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T.S. Hill Middle School Cross Country Team 2022

SEPTEMBER 28TH 2022 BY DEE LOFLIN

T.S. Hill Middle School Cross Country Team 2022

T.S. Hill Middle School Cross Country team is coached by Brent Shipman. They had their first home meet on Tuesday.

You can still have an opportunity to see them run!

Here is their schedule for the rest of the 2022 season:

10/1 Notre Dame Invitational 10:00 am

10/8 SCAA Conference 9:00 am

10/13 SEMO Conference 4:30 pm

10/15 Farmington Invitational 12:00 pm

10/22 Dexter Invitational 11:00 am

Back Row (left to right): Adriannah Owens, Madilynn Palmer, Kayleigh Hilfiker, Quincy McLaughlin, Peyton Ballance, and Hunter Massey.

Front Row: Alecia McKissack, Sadie Long, Jacob Hurdle, and Connor Hankins.

Not pictured is Lorelei Guethle

Photo by Coach Brent Shipman

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Dexter Cross Country Athletes Medal at Arcadia Valley Invitational

SEPTEMBER 19TH 2022 BY DEE LOFLIN

Dexter Cross Country Athletes Medal at Arcadia Valley Invitational

Dexter Cross Country boys and girls teams are doing well. Dexter took fourth place with 105 points at the Arcadia Valley Cross Country Invitational, placing three in the top 25. Senior Chris Stone was the Bearcats' best finisher at 16th.

Varsity Boys Results

Chris Stone 17:31.71 16th Senior

Cameron Bell 17:37.71 18th Sophomore

Ben Dowdy 17:38.36 19th Sophomore

Clayton Bell 18:04.04 27th Senior

Anistin Kyle 18:27.09 32nd Junior

JV Boys Results

Jaxon King 20:17.98 27th Freshman

Varsity Girls Results

Abbie Lloyd 22:34.07 20th Junior

"We asked for a couple of kids to step up this week and they delivered," commented head cross country coach Josh Dowdy, "Our team average dropped down to 17:51 after finishing with an average of 19:27 at Arcadia a year ago. Cameron Bell, Anistin Kyle, Clayton Bell and Jaxon King knocked off more than 30 seconds from last week."

"In the girls' race, Abbie Lloyd made a gain this week with time of 22:34(20th Place)."

The cross country team was off this past weekend, but are training for the Gans Creek Invitation.

Pictured from left to right are Chase Farmer, Anistin Kyle, Clayton Bell, Ben Dowdy, Cameron Bell, Chris Stone, and Nathan Harris.

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2022 T.S. Hill Middle School Football Schedule

SEPTEMBER 08TH 2022 BY DEE LOFLIN

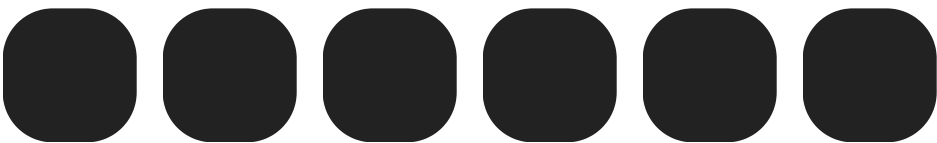
2022 T.S. Hill Middle School Football Schedule

2022 T.S. Hill Middle School Football Schedule

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Dexter Bearcats Working Hard Towards a State Run

SEPTEMBER 07TH 2022 BY DEE LOFLIN

Dexter Bearcats Working Hard Towards a State Run

Dexter, MO - Though the actual season started just last Saturday, the Dexter boys and girls cross country Bearcats have been running all summer in preparation of this year's 2022 season.

"When we met in the spring, we set out to put in a lot of miles this summer and to accomplish something no other boys team has done at Dexter in over 50 years - a trip to state as a team," stated Dexter's head cross country coach Josh Dowdy. (Dowdy is also the athletic directors for Dexter Public Schools). "We have sent some individuals to state, but we are now looking to take our program to the next level."

If you think that cross country is an easy sport, think again. These athletes train year-round in the heat and the cold, they never stop running. It is an enduring sport that not only requires athleticism, but mental attitude and endurance to keep fighting when they can't feel their legs and can barely breath.

"I told them it will be easier said than done....easy to sit here and talk about it in a room filled with cold air," continued Dowdy. "The real proof will be if we decide to pound the pavement in mid-July when the temps and humidity are a challenge. This group has done it-they have been very dedicated and I am excited for them now to see the results of their hard work."

Since the season started officially, the kids have really embraced the team concept, both girls and boys. They are rooting hard for one another in practice and they are really motivating one another to do their best.

The girls have set some personal goals this season and are training hard so they are in the position to make it happen.

"We can't thank the community enough for their support.....while putting in miles over the summer and preseason, we have had people yell, honk, wave, smile and even spray us down at the car wash! It has been a blast and has been an awesome motivator for our team.....and we don't plan on stopping until we reach our goals."

Individual State Qualifiers from 2021

Girls

Abbie Lloyd- 102nd

Boys

Cameron Bell-117th

Clayton Bell-95th

Ben Dowdy-64th

You can see them run locally at the SCAA Conference in Bloomfield on October 8th and again at the Dexter Invitational on October 22nd.

Front row from left to right: Stryker Muzny, Jasmine Smith, Alyssa Gross, Alliye Lee, Lilly Crockett, Abby Lloyd, and Jaxon King.

Back row from left to right: Nathan Harris, Ben Dowdy, Clayton Bell, Chris Stone, Chase Farmer, Anistin Kyle, and Cameron Bell.

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Dexter Lady Cats Beat Cape Central 8-1 on Thursday

SEPTEMBER 01ST 2022 BY DEE LOFLIN

Dexter Lady Cats Beat Cape Central 8-1 on Thursday

Dexter, MO - The Lady Cats of Dexter defeated the Cape Central Lady Tigers 8-1 on Thursday, August 31, 2022.

"I was super proud of the ladies today," commented head tennis coach Kristi Boles. "We have worked hard preparing for these matches and it is paying off. It's been a long week, but we still have one more match to finish the week off. I know the girls will be looking forward to the weekend for a bit of rest."

Doubles:

Bella Cook/Grace Marvel (D) defeated Megan Maxton/Sydnee Williams (CC) 8-6

Kate Churchill/Emma Dorton (D) defeated Kathryn Buckley/Sydney Britt (CC) 8-1

Destiny Ahrens/Alise Howell (D) defeated Emily Velasquez Rico (CC) 8-5

Singles:

Megan Maxton (CC) defeated Bella Cook (D) 8-0

Grace Marvel (D) defeated Kathryn Buckley (CC) 8-2

Kate Churchill (D) defeated Sydnee Williams (CC) 8-5

Emma Dorton (D) defeated Sydney Britt (CC) 8-2

Destiny Ahrens (D) defeated Emily Velasquez Rico (CC) 8-1

Alise Howell (D) defeated Lucy Cook (CC) 8-5

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