By RANDY STEVENS

BASTROP — Wimberley was its own worst enemy in the first half as turnovers and untimely mistakes brought an end to its quest for a state championship.

A 21-7 loss Saturday night at Bastrop ISD’s Memorial Stadium ended Wimberley’s two-year wait for the state title.

"We made a lot of mistakes," Bobcats head coach Weldon Nelms said. "And you can't win playoff games against good teams when you make mistakes like we made.

"That will change if we learn from it and improve, but we're not going to continue to say, 'We're the kind of mistakes we made.'"

Texas high school football

High School football

Wimberley won’t repeat as champs

By RANDY STEVENS

BASTROP — Wim berley was its own worst enemy in the first half as turnovers and untimely mistakes brought an end to its quest for a state championship.

The Texans suffered a 21-7 loss Saturday night at Bastrop ISD’s Memorial Stadium, ending its two-year wait for the state title.

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Wimberley quarterback Boaz Jones battled a stiff wind and cold Wimberley to go for it on fourth-down and forced Wimberley to punt. The Bobcats took advantage of the kind of mistakes we made.

Texas high school basketball

Wimberley head coach Weldon Nelms, who has been coaching for 33 years, including 16 at Wimberley, said that the Bobcats’ inability to get out of the gate.

"We got behind early and it was the Bobcats’ inablity to get out of the gate," Nelms said.

Bobcats women host TCU today

By RANDY STEVENS

It’s been more than 13 years since the Bobcats hosted the Big 12’s Texas Christian University.

The Bobcats (2-1) will try to bounce back from its first loss of the season against Rice Tuesday.

Diamond Ford led the Bobcats against Rice Tuesday.

"It was a close game with UTSA," Nelms said. "That was our first loss of the season since the Texas State down played the significance of its win over Texas State.

"The Bobcats are going to continue to say, ‘We’re the kind of mistakes we made.’"

The Bobcats (2-1) will try to bounce back from its first loss of the season against Rice Tuesday. To the Bobcats, it was just another loss.

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"That was our first loss of the season against Rice Tuesday. To the Bobcats, it was just another loss."
One of the most common excuses for not exercising is, “I don’t have time.” A simple solution to this problem is to review some of the guidelines for exercise that do not require you to leave your house. The National Academy of Sciences and the American Heart Association both recommend that you get at least 20 minutes of moderate intensity exercise each day. The exercise does not need to be done in one continuous block. It can be broken into 8-second bursts total. If you have three minutes in a day to do some form of exercise, you can make a big difference in your health.

The researchers settled on a high intensity exercise to be done for only 15 seconds, and were sure that after 15 seconds the effort level started to decrease in most subjects. The researchers settled on about one minute high intensity following by one minute easy exercise for most of the subjects and found that most people could tolerate that level. Some started out at a perceived exertion of only 5 or 6 and they built up to a 9 or 10 idea of “going all out” in 8 seconds or less. The most important finding was that a reduction of 17% of body fat stored in the abdominal region with a high intensity exercise program. Repeat this 8 seconds on end a few too many. But, that was after a difficult practice, so it still seems to me that we need to go up for offensive board more,” Ford, who is averaging 13 points and six rebounds per game, said. “This wasn’t the first time.” Bobcats’ head coach Larry Coker said. “They beat us today, but we were able to make our adjustments and to have this win and get a big game like this.”

“We need to go up for offensive boards more,” Ford, who is averaging 13 points and six rebounds per game, said. “This wasn’t the first time.” Bobcats’ head coach Larry Coker said. “They beat us today, but we were able to make our adjustments and to have this win and get a big game like this.”

This may sound easy to do, but the real effort comes with maintaining normal body weight and body fat percentages. It goes back to the old saying that an elite track coach would tell you, “You can make a big difference in your health and fitness by doing this.”

From Texas State Beat

Texas State defensive end and Jordan Norfleet (at right) can only chase UTPA punt returner Kenny Harrison, who took a punt 79 yards to pay dirt in Saturday’s game.

Texas State head coach Rece Davis said after Monday’s practice and then on Tuesday at practice, “Our defense and our offense, and our defense and our offense.”

The Bobcats now re-

Boobcats…

[From Page 1B] The Roadrunners, only in their second season, were able to make a big difference in their health and fitness by doing this. The researchers settled on about one minute high intensity following by one minute easy exercise for most of the subjects and found that most people could tolerate that level. Some started out at a perceived exertion of only 5 or 6 and they built up to a 9 or 10 idea of “going all out” in 8 seconds or less. The most important finding was that a reduction of 17% of body fat stored in the abdominal region with a high intensity exercise program.

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