

Westwood Rebel Athletics

ISSUE 9

APRIL 2010

*"It's what you learn
after you know it all
that counts."*

John Wooden,
College Basketball
Coach

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Wrestling

Baker Qualifies for State

The Rebel wrestling team finished the season with a 9-18 overall dual record and a 2-8 Western Valley Conference dual record. With only 11 varsity wrestlers in the lineup at any particular time throughout the season, 9 dual wins was an accomplishment. The Rebels finished the season with 7 wrestlers winning at least 20 matches, 3 wrestlers winning at least 30 matches and 1 wrestler winning over 40 matches.

Some highlights of the season included a 2nd place finish at the Lawton-Bronson Dual Tournament that included a dramatic 42-41 dual win over Lawton-Bronson to capture second place. Throughout the season Westwood wrestlers individually finished with 9 individual weight class titles throughout the year. Trent Baker led the way winning 4 individual titles. Trent capped off his season by winning the sectional title and then finishing second at the district tournament and earning a spot in the state wrestling tournament. Sage Washburn also qualified and finished third at the district tournament. The Rebels finished the season with 12 varsity letter winners.

Team Award Winners

MVP – Trent Baker

Most Improved – Zack Goodvin

Michael Gries Award – Sage Washburn



Weight	Letter Winners	Record	Grade
103	Zack Goodvin	28-20	Sophomore
103	Austin Mead	11-6	Sophomore
125	Chris Schroeder	7-36 3	Junior
135	Dustin Scott	1-16	Junior
135	Mike Lewis	9-17	Junior
140	Matt Mitchell	21-15	Senior
145	Josh Spohr	24-24	Senior
152	Sage Washburn	29-17	Senior
160	Anthony Schroeder	11-26	Sophomore
171	Trent Baker	42-9	Junior
215	Juan Munoz	11-16	Junior
285	Austin Buske	32-17	Senior

Managers: Kaitlin Choquette, Kirstin Berg

Coaches: Dan Thompson, Todd Berg, Todd Greder



Boys Basketball by Coach Burkhart

The boys basketball team had yet another adventurous season. First of all, Mother Nature did us no favors. We had to reschedule multiple games, ultimately cancelling 3 home contests. However, the basketball that was played turned out to be exciting. The team had to replace all 5 starters from the previous year's squad. Replacing them were Chad Walker, Greg Sibenaller, Aaron Paulsen, Daniel Jordening, and Jordan Hansen. One bounce here or there could have completely changed the team's final record of 11-9. 10 of the contests were decided by single digits. Of those games, 7 were decided in the final minute or overtime. In those 10 single digit or overtime games, the teams' record was 5-5. A layup here, a free throw there, or simply, one bounce in another direction could have changed many of the outcomes, both positively and negatively. All in all, it was a season that these players and all Rebel fans can be proud of because of the effort and toughness that these players displayed on a nightly basis.

Leading the way in both points and rebounds was Greg Sibenaller. In his first full season of extensive Varsity action, Greg averaged over 16 points and 8 rebounds per game. Both of those totals were near the top of the conference. Following Greg were Chad Walker and Aaron Paulsen, each averaging 9 points per game. Chad was the team's second leading rebounder with 7 per game while Dan Jordening pulled down 5 per game despite playing almost two-thirds of the season with a broken nose. Along with the starting five, other Varsity Letter winners include: Joel Kounkel, Ben Winters, Trevor Mey-



lor, Dustin Petronis, Boone Lord, and Lucas Whitt. Greg Sibenaller was named First Team All Western Valley Conference while Aaron Paulsen was named to the Second Team and both Chad Walker and Daniel Jordening were Honorable Mention. Of the awards voted on by the team members, Aaron Paulsen was named MVP while Trevor Meylor was named Most Improved. The Hustle Award went to Daniel Jordening while the Rebel Pride Award went to Jordan Hansen. All in all it was a great season!

