

Girls' track team places third at Lake Cumberland Classic

The RCHS track and field teams competed recently in the Lake Cumberland Classic Track and Field Invitational in Somerset.

Twenty teams representing all three competitive classes were present. The RCHS girls' team, currently ranked first in Class 2A, began the meet short-handed. Team members Tara Rowe and Morgan Thacker were committed to basketball tournaments. Morgan Kincaid was competing in a speech competition and Cher Emba did not compete due to injury. To make matters worse, sprinter Sheena Swinney sustained an injury early in the contest that kept her from competing in her last three events. Distance runner Jessica Asher was also unable to compete in her events due to physical problems. RCHS was not able to compete in any of the four relays in the meet. Despite all this, the RCHS girls that were present raised their competitive level a couple of notches resulting in an awesome third place finish. Danville, the top-ranked Class A team won the meet, with Mercer County finishing second. RCHS would have likely won the meet with all competitors present and had defeated both teams in the Patriot Games at Lincoln County a week earlier.

Freshman Heather Hammond once again led RCHS with many outstanding performances. Most notable of which occurred in the 300-meter low hurdles. Competing in only her second hurdle race ever, Heather ran a state best 48.1 seconds and easily finished 1st in the event. Heather also broke the previous RCHS record held by former RCHS great Tara Abney, now a Berea College hurdler and sprinter. In the 400-meter dash, Heather ran a season's best time of 1:01.3 and placed 1st overall, easily outdistancing the competition. Heather recorded another 1st in the high jump competition. She leapt an impressive 4'10" and did not attempt any other heights in order to conserve energy for her other events.

In the long jump competition, Heather improved to a season's best 15'7.25" and placed 3rd. She totaled an amazing thirty-six points in the meet and led all competitors in scoring. Even more amazing is the fact that Heather's point total would have defeated every team except for four,

meaning she would have placed 5th in team scores by herself.

Senior Clarissa Hubbard also had an outstanding meet. She finished the meet as the second leading scorer for RCHS. In the shot put competition, Clarissa performed exceptionally well and finished 1st overall with a season's best performance of 32'2.5". Clarissa also threw very well in the discus competition. She finished 2nd overall with an impressive effort of 103'6". Freshman teammate Kelli Doan competed well in shot put and finished 19th overall with an effort of 21'9.25". Senior Doris Bismark threw a personal best in the discus competition. She finished 7th overall with an awesome effort of 79'2".

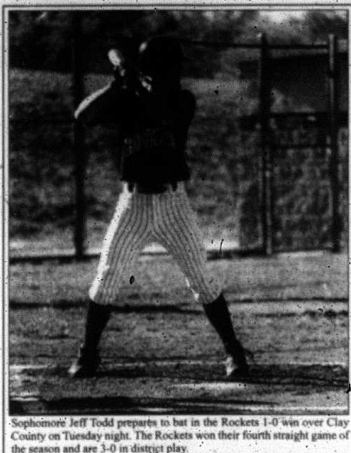
Eighth grader Kayla Hayes ran a jaw-dropping 1600-meter race. Kayla finished with a personal best time of 5:57.2 and placed 5th overall. Teammate Jessica Asher struggled through growing pains with an exceptional effort of 6:39.9. She placed 20th overall. In the 3200-meter run, Kayla also ran a great race and finished 8th in 13:27.1, despite having to endure an incredible side stitch midway through the race. Kayla also ran well in the 800-meter run and finished 8th overall with a superb time of 2:47.7.

Freshman Sarah Parsons competed in her first 100-meter high hurdle race ever, Sarah ran very well and finished 12th overall in 19.9 seconds. Sarah also competed for the first time in the 200-meter dash. She ran a great race and finished 13th in 39.2 seconds.

Sophomore Sheena Swinney ran a fast 100-meter dash before taking a terrible fall near the finish. It appeared that Sheena's time was the fastest as she easily won the fastest heat, however, an apparent misplacement by the official timer placed Sheena third overall with an effort of 13.6 seconds. Sheena sustained scrapes and bruises from her fall, including an injury to her foot that left her unable to finish the meet.

Danielle Arnold ran very well in the 400-meter dash, despite being called upon late in the meet to replace Sheena. Danielle finished with an excellent time of 1:10.7 in 14th place. Danielle also ran a great 800-meter race. She finished 13th overall with a time of 2:47.7.

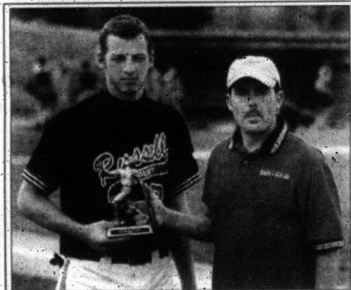
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Sophomore Jeff Todd prepares to bat in the Rockets' 1-0 win over Clay County on Tuesday night. The Rockets won their fourth straight game of the season and are 3-0 in district play.



