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2022 Spring Fan Guide

Central McLean Cougars

Softball



Front row left to right: L Brewster, G Vaagene, M Kitler, D Lauer, A Smith, E Adolf, M Wahl, L Bobbins. Middle row left to right: H Bobbins, G Fuentes, I Irwin, A Fischer, S Fischer, A Bergquist, L Abrahamson, A Blotske, Z Tomlinson, B Anderson, M Zaste. Standing left to right: M Fischer, D Sparrow, C Sparrow, A Homberger, S Heger, A Schallfman, M Heger, E Hunt, G Goven, T Charging, B Gross, K Baker. Not pictured: L Eng

Cougars softball program continues to grow

BY CAMMIE WRIGHT

The CMC girls softball program is thriving, with 32 players on the Varsity or Junior Varsity rosters. Coach Ronda Knutson is optimistic that the teams will perform well throughout the season. "I feel we are going to do very well," Knutson said. "We have

girls that can play multiple positions. We are good hitters and have a lot of potential at bat." Daisy Sparrow has joined the pitching team, rounding out an already successful line-up including Bailey Gross and Ashtyn Smith. The team practices daily at the Lake Brekken complex. The Cougars played in Heart

River the first game of the season, and it was a nail-biter. CMC ended up falling short by one run. "We are aiming to be more consistent with our hits," Knutson noted. "We have a lot of talent on our team and I know we can get to state."

ROSTER

NO.	NAME	GRADE	POS
1	Ashtyn Smith	11	Shortstop/Pitcher
3	Ariane Hornberger	11	Out Field
7	Sydney Fischer	12	Second Base/Third Base
8	Daisy Sparrow	11	Catcher/Pitcher
10	Ashley Bergquist	12	Out Field
11	Bailey Gross	12	Pitcher/Out Field
13	Irie Irwin	9	Second Base/Shortstop
20	Morgen Fischer	10	Left Field
5	Averie Schlafmann	10	First Base/Pitcher
31	Madison Heger	12	First Base
32	Sally Heger	8	Catcher/Third Base

SCHEDULE

DATE	PLACE	TIME
April 12	Hazen	4:30 p.m.
April 14	Garrison	4:30 p.m.
April 23	New Town	4:30 p.m.
May 3	at Wasburn	4:30 p.m.
May 5	Beulah	4:30 p.m.
May 7	at Fargo	4:00 p.m.
May 12	at Minot - Hoeven Complex	4:00 p.m.
May 19	at Minot Corbett Field	5:00 p.m.
May 23-24	Regionals at Minot Corbett Field	TBD
May 26	Regionals at Minot Corbett Field	TBD

Southern McLean Roughriders

Boys Track



Back row (left to right): Coach Laura Tweeten, Dawson Beck, Hunter Kresbach, Landyn Miller, Patrick Conoly, Marcus Toineeta, Reece Franklund, Coach Nathan Stamstad. Middle row: Stat Mya Randolph, Zac Quinn, John Marshall, Isaiah Johnson, Cody Landseidel, Quinton Conoly, Gage Schuh, Collin Peterson, Stat Emma Vander Wal. Front row: Ty Mehlhoff, Michael Jerome, Jake Dahl, Ryan Ellis, Bryce Mehlhoff, Hunter Flinn. (submitted by Lynnette Lanin)

Boys primed for greatness

BY RALPH MANCINI

Returning Roughriders are still smarting from finishing second — by a mere six points — to Hazen in last year's Regionals, as they plan on going the extra mile and striking gold next time around, according to coach Laura Tweeten. "We have a great group of athletes, some of whom have had a taste of success last sea-

son and are very motivated to continue succeeding," assures Tweeten, who's been busy rounding her boys into shape early on since many of them are coming from varying levels of fitness. Improving their times and distances remain the top priorities for a Southern McLean group that has no shortage of leadership returning from last year's team. Senior Dawson Beck leads the charge with his versatility in both sprinting

and field events, per Tweeten. Fellow senior Gage Schuh, on the other hand, is a sure bet to rack up points in the high jump, long jump and relays. The coach will also be counting on master hurdler John Marshall and standout pole vaulter Patrick Conoly, while Ty Mehlhoff is second to none when it comes to running long distances. With health on their side, there's no telling how far these 'Riders can go in 2022.

ROSTER

NAME	GR	NAME	GR
Dawson Beck	12	Reece Franklund	10
Hunter Kresbach	12	Ty Mehlhoff	10
Landyn Miller	12	Wyatt Flinn	10
Collin Peterson	12	Isaiah Johnson	10
Gage Schuh	12	Zac Quinn	9
Patrick Conoly	11	Cody Landseidel	9
Jake Dahl	11	Quinton Conoly	9
Michael Jerome	11	Bryce Mehlhoff	9
Ryan Ellis	11	Hunter Flinn	9
John Marshall	11	Dontaye Fetzer	9
Marcus Toineeta	10	Lucas Gomulak	9

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Wilton • Wing Miners

Softball



(photo credited to Trevor Yetterboe)

Lady Miners up for the challenge

BY RALPH MANCINI

The competition should be fierce in Region 4, forecasts Wilton-Wing manager Trevor Yetterboe, who's banking on great defense and his girls demonstrating a high softball IQ to propel them to the promised land in 2022.

"Last year the girls worked hard and had huge improvements from the beginning of the year to the end. The girls have been working hard and have set their goals high. The seniors want to end their careers on a high note and get back to state," he stated when detailing expectations for the new season.

On the mound, the Miners will no longer feature Taryn Schurhamer as their workhorse ace. Instead, they'll be relying on Bree George, Kalyssa Schock and Moana Tooke to carry the load, as all three have pitched

several JV innings to prepare for what lies ahead.

"It will be tough, even with the state breaking from two regions into four regions. We have a lot of good teams in Region 4. Beulah, Central McLean and Washburn all should be very good. It

should be a fun year," maintains Yetterboe.

Four consecutive road dates from April 19-26 will constitute a formidable challenge early on for the Purple and White – and possibly pave the way for a memorable campaign.

Good luck to all area teams!

