



# QUANAH



## ATHLETIC DEPARTMENT

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### Football

Our football season has started. We are currently carrying 16 7<sup>th</sup>, 16 8<sup>th</sup>, 18 JV, and 22 on varsity. Our numbers are great compared to other schools in our classification. We have played our first High School games vs City View. Our JV played extremely well and pulled out the win. Our varsity came up short, but overcame quite a few obstacles. We played the majority of the game without 3 of our starting offensive linemen. We had 1 move to Vernon and one that was injured in the Holliday scrimmage and 1 injured in the City View game. There were many positives to build on and the negatives can all be fixed.

### Volleyball

The Lady Indians kicked off the new year with 2-a-days on August 1<sup>st</sup>. We had 20 come out; after one move and one change we have 18 now. We held 2-a-days in the afternoons and the girls worked extremely hard on the court, in the weight room, and on the streets (conditioning). We traveled to Benjamin for a tri-scrimmage with Fort Elliot. We looked good and the girls had improved from the start of 2-a-days. We traveled to Memphis on Aug. 15 and got our first wins of the year for JV and Varsity. We traveled to the Chico Tournament and got 7 matches in 2 days. We won some sets but couldn't put everything together for a match win. The next weekend we traveled to the Vernon JV Tournament and WON it beating Memphis JV, Vernon JV, and Childress JV in the Championship game. This was a great confidence booster that we needed. This past weekend we played our last tournament at Childress. We played 6 matches in 2 days. Having so many games in 3 weeks has been great for us because the girls have learned so much in such a short amount of time. They keep working hard and learning how to improve each day. We have 3 matches left then we start District on Sept. 19 hosting Electra. We have a good shot at competing with Electra and Petrolia for the 3<sup>rd</sup> and 4<sup>th</sup> spots for the playoffs.

### Cross Country

Cross Country workouts began on August 7<sup>th</sup> this summer. We currently have eight High School runners participating. The participants are, Danlee Duncan, Troy Conner, Colby Jackson, Bethany Osborne, Kami Rohm, Sianna Rohm,

Bellamy Wooten, and Kendi Ashcraft. Their first meet was held last week at Perkin's Scout Camp in Burkburnett. They competed well and are improving every week. Middle School Cross Country workouts began on the first day of school. We have had as many as 15 athletes show up. This weekend both high school and middle school runners will be running in the 5K POW WOW out at the country club. I am looking forward to seeing progress from each individual every week.

