

# Fall SPORTS

SEASON PREVIEW

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Football • Cross Country • Volleyball  
Girls' Soccer • Cheerleading



August 2023

A Special Supplement to

**The Expositor**

**WHITE COUNTY HIGH SCHOOL VARSITY**

DATE	OPPONENT	PLACE	TIME
AUG. 18	SILVERDALE	AWAY	6 PM
AUG. 25	WARREN CO.	AWAY	7 PM
SEPT. 1	COOKEVILLE	HOME	7 PM
SEPT. 8	STONE MEMORIAL*	HOME	7 PM
SEPT. 15	UPPERMAN*	AWAY	7 PM
SEPT. 22	MACON CO*	AWAY	7 PM
SEPT. 29	CUMBERLAND CO**	HOME	7 PM
OCT. 6	CAK	HOME	7 PM
OCT. 20	DEKALB***	HOME	7 PM
OCT. 27	LA*	AWAY	7 PM

\* = REGION GAME | \*\* = HOMECOMING | \*\*\* = SENIOR NIGHT

**WHITE COUNTY MIDDLE SCHOOL VARSITY**

AUG. 3	CUMBERLAND CO (JV)	HOME	
AUG. 10	FENTRESS CO	AWAY	
AUG. 17	SMITH CO*	AWAY	
AUG. 24	PRESCOTT* (JV)	HOME	
AUG. 31	UPPERMAN* (JV)	HOME	
SEPT. 7	MACON CO*	HOME	
SEPT. 14	DEKALB CO* (JV)	AWAY	
SEPT. 23	WEST VS EAST BOWL OF PLAYOFFS		
SEPT. 28	CHAMPIONSHIP GAME		

\* = CONFERENCE GAMES | (JV) = JV SCRIMMAGE BEFORE VARSITY GAME

**WARRIOR SENIORS**



www.SpartaLive.com

# WARRIORS FOOTBALL ROSTER

**HEAD COACH:** CURTIS BEATY

**Assistant Coaches**

**MIKE SLOAN**, OFFENSIVE COORDINATOR  
**DAVID FOSTER**, DEFENSIVE COORDINATOR  
**STEVE WILSON**, SPECIAL TEAMS COORDINATOR/WR  
**JORDAN BAILEY**, FRESHMEN HC/SAFETIES  
**DERRICK SPARKMAN**, DEFENSIVE LINE  
**JACOB SPARKMAN**, DEFENSIVE LINE

**JEFF GLASS**, SAFETIES  
**ALAN SELBY**, FRESHMEN OC/FB/TE  
**JORDAN BLAIR**, FRESHMEN OL/DL

NO.	FIRST	LAST	GRADE
1	DARVON	RICHMOND	11
2	EXAVIOR	GAMBLIN	10
3	TRIPP	PINION	11
4	GAGE	STEPHENSON	11
5	DEMARIOUS	DOWELL	11
7	ISAAIAH	KELSO	11
8	LEX	WINFREE	9
9	ASHER	KELSO	12
10	JOJO	DOWELL	9
11	PAYTON	SIMPSON	12
12	WYATT	DILTS	11
13	ANTONIO	PURVIS	11
14	TUCKER	PINION	9
15	COLE	SIMS	9
16	OWEN	ADAMS	12
18	BRAYDEN	LEWIS	11
21	TYLER	GRIBBLE	10
22	MARCUS	AZZALINI	10
24	CARTER	RICH	10
25	HUNTER	BROYLES	10
26	DAVION	BAIRD	10
27	JAYDEN	FARLEY	10
28	CHARLES	ANDERSON	10
29	BRANDON	PHILLIPP	11
30	TYSON	HODGES	11
31	KAYDEN	BLAYLOCK	12
33	TRISTAN	WILSON	11

NO.	FIRST	LAST	GRADE
35	SCHNIEDER	CARCACHE	11
38	SLADE	DELONG	11
44	AJ	HUNT	11
45	WILL	WALKER	10
50	MAX	BAKER	11
52	KEATON	SPARKMAN	12
53	TY'SHAUN	MARABLE	12
55	COLTON	GENTRY	12
56	TYLER	DAVIS	11
57	JARED	PARK	11
60	ZACH	CONLEY	10
62	TJ	DODD	11
64	DAVID	ROBERTSON	11
68	ZANE	STOGLIN	11
70	JONATHAN	HUMPHREY	11
72	SEAN	DUGGAN	11
73	OWEN	PRYOR	12
74	RYAN	YOUNG	10
75	SEAN	GOMEZ	10
77	DAYMAN	CONLEY	10
82	NOAH	SKEITH	10
83	JACKSON	SAVAGE	10
84	ELI	SMITH	9
85	CARTER	SEAL	9
88	JG	WALLACE	10
90	MARK	SPEEDING	10
99	CONNOR	MCBRIDE	10

