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FOOTBALL PREVIEWS



Mason Griffin was the fourth leading passer in the state last season in class 5A, according to Coach John Hines.

Expectations are high for Hines' Cardinals

SCHEDULE

AUGUST 2025

8:00 PM (Alton Blakely Bowl)

Knox Ky Central) - 7:30 PM

(Home) - 7:30 PM

(Home) - 7:30 PM

-7:30 PM

-7:30 PM

8:30 PM

- Sat, Aug 23: Somerset (Away) -

- Fri, Aug 29: Clay County (Home) -

SEPTEMBER 2025

- Fri, Sep 5: Knox Central (Away at

- Fri, Sep 19: Wayne County (Away)

-Fri, Sep 26: Harlan County (Home)

OCTOBER 2025

- Fri, Oct 3: Perry County Central

- Fri, Oct 10: Pulaski County (Away)

- Fri, Oct 17: Southwestern (Home)

Fri, Oct 24: North Laurel (Away) -

7:30 PM (First Priority Bowl)

Fri, Sep 12: Whitley County

By Les Dixon For the Sentinel-Echo

LONDON — South Laurel coach John Hines knows what it takes to build a program into a district, region, and state contender — he accomplished all three feats at Pulaski County.

After one season at South Laurel that saw the Cardinals win six games, advance to the Class 5A playoffs while

during regular season play, have many folks believing Hines has his squad heading into the right di-

rection.

expectations are higher than they've been, probably ever," Hines said. "But that's OK, we're not gonna worry about something like that. We're just trying to take each week as it comes, will be the best team we can be each Fri-

day night. "The fact that the team is very hungry to be successful It's been the number one asset that we have discovered since we came aboard here," he added. "The players are hungry to be

successful in our willing to do whatever it takes to get there that makes for some very positive outcomes."

South Laurel returns eight starters on offense and six starters on defense, and should be even better on both sides of the ball this season.

"We return eight starters on the offensive side," Hines said. "They're led by quarterback Mason Griffin, senior, who was the fourth leading passer in the state last season in class 5A. Also, running back Wes Dowell, who is poised to have a tremendous season, and wide receivers Waylon Hensley, and Garrison Brown. New to the team is Carter Kelley, senior, wide receiver. He has shown some real explosive ability in preseason practice. On the offensive line, we return starters Jonathan Inman, Junior, Gunner Queen, Junior, and Tanner Hammons, Senior.

"We return six starters on defense," he added. "Senior outside linebacker Liam Newton, and senior outside linebacker Tim Thompson, are big-time playmakers for us. Defensive ends, Bridger Ray, and Braxten Caroll, had really strong seasons last year. And in the secondary, cornerback Waylon Hensley tied for the

state lead in interception last season in class 5A, is back at one corner, and Garrison Brown returns in the secondary as well. Bo Walters, senior, became a starter mid season last year and returns for his senior year.

"Special teams was a huge bonus for us last season," Hines continued. "Our Kicker returns in junior Cullen Dalrymple. Cullin is a strong reliable extra point drafting crosstown rival North Laurel kicker and has become a strong field-

goal threat. Jackson Hart is a tremendously talented young Kicker as well. Liam Newton is a very good punter, and will handle that duty most of the time. Garrison Brown can also pun, as can Caleb Roark, and Quinn Strunk. Bridger Ray and Elijah Roark will handle the long snap duties, and Maddox Warren and Mason Griffin will handle the holding duties for field goals. Ethan Leach is the kickoff special-

Senior leadership is the Cardinals' main strength entering the season, according to Hines.

'We have a very nice senior class, that have all played a lot of football in their career," he said. "They have been strong to lead the way in everything that we do in the off-season, spring practice, speed training, summer workouts, etc. I'm proud of the example they're setting.

"Our concerns, are our lack of size upfront, and our lack of depth," Hines added. "We're not a very big team. Our matchups upfront with the lineman will hardly ever be in our favor. Our depth, primarily will be our freshman group. We're very excited about them, they show a lot of ability coming into our

Hines confirmed another tough schedule awaits his Cardinals.

"The schedule is always tough at South Laurel," he said. "We've only had two winning seasons in the last many, many years. Everybody on the schedule is good from our viewpoint. Our district is very strong, with Pulaski County, southwestern, and rival North Laurel, all in the Mountain top 10 preseason. "Our district is very strong," Hines

added. Only four teams, but three of the

SEE HINES, PAGE 8



The Jaguars came away with some big wins last season, and look to make a run at district and regional crowns.

Jaguars return veteran squad setting sites on a deep postseason run

By Les Dixon For the Sentinel-Echo

LONDON - It's a new season, andsecond year coach Michael Nelson believes his North Laurel Jaguars are ready to take the next step.

The Jaguars came away with some big wins last season, and look to make a run at district and re-SCHEDULE

gional crowns. "The entire coaching staff has high expectations for this team," Nelson said. "The players have not focused on those expectations at all and had a great summer. They had fun and I truly felt like they got better every single day. They know that we play in a tough district and they have to work hard every single day to get better. Nothing is guaranteed to us and we understand that, hard work and pushing

each other every sin-

gle day will help us

fight back to the top

of district. "I believe this team is ready to take the next step," he added. "They are very player led, and we have great seniors this season and they truly believe in themselves and the coaching staff. They are excited for the season and the level of competition we play. They have all the tools to be successful, but they have to push each other every single day."

With 10 starters returning on offense and nine on defense, you can understand why Nelson is excited to see what North Laurel can do.

