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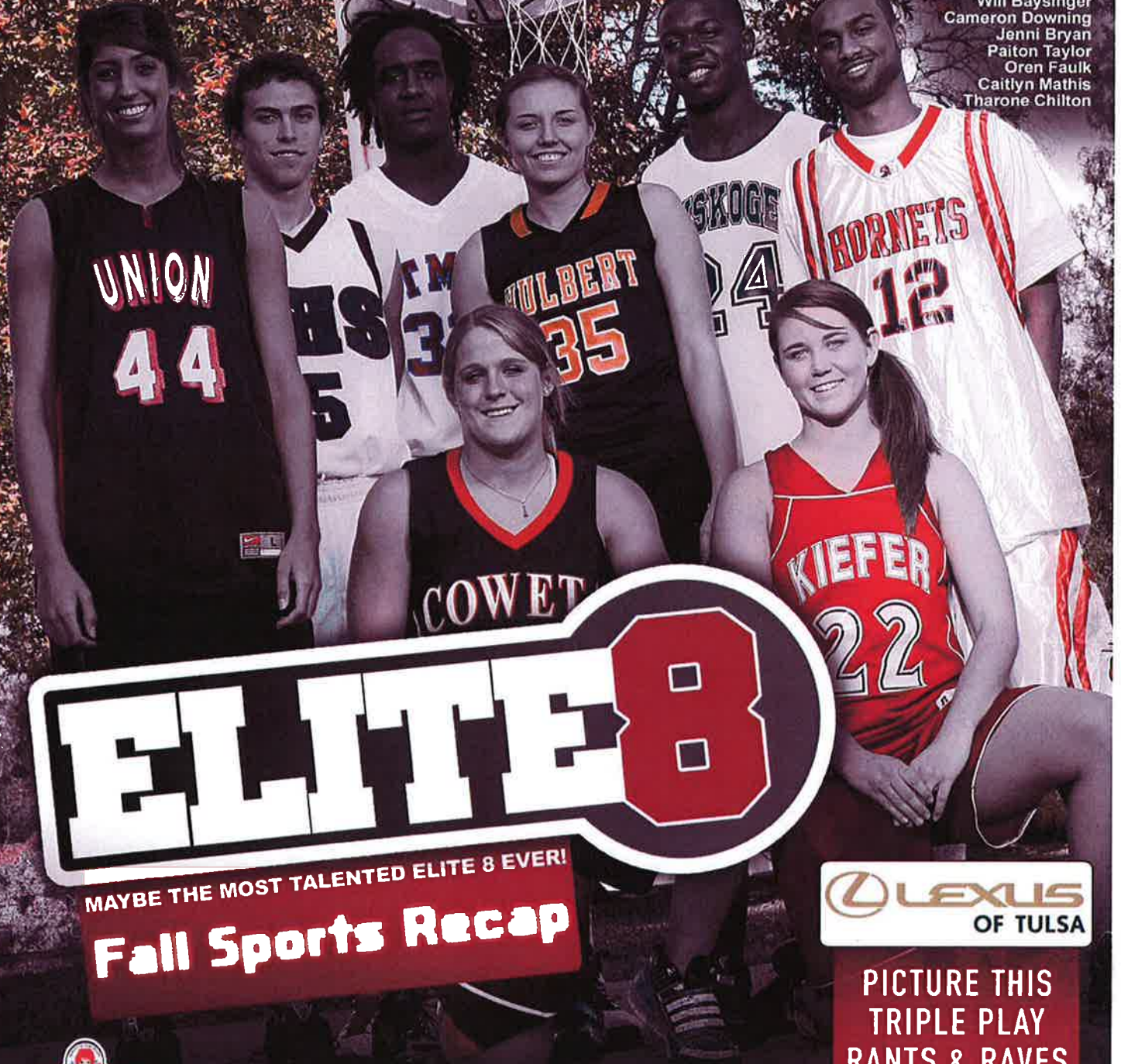
HIGH SCHOOL SPORTS MAGAZINE

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Left-Right
Carrington Fox
Will Baysinger
Cameron Downing
Jenni Bryan
Paiton Taylor
Oren Faulk
Caitlyn Mathis
Tharone Chilton



ELITE 8

MAYBE THE MOST TALENTED ELITE 8 EVER!

Fall Sports Recap



PICTURE THIS
TRIPLE PLAY
RANTS & RAVES
& MORE!



