



WINTER SPORTS PREVIEW

Glenwood's Jenna Hopp

Glenwood boys basketball looking for bounce back season

By **JOEL STEVENS**
ASSOCIATE EDITOR

The bad news is the Glenwood boys basketball took its lumps a year ago, finishing 10-11 – the program's first non-winning season in a decade – as one of the younger teams in the Hawkeye 10 Conference.

The good news is the bulk of that squad is back – a year stronger, more experienced and determined to be competitive this season.

“We’re going a lot faster implementing things because they’re familiar with it,” said Glenwood coach of his team’s experienced roster. “We’ve got a lot back. We have a lot of depth and I think we’ll be able to do a lot of things this year. We’re pretty quick. We’re athletic. I think people will see a lot of tempo from us on both ends of the court. It will be an exciting brand of basketball to watch.”

In all, the Rams return six of the top nine players in their rotation. Leading that group is senior point guard Caden Johnson, who led the Rams with 18.7 points and 4.2 assists per game. Also back are senior forwards Zac Kelsey (9.2 points per game) and Logyn Eckheart (8.1 points per game) and junior guard Kayden Anderson. Anderson came off the bench to score 6.8 points per game a season ago.

Schulte said his team has hit the ground running in the preseason.

“We’ve had a good first couple weeks,” he said. “We’ve implemented a lot of things and had a good scrimmage against Treynor, and I like what we did. Obviously, there’s a lot of things we need to continue to work on, but we feel good with where we’re at.”

Schulte said he doesn’t have a lot of concerns about his roster but did say, “Everyone has to learn to play their role and except their role. If we can do that, we can be a very tough team to beat this year.”

Just how far the Rams can go this season might be in the very capable hands of Johnson.

“I expect him to be a great senior leader and a great teammate that’s going to take charge of the team,” he said. “He does that very well. He’s a born leader and I expect all this numbers to increase from last season.”

The Rams play their typically tough Hawkeye 10 Schedule but also add a



PHOTO COURTESY AMY KENNEDY

The 2022-2023 Glenwood Boys Basketball Team. Back row (from left): Coach Jeff Bissen, Coach Curt Schulte, Elias Belt, Payton Longmeyer, Casey Godbout, Adam Severn, Kayden Anderson, Nolan Mount, Coach Johnson and Coach Grant Stivers. Front row: Gavin Schau, Sawyer Talich, Caden Johnson, Risto Lappala, Logyn Eckheart and Zac Kelsey.



Caden Johnson led Glenwood in scoring, assists and steals on his way to All-Hawkeye 10 Conference honors a year ago.

JOEL STEVENS/THE OPINION-TRIBUNE

challenging non-conference schedule that includes games against Plattsmouth, Neb., Boys Town, Neb. and Maryville, Mo.

“I think we can be pretty darn good,” Schulte said. “If we can put it all together and play for each other, great things are going to happen.”

Little Red's
Service

Donny Graalts
202 Main St.
Malvern, Iowa
712-624-8521

If your wheel's busted
or your axle's draggin'

Glenwood Boys Basketball

Dec. 9 vs. Denison
Dec. 13 at Harlan
Dec. 15 vs. Creston
Dec. 17 vs. Plattsmouth at MAC
Dec. 20 vs. C.B. L.C.
Jan. 3 vs. Atlantic
Jan. 6 at Shenandoah
Jan. 10 vs. Harlan
Jan. 13 at Kuemper Catholic
Jan. 14 vs. Maryville, Mo.
Jan. 17 at C.B. St. Albert
Jan. 19 vs. Red Oak
Jan. 21 vs Boys Town at DJ Sokol
Arena
Jan. 24 at Creston
Jan. 31 at Clarinda
Feb. 2 vs. C.B. St. Albert
Feb. 10 at Dension
Feb. 14 at C.B. Lewis Central
Feb. 20 Districts
March 7-10 State

Glenwood girls basketball young but talented

By JOEL STEVENS
ASSOCIATE EDITOR

“Different.”

That’s the word Glenwood girls coach Brian Rasmussen used to describe how his young but talented team that features a lot of new faces and a lot of inexperience.

“We look different,” he went on. “That’s the best way to put it. I think we’re going to have a different look this year but with a lot of potential for success. We have high hopes for a great season. The kids have worked really hard and had a great summer.”

The Rams went 20-5 a year ago – their third straight 20 win season – but gone from that squad are a handful of seniors that Rasmussen calls “arguably the most successful class in girls basketball history at Glenwood.”

