Four seniors to guide Lady Cats basketball



Alyse Moore is one of four Louisburg seniors to guide the Lady Cats this season.

The season hasn’t quite started for the Louisburg girls basketball team, but COVID-19 is already making its presence known in the program.

In its close to three weeks of practice, the Lady Cats have yet to be able to practice as a full group. It is just one of the many challenges for first-year head coach Adrianne Lane, as Louisburg preps for its season opener this Friday.

“We have had a rough start with COVID, as we have had to quarantine two different groups at different times so far this season,” Lane said. “It is hard to prepare for quarantines, but we are conditioning and trying to be in good shape so if we only have a few girls for games we will be able to still compete. We also have had a couple walk through practices to help the girls learn the plays and we will continue to do this throughout the season. I feel them being mentally strong is as important as physically strong.”

Louisburg is coming off an 8-13 season, which included a close first round loss to Baldwin in the playoffs. It was one of the better games the Lady Cats had played all season and they are hoping to use that and get off to a good start this season.

Even with all the quarantine problems, Louisburg has a good

base on which to build off of, starting with four seniors.

Megan Foote, Alyse Moore, Madilyn Melton and Brooklyn Diederich all started last season for Louisburg and three of them were all-Frontier League players a year ago. All four figure to play big roles for the Lady Cats this season.

Melton was the team's leading scorer from a season ago and earned second team all-league honors. She averaged 13 points and seven rebounds a year ago from the forward spot.



Senior Madilyn Melton returns as the Lady Cats' leading scorer as she averaged more than 13 points a game last season.

Moore and Diederich both earned honorable mention all-league honors and Diederich was the team's best 3-pointer shooter, along with being strong defensively with six deflections and two steals a contest.

Moore, one of the team’s post players, led Louisburg with eight rebounds a game a season ago to go along with nine points and three steals.

Foote served as the team’s point guard last season and looks to guide the Lady Cat offense. The players have made Lane’s first year as seamless as possible

“This has been an easy transition for me and that is because of the girls and how they have made me feel welcome,” Lane said “The girls have great attitudes and are willing to put in the work to learn and get better daily. Having four returning seniors has been a blessing. These four girls are great leaders and they have set the tone for this year’s team.”

Louisburg also returns several underclassmen that are prepared to play vital roles as well, starting with Delaney Wright. The Louisburg junior guard started several games a season ago, while junior Jordan Mynsted will see a lot of time under the basket. Sophomore guards Brianne Kuhlman and Adyson Ross will see varsity time as well.

Although the Lady Cats return experience from a season ago, they are not resting on their laurels and are looking forward to having a winning season.

With all the absences from practice, Lane is currently putting together her varsity players that are available, with the junior varsity to help create as strong of a lineup as possible early in the season.

The Lady Cats open the year Friday at home against Tonganoxie.

“This team has many strengths, but I feel our greatest strength is our work ethic,” Lane said. “The girls work very hard and practice hard every day and they are not afraid to battle against each other. They make each other better every day.

Diederich excited to join Neosho basketball program



Softball has always been a big part of Brooklyn Diederich's life and she has spent many of her early years playing the sport she has grown to love.

However earlier this month, Diederich officially said goodbye to that love and moved on to a new chapter in her life. The Louisburg senior found a new avenue to achieve one of her life long dreams – to play sports at the next level.

In front of family and friends at Louisburg High School on Nov. 11, Diederich signed her letter of intent to play basketball and Neosho County Community College. She will suit up for the Chanute program next season.

I always thought I was going to play softball in college, but then I went down to visit Neosho for basketball and I absolutely just fell in love with the coach, the campus and all the players I met," Diederich said. "They made it to where I knew I wanted to play basketball for at least two more years.

It was the coaches who struck a chord with Diederich, as they felt she would be a good addition to their program. Head coach JJ Davis, who is in his eighth season with the Panthers, convinced Diederich she would be the perfect fit.



Louisburg senior Brooklyn Diederich signed her letter of intent on Nov. 11 to play basketball at Neosho Community College. Sitting next to Brooklyn are her parents Jenny and Derek Diederich. Standing is Louisburg assistant coach Leanna Willer, head coach Adrianne Lane and assistant Nick Chapman.

"They were really welcoming," Diederich said. "The head coach is a motivational speaker, so he is really super positive, which is what I really like. He is also not afraid to get on to you if he needs to. Those also do grade checks every day and want to make sure you are do well.

"Their program really likes to shoot the 3-pointer and that is one of the things that I specialize in, so I think it will be a great fit for me."

Diederich had a successful season for the Lady Cats last season as she was named as an honorable mention all-league player and made on a difference on both sides of the floor.

She finished the season with an average of six points a game

and a team-high 29 3-pointers, but she also led the Lady Cats on defense. She recorded a team-high 5.7 deflections and 1.7 steals a game.

Diederich’s love for basketball grew even more as she played with Pride basketball coach, Mario Washington, in the offseason.

“My competitive basketball coach, Mario Washington, he really impacted me a lot,” Diederich said. “He helped me get out my game film to a lot of area colleges and he was just a big help for me. I couldn’t be more thankful.”

Although the fit with Neosho was a good one for Diederich, it was a bittersweet moment for her to give up the love of her life – softball.

“I have always wanted to play a sport in college, and it has always been a dream of mine,” Diederich said. “Softball has been a main thing in my life, especially with my dad being my coach. Just knowing that I won’t be playing that any more, it is going to be really sad, but I am really happy with my decision.

“I just want to work hard 24-7 and focus on my grades. Just keep working as hard as you can and make sure I have some fun along the way.”

KSHSAA votes to start winter sports on time, will not

allow spectators



The 2020-21 winter sports season may have a little different look than in the past, but there is one thing that will remain the same – the student athletes will be out competing.

During the Kansas High School Activities Association Board of Directors meeting Tuesday, the board voted in favor to have winter sports continue as scheduled by a 53-22 decision. The meeting was in response to the Executive Board's proposal last week to delay winter sport till Jan. 15.

Instead, schools around the state will be able to kick off their seasons in early December, and then after a moratorium for Christmas Break, can resume competition on Jan. 8. The basketball, wrestling and swim teams will also be able to have a full schedule of events, barring cancellations due to the spread of COVID-19.

