

# Winter Sports

# Buzz

Lebanon Yellowjackets  
and Conway Bears



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Winter 2019 Edition



# LEBANON WRESTLING HOPING FOR STATE TROPHIES IN 2020

## 'Jackets and Lady 'Jackets return 11 total state qualifiers

ALEX BOYER ♦ ALEX@Laclederecord.com

It has long been the most consistent sport year in and year out at Lebanon High School, and this year will be no different for the Lebanon wrestling team.

With over 80 boys on the roster this season, head coach Randy Roark is excited to get the season going after not accomplishing their goals last season, despite qualifying nine boys for the state tournament.

"We were wanting to bring home a state trophy last year and didn't do it," said Roark of last year's team. "Hopefully, this year is the year for the boys."

The girls' wrestling team won the first state championship in school history for Lebanon in the inaugural season of the MSHSAA girls state tournament and return every wrestler from the first-place team.

A lot of high school teams would be lucky to have two wrestlers at all 14 weight classes, but Roark and the Yellowjackets are three deep at each class on the boys' side. Below are the wrestlers who could or are expected to see varsity time.

106: Jonathan Perryman and Quentin Long are two freshmen that have both wrestled seven years in the USA program. "They are coming in with good experience," Roark said.

113: Sophomore Josiah Perryman and freshman Taydem Johnson. "Josiah was our starter at 106-pounds last year and is a solid wrestler," Roark mentioned. "Taydem is another kid who has a lot of experience in USA wrestling."

120: Freshman Davis Joiner and sophomore Bo Rosen. "Bo was our varsity guy at 120 last year and was a match away from going to state," Roark said. "Davis is a third-year wrestler and is solid. He is a USA wrestler, also."

126: Junior Cole Patten (State Qualifier) and senior Austin Johnson. "Cole was a state qualifier last year and took that next step that he needed to take, now he just needs to remain consistent," stated Roark. "These two have wrestled the last three years for this spot, and Austin is a good wrestler."

132: Senior Hayden Dearborn and senior Zach Miller. "Dearborn has been in and out of the varsity lineup for the last two years," he said. "Miller is undefeated in high school since wrestling on the JV, so we are looking forward to watching him."

138: Senior Cole Roark (3x State Qualifier) and freshman Jason Evers. "Jason is a Joel E. Barber boy and is pretty scrappy," said Roark. "Cole just needs confidence. He just needs to know he's as good as

anybody in that weight bracket."

145: Junior Elijah Are and sophomore Sam Davidson. "Elijah was a point away from making the state tournament," Roark said. "Sam was a JV guy who had a solid year last season."

152: Freshman Cade Muscia and sophomore Robert Garner. "Robert was on and off last year in the varsity lineup," Roark said. "Muscia is a multiple time USA state champ with a lot of experience, so he will be nice to have."

160: Senior Trevor Christian (3x State Medalist) and sophomore Connor Brand. "Connor got a few matches and was like 6-4 on varsity," Roark said. "Trevor is a tough, hard-working kid. Through youth

wrestling, he wasn't the best. He's worked his way into what he is now and recently signed with Drury."

170: Junior Colt Adkins (State Qualifier) and sophomore Colt Heisz. "Adkins is driven and has attended a lot of camps over the summer to get ready for this season," stated Roark. "Heisz got about ten matches on varsity last year."

182: Junior Jake Henson (State Qualifier) and junior Gabriel Schiller. "Schiller was a JV guy the past couple years and has been a USA wrestler for a long time," Roark said. "Henson replaced Ty Glendenning and did well for us."



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195: Senior Landen Smith (State Qualifier) and sophomore Sam Cooper. "Landen had a solid year last season and went 1-2 at the state tournament, so we are hoping to turn the tide for him this year," mentioned Roark. "Sam got a couple of matches in on varsity last year and is a good wrestler."

220: Junior Kael Ruble and freshman Jaden Hubler. "Kale lost a little weight to get down to 220," Roark said. "Jaden has six or seven years of USA wrestling under his belt and is a multiple-time state medalist for USA wrestling."

