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# DHS Coaches Attend 3Dimensional Seminar

JANUARY 26TH 2015 BY DEE LOFLIN

## DHS Coaches Attend 3Dimensional Seminar

**Cape Girardeau, Missouri** – Dexter Head Football Coach Justin Peden along with other DHS coaches Eric boles, Chris Bolin, Brice Beck and Greg Lummukka attended a 3Dimensional Seminar hosted by Wes Simmons.

Simmons is a certified 3-D trainer for the Midwest region. He led the seminar about three-dimensional coaching, which was attended by about 65 coaches from the southeast Missouri region on Friday, Jan. 16, in the Kay Porter Theater.

"Three dimensional coaching is a great way to help us as coaches come to a better understanding of how to communicate with players and get the most out of them," commented head football coach Justin Peden. "It's not only about coaching the body, it's about the heart and mind as well. If you have all three aspects then you know you will be getting the most out of that young person."

3-D coaching, a concept developed by Dr. Jeff Duke of the University of Central Florida, combines fundamentals, psychology and heart into developing athletes. Sponsored by the R-I Athletic Department, Bill Ray - Southeast Missouri Area Rep for the Fellowship of Christian Athletes, was instrumental in bringing the presenter to Poplar Bluff, as Simmons serves the sports ministry in Northwest Missouri.

"Coaches are the single greatest authoritative person in a child's' life," Simmons stated.

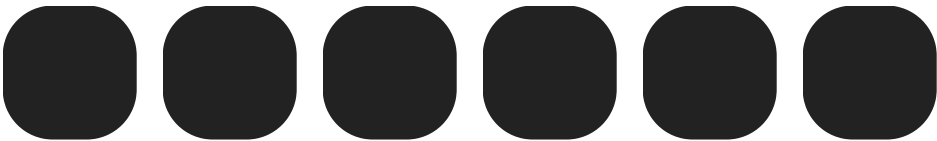
Football games may only be played on the field during the fall, but the coaching staff at Dexter Public Schools work year round to teach our athletes and we appreciate all the effort by these coaches. Even off the playing field, coaches can be good mentors in the community and great advisers, offering perspectives on non-sports problems.

"One of the reasons anyone gets into coaching is to make a difference in the lives of young people. If not you are in the wrong line of work," continued Peden. "Of the 53,000,000 high school athletes in America today 72% come from a one parent home. It is our job as coaches to be positive influences on the lives of every player we come in to contact with."

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# NMCC Continues Winning Streak Defeating Dexter 83-68

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## NMCC Continues Winning Streak Defeating Dexter 83-68

**New Madrid, Missouri** – The Dexter Bearcats ended their 3-game winning streak when the New Madrid County Central Eagles flew away with the win Friday night in New Madrid.

“Our goal was to come out with a lot of energy, playing our style,” NMCC head basketball coach Travis Day said. “I knew their defense was going to pack it in the paint on Willie. We told our shooters to have your hands and feet ready and if you are wide open let it fly.”

NMCC definitely let it fly in the first half hitting 8 three-pointers to secure a comfortable half-time lead 46 – 20.

Willie Jimerson paced the Eagles with a team-high 19 points including one 3-pointer. Deon Jenkins tallied 12 points and Vontre Jones finished with 11 points.

Drew Palmer hit three treys adding nine for the Eagles. Mikael Walker added 9 points. Kiel Causey and Javarcus Word both scored 8 points.

“That’s kind of our style,” continued Day. “Willie is our head guy, but we usually have a lot of guys contribute night-in and night-out. We are good about sharing the ball and our style allows for a lot of people to get their hands on the ball.

Dexter put together a better second half scoring 7 three-pointers and outscoring NMCC by 11 points, but it was not enough to overcome the first half deficit.

“I was very proud of how the kids battled back in the second half,” stated Dexter head basketball coach Josh Dowdy. “Real proud. It would have been easy to quit and we did not do that tonight. Tyler Heil came in and gave us some big minutes. I have been coaching for 10 years and have been around quite a few kids and there is not a better teammate than that young man. His actions on the court are the epitome of a great teammate. I am just glad he had a chance to shine and he did with some big block-outs, a charge, and a stickback.”

Jason Jarrell tallied a team-high 19 points including one 3-pointer.

Austin Chessser added 17 more along with hitting two treys.

Ethan Flowers finished with 16 points including four 3-pointers.

Peyton Pollock hit one trey and finished with 8 points.

“Our goal was to make them shoot over the top of us. Unfortunately, they were eight of eleven behind the arc in the first half. I do wish we would have contested a little bit more, but you have to pick your poison against a team like NMCC,” continued Dowdy. “If you go out and guard them they are more than capable of getting to the rim.”

