

# SPORTS

## Olson, Grady earn Drake medals

### ORABS

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task at hand, but she was glad to have a friendly face nearby.

"I loved having her there, and every once in a while, I'd try to take a little peek to see how she was doing," Olson said. "I was just so happy for her. She's worked so hard for that."

It made for a hectic scene for Sheldon coach Maggie Lloyd.

"It was a phenomenal day. With being able to watch them at the same time, it is a different environment than state, but that was a lot of fun," the coach said.

Grady had the eighth-best throw in the field coming in.

"We went into the day with a goal for her to make the finals," Lloyd said. "She ended up with the top throw of any of the 2A athletes. To make it to the finals and medal was great."

For her part, Grady said it was "surreal."

"It was cool to compete against everybody in the state, and I threw pretty well," she said. "I was hoping for 41, but it was nice. It felt good. I was very consistent. I only had one scratch."

Grady's farthest throw at Drake came on her final toss of preliminaries and traveled 40 feet, 4.25 inches.

It was not her best of the year, which was a school record 41 feet event, but it still was a solid mark and easily advanced her to the finals with the top nine throwers received a medal.

Sophomore Charlee Morton of Hampton-Dumont-CAL won the event with a throw of 43-3.5.

"When Katelyn made state last year, she realized what an honor it is just to compete there. She did a lot of work in the off-season. A lot of lifting," Lloyd said. "She's throwing great, and it's coming at a great time of the season."

Olson is a two-time Class 2A state champion.



Sheldon senior Katelyn Grady lets go of her final attempt in the shot at the Drake Relays on Friday in Des Moines. (Photo by Roy Tucker)

She tied for second at Drake in 2021 by clearing 5 feet, 5 inches and won Drake with a jump of 5-7 in 2021. Her career best is 5-9, although she had only cleared 5-7 one time this season going into Drake while the top qualifier had cleared 5-8.

"It's been a tough year for Maddie. She had the dislocated knee before the start of basketball season, and her track season hadn't started the way she wanted," Lloyd said. "To compete and win at Drake, I don't know if she believed she could pull that off. She only cleared 5-7 once before this, and it wasn't pretty. She only went 5-4 at our home meet last week."

The rehab from the injury still is a work in progress, according to Olson, but she felt good right

away in Des Moines. "My warmups were good, and I've been getting stronger," she said. "The weather was perfect. There was no wind, and it was sunny. That was awesome."

Lloyd said Olson made some adjustments after the Sheldon Invitational.

"We changed her approach, and she went in today really attacking the bar," the coach said. "She was one of only two that got to 5-6 with no misses."

Six athletes lined up to attempt 5-8. All six missed the first two times around. Olson was the only one to clear the bar on her last attempt to clinch the crown.

"I knew after I cleared 5-6, I had a chance," Olson said. "On my first two jumps at 5-8 — I have a

bad habit of dropping my hips, and that's what I did. When I cleared it, I was really happy. I was kind of in shock because I hadn't cleared 5-8 all year."

"Winning it motivates me a lot. I'd love to go out and win state three times," she said. "The key is just to practice a lot and stay consistent, especially at the lower heights. When you get to that level it is usually the ones with the fewest misses at the lower heights that win."

Being the highest finisher among Class 2A competitors in the Drake field has Grady looking forward as well.

"It kind of gives me a push," she said. "I know I could be there with the best in the state if I stay focused and keep throwing well."

## Winds make tough courses even harder

### Young Sheldon squad learning to alter plan

By SCOTT BYERS  
sbyers@nwestiowa.com

Sheldon received a lesson in the fickle nature of the game of golf and of the weather in this part of Iowa during the Siouxland Conference Boys Golf Tour stops last week.

The Orabs will try to be prepared for anything as it heads to an 18-hole conference meet at The Ridge in Sioux Center on Thursday. The Siouxland teams are at an event hosted by Okoboji at Emerald Hills Golf Course in Arnolds Park on Monday.

The stop hosted by Central Lyon in Rock Rapids on Tuesday, April 25, saw cool but playable conditions on what is generally the easiest course on the tour. As a result, the scores for every team came down substantially. That included Sheldon, which shot a season-low 197.

"It's good to see continued progress," said Sheldon coach Jerod Reinking. "As guys start to get a little more comfortable, they are making better decisions based on how the round is going for them rather than forcing an issue that isn't working that particular day."

Unfortunately for the Orabs, their improvement only mirrored the rest of the league, and they still finished 10th in the team standings.

Gavin Strouth and Chase Oldenkamp led Sheldon. Each of them carded a 48.

"It was good to see Gavin get down into the 40s. With it being his first year, he's really got a lot going on trying to figure out how to play in meets, manage a golf course and on top of that work on his golf swing," Reinking said. "I'm glad to see glimpses of it coming together."

