

A Weekly Look Into Region IX Athletics

Region IX Highlights

²Week 8 • Oct. 16, 2013

Soccer in its final regular season weekend

Basketball teams practicing for season openers in a few weeks

The soccer season is in its final regular season as one season is wrapping up another is starting in a few weeks as the basketball teams are in practice mode for the first games that start Nov. 1.

The soccer regional tournaments are next week for the men's and the women's Region IX/District playoffs are the first weekend in November.

The race for playoff spots on the women's side is intense entering the final weekend. Otero and Laramie County already claimed playoff spots. The other two are between three teams Northwest Wyoming (6-4), Trinidad State (5-5-1), and Western Nebraska (5-5).

Looking at the scenery, If Trinidad beats WNCC on Friday they should be in for sure. That leaves the final spot to either Northwest and WNCC. WNCC's other game this weekend is Saturday at Otero, while Northwest has home contests with Western Wyoming on Friday and LCCC on Saturday. If Northwest and WNCC tie, the Cougars hold the tie-breaker with head-to-head wins.

The men's playoff race is also tight as four teams are fighting for a top four finish. Laramie County is on top with a 10-2 mark followed by Otero at 9-3, Trinidad at 8-4, and Northwest at 5-4-3. Trinidad and Ote-

Continued on back page



Left: North Platte's Kylie Wroot (15) and Samantha Kennedy (9) go up for a block on EWC's Jacey Holst during their game at Torrington on Monday. (photo by Dave Brunz)

Right: Trinidad State's Vanessa Gonzales passes the ball during their game against WNCC on Saturday.



Region IX Volleyball Standings

Team	Conference					Overall								
	Record	Win %	Home	Away	GB	PF	PA	Record	Win %	Home	Away	PF	PA	Last 10
Western Nebraska CC	8-0	1.000	4-0	4-0	-	24	0	32-3	.914	10-0	22-3	98	24	8-2
Western Wyoming CC	8-0	1.000	4-0	4-0	-	24	5	24-4	.857	8-1	16-3	73	30	10-0
Northeastern JC	7-0	1.000	3-0	4-0	0.5	21	0	20-5	.800	7-3	13-2	64	25	10-0
Otero Junior College	3-4	.429	2-2	1-2	4.5	9	13	20-8	.714	9-2	11-6	64	38	6-4
Central CC-Columbus	2-1	.667	1-0	1-1	1	8	3	22-10	.688	11-2	11-8	74	42	7-3
Northwest College	5-2	.714	4-1	1-1	2.5	16	8	15-8	.652	7-1	8-7	49	27	8-2
Sheridan College	4-3	.571	4-2	0-1	3.5	14	11	18-10	.643	12-3	6-7	62	34	6-4
Lamar Community College	2-6	.250	1-2	1-4	6	7	19	17-11	.607	6-2	11-9	53	51	4-6
North Platte CC	3-0	1.000	2-0	1-0	-	9	5	18-12	.600	10-1	8-11	64	55	4-6
Casper College	6-3	.667	3-0	3-3	2.5	21	11	15-15	.500	3-1	12-14	53	54	6-4
Trinidad State JC	3-4	.429	2-2	1-2	4.5	9	13	14-17	.452	5-3	9-14	53	63	4-6
Central Wyoming College	3-5	.375	1-2	2-3	5	12	16	12-15	.444	1-2	11-13	43	49	5-5
Southeast CC	0-4	.000	0-2	0-2	3.5	3	12	11-15	.423	3-3	8-12	41	56	3-7
Laramie County CC	2-6	.250	1-3	1-3	6	7	18	10-15	.400	2-6	8-9	37	50	4-6
Eastern Wyoming College	0-9	.000	0-3	0-6	8.5	2	27	7-21	.250	2-6	5-15	32	67	0-10
Dawson CC	0-0		0-0	0-0	1.5	0	0	4-22	.154	2-10	2-12	19	72	2-8
McCook CC	0-9	.000	0-5	0-4	8.5	2	27	1-30	.032	0-12	1-18	16	92	0-10

Sub-Region Standings

North Division

School	Subregion	Overall
Western Wyoming	8-0	24-4
Casper Casper	6-3	15-15
Northwest Wyoming	5-2	15-8
Sheridan College	4-3	18-10
Central Wyoming	3-5	12-15
Laramie County	2-6	10-15
Eastern Wyoming	0-9	7-21

South Division

Western Nebraska	8-0	32-3
Northeastern J.C.	7-0	20-5
Otero J.C.	3-4	20-8
Trinidad State	3-4	14-17
Lamar C.C.	2-6	17-11
McCook C.C.	0-9	1-30

Division II

North Platte	3-0	18-12
Central-Columbus	2-1	22-10
Dawson	0-0	4-22
Southeast Nebraska	0-4	11-15



McCook Community College's Beth Helmink sets the ball during their game with WNCC on Tuesday at Cougar Palace.

