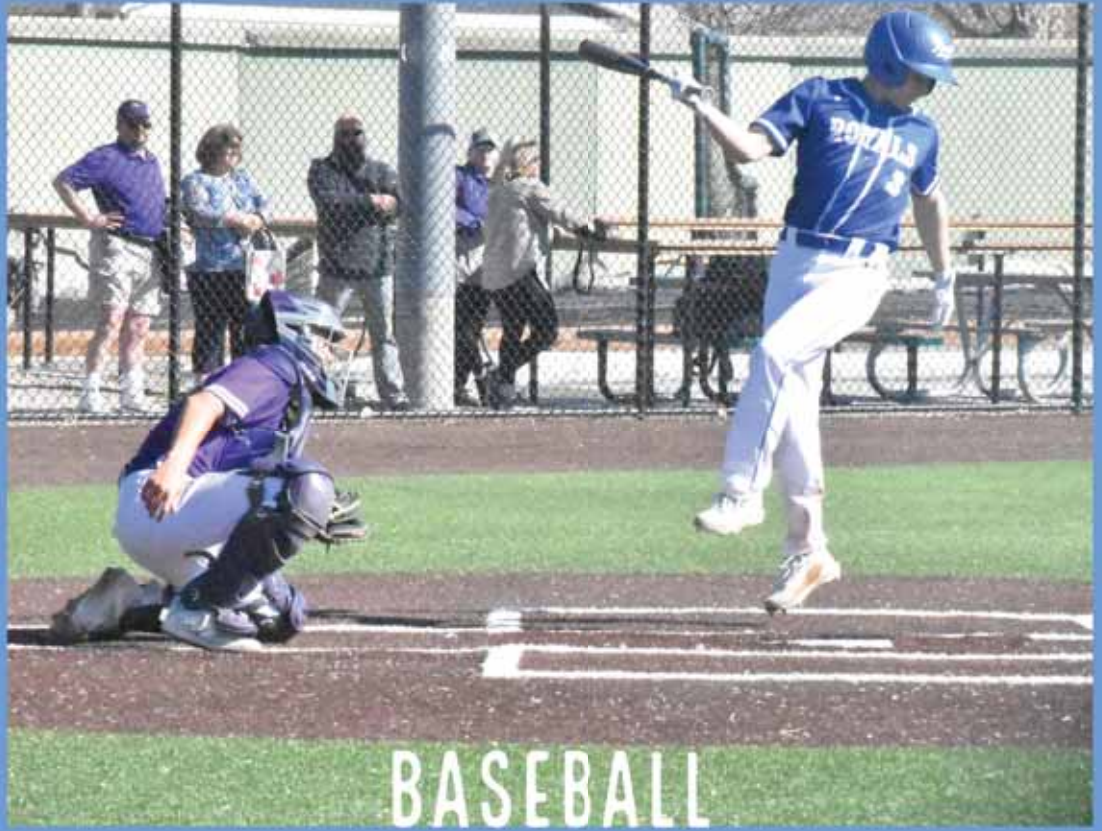




SOFTBALL



BASEBALL

2023 Spring Fan Guide



GOLF



TRACK

A supplement to McLean County Independent,
The Leader-News, Central McLean News-Journal

Central McLean Cougars



Softball



Back Row: Left to Right *Daisy Sparrow, *Taya Charging, *Averie Schlafmann, Emry Hunt, *Sally Heger, *Grave Goven Third Row: Left to Right Haley Bobbins, Gracie Fuentes, *Ava Blotske, *Irie Irwin, *Gracelyn Vaagene, *Lily Brewster Second Row: Left to Right Makiyah Wahl, *Lilly Bobbins, Harpyr Abrahamson, *Lindsey Abrahamson, *Daphne Lauer, Emma Adolf . Front Row: Left to Right *Zella Anderson,*Brooklyn Tomlinson, *Mya Kittler, Camber Schlafmann, Kendal LeIm *Denotes a varsity player

Cougars softball program looks to make a jump

BY ETHYN WILLIAMS-CALVERT
ethyn@nordaknorth.com

The Cougars softball program is on the rise, and Coach Trista Senske – in her third year coaching the program – is optimistic that the team will have a strong performance throughout the season.

Senske is confident in her team’s versatility, as well as the veteran leadership of the group.

“Daisy Sparrow comes to my mind quickly,” Senske said. “She is constantly looking to help develop the younger players. When Daisy speaks, everyone listens because they know they are going to learn something.”

Senske also mentioned seniors Taya Charging and Grace Goven as two other sources of veteran leadership within the team.

The team practices at the Lake Brekken complex, honing their skills and working on their consistency.

Senske has high hopes for her team, as do most team’s coaches.

“The big goal, as I am sure with most other teams, is to have a good showing at the regional tournament and then attend a state tournament,” Senske said.

“We have several new ladies stepping up, playing at a varsity level and in new positions. Communication on and off the field

is going to be key. Confidence at the plate is going to be a major focus for us as well. We struggled in that area last year, so we are looking to improve this year.” Senske added.

With the talent on the team, their determination to improve and a coach dedicated to their improvement, the Cougars softball program is sure to make waves in the upcoming season.

ROSTER

#	NAME	GRADE	POSITION
2	Gracelyn Vaagene	10	Shortstop/Second Base
3	Lindsey Abrahamson	10	Left Field/Pitcher
5	Ava Blotske	10	Out Field
7	Zella Anderson	8	Out Field/Second Base
8	Daisy Sparrow	12	Pitcher/Catcher
13	Irie Irwin	10	Second Base/Out Field
15	Taya Charging	12	Right Field/Third Base
16	Daphne Lauer	10	Shortstop/Second Base
17	Brooklyn Tomlinson	9	Center Field/Out Field
18	Lily Brewster	11	Out Field/Second Base
21	Grace Goven	12	Right Field
23	Sally Heger	9	Third Base/Catcher
25	Averie Schlafmann	11	First Base/Pitcher
27	Lilly Bobbins	10	Catcher/Shortstop
36	Mya Kittler	10	Catcher/Out Field

SCHEDULE

DATE	PLACE	TIME
April 25	Beulah at Lake Brekken Softball Complex	4:30 PM
April 27	at Lake Brekken Softball Complex	4:30 PM
May 2	at Garrison High School	4:30 PM
May 5	at Lake Brekken Softball Complex	4:30 PM
May 8	at Velva High School	4:30 PM
May 9	at Nedrose	4:30 PM
May 11	at Hazen High School	4:30 PM
May 15	at Lake Brekken Softball Complex	4:30 PM
May 22	Region 4 at Velva High School	8:00 PM
June 1	Softball State Tourney at Minot South Hill	11:00 AM
June 3	Softball State Tourney at Minot South Hill	6:00 PM

Have a great season



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Max-South Prairie

Softball



Back row: Brooklyn Mosser, Kelby Sorensen, Kylee Heer, Josie Wenger, Olivia Jansen, Nia Wohlk, Karen Jean, Bridget Carlsten. L-R front row: Dalaney Ruhland, Brynlee Hankel, Gracie Hauf, Delaney Hankel, Kierra Bennett-Boedicker. Not pictured: Grace Groninger and Lexi Hatlestad

Cossacks getting into the swing of things

BY ETHYN WILLIAMS-CALVERT
ethyn@nordaknorth.com

Softball season is underway in McLean County and the Max-South Prairie Cossacks softball team is right in the thick of things to kick the season off.

Having already played two varsity games this season the group sits at 1-1 with a loss to Harvey and a win over Hazen on their record.

In the group's season opening win over Hazen the team scored 18 runs, with 13 more coming in their loss – needless to say this Cossacks team can score runs in bunches.

"The team has a lot of potential this year," Head Coach Sarah Ruhland said. "Our goal would be to make it to the regional tournament and it would be even better if we didn't have

to play in the play-in game to get there."

This is Ruhland's fifth year coaching softball overall and her fourth year coaching for the Cossacks team.

The Cossacks group will lean heavily on the veteran leadership of the team's lone senior, Delaney Ruhland.

"Ruhland is our lone senior and has been a great leader for the team." Coach Ruhland said, "The team is a really good

group of girls who want to learn the game. I have a few girls who have put some time in in the off season & it is starting to show. Delaney Hankel & Olivia Jansen have had some good at bats so far, hoping that will continue for them as well as for more girls."

Regardless of the final win-loss tally on the year, the Cossacks are showing clear signs of a growing softball program that could soon cause problems for their opponents.

