

The Central Lakes Area

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FALL

SPORTS

GUIDE



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From the General Manager's Desk:

It's time for another edition of the R&J Broadcasting, Inc. Fall Sports Guide. To start I want to thank all the local businesses and individuals that make the Sports Book possible. This issue will be our first DIGITAL only edition. Download your personal copy by visiting our website rjbroadcasting.com, or at one of our sponsor locations look for the sportsbook poster and download by using the QR Code.

As we continue to grow, we welcome you as a business owner to be a part of that growth. Building and creating relationships with advertisers and listeners is our number one priority!

As you browse through the Fall Sports Book, you will find sports schedules, coach's comments and ads from area businesses who support high school sports. Enjoy getting back out into a regular routine and supporting your local high school teams.

Thank you!

DON ELLIOTT | General Manager, Brainerd-Aitkin Cluster, R & J Broadcasting, Inc.



From the Sports Director's Desk:

Another summer has come and gone, too fast by many people's opinions! For those that have a school affiliation, it's time to restart the routine of getting kids up and ready as well as the after school and evening activities.

This is always a very exciting time for our sports team as we embark on a new school year covering our local schools' student-athletes. We're thrilled to continue to do something we love and cherish, traveling around the area telling the stories of each game to those that can't make the trip.

We present to you again our Fall Sports Guide Book, featuring your favorite teams' schedules and coach's comments entering the season.

We ask that you keep in mind that this guide and our broadcasts are made possible by the advertising businesses. Please thank them, and with every chance you get, support them with your business. Many of them also give back to the community and area schools as well!

Thank you to all of those who support us by doing business with us, giving us feedback, and joining us in our journey of promoting our area schools, communities and events!

Enjoy the fall sports season and good luck to all of our area teams!

DEVON KRUEGER | Sports Director/Sales, R&J Broadcasting, Inc.



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ANNOUNCER PROFILES

Devon Krueger *Sports Director/Announcer*

Years in broadcasting: 26, year 9 in the Brainerd Lakes Area

Favorite NFL/NCAA team(s): 13-time World Champion Green Bay Packers; Wisconsin Badgers

Team(s) you're looking forward to seeing most this fall: Pequot Lakes football, after graduating a big senior class – can they make another state run? Pillager football with another season under Coach Clark. Pequot Lakes, Pillager, and Pine River-Backus volleyball, how will they all look with new head coaches? Mille Lacs football should be very strong again this year after being on the doorstep of state last year.

Favorite Fall sport memory (playing, watching or broadcasting): Taking the family to their first Packers game last fall was fantastic! Badger football games at Camp Randall with 'Jump Around' and the 2013 Rose Bowl trip I took to watch Wisconsin will always be one of my favorites.



Paul Learned *Sports Announcer*

Years in broadcasting: First year!

Favorite NFL/NCAA team(s): Vikings/Gophers

Favorite Fall sport memory (playing, watching or broadcasting): Currently making them right now as he watches his son start his senior season at Pequot Lakes

"Your Boy" Matt Thurstin *Sports Announcer*

Years in broadcasting: 2

Favorite NFL/NCAA teams: MN Gophers, Georgia Bulldog Football

Teams you're looking forward to most seeing this fall: SDSU Jackrabbits, Gopher Volleyball, every local team!!!

Favorite fall sport memory: 1991 World Series



Brandon Torgerson *Sports Announcer*

Years in broadcasting: 1.5

Favorite NFL/NCAA team(s): Minnesota Vikings

Team(s) you're looking forward to seeing most this fall: Pequot Lakes Patriots

Favorite Fall sport memory (playing, watching or broadcasting): Following the Pequot Lakes Patriots football team to the Fargo Dome to play DGF 4 years in a row with the pep band.



