

# Westwood Rebel Athletics

ISSUE 15

APRIL 2012

*"Every day is a new opportunity; you can build on yesterday's success or put its failures behind and start over again. That's the way life is. With a new game every day."*

Bob Feller,  
Major League Pitcher

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## Girls Basketball



The Westwood varsity girls' basketball team finished their season with 12 wins and 10 losses. The 12 wins are the most wins since 2001. Nice job ladies! They competed hard all year and continued to get better each and every day. The team won some hard fought games including Maple Valley-Anthon Oto, Ridge View, Akron-Westfield, and West Monona. They also played very well in close losses to Missouri Valley, West Sioux, and River Valley. The JV team also had a good year and pushed the varsity girls every day in practice.

The team was led in scoring this season by Christy Gallagher, and the leading rebounder on the year was Danielle Folsom. Leading the team in assists and steals this year was Bailey Holtz.

This year's seniors were outstanding leaders and finished their careers with a winning season. The seniors are: Christy Gallagher, Naomi Greder, Danielle Folsom, and Jaci Roepke. Thanks seniors for a great year!

The underclassman have already started making an effort to get better for next year as many of them are in shooting before and after school. Keep up the good work girls! Go Rebels!

Coach Nelson

**MVP:** Christy Gallagher  
**Defensive POY:** Bailey Holtz  
**Most Improved:** Beth Sibenaller and Kelsie Lyon  
**Rebel Pride:** Naomi Greder

**2nd Team All-Conference:** Christy Gallagher  
**Honorable Mention All-Conference:** Bailey Holtz and Danielle Folsom

**Letter Winners:**  
Seniors: Christy Gallagher, Naomi Greder, Danielle Folsom, and Jaci Roepke  
Juniors: Bailey Holtz, Megan Crawford, McKinzi Shook, and Shannon Copple  
Sophomore: Renee Choquette  
Freshman: Beth Sibenaller

**Participants:**  
Juniors: Alli Roepke and Taylor Kafton  
Sophomores: Kelsie Lyon and Amber Wendt  
Freshman: Breea Bockleemann, Gabbie Lynch, Caitlyn Schilling, and Jill Walker



## Wrestling by Coach Thompson



The Rebel wrestling team finished the season with an 8-9 overall dual record and a 4-5 Western Valley Conference dual record. The Rebels featured many high tournament finishes including 2<sup>nd</sup> at Kingsley-Pierson, 3<sup>rd</sup> at West Sioux and South Sioux City and a 4<sup>th</sup> place finish at the Class 1A Sectional at Tri-Center, Neola. The Rebels finished the season with 7 wrestlers winning at least 21 matches, 4 wrestlers winning at least 30 matches and 1 wrestler winning over 40 matches.

Some highlights included 3 wrestlers advancing to the Class 1A District Tournament with top 2 places at the sectional tournament. These wrestlers were Zach Ulven, Austin Mead and Jacob Becker. Throughout the season Westwood wrestlers individually finished with 5 weight class titles. Zach Ulven led the way winning 3 individual titles. Zach capped off his freshman season by winning the sectional title and earning the district runner up. At the state tournament Zach was able to capture 6<sup>th</sup> place at 106 lbs. Zach is the second Westwood wrestler in as many years to earn a medal for the Rebels at the State Tournament in Des Moines. Other individual highlights included Beau Metcalf finishing in the top 10 in class 1A with 29 pins.

The Rebels will graduate 2 seniors, Austin Mead and Zack Goodvin. Both seniors finished with outstanding career records: Austin Mead (83-55) and Zack Goodvin (78-75).

