

FEATURE



South Hardin junior Peyton Benson is the most improved player on the Tiger roster. She has made her way into the starting rotation with strong serving.

BREATHE IN, BREATHE OUT

Benson shows big improvements

PHOTO AND STORY BY MARISSA VANWINGEN
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Before every serve, South Hardin's Peyton Benson takes a deep breath. It's meant to calm her nerves and allows her to focus on getting the ball over the net.

The technique has worked for the junior. This season she is 182 of 191 behind the line for an efficiency of 95.3 percent and has 17 aces. Being a strong server is something that Benson has worked on

during the offseason and it's helped her get in the starting rotation. This fall, she is the leader among the starting seven in service success.

"We were coached to do that. They (the coaches) said it calms you down, and I feel like it really worked for me so I just kept doing it," Benson said. "Especially when I go back to serve, it's either close to game point, or all serves are important and to get them in is really important."

She also credits her time on the tennis courts during the spring for improving her serving. The motion is the same and it helped her get a stronger serve in

both sports.

Benson has been playing volleyball since third grade. Her freshman season, SH was in a three-way tie for second in the league and made it to State. The freshman each rotated who got a varsity suit throughout the year, but once they got to Cedar Rapids, Benson suited.

"It was a really cool experience," she said. "It was fun to be there and the atmosphere was just amazing and something I had never had before being a freshman."

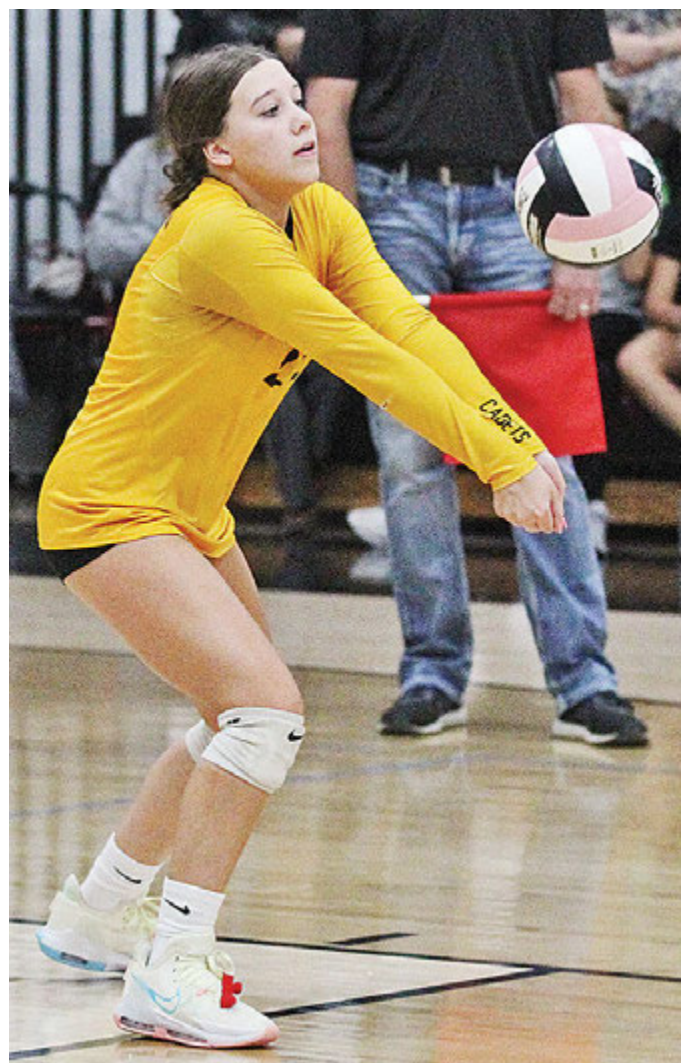
Her sophomore year she also got a varsity jersey, but didn't play much. Things were different from her first year

and she learned how important it was to be on the bench, cheering on her teammates.

"I feel the bench is one of the best parts of volleyball. You get to see everything and you are more positive because you don't make mistakes. It's easier to cheer them up," said Benson. "I think the bench really has to be positive. If the bench is down, it really affects how you play on the court. I didn't think it was that big of a deal my freshman year, like 'oh me being on the bench, I can't do anything to help them out there' but

BENSON Cont'd ► B3

IF-A VOLLEYBALL



JUSTIN ITES/TIMES CITIZEN

Libero Shelbie Risley finished Saturday's tournament in Hampton with a team-high 48 digs. The Cadets were 2-2, winning matches versus Webster City and Janesville.

