Week 1 Athlete of the Week: Myles Vohs



Here is the Louisburg Sports Zone Athlete of the Week for week one of the winter sports season, sponsored by Edward Jones-Craig Holtzen.

MYLES VOHS, JUNIOR, BASKETBALL

Louisburg junior Myles Vohs came up big for the Louisburg boys basketball team Friday in its season opener against Tonganoxie. The Wildcats scored only four points in the fourth quarter, but all four were big points from Vohs.

The biggest shot of the game came with 15 seconds left as Vohs hit a game-winner to give the Wildcats a 53-51 victory over Tonganoxie. Vohs was 4-for-4 from the field and had nine points on the night, including two steals.

The athlete of the week award is announced every Wednesday morning during the winter season and the winner is selected by Louisburg Sports Zone with the help of nominations from coaches.

Louisburg girls fall in opener to Tonganoxie



Louisburg junior Ashlyn Kuhlman pulls up for a shot Friday during the Lady Cats' season opener against Tonganoxie.

It was not the ideal scenario for the Louisburg girls basketball team going into its season debut Friday against Tonganoxie.

Louisburg struggled to get going offensively early, and couldn't play catch-up in a 48-28 loss to the Chieftains. All of the Lady Cat players saw their first significant varsity minutes on what is a senior-less team.

"I would say on Friday all of us were a little nervous — well a lot nervous," Louisburg coach Adrianne Lane said. "I think Tongie has a tough team this year and I bet they win a lot more games this year than they did last year. Our team had a rough start and Tongie started off super fast. We never got into our game because we were playing catch up."

Tonganoxie jumped out to a big lead early as the Chieftains outscored the Lady Cats 18-3 in the first quarter and took a 20-point lead into halftime.

Although the Lady Cats faced a big deficit, Louisburg did its best chip away at the Tonganoxie lead as it scored 19 second half points.

"I think a positive is the girls never quit," Lane said. "I felt like they played hard the whole game and every girl that got in the game came in off the bench and played hard. I also thought they played together. We kept running offense and working together."



Louisburg junior Sabra Brueggen battles for a rebound Friday against Tonganoxie.

Junior Ashlyn Kuhlman led the Lady Cats in three different categories. Kuhlman scored a team-high eight points to go

along with eight rebounds and three blocked shots.

Ally Brown and Jillian Asher were each second on the team with five points. Sami Lane finished with six rebounds and a teamhigh three assists.

Morgan Latham tallied five rebounds, Addy Stohs had four and Shylar Whiting had a team-high two steals. Sabra Brueggen had two rebounds, two assists and a steal in the loss.

Louisburg had a tough time containing Tongie point guard Alyssa Schoeneck as she tallied a double-double with 18 points, 10 rebounds and also had five steals.

The Lady Cats will try and bounce back tonight as they travel to Burlington. Tipoff is set for 6 p.m.

LOU 3 6 10 9 - 28

TON 18 11 14 5 - 48

LOUISBURG (0-1): Ashlyn Kuhlman 3-13 2-2 8; Jillian Asher 2-3 0-0 5; Ally Brown 2-8 1-3 5; Shylar Whiting 1-5 2-4 4; Morgan Latham 2-4 0-0 4; Sami Lane 0-6 2-2 2. Totals: 10-47 7-13 28. 3-point field goals: 1, (Asher)

Vohs hits game-winner to give Louisburg win over Tonganoxie in opener



Louisburg junior Myles Vohs drives in for a basket Friday during the Wildcats' season opener against Tonganoxie.

The Louisburg boys basketball team couldn't have asked for a better start to its season.

Louisburg jumped out to a fast start, took a big halftime lead and everything was primed for a big celebration after the game was over. The Wildcats still got to celebrate, but getting the win Friday over Tonganoxie wasn't easy.

The Chieftains rallied from a double digit deficit to tie the game in the second half, but Louisburg junior Myles Vohs hit a runner with under 15 seconds left to give the Wildcats a 53-51 victory.

