



The
Brookings
Register

FALL SPORTS PREVIEW 2023



Troy Maroney/Maroney's Mughshots

Bobcat football's youth looks to handle adversity

By **CHRIS SCHAD**
The Register

BROOKINGS – Coming off a 5-5 record and a first-round playoff loss to Yankton last fall, the Brookings football team will have a much different look than they did one year ago.

When the Bobcats take the field for their season opener at Watertown on Aug. 25, they will have 48 players between grades 10-12 on the roster including 28 sophomores.

Five sophomores will be starters on offense and head

coach Brady Clark estimates there will be even more on defense. But despite the youth, Clark believes that the Bobcats program is continuing to grow in numbers and could have a positive impact this season.

"To have 48 kids [from grades] 10 through 12 on the roster, we haven't had that since I've been here," Clark said. "We're retaining those kids from the freshman and sophomore level and they have a lot of fun just practicing with each other and being around each

other."

King will return for his fourth season as head coach and will be joined on the staff by offensive coordinator Cohl Rattermann, defensive coordinator Tyler Schneider, special teams coach Connor Landberg. Darren Moore will also lead the junior varsity team as its head coach and Tyson Strohbeen will serve as an assistant on the JV staff.

The staff as a whole will have a big challenge after it lost five senior starters from a year ago. Jaxton Eck was a standout full-

back and line-backer who is now playing at the University of Idaho while running backs Tyson Brandt and Isiah Caldron, defensive end Caleb Loehr, quarterback Justin Cofell all graduated last spring.

Despite the departures, the Bobcats still have

plenty of talent along the offensive line. Braeden Stadler, Luke Hanson and Andrew Hahn are all returning starters from a year ago and Dagi Thomas will also return at wide receiver.

Defensive backs Charlie Bisgard and Ethan Houtman will also return giving the Bobcats plenty of athleticism in the secondary.

But even with several players returning, it also raises some questions including how this young team will handle adversity as the season goes on.

"When we get hit in the mouth, so to speak, how are we going to respond to that?" Clark asked. "Are we going to put our heads down or are we going to pick each other up and encourage one another to keep battling to the very end?"

Even with the questions, the Bobcats are in a similar position to the rest of the teams in Class 11AA. Pierre is the defending state champion but runner-up Tea Area joined the Eastern South Dakota Conference this season with Yankton not far be-

hind.

The Bobcats ranked fourth in the preseason polls coming into the season but Clark believes it could be a wide-open race this season.

"By the end of this season, who knows where people could be?" Clark asked. "It's really hard to say. ... Our goal is just to be playing our best so at the end of the season, we can put ourselves in a good spot for the playoffs."

That mindset is what makes this year's Bobcats an intriguing team. While they have just six seniors on the roster, they have plenty of upside thanks to their youth, which is something that Clark and his staff are excited for this season.

"The successful programs... they hang out outside of the field or outside of the court and they do things as a team or a family so to speak," Clark said. "We've got a lot of guys on this team that do that and it's been really exciting to see as a coach. I'm just excited to see where all of that will take us this year."

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Bobcats eager to set new culture, expectations in 2023

By **CHRIS SCHAD**
The Register

BROOKINGS – In her first year as head coach, Erinn Thomas wants to take Brookings volleyball to a new place.

Thomas grew up playing for the Bobcats and went on to play two seasons at South Dakota State but will look to lead a Brookings team that went 9-18 and was eliminated in the SoDak 16 one year ago. To do that, Thomas will lean on setting a new culture and expectations to help the Bobcats reach their goals in 2023.

“As a first-year head coach, I’m just really trying to establish my culture and system with the girls,” Thomas said. “That looks like setting new expectations for them that I want to see in the gym every single day and holding them accountable and hoping that translates down through the program.”

In addition to her volleyball experience, Thomas has developed a passion for mentoring youth. After graduating from SDSU in 2014, Thomas worked at the Boys & Girls Club for almost eight years before becoming a manager at Kool Beans Coffee, a business that her family owns in Downtown Brookings, last January.

When the change left a gap in her afternoon schedule, Thomas looked for ways to continue to work with youth. The head coach position at Brookings opened up this spring and Thomas, who also has years of experience coaching club teams, took the opportunity.

“Coaching is something that I’ve always loved doing,” Thom-

as said. “...Being a mentor for kids has always been important to me and I just kind of fell into the right place and the right time.”

Thomas will be joined by three assistants this year who also have a wealth of experience. Michelle Adamson will return as the JV coach and coached Thomas while she was in high school. SDSU students Abby Finch and Cala Hunter will also coach the sophomores and freshmen respectively.

But it won’t just be on the coaching staff to establish a new culture. After losing a lot of offensive power in, hitter and setter Gracie Adamson, who is currently playing volleyball at the University of Jamestown, middle hitter Gracey Sheridan, outside hitter Tayla Dobrenski and their starting libero, Morgan Linstead, the Bobcats will rely on a strong senior class that includes Sydney Bebensee, Kylie Moe, Addison Sneer and Maizy Mathis to lead them

“They are what you want in your program in terms of culture setting,” Thomas said. “They are positive. They are always talking. They’re encouraging and they’re really helping me as a first-year head translate our culture down through all the levels.”

The Bobcats will also have a young nucleus that includes juniors Arielle Ferrell, Tess Burns, Rylee Thompson, Kymber Buys, Lydia Walker and Morgan Norgaard and sophomore Macy Even.

“We’ve got a lot of new faces,” Thomas said. “There are some girls who had some varsity time last year, but there are a lot of new



Troy Maroney/Maroney's Mugshots

Front row – Morgan Norgaard and Joey Fiechtner; Second row – Addison Sneer, Sydney Bebensee, Maizy Mathis and Kylie Moe; Third row – Student Manager Alaina Evans, Logan Smidt, Arielle Ferrell, Kymber Buys and Student Manager Dylan Kopecky; Back row – Asst. Coach Michele Adamson, Head Coach Erinn Thomas, Macy Even, Lydia Walker, Tess Burns, Rylee Thompson, Asst. Coach Abby Finch and Asst. Coach Cala Hunter.

girls who are ready to take that opportunity and run with it.”

In order to take advantage of their opportunities, Thomas believes that the key is working on their serve-receive and adapting to the speed of the game.

“The game just moves quicker,” Thomas said. “The serves are coming faster, the hits are coming harder and being able to adapt will be important for us. I think we’ll be pretty scrappy on defense and I feel for us, it’s just finding the right hitters to put the ball away.”

If the Bobcats can improve throughout the season, it should lead to achieving their goals. One

of those goals is to finish in the top half of the Eastern South Dakota Conference, which Thomas believes is a level playing field coming into the year.

“It’s just going to come down to those games to see who comes out on top,” Thomas said about the conference landscape. “I’d love to be in the top half of the ESD. That’s my goal for us and where I see us.”

While getting into the top half of the ESD would be a big accomplishment for the Bobcats, it’s far from Thomas’s ultimate goal. With an idea of the culture she wants to build in the program, Thomas is

optimistic that this year can be a first step in the process and lead to bigger things in the future.

“Culture doesn’t change in one year,” Thomas admitted. “It happens multiple years. ...That’s a big goal for us. Bringing Bobcat volleyball back to an awesome place. It’s something I’m really proud of growing up here and playing here. It’s been a full-circle moment. I want those girls to have the same experiences that I had playing volleyball. You’re making really great friends, being mentored by coaches, having fun and competing each day with your teammates to get better.

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Bobcats XC has depth, talent heading into season

By **CHRIS SCHAD**
The Register

BROOKINGS – The Brookings cross country program is hoping for a successful year in 2023 as the boys and girls teams hope for better health and lean on some returning standouts to help them compete in Class AA this season.

“Everyone is excited and it appears we had a pretty good summer just in terms of what the kids have done on their own,” Brookings head coach Chris Gruenhagen said when asked about this year’s team. “They’re all excited to keep the ball rolling this year.”

Gruenhagen returns for his 16th season as head coach of the Bobcats and he will be joined by Rachele Engbrecht, who is in her 25th year as an assistant with the program. Joel Frederiksen, Alex Horstman and Alysha Hamann will also lead the middle school program.

The Bobcats will open their season when they take part in the Madison Invitational on Aug. 25.

BOYS

The Bobcats finished 15th at last year’s state cross-country meet but Gruenhagen believed the team deserved a better fate as injuries took a toll toward the end of last season.

“It was a challenging state

meet,” Gruenhagen recalled. “The kids that qualified performed well but just due to some injuries, we didn’t perform as well as we hoped at the beginning of the year. That happens sometimes and just like in any sport, when you lose one or two key contributors, it affects everyone.”

While health is always a variable, the Bobcats have plenty of depth to protect themselves if injuries strike. Igen Nyawanda, Nathan Smith, Jacob York, Jon Kahler, Ernest Ting and Luke DeRynck all return from last year’s team and are coming off strong performances with the Brookings track & field team this spring.

While only five runners count toward the team score, the Bobcats will have “pushers” to begin the season to help them stay on top and water down the team scores of opposing teams and their work in the summer indicates they could be in for an even performance this year.

