

Kennedy's 1-2 punch pounds Waterloo West

Cougar backs each post 100-plus games in rout of Wahawks

By Jeff Johnson

The Gazette
CEDAR RAPIDS — Safety didn't exactly come first last night for Cedar Rapids Kennedy. It just

HIGH SCHOOL FOOTBALL

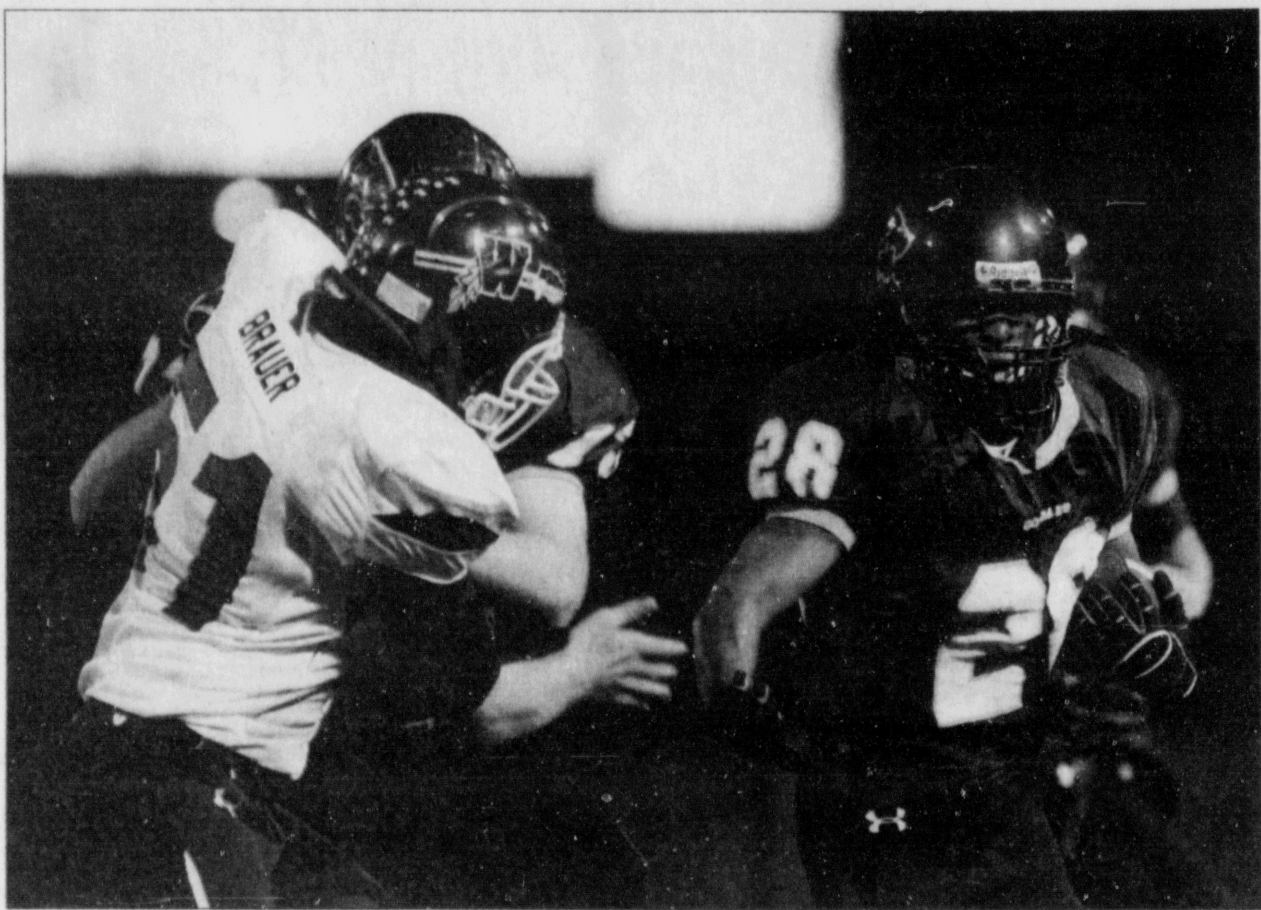
got buried in the middle of all the touchdowns.

Rossi Adams and Trevor Heitland ran for 100 yards each as Kennedy brutalized Waterloo West, 57-7, last night at Kingston Stadium. The Cougars (4-4) have won four of their last five to all but guarantee themselves to be part of the postseason field of 32 in Class 4A.

Now it's about improving their seeding going into the regular-season finale next week at Dubuque Wahlert.

