

Sports

RISE AND GRIND

Steed overcomes early mornings, long commutes to shine on and off the field

BY ABBY HOOVEN

During the school year, Raihan Steed's morning starts with a 5 a.m. wake-up call. He showers, wakes up his father and prepares to leave the house by 6:30 a.m.

Steed and his father drive 30 minutes from Hillview into downtown Louisville to pick up his three younger siblings by 7 a.m. before making the hour-long trek to Eminence for the start of the school day.

"Going to Eminence for eight years has made me adjust to the point that I wake up at like 6 a.m. every single day," said Steed.

Going the extra mile, or miles, is in Steed's nature in more ways than just his longer commute.

Heading into his senior football season at Eminence, Steed consistently trains outside of designated practice times to prepare for the upcoming schedule.

During the summer, Steed wakes up around 6 a.m. and stretches before tackling a run in his neighborhood or conducting drills in his backyard.

"That's really all I do until practice," said Steed.

When Eminence holds meetings and practices at 6 a.m., Steed stays over at teammate Charlie Prenn's house the night before to avoid an even earlier wake-up time and commute.

"My family doesn't mind at all. They see Raihan as family," Prenn said.

Steed began his football career in middle school after spending his childhood playing soccer. After hearing his father talk about his playing days, Steed decided to try the sport for himself.

"I went, got absolutely ran over and I've loved it ever since," said Steed.

His passion for the game has only grown during his time with the Warrior program, but his freshman season put his love for the game to the test.

In 2022, Eminence battled through adversity all year to fin-



Raihan Steed runs for a first down against Caverna during the 2024 Eminence football season.

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ish with a 0-11 record.

Steed spent the majority of the season watching from the sideline, feeling strong emotions with each loss the team endured.

"I wanted to quit football so bad," said Steed. "I wasn't good at all. I wouldn't actually get anywhere near good at football until like my summer after sophomore year ended. All I did was I'd go in on kickoff, get either laid out or lay somebody out and I'd go sit on the sideline the entire time... I love football, so I cried every game we lost."

Prior to his sophomore season, the entire Eminence football program underwent culture changes to set the team up for greater success. Notably, the

Warriors were able to have a complete preseason on their own field, with triple the coaching staff size from 2022.

"(We noticed those changes) right away. The biggest change that happened to Eminence was coach (Mount) Hadden. He's really what changed us," said Steed. "He came in (the) first day and told us exactly how he was ready to run it and did the same thing every day, over and over."

Steed played in 11 games for the Warriors as a sophomore, helping the team to a 6-5 record.

He ended the year as the team's second-best rusher, with

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Raihan Steed looks to tackle Caverna's Jaylin Craine during Eminence's 26-21 loss to the Colonels on Sept. 6.

Abby Hooven

Wildcats finish 2-2 at KABC Summer Shootout

BY ABBY HOOVEN

The Henry County boys basketball team won a pair of games at the KABC Summer Shootout on June 21 and 22.

The Wildcats defeated Carlisle County 49-30 to open the tournament on Saturday and fell to Graves County 53-42 later that day.

On Sunday, Henry County took down Scott County 48-34 before closing out the weekend with a 69-36 loss to Apollo.

CARLISLE COUNTY GAME

Henry County excelled from the 3-point line early in the game against Carlisle County. Baylor Nolin hit a pair of threes and Landen Tingle drained a shot from behind the arc in the first four minutes of action to help the Wildcats build a 9-2 lead.

Carlisle County used its height down low to cut the lead to three before Nolin struck again from long range.

Henry County's ball movement led to a number of quality looks near the basket throughout the game, including a floater from Drew Cole with about 10 minutes left in the first half.

Henry County's defense contained Carlisle County while the offense build a double-digit lead later in the half.

Traevon Wright completed a 3-point play and a putback following a Wildcat steal to bring the lead out to 23-10 with 5:49 remaining.

Near the end of the half, Tingle added another highlight to Henry County's performance by launching a one-handed bounce pass about three-fourths of the length of the court to Carson Evans, who dropped in a layup to push the margin to 25-12.

Carlisle County drained a three with two minutes left,



Traevon Wright shoots along the baseline over an Apollo defender at the KABC Summer Shootout on Sunday, June 22.

