

2019-20 WINTER SPORTS



BASEBALL • MEN'S & WOMEN'S BASKETBALL • SOFTBALL • MEN'S TENNIS • TRACK & FIELD • CHEER

SVCC.EDU/ATHLETICS



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Good Luck Skyhawks!









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WELCOME

Thank you for your continued support of Skyhawk Athletics. We are excited about this year's athletic endeavors and are proud of every one of our student-athletes. We look forward to exciting and challenging winter and spring campaigns for our sports teams. Each program has great coaches and leadership, and we are hopeful that more successes are on the horizon for Skyhawk athletics.

The Skyhawks started the year offon the right foot, with accomplishments coming from our National Qualifiers. The Men's Golf team (under the direction of Head Coach CJ Wade) and Women's Tennis team (led by Sara Kipping) earned a spot at their respective NJCAA Championships this spring. Men's Cross Country sent Ruben Leal and Dillion Forbeck to the National Championships, and the Women's Cross Country team; Xheneta Begiri, Kelynn Boyle, Nataleigh Nugent, and Haley Weidner, qualified as individuals for the National Championships. The Skyhawk Cross Country program is led by Nick Hartz. Women's Tennis athlete, Adela Bajramoska, received the Region IV Sportsmanship Award. Skyhawk Volleyball are co-champions for the Arrowhead Conference, with a 9-1 record and will enter Regional play in the second week of November.

The basketball seasons are already under way, and many new faces appear in the rosters for both the men's and women's programs. Last year, the men's team, under the direction of second year Head Coach, AJ Sharp. had a successful campaign with a 20 win season, ending the year at 20-9 overall. The Skyhawk women fell one game short of a berth to the National Championships, losing out in the Regional finals. They ended the year at 13-17 overall. This year's women's basketball team is led by local basketball legend, Jamie Russell. Teams will enter into Arrowhead Conference play in January.

The spring will bring about our outdoor sports. Last year's Assistant Coach of Softball was Chelsea Eads. This year she steps up to the plate as Head Coach, Baseball has increased its team from just a mere 10 athletes last year to a 30-person team, under the tutelage of second year Head Coach, Zach VanWasnhove. Both teams sport new looks and different rosters, and will be a lot of fun to watch. The spring season opens for Golf with its conference schedule, and Men's Tennis boasts a talented roster of athletes and is expected to do well. Track and Field's debut begins this spring with a lot of local talent on the team and is led by yours truly, Mike Stevenson.

Every year, Skyhawks compete in the Arrowhead Conference and the NJCAA Region IV. We always stack up well with our rivals, and the thing that can always help to push any team over the top is great fan support like yours. We encourage you to get out to as many contests as you can, and consider the purchase of season tickets. Our squads feature a ton of local talent and these hard working student-athletes would love to have the support of the community.



So come on out and support Skyhawk Athletics! We are sure that you will be glad you did. Again, thank you for all your support.

GO SKYHAWKS!

MICHAEL STEVENSON Skyhawk Director of Athletics



THE OFFICIAL NEWSLETTER OF THE SKYHAWK ATHLETICS BOOSTER CLUB WINTER/SPRING 2019-20

GOLF

Fall 2019: Skyhawk Golf team advances to NJCAA National Championships.

CROSS COUNTRY

Fall 2019: Skyhawk women, Kelynn Boyle, Xheneta Begiri, Nataleigh Nugent, and Haley Weidner, advance as individuals to NJCAA National Championships: Ruben Leal and Dillion Forbeck advance to men's championships as individuals.

MEN'S BASKETBALL

2018-19: Trevon Adams makes NJCAA Region IV Team.

WOMEN'S BASKETBALL

2018-19: NJCAA Region IV Runner-up; NJCAA Region IV Team: Aubree Schmidtt and Karlee Doege; Arrowhead All Conference: Bre Scheidegger and Karlee Doege

SOFTBALL.

2018-19: Arrowhead All Conference; NJCAA Region IV Team: Sarah Bisland.

BASEBALL

2019-20: Increases roster from 10 to 30 with great deal of local talent.

VOLLEYBALL

Fall 2019: Skyhawks are co-champions of the Arrowhead Conference; NJCAA Region IV Team: Aleah Wight, Hannah Wilson, and Lexi Greve.

WOMEN'S TENNIS

Fall 2019: Third place in Region IV. Advances to NJCAA National Championships.

TRACK & FIELD:

2018-19: Sauk adds Track and Field for the 2019-20 academic year; Roster sports lots of local talent.

ACADEMIC HIGHLIGHTS:

2018-19: 39 named to Academic All-Conference List; 10 named NJCAA Academic All-Americans; 2 Teams (Golf, Women's Cross Country) recognized by NJCAA; Team GPA Titles: Men: Golf 3.15, Women: Cross Country: 3.29.

NEW SCOREBOARDS INSTALLED AT BASEBALL AND SOFTBALL DIAMONDS.

BASEBALL

2020 OUTLOOK

The 2020 season looks to be an exciting one for SVCC Baseball. The team originally a squad of 10 in 2019, has grown to a 30 person team for the 2020 season. Competing in conference looks promising, considering the immense talent on the roster this year. The team is a hardworking group of individuals, ready to work hard to achieve success for the 2020 season.

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HEAD COACH ZACHARY VANWASSENHOVE

Zachary VanWassenhove is from Kewanee, Illinois. A 2013 graduate from Wethersfield High School, he played four years of varsity baseball. He played a year of baseball at both Black Hawk College and Carl Sandburg College, and graduated from Carl Sandburg College with an Associate degree in Biology.

