

In Class A

RCHS Girls Track Team ranked 2nd in State

The RCHS track and field season is underway and both boys' and girls' teams have gotten off to very successful starts.

This girls' team has proven to be one of the most challenging in the history of RCHS track.

Despite the tough schedule, the RCHS girls' team is currently ranked second in the state in Class 2A, only 3.5 points behind top-ranked Russell High School.

Several members of the girls' team are ranked in the top ten in the state in their events, even though the team consists only of 10th grade and under athletes.

Sophomore Heather Hammond is currently ranked very high in five events. She's ranked first in the 400-meter dash, 300-meter hurdles, and high jump. Heather's also ranked second in Class 2A in the 200-meter dash and long jump.

Freshman Kayla Hayes is ranked fourth in the 1600-meter run, sixth in the 800-meter run, and third in the 3200-meter run. Kayla and eighth grader Morgan Kincaid, along with freshman Danielle Arnold and Jessi Asher, are ranked third in the state in the 3200-meter relay.

Sophomore Chere' Embis is ranked second in triple jump and fourth in long jump. The girls' 400-meter relay team of Chere' Embis, sophomore Sarah Parsons, Morgan Kincaid, and seventh grader Morgan Thacker are ranked eighth in 2A.

On the boys' side, junior Andrew Nelson is currently ranked fourth in Class 2A in the 3200-meter run and seventh in the 1600-meter run. Teammate Brandon Cole, a sophomore, is currently ranked eighth in the 3200. The boys' 3200-meter relay team consisting of Andrew, Brandon, junior Florian Trummer, and freshman Derrick Baker are currently ranked eighth in the state.

Both boys' and girls' teams got their seasons underway at the Pulaski Southwestern Invitational before spring break.

The girls' team performed exceptionally well and finished second overall. The boys' team was also very successful, finishing third in the meet. This meet served as a tune-up for an early test in Louisville following spring break.

The Bulldog Classic, hosted by

Louisville Male High School, was held at the University of Louisville. Several teams from many different states were represented at the meet, although team scores were not recorded. RCHS fared extremely well in the competition, breaking a total of five school records during the meet.



Heather Hammond finished fourth in 400 meter dash at University of Louisville track as part of Bulldog Elite Track and Field meet.

The girls' team also competed with Heather Hammond participating in only one event. Heather was invited to participate in Saturday's Bulldog Elite Classic, a national invitational featuring many of the nation's best young track and field athletes. Due to her Saturday participation, Heather was limited to one event on Friday.

Junior Andrew Nelson had an extraordinary competition for the RCHS boys' team. Andrew established new school records in both the 1600 and 3200-meter runs. In the 1600, Andrew finished 10th overall with a new RCHS record time of 4:48.1, eclipsing the old record held by teammate Brandon Cole. Brandon also ran well and placed 21st overall in 5:05.81.

In the 3200, Andrew also established a new RCHS record with an awesome time of 10:30.5. He placed 14th overall. Brandon finished 17th with an excellent effort of 10:51.53.

Both Andrew and Brandon, along with freshman Derrick Baker, and junior Florian Trummer, set a new school record in the 3200-meter relay. The team placed 13th overall in 9:07.5. Florian and Derrick also ran well in the 800-meter run. Florian placed 29th in 2:18.31, while Derrick finished 37th in 2:24.49.

Newcomer Jackson Blay competed well in the throwing events for RCHS. He placed 19th in discus with a throw of 80'3". Jackson also finished 24th in shot put with a throw of 32'7".

On the girls' side, freshman Kayla Hayes led the way for RCHS with several outstanding performances. In the 1600-meter run, Kayla finished fourth overall with a new RCHS record time of 5:36.42. Freshman teammate Jessi Asher also ran well and placed 17th in 6:19.83. Kayla continued her excellence in the 3200-meter run. She placed first with an amazing race and a new RCHS record time of 12:17.53. Jessi placed ninth overall in 13:41.92.

