

THE BROOKINGS REGISTER

# WINTER

*Sports Preview 2023-24*





# Bobcats look to make their way back to SoDak 16

By **CHRIS SCHAD**  
The Register

**BROOKINGS** – The Brookings Bobcats have a young core and a plethora of athletic guards, but Mike McCarty will take over on the sidelines as the Bobcats look to make their way to the SoDak 16 this season.

McCarty takes over for David Rohrbach, who led the Bobcats to a 3-17 record last season. After spending six years with the Spearfish boys basketball team and three years coaching girls basketball at Thunder Basin High School in Gillette, Wyoming, McCarty will oversee a team that lost key seniors Sam Conrad, Nathan Lease, Ryan Bauman and Jackson Hoffman but returns guard Austin Clark and center Owen Burns.

“They played a lot and gained a lot of experience last year,” McCarty said of Clark and Burns. “They have good leadership for us and have that varsity experience.”

McCarty complimented Clark’s ability to shoot, score from the outside and get to the basket as well as his ability to defend on the perimeter. While Burns provides an inside presence due to his post moves and ability to finish with either hand, he also contributes defensively and on the glass.

Burns and Clark will be joined by several seniors that will provide the foundation of this year’s team. McCarty praised Nathan Smith for his ability to handle the ball and Sam Johnson for his athleticism at the guard position. Fellow



Troy Maroney/mugsbymaroney.com

Front row – Nathan Smith, Ian Webster, Sam Johnson, Keech Bior, Ben Moret, Student Manager Nate Buus, Owen Burns, Cale Jones, Griffen Bartels, Cole Skyberg and Austin Clark; Back row – Student Manager Emily Schulte, Head Coach Mike McCarty, Asst. Coach Jarrod Huntimer, Jase Bauer, Jones Huntimer, Bergan Tetzlaff, Payton Stoel, Brodie McCarty, Jonathan Kahler, Asst. Coach Joe Frederiksen, Asst. Coach Carter Holm and Student Manager Ellie Covrig.

seniors Ben Moret, Griffen Bartels, Cole Kyberg and Cale Jones will also be relied upon this season as well as Keech Bior, a transfer from Fargo who McCarty believes can provide some help on both ends of the floor.

Together, McCarty is trying to install a brand of team basketball and has worked hard to implement

his philosophies this summer.

“We’ve spent a lot of time this summer talking about ball movement, player movement, reading defenders and taking what the defense gives us,” McCarty said. “We definitely want to play a fast, up-tempo type of style and shoot some outside shots but we still want to attack the basket as well.”

McCarty also noted the number of guards which will help complement his up-tempo style but also a desire to post up players if there are some advantages.

Together, the Bobcats are set on competing for a berth in the state tournament but will have to do so battling in a tough ESD conference. While McCarty said

there will be an acclimation period after his time in Wyoming, he’s confident heading into the season.

“I’m optimistic of where we are,” McCarty said. “I think with the guys that we have coming back and some of the seniors that we have, we definitely have an opportunity to be competitive with most of the teams in the ESD.”

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# Bobcats' young core has big goals for 2023-24

By **CHRIS SCHAD**  
The Register

**BROOKINGS** – After a year where their young players got plenty of experience, the Brookings Bobcats will look to take another step forward this winter as they aim toward a return to the SoDak 16.

The Bobcats finished 5-16 a year ago and lost to ESD champion Pierre in the SoDak 16. While Brookings lost senior starters Gracey Sheridan and Sophia Hammerich, they return several players from a young nucleus that head coach Mitch McLagan believes has plenty of upside moving forward.

“Our young kids, they’re still young but in terms of court time, they’re not that young anymore,” McLagan said. “We’re going to ask a lot of those athletes to be leaders for us and be in some roles they may not be comfortable with yet. But as the season goes on, we really need them to step up and kind of be the floor generals, helping our young girls that don’t have experience on the floor.”

The Bobcats will be led in part by junior Logan Smidt, who committed to Southwest Minnesota State last offseason. An All-ESD pick, Smidt will look to build off a strong sophomore season, but McLagan notes she will also need help from the players around her to make that happen.

“She’s going to be a big piece, but she’s also going to be a play-

er that every team is going to focus on,” McLagan said. “That’s where we’re going to need some other players to step up.”

Sophomores Amari Ward and Macy Even will be two of the younger players who will be expected to fill those roles along with junior Tess Burns, who was a key reserve last season.

With senior Kymber Buys also expected to contribute on both sides of the court, McLagan is also expecting a larger role for fellow senior Brynlee Mack and sophomores Sloane McLagan and Lily Thompson.

“We legit have four people that can score and I think we can have more people that can help us,” McLagan said. “But we have players that have scored a lot of points in varsity basketball that are returning, so while we are young, we have some scorers and some of them just need to realize they need to be more offensive-minded and be aggressive on the offensive end.”

Together, the Bobcats will compete in an ESD conference that is loaded with competition. While the Lady Governors will be the favorite, other teams such as Brandon Valley and Harrisburg could make a bid to win the conference with another group of teams such as Aberdeen Central and Mitchell battling behind them.

“You have some really good teams towards the top and then I think you have a bunch of teams that are right there,” McLagan



Troy Maroney/mugsbymaroney.com

Members of the 2023-24 Brookings High School girls' varsity team include (from left): Front row – Macy Even, Lily Thompson, Brooklyn Benthin, Brinleigh Mack, Tess Burns and Clara Delbridge; Back row – Asst. Coach Zach Thomas, Asst. Coach Ross Peterson, Sloan McLagan, Crue Halverson, Logan Smidt, Amari Ward, Keisha Cushing, Head Coach Mitch McLagan and Asst. Coach Mandy Smidt. Not pictured is Kymber Buys.

said. “You start looking and see how much you match up with them and that’s where we want to be. We’re not there yet...but I think a lot of us are really close to what you have in that upper tier.”

If the Bobcats can make that step forward, McLagan believes they can accomplish even more this upcoming season. But he

also cautioned it will take some patience to allow his young roster to grow into that role and will need a fast start in the regular season to reach that goal.

“You want to see that growth faster than what is probably going to happen, but I don’t think it’s a secret,” McLagan said. “I think we have a roster that needs to be able to compete

for a state tournament and when we look at that, we truly believe we have a group that can make a state tournament. That’s a goal that’s a really long way away, but I think that starts during the regular season and it’s important that you win games early and put yourself in a good position to go beat somebody in the spring.”

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# Rangers seek four-peat as state champs, national title

By **CHRIS SCHAD**  
The Register

**BROOKINGS** – After winning their third straight title last season, the Brookings Rangers have high expectations. But while a four-peat would be nice, Brookings has their sights even higher to win a national championship this winter.

The Rangers went 19-2-1 last season and won three straight games including a victory over previously undefeated Sioux Falls to win the state title. While that was a great accomplishment, the Rangers fell twice to the Springfield (Mass.) Jr. Thunderbirds including a 5-1 loss in the championship game that left them short of a national title.

“After our showing at the national tournament last year, we don’t want to look too far ahead,” Rangers head coach Garrett Gerstner said. “We’re pushing for that fourth state title but we played very well at the national tournament. So I think naturally that would be our next step to win that national championship.”

Gerstner will be tasked to lead the Rangers after Justin Kirchhevel stepped down and became the Rangers’ hockey director. Entering his eighth year with the program with previous experience as a JV coach and a Bantam level coach, Gerstner was excited to work with some of the players he coached throughout their youth years.

