Alinton Annty News

Big Blue Fall Sports Preview, Thursday, August 22, 2013

Football
Volleyball
Golf
Soccer
Cross Country



Clay Choate, Chesney Polston, Noah Cummings, Etheridge Delk, Travis Stearns, Amber Brown and Parker Means, Not Pictured : Chris Cox



Eli Brown



Alex Beard and Preslee Thrasher



Travis Stearns, Matthew Perdue, J.D. Speck, Tyler Stearns, Austin Stearns, Daniel Mills, Cody Brown, Gabe Stalcup and Noah Cummings Not Pictured: Dillon Wood, Lee Sinclair



Catil Choate, Taylor Delk, Sarah Glover, Patricia Brown, Julianne Smith, Juliann Mullins and Baylee Baker

Clinton to compete as independent team in 2013

around Clinton County Football has been looking for since its rebirth several years ago.

Head Coach Jamie Miller coach and he said now he has a schedule he can live with.

In the past several years, Clinton County started in single A competition, moved to 2A last season, and now has dropped out of district play all together in order to create a schedule that will put the Dawgs up against teams of the same caliber.

games that you have to schedule. Now we have 10 games we can schedule how we want to," Miller said. "We try to have five away and five home. We came up with a list of about 25 schools ... It's worked out really well for us."

Moving out of district competition means the team doesn't have to schedule three games inside their district pairings, allowing three games for opponents who are similarly matched.

"We are going to compete as an independent team ... competing against schools with our same size and experience level," Miller said. "When you take 30 kids and play a team who has 80 kids, you are at a disadvantage. Most of the schools we play will have similar numbers to us. When you play teams who have similar numbers, you tend to compete better with them especially at the beginning of the year."

This season, Miller said he is looking at dressing 33 players to begin the 2013 season.

"Our numbers are up," Miller said. "We have several seniors, which means a lot of returning players from last season. We polast season, so most of our guys work with other teams on offense

This year could be the turn- have quite a bit of game experi- and defense. It gives the teams a season will be Jay Thaxton, De- ton County Football on Saturday, who didn't play in the past who I think will be key this season."

Clinton County's first game 30, against Trimble County. Durfour straight away games against three hours." McCreary County, Jenkins, Caverna and Metcalfe County.

Following the Metcalfe Coun-"In district play, you have ty game on September 27, the Camp on October 4, and Red Boiling Springs on October 11. Following the October 11 game, Clinton County will have a week off from games, and pick back up grees, but it was actually a very on October 25, as the team travels to Clay County, Tennessee. On November 1, the Dawgs will play its final game of the season team with a good amount of at Bulldog field against Jackson County.

> a kick off time of 7 p.m., with it all the way through the feeder the exceptions of the McCreary County and Jenkins games, which will begin at 8 p.m.

> According to Miller, this year's team will pass the ball think Austin and Tyler Stearns more than in years past. He has been working on the offense the third grade and who will be since the first official day of practice on July 15.

> our passing game," Miller said. then came back. Being able to "We've had three days where we've worked against other schools. Two days against York really helps. When they get to Institute and we did really well against them. I was very pleased what we are doing. They will with out effort and attitude."

During the summer months, tentially lost four players from Miller said it is very important to to high school."

ence. I have a couple of additions look at different playing strate- wayne Dalton, Mitch Latham, gies in order to prepare them for Mark Dalton and Robbie Davis. the season.

is now in his fifth year as head will come on Friday, August you get into pads, is to have a on the same page and we com-23, against Pickett County at three or four team scrimmage home. The Bulldogs will also that way you are seeing more be home the next week, August offenses and defenses. In Kentucky, we are only allowed to ing the month of September, the have one full contact scrimmage Dawgs will be on the road with and it can last no longer than

During preseason practice and the summer months, heat has been an issue in the past, but with the mild summer already behind Dawgs will be back at home for us, Miller said he didn't have to a two game stretch against Lynn worry about the heat index that much this preseason.

> "I checked it a couple of times on hot days and I think once I checked it when it was 88 dedry day, so it wasn't a problem," Miller said.

