

# Westwood Rebel Athletics

ISSUE 14

NOVEMBER 2011

*"Class is being honest—both with others and with yourself. Class is treating others as you would like them to treat you."*

Jack Nicklaus,  
Professional Golfer

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## Congratulations Cross Country Runners!



The cross country runners represented Westwood very well this year. We had three guys in the top ten in the Western Valley Conference. Hunter Hostetler finished 5<sup>th</sup>, Skyler Hostetler 7<sup>th</sup> and Zack Goodvin placed 10<sup>th</sup>. This is Hunter's second year in the top ten. Zack Goodvin put in a lot of miles this summer. He believed in his coach who told him that was the first step to finishing in the top ten and medaling in the conference. Last year he was 45<sup>th</sup>. You must have a good work ethic to do well in this sport since being in shape is vital. The other part has a lot to do with your heart. Eight out of the nine guys ran personal bests this year as well as one of the girls.

Our four seniors will be missed. Janell Walker joined our squad while the rest have run since junior high. Andy Topf always has a grin on his face and always had a sprint when cheered on. Robert Jordening really improved his running form. He was the quiet leader that always pushed hard. Zack also always ran hard. We wish him the best of luck next year running at college.

In junior high there was one returning runner, Brandon Croghan. Brandon had a good season, finishing 2<sup>nd</sup> in conference. Ray Goodvin also placed 9<sup>th</sup>. There were three other runners: Paige Copple, Kelsey Merryman and Rylee Winters. All improved over the season.

### Most valuable girl

Renee Choquette  
Kelsey Merryman

### Most Valuable guy

Skyler Hostetler  
Brandon Croghan

### Most Improved Runner

Robert Jordening  
Paige Copple



## Volleyball



We had a great season and achieved much more than anyone expected after graduating 10 seniors last year. We ended up with a 7-22 record that didn't show the way these girls played. They worked hard and played hard every game and every practice. They did everything they were asked to do including playing for a new 1st year coach.

We had 4 great seniors. Naomi Greder, Danielle Folsom, Abby Rea, and Kaylee Hobbs. Kaylee was dominant on our team for assists and second for serving aces and third for digs. Kaylee stepped in to take over the number one setting position. Kaylee's career is far from over and we look forward to hearing great things about her in college ball. Naomi Greder was a big help this year in the middle. She was an all around great player and fun person to work with. She was our team captain and always had a great attitude. She was our number two in blocking with 22 blocks and 9 solo blocks. Naomi was tied for 4th for kills at 87. Danielle Folsom was the other middle. She led the way in blocks this year with 38 with 23 of those being solo blocks. Danielle tied with Naomi for 4th in kills with 87. Danielle was also a big help with her great attitude and dedication to the sport. Both Naomi and Danielle received honorable mention in the conference. Last but definitely not least is Abby Rea who is the light of the team. She is the biggest joy to be around and will be greatly missed by everyone. Abby Rae was not a starter but stepped into games and played great when we needed her. Sometimes that is harder than playing the entire game. She always had the attitude coaches love to see!

We had a lot of great juniors, sophomores and freshman and I hope to see all of them back next year. Anna Parsley was our leader in kills with 124. She was followed by Cassidy Corey with 88 and McKinzi Shook with 51. Bailey Holtz was voted MVP of the team this year as a Junior. She was number 1 in the conference for digs with 337. She also led the team for ace serves with 29. Bailey was voted as athlete of the month and also received a unanimous vote for 1st team all conference! Congratulations to Bailey and everyone for a great season!

Coach Derocher



## Football



This year we fell short of what we thought our team could do this year, but not all was lost. At times there were sparks that showed our kids can play the game of football with anyone we played, showing that their hard work had paid off. Even though some scores this year did not show it, we have a great group of young men that I still don't think get the credit they deserve. We only had 1 senior out this year, making a lot of our younger athletes have to step up once again this year to play against older kids on other varsity teams. Our only senior, Sam Anderson, played amazing for us this year and will be a hard athlete to lose and replace.

### Highlights of 2011:

Bobby Nettleton: Rushing 488 yards, Receiving 702 yards, Total Yards 1190 (7TDS) (1<sup>st</sup> in our District, 13<sup>th</sup> in Class 1A)  
 Beau Metcalf: 914 Passing yards for 6 TDs (4<sup>th</sup> in our District, 18<sup>th</sup> in class 1A)  
 Cory Myrtue: 548 Kick Return yards (1 TD) (1<sup>st</sup> in our District, 1<sup>st</sup> in Class 1A)  
 Ryan Mulvihill: 627 Punt yards (In 4 Games) (7<sup>th</sup> in our District)  
 Sam Anderson: Team Leader in Tackles: 70 tackles (11 for Loss, 1 sack) (10<sup>th</sup> in our district)

Year end awards for our district were:

### Class 1A-District 1

**1<sup>st</sup> Team** - Bobby Nettleton- RB

**2nd Team** - Sam Anderson-DE  
 - Beau Metcalf-QB

**Honorable Mention** - Cory Myrtue-DE  
 - Jacob Becker-FB

### All District Academic Selection

**1st Team- 3.5 and Above**  
 Justin Smits

**2nd Team- 3.24-3.49**  
 Sam Anderson  
 Clinton Nieman-Choquette

Coach Homan



## Boys Basketball Preview

It's time for basketball! The Rebel basketball team has produced winning seasons in 4 consecutive years for the first time in school history. Now, it is time to reload. As usual, expectations are high. 20 young men signed on to be a part of this year's squad. Coach Burkhart says, "This will be the 4th year in the program for many of our seniors and it is their time to shine. I expect the leadership to be outstanding and the kids to work hard every day."