**MANAGERS:** HALLIE STRODE (SENIOR); ANNA THREET (SENIOR); LEAH PAUL (FRESHMAN); MATTHEW STOGLIN (SOPHOMORE)

**24/7**  
coverage

**SPARTA** LIVE.COM

# WHITE COUNTY HIGH SCHOOL FOOTBALL

## *Younger Warrior football team ready for continued success*

**PHILLIP HENSLEY**  
staff writer

The White County High School Warrior football season kicked off Aug. 18, as they traveled to play Silverdale Baptist Academy. In his first year as head coach, Curtis Beaty and his staff have been hard at work getting the team ready for the upcoming season. While this may be Coach Beaty's first season as head coach, it will be his 12th season coaching football at the high school level. With his experience and the support given by players, coaches, and the community, Coach Beaty seems more than ready to lead the team to continued success.

Throughout the off-season, the Warriors have been fully engaged in summer workouts, practices, 7 on 7's, and scrimmages preparing them for their season opener and beyond. Coach Beaty has adopted the phrase "be better" as his motto for this year's team, which is younger than compared to recent teams, especially after graduating 22 seniors

from last year's team.

As one may expect, this year's team isn't as big as last year's team, but that doesn't bother Coach Beaty. He explained that with the move to 4A football, "we're a good sized team." Coach Beaty also believes that his team should be the faster and quicker team on the field in most games.

"Most of our depth that is coming back from last year are our skill positions, so team speed is there," Coach Beaty said.

That being said, Warrior football will continue to be a "physical football team who can run and pound the ball, that's what our identity is going to be," according to Coach Beaty. Even so, Coach Beaty acknowledged that it may look a little different than in recent years. With the team speed he has, Coach Beaty mentioned that this year we may see more runs to the edge. He also got excited when talking about Tripp Pinion who is the team's quarterback, team leader, and focal point coming into his

junior year with tons of experience and now with an arm that "has developed" and is ready to be showcased.

As mentioned, Pinion will be the team's starting quarterback. He is a third-year starter coming into his junior year with all eyes on him. His backups will be his younger brother and freshman, Tucker Pinion and senior leader/all-around great athlete, Owen Adams.

At the running back position, Coach Beaty said the Warriors will have a "four-headed monster in the backfield" this year running the ball. Owen Adams, Isaiah Kelso, Cole Sims, and JoJo Dowell will share the load. Coach Beaty said the plan is for each of them to get plenty of carries in hopes of giving the defense different looks while keeping his players fresh.

Darvon Richmond, Antonio Pervis, Gage Stephenson, Payton Simpson, Demarious Dowell, Eli Smith, Carter Sear, and Wyatt Dilts will be this year's pass catchers.

At the tight end position, Hunter Bro-

yles and JG Wallace will be helping the O-line block but are more than capable of slipping into the flats and beyond to make a big catch in a clutch moment.

Anchoring the offensive line this year will be TJ Dodd, Max Baker, David Roberson, Keaton Sparkman, and Dayman Conley.

On the defensive side of the ball, Owen Adams will be the front end leader playing at the line-backer position and leading the charge to stop the run. Payton Simpson will be the back end defensive leader at the safety position guiding the DBs to eliminate big plays through the air.

Asher Kelso and Darvon Richmond will be starting at the cornerback position this year for the Warriors. Xavier Gamblin, Wyatt Dilts, Antonio Pervis, and Tripp Pinion will also log some time there as well.

Colton Gentry, Ty'Shaun Marable, Keaton Sparkman, AJ Hunt, and Kaden Blaylock will be this year's defensive line for the Warriors.



# WCHS WARRIOR COACHING STAFF



## WHITE COUNTY MIDDLE SCHOOL FOOTBALL

### *Middle school Warriors ready to compete in new season*

The White County Middle School Warrior football team has already begun showing that they are ready to compete this season. Coach Aaron Brown assessed the team and upcoming season.

