

Freshman Sutera Starting To Shine For MMC

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If there was a mold for post players at Mount Marty College, Raquel Sutera would fit that portrayal: Tall? Check. Athletic? Check. Capable of playing away from the basket? Check.

Over the last handful of games, she's also added another element: Scoring machine.

The 6-foot freshman forward for the Lancer women's basketball team has not only recovered from an earlier bout with mononucleosis, but has played a key role off the bench for a squad filled with versatile shooters — no matter the position.

"Anybody who has an open shot, coaches always say, 'Shoot it,'" Sutera said Thursday, a day after scoring 14 points in Mount Marty's 73-69 road win over No. 24-ranked Dakota Wesleyan.

"They're always telling us, 'Make the defense play you,'" she added. "As long as you're not forcing something, we get encouraged to take the shot."

Sutera, a Tabor native and for-

mer Bon Homme standout, is averaging 6.2 points and 3.5 rebounds in 11 minutes of action per game for the Lancers (14-8, 9-5), who play at Nebraska Wesleyan today (Saturday).

She has, however, drastically increased those numbers over the past two weeks, mostly because she has settled into the system, according to junior point guard April Winne.

Sutera scored 10 points on 3-of-4 shooting in a win Jan. 12 at Doane, followed by eight points four days later against Dordt. Last Saturday at home against Midland, she exploded for 21 points on 8-of-9 shooting, with two 3's.

And then Wednesday in Mitchell, Sutera was 5-of-7 from the field, 3-of-3 from deep, for 14 points and eight rebounds.

"She's really been getting in the flow of the game and understanding our offense more," Winne said. "She's really settling down and not getting those freshman jitters."

Does part of that flow include becoming a three-point specialist?

Though she laughed and said it was part of the offense, Sutera had

made a total of one three-pointer prior to last week. She then hit 5-of-6.

"Everyone on our team is versatile like that; we can all shoot the three," she said.

That kind of versatility is not only a welcome sight, it's also a necessity in the Great Plains Athletic Conference — a league that has the top three players in all of NAIA Division II in three-point shooting.

"We really like that when our bigs can go in and post up, can still be good facing up, and shoot the three," MMC head coach Tom Schlimgen said. "Our league is pretty three-point dominated, so you need to be able to do a lot of things."

Prior to the 21-point outburst against Midland, Sutera's best performance of the season was Nov. 13 against Grace — 16 points on 8-of-13 shooting.

Over the next 12 games, though, she combined for 45 points as she battled back from mono, which cost her five games.

"You can tell, she's gained more confidence as we go," Schlimgen said. "She had a little spell there

that we had to battle through, and when you miss that much time, you can't jump right back in and not miss a beat."

Naturally, it was hard for her to sit on the bench.

"Those first couple games after, I was out of shape, so it took a while to get back into the swing of things," Sutera said. "I was totally ready, though; I don't like to sit out and miss games."

Since Sutera has returned from the illness, the Lancers have won eight of 12 games and have climbed to fifth place in the GPAC standings. It'll be that position that Mount Marty will need to retain to potentially earn a bid to the NAIA National Tournament.

For now, though, the focus is predictably on the next contest.

"We just have to keep it going; keep playing like this," Winne said. "If we get the wins we need to get, and if we don't have any slip-ups, I like our chances."

"We really haven't talked about nationals yet, just the next game."

You can follow Jeremy Hoeck on Twitter at twitter.com/jhoeck



P&D FILE PHOTO
Mount Marty forward Raquel Sutera goes up for a shot during the Lancers' home game against Dordt earlier this season. Sutera, a freshman from Tyndall, is averaging 6.2 points per game, including 13.3 points per game over her last four games.

Syracuse Takes Plainview Title

Wrestling: C-V Fifth In 14-Team Event

PLAINVIEW, Neb. — Syracuse beat out Battle Creek for top honors in the 14-team Plainview Invitational wrestling Tournament on Friday in Plainview, Neb.

Syracuse finished at 214 points, led by champions Tyler Berner (126), Dalton Dozier (132), Skyler Teten (138) and John Essink (152).

Battle Creek scored 196.5 points, followed by host Plainview (133.5), Norfolk Catholic (126) and Creighton-Verdigre (115).