285: Junior Garrett Childers and junior Hunter Henry. "I think Garrett was about 7-3 in varsity matches last year. He is a solid kid," said Roark. "Hunter was an exhibition guy last year, but came up with a big win in wrestle-offs to put himself into this position."

On the girls' side, as mentioned above, they return everyone from their state championship squad from 2018-19, but they know the target will be on their back this winter.

The key returners include state champion Quincey Glendenning (130), state runner-up Dream Cunningham (135), and state medalists Ashlynn Leochner (116) and Talora Frisbee (152).

"Our girls know that the target will be on their back this year," Roark stated. "Quincey is tough and a solid wrestler."

"Ashlynn, Talora, and Dream are working hard to get back to Colum-

bia in February and are hoping to do more this year."

Multiple girls were a match away from making it to state, but now every district will take the top four to state instead of the top three.

The rest of the roster includes McKenzie Gomely (103), Emily Young and Rayley Sutton (110), Meadow Miller (116), Adeline Cottingin, Chloe Shearer and Kathryn Buckner (121), Rae White (131), Darby Neeley, Ashley Young and Taylor Johnson (136), Amy Anderson, Josie Denton and Bailey Joiner (143), Ariana Carrasquilla (152), Bailey Shockley, Leanna Christian and Shelby Davis (167), Carolyn Sterner (187) and MaKenna Lucas and Marissa Martin at 235.

In their first match of the season on December 3, the wrestling team defeated the Jefferson City Jays on the road, 41-27.

Varsity winners included Johnathan Perryman (106), Josiah Perryman (113), Davis Joiner (120), Cole Patten (126), Zach Miller (132), Cole Roark (138), Colt Adkins (170), Jake Henson (182), and Landen Smith (195).

JV winners were Taydem Johnson (113), Bo Rosen (120), Austin Johnson (126), Hayden Dearborn (132), Robert Garner (152), Gabriel Schiller (182), Sam Cooper (195), and Kael Ruble (220).

The wrestling team will have their first home meet on December 10 against Ozark beginning at 5:30 p.m. at the Fieldhouse.



LCR photo/Alex Boyer

Lebanon senior Landen Smith (left) wrestles in the 2019 MSHSAA state tournament against Kearney in Columbia. Smith finished last year with a 1-2 record at the state tournament.

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# WINTER SPORTS ACTION!



Top left, Conway sophomore **Jamison Cromer** looks to make a pass to her teammate during a Jamboree earlier this season at Boswell Auditorium. Top right, Lebanon junior Cole Patten wrestles during the MSHSAA state tournament in Columbia last February.



Above left, Lebanon sophomore **Makayah Alexander** shoots a free throw against Salem last year during a high school girls' basketball game. Above right, Lebanon senior **Ethan Christal** looks to make a pass during a summer game against the Aurora Houn' Dawgs in Springfield.

LCR photos Alex Boyer



# Go Sting 'Em Jackets!



## BOYS' WRESTLING



2019-2020 LHS Boys' Wrestling

DATE	MATCH	TIME	LOCATION
12/7/19	Tourney	8:00AM	Park Hill
12/10/19	Dual	5:30PM	Ozark
12/13/19	MO Duals	5:00PM	Helias Catholic
12/14/19	MO Duals	9:00AM	Helias Catholic
12/17/19	Dual	5:30PM	Multiple Schools
12/20/19	Tourney	9:00AM	TBD (KC)
12/21/19	Tourney	9:00AM	TBD (KC)
1/11/20	Tourney	8:00AM	Lafayette Senior
1/14/20	Dual	5:30PM	Smith-Cotton
1/17/20	Tourney	5:30PM	Jefferson City
1/18/20	Tourney	9:00AM	Jefferson City
1/21/20	Dbl. Dual	5:30PM	Multiple Schools
1/28/20	Dual	6:00PM	Waynesvilleb (Senior Night)
2/1/20	Tourney	TBD	Ozark Conference
2/4/20	Dbl. Dual	5:30PM	Multiple Schools (Branson High School)
2/14/20	Districts	TBD	Multiple Schools
2/15/20	Districts	TBD	Multiple Schools
2/20/20	State	TBD	Multiple Schools
2/21/20	State	TBD	Multiple Schools
2/22/20	State	TBD	Multiple Schools

