

# HARLAN COMMUNITY HIGH SCHOOL

## Cyclone 2016 Fall Sports Review and Student Accomplishments

### VOLLEYBALL



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### FOOTBALL



### CROSS COUNTRY



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DEFIANCE**

### FINE ARTS





# Rebuilding year for Cyclone fall sports teams

By Mike Oeffner  
Sports Editor

**HARLAN --** There was an unfamiliar feeling on the fields, courts and terrain of Harlan Community High School these past few months.

There were no football play-off games for just the second time in the last 22 years, but also the second time in the last three... no state tournament run to Cedar Rapids for the Cyclone volleyball team (snapping a five-year streak) and no team qualifiers for the State Cross Country Meet for the first time since 2003.

Through it all, the sun still rose in the east during late October and early November mornings.

While 2016 was definitely a “down” year for the Cyclones’ fall sports teams, it was also a rebuilding year as many young student-athletes were forced into varsity action for the first time.

The fall wasn’t without its bright spots, either. Greichaly Kaster made sure that HCHS was at least represented in state competition when she qualified for and competed at her

second State Cross Country Meet. Nick Foss spearheaded a potent offense in football as the Cyclones finished 4-5 overall. In volleyball, HCHS battled a brutally-challenging schedule with many newcomers and still managed to fashion a winning record of 20-18.

The following pages will take a look back at each Cyclone fall sport, featuring final statistics, school records, postseason honors and more. Season summaries and a list of academic honors are included on this page.

## FOOTBALL

For the second time in the last three years, HCHS finished with a losing record on the gridiron and fell short of qualifying for the Class 3-A playoffs, tying for fourth place with a 3-4 District 7 mark.

The Cyclones could score on just about anybody, averaging 37.8 points per game, but struggled to get stops with a defense featuring 11 new starters and a new coordinator in John Murtaugh. Opponents averaged 38.6 points per game against HCHS, including a 70-49 defeat at Creston/O-M in which

the Cyclones set a school record for total yards (657) and still lost by three touchdowns.

The team did improve, however, losing by just eight points (49-41) to eventual Class 3-A semifinalist Glenwood in Week 4 and dropping a 35-32 heartbreaker to district champion Carroll two Fridays later.

The Cyclones also pulled off perhaps the largest comeback in program history, rallying from 27 points down and pitching a second-half shutout to win 35-34 at Denison-Schleswig.

Foss earned second-team All-State honors as a first-year starting tailback, leading the team in both rushing (1,164) and receiving (622) while scoring 25 total touchdowns. He broke Todd Nelson’s single-game rushing school record with 334 yards vs. Atlantic and tied a school record with six TDs on the same night.

First-year quarterback Deren Schmitz also had a solid season with 1,875 passing yards in just eight games. He threw 18 TDs compared to nine interceptions.

Schmitz and Foss will both be back in the mix next year along with three starting offensive linemen and sophomore defensive end Jake McLaughlin, who led the team in total tackles and tackles for loss despite not starting until midway through the season.

Following a 3-6 season in 2014, the Cyclones bounced back to go 8-2 in 2015. Come next fall, a similar type of turnaround can’t and shouldn’t be ruled out.

## VOLLEYBALL

On the heels of five straight trips to the state tournament and three consecutive appearances in the Class 4-A title game, the Cyclone volleyball team had its share of good moments in 2016 but couldn’t retain its elite status with many varsity newcomers in the fold.

ers in the fold.

Rebuilding from the loss of back-to-back stellar senior classes that included the likes of Jess Schaben (now starting at Iowa State) and Taylor Frederick (playing basketball at South Dakota), HCHS finished 20-18 overall and went 6-4 in the Hawkeye Ten to place fifth.

The Cyclones won nearly all of the matches they were supposed to win but couldn’t pull off any “big” victories against the likes of state qualifiers Lewis Central, Kuemper and St. Albert.

With about nine letter winners set to return next fall, this year’s rugged schedule should pay dividends in the future. Of Harlan’s 18 losses, only one came against an opponent that wasn’t ranked either at the time they faced HCHS or at the end of the year. Eleven losses were incurred by eventual state qualifiers, including a 3-0 regional semifinal loss at Lewis Central.

Potential remains high for 2017, but the Cyclones will have to get the job done with a new head coach. Angie Spangenberg, who received the state’s Golden Plaque of Distinction Award in November, resigned as volleyball coach following a tremendous six-year run at HCHS.

The new coach will inherit a squad returning a solid senior group that includes this year’s kill and block leader in Haley Leinen, the serving and digs leader in Sidney Craig and the assist leaders in Whitney Warner and Kara Weis, along with several other key performers.

## CROSS COUNTRY

Doug Renkly’s Cyclone cross country teams showed consistency in 2016 despite battling their share of illness and injuries, but too often that consistency found HCHS placing “middle of the pack” in the

team standings.

For the first time in recent memory there were no varsity team titles claimed by either Cyclone squad. The girls placed fifth at the Hawkeye Ten Conference Meet and seventh at the 3-A State Qualifying Meet; the boys finished seventh and eighth, respectively.

Those results signaled the end of a 12-year streak that saw at least one Cyclone team qualify for the state meet. The girls had competed in Fort Dodge 11 of the last 12 years while the boys had qualified three straight times.

From an individual standpoint, sophomore Greichaly Kaster provided many of the 2016 Cyclone highlights, concluding with a top-half-of-the-field 64th-place finish at the state meet. Kaster placed in the top 10 of every meet prior to state, including a third-place Hawkeye Ten finish in which she broke her own five-kilometer girls’ school record.

On the boys side, senior Reagan Hansen and junior Drew Voge were the team’s top two runners. Hansen recorded five finishes in the top 11 and came in 28th at the state qualifier. Voge had seven top-30 finishes.

Looking ahead to next year, both HCHS squads have realistic expectations to improve with some hard work in the off-season. The Cyclone girls will return their top seven runners and the boys could bring back eight harriers who ran in at least one varsity race this fall.

## Hawkeye Ten All-Academic

A total of 17 Harlan Community student-athletes have been named to the 2016 Hawkeye Ten Conference All-Academic Sports Team for the fall season. The All-Academic list recognizes senior letter winners who have maintained a cumulative GPA of at least 3.50 during their high school career. The HCHS honorees, led by eight football players, are as follows.

**Football:** Josh Cheek, Jeremy Flies, Caleb Rasmussen, Kyle Schmitz, Jon Schmitz, Dillon Sears, Nick Tarney, Marshall Tucker.

**Girls Cross Country:** Jessica Buman.

**Boys Cross Country:** Reagan Hansen, Jacob Henry, Ben Renkly, Brandon Trevino (manager).

**Volleyball:** Haley Arkfeld, Allison Bruck, Brenda Hopkins.

**Cheerleading:** Stephanie Smith.

## Team Academic Awards

The HCHS cheerleading, girls and boys cross country, volleyball and football teams have all been recognized for earning Team Academic Achievement awards from the IGHSAA and IHSAA.

