

Cowgirls tie for third, seniors end playing careers

By Pat Schiefen
The Goodland Star-News

The Goodland High Cowgirls ended their basketball season with a 54-44 loss to Colby in the substate championship, posting a season record of 16-7 and tied for third in the Northwest Kansas League at 5-2.

The Lady Eagles went on to win the Class 4A State Championship. The Cowgirls beat the Lady Eagles in two of three games, Colby's only losses of the year.

Senior Whitney Archer led the Cowgirls with 14.4 points a game for a total 332. She hit 41.4 percent (103 of 249) of here two-point shots, 29.5 percent (26 of 88) of three-point shots and 69.6 percent (48 of 69) free throws. Archer averaged 6.8 rebounds per game with 156, 65 offensive and 91 defensive.

Senior Emily Murray averaged 11.8 points a game for a total 272. She hit 49.8 percent (101 of 203) of her two-point shots and 60.9 percent (70 of 115) in free throws. Murray averaged 6.5 rebounds per game with 149, 65 offensive and 84 defensive.

Senior Kaylee Billinger averaged 7.8 points a game for a total 180. She hit 40.9 percent (52 of 127) of two-point shots, 34 percent (16 of 47) three-point shots and 68.3 percent (28 of 41) of free throws. Billinger averaged 4.2 rebounds per game with 97 total, 27 offensive and 70 defensive.

Senior Nicolette Clancy averaged 5 points per game with 115. She hit 43.8 percent (49 of 112) of two-point shots and 39.4 percent (17 of 42) of free throws. Clancy averaged 4.3 rebounds per game with 100, 42 offensive and 57 defensive.

Senior Lindsay Schields averaged 3.5 points a game at 76. She hit 38.7 percent (24 of 62) of her two-point shots, 33.3 percent (7 of 21) three-point shots and 46.7 percent (7 of 15) free throws. Schields averaged 2.1 rebounds per game with 46, 18 offensive and 28 defensive. She played in 22 of 23 games due to an injury.

Senior Stephanie Sheldon averaged 1.5 points a game for a total of 33. She hit 33.3 percent (11 of 33) of two-point shots and 73.3 percent (11 of 15) of free throws. Sheldon averaged 1.2 rebounds for 26, 15 offensive and 11 defensive. She played in 22 games.

Junior Sammie Raymer averaged 7.7 points a game for 177 total. She hit 54.5 percent (49 of 90) of two-point shots, 21.4 percent (12 of 56) three-point shots and 50.6 percent (43 of 85) of free throws. Raymer averaged 3.4 rebounds per game, or

79, 27 offensive and 52 defensive in 23 games.

Sophomore Chelsie Gausman had 1 offensive rebound in nine games.

Sophomore Shelbi Herl averaged .8 points a game with a total of 8. She hit 50 percent (3 of 6) of two-point shots and 100 percent (2 of 2) of free throws. Herl averaged .3 rebounds per game with 3 defensive rebounds in 10 games.

Sophomore Courtney Sheldon averaged .3 points a game with a total of 2 free throws. Sheldon averaged .1 rebounds per game with 1 defensive rebound in 8 games.

Sophomore Whitney Schields averaged 17 rebounds per game, 6 defensive rebounds, in 9 games.

Sophomore Erika Gonzales averaged .2 point a game with 1 two-point shot. Gonzales averaged .5 rebounds per game with 5 defensive rebounds.

"The team got off to a great start for the season, said Coach Don Smith, "then we struggled in four to five games and then won five in a row. I was really proud how the girls responded. The senior team had a fine season and a good career."



Casey Henderson demonstrated at the Cowboys weight room how he bench pressed 305 pounds to tie a state Class 4A record and win the state powerlifting title at 174 pounds at the state competition in Council Grove. Photo by Tom Betz/The Goodland Star-News

Two Cowboys break records, win state titles

Four Goodland High Cowboys traveled to Council Grove for the Class 4A state power lifting competition. They brought back two state titles and tied or broke some state records.

Casey Henderson and T.J. Hawkins won championships while John Mosbarger placed second in his class and Clay Schilling seventh.

Coach Jonathan Dansel, who took the Cowboys to the competition on Saturday, March 10, said he was proud of the kids came back with two state titles.

"This was the first time to my knowledge Goodland has competed in the 4A State Powerlifting Meet," Dansel said. "The kids performed well, and I am very proud of their efforts, as they have been working extremely hard in the weight room ever since I got here last May."