"Cooper Robinson is our senior running back returning and we expect him to have a huge season," he said. "His speed has improved as well as his patience as a runner. Jude McWhorter is coming in as the quarterback and had an awesome

> offseason, he gained a lot of speed and size as well as his throwing mechanics improving. Cam Anderson is a name we expect to have a huge year at receiver as well as newcomer RJ Noble, and senior Colton Gilbert. The entire offensive line has made a huge improvement and gotten much stronger

this season. "Ryse Sutton is the first name that stands out with his motor on the defensive line," Nelson added. "Both safeties Jude McWhorter and Cooper Robinson are veterans in the secondary for

us and phenomenal tacklers. LB Brody Pruitt and Bryson Nantz also return and have a year of experience under their belts as well as new-

'Special teams can win or lose you football games," he continued. "We return our kicker and punter Cam Anderson. He is a phenomenal kicker who will kick at the next level and we have all the faith

AUGUST 2025 - Fri, Aug 22: Perry County Central

(Away) - 7:30 PM

- Fri, Aug 29: Corbin (Home) - 8:30 PM (Praxel Line Services Bowl)

SEPTEMBER 2025 - Fri, Sep 12: Madison Central

(Away) - 7:30 PM - Fri, Sep 19: Lawrence County

(Away) - 7:30 PM

- Fri, Sep 26: Whitley County (Away)

OCTOBER 2025

- Fri, Oct 3: Collins (Home) - 7:30 PM - Fri, Oct 10: Southwestern (Away) -7:30 PM - Fri, Oct 17: Pulaski County (Home)

-7:30 PM - Fri, Oct 24: South Laurel (Home) -

7:30 PM (First Priority Bowl) - Fri, Oct 31: Wayne County (Home) -7:30 PM

comer Caleb Roark at linebacker.

SEE **SQUAD**, PAGE **8**



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GOLF PREVIEWS



Another tough schedule will have the North Laurel Jaguars prepared for regional tournament time.

Young Jaguar golf team ready to surprise matches under their belt but still

By Les Dixon For the Sentinel-Echo

LONDON — The North Laurel Jaguars golf team is ready to turn in another impressive season, but to do so, they must find a way to replace seven seniors from last year's squad.

"After last year's great season, one of the best in school history, we lose seven seniors," North Laurel boys' golf coach Chris Stone said. "We return a young bunch of players that got a few

lack the seasoned experience we have had in the past. Though we are young I expect the team to compete and gain experience each time out and by the end of the season be in the hunt again."

Players that Stone believes will step up to the challenge are Wil Sutton, Wes Storm and Max Dot-

"(Wil) will work to improve on mental part of the game and should a major part to team this

year," he said. "Wes Storm is another sophomore that really strikes the ball well with a lot of distance. He will learn to harness that length and should have several rounds in the 70s this year.

"Max Dotson a freshman with tons of upside," Stone added. "For a young player, the mental game is top notch. That matched with his skill level should produce another great player from North Laurel.'

Stone said his team's main

strength this season is having "no fear." "They are young and have no

pressure of expectations," he said. "They can play freely.

"The biggest concern this vear will be the mental part of the game," Stone added. "Being young we will have to learn to play through tough holes and not let it snowball and cost us strokes. We have to minimize the mistakes. This is the biggest concern we will work on."

Another tough schedule will have his team prepared for regional tournament time.

"Our schedule is no easier than before," he admitted. "We play in some of the best tournaments against some of the best. We don't shy away, it will only prep us for the postseason. We are young but I expect big steps to be made this year and hope we can surprise some people come end of the season. We have a great bunch of boys."



North Laurel's girls golf team is coming off a regional runner-up effort, and with all five players returning from last season. Lady Jaguai coach Jerry **Vickers** believes his squad is ready to take the next step.

Talented, experienced Lady Jaguar golf team ready to make run at regional crown

By Les Dixon For the Sentinel-Echo North LONDON -Laurel's girls golf team is coming off a regional runner-up effort, and with all five players returning from last season, Lady Jaguar coach Jerry Vickers believes his squad is ready to take the next step. "We're bringing back

all five players from last year's team that finished as regional runner-up, and that gives us a big advantage heading into this season," he said. "With a group of experienced competitors, including three seniors, we're confident in our ability to build on last year's success. The team is motivated, focused, and ready to take the next step. We have high expectations and believe this group is capable of making a deep postseason run."

Lily Seniors Kate Chesnut, Katie Gilliam, and Riley Vickers return along with sophomore Maddie Brewer, and eighth grader Ella Baker.

"Lily Kate is our most experienced player and a steady presence at the top of our lineup,"Vickers said. "She sets the tone with her leadership and consistency on the course. "Katie brings a calm,

been key to her growth. Riley is another senior leader who contributes both with her play and her positive attitude. She's worked hard in the offseason and is poised to have a strong final year.

"Maddie had an outstanding first season and brings a competitive edge that pushes the whole team," he continued. "She continues to develop into a consistent contributor. Despite her age, Ella plays with a maturity well beyond her years. Her poise and talent make her a key part of our team, and she continues to impress with her game."

composed approach and

has been a reliable part

of our lineup for several

seasons," he added. "Her

focus and dedication have

When it comes to strengths, Vickers immediately pointed out to his team's experience.

"All of our returning players have competed in big moments and know what it takes to perform under pressure," he said. "We also have strong leadership from our seniors and a supportive, teamfirst attitude that creates a great environment for

success. The balance in

our lineup means we don't

have to rely on just one or two players—anyone in our top five can post a solid score on any given day.

One concern is continuing to close the scoring gap with the top teams in the region," he added. "While our experience helps, we'll need to see some individual score improvements to push even further in the postseason. Another challenge will be integrating Reese Holiday, into the lineup and getting her comfortable competing at the varsity level. She has the potential to contribute right away, but it takes time to adjust."

Vickers said his team's schedule is designed to challenge players.

"We've got a good mix of tournaments with strong competition, which will give our players the opportunity to be tested before postseason play," he said. "Playing on a variety of courses under different conditions will definitely help us sharpen our game and build confidence heading into Regionals.

