December 11, 2016

Greetings from the Cascade Girls' Basketball program.  It has been snowing for a while now, tons of great college basketball on TV, the Christmas tree looks good, and the fireplace is ablaze.  In the back of my mind, Norman Rockwell would be proud of that description.  Spent some time building up a snow bank for my daughter to use as a jump for her sled and now enjoying ESPN's new 30 for 30 about the 1988 Miami vs. Notre Dame football game.  Saying this is a huge week for the Cougars is a massive understatement.  Two enormous challenges await and we need you more than ever.  PLEASE DO EVERYTHING YOU CAN TO COME TO THE GAMES THIS WEEK!  We need you.

RECAP

The Cougars came away with two hard fought and intense River Valley Conference games as they defeated the Comets of Bellevue High School by a score of 47-38 and on Friday they traveled to Camanche and came away with a 46-42 victory over the Indians of Camanche High School.

Thank you so very much for your support especially this past week.  Words cannot express just how much your support means to this team.

UPCOMING SCHEDULE

On Tuesday, December 13th, the Cougars will host the highly skilled and extremely talented Bears of West Branch High School.  The Bears (5-1) are athletic, physical, explosive, and are playing on a high level.  The Bears are led by arguably the best guard core in the area in #13 Koenig (19.0 ppg) and #24 Mullinix (16.0 ppg).  #13 Koenig, a junior, has received numerous NCAA Division I scholarship offers already and is one of the premier guards in the state of Iowa.  #4 Miller, #11 Knoop, and #50 Heise are also contributors on both ends of the floor for the Bears.  The Bears are averaging close to 54 points per game and they score in bunches.  The Cougars will have to find a way of limiting #13 Koenig and #24 Mullinix while focusing on rebounding and limiting West Branch's offensive attack.

This River Valley Conference match-up will be a Varsity Girls' and Varsity Boys' doubleheader with the Varsity Girls' beginning at 6:00 PM followed by the Varsity Boys' at approximately 7:40 PM.

Please come and show your support.  We need you.

On Friday, December 16th, the Cougars travel to Monticello to face the outstanding, highly talented, and balanced Panthers of Monticello High School.  The Panthers (5-0) are exceedingly well coached, athletic, aggressive, and one of the best teams in Eastern Iowa regardless of class.  The Panthers are led by a trio of superb guards in #24 Ries (16.0+ ppg - scored 28 points vs.West Branch), #10 McDonald (13.3 ppg), and #20 Stephen (4.0 ppg).  The Panthers have a big front line are are led by #40 Wharten (5.7 ppg, 5.7 reb) and #54 Kuper, a 6'2" Freshman (4.0 ppg).  #50 Fellinger  (3.7 ppg) and #32 Lambert (3.3 ppg) also contribute to the Panthers' attack. The Cougars will have to find a way of containing Monticello's transition attack and their excellent guard core while handling Monticello's full court pressure.

This River Valley Conference match-up will be a quadruple header of games starting at 4:00 PM with the Sophomore Girls, followed by the Sophomore Boys at 5:15 PM. The Varsity Girls' will begin play about 6:45 PM followed by the Varsity Boys' at approximately 8:15 PM.

BAKE SALE

I recently found out from my wife that the 8th grade class at Monticello Middle School will be holding a bake sale at the game on Friday at Monticello High School to raise much needed funds for an ill classmate and her family as they travel regularly to Iowa City for treatments. Please consider either purchasing a snack or making a donation on Friday at the game.

YOUTH TEAMS

Please send me any and all results.

ALUMNI

Lynsey Dolphin (Frosh at Wartburg College) scored one point on Wednesday against Coe College and had a career day against Viterbo on Saturday as she scored two points, four rebounds, 3 assists, and a steal on Saturday for the 8th ranked team in NCAA Division III. Lynsey and her Knight teammates head to Fort Lauderdale for the Cruzin' Classic for a pair of tough games against two Northeast schools.

Abbey Meyer (Junior at University of Dubuque) is averaging 10.1 ppg, 4.0 ast, 3.7 rebounds, and 1.5 steals per game for the Spartans. Abbey and her teammates face UW-LaCrosse then head to Lexington, Kentucky for a tournament at Transylvania University.

Ashley Arlen (Nottingham Wildcats - WBBL) is averaging 25.0 ppg, 9.7 reb, and 2.7 ast per game for the Wildcats who are doing well in the WBBL.

Great job ladies. We are so proud of you.

Please come and show your support this coming week (and all season). The girls feed off your support and passion.

Thank you.

Mike Sconsa

Head Girls' Basketball Coach

Cascade High School