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The odds of playing in a World Series are microscopic

The 2015 World Series victory of our Kansas City Royals will be discussed and celebrated by Royals fans for decades. Our team had a tenacity about it that is seldom seen in any sport. As a former pro ballplayer and Kansas City Royal, I want to congratulate the Royals organization and players for this great accomplishment.

In the MLB playoffs last year, Royals fans were treated to one of the most incredible games ever played in Kauffman Stadium – the wildcard game victory over the Oakland A's. We went on to sweep both the Los Angeles Angels and Baltimore Orioles to earn the right play in the World Series against the San Francisco Giants.

Going into the 2015 postseason, most of us feel that we had improved our odds to bring Kansas City its first World Series championship in 30 years! From someone who knows about the odds to play in a World Series, it is not that easy to do!

In 1960, I was a young boy living in Rootstown, Ohio, just outside of Akron. On June 26, 1960, my dad drove my brothers and me to Cleveland, Ohio to watch the Cleveland Indians play the New York Yankees in a doubleheader.

On that Sunday, I walked into my first big league park and it took my breath away! The Indians played their games then at Cleveland Municipal Stadium which had a seating capacity of over 78,000. On that day I was one of 57,000 fans that watched our Indians split the doubleheader.

The Yankees went on to play in the World Series that year against the Pittsburgh Pirates. The Yankees lost the Series that year 4 games to 3 on the famous Bill Mazeroski famous walk-off home run in the bottom of the ninth inning.

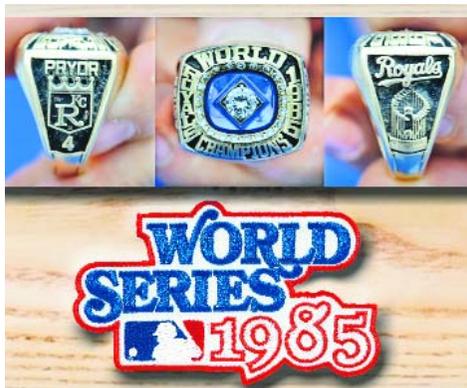
When I attended that doubleheader at age 11 in 1960, it was not even a remote dream of mine that I would ever play on that field. Yet, as a 28 year old, I would walk into Municipal Stadium in 1978 as a Chicago White Sox player to play against "my" Indians!

At that time, I never imagined I would ever play in a World Series, but it did happen when I was a member of the Kansas City Royals when we won the 1985 World Series.

The "odds" were infinitesimal that I would make it to the majors and even after I was established in the majors, there was certainly no guarantee I would ever play on a World Series club, much

less winning the World Series. Very few ever get the opportunity.

I often wonder what ever happened to that young third baseman I filled in for in 1984 after he got hurt. I think his last name was Brett. Many young boys and girls chase dreams of becoming someone they admire. Or doing something heroic. Some dream about hitting a home run in the bottom of the ninth inning to



win a game in the majors.

Whatever those dreams might be, odds against a young boy becoming a big league baseball player are staggering. Approximately one in every 200 high school baseball players, or about .05 percent, will be drafted or sign with a major league team to play in the minor leagues. About 5.6 percent of high school players advance to play at some level of college baseball. The numbers show reaching the majors after developing in the minor leagues is no easy task.

These statistics show only a select few will get an opportunity to play in MLB and then the odds become even less to play in a World Series.

All 32 major league clubs have 40-man rosters or 1,280 players total. Every season, only two teams with a 25-man roster, or just five percent of

the 1,280 players on a MLB 40-man roster, reach the World Series. This number is actually lower this season as the Royals have 11 players on their current World Series roster who were members of the 2014 World Series team.

Congratulations to our boys in blue for beating the odds and making all of Kansas City proud!



Greg Pryor
'85 World Series Champ
Contributing Writer

Even though the odds are stacked against anyone ever playing in a World Series, you and everyone you know can improve the odds of living a healthier life by making positive lifestyle choices.

In 1991, I was 42 and feeling the aging process. I made my own decision to make personal changes in my diet to improve the way that I felt.

I felt so much better I decided to enter the dietary supplement industry. It has turned out to be another one of those World Series moments in my life!

Since 1994, my company, Life Priority, has helped thousands of customers understand how they can control the odds of staying healthy through the addition of the right dietary supplements.

I invite you to investigate the "game-changing" products offered at www.lifepriority.com. It is much easier to be a winner in life when you "feel" like one!

If you have any questions about Life Priority products, please visit lifepriority.com, call Life Priority at 1-800-787-5438 or email us at customerservice@lifepriority.com.

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'85 World Series Champ Greg Pryor

WORLD CHAMPIONS

Moore's blueprint decks out KC in Royal Blue

By ALAN ESKEW, Editor

Celebrate, Kansas City!

Celebrate!

Celebrate the 2015 World Series Champions, conquerors of the New York Mets, the comeback kids!

But while partying like it's 1985, the last time the Royals not only won the state championship but the World Series, beating the St. Louis Cardinals, let's also be humble, remembering how far down the Royals were for many years.

After the strike ended the 1993 season in August, after replacement players in spring training 1994, after the death of owner and Kansas City Royals founder Ewing Kauffman in 1993 the team became a laughing stock.

The team was placed in a trust with a frugal budget, ownerless and rudderless until David Glass, the Wal-Mart mogul, purchased the club, which was finalized in April, 2000.

From 1995-2012, the Royals had one winning season, 2003 when they went 83-79. In a 14-year span, 1999-2012, they endured 11 seasons of 90-plus losses, including a stretch of four 100-loss seasons in five years, 2002-2006.

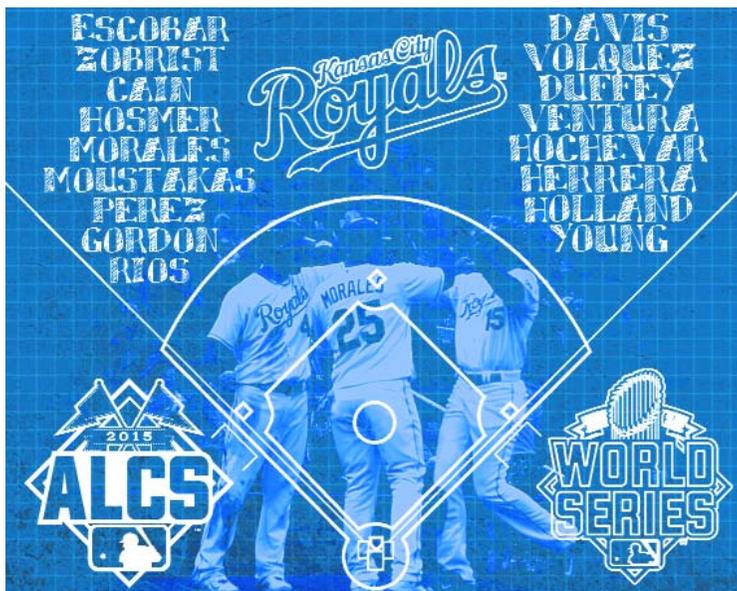
"Never, say it can't get worse," manager Buddy Bell said during a 19-game losing streak in 2005 because with the Royals it could and would get worse.

There were bonehead plays. Outfielder Kerry Robinson leaping for a fly ball at the wall, only to have it land in front of him. First baseman Ken Harvey struck in the back by a Matt Stairs' relay throw. Harvey stuck behind the Royals' tarp while chasing a foul ball. Manager Tony Pena showering with his uniform on in Minnesota. Manager Trey Hillman chewing out the club on the field after a spring training victory at Surprise, Arizona.

Harvey was the Royals' lone All-Star selection in 2004 and did not make the team out of spring

training in 2005, beaten out by Calvin Pickering. In 2006, left-hander Mark Redman was the Royals' underserving Royals' representative at the All-Star Game.

After winning two Cy Young Award trophies in Kansas City, Robinson dealt Bret Saberhagen and utility infielder Bill Pecota to the Mets for Greg Jefferies, Kevin McReynolds and Keith Miller.



Embarrassing does not describe those years aptly.

The Royals had the best outfield in the majors in the late 1990s and early 2000s with Johnny Damon, Carlos Beltran and Jermaine Dye.

As the trio reached free agency and the Royals unable to afford them, they unloaded them, but received little in return. For Damon they got Roberto Hernandez, A.J. Hinch (yes the same one who is the Astros manager) and Angel Berroa. For Beltran, they obtained Mark Teahen, Mike Wood, John Buck and cash. For Dye – drumroll please – they received Neifi Perez.

You want more bad trades, twice they traded David Cone. The first time to the Mets, receiving Ed Hearn, Mauro Gozto and Rick Anderson. In spring training 1994, general manager Herk Robinson sent Cone to the Blue Jays for Chris Stynes, Tony Medrano and David Sinnes.

At the trading dealing on July 31, 1999, staff ace Kevin Appier was sent to the Oakland Athletics for Blake Stein, Jeff D'Amico and Brad Rigby.

After the 83-win season in 2003, the Royals entered the free agent market, signing outfielder Juan Gonzalez to a \$4 million contract. The often-injured Gonzalez appeared in 33 games for the Royals, hitting five home runs and driving in 33 runs. Plus the Royals added catcher Benito Santiago that year also.

Twenty-three games, 15 of them losses, deep into the 2002 season, general manager Allard Baird decided to fire manager Tony Muser in Detroit. Muser found out initially from the media, not Baird, that he had been dismissed.

So while the Royals were making horrible trades and decisions and the losses mounted, they had high draft picks on which to rebuild

their organization.

But from 1993-2001, they were drafting primarily for sign-ability, not talent. In those years, the Royals' first-round picks were Jeff Granger, Matt Smith, Juan LeBron, Dee Brown, Dan Reichert, Jeff Austin, Matt Burch, Kyle Snyder, Mike Stodolka and Colt Griffin.

Early in the 2006 season, Glass decided to fire Baird and on June 8, 2006 Dayton Moore was introduced as the Royals' general manager.

Moore is the architect of the Royals' turnaround, but it was a slow rebuilding process. While Alex Gordon was drafted the year before he arrived, the Royals picked Mike Moustakas and Eric Hosmer in the first round in 2007-08. Gordon looked like a bust at first, but the Royals switched him from third to left field and his career flourished.

Moore made smart trades, acquiring center fielder Lorenzo Cain and shortstop Alcides Escobar from the Brewers for Zack Greinke. He obtained Wade Davis and James Shields from the Rays.

Moore enlarged the international scouting department and on Sept. 27, 2006 they signed a 16-year-old Venezuela catcher by the name of Salvador Perez and on Dec. 31, 2006 a 17-year-old Dominican right-hander by the name of Kelvin Herrera. Two years later they signed a skinny Dominican right-hander by the name of Yordano Ventura.

Leading into this season, Moore signed free agent right-handers Edinson Volquez, Chris Young and Ryan Madson, plus designated hitter Kendrys Morales and right fielder Alex Rios.

With the Royals perched atop of the American League Central in late July, Moore made a couple of blockbuster trades with the postseason in mind. He acquired second baseman Ben Zobrist from the Athletics and right-hander Johnny Cueto from the Reds.

Cueto pitched a two-hitter against Houston in Game 5 to clinch the American League Division Series and a two-hitter against the Mets in Game 2 of the World Series. Zobrist proved to be an invaluable acquisition after second baseman Omar Infante went down with an injury.

Moore's blueprint reached its apex this year, making it a Royals' blue November.



How many of the 'Comeback Kids' will be coming back to the Royals in 2016?

By ALAN ESKEW, Editor

The Kansas City Royals trailed in all four of their World Series victories and in three of them they trailed late -- real late.

They were behind in all three of their postseason triumphs in the American League Division Series against the Astros, including lagging by a 6-2 deficit in the eighth inning of Game 4. Manager Ned Yost acknowledged he was thinking about his postgame congratulatory speech for Houston, when the Royals did the improbable and won 9-6.

Against Toronto in Game 2 of the American League Championship Series, Blue Jays left-hander David Price had befuddled and baffled the Royals before a Ben Zobrist flare fell in shallow right for a hit and the floodgates opened for another inexplicable Kansas City victory. The Royals rallied to win two ALCS games against the Blue Jays.

In World Series Game 1, the Royals were down a run and down to their final two outs. Alex Gordon's ninth inning home run tied it and the Royals won a 14-inning marathon.

In World Series Game 4 trick-or-treaters called it an early Halloween to get back home to watch

the Royals, who were behind 3-1 going into the eighth. Then the Royals tricked the Mets and treated themselves to another sweet victory.

