

Briefs

Putting 4 Parkinsons

A golf fundraiser for Parkinsons Disease will be held June 7 at the Ackley Recreation Club in Ackley. It will be an 18-hole two-person best shot. Entry fee is \$50 and does not include cart. A silent auction for two homemade quilts will also be held. Pre-registration by June 1 is required, with sign-in from 12 to 12:45 p.m. on the day of the event. To pre-register, email alankeninger@hotmail.com. The tournament will be limited to 26 teams. ●

Schedule

BOYS GOLF

THURSDAY, MAY 4

Waterloo/4:15 p.m.

AGWSR vs. Waterloo

Columbus and Sumner-Fredericksburg

GIRLS GOLF

MONDAY, MAY 8

Waterloo/10 a.m.

NICL Meet

FRIDAY, MAY 12

TBD/TBD

Class 1A Regionals

BOYS TRACK

THURSDAY, MAY 4

Dike/3 p.m.

NICL Co-Ed Meet

MONDAY, MAY 8

Parkersburg/4:45 p.m.

Falcon Invite

THURSDAY, MAY 11

TBD/TBD

Class 1A State Qualifier

MAY 18-20

Des Moines/TBA

Class 1A State

Championships

GIRLS TRACK

THURSDAY, MAY 4

Dike/3 p.m.

NICL Co-Ed Meet

MONDAY, MAY 8

Denver/4:30 p.m.

Cyclone Relays

THURSDAY, MAY 11

TBD/TBD

Class 1A State Qualifier

MAY 18-20

Des Moines/TBA

Class 1A State

Championships

Winning streak ends at five

Cougar girls drop first meet, boys fourth

BY COREY MEINTS
CMEINTS@IAFALLS.COM

The AGWSR Cougar girls team depth was put to the test again Tuesday night at the Falcon Co-ed Relays in Parkersburg. This time, for the first time in six meets, they faltered.

The Cougars finished second with 142 points while the host Aplington-Parkersburg Falcons won with 169. AGWSR's boys scored 80 to take fourth, well behind the host Falcons' 150.

The girls team race was all A-P and AGWSR throughout the meet, with the Cougars holding the lead for much of it. The two squads were together in the points in 14 events, with AGWSR grabbing four wins and A-P six.

AGWSR's scoring started with the field events where Drake qualifier Abby Veld won both the shot put and discus. Josie Kuper added a second-place toss in the shot put.

AGWSR's other wins came in the 400-meter dash with Brynn Smith, and the 4x400 with Piper Smith, Karis Lippert, Elise Olson and B. Smith. That group beat second-place A-P by just over one second.

A-P and AGWSR finished 1-2 respectively in the 4x800, distance medley, 400-meter hurdles and high jump. The distance medley was the closest. AGWSR's Ava Olson, Trinity Rotgers, Lippert, and Tori Metzgar teamed to run a 4:47.76. The Falcon foursome ran a 4:47.36 to win.

P. Smith, Elizabeth Kielty, B. Smith, and Lippert were that runner-up Cougar 4x800 team with a time about 15 seconds faster than their previ-



MARISSA VANWINGEN/ACKLEY WORLD JOURNAL

Elizabeth Kielty, seen here running in a meet earlier this season, finished fifth in the more recent Falcon Co-ed in Parkersburg. She was also a leg of the second-place 4x800 relay to help the Cougars finish second. It was their first loss of the season.

ous best. Metzgar was the 400 hurdler and A. Olson was AGWSR's high jumper.

AGWSR grabbed other silver medals, including E. Olson in the 100-meter dash and Trevyn Smith in the 200-meter dash.

The Cougars also hauled down a handful of thirds, including T. Smith in the long jump and 100-meter hurdles, Rotgers in the 100-meter dash, and P. Smith in the 400-meters. Ella Diemer, Chloe Bittner, Alma Robling and E. Olson teamed for bronze in the sprint medley.

The Cougars were without Nakia Ollivierre which may have factored into the end result. The freshman is 16th in Class 1A in the 800, sixth in the 1500 and third in the 3000. AGWSR only scored in the 1500 with Elizabeth Kielty placing fifth. A-P finished 1-2 in the 800 and third in the 1500 Tuesday night.

Ollivierre is also sixth in the distance medley with Rotgers and the Smith sisters at this point of the season.