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Mike.Nelson@fumic.com

Mike Nelson

ROSTER

NO.	NAME	POS
2	Moana Tooke	Third Base
3	Ali Arnold	Catcher/Outfield
4	Ella Witt	Second Base/Pitcher
5	Makenna Fischer	Outfield
6	Tori Hirschert	Outfield
7	Justus Bradford-Boos	First Base
8	Kesley Backman	Outfield
9	Taylor Little	Shortstop
10	Bree George	Second Base/Pitcher
11	Macey Filipek	Outfield
12	Sidney Mock	Shortstop
13	Taylor Zimmerman	Catcher
14	Josie Braun	Shortstop
16	Emmalee Greff	Outfield
17	Kalyssa Schock	Pitcher/First Base
20	Erica Bosch	Second Base

Head Coach: Trevor Yetterboe
Assistant Coaches: Roger Norris, Jamie Schurhamer, Tonya Dickson
Stats: Nicole Schurhamer
Athletic Directors: Vicky Bender-Wilton, Brandon Page-Wing, Ryan Larson-Kidder County
Principals: Lisa Klabunde-Wilton, Cari Kramer-Wing, Michael Wachter-Kidder County
Superintendents: Andrew Jordan-Wilton, Cari Kramer-Wing, Rick Diegel-Kidder County

SCHEDULE

DATE	PLACE	TIME
Apr 8	Heart River at South Heart	4:30 p.m.
Apr 12	Velva at Wilton	4:30 p.m.
Apr 14	Hazen at Wilton	4:30 p.m.
Apr 19	Harvey at Fessenden	4:30 p.m.
Apr 22-23	Invitational TBD at Minot	TBA
Apr 26	at Washburn	4:30 p.m.
Apr 29	Garrison at Wilton	4:30 p.m.
Apr 30	Jamboree at Wilton softball field	TBA
May 3	Beulah at Wilton	3:00 p.m.
May 6-7	Invitational TBD at Fargo	TBA
May 10	Central McLean at Turtle Lake Mercer	4:30 p.m.
May 14	Jamboree TBD at Turtle Lake Mercer	TBA

Good Luck This Season

Southern McLean Roughriders

Girls Track



Back row (left to right): Coach Laura Tweeten, Dara Beck, River Soto, Jordyn Thorson, Molly Jennings, Monica Goven, Sydney Schmit, Jaclyn Jans, Coach Nathan Stamstad. Middle row: Tayler Cleveland, Harley Ternes, Sydney Ternes, Sydney Shoemaker, Brynn Hyttinen, Hannah Westrick, Grace Boysun, Kari Patterso. Front row: Stat Mya Randolph, Gretchen Racine, Avarie Greff, Sierra Rodriguez, Samantha Geiser, Grace Mehlhoff, Stat Emma Vander Wal. (submitted by Lynnette Lanin)

Depth meets talent for girls track squad

BY RALPH MANCINI

Fresh off a 5th place finish in the 2021 Regions track meet, this year's Roughriders are both confident and highly motivated for even greater success this spring. "The start of the season has brought its usual early-season aches and pains, but for the most part, we're off to a great start," reports coach Nathan Stamstad, who plans on using the early part of the campaign to ease his runners into adapting to running longer distances in their 100, 200 and 400 meter sprints since

most of them are more used to quicker, shorter bouts of exertion needed for fall and winter sports.

"We have the numbers and talent to exceed that mark this year and, with some good luck avoiding injuries, could potentially place in the top three," he adds.

On an individual level, Stamstad has high hopes for quite a few of his athletes who continually improved as the year went on last spring, including returning MVP and top-scorer Jordyn Thorson. The Wilton junior, and placed in two individual events at the

State Meet (the 1600 and 800), is the odds-on favorite to lead the team in points once again in the new season.

Brynn Hyttinen, Abbie Mehlhoff, Kari Patterson and Grace Boysun round out Southern McLean's other standouts, along with Washburn's Monica Goven, who Stamstad singled out as the team's best sprinter, and has the potential to qualify for state competition.

"It should be a great year and we're hoping for good weather," he concluded.

SCHEDULE

DATE	PLACE	TIME
April 5	Hazen	1:00 p.m.
April 12	Hazen	1:00 p.m.
April 19	Fessenden	2:30 p.m.
April 22	Underwood	3:00 p.m.
April 23	Washburn	11:00 a.m.
April 30	Rugby	12:00 p.m.
May 5	Killdeer	2:00 p.m.
May 7	Shiloh	10:00 a.m.
May 12	Underwood	3:00 p.m.
May 13	Shilo	5:00 p.m.
May 17	Hazen	3:30 p.m.
May 20	Shiloh	TBD
May 26-May 28	Bismarck	TBD

ROSTER

NAME	GR	NAME	GR
Tavi Hirschert	12	Hannah Westrick	11
Brynn Hyttinen	12	Dara Beck	11
Grace Boysun	11	Tayler Cleveland	10
Samantha Geiser	11	Monica Goven	10
Jaclyn Jans	11	Avarie Greff	10
Molly Jennings	11	Grace Mehlhoff	10
Sierra Rodriguez	11	Gretchen Racine	10
Sydney Schmit	11	Harley Ternes	10
Sydney Shoemaker	11	Kari Patterson	9
River Soto	11	Sydney Ternes	9
Jordyn Thorson	11		

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Washburn Center-Stanton Cardinals Softball



Back row (left to right): Coach Marley Hair, Kaylin Klindtworth, Olivia Retterath, Cassidy Sommer, Coach Katie Yetterbow. Middle row: Christine Yunker, Kya Kulzer, Hannah Klabunde, Lauren Braun, Ashlyn Schmitz, Maddie Jaeger. Front row: Hailey Bentz, Lexi Braun, Myrra Nelson, Karrah Nelson, Elizabeth Neumiller. (photo credited to Lynnette Laning)

Big bats, low numbers

BY RALPH MANCINI

Losing six girls from last year's roster puts the 2022 Cardinals at seven-year low in terms of players (15), but in the absence of injuries, says manager Katie Kulzer-Yetterboe, the current group has plenty of firepower to persevere.

One of the reasons for Kulzer-Yetterboe's enthusiasm is an abundance of promising youth, which she hopes to quickly bring up to speed during an abbreviated two-month season that will undoubtedly deliver its share of postponements due to North Dakota's erratic weather conditions. Those new additions will include Elizabeth Nuemiller, who

projects to be a key utility contributor, but who can also supply some fire on the mound, according to the coach. Karrah Nelson and sister Myra from Center also flash the tools to shine with their versatility to swing a hot bat, as well as make plays in the field.

Washburn Center-Stanton's six returning veterans, on the other hand, should inject a dose of much-needed stability to a young unit with their experience and continued improvement, starting with team MVP, RBI-leader, Silver Slugger and All-Region Player Olivia Retterath and Glove Glove infielder and All-Region Honorable mention Kaylin Klindtworth.