### Award Winners

MVP – Zach Ulven

Most Improved – Lucas Brouillette

Michael Gries Award – Jacob Becker

### Letter Winners

106 – Zach Ulven  
113 – Lucas Brouillette  
113 – Zack Goodvin  
120 – Austin Mead  
126 – Tyler Robinson  
132 – Casey Kirkendall  
138 – Jacob Becker  
160 – Beau Metcalf  
170 – Tanner DeVries  
182 – Ryan Mulvihill  
195 – Albarro Torres  
220 – Alex Ohlrich

### Record

41-11 Freshman  
24-19 Freshman  
17-18 Senior  
30-13 Senior  
25-22 Sophomore  
21-12 Sophomore  
32-18 Sophomore  
36-14 Junior  
9-17 Freshman  
27-13 Sophomore  
5-5 Freshman  
9-22 Freshman

Managers: Jackie Moss, Nicole Owen, Sara Sterling, Crystal Perez

## Boys Basketball by Coach Burkhart



The Westwood Boys Basketball season did not turn out the way we had hoped. However, the players came to the gym every day and worked hard. As they did so, there were signs of improvement as the season went on, ending with a heart-breaking loss to COU in district play.

Varsity letter winners were: Trevor Heck, Drew Alons, Cory Myrtue, Justin Smits, Robert Jordening, Alec Eastman, Logan Ernst, Michael Folsom, Tyler Hobbs, and Hunter East. Our JV Participants this season were Skyler Hostetler, Marcus Bohall, Hunter Hostetler, Derek Seward, and Dillon Hinrickson. The Varsity Managers were Wendy Waderich, Rylea Gulick, Alysha Lofshult, and Tommy Dirks.

Trevor Heck led the team in scoring with 9 pts per game. He also led the team with 5.5 rebounds per game. Logan Ernst led the team with 11 assists on the

season while Cory Myrtue had 33 steals on the year. Robert Jordening led the team with 21 blocked shots on the season.

Finally, I would like to thank Alec Eastman and Robert Jordening for the senior leadership they provided this season. They have worked very hard for 4 seasons and 4 summers and our program greatly respects the contributions that they have made.

### Team Awards:

MVP - Trevor Heck

Mr. Hustle - Cory Myrtue

Most Improved - Tyler Hobbs

Rebel Pride - Robert Jordening



## Girls Track Preview by Coach Book



The girls' track team is lead by 9 seniors of which 6 are throwers. Naomi Greder and Danielle Folsom are discus throwers while the shot putters are Kaylee Hobbs, Kayla Nielsen, Jaci Roepke and Tabitha Hodges. Megan Polly, Abby Rea and Katie Struble are sprinters.

Our shuttle hurdle relay team has made it to state for the past three years. We have only one returning member of that relay so this will be a challenge to repeat. We are looking forward to attaining many personal records in throwing, jumping and running. The ladies are working very hard. The seniors are providing a great example with their work ethic. Four juniors, seven sophomores, and four freshman complete the team.

Juniors: Megan Crawford, McKayla Wood, Jessica Moss and Shannen Platzcek

Sophomores: Renee Choquette, Kelsie Lyon, Rachael Steinhoff, Brittany Hamann, Crystal Peres, Skye Burton, and Johnna Thompson

Freshman: Kallie Kressin, Breea Bockelmann, Taylor Campbell, and Caitlin Shilling

Managers: Kendra Nielsen and Lleyami Solis



Wish them all the best of luck when you see them!



## Boys Track Preview by Coach Kaufman

Westwood's Boys' Track Team Is Up and Running!

Nineteen athletes reported for duty this season in track and field. The season kicks off with the conference indoor meet at Storm Lake and will hopefully wind up at the state meet in Des Moines. Returning state qualifier Cory Myrtue will lead the field event crew while veteran Zach Goodvin will guide the distance runners. Bobby Nettleton will spearhead the strong sprinter corps. The team's depth and numbers will allow Westwood to score well individually as well as a team. Make sure to mark May 4 on your calendars so you can come support the Rebels at the Rebel Relays!

### Boys Track Team

Sam Anderson  
Jacob Becker  
Austin Collins  
Carter Davis  
Hunter East  
Zach Greder  
Zach Goodvin  
Dillon Hinrickson  
Liam Greenstreet

Mason Loftshult  
Beau Metcalf  
Corey Myrtue  
Aaron Nelson  
Bobby Nettleton  
Jake Peterson  
Derek Seward  
Andy Topf  
Zach Ulven

