

Westwood Rebel Athletics

ISSUE 12

APRIL 2011

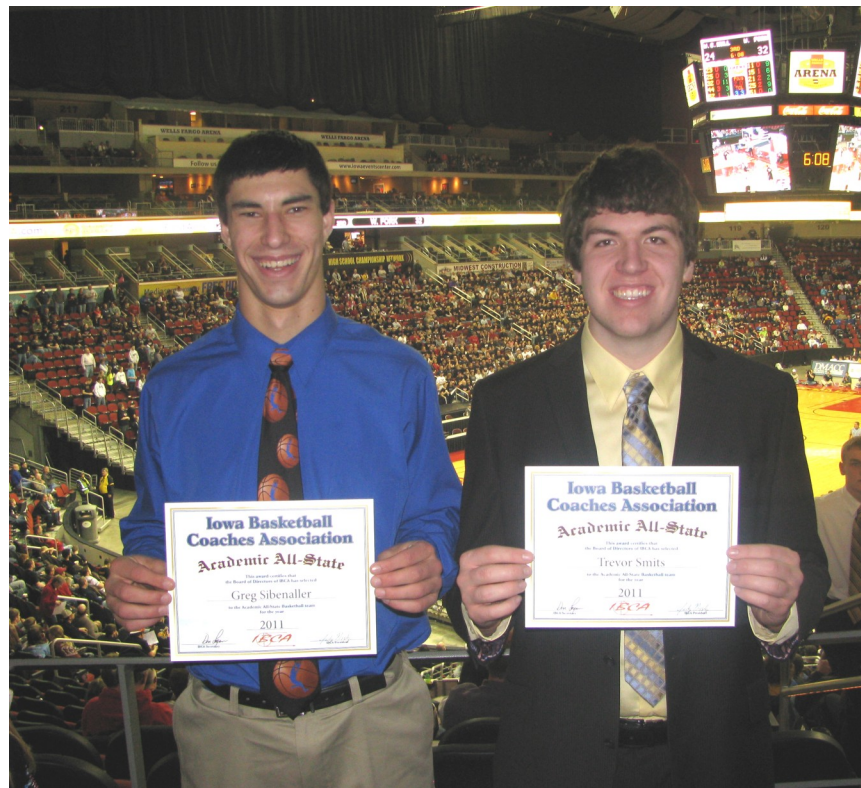
"Ask not what your teammates can do for you. Ask what you can do for your teammates."

Magic Johnson,
NBA basketball star

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Academic All-State Basketball



The Westwood Boys Basketball Team, Westwood Athletic Boosters, and the Westwood community would like to congratulate Greg Sibenaller and Trevor Smits for being named as Academic All State Selections by the Iowa Basketball Coaches Association. To be nominated, senior players had to meet the minimum standards of a 25 ACT composite, 3.25 GPA, and be in the top 75% of their senior class. This year's group of 34 players (made up of players from all four classes) has the following combined averages: an ACT composite of 30.4, a scoring average of 15.9 pts per game, and a GPA of 4.1. The awards were presented at halftime of the boy's class 2A championship game on Friday, March 11th.



Wrestling by Coach Thompson



The Rebel wrestling team finished the season with a 12-10 overall dual record and a 3-6 Western Valley Conference Dual record. For the first time in many seasons the Rebels were able to fill all the varsity spots a majority of the time. This led to many high tournament finishes and a very competitive dual season. The Rebels finished the season with 9 wrestlers winning at least 20 matches, 4 wrestlers winning at least 30 matches and 1 wrestler winning over 40 matches.

Some highlights of the season included a 3rd place finish on the opening weekend at the Sergeant Bluff Tournament and trophy finishes with a 2nd place finish at the Lawton-Bronson Dual Tournament and a 2nd place finish at the Kingsley Pierson Tournament. Throughout the season Westwood wrestlers finished with 14 individual weight class titles. Trent Baker led the way winning 8 individual titles. Trent capped off his season by winning the sectional title and district title. At the state tournament Trent was able to capture 3rd place at 215 lbs. for the first Westwood state wrestling medal since 2000. Trent also tied the single season win record with 46. Fellow senior Dustin Scott also qualified for districts and finished fourth at the district tournament. The Rebels finished the season with 17 varsity wrestlers.

