

Ross named Louisburg Sports Zone Female Athlete of the Year



Louisburg senior Adyson Ross was voted by the head coaches as the 2023 Louisburg Sports Zone Female Athlete of the Year.

No matter what sport Adyson Ross competed in this season, she was one of – if not the best – athlete on the field or court.

Her postseason honors more than bare that out.

Ross was a first-team All-Frontier League selection in two of those and also earned all-state honors as well. No matter the sport, she made her team better.

Her success in all three sports – volleyball, basketball and soccer – were just some of the reasons Ross was named the 2023 Louisburg Sports Zone Female Athlete of the Year.

“Being named athlete of the year means so much,” Ross said. “There are so many outstanding athletes at LHS. To be selected for this award is a huge honor and I am so grateful.”

Ross’ memorable senior year started in the fall with the volleyball program. The Lady Cats upset No. 1 seed Baldwin in the sub-state championship and eventually had a fourth-place finish at the state tournament.

However, the season didn’t start out the best. Louisburg had trouble finding that team chemistry it was looking for, and it

seemed like they were missing something. Louisburg coach Leanna Willer asked Ross, who is one of the team's top hitters, to change positions and play the libero spot.

It was shortly after Ross made the move, that the team took off and started to play some of its best volleyball – including a run to the sub-state championship.

“There were so many special moments from this year, but I think one that stands out the most was during volleyball season.” Ross said. “We were playing Baldwin for the championship and it was game point. I was on the line to serve and I just remember thinking in that moment that everything I'd been working for had come down to that one serve. When we won the point it was just the most special and rewarding feeling. It is something that I will remember forever.”

That season led to second team All-Frontier League honors as a libero as she recorded 363 digs on the season to go along with 67 kills and 41 aces.

Then came basketball where Ross was a starting guard on a Lady Cat team that reached the sub-state championship game. She was the team's leading scorer at 12.5 points per game and averaged nearly seven rebounds a contest, to go along with two assists and 1.6 steals.

With all that, Ross was named to the All-Frontier League first team and earned second team all-state honors. She was also named to the Missouri vs. Kansas all-star game. Two years ago, she was also a part of the best finish in school history when Louisburg finished third at the state tournament.

She reached the state final four with all three programs during her time at Louisburg.

“The experience was so amazing,” Ross said. “I might be biased, but Louisburg is really a one of a kind place. You just don't really see the same amount of support for athletics

in many other towns. To be able to play in the state final four for three different sports was so cool.”



Louisburg's Adyson Ross poses with two of her coaches, Adrienne Lane and Leanna Willer, after receiving the Athlete of the Year award.

On the pitch, Ross had one of her best seasons as the team's starting midfielder. She helped Louisburg to a spot in the regional championship against Bishop Miege.

She also put together a strong final campaign as she finished the season with 16 goals and 21 assists to go along with 35 shots on goal. Ross later earned first team All-Frontier League honors and was also named second team all-state.

"Even though we didn't win that last game, I remember looking up in the stands before the game and seeing the stadium filled with purple, and the amount of student support was crazy," Ross said. "I just thought to myself, how special it is to be a part of something like that. For so many people to come out and support like they did was amazing, despite the team we were going up against."

Playing three sports at a high level does take a toll at times, and there were moments Ross wasn't sure if being a three-sport athlete was for her.

"Continuing all three sports through high school is definitely something I'm proud of," Ross said. "There were a lot of times when I considered dropping a sport so I could spend time to focusing on another. As a freshman I didn't see myself continuing all three through senior year, because I didn't think it was possible to fully commit to each sport.

"My coaches were very supportive and flexible, and all of them were totally on board with it, even though it meant sometimes missing workouts and preseason stuff due to conflicts with another sport. I feel like playing three was more of an advantage to me as an athlete. It helped me to be versatile, and not having an off-season kept me in great shape."

Even with all her successes, Ross is putting athletics in the rear view mirror, for now. She will be attending Kansas State University and is ready to focus more on the academic side of things.

Still, Ross knows she will never forget all the memories she made during her time at Louisburg.

"Even though I'm choosing not to continue my athletic career past high school, I feel so blessed for all the memories and friendships sports have given me. They will for sure last a lifetime."

Previous winners:

2018: Isabelle Holtzen

2019: Carson Buffington

2020: Reilly Ratliff-Becher

2021: Alyse Moore

2022: Delaney Wright