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DHS Cross Country Enters Season with High Expectations

SEPTEMBER 07TH 2016 BY DEE LOFLIN

DHS Cross Country Enters Season with High Expectations

Dexter, Missouri - Dexter High School Cross Country team is already off to a great start to the new season. Head Coach Leonard Morse is confident their season will be filled with medals.

"I have three seniors this year who are returning, Weston Avery, Caleb Bess, and Trenten Dean," stated Morse. "Nick Phillips has taken over as team manager after developing some knee problems. They are also joined by newcomer Dalton Green, who is preparing for his senior wrestling season as well."

The junior class is well represented with experience with Dylan Long, Sean Rybolt, and Emily Ladd. "They form a significant part of the core of the squad," Morse said of his returning junior. "We have also added several new faces in the junior class this year that include Blake Bolin, Austin Chessier, Nate Drivas, Lucas Goodrich, Dawson Kastings, Jonni Hill, and Shelby Smith."

The sophomore class has two new faces in Justin Kenley and Coby Powers. Both are runners in spring track.

The freshman class includes Cole Barker, Carson Bell, Trey Johnson, Ethan Kirkley, and Margo Nea, and Barker, Bell.

The CC Bearcats' squad only has four girls: Emily, Jonni, Shelby, and Margo. "With only four we will be unable to compete for team titles at most of our meets as a team of five is required for a team score," continued Morse. "Emily and Margo should be contenders at just about every meet we run. However, they should be helped next year with this year's eighth grade girls."

"My freshman class should be competitive. They enjoyed great success last year in middle school and I think that will carry through to this year. I expect solid contributions from this group."

"We are a much more solid team this year. There is a different vibe with this team. Several of our new faces will bring a more competitive edge to the team. Kastings, Kenley, and Powers are proving to be solid runners who are very competitive. They are having a positive impact on the team and helping to get more from Dean, Long, Rybolt, and Ladd. The team works well together, and so far, has shown to be quite cohesive. The veteran runners are running well with the newbies," continued Morse.

Dexter will compete in the Class 3, District 1 against Desoto, Doniphan, Festus, Herculanum, Kennett, North County, Notre Dame, Perryville, Potosi, Ste. Genevieve, and Imperial.

"This summer the classes in cross country were tweaked," stated Morse. "That tweaking has resulted in Herculanum, a Class 2 powerhouse, being added to our already tough, tough district. The District also adds new squads from Perryville and Kennett this year. These three replace Affton, Bayless, and Lutheran South, which were shifted to District 2. District 1 still has the power schools of Festus, Cape Notre Dame, Potosi, and Ste. Genevieve."

"If we are to make it to state we will definitely have to earn it. Our District boasts some of the best schools in the state, at any classification."

2016 Varsity Cross Country Schedule

8/27/2016	at Jackson
9/10/2016	at Arcadia Valley
9/17/2016	at Maryville University (St. Louis, MO)
9/21/2016	at Van Buren
10/1/2016	at Notre Dame (Cape Girardeau)
10/6/2016	Saxony Lutheran Neutral Site:Jackson, MO
10/10/2016	at SCAA Quad (Bloomfield, MO)

10/13/2016 SEMO Conference (Dexter, MO)
10/15/2016 at Farmington
10/22/2016 Dexter

The Dexter meet includes many of the smaller schools around Southeast Missouri. Dexter, Doniphan, and Kennett are the only Class 3 schools in the meet. Most of the Class 3 schools are farther north. So far, Advance, Bloomfield, Crystal City, Delta, Doniphan, East Carter, Kelly, Kennett, Leopold, Meadow Heights, Richland, Woodland, and Zalma have added the Dexter meet to their schedule.

"If all goes well, we will also be running in the inaugural SCAA Cross Country Meet that will be hosted by Bloomfield. Advance, Bloomfield, Dexter, and Woodland will be joined by first year program, Richland," Morse said. "That gives us five of the SCAA teams with cross country. Two years ago, we only had three. Cross country is growing throughout the region, which will only make competitions better."

