

'Here's how'



PATTY DECKER/Colby Free Press

The “Bigger, Faster, Stronger, Strength Training Clinic,” designed to unify a school’s athletic program, was held at Colby High School on Friday and Saturday with nearly 50 students attending. Greg Koenig, the Eagles’ new head football coach, showed Rishonna Martin (above) a technique while lifting. Jeff Quenzer, Colby High School assistant principal and activities director, Jerry Vincent, teacher and coach and Koenig, were instrumental in bringing the clinic to Colby.

Brewster’s Swanson to play in All-Star game

BELOIT — Sean Swanson, Brewster High School football standout, has been selected to play for the Division II West Squad in the 19th annual Kansas 8-Man All-Star Football Game at Beloit on Saturday at 2 p.m. at Trojan Field on North Hersey Street.

Swanson is a 2004 graduate of Brewster and plans to attend college and play football.

Football accomplishments in-



Swanson

clude being selected all-league first-team in 2002-2003. In 2003 he had 115 tackles, 8 sacks, 1 interception and 4 forced fumbles on defense.

Offensively he rushed for 900 yards, received passes for 300 yards and scored 29 touchdowns.

Brewster was the Western Kansas Liberty League runner-up and regional runner-up in 2003.

Swanson lettered in basketball two years, and was a member of Scholar’s Bowl, and enjoys hunting, fishing and water skiing. He was also student council vice-president and played in the band.

Shelly Swanson and Roger Engler, Brewster, are his parents.

Big jolt for OSU football

STILLWATER, Okla. (AP) — Bobby Reid, the prize recruit in Oklahoma State’s incoming freshman class and the front-runner to assume the quarterback job for the Cowboys this season, could miss the season after undergoing surgery on his throwing shoulder.

Reid, who was rated among the Top 50 high school recruits in the nation, enrolled at Oklahoma State early so he could participate in spring practice and have a better chance to start if incumbent Josh Fields left to play professional baseball after his junior season.

But the 6-foot-4, 220-pound Reid had arthroscopic surgery to repair torn cartilage on his right shoulder Thursday and likely will have to redshirt this season, *The Oklahoman* reported Sunday, citing unnamed sources.

Natural recovery time for the injury would take four to six months, meaning Reid would likely miss all of fall practice and enough of the season for him to consider redshirting.

Coach Les Miles said he could not discuss the situation.

“It’s not something I can comment on,” Miles said. “Unless the student-athlete has released the information, I can’t really comment.”

Reid, a freshman from North Shore High School near Houston, emerged from spring practice as the likely replacement for Fields. He was the Cowboys’ leading passer in their spring scrimmage, completing 7 of 13 passes for 128 yards and three touchdowns.

At the end of the Cowboys’ final spring scrimmage, Reid was hit hard by linebacker Roderick Johnson and he didn’t return. The injury was not thought to be serious at the time.

Next on the depth chart would be Donovan Woods, a redshirt freshman. Woods was 7-for-10 for 89 yards and two touchdown passes for the team’s second best total.

SportsLine

MAYB updates

June 11 is the registration deadline for tournaments for 4th-12th boys and girls at Emporia, Coffeyville and Kingman on July 2-4. Five games guaranteed.

June 18 is the registration deadline for tournaments for 4th-12th boys and girls at Colby and Sabetha on July 9-11. Five games guaranteed.

June 25 is the registration deadline for tournaments for 4th-12th boys and girls at Scott City and Baxter Springs on July 16-18. Five games guaranteed.

July 2 is the registration deadline for tournaments for 4th-12th boys and girls at Dodge City, Hillsboro and Gardner on July 23-25. Five games guaranteed.

Call (316) 284-0354 or email mayb@mayb.com for additional information. Colby’s information can also be obtained by calling (785) 462-3736.

What’s happening?

If there are other sports activities going on or starting soon, please let us know. This column is intended for you to get word out to those you feel need to know. There’s no charge.

Your items are being processed

For those looking for results of middle school track meets, that information is forthcoming. Also, other notes and items dropped off at the office are being processed for publication.

SportsLine contact is colbysports@nwkansan.com to get your item placed in this column. Deadline is 10 am.