"No worries about the loss, I'm just so proud of the girls tonight," said AGWSR head coach Eric Olson. "We had a number of girls run events for the first time tonight and performed above expectation. It's great to see the willingness to try new things and then give us more options for the rest of the year. I'm excited to see us get healed up and have some time off for a week or so and get some valuable training in. The girls are ready to work and I'm very excited to see how our season shapes up over the next couple weeks. It was a great night of competing with many PRs across the board."

The Cougar boys scored in 13 events, a season-high, but were shutout of the gold medals. Led by solo runner-ups by Kaden Abbas in the 100-meter dash and Bradly Roder in the 400-meter low hurdles, and a relay second by Roder, Abbas, Jariyah Bowles, and Steven During in the shuttle hurdles, the Cougars grabbed

CO-ED > PAGE 9

Falcon Co-Ed Relays

April 26 at Parkersburg

GIRLS

Team Results: 1. Aplington-Parkersburg 169; 2. AGWSR 142; 3. Waterloo Columbus 72; 4. Dunkerton 71; 5. Don Bosco 51; 6. Marshalltown 42.

AGWSR Results

Shot Put: 1. Abby Veld 39'3"; 2. Josie Kuper 33'6"
Discus: 1. Veld 109'4"
High Jump: 2. Ava Olson 5'
Long Jump: 3. Trevyn Smith 15'1.5"
Sprint Med.: 3. AGWSR (Ella Diemer, Chloe Bittner, Alma Robling, Elise Olson) 2:06.33
4x800: 2. AGWSR (Piper Smith, Elizabeth Kielty, Brynn Smith, Karis Lippert) 10:19.04
100m: 2. E. Olson 13.94; 3. Trinity Rotgers 14.26
Dist. Med.: 2. AGWSR (A. Olson, Rotgers, Lippert, Tori Metzgar) 4:47.76
400m: 1. B. Smith 1:01.73; 3. Piper Smith 1:04.03
4x200: 6. AGWSR (Diemer, Cali Buseman, Brylea Metzgar, Audrey Benning) 2:05.85
100mh: 3. T. Smith 18.28; 6. A. Olson 19.95
200m: 2. T. Smith 28.91
400mh: 2. T. Metzgar 1:17.12
1500m: 5. Kielty 5:57.43
4x100: 4. AGWSR (Diemer, Metzgar, Benning, Rotgers) 58.25
4x400: 1. AGWSR (P. Smith, Lippert, E. Olson, B. Smith) 4:13.2

BOYS

Team Results: 1. Aplington-Parkersburg 150; 2. Union 119; 3. Waterloo Columbus 116; 4. AGWSR 80; 5. Don Bosco 51; 6. Dunkerton 46.

AGWSR Results

Shot Put: 3. Aiden Heitland 45'10"
Discus: 3. Heitland 134'11"; 6. Ryley Bohner 98'10"
Sprint Med.: 5. AGWSR (Steven During, Collin Willems, Ben Puente, Breyden Miller) 1:54.74
Sh. Hurdles: 2. AGWSR (Bradly Roder, Kaden Abbas, Jariyah Bowles, During) 1:14.51
100m: 2. Abbas 11.92
Dist. Med.: 3. AGWSR (During, Bohner, Miller, Willems) 4:18.44
400m: 4. Puente 1:00.12
4x200: 5. AGWSR (Jaedrick Bowles, Jar. Bowles, Willems, Miller) 1:56.87
110hh: 3. Abbas 16.08; 4. Roder 16.93
800m: 4. Miller 2:24.92; 5. Jae. Bowles 2:30.58
200m: 3. Heitland 25.10
400lh: 2. Roder 1:00.61; 3. Abbas 1:01.16
4x100: 6. AGWSR (During, Bohner, Roder, Heitland) 50.84



CREDIT

AGWSR's season hasn't been all the Cougars had hoped for, but Aiden Heitland won the Clary shot put Friday in Eldora.

AGWSR boys fifth at Clary

Injuries and weather force changes

BY COREY MEINTS
CMEINTS@IAFALLS.COM

The last thing the AGWSR Cougar boys need is injuries, but they stacked up enough to force head coach Bill Heubner into somewhat of a new line-up. If injuries didn't force his hand, he said the weather did.