In order to have a high school players, athletes have to start at a young age and this season will All games are scheduled for mark the first class who has made program.

"I think I have two who have played all the way through in Clinton County," Miller said. "I are the only two who started in seniors this year. There has been some who started in the third "We've been working on grade, skipped a couple of years, get the middle school teams to do some of the same stuff we do the high school level, they know have a general understanding of what we are doing once they get

Behind Coach Miller this

"Coach Thaxton was actually "The best thing to do, when my college coach, so he and I are municate real well together. Dewayne and Mitch are real sharp is going on," Miller said. "With Robbie and Mark being new, they are doing a good job. They are catching on and I think they are going to be assets to us. My guys are hard working and they know what we need to do to get the most out of our kids. Each as communication with the kids is concerned. With the personalities we have on staff, I think we are a great combination."

Fans got a first look at Clin- some big plays this season."

August 17, as the team held it's first annual Meet the Bulldogs. For those who didn't get a chance to see the Dawgs in action, Miller said this year's team will be more season he has been waiting for wide open on the field.

"A lot of times last year we and they know everything that kind of got one dimensional. We are going to have multiple offenses and we are going to throw the ball more," Miller said. "On every year we get bigger and I defense, we will have our base defense and we will stem out of that. We want to try and make it more confusing on offenses and hopefully more unpredictable. coach has different abilities as far I think this is a year where we Facebook page this season. have some big play-making abilities. We have some tremendous athletes who will be handling the ball for us and they will make

Last season, the Dawgs went 0-11 and haven't won a game since September 18, 2009 against Caverna. This year, Miller thinks it will be the turnaround during the past four years.

"I want everybody to come out and see the new and improved Bulldogs," Miller said. "We are a growing program and think this year could be a turning point for us.'

Updates for games and practices for the football teams will be listed on Friends of Football

Clinton County's first game of the season will be at Bulldog Field, Friday, August 23, at 7 p.m. against Pickett County.







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Austin Stearns QB/DB Senior Son of Jimmy and **Jennifer Stearns**



Matthew Perdue OL/DL Senior **Grandson of Freddie** and Edna Sells



Daniel **Mills** WR/DB Senior Son of Bud and **Charlotte Mills**



Gabe **Stalcup RB/LB**

Senior Son of Charles and Sherry McIver and the **Late Anthony Stalcup**

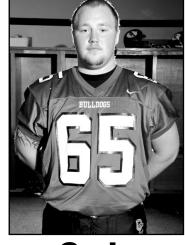
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J.D. Speck **RB/LB** Senior