“It’s kind of the first group that I started with,” Gerstner said. “I’ve known all of these kids for a long time and been able to watch and help them develop as hockey players.”

Part of that group will be Addison Ronning, who started for the Rangers during last year’s run to the state title. Ronning will also have the benefit of playing behind a loaded defensive group that includes defensemen Luke Honkomp and captain David Brink.

The top pairing on the blue line is a perfect contrast for the Rangers as Honkomp ranked fourth in the state with 53 points and Brink is a prototypical defensive defenseman.

“[David] just doesn’t play similar to Luke,” Gerstner said. “You know exactly what you’re going to get and they can play a lot of minutes in every situation.”

A challenge for the Rangers will be replacing some of their offensive production from a year ago. Graduating senior Zach Struck was second in the state with 66 points (34 goals, 32 assists last season) and outgoing junior Breck Hirrschoff led the state with 72 points (30 goals, 72 assists) before joining the Sioux Falls POWER this season.

While replacing that production will be key, Gerstner also believes that practicing against some of the top players in the state has helped his younger players form a group of players to step in this season.



Photo by Krista Merritt

Front: Addison Ronning, Jacob Kahle, Jack Merritt, David Brink, Jay Harris, Egan Jensen. Middle: Coach Aaron Rogers, Chase Karch, Talon Hyde, Riley Linstad, Luke Honkomp, Jacob Law, Coach Garrett Gerstner, Coach Cody Honkomp. Back: Tre Christopherson, Cooper Deatherage, Cody Jacobsen, Jackson Heller, Owen Schneider, Waylon Carroll.

“A lot of those guys who were practicing against them are now the guys we’re looking to elevate their game so they can fill those roles,” Gerstner said. “They might not be playing on that top line because we have a lot of seniors this year, but you’re just looking to replace them by committee and have everyone chip in.”

The Rangers would love to score their fourth straight state championships and would be the first school to accomplish that feat since Sioux Falls did it in the 1990s. But the Rangers would also like to capture a national title, which is their biggest objective heading into the season.

“It would be something that

would have to be celebrated,” Gerstner said. “We work so hard and I just think it’d be huge for the town of Brookings to see that you can stay here, you can go and play of these teams out of state and see where we stack up. We’re trying to push these kids in the right direction and make them the best hockey players that they can be.”

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# Rangers look to reload after winning state title

By **CHRIS SCHAD**  
The Register

**BROOKINGS** – One year after winning the South Dakota Amateur Hockey Association state championship, the Brookings Rangers will look to reload as they welcome a slew of new faces to this year's team.

The Rangers went 13-3-0-0 in conference play a year ago and made a run as the No. 3 seed to win the state title. Repeating that feat won't be easy as they lost seven seniors from last year's squad including captain Savannah Barber and alternate captains Kiran Vugteveen, Taylor Hokenson and Ella Park.

"That group [of underclassmen] needs to play a big role," Anderson, who is in his third year as the head coach of the girls team and fifth total year with the program said about this year's team. "Part of our retool and recharge is that I think they have enough experience to lead this team and get it going in the right direction."

Despite their youth and several players who are playing at the varsity

level for the first time, the core of this year's team has had success as a runner-up during the 14U tournament. But Anderson stressed the importance of getting used to the speed of the game as one challenge his team could face as well as building the culture that that helped them take home a state title one year ago.

"We have a really good group of girls that get along off the ice and in the locker room," Anderson said. "They seem to have gelled up extremely well at this point and that's one of the things we preach a lot. We want to develop a strong culture because we feel that once the girls had that great team bond, that will naturally lead to success."

Anderson also believes bond will also have to be forged among a group of players that haven't played alongside each other extensively but could be created with time.

"This is the first time some of these girls will skate with each other so they'll have to get familiar on and off the ice," Anderson explained. "It's about developing that trust through-



Photo by Krista Merritt

Back Row: Ashton Otteson, Sawyer Triplett, Miyah Foerster, Kinzey Grendler. 2nd Row: Jordyn Anderson, Maya Edmison, Allie Jacobson, Brynnlea Peterson, Gracie Peterson, Julissa Peterson, Anna Rasmussen, Lorelei Koch, Shauna Pederson, Emily Meyer, Khloe Ziegeldorf, Brooke Kruse. Front row: Rorii Quam, Ava Kahle, Coach Gwyn Winter, Coach Alex Purdy, Head Coach Jacolby Anderson, Coach Austin Koenig, Abriana Peterson, Avery Dentlinger.

out the season."

That process will take place within an SDAHA landscape that has several teams worthy of a state title. Aberdeen, Sioux Falls, Mitchell and Oahe, who defeated the Rangers in the 14U state tournament last year, could all be considered favorites but a team like Brookings or Rushmore

could be a wild card.

With so much unpredictability, Anderson and the Rangers are focused on what they can control and looking to reload after losing so much from a year ago.

"I'm expecting the girls to show up everyday, work hard, learn new things and progress," Anderson said.

"We are trying to establish a strong culture and I think we have enough girls from last year who have experienced that success and know what it takes to win a state title. Hopefully, it's just something that's contagious and spreads with the rest of the younger girls and keeps that run going."

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Front row – Claire Milliron, Lily Toft, Ramsie Hinricher, Bailey TeKrony, Cierra Strand, Maizy Mathis, MaKenna Hudy, Johanna Steinlicht and student manager Anja Toft; Second row – Jacob Milliron, Sawyer Johnson, James Fitzpatrick, Gabe Stern, Joey Fitzpatrick, Zach Hagemann, Mason Mathis and Nolan Miles; Third row – Drew Brinkman, Jack Griggs, Sirius Harming, Tate Helmbolt, Luke DeRynck and Levi Quam; Back row – Jurren Hansen, Blake Kannegieter, Carson Loehr, Logan Straub, Michael Nelson, Julian Palo and Dylan Reynolds.

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# Bobcat boys wrestling looks to take next step, girls hope to continue to compete as one team

By **CHRIS SCHAD**  
The Register

**BROOKINGS** – The Brookings Bobcats have a strong leadership group with four returning to this year's team. But a talented group of sophomores will look to take the next step as the Bobcats wrestling team looks to compete at a high level during the 2023-24 season.

The Bobcats will be led by their veteran group of Joey Fitzpatrick, Tate Helmbolt, Nolan Miles and Logan Straub. While Miles placed second at 126 pounds, Helmbolt placed fourth at 106 pounds and Fitzpatrick qualified for the state tournament, the group will be relied upon heavily to replace graduating place-winners Israel Caldron (fifth at 170 pounds), Tyson Brandt (fourth at 182 points), Caleb Loehr (eight at 195 pounds) and James Olson (eighth at 220 pounds).

"Their leadership will help based on the fact that they are seniors and have been in the lineup for four years," Brookings boys wrestling coach Matt Hanson said. "They've got state tournament experience so their leadership for practices and meets will be just as valuable for the younger kids."

Hanson also complimented his current group of seniors for how they've grown over the past year but not just physically. Hanson believes his four seniors have

taken a step mentally heading into their final year with the Bobcats.

"They've kind of taken over their team," Hanson said. "They know this is their last go at it, so they've kind of taken the reins and they're leading practices. They're doing what they're supposed to do."

In addition to the seniors, the Bobcats have a group of underclassmen who could take a step forward this season. The biggest addition is junior Gabriel Stern who qualified for state as an eighth grader at 126 pounds and as a freshman at 138 pounds before missing last season with a hip injury.

