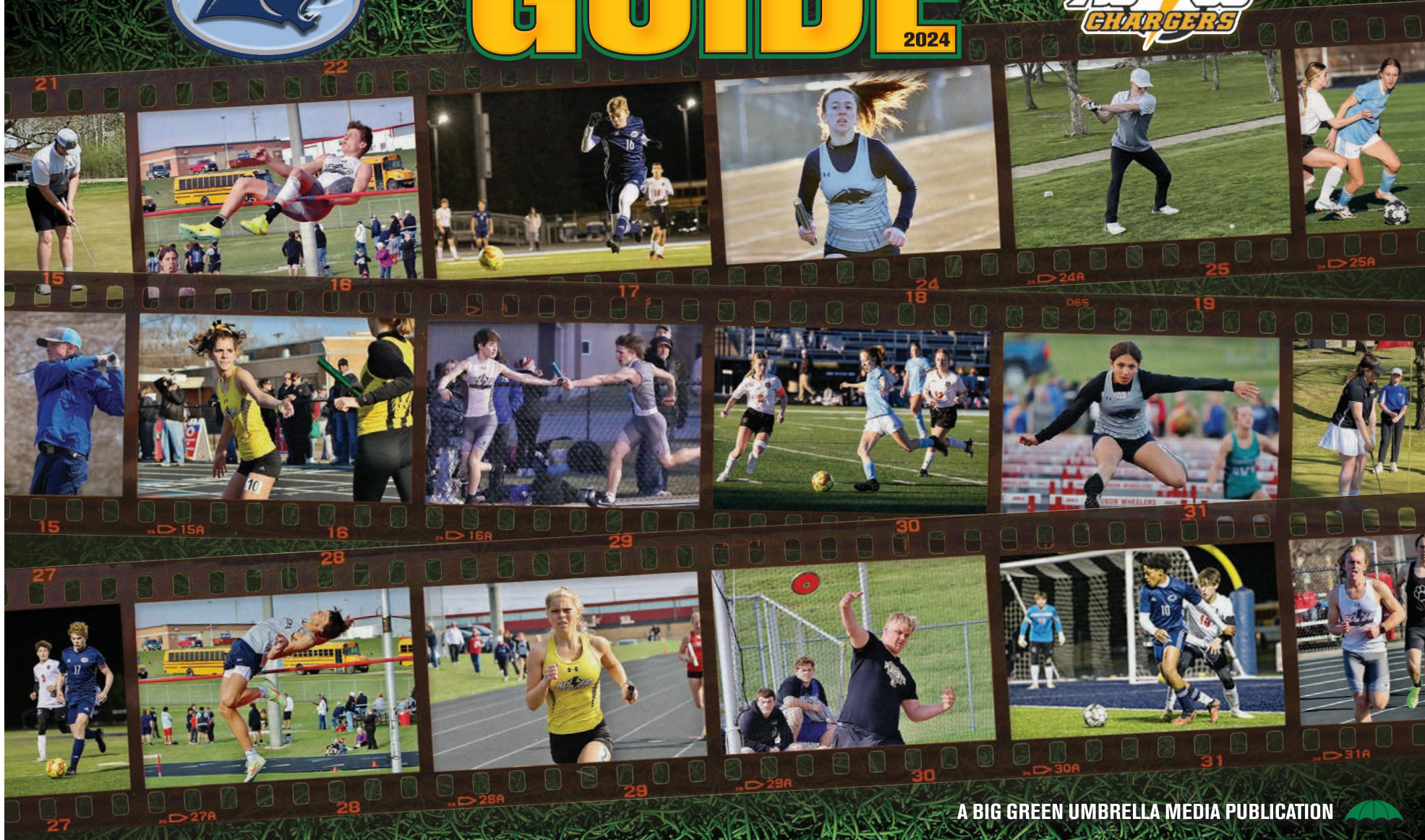


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SPRING SPORTS GUIDE

2024



PANORAMA BOYS TRACK AND FIELD

SUBMITTED PHOTO



PANORAMA BOYS TRACK AND FIELD: Front row, left to right: Connor Love, Gabe Wagner, Reilan Boecker and Dylan Donovan. Middle row: Ashton Hutchins, Jaysen Stagg, Latyn Ashworth, Bryce Dawes, Braylon Dawes, Austin Wagner, Cruz Crandall, Zach Hayden and Cristian Monrroy-Nunez. Back row: Aden Rochholz, Ryan McCarthy, Reed Draper, Ryan Cogil, Hunter Kempf, Blake Schwartz, Syler Shaffer, Brayden Meinecke and Gryffin Burchfield. Not pictured: Noah Poldberg, Gage Thorn, Cooper Jordan, Dean Gordon, Kasey Michaelson, Josh Kirschbaum, Austin Grisham and Ashton Kunce.



