

Cyclones beat Sailors for coach

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being honored. "Five years for Mother's Day, my kids all flew my other daughter and my first grandchild home from San Diego and arrived Wednesday night, that was a total surprise as well. It just means a lot."

With pink cups used to spell out "5-year survivor" and the pink ribbon that represents breast cancer hanging from the fence, the whistle blew and it was time to focus.

Columbus, out for revenge after a 2-1 loss at home in penalty kicks to Denver just two weeks prior, wasted no time attacking Cyclones junior goalkeeper Kathryn Kuennen. Sailors junior Megan McElmeel's shot, 30 seconds into the contest, rebounded off Kuennen's hands as she dove to the left right to the Sailors Elinor Smith. With a wide-open net in front of her, two Denver defenders came up with a big block before Smith could bury the ball in the back of the net. A minute later, McElmeel screamed a shot right into Kuennen's chest.

"We couldn't convert on anything tonight," Columbus coach Julie Girsch said. "We weren't really playing our style at all."

Gielau said before the game that the first 15 minutes of any match are the most important, and she was content with how her team responded despite a sloppy first minute and a half.

"It was a wakeup call," Gielau said. "It always is, whenever that happens to you, if they can make it down that whole length of the field and get a shot off [and] you are caught flat footed. You need to immediately regroup and regain your intensity."

The Cyclones recovered and passed the ball deep into their offensive third to

Heather Heine. The strong legged junior shot a 30-yard bender that just passed above the outstretched arms of Columbus goalkeeper Gabrielle Pranger a minute and a half after the Sailors strong start.

Twelve minutes later, Heine scored her eighth goal of the season, this time just outside the right corner of the box to give the Cyclones a 2-0 advantage. Heine mentioned after the game that she is most comfortable from shooting outside of the box.

"I just saw an open shot," Heine said. "I just wanted to do what was best for the team and take what was open."

Gielau said Heine has very good touch on her shots.

"She can run the length of the field and has a beautiful cross as she takes corners," Gielau said. "I think the wind helped carry that one in for her."

"It was very important [to get the first goal]. Emotionally, if you are coming from behind it is always a struggle and [you're] always wondering what you are doing wrong and not focusing on playing your own game."

The rest of the first half was a physical juggernaut. Both teams battled intensely for the ball and each had their own opportunities, but neither could convert. Denver's defense continued to stifle the Sailors, while the Cyclones kept the ball in the air and forced Columbus into playing their game.

"They transitioned very nicely and we didn't," Girsch said. "When you play against teams who want to keep it in the air and kick it over your head, it is difficult. Then we kind of started playing that style and it isn't our style and I think that hurt us a little bit."

The beginning of the sec-



Cyclones freshman Emma Larson (43) bodies Columbus freshman Ana Ortiz off the ball.

CHRIS DEBACK PHOTO

ond half was much of the same as in the first. Denver's Emma Larson took a pass from Heine into the middle of their offensive third before bending a shot past the diving Pranger to put the Cyclones up 3-0 with just over 23 minutes to play. It was Larson's third goal of the season.

The Sailors finally got on the board two minutes later when Kiera Cabrera dribbled down the right side of the field, crossed a ball into freshman Krista Blair, who shot from inside the box past a diving Kuennen. It

was Blair's first goal of the season.

"Second half, we got a little more composure and we figured out our shape was a little bit better," Girsch said.

The Cyclones looked fatigued over the last 15 minutes of the second half. Gielau said a way to counteract any fatigue, especially late, is to just play smarter soccer.

"There [are] ways to do that in your passing and there are ways to do that in your defending," Gielau said. "We just need to work on that as we go."

The Sailors got a couple good looks at the net, one of which, off the foot of sophomore Sydney Shannon, that just sailed over the crossbar from about 35 yards out with 10 minutes left. The Sailors, whose intensity increased with every waning second, were unable to find the back of the net again.

"We played extremely well against [Gladbrook-Reinbeck] on [May 5] and a lot of girls stepped up huge in that game and played really smart, really mature soccer," Gielau said. "We were hoping we could con-

tinue that into tonight's game. It is really important they were able to continue to play at that level and they showed us [Friday night] that they can."

Stevens mentioned after the game it was their defensive communication that helped late.

"We really focused on playing to feet and playing calm," Stevens said. "[The Sailors] were switching a lot, so our defensive communication was really key tonight, just knowing who was marking on the outside and who was in the middle."

Tigers upset No. 1 Go-Hawks, 4-3

by ERIC VANSICKLE

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WATERLOO — For a 40-minute stretch during Thursday night's girls' soccer match at the Cedar Valley Soccer Complex, top-ranked (Class 2A) Waverly-Shell Rock had all of the momentum on homestanding Cedar Falls.