ROSTER

#	NAME	GR	POS
2	Kelby Sorensen	9	Third Base/Out Field
3	Gracie Hauf	10	Catcher/Third Base
4	Brooklyn Mosser	10	Shortstop/Second Base
7	Delaney Hankel	10	Catcher/Shortstop
11	Karen Jean	12	Right Field/Out Field
12	Kylee Heer	9	First Base/Out Field
14	Brynlee Hankel	8	First Base/Shortstop
15	Nia Wohlk	10	Out Field/Third Base
16	Kierra Bennett-Boedicker	8	Out Field/Left Field
17	Dalaney Ruhland	12	Pitcher/Third Base
21	Alexis Hatlestad	12	Catcher/Out Field
22	Bridget Carlsten	8	Second Base/Out Field
23	Olivia Jansen	8	Pitcher/Second Base
30	Grace Groninger	7	Out Field/Right Field
31	Josie Wenger	10	Second Base/Catcher

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Washburn/Center-Stanton Cardinals

Softball



ROSTER

#	NAME	GR
1	Brooklyn Hetletved	7
2	Lauren Braun	12
4	Kathryn Hendrikson	7
5	Myrra Nelson	9
6	Ashlyn Schmitz	11
8	Bre Laning	7
9	Lexi Braun	9
10	Kya Kulzer	10
11	Isabel Samuelson	7
12	Elizabeth Neumiller	9
16	Kerrah Nelson	11
20	Morgan Olson	11
22	Kayla Hammons	7
24	Hannah Klabunde	9
36	Maddie Jaeger	11

Head Coach:
Katie Kulzer-Yetterboe

Assistant Coach: Marley Hair

Stats: Kiera Becker, Emily Korner, Bailey Sweeney

Superintendent:
Dr. Penny Hetletved

HS Principal: Beau Eriksson

Athletic Director:
Keith Jacobson

2023 WCS Softball - Back row (left to right) Maddie Jaeger, Lauren Braun, Kya Kulzer, Hannah Klabunde. Middle row (left to right) Kayla Hammons, Elizabeth Neumiller, Lexi Braun, Myrra Nelson, Kerrah Nelson. Front row (left to right) Isabel Samuelson, Brooklyn Hetletved, Bre Lanning, Kathryn Hendrikson. Missing: Ashlyn Schmitz, Morgan Olson.

Young Cardinal team looking to surprise

BY ALYSSA MEIER
alyssa@nordaknorth.com

The Washburn/Center-Stanton Cardinals may look unassuming based on the roster, but the young team is fielding some secret weapons this year.

After graduating some central players in 2022, Head Coach Katie Kulzer-Yetterboe said the Cardinal softball team has some big shoes to fill with some young athletes.

“We only have 15 girls out this year and out of those 15 girls, for six of them this is their very first year and for four of them their second year,” Kulzer-Yetterboe said.

It will be vital for the young players to ramp up both their skill on the field and their comfortability, Kulzer-Yetterboe said.

“Many of these new girls will be taking the field in a varsity position and facing pitchers that throw 60 mph,” Kulzer-Yetterboe said. “That’s scary for an experienced player, so it’s all about building confidence this year.”

The Cardinal team consists of one senior, four juniors, one sophomore, four freshmen and five seventh graders, but even the less experienced players have a foundation already laid.

“Our greatest weakness is that we are a very young team, but thanks to Washburn’s summer softball program these girls

are coming into a varsity sport knowing more of the fundamentals than girls in the past, which is huge,” Kulzer-Yetterboe said.

Kulzer-Yetterboe said that the team returns some of its pillars with pitcher Kya Kulzer and catcher Ashlyn Schmitz, both All-Region athletes in 2022.

“Ashlyn, Kya, Lauren Braun, Kerrah Nelson (Center-Stanton) and Maddie (Mad-Dog) Jaeger will all play huge roles for us this year and you will see them all at the top of the line-up,” Kulzer-Yetterboe said.

Along with the upperclassmen, Kulzer-Yetterboe said the team has a few younger athletes that may surprise the competition.

“A new face to watch out for is Kayla Hammons (Center-Stanton),” Kulzer-Yetterboe said. “She may only be 12 but she is a big presence on varsity this year with a hot bat, and also strong behind the plate. She’s a fun one to watch.”

Kulzer-Yetterboe said Elizabeth Neumiller, Hannah Klabunde, and Lexi Braun will return as freshmen this year after “exceeded expectations” last season.

With weather continuing to hamper outdoor play in the area, Kulzer-Yetterboe said the team is resorting to indoor practices which are better than nothing, but not ideal.

“The winter was brutal for

our softball complex and it really hurts us that we are going into our first 4 games without even seeing outside or being able to take pop-flies to the outfield,” Kulzer-Yetterboe said. “We are kind of going into these games blind until the diamond is ready and we can get outside to practice.”

Kulzer-Yetterboe said despite less-than-ideal conditions, the team is progressing and setting themselves up for a great year and a happy coach.

“There is only so much you can do indoors with half of a gym, but the growth I have seen in these young girls in the last 3 weeks is really cool,” Kulzer-Yetterboe said. “It reminds me why I love this job!”



Wishing all teams a safe & fun season!



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Wilton-Wing Miners



Softball

Miner girls ready to hit the diamond

BY ALYSSA MEIER
alyssa@nordaknorth.com

As cold weather continues to impact the season, Wilton-Wing softball players are keeping heads cool and attitudes positive.

Head coach Trevor Yetterboe said the Miner girls are currently in the same boat as much of the state, stuck inside while chilly temperatures and snowy fields prevent local outdoor play.

"The weather has been tough on everyone, we have been practicing in the gym for what seems like an eternity," Yetterboe said.

But despite sub-par conditions to start the season, Yetterboe said the team is taking things in stride.

"The girls have a great attitude about it though, the gym doesn't bother them," Yetterboe said. "They look at it as an opportunity to play, rather than complain that we are stuck inside."

This year's Miner varsity team

includes two seniors, five juniors, a sophomore, three freshmen, three eighth graders and four seventh graders.

"We have a very young team, but we have two great senior leaders in Kalyssa Schock and Justus Bradford-Boos," Yetterboe said. "Juniors Macy Filipek, MaKenna Fischer, Taylor Little, Averie Greff, and Skyler Folmer will be fighting for a starting spot in the outfield."

Yetterboe said Kalyssa Schock will return as the lead pitcher, with freshman Taylor Zimmerman behind the plate.

"Kalyssa is a returning pitcher who does a great job of throwing strikes and staying around the zone consistently," Yetterboe said. "Taylor is a freshman who has been starting since 7th grade, she led us in a number of offensive categories last year."

Also starting for the Miners will be eighth graders Ella Witt and Sidney Mock, at centerfield and shortstop, respectively. Seventh grader Tessa Miller and eighth grader Lydia Hutzenbiler

may also see some play time, Yetterboe said.

Yetterboe said the athletes are working on developing not only their skills but their mindset as the season ramps up.

"A young team will make some mistakes, as long as we learn from it," Yetterboe said. "The mental part of the game will take a bit more time, they have been working hard so hopefully they will be ready by regionals."

Yetterboe said Wilton-Wing will be fighting for a top three spot in Region 4, which includes some hard-hitting competition.

"Beulah and Velva are definitely the teams to beat in our region," Yetterboe said. "They both bring back experienced teams with great pitching."

ROSTER

#	NAME	GR	POS	HT
1	Lydia Hutzenbiler	8	3B, 2B	5'4"
2	Moana Tooke	10	3B, Pitcher	5'7"
3	Alexandria Arnold	9	OF	5'7"
4	Ella Witt	8	OF	5'8"
5	Makennah Fischer	11	OF	5'8"
6	Avarie Greff	11	OF	5'7"
7	Justus Bradford-Boos	12	1B	5'10"
8	Sophia Krush	7	OF, 3B	5'10"
9	Taylor Little	11	2B	5'7"
10	Skyler Folmer	11	OF	5'8"
11	Macey Filipek	11	OF	5'7"
12	Sidney Mock	8	SS, 2B	5'7"
13	Taylor Zimmerman	9	Catcher, SS	5'7"
14	Avery Mosset	7	Catcher, 3B	5'7"
16	Joanie McCormack	7	1B, SS	5'10"
17	Kalyssa Schock	12	Pitcher, 1B	5'10"
18	Haley Francis	9	1B	5'10"
19	Tessa Miller	7	3B, Pitcher	

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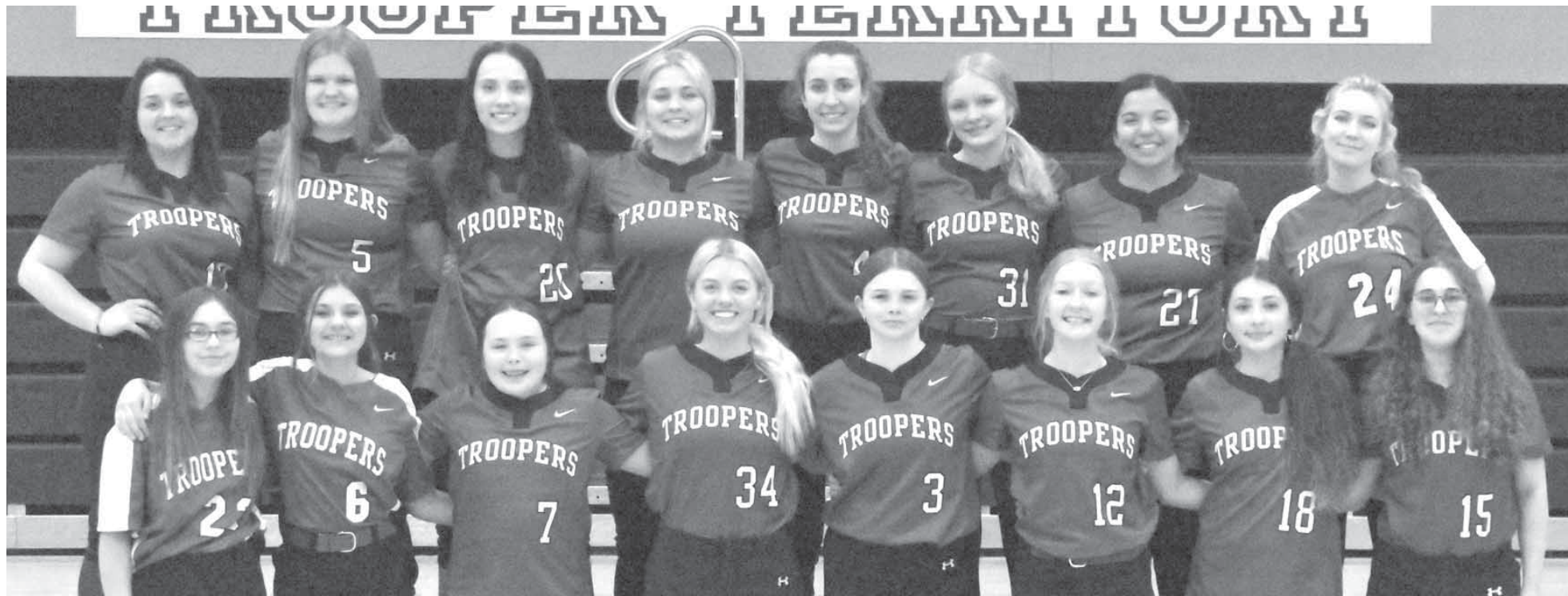
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Garrison Troopers



