

Westwood Rebel Athletics

ISSUE 10

AUGUST 2010

"You have to set goals that are almost out of reach. If you set a goal that is attainable without much work or thought, you are stuck with something below your true talent and potential."

Steve Garvey,
Baseball Player

INSIDE THIS ISSUE:

Softball	1
Girls Track	2
Boys Track	2
Girls Golf	2
Boys Golf	2
Snowcap	2
Baseball	3
Facilities	3
Football Preview	3
Cross Country Preview	3
Volleyball Preview	3
Schedules	4
Salt Sales	4
Boosters	5

Softball

Western Valley Conference Champs!



The 2010 Westwood Softball Team completed a very successful season this past summer. The Lady Rebels finished as the Western Valley North Division Conference Champions with a perfect record of 16-0 in the conference. They also completed the season sweep of the conference by winning the Western Valley Conference tournament in Woodbine with wins over IKM-Manning and Woodbine. Overall on the season, the Rebels finished with a 29-6 record and ranked #9 in Class 2A. Season highlights included a second place finish in the Sioux City West Tournament, winning the Wall Lake Tournament Championship and the opportunity to host the first Westwood Softball Classic tournament in Sloan. Throughout the season the Lady Rebels had many outstanding performances, broke many school records and earned many in season and post season awards.

Varsity Letter Winners

Jordan Kerns	Christy Gallagher
Katie Walker	Megan Polly
Alissa Reeves	Naomi Greder
Kaitlin Choquette	Bailey Holtz
Emily Ketelsen	Shannon Copple
Sarah Greder	Megan Crawford
Kirstin Berg	Alli Roepke
Cassidy Frahm	
Ashley Mendenhall	

JV Participants

Taylor Mulvihill
Abby Rea
Jaci Roepke
McKinzi Shook
Anna Parsley
Cassidy Corey
Hannah Stier
Renee Choquette
Natalie Parsley

2010 Honors and Awards

All State

1st Team – Jordan Kerns, Pitcher
Honorable Mention – Alissa Reeves,
Third Base
Honorable Mention – Katie Walker,
Catcher
Honorable Mention – Christy
Gallagher, Short Stop
Honorable Mention – Bailey Holtz,
Center Field

All District

Jordan Kerns
Alissa Reeves
Katie Walker

All Western Valley Conference

1st Team – Jordan Kerns, Pitcher
1st Team – Katie Walker, Catcher
1st Team – Alissa Reeves, Third Base
1st Team – Kirstin Berg, First Base
2nd Team – Christy Gallagher, Short
Stop
2nd Team – Bailey Holtz, Center
Field
2nd Team – Emily Ketelsen, Second
Base
Honorable Mention – Naomi Greder,
Designated Hitter
Honorable Mention – Megan Polly,
Utility

All Tournament Team @ Sioux City West

Jordan Kerns
Alissa Reeves

Congratulations!

Dan Thompson, Class 2A District
Coach of the Year

Coaches: Dan Thompson, Mark Ouellette

Girls Track



Shuttle Hurdle Relay to State

For the second year in a row the shuttle hurdle relay made it to the state meet. All four runners returned from last year's team. They were Kaitlin Choquette, Justine Cleveland, Kirstin Berg and Ashley Alons. During the season Megan Crawford and Bailey Holtz also ran on this relay.

The number of track participants was down but the quality was high. When you have people out that want to be there and are with their friends, meets can be fun. Members this year included: Kaitlin Choquette, Emily Ketelsen, Justine Cleveland, Ashley Alons, Kirstin Berg, Naomi Greder, Danielle Folsom, Janelle Walker, Abby Rea, Jaci Roepke, Tabitha Hodges, Shannon Platzack, McKayla Wood, Megan Crawford and Bailey Holtz.

Nice season girls. Hopefully we can recruit more girls for next year.