Brookings also has a talented group of sophomores who will look to fill out some of the holes in the lineup.

"We knew we had a big sophomore class that we needed to make sure was ready to go this year," Hanson said. "Some of them are starting to separate themselves and figure out what they need to do to be successful and that's a good sign for this early in the season."

The Bobcats will compete in a loaded ESD conference that contains several top contenders. With Watertown, Harrisburg and Aberdeen Central expected to lead the conference, Hanson sees plenty of challenges ahead.

"We've looked at it every year and usually four or five of the top teams in the state come from

our conference," Hanson said. "We're definitely battle-tested by February and that's kind of how we look at our season. We just need to keep getting better so we can make a good postseason run."

Even with a tough conference slate, the state tournament remains the main goal for the Bobcats. While there will be plenty of youth, Hanson believes the talent is there to push several wrestlers to the state tournament and could lead to another step forward for the Bobcat wrestling program.

"If I had one goal for this squad, it would be to be in the best position we can be," Hanson said. "I know that's a broad statement but last year we made a goal that we all wanted to be in the match to qualify for the state tournament. They all did that and a couple got in with some upsets but that's the steps we're trying to take. This year, they hopefully get over that hurdle and are at their best in February."

## Girls

While the Brookings wrestling program competes as one team, the girls program has its own goals this winter.

The Bobcats girls program has continued to grow over the years and will continue this season as Eric Toft will lead the team as it looks to return to the state tournament and be one of the top teams in the state.

"I think it signals to the girls in the community that the Bobcats take [girls wrestling] seriously and that we want to give them all the resources they need," Eric Toft said. "We have a couple of girls events where the boys don't go but almost all of our events are together so we talk to the girls and boys as though we are one Bobcat team and that has worked well for us."

Eric Toft takes over the girls program after boys head coach Matt Hanson oversaw both teams the past two seasons. Toft has been with the Brookings wrestling program for 18 years as a middle school coach and assistant varsity coach and takes over a strong foundation that is led by senior Maizy Mathis, who placed second at 170 pounds during last year's state tournament and has taken on a leadership role with the team.

"All the girls look to Maizy," Eric Toft said. "She is a role model and a vocal leader. She is not afraid to speak and take on that role. She would never brag about it, but it just fits her. ...She's just an awesome person. She's always positive. She works extremely hard and she's very humble. She's about as good a kid we could ask for her to be."

The Bobcats will also have some veteran experience with junior Johanna Steinlicht, who placed fourth at 132 pounds, sophomore Bailey Tekrony, who qualified for state at 106 pounds, and

senior Cierra Strand, who qualified for state before suffering an injury.

But there's also a wave of new talent joining the team including freshman MaKenna Hudy, eighth grader Ramsie Hinricher and seventh graders Claire Milliron and Lily Toft.

"We don't have a lot of girls, but the girls we have are pretty darn good," Eric Toft said. "The girls that we moved up have a lot of potential. A lot of them are raw, but they're athletic and aggressive."

The Bobcats will continue to work in a landscape where girls wrestling has changed over the past three seasons. Canton, Pierre and Spearfish are considered to be some of the deepest teams in the state but also can fill an entire lineup as the state added two additional weight classes this season.

While those teams have depth, Toft believes in his team's talent to wrestle against any team in the state. That's led to a goal to finish in the top five at the state tournament but to also have fun, enjoy the season and continue to work as one team.

"These girls are very tight and they get along very well," Eric Toft said. "They have the older generation and those older girls are bringing in the younger girls and mentoring them. If we can keep that cycle going, we're going to continue to be strong."

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# Brookings bowling looks for redemption, improvement in 2023-24

By **CHRIS SCHAD**  
The Register

**BROOKINGS** – The Brookings bowling team will have plenty of familiar faces this winter as the boys team looks to build off an impressive finish to last season and the girls team looks for some redemption as the 2023-24 season gets underway.

The boys team finished 6-7 in the ESD conference last year but bowled at their best during the state tournament. After knocking off top-seeded Yankton at state, the Bobcats return virtually their entire roster from a year ago and are hoping to continue that momentum into this year.

“We were extremely pleased to come away with fifth place,” Brookings boys coach Rick Hieb said. “For these young kids, knocking off Yankton was just as good as winning the championship because that was a really good team.”

The Bobcats return several of their top bowlers from a year ago including Gage Craft, Adrian Howard and Dylan Scubelek. With Riley Owens and James Tefft also contributing, Brookings also has plenty of youth including Holden Austreim, who has stepped up as the team’s anchor.

“We work as a team, so we really push the team aspect and this year, I’m seeing it more than I ever have,” Rick Hieb said. “We have 18 bowlers and we’re still young, so we can definitely take another step forward.”

While the boys team is looking to capitalize on its momentum, the

girls team is looking to get back to the top of the conference after going 13-0 last season on its way to winning the regular season title last year but finishing third at last year’s state tournament.

“We kind of had a little hiccup at state,” Brookings girls bowling coach Kasee Hieb said. “The previous year, we were able to win it all, so that’s why I think the girls are really out for redemption this year and show that last year was a fluke.”

Like the boys team, the girls team will continue to lean on a young nucleus. Alexis and Brooklyn Hieb are two key bowlers but Catelyn Venarsky, Peyton McBride, Teagen Bremmon, Maddey Austreim and Hayley McBride give the Bobcats a level of depth rarely seen at any level in the state.

“There are a few teams that will maybe have a good bowler, but we literally have seven or eight,” Kasee Hieb said. “Only six can play at the varsity level at a team, so our depth is unmatched.”

Hieb also believes that her team has connected well after last year’s disappointment and the years of perfecting their craft will help both teams as they enter this season.

“These kids get to bowl together for a lot of years,” Kasee Hieb said. “They get to know each other and I think that helps a lot, but I have a goal for them to have the top average in the girls league and I know they can do it. We had a rough couple of weeks last year, so that’s my goal to have a really good year and have them do their best.”



Troy Maroney/mugsbymaroney.com

Front row – Tacey Freeman, Kaidence Duran, Gabby Bevers and Shelby Hallan; Middle row – Alesha Hofer, Rayne Blumke, Annika Hulberg, Maddey Austreim, Teagen Bremmon, Kenzie Owens, Alexis Hieb, Brooklyn Hieb and Catelyn Vernarsky; Back row – Haley McBride, Peyton McBride, Ava Bortnem, Callista Cramer, Ace Bartlett, Kacee Rhody, Ava Smith, Brooklyn Hughbanks, Coach Kasee Hieb and Coach Rick Hieb.



Troy Maroney/mugsbymaroney.com

Front row – Thomas Bozied, Tyler Wastell, Donovan Gloege, Gage Craft and Bryden Anderson; Middle row – James Tefft, Jaiden Monell, Dylan Scubelek, Zackary Bevers, Riley Owens, Holden Austreim and Cowden Timmerman; Back row – Zaiden Dicke, Joel Thompson, Trysten Elverud, Kale Nelson, Adrian Howard, Grant Tellekson, Coach Kasee Hieb and Coach Rick Hieb.

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# Bobcats gymnastics looks for improvement in upcoming season

By **CHRIS SCHAD**  
The Register

**BROOKINGS** – The Brookings gymnastics team is looking to improve as a stable of seniors as well as some talented underclassmen provide a solid foundation for the 2023-24 season.