“I think that kind of gave them that excitement heading into the summer,” Gruenhagen said of his team’s spring performance. “You can sense the excitement between them.”

Gruenhagen also noted the Bobcats camaraderie, which should also help their cohesiveness as they enter the season.

“They’re a close-knit group of boys,” Gruenhagen said. “That always makes any team more exciting when you have that relationship outside of the team. They’re getting together at night and doing things on the weekend and I think they’re just willing to sacrifice a little bit more, go the extra mile whether it’s in practice or during a race. I think that’s one thing that’s really going to help them throughout the year.”

After finishing sixth at the ESD meet, the Bobcats are hoping for improvement this season to get into the top three at the conference meet. The expectations also include a higher finish at the state meet, with the goal of placing among the top six finishers in Class AA.

“I think that would be a very realistic and challenging goal,” Gruenhagen said. “It’s not something that’s going to be just handed to anybody, but realistically I think it’s an opportunity for them to try and get on the team podium.”

GIRLS

Like the boys team, injuries played a key role in their performance at the state tournament. But the girls will also rely on a bunch of new contributors as they look to improve this season.

“We probably won’t have as much of that pack style at the

front half on the girls side,” Gruenhagen said. “We’ll have a fairly young varsity team and that will be new, but that time of atmosphere of moving up from the JV ranks to the varsity ranks will be good for us.”

The Bobcats lose four runners from a year ago as Jenna York, Sofia Dvergsten, Alisa Baker and Madison Kepner have all graduated. Brookings has three seniors returning to this season, however, as Addie Smetana, Lily Murray and Josie Nold will be a key part of this year’s team.

Smetana is coming off a strong track season as she performed well in the 3200 meter run. In addition to her spring, Gruenhagen believes Smetana brings a leadership element that should help the Bobcats this fall.

“She’s been very consistent all summer,” Gruenhagen noted. “She looks to be in the best shape that I’ve ever seen her and I’m excited to see where that’s going to take her this fall.”

Murray also had a strong spring while competing in the 800 meter run and Gruenhagen believes both seniors can form a strong duo at the top of their lineup.

“Lily has always been a very good leader and one of our top girls the last four years,” Gruenhagen said. “I think with the two of them to-

gether, we’ll have some very good leadership up front.”

The Bobcats will have plenty of competition behind their seniors as they look to fill the rest of their lineup. In addition to returning sophomores Sophie Schmidt and Mya Hansen, Gruenhagen believes there is a talented group of freshmen who are ready if needed.

“It’s probably one of our larger freshman groups that we’ve had in the last few years,” Gruenhagen said. “I think that’s going to be a good opportunity for them to push each other and get into the sport and we’ll gradually see between our freshmen and our returning sophomores, who is going to round out the team.”

Gruenhagen is hoping that his team can stay healthy this season and work its way into the middle of the ESD conference meet after finishing eighth last year. If that happens, Gruenhagen believes that the Bobcats could also push for a top-10 spot at the state meet.

“If things go well, I think we can get into that top 10,” Gruenhagen said. “That’s kind of where I’m setting our goals moving into the season and that could change as we get into the season and start to see what everyone else brings to their teams as well.”

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Back Row Left to Right: Emerson Gross, Ernest Ting, Nathan Smith, Jonathan Kahler, Jacob York, Igen Nyawanda. **Front Row Left to Right:** Wyatt Clayson, Miles Even, Shane Harming, Marco Springman, Jack Bierman



Chris Schad/Register

Back Row Left to Right: Jordyn Johnson, Addie Smetana, Lily Murray, Sophia Schmidt, Maya Hansen, Josie Nold. **Front Row Left to Right:** Carmen Bertrand, Quinn Ulvestad, Kaylie Kuehl, Isabela Overby.



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Bobcat tennis looks to gain experience in 2023

By **CHRIS SCHAD**
The Register

BROOKINGS – The Brookings girls tennis team has a young nucleus this season but despite what they lack in experience, they are looking forward to improving in 2023.

Brian Dobbs returns as head coach for his 14th season as head coach of the Bobcats program and will be joined by assistant Brenna Lange. The Bobcats are coming off a 5-12 record from a season ago and lost six seniors including No. 1 player Camryn Vermeer and varsity starter Brea Tonsager.

“We have some girls that are brand new to tennis,” Dobbs said about this year’s team. “Our expectations are that we’re just going to have fun with the game of tennis and improve along the way and just try to have each girl maximize their potential.”

The potential for this year’s team lies in their top two play-

ers, junior Sophie Tanner and sophomore Anika Hood. Both players have limited varsity experience coming into the year but Dobbs has been impressed at how Tanner and Hood have improved over the summer.

With senior Elle Schulte Coplan also on the roster, Dobbs is hoping that the trio can help provide some leadership for the upcoming season.

“Regardless of age, they’re the ones that have played the most tennis in their lifetime,” Dobbs said. “That’s where we will be strong.”

Junior Yuki Zhe and sophomore Josie Bertrand will also be relied upon for key roles on the team and have also improved after teaching lessons over the summer.

“Both of them just improved as they played more,” Dobbs said. “They’ve played more recently in the summertime and they’ve both really stood out in practice.”

Dobbs specifically mentioned Zhu’s improvement as she’s been able to extend rallies early in practice.

“She’s really improved her ability to keep the ball in play,” Dobbs said. “She’s now able to hit the ball over the net 10-to-20 times and keep at going consistently.”

The Bobcats are already well into the season as they competed in a triangular with Sioux Falls Jefferson and Mitchell on Aug. 14 and another triangular against Rapid City Stevens on Aug. 18.

Brookings will host its first home meet of the season as part of the Jamboree on Aug. 25 and 26 as they will host Aberdeen Central, Yankton, Watertown and Aberdeen Roncalli at the Hillcrest Tennis Courts.



Troy Maroney/Maroney's Mugshots

Front row - Charlie Butzin, Sahita Tummala, Nancy Yang, Catie Michna and Alison Glover; Middle row - Lada Senchanka, Anika Hooda, Anon Zokou, Yuki Zhu, Elle Schulte Coplan and Josie Bertrand; Back row - Asst. Coach Brenna Langland, Brielle Smetana, Ava Smith, Bailey Gjernes, Gayle Foster, Sophie Tanner and Head Coach Brian Dobbs.



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Young group aims for consistency with Bobcats golf

By **CHRIS SCHAD**
The Register

BROOKINGS – Last year, the Brookings Bobcats had their lowest team total at the state meet since 2002 but this year they'll have a group of young golfers who will search for consistency as the Bobcats look to break into the upper half of a strong field in Class AA.

Andy Lee returns to Brookings for his seventh year as head coach and will be assisted by Spencer Yankley. While Mitch Miller will work with the middle school team, Lee will oversee a group that loses departing senior Kade Brecher but is still loaded with talent.

The Bobcats will be led by Austin Clark, who had a strong first year with the program. Although he had played regularly on his own, Clark joined the team last year and finished 23rd at the Class AA meet with a two-day score of 157.

"We talked to him in years past

about trying to come out for the team," Lee recalled. "He finally went out last year and he ended up medaling for us, so I'm expecting a lot from him this year as our No. 1 [golfer] right now."

There is a lot of youth behind Clark as the Bobcats welcome several sophomores into the starting lineup. Tyson Lunn is part of that group as he set a personal record with a 78 on the second day of the state tournament last year as well as state qualifier Jace Bauer. Dylan VandeKop and Rhys Heiberger will also push for spots on the varsity team but with youth comes some inexperience.

Lee believes that the biggest challenge for his team will be to keep their composure when they face adversity. While his team has shown potential, there are also moments where a bad shot or a bad hole lingers and has a residual effect on their score.

"That just comes with a lot of our guys getting younger," Lee said. "They've had some experi-

ence at this level but it's a lot more pressure than just going out and playing in the summer with their parents or friends. I think in that moment, you have one bad shot or one bad hole and you start adding more pressure to yourself about how you can finish that round."

Getting over that mental block is something that Lee believes will be necessary for his team to compete this season.

"Bad holes are going to happen and bad shots are going to happen," Lee said. "We've talked a lot about having the philosophy that you're going to have bad shots every round. But if you can make that number a little smaller... you're going to have good results and you're going to be able to focus a little bit more and find that consistency."

Consistency will be a huge key for the Bobcats as they compete in a loaded Eastern South Dakota Conference. Despite compiling a team score of 311 at last year's conference tournament, Brook-



Kate Heiberger Photography

Back row (left to right): Coach Andy Lee, Bennett Howell, Issak Earley, Winston Plummer, Cale Jones, Dylan VandeKop, Jace Bauer, Coach Spencer Yankley. Middle Row: Coach Mitch Miller, Tyson Lunn, Adrian Howard, Nathan Brecher, Jacob Walsh, Sam Johnson, Austin Clark, Tanner Overby. Front row: Andrew Heinze, Rhys Heiberger, Parker Witte, Rylan Hesser, Preston Beringer, Cole Knutzen.

ings finished sixth out of nine teams. While that can be disparaging, the Bobcats are looking to conquer their own mental game to see where it takes them.

