

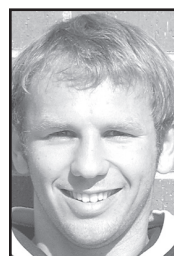
Goodland wins powerlifting tournament

Goodland High placed first in unofficial scoring at the WaKeeney High School powerlifting tournament, with 11 team members placing first and three taking first in their weight divisions.

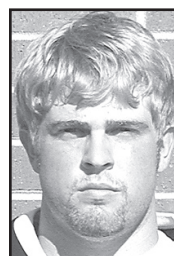
Coach Jonathan Dansel, who will be leaving at the end of the school year, said he was pleased with the effort of the kids at the tournament, which had 22 teams. He said he kept score and Goodland took the top spot with 134 points, while Phillipsburg had just 86, Beloit, 76, El-Saline 72 and Pawnee Heights, 70.

"The kids have been working hard in my strength-training class," Dansel said, "and we wanted to take the hard work they have been doing and go compete against other schools and other lifters."

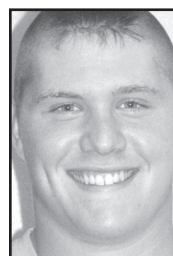
"I was extremely proud of the young men we took down to Wa-



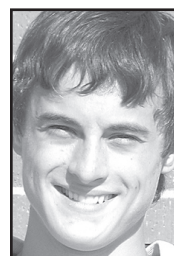
Kling



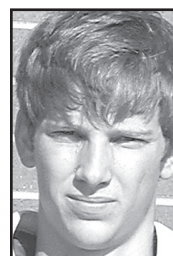
Henderson



Hawkins



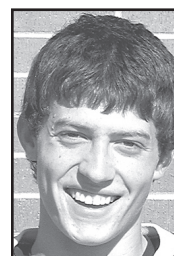
Sheldon



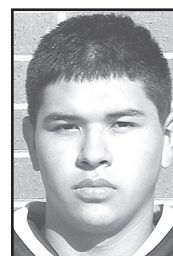
Wilkens



Lamb



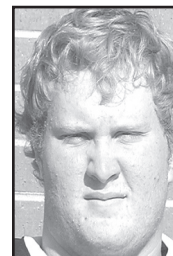
Trachsel



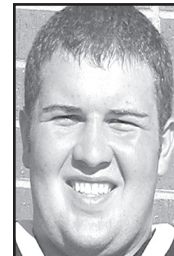
Martinez



Townsend



Heiter



Schilling

Keeney to represent Goodland High School. I thought our kids not only lifted well but also competed well.

"Many of our kids set personal records.... That is one of the reasons we attended the meet. Any time you have competition, you are going to put out a little extra effort."

Lifts in the meet included hang clean, parallel squat and bench press, Dansel said.

Placing top in their weights were seniors Jake Kling, Casey Henderson and T.J. Hawkins.

•Kling had a first in bench press in the 140-pound division with a lift of 235 pounds.

•Henderson was first in all three competitions in the 173-pound

division with a bench press of 315 pounds, a hang clean lift of 255 and parallel squat of 380.

•Hawkins was first in the heavy-weight division in clean hang at 295 pounds and in the squat with 475, and third in bench press with 285.

Individual results from the tournament:

Kade Sheldon, junior, 114 pounds, third in bench at 155 pounds; second in clean at 155 pounds; and second in squat at 175 pounds.

Kling, senior, 140 pounds, first in bench 235.

Grant Wilkens, senior, 148 pounds, third in bench 195; second in clean 155; and second in squat

175. **Josh Lamb**, junior, 145 pounds, ninth in bench 195; fourth in clean 190; and 11th in squat 245.

Forrest Trachsel, senior, 165 pounds, third in bench 250; third in clean 255; and third in squat 315.

Henderson, 173 pounds, first in bench, 315; first in clean 295; and first in squat 380.

Fernando Martinez, junior, 198 pounds, third in bench 250 and ninth in clean 205.

Corbin Townsend, sophomore, 198 pounds, 12th in bench 185; eighth in clean 215; and 11th in squat 310.

Hawkins, senior, heavyweight, third in bench 285; first in clean 295;

and first in squat 475.

Nathan Heiter, senior, heavyweight, second in bench 290; second in clean 280; and third in squat 435.

Clay Schilling, junior, heavyweight, fourth in bench 270; fifth in clean 230; and fourth in squat 405.

"It was neat to see the kids encouraging one another and pushing each other at the meet to do their best," Dansel said. "I told our athletes that we were coming home without a first-place finish, but that is exactly what the kids earned."

Henderson and Hawkins won Class 4A powerlifting championships at Council Grove last year,

and both broke state records in their divisions, Dansel noted.

Henderson broke the state record for hang clean at 290 pounds, the coach said, and tied the state bench record at 305 pounds.

Hawkins was state champion in the 220-pound division last year, Dansel said, setting a new 4A state record in the hang clean at 320 pounds.

Powerlifting is a high school sport but not recognized by the Kansas State Activities Association, the coach said.

Team members from Goodland went to Clearwater this weekend for the state championships.

Former Goodland wrestler named to Hall of Fame

Former Goodland Cowboys wrestler Gary Harding, who has coached for three decades at Salina area schools, has been named to the Kansas Wrestling Coaches Association Hall of Fame.

Harding wrestled in Goodland from junior high through his sophomore year, when his family moved to Stockton, where the high school had no wrestling team. His parents were the late Pete and Jo (Jensen) Harding.

