Growing For You

High school athletics is something every community in Kentucky has in common, and every community will be represented in some way in the new Kentucky High School Athletic Association's Hall of Fame and Museum.

About your K.H.S.A.A.

* Your Kentucky High School Athletic Association serves as the governing agency for all 12 of Kentucky's high school sports. Your association regulates eligibility rules and sponsors 29 state championships.

* Your association is a private, non-profit organization that receives no tax funding. All of the K.H.S.A.A.'s operating budget comes from private donations and receipts from the state championships (basketball, football and soccer receipts comprise 80% of the association's revenue!)

A helping hand...

* Your association is dedicated to serving its member schools. That's why we pay the premium on a catastrophic life insurance plan that covers every student-athlete in the state of Kentucky. From the classroom to the practice field to the game court if a catastrophic accident should occur, your association will be there to provide comfort and financial assistance. Your association also provides a liability insurance plan for member schools and coaches.

Our new home...

* Construction is underway on a 25,000 square foot building that will house your association's offices and a Hall of Fame and Museum (to honor the thousands of persons who have made a lasting contribution to high school athletics in the state of Kentucky.) The offices will be ready for occupancy by January 1992 with full implementation of the museum expected by the 1993-94 school year. We have many exciting exhibits planned to showcase Kentucky's unique athletic history. Come celebrate with us in your K.H.S.A.A. Hall of Fame and Museum.

K.H.S.A.A.

THE KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION
New Look
for the Athlete

During the past summer the staff at your Kentucky High School Athletic Association has worked on methods of improving the channels of communication with our constituents.

Since the ATHLETE is one of our best ways of communicating ideas and information, we turned our attention to this publication first. A recent survey of the member schools helped us tremendously in determining what information was most useful and what was simply taking up space.

This initial issue of the 1991-92 ATHLETE contains some of the suggestions from our member schools and you can look forward to many more in future issues.

Some things to look for:

Content - For the most part the content of the publication will remain the same, we will try to provide you with the same information as before only hopefully a little more thorough and timely.

Features - This issue contains feature articles that we feel will benefit member schools. Many of you had suggestions for feature topics that we will try and present in future issues. We will not fill the magazine with "fluff reading," all features will be informative and relevant while at the same time enjoyable to read.

Publication - A new format means that the ATHLETE will be published from September to June. Each monthly issue will be in your hands around the first of each month. You will still get the normal 10 issues, only this new format should allow us to provide you with more timely information.

We hope that you will continue to provide us with feedback and let us know what we can do to keep you better informed.

What's Inside?

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Anna Leigh Story named Kentucky's Dreamer & Doer

Anna Leigh Story, Graves County High School, was named Walt Disney World National Dreamer & Doer for Kentucky in the Third Annual Awards Presentation.

Anna Leigh Story wrote the following description of how her personal participation in high school interscholastic activity programs demonstrate Walt Disney's "4 C's"—Curiosity, Confidence, Courage and Constancy.

Throughout my high school years, and indeed, throughout my entire life my curiosity has always played a major role in everything I have attempted to accomplish. It seems as if every new thing that I come in contact with sets off a chain of never-ending questions that lead me to learn more and more about that subject. My quest for knowledge and understanding is a constant search in which I take pride and joy in undertaking. My curious nature has led me to involvement in numerous sports and extracurricular activities in each of which I strive to attain the highest degree of excellence. I have found that by setting high personal standards and keeping a good morale, a person can achieve anything they set their mind to.

A certain amount of thought is given to all of my endeavors and, no matter how large or small, I always put forth the maximum amount of effort. The successful completion of most everything that I undertake always gives me the confidence to carry on with the next phase of personal and scholastic enrichment. Even though some of the things that I attempt do not turn out as planned, I always step back and evaluate my mistakes so that I can avoid similar ones in the future. Gaining knowledge from mistakes is an important part of the learning process, and by evaluating the problem and solving it, I gain more confidence in that particular area.

No matter what type of task I become involved in I always find courage to complete it correctly and on time. Because of my artistic skills, I find myself involved in activities that consist of complex techniques and abilities that most people do not possess. The constant bombardment of requests for my artistic services seem to go on endlessly; however, I always accept them without wondering how I will find the time in my busy schedule to complete these tasks because I have learned to discipline myself and to sacrifice my own leisure time to do so.

My courage and stability are also kept alive through the love and support of my friends. The comradery developed during high school years is definitely an asset to a well-rounded person. Due to my various interests I have developed close bonds with many individuals and because of my confidence and courage I have acquired leadership abilities that only increase my stature in the eyes of my peers as well as in my own. I feel comfortable in positions where I am called upon to lead fellow students because I feel that they trust my decisions and can depend on me.

One of my main goals throughout my high school years has been to become a well-rounded individual and to keep a careful balance between my academic and athletic activities. In doing so, I hope to be accepted into the United States Air Force Academy upon graduation from high school. Although many people wonder why I would want to put my whole life into the military, being a military officer takes much time and effort, but I feel that having the chance to serve my country will give me a chance to ensure that the people of our nation have a prosperous future.

I stand firm in my beliefs and dreams and know that with enough effort and commitment I will find the courage to make those dreams realities.

The Kentucky High School Athletic Association congratulates Anna and the other state finalists and we wish them the best of luck in all their future endeavors.

State Runner-up: Catherine Whelan Assumption
Finalists: Shawn Patrick Hager Belfry
Norica Maye Hagerty Russell
Karintha Hemenway Bryan Station
Brandy Lewis Fulton County
KAPOS ANNOUNCES 1991 STELLA S. GILB SCHOLARSHIP WINNERS

The Kentucky Association of Pep Organization Sponsors (KAPOS) is pleased to recognize ten scholarship winners for 1991. Each recipient was chosen for academic and leadership ability and will receive $500. Since 1964, KAPOS has awarded 75 scholarships in the amount of $53,600. Applications for the 1992 scholarships will be available in January. Any cheerleader at a KAPOS member school is eligible.

Congratulations to the 1991 scholarship winners:

Deidra Beshear
Julie Brown
Cathy Ferguson
Greta Hail
Gail Hayes
Stephanie Johnston
Melissa Mains
Lynnette Norris
Ashley D. Phelps
Patricia Wyatt

Pulaski County HS
Fleming County HS
Paul G. Blazer HS
Walton-Verona HS
Jackson County HS
Todd Co. Central HS
Pendleton County HS
Butler County HS
Pulaski County HS
Berea Community HS
1991 Class A Boys' State Champs


1991 K.H.S.A.A. State Track and Field Meet, May 25, 1991 Shively Sports Center, University of Kentucky, Lexington

Boys' Class A

Boys' 110 Meter High Hurdles
1. Jerome Shanklin, Todd County Central, 15.68
2. Chuck Buckler, Bellevue, 15.73
3. Gordon Pratt, Evans, 15.84
4. Bryan Newman, Raceland, 15.85
5. Steve Hite, Mayfield, 15.89
6. Eugene Mykle, Lloyd Memorial, 15.96

Boys' 100 Meter Dash
1. William Murrell, Mayfield, 11.07
2. Craig Coot, Cumberland County, 11.35
3. John Saffold, Bardstown, 11.37
4. Brad Hissong, Bellevue, 11.57
5. Chris Bailey, Murray, 11.72
6. Mike Stewart, Raceland, 11.74

Boys' 1600 Meter Run
1. Tom Gabri, Nicholas County, 4:20.8
2. John Warren, Webster County, 4:26.6
3. Brandon Guyhart, Cordia, 4:29.2
4. Micah Hembree, Oneida Baptist, 4:42
5. Brad Dunlevy, Bishop Brossart, 4:48.7
6. Chris Fletcher, Crittenden County, 4:51.9

Boys' 400 Meter Relay
1. Mayfield, 43.55
2. Russellville, 43.78
3. Bardstown, 44.91
4. Danville, 45.16
5. Raceland, 45.26
6. Lloyd Memorial, 45.4

Boys' 400 Meter Dash
1. Andre Morris, Russellville, 49.38
2. John Saffold, Bardstown, 50.65
3. Martin Zarda, Louisville Collegiate, 51.15
4. Brandon Mason, Ludlow, 51.63
5. George McMillen, St. Mary, 51.92
6. Terry Jones, Evansville, 53.57