"It just shows you how deep

the conference is," Lee said. "If we can not worry about them and focus on us by working on shooting in the low 80s or high 70s, that would be good results for us that keep us in the mix."

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Brookings cheer looks to continue growth in 2023

BY CHRIS SCHAD
The Register

BROOKINGS – The Brookings competitive cheer program looks a lot different than when Hanna Siemonsma was in high school.

Siemonsma was a member of both the competitive and sideline cheer teams before graduating from Brookings High School in 2018. She went on to cheer at South Dakota State and a conversation with one of her coaches gave her the idea to get into coaching as an assistant with the Bobcats.

“When I was in high school, we didn’t have athletes that were as talented or as hard-working as this,” Siemonsma said. “It’s really awesome to see how much the program has grown and how our athletes have progressed over the years.”

That progress continued last season as Brookings finished third at the Eastern South Dakota Conference Meet and third at the Class AA state meet but Siemonsma hopes that growth will continue in her first year as head coach.

“I’m really excited to see how the season goes,” Siemonsma said. “We hope that it just keeps climbing up and we can actually make a name for Brookings.”

Siemonsma will be joined by assistant coach and inher-



Troy Maroney/Maroney's Mugshots

(From left): Front row – Paige Johnson, Mya Gundvaldson, Amber Brockberg, Faith Caldron, Delilah Fuls, Grace Lesnar and Cloe Barber; Middle row – Head Coach Hanna Siemonsma, Mackenzie Steinhauer, Kate Struck, Katie Marshall, Grace Vostad, Olivia Hawks, Bailey TeKrony, Tyanna McClemans, Avah Osterkamp and Asst. Coach Rebecca Marshall; Back row – Logyn Grygiel, Luci Siemonsma, Brooklyn Stein, Lexa Kieckhefer, Eli Hawks, Brielle Vogt, Hollie Kuechenmeister, Mija Koolmo and Bentlee Chandler.

it a talented group led by seniors Grace Lesnar, Amber Brockberg, Delilah Fuls, Paige Johnson and Faith Caldron. Each senior has several years of experience on the team and Siemonsma believes they will provide plenty of leadership for the Bobcats this season.

“Each of our seniors definitely take on a different role,” Siemonsma said. “We have some that are more of veterans than others but they all work pretty well together.”

While the Bobcats would like to get back into the top three of the ESD meet and the top five of the state meet, their primary goal is to increase their score from week to week and get into the 280s after recording a high score of 280 last season.

To do that, the Bobcats will have a difficult routine and sharpening their tumbling skills but it also requires a lot of precision.

“It’s a lot about cleaning

up all the sharp motions and re-running it time and time again until we get comfortable with the choreography,” Siemonsma explained. “Then we can go and clean it up, nitpick it and make sure that the athletes are bringing their own flair and attitude to the team.”

The flair and attitude surrounding the team is something that Siemonsma believes will fit well as they make their way through the season.

“Most of it is through showing energy in their facial expressions,” Siemonsma said. “I mean, they’re all high schoolers and they carry attitudes, so I always tell them to put it on the mat.”

All of this should translate to more growth for the Bobcats and they’ll look to set a solid baseline when they compete in their first meet of the year at Aberdeen Central High School on Aug. 26.



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Strong senior class leads Bobcat girls' soccer into season

By **CHRIS SCHAD**
The Register

BROOKINGS – The Brookings girls soccer team will have plenty of experience this season as they will lean on a strong senior class to improve upon their 4-9-1 record from a year ago.

The Bobcats will be led by Adam Juba, who returns for his fifth season as head coach. Juba will be assisted by Lynsey Magnus and Mike Starace as they look to counter the loss of goalkeeper Ava Sandine and midfielder Maddix Archer.

Sandine started in net for the Bobcats a year ago and Archer was a standout who is now playing soccer at Minnesota State Mankato. To replace the two seniors, the Bobcats will rely on sophomore Ashley Rients in goal and senior midfielder Abby Mohs to help fill the void.

"I think a lot of the girls knew that it was time for them to step up in the midfield and they've done so very, very well so far," Juba said.

Juba also praised Mohs during the early portion of the season as she has taken over the defensive midfield role that Archer had played last year.

"Every player is different and Abby is really physical and good at muscling people off the ball," Juba said. "Her distribution has gotten so much better since last year. She has really worked on it in her club season to be a really good passer and be really good on the ball. I've just seen a lot of



Kate Heiberger Photography

Back row L to R: Mike Starace, Shalea Aker, Vanessa An, Lindsey Walker, Liv Ragsdale, Lauren Jones, Ashley Rients, Aubrey Knutzen, Sophia Schmit, Lexi Erp, Isabel Eide, Abby Mohs, Adam Juba. Middle row L to R: Lynsey Magnus, Emmy Kjelden, Madison Schelske, Rylee Briggs, Berkley Stoltenberg, Paisley te Velde, Peyton McBride, Delilah Muckley, Isabella Park, Kristen Bjornestad, Natalie Carrillo Gonzalez. Front row L to R: Aubrey Giard, Desirae Johnson, Maya Enz, Hannah Schreiber, Amelia McClanahan, Ramsie Hinricher, Grace Romsa, Tori Deming, Heidi Green, Jasmine Jorgensen.

confidence from her."

In addition to Mohs, defenders Madison Schelske, Emmy Kjelden and Vanessa An as well as midfielders Desirae Johnson and Shalea Aker return this year and Juba is excited to see them improve this season.

"We have a good group of seniors," Juba said. "We've got our group of six seniors and then the rest are all sophomores or younger players. So we will strive to be good and they're just going to keep getting better."

While Juba believes the center field will be the strength of his team, he believes that his team's biggest challenge will be putting a complete game together.

"I would like for us to string together a full 80 minutes," Juba said. "We have some lapses here and there in our game and that's where we've let in some goals. If we can get rid of those lapses, then I can see us being really tough to beat."

The Bobcats dropped their

first two games of the season to Rapid City Central and Rapid City Stevens on Aug. 11 and 12 but Juba still remained optimistic that the games could set the tone for the season.

"I really think we can use these non-conference games as a way to jump off the season and look at some things we can tweak," Juba said. "When we do have those conference games, we can really put together some good games against those teams and get some wins." Through it

all, the Bobcats' goal is to keep improving, improve their record from a year ago and earn a home playoff game.

"I think our goal is to be more competitive than we were last year," Juba said. "Can we get to five wins, six wins, etc.? We just need to slowly chip away. The girls are really hungry to have a home playoff game, so if we can try to jump into that eighth seed, we can jump into that spot and achieve our goal."

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Bobcat boys' soccer looks to improve under Weber

By **CHRIS SCHAD**
The Register

BROOKINGS – The Brookings Bobcats will have a new voice on the sidelines this season in Reece Weber as they look to increase their win total after winning four games in each of the past two seasons.

“I think we have a pretty solid team put together this year,” Brookings head coach Reece Weber said of his team. “They’ve been playing soccer nonstop together for the last 11 months, so they’re ready to play. They’re antsy. They’re excited to get going, so I think we’ll be dangerous and pushing for the top of the table this year.”

Weber takes over the Bobcats’ program as a 2017 graduate from Brookings high school. He brings plenty of experience to the sideline after playing three years at Dakota Wesleyan University and serving as the executive of the South Dakota Spurs soccer club but is also joined by a pair of experienced assistant coaches.

Klara Beinhorn is also a Brookings graduate that was a captain during her time at Concordia-Moorhead and Jacob Weber, who will coach the junior varsity team, will also bring his own level of experience to help the Bobcats this year.

“Klara has great soccer knowledge and has been around the game for a long time,” Weber said. “And Jacob is just a soccer nut. He watches soccer all the time and pays attention to detail. They played college soccer, they played through high school and they’ve coached with the Spurs as well.”

The coaching staff’s main objective is to help the Bobcats take a step in the ESD standings. Among the seniors from last year’s team Drew Ton, James Park and Cole Leisinger stand out as key departures due to graduation and Weber also pointed out that they leave a void in the team’s leadership.

“They were big impact players that played impactful positions for the team,” Weber said. “They’re re-

ally good kids with great character, so it’s going to be tough to replace those holes.”

In their place is a talented nucleus that includes goalkeeper Nithin Perusal, defenseman Braylon Peters and midfielder Junior Eberline. The Bobcats also have plenty of youth on this year’s team with sophomore defenseman Jasper Lee and sophomore midfielder Forrest Giard also expected to contribute this season.

With so many contributors returning on the back end, Weber believes that defense will be a strength for the Bobcats.

“We’re very strong defensively and I would say our midfield is very strong as well,” Weber said. “We can move the ball and we have smart players in every line. That’s going to help us stay organized and control games.”

While the Bobcats will be strong defensively, they’ll have to find a way to score goals to take advantage. Weber believes one of the biggest things his team needs to work



Kate Heiberger Photography

Standing left to right: Reece Weber, Sawyer Steen, Forrest Giard, Jack Griggs, Dominic Van Hofwegen, Rylan Eide, Noah Kieckhefer, Griffin Bachman, Christ Bwangoy, Junior Eberline, Jasper Lee, Jackson Hornby, Jack Bierman, Zach Mueller, Keller Peterson, Adam Anderson, Braydon Schreiber, Kasen Fixsen, Jake Weber, Klara Beinhorn. Kneeling left to right: Brayton Peters, Joe O’Neil, Eric Anderson, Henry Stedman, Tony Nguyen, Nithin Perusal, Seth Vogt, Kavish Salunke, Jordan Mofle, Isaiah Vogt.

on is threatening to score goals and being able to finish on those opportunities and may look to juggle lines until finding the perfect combination earlier in the season.

