

A Breakout Star

Freshman Breaks School Records

Most athletes hope to land their name in the books as a record breaker, but they used their whole career to prep, but Jenna Twedt 23 broke two records her first season of play.

Twedt said, "I mean, I knew I took a lot of shots. I had hopes that I would break a record, but I didn't think it would be yet. It was only my first year. I found out when Z [Coach Jeff Zittergruen] put out a tweet at the end of the season."

This did not happen without extra effort. Twedt worked to refine her skills and abilities whenever the opportunity arose.

"I have put in a lot of work to beat records, but I also tried to stay after practice and shoot more," Twedt said.

When the season ended and the majority of players stopped or at least slowed down time spent on the basketball court, Twedt refused to take this break.

"I play basketball throughout the summer. When one season ends, I just go into another. I'm still always in a gym. I'm also in other sports, so it gets hard to put in the time, but I still put in lots. I also

have Team Iowa practices happening right now."

Currently, Twedt holds the record for most field goal attempts and free throws made in a season. She overtook the record of field goal attempts with 348. The previous record holder, Madison Weekly 12, had 337. Twedt also made 102 free throws. Previously, the record was 101 by both Abbie Stepanek 98 and Alyssa Wiebel 15. Yet, Twedt is not satisfied.

"I want to break more records," Twedt said. "The points in a career record is my main one I want to break. My brother's [Ben Twedt 14] and Madison's [Weekly 12.]"

Twedt is also her own competition with hopes to break her own records.

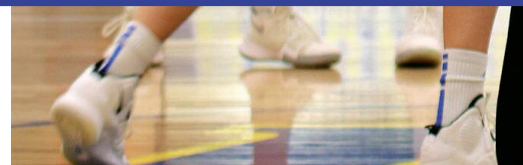
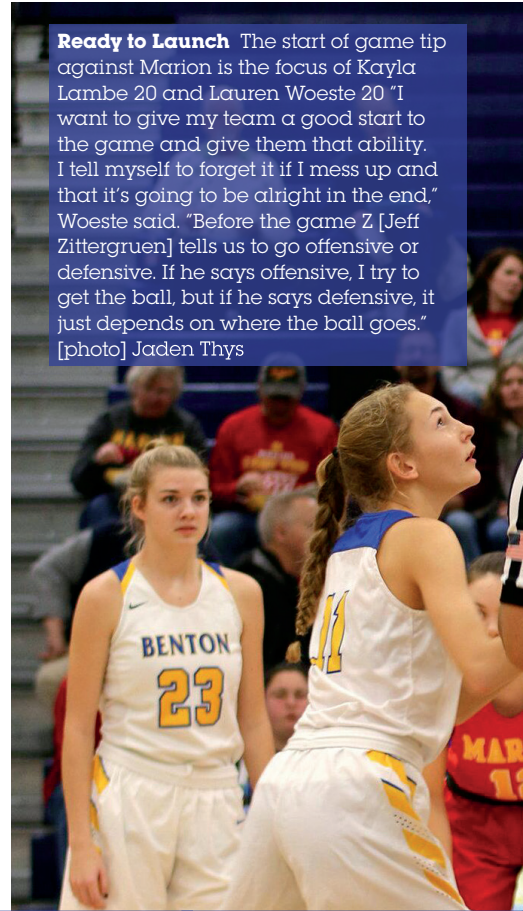
"I hope I will break my own again," Twedt said. "I hope to break the free throw record for sure."

Twedt was also named IPSWA 3A 3rd Team All State.

Twedt said, "Yeah, basketball doesn't ever stop."

-Kaitlyn Sievers

Ready to Launch The start of game tip against Marion is the focus of Kayla Lambe 20 and Lauren Woeste 20 "I want to give my team a good start to the game and give them that ability. I tell myself to forget it if I mess up and that it's going to be alright in the end," Woeste said. "Before the game Z [Jeff Zittergruen] tells us to go offensive or defensive. If he says offensive, I try to get the ball, but if he says defensive, it just depends on where the ball goes." [photo] Jaden Thys



How do you improve?



"Shooting free throws every day at the court during practice. Making sure my shot is right. Sometimes I shoot with Mr. [Tim] Casey."

