

Lightning strikes from Cougars' Koch

S-F bowler
advances to
state meet

BY MIRA SCHMITT-CASH
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Sumner-Fredericksburg's
Dyson Koch is headed to
the Class 1A Individual State
Bowling Tournament on
Tuesday, Feb. 21 in Waterloo
after a run of strikes and fo-
cus put him in third at a 1A
qualifier held Tuesday, Feb.
14 in Monticello.

Koch bowled a 681 series.
Game one, he began as
lightning from the line. He
made eight strikes in a row,
sweeping away 269 pins,
Cougars head coach Todd
Skoda said.

"(It was) his personal best
as well as a new school record
for a single game," Skoda
said.

Koch shook off "a down
second game," Skoda said,
"kept his composure and fo-
cus and responded" in the
third game to finish with a
total 681.

The mentality focus that
Skoda and assistant coach



COURTESY SUMNER-FREDERICKSBURG SCHOOLS
Sumner-Fredericksburg bowler Dyson Koch qualified for the Class 1A Individual State Tournament set Tuesday, Feb. 21 in Waterloo by placing third bowling at the state qualifying meet held Feb. 14 in Monticello.

Brice Schissel emphasized
shone through in Koch's per-
formance.

"Breathing techniques,
and casting bad shots quick-

ly from your mind are just
a couple examples," Skoda
said. "Maintaining your focus
and treating each shot as its
own is the key to success in

the sport of bowling."

Skoda credited his assis-
tant, Schissel, who offered
something the head coach
could not.

"He is a two-handed bowl-
er, the same as Dyson," Sko-
da said. Being ambidextrous,
"(Schissel) has been able to
help him develop the phys-
ical tools that has helped Dys-
on get where he is today."

Koch's score placed him
11th among all 32 individual
state qualifiers in Class 1A.

The event is part of the
Iowa High School Co-ed
Bowling Championships
which are spread across three
days and two bowling alleys
in Waterloo.

The Feb. 21 tournament for
1A opens to ticket-holders at
8 a.m. with a 9 a.m. start, at
Maple Lanes Bowling Center,
2608 University Ave., in
Waterloo. Ticket sales opened
to the public beginning at
12:01 p.m. on Saturday, Feb.
18. Visit <https://www.iahsaa.org/tickets> for a link. Questions? Contact HomeTown Ticketing at 866-488-4849, option 1.

Through the Lens: State wrestling review

**BY NICK
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There was a lot
of blood, there was
a lot of sweat and
even some tears.

Yes, even wres-
tlers cry.

This past week-
end was an amaz-
ing opportunity to
get next to the mat
for one of Iowa's
biggest events on
the high school
stage.

When I first walked on to the floor of Wells Fargo Arena, my first instinct was to look up and around and admire the quality of the venue that I would be spending the next four days at.

The first two days saw some great wrestling from the area and also some surprises.

I watched low seeded wrestlers make their mark with deep tournament runs.

I saw possibly the greatest Iowa wrestler of all time, Ben Kueter, dominate his opponents in ways that I didn't even think was possible.

And I also saw careers end and seasons end.

That was probably the toughest part of this last weekend. Every senior knows that the state tournament marks the end to a very important chapter of their lives and they have to wrestle their best with that thought looming.

I'm going to highlight a few of the "best" stories that I saw and covered this last weekend.

Gutsiest performance

Wrestling offers a chance at proving you're stronger in both body and mind. McCrae Hagarty of Waverly-Shell Rock proved he has an iron-clad mind and will power this weekend.

In the quarterfinals, Hagarty reinjured his shoulder, but would battle it out for a decision victory.

The win advanced Hagarty to the semifinals and that was when he showed what he was really made of.

During the semifinals, he continued to battle through the injury and had to call an injury timeout multiple times throughout the match.

It was ultimately too much pain for Hagarty, but he put out a winning performance during his run towards another state title.

Brotherly love

Nashua-Plainfield's Jayden and Garrett Rinken had one of the cooler stories I covered this state tournament.

The two brothers came into state ranked number one at their respective weights and they ended the tournament with a state title each.

