

Myers sets outdoor shot put record in first meet

By Mike Monahan
ARCOLA – Mitchel Myers, who is headed to Indiana State this fall, already set the Arcola Indoor record in the shot put and now he has added the outdoor record. Myers, in the first outdoor meet of the season went 49-9 to break the previous record of 49-4 set by Mikey Robinson in 2007.

Myers went 44-6 $\frac{3}{4}$ on his first throw, which was very close to being outside of the right line. His second throw was better at 44-11 $\frac{3}{4}$. On his way back from his third put he said, "I think that is 45 or 46."

However, that was not the case as Myers unleashed the record throw. "I knew I was going to get the record eventually just because I have thrown pretty far in the shot put," said Myers, a senior. "Today, I wasn't throwing my greatest and the last one I just got a hold of it a little bit. We got it done. We are going to make the record a little higher as the season goes on for sure."

Team wise both the Arcola boys and girls teams placed second in the triangular

March 28 was the boys had 33 points in the meet won by Arthur-Lovington-Atwood-Hammond with 82 points. Villa Grove was third with 30 points.

On the girls side Arcola had 41 points in the meet won by A-L-A-H with 63 points and Villa Grove was third with 29 points.

Boys

Myers also won the discus with a throw of 164-0 on his second throw after going 160-4 on his first attempt.

"Throwing 164-0 to open the season is really good just because I know how much I have improved over the season and I am going to put a lot of distance on it," said Myers. "That is a good start for sure."

Myers was the lone Arcola boys winner.

"Mitchel had a big day in both of his events," said Arcola coach Tommy Eddleman. "I know he has had his mind on breaking the outdoor school record in the shot so I was happy that he did that. He is in a really good place with discus right now also. I think he was

really close to PRing in that, so to do that so early in the season is awesome."

Michael Gauna was second in the discus with a throw of 118-1, while Alan Guevara was second in the high jump at 5-0. Also placing second was the 4x200 relay team of Ryan Lindstrom, Oden Barron, Braden Phillips and Elian Aguilera, finishing with a time of 1:39.60.

"Of course I am going for the discus record," said Myers of the 181 mark set by Terry Miller. "I never really thought of getting the shot put record because I didn't like shot put, but have ever since I got a coach (Angel De los Santos) it is nice to have something to leave at the school."

Myers said the difference between indoors and outdoors is he feels like he can move easier indoors.

"Overall it was a successful first outdoor meet," said Arcola coach Tommy Eddleman. "Braden Phillips had a PR (personal record) in the triple jump (39-1, good for third place). So, I was excited for him. Oden Barron and Ryan Lindstrom did a good job for us in the 100 and on the relays so I am excited to see them progress this season."

Braden Phillips had a PR in the triple jump so I was excited for him. I think he has a really good chance to make it to the State track meet in that event this year.

Girls

Ema Simpson, a freshman, won two events for Arcola as did junior Kelsey Moore. Simpson won the 200 by nearly two seconds with a time of 28.46. She also won the long jump by 10 inches with a leap of 16-1, a personal record.

"It was crazy," said



ARCOLA SENIOR Mitchel Myers set the school outdoor record of 49-9 in the shot put during a triangular track meet at Arcola on March 28. Arcola hosted ALAH and Villa Grove. Photo by Nancy Rairden.

Simpson. "I went into it with an open mind because it is outdoor season and you never know what can happen. I started the 200 out of my blocks well. There is a stretch when the wind hits you and it is pretty rough. The key is to just stay as straight up as possible and not think about the wind too much (finished in a cross wind)."

Moore won the 400 with a time of 1:07.20 and the 100 hurdles with a time of 19.07.

"I felt pretty good," said Moore of the hurdles. "I used it as kind of a practice because I was practicing my three steps in between and I got three steps on some of them, just not all of them yet."

Moore had run the 400 over the summer with the Champaign based club Vipers in 1:07.84.