Boys' 300 Meter Int. Hurdles
1. Tony Maye, Fulton County, 39.89
2. Eugene Mykle, Lloyd Memorial, 40.37
3. Sean Shoap, Murray, 41.29
4. Chuck Buckler, Bellevue, 42.89
5. Scott Russell, Evans, 42.97
6. Dava Parr, Ky. Country Day, 43.29

Boys' 800 Meter Run
1. Tom Gabri, Nicholas County, 1:57.78
2. Brandon Guyhart, Cordia, 1:59.08
3. John Warren, Webster County, 2:00.76
4. Houston Barber, Frankfort, 2:03.87
5. Chris Fletcher, Crittenden County, 2:04.94
6. Jerrico Taylor, Somerset, 2:05.87

Boys' 200 Meter Dash
1. William Murrell, Mayfield, 22.34
2. Andre Morris, Russellville, 22.50
3. John Saffold, Bardstown, 22.99
4. Chris Hamilton, Danville, 23.21
5. Brad Hissong, Bellevue, 23.25

Boys' 3200 Meter Run
1. Tom Gabri, Nicholas County, 9:48.87
2. Houston Barber, Frankfort, 9:59.76
3. Shawn Stanley, Cordia, 10:04.97
4. Todd Rogers, Cave, 10:26
5. Keith Combs, Cordia, 11:02
6. Chris Wuest, Webster County, 11:48

Boys' 1600 Meter Relay
1. Russellville, 3:27.91
2. Lloyd Memorial, 3:28.15
3. Todd County Central, 3:33.63
4. Bardstown, 3:35.84
5. Ludlow, 3:36.91
6. Cave, 3:38.64

Boys' Shot Put
1. Ron Townley, Ballard Memorial, 5'1.5
2. Randy Swope, Bellevue, 48'5
3. Mike Fraley, Elkhorn City, 46'8
4. Andy McEwen, Frankfort, 45'4
5. Todd Foster, Webster County, 42'11
6. Johnny Walker, Danville, 42'2

Boys' Discus
1. Jason Yates, Bellevue, 156'8
2. Brian Wille, Allen Central, 132'11
3. Adam Cono, Bath County, 132'4
4. David Donaldson, Webster County, 131'5
5. Eric Johnson, Bellevue, 126'3
6. Ron Townley, Ballard Memorial, 120'0

Boys' Pole Vault
1. Eric Johnson, Bellevue, 12'
2. Sean Stogner, Murray, 11'6
3. Tommy Black, Oneida Baptist, 11'
4. Mike Barry, Carroll County, 11'
5. Chris Taylor, Edmonson County, 11'
6. Shane Cope, Bardstown, 9'6

Boys' Triple Jump
1. Lethwa Steward, Paris, 44'6
2. Chris Rickard, West Hopkins, 44'0.25
3. Reed Young, Bardstown, 43'3.25
4. Jayaram Sam, Webster County, 42'0.5
5. Tommy Spencer, Carroll County, 41'7.25
6. Scotty Pace, Evans, 41'7

Boys' Long Jump
1. Willie Channel, Murray, 21'2.5
2. Eric Hart, Bethlehem, 21'0
3. Craig Coot, Cumberland County, 20'9.5
4. Scotty Pace, Elkhorn City, 20'5.5
5. Lethwa Steward, Paris, 20'3
6. Lance Carr, Carroll County, 20'1.25

Boys' Class A Team Totals
Bellevue 48.00
Bardstown 40.00
Russellville 36.00
Mayfield 32.00
Nicholas County 30.00
Murray 26.00
Webster County 25.00
Cordia 22.00
Lloyd Memorial 18.00
Frankfort 16.00
Todd County Central 16.00
West Hopkins 16.00
Cumberland County 14.00
Evarts 14.00
Paris 13.00
Ballard Memorial 11.00
Ky. Country Day 11.00
Fulton County 10.00
Danville 9.00
Oneida Baptist 9.00
Allen Central 8.00
Bethlehem 8.00
Carroll County 7.00
Raceland 7.00
Bath County 6.00
Elkhorn City 6.00
Louisville Collegiate 6.00
Ludlow 6.00
Newport Central Catholic 5.00
Caverna 4.00
Edmonson County 4.00
Crittenden County 3.00
Bishop Brossart 2.00
Owen County 2.00
St. Mary 1.00
Berea 1.00
Somerset 1.00

Mayfield's John Saffold, 2nd in the 1600 Meter Run and 2nd in the 100 Meter Dash. Cordia's Thomas Gabri, 3rd in the 1600 Meter Run and 2nd in the 110 Meter Hurdles. Russellville's Andre Morris, 3rd in the 400 Meter Relay. Danville's Michael Murrell, 4th in the 800 Meter Run and 2nd in the 200 Meter Dash. Todd County Central's Thomas Gabri, 5th in the 1600 Meter Run and 4th in the 3200 Meter Run.
Todd County Central High School
1991 Class A Girls' State Champs

1991 K.H.S.A.A. State Track and Field Meet, May 25, 1991 Shively Sports Center, University of Kentucky, Lexington


Girls' Class A

Girls' 100 Meter High Hurdles
1. Adrienne Hundemer, Dayton, 15.40
2. Tanya Edmonds, Todd County Central, 15.75
3. Rebecca Keen, St. Camillus, 17.02
4. Carol Garnick, Newport Central Catholic, 17.13
5. Latoya Keene, Bardstown, 18.08
6. Mary Hendricks, Raceland, 18.10

Girls' 100 Meter Dash
1. Linda Lindsay, Carroll County, 12.64
2. Veronica Shanklin, Todd County Central, 12.69
3. Mora Arvie, Caverna, 12.94
4. Mary Walter, Raceland, 13.04
5. Melissa Bradley, Caverna, 13.09
6. Marissa Ratliff, McLean County, 13.10

Girls' 800 Meter Relay
1. Todd County Central, 1:47.74
2. Providence, 1:50.03
3. Bishop Brossart, 1:50.43
4. St. Camillus, 1:52.46
5. Danville, 1:53.20
6. Owen County, 1:53.55

Girls' 1600 Meter Run
1. Debbie Finke, Danville, 5:11.4
2. Maureen Egan, St. Henry, 5:11.4
3. Christina Brown, Owen County, 5:20.9
4. Lassena Powell, Providence, 5:30.1
5. Trescia Tyler, Trigg County, 5:57.3
6. Les Isaac, Fleming-Neon, 5:57.9

Girls' 100 Meter Low Hurdles
1. Adrienne Hundemer, Dayton, 14.64
2. Jennie Morris, Cumberland County, 19.16
3. Becky Fisher, Raceland, 20.54
4. Tammie Hansen, Murray, 22.83
5. Melissa Alcorn, Danville, 23.99
6. Candra Brightwell, Lloyd Memorial, 54.24

Girls' 800 Meter Run
1. Adrienne Hundemer, Dayton, 2:19.17
2. Debbie Finke, Danville, 2:21.89
3. Lassena Powell, Providence, 2:26.11
4. Irene Kelly, Lloyd Memorial, 2:30.07

Girls' 200 Meter Dash
1. Veronica Shanklin, Todd County Central, 26.61
2. Mora Arvie, Caverna, 27.25
3. Jenny Zimmerman, Lloyd Memorial, 27.32
4. Linda Lindsay, Carroll County, 27.50
5. Jay Jenkins, Danville, 27.79
6. Tracy Rawlins, Jenkins, 27.81

Girls' 3200 Meter Run
1. Maureen Egan, St. Henry, 11:34.7
2. Christina Brown, Owen County, 11:45.0
3. Katie Staup, Danville, 12:36.4
4. Amohte Green, Trigg County, 13:02.7
5. Caroline Johnson, Fleming-Neon, 13:23.0
6. Mitty Wesley, Somerset, 13:34.2

Girls' 1600 Meter Relay
1. Dayton, 4:12.20
2. Bishop Brossart, 4:15.93
3. Providence, 4:21.24
4. Trigg County, 4:27.29
5. Bethel, 4:31.93
6. Fleming-Neon, 4:35.46

