

The
Opinion-Tribune
Published Wednesday, April 6, 2022

SPRING SPORTS PREVIEW



MORE...
On Demand

W Western Iowa
NETWORKS

100 MBPS
\$59.99
2 YEAR CONTRACT

Strong group of athletes return for Glenwood this track season

By **JOEL STEVENS**
ASSOCIATE EDITOR

First-year Glenwood girls track coach Jordan Bueltel inherits a team this season that returns 10 athletes that competed at the state track meet and a bevy of talent this season.

That mix of experience and depth should allow the Rams to try different lineups and keep fresh during the season while competing at every track meet this season.

"I'm pretty impressed with our depth and overall talent," Bueltel said. "We have a lot of talent coming in with our freshmen and sophomores. We have a lot of speed and talent overall, so we need to see where they (the freshman and sophomores) mesh with our upperclassmen. I'm excited to see what we can do."

In all, the Rams' roster includes 53 athletes, 33 of which are freshman and sophomores. Senior Abby Hughes leads an experienced core of returners that gained valuable experience last season on a Hawkeye 10 Conference championship team and at the state meet. Hughes ran in four events at state and took home a fifth-place medal in the 400-meter hurdles.

Bueltel thinks Hughes, who has pledged to run track at South Dakota State, is poised to have a strong senior season.

"The 400 hurdles was her big event last year and there's ways she can definitely take some time off last year," he said. "I don't know what her goal is, but I think she'd like to improve on her fifth from last year. We can get some seconds off there. She'll work into the 100-meter hurdles this year. She'll be all over the sprint relays too. Her versatility helps us a lot."

The Rams should continue to be particularly strong in their sprint relays. At last year's state meet they qualified in the 4x100, 4x200, 4x400 and sprint medley relays.

"We might not have the fastest individual girl in a meet but we're probably going to have four or five who are going to be right up there and that's going to be a strength for us this year," Bueltel said.

The concerns aren't glaring right now for the coach, but he is still searching for a high jumper where several first timers and a handful of freshmen are vying for spots. The hurdle events are also a little shallow with experience, he said, but the talent is there.

"We still have to figure out our shut-



JOE FOREMAN/THE OPINION-TRIBUNE

The 2022 Glenwood Girls Track and Field Team. Back row: Breckyn Peterson, Ryley Nebel, Emerson Griffin, Destiny Yale, Kate Hughes, Jenna Hopp, Danika Arnold, Lauren Hughes, Addy Fichter, Keisi Duran, Lauren Stanislav, Madison Stratton and Neyla Nebel. Third row: Julia Nightser, Sara Kolle, Carlie Clemmer, Zoie Carda, Joely Vanecek, Brynlee Arnold, Madelyn Roenfeld, Ilsa Kemling, Lauren Roenfeldt, Kennedy Jones, Hadley Carman and Faylynn Griffin. Second row: Reagan Crane, Joli Johnston, Abi Hiller, Hailey Wright, Makayna McCrave, Chloe Pierce, Abby Hughes, Allison Koontz, Brooklyn Schultz, Maya Schau, Charley Hernandez, Taylor Roenfeldt and McKenna Wilkes. Front row: Ella Richards, Amaurya Hunt, Anna Lunning, Rachel Mullennax, Ashley Weinburgh, Madelyn Berglund, Elaina Dougherty, Jaylynn Floyd, Courtney Crawford, Aby Luddington, Abbi Driscoll, Kyra Slayman and Madison Epperson.

Glenwood Girls Track

April 7 at Red Oak

April 9 at Sioux City

April 14 Home Meet

April 19 at C.B. Lewis Central

April 21 at C.B. Abraham Lincoln

April 25 Home Meet

April 26 at Fremont-Mills

April 29-30 Drake Relays

May 2 at Atlantic

May 5 at H-10 Conference Meet

May 12 State Qualifier

May 19-21 State Track Meet

tle hurdle relay," he said. "There's some spots we're still trying to fill and replace people we had last year."

Conditioning is always a factor early in the season and this year is no differ-

ent. Bueltel said the girls who were out for basketball had a head start but overall, the team is "getting there."

"We're relatively healthy and mostly injury free," he said. "We feel good about where we're at."

Where the Rams are at the end of the season will come down to meeting and exceeding expectations.

"Our depth will help us compete in the conference and meets around here," Bueltel said. "Abby will have the ability to score some points at state and we feel like we have a few others that can too."

Just how good those relays can be and if they're good enough to get there or score at state will be something we'll figure out."

As the defending conference champions, Bueltel knows teams will push the Rams this season.

"The Hawkeye 10 always has good runners," he said. "Hopefully our depth and what we have allows us to compete again. We won't be sneaking up on anyone this season. Hopefully we put ourselves in position to win some meets and state on top the Hawkeye 10."

Good Luck to area sports teams!

58950 Iowa Rd Glenwood
712-527-9454

1735 McPherson Ave Council Bluffs
712-323-0598

The Animal Clinic

Deep, talented Rams squad aiming for Hawkeye 10 title

By JOEL STEVENS
ASSOCIATE EDITOR

With a large contingent of experienced athletes returning on his 68 person roster, Glenwood boys track coach Mark Starner is cautiously optimistic about his 2022's team's prospects.

"We have a good shot to score a lot of points in a lot of places," Starner said, adding his team has a good balance up and down the roster including 22 returning letter winners.

The Rams look particularly strong in the middle to long distances, the hurdles and the field events.

Starner counted more than a half dozen runners capable of running anything from a 100 to an 800 in a competitive open or relay.

Andrew Smith and Bryant Keller return after earning state meet bids in the 3,200-meter last season and having strong cross country seasons.

Jason Colpitts and Logyn Eckheart lead a strong group of experienced throwers that includes Caleb Dressel and Reagan Skarnulis.