PANORAMA 2024 BOYS TRACK AND FIELD SCHEDULE

4/2/24	4:30 p.m.	Panorama
4/5/24	4:30 p.m.	Greene County MS
4/9/24	4:30 p.m.	Earlham High School
4/11/24	4:30 p.m.	ACGC High School
4/15/24	4:30 p.m.	Van Meter School
4/18/24	4:30 p.m.	West Central Valley
4/23/24	4:30 p.m.	Audubon
4/25/24	8 a.m.	Drake Stadium
4/25/24	4:30 p.m.	ACGC
4/26/24	8 a.m.	Drake Stadium
4/27/24	8 a.m.	Drake Stadium
4/30/24	4 p.m.	West Central Valley
5/2/24	4:30 p.m.	Panorama
5/6/24	4:30 p.m.	ACGC
5/16-18/24		State championships, Drake Stadium

BRINGING BACK THE GLORY YEARS

PANORAMA BOYS TRACK AND FIELD ARE ON THE RISE ONCE AGAIN.

BY DARREN TROMBLAY

Last season was another step forward for the Panorama track and field program — a step that will hopefully help bring the team closer to the prominence of earlier years.

Or so Head Coach Bruce Dahlhauser can hope. Last season was a great start, at least.

"Our numbers remained up, we showed improvement throughout the year in all areas, both as a team and as individuals, and we qualified multiple events to State," said Dahlhauser. "Not only did our performance on the track provide a number of highlights and increase our expectations moving forward, the climate and culture of our team began to shift

and has continued to morph into what it needs to be for us to re-establish Panorama boys track as a premier program in the state."

The Panthers lost a couple of key pieces to that success of a year ago in Braedon Draper and Henrick Schoeps.

"Braedon scored us consistent points in both the high jump and long jump while qualifying for state in the high jump," Dahlhauser said. "Henrick became an important part of our sprint group, generating points in both open events and relays."

But that was then, and this is now. Now into his third season as coach, Dahlhauser can see past what is gone and is looking at what remains. And what he sees is good.

The team will be led by a trio of seniors, including Braylon Dawes, a middle distance runner and high jumper. Senior Ashton Hutchins is expected to perform well in sprint events, as is fellow senior Ryan Cogil, who will also take his talents to the long jump. Junior Noah Poldberg is expected to make a splash in the distance events in this, his first year of running track for Panorama. Poldberg is coming off of a successful cross country season in which he qualified for the state meet as an individual. Gabe Wagner (400- and 800-meter runs), and Connor Love (sprints) round out the juniors. A good group of sophomores follow, led by Latyn Ashworth (middle distance), Syler Shaffer (hurdles, middle distance), Austin Wagner (hurdles,

middle distance), Blake Schwartz (distance) and Cristian Monrroy-Nunez (shot put, discus).

"Our depth in the middle distances (400/800) will be our biggest strength," Dahlhauser said. "This group is our largest and most talented group currently. With the quality of depth here, and their ability to run anything from a 200 to an 800, we will be able to fill relays and still have runners left to perform well in the open events."

In order to improve the team finishes each meet, the Panthers will need to find ways to score more individual points than a year ago, the coach added.

"Every guy on our roster will need to figure out their role and be their best in that role," Dahlhauser said. "The distance runner fighting to earn a few team points with a sixth-place finish is just as important as the anchor leg of our best relay. As with any sport, this will also be dependent on our ability to stay healthy and put our best team on the track each meet." ■

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ACGC BOYS TRACK AND FIELD

SUBMITTED PHOTO



ACGC BOYS TRACK AND FIELD: Front row seated, left to right: Anthony Solorzano and Brexton Schneider. Front row standing: Morgun Nolte, Brody Beeler, Nathan Van Effen, Cameron Mozingo, Preston Kent, Jameson Pfrang, Max Trujillo-Garcia, Jarrett McClain, Andrew Mahaffey, Gavin Sloss, Kade Sorensen, Joe Crawford, Tommy Skram and Tate Fever. Second row: Luke Brincks, Cole Van Meter, Ryan McCormick, Garrett Lemke, Michael Fuller, Jack Sheeder, Eli Madsen, Ben Franzeen, Jathan South and Lance Bunde. Back row: Easton Stringham, Treyton Schneider, Mason Wahl, Payton Jacobe and Brandon Carlson. Not pictured: Xander Harwood, Carter Railsback, Lance Railsback and Charlie Christensen.