Flame-throwing Rookie-of-the-Year Kya Kulzer will look to elevate her game as the Cardinals pitching ace, while Maddie "Mad Dog" Jaeger, Ashlyn Schmitz and Lauren Braun will similarly build upon last year's progress at the outfield, catcher and third base positions respectively.

"In softball there is so much to learn so quickly, along with different scenarios. With each hit and pitch of the ball, our goal to become better each game," observes the Washburn native, who is certain that – if nothing else – several of her girls have the hustle and muscle to hit some dingers and get fans springing out of their lawn chairs.

ROSTER

NO.	NAME	GRADE	NO.	NAME	GRADE
22	Olivia Retterath	12	24	Hannah Klubunde	8
4	Kaylin Klindtworth	12	9	Lexi Braun	8
32	Cassidy Sommer	12	12	Elizabeth Neumiller	8
2	Lauren Braun	11	5	Myra Nelson	8
36	Maddie Jaeger	10	8	Hailey Bentz	7
6	Ashlyn Schmitz	10	11	Christine Yunker	7
16	Karrah Nelson	10	1	Autumn Langley	7
10	Kya Kulzer	9			

Head Coach: Katie Kulzer-Yetterboe
Assistant Coach: Marley Hair
Stats: Emily Westrick
Superintendent: Brad Rinas
HS Principal: Jeff Brandt
Athletic Director: Keith Jacobson

SCHEDULE

DATE	PLACE	TIME
Apr 11	Stanley at Washburn	4:30 p.m.
Apr 12	DLB at Washburn	4:30 p.m.
Apr 14	Heart River at Washburn	4:30 p.m.
Apr 19	at Hazen	4:30 p.m.
Apr 21	at Beulah	4:30 p.m.
Apr 22	Hillsboro CV at Minot: Eagles Park	4:00 p.m.
Apr 23	MayPort CG at Minot: KC Park	9:00 a.m.
Apr 23	Kindred at Minot KC Park	3:00 p.m.
Apr 26	Wilton at Washburn	4:30 p.m.
Apr 29	Harvey WC at Washburn	4:30 p.m.
May 3	Central McLean at Washburn	4:30 p.m.
May 5	Hazen at Washburn	TBA p.m.
May 9	at Garrison	4:30 p.m.
May 12	at Max	4:30 p.m.
May 19	Regional Play in Game	TBD
May 23-25	Regional Softball Tournament	TBD

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Garrison Troopers



Track



Front row: Gavin Ruud, August Majeres, Finnigan Smedstad, Javier Parlier, Noah Kolden, Lithan Concepcion. Back row: Tyler Huesers, Tyler Syvertson, Avery Klein, Joe Kolden, Aiden Ermer.



Front row: Mia Gehring, Morgan Torr, Katie Zook, Abigail Heinzen. Back Row: Lucy Taylor, Coryssa Behles, Karli Klein, Naia Alveres. (Not pictured: Jetah Belzer)

Young, but still experienced

BY TYSON SMEDSTAD

Garrison High School's track and field team is ready for its season.

It's another small girls' team this year with only nine runners. There is strong leadership on the girls' team with juniors Karli Klein, Coryssa Behles, Mia Gehring and Katie Zook.

"On the girls' team, we have a strong core of student-athletes coming back," head coach Jason Ermer said. "Our relays have potential, as well as individual events."

The boys' roster has many underclassmen with only two juniors. Tyler Severtson and Tyler Huesers.

"The boys' team is slightly smaller, but we have some experienced student-athletes as well," Jason Ermer is stepping into the head coaching position for Garrison Junior and High this spring. He brings 16 years of coaching experience to the team.

His coaching philosophy

is simple, the student-athlete will become better overall athletes and improve their time and distances. Students will have success in terms of getting personal goals.

Ermer is hoping that student-athletes will become better overall athletes and improve their time and distances.

Ermer is hoping that student-athletes will become better overall athletes and improve their time and distances.

Ermer is hoping that student-athletes will become better overall athletes and improve their time and distances.

SCHEDULE

DATE	PLACE	TIME
April 12	at Hazen High School	TBD
April 19	at Fessenden-Bowdon High School (Fessenden)	TBD
April 22	at Underwood High School	TBD
April 23	at Washburn High School	TBD
April 28	at Stanley High School	3 p.m.
April 30	at Rugby High School	12 p.m.
May 5	at Nedrose High School	12 p.m.
May 10	at Parshall High School	TBD
May 12	at Underwood High School	TBD
May 17	at Hazen High School	TBD
May 21	Regionals, Duane Carlson Stadium (Minot)	TBD
May 26-28	State Tourney, MDU Resources Community Bowl (Bismarck)	TBD

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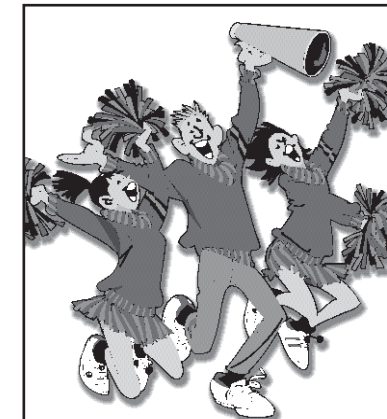
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South Prairie - Max Royals

Track



Young team has what it takes

BY JAMES C. FALCON

The South Prairie-Max Royals' track team are young in more ways than one.

In addition to being their second year as a co-op between South Prairie and Max, the team also has just two seniors: Jayden Whanger and Summer Krebsbach.

"Summer is an excellent leader for our team, as well as being one of our best runners," said head coach Konnor Keysor. He noted that Krebsbach injured herself at the regional meet last year and couldn't run her best. "I know she is coming back determined this year and she will be ready to go as soon as the meets start up again. I am very excited to see how she does this year."

Whanger, Keysor said, "is also a great leader, but barely missed out making it to state this last year. I know that he is hungry

to make it and will work harder than anyone else to earn his spot at the state meet this year."

Along with the youth of the team, Keysor said that a few athletes – Krebsbach, Dylan Hawkins, Tristan Dobson, Delaney Hankel and Maycie Talbott – who ran in the State meet last year will be returning to the team "which is very nice because they get to bring that experience back and help everyone get prepared."

"Bringing back that State meet experience is amazing, and we hope that it propels us to bring a few more this year," Keysor said. "We also have a few new additions to the team this year that we hope will find success on the track or in the field."

Originally from Kenmare, Keysor has been coaching track and field coach for South Prairie for two years. Last year, Keysor and Anne Duletski were co-

coaches – with Keysor coaching the boys and Duletski coaching the girls – but this year, Keysor has taken on more of a head coach position.