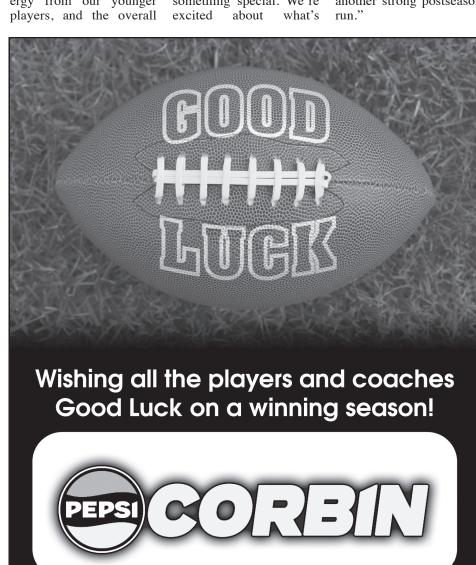
"I'm extremely proud of this group — not just for their accomplishments on the course, but for the way they represent our school and community," Vickers

added. "The leadership

from our seniors, the energy from our younger

something special. We're about

commitment to the team is ahead and hope to make another strong postseason



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Coach Shelley Nunley feels she's got a talented roster that's ready to compete

Nunley's Lady Cardinals ready to get to work

By Les Dixon For the Sentinel-Echo LONDON - South Laurel coach Shelley Nunley can't wait for the 2025 campaign to begin.

Nunley feels she's got a talented roster that's ready to compete for the 50th District and 13th Re-

"There's so much to be excited about in 2025," she said. "We return a solid group of experienced players who have already established a strong foundation and familiarity on a varsity court. Alongside them will be a few new faces who we expect to make significant contributions this season.

"Our team continues to demonstrate a strong presence at the net, anchored by aggressive blockers who consistently set the tone defensively," Nunley

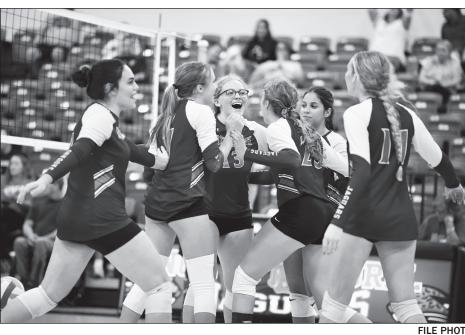


With a talented roster returning, Coach Nunley believes the 2025 campaign will be a successful

added. "Meanwhile, our back row has been working hard in the offseason to be more consistent in creating opportunities for our offense to do their jobs in the front row."

With a talented roster returning, Nunley believes the 2025 campaign will be a successful one.

"This roster is built on grit, desire, and drive, which we believe will lead to big victories against tough opponents in the next few months," she said. "Twenty Twenty-five looks good for South Laurel volleyball; we're ready to get to work."



North Laurel athletic director Ethan Eversole said this year's version of the Lady Jaguars are a team that will do anything they can to win and get bet-

Versatile Lady Jaguars set to make noise once again in 49th District, 13th Region

By Les Dixon For the Sentinel-Echo LONDON - After a

first round exit to the region champs in last years region tournament, the North Laurel Lady Jaguars volleyball team is focused on returning to the and competing for another region championship.

"It will be no small task after losing two seniors off of last year's team but there is a young, hungry group of players who are ready to step up and make their selves known," North Laurel athletic director Ethan Eversole said. (Coach Lauren Culver wasn't available for comments). We are looking to defend our

make another push in the region tournament." Eversole said a lot of

familiar faces return for North Laurel.

"Some of those are seniors Addison Metcalf, Mia Rodriguez and Liberty Reyngoudt," he said. "Newcomer senior, Katie Keen, along with others like Hannah Daniels, Baylee Asher, Lucy Jo Lineville, Makayla Clark, Morgan Preston and Mykah Napier, Khloe Blair, Emma Evans, Preslee Collins, and numerous other young Lady Jags, who look to play big

roles in this years lineup."

49th district crown and version of the Lady Jaguars are a team that will do anything they can to win and get better.

"We are a team that is very versatile and can contribute in many different ways while also working hard in practice to master their skills," he said. "It's a team full of great energy and poise. They have good leadership and their weaknesses are their strengths. Meaning that if anything arises they will do what they can to overcome it. They will really lean on their senior presence in Metcalf, Reyngoudt, Martinez and Keen to help

Eversole said this year's SEE **VOLLEYBALL**, PAGE **8**

IEWS (CONT.)



With three returning varsity players, Rusty Siler's South Laurel Lady Cardinals are ready to soar this fall.

SILER: 'This team has the talent, work ethic, and chemistry to make something special happen'

By Les Dixon For the Sentinel-Echo

LONDON — With three returning varsity players, Rusty Siler's South Laurel Lady Cardinals are ready to soar this fall.

"We're excited to kick off a new season with a strong mix of returning talent and promising newcomers," Siler said. "Our three returning varsity players Alyssa Siler, Lilly Barton, and Lindsey House will all be juniors this year. Alyssa and Lilly are stepping into leadership roles as our veteran captains. With the most playing experience on the team, they've already had plenty of success early in their careers.

"Alyssa Siler has made it to the first round of the State Tournament every year since eighth grade," he added. "She placed third in region as a freshman and second as a sophomore. Last year, she made it to the final round at the State Tournament in Bowling Green, finishing strong and gaining valuable experience at the highest lev-

Siler also returns Lilly Barton and Lindsey House.

"Lilly Barton also advanced to the first round of State last season after narrowly missing the cut as a freshman," he said. "Her competitive drive and positive leadership will make her a huge asset to the team this year.

"Lindsey House has shown great dedication during the off-season," Siler added. "After qualifying for her first Region Tournament last year, she's been putting in the work to take her game to the next level. We're looking forward to seeing how she contributes to our team scores this season.

