

2022 Fall Fan Guide



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SOUTHERN MCLEAN • UNDERWOOD
WASHBURN • WHITE SHIELD
WILTON-WING



SUPPLEMENT TO: McLean County Independent, Central McLean News-Journal and Leader-News



TROOPERS



Garrison



Back row: Josie Westman, JyliAnne Striha, Emily Schlehr, Rachel Hett, Karli Klein, Coryssa Behles, Candela Garcia Pedrejon, Cara Schlehr and Nevaeh Davidson. Front row: Anna Holte, Mason Jessen, Kaitlyn Zerr and McKambrey Steele.

Taking the next step

By Ethyn Williams-Calvert
ethyn@nordaknorth.com

Following a season in which they made it to the state tournament, the Garrison Lady Troopers volleyball team will look to make their way back to this year's state tournament in November.

Garrison's team will have some difficulty replicating production lost from this year from Naia Alvarez, but if anyone is capable of doing so without missing a beat, it is undoubtedly interim head coach Brooke Walter.

Despite losing players that graduated out of the program, this team is still talented from top to bottom and the experience gained from a deep season run last year will go a long way in helping the Lady Troopers understand what it takes to win and sustain suc-

cess. With a 3-0 win (against Lewis & Clark-Berthold) and a 1-3 loss (against Des Lacs-Burlington) already under their belt, the Lady Troopers have already begun an exciting season.

ROSTER

#1 Cara Schlehr	Setter
#2 Mason Jessen	Defensive Specialist
#3 Kaitlyn Zook	Libero
#4 Coryssa Behles	Middle Hitter
#5 Karli Klein	Middle Hitter
#6 Josie Westman	Opposite Setter
#7 Anna Holte	Defensive Specialist
#8 Nevaeh Davidson	Opposite
#9 Candela Garcia Pedrejon	Opposite
#10 Rachel Hett	Opposite
#12 JyliAnne Striha	Outside Hitter
#13 Emily Schlehr	Outside Hitter, Def. Specialist
#14 McKambrey Steele	Defensive Specialist

SCHEDULE

Aug. 30	at Lewis & Clark-Berthold	7 p.m.
Sept. 1	vs. Des Lacs-Burlington	7 p.m.
Sept. 6	at Standing Rock	7 p.m.
Sept. 10	Central Invite at Center	10 a.m.
Sept. 16	vs. Wilton-Wing	7 p.m.
Sept. 17	vs. Tioga	2 p.m.
Sept. 20	vs. Center-Stanton	7 p.m.
Sept. 24-25	Varsity Tournament at Dickinson	TBD
Sept. 27	at Central McLean	7 p.m.
Sept. 29	at Shiloh Christian	7 p.m.
Oct. 1	Varsity Tournament at Washburn	9 a.m.
Oct. 4	vs. Grant County	4 p.m.
Oct. 10	at North Shore-Plaza	7:15 p.m.
Oct. 11	vs. Nedrose	7 p.m.
Oct. 15	at South Heart	3 p.m.
Oct. 18	at Drake-Anamoose	5 p.m.
Oct. 24	at Surrey	7 p.m.
Oct. 25	vs. Washburn	7 p.m.
Nov. 1	at Flasher	5 p.m.
Nov. 7-10	Region 5 Tournament at New Salem	TBA
Nov. 17	State Tournament at Bismarck	TBD



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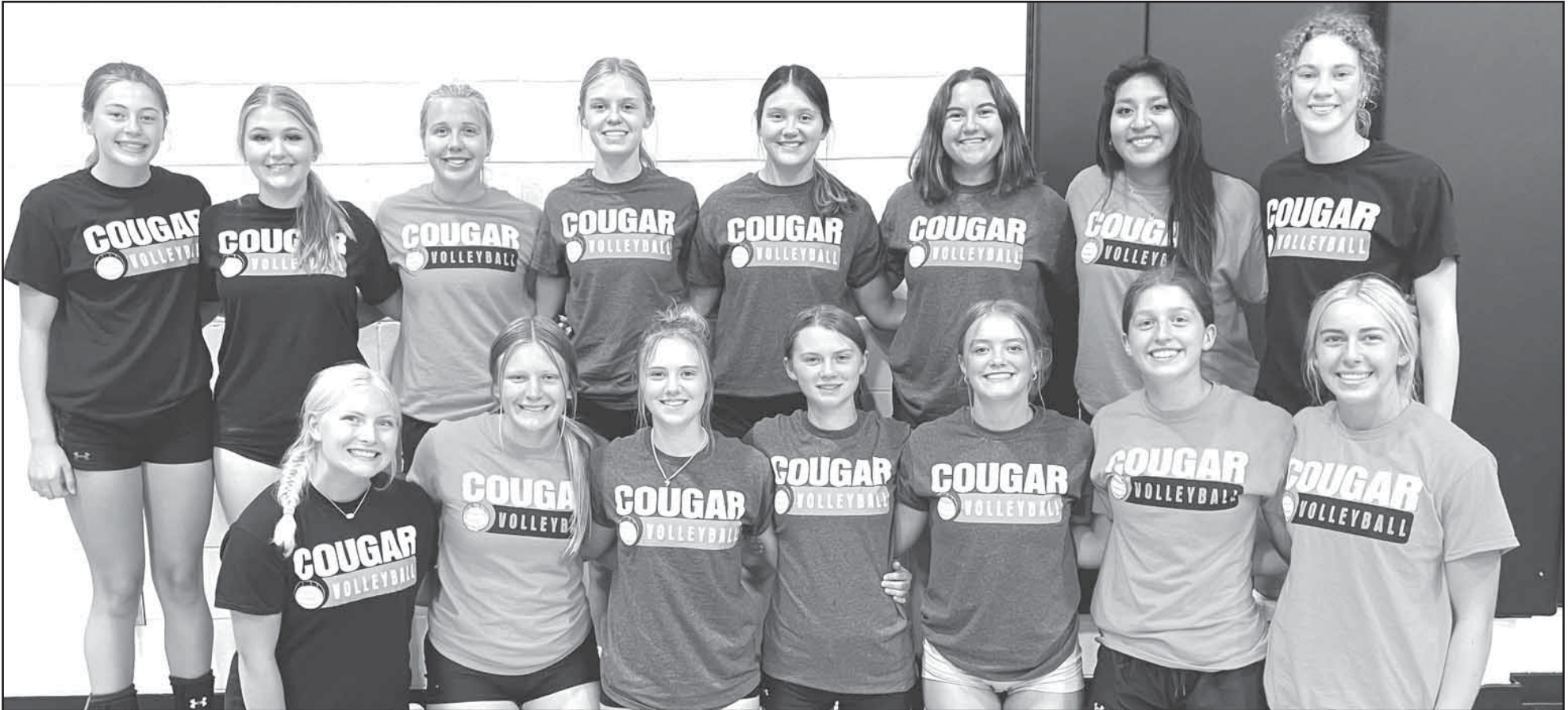
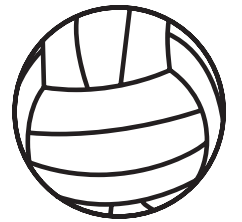
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COUGARS

Central McLean



Seven Seniors: CMC Volleyball brings experience to the court

By Cammie Wright
cammie@nordaknorth.com

The CMC Cougars Girls Volleyball team boasts seven returning seniors... and great team chemistry, according to coach Whitney Jangula.

“We start the season off with experience bringing in seven seniors,” Jangula said. “We also have started off the pre-season with good team chemistry. I have seen many of the girls stepping up and filling in different roles which is great to see because it has helped us keep the positive and competi-

tive atmosphere in the gym at all times.”

