

Athletic Hall of Fame Inductees:

Ashley (Hamblin) Jay – Ashley is a 2005 graduate of Kennedy High School. As a Cougar, she was an elite level soccer player, playing for Coach Sarah Kiefer and Coach Samantha Hittman. In her four years on the pitch, she was a very versatile player, filling various roles based on team strengths and needs, as well as situational strategies. By the end of her soccer career, Ashley had clearly established herself as the most dominant player in the MVC and one of the top players in the State of Iowa. Hamblin was a three-time 1st team All-Metro and All-Conference selection, and she was selected by the MVC coaches as the Athlete of the Year three consecutive seasons from 2003 to 2005. She also earned 2nd team All-State honors her sophomore year and 1st team All-State honors in both her junior and senior campaigns. As her career came to a close in 2005, Ashley had established school records in goals scored in a game (6), in a season (39), most assists in a game (6), most assists in a career (24), goals scored in a career (83), and most assists in a career (37). Not only was Hamblin successful on the pitch, but in the classroom as well, earning recognition on the Green and Gold Honor Roll all four years of high school.

Hamblin continued her career at the University of Missouri where she was a standout player for the Tigers in the Big 12 from 2005 through 2009. Honors earned while competing in college include being selected the soccer.com National Player of the Week, the Soccer America National Team of the Week, the Big 12 Offensive Player of the Week, and Missouri's Team Offensive Player of the Year.

Ashley has fond memories of her times at Kennedy and playing soccer for the Cougars. States Jay, “I remember the fun times with my teammates, the crazy bus trips home after a win, and the competitive nature of the game. These things made the experience unique to Kennedy High School. My athletic experiences taught me to be a hard worker, tough, and a great role model.”

She now lives in North Liberty with her husband, Nick Jay, and works for the Iowa City Police Department as an officer. She is also involved in Special Olympics and other community activities. They love to travel the world together, spend time with their pups, friends, and family, eat sushi, and run half marathons.

Please welcome to the Cougar Athletic Hall of Fame – Ashley (Hamblin) Jay.

Dawn (Hajek) Buckheister – Dawn is a member of the Kennedy Class of 1995. She was a three sport athlete for the Cougars, competing in soccer for three seasons, and basketball and softball for four seasons. During her playing career, she had the privilege of playing for Hall of Fame coaches Rick Blackwell and Bob Kolar, and future Hall of Fame coach, Dennis Roloff. Dawn was a midfielder on the pitch for Coach Kolar her sophomore through senior years, earning All-Metro and All-Conference honors as a Cougar. On the court, she ran Coach Roloff's offense playing his point guard position as a three-year varsity starter. She also earned All-Metro and All-Conference honors on the hardwood and finished her career on Kennedy's top 20 scoring leaderboard. In the summer, Hajek patrolled center field for Blackwell and Roloff as a four year starter, earning All-Metro, All-Conference, and All-State recognition.

She continued her playing career on the collegiate stage, first competing at Ellsworth Community College (1995-1997) and then at Grandview College (1997-1999). At Ellsworth, Dawn was a two sport athlete, competing in both basketball and softball for the Panthers. She was a two-time All-Region selection in basketball and holds the ECC record for career and season assists. She was inducted into the Panther Hall of Fame in 2008. At Grandview, she competed in both basketball and soccer where she earned All-Conference honors once in soccer and twice in basketball for the Vikings.

States Buckheister, “I am thankful for all of the lifelong friendships that I made will in extracurricular activities at Kennedy. My teammates always did and still do mean a lot to me. I learned a lot of valuable lessons from my coaches and teachers at Kennedy; they were able to inspire and motivate me along the way. I also remember the passion from the entire coaching staff for student athletes. There were many coaches who did not

have me as a player, yet still took an interest in my success at Kennedy. My parents also played a major role in my success in high school and beyond. They were always there to push me and provide support.”

Dawn currently lives in Cedar Rapids with her husband and Kennedy alum, Tom, with their two children, Slade and Chase. She has worked at Transamerica for 11 years as an Information Technology manager, overseeing business and actuarial analysts and distributed developers. She is also still competitive and is a very active runner, competing in half marathons, local 5K races, and the Hard Charge obstacle course events. She recently finished 2nd in the Women’s Competitive Army Challenge. Free time is spent with family and family activities, including swimming lessons, basketball, baseball, and gymnastics.