No Photo

Son of Randy Speck and Julie Carlise and **Taylor Carlise**



Cody **Brown** OL/DL Senior Son of Mike and Joan Brown



Travis Starns WR/DB Senior Son of Jerry and **Melissa Starns**



Noah Cummings WR/DB Senior Son of Greg and **Brandy Cummings**



Tyler Stearns OL/DE Senior Son of Bryant and Shelia Stearns



Lee Sinclair **RB/LB** Senior Son of Mike and **Tyonia Sinclair**



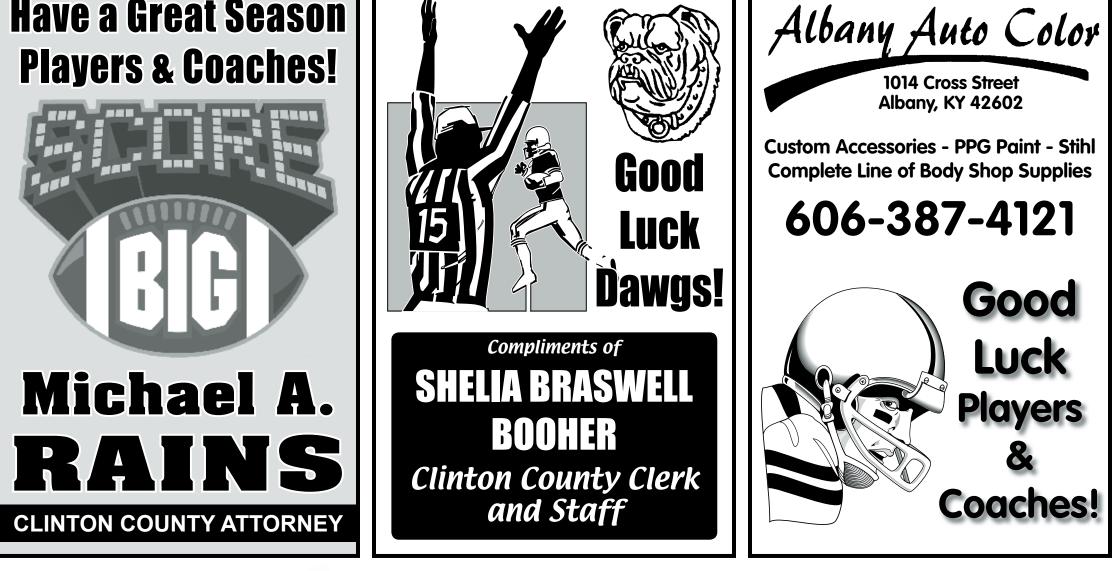
Dylan Wood **RB/LB** Senior Son of Matt and Lori Wood



Zach Jones OL/DL

Junior Son of Johnny Jones and Trisha Hardin













No Photo Available



Tyler Hollan **RB/DB** Junior Son of Curtis and **Angie Hollan**



No Photo

Available

Shawn Karnes **RB/DB**

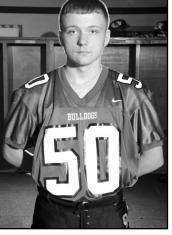
Junior Son of Shawn SR. and **Karen Karnes**

No Photo



Cole Nelson **TE/DE** Junior

Son of Jacky and Sherry Nelson



Jacob Thrasher OL/DL

Junior Son of Jason Thrasher and Sonya Thrasher



Takota Dalton TE/DB Sophomore Son of Mark and **Gina Dalton**

No Photo Available



Bryson Davis OL/LB Sophomore Son of Todd Davis



Matt **Crutchfield** OL/DL Sophomore Son of Robert and **Tina Brake**

Available



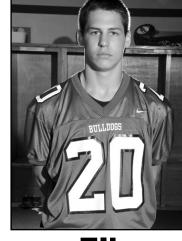
Tristen Lehman **RB/DB** Sophomore Son of Gary Lehman



Gunar Honeycutt OL/DL Sophomore Son of Randy and **Shana Honeycutt**



James Taylor OL/DL Sophomore Son of Richard and **Tina Taylor**



Eli Brown **RB/DE** Sophomore Son of James and **Cindy Brown**



Jayden Thair WR/DB Sophomore

Son of Flint Thacker and Rachael Thair

No Photo Available



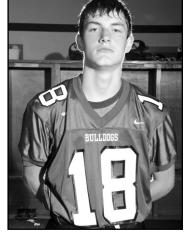
Zach Longwell OL/DL Sophomore



Lukas Ferguson OL/DL Freshman Son of Kim Ferg



Josh Shelton **RB/LB** Freshman



Jordan Davis QB/DB Freshman



Chastain **McWhorter RB/LB** Freshman of Do



Corey **Arms** OL/LB Freshman **Jennifer Arms**

and Melinda Longwell

and the Late **Jerry Ferguson** and Paula Stockton

and Amanda Davis

Stacy McWhorter

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Devon Redman TE/DE Freshman Son of Richard and Sherry Redman

Steven Grider OL/DL

Freshman **Son of Steven Grider** and Marychris Grider

No Photo Available



Kody Dicken TE/LB Freshman

Son of Lester and Beatrice Wallace



Carley Miller

Athletic Trainer Sophomore **Daughter of Jamie and Trisha Miller**

Page 5



Dawgs return to the court this where each other is at all times." fall for what is expected to be an amazing season.

seniors to the floor, as well as a host of underclassmen with plenty of experience.

Head Coach Pam Ostertag has been at the head coaching spot for five years and has been apart of the volley ball team since the 2004-2005 season where she started as an assistant under Jeff Pharis.

as Morgan Hicks and Michelle Wray will be assisting.