Shown in the photo are Cross Country seniors - Weston Avery, Trenten Dean, Caleb Bess, and Nick Phillips.

"This year's team has come into the season with a more upbeat attitude than in the past. The team is competing well against itself. I am looking forward to a more competitive season at our high school level," Morse said of his 2016 competitors.

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ShowMe Times Sports Spotlight - Jason Jarrell

AUGUST 31ST 2016 BY DEE LOFLIN

ShowMe Times Sports Spotlight - Jason Jarrell

Dexter, Missouri - The ShowMe Times Dexter Athlete Spotlight shines on Jason Jarrell.

Jason is a 6' 0" 170 lbs. RB/FS and #10 on the Dexter Bearcat Football team and is a senior at the Dexter High School.

He is the son of Dennis and Paula Jarrell. His grandmother is Alice Jarrell.

Jarrell is a member of the Dexter Honor Society and has also joined Sr. Beta Club, a new club at Dexter High School.

Jason has won the American Legion Award for Outstanding Male Student at the Dexter High School for 2013, Top 10% all years of high school, and Honor Roll all semesters. Jason is the 2016 National I Dare You Award winner for Dexter High School.

In 2014 and 2015 he won both the Academic All-State Football award and the Perryville Character Athlete award for basketball. He was awarded All Conference SEMO Conference Baseball First Team Catcher 2016, All District Baseball Class 4 2016, Dexter Baseball Team MVP 2016, Dexter baseball Team Batting Award 2016, All Conference SEMO Central Football Offense and Defense 2014, All Conference SEMO Central Football Offense 2015, All Conference SCAA Basketball 2015 and 2016, Stoddard County All-Tournament Basketball Team 2015 and 2016, Bloomfield Christmas Tournament All-Tournament Team 2014 and 2015. Jarrell is a back to back Fellowship of Christian Athletes Dodgeball Champion.

He has lettered in varsity baseball, basketball, and football as a freshman, sophomore, and junior. Jarrell plans to play all three sports his senior year.

His future plans are to go to college. He enjoys hunting, fishing, baseball, basketball, and football. Outside of school Jarrell participated on the Charleston Fighting Squirrels Baseball Team.

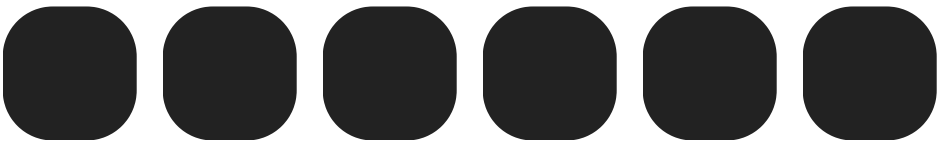
He attends the Dexter United Methodist Church and is a member of Fellowship of Christian Athletes.

it takes a lot of determination to not only play three sports each year, but to achieve such a high academic status as well. Jarrell is consistently improving not only his athletic talents on the field and court, but he is excelling in the classroom as well.

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ShowMe Time Sports Spotlight - Blake Palmer

AUGUST 30TH 2016 BY DEE LOFLIN

ShowMe Time Sports Spotlight - Blake Palmer

Dexter, Missouri - The ShowMe Times Dexter Sports Spotlight shines on Blake Palmer.

Blake is a 5’ 9” 185 lbs. TE/LB and #5 on the Dexter Bearcat Football team.

He is also a senior at the Dexter High School. He is a member of Fellowship of Christian Athletes.

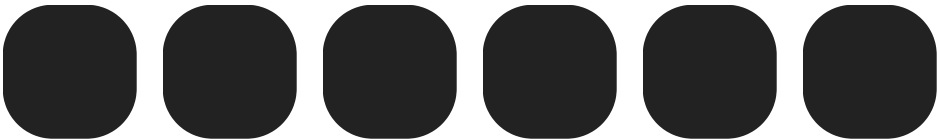
Blake is the son of Danielle Palmer and his future plans are to attend personal training. Palmer enjoys fishing, football, and track.

