

# Yankton's Soulek Continues Progression For Jacks



P&D FILE PHOTO  
Yankton grad Kellen Soulek watched from the sidelines as South Dakota State played Nebraska in 2013. The former Buck will not spend much time sitting this season, as he is expected to start on the defensive line for the Jackrabbits.

## Soulek Getting Things Done On Field, In Classroom At South Dakota State

BY JEREMY HOECK  
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Kellen Soulek has always been a force on the defensive line. That much was never in question for the Freeman native and Yankton High School graduate. It was just a matter of how he would translate to the Division I level at South Dakota State. And according to head coach John Stiegelmeier, Soulek has improved to the point that he'll be starting on the line for the Jackrabbits this season. "He's done everything we've asked him to do," Stiegelmeier said Friday. Soulek, a 6-foot-5, 300-pound sophomore in his third season with the program, played a reserve role in 12 games last season – recording 26 tackles, three tackles for loss, and two sacks. As Soulek has spent more and more time in game situations for the perennial FCS playoff contending Jackrabbits, his production has steadily improved. There has also been an even faster rise in his production off the field. "I've gotten better in a lot of ways," Soulek said Friday. "As a person and as a football player." Put another way, there were things

outside of bull rushes and swim moves that would result in Soulek becoming a reliable lineman for the Jackrabbits – he still has only one season of game experience, leading his coach to say, "He's still a pup, but a big pup." "He controlled his weight," Stiegelmeier said. "That sounds goofy, but that's hard for a big guy to do. And he's done well in the classroom. "Those two things off the field have allowed him to excel and hone his skill." Other than continually working on his craft through drills and video work, Soulek was able to put together a 3.8 grade point average – his best ever, high school or college – during the spring semester this year. "This program has helped me grow to someone people can respect," Soulek said. Back on the field, Soulek and his defensive line teammates have also progressed: First there was the focus on slowing down opposing rushers, to now where the focus is on pressure – the Jacks had 15 sacks last season, eight from the line. "When I first got here, we really focused on stopping the run," Soulek said. "Now we're trying to progress on pass rush moves; getting to the quarterback.

"When you get one thing down, you can work on something else." As Soulek also discovered last season during his time in 12 games that it doesn't necessarily matter if he was starting the game or coming in to spell the starters. In the end, the goal was the same. "At my position, we change every four plays anyway, so you're going to get reps either way," Soulek said. "But it's cool to be named a starter." More than any of his two other seasons in Brookings, Soulek will be joined this fall by a group of fellow Yankton High School graduates. Freshmen Brady Hale, Matt Fitzgerald and Evan Greenway are also on the roster for the Jackrabbits, and of those three, Hale will also start this season – as the team's punter, Stiegelmeier said. "It's a hard skill to master and to have to be able to kick a 45-yard punt every time, with the hang time, that's not an easy thing to do," Stiegelmeier said. "He's confident. I just want him to get a little more consistent." Fitzgerald and Greenway will both redshirt the 2015 season, but their abilities has proven that the Yankton football program produces Division I talent, according to Stiegelmeier. "The people in Yankton should be proud of those guys," Stiegelmeier said. "They're all special guys."

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## Kruger Joins USD Coaching Staff

VERMILLION — South Dakota director of track and field & cross country Lucky Huber is pleased to announce three-time Olympian A.G. Kruger III will coach the throws beginning with the 2015-16 season. Kruger will arrive in Vermillion fresh from competition at the IAAF World Championships in Beijing. He is scheduled to throw the hammer on Saturday, Aug. 22. Kruger qualified for the 2004 Athens, 2008 Beijing, and 2012 London Olympic Games in the hammer throw. He competed on a total of five World Championship teams and qualified for 14 U.S. National Championships. "We are excited to add someone with A.G.'s character and experience to our program," said Huber. "I have no doubt he is one of the best young throw coaches in the country."

