
KENNEDY HIGH SCHOOL

Cougar Hall of Fame
Class of 2020

April Allen

Jordan Holmes

Madison Meier

Drew Heitland

Trevor Heitland

Derek Jacobus

JANUARY 24, 2020

COUGAR ATHLETIC HALL OF FAME

ATHLETES

APRIL ALLEN (09) 2020
KYLE BASSETT (98) 2016
TIM BATTERSON (84) 2010
DENNIS BASKERVILLE (76) 2001
BRIANNA BENNING (93) 2001
RAVEN BLACKWELL (2001) 2009
CARRIE BLANKENSHIP (98) 2006
TONY BOOTH (90) 1999
TAMMY BRAUER (94) 2002
STEPHANIE BRENNAN (93) 2008
DAVID O BROWN (77) 2004
MARY HARTMAN BRUCE (79) 1998
TINA NAAKTGEBOREN BROOKER (87) 2003
KELLI STEGGALL BURESH (80) 1995
ERIN THORNTON BURGESS (98) 2019
COLBY BURKE (88) 2007
LEESA CADWALLADER (2007) 2013
SARAH CADWALLADER (2007) 2013
AUSTIN CHRISTENSEN (11) 2019
MARI SATHER CHRISTENSEN (82) 2003
TRACY CROCKER (78) 1994
JEFF CROY (73) 1999
MICHELLE MURDOCK CUE (90) 2019
RON DEARBORN (76) 2019
KANDY KEIPER DONNER (92) 2011
DEB DUFF (77) 2008
DIRK DUNBAR (69) 1994
MARK ENRIGHT (73) 1995
LOUIE ERVIN (90) 2013
TANYA ROACH EWING (79) 2002
ALAN FEICKERT (90) 2014
BILL FOWLER (71) 2011
HEATHER MOWERY FLEMING (95) 2006
RHONDA GERBER FREY (73) 1994
MICHEL NIXON GAGE (90) 2012
KIM BREKKE GESCHEIDER (90) 2005
RICK GILBERTSON (81) 2000
CHUCK GRAHAM (77) 2000
DAVE GREENWOOD (72) 1997
DON GREENWOOD (71) 1996
JADE GRIMM (09) 2014
JOE GURENO (91) 2010
KARA HAJEK GUSTAFSON (97) 2006
THAD HACKNEY (96) 2007
CORY HANNEN (97) 2007
SUSAN BUCKHEISTER HANSON (97) 2013
CHAD HARTKE (92) 2012
STEVE HARTKEMEYER (68) 2010
JOEL HARTMAN (85) 2006
LINDA SMITH HAYWOOD (82) 1996
DREW HEITLAND (14) 2020
TREVOR HEITLAND (12) 2020
LAURIE HADDY HEPKER (79) 2013
JORDAN HOLMES (14) 2020
JEFF HRUBES (84) 1997
DEREK JACOBUS (14) 2020
JOSH JAHLAS (12) 2019
CARIE GOODE JANS (80) 2001
CHUCK JOHNSON (76) 2003
RANDY JOHNSON (88) 2002
TIM KADLEC (79) 2004
LINDA CUNNINGHAM KAZMIERCZAK (77) 1996
JENNI ADAMS KEITGES (87) 1997
BRETT KELLOGG (2000) 2009
KEVIN KILEY (72) 1996
KYLE KNOCK (1998) 2009
GAIL KRAMER (78) 1995
RANDY KREJCI (72) 1997
DIANA GREENWOOD KURTZ (80) 2002
MIKE KVACH (80) 2006
BEN LAMAAK (2006) 2013
KRISTI LOFTUS (84) 1997
JIM LONG (68) 2012
AL LORENZEN (84) 1995
KATE MAROVICH (93) 2005
ERIC MARTIN (93) 2005
GUY MARTINO (08) 2018
MAX MARTINO (10) 2018
LISA SMITH MATTINGLY (88) 1998
STEVE McDONNELL (70) 1998
MADISON MEIER (14) 2020
TOBY MICHAEL (79) 1998
GREG MICK (76) 1995
RANDY MOORE (81) 2013
NICK MORIO (95) 2013
RHONDA GARDEMANN MURR (91) 1999
RICK NETOLICKY (68) 1996
ANNE O'NEIL (2000) 2007
SCOTT OWENS (82) 2008
MARIA ZIMMERMAN PAULSEN (01) 2016
BRENT PAULSON (92) 2002
LANCE PAULSON (89) 2001
ZACH PAULSON (2001) 2009
HERCULES "TY" PAYTON (75) 2001
RYAN PRAHM (97) 2014
ELLIE BLANKENSHIP REAGAN (07) 2014
JODY REAM (88) 2004
ELISE REID (06) 2016
BRYAN REMPT (2000) 2007
BILL ROBY (78) 1998