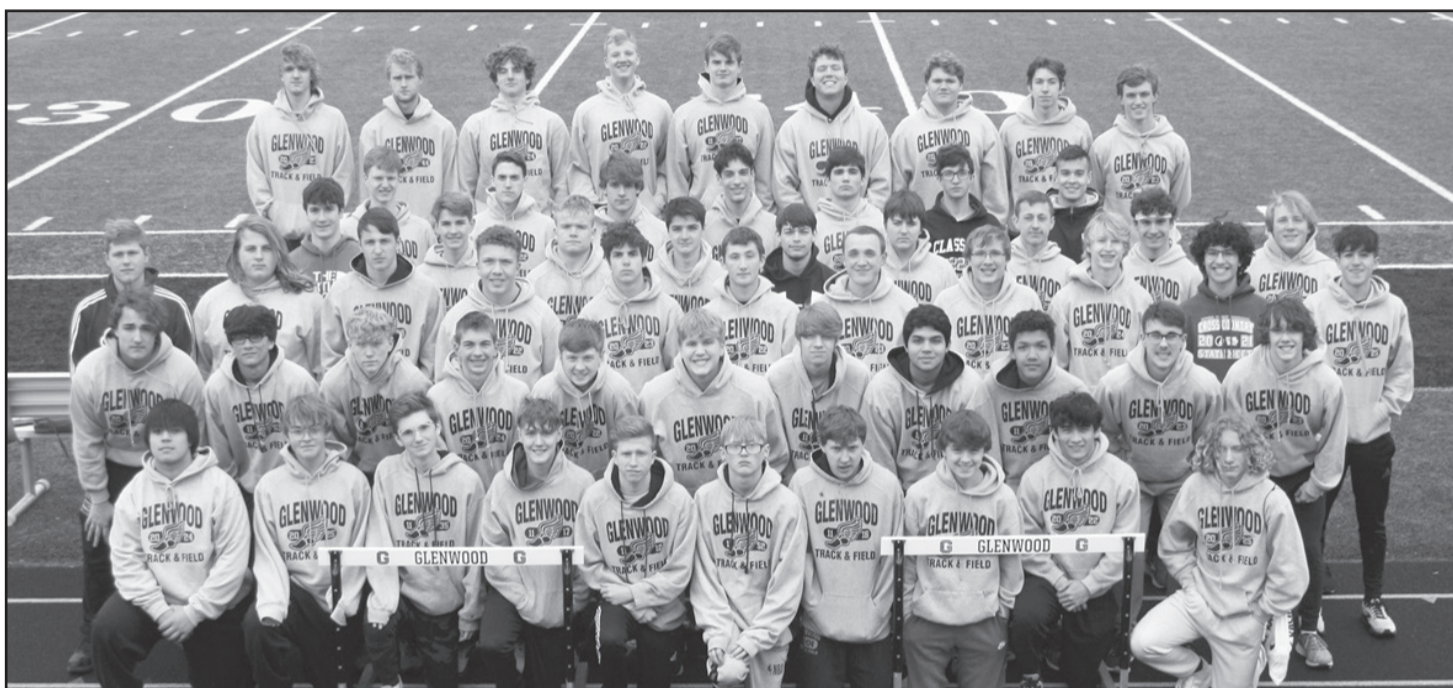
"We'll have those guys in the mix but they'll be out main throwers for us," he said.

Cody Krause is back after qualifying for state in both the long jump and high jump. Along with Kord Ostrander the Rams will have a nice one-two punch at high jump.

"Across the board, this is probably the deepest team we've had in a while," Starner said. "We don't have too many spots that are open but we're not flashy in anything. We're above average in about everything. We have pieces we can move around. I think we have the potentially to be better than pretty good in late at the state meet. Right now, I think we can score a lot of points at meet and do a lot of things, which is good."

That depth will Starner to juggle and tinker with where his athletes fit, which events and which relays throughout the season as he seeks out the right combinations.

"We want to find out what we have early in the season," he said. "We want to put kids in different positions and see how they react to that. We don't want to pigeon hole kids into anything because things obviously change as the



JOE FOREMAN/THE OPINION-TRIBUNE

The 2022 Glenwood Boys Track and Field Team. Front row (from left): Preston Longchaya, Andrew Smith, Sawyer Patzer, Ashtin Sneed, Preston Slayman, Cameron Germar, Keaton German, Ethan West, Chase Darden and Jackson Mulkins. Second row: Reagan Skarnulis, Trey Darden, Payton Longmeyer, Bryant Keller, Kaden Petersen, Jason Colpitts, Adrian Bare, S. Betancourt, Kamrron Morrison, Anthony Driscoll-Lee and Colby Frye. Third row: Caleb Dressel, Nicholas Delaney, Nolan Mount, Mitch Colwell, Talon Shain, Ethan Parks, Blake Buckingham, Dillon Anderson, Liam Hays, Andrew Williams and Jaden Evans. Fourth row: Gavin Connell, J. Griffin, Tony Vanacek, Maverick Mixan, Creighton Johansen, Isaac Ellis, Drew Schroeder, Andrew Smith and Cayden Lewis. Fifth row: Jake Shannon, Kord Ostrander, Cody Krause, Carter Schaben, Grant Von Essen, Elijah Kittle and Tyler Boldra. Sixth row: Aaron McPherson, Austin Patton, Dylan Wyatt, Dylan Bird, Brock Sell, Logyn Eckheart, Carson Sorenson, Riley Wutkin and Tate Mayberry. Not Pictured: Victor Cruz, Cooper Delashmutt, Jace Hartley, Tristan Meier, Virginio Rangel-Gonzales, Chance Sillik and Jordan Wake.



JOEL STEVENS/THE OPINION-TRIBUNE

Cody Krause returns this season after qualifying for state last season in both the high jump and long jump.

Glenwood Boys Track

- April 4 Home Meet
- April 7 at Missouri Valley
- April 9 at Sioux City
- April 11 at Shenandoah
- April 14 C.B. Abraham Lincoln
- April 19 at C.B. Lewis Central
- April 21 at Fremont-Mills
- April 25 Home Meet
- April 26 at Fremont-Mills
- April 28-30 at Drake Relays
- May 2 at Atlantic
- May 5 at H-10 Conference Meet
- May 12 State Qualifier
- May 19-21 State Meet

RAMS

From Page 3

year goes on. We're going to give kids different opportunities and see what they can do."

The Rams are in good shape, Starner said, as he balances keeping his squad fresh and injury-free while still working on speed training.

"We'll back off if we have to but we're in pretty decent shape."

Council Bluffs Lewis Central narrowly edged Glenwood by just two points for last year's Hawkeye 10 Conference title.

