

Larned High School cross country teams should be a force

By MARK ZWINK

While a few members have transferred or graduated, the Larned High School cross country teams should be a force during the 2010 season.

The Lady Indians will be without graduated senior Jessica Smith, while would-be fresh-

man Jenna Schuckman and would-be junior Emily Steimel have transferred.

Senior Shanna Prescott and sophomore Lindsey Higgins will be back to help the Lady Indians defend a league title.

On the boys' side, sophomore Alex Les-

sard returns, as well as Jahman Hill, Jeret Johnson, Steven Seltman and Zack Wilson.

"Once again we will be young, but all the runners are competitors," said LHS coach Gary Wagner. "I want all the runners on the team to keep improving from one meet to the

next."

Larned opens the season in Hoisington on Sept. 4, and hosts its invitational on Sept. 23. The new Mid Central Activities Association league meet, including Thomas More Prep, Hoisington and Ellinwood, will also be in Larned on Oct. 14.

Trojans set for another playoff run

Add Beloit to the recent list of new non-league opponents the Larned High Indians will face.

The 3A school will definitely provide a quality game this year, as the Beloit Trojans are 4th in the coaches pre-season 3A Poll.

The Trojans return 17 lettermen, six offensive and seven defensive starters, off a sparkling 8-3 squad last year.

"We want continued improvement throughout the season," com-

mented Beloit head coach Greg Koenig. "Our keys to success in 2010 will be total team commitment to the weightroom, filling leadership void left by graduation and team camaraderie."

Returning on offense for Beloit will be Robert Ludwig (6-1, 185 senior). Last year's tight end will move to fullback where he will team with seniors Lane Koster (6-0, 185) and Luke Shamburg (6-0, 165).

The offensive line

will be solid with returning seniors Braden Mayers (5-10, 185), Garrett Schmitt (6-0, 205) and Slade Krone (6-0, 185) at tight end.

Senior lineman Connor Hewitt (6-0, 175), joins lineman Schmitt, linebackers Krone, Ludwig, Shamburg, along with defensive back and linebacker Koster and Smith as the returners on defense.

There will be many top high school players on the gridiron this fall in North Central Kansas. Koenig said of one

top returner he coached against last year is Norton's Terrell Lane. "He is an explosive game-changer in all phases of the game. His combination of size, speed and strength makes him very formidable. He was dominating in our playoff match-up with Norton last November."

The 3A pre-season coach's poll lists Conway Spring as the favorite, followed by Hutch Trinity, Norton, Beloit and Silver Lake.

Royal Lancers eye winning season

A big returning class will key the Spearville High football hopes for a successful 2010 season. The Royal Lancers return three offensive and four defensive starters. There are 14 lettermen returning.

"We want to be a hard-nosed football team that plays with enthusiasm. We want to make our community proud," said Spearville head coach Matt Fowler.

The Royal Lancers welcome back junior quarterback Hunter Heiland (6-0, 175). He rushed for 511-yards and threw for 17 touchdowns last year. Junior running back Chad Barnett (5-8, 145) returns, after rushing for five touchdowns last year. Senior lineman Jake Gleason (5-10, 165) returns to anchor the line.

Senior linebacker Jake Gleason (5-10,

165) is one of Spearville's top defenseman. He was in one 81 tackles and had one interception last year. The Royal Lancers also welcome back on defense Weston Stein (6-5, 175) junior lineman, Blake Loder (5-8, 145) and linebacker Heiland return to the defense.

Said Fowler on one of the keys to a successful season, "It will be how we prepare. We

have to bring intensity to every workout and every practice.

"Developing the offensive line will be another key for us," the coach added, "everything starts up front and we only have one returning starter there."

Fowler selected Baileyville B&B, Quinter, Pretty Prairie, Hill City and Clifton Clyde as the top five teams in Eight-Man Division I for the 2010 season.

Larned Indians' Fall Sports Schedules

-LARNED INDIANS VARSITY FOOTBALL-	
Sept. 3	Lacrosse
Sept. 10	Ellinwood
Sept. 17	THOMAS MORE PREP
Sept. 24	Beloit
Oct. 1	CIMARRON
Oct. 8	HOISINGTON
Oct. 15	Hugoton
Oct. 22	Ulysses
Oct. 28	HOLCOMB
Oct. 6	Regionals
Oct. 12	Sectionals
Oct. 19	Substate
Oct. 27	State

-LARNED INDIANS VOLLEYBALL-	
Sept. 3	Hays High VB Quad
Sept. 7	LARNED QUAD
Sept. 9	Ellinwood MCAA Quad
Sept. 16	Hoisington Triangular
Sept. 18	Russell Round Robin
Sept. 21	Jetmore Quad
Sept. 23	LARNED QUAD
Sept. 28	Greensburg Quad
Oct. 2	Kingman Tournament
Oct. 5	Hoisington Triangular
Oct. 12	LARNED TRIANGULAR/QUAD
Oct. 16	TMP MCAA Tournament
Oct. 23	Substate
Oct. 29-30	State

-LARNED INDIAN GIRLS' GOLF-	
Sept. 7	Medicine Lodge JV/V
Sept. 13	Pratt Invitational
Sept. 14	Ulysses JV Invitational
Sept. 16	LARNED INVITATIONAL/MCAA
Sept. 20	Russell
Sept. 28	Ulysses varsity tournament
Oct. 2	Lakin Invitational
Oct. 11	Regionals
Oct. 18	STATE TOURNAMENTS

-LARNED INDIAN GIRLS' TENNIS-	
Sept. 7	Great Bend Invitational V
Sept. 9	Great Bend Triangular JV
Sept. 9	Great Bend Triangular V
Sept. 11	Pratt Invitational
Sept. 14	St. John Invitational JV
Sept. 16	LARNED ROUND ROBIN
Sept. 18	Pratt Novice Invitational
Sept. 21	Lyons JV Invitational
Sept. 23	Russell Invitational V
Sept. 25	Pratt Invitational JV
Sept. 27	Russell JV
Sept. 28	Ellsworth Quad V
Oct. 5	LARNED ROUND ROBIN
Oct. 8	Regionals
Oct. 15	State Tournaments

-LARNED INDIAN CROSS COUNTRY-	
Sept. 4	Hoisington
Sept. 9	Pratt-Skyline
Sept. 16	Stafford
Sept. 23	LARNED INVITATIONAL
Sept. 30	Pratt
Oct. 7	Sterling
Oct. 14	MCAA LEAGUE
Oct. 23	Regionals
Oct. 30	State

(Home games in all caps)



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