DATE	MATCH	TIME	LOCATION
12/12/19	Tourney	5:30PM	Home
12/14/19	Tourney	9:00AM	Rolla
12/17/19	Tourney	5:00PM	Nixa
12/20/19	Tourney	TBD	Platte Co.
12/21/19	Tourney	TBD	Platte Co.
1/3/20	Tourney	9:00AM	Battle
1/4/20	Tourney	9:00AM	Battle

DATE	MATCH	TIME	LOCATION
1/11/20	Tourney	9:00AM	Lafayette
1/18/20	Tourney	9:00AM	Hillsboro
1/25/20	Tourney	9:00AM	St. Clair
1/28/20	Tourney	TBD	Osage
2/1/20	Tourney	TBD	Waynesville
2/7/20	Districts	TBD	TBD
2/8/20	Districts	TBD	TBD
2/20/20	State	TBD	TBD
2/21/20	State	TBD	TBD
2/22/20	State	TBD	TBD

## GIRLS' WRESTLING



2019-2020 LHS Girls' Wrestling



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# LEBANON BASKETBALL HOPING FOR BACK-TO-BACK WINNING SEASONS

ALEX BOYER ♦ ALEX@Laclederecord.com

For the first time in ten years, the Lebanon High School boys' basketball team recorded their first winning season. In his first year as head coach, Bill Brown led the Yellowjackets to a 14-11 record and graduated only two seniors from the team.

"I thought last year was an excellent starting point for us," said

Brown. "We were able to put in a lot of my philosophies and establish a work ethic on defense that by the end of the year, we were playing strong on both ends of the floor."

"This year, with our returners and our JV going through a year last year, we are so much further ahead than we were last year. We are working

more in-depth on our defense, and I look forward to pushing the ball this year because I feel like we are strong at the guard position and forward position, so if we can rebound the ball, I think we can score more points this season."

Lebanon is coming off a loss in the Missouri Class 5 District 10 championship game to Camdenton, 59-47.

"I think that game was just an experience that we had to go through," Brown mentioned. "Playing in a hostile environment at Camdenton, they had us down 14-2 before we even woke up and got back in the game, and I thought once we got through the nerves, we played solid, but just ran out of juice."

Returning to the hardwood for the 'Jackets this winter will be a name

many fans are familiar with in senior guard Quenton Shelton. Entering his senior year, he has close to 2,000 points and averaged 20.1 PPG and 6.1 RPG as a junior. He currently holds offers from Southwest Baptist, Oklahoma Christian, and Quincy.

Other key returners include senior Ethan Christal (10.3 PPG, 4.2 RPG), senior Jordan Lewis (7.3 PPG, 2.8 RPG), and senior Bryson Crowell (3.3 PPG) to help lead Lebanon this winter.

"Right now, Bryson Crowell is the strongest player we have on the floor in regards to defense, and he has grown some this summer," Brown said. "He is playing great defense and being a leader, as are the other three seniors."

See 'BASKETBALL' / page 9



LCR photo/Alex Boyer

Lebanon senior Jordan Lewis (32) posts up during a high school boys' basketball game against Hillcrest. Lewis is a key returner for LHS this winter.

We understand  
the hard work and  
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this season  
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# SHOOTING FOR SUCCESS



## LHS Boys Varsity Basketball '19-'20

<b>12-10-19</b>	<b>7:30PM</b>	<b>Marshfield</b>	<b>01-17-20</b>	<b>7:30PM</b>	<b>Springfield Catholic</b>
12-12-19	4:00PM	Away vs. Nevada	01-23-20	TBD	TBD
12-13-19	TBD	Away vs. TBD	01-24-20	TBD	TBD
12-14-19	TBD	Away vs. TBD	01-25-20	TBD	TBD
12-20-19	7:30PM	Away vs. Carl Junction	01-31-20	7:30PM	Away vs. Battle
12-26-19	TBD	Away vs. TBD	02-04-20	7:30PM	Away vs. West Plains
12-27-19	TBD	Away vs. TBD	<b>02-07-20</b>	<b>7:30PM</b>	<b>Waynesville</b>
12-28-19	TBD	Away vs. TBD	<b>02-11-20</b>	<b>7:30PM</b>	<b>Springfield Central</b>
12-30-19	TBD	Away vs. TBD	02-14-20	7:30PM	Away vs. Glendale
<b>01-03-20</b>	<b>7:30PM</b>	<b>Jefferson City - Jays</b>	02-18-20	7:30PM	Away vs. Parkview
01-07-20	7:30PM	Away vs. Eldon	<b>02-21-20</b>	<b>7:30PM</b>	<b>Rolla</b>
01-10-20	7:30PM	Away vs. Hillcrest	02-25-20	7:30PM	Away vs. Kickapoo
<b>01-14-20</b>	<b>7:30PM</b>	<b>Camdenton</b>			

