Guthrie County TIMES PUBLICATIONS

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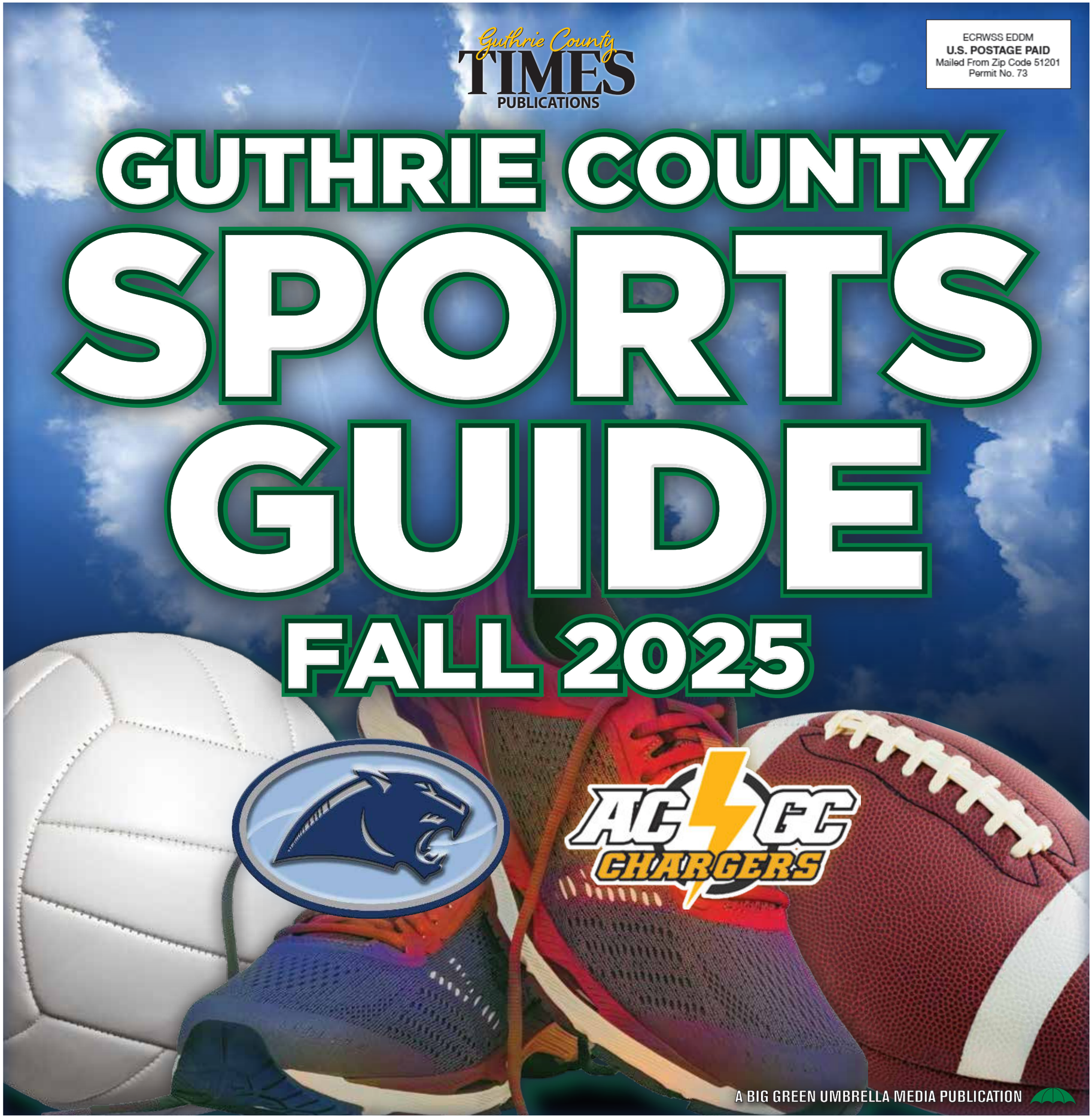
GUTHRIE COUNTY SPORTS GUIDE

FALL 2025



A BIG GREEN UMBRELLA MEDIA PUBLICATION

ACGC FOOTBALL SETS SIGHTS ON STATE WITH SENIOR-HEAVY ROSTER

Chargers are preparing to kick down the door in 2025.

BY CYOTE WILLIAMS

ACGC football dominated the gridiron in 2024, winning its first 10 games in a row and 10 games in a season for the second straight year. Seven of those wins last year were by double digits, and the team scored 40 or more points seven times. The Chargers dominated the first two playoff games before losing their first and final game of the season to the eventual state champion, Tri-Center.

"Obviously, it was a disappointing loss. But, we set another piece in the foundation. We talked about how Rome wasn't built in a day — but they're laying bricks every hour," Head Coach Cody Matthewson said. "We're right where we want to be. We just got to kick in the door this year."

The first and only loss of the team's season, coming with a trip to the UNI Dome on the line, undoubtedly stings, especially for a program that has been knocking on that door for several seasons now under Matthewson.

"We're really excited for what we got here, and really excited for what we got coming in. It's your first loss and your only loss is never a good way to tie it in together. The kids were pretty disappointed about that. We're ready to take it one step further this year," Matthewson said.

Matthewson loses his two best weapons on offense, Jathan South and Mike Fuller. The duo had just fewer than 3,000 yards of combined production on offense. He loses two of his best players on defense as well in South and Ben Franzeen, who were second and third on the team in total tackles. South also led the team in interceptions with three. Matthewson is not blinking, however, as he has a class of 14 seniors ready to lead the black and gold in 2025.

"They are a really good foundational piece for us. Kids that have been in the loop and played a lot of big games and have received the postseason accolades," Matthewson said.

