

Divide

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ton for several years, leaving in 2005 to coach in Minnesota. He returned to take the Roosevelt job.)

“Our programs are in good hands with the guys we’ve got. Our student-athletes have benefited from that.”

The first season with Kleindinst and Beavers on the Patriots sideline ended with a 52-14 loss to Yankton. The next season ended with a 35-0 loss to the Bucks. But Yankton has not ended the Patriots’ season since 2006.

“Back then, the reward for a decent year, a .500 record, was to go down and play Yankton,” Beavers said. “We suffered two playoff losses in a row, but we used Yankton as an example. We told our kids that (Yankton) was want we wanted to be like. That is what it takes to succeed. It’s more than just showing up in August and being done in November, if you’re lucky.

“It was an eye-opener. Our kids bought into it and started working in the off-season.”

The Patriots’ system started paying dividends when a talented group of freshmen hit Lincoln High School’s doors in the fall of 2004. Four years later, players like Anthony Muilenberg, Brett Anderson, Ryan Hander and Gannon Moore helped bring Lincoln High School its first football title.

“We really focused with them, that if they do A, B and C, that they will accomplish success,” Beavers said.

Cross-Training

Many of those same players had a hand in bringing a state basketball title to Lincoln five months later. And, Beavers noted, some of those players who hung the football banner were probably more excited about the basketball title, and he’s OK with that.

“For some of those multi-sport kids, football is number three on their list. But we still need those kids out,” he said. “I believe that we can make a better athlete out of anyone who plays football.

“If football is their cup of tea, we still want them out for other sports.”

Beavers said it is not a coincidence that the Patriots’ peaks in football and basketball are in the same school years.

“In the 12 years I’ve been at Lincoln, our best basketball teams have had football players on them, and our best football teams have had basketball players on them,” he said. “The years that our teams have been down, we didn’t have a lot of cross-participation.”

The same can be said to the north at Washington, according to Brian Hermanson, the Warriors’ head coach since 2005.

“Our coaching staff always encourages our kids to keep competing,” he



Roosevelt head coach Kim Nelson is congratulated by a Washington coach, left, as he gets a hug from one of the Rough Rider assistant coaches after Roosevelt beat Washington 31-17 in the Class 11AA championship Saturday. While it was Roosevelt’s third state title in six years, it was the first for Nelson, who was a longtime head coach at Washington before leaving the state. He returned to coach Roosevelt a couple years ago.

said. “Sometimes you see an athlete who competes in one sport get burned out.”

Christensen said getting non-football players on the gridiron has proven successful for them as well.

“Kleindinst was a middle school PE teacher, and he got kids fired up about football,” he said. “This year we worked on getting a baseball star, Jacob Adams, out for football. Now he’s a star line-backer.”

No Off-Season

When Hermanson was an assistant for Washington from 1984 to 1991, then at Roosevelt from 1991 to 2005, he saw what O’Gorman and Yankton — the two premier football powers in the state until recent years — were doing in terms of commitment.

“Back in the early 1980s and into the ‘90s, weight lifting wasn’t a big thing,” he said. “O’Gorman was ahead of the pack, as was Yankton. They stressed weight lifting and being out for other sports.”

The Warriors, who have played for the 11AA championship each of the past five seasons, have changed that for Washington.

“We averaged 90 kids in our weight room every day this summer,” Herman-

son said. “And that was just football players.”

Several players also take advantage of “acceleration” and other football-specific programs provided by several different outlets in the Sioux Falls area.

“It’s become more acceptable, and more available than it used to be,” Nelson said. “Now you also have the Riggs Football Academy, where you can work on individual skills in the off-season.”

Besides getting kids in the weight room in and out of season, getting together for team camps has also proven a key, Beavers said.

“Team camps just started to peak through,” he said. “My first year we put a full team together and did the Augustana camp, then we did the (University of South Dakota) camp. It’s been a big asset to future success, the commitment to take a week or two out of their summers.”

The student-athletes are also taking more time to learn the game on their own, Christensen said.

“One thing we use is hudl.com,” he said. “Coaches don’t have to drive and meet someone to get a VHS tape that may or may not work. Kids can log hours of footage online.”

Of course, the work for the coaches

is getting tougher as well.

“We spend an indecent amount of time and sophistication on preparation,” Christensen said. “Teams aren’t sure what they’ll get from us. It’s not a complete reinvention each week, but weekly innovation to create the best possible situation for the kids.”

Spreading The Workload

Hermanson went on several head-coaching interviews before landing at Washington. In the process, he noticed a trend in terms of the level of success that programs had.

“For a long time in Sioux Falls, there were a lot of two-way players,” he said. “What opened my eyes the most was went I went to the Omaha area, and those teams would try to platoon as many players as possible.”