In addition to track and field, Keysor – who also has taught social studies and science at South Prairie for the past two years – coached football and junior high basketball at South Prairie in 2019 and 2020.

The team is also the largest team ever, with 55 students representing both schools.

"With most of them being juniors or below, this year will be a great learning experience for a lot of our athletes," Keysor said. "Even though we are young, we still plan on competing hard at every meet. Expectations are high going into this year, and we hope to really compete for a regional title this year. We believe that we have the athletes to do this year!"

ROSTER

NAME

Jaxon Anderson
Derek Bailey
Elora Bailey
Skotti Beck
Mara Beeter
Kierra Bennett-Boedicker
Kynzee Bjordahl
Trey Boedicker
Hayden Bohl
Sam Caldwell
Bridget Carlsten
Gavin Derheim
Ethan Dobson
Tristan Dobson
Gabriel Dominguez-Shatley
Jaret Eklie
Peyton Eklie
Brayden Francis
Rylan Greene
Delaney Hankel
Brayden Hauf
Ean Hauf
Aidan Hawkins
Dylan Hawkins
Owen Hawkins
Hattie Heer
Avery Hood
Jayla Kanninen

NAME

Simon Kithusi
Summer Krebsbach
Colin Knorr
Eason Marten
Emma Marten
Ryder McGandy
Charlie Moran
Kylee Morrison
Luke Persad
Brea Pitner
Lance Pitner
Alysa Rice
Hailey Rice
Nick Rob
Dalen Ruhland
Nathan Samson
Sydney Schmidt
Mason Schumaier
Mason Smith
Kelby Sorenson
Kerzy Sorenson
Maycie Talbott
Elias Vergerara
Taylor Webber
Cayleb Whanger
Jayden Whanger
Dominic Westman
Eliza Wheeler

Coach: Konnor Keysor

Athletic Director: Bryan Kramer (South Prairie),
Lesli Talbott (Max)

Superintendent: Wayne Stanley (South Prairie),
Travis Engen (Max)

SCHEDULE

DATE	PLACE	TIME
April 7	Williams County at Tioga Sports Complex	3 p.m.
April 12	Hazen Sports Complex	1 p.m.
April 19	at Harvey High School	TBD
April 22	at Underwood Sports Complex	TBD
April 23	at Washburn Public School	11 a.m.
May 7	at Shiloh Christian School	10 a.m.
May 10	at Parshall High School	3:30 p.m.
May 17	at Hazen Sports Complex	3:30 p.m.
May 21	Regionals at Duane Carlson Stadium	TBD
May 26-28	State Tourney at MDU Resources Community Bowl in Bismarck	



Garrison Troopers

Softball



Front row: Sophia Everett, Sadie Majeres, Kedra Staehr, Emma Kramber, Ranie Evans. Middle row: Lexi Kastner, Anna Holte, Mia Gehring, Katie Zook, Isabella Rime, Mason Jessen, McKambrey Steele. Back row: Laila Stein, Harmony Kallberg, Kamryn Gislason, Emily Schlehr, Josie Westman, Cara Schlehr, Kelty Gilason, Rachel Kramber.

Talented team hopes to grow

BY TYSON SMEDSTAD

Head coach Tara Cooper says she has many talented athletes on the team this season.

"We (she and assistant coach Kerry Seidler) are unable to pinpoint one player to keep an eye on," Cooper said. "Someone surprises us at every practice."

Even though they are a young team, and new to the sport with only two years as a single school team they show great ability in their teamwork and willingness to learn skills.

"We will never stop finding areas of improvement. We focus on all aspects of the game and continue to work on develop-

ment both individually and as a team," Cooper said.

Goals for the season include building fundamental skills, increasing competitiveness and growing as a team.

Cooper and Seidler coaching style is player-centered.

"We listen to what drives each player, coach to their strength, and work to develop the skills necessary to be a good teammate both on and off the field," Cooper said. "We work to build the team as a whole and don't compromise in hard work and discipline as a player. We focus on developing a love for the game. Each player in our program is given the opportunity to

develop their self-image, confidence and talent."

The Troopers do not have any seniors participating this year but will have the leadership of junior captains Mia Gehring, McKambrey Steele and Mason Jessen.

Cooper is looking forward to a great season.

"We have many great competitive teams in our district. Each team brings a different element of strength to look out for," Cooper said. "We are lucky to be able to play against some pretty well established teams. Being a newer team in the district, we learn from each team we play."

ROSTER

NO.	NAME	GRADE	NO.	NAME	GRADE
4	Josie Westman	11	27	Harmony Kallberg	9
1	Kaitlyn Zook	11	23	Isabella Rime	8
7	Mia Gehring	11	5	Kamryn Gislason	8
34	Emma Kramber	11	15	Ranie Evans	8
22	Mason Jessen	11	12	Sadie Majeres	8
14	McKambrey Steele	11	3	Cara Schlehr	8
2	Emily Schlehr	10	25	Lexi Kastner	7
24	Anna Holte	10	31	Kelty Gislason	7
17	Rachel Kramber	10	18	Laila Stein	7
6	Kedra Staehr	9	38	Sophia Everett	7

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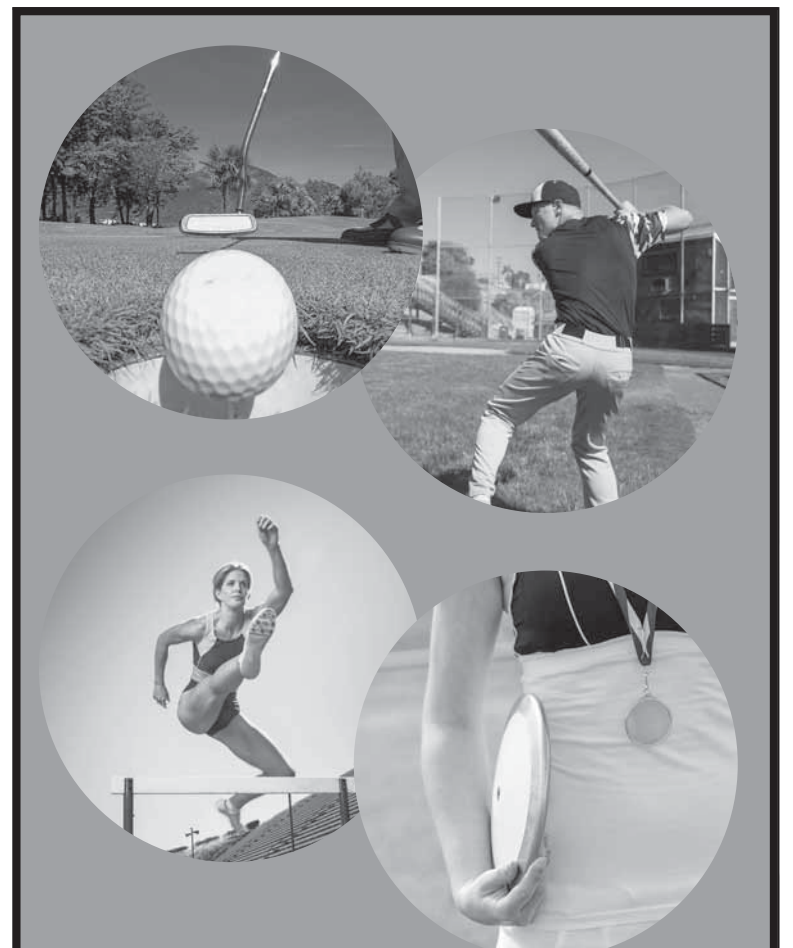
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Central McLean Cougars