ACGC 2024 BOYS TRACK AND FIELD SCHEDULE

4/2/24	4:30 p.m.	Panorama
4/5/24	4:30 p.m.	Greene County MS
4/9/24	4:30 p.m.	Earlham
4/11/24	4:30 p.m.	ACGC
4/15/24	4:30 p.m.	Van Meter
4/18/24	4:30 p.m.	West Central Valley
4/23/24	4:30 p.m.	Audubon
4/25/24	8 a.m.	Drake Stadium
4/25/24	4:30 p.m.	ACGC
4/26/24	8 a.m.	Drake Stadium
4/27/24	8 a.m.	Drake Stadium
4/30/24	4 p.m.	West Central Valley
5/2/24	4:30 p.m.	Panorama
5/6/24	4:30 p.m.	ACGC
5/16-18/24		State championships, Drake Stadium

AT THE HIGHEST LEVEL

ACGC BOYS TRACK AND FIELD TEAM HAS SOME BIG SHOES TO FILL FROM A SEASON AGO.

BY DARREN TROMBLAY

So how do you follow that up?

That might be the question facing ACGC boys track and field Head Coach Cody Matthewson at the start of the 2024 season.

Now in his sixth year at the helm, Matthewson has the task of filling in some rather large gaps, first and foremost, from last season's team that finished fifth as a team and scored a program-high 33 points at the state meet last spring, medaling in no less than five events.

The team will have some huge shoes to fill with the graduation of Austin Kunkle, who set the Class 1A state meet record in both the 100- and 200-meter dashes while claiming the title in both. Kunkle also anchored the fifth-place 4x200 and the sixth-place 4x100 teams. Other members on that 4x100 who were lost to graduation include Jedd Weinkoetz and Brock Littler, who was also a member of the 4x200 team. Justin Reinhart was the team leader among the distance runners last spring, qualifying in the 1600- and 3200-meter runs. Tyconder Ellis competed on the state-qualifying 4x800 team.

This season's returners begin with senior Lance Bunde, who placed third in the high jump at the state meet and was medalist as a leg on the 4x100 and 4x200 relay teams last spring. Fellow senior Payton Jacobe, who placed 14th in the shot put at last year's state meet and was a Drake Relays qualifier, returns to compete in throwing events. Senior Andrew Mahaffey was the first leg of the team's 17th place 4x800 team, which returns three runners including senior Jarrett McClain and junior Gavin Sloss. Junior Eli Madsen competed as the second leg of the fifth-place 4x200 at the state

meet last spring, while senior Treyton Schneider anchored the Chargers' 11th-place shuttle hurdle relay team at the state meet. Junior Jathan South and sophomores Brexton Schneider and Tate Fever return as members of that team as well.

Other returners to the fold include senior Easton Stringham (sprint, middle distance); junior throwers Ben Franzeen and Michael Fuller and junior Mason Wahl; junior Lance Railsback (middle distance); and sophomore sprinters Joe Crawford, Max Trujillo-Garcia, Kade Sorensen, Luke Brincks, Charlie Christensen and Tommy Skram.

The key, Matthewson said, will be continuing to create depth.

"We have numerous kids returning that competed at the state meet, as well as a strong group of underclassmen that we are very excited about," he said. "We always talk about competing. Whether that be in practice or in meets, we are going to compete at a very high level." ■

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PANORAMA GIRLS TRACK AND FIELD



PANORAMA 2024 GIRLS TRACK AND FIELD SCHEDULE

4/2/24	4:30 p.m.	Panorama
4/4/24	4:30 p.m.	Van Meter
4/5/24	4:30 p.m.	Greene County MS
4/9/24	4:30 p.m.	Earlham
4/11/24	4:30 p.m.	ACGC
4/15/24	4:30 p.m.	Van Meter
4/18/24	4:30 p.m.	West Central Valley
4/23/24	4:30 p.m.	Audubon
4/25/24	8 a.m.	Drake Stadium
4/25/24	4:30 p.m.	ACGC
4/26/24	8 a.m.	Drake Stadium
4/27/24	8 a.m.	Drake Stadium
4/30/24	4 p.m.	West Central Valley
5/2/24	4:30 p.m.	Panorama
5/16-18/24		State championships, Drake Stadium



PANORAMA GIRLS TRACK AND FIELD: Front row, left to right: Avery Bahrenfuss, Gracie Richter, Jaidyn Sellers, Lindy Nelson and Zoey Hambleton. Middle row: Faith Recker, Bridgette Ewing, Jolynne Roeder, Arilyan Steenblock, Cayden Iredale, Maddy Carstens and Maddy Lutz. Back row: Mary Fett, Almira Burnett, Miranda Laabs, Gracie Recker, Addie Astley, Kylie Rochholz, Alexis Olson and Laicey Lutz. Managers not pictured: Ella Gaffney, Annabelle Reynolds and Jemma Meacham. Coaches not pictured: Greg Thompson (Head Coach), Rachel Osbahr (Assistant Coach) and Michele Recker (Assistant Coach)

COMPETE AND IMPROVE

PANORAMA GIRLS TRACK AND FIELD RETURNS A STRONG CORE.