"Michelle Wray brings the experience of hitting and blocking to the table," Ostertag said. "We also have Morgan Hicks and she brings the defense because she was a libero in high school."

Both Morgan and Wray played for Ostertag in high school. Wray said she is very excited about the start of the new season.

On the court, Clinton County will be led by four seniors, Juliann Mullins, Taylor Delk, Sarah Glover, Baylee Baker, Patricia Brown, Caiti Choate, and Julianne Smith.

"They have great chemistry," Ostertag said. "Their quality of individual experience is a lot higher this season. They are really coming along on their passing which means we can run more offense and plays."

Experience will be something Clinton County will have plenty of this season with seven seniors, two sophomores and three fresh-

"Probably 80 percent of a vol-

Getting ready for the new season begins much earlier than the The varsity team brings seven July 15 official practice date. Oson several camps this summer, some of which were not mandatory, however, she said most of the team participated.

"We took the varsity to UK for a one day camp and that was just scrimmaging other teams all day. We also went to Wayne County for a camp," Ostertag said. "In This season, Ostertag has the summer time, its not mandasome new blood on the sidelines tory, but we had most of the team with us. I want them to learn all six positions on the floor because at one point during their high school career, they may be playing any one of those six spots."

In the rules of volleyball, each team can have a libero on the floor, whose main job is defense. Whoever is designated in that spot wears a different color uniform and mainly stays in the back row on the floor. A libero can substitute at any time throughout the game.

"If we didn't have to have a libero then we could use a regular uniform and that person would then become a normal player," Ostertag said.

The Volley Dawgs started its season on August 19 at home against Adair County, followed by a road stretch of five games including the All "A" Classic Regional in Russellville on August 24 against Cumberland County.

The Dawgs' next home game will come on September 12 against Cumberland County with a 5:30 start time for the freshman, followed by the junior varsity and then the varsity.

On September 16, Clinton ball's district pairings with Rus-County will host Glasgow which sell County, Metcalfe County will be the team's annual "Pink and Cumberland County. Out" night.

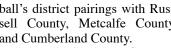
tertag said she has taken the team ery year," Ostertag said. "They are so in-tune to helping people.'

The Volley Dawgs have the "Pink Out" night in order to raise awareness about cancer. Last year's event included a silent It's a different atmosphere when auction and a serving game for the fans. Fans can come out on the floor and serve volleyballs for prizes.

grown and Ostertag has noticed.

"Once you come to your first game you will be hooked," Ostertag said. "It's fast paced and it could be over just like that. There is a lot of hitting and blocking ... It's really exciting."

leyball is the same as basket-



"The district is at Cumber-"They look forward to it ev- land County this year," Ostertag said. "I always hope we are on top. Once you get to district, it doesn't matter what your record is at the end of the season. The tournament is totally different. it comes to district and regional." Ostertag said she was excited

for the season to get started.

"I'm excited to see what the During the past several years, girls are going to bring," Ostervolleyball's crowd of fans have tag said. "If they play like I think they are going to play, its going to be a very successful season. We are changing our offense up a little bit, so we will have three hitters and two blocking in the front."

A complete schedule is listed The district pairings for vol- elsewhere in this special section.



Senior Juliann Mullins







men Taylor Delk will be one of seven seniors on the Volley Dawgs

team this year. She will play a vital role as setter for Clinton County leyball team needs to be chemis-

Meet the Volley Dawgs















Golf teams in full swing, boys and girls playing home matches at Dale Hollow

its home for the upcoming sea- young, strong, but young.

July 15, both teams have already had matches under its belts and both seasons are off and running.

For the boys' team, newly hired Head Coach Nick Irwin recently took the position, along with new assistant coach's Adam Marcum and Sawyer Stalcup.

"Adam is a shot doctor and Sawyer is a walking rule book," Irwin said. "I think I can keep my basics covered with them two."

Clinton County's first match came in the shape of a tournament held at Dale Hollow, where the team finished 12th out of 23 teams with a score of 341 on 18 holes

an 82, Kolby Smith scored an 84, Jeff Brown shot an 87 and John Crouch rounded out scoring with an 88.