“They had a tremendous amount of success in their four years here and you don’t replace that. It’s just going to be a different look. We take the kids we have and the skill sets we have and try and make the most of capitalizing on our strengths. We have a lot of strengths in this group to build around.”

That strength would appear to start with senior Jenna Hopp. The senior, who could play all five positions for the Rams this season, is a four-year starter and a South Dakota State commit. She averaged 16.9 points and 6.6 rebounds per game and was second with 39 three-pointers last season.

Rasmussen expects a big year out of Hopp – on the floor and off.

“She’s already been having to deal with a little bit more each year as far as a leadership role goes and she thrives in that environment and situation anyway. I don’t think there will be a tremendous change for her there. She’s awesome at building her teammates up. She’s great at helping others be successful. She’s always had that but I think it will really come to light this season.”

Hopp along with Kate Hughes are the lone returnees with varsity experience. After them are a large group of talented but inexperienced girls just getting their feet wet at the varsity level.

“There’s going to be a lot of new faces but I think the girls are ready to step up and take the challenge and move to the next level,” Rasmussen said.

With that relative inexperience some



PHOTO COURTESY AMY KENNEDY

The 2022-2023 Glenwood Girls Basketball Team. Back row (from left): Manager Reagan Crane Coach Brian Rasmussen, McKenna Koehler, Lydia Fuoss, Danika Arnold, Lauren Hughes and Neyla Nanfito. Front row: Kate Hughes, Carissa Groom, Lauren Stanislav, Jenna Hopp, Kaylyn Book, Molly Williams, Coach Bryan Diekmann and Coach Holly Schneider.

things scheme-wise might change.

“I like what we’re doing defensively right now,” he said. “Points might not come as easy each but I feel like we will have the potential to put a lot of points up and I still think we’re not going to change our style of play tremendously. We’re plugging in new kids and they’ll take on the role and the identity we’ve had as far as pace of play. We’ll look different but we’re still be playing a similar style of basketball.”

Rasmussen realizes with his team’s roster losses, most will write this year’s squad off. And he’s fine with that. Even if he doesn’t agree.

“If anything, that’s bulletin board material,” he said. “We may not be the team with the target on their back everybody is going after but we’re OK with that. We have a lot of good pieces and we’ll fight to prove we’re right there in the mix battling for a Hawkeye 10 championship.”

The Rams’ Jenna Hopp earned all-state honors last season after averaging 16.9 points and 6.6 rebounds.

JOEL STEVENS/THE OPINION-TRIBUNE



Glenwood Girls Basketball

- Dec. 9 vs. Clarinda
- Dec. 13 at Harlan
- Dec. 15 vs. Creston
- Dec. 17 vs. Plattsmouth at MAC
- Dec. 20 vs. C.B. Lewis Central
- Jan. 6 at Shenandoah
- Jan. 10 vs. Harlan
- Jan. 13 at Kuemper Catholic
- Jan. 14 vs. Maryville, Mo.
- Jan. 19 vs. Red Oak
- Jan. 21 vs. North Bend Central at DK Sokol Arena
- Jan. 26 at Underwood
- Jan. 27 vs. Sioux City East
- Jan. 31 vs. Bellevue East
- Feb. 2 vs. C.B. St. Albert
- Feb. 7 at C.B. Lewis Central
- Feb. 10 at Denison
- Feb. 15 Regionals
- Feb. 28-March 4 State

