Lady Indian spikers gain focus at summer camp

BY MIKE GILMORE Summer camps can either be a place to get away from it all, or bring it on.

The Larned High School volleyball team varsity chose the latter this summer at a team camp hosted by Kansas State University.

University. "When you work out with a team a couple mornings a week throughout the summer, that's one thing - but when you see them play straight volleyball 24 hours over two days, it's amazing to see how they blossom," noted third-year LHS coach Amy Wilson. "We've gotten a better idea from that intensive two days that we did earlier in the summer. There's a coachability, a desire, in this group – it's lot a lack of want, it's getting them to be more comfortable in their play. We had several matches last season where we gained a lead, but were so stressed out and tense about not making a mistake, we let things go trying to play it safe. We were still playing from behind, when we should have been playing with a lead."

Last year's Lady Indians went 11-26 overall and 4-6 in Central Kansas League play to finish in the middle of the CKL. At their Class 4A substate at Hugoton, they fell 25-13, 25-15 in the first round. Wilson has five returning starters and seven players returning with varsity experience this season; all of them went as a group to camp to hone their skills.

"They just started clicking and did some really awesome things," Wilson noted.

Senior Alea Makings returns as libero among the three senior leaders that also includes Baylea Perez and Katie Fischer. Junior Lynzi Myrick at outside hitter rounds out the core group on the varsity, Wilson said.

Junior Dallas Jones, an outside hitter; junior Kaylee Mead, a setter; and Kendra Grandy, a junior outside hitter, will be looked to as varsity role players as well.

"I'm really going to expect a lot from those seven players," Wilson noted. "After Katie (who tops 6-foot on the roster) we're not that tall. We're going to have to be focused on team play and defense. As hitters, we will have to know when to make a kill and when to live - living isn't necessarily passing a free ball over the net, it's making a spike count knowing that you can't always go up swinging your very hardest.

"When we get a lead, we need to play relaxed, not so tense that we let the other team get by with easy points."

After the CKL preseason tournament at Halstead, the Lady Indians have two straight matches at home. "That's where we should feel the most comfortable, on our own court," Wilson said. "We have brand new lights in the gym so we can see



LARNED VOLLEYBALL – The Larned girls' volleyball team is putting the skills they used over a summer camp to use this fall. (photo by Mike Gilmore)

what we are doing."

After the three seniors and six juniors on the roster, there are seven sophomores and nine freshmen. "We are going to have a compact varsity bench, because if I have players that are not going to be playing a lot, I don't want them to be missing out on the experience of being in a match," Wilson said. "Our league with 10 teams is always going to be tough, so we want our players to be as prepared as they can be."

Larned volleyball 2018

Aug. 25	CKL @Halstead
Sept. 4	@Lyons
Sept. 6	HOME TRI
Sept. 11	@Pratt
Sept. 15	@Russell Tourn.
Sept. 18	@Halstead Tri.
Sept. 20	HOME QUAD
Sept. 25	HOME TRI
Sept. 29	@Kingman Tourn.
Oct. 2	@Hesston
Oct. 4	@Hays
Oct. 9	HOME TRI
Oct. 11	CENTRAL PLAINS
Oct. 20	Sub-state
Oct. 26-27	State

Macksville spikers return five starters in 2018

BY MIKE GILMORE

After a series of surprise upsets in past seasons at sub-state, last year's Macksville volleyball team's season ended abruptly in a first round three-set loss to Central Prairie League rival La Crosse.

The 2018 season sees the return of five starters and eight letterwinners for veteran coach Jennifer Gillespie, but lone graduate Lyset Ibarra will be difficult to replace at setter.

Gillespie notes that senior Lexas Wright, a CPL honorable mention, joins Jenna Russell, Jennifer Ortiz, BrayLynn Anschutz and Jacquelin Galan as leaders on the floor.

Junior McKinley Hottovy and Amber Pate also saw varsity playing time. Junior Kimber Duncan rounds out the returning CPL and sub-state squad.

A transfer from Mansfield, Texas will help add more depth and length. Brooke Smith is a 5-11 junior middle-outside hitter. Juniors also returning are Alicia Delgadillo, Mariah Dowling, and a crossover from cross country, junior Lydia Mendez.

Sophomores include: Yuli Triana, Brianna Cleveland, Emma Sanders and Maria Ortiz.

Incoming freshmen include: Berenice Acosta, Emma Hottovy, Autumn Pate, Madison Wright, Sierra Britton, Danielle Binns and Yoselin Ibarra.