The boys team also played host during a regular match at Dale Hollow Tuesday, August 6, against Cumberland County and Metcalfe County.

The Golf Dawgs won the tri-match, 164 to Cumberland County's 188 and Metcalfe ahead. County's 189.

38, Reed Sloan - 41, Brown -42, and Crouch - 43.

"Our junior class is loaded

The Clinton County Golf four really good players and all ... the little things like that is go- about another year as coach. teams will once again call Dale four of them will be in the top ing to take some time to get used Hollow Lake State Resort Park five this season. We are real to. They have been real receptive

With official practice starting in and week out is one of the Nathan (Garner) to us, but they upsides to both teams. Labeled are hungry to get better and that a physical workout! The girls as one of the nicest courses in means a lot. Usually teams loadthe state, it provides challenges ed with juniors and sophomores, for the players as they learn the know more than you know at that game, which will give them the point, but it's not that way with experience needed when playing other courses this season.

> here. They are going to check up," Irwin said. "Playing here playing golf for several years missed being a medalist by just a and practicing here is going to give them an advantage."

Playing golf in the late sumin itself for the players. Irwin der their belt. With the excepgood for his player's stamina.

"Walking up and down these there are some places we have to said. "Playing 18 holes here will wear you out quick."

he is optimistic about the season

Individual scoring was Smith said. "We've been on to them ent," Lynn Starnes said. about playing the role also ... this year," Irwin said. "We have with no holes in them, no t-shirts this season and she is excited

Getting help

at Ace is like

of us so far. I didn't know how Playing at Dale Hollow week it was going to transition from this group."

As far as the girls' team is "You have great greens down concerned, even though most are underclassmen, they have been now and could add plenty of leadership to the team.

"Most all of my players have mer/early fall can be a challenge 3 or more years experience unbelieves playing Dale Hollow is tion of London Honeycutt, a 6th grader, who just started last year. We play in one of the if not the Kenny Stinson finished with hills carrying a 30 pound bag ... toughest regions in the state in girls golf. We have the talent cart them from hole to hole be- and potential of being right in cause it's that extreme," Irwin the thick of things, when I can get these girls to have faith in themselves. These young ladies play on one of the top golf cours-With having a young team, play as good as anyone in the Irwin said it has been hard to region when we have practice, break the new players of bad it just seems that they may put It provides many challenges on a habits they have developed dur- too much pressure on themselves ing the past couple of season, but when we play in tournaments. Their scores in tournaments have not thus far been an exact reflec-"Golf is the easy part," Irwin tion of their capability and tal-

> playing good and looking good. Starnes already has several tour-We make them wear nice shorts naments and matches complete

"Thus far we have been in three tournaments, opening up our season with two back-toback 18-hole tournaments on a Friday and Saturday. Talk about walk all 18 holes and are responsible for carrying their clubs. We have played in the Monroe Co. Invitational, Taylor County Invitational and just two weekends ago we played in the Barren Co. Invitational at Barren River Lake State Park. Ansley Stalcup few strokes in the first two tournaments, and Macy Campbell posted her season low at Barren River Lake State Park.

Playing at one of the best courses in the state of Kentucky is something that will make any team better and with both the boys and girls holding its home matches at Dale Hollow State Park, the course will be a teaching element all in its own.

"Having the opportunity to es in the State of Kentucky, at DHLSP has been such a blessing. daily basis for us....sand traps, long holes, plush greens that can be slick as glass," Starnes said. "I feel the opportunity to play on this elite course only makes us better as golfers as well as truly Veteran Head Golf Coach learning some of life's lessons in etiquette, as will as how to treat

See Golf on page 10

Reed Sloan will be one of Clinton County's younger players this season, already adding to it's seasoned veterans.