Softball



Back row: Rachel Kramber, Kamryn Gislason, Mason Jessen, McKambrey Steele, Josie Westman, Laila Stein, Harmony Kallberg, Anna Holte. Front row: Stormy Evans, Triniti Klinker, Kiarra Lies, Kaitlyn Zook, Lexi Kastner, Sadie Majeres, Sophia Everett and Ranie Evans. Missing: Mia Gehring and Addy Iglehart.

'I did it for the girls'

BY JAMES C. FALCON
james@nordaknorth.com

Coaching softball was a bit of a departure for Justin Folk, who in the past has coached basketball and football.

But in the end, it was a matter of team or no team.

Previously, he had been set to coach fifth and sixth grade boys' basketball, but when it came to the matter of the softball team not having a coach, he decided to switch over to softball.

"I did it for the girls, basically, so they can have a team," he said.

"The girls" enumerate to 18 players, which is slightly smaller than last year, but the majority

are returning from last year.

After a few weeks of cancellations and postponements due to the weather, the Garrison Lady Troopers played their first game of the season against Beulah on April 18.

"It went okay," Folk said. "Beulah is a really good team. They're ranked in state."

It was also Beulah's seventh game to Garrison's first and despite the game finishing 24-1 in Beulah's favor, Folk said he noticed some encouraging things.

"We played way better than what they have in the past, at least from what the girls have said," Folk said. "It's encouraging."

Having started "when we first

started the program," the senior players like Mason Jessen, Josie Westman and Kaitlyn Zook, are the ones to watch. In the April 18 game, Westman was pitching good, Folk said. "She threw lots of strikes, which was a big worry of mine going in." Zook "did some good things," as well. Additionally, Lexi Kastner, an eighth grader, is "going to be a really good player down the line."

"I look forward to the challenge," Folk said. "Our girls were really encouraged, even though we lost to a really good team. They were pretty positive of how better they played (when compared to) years past. Hopefully, we can keep that going."

ROSTER

Name	Grade	Position
McKambrey Steele	12	Left Field
Harmony Kallberg	10	Catcher
Triniti Klinker	7	Out Field
Laila Stein	8	Out Field
Sadie Majeres	9	Out Field
Sophia Everett	8	Out Field
Kamryn Gislason	9	First Base
Kiarra Lies	7	Third Base
Stormy Evans	7	Designated Hitter
Mason Jessen	12	Catcher
Ranie Evans	9	Out Field
Addyson Iglehart	7	Out Field
Josie Westman	12	Pitcher
Rachel Kramber	11	Out Field
Alexis Kastner	8	Shortstop
Anna Holte	11	Third Base
Kaitlyn Zook	12	Out Field
Mia Gehring	12	Second Base

SCHEDULE

DATE	PLACE
April 18	at Beulah
April 27	vs. Wilton-Wing
April 2	vs. Central McLean
May 1	vs. Max-South Prairie
May 4	vs. Hazen
May 8	at Harvey/Wells County (Fessenden-Bowdon HS)
May 11	at Heart River (South Heart HS)
May 22	Region 4 Tournament (Velva HS)
June 1-3	Softball State Tourney (Minot South Hill Complex)

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Central McLean Cougar

Baseball



(L-R 1st Row) Ethan Halstead, Keaton Rust, Kevin Brunelle, Owen Anderson, Sam Heger, Karter Baker, Tyson Foley, Von Irwin. (L-R 2nd Row) Bjorn Anderson, Aiden Thornton, Karson Rust, Wyatt Wagner, Logan Dyck, Jacob Wolf, Braxxten Wanner, Cole Abrahamson, Mason Skachenko, Jace Utley, Dawson Felchle, Tyson Anderson. (L-R 3rd Row) Jackson Blotter, Soren Ravnaas, Dawson Smith, Chase Kinn, Cooper Kittler, Jesper Anderson, Landon Saueressig, Beckett Vaagene, Anthony Roubal. Not Pictured Aiden Hanson

Cougars baseball is on the rise

BY ETHYN WILLIAMS-CALVERT
ethyn@nordaknorth.com

As the Central McLean Cougar boys baseball team prepares for their upcoming season, the pitchers are getting some crucial training time in during Spring practice.

Coach Alex Quintane is already seeing improvement among his pitchers, who are now holding bullpen practices.

With a goal to get better every

day, Quintane recognizes that the team doesn't play summer ball like the rest of the region, making training during the season especially important.

Keaton Rust and Julius Anderson make up portions of the varsity pitching squad, but both players also play other positions, showcasing their versatility on the field.

Both are the team's "utility men," playing wherever needed in addition to pitching.

Rust plays first base and cen-

ter field, while Anderson takes on shortstop when he's not pitching.

The team has a healthy mix of rookie and experienced players, providing a great mentor-mentee dynamic for the team.

Quintane himself was promoted to head coach last year after serving as an assistant coach the year before.

With a good mix of older and younger students, Quintane is excited to see what the Cougar teams can do this season.

With the pitchers putting in the work during Spring practice, the Cougars are sure to have a solid foundation for their upcoming season.

The team's versatility on the field will also prove to be an asset, making them a force to be reckoned with on the diamond.

ROSTER

Name	Grade	Position
Karson Rust	10	Infield/Pitcher
Dawson Smith	7	Infield/Pitcher
Beckett Vaagene	7	Infield/Pitcher
River Kjelstrup	7	Infield/Pitcher
Tyson Anderson	8	Outfield/Infield
Jase Utley	8	Infield/Pitcher
Mason Skachenko	8	Infield/Pitcher
Samuel Heger	11	Infield/Pitcher
Ethan Halstead	12	Infield/Pitcher
Kevin Brunelle	12	Infield/Pitcher
Jacob Wolf	9	Infield/Pitcher
Wyatt Wagner	10	Catcher/Outfield
Aiden Thornton	10	Infield/Pitcher
Keaton Rust	12	Outfield/Pitcher
Cole Abrahamson	9	Infield/Outfield
Soren Ravnaas	7	Outfield
Cooper Kittler	7	Catcher/Pitcher
Chase Kinn	7	Infield/Pitcher
Von Irwin	11	Infield/Pitcher
Aiden Hanson	9	Infield/Pitcher
Jackson Blotter	7	Infield/Pitcher
Owen Anderson	11	Outfield/Pitcher
Jesper Anderson	7	Outfield/Infield
Bjorn Anderson	10	Outfield
Braxxten Wanner	9	Infield/Pitcher
Tyson Foley	11	Outfield
Dawson Felchle	8	Infield
Karter Baker	11	Outfield

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SCHEDULE

DATE	PLACE	TIME
April 27	at Velve-Drake/Anamoose	4:00 PM
Apr il27	at Velve-Drake/Anamoose	6:00 PM
May 2	at Garrison High School	4:00 PM
May 2	at Garrison High School	6:00 PM
May 4	at Turtle Lake-Mercer HS	4:00 PM
May 4	at Turtle Lake-Mercer HS	6:00 PM
May 6	Bismarck at Lake Brekken Softball Complex	12:00 PM
May 6	Bismarck at Lake Brekken Softball Complex	2:00 PM
May 8	at Bishop Ryan, Corbett Field	4:00 PM
May 8	at Bishop Ryan, Corbett Field	6:00 PM
May 11	at Lake Brekken Softball Complex	6:00 PM
May 11	at Lake Brekken Softball Complex	4:00 PM
May 13	Tioga at Lake Brekken Softball Complex	2:00 PM
May 13	Tioga at Lake Brekken Softball Complex	2:00 PM
May 15	Bismarck Century at Legacy High School	4:30 PM
May 15	Bismarck Century at Legacy High School	6:30 PM
June 1	Baseball State Tourney at Corbett Field	11:30 AM
June 3	Baseball State Tourney at Corbett Field	9:00 PM

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Garrison Troopers



Baseball



Garrison Troopers baseball team includes (back row) Lucas Holte, AJ Fuller, Brayden Selzler, Treyson Iglehart, Gaige Roberts, Matt Jochim, Braxton Iglehart and Tay'vlyn Martinez; (front row) Eugene Paulsen, Ethan Butman, Lakyn Beyer, Slade Nordstrom, Grady Crawford, Cooper Coble and Carter Hurt.