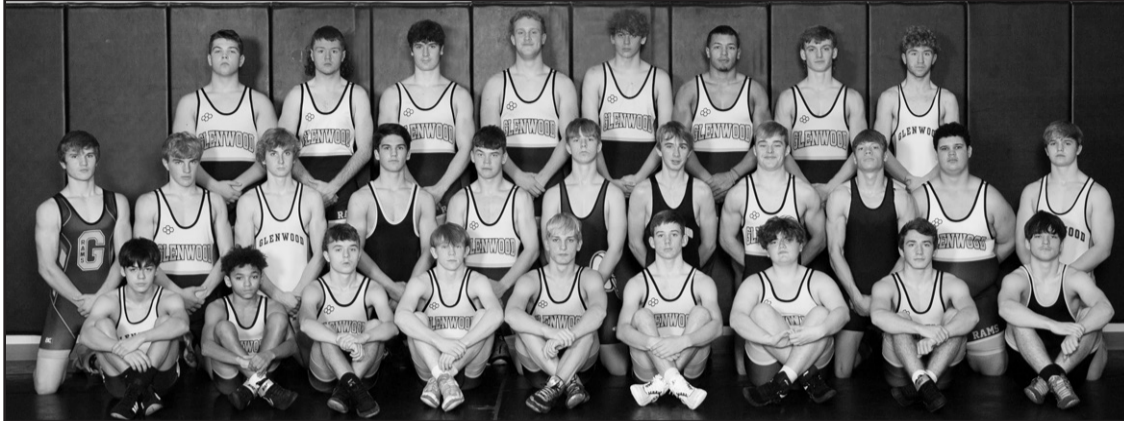


PHOTO COURTESY AMY KENNEDY

The 2022-2023 Glenwood Boys Wrestling Team. Back row (from left): Mason Koehler, Austin Ware, Gavin Connell, Trent Patton, Jaxsyn Fada, CJ Carter, Tate Mayberry and Connor Wear. Middle row: Jaxson Galusha, Reese Fauble, Ian Connell, Blake Sneed, Trevor Hargens, Tyler Schmitt, Kelley Barrett, Kellan Scott, Adrian Bare, Devin Nabors and Jacob Aust. Front row: Alex Bare, Javon Floyd, Ethan West, Vinny Mayberry, Thaine Williamson, Briten Maxwell, Zach Brammer, Matt Beem and Scott Reed.



PHOTO COURTESY AMY KENNEDY

The 2022-2023 Glenwood Girls Wrestling Team. From left: Madison Crane, Tala Abukhait, McKenna Wilkes, Maya Rivas, Emily Lundvall, Audrina Johansen, Lauralyse Flint-Spencer and Clara Lundvall.

Glenwood boys wrestling one of favorites in Hawk-10

By **JOEL STEVENS**
ASSOCIATE EDITOR

The Glenwood boys wrestling team opens the season fifth in the preseason Class 2A rankings and as one of the favorites in a highly competitive Hawkeye 10 Conference.

With three state place winners returning and bevy of experience up and down the line-up, it's easy to see why there's high hopes in Glenwood.

"We're working really hard and with our ranking we're seen as one of the best teams in the state so we can't take that for granted," said Glenwood coach Tucker Weber. "Rankings are just rankings, and everybody is working hard this time of year. We have to keep working extra hard to separate ourselves from the field. We've been preaching that."

Weber's boys' roster lists 31 wrestlers. But some nagging injuries have slowed the Rams some, he added. He expects to have a full roster after the holiday break.

"You'll see a different team after Christmas break than you will early this season," he said.

Headlining Weber's returners are state runners-up from a year ago C.J. Carter and Matt Beam and fifth place medalist Vinny Mayberry. All three could contend for state titles this year and help the Rams contend for the traditional team state title.

"Those three alone got us to eighth place in the traditional state tournament so hopefully we can get a couple

more guys to state and keep climbing up that board," Weber said.

Weber thinks his team seeing those three and what they accomplished last season back in the room working hard and getting better can only help his team.

"They have to lead by example," he said. "The younger kids look up to them. We have a big board up and their names are up so the kids obviously look up to them and then they see how hard they work and how it pays off."

Glenwood, along with Atlantic and Creston, appear the odds-on favorites in the Hawkeye 10 Conference

"It's all our goal to win the conference," Weber said. "We haven't done it since 2018. Atlantic will be tough. They're always tough. It will be a dog fight."

The 2022-2023 season will mark the inaugural year for girls wrestling as an officially sanctioned varsity sport. The Rams have six wrestlers out this year's girl team under Weber's guidance. Emily Lundvall wrestled with the boys squad a year ago but the other five are relative newcomers to the sport.

The girls started practice two weeks before the boys, so they had a head start. With all the newcomers to the sports, Weber said he ran those early trainings like a youth wrestling practice.

"We're teaching some basics and fundamental," he said. "The boys came in two weeks after and we run practices together now. My assistant coaches have been great and the middle school coaches have been stepping up to help out. We're all basically working on the

same things."

Weber has been encouraged by the effort and enthusiasm of his first-year girls' wrestlers.

"I wasn't sure how it would go; I've never really coached a girls-only sport, so I was kind of nervous at first," Weber said. "But I really enjoy it. It's a

different kind of energy. The girls have bonded as a team and it's really no different."

