

Fans in the Stands



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Last Complimentary Issue!
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**NATIONAL WAHAWK CLUB
&
WAHAWK LETTERWINNTER'S CLUB**
"ONCE A WAHAWK, ALWAYS A WAHAWK!"

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A Letter From the Director:
I've just got done attending our annual Variety Show and all I can say is WOW! The theme this year is "West Has Talent" and they, as have our athletic teams and activity groups, lived up to that billing. Congratulations to Choral director Katie Ruegg and Band director, Steve Citta, and everybody associated with this tremendous performance. Once again, West High School's activities live up to the billing as the best in the state!

Our winter sports season has just been completed and after six of the ten contested sports, our boy's athletic teams remain in first place overall in the Valley Division of the Mississippi Valley Conference's All-sports standings. With four very strong spring and summer sports, we have a legitimate shot at winning the All-sports standing for the first time in West High School history since joining the MVC in 1992.

Congratulations to Coach Rob Kunkle and our

girl's bowling team on qualifying for their second consecutive state bowling appearance. They won our first Regional championship and finished 4th at the state tournament. Congratulations to Chelsea Lemper, who placed 5th place and became our first Hall of Fame bowler! Brad Anhorn also qualified for the boy's state tournament.

Just a reminder that this is the last complimentary issue of the National Wahawk Club's "Fans in the Stands". In order to keep getting this, you must
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Photo of the new Dan Gable Hall of Fame at the Athletic Entrance at West High



Photo of West High Coaches Hall of Fame, outside the Main Gym.

Where are they now?:

This monthly feature will take a look at West High School alumni and what they are doing now.

Dr. Jamal Fox - 1993

Jamal, a 3X state wrestling placewinner at West High School, and a 4X all-american and 2X National Champion at Wartburg College in Waverly, is currently an ophthalmologist in the Philadelphia. He is a member of West High School's Athletic Hall of Fame and Wartburg College's Athletic Hall of Fame. He will be inducted into West High School's Elite Athlete's Hall of Fame this fall.

Kevin Garrison - 1993

Kevin played football, basketball, and sung in Mary Citta's show choir, making All State Chorus as a first tenor in 1992. He went to Auburn University where he graduated with a B.S. in Secondary Education Social Science. After graduation he joined the Peace Corps Guatemala where he served as a volunteer, teaching basic health to poor, rural Mayan children. He is married to Victoriana and has a 16 month old daughter, Pamela. He is in his fourth year of teaching in San Marcos La Laguna (www.atitlanresource.com).

Kevin encourages all people to know you can overcome any obstacle (he is a child of alcoholism) and obtain success! He sends warm welcomes to everyone that knows him and says God Bless and Go Wahawks!

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Photo of West High Elite Athletes Hall of Fame, outside the Main Gym.

("Letter from our Director" continued from Pg.1)
pay a very minimal fee to become a member of the National Wahawk Club. Remember, all proceeds from this will be used for celebrations of Wahawk events, championship teams, celebrations, and reunions. I encourage all ex-Wahawks to become a member. As the old saying goes- membership has its privileges! One thing you will notice in future issues is a concerted effort to include all activities at West High School, not just athletics.

Finally, you will notice several photos in this newsletter of our new athletic facilities and Halls of Fame. I want everyone to see the wonderful changes that have been made for our athletes, past present, and future.

If you have any questions, or are back in Waterloo and want a tour of our new facilities, please contact me at (319) 433-2708, or frostj@waterloo.k12.ia.us. Thanks again and Go Wahawks!

Yours in Athletics,

Jeff Frost- Athletic Director

("Where are they now" continued from Pg. 2)

Jessica (Kerns) Bedard- 1988

jessica.bedard@gmail.com

Jessica is married to Andy who is a submariner in the US Navy. They are stationed in Groton, CT. She is a stay-at-home-mom for their son Aidan, but a few nights a week she gets out of the house as a HomeStyle Specialist at AtHome America. She is a 2006 graduate from UNI with a BA in general studies.

Wahawks in the News:

Nina Smith - 1999

Nina, the all-time leading career scorer and rebounder in the history of West High School's Girl's Basketball 5 on 5 program, was recently inducted into the IGHSAU Hall of Fame. Nina had a prestigious career at West High School, being a 4X 1st Team All-State player. She was the 1999 State Player of the Year, and the 1999 Gatorade National Player of the Year! Congratulations Nina! Nina is a member of West High School's Hall of Fame and Elite Athlete's Hall of Fame.

Nicole McCalley - 2008

Nicole is one of nineteen female bowlers in the nation selected to participate in the Denny's All-American High School Championships. It will be held in New Jersey this spring. Congratulations!