-Cole Gehling 21



"I try to think about what I did in the previous games and think about what I can do better. I try to reflect on my mistakes and fix them."

-Avrie Peck 22



"Open gym before the season really helps me and gets me into shape. It gets me ready to go. The drills show me what pace I need to go."

-Jack McGovern 20



Protective Measures While Alyse Harvey 21 scans the court, she narrows down her best choices. Harvey said, "I need to find a way to help the team, so I always look for my options to either pass, dribble or shoot." [photo] Alashia McMurdo



No Distractions For Clay Krousie 20, complete concentration is the key to a basket. "When I shoot," Krousie said, "I think its going to go in every time and have full focus on the task at hand." [photo] Makenna McManemy

Sports Basketball

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1. Intense Competition The second time Drew Lange 20 comes up against CPU allows him to be better prepared. Lange said, "It does help because you know what they like to do, and you can anticipate plays they have and get a couple steals off that." [photo] Alashia McMurdo

2. Quick Judgement When Grace Embretson 22 plays Clear Creek Amana, she makes snapshot choices. "My goal was to get in the lane to score. It is difficult because you have to make quick decisions," Embretson said. [photo] Jenna Welty

3. Skill Development It is important to Sam Shaw 20 to give the time and effort in practice to be successful. "I always go hard in practice," Shaw said, "and when we scrimmage each other, I always try to work on my defense moves." [photo] Makenna McManemy

4. Tight Spot When Grant Embretson 20 is in defense mode, he finds himself trapped. Embretson said, "Mount Vernon was a tough defense team, so I was trying to keep the ball from them. I wanted to get out of this situation without causing a turnover." [photo] Jaden Thys

5. Be Prepared Situations can take Jaxson Snitker 21 by surprise at times, but he always tries to be ready. "You can't prepare for these moments," Snitker said. "You just have to have the mental toughness to battle through them." [photo] Makenna McManemy

6. Vigorous Player Naturally, defense comes easy to Mallory Thys 20 since it is the part of the game she loves the most. Thys said, "I was down in an athletic stance trying to steal the ball from my opponent. Being on defense is my favorite; it is intense, and you can try your best to not let your girl get the ball or score." [photo] Alashia McMurdo

7. Height Challenges While Brady Sadler 20 plays Central Dewitt, he has to take a giant jump. "I was going up to try to block the shot. That guy was a lot taller than me, so it was hard to get up that high to block him," Sadler said. [photo] Makenna McManemy



Girls' Scoreboard

Marion	24 - 61
Dyersville Beckman	50 - 48
West Delaware	50 - 34
Central DeWitt	34 - 52
Solon	53 - 49
Mt. Pleasant	47 - 30
Williamsburg	53 - 39
Vinton-Shellsburg	42 - 53
Center Point Urbana	31 - 55
Clear Creek Amana	38 - 58
South Tama	66 - 30
Independence	52 - 29
Center Point Urbana	42 - 70
Maquoketa	43 - 48
Williamsburg	45 - 26
Union	45 - 35
Mt. Vernon	38 - 35
South Tama	56 - 16
Vinton-Shellsburg	58 - 37
Independence	59 - 22
Clear Creek Amana	53 - 55
Williamsburg	56 - 59

Boys' Scoreboard

Dyersville Beckman	25 - 54
West Delaware	49 - 39
Grinnell	48 - 49
Central Dewitt	56 - 70
Solon	57 - 52
Williamsburg	42 - 54
Vinton-Shellsburg	53 - 48
Center Point Urbana	28 - 55
Williamsburg	49 - 52
Union	53 - 41
Mt. Vernon	37 - 73
South Tama	58 - 44
Vinton-Shellsburg	37 - 39
Maquoketa	41 - 48
Independence	65 - 30
Marion	53 - 70
Clear Creek Amana	58 - 74
Independence	69 - 47
Xavier	37 - 71



Lay-up Leap While he plays Maquoketa, Turner Schroeder 20 fights for a shot. "I was shooting a lay-up. They were scrappy, so we had to up our game and be more physical," Schroeder said. [photo] Camryn Mosty



Perfect Pass At the Independence game, Kayla Lambe 20 throws with accuracy. Lambe said, "I was passing a ball to a teammate. I am not sure who it was to, but I know it was successful." [photo] Camryn Mosty

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