"I am really proud of them," Louisburg coach Ben Doll said. "There is definitely stuff we can learn from. However, we would definitely rather learn from a win than a loss, so we will take it."

Not only did the Wildcats open with a victory, Doll, who is in his first season as Louisburg's head coach, earned his first varsity win after spending 20-plus years as an assistant coach at Blue Valley North and Lansing.

Throw in a dramatic game-winner and the Wildcats had plenty to

celebrate in their season season opener.

"It is awesome," Doll said. "I have been an assistant coach for a long time and have had a lot of big wins, so this one feels like a lot of those. It never seemed like the situation was overwhelming, but at the same time I had my family there and everyone was telling me congratulations and that is different from other big wins that I have had.

"It was a lot more special, especially for a game in December and not one in March. I told the guys after the game that I thank them. You only get one first win and it is with these guys, so I really appreciate how hard they played and how they stayed within the game."



New Louisburg head coach Ben Doll recorded his first win as a head coach Friday.

Louisburg struggled offensively in the second half and scored just four points in the fourth quarter, but those two baskets — both by Vohs — were in big moments.

With the game tied at 49-all, Vohs drove the lane for a basket to give Louisburg a 51-49 lead midway though the quarter. Then, the game was tied at 51-all, and after the Wildcats worked the ball around, Vohs found an opening in the Chieftain zone and hit a runner with 15 seconds left.

Tonganoxie tried to win the game, but the 3-point attempt at the buzzer rolled off the front of the rim and the Wildcats were able to survive.

"It was obviously huge," Doll said of Vohs' game-winner. "He did a good job of penetrating the zone and trying to get guys to collapse. On that possession, we did a really good job of doing that, especially Myles. It was a big shot by him and he was clutch."



Louisburg senior Nathan Parker led the Wildcats in scoring with 13 points.

Louisburg jumped on Tonganoxie in the first half as the Wildcats scored 12 unanswered points to start the game and eventually took a 39-26 lead into halftime.

The Wildcats were scoring at a frantic pace and Tonganoxie needed to try something to slow them down. The Chieftains put in a 1-3-1 zone and the Wildcats scored just 14 second half points.

"It is really tough to adjust to that after playing like we were, and that was great coaching by them," Doll said. "As a coach you reach a point sometimes where you have to throw a change-up and see if it works. It worked really well on us. Our goal was not to turnover the ball and that isn't a great way to play offense. It is just something we have to work on.

"The one positive about going against that zone is I think we got better at attacking it as the game went on. We had to play against it for much of the second half and I think that enabled us to attack it better."

Despite battling some foul trouble, senior Nathan Parker provided the Wildcats with a spark on offense as he scored a game-high 13 points, including 6 of 7 from the free-throw line.



Louisburg junior Gavin Lohse goes up for a shot against Tonganoxie.

Senior Luke Hill also found a lot of success from the outside as he finished with 10 points, including three 3-pointers.

The Wildcats did a lot of work on the glass as they

outrebounded Tonganoxie 36-20, including 15 offensive rebounds, which led to 12 second chance points.

Senior Brock Vohs did a little bit of everything for the Wildcats as he finished with six points, six rebounds and six assists.

Junior Gavin Lohse had a team-high eight rebounds and junior Conlee Hovey had seven.

Louisburg will try for back to back wins Tuesday as the Wildcats travel to Burlington for their first game of the season. Tipoff is set for 7:30 p.m.

LOU 20 19 10 4 - 53

TON 13 13 17 8 - 51

LOUISBURG (1-0): Nathan Parker 3-10 6-7 13, Luke Hill 3-9 1-4 10; Myles Vohs 4-4 0-2 9; Brock Vohs 3-8 0-0 6; Conlee Hovey 3-5 0-2 6; Gavin Lohse 1-5 3-6 5; Brady Hickey 1-5 0-0 2; Jaymes Melton 0-1 2-2 2. Totals: 18-47 12-23 53. 3-point field goals: 5, (Hill 3, Parker, Vohs)

Experience, new head coach ready to lead Wildcat basketball in 23-24



Louisburg's Luke Hill is one of five seniors on the Wildcat basketball team this season as they open play at home tonight against Tonganoxie.

