

Dogs Power Up at Lift-a-Thon
By Jessica Koerperich

The Golden Plains Football Team held their annual lift-a-thon during their first week of practice in preparation for the upcoming football season. Bulldog team members spent time in the Rexford weight room throughout the summer to buff up their strength. They tested their improvement and growth on August 18th.

The participants lifted a new and improved combined total of 6,313 pounds. They performed three lifts—bench, squat, and clean. The top three lifters were Caleb Korte with 663, Jeron Schutte with 653, and Austin Rivera with 640. “I am happy that our hard work is paying off. It will show in football and help us be stronger and faster than any other team,” said Korte. “Our team goal is to make it to Dodge City to #WinItAll!”

Players solicited donations in the form of so much per pound lifted or just the flat fee of the donors choice. Part of the donations that the ‘Dogs earned went to their new Bulldog football jerseys. The rest of the donations will go towards helmet decals and any other equipment that they may need for this year’s season. “The lift-a-thon is always a great experience for the football boys,” said head coach Travis Smith. “My goal was to observe and see if any of our bulldog athletes have gotten stronger,” added Smith. “It helped show that summer weights are beneficial and a great kick off to the season.” The ‘Dogs will start their season on September 2 in Natoma.