Boys Golf

The Westwood boys golf team started out the season with four returning lettermen and twelve other players. The weather played a factor in the season, calling off two meets because of rain and light snow. The Rebels were led by senior Aaron Paulsen and juniors Adam Greeno, Ben Winters, Trent Baker, Jordan Hansen, and Tyler Hansen. The boys played at five different Western Valley Conference locations to determine the conference champion. The Rebels ended up sixth in the Northern division. Two Rebel golfers made the second team Western Valley Conference by scoring in the top twelve golfers out of sixty six. Aaron Paulsen ended up in ninth, while Trent Baker ended up eleventh.

Coach Tower was very pleased with the team effort. According to Coach Tower, "The team played very well considering it was the first time these guys had played on four of the five new conference courses. The team needs to play more in the summer and fall. I liked the improvement from last year when we finished in eighth place. I am really looking forward to next year because we will have everyone back except Aaron. These men could be conference champs next year if they practice hard and compete better than this year. It takes four individual scores to make up your team score. This year the team had trouble putting four good scores together and that's why we ended up in the middle of the conference standings. The team also needs some help next year from some of the junior varsity players. The team needs two younger players to step up into varsity spots."

Overall, the boys golf season was a year of transition. Learning new courses, playing in bad weather, and trying to play each shot well was a challenge. The team will be very competitive next spring, and with a little luck, and hard work the Rebels will be one of the best teams in the Western Valley Conference in 2011.

Go Rebels!

Boys Track



The track team this year was led by seniors Daniel Jordening and Calvin Smith. Daniel had a great season hurdling in the 110 high hurdles and as a member of the shuttle hurdle team. Calvin ran in a variety of events ranging from the sprints to the distance races. All team members found a niche on the team and fulfilled a unique role. Samuel Anderson steadily improved in the shot put throughout the entire year as he approached the forty foot mark. Big throws are expected from him in the years to come. Corey Myrtue excelled at the discus and placed seventh in the districts. He will be looking to qualify for state next year. Bobby Nettleton did an exceptional job in the sprints as a freshman and will soon be the man everyone else is chasing. Beau Metcalf turned in some fine performances in conquering the high hurdles. Zach Goodvin medaled many times in the distance races and also placed seventh at districts. His future is extremely bright. Andy Topf also ran the middle and distance races. He also consistently shaved time off his runs. Shoalah Walcott showed surprising speed in the sprints and threw the shot put. Jake Petersen ran the sprints and sprint relays. This solid group of young members will be back next year and provide the nucleus to carry on the tradition.



Girls Golf

The 2010 girls golf season certainly got off to a good start. We had 14 girls out and that was a big improvement from the past. By the time we got around to playing in some meets, we only had 10 girls remaining. But those girls were good about getting to practice every day and working hard on improving their game. We did have enough to fill out a roster for each meet and didn't finish last twice. There were 4 freshman, 2 sophomores and 3 juniors out so the future has some potential. This isn't an easy game to play without plenty of practice. So I'm hoping that these girls get out and work on their game and bring back the winning tradition to the girls golf program.

Snowcap

To help keep you informed we have teamed up with the Snowcap service to send you emails or text messages to your cell phone or computer. Sign up at www.snowcaponline.net to receive a text message or email anytime Westwood School uses SNOWCAP to dispatch alert announcements affecting you or our school activities. No more waiting by the television or radio!

To sign up, just look for the cell phone and laptop on the Snowcap website, click on the button next to school, type Westwood in the blank, click on the search button, select Westwood from the choice list, then complete the contact information on the next page.

Once you have completed signing up, you will receive a verification text and/or email. Follow those links to activate your registration(s). Each email and cell number must be activated before you will receive alerts. For activation help, you can call SNOWCAP Support at 712.202.1574.

We hope this will give you another method of keeping informed about weather announcements at our school.