Award Winners

MVP – Trent Baker
Most Improved – Jacob Becker
Michael Gries Award – Trent Baker

Letter Winners

103 – Austin Mead
112 – Zach Goodvin
119 – Casey Kirkendall
125 – Tyler Robinson
130 – Chris Schroeder
135 – Jacob Becker
135 – Tyler Guy
140 – Dustin Scott
145 – Jake Peterson
152 – Beau Metcalf
160 – Ryan Mulvihill
160 – Omar Munoz
171 – Austin Collins
189 – Sam Anderson
215 – Trent Baker
285 – Juan Munoz
285 – Colby Seward

Record

31-13 Junior
23-20 Junior
30-15 Freshman
20-24 Freshman
15-23 Senior
27-16 Freshman
8-24 Freshman
30-13 Senior
10-20 Sophomore
13-9 Sophomore
15-25 Freshman
11-23 Freshman
3-6 Sophomore
20-24 Junior
46-1 Senior
25-12 Senior
5-15 Sophomore

Managers: MaKayla Wilson, Jackie Moss

Coaches: Dan Thompson, Todd Berg, Todd Greder

Notes from the A.D. by Todd Greder

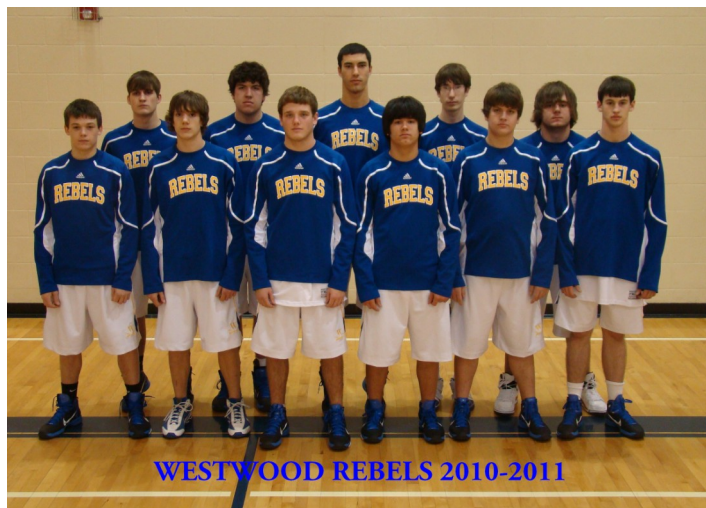
As we move from winter sports into spring and summer, I would like to write about improvement. I often write about our athletes making themselves better by weight training, improving agility and going to camps. This time I would like to write about coaches working on becoming better coaches. Our coaches often attend clinics and work on improving their coaching skills with books and videos. This column is not long enough to list all the things that our coaches attend, read and watch for improvement, but I would like to highlight a few of the recent examples.

Already this year, Coach Book has attended the Iowa Track Coaches Clinic. She also attended and brought students to a track camp at Buena Vista University. Coach Thompson both attended and presented at a softball coaches clinic in Akron. The football coaching staff will be attending the University of

Nebraska's football coaching clinic at the end of March. I will be attending that clinic, plus attending the State AD's convention, also the last week in March.

It has been my experience that whenever I attend a clinic, I always learn something new that I can bring back and use to help our athletes. These events are a great opportunity for our coaches to keep up with the latest trends in their sports. Often new techniques are presented that can aid our athletes in their particular sports. Another benefit of attending coaching clinics is the reassurance that what we teach our athletes is also what others are teaching their athletes. Coaches learning and growing in their profession set an example for all our students. It is important to continue to learn throughout our lives.

Boys Basketball by Coach Burkhart



The 2010-2011 season began with high expectations and the team did not disappoint. The competition the team faced was as difficult as it has been in some time. The schedule involved 11 games featuring opponents with All-State players. In those games, the team went 7-4. Overall, the Rebels put together a 16-7 record. Even though the players weren't able to claim the state title, they can claim the only win over the State Champions, Storm Lake St. Mary's, at the Tyson Event Center. The team was also able to beat OABCIG (75-49) for the first time since 2003.

