# New rules create different vibe for first day of fall practice



The Louisburg High School football team opened the 2018 season with its first day of practice Monday and did so under different guidelines. Despite that, the Wildcats are excited for the start of the season.

On the horizon, it looked like a normal first day of practice.

More than 150 athletes took to their respective field, court or course to begin their journey to greatness Monday for the 2018 fall sports season. Excitement was abound and coaches were happy to be back with their players.

However, the first day of practice was a little bit different this year as the Kansas High School Activities Association implemented new fall heat acclimation rules in late July. The rules, applied to all sports, includes:

- Only one practice per day is permitted during the first five days of practice. All individuals shall only practice once per day for the first five days the individual practices, no matter when the person joins the team or if the person misses days due to injury/illness.
- No single practice may last longer than three hours. All

warm-up, stretching, conditioning and weight lifting is included as part of the three-hour limit.

- A separate walkthrough is permitted in addition to the single practice. The walkthrough cannot be longer than one hour and must be separated from practice by at least three hours of rest. A walkthrough is defined as a teaching opportunity with the athletes in which no protective equipment is worn. No physically exerting activity, including any conditioning or weight lifting, may take place during the walkthrough.
- Beginning on practice day six, double practice sessions are permitted for any individual who has completed five days of single practices. Double practice sessions cannot be held on consecutive days. The day following a double practice day would be either a single practice day or a rest/recovery day.
- On days of multiple practices, no single practice may last longer than 3 hours and total practice time combined shall not exceed five hours.
- To be deemed a practice, a majority of the squad members must participate in the organized team training session.

Those rules left most of the coaches at Louisburg High School having to readjust how they run their practices or tryouts.

The Wildcat boys soccer team, which normally conditioned in the morning and worked on skills in the afternoon, were forced to cram everything into one practice.

"I am extremely frustrated with the new KSHSAA rule," Louisburg soccer coach Kyle Conley said. "Before to protect the student athletes, we ran in the morning before the sun was up and when it was cooler out. Now we have to practice and condition in the afternoon in the heat of the day. Personally, I fill this will lead to more issues. It would be interesting to see who all was included in this decision and what the data said."



Eli Minster passes a ball to a teammate during a drill Monday during the first official day of practice.

Louisburg volleyball, which also holds tryouts, had to split up the grade levels during the process. Senior and juniors had tryouts in the morning as a group, while sophomores and freshman practiced in the afternoon.

"In the past, we were able to put every athlete, freshman through senior, on the court at the same time and separate out the tested areas," Louisburg volleyball coach Jessica Compliment said. "Physical testing had been in the morning with volleyball skill testing in the afternoon. Due to the change in the rule, we could no longer use that set up.

"It has forced a 'split' in the athletes because they can't all work out together like they have been all summer long. Because of our numbers, and the tests we feel are necessary in order to make cuts and squad roster decisions, we need to run the athletes through each test. We would not have enough time to do that if we had kept them all together and brought them in for only one session. Which means the athletes are that more anxious and excited to finish tryouts and start the season with their teammates."

There were also specific rule changes in regards to football, which forced Wildcat coach Robert Ebenstein to adjust his practice schedule as well, including the removal of two-a-days for the first week practice. Other changes include:

- Players must have a minimum of one day of rest/recovery during any week (Sunday- Saturday). Only injury treatments are permitted on a rest/recovery day.
- Days No. 1 and 2 of practice: Helmets only (air and bags only are permitted.)
- Days No. 3 and 4: Helmets and shoulder pads are permitted (Day 3: control permitted; Day 4: thud permitted.)
- Days 5 through Saturday of third week of practice: Full contact (air, bags, control, thud and live action permitted) may begin with exceptions that on any day involving multiple practices, only one practice may involve thud and/or live action.

"The changes with KSHSAA policies are what they are," Ebenstein said. "I think they were created with good intentions. Personally I feel that our practice tendencies over the last few years have put player safety as the No. 1 priority always, so in that regard not a whole lot will change for us. You are allowed to do a separate 'walk-through" other than practice which we will still do every morning at 6 a.m., so we still have that old school two-a-day feeling just the approach of what we do and how we will do it has changed.

"The only thing that confused me is the purpose of the change is for heat acclimation, but the wording of it will force us to condition our players in the afternoon when it is hot instead of in the morning when it is typically cooler. But most all of our players have been working their tails off all summer and are already in pretty good shape."

Despite the changes in practice, all four Wildcat programs are excited for what their season has in store. LHS had a large number of participants for the first day of fall practice as 163 athletes participated.

Ebenstein had 70 players attend the first day of practice, which is the highest number the Wildcats have had since he joined the staff in 2012. Louisburg also hopes to improve off its 6-3 record last season as they return 18 seniors, including several starters on both sides of the ball.

"Practice went well and it was good to finally get back on the field with the guys," Ebenstein said. "We are very excited for this season, as in every team in the state. The thing that separates us is how players, managers and coaches alike all really enjoy our time together. I am excited to coach, but I'm honestly excited to be around these coaches and kids again and give this season the best run we can."



LHS freshmen and sophomore volleyball players gather at center court during tryouts Monday.

On the volleyball side, the Lady Cats had 34 athletes show up for the first day of tryouts, which will end on Wednesday as Louisburg begins its quest to get back to the state tournament after finishing second a year ago.

"The first couple days are focused on running each athlete through a set of volleyball skills and physical skills tests," Compliment said. "The athletes did a good job for the first day, and we are looking forward to the next couple of days.

"Over the course of the summer, we had a lot of athletes participate in summer league matches, summer camps, team camps, open gym and weights. They are ready to get the season going. There is a lot of excitement among the athletes and a lot of anticipation for the season."

Coming off a spot in the state quarterfinals, the Wildcat boys soccer team had 38 athletes compete for a spot on the team as they try to make another run in the playoffs.

"It was nice to see so many kids out for the team," Conley said. "The boys work incredibly hard and we very supportive of each other. With having so many new players coming out for the team, we did a lot of teaching and developing expectations for the drills and why we do things. It was actually the first time in three years the majority of the team completed the mile under six minutes, which was fantastic.

"It is a great time of the year with a lot of optimism. The boys were very upbeat and very focused on getting better. With only four seniors, we are extremely young and we will need to do a lot of teaching."



Trinity Moore (center) leads a pack of runners during the first day of practice Monday at LHS.

