

Yows excited for new chapter with Benedictine soccer



Louisburg graduate Rowan Yows is looking forward to her next step after signing with the Benedictine College soccer program.

Soccer has been a big part of Rowan Yows' life since she could remember.

And ever since she stepped onto the turf for the Louisburg girls soccer team, Yows has made a big impact for the Wildcats. As a 4-year varsity letterwinner, she cemented herself as one of the top players in the program's short history.

Now, she hopes to translate that success to the collegiate level. Yows signed her letter of intent to join the Benedictine College soccer program earlier this year and will

join her brother, Braden, who plays for the men's team.

"I grew up playing soccer and college has always been the end goal," Rowan said. "Watching my brother go through the process really helped cement me in my decision that I want to play in college. Seeing my dream come true on signing day was so fulfilling. It was like seeing all the work I put in finally come to fruition."

Yows had different options on where she could go to play soccer, but Benedictine made that an easy decision for her.

"Everything about the school and the soccer program stuck out to me," she said. "From the moment I first stepped on campus, I knew it was the place for me."



Louisburg's Rowan Yows signed her letter of intent to join the Benedictine College soccer program. Seated next to Rowan and her parents Greg and Heather Yows. Standing is her brother Braden, her grandmother Helen Stone and sister Presley.

The 2025 Louisburg graduate had a memorable season for the

Wildcats in the spring as Yows helped Louisburg to a fourth place finish at the Class 4-1A state tournament and a No. 1 seed in the state playoffs.

Personally, Yows had a big year as she tallied 29 goals and 10 assists to go along with first team All-Frontier League and all-state honors. She was also named the Frontier League Player of the Year.

"This season was major for me," Yows said. "I mean I was successful in my other seasons, but I always had some underlying injury. This year coming in healthy and staying healthy was game changing. I was able to step up in a big way, in both gameplay and leadership."

Yows is now ready to translate that success on the high school pitch to the college level and believes Benedictine is the perfect spot for her to do that. Whether it is in the midfield, or a different position, the Ravens believe Yows is someone who will be able to help a Benedictine team that lost just two matches in the Heart of America regular season last year.

"Rowan is a special player," Benedictine coach Hunter Nail said. "She has the ability to play 6-7 positions at a very high level. We can't wait to start working with her this fall"

As for what the future holds, Yows can't wait to get on campus to get acclimated to her new life as she knows the transition from high school to college can be difficult.

"College soccer is going to be a big adjustment and it's going to challenge me," Yows said. "I'm excited though because I love the team I'm joining and I know they'll help me grow into a successful college player."