Beyond the physicality of the game, coach Jangula says mental training is just as important to ensure a successful season for the team.

“A big area we are focusing on this year is mental toughness,” Jangula said. “We know going into the season we have to find ways to over-

come and persevere from the mistakes and lows we will run into throughout the season. We know we have to strive to have the mindset of ‘the next point’ and can’t allow ourselves to let one mistake dictate the game.”

The team’s first home game is slated for September 13 at 7 pm against Standing Rock at TL-M.

Good Luck this season!

SCHEDULE

Aug 30	at Surrey	7:00 PM
Sep 1	at TGU Towner	7:00 PM
Sep 8	at Grant County	7:00 PM
Sep 10	Tourney at Stanton	8:00 AM
Sep 13	Standing Rock at Turtle Lake.....	7:00 PM
Sep 15	Nedrose at Underwood	7:00 PM
Sep 20	Flasher at Turtle Lake	7:00 PM
Sep. 24	Tourney at Shiloh	8:00 AM
Sep 27	Garrison at Underwood	7:00 PM
Oct. 1	Tourney at Washburn.....	TBD
Oct 4	New Salem-Almont at Turtle Lake.....	7:00 PM
Oct 6	Kidder County Wolves at Steele.....	7:00 PM
Oct 10	Drake-Anamoose at McClusky	7:00 PM
Oct 11	Wilton-Wing at Turtle Lake	7:00 PM
Oct 13	at Shiloh Christian.....	7:00 PM
Oct 18	Glenburn at Underwood	7:00 PM
Oct 25	at Center-Stanton.....	7:00 PM
Oct 27	at Harvey/Wells County	7:00 PM
Oct 31	at Washburn.....	7:00 PM

ROSTER

#	Player	POS	Year
1	Taya Hornberger	Setter	12
2	Daphne Lauer	Setter	10
3	Lindsey Abrahamson	DS	10
4	Anna Skachenko	DS	11
5	Leah Jacobson	L	11
6	Gracelyn Vaagene	Setter	10
7	Adlyn Eng	MB	10
8	Arienne Hornberger	OH	12
9	Lilly Eng	OH	12
10	Ella Brunelle	DS	12
11	Laura Eichhorst	MB	12
12	Taya Charging	OH	12
13	Grace Goven	RH	12
14	Reagan Kjelstrup	RH	10
15	Emry Hunt	OH	10

Head Coach: Whitney Jangula
Assistant Coach: Clarissa Kruger
Assistant Coach: Melora Buchholz



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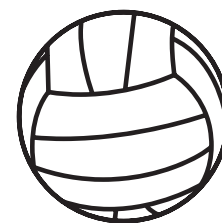
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CARDINALS



Washburn



Cardinals pack varsity roster

The Cardinal girls will hit the court this year with a line up of experienced ballers ready for victory.

After graduating some strong players from last year's Washburn team, this year's seniors are stepping up and bringing a packed roster of seasoned players.

Returning to this year's

team are key players including seniors Sydney Schmidt, Lauren Braun, Molly Jennings, Hannah Westrick and Sydney Shoemaker, along with juniors Monica Goven, Ashlyn Schmitz and Harley Ternes. The girls all competed with last year's Cardinals team, coached by Mark Jennings.

Rounding out the time will be senior Sierra Rodriguez, juniors Dara Beck and Morgan Olson and sophomore Shelby Verke.

The girls will take on Region 5 competitors including last year's champions, the Garrison Troopers, and runners up, the Grant County Coyotes.

SCHEDULE

Sept. 6	Wilton at Washburn ABC	5:00
Sept. 8	at New Salem ABC	5:00
Sept. 10	Center Varsity Tourney at Center A	TBD
Sept. 13	Flasher at Washburn ABC	5:00
Sept. 15	Center/Stanton at Washburn ABC	5:00
Sept. 20	at Harvey ABC	5:00
Sept. 22	at Grant County ABC	5:00
Sept. 29	Hazen at Washburn ABC	5:00
Oct. 1	at Washburn/Wilton Tourney A	TBD
Oct. 3	at Nedrose ABC	5:00
Oct. 6	Anamoose-Drake at Washburn AB	6:00
Oct. 8	at Standing Rock ABC	5:00
Oct. 13	at Wilton ABC	5:00
Oct. 17	Kidder County at Steele ABC	5:00
Oct. 18	Shiloh Christian at Washburn ABC	5:00
Oct. 25	at Garrison ABC	5:00
Oct. 31	Central McLean at Washburn ABC	5:00
Nov. 7-9	Region Volleyball at New Salem	TBD
Nov. 17-19	SM Roughriders State Volleyball Tourney	TBD

ROSTER

#	Player	GR	POS
1	Sierra Rodriguez	12	SS/DS
2	Molly Jennings	12	OH
3	Hannah Westrick	12	S
4	Sydney Schmit	12	OH
5	Lauren Braun	12	MB
6	Sydney Shoemaker	12	DS
7	Monica Goven	11	MB
8	Dara Beck	11	RS
9	Shelby Verke	10	S
10	Ashlyn Schmitz	11	MB
12	Morgan Olson	11	OH
15	Harley Ternes	11	D

Coach: Mark Jennings
 Coach: Allison Ziebarth
 Assistant Coach: Melissa Rothe

Wishing our athletes a successful season!



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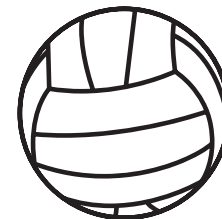
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MINERS



Wilton-Wing



Front from left: Jordyn Thorson, Moana Tooke, Macey Filipek. Middle from left: Makennah Fischer, River Soto, Kalyssa Schock, Sklyer Folmer. Back from left: Justus Boos, Coach Heidi Weisgarber, Coach Shanna Morlock, Coach Taylor Eichhorst, Claire Leidy. Not pictured: Avarie Greff and Gretchen Racine

Miner girls push strong mental game

By Alyssa Meier
alyssa@nordaknorth.com

With a roster of upperclassmen bringing the skill, Wilton-Wing's volleyball coaches are working to bring effort and confidence up to match.

Heidi Weisgarber, head coach for the Miners, said the team of girls brings solid experience for the varsity team and strong leadership for younger girls this year. Now, the team is working on pushing confidence in the girls' skill.

"All the girls are great about trusting each other on the court but struggle with trusting themselves throughout the entire game, so we are working on that mindset piece a lot," Weisgarber said.

Weisgarber said the Miners are working hard on the mental aspect of the game, from confidence to effort.

"We always say, 'we don't coach effort,'" Weisgarber said. "The harder the girls work in practice, the more it'll show in matches."

While the team works on defense and passing improvements this season, Weisgarber said that the team is showing strength in several areas, including serving, communication and general flexibility.

"(We) switched rotation from 5-1 to 6-2 this year, adjusted to new coaching staff and new positions," Weisgarber said. "They're open to trying new things and making adjustments."

Key players this year will be seniors Jordyn Thorson and River Soto, who bring skill and attitude to the court.

"Jordyn Thorson - Not only is she a great setter, but she is consistent with her serves and can attack the ball well. She knows how to play all around the court and is always will-

ing to help younger athletes," Weisgarber said. "And River Soto. She has the most positive attitude, which carries over to her teammates. She can put up great blocks at the net and is always striving to be better. She's a hard worker and is constantly improving with playing at the net."

Weisgarber said the team is looking forward to competing

against neighboring Washburn in a fun rivalry and is overall looking for growth this year.