Check each issue of the Free Press for additional TV Listings

TV LISTINGS sponsored by the COLBY FREE PRESS

WEEKDAYS

JUNE 8 - JUNE 14

	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
KLBY/ABC 4 6	News		Good Morning America				Mak-eover	Mak-eover	The View		Holly-wood	News
KSNK/NBC 8 9	News Cont'd		Today							Live With Regis and Kelly		Martha Stewart Living
KBSL/CBS 12 11	News				The Early Show		The 700 Club		The Price Is Right		The Young and the Restless	
K15CG 3	World News	Yoga	Body Electric	Caillou	Boohbah	Barney-Friends	Dragon Tales	Lions	Sesame Street		Clifford-Red	Teletub-bies
WGN 13	Chang-ing	Believer Voice	Celebrity Justice	Hillbil-lies	Hillbil-lies	Happy Days	Matlock		In the Heat of the Night		Rockford Files	
NICK 29	Oddpar-ents	Rocket Power	Rugrats	Spon-geBob	Max & Ruby	Maggie-Beast	Dora the Explorer	Blue's Clues	Dora the Explorer	Blue's Clues	Rugrats	Rugrats
FAM 30	Digimon-Digital	Bey-blade	Power Rangers	Digimon-Digital	Growing Pains	Living the Life	The 700 Club		7th Heaven		Full House	Growing Pains
USA 31	JAG	Varied	Nash Bridges	Varied	Movie			Varied		Movie		Varied
TBS 37	Saved by Bell	Saved by Bell	Movie				Dawson's Creek		Dawson's Creek		Saved by Bell	Saved by Bell
TNT 38	The Lost World		The Pretender		Charmed		ER		ER		Judging Amy	
DSC 42	Paid Program	Paid Program	Paid Program	Paid Program	Assignment Discovery		Double Agents		Designer Guys	Designer Guys	Rally Round the House	
A&E 47	Varied Programs		Movie				Murder, She Wrote		Third Watch		City Confidential	
ESPN 49	SportsCenter		SportsCenter		Sports-Center	Varied	SportsCenter		SportsCenter		Varied Programs	
HBO 7	Movie Cont'd		Varied Programs							Movie		Varied
DISN 17	JoJo's Circus	Stanley	The Wiggles	JoJo's Circus	The Wiggles	Stanley	Rolie Polie	Rolie Polie	Out of the Box	PB&J Otter	Koala Brothers	The Wiggles
MAX 21	Movie Cont'd	Varied Programs										

WEEKDAYS

JUNE 8 - JUNE 14

	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
KLBY/ABC (4) (6)	All My Children		One Life to Live		General Hospital		Dr. Phil		Judge Judy	Judge Judy	News	ABC Wild News
KSNK/NBC (8) (9)	News	Family Feud	Days of Our Lives		Passions		Inside Edition	Family Feud	Millionaire	Jeopardy!	News	NBC News
KBSL/CBS (12) (11)	News	Bold, Beautiful	As the World Turns		Guiding Light		The People's Court		Oprah Winfrey		News	CBS News
K15CG (3)	Reading Rainbow	Mister Rogers	Varied Programs			George Shrinks	Beren Bears	Liberty's Kids	Cyberchase	Arthur	Zoom	Business
WGN (13)	News		In the Heat of the Night		Street Smarts	Street Smarts	Cosby Show	Cosby Show	Fresh Prince	Fresh Prince	Home Improve.	Will & Grace
NICK (29)	Varied Programs						Oddparents	Jimmy Neutron	SpongeBob	U-Pick	U-Pick	Varied
FAM (30)	Family Matters	Family Matters	Step by Step	Step by Step	So Little Time	Full House	7th Heaven		Switched!	Knock First	Full House	Full House
USA (31)	JAG	Varied Programs										
TBS (37)	Cosby	Cosby Show	Cosby Show	Fresh Prince	Fresh Prince	Steve Harvey	Steve Harvey	Drew Carey	Drew Carey	Home Improve.	Home Improve.	Seinfeld
TNT (38)	Law & Order		NYPD Blue		NYPD Blue		Judging Amy		Angel		Charmed	
DSC (42)	Surprise by Design		Surprise by Design		Rally Round the House		Double Agents		Varied Programs			
A&E (47)	American Justice		Movie				Murder, She Wrote		Third Watch		City Confidential	
ESPN (49)	Varied Programs								Around the Horn		Interruption	SportsCenter
HBO (7)	Movie	Varied Programs		Movie	Varied Programs			Movie	Varied Programs			
DISN (17)	JoJo's Circus	Stanley	Winnie-Pooh	House of Mouse	House of Mouse	Recess	Lilo & Stitch	Recess	Kim Possible	Proud Family	Even Stevens	Sister, Sister
MAX (21)	Movie			Movie	Varied Programs			Movie	Varied Programs		Movie	Varied

