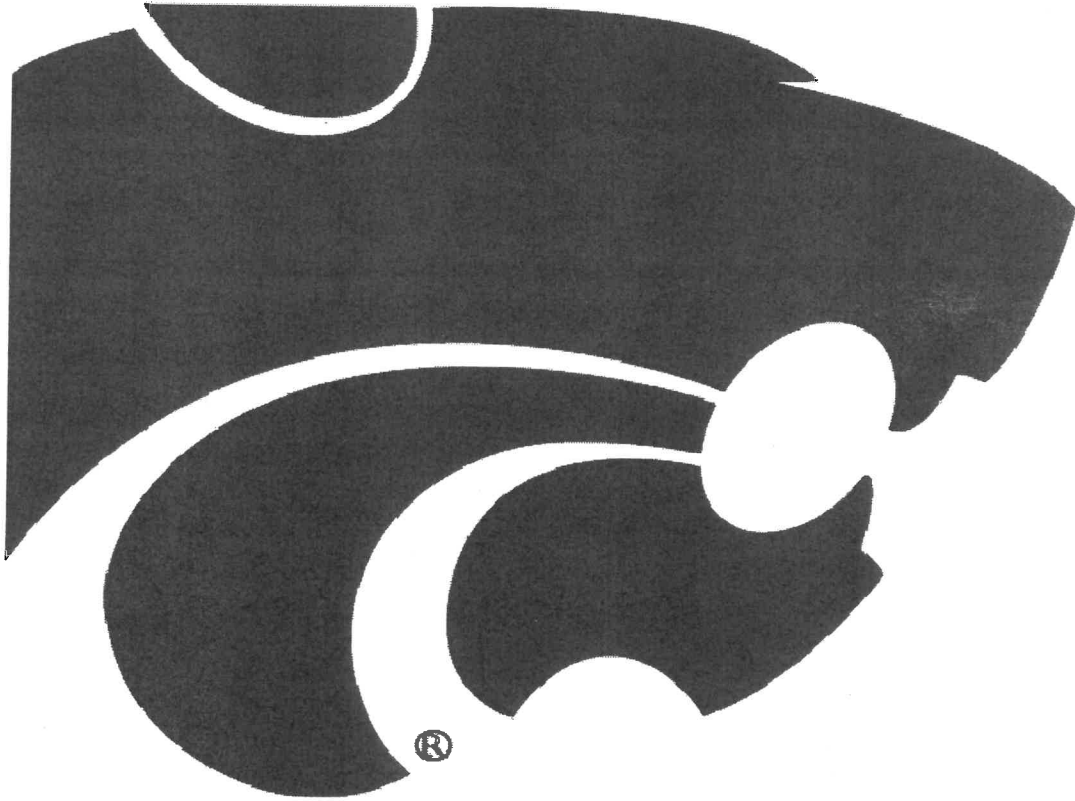


Kennedy Athletic

Hall of Fame



Class of 2011

Friday, January 14, 2011

Athletes:

Bill Fowler

Jake Settle

Cindy (Lamb) Watson

Kandy (Keiper) Donner

Coach:

Steve Shean

Athletic Hall of Fame Inductees:

Bill Fowler – Bill is a 1971 graduate of Kennedy High School. He was a Cougar in the early years of the school and was a part of getting this school off to such a great start in athletics. Bill was a standout swimmer for Kennedy from 1969 through 1971 under Hall of Fame coach Dave Brockway. He was part of group known as “Brockway’s Bombers” that approached the pool and their competition as the name would suggest – fiercely as a Band of Brothers. The young Cougar swim team finished 3rd at the state swim meet during his sophomore season, setting up what would become very successful junior seasons for both Fowler and the team. As junior, Bill earned his first state championship in the 400 yard freestyle. His efforts were key to a state runner-up finish for the team that season. During his senior campaign, the team finished with a 9-1 record, a 2nd place finish in the MVC, and a 5th place finish that year in the state meet. In the state meet, Fowler repeated as the 400 yard freestyle state champion and added the 200 yard freestyle championship to his resume as well. His 200 freestyle time of 1:49.38 was the 3rd fastest time in that event to date at the state meet, dating back to 1949. The mark of 3:58.27 stands as the 4th fastest time ever recorded in that event at the state meet (no longer contested).