The coach said at this point the mental aspects of the game are what will save the team strokes.

"We know we're all capable of continuing to knock shots off just by making smarter choices and limiting mistakes," he said. "We keep trying to inch closer to the pack. This was a positive step in that direction."

The teams ran into cold, wet and windy conditions on Thursday on a difficult Rock Valley course and the Orabs' score ballooned to a 221.

"Obviously, success is not a straight line," Reinking said. "We had shown some great growth in our scores the last several meets but took a step backward tonight. Rock Valley challenges you in ways we don't see very often. For a group that's inexperienced, having your stance affected by slopes

and having the ball above or below your feet is something we just have to work through and learn on the go."

He said the team is fully capable of shaking off the bad round.

"All of the guys maintain a positive attitude and I believe are taking something positive away from each meet regardless of their score," the coach said.

Brandon Breon had the lowest score of the day for the Orabs with a 53.

The conditions were again an issue on a cold, windy Monday in an event hosted by George-Little Rock at Otter Valley Golf Course near George. Like the previous stop at Rock Valley, scores were elevated for most teams in the league. Sheldon shot a 225.

"We saw higher number than we're accustomed to due to the weather, but we certainly have to be able to adjust as the night goes on," Reinking said.

There was one Orab who did manage to post a lower number.

"Kolton Roos was able to hang in there for his season low," Reinking said. "I've been so happy with his progression. He hasn't golfed for a particularly long time, so we're throwing a lot of different things at him in his freshman season. He's enjoying himself and really showing great signs of improvement."

Roos shot a 50 to lead the Orabs.

**Siouxland Conference Boys Golf Tour at Rock River Golf & Country Club in Rock Rapids**

**Team standings (after five events):** 1. MOC-Floyd Valley 45; 2. Boyden-Hull 40; 3. West Lyon 32; 4. Sioux Center 29; 5. Okoboji 26; 6. Central Lyon 16; 7. Sibley-Ocheyedan 13; 8. Rock Valley 11; 9. George-Little Rock 10; 10. Sheldon 0.

**Team results:** 1. MOC-Floyd Valley 145; 2. Boyden-Hull 148; 3. West Lyon 157; 4. Okoboji 165; 5. Sioux Center 171; 6. Central Lyon 173; 7. Sibley-Ocheyedan 173; 8. George-Little Rock 174; 9. Rock Valley 179; 10. Sheldon 197.

**Sheldon cards:** Brandon Breon 49, Gavin Strouth 48, Chase Oldenkamp 48, Macade Holz 52, Hunter Getting 61; Kolton Roos 52.

**Siouxland Conference Boys Golf Tour at Rock Valley Golf & Country Club**  
**Team standings (after six events):** 1. MOC-Floyd Valley 54; 2. Boyden-Hull 47; 3. Sioux Center 37; 4. West Lyon 36; 5. Okoboji 34; 6. Central Lyon 18; 7. Rock Valley 17; 8. Sibley-Ocheyedan 16; 9. George-Little Rock 11; 10. Sheldon 0.

**Team results:** 1. MOC-Floyd Valley 147; 2. Sioux Center 166; 3. Boyden-Hull 172; 4. Okoboji 179; 5. Rock Valley 182; 6. West Lyon 183; 7. Sibley-Ocheyedan 185; 8. Central Lyon 192; 9. George-Little Rock 196; 10. Sheldon 221.

**Sheldon cards:** Brandon Breon 53, Gavin Strouth 59, Chase Oldenkamp 58; Macade Holz 68, Hunter Getting 56; Kolton Roos 54.

**Siouxland Conference Boys Golf Tour at Otter Valley Country Club near George**  
**Team standings (after seven events):**

1. MOC-Floyd Valley 63; 2. Boyden-Hull 54; 3. West Lyon 44; 4. Sioux Center 42; 5. Okoboji 35; 6. Rock Valley 23; 7. Central Lyon 21; 8. Sibley-Ocheyedan 18; 9. George-Little Rock 15; 10. Sheldon 0.

**Team results:** 1. MOC-Floyd Valley 167; 2. West Lyon 168; 3. Boyden-Hull 173; 4. Rock Valley 182; 5. Sioux Center 182; 6. George-Little Rock 186; 7. Central Lyon 188; 8. Sibley-Ocheyedan 192; 9. Okoboji 195; 10. Sheldon 225.

**Sheldon cards:** Brandon Breon 56, Gavin Strouth 60, Chase Oldenkamp 59; Hunter Getting 70; Kolton Roos 50.

## Sheldon/Sibley-Ocheyedan focused on finding more goals

### Week of practice allows adjustments

By SCOTT BYERS  
sbyers@nwestiowa.com

The Sheldon/Sibley-Ocheyedan girls soccer team gets a chance to rest up and work on its offensive game this week as it finally gets some time off after a busy stretch.