BY DARREN TROMBLAY

This spring looks to be another banner one for the Panorama girls track and field team.

Numbers are slightly up, which has Head Coach Greg Thompson, now in his 27th year, along with assistant coaches Rachel Osbahr and Michele Recker, sharing a positive outlook for things to come.

Last year, the team saw a couple of major successes beginning with standout Jaidyn Sellers, whose list of accomplishments in her high school career is nothing short of astounding. Sellers proved she was one of the best in the

entire state by claiming the Drake Relays title in both the 100 meters and 400 meters, the first high school female athlete to accomplish those titles in the same season. Sellers was also 10th in the high jump and was crowned the state champion in Class 2A in the 100, 200 and 400, helping the team to a fifth-place finish overall. Sellers has been to the state meet in 11 events and placed in all 11, finishing third or higher in all those, except once in which she placed fifth. She has been to seven individual events and four relays, winning gold in all seven individual events.

Arilyan Steenblock qualified for the Drake Relays in the

discus and will look to build on that success in 2024. Steenblock will use her talents and experience to lead the throwers group into 2024, and Laicey Lutz and Kylie Rochholz will use their cross country state meet experience to lead the distance group. Rochholz is dealing with a stress fracture in her lower leg, Thompson said, and will miss a few weeks of training and racing.

"I do think the team has a chance at being a top-three team at the state meet," he said. "We will be competing in 1A this season. I think we can potentially score points in the throwing events, sprints and distance races."

New faces have entered the program, which is good as well, Thompson said.

"It will take a few meets for them to figure out the Panorama program and philosophies, but I have already witnessed some good team/family atmosphere developing," he said. "Several team members are taking their own initiatives to get in some coaching and work outside of scheduled practices. These young ladies are showing a desire to improve not just over last year's individual and team results but improving each and every day this season."

The goal, Thompson said, is to take one step at a time. If that happens, good things can follow.

"We don't necessarily place any higher expectations on any meet over another meet, with the exception of the championship season, which we consider to be the Drake Relays, the conference meet, the state qualifier and state," he said. "Our focus is to compete and improve each opportunity." ■

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ACGC GIRLS TRACK AND FIELD

SUBMITTED PHOTO



ACGC GIRLS TRACK AND FIELD: Front row, left to right: Elizabeth Gonzalez, Chelsea Kopaska, Isabelle Rouse, Sophia Brown, Caydence Boals, Allison Drake, Shyann Young, Meranda Gruber, Paige Van Meter, Hannah Muller, Katelyn Schafer, Emerson Van Meter and Elizabeth Drake. Back row: Laurin Davis, Nora Langgaard, Olivia Mahaffey, Savannah Akers, Brooklyn Schafer and Ava Campbell.



ACGC 2024 GIRLS TRACK AND FIELD SCHEDULE

4/2/24	4:30 p.m.	Panorama
4/4/24	4:30 p.m.	Van Meter
4/9/24	4:30 p.m.	Earlham
4/11/24	4:30 p.m.	ACGC
4/16/24	4:30 p.m.	Ballard
4/18/24	4:30 p.m.	West Central Valley
4/23/24	4:30 p.m.	Audubon
4/25/24	4:30 p.m.	ACGC
4/30/24	4 p.m.	West Central Valley
5/2/24	4:30 p.m.	Panorama
5/9/24	4 p.m.	TBA
5/16-18/24		State championships, Drake Stadium

FOCUSING ON GROWTH

ACGC GIRLS TRACK AND FIELD TEAM IS MAKING STRIDES.

BY DARREN TROMBLAY

ACGC Girls Track and Field Head Coach Colin Shawgo will serve one part mentor, one part mix-master this season.

Now in his eighth season, Shawgo finds himself with a lot of new faces and a freshman-heavy squad, which bodes well for the future of ACGC track and field if it maintains.

Last season was a year of improvement for the

Chargers.

"Throughout the season last year, the main focus for our squad was to continuously improve, and I think that we did a pretty good job of that," Shawgo said. "It was because of this improvement that we were able to end up doing pretty well in our meets as a team."

The team sent two events to the year-ending state meet in Des Moines, and from that squad, the

team graduated scorers Saige O'Brien, Sophie Dors-ey, Audrey Franzeen and Kiersten Knobbe.