Head RCHS baseball coach J.D. Russell was presented with an American flag by field rep. Sandy Ballcock of Woodruff of the World during the Rocket Invitational on Friday. The flag flies over centerfield.



Tony Maffey, right, presents Jim Smith, with the Home Run Derby Championship trophy on Saturday. Maffey's Quick Lube sponsored the event, which was held during the Rocket Invitational.

Definitions for line scores:
LOB- Left on Base, HP - Wild Pitch, BK - Strike, CP - Caught Stealing, SB - Stolen Base, IP - Innings Pitched, BF - Batters Faced, R - Runs, ER - Earned Runs, ERA - Earned Run Average

Oneida Baptist (Visitor) vs. Rockcastle Co. (Home)												
Rockcastle Co.	AB	R	H	HR	PO	A	E	F	SB	CS	BB	ER
As. Cash	2	2	2	1	0	0	0	0	0	0	0	0
D. Taylor	2	0	0	0	0	0	0	0	0	0	0	0
A. Anderson	3	0	0	0	0	0	0	0	0	0	0	0
Dev. Russell	1	0	0	0	0	0	0	0	0	0	0	0
B. Bismark	3	0	0	0	0	0	0	0	0	0	0	0
J. Bray	2	0	0	0	0	0	0	0	0	0	0	0
M. Kincaid	1	0	0	0	0	0	0	0	0	0	0	0
R. Swinney	1	0	0	0	0	0	0	0	0	0	0	0
M. Taylor	1	0	0	0	0	0	0	0	0	0	0	0
M. Saylor	1	0	0	0	0	0	0	0	0	0	0	0
A. Alexander	1	0	0	0	0	0	0	0	0	0	0	0
Totals	28	2	2	1	0	0	0	0	0	0	0	0

Batters: 28, LOB: 5, 2B: 1, Russell: 1, 2B As. Cash: 1, SB As. Cash: 1, B. Bismark: 3, B. Bismark: 1, C. Alexander: 1

1 2 3 4 5 6 7 8 9
Rock 0 0 0 0 0 0 0 0 0
Oneida 1 0 0 1 0 1 0 0 0
Winning Pitcher: A. Anderson

Anderson Co. (Visitor) vs. Rockcastle Co. (Home)												
Rockcastle Co.	AB	R	H	HR	PO	A	E	F	SB	CS	BB	ER
D. Taylor	1	0	0	0	0	0	0	0	0	0	0	0
A. Anderson	2	0	0	0	0	0	0	0	0	0	0	0
Dev. Russell	1	0	0	0	0	0	0	0	0	0	0	0
B. Bismark	3	0	0	0	0	0	0	0	0	0	0	0
J. Bray	2	0	0	0	0	0	0	0	0	0	0	0
M. Kincaid	1	0	0	0	0	0	0	0	0	0	0	0
R. Swinney	1	0	0	0	0	0	0	0	0	0	0	0
M. Taylor	1	0	0	0	0	0	0	0	0	0	0	0
M. Saylor	1	0	0	0	0	0	0	0	0	0	0	0
A. Alexander	1	0	0	0	0	0	0	0	0	0	0	0
Totals	21	0	0	0	0	0	0	0	0	0	0	0

Batters: 28, LOB: 4, 2B: 1, Taylor: 1, 1P As. Cash: 1, SB As. Cash: 1, B. Bismark: 1, B. Bismark: 1, C. Alexander: 1

1 2 3 4 5 6 7 8 9
Anderson 0 0 0 0 0 0 0 0 0
Rock 0 0 0 0 0 0 0 0 0
Winning Pitcher: D. Taylor

Average, BB- Base on Balls, K- Strikeouts, WP- Wild Pitch, BK- Balks, TP- Total Pitches Thrown, KP- Strikes Thrown and BP- Balls Thrown

Clay Co. (Visitor) vs. Rockcastle Co. (Home)												
Rockcastle Co.	AB	R	H	HR	PO	A	E	F	SB	CS	BB	ER
As. Cash	2	0	0	0	0	0	0	0	0	0	0	0
D. Taylor	2	0	0	0	0	0	0	0	0	0	0	0
A. Anderson	3	0	0	0	0	0	0	0	0	0	0	0
Dev. Russell	1	0	0	0	0	0	0	0	0	0	0	0
B. Bismark	3	0	0	0	0	0	0	0	0	0	0	0
J. Bray	2	0	0	0	0	0	0	0	0	0	0	0
M. Kincaid	1	0	0	0	0	0	0	0	0	0	0	0
R. Swinney	1	0	0	0	0	0	0	0	0	0	0	0
M. Taylor	1	0	0	0	0	0	0	0	0	0	0	0
M. Saylor	1	0	0	0	0	0	0	0	0	0	0	0
A. Alexander	1	0	0	0	0	0	0	0	0	0	0	0
Totals	24	0	0	0	0	0	0	0	0	0	0	0