Please join me in welcoming to the Cougar Athletic Hall of Fame – Dawn (Hajek) Buckheister.

Stephanie (Jamerson) Albrecht –Stephanie is a 2003 graduate of Kennedy High School. As a Cougar she was a three sport athlete, competing in volleyball for four years, basketball for four years, and track & field for two years. On the track, Stephanie was a two-year varsity letter winner. Competing for Coach Michelle Goodall in volleyball, she earned three varsity letters. During her junior season she earned 1st team All-Metro and 2nd team All-Conference honors. As a senior, Jamerson was recognized 1st team All-Metro and All-Conference while also earning All-District and honorable mention All-State status. She also was a three-year letter winner for Coach Roloff on the hardwood, where she was recognized as 1st team All-Metro, All-Conference, and All-District, as well as honorable mention All-State. She served as team co-captain and was selected for the Class 4A Iowa All-Star team in 2003. Jamerson was Kennedy’s 2003 female Athlete of the Year. Stephanie excelled in the classroom as well, where she was selected into the National Honor Society, the National Council on Youth Leadership, and Above and Beyond.

After high school, Jamerson attended the University of Northern Iowa, participating in many intramural and club activities. She served as vice president of Mu Kappa Tau (College of Marketing Society) and graduated Summa Cum Laude from UNI.

“I will always value the genuine investment my coaches had in me – not just in my athletic skills, but my leadership skills and personal well-being. Coach Roloff was the biggest influence in my high school athletic career, pushing me, supporting me, challenging me, and holding me to high expectations. He also showed me personal support off the court which I always found to be so valuable. Bus rides, pregame rituals, late night team bonding, picking each other up after tough losses and celebrating big victories are all memories I carry with me today. As a captain, I learned how to lead, develop skills, leverage strengths, and help people find where they add value. It taught me camaraderie and the importance of winning as a team, not as an individual. All of these are traits I use today in my job as I lead my team.”

Stephanie now lives in the Twin Cities area with her husband of six years, Derc. They have two children, Kale and Hadley. She has worked in the Human Resources department for the Target Corporation for seven years. Her family is the light of her life and she loves spending as much time with them as possible. She also enjoys staying active, spending time outdoors, crafts, and DIY projects around the house.

Ladies and gentlemen, please welcome to the Cougar Athletic Hall of Fame – Stephanie (Jamerson) Albrecht.

Lori (Rose) Collins – Lori is a member of Kennedy’s Class of 1985. She was three sport athlete for the Cougars, competing in volleyball, basketball, and track & field. In volleyball, playing for Hall of Fame Coach Rose Elvidge, Rose earned two varsity letters during her junior and senior seasons. These teams were both regional champions and state tournament qualifiers. She was recognized as honorable mention All-State in her senior campaign. On the basketball court, Rose was a two-year letter winner for Hall of Fame Coach Harold

Wilkinson, and the 1985 team was a regional finalist in her senior year. Lori excelled on the track for Coach Wilkinson and was a part of some of the most successful track & field teams in school history. Earning three varsity letters, she was an integral part of the sprint relays for the Cougars, including conference and district champion, Drake Relays and State Meet place winning distance medley, sprint medley, and 1600 meter relay teams in 1985. The 1985 distance medley team set the school record that spring. She was Kennedy's female Athlete of the Year her senior year.

After high school, Rose enlisted in the United States Air Force and served from 1986-1990, after which she was honorably discharged.

States Rose, "Anyone who has had success in team sports will tell you that there are two driving factors: the coaches who guide, teach, motivate, cultivate, and lead; and your teammates who support, rally, share, trust and energize. My experiences at Kennedy were 30+ years ago yet I clearly carry with me to this day the impact that group of coaches had on me. Prior to his death in December 2011, I shared with Coach Wilkinson the impact he had made on me. He coached with a soft voice and was always supportive, yet expected you to push beyond any self-imposed limitations. Coach Elvidge expected nothing but your best effort. She was tough and pushed her players to perform with no excuses, yet she was able to create an unexplainable cohesive team bond. Along with the assistant coaches, there is no doubt the group of leaders I was blessed with greatly inspired me."

