

GOALS. "This senior class is the first one for which coach Homewood has been the coach for all four seasons, and I feel like we have all really bought into the program and worked hard for our goal," Isaac Smith ('16) said.

PUTTIN' POINTS. Thrusting the shot put a distance of 50'5.5" on May 5 is state qualifier **Marquise Jones** ('16). *Photo by Vanessa Kime*

FLYING DISC. Winding up at the Coe Collinge Relays on April 21, **Jacob Leisinger** ('16) throws the discus a distance of 129'2.5". *Photo by Vanessa Kime*



LONG JUMP. Launching through the air and into the sand pit, **Cristan Egan** ('17) participates in long jump. On April 21 at home, Egan jumped a length of 20'9". *Photo by Vanessa Kime*

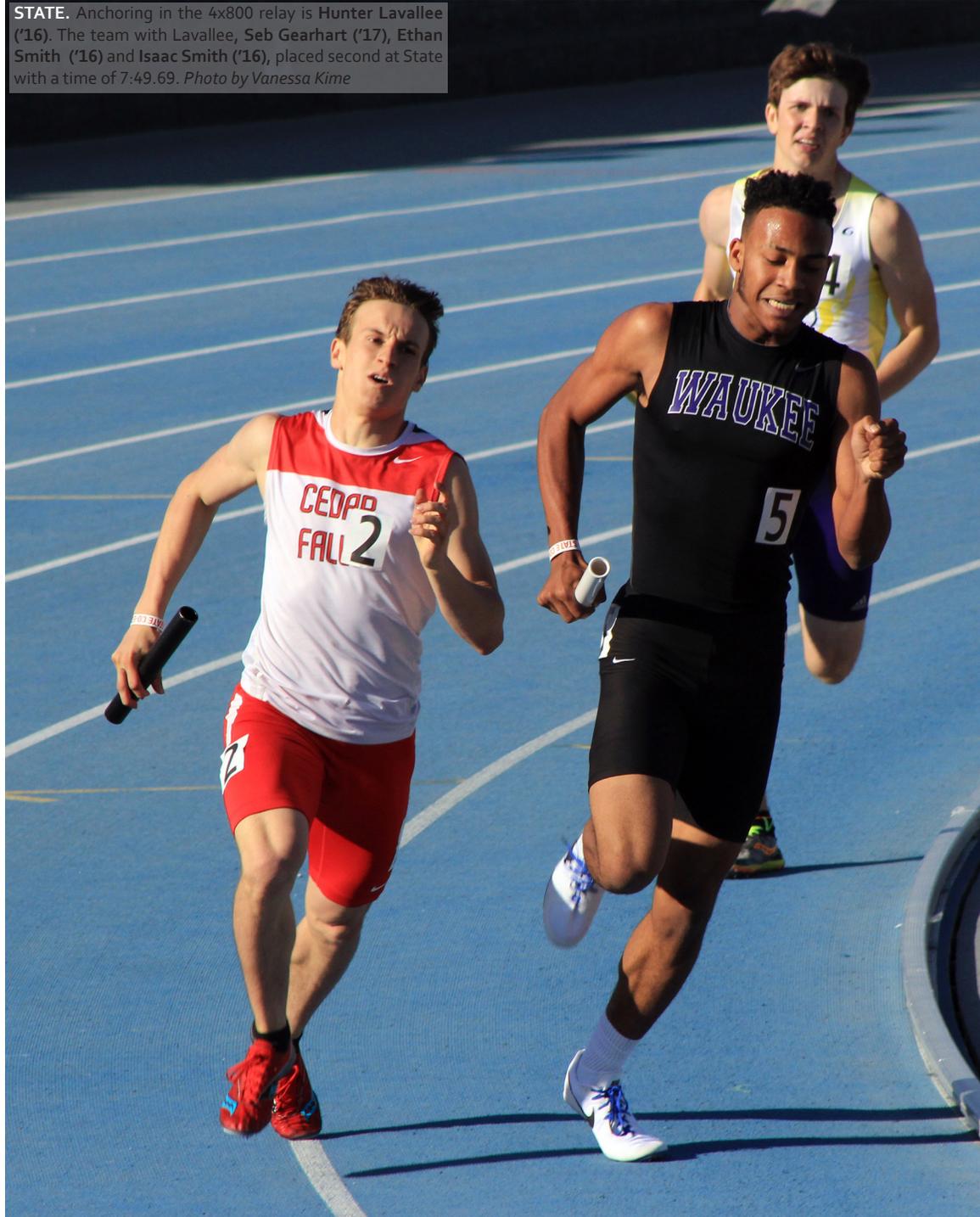


STATE RESULTS

Overall, the team ended the season as State Runner-Ups, broke many records and set new ones. Amongst those records, they also scored the most Cedar Falls points ever with a total of 70.