As for cross country, numbers have dwindled a little for head coach John Reece as he has close to 25 runners out this season, but he has a good group of runners coming back, including state medalist Trinity Moore.

The girls team is also hoping to make a return trip to state this season after qualifying for the first time in school history last year.

"The first practice was great," Reece said. "We are going to have more girls than boys, but it seems like they are in shape and ready to start training for our first race.

"The kids are jazzed about the season and the girls are wanting to do even better than last year. I believe success builds the team numbers."

# Hinkle ready to take on role as LHS activities director



Walking into Scott Hinkle's office, it doesn't appear he started a new job two weeks ago.

The moving boxes are mostly gone. His desk is organized with everything in its place, along with a calendar crammed full of upcoming events.

Hinkle is not shy to tell people about his love for the Boston Red Sox. Sitting on one wall are two older chairs from Fenway Park, along other memorabilia.

The one thing that Hinkle hasn't caught up on is his efforts to get some purple gear. An avid Kansas Jayhawk fan, he hasn't had need to purchase any purple flair in the past. Seems like that will change shortly as he was hired as the new activities director and assistant principal at Louisburg High School earlier this summer.

"I have been a Jayhawk fan all my life," Hinkle said. "It will be a little weird to wear purple that is for sure, but I am sure I will get used to it. Before I left my old job, people found out where I was going so they started giving me little gifts with purple on it, like markers and stuff like that. They definitely got a kick out of that."

Hinkle takes over for Jeremy Holloway, who was promoted to principal at LHS and becomes the third activities director in as many years to take over that spot.

"My wife has family in Kansas City and I have family in Wichita and so we were looking to come this way," Hinkle said. "I had a couple friends that told me that the Louisburg position had opened up. I had heard of Louisburg a long time ago. I actually coached at Ottawa University in the early 90s and was familiar with the area. I came up, interviewed and here I am. It has obviously worked out well.

"Everyone has been so helpful and friendly and it is a good time to be coming to Louisburg. I am excited to be here."

Before taking the job in Louisburg, Hinkle had spent the last 22 years in the Liberal school district in a variety of roles. He served as the boys high school basketball coach, along with nine years as an activities director, a year as the head girls basketball coach at the local community college and last year he served as assistant principal at the high school.

Hinkle graduated from Valley Center High School, and went on from there to earn his bachelor's degree from Friends University, where he played basketball, and his master's from the University of Kansas.

Basketball has always been a passion for Hinkle, but during his time as activities director at Liberal, he had a chance to learn the life of other sports as well.

"Liberal changed a lot from when I first got there in the mid 90s when they were a football and track powerhouse," Hinkle said. "There were just athletes galore, but the culture kind of changed. We were really good in soccer and decent in track and volleyball. We still had good kids and good athletes, but it was a big transition as far as sports go when I first got there. My kids grew up there and being involved and being able to watch their events was something that has always appealed to me.

"Basketball has always been in my blood. Other than my nine years as athletic director, I have coached in some capacity and I am a big basketball fan. Obviously, being an athletic director I am just a big sports fan in general."

Still new in town, Hinkle is still trying to get to know his coaching staff, but he is excited about the situation he is walking into with the Wildcats finishing as state runner-ups in volleyball and girls soccer last season. Several cross country, golf, wrestling and track athletes also earned state medals.

However, if there is one thing he wanted to relay to everyone is that he wants to give his coaches the freedom to run their programs.

"I want to let the coaches, coach," he said. "I am not going to be the guy that says this is how we did things in Liberal and I am not that type of leader. If it comes to the point where they need some advice, I want to be a resource for them. I don't want to be someone that is looking for something.

"I have met a few of the coaches. I have let them know that I am here if they need anything. I have stopped by the weight room to speak to a few coaches and some have stopped by to introduce themselves. I am still learning names and faces. We have a coaches meeting on the  $10^{\rm th}$  and I will see and learn a lot more about them then."

With all the success the Wildcats had last season in the sports arena, Hinkle is happy to be a part of the LHS family and is learning new things about the town every day.

"I have heard all types of things," he said. "I have heard they take football pretty seriously here. I know they were state runner-up in volleyball and girls soccer last year and that is an exciting thing to walk into. I think expectations are obviously high in those sports, but I think everyone always has high expectations. I am not going to do anything different than normal and I am just going to sit back and observe for a while and take it all in."

Hinkle will experience some different things along with his new position. This season, the Frontier League will welcome three new teams — Bonner Springs, Piper and Tonganoxie — and will say goodbye to De Soto.

Another big change will be the postseason formats with several sports as the Kansas State High School Activities Association reshuffled their classification system, eliminating Class 4A-Division II.

"With the changes in the league, the classification system and being a new AD, it is probably a good time to be coming on," Hinkle said. "The learning curve is going to be the same for all of us.

"I walked into a good situation for scheduling because (Holloway) already had everything all taken care of," he said.

"I think the dynamics of the league are going to change. Liberal's former girls basketball coach is the coach at Piper and I know a little bit about them. As far as the programs and rivalries, that is something that is going to come with time."

Even with all the changes in his life — moving, starting a new job, getting to know new faces — Hinkle is ready for what lies ahead and the staff at Louisburg has helped with that transition.

"It has been a whirlwind and it has been information overload," he said. "It is a lot of the same things I did in Liberal as athletic director, I just haven't done it for the last five years. Being an assistant principal at Liberal last year, I think, helped me prepare for the principal side.

"People have just gone out of their way to be helpful. From the administration to the custodial staff to the secretaries, everyone has been super helpful. When I was out around town, people have welcomed me and it has been a friendly feel everywhere I have been."

#### Team, KU camp brings Louisburg volleyball together



Junior Reilly Ratliff-Becher makes a pass during a drill while freshman Chase Kallevig looks on during the final day of the

#### Louisburg volleyball team camp on July 11.

The Louisburg High School volleyball team is about nine months removed from one of the best — and most heartbreaking — finishes in school history.

In late October, the Lady Cats were a point away from winning the school's first state championship against Rose Hill, but came up just short in what was a memorable state title match. Louisburg is hoping to use that defeat to their advantage in 2018 and the Lady Cats came together over the summer to get back to work and try to get back to the state title game.

That work picked up on July 9 when the Lady Cats took part in a 3-day team camp in an effort to redevelop that team chemistry from a year ago. Louisburg also spent its summer competing in summer league action and open gym workouts.

