

# RUSSELL CO. SPORTS

## Laker Baseball Senior Night 2019

On Friday, May 10, Laker Baseball celebrated its seniors before the game at Laker field.

**Senior #3 is Corey Thomas.** Corey is the son of Kyle Thomas and Jana Shell. This fall he plans on attending Lindsey Wilson College where he will major in architecture.

**Senior #15 is Ben Abrell.** He is the son of Ryan Abrell and Liz Abrell. Ben plans to attend Lindsey Wilson College and become a flight nurse. He will be playing baseball for the Blue Raiders this fall. We would like to congratulate Ben on being a triple threat athlete this year.

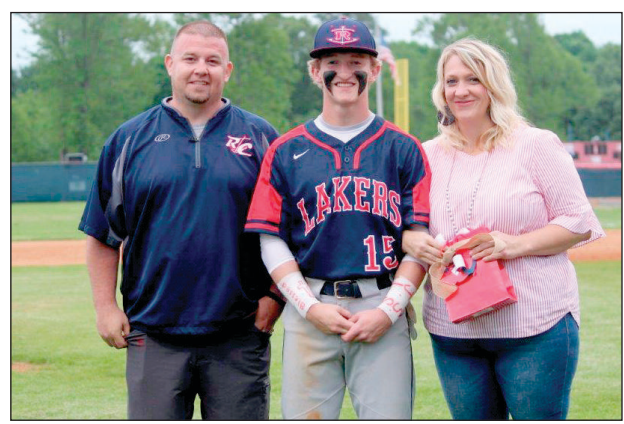
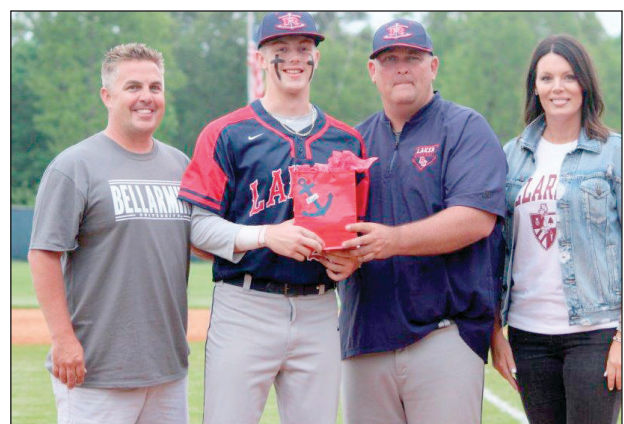
**Senior #31 Ben David Sapp.** He is the son of Zachary and Sherry Sapp. After graduation, he plans on attending Campbellsville University and majoring in pre-optometry biology and later attending Kentucky School of Optometry in Pikeville. In March of this year, Ben was announced as Kentucky's Most Outstanding Ag Athlete of the Year.

**Senior #20 is Peyton Back,** the son of Pat Back and Kara Lahey. Peyton will be continuing his baseball career at Bellarmine University in Louisville. While there he plans to pursue a degree in business. Peyton has been a real leader of this team and has tied or broken several records so far this year.

**Senior #28 Will Dando.** He is the son of John and Heather Dando. Will is planning on attending Marshall where he will continue his baseball career. He plans to major in history. Will has proven himself to be one of the top Laker pitchers. He will be a huge contributor to Marshall's baseball team. Best of Luck to you Will!

**Senior #25 Bobby Crawford** the son of Jason and Connie Hoover. He plans on going into the army after graduation. In his spare time, Bobby volunteers for the Jamestown Volunteer Fire Department. Bobby brings a lot of encouragement and motivation to our team.

The coaches would like to thank the players and parents for their dedication to this team and the Laker program. Currently this senior class has won 88 games in their 4 year career. The coaching staff wants to wish them the best of luck after graduation and hope that baseball has instilled in them something that they can use for the rest of their life.



## Former Laker named PGA Professional

The Professional Golf Association of America has announced that Antonio Onyon, a Russell County native, has earned the PGA Professional Class A membership status.

To receive this certification, Onyon successfully completed proficiency exams in the organization's professional readiness curriculum as well as a player's abilities test while working in the golf industry as an apprentice.

The PGA's award winning educational program includes 14 classes in golf operations, personnel management, teaching and golf club fitting, and food and beverage concession management. As the industry's standard bearer, PGA Professionals serve as the recognized

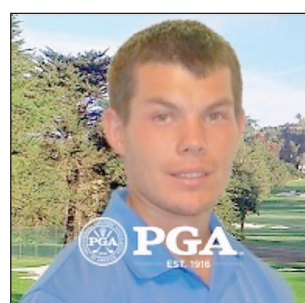
teachers and leaders of the game and promote its growth.

Onyon, the son of Dale and Brenda Onyon of Jamestown, was a 2008 Russell County High School graduate and played on the boys' varsity and junior varsity golf teams for four years.

Following high school, he earned his Bachelor's Degree from Morehead State University in Business/Sport Management while playing collegiate golf.

After completing a Kentucky Golf Association internship in tournament operations, Onyon completed back-to-back college placement programs at Disney World in Orlando, Fl.