It all added up to a fifth-place finish in the five-team Clary Invite field in Eldora Friday. AGWSR's 57 points included a pair of wins by two who have found themselves there most of the season, Aiden Heitland in the shot put and Kaden Ab-

Clary Invite

April 28 at Eldora

Team Results: 1. South Hardin 203; 2. Collins-Maxwell 118; 3. Eagle Grove 111; 4. Clarion-Goldfield-Dows 67; 5. AGWSR 57.

AGWSR Results:

Shot put: 1. Aiden Heitland 43'10"; 4. Ryley Bohner 37'9.75"

Discus: 3. Heitland 121'05"

Long jump: 5. Bradly Roder 17'1"

Sprint med: 5. AGWSR (Jaedrek Bowles, Breyden Miller, Collin Willems, Ben Puente) 1:57.63

400: 6. Ben Puente 1:02.30

110HH: 1. Kaden Abbas 15.70; 2. Bradly Roder 15.90

800: 3. Breyden Miller 2:26.40

400LH: 3. Roder 1:01.70

4x100: 5. AGWSR (Puente, Bohner, Heitland, Bradly Roder) 49.90

CLARY > PAGE 9

Veld throws with best

Cougar junior 10th in second Drake Relays

BY COREY MEINTS
CMEINTS@IAFALLS.COM

AGWSR Cougar junior Abby Veld couldn't wait to have another chance at the Drake Relays shot put circle. After finishing 18th there a year ago, she said she knew she was better than that. She proved that Friday, finishing eight spots higher. More importantly, she threw 38'9.25". In fact, all three of her throws were two-feet farther than her 36'7.25" toss from last spring.

"I'm feeling good," Veld said. "I improved on last year's distance and placement."

The winner, Charlee Morton of Hampton-Dumont-CAL threw a big 43'3.5" which was one of 11 throws over 40-feet in the meet.

Veld entered the meet with the ninth-best throw in the state at 40'8.75" which also puts her second in Class 1A and atop the field heading to the Northwood-Kensett State Qualifier. She leads the district by nearly five-feet. She is also eighth in 1A and first in the district in discus.

"This meet just gives me more experience and a little more confidence," Veld said. "As for the next two meets (conference and qualifier), I'm ready and wanting to bring home four more wins and make it back down here in a few weeks."

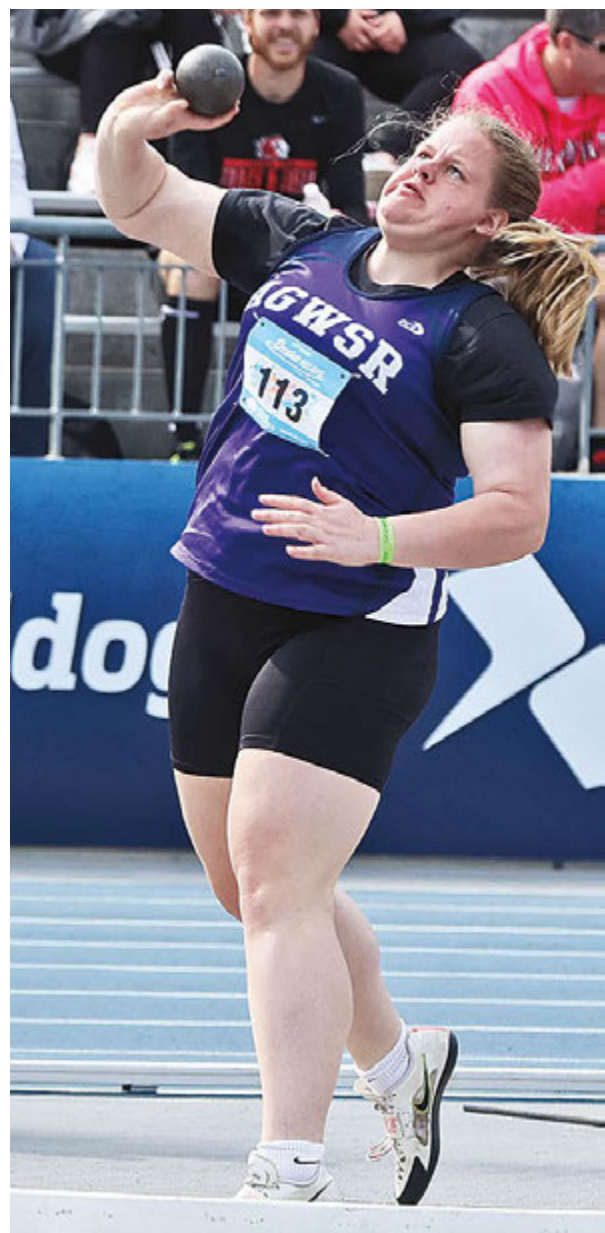
While the Cougar girls are usually well-represented at the State Championships, Veld said this year is different. AGWSR has won five of their six meets this season, and is on the hunt for even more qualifiers than usual. She said that has been a lot of fun.

