

S. Dakota Girls' Track

REGION MEETS — May 19

REGION 4A, Lennox: Beresford, Dakota Valley, Elk Point-Jefferson, Vermillion, Viborg-Hurley
REGION 5A, Wagner: Bon Homme, Ethan-Parkston, Wagner
REGION 7A, Mission: Platte-Geddes

REGION 4B, Centerville: Alcester-Hudson, Centerville, Gayville-Volin, Irene-Wakonda, Marion, Parker
REGION 6B, Freeman: Andes Central, Avon, Freeman, Freeman Academy, Marty, Menno, Scotland, Tripp-Delmont-Armour

STATE MEETS

Class A: May 27 at Trojan Field, Madison; May 28 at Howard Wood Field, Sioux Falls

Class B: May 27-28 at Howard Wood Field, Sioux Falls

Alcester-Hudson

HEAD COACH: LeeAnn Haisch

VITALS: Class B, Region 4, Tri-Valley Conference

LAST YEAR: The Cubs qualified for state in seven events after putting together a nice showing in the Region 4B meet.

RETURNING LETTERWINNERS: Sarah Haisch (Sr.), Lexi Liston (Sr.), Beth Gustner (Sr.), MaKayla McConnell (Sr.), Brittani Liston (Sr.), Jessica Wegh (So.), Shenia Doering (Fr.), Kate Homandberg (Fr.), Jamie Jansen (Fr.), Lindsey Terpstra (Fr.)

ALSO RETURNING: Eva Beeck (So.), JoAnah Beeck (So.), Kase Johnson (So.), Chantell Westberg (So.), Courtney McKee (Fr.)

ASSESSMENT: Alcester-Hudson returns seven athletes who saw action in last year's state meet, and only five of those are upper-classmen. The Cubs return everyone to their 3200-meter relay squad that took fourth at state.

Wegh has developed into one of the best mid-distance runners in the region, while Homandberg qualified for state in the 3200-meter run.

Andes Central

HEAD COACH: Cliff Johnson (3rd year)

ASSISTANT: Cody Svatos

VITALS: Class B, Region 6, Little Missouri Valley, Fort Randall, Great Plains and South Central Conferences

RETURNING LETTERWINNERS: Brie Johnson (Sr.), Chrissy Pavel (Sr.), Joy Kirkpatrick (Sr.), Lauren Bryant (Sr.), Kellie Winckler (So.), Seirra Svatos (So.), Tasha Dion (So.), Hayli Gray (So.), Brooke Deurmier (8th), Payton Johannson (8th), Tearine Stotz (8th)

NEWCOMERS: Jenna Kitchenmaster (Sr.), Mikayla Pavel (Fr.), Jo Jo Garcia (Fr.), Cybil Chytka (8th), Nancy Hernandez (7th), Jaeley Braun (7th), Mikayla Petsche (7th), Emily Houseman (7th), Erica Kitchenmaster (7th), Maddie Gray (7th)

ASSESSMENT: The Eagles return two state placers in Johnson, who was eighth in the high jump, and Kirkpatrick, who was sixth in the triple jump. Those two will lead a team that is young this season.

Avon

HEAD COACH: Beth Dykstra (11th year)

VITALS: Class B, Region 6, Little Missouri Valley, Great Plains and Fort Randall Conferences

LAST YEAR: The team lost captains Amber Weibenga and Nicole Jurrens. Weibenga competed in the one- and two-mile events and was named team's most valuable player.

RETURNING LETTERWINNERS: Caitlyn Meiers (Sr.), Lexi Jurrens (Sr.), Emily Mudder



ETHAN-PARKSTON: Junior Marie Malloy is the defending Class A champion in the long jump after a leap of 18-0 3/4.



WAGNER: Senior Jessica Koupal is the defending Class A champion in the 100-meter hurdles and the pole vault. She set the Class A meet record in the pole vault by clearing 11-4.