"We're not satisfied," said Kennedy center Ross Ellsworth. "We want to continue to get better. We have a goal every week that you always want to get better. We don't want to have any drop-off, especially going into the playoffs. You want to keep that momentum going in, and you want to keep rolling."

Kennedy picked up



Becky Malewitz/The Gazette

Rossi Adams of Cedar Rapids Kennedy follows a teammate's block around Waterloo West's Ian Brauer in a Mississippi Valley Conference game last night at Kingston Stadium in Cedar Rapids. Kennedy routed West, 57-7, to improve to 4-4.

three safeties last week in a romp over Iowa City West and had another one last night when a bad center snap on a punt by West (2-6) led to the football going out of the end

zone. But this was about a punishing ground attack that produced 392 yards.

Senior Adams had three touchdowns and a 116-yard night, junior Heitland two TDs and

123 yards. Neither one seemed to meet any defensive resistance until they were at least three or four yards downfield, a testament to the guys up front: Ellsworth, guards

Jacob Dunne and David Kaiser and tackles Nathan Castek and Andrew Paulsen.

"That's a great 1-2 punch," Kennedy Coach Tim Lewis said of his

backs. "We're just rotating them by series right now. We started R.J. tonight because it was senior night. Last week, Trevor got the start. It kind of goes by the week of practice that they have. They're both always there; it's never an issue of who's there and who's not there. It makes for great competition in practice."

West actually scored on the initial possession of the game, but it was 13-7 Kennedy by quarter's end and 36-7 at halftime. The continuous clock began rolling after Heitland's 5-yard TD run to begin the third quarter.

Kennedy also got TD runs from Anthony Crawley and Chase Ferguson and a special-teams touchdown when Jacob Losch fell on a fumble in the end zone after a botched Wahawk kickoff return.

"I'm excited about the ways these kids have bounced back," Lewis said.

Kennedy's Christian French missed his second consecutive game with a right elbow injury. He said has eliminated Texas A&M from his college list and is down to Iowa, Oregon, Notre Dame, Missouri and Nebraska.

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Sportsday

Events of area interest

High school football

■ See page 5B

College volleyball

■ Iowa at Ohio State, 6 p.m.; UNI at Indiana State, 7 p.m.; Buena Vista at Cornell, 7 p.m.; UW-Platteville at Coe, 7:30 p.m.

Women's soccer

■ Texas A&M at Iowa State, 6:30 p.m.

College swimming

■ Wisconsin at Iowa, 5 p.m.

On television

(Live, first-run same-day tape)

MLB playoffs

■ Yankees at Rangers, 7 p.m.,

TBS

College football

■ Cincinnati at Louisville, 7 p.m.,

ESPN

Golf

■ Golf Channel: European PGA; Portugal Masters, 9 a.m.; Nationwide Micoosukee Championship, 12:30 p.m.; PGA Frys.com Open, 3 p.m.; LPGA CVS/pharmacy LPGA Challenge, 6:30 p.m.

Auto racing

■ ESPN2: Nationwide Dollar General 300 qualifying, 2 p.m.; Sprint Cup Bank of America 500 practice, 4 p.m.; Nationwide Dollar General 300, 7 p.m.

NHL

■ Blackhawks at Blue Jackets, 6 p.m.,

Comcast

NBA preseason

■ Mavericks at Bulls, 8:30 p.m.,

Comcast

Soccer

■ Deportivo Chivas USA at Seattle Sounders FC, 10 p.m., ESPN2
■ Nagy Aguilera vs. Antonio Tarver and Hector Munoz vs. Shawn Porter, 10 p.m., Showtime

On radio

High school football

■ Union at Marion, 7:15 p.m., KGYM-AM (1600); Sigourney-Keota at Mid-Prairie, 7:20 p.m., WMT-AM (600); Iowa City High vs. Linn-Mar, 7 p.m., KXIC-AM (800); Valley at Postville, 7 p.m., KCTN-FM (100.1); scores, 10 p.m., WMT, KGYM

Local talk shows

■ Tailgate Tour at Marion, 2 p.m., KGYM; On Press Row, 5 p.m., KXEL-AM (1540)

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Women's soccer

Thursday

IOWA COLLEGES

Creighton 1, Drake 0

AT MT. VERNON

Loras 2, Cornell 0

Goals — Kate Young, All Schniedt. Assist — Jessica Kern.

