DUBUQUE - The H & H boys put on a show for the Kennedy Cougars Friday night.

Alex Hillyer carried the ball 28 times for 136 yards and Trevor Heitland rushed 15 times for 146 yards and scored three touchdowns as the Cougars stomped Dubuque Senior, 33-7, in a Mississippi Valley Conference game at the University of Dubuque stadium.

The Kennedy running game dominated the game from start to finish.

Senior took the opening kickoff and went nowhere. Kennedy (2-2) got the ball on its own 21-yard line and promptly drove 79 yards in nine plays and scored on a 35-yard pass from Chico Lizarraga to Josh Jahlas.

Heitland rushed for 130 yards in the first half with touchdown runs of 21, 20 and 15 yards. The third TD came with only 30 seconds left in the opening half.

"We have a young and inexperienced line that is really getting better, and in these last two games, it has made all the difference," said Heitland. "On the sweeps, the receivers really blocked well, too. We just keep trying to get better."

Hillyer was the model of consistency. He rushed for 66 yards in the first half and 70 more in the second, all right up the middle. The combination of Hillyer and Heitland just battered the Dubuque defense.

"The more I run, the more I want to run," said Hillyer. "The blocking is good and I just want the ball. I don't wear down."

The Cougar defense played a solid game with a particularly stingy first half. Dubuque Senior (1-3) managed only 27 yards rushing and 13 yards passing in the first half, allowing Kennedy to

take a 26-0 lead into the break. The Cougars never looked back.

Kennedy started the second half with a 64-yard drive, but the Senior defense stiffened and the Cougars missed a 27-yard field goal.

With 1:59 left in the third quarter, Jahlas scored on a 54-yard fake punt and that was their lone score of the second half. Jordan Holzer's extra point made the score 33-0.

Lizarraga played a fine game for the Cougars. He completed 10 of 19 for 122 yards and a touchdown, which effectively balanced out the offense.

"I thing we have a nice 1-2 punch," said Kennedy Coach Tim Lewis, referring to his two running backs, "and Jimmy (Lizarraga) throws the ball well, so we have a pretty good combination going there.

"Our young and inexperienced offensive line is getting better and that has allowed us to be successful the past two games. It has been nice getting these last two wins because it gives us our confidence back and going forward, we are going to need that confidence."

Dubuque quarterback Robby Jones managed to get the Rams on the scoreboard with 56 seconds left against the Kennedy reserves on a 6-yard run. Brent Wilker made the extra point and the final score was 33-7.

Kennedy hosts No.2 Iowa City High (4-0) at Kingston Stadium for a Thursday night

homecoming game.

KENNEDY 33, DUBUQUE SENIOR 7

Kennedy121470-33Dubuque Senior0007-7

CRK - Josh Jahlas 35 pass from Chico Lizarraga (kick blocked) CRK - Trevor Heitland 21 run (run failed) CRK - Heitland 19 run (Jordan Holzer kick) CRK - Heitland 15 run (Holzer kick) CRK - Jahlas 56 run (Holzer kick) DS - Robby Jones 7 run (Brent Wilker kick)

Teams stats

First downs - CRK 22, DS 11

Rushes-yards - CRK 53-344, DS 35-146

Passing yards - CRK 119, DS 84

Comp-Att-Int - CRK 9-18-0, DS 7-22-0

Punts-avg. - CRK 3-41.3, DS 8-34.5

Fumbles-lost - CRK 1-1, DS 0-0

Penalties-yards - CRK 5-35, DS 7-50

Individual stats

RUSHING - CRK: Alex Hillyer 29-157, Trevor Heitland 17-132, Josh Jahlas 1-56, Dylan Jones 2-8, Chico Lizarraga 1-0, Shane Williams 1-0, Ryan Unash 1-0, Joel Smetzer 1-0. DS: Robby Jones 11-87, Zayne Moore 16-32, Alex Duster 5-27, Keegan Gallery 1-5, Brandon Richey 1-0, Brent Wilker 1-0.

PASSING - CRK: Lizarraga 9-16-0-119, Smetzer 0-2-0-0. DS: Jones 7-22-0-84.

RECEIVING - CRK: Heitland 3-46, Jahlas 2-37, Hillyer 2-20, Unash 2-16. DS: Gallery 2-38, Ben Jensen 2-23, Jon Powers 1-16, Duster 1-7, Moore 1-0.