The Chargers are far from empty-handed, however. The team has a number of returners in 2024, including some of their biggest point getters from a year ago such as Katelyn Schafer, Emerson Van Meter, Isabelle Rouse, Ava Campbell, Hannah Muller, Paige Van Meter, Becca Littler, Emmarae Ellis and Caydence Boals.

"It is a good mix of distance runners, sprinters and throwers, so we are excited for their experience to help us out with such a freshman-heavy team," Shawgo said.

Beyond that, like always, how the season goes will be determined by how many strides forward the team can make in these few short weeks. Shawgo knows it and is looking forward to the challenge.

"Our goal is that this ACGC squad is another team that focuses on growth throughout the season," Shawgo said. "Once again, due to our youth and inexperience, there is a lot of potential, but the girls need to understand that success doesn't just happen overnight. They will need to work consistently and effectively to meet their goals. Creating that growth mindset in the kids will be key to creating a successful team." ■

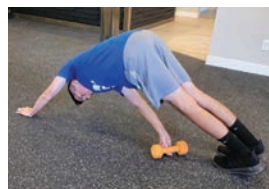
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PANORAMA GIRLS GOLF



PANORAMA 2024 GIRLS GOLF SCHEDULE

4/1/24.....	4 p.m.....	I-35 High School
4/4/24.....	4 p.m.....	River Valley Golf Course
4/8/24.....	4 p.m.....	Jester Park
4/15/24.....	1 p.m.....	Terrace Hills Golf Course
4/16/24.....	4 p.m.....	Lake Panorama National
4/18/24.....	4 p.m.....	Woodward Golf Club
4/22/24.....	2:30 p.m.....	Lake Panorama National
4/23/24.....	4 p.m.....	Lake Panorama National
4/25/24.....	1 p.m.....	Woodward Golf Club
4/29/24.....	9 a.m.....	Pleasantville Golf and Country Club
5/10/24.....		First round regionals
5/15/24.....		Second round regionals
5/23-24/24.....		State tournament, Cedar Point Golf Course, Boone



PANORAMA GIRLS GOLF: Left to right: Hadley Klein, Riley Gibson, Hanna Smith, Meredith Woodworth, Hannah Nichols, Miranda Laabs and Björg Skovgaard.

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NUMBERS UP SLIGHTLY ON PANORAMA GIRLS GOLF TEAM

STILL PLENTY OF LEARNING TO DO FOR PANTHERS

BY DARREN TROMBLAY

There will be a lot of newness going around on this season's Panorama girls golf team.

Head Coach Melissa Hochstetler, now in her eighth season at the helm of the Panther golf team, has seen a slight uptick in the 2024 numbers, which is always good.

But golf isn't an easy game, and for those coming in new, it will likely be a challenge.

Hochstetler doesn't mind.

"Last season, we had five golfers out," she said. "They were really amazing. Three of the girls were new to the sport. They found that golf can be very frustrating and rewarding at the same time. We lost four of them for this season. One graduated, two were foreign exchange students, and the fourth wanted to focus more on track."

This year, that number has risen to seven girls out for the team, the coach said, including some who are going to participate in two sports at once.

"We have a lot of new girls, so we will be learning as we go, but the girls have been quick at learning rules, and they are eager to play," Hochstetler said.

Senior Meredith Woodworth is anticipated to lead the group this season, Hochstetler said.

"She has shown lots of potential, and she has made it her personal mission to help recruit additional golfers," Hochstetler said. "She has a positive attitude and is a great motivator to the other girls."

The girls have had positive attitudes thus far in the 2024 season, and the coach thinks that maintaining that outlook will be a determining factor in how successful the team ends up being.

"Most of them are learning the game of golf," Hochstetler said. "Golf can be just as challenging mentally as it is physically. We are going to have to work on learning the game and the rules. We are going to have to learn to shake off the bad shots and celebrate the good ones."

Despite their inexperience, the coach said the team is looking forward to competing and getting better personally.

"The girls will set individual goals for themselves to achieve," she said. "I believe if they are able to achieve their goals, we will do well as a team against other schools."

Having the assistance and patience of a helpful community has been wonderful as well, the coach said.