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though, to cut the lead to 25-15 at the break.

After a bucket down low by Carlisle County to start the second half, Henry County ramped up its intensity on both ends to push the lead back to double digits.

The Wildcats scored nine straight points, ending with a wing 3-pointer by Tingle via a Nolin pass, to go ahead by 17 with 11:33 left.

Ethan Keller and Nolin combined for a pair of threes and Wright finished strong at the rim to put the Wildcats ahead by 21 with 4:44 left.

Henry County wrapped up the win with another three from Keller and a layup by Wright courtesy of a Keller assist.

Nolin had a team-high 18 points and Wright earned nine points.

GRAVES COUNTY GAME

Graves County set the tone early in Henry County's second game of the KABC Summer Shootout, utilizing a few steals and finishes

down low to lead 12-5 after three minutes of action.

Henry County regrouped, though, and used a personal 7-0 run from Wright to tie the game at 14 all.

The Wildcats tied the game again at 16 on a layup from Austin Mullins, but Graves County replied with a mini 4-0 run to regain control.

Baskets by Millins and Nolin gave Henry County the lead again with about a minute left, and Nolin hit a huge 3-pointer with 38 seconds to go to put the Wildcats in front 24-22 at halftime.

The game remained close early in the second half as well, with both teams battling in the paint for shots and defensive stops.

Cole hit a couple clutch baskets down low and helped defend Graves County's attack on the interior in the first nine minutes of action.

Wright chipped in a wing 3-pointer to knot the game at 33 all with 10:36 remaining, but Graves



Baylor Nolin drains a 3-pointer against Carlisle County at the KABC Summer Shootout on Saturday, June 21.

Abby Hooven

County followed his shot with a 9-0 run to create some separation.

Turnovers hampered the Wildcats during that stretch, but Nolin snapped the streak with a corner three and Tingle contributed a putback layup to keep Henry County within seven with 3:38 to go.

Graves County answered each Wildcat shot in the final three minutes, though, to secure an 11-point win.

Nolin paced Henry County with 13 points in the loss.

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STEED

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152 yards on 27 attempts for two touchdowns.

He also earned three solo tackles, two assisted tackles and one tackle for loss on the defensive end.

Yet, Steed knew he was capable of more on the field.

“I cried at home after losing the playoffs. I went home and cried, and I said I wasn’t going to be bad no more,” said Steed.

Ready to elevate his game, Steed approached a football coach at his church, who had recently won a state title with his team, and asked to train with him.

“I begged him to train me that summer,” said Steed. “That entire summer I spent working with him every day at a field and I told myself I won’t be bad no more, and then I got a little better.”

Steed’s hard work was nearly derailed by a torn meniscus three months before the 2024 season. Steed had the injury repaired two months before the season began and was expected to miss half the year.

However, his work ethic and drive to compete altered the timeline.

“I worked hard enough in PT, I got cleared the same month the season started. I got cleared for camp, went through camp and I played the entire season on a swollen knee,” said Steed.

Steed fought through pain for the entire 11-game schedule to finish with 195 yards rushing on 33 attempts, a 59-yard touchdown reception, two fumble recoveries and 23 total tackles.

“The only thing that kept me going was I thought I only got two

years left of football. I can’t waste it being hurt. I know it hurts, but at the end of the day, I get to play football and be happy. Football is everything to me,” said Steed.

Along with his physical progress on the field, Steed has worked diligently already in the off-season to improve mentally for the 2025 season.

“I’ve already memorized all the free safety, strong safety and the corner positions. I know everything to do on every position, every play and offense, I have all the running plays and most of the pass plays memorized too,” said Steed. “It didn’t take me too long. I like studying football.”

Steed’s passion for learning the game began in middle school as he watched games with his father. Unsure of the reasoning behind plays, Steed’s father began to show him schemes and different plays on the field.

“My dad got me into football, and he used to push me a whole lot,” said Steed.

Steed’s father plays a huge role in getting him to school and practices most days, but Steed has taken on more responsibility in the last year while his father battles an ankle injury.

“For a good year now, I’ve done most of the driving for out family when I’m with my dad,” said Steed. “I’ll take care of my siblings too because they can’t take care of themselves.”

His mother has also dealt with various injuries and transportation issues in the last year, leaving Steed to ensure his siblings are ready for school and arrive on time.