TUESDAY

JUNE 8

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC ④ ⑥	(5:59) News	Ent. Tonight	8 Simple Rules	Hang-time	NBA Basketball: Finals Game 2 -- Detroit Pistons at Los Angeles Lakers. Staples Center. (Live) (CC)			News (CC)	Nightline (CC)	Jimmy Kimmel!		
KSNK/NBC ③ ⑨	News	Wheel of Fortune	Last Comic Standing (Season Premiere) (N) (CC)			Law & Order: Spcial Victims			News (CC)	The Tonight Show (N) (CC)		Late Night (N)
KBSL/CBS ⑫ ⑪	News (CC)	Friends (CC)	Navy NCIS Marine Down (CC)		The Guardian Shame (CC)		Judging Amy (CC)		News (CC)	Late Show (N) (CC)		Late Late
K15CG ③	The NewsHour With Jim Lehrer		Nova Secrets of the Mind (CC) (DVS)		Scientific American Frontiers Losing It		Independent Lens (N) (CC)		World News	That's My Boy	Charlie Rose (N) (CC)	
WGN ⑬	Will & Grace	Home Improve.	Movie: In the Heat of the Night: A Matter of Justice (1994) Carroll O'Connor. (CC)			WGN News at Nine (CC)			Becker (CC)	Becker (CC)	Eliminate	The 5th Wheel
NICK ⑳	Jimmy Neutron	SpongeBob	Oddparents	Sabrina-Witch	Full House	Full House	Cosby Show	Cosby Show	Rose-ann	Rose-ann	Cosby Show	Cosby Show
FAM ③①	7th Heaven (CC)		Movie: Top Gun *** (1986, Drama) Navy pilots take to the skies to compete for high honors. Tom Cruise.				Whose Line?		The 700 Club (CC)		America's Funniest Home Videos (CC)	
USA ③①	JAG Embassy (CC)		Law & Order: Spcial Victims		Movie: How High * (2001) Pot-smoking pals become unlikely students at Harvard.				Law & Order: Spcial Victims		Karen Sisco Dear Derwood (CC)	
TBS ③⑦	Seinfeld (CC)	Friends (CC)	Movie: Fools Rush In ** (1997, Comedy) Matthew Perry, Salma Hayek. (CC)			Movie: Fools Rush In ** (1997, Comedy) Matthew Perry, Salma Hayek. (CC)			Movie: Three to Tango * 1/2 (1999)			
TNT ③⑧	Law & Order: Precious (CC) (DVS)		Law & Order: Merger (CC) (DVS)		Law & Order: Hunters (CC) (DVS)		Charmed (CC)		Angel: The Shroud of Rahmon (CC)		The X-Files Quagmire (CC)	
DSC ④②	The FBI Files: When Seconds Count (CC)		Monster Garage: Peterbuilt Chopper		Big Popcorn (N)		MythBusters: Myths Revisited (N) (CC)		Monster Garage: Peterbuilt Chopper		Big Popcorn	
A&E ④⑦	American Justice: Perfect Murder		Biography Smartys Jones Smartys Jones.		Cold Case: File's Prostitute helps police to track down a serial killer. (N) (CC)			Crossing Jordan (CC)		Biography Smartys Jones Smartys Jones.		
ESPN ④⑨	ESPN25: Then and Now (N)				2003 World Series of Poker Las Vegas.		Baseball Tonight (Live) (CC)		SportsCenter (Live) (CC)		Baseball Tonight	
HBO ⑦	(5:45) Movie: Just Married * (2003) Ashton Kutcher. (CC)			The Terminal	Movie: Bruce Almighty *** 1/2 (2003, Comedy) Jim Carrey. (CC)			The Sopranos All Due Respect (CC)		Movie: Something the Lord Made: ***		
DISN ①⑦	Sister, Sister	Lizzie McGuire	Movie: Casper Meets Wendy ** (1998, Fantasy) Shelley Duvall, Hilary Duff. (CC)			Sister, Sister	Boy Mts. World	Kim Possible	Proud Family	Even Stevens	Sister, Sister	
MAX ②①	(5:30) Movie: 8 Heads-Bag		Movie: The Transporter ** (2002, Action) Jason Statham, Shu Qi. (CC)			Movie: Alien Resurrection *** 1/2 (1997, Science Fiction) Sigourney Weaver. (CC)			Best Sex Ever		Naked Tales	