(So.), Sammy Pfarr (8th)

NEWCOMERS: Chloe VanGerpen (7th), Courtney Stewart (7th)

ASSESSMENT: With a small squad, it will be important that the team stays healthy. The younger girls and new additions to the team are talented and will fill some empty spaces in the program.

"We need to stay away from injuries and keep building on the experience we have," Dykstra said. "Our younger girls will definitely be fun to watch."

Beresford

HEAD COACH: Scott Ebert (1st year)

ASSISTANTS: Pam Conklin, Rob Wilson, Dustin Mees, Mike Radke, Mikala Zimmerman

VITALS: Class A, Region 4, Big Sioux Conference

LAST YEAR: The team lost three seniors from last season, but first-year coach Ebert inherits a team with quality returning talent.

RETURNING LETTERWINNERS: Karmen Klostergaard (Sr.), Steph Hanson (Sr.), April Tjaden (Sr.), Kirsten Ustad (Sr.), Sami Zoss (Sr.), Jenna Frink (Sr.), Alison Klostergaard (Sr.), Haley Peterson (Sr.), Molly Kennedy (Sr.), Chelsey Cahoon (Sr.), Taylor Christensen (So.), Sophie Doeden (So.), Alyson Johnsen (So.), Hannah McKelvey (So.), Ashley Ostrem (So.), Taryn Twite (So.), Shelby Bickett (Fr.), Morgan Klostergaard (8th), Lexy Johnsen (8th)

NEWCOMERS: Kyanne Ferreira (Sr.), Brittany Mann (Sr.), Amber Boden (Fr.), Alyssa Bogue (Fr.), Megan Dahlin (Fr.), Devin Erlandson (Fr.), Emily Mochel (Fr.), Rachael Stimes (Fr.)

ASSESSMENT: The team has very strong mid-distance runners and has tough competitors in the field events. With some hard work, the sprinters and hurdlers can improve and have success.

"We need to stay healthy, strive to get better each week and have a positive attitude," Ebert said.

Bon Homme

HEAD COACH: Bryon Pudwill (28th year)

ASSISTANTS: Rusty Roland, Troy Goehring, Jason Hein

VITALS: Class A, Region 5

LAST YEAR: The Bon Homme Cavaliers saw Cassie Schuurmans, who is now a basketball and track and field athlete at Mount Marty College take home a third place in the triple jump. Bon Homme also experienced a fourth place team finish in the conference.

RETURNING LETTERWINNERS: Kayli Adams (Sr.), Sara Burbach (Sr.), Bree Souhrada (Sr.), Emily Roberson (Sr.), Tara Ronke (Sr.), Karlee Kozak (So.), Sarah Heusinkveld (Fr.), Caitlin McLouth (Fr.), Kelsey Sutura (Fr.)

ASSESSMENT: The Cavaliers have a young squad that doesn't include any seniors. Bon Homme does have plenty of experience returning in four state qualifiers — Sutura, Ronke, Souhrada, Burbach.

"This is a nice group of athletes and we are excited about their work ethic," Pudwill said. "This group is very young and athletic, it should be a very fun season."

Centerville

COACH: Carrie Rydstrom (4th year)

ASSISTANT: Emily Sitter

VITALS: Class B, Region 4, Tri-Valley Conference

LAST YEAR: The team lost just one letterwinner, Carrie Austin, from last season.

RETURNING LETTERWINNERS: Becca Steadman (Sr.), Adriana Shubeck (Sr.), Sam Blake (Sr.), Nicole Steadman (Sr.), Mikayla Abbas (So.), Brittany Austin (So.), Kieran O'Malley (So.), Adrienn Peterson (8th)

ALSO RETURNING: McKenzie Goeden (8th), Kristina Laska (8th), Abby Ostrem (8th), Josie Poppenga (8th), Emily Steadman (8th)

NEWCOMERS: Lacie Cook (7th), Rebecca Hybertson (7th), Logan O'Toole (7th), Heather Rist (7th), Emily Snyder (7th)

ASSESSMENT: There are many returners to the team that will have experience. The newcomers will need to work hard to be successful at the high school level. "The upcoming talent is great to see them willing to put themselves out there to see what they can do," Rydstrom said.