#### **Season expectations:**

Hard to say what our expectations are right now. Last year, we had really high expectations because we had a lot of returners who had played a lot of football. This year couldn't be more different. Right now, if I had to give one word to describe this team, it would be inexperienced. We have three to four guys who we are looking to really contribute who have never played and most of the others have only played one to two years. However, after talking with other coaches around the conference, this is kind of a common theme. I think a lot of middle schools around the state are finally seeing some of the residual effects of the COVID year where most Youth League teams folded up for the fall, and there were no opportunities for the kids to play. So even though we are inexperienced, we certainly will not be the only team dealing with that.

Inexperience, however, does not mean a lack of talent. We are probably as big and strong as any team I have ever coached. Last year, we really hit the weight room hard, and the results on the field were obvious. There weren't many teams that could hang with pushing them around. The 7th graders last year saw that and knew if they wanted to do

something similar, they had to hit the weights just as hard. In fact, we made it a point to tell them that they would have to work even harder, because we would not be as athletic as we had been the year before. We needed to make up the difference with strength. The boys took that challenge, and, as a result I would say, in terms of pure strength, we have a much stronger team from top to bottom than last year.

Another highlight we have this year, as opposed to last, is the depth we have. Whereas last year, if a starter went down, we would be in pretty big trouble trying to replace their production; this year, we should be able to put one to three guys in a position and feel pretty confident in them doing ok.

As of right now, we only have three guys playing both ways on offense and defense. I have coached across the Middle Tennessee area for the better part of 10 years and have yet to see a middle school team pull that off, so we are excited for that.

#### **Players to watch:**

##### **Offense**

##### **Quarterback:**

Right now, our biggest question is at QB. We have two guys who are both 8th graders but bring totally different skill sets to the table. Max Warner has the better arm of the two and provides us with the chance to throw the ball and stretch the field pretty confidently. Noah Barriger is 6'4" and runs like a deer. If he

isn't the fastest guy on the field every game, I will be shocked. Both of them are great kids and will both probably play a lot at the position in the early going until someone establishes themselves. We had to switch up our offense this year to accommodate them both because of the huge differences in skill sets. When Max is in, we will be a downhill run team and throw a lot of play action passes to loosen the defenses up. When Noah goes in we will use his athleticism to create conflicts for the defense and provide him the chance to make plays with his legs.

##### **Runningback:**

One position we are not unsure about is our RB position. The one returner we have off of last year's team, Griffin Adams, is probably our best overall football player, and will get the bulk of the carries at the position. He is a big strong kid but also very athletic. He doesn't have the speed that we had last year at the position, but other teams will be hard pressed to tackle him for four quarters. Everett Temple, Cortez Sherrel, and Damien Ribarchik will also be in the mix at the position. Everett is our starting middle linebacker and pound for pound our strongest kid on the team. He is squatting over 300 pounds and cleaning a little over 200, so he will also be another kid that will be a handful for most middle schoolers. Damien and Cortez are our speedsters. They are both pretty strong kids who run well and will be a good change of pace for the other two guys if they need a break.

##### **Wide Receiver:**

Braden McDonald, Lucas Phillips, Gage Walker, Jagger Osborne, Jack Burch, and Noah Barriger (when he isn't at QB) will be the pass catchers this year. This will be a group effort for most of the season. We rotate these guys nearly every play, so they all should see a lot of opportunities to help us. Gage Walker is probably one of the biggest bright spots so far. He had never played before but came in and immediately caught our attention. He is a big baseball guy, and you can tell it has carried over. He can track the ball really well in the air and has extremely soft hands. Braden, Jack, and Noah all have good size, all of them are 6'+, and will provide matchup problems for other teams. Lucas, Jagger, and Gage play in the slot and will give us versatility running sweeps and intermediate routes.

##### **Tight End:**

This is another group that will have a lot of faces rotated in. Jasper Wilson, Conner Shannon, Reece Wallace, and Bryson Burchett will play the position. Conner is a new guy who hasn't played before but has picked up a lot of info fast. He will get reps at LB as well. Reece is probably the biggest 7th grader on the team at 6'2. Out of the whole group, he probably has the best hands. We are excited about his potential but need to get him into more varsity reps to know exactly how we can use him the best.

**WCMS FOOTBALL: READY TO COMPETE**

CONTINUED FROM 5

Jasper and Bryson are both 8th graders who work really hard in the weight room. Again, they have good size, and, when they aren't playing on offense, they will both probably be starting on defense.

