

Hayes repeats as first team all state in cross country

Hammond named Honorable Mention all-state

The Lexington Herald Leader announced the KTCCCA Cross-Country All State team last week and two Rockcastle County runners were among those mentioned.

RCHS sophomore Kayla Hayes was named first team All State, making it for the second year in a row. Kayla finished fourth in-class A in state competition last month. Her second straight first place finish in regional competition helped the Lady Rocket team to win back-to-back Regional Championships.

Rockcastle competes in arguably the best overall region in the state in cross country running and track and field.

Kayla has distinguished herself as

one of the best distance runners in the state in both cross country and track and field. She will join junior standout Heather Hammond and Chere Limbs to anchor a young, but talented, track and field team in the spring.

Rockcastle junior Heather Hammond made the Herald Leader's list in one week. On Sunday, she was named Cross-Country Honorable Mention All state and, on Friday, was mentioned as a "force in the lane" for the Lady Rocket's basketball team which was ranked seventh in the state in the coaches pre-season poll.

Sophomore Jessi Asher, an All-State performer in cross country last year, would have repeated if not for a "nasty" fall at the beginning of the state meet. Jessi, with great courage completed the race in a great deal of pain and discomfort. Look to see her running at the state track and field meet in the spring.



RCHS sophomore cross-country runner Kayla Hayes was recently named first team all-state by the Kentucky Track & Cross-Country Coaches Association. Kayla was also named to the All-Area 8 Team, as well as the KTCCCA Sophomore Super Team, which is comprised of the top ten sophomore runners in the state in all three classes. Kayla was also a first team all-stater last season.



MVES 3rd grader Michaela Hunter was named to the All-Area 8 6th grade and under team. Only seven girls received this honor.



RCHS 6th grader Bethany Clontz was named to the All-Area 8 6th grade and under team. Only six other girls received this award.



RCHS junior Heather Hammond was named all-state honorable mention by the KTCCCA. Heather placed 35th at state.



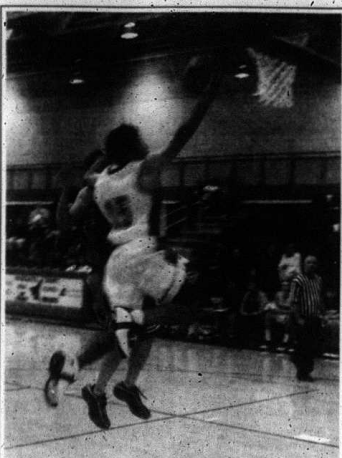
RCHS senior cross-country runner, Andrew Nelson, recently competed for the Kentucky East All-Star team in the Kentucky Senior Challenge held at Cave Lake Park in Wayne County. Nelson was also named all-state honorable mention by the KTCCCA and named to the All-Area 8 team. At the state championship, Andrew finished 20th, the best finish ever for an RCHS boy.



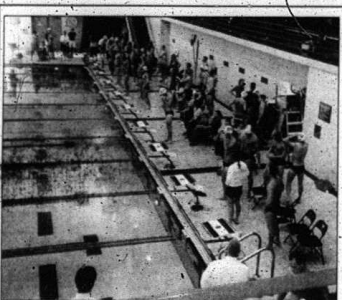
RCHS 6th grader Blake Parsons was named to the KTCCCA 6th grade and under Super Team, which includes the top ten sixth grade and under runners throughout the state. Blake was also named to the All-Area 8 6th grade and under team.

Early Deadline Please Note!!

The December 25th issue of *The Mt. Vernon Signal* will be printed Tuesday, December 23. Deadline for news and ads for that issue is Monday, noon, December 22nd. Also, the Signal office will be closed the week of Dec. 29 thru January 2 and the Signal will not be printed that week.



Junior Aaron Cash goes for two of his 35 points Tuesday night against Lynn Camp. The Rockets trounced the visiting Wildcats 110-52.



WKU sophomore Andrew Hammond, second in line at bottom of photo, prepares for the 200 free relay against Wisconsin-Green Bay. The Hilltoppers won the meet easily giving Coach Bill Powell a tie in all-time dual meet victories.

WKU captures Maryland Invitational title at swim meet

Hammond has personal best in 50

The Western Kentucky University men's swimming and diving team ended its stay up north by claiming the team title at the Maryland Terrapin Cup Invitational, thanks in part to sophomore Karl Swanson, who won the 1650 free on the meet's final day (15-44.16). On the women's side, the Lady Toppers finished in fourth place at the ten team meet.

The Toppers entered the final day with a 111 point lead on second place UConn, but pushed their advantage to 175 points by the meet's end (89-714). Maryland finished third with 359 points.