Battle Creek also had four champions: Tyler Frederick (113), Nate Gray (160), Travis Wright (220) and Casey Johnson (285). Norfolk Catholic had two champions: Nic Beed (120) and Dylan Field (145). Creighton-Verdigre's Braden Forker (195), Laurel-Concord-Coleridge's Austin Roach (170), Plainview's Tayven Sauser (106) and West Holt's Josh Coyle (182) also won titles.

Also in the tournament, Laurel-Concord-Coleridge placed eighth with 70 points, Crofton and Randolph tied for 11th with 37 points, Ponca had 29 points and Hartington Cedar Catholic scored 21 points.

TEAM SCORES: Syracuse 214, Battle Creek 196.5, Plainview 133.5, Norfolk Catholic 126, Creighton-Verdigre 115, West Holt 90.5, Arlington 71, Laurel-Concord-Coleridge 70, Osmond 61.5, Wayne 54, Crofton 37, Randolph 37, Ponca 29, Hartington Cedar Catholic 21.

106 — 1ST: Tayven Sauser, Plainview, 23-7 pin, Lucas Miller, Crofton, 14-2, Pin 4:34; 3RD: Garret Zimmers, Creighton-Verdigre, 24-7 pin, Shawn Thelen, Randolph, 15-12, Pin 1:37; 5TH: Schuyler Sauser, Plainview Jv, 3-9 bye

113 — 1ST: Tyler Frederick, Battle Creek, 28-5 pin, Luke Pletzyk, Syracuse, 16-10, Pin 2:54; 3RD: Dylan Moore, Plainview, 23-6 pin, Jesse Schmit, Randolph, 15-12, Pin 0:27; 5TH: Jacob Frink, Arlington, 7-4 bye

120 — 1ST: Nic Beed, Norfolk Catholic, 16-7 pin, Taylor Sauser, Plainview, 23-11, Pin 3:03; 3RD: Chase Osborne, Battle Creek, 17-13 dec, Dakota York, Creighton-Verdigre, 23-11, Dec 6-3; 5TH: Tim Dragt, Arlington, 16-13 pin, Kade Baker, Syracuse, 11-10, Pin 2:48

126 — 1ST: Tyler Berner, Syracuse, 20-15 pin, Tristan Simons, Battle Creek, 15-8, Pin 1:42; 3RD: Ryan Boyer, Plainview, 24-5 pin, Michael Brewer, Ponca, 7-4, Pin 2:22; 5TH: Aaron Svenson, Wayne, 23-12 by forfeit over Zach Erickson, Arlington, 20-5

132 — 1ST: Dalton Dozier, Syracuse, 24-12 dec, Corby Forbes, Plainview, 25-8, Dec 9-4; 3RD: Zach Kirby, Battle Creek, 16-18 dec, Sam Wortmann, Hartington CC, 18-17, Dec 5-2; 5TH: Jonathan Larsen, Ponca, 23-6 pin, Jorge Vergara, Wayne, 6-15, Pin 2:29

138 — 1ST: Skyler Teten, Syracuse, 25-8 dec, Evan Aschoff, Plainview, 26-6, Dec 9-2; 3RD: Scott Gubels, Osmond, 24-7 dec, Conner Kramer, Battle Creek, 17-17, Dec 7-0; 5TH: Peter Gubbels, Plainview Jv, 12-11 by forfeit over Zach Miller, Arlington, 15-6