Glenwood Girls Wrestling

Dec. 5 at C.B. Abraham Lincoln
Dec. 8 at Plattsmouth, Neb.
Dec. 9 at C.B. Classic
Dec. 10 at C.B. Lewis Central
Jan. 2 at Conestoga
Jan. 7 at Logan-Magnolia
Jan. 16 at C.B. Lewis Central
Jan. 20 at TBA Tournament
Jan. 24 at Denison
Jan. 27 Regionals
Feb. 2 State Meet

Glenwood Boys Wrestling

Dec. 8 at Plattsmouth
Dec. 9 a C.B. Lewis Central
Dec. 13 Home Meet
Dec. 17 Home Meet
Jan. 5 at C.B. Lewis Central
Jan. 7 at Atlantic
Jan. 13 at Basehor-Linwood, Kan.
Jan. 19 at Clarinda
Jan. 21 at Des Moines Lincoln
Jan. 24 at Denison
Jan. 28 at Hawkeye 10 Meet
Jan. 31 Regional Team Duals
Feb. 4 State Dual Team
Feb. 11 Districts
Feb. 15-18 State Meet

Call 712-623-2566
to Advertise Today



JOEL STEVENS/THE OPINION-TRIBUNE

Logyn Eckheart returns this season as one of Glenwood's top post-players.



LEICK
CONSTRUCTION

(712) 526-2065
www.leickconstruction.com

GOOD LUCK AREA SPORTS TEAMS!

Serving the Glenwood Community SINCE 1899!

Glenwood State Bank

MAIN BANK | 32 N. Walnut | Glenwood | 712-527-3157
 Frontier Savings Bank | 940 Valley View Dr | Council Bluffs | 712-328-9715
 First State Bank | 711 Main Street | Tabor | 712-629-2435

www.glenwoodstatebank.com

MEMBER FEDERAL RESERVE SYSTEM **FDIC**



M·A·R·K·E·T

712-527-9912
900 S Locust St • Glenwood, IA

GOOD LUCK!



GRAPHIC DESIGN
 .CREATING.
JOE DESIGNER
T-SHIRT AND SIGN Co
 SINCE 2005
 GLENWOOD • IOWA

- T-SHIRTS
- EMBROIDERY
- TEAM APPAREL
- SCREEN PRINTING

427 SHARP ST.
 GLENWOOD, IOWA
 (712) 527-9565



BARRETT AUTO CENTER

SALES & SERVICE
 401 So. Locust St. 712-527-5525

Best Wishes for an
OUTSTANDING
Winter Season!

High hopes for Wolverine basketball in 2022-2023

By **JOEL STEVENS**
ASSOCIATE EDITOR

The East Mills boys basketball team has high hopes for the 2022-2023 season.

With all five starters returning, including first team All-Corner Conference performers Mason Crouse and Braden West, it's easy to see why. The Wolverines could be a state basketball tournament contender this season.

"We have lofty goals," said East Mills coach Kevin Schafer. "To reach those, we're going to have to work hard no matter what's going on. And there's definitely teams in southwest Iowa that are better than us so we're going to have to improve quite a bit to compete with the best 1A schools in southwest Iowa. I think our kids know that."

Crouse and West headline a senior laden group of returners that won 18 games and the conference regular season title a year ago. Crouse led the Wolverines and the conference in scoring a year ago at 20.2 points per game. The 6-foot-4 West chipped in 13 points and seven rebounds per game while leading the team in blocked shots.

Also back are guards Davis McGrew (5.2 points per game) and Zach Thornburg (4.9) and 6-foot-5 post-player Jarrett Jentsch, who missed the bulk of last season with an injury.

"I hope we're stronger this year because we had some issues with rebounding and we got pushed around by physical teams last year," Schafer said. "We were definitely more physical in football this year so we're hoping that carries over."

Schafer said that physicality is just one concern. His other is consistent shooting.

"Last year was kind of a roller coaster. We need a few other guys to be able to consistently shoot the ball. Our depth is better. We have double-digit kids that are varsity level so if a kid isn't playing well we have options this year that maybe last year we didn't. Our practices will be better this year."

Fremont-Mills, Stanton and Sidney are all conference contenders, Schafer said. But they are far from the only tough nights on the Wolverines' schedule that is as tough as they come.

"There's no shortage of competition in the conference and then in the non-con-



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022-2023 East Mills Boys Basketball Team. Back row (from left): Sheldon Vandenberg, Kyler Williams, Caleb Urban, Layne Mastin, Fletcher Proctor, Lincoln Palmer, Jackson Embree and Michael Wilson. Front row (from left): Peyton Embree, Mason Crouse, Braden West, Davis McGrew, Jerett Jentsch and Zach Thornburg. Not Pictured: Max Smiley.

ference we play West Harrison, a state qualifier last year, and at Auburn (Neb.), who thrashed us last year," Schafer said. "It will be an interesting year. Can we close the gap on teams like that? Because there was a quite a gap last year."

Just how good can these Wolverines can be?

"A lot of it is who you run up against," Schafer said. "The thing about going to state is you have to have a good night every night. All it takes is one bad night. In 2014 when we went to state we weren't the best team in our district. Nodaway Valley was. And they didn't make it. I think there's enough talent to compete but if we get in the same bracket as West Harrison or Avoca, we're probably not the favorites."