Zobrist and Lorenzo Cain drew walks with one out. The Mets committed an error. Mike Moustakas and Salvador Perez stroked run-producing hits and the Royals seized a 5-3 lead. Wade Davis closed it out with a two-innings save.

In Game 6, Matt Harvey muted the Royals' offense on two hits for eight scoreless innings and talked his way into going back out for the ninth. He had Cain down in the count 0-2 to lead off the inning, but ended up walking him. Eric Hosmer doubled Cain home and wound up scoring the tying run on a mad dash home from third on a ground ball. The Royals prevailed in 12 innings.

"Never give up, came through again," Cain said. "We're the comeback kids, if you want to call us."

Comeback kids is probably not strong enough. Webster does not have an appropriate word to describe the 2015 Royals.



Photo by Scott Thomas

The Royals were outscored 55-39 through the first six innings of their 16 postseason games. From the seventh inning on, the Royals outscored their opponents 51-11.

In seven of their postseason triumphs, they were behind by multi-runs, breaking the postseason record of the Yankees set in 1996.

So after the World Series parade, what's next? There were several changes on the club that took the San Francisco Giants to the seventh game in the 2014 World Series.

Jeremy Guthrie started Game 7 in 2014, but was not on the postseason roster in 2015. Neither was closer Greg Holland, who underwent reconstructive elbow surgery in September after logging seven 2014 postseason saves.

Luke Hochevar, who sat out 2014 after elbow surgery, and Ryan Madson, who had not pitched in the majors in three years, picked up World Series victories.

Designated hitter Billy Butler went to Oakland and right fielder Nori Aoki signed across the bay with San Francisco. Kendrys Morales, 22 home runs and 106 RBIs, replaced Butler. Alex Rios supplanted Aoki.

Yordano Ventura was the only Royals' starter in

the 2014 World Series to start a 2015 World Series game. Left-hander Jason Vargas was 1-0 with a 3.52 ERA in three postseason starts last year, needed elbow surgery, like Holland. James Shields, the No. 1 starter in 2013-14, signed with the San Diego Padres. The Royals signed free agent Edinson Volquez to a two-year contract to replace him. The Royals did a rental ace in a July trade with Cincinnati, acquiring Johnny Cueto, who is a free agent that will likely sign elsewhere.

The biggest question is whether Gordon, the longest-tenured Royal will be a Royal in 2016. Gordon, a four-time left-field Gold Glove winner, is eligible for free agency. Gordon, who turns 32 on February 10, could command a high-dollar, multi-year contract from another club that the Royals might find too expensive to match. That occurred last year with Butler.

Rios signed a one-year deal with the Royals. They did not pick up his option for 2016, making him eligible for free agency.

If they both bolt, the Royals will need two starting outfielders to flank Cain in 2016.

Don't expect the Royals to pay Holland, who is arbitration eligible, \$13 million not to pitch next year as he rehabs from elbow surgery. He is a non-tender candidate. The Royals will have to be creative to keep Holland in the fold.

Madson and Chris Young, the Royals' No. 4 starter in the postseason, are also both free agents.

The Royals will need to strengthen their rotation for next year and a left-hander is preferred. With Vargas out likely all season and the Royals still weighing the pros and cons on whether Danny Duffy is better as a starter or a power reliever, the club would like to find a capable lefty to plug into the rotation. And remember, the Royals dealt four of their best left-handed prospects to acquire Cueto and Zobrist, so they have no lefty in the high minors ready to move into the rotation.

The Royals would like to retain Zobrist, but the bidding will be steep for him. It is doubtful they can afford to keep both Gordon and Zobrist.

Before the last piece of confetti was swept off the Kansas City streets after the World Series parade, general manager Dayton Moore was already planning for 2016 and getting back to the Fall Classic for the third straight year.

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Chiefs look West to replace Charles

When Jamaal Charles went down with a non-contact, right knee injury in the third quarter of an 18-17 loss to the Chicago Bears, the hushed Arrowhead Stadium crowd was immediately worried about the star running back's health.

Later their concern grew over who would replace him once the worst was confirmed that Charles was lost for the season to a torn ACL.

The first choice appeared to be Knile Davis, in his third year out of Arkansas, or little-known Charcandrick West, a second-year pro from Abilene Christian. Wide receiver and return specialist De'Anthony Thomas was another option. Spencer Ware, who had three carries in 2013 with Seattle, was promoted to the active roster. The Chiefs also considered bringing in a veteran free agent back.

Ultimately, the team decided to go with West as the primary back and Davis as a secondary option, while keeping Thomas in his accustomed role.

While Davis had fallen to third on the depth chart prior to Charles' injury, the decision to feature West was at least partially due to his running style. The 227-pound Davis is more of a power back, while the 205-pound West's speed- game is similar to Charles slashing running style.

Featuring West also permitted the Chiefs to stay closer to their original offensive game plan.

"The things we've been doing, we feel pretty good with what Charcandrick is doing," coach Andy Reid said. "Just with some of the things we're doing right now, Charcandrick kind of fits that."

The first game sans Charles was a disaster as Kansas City managed just 57 yards rushing with West and Davis carrying the ball 14 times for only 46 yards in a 16-10 loss to the Minnesota Vikings.

West remained confident and continued to learn from Charles.

"Jamaal taught me just to be more patient," West said. "The things he's taught me just make me better and better. As I've listened and learned from him I just get better and better each and every day. (It's) just patience, using my eyes, getting a good read. He's telling me, 'you know the first couple of years everything

you want to do fast. You've got to let things develop because everybody out there is fast."

West broke out in Week 7, rushing 22 times for 110 yards and a touchdown, leading the team to a 23-13 win over the Pittsburgh Steelers and snapping a five-game losing streak.

West had another big game in the Chiefs' 45-10 victory over the Lions in London. He rushed for 97 yards on 20 carries, including a touchdown, and caught four passes for an additional 25 yards.

"Charcandrick is a good player," Reid said. "We've known that. It's just a matter of him getting enough opportunities to go out and show it. And he did that. He runs hard. He's stronger than what you think. He's not the tallest guy, but he's put together pretty well.

I was impressed by the way he ran."

West was nearly lost for words after scoring his first NFL touchdown.

"Man, I can't even explain it right now," West said. "It's a blessing. For where I'm coming from, it's a blessing."

Indeed, West's road to becoming a starting NFL running back has been convoluted.

After starting in football and a sprinter on the track squad at Springhill (La.) High School, he committed to Louisiana Tech, but failed to make grades and ended up at Abilene Christian, rushing for 28 touchdowns and more than 2,000 yards. He was looking forward to playing in the NFL.

"I talked to a lot of teams," he said. "I thought for sure I was going to be drafted in the later rounds."

He was not picked. "Ooo... that was a heartbreaking moment," he said. "That was a heartbreaking moment. I just felt that I've got to keep fighting. It's not the first time that I've been counted out. I'm here now and that's all that matters."

West signed with the Chiefs last year as an undrafted free agent, but was waived at the end

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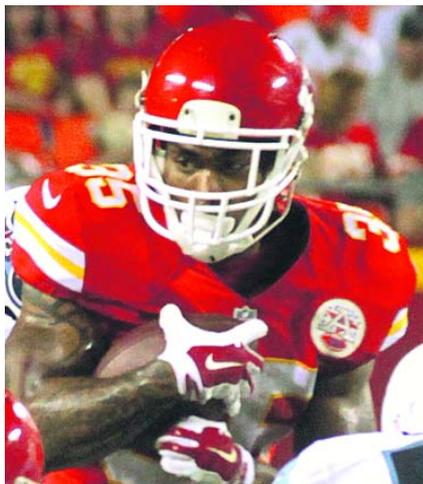


Photo by Scott Thomas



Marc Bowman
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What would Lamar Hunt do?

We all know the Kansas City Chiefs have not been in the Super Bowl since 1970 with Lenny Dawson at quarterback; they haven't won a playoff game since 1994 with Joe Montana at quarterback and this year is looking bleak with the season-ending knee injury to Jamaal Charles.

There are controllable and uncontrollable issues when it comes to sports and each year professional franchises do their best to put out a winning product to win games well as fan support.

The challenge of it all is to put out a consistent product that gives you the opportunity year after year to make it to the playoffs.

The Chiefs have found very interesting ways to win us over year after year, only to break our hearts with either poor starts or in the first round of the postseason.

I'm not calling out Clark Hunt, the current owner, but I do wonder what our organization would be like if Lamar Hunt, his father, was still alive and making decisions.

Lamar Hunt wasn't afraid to take chances; he went up against the NFL with the formation of the Dallas Texans and the American Football League.

He owned a professional soccer team in Dallas, remember the Tornadoes in the North American Soccer League with Kyle Rote Jr. and coach Ron Newman.

Lamar made a run at some of the top college players during the 1960s and formed one of the best teams of the American Football Leagues.

Hunt made millions and lost millions in his business ventures. He owned part of the Chicago Bulls, Worlds Of Fun and the Kansas City Wizards, who morphed into Sporting Kansas City.

Hunt is also in the International Tennis Hall of Fame. In 1967 he founded World Championship Tennis in 1967, the precursor to modern men's professional tennis.

The sports world in general owes a huge debt of gratitude to the man who had vision. Lamar Hunt passed away in December of 2006. From 2007 to 2014 the Kansas City Chiefs were 49-71 with one division title, one wild card appearance and no playoff victories.

The Chiefs have struggled to find the winning identity they had in the 1960s and early 1970s, lost in the 1980s and regained in the 1990s.

The Chiefs make "pleasant" moves to win fan support, but not necessarily football games. We were 1-3 before losing Jamaal Charles to a season ending injury and 2015 looks like we may have to catch a few breaks to make it to the post-season. The Chiefs did snap a five-game losing streak with a victory over the Pittsburgh Steelers.

The Chiefs seem to be going through the same identity crisis the Royals did after the passing of Ewing Kauffman. We would be good once in a while, but not great.

Kauffman died in 1993 and it would take 21 years for the Royals to be great once again with a lot of lean years of 90 and 100 loss seasons.

Let's hope the Chiefs don't need 20-plus years to be good or great again. The schedule of the NFL provides teams the opportu-

nity to go from worst to first and vice versa.

The difference of 8-8 versus 10-6 is a playoff appearance. With mediocrity throughout the NFL – the league calls it parity – a 9-7 record might get a wild card appearance this year.

The Chiefs have bounced

all over the place in the past nine seasons and this year is another rough start, but the toughest part of the schedule is behind. The remaining schedule includes only one surefire playoff team, the Denver Broncos.

I've said it before and I'll say it again; good teams find a way to win and bad teams find a way to lose.

In the Bengals game, the Chiefs kicked seven field goals and lost. In the Broncos game at Arrowhead, Denver scored twice in the final minute, including running back a Charles' fumble for the winning touchdown. In the Bears game, the Chiefs blew a lead late to fall again. All examples of how to lose, not to win.

The Chiefs organization has to look at the current situation and decide how to make it better, not just how to ease the pain. It's easy for all of us armchair quarterbacks/general managers to critique the play calling, clock management and execution, but seeing the Chiefs fans endure another subpar season is starting to wear on the community.

This is something Lamar Hunt would not have taken lightly.

James "JP" Peuster can be reached at jpegsports.com. Listen to JPEG Sports 24/7 at jpegsports.com or on Wednesdays 3 to 4 p.m. on ESPN 1510 AM and 99.3 FM on the radio dial.



James Peuster
Contributing
Writer



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CHIEFS LOOK WEST | FROM PAGE 5

of training camp, only to be added to the Chiefs taxi squad the next day. He eventually saw duty in six games at the end of last season.

He continued to progress and eventually became the primary backup to Charles.

"When I got here I knew my chances were small, so I just gave it my all, and I'm here today," he said. "There were just so many moments I could of gave up, but I just kept pushing. To be starting in the NFL is amazing."

Reid was impressed with West's work ethic.

"He worked his tail off last year," Reid said. "You could see his talent. You could see it during

camp and when he first got here. He's just learned some of the fine points of the National Football League. He took advantage of an opportunity and did a nice job of it."

While West embraces the opportunity, he was stunned by Charles' devastating injury.

"Charles is one of the tougher guys in the NFL," he said. "So, I'm thinking he's going to get up. To see that brought tears to my eyes. It's heart-breaking to see one of my friends go down, my brother go down."

