



2025 SPRING  
SPORTS

Storm Lake Times Pilot



# Storm Lake boys track hopes more numbers means more success

More numbers should translate to more success for the Storm Lake boys track and field team.

The Tornadoes finished fifth in last year's Lakes Conference meet, but returns several key athletes. Joel Ramirez Parra is a previous state qualifier. Jacob Mills and Alex Ortega had great cross country seasons. Brandyn Azurdia, Sitah Chaiyawong and Andre Machado did well in the sprints last season.

Garbieno Weno, Brennen Anderson, Ryker Doebel and Mauricio Bermudez Mendez look good in workouts so far this season. The Tornadoes have a lot of freshmen that look to help out right away in several events. They include Heath Kampbell, Eden Laguna Zavala and John Schwint, who all had good cross country seasons last fall.

Storm Lake coach Justin Mellmann considered the team's potential strengths entering the season.

"We finally have some decent numbers and some talented guys that will be able to get some good racing done this season," he said. "It helps to have numbers when we need to consider filling 19 events. Last year, we were unable to run several events due to numbers."

## SCHEDULE

Date	Opponent
April 8	at MOC-Floyd Valley Invitational
April 10	at Cherokee Invitational
April 14	at Unity Christian Invitational
April 18	at Estherville Invitational
April 22	at Spirit Lake Invitational
April 25	at Pocahontas Invitational
May 1	Storm Lake Invitational
May 5	Tornado Relays
May 8	Lakes Conference (at Spirit Lake)
May 12	at Spencer Invitational



Members of the Storm Lake boys track and field team are pictured from left to right, front row: Eden Laguna Zavala, Alex Ortega, Hao Khang, Joel Ramirez Parra, Sha Mae Ayela, Cesar Tapia, Anthony Silva, Azael Garcia, John Schwint and Jay Xayyavong. Second row: Ryker Doebel, Andre Machado, Ethan De La Cruz, Nick Sanchez, Harry Mai, Tim Khang, Teofilo Rodriguez, Brandyn Azurdia, Sitah Chaiyawong, Ryme Lah and Abel Arreguin. Third row: manager Abigail Norwood, assistant coach Shanieese Quist, assistant coach Keven Besch, Tut Top Tut, Alex Placencia, Jacob Mills, Heath Kampbell, Garbieno Weno, Riak Tut, Eh Poh, Amani Salomon, Brennen Anderson, Devon Cruz, head coach Justin Mellmann and assistant coach Mike Brostad. Not pictured are Mauricio Bermudez Mendez and Raul Jacuinde-Mellado.

However, there are some question marks with the Tornadoes.

"We have a very young group," Mellmann said. "It takes a while to gain experience and strength. I think we will make major improvements this season, but the big picture is keeping guys out over several seasons and getting stronger, more experienced, and racing and competing at a higher level."

Mellmann discussed how this year's team will be better than the one from a year ago.

"Just gaining numbers is a big help," he said. "We will be able to

focus guys where we have been lacking. We need to get guys in the hurdle events and throws, and so far it looks like we have several that are willing to fill these spots. It also seems like our overall attitude and drive is very good with this group. They want to workout and improve, and they want to compete."

There are a few important factors that will dictate how much success the Tornadoes have this season.

"We have to keep guys healthy," Mellmann said. "We need to focus on committing to workouts,

strength training, working as a team and attending practices. We need to figure out what each guy has for strengths and fill out all the events at each meet."

Mellmann talked about what the Tornadoes will need to do to be competitive in the Lakes Conference.

"It's critical that we have some of our main guys getting points in several events, and getting all the events filled with the combination of guys that can score points," he said.

Mellmann gave an outlook on

the season.

"I would like to see us get off of the bottom of the conference in track and field," he said. "Last season was a struggle because we just didn't have the bodies and the talent. I think this season we add a lot of guys that even as freshmen can help us compete fairly well right away. It will take a few seasons to develop as a team, as we currently have several young members, but I definitely think we can make more noise this year at all of our meets than we did last year."



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## The Storm Lake Times Pilot

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# Storm Lake girls track team looks to make bigger strides in 2025

Storm Lake had a tremendous amount of success during last year's girls track and field season as the Tornadoes finished second in the Lakes Conference meet.

The Tornadoes have five stand-out performers returning from that team, including four-event state qualifier Mackenzie Harder. She placed fourth in the long jump, eighth in the 200 meters, 15th in the 100 and 16th in the 400 at state a year ago.

Also back is Avery DeHaan, who placed 21st at state in the long jump last season. Melanie Chanthapangna, an eighth-place finisher at state in the high jump; Grace Kenkel, Lakes Conference runner-up in the 800 meters; and Silvia Kampbell, Lakes Conference runner-up in both the 1,500 and 3,000 meters, also return.

There are some top prospects who will join those five, including Ella Robinson and Zoe McCoy in the sprints and Maggie Dahlhauser in the middle to long distance.

Storm Lake coach Evan Franzmeier measured the team's potential strengths.

"Jumps," he said. "We are very experienced in the long jump and high jump. All three jumpers have state experience."

However, there are some question marks with the Tornadoes.

"Depth at all events, but espe-



Members of the Storm Lake girls track and field team are pictured from left to right, front row: Jaiya Yang, Jennifer Levia, Aviyanna Chanthavong, Kaitlyn Xiong, Dachia Khang, Leah Khaoorn, Marley Deciga Robles, Ana Jimenez and Zoe McCoy. Second row: manager Olivia Speers, Silvia Kampbell, Nyaziel Pal, Jennifer Gutierrez, Nina Thao, Nyaoga Pal, Jamie Yang and manager Angelina Singkhumkhong. Third row: assistant coach Lily Peschau, assistant coach Shaniese Quist, Lhing Kim, Maggie Dahlhauser, Melanie Chanthapangna, Grace Kenkel, Avery DeHaan, Ella Robinson, Mackenzie Harder and head coach Evan Franzmeier. Not pictured is Aileen Jimenez.

## SCHEDULE

Date	Opponent
April 8	at MOC-Floyd Valley Invitational
April 10	at Cherokee Invitational
April 14	at Unity Christian Invitational
April 17	at Spencer Invitational
April 22	at Spirit Lake Invitational
April 25	at Estherville Invitational
May 1	Storm Lake Invitational
May 5	Tornado Relays
May 8	Lakes Conference (at Spirit Lake)

cially throws," Franzmeier said. "We have no returning experience."

Franzmeier discussed the ways that this year's team could be better than last year's.

"Another year of experience," he said. "Mackenzie, Avery, Grace, Melanie and Silvia all will have great seasons and carry us as a team."

The sprint events will be a dominant part of the team.

"Sprints will be dominated by Mackenzie Harder and Avery DeHaan, but we will need to find a third and fourth for a solid relay,"

Franzmeier said. "In the hurdles, we have girls, but they have little to no experience. Hurdles should improve as the season progresses."

Franzmeier said the middle distance events will be in good hands.

"Grace Kenkel will be our mid-distance runner along with Avery and Mackenzie in the 400," he said.

The long distance events also appear to be in great shape.

"Silvia Kampbell will hold down the 1,500 and 3,000," Franzmeier said. "A state cross country runner, she is very comfortable in those two

distances."

The field events will be heavy in the jumps and light in the throws.

"Jumps we should be very dominate," Franzmeier said. "We have the top two conference places in the long jump and the top in the conference in the high jump. In the throws, we return no one, so we will need to find throwers and develop them as the season goes on."

There are a few important factors that will dictate how much success the Tornadoes have this season.

"We will need our limited num-

bers to really perform well in multiple events every meet," he said. "We have low numbers out, so those few upperclassmen will really need them to dominate when they hit the track."

Franzmeier gave his outlook on the Lakes Conference for this season and included his team's position in it.

"Spirit Lake will be very tough again this year," he said. "Cherokee brings back a lot as well. We should finish middle of the pack in the conference."



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# Storm Lake boys soccer team motivated to have better season

The ending of last season left a bitter taste in Storm Lake's mouth. The Tornadoes were routed by Dallas Center-Grimes in the first round of the boys state soccer tournament.

That will serves as a motivational tool for the Tornadoes this season.

"I believe that this year's team can be better than last year's in the sense that they finally have that state experience to really give them a good idea of everything it takes to be successful as a team," Storm Lake coach Roberto Martinez said. "With our first round loss to Dallas Center-Grimes last year, which was a pretty bad one, I'm sure they want to go even further this year with something to prove."

Storm Lake returns its leading scorer from a year ago in Raymond Hernandez as well as Iker Gomez.

"Our top returning players this season would have to include Raymond Hernandez, who was our top scorer last season with 13 goals, as well as our senior center midfielder and captain, Iker Gomez, who has put in a tremendous amount of off-season work to be ready for the season," Martinez said.

Some notable prospects that will be filling in some of the holes from last year's seniors would be Sai Dee



Members of the Storm Lake boys soccer team are pictured from left to right, front row: Javier Najera, Sai Dee, Emiliano Rosas Trujillo, D'Angelo Lagunes, Sisi Poe, Edgar Duarte and Ramon Zavala. Second row: Nay Tun, Patricio Hernandez, Elvis Mai, Jesus Hernandez Rosas, Jeremy Molina and Marco Gonzalez. Third row: head coach Roberto Martinez, Alexis Garcia, Raymond Hernandez, Adrian Zeledon-Pena, Jack Lual, Iker Gomez, Cris Romero, assistant coach Daniel Ramirez and assistant coach Dario Hernandez Rosas.

## SCHEDULE

Date	Opponent
April 3	Spencer
April 7	Unity Christian
April 10	Sioux City North
April 14	at Sioux Center
April 15	at Sheldon
April 17	at Sioux City West
April 22	Spirit Lake
April 28	MOC-Floyd Valley
May 2	Denison-Schleswig
May 6	Humboldt
May 8	Boyden-Hull/Rock Valley
May 9	at West Sioux
May 12	at Western Christian
May 15	at Le Mars

and Sisi Poe, who are seniors this year but very talented individuals who will be taking on a more crucial role this season. On the defensive side, the Tornadoes have Adrian Zeledon, who is another talented senior, as well as Jose Hernandez Rosas, who is a sophomore keeper ready to step up to fill the role left by Storm Lake's amazing keeper last year, Alexis Sanabia.

Martinez measured the potential strengths of this year's squad.

"I think that our potential strengths for this year will be to have an overall grit that we kind of lacked last season," he said. "Making it to

state last year and getting that first round loss really showed the boys what it takes to be elite, so I believe they'll be taking their game mentality a step further this season."

However, there are some question marks with the Tornadoes.

"Some potential concerns worth mentioning would be the fact that we lost six senior starters after last season, so filling those voids is a must," Martinez said. "We hope that several guys are ready to take on leadership roles and excel in their new positions. It will be a completely different team in a way."

There are a few important factors

that will dictate how much success the Tornadoes have this spring.

"I think the thing that will determine our success this season is just the ability to take things one game at a time," Martinez said. "I'm sure a lot of the returners of last year want to fast forward to state and are already thinking about it, but with every new season comes new players for us and our rivals. We have to earn the right to state again, so it's best we keep our focus on the first game and then the next."

Martinez offered his insight on the Northwest Iowa League for this season.

"I believe our conference is going to be filled with lots of competing teams again this year," he said. "We can't ever count Spencer out. They're one of our big rivals with an exceptional coaching staff, so our first home game against them will give us a good idea on where we stand. Other teams we count on giving us a challenge this year will be Sioux Center, Le Mars, West Sioux and another one of our rivals — Denison-Schleswig. Sometimes it's too early to tell, but I'd put our team up against anyone, so we hope to be conference champs for the first time in six years."

