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DHS Cross Country Team Competes

SEPTEMBER 08TH 2011 BY STAFF WRITER

DHS Cross Country Team Competes

Information submitted by SMT Reader & DHS Coach Christopher Bolin

The Dexter cross country team is well into their 2011 season and with a young team, they continue to compete and improve their running skills.

This is a rebuilding year for the Bearcat runners. Only two seniors return this year represented by Melinda Mayo and Jenny Blattman and two juniors of Alex Rybolt and Samantha Midgett. The remaining eight member team are all sophomores and freshman.

On September 4th, the Jackson invitational was held where Zachary Conner finished third and Alexis Smith finished 10th in the freshman group. Overall, the freshman boys finished 4th overall in the meet.

In the Kelly Invitational held this past Wednesday, Conner again had a strong showing as he finished 7th in the varsity division. Katie Justice and Alexis Smith finished 12th & 13th respectively in the varsity girls division.

In the girls junior varsity division, Kelsi Wood finished 7th for the Bearcat team.

"The kids are working hard and improving in every event", added head coach Christopher Bolin. "We are excited about continuing to grow and get better".

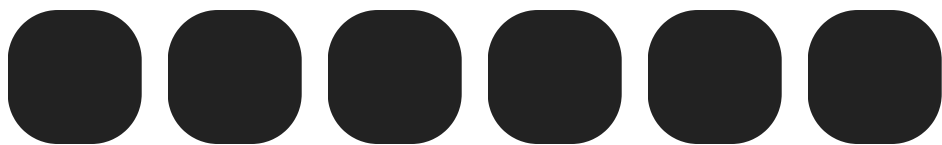
The next meet for the cross country team will be the Cape Invitational held on September 17th.

Above picture are pictured members of the Bearcat cross country team at the Kelly Invitational.

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Bearcats Prepare For Friday Night

SEPTEMBER 08TH 2011 BY UNKNOWN

Bearcats Prepare For Friday Night

Head coach Aaron Pixley goes over some adjustments with defensive back Kenton Sanders during Wednesday's practice.

Coach Pixley noted Sikeston's speed, saying that they "are probably the fastest team we'll see, on both sides of the ball."

***Charles Bland Stadium will be the site of tomorrow night's contest between the 'Cats and the Sikeston Bulldogs.
Kickoff is scheduled for 7:00 p.m.***

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JV 'Cats Pick Up Win Against Caruthersville

SEPTEMBER 07TH 2011 BY UNKNOWN

JV 'Cats Pick Up Win Against Caruthersville

By Andrew Cato, ShowMe Times Sports Editor

The JV tennis team picked up another 'W' on Wednesday afternoon when they faced the Caruthersville Lady Tigers.

The Tigers were only able to bring two players to the match - one member of the squad was out due to injury; the remainder didn't have enough practices in to be eligible for competition under MSHSAA rules - but the JV 'Cats were able to get three matches in.

The doubles duo of Paige Patterson and Alison Jarrell, as well as singles Kendra Stevenson and Brannon Heaton, were all able to

get 6-0 victories.

The Lady 'Cats will be in action again Monday (Sept. 12) afternoon, when they face off against the Charleston Bluejays. The match is set to get for a 4:00 p.m. start.

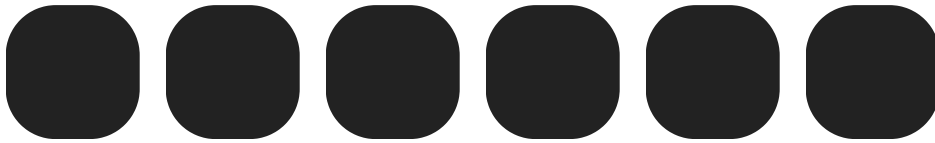
Photo Above:

Brannon Heaton makes a very athletic shot during her singles match. Heaton was able to get a 6-0 win to help push the JV squad to a 3-0 victory in the contest.

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Bearcat Football Injury Update

SEPTEMBER 07TH 2011 BY STAFF WRITER

Bearcat Football Injury Update

With an undefeated opening to the 2011 season, the Bearcats have had great showings against the Ste. Genevieve Dragons in week one and the Park Hills Central Rebels in week two. More importantly, the team has remained healthy, with only a few minor bumps and bruises.

"I think we are 'full go' other than Nick Summers right now," noted Head Coach Aaron Pixley. "We only have a few bumps and bruises."

Nick Summers is the Bearcats' outstanding 'power' running back and linebacker for the Bearcats that pulled up early in the 2nd quarter of last week's contest with a shoulder injury. Tough as nails, Summers remained in the game for the remainder of the that quarter until half time.

