

Moon wins Metro Spotlight Award

Written by Metro Sports Report

Sunday, 01 December 2013 19:40 - Last Updated Sunday, 01 December 2013 22:33



Cedar Rapids Washington junior Lynze Moon is the winner of the Metro Spotlight Award for high school girls this week, the Metro Sports Report announced Sunday.

Moon rolled a 415 series for the Washington bowling team Tuesday when the Warriors defeated Iowa City High, 2516-2208, in the first meet of the season at Lancer Lanes. She bowled games of 213 and 202 to finish with the high game and high series.

Moon's 415 was the highest series by a female bowler in the Metro area last week.

She helped Washington finish eighth at the Class 2A state bowling meet last season as a sophomore.

Here is our Question-&-Answer session with Lynze Moon:

MSR: What is your favorite individual highlight in sports?

LYNZE: My favorite highlights between my two sports (horse showing and bowling) are specific moments: That proud moment when finishing my class because my horse and I had good teamwork, and the moment I let go of my ball and know I was on my mark.

MSR: What is your favorite team highlight in sports?

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LYNZE: My favorite team highlight in bowling is bakers, starting with the team cheer “1-2-3 WARRIORS ... 1-2-3 BOOM” to the little uplifting comments each teammate has. Bowling bakers with my team is one of the best experiences I will ever have.

MSR: Who has had the biggest influence on your sports career?

LYNZE: This is a tough question because I have many people always helping me and giving me tips, but the biggest influence I have right now would have to be myself. No matter how hard coaches and trainers push me, I have to be in it to win it.

I have to have the strength to push through the frustrating moments that stand between me and my horses and my bowling ball. I’m the one who keeps my grades up to stay eligible and the one who practices everyday no matter how busy I am. My horses and bowling come first for me.

MSR: What are your future goals in sports?

LYNZE: I plan on continuing bowling throughout high school and seeing if there is a potential scholarship when I am finished. I will also continue to show horses competitively throughout my life.

MSR: What are your favorite classes in school?

LYNZE: I have one class particularly that has changed the way I see and do things. Psychology has become my favorite study. Hopefully I will be able to find a career involving psychology one day.

MSR: What has been your favorite community service project?

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LYNZE: My favorite community service event is one that is very close to home for me. Within my horse showing community we have a class called "charity of choice," which is a class anyone can participate in. All proceeds made by this class are donated to a charity of the winner's choice. Another service that I respect a lot is the Salvation Army. Any chance I get I give back to those in need.