"Joining our varsity squad this year are two incredibly athletic newcomers Morgan Jackson (Junior) and Audrey Likins(Senior). Morgan is also avarsity volleyball player, and both she and Audrey are standout softball players with college-level talent," he continued. "Coach Branden Grubb has already noted how well they strike the ball and how quickly they're picking up the game. By the time Regionals roll around, we expect them to

SEE SILER, PAGE 8

Cardinals golf team returns experienced squad



By Les Dixon For the Sentinel-Echo

LONDON - Cooper Dotson takesover as South Laurel's boys golf coach with hopes of leading the program to success this fall.

"This is my first year coaching, so I am excited to have the opportunity to

coach such wonderful student athletes," Dotson said. "I hope I can guide these players through the ups and downs of what comes with the game of golf.

Returning this season for the Cardinals, according to Dotson are seniors Toby Dotson, and Tyler Douglas, juniors Wilson Hamm, Brennon Combs, Cannon Jackson, and Colton Bates, and sophomore Colton Cox.

"Some strengths I see in this team is that we are an experienced team," Dotson said. "With multiple juniors and seniors, this team should see success in the upcoming season.

"Some concerns I see are that some players have not played a lot of tournaments, but have played a lot of golf," he added. "We just need games to translate to tournament play. My team's schedule has a variety of matches and tournaments to prepare these students.'

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Coach Brooks Cawood said the biggest strength he sees so far is just how well his players have come together as a team.

Cardinals looking to improve on last season's success

For the Sentinel-Echo $LO\overline{NDON}$ — A new season means new ex-

pectations for Brooks Cawood's South Laurel Cardinal soccer team.

The Cardinals posted a 9-9-1 record last season with hopes of advancing to the region tournament

But to do so, Cawood knows just how tough the 49th District, and 13th Region is.

"Oof, talk about a tough route to get to state," he said. "Our district put out a final four team for the state tournament last year. It's always competitive

and always wide open. But there's a theme to past winners that have gone from our region to state; and that is they were the team that always wanted it more. Last year was a fun postseason and I wouldn't say this year will be no

SEE SUCCESS, PAGE 8



Coach Jessica Perkins said her team's biggest strengths are their depth and team unitv.

South Laurel looking to make noise on the pitch

By Les Dixon For the Sentinel-Echo

LONDON – Jessica Perkins takes over as South Laurel's girls' soccer coach with hopes of improving on last season's 5-8-1 record.

"We return a strong core of players who gained valuable varsity experience last season," Perkins said. "This group has grown both technically and mentally, and we're already seeing that maturity carry into our preseason sessions. The team has

shown great leadership, strong chemistry, and a commitment to improving every day. We're excited for what this group can accomplish and confident that we're building something special this year.

players "Returning now seniors are Gracie Hoskins, Shelby Gambrel, Halle Reams and Samantha Causey," she added. "Each player on our team,

both returning and new,

brings something valuable

to the table this season.

We've seen growth across

the board, and every player has a role in our success. We're excited about the depth and team-first mentality they bring to the field."

Perkins said her team's biggest strengths are their depth and team unity.

We have several players who can step into different roles, which gives us flexibility in our system," she said. "The girls are also incredibly closeknit. That bond translates

SEE PITCH, PAGE 8



With a cupboard full of talented players, North Laurel enters the season as the team to beat in their district, and the 13th Region.

North Laurel enters season primed and ready to defend 13th Region crown

By Les Dixon For the Sentinel-Echo

LONDON — Kayla Carson's first year as head coach of the North Laurel girls' soccer program was a success.

She helped guide North Laurel to the 49th District and 13th Region crowns along with an appearance in the state tournament's final four while compiling a 13-4

Can the success continue this fall? The prognosticators believe so.

With a cupboard full of talented players, North Laurel enters the season as the team to beat in their district, and the 13th Region.

SEE PRIMED, PAGE 8



North Laurel was one win away from capturing the 13th Region championship last season. With an abundance of talent returning, the Jaguars are

Strong nucleus of talent returns for Broyles' Jaguars

For the Sentinel-Echo

LONDON - North Laurel was one

win away from capturing the 13th Region championship last season.

With an abundance of talent returning, the Jaguars are hoping to take the

"We have a talented, solid nucleus of players returning this year that includes eight returning starters," North Laurel patch David Broyles said. "Several of

SEE **BROYLES**, PAGE 6

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CROSS COUNTRY PREVIEWS



First-year coach Judd Weaver is excited for the girls cross country season to begin at North Laurel, and believes his Lady Jaguars are ready to

Young Lady Jaguar XC team ready for season to begin

By Les Dixon

For the Sentinel-Echo

LONDON — First-year coach Judd Weaver is excited for the girls cross country season to begin at North Laurel, and believes his Lady Jaguars are ready to impress this fall.

And just like with his boys team, Weaver's girls team returns a lot of tal-

"We have almost all of the runners returning and a few that were intending on not returning have come back to run for

another season or one last season before they graduate," he said. "I am incredibly excited to lead this awesome group of young men and women. They are going to run well this season, just based off the amount of work they have put in this summer and where they are now that the school year has started. I am pleased with the amount that came out to the voluntary summer practices. Only a few weren't able to be there due to family

SEE SEASON, PAGE 7



North Laurel boys cross country coach Judd Weaver is excited for the season to begin, and believes the hard work his team has put in will pay off this fall.

Weaver excited to see what North Laurel boys cross country team can accomplish

By Les Dixon For the Sentinel-Echo

LONDON — North Laurel boys cross country coach Judd Weaver is excited for the season to begin, and believes the hard work his team has put in will pay off this fall.

"We have almost all of the runners returning and a few that were intending on not returning have come back to run for another season or one last season before they graduate," he said. "I am

incredibly excited to lead this awesome group of young men and women. They are going to run well this season, just based off the amount of work they have put in this summer and where they are now that the school year has started. I am pleased with the amount that came out to the voluntary summer practices. Only a few weren't able to be there due to family trips or other summer obliga-

SEE WEAVER, PAGE 7



FILE PHOTO

South Laurel coach Shelly Scheithauer returns a talented and young team that is ready for the season to begin.

