said he sent the junior varsity instead of varsity players to the match to find them some competition.

While the new Cowgirls may have what it takes, McKee said last year's team will be a tough act to follow.

"The goal is always to do better than the year before," he said. "The team (last year) didn't leave much room for us to mess up."

They did leave a little, though.

McKee said the Cowgirls have played their way to state competition for all but four years since 1986. The coach said he can see the girls going all the way this year.

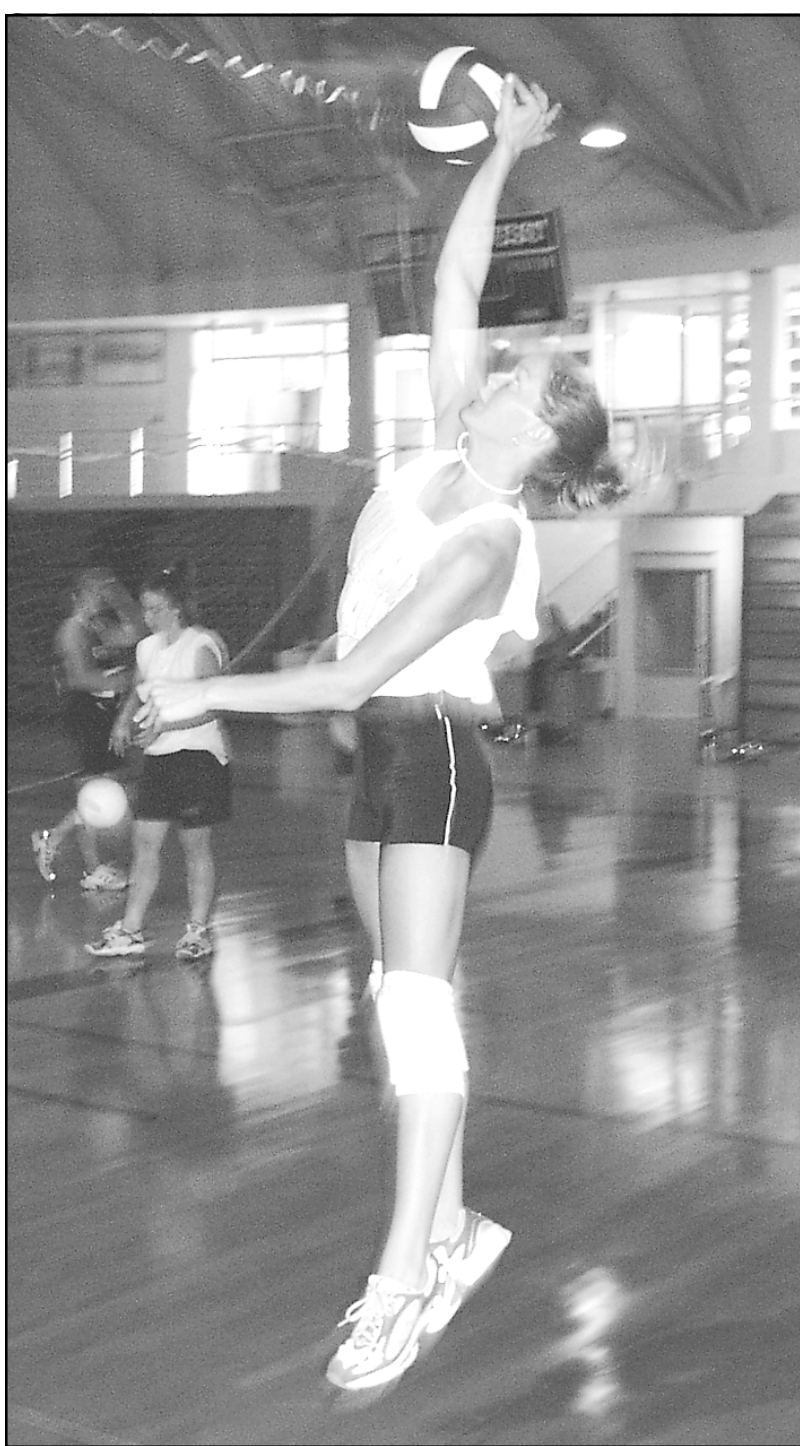
"This team has the potential to get it done," he said.

The first test will come on Tuesday, Sept. 4, when Goodland takes on teams from Thomas More Prep in Hays, Garden City and Burlington.

The quad match, which will be held here, will be a good measure of the team's abilities, McKee said. The other teams will have already played, while it will be the Cowgirl's opener.

McKee said 28 players have come out since two-a-day practices started Monday, including eight returning letter winners. He said he expects three or four more players to show up and possibly another senior.

Though the older players just started practice, McKee said, they are already executing complicated drills. He said the freshman are struggling a



Tomi Windell, a sophomore at Goodland High School, practiced at the Max Jones Fieldhouse for the new Cowgirls volleyball season on Thursday. Though the new team is young, Coach Jerry McKee says they're talented. Photo by Rachel Miscall/The Goodland Daily News

bit, which is to be expected.

"We're making progress," said Mitch Hixson, the assistant coach, noting that nine freshman are out. "They're energetic and enthusiastic about playing. The stuff they're learning is just new to them."

McKee said he's looking for another assistant to complete the coaching staff. For information, call McKee or Dick Liess, high school athletic director, at (785) 899-5656.

Royals' pitcher admires Ripken

BALTIMORE (AP) — Add Paul Byrd to the already expansive list of players and fans who admire the talent and generosity of Cal Ripken.