A Chiefs' axiom is "next man up," which was put to a severe test by Charles' season-ending surgery. West hopes to answer the call.

"I'm just going to step up and do my part," he said. "Whatever they call on me to do, I'm going to be there. Whatever the team needs me to do; I'm going to be ready to do that."

"We know we've got to pull in. It isn't just me. You can't replace Jamaal Charles. He's one of a kind. We've all got to put it in, piece by piece by piece to help us win each and every week."

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Beaty working energetically to turn around KU football

David Beaty didn't hesitate when offered the Kansas football head coaching job last December by athletic director Sheahon Zenger.

Beaty, who served as an assistant at Texas A&M (2012-14) and previously two terms as a KU assistant coach (2008-09; 2011), knew how special it was at Mount Oread.

"We have an excellent genuine love for this program," Beaty said. "We are humbled to be here, and I'll tell you this: It took us no time because we absolutely love this place. The community is great. My wife and kids absolutely love it here. We have friends, we have a lot of different relationships already developed.

"There's a lot of things about this place that captured me when we first got here, but one of the things that always sticks out in my mind is going to any KU sporting event, and when the game is actually imminent with the win - the victory is imminent - you get to hear that low, building, 'Rock Chalk, Jayhawk,' chant. I can assure you I've been to some of the finest venues in the country, I dare say in the world, and there's not much that captures you like that moment here at the University of Kansas, and I'm proud to be back here and be a part of that."

While Beaty was thrilled to be the next coach, he was also a realist who knew the uphill climb Kansas faced. Thin on scholarship numbers and talent, most observers predicted KU to win at most one or two games this season. And in KU's most winnable game in the season opener against FCS foe South Dakota State, Kansas lost, 41-38.

The Jayhawks lost their first seven games and it appeared quite possible they would go 0-12 in Beaty's initial season.

But game after game, practice after practice,

media session after media session, Beaty has a bounce in his step and preaches a positive message while knowing this is a process, just like it was for former KU head coach Mark Mangino, who inherited a losing program and built it into a national power with winning the most games in school history in 2007 (12-1) and earning an Orange Bowl victory.

Beaty, a Garland, Texas, native, arrived at KU as wide receivers coach in 2008, a year which saw Kansas go 8-5 and win the Insight Bowl. He's thankful for the opportunity Mangino gave him and knows what it takes to be successful.

"I'm not sure I deserved it, but he gave me a chance. I'll be forever grateful to him," said Beaty, a master at building relationships and one of the best young recruiters in the country with deep ties to the Lone Star State who came to KU after serving as wide receivers coach at Rice for two seasons (2006-07). Kansas has 10 verbal commitments for 2016 and six are from Texas, including offensive lineman Chris Hughes and linebacker Hunter Harris.

"Coach Mangino taught me you (recruit) every single day. And we do it every day. We are trying to make this thing better by creating a competitive environment and the way you do that is bring in better what you've got. Keep trying to find better than what you've got and that will make those

guys better."

Mangino also taught Beaty some other invaluable lessons.

"If you've ever spent any time around coach Mangino, I think the one phrase that people always have common ground with is 'keep sawing wood,'" Beaty said. "That's probably the thing that we have started with and we are going to continue with. I hate losing. However, I understand that everything is a process and we understand part of the process is learning to stay positive in the eyes of adversity.

"So we as coaches are going to continue to stay positive and we are going to stay positive with our players, with each other, because we believe in what we are doing and we know that it's going to finally kick in. To borrow from (Mangino), we are going to keep sawing wood and that's the way they are going to get this thing done.

"... You never know which swing is going to be the one," Beaty added. "Never know which touch is going to be the one where you break through. We are looking forward to that."

KU almost broke through on Oct. 17 in Lawrence with a 30-20 loss to Texas Tech. Despite the defeat, Kansas had its best game of the year and outplayed Tech the second half. The Jayhawks were down just 23-20 in the fourth quarter while holding the nation's No. 2 scoring offense

well under their average (52.7 ppg).

Quarterback and former Bishop Miege star Ryan Willis, who started three October games against Baylor, Texas Tech and Oklahoma State, showed he could be the signal caller of the future with throwing for a KU freshman record 330 yards and two touchdowns while completing a freshman record 35 passes, two shy of tying a school mark.

"Our guys played their tails off. They just kept playing," Beaty said. "Our defense played with unbelievable heart, courage."

Kansas was overmatched in its next game at No. 14 Oklahoma State, where the Cowboys gave the Jayhawks their 36th-straight loss away from Memorial Stadium with a 58-10 blowout. Beaty was unhappy with his team's execution, but proud of their effort while knowing there's still time to get better in November.

He's instilled a great work ethic with his players and energized his team with bringing his own phrase to Lawrence since he arrived the first day: "Earn it." He has made practices extremely competitive with players battling for positions and playing time daily.

"It's going to continue like that as long as I'm here," Beaty said. "You have to go out and earn everything you get. Nothing in life is going to be handed to you - on the football field or in the professional world - it has to be earned."

KU's young players have certainly earned it this season. The Jayhawks have the nation's most first-time players (37) and second-most first-time

CONTINUED ON PAGE 8



David Garfield
Contributing
Writer



Photo courtesy KU Athletics

Missouri Lock-ed in at quarterback

By BRIANHNA MARTIN, Contributing Writer

Drew Lock was thrust into the limelight and the Missouri starting quarterback ahead of schedule as a true freshman after junior Maty Mauk was suspended for violating team rules.

Mauk was reinstated in late October, but six days later coach Gary Pinkel suspended Mauk for the remainder of the season, leaving Lock firmly entrenched as the starting quarterback.

Mauk's suspension has allowed Lock to garner valuable playing time in the Southeastern Conference, while most players are redshirted as a freshman.

Lock was a four-star recruit out of Lee's Summit, where he completed 405 passes in 643 attempts for 5,779 yards as a junior and senior. He threw 63 touchdowns and only 12 interceptions.

There was little doubt he would wind up at Columbia. The Tigers are in his DNA. His father,

Andy, was an offensive lineman from 1986-89 at Missouri. His granddad, also, played at Missouri.

But the transition from high school to the rugged SEC defenses would challenge almost any quarterback as a true freshman.

"It's definitely different," Lock said. "I've realized it's a lot quicker than high school football and the guys are a lot bigger, but I feel like I'm developing well and learning a lot every single week.

"I'm glad that I get to learn early instead of learning my junior year and only having one year to put everything into action."

With Lock at quarterback in Mauk's absence, the Tigers beat South Carolina, but lost to Vanderbilt, Florida and Georgia. In the past,

Missouri had topflight wide receivers, but Lock has few major weapons to assist him as the Tigers' offense stalled and sputtered.

"I need to get in tune with our wide receivers, work extra on my footwork, and make correct and diagnose defenses a little more," Lock said. "Pretty much everything you can think of I can improve on."

Lock tries to ignore the outside pressures of being a quarterback on a team that is failing to live up to expectations after winning SEC division titles the previous

two years.

"I've had Twitter deleted for three weeks now, so I kind of just hide away," Lock said. "People are going to be upset when



'Cook-ing' up a quarterback controversy

It happens in practically every fan base. Unless it's a championship-caliber team—because of the quarterback—the most popular man in town is the back-up quarterback.

Certainly, the thought is, if the guy who looks so stellar holding a clipboard on the sideline has his chance, he could, and would, lead the team to victory. It is called "a quarterback controversy."

There's not as much evidence on fifth-string quarterbacks included in the controversy.

But that's exactly where Kody Cook, a starting wide receiver for Kansas State entering the season, finds himself.

K-State suffered injuries or illness to the first four quarterbacks on the depth chart in the first three-plus games. Cook, who was listed as a first-team receiver, was thrust into the quarterback position.

All he did at ranked Oklahoma State was throw for 122 yards and two touchdowns and rush for another 87 yards and one touchdown. In all, he led the Wildcats on four touchdown drives. Oh yeah, that was in the first half.

K-State's offense stalled in the third quarter and Cook injured his shoulder early in the fourth quarter.

"Starting" quarterback Joe Hubener came back into the game and led the Wildcats to a go-ahead score with 3:01 left. But the debate started.

"I knew Kody was going to do what he did," running back Justin Silmon said. "Kody is going to make plays whether he is at receiver or quarterback."

Said receiver Deante Burton "He really gave everything he had. That really is a tribute to the kind of person he is, and that really wore off on our team. That is something we can all pick up

and run with."

The only one whose opinion really matters also was impressed with Cook's game against the Cowboys.

"It was very good. I thought he played with poise," coach Bill Snyder said. "He played smart. He made some mistakes, but you have to remember we have a plethora of offense and he's had a week of investment in it.

"He was a quarterback some time ago and he's on the field a lot as a receiver, but his retention has been great. He did as well as you would expect. We couldn't ask for any more."

"Some time ago" was at Louisburg (Kan.) High School in 2010, and most recently in the 2012 junior college national championship game. Cook was an all-conference wide receiver at Hutchinson Community College, but he was moved from receiver to quarterback in the second quarter of the title game after the starter broke his hand. Cook was named the Salt City Bowl MVP, throwing for 272 yards and five touchdowns and rushing for another TD.

"They just kind of threw me in there in that game," Cook said. "I wasn't the backup. I just had a good game and that's my story at quarterback in college."

He came to Manhattan as a wide receiver, not a quarterback, and as a walk-on.

Co-offensive coordinator Dana Dimel reached out to Cook, and he knew he had a multi-talented player on his hands.

"He was really good at Hutch," Dimel said. "The coaches at Hutch said, 'This guy's a really good player, an athletic player.' We tried him at quarterback a little bit, but eventually we saw wide receiver was his best spot."

He redshirted in 2013, but saw action in every game last season, including 11 starts. He finished third on the team in receptions (20) and fourth in yards (251). He tied his career high in catches (three) in each of the final two games of the season.

This season, he was expected to be a key contributor replacing the two-headed receiving monster of Tyler Lockett and Curry Sexton, both of whom had more than 1,000 yards receiving last season.

In the first three games this season, Cook caught eight passes for 148 yards and two touchdowns. Against Louisiana Tech, he caught four passes for 73 yards and two touchdowns in a triple-overtime victory. But when Hubener went down on the opening offensive drive in the next game, Cook's receiving duties took a back seat.

The Cats have struggled since the Oklahoma State game, losing on a last-minute field goal to the Cowboys. The next week they had a last-minute loss to TCU before embarrassing losses to Oklahoma and Texas.

Hubener went 27 of 69 for 293 yards, with one touchdown and four interceptions in the three games since OSU. This is not an indictment of Hubener; the offense as a whole has struggled.

But that has left plenty of folks wondering if Cook is the answer. It's not a slam dunk, for several reasons. Cook has seen limited action since the Oklahoma State game, and he hasn't dazzled. He didn't play at all against TCU because of the shoulder injury. Against Oklahoma, he threw eight passes and completed one and had one intercepted. He also rushed for 19 yards on 11 carries and had two catches for 38 yards.

Against Texas, Hubener again was dinged up on the first play from scrimmage and Cook was back under center. He ran two plays and both lost yardage, and Hubener was back on the next series. Cook finished 1-for-2 for 10 yards passing.

It is clear switching back and forth has affected Cook. Plus Cook's absence on the wide receiver crew has affected the whole offense. The question is more than just who would be more effective at QB. If Cook is the quarterback, the Wildcats weaken an inexperienced and short-handed wide receiver position. Is it worth it?

That makes it a dilemma and a controversy.



David Smale
Contributing
Writer



Photo courtesy KSU Athletics

KU'S DAVID BEATY | FROM PAGE 7
starters (30). Beaty knows quite well this youth movement bodes well for the future.

"Absolutely," he said in the days before the Baylor game on Oct. 10. "There's no doubt. When you have a situation that maybe we're in right now, which is a lot of young guys getting to play - and we talked about that way back in spring ball, way back in fall camp, that there's going to be opportunity for young guys to get on the field here.

"Sometimes the progress doesn't happen as fast with the win and loss column as you'd like it to. However, I've seen a lot of those situations turn pretty good in the future for those teams because you give them something which you can't give them, which is experience. They're gaining so much valuable experience."

The Jayhawks are fighting for Beaty.

"I love coach Beaty," sixth-year senior running back Taylor Cox said. "I feel he is a guy that really genuinely cares about us. He and the whole coaching staff are wonderful. I'm definitely excited about the future of this program.

