

SD S.D. PREP Boys' XC

AVON

COACH: Beth Dykstra (4th year)
VITALS: Class B
LAST YEAR: The Avon Pirates saw some good performances from three-time state qualifier Trace Tjeerdsma and they are hoping to bring back some of the experience to teach the younger generation.

RETURNING LETTERWINNERS: Trace Tjeerdsma (Sr.), Nick Metteer (Fr.)
ALSO RETURNING: Liam Swanson (8th)

ASSESSMENT: The Pirates have a strong senior this season and his success is hoping to rub off on the underclassmen this season.
"Trace returns to lead his team and we should have a lot of the younger kids ready to follow his example," Dykstra said.

BERESFORD

COACH: Matt Coy (2nd year)
ASSISTANT: Ashley Halvorson
VITALS: Class A, Region 3A, Big Sioux Conference

LAST YEAR: The Watchdogs had a nice season finishing third in their conference and fourth place in their region. They lost Tony Greene, who placed eighth in the state cross country meet.

TOP RETURNERS: Sebastian Holzmon (Sr.), Hayden Palmer (Sr.), Riley Schaap (Fr.), Jon Mochel (Sr.), Jared Truman (Sr.), Craig Fatherlos (So.)
ASSESSMENT: The Watchdogs bring back some runners with state meet experience and they are hoping that they leads their team into another quality season.

"We, like all the teams throughout the state, need to stay healthy," Coy said. "If we stick to our training and have some luck on our side we should compete for top three at the region meet."

BON HOMME

COACH: Janet Wagner (10th year)
VITALS: Class A, Region 4
LAST YEAR: The Bon Homme Cavaliers took home third place in their conference last season and sent two boys to the state track meet.

RETURNING LETTERWINNERS: Jay Kriz (Sr.), Christian Haro (Sr.), Justin Hisek (Sr.), Nate Sutura (Sr.)
ALSO RETURNING: Dustin Cuka (So.), Tanner Hajek (So.), Tucker Peschel (So.), Lincoln Stoenber (So.)
ASSESSMENT: Since the Cavaliers are bring back four letterwinners, two of them which were state qualifiers, their sights are set high in competing this season.
"We don't really have many young runners out on field this season, but our strength will be in the maturity of our older runners," Wagner said.

CENTERVILLE

COACH: Eric Hansen (2nd year)
VITALS: Class B, Region 3B, Tri-Valley Conference

LAST YEAR: The Centerville Tornados had a young squad last season and return the entire roster.

RETURNERS: Seamus O'Malley (Fr.), Travis Olsson (Sr.), Nick Wixon (8th)
NEWCOMERS: Rory O'Malley (7th), Levi Gruschin (7th), Jacob Hofer (Sr.)
ASSESSMENT: The Tornados have a couple of their returners back from last season and they are hoping to influence the newcomers to the team this season.
"We need to keep improving and have some strong leadership from the

NEB. PREP Boys' XC

BLOOMFIELD

COACH: Duane Wilken (37th year)
VITALS: Class D, Lewis and Clark Conference

TOP RETURNER: Austin Hamm (Sr.)
ASSESSMENT: The Bloomfield Bees had a spark plug for a winning combination with Austin Hamm, who is a two-time state medalist.

"We need to stay healthy and get faster," Wilken said. "We will be basically lead by two juniors and two sophomores."

CREIGHTON

COACH: Christine Baldwin (3rd year)
VITALS: Class D
LAST YEAR: The Creighton Bulldogs had some success with Austin Baldwin, being a two-time state qualifier and three-time letterwinner, leading their pack.

RETURNING LETTERWINNER: Austin Baldwin (Sr.)
NEWCOMERS: Lane Pruther (Fr.)
ASSESSMENT: The Bulldogs don't have much depth in their boys' roster, but they hoping that Baldwin continues his ways going into this season.

"We have good senior leaders and are hoping for a good season," Baldwin said.

CROFTON

COACH: Jayne Arens
ASSISTANT: Jason Arens
VITALS: Class D
LAST YEAR: The Crofton Warriors had similar success to the girls with the boys taking first in the conference, second in the district and eighth at the state meet. Crofton has lost four seniors from last season, including Taylor Kube, who finished fifth at the state meet and will be attending Morningside College this fall.

RETURNING LETTERWINNERS: Matt Guenther (So.), Henry Goeden (So.)
ALSO RETURNING: Pete Hernandez (Sr.)

