

## Jacobus helps No. 8 Cougars pin Lions

Written by Jim Ecker

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Dalles Jacobus knows how to bull-rush a quarterback and sack him for a big loss on a football field.

As it turns out, he can use the same maneuver for a big pin in wrestling.

Jacobus made a bull-rush at Isaiah Garman and pinned him during their 220-pound match Thursday night to help the eighth-ranked Kennedy Cougars stick Linn-Mar, 46-24, in a Mississippi Valley Conference meet at Kennedy.

There wasn't a whole lot of technique to his move, but there was a lot of brute strength and determination.

"There was a little bit of a scramble, the kid took a break to lean on his haunches and Dalles just ran him over," observed Kennedy coach Dennis Hynek, smiling. "There was no move there.

"He's a lot of fun, he works hard and if you take breaks against him, he's just going to pile-drive you."

Just like sacking an unwitting quarterback.

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"That's exactly what it was," Hynek said. "He knew he could get away with it. If it was a quarterback, he'd probably get a penalty."

In wrestling, it was worth six team points for the Cougars.

"To be honest, I just saw an opening and I went for it," said Jacobus, an all-state lineman who helped the Kennedy football team reach the championship game of the Class 4A playoffs this season. "I don't know what I did, but I did it."



The Cougars collected five pins against Linn-Mar with Eli Benion (106), Nolan Hromidko (132), Garrett Kubovec (182), Sam Pape (195) and Jacobus (220) all getting sticks. Austin McLeod (126) and Logen Rodriguez (152) won decisions for Kennedy, Cam Shaver (113) posted a major decision and Matt Murphy (285) won by forfeit as the Cougars took nine of 14 bouts.

Linn-Mar led 18-12 after the seventh match, but Kennedy scored 34 straight points in the next six matches to take command.

Jacobus said he weighed about 245 pounds when the football season ended Nov. 23 with a loss to Dowling in the 4A championship game. In the next two weeks, he followed a strict diet and a grueling exercise regime to make weight at 220.

There was a stretch when he reported to Kennedy at 5:45 a.m. for a workout with an assistant wrestling coach, rode a stationary bicycle until his first class, got back on the bike during gym class and kept pedaling all the way through lunch break.

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"I did that two days in a row and I made it," he said. "From one night to the next night, I lost 15 pounds. That kind of showed the night of the Xavier meet (he got pinned in the season opener Dec. 10), but I'm back in the groove now.

"It was not fun," he said, "but once you get down, it's a lot easier now."

Jacobus said he feels "Fantastic. I feel just as strong as I did during the football season, maybe a little more explosive, too."

The drastic weight loss was supervised and followed all the rules, according to Hynek. In addition, Jacobus' mother is a nurse and kept a careful eye on his condition.

"He did it right. His diet is good," Hynek said. "He's eating right. He's back up to three meals a day, feeling hydrated and feeling good."

Jacobus said he's been offered a full tuition scholarship by Grand View University to participate in football and track. He plans to visit the school in Des Moines but has not made a final decision.

"My brother Devon plays baseball at Grand View and he loves it there, so I've got to give it a look," he said.

Kennedy flattened Cedar Falls in its other meet Thursday night, 60-22. Linn-Mar gained a split by topping the Tigers, 51-22, in the first meet of the night.

Kennedy has gotten off to a good start this season and hopes to press Jefferson and Prairie for bragging rights in the Metro.

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"We've got a lot of talent in the room, a lot of kids that trust each other and work hard," said Rodriguez, a senior who plans to wrestle in college at Wisconsin-La Crosse. "There's always a good atmosphere in the room. Everyone is trying to get everyone better and get to that next level.

"Honestly, I think we can go to state duals. We can do pretty good. This is the year to do something special."

Rodriguez, who is ranked No. 6 at 152 pounds, collected an 8-3 victory over ninth-ranked A.J. Geers of Linn-Mar.