Inspired play leads to revenge wins

IF-A splits four matches in Hampton

BY JUSTIN ITES
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With the regular season coming to a close this week, the Iowa Falls-Alden girls want to build some momentum entering postseason play.

VOLLEBALL Cont'd ► B3

ECC FOOTBALL



MARISSA VANWINGEN/TIMES CITIZEN

ECC's Jaden Davis (left) and Michael Acri surround a ball carrier during a recent home game. The Panthers led through much of the contest at Highland, before falling 37-27 to remain winless.

First win slips away

Panthers fall to 0-6

BY MARISSA VANWINGEN
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The first win of the 2022 campaign was within Ellsworth Community College's grasp.

In the final 20 minutes of the contest at another winless squad, Highland Community College, the victory was snatched away as the Panthers fell 37-27.

It was all ECC (0-6) early in the game as the visitors built a 20-10 lead in the opening half. The Panthers were on top 27-10 two and a half minutes into the third stanza, but the Scotties scored 27 unanswered to take the win.

To start the scoring, ECC's defense nabbed an interception. After a penalty and a run that pushed the Panthers even further back, Joshua Bauer hit Aghogho Eyafe for a 66-yard score. The point after try went through the uprights to make it 7-0. ECC extended their lead to 14-0 on their next offensive drive. With the help of five completions by Bauer and a couple of big runs by the signal caller, the Panthers had third and one from HCC's 12, setting up an Ernesto Rios jailbreak for the 12-yard run.



37 **27**

Saturday at Highland, Kan.
ECC: 20 | 0 | 7 | 0 - 27
HCC: 10 | 0 | 13 | 14 - 37

Scoring Summary:

First Quarter:
ECC: 10:24 Joshua Bauer 66 yd pass to Aghogho Eyafe (PAT)
ECC: 6:26 Ernesto Rios 12 yd run (PAT)
HCC: 4:24 Caleb Asjes 19 yd field goal
ECC: 3:43 Bauer 55 yd run (PAT failed)
HCC: 2:30 Tysan Robbins 10 yd run (PAT)

Third Quarter:

ECC: 12:32 Bauer 9 yd pass to

Malcolm Gillie (PAT)
HCC: 8:21 Kason Jones 20 yd run (2 pt failed)
HCC: 5:31 Tysan Robbins 52 yd pass to Darius Melton (PAT)
Fourth Quarter:
HCC: 11:26 Robbins 9 yd pass to Melton (PAT)
HCC: 6:53 Jones 9 yd run (PAT)
ECC Stats:
Passing: Joshua Bauer 32-53 294 yds, 2TDs, 3INT.
Rushing: Bauer 6-74 yds, 1 TD; Ernesto Rios 5-68 yds, 1TD; Trent Lane 11-45 yds.
Receiving: Aghogho Eyafe 5-130 yds, 1TD; Keith Allen 7-62 yds; Malcolm Gillie 6-48 yds, 1TD; Micah Hobin 2-20 yds; Dominic McCarren 3-20 yds; Austin Ayobamidele 2-13 yds; Chris Ndushabandi 1-5 yds; Rios 4-(-1) yds; Lane 2-(-3) yds.

The Scotties (1-5) cut the deficit to 14-3 after a goal line stance by ECC's defense. On first and goal from the

ECC Cont'd ► B3



GREENBELT GRIDIRON NOTEBOOK

IF-A FOOTBALL

Playoff berth on the line

IF-A/Chariton winner will make postseason

BY JUSTIN ITES
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When the Iowa High School football playoff field was expanded a few years ago, that provided additional meaningful end of regular season games such as the one that will take place in Chariton Friday evening.

A one-win Iowa Falls-Alden squad will crack pads versus a three-win Charger team with high stakes. The winner will get the fourth and final playoff bid from Class 2A District 7, while the loser will see their season come to an end.

Coaches from both rosters will not need to say much more than that to get their teams focused on winning the contest.

"This is why a lot of coaches were in favor of expanding the playoff field a few years ago. They wanted more games to have things at stake like the game we will be playing Friday. It is what it is. Win and keep playing or lose and be done," IF-A Coach Don Anderson said. "I like the way we've

been playing the past few weeks. The kids have gotten better as the season has progressed."

Both the Cadets and Chargers own one district victory, as each has defeated Albia. West Marshall, PCM and Roland-Story have the other three playoff bids locked up from the district.

Three Things To Look For:

1 Sustain the Run Game. During the past two games, IF-A's ground attack has churned out a combined 485 yards during the previous two weeks. Kacen Boyer has accounted for seven touchdowns during that span. A similar effort for a third consecutive week would set-up the Cadets with a chance to win Friday's game.