Events To Watch

AUG. 27: Beresford Inv. Ten area teams take to The Bridges course to open the 2010 season.
SEPT. 20: A-H & BH Invites. Ten area S.D. teams converge on Tyndall, while eight head to Alcester.

Athletes To Watch

Alex Card, Vermillion: 50th in Class A
Duane Jongeling, Parker: 9th in Class B, Region champ
Hayden Palmer, Beresford: 68th in Class A



PARKER: Duane Jongeling

upper classmen," Hansen said.

DAKOTA VALLEY

COACH: Tiffany Wendling (9th year)
ASSISTANT: Erin Schieff (2nd year)
VITALS: Class A, Region 3

LAST YEAR: The Dakota Valley Panthers have a solid group of runners on their cross country team. They are looking to continue to build the cross country program at Dakota Valley.

RETURNING LETTERWINNERS: Evan Hendricks (Sr.), Dan Keppen (Sr.), Graham Bacon (Fr.)

ALSO RETURNING: Adam Brand (Sr.), Sean Clausen (Sr.), Scott Dykstra (Sr.), Jacob Vogts (Sr.), Connor Berger (So.), Ben Cork (So.), DeVon Lewis (So.), Wade Treloar (So.), Matt Brewster (Fr.), Cole Bruening (Fr.), Billy Murray (8th), Caleb Ownby (8th), Christian Pollema (8th), Zane Treloar (8th), Will Bruening (7th), Bear Jensen (7th), Jordan Kinney (7th), Charlie Long (7th), Alex Peters (7th), Justice Price (7th)
ASSESSMENT: The Panthers have a wide range of runners competing in Class A this season and they are hoping that their depth will allow them to chase a state title.
"We have really good leadership on our team this season," Wendling said. "We are already taking the leadership role at practice as well."

ELK POINT-JEFFERSON

COACH: John Wayne Kalda (1st year)
VITALS: Class A, Big Sioux Conference

LAST YEAR: This will be John Wayne Kalda's first year in cross country, but he

is familiar with the students who run as he also coaches the track team.

RETURNING LETTERWINNERS: Jordan Flynn (Sr.), Alex Dowdy (So.)
ASSESSMENT: The Huskies aren't very deep when it comes to numbers, but with their experience they should be able to do well at meets.
"We have great work ethic and great attitudes coming into this season," Kalda said.

ETHAN-PARKSTON

COACH: Stephanie Voss (1st year)
ASSISTANT: Nicole Lingemann
VITALS: Class A, Region 4

LAST YEAR: Ethan-Parkston didn't lose any seniors coming into this season so they are looking to get another good year from Dave Schoenfish, who qualified for the state meet last season.

RETURNING LETTERWINNERS: Dave Schoenfish (Sr.), Tyler Hohn (So.)
ALSO RETURNING: Ethan Murtha (8th)
NEWCOMERS: Myles Bialas (So.), Ryan Hohn (7th)

ASSESSMENT: Ethan-Parkston is hoping that the return for their two letterwinners from last season helps raise the bar for the younger kids returning or their first year in cross country.
"The Ethan-Parkston cross country team this year is a fun group of runners who are willing to work hard," Voss said.

FREEMAN ACADEMY

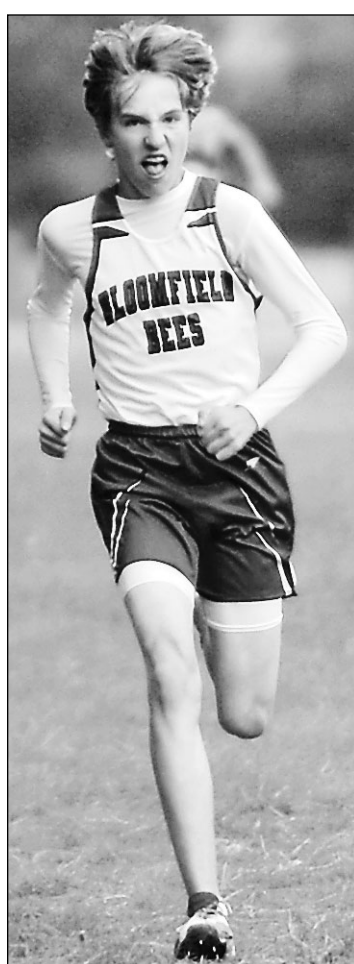
COACH: Suzanne Koerner (9th year)
VITALS: Class B, Region 3
LAST YEAR: The Freeman Academy

Events To Watch

SEPT. 9, Hartington Inv. Good early-season test.
SEPT. 17, O'Neill Inv. Several area teams head west to face stiff competition.

