

Skorepa Aims To Add To Impressive Resume

Scotland Senior Won State Discus Title, Placed Eighth In Shot Put In 2014

BY ADRIENNE KUSEK
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SCOTLAND – Carley Skorepa, a state champion discus thrower at Scotland High School, is returning with big goals for her senior season.

“I’d like become a two time discus state champ and I really would like to hit the 140 mark in discus,” Skorepa said.

“As for shot put my goal is to throw 40 feet and place in the top three at state.”

Last year at the state meet, Skorepa won the Class B girls’ discus with a toss of 127-03, and finished eighth in the shot put throwing 35-11.

While maintaining good grades, Skorepa has no trouble working hard in athletics as well as in school, she said.

“Being in sports my whole high school career, I have gotten used to balancing everything out,” she said.

Skorepa knows that in order to be a competitive contender she needs

to work hard to achieve her goals.

“Knowing that I constantly have things to work on keeps me working even harder because you can never be perfect,” she said.

Throwing is a technical-based sport. Little adjustments make the world of difference in some cases. Skorepa believes that is what kept her interested in throwing.

“I never thought I would be as good as I have gotten. I never really found track that interesting when I was younger but as I’ve gotten older I’ve realized how much technique there is to it and I’ve put a lot of time in to get me where I am today,” she said.

Putting time into practice with good coaching attributes to Skorepa’s success.

“Coach Wiebelhaus was my volleyball coach my freshman and sophomore year, and she helped me a lot when it came to track. My freshman year she helped me so much in my discus. We would spend hours

out at the track. I believe that she got me where I am today,” Skorepa said. For Skorepa the excitement that comes with throwing is what it is all about.

“My favorite part about throwing would have to be how excited you get when you finally get an amazing throw, and you know all the time spent on technique and in the weight room has finally paid off,” she said. “It’s a sense of accomplishment.”

Skorepa’s biggest motivation is her competitors.

“Any person that is better than me honestly pushes me. When it comes to track you can learn a lot just from watching, so when a really good thrower comes along I will watch them and try to learn from that,” she said.

After Skorepa completes her senior year, she will be attending Concordia University (Seward, Nebraska) to study Elementary Education and to participate in track and field.

You can follow Adrienne Kusek on twitter at www.twitter.com/AdrienneKusek. Discuss this story at yankton.net.



Scotland's Carley Skorepa

South Dakota Prep Girls' Track & Field

Alcester-Hudson

COACH: Jeff Sebern
ASSISTANTS: Brian Haak, Shannon Hames

VITALS: Class B, Region 5B, Tri-Valley Conference

LAST YEAR: Courtney McKee was a shotput state track meet contender, while Lindsey Terpstra was a triple jump state track meet contender. The Cubs lose two starters, both of whom were letterwinners.

TOP PROSPECTS: Brianna Walth (Jr.), Cassidy Walth (So.), Cassie Schiefen (Jr.), Amelia Stene (Fr.), Julie Dickau (Fr.), Karlee Nygard (Fr.), Kendra Jensen (8th)

Andes Central-Dakota Christian

CO-COACHES: Cliff Johnson, Jessica Brouwer
ASSISTANTS: Diane Daurmier, Beth Harrington

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

LAST YEAR: Andes Central had two athletes earn medals in the state meet: Payton Johannesson, runner-up in the high jump, and Erica Kitchenmaster, fourth in both the 100 and 200. Both return this season.

TOP PROSPECTS: Payton Johannesson (Sr., second in high jump at state, state qualifier in triple jump), Cybil Chytka (Sr.), Brooke Daurmier (Sr.), Erica Kitchenmaster (Jr., fourth in 100 and 200 at state); Mikayla Petsche (Jr.), Shayla VanderPol (State qualifier in medley relay, 1600 relay), Lydia Hansum (Jr., state qualifier in medley relay), Ahna Vander Pol (So.), Beulah Black Cloud (Fr.), Brooklyn Brouwer (Fr., state qualifier in medley relay)

Avon

COACH: Tina Cameron
ASSISTANT: Brad Poppe
VITALS: Class B, Region 6B, Great Plain Conference, Little Missouri Valley Conference

LAST YEAR: Avon had two relays place at state, and three graduated from the squad.