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# Storm Lake to feature quick, but young girls soccer team

Storm Lake will feature a very quick but small girls soccer team in 2025.

Storm Lake's top returners are Jezebel Ocegueda, who scored eight goals last season, America Najera, who scored three goals, and Iratzel Ocegueda, who recorded 116 saves last season.

"We are hoping that Jezebel and America will continue to be our offensive go-to people," Storm Lake coach Katie Voortmann said. "I am also hoping that Marlene Coronel and Fernanda Comparan will contribute as well. Each of them had two goals last season. Eva Snyder will also be a great component that we will be adding to the varsity roster."

Voortmann measured the team's potential strengths entering the season.

"We are very quick," she said. "We are hoping to use our quickness to make the other team turn over the ball in their defensive half. Iratzel is also a decent shot stopper,



Members of the Storm Lake girls soccer team are pictured from left to right, front row: Jamie Coronel, Alisson Ordonez, Emily Sanchez, Marlene Coronel, Fernanda Comparan, Dulce Zavala, Jezebel Ocegueda, Xitlaly Zavala and manager Gaby Guanajuato. Second row: manager Isis Gonzalez, Angela Ortiz, Evelyn Chinchilla, Wendy Martinez, Iratzel Ocegueda, Josi Zavala, Alyson Hernandez, Ashley Cruz and manager Tania Najera. Third row: assistant coach Brian Gomez, Angela Castillo, Stephanie Alvarado, Brisayde Lopez, Eva Snyder, America Najera, Val Zuniga, Jatziri Torres, Stephanie Medina and head coach Katie Daniel-Voortmann. Photo courtesy of Stevenson Studios

## SCHEDULE

Date	Opponent
April 3	at Spencer
April 7	at Unity Christian
April 10	at Sioux City North
April 14	Sioux Center
April 15	at Sheldon
April 22	at Spirit Lake
April 25	Carroll Kuemper
April 28	at MOC-Floyd Valley
May 2	at Denison-Schleswig
May 6	at Humboldt
May 8	at Boyden-Hull/Rock Valley
May 9	West Sioux
May 12	Western Christian
May 15	Le Mars
May 19	Sioux City West

and she will be a big part of our defense."

However, there are some question marks with the Tornados.

"We are still missing some vital roles within our midfield, and I am hoping that some underclassmen will step up," Voortmann said. "We are also going to be a very small team this year, so we will need to take care of our bodies and recover quickly with the amount of games we will be playing. Two of our defenders who had season-ending knee injuries have returned, how-

ever, it has been a long time since they have seen the pace of our conference."

Voortmann discussed the ways that this year's team could be better than the one from a year ago.

"There has been a group of 6-8 girls who have been playing year-round in different indoor leagues, including one in Storm Lake," she said. "I am hoping that them playing together will establish that connectivity you need for soccer. Also, we have been focusing a lot on the fundamentals and mechanics of

soccer in order to make our speed of play much faster than it has been in previous years."

There are a few important factors that will determine the amount of success the Tornados have this spring.

"We are going to have to value our possession of the ball when we have it on offense," Voortmann said. "We need to make them count in order to capitalize on their mistakes. Due to our numbers, we are going to have to stay healthy and make sure our bodies are healing

between games. Finally, I think we are going to have to make sure we play as a team instead of individuals."

Voortmann gave her insight on the Northwest Iowa League.

"There were several close games last year within our conference," she said. "Four of them were decided by one goal in the last 15 minutes of the game. We have some potential to do some damage. We just have to show up to every single minute of every single game."



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# SL boys golf coach excited about chances of Lakes title repeat

Andrew Zinn is excited about the upcoming season, and why shouldn't he be.

The Storm Lake boys golf coach returns four players from last year's Lakes Conference championship team, the school's first in 17 years.

The Tornadoes' top returners with varsity experience include all-conference and defending Lakes Conference champion Charlie Dvergsten, Cam Boyd, Jayden Butler and Bobby Boeckman.

"I am excited to see what all of them can do this season," Zinn said.

Peyton Phillips, Tyler Bauer, Trey Boettcher and Carson Taylor will help fill the void left by the loss of last year's varsity players.

"I am excited to see out of this group who will contribute at the varsity and JV level this year," Zinn said. "I expect a lot of competition going on for the final varsity spots and top JV spots."

Zinn measured the team's potential strengths entering the season.

"We have four returning to the team and one move in who played varsity last year for his school," he said. "I am most excited about this moving forward. I am excited about how well we can compete with the



Members of the Storm Lake boys golf team are pictured from left to right, front row: Kale Miller, Charlie Dvergsten, Rylan Richardson, Jackson Bauer and Landyn Kosky. Second row: head coach Andrew Zinn, Tyler Bauer, Carson Taylor, Trey Boettcher, Bobby Boeckman, Jayden Butler and assistant coach Jaden Petersen. Not pictured are Cam Boyd and Xander Gurash.

## SCHEDULE

Date	Opponent
April 12	at Unity Christian Invitational
April 15	Newell-Fonda
April 21	at Spencer Invitational
April 22	at Estherville Lincoln Central
April 28	at Denison-Schleswig
April 29	Cherokee
May 1	Spencer
May 3	Storm Lake Invitational
May 6	Spirit Lake
May 9	Alta-Aurelia, Ridge View, OABCIG
May 12	Lakes Conference (at Spencer)
May 13	Alta-Aurelia, Cherokee

way we finished the year. I know all of them played a ton last summer and played with each other. This is a tight group of boys and I am excited to work with them this year."

However, there are some question marks with the Tornadoes.

"Who is going to step up this year and contribute?" Zinn said.

"Can we get someone outside of our top four to contribute? How consistent can we be toward the end of the year? Can we win the Lakes Conference again? Could this be the year we get to state as a team?"

Zinn discussed the ways that this year's team could be better than the one from a year ago.

"I think the team is coming together great," he said. "Everyone gets along with each other and that is huge for us this season. We are going to need a lot of different people to step up for us. We have been hitting early in the morning and as the weather gets nicer, we will be able to get outside and hit some."

There are a few important factors that will dictate how much success the Tornadoes have this spring.

"Our team goal is to finish toward the top of the conference this season," Zinn said. "We will want to improve each and every meet, and

CONTINUED ON PAGE 11

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# Storm Lake looking for three seniors to propel girls golf team

Storm Lake's girls golf season will be led by three talented seniors this spring.

All-Lakes Conference player Maddy Raveling will be the team's No. 1 player with Hannah Taylor and Kennadie Miller occupying the next two spots.

"We are coming off a great year of golf last year having a participating varsity team," Storm Lake coach Will Swanson said. "Of our returning golfers, Maddy Raveling, Hannah Taylor and Kennadie Miller will lead our team scoring-wise."

"We are thankful for our seniors from last year," Swanson added. "We have some golfers that have not competed on our varsity team yet who will likely fill their spots."

Those include juniors Marelly Deciga, Ja la Yang and Morgan Zarfes, sophomores Madison Ripke and Natelyn Phillips, and freshmen Addison Halder, Juliette Henry and Joselin Gonzalez.

Swanson measured the team's strengths heading into the season.

"Our team is filled with golfers who are highly-coachable and willing to make adjustments to improve their game," he said.



Members of the Storm Lake girls golf team are pictured from left to right, front row: Marelly Deciga, Juliette Henry, Morgan Zarfes, Addie Halder, Kennadie Miller and Ja la Yang. Second row: assistant coach Sally Krause, Natelyn Phillips, Madison Ripke, Hannah Taylor, Maddy Raveling and head coach Will Swanson. Not pictured is Joselin Gonzalez.

## SCHEDULE

Date	Opponent
April 8	Denison-Schleswig
April 15	at Newell-Fonda
April 22	Estherville Lincoln Central
April 29	at Cherokee
May 1	at Spencer
May 5	at Spencer Tournament
May 6	at Spirit Lake
May 10	Storm Lake Invitational
May 12	Lakes Conference (at BVULC)
May 13	Alta-Aurelia, Woodbury Central

However, there are some question marks with the Tornadoes.

"Our team features three solid seniors and then a lot of inexperience, so we are looking to incorpo-

rate them into our lineup to put together low team scores," Swanson said.

Swanson discussed how this year's team will be better than last

year's.

"Having three senior leaders will have a great impact on the younger contributors on our team," he said.

There are a few important factors

that will dictate how much success the Tornadoes have this spring.

"We are looking to have our seniors shine this season by carding

**CONTINUED ON PAGE 19**

## St. Mary's track ...

*Continued from page 10*

Downs assessed how the sprint and hurdle events will be this season.

"Our sprint and hurdle core this year has some experience, but is overall young," he said. "Newcomer Sanagayle Olpet is looking to help complement the strengths of sophomore Dani Young in the short sprints. Abby Wunschel will build on her hurdle experience from last year to take on the 100. Freshmen Cael Phelps and Aaden Movall along with sophomore Jesus Rodriguez will work across the 100 and 200 to supplement major relays. Junior

Nicolás Calvo has the potential to be a dual threat across the short sprints and hurdles."

The middle and long distance events will be much improved for both the boys and girls teams.

"Filling the cards once again, the mid-distance girls have a lot to work with," Downs said. "Experienced upperclassmen Karla Limones and Isabelle Landgraf will look to lead sophomore Jessa Fetrow along with freshman Peyton Phelps in the 800 to 3,000-meter spread. Seniors Pedro Lopez and Brett Petersen are joined by juniors Brendon Petersen and Dominac Mills to supply speed and savvy from the 400 meter dash to the 1,600 meter run. Both genders are expected to pick up more

points and place-winnings as individuals and relays."

Downs gave an assessment of the field events.

"In the throwing events, Ivan Del Villar's discus improvements set a strong tone for this year's performances," he said. "Freshman Angel Lucht intends to add further depth in the throws while senior McWindel Gomez hopes to make his mark in the long jump. For the girls, senior Avery Smith's utility will aid in team point races as Ruby Phelps and Kielee Larson solidify themselves in the throws. Junior Carissa Elsdon is also getting her footing in the high jump and long jump."

There are several important fac-

tors that will determine the amount of success that St. Mary's has this spring.

"First, we must continue to have leaders step up and help guide their teammates through the good times and the bad," Downs said. "Athletes who can buy into working hard on key workout days and taking recovery seriously will see the best outcomes. Our best indication of success will be our ability to control what we can control and keep our focus on the postseason. The emphasis this season is on competing with grit. Ultimately, having faith in our progression and team philosophy is going to have a significant impact on our season outcomes. The coaching staff is dedicated to imple-

menting quality training and individualized approaches to meet athletes' needs."

Downs offered his insight on the conference and included his teams' position in it.

"Like last year, our primary goal is to rise in the conference ranks," he said. "The Twin Lakes Conference is extremely competitive. With greater depth and range of events, our primary goal is to be in the top eight as much as possible. On the girls side, I believe we can compete with the talent of close conference finishers such as East Sac and GTRA. On the boys side, several events need to come together to get on the board and close the gap on West Bend-Mallard and GTRA."

# Storm Lake boys tennis team starting over from scratch this season

Storm Lake will be starting its boys tennis season from scratch this year.

The Tornadoes had seven seniors and one sophomore on last year's team, which was coached by Sam Lipps. This year's team has one returning player and a new coach in Gus Loving.

