

Cowboys and a Cowgirl start practice

By Sharon Corcoran

slcorcoran@nwkansas.com

The Cowboys and a Cowgirl hit the mats with five wrestlers returning from last season's state-tournament team to anchor the squad and nearly enough wrestlers to fill every weight class.

Seniors A.J. Stephens, Aaron Deeds and Bob Doxon and juniors Ryan Taylor and Kade Sheldon, who wrestled at state in February, form the nucleus of the team, said Coach Joseph Sramek.

"We have a good base of talent from last year," he said. "We did well until state last year. We didn't do terrible at state, but we would have liked to do better."

The team won a lot of close matches through the season, he said, but didn't win at state.

Goodland should have pretty much a full team, Sramek said. There may be one or two spots open, he said, and 135 pounds may be tough to fill, but most weights will be full. The team should be competitive in tournaments and duals, he said.

"I don't usually focus on wins and losses," the coach said, "but on getting better each week. Hopefully, I'll have them peaking at the right time for regional and state."

So far, he said, the work ethic in the practice room has been good and the wrestlers are hard working and determined.

The team hasn't done challenge matches, Sramek said, so the varsity squad hasn't been chosen yet. Junior Keegan Smith didn't get a lot of varsity experience last year due to a shoulder injury, the coach said, but he expects good things from Smith this year.



Freshman Seth Miller and junior Kade Sheldon practiced their moves in the pit last week. Their first wrestling competition will be at 5:30 p.m. (Mountain Time) Thursday in Hoxie.

Photo by Sharon Corcoran/The Goodland Star-News

The five freshmen will see a lot of varsity action in the lower weights, Sramek said; Martin Stadelmann, a senior and foreign exchange student

from Switzerland, and Sheldon are the oldest wrestlers in the 140 pounds and under classes.

It will be a learning curve coming

from junior high to wrestle varsity right away, he said, so the freshmen may need some time to adjust.

The coach said he expects seniors

Doxon, Deeds, Stephens, Stadelmann and Ren Scherling to provide leadership and experience. Except for Stadelmann, he said, the seniors

have wrestled many years. "They show me things they've learned to become a better wrestler," he said.

The squad has freshman Seth Miller listed at 103 pounds; Sheldon and freshman Jeremy Mills at 112; freshmen Chris Bustillos and Kayler Rietchek at 119 and 125; Stadelmann and freshman Nathan Deeds at 130; Smith at 140; Stephens at 145 along with juniors T.J. Freeman and Bryan Gray and sophomores Lorenzo Delgado and Savannah Short, the Cowgirl on the team; Deeds at 152 along with junior Josh Lamb and sophomore Hector Sarinanana; sophomore Eduardo Martinez at 160; Taylor at 171 along with sophomore Paul Starr and junior Vance Johnson; Scherling at 189 along with junior Fernando Martinez; sophomore Jay Cotter and junior Tanner Oharra at 215; and Doxon at 285.

Short is in her first year of wrestling, Sramek said, adding that she's doing a good job and seems to be enjoying it. The guys have been pretty good working with her, he said.

Sramek is in his second year as head coach, his third with the Cowboys, as he was Randy Bahe's assistant before taking the top job last year.

Steve Evert, in his second year as assistant coach, was an official for about 20 years, Sramek said, so he has a lot of experience in the sport.

"He actually officiated me in high school," said Sramek, a former Atwood wrestler.

Jonathan Whisnant is in his second year as an assistant as well. He's good with the kids and motivates them, Sramek said.

Wrestlers to begin season Thursday against Hoxie Indians

The Cowboys wrestling season kicks off Thursday with a dual against the Indians at 5:30 p.m. (Mountain Time) in Hoxie.

Goodland will compete Saturday as well, with the varsity squad at the St. Francis Invitational at 8:30 a.m. and the junior varsity at a junior varsity tournament at 9 a.m. at home. All times are Mountain Time.

The Cowboys will face the Buffaloes for a dual at 5:30 p.m. Thursday, Dec. 6, at Atwood. The varsity will be on the road for the Colby Invitational on Friday and Saturday,

Dec. 7 and 8, competing at 1 p.m. Friday and 7 a.m. Saturday.

Goodland will be host to the Holiday Classic at 8 a.m. Saturday, Dec. 15, at the Max Jones Fieldhouse for the home team's final competition before the holiday break.

Once school is back in session, the Cowboys will face the Colby Eagles in a home dual at 5:30 p.m. Thursday, Jan. 3.

The next morning, they travel to Liberal for a varsity tournament at 10 a.m. Friday,

Jan. 4, and 8 a.m. Saturday, Jan. 5. The junior varsity squad will go to WaKeeney to compete at 8 a.m. Saturday, Jan. 5.

The varsity will go to Oberlin on Saturday, Jan. 12, for the Oberlin Invitational, while the junior varsity team will go to the Hays Junior Prairie Classic at 8:30 a.m. that morning.