"To go down there and have T.J. and Casey break state records was pretty exciting. I think I was as pumped up as they were. I have already challenged them to work hard between now and next spring to go back and set the bar even higher. You can never be content with breaking a record when you have one more year to train."

Lifts in the meet included hang clean, parallel squat and bench press Dansel said.

Henderson, first in the 174-pound division, broke the state record for hang clean at 290 pounds, the coach said, and tied the state bench record at 305 pounds.

Dansel said the winner is calculated using a "Power Ratio," taking into account the total weight

of the athlete's three lifts combined, and factors in body weight compared to total weight lifted to get your power ratio.

Henderson was first in the hang clean with 290 pounds. He placed first in the bench press, lifting 305 pounds to tie the 4A state record. He placed 3rd in the squat with 355 pounds.

Hawkins was state champion in the 220-pound weight, setting a new 4A state record in the hang clean at 320 pounds. He placed third in the bench press with 265 pounds and tied for third in the squat at 420 pounds.

Mosbarger was runner-up at 181 pounds. He placed first in the squat, lifting 385 pounds; third in the hang clean at 250 pounds and fourth in the bench press at 250 pounds.

Clay Schilling, in the heavyweight class, placed seventh in the squat at 375 pounds and eighth in the bench press with 240 pounds.

The Cowboys overall finished seventh out of 22 teams.

"Placing seventh out of 22 teams was quite an accomplishment as we only had four athletes competing," Dansel said. "The six teams in front of us had anywhere from 10 to 20 kids competing, and only 5 points separated us from placing in the top three."

"Next year, I hope to have more kids ready to go down and compete Our goal for next year is to bring home a state championship."

bowling results

Monday Afternoon Ladies League

March 12
Callahan's over McClure Plumbing & Heating 3-1
Clawson's over Wheatridge Farms 3-1
Bowladium Lanes over Alcorn/Shelter Insurance 3-1
Team high score game: Bowladium Lanes 677
Team high scores series: Bowladium Lanes 1908

Individual high score game: Lori Amthor 220
Individual high score series: Lori Amthor 614

Standings
1. Alcorn/Shelter Insurance 29-15
2. Clawson's and Callahan's 27-17
3. Bowladium Lanes 20-24

Wednesday Night Scratch League

March 14
Floyd's Refrig. & A.C. over Steve's Body Shop 17-3
J & L Deliveries over Fitzgibbon's Inc. 13-7
Weber Kennels over Adronics 13-7
Phil's Pro Shop over Sigco 15-5

Team high score game: J & L Deliveries 658
Team high scores series: J & L Deliveries 2431
Individual high score game: Phil Helzer 269
Individual high score series: Jerry Amthor 928

Standings after 3rd Week 4th Round
1. Phil's Pro Shop 42-18
2. Floyd's Refrig. & A.C. 41-19
3. Weber Kennels 39-21
4. J & L Deliveries 37-23
5. Sigco 25-35
6. Adronics 20-40
7. Steve's Body Shop 19-41
8. Fitzgibbon's 17-43

bowling results

Wednesday Night Mixed League

March 7
Amack's Trucking tied Blind in Eyes 2-2
Fun Lovers tied Odd Couple 2-2
Guzzlin' Socializers over Shear Dimensions 4-0
4 Stars tied The Pits 2-2
JanSon UWK over S & L 3-1
D, G & M Clan over Phillip's Bros. 4-0

Team high score game: Guzzlin' Socializers 813
Team high scores series: Guzzlin' Socializers 2226

Men's high score game: Travis Gillihan 234
Men's high score series: Travis Gillihan 628

Women's high score game: Julie Crow 245
Women's high score series: Julie Crow 518

Team Standings
1. Guzzlin' Socializers
2. JanSon UWK

Playing Until Thursday 7 p.m.
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School calendar for March 21 to March 27

- Wednesday:** Gold Day, PDC Screening, 7 p.m. City Country Recreation.
- Thursday:** Black Day, 9 a.m. MORP Dance, Parent Teacher Conferences – 4 p.m. to 8 p.m.
- Friday:** No School – Parent Teacher Conferences – 8a.m. to Noon
- Monday:** 7 p.m. Board of Education Meeting – Spring Break
- Tuesday:** NO SCHOOL - Spring Break, 3 and 5:30 p.m. Boys Varsity Baseball - Burlington Double Header

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