Pictured is the 2019-20 Lebanon High School boys' basketball team. In the front row, from left, are Tyler Williamson, Quenton Shelton, Jordan Lewis, Austin Fry, Caleb Falzone, and Ethan Chirstal. In the middle row, from left, are coach Jamar Maybry, coach Zach Miller, coach Bill Brown, coach Seth Shockley, and coach Ron Crowell. In the back row, from left, are manager Avery Hays, manager Ethan Greenwood, Colin Higbee, Josh Napper, Bryson Crowell, and manager Katellyn Parker.



## LHS Girls Varsity Basketball '19-'20

<b>12-12-19</b>	<b>7:30PM</b>	<b>Eldon</b>	<b>01-23-20</b>	<b>7:30PM</b>	<b>Joplin</b>
12-19-19	7:30PM	Away vs. Branson	01-30-20	TBD	TBD
12-23-19	7:30PM	Jefferson City - Jays	01-31-20	TBD	TBD
12-26-19	TBD	Away vs. TBD	02-01-20	TBD	TBD
12-27-19	TBD	Away vs. TBD	<b>02-03-20</b>	<b>7:30PM</b>	<b>West Plains</b>
12-28-19	TBD	Away vs. TBD	02-06-20	7:30PM	Away vs. Waynesville
12-30-19	TBD	Away vs. TBD	02-10-20	7:30PM	Away vs. Spfd. Central
01-06-20	7:30PM	Away vs. Bolivar	<b>02-13-20</b>	<b>7:30PM</b>	<b>Glendale</b>
<b>01-07-20</b>	<b>7:30PM</b>	<b>Willard</b>	<b>02-17-20</b>	<b>7:30PM</b>	<b>Parkview</b>
<b>01-13-20</b>	<b>7:30PM</b>	<b>Hillcrest</b>	02-20-20	7:30PM	Away vs. Rolla
01-16-20	7:00PM	Away vs. Camdenton	<b>02-24-20</b>	<b>7:30PM</b>	<b>Kickapoo</b>
01-20-20	7:30PM	Away vs. Salem			

Pictured is the 2019-20 Lebanon High School girls' basketball team. Pictured in the front row, from left, are Mariah Mebruer, Katie Mino, Raegan McCowan, Destiny Zimdars, Natalie Myers, Kally Mack, and Makayah Alexander. In the middle row, from left, are manager Katie Schneider, Mercedes Keith, coach Brian Decker, head coach Jacky Payne, coach Stan Crum, coach Krenda Wade, Kara Campbell, and manager Halle Long. In the back row, from left, are Jenna Glendenning, Chloe Shivers, Jocce Pettyjohn, Shelby Bybee, Jaidyn Collins, Quincey Glendenning, and Riley Bartel.

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# RYAN TOOMBS LEADS CONWAY BEARS AS NEW HEAD COACH

BY: ALEX BOYER

A familiar face for southwest Missouri basketball fans will be on the sideline for the Conway Bears boys' basketball team this winter as former Lebanon assistant coach, and former Niangua head coach Ryan Toombs takes over for long-time coach Jeff Coper.

"We want to establish a culture where kids love to be part of the basketball team," he mentioned. "That starts at the younger levels, and we have had outstanding support from our Athletic Director, Clay Bilyeu, in running our youth basketball league. It has had a tremendous response in terms of interest. Our players have been coaching and refereeing those games and have done an outstanding job.

