

WOKSAPE

The Trio of YHS Freshman Tennis Players are Devoted to the Game

 **BY JACQUELINE SHEPHERD**

The trio of freshmen tennis players, Olivia Jeffcoat, Laurel Freidenbach, and Ashley Lacey, take to the court with enthusiasm and great school spirit.

They're a bright addition to the junior varsity team.

"After all the seniors who left last year, it's great to see so many bright freshmen faces," said coach Ginger Larsen.

To warm up, all the tennis players must jog around the court, do stretches, and do dynamic stretches.

Jeffcoat says, "On my first day, it was so extremely hot—over one hundred degrees. We still had to run around the court, which was okay, because it made me stronger after such a long summer."

It took a few weeks after summer break concluded and school began for these three freshmen competitors to join the tennis squad.

Ms. Larsen said that all three freshmen started late this year, but they've made great progress. Even if they all have the same interest in tennis, they all came to the sport in different ways.

The common denominator between each girl is the love of the game.

Lacey said, "I always liked tennis. I played it since I was a little girl!"

Jeffcoat said, "Laurel actually told me I should join with her. In middle school, I thought tennis was so fun, but I never thought I'd actually play it as a sport in high school."

Freidenbach likes to get herself into new things. She thought trying out for tennis could be an experience for starting high school. She is happy to have made the junior varsity team, and she appreciates when "my friends are there to cheer me on."

Freidenbach was ready for her first game, but at the last minute, her partner hurt her ankle and Freidenbach had to play single. The thing that gives her confidence is, "knowing all my friends were there to cheer me on."

When Jeffcoat found out she was on the junior varsity team, she said, "I was so nervous, but I got used to it eventually! I had some confidence, because my dad had coached me a lot; and, I had practiced with him every single day. He gave me tips!"

Lacey explained that she is often talkative on the way to games, "When I'm nervous, I talk a lot!"

During the game, Lacey told herself, "Hit it in—I knew I had to hit it high in the air to make it go fast. When I play tennis, I hardly think—I just react!"

Lacey said, "I practice Monday through Friday at school, but I also love to play at home after my homework is done."

In order for these new freshmen girls to eventually make it on to the varsity tennis team, they will need to remain dedicated to the sport.

"I think in order for the freshmen to get on the varsity tennis team, they need to practice in the off season a lot. Players are made in the off season," stated Ms. Larsen.

Yankton Bucks Golf Season is Drawing to a Close

 **BY ASHLEY EILERS**

The Yankton boys golf season is drawing to a close. This week will be the last week for the boys to put in their final swings during practice. Yankton golfer Lane Sawatzke said, "I have been playing golf since I was little, but this year by far has been my favorite because of our team's success."

On Saturday September 22, 2012, Yankton hosted the ESD Conference at Fox Run. All the schools throughout South Dakota attended. Yankton placed second in the ESD Conference, with Brandon Valley beating them by one stroke. Yankton did, however, place first in the individual competition with Jace Guthmiller taking home the win. The scores for Yankton in the ESD Conference were as follows: Jace Guthmiller carded a 70, Mitch Schlingman did well with a 78, Brandon Frick came in next with an 80, Ben Jensen and Logan Megard both carded an 82, and Mason Sundleaf came in with an 84.

The boys won the Yankton Invite on September 7, 2012. The Boy's State golf tournament is around the corner and will be held in Mitchell on October 1st and 2nd. Lane Sawatzke commented, "I think the thing we have been preparing for the most is just getting a feel for the Mitchell golf course and practicing our game."



PHOTO BY LOGAN VAN WINKLE

Yankton golfer, Lane Sawatzke, watches his shot after teeing-off.

Gazelles Tennis Completes ESD, Looks to State

 **BY GREG HAUER**

The Yankton Gazelles tennis squad finished off the regular season on Thursday, September 20 with a loss against Sioux Falls Washington.

"Washington had really good angles, and their girls volley for a long time," said sophomore, Madeleine Logue.

The Gazelles finished off their regular season play with a dual record of 10 wins and 14 losses.

The Gazelles tennis team adapted from the loss of four key varsity players, including Vanessa Rockne and Lexie Klimisch.

"We focused on rebuilding this year; we are a young team

and had a majority of the girls move up seeds," said coach Ginger Larsen.

