

2023 FALL SPORTS



Cameron Mertz-Football, Payton Sales-Football,
Brooklyn Mullins-Tennis, Makenna Beasley-Tennis,
Paige McNabb-Volleyball, Kinzlie Hager-Volleyball,
Gage Ross-Soccer, Gavin Tennal-Soccer,
Briley Wishard-Softball, Ava Potter-Softball,
Carson Roskop-Football

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2023 Cardinals Band



2023 Cardinals XC



2023 Cardinals Dance



2023 Cardinals Cheer



CMS (Inset)

2023 Cardinals Football



Coach: Todd Mowery

Years/Years @ Clinton: 2nd year at Clinton

Record/Record @ Clinton: 1st year as Varsity HC

Asst Coach(es) & roles: Ben Monaco (WR/LB), Casey Taylor (OL/DL), Dalton Vann (OC), Dana Banks (OL/DL), Brian Wright, Tim Townsend (ST)

Key Returners (w/height, weight, position & class): Cameron Mertz Sr, Cohen Brammel Sr, Payton Sales Sr, Carson Roskop Sr, Quintin Faught So, Preston Lynch So.

Newcomers (w/height, weight, position & class): Isaac Tennal

and Anthony Contreras (Not really new but didn't play last year)

Team strength(s): We have some good speed and good group of seniors to lead the way

Team challenge(s): We have to start competing in our conference and keep our heads up when things don't work out

Save the date (game most looking for-

ward to & why): Game 1 vs Butler. A win at Butler will get some momentum early

Overall season outlook: We have a different dynamic this year and are looking to surprise some teams

Coach speak (comments):-- Overall I'm really happy with where we are right now as a whole. Numbers are up, attitudes are good, and the boys are ready to get season rolling.



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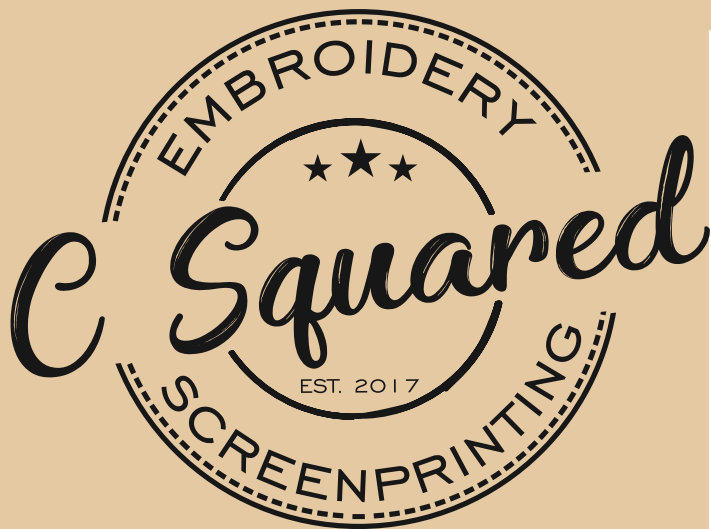
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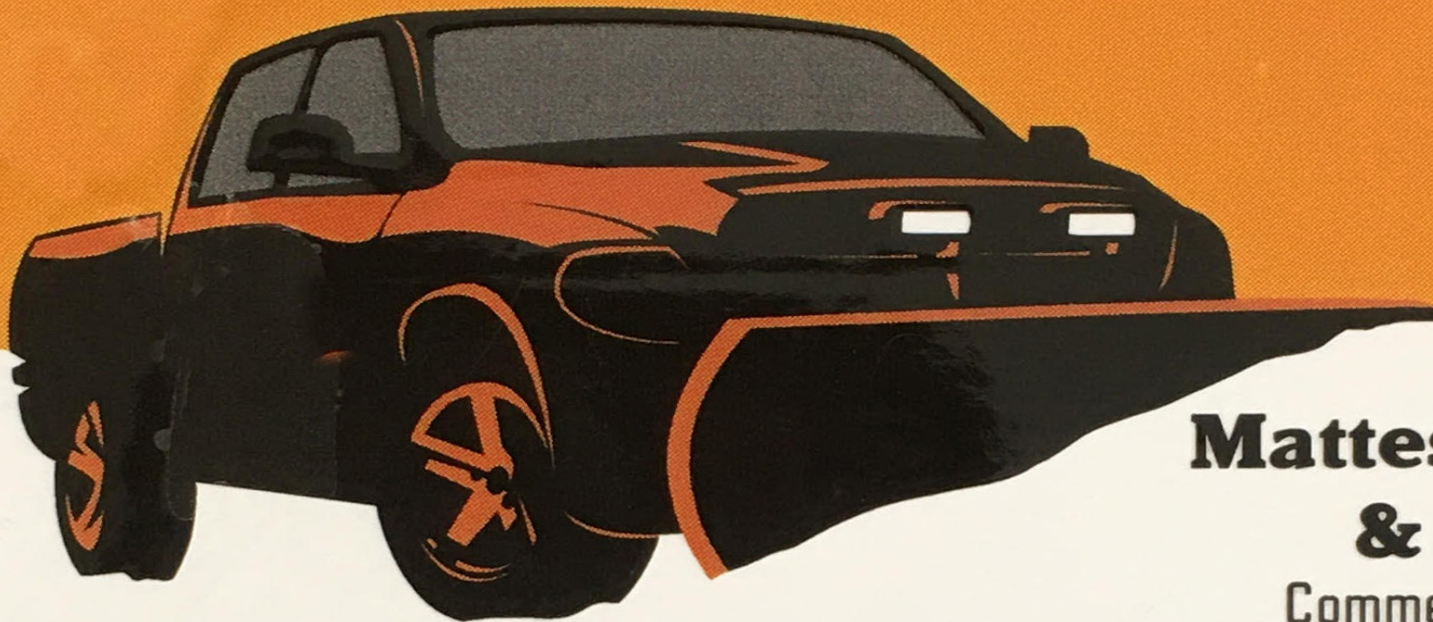


