

SENIORS



Riley Clark



Jacque Murray



Kennedy Wirfs



Haley Griebel



TRIM LINE TRIM LINE

TRIM LINE TRIM LINE



GIRLS SOCCER TEAM. *Front Row:* R. Clark, Q. Rodman, A. Vlasek, K. Wirfs, B. Rud, M. Gross, H. Dighton. *Row 2:* L. Sherman, R. Lochner, H. Corkin, J. Murray, A. Merlak, M. Hartl. *Row 3:* O. Garcia, K. Elliott, M. Hotz, M. Griebel, R. McCollum, I. Steele. *Row 4:* G. Krapfl, K. Volesky, H. Griebel, G. Pisarik, S. Meeker, G. Pettinger.



Junior Bailey Rud dribbles the ball during their game against Dubuque Epworth on April 25. The Mustangs finished the season with a 6-10 record. Photo by Alyssa Maddocks.



Left: Freshman Quinn Rodman dribbles the ball past a Dubuque Epworth player. *Above:* Junior Kaitlyn Volesky kicks the ball against Dubuque Epworth on Apr. 25.

Most memorable part of the season?



"One time at practice we were playing a game where we had to get the ball out of the air with our body. Hayley Corkin was running for the ball and stuck our her foot out to get it. She hit a huge puddle and slid on her belly all across the mud." - **Jacque Murray '16**



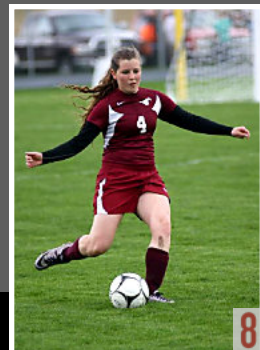
"We were on a team run and there was a car accident about ten feet from us. We must've distracted the drivers, because one of them ran a stop sign. It was so crazy! Coach had to be questioned by the police when we were done." - **Kaitlyn Volesky '17**



"I love when we gather in a circle on the field before the game starts. The words shared and the energy that flows in our circle before every game is truly the best." - **Kennedy Wirfs '16**



1. Senior goalkeeper Kennedy Wirfs punts the ball during the win against Anamosa on Apr. 21. 2. Junior Sydney Meeker throws in the ball during their game against CPU on May 12. 3. Sophomore McKenzie Hartl kicks the ball while playing Dubuque Wahlert. 4. The varsity soccer team huddles up before a game on Apr. 18. 5. Sophomore Kristen Elliott throws the ball in during their game against Anamosa. 6. Junior Hayley Corkin runs around a defender while playing Dubuque Wahlert. 7. Senior Jacque Murray dribbles the ball while playing West Liberty on May 24. 8. Senior Riley Clark kicks the ball during their game against Anamosa on Apr. 21.



Hard Work Pays Off

By Alyssa Maddocks

This year, the Mount Vernon Girls Soccer Team's mentality and method of preparation has changed drastically with the new head coach Katelyn Murray. Coach Murray, commonly called "L Mur" among her team because she is the daughter of the boys' soccer coach Kevin Murray, has jumped right in and established her reputation as a tough, intense, and passionate young coach.

Currently working in the National Guard, Murray has been known to push her athletes to the limit day in and day out. An average practice with the team involves stretching, ball touches, and various fast-paced drills, followed by long rounds of conditioning with distance runs or field sprints. "The hardest practice we've had so far was when we had to do a certain exercise repeatedly until we were so tired that we could not do it anymore. Then we would switch with our partner," said senior keeper Kennedy Wirfs. "We started with field sprints, then did crunches, burpees, push-ups, planks, and line

jumps."

The Girls Soccer Team sees a significant difference this season in their team mentality because of their influential new coach. "Coach Murray has structure," said Wirfs. "She is organized, she has expectations and consequences for our mistakes. But with her intense personality, she also has passion and wants us to succeed and do our best."

Juniormidfielder Kaitlyn Volesky agreed, saying, "Her coaching style has definitely gotten us all in shape. It's helped us gain more confidence in ourselves, and we see the potential that we have thanks to her."

Although she is a tough coach and pushes her players to the limit each day at practice, these athletes have responded well to her style. "She is very dedicated to the team," says Volesky. "She pushes us to be better every day and truly believes in us."

The Mustangs finished the season with a 6-10 record after losing a tough game to Xavier in the first round of Regionals.

SEASON RECORD 6-10



GIRLS SOCCER

Team Us-Them

Marion	3-2
Benton	6-0
Denver	0-6
Independence	0-1
DeWitt	4-1
Dubuque Wahlert	2-3
Beckman	1-2
Anamosa	3-0
Solon	1-3
Dubuque Epworth	1-4
West Delaware	5-3
Maquoketa	3-2
CPU	0-9
CCA	1-2
West Liberty	1-2
Xavier	1-11