Athletes To Watch

Austin Hamm, Bloomfield: 10th at state
Austin Baldwin, Creighton: state qualifier



BLOOMFIELD: Austin Hamm

Dakota Plains Ag Center, LLC
540 Railway St.
Scotland, SD
605-583-2231

NEB. PREP GIRLS' GOLF

CROFTON

COACH: Gregg Baily
VITALS: Class C, District C-2
LAST YEAR: The Crofton Lady Warriors have a many key components returning to their team again this upcoming season: Molly Zavadi, who has been two time all-conference champ and three year letterwinner, and Alysa Pavlik.

RETURNING LETTERWINNERS: Molly Zavadi (Sr.), Alysa Pavlik (Sr.), Gina Dendinger (Sr.), Jordan Braunsroth (Sr.)

ASSESSMENT: Since two of the athletes returning this season have found success the past couple of years, there is no telling what this final year could offer to the ladies of Crofton.
"We are a little short for the number of players that would we would like," Baily said. "But we have four girls that have a lot of golfing experience."

HARTINGTON

COACH: Barb Bowers (3rd year)
VITALS: Class C, District C-2, Lewis and Clark Conference
LAST YEAR: The Hartington Wildcats

Delmont Lumber Company
PO Box 156
103 E Main
Delmont, SD
605-779-2791
Hours:
7:30am-5:30pm M-F
8am - 12 Noon Sat.

IRENE-WAKONDA

COACH: Bridget Sees (5th year)
VITALS: Class B, Tri-Valley Conference

LAST YEAR: The Irene-Wakonda Eagles had a strong showing at the conference meet finishing in first place and taking eighth place at the state meet.

RETURNING LETTERWINNERS: Jake Vollmer (So.), Dillon Buchanan (So.), Cash Murphy (Sr.), Jack Johnson (8th)

NEWCOMERS: Lucas Gustad (So.), Jed Murphy (8th), Bob Murphy (7th)
ASSESSMENT: The Eagles didn't lose anybody from their team this season, so it is safe to say that they are going to be in one contention for another conference championship and strong showing at the state meet.
"We have a young team, but a strong team," Sees said. "We have a lot of depth on our boys' team."

MARION

COACH: Jerry Kippes (25th year)
VITALS: Class B, Region 5, Cornbelt Conference

LAST YEAR: The Bears didn't have enough boys to make a full team, but return all of their runners from a year ago, including state qualifier Shayne Becker.

KEY PLAYERS: Shayne Becker (Sr.), Brady Viet (Sr.), Shaun Becker (So.), Tyler VanZee (Sr.), Devin Nelson (8th), Carson Gross (8th)

ASSESSMENT: The Bears will have a rough first couple of weeks, but Coach Kippes thinks that by the end of the year they should a decent team.

PARKER

COACH: Phil Bjorneberg (14th year)
VITALS: Class B, Region 3B, Big East Conference

LAST YEAR: The Parker Pheasants had a strong season, winning the region and placing fifth at state. State qualifier Derek Christensen is gone from that team.

RETURNING LETTERWINNERS: Ian Collins (Sr.), Mark Olson (Sr.), Seth Olson (Sr.), Duane Jongeling (So.), Jordan Wetering (So.)

ALSO RETURNING: Josh Pauley (Sr.), Matt Mielke (Sr.), Trevor Miller (Sr.), Michael Olson (Fr.), Ryan Olson (Fr.)

NEWCOMER: Eric Humstad (Fr.)
ASSESSMENT: The Pheasants return region champion and ninth place finisher at state Jongeling and are hoping they can get back into form and come away with another region championship and maybe even a state title.
"Duane Jongeling is obviously our leader, but Seth Olson, Jordan Wetering, Mark Olson, Matt Mielke and Ryan Olson all had great summers," Bjorneberg said.

PLATTE-GEDDES

COACH: Shawn Wynia (2nd year)
VITALS: Class A
LAST YEAR: Platte-Geddes sent one runner to the state meet, but they did lose two seniors from last season and they are going to need the help of the experienced runners on the team.

RETURNING LETTERWINNERS: Keagen Ringling (Sr.), Trey Alberda (Sr.), Cheyenne VandenBos (Sr.), Cooper Kemnitz (So.)