The Bobcats will be led by Rachele Engelbrecht, who has been with the program since she started as an assistant coach during the 1994-95 season. After being promoted to head coach in 1999, this season will mark her 24th as head coach and 29th with the program overall.

Engelbrecht will also be joined by assistants Rita Erickson, Jim Hazelton and Cassandra Shull, who all return from last year's team and have experience working with the current group.

Although the Bobcats lost seniors Jessica Fournery and Tayla Dobrenski from last year's team, Brookings will have six returning letter winners including Mischa Janssen, Delilah Fuls

and Amber Brockberg.

Fuls is coming off a strong junior season for Brookings after placing in four different events at last year's state meet. Fuls finished ninth on the vault, 11th on all-around, 15th on the floor and 16th on the balance beam and was joined by teammate Layla Erickson as four-event athletes.

Erickson also had a strong season ahead of her sophomore year, placing sixth in vault, seventh in all-around, eighth on the balance beam and 10th on the uneven bars at state. With fellow sophomores Nevaeh Strohfus and Ava Petterson returning this season, the goal is to improve on last year while refining their routines.

"They're working really hard," Engelbrecht said. "They're really getting their routines put together and they're really close-knit, good teammates and that kind of stuff. Hopefully, we can get everything put together."



Chris Schad/Register

Engelbrecht also mentioned that the opening weeks have been filled with rounding back into form.

"A lot of it is being able to do the skill without a spot or a crutch," Engelbrecht said. "For example, we've had bigger mats underneath the balance beams,

so technically it's the same, but mentally it's not as high and if they have a skill that's being spotted, it's weaning themselves off that spot and being able to do it themselves so the skill doesn't go away until they get it."

After winning their first quadrangular at Huron on Nov.

28, the Bobcats have high expectations coming into this season. While Mitchell and O'Gorman are expected to be the top teams in the ESD, the Bobcats are capable of finding some success themselves and hope that it will lead to an even better season this winter.



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# Brookings Swimming Club continues to focus on growth

By **CHRIS SCHAD**  
The Register

**BROOKINGS** – The Brookings Swimming Club is hoping for another successful season as they look to continue the growth they've established in recent years.

BSC director Doug Humphrey estimates that the club had 30 swimmers when the club was established over six years ago but with 75 swimmers enrolled for the upcoming season, he sees a group that is continuing to expand.

"This past year has probably seen the biggest growth of our club," Humphrey said. "It has been kind of a membership explosion for us and while the national trend is losing swimmers nationwide, we're kind of the anomaly and we're adding more and more to our group."

Humphrey also credits the coaching staff which includes Cassie Hendricks, Wendy

Ahrendsen, Damon Venner, Allison Johnson and Sam Johnson for building the culture and the families to help keep BSC growing throughout the years.

"It's a testament of the families we have and the coaching staff," Humphrey said. "We're not only creating better swimmers, but the kids are having a lot of fun doing it."

The foundation has created a strong base of swimmers not only at the high school level but in the youth levels as well. While Ava Humphrey and Ava Brenner return as key seniors, Ernest Ting and Trevin Lounsbury are also some of the top names to watch this year.

The most impressive depth might be at the lower levels however as youth swimmers McKinley Schwab, Kalla Forester, Kyra Bowne, Kendall Schmidt, Sofia Gonzalez and Quinn Humphrey highlight a strong nucleus on the girls side.

"It's a great group of girls that have kind of all grown up together in the club," Humphrey said. "They've experienced success together and now that they're in middle school and entering that high school age, it's a really fun time for them to be peaking together."

The BSC lost a pair of notable swimmers including Cody Vertin, who is now swimming at SDSU and Tomas Gonzalez, who is swimming at Colorado College.

Even with the success of their swimmers, Humphrey and the BSC is focused more on the experience than the results, which has helped lead to their rapid growth.

"It's about making them faster, having more experiences and giving them more opportunities to swim outside of the state," Humphrey said. "We're just trying to grow the club that we have. We're connected with some American programs that we do



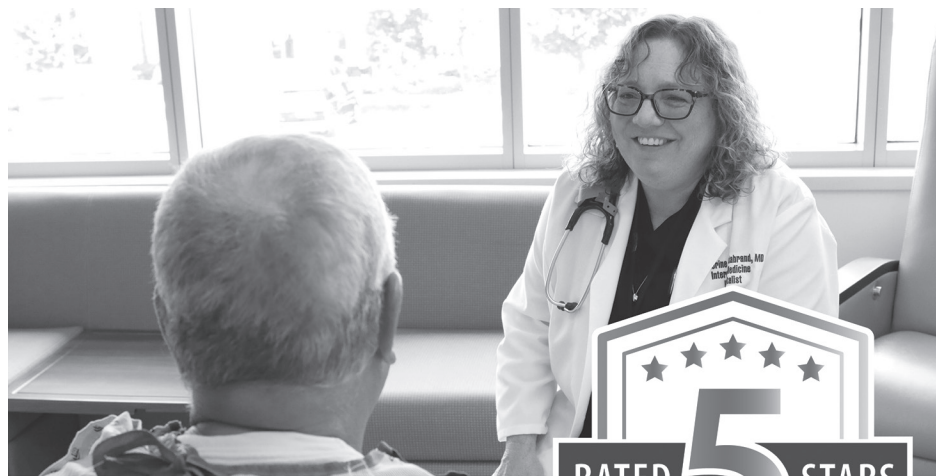
Courtesy Photo

some swim lesson programs, so that's kind of a feeder into our system. The natural progression is if you want to continue swimming, you come into the club to do that."

While the BSC would like to build state champions and swimmers for the next level, they also want to enhance the

culture and continue to see it grow this season and beyond.

"Our focus is not necessarily on creating these Olympic-level athletes," Humphrey said. "If that happens along the way, great, but the focus is more on where you are today versus where you are before."



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# Sioux Valley Wrestling



Jess Gatzke/Jae Ann Photography

Front Row Left to Right: Harvey Hardt, Triston Kurtenbach, Rennick Wagner, Gile Rud, Kyson Sundberg. Back Row Left to Right: Tyson Norgaard, Dubhlaonn Vermeulen, Vanden Virchow, Owen VandeWeerd, Tate Steffensen, Wyatt Hardt, Andrew Gunderson.



Jess Gatzke/Jae Ann Photography

Front Row Left to Right: Anna Field, Trinity Kurtenbach, Natalie Weinkauff - stats, Harper Duran - stats, Citabria Manzanaras. Back Row Left to Right: Skyler Virchow, Ava VandeWeerd, Savana Guthmiller, Kamylle Wagner - stats, Summer Guthmiller.

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## Sioux Valley Boys Basketball



Jess Gatzke/Jae Ann Photography

Back row left to right: Holdyn Ruesink, Logan Mohn, Levi Logan, Carter Sapp, Patrick Quale, Wyatt Nelson, Trentyn Schmit. Second row left to right: Carson Wosje, Broden Teske, Brady Hiltunen, Donnie Rose, Johnnie Vermeulen, Kellon Tucker, Luke Johnson. Third row left to right: Tobin Squires, Brock Christopherson, McCade Nelson, Hudsyn Ruesink, Alec Squires. Front Row Left to Right: Braden Danzeisen, Boden Schiller, Bret Milton, Maxwell Engebretson, Jace Christensen, Maverick Nelson. Coaching Staff: Bill Vincent, Travis Engebretson, Buster Vincent, Collin VanderWal, Dave Carmon, Nick Geffre, Noah Clair.