"It came down to the last race and it was two points," he said. "The winner of that last race was going to win it and it came down to horses. We're working on that. We're not where we still need to be but working on it."

Starner said his team's goals rarely very year to year – that's how the Rams have stayed successful.

"We go into every meet wanting to finish in the top three," Starner said. "If we can do that and compete for a conference title against some good teams and spread the wealth around our lineup, and I think we're up for that challenge, we have an opportunity to have a good season."

Abby Hughes, a South Dakota State track recruit, returns this season after placing fifth in the 400-meter hurdles at last year's state track meet.

JOEL STEVENS / THE OPINION-TRIBUNE



BARRETT AUTO CENTER
SALES & SERVICE
 401 South Locust St. 712-527-5525

Best of luck to all Mills County sports teams this season!

MB Malvernbank Member FDIC
We Build Community

Proud Supporters of Mills County Spring Sports Teams!

712.624.8686 | 404 Main Street | www.Malvern.Bank

Glenwood returns strong core on pitch this season

By **JOEL STEVENS**
ASSOCIATE EDITOR

With 10 players with starting experience, including all-state playmaker Caden Johnson, returning this season the Glenwood boys soccer team is poised for a big year.

If a few holes can be filled from and the line up can gel quickly, headcoach Cort Lovato likes this team's prospects..

"This is the most experienced team we've had since 2016," Lovato said, referencing the team that went 12-4 that season. "We had a pretty good, pretty large senior group with some great leaders. We have the same thing this year. We're going to have five seniors starter and four of them have started since they were freshmen."

With that experience returning, Lovato said it won't change his team's style of play. It will only enhance it.

"We have a certain style and its changed over the years based on personnel but this will be our second season with that same personnel," he said. "We lost two senior starters from last year so our style of play won't change but we do have to find guys to fill those holes. That's our big challenge right now."

Among those losses was second leading goal scorer Jackson Wray (14 goals).

But Lovato isn't worried about his attack.

"A lot of Wray's goals were sheer will goals," Lovato said. "He never quit. We just have to find guys to fill that role and a lot of that is going to come out of how we play. We're midfield dominated in our skill guys."

Johnson, a speedy forward who led the Rams with 20 goals and 15 assists, returns this year. The junior earned a bevy of post season honors last year and will again be one of the top offensive threats in the Hawkeye 10.

"We expect him to match those numbers if not exceed them," Lovato said. "The challenge will be is how teams defend him. He has the ability to break teams down one vs. one. I expect teams will man mark him or set two aside, he's that skilled. So we'll have to adjust. His game has grown and he has the ability to take over matches. He realizes spreading the wealth and making his teammates better will make the team better. I could see him with 20 assists this year. Adding to the mix is



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022 Glenwood Boys Soccer Team. Back row (from left); Collin Lincoln, Christian Eiseman, Coach Lovato, Lucas Hug, Will Trabal-Kierscht, Jade Nanfito, Virginio Rangel Gonzales, Cort Lovato Jr, Adam Severn, Thomas Nieman, Renner Bardsley, Connor King, Casey Godbout, Ryan Turner, Riley McEwen, Josh Leu, Mason Lunning and Coach Johnson. Front row: Luke Neuhalfen, Trevor Hargens, Jacob Slaughter, Cameron King, Javon Floyd, Jayme Fritts, Caden Johnson, Jack McMullen, Jace Hartley, Andrew Abler and Hunter Pervis. Not pictured: Nolan Clark, Jack Smithers, Blake Sneed and Landon McGoldrick

Jade Nanfito (13 goals) and a handful of others who didn't put up gaudy numbers but have the potential to be major goal scorers.

"I like to have a group there so teams can't take away that one goal scorer. It makes us difficult to defend," Lovato said. "Jade as hurt last. He was maybe 40 percent and he still had 13 goals. He's almost back to 100 percent. He will take some of that load."

Lovato also pointed to Jacob Slaughter, Cort Lovato Jr., Jaymee Fritts, Collin Lincoln and Thomas Nieman as players who will see increased goal scoring opportunities.

"The goals we lost from Jackson will be picked up a by a bunch of guys," he said.

At goal, sophomore Casey Godbout is back after starting matches last season. Godbout was not expected to start last season but some late roster changes through the freshman into the fire. Lovato thought he acquitted himself nicely for a first-year starter and is only going to get better.

"I'm not concerned about Casey," Lovato said. "He's matured a lot."

The Rams' schedule is typically tough, and top heavy this season. Their first seven matches include meetings against Sergeant Bluff-Luton, Harlan, A-D-M, Waverly-Shell Rock, Southeast Polk and Council Bluffs Lewis Central.

"Lewis Central has a lot of returning starters and they're the favorite in the

conference, there's no doubt about that," Lovato said. "Our schedule is tough. I hope we can stay healthy through those first matches. If we can stay healthy, I think our confidence will increase and go from there. It's a cliché, but it's one game and on to the next one."



Glenwood Boys Soccer

- March 31 at Sergeant Bluff-Luton
- April 4 vs. Harlan at Creighton Univ.
- April 7 vs. C.B. Thomas Jefferson
- April 8 at A-D-M
- April 11 at C.B Lewis Central
- April 18 at Atlantic
- April 21 Sioux City North
- April 26 vs. Tri-Center
- April 28 vs. C.B. St. Albert
- April 29 at Missouri Valley
- May 3 vs. Creston
- May 5 at Kuemper Catholic
- May 13 at C.B. Abraham Lincoln
- May 16 at Denison
- May 19 Districts
- June 1-4 State Tournament

The Glenwood soccer teams returns 10 players with starting experience this season.

JOEL STEVENS/THE OPINION-TRIBUNE

Glenwood soccer will be versatile, experienced squad

By **JOEL STEVENS**
ASSOCIATE EDITOR

The Glenwood girls soccer team graduated a talented senior group of players that won 14 games a year ago and finished just short of trip to the state tournament. But head coach Amy Benson likes her team's experience and versatility heading into the 2022 season.

The Rams return seven starters and 10 letter winners that all played key roles last year.

"It's easier to transition into a season with that experience," Benson. "We definitely feel there's a few positions where we lost players but we're fortunate to be pretty versatile. Hopefully we find people that can slide in and fill those shoes."

