Frederick achieves college golf dream with Iowa Central



Louisburg's Sam Frederick lines up a putt during a meet last season. The Wildcat graduate is excited for his next step with Iowa Central golf.

Sam Frederick has loved the game of golf for a long time, and it is a big part of his life.

So much so that he always hoped for an opportunity to play in college, and one place turned out to be the perfect fit for that.

Frederick, a 2025 Louisburg graduate, signed to play with the Iowa Central Community College program starting with the upcoming season.

"It's always a kids' dream to be able to play a sport in college, but for me it definitely was," Frederick said. "I've

always wanted to be a college athlete. It was a big milestone for me, seeing all the work that you have been putting in for years, to be able to be taken to the next level and have the opportunity to work harder."

Frederick took a few different visits, but Iowa Central stuck out for him – not just on the golf course – but in the classroom as well.

"The community and the culture there are great," Frederick said. "They care about the athletes and students on campus and are always looking for your best interest. It was definitely a big decision because there are so many factors that go into your final decision, and for me Iowa Central just checked all my boxes. The coaches and athletic staff there are great, and all the academics are great. There were so many different options for classes and majors for me to find exactly what I was looking for."

The groundwork for playing in college was laid several years ago for Frederick. He grew up with the game, thanks in part to his father, Mark.



Louisburg's Sam Frederick signs his letter of intent to play golf at Iowa Central. Seated next to his Sam are his parents, Mark and Amy. Standing (from left) is Louisburg head coach Brian Burns, Sam's grandmother Linda Mesh, his sister Kate, grandfather Mike and Louisburg assistant Levi Fyock.

The two would work on their games together, while Mark got Sam to play in competitive tournaments in the offseason as he got older.

"I've been golfing for as long as I can remember," Sam said. "My dad got me into golf at a young age and I've just been playing ever since. It's always been a big part of me and my family's life, and something that we have always done together. Golf has always been a sport I've loved to play and something me and my dad have always bonded over."

All the hard work put in earned Sam a spot on the Wildcat varsity roster the last three seasons. His Wildcat career ended after securing a spot at the Class 4A state tournament in May.

Sam, along with teammate Derek Frederick, competed at the meet in Newton at the Sand Creek Golf Course. Although he didn't make it out of the first day, it gave him confidence as he heads into his collegiate career.

"Ending my high school career at state was great and it was a great honor to be able to qualify for state and just a good boost of confidence knowing my game is there," Sam said. "I've been doing lots of different things on and off the course in the offseason and working with my swing coaches to get my game to 110 percent before I head to college in a few weeks."

As for when he gets to college, Frederick is ready for whatever challenges come his way.

"I always try and hold myself to a high standard, so I'm really hoping for a good start to my college career and qualify for some tournaments," he said. "I'm expecting some tough competition, so I'll have to work pretty hard. Iowa Central has got a lot of talented golfers, our team should have a great season and I'm excited to travel to some different golf courses and to be able to do what I love. It's always been a dream of mine to be able to play college golf, so I'm just super grateful for the opportunity to get on campus and get to work."