**Cheerleading:** 8 girls, 3.35 cumulative GPA. Coach: Shannon Ferry.

**Girls Cross Country:** 25 girls, 3.60 cumulative GPA. Coach: Doug Renkly.

**Boys Cross Country:** 27 boys, 3.37 cumulative GPA. Coach: Doug Renkly.

**Volleyball:** 22 girls, 3.67 cumulative GPA. Coach: Angie Spangenberg.

**Football:** 62 boys, 3.36 cumulative GPA. Coach: Curt Bladt.

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# 2016 Cyclone Football

4-5 Overall Record; 3-4 in Class 3-A, District 7 (T-4th Place)

SCORE	1st	2nd	3rd	4th	OT	Total (avg.)
Harlan Community	75	100	111	54	0	340 (37.8)
Opponents	106	110	75	56	0	347 (38.6)

Team Statistics	Harlan Community	Opponents
First Downs	179	173
Rushing Attempts-Net Yards	301-1,746	348-2,354
Yards Per Carry	5.8	6.8
Passes Completed-Att.-Int.	115-245-10	86-180-4
Completion Percentage	47.0	47.8
Passing Yards	2,181	1,686
Total Offense	3,927	4,040
Rushing Yards/Game	194.0	261.6
Passing Yards/Game	242.3	187.3
Total Offense/Game	436.3	448.9
Fumbles Lost	9	9
Number of Punts-Yardage	25-753	29-976
Punting Average	30.1	33.7
Number of Kickoffs-Yardage	59-3,164	57-2,589
Kickoff Average	53.6	45.4
Number of Penalties-Yardage	62-577	64-460
Penalty Yards/Game	64.1	51.1

## Foss: 2nd team All-State

Harlan Community junior running back Nick Foss was named to the Iowa Newspaper Association's Second Team All-State Offense in Class 3-A following an outstanding season in the Cyclone backfield. The 5-foot-10, 190-pound Foss totaled 2,217 all-purpose yards and also led the team with 25 total touchdowns. He was the Cyclones' leading rusher with 1,164 yards on 152 carries (7.7 ypc) and 18 TDs and the leading receiver as well with 622 yards on 24 catches (25.9) and six scores. Foss also averaged 26.9 yards on 16 kickoff returns, including a 92-yard touchdown runback against Lewis Central.

In the regular-season finale vs. Atlantic, Foss broke a 46-year-old school record by rushing for 334 yards on 23 carries and tied a school record by scoring six touchdowns in one game.

### HCHS Football School Records

## Single-Game Yardage Record Falls; Foss sets one record, ties another

Harlan Community set two school records and tied another during a 4-5 season, breaking two program marks that had stood since 1970.

In a 70-49 loss at Creston/O-M in Week 3, HCHS accumulated 657 yards of total offense, breaking the record of 629 set in 1970 against Jefferson.

In a Week 9 home game vs. Atlantic, Cyclone junior running back Nick Foss netted 334 rushing yards on just 23 carries, breaking the single-game mark of 304 yards set by Todd Nelson vs. Carroll in 1970. Foss also tied a school record by scoring six touchdowns that night, matching the accomplishments of Todd Hansen vs. Creston in 1988 and Ryan Fagan vs. Carroll in 1998.

HCHS came close to setting two other school records. Dillon Sears' 98-yard kickoff return TD against A-D-M was just one yard shy of Brian Kloewer's record and the team's 2,181 passing yards fell just 77 yards short of the nine-game school record set in 2011.

## All-District

Led by three first-team selections, eight Harlan Community football players were named to the All-District 7 honor teams in Class 3-A.

### FIRST TEAM

RB: Nick Foss (5-10, 190, jr.)  
R/TE: Dillon Sears (5-10, 170, sr.)\*  
LB: Nick Tarney (5-11, 225, sr.)\*  
\* Denotes Unanimous Selection

### SECOND TEAM

QB: Deren Schmitz (6-2, 180, jr.)  
R/TE: Caleb Rasmussen (6-0, 170, sr.)  
OL: Caleb Brouse (6-3, 240, jr.)  
**HONORABLE MENTION**  
TE: Josh Cheek (6-2, 190, sr.)  
DL: Aaron Johannsen (5-10, 240, sr.)

## HCHS Results

8/26.....Lewis Central 45, HCHS 13  
9/2.....HCHS 42, Greene County 19  
9/9.....Creston/O-M 70, HCHS 49\*  
9/16.....Glenwood 49, HCHS 41\*  
9/23.....HCHS 58, A-D-M, Adel 34\*  
9/30.....Carroll 35, HCHS 32\*  
10/7.....Winterset 47, HCHS 21\*  
10/14.....HCHS 35, Denison-Schl. 34\*  
10/21.....HCHS 49, Atlantic 14\*  
\* District Games

## Class 3-A, District 7 Final Standings

	Dist.	All	Pts.
Carroll**	7-0	10-1	13.86
Creston/O-M*	6-1	8-2	10.14
Glenwood***	5-2	9-3	9.14
Winterset	3-4	3-6	-0.57
Harlan Community..	3-4	4-5	-1.43
A-D-M, Adel	3-4	3-6	-4.29
Denison-Schleswig..	1-6	2-7	-12.14
Atlantic.....	0-7	1-8	-14.71
Pts. = Point Diff. Avg. in District play			
* Playoff Qualifier - First Round			
** Playoff Qualifier - Quarterfinals			
*** Playoff Qualifier - Semifinals			



HCHS junior Deren Schmitz passed for 1,875 yards in just eight games as a first-year starting quarterback.



Above, HCHS senior Caleb Rasmussen jukes a Creston tackler during Week 3 action. Rasmussen finished the season with 32 catches for 587 yards and five touchdowns.

At left, a group of HCHS defensive players, including Aaron Johannsen (54), Jon Owens (34) and Nick Tarney (35) take down a Greene County ball carrier. (Photos by Mike Oeffner)





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# Football Team

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Cyclone Individual Football Statistics

RUSHING

Player	Carries	Net Yds.	YPC	TDs	Yds/Game
Nick Foss, jr.	152	1,164	7.7	18	129.3
Deren Schmitz, jr.	75	323	4.3	4	35.9
Nick Tarney, sr.	32	125	3.9	2	13.9
Hunter Manz, so.	14	66	4.7	0	7.3
Brett Sears, so.	12	31	2.6	0	3.4
Grant Smith, sr.	3	15	5.0	0	1.7
Caleb Rasmussen, sr.	3	12	4.0	0	1.3
Jacob Bartley, jr.	3	8	2.7	0	0.9
Austin Smith, sr.	3	8	2.7	0	0.9
Jonathon Schmitz, sr.	3	-5	-1.7	0	-0.6

Yards per game based on team's total number of games (not individual)

PASSING

Player	Comp./Att./Int.	Yards	Comp.%	TDs	Yds/Game
Deren Schmitz, jr.	102-214-9	1,875	47.7	18	208.3
Brett Sears, so.	8-17-1	202	47.1	3	22.4
Jonathon Schmitz, sr.	4-11-0	89	36.4	0	9.9
Nick Tarney, sr.	1-1-0	15	100.0	0	1.7
Nick Foss, jr.	0-1-0	0	0.0	0	0.0
Preston Mulligan, so.	0-1-0	0	0.0	0	0.0

