

Katie Hensley, Alyssa Allen in top 10 in long jump and triple jump

Senior Amy Johnson finishes as state runner-up in discus

Fresh off an impressive 3rd place performance at the Class 2A Region 5 Championships last Saturday at Boyle County, the RCHS

girls' track team qualified 8 athletes for the Class 2A State Track & Field Championships at the University of Louisville this past Friday.

Attempting to overcome the loss of nine high school athletes since the end of their very successful indoor season which saw them win their 6th indoor state title, the team finished 15th overall and were only a couple strong performances away from finishing in the top five teams at state.

The RCHS girls' 4 x 800-meter relay team got the meet started with an impressive team performance. With a group assembled for the race the week of region, freshman Ashley McKinney started the race with an awesome 2:38 lead leg. Sophomore Rachel Cain turned in an impressive leg of her own, finishing in a fast season's best 2:49. 8th grader Arie-anna Lawson, a relative newcomer to the event having only competed in it once before with almost no practice, ran a great 3rd leg in 2:49. 8th grader Sierra Mercer blistered the anchor leg with an exceptional time of 2:35, despite not having competed at that distance since the start of the season. The team finished 20th overall with a new season's best time of 10:52.17. Their time was an amazing improvement of over 10 seconds from the regional championships.

RCHS senior Amy Johnson came into the discus competition as the meet favorite after dominating the event at the regional championships. She also was the defending Class 2A state champion in the event having captured the state title in 2012. Despite some controversy with the digital measuring system which saw another contender add an unprecedented 25' to her best throw from region giving her the title, Amy finished as state runner-up with an awesome new career best throw of 115'1". The throw was originally measured at over 117' but was changed to 115'1" due to some sort of measuring malfunction. Her throw was also her best ever in state championship competition, improving by an impressive 7' over last year. Her great effort this season and at state also earned her 1st team all-state honors.

Amy also competed in the shot put competition at the state championships for the

second year in a row. She came through with another very impressive performance, placing 6th overall with a career state championship best throw of 32'8.25". Her all-time career best throw of 34'6" came earlier this outdoor season.

Amy ends her career as quite possibly the most consistent thrower in RCHS history. She won 5 state titles in both middle and high school in shot and discus. Having earned a full track scholarship, she will continue her academic and athletic career at Lindsey Wilson College in Columbia where she's expected to contend for conference titles throughout the duration of her career.

RCHS junior Alyssa Allen qualified for the state championship finals in triple jump with a season's best performance. With several outstanding jumps in the competition, Alyssa placed 9th overall with a very impressive state championship meet career best jump of 33'1". In her first state championship appearance in the long jump competition, Alyssa placed 17th overall with a great jump of 14'9". Alyssa will be a strong contender for the state titles in her events next season.

8th grader Katelynn Hensley also had several

great jumps and qualified for the state championship finals in the long jump competition. She placed an impressive 7th overall with a career best state

championship meet jump of 16'1.75", less than 4" from her personal best. Katelynn also finished 11th in triple

(Cont. to A7)



The RCHS girls' 4 x 800-meter relay team finished 20th overall with a new season's best time of 10:52.17 at the Class 2A State Track and Field Championships held at the University of Louisville this past Friday. Their time was an improvement of over 10 seconds from the regional championships. Team members from left are: 8th grader Arie-anna Lawson, 8th grader Sierra Mercer, freshman Ashley McKinney, and sophomore Rachel Cain.



RCHS senior Amy Johnson finished as state runner-up in the discus competition with a new career best throw of 115'1". Her throw was also her best ever in state championship competition, improving by an impressive 7' over last year. Her great effort this season and at state also earned her 1st team all-state honors.



8th graders Arie-anna Lawson (left) and Sierra Mercer complete a baton exchange going into the final leg of the girls' 4 x 800-meter relay state final.



RCHS freshman Ashley McKinney running lead leg of the girls' 4 x 800-meter relay at the Class 2A State Track and Field Championships.



RCHS sophomore Rachel Cain running second leg of the girls' 4 x 800-meter relay at the Class 2A State Track and Field Championships.



At Class 2A State, 8th grader Katelynn Hensley qualified for the finals and placed 7th in long jump with a career best state championship meet jump of 16'1.75". Katelynn also finished 11th in triple jump with a career best state championship jump of 32'6.75".



On Wednesday May 16, Samantha Payne signed a National Letter of Intent to continue her fast pitch softball career with the University of the Cumberlands. Samantha a.k.a. "Sam" has been a vital player for the Lady Rocket softball team during her career. Her athletic abilities are evenly matched with her team leadership skills. Pictured are, from left: Helen Abney (aunt), Scott Payne (father), Sam, and Sandra Burke (mother). Back row from left: Nick Williams (RCHS Assistant Coach), Angie Dean (University of the Cumberlands Head Coach), Matt Brown (RCHS Head Coach), and Vanessa Bowling (RCHS Assistant Coach).



The 2013 Rockcastle County Middle School Fast Pitch Softball A team won the Commonwealth Middle School Athletic Conference Tournament. The team finished the season with a 23-5 record. They were undefeated during conference play, which also gave them the regular season championship. Pictured are, front row, from left: Tiffany Fain, Mahala Saylor, Jayna Albright, and Brittany Wright. Second row from left: Breonya Napier, Brook Combs, Bailey Chasteen, Emme Barker and Savannah Smith. Back row from left: Coach Garry Fain, Lauryn Carpenter, Kristin Holcomb, Courtney Wren and Coach Steve Holcomb. *Congratulations on a job well done!*



The 2013 Rockcastle County Middle School Fast Pitch B team finished in second place during the Commonwealth Middle School Athletic Conference Season. The team had an overall record of 10 wins and 4 losses and finished the conference with a 6-1 record. Pictured are, front row from left: Lindsey Mahaffey, Katelyn Smith, Rachel Carroll, Breonya Napier, Brook Combs, Katelyn Allen and Savannah Goff. Back row from left: Coach Garry Fain, Statistician Mark Carpenter, Brook Smithern, Lauryn Carpenter, Jordyn Powell, Courtney Wren, Kristin Holcomb, Bailey Chasteen, Makayla Pennington and Coach Steve Holcomb. *Congratulations girls on a successful season.*