The Louisburg boys basketball team will have a little different look to it this season after losing its leading scorer and rebounder from a year ago.

The Wildcats will also have a new leader on the bench in head coach Ben Doll. Despite some of those changes, Louisburg returns nine players that either started, or saw major varsity minutes a season ago.

It is that experience that has helped Doll's transition be a smooth one so far.

"It has been really good," Doll said. "We started by not having to make any cuts on the JV and varsity level, which was good. We were able to get into practice sooner and they have done really well so far. We have thrown a lot at them because it is a new system. We have had some really good practices and the jamboree we had was good for us too. I feel pretty good and I am hopeful we can get off to a good start before the break."

The Wildcats feature five seniors that will help lead the way this season as they try to improve off an 8-13 finish a year ago. Guards Luke Hill, Brady Hickey, Nathan Parker, along with forwards Brock Vohs and Jaymes Melton, will look to help the Wildcats get off to a good start.

Doll, who took over from former coach Ty Pfannenstiel, has liked what he has seen out of his senior class so far.

"They are going to be really important," Doll said of his seniors. "We have the right number of seniors and we are going to rely on them. Luke is recovered from his injury, and even though he hasn't really played high level basketball for 11 months, he has done a really good job at practice. Excited about all of them and we have a really good junior class as well. It really helped when Coach Pfannenstiel gave a lot of those JV guys some varsity minutes last year so they know what to expect."



Louisburg senior Brock Vohs is one of nine returning players with varsity experience from last season.

Juniors Conlee Hovey and Gavin Lohse will give the Wildcats some big minutes underneath the basket, while guards Myles Vohs and Luke Schultz will also play significant minutes throughout the season.

Although many players will be returning, the team will look a little bit different offensively as they have to replace an all-league player in Colyer Wingfield, who was their leading scorer last season.

"The basic offense stuff is about the same," Doll said. "Last year they had a really good player (Wingfield) that could score in a bunch of different ways, but we aren't going to have that this year and we don't need to have one guy do all that. That has been a little bit of an adjustment for them.

"It wasn't a bad thing for them last year because he was a really good player. The guys this year realize that we need to move the ball a little bit more and we will be better when we screen and come off screens, rather than just get the ball in our hands and create things that we don't want."

As important as the offense is, Doll knows the defensive end of the floor is just as important — if not more early on.

"Before the break, offenses won't be very advanced and most teams will have some inexperience out there," Doll said. "We need to be up in people's business and pressure defensively and create offense off turnovers. I think defenses will be ahead of offenses and we have to be good defensively in order to take advantage of that. We want to play fast and be able to run. People enjoy watching an up and down game and players like that. We are going to go 9-10 deep to start the year, so that will allow us to pressure more and guys can get more minutes."



Louisburg's Brady Hickey is one of five seniors on the Wildcat team this year.

A new rule for the high school level this year is the elimination of 1-and-1 opportunities at the free throw line. The new rule states each team will be given five fouls a quarter, and after that, each team will shoot two free throws and the team fouls will be reset after each quarter.

That change had led to different ways teams have approached those free shots going into the season.

"We have focused more on free throws in practice than we normally do at this point in the year," Doll said. "Free throws are one of those things where you tell them they are important, but don't do a lot with them in practice and you expect them to work on that on their own. We have had about 1 or 2 parts of every practice where we are doing different free

throw type drills. I like to do them after we do something hard when they are tired. If we are up there hitting just 1 of 2 or 0 of 2, that is glaring and costly. You have to make free throws and I think a lot of teams around the state are treating them more seriously."

Louisburg will try and get in the win column to start the season tonight as the Wildcats host Tonganoxie in a Frontier League matchup. Tipoff is set for 7:30 p.m. and Doll is knows his team has the potential to do good things this year.