"It's been great to see everyone work their hardest and make so many improvements," Veld said. "As for being in Des Moines, I'm excited and hopeful that a lot more events will make it down."

The winners of each event in the eight 1A qualifiers automatically make State, with the remainder filled in by the best times, distances, and heights from across the state. Right now, there are a number of Cougars either leading or near the top of the Northwood-Kensett qualifier.

That includes leaders Elise Olson in the 100-me-

VELD > PAGE 9



CJ EILERS/ELDORA HERALD-LEDGER

Abby Veld improved her distance and placing at the Drake Relays on Friday. After finishing 18th as a sophomore last spring, she moved to eighth and is now focused on conference and the qualifier.

Kruger medals in split

Cougar girls half with H-D-C and EM at home

BY COREY MEINTS
CMEINTS@IAFALLS.COM

The AGWSR Cougar girls closed the home portion of their schedule Monday with a split and a medal. That medal was Gabby Kruger's first, and led the hosts to a team 209. That put them between winner Hampton-Dumont-CAL (204) and East Marshall (221).

Kruger's 46 edged H-D-C's Trinity Swart's 47 to grab the top medal.

"We had great weather tonight and we are truly proving we play better in the good weather," said Cougar head coach Stacy Drake. "Gabby got her first Medalist of the season with a great round of 46. She had a fun group of girls to play with, which makes the round go by so much easier. She has a lot of good scores in her when she can stay out of her own head."

AGWSR's board included Avery Lafrenz (50), Taryn Day (55) and Jaelyn Graham (58).

"Avery was right behind Gabby getting back down to her earlier scores with a 50," Drake said. "She and Taryn played their last meet here at home tonight so it was a sad thought, but I am excited for both of their futures and their last few rounds to be played yet. They both have been a great influence on this team. Shooting out low for the season is a great way to have our last home meet. The season is winding down, so it is great to see these girls have a good night like this." ●

AGWSR Girls Golf

April 24 at Ackley Hampton-Dumont-CAL (204): Trinity Swart 47**; Madison Lindaman 48; Kenzie Moorehead 53; Katie Sosa 56.

AGWSR (209): Gabby Kruger 46*; Avery Lafrenz 50; Taryn Day 55; Jaelyn Graham 58; Gianna Flores 66; Claire Diamond 71.

East Marshall (221): Bailey Grant 52; Sara Wietzell 54; Delaney Ryan 55; Riley Anderson 60.

*Medalist
**Runner-up

Road winners

AGWSR beats G-R, Lafrenz is runner-up

BY COREY MEINTS
CMEINTS@IAFALLS.COM

Gladbrook-Reinbeck's Lauren Boyer may have grabbed the top medal Thursday night on her home course Oak Leaf in Reinbeck, but AGWSR claimed the runner-up and the next three spots to beat her and the Rebels 241-263.

The visiting Cougars were paced by Avery Lafrenz. She and Boyer both shot a 56, with Boyer taking the medal on a cardback.

AGWSR also got scoring cards from Gabby Kruger (59), Taryn Day (61) and Jaelyn Graham (65) in their final nine-hole meet of the season.

"It's hard to believe it already is almost over," said AGWSR head coach Stacy Drake. "The girls are really putting in the time whenever they can for practice to work on all aspects. Avery had a great night tonight. She lost the cardback but still a great night to end her last nine-hole meet in high school. Gabby had one of her higher score nights, but to be only three behind the top scores and have just



COREY MEINTS/ACKLEY WORLD JOURNAL

Avery Lafrenz urges this home putt earlier this spring. She grabbed the runner-up medal in the regular season-ending dual in Reinbeck. That led the Cougars to the win over Gladbrook-Reinbeck.