Baseball

3rd in Northern Division of the Western Valley Conference

All Conference

1st Team Gabe Wingert
1st Team Alex Gosch
2nd Team Chad Walker
2nd Team Boone Lord
Hon. Mention Trent Baker
Hon. Mention Bobby Nettleton



Athletic Facilities

While the normal repair and maintenance went on this summer, we have added a few new improvements to our athletic facilities. Starting inside, our main gym had the walls repainted and new scoreboards installed. The weightlifting room doors were refinished with stainless steel. More cement sidewalks were added in our baseball area. Work has begun on the track storage facility at our football field. Our security cameras for the softball, baseball, and football/track fields have been upgraded to allow you to view a home game from the Internet should you not be able to attend. Please check out our www.westwood.k12.ia.us web site and use the "camera" tab. While not ESPN quality, we hope it will give you a chance to feel part of the game.



Football Preview

First off I would like to introduce myself as the new head coach of the Westwood High School Football Program. My name is Andy Homan and I am more than happy with the off-season we have had so far in getting ready for the upcoming season. To give you a little background, I graduated from Battle Creek-Ida Grove High School in 2003. From there I went to USD to continue my football career and about a year and half later transferred to Morningside College where I finished my football career. I graduated from Morningside with an Exercise Science degree and have been coaching for five years. In my time at Westwood High School I have helped with football, Jr. High football, girls track, and girls basketball for one year. I have also been with the boy's basketball program for two years and have done a number of things with the strength programs.

I feel that we have put together a staff for the upcoming year that will put our athletes into a winning position. As with any sport though, a coach can only go as far as the playing field. Our athletes must commit and want to put themselves in a winning position as well. I feel that our athletes have put in the time this off season to put themselves in that position.

Only four starters return from last season so this will be a rebuilding year. Linebacker Joel Kounkel returns after leading the team with 75 tackles last season. Defensive end Juan Munoz and linebacker Trent Baker were also among the leading tacklers last year.

The Rebels remain in District 1 of Class 1A, but Hinton and Lawton-Bronson are the only other holdovers after the state's biennial redistricting. Thus, there will be lots of new opponents on the schedule.

As a staff we are really looking forward to this year and seeing you at our upcoming games. Thank you in advance for all your support in the upcoming season.

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 dgallagher@longlines.com.

Cross Country Preview



The cross country team is hitting the gravel roads. Members include:

Seniors - Valeria VanMuyden, Greg Sibenaller, Cole Brenden
Juniors - Zack Goodvin, Robert Jordening, Andy Topf
Sophomore - McKayla Wood
Freshman - Renee Choquette, Skyler Hostetler, Hunter Hostetler
Eight Grade - TJ VanMuyden
Seventh Grade - Brandon Croghan

It takes a special person to run cross country. Junior high boys and girls run anywhere from one mile to two miles. High School girls run two and a half miles while the guys run 3.2 miles. Most run to be in better shape for a winter sport. Cross Country develops your lung capacity and a faster recovery rate. Workouts are more fun since the girls and guys can run together - many fun times are shared.

We will be running on many roads in different parts of the Westwood District so please watch out for us. If you are driving and coming up on a runner please SLOW DOWN - your tires throw rocks which hurt as

Volleyball Preview



Westwood Volleyball finished the 2009 season 18-10. They were just two wins away from setting a school record. The 2010 Rebel Volleyball team plans on breaking the school record of 20 wins in a season. The team is led by 10 seniors, 3 were All-Conference players last year and 6 of them were starters. The overall team consists of 25 girls ready to show Westwood exciting volleyball. The Rebel volleyball team starts play in Whiting on August 31st. They hope all of you can come support them on a very exciting 2010 season. Expect this team to do great things this year on the court.

