

Cross country teams ready to strut their stuff

Two girls drive 30 miles for practice

By Doug Stephens
The Goodland Daily News

Every member of Goodland's cross country teams runs at least a mile every day for practice, but two girls have to drive 30 miles before they even start.

Charlie Short, 16, and Kalie Smith, 14, live in Sharon Springs. Their school doesn't have cross country, and the only fall sport available for girls is volleyball. They aren't volleyball fans, but they want to stay active, so they joined Goodland's running team.

The Kansas State High School Activities Association allows schools to make cooperative agreements if one school doesn't have a sports program. The Sharon Springs girls can compete with the Goodland team in the regular season, but have to compete in their own school's classification in the regional tournament Saturday, Oct. 26, or at state.

This is the second year that Short, a junior, has competed for Goodland. Last year, she earned a letter. She played volleyball her freshman year because it was the only sport at Wallace County High, but as soon as she was old enough to drive, she gave up volleyball and changed sports.

"I had to wait until my sophomore year because until then I didn't have any way to get up here," Short said. "I wouldn't have been able to hitch a ride every day."

This year she has a little company on the 60-mile round trip.

Smith, a freshman who Coach Don Smith said is one of the team's best runners, tags along five days a week for practice and whenever there is a competition.

The freshman runner said all her friends went out for volleyball, but she's never really liked the sport and jumped at the opportunity to run for Goodland.

"It's good that I get to run," Smith said. "I just wish I was able to wear Sharon Springs' colors rather than this black and gold."

The girls said they are self-conscious wearing their uniform jackets around their own school.

Smith wore it to school one day last week, she said, but quickly took it off after noticing classmates looking at her.

Short hasn't worn the jacket to school yet this season, but said when she did last year, she tried to hide the "GHS" logo on the left side of the uniform.

"Sometimes I might carry my books there, or if you pinch the fabric together it hides it pretty well," Short said with a laugh. "I know it's kind of silly, but it feels pretty weird to wear another school's uniform."



Freshman Tiffany Thomas led a race for two laps last week at the Soap Scrimmage. She was followed by Senior Deanna Livengood (left) and Freshman Kali Smith, who ended up winning the cross country exhibition. Photo by Doug Stephens/The Goodland Daily News

Head coach happy to see seven returning runners

By Tom Betz
The Goodland Daily News

There are three returning Cowgirls running cross country this fall and four Cowboys to give Coach Don Smith a reason to believe he will see an improved team this year.

The will get their first taste of competition Thursday as they host the Goodland Invitational meet at Sugar Hill Golf Club.

The races will begin at 4 p.m. and there will be two divisions. Freshmen and sophomores will run first, followed by the varsity.

"We have invited 12 teams, but one called to say they could not come, so we will have 11 teams," Coach Smith said, "and a total of 235 entries."

"It will be a good meet, and give us an early indication of where we are."

Looking at the girls, Smith said he was glad to see the infusion of four freshmen, including Kalie Smith from Sharon Springs.

She has joined junior Charlie Short, coming up every day after school for practice. There is no cross country program in Sharon Springs, so the girls will participate with the Goodland team until the regional competition, when they have to run in their own class.

Short is one of the three returning girls Smith is looking to for improvement and leadership.

The other returning letter winners are Deanna Livengood and Wendy Keith, both seniors.

The coach thinks Kalie Smith and Tiffany Thomas, another freshmen, are probably the fastest on the Cowgirls team.

Both seem to have a natural running style he said, and should do well this year.

The other two freshmen are Amanda Bonsall and Chelsea Ontiveroz, who join Junior Kristen Lammers. There are no sophomores.

"I am pleased to have four freshmen girls," Coach Smith said. "We have a very small team compared to many schools, but we have a dedicated group."

Turning to the Cowboys, Coach Smith said he was pleased that two of

his returning runners participated in several running events during the summer.

Espiririon (Speedy) Aguilar, a junior, and Timothy Kafka, a senior, ran during the summer, and Coach Smith believes this will be a great step forward for them and the team.

"That is the best way to develop," Coach Smith said, "and it is good to have these two running for us."