ATHLETES(cont)

ERIC SCHULTZ (08)2016
SHAWN SEDLACEK (94) 2005
JAKE SETTLE (03) 2011
SANDY SHERMAN SHEAN (74) 2010
SHELLY SHEETZ (91) 1999
ANDREA SHIELDS (01) 2018
VANESSA SCHROCK VEGA (2001) 2009
TEDDY SHONKA (07) 2016
MEGHAN SIEVERTSEN (2005) 2013
JOEY SLATON (05) 2014
COURTNEY STRAIT (12) 2019
JILL HLAVACEK SMORAWSKE (99) 2010
KAREN HOFFMAN SPERFSLAGE (94) 2000

SARAH RUSSELL SUHR (1996) 2008
STEPHENIE WILSON TUPA (92) 2012
DEE ANN DAVIDSON VANHOECK (81) 1994
MARK VOTROUBEK (70) 1996
CINDY LAMB WATSON (78) 2011
LISA SMITH WETTERMAN (81) 2000
CHAD WIESE (91) 2010
JULIANNE LORD WILSON (07) 2019
ANNA SWANSON WILSON (1993) 2009
AMY WOLD (04) 2014
ANDY ZEDIKER (97) 2019
GLEN ZENOR (74) 2003

COACHES

RICK BLACKWELL (01)
DAVE BROCKWAY (01)
DUDLEY DRAXTON (07)
ROSE ELVIDGE (01)
DAVID ETIENNE (94)
VANCE FULLER (08)
GLEN GOLDEN (07)
BILL HERKELMAN (94)
JIM HERMANN (04)
HARVEY HOP (02)
DENNIS HYNEK (05)
DON KNOCK (01)
BOB KOLAR (03)

RANDY KREJCI (09)
JIM LEWIS (99)
JERRY MAUREN (96)
ED MILLER (04)
MARK ONSTOTT (06)
GREG REED (99)
DENNIS ROLOFF (18)
JOHN ROSS (18)
DENNIS RUBENOW (03)
STEVE SHEAN (11)
DON SHUPE (98)
DEB SNOOK (02)
LLOYD SPIER (95)

BOB "BEAR" STEVENS (00)
MARK STEWART (08)
AL STIERS (97)
COREY TAFOYA (06)
DALE TRYON (05)
CHUCK WEBB (10)
MEL WIELAND (05)
MARY WILCYNski (14)
GARY WILLIAMS (98)
HAROLD WILKINSON (95)
DAVE WINKLER (14)
ARNIE ZEDIKER (09)
MARK WILDEN (16)

BOOSTERS

BOB BASKERVILLE (94)
DARRELL BERRY (05)
TOM BERTHEL (04)
JOHN BIRNBAUM (97)
MICHAEL BISEK (96)
DIANE BRAUER (09)
BOB BROOKS (96)
CONNIE CAVINESS (16)
DR. KEN CEARLOCK (05)
GINNY CRONBAGH (00)
MERV CRONBAUGH (98)
JERRY DANFORTH (04)
DICK DIRCKS (98)
BOB DUFF (03)
MIKE FITZHARRIS (07)
DR JOE GALLES (02)

DAN & JACKIE GARDEMANN (03)
DON GREENWOOD SR (08)
JOEL HOPKINS (95)
JAN HUTCHISON (98)
CHUCK JOHNSON (07)
PAUL JOHNSON (04)
CARL JUNTILLA (97)
TIM KAPPMAYER (95)
JAYNE KREMER (13)
LEROY KREMER (04)
RUTH LAMB (95)
NANCY MELSA (99)
JERRY MOHWINKLE (03)
EVALYN MOOREHEAD (03)
STEVE MORTIMORE (06)
GEORGE NISSEN FAMILY (06)

