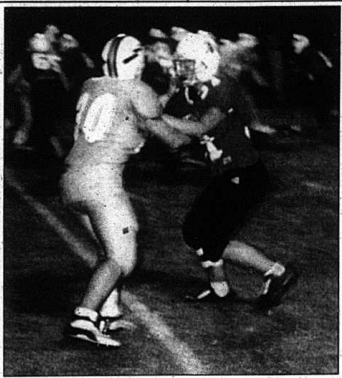
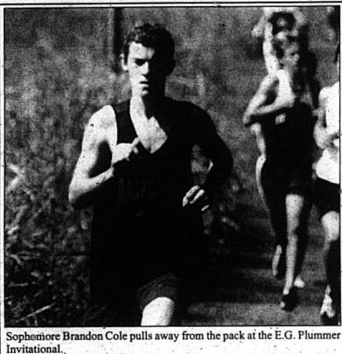




Senior J.T. Lovell is shown above throwing a block on an Estill County player in the Rockets last game. Lovell is also the long snapper for the Rockets and has been very proficient this season. The Rockets begin district play this Friday night as they travel to Knott County Central. The Panthers are considered the door mat of the district and the Rockets, who are ranked 20th in the state and fourth in 3A should have no problem. Game time in Hindman is 7:30 p.m. The good news for the Rockets is lineman Jason Leger will be back for limited action on Friday night as the Rockets head into district play.



Sophomore Brandon Cole pulls away from the pack at the E.G. Plummer Invitational.



James Jones and Walter Aubrey holds a 57 inch Timber Rattlesnake with 8 rattlers. The snake was killed on September 12th on Copper Creek Rd.

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Freshman Jessi Asher and sophomore Heather Hammond stay near the front of the pack at a recent race in Danville.



Freshman Kayla Hayes fights to stay ahead of Sarah Cole, the number one runner in Class A.



5th graders Blake Parsons and Andrew Pensol sprint uphill at a recent race.

Cross-Country girls place first at Mercer

The RCHS cross-country teams competed at Mercer County last Thursday evening. The weather was very wet and cool; however, nine schools participated.

The RCHS girls' team had an exceptional meet and narrowly defeated Bardonia for the win. RCHS swept the top three spots in the race. The girls' combined score propelled them to a four-point victory. The girls were led by an awesome performance by Kayla Hayes, who dominated the entire race from start to finish. She placed 1st overall with an awesome time of 22:06.03. Jessie Asher ran a great race and remained close the entire way. She finished 2nd with an excellent effort of 22:51.83. Heather Hammond also stayed close to the front of the pack and ran very well. She finished 3rd overall with an exceptional effort of 24:04.87. Elizabeth Bussell ran well and finished 12th in 26:48.38. Ashley Bullock ran her first race of the season and performed very well with a 15th place finish in 32:33.1.

The RCHS boys' team also ran very well despite missing Florian Trummer with an injury. Andrew Nelson led the way for the boys with an awesome performance. He finished 3rd overall in a very close race with an exceptional time of 18:59.94. He missed defeating one of the top runners in the state in Class 2A by less than two seconds. Brandon Cole was close behind, finishing 4th with a spectacular effort and a time of 19:29.91. Bill Burdett had a great race and finished 9th overall with a great time of 21:30.79.

The elementary runners had to compete in the 1.8-mile middle school race since there was not a separate event for them. 5th grader Laura Dollins easily won the middle school race with an awesome performance and an excellent time of 14:51.1. 2nd grader Michaela Hunter also ran an awesome race and finished 4th in 15:18.61.

5th grader Cora Collinsworth ran a great race and placed 10th in 17:31.0.

5th grader Blake Parsons once again led the way for the boys with an awesome performance. He placed 2nd overall in the middle school race and covered the course in an impressive 13:20.68. 5th grader Andrew Pensol also ran exceptionally well, and finished 8th overall in 14:35.87. 8th grader Chandler Hunter, after only one day of practice, finished an impressive race in 13th place with a time of 15:34.84.