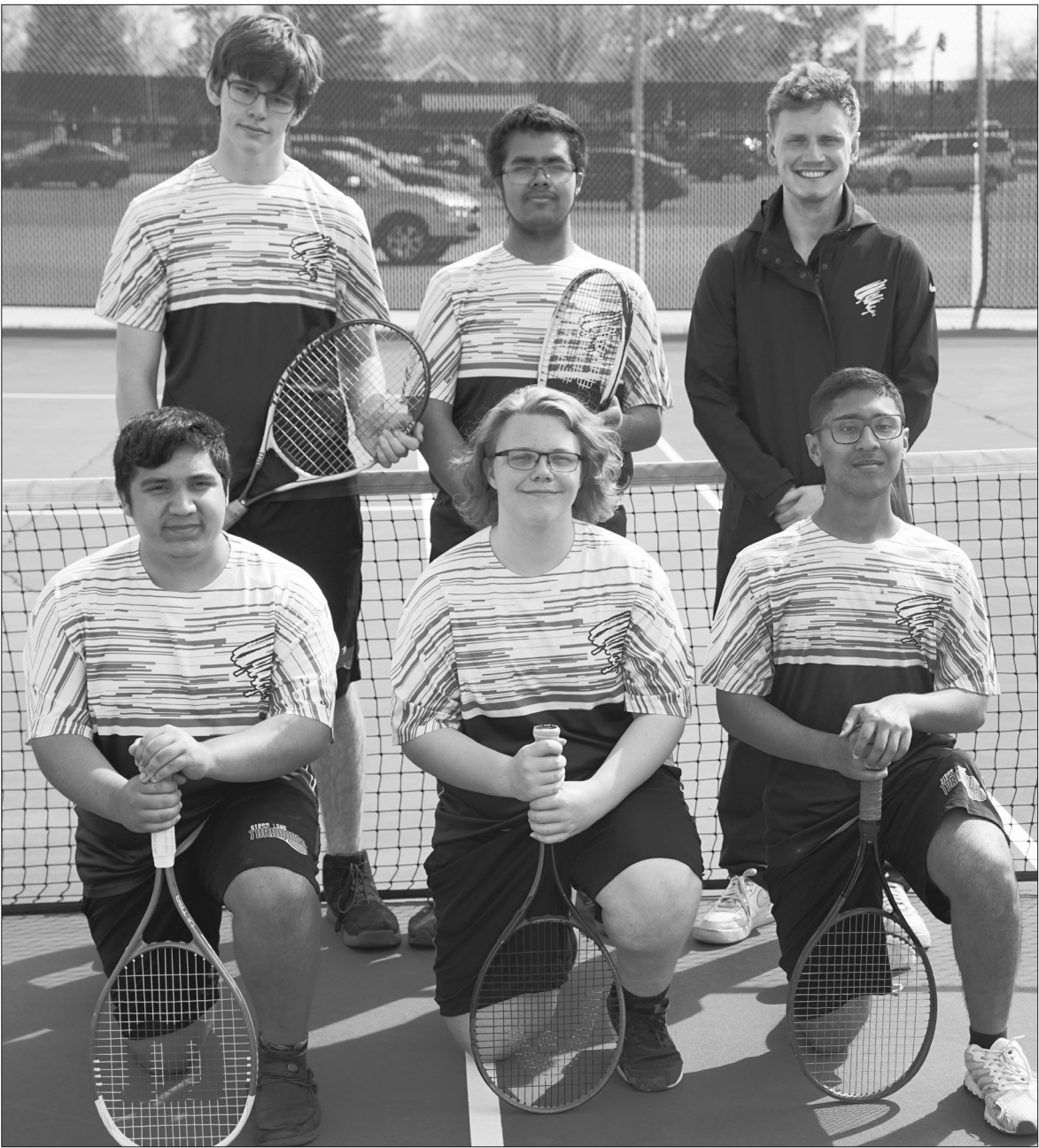
"We are about as close to starting from scratch as possible with six guys on the team," Loving said. "Sebastian Cortez is the lone returning player. He knows the game very well, is fundamentally sound, and I expect him to be a leader of the team. He has a little varsity experience from last year and should be able to carry that into this season."

There are five players who will be joining Cortez on the team.

"With only six guys out for tennis and only one returner, everyone will be filling in shoes this year," Loving said. "We will be competing at a varsity level, and right now I am doing everything in my power to prepare them for that. There is not a guy on the team that I doubt. Regardless of where they fall one through six, the expectation is that they will be well-prepared to play varsity level singles and doubles matches. Landon Moore is someone that I have noticed will be up for the challenge of playing some of the higher-ranked/placed/seeded singles and doubles. Yet, at the end of the day, it will have to be a complete and total team effort as we are just scraping by with numbers."

Loving measured the potential strengths of this year's team heading into the campaign.

"We are extremely young," he said. "Last year, this team had seven seniors and Sebastian as a sophomore. Now we have five juniors and



Members of the Storm Lake boys tennis team are pictured from left to right, front row: Gabriel Murray, Landon Moore and Sebastian Cortez. Second row: Grant Hansgaard-Kell, Kenneth Alvarado Orozco and coach Gus Loving.

## SCHEDULE

Date	Opponent
April 7	Fort Dodge St. Edmond
April 8	at Denison-Schleswig
April 10	at Estherville Lincoln Central
April 14	at Le Mars
April 15	Cherokee
April 17	Spirit Lake-Okoboji
April 21	at Spencer
April 28	Estherville Lincoln Central
April 30	Lakes Conference (at Spirit Lake)
May 5	at Spirit Lake-Okoboji
May 6	at Cherokee
May 8	Spencer

one sophomore. Almost all of the six outside of Sebastian are fairly new to the game of tennis. While we are only about a week deep into practice, their commitment to improving is a massive strength. They do a good job of supporting one another and working from where they are currently at. They are realistic and working on many of the fundamentals and mechanics right now. It is

impressive to see that and I know that they are committed to the grind and will work to continuously improve through May and even into next year with our current grade-levels.

"I would love to have more than six guys, but it honestly works as a strength at times as well," Loving added. "There is a lot more time for me to do individual work with each

player. Finally, they are six great kids. I only knew one of them before the season started and only one of them knew me. Yet, there is great team chemistry here, realistic expectations, and a drive to maybe get something going and prove some people wrong."

However, there are some question marks with the Tornadoes.

"Of course, inexperience and a

number shortage is not just a good thing," Loving said. "There are plenty of concerns with that as well. Five guys will be competing in their first official match. Everyone will be a varsity starter. There may be times when experience versus non-experience is a key factor in some of our matches. I am interested to see how we respond after we are matched up against some good competition early in the season. Will we take that as a learning experience and work on that same continuous growth? I hope so. I believe so with this group of guys."

Loving discussed how this year's team could be better than last year's.

"I think this team can still be better than last year's team as the season progresses," he said. "Last year, the team had a lot of experience with seven seniors. This year, we are on the complete opposite side. As we get some experience with some practice and a couple of meets under our belt, I believe that you will see improvement with this team."

"I told the guys at the beginning of the season that I will always meet them where they are at regardless of their experience, and I am excited to see where that leads us," Loving added.

There are a few important factors that will dictate how much success the Tornadoes have this spring.

"If we can focus on getting 1 percent better every day, success will come," Loving said. "A strong commitment to making one another each practice by giving maximum effort will help improve everyone."

Loving offered his insight on the Lakes Conference for this season.

"I am still familiarizing myself with other teams' players and returning players from last year as this is my first year with the boys," he said. "I know Spencer and Spirit Lake have been the two teams to run the table as of late. I would assume all other four teams have the edge on us in terms of experience. We are working to be the best team in the conference. There is no reason to not have that as an end goal. Once our foundational skills are mastered, I hope to have us reaching for new levels to meet those goals. With no seniors, I know that we have time to make this happen whether it is this year or not."



# Storm Lake begins girls tennis season with new coach, five returners

Storm Lake will begin the girls tennis season with a new head coach as Jill Gallagher takes over.

Gallagher will inherit a team that returns five players. They are Emma Dierking, Brie Orth, Paw Taw, Nailea Lopez and Sofia Gonzalez.

"We lost three seniors and look for all five returners to show improvement and fill the spots opened by the loss of those seniors," Gallagher said. "Emma, Sofia, Nailea, Paw and Brie all got a lot of varsity action, so all should be ready to have more success this spring."

Gallagher considered the team's potential strengths heading into the season.

"Being a first-year coach, I have noticed in the first couple weeks of practice a team that is very coachable and willing to work," she said. "The girls want to get better and have positive attitudes."

However, there are a few question marks with the Tornados.



Members of the Storm Lake girls tennis team are pictured from left to right, front row: Melanny Garcia Flores, Aylin Velo-Cisneros, Sha Kee Lar Wah, Valeny Thammavong, Ruby Rodriguez and Jacqueline Hernandez. Second row: Ashley Lozano, Isis Castaneda Cabral, Anaiz Martinez, Aaliyah Phompong, Briana Monzon, Guadalupe Leiva, Syomara Perez, Alondra Perkins and Mya Damanhoury. Third row: Dulce Games, Nailea Lopez, Sofia Gonzalez, Brie Orth, Abril Torres, Emma Dierking, Aubrey Ouanesisouk, Anahi Castillo, Kurenai Phimsen, Allison Galvin and Yiovanna Bergara. Not pictured are Paw Taw, Claudia Martinez Medina and Maria Rios.

## SCHEDULE

Date	Opponent
April 7	at Fort Dodge St. Edmond
April 8	Denison-Schleswig
April 10	Estherville Lincoln Central
April 15	at Cherokee
April 17	at Spirit Lake-Okoboji
April 21	Spencer
April 22	Le Mars
April 28	at Estherville Lincoln Central
April 30	Lakes Conference (at Storm Lake)
May 5	Spirit Lake-Okoboji
May 6	Cherokee
May 8	at Spencer

"We have an open position or two at the varsity level, so we will be looking for players to step up and contribute," Gallagher said.

Gallagher discussed how this year's team could be better than the

one from a year ago.

"This year, we hope to improve our overall performance by focusing on conditioning and improving our fundamentals," she said. "We have great leadership out of our seniors,

which is a benefit."

There are a few important factors that will determine the amount of success the Tornados have this season.

"I think attitude and work ethic

will help in determining our success," Gallagher said. "If the girls have a positive mentality and work hard to get better every day, this will lead to more victories during the season."

## Ridge View boys track ...

*Continued from page 16*

and could be a varsity thrower.

"Carter Todd is our top high jump participant and we are trying a couple of others, including Adam Stephan, Kinnick Jensen and Noah Struck," Tokheim added. "This could be a strength for us as Carter already has the school record at 6-2 and the other three guys are very athletic. Derek Heilman is a freshman, but has already jumped 19 feet in the long jump, so we are hoping that he can improve on that. Ryan Barry is another freshman who will try the long jump for us."

The middle and long distance events will feature a lot of depth.

"We have all four of our 4x800 runners back in Jensen, Todd, Todd and Jochims," Tokheim said. "We have a lot of depth in the distance

and mid-distance areas. There will be some competition for the varsity 800s through the 3,200. Joining the 4x800 foursome will be Tyler Friedrichsen, Cody Wunschel, Odin Hanson, Landyn Peterson, Ethan Serrano Castillo and Talan Witzke, The 1,600 will have several guys competing to run varsity — Odin Hanson, Jochims, Peterson, Castillo, Witzke, Bertram Hove and Brody Bisenius. The 3,200 group will include Hanson, Bisenius, Hove, Castillo and Witzke."