"I think the kids are aware of that and everyday they need to keep pushing if they want to reach that goal."

Get All
Your Latest
Sports News At

www.opinion-tribune.com

East Mills Boys Basketball

Dec. 9 vs. Stanton	Jan. 26 at Clarinda
Dec. 16 at Griswold	Jan. 27 at Riverside
Dec. 20 vs. Bedford	Jan. 30 vs. West Harrison
Jan. 3 vs. Essex	Jan. 31 vs. Griswold
Jan. 5 at Auburn, Neb.	Feb. 3 at Essex
Jan. 6 vs. Sidney	Feb. 7 at Sidney
Jan. 9 vs. Heartland Christian	Feb. 20 Districts
Jan. 13 vs. Fremont-Mills	March 7-10 State
Jan. 24 at Stanton	

SUBWAY



948 S. Locust St. Glenwood | 712-527-3300

**PROUD
SUPPORTER OF
MILLS COUNTY
SPORTS
TEAMS!**

Five starters return for East Mills this season

By **JOEL STEVENS**
ASSOCIATE EDITOR

With all five starters returning from a team that won 19 games in head coach Lexi Moreno's first year at the helm, the East Mills girls basketball team is poised for a big season.

"It's always great to have a full team returning," Moreno said. "We only had seven players last year and they all have varsity experience. If I'm doing my job right and pushing them and they're doing their best to get better, then we can absolutely make that jump."

Just how far of a jump will depend a lot on the continued development of Moreno's core seniors led by Emily Williams, Miah Urban, Aspen Crouse and Natalie Goodman. Those four along with junior Mia Goodman are the Wolverines' returning starters.

Williams led East Mills in scoring (16.8 points), rebounds (9.4) and blocks (2.0) and was second in steals last season. Urban, the Wolverines' point guard, chipped in 10.9 points and a team-high 3.3 assists. Crouse averaged 10 points and 5.7 rebounds while leading the team with 30 three-pointers.

"We have those five starters coming back that have played pretty regularly together a long time," Moreno said. "And we have our two bench players from last year. Now we have more depth and those freshmen learning the system so we're all learning how to play with a fast pace and we push each other while getting familiar with each other."

This season will be Iowa's first with the 35-second shot clock. Moreno doesn't see the new rule impacting her team offensively.

"As far as offensive sets, we scored pretty quickly but defensively teams did try and slow it down against us so that could be too our advantage because they could be more rushed," she said.

Where that experience and quick pace will get the Wolverines is unclear. But Moreno knows her team has a few goals.

"I know we want to go further in the postseason," Moreno said. "Stanton got us twice last year so we don't want that to happen. We want to be in that (Corner) Conference championship game. I think if we keep pushing hard and playing hard and do things they right way, I think we can get to where we want to be."



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022-2023 East Mills Girls Basketball Team. Back row (from left): Back row (from left): Sophia Morrical, Mackenzie Stearns, Ruby Hastie, Loycee Palmer, Venna Sayers and Kate Ripperger. Middle row: Kandra Laumann, Jenna Thornburg, Mia Goodman and Kiley Barrett. Front row: Natalie Goodman, Miah Urban, Aspen Crouse and Emily Williams.

East Mills Girls Basketball

- Dec. 9 vs. Stanton
- Dec. 16 at Griswold
- Dec. 20 vs. Bedford
- Jan. 3 vs. Essex
- Jan. 6 vs. Sidney
- Jan. 9 at Heartland Christian
- Jan. 13 vs. Fremont-Mills
- Jan. 24 at Stanton
- Jan. 26 at Clarinda
- Jan. 27 at Riverside
- Jan. 30 vs. West Harrison
- Jan. 31 vs. Griswold
- Feb. 3 at Essex
- Feb. 7 at Sidney
- Feb. 15 Regionals
- Feb. 28-March 4 State

METHODIST PHYSICIANS CLINIC

Care for the Whole Family, Close to Home

320 Ebaugh St.
Glenwood, IA 51534
(712) 527-5204

bestcare.org

©2022 Methodist Physicians Clinic, an affiliate of Methodist Health System

East Mills wrestling will be competitive this season

By **JOEL STEVENS**
ASSOCIATE EDITOR

With just 12 wrestlers out this season and five freshmen listed on the roster, East Mills coach Claude Lang knows competing for team titles will be a challenge this season.

But that doesn't mean the Wolverines won't be competitive.

