

S.D. GIRLS' TRACK

ALCESTER-HUDSON

COACH: LeeAnn Haisch (21st year)
VITALS: Class B, Region 4, Tri-Valley Conference

LAST YEAR: The Cubs took three of their relay teams to state. All three teams placed in the top 11.

RETURNING LETTERWINNERS: Emily Scheur (Sr.), Alexis Liston (Jr.), Beth Gustner (Jr.), Sarah Haisch (Jr.), Jessica Wegn (Fr.), Shenia Doering (8th), Lindsey Terpstra (8th), Katelyn Homandberg (8th), Makayla McConnell (So.), Brittanni Liston (So.).

NEWCOMERS: Alyce Johnson (So.), Eva Beeck (Fr.), JoAnn Beeck (Fr.), Dannielle Scouting (8th), Chantell Westberg (Fr.).

ASSESSMENT: The Cubs are looking to continue strong in their relays, since the team didn't graduate a senior.

"Our strength will be our experience," Haisch said. "We have all of our returning letterwinners having made it to the state track meet in various events."

ANDES CENTRAL

COACH: Cliff Johnson (2nd year)
VITALS: Class B, Region 6B, Little Missouri Valley Conference, Fort Randall Conference, South Central Conference

LAST YEAR: The Eagles qualified Brienne Johnson for the state meet in the high jump.

RETURNING LETTERWINNERS: Janie Konyak (Sr., distance), Brienne Johnson (Jr., jumps, sprints), Chrissie Pavel (Jr., sprints), Loren Bryant (So., throws, sprints), Joy Kirkpatrick (So., sprints), Kellie Winkler (Fr., relays, jumps), Tasha Dion (Fr., sprints), Hayli Gray (Fr., throws), Sierra Svatos (Fr., jumps, sprints)

ALSO RETURNING: Val Hernandez (Jr., distance, throws), Bri Abdo (So., throws), Rebecca Flying Hawk (So., throws), Meagan Swanson (So., throws, distance), Amanda Rouse (So., distance), Morgan Flying Hawk (Fr., jumps, hurdles), Dakota Goode (Fr., sprints, distance)

ASSESSMENT: A group of nine letterwinners return this season for the Eagles, who again have strength in the jumps and sprints.

Junior Brigeanne Johnson highlights the group, while senior Janie Konyak will be counted on for leadership. The Eagles also have a group of six sophomores and six freshmen who will look to contribute in 2010.

"With this nucleus of athletes, Andes Central should be very competitive this year," coach Johnson said.

AVON

COACH: Beth Dykstra (10th year)
VITALS: Class B, Region 6

LAST YEAR: Shelby Williams was the state champion in the 800 for the Avon Lady Pirates.

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Menno Wolves
Track & Field Schedule

4/6/10	Turner County Relays	Centerville
4/13/10	Centerville Rotary Relays	Centerville
4/15/10	Menno Relays	Menno
4/17/10	Avon Relays	Avon
4/22/10	Flyer Invite	Freeman
4/24/10	Flevares Relays	Tyndall
4/30-5/1/10	Howard Wood Relays	Sioux Falls
5/1/10	Parker Relays	Parker
5/4/10	Don Viede Relays	Freema
5/13/10	Cornbelt Conference Track Meet	Freeman
5/20/10	Region Track Meet	Avon
5/28-29/2010	State Track Meet	Sioux Falls



BON HOMME: Cassie Schuurmans

RETURNING LETTERWINNERS: Nicole Jurens (Sr.), Amber Wiebenga (Sr.), Emily Mudder (Fr.), Caitlyn Meyers (So.), Lexi Jurens (So.).

NEWCOMERS: Amanda Reiff (7th), Samantha DeJong (7th), Randi Hento (7th), Hailey Hilzendegeger (7th).

ASSESSMENT: The Lady Pirates lose their state champ for this upcoming season, but are looking continue to work hard this year.

"We need to stay away from injuries and keep building on the experience we have," Dykstra said. "We have some very talented younger athletes who will be able to fill some voids in our programs."

BERESFORD

COACH: Kelly Knutson (2nd year)
ASSISTANTS: Mikala Zimmerman, Rob Wilson, Pam Conklin, Emily Olson.
VITALS: Class A, Region 4, Big Sioux Conference

LAST YEAR: The Watchdog's Jodi Nordquist placed third in the discus, who is currently throwing for Wayne State College.

RETURNING LETTERWINNERS: Courtney Carlson (Sr.), Crystal Carnes (Sr.), Alyson Johnson (Fr.), Haley Jo Hendrichs (Sr.), Stephanie Hanson (Jr.), Karmen Klostergaard (Jr.), Nguyen Phuong (Sr.), April Tjaden (Jr.), Kirsten Ustad (Jr.).