"This year has been great as we have had so many people who have wanted to help us from our community," Hochstetler said. "We love how much our community gets behind all of the sports at our school, and we want to represent them well." ■

PANORAMA BOYS GOLF



PANORAMA 2024 BOYS GOLF SCHEDULE

4/1/24.....	4 p.m.....	I-35
4/8/24.....	4 p.m.....	Jester Park
4/11/24.....	9 a.m.....	Jester Park
4/12/24.....	4 p.m.....	Lake Panorama National
4/18/24.....	4 p.m.....	Woodward Golf Club
4/20/24.....	9:30 a.m.....	Lake Panorama National
4/23/24.....	4 p.m.....	Lake Panorama National
4/25/24.....	4 p.m.....	Coon Rapids Golf Course
4/30/24.....	9 a.m.....	Lake Panorama National
5/2/24.....	4 p.m.....	Lake Panorama National
5/4/24.....	8:30 a.m.....	Carroll Country Club
5/7-8/24.....		Sectionals
5/13-14.....		Districts
5/20-21/24.....		State tournament, Otter Creek Golf Course



PANORAMA BOYS GOLF: Left to right: Cody Kastner, Evan Johnson, Trey Boettcher, Zander Hammerstrom, Brayden Galvan, Cole Carstens, Maddox Hammerstrom and Eli Hammerstrom.

LITTLE BY LITTLE PANORAMA BOYS GOLF TEAM IS DRIVING FOR SUCCESS.

BY DARREN TROMBLAY

Panorama Boys Golf Coach Connor Osbahr may not have the largest pool of golfers to pick from within his club, but it doesn't matter. What he does have, he likes.

The Panthers welcome the return of their two top golfers from a year ago, and Osbahr is looking forward to seeing what this collective group of individuals can do on the many area golf courses on this season's schedule. A few individuals graduated from last season's team but were mostly junior varsity golfers. That means one thing for the 2024 squad: experience.

Those two golfers who Osbahr expects to lead the way once again for the Panthers are Parker Cary and Evan Powell. The duo made it to sectional play in Kuemper a year ago but fell short of their goal of qualifying for the state meet by just two strokes.

This season's key returners include Maddox Ham-

merstrom, Evan Powell, Parker Cary, Brayden Galvan and Zander Hammerstrom.

Osbahr said the team's greatest chance at success will be to find its leaders early and for those leaders to set the tone for the younger golfers.

"We have a great group of student athletes who like to take action, but they have to want to help drive others to be successful on the golf course," he said.

In golf, it's the little things. Osbahr knows this and hopes his team is able to improve by shoring up some small portions of its overall game. If they can, big things await.

"This year, we are going to work a lot on our short game and putting," he said. "By eliminating the two- or three-putt scenarios on the green, we can close out many of the meets on top. We finished very close to the top in all of our meets last year, and, if we can eliminate the little mistakes, we can be very successful on the course this year." ■

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PANORAMA BOYS SOCCER



PHOTO BY HEATHER THOMPSON

PANORAMA BOYS SOCCER: Front row: Landon Kirtley, Angel Martinez, Louis Czwalinna, Braden Galvan and Oliver Wetzel. Middle row: Sawyer Simmons, Reed Draper, Cruz Crandall, AJ Draper, Will Knapp, Tanner Downing and Brayden Prescott. Back row: Taytum Bates, Carter Dinkla, Emmett King, Braylon Dawes, Klayton Bremer, Ryan Cogil, Maddox Nunn and Noah Poldberg.

MARCHING UP THE WIN COLUMN

PANORAMA BOYS SOCCER TEAM HOPES TO CONTINUE UPWARD TREND.

BY DARREN TROMBLAY

Last season, the Panorama boys soccer team had a lot of success when they worked as a team, according to Head Coach Matthew Fronapfel.

Fast forward to 2024, and the goal is still the same: unity. If they can achieve it, the victories will follow. One only need look at the past.

"Though only being in our sixth year of the program, each year we have grown as a team," Fronapfel said. "As our record shows, we have gained wins in our record every season."

A season ago, Panorama finished 6-8 overall, bowing out to Ballard in first round of the Class 2A post season.

The Panthers' loss was their primary goalie from a year ago in Jacob Walker, who left big shoes for the team's two goalies this year, the coach said. Beyond that, however, Fronapfel likes what he sees experience-wise.

Returners to this year's squad include seniors Klayton

Bremer, Braylon Dawes, Maddox Nunn and Ryan Cogil, as well as juniors Taytum Bates, Will Knapp, Louis Czwalinna, Noah Poldberg, AJ Draper, Landon Kirtley, Emmett King and Sawyer Simmons. Four sophomores dot the lineup including Oliver Wetzel, Tanner Downing, Carter Dinkla and Brayden Prescott. Freshmen Brayden Prescott, Cruz Crandall and Reed Draper round out the roster.

AJ Draper had four goals and eight points a season ago, while Dawes also added eight points on three goals and two assists.

Finding a goalie who can produce results every game will be important, Fronapfel said. Should that happen, the rest will take care of itself, especially offensively where the Panthers have the most firepower.

