

Five Bulldogs make the cut for state track

By Judy Rogers

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The Golden Plains Bulldog men's track team performed well at the Regional Track Meet in Hays, placing fourth in the meet with athletes in five events qualifying for the state meet.

Many Bulldogs posted their personal bests at the meet on May 18, but just missing state qualifications.

Cole Christensen won the high jump by clearing 6 feet, 2 inches in high-wind conditions. He qualified in the triple jump with a personal best of 42'5" for second place. Christensen competed in both at state last year also.

Although he had a personal best of 19'8.5" in the long jump, he placed seventh. Christensen will also compete at state as a member of the 4x100-meter relay team with a fourth-place, season-best time of 46.18 along with Trey Schwarz, Andrew Luna and Kalyn Weber. This is Christensen's third year to win a place in the state meet.

Weber will also be returning to state. He ran a 22.66 qualifying time in the preliminaries of the 200 meters and placing second with a time of 22.71 in the finals. Weber will be running with the 400-meter relay team as well. He ran the 100 meters race at state last year.

Along with the 400-meter relay, Luna, who ran his best time of the season in the preliminaries of the 200 meters of 22.9, qualified for the state meet in the 400-meter run with a time of 52.91.

Zach Sperser will go to meet as the 4x100-meter relay alternate. He competed at regionals in both the long jump and triple

jump. He made the finals in triple jump, finishing seventh with a jump of 39'7", and soared 18'3.5" in long jump.

Tristan Schwarz competed in the discus finals with a season best of 129'3" for sixth place. Chance Hoeting ran the 110-meter hurdles and also turned in his best performance of the year at 18.27 seconds.

The boys field events will take place along with the running preliminaries this afternoon in Wichita.

The Golden Plains girls' performed with pride at the regional, with sophomore Macayla Easton qualifying for the state meet this week.

Easton qualified to run in the 400-meter race by placing third at regionals with a season best time of 1:02.51. Easton will run the prelims of the 400 meters in Wichita at 3:35 p.m. Friday with finals on Saturday afternoon.

Close behind Easton, junior Angela Ritter finished the 400-meter race in fifth place with a time of 1:05.84, just missing her chance to return to state competition. In the 200-meter dash, Easton ran a 26.95 in prelims and 27.4 in finals for fifth place while senior Hannah Anholz finished fifth with a season best in discus of 91'11".

In other events, sophomore Leea Juenemann completed the 800-meter run with a time of 2:43.37 and freshman Brooke Wark finished with a time of 2:55.36. Sophomore Hailee Sperser threw both the shot (26'11") and the discus (86'8").

A schedule of events and results for the state meet can be found online on the Kansas State High School Activities Association web site at www.kshsaa.org.



DEBBIE LUCKERT

Cole Christensen encouraged Kalyn Weber to max out on the clean at the state powerlifting meet in April. Weber placed fifth in clean with 260 pounds, fifth in squat, third in bench and fourth overall.

Nine compete in powerlifting

By Taylor Todd

Golden Plains High School

Nine Golden Plains High students competed in the Kansas Eight-Man Football Association powerlifting contest at Central Plains High School in Claflin.

Participants competed in three classes on April 12: bench, clean and squat. Each contestant was placed in classes according to their weight. Forty schools participated in this contest.

In the 123 weight class men's division, Ethan Walter placed sixth in bench (155 pounds), third in clean (185) and sixth in squat (205), putting him sixth overall with a total weight of 545 pounds. In the same weight division, Josh Barnhart competed lifting 155 in bench and 205 in squat.

Jose Bermudez came in at fifth place in bench (165), sixth in clean (165) and fourth in the squat (235) division, bringing him to fourth place in the 132 weight class with a total lift of 565 pounds. Zach Sperser competed in the 148 weight class for a total lift of 575 pounds, including 155 in bench, 185 in clean and 235 in squat. Kalyn Weber was third in bench (235), fifth in clean (260) and fifth in squat (315), placing him fourth in the 165 weight class with total lift of 810 pounds.

Competing in the 181 weight class were Andrew Luna and Cole Christensen. Luna lifted a total of 675 pounds, including 185 bench, 185 clean and 305 squat. Christensen lifted 185 in bench and 225 in squat. Tristan Schwarz cleaned 185 pounds in the 198 weight class for his only lift of the contest. With eight men in the contest, Golden Plains scored 25 points

placing them in the middle of the team rankings.