RETURNING LETTERWINNERS: Evie Blaha (Sr.), Heidi Cap (Jr.), Cheylee Nagel (Fr.), Kacie Mudder (Fr.), Lauren Sees (8th), Hanna Powers (So.), Hannah Reeves (So.), Kylene Swanson (Jr.), Ashley Cap (So.), Courtney Buchholz (So.)



Andes Central-Dakota Christian's Peyton Johannesson



Dakota Valley's Sara Bohan

TOP PROSPECT: Madisyn Cameron (7th)

Beresford

COACH: Scott Ebert
ASSISTANTS: Matt Coy, Pam Conklin, Rob Wilson, Mikala Larsen, Jim Nelson, Tyler Sorenson

VITALS: Class A, Region 4A, Dakota XII Conference

LAST YEAR: One senior graduated from the squad.

RETURNING LETTERWINNERS: Lexy Johnsen (Sr.), Morgan Klostergaard (Sr.),

Allie Frink (Jr.), Kate Kirkeback (Jr.), Julia Mochel (Jr.), Becca Nelson (Jr.), Holly Van Gelden (Jr.), Victoria Weiland (Jr.), Katelyn Wilson (Jr.), Ashlynn Atwood (So.), Emilee Casper (So.), Kendra Schaap (So.), Caitlin Worth (So.), Ria Bailey (Fr.), Hannah Ebert (Fr.), Cait Savey (Fr.), Tianna Schulp (Fr.), Emma Williams (Fr.), Alana Bergland (8th), Sydney Nelson (8th), Grace Quartier (8th)

Bon Homme

COACH: Byron Pudwill
ASSISTANTS: Troy Goehring, Rusty Roland,

Jason Hein, Mick Patzlaff, Austin Koch, Tara McAllister, Lisa Kelley, Kelli Hoff

VITALS: Class A, Region 5A, Little Missouri Valley Conference, Southeast South Dakota Conference

LAST YEAR: The Cavaliers placed fifth at state and were the Little Missouri Valley Conference Champions. They lost three letterwinners from last year.

TOP PROSPECTS: Haley Dickman (So.), Courtney Eddy (Jr.), Paige Eddy (Fr.), Maddison Hajek (Jr.), Anna Heusinkveld (Jr.), Chelsey Hisek (Sr.), Bailey Kortan (Fr.), Liz Kubal (Sr.), Morgan

McAllister (So.), Sierra Mesman (So.), Elizabeth Mitzel (Sr.), Jena Rezac (Jr.), Jacklyn Rothschild (Sr.), Morgan Rothschild (Jr.), Mattie Schwartz (Sr.), Michelle Sestak (Jr.), Rachel Sestak (Fr.), Allison Slykhuis (Sr.), Samantha Soukup (Fr.)

Centerville

COACH: Doug Edberg
ASSISTANTS: Lee Pederson, Sheila Gust

VITALS: Class B, Region 5B, Tri-Valley Conference
LAST YEAR: One senior graduated from the squad.

RETURNING LETTERWINNERS: Adrienn Peterson (Sr.), Emily Steadman (Sr.), Abby Ostrem (Sr.), McKenzie Goeden (Sr.), Val Sunderland (Sr.), Logan O'Toole (Sr.), Rebecca Hybertson (Jr.), Shannon O'Malley (Fr.), Kadi-son Satter (8th), McKenzie Olson (8th)

TOP PROSPECTS: Malloy O'Malley (7th), Jaycee Knutson (7th)

Dakota Valley

COACH: Ramsey Fitzsimmons

ASSISTANTS: Tammy Lilly, Brian Braley

VITALS: Class A, Region 4A, Dakota XII Conference

LAST YEAR: Dakota Valley lost three letterwinners from last season.