From then on, Hermanson would start very few players on both offense and defense. This year’s 8-0 Warriors squad has just one, Nebraska recruit Nate Gerry.

“Our goal is to start 22 players,” Hermanson said. “If kids aren’t playing 90 to 100 plays a game, say 50 on offense and 15 on defense, they are more willing to pay the price (work harder) on and off

Playoff Tide Turns

From 1988-2003, the four Sioux Falls schools went just 31-35 against the ESD (not counting Brandon Valley, which is in a suburb of Sioux Falls) and West River teams, with 19 of those wins claimed by O’Gorman. Since then, those four school are a combined 46-7 against the rest, winning all eight state titles.

Year	W	L	SF-Avg	Op-Avg
2011 (3-0)	3	0	46.3	13.3
2010 (8-0)	8	0	29.0	6.3
2009 (5-2)	5	2	32.1	9.3
2008 (6-0)	6	0	50.0	9.2
2007 (6-2)	6	2	39.4	20.8
2006 (6-2)	6	2	37.9	22.1
2005 (5-1)	5	1	40.3	12.0
2004 (7-0)	7	0	38.9	7.7
2004 to 2011	46	7	38.3	12.7

Year	W	L	SF-Avg	Op-Avg
2003 (2-2)	2	2	18.3	16.0
2002 (3-4)	3	4	20.6	22.1
2001 (0-3)	0	3	12.7	40.0
2000 (1-2)	1	2	27.3	16.7
1999 (5-4)	5	4	29.7	21.1
1998 (1-2)	1	2	23.0	20.0
1997 (4-1)	4	1	24.0	13.6
1996 (2-4)	2	4	12.7	25.3
1995 (1-3)	1	3	15.0	31.0
1994 (1-2)	1	2	23.7	25.7
1993 (4-2)	4	2	19.7	15.3
1992 (1-2)	1	2	19.3	33.3
1991 (2-0)	2	0	31.5	0.0
1990 (2-1)	2	1	16.3	14.7
1989 (1-2)	1	2	9.3	15.3
1988 (2-0)	2	0	37.5	6.0
1988-2003	31	35	21.1	20.5
SF Public ‘88-’03	12	23	17.3	26.6

the field.”

That setup — along with having several qualified volunteer assistants — allows kids to focus on one thing in practice.

“I coach inside linebackers, and I can be with them for two hours,” Hermanson said. “You can get more detail into it, and that has helped the program.”

How Long Will It Last?

While Sioux Falls O’Gorman has won eight state titles, it took 25 years before a Sioux Falls public school won a state football title. Now that the Sioux Falls public schools have won six straight, will it take another 19 before the rest of the state can break through again?

“I believe it’s a cycle,” Nelson said. “Just like it was a cycle 10 years ago when Sioux Falls was not winning.”

And, while many point to the enrollment gap between the Sioux Falls schools and the rest of the state as a primary factor, Beavers and others credit the foundation built in the schools.

“I honestly believe that the players and coaches — the head coaches and all the assistants — have worked extensively to improve the quality of the programs,” he said. “A lot of credit needs to go to that.”

You can follow James D. Cimburek on Twitter at twitter.com/aceman904

Giants Beat Cardinals 7-1 In Game 2 To Even NLCS

SAN FRANCISCO (AP) — Marco Scutaro bounced back from Matt Holliday’s hard slide by delivering a big hit of his own that helped the San Francisco Giants get their first home win this postseason, 7-1 over St. Louis on Monday night that tied the NL championship series at 1-all.

The game got off to a testy start when Holliday barreled into Scutaro at second base to break up a potential double play in the first inning. The play riled up a crowd that had seen three straight losses by the Giants so far in the playoffs.

There was plenty to cheer all night for the Giants. Ryan Vogelsong pitched seven strong innings, Angel Pagan hit a leadoff homer and Scutaro hit a two-run single off Cardinals starter Chris Carpenter that broke the game open in a four-run fourth.

Scutaro left after five innings because of an injured left hip, and was going for X-rays.

Ponder Reverts To Old Form With Turnovers

EDEN PRAIRIE, Minn. (AP) — Christian Ponder’s decision-making, accuracy and ability to avoid the big mistake were three of the biggest keys to Minnesota’s surprising 4-1 start to the season.

Along the way he even got away with a few shaky throws, thanks to a butterfingerted defensive back or a well-timed flag thrown by a replacement referee.

Both his magic and his luck ran out against the Washington Redskins on Sunday, and now the young Vikings quarterback has to regroup after two straight weeks of turnover-filled performances.

Ponder went the first four games without an interception, but has thrown four in the past two outings.