ALSO RETURNING: Jessica Bogue (So.), Chelsey Cahoon (So.), Jenna Frink (So.), Krista Hofer (So.), Molly Kennedy (So.), Alison Klostergaard (So.), Haley Peterson (So.), Sami Zoss (So.).

NEWCOMERS: Shelby Bickett (8th), Hannah Carnes (Fr.), Taylor Christensen (Fr.), Sophie Doeden (Fr.), Hannah McKelvey (Fr.), Ashleigh Oschner (Fr.), Ashley Ostrem (Fr.), Taryn Twite (Fr.).

ASSESSMENT: The Watchdogs lost two state qualifiers this year, but have enough depth to look to compete in the Big Sioux Conference.

"The key to our season is keeping

everyone healthy," Knutson said. "We struggled with several injuries and illness last year and hopefully that will not be the case this season."

BON HOMME

COACH: Byron Pudwill (27th year)
ASSISTANTS: Rusty Roland, Troy Goehring, Brady Muth, Marty Koch
VITALS: Class A, Region 5A

LAST YEAR: The Cavaliers placed second in the Region and placed 30th in the State A Meet.

RETURNING LETTERWINNERS: Cassie Schuurmans (Sr.), Jamie Efta (Jr.), Tennifer Hixon (Jr.), Kate Koch (Jr.), Sara Burbach (So.), Ashley Holec (So.), Emily Roberson (So.), Tara Ronke (So.), Bree Souhrada (So.), Raquel Sutura (So.), Jessi Vleck (So.), Shawna Rezac (8th), Sarah Heusinkveld (8th), Caitlin McLouth (8th), Vanessa Navratl (8th), Emily Pechous (8th), Kelsey Sutura (8th), Ali Vleck (8th).

ASSESSMENT: The Cavaliers are going to look to the upperclassmen to do well this year.

"We are returning a lot of letterwinners," Pudwill said. "It should be a lot of fun this year."

CENTERVILLE

COACH: Carrie Rydstrom (3rd year)
ASSISTANT: Emily Sitter
VITALS: Class B, Region 4, Tri-Valley Conference

RETURNING LETTERWINNERS: Carrie Austin (Sr.), Becca Steadman (Jr.), Adriana Shubeck (Jr.), Sam Blake (So.), Megan Hill (So.), Courtney Knudson (So.), Jessica Morgan (So.), Nicole Steadman (So.), Mikayla Abbas (Fr.), Brittany Austin (Fr.), Sara Notthdurft (Fr.), Kieran O'Malley (Fr.).

ASSESSMENT: The Tornadoes had lost two seniors for last season, so they are going to rely on a young group to perform well.

"Running and working hard at practice so that we can enjoy the track meets," Rydstrom said.

DAKOTA VALLEY

COACH: Erin Schief (3rd year)
ASSISTANTS: Vince Tucker, Tammy Lilly, Shelley Richou
VITALS: Class A, Big Sioux Conference

LAST YEAR: The Panthers finished eighth in the Big Sioux Conference and qualified one runner to the state meet.

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Makayla Perryman (Sr.), Rachel Morford (Jr.), Sadie Clements (So.).
ALSO RETURNING: Sarah Cork (Jr.), Jordan Towler (So.), Shelbi Westover (Jr.), Erin Olson (Jr.), Abbie Huber (So.).

NEWCOMERS: Olivia Brown (Fr.), Shelby Olson (Fr.), Callie Frisch (Fr.), Nicole Rasmussen (Fr.), Tallie Dunn (Fr.), Kylie Dunn (Fr.), Taylor Ruby (Fr.), Abby Jasman (Fr.), Kylie Martin (Fr.), Whitney Dunn (Sr.), Taylor Nett (Sr.).

ASSESSMENT: The Panthers didn't have any major contributors leave this season, so they should be standing strong to battle for the Big Sioux Conference Meet.

"Perryman will be one of many bright spots for our team this year," Schief said. "I am also looking forward to watching this freshman class to help us out."

ELK POINT-JEFFERSON

COACH: Justin Clercx (6th year)
ASSISTANTS: Jodi Zeller, Toni Hall, John Wayne Kalda
VITALS: Class A, Region 4A, Big Sioux Conference

LAST YEAR: The Huskies tied for 15th place at the State Class A meet. Chrissy Strassburg was second in the 400 and third in the 200, while the EPJ 1600-meter relay squad finished third.