Ryan Stortenbecker, Jack Gordon, Brodyn Wray, Andrew Laramie and Thoren Wade are all experienced returning letter winners.

Stortenbecker was 35-9 and a state qualifier a year ago at 145 pounds. He enters his senior season ranked No. 5 in Class 1A.

Gordon missed some time last year to injury but was one win away from a state bid his freshman season. Wray, Laramie and Wade were all competitive last season and are a year stronger and experienced.

Lang will lean on the freshmen for depth.

"They have very little experience," Lang said of his freshman group. "A few of them wrestled in junior high and a little in AAU tournaments."

With a mixed bag of experience the focus has been on individual work so far in preseason.

"Our main goal since the summer has been working on the things we're good at," he said. "We want to get good at the moves we're good at. We've got some good scramblers and we're getting better at top moves and making sure when we get someone down we keep them there and end it."

Perhaps Lang's biggest concern is his weight class distribution. All 12 members of his roster are jumbled in



The 2022-2023 East Mills Wrestling Team. Back row (from left): Thoren Wade, Brodyn Wray, Ryan Stortenbecker and Jack Gordon. Front row: Jiri Brodigan, Quinn Poorker, Nick Maurer and Cooper Hagen. Not pictured: Sheldon Vandenberg, Kaleb Mills and Andrew Laramy.

JOEL STEVENS/THE OPINION-TRIBUNE

between 126 and 170 pounds.

"It would be nice if they were spread out some," he said. "The good news of that is that they'll get a lot of good competition for their spots. I think there will be guys fighting for spots. We need guys getting matches."

Lang called his team's condition, "not amazing but OK."

"It's the preseason so until they feel that first six-minute match they don't know what shape is," Lang said.

East Mills Wrestling

Dec. 10 at Riverside
Dec. 15 at East Atchison, Mo.
Dec. 17 at Shenandoah
Jan. 5 at AHSTW
Jan. 7 at Tri-Center
Jan. 14 at Griswold
Jan. 20 at Southwest Valley

Jan. 24 at Red Oak
Jan. 26 vs. Tri-Center/Woodbine
Jan. 28 Home Quadrangular
Jan. 31 at East Atchison
Feb. 4 State Dual Team
Feb. 11 Districts
Feb. 15-18 State Meet

The
Opinion-Tribune

WE PROUDLY SUPPORT
MILLS COUNTY
SPORTS TEAMS!

MB Malvernbank
We Build Community

Proud Supporters of Mills
County Winter Sports Teams!

712.624.8686 | 404 Main Street | www.malvern.bank

Member
FDIC

Strong nucleus returns for Knights' new head coach

By **JOEL STEVENS**
ASSOCIATE EDITOR

First-year head coach Chelsea Zimmerman takes over the Fremont-Mills boys basketball team this season with a deep and experienced roster.

In all, 15 players are out with 10 of those players having playing varsity minutes last season.

"We have good numbers and a strong returning nucleus of seniors and really four juniors that have stepped up this year," Zimmerman said. "That junior and senior group has come in strong with their leadership and quite a bit of basketball intelligence from the past and they're working hard."

Seniors Taylor Reed, Paxten VanHouten, Ike Lemonds and J.T. Mahaney are back this season after starting the majority of games last season. One glaring hole in that starting lineup is departed senior Jake Malcom and his 19.6 points and 10.3 rebounds per game. Replacing Malcom's presence won't be easy, Zimmerman admits.

"We have to adjust to not having him because he did do a lot of great things," she said. "The goal for us is to focus on having five threats on the floor at a time. It's too much weight to put on one player's shoulders to carry a team that way."

From the first day of practice, Zimmerman said, her focus has been putting a team on the court that she doesn't want to produce, but rather is expected to produce.

"We want them to be a threat when the ball is in their hands," she said. "There are opportunities to do that because we have a strong group of leaders this year that have taken that to heart."

Headlining that group is returning leading scorer Taylor Reed (13.5 points per game). The senior also grabbed 7.9 rebounds and 2.1 steals per game. VanHouten (4.9 points per game), Brady Owen (4.5), Mahaney (4.0) and Lemonds (3.5) all are capable of contributing on any given night.

The Knights have no shortage of athletes but Zimmerman has honed in on "controlling the controllables" with her team heading into the season.

"The thing we've harped on this year is consistent athletic engagement and not taking that time off between transition from offense to defense and



PHOTO COURTESY AMY KENNEDY

The 2022-2023 Fremont-Mills Boys Basketball Team. Back row (from left): Caleb Brandt, Taylor Reed, J.T. Mahaney and Anders Langille. Middle row: Owen Thornton, Cooper Marvel, Mason Reed, Lucas Madison and Paxten VanHouten. Front row: Rowen Howe, Payten VanHouten, Kaden Foster, Ike Lemonds and Sawyer Forney. Not pictured: Logan Jahnke and Landon Baker.

staying engaged," she said. If we're standing still on offense, we're doing something wrong. We're adjusting to the tempo play and expecting production out of every player."