VanWassenhove finished his college career at Monmouth College, where he played baseball for two years and received a Bachelor degree in Exercise Science.



2020 BASEBALL ROSTER

NAME Alec Ackerman Brady Alexander Jordan Anderson Larson Barnett Ethan Behrens Garret Berger Brendan Boetler Spencer Darland Alex Eckhardt Alejandro Escalante Cayde Gusloff Blayne Kappes Jalen Knight Gehrig Koerner	YR POS FR Catcher FR OF, P FR P FR SS, 3B FR OF, 2nd, P FR P FR P FR P, 1B, 3B SO Catcher, 3rd, P FR SS, 2nd, P FR P FR OF, 3B, 2B SO 3rd, P	Alec Ackerman Brady Alexander Jordan Anderson Larson Barnett Ethan Behrens Garret Berger Brendan Boetler Spencer Darland Alex Eckhardt Alejandro Escalante Cayde Gusloff Blayne Kappes Jalen Knight	HIGH SCHOOL Rock Falls Normal Community West Harlem Fulton Newman Henry-Senachwine Davenport Central Rochelle Sterling Milledgeville Milledgeville Southfield H.S. for the Arts & Technology Newman	NAME Connor Lentz Rocky Lutz Justin Major Seth Maki Quinton Matznick Christian Oliveras Nate Olson Lucas Olson Isaic Sanchez Austin Sandrock Daniel Seibert Dillon Still Tucker Welch Oscar Van Sickle Jacob Williams	FR FR FR FR FR	P, 1B, 3B, 0F P, 1st SS, P, 0F 2B, 0F 0F P P P P, 0F	HIGH SCHOOL Aurora Central Catholic Aurora Central Catholic Batavia Seymour Rock Falls Carlos Beltran Baseball Academy Newman Newman Dixon Rock Falls Aurora Central Catholic Lanark Dixon Rockridge
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ALEC ACKERMAN Freshman Rock Falls



BRADY ALEXANDER Freshman Normal Comm. West



JORDAN ANDERSON Freshman Harlem



LARSON BARNETT Freshman **Fulton**



ETHAN BEHRENS Freshman Newman



GARRET BERGER Freshman Henry-Senachwine



BRENDAN BOETLER Freshman



SPENCER DARLAND Freshman **Davenport Central**



ALEX ECKHARDT Sophomore Rochelle



ALEJANDRO ESCALANTE Freshman Sterling



CAYDE GUSLOFF Freshman Milledgeville



BLAYNE KAPPES Freshman Milledgeville



JALEN KNIGHT Freshman Southfield H.S. for the Arts & Tech.



GEHRIG KOERNER Sophomore Newman



CONNOR LENTZ Freshman Aurora Central Catholic Aurora Central Catholic



ROCKY LUTZ Freshman



JUSTIN MAJOR Freshman Batavia



SETH MAKI Freshman Seymour



QUINTON MATZNICK So Rock Falls



CHRISTIAN OLIVERAS Freshman Carlos Beltran Baseball Acad.



NATE OLSON Sophomore Newman



LUCAS OLSON Freshman Newman



ISAIC SANCHEZ Freshman Dixon



AUSTIN SANDROCK Freshman Rock Falls



DANIEL SEIBERT Freshman Aurora Central Catholic



DILLON STILL Freshman



TUCKER WELCH Freshman Lanark



OSCAR VAN SICKLE Freshman Dixon



JACOB WILLIAMS Sophomore Rockridge

MEN'S BASKETBALL



2019-20 OUTLOOK

The Men's Skyhawk Basketball team is looking to take the next step from where they finished last year. The Skyhawks will rely on a group of returning starters, along with key newcomers, to improve this year. Nolan Govig, a returning forward from Indian Creek High School, was a 28 game starter as a freshman and looks to have a breakout year. Fred Brown, a 25 game starter as a freshman, is making the move to PG this upcoming season. Markel Hudson, a sophomore from Orlando, Florida, shot 60 percent from the field as a freshman, and looks to bring high efficiency to this year's team. Jyaire Robinson, a returner from Rockford Jefferson High School, is poised for a big year. Jyaire is the leading scorer returning from last year. Austin Meiners is the final returner from last year's 20-10 team. Austin, originally from Rock Falls, is a great local talent with many abilities to contribute to this team's success.

Newcomers on this year's team are led by sophomore, Andrew Morrissey, from Winnebago. Andrew, a transfer from University of Northern Alabama, looks to have a big year with the Skyhawks. Cade Nailor, Beau Bailey, and Derian Duncan are local guys, who will lead the freshman group of newcomers. Other very talented freshman include Shon Ford, Mario Williams, and David Williams. Shon and Mario are from Milwaukee, Wisconsin, both are extremely talented, and give the Skyhawks good size and skill. David is from Harlem High School in Rockford. David is a talented scorer and great defender.

Overall, the Skyhawks look to improve on a 20-10 record and make a run at a Regional Title.

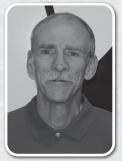
GO SKYHAWKS!