Letters From Our Coaches:

Colby Yoder - Head Wrestling Coach

To quote a book- "It was the best of times, it was the worst of times". This past season for the Waterloo West wrestling team had a tremendous season until the post-season. After losing 8 quality seniors to graduation, this year's team was expected to be in rebuilding mode, yet ended up with a 14-7 record and won their second consecutive divisional title. They finished the season 6-0 within the Valley Division of the Mississippi Valley Conference. They finished 2nd at the Dan Gable Invitational, a field that included 4 ranked teams that all finished in the top-ten in the state. We wrestled our strongest schedule since I have been head coach, including competing against all three classes state champions, and 4 teams that were ranked in the top 40 nationally. The end of the season did leave a bad taste in our mouths, though. For the first time in recent memory we did not qualify anyone for the state tournament. Not to make excuses, but we had by far the toughest district in the state, led by Waverly-Shell Rock High School, which won the Class 3A state tournament with a record 225 points and 12 state placewinners. They qualified 13 of their 14 wrestlers for the state tournament. Three of the our district's eight teams finished in the top-ten in the state and 24 of our 28 district's state qualifiers placed at the state tournament. Not making excuses, but it was an unbelievable schedule and district.

Looking ahead to next year we return 11 of our 14 starters and we expect to compete for the divisional title again. We also hope to be in competition for a Conference Super Meet championship, a district championship, qualify for the state dual tournament, and a top-five finish at the traditional state tournament. Our wrestlers have been working hard since the season ended- lifting weights, attending open mats, and wrestling in several freestyle tournaments. We expect to be near the top next year!

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West High Professional Athletes area on the 2nd Floor Athletes Hall of Fame area

(“Letters from our Coaches” continued from Pg. 3)

Courtney Henderson - Head Boy’s Basketball Coach

It was a tough year for the Wahawk Basketball team this year. We finished the season with a 3-19 record and tied for 6th in our division. We did have two all-conference players- Sophomore TrayVonn Wright and Junior John Puk both earning 2nd Team honors. One thing about our season is that the record is somewhat deceptive. We played one of the toughest schedules in the state. Nine of the 16 opponents we played (Some teams we played twice) were ranked in the state at one point or another. Another thing is that at no time in its history has the conference had more talent than this year. There are several Division I players that are on the rosters of the teams we compete against. With that said, we are strongly looking forward to next year. We return six individuals that have started games and ten letter winners. We return 5 of our top six scorers and with a summer of hard work in the gym and weight room, we expect to be the most-improved team in the state. Great things are just around the corner!



East wall of plaques in the Athletes Hall of Fame (2nd floor outside gym balconies)



Team Trophy Cases & more Athletes Hall of Fame plaques (west wall on 2nd floor outside Gym Balconies)

Wahawk Alumni Information:

If you are a West High graduate, please let us know what you are doing now. Fill out the form below and mail (or Email) to:

Jeff Frost (frostj@waterloo.k12.ia.us)
Waterloo West High School
425 East Ridgeway Avenue
Waterloo, IA 50702

Name: _____

Graduation Year: _____

Pertinent Information:

Coming in the April '08 Issue:

- Where are they Now
- Wahawks in the News
- Coaches Letters
 - Sue Rink - Head Girl’s Soccer Coach
 - Matt MacKenzie - Head Boy’s Track Coach
 - Ralph Longus - Head Girl’s Track Coach
- Letter from Athletic Booster Club President
 - Darci Krause
- Letter from Wahawk Foundation Board Member
 - Sharon Voigt
- Letter from Steve Citta- Band Director
- Letter from Katie Ruegg- Choir Director



Wahawk Athletic Training Room, run by Mr. Dave Fricke (Room located in the Locker Rooms Hallway)



Boys Locker Rooms (2 separate Locker Rooms)



Girls Locker Room (2 Separate Locker Rooms)

Coaches Office (one for Males & one for Females)

NATIONAL WAHAWK CLUB

2008

Please accept my check for membership into the National Wahawk Club. I would like to join the: **Wahawk Level for \$200 +**
Old Rose Level for \$100-199 (Please Circle One)
Entry Level for \$40

Information:

Name: _____ Year Graduated: _____
If applicable

Mailing Address: _____

Phone Number: _____ E-mail: _____

All Donations are tax deductible.

Membership is valid from January 1, 2008 thru December 31, 2008.

PLEASE MAKE CHECKS OUT TO THE WEST HIGH SCHOOL ATHLETIC DEPARTMENT

Mail To: Waterloo West High School Athletic Department
425 E. Ridgeway Ave.
Waterloo, IA 50702

WAHAWK LETTERWINNER'S CLUB

2008

Please accept my check for membership into the Wahawk Letterwinner's Club. Membership cost is **\$25 annually**.

Information:

Name: _____ Year Graduated: _____
If applicable

Mailing Address: _____

Phone Number: _____ E-mail: _____

All Donations are tax deductible.

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