Dakota Valley

HEAD COACH: Erin Benson (4th year)

ASSISTANTS: Tammy Lilly, Shelly Richou, Vince Tucker

VITALS: Class A, Region 4, Big Sioux Conference

LAST YEAR: The team had six state qualifiers and lost only two seniors from the roster.

RETURNING LETTERWINNERS: Sadie Clements (Sr.), Olivia Brown (Sr.), Kylie Martin (So.), Taylor Ruby (So.), Ellie Bohan (Fr.), Erica Johnson (Fr.), Morganne Pfaffle (Fr.), Jenna Kittler (Fr.)

ALSO RETURNING: Sarah Cork (Sr.), Jordan Towler (Sr.), Shelby Olson (So.), Courtney Mollet (So.)

NEWCOMERS: Anna Owens (Sr.), Callie Jarman (Fr.), Kendra Windeshausen (Fr.), Laura Michaelson (Fr.), Brook Pfaffle (Fr.)

ASSESSMENT: The team is full of young athletes, but has some returners that will help teach and lead. "Our youth is very exciting and the veterans of the team are great leaders as they have great work ethics and positive attitudes," Benson said.

Elk Point-Jefferson

HEAD COACH: Justin Clercx (7th year)

ASSISTANTS: Matt Luze, Toni Hall, John Wayne Kalda

VITALS: Class A, Region 4, Big Sioux Conference

LAST YEAR: The Huskies had a solid season a year ago, led by now-University of Sioux Falls basketball and track athlete Chrissy Strassburg. She won gold in the 800 meter and medley relay. She also grabbed silvers as part of the 400 meter and 1600 meter relays.

TOP PROSPECTS: Bobbie McLaury (Sr.), Kelly Reed (Sr.), Tascha Donnelly (Sr.), Brittany Paulsen (Sr.), Cassie Hilbrands (Sr.), Hayley Bosse (Sr.), Ashley Geary (Sr.), Natalie Hoffman (Sr.), Jordyn Hudelson (Sr.), Jessica Minor (Sr.), Rheanna Schwaller (Sr.), Sara Broekemeier (Sr.), Justine Brandt (Sr.), Masha Fehr (So.), Tatum Adema (So.), Lindsay Johnson (So.), Maggie Christiansen (So.), Caitlin Davis (So.), Veronica Claussen (So.), Hope Erickson (Fr.), Amy Zeller (Fr.), Keely Bertram (Fr.), Jade Rosenbaum (Fr.), Emma McInerney (Fr.), Skylora Curry (Fr.)

ASSESSMENT: EPJ has plenty of experience to go around, but it will be tough to find a replacement for Strassburg. The Huskies do have a solid chance of making a statement in Region 4 and at the state level with many returning athletes.

"We have a seasoned group of distance runners, but injuries have hurt our sprinters and hurdlers," Clercx said. "We have a lot of young kids that are eager to learn and step up to compete on the varsity this year."

Ethan-Parkston

HEAD COACH: Craig Bruening

ASSISTANTS: Rob VanLaecken, Shawn Surrrell, Nicole Lingemann, Katrina Jarding

VITALS: Class A, Region 5

LAST YEAR: Ethan-Parkston qualified four seniors to the state meet. Alena Laber, now at USD, won two medals — a second place finish in the 3200 and a seventh place medal in the 1600 meter run.

RETURNING LETTERWINNERS: Marie Malloy (Sr.), Alexi Neugebauer (Sr.), Molly Murtha (Sr.), Anna Mueller (Fr.), Mersadie Dvorak (So.), Jessica Harvey (Fr.), Alex Gerlach (So.), Amelia Schmidt (Sr.), Shelby McBrayer (Sr.), Bailey Grenohle (Fr.), Katie Murtha (Fr.)

ASSESSMENT: Marie Malloy is coming back as a junior to defend her long jump title and have a couple other state qualifiers back in the roster. Ethan-Parkston does have a few freshmen on the team and it will be important for them to step up and get that varsity experience.