Junior hockey

USHL

TONIGHT'S GAMES

(Iowa times)

Green Bay at Indiana, 6:05 p.m.
Muskegon at Sioux City, 7 p.m.
Waterloo at Lincoln, 7:05 p.m.
Team USA at Sioux Falls, 7:05 p.m.
Dubuque at Des Moines, 7:05 p.m.
Tri-City at Omaha, 7:05 p.m.
Chicago at Fargo, 7:35 p.m.

Prep volleyball

Thursday

METRO/IOWA CITY

C.R. Prairie def. North Scott, 25-10, 25-13, 25-17

AREA

North Cedar def. Tipton, 25-17, 25-18, 25-27, 25-17

Valley Community def. Lansing Kee, 25-22, 25-17, 25-6

WAMAC CONFERENCE TOURNAMENT

At Waterloo

First Round

Mount Vernon def. Clear Creek-Amana 25-16, 25-9

Solon def. Marion 25-20, 25-17

West Delaware def. Williamsburg 25-13, 25-9

Waterloo Columbus def. Western Dubuque 23-25, 25-23, 15-11

Consolation

Marion def. Clear Creek-Amana 25-17, 25-10

Williamsburg def. Western Dubuque 25-12, 25-23

Semifinals

Mount Vernon def. Solon 25-16, 25-16

West Delaware def. Waterloo Columbus 25-9, 25-19

Third Place

Waterloo Columbus def. Solon 25-18, 25-17

Championship

Mount Vernon def. West Delaware 25-16, 25-16

BIG EAST TOURNAMENT

Consolation Semifinals

Andrew def. Northeast, 19-21, 21-13, 15-13

Bellevue def. Lisbon, 13-21, 21-18, 15-13

Semifinals

Camanche def. Calamus-Wheatland, 25-10, 25-14

Bellevue Marquette def. Preston, 25-22, 25-21

11th Place

Midland def. Olin 21-14, 21-19

Ninth Place

East Central def. Prince of Peace, 8-21, 21-15, 15-11

Seventh Place

Northeast def. Lisbon 21-12, 21-19

Fifth Place

Andrew def. Bellevue, 21-14, 18-21, 15-12

Third Place

Preston def. Calamus-Wheatland, 25-16, 22-25, 15-11

Championship

Bellevue Marquette def. Camanche, 19-25, 25-15, 15-11

IGHSAU Rankings

(Through 10/13)

Class 1A

W-L LW

1. Tripoli 28-4 1

2. Alta 20-5 3

3. Grandview Park Baptist 25-10 4

4. Bedford 31-4 2

5. Gehlen Catholic 22-5 5

6. Holy Trinity Catholic 33-7 7

7. Boyden-Hull 21-4 8

8. Stanton 22-3 6

9. IHS 30-6 10

10. North Central Kosuth 27-10 11

11. Janesville 28-8 9

12. Iowa Christian Academy 14-5 12

13. East Union 25-7 13

14. Keota 23-6 14

15. Springville 20-8 NR

Dropped Out: Adair-Casey (15)

Class 2A

W-L LW

1. Western Christian 26-2 1

2. Sheldon 28-1 2

3. Mediapolis 34-3 3

4. East Sac County 21-1 4

5. Unity Christian 26-6 5

6. Lake Mills 33-7 7

7. Grundy Center 33-4 9

8. Dike-New Hartford 21-8 10

9. Pella Christian 20-9 6

10. West Fork 32-6 8

11. Wausie Valley 25-5 13

12. Bondurant-Farrar 29-5 14

13. IKM-Manning 22-5 15

14. Clarinda 21-5 NR

15. Teynor 28-6 11

Dropped Out: Des Moines Christian (12)

Class 3A

W-L LW

1. Mount Vernon 32-0 1

2. Waverly-Shell Rock 28-1 2

3. West Delaware 33-2 3

4. Bishop Heelan 35-7 4

5. Pella 27-5 5

6. Dubuque Wahlert 19-7 6

7. Algona 24-4 7

8. Solon 17-6 8

9. Webster City 20-4 9

10. Charles City 24-6 11

11. Williamsburg 21-8 10

12. Carroll 21-5 14

13. Marion 22-13 NR

14. Nevada 24-11 12

15. Union 26-6 13

Dropped Out: Oskaloosa (15)