Overall, Weber would like to improve upon last season and

thinks that the Bobcats can win up to seven or eight games in 2023. With a win over top-ranked Rapid City Stevens already under their belt, Weber is looking forward to what Brookings can accomplish this fall.

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Sioux Valley Football



Jess Gatzke/Jae Ann Photography

Front Row Left to Right: Kellon Tucker, Wyatt Hardt, Averie Henning, Holdyn Ruesink, Logan Mohn, Ethan Hemmestad, Luke Johnson, Wyatt Nelson, Johnnie Vermeulen, Vanden Virchow. **Second Row Left to Right:** Andrew Gunderson, Maxwell Jennen, Brody Haaland, Boden Teske, Preston Top, Hunter Steinhaus, Mitchell Guthmiller, McCade Nelson, Tobin Squires, Owen VandeWeerd, Drake Schmuck, Braden Danzeisen, Caine Young, Marcus Olson, Dubhlaonn Vermeulen. **Third Row Left to Right:** Collin VanderWal, Noah Clair, Reese Bastian, Parker Top, Camden Hughes, Matthew Field, Levi Loban, Clark Mullaney, Jakob Guthmiller, Brock Christopherson, Luke Lembcke, Donovan Rose, Atlas Thiex, Tosten Tangen, Kyson Sundberg. **Back Row Left to Right:** Jake Schneider, Tim Larson, Head Coach Dan Hughes, Jameson Degen, Maverick Nelson, Reihdir VanderWal, Braydon Larson, Skylar Trygstad, Caleb Murphy, Boden Schiller, Brock Bloker, Chris Hornick, Jace Christensen, Hudsyn Ruesink, Austin Siegel, Ayden Contreras, Jeremy Bachman, Jordan Fast, John Hughes.

Head Coach: Dan Hughes

Assistant Coaches: Jordan Fast, Jake Schneider, Jeremy Bachman, John Hughes, Noah Clair, Jayme Trygstad, Ryan Schiller, Character Coach Collin VanderWal.

2022 Recap: Cossacks went 5-4 and lost 34-19 to McCook Central/Montrose in the first round of the playoffs.

Top Athletes Lost: Lane Liebsh, Aidan Brower, Preston VanderWal.

Returns: Quarterback Jace Christensen, running back/defensive back Donovan Rose, wide receiver/quarterback Boden Schiller, tight end/H-back Hudsyn Ruesink, offensive linemen Austen Siegel, Preston Top and Chris

Hornick.

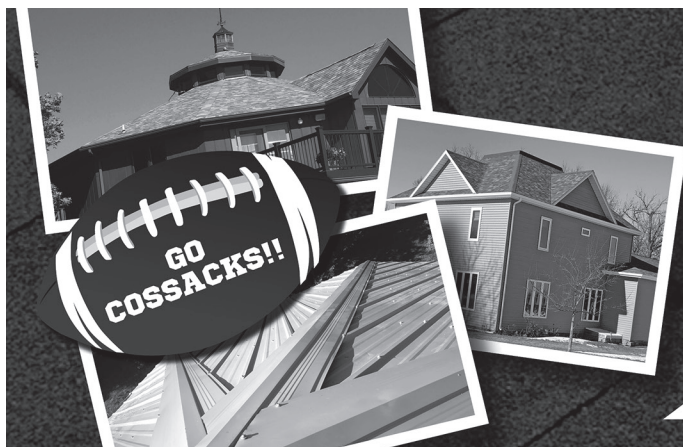
Strengths: Our team plays and acts with a high level of character. They are unselfish people who do anything asked of them to ensure their team has a great season. Our Sioux Valley players are very intelligent and understand what it takes to be successful.

Weaknesses: Our team

plays and acts with a high level of character. They are unselfish people who do anything asked of them to ensure their team has a great season. Our Sioux Valley players are very intelligent and understand what it takes to be successful.

Coach Comments: This season will be a success if we

reach our potential and play with a lot of people in every Friday night game. Our goal is to play 25 different people on offense, defense & special teams. We want everyone on our team to contribute during the week in freshmen, junior varsity and varsity levels – every-one is important and brings something to the table.



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Sioux Valley Cross Country



Jess Gatzke/Jae Ann Photography

Back Row Left to Right: Mila Coetzee, Delaney Coetzee, Anna Mills, Kinsley Sapp, Maci Licht, Talya Vincent, Isabelle Bloker, Liberty Trygstad, Ava Gatzke, Quynn Nielson, Matilynn Jaquet. **Front Row Left to Right:** Calvin Volkens, Kyson Sundberg, Bret Milton, Carson Wosje, Carter Sapp, Brady Hiltunen, Lexi Axtell, Jackson Hesterman, Pierson Rohl. **Not Pictured:** Rennick Wagner, Isaiah Hemmestad, Sawyer Oines, Bergen Oines.

Head Coaches: Bill Vincent and Don Sutera

2022 Recap: The girls won the Big East Conference and the Lake Central Conference. Many underclassmen qualified for State.

Top Athletes Lost: Skylar

Schwab

Returns: Isabelle Bloker was the Class A Girls Individual Champion. She teamed with Liberty Trygstad, Talya Vincent, Kailey Craddock, Quynn Nielson, & Ava Gatzke for a 6th place

team finish at State. Carson Wosje was our top boys finisher in the State A Meet. All of the state meet runners return for the Cossacks this season, along with many talented runners from our JV & middle school program.

Strengths: We return great leadership & work ethic. This will be an experienced boys and girls team that will have many runners capable of contributing to our success.

Coach Comments: We

look forward to working with this group of athletes and getting our season started. We want to wish all the fall sports & activities the best of luck as we begin the 2023-24 school year in the area.

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Sioux Valley Competitive Cheer



Courtesy Photo

Front Row: Left to Right: Abby Ching, Ava VandeWeerd, Maria Quale, Ashlyn Tangen, Izzy Cotton, Jocelyn Peters, Isabelle King. **Second Row Left to Right:** Hayden Mohn, Alieda Spilde, Porshia VanderWal, Jaelyn Moe, Keira Sprang, Kalia King, Lorayle Walz, Alaric Montanez. **Third Row Left to Right:** Addison Coon, Alison Thompson, Zoe Hemmestad, Kendall Schwartz, Quinn Peterson, Aubry Odde, Talissa Tangen

Head Coach: Casie King (17th season)

Assistant Coach: Jordyn Lucas (8th season)

2022 Recap: Cossacks won their 16th straight State Championship.

Top Athletes Lost: Kiana King, Avery Kooima, Hailey Larson, Morgan Hemmestad, Mercedes VanderWal and Kynslee Gatzke.

Returns: Abby Ching, Ashlyn Tangen, Ava VandeWeerd, Maria Quale, Izzy Cotton, Isabelle King and Jocelyn Peters.

Strengths and Weaknesses: Sioux Valley is always a strong stunting team. We strive for max score in all areas of the scoresheet but stunting is always where we shine. We have seven Seniors

so we are counting on strong leadership to guide our younger athletes to another successful season. We have a lot of young or new athletes on our team this year and we graduated strong athletes last season so we have big shoes to fill. I think for any school without a gymnastic program tumbling is difficult, as it is not a skill you

can pick up after not practicing it for nine months of the year so we are always working to improve our scores in that area.

Coach Comments: The athleticism of our team as a whole makes our job as coaches easier and a lot of fun. They are such strong athletes that we have a lot of freedom to make changes

with choreography and try new skills. One of the best things about coaching at Sioux Valley is that the moment they accomplish a new skill they want to level up and keep adding difficulty. We often have to rein that in, for both the athletes and coaches, and focus on perfecting!

Sioux Valley Volleyball



Courtesy Photo

Back Row L to R: Emma Gorvin, Caitlyn Craddock, Jada Knutson, Kaedyn Sapp, Keyra Kruse, Allie Hofer, Adison Renkly, Elise Lemme, Sydney VanBeek, Hannah Moser, Lacey Langland. **Second Row:** Sienna Weiss, Elliot Duran, Cheyenne VanderWal, Cameron Uecker, Talya Vincent, Caitlin Russell, Machaela Gerasch, Sunny Hesby, Ella Jacobson. **Front Row:** Amelia Jacobson, Jillian Olson, Rylee Dunn, Liberty Trygstad, Kassidy Smith, Citabria Manzaneres, Kailey Craddock, Aby Degen, Brooke Bjerke, Paige Peterson

Head Coach: Jill Vincent (14th season)

Assistant Coaches: Morgan Gosch and Tatum Sonnenberg

2022 Recap: The Cossacks went 19-13, 3-4 in the Big East and 4-2 in the Lake Central Conference.

Top Athletes Lost: Ashley Bjerke, Landree Wilson, Syd-

ney Hesby and Tehya Walz.