Returning is the team's top goal scorer in Nora Dougherty. As a freshman Dougherty scored 29 goals and dished out 13 assists.

"She'll be a force to be reckoned with," Benson said. "She's looked really good this season and she's excited to get out there."

Dougherty split time on the pitch last season with sprinting on the Ram track team. She will focus on soccer this season.

The Rams' attack will be aided by the return of Alaina Meads (seven goals) and four others that scored at least three goals in limited opportunities a year ago.

"We return a lot of players from last year so we're just trying to figure out some different positions and spots and learning how to play together," Benson said.

The coach said she doesn't have an glaring concerns right now, except perhaps for staying healthy. Goalkeeper Grace Nightser, who tore her ACL late last season, has been fully cleared. Nightser surrendered just 17 goals all season.

"We're excited to have her back," she said. "We have a few holes on defense but we have options at midfield and defense that can step up."

Conditioning shouldn't be a problem. Benson said her team has a good fitness level and comes to practice every day ready to work.

"We're usually in pretty good shape," she said. "We do have a lot of dual sport athletes that are running track at the same time so they're obviously in good shape. We also have a lot of girls that you can tell worked on their conditioning in the off-season."



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022 Glenwood Girls Soccer Team. First row: Ava Benson, Alissa Brummer, Lauren Roenfeldt, Cienna Morrison, Paige Razor, Emerson Griffin, Cordelia Gray, Liberty Williams, Ashely Aust, Nora Dougherty, Hallee Lincoln, Alaina Meads and Anna Lunning. Second row: Addison Ryan, Chloe Pierce, Audrey Nieman, Taylor Roenfeldt, Elaina Dougherty, Jaylyn Floyd, Hadley Carman, Abigail Hiller and Abygale Luddington. Back row: Coach Christian, Coach Benson, Lillian Lewellen, Julia Nightser, Isabel Griffin, Ryley Nebel, Grace Nightser, Lydia Fuoss, Ava Scott, Faith Weber, McKenna Koehler, Molly Williams and Coach Bardsley.



JOEL STEVENS/THE OPINION-TRIBUNE

Grace Nightser returns this season after allowing just 17 goals last season.

If the Rams are to exceed last season's 14 wins and punch their ticket to state they will need to gel fast.

"I definitely think we can be a very good team," Benson said. "We were very close to getting to state last year losing in

Glenwood Girls Soccer

March 28 vs. Sioux City West
 April 1 at Tri-Center
 April 4 vs. Harlan at Creighton Univ.
 April 7 at C.B. Abraham Lincoln
 April 9 at C.B. Thomas Jefferson
 April 12 at Denison
 April 14 at Atlantic
 April 18 at C.B. Thomas Jefferson
 April 28 vs. C.B. St. Albert
 May 2 at Sioux City East
 May 7 at TBA
 May 12 at Creston
 May 13 vs. Kuemper Catholic
 May 20 Regionals
 May 31-June 4 State Tourney

the regional final to LC (Lewis Central) after nearly beating them in the regular season. We were right there. We definitely have the potential to win the conference and win regionals."

Glenwood returns six of top seven scorers on links

By JOEL STEVENS
ASSOCIATE EDITOR

The Glenwood boys golf team returns six of its top seven scorers from last year's team that finished fifth at the Hawkeye 10 Conference meet last season.

Head coach Bryan Diekmann called those half dozen returnees – Braden Snead, Tommy Johnson, Tye Nebel, Gavin Schau, Brady Aistrope and Jacob Mitchell – the “early leaders” of the team.

“We’re pretty happy to have them back,” he said. “We’re going to push to see if we can’t get in top three or better. We feel we have the kids to do that. They’ve put in the work in the offseason and they’re competitors. I’m excited that we have them on our team.”

Despite the unpredictable spring weather, the Glenwood boys golf team has had a few chances to get on the course. But for the most part Diekmann has had his team hitting at the range and focusing on their short game (putting and chipping).

“I really want to see good contact,” he said. “We’ve been going over rules too. We always want to be respectful on the course. And we want to improve our short game, our putting and chipping have been real focal points. Spring is short so we’re trying to focus them and move fast.”

Diekmann has seen a growth in his team’s overall skill level. He attributes that to more play in the offseason and a renewed interest brought on during the pandemic.

“The kids have definitely put in a lot of time,” he said. “Some of the kids picked the game up recently during the pandemic and for a time there got in the habit of golf and as they’ve put more emphasis on it they’ve seen the results have come. They’re putting in the time to get better. They’re definitely excited about the season.”

Diekmann’s No. 1 priority this season is competing in each and every dual, triangular and tournament the Rams play in. Including the Hawkeye 10 Conference.

“We’re going to be competitive, that’s always our goal,” he said. “We want to always be as competitive as we can. We finished fifth at the Hawkeye 10 last year and we shot a 352. And the other four teams in front of us all return a lot but we just need to focus on us. We think we can be in that 320 to 330 range. I want to see us give ourselves a chance to be up there. I think we’ve put ourselves in a great position to do that.”



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022 Glenwood Boys Golf Team. Back row (from left): Sawyer Talich, Gavin Schau, Tommy Johnson and Ryan Poland. Middle row: Jane Rounds, Lucas Hug and Tye Nebel. Front row: Preston Trumble, Brad Peters, Wyatt Madison, Jacob Redford, Brady Aistrope and Briten Maxwell.

Glenwood Boys Golf

- April 4 vs. Clarinda
- April 7 at Red Oak
- April 12 at Shenandoah
- April 14 at C.B. Lewis Central
- April 19 at Harlan
- April 21 Home Meet
- April 23 at Denison
- April 25 vs. C.B. Lewis Central
- April 26 at Shenandoah
- April 28 at C.B. St. Albert
- May 3 at Atlantic
- May 9 at Hawk-10 Conf. Meet
- May 13 Sectionals
- May 19 Districts
- May 27 State Meet

Get All Your Latest Sports News At
www.opinion-tribune.com

Little Red's Service
Donny Graalks
 202 Main St.
 Malvern, Iowa
 712-624-8521
If your wheel's busted or your axle's draggin'

We are proud supporters of the East Mills Wolverines!

Glenwood golf team returns three letter winners

By **JOEL STEVENS**
ASSOCIATE EDITOR

The Glenwood girls golf team returns three varsity letter winners from last year's team but after that group, the remainder of the roster is young and inexperienced.