"It is nicer to be warmer

because it is easier to warm up, but I can't complain about the weather. It was good to have an outdoor meet, especially at home."

Eva Hopkins won the triple jump going 27-8.

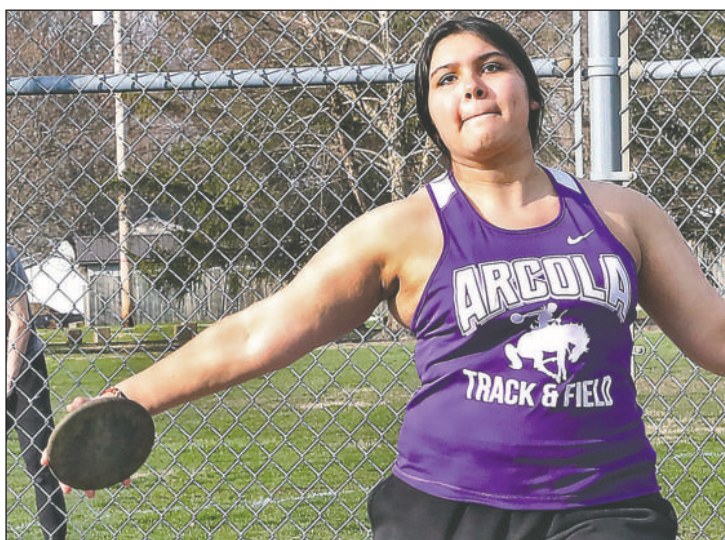
"I thought we had a good meet," said Arcola girls' track coach Adam Reel. "We had good weather. With these outdoor meets it is always kind of tricky to see how kids do when you stack multiple events. I thought the girls held up really well. Ema had a great night in the long jump and in the 200. Our 4x100 (Delia Leal, Hopkins, Crystal Ramirez and Simpson) had to do a little work on their handoffs. Kelsey ran well in the 400. In a small meet you don't get much rest and at indoor meets sometimes you get an hour or two between events so they are well rested. I like the results I saw."

Tuesday, March 21 was to have been the first outdoor meet of the season with Sullivan, A-L-A-H, Judah Christian and Teutopolis and it was rescheduled for the 28th, which was already a scheduled meet with Villa Grove. The teams from the 21 were invited to compete on the 28th but only the Knights agreed. The other schools had a meet scheduled.

Boys team scores

1. Arthur-Lovington-Atwood-Hammond 82;
 2. Arcola 33;
 3. Villa Grove 30
- Top three places
- 100: 1. Max Duzan, A-L-A-H 11.98;
 2. Payton Warrior, A-L-A-H 12.23;
 3. Oden Barron, Arcola 12.38
- 200: 1. Braydon Dowler, Villa Grove 24.29;
 2. Duzan, A-L-A-H 24.29;
 3. Elian Aguilera, Arcola 25.23
- 400: 1. Logan Beckmier, A-L-A-H 56.35;
 2. Cash Hale, A-L-A-H 1:03.89;
 3. Dana Soard, A-L-A-H 1:14.92
- 800: 1. Lyle Adcock, A-L-A-H 2:07.79;
 - 2.

See TRACK on page 4



XIMENA VAZQUEZ gets ready to throw the discus in a triangular track meet at Arcola on March 28. Arcola hosted ALAH and Villa Grove. Photo by Nancy Rairden.

Arcola softball wins two straight, including 5-2 conference opener over Okaw Valley

By Mike Monahan
ARCOLA – Kacie Sisk threw a complete game and allowed two runs with 11 strikeouts and one walk as well as six hits. It was her first start of the season. She also helped herself by hitting a double and driving in a run as Arcola's softball team won its Lincoln Prairie Conference opener 5-2 over Okaw Valley Monday.

On March 29 Arcola picked up their first victory 11-2 over Chrisman at Moore Memorial Park on a revamped field.