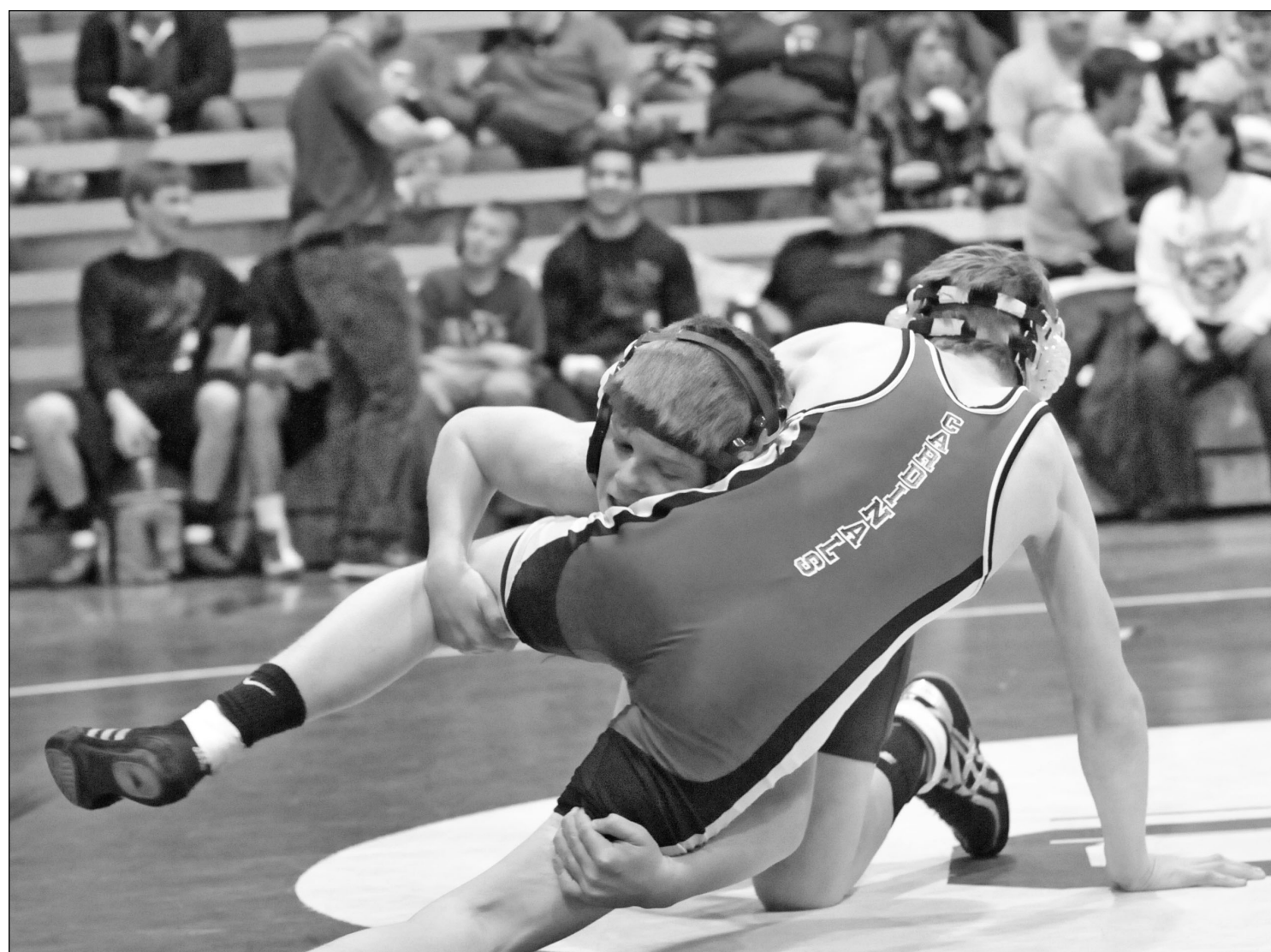
145 — 1ST: Dylan Field, Norfolk Catholic, 26-4 won by major decision over Ty Snyder, Syracuse, 27-11, Maj 15-2; 3RD: Cole Gibbens, West Holt, 23-4 pin, Jake Ripp, Creighton-Verdigre, 17-15, Pin 2:39; 5TH: Jordan Zaujka, Battle Creek, 16-14 dec, Brayden Turner, Norfolk Catholic, 6-6, Dec 10-6

152 — 1ST: John Essink, Syracuse, 33-2 dec, Tony Steinkraus, Plainview, 24-4, Dec 9-6; 3RD: Michael Vargas, Osmond, 21-6 pin, Nathan Britek, Norfolk Catholic, 16-13, Pin 2:25; 5TH: Matthew Britek, Norfolk Catholic, 9-10 and Ean Stacken, Creighton-Verdigre, 7-15, DFF