Baseball



Top Row: Landon Faulkner, Sam Heger, Kevin Brunelle, Gryphon Mulkey, Julius Anderson, Jace Lauer, Keaton Rust, Jarrett Troyna, Rayden Wanner. Bottom Row: Kade Anderson, Aiden Thornton, Wyatt Wagner, Cole Abrahamson, Jace Utley, Braxton Wanner, Marc Averion, Dawson Felchle, Ethan Halstead. Not Pictured: Bjorn Anderson, Owen Anderson

Central McLean County team gets back to the bullpen

BY CAMMIE WRIGHT

The CMC Cougars boys baseball pitchers are practicing from the mound again as Spring practice continues. Coach Alex Quintane has already seen improvement among the pitchers now that they are holding bullpen practices.

"Our goal is to get better everyday," Quintane said. "We don't play summer ball like the rest of the region, so getting in good training time during

the season is important for our team."

Jarrett Troyna, Keaton Rust and Julius Anderson comprise the varsity pitching squad. But all three players also play other positions.

"Jarrett is our 'utility man,'" Quintane said. "He plays catcher, third base and shortstop, along with pitching. Keaton also plays first base and center field, and Julius plays shortstop when he is not pitching."

With a healthy mix of rookie

and experienced players on the roster, the Cougar's Baseball team is a mix of mentors and mentees. Coach Quintane became head coach this year, after being assistant coach last year.

"There is a good mix of older students and younger students," Quintane said. "I am excited to watch the Cougar teams to compete this season and see what they can do. There is a lot of talent there."

SCHEDULE

DATE	PLACE	TIME
April 12	at Velva	4:00 p.m.
April 14	Garrison	4:00 p.m.
April 19	at Surrey	4:00 p.m.
April 22	South Prairie-Max	4:00 p.m.
April 23	Bishop Ryan	11:00 a.m.
May 3	at Garrison	4:00 p.m.
May 5	Surrey	TBA
May 10	Bishop Ryan	4:00 p.m.
May 12	at Minot - Hoeven Complex	4:00 p.m.
May 19	at Minot Corbett Field	TBA
May 23-24	Regionals at Minot Corbett Field	TBA
May 26	Regionals at Minot Corbett Field	TBA

ROSTER

NO.	NAME	GRADE
3	Gryphon Mulkey	12
4	Jayce Lauer	12
5	Marc Averion	12
9	Julius Anderson	12
8	Ethan Halstead	11
11	Jarrett Troyna	12
12	Keaton Rust	11
13	Owen Anderson	10
14	Wyatt Wagner	9
15	Kevin Brunelle	11
21	Rayden Wanner	12
23	Sam Heger	10
35	Aiden Thornton	9
4	Bjorn Anderson	9
8	Tyson Foley	10
15	Braxton Wanner	8
21	Cole Abrahamson	8
11	Dawson Felchle	7
20	Landon Faulkner	11
14	Kade Anderson	9
12	Jase Utley	7

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Central McLean Cougars

Track



Back row: Kannon Hunt, Max Corcoran, Lucas Sims, Cade Kjelstrup, Kale Utley, Andrew Eichhorst, Reagan Rust, Eastyn Rittenbach, Dane Hansen, Gavin Haraseth, Karson Rust, Cyal Nelson, Dylan Aasheim, Easton Frey. middle row: Natalie Whitcomb, Mason Skachenko, Laura Eichhorst, Emily Schantz, Sadie O'Shea, Taya Hornberger, Morgan Snyder, Jillian Frohlich, Haleigh Belgarde, Brayton Fuentes, Kayne Rhoads, Chris Heger. front row: Anna Skachenko, Harpyr Abrahamson, Leah Jacobson, Adlyn Eng, Lilly Eng, Reagan Kjelstrup, Charlotte Wilson, Molly Wilson. Not pictured: Lexie Jacobson, Ella Brunelle, Karter Baker, Von Irwin, Morgan Maxwell, Brody Dockter, Malakye Galvin, Brayden Lauer, Kayne Rhoads, Levi Repnow, Maycie Diffley, Aubrey Majors, Aiden Hanson, Kaden Leim, Emma Fischer, Vivian Schlafmann, Jonas Christensen, Eli Halsted and Brooke Lieberman.

CMC track and field looking for great results again this year

BY CAMMIE WRIGHT

After finishing last year with a State Championship in the Girls 4x400M relay, the CMC track team is looking to build on their success.

"We feel optimistic that we can compete as well as we did last year and send another large contingent to the State Meet in May," Coach Ron Slaba said.

The North Dakota state track meet has lengthened its schedule to include Thursday afternoon as well as Friday and Saturday this year. The state meet is scheduled for May 26-28.

The girls team will return all the runners on the State Championship relay - Lexie Jacobson (the team's only Senior girl who also qualified for the 100M dash, the 4x100 and 4x200 relays), Anna Skachenko (who also qualified in the 4x100 and 4x200M relays), Natalie Whitcomb (who finished 9th in the 400M dash at the state meet and qualified for the 4x200M relay as well) and Taya Hornberger (qualified in the 800M run and the 4x800M relay). Although she was injured in the basketball season, she has shown big strides in her recovery, according to Slaba.

"We expect these girls to be leaders of our team and perform at state caliber levels," he added. State qualifiers Leah Jacobson (4x100M relay), Emily Schantz (4x800M relay), and Sadie O'Shea (4x800M relay) will also return to the girls team. Lilly Eng (4x800M relay) will take her leadership and experience to the throwing side of our team by building on her impressive performance in the javelin at the regional last year.

