

Lady 'Dogs Ready for Season By Judy Rogers

The Golden Plains Lady Bulldogs are ready to begin their 2018 Volleyball season. The girls started their season practices on August 13 with 16 girls signed up to play including three returning seniors—WKLL All-League First Team Player KayCee Miller, Amanda Cheney, and Haley Miller. Also returning for the Bulldogs is WKLL All-League Honorable Mention junior Mabel Lugo. “Our biggest goal for this season is to just have fun and to improve with every practice and every game,” said Lugo.

The girls worked on their skills throughout the summer by participating in practices, summer league play, and a two-day volleyball camp. Along with weekly practices, this was the first year the team played in summer league at McCook. “Playing in the summer league in McCook really gave us an advantage and a head start going into this season,” said KayCee Miller.

Coach Steven Gream from Cowley County Community College spent two days in Rexford leading a summer camp for the team. “We worked on a bunch of new skills during our camp,” said Amanda Cheney. “like adjusting our serve receive.”

The Lady 'Dogs overcame the challenge last season of having the gym floor redone during the season to finish 15-19 while practicing in the smaller gym and not able to host any home matches. This year, they face another challenge as long-time coach Orba Smith is recovering from an automobile accident. Assistant Coach Ashley Arnberger is filling in as head while Laura Rush will assist. “We’ve had a really nice start to practices this week,” said Arnberger. “I’m excited to see how this group will come together. I would like to thank Coach Rush for her help this season.”

The Lady Bulldogs will scrimmage in Rexford on August 24 at 5:00 pm before starting their season at the Healy Invitational on the 25th.