160 — 1ST: Nate Gray, Battle Creek, 31-4 dec, Trey Roseman, West Holt, 16-6, Dec 3-1; 3RD: Will Neels, Syracuse, 19-16 by forfeit over Rylee Klawitter, Creighton-Verdigre, 25-11; 5TH: Chris Heydon, Laurel-Concord-Coleridge, 25-9 by forfeit over Billy Bareman, Laurel-Concord-Coleridge, 13-13

170 — 1ST: Austin Roach, Laurel-Concord-Coleridge, 33-4 pin, Brandon Becker, Norfolk Catholic, 27-3, Pin 2:55; 3RD: Drew Lanman, Battle Creek, 21-15 pin, Demetrius Alexander, Wayne, 21-13, Pin 4:58; 5TH: Quinn Shannon, Syracuse, 11-8 pin, Michael Keffler, Arlington, 13-12, Pin 2:57

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Top-Ranked Riders Cool Off Yankton

SIOUX FALLS — The Yankton Bucks saw their three-game winning streak snapped at the hands of top-ranked Roosevelt with an 80-49 defeat on Friday night in Sioux Falls.

The Rough Riders, who improve to 13-0 on the year with the win, used their swarming defense and up-tempo offense to their advantage against the Bucks.

Their pressure defense really bothered us," Bucks coach Chris Haynes said. "They set us up and we could not slow the game down with less possessions. We played at their pace not ours."

Sophomore Brady Hale led the Bucks, 4-7, with 14 points while junior J.J. Hejna scored 12.

Despite the loss, Haynes pointed to the fact that the Bucks still have a lot of season left to get Yankton up to the competition level of the top teams in the state.

"We're not there yet but we have another month to work hard and improve so hopefully we are competing with those teams in a month," he said. "One great thing about our guys is every day they come in a work hard. They try to do everything we ask them to do to the best of their ability."

In JV action, Roosevelt defeated the Bucks 59-53. Ryan Olson led Yankton with 14 points while Mitch Gullickson scored 10.

The Sophomore team fell to the Rough Riders 56-36 with Matt Fitzgerald's 11 points leading the way.

In Freshman "A" action, Roosevelt scored a 60-50 victory. Alex Withrow recorded a double-double for the Bucks, tallying 13 points and 12 rebounds.

Finally, in the Freshman "B" game it was Roosevelt 48, Yankton 41. Gabe Dannenberg scored 11 points for the Bucks.

Yankton plays next on Friday as the Bucks travel to Pierre for ESD play. Varsity action tips off at 7:30 p.m.

MATINEE ON THE MAT

Plainview, Neb., played host to a talented field with its annual home wrestling invitational Friday afternoon. The event started at noon and ran into the evening. Over 1,000 photos from the event are online at spotted.yankton.net.

ABOVE: Crofton's Lucas Miller shoots in on Randolph's Shawn Thelen during their 106-pound semifinal. Miller, a freshman, came in to the tournament with a 12-1 record, and advanced to the final before falling to Plainview's Tayven Sauser.

BELOW: Creighton-Verdigre's Rylee Klawitter tries to send Arlington's Jacob Miller to his back during their 160-pound consolation match. Klawitter advanced and finished fourth in the weight class.

JAMES D. CIMBUREK/P&D

Kaiser Powers HCC Past Wynot

WYNOT, Neb. — James Kaiser scored 18 points as Hartington Cedar Catholic handed Wynot its second loss of the season, 59-40, in boys' basketball action Friday night in Wynot, Neb.

Logan Feilmeier added 12 points and Taylor Kathol scored 11 for the Trojans (11-6), who led from start to finish, 36-22 at halftime.

Nathan Wieseler recorded 21 points and four blocks for the hometown Blue Devils (15-2).

Cedar Catholic next plays Norfolk Catholic and Wynot opens Lewis & Clark Conference Tournament action next Monday against the winner of Osmond and Ponca. HARTINGTON CEDAR CATHOLIC (11-6).....18 36 46 59 WYNOT (15-2).....12 22 30 40

South Central 51, Tripp-Delmont-Armour 35

BONESTEEL — Dakota Votaw scored 20 points Friday night to lead the South Central Cougars in a 51-35 win against the Tripp-Delmont-Armour Nighthawks in Bonesteel.