There were also many individual accolades. Joel Kounkel, Jordan Hansen, and Ben Winters all were named Honorable Mention Western Valley All Conference. Trevor Smits was named to the Western Valley All Conference 2nd Team. Greg Sibenaller was unanimously named to the Western Valley All Conference 1st Team for the second year in a row. Greg was also named 3rd Team All State by the Iowa Newspaper Association, 2nd Team All State by Iowapreps.com, and 2nd Team All State by the Des Moines Register. He was also named to the Sioux City Journal All Northwest Iowa 2nd Team.

On the season, our statistical leaders were Greg Sibenaller in points per game (19.7), followed by Trevor Smits with 11.9 ppg and Jordan Hansen with 10 ppg. Greg also led the team in rebounds per game (12.5) and blocked shots (38). Joel Kounkel led the team in steals with 51, followed by Greg's 49. Joel also led the team in assists with 104 (only the 5th player with 100 assists in a season) while Jordan Hansen had 94. The team did all of these outstanding accomplishments while maintaining a 3.44 GPA. This

earned them the Distinguished Achievement Award from the IAHSAA, which is their highest academic team honor.

At the end of the year, many of our players made it into the top 5 all-time in many categories. Trevor Smits had the 4th most blocks all-time in a game. Joel Kounkel tied for 4th all-time for assists in a game. He also had the 5th most assists in a season. Jordan Hansen had the 4th and 5th most assists in a game. Greg Sibenaller had the 4th most rebounds in a season (the highest total in 34 seasons). He had the 4th most blocks in a game. He tied for 5th most blocks in a game, and 3rd all-time for blocks in a career. Greg is the only player to have a perfect game from the floor (of players shooting 10 or more shots in a game). He is also 1st and 2nd for Field Goal shooting percentage for a season. Finally, he broke the career record, held by Vince Johnson, for Field Goal percentage.

Lastly, this is the first time in Westwood History that there have been 4 consecutive winning seasons. Over the past 4 seasons, the team has put together the 2nd, 3rd, 4th, and 5th best seasons for points allowed during a season.

Coach Burkhart would like to thank all of those who supported us not only this season, but for the past 6. THANK YOU.





Girls Basketball by Coach Drees

The 2010-2011 girls' basketball season concluded on February 15th when the Rebels hosted the Lawton Bronson Eagles. The Rebels fell short in the contest. The year's campaign ended with 10 wins and 11 losses. The Rebels finished in fourth place in the Western Valley Conference North Division.

Rebels garnishing post season awards were Katy Noble and Kirstin Berg, Honorable Mention All-Conference, and Christy Gallagher, Second Team All-Conference. Katy Noble and Ashley Mendenhall were nominated for Academic All State.



The Rebels had their Awards Night on March 17th. Girls collecting basketball honors that night were:

Miss Hustle	Bailey Holtz
Rebel Award	Christy Gallagher
Most Improved	Katy Noble
Most Valuable Player	Christy Gallagher

Girls lettering for the 2010-2011 season were seniors, Kirstin Berg, Sara Greder, Ashley Mendenhall, and Katy Noble, juniors, Christy Gallagher, Danielle Folsom, Naomi Greder, and Megan Polly, and sophomore Bailey Holtz.

Fall/Winter Athletic Awards Banquet

Football

Most Valuable Offense	Jordan Hansen
Most Valuable Defense	Joel Kounkel
Most Valuable Lineman	Juan Munoz
Most Improved	Trevor Heck
Rebel Pride	Trent Baker
Ray Biggerstaff	Jordan Hansen
Dennis Blake	Joel Kounkel
Rebel Iron Man	Casey Kirkendall

Cross Country

Most Valuable Male	Hunter Hostetler
Most Valuable Female	Renee Choquette
Most Improved Runner	Andy Topf

Volleyball

Best Offensive Player	Katy Noble
Best Defensive Player	Ashley Alons
Most Promising Freshman	Natalie Parsley
Most Improved Player	Anna Parsley
Most Valuable Player	Kirstin Berg
Most Spirited	Erin Ernst

Girls Basketball

Most Valuable Player	Christy Gallagher
Miss Hustle Award	Bailey Holtz
Most Improved	Katrina Noble
Rebel Pride	Christy Gallagher

Boys Basketball

Most Valuable Player	Greg Sibenaller
Mr. Hustle Award	Joel Kounkel
Rebel Pride Award	Jordan Hansen
Most Improved	Cory Myrtue
Most Improved	Drew Alons

Wrestling

Most Valuable Wrestler	Trent Baker
Most Improved Wrestler	Jacob Becker
Michael Gries	Trent Baker



Girls Track Preview by Coach Book



The Lady Rebel track team is led by strong leadership. Three seniors, Ashley Alons, Justine Cleveland, and Kirstin Berg have ran all four years and help others with hurdle drills. They have gone to state the last two years with the shuttle hurdle relay and have a goal of going again this year. They are joined by two other seniors, twelve juniors, five sophomores and five freshman.