### Westwood's Zach Goodvin Signs With Midland Lutheran

Zach Goodvin is continuing his running career at Midland Lutheran College in Nebraska after winding up his senior track season. Zach is a four year varsity letterman in track, cross country, and wrestling for Westwood Community School. Head cross country coach Jim McMahon and Head track Coach Justin Horner will be welcoming Goodvin onto their squads next year. Zach looks to take his running to the next level by competing in the marathon and half marathon distances at college. Be assured Zach is not overlooking his senior track season as he eyes the future. He is taking it one practice at a time and one meet at a time. Putting things into perspective Goodvin's thinking is "I just want to have a memorable senior season and cap off my career with a trip to Des Moines". Zach realizes that there are sometimes faster people in his races but he vows never to let anyone outwork and out prepare him. Midland Lutheran was his school of choice based on the academic opportunities even more so than the athletic possibilities. Zach intends to become a teacher and coach.



## Notes from the A.D. by Cass Burkhart

As I look out the window, the grass is turning green, trees are flowering, and birds are singing. That means one thing, OUTDOOR ATHLETICS! Golf and Track have already started, with softball and baseball soon to follow. There are home events in each of these activities, so if you have a chance, come out and support our athletes. I look forward to a successful end to the 2011-2012 sports seasons and can't help but look ahead to the Fall as well. I truly believe we have things going in a positive direction and will only continue to improve upon that.

As my first year as Athletic Director comes to an end, I want to thank everyone who has donated to, and/or worked with the boosters in any way. The athletic boosters have supplied uniforms to every single sports team over the last 4 years. Every dollar that is raised is spent on our athletes to help them have the best possible sports experience that they can have. Sometimes we forget how good we have it, then we go play an athletic contest on the road and see other facilities and other uniforms, and I am grateful for what our students have access to here at Westwood. Please continue to help our student athletes by supporting the Westwood Athletic Boosters.

## Fall/Winter Athletic Awards Banquet

### Football

<b>Most Valuable Offense</b>	Bobby Nettleton
<b>Most Valuable Defense</b>	Sam Anderson
<b>Most Valuable Lineman</b>	Sam Anderson
<b>Most Improved</b>	Hunter East
<b>Ray Biggerstaff</b>	Bobby Nettleton
<b>Dennis Blake</b>	Sam Anderson

### Cross Country

<b>Most Valuable Male</b>	Skyler Hostetler
<b>Most Valuable Female</b>	Renee Choquette
<b>Most Improved Runner</b>	Robert Jordening

### Volleyball

<b>Kills Leader Award</b>	Anna Parsley
<b>Blocks Leader Award</b>	Danielle Folsom
<b>Most Digs Award</b>	Bailey Holtz
<b>Ace Serves Award</b>	Bailey Holtz
<b>Most Assists Award</b>	Kaylee Hobbs

### Girls Basketball

<b>Most Valuable Player</b>	Christy Gallagher
<b>Defensive Player of the Year</b>	Bailey Holtz
<b>Most Improved</b>	Beth Sibenaller
<b>Most Improved</b>	Kelsie Lyon
<b>Rebel Pride</b>	Naomi Greder

### Boys Basketball

<b>Most Valuable Player</b>	Trevor Heck
<b>Mr. Hustle Award</b>	Cory Myrtue
<b>Rebel Pride Award</b>	Robert Jordening
<b>Most Improved</b>	Kyler Hobbs

### Wrestling

<b>Most Valuable Wrestler</b>	Zach Ulven
<b>Most Improved Wrestler</b>	Lucas Brouillette
<b>Michael Gries</b>	Jacob Becker



## Westwood Hosts Jr. High Track Meets

**Westwood Jr. High Meet**  
**April 23**  
**4:00**

**Westwood 7th Grade Meet**  
**April 26**  
**4:00**

**Come out and support the athletes!**



### Thank You!

These newsletters contain information from coaches and others involved with the Westwood athletic program. Thanks to all who contributed!