"The goal is to make kids excited about basketball, so they will want to play more. We also want Conway Bears Basketball to be more than an event that community members attend a few times a year. We

want our kids to serve as role models to the younger generation and make those youngsters and their parents proud to be associated with our basketball program."

Bears fans will get to watch a plethora of returners from last year's team in senior Colby Vavruska, James Shockley (All-District), Ryder Berger, and Andrew Dame.

Vavruska earned All-Conference honors and was a KJEL All-Star and will be leaned on for leadership roles, according to Toombs.

"He is quick with the ball in his hands and is capable of creating shots for himself and his teammates," Toombs said of Vavruska.

"(Shockley) is naturally strong and athletic and gives us a guy who can defend size and attack the rim," he said. "(Berger) gives us a second point guard who has picked up on things quickly, and Dame returns for his second year of varsity action and has bought into his role as a three and

D guy."

Conway will have a solid junior class coming in after a 12-14 season in 2018-19, including Jake Vestal, Kory McBride, Chase Caffey, Trey Earls, Alton Mackey, Devon Alexander, and Blake Mephram.

"Jake Vestal is a glass eater. Not many kids embrace rebounding their own position, and he can rebound multiple positions. He does a great job of understanding body positioning, reading the ball off the rim, and pursuing it hard," Toombs said. "Chase Caffey is an extremely hard worker on the defensive end who can also really fill it up from the perimeter. Kory McBride and Trey Earls are two high character guys who work extremely hard on the defensive end and shoot the ball well. Sophomore Blake Mephram will be asked to fill a unique role as a JV point guard and varsity back-up post. I'm excited about Alton Mackey when he can get healthy. He's a good interior presence who can also

stretch the floor with his shooting ability.

"Devon Alexander is a guy who has really shown me something in practice so far and could force his way into the varsity rotation as he continues to develop. We should have excellent depth at our disposal on nights that we need to dig into our bench."

Toombs understands that they have to learn a lot of new concepts from scratch. Still, the varsity experience the team has should help them continue to improve throughout the season, and he said their goal is to compete hard in every drill and on every possession.

"Our strengths are our experience and competitive drive," he mentioned. "When we do a competitive drill in practice, it gets pretty intense. Our guys care about winning practice drills, which is very encouraging for when the lights come on for game day.

See 'CONWAY' / page 10



## Conway Boys Basketball 9-12

JV STARTS AT 6:00 / V STARTS AT 7:30

12/9/14	V	Mansfield Invit.
12/17/19	V & JV	Dixon
12/20/19	V & JV	Iberia
12/21/30	V	Walnut Grove
1/4/20	V	OCH Shootout
1/10/20	V & JV	Gainesville
1/14/20	V & JV	Ava
1/17/20	V & JV	Seymour
1/20/20	V & JV	Fair Grove
1/21/20	V & JV	Fordland
1/24/20	V & JV	Fair Grove
2/4/20	V & JV	Marion C. Early
2/7/20	V & JV	Forsyth
2/11/20	V & JV	Hartville
2/14/20	V & JV	Osage
1/27-2/1	V	Conway Invit.

## Conway Girls Basketball 9-12

JV STARTS AT 6:00 / V STARTS AT 7:30

12/10/19	V & JV	Crocker
12/17/19	V & JV	Bradleyville
12/19/19	V & JV	Mtn. Grove
1/3/20	V & JV	Greenfield
1/6/20	V & JV	Seymour
1/9/19	V & JV	Niangua
1/9/20	V	Sparta
1/16/20	V & JV	Marion C. Early
1/20/20	V & JV	Stoutland
1/26-2/1	V	Mansfield Invit.
2/3/20	V & JV	Fordland
2/6/20	V & JV	Norwood
2/10/20	V & JV	Dixon
2/13/20	V & JV	Mansfield
2/17/20	V & JV	Hartville
2/20/20	V & JV	Gainesville



Pictured is the 2019-20 Conway High School boys' basketball team. In the chair is Alton Mackey. In the front row, from left, are Casey Vaughan, Colby Vavruska, Ryder Burger, Chase Caffey, Quentin Herrera, Devon Alexander, and Kaleb Doing. In the back row, from left, are coach Ryan Toombs, Troy Replogle, Trey Earls, Jake Vestal, James Shockley, Blake Mephram, Levi Shockley, Andrew Dame, Caleb Graves, Kory McBride, Seth Foreman, Kade Witt and coach Connor Hicks.