"We have a 'Miner Mission' this season and a huge part of that is development," Weisgarber said. "Coaches and players are always learning new things and making adjustments, so we just want to capitalize on that and see improvements every game throughout the season."

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SCHEDULE

Aug. 27	Tourney at Garrison	TBD
Aug. 30	Strasburg at Wilton	7:30 p.m.
Sept. 1	Richardton-Taylor at Wilton	7:30 p.m.
Sept. 6	at Washburn	7:30 p.m.
Sept. 8	Kidder County at Steele	7:30 p.m.
Sept. 10	Tourney at Center	TBD
Sept. 13	Shiloh at Wilton	7:30 p.m.
Sept. 15	at Garrison	7:30 p.m.
Sept. 20	at New Salem-Almont	7:30 p.m.
Sept. 22	Medina at Wilton	7:30 p.m.
Sept. 24	at Shiloh	TBD
Sept. 27	Center-Stanton at Wilton	7:30 p.m.
Oct. 1	Tourney at Wilton	TBD
Oct. 4	South Border at Wishek	7:30 p.m.
Oct. 8	Tourney at Hazen	TBD
Oct. 11	Central McLean at Turtle Lake	7:30 p.m.
Oct. 13	Washburn at Wilton	7:30 p.m.
Oct. 18	Grant County at Wilton	7:30 p.m.
Oct. 27	Flasher at Wilton	7:30 p.m.
Nov. 3	Play in	TBD
Nov. 7-9	Regionals at New Salem	TBD

ROSTER

#	Player	POS	HT	GR
1	Moana Tooke	Libero	5'3"	10
14	Justus Boos	Outside Hitter	5'10"	12
3	Kalyssa Schock	Middle Hitter	5'9"	12
4	River Soto	Middle Hitter	5'7"	12
5	Jordyn Thorson	Setter	5'7"	12
11	Macey Filipek	Setter	5'4"	11
10	Makennah Fischer	Outside Hitter	5'7"	11
13	Sklyer Folmer	Outside Hitter	5'6"	11
2	Claire Leidy	Middle Hitter	5'10"	8
9	Avarie Greff	Back Row	5'4"	11
7	Gretchen Racine	Back Row	5'4"	1

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ROYALS

South Prairie-Max



SCHEDULE

Aug. 30	vs. Bottineau	p.m.
Sept. 1	at Nedrose	5 p.m.
Sept. 6	vs. Westhope/Newburg	6 p.m.
Sept. 8	at Kenmare	5 p.m.
Sept. 10	Central McLean Invite	10 a.m.(Center)
Sept. 13	vs. TGU-Towner	5 p.m.
Sept. 15	vs. Glenburn	6 p.m.
Sept. 20	at Berthold	5 p.m.
Sept. 22	vs. Des Lacs-Burlington	5 p.m.
Sept. 24-25	Varsity Tournament	TBD (Dickinson)
Sept. 27	at Bishop Ryan	5 p.m.
Oct. 1	Varsity Tournament	9 a.m. (Washburn)
Oct. 4	vs. Our Redeemers	5 p.m.
Oct. 6	at MLS	5 p.m. (Mohall)
Oct. 10	vs. Parshall	6 p.m.(Max)
Oct. 11	at Surrey	5 p.m.
Oct. 17	at Velva	5 p.m.
Oct. 24	vs. Stanley	5 p.m.
Oct. 27	District Tourney at Minot Auditorium	3 p.m.
Nov. 7-10	Region 6 Tournament (Minot)	TBD
Nov. 17	State Tournament (Bismarck)	TBD

Two's better than one

By Ethyn Williams-Calvert
ethyn@nordaknorth.com

With a new season beginning, this will mark the second year of South Prairie and Max co-oping for volleyball. The team will once again be coached by Keturah Schwarzkrock.

In year two of this co-op, the

Royals will look to improve the cohesion between the two schools, which can always present a challenge for any school; with Coach Schwarzkrock at the helm, it should be no issue at all.

With a collection of last year's players and some fresh faces, this should bode well for the continued growth of

this group as they get more experience playing together and connecting as a team.

A close 2-3 loss against Bottineau kicked the Royals' season off, but with hard work and determination, this group will be working their way toward their district tournament in Minot in October.

ROSTER

#	Player	GR	POS
2	Taya Bearman	11	Outside Hitter
3	Azjiah Trader	10	Middle Blocker
4	Amy Mikkelson	10	Libero
7	Kylee Morrison	12	Defensive Specialist
9	Skylar Beck	10	Outside Hitter
11	Gracie Rauschenberger	10	Setter
14	Brenna Eberle	11	Setter
15	MaKya Gerding	10	Outside Hitter
16	Izabela Hoffman	11	Outside Hitter
18	Delaney Hankel	10	Defensive Specialist
21	Alexis Hatlestad	12	Middle Blocker

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Good luck to our Roughriders & Miners!

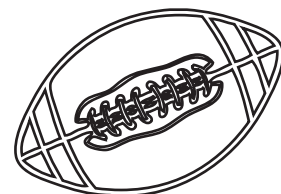
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WARRIORS

White Shield



Starting from scratch

By Ethyn Williams-Calvert
ethyn@nordaknorth.com

A new year of fall sports brings with it a new football team for the county. The White Shield School will be fielding a six-man football team for the 2022 season.

Coached by Mitchell Two Crows, the group will look to

revive a White Shield football program that has been sorely missed within the community.

Restoring a sports program is never an easy task, but White Shield has the facilities and passionate staff to facilitate this athletic growth.

Playing six-man football will limit the number of opponents the Warriors will be able

to face, with only four other schools - Trenton, Drayton, Center-Stanton, Mandaree and New Town - in the state.

Warriors opened their play against Trenton on Sept. 2, coming away with a loss but a determination that will no doubt fuel the Warriors for the season.

SCHEDULE

Sept. 10	at Drayton JH/HS	3:00/5:00 pm
Sept. 16	Center-Stanton JH/HS	5:00/7:00 pm
Sept. 23	Mandaree HS	7:00 pm
*Sept. 26	at Mandaree JH/HS	5:00 pm/7:00 pm
Sept. 30	New Town HS	7:00 pm
Oct. 7th	at Center-Stanton JH/HS	5:00 pm/7:00 pm

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ROSTER

#5 Dustin Halsey	#66 Red Star Fox
#6 Wambdi LaCroix	#79 Shawn Stranger Horse
#10 Madden Everett	#80 Kaden Norquay
#11 Jayden Garcia	#81 Jace Dickens
#12 Koda Deegan	#91 Delancy Wilkinson
#15 Oscar Felix	#98 Christopher Montclair
#20 Riley Esquibel	#99 Anthony Wolf
#25 Weston Bird	
#30 Sincere Red Fox	Coaching staff: Mitchell
#40 Cameron Feather	Two Crow, Mark Nolan, Elk
#45 William Ebarb	Looking Back, Ed Basurto,
#50 George Wilkinson	Jason Dudley, Matt Howling
#55 Joshua Jeanotte	Wolf, Preston Demarce and
#60 Anthony Felix	Mike Red Tomahawk

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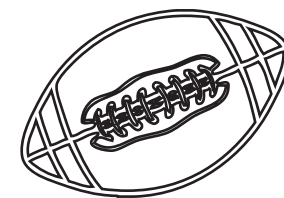
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AGGIES



Velva-Drake/Anamoose-Garrison



(From left to right starting at the back) Ben Schepp, Kyle Volson, Brayden Selzer, Jamison Rime, Tyler Meckle, James Seil, Kyle Sandy, Payton Bodine, Tyler Holdeman, Reggie Bruner, Matt Bryant, Evan Rensch, Noah Werner, Bradyn Bossert, Hank Bodine, Aaden Olsen, Patrick Effertz, Preston Kraft, Treyton Krisor, Amarie Yellow Hammer, Gabe Lakoduk, Anthony Belzar, Anthony Biddinger, Jayden Foss, Brody Seidler, Matt Jochim, Treyson Iglehart, Gage Roberts, Logan Dockter, Luke Selzer, Zack Volson, Eric Martin, Violette Sola, Alonzo Davis, Lucas Holte, Tay Martinez, Kelson Mascol, Grady Crawford, Reese Steffen, Cooper Kittleson, Mason Kraft

Consistency is key

By Ethyn Williams-Calvert
ethyn@nordaknorth.com

It has been eight long years since Velva's football program has missed out on an opportunity to play in the postseason. A streak like this takes hard work and above all else consistency.