PHOTO BY MALLORY QUICK

Front row: Xander Hardwood, Joe Crawford and Carter Richter. **Second row:** Angel Martinez, Collin Stringham, Brexton Schneider, Brennan Tunink, Charlie Christensen, Oliver Wetzel, Thomas Skram, Kade Sorensen, Chase Slaybaugh and Jack Sheeder. **Third row:** Garrett Lemke, Ryder Cline, Morgun Nolte, Brandon Carlson, Cole Van Meter, Nathan Van Effen, Cash Suhr, Ty Ganzer and Lucas Barnett. **Fourth row:** Carson Lovelace, Bryan Beer, Hudson Gilland, Lane Stringer, Ryan Martens, Kinnick Froelich, Cayden Akers, Gavin Pedersen and Talon Noland. **Fifth row:** Keegan Gettler, Tyler Wahl, Carson Kading, Aaron Langgaard, Emmett Wedemeyer, Joe Fagan, Reece Emgarten, Gavin Steensen and Andrew Baumert. **Sixth row:** Will Skram, Cal Clark, Creighton Suhr, Coy Gruber, Winter Schwochow, Blake Ganzer, Caden Larsen and Aiden Grace. **Coaches:** Nick McCool, William Shull, Cody Matthewson, Brad Baudler and Payton Jacobe.

Even better for Matthewson, those seniors will be contributors.

"It's a good class, and it's not one of those where it's 14 seniors and four or five of them play. There's 14 seniors, and all 14 of them, if not almost all 14 of them, are going to be on the field at some point in time," Matthewson said.

The senior class is Angel Martinez, Joe Crawford, Brexton Schneider, Chase Slaybaugh, Charlie Christensen, Thomas Skram, Colin Stringham, Oliver Wetzel, Xander Harwood, Kade Sorensen, Bryan Beer, Carter Richter, Brennan Tunink and Jack Sheeder.

Joe Crawford is ACGC's top returning weapon on offense. In his junior season, he had 89 carries for 991 yards and nine rushing touchdowns. Crawford was the team's leading receiver with 15 catches for 279 yards and four receiving touchdowns. On defense, he had 31.5 total tackles and two interceptions.

Xander Harwood returns to anchor the defense. Harwood was the district MVP in 2024 and selected second team all-state defense. He had a team-high 70.5 total tackles, 49 solo tackles, one sack and 11.5 tackles for loss. Harwood also recovered one fumble and had one interception. He is expected to take on a bigger

leadership role this season.

"He's just kind of a quiet, silent assassin type. He was underneath Ben Franzeen's wing. Franny got everybody lined up. He was a film critic and did a great job of knowing what to do and getting guys lined up. We've really put the pressure on Xander to be that individual, to be the leader of the defense and make sure we're lined up where we need to be," Matthewson said.

Brexton Schneider will have an increased role this season. Last year, he had 40 carries for 343 yards and five rushing touchdowns. On defense, Schneider had 38 tackles and a team-high 12 tackles for loss.

Carter Richter, Brennan Tunink and Jack Sheeder return to start on the offensive line. Richter was a first-team all-state selection at OL. Richter had 41 tackles, two sacks and 9.5 tackles for loss on defense. Sheeder was a second-team all-state selection at OL and had 13 tackles, 2.5 sacks and 6.5 tackles for loss.

Thomas Skram had limited involvement on offense last season but has been in a battle for the starting quarterback job in the offseason. His impact in 2024 was felt on defense with 17 tackles and two interceptions, but Charger fans could see more of him on the other side of the ball this year.

The junior class is comprised of Morgun Nolte, Ryder Cline, Cole Van Meter, Ty Ganzer, Lucas Barnett, Nathan Van Effen, Cash Suhr, Carson Lovelace, Brandon Carlson, Aiden Grace and Garrett Lemke.

Few contributions were made by sophomores last season on what was also a senior and junior-heavy roster. Matthewson expects Ryder Cline to be more involved in the backfield and possibly start at outside linebacker.

Garrett Lemke, Carson Lovelace and Cash Suhr will be rotated at the offensive guard and center positions.

Sophomores this season are Talon Noland, Caden Larsen, Kinnick Froehlich, Gavin Pederson, Keegan Gettler, Cayden Akers, Lane Stringer, Ryan Martens, Tyler Wahl, Carson Kading, Hudson Gilland and Blake Ganzer.

Matthewson pointed to Kinnick Froehlich as one who is pushing to see the field. He has been battling with Skram for the starting quarterback position. Otherwise, he hopes to see his sophomores make an impact at the junior varsity level.

Freshmen on the roster are Andrew Baumert, Coy Gruber, Reece Emgarten, Gavin Steensen, William Skram, Cal Clark, Joseph Fagan, Aaron Langgaard, Emmett Wedemeyer, Creighton Suhr and Winter Schwochow.

With a team dominated by seniors and a few juniors, Matthewson knows he will need to get his young players ready to replace the outgoing classes.

"We're just going to go all in right now, and focus on developing the underclassmen and getting them ready for next year, while also focusing on winning the task at hand," Matthewson said.

With a senior class packed full of talent, Matthewson's expectations remain unchanged from a season ago.

"The expectations stay the same. We want to be in that final four mix. Then, our goal is not just to get there. Our goals are to get there and do something with it. We've been just shy of the dome three of the last four years; the kids are ready to kick in that door. I think they got a chip on their shoulder," Matthewson said. "Those guys have been through some heartbreak, and, eventually, just like in anything, in any program, no matter whether it be trying to win a few games or trying to win state titles, eventually, some class is going to come along and say, 'We're done with this. We're sick of it. No more. It stops here.' " ■

ACGC 2025 FOOTBALL SCHEDULE

- 8/22 at Des Moines Christian at 6 p.m.
- 8/28 vs. Panorama at 7:30 p.m.
- 9/5 at Southwest Valley at 7 p.m.
- 9/12 vs. Nodaway Valley at 7 p.m.
- 9/19 at Mount Ayr at 7 p.m.
- 9/26 at Madrid at 7 p.m.
- 10/3 vs. Central Decatur at 7 p.m.
- 10/10 at AHSTW at 7 p.m.
- 10/17 vs. Riverside at 7 p.m.

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BIG SENIOR CLASS SPEARHEADS PANORAMA FOOTBALL

Charlie Lake goes into his second year in charge with 12 seniors.