**Head Coach:** Bill Vincent (27th year, 455-141 record)

**Assistant Coaches:** Travis Engebretson and Buster Vincent

2022-23 Recap: The Cossacks went 23-3 and won the consolation tournament at State.

**Top Players Lost:** Oliver

Vincent, who now plays at Dakota Wesleyan, Patrick Carey and Dylan McDowell.

**Top Returning Players:** Alec Squires, who is committed to play at SDSU. Hudsyn Ruesink, Max Engebretson, Jace Christensen, Maverick Nelson, Boden Schiller and

Brock Christopherson.

**Strengths:** We have many players that have been contributing at the Varsity level since a young age. We will be able to put an athletic team on the floor. Solid Defense & Rebounding. We have a tight-knit group that is accustomed

to competing in big games.

**Weakness:** We will need to develop our depth.

**Coach Comments:** We will be able to compete night in and night out. We will play in two very competitive conferences and play a tough non-conference schedule. The combina-

tion of this should make us Tourney Tough. We will strive to be in position to compete with the best in the state by season's end. The Cossacks have gone 87-12 over the last three seasons.

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# Sioux Valley Girls Basketball



Jess Gatzke/Jae Ann Photography

Back row left to right: Cheyenne VanderWal, Brooke Knutson, Liberty Trygstad, Caitlyn Craddock, Jada Knutson, Savannah Rawden, Kailey Craddock, Skylar Knutson, Morgan Lemme. Front row left to right: Brooke Bjerke, Loralye Walz, Isabelle Bloker, Talya Vincent, Keyra Kruse, Sienna Wiess. Coaching Staff: Jamie Granum, Brooke Mathern, Taylor Ash, Julia Schneider, Kendra Hiltunen.

**Head Coach:** Jamie Granum (7th year)

**Assistant Coach:** Brooke Mathern

**2022-23 Recap:** The Cossacks went 14-8 last season and lost in the Region 2A semifinals to Hamlin.

**Top Players Lost:** Landree Wilson, who now plays at Sioux Falls, Ashley Bjerke and Julia Schneider.

**Top Returning Players:** Isabelle Bloker, who averaged 10.9 points per game and made 75 three's at a 36%

clip last season. Keyra Krus, who averaged 5.9 points and 6.7 rebounds. Jada Knutson, who averaged 2.5 points and 4.5 rebounds. Talya Vincent, Kailey Craddock, Liberty Trygstad, Savannah Rawden and Caitlyn Craddock.

**Team Strengths:** Shooting and passing. The Cossacks rebounded the ball well this summer.

**Coach Comments:** We head into the 2023/2024 season with two returning starters! We need to replace our

point guard position but have a really good underclassman in Talya Vincent. Talya really does a nice job of taking care of the ball and can really stretch the defense with her shooting ability, all strengths we value highly out of that position. Keyra Kruse had another great summer and her length and athleticism really plays on the basketball court, along with her improved shooting ability we are expecting a big year from her. Isabelle Bloker is one of our leading scorers from a year

ago and is only 150 points from one thousand in her career. She is an extremely good shooter. Jada Knutson is one of our hardest workers, best communicators and really competes defensively. Savannah Rawden has played a lot of basketball and can change games with her length from the guard position and has improved her offensive game. We have a couple of top freshman in the state with Kailey Craddock and Liberty Trygstad. Both have played a lot of off season basketball.

Kailey is really skilled offensively and Liberty gives us a unique blend of aggressiveness that we have lacked in other teams. We have a lot of girls that need to be guarded on the perimeter. We move the ball really well offensively and play a fun style to watch. Our region is really top heavy with 2 of the top girl's teams in the state in it so it will be challenging. Last year our state champion came out of Region 2A and this year Flandreau is the favorite to win it.





Alec Squires



Isabelle Bloker



Owen Vandeweerd





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## Deubrook Area Girls Basketball



Courtesy Photo

Front Row L to R: Statisticians Kaylee Schmit, Bailey Otten, Maddie Schulte. 2nd row L to R: Makenna Ekern, Zoey Molengraaf, Kyarra Blum, Delaney Pedersen, Stats Madalyn Bauman, Kadence Bowne, Akasha Gorecki, Hanna Kjelden, Rhiley Grenz, Quinn Boer. 3rd Row L to R: Peyton Trooien, Kylee Johnson, Lidia Dupraz, Neely Gustad, Mataya Gouws, Matte Bauman, Carly Engelstad, Kiana Schmit, Kira Cooper, Brynnlee Hanson, Ruru Asaji, Chloe Haines, Clare Jorenby. Back Row L to R: Asst. Coach Mo Petersen, Asst. Coach Noah Jewett, Asst. Coach Gretchen Schulte, Head Coach Brad DeBeer.

**Head Coach:** Brad DeBeer (14th season, 256-156 record)

**Assistant Coaches:** Gretchen Schulte, Noah Jewett and Mo Petersen

**2022-23 Recap:** The Dolphins went 15-5 overall and 6-3 in the Dakota Valley Conference.

They had some big wins against Colman-Egan, Dell Rapids St. Mary and Hill City, but ran into a good James Valley Christian team in the Region Playoffs.

**Top Athletes Lost:** Ellie Koenig, Miranda Moravetz, Brooke Koppatschek, Skyla

Petersen and Ellie Olsen.

**Returning Starters:** Kadence Bowne, who was third team All-DVC last season.

**Strengths:** We have a great mix of size, speed and athleticism as well as a good mix of veterans and newcomers. Our

depth should be very good as we move forward. Our younger kids are hungry to challenge for playing time and that will make for some great practices.

**Weakness:** We need to become consistent offensively.

**Coach Comments:** I am very

excited about the opportunities for this group. If they can stay mentally tough and develop offensively, this season could be a really big year. I love the enthusiasm of this group and I look forward to watching us grow as a team.



# Deubrook Area Boys Basketball



Courtesy Photo

Top Left Standing: Coach Lucas Trooien, Coach Jared Gass, Vebrand, Nolan Peterson, JP Rogness, Colton Trooien, Landon Johnson, Jake Jorenby, Devon Landmark, Gavin Landmark, Dylan Rios, Jace Vomacka, Coach Cade Falor, Conner Andrews. Bottom Left Kneeling: Lincoln Boer, Isaac Gass, Braxton Bednarek, Josh Moberg, Axel Trooien, Charlie Olsen, Chance Schoenfeld. Bottom Left Laying Down: Ricardo, Hudson Timmons,

**Head Coach:** Jared Gass (5th season, 43-44 record)

**Assistant Coaches:** Cade Falor and Lucas Trooien

**2022-23 Recap:** The Dolphins went 7-12 overall and 2-4 in the Dakota Valley Conference. Injuries had a little effect on who they were starting each game

and that was tough.

**Top Athletes Lost:** Cooper Holmlund, Treven Grimsrud, Collin Bauman, Gunnar Trooien and Richie Meyers.

**Starters Returning:** Jake Jorenby, Gavin Landmark, Colton Trooien and Landon Johnson.

**Strengths:** This team will be fast and have a lot of experience. Most of these kids have been playing at the varsity level since they were sophomores. Many of them played and started last year for the varsity team as well. They will be physical and ready to play each game. We will be

solid on defense and be excellent at getting rebounds. This team will make you work for what you want, and it won't be easy.

**Weakness:** Our only weakness will be our outside game while shooting. We will stress finding a rhythm early while getting layups and easy jump-

ers.

