

State XC Update: W-SR's Hoins, Bochmann place 78th, 72nd, Denver takes 7th and 8th

BY NICK THOMPSON
sports@waverlynewspapers.com

Fort Dodge- The final race of the 2022 cross country season saw four area schools compete in Fort Dodge.

In the 1A girls race, Nashua-Plainfields Kadence Huck was the highest finisher in the area crossing the line in 10th in 19:27 to conclude her sophomore season.

Also in the 1A race, Wapsie Valley's Brylee Bellis and Brooklyn Etringer finished in 34th and 81st places in time of 20:35 and 21:40 to close out their cross country careers.

The Denver Cyclones qualified both teams in 2A. The girls raced first, trying to equal, or better its second place finish last year.

Anna Mulert and Reeve Ristau were the first Denver runners to cross the line. The duo crossed the line in 48th and 50th place, respectively, and ran the final race in 20:58 and 21 minutes flat.

Denver's next finishers were Laci Even and Avery Trunkhill. Even and Trunkhill crossed the line in 56th and 67th place with times of 21:03 and 21:12.

Hailey Homan rounded out the top-five runners for the Cyclones in 69th place. Homan finished her sophomore season with a time of 21:13.



Left: Caleb Hoins finished in 78th place with a time of 17:38. Right: Max Schwandt finished in 59th place.

Denver finished in seventh place with 193 team points, 82 behind first place Van Meter.

In the boys race, Jack Mulert ended his great senior season with a 43rd place finish with a time of 17:28.

Neal Pinter and Max Schwandt finished in 46th and 59th place, respectively. Pinter and Schwandt ran the

race in 17:29 and 17:48.

Talan Lafrentz and Trevor Baas rounded out the scoring runners in 69th and 80th place. The two runners ran the race in 18:02 and 18:15.

The Cyclones finished in eighth place with 224 team points, 149 behind first place Des Moines Christian.

On Saturday, Waverly-Shell

Rock's Sydney Bochmann ran in the 3A girls race. Bochmann closed out her junior season with a 72nd place finish with a time of 20:56.

In the boys race, W-SR's Caleb Hoins finished off his career with a 78th place finish with a time of 17:38.



FROM CHERISH KEUKER

Through the Lens: The best volleyball match I've ever seen

BY NICK THOMPSON
sports@waverlynewspapers.com

Hollywood would struggle to write a better script.

Denver vs. Grundy Center had all the tools to make a great match. The Cyclones had beaten the Spartans three times this season. A trip to Coralville was on the line. Denver was out to prove it is one of the best teams in the state.

The first set really set the tone for the rest of the night. With the score tied at 22-22, Denver's best player, Kayla Knowles, exited the game with a shoulder injury. Everyone was at the edge of their seats wondering if the Cyclones would be without its star for the rest of the night.

A la Willis Reed in the 1972 finals, Ed Reed in 2001, Klay Thompson in the 2019 finals, Curt Schilling in the 2004 ALCS and Michael Jordan in game five of the 1995 finals, Knowles returned to the court just four points later with the game tied at 24-24.

The crowd rose with applause and chants could be heard all throughout Union High School, "Kayla, Kayla, Kayla!" Knowles immediately made an impact by rising up and killed the ball with her usual gusto to put Denver ahead 25-24.

Denver went on to win set one, 26-24, but fell in set two 25-19 as the Spartans led wire-to-wire.

After the Cyclones fell behind 18-9 in set three, all hope seemed to be lost. Denver took a timeout and stormed back to take a 25-24 lead. Who else but Houston volleyball commit Kayla Knowles to end the third set with a kill to put Denver ahead 2-1 in the match.

Countless hours of time in the gym, weight room and in the books led to this moment. The Cyclones were just 25 points away from returning to the state tournament for the third year in-a-row.

Adjustments were made. The focus was up. The trip to Coralville was secured. Mayhem ensued. Denver's bench rushed the floor and a dogpile started right in front of the net.

It has been awhile since I have felt excitement like that involving a sporting event. While there have been amazing volleyball games that I have covered this season, this game had the drama, the comebacks and ultimately the triumph of the home team winning.

If the state tournament is anything like Wednesday night, the state is in for a real treat.



NICK THOMPSON
SPORTS REPORTER

Jack Cochrane, Waverly's connection to the NFL

BY NICK THOMPSON
sports@waverlynewspapers.com

Wartburg College, and Waverly, has a unique connection to the National Football League.

John Cochrane has been the athletic director at Wartburg College since Jan. 2022, but before that he lived in one of Iowa's football hotbeds, Mount Vernon, for 20 years with his family, including his son Jack who now plays for the Kansas City Chiefs in the NFL.

"My family and I lived in Mount Vernon for 20 years," John said. "Jack graduated in 2017. Then after graduation, he played University of South Dakota and Bob Nielson was his coach."

Although South Dakota is considered a small school that doesn't produce a lot of NFL talent, Jack was being scouted all throughout his senior year of college. The scouting showed John that the NFL was a real possibility for his son.