"The stability of our program, I've been here for over 30 years now and the assistants I've had underneath me provide a sense of stability in this program I believe," said Velva head coach Larry Sandy when asked about his team's extended success as a program.

With consistency being something the coaching staff of the Aggies values, they have to be pleased with the early look of this year's roster. The team is welcoming back all but four of their varsity players from last season, including senior linebacker/tight end Payton Bodine "We just work well together, we only lost four guys from last year and outside of that many of us grew up playing ball together. We trust each other to go out there and make the plays necessary."

Consistency on the roster to this level is incredibly rare in high school sports, often varsity teams rely heavily on a core of seniors that graduate following the season and start the process all over again next year.

While many of the athletes present at practices are familiar faces this marks the second year of Garrison co-oping with Velva and the first season co-oping with Velva for Drake/Anamoose. With this being the second year of the Garrison Co-op there will no longer be restrictions on who the Aggies are able to use on the varsity roster, Drake/Anamoose will only be able to send seniors to play on the varsity team as are the rules for a first year emergency co-op.

Athletes from Drake/Anamoose may be new to the Aggies gridiron but Velva al-

ready co-ops with them for track so many of the Velva players feel like they already know their Drake/Anamoose teammates.

A winning culture such as Velva's has helped the Aggies establish a physically dominant brand of football, "We want to play hard, fast, competitive football. You go out there and you hit a guy. As a lineman that's what we're taught. There's a guy three yards downfield of you? Then you go out there, smack him, and get him out of the way for our team to score." senior offensive lineman Gabe Lakoduk had to say when asked

about the type of football they hope to play this season.

Following yet another successful season in which they went 7-3 and secured a playoff berth the Aggies have their sights set on the current season hoping to not only replicate past success but improve upon it with the new members of the team and coaching staff.

The Aggies are already ahead of the game, winning their first three games (44-12 against Hazen, 30-19 against Beulah and 40-8 against Des Lacs-Burlington), placing them as the top-ranking team in Region 3.

SCHEDULE

Sept. 9	vs. Nedrose	7 p.m.
Sept. 16	at South Prairie-Max	7 p.m.
Sept. 23	vs. Kenmare	7 p.m.
Sept. 30	at Stanley	7 p.m.
Oct. 7	vs. Bishop Ryan	7 p.m.
Oct. 14	at Ray-Powers Lake	7 p.m.
Oct. 22	Prequarter Finals	TBD



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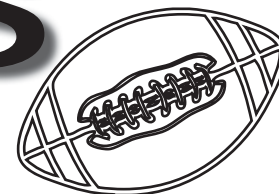
ROSTER

#	Name	POS	GR
10	Ben Schepp	QB-DB	10
11	Eric Martin	RB-DB	12
12	Treyson Iglehart	WR-DB	10
14	Payton Bodine	TE-LB	12
17	Preston Kraft	WR-DB	12
18	Reese Steffen	WR-DB	9
20	Hank Bodine	RB-LB	10
21	Bradyn Bossert	RB-LB	10
22	Mason Kraft	QB-DB	9
24	Reggie Bruner	TE-DB	10
25	Cooper Kittleson	QB-DB	9
28	Violette Sola	RB-DB	9
32	Kelson Mascol	RB-LB	11
33	Grady Crawford	WR-DB	9
34	Noah Werner	RB-LB	9
35	Matt Jochim	RB-DB	10
40	Brody Seidler	RB-LB	9
42	Anthony Belzar	WR-DB	9
45	Lucas Holte	WR-DB	9
48	Alonzo Davis	WR-DB	9
50	Luke Selzer	OL-LB	9
52	Brayden Selzer	OL-LB	12
53	Aaden Olson	OL-LB	12
54	Gabe Lakoduk	OL-DL	12
55	James Seil	OL-DL	12
56	Tyler Holdeman	OL-DL	12
58	Patrick Effertz	OL-DL	11
60	Gage Roberts	OL-DL	9
62	Kyle Sandy	OL-DL	12
63	Amarie Yellow Hammer	OL-DL	9
65	Zack Volson	OL-DL	10
67	Treyton Krisor	OL-DL	9
68	Jamison Rime	OL-DL	11
71	Jayden Foss	OL-DL	9
72	Evan Rensch	OL-DL	10
73	Anthony Biddinger	OL-DL	11
75	Tyler Meckle	OL-DL	11
78	Logan Dockter	OL-DL	12
80	Kyle Volson	TE-LB	10
81	Tay Martinez	TE-LB	9
85	Matt Bryant	TE-LB	9



ROUGHRIDERS

Southern McLean



Hunter Koble, Kage Voigt, Coach Alex Horner, Head Coach Beau Eriksson, Coach Alex Quintane, Coach Heath Patterson, Noah Olson, Dustin Wintermeyer Third row: Kade Kassian, Ryder Shoemaker, John Marshall, Carter Knutson, Clay Anderson, Desmond Pflieger, Gavin Willett, Marcus Toineeta, Carter Blotske Second row: Memphis Roehrich, DonTaye Fetzer, Jack Retterath, Alex Retterath, Reece Franklund, Jonah Miller, Dakotah Brady, Trenten May Front row: Stat Aaron Blumhagen, Mason Nielsen, Hunter Flinn, Kole Kirchmeier, Charlie Sannes, Isaiah Johnson, Isaiah Acevedo, Tyler McGregor, Stat Maddie Jaeger Not pictured: Coach Travis Stevens, Jamie Hernandez, Filmer Owen Patterson.

Roughriders tackle tough region

By Alyssa Meier
alyssa@nordaknorth.com

There's stiff competition across the board for this year's Southern McLean Roughrider football team.

The Roughriders, coached by Beau Eriksson, take on a stacked Region 4 this season, which includes the likes of Shiloh Christian and Dickinson Trinity, historically strong teams in 11-man football.

"Our region is difficult top to bottom, a lot of quality

teams," Eriksson said. "We look forward to every opponent knowing we are facing a quality football program.

The Roughriders field seven seniors, nine juniors, seven sophomores and four freshmen this year, giving a healthy balance to the team.

"So far the lineup has been good," Eriksson said. "We are pretty balanced across the board so it allows a lot of players to get quality experience. Upperclassman lead with leadership while underclassman do what they can to

contribute on Friday nights and develop with JV games on Mondays."

Seniors will play a key role this year, along with underclassmen Alex Retterath, Carter Knutson, Jonah Miller, and DonTaye Fetzer.

Eriksson said the team is battling some injuries and a lack of depth, while leaning on speed and know-how to get to victory. Off-season training like football camps and weight room work help the Roughriders enter the 2022 season ready for action.

The team is focusing on growth on and off the field, the coach said.

