

## Ames High Athletics 1970 – 1975

The seasons from Fall 1970 to Summer 1975 saw many successes and the initiation of seven new competitive sports for girls. Under the leadership of Athletic Director Ray Smalling these seven sports were started, Cross Country, Swimming, Basketball, Gymnastics, Track, Golf and Tennis. In state competition the Little Cyclones won four state championships and finished second a remarkable twelve times. In addition individual state championships were won.

Coach Phil Johnson had a 28-15-2 record in this period, an excellent record considering the tough Big 9 competition. 1970 was 5-4, led by 3<sup>rd</sup> team All State QB Scott Milliken. Linemen Mike Fowles, 2<sup>nd</sup>, and Dan Spencer, 4<sup>th</sup>, were All-Staters on a 6-1-2 team in 1971. The best record in this period was a 7-2 in 1972 led by King Block, 3<sup>rd</sup> team and Dave Bunker 4<sup>th</sup> All-State. 1973 was almost as good, 6-3. Kevin Allen made 6<sup>th</sup> team. The 1974 team slipped 4-5, the only losing record in this time frame.

The fall Cross Country teams were Big 8 champs in 1971, state champs in 1973, 2<sup>nd</sup> in the state in 1974 and 4<sup>th</sup> in 1972. Greg Prestemon, now an AHS Hall of Famer from the Class of 1975 was the leader during most of those years.

Basketball was dominant in the early 70s. The five year record was 97 wins 19 losses. George Duvall coached the state champs in 1973 with a 26-1 record. His assistant, Arnie Zediker, took over in 1974 and was a runner up in 1975 with a 21-3 record. Gene Larson was 1<sup>st</sup> team all state on a 17-5 team in 1971. Larry Loots made 4<sup>th</sup> team. We lost two times to Marshalltown in 1972 for a 19-2 record. All five starters averaged in double figures. (Steve Burgason, Terry Carroll, Nick Classick, Gary Grindeland, Frank Schneider) Three players made IDPA 1<sup>st</sup> team in 1973, Burgason, Carroll and Schneider. We beat Dubuque Wahlert 85-75 for the state title. Chris Lang was the MVP in Zediker's first year in 1974 that went 14-8. Junior Mark Harmison averaged 20 points and 12 rebounds in 1975 on a 21-3 team. They lost in the state finals 56-51 to Des Moines Lincoln.

Jack Mendenhall's wrestlers crowned four state champs in the early 70s. 1971 John Schoeneman, 185; 1972 Bill Kunerth, 132; 1973 Don Finnegan, 98 and 1975 Jim Gibbons, 98 lbs. The 1972 team had a 10-2 dual record and finished second in the state meet. The 1975 team was 11-2 in duals.

From 1971 to 1975 Mike Wittmer's swimmers finished 3<sup>rd</sup> twice, second once in the state meet and were state champs in 1975. Bob Reinbold won the 100 backstroke for three straight years, 1971 to 1973. In 1973 Reinbold and Dexter MacBride each won two individual titles. In the state championship year brothers Maury (100) and Eric ((200) Johnson were freestyle champions. In 1974, state titles were won by MacBride (200), Mark Barnett (100) and the 400 Relay team of Barnett, Steve Pier, Maury Johnson and MacBride.

Boys' Track from 1971 to 1975 was outta sight! Coach John Sletten's teams were state champs in 1971 and 1972 and second in 1973 and 1975. Marc Sakamoto, Dan Wierson, Steve Jackson and Rick Bowlds won the 440 Relay in 1971. Tom Pantenburg won the High Jump at State and Drake. In 1972 Kent Anderson doubled up at Drake and State in the pole vault. Dan Wierson set a record in the 180 lows at 18.8. The 440 yard relay won it again. In the 1973 runner up year the Two Mile Relay team of Jim Thomson, Steve Grover, Jim Packer and Mike Wheelock were champs. Marc Sakamoto ran a 9.8 100 winning at Drake. 1974 was the only off year. However Greg Prestemon did set a record in the 2 mile at 9:26.1. In 1975 the Mile Relay team of Mark Bogenrief, Jim Schattauer, Brian Jenkins and Glen Catus won at Drake. Greg Prestemon broke his two mile records, winning at state.