HEAD COACH, AJ SHARP

AJ Sharp enters his third season as the Head Men's Basketball Coach. Last season, the Skyhawks battled the weather, but still achieved a 10-10 record under the second year coach. Coach Sharp graduated from Newman Central Catholic High School in 2014 and continued his basketball career

at SVCC. While at Newman, Sharp led his team to a school record of 29-3 during his senior year, while receiving All-State and All-Area awards. At SVCC, Sharp was starting point guard and captain on the 2016 Regional Championship team. He is now working on his Bachelor Degree in Business Analytics at Benedictine University.



ASSISTANT COACH, RUSS DAMHOFF

Russ Damhoff enters his third year as Assistant Men's Basketball Coach for the Skyhawks, but he's certainly not new to Sauk Basketball. Damhoff served as Head Coach for the Skyhawks for 31 years before retiring in May, 2017.

"It has been exciting working under Coach Sharp, and hopefully I can help him be successful during his third season as Head Coach. I look forward to working with each of our players and helping them reach their goals," said Damhoff.

Damhoff received his bachelor and master degrees from Northern Illinois University. He and his wife, Jackie, live in Dixon.



MEN'S BASKETBALL 2019-20 ROSTER



BEAU BAILEY Freshman Dixon



FRED BROWN Sophomore Beloit Memorial



DERIAN DUNCAN Freshman Dixon



SHON FORD Freshman Milwaukee



NOLAN GOVIG Sophomore Indian Creek



MARKEL HUDSON Sophomore Olympia



MICAH KENDRICK Sophomore Sterling



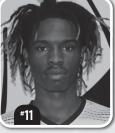
AUSTIN MEINERS Sophomore Rock Falls



ANDREW MORRISSEY Sophomore Winnebago



CADE NAILOR Freshman Rock Falls



JYAIRE ROBINSON Sophomore Jefferson



MARIO WILLIAMS Freshman Golda Meir



DAVID WILLIAMS Freshman Harlem

#	NAME	YR.	POS.	HT.	HIGH SCHOOL
0	Micah Kendrick	S0	PG	6'1	Sterling
1	David Williams	FR	CG	6'1	Harlem
4	Mario Williams	FR	G/F	6'6	Golda Meir
11	Jyaire Robinson	S0	G	6'4	Jefferson
12	Beau Bailey	FR	G	6'3	Dixon
13	Fred Brown	S0	PG	6'2	Beloit Memorial
21	Austin Meiners	S0	G	6'3	Rock Falls
22	Nolan Govig	S0	G/F	6'6	Indian Creek
23	Cade Nailor	FR	G	6'4	Rock Falls
25	Derian Duncan	FR	F	6'1	Dixon
32	Markel Hudson	S0	G/F	6'4	Olympia
33	Andrew Morrissey	S0	F	6'9	Winnebago
34	Shon Ford	FR	F	6'4	Milwaukee

WOMEN'S BASKETBALL

2019-20 OUTLOOK

The 2019-2020 SVCC Women's Basketball team is looking to continue their success from the previous seasons.

The Skyhawks will bring back three familiar faces from the 2018-2019 team. Shian Galbreath, from South Beloit, who suffered an early injury at the beginning of last season, is eager to be back on the floor to help lead the team with her great court vision and slashing abilities. Also returning is Shauni Warner, of Faith Christian, who brings length and defensive skill in the paint. Our last familiar face is Chyeanne Edwards, a sophomore from Beloit, Wisconsin, who is looking to bring a little spark to the Skyhawks. The Skyhawks bring in eight new freshmen and one sophomore. Breanna Fisher and Noelle Jones, the Amboy Dual, are bringing a spark to SVCC's inside game. With Bree's ability to read the ball off the rim and accumulate boards, and Noelle's desire to outwork any player she comes up against, the two will be a great addition to the team. Avery Fox and Zoe Carr come from Dixon bringing a great two-man game to the Skyhawks. Avery will be a great floor general while her former teammate, Zoe, will be a force to reckon with down low. Savannah Skinner and Chloe Klein, from Newman Central Catholic High School, are also powerhouses in their positions. Savannah is any team's dream, blue-collared player who will cause a lot of havoc for other teams. Chloe brings a tremendous amount of height and shot blocking abilities down low. Miranda Hewitt, from Rock Falls, is a versatile player who is capable of knocking down the three, getting to the basket, and racking up a lot of boards. Caitlin Stephens, from Washington, Illinois, has the potential to help bring the ball up the court with the ability to knock down shots and get into the lane. Her quickness will be used on the defensive end as well. Courtney Pierceson, a sophomore from Prophetstown, will be a great threat from the outside, with the ability to get into the lane. All nine of these players have the potential to make a difference and have a big impact on this team, as we are young and will be using everyone's strengths this season. The Skyhawks are excited to shock everyone with an alternative style of play. This is not a one man team, this is a team where everyone is going to contribute in every game, making the Skyhawks very hard to defeat.

> IT SHOULD BE ANOTHER EXCITING **SEASON FOR THE SKYHAWKS!**



HEAD COACH, JAMTE RUSSELL

The Skyhawk Women's Basketball team will have a new and first time head coach on the sidelines for the 2019-2020 season, Local basketball legend, Jamie Russell, heads up the squad after returning home to the Sauk Valley area following several years of playing professional basketball in Europe.

Russell, a Rock Falls native, and 2008 RFHS alum, was the Rockets' all-time leader in points (1870) and steals (515). She played college ball at the University of Wisconsin and Illinois State University before making the journey to play professionally. After graduation from Illinois State with a Bachelor's Degree in Criminal Justice in 2013, Russell played for the USA All-Star team that toured China. She was named the World Tour MVP. She then played professionally in the Czech Republic from 2013 to 2018.



