SCHOOLSPORTS



Future Razorback — Wednesday, Feb. 1, Jeremy Ward, a Pottsville High School student, signs a letter of intent to play football for the Arkansas Razorbacks. With him are his father, Mike Ward and his mother, Renee Ward. The bleachers at the Pottsville High School gym were filled with cheering students and townspeople. Ward led them in calling the Hogs.

Jr. Red Devils fall at Lamar

By Gary Murdoch

The Atkins Jr. Red Devils (2-20, 0-6) fell to the Lamar Jr. Warriors, 47-24, Monday (1-30) in a 3A-4 conference game at Lamar. It was the final regular season game of the year. Atkins will play in the 3A-4 district tournament at Paris, February 6-11.

Atkins trailed by only 2 points after the first quarter of play, 10-8, but Lamar outscored the Jr. Red Devils 13-6 in the second quarter to take a 23-14 half time lead. The Jr. Warriors extended the lead to 32-20 after three quarters of play and pulled away in the final quarter to get the 23-point victory. Alex Spradlin scored 10 points, Austin Dobbs and Jordan Vaughn each scored 6 points and Nick Gray scored 2 points for the Jr. Red Devils.

	1	2	3	4
Atkins	8	6	6	4
Lamar	10	13	9	15

Pottsville rolls over Sand Lizards

By Gary Murdoch

The Pottsville Apaches ran past the Dardanelle Sand Lizards, 64-39, Tuesday (1-31) in a 4A-4 conference game at Pottsville.

The Apaches ran out to a 14-point lead after the first quarter of play, 22-8, and extended the lead to 36-20 at the half. Pottsville outscored the Sand Lizards 15-10 in the third quarter that pushed the lead to 51-30 and coasted to the easy 25-point victory. Luke McAnlty scored 11 points, Michael Perry scored 10 points, pulled down 7 rebounds and dished out 4 assists, Colten Moore scored 10 points and had 3 steals, Tyler Weaver pulled down 6 rebounds and Corey McKown had 6 rebounds to lead the Apaches.

"This was a very workmanlike performance. We were solid rather than flashy. Dardanelle really had our attention after their big win aganist Waldron. Chris Albin made a nice contribution off the bench," said Coach Shane Thurman.

	1	2	3	4
Dardanelle	8	12	10	9
Pottsville	22	14	15	13

Coaches Clinic to be held at Subiaco

Subiaco Academy will host an Athletic Strength & Conditioning Clinic under the direction of Coach Chris Carlisle, Head Strength & Conditioning Coach for the NFL Seattle Seahawks. Coaches of all sports are invited to participate in the event which will be held Saturday, March 10, 2012 from 9:00 a.m. to noon at the Subiaco Academy Performing Arts Center.

Coach Carlisle is a former Subiaco Academy head football coach (1993-96). He served two years at the University of Arkansas as graduate assistant strength and conditioning coach, three years at the University of Tennessee as associate S & C coach, and nine years at the University of Southern Cal as Head Strength & Conditioning Coach before his current position with the Seahawks.

Chris was the 2006 National Collegiate Strength & Conditioning Coach of the Year as voted on by the Professional Football S & C Coaches Society. He holds an impressive four National Championships, eight BCS appearances, a NFC West Championship and has coached 3 Heisman Trophy winners.

Coach Carlisle plans to instruct and teach techniques to area coaches of any sport who want to improve speed, strength, agility and quickness in their student athletes. Teams will become a more functional unit with proper strength and conditioning exercises and will avoid potential injuries. Registration for the event can be made by calling Subiaco Academy at 479-934-1001. Cost is $50 per person. Seating is limited so call early to insure you have a reservation.

Registration under way for free run/walk clinic for ladies

Whether you want to get off the couch and start walking, begin a running program, or increase your pace, endurance, and distance, Russellville's free "Women Can Run" walking and running clinic can help you reach your goals and prepare you to complete the 5K graduation event.

The Women Run Arkansas Running/Walking Club is hosting the 15th annual "Women Can Run" running and walking clinics statewide. Russellville is one of 47 communities participating. The Russellville clinic will begin with an orientation session on Saturday, March 3, at 9 a.m. at Westside Church of Christ located at 2300 West C Street in Russellville. The first training session will be held on Wednesday, March 7 at 5:30 p.m. at the Russellville High School track. Training will take place there twice a week for 10 weeks: Wednesdays at 5:30 p.m. and Saturdays at 9 a.m.