The Redskins returned one for a touchdown on Sunday, and he also fumbled a ball deep in Minnesota territory that led to another score in the Vikings’

38-26 loss in Washington.

“It’s disappointing, for sure,” Ponder said after the game. “You never want to have those situations, but you just have to forget about it.”

One thing Vikings coaches are urging fans to remember is that Ponder is only in his second season, and first full one as the starter. They know that there are going to be days like that one as part of Ponder’s learning curve. They just hope that they get fewer and farther between as the season goes on.

“No doubt about it, he’s in his second season,” coach Leslie Frazier said on Monday. “There’s going to be some growing pains along the way. We know that. This is a part of the process with him, part of the evolution of being an NFL starter. And we grow as a team, he’ll grow. But things like what happened yesterday could happen as he continues to gain more experience.”

Ponder completed 35 of 52 passes for 352 yards, two TDs, two interceptions and a fumble lost to the Redskins, a return to the error-prone performances he put up as a rookie.

His fumble set up a Redskins touchdown on the very next play and a poorly thrown ball in the fourth quarter was intercepted to thwart any chance of another late-game comeback.

The defeat wasn’t all on his shoulders, of course. The Redskins put plenty of pressure on Ponder and had their safeties crowd the line of scrimmage to concentrate on stopping Adrian Peterson and Percy Harvin while virtually ignoring the possibility of getting beat deep.

With speedster Jerome Simpson out with a back ailment, the Vikings were missing the field stretcher to keep defenses honest. Harvin is dynamic but does most of his damage underneath

while Michael Jenkins and Devin Aromashodu have had difficulty gaining separation down the field.

“We have some things in place,” Frazier said. “Now it’s a matter of can we hit some of those big plays down the field? But as people continue to creep toward the line of scrimmage, you definitely want to be able to take some shots down the field.”

Simpson has been dealing with a back issue that causes numbness in his leg for about a week now. He said on Monday that he was surprised to be deactivated against the Redskins and that he expects to be on the field when the Vikings host the Arizona Cardinals on Sunday.

“Me being a competitor I always want to play the game, play in the game,

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Volleyball

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pounded out 10 kills and had three solo blocks in a 25-22, 25-9 victory over Bloomfield in the Knox County Tournament semifinals on Monday.

Bridget Arens had seven kills and Allison Arens had 12 assists for a balanced Crofton attack. MaKenzie Johnson posted eight assists and Alex Allen had a team-best 11 digs in the victory.

BLOOMFIELD.....	22	9
CROFTON (12-3).....	25	25

Wausa 2, Creighton 0

CROFTON, Neb. — Wausa upended Creighton 25-18, 25-16 on Monday to advance to the finals of the Knox County Tournament.

Rebecca Eggerling had six kills, and Jessica Zimmerer and Paige Mitteis had five assists each for Creighton. Zimmerer and Valerie Martin had seven digs apiece, with Maddi Oltjenbruns recording six digs.

WAUSA.....	25	25
CREIGHTON (6-11).....	18	16

First Round

Bloomfield 2, Niobrara-Verdigre 1

CROFTON, Neb. — Bloomfield overcame a 10-kill performance by Niobrara-Verdigre’s McKayla Eienenhauer in a 15-25, 25-20, 25-19 victory over the Cougars in the opening round of the

Knox County Tournament.

Also for Niobrara-Verdigre, Shelby McCardle had 11 assists, with Brittany Eisenhower recording nine assists. McKayla Eisenhower added 12 digs, with Makenzie Rettig posting 10 digs.

NIORBARA-VERDIGRE (5-16).....	25	20	19
BLOOMFIELD.....	15	25	25

Wausa 2, Santee 0

CROFTON, Neb. — The Wausa Lady Vikings opened the Knox County Tournament with a 25-14, 25-12 victory over Santee.

No statistics were available for either team.

Other Matches

Alcester-Hudson 3, Marion 1

MARION — The Alcester-Hudson Cubs cooled off Marion 20-25, 25-18, 25-23, 25-22 in prep volleyball action on Monday.

The host Bears had come into the match with an eight-match winning streak.

Jessica Wegh and Sierra McConnell each had eight kills for Alcester-Hudson, with Wegh also recording 18 digs. Shenia Doering had seven kills, 15 digs and a team-best three ace serves. Courtney McKee finished with three blocks, 23 assists and 13 digs. Jamie Jansen also had three blocks to go with her five kills. Skylar McConnell added 10 digs in the victory.

For Marion, Kylie Hughes pounded out 17 kills and recorded 29 digs. Ashley Rosenwald-Muller had 11 kills and three ace serves. Erica Schoenwald finished with nine kills and four blocks. Josie

Schmit had five kills and three blocks.