Schedules, Coaches Comments, Post Game Recaps and Scores on the Sports Page at Rjbroadcasting.com



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WWVI-FM (CASH 95) 95.9 FM • KLKS-FM (TALK 100) 100.1 FM • WWVI-AM 1270 AM/96.3 FM

TUESDAY AUGUST 26TH

- Bemidji @ Pequot Lakes (Volleyball) 100.1 FM
- Swanville @ Pine River-Backus (Volleyball) 95.9 FM & yourliveevent.com

THURSDAY AUGUST 28TH

- Red Lake County Central @ Pine River-Backus (Football) yourliveevent.com
- Esko @ Pequot Lakes (Football) 100.1 FM
- Pillager @ Warroad (Football) 95.9 FM
- Crosby-Ironton @ Aitkin (Football) 101.5 FM

TUESDAY SEPTEMBER 2ND

- Crosby-Ironton @ Pillager (Volleyball) 95.9 FM
- Milaca @ Pequot Lakes (Volleyball) 100.1 FM

THURSDAY SEPTEMBER 4TH

- Laporte @ Pine River-Backus (Volleyball) yourliveevent.com
- Aitkin @ Crosby-Ironton (Volleyball) 101.5 FM
- Crosby-Ironton @ Aitkin (Tennis, Girls) 930 AM/103.1 FM

FRIDAY SEPTEMBER 5TH

- Pequot Lakes @ Rock Ridge (Football) 100.1 FM
- Aitkin @ Mora (Football) 930 AM/103.1 FM
- Mille Lacs @ McGregor (Football) 101.5 FM

MONDAY SEPTEMBER 8TH

- Staples-Motley @ Pine River-Backus (Volleyball) 100.1 FM & yourliveevent.com

TUESDAY SEPTEMBER 9TH

- Pequot Lakes @ St. Cloud Cathedral (Volleyball) 100.1 FM
- Verndale @ Pine-River-Backus (Volleyball) yourliveevent.com
- Pine City @ Mille Lacs (Volleyball) 94.3 FM

THURSDAY SEPTEMBER 11TH

- Menasha @ Pillager (Volleyball) 95.9 FM
- Nevis @ Pine River-Backus (Volleyball) yourliveevent.com
- Cook County Independent @ McGregor (Volleyball) 94.3 FM

FRIDAY SEPTEMBER 12TH

- Barnesville @ Pillager (Football) 95.9 FM
- Proctor @ Pequot Lakes (Football) 100.1 FM
- Cromwell-Wright @ Mille Lacs (Football) 101.5 FM
- McGregor @ Sebeka (Football) 94.3 FM

MONDAY SEPTEMBER 15TH

- Pillager @ Aitkin (Volleyball) 95.9 FM

TUESDAY SEPTEMBER 16TH

- Albany @ Pequot Lakes (Volleyball) 100.1 FM
- Crosby-Ironton @ Mille Lacs, at Isle High School (Volleyball) 101.5 FM
- Aitkin @ Pequot Lakes (Tennis, Girls) 95.9 FM

FRIDAY SEPTEMBER 19TH

- Dilworth-Glyndon-Felton @ Pillager (Football) 95.9 FM
- Pequot Lakes @ Duluth Denfeld (Football) 100.1 FM
- Red Lake @ Pine River-Backus (Football) 101.5 FM & yourliveevent.com
- Aitkin @ International Falls (Football) 930 AM/103.1 FM

MONDAY SEPTEMBER 22ND

- Ogilvie @ McGregor (Volleyball) 94.3 FM

TUESDAY SEPTEMBER 23RD

- Pequot Lakes @ Grand Rapids (Volleyball) 100.1 FM

THURSDAY SEPTEMBER 25TH

- Pillager @ Verndale (Volleyball) 95.9 FM
- Pequot Lakes @ Milaca (Volleyball) 100.1 FM

FRIDAY SEPTEMBER 26TH

- Crosby-Ironton @ Pine River-Backus (Volleyball) yourliveevent.com
- Pillager @ Hawley (Football) 95.9 FM
- Pequot Lakes @ Pine City (Football) 100.1 FM
- Walker-Hackensack-Akeley @ Pine River-Backus (Football) yourliveevent.com
- Hinckley-Finlayson @ Crosby-Ironton (Football) 101.5 FM

MONDAY SEPTEMBER 29TH

- Pine River-Backus @ Mille Lacs, at Isle High School (Volleyball) 94.3 FM

TUESDAY SEPTEMBER 30TH

- Pillager @ Staples-Motley (Volleyball) 95.9 FM
- Pequot Lakes @ Foley (Volleyball) 100.1 FM