With a commanding lead at half-time, team physician Dr. Bobby Jibben and the Bearcats' coaching staff made a decision to pull Summers from the game. Dr. Jibben reported it to be a precautionary move, and wanted to be sure to keep Summers healthy for the remainder of the season.

As of today, Summers appears to be improving, but is considered day-to-day for Friday night's game against the Sikeston Bulldogs.

"It seems that he has a lot of movement back into his arm and shoulder and will have an MRI tomorrow to rule out any damage to the shoulder," noted Pixley. "We (coaches) would like nothing better to have him in the lineup, but we want to do the right thing."

The Bearcats will be at home Friday night at Charles Bland Stadium. Kickoff is set for 7:00 p.m. Make plans to join other members of **Bearcat Nation** as the 'Cats work to continue their quest for an undefeated season.

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Zach Lacy - The Gentle Giant

SEPTEMBER 07TH 2011 BY UNKNOWN

Zach Lacy - The Gentle Giant

If you've ever been one to think that all kids are alike, allow us to prove you wrong - meet Mr. Zach Lacy.

Zach is the son of Russ and Kim Lacy of Dexter. He is a young man that proves that manners and kindness can reside in the life of a young person. A gentle giant on the high school football team, Zach has a strong fan following among the members of Bearcat Nation.

As an athlete, Lacy has been a standout in both football and wrestling, now in his senior year at Dexter High School. He has been a team leader and someone that is considered a friend among all his peers. Lacy is one of the *good guys* - one that always has a smile on his face and an upbeat spirit that he is willing to share with anyone.

During his sophomore year, Zach became a starting offensive lineman for the Bearcats out of sheer size and ability. His performance as a young Bearcat exceeded all expectations of his coaches and fellow players.

Gaining valuable experience during the 2009 season for the 'Cats, Lacy came into his junior year. A nagging shoulder injury continued to plague his performance during the season, but Zach was quick to grow his mental toughness by playing through the entire season with only being sidelined a few times during a game. You would always find him

ready and willing to get back on the field every Friday night, regardless of any injury.

The Bearcat offensive line has been one that has drawn a lot of attention. Zach has been fortunate to surround himself with quality lineman in the past - Jake Bollinger, Theo Gaul, Tim Moore, and Jacob Stephens all come to mind - that have given him both motivation and valuable experience. His ability to be steady and solid on the field has brought him All-Conference and All-Region honors during his junior season as an offensive lineman.

images/Sports/Athlete Features/Zach Lacy/2011.9.7_Lacy3.jpg

“Zach Lacy has been a pleasure to work with in the weightroom and on the football field,” head football coach Aaron Pixley said. “He has transformed his body from a boy as a freshman to a man as a senior.”

“He has improved as a player every year, and most importantly, as a person.”, Pixley continued. “We are excited to see Zach have his best year yet.”

Zach’s athletic abilities don't begin and end on the football field - he's also an outstanding member of the wrestling team. Lacy has wrestled at the varsity heavyweight division since his freshman year and has competed in District, Sectional and State-level competitions throughout his high school career.

images/Sports/Athlete Features/Zach Lacy/2011.9.7_Lacy4.jpg

His initial goal when he went out for the squad

was to improve his footwork and mobility on the offensive line, but he found that he was actually great at the sport. He had a bit of a tough start during his freshman season, but at the end of his sophomore year, he was voted Most Improved Wrestler by his coaches and his junior year found him as a state tournament qualifier.

“Through hard work in wrestling and the weight room, Zach has been able to reshape his body into a force to be reckoned with on the athletic field”, commented football and wrestling coach, Rick Schwab. “He has greatly lowered his body fat percentage while increasing his 40 speed and increasing his numbers in the weight room.”

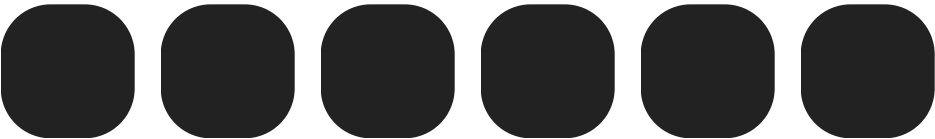
“Zach has a great work ethic, a determined mind and it has showed through his accomplishments in our athletic programs”, Schwab continued.

Lacy is extremely involved with activities both at school and around the community. He is one that is truly a standout in the Class of 2012. Both his infectious smile and friendly demeanor make you know that Russ and Kim Lacy have done something incredibly right in raising this young man.

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