"We had 35 athletes attend the summer camp, and I am anticipating around 40 will try out in August," Louisburg coach Jessica Compliment said. "We had a few who were unable to attend, but overall I was pleased with how the camp went. We've been running open gym sessions and league nights throughout the summer, so the players had already put in a lot of time on the court."

The purpose of the camp was to also bring everyone together to work on fundamentals since it had been 7 to 8 months since some of them had been on the volleyball court.

'This was the first time we had a solid week to just focus on volleyball and building individual and team skills and goals," Compliment said. "We really wanted to focus on areas we'd noticed during league matches or open gyms that needed strengthening, but we also wanted to strengthen up our basic skills. The camp allowed us to break up into smaller groups and focus more on specific skills."



Louisburg head coach Jessica Compliment talks with her players during their team camp on July 11.

On July 12, 20 players ventured to the University of Kansas team camp for three days in Lawrence, where they competed against some other programs in the area, along with learning tips from some of the Jayhawk coaches.

According to Compliment, it was the perfect way for the team to end its summer competition.

"We worked a lot on team drills and competition play at KU," Compliment said. "Over the course of the summer, we've had three different groups playing in summer leagues and lineups varied from week to week based on who was in town and able to play. The three days at KU allowed us to focus a little more on finding some consistency, but there were still changes to the line ups made during each session and day. It was helpful to see how the groups and individuals adjusted to the changes,

and it allowed us to see if there were changes in chemistry when players moved around.

"Between open gyms, weights, summer league matches, and both camps the players have put in a lot of work. It's always fun to see how the players and groups progress from the start of summer to the end of summer camps. The KU camp is the final thing we do as a team over the summer, and there were big strides made from the first summer league match to the last match played at camp."

The 2018 campaign has the possibility of being another special season for the Lady Cats. Of the starting eight players from last year, six of them are returning, including the Class 4A Co-Player of the Year in Anna Dixon. Setter Carson Buffington, middle hitter Haley Cain, defenders Riley Kallevig and Reilly Ratliff-Becher and outside hitter Erin Lemke also return.



Haley Cain tips the ball over the net during a drill at the Lady Cat team camp.

Even with several players coming back, Compliment saw her team get better and believes it was a successful summer.

"We still have a ways to go and a lot that needs ironing out, but we have a group of athletes that are hungry for the season to start," she said. "Placing second at state is a great accomplishment, but there is still a feeling of unfinished business among the players.

"We do have a solid crew returning, and I've seen a lot of good play out of all of the athletes this summer so I think we should be fairly solid. They are hungry for another shot at state. They understand that it won't be easy and that they can't take anything for granted. They will need to work harder than everyone else. Nothing will be handed to them."

# LHS' Compliment named head coach for KVA all-star match



Louisburg High School volleyball coach Jessica Compliment was recently selected to be the head coach of the Blue Team during the Kansas Volleyball Association all-star match Saturday at Washburn University in Topeka.

Louisburg volleyball coach Jessica Compliment has had many good things happen during her 12 years on the bench.

She is now able to add another to her long list of accomplishments this weekend.

Compliment was recently named as the head coach of the Blue Team for the Kansas Volleyball Association (KVA) annual allstar match Saturday at Lee Arena on the Washburn University campus in Topeka. Compliment will be joined by Wellsville head coach Eric Evans and Meade head coach Leann Krier.

"It's a great honor to be selected and recognized by the KVA," Compliment said. "I'm not quite sure what the whole weekend will entail. I know a coach from each classification was selected to represent their class and I'm honored to be representing 4A and will be coaching alongside two other great coaches. We met up this morning to discuss practices and then we will meet with the players. I'm excited to meet the players as well."

Compliment has tallied a 311-189 record while at Louisburg and has led the Lady Cats to six state tournament appearances, including a second place finish in 2013 and another runner-up performance this past season.

Players selected are first nominated by their high school coaches (who must be KVA members), and then recommended by committee to fill the squads. Teams are determined and divided into two based on achievements, positions, classifications, collegiate plans and availability, according to a KVA news release.

The blue team is consisted of Danielle Dodge, Washburn Rural; Savannah Yost, Thomas More Prep; Laken Schroeder, Concordia; Jana Owens, Blue Valley West; D'Ovion Williams, Blue Valley North; Kassidy Pflughoeft, Central Plains; Kailey Ince,

Hesston; Lacey Angello, Lansing; Mackenzie Pease, Manhattan; Marrisa Bates, Silver Lake; Zoe Schultz, Wheatland/Grinnel and Lindsey Fletcher, Blue Valley West.

Compliment will coach against the red team, led by Matt Allin, Blue Valley North; Lindsay Hothan, De Soto and Janelle Maier, Otis-Bison. The Red Team is comprised of Katie Glatzack, Centralia; Amanda Desch, Topeka-Hayden; Kenzie Smith, Manhattan; Alaina Dunlavy, Hesston; Amber Hildebrand, Wamego; Shianne Cook, Olathe North; Sydney Johnson, Beloit; Kayla Vitztum, Thomas More Prep; Brianna Bradshaw, Kingman; Taylor Antonowich, Newton; Trisha Mathewson, Axtell, and Elle Barrett, McPherson.

### 2018 Female Athlete of the Year Nominees



For the past two 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 highlight them a little bit. So this year, I wanted to take it a step further.

This 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."

Although I am giving out the award, I wanted the process to 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 will then vote for their top 3 male and female and then I will tabulate the results and determine the winner. In the next couple of weeks, I will announce this year recipient.

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

### 2018 LOUISBURG SPORTS ZONE FEMALE ATHLETE OF THE YEAR NOMINEES



Bailey Belcher, Senior, Basketball and Girls
Soccer

Belcher led the Wildcat girls soccer team to a state runner-up finish this past season as she was among the leading scorers on the team with 28 goals and 14 assists, which included five hat tricks. She is a three-time all-Frontier League and all-state first teamer, and has been a team captain for the last two seasons.

She holds the Louisburg record for most goals in a season with 33 and in a career with 91. She is will continue her soccer career at Missouri Southern next season.

Belcher was also a starter on the Lady Cats' basketball team and earned honorable mention all-league honors after averaging eight points, four rebounds and two steals a game.



