

2 senior athletes to compete at next level

By Koby Paulsen

Out of the many senior athletes here at Durant High School, just three have been looked at by coaches at the next level. These three seniors are baseball pitcher Nate Dierickx, soccer goalie Abbey Rhoades, and football quarterback Keagen Head.

Dierickx, the son of Shawn and Kandi Dierickx, has committed to Loras College in Dubuque. His recruitment process started during the winter of his junior year when Mount Mercy began expressing interest in him. Since then, 14 more colleges, including Central College in Pella, took a look at Durant's star pitcher before Dierickx chose Loras.

"The visit there sold me," Dierickx said. "It was a great experience and when I met the other players there they made me feel like I was a part of the team already."

Dierickx's love for the game of baseball started when he played in a town ball league in Florida at just four years old. When he and his family moved just outside of Durant when he was 12, he immediately started playing in travel baseball leagues for the next two years.

Nate started his high school career here in Durant as a freshman after moving from Tipton to Durant during the middle of his freshman year. He made an immediate impact on the varsity team as a pitcher and

outfielder. His best year to date is his junior season as a pitcher. Nate had a 6-1 record with a .50 ERA, giving up just three runs the entire season.

Rhoades, the daughter of Scott and Michele Rhoades, has committed to Clarke University in Dubuque.

Rhoades's recruiting process started her freshman year when she started reaching out to college coaches, and she received even more attention her sophomore year due to her participation in various camps and playing in college tournaments with her travel soccer team.

Rhoades took official visits to St. Ambrose, Mount Mercy, and Clarke. She ultimately chose Clarke over the other schools because of its physical therapy program, a field in which she will be majoring in. Soccer has been a big part of Rhoades's life throughout the years and has been supported by many people.

She started playing the game of soccer around the age of four years old. She then played on a club soccer team when she was 10 years old. She is now a goalkeeper for the Muscatine High School Muskies.

During her first two years, Rhoades served as the backup varsity goalie, even starting a few games. She was primed to be the starting varsity goalie her junior year; however, that season was cancelled due to

COVID-19.

"Soccer has definitely changed my life, and I have made some of the greatest memories and friends throughout the years," said Rhoades.

Head, the son of TJ and Kim Head, has not committed to a school yet. The quarterback's recruitment process started his junior year when Simpson College in Indianola invited him for a visit. Since then, seven other colleges have taken a look at Head, including Wartburg and Cornell.

Head is currently undecided on whether he will play football at the next level. He stated that playing football at his college choice would simply be an added bonus, and that many people support him in his decision.

"Whether football in the future is the right decision for me or not, I know that I'll have the support around me to make that decision," Head said.

He has been a four-sport athlete at Durant for all four years of his high school athletic career. Head started playing the game of football in first grade when he played flag football. In third grade, he started playing tackle football and has continued to play the sport he loves all the way until now.

During his freshman and sophomore years at Durant, he was the backup



Photo contributed by Lilly Wyatt
Senior Abbey Rhoades is a goalie at Muscatine High School.

varsity quarterback but helped the team on special teams and some defense. Head got his chance as the varsity team's starting quarterback his junior year. In his senior year, Head threw for 837 yards and 10 touchdowns. He also ran for 508 yards and six touchdowns.

Test keeps wrestlers at healthy weight during season

By Carlie Fusco

The sport of wrestling has a long history of athletes trying to compete at their lowest weights. However, Iowa was one of the first states to put in a regulation that insured that high school wrestlers competed at healthy weights.

This assessment was added to the Iowa High School Athletic Association (IHSAA) wrestling guidelines in 1987.

"It's a pretty good guideline right now," said Durant wrestling coach Casey Strub. "They used to just tell you the lowest class you could wrestle and however you got there, you got there. Now, you have to follow a descent plan is what they call it."

According to the IHSAA, the test includes stepping on a specific scale called the Tanita Professional Series Body Composition Analyzer, which sends a gentle electrical signal through the feet to measure a person's body fat. Male wrestlers require a minimum body fat of seven percent while females are required 12 percent.

