

Delvaux Returns To Helm Of Tanager Wrestling Program

BY ELYSE BRIGHTMAN
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The new head coach of the Vermillion High School wrestling team, Joe Delvaux has one goal in mind as the season begins.

“As a coach, I want to win every dual that we are in,” he said. “I know that that’s not always going to happen, but last year they were able to win, I think, 17 duals with some openings in the weight classes. They gave up some spots right away. This year, I guess our goal is to fill those weight classes and continue to win duals.”

Delvaux has previously served as the head coach and assistant coach for Vermillion wrestling and stepped away after the 2010 season, where the team saw its best finish since the early 1980’s. He’s decided to take on the role again after last season’s coach, Hazen Bye, wanted to have more of an opportunity to watch his son, Reagan, wrestle in college.

“I’ve just been thinking more and more about getting back into coaching. I really miss it in the winter time,” Delvaux said. “I came back and things have been going really well. It’s been really great to be back in the room. I love practice and working out with the kids and we have pretty good numbers.”

This year, Vermillion will be returning five of its eight state qualifiers from last season, all of whom will serve as team captains.

“These happen to be the state qualifiers, but they were actually chosen by their peers to be the team captains,” Delvaux said.

One of two seniors on the team, Noah Westergaard,



Vermillion’s Trey Hage

will wrestle in the 182 pound weight class. Westergaard has only been wrestling the past few years, but has seen early success in a range of classes, from heavy weight to the 180’s where he currently competes.

But no matter who he is wrestling, Westergaard is just happy to be competing.

“I think is just happy to be successful in wrestling,” Delvaux said. “He’s wrestled guys that were like 285 pounds when he weighed 190, so he’s just really happy

to be in the room all the time. He has a very upbeat attitude. He doesn’t take things too serious.”

Trey Hage, a sophomore, is currently ranked No. 1 in the 132 weight class and finished last season placing third in the state.

“(Hage is) just a really technical wrestler, always in really good position and uses his position no matter where he’s at to score points, so he really knows his way around the mat. Has the ability, I think, to win in a handful of

weight classes,” Delvaux said. Carter Kratz, Jake Husby and Noah Walker round out the five captains and are all part of the strong junior class to watch for this year.

“Carter Kratz is a really technical wrestler,” Delvaux said. “Has a lot of what we just call funk, where you really can’t just put a finger on how and why he’s ending up in that position, he just has the ability to score points out of mistakes that his opponents are making.”

Husby has what Delvaux

calls a “Marine Corps mentality” with a strong work ethic and leads by example.

“He’s quiet, and he has a lot of integrity. He does what’s right just because and incredibly disciplined,” Delvaux said.

Walker, competing in the 145 weight class, is another new wrestler who’s driven simply by his competitive nature which has led to his early success.

“He just puts his nose to the ground and goes to work. He works really, really hard,

WRESTLING		
Dec. 5	S.F. Roosevelt Inv.	9 a.m.
Dec. 8	vs. S.F. Roosevelt	6:30 p.m.
Dec. 10	at Brandon Valley/vs. Dakota Valley/Yankton	5 p.m.
Dec. 15	at Tri-Valley/vs. West Central	5 p.m.
Dec. 28-29	Floyd Farrand Inv. at S.F.	11 a.m.
Jan. 5	vs. Dakota Valley/Elk Point-Jefferson/S.F. Lincoln	5 p.m.
Jan. 9	Brandon Valley Inv.	9 a.m.
Jan. 14	vs. Madison/Dell Rapids	5:30 p.m.
Jan. 19	at Tea Area/vs. Lennox	5:30 p.m.
Jan. 23	Dakota XII Conference at Elk Point	11 a.m.
Jan. 26	at Canton/vs. Beresford	5:30 p.m.
Feb. 4	at Wagner/vs. Crofton-Bloomfield	5:30 p.m.
Feb. 6	Yankton Inv.	9 a.m.
Feb. 11	at Dakota Valley/vs. S.F. Washington/Harrisburg	5 p.m.
Feb. 13	West Central Inv.	10 a.m.
Feb. 18-19	Region 2A	5 p.m./6 p.m.
Feb. 26-27	State at Rapid City	

but he’s also very, very competitive, he hates to lose,” Delvaux said.