### Carson Buffington — Junior — Volleyball, Basketball and Girls Soccer

Buffington helped the Louisburg volleyball team to a state runner-up performance in the Class 4A-Division I state tournament as the team's setter. She finished the season with more than 1,100 assists and had 30 aces. She also helped out defensively with 244 digs.

She earned second team all-Frontier League honors and was also placed on the Kansas Volleyball Association's (KVA) all-state second team. Buffington was also selected to the KVA all-state tournament team.

On the basketball court, Buffington earned second team all-Frontier League honors and led the league in rebounding for the third straight season. She averaged 11.6 rebounds a game to go along with 9.2 points and 2.7 steals from the forward spot.

Buffington also served as the back-up goalie for the Wildcat soccer team and saw action in several varsity games.



Anna Dixon - Junior - Volleyball

Dixon played a big role in the Lady Cats' state runner-up volleyball team this past season. As an all-around player, Dixon led Louisburg with 613 kills and 61 blocks on the season. She was also third on the team with 58 aces and 329 digs.

She earned first team all-Frontier League and all-state honors. Dixon was named as the Kansas Volleyball Association's Class 4A-D1 Co-Player of the Year and was selected to the KVA

all-state tournament team.

Dixon also earned Best of Kansas Preps selection by the Topeka Capital-Journal, which is a new award this season. She has committed to Kansas State University to play volleyball in the fall of 2019.



Carlee Gassman — Sophomore — Cross Country, Basketball, Track and Field

Gassman had a record-breaking season for the Louisburg track team. She broke a 29-year old school record in the 300-meter hurdles in early April and then broke her own school record several more times this season, including at the Class 4A state meet where she ran a time of 45.68 to finish second in the state.

It was her first of two state medals on the season as she also finished fifth in the state in the long jump with a mark of just more than 17 feet. She also won a regional title in the 300-meter hurdles.

Gassman was also a consistent runner on the Wildcat cross country team that qualified for the state meet for the first time in school history. She served as the No. 2 runner for most of the season.

On the basketball court, Gassman saw a lot of varsity time for the Lady Cats as well as one of the team's point guards.



Holtzen had a record-breaking season in the pole vault this past season for the Lady Cats' track and field team. She broke her own school in the event with a vault of 11 feet, 6 inches

and went on to finish sixth at the Class 4A state track meet with a clearance of 11-0.

She was also a league and regional runner-up, while also running on legs of the  $4\times100$  and  $4\times400$ -meter relay teams.

On the cross country team, Holtzen was a consistent runner on a varsity team that qualified for state for the first time in school history.

On the basketball court, Holtzen served as a team captain and was a full-time starter for the Lady Cats at the guard spot.

At the end of the school year, Holtzen became the first Lady Cat in several decades to earn 12 varsity athletic letters and did so while earning a 4.0 GPA, which is first in her class.



#### Sophie McMullen - Senior - Volleyball

McMullen was another key piece to the Lady Cats' success this past season on the volleyball court. She made the switch from setter to outside hitter and defensive player to help Louisburg to a state runner-up campaign.

She was first on the team with 114 aces to go along with 437 digs defensively. As an outside hitter, McMullen added 381 kills.

McMullen was selected to the all-Frontier League and all-state first team and was named to the Kansas Volleyball Association all-state tournament team. She was also selected to the Greater Kansas City Coaches Volleyball Association all-star team.

McMullen signed to play volleyball at Northwest Missouri State this coming fall.

# OPINION: 2017 was a banner year for Louisburg



Having the opportunity to cover Louisburg High School athletics, for what has been almost 10 years now, I have seen a lot of different highs and lows.

I have been lucky enough to cover state championship teams and

watched several athletes perform at the highest level. However, this last year has to be one for the record books when it comes to success at Louisburg High School.

For Wildcat athletics, 2017 was a banner year for many reasons.

Louisburg qualified for the state tournament in three different sports — volleyball, girls soccer and boys basketball — and the first two each placed in the top four.

The volleyball team was just a point away from winning the school's first state title after the Lady Cats finished second to defending state champion Rose Hill, and tied for the best finish in school history.

The Wildcat girls soccer team qualified for the state semifinals in just its second year of existence and suffered a heartbreaking 1-0 loss in the semifinals to eventually take fourth overall.

In boys basketball, the Wildcats qualified for the state tournament for the first time in 12 years despite getting knocked out in the first round by defending state champion Bishop Miege.

Most schools would love to have that success with their athletic programs, but for Louisburg, that was just the tip of the iceberg. As special as the seasons were for those three programs, the Wildcats also thrived in a few other sports.

Louisburg's cross country program, which has been around for 19 years, had the best season in its history — by far. Not only did the Wildcats have three state medalists for the first time ever, but it had a year that featured the school's first female league champion in Trinity Moore and the best league finish by a male, Wyatt Reece, who took second.

Tim Smith continued the Wildcat success as he became the

school's first regional cross country champion, and Moore, Reece and Smith each went on to win a state medal. Moore and Smith also set school records for the fastest time.

The Wildcats also qualified the girls team for the first time in school history as Moore, Carlee Gassman, Reilly Alexander, Isabelle Holtzen, Kaitlyn Lewer, Payton Shaffer and Emily Williams took third at regionals and eventually 10th at state.

The Wildcat wrestling team tied a program best by qualifying eight for the state tournament and came back with a medal by Ryan Adams, who finished sixth.

Louisburg's track and field team persevered and qualified for state in 10 events and had two regional champions in Quinn Rigney and Chris Williams. Isabelle Holtzen and T.J. Dover each brought home their first state track medals.

The boys soccer team was one goal away from making its second consecutive trip to the state semifinals, but their run was halted by a loss to McPherson in state quarterfinals. Still, the Wildcats won a regional title, which was the seventh in team history.

Freshman Calvin Dillon led the Wildcat golf team this past year and recorded the program's first state medal in more than decade as he took 10th overall.

All these things and more I described in detail when releasing my top 10 stories of the year and what a year it was.

Obviously, I haven't had a chance to look through all the results, but I can't imagine a more successful year for LHS when you are talking about athletics. There may have been years in the 70s, 80s and 90s that I don't know about, but I find it hard to imagine one that tops 2017.

Sure, the 2010-11 school year featured two state championship teams in football and boys track and field and that was a

fantastic time to be Wildcat, but as far as calendar years go, 2017 was one to remember.