"I just want to them to compete in every game," Doll said. "There will be games where we are down, but we are going to have to keep fighting. I told them this at one of our team meetings recently, is that you just have to be playing your best at the end. You obviously want to win every game, but it is a process and we are trying to build something."

New look Louisburg girls basketball team excited for season



Louisburg guard Jillian Asher is one of seven juniors who will lead the Lady Cats this season.

There aren't many years when a varsity basketball team will feature a totally different look to it going into a new season.

However, it is one of those years for the Louisburg girls basketball team.

The Lady Cats return zero starters from a season ago — and have no players who logged any significant varsity minutes in the 22-23 campaign.

On the other hand, Louisburg will feature a group of seven juniors who are looking forward to putting their fingerprints on the program.

"In my nine years of coaching I have never started a season with zero seniors, and not only that, but zero players with little to no varsity experience," Louisburg coach Adrianne Lane said. "Of course this is a challenge, but with the group of juniors that I have I know they are ready to step up and give this program all they have. These group of juniors are very competitive and they will battle every game."

Louisburg reached the sub-state championship game a season

ago, but the Lady Cats had to say goodbye to a big class of seven seniors and now they will have a new group looking making their own mark.

With a lot of new players, practice has been important to start the season and Lane has liked what she has seen so far.



Louisburg's Shylar Whiting is one of seven juniors who will lead the Lady Cat program this season.

"Practice has been going well," Lane said. "They are hard workers and they bring a lot of energy every day. We have practiced together with all teams a lot so far this season. The freshman group is strong so they make practice very competitive."

Juniors Jillian Asher, Ally Brown, Sabra Brueggen, Ashlyn Kuhlman, Sami Lane, Addy Stohs and Shylar Whiting will get a bulk of the minutes for the Lady Cats this season, but it is a

group that has played together for awhile.

After a solid junior varsity season a year ago, they are looking to find success at the varsity level with the help of some sophomores off the bench. Although they logged a few varsity minutes at times last season, it will be their first opportunity as varsity leaders.

"This group works extremely hard, they have come every day with a positive attitude and they are willing to learn," coach Lane said. "If they can keep team first, I do believe they will have a successful season."

Asher will serve as the team's point guard, while Brown, Sami Lane and Whiting will play on the wing. Kuhlman will split time on the wing and in the post, while Brueggen and Stohs will play underneath the basket.

"They have played together for many, many years, they know each other and they know where each other will be on the court," coach Lane said. "I think we will be quick and be able to transition well on offense and defense. The program as a whole is strong, our freshmen come in with a lot of talent and there are several JV players who are very strong as well."

Like most seasons, the Lady Cats will have a difficult schedule, including matchups against Frontier League programs. Louisburg opens its season Friday at home against Tonganoxie.

"I think the Frontier League is tough," coach Lane said. "I believe Baldwin will be one of the top teams this year. They will be quick and tough. Ottawa will also be a strong team. They are always physical and play extremely hard. Spring Hill will be tough again this year, as they have several returning starters from last year."

Baker excited to pursue basketball dream at Coffeyville



Louisburg's Ava Baker is looking forward to continuing her basketball career this upcoming season at Coffeyville Community College.

Playing basketball in college has always been on Ava Baker's to do list, in fact, it is right up at the top.

Thanks to a lot of hard work and dedication, Baker can now check that off.

Back in early May, Baker signed her letter of intent to play basketball at Coffeyville Community College this upcoming season. It was just the opportunity she was hoping for.

"To be able to sign and play basketball at the next level was a dream come true," Baker said. "I started playing basketball in the first grade, and playing in college has been my dream ever since."

Baker, who spent her last two years at Louisburg High School after transferring from Gardner-Edgerton, wanted to find a new home that was similar to Louisburg.

After visiting Coffeyville, it was apparent early on that Baker knew this was the place for her.