His approach to reaching the goal of winning every dual will be to keep the team healthy and make sure the wrestlers peak at the right time during the season.

“We really want to peak at the right time and that is my job, to figure out how to make that happen,” he said. “I want to win regions pretty bad. I think if everything fell into place right we could win regions and then place in the top eight at state.”

Due to inclement weather, the Tanagers first dual of the season was postponed from Dec. 1 to Tuesday, Dec. 8 when the team will take on Sioux Falls Roosevelt at home starting at 6:30 p.m. On Saturday, Dec. 5, Vermillion travels to Sioux Falls for the Sioux Falls Roosevelt Invite starting at 9 a.m.

Vermillion Bowlers Look To Build On Experience

BY ELYSE BRIGHTMAN
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Last season’s young bowling squad at Vermillion High School is back with another year of experience under their belts.

“Our kids have always been tournament tough and now have the experience to step up with confidence,” said head coach Mike Lovejoy.

The 2014-15 team finished

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BOWLING		
Nov. 13	vs. Brandon Valley	4 p.m.
Nov. 20	vs. Canton	4 p.m.
Dec. 4	vs. O’Gorman	4 p.m.
Dec. 11	vs. S.F. Roosevelt	4 p.m.
Jan. 8	vs. S.F. Lincoln	4 p.m.
Jan. 15	at Dell Rapids	4 p.m.
Jan. 22	at Yankton	4 p.m.
Jan. 29	vs. West Central	4 p.m.
Feb. 5	at S.F. Washington (Eastway Bowl) at Harrisburg	4 p.m.
Feb. 12	vs. Brookings (Eastway Bowl)	4 p.m.
Feb. 19	vs. State Tournament at Empire Bowl, Sioux Falls	
Feb. 26		
All 2015-16 Home Matches At Yankton Family Fun Center		

Gym

FROM PAGE 11

they seem to have a good attitude, so with their attitude coupled with their athleticism hopefully we can find a few girls to help round out our varsity squad and make a pretty good team this year.”

She adds the best thing to do is to expect the unexpected.

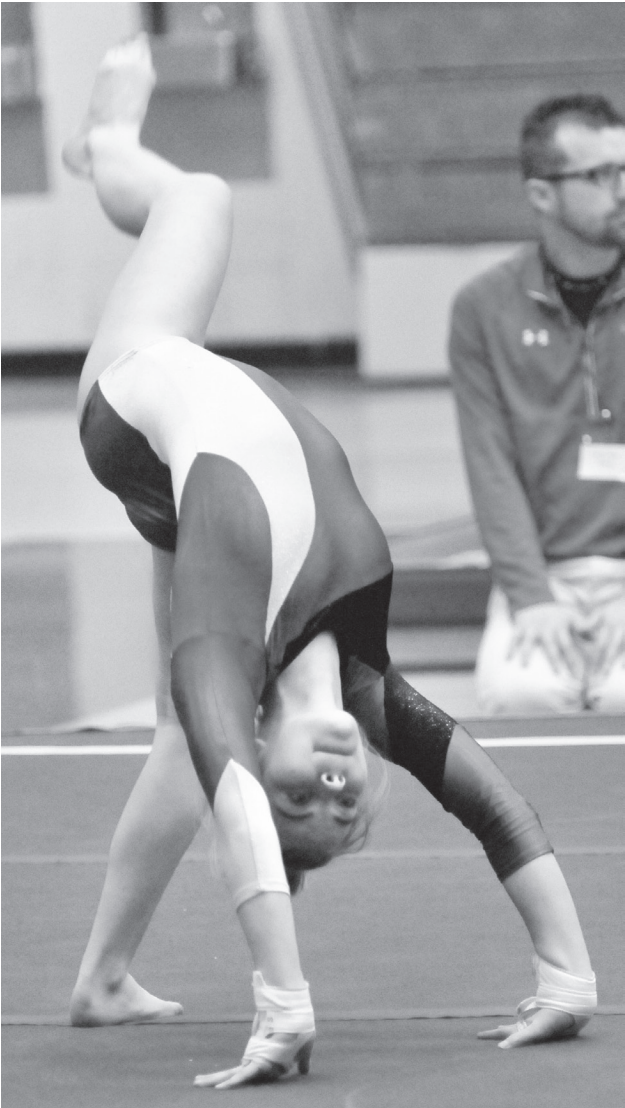
“You never know what to expect with gymnastics and who might shock you and who might just get it one day and figure it out,” Fitzsimmons said. “Gymnastics is a sport that takes a lot of repetitions before it just happens, so we are hoping that some of our girls that put in a lot of time last year can make some great improvements this year and play a major role for us.”