THURSDAY OCTOBER 2ND

- Blackduck @ Pine River-Backus (Volleyball) 100.1 FM & yourliveevent.com

FRIDAY OCTOBER 3RD

- Perham @ Pillager (Football) 95.9 FM
- Hibbing @ Pequot Lakes (Football) 100.1 FM
- Rush City @ Aitkin (Football) 930 AM/103.1 FM
- McGregor @ Ogilvie (Football) 94.3 FM

FALL SPORTS BROADCAST SCHEDULE

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TUESDAY OCTOBER 7TH

- Crosby-Ironton, Pine River-Backus, Pierz, Cass Lake-Bena @ Pequot Lakes, at Whitefish Golf Club (Cross Country) 95.9 FM
- Pequot Lakes @ Pierz (Volleyball) 100.1 FM
- Pine River-Backus @ Sebeka (Volleyball) 95.9 FM
- Aitkin @ Mille Lacs, at Isle High School (Volleyball) 94.3 FM

THURSDAY OCTOBER 9TH

- Pillager @ Bertha-Hewitt (Volleyball) 95.9 FM
- Pequot Lakes @ Pierz (Volleyball) 100.1 FM
- Kelliher/Northome @ Pine River-Backus (Volleyball) yourliveevent.com

FRIDAY OCTOBER 10TH

- Pine River-Backus @ Mahanomen-Waubun (Football) 101.5 FM
- Pillager @ Staples-Motley (Football) 95.9 FM
- Two Harbors @ Pequot Lakes (Football) 100.1 FM
- Mille Lacs @ Ogilvie (Football) 94.3 FM

MONDAY OCTOBER 13TH

- McGregor @ East Central (Volleyball) 94.3 FM

TUESDAY OCTOBER 14TH

- Little Falls @ Pequot Lakes (Volleyball) 100.1 FM
- Henning @ Pillager (Volleyball) 95.9 FM

WEDNESDAY OCTOBER 15TH

- Park Rapids Area @ Pillager (Football) 95.9 FM
- Pequot Lakes @ Mora (Football) 100.1 FM
- Cass Lake-Bena @ Pine River-Backus (Football) yourliveevent.com
- International Falls @ Crosby-Ironton (Football) 101.5 FM

*Game schedule can change at any time based on many factors including weather, site changes, schedule, changes that we are alerted of after the fact, and sponsorship from local businesses and groups. If your business or group would like to reach the audience that listens to high school sports with R&J Sports, contact a sales representative with R&J Broadcasting, Inc.

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Aitkin

Gobblers Volleyball

8/21	Cloquet	7:00
8/26	Duluth Denfeld	7:00
9/4	@Crosby-Ironton	7:00
9/9	East Central	7:00
9/11	@Rush City	7:00
9/13	@Crosby-Ironton, Tournament	8:00 AM
9/15	Pillager	7:00
9/16	@Ogilvie	7:00
9/25	Pine City	7:00
9/29	Duluth Marshall	7:00
9/30	@Braham	7:00
10/2	Hinckley-Finlayson	7:00
10/4	@Mora, Tournament	8:00 AM
10/7	@Mille Lacs (at Isle High School)	7:00
10/9	@Hibbing	7:00
10/14	Mora	7:00
10/16	@Upsala, Tournament	9:00 AM



Aitkin

Gobblers Football

8/28	Crosby-Ironton	7:00
9/5	@Mora	7:00
9/12	@Moose Lake/Willow River (at Willow River High School)	7:00
9/19	@International Falls	7:00
9/26	Mesabi East	7:00
10/3	Rush City	7:00
10/10	@Hinckley-Finlayson	7:00
10/15	Greenway/Nashwauk-Keewatin	7:00

COACH'S COMMENTS

WADE ZUBKE

Girls' Volleyball

Conference: Great River

Section: 7AA

Years Coaching: 1

Last Year's Record: 3-21

Returning Players Stats: Abbey Presto, Alie Goeritz, Gabi Price, Haley Shereck, Maddy Burgstaler, Natalie Stueven, Tika May
Players to Watch: All of them!

Coach's Outlook/Expectations: We expect to get a strong group of returning players all with the right work ethic to show great strides both individually and as a team this season. Looking forward to a great season of Aitkin Volleyball!