"I'm extremely happy and relieved on how KSHSAA voted regarding winter sports being able to happen," Louisburg senior Megan Foote said. "Sports are extremely important to students as it not only helps with physical health, but also provides a release for mental health. Athletes can depend on sports to be an outlet for the troubling feelings they may have. As someone who struggles with mental health, I can vouch for how important sports are. Sports provide some of the best memories and times a kid can have and I believe they're essential in today's world."

During the meeting, eight different people – from parents to

physicians – spoke on behalf of letting competition resume and two of those were Louisburg parents Craig Holtzen and Jenny Diederich.

Holtzen, whose son Cade is a senior on the Wildcat wrestling team, gave opening remarks in which he tried to convey the importance of extracurricular activities, even during COVID-19 times.

“There is no evidence to suggest that kids are either super-spreaders or very susceptible to this virus to begin with,” Holtzen said during the meeting. “I would dare go far enough to say that kids are practicing better virus protocol when they are in school or activities than when they are locked down.

“Fall activities were largely successful because of our ability to be flexible and adaptive to the many changing things that happened over that season.”

The vote to let them play was a sigh of relief to many players and coaches around the state, who were already in the process of prepping for their season.

“This is great news for our kids,” Louisburg boys basketball coach Ty Pfannenstiel said. “Our students and athletes have been so resilient this year with all the new protocols, so I’m happy for them to get their opportunity because they’ve been through a lot. There was a lot of concern among our kids, so I’m sure they’re relieved now that the uncertainty has been resolved. We are definitely not out of the woods yet when it comes to setbacks, so we have to continue to do our part to stay safe and healthy throughout this season.”

Following the decision by the executive board last week to delay the start of winter sports, Diederich started a Facebook group called “Rally the Troops to Fight for Winter School Sports.”

The page attracted more than 4,000 followers and advocated for parents and players to email and call the board of directors to let them know how important the winter season was for all of them. It seemed to work as the measure to allow them to play passed easily.

“Yesterday was a victory,” Diederich said. “It was exactly what we were fighting for – a full season with 20 games that starts on time. I am as passionate as they come and would love to be in the stands but my main goal was to get my daughter and her teammates on the court. With all the uncertainty they need something to focus on and to look forward to. It is just as important mentally as it is physically. I was proud to be part of a group of families across the state that fought for all our student athletes and scholars. I think it taught our kids to use their voice.”

Although many of the teams were already gearing up for the season, there has always been a cloud hanging over the programs whether the season was going to happen or not. Now, those players and coaches can resume with more confidence.

“I’m very grateful for the chance to get the kids back on the mat,” Louisburg wrestling coach Bobby Bovaird said. “All year I’ve been wondering about the unknowns, whether we’ll get a season or not. But we’ve been practicing for a week and a half, and things are feeling more like normal than they have all year.

“This season, we’ve got the theme ‘Relentless,’ and that’s the mindset we’re trying to implement. Things like the KSHSAA ruling, the potential to get quarantined, and more are the obstacles in the way of our success. We’ve got to be relentless and work together to find ways around them.”

The meeting was bittersweet for most parents as the board of directors voted that the athletic events will be held without spectators on both the high school and middle school levels.

The measure passed by a 50-26 vote and spectators will not be allowed from Dec. 1 to Jan. 28.

Following that time, fan attendance will be limited in accordance with local attendance policies.

“I believe we had a solid plan to allow fans to attend our games in a safe manner,” USD 416 superintendent Dr. Brian Biermann said. “We had already had indoor sports for middle school girls’ basketball and middle school wrestling and it was working well. Now, that fans are not allowed, we will strive to provide our fans a quality livestream option to allow them to cheer on our Wildcats.

“I am glad that the board of directors decided to allow our kids to participate in sports. Our coaches and student-athletes have adhered to every possible safety measure. I know our kids are excited to represent the Wildcats on the mat, court and swimming pool in the upcoming weeks.

From some players’ point of view, while getting to play their season was the most important outcome from Tuesday’s meeting, the fact of not having their parents there is tough to comprehend.

“Basketball is a momentum sport and fans are a huge part of that,” Foote said. “I believe we have one of the best student sections for girls’ basketball. When we get into a rough patch, our student section gets louder and helps us out of that. I also have a lot of family that is extremely supportive and loves to watch me play. Not having them there is gut wrenching, especially my dad. Having my parents and family there is huge to me.

“Sadly, this is what it has come to. Right now all we can do is work together as a team and be each other’s support system. We have to depend on each other to be loud and hype each other up. I still hold hope that this unreasonable ruling will be turned around, but I’m incredibly grateful that I can have one

last season with my best friends.”

Not only players, but coaches having to instruct their players in an empty gymnasium will take some getting used to as well.

“I am so happy for the student athletes who get to play winter sports and I am super excited to see what this season brings,” Louisburg girls basketball coach Adrianne Lane said. “Basketball is an extracurricular activity, but it is also a chance for these students to come together and be a team. Playing in an empty gym will be a change, but I think the athletes will mainly be grateful for their opportunity to play.”

Even though some parents will have to get used to watching their child on the computer or television, instead of in-person, they are hoping they will be able to back in the gym sooner rather than later.

“I was a little surprised with the no fan policy as I think blanket policies are not good for Kansas,” Diederich said. “We have districts of so many sizes and local decision making is best. Districts know what they can and cannot handle. Hopefully we can convince KSHSAA to loosen the policy to allow for 1-2 immediate family members, but for now just be happy with the fact that they are playing at all.”

KSHSAA proposes delay for winter sports



The 2020-21 winter sports season in Kansas could be delayed or reduced depending on the vote at the Nov. 24 Kansas State High School Activities Association Board of Directors meeting

During the KSHSAA Executive Board meeting Wednesday the board reviewed data on the impact of COVID-19 on activity programs around the state due to the rising number of positive cases and impact on the health care system.

The board unanimously approved a proposal from the KSHSAA staff to suspend competitions until Jan. 15, 2021 and extend the winter moratorium. That proposal is now in front of the KSHSAA Board of Directors, who will vote on the issue at 1 p.m. on Nov. 24. The board of directors has members from every league across the state.

One of those board of directors, Paola High School principal Jeff Hines, was caught off-guard by the news.

“I consider myself pretty up to date when it comes to issues with KSHSAA, but I had no idea this was happening yesterday,” Hines said. “I was in an administrator meeting that started at 10 a.m. and at 10:01 I received an email from KSHSAA with the executive board agenda for a meeting that had already started. This is a pretty important issue and I wanted to speak at the board meeting, but was told I couldn’t because the meeting had already started.