Pictured is the 2019-20 Conway High School girls' basketball team. In the front row, from left, are Emily Twyman, Gracie Vestal, Jamison Cromer, Callie Cornelson, MaKenna Shifflett, Brooke Dill, Emily Lewis, and Paisley Ronchetti. In the back row, from left, are coach Jake Flanders, Graceson Cromer, Jozie Jensen, Katie Myers, Breanna Thompson, Cassie Vestal, Alexa Higbee, Haley Williams, Lakyn Shelton, and coach Ben Phillips.

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# GO BEARS!

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## BASKETBALL

from page 6



LCR photo/Alex Boyer

**Lebanon senior Quanton Shelton** returns to the hardwood this year for LHS after scoring 20.1 PPG as a junior.

Juniors Tyler Williamson (4.3 PPG), Caleb Falzone, Colin Higbee, Josh Napper, and transfer Austin Fry are also expected to contribute this winter.

"They set a great base for our future," Brown said. "Once we get everyone healthy, we will have the ability to play all nine of those guys, so it will give our junior varsity a chance to improve without any pressure.

"I think the program is in a great spot."

Brown also mentioned that his expectations for this group would be high after finishing in the top half of the Ozark Conference a year ago, and the team will also host the Missouri Class 5 District 10 tournament this year in a field that features Glendale, Ozark, and Waynesville.

"I think our schedule is pretty difficult with us playing all of the

Springfield schools besides Central at their place," he stated. "If we can hold our own here at home and win our conference games here, I think we can sneak into Springfield and win a few games and challenge the other schools for a conference championship.

"We are going to host districts, so that gives us a better chance of excelling during that time, and Ozark will be tough, as will the other two schools, but we will host them here, so I feel confident with that."

During press time, Lebanon was 1-0 to start the season with a come-from-behind win over St. Pius X, 59-58 at the Current River Challenge at Van Buren High School.

Lebanon will host Marshfield on December 10 for their home-opener with the freshmen starting at 4:30 p.m. with the JV and varsity to follow.

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# CONWAY

from page 8

"That will need to continue throughout the season for us to get better and reach our highest potential for success on the court."

Also, joining Toombs on the sidelines will be former Lebanon standout Connor Hicks. Hicks served as a Kickapoo's

assistant coach last winter and was a four-year member of the SBU football team.

"We are thrilled to have Connor Hicks join us as the assistant varsity and head JV coach," Toombs said of Hicks. "Connor was part of Kickapoo's pro-

gram as an Assistant Coach last season and got to be part of their deep playoff run at the highest level of high school basketball. He had a great playing career at Lebanon and SBU (Football) and brings energy and experience.

"He's a young guy who is on fire for

coaching kids and making an impact. The season has barely started, and I can already tell he is going to help raise our level of basketball."

During press time, Conway was 0-2 to start the season with losses to Plato (87-72) and Crane (66-33).

## LEBANON GIRLS' BASKETBALL FEATURES YOUNG SQUAD

ALEX BOYER ♦ ALEX@Laclederecord.com

For the second time in three seasons, the Lebanon girls' basketball team won a district championship. This time, it was under legendary head coach Jacky Payne, who returns to the sideline for his 38th year.

Lebanon finished 2018-19 with a 16-11 overall record before falling to Columbia-Rock Bridge 54-46 at State Fair Community College on March 6.

"I thought we had a really good year last year, and probably could've had a great year," said Payne. "I think we were competitive and played a fun, up-tempo style of basketball that our players and fans liked."

"I thought there were four games that could've gone our way, but we started peaking around districts. I still have nightmares about the Rock Bridge game. We jumped on them early ... basically, a four-point game with two minutes left, and we had a great chance to get them, but it didn't go our way."

The Lady 'Jackets say goodbye to five key seniors, including Abby O'Connor, Faith Campbell, Kamryn Mack, Skylyr Leake, and Baylei Palmer.