Tokheim assessed how the hurdle events will be this season.

"Freshmen Evan Kolpin and Tyler Dutler are the two guys with the most experience here and both look good," he said. "Kinnick Jensen and Broc Wilken are both working on them and are looking good. These four will give us a competitive shuttle hurdle relay. Castillo and Peterson will give us some

depth there when needed. Right now, Kinnick will be the only one trying the high hurdles, but hopefully, the others will get more comfortable with trying the highs."

Tokheim measured what the team's potential strengths will be entering the season.

"Our biggest strength is our depth," he said. "We have 42 guys out and we will be able to put someone in every event that can compete at the varsity level and possibly score points. I do think our 400 and 800 runners will be our biggest strengths this year. I think we have over eight varsity-caliber 800 runners, but some of that depends on how the young guys mature."

However, there are some question marks with the Raptors.

"The hurdles are a big question just because we have very little experience, but the guys are working

hard and willing to compete. The sprints under the 400 are another concern. Lucas Heilman is the only one returning with competitive varsity times. Hopefully, some of the other guys have improved and some of the new guys can step up and compete at the varsity level."

Tokheim discussed how this year's team will be better than the one from a year ago.

"I think we will be better because we have a knowledgeable assistant this year," he said. "Brian Wilken is our assistant and he brings a wealth of experience. The girls coaches are also helping the boys team. Angie Kohn is working with our high jumpers and hurdlers, and Katie Tesch is planning our distance workouts. I think our distance guys will compete at a higher level this year. We have more depth at the 400 and should be able to compete in the 4x400 at a higher level this year."

I think we will have more options on what we try to win at the conference meet and try to take to state because of our depth."

There are a few important factors that will dictate how much success the Raptors have this spring.

"We need to stay healthy," Tokheim said. "I think we need to find some guys who can handle the handoffs and get some continuity for us to have some great sprint relays. We need some guys who are willing to do what is best for the team for us to compete as a team. Jack and Kellen both have a real shot of running a sub-50 400 meters and a sub-2 minute 800 meters this year, but they have to be willing to work hard, attack the races and fight through some pain. If other guys are willing to work hard with them, we could have a lot of success in any race that includes a 400 or 800."

# St. Mary's boys, girls track teams look to extend strong foundation from last year

The 2024 season brought several notable performances that established a strong foundation moving into this year for the Storm Lake St. Mary's boys and girls track and field teams.

On the boys side, the Panthers will be led into the 2025 season with the return of Brett Petersen. A state qualifier in 2023, Petersen is looking to learn from the trials of last season to rise once again in the middle distance ranks. Brendon Petersen is poised to follow suit as a long sprinter.

Newcomers Nicolás Calvo and Cael Phelps are set to complete the running ensemble as part of the sprint crew. Phelps, a freshman, enters high school coming off a 2024 USATF youth indoor championship in the 60 meter dash and a sixth-place finish at the 2024 Mike Henderson Middle School State Championships in the 100 meters.

On the girls side, senior Karla Limones is looking to make her stand in the distance events, returning as a top five place-winner in the 1,500 meters and 3,000 meters at last year's state qualifying meet. Sophomores Ruby Phelps and Dani Young return medal-winning performances from last year's state qualifying meet in the shot put and 100 meter dash, respectively.

The graduation of Autumn Wunschel and Melanie Rosales have opened a few holes in the distance and throwing events that have been quickly filled. Freshmen Peyton Phelps and Kielee Larson enter this season with notable track and field experience. Phelps is looking to round out the girls' squad as a middle distance runner while Larson will aim to build off her runner-up finish in the shot put at the Mike

Henderson Middle School State Championships two years ago. The boys graduate no senior members, but will be supplemented with the addition of sophomore Jesus Rodriguez and freshmen Angel Lucht and Aaden Movall.

St. Mary's coach Chance Downs measured the teams' potential strengths entering the season.

"In the last year, the program has once again gone through a phase of growth that has held numbers steady at a total of 23 (12 girls, 11 boys)," he said. "A major strength hoping to be displayed this season are the shared values and mindset all 23 members have bought into. With greater numbers and less distractions, we have been able to diversify our training progressions while maintaining an unprecedented level of unity. Our unwavering work ethic and no-excuse approach remain our primary strength as a team. Every athlete comes in each day looking to take advice and work hard to adhere to the vision and core values we have established."

However, there are some question marks with the Panthers.

"Right now, we are looking forward to establishing events," Downs said. "Last season, we started to fill relays, but with even more athletes in both genders, we now have the opportunity to cover almost every event. The unknown step at this juncture is how we will fill those cards meet to meet while prioritizing our training."

Downs discussed the ways that both teams will be better than last year.

"Considerable depth in numbers and experience will undoubtedly lead the team as a whole to greater performances and shared experiences," he said. "The coaching staff has worked tirelessly to design event programming that advances athlete understanding and conditioning. I think we are getting back to understanding the demands of track and field as a sport and what it will take to accomplish big goals. On paper, I expect to see more points being scored week by week for both the boys and girls."

CONTINUED ON PAGE 7



Members of the St. Mary's boys track and field team are pictured from left to right, front row: Nicolás Calvo, Cael Phelps and Jesus Rodriguez. Second row: Pedro Lopez, Brett Petersen, Brendon Petersen, Aaden Movall, Ivan Del Villar, Dominac Mills and McWindel Gomez.



Members of the St. Mary's girls track and field team are pictured from left to right, front row: Jessa Fetrow, Karla Limones and Sanagayle Olpet. Second row: Aubrey Crum, Ruby Phelps, Dani Young and Peyton Phelps. Third row: Avery Smith, Isabelle Landgraf, Kielee Larson, Abby Wunschel and Carissa Elsdén.

## SCHEDULE

Date	Opponent
March 31	at South Central Calhoun Invite
April 4	at East Sac County Relays
April 7	at Sioux Central Invitational (Boys)
April 11	Buena Vista University
April 15	at Ridge View Invitational
April 25	at HMS Invitational
April 28	at Alta-Aurelia Relays
May 1	at Storm Lake Invitational
May 6	Twin Lakes Conf. (at Sioux Rapids)
May 12	at MMCRU Relays



# St. Mary's boys golfers have promising pair

Storm Lake St. Mary's won't have enough boys golf players to compete for team scoring in meets this season, but the Panthers do have a pair of promising players.

Griffin Strom returns and he will be joined by newcomer Dylan Martin.

"We will not be able to compete for any

team accolades due to our low numbers, but I know our players will be determined to strive for individual accolades," St. Mary's coach Jaden Walls said. "Griffin coming back after his freshman year with more experience and his growth in the game will be huge for him. He will also be a good leader and teammate for Dylan, who is playing his first year for our golf team."

There are a few important factors that will dictate how much success Strom and Martin have this spring.

"How focused our players can stay for the year and once Lake Creek opens up working hard every day at practice," Walls said. "We will not be able to compete for any team conference standings, but I know our two golfers will be eager to compete and grind out meets against our conference opponents."

## SCHEDULE

Date	Opponent
April 10	at Newell-Fonda
April 14	at Manson Northwest Webster
April 17	at GTRA
April 24	at Sioux Central
April 28	at Emmetsburg
May 1	at Southeast Valley
May 5	Twin Lakes Conference (at BVU Lake Creek)
May 8	Pocahontas Area

# Senior, freshman to lead SM girls golfers

Storm Lake St. Mary's won't have enough girls golf players to compete for team scoring in meets this season, but the Panthers do have a pair of promising players.

Maddie Fiorendino returns and she will be joined by freshman Chelsey Gibbins.

"We will not be able to compete for any team accolades due to our low numbers, but I know our players will be determined to strive for individual accolades," St. Mary's coach Jaden Walls said. "Maddie will be playing her senior year and has been determined to compete at the top of our conference this year."

There are a few important factors that will dictate how much success Fiorendino and Gibbins have this spring.

"How focused our players can stay for the year and once Lake Creek opens up working hard every day at practice," Walls said. "We will not be able to compete for any team conference standings, but I know our two golfers will be eager to compete and grind out meets against our conference opponents."

## SCHEDULE

Date	Opponent
April 10	at Newell-Fonda
April 14	at East Sac County
April 17	at GTRA
April 24	at Sioux Central
April 28	at Emmetsburg
May 1	at South Central Calhoun
May 5	Twin Lakes Conference (at Fort Dodge)
May 8	at Alta-Aurelia



Members of the St. Mary's boys and girls golf teams are pictured from left to right: Dylan Martin, Griffin Strom, Maddie Fiorendino and Chelsey Gibbins.

## Storm Lake boys golf ...

Continued from page 6

if we are able to do this, we will be there at the end of the season when we need to be playing our best. We don't know where sectional or districts will be this year, but I hope they are courses we have played or will play throughout the season."

Zinn offered his insight on the conference

for this season.

"I feel Spencer will always be tough," he said. "All in all, our conference is really tough and we have to make sure we are playing our best when we go against them to see where we fall in the conference race. Spirit Lake has a couple of guys who are young, so you cannot count them out. Cherokee has a core group returning, so they should be much improved as well. Estherville is always streaky as well."

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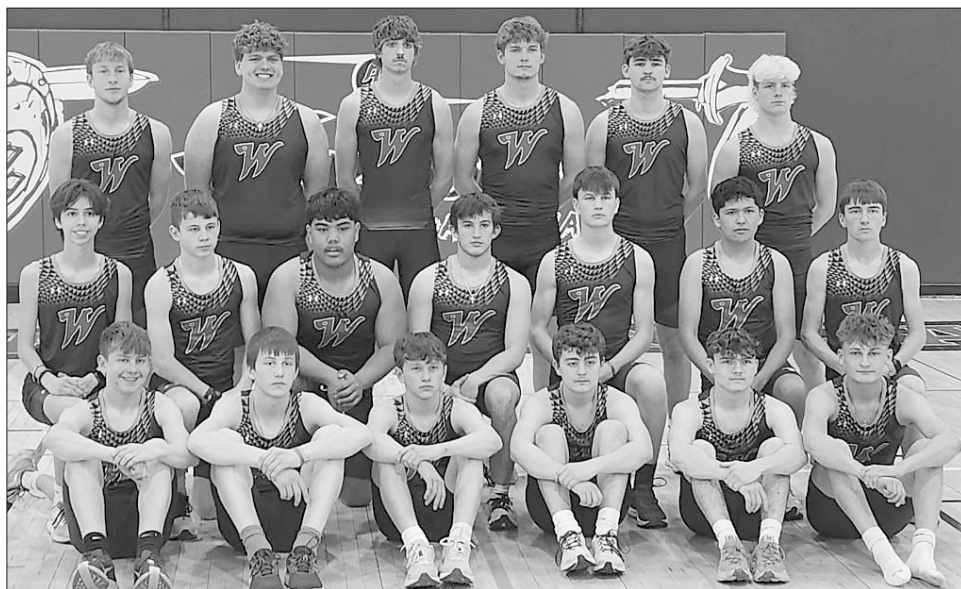
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Members of the Alta-Aurelia boys track and field team are pictured from left to right, front row: Caden Kolar, Eric Kueny, Laeton Langschwager, Tilman Bern, Drake Johnson and Cline Sievers. Second row: Ledger DeMuth, Korbin Glienke, Wilson Alpet, Alex Daughenbaugh, Andrew Kueny, Antonio Garcia and Jacob Launderville. Third row: Peyton Meyer, Breydan Westphal, Gabe Olsen, Gavin Sleezer, Camden Reinert and Hayden Garlow. Not pictured is Bridger Thompson.

