

# Westwood Rebel Athletics

ISSUE 11

NOVEMBER 2010

*"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."*

John Wooden,  
Basketball Coach

## Volleyball Record Breaking Season!

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### All-Conference Honors

**1st Team**  
Kirstin Berg  
Katy Noble

**2nd Team**  
Ashley Alons

**Honorable Mention**  
Ashley Mendenhall  
Justine Cleveland

The Rebel Volleyball Team finished a record breaking season of 24-11. This is the best record ever by a Rebel volleyball team. The Rebels defeated OABCIG in the first round of districts but was not able to defeat the Ridge View Raptors in the 2nd round. The Rebels will lose 10 seniors from this team. They will be hard to replace but many younger players are excited to have the opportunity to show their abilities.

### 2010 Volleyball Accomplishments:

2nd in Western Valley Conference  
2nd in Western Valley Conference Tournament  
2nd in River Valley Tournament  
3rd in Ridge View Tournament (Abbey Baker All-Tournament Team)  
11th in Class 2A for team Assists  
Kirstin Berg finished 13th in Class 2A for Individual Assists and 31st in the state  
10th in Class 2A for team Digs  
4th in Class 2A for team Serving percentage and 12th in the state

### Team Records

Serving percentage	93.9%
Kills	943
Kills/game	9.7
Assists	896
Digs	1,526
Most matches won	24
Most games won	63

### Individual Records

Ace Serves	Abbey Baker	51
Ace Serves/game	Abbey Baker	0.5
	(Tied Kirstin Berg - 2009)	
Kills	Katy Noble	316
Kills/game	Katy Noble	3.4
Assists	Kirstin Berg	759
Assists/game	Kirstin Berg	8.2

## Cross Country



The Cross Country teams had an outstanding season. The junior high were few but mighty with Kallie Kressin and Brandon Croghan both finishing 5<sup>th</sup> in the conference out of 24 and 27 runners respectively. TJ VanMuyden finished 14<sup>th</sup>.

The varsity teams also had 2 achieve all-conference honors; Hunter Hostetler was 7<sup>th</sup> while Renee Choquette finished 9<sup>th</sup>. The best team finish for the guys was at Hawarden where they came in 2<sup>nd</sup>. Each runner's goal is to peak at districts and run their fastest time of the season. All runners but two (and they were within 3 or 6 seconds) managed to do this. The three seniors (Greg Sibenaller, Valeria VanMuyden, and Cole Brenden) all ran their season best times so it was a nice way to end their cross country careers. The rest of the team have set good starting paces for next year. There was a nice mix of both high school and junior high girls and guys. All got along well and pushed each other in practice. All were good at encouraging others and cheered each other on during races.

The weather cooperated; we had those pesky mosquitoes but otherwise nice days to travel and work out at all the various places we practice. We would like to thank all the parents who drove for practices and meets as well as coming to cheer on the athletes.



## Football Cheerleaders



## Football



The overall season did not go as planned this year, but not all was lost. Strong senior leadership brought the team closer together and the team worked harder in the off season than what I feel anyone would of thought could be achieved by these young men. At times there were sparks of a great team playing in the game, showing that the hard work had paid off. Even though the scores this year did not show it, we have a great group of young men that I think don't get the credit they deserve.

We only had 8 seniors and 2 juniors out for football which required playing a lot of young athletes this year. I feel though, with the effort these younger guys gave and the experience of playing at a higher level, these young men have progressed at a rate faster than other High School athletes their age.

Overall as a staff we are feeling good about coming in with a much older and experienced team next year and we hope to build on what we started this past year in the weight room.

Year end awards for our district were:

### Class 1A-District 1

#### **1<sup>st</sup> Team**

Juan Munoz-DL

#### **2<sup>nd</sup> Team**

Jordan Hanson-WR

Joel Kounkel-LB

#### **Honorable Mention**

Trent Baker-LB

Trevor Heck-OL

Back: Kallie Reynolds, Anna Parsley, Christy Gallagher, Naomi Greder, McKinzi Shook, Shannon Copple, Shea Topf

Middle: Sarah Greder, Kirstin Berg, Ashley Mendenhall, Haylee Heckert

Front: Katy Noble



## Boys Basketball Preview

The 2010-2011 Rebel Boys Basketball team is gearing up for another season. Practice began November 15th.