ASSISTANT COACH, MICHELE KRECZMER

This season, Michele Kreczmer will be returning as the Assistant Coach, a role she previously filled for three years until the end of the 2015-2016 season. She stepped up to the Head Coach position for the following two seasons. Michele graduated from Newman Central Catholic High School

in 2009 and went on to play basketball at Western Illinois University. While at Newman, Kreczmer went 53-6 in her junior and senior year seasons. She led her team to two Elite Eight appearances. She was First Team, All-State, and First Team IBCA her senior year. She was also chosen as the female athlete of the year for the Sauk Valley area. At WIU, Coach Kreczmer set the school standard for WIU's career record playing in 121 consecutive games. She also finished ninth among WIU's all-time leaders with 85 career 3-pointers. She graduated with a Bachelor of Science degree in Kinesiology and minored in nutrition from WIU in 2013. Michele now resides in Rock Falls.

2019-20 ROSTER

WOMEN'S BASKETBALL



#	NAME	YR.	HT.	POS.	HIGH SCHOOL
4	Caitlin Stephens	FR	PG/SG	5'3	Washington
12	Shian Galbreath	S0	PG/SG	5'3	Beloit
13	Avery Fox	FR	PG	5'4	Dixon
14	Chyeanne Edwards	S0	SF	5'8	Beloit Memorial
20	Shauni Warner	S0	F/C	5'10	Faith Christian
21	Miranda Hewitt	FR	SF	5'10	Rock Falls
22	Zoe Carr	FR	F/C	5'10	Dixon
25	Savannah Skinner	FR	SG	5'6	Newman
30	Noelle Jones	FR	SF/F	5'10	Amboy
32	Courtney Pierceson	S0	SG	5'7	Prophetstown
40	Chloe Klein	FR	С	6'0	Newman
44	Breanna Fisher	FR	SF/F	5'8	Amboy



ZOE CARR Freshman





CHYEANNE EDWARDS Sophomore Beloit Memorial

BREANNA FISHER Freshman **Amboy**



Dixon

AVERY FOX Freshman

Dixon



SHIAN GALBREATH Sophomore Beloit



MIRANDA HEWITT Freshman Rock Falls



NOELLE JONES Freshman **Amboy**



CHLOE KLEIN Freshman Newman



COURTNEY PIERCESON Sophomore Prophetstown



SAVANNAH SKINNER Freshman Newman



CAITLIN STEPHENS Freshman Washington



SHAUNI WARNER Sophomore Faith Christian

SOFTBALL





2019-20 OUTLOOK

With a 10-27 record last year, the 2020 Skyhawk Women's Softball team is looking to rebuild its program. With the experience of nine returners at the helm, the team is looking to improve its record.

Returning for the Skyhawks are McKenna Rommel and Maddi Deery. Behind the plate is Sarah Bisland, who received a Region IV First Team All Conference Award last season. Sarah Bisland's, Hannah Kolling's, and Brittany Blythe's, hold successful hitting recording that will continue into this season to help the Skyhawks. Taylor Hoefler and Aleah Wight will be returning again this season, bringing speed and a great defensive glove. Also returning are Courtney Hoagland and Stephanie Fassler. Hoagland will bring her speed on the bases and Fassler looks to bring a powerful bat this season.

The team has eight incoming freshmen that are committed to helping rebuild the tradition of SVCC softball. Megan Dunsworth and Ashley Blythe will join the pitching staff. On the infield Maddy Hicks and Hailey Frank will compete at the corners, while Leigha Grove and Madi Craft will join the middle infield. To finish out the freshman class, Jessica Woodworth and Miranda Hewitt will be competing in the outfield.

GO SKYHAWKS!



HEAD COACH, CHELSEA EADS

Chelsea Eads, from Morrison, grew up playing softball with the Milan Aces '96. While on the Aces, Eads won three World Series titles and one National title.

Eads attended Morrison High School, where she was a three-sport athlete

playing volleyball, basketball, and softball. She was on the Morrison High School softball IHSA State Championship team in 2011 and was awarded First-Team All-Conference Catcher her junior and senior seasons.

Eads went on to play softball on scholarship at Indian Hills Community College, in Ottumwa, Iowa. While there, she was awarded First-Team All-Conference First Baseman. While attending Indian Hills, the nationally ranked Warriors won two conference titles, a District J title, and had a ticket to Nationals.

After graduating in 2016, Eads attended Millikin University in Decatur, IL and was the first basemen on the softball team. During Eads' junior season, the team was Conference Champs. She graduated from Millikin University in 2018 with a Bachelor of Science degree in sports management.



