



At the Game

Wrestlers enjoy summer camps

St. Francis wrestling Coach Nathan Smith has spearheaded wrestling activities for interested St. Francis youth. Coach Smith has provided the following update of events that have taken place since the end of the school year.

"June 13 through June 17 we hosted our first Summer Wrestling Camp. The camp ran in two sessions with kindergarten through sixth graders in the mornings and seventh through 12 graders in the evening. The morning sessions worked on basic wrestling fundamentals and learning to enjoy the sport of wrestling under the guidance of Coach Smith and some of the high school wrestlers.

"This was a great camp attended by about 12 boys. We had refreshed a lot of wrestling skills they've learned in the past and learned a few new things" said Coach Smith.

The evening sessions for the junior high and high school was run differently with clinicians coming in. On Monday and Tuesday night Eric Luedke was the instructor. Coach Luedke is a Colby native that went on to become a two-time National Junior College Champion at Colby Community College and then went to national power Iowa University where he was a two-time All-American finishing eighth and third. He continued his wrestling on the world circuit wrestling in many tournament around the world. Coach Luedke showed techniques he'd picked up throughout his college and

international wrestling career.

"Coach Luedke brought a passion for the sport most of our kids haven't seen. He lives and breaths wrestling and it was good for our kids to see what kind of passion you have to have to be the best at whatever they chose to do in life." said Coach Smith "You could tell he's run camps before, he does such a great job of breaking things down for the kids."

Wednesday Derek Ross, a St. Francis Alumni and former University of Nebraska Kearney All-American came in to work with the young men. Coach Ross showed a variety of moves and techniques that are applicable for wrestlers that weigh 100 pounds or 250 pounds.

"Coach Ross does a awesome job of showing a variety of skills that apply to every wrestler not just little guys or big guys. Being from the program and being around during wrestling season last year he knew what our wrestler skill level is and teaching up the skills that will help our wrestler improve on their individual styles."

Thursday Keegan Smith from Goodland was the instructor. Keegan was a National Qualifier last season at Pratt Community College where he wrestles with Terrence Lamb of St. Francis. Keegan came in and worked a lot of the mat showing a variety of tilts and tips. Keegan also worked on variations of a stand-up off the bottom.

"Keegan is a young man that I think our kids can relate to. He's a



FORMER ST. FRANCIS wrestling coach Larry Gabel was the Friday guest at the Indian wrestling camp. He taught different ways to get into a variety of cradle situations. Those attending the camp listened intently.

Herald photo by Nathan Smith

younger guy from the area that had the opportunity to pursue wrestling at the next level and I think we have some young men who would like to do the same. Keegan has been wrestling for a number of years and has a great deal of knowledge of the sport. He's already a great coach and will have success in coaching if he chooses to do so after he graduates."

Friday brought back Kansas Wrestling Coaches Association and Kansas High School Activities Association Hall of Fame member Larry Gabel. During Coach Gabel tenure at St. Francis High School as the head wrestling coach his teams were known for their cradles and that's what Coach Gabel showed. He taught different ways to get into

a variety of cradle situations.

"None of these kids had the opportunity to wrestle for Coach Gabel and most were pretty young when coach left. They have heard about the tradition but for them to have the chance to work with the man that was so instrumental in the success of the wrestling program here at St. Francis was special. He relates so well with kids it makes teaching the sport so simple because they are drawn to his every word," Coach Smith said.

From June 18 to June 20 a group of high school and junior high wrestlers went to the University of Nebraska Kearney team camp. The camp is set up where teams dual other teams throughout the day with instruc-

tional session built in-between. The St. Francis team dueled eight times on the weekend winning four.

The team defeated Wray, Colo., Pope John/Elgin, Neb., Sedwick County/Fleming Colo., and Platteville in duals. The teams losses were to Fairbury/Lincoln Neb., Tonganoxie, Plattesmouth, Neb., and Schyler/Crete Neb. Some teams that didn't have enough wrestler were combined to help add matches to each dual. St. Francis had 10 young men attend. The individual results for our young men were: Zach Gienger 10-2, Thomas Douthit 7-3, Dylan Wolaver 14-1, Austin White 6-6, Logan Lampe 8-5, Clay Cassaw 5-4, Lane Hobrock 3-12, Garrett Brunk 8-5, Lane Hoffman 8-4,

Shakota Blanka 3-7.

"Our kids did a great job this weekend," Coach Smith said. "I was really impressed with our young kids. We had eighth graders and freshman (Cassaw, Hobrock, Brunk, Blanka) going against senior state qualifiers and wrestled them tough, even winning a few of those matchups. It was good to see Zach and Thomas back on the mat both missed a lot of last session. Our sophomores are going to help us out next year. Some of them took their lumps last year but Austin, Logan, and Lane all wrestled very well at Kearney. Dylan Wolaver might have had the best weekend out of all of our kids. He beat state placers and qualifiers all weekend."

Swimmers compete well

The Sharks went to Benkelman, Neb., for the fourth meet of the season.