**Offensive Line:**

We hope this group is as good as they look. We have taken them to some lineman competitions and all of the other coaches comment on how big and strong this group looks. Time will tell if they can live up to that. Trace Turner, Blaine Layhew, Jose Cruz, Tyler Cotten, and Charlie West are some guys that are in year two of our program, so they are a bit stronger and more developed than the others, however, Bentley Thompson, Kaiden Clemmons, Byron Orozco, and 7th graders Gavin Conley, Julius Davis, and Braden Qualls are all welcome additions. Bentley, Kaiden, and Julius especially have been standouts and will all be looked at for starting spots. We are two kids deep at the offensive lineman position which is extremely rare even at the High school level, so we are really excited for this group.

**Defense**



**Defensive End:**

Jose Cruz will probably be our leader up front on the defensive line at his end position. He has an incredible motor and never takes plays off. We even have to tell him not to knock the coaches to the ground in walkthroughs. He is about 6'1" and pretty strong in the weight room for his athletic frame. He will be fun to watch and should be a problem for most middle school tackles to deal with. Jasper Wilson, Kaiden Clemmons, Reece Wallace, and Tyler Cotten will also help out at the position.

**Defensive Line:**

The interior will be another group by committee. We are a strong believer in keeping this group fresh, so we will rotate between four to six kids every

couple of plays. Julius Davis, Bryson Burchette, Bentley Thompson, Charlie West, Byron Orozco, Gavin Conley, Brayden Qualls, and Blaine Layhew will all get reps. Bryson is probably the one that will stay on the field the most. He is built more like a linebacker but is incredibly fast off the ball and will hopefully be a matchup problem in the interior.

**Linebacker:**

Griffin Adams, Everett Temple, Conner Shannon, Clay Brewington, Damien Ribar-chik, and Max Warner will be our LB core this year. Griffin and Everett are probably our most physical kids, so they will hopefully be able to set the tone during games for the rest of the defense. Clay Brewington is a 7th grader who surprised us with his physicality during the spring and he

quickly got into the starting rotation.

**Defensive Back:**

Noah Barriger, Tristan Cavanah, and Cortez Sherrell will be the starting group in the secondary. Cortez moved in during the spring and immediately caught our eye with his athleticism and physicality. He is a very raw athlete with a lot of up-sides, so we are excited to see him grow. Tristan Cavanah is probably our best athlete in the 7th grade, and we immediately knew he had the chance to be special during off-season workouts. He has never played before but is super intelligent and very coachable.

**Junior Varsity:**

We spend a lot of time with our JV. We kind of pride ourselves on it actually, and we tell the boys we expect to never lose a JV game. We bring the kids in separately from the varsity and really give them our time and attention. This year's group looks to be a lot of fun and are probably more experienced playing football than our varsity. Some players to watch are Ben Walker, Grant Austin, Eli Sims, Gavin Conley, Blaine Floyd, Zayden Brady, Zander Simmons, Evan Nichols, Braden Prater, Colt Young, and Raider Wardlaw.

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# WHITE COUNTY MIDDLE SCHOOL WARRIORS



## WCMS FOOTBALL ROSTER

NO.	FIRST	LAST	GRADE
1	BLANE	FLOYD	7
2	BEN	WALKER	7
3	KADEN	MUSE	7
4	JEAN	TAYLOR	8
5	CORTEZ	SHERRELL	8
6	TRISTIN	CAVANAHA	7
7	CLAY	BREWINGTON	7
8	NOAH	BARRIGER	8
9	MAX	WARNER	8
10	GRIFFIN	ADAMS	8
11	LUCAS	PHILLIPS	8
12	DAMIEN	RIBARCHIK	8
13	GRANT	AUSTIN	7
14	WILL	TAYLOR	7
15	ELI	SIMS	7
16	REECE	WALLACE	7
17	JASPER	WILSON	8
18	STONEY	KIRBY	8
19	BRYSON	BURCHETT	8
20	GAGE	WALKER	8
21	BRADEN	MCDONALD	8
23	ZANDER	SIMMONS	7
24	TY	BAKER	7

NO.	FIRST	LAST	GRADE
25	ANDREW	BRADY	7
26	JACK	BURCH	8
28	JAYLYN	MENEFEE	8
29	JAGGER	OSBORNE	8
30	CONNER	SHANNON	8
33	ALEX	DELCASTILLO	7
34	HAYDEN	GUERRERI	8
35	CAGER	SWIFT	8
36	CHRIS	BROWN	7
37	ZAYDEN	BRADY	7
39	BENTLEY	MCBROOM	7
40	EVERETT	TEMPLE	8
43	EVAN	NICHOLS	7
44	JAYCE	GOODWIN	7
45	DRAYDEN	JACKSON	7
46	GABE	SWEENEY	7
47	JAMISON	SMITH	7
50	BYRON	OROZCO	8
51	JAYCE	WILL	7
52	JACOB	SIGLER	7
53	NOLAN	GAUL	7
54	BENTLY	THOMPSON	8

