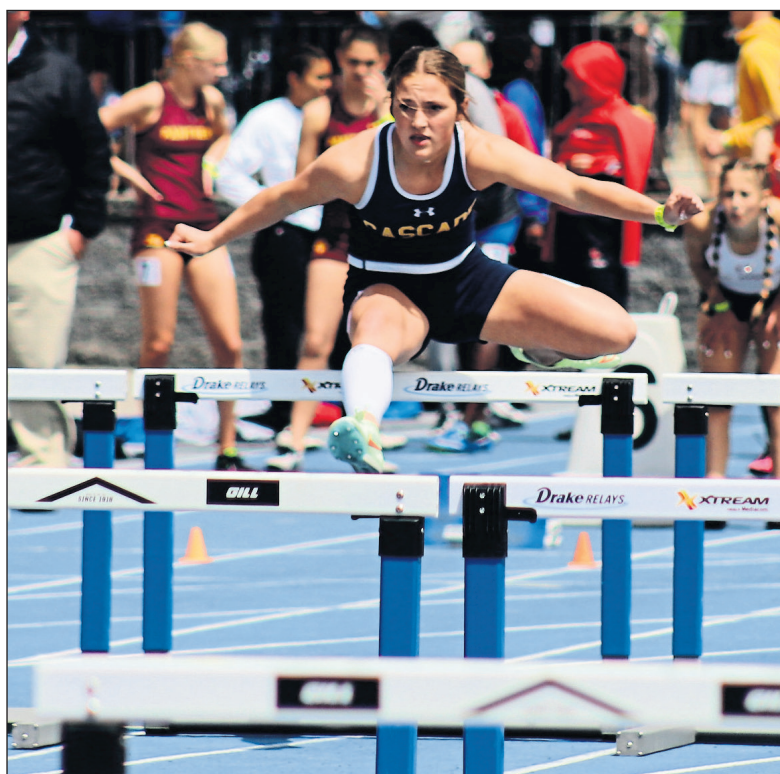


All six Cougar qualifiers earn state medals

‘Small but sweet’



Devin Green anchors Cascade's state championship shuttle hurdle relay.

BY BETH LUTGEN
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The pack of Cougar girls competing in the Class 2A Co-Ed State Meet was small but mighty, May 19-21. Six members of Cascade's girls' track and field team competed on the blue oval at Drake Stadium in Des Moines and all six brought home some hardware.

"I couldn't be more proud of how all the girls performed," coach Tim Frake said. "Our motto has been 'Small but Sweet.' We don't have many girls, but the ones we have are awesome."

Highlighting the weekend was the Cougars' state championship in the shuttle hurdle relay. Cascade entered the meet with the top-seeded time of 1:07.80. Elizabeth Gibbs, Kate Green, Brianna Koppes and Devin Simon were a tick better than their seed when they won the preliminary event on Thursday with a

time of 1:07.79. Then in the finals on Saturday, the quartet earned the state title with a time of 1:07.37.

"Our coach just told us not to worry about anyone else and not to let the pressure of being the No. 1 seed get in your head. Just run your race," junior anchor Simon said.

"It's unreal," Simon said of winning the race. "There is definitely a lot of pressure of being the No. 1 time. You start to worry about other teams and what they are going to do, but at the end of the day we just had to worry about running our own race and trust ourselves."

"The shuttle hurdle relay team has been the best in 2A, so they did what they have done all year. They stayed focused and ran our best time of the year when it mattered most," Frake said.

Last year, Gibbs and Simon were on the Cascade squad that earned a runner-up finish in the shuttle hurdle. To rebuild the team, they added Green, a freshman, and Koppes, a junior, to the squad.



Beth Lutgen • Staff Photos

Shuttle hurdle relay state champions: from left, Brianna Koppes, Elizabeth Gibbs, Kate Green and Devin Simon.

"We trusted them and they trusted us so that is all that matters — trust," Gibbs, a senior said. "Our coach always says, you have to run your 10 before you can worry about the others. After we do our 10, we can worry about the 40 together."

For Gibbs, the shuttle hurdle final was the culmination of her hurdle career.

"It's my last time ever running

this race and I am really proud. It's bittersweet that it's my last race, but I am glad that it ended the way it did."

On Friday, Simon and Gibbs competed in the 400-meter hurdle finals and they both earned state medals. Simon finished second with a time of 1:03.69 and Gibbs was fifth in 1:05.50. Ellie Rickertsen, of Northeast, won the state title in

1:03.44.

