

## S.D. GIRLS' CROSS COUNTRY



Off To The Races (2013 Bon Homme Invitational)

**Alcester-Hudson**

**COACH:** LeeAnn Haisch  
**VITALS:** Class B, Region 3B, Tri-Valley Conference  
**TOP PROSPECTS:** Kendra Jensen (8th), Tori Rasmussen (8th)

**Andes Central**

**COACH:** Larry Lucas  
**VITALS:** Region 3B  
**TOP PROSPECTS:** Tearanie Stotz (Sr.), Lillian McDermaid (Fr.)

**Avon**

**COACH:** Beth Dykstra  
**VITALS:** Region 3B  
**RETURNING LETTER-WINNERS:** Heidi Cap (Jr.), Kylan Swanson (So.), Rachel Blaha (Sr.), Sammy Schyvers (So.), Hanna Reeves (So.)  
**TOP PROSPECT:** Emily Harms (7th)

**Beresford**

**COACH:** Matt Coy  
**ASSISTANT:** Dawn Coggins  
**VITALS:** Region 3A, Dakota XII Conference

**LAST YEAR:** Beresford was third at the conference meet, second at regions and sixth at state. Shelby Bickett graduated from the squad.

**RETURNING LETTER-WINNERS:** Lexy Johnson (Sr.), Ashlynn Atwood (So., 11th at state), Caitlin Worth (So.), Hannah Ebert (Fr.) Cait Savey (Fr.)

**TOP PROSPECTS:** Molly McInnis (Sr.), Julia Mochel (Jr.), Kendra Schaap (So.), Tianna Schlup (Fr.), Grace Quartier (Fr.), Katie Mochel (8th)

**Bon Homme**

**COACH:** Janet Wagner  
**ASSISTANT:** Drew Koch  
**VITALS:** Region 3A, Southeast South Dakota Conference

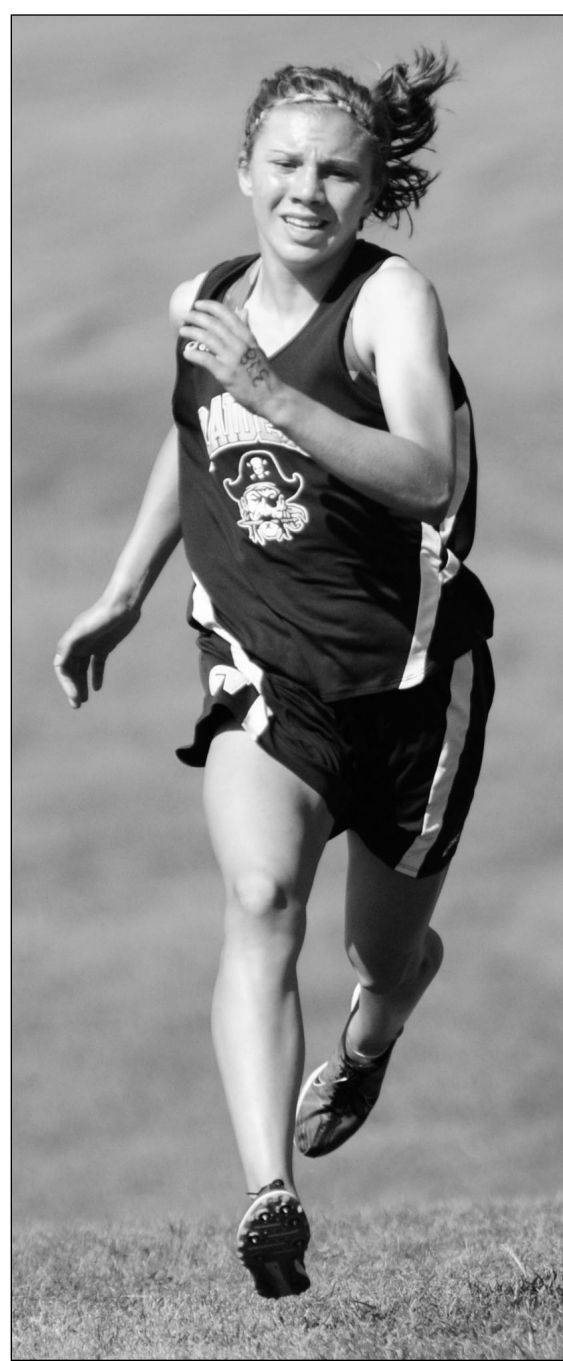
**LAST YEAR:** Ali Vicek graduated from last year's squad.