NO.	FIRST	LAST	GRADE
55	JOSE	CRUZ	8
56	COLT	YOUNG	7
57	KAIDEN	CLEMONS	8
58	MASON	GARLAND	7
59	KELTON	GODSEY	8
60	TRISTIN	SCOTT	7
61	JUDD	WARNER	8
63	RAIDER	WARDLAW	7
64	NOLAN	CARTWRIGHT	7
65	BRAYDEN	QUALLS	7
66	LANE	PRYOR	8
68	BRAYDEN	PRATER	7
70	BRENDEN	HERREN	7
71	TRACE	TURNER	8
72	CHARLIE	WEST	8
73	OWEN	FERRIS	8
74	GAVIN	CONLEY	7
75	BLAINE	LAYHEW	8
76	TYLER	COTTEN	8
77	MICHAL	PARISH	7
78	JULIUS	DAVIS	7
79	RYLIE	HILLIS	7

# Warriorette volleyball team ready for demanding schedule

**JOHN GOTTLIED**  
staff writer

Junior CallieAnna Griggs said, "I have played volleyball since 6th grade. That makes this my 6th year. I play because I love the sport. I play volleyball year 'round. My favorite thing is getting to hit."

CallieAnna thinks she isn't tall enough to be a star volleyball player, but she plays like she is a foot taller and has the drive and skill of a star.

Marion Swindell, a junior and six-year Warriorette Volleyball player, said her favorite thing is to cheer on her team-

mates. Cheering for teammates is one thing Coach Logan Hicks has stressed since many of these players were on his middle school teams. Coach Hicks stresses communication on the court and support from the bench. Coach Hicks is in his third year coaching the high school Warriorettes.

Junior Abby Heady summed up why she plays volleyball by saying, "It's quick paced, exhilarating, and fun...but it's not always about you. It's exciting to get a great hit, but you need a perfect set from the setter to get that. It's a game of celebrating each other's impressive plays."

She said the team has spent many early mornings in the weight room and practices over the summer. She looks forward to seeing the team's improvement on the court.

Spectators can expect great play out of junior Josie Williams, and Coach Hicks has a strong class of returning seniors led by Pyper Price and Rylee Savage. The Warriorettes only have four sophomores, but each has the potential to be a future standout. Coach Hicks brought in six freshmen this season, each full of potential. Miah Jo Swindell and Ashlyn Selby are the types of players who are

expected to be the future of the program.

The Warriorettes have a demanding schedule; every match should be a battle. The Warriorettes will need the support of a packed Roy Sewell Gymnasium on Sept. 5 when Cookeville comes to town. If you can attend a match or two, I promise you will see a Sparta team that leaves it all on the court and plays like a family. I look forward to a winning season, but I know that no matter the final record, Coach Hicks and the Warriorettes will give us a season full of play we can be proud of.

## PROUD SUPPORTER OF WHITE COUNTY WARRIORS

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## WCHS VOLLEYBALL ROSTER

#	NAME	GRADE
18	BAKER, TENIELLE	SR
3	GOODWIN, MATASIA	SR
16	PRICE, PYPYER	SR
12	SAVAGE, RYLEE	SR
22	TEMPLE, ROSEMARY	SR
2	WHITTENBURG, NATALIE	SR
4	GRIGGS, CALLIEANNA	JR
6	HEADY, ABBY	JR
13	SWINDELL, MARIAN	JR
7	WHITEAKER, JORDYN	JR
10	WILLIAMS, JOSIE	JR
23	WRIGHT, KELLIE	JR
1	CLARK, GRACIE	SO
14	GIBSON, ASHLEY	SO
5	NORVELL, KYLIE	SO
11	PARKER, LILY	SO
8	ARMSTRONG, ANNA	FR
17	PARRISH, RHALEIGH	FR
19	PRICE, TOREY	FR
20	RITTENBERRY, TEGAN	FR
15	SELBY, ASHLYN	FR
21	SWINDELL, MIAH JO	FR