"I think he's just a stand-up guy and really values the community. He's building a strong relationship with the community and the people of

Lawrence. I think he really takes pride and joy in that."

KU's assistant coaches and former players deeply respect Beaty.

"The one thing about him every day he brings a certain amount of energy that you have to match," running backs coach Reggie Mitchell said. "And that's contagious, not only with the coaches but with the players also."

Mitchell knows why Beaty is so great at building relationships.

"I think the thing that helps is that he's honest, and people can see that," Mitchell said. "They can tell. With coach Beaty, you see right up front. What you see is what you get."

Former KU All-American receiver Dezmon Briscoe is another huge Beaty fan.

"Coach Beaty developed me as a receiver, but he also developed me as a man," Briscoe said. "When he came to KU, he took me under his wing and really helped me mature off the field. We have a great relationship and still communicate to this day."

Being honest, relating great with others, and earning his way has helped Beaty rise up the coaching ranks from his first job as an assistant

coach at Naaman Forest High School in Garland, a Dallas suburb, from 1994-96. With more than 20 years of coaching experience and stops at such places as Rice (Beaty was the offensive coordinator there in 2010) and Texas A&M, he is back at Kansas and working hard to bring a winner to KU football.

And he's not about to stop working until championships are won on a consistent basis.

Beaty knows Mangino won just two games his first year at Kansas in 2002, then six games during his second season while leading KU to a bowl game. And four years later in 2007, Mangino was National Coach of the Year with guiding the Jayhawks to the most successful season in school history.

Beaty knows it will take time, but wants Lawrence and the entire state of Kansas to be appreciative of his team and eventually hear that hallowed "Rock Chalk, Jayhawk" chant echo throughout Memorial Stadium at the end of every home game as KU nears another victory.

"We are going to earn the support of our fans one person at a time and we are not going to sleep until we can give everyone something to be proud of at Memorial Stadium," Beaty said.

MU'S DREW LOCK | FROM PAGE 7

Upperclassmen are trying to make sure Lock and the offense do not take the brunt of the blame that the Tigers lose as a team collectively.

"It'll never be like that because we're too close," junior linebacker Michael Scherer said. "Offense isn't doing very well and I mean we all know it. Nobody needs to bring it up, nobody needs to point it out and say 'hey, it's your fault.' We just go about our business and do what we do."

While the Tigers are no longer in the race to get back to the SEC championship game, they still hope to become bowl eligible with six or more victories.

"We just have to keep our minds clear and be positive because we still have a lot of the season to go. Time is dwindling down but we still have a lot more football to go," senior offensive lineman Evan Boehm, who is another Lee's Summit product. "These next five games are most important."

Lock completed 62 of 127 passes, 48.8 percent, for 538 yards, with two touchdowns and two interceptions over his first four October starts. Overall, in his first eight games, Lock is 77 for 152 for 763 yards with three touchdowns and three interceptions.

Sporting Lee's Summit moves forward into 2016

One of the oldest and largest soccer clubs in the state, Sporting Lee's Summit is an all-inclusive, year-round program for kids from 3 to 63.

Founded as the Lee's Summit Soccer Association in 1992 with 55 teams and about 600



Sporting Lee's Summit Soccer Report

players, the club has grown to include 4,300 players in their recreational division and another 2,100 players in their spring and fall competitive division.

The club was the 14th program to join Sporting KC, becoming Sporting Lees Summit (Sporting LS) in January.

The club also hosts a wide variety of training camps, participates in Sporting KC Academy and includes a well-regarded special-needs program.

"We do a lot of fun things here," said Sporting LS president Ron Cox.

"It starts at age three and it goes all the way through to adult. The oldest participant was 63, a Brazilian, in the adult rec league. It's an all-encompassing program."

The recreational division has seven regular-season games in the spring and fall, along with eight games in the summer for the adult division. U17 and younger have the same spring and fall schedule, but also play season-ending tournaments.

The competitive division runs all-year round. More than a thousand kids participated in last spring's session and nearly 1,100 participated this past fall. While some kids play in both sessions, it's usually a different group in each session due to participation by the kids in other activities.

"It's mostly different kids," Cox said. "Some do fall football, or in the spring its high school soccer for girls. The seasons are a lot different. Hundreds of kids do that."

The club plays the majority of all club games at Legacy Park.

"We're fortunate enough to have 12 full-sized varsity fields," Cox said. "We carve them up and each weekend we play on 16 different fields. We schedule 180 matches per weekend and on a typical weekend 9,000 spectators come through our gate."

The club hopes to grow league participation over the coming years.

"Legacy Park is amazing and has been home to

many state and national events," Cox said. "We have plenty of capacity there as our programs continue to grow."

One of the most exciting divisions at Sporting LS is its Academy, which is an affiliate of Sporting KC.

"Our goal is to encourage our top one-percenters to transition into our Academy and into the Sporting KC Academy," Cox said.

The highly-successful program includes 11 teams (ten boys and one girls team) and 176 elite Academy players which feed into high school varsity programs.

"That's the first step," Cox said. "We take them in sixth to eighth grade and prep them for high school programs. If they're good enough, they go into Sporting

KC Academy."

Sporting LS teams and/or players boasts three Missouri State championships and regional champions. In July their U16 team won the USA Cup National Championship. The USA CUP is ranked in the top 5 tournaments in North America.

The club's training program is one of the best in the United States, developed by Hastings University coach Chris Clements and by technical director Zoran Savic, assistant coach of Sporting KC. Cox, the club President; was named Missouri Youth Soccer Coach of the Year in 2008 and received a "Champions of Character" award from the NAIA last year.

Training programs are available throughout the summer and also in winter.

"Training, we feel, is a big milestone," Cox said. "We have 1,000 kids in non-league activities, these include camps, clinics, community events, and more."

The Winter I session runs six weeks from December through mid-January, followed by Winter II which runs through February.

Most teams play a 45 minute match each week, while some teams will also have a training session during the week. Winter camps and clinics include a two-hour session called Finishing Camp. Sporting LS will also hold a goalkeepers camp as well.

"The winter sessions are exciting. It gives kids

CONTINUED ON PAGE 10



Marc Bowman
Contributing
Writer



UPCOMING CAMPS & CLINICS

KEEPER CLINIC

Nov 24th and Dec 1st
5:30-7:00 pm

Registration Fee \$60
with a \$10 discount for
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STRIKER/ FINISHING CLINIC

Dec 8th and 15th
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Registration Fee \$60
with a \$10 discount for
Sporting LS Families

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Kansas City Ice Center ready to open outdoor rink

By DAVID SMALE, Contributing Writer

The leaves are changing color. The days are shorter and the nights are brisker. Daylight savings time has ended. That can only mean one thing. It is time to open up the outdoor rink at the Kansas City Ice Center.

KCIC Hockey Report

"It is really neat to skate on an outdoor rink," KCIC general manager Dean Nelson said. "It's kind of like having a backyard rink. There are times when there's nobody around at 1 p.m. on a weekday.

"I put on the skates and skate around. It brings you back to your childhood. The best time of the year for me is the holidays when I can get on the ice with the kids and mess around. It's therapeutic for me to get out on the ice."

Nelson grew up in Minnesota, so being on the ice is a way of life. He also knows that the additional revenue generated by a second rink is very important to the business.

"As a one-rink facility, it's very hard to make it

SPORTING LEE'S SUMMIT | FROM PAGE 9
an opportunity to stay active," Cox said. The kids are cooped up in the house in the winter and this lets them burn off some of that energy. It takes them away from the gaming stations and keeps them fit."

There are approximately six-to-eight teams in each age bracket and are evenly divided between boys and girls. Registration for Winter I ends Nov. 7, while Winter II registration runs through Dec. 1.

Additionally, Sporting LS hosts a sports performance session which runs 12 weeks starting Nov. 9. The hour-long program (5:30-6:30 p.m. for nine and younger, 6:30-7:30 p.m. for age ten and older) helps train kids in a variety of physical skills.

"They'll do speed and agility, flexibility, lateral movement with cones, hurdles, ladders," Cox said. "We try to teach a quick first step, balance and lateral movement, all without a soccer ball."

The Sporting LS winter training programs are hosted at Z Sports, which also plays host to many summer training programs. The 34,000 square foot indoor arena at Z Sports contains three indoor fields and four full-sized varsity fields outside and is also the site for the club's special-needs program.

"We're growing our special-needs program," Cox said. "It's a fantastic program. Tim Adkins is the coordinator. He's been doing it for a number of years. Our vision is to continue to add players. We want to build facilities to take on more special-needs players."

While the program is indoors, Sporting LS would like to move the program outdoors, where youngsters can enjoy the full recreational benefit. Moving the program outside would also help the program expand from its current 25-players.

financially," Nelson said. "When we added the second rink it provided the revenue stream to be able to break even on an annual basis."



Nelson and his staff are working to prepare the rink for a November 9 grand opening. They need to be on schedule because the calendar is already full and getting fuller.

"Right now we're busting at the seams with all of our programs," he said. "With the Kansas City Stars house programs, we're at full capacity. Plus we house about 80 percent of the practices with the KC Mavs, the traveling hockey teams that

"One problem for some special-needs players is with audio-sensory perception," Cox said. We use to play outdoors at Legacy Park, however many of our Special Needs players were distracted by the loud noises, some became frustrated and confused. Our Coordinator felt like less noise would improve the overall program."

The club hopes to replicate its success in an outdoor space, utilizing existing, undeveloped property at Z Sports.

"We need to create space," Cox said. "Our goal is to create an outdoor space, so that it's injury-proof and accessible for wheelchair users with fences like tennis courts. It'll look like a Futsal court or tennis court, but be outside. We are looking for partners. We're looking for somebody to come in and help us develop that space. If there are any groups that would like to come in and partner, we would like to hear from them."

The youngest Sporting LS players also play at Z Sports. There are approximately 100 to 120 three-year olds in the program.

"There's a trend that kids are not active," Cox said. "We want to change that trend to get them involved early on and we want to do that with old-fashioned recreating. We want to get them used to doing activities at least two times a week. We keep them outside and get them busy."

The club is actively looking for groups to partner with the marketing and development of this program.

"We want to partner with community-minded organizations like Children's Mercy Hospital. Our messages are very similar—to improve overall children's performance you need adequate sleep, good eating and recreating habits." Cox said.

resulted from the merger of the Kansas City Youth Hockey. There are some Friday and Saturday nights that we can't get public skating in because

The coils are filled with glycol, a chemical similar to Freon. It takes a few days for the concrete to get cold enough that it's possible to get thin layers of ice to freeze.

"When we turn on the compressors, the coils that run underneath the concrete will chill the floor and the ice layer by layer," Nelson said. "When that floor is frozen, the water will freeze to it in small layers.

"Even if it's 35-40 degrees at night, we should be able to get that base down," Nelson said. "When it gets down below 32 degrees, that's when we can flood it at the maximum level. We can put a lot of water on there.

"If you drive by late at night or early in the morning, you might see me out there with a big



of all the hockey. It will give each team an extra practice per week, once we open that up. And it will guarantee the public skates except when there's a special event.

"Our goal is to be skating on that sheet by November 9. We want to start practices that evening. There are a bunch of other events that are already scheduled, like the first Winter Classic December 12-14, so the community relies on my staff and me to get that rink ready. We have a lot of people depending on us."

One big revenue stream, well as one of the highlights for the KCIC staff, is the public skates on from 8-10 p.m. Friday and Saturday. Also there are public skates Saturday from 12:45-2:45 p.m. and on Sunday from 1-3 p.m.

"Anyone can come out for the public skates," Nelson said. "It doesn't matter if you've been skating since you were a kid or are just lacing them up for the first time. You'll have the wall-huggers, and you'll have novice skaters who are out there learning how to stop—sometimes the boards help them stop. Then there are the more advanced people are out there just enjoying the ice with their families."

Nelson and the staff started the prep work in mid-October, when they cleaned up the sport court and repainted the lines. The sport court is used for roller hockey and for off-ice training during the spring, summer and fall months. Around November 1, they turned on the compressors beneath the surface of the sport court, which get the concrete down to about 10 to 12 degrees Fahrenheit.

fire hose. We put many layers on there to get ice that's an inch thick."

The ideal thickness is three-quarters of an inch, but Nelson will probably get it to about an inch thick because of the likelihood of warmer daytime temperatures. If it's warm enough, the top layer will melt and run off. If there is enough of a frozen base, even with warm days they won't have to start over. The ice also can't be too thick, because it's tough to keep it frozen with the glycol system.

