

RCHS Girls' Track Team wins 3rd straight Regional Title

The RCHS girls' track and field team made school history by capturing their third straight regional championship last Saturday at Eastern Kentucky University. The girls became the first sport since the inception of the high school to win three regional championships.

It took a total team performance to propel Rockcastle to the title. Despite having only two seniors and a sophomore, the young RCHS team defeated four of the top twelve teams in the state in Class 2A on their way to their second consecutive title defense.

The girls finished the regular season ranked 6th in the state. This year's regional competition appeared to be the most balanced it has been in the last several years. RCHS scored an amazing 114 points at region and were followed by Boyle County with 100, Mercer County (ranked 5th in Class 2A) with 99, and Lexington Catholic with 87.

Freshman Heather Hammond, last season's middle school track and field athlete of the year and a four-time all-state selection, put together perhaps the most amazing regional performances in RCHS history to lead her team to the title. She scored an unprecedented 40 points with 1st place

regional titles in the 400-meter dash, 300-meter hurdles, high jump, and long jump.

Heather won the first of her titles on Thursday in the long jump competition. Heather led an incredible 16'4.25", an RCHS regional record in the event. On Saturday, Heather attempted one of the most difficult "doubles" in track and field, the 400-meter dash and the 300-meter hurdles, back-to-back. Only minutes separated these two events, considered by many as the two most difficult running events. To make matters worse, high jump came in between. What seemed impossible turned out to be routine for Heather. She won her second straight 400-meter dash title with a season's best time of 59.53 seconds.

Minutes later, Heather successfully completed her attempt in the high jump rotation. Soon after, she won her first regional title in the 300-meter hurdles, an event she has little experience at since first trying it this season. She established a new RCHS record time in the event and also improved upon her state-best time with a spectacular effort of 47.39 seconds. She then proceeded to capture her second consecutive regional cham-

ampionship in high jump. Matching her season's best effort of 5'0".

Heather will compete in each of her events this Friday and Saturday at the Class 2A State Championships held at the Shively Track and Field Complex at the University of Kentucky.

Senior Clarissa Hubbard had an exceptional meet in both the shot put and discus competitions, scoring an impressive 16 points overall. In the shot, Clarissa qualified for the state championships with an awesome throw of 30'4".

In the discus competition, Clarissa performed up to her usual standards. Last season, she was named all-state in the event and finished third overall in the state championships. Earlier this season, she broke the RCHS record with a mind-boggling throw of 122'. At region, she finished 2nd overall to last year's state champion from Casey County.

Her best effort of 107'3" was more than nine feet better than her nearest competitor and easily good enough for the regional runner-up position and a berth at state.

Senior teammate Doris Bismarck also threw well in both competitions. In shot put, Doris finished 6th overall with an amazing effort of 27'4". She threw equally well in discus, finishing 8th overall with an effort of 80'1".

Sophomore Sheena Swimney won her second straight regional title in the 200-meter dash. She finished with an easy victory in 27.55 seconds and also qualified for the state championships in the event for the third year in a row.

Last season, Sheena was named all-state in the event. She also finished as regional runner-up in the 100-meter dash with a spectacular effort of 13.62 seconds. Her strong blocks slipped at the beginning of the race preventing her from capturing first. In the 400-meter dash, Sheena ran an awesome race and placed 4th overall with a season's best effort of 1:04.52. Sheena scored an impressive 22.5 points overall in the meet.

Eighth grader Kayla Hayes, an all-state cross-country competitor this season, had several outstanding performances in the distance events, despite the daunting challenge of running so many difficult races. Kayla met her challenges head on and performed exceptionally well. In the 1600-meter run, Kayla finished as regional runner-up with an awesome performance of 5:43.36.

In the 3200-meter run, she led for most of the race before senior cross-country champion Lauren Arnold from Lexington Catholic took the lead. Kayla finished as regional runner-up with a great time of 13:04.88. She qualified for state in both the 1600 and the 3200.

Kayla also ran well in the 800-meter run, finishing 6th overall in 2:39.2. Overall, Kayla contributed 18.5 points to the team, an amazing total for an 8th grader.

Eighth grade distance teammate Jessica Asher also ran extremely well in the 3200-meter run. Jessica has battled problems in both knees throughout the season, but has continued to be a tough competitor. Last year, she won both the 1600 and 3200-meter regional championships as only a 7th grader. Despite all that she's been through this season, she ran a great race and finished 5th overall in 13:52.47.

Freshman Chere Embs performed well in both long jump and triple jump events. She leaped an impressive 154.5" in the long jump competition and placed 6th overall.

In triple jump, her best event, she was also very impressive. She finished 3rd overall with a season's best jump of 32'5.75" and qualified for the state championships when her best effort was compared to others throughout the state not qualifying in the top two spots in region. Chere finished as state runner-up during the indoor season with a personal best effort of 33'4".