"Our goal is to improve each day, each week, each game. If we can do that we will be where we want to be at the end of the year," Eriksson said. "Our purpose is to get better

each day. We don't talk about goals because whether or not we achieve them we do not want that to define us. We should be defined as how we approach each day with our habits, whether that be on the field or off the field."

SCHEDULE

Sept. 9	at +Hazen	7:00
Sept. 16	Beulah at Washburn	7:00
Sept. 23	Heart River at Wilton	7:00
Sept. 30	Killdeer at Killdeer	7:00
Oct. 7	Shiloh at Washburn	7:00
Oct. 14	Dickinson Trinity at Washburn	7:00

All Times Central

ROSTER

1	Mason Nielsen	9	RB, CB	5'5"	110lbs
2	Alex Retterath	11	QB, LB	6'1"	180lbs
5	Jonah Miller	10	QB, LB	5'10"	150lbs
10	Jack Retterath	10	WR, CB	5'9"	150lbs
17	Hunter Koble	12	WR, LB	5'9"	150lbs
18	Ryder Shoemaker	12	WR, CB	6'1"	150lbs
20	DonTaye Fetzer	10	RB, LB	5'10"	155lbs
23	John Marshall	12	RB, SS	5'9"	175lbs
24	Hunter Flinn	10	WR, CB	5'8"	130lbs
25	Kage Voigt	12	TE, LB	6'1"	165lbs
28	Carter Blotske	12	WR, CB	5'11"	150lbs
30	Tyler McGregor	9	RB, SS	5'6"	125lbs
52	Reece Franklund	11	OL, LB	6'0"	180lbs
55	Memphis Roehrich	9	OL, DL	5'11"	200lbs
58	Clay Anderson	10	OL, DL	6'2"	225lbs
63	Isaiah Acevedo	9	OL, DL	5'6"	190lbs
65	Carter Knutson	11	OL, DL	6'1"	250lbs
66	Desmond Pflieger	11	OL, DL	6'1"	220lbs
71	Kade Kassian	11	OL, DL	5'11"	310lbs
72	Noah Olson	12	OL, DL	6'0"	260lbs
75	Dustin Wintermeyer	12	OL, DL	5'9"	240lbs
80	Marcus Toineeta	11	TE, LB	6'0"	155lbs
82	Charles Sannes	10	TE, DL	5'9"	130lbs
84	Gavin Willett	11	WR, CB	6'1"	145lbs
86	Kole Kirchmeier	11	WR, CB	5'9"	155lbs

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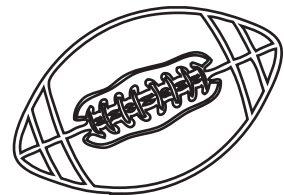
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COUGARS

Central McLean



Back Row: Co-Head Coach Grant Singer, Kevin Brunelle, Eastyn Rittenbach, Morgan Maxwell, Andrew Eichhorst, Hayden Lauer, Sam Heger, Tripp Olson, Dane Hansen, Co-Head Coach John Jangula. Back Middle Row: Assistant Coach Logan Staigle, Aiden Thorton, Karson Rust, Cade Kjelstrup, Keaton Rust, Malakye Galvin, Cole Makeef, Wyatt Wagner, Lucas Sims, Von Irwin, Assistant Coach Michael Kolness. Front Middle Row: Ty Makeeff, Damien Everett, William Brunelle, Jacob Wolf, Gavin Haraseth, Trevor Haux, Tyson Foley, Braxtten Wanner, Max Corcoran. Front Row: Cole Abrahamson, Aiden Hanson, Bridger Rittenbach, Christian Heger, Brayden Lauer, Brody Dockter, Maddox Snyder

Cougars Football team starts season with two wins

By: **Cammie Wright**
cammie@nordaknorth.com

After crushing Richardton-Taylor-Hebron 30-0 in the first game of the season, the CMC Cougars Football team went on to beat Hettinger-Scranton 14-8 in the first home game of the year in Turtle Lake.

“We graduated a lot of players from last year’s team on both sides of the ball, but we do

return some contributors and other players with experience, “Jangula said. “We will look to these players to form a solid core and be leaders. A variety of young players will be competing for playing time. We will be inexperienced in certain key positions, especially on the line of scrimmage, and will need to learn quickly. We have been crippled by penalties and missed assignments

for the last two seasons and need to correct these errors to take the next step as a program. Even though we will be a young team, the guys are hungry and ready to prove themselves. We are excited for the challenges ahead.”

The next varsity game is a home game September 9 against Napoleon in Underwood.

SCHEDULE

Sep 2	at New Salem-Almont	7:00 PM
Sep 9	Napoleon at Underwood	7:00 PM
Sep 16	Grant County at Flasher	7:00 PM
Sep 23	Kidder County at Steele	7:00 PM
Sep 30	South Border at Turtle Lake - Homecoming	7:00 PM
Oct 7	Beach at Underwood	7:00 PM

ROSTER

1	Braxtten Wanner	9	WR/Outside Linebacker
3	Tyson Foley	11	WR/Cornerback
4	Maddox Snyder	11	Quarterback/Free Safety
5	Cole Abrahamson	9	RB/Outside Linebacker
6	Damian Everett	9	WR/Cornerback
7	Max Corcoran	11	WR/Cornerback
8	Cade Kjelstrup	12	Quarterback/Linebacker
9	Bridger Rittenbach	9	WR/Cornerback
10	Keaton Rust	12	OL/Linebacker
12	Aiden Hanson	9	Quarterback/Cornerback
15	Kevin Brunelle	12	Wide Receiver/Free Safety
18	Von Irwin	11	Wide Receiver/Linebacker
20	Ty Makeeff	9	RB/Inside Linebacker
22	Wyatt Wagner	10	RB/Linebacker
24	Andrew Eichhorst	10	Tight End/Defensive End
28	Gavin Haraseth	9	Wide Receiver/Linebacker
30	Lucas Sims	11	Running Back/Linebacker
32	Cole Makeeff	10	Tight End/Linebacker
34	Brayden Lauer	10	Wide Receiver/Cornerback
36	Morgan Maxwell	10	Tight End/Defensive End
39	Christian Heger	9	Offensive Lineman/OL
50	Aiden Thornton	10	Offensive Lineman/DL
51	Malakye Galvin	10	Offensive Lineman/DL
52	Sam Heger	11	Offensive Lineman/DL
58	Jacob Wolf	9	Guard/Defensive Lineman
60	Eastyn Rittenbach	12	Offensive Lineman/DL
65	Trevor Haux	10	Offensive Lineman/DL
70	Tripp Olson	12	Offensive Lineman/DL
75	Brody Dockter	10	Wide Receiver/Cornerback
78	Karson Rust	10	Offensive Lineman/DL
81	William Brunelle	9	Wide Receiver/Cornerback
85	Dane Hansen	9	Guard/Defensive Lineman
90	Hayden Lauer	11	Offensive Lineman/DL

TEAM STAFF

Coach: John Jangula
Coach: Grant Singer
Assistant Coach: Michael Kolness
Assistant Coach: Logan Staigle



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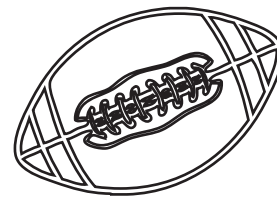
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ROYALS

South Prairie-Max



Core group returns

By: Ethyn Williams-Calvert
ethyn@nordaknorth.com

Year two of the football cop between the South Prairie Royals and Max Cossacks has the potential to be a very special year. The group only lost five of their 35 players from last season to graduation.