Kruger comes to South Dakota after spending the past 13 years training, coaching and teaching at Ashland University in Ashland, Ohio. He holds Certified Strength and Conditioning Specialist (CSCS) certification, Functional Movement Screening (FMS) certification and is a member of the National Strength and Conditioning Association (NSCA). "I am excited to join the South Dakota athletics department," said Kruger. "I hope to help the track and field programs continue their tradition of excellence." In 2014, Kruger broke American records in the

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## Season Preview | Yankton Girls' Tennis



P&D FILE PHOTOS  
Juniors Mimi Garcia (left) and Anne Knoff (right) are among the veterans for a young Yankton girls' tennis team that opens the 2015 season today (Saturday) at home against Vermillion, Watertown and Stevens.



# Gazelles Open Season Today

BY DYLAN HUGGINS  
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One senior leads the way for the Yankton Gazelles tennis team, who still have high expectations for this season, according to senior Adrienne Kusek. "We have two returning varsity players. One saw a lot of varsity time and the other was an alternate," she said. "We have high expectations for ourselves because we set goals and we know what we want to do." First-year head coach Kim Velk inherits a team that finished 11<sup>th</sup> at the state tour-

name last year. Her roster will also include junior Sophie Kouri, as well as sophomores Anne Knoff, Mimi Garcia and Brenna Becker. Josephine Krajewski, and Olivia Tennant are eight graders. The improvement of Kouri may help the Gazelles climb the ranks this season, according to Kusek. "I think she had lessons beforehand, but she started the same year I did when she was a freshman," Kusek said. "She has improved a lot more than I did. She picked it up quicker. She's really good at doubles and she is aggressive."

Although she is a member of the tennis team, Kusek said her biggest contribution to the Gazelles isn't just being a player, but a role model to the younger players. "I feel like I have to be a positive role model for the younger ones and I want to be a good role model for them on and off the court," Kusek said. "If that means not swearing or not getting upset when I'm not playing so well or off the court cheering for people." Kusek also mentioned that working hard will be a priority throughout the season. "Working hard and getting

better each practice," Kusek said. "Playing each other and getting more experience will help us get better and better." Former head coaches Tim Mulhair and Matt Termansen have offered to help during her transition into the new position, Velk said. The Gazelles first action of the season is today's (Saturday) home quadrangular and it will feature Yankton, Vermillion, Watertown, and Rapid City Stevens.

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YHS GIRLS' TENNIS		
8/22	vs. R.C. Stevens/Vermillion/ Watertown	9 a.m.
8/28	at Brookings/vs. Aberdeen Central/Harrisburg	9 a.m.
8/29	Brookings Jamboree	9 a.m.
9/4	at Mitchell/vs. Pierre	2 p.m.
9/8	at S.F. O'Gorman	4 p.m.
9/10	vs. Vermillion	4 p.m.
9/11	Brandon Valley Inv.	9 a.m.
9/12	at S.F. Roosevelt/ vs. Aberdeen Roncalli	9 a.m.
9/15	at S.F. Lincoln/vs. Mitchell	11 a.m.
9/17	at Vermillion	2 p.m.
9/19	at Mitchell/vs. Spearfish	noon
9/21	vs. Brandon Valley/Madison	1 p.m.
9/24	vs. S.F. Washington/ Harrisburg	2 p.m.
9/26	at Brookings/vs. Milbank	10 a.m.
10/1	ESD (Yankton)	8 a.m.
10/8-10	State (Sioux Falls & Brandon)	9 a.m. Thur. & Fri./8 a.m. Sat.

## On Fiers: Astros Pitcher No-Hits Dodgers 3-0

HOUSTON (AP) — Mike Fiers has pitched the second no-hitter in the major leagues in nine days, leading the Houston Astros to a 3-0 victory over the Los Angeles Dodgers on Friday night. Fiers (6-9) struck out Justin Turner on his 134<sup>th</sup> pitch to end it and threw his glove high into the air for his first no-hitter and fifth in the big leagues this season. Seattle's Hisashi Iwakuma tossed a no-no on Aug. 12. Cole Hamels with Philadelphia, San Francisco's Chris Heston and Washington's Max Scherzer also have thrown no-hitters this season. Acquired by the Astros at the trade deadline to help with their playoff push, Fiers has been stellar in his three starts for Houston. This was something else, though. Having never even gotten an out in the ninth inning in his five-year career, Fiers was dominant Friday. He struck out 10 and walked three, retiring the final 21 batters. Nolan Ryan applauded from a suite as Fiers was mobbed by his teammates near the mound after finishing the 11<sup>th</sup> no-hitter in Astros history. Fiers (1-0) needed little help from his defense until Jake Marisnick had to sprint to catch a long flyball by Jimmy Rollins just in front of the bullpen