Girls Basketball by Coach Drees



The 2009-2010 girls' basketball season concluded on February 13th when the Rebels traveled to Ida Grove and played OA-BCIG. The Rebels fell short in the contest to the eventual state qualifiers. The year's campaign ended with 7 wins and 12 losses. The Rebels finished in sixth place in the Western Valley Conference Tournament. Their tournament run was highlighted by wins over MVAO and Woodbury Central, two teams that beat the Rebels in regular season. Rebels garnishing post season awards were Katie Walker and Jordan Kerns, Honorable Mention All-Conference, and Christy Gallagher, First Team All-Conference.

The Rebels had their Awards Night on March 18th. Girls collecting basketball honors that night were Jordan Kerns—Hustle Award, Queen of the Board Christy Gallagher, Best Defensive Player—Jordan Kerns, Rebel Award—Ashley Mendenhall, and Most Valuable Player—Katie Walker. Girls lettering for the 2009-2010 season were Christy Gallagher, Kirstin Berg, Sarah Greder, Ashley Mendenhall, Jordan Kerns, Katie Walker, bookkeeper Abby Belvin, and manager Alissa Reeves.

Girls Track Preview by Coach Book



The returning state qualifying shuttle hurdle team is providing the leadership for track by working hard. Kaitlin Choquette, Kirstin Berg, Justine Cleveland and Ashley Alons all know the work ethic it takes to become state qualifiers. Through hard work and example, they will lead the team to the next state meet and new levels of excellence.

The majority of the girls out this year are sprinters with a few distance runners, throwers and jumpers.

Team members are:

Seniors - Emily Ketelsen and Kaitlin Choquette

Juniors - Justine Cleveland, Ashley Alons, Kirstin Berg and Shauna DeVries

Sophomores - Naomi Greder, Janell Walker, Megan Polly, Jaci Roepke, Mary Hughes, Abby Rae, Tabitha Hodges and Danielle Folsom

Freshman - McKayla Wood, Bailey Holtz and Megan Crawford

The challenges will be many, but it should be another great season.



Boys Track Preview by Coach Kaufman

After a highly successful campaign that culminated at the state meet with every senior qualifying and Kody Gillespie winning his second state championship, there is a youth movement to fill some large shoes. This year's team features the arrival of seven young freshmen. Seniors Daniel Jordening and Calvin Smith will lead the charges. Talented distance runner Zach Goodvin will be called upon to run a range of races from a

400 meter run to a two mile run. Joining him in the distance races will be Andy Topf. The freshman group has diversity with Bobby Nettleton in the sprints, Beau Metcalf hurdling, Cory Myrtue in the discus, Shoalah Walcott in the shot put and utility runners Jake Peterson and Wilson Alquist. Other newcomers are Chris Schroeder in the sprints and Sam Anderson in field events.

Fall/Winter Athletic Awards Banquet

In addition to the awards listed in the wrestling and basketball articles in this newsletter, the following awards were presented at the fall/winter athletic awards banquet.



Volleyball

Best Offensive Player	Ashley Alons
Best Defensive Player	Jordan Kerns
Most Promising Freshman	Anna Parsley
Most Improved Player	Abby Belvin
Most Valuable Player	Kirstin Berg
Most Spirited	Ashley Mendenhall
Most Consistent Player	Sarah Greder

Football

Most Valuable Offense	Jeff Mead
Most Valuable Defense	Kenton Kollbaum
Most Valuable Lineman	Juan Munoz
Most Improved	Trevor Meylor
Ray Biggerstaff	Mitch Parker
Dennis Blake	Trent Baker

Cross Country

Most Valuable Male	Zack Goodvin
Most Valuable Female	Megan Crawford
Most Improved Runner	Calvin Smith

Notes from the A.D. by Todd Greder

As we slowly embark on the spring seasons, now is a good time to look forward to the spring and summer seasons. The spring sports of track and golf have started practice and are preparing for competition. Baseball and softball are not far off. Hopefully, good weather will accompany these sports during the season!