Girls' Shot Put
1. Kim Johnson, Harlan, 37'10.5
2. Kaine Brooks, Providence, 35'0
3. Tina Freman, Nicholas County, 33'10
4. Kim Walker, Danville, 33'5.5
5. Kelli Napier, Harrodsburg, 32'6.5
6. Kristi Riffe, Bath County, 30'8.5

Girls' Discuss
1. Kim Johnson, Harlan, 106'0
2. Kaine Brooks, Providence, 105'10
3. Jenny King, Paris, 105'10
4. Michelle Hopkins, Nicholas County, 101'8
5. Umbecka Shively, Campbellsville, 99'4
6. Ruby Noble, Cordia, 97'6

Girls' Long Jump
1. Grace Harris, Todd County Central, 17.75
2. Mora Arvie, Caverna, 16'2.5
3. Dottie Wroblewski, Dayton, 15'7.75
4. Christy Robinson, Harlan, 15'6.5
5. Linda Lindsay, Carroll County, 15'4.5
6. Donna Lummis, Williamsburg, 15'4.25

Girls' High Jump
1. Innis Nicholson, Williamsburg, 5'2
2. Jan Seibert, West Hopkins, 5'
3. Stacey Winkle, Belfry, 4'10
4. Lesa Radford, St. Henry, 4'10
5. Brandi Ashley, Webster County, 4'8
6. Amanda Brock, Harlan, 4'8

Girls' Class A Team Total
Toddo County Central
Dayton
Providence
St. Henry
Caverna
Harlan
Bishop Brossart
Trigg County
Carroll County
Owen County
St. Camillus
Lloyd Memorial
Raceland
Williamsburg
Nicholas County
Cumberland County
West Hopkins
Belfry
Paris
Berea
Fleming-Neon
Murray
Newport Central Catholic
Bardstown
Bethlehem
Campbellsville
Harrodsburg
Webster County
Bath County
Cordia
Jenkins
Mayfield
McLean County
Somerset
Fort Knox High School
1991 Class AA Boys' State Champs


Boys' Class AA

Boys' 110 Meter High Hurdles
1. Brent Canady, Corbin, 15.68
2. DeKon Walker, Fort Knox, 15.37
3. Joe Bennett, Monroe County, 15.48
4. Andrew McNeil, Mason County, 15.56
5. Kyle Johnson, Warren East, 15.74
6. Adam Manning, Oldham County, 15.87

Boys' 100 Meter Dash
1. Jason Herd, Henderson County, 11.23
2. Carlos Rice, Fort Campbell, 11.41
3. Mark Porter, Harrison County, 11.45
4. Dwayne Montgomery, Elizabethtown, 11.70
5. Don Boyer, Harrison County, 11.71
6. Jabber Pepkin, Monroe County, 11.72

Boys' 400 Meter Run
1. Cleve Eldridge, Anderson County, 4:29.05
2. Jeff Harris, Elizabethtown, 4:36.02
4. Doug Luckhardt, Scott, 4:37.31
5. Jay Dunning, Warren East, 4:38.6
6. Paul Sullivan, Fort Knox, 4:42.4

Boys' 400 Meter Relay
1. Fort Campbell, 42.89
2. Paducah Tilghman, 43.42
3. Fort Knox, 43.85
4. Hart County, 44.04
5. Franklin County, 44.15
6. Harrison County, 44.6

Boys' 400 Meter Dash
1. Kevin Harris, Paducah Tilghman, 49.76
2. Rodolfo Greene, Fort Knox, 50.86
3. Marcus Gishersleeve, Fort Campbell, 51.59
4. Brad Rogers, Russell, 51.70
5. Bryan Wheeler, Adair County, 51.98
6. Scott Bean, Anderson County, 52.66

Boys' 300 Meter Int. Hurdles
1. Brent Canady, Corbin, 38.88
2. DeKon Walker, Fort Knox, 39.68
3. Adam Manning, Oldham County, 41.01
4. Andrew McNeil, Mason County, 41.12
5. Johnny Bennett, Estill County, 41.27
6. Jr. Frank Page, Franklin-Simpson, 41.61

Boys' 800 Meter Run
1. Cleve Eldridge, Anderson County, 1:58.75
2. Jason Renfrow, Western Hills, 1:59.79
3. Anthony Keeton, Rowan County, 2:00.08
4. Steve Brown, Barron County, 2:02.33
5. Junior Sloan, Paducah Tilghman, 2:04.71
6. Mike Brown, Highlands, 2:04.84

Boys' 200 Meter Dash
1. Demarco Doe, Franklin-Simpson, 22.70
2. Bruce Edwards, Fort Campbell, 22.71
3. Mark Porter, Harrison County, 23.23
4. Dwayne Montgomery, Elizabethtown, 23.32
5. Jamie Henderson, Franklin County, 23.37
6. Don Boyer, Harrison County, 23.53

Boys' 300 Meter Hurdles
1. Jaime West, Scott, 9.47
2. Joey Bowman, Franklin County, 9.50
3. Justin Thompson, Western Hills, 9.59
4. Bradley Turner, Union County, 10.01
5. Steven Keith, LaRue County, 10.14
6. Anthony Keaton, Rowan County, 10.17

Boys' 1600 Meter Relay
1. Fort Knox, 3:27.53
2. Russell, 3:29.33
3. Bourbon County, 3:33.39
4. Anderson County, 3:34.43
5. LaRue County, 3:35.15
6. Franklin County, 3:38.33

Boys' Shot Put
1. Jerry Ingram, Harrison County, 54'9.5
2. Scottie Hines, Rockcastle County, 49'1.5
3. Michael Boyd, Calloway County, 47'5
4. Tom Quigley, Oldham County, 45'3
5. Jon Rous, Monroe County, 43'2.5
6. Jonas Hill, Madison Southern, 44'5.5

Boys' Discus
1. Steve Franke, Simon Kenton, 141'3
2. Jerry Ingram, Harrison County, 139'6
3. Derrick Lamar, Paducah Tilghman, 139'6
4. Scottie Hines, Rockcastle County, 137'9
5. Michael Bond, Calloway County, 132'3
6. Brian Nalty, Marion County, 127'2

Boys' Pole Vault
1. John Williams, Fort Knox, 13'6
2. Mike Frank, Anderson County, 13'6
3. Jeremy French, Mazon County, 12'6
4. Mike Heath, Scott, 12'0
5. Ricky Lyn, Barron County, 12'0
6. Anthony Gilbert, Leslie County, 11'6

Boys' Triple Jump
1. Bobby Joe Boyd, Paducah Tilghman, 47'7.5
2. Johnny Harman, Paducah Tilghman, 44'11
3. Allen Dunfee, Russell, 44'0.75
4. Bryan Reed, Couser, 43'11.75
5. Chazz Lewis, Fort Knox, 43'8.75
6. Terrence Taylor, Fort Knox, 43'8.5

Boys' Long Jump
1. Joey Stockton, Hart County, 27'6
2. Bryus Reed, Couser, 27'2.5
3. Maceun Dixon, Union County, 22'0.25
4. Chazz Lewis, Fort Knox, 21'8.25
5. John Harrell, Warren East, 21'2
6. Allen Dunfee, Russell, 20'8

Boys' High Jump
1. Paul Akers, Morgan County, 6'10
2. Larry Lock, Greenwood, 6'6
3. Adam Napier, Simon Kenton, 6'4
4. Phillip Banks, Whitleyburg, 6'2
5. Brian Dishman, Oldham County, 6'0
6. Mikeベスト, Covington Catholic, 6'0

Boys' Class AA Team Totals
Fort Knox 3800
Paducah Tilghman 3700
Harrison County 3700
Anderson County 3200
Fort Campbell 3200
Franklin County 3200
Corbin 2000
Russell 1900
Scott 1800
Elizabethtown 1600
Simon Kenton 1600
Hart County 1400
Mason County 1400
Western Hills 1400
Oldham County 1300
Covington 1200
Rockcastle County 1200
Warren East 1200
Franklin-Simpson 1100
Morgan County 1000
Union County 1000
Monroe County 900
Calloway County 800
Greenwood 800
Rowan County 700
Barren County 600
Bourbon County 600
LaRue County 400
Whiteburg 400
Adair County 200
Estill County 200
Covington Catholic 100
Highlands 100
Leslie County 100
Madison Southern 100
Marion County 100