Cardinals XC team returns young, talented runners

By Les Dixon For the Sentinel-Echo

LONDON — South Laurel coach Shelly Scheithauer returns a talented and young team that is ready for the season to begin.

"We've lost our depth up front but have some very talented young runners returning," she said. "Jay Hoskins and Levi Spitser were members of our region varsity team. Jay Hoskins qualified to state as an individual. We are excited to develop our new

and returning talent.

ous runners on this year's • Jay Hoskins (freshman) - Returning varsity

runner with 2 state appear-

Scheithauer has numer-

- ances under his belt. • Levi Spitser (freshman) — Will provide much needed depth on the roster and is a returning regional
- Jacob Farler (junior) Returning upperclassman.

varsity runner.

- Noah Wilson (freshman) — debut
- is making his return for his senior season. He will provide strong leadership for his younger teammates.

Lucas Epperson (Se-

nior) - After taking some

time off from the sport, he

- Zayden Chumbley (freshman) - debut • Isaiah Whicker (junior)
- Returning upperclassmen provide depth to ros-
- Cullen Spencer (freshman) - debut

SEE TEAM, PAGE 7



With five runners returning from last season's regional runner-up squad, the 2025 season could be another successful one for coach Brittanie Smith's South Laurel Lady Cardinal cross country team.

Lady Cardinal XC team ready to make run at region title

By Les Dixon For the Sentinel-Echo

LONDON — With five runners returning from last season's regional runner-up squad, the 2025 season could be another successful one for coach Brittanie Smith's South Laurel Lady Cardinal

cross country team. "We're really excited about this upcoming season. We return five strong runners who played a critical role in our Region Runner-Up finish last year — Rose Stanko, Chloe Mastin, Ivy Lewis, Malory Lee, and Lauren Scheithauer," Smith said. "They all bring valuable experience, leadership, and a deep understanding of what it takes to compete at a high

"With that solid core, and the addition of two new runners, Kylie Hubbard and Trinity Rogers, we're optimistic about what this team can accomplish," she added. "The pieces are definitely in place for us to have another

successful season.'

Rose Stanko, Chloe Matin, Ivy Lewis, Malory Lee, Lauren Scheithauer, Kylie Hubbard, and Trinity Rogers will be counted on throughout the season.

'Rose is our emotional leader and has been a steady force in the top part of our lineup. She's consistent, competitive, and always sets the tone in workouts and races," Smith said. "Chloe

SEE XC, PAGE 8

CONTINUED FROM PAGE 5

whom had significant roles last year. Combined, they were responsible for 80 percent of our scoring. We will be led by a senior class that includes Jaxon Jacobs, returning after season ending illness after game two, Jordan McIntyre in the midfield, Eli Davis and John Thompson on defense, and Jaron Edwards

"These seniors will be joined by juniors Malik Turner, Cam Anderson, Sawyer Miller, Gavin Martin, and Reilly Stuber," he added. "In addition, we have a strong group of sophomores including Zachary Jacobs, who I anticipate will contribute this year as well.'

Team depth and a talented nucleus of players returning are team strengths, according to Broyles but he does have a con-

"One concern at the beginning of the season is always how the team will gel together when games start, but I feel we have had a productive preseason and will begin the season strong," he said. "We are excited to get back on the pitch, compete, and make a run at the district and region

'Speaking of challenges, we have an extremely difficult schedule again this year that I believe will get us prepared for the post season as we make a

run at district and region again," Broyles added. "This team feels that they didn't accomplish their goals last season and knows what it takes to win. They have the same goals as last year and if we continue to work hard, stay focused, and improve as the season progresses, I believe they can achieve all those goals. Go CONTINUED FROM PAGE 6

Weaver said he has 31 runners on this year's team and mentioned below the runners he feels will make the varsity roster:

- Ayden Harris He's a freshman who is going to be filling his big brother's shoes. His brother Xander Harris led the team last year and this year it looks like he's going to be leading the team. He has put in some incredible work during our summer training and it'sonly getting better now that school has started. He's young but he has experience as he's been running for several years and already has some great times posted. I am excited about seeing what the future holds for this young man. I expect great things from Ayden.
- Jesse Madden He is a senior that I have named as one of our captains based off of his leadership during the summer practices and his willingness to go above and beyond what runs and workouts I prescribe him. He is a determined and very coachable young man that I love working with and talking to. He is a prime example of what I want to represent

North Laurel High School cross country. I can't say enough about him, he's helped lead this team in the same way an assistant coach or even a head coach would lead. I wouldn't be surprised if coaching is in his future after he finishes his running career at whatever college he chooses to

- Jackson Storm He is a Junior that similar to Jesse has been leading this team through the summer practices. I also made him a team captain based off his work ethic and willingness to lead. He is a dual sport athlete right now as he is also competing in golf and he excels at both of these sports. He has shown some great improvement from summer until now and I am expecting some great times and races from this young man. I am proud to have him as a runner on the NLHS cross country team. • Jett Hacker — He is
- a sophomore and boy am I grateful for that. That means I get to work with and develop this athlete for two more years after this season. I have gotten to know this young man very well. He works super hard during practice and gives 110 percent every day. He is also one of the athletes I enjoy speaking with the

most as we both share a passion for cooking and we've both worked in the restaurant business. He is going to post some fast times this season, so keep your eyes out for Jett as he will probably surprise himself with how well he will do this year.