Both Simon and Green competed in the 100-hurdle prelims on Friday, with Simon taking third (15.42) and Green 18th (16.59). In the finals on Saturday, Simon earned a fourth-place finish in 15.55. Rickertsen won the race in 14.44; Clara Teigland, of Treynor, was second (15.21) and

COUGAR ~turn to page 12A

Calendar

CASCADE

Baseball

- Thursday, May 28 vs. Mid-Prairie, 7 p.m.
- Tuesday, May 31 vs. Monticello, 7 p.m.
- Wednesday, June 1 at Camanche, 7 p.m.

Softball

- Wednesday, May 25 at North Cedar, 7 p.m.
- Thursday, May 28 vs. Mid-Prairie, 7 p.m.
- Friday, May 29 at North Linn, 5 p.m.
- Tuesday, May 31 vs. Monticello, 7 p.m.
- Wednesday, June 1 at Camanche, 7 p.m.

Miller leads Cougar boys at state meet

BY BETH LUTGEN
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Cole Miller led the Cascade boys' track and field team through the Class 2A Co-Ed State Meet, May 19-21, at Drake Stadium in Des Moines. The senior earned an individual medal and was part of the Cougars' three state place-winning relays.

"The guys performed extremely well this post-season. Earning medals in the 4x200, 4x400 and sprint medley was a testament to the hard work they all put in," coach Chris Curry said. "It is always a great accomplishment in qualifying for the state meet, but being good enough to bring home some hardware is always a dream and goal for track and field athletes."

Miller earned his first state medal Thurs-

day when he raced to a third-place finish in the 400-meter dash in 49.21. The event was won by Qai Hussey, of Spirit Lake, in 47.83. Levi Schelhaas, of Pella Christian, was second in 48.94.

"At the start of the year, it was one of Cole's goals to break the school record in the 400. It was very exciting witnessing him do this on Thursday when he ran 49.21 to finish third and actually ran the fifth-fastest time regardless of class at the meet," Curry explained.

On Friday, Luka Rickels, Jack Menster, Isaac Nava and Miller teamed up to earn a fifth-place medal in the 4x200 relay in 1:31.86. Williamsburg won the title in 1:30.29; West Sioux Hawarden was



Don Zieser • Staff Photo

Cole Miller runs to a third-place finish in the 400-meter relay.

MILLER ~turn to page 12A

Cascade boys fare well in Des Moines



Don Zieser • Staff Photo
Cascade's Luka Rickels hands off to Will Hosch during the sprint medley relay.



Beth Lutgen • Staff Photo
Luka Rickels completes the first handoff by giving the baton to Jack Menster in the 4x200.



Beth Lutgen • Staff Photo
Isaac Nava carefully hands the baton to Cole Miller during the 4x200-meter relay.



Beth Lutgen • Staff Photo
Jack Menster hands off to Cole Miller during the sprint medley.



Beth Lutgen • Staff Photo
Adam Knepper runs the third leg of Cascade's 4x800.



Beth Lutgen • Staff Photo
Davis Trumm races around the blue oval during the 4x400-meter relay.



Beth Lutgen • Staff Photo
Lane Cook competes during the 4x800-meter relay.



Don Zieser • Staff Photo
Ben Fransen throws the discus at state.



Elizabeth Gibbs leads off Cascade's shuttle hurdle relay.



Brianna Koppes runs the third leg of Cascade's shuttle hurdle relay.

All six Cougars medal at state

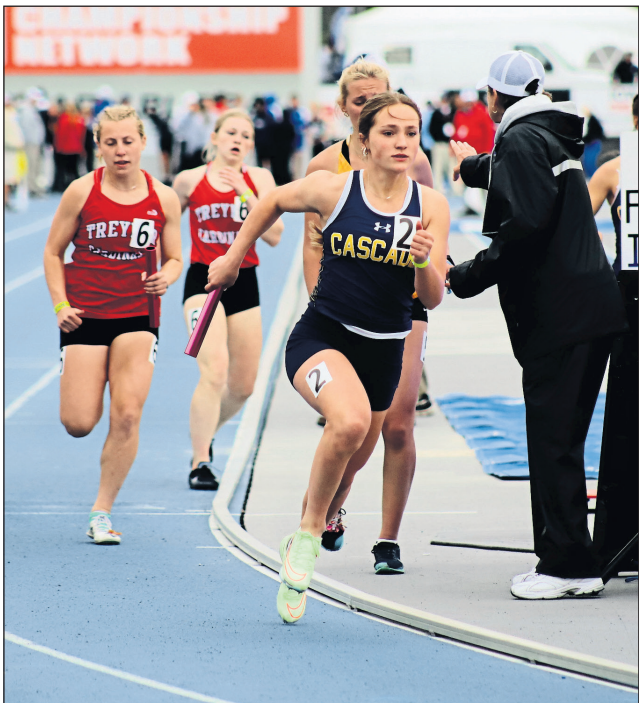


Kate Green runs the 100-meter hurdle prelim.

