



[TOP](#)

Bernie Baseball Team Beats Leopold on Tuesday

APRIL 27TH 2016 BY DEE LOFLIN

Bernie Baseball Team Beats Leopold on Tuesday

Bernie, Missouri - The Bernie Mules improved their record to 16-5 defeated Leopold 9 - 1 on Tuesday afternoon.

Leopold scored a run in the first on three hits. The run scored as Bernie catcher threw out a runner trying to steal second.

Bernie scored 3 runs in the first on doubles by Beck and Kirkpatrick and a walk to Brown and a hit by Hobgood.

The Mules scored three runs in the third on a hit by Beck, hit batter, a RBI-double by Kirkpatrick and a two-RBI double by Foster.

Kirkpatrick had a two-run single in the fourth.

WP--Blake Beacham 3 IP, 1 R, 4 H, 2 K, 2 BB

LP--Leazenby

The game was called after five innings due to severe weather in the area.

"We played decently although there were a few plays that we should have made and didn't," commented head baseball coach Darrin Shipman. "We just need to continue to work to clean those up. We hit ok. We just need to keep getting better as we head into the final few weeks before district."

The Bernie Mules will travel to Holcomb on Wednesday. Game time 4:15 p.m. Bernie will host Campbell on Friday at 4:30 p.m.

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[Go to post](#)



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[TOP](#)

DMS Track Team Wins 1st Place at SEMO Central Conference

APRIL 27TH 2016 BY DEE LOFLIN

[DMS Track Team Wins 1st Place at SEMO Central Conference](#)

Charleston, Missouri - On April 25th, the Dexter Middle School Boys and Girls track teams won 1st Place at the 2016 SEMO Central Conference Jr. High Track Championship Meet at Charleston.

Members of the SEMO Central Conference include Dexter, Charleston, Caruthersville, Kennett, and NMCC.

Medal winners were as follows:

Girls:

100M Hurdles- Abby McCormick (Bronze)

100M Dash- Blair Rogers (Silver)

4x200M Relay- Payton Phelan, Abby McCormick, Hannah Whitlow, Delaney Lemmon (Bronze)

1600M Run- Margo Nea (Gold), Madelyn Haynes (Silver), Layne Medler (Bronze)

4x100M Relay- Keaira Craft, Abby McCormick, Delaney Lemmon, Payton Phelan (Bronze)

400M Dash- Hannah Whitlow (Gold)

800M Run- Sydney Asberry (Gold), Margo Nea (Silver)

200M Dash- Blair Rogers (Bronze)

4x400M Relay- Sydney Asberry, Hannah Whitlow, Madelyn Haynes, Margo Nea (Gold)

Long Jump- Blair Rogers (Silver)

Triple Jump- Margo Nea (Bronze)

High Jump- Blair Rogers (Silver)

Shot Put- Faith Owens (Gold)

Discus- Faith Owens (Silver)

Boys:

100M Hurdles- Dylan Homan (Silver)

100M Dash- Corey Ezell (Bronze)

4x200M Relay- Dylan Homan, Corey Ezell, Drew Soule, Brodie Pollock (Gold)

1600M Run- Travis Waldner (Gold), Brett Pollock (Silver), Carter Dorton (Bronze)

4x100M Relay- Drew Soule, Cole Barker, Corey Ezell, Ethan Kirkley (Silver)

400M Dash- Dylan Homan (Gold), Logan Mitchell (Bronze)

800M Run- Brodie Pollock (Gold), Brett Pollock (Silver)

200M Dash- Cole Barker (Bronze)

4x400M Relay- Travis Waldner, Drew Soule, Brodie Pollock, Logan Mitchell (Gold)

Long Jump- Brodie Pollock (Silver), Dylan Homan (Bronze)

Triple Jump- Logan Mitchell (Gold), Spencer Warren (Silver)

High Jump- Spencer Warren (Gold)

Shot Put- Shawn Robards (Silver)

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[Go to post](#)



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[TOP](#)

Athletes Know What It Takes to be Successful

APRIL 25TH 2016 BY DEE LOFLIN

Athletes Know What It Takes to be Successful

Dexter, Missouri - Dexter athletes know what it takes to be successful. It's not just showing up to practice and playing in the games. It's about working hard in the off season, especially in the weight room. This year's weightlifting classes have been working hard and the results prove it.