Your Daily High School Sports Radio Show at VYPEradio.com

Features



32

Elite 8

VYPE's 5th Annual Elite 8 is featured this month and the list of players is very impressive. From dominating post players to three point shooters, VYPE has gathered one of our most impressive groups yet.



38

Fall Sports

VYPE takes a look back at the fall sports action in softball, volleyball and cross-country. Would Broken Arrow win another softball title or could Bishop Kelley dominate Class 5A volleyball?



43

The Streak

The Shattuck Indians have won over 93 straight games and still counting as they look to lock up another Class C state championship in football. What makes them so special? LP Pannell caught up with coach Bullard of Shattuck.

Rants & Raves



Chris Greer Column

Dear VYPE and Chris Greer thank you for your recent article "Why Should Caring Be a Penalty?" I appreciated your comments and agreed wholeheartedly with your statement that "you can't coach people well unless you love them." The best coaches our children have had cared more about what happened to them in life than on the field.

Charlotte Guest, Tulsa

(Editor's Note: Charlotte thank you for your comments. Chris Greer's columns always seem to stir emotions in readers. We're excited that he will

Terry Scott and the Roughers

Thank you for your feature on the Muskogee Roughers in the Basketball Preview. These guys are working as hard as ever and they deserve it. Go Roughers!

T. Williams, Muskogee

continue to be a part of the magazine in 2010.)

Basketball Preview

Please explain to me where and how you get your information for the Basketball Preview. I purchased a copy and I must say I expected much more on the teams. A few teams like Fort Gibson got stories, but everyone else just got a small paragraph. What gives?

J. Rodriguez, Tulsa

(Editor's Note: We featured a boys and girls team in Classes 6A-2A. You can imagine the size of a magazine if we were to feature every team in those classes. The capsules are designed to give you an idea as to how the team looks this season and who some of the players are you should look for.)

Departments

14 Locker Talk

- Several football programs in the state of Oklahoma pride themselves on having a great football tradition. Gerald Hicks, Dr. Rodney L. Clark and Lamar Burks have put together one of the more comprehensive looks at Booker T. Washington football ever assembled. From their humble beginnings in 1913 to the 2008 state championship team, "Hornet Football Excellence" is a must have for any Hornet fan.

28 Triple Play

- Coweta's Jenni Bryan is the subject of this month's Triple Play. Jenni's brother Mike Bryan will compete with the head coach of the Lady Tigers, Krista Binam. Can the linebacker tackle the questions or will the coach call all the right plays?

60 Game Plan Youth

- The INFC finals we held at Bixby Spartan Stadium last month and VYPE was there to cover all the action. Find out who brought home championships in football and who took top honors in cheer.

Youth Football Playoffs

I spoke with a guy at the INFC finals that said VYPE was doing a recap of the INFC playoffs. Is that still going to happen?

Charlotte Guest, Tulsa

(Editor's Note: VYPE attended the INFC playoffs for the fifth year in a row. Check out the coverage in this month's magazine and don't forget to listen to VYPE Radio on Tuesdays when we talk youth sports.)

In the Pool

Please give the swimmers more coverage. They work extremely hard and deserve it. We love the magazine and I know the swimming community would greatly appreciate the exposure.

Jill in Broken Arrow

(Editor's Note: You got it Jill! Thanks for the email.)

OLYMPIC DREAMS

SARAH TOLSON IS DREAMING OF COMPETING IN THE 2016 OLYMPICS. AS EACH DAY DRAWS CLOSER THOSE DREAMS BECOME MORE OF A REALITY.



By Wayne Bunch

Sarah Tolson has her sights set on the 2016 Olympic Games. And, if her recent discus throws at national meets are any indication of her talent, the Pawhuska junior just might reach her ultimate goal.

Tolson won the Class 3A State championship last year as sophomore and won titles at the **University of Tulsa, Pawhuska, Stroud, Hominy, Miami and Jenks** high school meets. She placed second at an Owasso meet. While the discus is her specialty, she is an accomplished shot putter. She won shot titles at Pawhuska, Owasso and Jenks, while placing second at Hominy.

During her freshman year she missed by just an inch of taking the title. But what has been more impressive was her accomplishments last summer.

Tolson is the USAF National Junior Olympics Intermediate Girls National Championship at Greensboro, N.C., in July,

throwing a personal best of 147 feet. In June she placed third at the Youth World Trials in Ypsilanti, Mich., tossing the discus 138-3 and won the Great Southwest Meet at Albuquerque, N.M., with a toss of 141-6.

