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Cody Kingery, Wrestling Coach Treynor



Cody Kingery, now officially the Treynor Boys Head Wrestling Coach, was introduced by Phil Waggoner stating we had to “Hire Underwood to help us.” Underwood has had an outstanding wrestling program for many years. Cody, from Underwood,

went to state all four years in high school and was 2nd as a senior. In college he was a national qualifier, his second year he placed 3rd and was All American. A shoulder injury didn’t allow him to continue. Phil introduced him as a good wrestling coach and a builder of men and the boys have bonded with him.

Cody announced we had some big things to finish the season: 3 state qualifiers – Levi Young, Danny Kinsella, and Zach Robbins. The latter two placed with Danny being the first time ever from Treynor in the state finalist match losing only in the last 7 seconds. Danny has been offered a full ride scholarship to Moorhead, MN, a Div- 2 school, which is the first time that a wrestler in Treynor was offered a full-time scholarship.

There were 18 guys on the Treynor team and every single one had Academic All American honors. The team was honored by the National Coaches Association, the first time ever in Treynor and all received special awards.

Cody stated wrestling carries over into other sports. He shared a story about Iowa FB Coach Kirk Ferentz a few years ago walking into a Lewis Central wrestling practice stating that Logan Jones, an Iowa recruit, would be wrestling for LC, instead of playing basketball because to play for him on the line, he needed to have 2 years of wrestling under his belt. He also shared that one of the girls who started wrestling in Treynor caught right on and her best foundation was gymnastics.

Cody’s philosophy as a wrestler and as a coach is to never take a step backwards, always pursue, and always want to excel in life. What makes a good wrestler is a lot of heart, hard work, determination. You don’t have to be technical and strong, but those will take you a long way.

Cody said he started at age 4-5, but thinks the best age would be 8 or 9.

Cody feels it is important for him to be at youth events, interacting with the club wrestlers and their parents to help them consider their direction in high school and to keep kids here in Treynor.

Coach discussed weight classes, stating that the 220 lb. class will now be 215 this season. Wrestlers weigh in before every meet. They must meet their weight class or be lower and then after Christmas break they can weigh in 2 lbs. more.

Assistant coaches this year have been Jacob Young, EJ Walton, and Andrew Fouch, an Underwood graduate.

At the end of the season, a huge banquet was held, they went bowling as a team with a bowling trophy. The mat is open on Sundays. He said he likes to give the boys a break so they can pursue spring sports and then will meet up after that. He feels tough wrestling competition includes Underwood, Logan, Glenwood, Shenandoah.

In his free time, Cody enjoys fishing, family time and doing electrical work (he is an electrician.) He concluded by sharing a great story about recently getting engaged to Chloe Gregory.

Next week:

Doug Gray, Prairie Crossing Winery

Famous Quote

“Extraordinary things are always hiding in places people never think to look.”

Jodi Picoul

Meeting Minutes

Dale Willenborg, President, called the meeting to order. Fourteen members were present. The group recited the pledge and Dale Willenborg gave the prayer.

Cody Kingery was our guest.

Jokes: Bill Vorthmann, Kevin Underwood

50/50: Cody Kingery

Attendance: Gary Guttau

Birthdays/Anniversaries: Dick Fox announced the birthday today of his wife, Sherry.

Bragging Rights: (Dollars are contributed to benefit local youth programs.)

- Chad Guttau contributed for the outstanding seasons of both men and women's Iowa State basketball.
- Judy Guttau shared that last Saturday granddaughter (Tessa Guttau- age 9) participated in the state gymnastics meet in Lincoln for her age group and won 1st in floor exercise, 3rd in bars, and 5th overall. Her granddaughter (Emmersen Fox- senior) won first place in winter guard (flag and rifle) at Waukee with a solo over 31 others and Treynor's team placed tenth out of 13.
- Dick Fox also contributed for Emmersen Fox. He also gave a moisture update stating he has 2 rain gauges (one is new) and both indicated he had 2.4" this past week.
- Phil Waggoner paid because Steve Chambers did not share any jokes this week. However, Steve proceeded to share a wrestling joke!



- Gary Guttau shared an antique clothes line with the group.

Business:

- Optimist scholarship applications are being circulated for review. Mid-April is the deadline.
- Can Kennel sorting helpers on Wednesday for Keep Kids Alive 25 were: 9 students, 3 adults (Greg White and Doug and LaJean Wehring

and 4 Optimists – Kirk Vorthmann, Bill Vorthmann, Shelly Bailey, and John Klein.

