

Swim Rockets compete at Region Championships

The RCHS Swim Rockets completed their 4th and their best season thus far.

The Region 5 Championships were held this weekend at Barboursville with 25 teams competing. The prelims were held on Friday with the top 16 places moving on to the finals on Saturday. The girls team finished in 14th place overall.

The girl's 200 yard medley relay team of Lauren Burton, Holly Cromer, Kellan Coffey and Rachel Cain placed 12th in both the prelims and finals.

The girls 200 yard freestyle relay team of Kellan Coffey, Rachel Cain, Emily Childress and Lauren Burton qualified 12th in the prelims and placed 11th in the finals with a new school record of 1:57.36.

Junior Lauren Burton qualified 14th in the 50 yard freestyle in the prelims and then in the finals placed 13th with a school record of 26.37.

Sophomore Rachel Cain improved her 200 yard freestyle by 4.15 seconds and junior Kellan Coffey had an improvement of a second.

Freshman Emily Childress also had her best time of the year in the 100 yard freestyle with an improvement of 2.77 seconds. Senior Rebecca Barron had an improvement of over 6 seconds in her 100 yard backstroke.

On the boys side Senior Jacob Houk had an improvement in his 100 yard butterfly by 3 1/2 seconds and his 100 yard backstroke 4 1/2 seconds.

Sophomore Joseph Hunt swam the 100 yard freestyle over 2 seconds faster and was over 3 seconds faster in the 100 yard breast.

Junior JT Taylor improved his 100 yard freestyle by 1 1/2 seconds while Senior Garrett Hasty had improvements of 1 1/2 seconds in the 100 yard freestyle and breaststroke. Junior Jacob D Taylor had improvements of 5 seconds in his 100 yard freestyle and over 7 seconds in his 100 yard breaststroke.

The boys 200 yard medley relay team of JT Taylor, Ashton Arvin, Jacob Houk and Andrew Burton smashed the old school record by 7 1/2 seconds.



Members of the Swim Rockets are, front from left: Rachel Cain, Holly Cromer, Lauren Burton and Kellan Coffey. Second row from left: Barbora Nemcova, Lisa Sheck, Becca Barron, Emily Childress, Callie Asher, Justin Houk, Heather Clontz and Garrett Hasty. Back row from left: Andrew Burton, JT Taylor, Joseph Hunt, Jacob Houk, Ashton Arvin and David Gabbard.

Archery in the Schools holds competition

Our local chapter of the National Archery In the Schools program (NASP) met recently to hold a competition. The chapter is made up of young athletes from the elementary, middle, and secondary levels from Rockcastle County schools. Each team is comprised of students who meet at least twice weekly to practice their archery skills. Our local archery program encourages all students to join the National Archery in the Schools program. Students that may not enjoy basketball, football, or some of our county's other sports can come to excel in the Rockcastle County Archery Program.

Archery in the Schools is a diverse and super-safe shooting activity that is KHSAA sanctioned, with Archery becoming a KHSAA varsity sport activity for the first time in the spring of 2013. Local instructors are certified and follow National Physical Education Standards to

teach International Style Target Archery. Instructors explain archery history, safety, technique, equipment, mental concentration, physical fitness, and self-improvement while also encouraging diligence, cooperation, and respect.

Our Mt. Vernon Elementary level team is comprised of 4th and 5th grade students led by Coaches Bobbie Mason and Tammy Carpenter. The Rockcastle County Middle School team is made up of 33 students instructed by Coach Gerald Alexander and Assistant Coach Michael A. Lovell. The Rockcastle County High School team is led by Coach John Chadwell and Assistant Coach Janetta Begley.

For more information about the NASP program check out www.archeryintheschools.org. As our local teams take aim on the upcoming regional tournaments, let's wish them the best of luck and cheer them on to success.



MVES students Leann Tankersley, Katherine Coffey, and Nichole Griffin get ready for their turn in the archery competition.



MVES student Holly Miller discusses strategy with her sister Pam Miller who is on the RCMS Archery team.



Members of the high school, middle school, and elementary school line up to take their turn in the local meet. Each student shoots 20 arrows from distance of 10 meters and 20 arrows from a distance of 15 meters.

"Rockets"

(Cont. from A6)

to take on the South Laurel Cardinals. Tip-off for the Rockets game is at 7:30 p.m. The Rockets are also expected to play the Somerset Briar Jumpers next Wednesday in the first round of the district tournament. The game will be played at Somerset and tip-off is at 7 p.m.

Blanton said that South Laurel and Somerset will be tough matchups for his squad. He hopes a possible win against South Laurel will pump up the boys for their game against Somerset.

"South Laurel is a tough team but they are beatable," Blanton said. "We are happy to play Somerset instead of Pulaski County in the first round. I'm hoping a win against South Laurel will propel us to a district tournament win against Somerset."

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