Coach Maria Jacobus said that the inexperience and the typically up-and-down spring weather has made assessing her team difficult early in practice.

"We haven't had a chance to play a lot of rounds yet with the weather," she said. "We had a few good days but at the beginning you're just trying to remember how to swing a club and try to knock some of the rust off. The team is kind of a blank slate right now and we're trying to figure out where everybody fitting right now."

What Jacobus does know is that senior Sarra Leath and sophomores Avery Joyce and Faith Weber return after starting last season on the varsity. The trio is Jacobus' top three players heading into this season.

Filling out the rest of the varsity lineup isn't as easy. The other nine athletes either played on the junior varsity last season or are new to the game.

"So many of them are blank slates right now and we're trying to figure out where they fit on the team," she said. "Hopefully we can get that figured out this week and be ready for our first match."

Jacobus is approaching her decidedly fundamental-heavy practices with an eye toward development. She hopes to give the more experienced players more of a chance to get re-acclimated by playing holes while tuning in on the basic mechanics and rules for the younger players.

"At the same time you're throwing things at them like how to play a match, how to play holes and if you can't get that done at practice you're sending them video tutorials or posting things on Google classroom for them to read to get them caught up as much as you can."

Even with a young roster, Jacobus said her team has set high goals for the season.

"They want to place top three in the Hawkeye 10 again, which is pretty consistent for us the last few years which has been great," she said. "They want to keep building consistency and do well in their Hawkeye 10 matches. And of course we want to improve on our placing in regionals."

"We've had a couple years where we thought we'd break through and be top



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022 Glenwood Girls Track and Field team. Back row (from left): Reagan Purvis, Alyssa Fauble, Presley Turner, Katy Plambeck, Faith Weber and Emily Walters. Front row: Paige Raymond, Jordin Acosta, Sarra Leath and Avery Joyce.

Glenwood Girls Golf

April 4 at Clarinda

April 5 vs. Treynor

April 7 vs. Red Oak

April 12 at Atlantic

April 14 at Shenandoah

April 19 vs. Harlan

April 21 at C.B. Lewis Central

April 25 at C.B. Lewis Central

April 26 vs. Shenandoah

April 28 at C.B. Abraham Lincoln

May 3 at Atlantic

May 9 at Hawk-10 Conf. Meet

May 18 Regionals

May 26-27 State Meet

two or top three and we just missed it. We obviously want to break into that top echelon this year."



GOOD LUCK TO ALL SPRING TEAMS.



BEST FINISH AUTO SALES & SERVICE **BEST FINISH AUTO BODY**

209 Sharp Street
Glenwood, IA 51534
712-800-1188

103 S. Chestnut
Glenwood, IA 51534
712-527-9780



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

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

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

Glenwood tennis team returns experienced roster

By JOEL STEVENS
ASSOCIATE EDITOR

The Glenwood boys tennis team will have a deep and experienced roster heading into head coach Grant Stivers' second season as head coach.

The Rams return six players that saw action on the varsity last season. That's allowed Glenwood to hit the ground running this spring.

"I'm pretty impressed," Stivers said. "I think a lot of the guys have put in some time, whether it be over the summer or this spring when the weather cooperated, and all 25 guys have come out looked pretty good in early practices."

Stivers' said seniors Josh Nieman and Carter Kirsch, juniors Tyler Harger, Trice Buchanan, Ben Batten and sophomore Brody Taylor all saw considerable varsity action a year ago.

"I have six guys who competed in one shape or form for me on varsity last season," he said. "That's a good depth and it helped us with some success last season and giving us a chance in some duals. We're definitely going to miss Teagan (Matheny) at No. 1, he was a stronghold, but we're trying to see how it shakes out to see who will take that slot."

Leading that charge to replace Matheny will be Harger. The junior, who Stivers called his No. 1 slotted player right now, has shown major strides from last season.

"He's progressed in his game and preparing himself for that upper-level competition, I think," Stivers said. "We haven't had been able to have the challenge matches I'd like with the weathers but those six returners along with few other newcomers who are in the mix will be in that top rotation."

The Rams went 4-5 in duals a year ago and finished a disappointing 10th in the 11-team Hawkeye 10 Conference meet last season. Stivers said

"We had a lot of inexperience last season and a lot of them didn't really know what postseason tennis was like last year," he said. "I think that bit us late in the season. A lot of the guys didn't know how to deal with that full day of tennis and the waiting around and staying competition ready. Trying to stay prepared when it matters most at the end of year is something we've talked about."

Stivers thinks his team has a good shot to be better than that 10th place showing.

"We have experience now and we can



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022 Glenwood Boys Tennis Team. Back row: Coach Connelly, CJ Carter, Kayden Anderson, Try Stanley, Cole Lewis, Tyler Harger and Coach Stivers. Middle row: Liam Hays, Spencer Ford, Ozzy Mayberry, Alex Colwell, Nolan Allmon and Will Getter. Front row: James Weinburgh, Carter Kirsch, Ben Batten and Zac Kelsey.



JOEL STEVENS/THE OPINION-TRIBUNE

Tyler Harger begins this season as the likely No. 1 singles player for the Glenwood tennis team.

see progression in individual games, and we can be ready when it matters and I think we do measure up to other teams in the conference," Stivers said. "I think

we can score more than three points like we did last year. We need all our competitors to score points and we'll be fine."

Glenwood Boys Tennis

- March 31 vs. C.B. Thomas Jefferson
- April 4 vs. Clarinda
- April 7 at Red Oak
- April 12 at Atlantic
- April 19 at Harlan
- April 25 vs. C.B. Lewis Central
- April 26 at Shenandoah
- May 2 at Hawk-10 Conf. Meet
- May 3 at C.B. St. Albert
- May 5 at C.B. Abraham Lincoln
- May 9 Regional Individual
- May 13 at Regional Team
- May 18 Sub-state Team
- May 24 Individual State
- May 25 Individual State
- May 31 State

New head coach will lead young Ram tennis team this season

By **JOEL STEVENS**
ASSOCIATE EDITOR

First-year head coach Chris Kroll takes over the Glenwood girls tennis program this season.