D. Schmitz averaged 18.4 yards per completion, 8.8 yards per attempt.

RECEIVING

Player	Receptions	Yards	TDs	Yds/Rec.	Yds/Game
Nick Foss, jr.	24	622	6	25.9	69.1
Caleb Rasmussen, sr.	32	587	5	18.3	65.2
Dillon Sears, sr.	19	525	6	27.6	58.3
Josh Cheek, sr.	33	437	4	13.2	48.6
Jacob Bartley, jr.	1	7	0	7.0	0.8
Nick Tarney	6	3	0	0.5	0.3

SCORING

Player	TDs	2PAT	1PAT	FGs	Safety	Pts.
Nick Foss, jr.	25	0	0	0	0	150
Dillon Sears, sr.	9	0	0	0	0	54
Caleb Rasmussen, sr.	5	0	0	0	0	30
Kyle Schmitz, sr.	0	0	27	1	0	30
Deren Schmitz, jr.	4	0	0	0	0	24
Josh Cheek, sr.	4	0	0	0	0	24
Kyle Knudson, so.	0	0	16	0	0	16
Nick Tarney, sr.	2	0	0	0	0	12

PLACE KICKING

Player	FGs	Long	PAT Kicks
Kyle Schmitz, sr.	1-3	25	27-33
Kyle Knudson, so.	0-0	--	16-16

KICKOFFS & PUNTS

Player	Kickoffs (avg.)	Touchbacks	Punts (avg.)
Kyle Schmitz, sr.	56-3,075 (54.9)	23	25-753 (30.1)
Kyle Knudson, so.	3-89 (29.7)	0	None

KICKOFF & PUNT RETURNS

Player	KO returns	TDs	Punt returns	TDs
Dillon Sears, sr.	15-470 (31.3)	3	5-39 (7.8)	0
Nick Foss, jr.	16-431 (26.9)	1	0-0	0
Hunter Manz, so.	8-94 (11.8)	0	0-0	0
Caleb Rasmussen, sr.	4-89 (22.3)	0	3-30 (10.0)	0
Austin Smith, sr.	3-45 (15.0)	0	0-0	0
Grant Smith, sr.	1-16 (16.0)	0	0-0	0
Kevin Campbell, jr.	1-0 (0.0)	0	0-0	0
Jared Moser, jr.	1-0 (0.0)	0	2-(-8)	0
Jon Owens, so.	1-0 (0.0)	0	0-0	0

TACKLES

Player	Solos	Assists	Tackle Pts.	TFL	Sacks
Jake McLaughlin, so.	22	32	38.0	8	3.5
Nick Tarney, sr.	14	41	34.5	5	1
CJ Schechinger, jr.	27	13	33.5	2	0
Marshall Tucker, sr.	22	22	33.0	5	3.5
Jon Owens, so.	13	32	29.0	3	0
Jacob Hansen, jr.	15	25	27.5	1	0
Jared Moser, jr.	16	22	27.0	0	0
Brett Sears, so.	21	9	25.5	0	0
Jacob Wingert, sr.	11	19	20.5	5	0
Jacob Bartley, jr.	10	17	18.5	1	0
Caleb Brouse, jr.	5	11	10.5	1	0
Ty Frederick, jr.	5	8	9.0	0	0
Tanner Fink, jr.	5	5	7.5	0	0
Grant Smith, sr.	5	5	7.5	0	0
Wyatt Schaben, so.	3	9	7.5	0	0
Aaron Johannsen, sr.	1	13	7.5	1	0
Jeremy Flies, sr.	4	7	7.5	0	0
Austin Smith, sr.	5	2	6.0	0	0
Caleb Rasmussen, sr.	4	2	5.0	0	0
Noah Culp, sr.	2	6	5.0	1	1
Hunter Manz, so.	3	2	4.0	0	0
Daniel Soll, jr.	1	6	4.0	0	0
Deren Schmitz, jr.	3	0	3.0	0	0
Andy Burchett, jr.	2	2	3.0	0	0
Joey Arkfeld, so.	0	6	3.0	0	0
Kyle Schmitz, sr.	2	0	2.0	0	0
Nick Foss, jr.	1	2	2.0	0	0
Tyler Buman, jr.	0	4	2.0	0	0
Derec Weyer, so.	1	2	2.0	0	0
Greg Sorensen, sr.	1	2	2.0	0	0
Dillon Sears, sr.	1	1	1.5	0	0
Michael Monson, sr.	1	1	1.5	0	0
Richard Blackman, sr.	1	0	1.0	0	0
Levi Culp, so.	1	0	1.0	0	0

Solo Tackles are worth 1 point, Assists are worth 0.5.

Interceptions-Return Yds.

Tanner Fink 2-26, Caleb Rasmussen 1-17, Brett Sears 1-0.

Fumble Recoveries

Wyatt Schaben 1, Jacob Bartley

1, Jared Moser 1, Marshall Tucker 1, Jon Owens 1, Nick Tarney 1, CJ Schechinger 1, Aaron Johannsen 1, Ty Frederick 1.

Blocked PAT

Jacob Wingert.

HCHS Freshmen Football (8-0)

8/26: HCHS 19, Lewis Central 14  
J. Monson 2 TD passes (C. Bruck 30 yds., A. Schechinger 27 yds.); J. Monson TD run.

9/2: HCHS 35, Greene County 10  
15-10 after 3rd qt.; J. Monson 1 TD run & 2 TD passes (M. Heithoff 10 yds., C. Bruck 10 yds.); J. Fink TD run; T. Frederick 30-yd. fumble return TD; Defense 5 takeaways.

9/9: at Creston (cancelled)

9/16: HCHS 41, Glenwood 13

HCHS led 34-7 at Half; J. Monson 3 TD passes (A. Schechinger 20 & 10 yds., C. Bruck 15); J. Monson 35-yd. TD run; J. Fink 22-yd. TD run; M. Gaul 5-yd. TD run; Defense 5 fumble recv.

9/23: HCHS 50, A-D-M 8

J. Fink 2 TD runs & 2 INT return TDs; C. Bruck 46-yd. TD catch from M. Kloewer; J. Monson & A. Schechinger INT return TDs.

9/30: HCHS 43, Carroll 0

29-0 at Half; J. Monson 5 TD passes (A. Schechinger 35 & 60 yds., T. Frederick 80, C. Bruck 90, M. Heithoff 25); J. Monson 1 TD run & fumble recovery.

10/7: HCHS 33, Winterset 6

26-0 at Half; J. Fink 3 TD runs (6, 20, 34); T. Frederick TD run; J. Monson TD pass to M. Heithoff.

10/14: HCHS 35, Denison 20

HCHS led 22-14 at Half; J. Fink 3 TD runs (8, 5, 4); J. Monson 10-yd. fumble return TD & 5-yd. TD run.

10/21: HCHS 43, Atlantic 7

30-0 at Half; J. Fink 3 TD runs (50, 50, 25); E. Arkfeld 25-yd. TD run; J. Monson 2 TD passes (T. Frederick 15, A. Schechinger 25).

HCHS Junior Varsity Football (4-2)

8/29: at Lewis Central (cancelled)

9/5: HCHS 41, Greene County 0

27-0 at Half; H. Manz 3 TD runs; P. Mulligan 1 TD run; L. Culp 62-yd. TD run; O. Olmos 22-yd. fumble return TD; W. Schaben 2 FRs.