The Rebels will be hosting a jamboree on November 21st and open up play with back to back JV/Varsity home games on November 28th and 29th against Woodbine and West Harrison. We hope to see great crowds and lots of support each and every night. Go REBELS!

Coach Burkhart

## Wrestling Preview



The 2011-2012 Westwood Wrestling team returns 9 letter winners from last year's 12-10 dual team. Leading the way for the Rebels will be seniors Zach Goodvin, Austin Mead, and Anthony Schroeder. Other returning letter winners include Beau Metcalf, Colby Seward, Jake Peterson, Ryan Mulvihill, Jacob Becker, Casey Kirkendall and Tyler Robinson.

Top returning records from last season include: Austin Mead (31-13), Casey Kirkendall (30-15), Jacob Becker (27-16) and Zach Goodvin (23-20). Westwood is hoping a new influx of young wrestlers in the freshman and sophomore classes, along with some quality leadership from returning wrestlers will allow them to finish strong in the conference dual season. Newcomers to this year's Westwood Wrestling team include Brandon Olsen, Tyler Jewett, Matt Rasco, Zach Ulven, Lucas Brouillette, Tanner DeVries and Alex Ulrich. Westwood opens their season @ Sergeant Bluff on Tuesday, November 29<sup>th</sup> against Denison and Sergeant Bluff.

This year's 2011-2012 coaching staff includes Head Coach Dan Thompson and Assistant Coaches Todd Berg, Todd Greder and Dan Conway.

## Notes from Cass Burkhart, A.D.

Now that the Fall seasons have ended, it is time to look forward to the Winter sports seasons. On November 21st, the Athletic Boosters will be hosting the Boys Basketball Jamboree and Spaghetti Supper. December 16th will be "Jam the Gym" night. January 12th will be Parents' Night for Wrestling. February 7th will be Parents' Night for Girls and Boys Basketball. We know the winter months can be cold, so plan to pack the gyms and support the boys and girls as they look towards successful seasons. Have a safe and happy Holiday!

# Go Rebels!

## Girls Basketball Preview



The 2011-2012 Girls basketball season is upon us! The Rebels have been practicing since November 7<sup>th</sup>. The team lost four starters from last year and seniors Naomi Greder, Danielle Folsom, Christy Gallagher, Sam Hamann, and Jaci Roepke will be looked upon to help lead this year's team. A strong group of juniors will also push for playing time led by Bailey Holtz, Shannon Copple, Megan Crawford, McKinzi Shook, and Alli Roepke.

This year's group looks to build upon a 10-11 season from last year. The girls are excited to get the season going and look forward to seeing everyone at our first game on November 22nd at West Harrison. Our first home game is December 12th against Missouri Valley.

Coach Nelson

## Fundraiser



The Westwood Athletic Boosters will be running a silent auction/raffle fundraiser during the basketball season. There will be a silent auction on 3 hand painted basketball hoops, one for the Iowa State Cyclones, one for the Iowa Hawkeyes, and one for the Nebraska Cornhuskers. In addition, the boosters will be selling raffle tickets for a Westwood Rebels hoop. The fundraiser will run from November 21, 2011 through January 21, 2012. The auction sheets will be on display and raffle tickets sold during all home basketball events this winter. The hoops are shown above and are on display in the Westwood High School Commons. The boosters thank everyone for all their support and hope to see you out supporting Rebel basketball this season!

