

Cowgirls Volleyball



Cowgirls Volleyball – Back row (left to right) Coach Jerry McKee, Ashley Garza, Angie Hillmer, Kamisha Nonamaker, Brandi Bahe, Lexi David, Alexis Bateman, Katie Clancy, Freda Barber, Jessica Lake and Coach Emily Braxmeyer. Middle row (left to right):Elaine Reiter, Julica Bonsall, Shelbi Herl Hall, Jennifer Cole, Andrea Wolak, Shawnie Butts, Jessica Swager, Ashley Christians, Whitney Schields, Erika Gonzales and Jessi Geist. Front row (left to right): Lindsay Schields, Emily Murray, Shandel Simon, Kaylee Billinger, Whitney Archer, Nicollette Clancy, Amber Cowan and Nicole David.

Cowgirls Tennis



Cowgirls Tennis – Back row (left to right) Sandra Redlin, Shonna Webster, Leeandora Kekalanen, Jillian Parker, Sandy Johnson, and Jena McCall. Front Row (left to right) Linsey Owens, Kathy Wood and Kaitlin Fugleburg

Cowboys, Cowgirls take to the court, gridiron for fall seasons

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in the state. Schwasinger said Mason's workouts have been phenomenal.

Mason competed in AAU championships throughout the summer and in the Sunflower State Games in Topeka in July. He won a medal at the state Class 4A cross country championship last year.

Hurst is doing a great job, Schwasinger said; he did well last year, but is going to be much improved. Pennington is a good, solid runner, the coach said; he has a lot of foot speed.

"We'll have to see how he progresses," Schwasinger said.

Dautel will be the lead girl, he said, and Sheldon will be the team's nice surprise. She is new to cross country, he said, and is running with Dautel. Sheldon was a pole vaulter on the track team, the coach said,

and then started running the 800-meter race.

Medrano is areally strong runner, he said, and ran last year. If she stays healthy, he said, she will be really good. Avoiding injuries will be a key for the whole team, he said.

"We have some freshmen and sophomores that I think will really step in," Schwasinger said. "If they run like they're capable, the team will do really well."

More and more have been joining the team, the coach said, adding that he hopes to add more. While assistant coach, he also coached cross country at Grant Junior High, a good way to scout up-and-coming runners for the high school team.

"They're not high on numbers there either," he said. "If we can talk kids into going out, we'd love to have them."

The next meet will be at 8 a.m. Saturday, Sept. 9, in Wamego.

Schwasinger said he hopes to take two teams there.

"We'll push to take as many as possible to Wamego," he said. "That's where state will be."

Those who don't run at Wamego will run at 3 p.m. Thursday, Sept. 14, at Oakley, the coach said.

The rest of the schedule is: 2:45 p.m. Tuesday, Sept. 19, at Ulysses; 8:30 a.m. Saturday, Sept. 23, at Johnson; 4 p.m. Tuesday, Sept. 26, at Oberlin; 9 a.m. Saturday, Oct. 7, at Lakin; Northwest Kansas League 10 a.m. Saturday, Oct. 14, at Oakley; regionals, Saturday, Oct. 21; and state, Friday and Saturday, Oct. 27 and 28, at Wamego.

Cowgirls volleyball

The first home Cowgirls volleyball quad meet will be at 3:30 p.m. Tuesday, Sept. 5, with Burlington, Hays and Thomas More-Marian of Hays.

The Cowgirls this year have eight

seniors, five juniors, four sophomores and 13 freshman going out.

Returning seniors include Kaylee Billinger, Lindsay Schields, Nicollette Clancy, Emily Murray, Whitney Archer, Shandel Simon, Amber Cowan and Nicole David.

Juniors include Shawnie Butts, Ashley Christians, Andrea Wolak, Jessica Swager and Jennifer Cole. Sophomores are Whitney Schields, Shelbi Herl Hall, Erika Gonzales and Julica Bonsall.

Freshmen out for volleyball include Katie Clancy, Ashley Garza, Elaine Reiter, Lexi David, Kamisha Nonamaker, Brandi Bahe, Jessi Geist, Alexis Bateman, Angie Hillmer, Jessica Lake, Rosa Gonzales and Savanna Short and Freda Barber.

The coaches are Jerry McKee, Emily Braxmeyer and Aimee Stofel.

Last year, the Cowgirls finished

15-18, the team's first losing season in the last eight years.

The varsity volleyball team travels to Overland High School in Colorado on Saturday, Sept. 9, while the junior varsity team travels to Machebeuf in Colorado for a tournament.

The teams travel to Lakin on Sept. 12, for a quad meet, to Holcomb on Sept. 21 and Colby on Sept. 23.

The teams are home on Sept. 26 for a triangular meet at Max Jones Fieldhouse beginning at 4:30 p.m.

They are on the road on Sept. 30 at Oakley. They travel to Atwood on Oct. 3, and are at the Hays Tournament on Oct. 7. The teams head back to Oakley on Oct. 10.

The Northwest Kansas League tournament is in Atwood on Oct. 14, and the sub-state volleyball will be held on Oct. 21. State volleyball will be on Oct. 27-28.

Girls golf

Eight of 10 members of the Goodland Cowgirls golf team are returning veterans, and their goal is to work their way back to the state tournament this year.


The girls teed off for their season on Thursday in WaKeeney.

"They have a chance of going to state," said Coach Connie Liven-good, "and they are all working toward that. One of the team's goals is to do even better than last year."

Seniors Brooke Whitmore, Amber Webster and Kerri Bellamy, juniors Sammie Raymer, Eryn Topliff and Heidi Yonkey, and sophomores Chelsie Gausman and Courtney Sheldon are all returning members of last year's state team. They are joined by freshmen Amber Douglas and Natashaia Hillman.

"We have a great team this year,"

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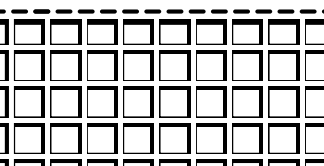
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