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2023 Lady Cardinals Softball

Coach: Sydney Snyder

Years/Years @ Clinton: This is my 3rd year in the district, 2nd year as head coach

Record/Record @ Clinton: 3-2 so far, my coaching record at Clinton as of right now is 15-17.

2022 record/result: 12-15, lost in districts first round

Asst Coach(es) & roles: Krista Adams- Assistant, Kelly DeHaan- Assistant & Pitching Coach, Adalia Sewell- Volunteer Assistant

Key Returners: Briley Wishard & Kennison Crispi are key returners for us as our starting pitcher/catcher combo.

Newcomers): Maddie Hess is a freshman playing varsity, and she has helped in the outfield and at first base in our first 5 games. She's got a good bat and a high softball IQ.

Keep an eye on (who & why): Some of our Freshmen and Sophomores are really stepping up this year into varsity roles. They have done a great job of staying coachable and increasing their softball IQs. Definitely something to keep an eye on for the future of Cardinal softball!

Team strength(s): Positivity, staying resilient, cheering for each other and being great teammates. On the field we have done a good job being aggressive on the base paths.

Team challenge(s): Some of the advanced sides of the game are difficult for us to grasp, but with more competitive game experience we are gaining that extra knowledge we need.

Batting summary, the good and bad: We have been focusing on situational hitting to manufacture more runs. We have spent a lot of time on bunting in the off season, so we have been able to play around more in the batter's box. We are working on being productive and doing our best to limit strikeouts.

Fielding summary, good and bad: Keeping it simple is our friend for all parts of the game, but especially in the field. We are constantly pushing the girls to focus on their job and not to over-complicate rotations & plays. At times, we show some inexperience in the field, so we are always working on being in a confident mindset so we can give 100% for 7 innings.

Save the date (game most looking forward to & why): Last year we lost in the first round of districts. That week of districts is definitely circled on my calendar. It is the most important week of the year, and it's what you work towards for months.

Overall season outlook: This season we are graduating 8 seniors. My goal for this season is to focus on making the best out of every situation, and focusing on what we can control. I am looking forward to having a competitive season!