Despite losing the key seniors, Payne's expectations remain high for a young but talented group.

"My expectations won't change regardless of who we have on the court," he said. "Our No. 1 goal is to win the state championship, and then we set primary goals to accomplish first."

"This will be one of the youngest teams I have ever coached."

Returning for Lebanon this winter will be First Team All-Ozark Confer-

ence selection Jenna Glendenning, who tied the school record for three-point percentage, shooting a stellar 44 percent in 18-19.

"She can do a lot of things," Payne said of the senior Glendenning. "She's all over the place and has such a coachable attitude. She's so well-respected by her teammates and area coaches."

Besides her, Katie Mino will be the other senior on the year team. Mino was a mix between varsity and junior varsity last season.

"She has really improved her game," Payne said. "She is a great lady and gets along well with the whole team."

"I think we have two quality seniors this year to help lead us."

Sophomore Makayah Alexander is a returning varsity player this year after a significant role player last year.

"She had a couple of games where she scored in double figures," Payne mentioned. "She can rebound and run the floor, but I think her passing is probably the most improved aspect of her game."

"She battled a couple of injuries on her foot over the summer, but she loves the game and is passionate."

More members of a talented sophomore class include Jocce Pettyjohn, Quincey Glendenning, Chloe Shivers, Destiny Zimdars, and Kelly Mack.

"Shivers and Pettyjohn were two players who had a great summer for us and were key players for our JV last year," Payne said. "Quincey is

one of our most consistent players. Destiny Zimdars played a lot of JV and is one of our main players this year with her tall height. She has improved a lot."

"Kally Mack has transitioned from only inside, to a little bit of both inside and outside. She can rebound and is a great post player."

Payne mentioned that Shelby By-

bee, Natalie Meyers, Mercedes Keith, and Mariah Mebruer are key juniors that could see time this winter.

Lebanon was slated to open the season up at the Fair Grove tournament and during presstime were 0-1 after a buzzer beater loss to Buffalo in the first round of the tournament.

Lebanon will have a home game against Eldon on Dec. 12.

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# SWIM TEAM HOPING TO BUILD OFF SOLID SEASON LAST YEAR

ALEX BOYER ♦ ALEX@Laclederecord.com

The Lebanon High School girls' swim team is coming off a year where the team broke plenty of records, and expectations will remain high for head coach Heidi Conti this winter.

"Last season, we had a record-breaking season compared to past Lebanon teams," said Conti. "As a young team we grew immensely throughout the season. Out of 11 swim events, the team broke 10 Lebanon High School records last year. We lost 2 seniors (Zephania White and Morigan Van Heest) that brought great leadership and positive atmosphere to the team, but they trained up all the young girls for a great season this year.

"I am hoping for a strong team this year. I hope to have some State individual qualifications from Grace Johnson and get some relays close to qualification. We

have a young team with all sophomores and freshmen except for one senior, so I hope to build a really strong foundation this year. We will have a great year but also a springboard for the next few years as well."

The team features one senior in Sarah Haney who will likely compete in the 200 and 500 free events.

Also returning to the water this winter for Lebanon will be sophomore Grace Johnson.

"Grace is our top swimmer and is returning as a sophomore this year," Conti mentioned. "We have our eyes set on qualifying for State the 100 free and 100 backstroke."

Olivia Reid, sophomore, is returning but will be out with an injury for the season. Conti mentioned the team

is filled with plenty of newcomers this year Bionca Little (freshman), Selena Smith (sophomore), Natalie Snyder (freshman), Reanna Records (sophomore), Savannah Minton (freshman), Kendra Sherrel (freshman), and Madelynn Sicard (sophomore).

"There are quite a few newcomers that have shown incredible work ethic in these first few weeks of practice," said Conti. "We have a team filled with positive, hard-working girls. They are filled with integrity and great character. My main priority as a coach is to challenge and grow athletes with good character.

"This team is already succeeding in this area. We need to improve on some swim technique. With a mostly new team, we are needing to fine

tune starts and turns."

Conti is in her second season as coach and said last year that she has always had a love for swimming.