Just how good the Knights can be this season remains a question. Zimmerman thinks her team can be as good as they want to be.

"It's exciting," she said. "There's a shift to adjusting to not having Malcom on the floor but I think this group of guys, with having a large senior group, they have it in their mind to finish the year strong and I'm excited to see how far we can take it."

Taylor Reed returns for Fremont-Mills this season after averaging 13.5 points and 7.9 rebounds per game last season.

JOEL STEVENS/THE OPINION-TRIBUNE



Fremont-Mills Boys Basketball

- Dec. 8 vs. East Atchison
- Dec. 13 at Sidney
- Dec. 16 vs. Stanton
- Dec. 19 at Hamburg
- Jan. 3 vs. Griswold
- Jan. 5 at Shenandoah
- Jan. 10 vs. Essex
- Jan. 13 at East Mills
- Jan. 17-21 Corner Conference Tournament
- Jan. 23 at Bedford
- Jan. 26 vs. Woodbine
- Jan. 27 vs. Sidney
- Jan. 31 at Stanton
- Feb. 3 at Griswold
- Feb. 7 vs. Southwest Valley
- Feb. 20 Districts
- March 7-10 State

Fremont-Mills returns loads of experience this season

By **JOEL STEVENS**
ASSOCIATE EDITOR

Fremont-Mills head girls basketball coach Brett Weldon calls his 2022-2023 returning roster among the most experienced in his tenure.

The Knights lost just one senior off last year's team and have just one senior on this year's roster. In all, six of the top seven scorers and five starters return.

"We're not old but the juniors played a lot, and the sophomores got a lot of playing time last year, so we are pretty experienced," Weldon said. "It's nice to have because we're not starting from ground zero and we can just put things in and continue on with what we've done in the past."

That experience will allow Weldon to make some changes and introduce some new schemes, especially on the defensive end, this season.

"With the shot clock coming in there's a lot of options of things that we can do and so we're looking at different ways we can change our defense here and there and make tweaks and adjustments. I think that's going to be fun when we start playing."

Overall, Weldon has been pleased with where his team is at early this season. Weldon said. "We've been able to put a lot of things in early this year because of where we're at," he said. "We have a group that's played a lot of basketball and has a high basketball IQ. We've been able to do a lot of things offensively and defensively really early that normally we'd have had to wait. It feels like we're ahead of schedule."

Leading the returnees is forward Teagan Ewalt, the Knights returning leading scorer at 12.7 points per game. The senior also led the team in rebounds (6.7), blocked shots (2.3) and three-pointers (37).

The Knights finished 11-12 a year ago but played more than half the season without point guard Izzy Weldon, who went down with a knee injury. With Weldon back along with all the Knights' experience, Coach Weldon feels like his team can take that next step. Provided of course they improve on their 23.3 percent shooting from behind the arc (112-of-471).

"I think our conference is going to be really good, but I think we're going to be able to compete with everyone," he



PHOTO COURTESY AMY KENNEDY

The 2022-2023 Fremont-Mills Girls Basketball Team. Back row (from left): Ellie Switzer, Ella Thornton, Teagan Ewalt, Emily Madison and Lilly Barbour. Middle: Macy Mitchell, Bella Gute, Ryleigh Ewalt and Isabel Weldon. Front: Reese Gute and Saige Mitchell. Not pictured: Kinley Blackburn.

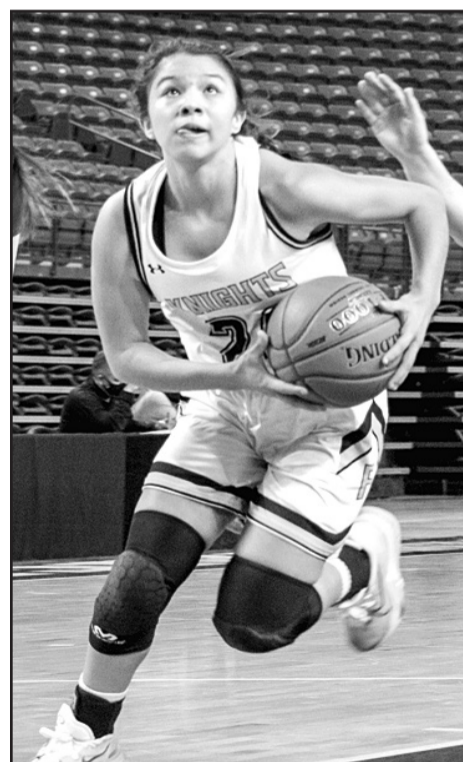
said. "We have to find a way to make more shots and manufacture more shots and not settle for 3's. When they got it, everything is good. When they don't it can be a struggle."

