Winter sports teams gear up for great seasons

After an exciting fall sports season, it's time to turn the page and warm up the gym for some basketball, dance and wrestling. Let's take a preseason look at the teams.

Boys basketball

The boys basketball team may have some big shoes to fill from last year's graduating class who helped the Wildcats finish with an 11-3 conference record and 19-5 overall record, but some athletes are ready to step up to the challenge.

The team returns | starters senior Tate Intorf and juniors Brady Wall (2nd team all-conference) and Anderson Holtz (honorable mention all-conference). Other key returns that Coach Conner not- Tate Intorf ed are juniors Ty Hoeger, is the lone Dylan Knipper, Preston Sa- senior on the low and Zach Levtem.



boys basket-

"We will have a lot ball team. of players playing in new roles this year, but I am confident that they are ready and will step up and grow in those roles," noted Coach Conner. "Our junior and senior class have played a lot of basketball together over the years and have been waiting for their time. We also have some younger players who had a great off-season and will play a big role in our success this season."

Coach Conner returns for his ninth year to lead the Wildcats and is joined by new assistant coach Mr. Kirchoff.

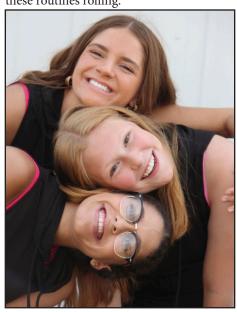
MV has an opportunity to be the conference champion, according to Coach Conner, but he acknowledge that the Tri-Rivers West Division may have some surprise teams. "We are going to have to execute each and every night in order to put ourselves in that position at the end of the season."

The team opens its season officially Friday night at West Delaware.

Dance

The dance season has been un-

derway for weeks (or months for some). The athletes have been practicing together for weeks. However, with the first round of state solos happening earlier in November and the football team playing so far into the season, the dance team has gotten a bit of a late start, according to Coach Teymer. "We have also been making several choreography changes. We are confident that things are now set and we are excited to really get these routines rolling."



Senior dance team members are Clairy Gray, Isabella Mensen and Tierra Morgan.

The dance team kicks off its season by competing at State in Des Moines Dec. 5. They will compete in pom and hip hop. Alaina Mead, Taylor Salow and Tessa Intorf will also compete as individuals. Following state competition, the team will continue to choreograph and perform routines at home basketball games.

Coach Teymer would like to offer an "appreciation shoutout to all the girls for all their hard word adapting. There have been so many formation changes, tricks changing, new techniques, questions, comments and concerns like we have never had before—and all in a shorter amount of time. They are all really trying their best."

Girls basketball

The girls basketball team returns some familiar faces from it's 14-9 overall season last year (7-7 in the conference).

The bench will look familiar: Coach Moenck, who is in his 18th season with the Wildcats, is joined by coaches Brad Huber, Mrs. Scherrman, Jesse Wooten and Mrs. Putz.

And the team looks familiar as it returns starters Bianka Ronnebaum (2st team all conference and all-district), Alexis Halverson, Jada Knipper, Leah Reicher and Grace Richter (2nd team all-conference). Senior Kelsey Hoeger and juniors Taryn Burbridge, Macee Nolan, Lanni Beaman and Madison Thompson also have varsity experience.

"Our goal going into this season is building on all the great things we accomplished last season," stated Coach Moenck. "We have a lot of playing experience back on this roster. We talked with our kids that we have to be better collectively, that each person will have to do something extra to make up for some of the things we may lack. We have some depth, and we have a lot of girls who can do many different things on the floor which can make us very tough defend. We have to continue to get better at all the little details that are so important in the game of basketball. This is a very good group of kids, who work very hard every day. We will get better as the year goes on. We will need some other kids to really step up and be very solid on the defensive end for us. We have the kids to do it. This is such a great group to be around. As always, the kids here put high expectations on themselves and have some very high goals. I am excited to see what the season has in store for them."

Coach Moenck noted that the Wildcats have a tough schedule with so many teams in the conference having good players and coaches. He tipped his hat to North Linn, East Buchanan, Ed-Co, Alburnett and Springville as being worthy opponents this year.

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Winter sports preview, cont.

"Some of the teams that have struggled in years past have really improved and can beat anyone on any given night," Coach Moenck stated. "We have the potential to very, very good as well but we will have to be ready to go every night."

The Wildcats will take on West Delaware Friday night in Manchester.

Wrestling

The MV wrestling team which has been known for its "Big Three" the past few years is down to the "Big One," but other wrestlers are hoping to carry on the tradition of quality wrestling at MV.

Senior Nathan Beitz returns after finishing third at the state meet last year. After a 46-3 junior season, Beitz looks to return to Des Moines in February.