BY CYOTE WILLIAMS

Last year was a transitional season for the Panorama Panthers football program. The team was young with a first-year head coach, Charlie Lake. This season, with another year of experience under Lake and his coaching staff's belt, and a large group of seniors ready to lead, Panorama is ready and revamped heading into 2025.

"Last year was a big learning experience for us all. We lost a really great group the year before, a lot of seniors that did a lot of really good things," Lake said. "So, we had some guys stepping into some roles that maybe they weren't the most experienced, but you've just got to do that at small schools. For our coaches, I was calling defense for the very first time. We had an OC (offensive coordinator) calling plays who had never called plays before."

Lake is feeling optimistic heading into this season based on the team's performances a year ago.

"I thought a lot of people got a lot of good things out of it, and especially coming back this year, we have more experience in those areas that we lacked experience in last year, and it's really encouraging going into this year," Lake said.

The record was not pretty last season at 1-7, sitting second to last in A-7. Panorama will look to improve on that this season with a group of 12 seniors, most of whom saw plenty of playing time in 2024.

The senior class is comprised of Latyn Ashworth, Austin Wagner, Gavin Lindstrom, Dylan Donovan, Bryce Dawes, Blake Schwartz, Brayden Meinecke, Nathaniel Spencer, Cristian Monrroy-Nunez, Aden Rochholz and Brayden Galvan. This is a big group and spread throughout offense and defense.

Gavin Lindstrom returns as the team's starting quarterback. He went 43/73 in the air with 337 passing yards and one touchdown. Lindstrom threw less than half of the Panthers' passing attempts last season. Expect that to change this year. He also had 33 carries for 35 yards.

Latyn Ashworth was excellent at cornerback for Panorama last season. His five interceptions led the district. He also recovered one fumble and had 18.5 total tackles.

Cristian Monrroy-Nunez is also expected to make a bigger impact this year. He had the highest number of tackles for any junior on the squad, with 22.5, and one tackle for loss. Lake points out his impact with the younger players in his position group.

"He does a really great job with our younger guys, especially with our younger linemen — teaching them and being a vocal leader," Lake said.

Brayden Meinecke had the most receptions for

PHOTO BY BETTY COOPER

First row: Ty Ratcliff, Caleb Prescott, Ryder Reynolds, Carter Clipperton, Mason Cates, Jorge Perez, Ty Gatewood, Hunter Hines, Connor Deardorff, Ayden Ruth, Cobrin Deardorff, Mason Meinecke and Hunter Kline. **Second row:** Brayden Prescott, Cruz Crandall, Cole Carstens, Eli Cooper, Trey Ratcliff and Reed Draper. **Back row:** Aden Rochholz, Dylan Donovan, Brayden Meinecke, Nathan Spencer, Austin Wagner, Gavin Lindstrom, Brayden Galvan, Cristian Monrroy-Nunez, Bryce Dawes, Latyn Ashworth and Blake Schwartz.

Panorama last season with 32 to go along with 179 receiving yards and one touchdown. Meinecke also had a solid impact on defense with 19 tackles and five for losses.

Austin Wagner will see the ball in his hands more often this season. As a junior, Wagner had 60 carries for 116 yards.

Blake Schwartz is likely to step into a bigger role this year. He had 11.5 tackles. Lake pointed to his work ethic this offseason.

"Schwartz has been doing a good job of setting a high standard for the younger guys," Lake said.

In general, Lake has been pleased with what he has seen from his leaders this offseason.

"All of our seniors have been doing a great job of either being vocal leaders to our younger guys and to our whole team, or just leading by example and working really hard," Lake said.

Juniors this year are Trey Ratcliff, Brayden Prescott, Reed Draper, Cruz Crandall, Cole Carstens and Eli Cooper.

Reed Draper led the team in receiving yards last season with 300, on 27 catches, one for a touchdown. Draper also contributed on defense with two fumble recoveries, one interception, 15 tackles, and one for loss. He also returned his fair share of kicks, with 10 for 167 yards.

Cruz Crandall also had a sizeable impact as a sophomore in 2024. Crandall went 26/49 throwing the ball, for 271 yards and a team-high three passing touchdowns. Crandall also had 20 carries for 90 yards. On defense, he had 11.5 tackles and two interceptions. Crandall even returned punts, kicked off and punted. Mainly, Lake is excited to have him back at safety.

"He does a really good job of controlling our defense — commanding our defense. He's done it for a year now and started all last year. Now, he's ready to go this year," Lake said.

Cole Carstens also returns with 12.5 tackles on defense and one for a loss.

Sophomores this year are a small group, made up of Corbin Deardorff, Devonne Bell, Hunter Kline, Connor Deardorff and Mason Meinecke. Lake points to Corbin and Kline as underclassmen who could have an impact this season on a senior-heavy roster.

Freshmen listed on the varsity roster are Mason Cates, Ty Ratcliff, Hunter Hines, Jorge Gimeno-Perez, Ryder Reynolds and Caleb Prescott. It is unlikely these athletes dress for varsity this season, but with a good group of seniors in front of them, they will have plenty of leaders to learn from while playing junior varsity and freshman games.

"They're doing a great job of coming to work every single day and being willing to learn, take coaching from the coaches, but also listen to their leaders and their upperclassmen," Lake said. "JV is important for our freshmen and sophomores. That's their time to develop and play with each other. We want to win at the JV level. That way, when these guys are older and have gone through this program, we've set that standard. Our JV season last year was successful, so we're excited for this upcoming varsity season to see what those guys can do."

