



# TITAN Athletics

## Fall 2017 Preview

### Sponsorship Opportunities

Interested in helping support the Titan athletic programs through a donation? Please contact Tamera Krause for more information: [tamera.krause@dcsdk12.org](mailto:tamera.krause@dcsdk12.org)

**Football** - The 2017 Titans are looking to improve on their 2016 record of 5-5 and Coach Monte Thelen has some key players to help. On defense, senior linebacker Chad Muma, senior defensive end Tate Wildeman, junior defensive back Justin Boyd, junior defensive tackle Isaac Ogu, and junior Quinten Hayward look to lead the team. Offensively, the Titans are excited about the contributions of junior running

back Caden Meis, senior center Nathan Sandoval, and senior wide receiver PJ Ausmus. The Titans return five sophomores that started last year on defense and three on offense which should help them improve their record. Wildeman has committed to Nebraska and Muma has offers from half the Mountain West Conference, so the Titans have some returning talent.

### National Letter of Intent

Student-Athletes who are planning to play in college and signing a letter of intent, are welcome to participate in Legend's next Letter of Intent Ceremony on Wednesday, November 8th. More information and criteria can be found on the Athletics page at [athletics.legendtitans.org](http://athletics.legendtitans.org)

## TITAN ATHLETICS

**Boys Soccer** - The boys soccer team has high hopes for the upcoming fall season. They are returning 13 players from a team that went 8-4-3 last season. A number of returning seniors and juniors will be making key contributions throughout the lineup. The entire defense and goalkeeper are returning from last fall which should provide a solid unit. The combination of Scott Mansfield, Nick Bernardoni, and Sean Marek in the midfield should prove to be pretty difficult for other teams to stack up against.

**Softball** - With a pre-season ranking of #3 in the state, the Titans look to continue their winning tradition this year and fight for a conference champi-

onship. The 2017 softball team returns six starters from last year's squad; Zoey LeCompte, Cailey Oldemeyer, Payton Lincavage, Olivia Bradley, Lauren Griggs, and Alyssa Nunn and will feature seven newcomers to the varsity team. Leading the way in the pitching circle is junior Zoey LeCompte who will have help from freshman Bella Mumford. Offensively, the Titans bring power to the plate along with speed on the base paths which will make for exciting games!

## Weather Information & Changes

For up-to-date info regarding changes, visit [www.continentalleague.org](http://www.continentalleague.org)

Visit [athletics.legendtitans.org](http://athletics.legendtitans.org) for more information about each of the sports including schedules, pictures, and stats.

**Volleyball** - The Lady Titans are excited about the level of volleyball the varsity team can create this year. The team is working very hard together and showing great promise behind their seven seniors. All four teams within the Titan program are improved from last year.

**Boys Tennis** - The Titan netters return eight players from the 2016 varsity team. Senior leadership from #1 Singles player Brian Stewart and #2 Singles player Garrett McCown will be vital for the development of the 2017 Boys Tennis Team. So far, Legend has split their 1st two dual meets of the year at the varsity level. The junior varsity has dominated both of their matches vs. Thunder Ridge and Douglas County. The development of the doubles teams will be crucial for tight matches that come down to the wire with respect to team score. Trust, resiliency, and respecting the game are components that every Titan tennis player will possess during

the season. Other returning players from the the 2016 varsity are: Senior Tanner Eubanks, junior Hunter Goldsmidt, junior John Bogumill, junior Josh Martin, senior Chance Blackdeer, and senior Luke Grant. After the Continental League play is completed, the season culminates with Regional and State Play during the first two weeks of October.

**From the Athletic Trainer: At Home Injury Care:** Ever wonder what to do when you (or your child) gets an injury? So often we see injuries that aren't managed correctly at home in the early stages of happening. Below please find some tips about what athletes can do at home to help themselves following some common athletic injuries.

**PRICE it...**No matter what the injury is typically the acronym PRICE is appropriate until further medical evaluation can be achieved.

### **NCAA Eligibility**

Is your son or daughter going to play a sport in college? If they are going to play at a Division I or II school, they must register with the NCAA Eligibility Center. For more information, visit [athletics.legendtitans.org](http://athletics.legendtitans.org), hover over "Links", and click on "NCAA Clearinghouse".

# Legend Titans

**P - Protection**...keep the injured body part from getting hurt any more by using a splint or wrap. Refraining from playing is also a good way to protect it.

**R - Rest**...rest what ever is injured, if it is your ankle try not to walk on it as much, if it is your wrist relax it on a pillow.

**I - Ice**...put ice on the injury by using a bag of frozen vegetables or an ice pack. Only keep the ice on for 15 - 20 minutes then remove it for about 20-30 minutes to allow the body part to warm back up, then repeat for the first 24 - 72 hours. NO HEAT on new injuries!

**C - Compression**...using an ACE wrap or compression sleeve wrap the area starting at the farthest point from the heart towards the heart (toes up or fingers to the elbow) covering all skin of the affected body part with even pressure. If it is too tight remove and rewrap. Do not shower

with the wrap or use it while sleeping as it could interfere with blood circulation.

**E - Elevation**...elevate the injured body part above the heart if possible. Gravity is our friend and our enemy, if the body part is below the heart more blood will flow to the injury, if it is above the heart gravity will help keep fluids from building up therefore decreasing the amount of swelling.

Please remember that ALL athletic injuries sustained by your high school student athlete need to be seen by an Athletic Trainer regardless of how severe you think it is. We are properly trained in evaluating injuries and deciding the proper course of action for each specific case. If you have any specific questions please email us!

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