Fowler took his remarkable distance swimming abilities to the University of Northern Iowa where he earned all-American status as a swimmer in all four years. He was inducted into the Iowa High School Swim Coaches Association Hall of Fame in 1982 and the UNI Hall of Fame in 1992.

In talking with former Cougar teammate and fellow Hall of Famer Mark Onstott, he revealed a training technique that Coach Brockway used to motivate and challenge Fowler in his 400 yard freestyle event. Fowler would swim the first 100 yards on his own and then compete against a three man team the final 300 yards with each teammate swimming 100 yards each against him. Onstott remembered Fowler holding his own in this training. Fellow inductee Steve Shean remembers Bill well from his days at Washington competing against Fowler as well as at the college level. Shean distinctly remembers one race when Fowler was passing him under water in the UNI pool and gave a wave as he went by. Fowler’s teammates and fellow competitors remember him as a role model for them as younger swimmers in the Cedar Rapids area when they would travel to out of town meets. Shean remembers Fowler being one of the older guys that set an example of leadership and performance to the younger swimmers.

Bill has worked for years with Fowler Electric here in Cedar Rapids where he lives with his wife Julie. Fowler has also been very involved as a Scoutmaster in the Boy Scouts.

Please welcome, at long last, to the Cougar Athletic Hall of Fame – Bill Fowler.

Jake Settle – Jake is a 2003 graduate of Kennedy High School. While attending Kennedy, Jake participated in three sports; basketball for 2 seasons, football for all 4 years, and soccer for all 4 years. The gridiron and the pitch are where Jake really made his mark for the Cougars. Playing for head coach Tim Lewis, Jake was a 2-way player and special teams standout for the football team. He played wide receiver on offense, cornerback on defense, and handled the punting and kicking duties on the special teams. As a cornerback, Jake was a lock-down corner for the

Cougars often being left one-on-one with the other team's best receiver and asked to shut down the passing game. As a senior, he earned 1st team all-MVC and honorable mention all-State honors. Settle's best sport was soccer and he led the Cougars to some very successful seasons under Hall of Fame coach, Corey Tafoya. Jake was a four-year letter winner, starting for Tafoya as a freshman. As a sophomore, he was the team MVP earning 1st team all-MVC and 2nd team all-State. During Settle's junior and senior campaigns, he excelled on the field as a goal keeper for the Cougars. His efforts on the field during those two seasons earned Jake some very prestigious honors. He was recognized as 1st team all-MVC and all-State in both seasons. He also was named the MVC player of the year, the Iowa Gatorade Soccer Player of the Year, a National Soccer Coaches Association of America all-American, a High School Scholar all-American, and the High School Scholar Player of the Year in 2002. The Cougars also qualified for the state tournament during his senior campaign in 2003 where he earned all-tournament team honors.

Settle continued his soccer career at the University of Wisconsin from 2003 through 2006 where he was a significant contributor as a freshman and a 3-year starter from his sophomore season on. He earned Big 10 player of the week honors while competing for the Badgers where he logged 10 shutouts, which tied him 5th all-time in career shutouts. In his senior year, he ended the season with a 0.076 goals against average earning 2nd team all-Big 10. He graduated from Wisconsin with a degree in finance and investment.

In reflecting on his career at Kennedy, Settle states, "I most enjoyed playing in the state soccer tournament. Coach Tafoya and the other players really made the experience special. I also loved playing football with my friends and I stay in contact with many of them today. All of these experiences helped to prepare me for the pressures of the real world and I learned how to handle adversity and setbacks in my career and life."

Jake currently lives in Chicago, IL and puts his investment degree to work as a stock options trader for Consolidated Trading LLC in Chicago. He is still very active as an athlete playing soccer and flag football in Chicago area leagues. He is proud to report that his teams have earned league championships two years running.

Please join me in welcoming to the Cougar Athletic Hall of Fame – Jake Settle.