- Bram Miller He is an eighth grader that has shown great potential. I have never heard a gripe or complaint from this young man. I ask him every day how he's feeling and I get the same response. "Good." I can't tell you how much I love having a young athlete willing to do exactly what workouts I prescribe for him. He gets out each day and gets the job done, and he competes with the high schoolers every practice. I am super excited about this season for him, but even more so the future of his high school career in cross country.
- Noah Hamm He is a Junior and he wasn't able to make the summer practices. But he has jumped right in with the practices after school and it seems like he didn't miss a beat. In the few weeks that I have worked with him he's ignited my hopes for a potential top finish at region and goals to win more meets this season. I

had seen his PR's and in just a few of the workouts he's done with the team this season I am very impressed with him and I can't wait to see what he does at our first meet so I can truly determine where he is at physically. • Bentley Carnes — He

- is a new freshman runner that just came out to practice this week. But based off of his fitness level and willingness to go above and beyond on the workouts I am going to put him in the 7th man spot and have him either prove me right or wrong on my selection. I am confident he will prove me right. Each day at practice I have had him move up groups because the work seems to easy for him. I am still trying to figure out his fitness level and each day he surprises me. Finley Waterstrat —
- He is a freshman and brand new to North Laurel. He came in to summer practice without knowing anyone and was embraced immediately. He is a hard nosed runner that wont give up no matter what. I have seen some great runs from this gentleman and he is another one that goes above and beyond what I tell him to do. He usually comes up to me after his last rep of a workout and asks if he can do anoth-

er one. He has never ran cross country before and if I hadn't known that I would have thought he was a seasoned veteran of this sport. He will be a great runner this season and an even better one next year.

When it comes to strengths, Weaver believes his team has lots.

"This being my first year some of the things I've noticed right off the bat is that they are all so bonded already," he said. "I plan on doing team dinners and team events outside of practice to strengthen that bond, but it already appears unbreakable. These guys act like family and I would go so far as to say a brotherhood. I love that I have been able to step in and be a part of it.

"Some concerns I have is that we don't have many middle schoolers on the team," he added. "We only have four middle school boys. I tend on trying to go to the middle school and speak with some of the students there in order to get more of them involved in this amazing sport." Weaver said he inten-

tionally structured this year's schedule to fit the needs of running well at "I have two meets on

our schedule that are at

our regional course," he said. "I have two meets on the schedule that are about midseason that I plan on having PR's at, due to them being fast courses. I like to look at the first two meets as what I call rust busters, so that the runners can get their racing legs back under them as we only get up to race pace a few times at practice and for short distances. So these first races aren't necessarily about getting a PR or winning. If that happens I will be one happy coach, but the goal is to get out at get used to running 5ks at a tough pace."

With the talent returning, Weaver believes his team can make a run at a region crown.

"I think we could do it," he said. "Is it going to be tough? Yes, absolutely. Is it something within reach? Yes, absolutely. I know there are some very good teams in our region, but based off my experience and what I've seen at practice from our top guys I would say that we are a contender for the title.

"We will have to remain healthy and train to peak at the exact right time," he added. "If we do that, then I would say our guys could potentially take home a trophy and secure a spot at the state meet that day."

SEASON

CONTINUED FROM PAGE 6

trips or other summer ob-Weaver mentioned be-

low the runners he feels will make the varsity ros-

- Jada Short She is our top girl and she is that for a reason. Even though she is an eighth grader, she is a tough and talented athlete. I don't think it would matter what distance I ran her in, I think she would win and win with a good lead. This girl questions everything I do at practice, but once I explain it to her she does it and does it well. I wouldn't be surprised if she stays healthy that she could one day be a state champion, at the very least one of the very best in the
- Shelby King She is an eighth grader and by far one of the hardest working eighth graders I've ever coached. She will run any distance and at any speed I tell her to without question. She does most of her running with Jada, and unlike Jada, she never questions anything. She just gets it done. I haven't met many young athletes that are as coachable and tough

as this girl. I can't wait to see what this season holds and the seasons to come. I expect great things from

- Kaegen Peters She is a ninth grader and one of the most competitive girls I've ever coached. She is bound and determined to run fast and run well. I am going to do everything I can to help her reach whatever goals she sets for herself. She is a dual sport athlete and does dance as well as teaches dance outside of practice. I am really enjoying working with her because she is another one that rarely gripes, but when she does, I know it's something serious and I help her address whatever is wrong. If I tell her to do something outside of practice, exercise or stretch wise, I know she is going to go home and do it in order to better
- Sienna Sizemore -She is a Junior and I am so glad that I will get to work with her for at least one more year. I love it when she is at practice because I can tell she is a natural leader, and it seems like everyone works a little harder when she is around. I am really hoping to see some great times from her this season and based off

how she has been doing at practice that is definitely going to happen.

- Cayla Morgan She is a sophomore, and she is bound and determined to improve. Every day at practice she is getting better and better. What seemed hard for her to do at the beginning of the summer now seems easy to her and I am giving her more and more to do each practice. She handles every day well and is steadily climbing that fitness ladder. I expect her to improve dramatically from where she was last
- Jacee Short She is a sophomore and she thought she wasn't in great shape, but similar to Cayla she has been steadily climbing that fitness latter and every day I am seeing improvements from her. I know the sky is the limit for this girl as she has a lot of speed and determination. If she stays healthy and injury free, we will see some great times from Jacee this year and in the years to come.
- Abigail McCowan -She is our senior that has had some struggles with injuries in the past, but so far is looking great. She is going to be a great addition to this varsity team and just like with Sienna

she is a great leader to the young women on the team. I love having her and Sienna around because the whole team atmosphere shifts when they are there. I am looking forward to keeping her healthy for her last season and helping her post some good PR's and helping her do more than she thought she could do for her last year of cross country.

• Elyn Larkey — She is an eighth grader and another dual sport athlete. She does dance as well and several other things outside of school. She is a fiery and fierce competitor, and she hates to lose. I am very excited to see her race this upcoming meet and see where she officially stands on fitness. She is only able to attend a few practices a week due to her outside commitments, but when she is there you can't miss her. She is running hard and fast and is a sight

Similar to the boys' team, Weaver believes his girls' squad are tight nit and love to run with each other.