“I asked someone at KSHSAA why the agenda was posted sooner, and they said it was posted last week. I have searched the internet and I couldn’t find it. I have no doubt that they did post somewhere, but they need to make it more accessible so

there can be more discussion on the issue. I was surprised the issue came up.”

The proposal which will be put up for a vote is as follows:

· Delay competitions for all winter activities until Friday, January 15.

· Allow virtual competition only in Debate and Scholars Bowl.

· Winter activity practice may continue where appropriate to do so through December 22. All KSHSAA risk mitigation protocols strictly enforced.

· Extend Winter Moratorium. Dec. 23 – Jan. 3; practices to resume Jan. 4; restrictions eliminate contact between coach/athlete/school and no school facility use.

· Tentative resumption of competition on January 15.

· No fans for competition, January 15-28.

· Limited fans Jan. 29 through remainder of winter competitions.

· Mandatory universal masking with exception to athletes in competition and officials during live action.

· No invitational tournaments.

High School Competition Limits:

· Basketball maximum 13 games per team.

· Bowling maximum 8 days per team/individual.

· Swimming and Diving maximum 6 competitions per athlete.

· Wrestling maximum 12 events, 20 competition point max.

Middle School Restrictions:

· No competition in December, practice only.

· No competition Jan. 1 – Jan. 14

· No events with more than three schools participating.

· Strongly encourage skill development.

· Strongly encourage intramural play only.

· Limit two fans per player starting Jan. 15.

As far as how the board of directors will vote on the issue, Hines isn't quite sure how it will go, but he doesn't believe the executive board was trying to sneak the issue past anyone.

"You can have two thoughts on the issue," Hines said. "One, all of the executive board members think delaying winter sports is a great idea. That is an option, I guess. Or two, all of the members thought this issue was too big for them to decide on and wanted to make sure to get input from all its members and allowing them to make that decision. I tend to think that is what they are doing here.

"Will there be some people that vote yes to delay sports? Yeah I think there will be, just because of the situation their districts are in, but I tend to think a majority of them will vote no. Just as far as how I will be voting, I will vote no because I think that each school board should be able to decide whether or not to have winter sports. They know their district better than anyone. That is what we did for the fall and I believe the same thing should happen here."

Louisburg wrestling coach Bobby Bovaird understands the concern with the rising number of COVID-19 cases across the state, but he knows there will also be an impact on the student athletes if these activities are delayed.

"I totally understand why KSHSAA is considering taking action, but it worries me because a delay in starting competition

could put us on the path to canceling the winter season altogether," Bovaird said. "There have been wrestling tournaments happening across the nation since mid-July, and there have been very few cases traced back to the tournaments themselves. Coaches, wrestlers, officials, and tournament directors are taking precautions, and I hope that we're able to continue doing what they've been doing.

"I'm afraid that a reduction in the number of competitions allowed would only further harm the kids in the sport. I get it, though. Covid-19 is real and we're constantly reacting to it and rethinking how we can best protect our kids' health. While we may be protecting kids and their families from the potential of infection, we would also be taking away opportunities where kids can learn invaluable lessons and come together as a team to bond in ways that you can't get through the classroom, and we would be doing some considerable harm to their mental health."

KSHSAA's decision to potentially delay winter sports came on the same day Gov. Laura Kelly issued a new executive order on face masks after Kansas reported more than 5,800 new cases of COVID-19 on Monday.

Since the news broke, Hines has been hearing from people all over the area, who are voicing their concerns.

"There are a lot of people who are worried that their kids' season might not happen, and I get that, but I would say that people need to temper their venom at the state association," Hines said. "I think it's is great that people are contacting their board of directors and letting people know their feelings, and we want to hear from those who are concerned. At the end of the day, I believe they will do the right thing for these kids."

As for Louisburg High School itself, administrators will be ready to implement any rules necessary as they hope the

students get to play a full season.

“My reaction was to the kids and coaches it would affect who look forward to sports and saw their peers and themselves play in the fall with accommodations, only to be potentially denied their opportunity for a full season,” Louisburg activities director Michael Pickman said. “I understand the reasoning of the KSHSAA board, but I also understand the views of those who don’t want to see any changes. Luckily it is in the discussion phase and perhaps they will find a way for the kids to play while implementing some guidelines for keeping it safe, such as no fans.

“Whether Dec. 4 or Jan. 15 as proposed for starting competitions, we are still going to work to make it a safe environment for all and to limit risk. I am not in the medical field, so I won’t pretend to know if the delay will help lower the numbers. If it passes, then I hope that it does. Still, we won’t have a cure and will have the same need to implement safety protocol Jan. 15 as we would Dec. 4.”

“I want our students to have the opportunity to play and play safely, so my main concern right now is that the policies the district and athletic department have put in place are well thought out and followed,” Pickman added. “I think if we commit to following safety practices, we can still slow the spread regardless of the results of next week’s discussion and decisions by the KSHSAA board.”

Melton excited for chance to

play basketball at Benedictine



Madilyn Melton recently signed her letter of intent to play basketball at Benedictine College next season. The Louisburg senior averaged more than 13 points a game a year ago.

Entering her final season on the Louisburg girls basketball team, Madilyn Melton was not ready to give up her love – not even close.

Melton has grown up around the game of basketball and been around several coaches that have helped her get better as she has gotten older. Next season, Melton will add another coach to that list and she hopes it will be her final one.

Earlier this fall, Melton made it official when she committed to play basketball at Benedictine College, an NAIA program in Atchison. It was an opportunity the Louisburg senior couldn't pass up.

"When I found out that I was going to be able to play basketball at the next level it made me feel amazing," Melton said. "I was so excited to know that I got into Benedictine because it's been a dream of mine since I was a little girl to play basketball in college."

Melton also has the opportunity to play under head coach Chad Folsom, who has been a fixture for the Raven women's basketball program. Folsom is currently in his 19th season with

the Ravens and recently recorded his 400th victory last season.

He has also led Benedictine to the NAIA National Championship Tournament the last four years and has earned a Sweet Sixteen appearance during that time. The Ravens are also a perennial contender in the Heart of America Conference.



Louisburg senior Madilyn Melton signed a national letter of intent to play basketball at Benedictine College. Pictured with Madilyn are (in front, from left) her mom, Meghan, little brother, Adly, and her father, Andy; (back row) grandparents, Eddie and Vicki Surrett, brother, Jaymes, and sister, Zyleigh.