Weldon doesn't see the 35-second clock, new to Iowa high school basketball this season, having a huge impact on the Knights offense.

"We already play fast so I don't think it will speed us up but at the end of a quarter when we have a two for one opportunity, that will change what we do a little bit and I think there's some teams that we play that will speed up a little bit and hopefully get the game a little faster like we like it."

Fremont-Mills guard Izzy Weldon is back this season after missing most of last season with a knee injury.

JOEL STEVENS/THE OPINION-TRIBUNE



Fremont-Mills Girls Basketball

Dec. 8 vs. East Atchison
Dec. 13 at Sidney
Dec. 16 vs. Stanton
Dec. 19 at Hamburg
Jan. 3 vs. Griswold
Jan. 5 at Shenandoah
Jan. 6 at Red Oak
Jan. 10 vs. Essex
Jan. 13 at East Mills
Jan. 16-20 Corner Conference
Tournament
Jan. 23 at Bedford
Jan. 26 vs. Woodbine
Jan. 27 vs. Sidney
Jan. 31 at Stanton
Feb. 3 at Griswold
Feb. 7 vs. Southwest Valley
Feb. 15 Regionals
Feb. 28-March 4 State



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022-2023 Fremont-Mills contingent of the Fremont-Mills/Sidney boys wrestling team. Back row (from left): Dylan Linkenhoker, Noah Howe, Samuel Daly, Tyler Johnson, Brandon Orozco and Tristan Drescher. Front row: Christian Mayer, Landon Ramos, Isaac Roach, Blake Schaaf, Brayden Tobin and Landon Roof.



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022-2023 Fremont-Mills contingent of the Fremont-Mills/Sidney girls wrestling team. From left: Aliyah Gordon, Brooklyn Ramos, True Lord, Clara Sapienza, Emily Kesterson, Laney Morrical, Tatiana Orozco and Kaidynce Reafleng.

Fremont-Mills Girls Wrestling

Dec. 9 at Riverside	Jan. 14 at Nebraska City
Dec. 17 at Platteview, Neb.	Jan. 16 at C.B. Lewis Central
Dec. 20 vs. Sidney/Kuemper	Jan. 27 Districts
Jan. 2 at Conestoga	Feb. 2 State Meet
Jan. 7 at Logan-Magnolia	

Fremont-Mills Boys Wrestling

Dec. 10 at Lenox	Jan. 10 at Griswold	Jan. 26 at Atlantic
Dec. 15 at Tarkio, Mo.	Jan. 13 at Weeping Water, Neb.	Jan. 28 at East Mills
Dec. 17 at Glenwood	Jan. 17 Home Meet at Sidney	Feb. 11 Districts
Jan. 3 at Tri-Center	Jan. 20 at Southwest Valley	Feb. 15-18 State
Jan. 7 at Winterset		



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022-2023 Glenwood contingent of the Glenwood/Lewis Central Boys Swim Team. From left: Patrick Chase, Liam Hays, Will Getter

Glenwood/LC Swimming

Dec. 13 at Ralston, Neb.	Jan. 9 at Atlantic
Dec. 17 at Elkhorn, Neb.	Jan. 14 at Ralston, Neb.
Dec. 20 vs. Bellevue West	Jan. 21 L.C. Invite
Jan. 3 vs. Millard West	Jan. 26 vs. Skutt Catholic
Jan. 5 at Sioux City West	Feb. 4 Districts
Jan. 7 at Johnston	Feb. 11 State Meet



WINTER SPORTS PREVIEW

East Mills' Braden West



Glenwood's Vinny Mayberry



Fremont-Mills Teagan Ewalt



SERVICES:

- Acute & Chronic Illness Care
- Well Child Exams
- Well Women's Exams
- Annual Men's Exams
- Depression & Anxiety
- DOT Physicals
- Sports Physicals
- Pre-Op Physicals

HOURS:

- MON - THURS: 8am - 5pm
- WEDNESDAY: 8am - 6pm
- FRIDAY: 8am - 12pm

Call 712-246-7245 to schedule an appointment.



TABOR CLINIC

400 Main St, Tabor, IA 51653
(712) 246-7245 smchospital.com