Sophomore Clayton Davis, who placed third at districts last year, also brings back some experience. Other returning wrestlers include Noah Whalen, Mason Jolley, Rogan Heidt, Dalton Africa, Seth Dugan, Griffin Honkomp, Braden Ronnebaum and Ivan Otto are other wrestlers with past experience. Newcomer Ford Domeyer, junior, also plans to contribute to the team. Sophomores Chase Krogmann and Gabe Halweg are other newcomers. Freshmen Kipton Thompson, Brayden Schuster and Sawyer Kemp round out the team.

Kurt Hatfield returns as the head coach. He's assisted by Jett Kuhens, Dan Beitz and Farr Jebens.

The wrestlers start their season Dec. 5 at Wapsie Valley.



Mason Jolley and Nathan Beitz are the seniors on the wrestling team this year.



Seniors on the girls basketball team include Bianka Ronnebaum, Alexis Halverson, Jada Knipper, Leah Reicher and Kelsey Hoeger.

Volleyball post-season awards

The volleyball team wrapped up their season with their banquet. Our team had a cumulative GPA of 3.8 Earning each girl a Distinguished Academic Achievement Award.

"I am so proud of their dedication on and off the court throughout the season," noted Coach Nefzger.

Awards that were presented throughout the night.

Fresh-Soph Awards:

Ella Reicher - MVP Kayla Hoeger - Most Improved

IV Awards:

Kallie Freiburger - MVP Aubrie Althoff - Most Improved

Varsity Awards:

Lili Bauers: 1,000 club with a total of 1,185 career digs

Camryn Paris: Top five all time solo blocks in school history Grace Richter - MVP

McKenna Mineart - Most Improved Lili Bauers - First Team All Conference Lanni Beaman - First Team All Conference Grace Richter - Second Team All Conference Camryn Paris - Second Team All Confer-

Kelsey Hoeger - Honorable Mention Kelsey Hoeger: E. Wayne Cooley "You Can Award"



Kelsey Hoeger was awarded the "You Can" Award from the Iowa Girls' Coaches Association.



Congratulations to Lili Bauers and Kelsey Hoeger on playing in the all conference senior game recently. They have officially wrapped up their high school volleyball career and had fun playing one last time with seniors from the West side of the conference.

Cheer team celebrates season, presents awards

Those cheerleaders in attendance were, front row: Rizzo and Claira Gray; Middle row: Jeanie Teymer and Ever Botos; Back row: Isabella Mensen, Tristan Flanagan, Natalie Ries, Lena Lewin, Lylah Billmeyer and Keely Recker, Not pictured: Ella Reicher, Tess Intorf, Taylor Salow



This past Sunday, "The Willies" (cheer awards) were passed out.
As voted on by the Coach:
Coaches Pick "What would I do without you?": Isabella Mensen

Rookie of the year: Taylor Salow

Awesome Attitude Award: Tristen Flanagan

As voted on by the team:

Heart of the Team (This person is there for the team, they try their best, they have a positive attitude and are someone you can look up to): Natalie Ries & Claira Gray

Leads by Example (On and off the track they are a good role model to young and old): Isabella Mensen

Willie's Favorite Cheerleader (When you think of a cheerleader you think of this person. They make cheer look fun. They have great technique and you are glad they are there!): Tristen Flanagan

Best Jumper: Natalie Ries

Cheer Clowns: Jeanie Teymer, Tristen Flanagan, Tess Intorf

Best Smile (4 years in a row): Claira Gray

Reliable backspot: Ever Botos

Best Left Side Base: Jeanie Teymer

Best Right Side Base: Lena Lewin

Happy Helper: Isabella Mensen

Poppin Personality: Claira Gray

Talented Technique: Taylor Salow

Talented Tumbler:Tess Intorf

Fabulous Freshman: Taylor Salow

Spirited Sophomore: Ella Reicher

Jackpot Junior: Keely Recker

Sparkling Senior: Isabella Mensen

Fearless Flyer: Natalie Ries

Cheerleader 4 Life: Claira Gray, Isabella Mensen

Menser

Most Improved: Lylah Billmeyer

New Captains were also pinned. Natalie Ries will be the 2025 Cheer Captain. Keely Recker and Jeanie Teymer will be the 2025 co-captains.

All-District Football Teams announced

1st Team

Nathan Beitz Tate Intorf Preston Salow Rogan Heidt Brady Wall Dylan Knipper Lukas Chesnut Kyle Engelken Anderson Holtz Eli Dougherty

2nd Team

Ford Domeyer Gabe Hallweg Griffin Honkomp Dalton Africa

Honorable Mention

Seth Dugan Colin Smith

> District Offensive MVP Brady Wall



District Offensive Lineman MVP Nathan Beitz District Defensive Lineman MVP Nathan Beitz



District Coach of the Year Andrew Christensen





Tuesday December 17th is our Annual FFA Alumni & Supporters Fundraiser Supper! All meals are free will donation!

New this year: To-Go & order ahead meals! Order form will open up on Tuesday December 10th or message us on Facebook! Walk-in to-go orders are also available that night.