It's kind of like a Zamboni machine you might see at a professional hockey game. The Zamboni puts a new, thin layer on the ice, which freezes right away.

Nelson is looking forward to the colder days and nights, and not just because it's in his blood.

"We would like to have what we've seen in the late summer, cooler than normal temperatures," he said. "Last year we lost the ice a couple of times when we had 70 degrees in the middle of January. You never know what you're going to get in Kansas, but if we can stay a little cooler, that would be great for us."

The schedule is set. The plan is in place. And the work is nearly done.

Beginning November 9, there will be nightly activity on the outdoor rink at the KCIC. On the weekends, you have an opportunity to be part of that activity.

Call 913-441-3033 or visit KCICeCenter.com for more information on the *Learn to Skate and Learn to Play Hockey Programs* available at KCIC and to get more information on public sessions, adult hockey, parties and more.



PRESENTS

THE HOCKEY GUIDE



FALL - WINTER 2015-2016

Competition, skill development & fun bring growth for Stars

Eric Schmitz is a realist. He knows that most of the kids playing youth hockey will never see the ice in an NHL game, much like participants in any other youth sport. But he's also an idealist. He believes there's great joy in learning to play the game of hockey and his goal is to provide as many opportunities as possible.

"It's all about making it fun for the kids," said Schmitz, the new hockey director for the Kansas City Stars at the Kansas City Ice Center. "If they come to the rink and they're a kid who wants to play hockey, if you work with them in providing good instruction and practices, you'll help these kids develop their skills. But at the end of the day, they have to have fun."

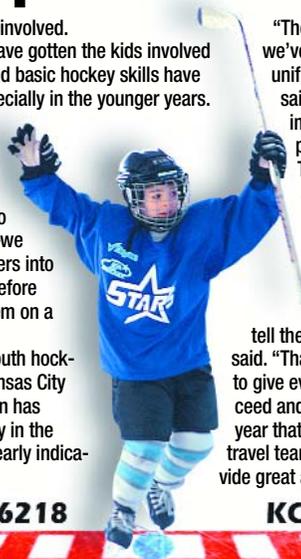
Schmitz has been involved in youth hockey at the KCIC for eight years. "We're seeing steady improvement," he said. "We've been building for years, as

far as getting more kids involved.

"The programs that have gotten the kids involved in basic skating skills and basic hockey skills have helped us the most, especially in the younger years. The 'Learn to Play' players—the kids wanting to start to

skate and the kids wanting to play hockey—we get those players into the program before actually getting them on a team."

The merger of area youth hockey programs into the Kansas City Youth Hockey Association has helped the quality of play in the Stars program. At least early indications say so.



"The travel teams are where we've seen the effects of the unification the most," Schmitz said. "We're definitely seeing improvement. It's helped the program at the different levels. The Squirts (ages 9-10) division has seen the most effect. The Double-A program really has a strong team."

So what does Schmitz tell the kids who don't make the travel teams? "I tell them to keep working on it," he said. "That's what we strive for. I want to give every kid an opportunity to succeed and be successful. If it wasn't this year that worked out for them for the travel teams, the house level will provide great access for them. Then we

have our select program, which is a level above the house program. They offer more ice time and more competition. We can get them that experience, so that next year they can try again for the travel team, if that's their goal."

Dean Nelson, general manager of the KC Ice Center, says that the trickle-down effect of having more kids trying out for the highest level has helped every level. "It really has," Nelson said. "When we had the tryout for the Kansas City Jets (high school travel team), we had a larger number of kids who didn't make the squad. Those kids will filter back to the recreational level, which will make those levels stronger."

"There are kids who might have made the Jets in the past, but the competition

CONTINUED | see page 2

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2. Adult players have "ice in their veins"
3. New players start with Learn to Play Hockey
4. KC Jets have success at high school level



KCIC's adult league hockey players have "ice in their veins"

Two years after retiring from a Hall of Fame career with the Detroit Red Wings in 1971, Gordie Howe signed on with the Houston Aeros of the World Hockey Association. The WHA was an upstart league formed to compete against the NHL.

Howe, who had spent 26 years with the Red Wings, was lured to the Aeros because they had signed Mark and Marty Howe, teenage brothers with a great deal of potential. Oh yeah, they also were Gordie's sons. They played together for four seasons with the Aeros and three with the Whalers before Gordie retired in 1980 at the age of 52.

While Howe was an outstanding player with many records to his name, his goals, points and accolades are not what he remembers most about his career.

"I always refer to that as my greatest accomplishment and excitement," the elder Howe said of sharing the ice for seven seasons with his sons.

Howe would certainly understand one of the reasons for playing in the adult hockey leagues at the Kansas City Ice Center.

"If you grew up playing tennis or racquetball, you would continue to play as long as



you felt you could stay on the court," said Tom Prendergast, commissioner of the adult hockey leagues at the Kansas City Ice Center. "Hockey guys are the same way.

"I'm 57 and I always played goal. A couple of years ago, when my boys were playing on

the outdoor rink, I thought, 'I think I can still do this.' I think most of the other guys are the same. If you grew up playing hockey, and that's all you know, you're going to play."

There's an expression in sports for athletes who don't seem to be affected by pressure. They are said to have "ice in their veins." In a

and I oversee everything," he said. "I make sure the scores get tallied, make sure the rosters get set, make sure the guys are paying and make sure that any infractions are dealt with properly. I do basically what any league commissioner does, without the big compensation package."



Participants in the KCIC adult leagues ranges in age, skill level and even demographics. Prendergast says that a couple of players travel from Columbia, Mo., for the weekly games. Others hail from Lawrence or St. Joseph. The games are generally played Sunday afternoons and evenings and after 10 p.m. on weeknights, so there's definitely a commitment necessary.

"It's hockey," Prendergast said.

"Most of the guys have played hockey for a long time. They understand the deal. It goes with the territory."

At the KCIC, there are 21 teams of 13 players each covering three divisions. "The A level is for guys who played in college and spent their whole life playing hockey at a high level," Prendergast said. "We have some guys

CONTINUED | see page 3

STARS HOCKEY | from page 1

was so great they couldn't make it this year. But they're just as talented. It also gives you more numbers, and there's strength in numbers."

Each of the area rinks has its own house league—Line Creek, Independence, St. Joseph, Mo., Topeka and the KCIC. The Stars are the name of the in-house program at the KCIC. The KCIC has four teams in each age group.

"Mostly they'll play against each other, but we will have a game against the Junior Mavericks or the Line Creek Saints or the St. Joe Griffons," Nelson said.

The Stars program has 250 kids involved, not counting the ones in the travel programs. That's up significantly in the four-plus years that Nelson has been at the KC Ice Center. There are also 70 kids involved in each ses-

sion of "Learn to Play Hockey," the natural feeder of the Stars program.

Schmitz knows it's an uphill climb. He grew up playing hockey in Superior, Wisc., a suburb of Duluth,

But with only about 1,000 kids playing youth hockey in the entire metro area in Kansas City, Schmitz knows he has to be more creative. He's not worried.

"I think we can grow by 500 kids or even

"We've seen a lot of kids get involved because their parents played. But we're starting to see kids whose parents didn't play hockey. They're learning a little more about the sport or they heard a friend talk about. If you have programs where kids are enjoying it right off the bat, that's how we're going to grow it. We can do that.

"We want to continue to provide opportunities for these kids, whether they want to play at the top level or play at a recreational level."

For more information on the KC Stars youth programs, visit kcstarshockey.com. For information on the new KC Youth Hockey Association, visit kcyouthhockey.com.



Minn. There was high-level competition on every rink or pond. "I didn't have to be involved in a travel program because there were plenty of opportunities in my area," he said. "We didn't have to go too far to play hockey at a competitive level."

double it to 2,000 in the next five years," he said. "I think that's doable. We have to get the word out there. We have to get people in the building to see what it's about.



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Growth of hockey in KC starts with “Learn to Play” program

Dean Nelson doesn't have any children, but he can relate to one of the joys of early parenthood.

Nelson is the general manager of the Kansas City Ice Center, where every eight weeks a new session of “Learn to Play Hockey” gets started. Kids come into the program from various skill levels, but they all improve during each eight week session. The next session starts November 14.

“It’s no different, I would expect, than a proud papa watching his kid learn to walk or ride a bike,” Nelson said. “The kids who are in the ‘Learn To Play Hockey’ program could play for the next 10 years. I’ll get to watch them progress through the years.”

“Learn to Play Hockey” is a program Nelson developed after he arrived at the KCIC a little more than four years ago. A similar program was in place, but the few kids involved had to share the ice with the kids in the “learn to skate” program.

“It wasn’t really growing,” Nelson said. “At that time I thought we needed a program that was focused on kids who wanted to learn to play hockey, not just skate, and that’s what we set out to do. Now we have 70 kids enrolled in every session.”

The range of skills of the kids entering the program varies.

The first level of students are called “Rookies.” They learn how to hold a stick and walk on the ice. They learn how to get back up when they fall down and how to push off, both

forward and backward.

From there they graduate up to the second level called “Little Stars.” There, they learn how to stop, how to turn and how to pivot



from forward to backward. They also work on basic stick-handling and shooting skills.

Level 3 skaters are called “All Stars.” At this level skaters work on passing while moving, tight turns, catching passes with their stick and shooting. By the time they finish level 3, they’re ready to join a hockey league.

Most “Learn to Play” participants are in the 3-10 age group, though there are a few older kids. “In Kansas City, some of the kids start a little later,” Nelson said. “They get the bug and they want to play hockey.”

“Where I’m from in Minnesota, the kids

start much earlier—at about age 3 or 4. They learn to crawl, then walk, then skate. What’s better than watching your kid take his second ‘first step.’ That’s skating in Minnesota.”

The “Learn to Play Hockey” program is more necessary in areas like Kansas City, where it’s not the expected progression. Nelson says that hockey is the area’s fifth most popular team sport, so it’s not a foregone conclusion that kids will be able to, or even want to, play hockey.

“It’s hard to develop hockey players,” he said. “You have soccer, as well as football, basketball and baseball. All four of those can be played outdoors for 10 months out of the year around here.



Hockey is one that is fighting to keep going.

Nelson says that hockey is harder to play than any of the other sports.

“Soccer is growing in Kansas City because anybody can do it,” Nelson said. “On the elite

level, it’s very hard. But on the social level, it’s very good for the majority of kids who want to do it. If you can run, you can probably kick the

ball. Whether they run fast or run slow, they can still do it.

“Hockey is a little different. If you can teach those basics at an early age and they can have some success with it, plus be part of a team, they’ll stick with it longer. That’s what is going to grow hockey in this area. It’s not just the kids who started young, but the ones who stick with it.

“I don’t want to offend the soccer fan, but soccer and hockey are very similar except hockey is played while sliding around on a sheet of ice on a thin blade. Kids, like adults, migrate toward things they do well.”

The Kansas City Ice Center also utilizes a program from USA Hockey that breathes life—and revenue—into the push for new hockey players. “Try Hockey For Free” is a twice-a-year event scheduled every November and February.

It’s a one-hour program that exposes kids to hockey. They get a USA jersey that comes free from USA Hockey. “It’s something they can take home with them,” Nelson said. “We have the skates and the equipment at the KC Ice Center. We get the kids all suited up. It gives them their first experience with hockey.

“It goes nicely with our program, but it’s a one-day program, where ‘Learn to Play Hockey’ is an eight-week program.”

To sign up for the next session of “Learn to Play Hockey” or the February “Try Hockey For Free” go to the KCIC website, kciocenter.com. Do it, to make “Papa” Nelson proud.

ADULT HOCKEY | from page 2



who played semi-pro hockey. The B league is for guys who played high school hockey, and also have been playing their whole lives. The C/D league is for novice players, plus older guys and gals. Once you get out on the ice, you’ll know where you belong. I don’t have to tell you.”

Prendergast says that you’ll also know when it’s time to hang up the skates. “It’s a contact sport; you’re still going to get some incidental contact,” he said. “But, there is a difference in the speed at the different levels. As long as their bodies allow them to play at the level they think they can play at, then they’re going to do it.”

The advantage of playing with your sons

is a common theme in the C/D league. As the Howe’s can attest, it can create an extra edge.

During the first season of the WHA, one of the younger Howes got checked into the boards a bit after the whistle. Gordie was on the ice for that shift and saw it from center ice. Instead of lining up for the ensuing face off, Gordie took off. As he got closer to the offending



player, he lowered his shoulder, carried him into the boards, then left him crumpled on the ice. He wasn’t defending a teammate; he was defending his son.