This year's Varsity will return 5 letter winners, including leading scorer and rebounder Greg Sibenaller, along with Jordan Hansen, Ben Winters, Joel Kounkel, and Trevor Smits. 3 of the 5 letter winners have starting experience. The team will feature 6 seniors, the previous 5 letter winners as well as Cole Brenden. Also hoping for minutes at the Varsity level are Juniors Alec Eastman, Robert Jordening, & Mason Lofshult, along with Sophomores Justin Smits, Trevor Heck, Drew Alons, and Cory Myrtue.

We have put together an exciting schedule with **JAM THE GYM NIGHT** on December 10th. Some of the other home opponents include Whiting, Lawton Bronson, Maple Valley, and OABCIG. Another exciting game will take place when the Rebels clash with pre-season state ranked Storm Lake St. Mary's on Friday, January 7th at 4:30 PM at the TYSON EVENT CENTER.

This team hopes to be very competitive this year and give fans something to cheer about; so come out and support the team!

## Wrestling Preview



The 2010-2011 Westwood Wrestling team returns 8 letter winners from last year's 9-18 dual team. Leading the way for the Rebels will be seniors Trent Baker, Dustin Scott, Chris Schroeder, Juan Munoz and Mike Lewis. Other returning letter winners include Austin Mead, Zach Goodvin and Anthony Schroeder.

Trent Baker will return for the Rebels after a 42 win season last year that included a state qualifying appearance at 171 lbs. This season Baker looks to return to Des Moines at the 215 lbs weight class. Other top returners for the Rebels include Dustin Scott, who won 31 matches a year ago and Zach Goodvin who won 28 matches.

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 improve on last year's dual record and conference finish. Westwood opens their season @ Sergeant Bluff on Tuesday, November 30<sup>th</sup> against Denison and Sergeant Bluff.

# Go Rebels!

## Girls Basketball Preview



The 2010-2011 girls' basketball season is quickly approaching. The Rebels began practice on November 8. The season will begin on November 20, with a Jamboree at Lawton Bronson. The first official game will take place on November 23, against West Harrison at home.

The Rebels are excited to build on last year's 7 win, 12 loss campaign, which earned the Rebels sixth place in the Western Valley Conference Tournament. The team will be led by First Team All-Conference junior Christy Gallagher as well as a strong nucleus of seniors, Kirstin Berg, Sarah Greder, Ashley Mendenhall, and Katy Noble.

## Notes from the A.D. Todd Greder

This past October, I attended the annual Northwest Iowa Athletic Director's Meeting. During the meeting the boy's athletic association and the girl's union provide updates on changes that are in the works for the individual sports. I would like to share a couple of these changes that are coming for the boy's basketball season and for both boys' and girls' track season.

This year there will be a 35 point rule for boys' basketball. During the second half of a game if one team is ahead by 35 or more points, the game clock will run continuously. If during the game, the difference in the score becomes less than 25 points, normal timing will resume. This "mercy" rule will start with the 2010-2011 season. This rule will only apply to the boys' game.

Another major change this year will be in the manner in which state qualifiers will be determined for both the boys and girls. For the first time, both boys and girls will qualify in the same way. If you are familiar with the previous methods, it is a combination of how the boys and girls have been qualifying. Starting in 2011, all district/regional champions will qualify for the state meet. Then the top two finishers in each district/regional meet will be listed by time. If any third through sixth place times at the district/regional meets are better than the 12<sup>th</sup> best time from the previous list, they will take the place of second place times on the list. As confusing as this may sound, the hope is to have the most deserving athletes competing at the state meet.

### 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 20	Lawton-Bronson Girls Jamboree	Lawton	TBD
Nov 22	Westwood Boys Jamboree	Sloan	6:00
Nov 23	West Harrison (Girls JV/V)	Sloan	6:00
Nov 29	Woodbine (Boys JV/V)	Woodbine	6:00
Nov 30	West Harrison (Boys JV/V)	Mondamin	6:00
Dec 7	Logan-Magnolia	Sloan	6:00
Dec 10	Kingsley-Pierson	Sloan	6:00
Dec 13	Missouri Valley	Missouri Valley	6:30
Dec 16	Whiting	Sloan	6:00
Dec 17	Woodbury Central	Moville	6:00
Jan 4	Lawton-Bronson	Sloan	6:00
Jan 6	Storm Lake St. Mary (Girls JV/V)	Storm Lake	6:00
Jan 7	Storm Lake St. Mary (Boys Varsity)	Tyson Event Center	4:30
Jan 8	Akron-Westfield	Sloan	5:00
Jan 11	Maple Valley/Anthon-Oto	Sloan	6:00
Jan 14	River Valley	Correctionville	6:00
Jan 15	Charter Oak-Ute	Sloan	6:00
Jan 18	Ridge View	Holstein	6:00
Jan 20	Battle Creek/Ida Grove	Sloan	6:00
Jan 22	West Sioux	Sloan	5:00
Jan 24	1st Round WVC Tournament (Girls JV/V)	TBD	6:00
Jan 25	1st Round WVC Tournament (Boys Varsity)	TBD	6:00
Jan 27	2nd Round WVC Tournament (Boys JV/V)	TBD	6:00
Jan 29	2nd Round WVC Tournament (Girls Varsity)	TBD	6:00
Jan 31	3rd Round WVC Tournament (Boys JV/V)	TBD	6:00
Feb 1	3rd Round WVC Tournament (Girls Varsity)	TBD	6:00
Feb 3	4th Round WVC Tournament (Girls JV/V)	TBD	6:00
Feb 4	4th Round WVC Tournament	TBD	6:00
Feb 5	Championship WVC Tournament	Mapleton	6:00
Feb 7	Woodbine (Girls JV/V)	Sloan	6:00
Feb 8	West Monona	Onawa	6:00