**RETURNING LETTER-WINNERS:** Maddison Hajek (Jr., 20th at state), Paige Eddy (Fr.), Courtney Eddy (Jr.), Madison Hall (8th)

**TOP PROSPECTS:** Bailey Kortan (Fr.), Elizabeth Rettig (So.), Sawyer Goeden (6th)



Gayville-Volin's Genevieve Clark (left) and Laura Nelson (right)

**Centerville**

**COACH:** Eric Hansen  
**VITALS:** Region 3B, Tri-Valley Conference  
**LAST YEAR:** Centerville lost two runners, Rebecca Hybertson and Shannon O'Malley.

**TOP PROSPECT:** Jaycee Knutson (7th)

**Dakota Valley**

**COACH:** Tiffany Wendling  
**ASSISTANT:** Phil Breed

**VITALS:** Class A, Region 3A, Dakota XII Conference  
**RETURNING LETTER-WINNERS:** Marisa Schulz (So.), Sammy Voeltz (Jr.), Olivia Ohm (Sr.)  
**TOP PROSPECTS:** Chrystal Ochoa (Sr.), Jamie Ripperda (Jr.), Alex Peters (Jr.), Olivia Ratley (So.), Eryn Sandwell (Fr.), Nichole Dial (Fr.), Erica Okina (8th)

**Elk Point-Jefferson**

**COACH:** Kelly Haberling  
**VITALS:** Class A, Region

3A, Dakota XII Conference  
**RETURNING LETTER-WINNERS:** Grace Boone (So.), Kylee Donnelly (So.), Josie Heeren (Jr.), Meghan Schenk (Sr.), Taylor Stark (Fr.), Bailey Weavill (Jr.)  
**TOP PROSPECTS:** Calli Davis (7th), Caitlin Fornia (Jr.), Frederikke Harbo (Jr.), Emily Henze (7th), Lyndsey Klunder (So.), Morgan Smith (So.), Robin Stark (7th)

**Ethan-Parkston**

**COACH:** Jared Digmann

**ASSISTANT:** Erica Aisenbrey  
**VITALS:** Class A, Region 3A, Southeast South Dakota Conference

**LAST YEAR:** Ethan-Parkston placed fifth in the state meet, led by Taya Heisinger's 18th place finish. Lexy Leischner (29th), Jessica Endres (34th) and Patience Nesheim (42nd) also return, giving E-P its top four state meet finishers of a year ago.

**TOP PROSPECTS:** Taya Heisinger (Jr.), Jena Thielen

(Jr.), Jayden Bormann (Fr.), Jessica Endres (Fr.), Chloe Wegehaupt (Fr.), Lexy Leischner (8th), Mollie Müller (8th), Patience Nesheim (8th), Jessica Bartscher (7th), Maddie Müller (7th), Jada Plastow (7th), Erica Storm (7th), Ellie Weidenbach (7th), Sydney Wickersham (7th)

**Freeman**

**COACH:** Rory Hermsen  
**VITALS:** Region 3B, Cornbelt Conference

**RETURNING LETTER-WINNERS:** Cailey Roth (Sr.), Rebecca Eberts (Jr.), Erika Sage (So.), Dayna Roth (8th), Hannah Eberts (8th)

**TOP PROSPECTS:** Karli Maske (Fr.), Journey Mehlhaf (8th), Sarah Wipf (8th), Kailay Jacobsen (8th), Emmarie Edwards (7th), Isabel Saylor (7th)

**Freeman Academy**

**COACH:** Suzanne Koerner  
**VITALS:** Region 3B, Tri-Valley Conference

**RETURNING LETTER-WINNERS:** Clara Koerner (Sr.)

**TOP PROSPECT:** Darsie Eslinger (Jr.)

**Gayville-Volin**

**COACH:** Larry Buffington  
**ASSISTANTS:** Gene Bormann, Matt Malloy  
**VITALS:** Region 3B, Tri-Valley Conference

**LAST YEAR:** Gayville-Volin won the conference meet, and was runner-up in the Region 3B and State B meets. Laura Nelson won the state individual title, with teammate Genevieve Clark second.

