

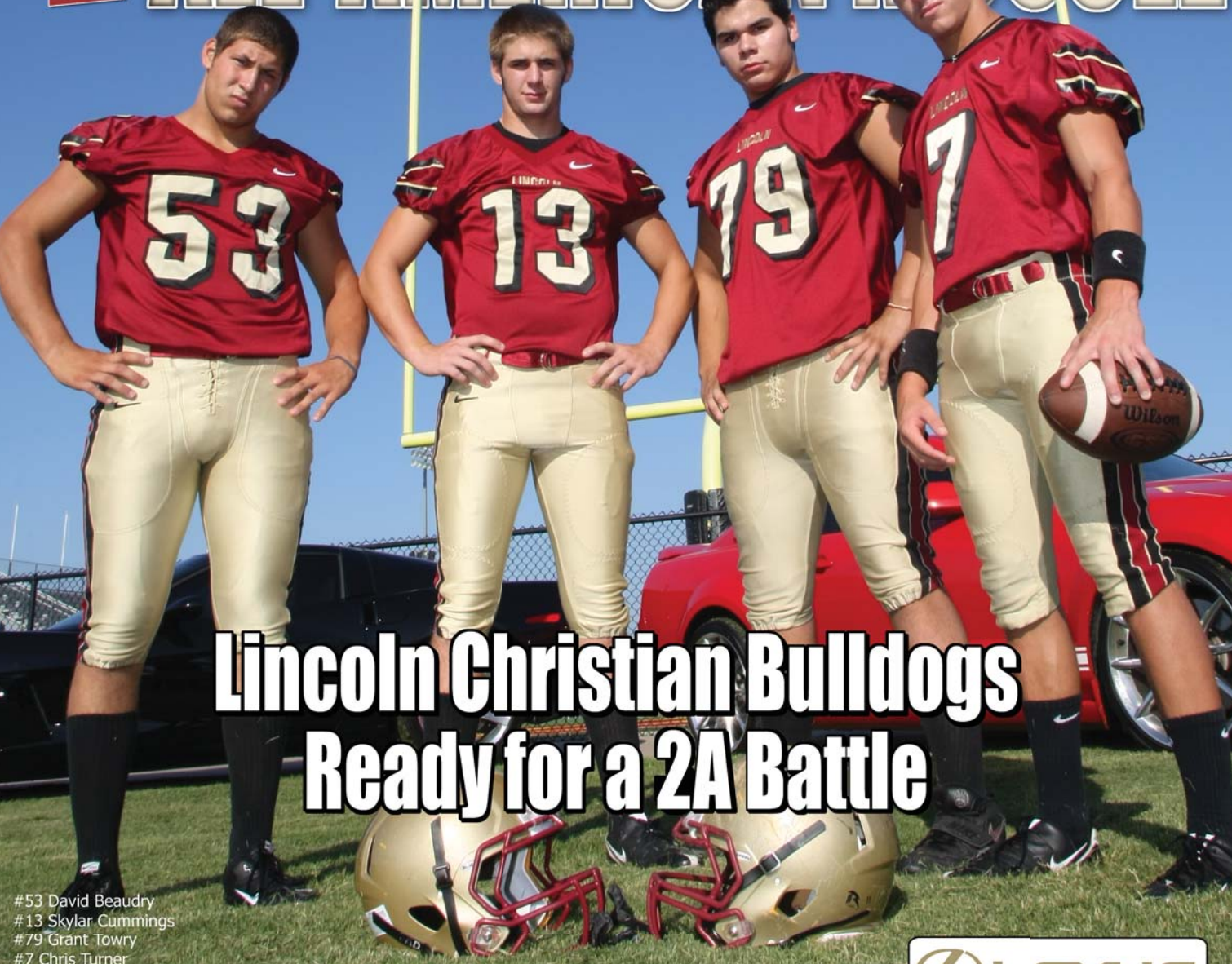
# VYPE<sup>®</sup>

HIGH SCHOOL SPORTS MAGAZINE

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## All-American Team with ALL-AMERICAN MUSCLE



### Lincoln Christian Bulldogs Ready for a 2A Battle

#53 David Beaudry  
#13 Skylar Cummings  
#79 Grant Towry  
#7 Chris Turner

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# Features



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## A New Breed of Dog

The Lincoln Christian Bulldogs had a season to remember in 2009 capping off a great regular season with a state championship, but some of the names you remember from that squad are gone. Now they look to repeat with a new breed of Lincoln Christian Bulldog.



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## Their Space

When we first debuted "their space" it was a big hit, so we decided to bring it back for August. VYPE invaded the office of Union head football coach Kirk Fridrich, the car of Lincoln football player Trent Vogt and the bedroom of Holland Hall cheerleader Christine Basora.



