

Prairie gets healthier against J-Hawks

Written by Jim Ecker

Wednesday, 28 November 2012 00:21

Cedar Rapids Prairie guards Madison Dellamuth and Alisa Weiland are almost fully recovered from their injuries and feeling good again.

That could spell trouble for their opponents.

Dellamuth scored 16 points and Weiland played a steady game as the ninth-ranked Hawks defeated Jefferson, 61-50, in a Mississippi Valley Conference game at Prairie Tuesday night.

Dellamuth tore the ACL in her left knee last February, but she's tossed her brace away and is playing free and easy again.

Weiland broke a bone on the back of her left hand several months ago, but she's healthy again and wears padding on her hand for protection.

When Dellamuth and Weiland are in top form, they give Prairie one of the best backcourts in the state.

"I'll tell you what: They're two great guards for us," Prairie Coach Steve Doser said. "They really control our tempo."

Weiland, a 5-foot-4 senior, has signed to play at Mount Mercy University next season. Dellamuth, a 5-6 junior, is being recruited by Division I schools, but they're waiting to see how she bounces back from knee surgery.

"I feel great. I played my most minutes tonight," said Dellamuth, a terrific ballhandler and passer who also knows how to score. "It doesn't really bother me much anymore, so I'm happy about that."

Prairie gets healthier against J-Hawks

Written by Jim Ecker

Wednesday, 28 November 2012 00:21

Dellamuth had her surgery on April 10, then underwent "knee manipulation" on June 5 to have scar tissue removed. Some players need a full year to recover from a torn ACL, but Dellamuth appears well ahead of schedule.

"At first I thought I was behind, because I had that second surgery," she said. "But I feel like I came back in pretty good time and I feel good, so I'm happy about that."

Her knee gets sore after practices and games, but Dellamuth said she can deal with it. "It will be for the rest of the season. I just ice it every night," she said.

Weiland is left-handed, so the broken bone was on her shooting hand.

"It's good," she said after scoring nine points. "I've been icing it and stuff. It's still tender sometimes, but it feels great. I've adjusted pretty well to it."

Prairie has been dealing with a string of injuries. Emilie Rotter tore an ACL this past summer and will miss the entire season. Makenzie Stoffer is battling a sprained ankle and Kaytlyn Oellrich has a hamstring injury.

Stoffer and Oellrich did not play Tuesday.

"It's been like a puzzle," Doser said. "We're just kind of piecing it together, but they're doing a nice job."

Prairie grabbed a 21-9 lead early in the second quarter and never let Jefferson (1-2) get closer than five points again.

Prairie gets healthier against J-Hawks

Written by Jim Ecker

Wednesday, 28 November 2012 00:21

Dellamuth gave the Hawks (2-1) a 43-31 advantage early in the third quarter with a strong left-handed layup. The J-Hawks pulled within 46-40 and 49-43 on consecutive 3-pointers by Kaitlyn Davidson, but Prairie had an answer each time.

Weiland made a driving layup and followed with a 3-pointer for a 57-44 lead. Rachel Shelangoski hit two free throws to make it 59-44 with 4:09 left.

Courteney McCrary scored 10 points for Prairie despite battling foul trouble all night. The Hawks made eight 3-pointers.

Davidson led Jefferson with 13 points. Amanda Ollinger, a 6-foot freshman, scored 10 points.

JEFFERSON (50): Davidson 4 2-4 13, Stromert 1 2-2 4, Jacobson 3 3-4 9, Broghammer 4 0-0 8, Koolbeck 2 2-2 6, Ollinger 4 1-1 10, Blietz 0 0-0 0, Starks 0 0-0 0. Totals 18 10-13 50.

PRAIRIE (61): Hutchins 3 2-2 8, Weiland 4 0-1 9, McCrary 4 0-0 10, Usher 2 1-4 6, Dellamuth 5 4-6 16, Moenk 1 0-0 3, Gudenkauf 1 0-0 3, Shelangoski 1 4-6 6. Totals 21 11-19 61.

Halftime - Prairie 35, Jefferson 24. 3-point goals - Jefferson 4 (Davidson 3, Ollinger 1), Prairie 8 (McCrary 2, Dellamuth 2, Moenk 1, Weiland 1, Usher 1, Gudenkauf 1).