The Saint Francis Herald

At the Game-

Ladies prepare for first match of new season

By Betty Jean Winston betty.w@nwkansas.com

players have good fundaments, both mental and physical," said Kent Kechter, head Lady Indian volleyball coach. "Their attitude is good and they are following able group."

Twenty-eight young ladies will be vying for positions on this year's squad. Eighteen participants are underclassmen, as there are only five seniors and three ju-

There certainly are a lot of opportunities to earn playing positions with our lack of varsity experience, the coach said.

Sainty lost eight 2007 seniors most years. to graduation. They return three Andrea Holzwarth, will serve as a manager/statistican due to illness.

Pevler, the other two letter win- give an introduction of the seaners, who are both seniors, will son and mention any new Kansas be counted on heavily, especially early in the season.

"They both have strong leadership abilities," Coach Kechter said. "They also jump well and have good quickness.3

No other returning players played in more than three varsity matches last year. Among these ladies are Joni Pevler, Taryn Richard, Aly Marin and Jodie Hilt. Pevler and Richard are seniors and they, along with senior Cara Hunt, will help fill the leadership role.

"All of our seniors have good attributes," he said.

although he has some players who St. Francis, Cheylin, Hayes Cenhe is looking at to fill the posi-

Many girls have attended camp(s) and played summer league and the coach feels this additional work should prove beneficial in the upcoming season. He also feels that the girls have ty, Oberlin, Northwest Kansas benefited from good introduction League and regionals. Winners at at the grade school camp and from regionals move on to substate and ments each other," he said.

the junior high coaching level. "This is paying dividends as

The coach commented that it "We are light on varsity expe- is very important they work on a rience and height but the young good defense and good serving skills. These areas gain importance when the players are inexperienced at the varsity level and lack height.

"It will be interesting to see directions well. It is a very coach- how this team develops and how successful they will become."

The Lady Indians are coming off an 8-26 season. The competition ended with a defeat by Wheatland/Grinnell at the 1A Regional tournament

Good news for Sainty fans is the fact that the teams (varsity, junior varsity, ninth and 10th grade) will compete at home a number of times this season, more than in

The community is welcome to letter winners but one of them, attend the Sports Open House at the high school gym on Friday night when team members will be Elizabeth Gienger and Jami recognized. Coach Kechter will State High School Activities Association rule changes which will help spectator's understanding as they view contests.

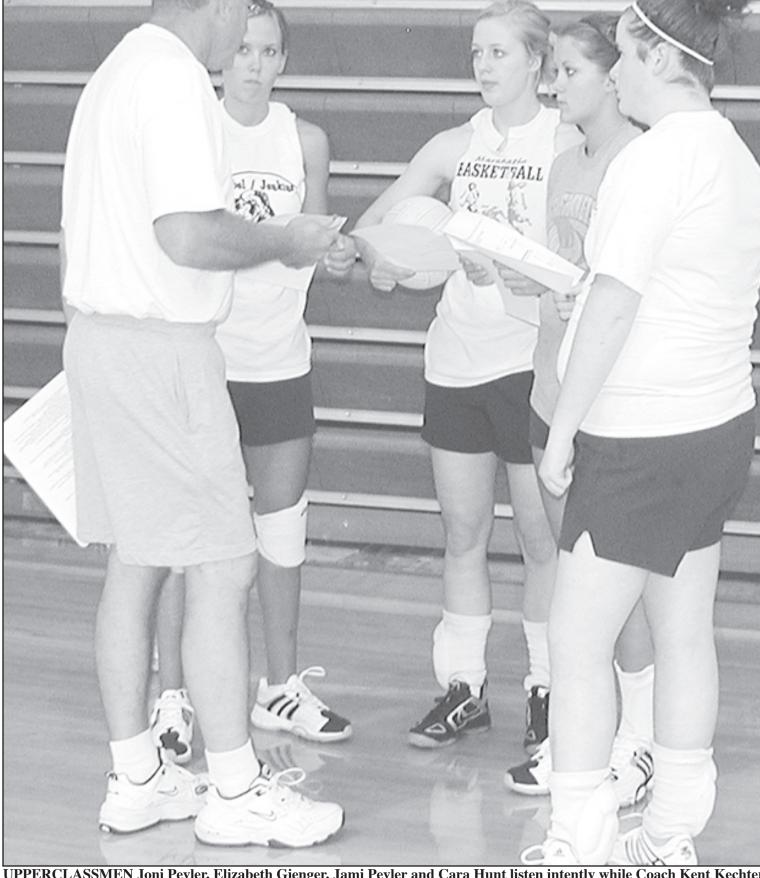
> The next opportunity to view the team at home will be on Thursday, Sept. 11, when a match with Wauneta/Palisade will take place, beginning at 5 p.m.