SOFTBALL 2019-20 ROSTER



SARAH BISLAND Sophomore Rockridge



ASHLEY BLYTHE Freshman Dixon



BRITTANY BLYTHE Sophomore Dixon



MADISON CRAFT Freshman Newman



MADDI DEERY Sophomore Ohio



MEGAN DUNSWORTH Fr United Township



STEPHANIE FASSLER Sophomore Dixon



HAILEY FRANK Freshman Newman



LEIGHA GROVE Freshman Dixon



MADALYN HICKS Freshman Milledgeville



COURTNEY HOAGLAND Sophomore Bureau Valley



TAYLOR HOEFLER Sophomore Rock Falls



HANNAH KOLLING Sophomore Prophetstown



MCKENNA ROMMEL Sophomore Davenport West



ALEAH WIGHT Sophomore Oregon



JESSICA WOODWORTH Freshman Prophetstown

-					
	#	NAME	YR.	POS.	HIGH SCHOOL
	2	Ashley Blythe	Fr	RHP/OF	Dixon
	3	Leigha Grove	Fr	C/IF	Dixon
	4	Courtney Hoagland	So	C/2B	Bureau Valley
	6	Taylor Hoefler	So	0F	Rock Falls
	7	Aleah Wight	So	IF/0F	Oregon
	8	Jessica Woodworth	Fr	2B/0F	Prophetstown
	9	Hailey Frank	Fr	P/1B	Newman
	10	McKenna Rommel	So	RHP/OF	Davenport West
	12	Stephanie Fassler	So	1B	Dixon
	13	Megan Dunsworth	Fr	RHP/1B	United Township
	15	Madison Craft	Fr	IF	Newman
	17	Brittany Blythe	So	1B	Dixon
	18	Maddi Deery	So	RHP/3B	Ohio
	19	Madalyn Hicks	Fr	3B/Utility	Milledgeville
	20	Sarah Bisland	So	C	Rockridge
	23	Hannah Kolling	So	2B	Prophetstown



MEN'S TENNIS



2020 OUTLOOK

The Skyhawk's Men's Tennis team welcomes back Jason Rugh, Abe Bajramoski, Henry Steinhagen, Adrian Diaz, and Alex Gallardo. All five of these players did a fantastic job throughout the 2019 season. They will help to lead the team through a challenging spring season. They have the skills and desire to improve on last year's record.

The three new players this season will be Daniel Ferguson who played number 1 doubles for Dixon High School. Joe Riley, who also played doubles for Dixon, and Jacob Treveer, who played number 1 doubles for Newman Central Catholic High School. All three are a welcome addition to the roster this year. They have the experience at the high school level and possess the skills necessary to play at the collegiate level.

The Skyhawks have a very competitive schedule and face eight other NJCAA colleges from the Chicago-land area. The team's goal this season is to be competitive, and place in the top three at the NJCAA Regional Tournament, to qualify for the Nationals. The men are working hard in the off season to get in shape and fine tune their tennis skills. All eight players are great athletes and will give their all to achieve their goals.



HEAD COACH, SARA KIPPING

Coach Sara Kipping enters her eleventh year as coach of the Skyhawk Men's Tennis team. Kipping continues to build a solid men's program. She is well-known for the outstanding women's tennis program she has coached at SVCC for more than 25 years.

A Sauk graduate and former tennis player herself, Kipping knows the dedication needed to compete in a sport and to excel academically. In both men's and women's programs, she emphasizes the enjoyment of playing competitively and maintaining a good attitude.

Kipping graduated from Sauk with an Associate in Science with an emphasis on education. As a player, she placed second at regional competition and was a member of Sauk's 1983 national qualifying team.

VOLUNTEER COACHES:BOB KIPPING, FRANNIE JACOBS



MEN'S TENNIS 2020 ROSTER

NAME	YR.	HIGH SCHOO
Abe Bajramoski	So	Dixon
Adrian Diaz	So	Sterling
Daniel Ferguson	Fr	Dixon
Alex Gallardo	So	Sterling
Joseph Riley	Fr	Dixon
Jason Rugh	So	Dixon
Henry Steinhagen	So	Sterling
Jacob Terveer	Fr	Newman



ABE BAJRAMOSKI Sophomore Dixon



ADRIAN DIAZ Sophomore Sterling



DANIEL FERGUSON Freshman Dixon



ALEX GALLARDO Sophomore Sterling



JOSEPH RILEY Freshman Dixon



JASON RUGH Sophomore Dixon



HENRY STEINHAGEN Sophomore Sterling



JACOB TERVEER Freshman Newman

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Good luck Skyhawks!

TRACK & FIELD

2020 OUTLOOK

After a hiatus of over 30 years, Track and Field returns to Sauk Valley Community College for the 2020 athletic season. Teams talk about reloading or rebuilding from previous seasons...those don't apply here! The team is building from the ground up, but has a good start with a great deal of local talent.

Boasting a roster of approximately 25-30 student-athletes representing a majority of the schools in the SVCC district, the Skyhawks look to set a precedence in local track and field. Led by team captains Joshua Dallas, a sprinter from Dixon High School, and Alyssa Sigwards, a sprinter from Dixon High School, the Sauk charges are excited to face the challenges ahead.

"We are just excited to have track and field at the collegiate level at our local college," said Sigwards. "It is a great opportunity for a lot of people from our area to continue in track."

Dallas added, "The athletes on the team are very committed to being successful, and that is making it a lot of fun. Everyone is excited for our first meet in March."

The team is not short on talent. Many of the team members have earned a variety of awards in high school, from being local meet champions, to All-Conference, and All-State honors. Fewer meets is a key difference between college and high school track programs. Colleges generally have only one meet a week, making the opportunities to compete more limited. The team is a good mix of sprinters, mid-distance and distance, hurdlers, jumpers and throwers.

The coaching staff has a mix of experiences to aid the Skyhawks as they build the team. Athletic Director Michael Stevenson was named the head coach, and brings with him nearly 30 years of coaching experience. Skyhawk Head Cross Country Coach Nick Hartz has been with Sauk Athletics for five years and has a total of 16 years under his belt. The newcomer to the group is Freya Block. Block brings a wealth of competitive experience to the program as an NCAA First Team All-American, a USATF National qualifier, and a multi time conference champion, all while attending Southern Illinois University in Carbondale.





