

## Warriors deal Cards first loss of season

By Troy Hyde  
Sports Editor

For the first time this season, Newton's football team was punched in the mouth.

How the Class 4A No. 7 Cardinals respond likely will decide if they make the playoffs this fall or not.

Cedar Rapids Washington dominated on the defensive side of the ball and did enough offensively to hand Newton its first loss of the season on Friday.

The Warriors scored twice in the second quarter and put the finishing touches on a 21-0 road win with a touchdown in the fourth during a 4A District 4 game at H.A. Lynn Stadium.

"The awesome thing is we still control our own destiny," Newton head football coach Andy Swedenhjelm said. "One game won't define the season."

"We were down at Pella, but this is the first time we've been punched in the mouth. We just have to learn how to respond a little bit better."

The Cardinals were shut out for the first time in 53 games dating back to the 2016 season.

Cedar Rapids Washington held Newton to 166 total yards and the home team was 1-of-13 on third down.

The Warriors accounted for just 252 total yards, but the defense collected four sacks, nine tackles for loss and one controversial interception.

"Not being able to convert third downs on offense and not being able to get off the field on third down defensively was big," Swedenhjelm said. "That's what separates winning from losing."

FIRST LOSS | 6B



Troy Hyde/Newton News

Newton senior Carson Satterfield tackles Cedar Rapids Washington sophomore tailback Alex Taylor (24) in the backfield during the Cardinals' 21-0 loss at H.A. Lynn Stadium on Friday.

## Depth leads NCMP to narrow win over Lincoln

### Newton News

DES MOINES — The Aquagirls and Des Moines Lincoln battled all the way to the final event on Thursday.

The Newton-Colfax-Mingo-Pella girls' swim team was tied with the Railsplitters with three events to go but pulled away with strong showings in the 100-yard backstroke, 100 breaststroke and 400 freestyle relay.

NCMP wound up winning 93-83 on the road despite being outscored by six in diving.

"We had a super fun meet swimming against Des Moines Lincoln," NCMP head coach Sarah Patterson said. "We haven't had a barn burner like that in years. It was so much fun — I felt like I was 25 again."

"Very proud of this team effort. It took every single place and every single swimmer to get this win."

Lincoln won six of the 11 varsity events, but NCMP's depth was too much in the end.

Lillie Ray and Peyton Ray both were part of three wins and Maylei Ruggles scored wins in two events.

While Lincoln won six events, the Aquagirls were 1-3-4 in the 50 freestyle and 2-3-4 in both the 100 backstroke and 100 breaststroke. The Aquagirls won the 200



Troy Hyde/Newton News

Newton sophomore Paige Benson was part of the Aquagirls' winning 200-yard freestyle relay team during NCMP's road win over Des Moines Lincoln on Thursday.

and 400 freestyle relays and went 2-3 in the 200 medley relay.

In the 200 freestyle relay, Harper Barton, Peyton Ray, Paige Benson and Lillie Ray won the race in 1 minute, 46.01 seconds. The team of Skyler Gooden, Hailey Dickerson, Izzy Lane and Addison Van Maanen finished third in 1:53.9.

The winning team in the 400 freestyle relay included Lillie Ray, Peyton Ray, Van Maanen and Ruggles and they hit the wall in 3:52.3.

Lane, Dickerson, White and Alex Riney finished third in 4:06.79.

"Lillie Ray's lead-off leg was so strong in the (400 freestyle relay) that it put us in a really good position," Patterson said. "She's such a fun swimmer to watch and she really motivates teammates."

White, Barton, Lillie Ray and Ruggles were second in the 200 medley relay with a time of 1:57.5. The third-place team featured Riney, Estella Allen, Lane and Benson and they were clocked in 2:06.7.

Lincoln won the event with a time of 1:55.29.

"The meet started with Lincoln winning the medley relay by over two seconds," Patterson said. "But, we just kept pushing ourselves and keeping our nose to the grindstone."

"Honestly, that's what I was most impressed with. We never gave up and just kept grinding all the way until the last relay."

The individual wins by NCMP came from Lillie Ray in the 50 freestyle, Peyton Ray

in the 100 freestyle and Ruggles in the 100 butterfly.

Lillie Ray won the 50 free in 25.97 seconds but Barton (26.57) and Benson (27.83) finished 3-4, respectively.

Peyton Ray won the 100 freestyle in 57.83, but Lincoln gained valuable points in second and third. Van Maanen was fourth in 1:00.95.

"(Peyton Ray) was so determined to win that I could see it from the pool deck," Patterson said.

NCMP | 2B

## Menninga's career-best time headlines Newton boys XC at Fort Dodge

### Newton News

FORT DODGE — Four personal-best times from runners on the Newton boys' cross country team led to a 20th-place finish at the Fort Dodge Cross Country Invitational on Thursday.

But only because the field of 27 teams included 14 ranked programs in Class 4A, three ranked squads in 3A and a 1A ranked team.

"We ran against the toughest teams in the state," Newton boys cross country coach Steve Weeks said. "It was a great night. I cannot express how proud I am. Finishing 20th out of 27 teams is solid, and we beat an extra team on top of our goal."

The Cardinals scored 632 points in 20th.



Troy Hyde/Newton News

Newton junior Landon Menninga led the Cardinal boys with a personal-best time at the Fort Dodge Cross Country Invitational on Thursday.



Troy Hyde/Newton News

Newton sophomore Hadley Kruse led the Cardinal girls at the Fort Dodge Cross Country Invitational on Thursday.

## Five personal-best times headline Newton girls XC at Fort Dodge

### Newton News

FORT DODGE — Seventeen ranked girls' cross-country teams ran around Lakeside Golf Course on Thursday.

And Newton's girls' squad finished 23rd out of 24 teams despite five Cardinals turning in personal-best times and another claiming a season-best mark at the Fort Dodge Cross Country Invitational.

"These were fast races," Newton girls cross country coach Rachelle Tipton said. "The team didn't shy away and everyone came away with better or very comparable times for the season."

Hadley Kruse led the Cards in 89th place. She finished in 20 minutes, 53 seconds.

Class 3A No. 1 Paityn Noe of Ballard won the girls' race in 17:09.8 and 4A No. 1 Addison Dorenkamp of WDM Valley was the runner-up in 17:31.4.

GIRLS XC | 2B

BOYS XC | 2B