

# Head basketball coach announces resignation

*Coach of seven years sees success coming for program with new leadership*

BY EMILY MOSHER  
Sports Editor



Coach **Kevin Walden** has been the head men's basketball coach since 2012. This past

Tuesday, Feb. 19, Walden announced his decision to resign. This was due to the fact that he believes the players can succeed but they need a refresher in the head of the program. After another devastating season, the decision to resign is one that was very necessary for the program.

This season, the 1-22 record was a wake-up call for the coaching staff. A good indicator of how this season went was on Dec. 8, when Grinnell College hung a 68 point blow-out loss on the Fire.

During Walden's first year, the 2012-13 season, the team went 1-22 overall and 1-17 in conference. This was acceptable only because he was new, and a change in the coaching staff can be hard for a team. Recruiting can become difficult, the team may not get along well with the coach, etc.

However, the following year, 2013-14, the program saw a 1-22 overall with a 0-18 in conference.

This pattern of losing continued until 2017-18, when the team managed to win seven of their 25 games, including five out of 18 in conference. This combined with the overall .452 field goal percentage could have been a glimmer of hope for the athletic administration. However, there were still underlying issues with the team. That same year, the team averaged 18.1 turnovers per game.

Walden was committed to Knox as an institution. After his graduation from Knox in 2001 and a four-year career in collegiate basketball, he went on to assist head men's basketball coach **Tim Heimann** for five seasons, until 2006 when he moved on to St. Ambrose University to coach men's basketball for two years. Then, he moved to Warren Wilson College to head another men's basketball program. He returned to Knox in 2012 and stayed until this past week.

New athletic director **Daniella Irle** out of Division I University of North Dakota seems to be more results-oriented than her predecessor, **Chad Eisele**, who often retained coaches whose teams had struggled throughout their time as the coach.

On Oct. 26, 2018, the



Graphic courtesy of Michelle Dudley

women's volleyball team had their last game. On Nov. 8, Irle sent out an email requiring a team meeting to announce that the head volleyball coach had been let go. This was after a 6-21 record on the 2018 season. Irle makes the changes she deems necessary to create a winning program and listens to her athletes and the athletic community surrounding Knox. Although this wasn't Irle's decision, you have to wonder what the thought process was on her end.

As of this year, Walden's seventh season at Knox, the program is sitting at 20-145 overall during his tenure. That's good for a win percentage of 12.1 percent overall and 2.8 wins per season on average. In conference, the Fire is 13-113 for a win percentage of 10.3 percent.

This is going to be a tough comeback. Rebuilding a program that has been struggling for so long is going to be a large task. However, with the right person leading the helm,

it's possible. That the athletic administration let this go on so long is a tough pill to swallow. Would they have done anything if he hadn't resigned?

The national search for a new head men's basketball coach has begun. The team will have a large hand in choosing their new coach and hiring will begin after interviews. Irle's goal is to have a new coach hired by April 1, 2019.

## —POWERLIFTING TIPS—

# Lifting form and establishing routines

BY ANNIE GERDES  
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The hardest part about lifting is making sure that you're doing it right. There are many ways that a lift could go wrong. You could have the wrong form or could be accessing the wrong muscles. When I first started lifting, I was doing everything wrong. I chose random lifts and random

exercises each day and had no sort of routine. Over the last few years, I have learned that it is best to combine muscle groups for lifting and to make sure you have a variation in your workouts.

For example, I run a four-week program. The first week I lift four days, the first day could be back and biceps, the next could be legs, followed by chest and triceps, finishing your week with legs and shoulders. These days would consist of lighter weights but higher reps. For example, one bicep lift could be preacher curls. You would do this

exercise three to four sets by 10 to 15 reps, attempting to increase weight each time.

The next week would be single muscle focus. That week consisting of five lifting days and two days off, but days would solely be biceps, back, chest, etcetera. This week focuses on heavy lifting but lower reps, for example five sets by five reps. The third week is another combination week but with different muscle combinations (example: biceps, triceps and shoulders one day). This week focuses on heavier lifting but is not as intense as the

week prior. Exercises would be four sets of eight to 12 reps.

The final week should consist more of High Intensity Interval Training (HIIT) style lifting. This week focuses on toning and cardio. You will never find me on a treadmill or elliptical because my cardio comes from lifting. This week will be many combination days with two days dedicated to full body lifts. You should run each exercise three to five times and have reps anywhere from 15 to 30. This week is not about the amount of weight but more about the speed and accuracy of

your workout. This routine does not necessarily need to be run in order but is usually the order I choose. I prefer to end my month with HIIT lifting to really prepare me for the heavy lifting ahead.

There are many routines possible for lifting. This format has proven very successful for me but may not be for you. If this routine doesn't work for you try to make some changes and if nothing is working reach out for help! No one jumps into being a lifter; it is a gradual process that takes a lot of learning and time so never give up!

## SPORTS BRIEFS

**Track and field** — The track and field teams competed at Wartburg College on Feb. 16. The men's team placed sixth and the women placed eighth overall. Freshman **Takira Koonce** placed first in the women's 200m with a time of 25.90 seconds, breaking her original school record. Freshman **Derrick Jackson** placed second in the men's 60m run with a time of 7.06 and placed third in the men's 200m with a time of 22.72. The teams will travel to Monmouth College on Feb. 22 and 23 to compete in the Midwest Conference Championships.

**Men's tennis** — The Fire traveled to Lakeland University for a meet on Feb. 16 and were victorious, with a final score of 6-3. This is the team's first win since April 2, 2017. Freshman **Ajay Gustafson** won his singles match 6-0 and 6-1. Freshman **Oscar Sanchez** had his first career win with a singles match score of 6-3 and 6-4. Sophomore **Brad Newland** beat his singles opponent 6-4 and 6-1, then won his doubles match with freshman **Dobbin Pine** 8-7. Knox will host Illinois Wesleyan on Feb. 23.

**Men's basketball** — The Fire had their final game of the season on Feb. 16 against Ripon college. The men had a tough loss, 90-65. Freshman **Jordan Rayner** had 16 points on his 23 minutes and made six field goals. Junior **Justin Windt** had 10 points with five field goals made. Freshman **Malcolm Bray** with nine points and one three-point shot. Sophomore **Blake Godbold** added nine points of his own. This will wrap up the regular basketball season, ending the season with an overall record of 1-24, ranking last in conference.

**Women's basketball** — On Feb. 16, the women's basketball team had their last game of the regular season and had to win in order to make it to the Midwest Conference Tournament. The women suffered a tough defeat by Ripon College, with a final score of 60-57. The game was point for point and the Fire even took it to overtime, scoring 17 in the fourth quarter and tying it up 50-50. Senior **Morgan Potter** scored 16 points and senior **Karlie Thorn** scored 14 and one three pointer. This will end the season for the women, ending at 13-12 overall.

**Swimming and diving** — The teams competed at the Midwest Conference Championships on Feb. 15 through 17. Junior **Melissa Wood** placed tenth in the 100 back with a time of 1:04.21. Senior **Joe Hilger** earned the Elite 20 award for men's swimming, being recognized in the Midwest Conference as the student with the highest cumulative grade point average participating in the culminating championship or tournament event. This will end the season for swimming and diving.