Addy Eng will be a force in the jumping again this year after tying the school record in the triple

jump and missing qualifying for the state meet in the long jump by just a half an inch.

"She has looked extremely strong in practice and we expect huge things from her on the running side as well," Slaba noted.

The boys track and field team is also poised for success. Senior Easton Frey was a state qualifier in the 100M, 200M and the 4x100M (an exchange zone mishap in the regional 4x200 kept them from the state meet).

"Easton is a great leader with an amazing work ethic and a great attitude," Slaba said. "We expect him to better his 12th place finishes in the sprints and lead our relay teams to a great showing at the state meet this year."

Frey is joined by senior Dylan Aasheim, a talented all-around athlete. He qualified in the 4x100M, missed the qualifying for the triple jump by one place and throws the javelin. Runner Cyal Nelson adds to the depth of running talent at CMC.

Senior throwers are comprised of Reagan Rust and Kale Utley who had his best performance at

the regional meet last year.

Cade Kjelstrup qualified for last year's state meet in the 4x800M relay and the 4x100M relay.

"He was an integral part of success on our boy's side last year and we expect him to do the same this year," Slaba said.

Max Corcoran, Andrew Eichhorst and Gavin Haraseth all qualified last year in the 4x800M along with Kayne Rhoads in the 110M hurdles, "giving them all a big boost in confidence going into this year," according to Slaba.

"We have a large group of younger sprinters that will make us extremely tough going into the season as the competition for the relay spots is already intensifying," Slaba added.

"Couple the talent with the large contingent of high school and junior high athletes that are showing enormous promise, and we are looking for a great year," Slaba said. "This team not only has talent and athleticism, they also have the character and most importantly, they have the heart needed to achieve the goals they have set out for themselves as individuals and as a team."

ROSTER

NAME	
Kannon Hunt	Anna Skachenko
Max Corcoran	Harpyr Abrahamson
Lucas Sims	Leah Jacobson
Cade Kjelstrup	Adlyn Eng
Kale Utley	Lilly Eng
Andrew Eichhorst	Reagan Kjelstrup
Reagan Rust	Charlotte Wilson
Eastyn Rittenbach	Molly Wilson
Dane Hansen	Lexie Jacobson
Gavin Haraseth	Ella Brunelle
Karson Rust	Karter Baker
Cyal Nelson	Von Irwin
Dylan Aasheim	Morgan Maxwell
Easton Frey	Brody Dockter
Natalie Whitcomb,	Malakye Galvin
Mason Skachenko	Brayden Lauer
Laura Eichhorst	Kayne Rhoads
Emily Schantz	Levi Repnow
Sadie O'Shea	Maycie Diffley
Taya Hornberger	Aubrey Majors
Morgan Snyder	Aiden Hanson
Jillian Frohlich	Kaden Leim
Haleigh Belgarde	Emma Fischer
Brayton Fuentes	Vivian Schlafmann
Kayne Rhoads	Jonas Christensen
Chris Heger,	Eli Halsted
	Brooke Lieberman

SCHEDULE

DATE	PLACE	TIME
Apr 5	Hazen Early Bird	1:00
Apr 12	Bison Stampede at Hazen	1:00
Apr 19	Lloyd Memorial at Fessenden ND	TBA
Apr 22	Central McLean Track Meet	3:00
Apr 23	Southern McLean at Washburn	11:00
May 7	Hunter Seifert Memorial (Shiloh)	10:00
May 12	CMC Cougar Invite	3:00
May 14	HWC INVITE (TBA)	TBA
May 17	Last Chance (Hazen)	3:30

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Jayden Diffely, Evan Rensch, Jamian Stletz. (Not pictured are Anthony Belzer, Landon Rustad)

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Garrison Troopers Baseball



Making a run for Regions

BY TYSON SMEDSTAD

The Troopers have been practicing for weeks and are ready to take to the field.

"Offensively if we want to have smart, disciplined at-bats and utilize our speed on base paths putting pressure on teams for seven innings. Defensively we hope to be fundamentally sound and make plays behind our pitchers," Trooper head coach Luke Gehring said. "The goal for the season is to consistently get better as the season progresses and put us in a position to compete at the regional tournaments."

Leadership will come from two seniors: Ty Iglehart and Bennett Kamp.

"They bring a lot of experience to the team," Gehring said. "Both of them have played in

two state tournaments for summer ball so they know what it takes to make a state tournament run."

Gehring said the rest of the team is made up of younger players that are willing to work hard and do the little things in practice that will help them develop into very sound players by the end of the season.

"Coach (Cory) Phillips and I strive to consistently provide a positive and encouraging learning experience both on and off the field for our athletes," Gehring said. "Our desire to teach, and see every player succeed, at various levels, using baseball as a method of building great teammates are even better people, through instilling lifelong lessons that will help more future upstanding citizens within our community."

The Troopers are looking forward to playing some challenging teams like Velva, Bishop Ryan, and Surrey during their coming season.

ROSTER

NO.	NAME
1	Lucas Holte
2	Treyson Iglehart
5	Emmit Lagge
7	Braxton Iglehart
8	Grady Crawford
9	Bryson Stephenson
10	Gaige Roberts
11	Ty Iglehart
12	Bennett Kamp
13	Cooper Coble
15	Brody Seidler
18	Jamison Rime

Not pictured: Bennett Kamp

SCHEDULE

DATE	PLACE	TIME
April 12	Glenburn, Wildwood Golf Course	9 a.m.
April 19	TBA, Garrison Golf Course	9 a.m.
April 21	Underwood, Underwood High School	9 a.m.
April 25	Glenburn, Minot Air Force Base	9 a.m.
April 29	Bottineau, Bottineau Country Club	9 a.m.
May 2	TBA, Vardon Golf Course (Minot)	9 a.m.
May 6	Velva, Star City Golf Course (Velva)	9 a.m.
May 10	Harvey/Wells County, Harvey High School	9 a.m.
May 13	Northern Lights, St. John High School	9 a.m.
May 16	Rugby, Rugby Golf Course	9 a.m.
May 20	Rugby, Rugby Golf Course	9 a.m.

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Southern McLean



Back (l-r): Coach Chris Cleveland, Kolton Schmidt, Kage Voight, Carter Blotske, Hunter Koble, Gavin Willett. Front: Kole Kirchmeier, Harper Clausen, Graham Buck, Colton Schurhamer, Caiden Cleveland. Not pictured: Tyler Kulzer, Jack Retterath, Conner Erber. (photo credited to Ralph Mancini)

Golfers making strides in year 2

BY RALPH MANCINI

The North Dakota winds haven't made conducting outdoor practice an easy task for Southern McLean golf coach Chris Cleveland, who has focused on form and putting so far in the early going.