9/12: HCHS 35, Creston/O-M 19

35-6 after 3rd qt.; P. Mulligan 2 TD passes (E. Boldan 40, K. Campbell 53); H. Manz 2 TD runs; L. Culp TD run & 1 INT.

9/19: Glenwood 41, HCHS 20

Rams led 21-14 at Half; P. Mulligan 3 TD passes (B. Sears 32 & 22, K. Campbell 67).

9/26: HCHS 48, A-D-M 0

35-0 at Half; H. Manz 4 TD runs (7, 3, 3, 32); L. Culp 43-yd. TD run; P. Mulligan 7-yd. TD run & 58-yd. TD pass to K. Campbell.

10/3: Carroll 24, HCHS 21

Carroll led 18-7 at Half; L. Culp 2 TD runs; P. Mulligan 52-yd. TD pass to E. Boldan; W. Schaben INT & 1.5 sacks; D. Frederick FR & 1.5 sacks; J. Arkfeld FR & 1 sack.

10/10: HCHS 33, Winterset 28

14-14 at Half; N. Culp 3 TD runs (6, 21, 3); P. Mulligan 2 TD passes (H. Manz, N. Culp).

10/17: vs. Denison (cancelled)

Coach Curt Bladt's Season Reflection

The 2016 season saw six returning starters on offense and no re-turning starters on defense. With the graduation of Ethan Knudson, the kicking game also needed to be reworked.

The offense came together early and set a couple of all-time records - most team yards in a game and Nick Foss' 334 yards rushing in a single game, plus Nick's six touchdowns in a single game. We were able to move the ball both by the ground attack and the passing attack.

Season highlights would include overcoming a 34-7 deficit and scoring a fourth straight touchdown, plus the PAT, to secure a 35-34 victory at Denison. That carried over into the next week and a big win over rival Atlantic.

With many starters returning next fall, we look forward to improved play as the experience that we gained this year will be a launching pad for the 2017 season.



HCHS quarterback Deren Schmitz takes the snap from center Ethan Leinen against Greene County. Additional linemen include Caleb Brouse (right), Michael Monson (65) and Patrick Fah (51).





**Curt Blatt**  
Head Coach

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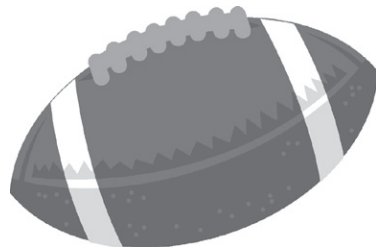
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# 2016 Cyclone Volleyball Stats

20-18 Overall Match Record; 6-4 in Hawkeye Ten (5th Place)  
4-A Regional Semi-finalist; Overall Set Record: 54-46

Player	Sets	Serving	Srv.%	Aces	Blks.	Digs	Attacks	Kills	Avg.	Kill Eff.	Assists
Anna Ahrenholtz (5-10, so.)....	3	1/1	100.0	0	0	0	0/1	0	0.00	-1.000	0
Haley Arkfeld (5-9, sr.) .....	100	49/60	81.7	3	22	143	484/542	148	1.48	0.166	6
Allison Bruck (5-6, sr.) .....	15	16/18	88.9	2	0	3	0/0	0	0.00	###	0
Sidney Craig (5-5, jr.).....	100	361/380	95.0	40	0	401	3/4	1	0.01	0.000	5
Chloe Hansen (5-3, so.) .....	5	0/0	###	0	0	1	0/0	0	0.00	###	0
Lexie Holloway (5-8, jr.) .....	60	28/39	71.8	4	8	41	170/211	62	1.03	0.100	37
Brenda Hopkins (5-7, sr.)....	100	162/184	88.0	16	17	141	361/421	106	1.06	0.109	17
Hayley Hopkins (5-7, so.) .....	20	41/47	87.2	6	0	8	0/0	0	0.00	###	0
Delaney Kelly (5-4, jr.) .....	100	323/342	94.4	21	0	189	1/3	1	0.01	-0.333	3
Lexi Larsen (5-9, jr.).....	100	262/288	91.0	39	27	291	576/629	188	1.88	0.215	4
Haley Leinen (6-0, jr.) .....	100	89/102	87.3	14	68	50	480/527	230	2.30	0.347	1
Olivia Petersen (6-0, so.)....	100	46/49	93.9	4	45	45	344/388	154	1.54	0.284	2
Kendal Preston (5-11, so.)....	43	21/24	87.5	3	23	16	100/125	41	0.95	0.128	0
Whitney Warner (5-5, jr.) .....	88	285/315	90.5	39	0	164	4/5	3	0.03	0.400	452
Kara Weis (5-5, so.).....	91	95/109	87.2	7	5	98	1/1	0	0.00	0.000	347
TEAM TOTALS .....	100	1779/1958	90.9	198	215	1591	2524/2857	934	9.34	0.210	874

Serve Receive Attempts: Craig 595, Larsen 298, Kelly 175, B. Hopkins 171, Arkfeld 167, Holloway 88, Petersen 43, Leinen 17, Bruck 8, Hansen 5, Preston 5, Warner 2, Weis 1, Ahrenholtz 1.



HCHS senior Brenda Hopkins (2) finished the season with 106 kills and a career-high 141 digs.



Cyclone senior Haley Arkfeld (13) ranked fourth on the team with 148 kills and added 143 digs.



HCHS junior libero Sidney Craig earned first-team all-conference honors, totaling 401 digs and serving a team-high 40 aces.

## HCHS JV Stat Leaders

Match Record: 14-7  
Set Record: 31-19  
(Stats from 8 conf. matches only)

### Serving

(minimum 15 attempts)

Kendal Preston 23/24, 95.8%.  
Kara Weis 29/31, 93.5%.  
Chloe Hansen 63/69, 91.3%.  
Haley Manz 37/41, 90.2%.  
Hayley Hopkins 66/75, 88.0%.  
Dani Ehlert 51/58, 87.9%.  
Anna Ahrenholtz 36/41, 87.8%.

### Ace Serves

C. Hansen 15, H. Manz 10, H. Hopkins 8, Alicia Dominguez 7, D. Ehlert 6, K. Weis 5, A. Ahrenholtz 5.

### Blocks

A. Ahrenholtz 15, K. Preston 13, Nadia Baxter 9, Elise Juhl 6, H. Manz 5.

### Digs

C. Hansen 56, H. Hopkins 35, D. Ehlert 26, A. Dominguez 22, K. Weis 17, A. Ahrenholtz 16, H. Manz 13.

### Kills (Efficiency)

H. Hopkins 48 (.308), K. Preston 26 (.429), A. Ahrenholtz 25 (.075), D. Ehlert 12, E. Juhl 11 (.278), N. Baxter 9.

### Assists

H. Manz 69, K. Weis 57.

### TEAM STATISTICS

Kill Efficiency .....0.198  
Serving .....89.5%, 62 aces.

## HCHS Frosh Stat Leaders

Match Record: 20-6  
(Stats from 6 conf. matches only)

### Serving

(minimum 15 attempts)

Ashley Sonderman 57/59, 96.6%.  
Lucy Borkowski 45/49, 91.8%.  
Haley Manz 19/22, 86.4%.  
Amanda Hegarty 19/22, 86.4%.  
Lindsey Andersen 58/68, 85.3%.  
Dani Arkfeld 23/28, 82.1%.  
Elise Juhl 18/25, 72.0%.