Class 4A

W-L LW

1. Ankeny 23-2 1

2. Iowa City High 28-4 2

3. Iowa City West 25-7 3

4. Bettendorf 22-7 4

5. C.R. Kennedy 27-5 5

6. C.R. Xavier 25-8 7

7. Waterloo East 26-7 10

8. Waukee 18-5 6

9. Urbandale 27-7 9

10. Johnston 22-8 8

11. Cedar Falls 17-11 12

12. Pleasant Valley 19-10 NR

13. Ottumwa 25-8 NR

14. Sioux City East 22-12 13

15. Dowling Catholic 13-9 15

Dropped Out: Linn-Mar (11), Clinton (14)

Girls' cross country

Tuesday

MVC MISSISSIPPI DIVISIONAL MEET

At Santa Monica

Teams — 1. Iowa City High 28, 2. Linn-Mar 58, 3. Dubuque Senior 102, 4. C.R. Kennedy 136, 5. Dubuque Wahlert 102, 6. C.R. Kennedy 136, 7. Waterloo West 209.

Top 10 individuals — 1. Rebecca Rethwisch (ICH), 14:51; 2. Carolyn Newhouse (LA), 14:57; 3. Meg Richardson (ICH), 15:13; 4. Erin Danielson (ICH), 15:14; 5. Morgan Urdil (LA), 15:21; 6. Kristin Rogers (CRW), 15:23; 7. Jessica Janeczek (DW), 15:27; 8. Lauren Rusch (DW), 15:36; 9. Ellen Carman (ICH), 15:38; 10. Randi Westervelt (DS), 15:41.

IOWA CITY HIGH (28): 1. Rethwisch, 14:51; 2. Richardson, 15:13; 3. Danielson, 15:14; 4. Carman, 15:38; 11. Courtney Bruns, 15:49.

LINN-MAR (58): 2. Newhouse, 14:57; 5. Urdil, 15:21; 12. Brooklynn Kasel, 15:49; 18. Emily Saville, 16:10; 21. Haley Berry, 16:13.

C.R. WASHINGTON (94): 6. Rogers, 15:23; 13. Shannon Gorman, 15:52; 16. Kalle Karanilios, 16:09; 23. Eveline Nykivytis, 16:21; 36. Kyle Contentous, 16:37.

C.R. KENNEDY (136): 22. Ali Koch, 16:17; 25. Katie Wampole, 16:27; 27. Jessica Rodman, 16:28; 29. Allison Culver, 16:29; 31. Aliza Lichty, 16:33.

TRI-RIVERS CONFERENCE MEET

At Arlington

Teams — 1. North Linn 40, 2. Cascade 43, 3. Monticello 82, 4. Edgewood-Colesburg 119, 5. Stormont 124, 6. Maquoketa Valley 137, Alburnett, Central City/Springville, and East Buchanan did not field complete teams.

Individuals — 1. Arden Betzer (CCS), 15:44; 2. Katerina Althoff (Cas), 16:19; 3. Mariah Kauder (Cas), 16:33; 4. Hailee Adams (NL), 16:39; 5. Megan Keichen (Cas), 16:53; 6. Amanda Aberle (NL), 16:54; 7. Natasha Eby (EdCo), 17:02; 8. Hanna Adams (NL), 17:03; 9. Kendra Nolan (Star), 17:09; 10. Michelle Aberle (NL), 17:56.

SOUTHEAST CONFERENCE MEET

At Ainsworth (Marr Park)

Teams — 1. Mt. Pleasant 43, 2. Fairfield 43, 3. Fort Madison 60, 4. Washington (Iowa) 80, 5. Keokuk 123.

Individuals — 1. Jessica Lamb (Fair), 14:20:06; 2. Regan Enfield (Wash), 14:25:17; 3. Chloe Hoffmann (MIP), 14:30:54; 4. Hannah Weber (Fair), 14:32:28; 5. Mekentzie Coppage (FIM), 14:42:16; 6. Maddi Lance (MIP), 14:58:22; 7. Hannah Sobaski (Fair), 15:02:87; 8. Alyssa Stickert (FIM), 15:11:48; 9. Serena Ward (Fair), 15:16:59; 10. Mariah Reighard (Wash), 15:31:31.

WAMAC CONFERENCE MEET

At Center Junction

Teams — 1. Benton Community 59, 2. Solon 63, 3. Williamsburg 65, 4. Mount Vernon-Lisbon 92, 5. Western Dubuque 109, 6. DeWitt Central 186, 7. Vinton-Shellsburg 234, 8. Waterloo 249, 9. West Delaware 266, 10. Anamosa 283, 11. Dyersville Beckman 311, 12. Independence 353, 13. Waterloo Columbus 354, 14. Clear Creek Amana 360, 15. Center Point-Urbana 376. Maquoketa did not field a complete team.