He spent three years conducting a variety



of instructional clinics & programs at Man O' War Learning Center in Lexington, KY where he became a certified U.S. Kids Coach. Subsequently, Onyon served as Director of Instruction at Old Silo Country Club in Winchester, KY; and then, as 1st Assistant & Player Development Coordinator at Oxmoor Country Club in Louisville, KY.

Presently, Onyon is the 1st Assistant and teaching professional at Bocaire Country Club in Boca Raton, Florida.



## Charlotte Plays Host to the Stars

**Steve Mickey, NASCAR Columnist**

Hard to believe that the Monster Energy NASCAR Cup schedule is already set to make its spring visit to Charlotte Motor Speedway for the first of two consecutive weekends of racing that concludes with the running of the Coca-Cola 600 during the Memorial Day weekend. First up will be this Saturday night's running of The Monster Energy NASCAR All-Star Race with its unique format and rules package that is going to be used for the first time in the series.

The All-Star race is set up to showcase the sport's winners as a driver gains entry into the starting field by having won a points-paying race in 2018 or 2019. Entry can also be earned by being a past winner of the Monster Energy NASCAR All-Star race or a past Monster Energy NASCAR Cup Series champion. Fifteen drivers have qualified for the event because of their past wins but three additional drivers will get the chance to advance into the race by winning one of the three stages of the Monster Energy Open that will be held just prior to the All-Star race and will feature a format of two-20 lap stages followed by a 10-lap dash to the finish.

There is one final way that a current driver can gain entry into the starting field of the All-Star race and this path to the starting grid does not require that he has a checkered flag on his resume'. One driver will get his ticket to the main event punched by winning the fan's vote that is now open on NASCAR.com.

The race's actual format does not resemble what we see at every other race on the schedule as it is divided into four stages. The stages will consist of 30 laps, 20 laps, 20 laps and 15 laps which is five laps longer than in 2018. Both green- and yellow-flag laps will count in stages 1-3 but for the final stage only green-flag laps will count. Series overtime rules will be in effect for stages 1-3 but in the final stage if the race is restarted

with less than two laps remaining, there will be unlimited attempts at a green-white-checkered finish under green-flag conditions. It may take several attempts to finish the last stage as no points are awarded but the winner does take home a check for one million dollars.

Gaining entry into the event and the race's unique format are not the only differences of what we see on a weekly basis in the sport. NASCAR has used the All-Star Race in the past to try new ideas within the rules package in hopes of improving the racing at every stop on the schedule. Last year's rules package for the race produced one of the most exciting races of the season as it increased the amount of downforce on the car along with the introduction of special aero ducts.

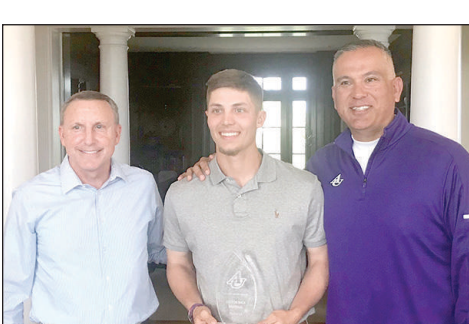
The sanctioning body will be introducing two new major changes with the cars on Saturday night which will actually be visible to the fans both at the track and watching on TV. The first is the use of a single-piece carbon fiber splitter/pan that should provide a more stable aero platform that NASCAR hopes will give every car a more consistent performance when it is in traffic.

The second major tweak of the rules will be highly visible as it will require that every car be set up with a radiator exit duct through the hood. This will separate aerodynamic performance and engine temperatures which should go a long way in creating more parity across the field.

It's easy to see that this race has been tweaked throughout the years to try and put on the best show possible for the fans while also providing the drivers with the opportunity to not have to worry about the point standings and just set their sights on the checkered flag. It's a recipe for excitement and if it is like in year's past, the driver that ends up in victory lane will have earned his way there.

## Back receives awards

Former Laker baseball player



The 2019 Eagles award ceremony presented by Asbury University athletics was held on Wednesday, May 1, 2019 at the Miller Studio in the Media Communications Building. The annual ceremony event highlighted individual and team accomplishments with a variety of different award winners.

The Stuart Smith Award is given to the student athlete who best demonstrates hard work and Christian leadership. Colton Back, a Russell County High School graduate and current Asbury University student was presented the

Stuart Smith Award.

In addition, the 2019 All-River States Conference Baseball Teams and Awards were announced on Thursday, May 2 at the RSC Baseball Championship in Chillicothe, Ohio. First and second teams were unveiled. Colton Back was chosen to the All-Conference second team.

Back, a junior at Asbury University, was voted one of the three captains for his team before the season. The Eagles went on to make the Conference playoffs for the first time under the new RSC format and won the season series versus three

of the six post season teams. They were eliminated from tournament play on Friday, ending their stellar season.

He finished with a healthy batting average of .367 in conference play and .322 overall on the year, along with 26 RBI's, 29 runs, 2 triples and 2 homeruns on his all conference season.

Back is a 2015 graduate of Russell County High School and former member of coach David Rexroat's Laker Baseball team. He is the son of Pat Back and Jamie McQueary of Russell Springs.

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