NICL GOLF

April 27 at Reinbeck AGWSR (241): Avery Lafrenz 56**; Gabby Kruger 59; Taryn Day 61; Jaelyn Graham 65; Gianna Flores 72.

G-R (263): Lauren Boyer 56*; Nattalee Brinkman 66; Mallory Wrage 69; Kennedy Brant 72.

*Medalist
**Runner-up

a few off holes really shows how low of

a score she can have. Taryn was about the same. She had two holes that she got into some bad trouble and ended with not a great score but to still be five from the winners really shows where she can be. Overall, with the season winding down, getting another win under our belt is always a good feeling going into tournament time." ●

AGWSR sixth in A-P tour

Brandt leads in split Flacon Invite

BY COREY MEINTS
CMEINTS@IAFALLS.COM

Monday provided a unique opportunity for 10 teams playing in the Falcon Boys Invite. Hosted by Aplington-Parkersburg, both towns saw action.

The AGWSR Cougars have played 18-hole tournaments before, but never one quite like this one with the first nine holes played in one town and the second in another. The "front" nine was played at Legend Trail in Parkersburg and the "back" at the Aplington Rec Club in Aplington.

The uniqueness of it all didn't help the Cougars, who finished sixth behind scoring cards of Eli Brandt (79), Bo Gerbracht (80), Gabe Nederhoff (83) and Easton Kerns (85). The host Falcons edged Grundy Center 303-305

and split the medals, with A-P's Will Steege and GC's Judd Jirovsky both shooting one-over 72s. Steege won on a cardback.

Parkersburg's course proved to be the more difficult one for the Cougars, said head coach Ryley Schipper. His squad did improve from the last time they played there two weeks ago, however.

"I thought today was a great meet," said AGWSR head coach Ryley Schipper. "We started the day in Parkersburg and I didn't think we played our best golf there. Brandt led us with a 41 there and had one bad hole which hurt him, but it was a better score than when we played there two weeks ago."

Things got better in Aplington after carding a 174 in Parkersburg as they shot a 153. That was the best round on that course by a stroke over Grundy Center and three over A-P.

"We really played

great golf and everyone shot a better score than they did at Parkersburg," Schipper said. "Gerbracht led us at Aplington and really bounced back from Parkersburg. It was great as coach to see the bounce back from the first nine to second nine. Our guys got refocused and really grinded it out." ●

Falcon Boys Invite

April 24 at Aplington and Parkersburg Team Standings: 1. Aplington-Parkersburg 303; 2. Grundy Center 305; 3. Waverly-Shell Rock 306; 4. Denver 318; 5. Humboldt 320; 6. AGWSR 327; 7. Dike-New Hartford 328; 8. East Marshall 365; 9. West Marshall 367; 10. Wapsie Valley 388.

Medalist: Will Steege 73 (AP)

Runner-up: Judd Jirovsky 73 (GC)

AGWSR Results AGWSR (327): 18. Eli Brandt 79; 23. Bo Gerbracht 80; 28. Gabe Nederhoff 83; 32. Easton Kerns 85; 40. Eli Kuper 91; 54. Tyler Nederhoff 103.



COREY MEINTS/ACKLEY WORLD JOURNAL

Seen here chipping in Wellsburg earlier last week, Bo Gerbracht medaled in a team win against Gladbrook-Reinbeck in Reinbeck last Thursday. He edged teammate Easton Kerns on a cardback.

Clean sweep closer

AGWSR downs G-R, takes medals

BY COREY MEINTS
CMEINTS@IAFALLS.COM

There was a logjam at the top of the leaderboard as AGWSR visited the Gladbrook-Reinbeck Rebels in Reinbeck for the regular season closer. Three Cougars sat atop with 42 on their scorecards.

In the end, Bo Gerbracht emerged as the medalist with Easton Kerns claiming the runner-up in AGWSR's 170-192 win.

Gerbracht beat Kerns on a cardback. Kerns, in turn, beat Gabe Nederhoff in the same way. AGWSR's fourth scoring card was turned in

NICL BOYS GOLF

Thursday at Reinbeck AGWSR (170): Bo Gerbracht 42*; Easton Kerns 42**; Gabe Nederhoff 42; Eli Kuper 44; Tyler Nederhoff 48; Eli Brandt 49.

