

Wildcat fall teams underway with successful first week of practice



Louisburg senior Wyatt Holland takes a handoff from backup quarterback Alex Saad during a practice last week.

Before the record setting heat and humidity that is currently smothering Louisburg and the surrounding areas came in, the Wildcat fall sports teams got in a solid first five days of practice last week.

The first day of practice opened the fall season on Aug. 15 as the Wildcat football, boys soccer, cross country and volleyball programs officially kicked off the season.

Participation numbers were up for most of the sports, while football, soccer and cross country had a good week's worth of practice outdoors. With heat and humidity at record levels this week, all outdoor sports will be forced to hold practices early in the morning.

It was a successful season for all four teams last year and it started with the Wildcat football program as they ran through the Frontier League with an undefeated record and earned its first league title since 2018.

The Wildcats currently have 76 players out for football under second-year coach Drew Harding, which is about 10 more than a year ago.

“First couple days of practice have been going well,” Harding said. “There is a lot of energy on the field during practice, which is great to have. You can tell they are happy to be back playing football again.”

Harding kept his players busy over the summer to help prep them for the season. The Wildcats took part in several scrimmages, 7-on-7 and skill sessions, to go along with their normal team camp and weights.

“This allowed everyone to get on the same page and be ready to roll once we started practice in the fall,” Harding said. “The goal is that everything over the summer carries over and we can just continue to get better at what we do once the season starts.

“We want to continue to come together as a team and continue to build camaraderie. We also want to make sure we have the base schemes in all three phases installed and understood before we start putting in opponent specific plans. We want to see athletes compete and separate themselves from one another to show who is ready to play on Friday nights.”



Louisburg sophomore Caileigh Kilgore goes through a hitting drill last week during tryouts.

The Louisburg volleyball program is coming off another state tournament run that saw the Wildcats finish fourth at the Class 4A tourney. That success brought a lot of interest as 39 players tried out, and 32 are currently rostered between the three teams.

“The first three days of the season with tryouts were pretty great,” Louisburg coach Leanna Willer said. “Everyone came with positive attitudes and high energy to push through the challenges of tryouts. After the team was finalized, we got to work right away on Thursday. The energy in the gym is great, and everyone is aware of the high expectations we have for ourselves heading into the season. Both the girls and the coaches are excited to be back in the gym getting better every day.”

Wildcat volleyball also had a busy summer schedule the held a

team camp to start, before competing in a summer league and held several open gyms in June and July.

Varsity level players traveled to the University of Nebraska team camp and also competed a tournament in Andale.

“While summer is busy with all kinds of activities, vacations and summer jobs, we appreciate the time and effort all of the girls put in to dedicate themselves to the team and the sport of volleyball,” Willer said. “It also gives us coaches more time to get to know them heading into the season and to develop relationships earlier on so we can get right into volleyball here in August.

“During these first few weeks we hope to foster a culture of competition in our gym where the girls are all challenging each other every single day. We are all on the same page with where we want to be at the end of the season, so during these first few weeks we are focused on building a strong foundation that will help us get there with an emphasis on team bonding/connections, fundamentals, and conditioning.”



Louisburg senior Emma Vohs is a returning state medalist for the Louisburg cross country team.

The Louisburg cross country team also had a big season last year, especially on the girls side. The Wildcat girls qualified for state and Emma Vohs left Wamego with a state medal.

As far as numbers go, the cross country group is a little down this year with 22, but they still have high aspirations again.

“The runners are excited for the season,” Louisburg coach John Reece said. “The girls team is planning for big things again this year and the ‘young’ boys team is looking great.”

Many of those runners have taken to the streets over the summer to get their work in as they prepare for another difficult slate of meets in 2023.

“We had a consistent group of both LHS and LMS runners all summer,” Reece said. “Because of the good turnout, we can get

going on the harder workouts earlier in the season.

“The beginning of the season always creates a challenge with runners being at different points of their base building. We look to build base for all and start working on racing skills and workouts as the weeks progress.”



Louisburg junior Emmett White goes through a drill last week at practice.

The Louisburg soccer team will have some rebuilding to do this season as the Wildcats had to say goodbye to 15 seniors from a year ago.

There will certainly be several players to help fill the void as 41 athletes came out for soccer this fall.

“There’s been a huge precedent set with the program, and it’s definitely something that’s been instilled in the players for quite some time,” Louisburg coach Bobby Bovaird said. “Since I’ve joined the program, the junior and senior leaders have

been outstanding at organizing summer workouts and activities for the team. It's been great seeing that sort of self-motivation and leadership from them. We've had enough time together as a program over the summer that the first days of tryouts have been smooth as can be. Very little instruction needed, and the guys have been able to jump right in with what we're asking from them."

The Wildcats opened their summer hosting a youth camp and then went right in to summer workouts. Louisburg also held its annual team camp to go along with weights sessions.

"With only two returning starters from last year, we're going to have some growing pains for sure," Bovaird said. "The first couple of weeks will need to be spent getting in match shape and gelling as a team with so many players being in new positions or at a new level. We open our season with Leavenworth, who was our final regular season game last year. Back then, both varsity and JV had awesome games, but those were totally different teams. We'll see how well we've reloaded for this year, but I'm feeling pretty good."