

Kiefer moves to second all-time in shot put as Eagle boys and girls sweep NBC tri-meet



By Kevin Gordon

LUCKEY — Ava Kiefer continued her climb up Eastwood High School's all-time Top 10 lists Tuesday night.

The junior had the school's second-best throw in the shot put during the Eagles' sweep of Lake and Fostoria in a Northern Buckeye Conference tri-meet at Freedom Field.

Kiefer's best throw of 38-5 won the event and moved her into second place on Eastwood's all-time-list in the shot.

She was one of 10 individual winners for the Eagles, who also won two relays and scored 105 points to beat Lake with 56 and Fostoria 14.

The Eastwood boys also won their meet. The Eagles had 10 first-place finishes and totaled 109-1/3 points to finish ahead of Lake with 53-2/3 and Fostoria with 9.

The top four finishers in each of the 13 individual events scored team points. In the relays, the top two teams scored.

Eastwood has its final two regular-season meets next week, visiting Elmwood in an NBC dual on Tuesday and competing in the Oak Harbor Invitational May 7. The Eagles then host the NBC Championships May 15.

Kiefer wins shot

Kiefer actually had two personal records in the shot. Before throwing 38-5, she had a throw of 38-3. She entered the season fourth on the all-time list at 37-2½ before taking over third place April 6 with a throw of 38-¼ during a dual meet at home against Genoa and Swanton.

Kiefer passed Holly Coe, who threw 38-1 in 1999, for second place. The school-record holder is Eagle assistant coach Whitney Hartman Recker, who threw 43-5¼ in 2004.

"I'm trying to improve and build on what I've done so far," said Kiefer who set the school record in the hammer throw Friday during the Eastwood Relays. "I'm happy with the way I threw. I felt good coming out tonight, but I still felt like I had more in me. Hopefully, that'll come out yet this season, and it shows me I still have more to work and improve on."

"It was another nice night for her," Eagle head coach Nikki Sabo said. "She's throwing well. Her confidence is growing. She's getting back into the routine, and her form is all coming together." Kiefer has thrown consistently well this season, the result of her growing confidence. Kiefer added she's only made "minor changes" in her throwing techniques.

"I'm getting more comfortable with myself, and I'm believing more in myself than I have in the past," Kiefer said. "The school record is one of my goals in the shot. I might not hit it this year, but I definitely want to hit it next year."

Eastwood swept the throws as senior Hannah Friend threw 102-7 to win the discus.



Girls recap

Eastwood won five of the individual running events and swept the five field events.

The Eagles' winning running events were: freshman Reilly Might, 100 hurdles, 17.95; freshman Avery Bowman, 1,600, 5:54.55; junior Aubrey Haas, 300 hurdles, 49.64; freshman Amelia Ward, 800, 2:31.04; and freshman Z Ramsey, 3,200, 14:14.29.

The other field event winners were junior Maisy Stevenson, who cleared 4-8 to finish first in the high jump; sophomore Claire Carpenter, who went 15-0½ to win the long jump; and sophomore Julia Sabo, who jumped 10-6 to finish first in the pole vault.

Bowman, Ward and Carpenter all had PRs. Bowman's time beat her previous best of 6:10.94, Ward lowered her previous best of 2:35.19, and Carpenter added one-half inch to her previous best of 15-0.

Eastwood's 4x200 team of Sabo, Haas, freshman Kayla Buehler and Stevenson won in 1:52.49; and the 4x400 team of sophomores Talia Baum and Emma Downs, junior Addie Young, and sophomore Kayden Firsdon won in 4:30.25.

"It was a good night," Nikki Sabo said. "We had some good split times. Our throwers did well. We tried to give some people some rest. We put some people in some new events. I'm still looking at 100 times, 200 times. I realized a few people hadn't run those races at all this season and they needed a chance to show their speed. The 4x400, we had tons of PR splits.

“We’re still gathering information for the end of the season,” Sabo added, referring to the NBC meet and the district meet on May 20 and 22. The Eagles are trying to gather as much information as possible to form the best possible lineup for those two meets. “This is getting fun and exciting,” Sabo said.



Boys recap

Sophomore Noah Smith swept the hurdles for the Eagles, who won three other individual running events, four field events and one relay.

Smith won the 110 race in 17:37 and the 300 race in 44.32.

The Eagles’ other individual winners were: junior Devin Good, 1,600, 5:23.23; junior Cory Jay, 800, 2:16.54; Ian Sander, 3,200, 13:38.44; junior Cole Kiefer, discus, 112-5; sophomore Bryce Koprowski-Kistner, long jump, 21-2; senior Gage Might, shot, 43-0; and sophomore Dalton Hesselbart, pole vault, 12-6.

Kiefer and Koprowski-Kistner both had PRs. Kiefer’s previous best was 111-5, and Koprowski’s previous best was 20-10.

Eastwood’s 4x100 team of seniors Zach Kwiatkowski and Ryder Boice, freshman Kaiden Sanchez and sophomore Anthony Molina won in 46.75.

“I saw a lot of good effort,” Eastwood head coach Brian Sabo said. “We really poured in. We saw some PRs. That’s a big thing. We learned some things today. Some of us realized there’s a lot more in us. Some of us stayed consistent, so there’s a jump coming.

“We got better, but there’s a lot more growth in there, in terms of the prep work, the attention to detail,” Sabo added. I’m pleased overall. We got better. We saw the possibility of some more growth. We need some all-out effort, not caring how I’m going to feel. But the team aspect, and the team camaraderie are still there. We’re getting there and I like the way things are going.”

Seniors

The meet was the final home dual/tri meet for Eastwood’s 22 seniors.

The seniors on the girls team are: Melinda Barman, Dominique Briner, Sarah Clark, Friend, Cordelia Howard, Emily Keiser, Jamie Lahey, Kayla Serres, Reegan Sheets and Paige Woodruff.

“The one thing I really appreciate about this group is, with not having last year, you wonder what traditions will continue,” Nikki Sabo said. “They have taken that role on to preserve some

of the traditions we have, and to show the underclassmen how to work out in the weight room. There's a few of them who are diehards in the weight room, and this is what we have to do. They're getting PRs, even into their senior year which can be difficult."

Quality leadership has been critical for the Eagles, who have 19 freshmen and 16 sophomores on their roster of 57. The sophomores didn't have a freshmen season in 2020, and only had three weeks of practice before the season was canceled.

"The seniors have been so helpful in answering questions from the freshmen and sophomores, even though there are numerous coaches," Sabo said. "Still for them to feel comfortable asking a senior what about this, what about that, knowing they're going to give an answer that is appropriate is reassuring."

"They do a ton of stuff outside of school," Sabo said. "They're highly involved in a lot of different activities. They're all good kids."

The seniors on the boys team are: Boice, Cameron Clay, Ashton Hill, Dylan Jump, Kwiatkowski, Might, Jonathon Nassaux, Connor Oberhouse, Jimmy Recknagel, Jacob Rowe, David Russell and Mason Steele.

"They've led really well and last year's seniors led well," Brian Sabo said. "They learned what those guys did, and embraced it. They've done an unbelievable job of leading, knowing some of the younger guys could end up beating them. They've poured into the younger guys.

"They're great people," Brian Sabo added. "If I'm not around or the coaches aren't around, they take charge, and that's leadership. I'll miss them. It's cool to watch them grow. Some of them weren't counted on when they were younger, and now they are, and now they're leading."