Section Favorite – Your Pick(s): Rush City

Conference Favorite – Your Pick(s): Rush City

Where are they now? Notable Alumni: Baylie O'Neil – 1st year at Central Lakes College, Jessica Much – 3rd year at Fairleigh Dickinson



Aitkin

Gobblers Girls' Tennis

8/15	Park Rapids, Tournament	10:30 AM
8/18	@Mora, Invitational	4:30
8/20	Duluth Marshall	4:30
8/21	Pequot Lakes, Triangular w/ Stella Maris Academy	9:00 AM
8/22	Crosby-Ironton, Tournament w/ Little Falls, Mora	9:00 AM
8/25	Duluth Denfeld, Triangular w/ Grand Rapids	9:00 AM
9/4	Crosby-Ironton	4:30
9/9	Pierz	4:30
9/11	Little Falls	4:30
9/15	@Wadena-Deer Creek	4:30
9/16	@Pequot Lakes	4:30
9/18	@Foley	4:30
9/23	Pine City	4:30
9/25	@Mora	4:30
9/27	@Foley, Conference Championship	4:00

COACH'S COMMENTS

JEN WALDORF

Girls' Tennis

School: Aitkin**Conference:** Granite Ridge**Section:** 7A**Years Coaching:** 24**Last Year's Record:** 2-18**Returning Players Stats:** Peyton Perrine, Maelie Kazmerzak, Ev Nordberg, Addie Steffens, Vera Eisenbraun, Hailey Munsterteiger, Lynae Kinzer, Violet Eisenbraun, Ashley Asmus**Players to Watch:** Peyton Perrine, Maelie Kazmerzak, Ev Nordberg and Lynae Kinzer coming back in singles, Addie Steffens, Hailey Munsterteiger, Violet and Vera Eisenbraun in doubles.**Coach's Outlook/Expectations:** Only graduated 3 seniors last year so a good core of the varsity letter winners will be returning with a lot of experience. Always looking to improve on years past.**Section Favorite – Your Pick(s):** Pine City**Conference Favorite – Your Pick(s):** Pine City**Projected Starting Lineup:** Unknown, might mix it up, depending on how much time players put in the off season to improve their game**YOUR LIVE EVENT .COM**

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Brainerd

Warriors Football

8/29	Buffalo	7:00
9/5	@Duluth East	6:00
9/12	Sauk Rapids-Rice	7:00
9/19	Sartell, Homecoming	7:00
9/26	@Bemidji	7:00
10/3	Monticello	7:00
10/10	@Alexandria	7:00
10/15	@Spring Lake Park	7:00

COACH'S COMMENTS

JASON FREED

Football

School: Brainerd**Conference:** North Central Red District**Section:** 5A Section 8**Years Coaching:** 11 years Head Coach, 22 years overall**Last Year's Record:** 5-5**Returning Players Stats:** Jayden Barnum – 152 carries, 794 yards, 9 TDs, 11 catches, 119 yards; Drew Herkenhoff – 7 catches, 62 yards, 77 tackles; Albert Karpeh – 52 tackles, 5 sacks, 2 FF; Henry Goodwin – 36 carries, 168 yards, 3 TDs; Lukas Lind – 38 tackles; Jason Fordyce – 28 tackles, 1 sack**Players to Watch:** Drew Herkenhoff (LB/TE), Daxum Hastings (OL/DL), Albert Karpeh (LB, TE), Jayden Barnum (RB/DB), Henry Goodwin (RB/DB), Michael Beliveau (WR/DB)**Coach's Outlook/Expectations:** We are going to be a young team in 2025 and I foresee a lot of new faces in spots being taken by a lot of different players. We have a core group who played a lot last year and have experience so we will have to lean on them. Our schedule each year is one of the toughest in the state so we have to be ready week in and week out. I think on Defense our Linebacking core will be our strength to build around and on offense being able to have our leading rusher back is a great starting point. You could see up to three kids competing for the starting QB position come August and there will be a lot of other competition for spots on the team on both Offense and Defense.**Section Favorite – Your Pick(s):** Alexandria and Sauk Rapids**Conference Favorite – Your Pick(s):** Alexandria and Sauk Rapids**KFGI-FM**
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23964 Smiley Road