Batters: 28, LOB: 4, 2B: 1, Anderson: 1, 1P As. Cash: 1, SB As. Cash: 1, B. Bismark: 1, B. Bismark: 1, C. Alexander: 1

1 2 3 4 5 6 7 8 9
Clay 0 0 0 0 0 0 0 0 0
Rock 0 0 0 0 0 0 0 0 0
Winning Pitcher: A. Anderson

Oneida Baptist JV (Visitor) vs. Rockcastle Co. JV (Home)												
Rockcastle Co.	AB	R	H	HR	PO	A	E	F	SB	CS	BB	ER
As. Cash	2	0	0	0	0	0	0	0	0	0	0	0
D. Taylor	2	0	0	0	0	0	0	0	0	0	0	0
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R. Swinney	1	0	0	0	0	0	0	0	0	0	0	0
M. Taylor	1	0	0	0	0	0	0	0	0	0	0	0
M. Saylor	1	0	0	0	0	0	0	0	0	0	0	0
A. Alexander	1	0	0	0	0	0	0	0	0	0	0	0
Totals	21	0	0	0	0	0	0	0	0	0	0	0

Batters: 28, LOB: 4, 2B: 1, Taylor: 1, 1P As. Cash: 1, SB As. Cash: 1, B. Bismark: 1, B. Bismark: 1, C. Alexander: 1

1 2 3 4 5 6 7 8 9
Oneida 0 0 0 0 0 0 0 0 0
Rock 0 0 0 0 0 0 0 0 0
Winning Pitcher: D. Taylor

Rockets win fourth straight; beat Clay 1-0

The Rockcastle County Rocket baseball team now has ten wins on the season against six losses, after winning their own Invitational over the weekend and picking up another win over Clay County on Tuesday.

The Rockets are 3-0 in district play with two wins over Clay and a win over Oneida.

They will travel to Jackson County next Tuesday, for another district game.

Tuesday night, junior Aaron Anderson gave up only two hits, struck out eleven and walked none, to score his third win of the season 1-0.

Clay County junior Brandon Griffin also pitched well giving up only four hits and going the distance. He struck out six and walked two.

The Rockets led nine runners on base and got caught stealing once. Anderson had two of the four hits, one was a double.

Junior James Michael Bussell and senior Brandon Mcintosh each had a hit. Mcintosh also stole two bases. Freshman Max Saylor also stole a base.

Over the weekend the Rockets scored wins over Anderson County, Newport Central Catholic and Russell County 2-1, after scoring the winning run in the bottom of the seventh with two outs.

Senior John Bray scored the winning run after freshman Aaron Cash hit one in the right center field.

Anderson went six innings, giving up the one run on three hits. He walked four and struck out ten.

Sophomore Devin Taylor, who was named Most Valuable Player of

the tournament, pitched the final inning to pick up the win.

Taylor also had a double in the game. The Rockets led six on base.

In the first game for the Rockets on Saturday, sophomore Adam Hensley picked up his second win of the season for the Rockets going five and two thirds innings, giving up two runs on four hits.

The Rockets defeated Newport Catholic 5-2.

Hensley struck out two and walked two. Taylor again finished things off, going the final one and a third innings.

Taylor gave up only one hit and he struck out one.

Junior Stephen Boring had a double in the game and Rockcastle left five on base.

The Rockets then picked up their third win of the tournament by defeating Russell County 5-0 behind a good performance by James Michael Bussell.

Bussell went the distance giving up only one hit and striking out eight. He gave up only one walk, in his best outing of the season. It was his second victory for the Rockets.

Taylor had four hits, Cash three, Anderson, two, James Bussell, 1, Ricky Sandinsky, 1 and Mcintosh, 1.

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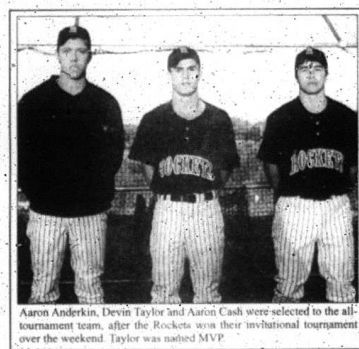
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Aaron Anderson, Devin Taylor and Aaron Cash were selected to the all-tournament team, after the Rockets won their invitational tournament over the weekend. Taylor was named MVP.

Rockcastle Co.	AB	R	H	HR	PO	A	E
As. Cash	2	0	3	2	0	1	0
D. Taylor	2	0	4	1	0	1	0
A. Anderson	1	0	0	2	2	3	0
J. Bray	2	0	0	0	0	3	2
J. Bunsell	0	0	0	1	1	0	1
R. Sandunky	0	3	0	1	0	1	0
S. Blomquist	1	0	0	0	0	0	0
A. Miller	1	0	0	0	0	0	0
B. Mischovich	1	0	2	1	0	2	0