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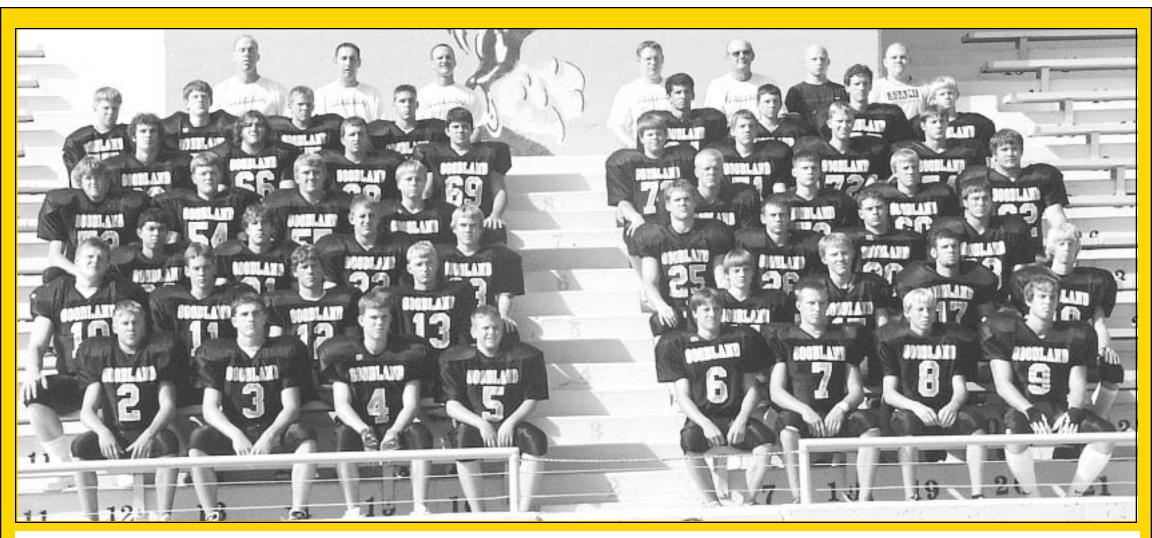
## **The Goodland Star-News**



## Friday, September 5, 2003



### **Fall Sports Spectacular**



The 2003 Cowboys Jase Herl, 2, Derrick Raymer, 3, Nick Angelos, 4, Nathan Linin, 5, Dexter Deeds, 6, Jared Doke, 7, Wyatt Dautel, 8, Bobby Miller, 9, Jordan Bedore, 10, Matt Zollinger, 11, Ian Scherling, 12, Jacob Alander, 13, Shane MacDonald, 14, Lane Winter, 15, Daniel Melia 17/24, Heath Chatfield, 18, Eric Reyna, 20, Malcom White, 21, David Livengood, 22, Brett Schields, 23, Brock Lohr, 25, Kelly Lewallen, 26, Jerrod Goodman, 30, Derek Renner, 38, Bret Jarmin, 53, Tharon Barber, 54, Kris Krayca, 55, Josiah Goodley, 56, Blake Saint, 57, John Cook, coaches J.D. Hooper, Jon McLean, Jim Nelson and Jason Hickson.

59, Justin Holloway, 60, Matt Heiter, 62, Brady Nelson, 63, Brock Abbey, 66, Jake Johnson, 68, Brandon Cowan, 69, Ryan Gausman, 70, Nathan Thomas, 72, Taylor Frazier, 73, Mike Zimmerman, 74, Matt Miller, 75, Mark Starr, 76, John Mosbarger, 77, Brandon Hatfield, 78, Anthony Benavides, 84, Tyler Hillmer, 85, Drew Wilkens, 87 and Dual Rall, 88. Manager Brian Dawdy. Filmers Kayla Rasure, Wade Taylor and Lance Tedford. Head Coach Tony Diehl and assistant

## **Cowboys practice in heat to be ready for season**

### By Sharon Corcoran

The Goodland Star-News The Goodland Cowboys are practicing in nearly 100-degree heat, taking water breaks every 10-15 minutes, for the Stadium in Goodland. first week to get ready for the

nual "Soap Scrimmage" Thursday that I thought would be." at Cowboy Stadium.

against a league opponent, Hoxie, at 6:30 p.m. Friday, at Cowboys

will be tough this year, Coach Tony

The team's execution isn't there The team's opening game will be yet, he said last week, but the boys are further along than at this time last year. The Cowboys made some changes last year, Diehl's first The Northwest Kansas League coaching the team. They ended the season with a 5-5 record and advanced to the playoffs. The coach "I think any one of five or six said the players are used to those changes now and should be able to make more progress this year.

fense to be more balanced.

