

CPHS track

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No. 16 400m time in Class 2A last year and returns to that event as a state hopeful.

Sophomore Lee Letourneau returns in a variety of events, including the 4x100, 4x400, javelin, and triple jump. Sophomore James Radenberg will also throw the javelin.

Junior Trey Schulte will not be able to throw the shot this year and is not able to run yet. That leaves the

4x100 team up in the air. Senior Clark Besthorn will be contributing member.

Sophomore Jacob McAtee has gotten taller and faster since last year and is a state hopeful in the 300m hurdles.

The Oilers will not host a track meet this year. The squad will stay in the area several times with meets in Lyons (April 8), Hoisington (April 26), and Ellinwood (May 6).

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in all of those spots.

Freshman Courtney Cook is another viable option after a 38th-place finish at the state cross country meet in her first season as a Lady Eagle.

Options will be fewer in the field. The junior Hayes won a regional title in the javelin last year at 130-11, the fourth-best throw in Class 2A at the time. She was unable to match that effort at state, falling to ninth place. She is also expected to compete in the pole vault. Freshman Maddy Ward may also pick up some valuable points in the throws.

Overall, Lashley will have just nine girls on his squad, but it's still a team that can pick up points a variety of ways.

"We're going to focus on the relays and try to scrap as many points in the 400, 800, mile and two-mile," he said. "We hope Maddie (Hayes) can get us points in the pole vault and javelin, and hope Maddy Ward develops into a quality thrower."

Fisher returns as state qualifier

Lashley will have a few options with a small boys' track team in 2016. Junior Tate Fisher was last year's only individual qualifier after a second-place

regional finish in the high jump. He cleared the same 5-10 height at state to finish ninth, just two inches off a top-four jump. Five of the eight jumpers ahead of him have graduated.

Ellinwood's 4x800 team also qualified for state, placing 14th out of 15 teams in that race. Senior Avery Pike and sophomore Destin Baker are the lone returners from that team. Sophomore Peter Joslin is a likely candidate to fill one of the two open spots after a 47th-place finish at the state cross country meet. Sophomore Jacob Herrman was a thrower last year but could transition to some distance events this spring, and freshman Landon Robl will also be a contender to fill a spot in the relay.

"We should run a

pretty decent 4x400 and 4x800," Lashley said. "We're pretty young, which is a good thing. We have some really good eighth graders coming up so I'm looking forward to that."

Senior Doug Stout finished seventh in the javelin at last year's regional. He will return in the throwing events this spring. He will be joined by senior Steven Cortez.

Drew Blake returns as a jumper and will likely be joined by Robl.

With a relatively small squad, Lashley is hoping some early effort will pay off down the stretch.

"We have about seven or eight guys who are working really hard," he said. "Fortunately, in track and field, if you work hard it usually pays off for you."

Ellinwood track 2016

April 1	@Cimarron
April 12	@Ellsworth
April 14-15	@WSU Pre-State
April 22	@St. John
April 29	@Kiowa County
May 6	HOME
May 11	CPL@ HOME (pole only)
May 12	CPL@ Ness City
May 20	Regional @HOME
May 27-28	State @Wich. State

Sterling softball

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softball every year, and they are on track to leave with the most wins of any senior class. They will set the standard for the rest of the team will follow, and they are expected to set the standard high."

Junior Lindsay Gilmore returns at first base as one of the offensive powers on the Sterling roster. She earned first-team all-league honors last year after batting .438 with 32 hits, 13 doubles, and two home runs. She drove in 29 runs.

Pitching is always key in softball. Junior Emma Horsch returns with two years of experience. Last year she was a second-team all-league selection after throwing 122 innings for the Lady Black Bears. She carried a 2.86 ERA with 116 strikeouts. Horsch is also an asset offensively. Last year she batted .429 with 36 hits, 12 doubles, three triples, and two home runs. She came around to score 23 times and drove in 20 more runs.

Sophomore Raegan Mantz is the other returning starter. She earned an honorable mention as a freshman at second base last season after batting .317 with four doubles, two triples, 25 runs, and 11 stolen bases. With 10 walks, she reached base in nearly half her at bats.

Bauerle has his infield back but said some new players could battle for some playing time. His attention has been in the outfield for three crucial positions given the tough competition Sterling will see this spring.

"We have some innings to fill in the outfield but we return some players with experience there," he said. "The outfield stigma in t-ball and little kids' softball is that you put players out there simply to fill spots. Well that's not the case in our league at our level. We've got to have an athletic leader in center field and some speed on the lines. My hope is that some players step up to fill those

roles at the beginning of the season."