**Coach Comments:** This team will be ready to go when it comes to game time. These kids are focused and determined to beat every team that we face this year. Coming off a great football season they are ready to get back into the winning column.





Mataya Gouws



Gavin Landmark





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## Arlington Girls Basketball



Courtesy Photo

Front: Addie King, Kaehlor Hanson, Emarie Vincent, Lauryn Mutziger, Jersey Richards. Middle: McKenzie Fredrickson, Madalyn Madsen, Addison Marone, Emma Spilde, Jolysa Steffensen, Ellisyn Vincent. Back: Tara King, Kaelyn Ulschmid, Harley Johnson, Sony Johnson, Elizabeth Rowen, Jaelyn Huntimer, Isabelle Steffensen, Addalyn Steffensen, Cooper Heiser.

Head Coach: Tara King (10th season)

Assistant Coaches: Cooper Heiser and Clarissa Leiseth

2022-23 Recap: The Cardinals went 17-5. They fell short of the SoDak 16 after losing to Castlewood by four points in the Region Playoffs. Arlington set a record with most points

scored in a single game when it scored 83 against Oldham-Ramona/Rutland in the first round of regions.

Top Athletes Lost: Tanaya Weiss.

Returning Starters: Addie Steffensen, who averaged 17 points, eight rebounds, three assists and 2.5 steals per game

last season. She was a first team All-Dakota Valley Conference selection. Jaelyn Huntimer, who averaged 12.8 points, 3.5 rebounds, two assists and 2.5 steals per game. Harley Johnson, who averaged nine points, 4.5 rebounds, three assists and 2.5 steals per game. Huntimer and Johnson were

both second team All-DVC last season. Jo Steffensen, who averaged 10 points, four rebounds, two assists and three steals last year. She was an All-DVC Honorable Mention.

Strengths: We are quick, have good perimeter play with lots of ball handlers and have a lot of experience.

Weakness: Height.

Coach Comments: The DVC is always a very competitive conference. Last year was the first year our team won the regular season DVC title with an 8-1 record and we look forward to defending this title again this year.

## Kingsbury County Wrestling

Head Coach: Steve Gilbertson

Assistant Coaches: Mike Johnson, Dan Zilverberg and Bryan Pietig

2022-23 Recap: Kingsbury County went 9-4 in duals and finished second at regions.

Top Returners: Cannon Gilligan, who finished in fifth at State in the 126-pound weight

class last season. Connor Giedd, who finished fifth at 120 at State. Connor Johnson at 230, Greyson Nielson at 138, Cody Zell at 120 and Kaleb Johnson at 157.

Other Wrestlers To Watch: Lane Albrecht at 126, Chase Henriksen at 106, Caden Singrey at 120, Rogan Albrecht at 106, Cutler Davis at 113,

Blake Jennings at 144-150, Kahne Hansen at 144, Sheldon Balderston at 138-144 (State qualifier in 2021), Breyton Johnson 195, Lane Jensen at 132-138, Marshall Holt at 195, Deion Harris at 175, Owen Anderson at 144, Donavon Sandven at 144, RJ Cleveland at 138, Juan Guttierrez at 157, Liam Gunnon at 157 and Sam

Crowe at 220.

Girls Program: Mary Unruh, Jaelyn Johnson and Jaelyn Giedd.

Coach Comments: Again, we look to take a step forward with our program. Our numbers are good overall so we look to be a solid dual squad and take pride in that. We have a group of experienced wrestlers as well

as hungry young kids looking to compete at a higher level. Having several state qualifiers, along with our state medalists returning make for a competitive practice room, which will make all of our kids better. We always look forward to the challenges ahead and are excited about what our season will bring.





Miles Antonen



## Iroquois/Lake Preston Boys Basketball



**Head Coach:** Brock Dufek (3rd season, 11-30 record)

**Assistant Coaches:** Dustin Reidel, Dustin Wagner and Nathan Parker

**2022-23 Recap:** The Sharks went 9-12 overall. It was the first year of the Iroquois and Lake

Preston co-op and it was a huge improvement as both teams combined to win five games the year before.

**Top Athletes Lost:** None.

**Returning Starters:** Josh McMasters.

**Strengths:** We will be able to

run the floor and get out in transition. Everyone on the team will be able to handle the ball and get the team into the offense.

**Weaknesses:** We will be very young and we don't have much size. We will be a good team fundamentally but size in the post

could cause an issue.

**Coach Comments:** We will be a very young team with only a few seniors. My hope is for the team to improve throughout the season. I see this team being very competitive in every game they play. The group of guys this year

will continue to play until the buzzer sounds. I am excited to get the second year of the coop going. The boys have been putting in some work in the gym and weight room to prepare for the season.

## Iroquois/Lake Preston Girls Basketball



Top (left to right): Skyla Harris, Hadlee Holt, Guilia Borotolo, Chenoa Harris, Faith Steffensen, Kera Dubro, Adison Moore. Bottom: Brityn Davies, Fini Kamps, Becca Bich, Natalie Cundy.

**Head Coach:** Micahel Moore (2nd season, 7-15 record)

**2022-23 Recap:** The Sharks

went 7-15 last season and fell in the second round of the Region Playoffs.

**Top Returners:** Senior Faith Steffensen, senior Rebecca Bich, junior Adison Moore and sopho-

more Hadlee Holt.  
**Other Returning Prospects:** Junior Kera Dubro and junior

Chenoa Harris.  
**Coach Comments:** Looking to improve from last year.





Haydon Shurson



## Flandreau Girls Basketball



Michelle Kontz

Front row, from left: Mikaila Polmateer, Nora Hamilton, Kiley Westberry, Yohana Cuautle and Autumn Bosin. Second row: Grace Krull, Hayden Neises, Lizzie Pavlis, Claire Sheppard and Lily Klein. Third row: Jaz Kampeska, Aly Schepel, Addy Hammer, Elodie Amdahl, Ella Hoffman, Josie Hamilton and Patricia Roy. Fourth row: Madison Bushkofsky, Hannah Krull, Hailey Lahr, Morgan Sheppard and Sadie Iott. Not pictured Fawn Frias

**Head Coach:** Megan Severtson (9 years)

**Assistant Coaches:** Brian Relf and Jessi Giles

**2022-23 Recap:** The Fliers finished in sixth place at the State Tournament. They went 20-6 and won the Big East Conference regular season and tournament.

**Top Athletes Lost:** None

**2022-23 Returning Starters:** Claire Sheppard – First Team Class A All-State (3-Time All-State Recipient), State A All-Tournament, Big East All-Conference First Team, Lake Central All-Conference, All-Register Team (Register Player of the Year the two years prior), SDSU Commit, 1000+

point scorer. Lily Klein – Big East All-Conference First Team, Lake Central All-Conference, Northern State University Commit. Lizzie Pavlis – Big East All-Conference Second Team, Lake Central All-Conference, All-Register Team, Dakota Wesleyan commit. Sadie Iott Iott – Big East All-Conference Honorable

Mention. Hannah Krull.

**Team Strengths & Weaknesses:** The Fliers strengths are experience, size and athleticism. Their weakness is depth.

**Coach Comments:** It is unique for a team to get to return every player from the previous season's roster. We have a number of girls who have a lot of experience,

especially in big games. Our team started off the year slow a season ago but gained a lot of momentum towards the end of last season. They are a motivated group, to not only start the year off strong, but also get back to a State Tournament.