Lake's goals for this season are to be more disciplined than they were in his first year in charge, citing a few occasions where the team's performance fell off in the second half of games. With a team full of seniors and a coaching staff with more experience under its belt, it's entirely possible that Panorama's record swings back in the right direction for 2025. ■

PANORAMA 2025 FOOTBALL SCHEDULE

- 8/28 at ACGC at 7:30 p.m.
- 9/5 vs. South Hamilton at 7 p.m.
- 9/12 at Earlham at 7 p.m.
- 9/19 vs. West Central Valley at 7 p.m. *Homecoming*
- 9/26 at Interstate 35 at 7 p.m.
- 10/3 vs. West Marshall at 7 p.m.
- 10/10 at Ogden at 7 p.m.
- 10/17 vs. Pleasantville at 7 p.m. *Senior night*

FAMILIAR FACE TAKES CHARGE OF ACGC VOLLEYBALL

PHOTO BY MALLORY QUICK

Front row: Sophi Young, Mya Klemish, Kelsie Steensen, Brynnlee Seeck, Blair Brown, Megan Underwood, Kiera Boals, Jayna Hascall and Carrie Downing. **Middle row:** Coach Caley Vaughan, Trinity Calhoun, Taryn Carroll, Ilana Baumert, Olivia Mahaffey, Kailee Kautzky, Tessa Slaybaugh, Natalie Dinkla, Miranda Gruber, Jerzee Huss, Alii Wiers and Manager Montana Douglas. **Back row:** Becca Littler, Nora Langgaard, Savannah Akers, Stella Largent and Camden Richter.

Caley Vaughan takes over volleyball program after two years as assistant coach.

BY CYOTE WILLIAMS

The ACGC volleyball team will have a new head coach, but a familiar face, in Caley Vaughan. Vaughan takes over for Barb South, who led the Chargers to a great deal of regular-season success, narrowly missing out on the state tournament several times during her tenure. Vaughan was an assistant for the last two seasons, when ACGC went 21-11 and 20-11. She says she is ready to take on the challenge.

"This hasn't been very intimidating. It's been a very easy transition, because I can text Barb whenever, and then Tara (Largent, assistant coach for the past nine seasons) is there every practice and every game with varsity, so she's a lot of help. And I knew all the girls coming into it. I did JVR two years ago, and then last year I was a JV coach, and now this year I'm the head coach. I'm pretty familiar with the program," Vaughan said.

Vaughan loses three seniors including Shay Lemke, last year's leader in assists and aces. Her 637 assists were the third-highest in the conference. She also loses Addison Laughery, who was second on the team in blocks. Those players will be missed, but with only two senior starters needed to replace them, Vaughan starts her head coaching career in a good place.

Seniors on the team this season are Savannah Akers, Becca Littler and Camdyn Richter. Each of them started all 31 games for ACGC last season.

Richter was second on the team in kills with 202. She also made contributions on defense with seven blocks and 160 digs, third-highest on the team. As a server, Richter had 45 aces, fourth-highest on the team, and had a 92.4% serving success rate, just 1% behind the team's leader. Vaughan credits Richter and Stella Largent, the team leader in kills last season, with being able to find open spots on the floor and being hard hitters.

Littler was second on the team in assists last season with 71. With Littler as their setter this season, Vaughan says to expect that number to rise significantly in 2025. Littler shined on defense with a team-high 261 digs. Littler also succeeded as a server with 49 aces, the third-highest on the team.

"She played libero last year, so she has really great knowledge of the game. She's a great athlete with quick decision-making. She's one of the hardest-working girls out on the court," Vaughan said.

Last season, Akers had 30 kills. Vaughan said her talents were best used on defense with a team-high

in both blocks, with 31, and block assists, with 21.

The junior class is the largest and is made up of Stella Largent, Rylee Robson, Miranda Gruber, Olivia Mahaffey, Nora Langgaard and Ilana Baumer.

Largent was not only one of ACGC's best players a season ago, she was also one of the best in all of 2A. Largent's 443 kills led the WCAC, was fifth-highest in 2A, and was ninth-highest in the entire state. Largent was also great on defense with 23 blocks and 17 block assists, both third-highest on the team. Serving the ball, she had 54 aces and a 92.5% serve success rate.

"She's one of our big go-to players. She's great at the net with hitting and blocking, but she's also awesome on defense for digging and passing, too," Vaughan said.

As a sophomore, Langgaard was fifth on the team in kills with 30. On defense, she had 11 blocks and 10 block assists. Vaughan pointed to her and Akers' height as being key to their defense this season.

"They're both very tall, quick. They have powerful attacks, but I'd say they're blocking is really key to some of our success. They have great timing, and they get up above the net," Vaughan said.

Vaughan says Ilana Baumert will be the team's libero this season. Baumert had 134 digs last season and 31 aces while serving at an 86.1% success rate.

Robson and Gruber did not start for ACGC last season but played 62 and 21 sets, respectively. Both were solid servers with Robson having 15 aces and Gruber 11. Both players served at a 93.7% success rate, tied for the highest on the team.

ACGC has one freshman listed on the roster, Tessa Slaybaugh.

With a majority of last year's varsity squad returning, Vaughan and her Chargers are setting the bar high for themselves.

"We were 20-11 last year, so it'd be great to do better than that. We also lost in the first round of regionals last year to Pleasantville, who we had previously beat three times. They were close games, but it was too bad that we lost to them at home for our first regional game," Vaughan said.

The WCAC has some solid competition at the top of the ticket.

"I'd like to go further in the tournament this year. Des Moines Christian and Van Meter were first and second place in our conference. They are really good teams. It would be nice to beat them, but they're very strong teams. As a small school, our girls play sports year-round together, not just volleyball, so it just keeps the culture going and they stay close. We feel like a family. It's always a good goal, just to stay positive and be a close-knit team," Vaughan said. ■

ACGC CHARGERS

ACGC 2025 VOLLEYBALL SCHEDULE

- 8/26 at Van Meter at 7:15 p.m.
- 9/2 vs. Woodward-Granger at 7 p.m.
- 9/4 vs. Exira-EHK at 5 p.m.
- 9/4 vs. Nodaway Valley at 6 p.m.
- 9/4 vs. West Central Valley at 7 p.m.
- 9/9 at Des Moines Christian at 6:30 p.m.
- 9/11 at Panorama at 7 p.m.
- 9/13 Griswold Varsity Tournament at 8 a.m.
- 9/16 Quadrangular at ACGC at 5 p.m.
- 9/18 at West Central Valley at 5 p.m.
- 10/4 at Greene County VB Tourney at 9 a.m.
- 10/7 vs. Ogden at 6:30 p.m.
- 10/11 CAM Tournament at 9 a.m.
- 10/13 WCAC Tournament at Des Moines Christian at 4:29 p.m.
- 10/14 WCAC Tournament at Des Moines Christian at 4:29 p.m.
- 10/18 Varsity Volleyball Tournament at Woodward-Granger at 8:30 a.m.