Troopers take it one game at a time

BY ETHYN WILLIAMS-CALVERT
ethyn@nordaknorth.com

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 veterans of the sport: Trey Iglehart and Matt Jochim.

“They bring a lot of experience to the team,” Gehring said. “Both of them have played in 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 (Chris) Holt 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

NAME	
Matt Jochim	Cooper Coble
Treyson Iglehart	William Lindvig
Braxton Iglehart	Braden Selzler
Grady Crawford	Slade Nordstrom
Gaige Roberts	Carter Hurt
Brody Seidler	Tay'vlyn Martinez
Jamison Rime	Ethan Butman
Emmit Lagge	Lakyn Beyer
Lucas Holte	AJ Fuller
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WWCS Cardinals

Washburn-Wilton-Center-Stanton

Baseball



Back row from left: Coach Travis Stevens, Colton Becher, Jack Retterath, Ethan Retterath, Jonah Miller, Hunter Jacobson, Oscar Wood, Coach Ray Hall; Middle row: Hunter Hoffman, Carter Knutson, Noah Olson, Owen Patterson, Trey Koski, Alex Retterath, Jarret Henke; Front row: Ken Albers, Isaiah Acevedo, Tanner Fiedler, Charlie Sannes, Anthony Kruckenberg, Carter Geiger, DJ Winter, Berandt Olafson; Not pictured: Coach Monosmith, Hunter Wolff, Jack Reichenberg, Isaac Luebbe

Tight-knit Cardinals welcome new coach

BY ALYSSA MEIER
alyssa@nordaknorth.com

The Washburn/Wilton/Center-Stanton Cardinal baseball team is back at it this year, now with a new face at the helm.

Travis Stevens joins the Cardinals this season as head coach for the co-op, which was formerly coached by Kip Erickson. It's a change that will challenge the team to build on their established knowledge with what new information Stevens brings.

"It's hard to adjust to new coaching and new coaching styles. Everyday they are learning new things and new ways of doing things they haven't seen before," Stevens said. "I'm hoping they can take the things that they have been taught this year, as well as the things they have been taught in the past and apply it to their own abilities."

Stevens said that while having brand new coaches can be a challenge, he is using it as an opportunity for a clean slate.

"I am new, one of my assistants is new and we are trying our best to learn who our guys are and assess everyone," Stevens said. "But again, an upside of that is a fresh start for everyone."

Stevens said the coaching staff is focusing on identifying individual strengths in each athlete and encouraging players to own what sets them apart.

"I have been preaching for them to be their own player," Stevens said. "We have expectations of what that looks like but it's up to them to be personable with it and create their own style of play."

Stevens said the team is working on honing their core skills and being consistently successful when it comes to the basics.

"We preach to play to your best ability, to make the routine play. We are not going to lose any game because we can't make the diving play in the gap or hit a homerun when needed," Stevens said. "We are going to lose or win based on how well we can do the fundamentals and we take pride in doing those things better."

One thing Stevens doesn't have to teach the team is comradery. The coach said that even though the students from Washburn, Wilton, Wing and Center-Stanton high schools may be opponents in other seasons, they come together seamlessly on the field to form a tight-knit Cardinals team.

"Even though we (may have) four schools to make one team there isn't really a divide in our group," Stevens said. "Everyone loves everyone when it comes to baseball season and the school divide of basketball is over."

Stevens said the team consists primarily of juniors and sophomores with at least some previous play time for the Cardinals.

"I think we have some good talent in the group, skills are sharp

and a lot of younger guys had their fair share of playing last year so they have the experience at this level," Stevens said.

Stevens said he will be expecting seniors Trey Koski and Owen Patterson, as well as junior Alex Retterath and sophomore Hunter Wolff to be leaders on the team and play key roles for the Cardinals this year.

"They are our leaders on our team, some verbally, others by example," Stevens said. "We have a good group of upperclassmen who are already doing a great job leading this team."

Stevens said the team is working on shaking off a rough start to the weather-delayed season and looking forward to funding success in a variety of ways this year. "Yes, doing well in the Region tournament and possibly further is nice but our goal is to go out, give our best foot forward everyday, and have fun competing and recognizing the bigger picture with sports/baseball and the things that being a part of a team and a family bring to your life," Stevens said.

ROSTER

#	NAME	GR	POS
1	Ken Albers	10	Center
2	Alex Retterath	11	Washburn
3	Hunter Wolff	10	Wing
4	Hunter Jacobson	10	Center
5	Jonah Miller	10	Wilton
6	Charlie Sannes	10	Washburn
7	Jack Retterath	10	Washburn
8	Jarret Henke	11	Center
9	Carter Knutson	11	Washburn
10	Trey Koski	12	Wing
11	Ethan Retterath	8	Washburn
14	Isaac Luebbe	12	Center
15	Berandt Olafson	8	Washburn
16	Isaiah Acevedo	9	Washburn
18	Anthony Kruckenberg	8	Center
21	Colton Becher	10	Center
22	Noah Olson	12	Washburn
23	Owen Patterson	12	Washburn
24	Hunter Hoffman	11	Center
30	Jack Reichenberg	12	Center
31	Tanner Fiedler	8	Washburn
32	Carter Geiger	8	Wilton
33	Oscar Wood	9	Washburn
40	Dj Winter	8	Washburn

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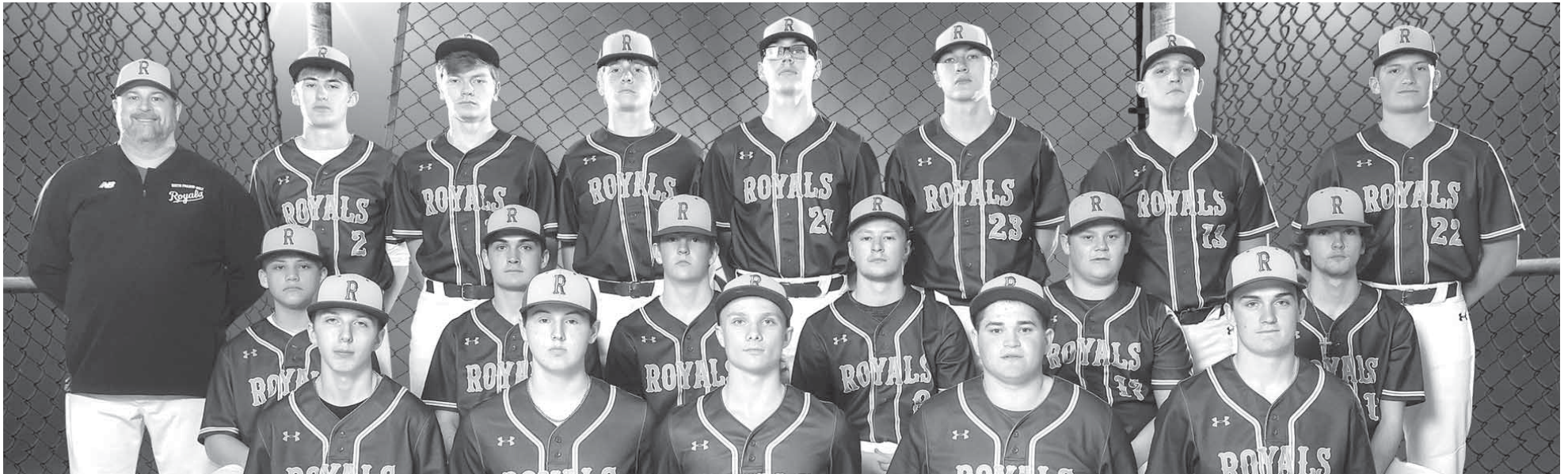
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South Prairie - Max Royals

Baseball



Front Row: Bradyn Mikkelsen, Grady Derheim, Rylan Greene, Brytin Hauf, and Hayden Bohl. Middle Row: Jayden Huesers, Mitchell Bohl, Joshua Groninger, Ethan Dobson, Dalen Ruhland, and Layne Korgel. Back Row: Head Coach Cory MacIver, Cole Huesers, Josiah Bagwell, Gavin Derheim, Carter Korslien, Hunter Cooper, and Carson Anderson

Royals baseball is in full swing

BY ETHYN WILLIAMS-CALVERT
ethyn@nordaknorth.com

The second season co-op of 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: deploying a sea of freshmen, sophomores and juniors, as well as 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 is MacIver’s second 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.”

This team has ‘a lot of raw ability’ 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 better in year two.

“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.”

“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.”

ROSTER

#	NAME	GR	POS
2	Cole Huesers	12	Outfield
3	Rylan Greene	11	Outfield
4	Grady Derheim	10	Catcher/Infield
6	Joshua Groninger	11	Shortstop/Pitcher
8	Mitchell Bohl	10	Catcher/Outfield
9	Ethan Dobson	11	Center Field/Pitcher
10	Josiah Bagwell	11	Pitcher/Infield
11	Hayden Bohl	10	Infield
12	Layne Korgel	10	Pitcher/Infield
13	Hunter Cooper	11	Outfield
15	Tate Heer	9	First Base/Catcher
17	Dalen Ruhland	10	First Base/Pitcher
19	Bradyn Mikkelsen	11	Outfield
20	Jayden Huesers	9	Infield/Pitcher
21	Gavin Derheim	12	Pitcher
22	Carson Anderson	12	Outfield
23	Carter Korslien	12	Pitcher/Infield
24	Brytin Hauf	12	First Base/Pitcher

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Central McLean Cougars

Boys Golf



Cougars tee off on the '23 season

BY ETHYN WILLIAMS-CALVERT
ethyn@nordaknorth.com

Boys golf season is back and Central McLean's varsity team is ready to hit the links under the Head Coach Samantha Slavik.