## Alta-Aurelia must build depth for success

Alta-Aurelia enjoyed a banner season a year ago as the Warriors won the Twin Lakes Conference boys track and field title.

The Warriors return seven of their top athletes from that team. Heading the list of returnees is Gavin Sleezer, a three-time state qualifier in multiple relay events.

Also back is Peyton Meyer, a member of last year's shuttle hurdle relay state qualifier, Hayden Garlow, a state qualifier in the 4x800 relay the last two years, Gabe Olsen, a state qualifier in the 4x800 last year, Breydan Westphal in the throwing events, Jacob Launderville in the 400, 800, 1,600 and hurdles, and Ledger DeMuth in the 800, 1,600 and 3,200 meters.

Alta-Aurelia has a few top prospects to help fill the void left by the loss of last year's athletes. They include Alex Daughenbaugh in the hurdles, Drake Johnson in the sprints, Laeton Langschwager in the distance events and Tilman Bern in the sprints.

Alta-Aurelia coach Wendell Larson weighed the team's potential strengths and question marks coming into the season.

"Our strengths will be the long jump, discus and distance races," he said. "What new athletes will step up to contribute? A lack of depth will be a concern."

Larson discussed how this year's team

could be better than the one from a year ago.

"Field events and distance races," he said. Larson gave an assessment of the sprint and hurdle events.

"The shuttle hurdle will be competitive," he said. "Sprints are a question mark."

The middle and long distance races will be fairly solid.

"The 800-3,200 should be competitive," Larson said. "The 1,600 with Jacob Launderville, Laeton Langschwager and Ledger DeMuth will be good."

Larson assessed the field events.

"Peyton Meyer has long jumped 19-plus feet," he said. "Gavin Sleezer will be in the discus and Breydan Westphal will be in the discus and shot put."

There is one important factor that will dictate how much success the Warriors have this spring.

"Our underclassmen will need to work to give us quality depth in several places," Larson said.

Larson offered his insight on the Twin Lakes Conference for this season and included his team's position in it.

"South Central Calhoun, Sioux Central and Newell-Fonda will be the front-runners," he said. "We will be in that middle tier of teams."

## Alta-Aurelia girls return quality experience

Alta-Aurelia returns seven top performers from last year's girls track and field team, and all seven of them qualified for the state meet.

The Warriors finished fourth in the Twin Lakes Conference meet and second in the district meet a year ago. They return Nora Peterson, a state qualifier in the 800, 1,500, 3,000 and distance medley relay; Breyer Anderson, a state qualifier in the 4x800 and 4x400 relays; Hayden Berkland, a state qualifier in the 800, 4x800 and 4x400 relays; Eva Kaskey, a state qualifier in the 4x800 and 4x400 relays; Clare Gunkelman, a state qualifier in the 4x200 relay; Kadence Langschwager, a state qualifier in the distance medley and 4x400 relays; and Elsie Peterson, a state qualifier in the 4x800 relay.

The Warriors have some young talent that they expect to step into larger roles this year. Lainey Buckendahl made strides with the longer races last year and into cross country in the fall. Lily Castro should be able to fill in some sprinting spots, along with sophomore Ellie Bloom, who sprints and long jumps. Peyton Kies is a versatile member of the team that can help in different areas. Some freshmen will step into spots as well.

Alta-Aurelia coach Tim Galvin measured the team's potential strengths heading into the season.

"The last few years, a strength of ours has been the middle to long distance races," he

said. "I see that staying the same this year. We tend to have some depth in the mid-distance area."

However, there are some question marks with the Warriors.

"We are working to strengthen several areas," Galvin said. "We have no hurdlers returning from last year's team, so we are starting fresh. We have a few girls trying hurdles for the first time, which can be challenging, but they have been picking up on it quickly. We also have some girls attempting some field events they have never done before, which would be great to add depth."

Galvin discussed how this year's team could be better than the one from a year ago.

"Other than hurdles, the hope is that we have gained in depth in several areas that we need it," he said. "We also have some girls trying new things, which is a good thing."

Galvin gave an assessment of how the Warriors will be in the sprints and hurdles.

"Coming into the season with no hurdlers returning, we are trying to rebuild that area, but those new to hurdling have looked good so far," he said. "Adding our freshmen crew with the sprinters we have returning provides us with something to build upon. We have solid experience returning, and the freshmen crew should help add some depth."

The middle distance events will be in good

CONTINUED ON PAGE 13



Members of the Alta-Aurelia girls track and field team are pictured from left to right, front row: Jade Wilkinson, Eden Ferrusca, Bree Anderson and Kiera Aberson. Second row: Bianca Alvarado, Meleigha Buckendahl, Olivia Binder, Morgan Munro, Hannah Edwards and Tyranny Mason. Third row: Samantha DeLao, Ellie Bloom, Lainey Buckendahl, Lily Castro, Payton Kruse, Breyer Anderson, Nora Peterson, Hayden Berkland, Eva Kaskey, Peyton Kies, Kadence Langschwager, Clare Gunkelman and Elsie Peterson.

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**Members of the Alta-Aurelia boys golf team are pictured from left to right, front row: Austin Droegmiller, Dustin Mattson, Cale Sievers, Ashton Snyder, Eli Rieb, Collin LaFever, Gable Van Oort, A.J. Kolpin and Cole Mier. Second row: assistant coach Brian Schreck, Parker Cargin, Braden Aronson, Lucas Baker, Cale Libolt, Maddux McCoy, Dayn Simonsen, Zackary McPhail and head coach Ryan Heller.**

## Alta-Aurelia boys golf thin on experience

Alta-Aurelia will be a little thin on varsity experience this season as the Warriors return two of their top six boys golfers from a year ago.

The team's top performing varsity player from last year is Lucas Baker, who played in every meet last year and contributed tremendously to the team's success throughout the year.

Braden Aronson also returns and played his way into a varsity spot last year. Aronson contributed throughout the season in multiple different meets and into the postseason.

"With losing four seniors from last year's team, there is plenty of opportunity for individual players to step up and earn a varsity spot this year," Alta-Aurelia coach Ryan Heller said. "It will be exciting to see the competition within the team on earning the open varsity spots."

Heller measured the team's potential strengths heading into the season.

"These kids show dedication to the game at practice, and I would consider that to be a big contributing factor to our team's success this year," he said.

However, there are a few question marks with the Warriors.

"The big question is who is going to be able to step up into the varsity lineup," Heller said. "There are 17 kids that have an equal opportunity to earn those spots."

Heller isn't sure yet how this year's team could be better than the one from a year ago. "It is too early to tell at this point," he said.

There are a few important factors that will determine the amount of success the Warriors have this spring.

"Understanding that golf is an individual and team sport," Heller said. "Showing up to practices and giving it their all each and every day. Hard work, dedication and trusting your teammates will contribute to success throughout the year."

Heller gave his insight on the Twin Lakes Conference for this season and included his team's position in it.

"The Twin Lakes Conference has always been highly competitive," he said. "Last year, we finished in the top half of our conference and hope to do the same this year."

## Alta-Aurelia girls golf to feature experience

Alta-Aurelia returns six of its top girls golfers from last year's team.

Caitlyn Mattson, Avery Westphal, Eva Kaskey, Kenna Van Oort, Kamdyn Diischer and Leyla Molinsky are all back. Mattson was a runner-up medalist in a dual meet. Westphal was either medalist or runner-up medalist on numerous occasions, received all-conference honors, and made it to state as an individual.

The team must replace Maggie Bloom and Addison Fritz, but there are several candidates who can help fill that void.

"We have 15 girls out this season, up eight from the previous year," Alta-Aurelia coach Jill Byers said. "I have some multi-sport athletes who will be competing for a few varsity spots."

Byers considered the team's potential strengths heading into the season.

"There is a solid core of kids who have played a decent amount of golf the last few

years," she said. "A few of last year's newcomers got the golf bug and played a fair amount this last summer working on their game. I will lean on Avery and Caitlyn's leadership to help the younger players develop."

However, there are some question marks with the Warriors.

"Our short game of chipping and putting will be our focus to keep our scores low," Byers said.

Byers outlined the Warriors' goals for this season.

"Competing in each meet and lowering our scores so when conference and regional play comes around we are prepared and competing for those top spots," she said.

Byers gave her insight on the Twin Lakes Conference and included her team's position in it.

"The Twin Lakes is always a tough conference with East Sac County, Pocahontas Area and us all vying for that top spot," she said.



**Members of the Alta-Aurelia girls golf team are pictured from left to right: Kara Bryant, Bryndalyn Brock, Jaylee Martinez, Brooke Meyer, Kamdyn Diischer and Lilith Pantoja. Second row: Eva Kaskey, Avery Westphal, Quimby Kies, Jenessa Launderville, Caitlyn Mattson, Kenna Van Oort, Leah Kannegieter, Leyla Molinsky and Brylee Bengtson.**

## Alta-Aurelia girls track ...

*Continued from page 12*

hands.

"We should be pretty solid in the middle distances," Galvin said. "We return all four from our 4x800 team and will add depth with some newcomers. Depth is important because it allows us to move runners in and out of relays when needed."

The long distance events will be anchored by Peterson.

"Nora Peterson will provide stability for one more year in the distance races," Galvin said. "Lainey Buckendahl will also help out in spots. We will also test some others

as the season moves along."

Galvin assessed the field events. "We are working on becoming more consistent in our field events," he said. "Returners include Hayden Berkland in the high jump and Ellie Bloom in the long jump, and we have several working with the throwing events. The goal is to get more consistent when it comes to scoring points in the fields."

There are a number of important factors that will dictate how much success the Warriors have this

spring.

"Our success this year will be measured just like any other year, which is by growth," Galvin said. "The goal every year is to get better during the season. I know we have individuals with certain goals, and we also have team goals, but ultimately, those goals are reached by

doing what it takes during the season to get better. Avoiding injuries is always important when trying to accomplish goals."

Galvin gave his insight on the Twin Lakes Conference and included his team's position in it.

"The Twin Lakes Conference continues to provide top competi-

tion from year to year," he said. "This year will be the same. Sioux Central continues to have a solid all-around team. I would think they will be near the top of the TLC again this year. Usually, our team goal is to finish in the top half of the conference."

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# Newell-Fonda girls track team to be led by new coach for first time in 27 years

For the first time in 27 years, Newell-Fonda will begin the girls track and field season with a new head coach.

Robyn Hogrefe takes over for Craig Davis, who led Mustang teams for the past 26 seasons.

Newell-Fonda placed ninth in the Twin Lakes Conference meet last season and returns seven athletes. Of the seven coming back, six have experience at the state track meet. The team will be led by three seniors — Kinzee Hinders, Anna Mercer and Lindsey

Wolf.

The five seniors from last year's team will be replaced by six incoming freshmen.

Hogrefe considered the team's potential strengths coming into the season.

"The girls are multi-sport athletes and have experienced competition at the highest level," she said. "Their experience in those tough situations makes them resilient and develops leadership qualities."

However, there are some question marks with the Mustangs.

"With only 13 athletes, it will be difficult to fill the events," Hogrefe said. "We will build lineups that put the athletes in position to perform optimally and seek improvement at each meet."

Hogrefe discussed how this year's team could be better than the one from a year ago.

"The girls have been teammates in different sports over the past seasons, and there is a level of respect and dedication to each other," she said. "The upperclassmen are wonderful leaders whom the younger athletes look up to."

