



Laurel Yates competing in butterfly during the SKSC Conference.



J.D. Hamilton competing in backstroke during the SKSC Conference held in Barbourville. The Cedar Rapids Dolphins placed second in the event.



2013 Cedar Rapids Dolphins

Dolphins finish runner-up in SKSC Conference Championship

As the summer swim season came to a close the Cedar Rapids Dolphins finished their season as runner-up in the SKSC Conference Championship. The Dolphins had five high point award winners and set new conference records in 14 individual events and 3 relays.

The mixed 7-8 100 yard medley relay team of Riley Sherrow, Will Bishop, Isabella Whitaker and Luree Gabbard won gold with a time of 1:33.26. The 9-10 medley relay team of Noah Parkey, Alexa Bussell, Laurel Yates and Silas Durham won gold by setting a new conference record time of 1:11.55.

Isabella Whitaker was the high point award winner for the girls 6 & under division. She was able to do so by winning 4 gold medals and setting new conference records in each race. Her 25 yard freestyle time was 16.98, 25 yard backstroke 22.83, 25 yard butterfly 19.54 and 25 yard breaststroke 25.26 Isabella also anchored the mixed 6 & under 100 freestyle team.

Isabella along with Conner Winstead, Rex Parkey and Creed Gabbard not only won gold but smashed the conference record by 9 seconds with a time of 1:44.90.

Will Bishop was high point winner in 7-8 boys division. Will won gold in 25 free, 25 yard backstroke and 25 breaststroke. Will, along with Luree Gabbard, Riley Sherrow and Haven King won gold in mixed 7-8 100 yard free relay.

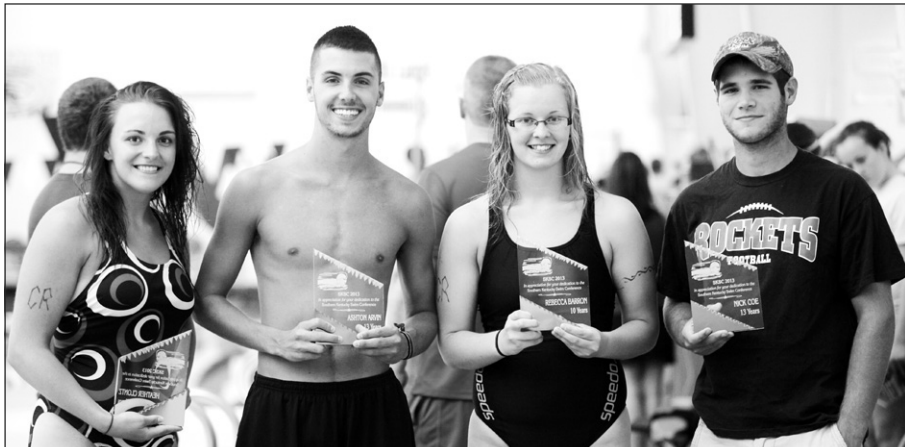
Silas Durham, in his first year of competitive swimming, was able to win gold in the boy's 9-10 25 yard freestyle with a record breaking time of 15.41. Silas, along with Amy Cornelius, Aden Amburgey and Laurel Yates set a new conference record in the mixed 9-10 100 yard freestyle relay and won the gold with a time of 1:02.55

Laurel Yates was the high point winner in the girl's 9-10 division. She won gold medals in 25 & 50 yard freestyle, 25 backstroke, 25 yard butterfly and 25 yard breaststroke. Laurel broke her own record in the 25 free

with a new time of 13.52. She also set a new conference record in the 50 yard freestyle with a time of 30.54. In the 25 yard butterfly she set the record with a time of 15.64. Her new record time in the 25 yard breaststroke was 18.18.

Lauren Burton won five gold medals and finished as high point winner in the 15-16 girls. She won 50 yard freestyle with a record breaking time of 27.15. In the 100 yard freestyle she placed 1st with a record breaking time of 1:00.71. She won gold in the 50 yard backstroke by braking or own record with a time of 31.83. With a time of 29.61 Lauren broke her previous record in winning the 50 yard butterfly. Lauren also captured gold in the 100 yard individual medley while breaking her old record with a time of 1:10.97.

Kellan Coffey was the high point award winner in the girl's 17-18. Kellan won gold medals in the 100 yard freestyle, the 100 yard Individual medley and the 50 yard butterfly.