Coach speak (comments): I always tell the girls that I am a softball coach, but more importantly a character coach through the game of softball. My job is to give them the tools they need to be successful in life after high school. We focus on accountability, consistency, integrity, work ethic, discipline, and pride. If we can focus on these values and find victory all in one, that is success in my eyes. I am honored to coach for the Clinton Cardinals Softball Program, and lead these girls into becoming women.



2023 CMS Softball



Best Of Luck To All
**Cardinals &
Lady Cardinals**



Throughout The 2023/2024 School Year



2023 Cardinals Soccer

Coach: Zachary Adams

Years/Years @ Clinton: This is my 3rd year as head coach, 4th year with the boys team.

Record/Record @ Clinton: 18-24 with the boys, 48-45 overall

2022 record/result: 5-16

Asst Coach(es) & roles: Jonathan Eversole is my assistant. This is his third year with the team and I am excited to have him back again.

Key Returners: Juniors Evan Mantonya and Jackson Woodland are my two captains. They bring the most varsity experience as they played key roles as freshmen. Both have been pushing the team to be their best and bring the intensity to practice every day. They will play key roles in the middle of field by directing the team and helping us move as a unit.

Newcomers: We have 14 new members to our team this year.

Keep an eye on (who & why): Soccer is a team sport where you need all 11 players on the field working together and move as a unit.

Midfielders are asked to do a lot as they have to help out both the defense and the offense while being a key part of possessing the ball. Juniors Miles Russell and Cale Zink are now in year 3 with me and I think can help play a big part in the midfield.

Team challenge(s): We lost six starters and do not have a lot of varsity experience. Figuring out our team play and roles could be a challenge early on in the season.

Team strength(s): While we lost a lot of varsity experience, we do have 15 returning players with five juniors now in year 3 with me. I think that they know the expectations for both in school and on the field. Player leadership is a strength of ours that will also continue to improve as the season goes on.

Offensive summary (scheme, etc): Junior Eli Griffey and sophomore Isaac Duncan are two players who bring back varsity experience. They both have some goals under their belt and we hope they can step up and help take over the scoring production from last

year.

Defensive summary (scheme, etc): Evan leads the back line with the help of sophomores Maddax Nicholson and Gavin Howerton while sophomore Landon Robinson is our goalkeeper.

Save the date (game most looking forward to & why): The Clinton Cup. Our first game is on Tuesday, 9/5, at 6:45pm against Green Ridge. We then play Paseo on Thursday at 6:45pm and then hopefully will have a chance to win the tournament on Saturday against St. Paul at 10:45am.

Overall season outlook: We're a young team who is excited for the challenge this year.

Coach speak (comments): While I didn't get to mention them all, we have a good group of guys out. We have 29 out this year which is the most we have had in the boys program in a while. We hope to continue to work hard, improve every day, and represent the Clinton Cardinals both on and off the field.



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# 2023 Lady Cardinal Tennis

**Coach:** Emily Combs

**Years/Years @ Clinton:** 24 years -- all at Clinton

**Record/Record @ Clinton:** Currently 1-1 --- (or don't put this at all.)

**2022 record/result:** 8-6

**Asst Coach(es) & roles:** Jenn Straw ; Coach Straw works with our beginners on JV and helps run drills when both teams practice together. It's nice to have two adults running two courts. We also utilize the Artesian Park Courts. We are so thankful for these facilities. It helps having 4 courts to allow the girls more practice time as well HOME matches run more efficiently in the evenings.

**Key Returners:** Carley Combs, Isabella Griffey, Makenna Beasley, Brooklyn, Mullins (injured)

**Newcomers:** Taryn Gilbert & Mia Bagley

**Keep an eye on (who & why):** Katie Schaffer- Junior-- in the past two days she has played two 7 -point tie breakers. These tie breakers are both physically and mentally

exhausting. She came out with wins on both! Her determination is evident. Silent but fierce on the court! Taryn Gilbert-- Taryn is a senior and is a first year tennis player. But she has already moved up the ranks. She is currently playing at the number 7 spot.