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

**Come out and Support the Rebels!**

## Wrestling

Date	Opponent	Site	Time
Nov 30	Sgt. Bluff-Luton & Denison	Denison	6:00
Dec 2	Underwood, SWI, & Riverside	Underwood	6:00
Dec 4	Sgt. Bluff-Luton Tournament	Sgt. Bluff	9:00
Dec 9	Woodbury Central & Kingsley-Pierson (OA-BC-IG)	Sloan	6:00
Dec 11	Akron-Westfield Tournament	Akron	9:00
Dec 16	Woodbine & Lawton-Bronson (OA-BC-IG)	Woodbine	6:00
Dec 18	South Sioux City Tournament	South Sioux City	9:00
Jan 6	MV/AO & West Monona (OA-BC-IG)	Ida Grove	6:00
Jan 8	Kingsley-Pierson Tournament	Kingsley	9:00
Jan 10	Oakland-Craig JV Tournament	Oakland, Ne.	4:30
Jan 13	BC-IG-OA & LO-MA	Logan	6:00
Jan 15	WVC Meet	Holstein	TBA
Jan 18	Hinton	Sloan	6:00
Jan 22	Oakland-Craig Tournament	Oakland, Ne.	TBA
Jan 27	West Harrison & AGHSC (OA-BC-IG)	Ida Grove	6:00
Jan 29	Lawton-Bronson Dual Tournament	Lawton	9:30
Jan 31	MOC-Floyd JV Tournament	Orange City	4:45

## JV Basketball

Date	Opponent	Site	Time
Dec 6	Boyer Valley	Dunlap	6:00
Dec 9	Lawton-Bronson	Sloan	6:00
Dec 11	JV Tournament (Girls)	Lawton	TBD
Dec 17	Woodbury Central (9th G/B)	Moville	4:30
Jan 3	Woodbury Central	Moville	6:00
Jan 6	Storm Lake St. Mary (Boys JV)	Storm Lake	4:30
Jan 10	Whiting	Whiting	6:00
Jan 13	Sergeant Bluff-Luton	Sloan	6:00
Jan 18	Ridge View (Boys 9th)	Holstein	4:30
Jan 21	Kingsley-Pierson	Kingsley	6:00
Jan 22	Maple Valley/Anthon-Oto	Mapleton	9:00
Jan 29	Sergeant Bluff-Luton (9th G/B)	Sloan	9:00
Feb 3	Hinton (Boys 9th/JV)	Sloan	6:00

See Varsity Basketball schedule for additional JV games.

# Special Thanks to the Proud Supporters of Westwood Athletics!

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

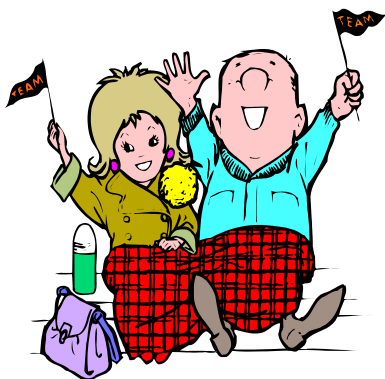
Hummel Insurance Agency, Inc.  
Dale & Lori Smith  
Garold & Deanna Smith  
Uhl Feed Store, Inc.  
Norman and Kris Westergaard

### Gold Club (\$100)

Kirk & Lori Lynn Ahrends  
Everett & Ann Bradshaw  
Scott & Erin Brekke  
Brenden Plumbing, Heating, &A/C  
Jeff & Leah Brouillette  
Burkhardt'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  
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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.