Back home, she took the Class 3A High School State championship with a toss of 132-9 and then in April at the Kansas Relays she placed fourth throwing the discus 133-4. Tolson began catching the eye of college track & field recruiters her freshman season when she placed fifth at the USATF Junior Olympics with a toss of 125-5 and then placed second in the Class 3A state meet with a toss of 107-8, just losing the title an inch.

The personal Tolson is involved in numerous activities at Pawhuska which includes vice president of FCA, president of Key Club and class president. One wonders when she finds the time to train for such a demanding sport.

"I usually throw seventh hour in athletics, from 2:30 to 5 p.m., and then I meet with my coach Caleb Seal 2-3 times a week in Owasso. I drive 120 miles round trip in order to train with him. And, during March through August I will train six days a week," said Tolson.

When she is not training, Tolson watches film of a German discus thrower, who she says is her idol in the event. "I really like his technique and coach Seal has been teaching it to me. He's won the Olympics in the past. He makes it look so effortlessly. That's what I want. I just love watching him throw. I watch hours of film."

Tolson said she also watches film of herself after meets hoping to improve on her technique, along with her coach, who analyzes her technique to see ways to improve.

"Coach Seal has been a big influence on my career, said Tolson. "I met him my



freshman year and it was just by accident."

Tolson said they met at an **East Central** track meet, three weeks before the state meet. She admitted she was having problems throwing the discus.

"It was just so weird; he just stopped by the track meet and introduced himself to my mom and me. He coached **Kylie Spurgeon** who is the state discus record holder. It was kind of an awesome thing. We were looking for someone to help me.

"He has taken me under his wing and has really helped me," said Tolson. Seal said Tolson has the opportunity to become an outstanding athlete and obtain her goals.

"She can compete at the college level right now as a junior in high school," said Seal. "I'm forecasting her to be like some my other past athletes, who held the state record. I think she is going to be as good as the state record holder (Spurgeon of Owasso of **173-2** feet)."



When asked what made Tolson such a good discus thrower, Seal said, "She is focused on specific goals she wants to meet, dedicated and I don't have to force her to be at practice. And, she is excited about throwing and wants to be at the next level."

Seal said Tolson was a very coachable athlete and is "fun to be around. I really

believe that if she continues to progress like she has, Sarah will become an elite athlete and obtain her Olympic goal," said Seal.

Tolson also gets helps from her high school coach **Chris Tanner**, who describes her as a "a very determined and self motivated" athlete.

"She has a great attitude in the way she approaches everything in her life. I know she wants to reach the Olympics, but it's a definite possibility. She still has a way to go. But she has that drive and the desire to be the best might just get her there," said Tanner.

While the Olympics is a now the road for Tolson it's a goal she believes is obtainable in the future.

"The Olympics in 2016 or 2020 is my goal," said Tolson. I think it's realistic. No one around here has ever been to the Olympics. I believe I can make it. I have a ways to go, but I believe I can reach it.

"The thing about the discus for a woman is that the older you get, the more mature you become and can throw the discus farther and get stronger. Susie Powell, who is one of our top discus throwers, is 30 years old, and it proves you can throw the discus for a long time."

Tolson's interest in the sport was at the encouragement of her father, Steve, who threw the discus in high school, is also



a Pawhuska graduate.

"I never really knew what it was," said Tolson. "I always played basketball, but then when I got into junior high, my coaches thought I would be a good thrower. I really didn't know what the discus was. I thought it was a Frisbee type of

thing. That's how I got started, but it was my dad who got me interested."

Tolson who participates in the meets across the country unattached in the summer, says its her parents that provides the financial backing to compete in all the meets.

"I'm so lucky to have them," said Tolson. "They support me in everything I do and I am really fortunate," said Tolson.

She also said that her older brother (**Stewart**), who is a student at the University of Oklahoma, where she will compete in several meets, "is very supportive too. He said he's going to bring all his pledge brothers to the meets to cheer me on. I'm pretty excited about that."

Tolson, who has been contacted by over 20 schools by letters about a future scholarship, is interested in becoming a physical therapist. "I don't have any one school right now. But I want one that has a good medical school and a school with a good coach I can get along with and can help me improve to reach my goal."

She has her eyes set on college and the Olympics, but right now she is a Pawhuska Huskie and the whole town is behind her. "It's amazing. They were all wishing me good luck and congratulations for the national championship. It really gets me fired up. They are always encouraging me." •