Brainerd**Warriors** Cross Country

COACH'S COMMENTS

DAVID HERATH**Conference:** Central Lakes**Section:** 8AAA**Years Coaching:** 41**Last Year's Record:** Girls section runners up, Boys section 3rd**Returning Section Runners:** Annelise Baird, Bri Blasing, Danika Ramler, Amelia Rademacher; John Cowell, Beckett Miller, Nolan Kalthoff, Mullen Bratney, Kaiden Raske, Austin Nichols, Nolan Jendro**Players to Watch:** State Returners – Annelise Baird, Bri Blasing, Danika Ramler, Amelia Rademacher; John Cowell**Section Favorite – Your Pick(s):** Girls – St. Michael/Albertville; Boys – St. Michael/Albertville**Conference Favorite – Your Pick(s):** Girls – Alexandria; Boys – Fergus Falls and Brainerd**Where are they now? Notable Alumni:** Katelyn Kennedy at MSUM, Emily Bastian at UMD, Julia Rademacher at UMD, Baden Bastian at UMD, Madi Miller at SDSU, and Ben Stadum at SDSU.**Brainerd****Warriors** Volleyball

8/26	@Sauk Rapids-Rice	7:00
8/28	@Alexandria	7:00
9/2	Moorhead	7:00
9/4	Sartell	7:00
9/6	@Sauk Rapids-Rice, w/ Albany, Annandale, Foley, Holdingford, Kimball, Monticello, Osakis, Paynesville, Pequot Lakes, Royalton, Sauk Centre, St. Cloud Cathedral, Wadena-Deer Creek, Watertown-Mayer	9:00 AM
9/9	@Detroit Lakes	7:00
9/11	@Rocori	7:00
9/16	Willmar	7:00
9/18	Sauk Rapids-Rice	7:00
9/20	@Duluth East, w/ Princeton, Cloquet, Irondale, Hermantown, White Bear Lake, Superior, Hill Murray, Duluth Denfeld, Nevis, Sebeka	9:00 AM
9/23	@St. Cloud Tech	7:00
9/25	@Sartell	7:00
9/30	Fergus Falls	7:00
10/4	@Alexandria, Invitational w/ Ada-Borup-West, Belgrade-Broten-Elrosa, BOLD, Fergus Falls, Minnewaska, Morris	9:00 AM
10/7	@St. Cloud Apollo	7:00
10/9	Bemidji	7:00
10/14	Alexandria	7:00

Brainerd**Warriors**

Girls' Swimming & Diving

COACH'S COMMENTS

DANIEL ANDERSON**Conference:** Central Lakes**Section:** 8AAA**Years Coaching:** 38**Last Year's Record:** 10-0**Returning All Conference:** Avery Duerr (200 Medley Relay, 200 Free Relay Champion, 100 Breaststroke), Lily Larson (100 Butterfly), Kaia Iske (200 Medley Relay), Isabelle Ploof (200 Medley Relay, 50 Free, 100 Free, 200 Freestyle Relay Champion), Emme Murray (200 Freestyle Relay Champion, 400 Freestyle Relay Champion), Aralyn Marcelo (200 Freestyle, 500 Freestyle Champion, 200 Freestyle Relay Champion, 400 Freestyle Relay Champion).**Coach's Outlook/Expectations:** I expect us to be very good again this year.**Section Favorite – Your Pick(s):** Moorhead or Brainerd**Conference Favorite – Your Pick(s):** Brainerd (if we stay healthy)**Where are they now? Notable Alumni:** Mya Tautges is playing softball at St. Thomas, Hannah (McKeag) Nelson is head swim coach at Sartell High School, Julia Wallace is head swim coach at Sauk Rapids-Rice High School, Amanda (Bateman) Husfeldt is head swim coach at Chisago Lakes High School.**WE ARE HOME GROWN LOCAL RADIO**

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Brainerd**Warriors** Girls' Tennis