In any team sport returning the majority of your roster will set your program up for success as the players are already familiar with the sys-

tem and each other. The group was already a fairly experienced team with most of the South Prairie players having already played for the school in previous years, another year of experience should do this group wonders in the team chemistry department.

With head coach Justin Wiseler returning for another year at the helm this team will look to continue its growth and push for a playoff berth with the ultimate goal being

an appearance at the Fargo-dome for the ND State championship on November 11.

The Royals kicked off the season against Southern McLean on Aug. 19. While they saw a 6-26 loss, the team bounced back and produced a 34-7 win against Killdeer the following week.

SCHEDULE

Sept. 2	at Ray-Powers Lake.....	7 p.m.
Sept. 16	vs. Velva-Garrison.....	7 p.m.
Sept. 30	vs. Nedrose	7 p.m.
Oct. 7	vs. Stanley	7 p.m.
Oct. 14	at Kenmare	7 p.m.
Oct. 22	Prequarter Finals	TBD

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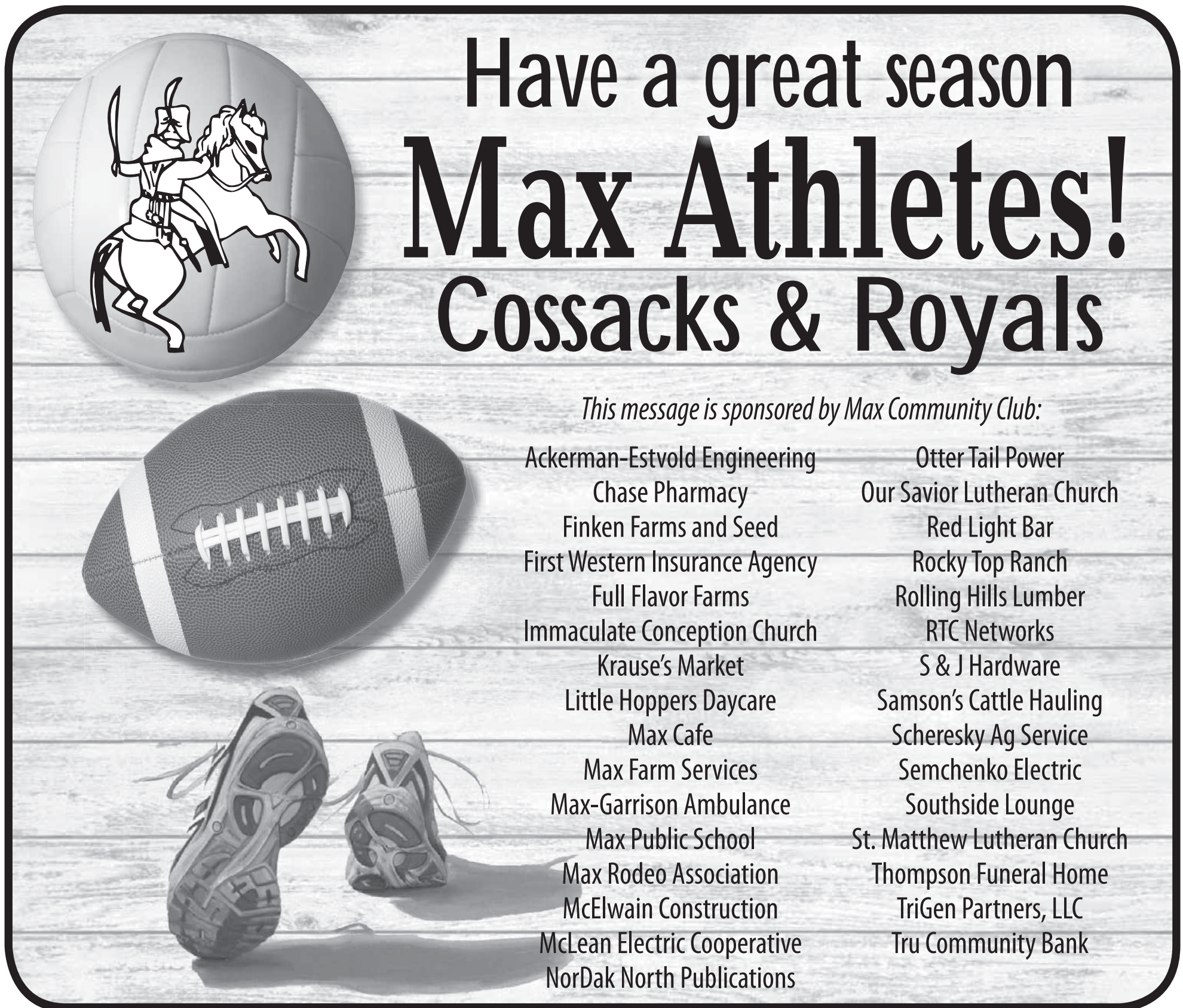
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ROYALS



Max - South Prairie



Royals run with the best of them

By: Ethyn Williams-Calvert
ethyn@nordaknorth.com

Following a season in which they showed significant growth as a group the Olson Zerr coached South Prairie-Max co-opted Royals will look to take another step forward on their path to building a dominant cross country pro-

gram.

Losing veteran runners Jayden Whanger, Ashton Yellowbird, Trey Boedicker, Tristan Dobson, Erick Talbott, Ethan Dobson, Briar Pitner, Brayden Francis, Cayleb Whanger, Jared Elkie, Brea Pitner, and Lance Pitner who helped to anchor this group will be a tough loss for the

Royals as the rest of this year's team strives to set an example for the younger runners.

Between the guiding hand of coach Zerr and the leadership of experienced runners the Royals hope this will be yet another positive season for the team.

SCHEDULE

Sept. 8	Westridge Golf Course.....	1 p.m.
Sept. 10	McDowell Dam Park.....	1 p.m.
Sept. 17	McDowell Dam Park.....	1 p.m.
Sept. 20	Black Sands Golf Course	12 p.m..
Sept. 27	Harvey Golf Course.....	3:30 p.m.
Oct. 1	Rugby Golf Course.....	11 a.m.
Oct. 8	Painted Woods Golf Course.....	TBD
Oct. 21	Parkhurst Recreation Area	TBD

ROSTER

Girls:

- Lainey Rockwell
- Kierra Bennett – Boedicker
- Alysa Rice
- Maycie Talbott
- Dalaney Ruhland
- McKenzie Hauf

Boys:

- Tyson Hauf
- Gabriel Magallon
- Nathan Samson
- Uriah Schneekloth

Have a great season!

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Roughriders
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TROOPERS

Garrison



(Back row) Gavin Ruud, Aiden Ermer, Joe Kolden, Noah Kolden, Jetah Belzer; (front row) Anthony Everett, Eli Ruud, August Majeres, Connor Andrews and Javier Parlier

Setting the pace

Led by returning coaches Carrie Essler and Darlene Ruud, Garrison's cross country team will look to replicate last season in many ways.

The team will look to fill the void left by graduated runners from the programs past seasons, but dwelling on the past is the last thing a cross country team needs and this group will simply follow the mantra of "next person up" and carry

on with business as usual.

The team has already produced a first place win, made by August Majeres, in the 3K run at an Aug. 23 meet at the Star City Golf Course in Velva.

Runners for Garrison will take the season one meet at a time but will have their eyes on the prize aiming for the Class B State meet in Parkhurst October 21.