Kroll inherits a roster of 18 players, including a handful of letter winners and the Hawkeye 10 Conference champion doubles team of Cory Matheny and Riley Wiese.

The coach likes what he's seen of his young team so far.

"It's early but the team has looked good," he said. "We did lose a few girls, but we do have some girls with varsity experience back and some other girls who are out and they're all competing hard to earn those open varsity spots. It's been really good. We've always seen a lot of growth."

Matheny and Wiese are the Rams' solid No. 1 and No. 2 players

"They're practicing against each other every day and competing, and they've looked really good," Kroll said.

Kroll said about half his roster are new to the sport but picking things up quickly.

"They good athletes," he said. "I see a lot of potential. At the same time, we have eight or nine girls back that played last season who have a higher level of experience."

The coach and the squad are still getting to know each other and figuring out where each fit in a lineup that could and likely will change match to match throughout the season.

In addition to working on the typical fundamentals of the game, Kroll has spent much his practice time trying to shake out a top seven or eight in challenge matches. He has yet to discuss goals for this season with his team

"We'll set them before that first meet," he said. "I think we do have a lot of potential. We might not have anyone who can blow everyone away, but we have a lot of girls who are right there to make a real solid varsity lineup. This team is going to see a lot of growth as the season goes along."

Coryl Matheny is one of the top returning players for the Glenwood tennis team this season.

JOEL STEVENS / THE OPINION-TRIBUNE



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022 Glenwood Girls Tennis Team. Back row (from left): Coach Kroll, Cora Pestel, Addison Newberry, Coryl Matheny, Reagan Crane, Josselyn Wallis and Coach Connelly. Middle row: Annabella Whitmore, Mackenzie Peterson, Hallee Lincoln, Hayley Tate, Delaney Holeton, Kylee Ross and Allie Russmann. Front row: Riley Morgenstern, Chelsea Vang and Riley Wiese.



Glenwood Girls Tennis

March 31 at Sioux City East
 April 4 at Clarinda
 April 7 vs. Red Oak
 April 9 at Shenandoah
 April 12 vs. Atlantic
 April 19 vs. Harlan
 April 25 at C.B. Lewis Central
 April 26 vs. Shenandoah
 May 3 at C.B. St. Albert
 May 4 at Hawk-10 Conf. Meet
 May 5 vs. C.B. Abraham Lincoln
 May 10 vs. C.B. Thomas Jefferson
 May 11 Regional Individual
 May 14 Regional Team
 May 17 Regional Individual
 May 21 Regional Team
 May 23 State Team



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022 East Mills Girls Track Team. Back row (from left): Grace Escritt, Ann Barrett, Jaimee Davis, Klara Seipold, Emily Williams and Shelby Hindman. Front row: Alysia Montgomery, Nadia Gray, Cloe Brown, Miah Urban, Aspen Crouse and Jenna Thornburg.



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022 East Mills Boys Track Team. Back row (from left): Andrew Laramy, Wyatt Franks, Syllas Allen, Mason Crouse, Braden West, Peyton Embree, Layne Mastin, Jackson Embree and Brodyn Wray. Middle row: Anthony Obermiller, Keegan Poorker, Tyler Prokop, Davis McGrew, Ryan Stortenbecker, Steven Barrett and Camryn Johnson. Front row: Walter Seipold, Cooper Stevens, Matthew Haley, Jordan Williams, Caleb Urban and Nick Updegraff.

East Mills' girls, boys tracks teams loaded with potential

By JOEL STEVENS
ASSOCIATE EDITOR

Lots of potential and lots of question marks.

That's how head coach Claude Lang described his East Mills girls and boys track teams heading into this season.

Lange said the talent is there to answer those questions if he can match the potential to events.

"Every year I try and figure out how to win the conference, or at least finish with as many points as we possibly can, with the chess pieces we have," said Lang, who coaches both the girls' and boys' teams. "We want to know who gives us the best shot and what the best combination to get points and medals."

"What it's going to come down to is who is going to be competitive and put it on the line for the team and get us points at meets. Those are the people you're trying to every day, every meet, every practice"

The Wolverines' boys' roster lists 25 athletes while there are 13 girls out for this year's squad.

"We have a lot of core guys back," Lang said of his defending Corner Conference champions boy's squad. "We have a few defending champs there. We're putting a lot of time in now on conditioning to get into competition shape and sort out some events."

Last season, the boys had one of the

top sprinter groups in the conference and Lang said they will again be strong there.

"The district sort of dictated that," he said. "We needed to be good there and we were. We fell a little short in hurdles. I'm not sure what the district will look like this year, but the depth is there."

The Wolverines have seven freshman boys out who have "put in the time" to compete this season.

"We'll see if they can make an impact in some relays or individual events, we don't know yet," he said.

Lang likes the balance of his boy's squad between sprinters and distance runners.

"We have a good combination," he said. "We should be able to put together a good track meet. We can definitely compete at the meets in our area and at some of the bigger meets, we can piece together some good relays and earn some points."

On the girls' side, Lang said he lost a few upperclassmen athletes but gained a few others.

"I think if we had everybody out, we'd have a good shot at winning the conference," he said. "I think we might be a couple girls short right now but we're still aiming to be there, scoring as many points as we can. The school record for points is 105 (at the conference meet). That is still the goal."

The Wolverines' distance medley and 4x400-meter relays both one the conference a year ago and the bulk of those

runners return.

"I'd like to see us improve on those times," he said. "And individually we do have some pretty good runners back."

Among those individual runners is Emily Williams. The junior all-conference volleyball and basketball player missed the previous few track seasons with injuries. She's 100-percent healthy this year, Lang said, and eager to compete and is poised for a big year.

"I just saw her at the track by herself doing some workouts," he said. "If we can remain healthy, we can be pretty good."

Lang has a handful of girls who have long and high jump experience. On the boys' side, Davis McGrew returns after placing third in the long jump at the conference meet a year ago and Braden West, an all-conference basketball player, is out for high jump.

"He can get up in the air," Lang said. "If we can get some good form on him, he can be exciting."

Elizabeth Albright will take over coaching the throwers. Albright is an experienced thrower herself and Lang said it's the first time in four seasons he's had a coach that will focus on throws.

"Our throwers should all be better," he said. The Wolverines return their top boys' throwers in Syllas Allen and Jaimee Davis for the girls.