HEAD COACH, MICHAEL STEVENSON

Although Stevenson enters his first year coaching Track and Field for the Skyhawks, this is nothing new compared to his past experience in the sport. Stevenson served as the Head Track and Field

Coach at Western Illinois University for 13 seasons, and served another 10 seasons as Assistant Coach at WIU. He also served as an Assistant Coach for three seasons at the Big Ten affiliated Purdue University and spent another two seasons as the Head Coach at the California Institute of Technology (Caltech). A five time Conference Coach of the Year while at WIU, Stevenson has worked with every event on the team. Stevenson has coached 24 NCAA Division I National qualifiers, with 16 of those earning All-American status. He is a USA Track and Field (USATF) Level II certified coach in the jumps. As a Western Illinois student-athlete himself, Stevenson earned All-Conference and Academic All-Conference honors multiple times, as well as serving as a team captain during his junior and senior years. He still remains in the schools Top Ten list as a sprinter. Stevenson holds bachelor's and master's degrees from WIU.



ASSISTANT COACH, NICK HARTZ

Hartz was Head Coach for track at Bureau Valley High School, and has helped guide multiple athletes to medal at state meets. He is also a USATF Level I certified coach and USATF Level II Coach in

Endurance, Sprints, Hurdles, and Relays. He joined the SVCC staff in 2015 as an Assistant Coach for Cross Country and in 2017 as Co-Head Coach with current Assistant Coach of Cross Country, Mike Sullivan.

Coach Hartz is a 1996 graduate of Bureau Valley High School. He graduated with a Bachelor of Arts in History from Monmouth College in 2000 and a Master of Education in Educational Psychology from the University of Illinois in 2007. He is currently a teacher at Bureau Valley North Junior High School.



ASSISTANT COACH, FREYA BLOCK

Although it is Block's inaugural year to coaching, she is no stranger to the sport. After a successful high school career at Kewanee High School, Block moved to Division I athletics at Southern Illinois University,

Carbondale. There she earned USATF Junior All-American honors in 2014, Missouri All-Conference honors in 2015 and 2017, NCAA First Team All-American Honors in 2017 for the hammer throw.

During her time at SIU, Block completed a Bachelor in Agriculture degree and Master in Agribusiness Economics degree in 2017, and currently works at AgPerspective Inc. in Dixon as a grain marketing consultant.



TRACK & FIELD 2020 ROSTER



MEN'S TEAM

NAME	YR	EVENT	HIGH SCHOOL
Talbir Chima	Fr	Jumps	Dixon
Tyler Christiansen	Fr	Sprints/Jumps	Dixon
Joshua Dallas	So	Sprints	Dixon
Kyle Degutis	Fr	Throws	Princeton
Aaron Duncan	Fr	Throws	Dixon
Dillion Forbeck	Fr	Distance	Princeton
Brayden Forrest	Fr	Hurdles/Jumps	Dixon
Tyvionne Horton	Fr	Sprints	Rockford East
Rueben Leal	Fr	Distance	Sterling
Austin Lundquist	Fr	Throws	LaMoille
Gabriel Sohn	Fr	Throws	Dixon
Draven Wells	Fr	Mid-Distance	Polo
Marquise Williams	Fr	800/Throws	Sterling

WOMEN'S TEAM

NAME	YR	EVENT	HIGH SCHOOL
Xheneta Beqiri	Fr	Distance	Rock Falls
Kelynn Boyle	Fr	Distance	Amboy
Maddy Jacobs	Fr	Sprints	Newman
Hannah Knapp	So	Sprints	Faith Christian
Mahala Larson	Fr	Jumps	Rock Falls
Tayler Lippens	Fr	Hurdles	Rock Falls
Abbygail Merema	Fr	Sprints	Milledgeville
Natalie Nugent	So	Distance	Bureau Valley
Aliah Ramirez	So	Middle Distance	Sterling
Alyssa Sigwards	So	Sprints	Dixon
Ashlee Strock	Fr	Sprints	Lena-Winslow
India Thompson	Fr	Sprints	Dixon
Haley Weidner	So	Distance	Bureau Valley