8/19	Foley, Triangular w/ Moorhead	2:00
8/21	@Delano, Quad w/ Monticello, Osakis	8:30 AM
8/23	Minneapolis Southwest, Triangular w/ Buffalo	9:00 AM
8/26	@St. Cloud Crush	4:30
8/28	@Alexandria, Quad w/ Pequot Lakes, Moorhead	10:00 AM
9/4	@Sartell	4:30
9/6	@Roseau, Tournament w/ Big Lake, Coon Rapids, East Grand Forks, Glencoe-Silver Lake, New Prague, Pequot Lakes (at Brainerd High School)	9:00 AM
9/8	Fergus Falls	4:30
9/9	Alexandria	4:30
9/15	@Willmar	4:30
9/18	Sauk Rapids-Rice	4:30
9/20	@Monticello, Triangular w/ Duluth East, St. Michael-Albertville	9:30 AM
9/23	@Rocori	4:30
9/25	Detroit Lakes	4:30
9/27	@Elk River, Invitational w/ Edina, TBD	10:00 AM
9/30	St. Cloud Crush	4:30

COACH'S COMMENTS**GARRETT GOEDEN**

Girls' Tennis

Conference: Central Lakes

Section: 8AAA

Years Coaching: 2

Last Year's Record: 19-3

Returning Players: Leah Soukup, Rebekah Soukup, Taryn Mithun, Jessica Cole, Piper Grillo, Samantha Sesin, Kamryn Kraemer

Players to Watch: Whole team will be very strong this year. Lots of depth.

Coach's Outlook/Expectations: Conference Championship, Top 2 in section

Section Favorite – Your Pick(s): Brainerd

Conference Favorite – Your Pick(s): Brainerd

Projected Starting Lineup: Depends on who puts in the work this summer

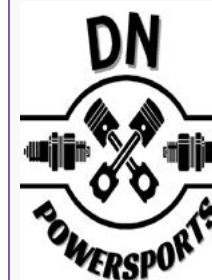
Where are they now? Notable Alumni: Brooke Mulholland (U Mary Tennis)

Brainerd**Warriors** Boys' Soccer

8/21	Rogers	4:00
8/23	Hopkins	5:00
8/26	St. Cloud Apollo	7:00
8/28	@Fergus Falls	7:00
8/29	@Elk River	11:00 AM
9/4	Sartell	7:00
9/9	Detroit Lakes	7:00
9/11	@Alexandria	7:00
9/13	Buffalo	4:00
9/16	St. Cloud Tech	7:00
9/18	@Sauk Rapids-Rice	7:00
9/20	@Bemidji	12:00
9/23	Willmar	7:00
9/25	@Moorhead	7:00
9/27	St. Michael-Albertville	1:00
9/30	@Rocori	7:00

Brainerd**Warriors** Girls' Soccer

8/21	Rogers	6:00
8/27	Fergus Falls	6:00
9/2	@Elk River	5:00
9/4	@Sartell	7:00
9/6	@St. Michael-Albertville	4:00
9/9	@Detroit Lakes	7:00
9/11	@Alexandria	5:00
9/13	Buffalo	2:00
9/15	Rocori	7:00
9/16	@St. Cloud Crush	7:00
9/18	Sauk Rapids-Rice	7:00
9/23	@Willmar (at Willmar Civic Center)	7:00
9/25	Bemidji	12:00
9/30	Moorhead	7:00
10/4	Alexandria	1:00

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Cromwell-Wright**Cardinals** Cross Country

8/21	@Esko (at Chub Lake)	10:00 AM
8/28	@Rock Ridge (at Virginia Golf Course)	10:00 AM
9/4	@Greenway (at Eagle Ridge Golf Course)	4:00
9/11	@Pine River-Backus	4:00
9/16	@Grand Rapids, Invite (at Grand Rapids Sports Complex)	4:00
9/25	@Hibbing (at Hibbing Municipal Golf Course)	4:00
9/30	@McGregor (at Minnesota National Golf Course)	4:00
10/4	@Swain, Invitational (at Enger Park, Duluth)	10:00 AM
10/9	@Cook County (at Pincushion Mountain, Grand Marais)	1:00
10/14	@Proctor (at Proctor Golf Course)	4:00
10/23	@Section (at Eagle Ridge Golf Course)	11:00 AM