Upcoming Volleyball Matches

Thursday, October 17, 2013

Frank Phillips	vs.	Trinidad State Junior College	5:00 PM	Trinidad, Colo.
Grace University	vs.	McCook Community College	7:00 PM	McCook, Nebraska
North Platte CC	vs.	Central CC-Columbus	7:00 PM	Columbus, Nebraska

Friday, October 18, 2013

Lamar Community College	vs.	Bethany College J.V.	4:00 PM	Lindsburg, Kansas
Lamar Community College	vs.	Pratt Community College	6:00 PM	Lindsburg, Kansas
Northeastern Junior College	vs.	Western Nebraska CC	7:00 PM	Scottsbluff, Neb.
Eastern Wyoming College	vs.	Air Force Prep		Colorado Springs, Colorado
Sheridan College	vs.	Central Wyoming College	7:00 PM	Riverton, Wyoming
Northwest College	vs.	Western Wyoming CC	7:00 PM	Rock Springs, Wyoming
Dawson Community College	vs.	Lake Region Tourney		Bottineau, North Dakota
Kansas City Kansas C.C.	vs.	Southeast Community College	6:00 PM	Beatrice, Nebraska
North Platte CC	vs.	Northeast Nebraska	6:00 PM	Norfolk, Nebraska

Saturday, October 19, 2013

McCook Community College	vs.	Southeast Community College	2:00 PM	Beatrice, Nebraska
Lamar Community College	vs.	Bethany College J.V.	10:00 AM	Lindsburg, Kansas
Adams State JV	vs.	Trinidad State Junior College	1:00 PM	Trinidad, Colo.
Eastern Wyoming College	vs.	Air Force Prep		Colorado Springs, Colorado
Northwest College	vs.	Central Wyoming College	3:00 PM	Riverton, Wyoming
Sheridan College	vs.	Western Wyoming Community College		3:00 PM
Rock Springs, Wyoming				
Laramie County CC	vs.	Casper College	5:00 PM	Casper, Wyo.
Dawson Community College	vs.	Lake Region Tourney		Bottineau, North Dakota

Sunday, October 20, 2013

Dawson Community College	vs.	North Dakota State College of Science		3:00 PM
Wahpehton, North Dakota				

Monday, October 21, 2013

McCook Community College	vs.	Northeastern Junior College	7:00 PM	Sterling, Colo.
--------------------------	-----	-----------------------------	---------	-----------------

Tuesday, October 22, 2013

Otero Junior College	vs.	Trinidad State Junior College	7:00 PM	Trinidad, Colo.
Central Wyoming College	vs.	Casper College	7:00 PM	Casper, Wyo.
Southwestern CC	vs.	Southeast Community College	6:30 PM	Creston, Iowa

Wednesday, October 23, 2013

North Platte CC	vs.	McCook Community College	7:00 PM	McCook, Nebraska
Western Nebraska CC	vs.	Northeastern Junior College	7:00 PM	Sterling, Colo.

Thursday, October 24, 2013

Otero Junior College	vs.	Lamar Community College	7:00 PM	Lamar, Colorado
Western Wyoming CC	vs.	Central Wyoming College	7:00 PM	Riverton, Wyoming
Central CC-Columbus	vs.	Northeast Nebraska	7:00 PM	Norfolk, Nebraska

Friday, October 25, 2013

McCook Community College	vs.	Central CC-Columbus	7:00 PM	Columbus, Nebraska
Sheridan College	vs.	Laramie County Community College	7:00 PM	Cheyenne, Wyo.
Northwest College	vs.	Eastern Wyoming College	7:00 PM	Torrington, Wyo.

Saturday, October 26, 2013

Trinidad State Junior College	vs.	Lamar Community College	1:00 PM	Lamar, Colorado
Sheridan College	vs.	Eastern Wyoming College	3:00 PM	Torrington, Wyo.
Northwest College	vs.	Laramie County Community College	3:00 PM	Cheyenne, Wyo.
Southeast Community College	vs.	Northeast Nebraska		Norfolk, Nebraska

Tuesday, October 29, 2013

Otero Junior College	vs.	Seward County C.C.		Claradon, Texas
Otero Junior College	vs.	Clarendon College		Claradon, Texas
Laramie County CC	vs.	Eastern Wyoming College	7:00 PM	Torrington, Wyo.