Returners: Cossacks will return six players with starting experience. Kaedyn Sapp, junior outside hitter/middle hitter (LCC and BEC all-conference). Adison Renkly, junior middle hitter (LCC and BEC all-conference, Brookings ALL Register Team). Jada Knutson senior

right hitter. Keyra Kruse junior right hitter. Allie Hofer junior outside hitter. Talya Vincent sophomore defensive specialist/setter.

Strengths: Blocking will again be a strength of this team and their team chemistry keeps getting stronger as they play together and learn to trust what their teammates

are able to do. This group has played a lot of volleyball together and they have grown individually as well as growing as a cohesive unit. It has been a very fun transition to be a part of and see them have success as a result of their hard work.

Weakness: The team will need to stay focused on each

play and every ball to maintain consistent play.

Coach Comments: I am so excited for everyone to see how much we have grown as a team and as individuals with their own skill set. This team has been setting goals and this year many of them are well within their reach.



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Sioux Valley Boys Golf



Andrew Holtan/Register

Sioux Valley's Boden Schiller putts the ball at the Sioux Valley Invite on August 14 at Meadowcreek Golf Course in Volga.

Head Coach: Sherry Hold-berby (18th season)

Assistant Coach: Gregg DeKnikker

2022 Recap: Finished first in the Big East Conference and the Lake Central Conference. Were the Runner-Up's at Regions and came in third at State.

Top Athletes Lost: Kyler Bezdichek and Kyan Overbo.

Returns: Maverick Nel-

son, who was a State participant. Jameson Degen, who was All-Conference LCC and BEC, state participant. Tate Steffensen, who was All-Conference LCC and BEC, State 14th.

Strengths and Weaknesses: We have 3 returning state tournament participants. We graduated 2 seniors that placed at state and contributed to the team's 3rd place finish. It will require

this year's leaders to play solid and our less experienced athletes to have good performances in order to be competitive as a team. Keeping the ball in play, minimizing errors and putting will be our focus, along with having fun!

Coach Comments: We are looking forward to the season and we will strive for steady improvement and consistency in all facets of the game.

Deubrook Area Volleyball



Deubrook Area's Brooke Koppatschek sets the ball during a match at Flandreau on Sept. 6, 2021 in Flandreau.

Head Coach: Rachele DeBeer (27th season, 466-291 overall)

Assistant Coaches: Brad DeBeer and Haley Lunden

2022 Recap: Went 13-15, which was disappointing for the Dolphins. Grew a lot and some of the younger kids gained some great experience.

Top Athletes Lost: Miranda Moravetz took over the top spot in career digs with 1112 category. Ellie Koenig took over the second spot in career digs with 1023. Ellie Koenig moved to 2nd all time with digs in a match with 34 which also is a school record achievement. Ellie also moved to first all time in career assists with 1183. Brooke Koppatschek also moves to third all time on the career assists list with 1072. Brooke also tied for third all-time with 25 set assists in a match. Skyla Petersen, Taylor Ekern, Skylar Bauman, Allison Andrews and Bailey Landmark.

Returns: Senior Delaney

Pederson had 485 digs in a last season which moves her to second all time. Delaney also tied for third with 32 digs in a match last season which also gets her school record status. SR Madalyn Bauman has also put in many hours, and she really understands the game. Seniors Hanna Kjelden and Kyarra Blum are returning to the starting lineup. Sophomore Matte Bauman has varsity experience as well.

Strengths and Weaknesses: We have some kids who are very passionate about volleyball, and they love to put in extra time. We have a nice group of experienced kids with some younger kids who will make an impact on the varsity level. We have been working on our team chemistry and our energy. Communication does not come easy, but it is an important part of the game so we spend so much time trying to develop it. The energy has been great in practice.



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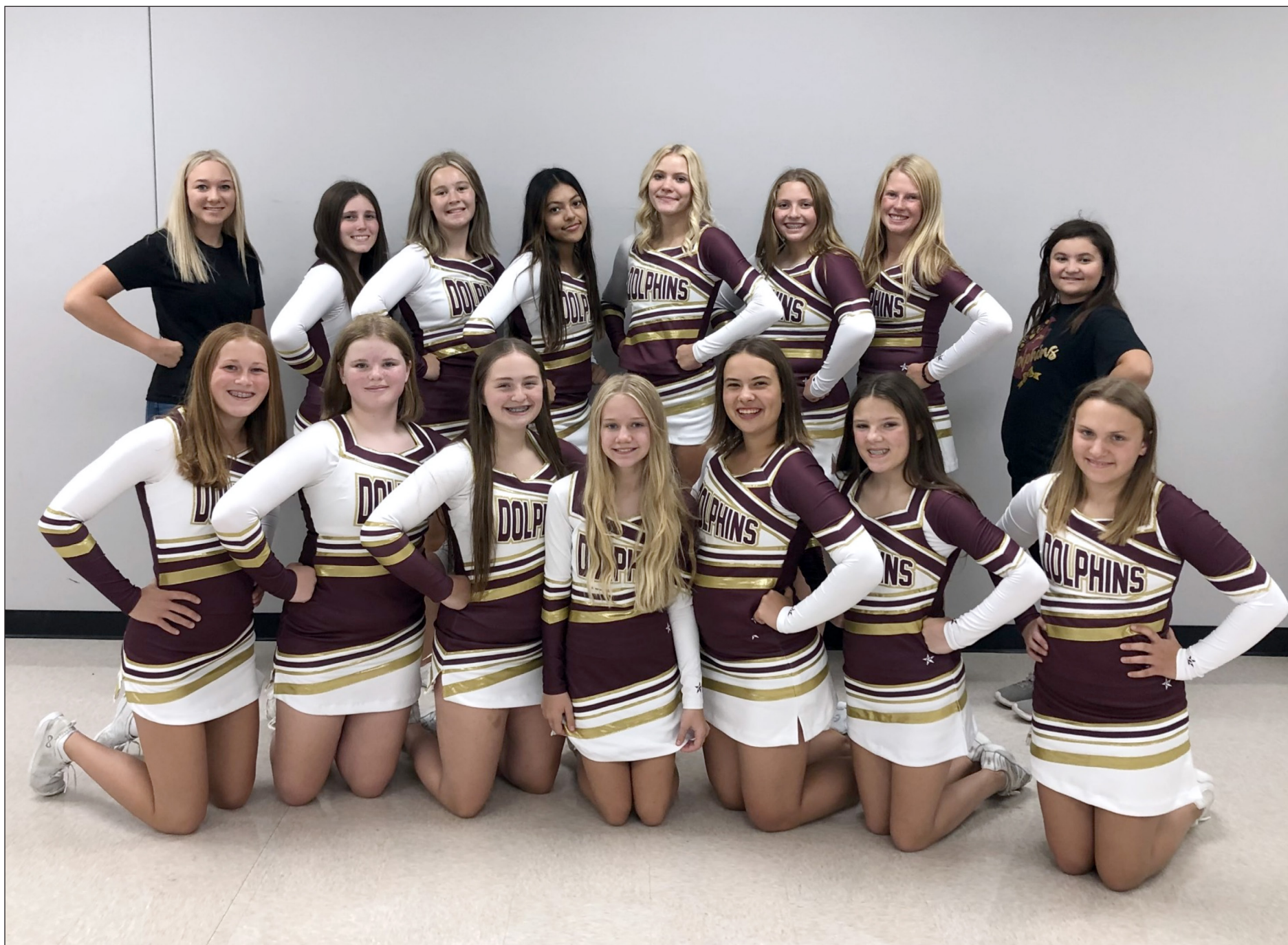
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Deubrook Area Competitive Cheer



Back Row (left to right): Team manager Kaylee Jurnes, Isabella McCandless, Cambria Sieve, Itani Hernandez, Akasha Gorecki, Kira Cooper, Hadley Prinsen, Team manager Elyse Hopfinger. Front Row (left to right): Kyra Bowne, Elleigh Sieve, Reegan Davis, Esme Rasmussen, Luna Siddens, Rylee Zylstra, Georgia Siddens. Not pictured: Head coach Hailey Haber, Assistant coach Kayla Cooper.

Head Coach: Hailey Haber (2nd year as head coach)

Assistant Coach: Kayla Cooper

2022 Recap: The Dolphins had a great season and attended some new competitions. The girls were very busy with learning new skills

and we had quite a few athletes that were brand new to competitive cheer.

Top Athletes Lost: Three great seniors that had been on the team for many years

Returns: Akasha Gorecki, Itani Hernandez, Hadley Prinsen, Kira Cooper, Cam-

bria Sieve, Isabella McCandless, Reegan Davis and Rylee Zylstra.

Strengths and Weaknesses: We have a very young team this season so it will be very fun to see their individual growth over the next couple of seasons. We have more

girls on the roster this season than we've had since I started coaching at Deubrook, and we are happy to see that our program is growing.

Coach Comments: We're hoping to see our new athletes as well as the returners improve their individu-

al skills so that we can add skills with higher difficulty into our routine. We're very excited to see the growth that the other teams we compete against have made since last season.

