

Lakers are laser-focused on upcoming season

By Lisa Coffey
Times Journal

New Russell County Mighty Laker Boys Basketball Coach Brandon Cooper, assistant coaches John Shuey and Chris Whitlow, along with the team, have been preparing for the upcoming season since the beginning of the school year.

“Open gyms began the first week of school and we haven’t stopped” explained Cooper. “The team has been very consistent and intentional in the pre-season-spending three days in the weight room and two-three days of open gym.”

“The team began opening day practice at midnight on October 14 with a lock-in at the gym to develop team bonding,” the coach said. “The kids have really dug-in and bought in to everything I’m asking them to do. I’ve put in a lot of new concepts and things that they haven’t seen before and its not the easiest thing to learn.”

Cooper is pleased with the effort he has seen from all of the



Noah Flanagan provides pressure against a Hart County player in last week's 43-13 win.

players.

“I’m proud of all of them,” he said.

Cooper feels like he has a “deep” team.

“We’ve got a good core of older kids that have experience and have been around and know the expectations and we have a good

nucleus of young kids-a sophomore group that’s coming through as well to mix in with them,” he said.

Looking ahead, Cooper has his eyes on district and regions.

“Winning district is great, but regions-that’s the fight,” Coach Cooper said with

Meet the Lakers held for Winter Sports

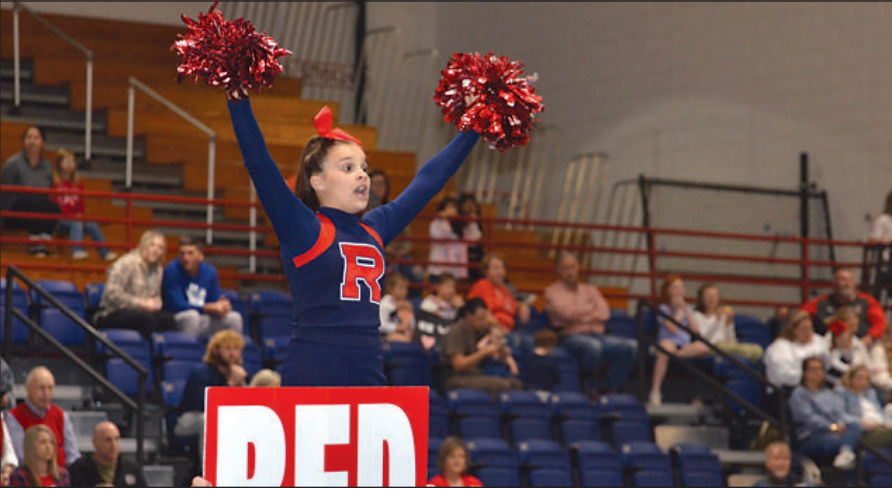
Last Thursday the community joined the Laker winter sports teams and fans to preview the athletes for boys and girls basketball, swim, bowling, cheerleading, middle school boys basketball, and dance.



Junior Lady Laker Addison Hart participates in the three-point contest at Meet the Lakers.



Junior Laker Logan Walters shows his skills during “Meet the Lakers” last Thursday at Laker gym.



A RCMS cheerleader performs for the fans.

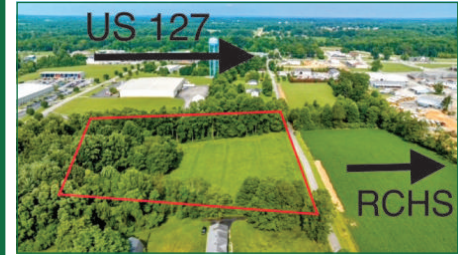
RCMS Basketball Clobbers Hart County

Nov.7 vs Hart Co.	7th grade	8th grade
	RCMS - 43	RCMS - 46
6th grade		Hart Co -
RCMS - 32	Hart Co - 13	
Hart Co - 23		

“THANK YOU” to contributors

Several sports photos you see each week in The Times Journal are graciously provided by family, friends, and fans of local athletes. We would like to thank people such as Sarah Stapp, Brooke Bartrug, Lisa Gosser, Amber Stephens, Davene Devore, Deb Jo Bray, Lindsey Wilson Gosser, Rick Godbey, Adam Coffey Joseph and Dianna Phillips, Teresa Ellis, Alissa Thomas, Ramie Hutchison, of Hutch Digital, Jessica Gossage, of JEG Photography, Billy Mac Photos, the media teams from local schools, and a host of others for their hard work and dedication in shining the spotlight on these athletes! Please tell these people you appreciate what they do, and let us know if we’ve left anyone out. We’d love to add more names to the ever-growing list. They deserve recognition!