After receiving an autographed jersey from the Baltimore Orioles' star, Byrd pitched seven scoreless innings Thursday to lead the Kansas City Royals past the Orioles 9-2.

Byrd allowed eight hits, two by Ripken, in winning his fifth straight start.

"What a great guy Ripken is. He signed something for me, and then he went 2-for-3 off me. It's unbelievable," Byrd said. "The jersey says: 'The art of pitching: to increase frustration. You are really good at it. Continued success.'"

Ripken added another hit off reliever Jason Grimsley to cap a day in which he went 3-for-4 with an RBI. Ripken, who will retire after this season, has 10 hits and nine RBIs in his last five games.

"He wasn't frustrated at all. I think he was just being a nice guy," Byrd said with a grin.

Byrd savored his keepsake from the future Hall of Famer more than his latest pitching gem.

Locked in a scoreless duel after five innings, the Royals scored three runs apiece in the sixth, seventh and eighth innings to ruin another big day by Ripken, who has hit safely in 41 of 45 games to lift his batting average to a season-high .276.

Braves' pitcher throws strikes to beat Rockies

DENVER (AP) — Kevin Millwood nearly wore out the "S" on the Coors Field scoreboard.

Millwood took a shutout into the eighth inning Thursday night as the Braves beat the Colorado Rockies 4-1, moving within one game of NL East-leading Philadelphia.

"He popped strikes all night," Atlanta Braves manager Bobby Cox noted.

Millwood threw 89 pitches, 70 of them for strikes. Sticking with that formula, closer Steve Karsay replaced Millwood with one out in the eighth and threw 13 pitches, 11 for strikes.

"It seemed like every pitch we threw was a strike," Cox said. "Right there all night long, and good spots, too. Not just in the strike zone, but threw them in great spots."

"Millwood was outstanding, throwing mostly heaters, but not afraid to throw his curve or slider. And Karsay threw great. He was blowing."

Marcus Giles and Javy Lopez each hit solo homers for the Braves.


Colorado's Larry Walker went 3-for-4, raising his average to .353, second in the NL.

Millwood (3-5), making his sixth start since coming off the disabled list July 20, had his longest outing of the season. He went 7 1-3 innings, scattering 10 hits — all singles. He walked none and struck out three.

baseball scoreboard

By The Associated Press					Oakland 8, Toronto 4				
American League					Kansas City 9, Baltimore 2				
East Division					Anaheim 4, Detroit 2				
	W	L	Pct	GB	N.Y. Yankees 12, Tampa Bay 5				
New York	72	49	.595	—	Boston 6, Seattle 4				
Boston	66	53	.555	5	Cleveland 6, Minnesota 1				
Toronto	57	64	.471	15	Chicago White Sox 7, Texas 5				
Baltimore	51	70	.421	21	National League				
Tampa Bay	42	80	.344	30 1/2	East Division				
Central Division						W	L	Pct	GB
	W	L	Pct	GB	Philadelphia	67	53	.558	—
Cleveland	68	52	.567	—	Atlanta	66	54	.550	1
Minnesota	64	57	.529	4 1/2	Florida	59	61	.492	8
Chicago	60	59	.504	7 1/2	New York	54	67	.446	13 1/2
Detroit	49	70	.412	18 1/2	Montreal	51	70	.421	16 1/2
Kansas City	49	72	.405	19 1/2	Central Division				
West Division						W	L	Pct	GB
	W	L	Pct	GB	Chicago	68	51	.571	—
Seattle	87	34	.719	—	Houston	68	53	.562	1
Oakland	69	52	.570	18	St. Louis	65	55	.542	3 1/2
Anaheim	64	57	.529	23	Milwaukee	50	68	.424	17 1/2
Texas	52	69	.430	35	Cincinnati	48	72	.400	20 1/2
Thursday's Games					Pittsburgh	45	75	.375	23 1/2

West Division					Thursday's Games				
	W	L	Pct	GB		W	L	Pct	GB
Arizona	69	51	.575	—	Milwaukee 5, Philadelphia 4	66	54	.550	1
San Francisco	69	52	.570	1/2	Montreal 7, Los Angeles 3	66	54	.550	1
Los Angeles	66	55	.545	3 1/2	San Diego 6, N.Y. Mets 5	66	54	.550	1
San Diego	60	60	.500	9	Houston 4, Pittsburgh 3	66	54	.550	1
Colorado	50	70	.417	19	St. Louis 8, Cincinnati 3	66	54	.550	1
					Atlanta 4, Colorado 1	66	54	.550	1



Community Case Manager

Position available in the Goodland area (Full-time): Qualifications include at least (1) a BA/BS degree in psychology, social work, sociology, or other human services degree, or (2) be equivalently qualified by four years of related work experience or a combination of related work experience and college education. Shall possess the abilities to work with mental health patients and related others, demonstrated interpersonal skills, and the abilities to react effectively in a wide variety of human service situations. Responsibilities include providing a wide array of case management and other mental health services to severely emotionally disturbed youth and their families and adult patients with severe and persistent mental illness. Must also be able to provide after-hours on-call services. Applicants should possess valid driver's license and good driving record. Must pass KBI, SRS, Child/Adult abuse checks, and drug and alcohol screening.

Interested applicants should send resume, transcript, references, and letter of interest to: Manager, Goodland Branch Office, High Plains Mental Health Center, 723 Main, Goodland, Kansas 67735.

Applications will be accepted until position filled. EOE.



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