Hopefully with the increased numbers workouts can be done within small groups, inspiring hard work but also having some fun. This sport is one that you get what you put into it. If you wish to decrease your time or increase your distances in jumps or throws you must work at it. Many individuals are out to grow and see their growth during the season. Personal growth is what is important.

Please encourage these athletes when you see them.

We would like to thank the Booster Club and school for the new uniforms and warm ups.



Boys Track Preview by Coach Kaufman



Spring is in the air and the boys' track team is up and running. Leading the charge is sprinter Bobby Nettleton, Zack Goodvin in the distance races, Beau Metcalf in the hurdles, and Corey Myrtue throwing the discus. There are several fresh faces that will merge with the veteran core group.

The regular season kicks off with the conference indoor meet in Storm Lake and concludes 10 meets later with the Rebel Relays. This year we are acknowledging all Westwood track alumni at the Rebel Relays and will have an exhibition alumni 4X100 and alumni shot put!

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.

Westwood Spring Athletic Schedules

Girls Track

Date	Opponent	Site	Time
March 19	MVC Indoor Meet	Storm Lake (BV)	10:00
April 1	Ridge View Coed Relays	Holstein	4:30
April 11	Kingsley-Pierson	Kingsley	4:30
April 12	Girls Spartan Invitational	Onawa	4:30
April 15	Hinton Invitational	Hinton	5:00
April 16	SC Relays	Sioux City	8:00
April 18	Falcon Girls' Invitational	Ida Grove	4:30
April 21	Sergeant Bluff-Luton	Sergeant Bluff	4:30
April 26	Lawton-Bronson	Lawton	4:30
April 29	River Valley Coed Relays	Correctionville	4:30
May 2	WVC Outdoor Meet	Ida Grove	3:30
May 6	Rebel Relays	Sloan	5:00
May 12	Regional Meet	TBA	TBA

Boys Track

Date	Opponent	Site	Time
March 19	WVC Indoor Meet	Storm Lake (BV)	10:00
April 1	Ridge View	Holstein	4:30
April 5	SB-L	Sergeant Bluff	4:30
April 11	Tri-Center	Neola	4:30
April 14	Black Hawk Relays	Hinton	4:30
April 16	SC Relays	Sioux City	8:00
April 19	Spartan Relays	Onawa	4:30
April 26	Lawton-Bronson	Lawton	4:30
April 29	River Valley	Correctionville	4:30
May 2	WVC Outdoor Meet	Ida Grove	3:30
May 6	Rebel Relays	Sloan	5:00
May 12	District Meet	TBA	TBA

Girls Golf

Date	Opponent	Site	Time
April 4	WVC Meet	Holstein	4:30
April 11	WVC Meet	Kingsley	4:30
April 18	WVC Meet	Mapleton	4:30
April 21	Maple Valley JV	Anthon	4:00
April 26	WVC Meet	Moville	4:30
May 2	WVC Meet	Correctionville	4:30
May 6	West Monona & Maple Valley Triangular	Onawa	4:00
May 9	Western Valley Conference Championship Meet	Denison	TBD

Boys Golf

Date	Opponent	Site	Time
April 4	WVC Meet	Ida Grove	4:30
April 11	WVC Meet	Moville	4:30
April 14	South Sioux City	Sloan	4:15
April 16	Westwood Invitational	Sloan	9:00
April 18	WVC Meet	Sloan	4:30
April 19	Maple Valley JV	Anthon	4:00
April 26	WVC Meet	Correctionville	4:30
April 30	OA/BC/IG Invitational	Odebolt	9:00
May 2	WVC Meet	Kingsley	4:30
May 7	West Monona & Maple Valley Triangular	Onawa	4:00
May 9	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 6
5:00