Cindy (Lamb) Watson – Cindy is a 1978 graduate of Kennedy High School. She is the daughter of Booster Hall of Fame member, Ruth Lamb. During her career she was a 3-sport standout for the Cougars playing softball, basketball, and volleyball for Hall of Fame coaches Greg Reed (softball), Harold Wilkinson (basketball), and Gary Williams (volleyball) and earning eight varsity letters along the way. In softball, Cindy was a utility player contributing in both the infield and outfield. She was part of a very special basketball team in Kennedy history during her junior season in 1976-77 that finished as the state runner-up, losing to SE Polk in the Saturday night championship game. Lamb led the Cougars through an undefeated regular season as a senior in basketball, losing to eventual state champion Aplington in the first round of the state tournament. Cindy played during some of Kennedy's glory years in volleyball in the mid-70's. The Cougar volleyball team notched three straight 3rd place finishes at the state tournament

during her sophomore through senior campaigns. As a team leader her junior and senior seasons, she earned all-MVC, all-State, and all tournament team recognition both years for her efforts. In 1977, her senior year, she was named the co-MVC player of the year and earned High School All American honors. She was named the Kennedy Co-Athlete of the Year in 1977-78.

Cindy continued in college as a volleyball player for the University of Iowa where she was a 4-year starter for the Hawkeyes and captain during her senior year. In 1979, she was named to the AIAW All Region 6 Volleyball Team and she had the opportunity to play against the Mexican National Team during the 1980 season. She graduated from the University of Iowa with a degree in accounting in 1982.

Reflecting on her time at Kennedy, Cindy states, “The 2nd place finish in the state basketball tournament my junior year is something I will never forget. Beating Dubuque Senior in volleyball at home in front of close to 3000 fans in an overflowing gym is another great memory. Back in that time athletes were encouraged to play all sports. Female athletes at Kennedy were oblivious to Title IX because we were afforded the same opportunities as the boys and that contributed to the success that our girls teams had at that time. I came to appreciate that type of atmosphere as I got older and that I was lucky to have a high school experience with excellent coaching – coaches that cared about the individual – and parents that supported the team and school to develop my character and drive.”

Today Cindy loves watching sports, especially her kids, although she finds watching much more difficult than participating. She lives in Urbandale with her husband Mark. Her son, Brad, is a senior at Wartburg College where he is a member of the baseball team as a pitcher and studying fitness management. Her daughter, Kristen, is a freshman at Simpson College playing volleyball for the Storm and majoring in athletic training.

Please welcome to the Cougar Athletic Hall of Fame – Cindy (Lamb) Watson.

Kandy (Keiper) Donner – Kandy is a 1992 graduate of Kennedy High School. As a student, Kandy was a two-sport athlete participating in volleyball her freshman year and softball her entire career. She was a 5 year letter winner in softball for the Cougars, starting for Hall of Fame coach Ed Miller as an 8th grader. Kandy had the good fortune of also playing for another Hall of Fame coach, Rick Blackwell, during her final two seasons in 1991 and 1992. Kandy is a member of an elite club in the IGHS AU – the 100-win club, notching 112 victories as Kennedy’s starting pitcher. She was a 1st team all-Metro, all-MVC, and all-State selection three consecutive seasons in 1990, 1991, and 1992. In 1993 she was inducted into the Iowa Girl’s High School Athletic Union’s Hall of Fame. Keiper left Kennedy with school records in most wins (112), most strike outs in a game (17) and season (342), and lowest season ERA (0.72).

Kandy continued her softball career at the University of Northern Iowa and was a member of their squad from 1993 through 1996. She earned Missouri Valley all conference honors her junior and senior seasons for the Panthers in 1995 and 1996, earning MVC player of the week several times along the way. In 1996, she was selected to the MVC all-Tournament team, was co-captain of the UNI team, and earned MVP recognition for the Panthers.

"I will always remember the wonderful friendships I made with my teammates and their families. I also remember the many kind words and support of my coaches, teachers, and the administration along the way. My parents and family sat through many hot summer softball games, taking me to practice day after day, and believed in me every step of the way. Being a part of athletics at Kennedy taught all of us to believe in ourselves, the will to never give up, to be positive and responsible role models to others, and to be a part of a team."

Kandy currently works here in Cedar Rapids for Mark Zimmerman Ford/BMW/Hyundai as a sales consultant. She has two children, Bryce (11) and Kaylee (10), and she enjoys coaching her daughter in softball today. She also is the pitching/catching coach in the Jr. J-Hawk softball program. She enjoys spending as much time as she can with her children, family, and friends.