Shot Put 52'5.5" 50'10"	8th place Spencer Williams 12th place Marquise Jones
Discus 42.46 m	17th place Andrew Sandvold
Long Jump 20'5"	14th place Kameron Watts
3200 meter 9:21.32 9:22.84	2nd place Isaac Smith 3rd place Sam Schillinger
4x800 meter 7:49.69	2nd place Ethan Smith, Seb Gearhart, Isaac Smith & Hunter Lavallee, 13th fastest time in the nation & 5th fastest all-time in Iowa
400 meter 50.95	15th place Gaven O'Hair
400 hurdles 52.92	1st place Nathan Hoy, school record holder, 3rd fastest time in nation
Sprint Medley 3:27.85	2nd place Denison Harrington, Gabe Penrith, Gaven O'Hair and Hunter Lavallee, 6th fastest time in the nation
800 meter 1:54.02 1:55.11	3rd place Hunter Lavallee, record holder 6th place Ethan Smith
100 meter 11.32	7th place Denison Harrington
1600 meter 4:17.81 4:20.61	6th place Sam Schillinger, record holder 8th place Isaac Smith
4x400 meter relay 3:16.85	1st place Nathan Hoy, Gaven O'Hair, Ethan Smith and Hunter Lavallee, school record holder, 2nd fastest all-time in Iowa and 4th school to win three consecutive 4x400 titles

STATE. Anchoring in the 4x800 relay is Hunter Lavallee ('16). The team with Lavallee, Seb Gearhart ('17), Ethan Smith ('16) and Isaac Smith ('16), placed second at State with a time of 7:49.69. *Photo by Vanessa Kime*





RELAY. Handing the baton off to Denison Harrington ('16), Gabe Penrith ('17) and Harrington make up half of the 4x200 relay team. On April 21, with the help of Matt Timmer ('17) and Drew Walker ('16), they completed the race with a time of 1:31.05. Photo by Vanessa Kime



HURDLE. Making his way over the high hurdles on April 21, Ben Louviere ('16) finishes in 15.46. Photo by Vanessa Kime



DASH. Sprinting in the open 200 meter, Matt Timmer ('17) competes at State, running with a time of 23.28. Photo by Vanessa Kime

THE END OF AN ERA

Hurdler looks back on four years of impact under the direction of Homewood

The past four years have been a roller coaster and quite the ride for **Ben Louviere ('16)** as he has finally approached his last days as a high school student. For him, track and field has played a part in his life that he could have never seen coming.

"I'm not exactly sure how I got into track and field," Louviere said, thinking back to six years ago when track and field was offered for the first time in seventh grade. "Track was more of a social thing than a competitive thing just because everyone did it, and it was super fun."

Goofing around was essentially the name of the game in junior high track. When Louviere moved up to the high school, the whole game changed. He quickly learned that it was a lot different — track and field was something much more unique and new.

"Track is such a team thing but at the same time such a personalized, individual experience where every single day it's you against yourself, doing everything you can do to get better and improve yourself as an athlete," Louviere said. "It's such a cool feeling to practice every day with that in mind because the only goal is to get faster. That's the bottom line. You don't work on post moves or running routes. The only goal is to drop times by working hard every day."

Things began to change for Louviere when he first started track as coach **Dirk Homewood** began to chip away and instill some of the character-building virtues in him without the freshman even knowing what was happening.

"To me as a student athlete, Homewood has continually advocated for living both a healthy and productive life, treating my body well, being socially responsible and maintaining a focused attitude. These are things he has taught me that I now enjoy adhering to."

Once the senior started to do things that are required to be successful in track, it began to shape his life as a whole. "I found that I was happier and more confident in my own head space. I was looking at everything through a brighter lens," Louviere said. "Every day is now so different because I've stepped on the track and been happy to work out. That's honestly such a blessing because I've been able to shape my life to allow myself to feel that way, and a big part of that has been not just Homewood alone but the entire coaching staff, and, seriously, the biggest part is the guys we have on the team. Just everyone has brought that incredible energy, and it's that energy that gets everyone so inspired to keep working."

One of the biggest effects by far, though, was Homewood. Regarding his head coach, Louviere said, "Homewood is the man."

The former professional track star and highly decorated athlete had been the head coach of the men's track and field team for four years now. Just like the seniors, he was finishing his fourth year with the same group of people, which made the experience just a bit more special and bitter sweet. To say that he was a highly respected coach and man would barely even begin to scratch the surface of who he was in the eyes of his athletes.

"To have that caliber of a coach here at Cedar Falls High School really just leaves me in awe. Just because he's so young yet just comes off as so wise. I guess, really, he just knows how to dig at that part of you that sometimes you don't even know is there. He finds this flame in you, wherever it is in any athlete or person, and he knows exactly how in each individual case to just fuel that person — not just to become a better athlete but to become your best self," Louviere said as he took a deep breath and laughed for

a moment. "It's convenient because as a track athlete, that's what helps."

There was a moment in the year when Louviere was called upon to set an example for younger athletes. Homewood knew that Louviere had been there, so he called upon Louviere to be a role model for the younger athletes.

"It hit me so much that he, without me even realizing it, had taken my former self and who I was and crafted me into the exact role model that my former self would have needed. The end goal is that he crafts you into your own role model," Louviere said.

Not only has Homewood been a defining role in Louviere's four years at Cedar Falls High School, but so have all of his teammates. Now, however, they are some of the closest family Louviere said he will ever have.

That, however, had always been a known fact about the men's track and field team. They had always been one team — one that had had a lot of fun together and had always been ridiculously close knit. The love and energy on the team was hard to describe and was most certainly the underlying foundation for the team.

Looking back through the years, it was easy to see that the sport of track had impacted Louviere in a life-changing way that was quite hard to put into words.

"I'm gonna miss the throwing team," Louviere said as he laughed a little. "I'll miss my legs feeling like Jell-O on the last 100 meters of a 400 meter hurdle race even though it sucks. I'll miss running under the lights and running across the field screaming at the 4x4 relay at the end of every meet. I'll miss watching my friends that I've worked out with forever. I'll miss watching them cross the finish line first and break school records."

A chapter was quickly coming to an end. However, this chapter would most definitely end with an ellipsis and never really come to a close.

by Nathan Hoy

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