1991 K.H.S.A.A. State Track and Field Meet, May 25, 1991 Shively Sports Center, University of Kentucky, Lexington
Fort Campbell High School
1991 Class AA Girls' State Champs


Girls' Class AA

Girls' 100 Meter Hurdles
1. Stephani Moore, Fort Campbell, 16.03
2. Stacy Bottom, Russell County, 16.42
3. Tamara Washington, Fort Campbell, 16.51
4. LuAnn Wardrip, Casey County, 16.86
5. Angie Sutcliffe, Scott, 17.02
6. Elizabeth Holt, Anderson County, 17.3

Girls' 100 Meter Dash
1. Melinda Goodman, Fort Campbell, 12.31
2. Laranza Stephens, Fort Campbell, 12.34
3. Valerie Alderman, Fort Knox, 12.93
4. Kitha Nelson, Paul Blazer, 13.03
5. Amy Bond, West Carter, 13.10
6. April May, Morgan County, 13.28

Girls' 800 Meter Relay
1. Fort Campbell, 1:43.63
2. Simon Kenton, 1:49.98
3. LaRue County, 1:50.02
4. Casey County, 1:50.37
5. Paul Blazer, 1:50.41
6. Mercer County, 1:52.7

Girls' 1600 Meter Run
1. Sylvaa Moreno, Fort Campbell, 5:24.5
2. Tara Garrett, Paducah Tilghman, 5:26.7
3. Heike Lund, Highlands, 5:27.9
4. Ginger Watkins, Franklin County, 5:32.5
5. Lauren Moore, Oldham County, 5:34.5
6. Lisa Toppin, Owensboro Catholic, 5:49.2

Girls' 400 Meter Relay
1. Fort Campbell, 48.66
2. Fort Knox, 51.25
3. Casey County, 51.66
4. Greenwood, 51.76
5. Harrison County, 52.5
6. Morgan County, 52.6

Girls' 400 Meter Dash
1. Michelle Harris, Paducah Tilghman, 57.32
2. Amy Bond, West Carter, 58.21
4. Nikki Gilmore, Oldham County, 1:00.47
5. Veronica Brown, Fort Knox, 1:01.82
6. Tara Garrett, Paducah Tilghman, 1:01.87

Girls' 300 Meter Low Hurdles
1. Michelle Harris, Paducah Tilghman, 45.9
2. Krau's Beatty, Russell, 46.9
3. Stephen Moore, Fort Campbell, 47.8
4. Stacy Bottom, Russell County, 49.3
5. Donovan Kings, South Oldham, 49.8
6. Cara Gaug, Simon Kenton, 52

Girls' 800 Meter Run
1. Sylvaa Moreno, Fort Campbell, 2:23.90
2. Tara Garrett, Paducah Tilghman, 2:23.97
3. Adrienne John, Paul Blazer, 2:24.95
4. Heike Lund, Highlands, 2:26.69
5. Mary Coghlan, Hart County, 2:30.62
6. Lisa Toppin, Owensboro Catholic, 2:32.61

Girls' 200 Meter Dash
1. Melinda Goodman, Fort Campbell, 25.59
2. Laranza Stephens, Fort Campbell, 25.98
4. Valerie Alderman, Fort Knox, 26.83
5. Amy Bond, West Carter, 26.87
6. LuAnn Wardrip, Casey County, 26.97

Girls' 3200 Meter Run
1. Lauren Moore, Oldham County, 11:48.1
2. Elizabeth Higgins, Highlands, 11:57
3. Ginger Watkins, Franklin County, 12:24.3
5. Jeni Young, Fort Campbell, 12:56.4
6. Vanessa Basy, Calloway County, 13:06

Girls' 1600 Meter Relay
1. Paducah Tilghman, 4:11.92
2. Fort Knox, 4:13.06
3. Fort Campbell, 4:14.46
4. Highlands, 4:14.86
5. Simon Kenton, 4:18.98
6. LaRue County, 4:21.78

Girls' Shot Put
1. Cara Feas, Simon Kenton, 34'1.25
2. Tia McGee, Franklin County, 33'9
3. Tammy Peplin, Corbin, 31'8.25
4. Heather Brown, Paul Blazer, 31'7.25
5. Jovonda Brunt, Fort Campbell, 30'10.25
6. Devere Hockaday, Fort Knox, 30'1

1991 K.H.S.A.A. State Track and Field Meet, May 25, 1991 Shively Sports Center, University of Kentucky, Lexington

Girls' Discus
1. Helen Johnson, Paducah Tilghman, 101'6
2. Jannell Mora, Fort Campbell, 101'4
3. Claire Dwyers, Franklin County, 86'8
4. Robin Pima, Bourbon County, 82'9
5. Wendy Roe, South Oldham, 92'9
6. Tracy Hopkins, Harrison County, 91'1

Girls' Long Jump
1. Michelle Harris, Paducah Tilghman, 18'2
2. Jennifer Howell, Warren East, 17'7.75
3. Lisa Hockerson, Mercer County, 17'7.75
4. Hepe Smith, Paul Blazer, 16'8.5
5. Makeitha Lee, Middlesboro, 15'7.5
6. Tawana Thompson, Marion County, 15'4.5

Girls' High Jump
1. Gmissa Earnest, Russell, 5'4
2. Tisha Holland, Monroe County, 5'2
3. Cathy Barnes, Harrison County, 5'2
4. Amy Buckingham, Barren County, 4'10
5. Edith Feltner, Clay County, 4'10
6. Stacy Bottom, Russell County, 4'10

Girls' Class AA Team Totals
Fort Campbell 116.00
Paducah Tilghman 67.00
Paul Blazer 32.00
Fort Knox 29.00
Franklin County 24.00
Highlands 22.80
Simon Kenton 21.00
Russell 18.00
Oldham County 16.00
Morgan County 15.00
Russell County 13.00
West Carter 12.00
Harrison County 9.00
Monroe County 8.00
Warren East 8.00
LaRue County 7.00
Mercer County 7.00
Corbin 6.00
Bourbon County 4.00
Fleming County 4.00
Greenwood 4.00
South Oldham 4.00
Hart County 2.00
Middlesboro 2.00
Monroe County 2.00
Owensboro Catholic 2.00
Scott 2.00
Anderson County 1.00
Calloway County 1.00
Marion County 1.00
Boys' Class AAA

Boys' 110 Meter High Hurdles
1. Jeremy Petter, St. Xavier, 13.30
2. Lameon Chambers, Henderson County, 13.50
3. Tony Bethel, Fairdale, 13.59
4. Lee Turney, Holmes, 13.71
5. Arthur Johnson, Seneca, 13.72
6. Shannon Stapp, Madison Central, 13.86

Boys' 100 Meter Dash
1. Chris Jackson, Woodford County, 10.79
2. Marlon Jones, Bowling Green, 10.97
3. Brian Rabsey, Male, 11.03
4. Jacque Brault, Pleasure Ridge Park, 11.09
5. Devon Logan, Trinity (Louisville), 11.10
6. Daniel Carter, Henderson County, 11.11

Boys' 1600 Meter Run
1. Johnny Baum, Holy Cross (Louisville), 4:22.25
2. Kevin Schwartz, Apollo, 4:26.1
3. Eric Vanlantingham, Boone County, 4:28.3
4. Jason Acker, Boone County, 4:30.6
5. John Perkins, St. Xavier, 4:33.3
6. Jason Joy, Paul Dunbar, 4:34.8

Boys' 400 Meter Relay
1. Bryan Station, 42.68
2. North Hardin, 42.69
3. Henderson County, 42.74
4. Ballard, 43.73
5. Holmes, 44.08
6. Trinity (Louisville), 44.9

Boys' 400 Meter Dash
1. Jacque Brent, Pleasure Ridge Park, 48.24
2. Raymond McLaurin, North Hardin, 49.12
3. Kevin Hope, St. Xavier, 49.48
4. Jerome Roye, Henderson County, 49.93
5. Ken Ford, Dos, 51.03
6. William Crowders, Bryand Station, 51.96

Boys' 300 Meter Int. Hurdles
1. T.C. Payne, Valley, 36.52
2. Lee Turner, Holmes, 36.98
3. Tony Bethel, Fairdale, 40.08
4. Edwin Chilton, Christian County, 40.66
5. Jeremy Petter, St. Xavier, 41.85
6. Lameon Chambers, Henderson County, 42.29