"I didn't think about the NFL until really late in his college career," John said. "He had thought about it long before I had. We certainly had the sense based on the feedback from the pro scouts that there might be an opportunity there."

Jack went undrafted in the 2022 NFL Draft, but signed with the Chiefs as a free agent. Jack is mainly a special teams player at the moment, but played linebacker at South Dakota.

The odds of making it to the NFL are the same as being struck by lightning, .00075%, but Jack beat the odds through his hard work from the high school level and throughout college. His love of the game pushed him to become the best player he could possibly be.

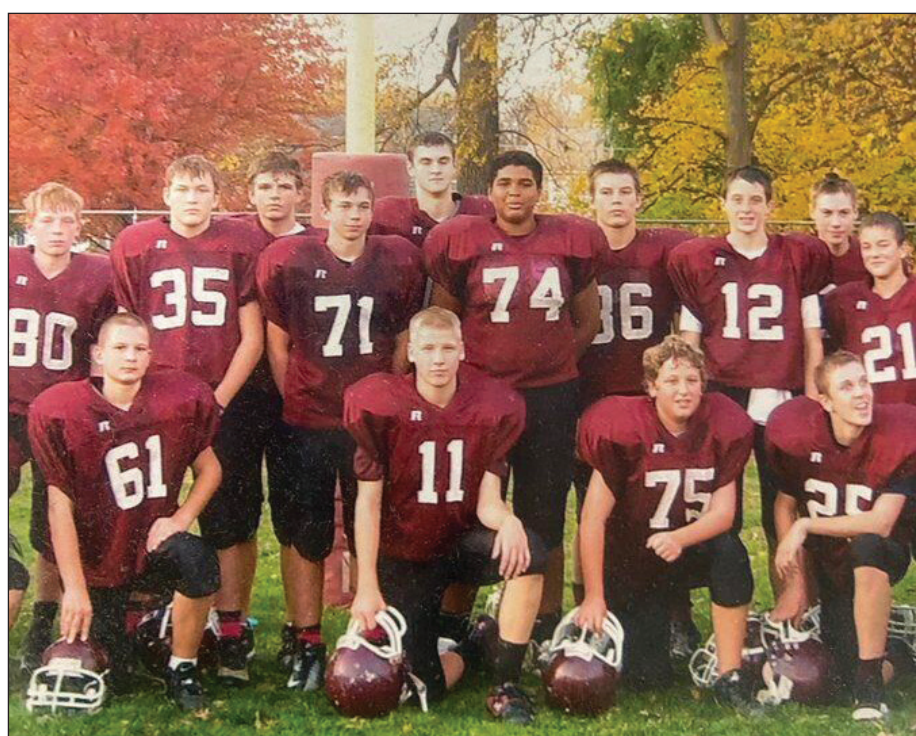
"He has always had the approach of the love of the game," John said. "Jack has the passion and he loves going to practice. His joy for the game has allowed him to commit the time and energy to make it to that level."

Although the NFL is seen as the best-of-the-best players in the world, Jack has maintained that it is the same game he played when he was a kid.

"He talks a lot about it being the same game," John said. "He had the same conversation from high school to college football. It is the same game as when he was a kid. When he walks out onto the field it is the same game as when he was seven."

The adjustment to the NFL has not only been a transition for Jack, the entire Cochrane family is adjusting to having a family member in the biggest football league on the planet.

"We are still getting used to him being in the NFL," John said. "On the one hand, it is certainly a cool thing from a parents perspective. The hard work and the long hours getting paid off for him. He sacrificed an awful lot to become the athlete



FROM TRISTAN WIRFS' TWITTER

Top: After the Sunday Night Football game, Jack and Tristan exchanged jerseys. Above: The 2012 Mount Vernon team went 6-0. Tristan Wirfs (#74) and Jack Cochrane (#12) are pictured here.

that he is and I like to see that pay off."

On Oct. 2, the Kansas City Chiefs played against the Tampa Bay Buccaneers on Sunday Night Football, one of the biggest games of the week viewership wise. Another notable Mount Vernon alum also plays in the NFL for the Buccaneers, Tristan Wirfs. Wirfs and Jack played together all-throughout their time at Mount Vernon, as well as being friends throughout high school.

"It was an amazing thing," John said.

"I watched both of them grow up from the time that they were 2 years-old. They were both four sport athletes and they were friends the entire time. You know what are the odds that two kids from a town of 3,000 meeting up for a game on Sunday Night Football. It is surreal to think about. He and Jack have stayed close and in touch throughout their college careers."

Area sports schedule

Area sports schedule for Waverly-Shell Rock, Denver and Wapsie Valley.

Tuesday, November 1

Waverly-Shell Rock

None

Denver

Denver volleyball vs Hilton (Xtreme Arena, Coralville) 4 p.m.

Wapsie Valley

Wapsie Valley volleyball vs Ed-dyville-Blakesburg-Fremont (Xtreme Arena, Coralville) 4 p.m.

Wednesday, November 2

Denver volleyball if they win on Tuesday 4 p.m.

Wapsie Valley

Wapsie Valley volleyball if they win on Tuesday 4 p.m.



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