"Being able to spread out and use the entire field will be our biggest key to success this year," the coach said. "This season, for the first time, we have a solid goal scoring offense as a whole." ■

PANORAMA 2024 BOYS SOCCER SCHEDULE

3/25/24PPD.....	Panorama
3/29/24L 0-7.....	West Central Valley
4/4/24W 5-4.....	Panorama
4/5/24L 1-5.....	Panorama
4/8/24L 2-12.....	Greene County MS
4/11/247:45 p.m.....	Panorama
4/16/248 p.m.....	Panorama
4/18/246:15 p.m.....	Van Meter School
4/20/2410 a.m.....	Goepfinger Field
4/27/2410 a.m.....	West Central Valley
4/29/247:30 p.m.....	Panorama
4/30/247:30 p.m.....	Panorama
5/4/249 a.m.....	Creston
5/6/247:30 p.m.....	Des Moines Christian
5/7/247:30 p.m.....	Panorama
5/13, 20, 22/24	Regional tournament dates
5/29-6/1/24	State tournament, Cownie Sports Complex, Des Moines

PANORAMA GIRLS SOCCER

SUBMITTED PHOTO



PANORAMA GIRLS SOCCER: Front row: Keirstyn Egger, Karime Onofre, Nerea Perez, Hailey Hellman, Morgan Crees, Kaitlin Kent, Mia Waddle and Zoey Hambleton. Not pictured: Afton Poldberg, Katelyn Schafer, Jolynne Roeder, Bridget White and Kelsey Carlson. Back row, left to right: Taylor Fronapfel, Karli Kautzky, Shay Lemke, Jessica Randol, Gracie Recker, Cayden Iredale, Ava Thompson, Faith Recker, Elah Molloy, Juliana Rizzuti and Jamie Fronapfel.

NEXT GIRL UP

PANORAMA GIRLS SOCCER LOST SOME KEY PLAYERS BUT HOPES TO FILL IN THE GAPS QUICKLY.

BY DARREN TROMBLAY

In this, his seventh season in the Panorama girls soccer head coaching slot, Brandon Waddle is optimistic.

Last season was a banner one for the Panthers, going 13-5 overall, including winning a few competitive matches and losing a few, according to Waddle. The team lost four of the five to eventual state-qualifying teams, including two games by just one goal.

Last season, milestones included scoring 87 goals while giving up just 19 of their own, and a trio of record-breaking seasons from three returners, led by then-freshman Morgan Crees, who set the mark for most goals in a season with 41.

Mia Waddle posted the most assists in a Panther soccer campaign with 19. Lindsey Meyer had the most shutouts in a season with seven, with help from the backline of Kaitlin Kent, Kelsey Carlson, Keira Simmons and Ella Knapp. Waddle, Crees and Meyer earned all-state honors for their efforts.

Graduation took a handful of key players including starters Meyer (goalkeeper), Simmons and Knapp, and midfielder Taylor Carlson.

Waddle isn't looking for excuses, though, and doesn't need them. With a very strong core of players back on the team this season, things could be equally as good in 2024. Maybe — as Waddle hopes — even better.

The cast of returners is led by Crees, now a sophomore, as well as seniors Kent (defense), Hambleton (midfield), Waddle (midfield) and Carlson (defense). Junior Shay Lemke, a forward, also returns.

First and foremost on Waddle's slate of "must-do's" in 2024 is to fill some of the shoes left by last season's graduated seniors.

"We need to fill the voids from last year at goalie and defense," he said. "Impactful graduated seniors are always hard to replace, but we are thankful we have a strong group of newcomers that will definitely play a strong role moving forward."

Second on this list is the continual improvement of the offense. Resting on last season's laurels do no good. Waddle would rather keep the pedal to the metal offensively if at all possible.

"Finishing in the final third and putting the ball in the back of the net," Waddle said of the keys to being able to do so. "Yes we scored 87 goals in 18 games, but there is always room for more."

The season is young, so time will tell what kind of club he has on his hands.

"We always have a great group of ladies year-to-year, and we're excited to see what this group can do this season," Waddle said. ■

PANORAMA 2024 GIRLS SOCCER SCHEDULE

3/23/24	W 7-0	Panorama
3/25/24	W 3-1	Panorama
3/29/24	W 10-3	West Central Valley
4/4/24	6 p.m.	Panorama
4/5/24	5:30 p.m.	Kuemper Catholic
4/8/24	6 p.m.	Panorama
4/11/24	6 p.m.	Panorama
4/16/24	6 p.m.	Panorama
4/18/24	4:30 p.m.	Van Meter
4/20/24	9 a.m.	Denison

4/20/24	10:30 a.m.	Northside Rec. Complex
4/20/24	12 p.m.	Northside Rec. Complex
4/23/24	6 p.m.	Panorama
4/29/24	6 p.m.	Panorama
4/30/24	6 p.m.	Panorama
5/4/24	9 a.m.	Creston
5/6/24	6 p.m.	Des Moines Christian
5/7/24	6 p.m.	Panorama
5/17, 21, 23/24		Regional tournament dates
5/28, 30 and 6/1/24		State tournament, Cowmie Sports Complex, Des Moines



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ACGC BOYS AND GIRLS GOLF

SUBMITTED PHOTO



ACGC BOYS AND GIRLS GOLF: Returning letter winners, front row, from left Ava Sneller and Jacie Baker. Back row: Tegan Slaybaugh, Bo Arrasmith and Casey Young. Not pictured: Lucy Knutter.