**RETURNING LETTER-WINNERS:** Genevieve Clark (Jr.), Laura Nelson (So.), Megan Hirsch (So.), Lanny Clark (Fr.), Kelia Barta (Sr.), Viola Ishmael (Fr.), Hannah Rolfs (Jr.), Heather Maier (8th)  
**TOP PROSPECTS:** Meghan Buckman (Fr.), Sarah Buckman (Fr.), Jayden Engen (Fr.), Ashley Emmick (8th), Tristin Gunderson (8th), Abbey Emmick (7th)

SD GIRLS XC | PAGE 3B

**Golden**

From Page 1B

came in the same way from fifth."

Clark finished second last

year, giving the Raiders the first teammates to go 1-2 in Class B since Summit's Melinda and Nicole Zirbel in 2001. They were also the first teammates to go back-to-back as champions since Hitchcock-Tulare's Shannon Brenner and Missy Puffer in 1990-91. They were also the

second and third Raiders to win titles, joining Emma Erickson (now Ladwig).

When Clark won, the focus was not necessarily on her winning but on her finishing high enough to help the Raiders make the top four teams. They finished second to Ipswich, as they did again

last year.

"Our goal was just to get the team on the platform," Buffington said. "When she went by the mile mark, we thought she had a chance to win it."

Nelson has an edge in their internal competition, as she is just focused on school and running this fall. Clark is also a member of Gayville-Volin's volleyball team, which is coming off a school-record for victories a year ago. But Clark said that her volleyball work has helped her on the cross country course as well.

"It's not too hard to keep in both volleyball and cross country shape," she said. "Our volleyball team runs a mile before practice every day, and we do a lot of sprints.

I still try to get in runs one or two times a week."

Megan Hirsch and Kelia Barta, the Raiders' third and fifth runners at state a year ago, also do the volleyball/cross country double. In all, five of the 15 girls on the Raiders' cross country roster are on the GV varsity volleyball squad.

Also, several of the Raiders' cross country runners, including four of the top five were on the the Gayville-Volin girls' basketball team that was the first-ever Raider team to qualify for a state tournament.

"We have a lot of good things going on here right now," Buffington said.

With two champions in the fold, the goal remains the

same. The Raiders are still chasing an Ipswich Tigers teams that boasts one of the most decorated young runners in state track history, Macy Heinz, and four other runners that finished in the top 16 of the state cross country meet a year ago.

"To beat Ipswich, we'd need to go 1-2-9. We went 1-2 last year, and now our goal is still 1-2-9," Buffington said. "Will it happen this year? It's a long shot, but next year (after two of Ipswich's top five graduate) it's a closer shot. But our goal is just to have a chance.

"Most of the time you're not trying to chase a dynasty. But that's the team we're trying to chase."

And while both Clark and Nelson would like to beat the other, they're not going to do it at the expense of their team.

"We are just focused on the team," Nelson said. "It doesn't matter who goes first or second, it's where the team needs to be for us to finish well. We'll do our best so the team can be its best."

You can follow James D. Cimburek on Twitter at twitter.com/JCimburek. Discuss this story at www.yankton.net

**Capturing the moment...**

Whether it's a big game or the annual Christmas concert at school...

Go to **spotted.yankton.net**

to view and purchase our photos.

Upload & Share Your Photos For FREE

YANKTON DAILY  
**PRESS & DAKOTAN**

319 Walnut, Yankton • www.yankton.net

Let us "Brighten" your way!  
**Brightway Electric LLC**  
**Yankton**

Locally owned • Proudly Serving South Dakota and Nebraska.  
 Licensed • Insured • Warranted Work  
 Residential • Commercial • Service

\*Bucket Truck Available\*

Mike Suing • 605-760-3505  
 Rod McNatt • 605-661-9594

**Steiner's Locker Service**

Joe & Kim Steiner  
 Owners  
 665-3407



CHOICE MEATS  
 WILD GAME  
 PROCESSING  
 CUSTOM  
 SLAUGHTERING