Hogrefe gave an assessment of how the Mustangs will be in the sprint and hurdle events.

"We have many versatile sprinters able to run 100s, 200s and 400s alike," she said. "This makes for the ability to build strong relays. Depth in the hurdles is a concern, however, Ava Vie and Rylee Hogrefe return from last year's state qualifying shuttle hurdle team."

The middle and long distance events will be a plus for the Mustangs.

"The majority of the middle and long distance duties will be handled by junior Marení Brabec and freshman Danika Meyer," Hogrefe said. "They both ran at the

state cross country meet last fall and work hard to make steady improvement."

Hogrefe assessed how the field events will be this spring.

"A few girls have expressed interest in competing in the throws," she said. "Freshmen Abby Leu and Ellie Sievers bring experience in the long jump. Lindsey Wolf returns as an experienced high jumper."

There are a few important factors that will dictate how much success the Mustangs have this season.

"We will focus on our early season training to build a base and reduce the chance of injury," Hogrefe said. "Keeping everyone on the roster healthy and injury-free will be key to having a successful season."

Hogrefe gave her insight on the Twin Lakes Conference for this season.

"There are teams in the Twin Lakes Conference with rosters two and three times the size of ours," she said. "Sioux Central and Alta-Aurelia always have many athletes to pull from and score a lot of points. We will focus more on improving our times and distances each meet than the number of points we score. Our team has multiple athletes capable of earning all-conference honors in individual and relay events."



Members of the Newell-Fonda boys track and field team are pictured from left to right, front row: Leiden Brock, Hunter Watts, Max Carlson, Guyson Lyman, Jayde Naughton, Jake Roberts and Kadin Wadle. Second row: Liam Gauley, Brayden Johnson, Jacksyn Hogrefe, Trevor Tauber, Jackson Bellcock and Lincoln Gauley. Third row: Austin Barber, Ian Harrer, Gunnar Baron, Thomas Mercer, Kinnick Kaufman and Jack Olsen. Fourth row: Jesus Gonzalez, Chance Johnson, Easton Rhiner, Will Voyles and Brock White. Not pictured is Gus Lockrem.

## Newell-Fonda boys look for improvement

Newell-Fonda returns 12 letterwinners from last year's boys track and field team, so the Mustangs have high hopes of continued improvement this season.

Seniors Max Carlson, Guyson Lyman, Jayde Naughton, Jake Roberts, Kadin Wadle and Hunter Watts; juniors Jacksyn Hogrefe and Trevor Tauber; sophomores Jackson Bellcock, Liam Gauley, Lincoln Gauley and Brayden Johnson are all back with experience.

Senior Leiden Brock, sophomore Jalen Amor, and freshmen Mathew Baker, Austin Barber, Gunnar Baron, Jesus Gonzalez, Ian Harrer, Chance Johnson, Kinnick Kaufman, Gus Lockrem, Thomas Mercer, Jack Olsen, Easton Rhiner, Will Voyles and Brock White will provide the Mustangs with valuable depth this season.

Newell-Fonda qualified four events for the state meet a year ago — Eli Roberts in the high jump, 4x100 relay, 4x200 relay and Carlson in the 400 meter hurdles.

"We return Max Carlson as a senior who has ran multiple events at the state track meet in both 2023 and 2024," Newell-Fonda coach Jordan Myers said. "He's loved track and we look forward to watching him compete this spring. Guyson Lyman is another senior who has set himself up for a nice spring. Jacksyn Hogrefe and Trevor Tauber are two juniors that I think could really step up for us this spring. Jackson Bellcock is a sophomore who finished last spring running his best times. He will look to continue that momentum into this spring. Our focus for the season is always going to be to just keep getting a little bit better each day and to be running our best times, and throwing and jumping our best distances by the end of our season. We will have the opportunity to compete against some really good track teams in our conference and on our schedule, and I believe we have a group of guys that look forward to those tough challenges."



Members of the Newell-Fonda girls track and field team are pictured from left to right, front row: Lindsey Wolf, Kinzee Hinders and Anna Mercer. Second row: Marení Brabec, Mylie Hinders, Ava Vie and Rylee Hogrefe. Third row: Abby Leu, Danika Meyer, Bailey Mandernach and coach Robyn Hogrefe. Fourth row: McKayla Hanson, Ella Roberts and Ellie Sievers.





Members of the Newell-Fonda boys golf team are pictured from left to right, front row: Wyatt Bartek, Carter Emerick, Guyson Lyman, Jake Roberts and Jacksyn Hogrefe. Second row: Brayden Johnson, Aidan Rubendall, Kellen Meyer, Liam Gauley and Lincoln Gauley. Third row: Ian Harrer, Easton Rhiner and Nathan Rubendall.

## Newell-Fonda boys golf to be experienced

Newell-Fonda will begin the boys golf season this year with a new head coach as Trisha Johnson takes over for Nathan Baron.

Johnson inherits a team with four returning varsity golfers.

"This year, I've got four returning varsity members with one out due to injury this season in Guyson Lyman, Jacksyn Hogrefe, Kellen Meyer and Brayden Johnson," she said.

There are a few top prospects that will help fill the void left by the loss of last year's players.

"We've got a couple members joining the team this season that I am really looking forward to working with," Johnson said. "We've got Carter Emerick, Wyatt Bartek and Ian Harrer."

Johnson measured the team's strengths and question marks entering the season.

"With the majority of our varsity members returning, I think that experience will be a strength of ours," she said. "This is my first season as head coach, so a concern or question mark for me would be just figuring the

season out and coming into my own with this team."

Johnson discussed how this year's team could be better than the one from a year ago.

"We are returning four varsity members, so that experience is going to go a long way for us," she said. "We are also spending some more time on the course this season, which will encourage some consistency."

There are some important factors that will dictate how much success the Mustangs have this season.

"This season, my goal is to get to know the team and work toward improving on last season," she said. "We've been out on the range and putting green a couple of times, really working on some consistency of shots and yardage."

Johnson gave her insight on the Twin Lakes Conference for this season.

"We've got a strong conference," she said. "Emmetsburg is always a tough opponent and this year is no different. We are also keeping our eye on Manson Northwest Webster and South Central Calhoun."

## Newell-Fonda girls to feature experience

Newell-Fonda had another banner season a year ago as the Mustangs advanced to the state tournament.

With the return of all but one player from that team, the Mustangs appear poised to get back to the state meet.

Heading the list of returning players is all-state and all-Twin Lakes Conference player Macy DeMey. Also back are Emma Hurd, Jaicee Vanderhoff, Rowyn Nielsen and April Meyer.

"All five of these girls were on our team last year that captured an eighth-place finish at the state tournament in Marshalltown," Newell-Fonda coach Courtney Hamilton said. "The amount of growth they showed as golfers and competitors was amazing."

There are a couple of promising prospects to help fill the void left by the loss of last year's players.

"Grace Erickson was our lone senior last season," Hamilton said. "She leaves a big gap for our team as she was a consistent player all four years. I am looking for a lot of growth and improvement out of Camryn Puhmann. She has some varsity experience from her previous years. I am excited to see what she will

bring to the team this season. Alyssa Hutchinson shows great promise as well. Alyssa was a competitor on our JV squad last year and I am eager to see how she can step up this season."

Hamilton measured the team's potential strengths heading into the season.

"Experience is our greatest strength this season," she said. "We had the opportunity to play some really tough courses last season. This has provided this team with the skills necessary to tackle the tough situations golf provides. Leadership is another strength we have on our side this season. Macy, Jaicee and April are great examples of what hard work and being coachable can do for an athlete. They are going to lead this team to great things

"Maturity and being a smart golfer are two characteristics we have on our side this year," Hamilton added. "This group of girls has experienced a plethora of situations, which have called on them to use their knowledge of the rules to help them out. They also know when to play it safe and how to be a smart golfer."

CONTINUED ON PAGE 19



Members of the Newell-Fonda girls golf team are pictured from left to right, front row: Jaicee Vanderhoff, Macy DeMey and April Meyer. Second row: Omi Smith, Emma Hurd, Mareni Brabec and Camryn Puhmann. Third row: Vienna Wingert, Alyssa Hutchinson, Rowyn Nielsen and Eliana Olsen.

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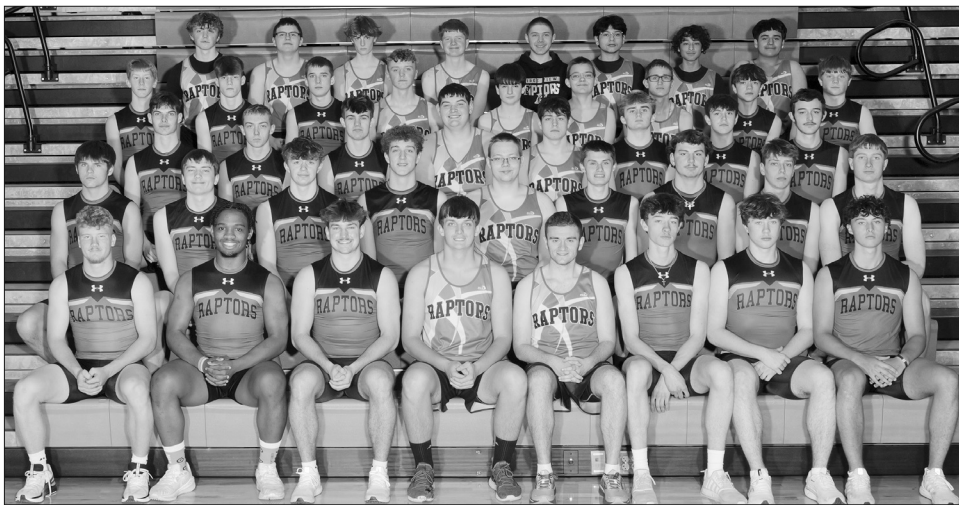
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**Members of the Ridge View boys track and field team are pictured from left to right, front row: Lucas Heilman, Dramelle McCray, Kellen Jensen, Braxton Galvin, Brody Bisenius, Jack Todd, Kyle Burk and Noah Struck. Second row: Cody Wunschel, Carter Todd, Zach Kolpin, Adam Stephan, Jacob Friedmann, Odin Hanson, Kinnick Jensen, Cole Jochims and Tyler Friedrichsen. Third row: Bertram Hove, Landyn Peterson, Karsen Jensen, Jon Friedrichsen, Kolton Witzke, Alax Goettsch, Broc Wilken and Tristan Werner. Fourth row: Derek Heilman, Talan Witzke, Tyler Dutler, Ayden Heitmann, Lane Wandrey, Jared Friedmann, Ian Hanson, Evan Kolpin and Ryan Barry. Fifth row: Carter Heitmann, Brody Goettsch, Oliver Schweitzerberger, Blake Friedrichsen, manager Ozzy Crum, Khristos Orovio, Joel Ocegueda and Gustavo Carillo-Cervantes. Not pictured is Ethan Serrano Castillo.** Photo courtesy of Stevenson Studios

# Ridge View boys track team to feature depth

Ridge View figures to be in the mix for the Western Valley Conference boys track and field title this season. The Raptors finished second last year and returns four state track and field qualifiers from a year ago.

Jack Todd made it to state in the 400 and the 4x800 relay. He set the school record last year in the 400 with a time of 51.11 seconds. Todd also ran a 2:01 800 meter last year.

Kellen Jensen made it to state in the open 400 and was on the 4x800 relay team. His best open 400 time was 51.4 seconds and he also ran a sub 2:05 800 meters.