TOP PROSPECTS: Chrissy Strassburg (Sr.), Allyson Murphy (Sr.), Jenna Donnelly (Jr.), Bobbie McLaury (Jr.), Mackenzie Klunkhammer (Jr.), Cayla Hillbrands (Jr.), Kelly Reed (Jr.), Courtney Whitlock (Jr.), Ashley Geary (Jr.), Ashley Mason (Jr.), Abby Langstraat (Jr.), Michelle Corio (Jr.), Tascha Donnelly (Jr.), Hayley Bosse (Jr.), Natalie Hoffman (So.), Jordyn Hudelson (So.), Tori McCreary (So.), Rheanna Schwallier (So.), Sara Broekemeier (So.), Masha Fehr (So.), Brenna Martin (Fr.), Hannah Klunkhammer (Fr.), Caitlin Davis (Fr.), Haylee Erickson (Fr.), Simone Bernard (Fr.), Audrey Truhe (Fr.), Kirsten Rarrat (Fr.), Taylor Donnelly (Fr.), Tatum Adema (Fr.), Keely Bertram (8th)

ASSESSMENT: Though the Huskies will again rely on the performances of senior Chrissy Strassburg, a number of other experienced EPJ athletes will look to lead the way.

A group of 12 juniors will look to add leadership to the Huskies this season.

"We'll have good leadership from our upperclassmen," coach Clercx said. "Many have been competing at the varsity level for several years and have experience competing at the state meet."

Competing in the always-tough Big Sioux Conference should give EPJ all the preparation for postseason meets that they'll need, according to Clercx.

"The Big Sioux Conference and the Southeast corner of South Dakota have some of the best track athletes that the state has to offer," the sixth-year coach said. "Once again, I look forward to competing against a high level of competition and seeing how our girls stack up."

ETHAN-PARKSTON

COACH: Craig Bruening (2nd year)
ASSISTANTS: Rob VanLaacken, Shawn Spurrell, Nicole Lingemann
VITALS: Class A, Region 5A, Southeast South Dakota Conference, Little Missouri Valley Conference

LAST YEAR: After finishing first in the LMVC meet and second in the SESD meet, the Trojans finished 11th at state.

RETURNING LETTERWINNERS: Alena Laber (Sr., distance), Shelby Anderson (Sr., hurdles), Johanna Scheich (Sr., sprints), Kiana Wiechmann (Sr., jumps), Molly Murtha (Jr., hurdles), Marie Malloy (So., jumps, sprints), Kari Tuttle (So., sprints), Alexis Neugebauer (So., distance), Shelby McBrayer (So., throws), Alex Gerlach (Fr., distance), Alexis Horstman (Fr., sprints), Krista Radke (Fr., distance), Mersadie Dvorak (Fr., distance, sprints), Anna Mueller (8th, sprints), Katie Murtha (8th, distance)

ASSESSMENT: Following an 11th-place finish at the state meet, the Trojans did not lose a single letterwinner. And so, the goal is again to make a run at a high place at state.

Senior Alena Laber, who signed to run at USD, returns after winning a state title in the 1600-meter run and a runner-up finish in the 3200. She will be joined by eight other returning state

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qualifiers.
Sophomore Marie Malloy was fifth in the long jump a year ago, senior Kiana Wiechmann was eighth in the high jump and senior Shelby Anderson qualified in the hurdles.

The key to making a run at a state title will be staying injury free, according to coach Bruening.

"Last year, we had some injuries near the end of the season," he said. "We should be able to compete for the LMVC and SESD titles if we can stay healthy."

FREEMAN

COACH: Rory Hermesen (17th year)
ASSISTANTS: Aimee Mors, Chris Maske, Janel Oltman
VITALS: Class B, Region 6B, Cornbelt Conference

LAST YEAR: The Flyers finished second at the Cornbelt Conference meet. Gone from that team is Dayna Peterson.

RETURNING LETTERWINNERS: Megan Anderson (Sr.), Jennifer Horn (Sr.), Hillary Paulson (Sr.), Brooke Rinehart (Sr.), Carly Uecker (So.), Leah Uecker (Sr.), Taylor Waltner (Sr.), Allison Wynia (Sr.)

ALSO RETURNING: Paige Albrecht (8th), Taylor Anderson (8th), Jasmine Blue (Fr.), Maranda Egan (8th), Megan Eisenbeis (8th), Grace Gering (Fr.), Lexi Graber (Fr.), Nicole Hinckley (8th), Carl Lager (Fr.), Riley Mehlhaf (8th), Kristina Nash (Fr.), Kylie Neilson (8th), Nicole Saarie (8th), Kendra Schamber (8th), Dina Soulek (Fr.), Heather Tribe (Fr.), Morgan Vetch (Fr.)

NEWCOMERS: Rebecca Anderson (7th), Vanessa Dowden (7th), Haley Ganser (7th), Christina Hora (7th), Shelby Jansen (7th), Cailey Roth (7th), Kim Wagner (7th)

ASSESSMENT: Head coach Rory Hermesen said he is looking forward to a good season.

"We should have good senior leadership," he said. "We need to stay healthy and work hard."