WEDNESDAY

JUNE 9

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC (4) (6)	(5:59) News	Ent. Tonight	Billy Graham Special (CC)		Drew Carey	Drew Carey	The Ultimate Love Test (N) (CC)		News (CC)	Nightline (CC)	Jimmy Kimmel Live! George Lopez. (CC)	
KSNK/NBC (8) (9)	News	Wheel of Fortune	Last Comic Standing (N) (CC)				Law & Order (CC)		News (CC)	The Tonight Show (N) (CC)		
KBSL/CBS (12) (11)	News (CC)	Friends (CC)	60 Minute II (CC)		King of Queens	Still Standing	48 Hours Investigates (CC)		News (CC)	Late Show (N) (CC)		
K15CG (3)	The NewsHour With Jim Lehrer		Horatio's Drive: America's First Road Trip (CC) (DVS)				Great Old Amusement Parks		World News	Two's Company	Charlie Rose (N) (CC)	
WGN (13)	Will & Grace	Home Improve.	Movie: In the Heat of the Night: Who Was Gail Bendi? (1994) Carroll O'Connor.				WGN News at Nine (CC)		Becker (CC)	Becker (CC)	Eliminate	The 5th Wheel
NICK (29)	Jimmy Neutron	SpongeBob	Oddparents	Sabrina-Witch	Full House	Full House	Cosby Show	Cosby Show	Rose-ann	Rose-ann	Cosby Show	Cosby Show
FAM (30)	7th Heaven (CC)		Movie: Blazing Saddles *** (1974, Comedy) Cleavon Little, Gene Wilder.				Whose Line?		The 700 Club (CC)		Home Videos	Home Videos
USA (31)	JAG Gypsy Eyes (CC)		Law & Order: Special Victims		Law & Order: Special Victims		Monk (CC)		Law & Order: Special Victims		Touching Evil (CC)	
TBS (37)	Seinfeld (CC)	Friends (CC)	Seinfeld (CC)	Seinfeld (CC)	Movie: The Wedding Singer *** (1998, Comedy) Adam Sandler. (CC) (DVS)				Movie: Sleepless in Seattle ***½ (1993, Comedy-Drama) Tom Hanks. (CC)			
TNT (38)	Law & Order: Crime (CC) (DVS)		Law & Order: Justice (CC) (DVS)		Movie: Twist & Desire (1996, Drama) Melissa Joan Hart, Daniel Baldwin.				Movie: The In Crowd * (2000, Drama) Susan Ward, Lori Heuring. (Premiere) (CC)			
DSC (42)	Justice: Files Informants. (CC)		Monster Garage (CC)		Roswell (CC)		Seven Wonders Of... Mega-Resorts		Monster Garage (CC)		Roswell (CC)	
A&E (47)	American Justice: Getting Away		Biography Bette Midler Bette Midler. (N) (CC)				Amer. Justice		Crossing Jordan Ties That Bind (CC)		Biography Bette Midler Bette Midler.	
ESPN (49)	MLB Baseball: Teams to Be Announced. (Live) (CC)						Baseball Tonight (Live) (CC)		SportsCenter (Live) (CC)		Outside-Baseball Line	Baseball Tonight
HBO (7)	Elaine Stritch at Liberty Award-winning, one-woman show. (CC)				The Sopranos All Due Respect (CC)		On the Record Actor Ben Stiller.		Deedwood (CC)		Movie: Biker Boyz (2003) (CC)	
DISN (17)	Sister, Sister	Lizzie McGuire	Movie: Zenon: Girl of the 21st Century (1999, Science Fiction) Kirsten Storms.				Sister, Sister	Boy Mts. World	Kim Possible	Proud Family	Even Stevens	Sister, Sister
MAX (21)	(5:00) Movie:	On Set: X2 (CC)	Movie: Batman Forever ***½ (1995, Adventure) Val Kilmer. (CC)				Movie: X2: X-Men United *** (2003) A right-wing militant pursues the mutants. (Patrick Stewart. (CC)				Black Tie Nit	