There’s no checking in the KCIC adult leagues, so this scene won’t be repeated. But playing with your own flesh and blood definitely is a lure to participants of all ages.

To learn more about the Adult Leagues at the Kansas City Ice Center, visit kciocenter.com and select the Adult Hockey tab.

CREDITS: Photos in The Hockey Guide provided courtesy the following contributors: Bob Klem, John Boma, The KC Stars and The KC Jets.

All articles by David Smale.



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Jets' high school success means success for KC Ice Center

With the success of the Kansas City Jets—two league titles in the last three years—there's more interest in the team from a fan's and future participant's standpoint. And that means nothing but good things for the Kansas City Ice Center.

The Jets, the elite high school traveling team that's housed at the KCIC, won the Midwest High School Hockey League championship this past spring after winning their first title in the spring of 2013.

The Jets are the only Double-A high school program in the area. Double-A is a classification for larger high schools. The Jets represent the entire Kansas City area, rather than a specific high school. So their opponents in the MHSHL are similar programs from surrounding states Nebraska and Iowa. A majority of the teams are in Iowa, which fits since the league used to be called the Iowa Hockey League.

But how do the Jets compare with some teams from some traditional hockey hotbeds? Kansas City Ice Center general manager Dean Nelson says they're not that far off.

"We recently took the Jets up to Rochester, Minn., my hometown, and competed against the Southeastern Minnesota elite team," Nelson said. "In the fall in Minnesota they have the Elite League, and they play by area, not by high school.

"We took the Jets up there and they competed. We didn't come out on the good side on the scoreboard, but we were competitive. The purpose of taking them up there was more than just the scoreboard. It was about competing and showing the kids what the next level looks like. We weren't embarrassed. They were very good games.

"I think we would compete with a lot of the Class A teams, which are the smaller schools."

The youth program at the KCIC has done a nice job of feeding the Jets, according to Jets coach Gary Emmons.

"We graduated about eight or nine (players

Kansas City. The ones we're developing now are eventually going to get to high school and I'll get them."

It's a "chicken and egg" thing, from a good standpoint. Nelson says the success of the Jets over the past few years has pumped energy into the youth program.

90 percent of the kids who play hockey will ever play, even in Minnesota, where I grew up. After high school, you go on to college to focus on your career, or you go to work, and you don't play competitive hockey any more.

"Now, in the Kansas City area, we have a legitimate high level team that all the kids can

look up to. They can say, 'I want to play for Coach Emmons and the Jets.' Because of the success they have, and the experience that Gary brings to the table (he played 13 years of professional hockey, mainly with the San Jose Sharks organizations, college hockey at Northern Michigan where he was a two time finalist for the Hobey Baker Award and played for the Canadian National Team), there's something to shoot for. Gary comes to the rink

all the time, including for camps and clinics, so the younger kids get a chance to meet Gary and talk with him. That's a goal for a lot of the young kids.

"Before, they could play youth hockey in this area, but they had to look somewhere else to play high-level high school hockey. Now they can stay at home and still play at a high level. The Midwest Hockey League is very competitive, very well structured and very respected throughout the Midwest.

And just like with any successful team, the more success the Jets have the bigger the crowds that come to see them. All home games are free (see schedule), which also helps attendance.

"There's more of a buzz around them," Nelson said. "When the better teams from our league come to play, the stands are full. It helps the rink." And it's always a thrill to back a winner.

For more information on Jets Hockey, visit their website, kcjets.com.



from) last year, so we have a good returning group," he said. "The whole key is what the youth program is doing. The better the youth program the better they are when they get to high school and try out for the Jets.

"Dean is doing a knock-down job with the

"The young kids really look up to the Jets players. The Jets players come out for the camps and clinics and work with the young kids," says Nelson. "Just having a



JETS HOME 2015-2016 SCHEDULE AT KCIC

Date	Opponent	Varsity	JV
Sat. 11/28/15	Ames Little Cyclones	4:00 PM	6:00 PM
Sun. 11/29/15	Ames Little Cyclones	10:50 AM	9:20 AM
Sat. 12/5/15	Cedar Rapids Roughriders	5:40 PM	4:10 PM
Sun. 12/6/15	Cedar Rapids Roughriders	10:50 AM	9:20 AM
Fri. 1/1/16	Des Moines Oakleaves	3:30 PM	2:00 PM
Sat. 1/2/16	Des Moines Oakleaves	2:00 PM	12:30 PM
Sat. 1/23/16	Lincoln Jr. Stars	5:40 PM	4:10 PM
Sun. 1/24/16	Lincoln Jr. Stars	10:50 AM	9:20 AM
Sat. 1/30/16	Sioux City Metros	5:40 PM	4:10 PM
Sun. 1/31/16	Sioux City Metros	10:50 AM	9:20 AM
Sat. 2/20/16	Omaha Jr. Lancers	5:40 PM	4:10 PM
Sun. 2/21/16	Omaha Jr. Lancers	10:50 AM	9:20 AM

youth program. The numbers are through the roof. The summer camps he provides are really starting to develop some hockey players in

successful high school program has been feeding our youth program as well.

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Sporting KC Academy lifts U15 trophy

By MARC BOWMAN, Contributing Writer

The future of soccer in America is bright, and nowhere in America is it brighter than in Kansas City.

The growth of youth soccer in the area is shown in the rise of youth organizations like Heartland Soccer – the largest youth soccer organization in the United States – and the opening of world-class facilities such as Swope Soccer Village.

M presents the
Heartland Soccer Report

One highlight of this growth came this summer when Sporting KC Academy won the U15 championship, becoming the first boys' team from the region to capture a national United States Youth Soccer crown at any age level.

The 3-1 win over Fewster FC (Maryland) capped an unbeaten (9-0-0) run through nationals after qualifying from the Midwest regional with a 5-1-1 mark. They also won the Kansas State Cup in May and the USYS Region II Championships in June.

Perhaps most amazing is a third of the roster was actually "playing up" – kids who were young enough to qualify in the U14 age bracket and were mostly competing against older players.

Despite their relative youth, these players had a secret weapon: experience. They have been playing together for several years.

"Basically, that team's been together since they were U12," academy director Jon Parry said. "We've had them a couple of years; some are in their third years. The thing I'm proud of is they're all from the KC area."

Playing together gives them an edge on the pitch. They know what to expect and how to get the best out of their teammates.

"We have the chemistry," said midfielder Roman Knox from Shawnee, who assisted on the first goal in the championship match. "We know what this person's going to do if they get the ball and the whole scenario on the field, so we know what to expect and how to talk to this person and how to encourage this player."

"You know where someone's either going to make the run because you're under pressure or you're going to know someone's coming on so they open up to give you options."

Jacob Hall from Overland Park scored had a goal in the 76th minute to seal the championship.

"We've been working together for quite a while," Hall said. "We just have this chemistry together. We were able to come together and make it all the way through to Nationals and win."

The team mentality is a testament to the character of the U15 players, but also to a coaching staff dedicated to developing good players and good people.

"Our main objective is to develop professionals to play on the first team," Parry said. "It's really

about individual player development, but if you can couple that with the team development it bodes well down the road. I think that gives them

"It teaches you values outside of soccer," said forward and team captain Colin Innes from Olathe. "We have responsibilities every day that we have

train technically, tactically, physically and the psychological part of it comes into play. Those are the four pillars of our game. We mix those with our core values. We always have a team-first mentality.

"We want to have a winning mentality and a tremendous work ethic on and off the field, and then the fourth is being intelligent on and off the field. We feel if we mix all that stuff together we've got the recipe to continue to develop players."

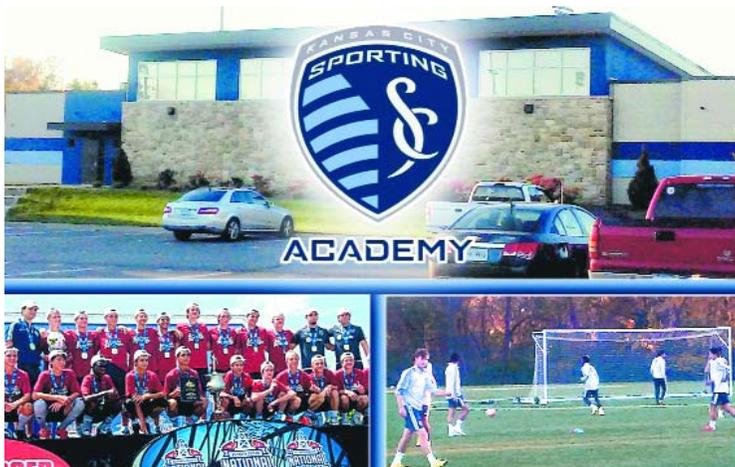
Two players developed by SKC Academy will participate in National team duty. Cameron Duke from Olathe and Mason Visconti from Lee 's Summit will attend the National camp in November in Bradenton, Florida.

Meanwhile, the mix created a strong team which drew inspiration from the previous season when they qualified for Nationals but lost in the early rounds.

"That was a really motivating factor because it was our first experience being in the National Championship," said Knox, who goes to Rockhurst High. "We were looking for redemption from teams that were in it last year, beat us, and then went and won the championship, and we were looking to go back there and prove that we also could win a championship."

And the team earned the redemption it was seeking.

CONTINUED ON PAGE 12



even another edge. We talk about our culture all the time at Sporting KC. We have a tremendous culture and environment.

"It's demanding but they love it. Kids have been part of the success here; they really latch on to it. I attribute that to our staff. We have an unbelievable training staff."

Besides Parry, who played at Rockhurst before a ten-year professional career and 16 years coaching experience; the staff consists of Istvan Urbanyi, head coach for U16 and U18, who played professionally in Europe for 13 years with two years in MLS and coached the Maldives National Team; U14 coach Josh Gardner, who played professionally in MLS and with Sporting KC; and U12 coach Matt Trump, who played at Baker University and teaches in the Olathe School District.

Responding to a Major League Soccer directive to all teams, Sporting KC developed it's academy from scratch eight years ago.

"It was difficult," Parry said. "We went through a lot of challenges. But we have a tremendous ownership group who have invested more in youth soccer than anybody has before and has committed to it. And we got an award for best facility (Swope Village). We opened up locker rooms. It really changed our dynamics."

One unique feature of the Sporting KC Academy is the first team shares locker room facilities with Sporting KC players, who train at the same facility. The environment exudes an atmosphere of total team commitment.

"The most important thing here is the culture and the environment we've created," Parry said.

Part of the SKC Academy culture includes developing the individual in addition to the player. Each individual has chores they must do before they can play. Whether it's pumping up balls or filling water bottles, everyone has a duty.

to do and then when we get on the field we have to work our hardest just to keep our spot on the team and to be able to travel. So, it teaches us hard work."

Said Parry, "Our whole plan here is to have a systemic approach to how we do it, how we

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Yet ironically, most people when standing on a scale only think about fat. They think about losing fat when reducing weight.

Worse, they don't understand shedding pounds by dieting only and without participating in weight training to maintain and build muscle, they aren't just losing fat. They are also losing muscle.

Without scientific measurement, there's no way to know how much muscle and fat, we lose.

Most people also don't understand the scale doesn't tell the real story if they are weightlifting while dieting to reduce weight.

For example, if you gained 15 pounds and wanted to lose it by beginning a diet and exercise program, you may hit a wall after discarding 10 pounds on the scale.

However, baseline and follow-up body composition tests may confirm you actually did lose 15 pounds of fat but added five pounds of muscle. The end result is far lower body fat percentage

and more defined physique.

More and more, studies, doctors and fitness experts are changing the conversation. They are shifting fitness goals to focus far more on overall health and wellness - most importantly, body composition.

Fit is the new thin

Our whole lives, we've been programmed to believe it is all about the number on the scale. No more. Now the emphasis is on how much fat you carry, not how much you weigh.

For example, a female athlete weighing 150 pounds with 20 percent body fat is far healthier and fit than a comparable athlete who weighs 130 pounds with 30 percent body fat. Even better, the

20 percent body fat athlete has far better muscle definition and looks healthier. Both may even wear the same size clothing since muscle is more compact.

The great news is there is a way to scientifically measure body composition using a medical grade piece of test equipment called a BOD POD.

