

Westwood Rebel Athletics

ISSUE 13

AUGUST 2011

"In the second grade, they asked us what we wanted to be. I said I wanted to be a ballplayer and they laughed. In the eighth grade, they asked us the same question. I said, "A ballplayer," and they laughed a little more. By the eleventh grade, no one was laughing.

Johnny Bench,
Major League Catcher

INSIDE THIS ISSUE:

Girls Track	1
Softball	2
Boys Track	2
A.D. Notes	2
Cross Country Preview	3
Football Preview	3
Volleyball Preview	3
Salt Sales	3
Schedules	4
Boosters	5

Girls Track Shuttle Hurdle Relay to State



The spring track season was full of highlights. Many of the track athletes either threw or ran personal bests. At the meets, the girls sometimes ran events they would not normally run so that we could compete in the events. It was due to this unselfish effort that the team benefitted. The seniors did a good job of leading the team in stretches and hurdle drills and by their overall work ethic.

The team started the season by finishing second at Holstein and continued by bringing home the trophy at SBL. We finished fourth at districts out of eleven teams.

For the third year in a row the shuttle hurdle team made it to state. The group included freshman Renee Choquette and seniors Ashley Alons, Justine Cleveland and Kirstin Berg. They ran their second fastest time of the year on the blue oval at Drake University. Justine Cleveland also qualified for the state meet in the 100 meter dash.

We have a strong junior class who will step up and be the leaders next year.

Congratulations on a good season!

Coach Book



Softball



The 2011 Westwood Softball Team completed a very successful season this past summer. The Lady Rebels finished in a tie for 3rd place in the Western Valley North Division with a record of 9-5 in the conference. They also completed the season sweep of the consolation conference tournament by winning games over IKM-Manning and Woodbine. Overall on the season the Lady Rebels finished with a 28-13 record. The Lady Rebels advanced into the second round of district play with a 7 run 7th inning rally in round 1 of districts to defeat Kingsley-Pierson 9 to 7. However, two nights later their season would come to an end with a district loss to Charter Oak-Ute. Season highlights included tournament championships at the Wall Lake Tournament and the West Sioux Tournament. Throughout the season the Lady Rebels had many outstanding performances, broke many school records, and earned many in season and post season awards.

2011 Honors and Awards

All State

2nd Team – Kirstin Berg, Third Base

Honorable Mention – Bailey Holtz, Center Field

Honorable Mention – Naomi Greder, First Base/Pitcher

All District

Kirstin Berg, Bailey Holtz, Naomi Greder

All Western Valley Conference Team

1st Team – Kirstin Berg, Third Base

1st Team – Bailey Holtz, Center Field

2nd Team – Sarah Greder, Pitcher/First Base

2nd Team – Cassidy Frahm, Right Field

2nd Team – Megan Crawford, Left Field

Honorable Mention – Naomi Greder, First Base/Pitcher

Honorable Mention – Megan Polly, Catcher

All Tournament Team – Sioux City West

Naomi Greder

Varsity Letter Winners

Sarah Greder

Kirstin Berg

Ashley Mendenhall

Cassidy Frahm

Christy Gallagher

Megan Polly

Naomi Greder

Bailey Holtz

Shannon Copple

Megan Crawford

Alli Roepke

McKinzi Shook

Hannah Stier

Renee Choquette

JV Participants

Taylor Mulvihill

Abby Rea

Jaci Roepke

Anna Parsley

Cassidy Corey

Natalie Parsley

Kelsey Lyon

Abbie Skidmore

Beth Sibenaller

Coaches

Dan Thompson

Mark Ouellette

Go Rebels!

Boys Track



The track team enjoyed a successful outing this past spring despite battling the elements of the weather. Every athlete showed steady improvement through the season and each established new personal bests in his events. The season was culminated with Cory Myrtue winning the district championship in the discus held at Hinton. This achievement qualified him to throw at the state competition held at Drake Stadium in Des Moines. He turned in a strong performance at the rain drenched meet. His future is bright as there were few other underclassmen that were able to qualify. Next year Zach Goodvin in the distance races looks to join Cory at the state meet.