2 Avoid mistakes. There are not many differences between the Cadets and Chargers, which means a key mistake or turnover could sway the game in the other's favor. Last week, the Cadets turned the ball over deep in their own territory and allowed a poor Albia offense a short field to score their only touchdown of the contest.



Logan Silver pursues the quarterback during a recent home game. Iowa Falls-Alden can qualify for the post-season with a win Friday at Chariton.

3 Playoff pairings. Since the winner of IF-A/Chariton will be the fourth seed out of Class 2A District 7, the victor of Friday's game will go on the road to face a one seed (district champion) on Friday, Oct. 21. ■

Week 8 Game

IF-A (1-6, 1-3) at Chariton (3-4, 1-3)
Where: Chariton
Kickoff: 7:30 p.m.
Social Media: Follow Times Citizen Sports Editor Justin Ites on Twitter (@Twinkiesites) for game updates.
Radio: KIFG 95.3 FM.

IF-A Stat Leaders

Rushing: Kacen Boyer 91-495 yards 7 TDs; Jaden Damiano 81-295 2 TDs; Quinton Jaeger 49-218.
Passing: Ethan Bartlett 39-92 397 yds 1 TD 10 INTs.
Receiving: Andrew Bicknese 19-233 yds; Nathan Schmitz 4-93; Boyer 9-71 TD.
Tackles: Carter DeBates 44.5; Damiano 30.5; Kaden Steffen 27.
Chariton Stat Leaders
Rushing: Brock Oxenreider 120-624 yards 7 TDs; Mason Smith 47-183 2 TDs.
Passing: Smith 36-75 381 yds 3 TDs 4 INTs.
Receiving: Jayden Allen Winston 12-156 yds 2 TDs; Kasyn Paige 8-22.
Tackles: Ryder McGee 44.5; Jace Gwinn 42.

SH FOOTBALL

Tough test in regular season finale

SH travels to Cyclone alley

BY MARISSA VANWINGEN
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Faced with back-to-back must-win games, South Hardin did exactly what it needed to.

The Tigers recorded two routs in a row, outscoring Central Springs and East Marshall by a total of 58 points. SH had its best offensive output in both games as well. Against the Mustangs, they totaled 481 yards of offense, including 292 through the air. Defensively, the Tigers held EM to just 72 yards on the ground and 186 passing in the victory.

They are going to need those kind of numbers this week as they travel to Denver. The Cyclones are coming off a huge win over ranked Dike-New Hartford, 30-20. An upset by the Tigers would go a long way in momentum and possible seeding in the expanded playoff system that begins next Friday.

Three Things To Look For:

1 Score first and often. Denver has put up a lot of points this season. In their five wins, they have averaged nearly 42 points and outscored their opponents 209-53. SH will have to continue its scoring surge from the last two weeks to keep up.

2 Slow down the run. The Tigers defense has done a good job this season against the run, it's been the passing games that have hurt them. The Cyclones are averaging 333 yards on the ground this fall with Ethan Schoville, who is getting Division I looks, just three yards shy of breaking 1,000 for the season.

3 Upset-minded. SH is heading into the contest as the underdogs and while they have already secured a spot in next week's postseason, they are looking to play



SH's Caden Steding eyes the Central Springs signal caller in a previous home game. The Tigers travel to Denver Friday.

spoiler and to get a better seed. A victory would give them the tiebreaker for the third seed. ■

Week 8 Game

South Hardin (3-4) at Denver (5-2)
Where: Denver
Kickoff: 7 p.m.
Social Media: Follow Times Citizen Assistant Sports Editor Marissa VanWingen (@mvanwingen) on Twitter for updates.

SH Stat Leaders:
Passing: Josh Vander Wilt 82-41 1,134 yds, 10TDs, 8INT.
Rushing: Kayne Harrell 73-473 yds, 5TDs; Vander Wilt 67-264, 4TDs; Jaxson Drury 42-212, 2TDs.
Receiving: Ryan Walters 45-625 yds, 6TDs; Ethan Klendworth 13-216, 1TD; Bo Starr 12-212, 4TDs.
Tackles: Logan Faris 45; Sean May 31.5; Harrell 29.
Denver Stat Leaders:
Passing: Tye Bradley 37-69 497 yds, 4TDs, 3INTs.
Rushing: Ethan Schoville 106-997 yds, 16TDs; Bradley 47-263, 2TDs.
Receiving: Ethan Reiter 8-149 yds, 3TDs; Isaac Larson 10-127.
Tackles: Evan Dom 56; Larson 41.5; Micah Grier 24.