"With putting, I'm getting [the players] used to it, a putting motion that works for them - that's [even] a little different. So, I'm just trying to get them through repetitions and if I see a major flaw, I'll try to correct it. But I'm

letting them try to find the best way to putt," said the Wilton-based golf instructor.

Cleveland finds himself in the second year of Southern McLean's golf revival, which had gone dormant for a number of years prior to last season.

In comparing the start of last year to now, Cleveland remarked that his returning athletes are "light years" ahead of where they were last April. In fact, he reported being pleased to see how many of the boys have picked up right where they

left off at the end of the previous campaign.

When asked to forecast the type of success the Roughriders can look forward to, the coach was decidedly measured in his response.

"I don't really have any major expectations. I'd like to have some of the older kids break 100 this year. I think we're definitely on pace to do that with the way they're hitting the golf ball. Honestly, I want them to improve and I want them to come back and play next year."

* A schedule hasn't been finalized at press time for the golf team due to local weather conditions



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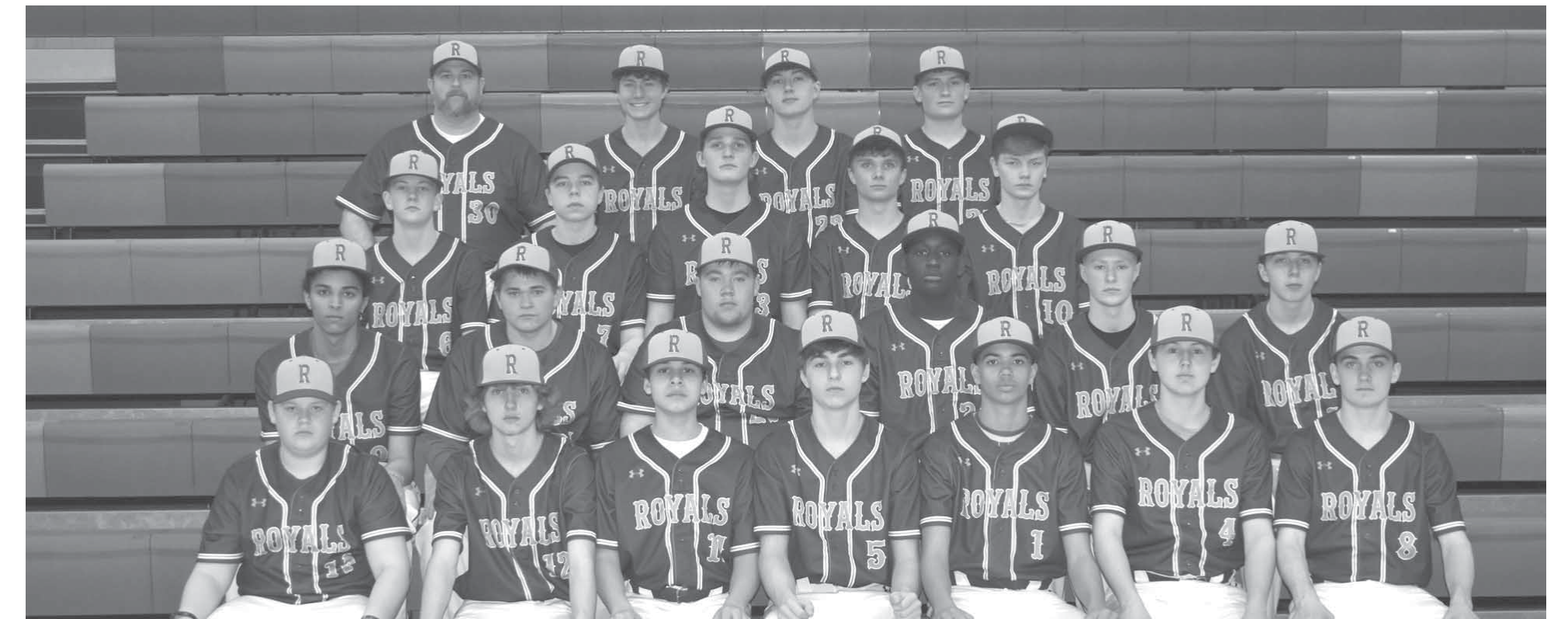
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South Prairie - Max Royals

Baseball



New team has 'a lot of raw ability'

BY JAMES C. FALCON

With the exception of boys basketball, Max has co-opted with South Prairie for most sports. Baseball can now be added to that list.

Last year, the Max boys joined a co-op - the Wildcats - which included students from Berthold, Plaza and Parshall. Likewise, South Prairie had co-opted with the Bishop Ryan Lions.

The newly-formed co-op - the South Prairie-Max Royals baseball team - are "kind of new to the block," said head coach Cory MacIver.

Additionally, the team is also fairly young: there is one lone senior, Lance Pitner, among a sea of freshmen, sophomores and juniors, as well as two eighth graders.

"I think we're all pretty excited about the opportunity we have to play together as teammates and see what we can do here in the region," MacIver said.

The team, from the players down to the coach, are new for the team.

This would be MacIver's first year coaching baseball for South Prairie, where he is also a junior high social studies teacher. He coached baseball at North Shore-Makoti - where he taught before - in the late 90s "for a number of years" and also coached for the Legion program there.

"The last time I coached spring ball or any kind of organized baseball was in 2006," he said, noting that he has "been away from that for a bit."

MacIver noted that he was excited to be back coaching, especially with "a good group of guys who are able to get the ball rolling."

Gleaming from practices so far, as well as knowing the players from South Prairie and Max - either through their participation in

"There's a lot of raw ability out there," MacIver said. "It's a matter of finding a way to tap into that and hone it a bit."

The Region VI team were scheduled to start their season April 5, but the game was canceled due to weather conditions. Now, their first game of the season was held April 11 against the Washburn/Wilton/Center-Stanton Cardinals at Corbett Field in Minot. (All of the Royals' home games are in Minot.)

Their first week in play includes three games in one week: the Cardinals match-up, followed by games against the Bishop Ryan Lions on April 12

and Velsa-Drake/Anamoose Aggies on April 14.

Opening with those two teams "gives us a good idea as where we sit," MacIver said.

"With those two and Surrey and Garrison and Central McLean, I think there's going to be some potential there," he said. "If we get some pitching locked down and play some good defense and get comfortable in ball games. We do those things and we might be able to scratch a few wins there."