“I’ve had to really step it up for my own family,” said Steed.

With everything, Steed

maintains a strong academic standing and hopes to continue playing football at the collegiate level.

“He’s a kid who could very easily turn everything in his life situationally into a problem, but he’s like no, it’s an opportunity. It’s something that he can sort of bury himself into and use it for energy,” said head coach Barrett Sanderson.

Earlier this summer, that hope became more of a reality as Steed earned his first official offer.

“I don’t have anything else I want to do. It’s like a sense of relief, now I know there’s somewhere I can go, and I can go play college football. That’s not the fear anymore. The fear now is I don’t push myself to the standard I’ve set,” said Steed.

Heading into his senior season, Steed has set his eyes on breaking the single game scoring record but also wants to achieve greater team success.

“Eminence is winning a whole lot next year,” said Steed. “There is no ‘we’ll see.’ Eminence is coming.”

Above all, Steed’s persistence, resilience and love for the game and his teammates will leave a lasting impact on the Eminence football program.

“Raihan, he has a lot of light,” said Sanderson. “We use the word like drain or a faucet. You’re either giving energy or you’re taking away energy, and Raihan exemplifies a faucet. Someone who’s constantly giving energy, someone who can bring up people with him and for him, he has a leadership position on our team that he pulls people with him just based off that energy and it’s really, really cool to see that.”

KABC

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SCOTT COUNTY GAME

Henry County bounced back on Sunday morning with a 14-point win over host Scott County.

The Cardinals began the game with three straight 3-pointers, but Henry County fought back with threes from Nolin and Isaac Abney.

Both players contributed free throws shortly after, and Cole sank a shot off an inbound play to help the Wildcats pull within one.

Henry County’s defense picked up to halt Scott County’s early shooting success, and Wright turned a steal into a Nolin layup to give the Wildcats a 14-13 advantage.

Keller followed with a wing 3-pointer before Scott County knocked down a floater to snap a five-minute scoring drought.

However, Henry County remained in control and used a putback from Cole and a corner three from Nolin to push the lead to 22-15 at the break.

Cole battled down low in the second half for three of Henry County’s first four baskets, allowing the lead to extend to 31-22.

Keller connected on a pair of triples, and Wright hustled for a loose ball and hit a layup shortly after to bring Henry County’s lead to 39-25.

Tingle muscled in the paint for a shot on the block with 7:37 left, but Scott County fought back within single digits late in the game.

The Cardinal defense earned a few steals in the final seven minutes



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Drew Cole elevates for a basket in the paint during Henry County’s win over Carlisle County on Saturday, June 21.

and used a 3-pointer to cut the margin to seven with 3:47 left.

Yet, Nolin took over late in the game with a personal 7-0 run to halt Scott County’s comeback effort and finish with a team-high 20 points.

APOLLO GAME

Nolin picked up where he left off in the Scott County victory with a 3-pointer to open Henry County’s game against Apollo.

However, Apollo scored the next 11 points with sharp outside shooting and tough finishes at the rim to shift the momentum away from the Wildcats.

Cole shut down the surge with a strong rebound and basket down low, but Apollo scored the next four points at the foul line to stay in front by 11.

Keller cut the lead back to single digits with a three with 6:42 left in the half before Apollo hit three straight layups in the span of a minute.

Henry County continued to battle on both ends of the floor, though, and used back-to-back layups by Wright and Nolin to get back within 10.

Apollo remained aggressive on the offensive end and closed out the first half on a 7-0 run, capped off by a shot on the left block at the buzzer, to lead 29-12 at the break.

Apollo kept the momentum early in the second half to push the lead further out of reach. Following a Tingle three at the 18:36 mark, Apollo scored the next 13 points, including a pair of threes, to move in front 44-15.

Cole sandwiched free throws and a 3-point play around another Apollo triple to bring the lead down to 27, but Apollo’s interior presence and outside shooting touch were too much to overcome as the second half progressed.

After a 10-0 scoring run by Apollo, featuring an alley-oop dunk, brought the lead to 65-27, Trenton and Ethan Keller combined for seven points and Mullins sank a baseline runner to cut the final margin to 69-36.

Cole led the Wildcats with nine points in the loss, followed by Wright with seven.



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