Zach Kolpin is one of the Raptors' top returning sprinters and was their fastest 400 runner. Carter Todd set the school record in the high jump last year with a jump of 6 feet, 2 inches. He was also on the state 4x800 relay.

Cole Jochims was on the state 4x800 team and was one of the team's leaders in the 1,600. Odin Hanson was the Raptors' best distance runner the last two years and made it to the state cross country meet last fall. Lucas Heilman is the team's top returner in the shot put and discus, and one of the best sprinters.

Dramelle McCray and Kyle Burk will be competing for some varsity sprint spots. Braxton Galvin will be one of the varsity throwers. Noah Struck is looking to compete for a varsity high jump spot and the hurdles.

Adam Stephan is looking very good in the sprints and the high jump. He looks to be one of the leaders in the competition for a 4x400 spot that hopes to make it to state. Bertram Hove will be in the mix for the distance races. Kinnick Jensen looks to be the best hurdler

and will also compete in the high jump and anything 800 meters and below. The mid-distance groups has depth, including Tyler Friedrichsen and Cody Wunschel.

Landyn Peterson and Ethan Serrano Castillo look very strong in the distance and mid-distance events. Broc Wilken could compete in any event 800 meters and below. All three could also be in the shuttle hurdle relay. Jon Friedrichsen gives the team depth in the throws and will compete for a varsity spot.

Ridge View has 17 freshman out that will provide depth in every event. The group is led by Talan Witzke, who will be competing for a varsity spot in the 800, 1,600, and 3,200. Derek Heilman looks like he will be the best long jumper, and he will compete for varsity spots in the 400 and below. Tyler Dutler will also compete for a varsity spot in the sprints and the shuttle hurdle relay. Karsen Jensen will battle for a varsity position in the discus and the 400s. Ryan Barry, Brody Goettsch, Ayden Heitmann and Carter Heitmann will all be competing for some varsity sprint relay positions.

Ridge View coach Dale Tokheim gave an assessment of the field events.

"Lucas Heilman could compete to make it to state in both throws, and his discus last year was 140 feet, so if he continues to improve, the state meet is a possibility," he said. "Braxton Galvin and Jon Friedrichsen have continued to improve and look to compete for a varsity position. Karsen Jensen is focusing on the discus and gives us depth there

**CONTINUED ON PAGE 9**

# Ridge View girls return 18 letterwinners

Ridge View enjoyed a banner girls track and field season a year ago as it finished second in the Western Valley Conference meet.

However, the Raptors graduated 10 varsity letterwinners who broke eight school records. It was a very balanced group of athletes from filled events to sprints, hurdles and distance runners, very talented, and will definitely be missed by this year's returning letterwinners.

Returning letterwinners this season include Sydney Blackmore, Mazee Henningson, Lea Johnson, Gabi Mason, Liz Schimmer, Lillian Whitmer, Addi Voge, Alyssa Biede, Naunika Crum, Reese Hawthorne, Arissa Kretlow, Jazmine Orduna, Addison Tesch, Bryli Blunk, Gillian Chance, Regan Ruble, Clara Todd and Tiegian Vohs.

Ridge View coach Angie Kohn assessed the throwing events.

"Our throwers are all seniors," she said. "We will be lacking in this area in the years to come. We have had some smaller class sizes full of distance runners, not throwers. Liz Schimmer and Sydney Blackmore have been our top shot putters for the past two years, always placing in the top few spots at meets. Addi Voge and Mazee Henningson, along with Schimmer and Blackmore, will share the discus spots for this season. We are hoping one of them can throw 110-plus (feet) on a consistent basis."

The distance events will be one of the strengths of the team.

"Our distance runners have gained an

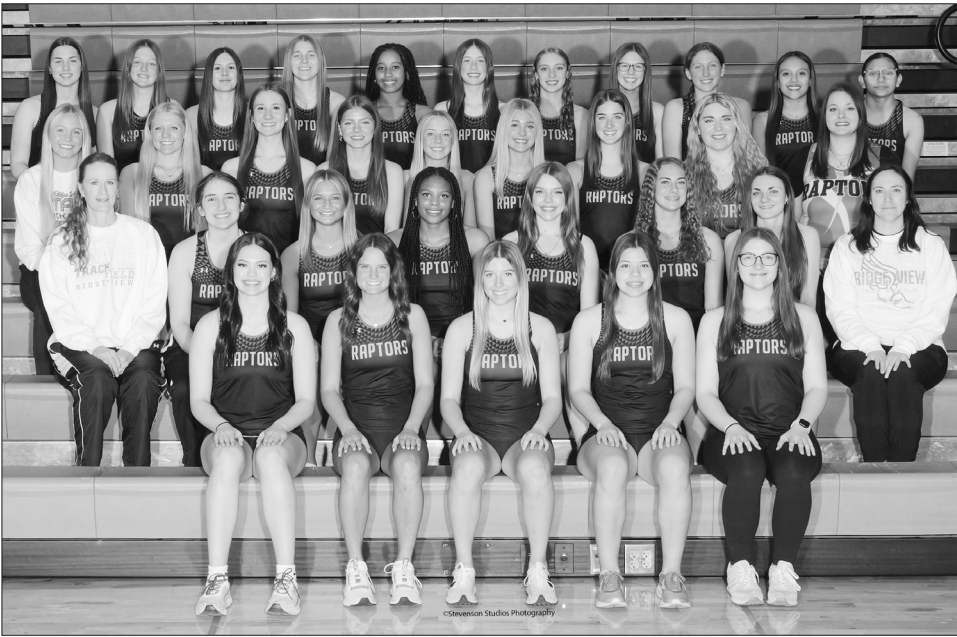
asset this season with the addition of Katie Tesch as an assistant," Kohn said. "She is Ridge View's cross country coach and is leading this pack of girls in workouts. Addy Tesch, Alyssa Biede, Tiegian Vohs and Clara Todd are retuning letterwinners. These girls finished last season strong with some quality 800 times and are looking to improve on them. Vohs is going to be leading our freshmen in the 1,500 and the 3,000 runs this year. Freshmen joining the distance team this year are Jayna Aschinger, Destiny Rojas and Taylor Hansen. They are building on a strong performance during their cross country season and have such a wonderful team dynamic that makes them fun to watch."

Kohn gave an assessment of the hurdles and sprints.

"Our hurdle team is led by seniors Gabi Mason and Lillian Whitmer," she said. "Mason is part of the record-holding team for Ridge View. She is the only returning member of that team, but Whitmer also has many legs of this relay under her belt. Both will lead our team of Hawthorn, freshmen Brynlee Grieme and Cora Tesch, and veterans Naunika Crum and Bryli Blunk.

"Mason, Kretlow and Hawthorn are our returning top sprinters," Kohn added. "200s and 400s will be our team's strengths, and when we add in Addy and Cora Tesch, both our medley relays should be our stronger relays."

**CONTINUED ON PAGE 18**



**Members of the Ridge View girls track and field team are pictured from left to right, front row: Sydney Blackmore, Gabi Mason, Lillian Whitmer, Lea Johnson and Addi Voge. Second row: head coach Angie Kohn, Mazee Henningson, Naunika Crum, Arissa Kretlow, Linda Spahn, Alyssa Biede, Addison Tesch and assistant coach Katie Tesch. Third row: manager Cadey Vohs, Reese Hawthorne, Gillian Chance, Bryli Blunk, Tiegian Vohs, Regan Ruble, Clara Todd, Liz Schimmer and Janna Friedmann. Fourth row: Haley Wright, Brynlee Grieme, Kallie Pyle, Jayna Aschinger, Kimiya Bolden, Graceyn Hansen, Cora Tesch, Taylor Hansen, Hannah Brown, Destiny Chavez and Jazmine Orduna.** Photo courtesy of Stevenson Studios





**Members of the Ridge View boys golf team are pictured from left to right, front row: Gavin Vohs, Robert Forristal, Hayden Hawthorne, Ty Clausen, Reid Stricklett, Carter Padavich, Kreighton Krager, Drew Burk and Kellen Clausen. Second row: Ethan Brockman, Lukas Bruns, Chayse Hansen, Luke Whitmer, Kyson Turnquist, Donovan Martin, Daniel Najera-Torres, Aiden Myrtue, Blake Myrtue, Shane Reiss and coach Alex Warnke.** Photo courtesy of Stevenson Studios

# Ridge View boys to have experience, depth

Ridge View will enter the boys golf season with plenty of experience and depth.

The Raptors return five golfers who played on the varsity team last year, led by state qualifier and two-time all-Western Valley Conference golfer Gavin Vohs. Two-time all-conference players Kellen Clausen and Drew Burk are also back, as is state qualifier Robert Forristal and Luke Whitmer.

Top prospects Chayse Hansen, Blake Myrtue, Kreighton Krager and Ty Clausen will provide the team with depth.

Ridge View coach Alex Warnke considered the potential strengths of this year's team.

"This season, we will have experience and depth," he said. "We have five players that golfed every varsity meet last year and we have multiple golfers with JV experience. With 19 golfers out, we will have some good competition for our spots on varsity and JV, which should help us grow as a team. With our experience, we should be able to play smart and understand how to attack the courses we play. Our players do a good job giving themselves scoring opportunities by their consistency off the tee and keeping the ball in play."

However, there are some question marks with the Raptors.

"This year, the key will be consistent growth by focusing on the details around the green and on our approach shots," Warnke said. "We are capable of shooting some low scores, but will need to hit greens in regulation more consistently and understand where to miss. We will be looking for somebody to step in and fill an open varsity spot from a year ago, and will lean on our returners to continue to work together to post competitive scores each meet."

Warnke discussed the ways that this year's team could be better than last year's.

"This year, our team has a better understanding of what it takes to compete and win against some of the best teams on our schedule," he said. "Our golfers are learning how to play their own game and bounce back after a bad shot. As a team, we have shown the ability to finish rounds strong, even when we don't get off to great starts."

There are a few important factors that will dictate the Raptors' success.

"A key determining factor for us this season will be whether we can stay focused on our approach each hole when things are going well and when we are struggling," Warnke said. "If each of our golfers can enjoy the challenge of each shot, we can be more

CONTINUED ON PAGE 19

# Ridge View girls look for more consistent play

Ridge View returns a trio of second team all-Western Valley Conference players to its girls golf team this season.

The Raptors bring back Emma Mentzer, Zoey Aschinger and Madilynn Maruska. Joining them will be Mya Henningson, Lauren Schmitt, Claire Wandrey, Chloe Murphy, Savannah Cudaback, Brooklynn Lukins and Madelynn Horan.

Ridge View coach Brian Bode measured the team's potential strengths entering the season.

"We've shown more attention to playing consistently within rounds the past few years, and I see that being an important part of our success this year," he said. "Our team this year is decently experienced for the varsity level and golfing competitively."

However, there are a few question marks with the Raptors.

"How well we can improve on our short game over the season?" Bode said. "It'll be important for us to understand the closer we get to the pin, the more we need to focus and be precise with our swings."

Bode discussed the ways that this year's team could potentially be better than last year's.

"Everyone has gotten another year of experience and believe they've become smarter in the way they play the game and their decisions," he said.

There are a few important factors that will dictate how much success the Raptors have this season.

"We need to avoid penalties and be accurate on the green," Bode said. "The chipping and putting game will need to be dialed in each meet."

Bode offered his insight on the Western Valley Conference for this season and included his team's position in it.