# SPARTA

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# WCHS VOLLEYBALL SCHEDULE

DATE	OPPONENT	LOCATION	TIME
8/14	STONE MEMORIAL	HOME	5:00
8/15	SMITH COUNTY	HOME	5:00
8/17	STEWARTS CREEK*	AWAY	5:00
8/18	LIVINGSTON ACADEMY	AWAY	5:00
8/22	LAVERGNE*	HOME	5:00
8/24	WARREN COUNTY*	AWAY	5:00
8/25	LIVINGSTON ACADEMY	HOME	5:00
8/26	LYNN CANNON CLASSIC	HOME	TBA
8/29	SMYRNA*	AWAY	5:00
8/31	WILSON CENTRAL*	AWAY	5:00
9/1-2	CHATTANOOGA CHOO CHOO	AWAY	TBA
9/5	COOKEVILLE*	HOME	5:00
9/7	LEBANON*	AWAY	5:00

DATE	OPPONENT	LOCATION	TIME
9/11	STEWARTS CREEK*	HOME	5:00
9/12	LAVERGNE*	AWAY	5:00
9/14	WARREN COUNTY*	HOME	5:00
9/15	UPPERMAN	AWAY	1:30
9/18	STONE MEMORIAL	AWAY	5:00
9/19	SMYRNA*	HOME	5:00
9/21	WILSON CENTRAL*	HOME	5:00
9/22	UPPERMAN	HOME	1:30
9/25	COOKEVILLE*	AWAY	5:00
9/26	LEBANON*	HOME	5:00
9/29-10/1	DISRICT TOURNAMENT	COOKEVILLE	TBA

\* DISTRICT MATCHES

**HEAD COACH: LOGAN HICKS**  
**ASSISTANT COACH: AMANDA DODSON**



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all the Fall  
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# WCHS CHEERLEADERS

## VARSITY CHEERLEADERS



## JV/FRESHMEN CHEERLEADERS



WCHS CHEER	
<b>SENIORS</b>	
Ella Young	
Luci McBride	
Kamille Gurgainers	
<b>JUNIORS</b>	
Emily Turner	
Kennedy Hatmaker	
Cali Richmond	
Hallee Burton	
Kotah Leighton	
Gracie Meadow	
<b>SOPHOMORES</b>	
Allison Wallace	
Lorelei Bouldin	
Harleigh Young	
Haley Roberts	
Addy Kress	
Shelby Gibson	
Langley Austin	
Jolie McBride	
Jane Crockett	
<b>FRESHMEN</b>	
Karly Tylka	
Addyson Clark	
Madelyn Savage	
Maddux Dildine	
Ashlyn Dodson	
Amberlynn Simmons	
Makenna Laws	
Avah Baker	
Carolyn McCann	



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surrounding area

# WHITE COUNTY HIGH SCHOOL CROSS COUNTRY

*Coach Nathan Aaron steps in to lead a bigger cross country team this year*

**JOHN GOTTLIED**

staff writer

Last fall, White County High School Cross-Country only had enough runners to compete as a team at a few meets. This year, having enough runners shouldn't be a problem.

In Cross-Country, the first five finishers for a team contribute to the team score. Still, the sixth and seventh finishers can move the scoring finishers of opposing teams further down the list, increasing an opposing team's score. In Cross-Country, the lowest score wins. This year, WCHS has 11 girls and 10 boys. Coach Nathan Aaron has stepped in to lead the teams this year, and Topher Wiles is returning as assistant coach.