Votaw also had six assists in the win, with Tyler Frank adding 11 points. Sam Hazen also contributed 10 points and 11 rebounds.

For the Cougars, Trevor Payer had a total of 11 points and Austin Barlow had 10 points.

Marion Girls Top Menno In OT; Wynot Tops Cedar Catholic

MENNO — Katherine Luke scored 20 points to lead the Marion Bears in a 47-44 overtime win against the Menno Wolves in girls' basketball action Friday night in Menno.

Luke also had six steals, with Erica Schenwald recording eight rebounds in the win.

Abby Herrboldt scored 15 points and had four steals for the Wolves, while Kylee Kessler added 14 points and 10 rebounds.

Menno travels to Avon on Tuesday and Marion travels to Howard.

MARION (3-8).....8 17 28 36 47
MENNO (2-10).....2 13 26 36 44

Wynot 48, Cedar Catholic 36

WYNOT, Neb. — Kelsie Higgins led three Wynot Blue Devils in double figures as the defend-

ing Class D2 champions upended rival Hartington Cedar Catholic 48-36 on Friday night in Wynot, Neb.

Higgins recorded 12 points, eight rebounds and four steals for Wynot (16-2), while Maggie Schulte added 11 points, five rebounds, five blocks and three assists.

Ashley Heine added 11 points for good measure, and Erica Burbach hauled in 11 rebounds.

The visiting Blue Devils led 23-16 at halftime.

For the Trojans (10-7), Maggie Steffen scored 12 points, Katelyn Dickes added nine points and Emily Schrempf had six points.

HARTINGTON CEDAR CATHOLIC (10-7).....5 16 26 36
WYNOT (16-2).....15 23 37 48

Avon 58, Parkston 48

AVON — Chesney Nagel and Ariana Oorlog combined for 47 points as Avon upended defend-

ing Class A runner-up Parkston 58-48 on Friday night in Avon.

Nagel had 25 points, nine rebounds and four assists for the Pirates (8-4), while Oorlog added 22 points and three steals.

Heidi Cap had five rebounds for Avon, which led 32-22 at halftime.

Erica Herrold recorded 21 points and five rebounds for Parkston (7-6), while McKenzie Weidenbach added 14 points.

Logan Wagner chipped in with three rebounds and four assists.

Avon hosts Menno next Tuesday and Parkston hosts McCook Central-Montrose also next Tuesday.

PARKSTON (7-6).....16 22 30 48
AVON (8-4).....16 32 38 58

Vermillion 64, Canton 53

VERMILLION — Atlanta Lundstrom put up 17 points Friday night to lead the Vermillion Tan-

agers in a 54-53 win against Canton C-Hawks in Vermillion.

Lundstrom also had five steals in the win, while Janet Vandestroet scored 16 points and also had five steals. Kristin Twedt added 11 points.

For the C-Hawks, Josie Huber scored a total of 24 points and had six rebounds, and Brooke Schwasinger added 13 points.

Canton travels to Beresford on Tuesday, while the Tanagers travel to Beresford on Friday.

CANTON (5-8).....13 22 32 53
VERMILLION (8-6).....11 24 42 54

Beresford 43, Lennox 30

LENNOX — Alyson Johnsen scored 25 points to lead the Beresford Watchdogs in a victory against the Lennox Ladybirds Friday night in Lennox with a score of 43-30.

Johnsen also had six assists in the win.

For the the Ladybirds, Tara Kuper scored 12 points, with Katelyn Hinker adding eight.

Lennox hosts Dakota Valley on Saturday, while Beresford hosts Vermillion on Tuesday.

Dakota Valley 64, Sioux Falls Christian 54

NORTH SIOUX CITY — McKenzie Mennenga scored 16 points Friday night to lead Dakota Valley in the 64-54 win against Sioux Falls Christian in North Sioux City.

Mennenga also had six rebounds and three assists, with Jenna Kittler adding 12 points and six rebounds. Jayde Bergmann recorded 11 points and five rebounds in the win.

For Sioux Falls Christian, Hay-

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