"If we can start this year anywhere near where we ended last year, we should be ok," he said.

East Mills Track Schedule

- March 31 at Griswold
- April 4 at Treynor
- April 5 at Riverside
- April 7 at AHSTW
- April 12 at Griswold
- April 18 at Lenox
- April 21 at SW Valley
- April 26 at Fremont-Mills
- April 28 at Griswold
- May 3 at Fremont-Mills
- May 5 at Mount Ayr
- May 9 at Fremont-Mills
- May 12 State Qualifier
- May 19-21 State Meet

Conditioning thus far this spring has been a work in progress. Lots of sore muscles and a few minor injuries, Lang said.

"We're not there yet, their bodies are like 'I don't like this running thing,' right now," he said. "We have some tight hamstrings. But we're getting there."

Knights targeting return to state

By **JOEL STEVENS**
ASSOCIATE EDITOR

Coming off its first state tournament bid in school history, the Fremont-Mills golf team returns five of its top six golfers from a year ago.

The Knights placed sixth at the Class 1A state golf meet last season with a two-day team score of 717. Gone from that group is Cooper Langfelt, who led the team with a 13th place individual finish. But head coach Greg Ernster likes the group he has coming back.

“We lost our best golfer but we have five other guys back that made state appearances and have a lot of ability,” he said.

Leading that group is the team’s lone senior Jake Malcom, and underclassmen Caden Blackburn, Tucker Stille, Owen Thornton, Cooper Marvel and J.T. Mahaney.

“They all played a lot of golf for us last year and we’re brining in three freshman who we’re excited about,” Ernster said.

This year’s roster includes 10 boys and no girls, currently, Ernster said.

“We had some girls interested early but they did not come out,” he said. “The interest isn’t there yet.”

Ernster hopes the team’s state appearance can be a program building block.

“I’d like to think it is,” he said. “The one senior we lost, he spent so much

Fremont-Mills Boys Golf

April 4 at Logan-Magnolia
April 9 at C-A-M
April 12 at Shenandoah
April 14 at C.B. Lewis Central
April 21 at Griswold
April 22 at Essex
April 23 at Sidney
April 28 at East Mills
May 2 at Lenox
May 4 at Corner Conference Meet
May 5 at Underwood
May 13 at Lenox

time on the golf course and it showed. When you’re consistently in the mid-70s at the high school level, that’s pretty darn good. I think we have some kids who are good but we have to put a lot of work in if we want to do what we did last year.”

With the unpredictable spring weather, getting out on the course as much as they can will be key, Ernster said.

“We’ve been lucky and the weather has allowed us to get out and play on the course a bit already.”



COURTESY PHOTO

The 2022 Fremont-Mills Golf Team. Back row (from left): Kyle Kesterson, Tucker Stille, Jake Malcom, JT Mahaney and Cooper Marvel. Front row: Mason Hansel, Isaac Roach, Ethan Belt, Owen Thornton and Caden Blackburn.

East Mills’ numbers up on links

By **JOEL STEVENS**
ASSOCIATE EDITOR

The East Mills girls and boys golf teams have not been able to get on their home course yet this season but that hasn’t stopped head coach Joe Wortman’s squads from getting to work.

“It’s hard to tell where we are as we’ve only been on the driving range,” Wortman said. “We play our first meet without having been on a course. But that’s okay. The kids we have coming back still look like they can hit a golf ball somewhat.”

The Wolverines numbers are up this season. The boys roster shows 15 golfers out and the girls have eight out.

“We had a lot of freshmen out last year and they’ve all mostly come back,” Wortman said of his increased numbers. “Also, a lot of their friends were in junior high and over the summer, they went out and golfed with them.”

The boys’ roster is made up entirely of freshman and sophomores. Most of them have golfed before and aren’t new to the game.

“That’s encouraging because they can make pretty good contact with the ball,” he said. “It doesn’t always go where they want it to but it’s encouraging.”

The boys return four letter winners from a year ago, including top player Lincoln Palmer.

“He was out No. 1 last year a freshman,” Wortman said.

Also returning is sophomore Kyler Williams. Freshman Fletcher Proctor has also looked “really good” and Wortman is eager to see what he can do on the course.

On the girls’ side, the team is mostly freshmen with a couple upperclassmen sprinkled in.

“We’ll see if they put in any time over

East Mills Boys & Girls Golf

March 28 at Essex
April 9 at C-A-M
April 11 at Griswold
April 14 at C.B. Lewis Central
April 18 vs. Bedford
April 25 at Riverside
April 26 vs. Sidney
April 28 vs. Fremont-Mills
May 4 at Corner Conference Meet
May 5 at Home Dual
May 13 at Bedford

the summer,” he said. “We actually have some freshman who have played more (in the off-season) than my upperclassmen. The younger girls are looking pretty good.”

Mallory Lang is the girls top returner. Also back are senior Maddie Marburger and Katie Vandenberg. After that, Wortman said there’s a gap.

“All the rest of the girls, including all the freshman, will be competing for time,” he said.

With the numbers out this season, team scoring on both the boys’ and girls’ side will be in play this season.

“I’m looking forward to that on the girls’ side,” he said. “I think we can be competitive in the conference as a team. On the boys’ side, I know Fremont-Mills and Sidney are still going to be tough but hopefully with some more experience my young guys can hang with them a little bit better. There’s potential for medals here and there with both the girls and boys.”



COURTESY PHOTO

The 2022 East Mills Boys and Girls Golf Team. Back row (from left): Fletcher Proctor, Anthony Anderson, Lincoln Palmer, Jack Sayers, Walker Ahrens, Jackson Williams and Ryan Sears. Front row: Sheldon Vandenberg, Stevelyn Martin, Evan Copperstone, Allison Vanarsdel, Emersyn Burdic, Mallory Lang and Maddi Marburger.

Fremont-Mills' track squad filled with talent, 'unknowns'

By **JOEL STEVENS**
ASSOCIATE EDITOR

With just 18 athletes out for the Fremont-Mills boys track team this season, first-year head coach D.J. Erkenbrack said there's a lot of unknowns with his 2022 squad.

But so far, the coach has liked what he's seen of his team's conditioning ("very good") and improvement from last season ("promising)."