### Ace Serves

A. Sonderman 13, L. Andersen 10, L. Borkowski 9, E. Juhl 7, D. Arkfeld 5.

### Blocks

A. Sonderman 7, L. Borkowski 5, Kayla Powers 4, H. Manz 3.

### Digs

L. Andersen 34, L. Borkowski 29, E. Juhl 20, H. Manz 17, D. Arkfeld 16, Emily Gross 13.

### Kills (Efficiency)

A. Sonderman 31 (.212), Chloe Hays 27 (.176), L. Borkowski 24 (.222), H. Manz 18 (.394), E. Juhl 13 (.020).

### Assists

D. Arkfeld 75, H. Manz 42.

### TEAM STATISTICS

Kill Efficiency .....0.121.  
Serving Percentage .....86.4%.





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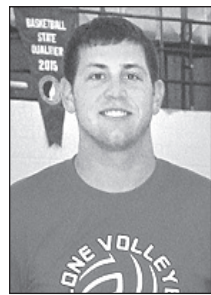


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HCHS Varsity Volleyball Results

8/27: Cyclone Tourney -- Won Silver Pool (4-2 matches, 10-5 sets - def. Underwood, East Sac, Glenwood, AL; lost to East Sac & Treynor)

9/3: WDM Valley Tourney -- 6th Place (0-5 matches, 0-10 sets - lost to IC West, Ankeny, Dowling, WDM Valley & CR Kennedy)

9/6: vs. Shenandoah -- Won 3-0  
9/13: at Kuemper Catholic -- Lost 3-0  
9/15: vs. Atlantic -- Won 3-0  
9/20: at Lewis Central -- Lost 3-0  
9/27: vs. Red Oak -- Lost 3-2

10/1: Newton Tourney -- 3rd Place (3-2 matches, 8-4 sets - def. Boone, Ottumwa & Carlisle; lost to Newton & Pella)

10/4: at Glenwood -- Won 3-1  
10/4: vs. St. Albert -- Lost 3-0  
10/6: vs. Clarinda -- Won 3-1

10/8: Western Christian Tourney -- Top 4 (3-2 matches, 7-5 sets - def. Bond.-Farrar, SC East & SF O’Gorman; lost to Western Christian & Bishop Heelan)

10/11: at Creston -- Won 3-0  
10/13: vs. Denison-Schl. -- Won 3-0

10/15: LC Tourney -- 3rd Place (3-2 matches, 6-5 sets - def. CBAL, IKM-M & Glenwood; lost to Red Oak & LC)

CLASS 4-A REGIONALS  
10/19: at Glenwood -- Won 3-0  
10/25: at Lewis Central -- Lost 3-0

Hawkeye Ten Conf. Volleyball Standings

FINAL RECORDS	Conf.	All
Kuemper Catholic**	10-0	29-2
Lewis Central*	9-1	30-9
Red Oak	8-2	30-10
St. Albert^^	7-3	27-5
Harlan Community	6-4	20-18
Clarinda	5-5	20-12
Glenwood	4-6	10-21
Shenandoah	2-8	14-16
Denison-Schleswig	2-8	10-18
Creston	2-8	8-17
Atlantic	0-10	4-28
** 3-A State Tournament Semi-finalist		
^^ 2-A State Tournament Semi-finalist		
* 4-A State Tournament Qualifier		

Spangenberg receives Golden Plaque of Distinction Award

Harlan Community volleyball coach Angie Spangenberg was honored on November 11 as the 2016 volleyball recipient of the Iowa Girls’ High School Athletic Union Golden Plaque of Distinction. She was presented her award plaque prior to the Class 4-A state title match at the US Cellular Center in Cedar Rapids.

The Golden Plaque of Distinction Award honors the Iowa coach who has demonstrated a successful career while making notable contributions toward school, community and the coaching profession. Spangenberg, who resigned the HCHS volleyball post following the 2016 season, has coached the sport for 24 years, compiling a record of 623-162-22.

She began her career at Red Oak, guiding the Tigers to nine state tournament appearances in 18 years, including state runner-up finishes in 1997 and 1998. Following a three-year coaching hiatus, Spangenberg coached HCHS the last six seasons, taking the Cyclones to state five times. They won back-to-back state championships in 2013 and 2014, followed by a state runner-up finish in 2015, and also claimed four Hawkeye Ten Conference titles. Spangenberg’s record at HCHS is an impressive 198-43 (.822).

More Honors:

Spangenberg, who was also inducted into the KMA Sports Hall of Fame earlier this fall, is a three-time Iowa Volleyball Coach of the Year and an eight-time District Coach of the Year. The American Volleyball Coaches Association honored Spangenberg as a National Coach of the Year in 2014 while the National Federation of State High School Associations (NFHS) named her as the State Volleyball Coach of the Year in 2015.

Assistant Coach of the Year: Swanson

Harlan Community’s Chad Swanson has been recognized as the Iowa Girls’ Coaches Association Volleyball Assistant Coach of the Year for 2016. Swanson received a plaque commemorating the award at the November 19 IGCA Senior Volleyball Classic in Carroll.

Swanson has been a member of the HCHS volleyball coaching staff for nearly 20 years and also served one year as head coach in 2002. He has been involved with all eight of the program’s state tournament appearances under head coaches Julie DuVal and Angie Spangenberg, including back-to-back state titles in 2013 and 2014.

Swanson is also the head boys golf coach at HCHS as well as a longtime assistant coach in boys basketball.

Swanson is the second straight Harlan Community staff member to receive the IGCA’s Volleyball Assistant Coach of the Year honor after Carrie Schaben won the award in 2015.

Coach Angie Spangenberg’s Season Reflection

Energy is important but positive energy changes everything; it heads us all in the right direction. This has been a season of many special moments and also one of learning. The varsity volleyball team finished their schedule 20-18. They persevered, excelled and grew as a team. Sometimes we find out more about ourselves and what we need to work on when we are being challenged. This team accepted these challenges and continued to make strong improvements throughout the season. It takes time and repetition to develop consistency and composure... and so we worked.

The Energy Bus was a constant reminder to each of us about the importance of “giving” and bringing out the best in those around us. To all returning athletes, keep working and make a commitment in the off-season. Think “TEAM” first and push each other to be better. Setting goals is the easy part; working toward them and organizing your time in the off-season is where it all begins.

Appreciation to our managers - Ellen Keast, Abigail Jacobsen, Thomas Petersen and Emilia Myllymaki - for their many hours of service. It has been an honor to be called “coach” by each of you and you will be in my heart always. Appreciation to our seniors: Haley Arkfeld, Brenda Hopkins and Ally Bruck. We wish you the very best and appreciate your contributions to Cyclone Volleyball the last four years! Congrats to all three seniors as they were All-Academic Hawkeye Ten.

Appreciation to Harlan Community, the media, volleyball families, the student body, the administrative team, and the booster club for your loyal support. Special appreciation to Mitch Osborn for all of his help and encouragement of the Cyclone volleyball program.