Even outside the sports world, Louisburg High School put together many great accomplishments as the Wildcat Marching Band was selected to participate in the Tournament of Roses Parade and put on a great show for the nation on New Year's Day.

Then in October, the FFA Food Science team of Hallie Hutsell, Faith Seuferling, Addie Katzer and Hattie Harris won a national championship, while Hutsell and Seuferling placed second and third in the nation, respectively.

I don't get a lot of opportunities to cover programs or groups outside the sports world, but these are fantastic accomplishments and deserved to be recognized.

For me, 2017 was a whirlwind. It seemed around every corner, school history was being made and there aren't many schools around the state that can boast about the successes Louisburg has experienced.

It was an honor for me to cover many of these historic runs in Wildcat history and I hope you all realize how lucky you have it. Louisburg is a school filled with great coaches who care about the student athletes.

Believe me, I know how fortunate I am to be able to be a part of something special and this place is it. If 2018 is half of what 2017 was, it will be a fun ride.

I can't wait for what 2018 has in store and hopefully you all will follow along to see what these Wildcats can accomplish.

#### Top 10 Stories of 2017



It was a successful, and eventful, 2017 for Louisburg High School athletics and for those who are connected to the Wildcat program. This past year created a lot of school history for LHS and several programs brought back state hardware to Louisburg.

Below are the Top 10 stories from 2017, along with a brief explanation of each. Included in the explanation is the link to the actual story from the event.

This year was a blast to cover and I was blessed to have the opportunity to go along for the ride with many of these. As much fun as it was, I can't wait for 2018 to begin. Looking forward to it!



Louisburg's Calvin Dillon earns his first state golf medal as a freshman as he took 10th at the state meet.

#### 10. Dillon medals at state golf

Louisburg freshman Calvin Dillon certainly didn't play like a first-year varsity player as he led the Wildcat golf team all season. Dillon finished  $10^{\text{th}}$  at the Class 4A state tournament in Wamego and became the first Wildcat golfer to earn a state medal in several years.

Dillon made the state tournament alongside senior Ty Martin, who finished in  $28^{\text{th}}$  place overall after he earned his second straight state appearance.



Isabelle Holtzen earned her first state medal in the pole vault as she took seventh back in May.

### 9. Holtzen, Dover earn first state track medals



T.J. Dover finished eighth

in the discus at the Class 4A Kansas State Track and Field Championships in Wichita.

Junior Isabelle Holtzen and senior T.J. Dover both ended their track and field seasons on a good note as they earned state medals in late May at the Class 4A state meet in Wichita.

Holtzen had a big season in the pole vault as she ended seventh in the state after she cleared 10 feet. Earlier in the year, Holtzen broke a 15-year old school record in the pole vault as she topped 11-1.

Dover made his second consecutive trip to the state meet and finished strong in his final high school performance. He took eighth with a throw of 143-4.

The Wildcats qualified for the state meet in 10 events and had two regional champions in junior Quinn Rigney (100-meter dash) and sophomore Chris Williams (400 dash).



### 8. Frontier League adds three schools, says goodbye to another

For the Frontier League, 2017 brought a lot of changes to a league that has featured seven schools for the last several years.

Starting in the 2018-19 season, the Frontier League will add three new schools. Piper, Tonganoxie and Bonner Springs each accepted invitations to join the league last April to create a 10-team league.

It is didn't stay 10 teams for long as De Soto will make the move to a different league during the same season. The current league will be made up of nine schools: Louisburg, Paola, Ottawa, Spring Hill, Baldwin, Eudora, Piper, Tonganoxie and Bonner Springs.



### 7. Louisburg boys soccer wins regional crown

The Louisburg High School boys soccer team was trying to make its second consecutive trip to the state tournament this past season and the Wildcats almost got there.

Although the Wildcats fell to McPherson in the state quarterfinal game in late October, Louisburg put together another successful season that included a 1-0 victory over Independence in the regional championship game.

The Wildcats finished the season with a 13-6 record and earned the school's first Frontier League championship since 2010.



Junior Ryan Adams celebrates after he earned a state medal at 138 pounds.

## 6. Wildcat wrestling qualifies eight for state, Adams picks up medal

The Louisburg High School wrestling team had an historic season as it qualified eight for the Class 4A state wrestling tournament, which tied for the most in school history, during the regional tournament in February at Frontenac High School

Thad Hendrix (106 pounds), Nathan Keegan (120), Kyle Allen (126), Ryan Adams (138), Dylan Meyer (145), Austin Moore (170), Austin Raetzel (195) and Mason Koechner (285) all competed at the state tournament in Salina.

Adams earned the school's lone state medal on the season as he finished sixth overall at 138 pounds.



Louisburg head football and boys track and field coach Gary Griffin retired from the district after 32 years. It was one of many changes for the LHS athletic department.

## 5. LHS goes through staff/coaching changes

The 2017-18 school year looked a lot of different than in previous years for Louisburg High School athletics.

LHS saw a lot of changes in its coaching staff and in the administration as well. Activities director Darin Gagnebin stepped down and was replaced by current director Jeremy Holloway.

In the coaching department, former head and assistant football Gary Griffin retired from the district after 32 years with the high school and Louisburg promoted assistant Robert Ebenstein as the new Wildcat head football coach.

Jason Nelson resigned his post as the Wildcat head boys basketball coach and he was replaced with Ty Pfannenstiel. Griffin and Greg Darrington also resigned as the boys and girls track and field coaches, and were replaced by Andy Wright (boys) and John Reece (girls).



Louisburg cross country runners (from left) Tim Smith, Trinity Moore and Wyatt Reece each ended the season with a state medal.

## 4. LHS cross country earns three state medals, qualifies girls team

The Louisburg High School cross country team might have had

its best season in its 19-year history in 2017.

The Wildcats thrived against some of the state's best competition as seniors Wyatt Reece, Tim Smith and sophomore Trinity Moore all earned state medals at the Class 4A meet in Wamego.

Moore recorded the highest finish for a female runner in school history as she finished fifth in the state and broke her own school record in the process with a time of 19 minutes and 47 seconds.

In the boys race, Reece picked up his first state medal with a time of 17 minutes and finished 11<sup>th</sup> overall. Smith, who won a regional title the week before, came in 15<sup>th</sup> with a time of 17:05. Smith was the first Wildcat to win a regional title in school history.