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PANTHER VOLLEYBALL RELOADS AND AIMS FOR ANOTHER YEAR OF IMPROVEMENT

Mollie Lint leads Panorama ahead of her fourth season as head coach

BY CYOTE WILLIAMS

Panorama had a successful 2024 season, finishing the year just under .500 with an 11-12 record overall, but an above .500 4-2 record in the West Central Activities Conference, finishing fourth overall. The 2024 campaign was Head Coach Mollie Lint's third year in charge of Panorama volleyball. The team has seen consistent improvement in its record under Lint, going 5-21 her first year, 7-23 in her second, and 11-12 last year.

"I saw huge improvements from my very first season going into this past third season. Not only did I see huge improvements skill-wise, but I also saw huge improvements off the court as well. Whether that was their academics or the energy in the gym, wanting to get better, and the hunger they had. I was thrilled with how last season ended. I was obviously really proud of improving our record, but just the small wins that came with last season, even at practices, tournaments. I was overjoyed with how last season went," Lint said.

Naturally, Lint will be looking to improve the Panthers' record for a third season in a row. She will have to replace Cayden Iredale, Hanna Smith and Kelsey Laabs, three of her top four leaders in kills from a year ago. Also on offense, the team's second-highest assists leader, Faith Recker, graduated. On defense, Laabs also led the team in blocks and digs; Madison Mincy also graduated. Two of their top three leaders in aces, Mincy and Recker, also graduated. That's a lot of firepower and defense that Lint will have to replace.

This Panther team is going to be young, with this year's senior class made up of two athletes, Elah Molloy and Evelyn Hummel.

Molloy is the one with varsity experience of the two. She served well in her 16 matches played with nine aces and a 95% success rate on serves, the highest of all returning players.

PHOTO BY BETTY COOPER

Front row: Lillie Arganbright, Elah Molloy, Evelyn Hummel and Miranda Laabs. **Second row:** Avery Ambrose, Addison Wagner, Jacey Glade, Hannah Dishman, Lexi Galvan, Ines Gimeno-Perez, Chiara Frei and Hannah Hellman. **Third row:** Meredith Arganbright, Andrea Knode, Hailey Hellman, Libby Miller, Alyssa Hall, Maddie Davis, Nerea Gimeno-Perez and EmmaLee Slater. **Back row:** Alexis Olson, Danica Isom, Ruth Fett, Ashley Crees, Gracie Recker, Jessica Randol, Berkley Schwartz and Leah Carstens.

Juniors are Gracie Recker, Lillie Arganbright, Nerea Gimeno-Perez, Hailey Hellman, Miranda Laabs, Alexis Olson and Jessica Randol. Lint says she will be expecting big jumps from her returning varsity athletes on a young squad.

"I've got all those girls coming back this next season, and I'm going to be leaning on them to take that leadership role because we are going to have a young team at the varsity level. So far, what I've seen this summer of them stepping up to the plate, I've seen that already. So, it gives me good hope for this next season," Lint said.

Perez saw a good amount of action last season. She was the team's leader in assists, with 153. She added 11 kills. Perez also leads all returning players in digs from last season with 102. She led all players in aces with 27 and successful serves with 225.

Recker will be the returning leader in kills with 80 from last season. She is also the returning leader in blocks with 29, just two off the overall team high from 2024. Recker also had 21 digs.

Randol had success for Panorama on offense with 58 kills. On defense, she had 11 blocks and 48 digs.

The sophomore class is Ashley Crees and Ruth Fett. These two did not play in varsity games last season. No freshmen are listed on the varsity roster.

Lint knows the task in front of her, and her challenge is difficult in trying to replace lots of talent. But with several years of coaching experience, and players she says are embracing the challenge, 2025 is primed to be a solid year for the Panthers.

"We'd love to continue to improve our record. But I would say, with losing a huge chunk of our varsity team last year, that's something that needs to be put on the back burner. I think a goal of ours is going to be continuing to build not only the skills, but also the confidence of playing at that varsity level, because some of these girls did a lot of off-season work — and it's very evident," Lint said.

Lint says that this offseason she and her staff have pushed the team to do more weight training. Several of the players have joined an AAU program in town, and one has even traveled, to ensure they were getting some offseason work in.

"I think just having the opportunity to get your hands on a ball, every opportunity that you can, and not just wait from August to October," Lint said. "Having them join those clubs has been awesome. I know there's been a player that has gone to a Des Moines League, which is awesome, and just kind of embracing those learning opportunities and hearing from people other than just myself and my assistant."

She adds that she believes her team is comfortable playing within the team's system, so she has been focusing on improving and building the team's confidence playing out of the system.

"I feel our girls are pretty OK with our in-system plays, meaning my pass is perfect to my setter, my setter is able to set up, my hitter is perfect, so my hitter can swing. But it's that out-of-system stuff that gets to be messy," Lint said.

Lint says the work her Panthers have put in this summer has her ready to go for her fourth year in charge.

"They have shown a lot of grit, as much as I've seen this summer with the girls that have been showing up. It just makes me very excited for this season to see that hard work that they're putting into the gym pay off in whatever respect that might be, whether it be a win or a personal goal that's met or a team goal that's met," Lint said. ■

PANORAMA 2025 VOLLEYBALL SCHEDULE

- 8/26 at Earlham at 6:30 p.m.
- 8/28 at Coon Rapids-Bayard vs. CRB and Audubon at 5:29 p.m.
- 9/2 vs. Madrid at 7 p.m.
- 9/8 vs. Martensdale-St Marys at 7:30 p.m.
- 9/11 vs. ACGC at 7 p.m. *Senior night*
- 9/16 Quadrangular at ACGC at 5 p.m.
- 9/23 at Des Moines Christian at 6:30 p.m.
- 9/25 at Ogden at 6:30 p.m.
- 9/27 vs. Perry at 9 a.m.
- 9/27 vs. Paton-Churdan at noon
- 9/29 at Interstate 35 at 6:30 p.m.
- 9/30 vs. West Central Valley at 7 p.m.
- 10/4 Madrid Volleyball Invite at 8 a.m.
- 10/9 at Grand View Christian at 5 p.m.
- 10/9 vs. Des Moines East at GVC at 6 p.m.
- 10/9 at Nodaway Valley at GVC at 7 p.m.
- 10/13 WCAC Tournament at Des Moines Christian at 4:29 p.m.
- 10/14 WCAC Tournament at Des Moines Christian at 4:29 p.m.