"It wasn't too difficult to figure out where I wanted to go," Melton said. "Benedictine was always on the top of my list when I visited for the first time. When I met Coach Folsom I felt like I've known him forever. He and the girls were so welcoming and kind. I felt like this was where I was meant to go."

Melton was a second-team All-Frontier League player last season and led the Lady Cats in many different categories during their 8-13 season.

The Louisburg senior had a big year for the Lady Cats in 2019-20 at the forward spot as she led Louisburg in scoring at 13.3 points a game and finished with 7.1 rebounds a contest. She also averaged two steals and 1.3 blocks a game.

She is looking to translate that success to the collegiate level with the help of the Raven coaching staff.

“My favorite part of the program is their philosophy and how Coach Folsom describes the way he plays the game,” Melton said. “I love how Coach Folsom and the girls have built a family atmosphere.”

Along with being a part of the Raven program, Melton also chose Benedictine and how it fit her academically. Benedictine has a nursing program, which is her planned major, which works out when it comes to both balancing the academic and athletic world.

Melton is looking forward to getting on campus, following what she hopes will be successful senior season at Louisburg.

“Benedictine is a beautiful campus and I am excited to be a part of what they have to offer,” Melton said. “The people who gave their time to help me around campus were amazing and I can’t wait to meet more of the students and staff.”

2020 Athlete of the Year

Nominees



For the past four years, Louisburg Sports Zone has given out Athlete of the Week awards during each of the three sports seasons. I do it to recognize special athletic achievements and to highlight the athletes.

For the third straight year, Louisburg Sports Zone will be handing out an Athlete of the Year honor to a male and female athlete at Louisburg High School. I wanted the opportunity to recognize those who exemplify what it means to be an "athlete."

Obviously, 2020 has not been the typical year when the spring was cancelled due to COVID-19. However, I still want to make sure those athletes that were set to make an impact in the spring were recognized as well.

Although I am giving out the award, I wanted the process to be subjective, so I asked the head coaches at LHS to help me out. I asked each coach to send me nominations of who they thought exemplified the Athlete of the Year honor. They voted for their top male and female athletes and then I tabulated the results. I will release the results in the coming days.

Below are the nominees for this year's award in alphabetical order by last name. Congrats to all those who were nominated and best of luck!

Female Athlete of the Year Nominees



Haley Cain – Senior – Volleyball, Basketball, Soccer

Haley was a three-sport athlete during her time at Louisburg High School and recorded the rare feat of earning 12 varsity letters.

In the fall, she helped the Louisburg volleyball team to its third consecutive state tournament and was selected to represent Kansas in the Greater Kansas City All-Star Match. She was also named to the All-Frontier League second team as a middle hitter.

Cain was also a two-time team captain for the Louisburg girls basketball team and was a key player for the Lady Cats this

past season. She was also set to be a big contributor for the Wildcat soccer team in the spring as well.



Trinity Moore – Senior – Cross Country, Soccer

Trinity made cross country history for the Wildcats this past season as she medaled third at state and broke her own school record in the process. The Louisburg senior also medaled at state all four years.

Moore was also a returning starter for the Wildcat soccer team and was a key factor in helping the Wildcats to three consecutive state final fours and two state runner-up finishes.

She started 43 games for the Wildcats and concluded her career with 18 goals and eight assists. She is fifth in school

history with 44 points.



Erin Lemke – Senior – Volleyball, Soccer

Erin was another multi-sport athlete for Louisburg as she was a member of the volleyball and soccer teams. Lemke was an outside hitter for the Lady Cat volleyball team and was selected to represent Kansas in the Greater Kansas City All-Star Match.

On the soccer team, Lemke was a two-time team captain for the Wildcats and was a returning all-league and all-state player. She was also one of the team’s top goal scorers.

Lemke had a very productive career for the Wildcats as she started 48 of her 59 games and earned all-league and all-state honors as a sophomore and a junior.

She finished her career with 29 goals and 27 assists and Lemke has the second-best assist mark for a season in program history with 17 and is third in career assists. She also added seven game-winning goals.



Reilly Ratliff-Becher – Senior – Volleyball, Powerlifting, Softball

Reilly was a multi-sport athlete for Louisburg High School as she competed in volleyball, power-lifiting and softball. She was an honorable mention all-league selection in volleyball as she served as the Lady Cat libero.

Ratliff-Becher was a big part of the Lady Cats' state tournament runs the last three years. She was also selected to participate in the Greater Kansas City All-Star game last November.

As a powerlifter, Reilly recorded her second-straight state championship and took first in each of the three individual events.

Ratliff-Becher was also a returning starter on the Lady Cat softball team after she helped Louisburg to a state tournament appearance a year ago as a catcher and outfielder.

Male Athlete of the Year Nominees



Garrett Rolofson – Senior – Soccer, Basketball, Golf

Garrett is a three-sport athlete for Louisburg as he was a member of the soccer, basketball and golf teams. In soccer, Rolofson served as the Wildcats' goalkeeper and helped Louisburg to a regional title and a school record 16 wins.

Rolofson was named to the All-Frontier League first team and to the all-state second team. He posted eight shutouts on the season and allowed only 17 goals, four of which came from penalty shots. He also finished with 78 saves on the season and allowed the second fewest goals in Class 4-1A.

In basketball, Rolofson was a starter on the Wildcat basketball team and this spring he was all set to help the Wildcat golf team to their second consecutive state tournament

appearance. He was the team’s No. 3 golfer a year ago.



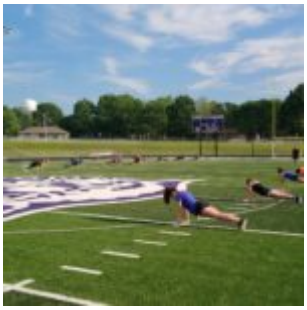
Madden Rutherford – Senior – Football, Baseball

Madden was a multi-sport athlete for Louisburg as he was a key member of the Wildcat football and baseball teams.

Rutherford, who was a team captain on the football team, was selected as a first team All-Frontier League quarterback. Rutherford finished the year with 671 yards passing with eight touchdowns and he also added 245 yards on the ground and four more scores.

On the baseball team, Rutherford was also a returning all-league player and was slated to be the Wildcats’ No. 1 starter this spring.