Louisburg also made history as the Wildcat girls team qualified for the state meet for the first time after they finished third at their regional in Burlington. Moore joined Isabelle Holtzen, Reilly Alexander, Carlee Gassman, Kaitlyn Lewer, Payton Shaffer and Emily Williams to make up the sevenmember squad that finished 10<sup>th</sup> in the team standings at state.

Earlier in the year, Moore became the school's first Frontier League champion, while Reece recorded the highest league finish in boys history as he took second at the league meet.



## 3. Louisburg boys basketball earns first state tournament berth in 12 years

The season may not have started out the way the Louisburg boys basketball team would have liked, but it certainly finished on a positive note.

Louisburg knocked off rival Paola in the sub-state semfinals and then defeated Fort Scott in the championship game in early March to earn its first sub-state championship since 2005.

The Wildcats earned the No. 6 seed and squared off with eventual champion Bishop Miege at the Class 4A state tournament in Salina. The Stags ended the Wildcats' season with an 81-47 loss.

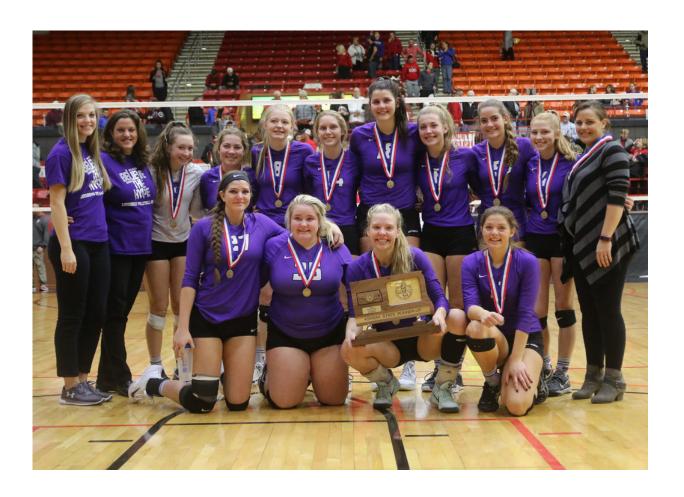


### 2. LHS girls soccer finishes fourth at state tournament

Louisburg's girls soccer program has only been around for two years, but the Wildcats have set high expectations from the beginning and that continued in 2017.

The Wildcats advanced to the Class 4-1A state semifinals for the first time in school history as they defeated Piper with a 2-1 victory in overtime. This victory came off their second consecutive regional title as they knocked off Bonner Springs.

At the state tournament, Louisburg faced off with Thomas More Prep and suffered a heart-breaking 1-0 loss in the semifinals. The Wildcats moved on to the third-place game against Maize South and eventually finished fourth overall.



## 1. Lady Cat volleyball ends season as state runner-up

The Louisburg High School volleyball team was just one point away from not only becoming the school's first state volleyball champion — but also the first female team to win a state title in Louisburg history.

As close as the Lady Cats got, they came up just short against defending state champion Rose Hill in late October at the Class 4A-Division I state championship. Louisburg fell 23-25, 25-10 and 29-27 in heartbreaking fashion to finish as the state runner-up.

Still, it was an impressive season for Louisburg volleyball as it finished with a 34-10 record. The Lady Cats reeled off wins over Basehor-Linwood, Bishop Miege and Rose Hill in pool play and then downed Wellington in the state semifinals.

The Lady Cats received several accolades as junior Anna Dixon

and senior Sophie McMullen earned first team all-state and all-league honors. Dixon was also named as the Co-Player of the Year in Class 4A-Division T.

Junior Carson Buffington was also named to the all-state tournament team with Dixon and McMullen.

# McMullen excited for opportunity at Northwest Missouri State



Louisburg senior Sophie McMullen helped the Lady Cats to three state tournament appearances during her career at Louisburg High School, including a runner-up finish this year. She signed her letter of intent on Nov. 15 to play volleyball at Northwest Missouri State next fall.

Volleyball has always been a part of Sophie McMullen's life and life has been really good to McMullen as of late.

First, McMullen helped the Louisburg volleyball team to a runner-up finish at the Class 4A-Division I state tournament last month. Although her high school career has come to an end, a new beginning for the Louisburg senior is right around

the corner.

During a ceremony in front of family and friends on Nov. 15 at LHS, McMullen signed her letter of intent to play volleyball at Northwest Missouri State and is looking forward to spending the next four years as a Bearcat.

"The process of recruiting was crazy and finding the right home was a big deal for us," McMullen said. "I think that I found the right home and I am super excited to be able to sign with them and go down there during the summer to see what it is all about."

The decision was a difficult one at times as she had offers from other programs, but McMullen appreciated the loyalty from the Northwest coaches.

McMullen had been recruited by the Bearcat staff for several years, including a time when she transitioned into different positions.

"What really stuck out was the coaches," McMullen said. "I don't really like having too aggressive of coaches. I like having a coach who will help me when I am in need of help, not when I am doing well. These coaches are just really supportive.

"They have watched me since I was a setter back in 2014. They have watched me a long time and have seen me develop into a hitter and a right side hitter. They saw something in me back when I was a setter and stuck with me and I appreciate that."

McMullen played a big role on the Lady Cat volleyball team this season. She led Louisburg with 114 aces and 437 digs. As an outside hitter, McMullen was second on the Louisburg squad with 381 kills.

She was also recognized as one of the top players in the state in Class 4A. McMullen was a first team all-Frontier League selection and was also named to the Kansas Volleyball Association all-state first team. She was later to chosen to participate in the MO-KAN senior all-star match.



LHS senior Sophie McMullen signed her letter of intent to play volleyball at Northwest Missouri State on Nov. 15. Sitting next to Sophie are her parents Sarah and Scott McMullen and her sister Corinna. Standing (from left) is LHS assistant volleyball coaches Mary Quinn and Leanna Willer, head coach Jessica Compliment, LHS activities director Jeremy Holloway and Dyansty club director Bryon Larson.

It was a long road for McMullen, who started her Louisburg career as a setter her freshmen season. She was also the Lady Cat setter as a sophomore as she helped Louisburg to back-to-back state tournament appearances.

McMullen eventually transitioned into an outside hitter, where she helped Louisburg to a runner-up state finish as a senior, which was her third state tournament appearance.