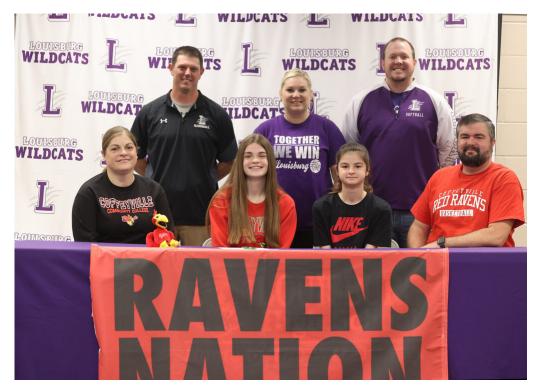
"When I went down to Coffeyville, I got to watch in on a practice and a game," Baker said. "The whole time I was there I just wanted to go out on the court with them, which was a feeling I hadn't had at a lot of the other schools I visited. They were laughing and having fun the whole time, and in a way it reminded me of Louisburg.

"Their playing style was also something that stood out to me. On offense they trust their players to take the right shot and on defense they play fast and in your face. It was all very similar to (Louisburg) coach (Adrianne) Lane's style and I am excited to continue playing that way."

Baker joins a Coffeyville team that finished with a 21-13 record a year ago and reached the Region VI championship game.

The Red Ravens are led by Tony Turner, who is entering his fifth season as head coach and he believes Baker will be able to help his team on the wing.

Baker is also excited about getting started on the academic side as well as she hopes to become an athletic trainer.



Louisburg's Ava Baker signed her letter of intent to play basketball at Coffeyville Community College this upcoming season. Seated next to Baker (from left) is her mother Stacy, sister Sophie and her father Kyle. Standing (from left) is Louisburg assistant Joel McGhee, head coach Adrianne Lane and assistant Nick Chapman.

"Coach Turner and I have talked quite a bit about where he sees me playing, since I play the 2-5 positions it gets kind of confusing," Baker said. "He said he sees me going back to a true shooting guard, which I was very excited about.

"My goals for Coffeyville are to help contribute and build off the successful season they just came off of. They have some good players that graduated and I'm ready to be that role player and do whatever it takes. Outside of basketball I plan to start on my journey of becoming an athletic trainer. They are one of the few community colleges in Kansas that offer special athletic training classes with a hands on program, which I am excited about."

Baker had a big senior season for Louisburg as she finished as an All-Frontier League honorable mention. She averaged almost eight points and had more than three rebounds a game. She also finished with 17 steals and 10 blocked shots. It was a memorable two years for Baker at Louisburg, and one she will always treasure.

"I feel my two years at Louisburg have helped turned me into the player I am," Baker said. "When I first came here I hated everything about defense, which is Lane's favorite part of the game, and she helped me grow to love it. Towards the end of my senior season I found myself often smiling because I was so eager to try and get the ball back.

"I also switched positions coming here, which I feel like has helped me grow a ton as a player and helped me get a better understanding of the game. Without coach Lane, coach (Nick) Chapman, coach (Joel) McGhee, and coach (Leanna) Willer, I don't think I would be where I am today. They have helped me grow and gain a type of confidence within myself to turn into the player I've become."

Tally ready to make her mark with Midland University basketball



Louisburg's Delanie Tally will join the Midland University basketball program this upcoming season after earning all-league honors with the Lady Cats.

Basketball has been a big part of Delanie Tally's life ever since she was in elementary school.

Starting next school year, its going to be an even bigger part as Tally has seen her dream become a reality — her dream to play college basketball.

Tally signed her letter of intent to play basketball at Midland University, an NAIA program in Fremont, Neb.

"I have been playing club basketball since the fifth grade, so it is really cool that I get to continue playing at the college level," Tally said. "Club ball during sophomore year is when I first started getting looked at by different schools, and that is when I decided to make it a goal of mine to play in college."

She achieved that goal and Midland helped make that happen. Tally took visits to several other program, and as it turned out, she saved her best for last.

Once she took the visit, Tally was drawn, not only by the athletic side, but the academic programs as well.