Boys' 800 Meter Run
1. Johnny Baum, Holy Cross (Louisville), 1:56.34
2. Tony Tucker, St. Xavier, 1:59.32
3. Scott Williams, Jeffersonville, 2:00.75
4. Eric Vanlantingham, Boone County, 2:02.94
5. Mark Larran, Daviess County, 2:04.88
6. Charles Workman, Jessamine County, 2:08.37

Boys' 400 Meter Relay
1. Moore, 3:23.84
2. Henderson County, 3:25.78
3. Eastern, 3:25.89
4. North Hardin, 3:27.62
5. St. Xavier, 3:28.21
6. Bryan Station, 3:30.83

Boys' Shot Put
1. Chris Sedoris, St. Xavier, 52'7.5
2. Keith Vincent, Henderson County, 51'3.5
3. Jason McGill, Greenup County, 50'4
4. Neil Owen, DeSales, 49'7
5. Craig Gregor, Shelby County, 48'10
6. Scott Meuth, Henderson County, 46'5

Boys' Discus
1. Nick Pfeffer, Trinity (Louisville), 150'5
2. Kris Robinson, Henderson County, 149'6
3. Chris Sedoris, St. Xavier, 142'3
4. Jeff Smith, Holmes, 138'1
5. Brian Baker, Trinity (Louisville), 136'5
6. Darin Russell, Apollo, 134'9

1991 K.H.S.A.A. State Track and Field Meet, May 25, 1991 Shively Sports Center, University of Kentucky, Lexington

Boys' Pole Vault
1. Mike Claycomb, Daviess County, 15'0
2. Dan Crenough, Trinity (Louisville), 14'6
3. John Lane, St. Xavier, 12'6
4. Aaron Jackson, Shelby County, 12'6
5. Todd Johnson, Scott County, 11'6
6. Jeff Ruddick, Henderson County, 11'0

Boys' Triple Jump
1. Marcus Ridley, Waggener, 46'0.75
2. David Akridge, Grayson County, 45'10.5
3. Dominico Cooper, Jessamine County, 45'7
4. Shahid Letjanu, Male, 44'6.5
5. Devian Logan, Trinity (Louisville), 44'5.25
6. Trevor Ray, Grayson County, 44'1.25

Boys' Long Jump
1. Frank Farmer, Jessamine County, 21'10.5
2. Lamont Hayes, Holmes, 21'8.75
3. Tommy Hayes, Shelby County, 21'8
4. David Akridge, Grayson County, 21'3.75
5. Antoine Smith, Bryan Station, 21'0.75
6. Arthur Cunningham, Shelby County, 20'11.75

Boys' Class AAA Team Totals
St. Xavier 60.00
Henderson County 46.00
Trinity (Louisville) 31.00
Holmes 26.00
Bryan Station 23.00
Pleasure Ridge Park 22.00
Boone County 20.00
Holy Cross (Louisville) 20.00
Moore 20.00
North Hardin 20.00
Woodford County 20.00
Jessamine County 19.00
Shelby County 19.00
Daviess County 16.00
Male 14.00
Grayson County 13.00
Fairdale 12.00
Valley 10.00
Waggener 10.00
Apollo 9.00
Ballard 8.00
Bowling Green 8.00
Madisonville-N. Hopkins 8.00
Eastern 7.00
Greenup County 6.00
Jeffersonville 6.00
Central 4.00
Christian County 4.00
DeSales 4.00
Doss 2.00
Scott County 2.00
Seneca 2.00
Madison Central 1.00
Marshall County 1.00
Paul Dunbar 1.00
George Rogers Clark High School
1991 Class AAA Girls' State Champs


Girls' Class AAA

Girls' 100 Meter High Hurdles
1. Shandy Boyd, Valley, 14.63
2. Clarissa Gay, Henry Clay, 15.92
3. Valerie West, Pleasure Ridge Park, 15.95
4. Carmalatta Givens, Tates Creek, 16.04
5. Kim Escape, Grayson County, 16.38
6. Cheece Ross, Boyd County, 16.8

Girls' 100 Meter Dash
1. Gwen Thomas, Shawnee, 12.52
2. Mantha Thomas, George Rogers Clark, 12.53
3. Kim Cunningham, Shelby County, 12.57
4. Stephany Davis, George Rogers Clark, 12.64
5. Tenesha Blakey, Valley, 12.82
6. Michelle East, Assumption, 12.92

Girls' 800 Meter Relay
1. George Rogers Clark, 1:43.06
2. Bryan Station, 1:44.24
3. Henderson County, 1:44.93
4. Eastern, 1:45.68
5. Notre Dame, 1:47.2
6. Ballard, 1:47.9

Girls' 1600 Meter Run
1. Michelle Marshall, Boone County, 5:18.7
2. Mandy Jones, Pulaski County, 5:23.1
3. Megan Newcomb, Nelson County, 5:26.2
4. Julie Roberts, Pulaski County, 5:29.8
5. Jennifer Gaits, Shelby County, 5:41.8
6. Jill Willett, Mercy, 5:42

Girls' 400 Meter Relay
1. George Rogers Clark, 49.02
2. Bryan Station, 49.58
3. Henderson County, 49.85
4. Shawnee, 50.40
5. Eastern, 50.6
6. Notre Dame, 51.3

Girls' 400 Meter Dash
1. Shandy Boyd, Valley, 57.40
2. Michelle East, Assumption, 58.33
3. Darla Butler, Scott County, 1:00.25
4. Tamika Allen, Eastern, 1:00.67
5. Rita Owen, Bowling Green, 1:01.45
6. Lisa Durbin, Boone County, 1:01.73

Girls' 300 Meter Low Hurdles
1. Clarissa Gay, Henry Clay, 45.22
2. Tenesha Blakey, Valley, 45.28
3. Detra Bryant, Iroquois, 47.41
4. Wago Halix, Paul Dunbas, 47.69
5. Kim Escape, Grayson County, 48.80
6. Tracy Shoop, Boone County, 49.35

Girls' 800 Meter Run
1. Tanya Clay, Ballard, 2:17.74
2. Mela East, Assumption, 2:21.50
3. Mandy Jones, Pulaski County, 2:25.13
4. Michelle Marshall, Boone County, 2:25.66
5. Megan Newcomb, Nelson County, 2:27.15
6. Julie Roberts, Pulaski County, 2:27.94

Girls' 200 Meter Dash
1. Gwen Thomas, Shawnee, 25.13
2. Shandy Boyd, Valley, 25.14
3. Stephanie Davis, George Rogers Clark, 25.88
4. Latohia Harris, Brown, 26.23
5. Kim Cunningham, Shelby County, 26.32
6. Tracey Folden, Henderson County, 26.50

Girls' 3200 Meter Run
1. Michelle Marshall, Boone County, 11:36.9
2. Amy Smith, Pulaski County, 12:11.0
3. Emily Roebel, Notre Dame, 12:12.9
4. Mandy Jones, Pulaski County, 12:19.5
5. Holly Sacksteder, Shelby County, 12:21.7

Girls' 1600 Meter Relay
1. Bryan Station, 4:00.94
2. Eastern, 4:02.71
3. Assumption, 4:09.25
4. Ballard, 4:10.56
5. Boone County, 4:13.09
6. Henderson County, 4:17.49

Girls' Shot Put
1. Daniel Leonard, Daviess County, 39' 2.5
2. Carla Prewitt, Bryan Station, 35' 4.25
3. Audrey Househould, Henderson County, 33' 9
4. Kelly Davis, Sacred Heart, 33' 2.25
5. Alicia Golden, Waggener, 32' 11
6. Tryuna Simpson, Henry Clay, 32' 10.25

Girls' Discus
1. Danielle Leonard, Daviess County, 114' 4
2. Sue Emets, Hopkinsville, 111' 9
3. Tara Phelps, Pulaski County, 105' 10
4. Artavia Marshall, Shelby County, 104' 8
5. Candice Rebold, Boone County, 104' 5
6. Shawn Pepper, Butler, 96' 1