One change worth noting for the summer season is in the order of play for conference baseball. The conference has voted to start with the varsity game at 6:00 PM and follow that up with the JV game. This is a change from the traditional JV followed by varsity approach that we have used for years. At this time, Westwood plans to play its non-conference games in the traditional

JV first format. Important to note, this is for baseball only. Softball will remain with the traditional JV at 6:00 PM followed by the varsity game.

Also remember to encourage all Westwood athletes to work out during the off season. We will again this summer have summer weightlifting and agility sessions. Along with these work outs gyms will be open for athletes to work on individual skills that relate to any and all sports. This is a great time for self and team improvement. It is critical for success during the season that athletes put time in the off-season.

Here's looking forward to some great spring and summer weather.

Thank You!

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

For an electronic color version of this newsletter in PDF format, send your email address to dgalagher@longlines.com.

Westwood Spring Athletic Schedules

Girls Track

Date	Opponent	Site	Time
March 20	MVC Indoor Meet	Storm Lake (BV)	10:00
March 30	Galva-Holstein Coed Relays	Holstein	4:30
April 6	Lawton-Bronson	Lawton	4:30
April 13	Girls Spartan Invitational	Onawa	4:30
April 16	Hinton Invitational	Hinton	5:00
April 17	SC Relays	Sioux City	8:00
April 22	Sergeant Bluff-Luton	Sergeant Bluff	5:00
April 27	Falcon Girls' Invitational	Ida Grove	4:30
April 30	River Valley Coed Relays	Correctionville	4:30
May 3	WVC Outdoor Meet	TBA	4:00
May 7	Rebel Relays	Sloan	5:00
TBA	Regional Meet	TBA	TBA

Boys Track

Date	Opponent	Site	Time
March 20	WVC Indoor Meet	Storm Lake (BV)	10:00
March 30	Galva-Holstein	Holstein	4:30
April 6	SB-L	Sergeant Bluff	5:00
April 12	Tri-Center	Neola	5:00
April 17	SC Relays	Sioux City	8:00
April 20	Spartan Relays	Onawa	4:30
April 22	Black Hawk Relays	Hinton	5:00
April 26	BC/IG	Ida Grove	4:30
April 27	Lawton-Bronson	Lawton	4:30
April 30	River Valley	Correctionville	4:30
May 3	Heelan Fr./So. Meet	Heelan	4:30
May 4	WVC Outdoor Meet	Sloan	4:00
May 7	Rebel Relays	Sloan	5:00
TBA	District Meet	TBA	TBA

Girls Golf

Date	Opponent	Site	Time
April 6	WVC Meet	Kingsley	4:30
April 12	WVC Meet	Correctionville	4:30
April 19	WVC Meet	Moville	4:30
April 26	WVC Meet	Sloan	4:30
May 3	WVC Meet	Ida Grove	4:30
May 7	West Monona & Maple Valley Triangular	TBD	4:00
May 10	Western Valley Conference Championship Meet	TBD	TBD

Boys Golf

Date	Opponent	Site	Time
April 6	WVC Meet	Ida Grove	4:30
April 12	WVC Meet	Holstein	4:30
April 17	Westwood Invitational	Sloan	9:00
April 19	WVC Meet	Kingsley	4:30
April 23	Maple Valley JV Meet	Mapleton	4:00
April 26	WVC Meet	Mapleton	4:30
May 1	BC/IG Invitational	Ida Grove	9:00
May 3	WVC Meet	Moville	4:30
May 7	West Monona & Maple Valley Triangular	TBD	4:00
May 10	Western Valley Conference Championship Meet	TBD	TBD