Dexter High School weightlifting instructor Justin Peden has been impressed with the student's results after his first year as instructor.

"I feel like the athletes here have committed themselves to getting stronger, which was the major focus of this year," Peden also added that many athletes have stood out individually for their commitment to the weight room.

"There are so many kids who worked hard this year but a couple guys really stood out. Hunter Lawrence is squatting 500 pounds and dead lifting 455 pounds as a freshman, which is unheard of. Junior Jonathon Smith and freshman Garrison Collier have added 100 pounds to their squat max, which is also impressive," Peden said. "We currently have thirty athletes benching 200 pounds or more, 42 squatting 300 pounds or more and 21 hang cleaning 200 pounds or more, which shows how hard these guys have been working".

Of course the weight room is not only for the boys. Female athletes have made big strides as well. Freshman Brooklyn Howard has increased her squat max by 48 percent, freshman Makenna Wilson has increased her bench max by 64.29 percent and freshman Anna Bishop has increased her hang clean max by 30.77 percent. Peden stated "In a lot of ways the girls are more competitive than the guys. They realized that it is ok to be strong and have really taken to getting in the weight room."

Peden has also instituted the "Pound Club" this year.

"The pound club is created by adding the max lifts for bench press, squat and hang clean. Some schools also include dead lift; however we are easing into that so I didn't count it," continued Peden.

The 500 pound club currently has fifty five members while the 750 pound club has 14 members.

"At the beginning of the year we might have had twenty kids in the 500 and 4 or 5 in the 750, so the gains are there," stated Peden. "I feel like a real foundation of hard work and strength has been built this year. The future of Dexter weightlifting is definitely bright."

500 Pound Club

Austin Chesser, Brandon Twomey, Alex Bellers, Colten Gibson, Corey Holland, Jeremy Stearns, Austin Adams, Jacob Chamness, Braxton Foster, Jaron Ritter, Ernesto Rivera, James Robinson, Noah Rushing, Chad Smith, Jeffrey Swallows, Alex Swinger, Brandon Tankersley, Chandler Young, Tristan Ash, Zack Cartwright, Jacob Crumley, Dustin Fowler, Wyatt Greenfield, Jakob Harris, Dawson Kasting, Justin Kenley, Joe Rice, Kris Rinehart, Gaven White, Wyatt Chastain, Nate Gargas, Hunter Parrott, Caleb Stearns, John Tucker, Tristan Williams, Jack Worley, Luke Boyer, Jett Featherston, Jeana Harris, Jason Johnson, Bo McMullin, Nick Trout, Gavin Beasley, Carson Dean, Logan Elder, Ryan Mayo, Chance McCoy, Alexis Moore, Tanner Rickman, Devin Schaefer, Chris Seabaugh, Jacob Smith, Payton Tinnin, Dalton Warren, and Trenten Williams.

750 Pound Club

Christian Yarber, Corey Holland, Caleb Hoggard, Austin Merritt, Tyler Stevenson, Michael Hurst, Jason Jarrell, Jordan Laird, Brock Simmons, Corbin Strong, Garrison Collier, Trenten Dean, Jonathon Smith, and Hunter Lawrence.