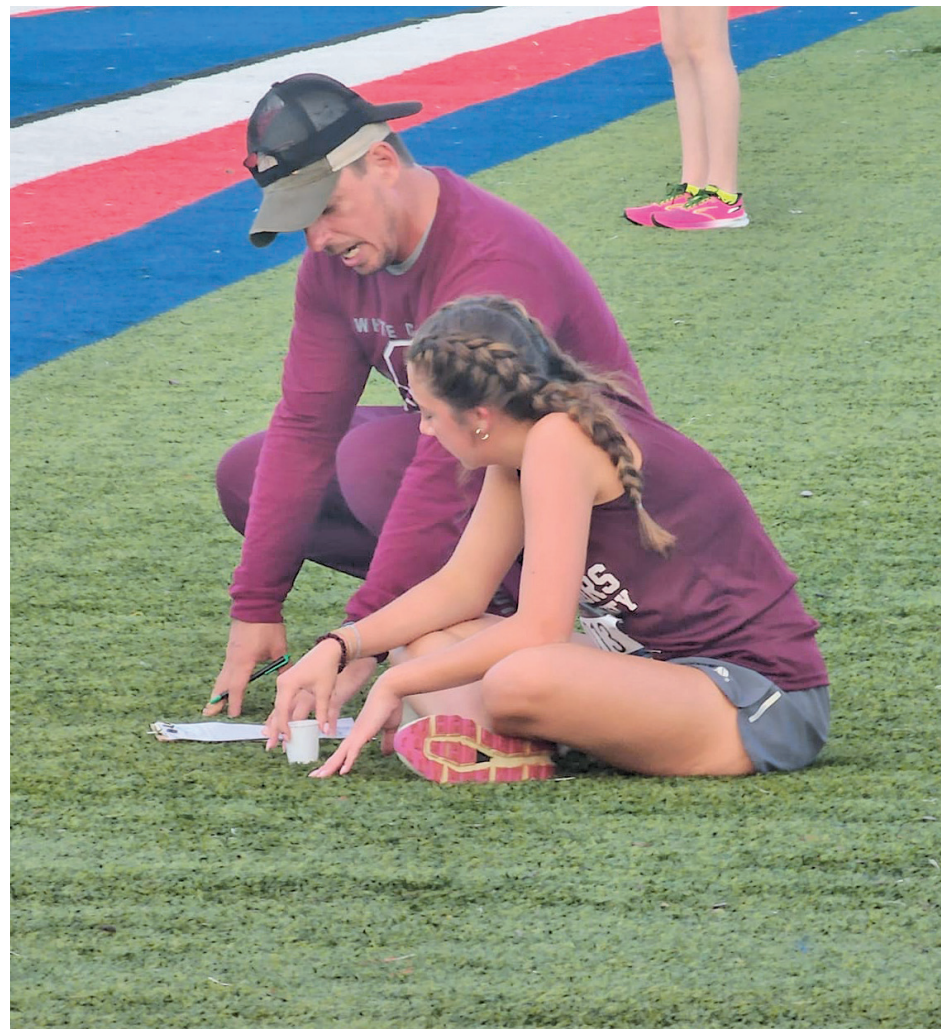
In an email to the team, Coach Aaron addressed summer conditioning by writing, "We have had great turnouts for optional runs this summer. We usually have five or more athletes at those 6:30 a.m. runs a couple of days a week. I think 12 of our athletes have attended at least one of those runs."

Zoey Clemons and Harley Johnston said they had spent time this summer running on treadmills. Harley finished last season strong, setting several personal records. Emma Nash was a top runner on the Middle School team last year. She should do well after adjusting to the longer distance of high school.

On the boys' side, Gabriel Wiles missed qualifying for State last year by seconds. He should be a top runner in the District and bring home many top-10 finishes. Gabriel said his goals this season were to break the school record, finish in under 17 seconds, and qualify for State. The athletes listed making friends and keeping fit as reasons they run Cross-Country. Gabriel said the best thing about Cross-Country is that everyone encourages everyone else, and the spectators cheer for every runner. Harley and Zoey said their least favorite things about Cross-Country were the heat and bugs, while Briley Sims said it was twisting your ankles.

These runners train hard, running several miles a day. High school courses are 3.1 miles. Runners place as individuals but also score for their team. Cross-Country is as much a competition against yourself and the environment as it is against other runners. Spectators often crowd the finish line cheering at meets until the final runner crosses the line. Athletes who have already finished the course regularly join in to encourage those who haven't completed it.

The Cross-Country team will sell Sonic Cards to raise funds again this season. See a member of the team to purchase a card. Last season's fundraising allowed the team to buy a tent and banner with the school name and colors.



# CROSS COUNTRY SCHEDULE

DATE	EVENT	PLACE	TIME
AUG. 12	SIEGEL HIGH SCHOOL @ OAKLAND HIGH SCHOOL	MURFREESBORO, TN	6:00 PM
AUG. 15	COOKEVILLE JAMBOREE	COOKEVILLE, TN	6:00/6:30 PM
AUG. 26	MACON BANK INVITATIONAL	LAFAYETTE, TN	8:30/9:10 AM
AUG. 31	COOKEVILLE HIGH SCHOOL	COOKEVILLE, TN	5:00/5:30 PM
SEPT. 5	COFFEE COUNTY HIGH SCHOOL	MANCHESTER, TN	5:00/5:45 PM
SEPT. 9	VOYLES CLASSIC @ THE HERMITAGE	HERMITAGE, TN	8:00/8:35 AM
SEPT. 14	SIEGEL INVITE @ CEDARS OF LEBANON	LEBANON, TN	4:45/5:15 PM
SEPT. 23	MOUNTAIN LION INVITATIONAL	SEWANEE, TN	5:15/5:45 PM
SEPT. 28	SEQUATCHIE COUNTY	DUNLAP, TN	4:50/5:30 PM
OCT. 5	MACON COUNTY HIGH SCHOOL	LAFAYETTE, TN	5:00/5:30 PM