"But what I also love about our girls' team is that I get to work with them for several years as most of the top runners are very

young," he said. "I can't wait to develop these girls over the next few years into incredible runners and help motivate them to hopefully pursue college careers and scholarships through cross

"There aren't many concerns with our girls' team," he added. "But in general, what you have to worry about with any team is injury prevention. I just want to make sure our girls stay healthy and happy and are able to compete well on race day. Going into each day at practice, I am constantly checking on each athlete to make sure they aren't having any issues with soreness or injury and if they are, I address it right there on the spot and adjust their runs and workouts accordingly."

When asked about his girls' team's schedule and the chances of them winning a region crown, Weaver responded with the same answers he gave for his boys' team.

tionally structured this year's schedule to fit the needs of running well at region and state.

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"I have two meets on our schedule that are at our regional course," he said. "I have two meets on

the schedule that are about midseason that I plan on having PR's at, due to them being fast courses. I like to look at the first two meets as what I call rust busters. so that the runners can get their racing legs back under them as we only get up to race pace a few times at practice and for short distances. So these first races aren't necessarily about getting a PR or winning. If that happens I will be one happy coach, but the goal is to get out at get used to running 5ks at a tough

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IEAN

CONTINUED FROM PAGE 6

 Russell Rickets (freshman) — debut

• Tristan Joseph (senior) Returning upperclassmen provide depth to ros-

• Seth Dotson (junior) — Returning upperclassmen provide depth to roster.

• Hunter Gilbert (sophomore)

Strong work ethic is South Laurel main strength, according

Scheithauer.

"Jay Hoskins continues to improve from year-toyear and shows a lot of po-

Not having much depth

and experience on the roster is a concern for Scheithauer, as she is looking to prioritize injury prevention.

Scheithauer Said her

team's schedule provides a variety course layouts with different challenges (hills/ switchbacks/trails) that will prepare them for the

regional meet.





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run at it. If we stay healthy

and keep improving week to

week, we'll be right in the

these girls have already put

in during the offseason,"

Smith added. "They've com-

mitted themselves to sum-

mer training and have shown

they're serious about chas-

ing team goals. Beyond the

results, they represent our

school and community the

right way - with integrity,

effort, and heart. I'm looking

forward to seeing what they

day but we're going to put in

the work to be as prepared as

accomplish this year."

"I'm proud of the work

CONTINUED FROM PAGE 6

is one of the most reliable runners I've coached. She's mentally tough and always rises to the occasion in big meets. Ivy has really stepped up as a competitor. She had a breakout season last year and continues to push herself and her teammates in every

"Malory made a big impact as an eighth grader, and we're expecting even more growth from her this

PRIMED

CONTINUED FROM PAGE 5

"All of our players will

be returning from last sea-

son with the exception of our goalie," Carson said.

"Brooklyn Mullins graduat-

ed in the spring and left big

shoes to fill but we're excit-

Smith continued. "She's gained a lot of confidence and is hungry to improve. Lauren is the kind of runner who gets better as the season goes on. She's a grinder, and her work ethic is contagious to the rest of the team. Kylie is new to the cross country scene, but she's already showing great promise. She's coachable, determined, and doesn't shy away from the hard work. Trinity is new to cross country but has fit in seamlessly. She's athletic, focused, and we're excited to see how she into that role and leave her

mark. In front of her will be

a lot of veteran players and

"Haley Combs will be re-

turning this season and we

expect her to be a strong,

steady leader for us on both

ends of the field," she added.

"Offensively, we're looking

for Presley Thompson, Lau-

ren Crouch, Mckinley Mas-

gy have been outstanding.

"We're still growing

some skilled young faces.

With five runners returning, Smith feels experience

develops throughout the sea-

is her team's main strength. "Returning five varsity runners from a team that finished second in the region gives us a solid foundation," she said. "We also have great team chemistry - the girls genuinely want to see each other succeed, and that's a powerful motivator. They're driven, disciplined, and they've embraced the challenge of building on last

tin, and Annabelle Welch to find the back of the next often. Defensively, we are leaning on the experience of Sarah Watkins, Bailey Watkins, and Carleigh Feltner.

Carson believes her team's experience stands out as a great team strength entering the season. "They say experience is

the best teacher and our team

sive discipline," Perkins

added. "We'll continue to work on transitions and building out of the back

to strengthen our overall

was exposed to some great experiences last year and faced some strong competition," she said. "That experience is one of our biggest strengths moving forward into this year." Another challenging

"Staying healthy is al-

ways a concern in cross

country, especially as the

mileage increases," Smith

added. "We'll be monitor-

ing that closely and making

sure we're taking care of our

bodies. Depth is also some-

thing we're continuing to

build. While our top runners

are strong, we'll need our

younger and newer athletes

to step up and close the gap

if we want to make a deep

Smiths roster said her

variety of courses across

postseason run."

team will be running a

schedule with have Carson's squad battle-tested. "I like the variety in our

schedule this year," she said.

postseason play. "Anything can happen," Carson continued. "Any team can win on any given

the area to help better pre-

"The goal is to be bat-

tle-tested by the time we get

to regionals, and I believe

this schedule will help us

peak at the right time," she

said, "I believe we have a le-

gitimate shot (at winning the

region). With five of our top

seven back, and the added

potential of our newcomers,

we're in a strong position. It

won't be easy — we know

the region is tough and the

margin for error is small —

but this group has the mind-

set and experience to make a

"We're going to play some

really good teams. You can't

get better, if you don't face

challenges. So I'm excited to

see how we match up with

the opponents on this year's

schedule. I have no doubt

it will have us prepared for

pare her runners.

we possibly can for postseason play. Last season's Final Four run was one of the best experiences. We hope that with the seasoned players we're bringing back in addition to new, young talent that is moving up we can come together to make another special run this year."

ed to see Jaedyn Gilbert step

PITCH CONTINUED FROM PAGE 5

to strong communication on the field and a willingness to work for each other. Their buy-in and enerin consistency and decision-making, especial-

ly under pressure. With a-mix of returners and new faces, we're focusing on team shape and defen-

Perkins said her team's slate is competitive and designed to prepare her for postseason play. "We've intentionally lined up strong opponents throughout the region to challenge us early and often," she said. "We believe facing tough teams

"We know that we can

play well and we have

seen we can also lose fo-

cus and not always trust

each other," he said. "Our

defense has come a long

way in keeping us steady

while helping us in offen-

will expose areas for growth and help us peak at the right time.