Even with a stout roster, Bauerle again expects his squad to be tested each night against tough CKL opponents.

"Our league is tough," he said. "Each year, multiple teams qualify for state in their respective classes. Many have placed in the top-four recently, including Pratt, Hillsboro, and Lyons. Haven and Hoisington also qualified for state last year. Every match-up is tough for us. If we compete like we are capable of, and stay clear of injuries, we should be a competitive team with the chance at being in the top-tier of league standings."

Sterling track

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"She does a little of everything for us," he said. "We're going work hard to find her an event or two she can qualify to the state track meet."

Along with her participation in the 4x100 team that finished fourth at state, Ramsey qualified in the high jump, finishing 10th at state at 4-10, just four inches from a silver medal. The top-two high jumpers in 3A have graduated leading the door wide open for Ramsey or Wilson to make a move.

Sterling will have a pair of senior javelin throwers looking to climb the ranks this spring. Nine of the top-16 finishers in the event at state graduated, giving Holly Davis and Emma Lambert ample opportunity to do just that. Lambert will also run the 400m dash and will likely be a member of at least one relay.

Filling in the rest of his roster with young talent, Patterson said his squad should have average speed in the sprints and be above average in the hurdles. Sydney Wilson is in her own category.

"I think we'll have everything covered fairly well," he said. "I feel that Sydney, every time she steps on the track, however many



Emma Lambert

events she's in, she'll get us that many points. If she's in four events, I can see us getting 40 points every time."

Vagts returns as only senior for Black Bear boys

On the boys' side, Tristan Vagts will be the only senior on a relatively young squad that includes six juniors, seven sophomores, and four freshmen. Vagts will again compete in the pole vault and 400m dash.

Junior Joel White hit a long jump of 20 feet and half an inch early in the season. That mark remained the fourth-best jump in the area though White was unable to improve after suffering a nagging injury.

"He looked promising at the beginning of

the year but had some hamstring problems," Patterson said. "We're looking for him to return and do some good things."

Back on the track, Patterson expects junior Ethan Proffitt to exhibit some above-average speed in the 200m and 400m sprints. He's also expecting a competitive 4x800m relay that may include juniors Kaleab Wilson and Will Dutton, sophomores Javier Zimmerman, Blake Richter, and/or freshmen Moises Zimmerman and Max Dutton.

A big meet for the Black Bears will be the KT Woodman/Pre-State meet at Wichita State University on April 14-15. The upperclassmen will get to compete against some of the other top athletes in a preview of the state tournament. Patterson also looks forward to the weekly Central Kansas Track League meets where more kids have the opportunity to show their stuff.

"It's a good opportunity to mix and match and make young kids be successful so we do a lot of those," he said.

Sterling has one home meet on April 12, and the Black Bears will stay in Rice County for the league meet in Lyons on May 14.

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get a big head and think we might win state," Reichuber said.

Reichuber has made a career out of running and wants to make a career in animal science though she has not yet picked a college.

"Running in Ellinwood, it's established me as a person," she said. "It made me kind of realize who I am today. It makes me think differently about things."

"Coach Lashley, he makes us have fun in practices. He tries to make us the best we can be. Each year we want to get better. That's our goal so we don't get burned out."



Samantha Trejo

Trejo has qualified for state cross country in each of her first three seasons, bringing home medals in her first two appearances.

Last fall, Trejo battled health issues that cost her a top-six finish at the league meet and a top-10 finish and another medal at state.

Last May proved to be atypical with cold and wet weather. At the 3A regional in Beloit, Trejo ran fifth in the 1600m run to miss state by just four seconds. She did not run in the 3200m run, her strongest event.

"Regionals were really bad," she said. "It wasn't a good day."

Trejo placed seventh in the 1600m at state her freshman year, and ran eighth in the 3200m.



Joanna Strecker

Strecker is another key contributor to the successful Lady Eagle track and cross country programs. Last October, Strecker ran fourth at state to lead the Ellinwood cross country team to its state championship. Her sophomore season, she placed 10th at state to medal despite a tangle with some Maranatha runners. She finished fifth as a freshman.

Strecker has been just as dangerous on the track. In 2014 as a sophomore, she was part of the 4x800 team that won a state title. Last year, the 4x800 team finished second to state power Maranatha Academy.

Individually, Strecker medaled in both the 1600m and 800m runs last year at state, finishing eighth in both. As a freshman, she ran sixth in the 1600m and 3200m runs to medal twice at state.

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