Deubrook Area Football



Andrew Holtan/Register

Deubrook Area's Jace Vomacka runs the ball during a 22-6 win over Estelline/Hendricks on Aug. 18 in White. Deubrook plays at Colman-Egan on Aug. 25 at 7 p.m.



Andrew Holtan/Register

Deubrook Area's Gavin Landmark runs into the end zone during a 22-6 win over Estelline/Hendricks on Aug. 18 in White. Landmark rushed for three touchdowns in the win.

Arlington Football



Head Coach: Derek Mertz

Assistant Coaches: Randy Schmidt and Zachariah Ricker.

2022 Recap: Went 0-6.

Returns: Sophomore quarterback Jake Burns, senior running back/cornerback Caden Murphy, se-

nior fullback/defensive end Kaden Steffensen, sophomore tight end/defensive end Miles Antonen, senior guard/defensive lineman Andrew Tawzer, junior center/defensive lineman Dante Lee, junior wide receiver/safety Kahne Hanson, senior wide receiver/

linebacker Blake Madsen, senior guard/linebacker Malchi Wright, senior wide receiver/cornerback Tommy Bacon, senior defensive linemen Marshall Holz.

Strengths and Weaknesses: We have had a great offseason, the boys have been very dedicated in the

weight room. We bring back basically everyone, we have multiple players who started games due to injury, multiple players who didn't start last year who are ready to make the jump, so basically every position is up for grabs with multiple people capable of filling the

starting position. Our biggest challenge will be our lack of size.

Coach Comments: To have a successful season in 2023 we will need to become more physical and continue to understand the game of football more.



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Arlington Volleyball

Head Coach: Josie Weber (5th season, 77-50 overall)

Assistant Coaches & Volunteers: Richele Trooien, Kelsey Hoff, Sam Martens, Sarah Kjellsen and Grace Parry.

2022 Recap: Went 20-14

overall and 7-2 in the Dakota Valley Conference. Made it to the second round of regions and lost to Castlewood.

Top Athletes Lost: Ava Bunker, Natalie Burns, Dani Carlson, Morgan Larsen, Er-

ica Mohr and Tanaya Weiss.

Returns: Harley Johnson, Addie Steffensen and Madi Bacon.

Strengths and Weaknesses: We graduated a number of committed seniors last year, so we are looking for a

lot of girls to step into new roles this year. The girls have worked hard this past summer, and we are looking forward to a season of growth and good competition.

Coach Comments: The DVC is a conference full of

talented teams. We expect the level of competition to be just as high this year as in previous years. We are looking forward to competing with the teams in our conference.

Arlington Cross Country

Head Coach: Jeani Vincent (6th year)

Assistant Coaches: Michelle Madson and David Ulschmid

2022 Recap: First place

in the Dakota Valley Conference and region for both boys and girls. Girls were second at State and the boys came in fifth.

Top Athletes Lost: Evan

Fonseca.

Returns: For the boys, junior Lance Kaufman, senior Riley Miller and freshman Chase Henriksen. Katelyn Ulschmid, who came

in third at State in 2022 and 2021. Three other returners.

Strengths and Weaknesses: Several returning varsity runners. We have a lot of heart. Our kids take it se-

riously and strive to make each other better. We have several multi-sport athletes, which is challenging at times.

Iroquois/Lake Preston Football

Head Coach: Jalen Kaufman (2nd season)

Assistant Coaches and Volunteers: Nathan McK-

ee, David Novak, Brodrick Wendland, Nate Parker and Zachary Wipf.

2022 Recap: Went 2-8.

Top Athletes Lost: Jake Larsen, Jonah Denison, Riley Casper and Logan Peskey.

Returns: Josh McMas-

ters, AJ Wienk, Ryne Greene and Ben Curd

Strengths and Weaknesses: Strengths are that the

Sharks are a dedicated and physical group. Weaknesses is that they're young and have low numbers.

Iroquois/Lake Preston Cross Country

Head Coach: Chris Shaffer
Assistant Coach: Steve Carlson

2022 Recap: Two boys and

one girl qualified for State. Last season was the first of the Iroquois/Lake Preston co-op.

Top Athletes Lost: None.

Returns: AJ Wienk, who finished 65th at State and Mallory Carlson, who fin-

ished 45th at State.

Strength and Weaknesses: Strength is effort and attitude. Weakness is youth.

Coach Comments: Looking forward to a great season.

Iroquois/Lake Preston Competitive Cheer

Head Coach: Brooke (Virchow) Tschetter (2nd year as head coach, spent 8 years as co-head coach)

Assistant Coach: Mariah Prunty

2022 Recap: 2022 was a rebuilding year. The Sharks

finished in eight place in the large category and 17th overall.

Top Athletes Lost: Stella DeKnikker, who was the main tumbler for ILP.

Returns: Three six-year seniors in Claudia Camp-

bell, Savanna Perkins and Faith Steffensen.

Strengths and Weaknesses: Strengths include willingness to work and push for new skills. Weaknesses - Overall, we are a young team and need to

work on cleaning up the timing of our routine, a big weakness we need to work on this year is taking a correction and keeping it instead of falling back into old habits.

Coach Comments: Look-

ing forward to see what this season brings now that the new co-op has a year under our belts. Last season over half of our team had never cheered before.

Oldham-Ramona/Rutland Football



Standing: Coach Taylor Bult, Coach Logan DeRungs, 6 Cooper Merager, 21 Brock Eppe, 85 Brody Westall, 15 Kayden Jensen, 86 Caden Hojer, 98 Logan Trygstad, 77 Brennon Bickett, 93 Collin Riedel, 25 Jace Schiernbeck, Coach Kyle Broghammer, Coach Josh Olson, Coach Brent Bickett. Kneeling: 17 Hyde Hanson, 44 Brooks Leighton, 33 Easton Ruml, 4 Dylan Sievers, 8 Rylen Olson, 10 Body Pooler, 23 Dillon Renaas, 81 Bryer Hyland, 11 Garet Wicks.

Head Coach: Logan DeRungs

Assistant Coaches: Josh Olson, Kyle Broghammer and Brent Bickett.

2022 Recap: Went 2-7. Lost in the first round of the playoffs to Lyman.

Top Athletes Lost: Riley Schneider, Shayne DeVaney, Kadyn Gehrels and Addison Stewart.

Returns: Return five starters on each side of the ball. Key

returners include sophomore quarterback Cooper Merager, senior offensive/defensive lineman Caden Hojer and senior offensive/defensive lineman Logan Trygstad.

Strengths and Weaknesses: Last year this team gained a ton of valuable experience. Our seniors were great leaders and were patient with the youth that we had to put on the field. I think we will be more solidified up front and that will help

our stable of backs find openings. Caden Hojer is a heavily recruited kid and Logan Trygstad, Collin Riedel and Brennon Bickett are three guys with experience that can help pave the way too. Cooper made tremendous strides in his development starting as a freshman last year. His decision making and playmaking with his feet will be critical to our success this year. We have a variety of running backs that can rotate in

to remain fresh. Those guys are Brock Eppe and Boyd Pooler.

Football is always a game of strength in numbers. We will do our best as coaches to mitigate injuries, while still teaching the fundamentals in daily practices. If we can stay healthy, and incorporate competition in practice, I think we can overcome most obstacles and have a successful season.

Coach Comments: Last year this team gained a ton of valu-

able experience. Our seniors were great leaders and were patient with the youth that we had to put on the field. Last year, we made the postseason in back-to-back years for the first time in over twenty years. That was a goal that the team had, and this year our goal is going to be to build off that. These guys are hungry for success and want to play later into the fall.

Oldham-Ramona/Rutland Volleyball



Back Row: Bella Malisch, Alivia Bickett, Julia Trygstad, Hattie Hanson, Camlin Schneider, Brookelyn Riedel, Dayna Borah. Front Row: Emily Matson, Bailey Hyland, Kailey Pearson, Izzy Pickard, Lalani Williams.

Head Coach: Cassy Geraets (1st season)

Assistant Coaches: Victoria Telkamp and Avery Hyland

2022 Recap: Went 18-11 overall and 3-6 in the Dakota Valley

Conference. Lost in the semifinals of regions. Three players had over 1,000 total combined digs, kills and assists.

Top Athletes Lost: Brooklyn Hageman, Paige Hanson and

Kylee Misar

Returns: Julia Trygstad, who had 1,000 kills. Alivia Bickett, who had 1,000 digs.

Strengths and Weaknesses: The strength of the Raiders is

their two big senior hitters. The weakness is that they only have one returning setter, so they're changing to a 5-1 formation.

Coach Comments: I see and hope our team will finish with

a winning conference record this year. We have high potential, we just need to put it all together and then we'll be able to make it further than ORR ever has.

Flandreau Football



Head Coach: Josh Edlund (2nd season, went 3-5 last year)

Assistant Coaches: Joe Parsley, Garrett Carr and Brandon Peters

2022 Recap: Went 3-5. Playoff berth was in reach but the Fliers lost to Sioux Valley in the final regular

season.

Top Athletes Lost: Ethan Hoffman, who was All-State. Kolby Peters, who was an All-State honorable mention. Lane Johanson and Caleb Pitsenberger.