CHUCK PATTON (13)
M. R. "PECK" PECKOSH (01)
LANNY PETERSON (03)
ROBIN ROBERTS (07)
MERLE RUNDE (00)
JIM SCHNEEKLOTH (99)
RICKI SCHULTE (16)
RICHARD SEDLACEK (95)
DAN & PEGGY SHONKA (10)
ROBERT SPURR (08)
KEN TERUKINA (14)
CATHY & BILL THOMPSON (12)
BUD WIESE (04)
GERI WIESE (01)
TOM ZAHN (02)

Our first Kennedy Hall of Fame inductee is April Allen. Allen is a member of the class of 2009 and was a four-year varsity swimmer for the Kennedy swimming and diving team, competing from 2005 through 2008. Allen made an immediate impact in the water for the Cougars being named the team's Rookie of the Year and earning second-team all-state honors during her freshman campaign. She was a four-time all-state athlete, earning second-team her freshman, sophomore and senior seasons. She was recognized as a first-team all-state athlete her junior season when she was also named team MVP. The Kennedy swim team was a two-time conference champion and two-time regional champion during her tenure. Allen also excelled in the classroom, earning MVC all-academic honors multiple times as well as academic all-American honors from the National Swim Coaches Association.

After high school, Allen continued her swimming career at the University of Iowa, competing for the Hawkeyes from 2009 through 2013. During her time swimming for Iowa, she was named a team captain, earned Big Ten distinguished scholar honors, was selected to the Big Ten all-academic team, was named a two-time Iron Hawk strength and conditioning award winner and earned the Allison Pennington Strength of Character Award. While at Iowa, Allen pursued her Bachelor of Science degree in human physiology. She has also earned her MS degree in biomedical sciences at Regis University and in physician assistant studies at the University of Iowa.

States Allen, "The most memorable moments I have from Kennedy are those I share with my teammates. From team dinners to donut relays, competing against rival high schools to slip-n-slide and prank wars, we had a lot of fun and made the most of it. Looking back on that time, it reminds me to stay light-hearted and to be present in every moment."

April wants to give a special shout-out to her coach, John Ross, for his continuous support throughout high school and beyond! She also wants to thank her Cougar teammates, especially Jodi Peterson, for making this time so special. She currently serves as a physician assistant at the University of Iowa Healthcare Urgent Care Center and she continues to volunteer at the Iowa City Free Medical Clinic in her spare time. She enjoys spending time with her husband, Byron Butler, friends and family, as well as their dachshund, Decker. She also enjoys reading, playing trivia games, and hiking. She hopes one day to visit every national park in the United States and Canada.

Please welcome to the Kennedy Cougar Athletic Hall of Fame, April Allen.

Our next inductee into the Kennedy Athletic Hall of Fame is Jordan Holmes. Jordan is a member of the class of 2014. She was a three-sport athlete for the Cougars from 2010 through 2014, competing in volleyball, basketball and soccer for the Green and Gold. On the volleyball court, Holmes was a defensive specialist earning one varsity letter. She earned all-academic athlete awards as well as MVC all-academic honors in volleyball. In the winter, Holmes was a point guard on the basketball team, earning three varsity letters. During her junior season, Holmes earned honorable mention all-MVC honors. As a senior, she earned honorable mention all-metro honors, led the team in steals, and was named team captain for the Cougars as they made their way to the state quarterfinals that season. Holmes was a part of a remarkable year run for the Cougars on the soccer pitch and was an important part of the competitive spirit that led to two state championships (2012 & 2014) over a three year period. Jordan earned 4 varsity letters and was named all-academic athlete all four years of soccer. Over her four-year career, Holmes earned multiple all-metro, all-conference and all-state

honors. In 2014, serving as the team captain, Holmes was part of leading the Cougars to the 2014 state championship, earning all-tournament team honors for her efforts in a remarkable state tournament run. As her career wound down, Jordan was selected a Wendy's High School Heisman state finalist and was named the 2014 Kennedy female Athlete of the Year.