Macayla Easton was the only girl competing in the women's division of this contest. She benched 90 pounds and cleaned 105 for fourth place in her weight class.

"I had a lot of fun competing, and I love trying to test my abilities," she said.

Overall, everybody really tried his or her best. Physical Education/Weights Instructor Laura Rush sponsored the students along with Football Coach Travis Smith. Rush commented that they were limited to the number of participants due to having to compete on Thursday instead of Saturday because of the high school prom that week, but she hopes to be able to compete on Saturday next year so that more students can benefit from the experience.

Trojans players receive all-conference honors

Three Colby Community College baseball players have been selected to the Kansas Jayhawk Community College All-Conference First Team.

Players were nominated by their coaches and voted on by opposing teams' coaches.

First-team members include

Brandon Wilson, Milliken, Colo., first base; Scott Jones, Canada, second base; and Austin Russell, Canada, outfield. Wilson and Russell were unanimous selections.

Zach Wilson, Milliken, an outfielder, received honorable mention.

Memorial benefit ride planned

Developmental Services of Northwest Kansas plans a benefit ride Saturday, June 2, to honor the memory of former employee Jim Duffy.

The benefit ride will begin in two locations, Hays and Atwood, with both groups traveling to Hill City, where lunch will be provided, and then to Hays.

Riders will have a chance to buy poker hands and raffle tickets, with proceeds going to Developmental Services.

Registration in Hays will be from 9 to 10 a.m., with departure from the Developmental Services' administrative offices at 10. Registration in Atwood is from 8:30 to 9:30 a.m., with departure from the Prairie Developmental Center at 9:30. All types of vehicles are welcome.

For information, contact Sherry Dryden at (785) 625-5678 or Chris Bedore at (785) 421-2851.

PHOENIX (AP) — Gina VanArsdall is a mother of four and a year short of her 20-year high school reunion. She's also one of the nation's top college softball pitchers.

The 37-year-old VanArsdall posted a 26-5 record this season to help Phoenix College reach the National Junior College Division II Softball World Series in Clinton, Miss.

"She's doing better than girls half her age," catcher Desirea Gil told *The Arizona Republic* (bit.ly/K3ShGS). "She is almost the same age as my mom, and she is out there doing it."

VanArsdall's four children range in age from 10 to 20. They cheer her from the bleachers as she throws the ball past opposing batters who are 19 and 20.

"I'm sure a lot of them are like, 'She's older, we're going to kill this chick,'" VanArsdall said. "They think I'm a coach. I say, 'Nope, I'm a player.'"

Phoenix coach Heinz Mueller recruited VanArsdall out of high school in 1993 when she was Gina Medina.

Medina, who had two children while in high school, led Glendale Independence to a state championship that year.

Life interrupted her softball career, and she didn't start playing for Mueller at the until 1997, when she became a junior college All-American and set a school record with a 0.67 earned run average. That mark still stands.

Over the next 15 years, VanArsdall flirted with a pro-boxing career, went through an eight-week

police academy, had two more kids, re-married and worked odd jobs.

She also kept her arm warm by pitching in slow- and fast-pitch leagues in Glendale.

"I had every intention of finishing my two years (in junior college)," VanArsdall said. "I met my husband at school (in 1997) and was married for 10 years. I had my two other kids. Then I became a stay-at-home mom."

In June, during breakfast with her husband of five years, she brought up the idea of finishing her Associate of Arts degree to become a registered nurse.

She knew Mueller still was coaching the softball team at Phoenix and figured she could off-

set school expenses with a softball scholarship.

There is no age restriction to play a sport in junior college as long as an athlete has eligibility remaining. Mueller said he was impressed when he saw VanArsdall last summer.

"She looked good," he said. "She throws 63-64 mph, which is the equivalent of 95 to 100 for a baseball pitcher. Now it looks like she will be a first-team All-American this year."

VanArsdall had a 2.10 ERA and 124 strikeouts in 193 2/3 innings this season for the Bears. She led the Arizona Community College Athletic Conference in victories and was named Phoenix College's top female athlete for the year.

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