

Valley honors 3 Metro preps

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Prairie freshman basketball player Madison Dellamuth, Linn-Mar sophomore bowler Justin Wyant and Jefferson senior bowler Nicole Werling were among the four athletes earning Mississippi Valley Conference athlete of the week honors, the league announced.

Dellamuth helped the Hawks to their first win of the season with 16 points and six assists. A 5-foot-6 point guard, Dellamuth engineered the Hawk offense and made 9 of 13 free-throw attempts. Prairie evened its record at 1-1.

Wyant got off to a hot start, rolling a 280 game and 526 two-game series. The 526 was better than any series recorded last season and eight pins shy of the MVC record.

Werling had a 403 two-game series and 227 high game in the J-Hawks' win over Xavier. She has the league's fourth best average at 201.5.

Iowa City High senior swimmer Ben Weideman also was honored. He posted conference best times of 57.23 in the 100 butterfly and 58.42 in the 100 backstroke in the Little Hawks' rout of Pleasant Valley.