In the featured match of the night, third-ranked Shea Hartzler of Linn-Mar gave second-ranked Ben Sarasin of Kennedy a bloody nose and trimmed the Cougar 4-2 at 160 pounds, reversing a result from earlier in the season when they met at the Five Seasons Duals.

Alex Streicher (138), Matt Schlegel (170) and Zach Youngwirth (120) had pins for Linn-Mar against Kennedy. Johnny Clymer (145) and Hartzler (160) won decisions.

### **KENNEDY 46, LINN-MAR 24**

126 - Austin McLeod (K) dec Charlie Petersen, 7-0  
132 - Nolan Hromidko (K) pinned Jesse Wade, 1:26  
138 - Alex Streicher (LM) pinned Noah Cunningham, 1:03  
145 - Johnny Clymer (LM) dec. Kale Crawford, 6-1  
152 - Logen Rodriguez (K) dec. A.J. Geers, 8-3  
160 - Shea Hartzler (LM) dec. Ben Sarasin, 4-2  
170 - Matt Schlegel (LM) pinned Logen Benion, 3:57  
182 - Garrett Kubovec (K) pinned Chayse Schultz, 1:48  
195 - Sam Pape (K) pinned Logan Hagmeier, 4:28  
220 - Dalles Jacobus (K) pinned Isaiah Garman, 2:55  
285 - Matt Murphy (K) won by forfeit  
106 - Eli Benion (K) pinned Cole Kraklio, 0:46

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113 - Cam Shaver (K) major dec Jack Nauman, 11-2  
120 - Zach Youngwirth (LM) pinned Luke Foster, 3:02

### **KENNEDY 60, CEDAR FALLS 22**

120 - Caleb O'Connor (CF) pinned Luke Foster, 3:03  
126 - Jacob Watters (CF) major dec Austin McLeod, 22-10  
132 - Nolan Hromidko (K) pinned Ethan Jones, 0:43  
138 - Ryan Roth (CF) pinned Noah Cunningham, 2:25  
145 - Kale Crawford (K) pinned Tanner Mostek, 2:59  
152 - Logan Rodriguez (K) pinned Tyler Ausborn, 0:43  
160 - Ben Sarasin (K) won by forfeit  
170 - Logen Benion (K) pinned Tommy Custer, 1:10  
182 - Garrett Kubovec (K) pinned Justin Campbell, 0:34  
195 - Sam Pape (K) pinned Adrian Diaz, 2:29  
220 - Dalles Jacobus (K) pinned Josh Post, 0:47  
285 - Matt Murphy (K) pinned Rafael Reyes, 3:56  
106 - Cam Shaver (K) pinned Jakey Penrith, 1:51  
113 - Christian Simpson (CF) pinned Gabe Long, 3:30

### **LINN-MAR 51, CEDAR FALLS 22**

113 - Jack Nauman (LM) dec. Christian Simpson, 2-1  
120 - Caleb O'Connor (CF) pinned Zach Youngwirth, 3:41  
126 - Jacob Watters (CF) major dec. Charlie Petersen, 11-0  
132 - Jesse Wade (LM) pinned Jaden Thompson, 1:10  
138 - Alex Streicher (LM) dec. Ryan Roth, 4-3  
145 - Johnny Clymer (LM) pinned Tanner Mostek, 0:53  
152 - Jacob Wempfen (LM) pinned Dakota Southworth, 1:08  
160 - A.J. Geers (LM) pinned Nathan King, 1:29  
170 - Shea Hartzler (LM) pinned Tommy Custer, 0:30  
182 - Matt Schlegel (LM) pinned Justin Campbell, 0:41  
195 - Logan Hagmeier (LM) dec. Adrian Diaz, 5-4  
220 - Isaiah Garman (LM) pinned Josh Post, 3:38  
285 - Rafael Reyes (CF) won by forfeit  
106 - Jakey Penrith (CF) pinned Cole Kraklio, 3:41.