

Issue 1  
August 28, 2020

# Wildcat Echo

A publication by the students of Maquoketa Valley High School

## Special edition: Fall sports preview



The MV dance team is comprised of, front row from left: Josie Teymer, Kendra Hillers, Leah Ries and Livia Hermanson; second row: Isabel Landas and Mianna Gosche; third row: Cecily Trenkamp, McKenna Thompson, Annisten Trenkamp, Coach Jennifer Teymer, Molly Anderegg, Maddy Kemp. Not pictured: Allie Dunn, Kaelynn Clark and Keziah Ambundo (photo by Lesa Parmely)

### Cross country looking to head back to state

The MV 2019 cross country ended at the state meet last year, and this year looks promising.

The 2020 version of Wildcat Cross Country features nine boys and six girls. The boys return three letter winners from last year's team that finished fifth at the state meet. Newcomer Mitch Heims joins the trio to form a solid front four. "Our goal is to find a fifth, sixth, and seventh runner to fill out the varsity team," stated Coach Meehan. "The remaining five guys are competing for those spots." The girls

return two letter winners from last year. Emma Doyl returns as a state qualifier last year, and Jordan Hogan has two years of high school cross country experience. "Our goal is develop the four freshmen to have a varsity team by conference," stated Coach Meehan. He is assisted by Sara Dever.

The team spent the summer trying to meet the 300-mile challenge and are ready to put their strength and stamina to the test as they open the season at the MFL-Mar Mac meet Thursday.



### Dance team is ready to go

The dance team is in full gear, and the dancers are ready to first take the field.

The dance team will be performing with the marching band again this year at the home football games. According to Coach Teymer, McKenna Thompson has a really cute "Friends"-themed dance planned. The team also has a kids camp performance planned for Sept 18th at the football game. And, of course, the dance team will be ready for homecoming. Coach Teymer stated that Leah Ries has a great "game day" dance that the girls have been working on. They have several performances planned for the basketball season.

To prepare for all of this year's events, the team started working this summer with State Camp. During this week long camp they learn a Hip-Hop and Pom routine that they will hopefully take to State in December.

Coach Teymer said every year and each team is special! "This year is special because the two seniors were freshmen my first year coaching. I tend to say 'our freshman year' when we talk about the past. I'm always, every year attached to the girls and treat them like my own children. This group is full of different personalities, and each one makes the team better because they are there. I'm excited to see what the four new freshmen add to our dance family."

Allie Dunn is captain this year with Leah Ries and McKenna Thompson as co-captains.

"We are excited to entertain the fans and students this year!" stated Coach Teymer. "We want to thank everyone for the support."

**Returning letter winners for the cross country team include, from left: Cy Huber, Nolan Ries, Michael Schaul and Emma Doyl. Not pictured: Jordan Hogan.**



# Volleyball team aims for conference title

Coach Whittenbaugh takes the helm for the fourth year as she, along with assistant coach Melissa Dutra and Morgan Manternach, plan for a conference title repeat.

Returning starters for the team include power hitter Emerson Whittenbaugh who was a first team all-conference and an all-district player, middle hitter Taya Tucker who was also a first team all-conference athlete, libero Ella Imler (second team all-conference) and setter Carissa Sabers (second team all-conference). Payton Beaman as a left side hitter returns along with Kylie Chesnut as a middle hitter. Coach Whittenbaugh noted that juniors Avery Krapfl and Amaya Hunt will add to the team as defensive specialists.

"We are returning a lot of starters from last year's conference championship team," noted Coach Whittenbaugh. "This



Returning letter winners on the volleyball team are, front row: Emerson Whittenbaugh, Ella Imler and Taya Tucker; back row: Carissa Sabers, Krista Ries, Payton Beaman and Kylie Chesnut.

team plays many sports together and is a very cohesive group that works extremely hard. We have power and strength this year along with defensive speed."

The team opens its regular season with a triangular at Clayton Ridge Tuesday night.

## Football team has high hopes with strength in seniors

The lights will come on this Friday night (albeit at MFL Mar Mac), and the Wildcat spirit will be there with the football team.

Coach Arnold begins his second season as MV head coach with returning quarterback Parker Sternhagen who was a first team all-district player last year. Other players with all-district accolades are Andrew Kloser (linebacker), Zach Digman (linebacker), Owen Mensen (defensive back), Tim Harmon (linebacker), A.J. Ambundo (wide receiver) and Andrew Holtz (defensive back).

"We have a lot of returning ex-

perience," stated Coach Arnold. "Most importantly, we return out dual threat QB, Parker Sternhagen. He makes us go offensively. With 1300 yards passing and 400 yards rushing in 2019, we are expecting a big jump in production this year from him."

Coach Arnold also noted the depth in returning receivers and rushers. About the offensive line, he noted, "Pound for pound we are bigger than last year up front." Kloser and Harmon bring experience to the line. "Overall our defense will rely on athleticism to stop our opponent.

"We expect to be contending for a district title this year with our senior class

leading us throughout the season and our younger players rising to their level."

This year does produce some challenges: With 35 players 9-12, a goal is to keep them healthy. Coach Arnold said the team is trying to adhere to COVID guidelines as best as they can to stay healthy. "I am expecting a great, competitive game every week. If we stay healthy and avoid COVID issues, we do expect to be at the top [of the district]!"

Coach Arnold is assisted by Scot Moenck, Eric Conner, Kurt Hatfield and Jon Whitman.



The football team returns letter winners, front row: A.J. Ambundo, Tim Harmon and Owen Mensen; back row: Zach Digman, Andrew Kloser, Jaxon Kramer, Parker Sternhagen and Andrew Holtz.