

Getting Back into the Swim of Things

Senior swimmer Hannah Nedder has made major waves this school year. In the second meet of the season she swam the state qualifying time in her 100 fly. Pella's very own is back and more ready than ever to represent at the state competition for her fourth year in a row.

"I was very excited. I was planning on getting it at some point in the season but achieving it early on in the season was a weight lifted off my shoulders," said Nedder. "It feels great not having to worry about it."

Furthermore, Nedder said her final goal for the state meet is to place top 10 in the 100 fly event. This is quite the turn around from last year. Unfortunately, the team was required to quarantine during the 2021 state competition.

"It was definitely hard because we couldn't have the closure to our season, but we all rallied around each other and

that definitely helped us get through it," said Nedder.

When asked about how people could support the team, Nedder explained, "I'm really happy with how the school is giving swimming more attention the past couple of years. We are grateful for the support we have received from the school and our peers."

The NCMP team has claimed several top-15 finishes this year and they have been working extremely hard to make a splash in the state pool.

Regarding this season, Nedder stated, "Since the COVID-19 restrictions have been lifted we have so many more opportunities. We also have a much larger senior class this year, so there is a lot of great leadership."

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Sport Highlights

Cheer



►►► **SMILE.** Sophomore Kylie Brand smiles for the camera during a home football game. The cheerleading team has been practicing since July. "A highlight of the season for me has been the team meals. They have been such great bonding time and the food is always incredible!" Brand said.
Photo credit: Auttum Greene

Football



►►► **PLAY.** Senior Nolan Clayberg plays at the home game vs North Polk. Pella won this game 21-8. "A highlight of the game for me was watching the team come together and securing the win," Clayberg said.
Photo credit: Auttum Greene

Forté



►►► **DANCE** Forté performs at the homecoming pep rally. Forté's state competition is December 1-3. "My favorite memory of Forté so far would be going to Des Moines for our team pictures. Afterwards we went and ate at Jordan Creek mall, and the ride home was fun!" Freshman Makenna Hall said.
Photo credit: Amelia Poe

Lady Dutch Leadership

The Lady Dutch volleyball team has 5 seniors this year: Anna VanderWaal, Meridith Rowe, Bailey Van Voorst, Avey Amelse, and Ella Corbin. The team has had great success this season with such an experienced team. They have a winning record of ____-____.

Both VanderWaal and Van Voorst have been playing on the varsity team since their freshman season.

"A lot has changed over the seasons," said Van Voorst. "I started off being the little freshman looking up to some really great senior leaders. The next year I had to step into a leadership role as we graduated 7 seniors."

Both girls' have since stepped into the leadership position. The leadership that the seniors' created has impacted the younger girls.

"The seniors have been super influential to me through high school," said junior Jasmine Namminga. "They are all great leaders, who love playing volleyball."

The team has also created a strong bond together.

"One of the things I love most about

the volleyball team is the relationships we all have with one another," said Namminga. "We make jokes, laugh and have a great time together."

The team has been going to Saturday tournaments, making memories

"This year I get to end my high school volleyball career playing with my best friends," said Van Voorst. "It's different because we have played for 7 years



►►► **Spikes:** Senior Bailey Van Voorst hits the ball past the Grinnell Tigers.
Photo credit: Kennedy Hartson

together, and this is the last year we will ever play together again."

The team bond isn't the only thing that

improves with an experienced team.

"I think having an experienced team is a huge part of our success this season. With experience brings maturity on the court, and knowledge of the smart plays at different times," said Amelse. "It also is great for confidence."

Amelse transferred to Pella last year from Pella Christian and has been an important part of the team this year. She also believes the switch made her a better player,

"It forced me to constantly work hard as a spot was not guaranteed, and I had to earn it! I also think being surrounded with so many good and experienced players at Pella has helped me improve my skills."

As the season begins to reach the postseason, the ultimate goal for this senior led team is to make state. On the way there, they have smaller goals for each skill and game. Improving on each individual skill has been a huge focus in practices. The extra focus can ultimately help push the team on to the conference title and state tournament.

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XC: Be The Buffalo

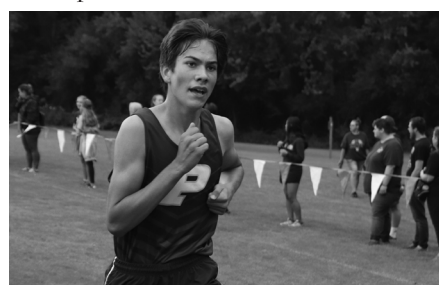
Every year there is a theme for cross country. The theme this year is "Be the Buffalo." The reason why the team chose this theme is because a herd of buffalos always runs into an oncoming storm together. This allows them to get through the storm faster and easier by working as a group. The cross country team wants to tackle difficulties by facing them head on and together as a team.

The girls' varsity cross country team is young this year. They don't have any seniors. Girls' varsity is composed of mostly underclassmen including the majority of it being sophomores and one freshman. Autumn Blink is one of the sophomores on varsity.

I think being on varsity is such an honor," said Blink. "Last year making it to state with all the activities was really cool."

On boys' cross country there are

several seniors on varsity. Sophomore Jack Conrad appreciates that the more experienced runner works well with the less experienced.



►►► **RUN:** Sophomore Jack Conrad runs at the first home meet at Central. Photo credit: Amelia Poe

"My year has been really good so far, and it has been great to see rookie and veteran team members working hard and improving as the season continues," said Conrad.

There are many reasons why the runners on the team are in cross country.

"I am in cross country because I enjoy

running with my friends, and I think it's really fun to compete in all the races," said Blink.

Senior Jacob Byers has been on the team all four years of high school. His favorite part of cross country is the family aspect and the great conversations.

"There are days when we will go on a cooldown run and talk about whatever is on our minds," said Byers.

He also enjoys that runners of all levels are encouraged to participate.

"The team is very welcoming to everyone regardless of skill level and just wants to help each other improve," said Byers. "Even if you aren't good at running like me, you will still have fun in cross country."

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