

Shelby Hembera wins Metro Spotlight Award

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Cedar Valley Christian senior Shelby Hembera is the winner of the Metro Spotlight Award for high school girls this week, the Metro Sports Report announced Sunday.

Hembera led the entire state in scoring and rebounding last season when she averaged 33.2 points and 16.4 rebounds. She's already averaging more than that this year and the campaign has just begun.

Hembera, a 6-foot-1 post player, poured in 42 points and grabbed 19 rebounds as Cedar Valley Christian drubbed Central City, 65-27, in the season opener at Central City Tuesday night. She shot 17-for-22 from the field and was 8-for-10 at the foul line. She also dished out a career-high five assists, made three steals and blocked a shot.

Hembera has scored 1,568 points in her four-year career and has snared 766 rebounds in 65 games, giving her career averages of 24.1 points and 11.8 rebounds. She was named second team all-state in Class 1A last year by the Iowa Girls Coaches Association.

Cedar Valley finished with a 1-21 record last year, not winning its only game until the 20th outing of the year. The Huskies have already matched that victory with their verdict over Central City and have a much stronger supporting cast this season.

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