As a first year head coach last year, Fitzsimmons guided the team to a state meeting showing and though the team didn’t make the podium, the score improvements seen throughout the year gave a positive outlook.

“We were pleased to make it to the state meet and we did fairly well overall as a team,” she said “It wasn’t good enough to be on the podium, but with every meet we were improving as a team and our score greatly increased and that’s really what we’re looking for so to start this season.”

One of those girls Fitzsimmons is looking at to make an impact is freshman Carter Williams, who as an eighth grader was the lone Tanager on the podium at the state meet finishing second on the balance beam and placing high in all-around.

“Even though she is a freshman, she is our veteran gymnast,” Fitzsimmons said.



Vermillion’s Peyton Larson

“She’s still young and has a lot to learn so we are just going to see what she can do this year.

“She was in cheer before she showed up here, but that shows you the difference a couple years can make.”

Williams has been on the team since her seventh grade year and has already had to adjust to two head coaches in the short amount of time.

“I think (adjusting) wasn’t as difficult as we thought it would be,” Williams said. “I’m

really comfortable with Fitz and I’m really glad she’s our head coach.”

For Shayla Kiertzner, one of two seniors on the team, last season was about adjusting to a new coach, as well as getting back into gymnastics mode after taking a break during her sophomore season.

“I think in the beginning we struggled a little bit, but by the end we pulled together and were working hard,” Kiertzner said. “We

GYMNASTICS		
Dec. 12	Wagner-Bon Homme Inv.	noon
Dec. 17	vs. S.F. Roosevelt/ West Central	6 p.m.
Dec. 30	Vermillion Winter Wonderland Inv.	11:30 a.m.
Jan. 9	Stanley County Inv.	11 a.m.
Jan. 12	at Madison	6:30 p.m.
Jan. 16	Madison Inv.	noon
Jan. 21	at Yankton	5:30 p.m.
Jan. 25	at S.F. Lincoln	6:30 p.m.
Feb. 5	* ppd. from Dec. 1	
Feb. 12-13	Region 2A at Wagner	6 p.m.
	State at Brookings	

grew really comfortable really quick since she was so direct and forward, but she is a good coach.”

Kiertzner saw improvements in herself after a year away from the sport and is confident going into this season.

“Coming back from a break in my sophomore year, I can take last year knowing that I pushed myself as hard as I did and got as far as I did in a short time, I know I can get farther this year,” she said.

That kind of confidence is what Fitzsimmons is looking for in order for the team to be successful this season.

“If you can find someone athletic, who’s confident and who has a good attitude and is willing to learn the sky is the limit,” she said. “I’m not necessarily putting an expectation on the team. We’d love to make it to the state meet, so our goal would probably be qualifying out of the region meet in some form or fashion and getting to the state meet as a team.”

Vermillion High School gymnastics opens the season on Dec. 12 at the Wagner Invitational after the Sioux Falls Lincoln dual that was scheduled for Dec. 1 was postponed due to weather. A make-up date has been made.

The first home meet is Dec. 17 with a triangular against Sioux Falls Roosevelt and Central.

VHS Girls

FROM PAGE 12

score both inside and out, so there will be times where we put her on the block and she’s got good post moves and we’ll expect her to score down low.”

Melstad led the Tanagers in scoring with 17 points per game and was named to the All-Conference team as a freshman.

“Haleigh is more of a wing player for us. She shoots the ball well from the outside, attacks the hoop really well,” Brooks said. “She runs the two or the three for us and just a really good perimeter player.”