"I started swimming on a team in the 3rd grade. I had great role models on the team that really made it fun. I loved the relationships I built and the challenges I was able to overcome," she said. "When the chance to coach came, I jumped on it so I could invest and challenge swimmers just as my coaches did for me. The team is doing great so far. We have a solid group of girls."

The team was scheduled to have their first meet on December 5 at Carthage and will also swim agains on Saturday, December 14 at the Parkview Invitational held at Foster Natatorium.

## SWIM IT TO THE LIMIT



### Girls Varsity Swimming Winter 2019-20 Schedule

Type	Date	Time	Opponent	Location
Invitational	12-14-19	9:00AM	Parkview	Foster Nat
Meet	12-19-19	4:30PM	West Plains	Seymour YMCA
Invitational	01-11-20	4:30PM	Ozark	Foster Nat
Invitational	01-17-20	4:00PM	Carthage	Carthage YMCA
Invitational	01-23-20	4:00PM	Joplin	MSU
Tournament	01-28-20	4:00PM	TBD	Foster Nat
SWMO Invite	02-07-20	4:00PM	TBD	Foster Nat
SWMO Invite	02-08-20	9:00AM	TBD	Foster Nat
Tournament	02-11-20	4:00PM	TBD	Foster Nat
State	02-20-20	9:00AM	TBD	St. Peters
State	02-21-20	9:00AM	TBD	St. Peters

**2019-2020 Varsity & JV Girls' Swim Team Roster:** Bionca Little, Natalie Snyder, Reanna Records, Selena Smith, Allison Drennan, Olivia Reid, Grace Johnson, Sarah Haney, Savannah Minton, Kendra Sherrel, Madelynn Sicard, Tara Adams, Caleb Whittington- Mgr.

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# BEN PHILLIPS HOPING TO HAVE SUCCESS IN FIRST YEAR AT CONWAY

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Just like the Conway boys' team, the Conway girls' basketball team will have a new face on the sidelines with Ben Phillips leading the way for the Bears this winter.

In 2018-19, the Bears finished the year with a tough season, going 7-17 and getting bounced in the first round of the Missouri Class 2 District 9 tournament by Mansfield (54-33), but return some pieces from that team and are hoping to make it a good season.

"We want to improve on last year's team," Phillips said. "It seems to be the goal every year; win more games, and get better. However, it couldn't be truer for this squad. We lost only one senior and have a great

shot at improving and being very competitive."

In his first year as head coach, Phillips is hoping to build a foundation that can be set for years to come at Conway.

"Every coach in the first year of their program has the same goals," he stated. "The team will have to learn a new philosophy, language, and expectations this year, so year one is establishing all of that and trying to win some games create a foundation to build the program on."

Key returners include Cassie Vestal and Graceson Cromer. Vestal earned all-conference honors as a sophomore and junior.

"We have everyone returning from last year's team except for one, and all of our starters were here for

all of the offseason workouts and have been putting in the time, so the expectation is that those girls will be the major contributors this year," Phillips said. "Cassie Vestal is the only starter and our only vocal leader on the floor to start the year, so we have big expectations for her."

"Graceson Cromer was a full-time starter as a freshman last year, and it will be exciting to see what year two jump she can make."

Other key returners are Emily Lewis, Lakin Shelton, and Jamison Cromer.

Entering the varsity rotation this year will be freshmen Callie Corneilson and Katy Meyers. Both are multi-part athletes, and Phillips is hoping both can make an immediate impact.

"They both are fast and can shoot really well," he said. "So, if they

come out of their shell as freshmen, they will be staples on this team."

Phillips mentioned that the team will be athletic this winter.

"Our biggest strength is our athleticism; every one of our girls is multisport athletes including some all state cross country and track runners. We are going to be able to get up and down the floor and wear some teams out," Phillips said. "It always takes an adjustment period to get used to new philosophy, language, and coaching style."

Joining Phillips on the sideline will be former Lebanon graduate Jake Flanders. He will serve as the assistant varsity coach and head JV coach for the Lady Bears.

At press time, the Bears had a 1-3 record with losses to Stockton, Morrisville, Ava, and a win over Pleasant Hope.



Ryan Morris, D.O., and  
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