To the very best assistant coaches: Chad Swanson, Willie Baughman, Tricia Spangenberg and Carrie Schaben - there are not enough words to express my gratitude but I could write a book about our travels together! It has been quite a special journey. Thank you for your loyalty, hard work, commitment... and humor. You are the BEST!

All-Conference

Led by first-team selection Sidney Craig, HCHS had four players named to this year’s Hawkeye Ten All-Conference Volleyball squads. Craig, a junior, moved up from last year’s second team while senior Brenda Hopkins received honorable mention for the second straight season.

FIRST TEAM

Sidney Craig, jr. (5-5, Libero)

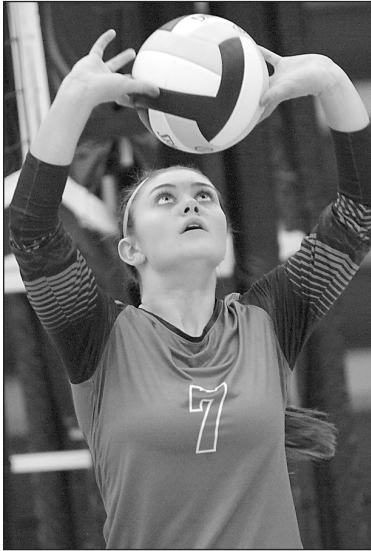
SECOND TEAM

Lexi Larsen, jr. (5-9, OH)

Haley Leinen, jr. (6-0, Middle)

HONORABLE MENTION

Brenda Hopkins, sr. (5-7, OH)



Above, HCHS junior Whitney Warner led the team with 452 assists as a first-year starter.

At right, Cyclone juniors Haley Leinen (6) and Lexi Larsen block an attack by Treynor’s Sydni Huisman. Leinen led the team with 68 blocks and 230 kills.





# *The Cyclone Boys and Girls of Fall*



Harlan Community runners (left-right) Alexis Irlbeck, Alana Ploen and Asia Williamson battle an uphill stretch at the Red Oak Invite.



HCHS sophomore Kara Weis (9) passes the ball back toward the net as middle hitter Olivia Petersen prepares to swing.



Cyclone receiver Dillon Sears (3) breaks into the clear for a touchdown against Greene County.



HCHS junior Dylan Eshelman competes at the Class 3-A State Qualifying Meet.



2016 Cyclone Cross Country: Individual Places & Times

GIRLS VARSITY & JUNIOR VARSITY (5-kilometer times)

Varsity	Glenwood	CB AL	CB LC	Red Oak	Kuemper	Cyclone	Denison-Schl.	Atlantic	H-10 Meet	SQ Meet	State Meet
Greichaly Kaster, so. ....	3rd, 21:10	5th, 20:27	2nd, 19:54	2nd, 22:00	10th, 21:39	8th, 21:27	3rd, 21:03	N/A	3rd, 19:47	10th, 20:41	64th, 20:42
Savannah Parman, so. ....	46th, 25:10	35th, 22:33	17th, 21:47	9th, 24:06	34th, 23:08	22nd, 22:27	13th, 22:32	N/A	24th, 21:33	41st, 22:45	
Kara Rueschenberg, jr. ....	29th, 23:25	28th, 22:13	23rd, 22:04	14th, 24:48	40th, 23:21	38th, 23:22	25th, 23:20	N/A	31st, 21:58	49th, 23:43	
Abby Alberti, fr. ....	32nd, 23:49	46th, 23:06	40th, 23:12	15th, 24:57	35th, 23:08	41st, 23:37	22nd, 23:02	N/A	37th, 22:27	47th, 23:15	
Asia Williamson, so. ....	45th, 24:45	51st, 23:32	47th, 23:42	21st, 25:56	60th, 24:34	48th, 24:04	46th, 24:27	N/A	46th, 23:24	52nd, 24:00	
Alana Ploen, fr. ....	47th, 25:14	33rd, 22:23	DNR	17th, 25:31	62nd, 24:47	52nd, 24:17	32nd, 23:56	N/A	DNR	51st, 23:55	
Alexis Irlbeck, jr. ....	41st, 24:35	53rd, 23:52	50th, 23:52	24th, 26:08	65th, 24:55	56th, 24:29	38th, 24:05	N/A	52nd, 24:10	56th, 24:14	
Jess Buman, sr. ....	JV	JV	65th, 24:55	JV	JV	JV	JV	N/A	55th, 24:34	DNR	
Junior Varsity	Glenwood	CB AL	CB LC	Red Oak	Kuemper	Cyclone	Denison-Schl.	Atlantic	H-10 Meet	SQ Meet	State Meet
Jess Buman, sr. ....	22nd, 25:57	29th, 24:41	Varsity	3rd, 25:59	27th, 25:50	15th, 25:53	9th, 25:36	N/A	Varsity		
Bailey Hansen, sr. ....	DNR	35th, 25:09	9th, 24:32	7th, 26:33	23rd, 25:23	36th, 27:44	5th, 25:07	N/A	28th, 24:39		
Marissa Wingert, sr. ....	32nd, 26:53	43rd, 25:37	21st, 25:37	9th, 26:59	29th, 25:56	27th, 26:46	17th, 26:17	N/A	DNR		
Baylee Hoegh, jr. ....	36th, 27:23	54th, 27:02	27th, 26:18	13th, 28:51	76th, 29:03	39th, 27:53	18th, 26:22	N/A	54th, 27:00		
Alyssa Sotelo, jr. ....	45th, 29:57	61st, 27:43	29th, 26:22	16th, 29:18	54th, 27:32	49th, 29:14	26th, 27:26	N/A	31st, 24:45		
Olivia Renze, fr. ....	DNR	DNR	25th, 25:59	14th, 28:55	81st, 29:21	57th, 30:45	25th, 27:23	N/A	33rd, 24:56		
Molly Gubbels, jr. ....	46th, 29:59	DNR	43rd, 27:53	18th, 29:41	68th, 28:30	46th, 28:56	28th, 27:49	N/A	51st, 26:45		
Ryan Kopiasz, jr. ....	48th, 30:28	66th, 28:05	49th, 28:27	19th, 30:03	82nd, 29:24	62nd, 31:34	29th, 27:56	N/A	47th, 26:25		
Cierra Hoegh, fr. ....	37th, 27:24	DNR	DNR	DNR	DNR	41st, 28:11	21st, 26:52	N/A	37th, 25:24		
Dakota Schaben, sr. ....	DNR	DNR	45th, 28:07	22nd, 30:31	72nd, 28:45	55th, 30:27	DNR	N/A	DNR		
Daytona Wehr, sr. ....	DNR	78th, 29:58	56th, 30:01	27th, 31:16	77th, 29:11	58th, 30:52	DNR	N/A	DNR		
Lindsey Metzger, so. ....	47th, 30:03	DNR	DNR	DNR	86th, 29:30	DNR	39th, 29:51	N/A	55th, 27:08		
Kenzie Jones, jr. ....	DNR	75th, 29:35	59th, 32:47	25th, 31:01	DNR	61st, 31:24	DNR	N/A	59th, 28:04		
Morgan Bendorf, so. ....	DNR	83rd, 31:06	57th, 31:43	33rd, 34:29	96th, 31:59	65th, 31:55	50th, 32:18	N/A	69th, 31:13		
Jordan Bendorf, sr. ....	DNR	DNR	58th, 32:43	30th, 32:07	90th, 30:29	67th, 32:35	43rd, 31:09	N/A	60th, 28:12		
Sheneka Oliver, jr. ....	55th, 32:47	DNR	DNR	DNR	DNR	DNR	DNR	N/A	DNR		



Kara Rueschenberg (jr.)