AGWSR FOOTBALL

Goals change in last game

Playoffs out, Cougars look to finish even

BY COREY MEINTS
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Friday's Senior Night home loss to Nashua-Plainfield knocked AGWSR out of the playoffs and kept them from winning one more Class A, District 3 game than last season. Both were the goals the Cougars had at the top of the list heading into the season.



Abbas

Now 3-4, and with those goals

off the table, head coach James Koop said the goal has changed entering this week's non-district contest at West Fork.

"We definitely want to be .500 and not 3-5," Koop said. "We've got to prepare this week to end the season on a positive note and get these seniors their final win."

Three Things To Look For:

1 Healthy Bodies. Already without two starting linemen, the Cougars lost two more for much of their loss last week. Their leading rusher was also on and off the field much of the night. What that might mean is new and different numbers on the field wearing the Cougar

whites.

2 Fight. Koop said he applauded the effort his team put forth on Friday. It came down to physically not being able to match up with N-P in the second half. He expects that kind of fight to be there again this week.

3 Taking Advantage. The Warhawks haven't won a football game since week seven of the 2020 season and have only found the end zone four times this season. Expect the Cougars to take advantage of that futility as a parting gesture to the season. ■

Week 8 Game

Week 8 Game
AGWSR (3-4) at West Fork (0-7)
Where: Sheffield
Kickoff: 7 p.m.
Social media: Follow Ackley World Journal Sports Editor Corey Meints on Twitter (@mcmeints) for updates.
AGWSR Stat Leaders
Passing: Bo Gerbracht 24-76 267 yds. 2TD 7INT
Rushing: Kaden Abbas 148-893 yds. 10TD; Gerbracht 41-177 yds. 3TD; Noah Clikeman 39-136 yds.; Collin Willems 14-105 yds. 1TD
Receiving: Gabe Nederhoff 9-94 yds. TD; Ben Puente 8-67 yds.; Bradly Roder 3-51 yds.;
Tackles: Ben Puente 94; Abbas 37; Roder 30; Gerbracht 26.5.
WF Stat Leaders
Passing: Sage Suntken 29-59 300 yds. 1TD 6INT
Rushing: Brody Reich 64-162 yds. 1TD; Josiah Chibambo 46-156 yds. 1TD
Receiving: Trevo Guritz 17-182 yds. 1TD
Tackles: Chibambo 43.5; AJ Anderson 27, Owen Schmidt 22.5

2022 DISTRICT FOOTBALL STANDINGS

CLASS 2A, DISTRICT 7

	District	Overall	PS	PA
West Marshall	4-0	7-0	242	83
PCM	3-1	4-3	180	96
Roland-Story	3-1	4-3	195	174
Chariton	1-3	3-4	153	139
Iowa Falls-Alden	1-3	1-6	78	237
Albia	0-4	2-5	93	131

Oct. 7 Results

Iowa Falls-Alden 21, Albia 7
West Marshall 41, Roland-Story 7
PCM 42, Chariton 7

Oct. 14 Games

Iowa Falls-Alden at Chariton
Roland-Story at PCM
Albia at West Marshall

CLASS 1A, DISTRICT 3

	District	Overall	PS	PA
Aplington-Parkersburg	3-1	6-1	271	96
Dike-New Hartford	3-1	5-2	226	109
Denver	3-1	5-2	216	86
South Hardin	2-2	3-4	167	180
Central Springs	1-3	2-5	129	282
East Marshall	0-4	0-7	75	322

Oct. 7 Results

South Hardin 53, East Marshall 20
Aplington-Parkersburg 48, Central Springs 7
Denver 30, Dike-New Hartford 20

Oct. 14 Games

South Hardin at Denver
East Marshall at Aplington-Parkersburg
Central Springs at Dike-New Hartford

CLASS A, DISTRICT 3

	District	Overall	PS	PA
Grundy Center	5-0	7-0	237	43
Wapsie Valley	4-1	5-2	234	89
Nashua-Plainfield	3-2	5-2	196	126
BCLUW	2-3	4-3	123	163
Hudson	2-3	3-4	77	129
AGWSR	2-4	3-4	104	163
North Tama	0-5	1-6	66	192

Oct. 7 Results

Nashua-Plainfield 42, AGWSR 8
Wapsie Valley 41, North Tama 0
Grundy Center 56, BCLUW 8
North Linn 35, Hudson 0

Oct. 14 Games

AGWSR at West Fork
Wapsie Valley at BCLUW
Hudson at Nashua-Plainfield
Grundy Center at North Tama