Cromwell-Wright**Cardinals** Volleyball

8/21	@Cook County	6:30
8/26	Crosby-Ironton	7:00
9/4	Silver Bay	6:30
9/8	@East Central	7:00
9/9	Hill City/Northland	7:00
9/11	South Ridge	7:00
9/16	Moose Lake/Willow River	7:00
9/18	McGregor	7:00
9/20	@Rock Ridge, Tournament	9:00 AM
9/23	@Barnum	7:00
9/25	@Floodwood	7:00
9/29	@Mountain Iron-Buhl	7:00
10/2	@Carlton-Wrenshall	7:00
10/4	@Moose Lake/Willow River, Tournament	9:00 AM
10/7	@Duluth Marshall	7:00
10/9	Hinckley-Finlayson	7:00
10/13	@Two Harbors	7:00

Cromwell-Wright**Cardinals** Football

8/29	@Littlefork-Big Falls	7:00
9/5	Sebeka	7:00
9/12	@Mille Lacs (at Isle High School)	7:00
9/19	@McGregor	7:00
9/26	Ogilvie	7:00
10/3	@Bertha-Hewitt	7:00
10/10	Carlton-Wrenshall	7:00
10/15	Verndale	7:00

COACH'S COMMENTS**JEFFREY GRONNER****Football****District:** 9 North-South**Section:** 5 9-man**Years Coaching:** 22 head coach, 28 total at Cromwell**Last Year's Record:** 10-2

Returning Players Stats: Lane Gervais (SR) – RB/WR/DB 272 rush, 3TD, 570 receiving, 5TD, 4INT; Brody Johnson (SR) – OL/DL 45 tackles, 1 sack; Carson Hill (SR) – E/DE 38 tackles, 7 sacks, 82 yards receiving; Zack Johnson (JR) – OL/DL 34 tackles; Drew Nyberg (JR) – 149 rush, 3TD, 109 receiving, 4TD; Aaron Korpela (JR) – E/LB 81 tackles; Brenden Gronner (SO) – QB/LB 304 yards passing, 3TD, 182 rush, 3TD; Memphis Goranson (SR) – WR/LB 21 tackles

Players to Watch: Gervais and Nyberg will have breakout seasons, as well as RB Braham Jordan

Coach's Outlook/Expectations: We look to compete for a section title, our line will be very good!

Section Favorite – Your Pick(s): Mille Lacs**ARMED AMERICAN RADIO**

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Crosby-Ironton

Rangers Football

8/28	@Aitkin	7:00
9/5	@East Central	7:00
9/12	Greenway	7:00
9/19	@Mesabi East	7:00
9/26	Hinckley-Finlayson	7:00
10/3	Moose Lake/Willow River	7:00
10/10	@Rush City	7:00
10/15	International Falls	7:00

Crosby-Ironton

Rangers Girls' Tennis

8/15	@Mora, Invite	9:00 AM
	w/ Duluth Marshall, Pierz	10:00 AM
8/19	Pequot Lakes, w/ Perham	
8/22	@Aitkin, Tournament	9:00 AM
	w/ Little Falls, Mora	11:00 AM
8/25	Park Rapids	11:00 AM
8/26	Parkers Prairie	10:00 AM
8/28	Cloquet	4:30
9/4	@Aitkin, Tournament w/ Little Falls, Mora	9:00 AM
9/6	Duluth Marshall, Tournament	4:30
	w/ Stella Maris Academy	4:30
9/9	@Mora	4:30
9/11	Pequot Lakes	4:30
9/16	@Foley	4:30
9/18	Little Falls	4:30
9/19	@Rock Ridge, w/ Bemidji	
	(at Virginia Indoor Tennis and	
	Pickleball Club)	1:00
9/23	Pierz	4:30
9/25	@Pine City	4:15
9/27	@Foley, Conference Tournament	
	/ Aitkin, Little Falls, Mora, Pequot	
	Lakes, Pierz, Pine City	9:00 AM

COACH'S COMMENTS

BRYAN SYRSTAD Football

Conference: Northeast Blue Sub District

Section: 7AA

Years Coaching: 13th total, 9th as Head Coach

Last Year's Record: 2-7

Players to Watch: Jeremy Henson, Eldon McLean, Kaleb Billman, Julian Lange, Jacob English, Cayden Luebke, Baylon Kannel, Wyatt Holmes, Keyon Wesner, Andrew Taylor

Coach's Outlook/Expectations: We will have 16 senior leaders for the 2025 season and some talented and hard working underclassmen coming to prove themselves. A lot will depend on our summer commitment and consistency leading into August.