Girls' Long Jump
1. Shandy Boyd, Valley, 18' 3.75
2. Maisha Thomas, George Rogers Clark, 16' 9.75
3. Caprice Gay, George Rogers Clark, 16' 3.5
5. ChiQuita Conner, Nelson County, 15' 2.75
6. Lisa Hayden, Henderson County, 15' 1

Girls' High Jump
1. Kim Eason, Grayson County, 5' 4
2. Jami Smeal, Boone County, 5' 2
3. Spring Wall, Grayson County, 5' 2
4. Dair Bradley, Latayetta, 5' 2
5. Shannon Stapp, Woodford County, 5' 2
6. Stacey Oliver, Boone County, 5' 2

Girls' Class AAA Team Total
George Rogers Clark 52.00
Valley 48.00
Boone County 39.00
Pulaski County 37.00
Bryan Station 34.00
Shawnee 24.00
Assumption 23.00
Henderson County 21.00
Daviess County 20.00
Grayson County 20.00
Henry Clay 19.00
Eastern 18.00
Shelby County 16.00
Ballard 15.00
Nelson County 10.00
Notre Dame 9.00
Hopkinsville 8.00
Iroquois 6.00
Pleasure Ridge Park 6.00
Scott County 6.00
Brown 4.00
DuPont Manual 4.00
Paul Dunbar 4.00
Sacred Heart 4.00
Tates Creek 4.00
Waggener 2.00
Bowling Green 2.00
Boyd County 1.00

1991 K.H.S.A.A. State Track and Field Meet, May 25, 1991 Shively Sports Center, University of Kentucky, Lexington
Franklin-Simpson High School
1991 State Baseball Champs

Franklin-Simpson Wildcats
Team Roster

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<td>Jason Uhls</td>
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<td>Craig Allen</td>
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Coach: Greg Shelton
Athletic Director: Walt Heath
Principal: Frank Cardwell

Kentucky Wesleyan College
Owensboro, KY
Christian County High School
1991 State Softball Champs


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<thead>
<tr>
<th>Winners Bracket</th>
<th>Losers Bracket</th>
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CHAMPIONSHIP GAME

Christian Co. 2    Bullitt East 1
Volleyball Committee Minutes 1991

The Volleyball Committee met at the Kentucky High School Athletic Association Office in Lexington, Kentucky, on Tuesday, April 23, 1991. The meeting was called to order at 1:30 p.m. by Brigid L. DeVries, Assistant Commissioner. Committee members present included Margi McKenna, Joan Mitchell, Sally Meng, John Bancroft, Ron Kordes, Katie Wesseling. Others present included Nick Bettis from Mikasa and Mary Jones from the University of Kentucky.

The first item on the agenda was a presentation from Nick Bettis of Mikasa, regarding the use of the VFC200 Mikasa Volleyball as the official ball for the 1992 State Volleyball Tournament. The committee was unanimous in its approval for the Mikasa ball. The VFC200 will be the official ball for the 1992 State Volleyball Tournament.

The next item on the agenda was the site for the 1991 State Volleyball Tournament, scheduled on November 1 and 2, 1991. The University of Kentucky Assistant Volleyball Coach Mary Jones presented a proposal to host the 1991 state tournament at Memorial Coliseum. There were some scheduling conflicts this year at U.K. due to a pre-arranged Southeastern Conference match, which would necessitate a change in the current tournament schedule. It was the general consensus that the 1991 Tournament be played in Louisville, and that U.K. be considered the following year when the schedule is clear. Possible sites in Louisville include Butler High School, Fairdale, Seneca and the Commonwealth Convention Center. Brigid DeVries will meet with representatives from these locations and determine the site sometime in the near future. Due to problems encountered and conflicting events, the date of the State Volleyball Tournament was moved to November 8 & 9, 1991 at Seneca High School in Louisville.

Katie Wesseling brought up the State Tournament officials evaluation process. Committee members agreed that it was an excellent idea. Several members had good suggestions for the improvement of the system for the 1991 State Tournament. It was also suggested that the rules clinic held in Lexington be scheduled first, so that officials from Louisville and Northern Kentucky could come together for some in depth explanation on some of the rule interpretations.

Ron Kordes recommended that the final match of the 1991 State Tournament be scheduled in the evening instead of early afternoon. The committee agreed, and pending any scheduling conflicts, the finals will be later this year.

The next item on the agenda was a discussion of regional tournaments and sites. Ms. DeVries advised the Committee of a few possible additions to the teams in each region. The 1991 Regional sites were discussed and committee members will check their availability for the 1991 tournaments. Regional tournaments will be double elimination again this year. The Committee then discussed the items on the regional and state information sheets and made some corrections for the coming year.

John Bancroft made a motion, seconded by Joan Mitchell, that the teams change benches for the 1991 season including regional and state tournament play. The motion carried.

The next item on the agenda was the officials fees. There is no change in officials fees for the 1991 season. However, all officials will receive a mileage fee of $.15 per mile, for all miles traveled.

A brief discussion followed regarding the 1991-92 National Federation Volleyball rules. Beginning with the 1992-93 season, a specific yellow and red card procedure will be included in the National Federation Rule Book. A survey will be conducted by the Kentucky High School Athletic Association to determine whether Kentucky wants to adopt this procedure for the 1992 season.

The next topic was the Constitution and By-laws. The Delegate Assembly recently approved a change for Volleyball on the Limitation of Seasons. "Regular season play ends at the conclusion of the varsity team's last regular season match, with the exception that the varsity team may play until its elimination from Kentucky High School Athletic Association sanctioned tournament play." Previously varsity play ended on Saturday preceding the first Kentucky High School Athletic Association tournament.

Other tournament reports included a brief report by Ron Kordes on the Mizuno All Star match scheduled in Louisville on July 19, 1991. The players are graduating seniors who have completed their high school eligibility. There will be a clinic for high school coaches the afternoon of the tournament. People wanting further information regarding the match can contact Ron Kordes, at Assumption High School.

John Bancroft encouraged everyone to get involved in the Blue Grass State Games the last weekend in July. A mailing will be sent to all the high schools to encourage play in the junior divisions.

There being no further business, the meeting was adjourned.

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1991 Volleyball Alignment

As of August 1, 1991, the alignment for volleyball is as follows:

REGION I - Beth Haven, Butler, Doss, Evangel, Fairdale, Holy Cross (Louisville), Holy Rosary, Pleasure Ridge Park, Shawnee, Southwest Christian, Valley, Western


REGION III - Assumption, Atherton, Ballard, Christian Academy, Eastern, Fern Creek, Jeffersontown, Kentucky Country Day, Oldham County, Sacred Heart, Seneca, South Oldham, Waggener

REGION IV - Beechwood, Dixie Heights, Grant County, Holmes, Holy Cross (Covington), Lloyd Memorial, Ludlow, Notre Dame, St. Henry, Scott, Simon Kenton, Villa Madonna

REGION V - Bellevue, Bishop Brossart, Boone Country, Bracken County, Campbell County, Conner, Dayton, Highlands, Newport, Newport Central Catholic, Walton-Verona

REGION VI - Breathitt County, Fort Knox, Franklin County, Oneida Baptist Institute, Paul Blazer, Rowan County, Russell, Western Hills, Whitesburg, Woodford County
Aging Football Helmets May Not Provide Adequate Protection

Are Your Student-Athletes Safe?

Even the most expensive football helmet offers reduced protection over time, according to the major helmet manufacturers. And, while maintenance and rehabilitation can extend a helmet's life, its protective qualities will naturally deteriorate as the helmet ages.

So, whether a helmet is used by a center/linebacker who is involved in virtually every play or a placekicker who is on the field only a matter of seconds each game, at some point in the helmet's life it is considered too old to provide adequate head protection.

The challenge for football coaches, equipment managers and athletic directors is to rotate their inventory of the team's helmets. This practice will assure that each player will always have a 'safe' helmet. Plus, continual phase-out of older helmets and purchase of new ones will prevent a budget jolt. Imagine being an athletic director and having to ask the school board for funds to purchase 50-100 helmets at one time.

Recent research by Riddell, Inc., one of the world's largest manufacturers of helmets, concluded that it was 'not feasible or prudent to recondition varsity helmets 10 years of age or older, or youth models eight years of age or older'. Riddell is basing its position in part on ongoing testing of its product and analysis of reconditioned helmets. The helmet manufacturer's research indicates that a helmet's physical properties deteriorate from 75-80 percent in 10 years.

