

## Rhoads loves jumping high for Cougars

Written by Jim Ecker

Monday, 16 March 2015 19:15 - Last Updated Tuesday, 17 March 2015 17:14

---



CEDAR FALLS - Willie Rhoads loves dunking basketballs.

"If you search on YouTube, I swear to god there are like 100 videos," he said Monday. "It's kind of ridiculous."

The odd thing is, Rhoads does not play basketball for Kennedy. He's a high jumper, and a darn good one. Dunking is part of his off-season training for track and field.

"At Kennedy, the 'Y,' every court in town," he said.

Rhoads jumped 6-foot-6 at the Dickinson Relays last week in his first meet of the season. He didn't go quite that high Monday, but his top jump of 6-foot-4 was good enough to capture top honors at the Mississippi Valley Conference indoor meet in the UNI-Dome.

He barely missed three attempts at 6-foot-7 Monday and was mildly disappointed. "A little bit," he said, "but it will come."

## Rhoads loves jumping high for Cougars

Written by Jim Ecker

Monday, 16 March 2015 19:15 - Last Updated Tuesday, 17 March 2015 17:14

---

"I was pretty content with 6-6 at Dickinson, because I'd never done that well at the first meet of the season before," he added. "It actually really satisfied me. I wasn't really expecting it."



"If I get my form right, I think I can go 6-6 (or) 6-8 every time."

Rhoades leaped 6-foot-8 at the MVC outdoor meet in Dubuque two years ago as a sophomore, but he's been chasing that elusive height ever since. He was slowed by back and heel injuries last year, but still had a successful campaign when he placed fifth at the Drake Relays (6-foot-5) and sixth at the Class 4A state meet (6-foot-2).

Rhoads also placed third at the 2013 state meet (6-foot-4) and 12th at the Drake Relays that year (6-foot-3), so he's been a mainstay at the major meets in Des Moines for quite some time.

Now a senior, he'd like to finish his career with a state title at 6-foot-9 or better. "I'd be fine with both," he said.

Kennedy has a strong 1-2 punch in the high jump with Rhoads and Shaun Beyer, a junior who finished second Monday at 6-foot-2. Beyer placed third at the state meet last year at 6-foot-4, giving Kennedy two of the best jumpers in the state.

Beyer and Rhoads are also accomplished long jumpers. Beyer won the MVC title Monday with a leap of 19 feet, 8 inches and Rhoads was third at 19-4 1/2.

## **Rhoads loves jumping high for Cougars**

Written by Jim Ecker

Monday, 16 March 2015 19:15 - Last Updated Tuesday, 17 March 2015 17:14

---

Mark Schulz won the 400 meter dash for Kennedy in 51.34 seconds. Josh Warder captured the 200 meter dash for the Cougars in 23.78 seconds and Dalles Jacobus won the shot put at 50 feet. Kennedy also claimed the 4x400 relay for its sixth victory in 16 events.

Landen Akers of Washington won the 60 meter dash in 6.91 seconds. Linn-Mar claimed the shuttle hurdle relay.

No team scores were kept.

## **MVC INDOOR BOYS TRACK MEET WINNERS**

High jump - Willie Rhoads, Kennedy, 6-4  
Long jump - Shaun Beyer, Kennedy, 19-8  
Shot put - Dalles Jacobus, Kennedy, 50-0  
3200 - Akash Borde, Iowa City West, 10:27.74  
4x800 relay - Iowa City West 8:23.62  
Shuttle hurdle relay - Linn-Mar 34.47  
60 - Landen Akers, Washington, 6.91  
400 - Mark Schulz, Kennedy, 51.34  
4x200 relay - Cedar Falls 1:35.12  
1600 - Strauss, Hempstead, 4:43.81  
60 hurdles - Harrison, Waterloo East, 8.42  
200 - Josh Warder, Kennedy, 23.78  
Medley relay - Hempstead 3:48.86  
800 - Dietz Meyer, Wahlert, 2:00.45  
4x100 relay - Waterloo West 44.7  
4x400 relay - Kennedy 3:32.64

## **METRO PLACEWINNERS Top 3**

### **JEFFERSON**

2. 4x800 relay 8:38.41

## **Rhoads loves jumping high for Cougars**

Written by Jim Ecker

Monday, 16 March 2015 19:15 - Last Updated Tuesday, 17 March 2015 17:14

---

- 2. Dan Larson, 400, 51.39
- 2. 4x200 relay 1:35.13
- 2. Manny Olutunde, 200, 23.81
- 3. Jared Eivins, shot put, 49-9

### **WASHINGTON**

- 2. Shuttle hurdle relay 35.47
- 2. Alex Herzog, 60, 6.93
- 3. 4x800 relay 8:59.32
- 3. Mason Taylor, 60, 6.98
- 3. Medley relay 3:51.60

### **KENNEDY**

- 1. Willie Rhoads, High jump, 6-4
- 2. Shaun Beyer, High jump, 6-2
- 3. 4x200 relay 1:35.50
- 3. Willie Rhoads, Long jump, 19-4 1/2

### **PRAIRIE**

- 3. Tysen VanDraska, 400, 52.37
- 3. Ty Bolden, 200, 23.98

### **LINN-MAR**

- 3. Dan Gorsich, 60 hurdles, 8.64