"In Louisburg volleyball, I started off as just a little fish just trying to make it," McMullen said. "I was a freshman and scared of all the seniors. I was just trying to go do my own thing until Comp (head coach Jessica Compliment) asked me to be the JV setter. I was really excited about that, but then halfway through the season she asked me to suit up for varsity and I obviously hadn't experienced anything like that before.

"This year was an eye opener. Coming back from the loss to Paola at substate my junior year, it took us down a couple notches, but this year I think was one of the best in Louisburg volleyball history. Being a part of it was amazing, but now I realize high school volleyball is over and it pulls at the heart strings a little bit. I am ready for the next level though and excited to experience the college volleyball atmosphere."

The love of volleyball for McMullen started in fourth grade as she spent most of her days hitting the ball against her garage door. The constant banging annoyed her parents at times, but McMullen had a hard time putting the ball down.

Instead of punishing her parents' house, she intends on taking it out on her opponents during her time at Northwest. Playing at a high level is something she had always wanted to do.

"I knew I wanted to play in college the minute I touched a volleyball," McMullen said. "I always thought of myself as that 5-1 setter and nothing else. I never thought I would be recruited as a hitter, but now it is my favorite thing to do. Hopefully I will be able to do it well in college."

Northwest seemed like the best destination for McMullen, who not only looked for the right fit for her, but somewhere where she could be close to her family.

"Distance was a big deal for me," she said. "I was looking at

a school in South Dakota and I just felt that I wanted to be close with my family, be with my sister (Corinna) and see her grow up. I think it was a big deal for her to see me play volleyball so it would be cool if I could be there every time she played. I didn't really want to leave my family. I am kind of a homebody and I like being spending time with my family and I don't think I could have gone nine hours away."

McMullen will join a Bearcat program that earned a No. 5 seed in the MIAA Tournament earlier this month, but lost in the first round to Central Missouri State and finished the year with a 17-15 record.

"I am being recruited as an outside hitter on the right side as of right now," she said. "I think I could potentially play defense, but they are pretty heavy there right now. I think myself, along with the rest of the signing class from this year, can come in and help the team."

## Dixon named player of the year; Lady Cats haul in honors



Louisburg High School junior Anna Dixon was named the Class 4A-Division 1 Co-Player of the Year by the Kansas Volleyball Association when the all-state team was released Sunday.

Dixon, along with teammate Sophie McMullen, was selected to the first team, while junior Carson Buffington was named to the second team.

The Louisburg High School volleyball team found itself just points away from winning the school's first state championship, but despite that, had one of the better finishes in program history.

The Kansas Volleyball Association (KVA) took notice of the Lady Cats' success and gave one of their players the highest honor it can bestow.

Junior Anna Dixon was named the KVA Co-Player of the Year for Class 4A-Division I and headlined the all-state team that featured two other Louisburg players.

Senior outside hitter Sophie McMullen also earned first-team honors with Dixon on the seven-member team, while junior setter Carson Buffington was awarded a spot on the second team.

Dixon shared the player of the year honor with Rose Hill junior Gracie Van Driel. The two players squared off in the state championship match in late October and will do so again in college as Dixon has committed to Kansas State and Van Driel will play at the University of Kansas.

"It is a great feeling," Dixon said. "I was very excited when I heard about being named player of the year and was even more excited when I heard I got to share it with one of my really close friends. Her and I have a very special friendship. Even though we are supposed to be enemies, with her going to KU and me going to K-State, we are still each other's hypeman and best friend off the court.

"She is a stud athlete and so are the rest of the amazing

players that were selected for all-state honors. I'm very thankful to be named player of the year and very proud and happy for the rest of team and their hard work."

Dixon put together a strong season for the Lady Cats as she led the team with 613 kills and 61 blocks on the season. The 6-foot-3 outside hitter was also third on the team with 58 aces and 329 digs.



Senior Sophie McMullen earned first team all-state and all-Frontier League honors this season.

McMullen, who will play at Northwest Missouri State next season, also had a big year for the Lady Cats as she was first on the team with 114 aces and 437 digs. As an outside hitter, McMullen was second on the Louisburg squad with 381 kills.

These weren't the only honors Dixon and McMullen have received this season. Both players were named to the Class 4A-DI all-

state tournament team and were also first team selections in the Frontier League.

"Both Sophie and Anna had strong seasons," Louisburg coach Jessica Compliment said. "They both helped carry and lead the team throughout the season. However, it took the work of the entire team to accomplish our goals for the season. Without each player knowing and understanding their role on the team, we wouldn't have been as successful and neither would have Sophie or Anna."

A lot of those kills from McMullen and Dixon came thanks to the sets of Buffington. The Louisburg junior performed well in her first year as the team's full-time setter.

Buffington finished the year with 1,111 assists as she helped the lead the Lady Cats to a 34-10 record on the season. Defensively, she was also a factor with 244 digs and had 30 aces from behind the service line.



Setter Carson Buffington recorded more than 1,000 assists this season and earned second team all-state and all-league honors.

Along with the all-state selection, Buffington was also named to the Class 4A-DI all-state tournament team, along with a second-team all-Frontier League selection.

"Carson really grew this season and did a good job of running our offense," Compliment said. "Seeing her being recognized for her hard work is great and shows that others recognized that as well."

Sophomore middle hitter Haley Cain and sophomore libero Riley Kallevig also received honors from the Frontier League coaches. Both players were named all-league honorable mentions.



Sophomore middle blocker Haley Cain earned honorable mention all-league honors.

Cain was third on the Louisburg team with 182 kills and was second on the Lady Cats with 28 blocks. She also ended the year with 38 aces.

As for Kallevig, she helped the Lady Cats in the back and from behind the service line. As the libero, Kallevig was second on the team with 382 digs to go along with 61 aces.

"Riley and Haley were both returning starters from last year, but I think this year they finally came out of their shells and really showed what they were capable of," Compliment said. "Throughout the season, they had their 'sophomore' moments, but they both play with such composure on the court that you couldn't tell they were sophomores.



Riley Kallevig was second on the team in digs from her libero spot and was named honorable mention all-league.

"That composure really showed at the end of the season. They both made some huge plays at the state tournament, and their play made the difference in a few of the sets."