Bench Press Percentage Increase

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64.29% Makenna Wilson-Freshman

53.33% Lucas Thurston-Freshman

47.62% Justin Kenley-Freshman
45.00% Tristan Williams-Freshman
43.75% Taylor Kallio-Freshman
42.11% Wyatt Greenfield-Freshman
42.11% Caleb Stearns-Freshman
40.00% Ernesto Rivera-Freshman
37.84% Hunter Lawrence-Freshman
37.04% Alex Swinger-Freshman

Squat Percentage Increase

66.67% Jeffrey Swallows-Freshman
59.46% Jaron Ritter-Freshman
56.00% Noah Rushing-Freshman
53.66% Ernesto Rivera-Freshman
52.83% Chris Seabaugh-Sophomore
51.28% Alex Swinger-Freshman
48.00% Brooklyn Howard-Freshman
42.11% Caleb Hoggard-Freshman
42.11% Rylee Allen-Freshman
40.00% Chance McCoy-Sophomore

Hang Clean Percentage Increase

57.14% Ethan Kincy-Freshman
56.00% Ernesto Rivera-Freshman
52.63% Dawson Jones-Freshman

42.11% Tristan Williams-Freshman
31.58% Caleb Stearns-Freshman
30.77% Anna Bishop-Freshman
30.43% Johnathan Wright-Freshman
28.57% Jacob Chamness-Freshman
27.27% Olivia Lacy-Freshman
22.73% Travis Propst-Freshman

Bench Press Top 10

295lbs. Corey Holland-Junior
275lbs. Andreus Garrett-Freshman
265lbs. Michael Hurst-Senior
260lbs. Tyler Stevenson-Senior
255lbs. Austin Merritt-Senior
255lbs. Hunter Lawrence-Freshman
245lbs. Christian Yarber-Sophomore
240lbs. Jordan Laird-Sophomore
235lbs. Corbin Strong-Freshman
T-225lbs. Alex Bellers-Sophomore
T-225lbs. Caleb Hoggard-Freshman
T- 225lbs. Brock Simmons-Freshman

Squat Top 10

500lbs. Hunter Lawrence-Freshman
405lbs. Austin Merritt-Senior
405lbs. Chris Seabaugh-Sophomore
405lbs. Caleb Hoggard-Freshman
385lbs. Corey Holland-Junior

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385lbs. Trenten Dean-Junior

385lbs. Jonathon Smith-Junior

375lbs. Garrison Collier-Freshman

375lbs. Christian Yarber-Sophomore

375lbs. Tyler Stevenson-Senior

Hang Clean Top 10

255 lbs. Austin Merritt-Senior

245lbs. Michael Hurst-Senior

235lbs. Carson Dean-Senior

235lbs. Austin Mitchell-Senior

225lbs. Dustin Fowler-Senior

225lbs. Trenten Dean-Junior

225lbs. Corbin Strong-Freshman

225lbs. Austin Chesser-Senior

215lbs. Gaven White-Senior

215lbs. Bo McMullin-Sophomore

205lbs. Jason Jarrell-Junior

205lbs. Jordan Laird-Sophomore

Deadlift Top 10

455lbs. Hunter Lawrence-Freshman

410lbs. Jason Johnson-Senior

405lbs. Caleb Hoggard-Freshman

405lbs. Alex Bellers-Sophomore

405lbs. Jordan Laird-Sophomore

405lbs. Christian Yarber-Sophomore

405lbs. Corey Holland-Junior

405lbs. Sam Rowland-Freshman

T-365lbs. Dustin Fowler-Senior

T-365lbs. Bo McMullin-Sophomore

T-365lbs. Jake Adams-Junior

T-365lbs. Jakob Harris-Freshman

T-365lbs. Colten Gibson-Freshman

T-365lbs. Jeremy Stearns-Freshman

T-365lbs. Devin Schaefer-Senior

Photos and article submitted by Justin Peden, Weightlifting Instructor, Dexter High School

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[Go to post](#)



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[TOP](#)

Dexter Middle School Athletes Earn Track & Field Medals

APRIL 21ST 2016 BY DEE LOFLIN

Dexter Middle School Athletes Earn Track & Field Medals

Dexter, Missouri - The T.S. Hill Middle School Track Team hosted their one and only track & field meet of the season at Charles Bland Stadium on Thursday. Several athletes earned medals.