Coach Kaufman

Notes from the A.D.

I would like to welcome everyone to another exciting year in Westwood Athletics. We do have a few new faces this fall. Andrea DeRocher will be the new Head Volleyball Coach. Darrin Wright will be an Assistant Football Coach. Also, if you haven't heard, I will be stepping in as the Athletic Director. I am very excited for the opportunity to work with the entire Westwood Athletic Program.

I would like to give you a little background on me. I attended Westwood High School and graduated in 1997. I then went on to college at Buena Vista University in Storm Lake, IA. After college, I began my teaching and coaching career in Ida Grove at BCIG. While there, I was an assistant coach in both football and basketball. In May of 2005 I was offered the head football coaching position at BCIG. Two weeks later, I was called about a teaching and coaching position at Westwood. It is amazing how things work out. I took the Westwood position and haven't looked back. Since arriving, I have coached as an assistant to the HS football team, I have been the Head Junior High Football Coach, as well as the Varsity Boys Basketball Coach. My family and I have truly been blessed to be able to live and work in the Westwood Community School District.

I look forward to my expanded role and doing my part to make Westwood Athletics the best that they can possibly be. GO BIG BLUE!

Cass Burkhardt

Thank You Softball Seniors and Parents!



Cross Country Preview



The cross country team returns two top ten runners in the conference, Hunter Hostetler was 7th while Renee Choquette was 9th. They will be challenged and pushed to repeat or improve on this performance.

Cross country reveals a lot about your character. It is truly an individual sport since you decide how hard you will push yourself each day. But it is also a team sport if you have enough runners or when others push you in practice. We have enough runners for a varsity guy's team with some running junior varsity. We only have three girls – so no team competition for the girls this year.

This years' cross country team:

Seniors: Zack Goodvin, Robert Jordening, Andy Topf, Janell Walker
 Junior: McKayla Wood
 Sophomores: Renee Choquette, Hunter Hostetler, Skyler Hostetler
 Freshmen: Lucas Brouillette, TJ VanMuyden
 Eighth graders: Brandon Croghan, Paige Copple
 Seventh grader: Ray Goodvin

The cross country team runs at a variety of places; gravel roads around Salix, Sloan, and Holly Springs; Southwoods as well as on the track. Please watch out and SLOW DOWN when you see them running. Honk your horn in support!

Coach Book

Football Preview



The athletes again were outstanding this summer and put forth great effort and hard work. We had 32 football players come in this summer to lift and run, which was a great start to our preseason. We also attended a football camp up at USD. There were 23 campers that went along and as a staff we thought it was a very good experience for our players. Overall we feel that we are ahead of where we were last year. Now we just need to get out there and prove it.

We will be looking for strong leadership from our senior Sam Anderson along with a few of our juniors that we are hoping step it up this year. We have made a few changes from last year that we hope will help keep moving us forward in rebuilding the program. In addition to dealing with a tough schedule, we will be required to do a lot of traveling. Our opponents are coming back as strong as they were last year so we have some tough obstacles ahead of us. Right now we will just focus on the little things that we need to fix and play one game at a time. 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.

Coach Homan

Volleyball Preview



I would like to start by introducing myself. My name is Andrea Derocher and I am the new head volleyball coach. I received my coaching authorization at DMACC in Boone and am currently a full time student at WITCC studying to become a special education teacher. I am very excited to be a part of Westwood Athletics and thank you for your warm welcome.

Even though our Westwood Volleyball Program is going through a lot of changes this year, I am expecting to have a great season. We have some big shoes to fill with all the varsity spots being open this year. I am very proud of these athletes with all their hard work in the summer and so far this season. Our team is led by a great group of seniors including Danielle Folsom, Naomi Greder, Kaylee Hobbs, Abby Rea, and Taylor Hovinga.