G-R (192): Cole Fleshner 43; Kady Schick 48; Austin Gehring 49; Michael Boyd 52.

by Eli Kuper who shot a 44.

"I thought we played pretty well," Cougar head coach Ryley Schipper said. "We played the ball down again tonight and there were times that guys struggled with some bad lies but were able to continue to battle through adversity and post some solid scores. We will continue to work on hitting all shots and cleaning things up around the green. But it was a great night on the course and we came away with the win." ●



Kerns

Girls tripped up in first big meet

Cougar girls tie for fifth in 18-holer

BY COREY MEINTS
CMEINTS@IAFALLS.COM

The AGWSR Cougar girls got their first taste of an 18-hole meet early last week in Parkersburg. Now that they know, the North Iowa Cedar League Meet and the State qualifying series won't be a surprise.

There is work to do, however. AGWSR finished in a tie for fifth in the five-team Falcon Invite at Legend Trail in Parkersburg. They shot a 241. Perennial State power Grundy Center shot a 176, eight better than runner-up West Marshall, while also claiming the medals.

The Cougars may have

Falcon invite

April 25 at Parkersburg Team Standings: 1. Grundy Center 176; 2. West Marshall 184; 3. Dike-New Hartford 218; 4. North Tama 237; 5. AGWSR and Wapsie Valley 241

AGWSR Results: Gabby Kruger 58; Avery Lafrenz 59; Jaelyn Graham 62; Claire Diamond 62; Taryn Day 64; Gianna Flores 69.

Medalist: Brylee Hoeg (GC) 40

Runner-up: Abbie Lindeman (GC) 40

slid into the fourth spot but the par-five ninth hole hurt them. Only Avery Lafrenz and Taryn Day did better than a 10 on the hole, carding 7 and 9 respectively. Gabby Kruger, who finished with a team-low 58, booked a 10. As did Jaelyn Graham and Claire Diamond who also scored with 62s. ●



Kruger

CO-ED > CONT'D

nine top-threes.

Aiden Heitland grabbed bronze in the shot put, discus and 200-meter dash, and Abbas finished third in the 110-meter high and 400-meter low hurdles for AGWSR's five single thirds. They grabbed another in the distance medley with Daring, Ryley Bohner, Breyden Miller, and Collin Willems.

"The kids ran really well tonight and I was very pleased with how we competed throughout the meet," Cougar boys head coach Bill Heubner said. "Our seniors had a really good night across the board. Bradley Roder had the best meet of his career. Ben Puente, Steven Daring, and Brayden Miller all contributed and scored points. It was good to see those guys perform well." ●



MARISSA VANWINGEN/ACKLEY WORLD JOURNAL

Piper Smith, making a move here in a race at Dike this season, sprung the Cougars to first place in the 4x400 last week in Parkersburg. AGWSR still lost it's first meet in six tries this spring.

CLARY > CONT'D

bas in the 110-meter high hurdles. A bit of an injury, when coupled with the cold and rainy conditions, prevented Abbas from possibly scoring in the 400-meter low hurdles as well.

The Cougars also managed four other top-three finishes, led by Bradley Roder's second-place finish behind Abbas in the highs. Roder also finished third in the lows. Breyden Miller booked the other medal, a third in the 900-meter run.

"We ran a really light lineup tonight due to some injuries and the weather," Heubner said. "We focused on kids running some individual events that they may not normally run. Overall, I was happy with how we ran and the competitiveness the kids showed in both the varsity and JV events." ●

VELD > CONT'D

ter dash, Nakia Ollivierre in the 3000-meter run, and Veld in the shot put and discus. Seconds include Brynn Smith in the 400-meter dash, Ollivierre in the 1500-meter run, and Ava Olson in the high jump. Ollivierre also third in the 800-meter run.

The Cougars lead the district in the 4x400 with Piper Smith, Karis Lippert, E. Olson and B. Smith. That same foursome is 4x200. The 4x800 squad of P. Smith, B. Smith, Lippert and Elizabeth Kielty are second. A. Olson, Lippert, E. Olson and B. Smith are first in the sprint medley.

Sitting third in the qualifier are Trinity Rotgers, Trevyn Smith, B. Smith and Ollivierre in the distance medley. Also third is the shuttle hurdle relay team of T. Smith, A. Olson, Catelynn Koop and Tori Metzgar. ●