FREEMAN ACADEMY

COACH: Suzanne Koerner (4th year)
ASSISTANTS: Craig Miller, Dennis Lehman
VITALS: Class B, Region 5B, Tri-Valley Conference

LAST YEAR: After a second place finish at the TVC meet, the Bobcats took third at the Region 5B meet. Gone from that team are two letterwinners.

RETURNING LETTERWINNERS: Lori Rensink (Sr., hurdles, sprints), Alicia Hofer (Sr., pole vault), Lillie Koerner (Jr., mid-distance, high jump), Karina Ortman (Jr., triple jump, sprints), Sara Friesen (Jr., high jump, sprints), Lauren Unruh (Jr., mid-distance), Kristin Waltner (Jr., mid-distance), Jaime Tschetter (So., high jump, throws)

ALSO RETURNING: Renae Carlson (Sr., sprints), Makayla Epp (So., mid-distance)

NEWCOMERS: Caroline Schrag (Fr., jumps, sprints), Leah Graber (Fr., sprints), Clara Koerner (7th, distance), Olivia Boese (7th, sprints), Brooklyn Ries (7th, sprints)

ASSESSMENT: With every state meet qualifier back from a year ago, the Bobcats will make another run at a

Region 5B title.
Senior Lori Rensink was fifth in the 300-meter hurdles at state last year, while junior Lillie Koerner was seventh in the 400-meter dash at state. They will be joined by senior Alicia Hofer, and a junior class that includes Karina Ortman, Sara Friesen, Lauren Unruh and Kristin Waltner.

Developing depth will be a key for Freeman Academy in 2010, but a class of five newcomers could aid in that goal.

"The key for us is to stay healthy and discover our strengths with less depth to work with," coach Koerner said. "Some athletes will have to stretch themselves to fill positions left empty."

GAYVILLE-VOLIN

COACH: Tom Rice (2nd year)
ASSISTANT: Jeremiah Dibley
VITALS: Class B, Region 4B, Tri-Valley Conference

LAST YEAR: The Raiders finished seventh at the TVC meet and qualified one athlete to the state meet. Stacy Hirsch took fourth in the discus at state in Rapid City.

RETURNING LETTERWINNERS: Kelsey Anderson (Sr., sprints, jumps), Ally Petrik (Sr., distance), Taylor Anderson (Jr., sprints, relays), Stacy Hirsch (So., throws, relays), Meghan Rice (Fr., throws)

ALSO RETURNING: Shelby Goeden (Sr., throws), Brittany Anderson (Sr., sprints, long jump)

NEWCOMERS: Bailey Gullikson (Sr.), Julia Haack (Jr.), Kella Barta (7th, distance)

ASSESSMENT: With an eye on improving their finish in the Tri-Valley Conference, the Raiders will look to an experienced group of returning letterwinners.

Highlighting the group will be sophomore Stacy Hirsch, who qualified for state in the discus last year. She will be joined by seniors Kelsey Anderson and Ally Petrik, along with junior Taylor Anderson.

A number of other athletes will aim to contribute, as well.

"We have good numbers in the throwing events," coach Rice said. "That would be our area of strength as it pertains to scoring points. By conference time, we expect to have some strong relays."

Though Gayville-Volin's roster isn't as deep as some other TVC schools, the difference could be motivation, according to Rice.

"If we can stay healthy and increase our numbers, we will be more competitive," he said. "The bottom line will be who wants to work on a daily basis to make themselves better."

HURLEY

INTERIM COACH: Arlyn Wohlbehr
VITALS: Class B, Region 4B, Tri-Valley Conference

RETURNING LETTERWINNERS: Haley Jorgensen (So., high jump), Jasmyn Hansen (Jr., 400, 800, triple jump), Terysha Roth (Jr., shot, discus), Sam Buckstead (Jr., 400, 800), Danielle Voss (Fr., 1600), Katelyn Garber (8th, 100, 300 hurdles).

S.D. GIRLS' TRACK, see Page 13

Viborg Track & Field Schedule

3/30/10	Lounsbury Early Bird	Centerville
4/6/10	Turner County	Centerville
4/13/10	Rotary Relays	Centerville
4/15/10	Menno Relays	Menno
4/17/10	Avon Invite	Avon
4/27/10	TVC 9-10 & 7-8 Meet	
5/1/10	Howard Wood	
5/1/10	O'Gorman Invite	
5/1/10	Tri-Valley Conference	Centerville
5/14/10	Irene Wakonda J-H	
5/20/10	Region IV B	
5/28-29/10	State Track Meet	Sioux Falls

Viborg Golf Schedule

4/1/10	SESOS Meet	Fox Run - Yankton
4/6/10	Freeman Academy	Freeman
4/13/10	Irene	Irene
4/21/10	Baltic	
5/6/10	TVC Meet	Fox Run - Yankton
5/17/10	Region	Elmwood - Sioux Falls
5/24-25/10	State	Aberdeen