# Flandreau Wrestling

**Head Coach:** Cody Chamblin

**Assistant Coach:** Damian Vacin

**Top Athletes Lost:** Jayden Lange and Caleb Pitsenberger

**2022-23 Returners:** Seniors: Brayden Wiese and Julie Pitsenberger, both two time state qualifiers; Junior: Karter Headrick; Sophomores: Justin Klein and Teague Bergjord.

**2022-23 Recap:** Lange placed third in the girls state tourney. Wiese was a state alternate.

**2023-24 Outlook:** In duals, Chamblin says with his low numbers, they will struggle, but they have wrestlers with experience who should place higher in individual races. He looks to see several of his wrestlers qualify for state this season.

Along with Pitsenberger, Wiese will look at making the podium after fighting some

injuries last year. Headrick had the most wins and falls last season and will look to punch his way to state for the first time. Klein and Bergjord keep making strides and he looks to see them qualify for state as well.

**Team strengths and weaknesses:** Chamblin said he has a great group of experienced kids that are really helping in practices with the new and younger wrestlers. The weakness will be having several weight classes open.

The team will be building as the season advances. "We have some good young wrestlers coming up in the program and other newcomers who came out to try the sport.

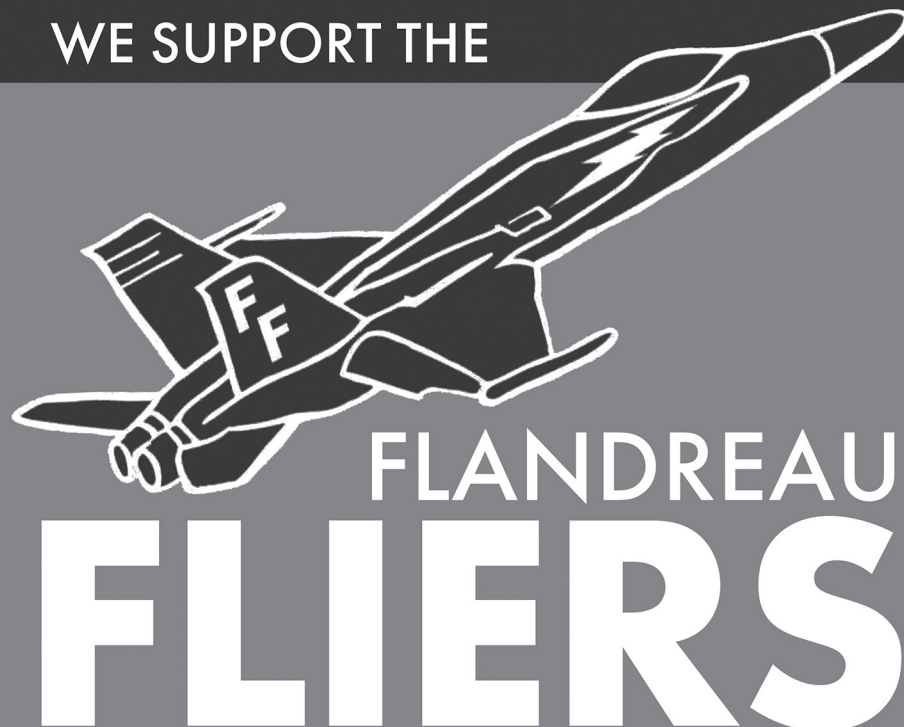
"The five returners will turn a lot of heads," Chamblin said. "They all have a different style of wrestling, so it will be fun to watch.



Courtesy Photo

Front row: Alex Nickel, Julie Pitsenberger, Gabe Frias, Cameron Blubaugh and Emisael Bonilla. Back: Justin Klein, Karter Headrick, Brayden Wiese, Teague Bergjord and Alex Lopez. Not pictured is Zach Pederson.

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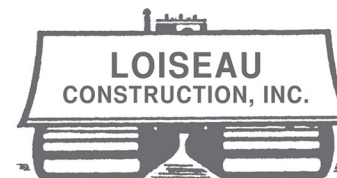
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# Flandreau Boys Basketball



Courtesy Photo

Front row, from left: Jon Schrader, Tucker Hemmer, Nathaniel Hobbie, Sam Schmidt, Kenton James, Mason Brushbreaker and Baptiste Toledo. Middle row: Jadon Eng, Xavier Bien, Cameron Flute, Alfie Henderson, Alex Poitra, Justin Cuautle and Tokala Brothers. Back row: Candon Metcalf, Luke Sheppard, Jullian Allen, Micah Otto, Paul Parsley, JP Powers, Kody Kneebone and Kaden Burshiem. Not pictured Daniel Toledo.

**Head Coach:** Brendan Sheppard (9th season)

**Assistant Coaches:** Justin Klem and Brendan Streitz

**2022-23 Recap:** Finished with a 9-12 record. The Fliers fell to Elkton-Lake Benton in

the first round of the Region 2A Playoffs.

**Top Athletes Lost:** None 2022-23

**Returning Starters:** Sophomore Luke Sheppard, who was second team All-Big East Conference

and on the All-Register team last season. Junior Paul Parsley, who was third team All-Big East, All-Register and All-Lake Central Conference. Juniors Micah Otto and Alfie Henderson and sophomore

Xavier Bien.

**Strengths & Weaknesses:** The Fliers strengths are basketball IQ, depth and shooting. Their weaknesses are youth (no returning seniors) and size.

**Coach Comments:** While

we will be a young team we have many returning players with varsity experience. We should be a very competitive squad this year.



# Colman-Egan Girls Basketball



Courtesy Photo

Front row from left: Isabella Grann, Tenley Quick, Paityn Heiter, Crystal Silva-Dominguez, Kaysi Wright, Natasha Roque. Second row: Hailey Voelker, Gentry Shafer, Brianne Bowen, Presley Luze, Anya Hemmer, Rylynn Minor, Mauryn Landis, Kinley Geigle. Third row: Grace Quick, Quinn Meyer, Jolie Flatten, Maci Voelker, Harper Mousel, Paisley Rentschler, Addison Geigle, Maebe Groos. Back row: Kaylee Voelker, Brenna Wiese, Mya Reiff, Anna Zwart, Elaina Rhode, Michoen Williamson, Brynlee Landis, Lanie Mousel.

**Head Coach:** Tyler Husby (7 years)

**Assistant Coaches:** Broode Groos and Kennedi Landis

**2022-23 Recap:** The Hawks started off the season 0-5 and finished with a record of 11-9. Ended up getting beat by Ethan in the second round of the Region 3B Playoffs.

**Top Athletes Lost:** Berkeley Groos, Ava Mousel, Kandance Landis and Abby Rhode.

**2022-23 Returning Starters:** Senior Lanie Mousel, who was a 2022-23 Dakota Valley Conference Honorable Mention

and a member of the All-Register Team. Sophomore Brynlee Landis, who was second team All-DVC and All-Register. Junior Kaylee Voelker.

**Team Strengths & Weaknesses:** We bring back our leading scorers from a year ago and have two girls that are poised and ready to step into starting roles for us this upcoming season. Bringing back a veteran group is always a strength in any sport. While they are a veteran group on the court, we have a relatively young grade wise basketball team. We only have two seniors on the

roster this year and will bring back another veteran group next year as well.

I think this team's biggest strength is that they love to compete, and they love to compete together. This team truly has a team first mindset, and really cares about everyone on the team. Which leads directly to how they play on the court. We share the ball well, we look to get everyone involved in our offense, and at the end of the night our girls truly only care about if we won or lost as a team.