TRACK & FIELD **2020 MEN'S ROSTER**



TALBIR CHIMA Freshman Dixon



TYLER CHRISTIANSEN Freshman Dixon



JOSHUA DALLAS Sophomore Dixon



KYLE DEGUTIS Freshman Princeton



AARON DUNCAN Freshman Dixon



DILLION FORBECK Freshman Princeton



BRAYDEN FORREST Freshman Dixon



TYVIONNE HORTON Freshman Rockford East



RUEBEN LEAL Freshman Sterling



AUSTIN LUNDQUIST Freshman LaMoille



GABRIEL SOHN Freshman Dixon



DRAVEN WELLS Freshman Polo



MARQUISE WILLIAMS Freshman Sterling

TRACK & FIELD 2020 WOMEN'S ROSTER



XHENETA BEQIRI Freshman Rock Falls



KELYNN BOYLE Freshman Amboy



MADDY JACOBS Freshman Newman



HANNAH KNAPP Sophomore Faith Christian



MAHALA LARSON Freshman Rock Falls



TAYLER LIPPENS Freshman Rock Falls



ABBYGAIL MEREMA Freshman Milledgeville



NATALIE NUGENT Sophomore Bureau Valley



ALIAH RAMIREZ Sophomore Sterling



ALYSSA SIGWARDS Sophomore Dixon



ASHLEE STROCK Freshman Lena-Winslow



INDIA THOMPSON Freshman Dixon



HALEY WEIDNER Sophomore Bureau Valley

CHEER 2020 ROSTER



COACHES



EMMALEA BITTNER



CHRISTINE MARCZUK



CHARIDY BLAND



MADISON BLANTON



SAMANTHA BOEHM



BRIANNA CHANDLER



SONRISA CORONADO



KAYLA DENTON



EVELYN EBERSOHL



BAILEY FARLEY



KACEE FRENCH



GENIEVE HERRERA



SARAHJO HINDRICKS



ALEX JOHNSON



ZOEY KLAVENGA



MARY NEWELL



ALLY RHODES



KIRSTIN SMITH



SAMANTHA VALDEZ



BRENNA WHEATLY



TAYLOR WINSTEAD

Skyhawk Athletics Booster Club Membership Form 2019-20

Name	
Address	
City Star	te Zip
Telephone Email	
Are you currently or were you ever a (Pl	ease check all that apply) :
□ SVCC Athlete: Sport: Ye	ears Played:
Parent of an SVCC Athlete Athlete's Name:	Sport:
□ SVCC Alumni: Academic Years Attended	-
Punch Card — \$12 (5 punches/card) Student Pass* — \$15 (K-College) Single Pass* — \$25 Family Pass* — \$50 (Includes 3 pass) Business* — \$75 (Includes 5 passes)	ses—\$20 for each additional pass)
Additional If you would like to make a donation to a specific you would like your donation to benefit. Amount Sport(s):	c program, please indicate which program (s) is may be split in any increment.
	orships Available** The Athletic Department for details.
Your Sauk Story (optional):	Contact Information: Athletic Office Phone: 815-835-6234 Fax: 815-285-1327 Email: skyhawk@svcc.edu
Thank you for y	Go Skyhawks/ our contribution
	hletic Program



SCHEDULES

MEN'S 2019-20 BASKETBALL

DATE	OPPONENT	H/A	TIME
OCT-19	DANVILLE JAMBOREE	AWAY	TBD
OCT-19	ELGIN JAMBOREE	AWAY	TBD
OCT-19	ROCK VALLEY JAMBOREE	AWAY	TBD
0CT-19	ROCK VALLEY SCRIMMAGE	AWAY	6:30PM
NOV-19	SAUK CLASSIC	HOME	6PM + 8PM
NOV-19	SAUK CLASSIC	HOME	5PM + 7PM
NOV-19	TRITON	AWAY	7:00PM
NOV-19	MORTON	AWAY	3:00PM
NOV-19	MADISON	HOME	7:30PM
NOV-19	MALCOLM X	AWAY	7:00PM
NOV-19	TRUMAN	AWAY	3:00PM
NOV-19	KENNEDYKING	AWAY	7:00PM
NOV-19	DALEY	HOME	7:00PM
DEC-19	TRUMAN	HOME	7:00PM
DEC-19	HIGHLAND TOURNAMENT	AWAY	TBD
DEC-19	HIGHLAND TOURNAMENT	AWAY	TBD
DEC-19	KANKAKEE	HOME	7:00PM
DEC-19	WAUBONSEE	HOME	7:00PM
DEC-19	DALEY	AWAY	3:00PM
JAN-19	BLACK HAWK	HOME	7:30PM
JAN-19	MALCOLM X	HOME	3:00PM
JAN-19	CARL SANDBURG	HOME	7:30PM
JAN-19	HIGHLAND	AWAY	7:00PM
JAN-19	KISHWAUKEE	AWAY	7:30PM
JAN-19	IVCC	HOME	7:30PM
JAN-19 JAN-19	OLIVE HARVEY	HOME	3:00PM
FEB-19	BLACK HAWK	AWAY	7:00PM
FEB-19	CARL SANDBURG	AWAY	7:00PM 7:30PM
FEB-19	HIGHLAND	HOME	7.30PM
FEB-19	KISHWAUKEE	HOME	7:30PM
FEB-19	KANKAKEE	AWAY	3:00PM
FEB-19 FEB-19	IVCC	AWAY AWAY	7:30PM
FEB-19	KENNEDY KING	HOME	7:30PW 3:00PM
LED-19	KENNEDT KING	HUME	3:00PW