#### **KVA Class 4A-DI All-State Team**

#### First Team

Anna Dixon, Louisburg, outside hitter, junior

Gracie Van Driel, Rose Hill, middle blocker, junior

Elle Barrett, McPherson, outside hitter, senior

Sophie McMullen, Louisburg, outside hitter, senior

Riley Oglevie, Ulysses, outside hitter, junior Serena Sparks, Bishop Miege, libero, junior Emily Witt, Rose Hill, setter, senior

#### Second Team

Carson Buffington, Louisburg, setter, junior

Jaycee Burghart, McPherson, setter, junior

Tasiah Nunnery, Hays, outside hitter, sophomore

Brooklyn Strobel, Andover Central, libero, sophomore

Riley Tinder, Basehor-Linwood, outside hitter, sophomore

Hannah Willey, Abilene, outside hitter, junior

Danyel Yardley, Rose Hill, libero, senior

#### Honorable mention

Turner Alderson, Abilene, libero, junior

Kate Gordon, Independence, outside hitter, sophomore

Amber Hildebrand, Wamego, outside hitter, senior

Ava Seaton, Basehor-Linwood, outside hitter, junior

Payton Verhulst, Bishop Miege, outside hitter, freshman

Jaden Walters, Abilene, setter, senior

Laney Ward, Bishop Miege, setter, senior

PLAYER OF THE YEAR: **Anna Dixon, Louisburg**; Gracie Van Driel, Rose Hill

COACH OF THE YEAR: Melissa Segovia, Rose Hill

#### ALL-FRONTIER LEAGUE VOLLEYBALL

#### FIRST TEAM

Ally Barnhart, De Soto, junior

Maya Bascom, De Soto, junior

Haley Cuba, De Soto, junior

Anna Dixon, Louisburg, junior

Sophie McMullen, Louisburg, senior

Kamryn Shaffer, Ottawa, senior

#### **SECOND TEAM**

Carson Buffington, Louisburg, junior

Jenna DeVore, Ottawa, senior
Audrey Flowers, Baldwin, junior
Riley Foltz, Eudora, junior
Loren Hinkle, De Soto, junior
Jordan Johnson, Paola, senior

#### **HONORABLE MENTION**

Jasmine Boyd, Eudora, senior

#### Haley Cain, Louisburg, sophomore

Cassy Crist, De Soto, junior

Alli Frank, Spring Hill, freshman

Sutton Jung, Ottawa, senior

#### Riley Kallevig, Louisburg, sophomore

Allina Kerns, Ottawa, junior
Riley Moore, De Soto, senior
Alexia Nelson, Baldwin, senior
Anna Ohlmeier, Paola, senior
Keagan Shockley, Eudora, sophomore
Kaleigh Scott, Paola, senior
Skyler Williams, Paola, senior

## OPINION: Lady Cats inspired fans with successful season



The Louisburg High School volleyball team celebrated a point during the Class 4A-Division I state tournament on Oct. 27 in

#### Salina.

It has been more than a week since the Louisburg High School volleyball team had to watch Rose Hill storm the court and celebrate its second straight state championship.

Trying to figure out just how much those Lady Cat players were hurting as Rose Hill won match point is something that is difficult to quantify. Needless to say, it was probably a lot.

On three different occasions, Louisburg found itself one point away from winning a state title and becoming in the first team in Lady Cat history to win a team championship in any sport.

The loss was gut-wrenching — at least it was for me.

If I could feel that horrible, I can't imagine what those players were going through. I didn't have a child on the team, nor was I there during the offseason and practice to see how much work the girls put into the season, but I could still feel their pain from across the court.

The entire Louisburg fan base that made the trek to Salina could feel it too. There were a lot of people who connected with this group of girls. They watched as these players grew throughout the season and saw the potential they had.

There weren't many opponents that were all that excited about facing the thundering kills of Anna Dixon or Sophie McMullen, or the stingy Louisburg defense that got better as the season went on. Riley Kallevig, Reilly Ratliff-Becher, Carson Buffington, McMullen and Dixon all came up with big digs throughout the year and became a strength of the team.

Middle hitters Haley Cain and Mikayla Quinn, along with outside hitter Erin Lemke, saw their confidence grow and it showed in the state tournament. They came up with big plays against Bishop Miege and Rose Hill to help Louisburg go

undefeated in pool play to start the state tournament.

Buffington also became comfortable as the team's full-time setter as she had good chemistry with her hitters, especially McMullen and Dixon. When it mattered most, the Lady Cats were a well-oiled machine.

It was all set up to be a happy ending for Louisburg volleyball — a program that has suffered heartbreak several times on the state level. The Lady Cats have a number of runner-up, third and fourth place finishes, but haven't been able to pin down that championship.

As bad as that loss hurt, Louisburg continues to build on its rich volleyball tradition. To finish second in the state is a fantastic accomplishment and one that shouldn't be forgotten.

This team also showed a younger generation of players what it takes to become great and 'Believe The Hype' — the motto the Lady Cats used all season to remind themselves what it means to be a Louisburg volleyball player.

Let me share one, very small example, with you.

My daughter, who is in elementary school, has just started playing volleyball. She is really starting to enjoy it and wants to get better at it.

She is always banging the ball on the wall in her room or against the garage door. The noises drive me nuts.

In just a few months time, she has become interested a sport I never thought she would like. Part of the reason is she sees the success this Lady Cat team has enjoyed.

When Louisburg qualified for the second day of the state tournament, she wanted to go with me to Salina. A girl, who is normally a pain the butt to get up early for school, had no problems waking up at 6 a.m. and making the drive with her dad.

She wanted to support her favorite Lady Cats.

To the Lady Cat players — I just wanted to let you know, that even in a loss, she had a time that she will never forget. You also probably already know this, but you have a lot of other little girls around town who look up to you all and are inspired by what you have accomplished.

There are girls, like my daughter, who have aspirations of hitting the ball as hard as Anna or Sophie when they get to high school, or maybe setting them up like Carson. Maybe they want to be in the middle of it all like Haley and Mikayla, or just maybe they want to dive on the floor for a dig like Riley and Reilly.

You may have not captured a state championship, but you won the hearts of a lot of future Lady Cat volleyball players. You taught them what it takes to believe in themselves and come together as a team.

Your performance at state shows what it takes to keep a strong tradition alive.

You showed them what it means to 'Believe the Hype.'

So for that ladies — thank you for taking all of us on the ride with you. It was a season a lot of us will always remember — not with disappointment — but with pride.