The Lady Riders were to have played host to Effingham St. Anthony last Tuesday and at Tuscola Wednesday in non-conference contests.

Arcola 5, Okaw Valley 2

The game was deadlocked at two in the sixth when two outs and a full-count Gracie Wagoner singled to left, scoring Makenzie Thonas, who reached on a single and advanced to second as Vanessa Condarco was thrown out at third.

Arcola added some insurance runs in the seventh when with one out Ava Simpson singled to center. Her sister Ema Simpson singled to left field and an error allowed Ava Simpson to score and Ema Simpson to move to second. Sisk drove in Ema Simpson for the final run of the game.

The Lady Timberwolves scored its two runs in the first inning with two outs. Reese Nichols doubled to right and Lindsay Ozier followed with a triple to center, scoring Nichols. Rissa Montgomery singled to right, plating Ozier. Ava Simpson was 2-for-4, while Ema Simpson was 2-for-3 and Thomas was 2-for-3.

Sisk threw 118 pitches, 75



ARCOLA SOPHOMORE Kacie Sisk took the mound as a relief pitcher in a softball game played on March 29. Arcola defeated Chrisman 11-2 in the first home game of the season for Arcola. Photo by Nancy Rairden.

for strikes or 64 percent.

Okaw Valley, coached by Samantha Cockrell, a 2009 graduate of the school, fell to 1-4 overall and 0-1 in the LPC.

Arcola 11, Chrisman 2

Arcola led just 3-2 after four innings when they sent 11 batters to the plate and scored the final eight runs of the game.

"I told the girls we needed to find a way to get on base," said Arcola coach Cara Roberts. "Be aggressive at the plate, but if she is not going to throw strikes then the walk will help us. It is better than a strikeout for sure. We had a couple of girls on base when Kacie (Sisk) was at bat and her line drives helped. The walks helped us also."

The Lady Riders also took

advantage of four Lady Cardinal errors. Chirsman, coached by former Danville Schlarman coach Randy Skaggs (first year with Chrisman), walked 12 batters and had seven strikeouts.

"I think just thinking about staying through the ball, line drives and not dropping my hands, like I did on the fly to left," said Sisk. "I think as a team we really are seeing the ball and getting on base and taking advantage of what we can get."

The sixth innings began with a walk to Jacey Kessler and Condarco reached on an error as Kessler advanced to third. Thomas reached on a fielder's choice as Thomas moved to second on an error, Condarco advanced to third and Kessler scored. Condarco scored on a passed ball and

Thoams went to third. Reyli Vega reached on an error as Thomas scored. Vega stole second and Keira Hohlbauch walked. Bases were loaded after Ava Simpson walked and Sisk drove in a run with a single. Three runs scored when Kessler reached on an error.

Arcola, who had just eight hits in two games, had seven.

The defense didn't have any errors much to the delighted Roberts.

"That is pretty big," said Roberts.

As for the new dirt infield Sisk said, "It is more like mud. I don't think it slows it down much. It may be less bouncy, but it's pretty much the same as last year."

March 27 was the first practice on the new field.

"It was nice to have a home

See SOFTBALL on page 4

Serving: Arcola, Tuscola and Villa Grove

POE'S MOWING

217-530-1536

Das SCHLACHT HAUS COUNTRY FRESH MEATS

- Fresh Meat Case
- Locally Raised Beef, Pork & Chicken
- Cured Meats From Our Own Smokehouse

5% Off Weekly Special - April 10-15 Fajita Strips

217-543-5178 Monday-Friday 8:00-4:30 Saturday 8:00-3:00

Fax 217-543-5168 1758 CR 1900N Arthur, IL 61911

2 miles south and 1/2 mile west of Arthur

we insure your car. because accidents happen.

simple human sense

LINDENMEYER INSURANCE AGENCY
A Division of Compass Insurance

217.268.3041

Auto-Owners INSURANCE