The RCHS cross-country teams also recently competed in the Franklin County Invitational at the Ky. Horse Park. Over fifty schools were represented, including over a thousand runners including most of the state's best. Coming off of a very difficult week of practice, many RCHS competitors appeared somewhat sluggish, but still performed well.

The RCHS boys' team had a great meet and placed 22nd overall, largely due to the inclusion of two fifth grade members of the team. Sophomore Brandon Cole had another great performance and led RCHS with a 33rd place finish out of 246 competitors. He finished with an excellent time of 17:56.91. Junior Andrew Nelson also ran very well and finished 90th overall in 19:24.98. Sophomore Bill Burdett placed 112th overall with an exceptional effort of 19:53.64. Junior Florian Trummer continued to run impressively and placed 169th in 21:45.12. The highlight for the varsity boys' race was the performance of 5th graders Blake Parsons and Andrew Pensol. Both boys were called upon to fill in the remainder of the varsity team, which requires five team members to be eligible for a team score. Blake ran exceptionally well and finished in 22:42.99, a

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Girls Volleyball

Lady Rockets win three of four

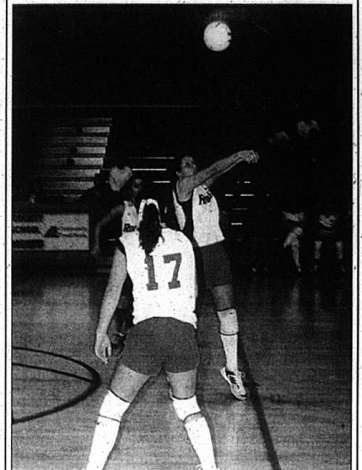
The RCHS Lady Rockets volleyball team picked up three wins against one loss in their last four outings.

Against Oneida last Thursday night, the varsity easily won 15-1 and 15-7 with Jenna Owens taking service winner honors in the match with 10, including 1 ace. Allison Anderkin had 3 aces in her 7 points on serve; Bryanna Bussell got 5 points and 3 aces; Sarah Mullins and Courtney

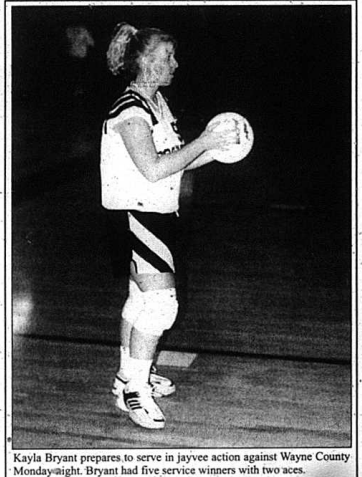
Parsons had 3 winners each with 2 aces each and Rachel Childress had an ace in her two service winners.

The Rockets hosted Monticello Friday night and again easily won, 15-6 and 15-4. Mullins and Owens both served 7 winning points and Mullins had 6 aces; Childress got 6 service winners with 2 aces; Anderkin had 4 and 3; Bussell got 1 ace out of 4 service points and Parsons

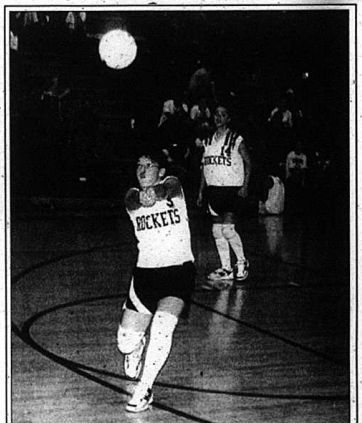
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Rachel Childress returns the ball in the Lady Rockets win over Wayne County Monday night. Also in the photo are Sarah Mullins and Allison Anderkin.



Kayla Bryant prepares to serve in jayvee action against Wayne County Monday night. Bryant had five service winners with two aces.



Victoria Clontz had four service winners and one ace in the Lady Rockets jayvee win over North Laurel Tuesday night. Also in the photo is Amanda Rogers.