Rockcastle native and Western sophomore Andrew Hammond re-

corded a personal best in the 50 free in a time trial of 22.11 and a 48.57 in the 100 free (best time is 48.30). Both of these strokes are fiercely competitive. Western had six swimmers in the top 16 in the 50 free and ten swimmers in the top 50 at the Maryland meet. Junior Drew Aldred finished second with a time of 21.00. Several WKU men swimmers have top 25 national rankings, including freshman Nic Hurt with a 1.39 in the 500 free.

The two squads return to action this Saturday, December 6, when they welcome Evansville to the Preston Center Pool. As head coach Bill Powell looks to take sole possession of second place on the NCAA's all-time list for men's dual meet victories with a win over the Purple Aces, (wkuports.com)

Email News to mvsignal@sun-spot.com

Our Lady of Mt. Vernon Youth Group

presents

Do You Know?

A Play About the true meaning of Christmas
Friday, December 5, 2003
8:00 p.m.

at

Our Lady of Mt. Vernon Catholic Church

(Located on Williams Street across from the Elementary School)

Free Admission

Refreshments will be served after the play

Cash gets 35 to lead all scorers

Rockets down Lynn Camp 110-52 to open regular season

It didn't take long for the Rockets boys basketball team to establish dominance over the Lynn Camp Wildcats in the Rockets season opener Tuesday night. With the score tied at 11 all early in the first quarter, the Rockets went on a 13-0 run to put the Wildcats out of the contest early.

Junior Aaron Cash, ranked 21st in the state, had the hot hand the first quarter, getting 16 of his team's 34 points and adding 19 more in the next two quarters for a game high 35.

The Rockets led 34-17 at the end of the first quarter, 56-33 at the half and 89-44 at the end of the third period of play. Head Coach Clayton Cash substituted early and often throughout the game with the starters seeing very little second half action.

Besides Cash's 35, sophomores Colby Brown and Kyle Mullins both got into double figures with 11 and 10, respectively and senior Elijah Lunsford also scored in double fig-

ures with 12. Others scoring for the Rockets were: Derreck Hurst, Weston Riddle and Brandon Cameron with seven each; Devin Taylor and Cory Childress had 6 each; Blake Roberts got 4; J.C. McClure and Brad Durham, 2 each and Lance Baldwin had 1.

The Rockets next game is Friday night against Knox Central at home.

Jayvee win 66-21

The Rockets jayvee team got the night off on the right foot with a 66-21 rout of their Wildcat counterparts.

The Jayvees jumped out to a 17-5 first quarter lead and never looked back.

Weston Riddle led the scoring with 15 points; Kyle Mullins and Lynn Miracle each got 8; J.C. McClure, Brad Durham and Gabe Stallworth scored 7 points each; Lance Baldwin scored 6; Josh Cameron 5; Cory Childress 3; Derreck McClure 2 and Clint Daugherty 1.

Highest ranking ever for an RCHS basketball team

Lady Rockets picked 7th in pre-season coaches poll

The Rockcastle County Lady Rockets have a huge reputation to live up to. The pre-season coaches poll, released in the Herald Leader last week, listed the Rockets at number seven. The team finished last year ranked in the top 20 and return-three starters from a team that won 26 games and finished runner-up to a 17-5 ranked Jackson County in the 13th region.

Staying in the elite will not be an easy task, but early season scrimmages have proven that this team can compete with the state's best teams. Although cumulative scores cannot be counted in pre-season scrimmages, the Lady Rockets would have defeated 20th ranked Woodford County in Versailles and totally

dominated the 23rd ranked Christian Academy of Louisville at home. The team opens this coming Saturday at Louisville against number 10 Butler and will play at least eight games including pre-season top 25 teams, against Jackson County, Butler, Mercer and Wayne Counties.

Junior Johnna Abney was listed by the coaches as one of the top 25 play-



Jeff Ingram killed this 11 point buck in November 2003. It field dressed at 178 lbs.

Happy Birthday Jeff!
We love you very much!
Jan, Brooks, Travis, Tyler, Carissa, Blake, Brooklyn & Hunter



More Winners at Kwik Mart

Meet our staff members. In the top picture is Keith Sowder, left. Keith Sowder has a smile on his face and a joke to tell. Keith is shown presenting the Ham/Turkey Drink Giveaway to prize winner, Norman Cromer, of Brodhead.

In the bottom photo is Debra Prewitt presenting the \$75 winning gasoline ticket to Cletti Swinney.

Congratulations to our winners. Stop in and register for the next Gas Giveaway and be sure to register for the 120" color TV we will be giving away December 22, 2003.

Kwik Mart • U.S. 25 S • Mt. Vernon