With six different training groups, the clinic is well suited for ladies of varying ages and fitness levels. There are two different walker groups, two beginner runner groups, an intermediate runner group, and an advanced runner group. Each session will include announcements and 40 minutes of physical activity. In addition, there will be guest speakers at some sessions, teaching participants about the importance of proper gear, healthy training tips, and a variety of other topics. Each session will last 45 to 75 minutes.

Because Russellville Public Schools does not charge the clinic for use of the track facility and since clinic directors and leaders volunteer their time to put on the program, the clinics are free to participants.

"Last year, more than 300 ladies took part in our local clinic, and we anticipate just as many if not more in 2012," said Russellville clinic co-director Kim Head. Head is joined by co-directors Lisa Gray and Brandie Daniel along with 21 additional volunteer leader/coaches to organize the local clinic. "Not only does the clinic promote lifestyle changes that will benefit women's health, it also provides camaraderie and support from other ladies in the community who share in the journey."

Women Can Run Pasta Party and 5K

At the conclusion of the 10-week period, clinic participants are prepared to walk, run/walk, or run a 5K. Ladies from across the state are invited to take part in the Women Can Run pasta party and 5K (3.1-mile) walk/run graduation event.

The 5K event will be held at Conway High West starting at 8 a.m. on Saturday, May 12. While there is no charge for the training clinic, there is a $20 fee for the Women Can Run 5K. This covers the entry fee, t-shirt, and other goodies for each participant, as well as defraying expenses of holding the race. A portion of the entry fees is also donated to the Children's Tumor Foundation (NF Endurance Team). There will be entry categories for clinic participants, open registration, and mother/daughter teams for both the 5K-walk event as well as a 5K-run event. Awards will be given in various categories and age brackets. Those participating must preregister.

The pasta party will be held the evening prior: Friday, May 11, at 6:30 p.m. at the Agora Conference and Special Events Center in Conway. Dr. Elaine Doll-Dunn will be the guest speaker. The cost of a ticket to the pasta party is $20.

Online Registration Now Open

To sign up for one of the free clinics online, go to www.WomenRunArkansas.net, click "FREE Clinics," then "Register for a Clinic," and complete the form. This site also provides a listing of clinics available statewide as well as more information and online registration for the pasta party and 5K.

Those who do not have internet access and would like to participate in the Russellville clinic can sign up at the orientation session on March 3.

Adult Summer Softball League organizational meeting (men, women, and coed)

The Russellville Recreation and Parks Department will hold an organizational meeting for Adult Summer Softball on March 5. The meeting will be at 6:30 p.m. in the Hughes Community Center.

Anyone interested in entering a team in the summer softball league will need to have a representative present at this meeting.

Registration will begin on Monday, March 12, and end on Friday, March 23, at 5 p.m.

If you are unable to attend, the necessary forms are available in the Russellville Recreation and Parks Department Office or may be downloaded from our website at www.eteamz.com/rsvlparksdepartment. For information, contact the Hughes Center at 968-1272.

Atkins Red Devil Baseball 2012

Date:	Opponent:	Team:	Time:
February 28	@ Conway Christian	V, JV	4 pm
March 1	Wonderview	V, JV	4:30 pm
March 5	Paris *	V, JV	4:30 pm
March 6	Southside Bee Branch	V, JV	4 pm
March 8	@ Perryville *	V, JV	4:30 pm
March 9	@ Sacred Heart	V, JV	4 pm
March 12	@ Lamar *	V, JV	4:30 pm
March 13	@ Pottsville	V, JV	4:30 pm
March 15	@ Charleston *	V, JV	4:30 pm
March 16-17	Nemo Vista Tournament	Varsity	TBA
March 26	@ Lavaca *	V, JV	4 pm
March 29	@ Mansfield * (DH)	Varsity	4 pm
March 30	Western Yell	V, JV	4 pm
April 3	@ Danville	V, JV	4 pm
April 5	@ Paris *	V, JV	4:30 pm
April 9	@ Wonderview	V, JV	4:30 pm
April 10	@ Clinton	V, JV	4 pm
April 12	Lamar*	V, JV	4 pm
April 16	Perryville *	V, JV	4:30 pm
April 17	@ Southside Bee Branch	V, JV	4 pm
April 19	Lavaca*	V, JV	4:30 pm
April 23	Charleston *	V, JV	4:30 pm
May 4-7	Regionals	Varsity	TBA
May 10-12	State	Varsity	TBA
May 18-19	State Finals	Varsity	TBA

Atkins loses three games at Charleston

By Gary Murdoch

Jr. Lady Red Devils

The Atkins Jr. Lady Red Devils (14-9, 2-4) fell to the Charleston Jr. Lady Tigers, 33-28, Friday (2-3) in a 3A-4 conference game at Charleston.