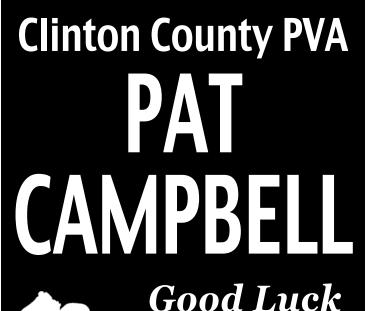
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Clinton County News Special Section

Thursday, August 22, 2013 Thursday, August 22, 2013

Clinton County News Special Section

CCHS Varsity Girls' Soccer Team



OPPONENT SITE TEAMS TIME Glasgow Away V/JV 5:30/7:00 Monroe County Away V/JV 5:30/7:00 Wayne County Home V 6:30 Wayne County Home V 5:30 Mart County Away V 5:00 All A Championship Glasgow V 5:00 Pulaski County Away V/JV 6:00/7:30 Barren County Away V/JV 5:30/7:00 *Monroe County Home V/JV 5:30/7:00 *Morroe County Home V/JV 5:30/7:00 *Morroe County Home V/JV 5:30/7:00 *Morroe County Home V/JV 5:00/7:30 McCreary Central Away V 6:00 Oneida (TN) Away V/JV 5:00/6:30 Glasgow Home V/JV 5:00/6:30 Clasgow Home V/JV 6:00/7:30 *Mayne County

CCHS Varsity Boys' Soccer Team





CCHS Varsity Volley Dawgs

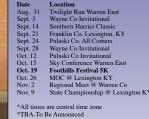






CCHS Varsity Cross Country Teams





Time 5:30 4:00 8:45 7:30 4:30 8:45 8:45 TBA 7:00 TBA TBA KY TBA Page 9

CCHS Varsity Golf Teams





DATE	OPPONENT	TEAMS	SITE	TIME	DATE	OPPONENT	TEAMS	SITE	TIME
8 - 22	Cumberland County	9/JV/V	Away	5:00	9 - 24	Wayne County	9/JV/V	Home	5:00
8 – 24	All A Classic	V	Russellville		9 - 26	Barren County	9/JV/V	Away	5:30
8 - 30/31	Battle of the Barrens	V	Barren Co.		9 - 30	Russell County	9/JV/V	Home	5:30
9-05	Monroe County	9/JV/V	Away	5:30	10 - 01	Monroe County	9/JV/V	Home	5:30
9 - 10	Adair County	9/JV/V	Away	5:30	10 - 03	Wayne County	9/JV/V	Away	5:00
9 – 12	Cumberland County	9/JV/V	Home	5:00	10 - 08	Metcalfe County	JV/V	Home	5:00
9 - 16	Glasgow	9/JV/V	Home	5:30	10 - 10	Glasgow	9/JV/V	Away	5:30
9 – 19	Metcalfe County	JV/V	Away	5:00	10 - 15	Warren East	9/JV/V	Away	5:30
9 - 23	McCreary Central	9/JV/V	Away	5:30	10 - 21	District Tournament	V	Cumberland	1

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$ \begin{array}{r} 8 - 24 \\ 8 - 26 \\ 8 - 27 \\ 8 - 29 \\ 9 - 02 \\ 9 - 05 \\ 9 - 07 \\ \end{array} $	Pickett/Livingston Casey Co. Adair Co. Warren East Invitational	Monticello CC Livingston CC Hickory Hills GC Columbia GC Paul Walker GC	1:00 TBA 4:00 TBA TBA TBA 8:00	Boys/Girls Girls	$\begin{array}{r} 9-10\\ 9-12\\ 9-14\\ 9-16\\ 9-17\\ 9-19\\ 9-30 \end{array}$	Cumberland/Taylor/Wayne Casey Co. Barren/Cumberland Regional Tournament	Dale Hollow Barren River Park Country Creek	TBA TBA 8:00 4:00 TBA TBA TBA	Boys/Girls Boys/Girls Boys Boys
9 – 09	Metcalfe Co.	Ky Hills	TBA	Boys/Girls	9 – 30	Regional Tournament	Hidden Hills	TBA	Girls

Best of Luck Bulldogs ~ From Your

STATE REPRESENTATIVE JEFF HOOVER

Golf

people both on and off the golf course. We are able to see and meet a lot of people from around the state and this too has been a great opportunity for our players."