Though two of the returning starters will be sophomores this year, Brooks is staying away from the excuse of a young team.

“We got a good group of seniors this year too that have had a lot of playing experience,” he said. “We actually feel that even though we are young, we probably feel more experienced this year than we were last just because all those kids who were young coming back have been playing for a couple years now, so we expect to be very completeive.”

One of those seniors, 6’3” Twila Sweeney, is the final

returning starter and Brooks is expecting Jensen and Sweeney to continue to play well off each other on offense.

“When Twila is in with Kacie, Twila can play on the block and we can bring Kacie inside because Kacie can knock down inside jumpers too,” he said.

The Tanagers season ended last year with a nail biting one-point loss to Lennox in the first round of the Region 4A tournament.

“(We) lost a lot of close games, so that’s something we’re kind of building off of,” Brooks said.

He is looking to his entire roster to compete and be competitive against the tough Dakota XII and Region 4A schedule. Vermillion opens the season on Tuesday, Dec. 12 in Elk Point, one of two teams the Tanagers will face twice during the regular season schedule.

“Our schedule is just overall tough, and on top of that, the two teams that we play twice out of our conference are Elk Point and West Central and those could be the two best teams in the conference this year, so there’s four of our games right games right there against two, top-five teams,” Brooks said. “It’s never easy and it’s not going to be easy this year, but we understand that and take it game by game and see where we end up.”

NIOBRARA-VERDIGRE		
Boys’ Basketball		
12/3.....	at Stuart	
12/4.....	vs. Elgin Public-Pope John (V)	
12/7.....	vs. O’Neill St. Mary’s (N)	
12/11.....	at Clearwater-Orchard	
12/12.....	at Bloomfield	
12/15.....	vs. Ewing (N)	
12/21.....	at Wausa	
12/28-29.....	Verdigre Booster Holiday Tour.	
1/5.....	vs. Neligh-Oakdale (V)	
1/7-9.....	Wausa Post-Holiday Tour.	
1/12.....	vs. Wynot (N)	
1/15.....	at Elkhorn Valley	
1/19.....	at North Central	
1/23.....	vs. Creighton (N)	
1/26.....	vs. Chambers-Wheeler Central (V)	
1/28.....	vs. Santee (V)	
1/30-2/6.....	NVC Tour.	
2/9.....	at West Holt	
2/12.....	vs. Boyd County (N)	
2/19.....	at Neligh-Oakdale	
Girls’ Basketball		
12/3.....	at Stuart	
12/4.....	vs. Elgin Public-Pope John (V)	
12/7.....	vs. O’Neill St. Mary’s (N)	
12/11.....	at Clearwater-Orchard	
12/12.....	at Bloomfield	
12/15.....	vs. Ewing (N)	
12/21.....	at Wausa	
12/28-29.....	Verdigre Booster Holiday Tour.	
1/5.....	vs. Neligh-Oakdale (V)	
1/7-9.....	Wausa Post-Holiday Tour.	
1/12.....	vs. Wynot (N)	
1/15.....	at Elkhorn Valley	
1/19.....	at North Central	
1/23.....	vs. Creighton (N)	
1/26.....	vs. Chambers-Wheeler Central (V)	
1/28.....	vs. Santee (V)	
1/30-2/6.....	NVC Tour.	
2/9.....	at West Holt	
2/12.....	vs. Boyd County (N)	
2/19.....	at Neligh-Oakdale	
Wrestling		
12/5.....	Creighton Inv.	
12/12.....	North Bend Central Inv.	
12/19.....	Osmond Inv.	
1/9.....	Winside Inv.	
1/16.....	Battle Creek Inv.	
1/23.....	Neligh-Oakdale Inv.	
1/30.....	Plainview Inv.	
2/4.....	NVC Dual Tour.	
2/5.....	Clearwater-Orchard Inv.	

VHS Boys

FROM PAGE 12

goes on and we hope to be playing our best basketball in early March when the Region tournament comes along,” he said. “We feel that if we can defend, rebound, play hard and take care of the basketball that we can be competitive with the difficult

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