ACGC GIRLS CROSS COUNTRY AIMS TO BUILD A NEW FOUNDATION

PHOTO BY MALLORY QUICK

Coach Daniel Woods, Cadence Petersen, Brooklyn Schafer, Elizabeth Drake, Chelsea Kopaska, Lillie Lauzon, Kennedy Reinhart and Coach Rick Blake

Chargers graduated plenty of talent but still have a solid core for Rick Blake's second year in charge.

BY CYOTE WILLIAMS

Rick Blake was in charge of the girls cross country team for the first time last season. The girls had some solid performances throughout the year, winning two meets, one of which was the state-qualifying meet. The girls also performed well at the state championships.

"I felt like, as the season went on, by the state meet, we were running our best times. I think of our seven runners; I want to say we had five season-best PRs at state. That's what you want, is running your best times of the year at that meet," Blake said.

Of the seven athletes who were part of the state meet group, five were seniors: Ava Campbell, Jayla Hoover, Adalyn Benson, Paige Van Meter and Emmarae Ellis. That is a lot of talent to replace. The team had seven seniors in total.

"Numbers-wise, we don't have seven incoming freshmen, unfortunately. So, we're not going to replace them from a numbers standpoint. From an experience standpoint, we do have some good girls returning," Blake said.

Blake will have two seniors this season in Elizabeth Drake and Chelsea Kopaska.

Drake placed 72nd at the West Central Activities Conference meet in 2024, and Kopaska was not on the team last season. Blake is looking forward to seeing how his two seniors perform.

"Elizabeth Drake is back. We're glad to have (Kopaska) back. She ran track in the spring and did a nice job and got better. Those two, we are leaning on their experience a little bit, and, hopefully, they can bring some of the younger runners along," Blake said.

Cadence Petersen and Brooklyn Schafer make up the junior class.

Petersen is one of the two returning athletes from the state qualifying team. She finished 17th at the WCAC meet, 10th at the state qualifying meet, and 84th at the state meet. Her 84th-place finish was the second-best performance for ACGC in 2024.

"She's just a tough kid, a good athlete, does a lot of different things. She's one who I think is going to find success again this season and run some good times," Blake said.

Blake says Schafer was battling an illness the last few weeks of the season, which kept her out of the state meet.

"She was running really well last season. She didn't end up running at state last year, although she would have been on that team. So, I'm excited about her coming back this year and seeing how she can continue to improve," Blake said.

Lillie Lauzon is the lone sophomore and the other returning state qualifier. Lauzon placed 52nd at the WCAC meet, 35th at the state qualifying meet and 141st at the state championships.

"She's another good athlete, good runner, and has been doing a lot of running this summer, so I'm excited to see what kind of steps forward she takes in her sophomore season. I think she can really be a big contributor for us this year," Blake said.

Blake has one freshman this season to round out the roster: Kennedy Reinhart. Blake says she ran cross country in eighth grade last season. Blake hopes not to put too much pressure on his young runner.

With a team looking to replace a majority of its production from a season ago, Blake is focused on realizing the potential of his squad ahead of high placements at meets. Still, he recognizes the success the ACGC cross country program has had over the last few years and wants to continue that.

"You have an opportunity to get better and, I don't like the word rebuild so much as we are laying a new foundation to build off of," Blake said. "I tell them that some of those great teams that were state champions, state runners up, top-five team finishes at state over the last five to 10 years, those groups worked really hard to do what they did. They worked their tails off. They put the miles in. And I see some of that in this group — a willingness to do that — and so that I take as a really positive sign. We can build back into a team like we had last year, or that they've had in previous years, and be highly successful." ■

ACGC 2025 GIRLS CROSS COUNTRY SCHEDULE

- 8/28 Southeast Valley meet at 5:40 p.m.
- 9/2 Dallas Center Grimes cross country meet at 4:30 p.m.
- 9/11 Gilbert cross country meet at Iowa State University at 5:25 p.m.
- 9/18 Panorama meet at 5:35 p.m.
- 9/25 ACGC meet at 5 p.m.
- 10/9 2025 Jim Klein Cross Country Invitational at 4:55 p.m.
- 10/16 WCAC conference meet at 5 p.m.
- 10/23 State qualifying meet, location TBA at 4 p.m.

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PANORAMA GIRLS CROSS COUNTRY RETURNS SIX OF SEVEN STATE RUNNERS

PHOTO BY GREG THOMPSON

Front row: Rhaica Spencer, Mary Fett and Laicey Lutz. **Back row:** Almiranda Burnett, Olivia Beaudet, Kylie Rochholz and Alyssa Stanley. **Not pictured:** Corrie Knapp and Nella Rivas.

Greg Thompson leads a team full of runners with state meet experience.

BY CYOTE WILLIAMS

The Panorama girls country team is once again headed up by Greg Thompson. As a team, despite some nagging injuries, the girls finished ninth in the team standings at the state meet.

"The girls continued to put in the effort and slowly improved throughout the season," Thompson said.

Good news for the squad, and Thompson, is that six of his seven state-qualifiers will be returning for the 2025 season. Maddy Lutz was the lone senior from last year's qualifying team. Jolynne Roeder was the other senior who also graduated.

Panorama will have two seniors on this year's squad: Mary Fett and Almiranda Burnett. Burnett and Fett ran as a unit alongside Nella Rivas, with Burnett and Fett finishing 117th and 121st at the state meet.