Beth Lutgen • Staff Photos



Devin Simon sprints to a second-place finish in the 400-meter hurdles.



Devin Simon anchors Cascade's 4x400-meter relay team.



Grace Rhomberg races around the track during the 4x400-meter relay.



Molly Roling sprints to the finish line during the 400-meter dash final.

Cougar baseball sweeps Midland

BY DON ZIESER
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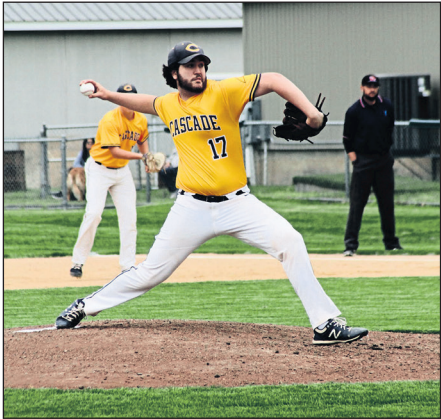
Cascade opened the 2022 baseball season in fine fashion sweeping a doubleheader with Midland, at American Legion Park, May 17.

Midland stayed right with the Cougars in the opener. The Eagles scored a pair of first-inning runs to take an early lead, but Cascade answered with three of its own in the bottom half of the frame to lead 3-2 after one.

It was still 3-2 in the fifth when the Cougars picked up a single run, and followed with an eight-run sixth to put an end to things in a 12-2 win.

Senior Jack Carr got the win on the mound, scattering four hits and striking out nine while throwing 84 pitches. The Cougars stroked eight hits, with Ty Frasher going 3-for-4 with three RBIs, Cass Hoffman 2-for-4 with four RBIs, Cade Rausch 1-for-2 with one RBI and Cooper Hummel 1-for-2.

"I was pleased with our effort in game one. Midland gave us some opportunities



Jack Carr delivers a pitch in the Cougars' opener against Midland.

by giving us some free baserunners. We took advantage," said coach Roamn Hummel. "Ty came through with a couple of big hits as did Cass. Jack did his job on the mound. After a rocky start, he settled in and was really good."

Rausch and Hummel teamed up for a

four-inning no-hitter in game two as the Cougars scored early and often in a 15-0 win. Rausch pitched the first inning and fanned two, while Hummel went the rest of the way striking out seven.

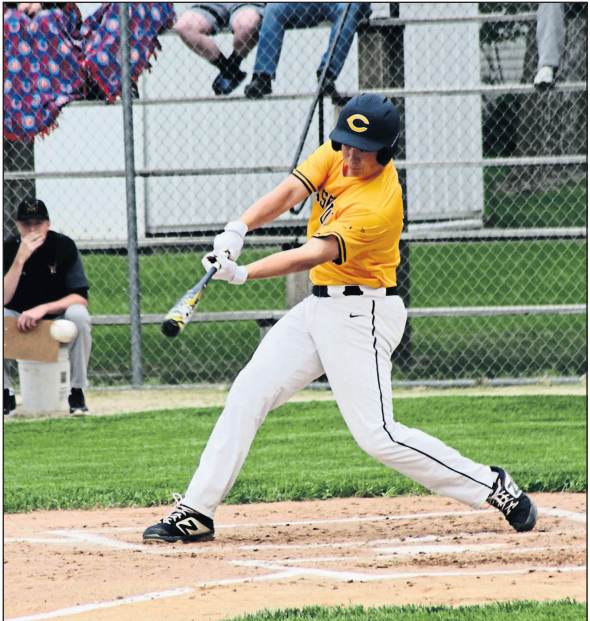
"Cooper did a good job on the mound," said Hummel. "He attacked hitters well."

Cascade scored six first-inning runs and followed up with four in the second, three in the third and closed the deal with two more in the fourth.

"We again took advantage of a lot of free runners in this game," said Hummel. "Ty again came through with some big hits."

Offensively, Cascade pounded 10 hits. Hummel was 2-for-2 with three RBIs, Frasher 2-for-4 with two RBIs, Hoffman 2-for-2 with one RBI, Tanner Simon 1-for-2, Rausch 1-for-3 and Nathan Schockemoehl 1-for-1.

