

FRESHMEN TO WATCH

BASKETBALL



EMMA COOPER

Embracing one of City High's athletic traditions, Emma Cooper '19 is a multi-sport athlete who competes in track, volleyball, and basketball. Though Cooper has talents within all her sports, basketball rises to the top as her favorite, as well as being her best sport. Cooper helped her team win seven of the nine games as a seventh grader. That same year, Cooper set a record in track at southeast for the 100 and 200 yard dash. Cooper plans to build on the success she had in junior high during her high school career.

"At Southeast, the competition wasn't what it will be in high school," Cooper said. "I want to take what I've accomplished back then and transform that into success on a high school level."

Emma Cooper has a plan to achieve the same success she had as a junior high athlete in high school athletics.

"Practice hard," Cooper says. "If you do, your habits will carry over to your game."

Cooper plans to keep practicing and continue to develop the habits needed to achieve success at the high school level.

VOLLEYBALL



ELLIE EVANS

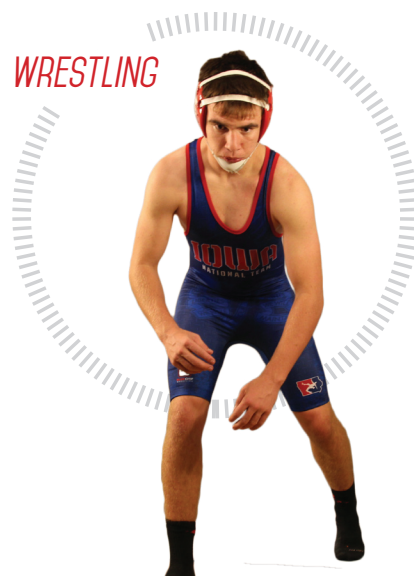
Standing at nearly 5-foot-9, Ellie Evans '19 is towering above the rest of her grade in height and in sports. Excelling in volleyball, Evans is spending the beginning of her freshmen year at the net with City High's varsity team. Evans has very little experience compared to her peers on the roster. After playing for a mere four years, Evans made the Little Hawks' varsity volleyball team earlier this fall. Being younger and less experienced than the competition but Evans says she is not phased.

"It was really nerve wracking at first because I didn't know anyone. Now it's just fun, and I love it," Evans said.

Her first season at City is proving to be a successful one, as City High's volleyball team is currently among the top 10 teams in the state. Despite Evans' age, she gets a significant amount of play time. In the battle for the spike, Evans led the team in blocks, denying two potential kills. Well into her fourth year of playing, Evans' devotion to the sport is still as prevalent as ever.

"I love it," Evans said. "I can't imagine not playing."

WRESTLING



KYLE HEFLEY

Kyle Hefley '19 is a wrestler and the fullback for City High's freshman football team. Wrestling at 138 pounds, Hefley has earned national recognition for his abilities on the mat. He posted an 84-12 record as an eighth grader competing on a national level. Hefley attributes all his success to his hard work.

"Wrestling is a personal sport," Hefley said. "If you're not personally giving it your all you won't be successful."

People have high expectations this wrestling season for Hefley. He traveled to multiple wrestling tournaments around the country. Hefley prepares for these tournaments by pushing himself to his limits both in practice and during his matches. During Hefley's daily wrestling practice, it is not uncommon for him to lose 10 pounds. The physical strain Hefley endures is worth the reward of wrestling. Hefley hopes to continue his success in the high school wrestling environment. As a football player, Hefley is setting his goals high.

"I definitely want to play football in college," Hefley said. "It's a priority for me right now."

Little Hawk sports staffers Jim Geerdes and Lydia Kaufmann get one-on-one interviews with their top picks for freshmen to watch during the 2015-16 school year.

DANCE



ABBY POSTMAN

Abby Postman '19 has been dancing since she was two years old. The talent she has developed on the dance floor has landed her a spot on the City High Dance Team. In state dance competitions, Postman has repeatedly found herself on the winning podiums, among the older City High dancers, and hopes to continue her success at the high school level. Postman is not shy about her ambitions.

"I plan to go to the national dance competition with the team every year that I'm here," Postman says confidently. "We're a young team with a lot of talent."

Postman has the talent and proves it with her placement in competitions. She placed 9th in solos at Iowa's Spirit Spectacular this fall, while helping her team earn first place at the competition. Postman credits her success to her preparation. On average, Postman spends six months learning and perfecting a dance.

"Always be prepared and on top of things," Postman said, "It will make your life so much easier."

SOCCER



BEN STEVE

Ben Steve '19 is striving to be a powerhouse in four different sports at City High. Steve plays football, basketball, baseball and soccer, while focusing on soccer. Steve stands at 5-foot-7, and weighs 133 pounds. These numbers may sound small to you, but they mean nothing to Steve. He will take his stature onto the Little Hawks' playing fields in hopes of becoming a true menace in his sports.

"I have to prove people wrong," Steve said. "A lot of people think I'm too small to compete."

Steve hopes that his mentality will overcome his physical size. He is a left midfielder in soccer and hopes to fill the position in the spring on the varsity team. Steve practices five days a week, juggling all of his sports. He helped the freshman baseball team to a school record of 27 wins this summer as an eighth grader. Steve plays for the Alliance Soccer Club. As a team captain, Steve led his squad to the state cup for soccer.

Steve hopes to transfer his success in club soccer and other sports to the playing fields of high school.

CROSS COUNTRY



RYLAND THREKELD-WIEGLAND

Ryland Threkeld-Wieglend '19 begins his quest to be a key factor in City High's athletic program right after school every day. Following the bell, Wieglend runs seven miles everyday for cross country.

Wieglend is currently one of the top five fastest members of the varsity cross country team. His speed on the courses earned him honorable mentions for the all-state team. In the winter, Wieglend will play basketball for City High. Over the weekends, in addition to cross country practices and basketball, he plays baseball with his travel team. Wieglend was the ace pitcher for City's freshman baseball team as an 8th grader.

Wieglend balances all his sports and has success in each of them. He develops the success he's had in sports with his practice ethic.

"It's important to practice well consistently," Wieglend said. "You can't just go out there and expect to play a good game. You have to focus during your practices because if you don't it won't pay off."

Wieglend plans to continue to be a dominant force in athletics among his fellow class.