It sounds possible for MacIver, who noted he is "pretty pleased overall with the abilities of all the guys."

"I think we've got a good group of guys and I think at any given game, I feel pretty comfortable putting the nine out there I feel can compete in games," he added. "I think we'll be able to surprise some people ... and pick up some wins."

SCHEDULE

DATE	PLACE	TIME
April 11	at Corbett Field (Minot)	4:30 p.m.
April 12	at Hoeven Field (Minot)	6 p.m.
April 14	at Velsa High School	7 p.m.
April 21	at Surrey Mustangs, Minot	6 p.m.
April 22	at Lake Brekken Softball Complex	6 p.m.
April 28	at Corbett Field (Minot)	6 p.m.
April 29	at Corbett Field (Minot)	4 p.m.
May 2	at Washburn	4:30 p.m.
May 3	at Hoeven Field (Minot)	7 p.m.
May 10	at Surrey Mustangs	6 p.m.
May 12	at Hoeven Field (Minot)	6 p.m.
June 2-4 Baseball State Tourney, Newman Outdoor Field (Fargo)		

ROSTER

NO.	NAME	GRADE	POS
1	Jaxin Anderson	9	OF
2	Lance Pitner	12	C
3	Rylan Greene	10	2B, OF
4	Grady Derheim	9	IF, OF
5	Tucker Lang	9	OF
6	Josh Groninger	10	P, IF
7	Jaxon Snickers	10	IF, OF
8	Mitchell Bohl	9	C, IF
9	TJ Wadley	11	OF
10	Josiah Bagwell	10	P, IF
11	Kingston Kizima	9	IF, OF
12	Layne Corgel	9	IF
13	Hunter Cooper	10	OF
14	Dalen Ruhland	9	1B
16	Brady Mikkelsen	10	IF, OF
18	Ethan Dobson	10	OF
20	Isaac Shervan	8	P, IF
21	Tate Heer	8	C
22	Carson Anderson	11	OF
23	Carter Korslien	11	1B, OF
24	Brytin Hauf	11	P, IF, OF
28	Junior Nicolas	9	1B
29	Dawson Bostow	10	IF

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WWWCS Cardinals

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(photo credited to Lynnette Laning)

All eyes on WWCWS upperclassmen

BY RALPH MANCINI

This year's Washburn Wilton Wing Center-Stanton (WWWCS) baseball squad boasts a rich assortment of talent, which is creating much optimism in the local communities and among members of the coaching staff.

Longtime skipper Kip Erickson highlighted his team's depth

of 27 athletes, as well as the overall speed and athletic ability of his group as overall strengths. On the flip side, the manager remains apprehensive about the relative inexperience and lack of innings of his young pitchers.

"Our goal is to always win as many games as we can, to get a good Regional seed and win the Regionals," says Erickson.

In order to reach that goal, Erickson will be counting on his veteran leadership to both perform and mentor the newcomers. These include: Landyn Miller, Tyler Kulzer, Trey Koski, Alex Retterath, Owen Patterson and Noah Olson, all of whom are among the most consistent Cardinals, according to the coach.

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SCHEDULE

DATE	PLACE	TIME
April 9	Washburn CS Triangular at Washburn	12:00
April 11	South Prairie Max at Washburn	4:30
April 12	at Washburn	4:30
April 14	Hettinger at Washburn	4:30
April 19	at Heart River	4:30
April 21	at Washburn	4:30
April 26	at Hazen	4:30
April 29	at Surrey	4:30
April 30	Washburn JV Triangular	12:00
May 2	at South Prairie (in Minot) 4:30	
May 3	at Hettinger	3:30
May 5	at Washburn	4:30
May 7	at Washburn	4:30
May 9	at Beulah	4:30
May 10	at Shiloh	5:00
May 12	at Washburn	4:30
May 14	JV Quad Tournament	TBD
May 23, 24, 25, 26	Region Baseball Tournament	

ROSTER

NO.	NAME	POS	GRADE
1	Kennedy Albers	IF, OF	9
2	Alex Retterath	SS, P	10
3	Hunter Jacobson	C, OF	9
4	Landyn Miller	3B, P	12
5	Jonah Miller	IF, P	9
6	Charles Sannes	1B, P	9
7	Tyler Kulzer	C, P	12
8	Jarrett Henke	2B, P	10
9	Carter Knutson	OF, P	10
10	Trey Koski	CF, P	11
11	Andrew Olson	OF, P	12
12	Dontaye Fetzter	RF, OF	9
13	Hunter Wolff	SS, P	9
14	Seth Hall	IF, OF	9
15	Jayden Hall	OF, P	12
16	Benjamin Garlie	OF, IF	8
17	Hunter Hoffman	3B, P	10
18	Aaron Olson	3B, 2B	12
19	Desmond Pflieger	OF, IF	10
20	Tyson Fricke	1B, P	12
21	Colton Becher	C, P	12
22	Noah Olson	C, 1B	11
23	Owen Patterson	SS, P	11
24	Jack Retterath	LF, P	9
25	Oscar Wood	OF, IF	8
26	Isaiah Acevedo	IF, OF	8
27	Jack Reichenberg	OF, IF	11

Coach: Kip Erickson, Beau Eriksson
Assistant Coaches: Raymond Hall, Delwin Blumhagen

All schools in co-op: Wing High School, Wilton High School, Center-Stanton High School, Washburn High School

Central McLean Cougars

Boys Golf



Golf team ready to work hard

BY CAMMIE WRIGHT

The Cougar's boys golf team welcomed a new coach this season, Sam Slavik.

Slavik looks forward to watching the young team continue to improve. The roster is comprised of three freshmen and two junior high golfers.

"This is my first season coaching this team but this group has already shown a desire to work hard to improve their games," Slavik said.

"In the short time we have been practicing there have already been great improvements in the boys' swings," she added.

The Varsity and Junior Var-

sity boys golf teams have meets throughout the region this season, including in Velva, Underwood and Harvey.

"With their continued hard work and dedication to the sport, I very much look forward to where they will be at the end of their season," Slavik said.

SCHEDULE

Varsity Meets: 9:30 am tee off

DATE	PLACE
April 19	at Garrison
April 21	at Underwood
May 6	at Velva
May 10	at Harvey

JH/JV meets: 10:00 am tee off

DATE	PLACE
April 22	at Underwood
April 26	at Garrison
May 4	at Velva
May 9	at MAFB
May 17	at Harvey

ROSTER

NAME	GRADE
Curtiss Bjorge	9
Carter Gross	9
Wyatt Saxberg	9
William Brunelle	8
Connor Fiedler	7

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