This year, Starnes said her team is focusing on lowering their scores during the season.

"As for team goals we are focusing on each girls getting their scores in the 80's as a minimum with a couple setting their goal to be in the low 70's," Starnes said. "Another team goal is to keep out putting to a two-putt max on each hole. Once we start doing this both individually and as a team, we are going to experience even more success.'

the high school level is playing in weekend tournaments, which during the past several years has become a very popular way to schedule matches during the sea-

"We are scheduled to play in 5 weekend tournaments all together, and who knows I may even find a 6th or 7th one before season ends! To me there is no better preparation for the All A or the Regional Tournament than giving the girls the opportunity to play in the tournament environment, after having been involved in the invitationals my hope is that the girls are accustomed to the tournament setting and that their nerves are at rest. They know what to expect in region play and their is no element of surprise as the crowds are larger and the setting is little more intense," Starnes said.





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Soccer teams look forward to third season

As the 2013 school year rolls around, fall sports are in full swing and with soccer once again being on that list of fall sports, Head Coach Greg Cummings is excited to get the third year underway.

"They've been going full out everyday," Cummings said. "They've actually came in shape and that makes a big difference. When you come to practice already in shape, it makes a world of difference."

Last season, the Soccer Dawgs finished 3-12 and Cummings is looking to improve greatly on last season's record.

"We should have a special team this year. We will compete with about every team we play. Whether they win or lose is one thing, but they should compete with everybody," Cummings said. "This is the season I've been waiting for because all these kids who wanted a soccer program are now seniors. I said a couple of years ago that if I could keep some of these players we mings said. "If I could get four would have a good soccer team. Now it's here ... this is it."

Cummings coached both the girls and the boys team the first year, half a season, and last season Amanda (Conyers) Reneau was hired as the girls coach. Reneau will continue her role as head coach this season.

Both teams, according to Cummings, have greatly improved over the past three years.

Clinton County is in a district with Barren County, Glasgow and Monroe County. Cummings said it's a three team district because Monroe County only has a girls team.

each team in its district both home and away this season, in order to set post season play.

district finals.

teams I've scheduled to play this ment. year fits Glasgow's playing style, Laurel is just like Glasgow, so soccer team. we play them two times.'

senior boys and two senior girls mings said. on this year's roster.

"They bond so well together," Cummings said. "They all get in which both teams will play. along and they have fun when they play."

girls during the past couple of weeks in order to give Reneau be at the games.

group returning, with eight starters returning from last season.

"They are committed," Cum- soccer season. or five other athletic girls to play, ball, basketball ... Mid-fielders I think they could beat Barren County. They will win at least eight games this season ... that's ers will run around two to three what I'm predicting. They have miles during a game. The good the potential and the schedule thing is we have a lot of players to do that. Going three games to this year so we can give players eight the next is a huge step, but a lot of rest. We should be strong it's possible for them.'

team finished its season with until they come out and watch a three wins and 15 losses. This game.' year, the team is hoping to improve on last year's season and will play host to Barren County make it to the district finals with on August 29 at home, middle a change at going to the region school field at 6:30 p.m. for the first time.

mings said.

Both the boys and the girls p.m. Cummings is very optimistic team will be playing in the All

both teams will be playing in the "A" regional finals due to Todd County Central backing out of "Looking at the schedule, it's the tournament. The girls team going to be us and Glasgow to will play the winner of Glasgow determine who goes to the re- and Monroe County for a chance gional," Cummings said. "The to go to the All "A" State tourna-

The boys will play Glasgow so I'm trying to get as much com- in the regional final, since Monpetition like them as I can. South roe County doesn't field a boys

"Both teams should be excit-Clinton County will see six ing to watch this season," Cum-

Another new aspect to this year's season, will be the venue Last season, every game was held at the middle school soc-On the girls side, Cummings cer field. This year, Cummings said he has been practicing the said nine game will be held at the high school on the football field."