"Competition was tough and some of our swimmers did well with improvements," Coach Margaret Poling said.

Some of the efforts Coach Poling noted were the following:

- Lauren and Lindsey Johnson improved almost 8 seconds in the long freestyle.
- Christina Frink had a great backstroke dive and end.
- Zack White had a much improved breaststroke.
- Aaron White improved his breaststroke also.

"This week we will be working on setting up our "Fun Meet" and the triathlon," Coach Poling said. Our fun meet will be Thursday, June 30, beginning at 6 p.m. "We will be enjoying fried chicken at the concession stand to be catered by the Majestic. Kary Meyer is putting a lot of work into this. This would be a great way to support the team."

The triathlon will be kicking off the Fourth of July festivities at 7 a.m..

Come to the pool side to catch some of the starts and finishes, Mrs. Poling said.

"We hope the money comes out okay as the extra money the team makes helps to buy swimsuits and pay down on individual fees a bit," she said. "We are looking forward to moving on to the qualifying meet with confidence in our strokes and pride for our team. Keep swimming Sharks," said Mrs. Poling.

The following results were recorded at Benkelman:

Cassie Cooks: 10-and-under 100-medley relay, second; 9/10, 25 butterfly, fourth; 9/10, 25 breaststroke, fifth; 9/10 individual medley, fourth; open 200 free relay, heat winner, first; 10-and-under 100 free relay, heat winner, first.

Bree Dewaal: 8-and-under 100 free relay, third; open 100 free relay, second

Emily Elfers: open 100 free relay, second; 13/14 50 butterfly, fourth; 13/14 50 backstroke, sixth; 14-and-under 100 free relay, heat winner, first.

Alexis Frink: open 100 medley

relay, second; open 100 free relay, second; 13/14 100 freestyle, second; open 200 free relay, heat winner, first; 13/14 50 freestyle, third; 13/14 100 individual medley, third; 14-and-under 100 free relay, heat winner, first.

Christina Frink: 10-and-under 100-medley relay, second; 9/10 25 butterfly, sixth; open 100 free relay, second; 10-and-under 100 free relay, heat winner, first.

Emma Johnson: open 100 medley relay, second; 8-and-under 25 backstroke, second; open 200 free relay, heat winner, first; 8-and-under 25 freestyle, third; 8-and-under 100 free relay, third.

Lauren Johnson: 10-and-under 100-medley relay, second; 9/10 50 freestyle, second; 9/10 25 backstroke, heat winner, first; 9/10 25 freestyle, heat winner, first; 10-and-under 100 free relay, heat winner, first.

Lindsey Johnson: 10-and-under 100-medley relay, second; 9/10 50 freestyle, heat winner, first; 9/10 25 freestyle, second; 10-and-under 100 free relay, heat winner, first.

Ellee Krien: 8-and-under 100 free relay, third; open 100 free relay, second

Lyden Lampe: open 100 medley relay, second; 8-and-under 100 free relay, third.

Taylor Spike: open 200 free relay, heat winner, first; 19-and-over 50 breaststroke, third; 19-and-over-50 freestyle, second; open 100 free relay, second.

McKayla Taylor: open 100 free relay, second; 13/14 50 butterfly, third; 13/14 50 backstroke, fourth; 13/14 50 breaststroke, fourth; 14-and-under 100 free relay, heat winner, first.

McKenzie Taylor: open 100 free relay, second; 13/14 100 freestyle, heat winner first; 13/14 50 breaststroke, second; 13/14 50 freestyle, heat winner, first; 14-and-under 100 free relay, heat winner, first.

Shadryon Blanka: 8-and-under 100 medley, heat winner, first; 8-and-under 25 butterfly, first; 8-and-under 25 backstroke, third; 8-and-under 25 freestyle, fifth; 8-and-under 100 free relay, heat winner, first.

Coy Cassaw: 10-and-under

100 medley, third; 9/10 25 backstroke, second; 9/10 25 breaststroke, third; 10-and-under 100 free relay, third.

Seth Hilt: 10-and-under 100 medley, third; open 200 free relay, heat winner, first; 10-and-under 100 free relay, third.

Wyatt Hilt: 10-and-under 100 medley, third; 9/10 25 butterfly, fifth; 9/10 50 freestyle, sixth; 10-and-under 100 free relay, third.

Adam Krien: 8-and-under 100 medley, heat winner, first; 8-and-under 25 freestyle, heat winner, first; backstroke, second; 8-and-under 100 free relay, heat winner, first.

KC Krien: 10-and-under 100 medley, third; 9/10 25 butterfly, heat winner, first; 9/10 freestyle, fourth; 9/10 individual medley, heat winner, first; 10-and-under 100 free relay, third.

Logan Lampe: 8-and-under 100 medley relay, second; 15/18 50 backstroke, fourth; open 200 free relay, heat winner, first; 15/18 50 freestyle, sixth; 8-and-under 100 free relay, second; 10-and-under 100 medley, third.

