



# Knights Weekly



March 9th: Spring Preview

## Bowling

Congratulations to Sophomore, Eric Middlekamp on qualifying for the OHSAA State Meet today in Columbus! Eric was also the Southwest District Champion at last week's OHSAA District Meet at Beaver-Vu. Good luck Eric!

## Baseball

The Baseball team will look to improve on their 2017 8-6 conference record and 16-11 overall record.

The Knights' first scrimmage will be on Friday, March 16th at Badin High School. Start time is 5:00 PM. Come out and support your Kings Knights Baseball team!

## Softball

The Softball team will fight their way to the top this year after a 12-2 conference record and a 2nd place finish in the Eastern Cincinnati Conference in 2017.

The Lady Knights' first scrimmage is next Saturday, March 17th at Mason High School. They will play at 5:00 PM in the annual Mason Pre-View. Good luck in 2018 ladies!

## Men's Tennis

The men's tennis team have officially begun tryouts and practices this week! After a 2-11 overall record in 2017, the Knights will look to get back into contention in the Eastern Cincinnati Conference.

Good luck Knights!

## Indoor Track

The Indoor Track team is heading to New Balance Nationals this weekend in New York! Athletes heading to New York are the Men's and Women's 4x800m and Ryan Flecker in the Junior High Mile and Alex Justus in the Freshman Mile!

Follow @Kings\_XC\_TF on Twitter for live updates! Good luck Knights!

## Men's Lacrosse

The men's lacrosse team comes into 2018 as the reigning ECC Champions! Milford and Loveland look to give the Knights all they can handle but our laxers are ready for the challenge!

## Women's Lacrosse

The Lady Knights look to build on a successful 2017 with an even better 2018! The ladies were 3-2 in the ECC and 9-9 overall in 2017. They return to the field on Tuesday, March 13th against Sycamore in a scrimmage at 5:30 and 7:00 PM.

Come out and support your lady laxers!

## Track & Field

The men's and women's Track & Field teams look to build on their successes from the past years in the Eastern Cincinnati Conference.

The men (ECC Champs in 2016) look to reclaim the title from Loveland and the women have their eyes on the Withrow Tigers who've won the past three ECC titles.

Good luck Knights!

# ATHLETES OF THE WEEK



**Jennifer Cooper**

**Junior - Indoor Track**



**Jacob Krynock**

**Junior - Indoor Track**

## UPCOMING EVENTS

March 9th: Bowling - OHSAA State Meet @ Wayne's Bowl (TBD) \*Eric Middlekamp Individual Qualifier

March 9th & 10th: Indoor Track - New Balance Nationals - New York (TBD)

March 13th: Women's JV/Varsity Lacrosse vs Sycamore High School (5:30/7:00 PM) \*Scrimmage

March 14th: Men's JV/Varsity Lacrosse vs Moeller High School (5:30/7:15 PM) \*Scrimmage

March 16th: Varsity Baseball @ Badin High School (5:00 PM) \*Scrimmage

March 17th: Men's JV/Varsity Lacrosse @ Elder High School (10:00 AM/12:00 PM) \*Scrimmage

March 17th: JV/Varsity Softball @ Mason High School (5:00 PM) \*Mason Pre-view Scrimmages

March 17th: *A Knight to Remember* - Register Here: <https://kabc2018.auction-bid.org/microsite/>

### **Are You A SuperFan?!**

Visit the Apple Store or Google Play store and download the 'Red Seas Royalty' app to your smartphone or smart device. Use the app to check-in at all extra-curricular activities home and away from Kings and earn awesome prizes!