There are several players on extra time during the season to both soccer teams who are involved in other sports through The girls have the same core out the year and Cummings said this is a key factor in getting and keeping the kids in shape during

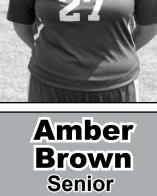
"Some do cross country, footwill run around five miles per game," Cummings said. "Oththroughout the year. People don't Last season the girls' soccer realize how physical soccer is

The Clinton County girls team

the first time. The boys will play Hart "Glasgow is by far the best County on August 22 and Wayne The Soccer Dawgs will play on the girls' side and we have a County on August 29. Both good chance to beat them," Cum- games will be played on the football field and will be start at 5



Sienna Staley Junior **Daughter of Jeremy Preston and Jennifer Cook** and Alisha Derryberry



Tammy Brown

Alissa

Cook

Junior

Granddaughter of



Bianca Soma Junior Daughter of Jim and Kay Soma



Karen Crabtree Junior **Daughter of** Joanna Crabtree







Winning Season!

Michael Cummings, *M.D., P.S.C.* Family and Staff

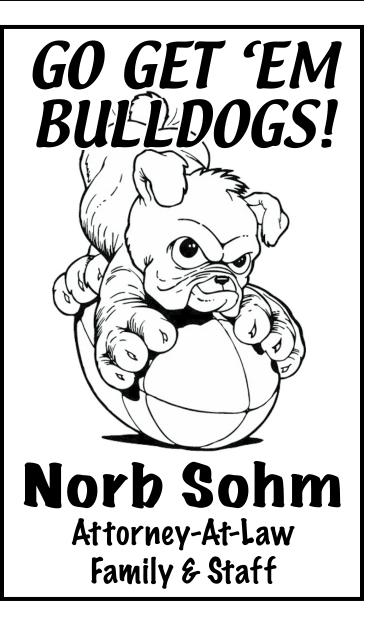
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Gary Little

Attorney & Staff

Meet the Soccer Dawgs







Cross Country enjoys new popularity

This year's Clinton County said it is sometimes below that, boys team to qualify for state. but we got re-districted. We are in Cross Country team already has one scrimmage run under their belt and are looking forward to the new season.

Third year Head Coach Dipesh Soma said they have been training since official practice started July 15.

then," Soma said. "We have incorporated a new tactic this year which is more strength training. We do it about three days a week. A lot of these kids don't run year round. A lot of these schools who win the region are logging in miles after miles day after day. That's why we are doing the strength training ... to try and close that gap up the other schools are gaining on us."

scheduled this season, including the Foothills Festival 5K run in 3.1 miles for the runners. Soma will have a full girls team and

but the Kentucky High School That's a plus in my book. Run- the same region, but other teams Athletic Association doesn't ning in general in this area is have been added, so they had to want to go beyond that distance.

"There are some in the early season that are less ... some are ing to run distance. You can tell like 2.5 or 2.6 miles," Soma said. "It's challenging for them."

With the host of students on "We've been hard at it since this year's team. Soma has several who play other sports as well. Using the sport of cross country val 5K, the Runnin' Dawgs will helps with conditioning in other sports.

> "It probably helps basketball more than anything," Soma said. "It helps with endurance. Soccer and cross country is a great combination because soccer is 90 minutes full force. It really helps soccer."

During the past several years Soma has a host of meets the popularity of the sport has grown.

"This is the first year I've had October. Each meet is typically a full girls team," Soma said. "I

getting bigger. It seems like I see more and more people wantby the Foothills race. It's picked up in the past four or five years. It helps having more popularity with the sport.'

Other than the Foothills Festispend their entire season traveling to meets.

"Hopefully by next year I will be able to host a couple meets," Soma said. "We was supposed to host the regional meet this year,

split the districts up a little."

The Runnin' Dawgs' first meet will be August 31 in Bowling Green, KY. Soma said this year's regional meet is held at the same location, so runners will know what to expect during the post season run.

"I have high expectations this year," Soma said. "Last year we missed state, but this year I'm hoping to make it back. Hopefully we have a better year this year."





Preslee Thrasher Senior **Daughter of Doug Thrasher** and Tonya Thrasher

Beard Senior **Daughter of Mike** and Lisa Beard

Alex













Meet the runners





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