# CROSS COUNTRY ROSTER

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ISABELLA SACKETT	KADEN KIMMINS
LUCI MCKEE	COLTON COURTNEY
BREANNA POWELL	HUNTER RIGSBY
POPPY SHANK	ABRAM LAWSON
BRILEY SIMS	LINCOLN KUGLER
EMMA NASH	
HEAD COACH NATHAN AARON	
ASSISTANT COACH TOPHER WILES	



# WCHS Girls' Soccer team ready for season

**JOHN GOTTLIED**

staff writer

The 2023 White County High School Soccer team has had some tough pre-season matches, including playing a tough Alumni team.

Soccer has been gaining popularity in the Upper Cumberland area, and WCHS is in a very competitive district. Coach Mixon Moore says that home games average 100 to 200 spectators. The Alumni Game probably reached the top end of that average. WCHS Soccer plays home games at the Middle School Sports Complex. Most regular spectators bring a lawn chair because the bleachers fill quickly.

Senior Cadence Dishman has played soccer for over seven years. She says her team is her family. Her least favorite thing about soccer is the conditioning. Soccer players are constantly running with very few breaks. Several soccer players also run Cross-Country when dates don't conflict. Cadence doesn't participate in other sports. She wants to enjoy her last year of soccer and doesn't plan to play in college.

Junior Peyton Nicholas has played for six years and enjoys playing a sport she loves with some of her best friends. She likes seeing everyone work together to succeed and have fun while doing it. She worries about getting injured or letting her team down. She doesn't think she will play in college, but she would love to play for the University of Tennessee at Chattanooga.



Photo ERYKA RANDOLPH

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# GIRLS' SOCCER ROSTER

NAME	GRADE
AUBREY ACTON	SR
CADENCE DISHMAN	SR
KARA DOBBS	SR
EMILY FERRIS	SR
KIERA MOST	SR
LILY MOST	SR
KARLEE WILHITE	SR
AUTUM BIRDWELL	JR
LEAH DEAN	JR
CHLOE FLETCHER	JR

NAME	GRADE
LUCI MCKEE	JR
PEYTON NICHOLAS	JR
KRISHA PATEL	JR
BREANNA POWELL	JR
MADELINE RUST	JR
MADELINE SHAFFIELD	JR
KENADEE (POPPY) SHANK	JR
REBEKAH BEARDALL	SO
KATELYN BLAKEMAN	SO
KAYLYNN BROWER	SO

NAME	GRADE
ISABELLA DACHOUTE	SO
AMIA HEATH	SO
REAGAN BARNES	FR
TAILOR COX	FR
EMILY HENDRIXSON	FR
MIYA LEAGUE	FR
AUBREY RANDOLPH	FR
COACH MIXON MOORE	
ASSISTANT COACH COURTNEY FERRIS	

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# GIRLS' SOCCER SCHEDULE

DATE	OPPONENT	LOCATION	TIME
8-15	YORK INSTITUTE	AWAY	6 PM
8-17	SEQUATCHIE	HOME	6 PM
8-22	COOKEVILLE	AWAY	6 PM
8-24	STONE MEMORIAL	AWAY	6 PM
8-29	LIVINGSTON ACADEMY	HOME	6 PM
8-31	SEQUATCHIE	AWAY	6 PM
9-7	JACKSON COUNTY	AWAY	6 PM
9-11	YORK INSTITUTE	HOME	6 PM
9-12	UPPERMAN	HOME	6 PM
9-14	AUSTIN-EAST	HOME	6 PM

DATE	OPPONENT	LOCATION	TIME
9-19	DEKALB	HOME	6 PM
9-21	WATERTOWN	AWAY	6 PM
9-25	HARRIMAN	AWAY	6:30 PM EST
9-28	CUMBERLAND CO.	HOME	6 PM
10-2	AUSTIN-EAST	AWAY	6:30 PM EST
10-3	JACKSON COUNTY	HOME	6 PM
10-9 - 10-12	DISCTRICT TOURNAMENT		
10-21	SUB-STATE GAME		

DATE	OPPONENT	LOCATION	TIME
10-24 - 10-28	TSSAA GIRLS SOCCER TOURNAMENT		



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Photo ERYKA RANDOLPH



Photo LINDA RICHARDSON

**Wishing all White County  
athletes a fantastic  
season this fall!**

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