**Team strength(s):**

All the girls are reflective athletes. Tennis requires so much mental toughness. These athletes are required to reflect on mistakes and move on to the next point within seconds with little to no coaching during the match. I am impressed daily by this.

**Team challenge(s):**

The season! The season is fast and furious and exhausting. The girls often play 4 days a week with some of them being tournaments. During these tournaments they play matches that can last anywhere from 30 minutes to 2 hours. Conditioning is key as well as keeping their poise. In addition, Brooklyn Mullins is our number 2 player and she is currently injured. Each of the girls have had to step up and play at a more competitive level against higher ranked opponents.

**Competitiveness summary:** What does it take to win a close match in tennis? The unknown of what each point took to get. Did they come behind from luv-40 to tie it up at deuce? Did they play ad in /ad out 9 times? How did that player earn the points that won the game 8-5. Readers have no idea. Did they attack the net or place the ball on the sideline or maybe have a killer serve? These girls are the quiet athletes of CHS. Come see how competitive they are on the court! You will be impressed!

**Save the date (game most looking forward to & why):** 9/11 Sedalia Home

We won last year 6-3. I believe this is a team we can beat with our returns from last year. Combs, Griffey, Beasley, Barnes, & Schaffer. Come support your Cardinals. Wear your Red/White/Blue. We plan to have a 1 minute remembrance in honor of 9/11 before the Varsity match at Cardinal Stadium Courts.

**Overall season outlook:** Even though we have 5 seniors - only 1 has played for all 4 years. In experience, we are young. However, each of the girls demonstrate athleticism. They ref their own games, play for the next point and are learning next-level tennis for each of their abilities.

**Coach speak (comments):** I have become passionate about this sport. I have watched these girls play over the past 3 years and am excited to take on this role. We have 4 freshmen that have joined the team and look forward to building the future of tennis in Clinton.





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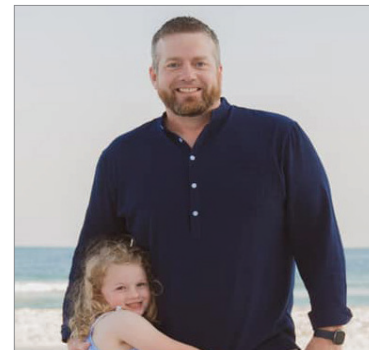
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# 2023 Lady Cardinals Volleyball



**Coach:** Sandra Herrera

**Years/Years @ Clinton:** 2nd year at clinton, first year as head coach

**Record/Record @ Clinton:** N/A

**2022 record/result:** 10-8 came district runner-up

**Asst Coach(es):** Pam Jones and Amelia Modlin

**Key Returners (w/height, position & class):** Returning to Varsity- Kinzlie Hager (Middle), Corynn Sowers(Outside), Paige McNabb (Libero), Juniors- Brianna Wright (setter), Carly Fosnow (Middle)

**Newcomers (w/height, position & class):** Alexis Fowler, Lily Kenney, Annie Johnson, Claire Gray, Hayden Sewell, Mackenzie Shortino, Kiya Eshleman, Violet Bentley, Alyssa Schaffer, Julianna Coen, and Kenadi Houk

**Team strength(s):** Learners-Mindsets, pushing themselves

and determination to be better

**Team challenge(s):** communication on the court

**On the floor:** Varsity Starting lineup, Brianna Wright, Kinzlie Hager, Josi Berry, Corynn Sowers, Lauren Tucker, Carly Fosnow, Paige McNabb

**Save the date (game most looking forward to & why):** 10/3 vs Harrisonville - Our Seniors: - Our rivals and 10/10 vs. Warrensburg - Our

Senior night

**Overall season outlook:** We are a strong team that just needs to put all the skills we have together and communicate with each other.

**Coach speak (comments):** I am excited to lead the volleyball program this year. I, and the rest of the coaching staff, believe that the girls have all the tools for success and we look forward to seeing what the season brings.





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