

Practice to start Monday

All fall sports get ready to go

With the approach of the school year, Decatur Community High sports teams will start practice next week.

Both junior high and high school football and volleyball players will start practice on Monday, said Activities Director Joe Dreher.

The football boys will practice from 6:30 to 8 a.m. and from 4 to 6 p.m. each day, while the volleyball girls will start practice indoors at 6:30 a.m. and 3:30 p.m.

The football players will start practice with pads next Thursday, he said, since state regulations require that the players have three days of practice without pads.

The cross country team will meet at 3:30 p.m. Monday in Coach Dick Ahlberg's room at the high school, with the first practice right afterwards.

The high school football team will again be led by Coach J.D. Johnson, assisted by Shane Bird and Caleb Howland.

The junior high boys will be coached by Mr. Dreher, who has been coaching in Oberlin since 1995. He will be assisted by Mark Bricker.

Sherri Ruf, who has taken the Oberlin volleyball girls to the state tournament the last three years, will be back. Last year, the Lady Red Devils took second and the year before that, fourth. Coach Ruf will again be assisted by Melissa Dreher.

The junior high girls will be coached by Gina Witt with assistance from Cricket Ketterl.

A meeting for parents of players on the Red Devil football team will be at 6:30 p.m. Monday during practice, Coach Johnson said.

Coach Ruf said she will hold a meeting for parents of volleyball girls right after the scrimmage on



ATTACKING A TACKLING DUMMY, Rex Diederich (above) practiced with the junior high Red Devils football team last year. A few weeks later, Nolan Henningson (below) took part in the annual cross country run during the Sports Drink Scrimmage.

— Herald photos by Cynthia Haynes and Susan May

Thursday, Aug. 25.

Oberlin Elementary School football players in fourth to sixth grades will check out equipment at 5 p.m. Sunday in the high school cafeteria.

Coach Dreher said that student athletes have been using the weight room at the high school over the summer. He said that he encourages football players to use the room at

least three times a week. It is open from 6:30 to 9 a.m. all summer for students who want to keep in shape.

"Most did a pretty good job of that," the coach said, adding that there were usually 20 or so high school and 10 to 15 junior high students using the facilities each day.

Coach Dreher said that the best way for the players to protect them-

selves from heat-related problems is to drink lots of water and to cut out soda and junk food, which can dehydrate you.

Gatorade is also good, he said, but the athletes should drink mostly water since too much sports drink can cause cramps.

"Water is the most important," he said.

Sports teams show off at annual scrimmages

The annual Decatur Community High "Sports Drink" scrimmages and run will be held Thursday, Aug. 25, at the high school.

In the past, this has been called a soap scrimmage, but school officials say today's athletes prefer to provide their own bath products, so the entrance fee was changed several years ago from a bar of soap to a bottle of sports drink.

All the drinks collected will be given to the teams.

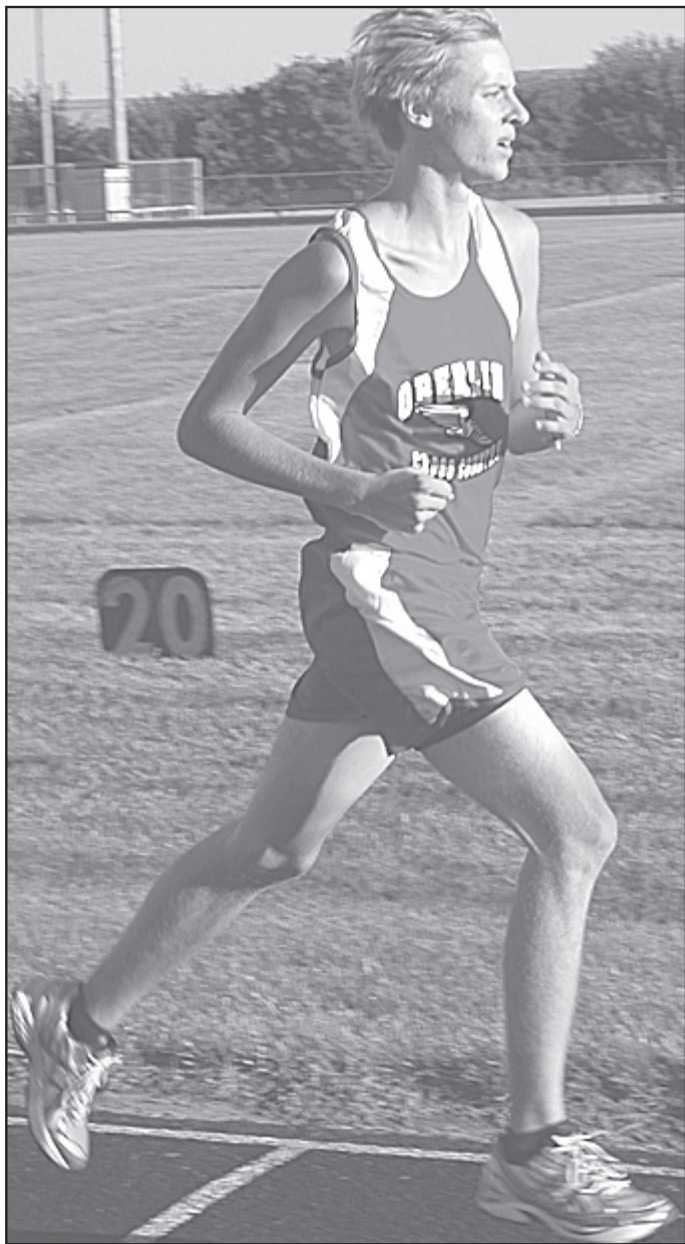
Again this year, the teams will hold a fund-raising hamburger and hot dog barbecue beginning at 5 p.m. in City Park, south and west of the high school.

The junior high volleyball scrimmage will start at 4:15 p.m., followed by the junior high football scrimmage at 4:45 p.m. and the high school volleyball scrimmage at 5:15 p.m.

The feature event of the evening,

the high school football scrimmage and cross country run, will begin at 7 p.m. at Smick Field south of the high school.

Everyone is invited to enjoy supper in the park and check out the 2011 fall sports teams.



Hunter education class planned

A computer-assisted hunter education class is planned for Saturday, Aug. 20, in Norton.

Students will take a pretest starting at 9 a.m. at the Prairie Land Electric building on U.S. 36, on the west side of Norton.

After the test, students will go immediately to the Black Power Gun Club range to learn gun handling and firing. There also will be a trail walk.

Lunch will be on your own from noon to 1 p.m. From 1 to 4 p.m., students will return to the Prairie Land building to complete the course.

Prior to the class, student must take an online hunter education course at www.ihea.com and print off and bring with them the score pages for the final quiz at the end of

the session.

Students must be at least 11. Register at Prairie Dog State Park or End Zone Sports in Norton.

For information on the class, call Dick Kelley at 475-2950 or Larry Stones at (785) 543-5820. Parents

are welcome to attend with their students.

A hunter safety certificate is required for most people to get a hunting license in Kansas and surrounding states.

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