Lori and her husband, Justin, live in Gillett, Wisconsin, with their two children Riley and Tyler. She is the Vice President of Property Adventures Corporation, where she has worked for 20 years. She also volunteers on the Hamlin Park Advisory Council in an effort to improve their local park, and Friends of Jahn in an effort to support their local school. Competitive sports and working out remain an important part of her life and she is active in yoga and meditation. She enjoys golf, running, and water activities with her kids. Lori and Justin are introducing all sports to their young children in hopes they learn the same lessons they did through competing in high school.

Please join us in welcoming to the Cougar Athletic Hall of Fame – Lori (Rose) Collins.

Lynette (Wilson) Rohrs – Lynette is a member of Kennedy High School's Class of 2003. She was a two sport athlete for the Cougars, competing in volleyball and track & field all four years of high school. For Coach Michelle Goodall, Lynette was an outside hitter on the volleyball team. The spring and the sport of track & field is where Wilson excelled as a sprinter and long jumper for Coach Casey Bentley and Coach Jennifer Hamos. She was a four-year letter winner on the oval, earning 1st team All-Metro and All-Conference multiple seasons for the Cougars. She was a four-time Drake Relays and State Meet qualifier in multiple individual and relay events. She was named the team MVP and team leader in both her junior and senior campaigns. Her senior season is one to remember as she finished as runner-up at the State Meet in the 200 meter dash and came home crowned as the State Champion in the 400 meter dash. She was also invited to compete in the Senior All-Star Meet as one of the best senior track & field athletes in the State of Iowa.

Lynette continued her track & field career at the University of Northern Iowa, specializing in the 400 meters for the Panthers. Wilson and her teammates won multiple indoor and outdoor Missouri Valley championships in the 1600 meter relay as well as overall team MVC championships. Lynette was a four-time 400 meter finals qualifier as a Panther and currently is a part the 2nd fastest 4 x 400 meter relay time in school history.

Wilson's senior season in high school holds a special place in her memories of Kennedy High School. Coach Hamos was her event coach who had a significant impact on her as an athlete and beyond. "Coach Hamos was a mentor to me. She taught me early about structure and discipline. Those lessons resonate with me in my everyday life. She was my number one fan who continued to follow me as I ran at UNI."

Lynette and her husband, John, now reside in Ankeny, Iowa, with their young daughter Addison. She works as an events coordinator in the sales office at the Stoney Creek Hotel and Conference Center in Des Moines. Lynette is also an ambassador with the Johnston Chamber of Commerce and Vice President of the Johnston Chamber executive board. She enjoys spending time with her husband and her daughter, as well as her friends. Free time activities include cooking, bike riding, outdoor activities, and working out.

Please welcome to the Cougar Athletic Hall of Fame – Lynette (Wilson) Rohrs.

Danny Bales – Danny is a 2004 graduate of Kennedy High School. Bales' athletic career revolved around being one of Iowa's Boys of Summer, playing baseball for Coach Bret Hoyer. In the storied program of Kennedy Baseball, Bales holds a special place as one of the best to ever play for the Cougars. He was a four year starter and letter winner during his career as a pitcher for Coach Hoyer. The 2003 and 2004 Kennedy teams had one of the most formidable pitching line ups in the state and Bales was the ace of this staff. By the end of his career he had set the state record for strikeout to walk ratio in a season (110 strikeouts to 3 walks) and fewest walks in a season, as well as Kennedy's career strikeout record (351), career wins (26), and career saves (11). He was selected to the 1st team All-Metro, All-Conference, All-District, and Class 4A All-State teams. He was also selected to the Super Team, which includes all four classes combined. He was named the 2004 Louisville Slugger and Gatorade Player of the Year for the State of Iowa.

Bales continued his baseball career at the University of Iowa, competing four years for the Hawkeyes. He graduated from Iowa with a BA in psychology.

“Being a part of a high school team has helped me in all aspects of life. Coach Hoyer ran a collegiate style of practice in preparation that not only brought out the best of your physical attributes, but also the most important aspect in all of sports and life, the mental approach.”

Danny and his wife, Kimberly, now live in Iowa City where he is a sales rep for Pepsi Corporation. He continues to play the game he loves, competing for the Watkins Mudhens in the Iowa Valley Baseball League. He also enjoys golfing and trips to the Caribbean.

