

## BH Boys, AC-DC Girls Win At Avon

AVON – The Bon Homme boys' track team captured another meet championship, as the Cavaliers edged Corsica-Stickney by six points at Friday's Avon Invitational.

Bon Homme, with four event wins, rolled up 167 points, just ahead of Corsica-Stickney (161). The next-closest team was Scotland with 57 points.

The lone individual champion for the Cavaliers was Brendan Bares in the 100-meter dash (11.46), but Bon Homme did have the fastest time in the 400, 800 and 1600 relays.

Menno had two champions, as Caleb Preszler won the discus (150-10) and Jackson Diede won the long jump (19-1.25), while Scotland also had two champions with Shaye Bloch in the high jump (6-0) and Dan Stibral in the shot put (49-10).

Viborg-Hurley's Layne Meyers was first in the

3200-meter run (11:16.52), while the Cougars also won the 3200 relay and medley relay. Owen Medicine Horn of Andes Central-Dakota Christian won the 1600 (5:12.39) to round out the area finishers.

On the girls' side, Andes Central-Dakota Christian won the team title with 134.5 points, followed by Bon Homme (120.5) and Gayville-Volin (104.5).

Winning individual titles for champion AC-DC were Erica Kitchenmaster in the 200 (27.53), Payton Johanneson in the high jump (5-3), Lydia Hansum in the long jump (15-5.5) and Brooke Deurmier in the triple jump (30-11).

Scotland's Carley Skorepa was a double winner, in the shot put (36-1) and discus (121-7), while Gayville-Volin's Genevieve Clark won the 800 (2:35.57) and 1600 (5:44.73).

Bon Homme's Anna Heusinkveld was first in the 100 (13.11), Bon Homme's

Morgan Rothschild won the 400 (1:00.36), Gayville-Volin's Laura Nelson won the 3200 (11:48.69), Menno's Ashton Vaith won the 100 hurdles (18.33) and Avon's Kacie Mudder won the 300 hurdles (54.23).

### Lennox Inv.

LENNOX – Vermillion's Maddie Lavin finished first in the 800-meter run in a time of 2:24.9 at the Lennox Invitational, which was held Thursday in Lennox.

Lavin's individual title was the only first-place finish for the Tanagers.

There were two double winners on the girls' side, as Madison's Olivia Rud won the 200-meter dash (27.1) and 400 (1:00.9), while Canton's Justine Zylstra was first in the 100 hurdles (16.1) and triple jump (35-1.75).

## Tanagers Avenge Loss To DV

VERMILLION – The Vermillion Tanagers avenged a season-opening loss to Dakota Valley, dropping the Panthers 6-2 in club high school baseball action on Friday at Prentiss Park.

Travis Weber and Hunter Christopherson each had two hits to lead Vermillion. Nate Robertson doubled, and Jack Brown, Cole Anderson and Jefferson Galvin added hits.

Luke Johnson had two hits, and Kyle Windeshausen doubled for Dakota Valley. Brady Dam, Jack Graves and Bryce Schroeder added hits.

Anderson picked up the win, with Hunter Christopherson pitching three shutout innings for the save. Alex Carter-Dickson took the loss.

Vermillion is off until an April 24 matchup at Elk Point-Jefferson.

### Honkers 4,

### Winner-Colome 0

PLATTE — The Platte-Ged-

des-Dakota Christian-White Lake Honkers got a five-hit shutout from Tanner VanGendern and Coby Johnson in a 4-0 victory over Winner-Colome in club high school baseball on Thursday.

Hayden Thiry doubled and singled, driving in run, and VanGendern had a double and a single to lead the victorious Honkers. Payton Foxley and Michael Westehuis added RBI singles in the victory.

Nick Lantz had two of Winner-Colome's five hits.

VanGendern picked up the win, striking out four over six innings of work. Johnson struck out three in the seventh. Riley Calhoun took the loss, striking out seven in six innings of work.

The Honkers, now 2-0, travel to Burke-South Central on Sunday. Start time is set for 3:30 p.m.