Heather Clontz, Ashton Arvin, Rebecca Barron and Andrew Burton were recognized as being in their last year of swimming at the SKSC Championship meet.



Lady Rockets golf team competed in two tournaments this past week. Traveling to Rowan County Invitational were Callie Asher and Mackenzie King. Asher placed 5th as an individual with a 83. Saturday, Hannabeth Owens, Callie Asher and Mackenzie King competed at the Pulaski County Invitational. Owens placed 2nd as an individual with a 2 under par, 69. The Lady Rockets will be traveling to the Joy Tournament this Saturday at Wild Turkey Trace.



HOTSYTX 10U finish season

Hotsyt 10 and under, finished their season this past week end at the Bluegrass Invitational Tournament in Lexington as Division Champions. Members of the team are, front row, from left: Jordan Miller, Dawn Wilson, Reagan Chasteen, Addison McClure, Madison Yates and Hailey Thacker. Back row: Head Coach Dusty McClure, Gabby Countryman, Madison McIntosh, Sarah Powell and Asst. Coaches Tim McIntosh and Jason Brock. A special thanks to the coaches for making this a memorable, successful season. Thanks to the parents who encouraged and pushed the girls to a greater level of play and for the time and dedication that had to be put forth. Thanks to our "Dugout Moms," Nikki Chasteen and Crystal Hester for going above and beyond and, most of all, thanks to the players for an outstanding season due to your sacrifices and hardwork that achieved success. *Congratulations, Hotstyx!!*

Hot Rods end season with picnic

The Hot Rods held their annual picnic recently and had a good turn out. Each player received a trophy and a toy. The toy was awarded according to their attendance.

We would like to thank the following businesses and individuals for supplying the toys:

Citizens Bank, Brook Ledge, Snack Shack, Lambert Law Offices, James and Dee Ann Miller, Billy Reynolds, Eliza York, Sylvia's Cut and Curl, Hill Top Produce, Bishop's Outdoor World, Radio Shack, Galaxy, Mt. Vernon Fuel, State Farm, Cox Funeral Home, New Vision Hair Studio, Rockcastle Rgional Hospital, Richmond Street Eye Care. Foster Trophies of Somerset supplied the trophies.

Hamburgers and hot dogs were grilled and served, along with many side dishes. We appreciate parents for making the effort to get their child to practices.

We would also to thank the yearly sponsors:

Subway, Godfather's Pizza, Marathon, KFC, Wendy's, Mt. Vernon Signal, Karen King Tax Service, Galaxy of Berea, Foster Trophies, Mt. Vernon Drug, Barbra Ann's Photography, Tobacco Barn, Brodhead Pharmacy, Collins' Respiratory Care, inc., Main Street Pharmacy, Rockcastle Professional Pharmacy.

Thanks again to everyone who helps make the hot Rods happen, including coaches Christian Sagraves and Josie Adams and Announcer Edie Sagraves. Without everyone's help the program would not be possible.



2013 Hot Rods...

Members of the 2013 Hot Rods were, front row, from left: Aidann Lear, Ethan Whitaker, Reagan Alexander, Hunter Payne, Noah Whitaker, Lacey Hayes, Senthia Sagraves, Ella Vance, Dalton Rowland, Evan Powell, Trenton Kates, Leo Hayes, Zaydon Scalf, Camden Larkey, David Barnes and Ethan Phillips. Second row: Emma Hensley, Zakkary Lawrence, Jayden Burton, Lake Wilder, Garrett Goebel, Zaden Graham, Zander Graham, Jackson Reams. Third row: Kellan Kirby, A.J. Cromer, Shaden Denny, Caden Barnett, Brayden Alen, Jacob Dobbs, Alexis Phelps, Daniel Hunsucker, Kiki Cope, Maelee Hunsucker, Gabe Pendrey. Fourth row: Robbie Carosello, Chelsea Branham, Sidney Holcomb, Tatum Bishop, Bailey Adams, Logan Fry, Brian Lovell, Ashtin Carter. Fifth row: Coach Christian Sagraves, Coach Josie Adams, Coach Doug Proctor, Mgr. Jason Proctor with Mary Ann. Running in background was Camden Reams. Not in photo: Bethany Chasteen, Ethan Smith, Stephanie Chasteen, Tiffany Chasteen, Gunner Smith.