Please join me in welcoming to the Cougar Athletic Hall of Fame – Danny Bales.

Roger Bir – Roger is a 1969 graduate of Kennedy High School, placing him in one of the first classes to walk the stage as a Cougar. He spent his junior and senior years attending Kennedy High School when the doors opened in 1967. During his time at Kennedy, Roger was a three sport athlete, participating in football, wrestling, and baseball for the Green and Gold. Bir earned a varsity letter in 1968 playing baseball for Hall of Fame coach, Lloyd Spier. He also wrestled for the Cougars for his two years at Kennedy for Hall of Fame Coach Bob “Bear” Stevens, earning varsity letters in both seasons. Roger excelled on the gridiron playing football for Coach Dale Tryon, also a Hall of Fame coach. In his two seasons of football as a Cougar, Bir earned honorable mention All-Metro, All-Conference, and All-State honors both years, playing both the offensive and defensive lines. When Roger returned to Cedar Rapids last fall for a class reunion, conversations with him and classmates made it clear that his competitive spirit and energy were vital in establishing Kennedy Athletics in those first two years of existence. He was part of a special group of Cougars that set the tone for how things will be done at Kennedy High School and that legacy lives on today.

Roger was the first Kennedy athlete to be awarded a full Division I athletic scholarship, returning to his state of birth and playing football for the University of Indiana. He played football for the Hoosiers, but also played for the Indiana club hockey team for three years, and participated in the Judo Club, winning a bronze medal at the 1970 Indiana Olympic tryouts. Bir graduated from Indiana with a Bachelor of Science degree.

Reflecting on his experiences at Kennedy, Bir states, “Everything I am as an adult is a direct result of my time at JFK. I never forgot my friends or great experiences. While in college, I missed out on seeing my Kennedy friends, but I made it a point to stay in touch long after we all had graduated from college. JFK gave me the work ethic and moral aptitude which guided my military career as a shipboard navigator and a naval aviator to Air Force intelligence officer.”

Bir was drafted while he was a junior at Indiana and enlisted in the Navy in 1972 as a shipboard navigator. After discharge he returned to Indiana, graduated, and returned to the Navy as a naval flight officer. He left the Navy in 1981 and became a deputy sheriff in Columbus, Ohio. In 1986, Roger returned to the military as an Air Force intelligence officer and retired in 2011 after 38 years of combined military service.

Roger also stayed active in athletics, health and fitness. He was an NCAA football official from 1989-2006, and an NCAA wrestling official from 1988-2006, working Big Ten, Big Eight, ACC, MAC, and Eastern Wrestling League events and numerous Division I, II, and III National Championships. He was a competitive bodybuilder, placing 6th in the 1977 Mr. America competition, and was a body guard for Arnold Schwarzenegger at the Arnold Classic in Columbus from 1989 to 2006.

Bir currently resides in Virginia Beach, Virginia, with his wife Donna. He has three children and two grandchildren; Bob Frantz and his wife Stephanie live in Cincinnati, Ohio, with their children Sophie and Bobby, Erin Frantz lives in Virginia Beach, and Colin Bir, who also lives in Virginia Beach. Roger enjoys time with family, model railroading, and photography in his free time.

At long last, join me as we welcome to the Cougar Athletic Hall of Fame – Roger Bir.

Derek Hinke – Derek is a member of the Kennedy High School Class of 2004. As a Cougar, Hinke was a three sport athlete, competing in track & field, football, and baseball. He joined the track & field team as a sprinter to prepare for summer baseball and found success with the Cougars in the sprint relays for Coach Dennis Roloff. Derek played wide receiver and defensive back for Kennedy on the gridiron for Coach Tim Lewis, setting a school record for total receptions in a season and earning All-State honors in his senior season. Hinke remains one of the best all-around baseball players in Kennedy’s rich baseball tradition. Playing for Coach Hoyer, Derek set school records for total hits in a season and RBI’s in a season, which still stands at 56. He was selected 1st team All-Metro, All-Conference, and Class 4A All-State, as well as being selected to the All-State Super Team (all 4 classes combined). At the time his career ended he was one of only three Cougars selected to the baseball Super Team, along with Eric Martin and teammate Danny Bales.