RETURNING LETTERWINNERS: Sara Bohan (Jr., hurdles, sprints), Kennedy Carlson (Jr., thrower), Olivia Ohm (Jr., sprints), Anna Rasmussen (Fr., sprints, middle distance), Marisa Schulz (Sr., distance)

TOP PROSPECTS: Alyssa Johnson (Fr., sprints), Peyton Wingert (Fr., sprints), Sydnee Van Der Maaten (Fr., sprints), Nikita Reinschmidt (Fr., sprints), Rachel Okine (Fr., sprints), Eryn Sandwell (Fr.,

distance), Nicole Dial Fr., distance), Elizabeth Lammers (Fr., thrower), Meredith Lammers (Fr., thrower)

Elk Point-Jefferson

COACH: Megan Custis

ASSISTANTS: Toni Hall, Marc Aisenbrey, Justin Clercx

VITALS: Class A, Region 4A, Dakota XII Conference

LAST YEAR: The Huskies lost one letterwinner, 200-meter champion and 100-meter runner-up Keely Bertram, from last year's squad.

TOP PROSPECTS: Josie Heeren (Jr., state runner-up in 800, sixth in 1600), Lauren Dossdall (state qualifier), Jenny Dailey (state qualifier), Lynsey Klunder (state qualifier), Emily Mickelson (state qualifier), Rebecca Brewer, Rachel Geary, Bethany Denison, Alexa Montagne, Elsie Asleesen (Fr.), Addison Ludwig (Fr.), Raquel Rosenbaum (Sr.), Frederikke Harbo (Jr.)

Ethan-Parkston

COACH: Shawn Spurrell

ASSISTANTS: Leslie Ry-lance, Alisha Spurrell, Katrina Hustler, Buck Timmins, Eric Aisenbrey.

VITALS: Region 5A, Little Missouri Valley and South-

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GV Track

FROM PAGE 6

“We have had people step up all the way through the fundraising process, through the building process, and now that we have our track people are stepping up to help us run these meets.”

The community raised a total of \$300,000 for the new track facility.

“Hosting meets helps cre-

ate more excitement in our town,” Buffington said.

“Our community really came together on this project and now we want to do them proud by competing to our best capabilities,” Dibley said.

“It truly is a community track.”

You can follow Adrienne Kusek on twitter at www.twitter.com/AdrienneKusek. Discuss this story at www.yankton.net.

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Irene-Wakonda Track & Field	
March 24	Dan Lennon (Vermillion).....noon
March 31	Lounsbury Early Bird (Centerville).....1 p.m.
April 9	Turner County Relays (Centerville).....1 p.m.
April 14	Rotary Relays (Centerville).....1 p.m.
April 21	Tri-State Inv. (Gayville).....3 p.m.
April 24	Jim Fleavars Relays (Tyndall).....4 p.m.
May 1	O'Gorman Inv.....10 a.m.
May 1-2	Howard Wood Dakota Relays (Sioux Falls).....TBD
May 5	Don Diede Relays (Freeman).....1 p.m.
May 7	First Dakota Relays (Yankton).....2 p.m.
May 9	Barker Relays (Madison).....9 a.m.
May 12	Tri-Valley Conf. (Gayville).....1 p.m.
May 21	Region 5B (Gayville).....10 a.m.
May 29-30	State Meet (Rapid City).....TBD
Boys' & Girls' Golf	
April 2	Southeast S.D. Small-School (Fox Run, Yankton) 9 a.m.
April 7	Parker Inv. (ParMar GC).....9 a.m.
April 14	at Alcester-Hudson.....4 p.m.
April 15	Gayville-Volin Inv. (Hillcrest, Yankton).....10 a.m.
April 21	Baltic Inv. (Renner).....9 a.m.
April 24	Irene-Wakonda Inv. (Glenridge GC).....10 a.m.
April 30	Alcester-Hudson Inv.....10 a.m.
May 7	Tri-Valley Conf. (Yankton).....9 a.m.
May 11	Region 3B (Yankton).....TBD
May 18-19	State B Meet (Yankton).....TBD