Luke Lampe: 8-and-under 100 medley relay, second; 11/12 100 freestyle, second; open 200 free relay, heat winner, first; 11/12 50 freestyle, third; 18-and-under 100 free relay, second.

Kiegan Taylor: 8-and-under 100 medley, heat winner, first; 50 free, second; 8-and-under, 25 freestyle, fourth; 8-and-under 100 free relay, heat winner, first.

Aaron White: 8-and-under 100 medley, heat winner, first; 8-and-under 25 backstroke, fourth; 8-and-under 25 breaststroke, heat winner, first; 8-and-under 100 free relay, heat winner, first.

Matthew White: 8-and-under 100 medley relay, second; 13/14 50 yard backstroke, second; 13/14 50 breaststroke, heat winner, first; 13/14 50 freestyle, third; 18-and-under 100 free relay, second.

Zachery White: 8-and-under 100 medley relay, second; 13/14 50 butterfly, first; open 200 free relay, heat winner, first; 13/14 50 breaststroke, second; 13/14 freestyle, second; 18-and-under 100 free relay, second.

Team has 5-3 record at Atwood

By Betty Jean Winston

Atwood Summer Basketball League plays their regular season games during June. Teams will be playing tournament games next week to finish off the summer's activities.

Their were two boys divisions and two girls divisions, including teams for junior high and high school.

On Thursday, June 23, the St. Francis high school boys lost to the Atwood varsity by the score of 83-58.

Three Indians were in double figures in this game: Mason Schiltz had 17 points, Kyler Zweygardt 12 and Dylan Peter 10.

Also scoring were Cade Brace-lin and Wyatt Landenberger with eight points each and Dillion

Straub with three.

In the second game of the evening, Saintry defeated the Hitchcock County junior varsity 79-27. All of the players contributed to this victory.

Scoring in this game includes: Schiltz 21; Peter 18; Zweygardt 16; Bracelin 10; Landenberger 9, Straub 5.

The team has a 5-3 record.

Across the County

By Marty Fear



County Extension Agent

Use caution if feeding wheat hay to livestock

With some wheat fields struggling amid drought conditions through parts of the High Plains, some producers may be considering cutting and baling their crops for hay. If so, a Kansas State University veterinarian says, "the sooner, the better." "The beards (awns) on bearded wheat can cause oral problems in cattle if the heads are fully developed and mature," said Larry Hollis, veterinarian with K-State Research and Extension.

A lot will depend on how hun-

gry the cattle are when fed the hay, Mr. Hollis said. If other feed is available, they likely will pick around the heads to avoid being injured inside the mouth by the beards.

"But, if wheat hay is the primary diet component, producers will probably see some cows that don't look full, because their mouths have become too sore for them to continue eating readily, even though adequate hay is available. It's also possible cows will salivate or have swollen tongues or faces,"

Kansas State University Beef Conference

(Offsite Webcasts Available in Pratt, Wakeeney and El Dorado)

The 2011 Kansas State University Beef Conference is planned for Tuesday, Aug. 16, with a full lineup of speakers who will address "Managing in a Transitioning Industry."

"The beef industry has encountered so many changes recently," said Larry Hollis, veterinarian with K-State Research and Extension. "Volatile beef and cattle prices, new research findings, and high fuel and other input costs mean producers are always looking for ways to keep up with the most recent information, so they can run their businesses as efficiently as possible. Our goal with the K-State Beef Conference is to address the most relevant topics every year."

The conference begins at 9 a.m. and ends at 5 p.m. and includes both refreshments and lunch. If unable to travel to Manhattan, beef producers and others inter-

ested in participating can attend via webcasts, hosted by Butler County Community College, Pratt County Fairgrounds and the Wakeeney Public Library.

Presentation topics and presenters at the conference will include:

- The New Reality: Volatility Factors and the Cattle Cycle – K-State agricultural economist Glynn Tonsor;
- Ranch Management in Volatile Times – Justin Waggoner, K-State animal scientist;
- Does High Input Always Mean High Output? – Bob Weaver, K-State animal scientist;
- Adapting to Change at the Ranch Level –Virgil Huseman, Ellsworth stockman;
- Anthelmintic Resistance in Beef Cattle – Joe Dedrickson for Merial;
- Implant strategies for forage-based programs – Chris Reinhardt, K-State animal scientist;
- Sell Cows, Build Herds, or

Get Out? – Kevin Dhuyvetter, K-State agricultural economist; and

- Emerging Social Ethics for Animals and the Beef Industry – Bernie Rollin, Colorado State University.

Sponsors for the 2011 K-State Beef Conference are animal health company Merial, as well as K-State Research and Extension.

The fee to attend is \$60 per person or \$100 for two or more from the same operation. More information, including how to register for the webcasts or for in-person attendance, is available on the web www.asi.ksu.edu/p.aspx?tabindex=339&tabid=223 or by phone (785-532-1280).

I plan to attend the webcast in Wakeeney if anyone would like to attend as well and car-pool. Please contact the Cheyenne County Extension office at 332-3171 or cfeahr@ksu.edu with questions or comments. Until next week – Marty