PGDCWL also won the JV game, with the Hutchies claiming an 8-5 victory.

### Softball

### MMC-SDSU Moved

### Up To Wednesday

BROOKINGS – The softball doubleheader featuring Mount Marty College at South Dakota State, originally scheduled for Thursday, April 23, has been moved up.

The games will now be played on Wednesday, April 23, in Brookings. Start time for the twinbill is 3 p.m.

## Invite

FROM PAGE 11

I shot today. I haven't started to shoot like I did at the end of last season," she said.

While Frick had not been medically cleared to take a full swing until Tuesday's tournament, she worked on what she could to help her be ready.

"Before I could play, I would hit chips and putts," she said. "If you can putt well and chip well, you can play well."

Frick used a cart during Tuesday's round, as well as for the back nine on Friday. Carts are allowed in certain circumstances during regular season events, but not during the Eastern South Dakota Conference Championships or state next month.

As a team, Yankton finished one stroke out of the medals, placing sixth with a score of 373. Huron was fifth.

"We were hoping to play a little bit better at home, but not all of our girls are members at Hillcrest," Sime said. "Even though it was a nice day, Hillcrest still showed its teeth."

While the Gazelles did not earn team honors, the squad has the distinction of being the only team to post six scores under 100. The only other team without a triple-digit score was Stevens, which only brought five golfers.

"Hopefully that will push our girls to strive to get a little better," he said. "We are right there."

Next up for Yankton is the Mitchell Invitational, April 24 at Lakeview Golf Course. Start time is set for 10:30 a.m.

Parkston will also be at the Mitchell Invitational, but



JAMES D. CIMBUREK/P&D

**Yankton's Becky Frick, still sporting a walking boot due to a stress fracture suffered during basketball season, putts on the No. 17 green during her round in the Yankton Invitational girls' golf tournament on Friday at Yankton's Hillcrest Golf and Country Club.**

plays two events in between: the West Central Invitational on Monday in Hartford and the Lakota Nation Invitational on Thursday in Pierre.

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## Coyotes

FROM PAGE 11

anced attack for the second-place Coyotes (17-22-1, 8-3).

"It's good to have a team that all the way through, we can do it," Warnock said. "We can count on the first batter or the last batter, it doesn't matter."

The usual suspects for USD again shined on Thursday, as well.

This week's national Player of the Week, Yvon Minogue, was 5-of-for-8 with a home run and four RBIs out of the leadoff spot, while Allie Daly was 5-for-6 with a pair of home runs in the second game.

Warnock, though, was the standout, as her grand slam in the bottom of the sixth inning of game two sent everyone home.

"I thought, 'Why not? Why not hit the crap out of the ball?'" she joked.

That's been a popular sight of late for the Coyotes, who now have 28 home runs over their last eight games.

"For a freshman to finish a game like that, that's just awesome to see," head coach Amy Klyse said. "Right now, one through nine, everyone is seeing the ball and hitting the ball."

Perhaps lost in the offensive outburst of the past week and a half for the Coyotes has been the production of pitchers Madison Frain and Rachel Cue.

Frain, a junior, pitched all seven innings in the first game and surrendered only



JEREMY HOECK/P&D

**University of South Dakota pitcher Madison Frain delivers to home plate in the first game of Friday's Summit League doubleheader against Omaha in Vermillion.**

three solo home runs. Cue, a sophomore, allowed six hits and one run (in the first inning) of game two – Klyse said it might have been Cue's best performance of the season.

Both pitchers allowed Omaha (20-23, 5-6) to jump out to an early lead, only to be backed up by their offense.

"As a pitcher, I can be relaxed, like I have nothing to worry about," Cue said.

The Coyotes, who will go for the series sweep today (Saturday) at noon, say the biggest spark since the start of the Summit League season is confidence.

"We just wanted it," Warnock said. "There's such a passion there. That's the most important thing."

You can have the talent but if you don't have the passion, you won't do it."

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## MMC

FROM PAGE 11

"I've never seen an email that had so many great things to say about a person," Iverson said.