Please welcome Kandy (Keiper) Donner to the Cougar Athletic Hall of Fame, Class of 2011.

Coaching Hall of Fame Inductee:

Steve Shean – Steve retired as Kennedy men's swim coach at the conclusion of the 2009-10 season, a position he had served in since 1986. Coach Shean was involved with the Kennedy program for over 30 years as an assistant and head coach.

Steve is a graduate of Cedar Rapids Washington High School where he competed on elite swim teams which won state titles in 1971, 1972, and 1973. He earned three varsity letters competing for the Warriors and earned High School All-American status in 1973. He continued his swimming career on scholarship at the University of Iowa where he was a 4-year letter winner and team captain his junior and senior seasons.

Shean began his coaching career in 1972 as a summer coach for a local swim club in Cedar Rapids. In 1975 he took his club teams to the YMCA Nationals in Ft. Lauderdale, FL where the girls finished 2nd and the boys 5th in the national meet. He continued to coach with the local club through the 1978 season.

Steve began coaching at Kennedy as an assistant coach under Hall of Fame coach, Mark Onstott. He continued as an assistant under the first two women that were head coaches of men's sports in Theresa Beghtol and Hall of Fame coach Deb Snook. Shean finally took over the reigns of the men's swimming and diving program during the 1986-87 season, a position he held for 26 seasons until his retirement last spring. Coach Shean coached numerous state champions and all-Americans during his time as head coach. His teams finished in the top ten at the state meet 6 times in 1989, 1993, 1994(5th), 1995(4th), 1996(5th), and 1999.

Steve thanks the administration and support staff at Kennedy for allowing him the opportunity to coach so many years at the school and impact so many lives. He especially thanks Richard Sedlacek and Tim Kappmeyer, building engineers, for their efforts to make Kennedy the best pool with the fastest water around. Their efforts along with the parents sense of hospitality for

our visiting competitors has always made Kennedy a pool and a location that teams from around the state love to compete in.

“Swimming took me places I most likely would not have been able to see. I believe that Kennedy has allowed me to share some of those places over 30 years with the youngsters who swam in our pool. As a coach who never truly grew up, we hope to have been very influential and inspirational; stressing excellence in every aspect of life, not only in the pool.”

Shean continued, “Like a long movie with popcorn and a comfy chair, I can see the all-Americans, the Academic all-Americans, the youngsters who passed before their time, the relay exchanges when one left too early and landed on a teammate, and the faces of all of them when they exceeded their expectations. It has been a great ride for the past 30 years. I thank the assistant coaches who made us look good and I am grateful to have been allowed the opportunity to get to know so many wonderful young men and women and their families.”

Coach Shean is responsible for one of the greatest athletic team traditions at Kennedy – the speedo ski run made during spring break every year when the swimmers take their picture at the top of the mountain on their Colorado trip in only their speedos and proceed to ski down the mountain. It is a tradition that kept many young men coming back to the sport every year – a tradition that allowed Steve and his staff an opportunity relate with and continue to work with young men in the very physically demanding sport of swimming. He passed his passion for skiing on to many young men over the years and provided the opportunity for a lifetime memory to be made.

While the success of Coach Shean’s teams over the years is reason enough for his induction tonight into the Cougar Hall of Fame, those who have had the privilege of knowing him over the years understand the true reason for this induction is to honor his passion for kids, his caring nature, his ability to relate to all of his athletes regardless of ability level, and his genuine love of making a difference in the life of teenagers.

Regardless the time of year, Coach Shean would almost always greet people with “Merry Christmas.” One could argue that the way Steve lives his life is in a state of perpetual “Christmas Spirit” – reflecting the warmth, caring, giving, and family of the Season. Steve coached the entire individual, knew their story, and worked to make a difference in every swimmers life. The impact he has had on young men and women over the years is immeasurable.

He is now spending a little more time this winter with his wife Sandy (Hall of Fame Class of 2010) and is more involved with the activities of daughter Katelyn and son John. He has no plans to retire from work because the clients and employees make it so much fun. He loves to snow ski, fish, and be around Labrador Retrievers and he is still frequently present on deck at the Cougar Pool.

Please welcome Coach Steve Shean to the Cougar Athletic Hall of Fame.