Hinke continued his baseball career in college, attending Johnson County Community College in Overland Park, Kansas, playing baseball for the Cavaliers in 2005 and 2006. He earned All-Conference honors in both seasons and NJCAA All-American honors in 2006. He then transferred to Grand Valley State University, playing baseball for the Lakers, leading the team in several statistical categories (slugging percentage, hits, RBI’s, doubles, home runs, and total bases) earning NCAA Division II All-American in 2008.

Reflecting back on his experiences at Kennedy and Kennedy Athletics, Derek has exciting memories about playing football with his friends and teammates on Friday nights under the lights and the special experience he and his baseball teammates had playing a game at Rosenblatt Stadium in Omaha, Nebraska, home of the College World Series. This was a very unique experience and a special one to share with that remarkable Kennedy team.

Derek now works for TEK Products and spends his days working at Rockwell Collins. He lives in Cedar Rapids with his wife, Victoria. Hinke is an avid fisherman, golfer, and bowler, and he loves playing slow pitch softball in the summer with friends.

Please join us in welcoming to the Cougar Athletic Hall of Fame – Derek Hinke.

Mike Morrison – Mike is a 1992 graduate of Kennedy High School. As a Cougar, Mike was a three sport athlete, competing in baseball for two seasons, and football and track & field for all four years. Competing for Hall of Fame Coach Al Stiers, Mike was a standout sprinter and hurdler for the Cougars, earning four varsity letters, qualifying for the State Meet three years, and the Drake Relays all four years. His track accomplishments include being a part of Kennedy's Drake Relays champion 4 x 400 meter relay team his sophomore season, and qualifying for the 110 meter high hurdles and 400 meter low hurdles three consecutive years. On the football field for Hall of Fame coach Don Knock, Morrison was an excellent running back and defensive back for the Cougars, earning two varsity letters. His senior campaign in 1991 was a special one. Mike was not only 1st team All-MVC but he had the distinction of being named to both the 1st team All-State offense (Iowa Newspaper Association) and the 1st team All-State defense (Des Moines Register). He was also selected to the Register's Elite All-State (including all classes) defensive team. Morrison was invited to play in the Iowa Shrine Bowl but had to decline the invitation as he was required to report to the U.S. Air Force Academy.

Following high school, Morrison attended the U.S. Air Force Academy Prep School for one year and the U.S. Air Force Academy for one year, playing football for the Falcons for both seasons. In 1994, he transferred to the University of Northern Iowa and continued his football career for the Panthers. During his time at UNI, the team won three Gateway Conference championships and played in the playoffs all three years, including a semifinal match up against Randy Moss and the Marshall Thundering Herd. He earned academic All-Conference honors as a Panther.

States Morrison, "For me, personally, I was blessed to have coaches who knew their sport, but more importantly cared about me as a young man. My coaches were mentors and role models for me. Through our interactions, they helped shape me into the man I am today. Many of my friends back then are still my closest friends today, 23 years later. We went through a lot together and through adversity forged the bonds that still remain today. Playing sports in high school and college prepared me for so many aspects of my professional career - what it means to prepare, compete, deal with adversity, and the importance of team work. As a father of three boys, the things I learned in sports - dedication, unselfishness, and the importance of having fun - have all made me a better dad. Sports has brought so much joy and opportunity into my life. Without those experiences I know I would not be the same person I am today."

Mike now resides in Waukee, Iowa, where he is a Regional Manager at Cisco Systems. He has three sons, Jake, Joe, and Bodie, and he loves coaching them in football, basketball, and baseball. He is also an active member at Hope Lutheran Church in West Des Moines. Morrison has become an active triathlete, representing the State of Iowa in the Best of the US Triathlon series on three different occasions. He is Ironman Triathlete, completing the 2001 Ironman Canada, the 2009 Ironman Wisconsin, the 2009 Ironman Arizona, and the 2010 Ironman Hawaii World Championships, finishing in a time of 9 hours 46 minutes.

Ladies and gentlemen, please welcome to the Cougar Athletic Hall of Fame – Mike Morrison.

Ted Shonka, Class of 2007, was selected for induction to the Cougar Athletic Hall of Fame. He is unable to attend this year's ceremony so he will be recognized at next year's ceremony.