Katherin Luke had 23 assists and 14 digs, Devin Nelson posted 17 assists and 20 digs, and Kaitlyn Engbrecht added 16 digs for the Bears.

Alcester-Hudson, 16-7, travels to Lennox today (Tuesday). Marion, 21-4, hosts McCook Central-Montrose on Friday.

ALCESTER-HUDSON (16-7).....	20	25	25	25
MARION (21-4).....	25	18	23	22

Platte-Geddes 3, Tripp-Delmont-Armour 0

ARMOUR — Platte-Geddes swept T-D-A in South Dakota volleyball action on Monday night in a 25-12, 25-18, 25-13 victory in Armour.

Kelli Sprik led Platte-Geddes with 22 assists and five kills. Kelly Knudson added seven digs, four kills and four aces in the victory.

For T-D-A, Kelli Batterman recorded 21 digs and seven kills.

Platte-Geddes also won the JV and C-Matches.

Platte-Geddes, 14-6, plays at Kimball today (Tuesday).

T-D-A, 6-13, plays at the Lake Andes Tournament on Saturday.

PLATTE-GEDES (14-6).....	25	25	25
TRIPP-DELMONT-ARMOUR (6-13).....	12	18	13

Dakota Valley 3, CB Thomas Jefferson 0

MCCOOK LAKE — Dakota Valley improved to 18-3 on the year with a 25-23, 25-20, 25-21 sweep over Council Bluffs Thomas Jefferson on Monday in McCook

Lake.

Lindsey Smith recorded 30 assists in the win to lead the Panthers.

Dakota Valley hosts Vermillion on Friday.

Council Bluffs Thomas Jefferson plays in their conference tournament in Sioux City on Thursday.

COUNCIL BLUFFS THOMAS JEFFERSON (13-19).....	23	20	21
DAKOTA VALLEY (18-3).....	25	25	25

Parkston 3, Mt. Vernon-Plankinton 1

PARKSTON — Parkston got their ninth win of the season (9-12) with a 20-25, 25-18, 25-11, 27-25 victory over Mount Vernon-Plankinton on Monday night in Parkston.

McKenzie Lee led the Trojans with 14 digs and 11 kills.

The Titans (11-11) got 39 digs from Haley Haak and another 16 digs from Haley Hinker in the loss.

Parkston hosts Bon Homme today (Tuesday) while Mount Vernon plays in Bon Homme on Saturday.

MOUNT VERNON-PLANKINTON (11-11).....	25	18	11	25
PARKSTON (9-12).....	20	25	25	27

Scotland 3, Hanson 0

ALEXANDRIA — The Scotland Highlanders used the strong net play of Kennedy Asche and Carley Skorepa to sweep Hanson 25-23, 26-24, 25-18 in prep volleyball action on Monday.

Asche finished with match-highs of 11 kills and seven blocks, while Skorepa posted 10 kills and four blocks, as well as 16 digs. Amber Alvey finished with 28 assists. Christy Mogck recorded 51 digs, with Kendra Rokusek posting 14. Sam Geiman added five kills and five ace

serves in the victory.

For Hanson, Kynedi Cheeseman had 10 kills and six blocks to lead the way. Erika Nelson and Sydney Dodd posted six kills apiece. Kendra Cheeseman had 12 assists, Kiera Goergen had seven assists and three ace serves, and Abby Kayser added 10 digs and four ace serves for the Beavers.

Scotland, 12-8, travels to Wakonda to face Irene-Wakonda on Friday. Hanson, 16-7, hosts Freeman today (Tuesday). Hanson won the JV match 26-24, 16-25, 15-5.

SCOTLAND (12-8).....	25	26	25
HANSON (16-7).....	23	24	18

Dakota Christian 3, Wolsey-Wessington 1

CORSICA — The Dakota Christian Lady Cadets defeated Wolsey-Wessington with a 20-25, 25-17, 25-22, 25-14 victory over the Lady Warbirds in a Class B volleyball matchup on Monday in Corsica.

Brooklyn VanderPol led the Lady Cadets (9-13) with 10 digs and nine kills while Amber Boan Hofman added 13 digs and Abby Boan Hofman chipped in 11 kills and five digs.

For the Lady Warbirds, 10-11, Britanny Bergquist recorded a double-double with 12 digs and 11 aces while Sydney Tschetter added 13 kills and six blocks.

Dakota Christian plays at the Eagle Invite at Andes Central on Saturday.

Wolsey-Wessington hosts Sunshine Bible Academy in Wolsey today (Tuesday)

WOLSEY-WESSINGTON (10-11).....	25	17	22	14
DAKOTA CHRISTIAN (9-13).....	20	25	25	25