

Ames High School



Post Season Honors

Boys

All State Honors

Harrison Barnes – 1st team

Doug McDermott – 1nd Team

All Conference Honors

Harrison Barnes – 1st Team

Doug McDermott – 1st Team

Mike Weber – 1st Team

Riley Stuve – 2nd Team

James Kohler – 2nd Team

Girls

All State Honors

Kionna Kellogg – 1st team

Ellen Hansen – 3rd team

All Conference Honors

Kionna Kellogg – 1st Team

Ellen Hansen – 1st Team

Cheyenne Pritchard – 2nd Team

Mady VanMetre- Honorable Mention

Emma Rathe- Honorable Mention

Upcoming Events

Summer Day Camp (Grades 2-5) June 14,15,16 coed

Summer Day Camp (Grades 6-8) June 14,15,16 coed

Jr. Skills Camp (grades 4,5,6) T,W - 4 weeks Starts June 8

Sr. Skills Camp Boys session (Grades 7-8) M,TH. -4 weeks Starts June 7

Sr. Skills Camp Grls session (Grades 7-8) Starts June 7

Hoop Troop Camp (Grades 1-3) M,TH. -4 weeks Starts June 7

March Newsletter

Little Cyclone Basketball

The Ames High Basketball Staff hope you and your families have enjoyed your spring break. The conclusion of the season was certainly a memorable one for both the girls and boys programs. The girls added yet another state tournament bid and the boys finished with another title run.

We would once again like to take this opportunity to thank everyone who has supported these basketball teams throughout the season. The environment at AHS home games has been second to none in Iowa high school basketball. The support and well wishes from the alumni have truly been a humbling experience. Our players and coaches are very grateful.

The boys' and girls' basketball teams had great success this winter but we all know this success was preceded by a tremendous amount of hard work by our players and a lot of support from their families. This hard work starts again this March with weight lifting, skill development, traveling teams, camps and summer leagues. We are very excited to start the journey once again.

A-Club News

The first season for the A-Club basketball program is complete and we are **extremely** pleased with the first year. With more than 130 participants on 11 teams, we were excited to see that several of the teams were still growing at the end of the season. We couldn't have asked for more support or participation during the first year of the ABC.

We will continue to send updates on meetings, tryouts and skill development opportunities for the ABC as plans finalize in the coming weeks.

We again would like to say thank you to all those parents that have been so supportive and active in getting such a massive undertaking up and running this first year.

Congratulations

Congrats to all the Little Cyclones who have been awarded post season honors. (listed on the left)

Thoughts for the Team

" The man who can drive himself further once the effort gets painful is the man who will win ." - Roger Bannister

-Go Little Cyclones,

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