The Go-Hawks had scored three successive goals between the 20th and 60th minutes to take a 3-2 lead. However, an own goal in the 74th minute knocked in by goalkeeper Emily Sands and a 77th-minute tally by the Tigers' Kate Motzko gave C.F. the 4-3 non-conference victory.

The victory improved the Tigers to 6-4 on the season, while W-SR fell to 4-2.

Go-Hawks co-head coach Chelsea Frye said the own goal came down to a lack of communication between Sands and the back line.

"I don't think it had anything to do with what they were doing or what we were doing," Frye said after the match. "It shouldn't have gone into the goal."

Breakdowns also led to the Tigers' first two goals in the 12th and 13th minutes, both by Ally Zierke. Sands and a Go-Hawk defender collided in the 18-yard box, which allowed Zierke to fire the ball into the goal for the 1-0 lead.

In the very next minute, Zierke hit a shot to the far post that was out of Sands' reach to put the Tigers up 2-0.

However, W-SR buckled down and was able to cut the lead in half seven minutes later. Following a corner kick, Shelby Hemer put a shot on goal that Tiger keeper Alexa Rabune allowed a

rebound.

The ball then found the foot of Lauren Kittleson, and she was able to tally her third goal of the season with just a quarter of the game gone. The 2-1 mark was the halftime score.

The Tigers were about to extend their lead 12 minutes into the second frame. On a corner kick, the ball nearly tickled the goal line, but Sands was able to swat it away.

Moments later on a counter attack, Kittleson nearly recorded her second of the match on a shot to the far post from about 25 yards. However, the ball went awry by about 7 feet.

Two minutes later, the Go-Hawks were able to equalize. Hemer played a brilliant chip from about 20 yards away that found its way over Rabune and into the net.

At the hour mark, the referee's assistant waved his flag to indicate that the Go-Hawks' Katie Stewart was held up in the box. After a conversation with the referee, Stewart was awarded a penalty and then tucked it inside the post to Rabune's right to give W-SR the 3-2 lead.

"I told them at halftime that all it takes is just one, and we got that in the first half," Frye said. "If we came out in the second half and got another one, it would just come from there."

Following the penalty, C.F. coach Chris Kowalski came onto the pitch to get the referee's attention, for which he promptly received a yellow card.

"(The referee) is a great official," Kowalski said. "I just needed a response. Instead of yelling at him non-stop for 5 or so min-



Waverly-Shell Rock forward Haley Grawe (8) makes a move on Cedar Falls defender Sarah Swiatly (5) near the by-line during the Tigers' 4-3 victory over the Go-Hawks on Thursday, May 7 at the Cedar Valley Soccer Complex in Waterloo.

ERIC VANSICKLE PHOTO

utes, I figured I'd go the way I did.

"I'm fine with (the card). I just wanted an explanation."

The Tigers then upped the pressure on the Go-Hawks' end to try to re-equalize. The very next minute, Zierke was open for a header that sailed over the goal that would've given her the hat trick.

In the 69th minute, the ball again was tantalizingly close to the line for C.F., but Sarah Campbell was able to sweep it away to preserve the lead. Motzko then missed a shot in the 71st off the crossbar that some-

how stayed out.

In the 74th, a cross by Motzko was misplayed by Sands and went into the net to tie, followed by Motzko's shot from 15 yards for the eventual game-winner.

She gave credit to Carly Ekstrom for a nice feed. She slid into the pass to put it past Sands for the score.

"I was just trying to get it in any way I could," Motzko said. "We needed to win that last goal right there."

Motzko said the Tigers were very fortunate to get that own goal for the 3-3 tie.

"We needed another goal to at least tie it," she said.

"We just needed to hold them at least. That picked us up so much. It was just amazing, everyone was just so excited. Just after that, it was great."

Kowalski said the Tigers let up after scoring the first two goals.

"That's not our style," he said. "We go [a] full 80 (minutes)."

"They're a good team. Waverly is a good program. Chelsey and Lauren (Bauer) and Ashley (Frush) do a great job up there. We have to respect that, and I think we kind of let up too much in the middle."

In the 38th minute, the Go-Hawks had a bit of a scare. During a free kick, Haley Grawe was going for a pass to head into the goal that Rabune had stopped.

Grawe's momentum carried her into the goal post creating an audible thud and causing the crowd to gasp in horror. After a few seconds on the ground, Grawe bounced back up, and after a quick check-up by Tiger trainer Pete Watters, she was able to complete the game.

"I think she was just a little rattled," Frye said. "She was bruised more in her arm and leg than anything."