Phil Johnson was the Boys' Tennis coach from 1971 to 1975. His 1971 team had a 6-3 dual record. #1 players were Pete Barcus in 1972, Bill Berger in 1973 and Scott Smay in 1974. The 1974 team finished fourth in the Big 9 Conference meet. Led by Scott Smay, the 1975 team won the Big 9 Conference meet.

George Duvall's golfers were 2<sup>nd</sup> in the state in 1971. The 1972 team, led by Matt Sexton had a 9-4 dual record. In Duvall's last year they placed 8<sup>th</sup> in the state meet in 1973. Arnie Zediker took over in 1974. With a 2-5 dual record in 1975 they finished 5<sup>th</sup> in the Big 9.

Baseball 1971 was Arnie Zediker's last year of three and Dave Posegate's first year of fourteen. The 1971 team was led by 3<sup>rd</sup> team all stater Scott Milliken to a 13-16 record. Milliken had a 7-5 record and Alan Vandeventer was 6-2 as pitchers. In 1972 Dave Carlson and a .391 batting average was 3<sup>rd</sup> team all state. The team finished 13-15 in Posegate's first year. 1973 was a big year. The team posted

a 30-7 record and finished 2<sup>nd</sup> in the state. Barry Best was first team all-state, our first first teamer. The second team included sophomore Greg Foell and junior pitcher Sam Lewis who was 15-2. In 1974 Greg Foell hit .430 with 9 homeruns and made first team all state. Sam Lewis was 9-6 on a team with a 17-19 record. In 1975 Greg Foell made first team all state again with a .441 average. The team was 18-14.

The first year for girls' cross country was the fall of 1973. Led by Sue Deppe and Michelle Coady Ames finished fifth in the state meet. In 1974 the team improved to 3<sup>rd</sup>. Again Deppe and Coady ran 1-2 for Ames.

6 on 6 Girls' Basketball started in late 1973 with Larry Middleton as the first coach. They finished the 1973-74 winning 2 and losing 7. Middleton's charges improved the next year to 14-8. Leading scorers were Michelle Coady 22 point average and Michelle Cochrane with 20.

Boys' coach Mike Wittmer started girls' swimming in 1972. Two girls qualified for state. In 1973 sophomore Barb Bacon began her three year run as a star. She won the 200 IM and the 100 butterfly as Ames finished 6<sup>th</sup> in the state. In 1974 the team improved to a second place finish. Bacon won the both the 100 and 200 freestyle. The Medley team won with Esther Wright, Julie Coy, Maud Neff and Sue Larson. In 1975 the team finished third. Bacon won the 100 and 200 free and Liz MacBride the 50 freestyle. The 400 relay team won with Barb Bacon, Cindy Mahlstedt, Muriel MacBride and Liz MacBride.

Karen (Carlson) Bason started gymnastics in 1971. Connie Jo Israel led the team the first two years. The 1972 team finished second at state with Beth Stone leading the way. Israel missed the state meet to try out for the Olympics. She made the 20 member pre Olympic group. Suzanne Kruse took over 1973. Beth Stone led the team to a third place finish at state. In 1974 the team had a 5-2 dual record and was 6<sup>th</sup> at state. Margaret Newton and Anne Donaldson were the leaders of the 1975 team.

The first three years of girls' track had a succession of coaches. The boys' staff absorbed them the first year. Fern Van Wyhe coached them in 1974 and Tom Jorgensen took over in 1975. 20 girls came out for the first year. Sophomore Sue Deppe was the team leader. Things picked up in 1974. Deppe finished third at state in the 880 and the team

finished 13<sup>th</sup>. In 1975 the team finished second to Woodbine for the team title. Kim Thompson won the mile run. Thompson, Deppe and Michelle Coady were the team leaders.

Bob Heiberger coached Girls' Golf from 1971 to 1975. In 1972, the third year twelve girls came out. Improving each year Kathy Sullivan was the team leader. They were 8<sup>th</sup> in the state in 1974. 7-0 was their dual meet record as they also finished second in the state in 1975. Sullivan and Nancy Carroll were the team leaders.

The first Girls' Tennis coach was Richard White in 1972. He was followed by Suzanne Kruse for the next three years. They were led in 1974 by sophomore Carolyn LaGrange. In 1975 they posted a 7-2 dual meet record.

The 1970-1975 period was a groundbreaking time for Ames High Athletics. Seven new sports were started for girls. There was also more to come. Participation and enthusiasm was very high. Ames High's long athletic tradition carried on.