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## Hoglund Powers Dells To Dakota Valley Invitational Title

DAKOTA DUNES – Dell Rapids, led by medalist Ty Hoglund's 71, scored top honors in the Dakota Valley Invitational boys' golf tournament, held on Friday at Two Rivers Golf Course in Dakota Dunes. Dell Rapids finished at 312,

15 strokes ahead of Vermillion. Sergeant Bluff-Luton placed third (333), followed by Tea Area (341) and Sioux Falls Christian (344). SBL's Corey Matthey earned runner-up honors with a 72. Canton's Alex Dejong and Dell Rapids' Mason Schmidt each shot

77. Vermillion's Cooper Williams carded a 78. Sioux Falls Christian's Brandon VandeGriend earned JV honors with an 84. TEAM SCORES: Dell Rapids 312, Vermillion 327, Sgt. Bluff-Luton 333, Tea 341, SF Christian 344, Dakota Valley 345, Canton 350, Beresford 371, Elk Point-Jefferson 375, TOP 20: Ty Hoglund, Dell Rapids 71; Corey Matthey,

Sergeant Bluff-Luton 72; Alex Dejong, Canton 77; Mason Schmidt, Dell Rapids 77; Cooper Williams, Vermillion 78; Jordan Kerns, Dell Rapids 80; Connor Prescott, Sergeant Bluff-Luton 80; Easton Keuck, Elk Point-Jefferson 81; Paul Schwasinger, Vermillion 82; Kolby Newborg, Tea Area 82; Jameson Bull, Dakota Valley 83; Cole Anderson, Vermillion 83; Gunner Slagert, S.F. Christian 83; Brian Finn, Tea Area 84; Brock Murphy, Tea Area 84; Sam Craig, Vermillion 84; Josh Parrott, Dell Rapids 84; Brent Eddy, Dell Rapids 85; Tanner Hensley, Dakota Valley 85; Jack Johnson, S.F. Christian 85

## Yankton Earns First Victories Of Season

MITCHELL – Brianna Benjamin scored a hat trick and Madason Tessier had two assists as Yankton rolled past Mitchell 4-1 in Eastern South Dakota Conference girls' soccer action on Friday. It was the first victory of the season for the Gazelles (1-2, 1-2 ESD). Sophie Bisgard scored the other Yankton goal. Madison Wueben had an assist for Yankton, which held a 32-7 edge in shots over the Kernels (0-1, 0-1 ESD). Haley Schild stopped four shots in goal for Yankton. Yankton steps outside the ESD for the first time this season when it travels to Sioux Falls Washington on Tuesday. The match will be a 6 p.m. start at Yankton Trails Park. In the JV match, Jaiden Boomsma scored twice and six other Gazelles scored in an 8-0 rout of Mitchell. Sadie Fedders had a goal and an assist, and Kelsey Oswald, Pay-

ton Wolfram, Madison Schroeder, Megan Cap and Molley Vornhagen each scored for Yankton. Kylie Bochman had a pair of assists. Maggie Donner added an assist in the victory. Boys Yankton 6, Mitchell 0 MITCHELL – Cole Lewno scored four goals as Yankton rolled past Mitchell 6-0 in Eastern South Dakota Conference boys' soccer action on Friday. It marked the first victory of the season for the Bucks (1-2, 1-2 ESD). Chase Huber and Gabe Wenzlaff each had a goal for Yankton, which travels to Sioux Falls Washington for an 8 p.m. contest on Tuesday. Defensively, Trevor Rafferty made three saves to preserve the shutout. In JV action, Yankton rolled past Mitchell 9-1.



GARRICK HODGE/MITCHELL REPUBLIC  
Yankton's Brianna Benjamin (11) dribbles a ball past Mitchell's Bailey Hohn (15) at a girls' high school soccer game on Friday in Mitchell.