Westwood Summer Athletic Schedules

Softball

Date	Opponent (* = conference game)	Site	Time
May 25	Lawton-Bronson*	Sloan	6:00
May 26	Trinity Christian (Varsity only)	Hull	6:00
May 27	Ridge View*	Galva	6:00
May 28	Kingsley-Pierson Tournament	Kingsley/Pierson	TBA
June 1	River Valley*	Correctionville	6:00
June 2	OA-BC-IG*	Sloan	6:00
June 3-4	West High Tournament	Sioux City	TBA
June 6	Kingsley-Pierson*	Kingsley	6:00
June 7	Woodbury Central*	Sloan	6:00
June 8	Maple Valley-Anthon Oto*	Mapleton	6:00
June 9	Missouri Valley (Freshman)	Missouri Valley	4:30
June 9	Missouri Valley	Missouri Valley	6:00
June 11	West Sioux Tournament	Ireton	TBA
June 13	Woodbury Central*	Moville	6:00
June 14	OA-BC-IG (9th)	Sloan	12:00
June 14	Whiting	Sloan	6:00
June 15	Kingsley-Pierson*	Sloan	6:00
June 17	OA-BC-IG*	Battle Creek	6:00
June 18	East Sac Tournament	Lake View	10:00
June 20	River Valley*	Sloan	6:00
June 22	Sioux City West	Sioux City	6:00
June 23	Lawton-Bronson JV Tournament	Lawton	TBA
June 23	West Harrison	Sloan	6:00
June 24	Ridge View* & Woodward-Granger	Sloan	TBA
June 25	Westwood Tournament	Sloan	TBA
June 27	Lawton-Bronson*	Lawton	6:00
June 28	OA-BC-IG (9th)	Battle Creek	12:00
June 28	Charter Oak - Ute	Charter Oak	6:00
June 29	MV/AO*	Sloan	6:00
June 30	WVC Tournament	TBA	TBA
July 1	WVC Tournament	TBA	TBA
July 2	Storm Lake Tournament	Storm Lake	TBA

Baseball

Date	Opponent (* = conference game)	Site	Time
May 25	Lawton Bronson*	Sloan	6:00
May 27	Ridge View*	Holstein	6:00
June 1	River Valley*	Correctionville	6:00
June 3	OA-BC-IG*	Sloan	6:00
June 6	Kingsley-Pierson*	Kingsley	6:00
June 7	Woodbury Central*	Sloan	6:00
June 9	Maple Valley-Anthon Oto*	Mapleton	6:00
June 10	Sgt. Bluff-Luton	Sloan	6:00
June 13	Woodbury Central*	Moville	6:00
June 14	West Monona	Sloan	6:00
June 15	Kingsley-Pierson*	Sloan	6:00
June 16	Hinton	Hinton	6:00
June 17	OA-BC-IG*	Ida Grove	6:00
June 20	River Valley*	Sloan	6:00
June 21	Storm Lake St. Mary	Sloan	6:00
June 23	West Harrison	Sloan	6:00
June 24	Ridge View*	Sloan	6:00
June 25	Westwood JV Tournament	Sloan	6:00
June 27	Lawton Bronson*	Lawton	10:00
June 29	Maple Valley-Anthon Oto*	Sloan	6:00
June 30	St. Albert	Council Bluffs	6:00
July 1	Conference Rain Date	TBA	6:00
July 5	WVC Tournament	TBA	6:00
July 6	WVC Tournament	TBA	TBA

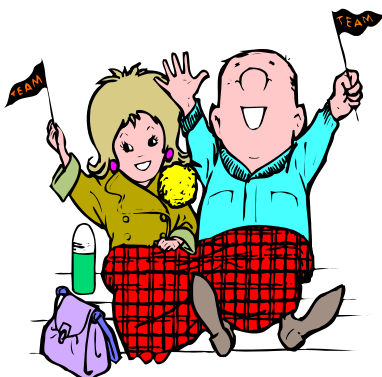
Note: Schedules may change. It is always a good idea to double check the date, time, and place.

Go Rebels!

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2011 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 2011.

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)

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City: _____ **Phone #** _____ (optional)

E-Mail Address: _____ (optional)

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

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