Freeman

HEAD COACH: Rory Hermens (17th year)

VITALS: Class B, Region 6, Cornbelt Conference

LAST YEAR: The Flyers won both the conference and region meets. Freeman did graduate some talent from that team.

RETURNING LETTERWINNERS: Carly Uecker (Sr.), Carli Lager (So.), Dina Soulek (So.), Kristina Nash (So.), Nicole Saarie (Fr.), Haley Glanzer (8th), Shelby Jensen (8th), Cailey Roth (8th)

ALSO RETURNING: Taylor Anderson (Fr.), Jasmine Blue (So.), Melissa Eberts (8th), Rebecca Eberts (7th), Megan Eisenbeis (Fr.), Paige Herboldt (Sr.), Christina Hora (8th), Shelby Jensen (8th), Riley Mehlah (Fr.), Shelby Miller (8th), Carli Muchmore (7th), Kayla Rollag (7th), Kim Wagner (8th)

ASSESSMENT: The Flyers have roster full of underclassmen as there are two juniors and the rest of sophomores, freshmen, eighth and seventh graders. It is going to be an interesting season, but one that could work in Freeman's favor in the long run.

Freeman Academy

HEAD COACH: Suzanne Koerner (4th year)

ASSISTANT: Craig Miller

VITALS: Class B, Region 6, Tri-Valley Conference

LAST YEAR: The team had strong showings at the state event as the girls' 3200 meter relay team earned second place, girls' medley relay team finished sixth, and Lillie Koerner finished second in the 1600 meter run.

RETURNING LETTERWINNERS: Lillie Koerner (Sr.), Karina Ortman (Sr.), Sara Friesen (Sr.), Lauren Unruh (Sr.), Kristin Waltner (Sr.), Natalie Butkus (Sr.), Jaime Tschetter (Sr.), Caroline Shrag (So.), Clara Koerner (8th)

ALSO RETURNING: Makayla Epp (Sr.), Lea Graber (So.)

ASSESSMENT: There are many seniors

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S.D. BOYS

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team competition to fill the four varsity spots.

The team's four varsity golfers from a year ago — Larson, Mogck, Diede and Ireland — will give the team a solid base, but several younger golfers will be pushing for a top-four spot.

Tripp-Delmont

HEAD COACH: Matthew Termansen

VITALS: Class B, Region 4

LAST YEAR: The team didn't send any golfers to the state meet, but on the positive note they didn't graduate any seniors, so they will have experience this year.

RETURNING LETTERWINNER: Cody Dozark (Sr.)

ALSO RETURNING: Nick Brunette Edward Knife (Fr.), Austin Bitterman (8th)

NEWCOMERS: Dillon Moser (Sr.), Tanner Nuss (8th), Reno Makinney (8th), Micah Schoenfelder (7th), Mike Kannesaiter (7th)

ASSESSMENT: It's a young team, so the golfers will need to practice hard to improve and just gain some experience throughout the season.

"We're a very young team," Termansen said. "We're looking to gain experience and qualify for the state tournament."

Viborg-Hurley

HEAD COACH: Deb Andersen (6th year)

VITALS: Class B, Region 3, Tri-Valley Conference

LAST YEAR: Cole Huber was the lone state qualifier for Viborg. Now, the two schools begin year one in a new co-op.

RETURNING LETTERWINNERS: Max Nielsen (Sr.), John Tirrel (Sr.), Collin Sherard (So.), Robert Jensen (8th)

ALSO RETURNING: Reid Rasmussen (Sr.), Anthony Dannen (Sr.), Aaron Engen (Sr.), Lucas Jacobson (8th)

NEWCOMERS: Ryan Gaertner (Sr.), Justin Stoltenburg (Fr.)

ASSESSMENT: With the experi-

ence Nielsen and Tirrel bring into the season for the Cougars, the other golfers figure to learn from their work ethic.

"They all seem to have a positive attitude for our season," Andersen said. "If the boys are will-

ing to put in the extra time in the off-season, it will show at meets."

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