'Ten years of use can drastically reduce some of the design properties that go into the helmet,' said Nelson Kraemer, Riddell's director of engineering. 'After 10 years, we feel the helmet has lost mechanical and physical properties that would allow the shell to crack and leave the player unprotected.'

All football helmet manufacturers recommend that schools recondition helmets and have them recertified every two years by the National Operating Committee for Standards and Athletic Equipment (NOCSAE). Not only is this policy important for the safety of the athletes, it can also save the school's budget by extending the life of its helmets.

'Varsity helmets can last between seven and ten years', according to Riddell's Kraemer, 'or possibly only one to two years if they're abused and not maintained well'.

How ultraviolet rays from sunlight affected the plastic in helmets was a major part of Riddell's study of helmet deterioration.

According to the study, conducted by General Electric, "the cumulative effect of ultraviolet rays reduces plastic's durability to fragile brittleness over time and exposure." Questions remain as to whether helmets in the northern states are negatively affected as much as helmets used in the southern states because of the differences in ultraviolet exposure in the two areas.

For those involved in administration of football, the primary concern is providing athletes with the safest equipment possible. To make sure only safe helmets are used, careful records must be kept on each helmet. After a certain number of years, the equipment manager should discard helmets, not pass them on to other teams. Also, each helmet should be reconditioned and receive NOCSAE certification.

By keeping accurate records, purchasing high-quality helmets and reconditioning them regularly, schools can meet their responsibilities to their athletes to furnish them with the safest equipment available.

Suggestions for Reducing Head & Neck Injuries

By Dr. Frederick O. Mueller, University of North Carolina

1. A complete pre-participation physical exam which included an evaluation of those athletes with a previous history of concussion or neck injury.

2. A complete physical conditioning program that includes exercises to strengthen the neck musculature so that so that participants will be able to hold their heads firmly erect when making contact. These exercises should be performed all year.

3. Coaches should drill the athletes in the proper execution of the fundamentals of football skills, particularly blocking and tackling. The proper execution of these drills should be taught, practiced and enforced in both practice and games.

4. Coaches and officials should discourage the players from using their heads as battering rams when blocking and tackling. The rules prohibiting spearing should be enforced in practice and in games. The players should be taught to respect the helmet as a protective device and that the helmet should not be used as a weapon.

5. All coaches, physicians and trainers should take special care to see that the players' equipment is properly fitted, particularly the helmet.

6. When a player has experienced or shown signs of head trauma (loss of consciousness, visual disturbances, headache, inability to walk correctly, obvious disorientation, memory loss) he should receive immediate medical attention and should not be allowed to return to practice or game without permission from the proper medical authorities. Previous head injury has been a factor in fatal head injuries.

7. Total staff should be organized in that each person will know what to do in case of a head or neck injury in game or practice. Have a plan ready and have your staff prepared to implement that plan.

Signs and Symptoms of Head Injury

• Loss of consciousness
• Headache
• Inability to walk correctly
• Obvious disorientation
• Increased drowsiness
• Vomiting
• Inequality of pupils
• Memory loss
### 1991 KHSAA Boys' Cross Country Alignment

**Based on Enrollment:**

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**CLASS A**

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<tr>
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<td>Willis Simpson</td>
<td>Providence High School, Cedar Street, Providence</td>
<td>42450, 502-662-7065</td>
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<td>7501 Missouri Street, Fort Knox</td>
<td>40117, 502-674-7030</td>
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<td>David Shufelt</td>
<td>Fort Knox High School</td>
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<td>St. Francis, Green County</td>
<td>40121, 502-674-7030</td>
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<td>III</td>
<td>Barry Binkley</td>
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<td>Raceland, Silver Grove, St. Henry, Walon Venora</td>
<td>40121, 502-674-7030</td>
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<td>IV</td>
<td>Frank Miklavcic</td>
<td>Frankfort High School, 328 Shelby Street, Frankfort</td>
<td>40101, 502-223-8030</td>
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<td>Livings, Millersburg Military Institute, Owen County, Paris, Williamstown</td>
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<td>V</td>
<td>Larry Gritton</td>
<td>Oneida Baptist</td>
<td>40101, 502-847-4111</td>
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<td>Institute, Mulberry Street, Oneida</td>
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<td>VI</td>
<td>F.G. Plummer</td>
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<td>40102, 606-236-7957</td>
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<tr>
<td></td>
<td></td>
<td>Berea, Danville, Cumberland, Evans, Garrard County, Harlan, Model, Monticello, Somerset, Williamsburg</td>
<td>40102, 606-236-7957</td>
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**CLASS AA**

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<tbody>
<tr>
<td>I</td>
<td>Lee Lang</td>
<td>Fort Campbell High School, Ohio Avenue &amp; Falcon Loop, Fort Campbell</td>
<td>42223, 615-431-5056</td>
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<tr>
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<td></td>
<td>Allen County, Fort Campbell, Franklin-Simpson, Greenwood, Monroe County, Owensboro, Owensboro Catholic, Paducah Tilghman, Union County, Warren East</td>
<td>42223, 615-431-5056</td>
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<tr>
<td>II</td>
<td>David Shufelt</td>
<td>Fort Knox High School, 7501 Missouri Street, Fort Knox</td>
<td>40121, 502-624-7030</td>
</tr>
<tr>
<td></td>
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<td>Barren County, Breckinridge County, East Hardin, Edmonson County, Elizabethtown, Fort Knox, Glasgow, Hart County, LaRue County, Muhlenberg North, Muhlenburg South</td>
<td>40121, 502-624-7030</td>
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**Region III**

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<tr>
<td>Barry Binkley</td>
<td>Dayton High School, 200 Jackson Street, Dayton</td>
<td>40114, 606-261-4327</td>
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<tr>
<td></td>
<td>Conner, Covington Catholic, Dixie Heights, Grant County, Harrison County, Highlands, Mason County, Scott, Simon-Kenton, Newport, Notre Dame</td>
<td>40114, 606-261-4327</td>
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**Region IV**

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<tbody>
<tr>
<td>Jean Wright</td>
<td>41 Timberlawn Circle, Frankfort</td>
<td>40601, 502-695-2081</td>
</tr>
<tr>
<td></td>
<td>Anderson County, Bourbon County, Estill County, Franklin County, Mercer County, Oldham County, South Oldham, Western Hills</td>
<td>40601, 502-695-2081</td>
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**Region V**

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<tbody>
<tr>
<td>Alice Leigh</td>
<td>Russell High School, Red Devil Lane, Russell</td>
<td>41169, 606-836-9638</td>
</tr>
<tr>
<td></td>
<td>Breathitt County, East Carter, Fleming County, Jackson County, Knott County, Lawrence County, Paul Blazer, Rowan County, Russell, Sheldon Clark, West Carter, Whitesburg</td>
<td>41169, 606-836-9638</td>
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**Region VI**

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<tr>
<td>E.G. Plummer</td>
<td>Danville High School, East Lexington Avenue</td>
<td>40422, 606-236-7957</td>
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<tr>
<td></td>
<td>Adair County, Boyle County, Cawood, Clay County, Corbin, McCreary Central, Marion County, Madison Southern, Middleboro, Taylor County, Wayne County,</td>
<td>40422, 606-236-7957</td>
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**CLASS AAA**