ALL HOME GAMES ARE IN BOLD
**CONFERENCE

MEN'S 2020 BASEBALL

	INIEN O EVEU D	/ IOED/ IEE	
DATE	OPPONENT	H/A	TIME
MAR-6-13	SPRING BREAK TRIP (TENTATIVE)	MYRTLE BEACH	TBA
MAR-17	SPOON RIVER	HOME	3:00PM
MAR-19	PRAIRIE STATE (DH)	HOME	2:00PM
MAR-21	WAUBONSEE (DH)	AWAY	12:00PM
MAR-22	SOUTH SUBURBAN (DH)	AWAY	12:00PM
MAR-28	ILLINOIS VALLEY (DH)	AWAY	12:00PM
MAR-31	ILLINOIS VALLEY (DH)	HOME	2:00PM
APRIL-4	BLACK HAWK (DH)	HOME	12:00PM
APRIL-5	ELGIN	AWAY	12:00PM
APRIL-7	BLACK HAWK (DH)	AWAY	2:00PM
APRIL-11	KISHWAUKEE (DH)	AWAY	12:00PM
APRIL-14	KISHWAUKEE (DH)	HOME	2:00PM
APRIL-16	SPOON RIVER	AWAY	4:00PM
APRIL-18	CARL SANDBURG (DH)	HOME	12:00PM
APRIL-19	MCHENRY COUNTY (DH)	HOME	12:00PM
APRIL-21	CARL SANDBURG (DH)	AWAY	2:00PM
APRIL-24	ROCK VALLEY (DH)	AWAY	2:00PM
APRIL-25	HIGHLAND (DH)	AWAY	12:00PM
APRIL-26	DUPAGE (DH)	AWAY	12:00PM
APRIL-28	HIGHLAND (DH)	HOME	2:00PM
MAY-1	MILWUAKEE AREA TECH (DH)	AWAY	2:00PM
MAY-2	BRYANT & STRATTON (DH)	HOME	12:00PM
MAY-3	KANKAKEE (DH)	HOME	12-00PM

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**CONFERENCE

MEN'S TENNIS

OPPONENT DATE TIME LOCATION

Schedule TBA

WOMEN'S 2019-20 BASKETBALL

DATE	OPPONENT	H/ATIME	
OCT-19	ROCK VALLEY JAMBOREE	AWAY	9:00AM
OCT-19	SOUTHEASTERN JAMBOREE	AWAY	TBA
NOV-19	ROCK VALLEY	HOME	1:00PM
NOV-19	PARKLAND	AWAY	1:00PM
NOV-19	MADISON	HOME	5:30PM
NOV-19	MALCOLM X	AWAY	5:30PM
NOV-19	QUINCY TOURNAMENT	AWAY	TBA
NOV-19	QUINCY TOURNAMENT	AWAY	TBA
NOV-19	DALEY	HOME	5:00PM
DEC-19	TRUMAN	HOME	5:30PM
DEC-19	KENNEDY KING	AWAY	1:00PM
DEC-19	WAUBONSEE	HOME	5:30PM
DEC-19	DALEY	AWAY	1:00PM
DEC. 28	PEORIA TOURNAMENT	AWAY	TBA
DEC-19	PEORIA TOURNAMENT	AWAY	TBA
DEC-19	PEORIA TOURNAMENT	AWAY	TBA
JAN. 4	SOUTH SUBURBAN	AWAY	1:00PM
JAN-19	JOHN WOOD	HOME	5:30PM
JAN-19	BLACK HAWK	HOME	5:30PM
JAN-19	MALCOLM X	HOME	1:00PM
JAN-19	CARL SANDBURG	HOME	5:30PM
JAN-19	KISHWAUKEE	AWAY	5:30PM
JAN-19	ILLINOIS VALLEY	HOME	5:30PM
FEB-19	BLACK HAWK	AWAY	5:30PM
FEB-19	CARL SANDBURG	AWAY	5:30PM
FEB-19	KISHWAUKEE	HOME	5:30PM
FEB-19	KANKAKEE	AWAY	1:00PM
FEB-19	IVCC	AWAY	5:30PM
FEB-19	KENNEDY KING	HOME	1:00PM

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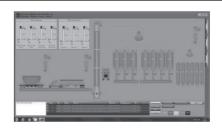
2020 SOFTBALL

DATE	OPPONENT	H/A	TIME
MAR-24	BRYANT & STRATTON	HOME	3PM & 5PM
MAR-28	ROCK VALLEY	HOME	12PM & 2PM
MAR-31	**BLACK HAWK	HOME	3PM & 5PM
APRIL-2	**CARL SANDBURG	HOME	3PM & 5PM
APRIL-4	**HIGHLAND	AWAY	1PM & 3PM
APRIL-7	**KISHWAUKEE	AWAY	3PM & 5PM
APRIL-9	**ILLINOIS VALLEY	HOME	3PM & 5PM
APRIL-11	MORTON COLLEGE	AWAY	12PM & 2PM
APRIL-14	**BLACK HAWK	AWAY	3PM & 5PM
APRIL-16	**CARL SANDBURG	AWAY	3PM & 5PM
APRIL-17	WAUBONSEE	HOME	2PM & 4PM
APRIL-19	MADISON	HOME	12PM & 2PM
APRIL-21	**HIGHLAND	HOME	3PM & 5PM
APRIL-23	**KISHWAUKEE	HOME	3PM & 5PM
APRIL-25	ILLINOIS CENTRAL	AWAY	1PM
APRIL-28	**ILLINOIS VALLEY	AWAY	3PM & 5PM
MAY-1	PARKLAND	AWAY	2PM & 4PM
MAY-2	JOLIET	AWAY	TBD

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2020 TDACK S. ETEL D - (Tentative)

	LULU INAUN CIILLU	(Torreactive)
DATE	OPPONENT	LOCATION
MAR-28	KNOX COLLEGE	GALESBURG, IL
APRIL-4	BENEDICTINE UNIV	LISLE, IL
APRIL-11	MT. MERCY UNIVERSITY	CEDAR RAPIDS, IA
APRIL-17	AUGUSTANA COLLEGE	ROCK ISLAND, IL
APRIL-25	WISCONSIN-WHITEWATER	WHITEWATER, WI
MAY-2	MONMOUTH COLLEGE	MONMOUTH, IL
MAY-8	NORTHERN ILLINOIS UNIV.	DEKALB. IL



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Mike Echebarria

Plant Manager

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