Wildcat athletes report back for summer conditioning



Almost 80 high school girls attended the first day of summer conditioning on Monday at Louisburg High School.

For the first time in almost three months, Louisburg High School and Louisburg Middle School athletes found themselves back on the field starting Monday at Wildcat Stadium.

It didn’t include any balls, equipment, weights and wasn’t indoors, but more than 300 athletes participated in the mandatory conditioning drills that were set by the Kansas State High School Activities Association.

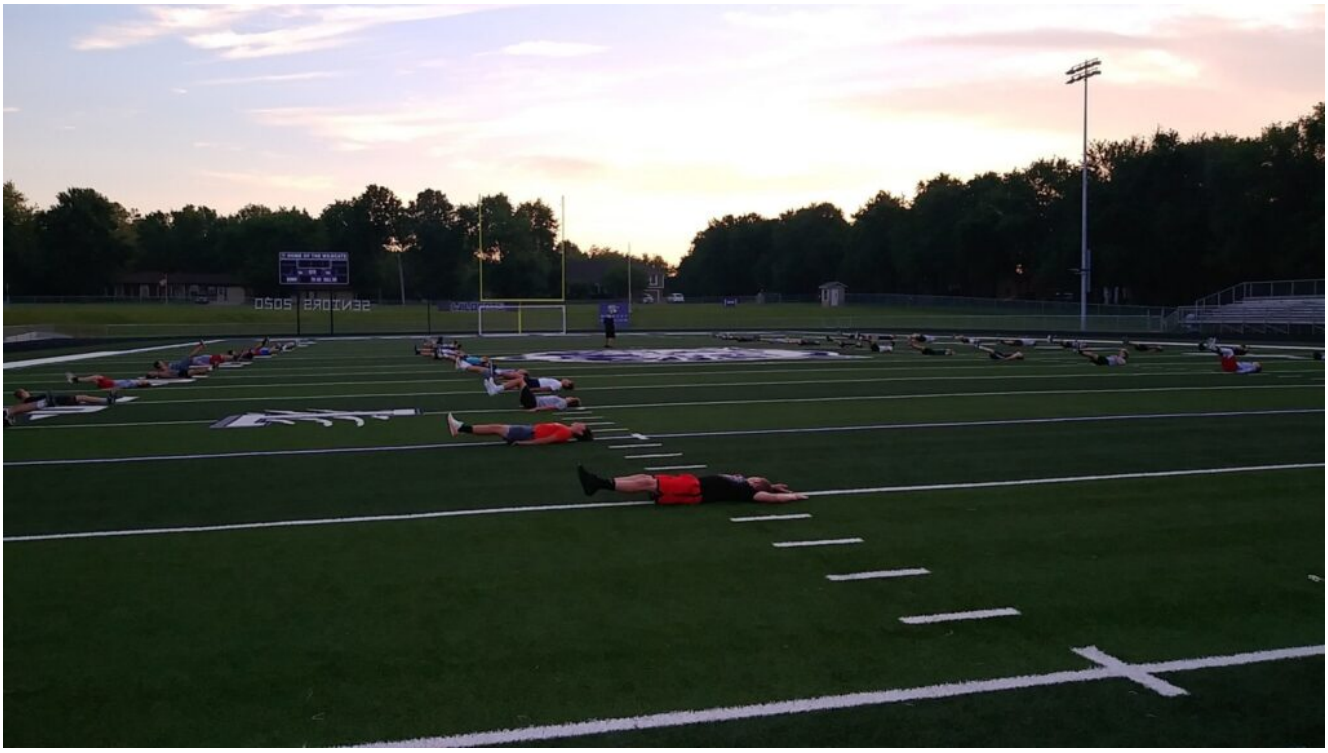
“The turnout was exceptional, and considering the limit on group sizes, distance restrictions, and getting creative in using multiple spaces to accommodate the large numbers in appropriately sized groups allowed in phase three, these coordinators did a great job setting a standard,” Louisburg activities director Michael Pickman said.

This was all following the cancellation of the spring season to the spread of COVID-19 and KSHSAA allowed school districts to begin conditioning exercises on June 1. The Louisburg school district started this past Monday and each athlete must participate in 10 sessions before being able to attend in any team activities or camps.

Several coaches were in attendance running athletes through drills in three separate stations that would allow some space between everyone. Football coaches Robert Ebenstein, Ty Pfannenstiel, Joel McGhee and Drew Harding were on hand to lead drills, along with other staff from within the USD 416 school district.

“There are many coaches who are volunteering and just want to be there to support their athletes,” Pickman said. “It’s what makes the LHS coaching staff stand out from others. However, I have encouraged coaches not directly coordinating weights to stay home as much as they can with numbers restrictions, but so far we haven’t had that be an issue.”

High school boys begin each morning at 6 a.m., for the hour-long workout and high school girls follow and then it all finishes up with middle school. To start there were 121 high school boys in attendance, 79 girls and 126 middle school students.



More than 120 Louisburg High School boys attended the first day of summer conditioning at Wildcat Stadium.

To start the day, each athlete is screened before the start of

conditioning with a temperature check and then they are divided into three groups. Each of them will participate in three stations that focuses on different workouts. There are no more than 45 athletes in a group and the coaches design workouts to promote the six feet of distance.

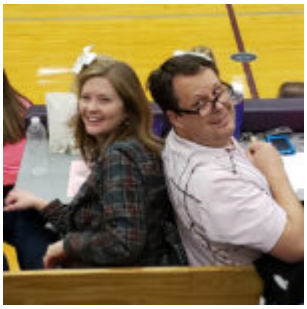
“There were temperatures that needed to be taken and protocol for sanitizing hands and checking in that went efficiently and smoothly overall,” Pickman said. “A lot of planning went into this with the coaches to make sure it went well. And Mr. Holloway (LHS principal) volunteered his time to help take temps at the various sessions.”

As far as cross country goes, interested runners instead attend running sessions held by coach John Reece that will take place throughout the summer and they do not have to attend conditioning.

Whenever the athletes have completed their 10 sessions, they are allowed to participate in team activities the rest of the summer. As of right now, everything is on track to allow athletes to begin attending camps after June 29.

“Everything is progressing so far to according to schedule,” Pickman said. “Assuming the governor’s phase out stage begins when it is supposed to, we will be ready to begin using the weight room, gyms, and sports equipment. Coaches will be able to have practices and then middle school and high school age camps after June 29. The younger kids who do not have to have the 10 days of acclimatization are able to run the week of June 22. With the schedule the way it is, kids should have no problem getting their 10 days of acclimatization needed to participate in camps.”

