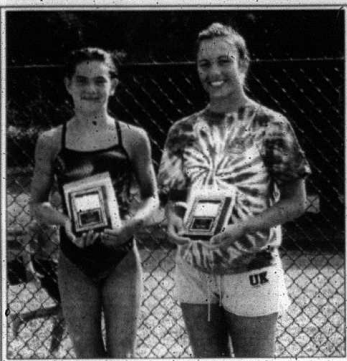




Sarah Hammond and Allison Anderkin received high-point awards for their age groups, following the finals of the LCSA conference meet held last week end at Russell Springs City Park.

Dolphins swim for third Knox Co. takes 4th LCSA title

After finishing 6-1 in dual meets for the summer, the Cedar Rapids Dolphins finished in third place behind Knox County and Lakeside at the Lake Cumberland Swim Association held at Russell Springs City Park this past weekend.

Going into the meet, expectations were high but reality set in during preliminaries when Knox County dominated the first six scoring seeds in almost every age group. Knox County entered nearly 90 swimmers for the meet and, like the teams from Russell County, has several swimmers who now train and swim year round in USS swimming competition. Knox County trains at an indoor pool at Union College and Russell County began a high school team two years ago.

Cedar Rapids went into the meet without the scoring punch of two of their best swimmers from 2002. Andrew Hammond, who is this year's coach, was high point in his age group 7 of the 9 years he competed and his cousin, Rachelle Hammond, was high point in 17-18 year old girls last year. They combined for over 120 points alone. Also absent from this year's team were Christopher Mullins and Brittany Calhoun, both of whom scored big for 2002. Brittany was a LCSA high point winner

Yard Sale

Friday, August 8, at the home of Fred Mullins at Scaffold Lane. 8 a.m. to 5 p.m.

6th Grade Girls' Basketball Tryouts

For any 6th grade girl enrolled at RCMS for the 2003-04 school year
Thurs. and Fri., Aug. 7 and 8
6 p.m. to 7:30 p.m.

Please wear appropriate basketball clothing.

Football Sign-Ups

Who: 3rd, 4th & 5th Grades

Where:

RCMS Baseball field

(beside School Bus Garage)

When:

Fri., August 5th • 6 p.m.



The Cedar Rapids Dolphins took home third place at the Lake Cumberland Swim Association's conference meet held at Russell Springs last weekend.

End summer play at 39-2 Lady Rockets basketball team has eyes set on Diddle Arena

The Rockcastle Lady Rockets recently completed a very successful summer with a record 39 wins against only two losses. The two losses came from the same team, defending two time state KHSAA champs Sacred Heart. One of those losses was by only seven points, 60-53, in the semifinals of the state high school AAU championships. Among the wins are victories over 12th region champion Mercer County and state runner-up Lexington Catholic by 18 points.

This year's Lady Rockets are bolstered by a class of juniors that have accomplished an amazing record over their career. This group went undefeated at RCMS with a record of 57-0, two conference championships and a top 8 finish in AAU. During their high school career, they have gone 44-14 in their first two seasons. Last year's team had a record 26 wins.

Standing in the way of a state tournament appearance is perhaps the toughest district in the state. Last year, three of the four teams were ranked in the top 25 at one time and then there is Jackson County, state runner-up in 2002 and a semifinalist this past year. Jackson County is led by Sarah Elliott, who has been ranked as high as the 24th best senior in the nation this fall. Rockcastle defeated Jackson County in McKee last year, but lost in the district and regional championship games.

Redskins Football

If you are interested in playing football with the Redskins, please attend a meeting on Monday, August 11th at 6 p.m. at Roundstone School football field.

Grade school classes from 3rd through 5th grade will be signing up. Some 2nd graders will also be considered.

Coaches are Doug Hughes, Scott Lakz and Steve Miller.

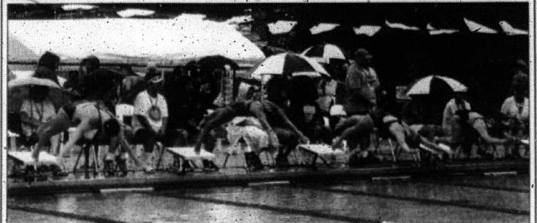
RCMS Band fishing tournament

There will be a fishing tournament at Lake Linville on August 16th, sponsored by the Rockcastle County High School Band.

The tournament, from 7 p.m. to 1 a.m., will be for bass and catfish and entry fees are \$35 individual and \$50 for a team of two. Registration at Lake Linville Marina begins at 4 p.m.

A \$100 cash prize will be awarded for the largest bass caught and for the largest catfish.

For further information, contact: Tommy Mullins, 256-9696; Kim or Steven Brinson, 256-3020; Grubbs or Randy Cain, 256-9303; Kathy McCauley, 256-9869; Anita Nation, 256-1530 or Regina Stallworth, 256-1020.



Allison Anderkin and Sarah Mullins, second and third from left, go into the water to begin the Individual Medley race for 17 and 18-year-olds during Lake Cumberland Swim Association qualifying events at Russell Springs City Park Saturday. Anderkin was high point person for her team, winning 5 of her five individual events and placing second only in Butterfly.



The 2003 9-year-old Rockcastle County All Star Team - Rockcastle Blue. Pictured from left are, front row: Eric Roberts, Tyler Parsons, Dillon Cromer, Jon Paul Kidwell, Anthony McKinney, Will Reynolds, Shawn King. Second row: B.B. Cameron, William Milburn, Ben Lakes, Tyler Holman, Nathan Whitaker. Last row: Paul Kidwell, Don Roberts and Dwayne McKinney.

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