ROSTER

- Gavin Ruud
- Aiden Ermer
- Joe Kolden
- Noah Kolden
- Jetah Belzer
- Eli Ruud
- August Majeres
- Conner Andrews
- Javier Parlier
- Anthony Everett

SCHEDULE

- Sep 2 at Mandan Municipal Golf Course 7:00 p.m.
- Sep 8 at Westridge Golf Course..... 7:00 p.m.
- Sep 10 at Bismarck McDowall Dam..... 7:00 p.m.
- Sep 13 at Stanley Golf Course 7:00 p.m.
- Sep 17 at Bismarck McDowall Dam..... 7:00 p.m.
- Sep 26 at Painted Woods Golf Course 7:00 p.m.
- Oct 1 at Rugby Golf Club..... 7:00 p.m.
- Oct 21 at 2022 NDHSAA Class B Boys State Meet at Parkhurst Recreation Area 3:30 p.m.



COUGARS

Central McLean



From L-R: The 2022 Cougars Cross Country team Natalie Whitcomb, Emily Schantz, Kensley Ruffo, Carter Johnson, and Levi Repnow.

SCHEDULE

- Sep 8 at Underwood Municipal Golf Course..... 1 p.m.
- Sep 17 at McDowell Dam Park..... 1 p.m.
- Sep 19 at Beulah Miners High School 3 p.m.
- Oct 1 at Rugby High School..... 11 a.m.
- Oct 8 Regionals vs Washburn at TBD 12 p.m.
- Oct 21 State Tournament at Jamestown..... TBD

ROSTER

- Natalie Whitcomb 12
- Emily Schantz 10
- Kensley Ruffo 7
- Carter Johnson 7
- Levi Repnow 9

Individual goals, one team

By: Cammie Wright
cammie@nordaknorth.com

The student athletes on the CMC Cross Country team may have different individual goals, but one mission: to be the best athletes they can be, and continue to improve ev-

ery practice and every meet.

With three returning runners and two rookies joining the team, the Cougar's next meet is their home meet on September 8 at 1 pm in Underwood.

"Our team goal is to improve every week," coach Brenda

Schantz said. "I am very excited to have Levi, Emily and Carter return this year. I am equally excited to add Kensley and Natalie to our team. We are looking forward to a fun and exciting season."

Go team!

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MECHANICS



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ROUGHRIDERS



South McLean



Back Row: Coach Tweeten, Sam Gieser, Jordyn Thorson, Jacklyn Jans, Grace Boysun, Coach Stamstad Front Row: Aubrey Gardner, Aubrey Steinert, Sophia Krush, Natalie Ronderos, Kari Patterson, Erin Conoly



Back Row: Coach Tweeten, Beckett Kadrmas, Owen Patterson, Jake Dahl, Coach Stamstad Front Row: Caiden Cleveland, Ty Mehlhoff, Quinton Conoly, Ethan Swanson

Southern McLean returns top runners

BY ALYSSA MEIER
alyssa@nordaknorth.com

While this year's teams field a gaggle of underclassmen, Roughrider Cross Country also brings back some experienced seniors for the 2022 season

"The rosters for the boys' and girls' cross country teams are similar in that we have a lot of seniors and a lot of younger kids, with not as much in the middle," Girls coach Nathan Stamstad said of this year's lineup.

Stamstad coaches the Roughriders along with Laura Tweeten, who oversees the boys team.

Both teams are seeing a lot of youth on the roster, but still include some seasoned runners.

"Four of our ten girls are seniors and four of our ten girls are JH kids. So we have some experience and some youth, with only a couple kids in between," Stamstad said. "For the boys, we only have seven. Two of those seven are seniors."

Stamstad said the girls team is looking to Kari Patterson, Jordyn Thorson and Gracy Boysun to lead the way.

"For the girls, our strength comes from our top 3," Stamstad said. "Kari, Jordyn, and Grace are all very experienced, very talented runners (all are All-Region runners from a year ago)."

The other runners for the girls have skill but are young, Stamstad said, meaning limited experience.

The girls will look to defend their West Region championship and place within the top five at state this year.

"Kari Patterson, Jordyn Thorson, and Grace Boysun are our leaders and all were All-Region last year. With their leadership, we like our chances against the best of the west - teams like Bowman County and Killdeer," Stamstad said.

For the boys, Stamstad said the team will be focusing on pack running, with added strength coming from All-Region runners Owen Patterson and Ty Mehlhoff.

"For the boys, our goals are to be in the top 3 at the West Region and get our top five runners under 20 minutes. If we can do that, we could challenge for a top 10 spot at State," Stam-

stad said. "It will be a challenge with our lack of numbers on the boys' side, but Owen Patterson and Ty Mehlhoff (All-Region two years ago) are going to do everything they can to get us there."

Stamstad said the boys will work on carefully planning for competitions, keeping in mind the variety of runners on the team.

"We will have to manage the miles carefully with such a wide range of experience on our teams," Stamstad said. "Seniors can typically handle a higher mileage load than 7th- and 8th-graders, so we'll have to be careful about how we group the kids."

Stamsaid said the Roughriders are looking to grow steadily over the course of the season, both physically and mentally.

"We're looking to grow and get stronger as the season goes on," Stamstad said. "Obviously, we want to do well and for the kids to improve. But ultimately, we want them to develop that desire to win -- that internal motivation that they can call on when the races get tough."

SCHEDULE

Sept. 2	Mandan Kiwanis Meet,.....	11 a.m.
Sept. 8	Central McLean meet at Underwood,.....	1 p.m.
Sept. 13	Medina Meet at Crystal Springs Bible Camp.	4 p.m.
Sept. 17	Skyhawk Invitational @ McDowell Dam	1 p.m.
Sept. 20	Beulah Hazen Invite at Black Sands GC	12 p.m.
Sept. 26	SM Invite at Painted Woods GC	3 p.m.
Oct. 1	Rugby Booster Club Invite at Rugby GC	11 a.m.
Oct. 8	West Region Meet at Painted Woods.....	1 p.m.
Oct. 21	State Class B Meet at Jamestown	TBA

ROSTER

Owen Patterson	12	Jordyn Thorson	12
Jake Dahl	12	Jacklyn Jans	12
Grace Boysun	12	Ty Mehlhoff	11
Sam Geiser	12	Quinton Conoly	10
Kari Patterson	10	Aubrey Steinert	9
Beckett Kadrmas	9	Caiden Cleveland	8
Aubrey Gardner	9	Erin Conoly	7
Natalie Ronderos	8	Sophia Krush	7
Ethan Swanson	8		

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WARRIORS

White Shield



Oscar Felix, Jase Dickens, Madden Everett, Weston Bird (Not pictured: Wambdi Lacroix, Delancy Wilkinson, and Coach Julius Poitra)

SCHEDULE

Sep 10 at Bismarck McDowell Dam..... 7:00 pm
 Oct 21 Class B Boys State Meet at Parkhurst Rec 3:30 pm

ROSTER

Oscar Felix	Wambdi Lacroix
Jase Dickens	Delaney Wilkinson
Madden Everett	
Weston Bird	Coach: Julius Poitra

Have a great season!

Running strong

By Ethyn Williams-Calvert
 ethyn@nordaknorth.com

White Shield's cross country program returns for another year under the guidance of head coach Julius Poitra.

Poitra lost a few of his veteran runners this summer including Chloe Bearstail-Fox, Latoya Clark, Spud Clark, Cash Draper, Kaden and Xavier Enno, and Justice Fox through graduation or just not returning for another year, but that just means there's an opportunity for the returning runners Madden Everett, Wambdi Lacroix, and Delancy Wilkinson to step up as leaders of this group and set a positive example.

Following a strong showing from his runners last year the Warrior's coach will look to once again take another step

forward with this program and help his athletes improve week to week.