ACGC 2024 BOYS GOLF SCHEDULE

4/1/24.....	4 p.m.....	Woodward Golf Club
4/8/24.....	4 p.m.....	Don Williams Golf Course
4/13/24.....	9 a.m.....	Manning Manilla Golf Course
4/18/24.....	4 p.m.....	Woodward Golf Club
4/20/24.....	9:30 a.m.....	Lake Panorama National
4/23/24.....	4 p.m.....	5 x 80 Golf Course
4/25/24.....	4 p.m.....	Coon Rapids Golf Course
4/30/24.....	9 a.m.....	Lake Panorama National
5/4/24.....	9 a.m.....	Coon Rapids Golf Course
5/7-8/24.....	TBD.....	Sectionals
5/13-14.....	TBD.....	Districts
5/20-21/24.....	State tournament, Otter Creek Golf Course

ACGC 2024 GIRLS GOLF SCHEDULE

4/1/24.....	4 p.m.....	Woodward Golf Club
4/8/24.....	4 p.m.....	Don Williams Golf Course
4/18/24.....	4 p.m.....	Woodward Golf Club
4/23/24.....	4 p.m.....	5 x 80 Golf Course
4/25/24.....	1 p.m.....	Woodward Golf Club
4/29/24.....	9 a.m.....	Pleasantville
5/10/24.....	TBD.....	First round regionals
5/15/24.....	TBD.....	Second round regionals
5/23-24/24.....	State tournament, Cedar Point Golf Course, Boon ^e

GETTING BETTER DAY BY DAY

ACGC BOYS AND GIRLS GOLF RETURN TO THE LINKS WITH A GOAL OF IMPROVING EACH TIME OUT.

BY DARREN TROMBLAY

Wins are nice, but tee to green, the one thing ACGC boys and girls Head Golf Coach Lori McGivney is looking for is improvement. Always has in her 29 seasons as a golf coach.

Another constant that doesn't change is graduation. Entering the 2024 season, McGivney and the Chargers were without a handful of upperclassmen who have moved on, many of whom have been a part of some good things that have happened on the courses over the years.

"Last year, I had six seniors that our team will definitely miss," McGivney said. "Jaden Forsyth, who broke two individual school records, and Trevor Derry, Hogan Grubbs, Keitn Kinney, Konnr Kinney and Brock Littler, who all contributed throughout the past three seasons as well as were part of breaking the nine-hole low team score."

But that was then, and the freshly arrived 2024 season is another that has McGivney is excited, despite the losses.

Returning to the Charger golfing fold on the boys side will be letter winners of a year ago,

Bo Arrasmith (senior), Tegan Slaybaugh (senior), and Casey Young (sophomore). Also returning are juniors Jonathan Martinez and Noah Kading as well as sophomores Chase Slaybaugh and Jack Sheeder.

Also competing for McGivney and the Charger boys this season will be senior Lance Bunde, junior Hunter Mohr and sophomore Collin Stringham. Freshmen Ryder Lane, Colt Douglas and Jonny Kading will get opportunities as well.

For the girls team, it's a youth brigade, led by sophomores Jacie Baker, Ava Sneller and Lucy Knutter. Each is a returning letter winner from a season ago for the girls.

McGivney said the team's consistency of scores from course to course, continued work on their short game and confidence at the tee box will be large factors in determining how the season will go. Regardless of the final tallies on their cards, she holds the group in high esteem as people, too.

"This is a great group of guys and gals who enjoy the game of golf and are a pleasure to work with every day," she said. ■



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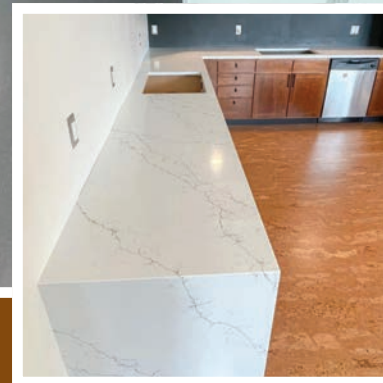
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