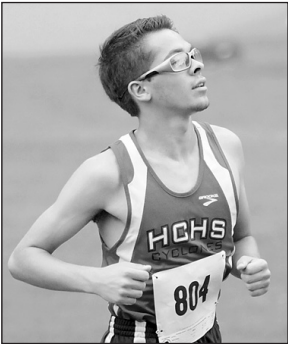
Hawkeye Ten Meet: at Iowa Western CC

State Qualifying Meet: at Atlantic

State Meet: at Fort Dodge

BOYS VARSITY & JUNIOR VARSITY (5-kilometer times)

Varsity	Glenwood	CB AL	CB LC	Red Oak	Kuemper	Cyclone	Denison-Schl.	Atlantic	H-10 Meet	SQ Meet	State Meet
Reagan Hansen, sr. ....	6th, 18:06	7th, 17:35	8th, 17:43	DNF	DNR	11th, 18:28	11th, 18:16	N/A	DNR	28th, 18:03	
Drew Voge, jr. ....	13th, 18:42	14th, 18:15	28th, 18:30	10th, 19:40	33rd, 19:14	28th, 19:25	24th, 19:00	N/A	29th, 18:15	41st, 18:52	
Jacob Henry, sr. ....	35th, 19:56	34th, 18:53	40th, 19:01	16th, 20:06	51st, 19:48	57th, 20:22	33rd, 19:32	N/A	40th, 18:38	46th, 18:58	
Andrew Shelton, jr. ....	44th, 20:31	48th, 19:20	53rd, 19:35	22nd, 20:33	64th, 20:15	58th, 20:24	36th, 19:35	N/A	44th, 18:58	52nd, 19:10	
Wyatt Obrecht, fr. ....	JV	JV	52nd, 19:32	25th, 20:44	78th, 20:52	59th, 20:26	64th, 20:29	N/A	46th, 19:05	59th, 19:34	
Dylan Eshelman, jr. ....	DNR	DNR	JV	28th, 21:29	DNR	JV	51st, 20:03	N/A	58th, 19:34	71st, 20:16	
Ben Renkly, sr. ....	DNR	DNF	JV	33rd, 22:01	80th, 21:10	72nd, 21:44	60th, 20:27	N/A	66th, 19:51	DNR	
Isaac Jones, fr. ....	DNR	JV	JV	JV	JV	JV	JV	N/A	50th, 19:13	78th, 20:45	
Logan Klaassen, jr. ....	33rd, 19:52	DNF	DNR	DNR	DNR	DNF	DNR	N/A	DNR	DNR	
Michael Clemons, jr. ....	37th, 19:57	70th, 21:22	DNR	DNR	DNR	JV	DNR	N/A	DNR	DNR	
Jack Peterson, fr. ....	JV	JV	JV	JV	82nd, 21:35	JV	JV	N/A	JV	DNR	
Junior Varsity	Glenwood	CB AL	CB LC	Red Oak	Kuemper	Cyclone	Denison-Schl.	Atlantic	H-10 Meet	SQ Meet	State Meet
Wyatt Obrecht, fr. ....	6th, 20:14	14th, 19:52	Varsity	Varsity	Varsity	Varsity	Varsity	N/A	Varsity	Varsity	
Dylan Eshelman, jr. ....	DNR	DNR	18th, 20:13	Varsity	DNR	20th, 20:48	Varsity	N/A	Varsity	Varsity	
Ben Renkly, sr. ....	DNR	Varsity	14th, 19:57	Varsity	Varsity	Varsity	Varsity	N/A	Varsity		
Isaac Jones, fr. ....	DNR	22nd, 20:18	33rd, 21:04	3rd, 21:58	33rd, 21:15	37th, 21:16	9th, 20:55	N/A	Varsity	Varsity	
Michael Clemons, jr. ....	Varsity	Varsity	DNR	DNR	DNR	22nd, 20:53	DNR	N/A	DNR		
Dalton Gross, fr. ....	19th, 21:09	73rd, 22:36	35th, 21:09	5th, 22:15	29th, 21:12	39th, 21:17	8th, 20:42	N/A	16th, 19:34		
Jack Peterson, fr. ....	32nd, 21:52	34th, 20:50	22nd, 20:24	1st, 21:00	Varsity	50th, 21:38	13th, 21:17	N/A	52nd, 21:06		
Tim Mumm, so. ....	29th, 21:40	41st, 20:58	28th, 20:48	8th, 22:21	43rd, 21:33	38th, 21:16	16th, 21:22	N/A	41st, 20:32		
Ronan Noeth, so. ....	DNR	38th, 20:55	32nd, 20:57	22nd, 24:23	55th, 21:52	72nd, 22:20	28th, 22:07	N/A	34th, 20:15		
Keaton Jones, jr. ....	47th, 23:06	42nd, 21:02	41st, 21:16	4th, 22:09	111th, 23:26	83rd, 22:59	14th, 21:19	N/A	40th, 20:31		
Bailey Schmitz, jr. ....	27th, 21:31	DNR	57th, 22:02	13th, 22:50	62nd, 22:03	40th, 21:18	25th, 21:54	N/A	DNR		
Erik Dawson-Anderson, jr.	48th, 23:10	49th, 21:20	36th, 21:12	24th, 24:29	46th, 21:39	61st, 21:58	39th, 22:47	N/A	51st, 21:02		
Zac Milliken, sr. ....	50th, 23:13	58th, 21:44	48th, 21:38	21st, 24:06	68th, 22:08	70th, 22:13	57th, 23:36	N/A	89th, 22:25		
Brian Andersen, so. ....	DNR	76th, 22:50	54th, 21:57	DNR	76th, 22:20	76th, 22:29	15th, 21:22	N/A	DNR		
Kaizer Kaufman, jr. ....	49th, 23:11	81st, 23:13	64th, 22:27	16th, 23:14	122nd, 23:54	74th, 22:28	46th, 23:04	N/A	DNR		
Devin Mahoney, sr. ....	66th, 25:11	66th, 22:15	93rd, 27:41	27th, 24:35	105th, 23:13	117th, 25:05	54th, 23:25	N/A	70th, 21:48		
Niall Mahoney, fr. ....	59th, 24:04	88th, 23:58	76th, 23:30	29th, 25:00	DNR	98th, 23:39	72nd, 24:12	N/A	91st, 22:34		
A.J. Deas, so. ....	68th, 26:05	89th, 24:05	66th, 22:45	41st, 28:36	DNR	111th, 24:27	87th, 26:28	N/A	71st, 21:49		
Max Miller, fr. ....	70th, 26:32	102nd, 25:59	89th, 25:50	42nd, 28:45	153rd, 26:23	126th, 26:08	89th, 27:10	N/A	107th, 24:20		
Spencer Bedingfield, fr. ....	DNR	109th, 29:42	94th, 32:36	46th, 35:00	173rd, 32:09	137th, 31:48	96th, 33:46	N/A	120th, 28:20		
Lucas Carter, jr. ....	DNR	15th, 19:57	DNR	DNR	DNR	DNR	DNR	N/A	DNR		



Drew Voge (jr.)

