

Lady Rockets beat Bell and Berea; face Jackson County Friday night

The Lady Rockets fashioned a relatively easy win at Bell County last Thursday night for their 16th win of the season 78-56.

The Rockets ran out to an 11-2 lead in the first quarter, prompting Bell County's coach to call a time-out to regroup but it didn't help much as the Rockets were ahead 21-10 at the first quarter stop.

The second quarter saw the Rockets go into a slump, allowing the Lady Cats to come to within three at

21-18 before regrouping themselves for a 37-24 first half margin.

In the third, with Coach Chrysi Noble substituting freely, the Rockets outscored the Cats 18-12.

Seniors Jessie Rickles and Rachelle Hammond tied for scoring honors for their team with 16 each. Amber Denney got 10; Amber Fain 8, Laura Beth Bell 7; Jessie Hayes, Amy Barnett, Bryanna Russell and Allison Antlerkin 4 each and Lauren

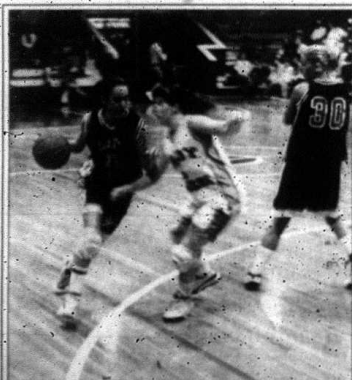
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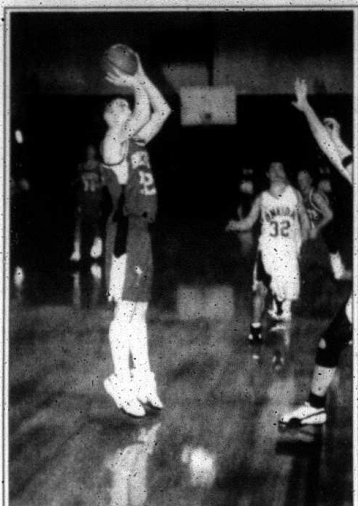
Ashley Mink, #30, fights for a rebound against Jackson County. The Lady Rockets will travel to Jackson County Friday night to try and avenge an earlier loss to the number one ranked team in the state. Also in the photo is #12, Amber Fain.



Junior Amber Denney, #14, defends a shot in a recent game against Clay County. Denney is ranked in the top twenty in field-goal percentage in the state.



Rachelle Hammond works around a defender in a recent game with Monticello. Also in the photo is #30, Ashley Mink.



Junior Andrew Hammond scored 14 points, pulled down 14 rebounds and blocked five shots in the Rockets win over Oneida Monday night. Hammond was also the leading scorer for the Rockets with 15 in their 61-33 win over Harlan last Saturday.

Girls' track team wins Panther Indoor Games for second straight year

The RCHS track and field teams recently competed at the 2001 Panther Indoor Games, an annual event held at the Farmham Dugdon Civic Center in Frankfort. Despite the cold, icy weather conditions, nine teams were on hand for the state's first indoor track meet of the season. The RCHS girls' track entered the competition as the meet favorite having won the competition a year ago. The boys' team hoped to make up for their lack of depth with solid individual performances.

The girls placed first overall for the second straight season. They finished with 142 points and defeated their nearest opponent, Clay, 3A's South Oldham, by 25 points. Several girls figured prominently in a very balanced scoring attack for Rockcastle. Tara Abney led the way with a total of 28 points. Sheena Swinney finished with a total of 27 points. Cheyenne Carmack scored 26.5 points; Heather Hammond had 23 points and Mindy Bullock scored 21.5.

The meet got off to a great start for the girls. Senior hurdler Tara Abney dominated the field in the 50-meter hurdles. Tara easily won the event and set a new RCHS school record with an awesome time of 9.1 seconds. Senior Mindy Bullock also ran an exceptional race, finishing third overall with a time of 9.7 seconds.

The girls also dominated the 50-meter dash. Freshman Sheena Swinney won the event for the second year in a row, winning the short sprint by an amazing three-tenths of a second. Sheena tied the RCHS record for the event with a time of 7.1 seconds. Senior Cheyenne Carmack and Sheena both had posted times of 7.1 seconds in past competitions. Eighth grader Heather Hammond ran an unbelievable race, and finished third overall with a time of 7.5 seconds. Eighth grader Chere Embbs was very close behind and finished fourth

in 7.6 seconds. Mindy Bullock ran well and placed sixth overall with a fast time of 7.8 seconds. Cheyenne Carmack and Tara Abney, experienced track difficulties with their races resulting in inaccurate times. Cheyenne was clocked at 7.9 seconds and Tara covered the distance in 8.1 seconds; however, timed video footage of both races revealed the errors. Tara was even forced to start her race three times in a failed attempt to correct the mistake. Despite the difficulties, Cheyenne placed seventh and Tara 12th.