Slavik is in her second year as the varsity head coach for Central McLean, before this she spent three years as the junior high coach for Central McLean.

Beyond stability in the coaching position Central McLean's

golf squad is seeing a strong sense of stability in its roster as well.

"All three varsity golfers are returning players who have varsity experience." Coach Slavik said.

"We are a young team, we have heart, motivation and drive with some new JV faces looking to find success and push our varsity players further as well. We have goals of finding individual and team success in the region over the next several seasons.

With this drive, I believe our players will make strides in their personal golf games."

With such passion for the development of these golfer's game the Cougars team is clearly in good hands and ready to make a mark on their region this season.



(from left to right) William Brunelle, Curtiss Bjorge, Carter Gross

ROSTER

NAME	GR
William Brunelle	9
Curtis Bjorge	10
Carter Gross	10



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Garrison Troopers

Boys Golf



Fore on the fairways

BY JAMES C. FALCON
james@nordaknorth.com

With a team of six young golfers, the Garrison Troopers boys golf team looks good in the estimation of coach Mark Harris.

“It looks really positive,” he said. “My kids are young and I had all of them last year, other than (two).”

With the season just beginning, Harris said that he can see their improvements growing. “The guys are doing well,” he said.

Harris, who has been coaching golf for 15 years, said his team’s goal is to “mostly improve from where we were last year at this point.”

“A lot of times, we went to meets where we didn’t have enough bodies to have a team score, so it was more an individual thing,” Harris explained, adding that four players are needed to constitute a team

score. “We have enough bodies this year and everyone looks like they’re doing great, and we should be able to participate with some team scores this year – and that’s a big deal.”

There are 10 varsity meets and four junior high meets on the schedule, including one at the Garrison Golf Course on May 1, giving the boys a home course advantage.

Weather has and could play a part in the scheduling, though, Harris said. “If something happens on that particular day and we can’t do them, we end up canceling them or we move them somewhere down the line. This weather pushes us into a shorter season sometimes.”

Overall, the team is looking forward to “a fun season,” Harris said. “The kids I have are great kids to hang with and they’re all practicing hard at getting better and that’s all I can ask of them.”



Jamian Stelts, Brody Seidler, Evan Rensch, Anthony Belzer, and Landon Rustad. (Not pictured: Troyal Franklin)

ROSTER

NAME	GR
Troyal Franklin	8
Anthony Belzer	9
Brody Seidler	9
Landon Rustad	9
Jamian Stelts	10
Evan Rensch	10

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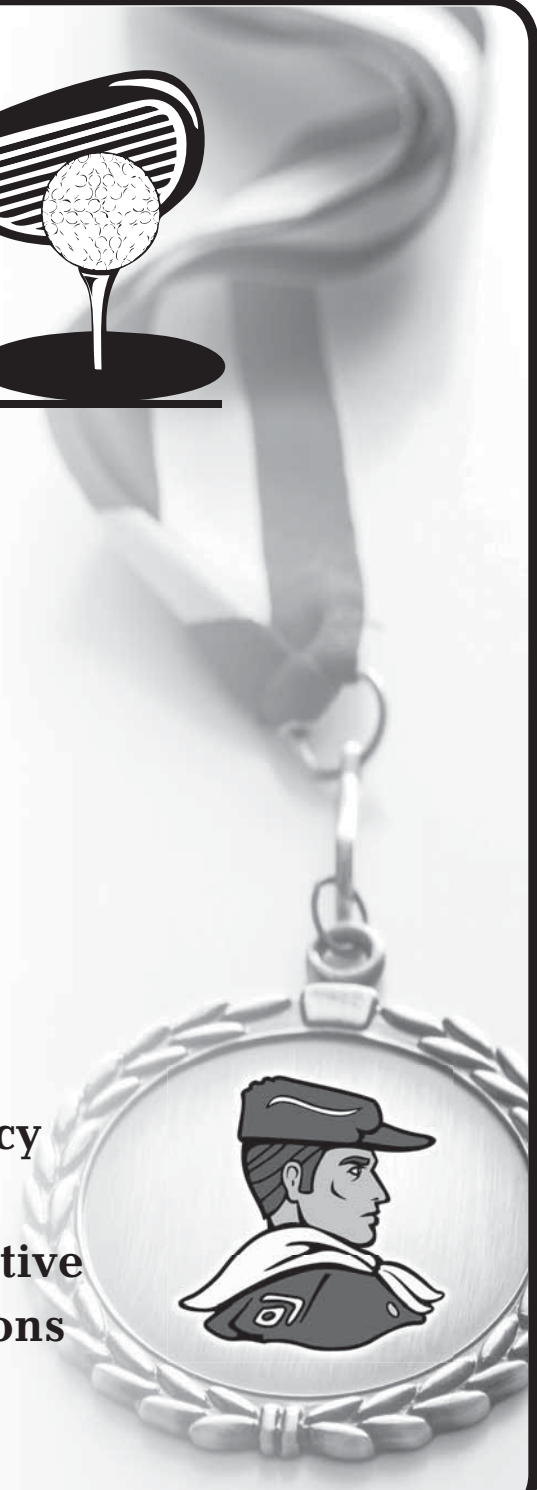
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Troopers

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Southern McLean

Boys Golf



Roughriders keep minds sharp on the green

ROSTER

Name	Town
Harper Clausen	Wilton
Caiden Cleveland	Wilton
Kole Kirchmeier	Wilton
Colton Schuh	Wilton
Mason Oswald	Wilton
Mathew Quinn	Wilton
Bryce Methoff	Wing
Graham Buck	Wing
Justin Dohl	Washburn
Noah Holznagel	Washburn
Noah Selensky	Washburn
Hunter Koble	Washburn
Aaron Blumhagen	Washburn

BY ALYSSA MEIER
alyssa@nordaknorth.com

A young Southern McLean golf team is hitting the green with a new coach and a focus on mental strength this season.

Alex Hair, who joins the Roughriders this year as the new head boys golf coach, said the varsity team includes a spectrum of experience.

"We have a mix of upperclassmen and underclassmen," Hair said. "We only have one senior so we are a pretty young team."

Hair said the team will be looking to one of its more seasoned golfers to lead the pack.

"Hunter Koble being our only senior, I think he will have a good season and will be a great leader for our younger guys to look up to in the program," Hair

said.

The less experienced athletes will spend the earlier part of the season getting up to speed and growing, Hair said.

"We have some younger kids that have a bright future and potential as the season goes on to do some good things I believe," Hair said. "Being such a young team there will be some struggles and it all depends on how we respond to those struggles in our meets."

After weather delayed their season start, Hair said the team has only recently been able to enjoy some outside practice.

"We have to be creative with our practices. We have done practices in the gym, we have used some simulators that help our kids understand their yardage and ball flight," Hair said.

"We finally were able to get on the driving range the past couple of days which was a nice change for our kids."

Hair said to accommodate for a shortened season, the Roughriders will need to hit the ground running and build from there.

"The biggest thing for me is to see steady improvement, with our season being packed into May, we will have 2-3 meets a week," Hair said. "That is tough for anyone to do, so if we slowly just go on our game that is a plus and I also just want the kids to have fun."

Hair said the weather delays provide an extra mental challenge for the team, which is working on adaptability.

"We are working on what we can control and not let the stuff out of our control affect how we do things," Hair said.

Being able to keep mentally sharp is key during any golf season, Hair said.

"Golf is a very tough sport if you start questioning your de-

cision on the course, so being mentally tough is going to be something that we have to be good at," Hair said.

Hair said the Roughriders were looking forward to competing against some Mercer County teams that are set to field strong competition.

"Beulah and Hazen have some really good golfers so they will (have) some tough teams we have to face," Hair said.

Hair said the young team will have some challenges to overcome but that he sees plenty of promise in the athletes.

"There will definitely be some ups and downs but, from what I've seen so far we are more than capable of overcoming anything that is thrown at us," Hair said.

The team is working on growth and on getting to state this year, Hair said.

"My goal for our kids is to lower their scores from the previous year and also get at least one kid to state," Hair said. "To me being a first year coach that would be pretty special."

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Boys Golf



ROSTER

NAME	GR
Logan Adams	7
Stetson Alberts	8
Cannon Blacksmith	8
William Ebarb	10
Emery Esquibel	8
Madden Everett	9
Andre Felix	8
Troy Hale	8
Gabriel Hodges	8
Cotto Little Wind	8
Kaden Norquay	10
Good Voice Perkins	7
Liam Shortbull	7
Sequoia Stranger Horse	7
Trason Ward	7
Hunter Wells	7
Marquis White Bear	7
Gavin White Owl	7
Delancy Wilkinson	11

Left to right: Arden Hawkins, Landen Felix, Gavin White Owl, Hunter Wells, Kaden Norquay, Mark Youngbird-Barsuto, Andre Felix, Liam Shortbull, Emery Esquibel, Traysen Ward, Marquis White Bear, Cotto Little Wind, Shawn Stranger Horse and Good Voice Perkins. Not Pictured: Madden Everett, William Ebarb, and Sequoia Stranger Horse. (Submitted)

Warriors to tee off soon

BY JAMES C. FALCON
james@nordaknorth.com

Thank goodness for the two golf simulators at the Ralph Wells Community Center, which are being used by the White Shield Warriors boys golf team when the North Dakota spring isn't so spring-like.