"We've already seen a lot of speed development compared to last year," the coach said. "One of the things I'm really looking forward to is watching this team develop throughout the season. The boys are working hard, they're competing against each other because they know that's going to pay-off when they get to meets."

With just 18 athletes out, the first few weeks of practice has seen the Knights jockeying for positions and events. Erkenbrack likes the competition.

"One of things we said early on is that basically all positions are open and if they can prove – the stopwatch doesn't lie – they're worthy of that spot, they'll get it."

The coach seems the most excited about his throwers group early in the practice. Led by discus state qualifier Adam Perrin, both the shot and discus return experienced throwers. Erkenbrack also likes the look of his middle distance and hurdle groups.

"There's a lot of unknowns right now so it's hard to have specific concern areas," he said. "The upside of this team looks really good."

Just how good that upside can be and how far this team can go remains to be seen. The Knights saw their five-year run atop the Corner Conference standings come to an end last season with East Mills winning the crown. Fremont-Mills is no doubt aiming to return to the top.

"I think this team will never know their potential until they reach it," Erkenbrack said. "One of the nice things about having a lot of unknowns is the sky's the limit for them."

Adam Perrin is one of the Knights' top returning throwers this season after qualifying for state in the discus last year.

JOEL STEVENS/THE OPINION-TRIBUNE



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022 Fremont-Mills Boys Track Team. Back row (from left): Logan Jahnke, Caleb Brandt, Adam Perrin, Zane Jurey and Eustacio Sanchez. Front row: Lawson Kling, Luke Madison, Dawson Erickson and Ike Lemonds. Not Pictured: Landon Baker, Kaden Foster, Kyle Kesterson, Cooper Marvel, Jordan McLaughlin, Owen Thornton, Paxten Van Houten and Payten Van Houten.



Fremont-Mills Boys Track

- March 29 at Woodbine
- April 4 at Treynor
- April 7 at AHSTW
- April 14 at Underwood
- April 19 at Atlantic
- April 21 Home Meet
- April 26 Home Meet
- April 28 at Griswold
- May 3 Corner Conference Meet
- May 9 Home Meet
- May 12 Districts
- May 19-21 State Meet

Fremont-Mills will be young, talented squad this season

By **JOEL STEVENS**
ASSOCIATE EDITOR

The Fremont-Mills girls track and field team will be top heavy with underclassmen this season.

Of the Knights 25-person roster, 20 are freshmen and sophomores.

“We are loaded with freshman this year,” said coach Kyle Fichter. “We have very few juniors and just three seniors, and two of them have never been out (for track) before.”

Which isn’t to say the Knights lack experience. They do, Fichter said, at the varsity level only.

“There’s a lot of experience in that freshman and sophomore class. They’ve been in a lot of track meets, whether it’s junior high or AAU and stuff like that. They’re talented. They’re young but they do have good experience.”

The Knights return two state qualifiers Teagan Ewalt (400-meter dash) and Emily Madison (400-meter hurdles). That number would have been three but Izzy Weldon, a state qualifier in the 100-meter hurdles last spring, is out after suffering a knee injury during basketball season.

Fichter calls his hurdle events his strongest group, followed by sprints and middle distance. He still sees gaps in his long distance group and his throwers, but the search continues.

“Everything is pretty even but we have a couple areas we’re struggling,” he said.

The Knights aren’t in great shape yet, but they are “getting there,” the coach said. The weather, however, has been cooperative this spring for outdoor workouts.

“We’ve already had one full week outside but then we had another week inside,” he said. “Getting out as much as we can is good for us.”

Just how good these Knights can be “We should be right there in the Corner Conference. Essex just got us last year. I think our talent level is better this year. We have more than enough talent in that freshman group. Our goal is to get as many kids as we can to the state track meet.”

Fremont-Mills’ Emily Madison returns this season after qualifying for state a year ago in the 400-meter hurdles.

CHARM CARPENTER/THE RED OAK EXPRESS



JOEL STEVENS/THE OPINION-TRIBUNE

The 2022 Fremont-Mills Girls Track Team. Back row (from left): Mylie Hughes, Carlie Chambers, Ellie Switzer, Teagan Ewalt, Kayleanna Renshaw, Emily Madison, Lilby Mousseau and Kimber Wederquist. Middle row: Bella Gute, Ryleigh Ewalt, Trinity Kates, Mckenna Woods, Lilly Barbour and Hannah Wilson. Front row: Maria Forney, Chloe Kirchert, Mylinda Miles and Ana Hensley. Not pictured: Lily Crom, Macy Mitchell, Makenna Brandt, Laney Morrical, Olivia Mahaney, Tru Brittain and Izzy Weldon.



Fremont-Mills Girls Track

March 29 at Woodbine

April 4 at Treynor

April 7 at AHSTW

April 14 at Underwood

April 19 at Atlantic

April 21 Home Meet

April 26 Home Meet

April 28 at Griswold

May 3 Corner Conference Meet

May 9 Home Meet

May 12 Regionals


May 19-21 State Meet



Davis McGrew returns this season after placing third in the long jump a year ago at the Corner Conference meet.

JOEL STEVENS/THE OPINION-TRIBUNE

509 Platte Ave



Dmain's
REPAIR LLC

PROUD OF EAST MILLS SPORTS TEAMS!



Dmain 402-616-6708 *Ryan* 712-249-4461

We're ready for a great spring sports season in Mills County!


GLENWOOD STATE BANK

Serving the Glenwood Community Since 1899!

32 N. Walnut, Glenwood, 712-527-3157
Frontier Savings Bank, 940 Valley View Drive, Council Bluffs, 712-328-9715
First State Bank Office, 711 Main St., Tabor, 712-629-2435
www.glenwoodstatebank.com



Care for the whole family



METHODIST PHYSICIANS CLINIC

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

©2021 Methodist Physicians Clinic, an affiliate of Methodist Health System

SPRING SPORTS PREVIEW



Glenwood's Nora Dougherty led the Rams in goals last season with 29.

JOEL STEVENS/THE OPINION-TRIBUNE

422 MAIN ST | MALVERN, IA
712-624-8110

HILLTOP
ANIMAL HOSPITAL

MICHAEL JOYCE, D.V.M.
SUE WALTERS, D.V.M.

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

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