# Westwood Spring Athletic Schedules

## Girls Track

Date	Opponent	Site	Time
March 17	MVC Indoor Meet	Storm Lake (BV)	10:00
March 30	Ridge View Coed Relays	Holstein	4:30
April 9	Kingsley-Pierson	Kingsley	4:30
April 10	Girls Spartan Invitational	Onawa	4:30
April 13	Hinton Invitational	Hinton	5:00
April 14	SC Relays	Sioux City	8:00
April 19	Sergeant Bluff-Luton	Sergeant Bluff	4:30
April 24	Lawton-Bronson	Lawton	4:00
April 27	River Valley Coed Relays	Correctionville	4:30
April 30	WVC Outdoor Meet	Ida Grove	3:30
May 4	Rebel Relays	Sloan	4:30
May 10	Regional Meet	TBA	TBA

## Boys Track

Date	Opponent	Site	Time
March 17	WVC Indoor Meet	Storm Lake (BV)	10:00
March 30	Ridge View	Holstein	4:30
April 3	SB-L	Sergeant Bluff	4:30
April 12	Tri-Center	Neola	4:30
April 14	SC Relays	Sioux City	8:00
April 17	Spartan Relays	Onawa	4:30
April 19	Black Hawk Relays	Hinton	5:00
April 24	Lawton-Bronson	Lawton	4:00
April 27	River Valley	Correctionville	4:30
April 30	WVC Outdoor Meet	Kingsley	3:30
May 4	Rebel Relays	Sloan	4:30
May 10	District Meet	TBA	TBA

## Girls Golf

Date	Opponent	Site	Time
April 2	WVC Meet	Correctionville	4:30
April 9	WVC Meet	Moville	4:30
April 16	WVC Meet	Sloan	4:30
April 19	Maple Valley JV	Anthon	4:00
April 23	WVC Meet	Ida Grove	4:30
April 30	WVC Meet	Mapleton	4:30
May 4	West Monona & Maple Valley Triangular	Sloan	4:00
May 7	Western Valley Conference Championship Meet	Denison	TBD

## Boys Golf

Date	Opponent	Site	Time
April 2	WVC Meet	Holstein	4:30
April 9	WVC Meet	Kingsley	4:30
April 12	South Sioux City	South Sioux City	4:15
April 14	Westwood Invitational	Sloan	9:00
April 16	WVC Meet	Mapleton	4:30
April 17	Maple Valley JV	Anthon	4:00
April 23	WVC Meet	Moville	4:30
April 27	WVC Rain Date		
April 28	OA/BC/IG Invitational	Ida Grove	9:00
April 30	WVC Meet	Ida Grove	4:30
May 4	West Monona & Maple Valley Triangular	Sloan	4:00
May 7	Western Valley Conference Championship Meet	Denison	TBD

Note: Schedules may change. It is always a good idea to double check the date, time, and place.



**Rebel Relays**  
**May 4**  
**4:30**



# Westwood Summer Athletic Schedules

## Softball

Date	Opponent	Site	Time
May 21	Sioux City North	Sloan	5:00
May 24	Trinity Christian	Sloan	6:00
May 25	Lawton-Bronson	Lawton	6:00
May 26	Kingsley-Pierson Tournament	Kingsley/Pierson	TBA
May 29	OA-BC-IG	Sloan	6:00
May 30	West Harrison	Mondamin	6:00
May 31	Whiting	Sloan	6:00
June 1-2	West High Tournament	Sioux City	TBA
June 4	AR-WE-VA	Westside	6:00
June 5	IKM-Manning	Sloan	6:00
June 6	Logan-Magnolia	Logan	6:00
June 7	Missouri Valley (Freshman)	Sloan	4:30
June 7	Missouri Valley	Sloan	6:00
June 8	Ridge View	Sloan	6:00
June 11	West Monona	Onawa	6:00
June 13	Woodbine	Sloan	6:00
June 15	Boyer Valley	Dunlap	6:00
June 16	East Sac Tournament	Lake View	10:00
June 18	Kingsley-Pierson	Sloan	6:00
June 19	Maple Valley-Anthon Oto	Mapleton	6:00
June 20	River Valley	Sloan	6:00
June 22	Sioux City West	Sloan	6:00
June 23	Westwood Tournament	Sloan	TBA
June 25	Woodbury Central	Sloan	6:00
June 26	Charter Oak - Ute	Sloan	6:00
June 27	Conference Rain Date		
June 29	WVC Tournament	TBA	TBA
June 30	WVC Tournament	TBA	TBA
June 30	Storm Lake Tournament	Storm Lake	TBA