Once the weather improves, however, the team will travel to use the golf course in Garrison. This "is a bit of a challenge," said White Shield the Warriors' coach James McGill, noting that the team has "to drive there and back. It makes our practices a little longer, but that's what we've always had to do."

McGill has coached boys golf – as well as girls' golf, for a time, as the two teams played in conjunction -- for almost the entirety of his time in White Shield (where he works as a counselor at the school), which began in 2010. However, after an absence of two years, McGill has taken on the task of coaching boys golf once again.

Over the years, the number of boys going out for the golf team has steadily increased.

Boasting an impressive roster of 19 players, the lion's share of the White Shield Warriors boy's golf team is in junior high – seventh and eighth grade.

"It's always a lot better when they start in junior high and have experience before high school," McGill said.

A member of the "core group that stuck with it" from the past is sophomore Kaden Norquay, who carried over from McGill's previous tenure as golf coach. Norquay had two older brothers who played on the golf team, something which McGill did not discourage.

"I would let them start coming out to practices from fifth grade,

but they wouldn't compete," he said.

Norquay would be a part of the team in seventh grade, as well as now. Except for Norquay, the team for the most part includes a "fairly new inexperienced roster."

However, there are a few novices on the team to watch out for.

Take freshman Madden Everett, for example. "He plays a little bit with his parents," McGill said. "He has unreal club hit speed. He hits the ball super far – he hits it farther than me when

I'm playing my best."

Another potential is William Ebarb, a sophomore who "hasn't golfed at all," McGill said.

"As soon as he started swinging, he's another one that has natural club hit speed," he added. "As soon as he made contact, he was really killing the ball."

The Warriors' schedule is still up in the air, but McGill said that when May comes around, Mondays will be busy with meets.

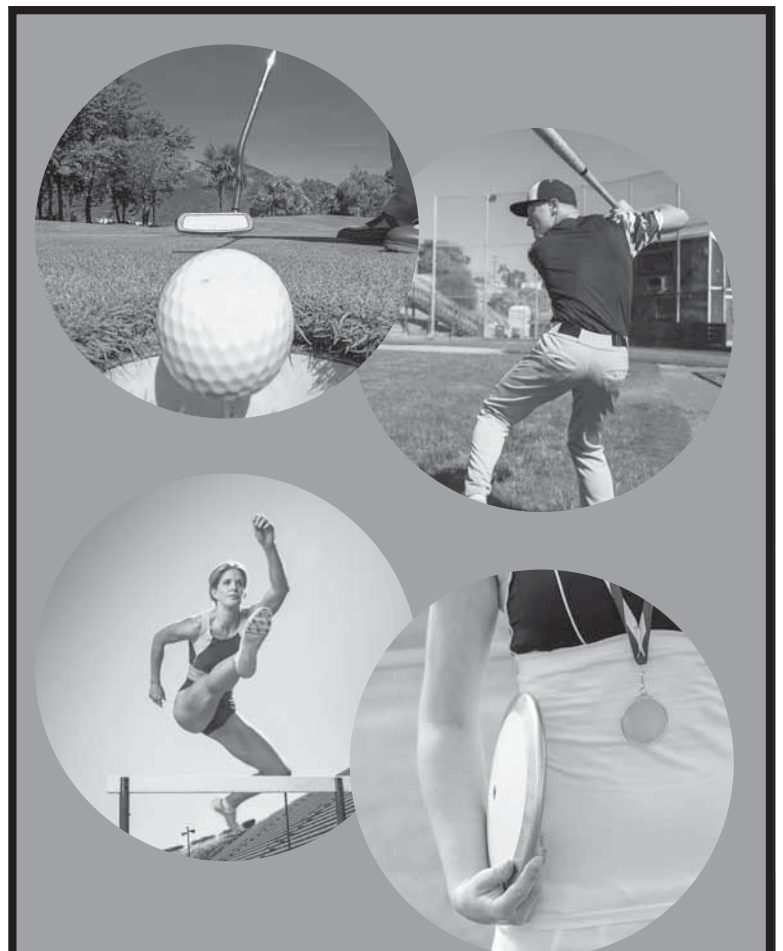
"Hopefully they get some semi-decent weather days," McGill said.

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to all area athletes this season!

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Season!



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Central McLean Cougars



SCHEDULE

DATE	PLACE
Apr 25	Stanley-Varsity
Apr 27	CMC Invite
Apr 29	Mariya Tate Memorial
May 4	Killdeer Town Crier
May 6	Watford City Invite
May 8	CMC Cougar Invite
May 9	Hollinger Classic
May 11	Parshall Varsity Meet
May 13	Glenburn Invite
May 13	Harvey-Wells County
May 16	Hazen Last Chance
May 19	South Central Region

Back row pictured from left to right: Gavin Haraseth, Cade Kjelstrup, Andrew Eichhorst, Morgan Maxwell, Cole Makeeff, Dane Hansen, Eastyn Rittenbach. Front row pictured from left to right: Maddox Snyder, Brody Dockter, Brayden Lauer, Kayne Rhoads, Chris Heger, Kylar Hansen, Malakye Galvin, Kannon Hunt. Not pictured: Aiden Hanson, Kaden Lelm, Levi Reppow, Max Corcoran, Von Irwin, Brandon Salhu



Back row pictured from left to right: Morgan Snyder, Leah Jacobson, Sadie O'Shea, Reagan Kjelstrup, Adlyn Eng, Sally Heger. Front row pictured from left to right: Aricka Fischer, Anna Skachenko, Natalie Whitcomb, Emily Schantz, Ava Blotske. Not Pictured: Daisy Sparrow, Vivian Schlafmann

ROSTER

Name	Grade	Position
Cole Makeeff	10	Throws/Sprints
Kannon Hunt	8	Mid-Distance
Brandon Salhus	12	Mid-Distance
Cade Kjelstrup	12	Sprints/Jumps
Eastyn Rittenbach	12	Throws
Von Irwin	11	Sprints
Maddox Snyder	11	Sprints
Max Corcoran	11	Sprints/Mid-Distance
Andrew Eichhorst	10	Sprints
Morgan Maxwell	10	Mid-Distance
Aiden Hanson	9	Mid-Distance/Jumps
Kayne Rhoads	10	Hurdles/Sprints
Brayden Lauer	10	Distance
Malakye Galvin	10	Throws
Brody Dockter	10	Distance
Levi Reppow	9	Distance
Christian Heger	9	Mid-Distance/Throws
Gavin Haraseth	9	Sprints/Jumps
Dane Hansen	9	Throws/Sprints
Kaden Lelm	9	Sprints/Jumps
Morgan Snyder	8	Sprints/Jumps
Sally Heger	9	Throws
Sadie O'Shea	10	Mid-Distance/Jumps
Ava Blotske	10	Throws
Adlyn Eng	10	Sprints/Jumps
Aricka Fischer	10	Mid-Distance
Reagan Kjelstrup	10	Jumps/Sprints
Emily Schantz	10	Mid-Distance
Leah Jacobson	11	Sprints/Hurdles
Anna Skachenko	11	Sprints
Natalie Whitcolm	12	Sprints/Mid-Distance
Daisy Sparrow	12	Throws
Vivian Schlafmann	8	Mid-Distance
Emma Fischer	8	Sprints

Cougar runners keeping pace

BY ETHYN WILLIAMS-CALVERT
ethyn@nordaknorth.com

With the young Track and Field season underway, expectations are high for the Central McLean Cougars under the guidance of Coach Renee Fransen.

With a talented and dedicated

group of athletes, the Cougars are poised to make their mark on the McLean County Track and Field scene.

Coach Fransen has been hard at work preparing her team for the challenging season ahead, focusing on building her team's strength and endurance through a variety of drills and exercises.

The Cougars boast an im-

pressive roster of athletes across a range of events, headlined by early season state qualifier Adalyn Eng.

Fans of the Central McLean Cougars will undoubtedly be eagerly watching to see how the team performs the rest of the way this season.



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Garrison Troopers



Boys: (back row) Gavin Ruud, Gavin Kallberg, Tyler Huesers, Connor Kerzmann, TJ Syvertson, Avery Klein, Joe Kolden, Treyson Iglehart, Aiden Ermer, Kyler Guodace. (front row) Eli Ruud, Finn Smedstad, Trevor Mautz, Conner Andrews, Lithan Concepcion, Jayden Diffely, Noah Kolden, Darian Limesand, Javier Parlier.



Girls: Mia Gehring, Molly Jochim, Bella Wimer, Lucy Taylor, Karli Klein, Candela Garcia, Kaylee Magandy, Kennedy Myers, Khloe Jerome.

ROSTER

NAME

Boys:

- Conner Andrews
- Lithan Concepcion
- Gavin Ekstrom-Kallberg
- Aiden Ermer
- Kyler Guodace
- Tyler Huesers
- Treyson Iglehart
- Avery Klein
- Joseph Kolden
- August Majeres
- Trevor Mautz
- Noah Kolden
- Javier Parlier
- Gavin Ruud
- Eli Ruud
- Finn Smedstad
- TJ Syvertson

Girls:

- Candela Garcia
- Mia Gehring
- Khloe Jerome
- Molly Jochim
- Karli Klein
- Kaylee Magandy
- Kennedy Myers
- Talayna Savage
- Lucy Taylor
- Bella Wimer

Putting their best foot forward

BY JAMES C. FALCON and TYSON SMEDSTAD

After a stunted start, thanks to Mother Nature, the Garrison Troopers track and field team are looking forward to a short but spirited season.

