



Give it a boot



ANDY HEINTZ/Colby Free Press
Jerad Johnson, assistant football coach for Colby High School and former Kansas State University football player, got ready to slam the ball with his foot during the duck soup tournament on Sunday afternoon. The tournament was put together by the Colby Community College softball program as a way to raise money for this year's squad.

Royals give up eight runs late; Minnesota whips Kansas City

KANSAS CITY, Mo. (AP) — After seeing a curveball on the first pitch of his previous at-bat, Michael Cuddyer was looking for something soft. He got it and hit it out. Next at-bat, Cuddyer saw a pitch and reacted to it. Same result.

Two pitches, two approaches, one piece of history.

Cuddyer homered twice in Minnesota's eight-run seventh inning and Denard Span added a three-run triple, helping the Twins turn a close game into a 10-3 rout over the Kansas City Royals on Sunday.

A pitching duel between Twins starter Carl Pavano and Brian Bannister turned ugly in a hurry in the seventh, when Cuddyer hit the first pitch for a homer, then added a two-run shot that put the Twins up 9-1. Playing his sixth straight game in place of Justin Morneau (ear infection), Cuddyer became the first Twins player to hit two homers in an inning and the first in the majors since Boston's David Ortiz did it against Texas last August.

"A very special day and a very special scenario that happened," Cuddyer said after going deep twice in an inning for the first time on any level. "It was a pretty cool day."

And an important one for the

Twins. Pavano pitched seven solid innings, Orlando Cabrera drove in two runs and the Twins had 14 hits — every starter at least one — to sweep a road series for the first time since taking three games from San Diego from June 24-26, 2008. After a 2-7 start to August, Minnesota went 5-2 on its latest road trip, scoring 23 run in three games against the Royals to keep pace with the AL Central-leading Tigers.

"We knew that we had to start winning games and winning series," Twins manager Ron Gardenhire said. "To come in here and play like this, the guys stepped up."

Pavano (11-9) was sharp after a shaky outing against Texas on Tuesday, allowing two runs and eight hits in his seven innings. Bannister (7-10) wasn't bad, either, matching Pavano most of the way.

Lady Trojans' freshmen will play big role on squad

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Colby Community College women's cross country team features several freshman who have already made a positive impression on coach Crystal Berndt.

Berndt said three of her four top runners were freshman. This year's freshmen and other new faces on the team include Breana Yost of Montezuma, Nicole Boucher, a transfer from Cloud College, Lindsay Hoss of Oakley, Jackie Robledo of San Antonio, and Caroline Masai and Hlfti Kahssay are both transfers from New Mexico junior college. Sophomore Tati-

ana Bartruff will also be joining the cross country team this year. She ran for the Trojans' track team as a freshman.

Scarla Nero will be returning for her sophomore season. She finished 41st out of 246 runners last year at nationals with 19 minutes and 46 seconds. Berndt said she has been looking strong in practice. Other returning sophomores include Autumn Preston and Reba Schiesser.

Masai, Kahassay, Yost and Nero are the team's top four runners, said Berndt.

She said only three of her top four runners will be able to run at nationals and regionals because the rules stipulate that only two

international students can compete per team. Nero, Kahassay and Masai are all international students, so one of them wouldn't be able to compete. Nero is from Trinidad and Kahassay and Masai are both from Kenya.

Last years Lady Trojan's team finished 14th in the nation. Berndt said one of the goals of this years squad is to finish in the top 10. She said the Lady Trojans also want to be one of the top five teams in the region and one of the top three teams in the Kansas Jayhawk Community College Conference.

The Lady Trojans will face Garden City in a duel at 7 p.m. on Friday at the college.

Golden Plains football team loaded with returning seniors

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The Golden Plains High School varsity football team will be attempting to do something they have never done before this season. They will be trying to make the playoffs for the second consecutive season.

The Bulldogs finished 5-4 in the regular season and 0-1 in the playoffs last year. This season's squad will consist of six returning starters on defense and five on offense. The team's returning starters on defense will be senior defensive guards Jeremy Hunter and Jordan Spresser, senior linebackers Corey Shaw and Isaac Broeckelman and junior free safety Riley Spresser.

Hunter and Shaw were both named to Western Kansas Liberty League second team all-league defense last season.

Returning starters on offense include Shaw, fullback; Riley Spresser, quarterback; Hunter, tight end;

Jordan Spresser, offensive lineman; and Broeckelman, tailback.

Shaw ran for over 1,000 yards and rushed for 14 touchdowns. Spresser threw for 16 touchdowns and threw for 853 yards and Broeckelman scored nine touchdowns and ran for 820 yards. Shaw and Spresser were both voted second team all league of-fense.

Coach Travis Smith said he thinks his line will be strong on both offense and defense. He said he believes his defenses as a whole will be solid next season.

Smith said practice has been going pretty well so far. Nineteen students came out for football this season.

The Bulldogs game strategy will vary from game to game depending on the weaknesses of their op-ponents, said Smith.

"We run multiple sets," he said.

The team's first game will be against Quinter at 7 p.m. on Friday, Sept. 4 at the Golden Plains football field in Rexford.

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