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



Rebel Relays
May 7
5:00



Westwood Summer Athletic Schedules

Softball

Date	Opponent (* = conference game)	Site	Time
May 26	Lawton-Bronson*	Lawton	6:00
May 27	Sheldon	Sheldon	6:00
May 28	Galva-Holstein*	Sloan	6:00
May 29	Kingsley-Pierson Tournament	Kingsley/Pierson	TBA
June 2	River Valley*	Sloan	6:00
June 3	BC-IG*	Battle Creek	6:00
June 4-5	West High Tournament	Sioux City	TBA
June 7	Kingsley-Pierson*	Sloan	6:00
June 8	Woodbury Central*	Moville	6:00
June 9	Maple Valley-Anthon Oto*	Sloan	6:00
June 10	Missouri Valley (Freshman)	Sloan	4:30
June 10	Missouri Valley	Sloan	6:00
June 12	West Sioux Tournament	Ireton	TBA
June 14	Woodbury Central*	Sloan	6:00
June 15	Whiting	Whiting	6:00
June 16	Kingsley-Pierson*	Kingsley	6:00
June 17	West Monona	Sloan	6:00
June 18	BC-IG*	Sloan	6:00
June 19	East Sac Tournament	Lake View	10:00
June 21	River Valley*	Correctionville	6:00
June 23	Sioux City West	Sloan	6:00
June 24	Lawton-Bronson JV Tournament	Lawton	TBA
June 24	West Harrison	Mondamin	6:00
June 25	Galva-Holstein*	Holstein	6:00
June 26	Westwood Tournament	Sloan	TBA
June 28	Lawton-Bronson*	Sloan	6:00
June 29	Charter Oak - Ute	Sloan	6:00
June 30	MV/AO*	Mapleton	6:00
July 2	Storm Lake Tournament	Storm Lake	TBA
July 2	Conference Rain Date	TBA	TBA
July 5	WVC Tournament	TBA	TBA
July 6	WVC Tournament	TBA	TBA

Baseball

Date	Opponent (* = conference game)	Site	Time
May 26	Lawton Bronson*	Lawton	6:00
May 27	Sgt. Bluff-Luton	Sgt. Bluff	6:00
May 28	Galva-Holstein*	Sloan	6:00
June 2	River Valley*	Sloan	6:00
June 4	OA-BC-IG*	Ida Grove	6:00
June 7	Kingsley-Pierson*	Sloan	6:00
June 8	Woodbury Central*	Moville	6:00
June 9	Maple Valley-Anthon Oto*	Sloan	6:00
June 14	Woodbury Central*	Sloan	6:00
June 15	West Monona	Sloan	6:00
June 16	Kingsley-Pierson*	Kingsley	6:00
June 17	Hinton	Sloan	6:00
June 18	OA-BC-IG*	Sloan	6:00
June 21	River Valley*	Correctionville	6:00
June 24	West Harrison	Mondamin	6:00
June 25	Galva-Holstein*	Holstein	6:00
June 26	Westwood JV Tournament	Sloan	10:00
June 28	Lawton Bronson*	Sloan	6:00
June 30	Maple Valley-Anthon Oto*	Mapleton	6:00
July 1	St. Albert	Sloan	6:00
July 2	Conference Rain Date	TBA	6:00
July 5	WVC Tournament	TBA	TBA
July 6	WVC Tournament	TBA	TBA
July 8	Logan-Magnolia	Logan	6:00

Note: For baseball conference games (denoted by *), the varsity will play the first game followed by the junior varsity game.

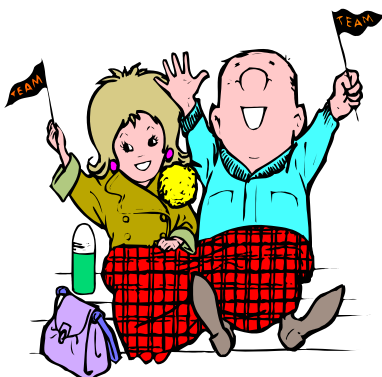
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Go Rebels!

Special Thanks to the Proud Supporters of Westwood Athletics!

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2010 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 2010.

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.**

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