In the 800-meter run, Kayla also ran well and finished ninth overall in 2:37.4.

Danielle Arnold placed 18th in 2:49.1. Danielle also ran the 400-

meter dash and finished 16th with her best time of the season, 1:08.5.

Sophomore Chere' Embis also performed well in the jumping events. In triple jump, Chere' had her best outdoor performance ever, leaping an incredible 33'0.25" and placing sixth overall. In long jump, Chere' also did well and finished 10th overall with an effort of 11'1".

Seventh grader Morgan Thacker ran well in a very tough field of 100-meter sprinters. She finished 29th overall in 14.93. Morgan performed even better in the 200-meter dash. She placed 20th overall with an excellent effort of 29.33.

Heather Hammond competed only in the 200-meter dash due to her invitation to Saturday's Elite Meet. She ran very well and placed ninth overall in 27.55.

The girls' relay teams also fared well against some extremely fast competition. The 400 and 800-meter relay teams consisted of Morgan Thacker, Morgan Kincaid, Sarah Parsons, and Chere' Embis. The 400-meter relay team placed 14th overall in 2:57.52. The 800-meter relay team placed 12th in 2:02.51. The 1600-meter relay team of Sarah Parsons, Morgan Kincaid, Morgan Thacker, and Danielle Arnold finished 13th in 4:54.07.

Saturday's elite meet proved to be very exciting with many of the nation's top performers competing. Heather qualified in high jump, long jump, the 400-meter dash, and the 300-meter hurdles.

Heather high jumped exceptionally well. She placed second overall with a leap of 5'2", tying her own RCHS record and personal best effort. In the long jump competition, Heather placed eighth with an incredible jump of 16'1.5". Heather also ran well in the 400-meter dash, finishing 4th overall in 1:02.56. The 300-meter hurdles immediately followed the 400. Despite almost no recovery time, Heather managed an eighth place finish in 45.05.

The teams next compete in the Boyle County Invitational on Thursday and the E.G. Plummer Invitational hosted by Danville this Saturday. RCHS will host its own invitational.

Cont. to A-12

Are 17-6 on the season

Rockets win tourney in Middlesboro

The Rockcastle County Rocket baseball team is 17-6, after going 3-0 in the Cumberland Gap Invitational Tournament over the weekend.

The Rockets downed Franklin-Simpson 6-3 behind a nine strike-out performance by Aaron Anderson. Anderson walked only one batter and gave up two hits in six innings.

Freshman Colby Brown picked up the save.

Catcher Devin Taylor had a three-run homer in the game to help the Rockets.

Also getting extra base hits were Devin Russell and Ricky Sandusky.

On Saturday afternoon, the Rockets downed Hazard, 4-0, behind an excellent outing for sophomore Micah Reams.

Reams struck out nine batters and gave up two hits in his fourth win of the season.

Later that night, the Rockets defeated the defending and regional champions, Middlesboro, 14-2.

Colby Brown was the winning pitcher, facing 27 batters in six innings. Senior Austin Miller had a three-run homer to straighten away center field.

The night before, Miller was obviously cheated out of a Grand Slam that was called foul, but he did manage a walk, as did four other Rockets that inning.

Junior Adam Hensley got the save in that game.

Middlesboro is considered the toughest challenge in the 13th region this year for the Rockets.

Rockcastle is still ranked in the top 15 teams in the state and will play Bryan Station in Lexington on Thursday night and Shelby Valley on Friday at Scott County High School.