"Each of them is looking just as strong this year and will look to break 22 minutes this season," Thompson said. "Fett qualified individually her freshman year and was a member of last year's state meet team; Mary has quite a bit of talent and potential and could be an individual qualifier again with a little more confidence in herself," Thompson said.

The junior class is Kylie Rochholz and Laicey Lutz.

Coming off of a stellar sophomore season in cross country and track and field, Rochholz will lead Panorama this season. She placed fifth at the WCAC meet. Rochholz qualified as an individual at the qualifying meet, placing second, and finished the highest of all Panthers last year at state, finishing 14th and earning All-State honors.

"Rochholz is a two-time state individual qualifier and earned first team all-state honors in both years," Thompson said.

Lutz also had a solid season. She placed 13th at the WCAC meet, qualified as an individual at the state qualifier, placing seventh, and placed 34th at the state meet. The duo of juniors will be integral to Panorama's success this season.

"Lutz is also a two-time state individual qualifier; she did suffer a stress fracture this past spring, so that limited her training this summer, but she

is slowly regaining her confidence and strength," Thompson said.

Sophomores this season are Corrie Knapp, Nella Rivas and Miley Nolan. Nolan is new to the team this season and was a manager last season.

Rivas, who ran in the group at the state championship, finished 115th. She also placed 47th at the WCAC conference meet and 27th at the state qualifier.

Knapp rounds out the returning athletes from the state meet, where she placed 137th. She placed 63rd at the WCAC meet and 32nd at the state-qualifier.

"Knapp made great improvements this past spring during track and already ran the Panorama Days 5K within 55 seconds of her time from last year's state cross country meet," Thompson said.

Freshmen this season are Olivia Beaudet, Alyssa Stanley and Rhaica Spencer.

"Olivia Beaudet leads the freshmen and will look to earn a varsity spot; she will slowly improve throughout the season as she gains mental confidence and physical strength," Thompson said. "Alyssa Stanley could potentially slip into a varsity spot but is dealing with some abdominal issues that are limiting her summer training. Rounding out the newcomer/freshman class is Rhaica Spencer. She is in her second year of cross country and showed quite a bit of improvement throughout her eighth-grade season."

With so much returning talent, including one runner with all-state honors, Thompson has set a high bar for his Panthers. All signs point to another successful campaign for Panorama.

"Since we returned six of the seven runners from last year's state meet, we have a goal to return to the state meet and improve upon our ninth-place finish. With our schedule, we may not, at times, look like a state meet team because we will often race against some of the best teams in the state," Thompson said.

Panorama has to go through a gauntlet of teams within the always challenging WCAC.

"Earlham — the defending state champion in 1A, Madrid — the 1A state runner-up, Van Meter — the 2A third-place team, Des Moines Christian — a state qualifier in 3A, ACGC — a state qualifier in 1A, and a few other strong teams in southwest Iowa. The West Central Conference is very strong, so we just hope to run our best times on the course at the conference meet and don't necessarily focus on team places," Thompson said.

Thompson says he and his coaching staff design their practice plans to offer a variety of training, focused on getting the team to run their best races in mid to late October. They focus on proper nutrition, hydration and sleep.

"We also incorporate weight room training two to three times a week. As coaches, we try to teach our athletes the purpose of a drill or workout so that they have some background knowledge of why we have them do what we do," Thompson said. ■

PANORAMA 2025 GIRLS CROSS COUNTRY SCHEDULE

- 8/28 Southwest Valley meet at 5:40 p.m.
- 9/4 Madrid HS Girls Cross Country Meet at 5:20 p.m.
- 9/11 Greene County Invitational at 4:30 p.m.
- 9/18 Panorama meet at 5:35 p.m.
- 9/25 ACGC meet at 5 p.m.
- 9/29 Ogden Invitational at 5:40 p.m.
- 10/9 2025 Jim Klein Cross Country Invitational at 4:55 p.m.
- 10/16 West Central Activities Conference meet at 5 p.m.
- 10/23 State-qualifying meet, location TBA at 4 p.m.

ACGC BOYS CROSS COUNTRY FACES BIG CHANGES

PHOTO BY MALLORY QUICK

Front row: Adam Brown, Dayton Crawley, Ryne Noland and Tai Riordan. **Back row:** Coach Daniel Woods, Bryce Benda, Preston Kent, Jonny Kading, Jameson Pfrang, Cameron Mozingo and Coach Rick Blake

Rick Blake is addressing major roster turnover after successful first season in charge.

BY CYOTE WILLIAMS

Last year was Rick Blake's first season in charge of the ACGC boys cross country team, and with it came plenty of success. The boys won two meets outright, one of which was the 1A state qualifier, on their home track. It won't be as easy this season, but Blake is excited, nonetheless.

"It was a successful season for the boys. But, we lose a lot from that team. So we're definitely in kind of a different situation going into this season," Blake said. "Last year coming in was my first year, but expectations were really quite high. I think that the boys did a good job of handling that pressure last year, but this year is just kind of a different dynamic — a different feel going into the season with having lost a lot of the runners from that team."

Blake loses seniors Gavin Sloss, who placed the highest of his state qualifiers last season, and Noah Kading. He also loses state qualifier Tate Fever, who has moved. Also, from last season's state qualifying team, Brody Beeler and Jonny Kading will not be on the team.

"Between a couple of injuries and people moving away and seniors graduating, we are left with not a lot of returning experience. That being said, it presents an opportunity for some of these younger guys to step up and seize their moment and contribute to

the program. So, I'm excited for that and for them," Blake said.

Between injuries, graduations and moves, Blake goes into the season with no seniors. He will have Jonny Kading (injured), Preston Kent, Cameron Mozingo and Jameson Pfrang as juniors. Kent and Pfrang are the only returners from last season's state-qualifying group who will be running this season.

Blake will lean on Kent, who placed 13th at the West Central Activities Conference Meet, fifth at the state qualifier and 51st at the state meet. His placement at state was the second best for the Chargers.

"(Kent) is going to be one of our big contributors. He had a great sophomore season last year and has taken a lot of big steps forward. He has run really well so far this summer. So we're expecting some big things out of him on an individual basis this year," Blake said.