Starters Returning: Ben Ballard, Paul Parsley, Brendan Peterson, Gauge Bal-

lard, Emmet Skroch, Karter Headrick and Justin Klein.

Team Strengths & Weakness: Our strengths are that a lot of our guys have varsity experience, we bring back our starting QB, H-back, and WR as well as a few lineman. We have a lot of skill on our team. The

weakness is that we have 25 guys out for football this year, which means we need to stay healthy. We cannot afford injuries.

Coach Comments: We play in a good conference, I believe we can finish .500 on the year. We were close in a lot of games last year,

I think we have the opportunities to be right there again this year and get our first playoff appearance in 6 years. I think Sioux valley will be tough this year, as well as Bridegwater and Elk Point Jefferson.

Flandreau Boys Golf

Head Coach: Justin Kelm (1st season)

2022 Recap: Alfie Henderson placed 31st at State and Kaden Burshiem finished 41st at State.

Top Athletes Lost: None.
Returners: Junior Alfie Henderson and sophomore Kaden Burshiem, who have each made the State Tournament twice. Junior Jon

Burshiem and senior Brant LeBrun.

Strengths and Weaknesses: Experience and dedication will be strengths and the weakness is the

depth of our lineup is inexperienced.

Coach Comments: We have a good group of boys that have put in a lot of time over the summer to

improve. I believe we will have a good chance at winning a few meets and making a strong push in regions as well.

Flandreau Cross Country



Top Row Left to Right: Teague Bergjord, Owen Kelm, Franklin Castillo Donis, Wyatt Kontz, Justin Cuautle, Brenton Westberry, Abe Streitz, Daniel Hobbie, Ben Kulm, Lanz Dailey, Matthew Gassman Bottom Row: Logan Kontz, Jacob Hamilton, Sam Wiese, Kenton James Jr. , Sam Schmidt, Nathaniel Hobbie, Kobi Martin, Creighton Arnette.



Top Row Left to Right: Hailey Lahr, Faith Wiese, Dreamer Cournoyer, Claire Wegner, Rona Streitz, Harper Pearson, Diamond Roy, Morgan Sheppard. Middle Row: Zaeda Ross, Isabel Kulm, Ivy Wegner, Karissa Nolan, Addy Krull. Bottom Row: Nora Hamilton, Josie Hamilton, Emma Keith, Kiley Westberry

Flandreau Cross Country

Head Coach: Brendan St-reitz (17th season)

Assistant Coach: Ariann VanBockern (1st season)

Boys

2022 Recap: Lake Central Conference Champion, Big East Conference Champion and finished third in Region 2A.

Top Athletes Lost: Lur-ick Dailey: All Conference Big East, All Conference LCC. Was the No. 1 runner last season for Flandreau.

Returns: Mason Brush-breaker, a Varsity Letter Winner. Lanz Dailey, was All Conference LCC and a 3x Letter Winner. Matthew Gassman, All Conference BEC and LCC. Tanner Reed,

who finished 14th in Region 2A, All Conference BEC and LCC. Brenton Westberry, who finished 15th in Region 2A, All Conference BEC & LCC.

Team Strengths & Weak-nesses: The boys' team has good depth and will be able to run as a pack. How good we end up being as a team will depend on how far up the race results, we can move the pack.

Coach Comments: The team just missed qualifying for State finishing fourth in the Region And Finished as runner up in the Big East Conference. The highlight of the season was witness-ing the hard work the girls put in everyday at practice

and the vast improvement and breakthrough that hap-pened for individuals be-cause of their hard work. The boys will have a chance to compete for titles in both conferences and will also have a chance to finish in the top three in Region 2, but are probably not fa-vored to make it to State.

Girls

2022 Recap: Fourth in the Lake Central Conference, Big East Conference Runner Up and fourth in Region 2A.

Top Athletes Lost: Kath-ryn Kulm, who was a two-time letter winner and a six-year cross country runner.

Returns: Josie Hamil- ton, a two-time letter win-

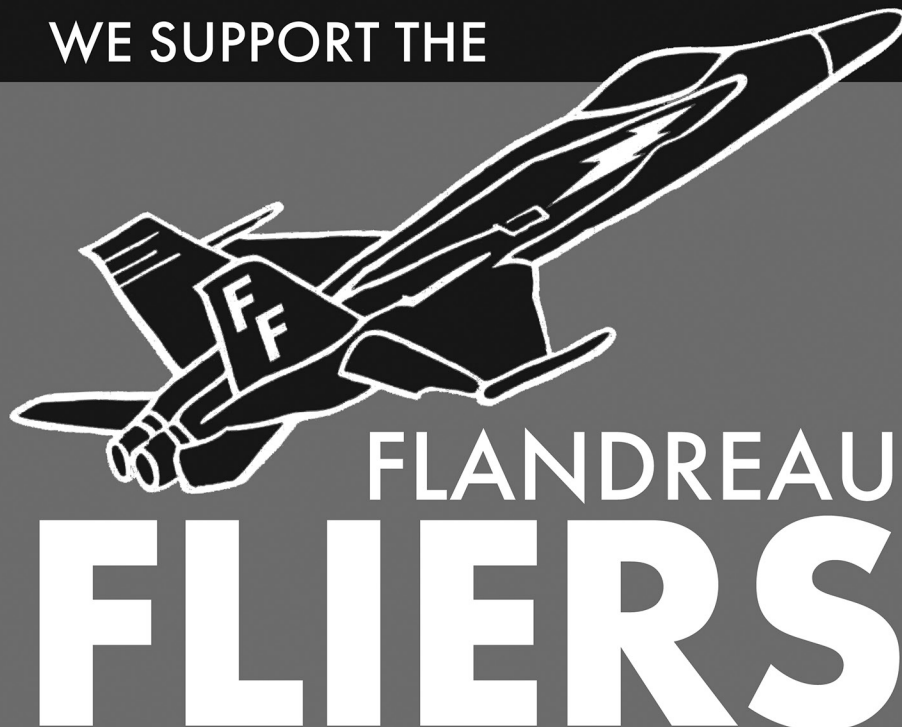
ner, two-time All-Confer-ence and a three-time State Qualifier. Hailey Lahr, a two-time letter winner. Diamond Roy, who made All-Conference BEC and LCC, and was a State Qual-ifier. Kiley Westberry, who made All-Conference BEC and LCC, and was a State Qualifier. Faith Wiese, who finished sixth at the State Meet, fourth in Region 2A, third in the Big East and second in the LCC.

Team Strengths & Weak-nesses: We return one of the best runners in the State of South Dakota and three other runners who have qualified for state as indi-viduals in the past. We have the potential to put together

a very nice season but will not have a lot of depth and therefore won't have much room for error if we are to make it to State as a team.

Coach Comments: The LCC has three girls teams who qualified for State last year, and the Big East has one. We have some talented runners and have a chance to mix it up with the best teams from the conference last season. We could finish anywhere from first to fourth, and we have a chance to make the top three in the Region if we are able to stay healthy and peak at the right time.

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Flandreau Volleyball

Head Coach: Julie Fargen (2nd season, went 10-18 last year)

Assistant Coach: Sarah Anderson

2022 Recap: Went 10-18 overall, 1-6 in the Big East and 3-3 in the Lake Central.

"Last season was a big learning experience for the team," Fargen said. "Starting out with both a head and assistant coach

at the helm, we reestablished our program goals and started working toward a more successful season, geared towards a more aggressive offense, and building up our team's volleyball IQ. Our record from last season doesn't adequately represent the growth we made as a team, coming short of a chance in the Sweet 16 after a battle with Hamlin. We

ended last season already excited for the opportunity to see the same group on the court this upcoming fall, continuing to work toward our goals.

Top Athletes Lost: No players were seniors last year.

Returning Starters: Abby Schoeberl (1,000 set assists last season, BEC Honorable Mention Team, '22 All-Reg-

ister Team) Claire Sheppard (BEC Team, LCC Team) Lizzie Pavlis (LCC Team, BEC Honorable Mention Team), Lily Klein, Sadie Iott, Addy Hammer and Ella Hoffman.

Team Strengths & Weaknesses: This is a team full of phenomenal hitters. Height is on our side in the front row, and our defense works hard in the back. Last year, our biggest struggle was

consistently finishing sets and not getting stuck in a rut. The team is excited to see that change this season.

Coach Comments: I have high expectations for this group and the fall season. Every one of them has truly put in the work this summer, and I'm excited for them to get the chance to prove it on the court as a team.

Colman-Egan Football



Row 1: Dalin Billmeier, Mason Wright, Levi Williams, Sutton Bunde, Brayden Weise, Jonny Keyes, Jacob Koenecke. Row 2: Zach Pederson, Wyatt Baumberger, Preston Meyer, Kaiden Goehring, Jackson Wright, Rhyder Behnke. Row 3: Alex Ustanko, Jase Mousel, Carson Voelker, Hayden Pearson, Jack Mousel, Thomas Loehr, Jesse Baumberger.