Our group is extremely dedi-

cated to athletics at Colman-Egan, and they really put time into each individual sport in which they play. They spend a lot of time in skill development in the offseason, and we really look forward to that showing up this upcoming season. This group is really working on being a more consistent team this upcoming season.

**Coach Comments:** Our staff is excited to get this season started, get a few games under our belt, and really get a good evaluation of our team to start the year. We have a lot of girls that can play at the varsity level and

it's going to be a challenge to find what works best for our team this upcoming season. It's about the best challenge that you can have as a coach and a coaching staff is to have a lot of pieces at your disposal, but it is challenging and stressful to put those pieces together the best way possible. But we have an awesome group of girls who accept and excel in their roles in our program. This group is hungry and are out to prove something this season. It's going to be a fun year of basketball and I look forward to getting our season underway!



# Colman-Egan Boys Basketball



Courtesy Photo

Front row from left: Rhyder Behnke, Mikano Lee, Tobey Lee, Brandon Pimental, Jakob Thompson, Kayden McLaughlin. Middle row: Jackson Zwart, Hayden Pearson, Jonny Keyes, Chris Lee, Tyce Ryan, Dalin Billmeier, Tyran Sippel. Back row: Carson Voelker, Jase Mousel, Jack Zwart, Karson Quale, Jack Mousel, Taylor Kriech, Jack Whitehouse

**Head Coach:** Nick Theroux (3rd year)

**Assistant Coaches:** Jerry Carr and Ashley Milbrandt

**2022-23 Recap:** The Hawks went 8-13 overall and 3-6 in the Dakota Valley Conference. Three years ago Colman-Egan went 0-21 and two years ago they went 3-18, so it was a big turnaround for the Hawks. The team has continued to improve and you will see more of that this season.

**Top Athletes Lost:** Sawyer Uhing, Ben Zwart, Camden

Schmidt, Logan Voelker and Levi Baumberger.

**2022 Returning Starters:** Jackson Zwart, who averaged 11.2 points, 5.6 rebounds, two assists and 1.3 steals per game last season. He was All-DVC and on the All-Register team.

**Team Strengths:** Really good in the open court and will be one of the better fast break teams out there. Our 3-pt shooting is going to be a big strength for us this year compared to last. Very scrappy 1 on 1 defensively and will

pressure a lot of ball handlers to give up the ball. Great team chemistry, this team likes to have fun with one another and the chemistry between the guys has led to better energy in our practices so far and it should translate to our games.

**Weaknesses:** Defensive rebounding is probably our biggest weakness and has been for the past couple of years. Turning the ball over has continued to be a problem, although that number has improved from 2 years ago.

Our free throw percentage has been shaky the past few seasons, but I see that number improving this season.

**Coach Comments:** This team has something to prove this year. We have a great group of athletic juniors that are going to be leaders for us on and off the court. Follow that up with some solid seniors who are going to excel in their roles and make us better. We had a great off-season with guys working on their individual skill work and also spending

more time in the weight room. If we can clean up the defensive rebounding and push the tempo at the rate we do I feel like we will be a tough team to beat. We are using the word BELIEVE a lot this season, and our entire team is buying into believing we can be successful and believing we can beat anybody that we step on the court with. Watch out for Jackson Zwart, Jase Mousel, and Jack Mousel to have a big season putting up big numbers putting on highlight plays!



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Claire Sheppard



Brynlee Landis



Luke Sheppard



Lily Klein



# Elkton-Lake Benton Girls Basketball



Courtesy Photo

**Head Coach:** Mirista Bushman (3rd year)

**Assistant Coaches:** Mason Ramlo and Adrianna Hockett

**2022-23 Recap:** The Elks were 12-9 last season.

**Top Athletes Lost:** Rachael Krog, Emily Robbins, Kailyn

Drietz and Aubrey Schindler.

**Returning Starters:** Kylie Ramlo and Tevan Erickson.

**Coach Comments:** The DVC is

always a strong conference with good talent and strong competition. We always look for games that will be a hard fought battle

when we are playing in a conference game.



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## Elkton-Lake Benton Boys Basketball



Tanner Stein



Tanner Drietz

**Head Coach:** Steve Erickson (17th season, 205-150 record)

**Assistant Coaches:** Jason DeZeeuw and Toby Gonnerman  
2022-23 Recap: The Elks went 7-15 overall and 3-6 in conference play. They beat Flandreau in the Region 2A Playoffs before falling to Sioux Valley in the quarterfinals.

**Top Athletes Lost:** Ryan Krog, Garrett Neill and Anthony Even.

**Returning Starters:** Carson Griffith, who was an All-DVC honorable mention. Tanner Drietz and Tanner Stein.

**Strengths & Weaknesses:** We have an athletic group of kids that work really hard. I

think we have a good mix of size and speed that will allow us to change things up on both ends of the floor. Excited and think we will have some depth to be able to play some up tempo and pressure the basketball. Our biggest weakness is probably just finding the consistency with our play. There are times

we can be really good and then times we struggle on both ends of the floor. We need to be able to be mentally and physically tough enough to play through those times when we struggle and continue to be positive and work together. I think if we can play together, share the ball, and communicate well with each

other, we can have some success.

**Coach Comments:** Looking forward to the season and the opportunity to compete each day with this group. They genuinely give their best effort and hopefully by doing that they will continue to improve and grow as players and then in turn as a team as a whole.



## Estelline/Hendricks Sideline Cheer



Courtesy Photo

From left to right: Olivia Gilbertson, Caitlyne Sonen, Sierra Kreger, Jadyn Mack, Coach Marissa Golas, Lita Fryer, and Elena Brandsrud.

## Estelline/Hendricks Boys Basketball

**Head Coach:** Andy Hansen  
**Assistant Coaches:** Tim Cass, Brandon Krein and Maxx Hausman

**2022-23 Recap:** Went 11-10 overall.

**Top Athletes Lost:** Braxton Saathoff and Joe McAninch.

**Returning Starters:** Mattix Hausman, who is a two-time All-DVC Honorable Mention. Wyatt James, Braxton Pravecsek and Matthew McAninch.

**Strengths:** We return lots of letter winners and 4 players who started for us at some point last year. We have three guys who can score in a variety of ways so will look to try and get them lots of opportunities.

**Weaknesses:** We don't have much height this year so will have to play great team defense in order to make things tough for opposing teams in the paint, and then

be very disciplined in boxing out and rebounding.

**Coach Comments:** With so many returning players, we should have some great competition for playing time this year and if anyone is having a tough game, we will have players who can step up and take his place. I think we will be finishing in the middle part of the conference.

## Estelline/Hendricks Gymnastics

**Head Coach:** Sherri Johnson (2021 season)

**Assistant Coaches:** Angie Scotting and Greta Johnson

**2022-23 Recap:** Won very first every State title in 2023 and finished the season with a school record score of 138.917.

**Top Athletes Lost:** Brynn Peterson

**Returns:** Sadie Johnson, who was the All-Around, Vault and floor champion in 2023.

Payge Ebbers, a State placer. Kenzy Beare and Sierra Kreger, who were State qualifiers. Portia Trias, Ellie Cruz and Jaylee Berwald.

**Strengths:** In addition to depth on all events this season, we have a great group of girls that work hard and are a close knit group. We have a lot of talent and potential to continue to improve throughout the season.





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