Sainty will also entertain Rawlins County and Wallace County on Tuesday, Sept. 16; Cheylin and Oberlin on Tuesday, Sept. 30; and Wray and Idalia on Thursday, Oct.

A round robin tournament has One of the graduates was Dara been added to the schedule this Loyd, who had been the team's year and it will take place in St. leading setter for three years. This Francis on Saturday, Oct. 11. role is open said Coach Kechter, Participating will be teams from ter and Hitchcock County High School. This tournament will substitute for the Scott City Tournament the Lady Indians attended

> Tournaments on the schedule this year include Gove Counwinners at substate on to state.

players are coming in better pre- entertain Norton here on Monday, 18th season while Coach Olof-



UPPERCLASSMEN Joni Pevler, Elizabeth Gienger, Jami Pevler and Cara Hunt listen intently while Coach Kent Kechter gives instructions during a recent practice session. Herald staff photo by Betty Jean Winston

Jeff Olofson and Talley Morrow as assistants.

"Our coaching staff comple-

The staff is experienced as The ninth and 10 grade girls will Coach Kechter is entering his ard.

son is beginning his 16th year Northrup, Kaycee Williams, Coach Kechter will again have and Coach Morrow her sixth season

Roster

Pevler, Joni Pevler, Taryn Rich-

Charlotte Roosen.

Sophomores: Mikaela Grace, Christina Hilt, Jodie Hilt, Shay-Seniors: Elizabeth Gienger, la Hilt, Alyssa Lee, Alyson Cara Hunt, Ksenia Lelesh, Jami Marin, Aubree Schlepp, Sarah Trembly.

Freshmen: Tilyn Bell, Hay-Juniors: Kristin Froberg, Dale ley Brown, Kaitlin Figgins,

Lexi Hilt, Jacquelyn Kezner, Ashlynn Lambert, Caitlin Northrup, Trista Orth, Chauntell Peter, Christina Schoen-

Managers/statisticians: Sarah Guthmiller, Andrea Holzwarth.



Coach Tim Lambert (left) will be introducing his football following the introductions. Herald staff photo by Betty Winston

FOOTBALL/VOLLEYBALL OPEN HOUSE will be held players as will Coach Kent Kechter be recognizing his at the high school on Friday evening, beginning at 7 p.m. team members. Both teams will be exhibiting their skills

Girl earns **Black Belt**

Alisa Golden received her First Degree Black Belt on Aug. 14. Eighteen months, nine belts and hundreds of hours of hard work helped her achieve this goal.

She originally took Taekwondo as a physical education credit from Colby Community College but then decided to continue classes through the sumer in order to obtain her Black Belt.

Starting at the bottom with a white belt, she worked her way up through the ranks to reach her ultimate goal of Black Belt. She quickly rose to the top in terms of focus, discipline and drive.

Alisa is also a member of the Leadership Team where she teaches younger members of the class and assists them in developing the skills and drive needed to progress.

status, Alisa had to work on forms, ard.



Alisa Golden

one-steps, board breaks, sparring with other classmates and at tournaments, and develop an original form with a bow staff.

She received several medals during tournaments and was chosen as Zejda's ATA Martial Arts Student of the Month in July.

Alisa is the daughter of Steve and Peggy Golden and is the grand-In order to attain the Black Belt daughter of Leonard and Joan Rich-

School Menu -

Tuesday: Breakfast: sausage and pancake bites, maple syrup, maple syrup, juice, cereal assortjuice, cereal assortment, milk; Lunch: Italian dunkers, cheesy breadsticks, corn, chocolate cake, orange sherbet, milk.

Wednesday: Breakfast: frosted long johns, juice, cereal assortment, milk; Lunch: chicken fajita, lettuce, tomato, cheese, salsa, sour cream, seasoned rice, pineapple slices, fortune cookie,.

Thursday: Breakfast: waffles, ment, milk:Lunch: cheeseburger, macaroni, green beans, garlic toast, apple wedge with caramel sauce, milk.

Friday: Breakfast: ham, egg and cheese mcmuffin, juice, cereal assortment, milk.: Lunch: hot hamburger, mashed potatoes, brown gravy, tossed salad, tropical fruit,

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