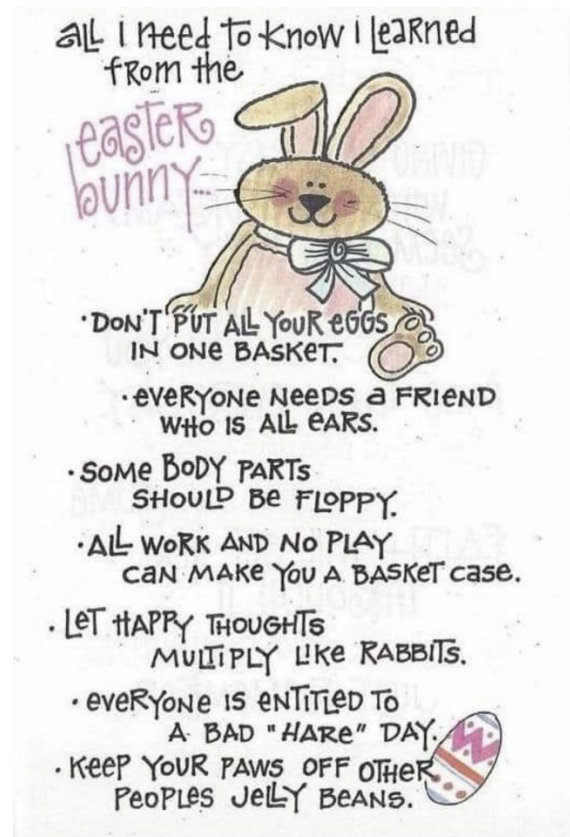
- Sat., April 6 – The Optimists will provide flyers for flags to be distributed door to door in Treynor with Scouting for Food Flyers.
- A letter was circulated from Stella Umphreys regarding donating to her missions trip.

Community:

- Mon., April 1 – Jerome Howe Relays 4:30-9:30 PM. This may be the only home meet of the season.
- Tues., April 2 – Iowa Jazz Championships
- Fri., April 5 – Girls Varsity Golf meet at TRA
- Sat., April 6 – High School State Music Contest for indiv. and ensembles
- Sat., April 20 – Treynor Athletic Booster Bash
- Sat. April 27 – Treynor City-wide Garage Sale
- Sun., April 28 – Treynor Farmers Market
- Sun., April 28 – Treynor Optimist Youth Appreciation Event starting at 3 PM

There being no further business, the meeting was adjourned.

Humor



CALENDAR

Events:

Apr 6 Flag Flyers put door to door in Treynor
Apr 28 Optimist Youth Appreciation Event 3 PM
Zion Congregational Church

Birthdays

Apr 20 Steve Chambers
Apr 24 Linda Danker
Apr 25 Irvin Saar
Apr 28 Gene Seran

Anniversaries

Apr 7 Jim & Diane Clausen

Programs:

Apr. Kathy Luedke (1st/2nd Sat)
Jeff Jorgensen (3rd/4th Sat)
May Linda Danker (1st/2nd Sat)
Phil Waggoner (3rd/4th Sat)
June Steve Irvin (1st/2nd Sat)
Joel Beyenhof (3rd Sat)
Judy Guttau (4th/5th Sat)

July

First three Sat. OPEN

Joel Beyenhof (4th Sat)
Aug Chad Guttau
Sept Jim Clausen (1st/2nd Sat)
Bill Vorthmann (3rd/4th Sat)
Oct Gary Guttau
Nov Jordan Campbell (1st/2nd Sat)
Jerry Hempel (3rd/4th Sat)
Dec Mick and Judy Guttau

Speakers

Apr 6 Doug Gray, Prairie Crossing Winery
Apr 13 Mark & Joey Sornson, Sornson & Sons LLC
Apr 20 Melvin Houser, Supervisor
Apr 27 Tim Wichman, Supervisor
May 4 Christina Bateman, Faith's Friends
May 11 Susan Enewold, Council Bluffs C.A.R.E.S,
May 18 Scott Rucker, Boys Basketball Coach
May 25 Joe Chapman, Girls Basketball Coach

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Dues/Donations/Flag Money: Mail to Optimist Club of Treynor, PO Box 354, Treynor, IA 51575