Congratulations to Brodie Pollock who broke the T.S. Hill Middle School record in the 800 M Run. He finished in 2:13.78 this season. Drew Soule, Travis Waldner, Brodie Pollock, and Dylan Homan broke the school record for 4x400 M Run in 4:05 and Faith Owens broke the record in Discus with a record 84'10".

Below are the results for those that earned a Gold, Silver, or Bronze Medal.

Boys

4x200M Relay (Silver) - Brodie Pollock, Cole Barker, Dylan Homan, Cory Ezell

1600M Run (Gold) - Travis Waldner

400M Run (Silver) - Dylan Homan

800M Run (Gold) - Brodie Pollock

800M Run (Silver) - Brett Pollock

4x400 M Relay (Gold) - Brett Pollock, Brodie Pollock, Travis Waldner, Logan Mitchell

Shot Put (Bronze) - Shawn Robards

Girls

100M Dash (Bronze) - Blair Rogers

1600M Run (Gold) - Margo Nea

1600M Run (Bronze) - Kyla Propst

400M Run (Silver) - Madelyn Haynes

800M Run (Gold) - Sydney Asberry

800M Run (Silver) - Margo Nea

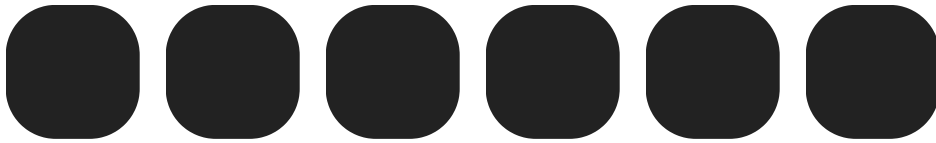
4x400M Relay (Gold) - Hannah Whitlow, Keaira Craft, Tristin Pullum, Madelyn Haynes

Long Jump (Silver) - Blair Rogers
High Jump (Silver) - Alexa Werneck
Discus (Gold) - Faith Owens

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[Go to post](#)



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[TOP](#)

Mules Take Out Puxico in SCAA Semifinal Action

APRIL 20TH 2016 BY DEE LOFLIN

Mules Take Out Puxico in SCAA Semifinal Tournament

Bernie, Missouri - The Bernie Mules baseball team defeated Puxico 11 - 1 on Tuesday, April 19, 2016 in the Stoddard County Athletic Association Tournament.

"We played well," commented Bernie head baseball coach Darrin Shipman. "I thought we took some good at-bats and put the ball in play hard."

Bernie scored 4 runs in the first on a double by Beck, RBI singles by Barnett and Beacham, a single by Brown, and 2-RBI double by Kirkpatrick.

Beck added a home run in the second to make it 5-0.

Bernie scored 6 runs in the fourth on a walk, a RBI triple by Beck, a RBI single by Barnett, RBI double by Beacham, an error, and a RBI single by Brown.

Puxico scored its run in the fourth on an error, fielder's choice, and a single by Roberts.

Final Score: Puxico 1 Bernie 11

WP--Trey Kirkpatrick 5 IP, 1 R, 0 ER, 2 H, 6 K, 2 BB

LP--Ricky Julius

Multiple hits: Beck 3-3, Barnett 2-3, Beacham 3-3, Brown 2-3,

"Now we just need to clean a view things up defensively and hopefully be ready for a tremendous team in Bell City," continued Shipman.

Bernie Mules will host the SCAA Championship game at 4:30 p.m. against the Bell City Cubs on Wednesday, April 20, 2016.

Photo by Dee Loflin, ShowMe Times manager/editor. Winning pitcher #17 Trey Kirkpatrick on the mound for Bernie during the Bernie vs Puxico game.

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