Thus far, the Troopers have participated in the indoor NWC meet at Minot State University in late March and the McLean County Triangular on April 17.

"I am looking forward to warmer weather for some proper track meets and decent practices, but aside from that, I look forward to what I enjoy about track the most: the emphasis on personal improvement," said head coach Jason

Ermer. "I love seeing personal bests achieved by kids and we celebrate that. It is the only measure that really matters beyond high school; becoming better at whatever these athletes choose to do."

And there are plenty of athletes this year to choose from, with the freshmen and sophomore classes providing the largest number of participants, Ermer pointed out, adding that there are "some wonderful upperclassmen" leading the team.

"Five seniors and three juniors are active in track and most of them have significant experience," Ermer said. "I really appreciate their leadership as they are setting a good ex-

ample for this large group of underclassmen. My hope is the younger kids are seeing what it means to be a good leader and follow that example when they are juniors and seniors."

Those leaders include juniors Avery Klein and Gavin Ruud and seniors Karli Klein, TJ Syvertson, Connor Kerzmann, Tyler Huesers and Mia Gehring, who have all participated before.

"Karli, TJ and Avery are returning to this season off state meet participation last year," Ermer said. "I would have to say that Karli and TJ are our outspoken motivators on the team while the others all provide leadership through ex-

ample of working to improve themselves. I am very appreciative of all the leadership they provide."

Ermer is also optimistic that the team "can take a few more athletes to state this year."

"We hope to see Karli and TJ return to state in the hurdle events and Avery return in the triple jump," he added. "In addition, we have some athletes who are developing nicely, despite the cold weather. I believe we may be able to qualify the 4x100 and 4x200 relays on the boy's side and Connor in the triple jump. We also have some athletes out who have not participated before but are showing some promise."

GOOD LUCK THIS SEASON!

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Good Luck Troopers!

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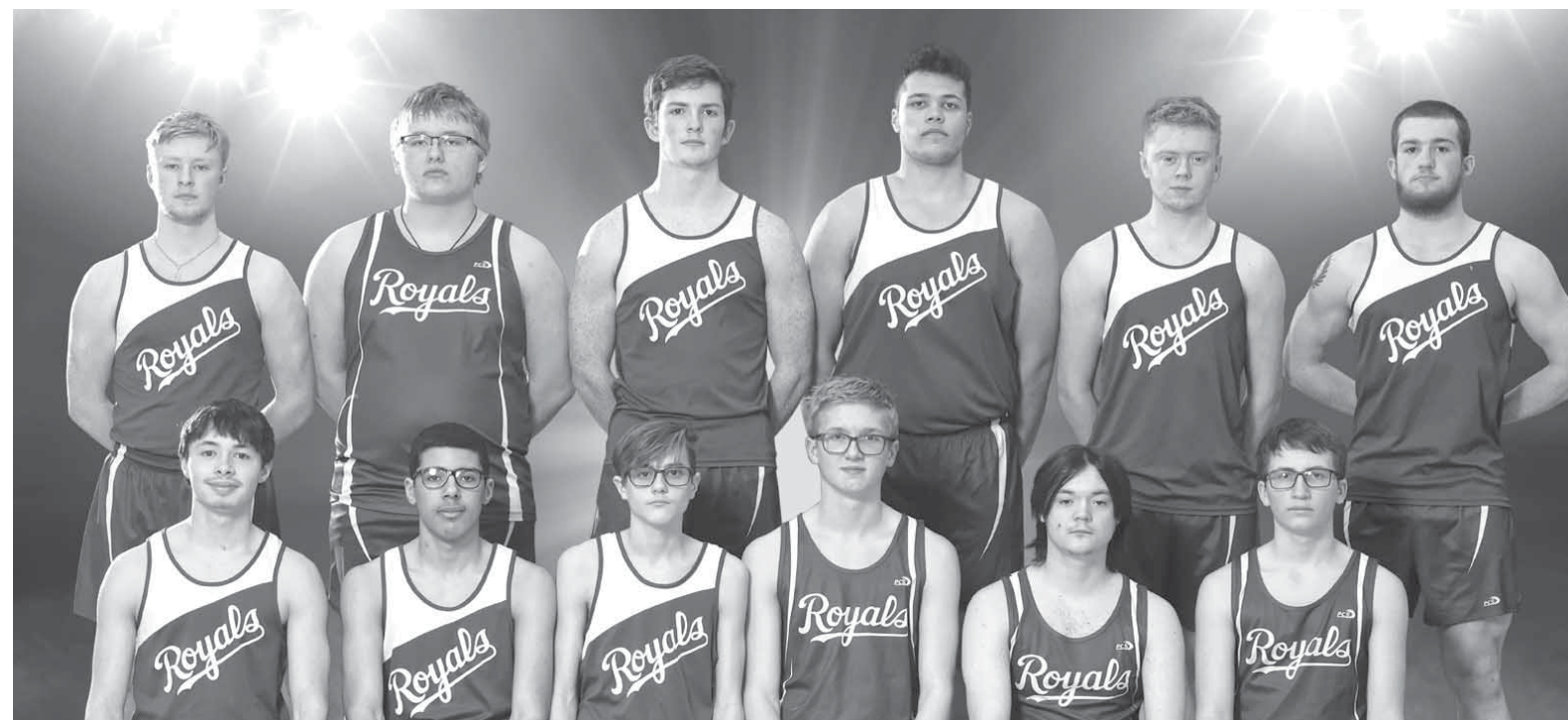
South Prairie - Max Royals



Back Row L to R: Peyton Eklie, Jayla Kannianen, Hattie Heer, Sydnie Schmidt, Maycie Talbott and Eliza Wheeler. Bottom Row L to R: Hailey Rice, Elora Bailey, Hailey Trowbridge, Kierra Bennett and Taylor Weber.

ROSTER

- NAME**
 Ethan Dobson
 Ean Hauf
 Aidan Hawkins
 Trey Bennett
 Tristain Dobson
 Dylan Hawkins
 Nick Robb
 Mason Smith
 Derek Bailey
 Nathan Samson
 Sam Caldwell
 Gabe Magellon
 Peyton Eklie
 Jayla Kannianen
 Hattie Heer
 Sydnie Schmidt
 Maycie Talbott
 Eliza Wheeler
 Hailey Rice
 Elora Bailey
 Hailey Trowbridge
 Kierra Bennett
 Taylor Weber



Back Row L to R: Ethan Dobson, Ean Hauf, Aidan Hawkins, Trey Bennett, Tristain Dobson and Dylan Hawkins. Front Row L to R: Nick Robb, Mason Smith, Derek Bailey, Nathan Samson, Sam Caldwell and Gabe Magellon.

Have a great season!



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Royals running their way to state

BY ETHYN WILLIAMS-CALVERT
 ethyn@nordaknorth.com

The South Prairie-Max Royals' track team is gearing up for an exciting season, and they have plenty of reasons to be optimistic.

Despite being young in terms of both age and experience, the team boasts a talented and dedicated roster of athletes.

The team will likely benefit from the experience of returning athletes like Dylan Hawkins, Tristan Dobson, Delaney Hankel, and Maycie Talbott, all of whom ran in the state meet last year.

Their experience will be invaluable in helping the team prepare for the challenges ahead.

While most of them are juniors or below, Coach Keysor believes that this season will be a great learning experience for everyone.

He is confident that the team has what it takes to compete hard at every meet and to vie for a regional title this year.

Despite their relative youth and inexperience, the South Prairie-Max Royals' track team

is poised to make their mark in the upcoming season.

With talented athletes, strong leadership, and a commitment to hard work, the team is ready to take on any challenge that comes their way.

Great job area teams!
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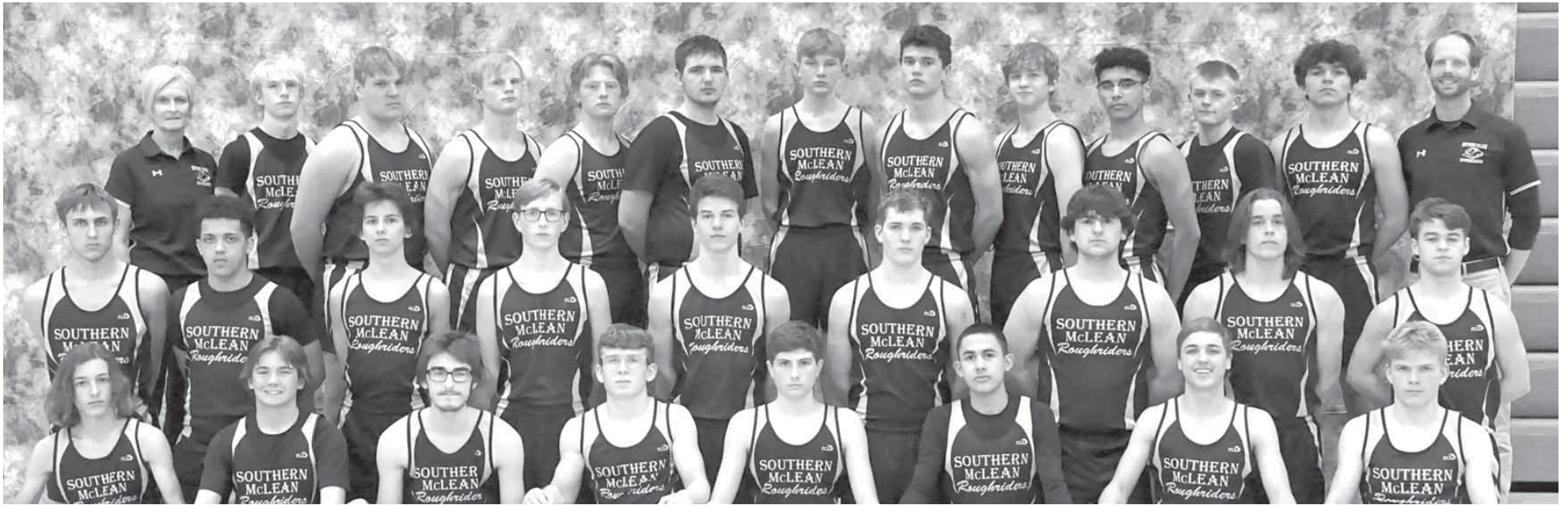
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Wishing athletes & fans a healthy, successful season!