Wednesday, October 30, 2013

Trinidad State Junior College	vs.	Otero Junior College	7:00 PM	Lamar, Colorado
Western Wyoming CC	vs.	Casper College	7:00 PM	Casper, Wyo.
Sheridan College	vs.	Northwest College	7:00 PM	Powell, Wyoming

Region IX Men's Soccer Standings

Team	Conference			Overall										Last	
	Record (W-L-T)	Win %		Home	Away	GB	GF	GA	Record (W-L-T)	Win %	Home	Away	GF		GA
Laramie County CC	10-2-0	.833		7-0-0	3-2-0	-	30	10	11-5-1	.676	8-1-1	3-4-0	38	20	8-2-0
Otero Junior College	9-3-0	.750		4-1-0	5-2-0	1	39	11	11-5-0	.688	5-1-0	6-4-0	49	17	9-1-0
Trinidad State JC	8-4-0	.667		4-1-0	4-3-0	2	33	22	10-5-0	.667	6-2-0	4-3-0	39	26	7-3-0
Northwest College	5-4-3	.542		2-2-1	3-2-2	3.5	29	23	7-6-3	.531	3-3-1	4-3-2	34	28	5-4-1
Northeastern JC	5-6-0	.455		3-4-0	2-2-0	4.5	13	22	6-8-0	.429	4-4-0	2-4-0	16	29	4-6-0
Western Wyoming CC	4-7-1	.375		3-3-1	1-4-0	5.5	13	27	8-9-1	.472	5-4-1	3-5-0	38	37	3-6-1
Western Nebraska CC	2-9-1	.208		1-5-1	1-4-0	7.5	13	31	2-11-1	.179	1-5-1	1-6-0	14	41	1-9-0
Sheridan College	1-9-1	.136		1-3-0	0-6-1	8	7	31	2-9-1	.208	1-3-0	1-6-1	11	31	1-9-0

Men's Soccer Scores and Schedule

Friday, October 11, 2013

Laramie County CC	3	W	vs.	Western Nebraska Community College	0	L	1:30 PM	Cheyenne, Wyoming
Sheridan College	0	L	vs.	Otero Junior College	3	W	3:00 PM	
Western Wyoming CC	0	L	vs.	Northeastern Junior College	1	W	3:00 PM	Rock Springs, Wyoming
Northwest College	2	L	vs.	Trinidad State Junior College	3	W	5:00 PM	Powell, Wyoming

Saturday, October 12, 2013

Western Wyoming CC	3	W	vs.	Western Nebraska Community College	1	L	1:30 PM	Rock Springs, Wyoming
Northeastern Junior College	1	L	vs.	Laramie County Community College	2	W	2:00 PM	Sterling, Colorado
Northwest College	1	L	vs.	Otero Junior College	4	W	3:00 PM	Powell, Wyoming
Sheridan College	0	L	vs.	Trinidad State Junior College	3	W	3:00 PM	Sheridan, Wyoming

Friday, October 18, 2013

Sheridan College			vs.	Laramie County Community College			12:00 PM	Cheyenne, Wyoming
Trinidad State Junior College			vs.	Western Nebraska Community College			12:00 PM	Trinidad, Colorado
Northwest College			vs.	Western Wyoming Community College			5:00 PM	Powell, Wyoming

Saturday, October 19, 2013

Otero Junior College			vs.	Western Nebraska Community College			12:00 PM	La Junta, Colorado
Sheridan College			vs.	Western Wyoming Community College			1:00 PM	Sheridan, Wyoming
Northwest College			vs.	Laramie County Community College			3:00 PM	Powell, Wyoming
Trinidad State Junior College			vs.	Northeastern Junior College			3:00 PM	Trinidad, Colorado

Sunday, October 20, 2013

Otero Junior College			vs.	Northeastern Junior College			12:00 PM	La Junta, Colorado
----------------------	--	--	-----	-----------------------------	--	--	----------	--------------------



Sheridan College men's soccer players run the sideline of the football field during a match against WNCC. The Generals won a close match with the Cougars as the regular season is in its final weekend.

Region IX Women's Soccer Standings

Team	Conference			Overall										Last	
	Record (W-L-T)	Win %		Home	Away	GB	GF	GA	Record (W-L-T)	Win %	Home	Away	GF		GA
Otero Jr. College	8-2-1	.773		5-0-0	3-2-1	0.5	22	10	9-3-1	.731	5-0-0	4-3-1	32	16	7-2-1
Laramie County CC	8-1-1	.850		5-0-1	3-1-0	-	44	7	13-2-1	.844	7-0-1	6-2-0	55	13	8-1-1
Northwest College	6-4-0	.600		2-1-0	4-3-0	2.5	21	15	7-6-1	.536	2-2-1	5-4-0	26	21	6-4-0
Trinidad State JC	5-5-1	.500		2-2-1	3-3-0	3.5	25	32	8-5-1	.607	4-2-1	4-3-0	36	37	5-4-1
Western Nebraska CC	5-5-0	.500		2-4-0	3-1-0	3.5	13	18	7-5-0	.583	2-4-0	5-1-0	18	19	5-5-0
Western Wyoming CC	2-7-1	.250		1-5-0	1-2-1	6	7	26	7-8-1	.469	2-6-0	5-2-1	25	36	3-6-1
Sheridan College	0-10-0	.000		0-5-0	0-5-0	8.5	2	26	0-11-0	.000	0-5-0	0-6-0	3	290	10-0