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## Summer League Volleyball

The regular season starts in August, but for many area volleyball players the real work is put in during the summer. We asked several area coaches to give us their take on summer league play and its benefits.



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## Olympic Dreams

Pawhuska product Sarah Tolson is throwing her way into the Junior Olympics with hopes of one day competing on the biggest athletic stage in the world.



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## Fast Pitch Season has Arrived

The Broken Arrow softball tournament will play host to teams across the state of Oklahoma. Will Caney Valley surprise teams again this year or will someone else step up?

## Next Month...

It's Backyard Bowl time, Union and Jenks renew the rivalry for another year.





Photo Provided

# Really Do Come True DREAMS

## Sarah Tolson fulfills a dream of competing at the first Youth Olympic games in Singapore

By Wayne Bunch

Young athletes have many “moments to remember” during their career, but there is usually one that will stick with them for life.

**Sarah Tolson’s** lifetime memory came during the Class 3A state high school track meet at **Ardmore** last spring. No it wasn’t winning her second consecutive state discus title and establishing a state meet throw of 148-6 or placing second in the shot put.

The **Pawhuska** senior’s “moment to remember” came following her state title winning toss when her parents told her she had been selected as a member of Team USA to compete in the first Youth Olympic Games to be held in Singapore on August 14-26.

Tolson, who will compete in the discus, is one of 20 members of the team from across the U.S. making up the team. She is one of two Oklahomans selected to the team. **Gunnar Nixon** of **Edmond** will compete in the high jump.

The Youth Olympic Games are a sporting event for young people ages 16 and 17, balancing sport, education and culture. These games work as a catalyst to promote these three themes throughout the Olympic Movement. The Youth Olympic Games are the first to be held and will include 5,000 athletes and officials from around the world.

Tolson, who competed in a trial at Arlington, Texas, in early April, won with a toss of 140 feet but wasn’t sure she was going to make the team after winning. “It was a small meet, but with good completion,” said Tolson. “We (competitors) all knew that not everyone was going to be selected even if you won your event. “It was a long wait. I knew I had a pretty good chance but I was anxious.”

The good news came the weekend of the state high school track meet, but it was kept from her for a day by her parents, who broke the news to her. “There was a conference call on Thursday, (day before the state high school meet) and I couldn’t be on the conference call because I was on my way by bus to the state meet in Ardmore. My parents kept it from me until after I competed at

the state meet on Friday.

"At first I was kind of numb," said Tolson. "It took me a while to process it all. But then I started to scream and people were looking at me kind of weird. "It was a moment to remember. It was exciting, not only for me but by trainer and family."

"Tolson has been preparing for her overseas venture by training at home in Pawhuska and by assisting her trainer in Owasso with a summer camp.

The entire trip is paid for by the U.S. and International Olympic Committees. Tolson's domestic travel is covered by the USOC and her travel to Singapore to compete by the IOC. "This doesn't cost me anything," said Tolson. "They provide uniforms, housing, and meals for me to compete."

Tolson and the other 19 members of the team will leave JFK International Airport on August 9th return to the United States on August 28th.

Sarah will not be alone on the trip across the pond. Both her parents, mother **Sheila** and father **Steve** will be attending the competition, while Sarah will be staying in an athlete's village. "I am so proud that Sarah has this great opportunity," said Sheila Tolson. "She is such a hard worker and has dedicated so much time to her throwing. I am really excited to go to Singapore and watch her compete at an international level. Sarah is such a focused competitor and I am anxious to see how she does at such a huge venue."

Said her father Steve, "It's big! This is a great opportunity that she has trained many years for. It is special that she will be able to represent herself, her family, her community, and her country."

It will be the Tolson family's first overseas trip and one they are looking forward too. "We have been to Mexico a few times but never overseas," said Sheila. "We are excited to experience the culture and atmosphere that the first Youth Olympic Games brings. This is an inaugural event and holds a huge significance since it is the first new event by the International Olympic Committee since the creation of the Winter Olympics."

Sarah is looking forward to the competition, but admitted, "I am nervous about it, competing against others from around the world. But it will push me to my limit to find out where I am." While Sarah will miss the first 2 weeks of her senior year, she believes it will worth it to have a lifetime of memories from her overseas trip. "I will have some catch up when I get back, I wouldn't miss it for anything," said Tolson. "Fortunately my class schedule isn't that heavy as it has been in years past.

"It's going to be an awesome experience. I'm really looking forward to it and getting back and sharing my experience with my classmates. It's going to be a whole different experience, culturally and how different the world is from Pawhuska"



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