The team needs to work on execution, he said, learning these few new wrinkles, and on working together and, from a psychological tions.

ries last year and was a team captain. He was a first-team running yards on 129 carries and was back on the Northwest Kansas League all-league team and also a standpoint, dealing with expecta- first team All-State running back. Doke, a 6-foot, 1-inch, 174-

pound senior, will return as quarterback. He rushed for 372 yards on 93 turn as center; Mark Starr, a 6carries last year and was 24 of 69 for foot, 3-inch, 196-pound sopho-338 yards passing. He also was a captain last year.

rushed for 1,281 yards on 223 car- 213-pound sophomore will play tailback. He rushed for 925 All-Northwest Kansas League second team running back last year.

> Jake Johnson, a 5-foot, 9inch, 203-pound junior, will remore, will return at tackle; and Derrick Raymer, a 6-foot, 1inch, 184-pound junior, will return as tight end and quarterback.

upcoming season.

The team will take on North- Diehl said. west Kansas League opponents Hoxie, St. Francis, Atwood, Oakley, Oberlin and Colby, and district opponents Ulysses and Scott City, plus Holcomb, and that should make for an exciting season.

Fans had their first chance to

teams could win the league," he said.

And with Ulysses and Scott City. he said, the district is tough, too, but the Cowboys have been busy preparing for the challenge.

"It's been a really good week so watch the Cowboys at their an- far," Diehl said. "Everyone was out said, and will do some things on of- nior, Bedore will play fullback. He

Everyone's familiar with the system and expectations, he said, and the team can take another step forward.

The team will have a different look on defense this year, Diehl

The Cowboys are strong at the skill positions, the coach said, and some good new players have come out.

The team should have strong leadership, with 15 returning lettermen, including the four team captains, Jordan Bedore, Jared Doke, Brock Lohr and Ian Scherling.

A 6-foot, 4-inch, 251-pound se-

Lohr, a 6-foot, 1-inch, 207-pound junior, will play wing back; and Ian Scherling, a 5-foot, 10-inch, 171pound senior, will return as tight end and quarterback. Bobby Miller, a 6-foot, 1-inch,

See COWBOYS, Page 2

The Cowgirl Volleyball team upperclassmen for 2003 Jordan Frazier, 4, Morgan Titus, 5, Chelsea Gray, 6, Tomi Windell, 7, Kelsey Herl, 8, Sara Studer, 9, Nichole Buskirk, 10, Megan Rubio, 14, Justeen Koehler, 15, Clenisha Yarbrough, 18, Janae McKee, 20, Aubrea Winter, 24, Lisha Tedford, 25, Cortney Schields,

30, Alisha McKee, 31, Chantel Thornburg, 33, Melissa Swager, 35, Ciara Abbey, 36, Katrina Cotter, 37, and Amber Searle. Managers Kristi Boyce and Abby Murray. Coach Jerry McKee and assistant coaches Barb Bedore and Char Avila. Photo by Tom Betz/The Goodland Star-News

## Newrules speed up volleyball

#### By Shannon Davidson The Goodland Star-News

Goodland High's volleyball season is shaping up, and coach Jerry McKee says the state has changed some rules to promote a faster pace and better play.

Every serve will be a point, he said, and every match will be to 25 with a win by two points instead of games going to 15 points. There will be no net ball calls from officials; teams will be allowed to play the ball off the net. Officials will also not be calling finger action on the ball, he said, and now you can take the first hit of the ball with players hands instead of a bump hit.

"We will have an exciting team to watch," Coach Mc-Kee said. "Two ladies have practiced with the Olympic team, and talented girls from the undefeated seventh-grade team are joining us this season."

There are 35 girls on the team right now, he said, and they are looking to go to 40. This is down from around 70