The Gazelles are coming off a big week with ESD on September 27th. The state tournament is right around the corner on October 4-6.

"As far as ESD and state goes, I feel individual promise will be shown," added coach Larsen.

"If the tennis team avoids injury, improvement will be made, and the future of the squad is bright," said sophomore Kaitlyn Frank.

Practicing in the off season is important.

"If my girls work hard in the off season, I feel very optimistic about the future of the Gazelle tennis team," concluded coach Larsen.

Talent, Speed Found on Freshman Buck Football Team



PHOTO BY NICK ROBINSON

Yankton freshman, Tanner Frick (22), carries the ball and looks for a way into the end zone around a Sioux Falls Lincoln defender during Thursday's game at Crane-Youngworth. The Bucks put up a courageous fight, but fell to the Patriots 14-30. The freshman squad's only other loss has been to Norfolk, and the team shows promise in the form of speed and agility.

Girls Cross Country Team Performing Well Despite a Number of Injuries

 **BY ABBE VANMEETEREN**

The Yankton Gazelles cross country team is once again strong this year and is hopeful. The team has done exceptionally well on their meets so far this year and is where they need to be right now in the season. The girls placed fifth overall at the Augustana Meet of Champions on September 9th, which is one of the more difficult meets.

"Nobody is going to hand out the state championship title at any of these meet," said coach Dave Dannenbring.

The girls' times are where they need to be, and all they can do is continue training the same way

they are for the upcoming ESD conference meet and also the state meet.

The competition will be tough, but the girls are hopeful. Pierre, Brandon Valley, and Rapid City Central will be some of the top competitors. Aside from Brandon Valley, the girls haven't ran against any of the schools at all this season, so it'll be interesting to see the results.

The team had a few injuries at the beginning of the season, but the girls are training hard and have pushed past those injuries. One of the top runners, Whitlee Larson, is out from an injury, but the girls remain confident and positive.

The season is looking bright for the Gazelles. All the hard work these runners have been putting in will pay off at the state meet in Huron on October 20th.

Bucks Cross Country Runners Enjoy Success at Home Meet

 **BY JUSTIN GRODE**

On September 20, 2012 the Yankton boys varsity and junior varsity cross country teams had a home meet in Yankton.

The junior varsity race was run before the varsity race and resulted in many fast times.

Paul Fanta finished first for Yankton with a second place overall finish. He was followed by fellow sophomore Ethan Klimisch who placed third overall.

Sam Gusso, Andrew Pietz, and Evan Moon were the next three runners for Yankton placing seventh, ninth, and tenth respectively.

Runners took advantage of the familiarity of the course along with increased crowd support during the home meet.

"We had run the course quite a few times, so we knew where we should be for time," explained Klimisch, adding, "We also had a lot of parents there, and having fans to cheer you on speeds you up."

As soon as the junior varsity race was done, the girls varsity ran followed shortly after by the boys varsity.

Brice Cowman led the way for

the Bucks by placing first overall with a time of 16:25. Next was fellow junior Ryan Olson in sixth with a time of 17:49.

Jacob Bies, Evan Bergeson, Andrew Struck, Justin Grode, Austin Hill, Ryan Schaefer, Morgan Hill, Dusty Dvorak, and John Fanta also ran on varsity finishing 12th, 16th, 17th, 20th, 22nd, 25th, 29th, 31st, and 33rd respectively.

The only challenge the team seems to be facing this year is runner injuries.

Grode is suffering from tendonitis in his Achilles tendon. Tendonitis is a sports injury where the injured area gets inflamed and hurts almost all the time.

Some tendonitis sufferers describe the pain from this inflammation as a feeling of tightness or "rustiness" in which the ten-

don feels like a rusty hinge.

Thankfully, the Bucks have considerable depth on their team which works in the team's favor when someone is injured.

"When someone gets injured, we need someone to step up," coach Dannenbring said. "They need to run as fast as the people injured (were running)."

All in all, everyone had a good race, some results were PR's (personal records) and other results were just competitor's best races of the season.


"The season is going great, the kids are working hard," coach Dannenbring added. "We are getting faster and faster each meet."

The Bucks are preparing to travel to Brookings this weekend where the ESD competition will be hosted on Saturday, October 6.



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