New Madrid County Central ranked #4 in Class 3 improved their record to 17-2 with the victory over Dexter.

“We were also able to run a few things offensively in the second half that I feel will make us better down the stretch,” stated Dowdy. “I believe it is worth noting the way Coach Day handled the game. There were some times where he could have kept his foot on the gas and he didn’t. That shows a lot about his character and New Madrid County Central as a whole.”

 /images/2015 Images/Coach Josh dowdy.jpg

Dexter will now face Puxico in the SCAA Tournament on Monday at 8:00 p.m. They are ranked #3 with Puxico ranked #6. Games will be played at Bloomfield.

### **Final Score New Madrid 83, Dexter 68**

NMCC 23 23 20 17 - 83

Dexter 6 14 21 27 - 68

**NMCC (83)** – Willie Jimerson 19, Mikael Walker 9, Kiel Causey 8, Javarcus Word 8, Chris Farr 3, Drew Palmer 9, Asten Newsom 4, Vontre Jones 11, Deon Jenkins 12. FG 33, FT 9/15, F 16. (3-pointers: Kiel Causey 2, Javarcus Word 2, Drew Palmer 3, Willie Jimerson 1. Fouled Out: None.)

**Dexter (68)** – Jason Jarrell 19, Peyton Pollock 8, Jacob Pedigo 4, Austin Chessser 17, Ethan Flowers 16, Tyler Heil 2, Matt Sims 2. FG 27, FT 6/9, F 12. (3-pointers: Ethan Flowers 4, Austin Chessser 2, Peyton Pollock 1, Jason Jarrell 1. Fouled Out: None)

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## SCAA Boys Basketball Tournament Seedings Announced

JANUARY 23RD 2015 BY DEE LOFLIN

### SCAA Boys Basketball Tournament Seedings Announced

**Bloomfield, Missouri** – The SCAA varsity and junior varsity boys basketball tournaments begin Monday, January 26, 2015 and the seedings have been released.

Bernie Varsity Mules basketball team earned the #1 seed. The Bloomfield Wildcats earned the #1 seed in junior varsity action.

Bernie Mules will play the Richland Rebels (ranked #8) at 6:30 p.m. on Monday, January 26<sup>th</sup> in the Bloomfield gym.

At 8:00 p.m. the #3 ranked Dexter Bearcats will play #6 ranked Puxico Indians.

On Tuesday the varsity action resumes with #2 Woodland taking on #7 Bell City at 6:30 and #4 Advance playing #5 Bloomfield at 8:00 p.m.

In junior varsity match-ups it's the #3 Bernie JV Mules playing #6 Puxico JV Indians at 5:00 p.m. on Monday, January 26<sup>th</sup>. The Woodland JV Cardinals ranked #4 will play #5 Advance at 5:00 p.m. on Tuesday, January 27<sup>th</sup>.

Both Dexter JV seeded #2 and Bloomfield JV seeded #1 have a bye in the quarterfinal action.

The varsity championship will be Friday, January 30<sup>th</sup> at 8:30 p.m. with the junior varsity championship at 7:00 p.m.

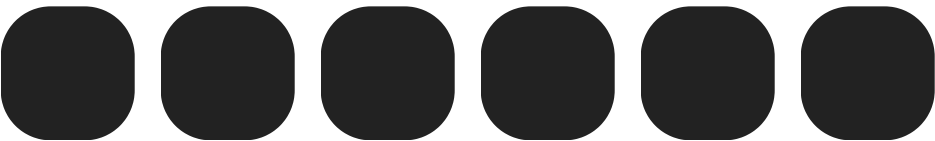
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# Annual Knights of Columbus Free Throw Contest

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JANUARY 22ND 2015 BY DEE LOFLIN

## Annual Knights of Columbus Free Throw Contest

**Dexter, Missouri** - The Dexter Knights of Columbus are sponsoring their annual Free Throw Contest this Sunday, January 25th at 2:00 p.m. at the Sacred Heart Parrish Center.

All boys and girls ages 10 - 14 are invited to participate in the local level of competition for the 2015 Knights of Columbus Free Throw Championship. The local competition will be held this Sunday with registration at 1:45 p.m.

The KC Free Throw Contest is sponsored annually with winners progressing through local, district, and state competitions.

This even is for boys and girls ages 10 - 14.

- Boys ages 10, 11, 12, 13, 14 (age as of January 1, 2015)
- Girls ages 10, 11, 12, 13, 14 (age as of January 1, 2015)

### Suggested Tournament Schedule:

- Council - Month of January - Sacred Heart Church, Dexter
- District - February 1 thru 15
- Regional- February 16 thru 28
- State - Sunday March 8, 2015 @ Fr. Tolten High School, Columbia, MO - 1:00pm

Last year more than 120,000 sharpshooters participated in over 3,600 local competitions. all contestants on the local level are recognized for their participation in the event. Participants are required to furnish proof of age and written parental consent.