Head Coach: Chad Williamson

Assistant Coaches: Bodee Groos and Dakota Johson

2022 Recap: The Hawks went 1-7 last season.

Top Athletes Lost: Colman-Egan lost three starters on each side of the ball.

Returns: The Hawks return six starters on each side of the ball and 16 letter winners.

Strengths: We have ex-

perience at most positions, but they all have to become much more athletic this off-season.

Weakness: Need to get

everyone to accept their roles and stay healthy.

Coach Comments: All opponents are tough but 9A is wide open this season.

Colman-Egan Cross Country



On the left is Izzy Lee and on the right is Anya Hemmer. These two are the only runners for Colman-Egan cross country this season.

Head Coach: Troy McKenney (11th season)

Assistant Coach: N/A

Top Athletes Lost: Reese Luze, who had a phenomenal list of ac-

complishments and will continue to run in college.

Returns: Anya Hemmer and Izzy Lee.

Team Strength & Weaknesses:

Our weakness will be our limit in competitors and our strength will be having the opportunity to build upon last year's success.

Coach Comments: With two var-

sity runners, we will not be in contention for winning the conference.



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Colman-Egan Volleyball



Jason Salzman/salzmanstudios.smugmug.com



Kevin Maiers

Colman-Egan's Daniela Lee spikes the ball during a match against Chester Area at the 2022 Class B State Volleyball Tournament at the Denny Sanford PREMIER Center in Sioux Falls.

Colman-Egan's Lanie Mousel serves the ball during a match against Herreid/Selby Area on Nov. 8, 2022. Colman-Egan begins the 2023 season on Aug. 24 against Baltic in Colman.

Head Coach: Abigail Dockter (6th season)

2022 Recap: Went 24-11 and finished seventh at State.

Key Returners: Lanie

Mousel, Daniela Lee, Brynlee Landis, Kaylee Voelker, Presley Luze and Elaina Rhode. Also add Anna Zwart.

Coach Comments: We

should have a very competitive team returning. We have very strong hitters and key blockers in the front row, with a lot of quickness in the backrow. Most of the

girls are veteran players who have varsity experience so we are hoping that will help us be successful this year. We're extremely excited to get this season

started and are hoping to have another successful season.



Kevin Maiers

Elkton-Lake Benton running back Riddick Westley runs the ball during a 56-16 victory over Colman-Egan on Aug. 17 in Colman.



Jason Salzman/salzmanstudios.smugmug.com

Elkton-Lake Benton's Tevan Erickson sets the ball during a match in the 2022 Dakota Valley Conference Tournament. ELB will begin the 2023 season on Aug. 22.



Chris Schad/Register

Elkton-Lake Benton quarterback Colt Beck runs the ball during a 56-16 victory over Colman-Egan on Aug. 17 in Colman.



Andrew Holtan/Register

Elkton-Lake Benton's Kylie Ramlo hits the ball during a 3-1 win over Sioux Valley in the Region 2A semifinals in Elkton on Nov. 3.

Elkton-Lake Benton Football

Head Coach: Ethan Pearson (3rd year, 15-14 career record)

Assistant Coaches: Kaleb Haas, Steve Erickson, Alex Marsh and Taryn Krog.

2022 Recap: Went 10-1, undefeated in the regular season and won the Dakota Valley Conference. Made it to the semifinals of the 9AA Playoffs and lost 36-8 to Parkston.

Top Athletes Lost: Quarterback Ryan Krog, who was the Register Player of the Year last season. Center Garrett N will.

Key Returners: Carson Griffith - Tight End - 6'4 210 lbs - Senior - 2 Year

Starter - 22 Catches for 395 yards with 8 Receiving Touchdowns. Tanner Stein - Wide Receiver - 5'10 180 lbs - Junior - 1 Year Starter - 27 catches 737 yards with 13 receiving touchdowns. Riddick Westley - Running Back - 5'9 180 lbs - Senior - 1 Year Starter - 117 rushes for 769 yards and 3 touchdowns. 5 catches 150 yards and 2 touchdowns. Blake De Vries - Running Back - 5'11 180 lbs - Junior - 1 Year Starter - 47 rushes for 271 yards with 3 touchdowns. Three offensive linemen in junior Teigan Krog, junior Jackson Smallfeld and sophomore Taiton Beorsma.

Strengths and Weaknesses: We like what we return from last year's team in the 26 letter winners. We had a lot of guys step up big last year, and this year we hope to watch them grow and get better every day of the year. I really like the way our team bonds together; they do a lot of things together outside of football and school, which is fun to watch. We have a group of guys that are dedicated to the weight room and are constantly competing with one another.

Offensively, I think our biggest challenge this year is replacing the yards that Ryan Krog had

- over 1,450 yards rushing and 1,700 yards passing. He was a big part of our offense last year, and this year our new starting quarterback and veteran running backs and receivers are all going to have to step up and replace those yards if not exceed those yards. Defensively, the biggest challenges for the upcoming year are to prepare our players to be able to read each offensive set that they see on a weekly basis, get themselves into the proper spots pre-snap to be able to defend each offensive set, and to become sure tacklers to reduce any extra yards that might be given to an of-

fense.

Coach Comments: The keys to a successful season are going to be to continue to better our craft on the football field. We will need to have some players step up into a bigger role this upcoming season, especially at the quarter-back position and the offensive line. We were a young team last year, so having those guys get some time on the field on Friday nights was key and will also be a big key to our success this year as well. We return seven of nine starters on the offensive side of the ball and 8 of 9 starters on the



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Estelline/Hendricks Volleyball



Head Coach: Hilary Suther (3rd season)

Assistant Coaches: Samantha Lebery and Bridget Bury

2022 Recap: Went 21-9 overall and 6-4 in the Dakota Valley Conference. Lost

in the first round of the region playoffs to Sioux Valley.

Top Athletes Lost: Madelyn Ebbers, Heidi Nicola and Julie Williams.

Returners: Kenzy Beare, who was the Brookings

Register/Taco John's Athlete of the week, DVC All Conference, Brookings All-Register Team. Sadie Johnson, who was DVC All Conference, Brookings All Register Team.

Strengths and Weak-

nesses: We look to improve our record from last year. We have a strong returning core. With our senior leadership we look to be very aggressive at the net and continue to work on our passing.

Coach Comments: The DVC looks to be a tough conference once again. We know that we can compete and look forward to finishing higher in the conference than we did last year.

Estelline/Hendricks Football



Standing left to right: Matthew McAninch, Caden Ching, Carson Reitz, Cooper Faehnrich, Braxton Pravecek, Owyn Ebbers, Zach Griffith, Mattix Hausman, Karsten Saathoff, Trey Cass, Braxton Jongeling, David Hawley, Wyatt James, Ethan Axtell, Camden Miller. Kneeling: Jonathan Williams, Tayden Miller, Sean Engst, Nathan Krein, Dayne Rasmussen, Regan Schwartz, Kolten Hofer, Ty Hekrdle.

Head Coach: Tim Cass (3rd season)

Assistant Coaches: Gunner Mike Reitz and Kevin Olson

2022 Recap: Went 4-5. Lost to Philip in the first round of the playoffs.

Top Athletes Lost: Joseph McAninch, Jon Nefzger and

Braxton Saathoff.

Returns: Senior Mattix Hausman QB/DB (all-conference honorable mention), senior Caden Ching RB/DB, senior Camden Miller DE/TE, senior Trey Cass WR/DB, junior Wyatt James DB/WR, junior Braxton Jongeling DL/OL,

junior Matthew McAninch LB/FB, junior Carson Reitz TE/LB, senior Dylan Luckhurst DL/OL and sophomore Cooper Faehnrich DL/OL/FB.

Strengths and Weaknesses: Lots of returning starters with plenty of experience, our O-line and D-line will be all up-

perclassmen for the first time in a few years. Depth is always a challenge in 9-man football, we'll need to stay healthy to be competitive.

Coach Comments: We're hoping to build on last year's results, we've had freshmen on our line the last 2 years and this

year it will be all Jr and Sr with one Soph so we're hoping that makes a difference, we also have returning 2-year starters at QB, RB and WR. We're excited to see what this season brings.

Estelline/Hendricks Cross Country

Head Coach: James Benning (21st season)

Assistant Coaches: Monica Dorn and Kaylee Faehnrich

2022 Recap: Boys finished third in the Dakota Valley Conference and the girls finished seventh.

Top Athletes Lost: None.

Returns: Cooper Schaefer, who qualified for State and came in 60th place. Camden Hobbs, Kyler Mason, August Dage, Cade Hexem, James

Lesh, Rylan Skorczewski, Claire Dage, Danelyn Greene and Sawyer James.

Strengths and Weaknesses: The Redhawks are still very young. They have one senior on each side and 12 of the 15 runners are between seventh and ninth grade.

Coach Comments: We are looking forward to a fun season. The kids are eager to run and that should lead to individual and team success.



Front Row left to right: Danelyn Greene, Sawyer James, Kimmy Schaefer, Maggie Hausman, Kyler Marson, Gray Holden, Colsen Texley, Michael McCandless. Back Row: August Dage, James Lesh, Claire Dage, Rylan Skorczewski, Cade Hexem, Cooper Schaefer, Camden Hobbs.



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