A Kansas City company called Muscle Metrics LLC is one of the first of its kind in the nation to make this sophisticated piece of equipment available to anyone.

While this equipment was invented 17 years ago with a National Institute of Health grant, it has only been used in medical facilities like the Mayo and Cleveland Clinics. Plus, it is used by professional athletic programs including 16 NFL teams and the NFL Combine as well as the NBA Rookie Camp. Over 20 Division 1 training facilities have one. Olympic programs worldwide rely on BOD PODS, as do the Army and Navy Special Forces. Even the TV show, The Biggest Loser uses one.

Testing is simple, safe for any age, takes

10 minutes or less and is easy. Muscle Metrics has designed a custom-built mobile trailer to bring convenient body composition testing to your location.

Muscle Metrics travels to gyms, cross fit clubs, high school and college athletic programs, club sports teams, corporate health and wellness programs, body and physique competitions, health fairs and more.

Cameron Bishop is the owner and founder of Muscle Metrics LLC. He has a passion for fitness and health and wellness. As a former corporate executive and management consultant, he discovered the BOD POD and the motivating knowledge gained from body composition testing. Traveling 40 to 50 times per year took its toll and he gained 16 pounds even while still exercising regularly. A baseline test in a Bod Pod at the start of his weight loss program and nine months of eating clean with intensified weights and cardio led to trimming 12 pounds. A follow-up Bod Pod body composition test verified he had in fact lost 16 pounds of body fat and added four pounds of muscle. While the scale said his weight was up, his waist size was better than it had been in five to 10 years.

That's when he decided the information that Bod Pod provides is so powerful that he wanted to make it available to everyone. If you would like to have him come to your gym, company, school or athletic program, check out the website at www.musclemetrics.ZONE, email cbishop@musclemetrics.ZONE or call 913-905-9789.



Cameron Bishop
Contributing
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SPORTING KC ACADEMY | FROM PAGE 11

"It kind of pushed us because we lost in nationals the year before," said Hall, who attends Blue Valley Northwest. "We wanted to prove something; that we're better than other teams."

As the season progressed, the U15s began to feel they had a good chance to succeed.

"Once we made it to nationals and we won our first two games and we just beat the defending national champs, we got a feeling that if we keep playing like this we can definitely pull this off," said Innes, from St. Thomas Aquinas. "And we kept playing like that all the way."

Said Hall, "I had full confidence in my team, that we would be able to win the national championship," Hall said. "I think it all started at State Cup, when we started to get our groove on, started beating all these teams and basically winning the championships."

Hall and his teammates hope to continue their "groove" into the coming season as they try to defend their national title, and most have hopes of playing professional someday.

"Hopefully it'll lead to an Academy championship, this summer," Innes said. "I'm like any soccer player; I want to be a professional soccer player when I grow up. I'd hope to someday be in one of the better teams in Europe, but I'd like to someday play for Sporting."

The players may dream big, but not too big. "It still remains to be seen if any of these guys can be world-class players," Parry said. "But that's what our ultimate goal is. If we can produce world-class players, guys who can play in the Champions League, then I think that goes hand-in-hand with playing with their respective national teams and their home clubs. So, our ultimate goal is to provide them with that pathway."

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Assessing body movement to treat pain

How well do you move? Do you ever think about it? What, are you supposed to? Yes, and well, no.

Movement or how you move is usually automatic, we really don't think about it. We do notice when we are throwing a ball and feel pain in our shoulder, or feel pain in the lower back as you get up after sitting.

Pain is a warning sign something is not moving or working correctly.

When you have pain something is amiss, but what about when you don't have pain or the pain is only intermittent.

Unless there is acute trauma, like from a motor vehicle accident, when we evaluate a patient we watch how they move. Does their mid (thoracic) spine rotate and extend as it should? When they bend over can they touch their toes and if they can how do they go about it?

I have had patients be able to touch their hands on the floor yet their low back (lumbar spine) doesn't really participate in the movement. Or the young gymnast that can do a backbend, but the movement all occurs in lower back. These alterations in movement will eventually result in some type of pain.

It is fascinating how amazing the human body is.

When the body undergoes injury, pain, discom- fort or tightness, the brain and motor control

systems (the part of the brain controlling movement) has the amazing ability to change the movement or movement patterns of your body to work around the pain. An example is like a limp from a sprained ankle.

Think of the brain and the motor control center like the CPU (central processing unit) of your computer. Movement patterns are like software that can and will be changed or re-written because of pain or dysfunction in the system.

We used to think after injury and once the patient was pain free the changed movement pattern or motor control of the limp from an ankle sprain would just change back to a preset. What we know now is most of the time this does not happen.

That is why current research tells us the No. 1 predictor you will suffer an



injury to your shoulder, back or ankle you have had a previous injury to the same joint. Why? Altered movement patterns! Your program changed but never changed back.

Go to the mall and watch people walk, do their arms swing or are the movements stiff. These are all signs besides pain of altered movement.

If you want to have your movement evaluated see a doctor trained in the Selective Functional Movement Assessment (SFMA). This is a proven method to examine faulty movement patterns and be able to identify what is not working.

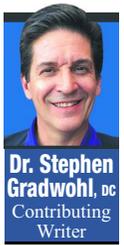
We can develop treatment strategies to treat pain and movement problems that may be a distance from the perceived pain.

SFMA was developed

with a multidisciplinary team of practitioners. The treatment might include a chiropractic adjustment of a joint, Neurokinetic therapy (NKT), soft tissue work, exercise, self-release techniques, acupuncture or laser.

We use the SFMA to measure the progress. If you have suffered from chronic pain or recurring injury or just want to move better, schedule an appointment with our office for an examination. We will evaluate with orthopedic tests, chiropractic evaluation and of course the SFMA.

Stephen C. Gradwohl, D.C has been in practice for 30 years. In addition to his Doctor of Chiropractic degree Dr. Gradwohl is a certified chiropractic sports physician, is certified in acupuncture and active release technique. He is also a Level III Neurokinetic Therapy specialist and a Loomis Digestive Health specialist. In addition, he is a Diplomate of the American Board of Chiropractic Orthopedics. You can reach Dr. Gradwohl at the Optimal Health Center (OHC) by calling 913-888-3338. You can also find OHC online at ohckc.org.



Dr. Stephen Gradwohl, D.C.
Contributing Writer

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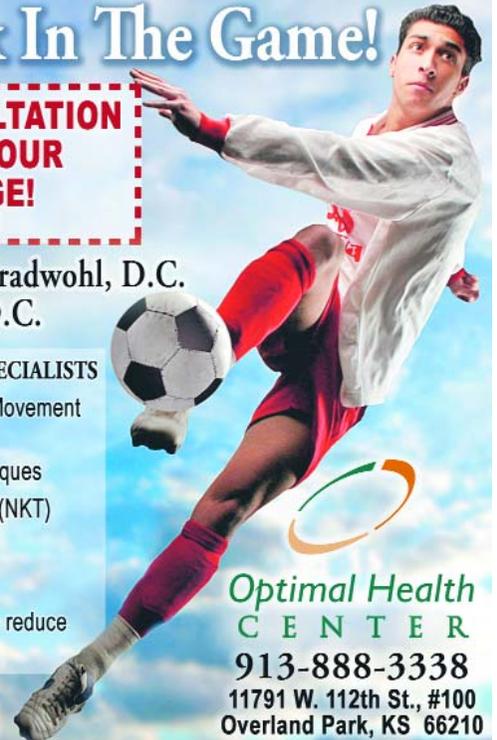
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Stop rolling your IT Band

I'm always surprised by the number of runners who say things like "I have tight IT bands, but it is okay because I foam roll them."

The first problem is the acceptance it is okay to have a chronically 'tight' tissue. Under normal circumstances no tissue should hurt or cause discomfort all the time.

The second problem is the idea that massaging what hurts until the end of time is better than actually fixing the cause of the pain.

The IT band, or Iliotibial band, is a strong fibrous stretch of connective tissue that runs from the outside of the hip, down the lateral part of the thigh and attaches to the tibia bone just below the knee. Two muscles, the tensor fascia latae and the gluteus maximus have attachments into this tissue, and by virtue of their attachment can use the IT band to produce and stabilize movement at both the hip and knee.

Here's why I challenge the long term benefit of foam rolling the IT band. It is incredibly strong, like a steel-belted tire strong. As a physical therapy student in anatomy class, it took multiple scalpels to cut through them.

Given its structure, it would take an extreme amount of repetitive stress to actually cause this tissue to change on a cellular level. Something far above what most runners will exert on this tissue.

So when an IT band hurts it indicates tissue

inflammation and/or failure of the muscle system to efficiently dissipate forces. The odds of an IT band actually being short are very low. Even if it was short, the idea that a foam roller is going to

stretching forces to the muscles attaching to the band, which can change how the muscle fires in the short run.

You also apply direct force to the muscles



"stretch it out" fails to address the underlying cause of the problem.

You might be thinking, "I roll my IT band and I know it works."

Don't get me wrong, rolling out an IT band can have short-term benefits. In doing this you apply

below the IT band and can change their function as well for a short period of time.

In fact, these are strategies I prescribe in therapy for their short term benefit but always in conjunction with a strategy to address the underlying cause.

For example, the gluteus medius and/or gluteus maximus may not be doing their job to control single-leg alignment during the contact phase of running.

Specific and active muscle training is required to optimize muscle function and improve your running efficiency.

So if you're constantly rolling out your IT bands, think deeper. That kind of massage is fine for short-term management, but for long-term relief and injury prevention you must work on your movement patterns.

If you aren't sure how to do this on your own, find a physical therapist you can trust and make an appointment!



Scott Moreland
Contributing
Writer

Scott Moreland, DPT is a physical therapist and movement specialist at CORE Strategies Physical Therapy, Sport Performance & Medical Fitness in Overland Park. The CORE team specializes in rehabilitation and performance training for clients of all ages and activity levels. To learn more about CORE's sport specific programs visit www.coreptkc.com. Contact Scott at scott@coreptkc.com or call 913-322-4000.

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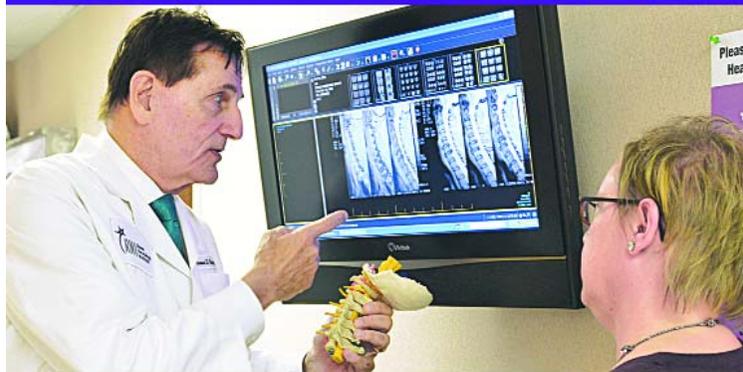


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Dr. Vernon Rowe is the founder of the Rowe Neurology Institute. He is currently an adjunct professor of neurology and is certified in neurology, sleep medicine and neuro-MRI.



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The time is now to become CEO of your body

Beep! Beep! Beep! It's wake up time. Your eyes open as you flip the covers back and roll into the shower. Fifteen minutes later teeth are brushed, clothes are on, off to work you go.



Another day at the office - sitting and working on the magic machine. But, how did you do it? Seriously, how did you get to work?

Chances are, on any given day, you probably do not think about brushing your teeth, showering, walking to work, changing your newborn's diaper, navigating the internet, assessing a curb or trusting a fellow commuter to keep their four-thousand pound hunk of metal in the respected lane.

Many of us fail to acknowledge the fundamental aspect that permits exploration of our needs and desires until something goes wrong. In short, we take our bodies for granted.

I have heard many patients say "I used to be in great shape," or "I played sports in high school" or "I never had any pain until I turned 30."

For those whom I am talking too, and that includes almost all of you, I invite you to answer this question: What have you done to maintain, preserve, or revitalize your body for the past 10-20-30 years?

Did you let it go to the wolves? Let nature run its course? Watch the company profits wither, without intervening? Drive the car without changing the oil? If your answer is yes, you are not alone.

Many people want to change but they do not have the education, accurate description or practical information to address their needs.

So, they run the machine without knowing how to drive. This gas pedal without a steering wheel leads to faulty movement mechanics, abnormal stress on joints, joint degradation and eventually motivation - Pain!

How do you avoid pain? Become the CEO of your body!