The Orabs, 1-8 overall and 1-6 in the Northwest Iowa Soccer League, do not return to action until Monday when they play a league game at Western Christian. They get a rematch with MOC-Floyd Valley the next day, this one in Orange City.

"This is a good time for a break. We've played four games in seven days and the girls are a little tired," said Sheldon/Sibley-Ocheyedan coach Tammy Keepers. "We've definitely played well in our last couple of games, but it doesn't count unless you get it in the goal."

The Orabs have just three goals in nine games.

### West Sioux 4, S/S-O 1

Sheldon/Sibley-Ocheyedan looked like it had settled in a bit after giving up a goal early but could not hold West Sioux down in the second half of a 4-1 loss on Tuesday, April 25, in Sheldon.

The guests needed less than two minutes to get on

the board, but that was all they would get in the first half. Keepers said there were plenty positives about the opening 40 minutes.

"Our defense played well in the first half," she said. "In the second half, we were able to get it in the midfield with a lot of great passing from our forwards and midfielders. We were able to attack all at once."

The Falcons outscored the hosts 3-1 in the second half.

Ashley Schmidt recorded 15 saves for the Orabs.

"Ashley had some amazing saves," Keepers said. "We had some good shots too. We just couldn't finish."

Hannah Van Maaren netted the lone goal for Sheldon/Sibley-Ocheyedan.

### S Center 8, S/S-O 0

Sioux Center's offensive skill and ball control limited Sheldon/Sibley-Ocheyedan's chances at making a push and gave the Warriors plenty of opportunities from in close as the Orabs dropped an 8-0 decision in Sheldon on Thursday.

Sheldon/Sibley-Ocheyedan was mesmerized at times by the ball skills of Sioux Center star Trinay Garcia as the Warriors took an 8-0 win Thursday in Sheldon.

Garcia, who ranks in the top 20 in Class 1A in scoring, had two goals and two assists in the contest.

"She definitely is a good player," Keepers stated. "We ended up playing a lot of defense as she kind of dribbled through. She's good."

Sioux Center led 3-0 at the half.

Keepers said her team did not take a lot of shots, but the ones they got were good ones.

"We had five or six opportunities down there that were pretty good ones, but we did end up playing a lot of defense," she said. "I'm proud of the way we played defense. We tried to stay tight to our person. The girls showed a lot of grit in the way they just kept going."

Increasing the offensive volume is going to be a focus for Sheldon/Sibley-Ocheyedan.

"We need to continue to work on our passing and our movement," Keepers said. "We need to find ways to get ourselves in space."

Schmidt had 18 saves in goal.

### Unity 1, S/S-O 0

Sheldon/Sibley-Ocheyedan showed great improvement in its second matchup of the year against Unity Christian but could not find the net in a 1-0 home loss Friday.

The Orabs lost 9-1 at Unity Christian on April 13. The tone of this game would be much different from the start as neither team scored

in the first half.

Still, Keepers thought her team started a little flat.

"First half, we played with not as much energy," she said. "We came back in the second half with a fire in our belly. We just played so much more aggressive."

The Knights scored the lone goal in the second half to earn the win.

Keepers said she liked the improvement her team showed.

"We had better passing, better defense and better communication," she said.

Claire Paulsen finished with three shots on goal for Sheldon/Sibley-Ocheyedan and Macy Wassenaar had two.

"We didn't have a ton of shooting opportunities, but toward the end it was getting close," Keepers said.

Schmidt recorded 17 saves for the Orabs.

"They communicated so well," Keepers said. "They worked together and supported each other. The defensive line was great."

### MOC-FV 1, S/S-O 0

Senior Night went well in terms of being a competitive contest with a lot of back-and-forth play, but the Orabs were not able to score in a 1-0 loss to MOC-Floyd Valley on Monday.

"It was one of the best games we've played," Keep-



Sheldon/Sibley-Ocheyedan senior Hannah Van Maaren attempts a free kick against MOC-Floyd Valley on Monday. (Photo by Charlie Hildebrand)

ers said. "We had some really great passing work. There was a lot of back and forth, and we got a lot going toward the goal, but we just could not get one in."

She said the offensive plays were stopped by a combination of factors.

"We did miss a couple, but sometimes we'd get that last pass just a little too far and the goalie would stop it. Other times we'd have it set up and just couldn't get past

that last line of MOC-Floyd Valley's defense," Keepers said.

The Dutch scored the lone goal in the first half. Schmidt made the initial stop, but the ball bounced off her hands, and MOC-Floyd Valley had a player flying in to follow it up with the goal.

Schmidt made 18 saves. "She had some good saves, and our defense played well," Keepers said. "We just have to find a way to score."