

Cross Country teams work for improved season



The Cowboy Cross Country Team for 2003 Espirion (Speedy) Aguilar, Daniel Blake, Zach Breining, James Cearley, Douglas Eddleman, Kyler Knobbe, Craig Mason, Kerek Mason and Brandon Zelfer. Charles Lammers manager and statistician. Coach Don Smith and assistant coach Richard Schwasinger.

By Tom Betz

The Goodland Star-News

Four Cowgirls and four Cowboys returned to the Goodland High cross country team this fall, giving Coach Don Smith reason to believe he will see an improved team this year.

Their first taste of competition was Thursday as they held the Goodland Invitational meet at Sugar Hills Golf Club. Races were held in two divisions. Freshmen and sophomores followed by the varsity.

"We invited nine teams," Coach Smith said. "It is a good meet, and gives us an early indication of where we are."

The next meet will be at 8 a.m. on Saturday, Sept. 13 at Wamego. The team travels to Ulysses on Sept. 23 and Oberlin on Sept. 30. They head to Lakin for an invitational at 9 a.m. on Oct. 11.

Goodland will host the Northwest Kansas League cross country meet on Oct. 18 at Sugar Hills Golf Club.

The regional 4A meet will be held on Oct. 25, and state cross country will be held on Nov. 1.

Looking at the girls, Smith said he was glad to see the return of the four girls from last year, including Kalie Smith from Sharon Springs. She joined senior Charlie Short, coming up every day after school for practice. This year they are joined by Mara Sloan, a freshman. 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 returning girls. Smith is looking for improvement and leadership. The other returning letter winners are Tiffany Thomas and Chelsea Ontiveroz, sophomores, who should show continued improvement. Thomas has been running quite a bit over the summer, and was the fastest of the girls at the Soap Scrimmage demonstration run on Thursday.

The coach said he thinks Smith and Thomas are probably the fastest on the team. They seem to have a natural running style, he said, and should do well this year.

The other team member this year is Whitney Dautel, the lone freshman from Goodland.

"I am pleased to have the new 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 is pleased to have four returning runners led by Espirion (Speedy) Aguilar, a senior.

Last year, Aguilar qualified for state and finished 21st in the Class 4A state cross country championship at Wamego, one place below the all-state ranking.

Coach Smith said he was disappointed that none of the boys did much running during the summer, and it will take time to see improvement during the season. Aguilar was the fastest of the runners at the demonstration on Thursday.

Other returning lettermen include Daniel Blake and Craig Mason, both juniors, and Brandon Zelfer, sophomore.

New faces on the Cowboys team are Zach Breining, sophomore; James Cearley, junior; and freshmen Douglas Eddleman, Kerek Mason and Kyler Knobbe, who is from Sharon Springs.

Looking ahead to the season, Smith said he believes with the returning lettermen, the boys will be competitive.

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

The coach said it takes seven varsity runners to compete as a team in a meet, and with nine on the boys, there is not much margin. On the girls' side, where there are only six, he said, they will be short at every meet and at the end of the season because they will lose the three girls from Sharon Springs in regional competition.

The Goodland girls will have to run independently if they qualify for the regional or state cross country meets.



The Goodland Cowgirls Cross Country Team for 2003 Whitney Dautel, Chelsea Ontiveroz, Mara Sloan, Charlie Short, Kalie Smith and Tiffany Thomas. Megan Ford manager and statistician. Coach Don Smith and assistant coach Richard Schwasinger.

Cowboys host Hoxie

COWBOYS, from Page 1

Drew Wilkens, a 5-foot, 10-inch, 155-pound junior will return as split end. He had seven catches for 103 yards last year.

Other returning lettermen on of-

fense are Anthony Benavides, a 5-foot, 9-inch, 158-pound junior, at split end and wing back; Brandon Cowan, a 6-foot, 202-pound junior, and Bret Jarmin, a 6-foot, 2-inch, 177-pound junior at offensive lineman; and David Livengood, a 5-foot, 11-inch, 169-pound junior at split end and wing back. Dan Melia, a 5-foot, 10-inch, 148-pound senior, and Malcom White, a 5-foot, 8-inch, 140-pound senior, will play tail back.

Other returning players are Kris

Krayca, a 6-foot, 3-inch, 245-pound senior, and Brady Nelson, a 6-foot, 1-inch, 157-pound sophomore, at offensive lineman.

Joining them will be newcomers Brock Abbey, a 6-foot, 240-pound senior, at offensive lineman; Jake Alander, a 5-foot, 9-inch, 135-pound junior, at split end; Matt Heiter, a 6-foot, 4-inch, 264-pound senior; John Mosbarger, a 5-foot, 9-inch, 186-pound freshman, Blake Saint, a 5-foot, 10-inch, 153-pound junior, and Mike Zimmerman, a 5-


foot, 10-inch, 183-pound senior, all at offensive lineman.

Returning defensive starters are Bedore, last year's leading tackler, at linebacker; Benavides and Dexter Deeds, a 5-foot, 6-inch, 140-pound junior, at nose guard; White at nose guard; Duke at defensive end; Lohr, second leading tackler last year, at line backer; Miller at safety; Scherling at cornerback; Starr at defensive tackle; and Wilkens at cornerback.

Other players on defense are Ab-

bey at defensive lineman; Alander at defensive back; Cowan at lineman; Heiter at defensive lineman; Jase Herl, a 5-foot, 11-inch, 165-pound sophomore, at safety; Jarmin at defensive end; Johnson at defensive lineman; Krayca at defensive lineman; Livengood at defensive end; Melia at cornerback; Mosbarger at defensive lineman; Nelson and Raymer at linebacker; Saint at defensive lineman; Lane Winter at cornerback; and Zimmerman at defensive lineman.

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