## Baseball

Date	Opponent	Site	Time
May 25	Lawton Bronson	Lawton	6:00
May 29	OA-BC-IG	Sloan	6:00
May 30	West Harrison	Mondamin	6:00
June 1	Whiting	Sloan	6:00
June 4	AR-WE-VA	Westside	6:00
June 5	IKM-Manning	Sloan	6:00
June 6	Logan-Magnolia	Logan	6:00
June 8	Ridge View	Sloan	6:00
June 11	West Monona	Onawa	6:00
June 13	Woodbine	Sloan	6:00
June 14	Hinton	Sloan	6:00
June 15	Boyer Valley	Dunlap	6:00
June 18	Kingsley-Pierson	Sloan	6:00
June 19	Maple Valley-Anthon Oto	Mapleton	6:00
June 20	River Valley	Sloan	6:00
June 23	Westwood JV Tournament	Sloan	10:00
June 25	Woodbury Central	Sloan	6:00
June 27	Conference Rain Date		
July 2	WVC Tournament	TBA	TBA
July 3	WVC Tournament	TBA	TBA

**Note:** Schedules may change. It is always a good idea to double check the date, time, and place.

# Go Rebels!

## Special Thanks to the Proud Supporters of Westwood Athletics!

### Victory Blue & Gold Club (\$500)

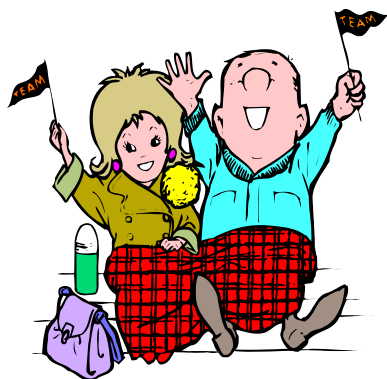
Hinrickson Tree Shearing & Removal  
Hummel Insurance Agency, Inc.  
Garold & Deanna Smith  
Uhl Feed Store, Inc.  
Norman and Kris Westergaard

### Gold Club (\$100)

Kirk & Lori Lynn Ahrends  
Everett & Ann Bradshaw  
Scott & Erin Brekke  
Jeff & Leah Brouillette  
Dave & Lorie Folsom  
Don Gallagher  
Larry & Karen Haveman  
Rich & Margaret Lucas  
Jim & Heather Mendenhall  
Bev Roarson  
Tom & Roxie Ullrich  
Dan & Patti Witten

### Blue Club (\$50)

Attica Lodge No. 502 A.F. & A.M.  
Marian Gallagher  
Hanner Salvage  
Neal & Jeanette Keairns  
Curt & Lisa Koenig  
Rodd & Diana Nordstrom  
Wallace & Bonnie Parker  
Sloan Family Dentistry  
Richard K. BoKemper, DDS  
Renee L. Husen, DDS  
Travis & Connie Smits  
Jerry & Rebecca White



## 2012 Westwood Athletic Booster Contributions!

The Athletic Boosters would like to give you an opportunity to give financially to show your support of Westwood Athletics. We have organized several levels for you to contribute and be a part of the Westwood Athletic Booster Team. The dollar amounts are annual support (Jan.-Dec.). Contributions are a yearly commitment, not a pledge to commit the same amount next year. Donations of \$50 or more will be recognized on the back of the athletic programs. For all donations, you will be put on a mailing list to receive any Westwood Athletic newsletters printed thru 2012.

If you desire to give financially to help support Westwood Athletics, please fill out the form below and send to: Westwood Athletic Boosters, Deb Braun, Westwood Community School, 1000 Rebel Way, Sloan, IA 51055.

..... **Cut Here** .....

**Name:** \_\_\_\_\_ (Business name or Individual)

**Street Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Phone #** \_\_\_\_\_ (optional)

**E-Mail Address:** \_\_\_\_\_ (optional)

**\$ Amount:**      **\$500**      **\$100**      **\$50**      **\$20**      **Other** \_\_\_\_\_  
(Circle amount)

\_\_\_\_\_ **I wish to remain anonymous with my gift.**

\_\_\_\_\_ **I would like a receipt for my tax-deductible gift.**