Eighth grader Danielle Arnold had

a great regional meet. In the 800-meter run, despite feeling a little ill, Danielle put forth a solid effort and finished 11th overall in 2:53.45. She also ran well in the 1600-meter run, finishing 6th overall with an awesome effort of 6:42.93. Her efforts were even more impressive considering the fact that Danielle got a late start this season due to knee problems.

Freshman Tara Rowe performed well in the high jump competition, despite limited practice time this season. She placed 7th overall with an exceptional jump of 4'4". Earlier this season, she jumped a season's best 4'8" at the Kiwanis Relay Meet.

Sixth grader Morgan Thacker ran very well in the 100-meter dash preliminaries. She finished with an awesome time of 15.19, barely missing qualification for Saturday's finals.

The 3200-meter relay team of Danielle Arnold, Kayla Hayes, Jessica Asher, and 7th grader Morgan Kincer ran an extremely exciting race. The group finished 3rd overall with an awesome season's best time of 10:53.06 and scored six very important points for the team.

The 1600-meter relay team of Morgan Thacker, Danielle Arnold, Morgan Kincer, and freshman Sarah Parsons ran very well and appeared to be in the top seven or eight teams.

but were disqualified when the baton was dropped at the end.

The 400-meter relay team consisted of Morgan Thacker, Morgan Kincer, Chere Embs, and Sarah Parsons. The girls ran exceptionally well and finished 9th overall in 57.95.

The 800-meter relay team of Sarah Parsons, Chere Embs, Morgan Thacker, and Sheena Swimney ran extremely well and finished 5th overall in 1:57.94.

The RCHS boys' team focused on attempting to qualify as many individuals for state as possible. This task was made much more difficult due to the strength of the region this

(Cont. to A-10)



Members of the RCHS 7th/8th grade baseball team are pictured above, front row from left: Brandon Barnes, Brad Terrell, Jeremy Cook, Donovan Pigg, Kyle Russell and Izak McQuary. Back row from left: Jarrod Brwn, Dustin Albright, Weston Riddle, Cody Childress, Justin Albright and Matt Brey. Head coach is David Riddle. Not pictured were Corey Miller, Josh Nation, Jake Harding and Brandon Cromer. The A team had a record of 13-12. The B team had a record of 9-6.

Wildcat Cheerleader Tryouts

May 30th & 31st • 6 p.m.
Mt. Vernon City Park

These tryouts are for girls going into 4th & 5th grade next year. Hope to see you there.

Any questions call Coach Melanie Campbell 256-5272

Annual Rockcastle County Boys Basketball Camp

June 3, 4 and 5
9 a.m. to 12:00 Noon

Cost: \$25.00 for one camper, \$10 additional family member

If cost is unaffordable, a scholarship through Family Youth Services is available if needed

(Make checks payable to "RCHS Tip-Off Club")

Fundamentals of basketball will be taught daily.

Lunch will be provided.

All campers will receive a T-shirt
Lots of prizes and awards will be given

(Name) _____ may participate in all activities involving basketball camp.
(Age) _____
(Grade) _____
(Shirt size) _____

Parent signature _____

Send to: Rockcastle Co. High School c/o Clayton Cash

Boys Basketball Coach

PO Box 1410

Mt. Vernon, KY 40456

Any questions? Please call 758-8994 or 256-4816

13th Annual Lady Rockets Basketball Camp

June 4-6 • MVES

Ages 5 to 9 - 9:00 - 12:00 • Ages 10-14 - 1:30 - 4:30
(These are the correct times)

Cost: \$25 per camper - \$10 additional family member

Free t-shirt per camper - Trophies & prizes awarded

Lunch will be provided

Camp Application

Name _____

Phone: _____ Grade: _____

Age: _____ Shirt Size: _____

Parent: _____

Work Phone: _____

Please List 2 Emergency Numbers

Name _____ # _____

Name _____ # _____

As parents, we give our approval and permission for the above student to participate in basketball camp. As a parent I assume all risk and hazards incident to such participation, including transportation to and from the camp. I agree to hold harmless the coaches from any injury to my child. I certify that my child is in good health and has no physical disability or illness that would prevent my child from participation in all activities. In the event of injury during camp, an all out effort will be made to reach you. If you cannot be reached, your signature below will authorize the head coach to seek whatever medical advice or treatment necessary. Furthermore, I will assume any financial responsibility for such treatment. By signing below, I signify that I have read and will abide by the conditions stated therein.

Parent/Guardian _____ Date _____

Mail forms to: Coach Chrysti Noble PO Box 1157 Mt. Vernon, KY 40456

Make checks payable to: Lady Rockets Booster Club

For more info, contact Chrysti Noble at 758-8512 or 256-0008.

*Money for camp will be used for the Lady Rockets High School to attend camp. FRC Scholarships available for camp.



Gary Keith Caldwell, 12, killed this turkey April 20, 2002 in Casey Co. The turkey weighed 24 lbs. and had a nine inch beard. Gary is the son of Gary and Doris Caldwell of Quail. Gary sends a special thank you to his Papaw, Carl Caldwell and also to Novice Gentry.

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