## Thank You!

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



# Westwood Winter Athletic Schedules

## Varsity Basketball

Date	Opponent	Site	Time
Nov 19	Lawton-Bronson Girls Jamboree	Lawton	TBD
Nov 21	Westwood Boys Jamboree	Sloan	6:00
Nov 22	West Harrison (Girls JV/V)	Mondamin	6:00
Nov 28	Woodbine (Boys JV/V)	Sloan	6:00
Nov 29	West Harrison (Boys JV/V)	Sloan	6:00
Dec 6	Logan-Magnolia	Logan	6:00
Dec 9	Kingsley-Pierson	Kingsley	6:00
Dec 12	Missouri Valley	Sloan	6:00
Dec 15	Whiting	Whiting	6:30
Dec 16	Woodbury Central	Sloan	6:00
Jan 3	Lawton-Bronson	Lawton	6:00
Jan 6	Siouxland Christian	Sloan	6:00
Jan 7	Akron-Westfield	Akron	5:00
Jan 10	Maple Valley/Anthon-Oto	Mapleton	6:00
Jan 13	River Valley	Sloan	6:00
Jan 14	Charter Oak-Ute	Charter Oak	5:00
Jan 17	Ridge View	Sloan	6:00
Jan 19	OA-BC-IG	Ida Grove	6:00
Jan 21	West Sioux	Hawarden	5:00
Jan 23	1st Round WVC Tournament (Boys JV/V)	TBD	6:00
Jan 24	1st Round WVC Tournament (Girls Varsity)	TBD	6:00
Jan 26	2nd Round WVC Tournament (Girls JV/V)	TBD	6:00
Jan 28	2nd Round WVC Tournament (Boys Varsity)	TBD	6:00
Jan 30	3rd Round WVC Tournament (Girls JV/V)	TBD	6:00
Jan 31	3rd Round WVC Tournament (Boys Varsity)	TBD	6:00
Feb 2	4th Round WVC Tournament (Boys JV/V)	TBD	6:00
Feb 3	4th Round WVC Tournament	TBD	6:00
Feb 4	Championship WVC Tournament	Mapleton	6:00
Feb 6	Woodbine (Girls JV/V)	Woodbine	6:00
Feb 7	West Monona	Sloan	6:00

## Wrestling

Date	Opponent	Site	Time
Nov 29	Sgt. Bluff-Luton & Denison	Sgt. Bluff	6:00
Dec 3	Sgt. Bluff-Luton Tournament	Sgt. Bluff	9:00
Dec 8	Ridge View (OA-BC-IG)	Holstein	6:00
Dec 10	Akron-Westfield Tournament	Akron	9:00
Dec 15	Woodbury Central & Kingsley -Pierson (OA-BC-IG)	Kingsley	6:00
Dec 17	South Sioux City Tournament	South Sioux City	9:00
Jan 5	Woodbine & Lawton-Bronson (OA-BC-IG)	Ida Grove	6:00
Jan 7	West Sioux	Hawarden	9:00
Jan 9	West Sioux JV Tournament	Hawarden	4:30
Jan 10	SBL Triangular HMS & AW	Sgt. Bluff	6:00
Jan 12	MV/AO & West Monona (OA-BC-IG)	Sloan	6:00
Jan 14	WVC Meet	Kingsley	9:30
Jan 17	Hinton and M-M-C	Hinton	6:00
Jan 21	Oakland-Craig Tournament	Oakland, Ne.	9:00
Jan 26	OA-BC-IG & LO-MA	Logan	6:00
Jan 28	Kingsley-Pierson Tournament	Kingsley	9:30
Jan 30	MOC-Floyd JV Tournament	Orange City	4:45

## JV Basketball

Date	Opponent	Site	Time
Dec 1	River Valley	Correctionville	6:00
Dec 5	Boyer Valley	Sloan	6:00
Dec 8	Lawton-Bronson	Lawton	6:00
Dec 10	JV Tournament (Girls)	Lawton	TBD
Dec 16	Woodbury Central (9th)	Sloan	4:30
Jan 9	Whiting	Sloan	6:00
Jan 21	Maple Valley/Anthon-Oto	Sloan	9:00
Jan 28	Sergeant Bluff-Luton (9th G/B)	Sgt. Bluff	9:00

See Varsity Basketball schedule for additional JV games.

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

**Come out and Support the Rebels!**

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

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

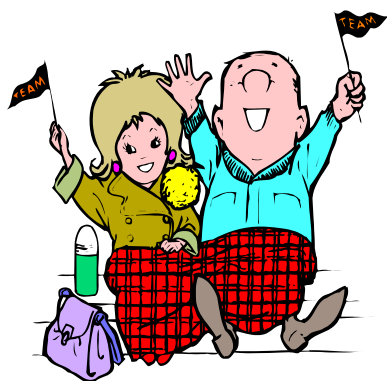
Hinrickson Tree Shearing & Removal  
Hummel Insurance Agency, Inc.  
Dale & Lori Smith  
Garold & Deanna Smith  
Uhl Feed Store, Inc.  
Norman and Kris Westergaard

### Gold Club (\$100)

Kirk & Lori Lynn Ahrends  
Everett & Ann Bradshaw  
Scott & Erin Brekke  
Brenden Plumbing, Heating, & A/C  
Jeff & Leah Brouillette  
Dave & Lorie Folsom  
Don Gallagher  
Hanner Salvage  
Larry & Karen Haveman  
Rich & Margaret Lucas  
Jim & Heather Mendenhall  
Mimi & Rich Moore  
Bev Roarson  
Tom & Roxie Ullrich  
Dan & Patti Witten

### Blue Club (\$50)

Attica Lodge No. 502 A.F. & A.M.  
Marian Gallagher  
Neal & Jeanette Kearns  
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



## 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.