"MVAOCOU is most likely the front-runner in the team race with a majority of girls coming back," he said. "Kingsley-Pierson returns the individual conference champion, so they should be in the mix. I see West Monona, Woodbury Central and us jumping around for the next three spots. This would put us in the top half."



**Members of the Ridge View girls golf team are pictured from left to right, front row: Addison Domino, Chloe Murphy, Brooklynn Lukins, Savannah Cudaback, Madelynn Horan and Madilynn Maruska. Second row: coach Brian Bode, Zoey Aschinger, Mya Henningson, Emma Mentzer, Lauren Schmitt and Claire Wandrey.** Photo courtesy of Stevenson Studios



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**Members of the Sioux Central boys track and field team are pictured from left to right, front row: Jordan Livermore, Joshua Hoffman, Leighton Sippel, Kinnick Fahrenkrog, Ethyn Wilson, Lerrill Jones, Lucos Wernimont, Jhony Ordonez, Aiden Sorensen and Miguel Contreras Mora. Second row: Remi McGregor, Marcus Price, Alexander Anderson, Perry Spooner, Jack Christian, Kase Glover, Xander Waldstein, Samuel Molina, Jayden Morales and Derrick Haight. Third row: Max Wittmaack, Hunter Perry, Chase Heuton, Landon Driver, Owen Mills, Alex Price, Dalten Kreibbaum, Thaddeus Owen White, Levi Meier and Camden Van Schepen. Fourth row: Hunter Ries, Ian Lockwood, Michael Buettner, Colin Christians and Joseph Wilson. Not pictured are Tucker Kragel, Aiden Steemke, head coach Brandon Goodchild, assistant coach Pete Kragel and assistant coach Alicia Heuton.**

## Sioux Central boys track to lean on seniors

Sioux Central will enter the boys track and field season with a handful of returnees from last year's team that finished third in the Twin Lakes Conference meet.

The Rebels qualified one event for the state last year, which was the 4x800 relay. Three members of that tandem return in Jack Christian, Owen Mills and Lucos Wernimont.

The team will be led by seniors Leighton Sippel (distance), Kinnick Fahrenkrog (sprints), Alex Price (sprints), Ethan Wilson (sprints), Josh Hoffman (distance), Lerrill Jones (sprints) and Jordan Livermore (throws).

Sioux Central coach Brandon Goodchild measured the team's strengths and question marks entering the season.

"We return a lot of distance runners, so we look forward to seeing these guys get better," he said. "It's pretty early to tell what will be a struggle to fill. Time will tell with getting some

meets in."

Goodchild gave an assessment of his team overall.

"We do have a few returning hurdlers," he said. "We will have to see how they compare to everyone else. There always seems to be a lot of events in mid-distance. It takes a lot of good 400-800 guys to be a complete team. I would say with our long distance kids being young, we should improve in that category. Michael Buettner will return in the discus."

There are a couple of important factors that will dictate how much success the Rebels have this season.

"We hope to stay healthy and compete each night," Goodchild said. "We have a good group of seniors to lead the way."

Goodchild couldn't offer his insight on the Twin Lakes Conference for this season.

"It's hard to tell what everyone has in the conference," he said. "Time will tell."

4'10" jumper in junior high and we are looking for her to continue with that height and extend past 5' in her first year. Hawthorne and Kretlow will be doing our long jump this season. Both did a little jumping last season, but were not able to finish the year jumping due to injuries."

## Ridge View girls track ...

*Continued from page 16*

The jumping events will be a little thin on experience.

"Freshman Cora Tesch is our only high jumper," Kohn said. "She was a consistent

## Sioux Central girls look to repeat TLC title

Sioux Central had a banner season a year ago as the Rebels won the Twin Lakes Conference girls track and field meet.

It appears the Rebels have the personnel to repeat that title. The team returns nine state qualifiers from last year.

"We have many top performers returning this year," Sioux Central coach Brent Trierweiler said. "There are nine girls on the team this year that competed at the state meet last season."

There are some top prospects who will help provide depth to this year's team.

"We have a lot of hungry freshmen," Trierweiler said. "Any of them could help us out."

Trierweiler measured the team's potential strengths heading into this season.

"This group is tough," he said. "They love to compete. They buy in to our motto 'Every second counts.'"

However, there are some question marks with the Rebels.

"I feel like this year's team has a lot of great qualities and us coaches have great kids to work with," Trierweiler said.

Trierweiler discussed how this year's team could be better than the one from a year ago.

"We work to be better every year," he said. "The team culture of the ladies out this year is incredible."

Trierweiler gave an assessment of how the

sprint and hurdle events will be this season.

"We should find some success in our sprints and hurdles," he said. "We have two returning hurdlers from last year's fifth-place finish."

The middle and long distance events appear to be in good hands as well.

"We should find some success in our mid-distance," Trierweiler said. "We have three of our runners from last year's 11th-place finish in the 4x800. We should find some success in our distance events. We have a couple girls looking to compete in our mile and two mile race this year."

Trierweiler assessed how the field events will be.

"We should find some success in our field events," he said. "We have one returning thrower from last season."

There are a few important factors that will dictate how much success the Rebels have this spring.

"The girls have a variety of goals for themselves this season," Trierweiler said. "If they can meet or exceed those goals from the work that they put in, we have been successful."

Trierweiler offered his insight on the Twin Lakes Conference for this season and included his team's position in it.

"Our conference is tough," he said. "A lot of great schools compete with us. We are looking to be a contender again for the title."



**Members of the Sioux Central girls track and field team are pictured from left to right, front row: Taylor Kragel, Linnea Bloom, Hadley Ayers, Ryleigh Waldstein, Evelyn Geisinger and Natalie Laursen. Second row: Karina Bloom, Allie Chambers, Peyton Waldstein, Bella Joenks, Nora Christian, Taylor Cavanaugh, Lily Johnson, Nevaeh Brauhn and Marley Madsen. Third row: Genesis Partida, McKenna Fassler, Kathryn Thomas, Natalie Rusk, Sarah Phillips, Quinn Wilkinson, Sage Weber, Kailee Laursen and Mady Garcia.**

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**Members of the Sioux Central boys golf team are pictured from left to right, front row: Declan McCarty, Bryce Gunderson, Cain Hart and Luke Chindlund. Second row: Boden Bright, Titus Koster, Grayson Hermstad, Titus Kruse, Reid Anderson and Carter Smith.**

## Sioux Central boys to have experienced team

Sioux Central will have experience on its side when the boys golf season gets underway.

The Rebels return six of its top players from last year's team. They include Grayson Hermstad, Boden Bright, Reid Anderson, Titus Koster, Carter Smith and Luke Chindlund.

Sioux Central coach Chris Wildeman considered the team's potential strengths for this season.

"We should fill spots with our returning golfers," he said. "We have several golfers returning this year with experience golfing at the varsity level."

However, there are some question marks with the Rebels.

"We were very inconsistent last year,"

Wildeman said. "Consistency will be a focal point for us this year."

Wildeman discussed how this year's team could potentially be better than the one from a year ago.

"Hopefully, our experience carries over," he said.

There's one important factor that will dictate how much success the Rebels have this spring.

"If we can develop some consistency," Wildeman said.

Wildeman offered his insight on the Twin Lakes Conference for this season.

"I would expect Emmetsburg, South Central Calhoun and Newell-Fonda to be the teams toward the top of the conference," he said.

students manage it so well, but it can get exhausting. Staying on top of our health, grades, and our game will be vital.

"This group of girls has big goals, and keeping the end game in mind will be very important as well," Hamilton added. "Spring weather in Iowa is always tricky. Finding time to practice and play holes is a challenge. Making sure we utilize the time we do have on the course, practice green, or range will be relevant, too."

Hamilton gave her insight on the conference for this season and included her team's position in it.

"The Twin Lakes Conference is always competitive, and we are so grateful to be immersed with a conference of talented golfers," she said. "I think this year the schools to compete with will be East Sac and Alta-Aurelia. They had very successful seasons last year and their coaches always have their golfers prepared."

"I would like to see us finish up in the top three in our conference," Hamilton added. "Last year, we ended up fourth in the conference, and we always like to have growth."

## Sioux Central girls return all varsity players

With all the returning experience that Sioux Central has, the Rebels are sure to be a stronger girls golf team this season.

Sioux Central returns all of its varsity players from a year ago.

"We are returning all of our players from last year," Sioux Central coach Jennifer Wittmaack said. "I am looking forward to seeing what kind of growth the girls are able to produce this season. I am confident that Natalie Laursen and Ava McCarty will be able to score well for us this season. These two played a lot of golf over the summer and love the game."

Wittmaack measured the team's potential strengths heading into the season.

"Our greatest strength will be experience and team comradery," she said. "We have an awesome group of young ladies who are great teammates and have a lot of fun on the course. We have a total of six seniors. Four of them have 2-4 years of varsity experience under their belts. We will rely on these athletes to show the ropes to our less-experi-

enced players. Kennedy Brown, Madison Goings, Alexandra Loving and Kaitlyn Rusk are all returning and will play a critical role on our team."

The Rebels will also have a few additions to the team this spring, which will provide more depth.

"We have some new faces to the team, including junior Caitlin Wildeman," Wittmaack said. "Caitlin is a strong athlete and I am excited to see what she can contribute. Additionally, we have some other new players that will round out our team. With a total of 18 players, we have a lot to look forward to."

Wittmaack provided an outlook for this year's squad.

"As we return a lot of experience, we are sure to be a stronger team," she said. "Our success will depend on our ability to transfer our practice skills to in-game skills. Managing the course and maintaining a strong mental game will be important for our success. We hope to finish in the top half of the conference this year."



**Members of the Sioux Central girls golf team are pictured from left to right, front row: Maddie Goings, Kennedy Brown, Nataley Frerk, Alexandra Loving, Vivianne Orenday, Karla Wendrich, Ava McCarthy and Natalie Laursen. Second row: Kaitlyn Rusk, Kylie Anderson, Natalie Rusk, Miina Adams, Caitlin Wildeman, Dakota Holt, Kayley Hermstad, Ava McCarty and Reata Ayers.**

## Newell-Fonda girls golf ...

*Continued from page 15*

However, there are some question marks with the Mustangs.

"Following a successful season, there is always the pressure that athletes put on themselves," Hamilton said. "I think our biggest struggle this year will be to enjoy the game and play to the best of our abilities."

Hamilton discussed how this year's team could be better than a year ago.

"Grace is a huge loss to our team, but the joy in only losing one senior gives us a close group of golfers who all have the same goals," she said. "The five back from last year work really well together and know how to motivate each other."

There are a few important factors that will dictate how much success the Mustangs have this spring.

"At Newell-Fonda, our athletes are involved in so many various activities," Hamilton said. "The ability to be involved in multiple sports at one time is always a struggle. Our

## Ridge View boys golf ...

*Continued from page 17*

consistent. Our depth could give us six scoring options toward our 4-person team score. If a teammate struggles on a certain meet, we have others who can step up."

Warnke offered his insight on the conference for this season.

"We expect to be near the top with OAB-CIG, Kingsley-Pierson and Woodbury Central," he said. "Westwood has a couple of solid individual golfers and Siouxland Christian has been building their program the last couple of seasons."

## Storm Lake girls golf ...

*Continued from page 7*

personal bests and propelling our team toward the postseason," Swanson said.

Swanson offered his insight on the Lakes

Conference for this season.

"All the Lakes Conference schools have a lot of returning golfers this season, which means their experience will be a tough match for us," he said. "We know we can play this game, and we plan to go out each and every time doing our best to compete."

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