A new face on the Cowboys team is Aaron Gittinger, a senior who ran well in track this year and wants to use cross country as a way to stay in shape for his

favorite sport of basketball, which follows immediately after the cross country season.

"It is not only good to have returning lettermen," Coach Smith said, "but all four also ran distances in track, which helps their development."

Other returning lettermen are sophomores Daniel Blake and Craig Mason.

Rounding out the Cowboys team are Charles Lammers, a sophomore, and two freshmen, Zach Breininger and Brandon Zelfer.

Looking ahead to the season, Smith said he believes with the returning lettermen and the addition of Gittinger, the boys will be more competitive.

"We are still hurt by the numbers because we have such a small team," Coach Smith said. "We have to stay healthy and away from injuries."

He said that it takes seven varsity runners to compete as a team in a meet, and with eight on each, there is no margin for injuries.

On the girls side, he said, they will be short at the end of the season because they will lose the two girls from Sharon Springs when it comes to the regional competition.

Other than the Goodland Invitational on Thursday, Coach Smith thinks they will know quickly what kind of team they will have when they travel to a meet in Wamego on Saturday, Sept. 14.

That one is scheduled to begin at 8 a.m. Mountain Time.

They compete in Oakley at 3 p.m. Tuesday, Sept. 17 and at McCook at 4:30 p.m. Thursday, Sept. 19.



Brewster All-Star Booster Club

SEPTEMBER 2002

- Tuesday, Sept. 3 - HS VB Quad at Grinnell 3:30 p.m.
- Friday, Sept. 6 - HS FB @ Tribune 7:30 p.m.
- Saturday, Sept. 7 - HS VB (Varsity Only) @ Healy 9 a.m.
- Monday, Sept. 9 - HS JV FB vs. Tribune @ Brewster 5:30 p.m.
- Tuesday, Sept. 10 - HS VB Quad @ Wesken (Varsity only) 3:00 p.m.
- Wednesday, Sept. 11 - Little 8 League Meeting @ Tribune 10 a.m.
- Thursday, Sept. 12 - JH VB; JH FB @ Cheylin 5:30 p.m.; HS Cross-Country @ Quinter 4:30 p.m.
- Friday, Sept. 13 - HS FB at Jennings 7:00 p.m.
- Saturday, Sept. 14 - HS VB Tourney at Triplains (Varsity Only) 10:00 a.m.

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Goodland All-Star Booster Club

SEPTEMBER

- Wednesday, Sept. 4 - Elementary Bank Day; PDC Meeting 3:45 p.m.
- Thursday, Sept. 5 - CrossCountry Inv. (H) 4:00 p.m.
Golf @ Wakeeney 2:00 p.m.
V Tennis @ Larned 2:00 p.m.
JV TE @ Scott City 2:00 p.m.
"C" FB @ St. Francis 4:30 p.m.
7/8 VB vs. Colby 3:30 p.m.
7/8 FB vs. Colby 3:30 p.m.
- Friday, Sept. 6 - V FB @ Hoxie 6:30 p.m.
- Saturday, Sept. 7 - V Tennis @ Colby 8:00 a.m.
- Monday, Sept. 9 - JV FB Hoxie (H) 4:30 p.m.; Board of Education Meeting
- Tuesday, Sept. 10 - 9-JV VB Tri (H) 3:30 p.m. Golf (H) 2:00 p.m.; JV Tennis @ Tribune 2:00 p.m.
- Wednesday, Sept. 11 - Central Site Council Meeting 4:00 p.m.
- Thursday, Sept. 12 - "C" FB Scott City (H) 4:30 p.m.
Jr. Class Magazine Sales Meeting 11:00 a.m.; 7/8 VB vs. Hoxie 3:30 p.m.; 7/8 FB vs. Hoxie 3:30 p.m.
- Friday, Sept. 13 - V FB Holcomb (H) 6:30 p.m.
- Saturday, Sept. 14 - CC @ Wamego 8:00 a.m.; V Tennis @ Norton 9:00 a.m.; JV FB @ Machebeuf 8:00 a.m.; 7/8 VB vs. Wray 10:00 a.m.; 7/8 FB vs. Wray 10:00 a.m.

There's still time to join the All-Star
Booster Club.
Call Bill or Eric at 785-899-2338



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