1. Listen to Albert - Albert Einstein said, "The significant problems we face cannot be solved at the same level of thinking we were at when we created them."

2. Develop a conscious awareness of your body. This will most likely require guidance from a skilled individual. EXERCISE IS NOT LIFTING A WEIGHT! It's lifting a weight with correct mechan-

ics, force production and neuromuscular recruitment.

3. Understand the importance of a diverse exercise program. Most people perform one spectrum of exercise. People that do Yoga, do Yoga. People that run, run. A healthy exercise program will be diverse and should encompass a variety of exercise strategies. The strategies involved should include:

- Corrective exercises to restore mechanics and postural tone.
 - Yoga- or Tia Chi-like exercise to improve strength, flexibility and mental focus.
 - Resistive exercises to improve strength, stability and bone density.
 - Cardiovascular exercise including multiple methods. Cross training is important to avoid repetitive injuries
 - Sports specific training if necessary.
4. Avoid doing the same activities and workouts



over and over. Your exercise habit should be avoiding habits.

There is really no reason to go through life a stranger to your own body. You should seek assistance, listen and feel your way to a new you. Make yourself at home and stop waiting for a "better time" that may never come.

Dr. Shane Jackson is the Director of the Physical Therapy Department at Rowe Neurology Institute in Lenexa. He has a Doctorate of Physical Therapy from Des Moines University-Osteopathic Medical Center. Dr. Jackson specializes in the use of manual skills in conjunction with neuromuscular reeducation and individualized exercise prescription with the goal of correcting faulty movement patterns and restoring optimal joint mechanics.

Along with his wife Dr. Brandi Jackson, he founded Optimum Physical Therapy and Performance Center in North Kansas City. He is also Clinical Director for Physical Sagacity, a web-based, exercise video platform that works to educate and empower patients and facilitate success in pain relief, reach patient goals, and promote a healthy life style.

If you are interested in your own video exercise program email info@physicallsagacity.com or contact Dr. Jackson directly email sjackson@optimumptpc.com. To reach him at Rowe Neurology Institute visit neurokc.org or call 913-894-1500.



Get the stress out

Everyone deals with stress differently. However, stress affects your body in some common ways.

Stress can cause depression and anxiety or it can cause obesity, high blood pressure, heart disease and many skin conditions. None is good for you.

Some symptoms are body aches and pains, fatigue, irritable, headaches, lack of energy and problems sleeping.

Many people can quickly tell you how they deal with stress. They eat more or eat less. They sleep more or sleep less. They could be moody or quiet.

However, lingering stresses eventually take their toll on the body's health system. It's important for your health to turn things around when you are in stressful situations and deal with them in a positive manner.

- Develop a positive attitude – Learn to recognize your limits and say "No" when necessary and time is limited.

- Spend some time to get organized – Don't try to be perfect. Work on one thing at a time. Don't try to stretch yourself to cover too much at once. It isn't helpful and usually the job does not get done well.

- Learn to relax – Schedule down time for yourself. You have to take care of yourself if you want to be in prime form to take care of others.

- Be sure to eat well – Consume healthy foods and take time to sit and enjoy your meals. Eating on the run isn't good for your digestive system and you usually make poor food choices.

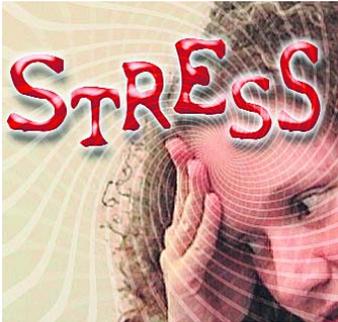
- Keep a regular sleep schedule – Keeping a schedule of sleeping about seven hours a night at the same time helps keep your body in perfect

form and helps you feel rested.

Exercise is extremely important to your health and helping to keep your energy levels up. This is just as important, if not more so, as taking time to relax. Physical activity helps relieve depression and anxiety. Exercise helps you sleep, have energy and is great for your health overall. It increases endorphins production, which are transmitters that make you feel happy.



Dr. Lynn McIntosh, DC
Contributing
Writer



Life's challenges can seem overwhelming, but keeping a sense of humor can also help you get through them. Most stressful situations don't last forever. Deal with them and move on. Don't let them linger and become more of a problem than they need to be.

Practice relaxation techniques and seek professional help when stresses become over-

bearing. Take care of good friendships, plus enjoy peace of mind and good health when you can deal with life's stresses successfully!

Dr. Lynn McIntosh is a board-certified chiropractor licensed in Kansas and Missouri. In addition to being licensed to provide general chiropractic care, she is also a certified chiropractic sports physician, working with athletes from multiple disciplines on specific sports-related problems. She's also a certified acupuncturist. To learn more call 816-753-4600 or visit KansasCityChiropractic.com.

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U.S. ARMY HIGH SCHOOL TOP PERFORMERS

NOVEMBER 2015



Grain Valley's Alex Thiessen, Blue Valley North's Andy Sims and Future Soldier Rikki Li selected as U.S. Army High School Top Performers

By NICK McCABE, Contributing Writer

Each month Kansas City Sports & Fitness Magazine teams up with the U.S. Army to honor High School Top Performers. This month we visited Grain Valley, Blue Valley North and the Olathe Recruiting Center to honor three Top Performers in the Kansas City metro.

Alex Thiessen Grain Valley Student/Athlete

Grain Valley's boys' varsity soccer program was established just eight years ago. That does not mean you should discount Alex Thiessen's school record for goals scored in a single season. 30 times in 25 matches so far he has found the back of the net, a mark that would set a record at a lot of schools.

Thiessen, our U.S. Army Top Performer, is a junior, so he can pad his record next year.

"I'm definitely a representation of my team," Thiessen said. "My team puts a lot of trust in me and gives me tons of opportunities to succeed and I'm just glad they trust me and let me represent them for things like school records."

Thiessen's individual success has led to great team accomplishments. After a solid if not spectacular 11-6 start, the Eagles have won eight straight matches including a 1-0 victory over the second-ranked team in the state, Sedalia Smith-Cotton, to capture the program's first-ever district title

"It's just so exciting," Thiessen said. "You look at a lot of the things we do and it just seems like we're miles ahead of where we were in the beginning of the season.



Grain Valley

focuses on the sport year-round to maximize his opportunity.

"I still feel like I have a very long way to go before I prove myself and start to get recognized by schools," he said.

Thiessen is just enjoying the run his Eagles squad is on right now, having advanced all the way to the state quarterfinals.

"We're just trying to go as far as we can," Thiessen said. "Grain Valley has never had a district title and we've done that. We're just trying to set as many firsts as we can."

Andy Sims Blue Valley North Football Coach

A Blue Valley North remarkable resurgence earned Andy Sims U.S. Army Coach of the Month honors.

The Mustangs had struggled for more than a decade but cratered to a 1-26 mark in three seasons from 2011-2013.

Sims arrived last year. His first squad posted a 2-7 record, but the seeds of success were planted with a much more competitive season.

Still, perhaps nobody outside the program expected what North has done in 2015. The Mustangs have reeled off seven straight wins to finish the regular season at 8-1. The finale was a matchup of 7-1 teams with a district title on the line. The underdog Mustangs trounced Shawnee Mission West 49-21.

"It's been awesome," Sims said. "Our kids have done a fantastic job so far. You know, it's one of those

CONTINUED ON PAGE 19



Blue Valley North

We're very excited to show that improvement and to get better and be more cohesive and have

better team chemistry." Thiessen hopes to play college soccer and

TOP PERFORMERS | FROM PAGE 16

programs that's not necessarily been a football school, at least in the last 15 years or so. You look at the kids who have been through the mud and the muck of losing and they're still standing. Those kids, they're hungry, they're eager."

The main catalyst is two-year starting quarterback Joey Dolan, who has thrown for more than 2,500 yards in nine games, including four 300-yard passing games.

"He's definitely changed this program around," said, Dolan, who is a senior. "The community

around us, everyone's got a different perspective now on North football. It's been an honor playing for him."

A great regular season is in the books. Now the Mustangs hope to make some noise in a tough Kansas Class 6-A playoff bracket.

"This will be a new experience for these kids," Sims said. "The only thing you can do as a coach, no matter where you're at in your program, is you want to be playing your best football at the end of the season. I think we're getting close."



Rikki Li

Future Soldier / Olathe East

Future Soldier Rikki Li wants to be a surgeon. Li, an Olathe East High School senior, is a model student with a GPA that ranks fourth out of 457 students in her class. She is a writing tutor, mentor for freshmen students, drum major in the marching band and holds down two jobs.

She had numerous educational and career opportunities and last summer, she decided the best way to accomplish her life goals was to join the Army.

"Honestly, it was a spontaneous decision," Li said. "Prior to this summer I hadn't heard anything about the Army, really. A recruiter came to my house and talked to me, gave me a booklet and inside there was a list of specialties I could do.

"I looked up the medical category and there were a lot of them. I thought this could help me

show that I have a lot of experience in the medical field. It was all thanks to a booklet."

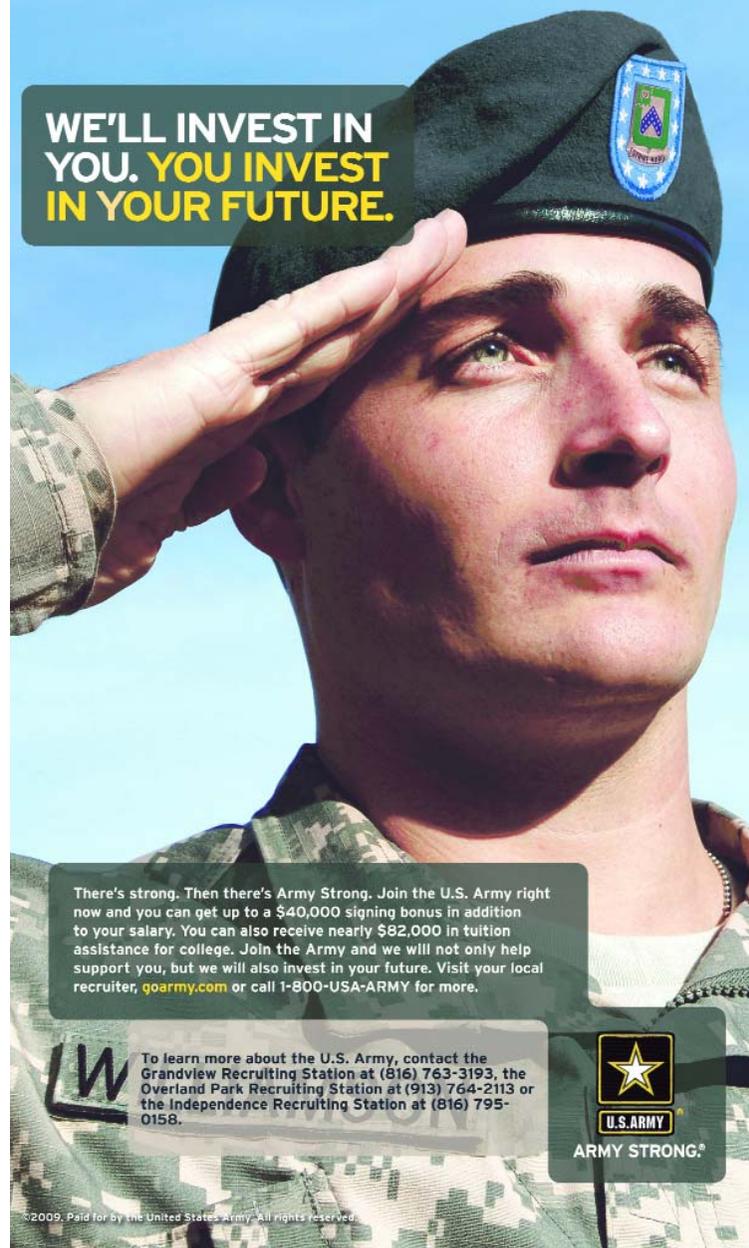
Li is a first-generation American. Her parents moved to Olathe from China just before she was born.

"I've been here my whole life," Li said. "I never really connected with anything culturally in China. It's always been about being an American for me. Being able to serve my country and do what I can is pretty awesome."

Just a few weeks after high school graduation, Li will ship out to Fort Sill in Oklahoma to begin her Army career.

"I'm super excited to go to basic training," Li said. "Seclusion from everything in the world, just being able to focus on one thing and not worry about anything else."

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