Westwood Fall Athletic Schedules

Football

Date	Opponent	Site	Time
Aug 27	Marcus-Meriden-Cleghorn	Sloan	7:00
Sept 3	MV-AO	Mapleton	7:00
Sept 10	Lawton-Bronson	Lawton	7:30
Sept 17	Hinton	Sloan	7:30
Sept 24	West Monona	Onawa	7:30
Oct 1	Manson NW Webster	Sloan	7:30
Oct 8	Prairie Valley, Gowrie	Sloan	7:30
Oct 15	IKM-Manning	Manning	7:30
Oct 22	Ridge View	Sloan	7:30

Cross Country

Date	Opponent	Site	Time
Sept 3	Sioux City Heelan	Heelan	5:00
Sept 11	Galva-Holstein	Holstein	9:00
Sept 14	Woodbury Central	Moville	5:00
Sept 23	MV/AO	Mapleton	4:30
Sept 27	Sioux City West	SC West	4:30
Sept 30	South Sioux City	South Sioux City	4:30
Oct 5	Kingsley-Pierson	Kingsley	5:00
Oct 7	West Sioux	Hawarden	4:00
Oct 11	BC/IG	Ida Grove	5:00
Oct 16	Western Valley Conference	Woodbine	5:00
Oct 21	District/Regionals	TBA	TBA
Oct 30	State	Fort Dodge	TBA

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

**Come Out and
Support the Rebels!**

Volleyball

Date	Opponent	Site	Time
Aug 31	OA-BC-IG & Whiting	Whiting	5:30
Sept 7	River Valley & Kingsley-Pierson	Sloan	5:30
Sept 13	Underwood	Sloan	6:00
Sept 16	West Monona	Sloan	6:00
Sept 18	West Sioux Tournament	Hawarden	TBA
Sept 20	Woodbury Central	Sloan	6:00
Sept 21	Galva-Holstein	Sloan	6:00
Sept 23	Woodbine	Woodbine	6:00
Sept 25	WVC Tournament	TBA	9:00
Sept 27	WVC Tournament Finals	Mapleton	6:00
Oct 2	River Valley Tournament	Correctionville	9:00
Oct 5	Lawton-Bronson	Lawton	6:00
Oct 7	MV/AO	Mapleton	6:00
Oct 9	MV/AO Fr./So. Tournament	Mapleton	TBA
Oct 14	Lawton-Bronson (non conference)	Sloan	6:00
Oct 16	MV/AO JV Tournament	Mapleton	TBA

Salt Sales

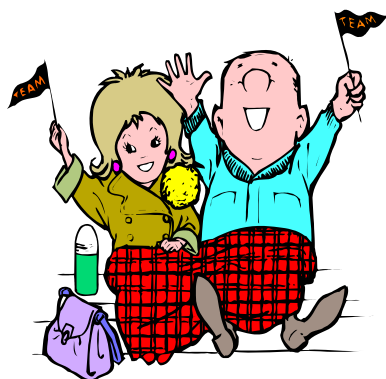
Rebel Athletes will again be selling salt this fall to support Rebel Athletics. Watch for details in the Sloan Starlet. Thank you for your continued support of this event.



Special Thanks to the Proud Supporters of Westwood Athletics!

Victory Blue & Gold Club (\$500)

Hummel Insurance Agency, Inc.
Dale & Lori Smith
Garold & Deanna Smith
Uhl Feed Store
Norman and Kris Westergaard



Gold Club (\$100)

Kirk & Lori Lynn Ahrends
Everett & Ann Bradshaw
Jeff & Leah Brouillette
Burkhart's Garage
James & Marjorie Coon
Wayne and Margaret Copple
Matt & Jen Drees
Farm Financial Strategies (Rick Wiggs)
Dave & Lorie Folsom
Dennis & Lori Gallagher
Don Gallagher
Todd & Joni Greder
Curt & Lisa Koenig
Rich & Margaret Lucas
Mimi & Rich Moore
Jon & Bev Roarson
Sloan Family Dentistry
Richard K. BoKemper, DDS
Renee L. Husen, DDS
Connie & Travis Smits
Tom & Roxie Ullrich

Blue Club (\$50)

Attica Lodge No. 502 A.F. & A.M.
Tom Gerking
Marian Gallagher
Hanner Salvage
Iowa-Nebraska State Bank
Rodd & Diana Nordstrom
Wallace & Bonnie Parker
Keith & Pat Peterson
Jerry & Rebecca White



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 all Westwood Athletic newsletters.

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.