Women's Soccer Scores and Schedule

Friday, October 11, 2013

Sheridan College	0	L	vs.	Otero Jr. College	1	W	1:00 PM	Sheridan, Wyoming
Northwest College	6	W	vs.	Trinidad State Junior College	2	L	3:00 PM	Powell, Wyoming
Laramie County CC	6	W	vs.	Western Nebraska Community College	0	L	4:00 PM	Cheyenne, Wyoming

Saturday, October 12, 2013

Sheridan College	1	L	vs.	Trinidad State Junior College	2	W	1:00 PM	Sheridan, Wyoming
Northwest College	2	W	vs.	Otero Jr. College	1	L	1:00 PM	Powell, Wyoming
Western Wyoming CC	0	L	vs.	Western Nebraska Community College	1	W	4:00 PM	Rock Springs, Wyoming

Friday, October 18, 2013

Sheridan College			vs.	Laramie County Community College			2:00 PM	Sheridan, Wyoming
Trinidad State Junior College			vs.	Western Nebraska Community College			2:30 PM	Trinidad, Colorado
Northwest College			vs.	Western Wyoming Community College			3:00 PM	Powell, Wyoming

Saturday, October 19, 2013

Northwest College			vs.	Laramie County Community College			1:00 PM	Powell, Wyoming
Sheridan College			vs.	Western Wyoming Community College			2:00 PM	Sheridan, Wyoming
Otero Jr. College			vs.	Western Nebraska Community College			3:00 PM	La Junta, Colorado

Tuesday, October 22, 2013

Salt Lake Community College			vs.	Western Wyoming Community College			3:00 PM	Salt Lake City, Utah
-----------------------------	--	--	-----	-----------------------------------	--	--	---------	----------------------



Is it the meeting of the minds in the middle of the court or what when the Northwest Wyoming women and WNCC played recently. The game was played in the fall, as with the turning of the leaves, but also sort of winter as the mountains in the background are covered with snow as with patches of snow on the field.

Final weeks sees lots of exciting action

Continued from front page

ro have contests with WNCC and North-eastern Colorado, while Laramie County and Northwest will battle Western Wyoming. LCCC and Northwest will do battle on Saturday in Powell.



Caroline Siqueira

On the volleyball front, for the second straight week a Region IX player captured national player of the week honors.

Northeastern Colorado's Caroline Siqueira earned the honor after putting up a 44-kill, 33-dig performance against North Platte in a five-set win.

For the week, Siqueira averaged

7.07 with a hitting percentage of .370. In the four matches, she totaled 99 kills and 93 digs. She also had six service aces. Siqueira pounded down 24 kills against Lamar and had 25 digs against Otero. She only had four matches where she did not get double-figure kills.

Siqueira and the Plainswomen will have two big matches coming up as they travel to WNCC on Friday and then host the Cougars next Wednesday. Those two matches will decide the south sub-region regular season champion.

The North sub-region is also battling, but Western Wyoming has a 2 1/2 game lead over Northwest College and Casper College. Western Wyoming has four games left, Northwest and Sheridan at home this weekend and then road games at Central Wyoming on Oct. 24 and Casper on Oct. 30.

Northwest has five games left with only one at home -- Sheridan College on Oct. 30. They have road games at Western Wyoming, Central Wyoming, Eastern Wyoming, and Laramie County.

Casper College had just three more games left after defeating Eastern Wyoming on Wednesday night.

On the Division II side, the regional tournament begins Oct. 31 in a round-robin format between North Platte, Central-Columbus, Dawson, and host Southeast with the regional title game on Nov. 2.

Last, but not least, basketball season is



A Northwest College player goes up for a header during a game against WNCC back on Oct. 4.

just around the corner and teams are busy with practices and weekend scrimmages. The first games are slated for Nov. 1, which

is just a little over two weeks away and rosters and schedules are now being put into the Region IX website.



Think Pink

Breast Cancer Awareness Nights

Host school of the October celebrations is first and opponent is second

Oct. 18 -- Central Wyoming College "Central Wants A Cure Night" vs. Sheridan

Oct. 25 -- Laramie County vs. Sheridan

Oct. 29 -- Eastern Wyoming vs. Laramie County C.C.

If your school is doing something for Breast Cancer Awareness month, please let me know.

You can also send photos of the event as well.