It was the final opportunity for the Rinken's to win a state title in the same year with Garrett closing out his high school career.

After the wins, both brothers talked about how the other helped out their wrestling from the time they were little kids wrestling in the basement.

Best Go-Hawk of all time

The Go-Hawks have had some outstanding wrestlers come through the hallowed wrestling room in the last decade and possibly the best of them all saw their career end this weekend.

Ryder Block closed out his high school career with the only thing he knew.

A win.

Three state titles. 159 wins. Just one loss.

Block possess a rare set of having the skill to be the best, while also having one of the best work ethics that the coaches have ever seen.

While I don't have much else to go off of besides this season, in this humble sportswriter's opinion, Block is the best Go-Hawk to ever grace the mat.

Another team title

Four in five years.

Two in one season.

Eight traditional titles since 2005.

Eric Whitcome has built an absolute juggernaut of a program that really doesn't show any signs of slowing down.

There were four finalists for W-SR and they had the team title locked up Saturday morning.

It's hard for me to wrap my mind around a team being so dominant for so long. It's almost more shocking for them to not win it at this point. Saying that, state titles are always special and after finishing third a year ago, the Go-Hawks are back on top.

Northeast Iowa

Northeast Iowa swept the team titles with Don Bosco winning 1A...again, Osage winning 2A...again and W-SR winning 3A...again.

N-P also threw their hat in the ring with a third place finish in a stacked 1A tournament.

I'm not sure how this little section of the state has been able to produce so many champions, both individually and as a team, but man is it exciting to see the area succeed.

While the 2022-2023 wrestling season is over, this one was one of my most formative seasons and I can't wait for next year.



NICK THOMPSON
SPORTS REPORTER

Prep basketball review: Cyclones, lady Go-Hawk's seasons ends in round two

BY NICK THOMPSON
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The prep basketball re-
view highlights games from
around the area.

W-SR girls basketball vs Mason City

The Go-Hawks were look-
ing to make it to the regional
finals, but first they had to
face off against Mason City
on Saturday.

The game started off dead
even, 10-10 after the first
quarter.

In the second quarter, the
Riverhawks took a slim 28-24
lead and they extended that

to 42-33 after the third.

Mason City was able to
hold off the Go-Hawks for
a 54-41 win, ending Waverly-
Shell Rock's season.

Katelyn Eggena finished
with a double-double, 14
points and 10 rebounds.

W-SR finished with a 16-7
record and will graduate four
seniors from this team.

Denver girls vs Apling- ton-Parkersburg

After a strong win over
Sumner-Fredericksburg in
the opening round, the lady
Cyclones had to face off
against the Falcons of Apling-

ton-Parkersburg for the third
time this season.

The game started off close
with the Cyclones trailing 14-
10, but A-P was able to take a
24-18 lead heading in to the
break.

After three quarters, Den-
ver trailed 40-29 and the Fal-
cons came away with the 52-
32 win.

Denver finished off their
season with a 10-14 record.

Stats were unavailable at
the time of publishing.

Denver boys vs Beckman Catholic

The Cyclones opened up

their playoffs with a win over
Oelwein and they had to trav-
el to Beckman Catholic for
round two.

Denver's offense started off
ice cold and trailed 15-3 after
the first quarter.

The Trailblazers extended
their lead to 47-27 after three
quarters and they put Denver
away with a 60-41 win.

Keaton Rothmeyer led
Denver with 17 points and Eli
Ricketts finished with five re-
bounds.

The Cyclones closed out
their season with a 10-14 re-
cord.

ATHLETES OF THE WEEK

Boys
Ryder Block, Waverly-Shell Rock
Ryder Block closed out his high school career on top with another state championship this past weekend. This brings his career total to three and he also finished with 159 career wins. Block also helped secured a fourth state title in five years for the Go-Hawks.

Girls
Katelyn Eggena, Waverly-Shell Rock
Katelyn Eggena was a force for the Go-Hawk girls basketball team this season. She finished out her junior season with a loss to Mason City in the second round of play-offs. In that game, Eggena finished with a team high 14 points and also snagged 10 rebounds.



ATHLETES OF THE WEEK
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