



The Cougar volleyball team finished the season strong getting 2nd at Districts, which means time to break in the high tops. Let the fun begin!

The girls' played a lot of basketball this summer and saw big improvements. They went to UCM's team camp, CR's first summer league, and the Show-Me Games with a 2nd place finish.

Practice started last week and this season we are going to 'Push the Pace of Play'. We return 4 starters from last year's young team. Varsity letter-winners returning are seniors Allison Wagoner and Beca Downing; sophomores Mel Branscum, Bre Wonderly, Kayla Goth, and Kaitlyn Francy. Newcomers are senior Brittany Adams, sophomores Jaime Paris and McKenna Smith, and freshmen Lanae Goth, Katie Culbertson, Stephanie Branscum, and Kennedy Dick.

My first year back at CR I was the assistant and got to coach the junior varsity. At the time I had 2 freshmen that loved the game of basketball and worked extremely hard everyday to get better. They both played with everything they had and fought for every possession. Now those 2 are seniors and the leaders of this year's team. They still have a passion for the game and strive to improve everyday. Allison Wagoner and Beca Downing have been great to coach and they best is yet to come!

We have great leadership and talented youth...sounds like fun to me!

The girls are working hard and preparing for the varsity opener at Northwest Hughesville on December 3rd. You can follow the team this season on our website, www.crestridge.org.

Coach Woolsey (Katie Scherer)

kwoolsey@crs.k12.mo.us

CAPTAIN'S CORNER: Allison Wagoner #30

It's that time of year again, where the weather grows cold but things heat up on the basketball court. I am really excited for this season with the group of girls we have. We are a young team, but we are a smart team. During the summer we played at the University of Central Missouri Team Camp and our Wednesday night league and we did very well. At the UCM camp we played against some very competitive teams from big schools and we held our own. The Wednesday night league was with teams from our conference and we showed that we are not a team to be underestimated. We are young, yes, but we have played together long enough to be a threat to everyone. Watch for us this year, we will not disappoint.

MEET THE COUGARS: CHILI SUPPER

Friday, November 19th

Chili Supper: 5:00-6:30

Proceeds CR Basketball Teams.

6:30 Basketball Scrimmage

in HS Gym

7:30 HS Play in MS gym



Mark your Calendars:

Thursday Dec. 30th 6-8 pm

CR Free Throw Fundraiser & Alumni Scrimmage

6:00-7:00pm HS team will raise money by stepping up to the charity strip.

7:00-8:00pm Dig in your closet and dust off those Reebok pumps...it's time to lace 'em up! All ages are invited back to hoop it up CR style.

Email kwoolsey@crs.k12.mo.us if interested in the scrimmage.

My 2008-2009 team helped me develop the CR Top Ten. These are the qualities we feel define our team and make Crest Ridge Girls' basketball a great program.

CREST RIDGE TOP TEN

1. RESPECT YOURSELF & OTHERS
2. BE A GREAT COMMUNICATOR
3. DISCIPLINE YOURSELF, SO NO ONE ELSE HAS TO
4. MAKE HARD WORK YOUR PASSION
5. PUT THE TEAM BEFORE YOURSELF
6. MAKE WINNING AN ATTITUDE
7. TOUGH
8. HEART
9. FAMILY
10. TRADITION NEVER GRADUATES

2010-2011 SCHEDULE

DATE	OPPONENT			TIME
11/29	Concordia	JVG/JVB	H	6:00
12/03	Northwest	VG/VB	A	5:30
12/6-12/11	I-70 Conference Tourn. Concordia	V	A	TBA
12/9	Sacred Heart	JVG/JVB	A	5:30
12/14	Sacred Heart	VG/VB	H	5:30
12/16	Holden	JVG/JVB	A	5:00
12/17	Higginsville	JVG/VG	A	5:30
12/20	Cole Camp @ St. Fair	VG/VB	A	7:30
1/04	Archie	VG/VB	H	5:30
1/09	Holden @ UCM	VG/VB	A	4:00
1/11	*Concordia	VG/VB	A	6:00
1/14	*Wellington	VG/VB	H	6:00
1/18	Lexington	JVG/VG	H	5:30
1/21	*St. Paul Lutheran	VG/VB	H	6:00
1/24-1/29	Clinton Tournament	VG/VB	A	TBA
1/24	Wellington	JVG/JVB	A	6:00
1/27	St. Paul Lutheran	JVG/JVB	A	6:00
2/01	*Orrick	JV/VG/VB	A	5:00
2/04	*Santa Fe	JV/VG/VB	A	5:00
2/07-2/12	Cass Midway Invitational	VG/VB	A	TBA
2/15	*Sweet Springs Pink Zone Night	JV/VG/VB	H	5:00
2/18	*Lone Jack	JV/VG/VB	A	5:00
2/23	Smithton	JV/VG/VB	A	5:00
2/25	Windsor	JV/VG/VB	A	5:00
2/28-3/4	District 14 @ CR	VG/VB	H	TBA

Check out our website!
[CR Girls' Basketball Home](#)
Results, events, & Stat
Records.