Dennis leaves lasting legacy in Louisburg, LHS athletics



Damon Dennis, and his wife Karla, pose for quick picture during a timeout at a Louisburg High School basketball game Dennis was announcing. Dennis, who is better known as Doc D, is handing over his business at Louisburg Chiropractic Office to Dr. Jacob Polzin and is stepping away as the LHS team doctor after 28 years of service. His last day at the office is tomorrow (Saturday).

Almost every day of the week, if you were looking for Damon Dennis, he could be found at his office on 11 S. Broadway St., helping treat those pesky aches and pains, taking X-rays, or mending those beaten up athletes after a game.

Doc D – as he his affectionately known – opened Louisburg Chiropractic Office 28 years ago and has served as the Louisburg High School athletic team doctor for almost that same amount of time.

Dennis has seen it all. The walls in his office are lined with mementos from his years of service to both the community and the high school.

He has taped thousands of ankles, seen even more patients and has touched many lives during his time in Louisburg. That is why this week is one of the more emotional times in his life.

On Saturday, he will officially leave Louisburg Chiropractic Office and hand the reins over to Dr. Jake Polzin. Add to

that, Dennis is also stepping away as LHS' team doctor and will leave an absence on the sidelines and behind the mic that many in Louisburg have come to know.

"My decision to step down and sell the practice has turned out to be the hardest thing I have ever done," Dennis said. "I have poured everything I have into my job and community. It has become my entire existence. I was taught from a young age to serve others and your community. I feel like the pressures I have put on myself have become unhealthy. I have put about 40 years work in to 28 and feel like there is never going to be a good time to make such a huge life change.

"That being said, I feel like I need to make changes while I am still able to do the things that will be best for my family. Dr. Polzin came along and I think he will carry on the work at the office wonderfully. We are a lot alike in many ways. I could not have found anyone better to replace me."

For many, Dennis has been a big part of people's lives, especially in the athletic arena. He has served as the LHS team doctor since 1992 and has treated many athletes in those 28 years.



Dennis (left) and Dr. Jake Polzin pose for a picture in their office. Polzin will officially take over the practice from Dennis after this week, but both have been seeing the patients the last three months.

During the school year, Dennis would leave his place of business every day after 3 to go to the high school to tape up athletes from all different sports and made sure they were all ready to go for practice. After that was over, he would rush back to his office to finish the day treating his patients.

It would be hectic life for some, but it is one that he has treasured for the last nearly three decades.

“My time in practice has been a blessing,” Dennis said. “I truly care about all of the patients and people in the community that I have been involved with. I have tried to be a positive impact on the town through my involvement in different organizations. As with any business, there are bumps in the road. I genuinely appreciate everyone who has had a positive impact on me through these years.

“I have poured my heart and soul in to every aspect of my business and involvement in the community, sometimes at the sacrifice of my wife, Karla. I am eternally grateful for her patience and love. Part of the reason why I am handing over the reigns is that I have a lot of making up for time to do.”



Damon Dennis (middle) walks out of the locker room with the Wildcat football coaches prior to a game.

Dennis and his family have made a lot of sacrifices during his

time and many of the Wildcat coaches – both former and present – appreciate what he has done for them and their players.

“As far as what he has meant to the community, it is immeasurable,” longtime former coach Gary Griffin said. “He came in the first year and made himself available to all the coaches and was there for whatever the kids needed from the medical stuff, to a new pair of shoes, or money to go to a team dinner. He was even there to lend an ear to a kid that was having issues from girlfriends, teacher issues or problems at home.

“For me personally, he was a cheerleader when times were not good, he was an advocate for kids when I didn’t always know what was going on behind the scenes. I trusted Doc like he was a member of the coaching staff. I told him a lot of things in confidence so I could get his advice knowing it would not go any further. As far as the community goes, he is a pillar and he is involved in everything and is held in high regards by most. It is really hard for Doc to tell anyone no, so most of his days are longer than just his office hours. Doc is going to be missed in so many ways. He is a very humble man and he is very deserving of slowing down and enjoying the fruits of his labor.”

A Small Beginning

Back in June of 1992 is when Dennis began to plant his roots in the town he would begin to call home.

Dennis purchased the small satellite office from Dr. Larry Fulk, who at the time also had a practice in Paola. Dennis was less than a year out of school and was eager to get involved in the Louisburg community.

Two months later, Dennis reached out to then Louisburg High School administrator Doug Chisam and asked if he could serve as the team’s doctor – free of charge. Since August of 1992,

Louisburg High School would not be the same.

Dennis made trips over to the high school for treatment and would also follow many of the team's to their games after work was over. It was a life that would go on to create many memories.

"Jim Knox, Don Meek and Doug Chisam were all very supportive and I am forever in their debt," Dennis said. "I started out just going to all games, home and away, and every sport that I could. At that time I was in the office from 6 am to 7 pm and then off to games 3-4 nights a week. The things I have always enjoyed about being the team doctor was the kids and the coaches. High school athletes have not changed since day one. They want someone who cares about and shows interest in what they are doing. I am still close with a lot of the students who have come through the high school and will continue to be.

"My role evolved over the years. I began doing all the taping before practice and games, Impact testing, announcing basketball and other roles as the coaches requested. I enjoy helping others and that is how my role evolved in to so many other areas. Over the years, the coaches have included me and I will always be grateful to them for allowing me to be a part of the experience."



Damon and his wife Karla pose for a picture in front of his office back in the early 90s.

His role got even bigger when the new high school was built and Dennis was asked if he would like to announce basketball games. He certainly didn't mind having a mic in his hand and loved playing off the crowd and making sure the athletes felt a little extra special.

"We had a girls' tournament and Dave Tappan asked me if I would announce the game," Dennis said. "He thought it would be a nice touch to have an announcer. I am not sure he ever asked me to continue, I just did it. I had to be at games anyway and I like to talk, so it worked out. Dave never said to quit, so I just kept doing it.

"I really did enjoy that. I would try to throw in a little funny once and awhile just to see if people were listening. Dottie Cook had a birthday every game night for several years. Knowing the kids so well, it was fun to add their middle name or nickname at the game."

Tappan, who is currently the USD 416 assistant superintendent, worked as the LHS activities director and principal during many of Dennis' years in Louisburg and the two became quick

friends.