SELLING CENTRAL AND SOUTHERN KENTUCKY



BALDETT DR- Very nice 3.5-acre tract of unrestricted ground located walking distance to shopping, gas station, Russell County High School and the new Hardee's! This property also backs up to the business park. Offering many possibilities, excellent location for multi-housing. The property border is heavily treed creating great privacy for someone looking for a phenomenal home site and 1 mile from the Cumberland Parkway. City utilities available



HWY 910- Quaint neighborhood located in desirable Salem district. 3 Bedrooms, 3 Full Baths, All brick ranch with a whopping 2300 sq ft. Covered front and back porches perfect for entertaining. 5 Car garage! Open kitchen, great room & dining room! You'll love this floorplan! Ceiling fans, recessed lighting throughout, custom drapes, beautiful custom cabinetry, and granite countertops. Extra-large rooms to accommodate this house full of quality furniture. This home is sold fully furnished!



HILL TOP RD- Bring the kids & the chickens! Perfect neighborhood for both. This well built, well-kept home has a wonderful sunroom full of windows overlooking the private fenced backyard and darling chicken coop. Full kitchen/living room vaulted ceiling. All appliances remain. Spacious kitchen and breakfast bar. This home is move in ready, 3 Bedrooms 2 Full Baths! All this is located minutes from the heart of Russell Springs & 10 minutes from Alligator Marina.



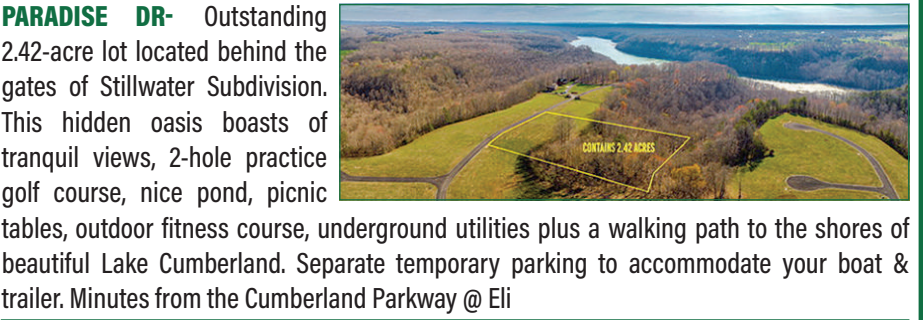
HICKORY LN- Residential building lot located in desirable Hickory Hills Subdivision. This established neighborhood offers convenience and is located in the heart of Russell Springs. This lot is currently being cleaned up and partially cleared, Excellent opportunity for the kiddos, this lot backs up to the city park!



WHISPERING CREEK ESTATES- Beautiful wooded building sites. Lots of wildlife and nature preserved. Paved road and utilities at the street. Restricted to 1500 sq ft minimum, no mobile or modular homes. Detached garages allowed. Barndominium approved! Conveniently located off 127 by-pass. Minutes from several boat ramps and marinas. Must see to appreciate, this is a lovely place to call home, only a few lots left.



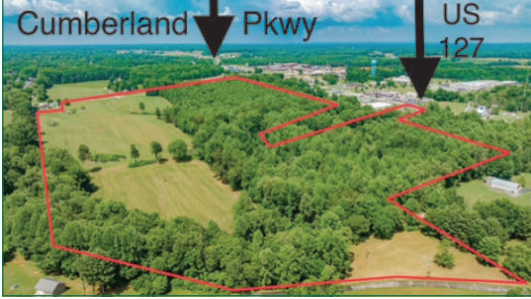
OLD DUNBAR RD- *MOTIVATED SELLER* Unalike 24 acres! Cozy hunting cabin with a wood burning stove, cooking stove, loft and outhouse. Cabin wired with electric, can be used with a generator or solar power. Enjoy the rustic vibes as you drive through the creek bed. Perfect for the adventurous person looking for privacy. Great for trail riding, hiking, hunting or a beautiful spot to build your dream home.



PARADISE DR- Outstanding 2.42-acre lot located behind the gates of Stillwater Subdivision. This hidden oasis boasts of tranquil views, 2-hole practice golf course, nice pond, picnic tables, outdoor fitness course, underground utilities plus a walking path to the shores of beautiful Lake Cumberland. Separate temporary parking to accommodate your boat & trailer. Minutes from the Cumberland Parkway @ Eli

RARE INVESTMENT OPPORTUNITY

Impressive +/- 70 acre farm located in Russell Springs. Ideally subdivided with road frontage on three sides: US 127, French Valley Road, and West Drive. Utilities on site: Electric, 6" sewer line, 6" and 10" water lines. Natural gas across the street. Adjacent to the Lake Cumberland Industrial Complex. Approximately 28 acres cleared, with the remainder in level woodland and plentiful spring fed creek. Located 2 miles south of the Cumberland Parkway.



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