Cheyenne made sure the timer's had nothing to do with the outcome of the 400-meter dash. She sprinted to an easy first place finish with a new Panther Indoor Games record time for an RCHS girl - 1:04.5. This was an improvement of 1.4 seconds over last year. Sheena Swinney improved her time by nearly three seconds with a third place finish with an outstanding time of 1:07.6. Heather Hammond ran an exceptional 400 and finished 5th overall in 1:10.2. Seventh grader Makaylah Bryant made her indoor track debut in the 400, with a very successful race. She finished seventh overall with a tremendous effort of 1:13.9. Seventh grader Danielle Arnold ran very well and placed 10th in 1:15.3. Chere Embbs was not far behind, finishing with a solid 11th place effort and a time of 1:16.7.

Cheyenne faced a new challenge in the 800-meter run, an event she had never participated in before. Cheyenne has been training for the event in hopes of improving scholarship opportunities at some of the schools that are recruiting her including Louisville, Morehead State, Cumberland and Western Kentucky. Her hard work has evidently paid off. She blazed her way to a first place finish with a new RCHS record time of 2:33.7. Seventh grader Jessie Adler ran a great race and placed 13th in 2:58.4. Seventh grader Kayla Hayes

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Boys win three, 13-4 on season

The Rockcastle County Rockets went into Oneida on Monday night and came away with a very important district win 73-53.

It was the Rockets sixth straight win and thirteenth of the season, against only four losses.

It was also the Rockets third win in the district against only one loss.

The game was tied at 30 and at 40 in the third period, but the Rocket pressure became too much for the Mountaineers as the Rockets pulled away in the fourth quarter.

The contest was a lot closer than the final score.

"We played extremely hard against a team that could have beaten us," head coach Clayton Cash said.

"Our defensive pressure finally got the best of them and we turned out offense up a notch in the second half," he said.

Junior Andrew Hammond turned in an excellent performance with 14 points and 14 rebounds. He also blocked five shots.

"We need that kind of performance from him every game," Cash said.

Senior Jeremy Neeley led the Rockets in scoring again with 21 points. Neeley scored 14 of his 21 in the second half.

Point guard Aaron Cash, who scored 27 points on Friday night at Whitley County, picked up 13 against Oneida, while setting out a lot of the second half because of foul trouble.

Sophomore Aaron Anderkin scored twelve points in the game, ten of them in the second half and eight in the fourth quarter. Anderkin also pulled down 11 rebounds.

Senior Josh Rowland had nine points and six rebounds, while senior Thomas Coffey, scored one, but grabbed eight rebounds.

Sophomore Jason Reynolds added three points during some qual-

ity minutes in the first half and sophomore Chris Settles played a number of minutes but did not score.

The Rockets will travel to Jackson County on Friday night, to take on the Generals in a district showdown.

"Anytime you go into their place, to play it is a tough game and we don't expect anything less," Cash said.

"They are a young team, but they have been playing good lately and we will have to be at our best on Friday night to win," Cash said.

The Rockets defeated Jackson County 78-67, in a game played at RCIS on December 4.

Since then, Jackson County has won ten games, including the 13th region All A title.

The Lady Rockets will also play at Jackson County on Friday night, as they will take on the state's number one ranked girls team.

The Lady Generals are undefeated this season and last Sunday won All "A" Classic in Richmond.

The Lady Rockets are also having a good season with a mark of 17-3. The team ranked third in the region.

The Rockets hosted Harlan County last Saturday, defeating the Green Dragons soundly, 61-33.

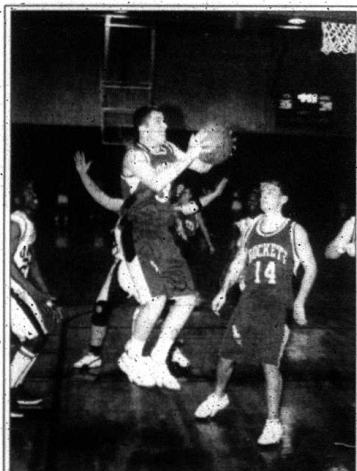
The Rockets had their best first quarter of the season, scoring 21 points to Harlan's nine.

Andrew Hammond led the Rockets in the first with 8 points. Josh Rowland and Aaron Cash each had five and Aaron Anderkin had 3.

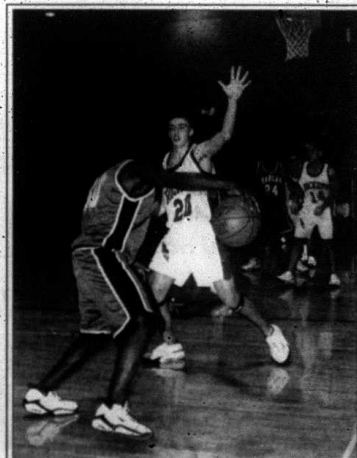
The second quarter was just as defining for Rockcastle, as they outscored Harlan 17-10 to go into the locker room with the 38-19 halftime lead.

Aaron Anderkin hit 3 three's in the second, with Jeremy Neeley, Thomas Coffey, Jason Reynolds and

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Sophomore Aaron Anderkin goes for two of his 12 points in the Rockets 73-53 win over Oneida Baptist Monday night. Anderkin is ranked in the top ten in the state in three point field goal percentage. Also in the photo is #14, Thomas Coffey, who pulled down eight rebounds in the Rocket victory.



Jason Reynolds defends a Harlan player Saturday during the Rockets 72-51 win. Reynolds scored five points in the victory.