"Overall, it was a good start to the season," Hummel said. "We were without a couple of guys due to state track, but it gave some other guys an opportunity to get some innings and at-bats, which is good."



Mike Putz • Staff Photos
Cooper Hummel lines a single to right field.



Cascade's Luke Ludwig controls the ball against West Liberty.

Don Zieser • Staff Photo

Prince of Peace ends Cascade's season

BY DON ZIESER
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Clinton Prince of Peace overcame a 3-2 halftime deficit, scoring five second-half goals to defeat Cascade, 7-3, in a Class 1A Substate 4 quarterfinal contest, at Northeast in Goose Lake, May 19. The Irish improved to 9-5 and move on to face West Branch in semifinal play, while a solid Cascade team finished the season 6-8.

"I was proud of the guys' performance, and I don't think the score line does our team justice," said Cascade coach Tim Nieman. "We were able

to jump out to a 3-1 lead in the first half from a solid team performance. Juan Alverado's play stands out with one goal from a penalty, one goal from open play, and one assist."

Prince of Peace came out of the halftime break on fire.

"We were unable to sustain our lead in the second half," said Nieman. "It's easy to blame some bad calls and unfortunate slips, but the truth is Prince of Peace played well in the second half."

Cascade fell to the Irish for the second time in a week, but the Cougars didn't go down without a fight.

"We lost to a quality oppo-

nent, but I left the field proud of what my guys did," Nieman said. "I can't be angry with what they did."

This was a Cascade team that played with heart and determination throughout the 2022 schedule.

"Looking back on the season, I am amazed at how the team changed the way they played, both playing together, moving the ball around and across the field," said Nieman. "So many kids have improved and changed as players and people, gaining not just soccer skills, but leadership, responsibility and courage. I am glad I got to be a part of it."

COUGAR: Coach stresses athletes to do their best and be proud

CONTINUED FROM PAGE 9A

Anna Coffee, of Hinton, third (15.46).

Hurdle events are the strength of the Cougars.

"Our hurdlers have been the strength of our team, earning 27 points, and it all starts with Gibbs and Simon. Elizabeth finally got her state medal in her last 400-hurdle race. Devin ran one of the best races I have ever seen; putting pressure on a tremendous champion, breaking a school record and lowering her best time ever by almost three seconds. Devin is such a competitor and just ran incredibly all weekend," Frake said.

"I think Cascade just got the grit," Gibbs said of Cascade's hurdle prowess. "We have awesome coaches — Mr. (Tim) Frake, Mr. (Chris) Curry, Mr. (Nate) Meyer, Mrs. (Amber) Meyer and Miss (Heather) Scott is filling in for Mrs. (Amber) DeSousa who just had a baby — we really appreciate all of them."

Molly Roling, Gibbs, Grace Rhomberg and Simon teamed up to place fifth in the 4x400 relay prelims in 4:07.90. They bettered their time in the finals to earn the third-place medal in 4:05.61.

"We tell our athletes all



Beth Lutgen • Staff Photo
Brianna Koppes, Elizabeth Gibbs, Kate Green and Devin Simon celebrate their state championship in the shuttle hurdle relay.

you can do is do your best and if someone beats you to still be happy and proud of what you accomplished," Frake said. "To be honest, I never thought our 4x400 could run that time so that just goes to

show how much I know. "It is amazing what happens when people care about each other and believe in each other." Roling placed 22nd in the 400 (1:04.10).

MILLER: Several other Cougar entries fare well at the state meet

CONTINUED FROM PAGE 9A

second (1:31.30), Denver third (1:31.62) and Spirit Lake fourth (1:31.83).

Cascade advanced to the 4x400 finals after finishing eighth in the preliminaries with a time of 3:28.68. The team of Nava, Rickels, Davis Trumm and Miller placed sixth in the finals with a time of 3:29.16. Mediapolis won the race in 3:25.46; Denver was second (3:25.87), Underwood third (3:27.02), Roland-Story fourth (3:27.03) and Durant fifth (3:27.17).

On Saturday morning, Rickels, Hosch, Menster and Cole Miller raced to fifth place

in the sprint medley in 1:36.24. Spirit Lake won the event in 1:33.22; Pella Christian was second (1:33.98), Mediapolis third (1:35.06) and Denver fourth (1:36.11).

Ben Fransen was 16th in the discus (133-3) and 17th in the shot put (45-10.25).

In the 4x800, Trumm, Nava, Adam Knepper and Lane Cook placed 20th (8:38.58).

Jack Menster placed 21st in the 100 prelims (11.76).

The 4x100 crew of Rickels, Menster, Hosch and Nava finished 22nd (45.14).