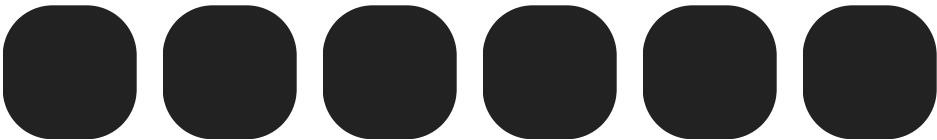
***For more information please contact Mark Guethle at 573-624-6361.***

The Knights of Columbus in an international Catholic family fraternal service organization with over 1.8 million members in more than 14,500 local councils. Last year, Knights donated over 70 million volunteer hours and \$162 million to charitable and benevolent causes, sponsoring projects to benefit their church, councils, communities, families and youth.

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# Three In a Row - Way to go Bearcats!

JANUARY 22ND 2015 BY DEE LOFLIN

Three In a Row - Way to go Bearcats!



**Dexter, Missouri** – The Dexter Bearcats scored 24 points in the fourth quarter to secure their victory over the Puxico Indians 66-59 Tuesday evening.

“I thought the first half we came out and laid down to be honest,” commented DHS head basketball coach Josh Dowdy. “But we showed some grit in the 3<sup>rd</sup> and 4<sup>th</sup> quarters and battled back. It’s been a while since we have won three in a row so hopefully we can keep this thing rolling.” Dexter defeated Bloomfield, Bernie and now Puxico. All Stoddard County teams.

Ethan Flowers tallied a game-high 25 points for Dexter. He hit five treys and in the fought back in the fourth quarter he scoring 12 points to defeat the Indians.

“Flowers had a great game for us,” Dowdy said. “He shot it well, but also handled the ball when we needed him to and secured some big rebounds.”

The Indians took their largest lead with about minute left in the third quarter forcing Dexter to either score or throw in the towel.

“We went on a 9-0 run to close out the third quarter to gain some momentum,” stated Dowdy. “We caused them some problems with our press. It definitely tilted the game in our direction, no question. The kids came to the sideline at the end of the third quarter ready to finish Puxico off in the fourth quarter.”

Austin Chesser finished with 13 points. He made five of seven free throws he attempted. Jacob Pedigo and Jason Jarrell also were in double digits adding 12 points each.

“It is nice to see we have four guys in double digits for a second straight game,” Dowdy said. “It shows we know how to share the ball and we are unselfish. To win the county championship that’s what we will have to continue to do.”

Seth Luttrell hit 15 points for Puxico with Levi Woods tallying 13 more.

“Our goal was to create a pace to make their ball handlers perform instead of having them walk it down the floor and lob it to Tucker,” continued Dowdy. “He is a such a presence inside and a tough match-up for us. Puxico was much more hungrier than we were tonight.”

The SCAA Tournament begins on Monday, but before that the Bearcats must travel to New Madrid and play on Friday evening. Game time 6:00 p.m.

“We have to value each possession on offense and defense to be successful. We will have to play better next week when we meet them again in the first round of the SCAA Tournament,” Dowdy stated.

Third-seeded Dexter and sixth-seeded Puxico will meet again at 8:00 p.m. Monday, January 25<sup>th</sup> at Bloomfield in the quarterfinal of the SCAA Varsity Boys Basketball Tournament.

**Final Score Dexter 66, Puxico 59**

Puxico 14 13 18 14 - 59

Dexter 16 7 19 24 - 66

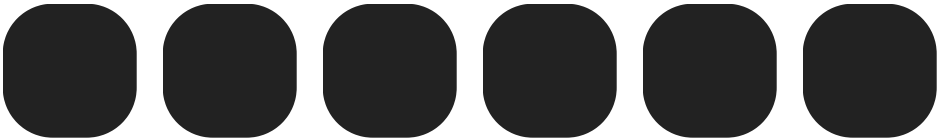
**Puxico (59)** – Levi Woods 13, Cory Pratt 6, Dalton King 2, Zach McCoy 7, Seth Luttrell 15, Jordan Burch 8, Zach Tucker 9. FG 25, FT 5/12, F 21. (3-pointers: Levi Woods 1, Cory Pratt 2, Seth Luttrell 1. Fouled Out: Zach Tucker.)

**Dexter (66)** – Jason Jarrell 12, Peyton Pollock 3, Jacob Pedigo 12, Austin Chesser 13, Ethan Flowers 25, Tyler Heil 1. FG 21, FT 18/27, F 16. (3-pointers: Ethan Flowers 5, Peyton Pollock 1, Fouled Out: Noah Kronk)

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