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Wildcat Echo

A publication by the students of Maquoketa Valley High School

Extra! Extra! Fall sports outlook

MV Wildcats work on in off-season to make the in-season count

MV athletes and coaches had a busy summer: any given day you could have found athletes competing at camps, joining a pick-up game or participating in the VOLT training program. Our cross country runners, football players and volleyball teams could all be found utilizing this systematic strength-building program.

And now they're hoping their competition sees what it's done for the Wildcats.

Football

The football team had its public debut last Friday night at the home scrimmage with North Fayette Valley, but the real season starts tonight as MV travels to East Buchanan. The JV team will play a half starting at 6pm followed by a full varsity game.

Numbers are up for the team as MV now has 28 athletes, up from 23 last year. This year's team is under the direction of new head coach Trevor Arnold, and he is assisted by veteran coaches Scot Moenck, Greg Drew, Kurt Hatfield and Jon Whitman. Learn more about Coach Arnold in next week's issue.

The team has some all-district players returning, including offensive guard/defensive end Michael Feldmann (first team), running back/offensive line back Derek Becker (second team) and wide receiver/corner back Matthew Hucker (second team).

Other players returning with some solid varsity experience include seniors Carter Stahlberg and Trent Koopmann,



Returning letter-winners for Maquoketa Valley football, first row from left: Carter Stahlberg, Zach Digman, Owen Mensen and Tim Harmon. Second row: Andrew Kloser, Michael Feldmann, Matthew Hucker, Derek Becker and Trent Koopmann.

and juniors Zach Digman, Tim Harmon, Andrew Kloser and Owen Mensen. Junior Parker Sternhagen will assume quarterback duties.

Coach Arnold said some promising newcomers will help this team, including senior Mason Kruse, juniors Andrew Holtz, Mitch Heims and Evan Elgin, sophomore A.J. Ambundo and freshman Jaxson Kramer.

"Depth is our biggest concern," stated Coach Arnold. "Our nucleus of returning players in our junior/senior classes have the talent to be successful throughout the season if we can keep all of them on

the field. Managing snaps and everything else that goes with staying healthy from a coaching management standpoint is key to our success."

Coach Arnold said the district championship is wide open. He noted Ed-Co's need to replace some talented seniors from last year's team. He also gave a nod to MFL Mar-Ma. "It should be an exciting week 5-9 because it could be anybody's district to win and it isn't likely that a district team will finish their district slate undefeated."

Volleyball

The volleyball team also showed the crowd what they might expect this season at a home scrimmage last Friday night.

Coach Brandy Whittenbaugh is at the helm for her third year, and she is assisted by Melissa Dutra and Morgan Matternach. The team finished fourth in the conference last year, and the coaches players have some big goals for this year.

"This team lost a lot of key starters from last year, but the group coming back has played together and knows each other very well from prior years," stated Coach Whittenbaugh. "They are a close knit group, and although we have lost powerful hitters, this team is very athletic and will make hustle plays. We have really good leaders in the group."

Returning letter winners include junior outside hitter Emerson Whittenbaugh who was first team all-conference and all-district last year, junior libero Ella Imler who was second team all-conference last year and senior right hitter Lydia Helle.

Whittenbaugh noted that Taya Tucker will be a threat at the net, and Allie Knipper and Payton Beaman will help defensively in the back row. She also expects good things to come from sophomore setter Carissa Sabers.

Coach Whittenbaugh predicted Ed-Co and East Buchanan will be some tough conference opponents

The team will open regular play Tuesday night at Jesup.

Cross Country

The MV cross country teams are putting in the miles on the roads and the hours in the weight room to help fulfil their



Returning letter-winners for Maquoketa Valley volleyball, first row from left: Ella Imler, Payton Beaman and Allison Knipper. Second row: Carissa Sabers, Taya Tucker, Emerson Whittenbaugh and Lydia Helle.

"Wildcat Goal": to use their talents everyday to become the best they can be. "Good things will happen if they do," stated head coach Pat Meehan.

The boys return five letter winners from last year's team that placed second in the Tri-Rivers Conference and seventh at the State Meet in Class 1A. Returning letter winners are seniors Chance Downs, Mason Lubben, and Derek Mensen, along with junior Ethan Doyl and sophomore Nolan Ries. Downs also returns as an individual state qualifier. Sophomores Preston Roling, Michael Schaul and Cy Huber, are pushing the letterwinners for a spot on the varsity squad, according to Coach Meehan. "Their improvement from last season is very noticeable and most encouraging."

Remaining athletes for the boys are sophomore Brock Trenkamp and freshman Landin Frasher.

The girls team features seven runners: seniors Ci'Ann Richardson and Jaiden Porter; juniors Reece Mensen and Annie Trenkamp; sophomores Emma Doyl, Kriya Atwell and Jordan Hogan.

There are no returning letter winners, but Jaiden Porter and Emma Doyl have been the front runners in practice. The remaining girls have cross country experience which should give them confidence in focusing on becoming competitive cross country runners. Coach Meehan noted that they all have shown improvement this year.

"The hope this year is to have a solid varsity team to compete in the conference meet," stated Coach Meehan. "This group of girls can achieve that if they will remain confident and work every day to improve."

The teams are coached by Sara Dever and Pat Meehan. Coach Dever is an avid runner who brings firsthand experience to the team. "Her knowledge of distance running contributes greatly to our success," praised Meehan. She is an assistant on the boys track and field team in the spring, coaching the distance runners.

Coach Meehan claimed the favorites in the conference for the boys would be Calamus-Wheatland and Maquoketa Valley. The preseason cross country poll has Calamus -Wheatland rated second and Maquoketa Valley third. The girls conference favorite is wide open. North Linn is a traditional power and Springville- Central City has been strong in recent years.

The cross country team will compete at MFL Mar Mac Thursday afternoon.



Returning letter-winners for the Maquoketa Valley boys cross country team, from left: Ethan Doyl, Mason Lubben, Chance Downs, Derek Mensen and Nolan Ries.