The next step is the hydration assessment where wrestlers must urinate in a cup to make sure they are well hydrated, clear being the most hydrated and dark yellow the least hydrated.

This part of the test is important because wrestlers are not allowed to stop drinking water in order to make it down to a

certain weight for testing.

After the assessment, the results are entered in Track Wrestling, a website which is also used to record matches and individual wrestler's stats. When the results are put into the weight management system on the website, it will then determine which two weight classes a wrestler is eligible to compete in.

Results for every wrestler are sent back to the coaches through Track Wrestling.

All wrestlers looking to cut weight in pre-season or during the season are limited to losing an average of 1.5 percent of their normal weight per week.

"It kind of gives the coaches a backbone to say, 'Hey, that's unhealthy. You're not cutting that far down,'" Coach Strub said.

According to the Centers for Disease Control and Prevention, it was reported in a span of 32 days in 1997 that college wrestlers from Michigan, North Carolina, and Wisconsin died from rapid weight loss complications.

Noah Grage, a Durant sophomore who wrestled 113 last year, said he could not drop any classes after the composition test last year because his body fat was at four percent.

Grage wrestles year round and has

been at club tournaments that have not followed the body fat composition guidelines.

"People could just starve themselves and get super sick," Grage said, recounting one club tournament where he saw a wrestler who had cut too much weight.


"He came in and passed out on the floor. He was just white as a ghost just to make weight, and he ended up winning his bracket actually, which is surprising because I wouldn't have had any energy after that."


In addition to staying healthy while losing weight with a descent plan, it is important to eat healthy, too.

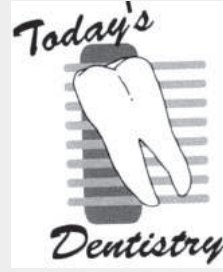
According to the IHSAA, research shows that if wrestlers eat foods that are high in carbohydrates and low in fat and include moderate amounts of protein, they will be able to eat a balanced diet without the need to be concerned about weight.


Junior Ethan Gast, who wrestled at 120 last year, said he and the rest of his teammates support the guidelines because they keep the wrestlers at healthy wrestling weights.

"It makes them feel more comfortable, I'd say more comfortable that they're not doing something bad to their bodies," Gast said.



Peels Inc. bowler of the month
Junior Cooper Huston is an important bowler for this year's Wildcats. He enjoys bowling because it keeps him connected to his family, especially his dad. He decided to participate in bowling because it's one of his favorite sports and he "likes the way my coach teaches life lessons." His goal is to win state and improve.
**Huston**



Today's Dentistry coach of the month
Coach Casey Strub has been coaching for nine years, seven years at Durant High School. Coach Strub is engaged to his fiancée, Stevie Lorenz. The couple lives in Durant with their chihuahua, Karen. Coach Strub loves getting to know each student athlete better than just having them in class. He also appreciates giving lifelong skills to athletes and enjoys "making positive impacts on and off the mat."
**Strub**



Wilton Cafe's wrestler of the month
Junior Ellie Fuller-Long is preparing for her second wrestling season. She believes participating was a great decision since it's her favorite sport now. "It teaches me discipline; it's intense and more aggressive than any other sport," Fuller-Long said. Her goal for the season is to make it back to girls' state.
**Fuller-Long**

Blooming Ideas' boys' basketball player of the month
BLOOMING IDEAS
321 Cedar St., Wilton, IA 52778
563-732-3751

**Hollenback**

Sophomore Garrett Hollenback played 11 games last year with eight rebounds and a block. "I enjoy playing the sport I have a passion for," he said. His plan is to be one of the first scoring options for the team and have double digit rebounds.

Apex Ink and Apparel's girls' basketball player of the month

708 5th St., Durant, IA 52747
563-785-6223

**Daufeldt**

Junior Elizabeth Daufeldt is a post player for the Wildcats. She played 10 games last year and had 14 rebounds and four steals. She enjoys the coaches, team, and the hardworking atmosphere. "My personal goal is to work on my offense."