Following her Kennedy career, Holmes attended Coe College where she continued her multiple sport athlete ways. As a basketball player for the Kohawks, she was a two-year starter and four-year letterwinner and was a part of the 2014 - 2015 IAC conference championship team. She led the Kohawks in assists, steals, and defensive rebounds during her senior year. On the soccer pitch, she was a four-year starter and four-year letter winner for the Kohawks, earning multiple all-conference awards along the way. Holmes set school records for career games played (77) as well as the record for career games started (77). She also holds school records for most minutes played, most assists in a single game and most assists as a freshman. At the conclusion of her competitive career, Holmes was selected to play on an NCAA Division III All-Star team to represent the United States overseas in Europe.

Reflecting on her days at Kennedy, she states, "During my four years at Kennedy, there was never a season I wasn't playing a sport and making memories with my friends. One of my most memorable experiences comes from my senior basketball season when we beat Muscatine to go to the state tournament for the first time since 2010. This game was hands down my favorite game of my career. We fought the entire game and it came down to the final seconds. Two other experiences I remember most are the 2012 and 2014 state championship titles for my soccer career. My senior year title (2014) means a little more to me because we were overlooked the entire season and were never expected to make it past regional play. When we made it to the state tournament, we were referred to as the "Cinderella Team". We took it one game at a time and danced our way to yet another state championship. Going out on top made it so much easier to return my jersey at the end of the season because there was no other way I could have wanted to end my high school career."

"I would like to thank my family, coaches, teachers and administrators at Kennedy for constantly supporting me and challenging me to be the best version of myself I could possibly be. This gave me confidence to not only be successful in athletics, but in academics as well. I carry the hard work, mental toughness and dedication I gained while I was at Kennedy with me in my everyday life."

Holmes is currently studying at Illinois State University where she is pursuing a Master's in Business Administration and is serving as the Illinois State women's soccer director of operations. During the summer she serves as the Cedar Rapids Country Club professional shop manager and with the little free time she has she likes to catch up on Netflix, hang out with friends and play golf. Her future career plans are to stay in athletics, either as a manager in professional athletics or as a sports management professor in college.

Please welcome to the Kennedy Athletic Hall of Fame, class of 2020, Jordan Holmes.

Our next Hall of Fame inductee is Madison Meier. Madison is a member of the Class of 2014 and was a three sport athlete for the Green and Gold. She played softball for Kennedy for one season, the summer of her eighth-grade season, where she was moved up to varsity at the end of the season.

Meier was a three-year varsity athlete and letterwinner in both volleyball and basketball for the Cougars. On the volleyball court, she excelled in the back row as a defensive specialist and libero for the Cougars. Her teams made it to the regional finals her junior and senior seasons and made it all the way to the state tournament during her sophomore campaign. She earned multiple all-conference recognitions as a volleyball player and ended her career eclipsing 1,000 career digs mark as a libero. Meier also excelled on the basketball court and was one of the more prolific shooters in recent Kennedy basketball history. As a junior, she broke the school record for number of three-point baskets in a game, hitting seven against the Jefferson J-Hawks. As team captain her senior season, Meier was an important part of leading the Cougars to the IGHS AU state tournament. One of Meier's strongest qualities was her leadership, serving as a two-time team captain in both volleyball and basketball. In recognition of her leadership skills, she was awarded the Dr. Wilcynski Principal Scholarship Award as well as the Dave Etienne Award for athletic leadership.

Following her high school career, Meier continued her academic and athletic endeavors at Upper Iowa University where she played both basketball and volleyball for the Peacocks. She excelled in both at the collegiate level, earning a place on the President's Team (athlete with the highest GPA on your team) for three years and making academic honor roll all four years of college. She also served as a university ambassador and was a math tutor in the UIU student tutoring center. She majored in elementary education, earning endorsements in middle school English and Math and also completing her athletic coaching endorsement.

States Meier, "What made my experience at Kennedy memorable was the lifelong friendships I built and knowledge base I built. I was able to play sports with some of my best friends (Jordan Holmes being one), in multiple sports for several years. The coaches and teachers I had also made my JFK experience memorable. I was able to build a great relationship with every one of them and learn a variety of life long lessons along the way."

"One special experience I will never forget is beating Muscatine in the regional final game to go to the state tournament my senior year...Jordan Holmes, Paige Hendrickson, and I had been playing basketball together since the 3rd grade, so getting to experience that with them was a dream come true."