"Midland was actually the last school I visited, after many other potential schools," Tally said. "I was waiting for something to stand out from the rest of the schools, and while athletics is what brought me to Midland, I soon learned that this was a very academic focused school, which is very important to me.

"What stood out the most to me was the staff. They were not only very friendly, but they really strive to make a connection with each of their students and make sure they make it far in life following college. One of the first people I ran into on the visit was the President of Midland. She took the time to stop and introduce and welcome me to campus."

As far as the basketball side goes, Tally enjoyed getting to

know the coaching staff and she is excited to see where they will be able to improver her game.



Delanie Tally signed her letter of intent to play basketball at Midland University this winter. Tally is seated next to her mom, Abbie. Standing (from left) is Louisburg assistant coach Joel McGhee, head coach Adrianne Lane, Delanie's grandparents Susan and Clark Tally, Louisburg assistant Nick Chapman and coach T.J. Taylor.

"I immediately felt a good connection to this school once meeting the coaching staff," Tally said. "They were very easy to talk to and mentioned that they liked how much of a 'pest' I was on defense. Then went into further detail about how they were looking for someone who isn't afraid to be competitive, play scrappy on defense, and do what's best for the team.

"Once being told this, I knew that I could fulfill this role. I was expecting to talk to them for maybe 30 minutes, but we chatted for much longer, so I knew almost immediately it was a good fit."

Tally has been one of the Lady Cats' top 3-point shooters and her ability to score from the outside earned her All-Frontier League honors.

She was an honorable mention selection last season. Tally was second on the team in scoring for Louisburg as she averaged nearly 10 points a contest and led the Lady Cats with 47 3-

pointers on the season. She also led Louisburg with 47 steals.

Tally is grateful for all she learned with the Louisburg program as she prepares to take the next step in her basketball journey.

"During my time spent at Louisburg High School, I have learned just how important academics are; not only for college but for shaping one's life," Tally said. "I feel like because of the teachers and the classes I took here, they have set me up for success moving forward into college.

"As far as athletics, I've learned so many things about myself that I didn't realize prior to high school. The Lady Cat basketball players always pushed me to do my very best and became teammates and friends that I will truly never forget."

Kuhlman excited to continue basketball career at Peru State College



After serving as the starting point guard for the last three seasons, Louisburg's Brianne Kuhlman will join the college basketball ranks at Peru State for the 23-24 season.

Brianne Kuhlman has been a vital part of the Louisburg girls

basketball team the last three seasons.

Kuhlman was the Lady Cats' starting point guard since her sophomore season and helped Louisburg to a third-place state finish back in 2021. Basketball, needless to say, has been a big part of her life.

So much so, that Kuhlman wasn't ready to leave the sport that she loves behind.

Late in the spring, Kuhlman signed her letter of intent to play at Peru State College, an NAIA program in Peru, Neb., this upcoming season. It took her a little bit of time to decide, but when the finality of her high school career hit, Kuhlman knew she wasn't ready to be done.

"I had been going back and forth for along time to decide to play or not," Kuhlman said. "I thought about focusing on my education and just attend K-State for the best path for becoming a veterinarian. But it was around senior night I realized I wasn't ready to be done yet, and there's so many ways for my education route, but to have a chance to play basketball is only a one chance thing."

After deciding to keep playing, Kuhlman needed to decide on where her new home would be and Peru State checked a lot of boxes.

"Peru State was the right fit for me but when I went there, we actually had very low thoughts that it was gonna even be an option," Kuhlman said. "Then on the visit, the way the teachers and everyone was so welcoming and close, I just knew it was right for me. I only went on a few more visits after that and decided not to go on others. I just knew I loved the environment of Peru State and their science program and prevet options."



Louisburg's Brianne Kuhlman signed her letter of intent to play basketball at Peru State College next season. Seated next to Brianne are her parents Holly and Brian Kuhlman. Standing (from left) is Louisburg assistant coach Joel McGhee, head coach Adrianne Lane, assistant Nick Chapman, Brianne's brothers Bryce and Ethan, her sister Ashlyn and coach

Kuhlman was the floor general the past three seasons for Louisburg and was one of the top players in the Frontier League in 2023. She earned second team all-league honors.