The week before the regular season began; we headed to Okoboji for a team camp. After only 2 days of watching these girls play, I could not wait to get into the regular season. We have a lot of potential this year and I am ready to build on what they already know.

Our first home game is August 30, a triangular against Whiting and Trinity Christian. So, come show your support for our 2011 Rebel Volleyball Team.

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.



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. The newsletter is also available on the Westwood web site, www.westwood.k12.ia.us.

Westwood Fall Athletic Schedules

Football

Date	Opponent	Site	Time
Aug 26	Marcus-Meriden-Cleghorn	Marcus	7:30
Sept 2	MV-AO	Sloan	7:00
Sept 9	Lawton-Bronson	Sloan	7:30
Sept 16	Hinton	Hinton	7:30
Sept 23	West Monona	Sloan	7:30
Sept 30	Manson NW Webster	Manson	7:30
Oct 7	Prairie Valley, Gowrie	Gowrie	7:30
Oct 14	IKM-Manning	Sloan	7:30
Oct 21	Ridge View	Holstein	7:30

Cross Country

Date	Opponent	Site	Time
Aug 26	Sioux City Heelan	Heelan	5:00
Sept 10	Galva-Holstein	Holstein	9:00
Sept 13	Woodbury Central	Moville	5:00
Sept 22	MV/AO	Mapleton	4:30
Sept 26	Sioux City West	SC West	4:30
Sept 29	South Sioux City	South Sioux City	4:30
Oct 4	Kingsley-Pierson	Kingsley	5:00
Oct 6	West Sioux	Hawarden	4:00
Oct 10	OA/BC/IG	Ida Grove	5:00
Oct 15	Western Valley Conference	Moville	5:00
Oct 20	District/Regionals	TBA	TBA
Oct 29	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 30	Whiting & Trinity Christian	Sloan	5:30
Sept 1	OA-BC-IG	Ida Grove	6:00
Sept 6	River Valley & Kingsley-Pierson	Kingsley	5:30
Sept 8	Woodbury Central	Moville	6:00
Sept 12	Underwood	Underwood	6:00
Sept 15	West Monona	Onawa	6:00
Sept 17	West Sioux Tournament	Hawarden	TBA
Sept 19	SC West & Siouxland Christian	TBA	TBA
Sept 20	Ridgeview	Schaller	6:00
Sept 24	WVC Tournament	Sloan	9:00
Sept 26	WVC Tournament Finals	Mapleton	6:00
Oct 1	River Valley Tournament	Correctionville	9:00
Oct 4	Lawton-Bronson	Sloan	6:00
Oct 6	MV/AO	Sloan	6:00
Oct 8	MV/AO Fr./So. Tournament	Mapleton	TBA
Oct 13	Lawton-Bronson (non conference)	Bronson	6:00
Oct 15	MV/AO JV Tournament	Mapleton	TBA

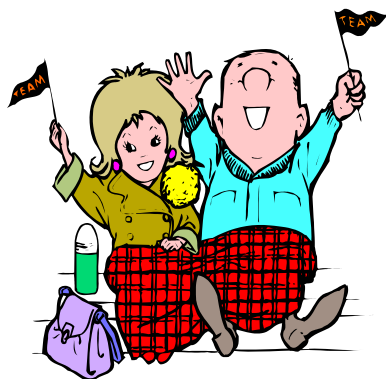
JV Football

Date	Opponent	Site	Time
Aug 29	West Monona	Sloan	6:00
Sept 6	Lawton Bronson	Sloan	6:00
Sept 12	MV/AO	Mapleton	6:00
Sept 19	OA/BC/IG	Sloan	6:00
Oct 3	Woodbury Central	Moville	6:00
Oct 10	West Monona	Onawa	6:00
Oct 17	LO-MA	Sloan	6:00

Special Thanks to the Proud Supporters of Westwood Athletics!

Victory Blue & Gold Club (\$500)

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Gold Club (\$100)

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Connie & Travis Smits
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.