The varsity will be at the Hays Senior Prairie Classic at 2 p.m. Friday, Jan. 18, and 8:30 a.m. Saturday, Jan. 19. The junior varsity will compete at 8:30 a.m. that Sat-

urday at the Rawlins County Invitational in Atwood.

The Cowboys will have a home dual at 5:30 p.m. Friday, Jan. 25, against the Oberlin Red Devils. Both teams will compete at 8:30 the next morning at the Northwest Kansas League Tournament in Colby.

The Cowboys face the St. Francis Indians in a dual at 5:30 p.m. Friday, Feb. 1, at home. The junior varsity squad will travel to Stratton, Colo., for a tournament at 9:30 a.m. Saturday, Feb. 2.

Goodland goes to Oakley to face the Plainsmen in a dual at 5:30 p.m. Friday, Feb. 8, and the junior varsity team will go to the Bill Voss Novice tournament at 8 a.m. Saturday, Feb. 9, in Colby.

Regional wrestling will be Friday and Saturday, Feb. 15 and 16; the site will be announced later. Class 4A state competition will be Friday and Saturday, Feb. 22 and 23, at the Bicentennial Center in Salina.

Goodland youth to compete during half time of Broncos game

Luke Avila of Goodland qualified for the regional championship for the NFL-Pepsi Punt, Pass and Kick competition during half time of the Denver Broncos' home game against the Kansas City Chiefs on Sunday, Dec. 9.

His score for the Boys 8-9 category in sectional competition at Littleton, Colo., last month quali-

fied him as a sectional winner.

With a total of 196 feet in local competition during the Flatlander Fall Festival and 195 feet, 3 inches in a cold, rainy sectional, took second place and brought home the silver medal.

Later, miscalculation was discovered, and Luke was given the first-place medal he deserved and

moved on to the regional championship. He is the son of David and Char Avila.

The winner from regional will move on to the National Championship at an NFL playoff game in January.

Two area youths have made it to the regional championship before, Lane Winter, who now plays foot-

ball at Colorado State University, and Donald Raymer, who played for Kansas State University and now is a teacher and coach at Goodland High School.

Contest organizers say former Miami Dolphins quarterback Dan Marino and current NFL stars, including Green Bay Packers quarterback Brett Favre, Dallas Cowboys

quarterback Drew Bledsoe, Baltimore Ravens kicker Matt Stover, St. Louis Rams punter Matt Turk and New England Patriots quarterback Vinny Testaverde, competed in the Punt, Pass and Kick program as youngsters.

To follow the results, go to www.nfyouthfootball.com.

Enchanted (PG)
Nightly at 7:00 through Dec. 6

Classified ads work!
Call 899-2338.

SHORT & SON INC.
SINCE 1934
Hwy 24
Goodland, Kansas
(785) 899-2592
1-800-242-6939

Coca-Cola Enterprises Inc.
719 W. Highway. 24
Goodland, Kan.
(785) 899-2177

The INSURANCE AGENCY Inc.
1020 Main
Goodland, KS
(785) 899-5011
(785) 899-5201 - fax
Roxann Kling Susan Doke

Quality Care
DAN BRENNER FORD-MERCURY, INC.
222 W. Hwy. 24
1-70 BUSINESS LOOP
GOODLAND, KS 67735
(Toll Free) 800-636-8770
(Business) 785-899-2316
(Fax) 785-899-2317

HIGH PLAINS Office Supply LLC
1118 Main Street
Goodland, Kan. 67735
Phone: 785-890-6900
Fax: 785-890-6902

FIRST NATIONAL BANK
www.fnbb.com
MEMBER FDIC

School calendar for November 27 to December 4

- Today:** Black Day. 3 p.m., high school scholars bowl at Tribune. 3:30 p.m., Seventh grade basketball vs. Scott City and Eighth grade basketball at Scott City.
- Wednesday:** Gold Day.
- Thursday:** Black Day. 3 p.m., high school scholars bowl at Atwood.
- Friday:** 5:30 p.m., volleyball and junior varsity volleyball at Chase County.
- Saturday:** 8:30 a.m., varsity wrestling at St. Francis at St. Francis. 9 a.m., junior varsity wrestling tournament.
- Monday:** 3 p.m., high school scholars bowl at Colby.
- Tuesday:** Gold Day. 3 p.m., junior high scholars bowl at Atwood. 4p.m., eighth grade basketball at Burlington and seventh grade basketball at home.

Aflac
Aflac Insurance,
Fred Hall
111 W. 12th,
Goodland, Kans.,
(785) 890-8335

102.5 FM KKCI
Best of the 70s, 80s, & 90s
KWGB 97.9
KLOE 730am
Full Service Radio

The **Goodland Star-News**
1205 Main Goodland, Kan.
67735
785-899-2338

Culligan
904 Main
Goodland, Kan. 67735
(785) 899-2352

Pizza Hut
1803 Cherry
Goodland, Kan
(785) 899-3661