With a long season ahead

the Warriors ultimate goal will be Parkhurst for the Class B Cross Country State meet on October 21.

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 Washburn Memorial Hall 6:30 p.m.

Wilton - Tuesday, Sept. 6
 Wilton Memorial Hall 6:00 p.m.

All past and current students and any interested children and adults are invited.
 For more information, please call (701) 391-6553.
 Will follow all Covid 19 guidelines.



WARRIORS

White Shield



Golf team goes strong this year

By: Ethyn Williams-Calvert
ethyn@nordaknorth.com

Led by returning coach Stacie Tsingine, the White Shield Lady Warriors will look to improve upon last season's results and help their athletes take another step forward in their development.

The team's oldest member, freshman Koya Bearstail, will mean the coach will be look-

ing for young players to step up and become leaders the team can count on in future seasons. The roster also features eighth graders Jocelyn Ward and Leilani Fox.

White Shield's golfers have a long season ahead of them with the ultimate goal being a strong placement in the Varsity Regionals at Garrison on Sept. 16 and the State Tournament in Minot on Sept. 26.



Go Team



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ROSTER

Koya Bearstail	9
Jocelyn Ward	8
Leilani Fox	8

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Good Luck from all of us at the

White Shield School



TROOPERS

Garrison



Three's company

By: Ethyn Williams-Calvert
ethyn@nordaknorth.com

It's time for girls golf in North Dakota once again and for the second year in a row Coryssa Behles will serve as Garrison High School's sole varsity golfer. The program also has a Junior High team consisting of two local students in Teagan Rensch, who played last year as well, and newcomer to the team Rylie Klingbeil, and is coached by Mark Harris.

As a senior this will be a farewell tour of sorts for Behles as she looks to improve on her already successful junior year before graduating high school in the spring. With two JV players on the roster it will also be a chance for Coryssa to impart personal knowledge and experience onto the next

generation of Garrison girls golfers.

Despite the season only starting on August 5 the team will have already played in six meets at the time of this publication's printing, including a 5th place finish in the season's opener in Velva, a 20th place finish in Medora, 11th in Rugby, and a fourth place finish in Underwood.

As the season progresses the team will undoubtedly have their sights set on the Varsity Regional meet on September 16.

This would be an important meet in any season but this year's Regional meet will probably mean a little more than normal to this group as it will be hosted in Garrison this year and it will be Coryssa's last regional appearance as a Garrison high schooler.



Coryssa Behles at the driving range working on her swing.
(Ethyn Williams-Calvert)

SCHEDULE

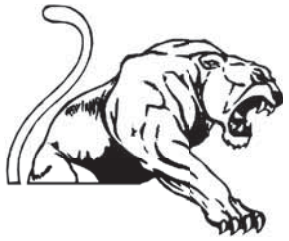
Aug. 26 vs. Glenburn, Minot Air Force Base 9 a.m.
 Aug. 31 vs. Rugby, Rugby Golf Course 9 a.m.
 Sept. 9 vs. Dunseith, Dunseith 9 a.m.
 Sept. 12 Garrison Golf Course TBA
 Sept. 16 Varsity Regionals, Garrison Golf Course TBA
 Sept. 26-27 Class B State Tourney, Souris Valley GC, Minot,

ROSTER

Coryssa Behles
 Teagan Rensch
 Rylie Klingbeil

Coach:
 Mark Harris

Have a great season!



COUGARS

Central McLean



SCHEDULE

Aug. 26 at Minot Air Force Base 9 a.m.
 Aug. 31 Tournament at Rugby Golf Course 9 a.m.
 Sept. 9 at Dunseith Municipal Golf Course 9 a.m.
 Sept. 12 at Garrison Golf Course 9 a.m.
 Sept. 16 Varsity Regionals, at Garrison Golf Course .. 9 a.m.
 Sept. 26-27 Class B State Tourney, Souris Valley GC, Minot,

ROSTER

Sydney Diffely	12	Mya Kittler	10
Kennedi Fischer	12	Maycie Diffely	9
McKenna Faulkner	10	Coach: Slavik	
Remington Laib	10	Coach: Kramer	

Girls Golf team continues across state schedule

By: Cammie Wright
cammie@nordaknorth.com

The Cougars Girls Golf team began their season August 5 with a meet in Velva. The team travels across the state to events from Medora to Bottineau throughout the fall season, with the season-ending state tournament slated for September 26-27 at Souris Valley Golf Course in Minot.

This year, the Cougars Girls Golf team has six athletes on the roster, including seniors Sydney Diffely and Kennedi Fischer.

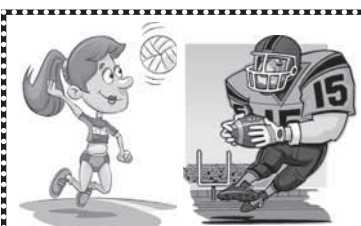
"We have a lot of young potential this year as we have

only two veterans on the team with our seniors Sydney Diffely and Kennedi Fischer," coach Heather Kramer said. "We are really looking to their leadership this year."

"McKenna Faulkner and Remington Laib are expected to do really well this season and will start to get some varsity experience as the season progresses," Kramer added.

September will be a busy month for the team, with one meet in Dunseith on September 9, a tournament in Garrison starting September 12, and the state tournament rounding out the season at the end of September in Minot.

Good Luck this season!



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\$13 x _____ = _____ Total

ADULT Cardinal T-Shirt - \$15

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ADULT Cossack T-Shirt - \$15

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YOUTH Cougar T-Shirt - \$13

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ADULT Cougar T-Shirt - \$15

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YOUTH Dragon T-Shirt - \$13

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ADULT Dragon T-Shirt - \$15

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ADULT Miner T-Shirt - \$15

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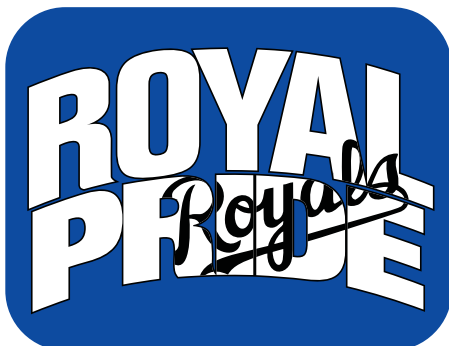
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ADULT Roughrider T-Shirt - \$15

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ADULT Royal T-Shirt - \$15

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YOUTH Trojan T-Shirt - \$13

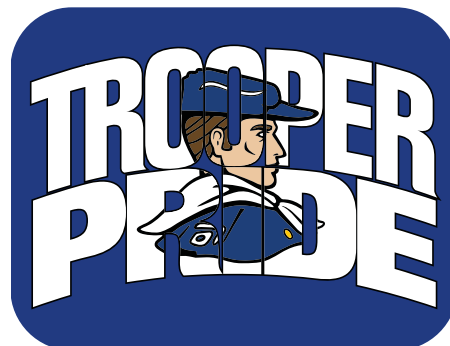
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ADULT Trojan T-Shirt - \$15

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\$15 x _____ = _____ Total



YOUTH Trooper T-Shirt - \$13

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ADULT Trooper T-Shirt - \$15

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\$15 x _____ = _____ Total



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\$13 x _____ = _____ Total

ADULT Warrior T-Shirt - \$15

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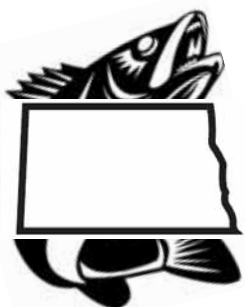
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