Pfrang returns after placing 56th at the WCAC meet. He placed 48th at the state-qualifier and 152nd at the state championships.

Fellow junior Cameron Mozingo placed 86th at the WCAC meet. Blake is excited to see both him and Pfrang make noticeable improvements this season.

"We're hoping that they continue to take strides forward. They improved a lot from the start of last season to the end of last season and then into the spring as well, being on the track team, so we're hoping they step up," Blake said.

Sophomores this year are Stetson Ellis, Ryne Noland and Tai Riordan. Blake had positive comments about each.

"Stetson Ellis, I think he's going to sneak onto people's radars by the end of the season. He'll be one of our runners that has come on since last year. Tai Riordan and Ryne Nolan, I think that they are two hard workers, and they show up and they're reliable," Blake said.

Three freshmen round out the roster: Bryce Benda, Adam Brown and Dayton Crawley.

With a young roster missing a lot of its squad from the state-qualifying group, Blake is focused on improving his team this year and heading into the future.

"The biggest thing is that we are going to try to get better every day and get better every meet. We want to run faster times at the meets this year than we ran last year," Blake said. "Those are going to be the big personal goals as runners. Team goals will be a little bit different. Last year, we wanted to win as much as we could. Ultimately, class 1A this year will be a little bit different, in those terms, because there is so much turnover. We are a young, inexperienced group. I think we're going to focus inward a little bit, especially as the season gets going. Of course, we always want to do our best and be as competitive as we can, possibly be in the conference, but, at least initially in the first phase of the season, we're going to be focused a lot on ourselves and what we can do to get better," Blake said. ■

ACGC 2025 BOYS CROSS COUNTRY SCHEDULE

- 8/28 Southeast Valley meet at 5 p.m.
- 9/2 Dallas Center Grimes cross country meet at 4:30 p.m.
- 9/11 Gilbert cross country meet at Iowa State University at 5 p.m.
- 9/18 Panorama meet at 5:10 p.m.
- 9/25 ACGC meet at 5:30 p.m.
- 10/9 2025 Jim Klein Cross Country Invitational at 5:30 p.m.
- 10/16 WCAC Conference CC Meet at ACGC at 5:30 p.m.
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PANTHER BOYS CROSS COUNTRY NEARLY DOUBLES IN SIZE FOR 2025

PHOTO BY GREG THOMPSON

Zach Hayden, Cruz Stanley, Braden Bahrenfuss, Graysen Shaffer, Bladyn Wearmouth and Adrian Leone. **Not pictured:** Bennett Allen.

Head Coach Greg Thompson says this is the largest squad in years.

BY CYOTE WILLIAMS

The Panorama boys cross country team is led by Greg Thompson. Thompson's squad only had four runners in 2024. Luckily for him, one of those boys was All-State talent Noah Poldberg. Poldberg was a state qualifier and earned second-team All-State while finishing toward the top of the leaderboard consistently throughout the season. Unfortunately for Thompson, Poldberg has graduated.

This year will look different for the Panthers with seven athletes on the team. Zach Hayden is the lone senior.

Hayden placed 81st at the West Central Activities Conference meet and 42nd at the state qualifier. Thompson has seen a consistent improvement from his senior athlete.

"He improved by over a minute between his sophomore and junior seasons with a best time around 20:30," Thompson said.

The team does not have any juniors but does have five sophomores: Bennett Allen, Braden Bahrenfuss, Adrian Leone, Cruz Stanley and Bladyn Wearmouth. Allen and Wearmouth are the two other returning athletes with the others being new recruits.

"Bladyn Wearmouth was our second-best boy last year with a best time that was just under

20 minutes. Bennett Allen showed tremendous growth between his eighth-grade season and freshman season, improving by about 1:30 from his eighth-grade time and converting his two-mile time to a 5K," Thompson said.

Wearmouth finished 79th at the WCAC meet and 36th at the state qualifier. Allen finished 97th at the WCAC meet and 57th at the state qualifier. Despite Wearmouth only being a sophomore, Thompson pointed to his leadership qualities.

"He has already stepped up to lead the team through the summer by guiding them through the warm-up stretches. He now has one year of experience, so he will continue to help guide the rest of the team, as four of them are new to the sport," Thompson said.

Thompson is confident that once his returning athletes get back into the swing of the season, their running skills will show.

"Each of them looks to be stronger and faster than last season once they have some time to get back into racing shape," Thompson said.

The Panthers have one freshman, Graysen Shaffer.

"He always brings a positive attitude to practice and is slowly building his confidence about racing. Braden Bahrenfuss, Cruz Stanley and Adrian Leone are running cross country for the first time, but they are showing some potential in the team runs this summer; I see some good potential in each of them," Thompson said.

With a majority of his squad either new to the sport or running for the first time in several seasons, Thompson says he and his coaching staff are focusing on race strategies and training.

"We will spend most of our time teaching them and explaining why we do what we do. We will need to teach them about proper running form, nutrition, hydration and sleep. Most of them have put in some time in the weight room, so it will be our job as coaches to teach them how to use that strength while running a 5K," Thompson said.

Thompson's expectations this season are not on the results but on improving his team of newcomers. He admits that most of the athletes are preparing for other sports, but with his coaching prowess and a larger squad than he has had in years, Thompson is looking forward to 2025.

"Our expectations this season are to show improvement each and every week. This is also the first time since 2019 that we should be able to put a team score together each week. That should add some motivation and opportunities for some team goals each week," Thompson said. ■

PANORAMA 2025 BOYS CROSS COUNTRY SCHEDULE

- 8/28 Southeast Valley meet at 5 p.m.
- 9/4 Madrid HS Boys Cross Country Meet at 5:45 p.m.
- 9/11 Greene County Invitational at 4:30 p.m.
- 9/18 Panorama meet at 5:10 p.m.
- 9/25 ACGC meet at 5:30 p.m.
- 9/29 Ogden Invitational at 5:10 p.m.
- 10/9 2025 Jim Klein Cross Country Invitational at 5:30 p.m.
- 10/16 WCAC Conference Meet at ACGC 5:30 p.m.
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