Madison is currently a fourth grade teacher at Hoover Elementary in the Cedar Rapids Community School District. Meier has returned to where it all started for her, currently serving as an assistant sophomore volleyball coach and assistant varsity basketball coach for the Cougars. We are excited to have her back influencing young people in the same gym as she used to compete in at such a high level. When she is not teaching and coaching, Meier loves spending her free time with family and friends.

Welcome to the Kennedy Athletic Hall of Fame...Madison Meier.

Our next inductee into the Kennedy Athletic Hall of Fame is Drew Heitland. Drew is also a member of the Class of 2014 and was a three-sport athlete for the Cougars, competing in football, basketball and track & field. On the hardwood, Drew was a two-year starter and two-year letter winner, earning honorable mention all-metro and all-conference awards and also being recognized as MVC

academic all-conference. He was also selected as a team captain. Drew took advantage of his strength, height and agility as a shot put thrower where he excelled for the Cougars. He earned first-team all-conference and all-metro honors his junior and senior seasons. He capped his track & field career by placing fifth in the shot put at the IHSAA state meet his senior season. Heitland made his biggest impact in the Green and Gold on the gridiron where he was a three-year starter and three-year letterwinner. He earned multiple all-metro and all-conference honors in all three seasons. He was a standout tight end and defensive end for the Cougars, being recognized first-team all-MVC and as a second-team all-state honoree at the conclusion of his senior campaign.

Following his high school career, Heitland also stayed in Cedar Rapids attending Coe College and playing football for the Kohawks. He was a four-year letterwinner and four-year starter as a defensive end. He was a 2-time all-IIAC first-team honoree and was named the team's Most Valuable Player during his senior year. Drew graduated from Coe with a degree in physical education.

Heitland reflects, "What made my experience so memorable were the teammates and coaches that I had. Also, being able to play with my brother in football and creating a lifetime of memories is something I will always remember. My coaches taught me many lessons, but two lessons really stick out. First, as I have moved into coaching, athletes need to know how much you care about them, that they are more than just as an athlete; and second, always show up early!"

While still competing at Coe College, Heitland also began his coaching career by returning to Kennedy as an assistant boys basketball coach for several years. Heitland had a great run as our head sophomore boys coach, instilling many of the skills and attributes he learned as a Cougar and giving back to the program that influenced him during his time in these hallways. He currently serves as the assistant athletic performance coach at the University of Missouri in Columbia. His hobbies are golfing, being outside, and spending time with his family. His life-long goals are to become a full time college strength and conditioning coach.

Please welcome to the Kennedy Athletic Hall of Fame...Drew Heitland.

Our next inductee to 2020 Kennedy Athletic Hall of Fame is Trevor Heitland. Trevor is a member of the Kennedy Class of 2012. He was a two-sport athlete for the Cougars, competing in basketball and football. Trevor was a two-year varsity letter winner in basketball, earning second-team all-metro and all-MVC honors. Heitland excelled as a running back for the Kennedy football program. He was a two-year varsity starter and team captain, earning team MVP honors, all-metro and all-conference first-team honors. Although not the largest running back in Kennedy football history, Trevor was a deceptive and punishing running back for the Cougars, setting the school record for average yards-per-carry, averaging 7.3 yards every time he was handed the football during his junior season. In 2011, he led a remarkable rushing attack that featured two running backs eclipsing 1,000 yards during that season. Looking back, had Trevor not been willing to share the backfield with another outstanding running back, he no doubt would have put together one of the most prolific seasons from a stats standpoint during his senior year. He completed his career with 1,818 yards rushing, at that time ranking him 5th all-time.

Heitland continued his academic and athletic career at Coe College, playing football for the Kohawks. It is safe to say that Trevor's best football years were at the collegiate level where he became one of the best running backs at the NCAA Division III level. He was a four-year letterwinner for Coe, earning first-team all-conference and first-team All-American honors. The Kohawks were undefeated conference champions during his senior campaign. Heitland was named a finalist for the Gagliardi Trophy, an award that recognizes the best football player at the NCAA Division III level. He truly was one of the best football players in the country that season.