Cyclone sophomore Greichaly Kaster became a two-time Hawkeye Ten Conference medalist and a two-time state qualifier in 2016, also lowering her own five-kilometer school record to 19 minutes and 47 seconds.



Kaster third at conference meet, improves school record, returns to state

Harlan Community sophomore Greichaly Kaster earned “all-conference” status for the second straight year by placing third at the Hawkeye Ten Conference Meet on October 13 at Iowa Western Community College in Council Bluffs. Kaster, who placed sixth at last year’s H-10 Meet, was the lone Cyclone medalist on the day after finishing the five-kilometer course with a season-best time of 19:47 which also improved her 5K school record. Kaster established the girls’ 5K record at 20:07 last fall and broke it twice this season, running 19:54 at the Lewis Central Invite before going seven seconds lower at the conference meet.

One week later, Kaster placed 10th at the 3-A State Qualifying Meet in Atlantic to qualify individually for the State Cross Country Championships at Lakeside Municipal Golf Course (Fort Dodge). In her second consecutive state meet appearance, Kaster placed 64th out of 140 runners in the Class 3-A girls field. She placed in the top 10 of every 2016 meet prior to state and finished in the top three on five occasions.





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# HCHS Team Results

Cyclone Girls			Cyclone Boys		
Meet	Place	Score	Meet	Place	Score
8/27: Glenwood Invite.....	6th	150	8/27: Glenwood Invite .....	6th	124
JV Girls .....	4th	114	JV Boys .....	5th	113
9/3: A.L. Invite.....	7th	145	9/3: A.L. Invite .....	8th	173
JV Girls .....	5th	138	JV Boys .....	5th	117
9/10: LC Invite .....	6th	125	9/10: LC Invite.....	6th	179
JV Girls .....	4th	96	JV Boys .....	5th	110
9/12: Red Oak Invite.....	2nd	49	9/12: Red Oak Invite .....	3rd	96
JV Girls .....	2nd	42	JV Boys .....	1st	21
9/17: Kuemper Invite .....	8th	179	9/17: Kuemper Invite.....	12th	306
JV Girls .....	6th	146	JV Boys .....	7th	188
9/24: Cyclone Invite .....	6th	152	9/24: Cyclone Invite .....	8th	206
JV Girls .....	5th	131	JV Boys .....	6th	150
9/27: Denison Invite.....	3rd	83	9/27: Denison Invite.....	6th	146
JV Girls .....	3rd	66	JV Boys .....	2nd	59
10/13: H-10 Conf. Meet...5th	141		10/13: H-10 Conf. Meet...7th	209	
JV Girls .....	4th	111	JV Boys .....	6th	168
10/20: 3-A State Qualifier...7th	198		10/20: 3-A State Qualifier..8th	226	
1. DC-G, 2. Gilbert, 3. Denison.			1. Gilbert, 2. DC-G, 3. Carlisle.		

Conference Meet at Iowa Western Community College  
State Qualifying Meet at Atlantic Golf & Country Club  
State Meet at Lakeside Municipal Golf Course (Fort Dodge)



HCHS sophomore Savannah Parman competed in all nine varsity meets this fall, placing ninth at Red Oak and 13th at Denison.

## Coach Doug Renkly's Season Reflection

I feel very fortunate to have been able to work with such an amazing group of student-athletes and parents. Our runners worked very hard over the summer and throughout the season.

As coaches, we seek out and celebrate all kinds of victories like improvement in running, increased leadership or maybe just a team that has grown closer. It is always important as a coach or a runner to reflect on how far the team and the individual has come. It is not always the ultimate destiny we need to focus on but the journey that takes us there. After 23 years of coaching cross country, I can say that I have never had two teams that are even remotely the same. It's this individuality and uniqueness that keeps the process exciting and fresh.

This 2016 team was no exception. We saw much personal growth. It is always amazing to see the metamorphosis of a young student-athlete as they become more mentally and physically confident in their abilities. Teaching young athletes how to overcome uncomfortable situations and adversity is a challenge but one that is worth the effort when you get to see the end product.

I appreciate all those who helped make the 2016 season a successful and rewarding one. We look forward to another great season of Cyclone Cross Country in 2017.



HCHS senior Jacob Henry (center), junior Andrew Shelton (right) and freshman Wyatt Obrecht (left) compete at the Hawkeye Ten Conference Meet in Council Bluffs. Henry ran in every varsity meet the last two years and was a member of the Cyclones' 2015 state-qualifying team.



HCHS senior Ben Renkly competed in six varsity meets this fall after overcoming an early-season illness.



# Cyclone Marching Band 2016

We are so excited that you were able to join the Cyclone band as we celebrated and cheered for the greatest school and community in the State of Iowa, Harlan Community High School!

The Cyclone Marching Band is honored to have the support of the fans. We take pride in presenting an enjoyable show that represents the band program and our school. The motto for the band is 'Pride, Dedication, Excellence!' The students work to exhibit these qualities in the classroom, at home and in the community.

The band is led by committed, dedicated student leaders. These upper class band students work very hard as servant leaders in the band. They are model students that are very active and involved in the classroom, school activities, sports, at home and in the community, and they lead our Cyclone band.

For pregame, we featured our drumline as the band marched into formation on the track to play a pep band tune. The band went onto the field and played Bear Down You Cyclones, the visitor's school song, our patriotic tune, The Star-Spangled Banner, and Stand Up and Cheer.

For halftime, the band performed our marching show selections. The Cyclone Band played

'The Music of Queen'. By the end of the football season, the band presented its show in its entirety.

Thank you to Tom Cronin and Ryan Meyer for assisting with the marching band, Angie Miller, and also to Jill Daeges for sponsoring

the color guard. Also a big thank to our administration and faculty for their continual support of the music programs at HCHS, and the Music Boosters for their hard work and ceaseless dedication!

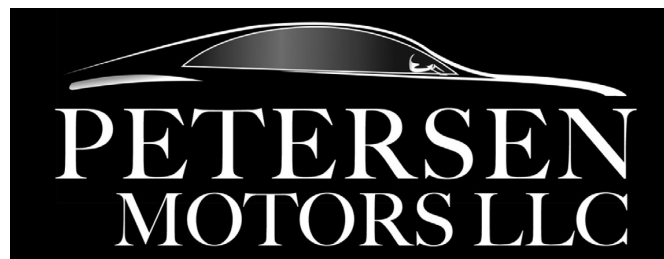
The presentation of the colors was by members of the Harlan

Helmer Reyelt American Legion Post 150, Portsmouth American Legion Post 547, Panama American Legion Post 601, Earling American Legion Post 615, Defiance/Westphalia American Legion Post 707, and Shelby County VFW Post 941.

The Cyclone band students worked very hard to bring you their very best performance. It

is because of their continuous Pride, Dedication, and Excellence that the Cyclone Band is the most talked about band in the conference! It's the Cyclone Way. If you see one of these fine students, let them know your appreciation of their hard work! Thank you all for your support and Go Cyclones!!

**Bill Kearney, Director of Bands**



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