RCHS senior Jason Reynolds recently signed a Letter of Intent to play basketball at Lindsey Wilson College. Jason was a member of the 2002 13th region champs and the 2003 49th district champs, both first in Rockcastle sports history and also was named to the KHSAA 49th District all-tournament team as a sophomore, junior and senior and the KHSAA all-tournament team in his junior year. Named Post Camper of the Week at the ECU Camp in July of 2002, Jason was also cited in the 13th Region article "Rock the Castle," 2002-03 Ky. High School Basketball Yearbook, along with teammates Austin Miller and Aaron Cash. He participated in the post-season invitational, 12th Region vs. 13th Region Senior All-Star Game, along with teammate Chris Settles and won the slam-dunk contest at halftime. With Jason in the photo are, seated, his parents, Allison and Roger Reynolds and, back row: Brad Tate, admissions director for Lindsey Wilson, Chris Starks, assistant coach, Dale Whitaker, RCHS counselor, head boy's basketball coach at RCHS Clayton Cash and asst. coach Jason Coguer. Jason's parents said, after the signing, "We give God the glory for Jason's strength and ability and we thank Him for guidance. We would also like to thank everyone who has coached, encouraged and supported Jason. A special thanks to Dale Whitaker, Coach Chris Starks and Brad Tate for helping to make this opportunity at LWC possible."

Little League Update

Submitted by David Brock

Minor League-A

Rockies 13 - Yankees 6
Rockies 14 - A's 11
Rockies 15 - A's 5
A's 14 - Dodgers 11 (Brandon Burdette-HR for Dodgers)
Yankees 10 - Rockies 9
Yankees 11 - Dodgers 1
Yankees 8 - Dodgers 0
A's 10 - Dodgers 18

Minor League-B

Rangers 7 - Reds 3
Indians 13 - Tigers 12
Mariners 16 - Tigers 2
Rangers 11 - Mariners 10
Mariners 10 - Indians 5
Hitting HRs for the Indians were Tommy Shaffer with 2 and John Paul Kidwell, Brady McClure and Will Reynolds, 1 each.

Major League

Diamondbacks 12 - Rangers 8
Diamondbacks 10 - Reds 0
Yankees 8 - Reds 4 (Tanner Perkins HR for the Yankees)
Indians 12 - Yankees 5 (Tanner Perkins HR for the Yankees)
Yankees 12 - Rangers 1
Diamondbacks 2 - Indians 1
Indians 8 - Rangers 2
Indians 11 - Reds 3
Reds 8 - Rangers 7 (8 innings)
Yankees 14 - Diamondbacks 1

Standings

Minor League A	Minor League B
Rockies 4-1	Indians 3-1
Yankees 4-1	Mariners 3-1
A's 2-3	Rangers 2-2
Dodgers 0-5	Tigers 1-3
	Reds 1-3

Major League

Diamondbacks 3-1
Indians 3-1
Yankees 3-1
Reds 1-3
Rangers 0-4

Homeruns: (Minor League A) Brandon Burdette, Josh McKinney, Devin Didonato, 1 each. (Minor League B) Tommy Shaffer 2, John Paul Kidwell, Brady McClure and Will Reynolds, 1 each. (Major League) Tanner Perkins 2.



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NOTICE

The Rockcastle County School Local Planning Committee will conduct a PUBLIC FORUM on Tuesday, May 20, 2003 at the Rockcastle County Board of Education building at 6:30 p.m. This informal meeting is being held to explain a proposed Amendment to the current District Facility Plan. The Rockcastle County Board of Education has requested and received approval from the Kentucky Department of Education, Division of Facilities Management, to proceed with the Amendment process.

A copy of the proposed Amendment will be available for examination by interested individuals at the Board Office, 245 Richmond St., Mt. Vernon, Kentucky between 8 a.m. and 4 p.m. Questions may be directed to Mr. Doug Mullins, 606-256-2125. Those individuals wishing to comment on the proposed Amendment may do so during the public hearing.

BENEFIT AUCTION

Sat., May 17 • 11:30 a.m.

110 High St., Mt. Vernon

Furniture • Small Appliances

Household items • Quilts

Miscellaneous Items

Lots of Stuff!

Proceeds go to

Northside Baptist Church Faith Project