ALSO RETURNING: Brandon Meyerink (Sr.), Lorenzo Moves Camp (So.), Derek Wynia (Fr.), Aidan VandenBos (Fr.), Josiah Brink (8th)
NEWCOMER: Justin Wynia (7th)
ASSESSMENT: Platte-Geddes has an excellent mix of returning letterwinners, returners and a newcomer to their roster this season. They don't have a senior on the team this year, but they will make the most of it by learning from

SCOTLAND

COACH: Gary Pepper (30th year)
VITALS: Class B, Region 3
LAST YEAR: The Scotland Highlanders didn't graduate anyone from their roster last season, so they are hoping that they will be able to continue their success into this season with their lone letterwinner.

RETURNING LETTERWINNER: Jesse Pechous (Sr.)

NEWCOMERS: Josh Kass (Fr.), Tim Bodden (7th), Sawyer Schmitz (8th)
ASSESSMENT: The boys side only has one runner coming back, so he is going to have to take the newcomers under his wing and lead the way.

VIBORG-HURLEY

COACH: Tania Peterson (1st year)
VITALS: Class A, Region 3
LAST YEAR: The Cougars are in the first year of their co-op. Viborg and Hurley were able to send two boys to the state meet and both will be returning to the team this season in hopes to make another run at the state meet.

RETURNING LETTERWINNERS: Seth Engen (So.), Tyler Johnson (Sr.)
NEWCOMERS: Kyle Engen (8th), Connor Hansen (8th), Tucker Nicke (7th)

ASSESSMENT: With the two state meet qualifiers returning to the team for this season they will be looking to help out the underclassmen to get them ready for Class A competition.
"With our state qualifiers returning as well as the other runners being very dedicated, we should have another good season," Peterson said.

WAGNER

COACH: Brittany Schoenfelder (1st year)
VITALS: Class A, Region 4

LAST YEAR: The Red Raiders finished first in the conference and third place in regions last fall. Three runners graduated from that team.

RETURNING LETTERWINNERS: Casey Barnett (Sr.), Matt Andersh (Sr.)
ALSO RETURNING: Andrew Stands & Looks Back (Sr.), John Sully (Sr.), Zach Scheuffele (Sr.)

ASSESSMENT: The Red Raiders will have to work hard to back to a first place finish in their conference, but if the returners can step their game up there is a possibility they could be running for another conference title.

"The key to our season is to join together as a team, work hard and have fun," Schoenfelder said.



GAYVILLE-VOLIN: Alec Barta

Events To Watch

AUG. 27, Wakefield Inv. All three area squads open season in same event.
SEPT. 18, Plainview Inv. Big tuneup before districts

Athletes To Watch

Molly Zavadi, Crofton: Tied for 11th at state in 2009.
Gina Dendinger, Crofton: State qualifier

are coming into the season by taking a tough hit with two seniors from last years team gone.

RETURNING LETTERWINNERS: Casey Steiner (Sr.), Rebecca Fischer (Sr.), Kayla Benson (Sr.)
NEWCOMERS: Becca Heikes (Sr.), Myranda Fischer (So.)

ASSESSMENT: The Wildcats may have lost two seniors from last season, but they have four headlining the team this season. They are hoping that experience pays off.
"If there is one thing that we need to work on is our consistency," Bowers said.

HART. CEDAR CATHOLIC
COACH: Sheila Jueden

Tripp Delmont/Armour Football

9/3/10	Andes Central	H	10/1/10	Marty Indian School	A
9/10/10	Mt. Vernon	H	10/8/10	South Central	A
9/17/10	Scotland	A	10/15/10	Alcester Hudson	A
9/24/10	Gregory	A	10/21/10	Avon	H
8/28/10	Tournament	Parkston	9/28/10	Parkston	Tripp
8/31/10	Menno	Tripp	9/30/10	Corsica/Stickney	
9/2/10	White Lake	Armour		Corsica	
9/7/10	Avon	A	10/4/10	Wagner	A
9/9/10	Kimball	A	10/7/10	Plankinton	Armour
9/14/10	Bon Homme	A	10/12/10	Mt. Vernon	Tripp
9/16/10	Freeman	A	10/14/10	Scotland	A
9/18/10	Tournament	Tyndall	10/18/10	Platte-Geddes	Armour
9/21/10	Andes Central	Armour	10/23/10	Tournament	Lake Andes
9/23/10	Mitchell Christian	A	10/25/10	Ethan	A