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<tr>
<td>I</td>
<td>Trent Lovett</td>
<td>Marshall County High School, Route 7, Benton</td>
<td>40205, 502-572-1453</td>
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<td>Apollo, Christian County, Bowling Green, Central Hardin, Daviess County, Graves County, Grayson County, Henderson County, Hopkinsville, Madisonville-North Hopkins, Marshall County, North Hardin, Warren Central, Warren East</td>
<td>40205, 502-572-1453</td>
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<tr>
<td>II</td>
<td>Bro. Borgia</td>
<td>St. Xavier High School, 1609 Poplar Level Road, Louisville</td>
<td>40217, 502-637-4712</td>
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<td>Atherton, Butler, Central, duPont Manual, Iroquois, Male, Shawnee, Shelby County, St. Xavier</td>
<td>40217, 502-637-4712</td>
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<td>III</td>
<td>Rich Rostell</td>
<td>Trinity High School, 4011 Shelbyville Road, Louisville</td>
<td>40207, 502-895-6765</td>
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<td>Ballard, Eastern, Fern Creek, Jeffersontown, Meade County, Seneca, Trinity, Waggener</td>
<td>40207, 502-895-6765</td>
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<td>IV</td>
<td>Russ Cline</td>
<td>Pleasure Ridge Park High School, 5901 Greenwood Road, Louisville</td>
<td>40258, 502-473-8311</td>
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<td>Bullitt Central, DeSales, Doss, Fairdale, Holy Cross, Oldham County, Pleasure Ridge Park, North Bullitt, Southern, Valley, Western</td>
<td>40258, 502-473-8311</td>
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<td>V</td>
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<td>E.G. Plummer</td>
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<td>Bell County, Bryan Station, Henry Clay, Jessamine County, Knox Central, Lafayette, Laurel County, Lincoln County, Madison Central, Montgomery County, Nelson County, Pulaski County, Tates Creek, Whitley County</td>
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## 1991 KHSAA Girls' Cross Country Alignment

### Based on Enrollment

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### CLASS A

**Region I**  
Manager: Willis Simpson, Providence High School, Cedar Street, Providence, 42450, 502-667-7065  
Ballard Memorial, Butler County, Crittenden County, Dawson Springs, Fulton City, Fulton County, Providence, South Hopkins, St. Mary, Trigg County, University Heights, West Hopkins  
Webster County, Heath

**Region II**  
Manager: David Shufelt, Fort Knox High School, 7501 Missouri Street, Fort Knox, 40121, 502-624-7030  
Barstow, Beth Haven, Bethlehem, Caverna, Christian Academy, Henderson County, Henry County, Highview Baptist, Kentucky County Day, Metcalfe County, South West Christian, Spencer County, St. Francis, Trimble County, Trinity (Whitesville), Washington County, Green County, Brown

**Region III**  
Manager: Barry Binkley, Dayton High School, 200 Jackson Street, Dayton, 40107, 606-261-4357  
Bellevue, Bishop Brossart, Bracken County, Covington Latin, Dayton, Fairview, Holy Cross (Covington), Raceland, St. Henry, Villa Madonna, Lloyd

### CLASS AAA

**Region I**  
Manager: Wilton Gant, Christian County High School, 220 Glass Avenue, Hopkinsville, 42240, 502-887-1109  
Apollo, Bowling Green, Central Hardin, Christian County, Daviess County, Henderson County, Hopkinsville, Graves County, Grayson County, Madisonville-North Hopkins, Marshall County, North Hardin, Warren Central

**Region II**  
Manager: Bro. Borgia, St. Xavier High School, 1609 Poplar Level Road, Louisville, 40217, 502-637-5212  
Atherton, Brown, Butler, Central, duPont Manual, Inquisis, Male, Presentation Academy, Sacred Heart, Shawnee, Shelby County

**Region III**  
Manager: Rich Rossell, Trinity High School, 4011 Shelbyville Road, Louisville, 40207, 502-895-6765  
Assumption, Ballard, Eastern, Fern Creek, Jeffersontown, Meade County, Moore, Seneca

**Region IV**  
Manager: Russ Clinic, Pleasure Ridge Park High School, 5901 Greenwood Road, Louisville  
Bullitt Central, DeSales, Doss, Fairdale, Holy Cross, Holy Rosary, Mercy Academy, North Bullitt, Pleasure Ridge Park, Southern, Valley, Western

**Region V**  
Manager: Barry Binkley, Dayton High School, 200 Jackson Street, Dayton, 41057, 606-261-4357  
Boone County, Boyd County, Campbell County, George Rogers Clark, Greenup County, Holmes, Johnson Central, Scott County, Woodford County

**Region VI**  
Manager: E. G. Plummer, Danville High School, East Lexington Avenue, Danville, 40422, 606-236-7957  
Berea, Cumberland, Danville, Evans, Garrard County, Harlan, Kentucky School for the Deaf, Model, Monticello, Somerset, St. Camillus, Williamsburg
Part II Exams for Football, Soccer and Volleyball
The Part II examination must be taken under supervision. It will be given by the local assigning secretary and/or at other sites designated by your KHSAA. The test will not be given at the KHSAA office. Any exception to the above must be cleared with the Commissioner.

Printing/Mailing
The 1991-92 Handbook and Calendar are now being printed. It is our hope that these items will be mailed the week of September 16. The delay has occurred due to the reorganization of the KHSAA staff.

In an effort to reduce postage costs, your Association will be using the Designated Mail Representative as submitted on the Blue Update Form to send mailings to member schools. It is our desire that the DMR will distribute the mail to the appropriate parties promptly. Referendums and surveys will continue to be mailed to the Board Appointed Representatives as stated in the Constitution and By-Laws.

Regional Meetings
Your KHSAA staff will be visiting the 16 regions between September 11 and October 30 in an effort to strengthen communications between the member schools and your Association. An agenda will be mailed to all superintendents, principals and athletic directors which will include dates, times and sites.

75th Anniversary Basketball Program
The excitement is building over the publication of a 75th Anniversary Basketball Program. You won't want to miss a single page, especially if you're a big basketball fan.

Open Dates and Coaching Vacancies
Your Association will continue to publish open dates for football and basketball games and vacancies for head coaching positions. Please mail any updates to the attention of Jeff Rogers.

Recent Mailings to Schools
* Boys and Girls Basketball Tournament Ticket Order Forms
* Recapitulation of the 1991-92 Calendar
* Referendum to amend By-Law 5, Section 4, Reinstatement of Eligibility
* Information on By-Law 4, Enrollment

If you did not receive any of these mailings, please contact us.

---

1991 Football Open Dates
as of August 26, 1991

September 6
Eminence
Fulton City
McCreary County

September 13
Carroll County
Kentucky Country Day
Morgan County

September 20
Hancock County

September 27
Breckinridge County
Kentucky School for the Deaf
Newport Central Catholic

October 4
Betsy Layne
Kentucky School for the Deaf
Leslie County
Lexington Catholic
Marion County

October 11
Franklin-Simpson
Lexington-Catholic
Powell County
Williamsburg

October 18
Berea
Clay County
Lexington Catholic
Paintsville
Powell County

October 25
Lexington Catholic
McCreary County
Magoffin County
Wheelwright

November 1
Anderson County
Bowling Green
Lexington Catholic
Whitley County

---
1st Annual

NIKE® & LOWE’S

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BASKETBALL COACHES CLINIC

SEPT. 13, 6:00 PM - 10:00 PM
SEPT. 14, 8:00 AM - 12:00 PM
PLACE: LONDON COUNTRY CLUB

*Featured Speakers:

HUGH DURHAM — Head Coach University of Georgia
RANDY VERNON — Head Coach Cumberland College
DAVE FRALEY - Head Coach Pulaski Co. High School
GUY STRONG — Principal George Rogers Clark High School,
    Former Head Coach Eastern Kentucky University and
    George Rogers Clark High School
BOB HOGGARD — Head Coach Graves Co. High School

Others to be announced

Golf Friday 10:00 AM — Friday Night Party After Speakers
Saturday Noon Barbecue Dinner

Air Force High
STADIUM CUSHIONS

OPEN CELL FOAM, IMPRINT SCHOOL COLOR

SAMPLE AVAILABLE SIZE 13 1/2" X 13 1/2"

MAKE MONEY FOR YOUR CLUB, ORDER NOW

COLOR:
- YELLOW
- RED
- PURPLE
- KELLY
- BLUE
- ORANGE
- NEON PINK
- NEON GREEN

GLASGOW SCOTTIE BAND
Glasgow, Kentucky

FRONT SIDE - EXAMPLE - BACK SIDE

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231 WEST MAIN STREET
GLASGOW, KY 42141-0498
WATS 1-800-274-4373
FAX (502) 651-5287
PHONE (502) 651 5143

Riherd's

231 West Main Street
Glasgow, KY 42141-0498
WATS 1-800-274-4373
FAX (502) 651-5287
PHONE (502) 651 5143

Kentucky High School Athletic Association
P.O. Box 22280
Lexington, KY 40522