When Hebenstreit arrived on the Mount Marty campus for his interview and had a chance to meet with the players, he was greeted by a motivated – and curious – group.

"I see a lot of drive and competitiveness and intensity in the girls there now," he said.

And for good reason. The Lancers went 12-21 last season and reached the Great Plains Athletic Conference tournament for the first time in four years. They had three players receive all-conference recognition and all three (BreAnne Thege, Allison Cross, Sierra Kloth) will return for the 2015 season.

"He seems like he has the attitude and will power to keep us going," said Kloth, an outside hitter who will be a junior in the fall.

"We worked so hard. It'd be a shame to see us go back down again. We're working hard to do all we can."

Hebenstreit, who was head coach at Norfolk High School for 18 years before serving as an assistant for six years, helped guide the Panthers to six conference ti-

tles and six state tournament appearances – they reached the 1997 semifinals.

Known for his ability to develop players for the next level, Hebenstreit coached 40 players who went on to play college volleyball. He has also honed his coaching style from time spent with Division I coaches and players across the country.

"He seems very knowledgeable about the game, which is very nice, especially for a new coach that we're still learning," Kloth said. "He loves the sport, which doesn't make me scared at all that we have a new coach."

Although Hebenstreit may not have had college coaching experience on his resume when he interviewed at Mount Marty, it was what he said that told the bigger story, Iverson said.

"The kicker was when he came in. You could just see that he's a class guy," Iverson said. "He's more interested in the person than the wins and losses."

"That's important, sure, but he wants to treat people the right way."

His new players have already gotten a feel for that, as Hebenstreit has driven to and from Pierce a handful of times already to spend time with the players, Kloth said.

Some of the things they have seen from their new coach? Modern techniques, garnered from his experienc-

es with Olympic and college coaches.

"That's what shocked me," Kloth said. "He's kept up with the sport. He's very caught up with everything that's new. He looks at the bigger picture."

As far as the bigger picture with the Lancers, it's hard to say in April, Hebenstreit said.

"I'm very big on developing precision and fundamental skills," he said. "We'll spend a lot of time in training and skill development."

"This is one of the premier volleyball conferences in the country, so it's hard to know what to expect. I know we'll work hard and try to move forward."

Although Mount Marty graduates six seniors from last year's team, the Lancers do bring back 11 other players who saw varsity experience in 2014 – as well as a strong recruiting class.

Such a challenge is understandably daunting for a new coach, especially one who even four months ago, didn't think he'd be coaching again.

"The fire is as hot now as it's ever been," Hebenstreit said. "It's never gone out. That's why I'm doing this. I hope I have something to give to them."

"They'll get the best I can offer."

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## Shoot

FROM PAGE 11

Kolberg has even found a way to get her mother involved, who previously wasn't exactly into athletics. Amy Eichfeld, who began bringing Kolberg to the gym with her to shoot while she worked out upstairs, now practices with her daughter, helping her rebound.

"I'm not very athletic — not as good as she is — and she can already beat me. It's given us a lot of time together. The last month she

told me, 'you can work out in May after this is over,' so I haven't been working out anymore." Amy Eichfeld said with a laugh.

One of the ways Paul Eichfeld believes Kolberg has gotten so far is the way she deals with the pressure — or rather, not feeling the pressure.

"Bryn doesn't know how to spell pressure," he said.

Kolberg's strategy includes a little bit of classic rock to clear her mind.

"I just think to myself 'we will rock,' the Queen song, and let my mind go completely blank," she said.

Most importantly, how-

ever, Kolberg's are most proud of the sportsmanship and hard work she has put forth to get to this point.

"She's so willing to work hard," Amy Eichfeld said. "She never fusses when I ask her if she wants to practice, and she's always everyone else's cheerleader, too. We're very proud of her sportsmanship — that's just as important as winning."

Those who wish to follow the Hoop Shoot can use the hashtag #HoopShoot for a live feed on Twitter, or go to Elks.org for feed as well.

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