With that, Tappan is well aware of Dennis' work ethic and commitment to Louisburg athletics. In fact, he has seen it firsthand.



Doc D lets out a cheer on the sidelines following a big play during the Wildcats' 2010 state championship game.

"Most people know that Doc doesn't take vacations very often," Tappan said. "In fact, it usually takes a team of us to get him out of the office for more than a day. But in 2010, he and Karla scheduled a trip over Thanksgiving break to Chicago. Well, that was also the year of our run to the state football championship and there was no way he was going to miss it. In typical Doc D fashion, he lined things up to perfection. He takes a 5 a.m. flight from Chicago to Kansas City, has Karla drive him to the Legends off of I-70 and at about 6:30 I'm

picking him up and we beat the team to Salina. When the bus finally rolls in, he looks at Coach (Gary) Griffin with a grin and says, ‘What took you so long?’ About four hours later we were celebrating a championship.

“The commitment that Doc D has demonstrated over the years to the students of Louisburg schools is second to none. From the football sidelines on a Friday night in the fall, to being behind the mic in the LHS gym during basketball season, Doc always supported the students, the coaches and the administration of USD 416. I am proud to call Damon Dennis my friend.”

Beyond The Call of Duty

Running a business can be difficult enough, but when you have other responsibilities on top of all that, it can be stressful at times.

The coaches at Louisburg High School never got that when working with Doc D. Veteran and young coaches alike were amazed at the dedication he displayed.

“Doc D is one of the most honest and honorable men I have ever met,” Louisburg soccer coach Kyle Conley said. “He has donated countless hours and years for helping Louisburg student athletes. He always went out of his way to help anyone and everyone. He wasn’t always just helping players. He would always check in on the coaches as well – checking on their well-being, their teams, and their families.

“Doc always went out of his way to make someone feel important and special. He was NEVER too busy for anyone. He will be greatly missed and he is irreplaceable. Thank you Doc D for everything that you have done for my teams, my family and for myself. You are someone I am lucky enough to call a friend.”

That dedication would not only be found after school in the evenings, but even before the sun came up as well.



Doc D checks out Louisburg's Hallie Hutsell following an injury during last soccer season.

"Doc D will be greatly missed," Louisburg volleyball coach Jessica Compliment said. "He unselfishly devoted many hours to our athletes and was always a phone call or a text away. I can't count how many times he would meet myself and an athlete or two at the school at 5:30 a.m. prior to departure for a volleyball tournament. Not only was he a great role model and mentor for the athletes, but he served as a great mentor to a young coach for the past 14 years. He will be greatly missed by many."

However, where Dennis is most recognized was on the football sidelines. He did anything from tending to injured athletes, mentoring future trainers and handing out free food or candy to the student section before certain games.

It wasn't gone unnoticed as many around the school and

community know what Doc D has meant to the district.

“If Louisburg had a Mt. Rushmore, Damon would definitely be up there,” Louisburg graduate and longtime coach Jeff Lohse said. “Doc is one of the most selfless people that I know. He was always more than willing to help anyone out and never expected anything in return. I consider Doc to be a great friend of mine and this is definitely bittersweet. I wish him and Karla nothing but the best as they open up this new chapter in their lives. Damon will be missed but his legacy in Louisburg will live on forever.”

Dennis always made sure to welcome the new coaches to the district and made them feel a part of the family and that was the case with boys basketball coach Ty Pfannenstiel when he came to the school three years ago.



Doc D was presented with a team signed helmet following the team's award banquet two years ago.

"Doc D is the most selfless man I know," Pfannenstiel said. "What Doc gave to this school and community is unprecedented. He cared so much for all of our athletes, there's no way we are going to be able to replace what he brought to this school. I feel bad for whoever is going to come in and try to fill his shoes – he set the bar way too high."

Dennis has been on the sideline for many of Louisburg's greatest athletic achievements, including three state football appearances and has watched many athletes along the way achieve great individual accomplishments.

He knows that he has been blessed to be able to be a part of Wildcat athletics in one form or another the last 28 years.

“As for favorite memories, it is not always about the wins and losses,” Dennis said. “The things I have most enjoyed is the time spent with athletes and coaches. The things that go on in the locker room, before and after games were the fun part. I have had a behind the scenes view of some pretty amazing people.

“Obviously the 2010 state football championship is at the top of the list. We had gone to the championship twice and come home in second on two occasions. It was a great group to be around and a great experience. If I had to choose a group of kids that really stand out the most, it would be the seniors my first year here (class of 1993). They welcomed me with open arms and made me feel like I was appreciated. I still speak to members of that class often and consider them friends. It was a really special group. I also loved seeing kids accomplish their dreams of success. Louisburg has had its share of champions and athletes that have gone on to do some amazing things.”



Doc D was also good with equipment as he works on Madden Rutherford's helmet prior to a game.

In his last week at the office, Doc D has seen a lot of visitors that have come to thank him for everything he has done. Although Dennis won't be around as much as he used to, he wants people to know that this isn't a farewell – but more of a see you later.

"I want everyone to know how much I appreciate their kind words," Dennis said. "There has been talk of various activities surrounding my career change that have been proposed. While I genuinely appreciate this, I don't think I can handle the attention. My emotions have gotten the better of me and I am not sure that I can handle any celebrations publicly, unless everyone wants to see me cry.

"I am not going away. I just won't be at 11 South Broadway or at the high school every day. Thank you to everyone that has

supported me as I have made every effort to support my community.”

No, Doc – thank you…

LHS sports preparing to start back up in June with summer workouts



Kansas high school sports has been absent since the middle of March due to the COVID-19 pandemic, but that all could change very soon.

During its board of directors meeting earlier this month, the Kansas State High School Activities Association made a change to its summer regulations. Starting on June 1, school employed coaches may begin summer programs as long as it is permitted by the community’s health authorities and the school district.

Coaches at Louisburg High School are making plans to move forward beginning the first of June, but they must meet some guidelines to do so.

In the first two calendar weeks in June, athletes will need to attend a conditioning session each day. Those must be completed to be able to participate in a coach’s camp or

organized competition.

If an athlete is playing football, they must complete an extra five days of conditioning before being able to participate in competition.

The first two weeks of conditioning sessions will not involve weights, indoor facilities or sporting equipment to ensure safety. Masks will be optional at workouts, but six feet of distance will be in place along with no more than the 90 gathering restriction under the phase 3 guidelines put out by the state.