The Jr. Lady Red Devils trailed 6-2 at the end of the first quarter of play and 21-9 at the half. Atkins cut the Charleston lead to 25-14 after three quarters of play and outscored the Jr. Lady Tigers 14-8 in the final quarter, trimming the final deficit to 33-28. Brooke Mitchell scored 9 points, Keisha Bobo scored 7 points and Linnea Brannon scored 6 points to lead the Jr. Lady Red Devils.

"We got off to a slow start but played a very strong second half. As these girls mature, hopefully they will realize the importance of starting a little faster. When we start doing that, we will be a pretty good team. These girls have lost only one game this season in tournament games, winning two tournaments and finishing third in the other. Hopefully, with district this week, they will play with much more of a sense of urgency. We get another shot at Charleston on Wednesday in the first round of the District Tournament," stated Coach Craig Pinion.

	1	2	3	4
Atkins	2	7	5	14
Charleston	6	15	4	8

Lady Red Devils

The Atkins Lady Red Devils (7-16, 1-9) led deep into the third quarter before falling to the Charleston Lady Tigers, the #1 ranked 3A team in the state, 41-33, Friday (2-3)in a 3A-4 conference game at Charleston.

Atkins led 8-6 at the end of the first quarter of play before the Lady Tigers rallied to take a 14-11 half-time lead. The Lady Tigers Charleston outscored the Lady Red Devils 18-12 in the third quarter, extending the lead to 32-23, before escaping with the 8-point victory.

Marisa Rodgers scored 13 points, Emily Ward scored 6 points and Hayden Martin scored 5 points to lead the Lady Red Devils.

"This may have been the most complete game these girls have played in years. We had a lead deep into the third quarter before we had three bad possessions that changed the momentum. Charleston had won over 80 straight conference games and to have been in a position to win at their place is a tribute to how far these girls have come in a short time. They are a pleasure to coach, they come to practice every day with an attitude to improve, they don't second guess what we are trying to do and they believe in each other. These qualities are hard to find," said Coach Pinion.

	1	2	3	4
Atkins	8	3	12	10
Charleston	6	8	18	8

Red Devils

The Atkins Red Devils (0-22, 0-10) fell to the Charleston Tigers, 69-21, Friday (2-3) in a 3A-4 conference game at Charleston.

The Tigers shut out the Red Devils in the opening quarter, 26-0, and led 46-5 at the half. Charleston increased the lead to 62-12 at the end of three quarters and coasted to the win. Jeremy Bird scored 8 points and Joey Vaughn scored 5 points to lead the Red Devils.

	1	2	3	4
Atkins	0	5	7	9
Charleston	26	20	16	7

Pottsville eases past Waldron

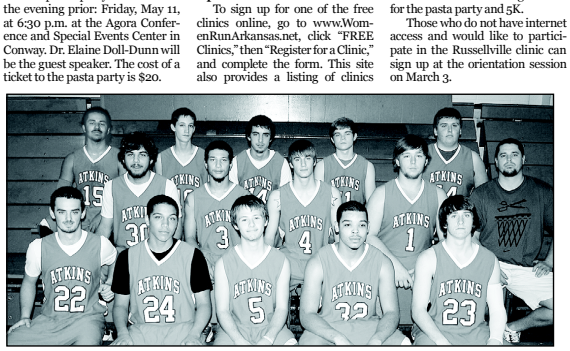
By Gary Murdoch

The Pottsville Apaches (19-5, 9-3) hit a 3-pointer in the final seconds of regulation to force an overtime period and stunned the Waldron Bulldogs, 69-60, Friday (2-3) in a 4A-4 conference game at Waldron.

Pottsville led 15-7 at the end of the first quarter and 25-19 at the half. Waldron outscored the Apaches 20-7 in the third quarter to take a 39-32 lead before Pottsville rallied in the final seconds on a Michael Perry 3-pointer to tie the Bulldogs, 55-55, at the end of regulation. Pottsville outscored Waldron 14-5 in the overtime period to escape with a 9-point conference victory. Michael Perry scored 20 points, Colten Moore scored 15 points and Luke McAnulty scored 12 points to lead the Apaches.

"Michael Perry hit a huge 3 at the end of regulation to put it in overtime. Colten Moore hit a 3 to begin the overtime, and then we made clutch free throws to seal the deal. This was a huge win for our team. Travis Cole was a spark plug off the bench," said Coach Shane Thurman.

	1	2	3	4	OT
Pottsville	15	10	7	23	14
Waldron	7	12	20	16	5



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