On the season, she averaged 5.4 points and 3.7 rebounds a game. Kuhlman also led the team with 45 assists and had 26 steals.

"The Louisburg program really helped me to be prepared for the college level with all the extra summer work," Kuhlman said. 'The coaching staff was so encouraging and able to give me confidence and push me to play on. The program instills in us the little things that are gonna help me, and also instills in us a strong drive to always give 100 percent. I'm very lucky to have been a part of this program and the lessons it gave me to play on. Coach (Adrianne) Lane made so much possible and cared so much."

Like she has done the last three seasons, Peru State recruited Kuhlman to be one of the team's point guards and she is excited for her new opportunity.

"They see me as a fit to remain as a point guard and being a

big control player with leading and doing the little things like I was in high school," Kuhlman said. "For myself, I just want to fit in with everyone and try new things. It will be super nice to have access to the gym so close anytime I want and have people to do that with, which is super exciting."

Dobbins named Louisburg Sports Zone Male Athlete of the Year



Louisburg senior Mason Dobbins was voted by the LHS head coaches as the 2023 Louisburg Sports Zone Male Athlete of the Year

Mason Dobbins had a senior season to remember when it came to athletics.

Dobbins left it all on the field/court/track during his final campaign with the Wildcats and he put his stamp on it. Whether it was winning a league title in football, helping the Wildcats to a state runner-up finish in track or earning all-league honors in three sports — Dobbins enjoyed it all.

Those were just some of the reasons Dobbins was named the 2023 Louisburg Sports Zone Male Athlete of the Year.

"It means a lot to me to be named athlete of the year," Dobbins said. "It feels good to that know that all your hard work pays off."

He certainly put in a lot of work and it showed throughout the 2022-23 school year. It started during football season as the team's starting wide receiver.

The Wildcats finished as undefeated Frontier League Champions and Dobbins played a big role in that. Dobbins earned first team All-Frontier League honors at wide receiver with 25 catches, 382 yards and four touchdowns. He was also named honorable mention all-state.

Dobbins returned to the basketball court after taking a couple years off and his 6-foot-7 frame made an immediate impact as he led the team with 7.6 rebounds a game to go along with 1.5 steals and a block per contest. He was later named to the Frontier League All-Defensive Team.



Mason Dobbins was awarded the 2023 Louisburg Sports Zone Athlete of the Year award. Pictured with Dobbins is his coaches (from left) Ty Pfannenstiel, Andy Wright and Drew Harding.

However it was the track where he made his biggest impact.

Dobbins won the state championship in the high jump, and earlier in the year, broke the school record with a jump of 6 feet, 7 inches. He was a state runner-up in the 110-meter hurdles and also took third in the 200-meter dash.

He was also a part of the 4×100 -meter relay that also medaled third and set a new school record earlier in the year. In all, Dobbins won nine state medals in his Wildcat career.

At the state meet, Dobbins racked up 30 points to help Louisburg to a state runner-up finish as the Wildcats lost to Andale by just half-a-point.

"This past season was my best one yet," Dobbins said. "In football we were league champs. In basketball, I thought I played way better than I thought I would. Then in track, I was a state champ and we almost won a state championship. It was a lot of fun."

As easy as he made it look at times, competing in three sports has its challenges.

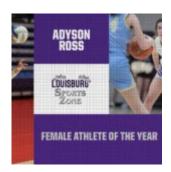
"It's definitely something that I am proud of," Dobbins said.

"Three sports can be a lot on the body, and for me to go without an injury the whole year, was a blessing."

Now that his high school career is finished, he is looking forward to starting a new chapter in his life — with the Northwest Missouri State track and field program.

"I am so excited to start my track career at Northwest," Dobbins said. "It's a whole different world than what high school track is, but I am ready for it."

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, Adrianne 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