He went to Fort Hays State University for a year, wrestled on the college team and qualified for the nationals. The following year, he enlisted in the Air Force. While stationed in Anchorage, he wrestled for the Air Force team.

After five years in the military, he and his family settled in Salina in 1967. Harding founded the Salina Kids' Wrestling Club in 1972 and coached the team for 11 years. He coached 28 Kids Wrestling state champions and eight national cham-

pions, and the Salina team won first at the state tournament in 1980. He coached his three sons, Dan, Rod and West, during this time.

In 1983, he became the wrestling coach at Southeast of Saline High School and coached there until 1988. The Trojans won back-to-back state championships in 1985 and 1986 and placed fourth in 1984 and 1987.

He was named state Class 3-2-1A Coach of the Year three times. While at Southeast,

he coached his son West, a three-time state champion, state runner up and an All American. West went on to become a national runner-up and a three-time All American for Fort Hays State.

Harding started coaching at Salina Central High in 1989. His team took third at state in 1994, and he was voted Class 5A Sportsmanship Coach of the Year by the Kansas Wrestling Officials Association in 1997.

He coached in all of the Kansas high

school classifications and guided 15 state champions and three All Americans as a high school coach. Two of his Salina Central State Champs were Kansas 5A Wrestlers of the Year.

For 10 years, Harding coached the Kansas Kids' Federation Southern Plains Freestyle and Greco team and for five years he was the coach of the Kansas Junior Nationals Freestyle and Greco team.

Coach Harding lives in Salina with his wife Devona.

Colby boys lose at Salina

By Joey Falkoff

jfalkoff@nwkansas.com

Thursday was the Colby Eagles' first time back on the grandest stage of Class 4A high school basketball since 2004, but their opening act left much to be desired.

The team's four-month joyride came to a halt as Hesston exploded for 40 first-half points and held on to defeat the Eagles 68-47 in the first round of the state tournament at the Bicentennial Center in Salina.

"It's tough," said Eagles coach Beau Sheets. "You build up to this

all year, and it's tough to end like that. But to be one of the final eight teams, you can't beat that."

Colby finished the season 18-6. Hesston scored frequently, especially in the first half, where they shot close to 52 percent and were 7-12 from behind the three-point line.

The Eagles never could get on track offensively and finished the game 16 for 54 (29.6 percent) from the field and 4 for 19 (21.1 percent) from behind the three-point line.

Consequently, they found themselves down 40-23 at the half and

never could make a serious charge.

Hesston set the tone right away, jumping out to a 9-2 lead in the first four minutes.

Colby finally settled down on the offensive end and a three-pointer to end the quarter cut the deficit to 21-16. A three-pointer to start the second period got the Eagles within two.

The Eagles got as close as 15 points four times in the second half, but never put a serious run together. Hesston made 11 of 17 fourth quarter free throws to seal the deal.

Weskan girls second in 1A at state

The Weskan Lady Coyotes came within 16 minutes of their first Class 1A state basketball championship on Saturday, but slipped and wound up losing to the Montezuma-South Gray Rebels, 61-47.

The Coyotes held a 14-point lead halfway through the third quarter, but the Rebels finally got on track after a time out and went on a tie the score. Montezuma outscored the Coyotes 14-2 in the fourth quarter to win the championship.

For both teams, it was their first chance for a state title. Weskan defeated Wheatland-Grinnell 49-35

on Friday to reach the finals.

Coyotes Coach Any Scheopner, who lives in Goodland, said his team was feeling pretty good with a 10-point lead at half time.

"I knew they would make a run," he said, "We were trying to weather the storm, but they did everything right."

The Rebels were led by freshman Mikayla Skidmore, who had 17 points, nine in the second-half run.

Senior Breanna Hilgemann came off the bench in the first half to lead the Coyotes with 13 points. Junior Danica Cox had 10 points and sophomore center Payton

Walker, who had led the team in scoring had foul trouble and scored just eight points.

The Coyotes finished 23-4, their best record in school history, Scheopner said.

"We'll be OK next year," Scheopner said. "We'll be heard from again."

South Barber topped Wheatland-Grinnell 47-31 in the third-place game.

A 16-5 second-quarter advantage propelled South Barber. Sara Molz scored 16 points for South Barber, while Calli Mathews added 15. Meagan Weaver led Wheatland-Grinnell with 16.

bowling results

Monday Afternoon Ladies Bowling League
March 3, 2008
MGM Lions over Bowladium Lanes, 4-0
17th Street Barbershop over Blind Team, 4-0
Alcorn Shelter Ins. over J&L Deliver-

ies, 3-1
Women's high game: Mary Callahan, 190
Women's high series: Mary Callahan, 529
Team high game: Alcorn Shelter

Ins., 624
Team high series: MGM Lions, 1,736
League Standings:
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No. 3 Alcorn Shelter Ins., 21.5-14.5

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School calendar for March 11 to March 17

Today: Gold Day. 4 p.m., West Site Council meeting

Wednesday: Black Day. 4 p.m., Central Site Council meeting. 5:30 p.m., potluck Hispanic Parent/Community Support Group Meeting at Central School. 5:30 p.m., Goodland Wrestling Club.

Thursday: Gold Day. End of third nine weeks. First day of competition for baseball, softball, track and boys golf. 5:30 p.m., Goodland Wrestling Club.

Friday: No school. Teacher professional day. American Field Service state roundup. Kansas Kids Sub-District Wrestling Tournament.

Saturday: American Field Service state roundup. Kansas Kids Sub-District Wrestling Tournament.

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