Then on June 15, barring no setbacks, conditioning will include indoor weight sessions and indoor facilities will be allowed. Coaches will also be able to hold camps and competition throughout the summer.



Louisburg football coach Robert Ebenstein has plotted out summer workouts for his football team beginning with three weeks of conditioning starting June 1

“I think the guidelines were set to help ensure the safety of all student athletes accords the state, along with their physical health as well as the preparation for the season,” Louisburg football coach Robert Ebenstein said. “Challenges may be there, but overall they are irrelevant as all the teams in the state have to follow the same guidelines. Our school administrators have been very supportive throughout this process.”

Along with the new changes, KSHSAA also lifted the moratorium period at the end of the summer and will allow teams to practice all the way up to the beginning of the school year. Fall sports, however, will take precedence from Aug. 1 through Aug. 15.

For some programs, the changes won’t be much different as what they have experienced in the past, other than practicing social distancing through the first two weeks of conditioning.

“We are still allowed to compete in leagues and camps after all athletes have completed 10 days of conditioning/training,” Louisburg volleyball coach Jessica Compliment said. “Our summer weights program is changing some this summer, so it gives the players a chance to acclimate back into workouts before putting a ball in their hands.

“When you really look at the schedule, we lost the first two weeks in June (in terms of volleyball skill work), but we gained the moratorium week and have full contact until August 16. The fall season starts on August 17. Normally, we can’t have contact, outside of weights and conditioning, after mid-July. This actually gives us about four weeks on the back end of summer to work with the athletes.”



Louisburg volleyball coach Jessica Compliment has her normal summer scheduled planned out despite a different start.

Still, the new-look summer won't be without its challenges – especially in the first 10 days of the summer calendar. However, the coaches and athletes will gladly work around the new rules in order to get back together and competing again.

"I think the new guidelines will help kids get back to some normalcy as long as everything continues to get better, but the six feet of social distancing could be challenging when you are coaching a team sport," Louisburg soccer coach Kyle Conley said. "We will find a way to overcome these challenges and help the kids develop as much as possible."

Coaches have already altered their camp schedules for the summer, and that information, along with a list of camps, can be found here.

As for Louisburg cross country, the runners will also be going through a conditioning period like everyone else. They will meet at the football practice field at 7 a.m. for an hour every morning beginning June 1 and that will continue through the summer.

Since school has been out since the middle of March, coaches have tried to find a way to stay in touch with their players – and like with online schooling – the zoom platform has been a big help for coaches.

“Football has been doing online zoom workout together for those currently in high school every Monday, Wednesday and Friday while we have been out of school, so I have still been seeing them and they have been doing some cardio,” Ebenstein said. “We have as normal of a summer planned as possible. We will have our weights sessions, our team camp, review/skills night, and we will have our contact camp that KSHSAA is allowing.”

With everything going on around the state and the country, everything is still in limbo and dates could have to be altered once again depending on what local officials decide. Even with all that, the coaches believe there will be a fall season.



Louisburg soccer coach Kyle Conley has tried to keep many of his same events for both the boys and girls teams.

“I am confident our fall season will be played,” Conley said “It may have some things that are different, but we will play. I know that the boys are very anxious in having conversations with some of them.”

Many of the coaches and players are just ready to return to some kind of routine following the spread of COVID-19 and they hope sports can give that to them.

“As of right now, our season is scheduled, and we’ll plan accordingly if told differently,” Compliment said. “But for right now, (activities director Michael) Pickman has stressed that for most of the athletes, a return to summer weights/conditioning/activities will be their first taste of ‘normalcy.’ I’m excited to get back at it and see the athletes

and students again.”

Pickman named as new LHS activities director



Michael Pickman (left) was hired as Louisburg High School’s new activities director and assistant principal last week following the USD Board of Education meeting. Current Louisburg AD, Scott Hinkle (right), will move to the middle school to serve in the same capacity starting next school year.

Louisburg High School will have a little different look to its activities department for the 2020-21 school year.

Following the USD 416 Board of Education meeting on April 13, Michael Pickman was hired to serve as the school’s new assistant principal and activities director. Pickman will replace Scott Hinkle, who has been in that position for the last two years.

Hinkle will remain in the district and will move over to the middle school to serve in the same capacity.

“I had known for a while that I wanted to continue my education by getting a second master’s degree, but I didn’t really know which area,” Pickman said. “I talked with current

administration and was both inspired and encouraged to explore administrative leadership. This is the job I wanted because it meant staying in Louisburg and continuing to work with the staff and coaches who I know have, can and will achieve great things when it comes to our students and student athletes.

“We are a Louisburg family and I want my daughter in the Louisburg community and school system, so I wouldn’t have done this anywhere else. The atmosphere from district leadership to the building leadership is top notch and I am ready to grow as an educator and work alongside (principal) Jeremy (Holloway) and the administrative staff at the high school and the amazing coaches and support them.”

Pickman has taught English at the high school for the last seven years and has also worked in the Prairie View, West Franklin and Maur Hill Prep school districts.

He has also spent a lot of time in the athletic arena as he has served as the Wildcat boys and girls soccer assistant coach, alongside head coach Kyle Conley, for the last five-plus years.

“It will be tough to give up all aspects of it, but the magic of these soccer programs will be especially difficult,” Pickman said. “Kyle has been an amazing person to coach with and his passion is contagious. Getting to start the girls program with him and the immediate success has been amazing. State finals and big wins and the atmosphere – some don’t ever get to experience that – and lastly the players, both boys and girls who have graduated and those who remain to carry on the greatness are why I said yes to coaching. They make the whole experience amazing and fun.

“So it will be hard, but I would also not have gone anywhere else to do a different job and so I will still be able to support the soccer players and every other student and athlete through my new opportunity and to do so the Wildcat Way.”

As for Hinkle, he spent the last two years as the LHS activities director after coming from Liberal High School. He is excited that his new position at the middle school will allow him to spend more time with family.

“I really enjoyed my time at the high school, even though it was only two years,” Hinkle said. “I am leaving behind a great workplace with a great culture and an unbelievable staff. It was not an easy decision.

“I made the move to the middle school to get back some evenings and weekends. I have been an athletic director for 11 years at the high school level in my career, and I was ready to free up some time. I know I am joining another great staff at LMS, and look forward to the new challenge ahead of me.”