Looking back over his high school experience, Heitland states, "I have learned a lot of lessons to use in my everyday life, most important is to always work hard. You may not be the most athletic student on the court, but you can always work hard. Another life lesson I learned while being a student athlete at JFK that I continue to utilize every single day as a teacher and coach is how important it is to communicate and work together. The last life lesson I learned was to live in the moment. So many times people wish and hope the time away, forgetting to live in the present."

Trevor currently lives in Cedar Rapids working as an outside sales representative for 1st Ayd Corporation, an industrial maintenance and sanitation product manufacturer and distributor.

Please join me in welcoming to the Kennedy Athletic Hall of Fame...Trevor Heitland.

Our next inductee into the Kennedy athletic Hall of Fame is Derek Jacobus. As a member of the Class of 2014, Derek may be one of the more prolific four-sport athletes in Kennedy history. He earned 10 varsity letters competing in football, basketball, track & field and baseball for the Green & Gold. During his athletic career at Kennedy, Jacobus participated in seven different state tournament or state meet events. The most exciting year was his senior year when all four sports excelled at the state tournament level - football, basketball, and baseball all made it to the state quarterfinals and the track & field team placed third at the state meet. Jacobus played football for all four years, though he suffered a few injuries that limited his participation from time-to-time. He was also a three-year varsity athlete in basketball for the Cougars. On the baseball diamond, Jacobus patrolled shortstop for 4 years and created chaos on the basepaths for our MVC opponents on his way to 2nd-team all-state honors. He earned all-metro and all-MVC honors in each of these three sports throughout his career, but it was the arena of track & field where Derek was exceptional, becoming one of the most versatile track & field athletes in the state. As a sophomore Derek placed second at the Drake Relays in the long jump. He improved upon that feat as a junior, coming home from the state track & field meet as the Class 4A state long jump champion. His senior year was one for the record books, especially at the state meet. Jacobus lead the Cougars to second-place finishes in the 400 meter, 800 meter, and shuttle hurdle relays. He broke school records in the long jump, the 400-meter relay and 800-meter relay during his senior season. His shuttle hurdle relay team broke the state meet record in the prelims of the state meet. He capped his senior year being named the 2014 Kennedy male Athlete of the Year.

Following high school, Derek continued his academic and athletic career at the University of Northern Iowa for one year, competing for the Panthers as a decathlete. He won the 2015 MVC championship in the decathlon as a true freshman. Following his freshman year at UNI, Jacobus transferred to the University of Arkansas where he finished his collegiate career. He competed in the decathlon for the Razorbacks, placing fourth in the SEC decathlon (outdoor) or heptathlon (indoor) three different times.

He was a four-time national meet qualifier in the multi events and a three-time All-American. He was a member of three SEC track & field conference championship titles and a member of the 2016 NCAA outdoor championship team. He won the Drake Relays decathlon in 2018 and qualified for the USA Track & Field championships twice with a best finish of 11th in 2018. He earned a Bachelor of Science degree in sports management from Arkansas in 2018 .

Reflecting on his playing days, Jacobus states, "My experience at JFK was so memorable because of the support I was given from all my coaches to allow me to compete in 4 sports throughout my high school career. Making state baseball runs with my older brother (Devon) in 2012 and my younger brother (Dalles) in 2014 are moments that I will cherish forever. A lesson that I still live by to this day is Coach Hoyer's expectation to shave with a blade before every competition. This forces you to look at yourself in the mirror; there is no hiding or lying about anything while staring at yourself in the mirror."

He and his wife, Lexi, live in Little Rock, Arkansas. She is an exceptional track & field athlete as well, competing for the United States in the pole vault in the 2016 Olympics in Rio. He is currently working towards a master's degree in sports management from the University of Arkansas Little Rock where he also coaches track and field in the jumps and multis for the Trojans.

Please welcome to the Kennedy Athletic Hall of Fame...Derek Jacobus.



Cougar Hall of Fame Class of 2019

Left to right back row: Aaron Stecker (Athletic Director), Julianne Lord Wilson, Michelle Murdock Cue, Courtney Strait, Erin Thronton Burgess, Austin Christensen, Ron Dearborn, Josh Jahlas, Andy Zediker, Randy Krejci (JFK Hall of Fame Coach/Athlete).