"We have the talent, work ethic, and team culture to compete at both the district and regional levels," Perkins added. "As

that we lost most of our

goal scoring," Cawood

added. "We will have to

work extra hard, every

day just to make sure we

can create offensive op-

long as we stay healthy, continue developing our chemistry, and play with confidence, we like our chances. Our focus is to improve each week and be playing our best soccer when it matters most."

SUCCESS

CONTINUED FROM PAGE 5

different."

The Cardinals return a solid nucleus of talent that looks to build on their nine wins from last season.

"We have great leadership among the seniors

we have," Cawood said. "Keeper Caleb Whicker has really stepped up this year and provided a great example for these boys to follow. Ethan Emge was out for part of the summer but came back ready

and working hard. We are

looking for jr. Ryan Marti-

nez to help keep our mid-

field in line.

"Sophomore Robinson was a consistent starter last season and is always working hard," he

Cawood said the biggest strength he sees so far is just how well his players have come together as a

sive transition. "I think the most obvious concern we have is

mer Coach Steve King after

"We're building on the

foundation he laid," he said.

"He coached Alyssa from

6sixth grade and helped

her reach that final round at

State last year - an incred-

ible achievement for both of

them and a fitting high note

to end his career on.

his retirement.

portunities and capitalize anytime we are in the offensive third." A balanced schedule

will prepare Cawood's

"I served as Coach King's

assistant for two years, and

he's still a great resource

when I need advice," Siler

Coach this year is Branden

Grubb—he may not have

known exactly what he was

getting into, but he's jumped

right in and has made a big

impact. We each bring dif-

Assistant

added. "Our

squad for postseason play. "I think seeing all different types of opponents can have you as prepared

as possible when it comes time to win or go home," he said. "We've had an amazing preseason and I think our boys are working to get all the pieces

VOLLEYBALL

CONTINUED FROM PAGE 4

guide them through this long season! We look forward to seeing what this young Lady Jags team can accomplish."

Another tough schedule awaits North Laurel, who has intentions of making noise in the 49th District once again.

"The schedule this season is one where you don't have many gimmies," Eversole said. "We face some of the regions best along with some good out of region talents like Madison southern and Pulaski county that will prove to give us the competition we need to be prepared for post season. It's a long three months and there is nothing but room to grow.

"I like the chances this group has to make noise at both the district and re-

gion level," he added. "We look to hold our place and win our fourth consecutive 49th District title which would also make it seven out of the last eight years. We also want to be making a push to obtain our first ever volleyball region championship.

SILER

CONTINUED FROM PAGE 4

be major contributors. On the JV side, we're excited to watch the growth of Dawson Hutton, Maleah Singleton, Khloe Jarrett, and Grier Allen. Dawson Hutton, a Junior transfer, has been a hard

she'll be ready to contribute at the varsity level next year. Maleah Singleton is coming off an injury but is already showing improvement this season. She brings positivity and energy to every match. Khloe Jarrett, one of our seniors, is also a member of the Dance Team.

worker, and we're hopeful

Siler said he will miss for-

She just played her first

match last week and did an

excellent job. Grier Allen, a

multi-sport Freshman, has

already improved her scores

by 15 to 20 strokes since last

year. Her progress has been

exciting to watch, and we're

confident she'll continue to

"There's no way to know that's going to be, until they shake themselves out. We're gonna attack it

town. That's very important to us. Number two. Have a winning season. It's always important to what each individual player needs. We're looking forward to a strong season and an exciting run at Region. This team has the talent, work ethic, and chemistry to make something special

Number three. Make the

playoffs. If you can get

hot at the right time, just

getting into the playoffs

ferent strengths to the table, and that balance helps

us tailor our coaching to

HINES

CONTINUED FROM PAGE 2

four, as I said, are ranked in the preseason poles

CONTINUED FROM PAGE 2

in him to go make anything

inside 50 yards. He works

hard at his craft and we be-

lieve he is a solid weapon

The key to Nelson's

team's success could come

down to offensive and de-

for us with his leg."

fensive line play.

very high. We will probably be a big underdog in how many wins or losses each of those games.

"Our goal will always

be to achieve our potential as a team," he continued.

as hard as we can take one "I believe the strength of

our team is in the offensive and defensive lines this season," he said. "I also believe we have a great senior group who want to be successful and are willing to work to achieve that success. We are able to do many different things offensively and defensively we were unable to do last season because of

the experience.

"Our biggest concern for our football team is depth," Nelson added. "I believe this is a concern for all high school football teams, but if we are able to keep our guys healthy and focused, the sky is the limit for this

Another tough slate will have the Jaguars prepared for run at their respective district crown.

game at a time, and try to championship. We want win more than you lose. be the best we can be. We to beat that school across have three concrete goals, That will be our three main goals forevermore. Number one, win the city

"We play a very tough schedule this season, and this group didn't want it any other way," Nelson said. "They need to be prepared for playoffs as well as tough district play. They want to be the group to win North Laurel a region championship and the regular season will prepare us. They understand no game

on our schedule can be tak-

en lightly.

"We play in a very tough district with three other well coached football teams," he added. "This group has the capability to win district or finish fourth. It is all about how they mentally prepare and play each game like it's our last.

"This team can absolutely make a deep run this postseason," Nelson conbe a huge deal." tinued. "That is up to us as a team in how we prepare and take care of our bodies this season. They can have a first round exit or they can make plenty of noise in the playoffs. I believe in this team more than anyone, but I understand high school boys will be boys. They cannot afford to be lazy and relax or we will have a dis-

appointing season."

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