Three Lady Eagles back for new coach Revell

BY MIKE COURSON
Last spring, Tyson Revell took over the Ellinwood boys' tennis program. This fall he adds the girls to his schedule. His latest roster includes three returning varsity players.

"My expectation this season is to gain some experience and learn from mistakes and positives that we face every practice or meets," said Revell. "My goal is to get the newer girls up to speed before the season really gets rolling. As for the returners, I want them to push themselves to become better individually and as a teammate."

Leading the returners

is sophomore Whitney Hammeke. As a freshman, she took a 20-9 record into a loaded Hesston regional. After a win, she lost to the eventual fifth-place state finisher from Hesston.

Junior Taryn Robl also entered that loaded singles bracket in Hesston. With seven wins, her first contested match came against the eventual fourth-place finisher at state.

Sophomore Monica Hammeke picked up a win alongside doubles teammate Daphne Doll last year and will look to improve upon that total in 2018.

Revell also has a pair of new players. Eva Plooji, an exchange student from the Netherlands joins the team, as does sophomore Haley Troyer.

As a new coach and with new faces, Revell expects everyone to take something away from each and every meet this season.

"Every match we will participate in will be important to us," he said. "We will face some tough meets coming up early. So we'll find out quickly where we stand. However, it's going to be extremely difficult to put ourselves in a position to place top-3 in a meet with only five girls."

Already, Revell is

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Shin Splints

enjoying the learning process and he expects that to continue throughout the season.

"What I'm looking forward to the most is watching these girls grow as tennis players and community members in Ellinwood," he said. "I get excited every practice when they catch themselves doing something wrong and correct it without instruction.

"On the flip side, I enjoy watching our more experienced girls trying to put a little more power and control into a serve or groundstroke that they didn't realize they had."

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Eagles

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each week until a 52-26 win against Canton-Galva to close the season at 2-7. Five of the nine Ellinwood points scored at least 50 points.

Baker, Robl, and Zeb Hughes return with experience up front. Niles returns to the secondary, and Birney is looking for a downhill safety to fill the void left by Blake. "(Our secondary) should be a tough group if we coaches can get them to learn the defensive scheme," said Birney.

Birney expects strength out of his linebackers with Koetter and returner Ethan Hayes back. "We have a few younger guys that have great drive that will become great backers," he said.

Few teams around Kansas will see a bigger change than Ellinwood in 2018. On top of the leap to 11-man, Birney and the Eagles lose a top-tier running back and will see an entirely new slate of opponents.

LaCrosse is the only other 11-man team in the Central Prairie League, and Ellinwood's district schedule includes games against Cimarron, Southwestern Heights, Lakin, Lyons, and Sterling. Lyons is coming off back-to-back winless seasons, Sterling just missed the playoffs in 2017, and Lakin advanced to the Class 3A playoffs.

Wherever the season goes, Birney is just ready to see how his staff and his players make the leap. "Football is unlike any other sport and we as coaches are just trying to get our guys to love the game as much as we do," he said.

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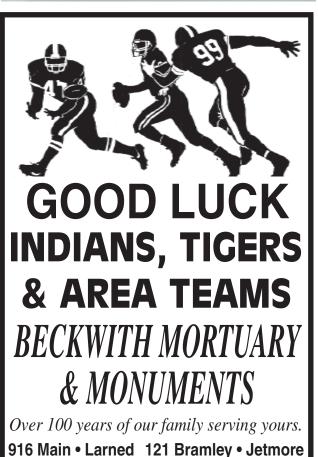
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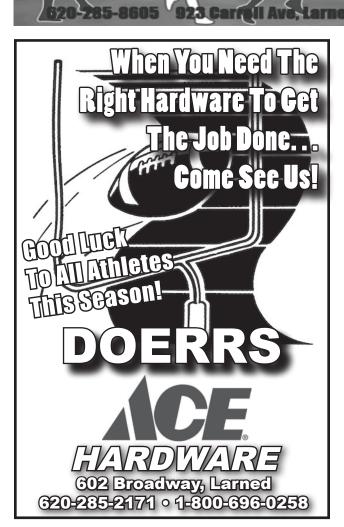
Ellinwood tennis 2018

Aug. 28	@Ellsworth
Aug. 30	@Larned
Sept. 8	@Great Bend
Sept. 11	HOME INVITE
Sept. 13	@Larned Quad
Sept. 15	@Kingman
Sept. 20	@Kiowa County
Sept. 27	@Cent. Plains in GB
Oct. 6-7	Regionals
Oct. 13-14	State



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