Southern McLean Roughriders

Boys Track



Southern McLean Boys Track - Back row from left: Coach Laura Tweeten, Beckett Kadrmas, Carter Knutson, Dylan Eckel, Reece Franklund, Desmond Pflieger, William Bergquist, Patrick Conoly, Cody Landseidel, Marcus Toineeta, Owen Patterson, John Marshall, Coach Nathan Stamstad. Middle row: Wyatt Flinn, Dontaye Fetzer, Zakhar Hrechkin, Zachary Quinn, Quinton Conoly, Lucas Gomulak, Memphis Roehrich, Isaiah Johnson, Jake Dahl. Front row: Bodie Bates, Hayden Risty, Michael Jerome, Ty Mehlhoff, Jace Kirchmeier, Jaime Hernandez, Hunter Flinn, Bryce Mehlhoff. Not pictured: Coach Carissa Axt. (Lynnette Laning)

Southern McLean boys well rounded

BY ALYSSA MEIER
alyssa@nordaknorth.com

Roughrider boys are hoping a delayed spring season will still end in victory, with the team vying for a top-three region finish and a strong showing at state.

The Southern McLean boys, coached by Laura Tweeten, bring a healthy number of veterans combined with some up-and-coming runners this year. Six seniors, seven juniors, seven sophomores and eight freshmen form the team that Tweeten said shows promise.

"We have a good number of athletes that went to the state meet and a number of athletes that will be state contenders in their events this season," Tweeten said.

Tweeten said she will be looking to a few of her senior boys to play big roles for the team.

"John Marshall in the hurdles, sprints, relays and mid distance. He is a very versatile athlete and has set some high expectations for the season. He has also signed at BSC for track and field," Tweeten said. "Patrick Conoly, will help us in the jumps, PV and relays. Michael Jerome will provide us some points in the LJ and sprints as well as relays."

Tweeten said she is also watching Reece Franklund, Isaiah Johnson,

Carter Knutson, Dontaye Fetzer, Jake Dahl, Bryce Mehlhoff, Dylan Eckel and Marcus Toineeta to be core pieces in the puzzle.

The team, like many others in central and eastern North Dakota, had to get creative in order to find ways to practice while snow accumulation and temperatures kept them inside.

"They have run hallways, worked on hurdles and blocks in the hallways, thrown the shot put on the gym stage, got steps for (high jump) and (long jump) in the entryway or hallway and have done a bit of running outside," Tweeten said.

Tweeten said being limited to indoor practices was challenging, but that it provided an opportunity to focus on fundamentals.

"We can make excuses about our progress because we have had to be inside and don't have access to everything we need or we can approach it head on and use this time to practice all the small things, such as foot work, block work, steps, and running form etc," Tweeten said. "Spending time on the small things will only help improve the big things when we get outside and are able to compete in some meets."

Tweeten said she thinks the team is well-equipped to cover almost all events and will look to bringing up

some junior high boys where needed to fill gaps in hurdles, sprinting, throwing and pole vault.

The coach said weather delays mean the rest of the season will be busy but that she's looking forward to some good local competition and seeing the team grow.

"I hope to see the team grow in mental toughness and to continue to work hard at every practice, compete at the meets and get better every day," Tweeten said.

Tweeten said the team is hoping to bring a group back to state again this year, and hopefully landing on top at regionals.

"We will be vying for the top three teams in the region with our eye on being number one," Tweeten said. "Our team goal is to get as many people and events to the state meet, then once we get there, to not be satisfied with just getting there, but to get on the podium."

ROSTER

NAME	GR	NAME	GR
Patrick Conoly	12	Hunter Flinn	10
Jake Dahl	12	Lucas Gomulak	10
Dylan Eckel	12	Cody Landsiedel	10
Michael Jerome	12	Bryce Mehlhoff	10
John Marshall	12	Zachary Quinn	10
Owen Patterson	12	Bodie Bates	9
Wyatt Flinn	11	William Bergquist	9
Reece Franklund	11	Jaime Hernandez	9
Isaiah Johnson	11	Zakhar Hrechkin	9
Carter Knutson	11	Beckett Kadrmas	9
Ty Mehlhoff	11	Jace Kirchmeier	9
Desmond Pflieger	11	Mason Nielsen	9
Marcus Toineeta	11	Hayden Risty	9
Quinton Conoly	10	Memphis Roehrich	9
Dontaye Fetzer	10		

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Southern McLean Roughriders

Girls Track



Southern McLean Girls Track - Back row from left: Coach Laura Tweeten, Sierra Rodriguez, Lily Beckman, Sydney Schmit, Lauren Braun, Molly Jennings, Jordyn Thorson, River Soto, Jaclyn Jans, Sydney Shoemaker, Grace Boysun, Coach Nathan Stamstad. Middle row: Tayler Cleveland, Emmalee Greff, Amelia Swanson, Sydney Ternes, Maggie Jennings, Monica Goven, Harley Ternes, Emma Vander Wal, Grace Mehlhoff. Front row: Claire Fischer, Aubrey Steinert, Sophia Krush, Kari Patterson, Evelyn Facer, Aryonna Bauer, Gretchen Racine, Moana Tooke. Not pictured: Coach Carissa Axt, Alexandria Arnold. (Lynnette Laning)

Roughrider girls return seasoned athletes

BY ALYSSA MEIER
alyssa@nordaknorth.com

Southern McLean girls hit the track this spring with a roster packed with state-qualifiers ready to lead the pack.

Head Roughrider girls coach Nathan Stamstad said the varsity team will be looking to a central group of nine athletes who made last year's state meet.

"We will be leaning on these returning state-qualifiers to provide us with leadership and holding one another accountable," Stamstad said. "Making it to state is a great accomplishment, but some of our girls want more. They want to be on the podium (or even at the top of the podium!) this year. They've put in a lot of work so far to set themselves up to accomplish that!"

Stamstad said senior Jordyn Thorson and junior Monica Goven will likely play a key role in bringing points for the team.

"We are looking to them to

win events in the middle distance, sprinting, and jumping," Stamstad said.

Also expected to make big contributions are Sydney Shoemaker, River Soto, Molly Jennings, Sydney Schmit, Kari Patterson, Sydney Ternes and Maggie Jennings.

Stamstad said the team excels on the track but isn't as strong when it comes to field events.

"Part of that is due to the weather and not being able to practice the more technical events in the field, but a lot of it is just the make-up of our team," Stamstad said. "A lot of our girls want to do the short sprints."

The girls will spend the early part of the season competing internally for relay positions as a way to stay sharp while waiting for clear tracks and regular meets. Once weather allows, practices will evolve.

"The girls will grow by getting faster and more technically sound in their events. There are techniques that we must improve

on to become better runners, jumpers, throwers, and vaulters," Stamstad said. "We're doing what we can now in the hallways and the parking lots, but until our track clears, there's only so much we can do."

Stamstad said weather delays have provided a challenge for the team but that he's grateful the entire region is in the same situation, keeping a level playing field.

"It will be interesting to see how they've fared practicing inside compared to us," Stamstad said.

Stamstad said the girls have three goals for the year, which the Roughriders are hoping can build off of the 2022 season.

"The first is to qualify more girls to the state meet than last year (we had 11 last year). Second is to take at least 2nd at the South Central Region meet (last year we were 3rd)," Stamstad said. "And our final goal is to score 40 points at the State Meet and compete for a top-5 spot (last year we scored 11 points and were 24th)."

ROSTER

NAME	GR	NAME	GR
Jordyn Thorson	12	Emmalee Greff	11
Sydney Shoemaker	12	Gretchen Racine	11
Grace Boysun	12	Sydney Ternes	10
River Soto	12	Kari Patterson	10
Lauren Braun	12	Emma Vander Wal	10
Molly Jennings	12	Moana Tooke	10
Sydney Schmit	12	Maggie Jennings	9
Sierra Rodriguez	12	Claire Fischer	9
Jaclyn Jans	12	Aubrey Steinert	9
Lily Beckman	12	Alexandria Arnold	9
Monica Goven	11	Amelia Swanson	9
Harley Ternes	11	Aryonna Bauer	9
Tayler Cleveland	11	Evelyn Facer	9
Grace Mehlhoff	11	Sophia Krush	7

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