On and off the field Blake is an excellent motivator to his fellow athletes. He loves football and track and continues to excel in both sports.

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ShowMe Times DHS Sports Spotlight - Nick Trout

AUGUST 30TH 2016 BY DEE LOFLIN

ShowMe Times DHS Sports Spotlight - Nick Trout

Dexter, Missouri – The ShowMe Times Dexter Sports Spotlight shines on Nick Trout.

Nick is a 6’ 2” 170 lbs. WR/CB and #85 on the Dexter Bearcat Football team. He is a junior at the Dexter High School.

He is the son of Hank and Renee Trout. His grandparents are Ron and Linda Marler and Barb and Kenny Tout of Bernie, Missouri.

Nick has been active in Student Council for two years and joined Sr. Beta Club, a new club at Dexter High School. He also enjoys hunting, fishing, and football.

He was awarded Top 10% his freshman and sophomore years.

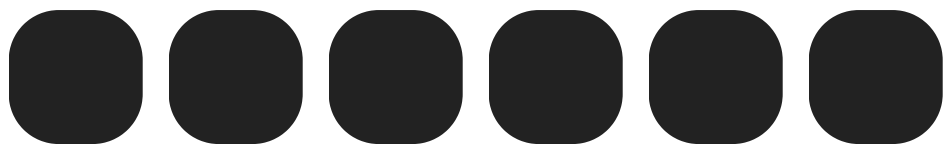
Nick lettered in varsity football his freshman and sophomore years. He attends Liberty Hill Church and is a member of Fellowship of Christian Athletes.

It requires a lot of practice time on the field for a high school football athlete. Nick has shown that he is not only an amazing athlete, but also a well rounded academic high school student as well.

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ShowMe Times DHS Sports Spotlight - Olivia Lacy

AUGUST 30TH 2016 BY DEE LOFLIN

ShowMe Times DHS Sports Spotlight - Olivia Lacy

Dexter, Missouri – The ShowMe Times Dexter Sports Spotlight shines on Olivia Lacy.

Olivia is a Dexter Bearcat Football Cheerleader and is a sophomore at the Dexter High School.

She is the daughter of Steven and Kimberly Lacy. Her grandparents are Dale and DeAnna Rogers of Dexter, Missouri, David Lacy of Wappapello, Missouri, and Phebia Lacy of Bernie, Missouri.

She is a member of Sr. Beta Club, a new club at Dexter High School.

She has lettered in varsity football cheerleading and varsity track.

Her future plans are to attend college and major in performing arts and business. She enjoys dancing, shopping, boating, and spending time with her friends and family.

She has participated in varsity football cheerleading, Kickin' Cats Dance Team, and track. Outside of school she has participated in ballet, tap, jazz, hiphop, contemporary, lyrical, and pointe ballet dancing at Melissa's Studio of Performing Arts in Sikeston, Missouri.

She is a member of Fellowship of Christian Athletes.

Our Dexter Cheerleaders motivate our football team and Bearcat Fans each Friday night and we are very exciting to see them cheer in front of the home town crowd or at an away game! We are very proud of them and glad they are on OUR team!

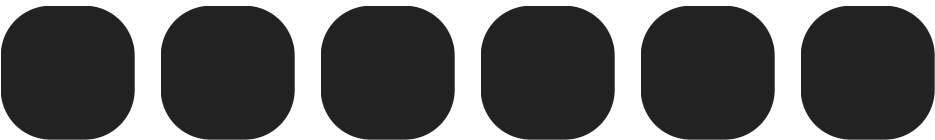
Their routines have many components including tumbling, jumps, cheers, stunts, and dance and they are there for us each and every game, rain or shine, hot or

cold!! We love our Bearcat cheerleaders!
"A Cheerleader is a DREAMER that NEVER gives up!"
DHS Cheer Sponsor is Kayla Cunningham!

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