Section Favorite – Your Pick(s): Moose Lake/Willow River

Conference Favorite – Your Pick(s): Rush City

Projected Starting Lineup: Jeremy Henson, Eldon McLean, Kaleb Billman, Julian Lange, Jacob English, Cayden Luebke, Baylon Kannel, Wyatt Holmes, Keyon Wesner, Andrew Taylor, Logan Jarvela, Gus Vignieri, Max Schaeffbauer, Creide Gressman, Cohen Ellis, Ethan Millsop, Tristian Jamison, Wyatt Juracek, Hunter Leonard, Elias Olson, Cooper Peterson, Dylan Yorek, Ethan Anderson

Where are they now? Notable Alumni: Gabe Kramer (UW Stout), Evan Rydberg (Morris)

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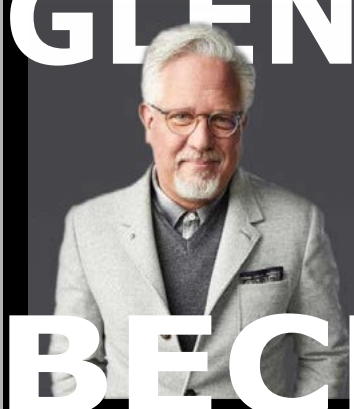


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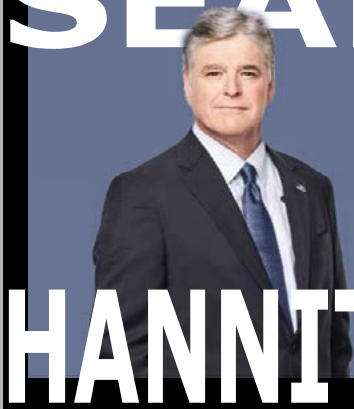
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Crosby-Ironton

Rangers Cross Country

8/25	@Staples-Motley, Invitational w/ Ashby-Brandon-Evansville, Bertha-Hewitt, Fergus Falls, Frazee, Hillcrest Lutheran Academy, Long Prairie-Grey Eagle, New Testament Christian, New York Mills, Otter Trail Central, Park Rapids, Parkers Prairie, Pierz, Pine River-Backus, United North Central, Verndale, Wadena-Deer Creek	9:00 AM	9/25	@Hibbing, Invitational w/ International Falls, Cloquet-Esko, Proctor, Hermantown, Carlton, Moose Lake, Wrenshall, Cromwell-Wright, Grand Rapids, Mesabi East, Pequot Lakes, Chisholm, East Central, Mountain Iron-Buhl, Duluth Marshall, Lakeview Christian Academy, St. Anthony Village, South Ridge, Esko, North Branch, North Shore, Rock Ridge (at Hibbing Municipal Golf Course)	4:15
9/4	@Greenway, Invitational w/ Brainerd, Cass Lake-Bena, Chisholm, Cromwell-Wright, Deer River, Duluth Marshall, Ely, Grand Rapids, Hermantown, Hibbing, Mesabi East, Mountain Iron-Buhl, Proctor, Rock Ridge, South Ridge (at Eagle Ridge Golf Course)	4:00	10/2	Deer River, Invitational w/ Little Falls, McGregor, Mille Lacs, Pillager, Pine River-Backus (at Ruttgers Golf Course)	4:45
9/11	@Pine River-Backus, w/ Cass Lake-Bena, Cromwell-Wright, Deer River, McGregor, Pillager	4:00	10/7	@Pequot Lakes, w/ Cass Lake-Bena, Pierz, Pine River-Backus (at Whitefish Golf Club)	4:00
9/15	@Pierz, w/ Pine City, Maranatha Christian Academy, Little Falls, Mora, Annandale, Holdingford, St. Cloud Apollo, Eden Valley- Watkins, Foley, Milaca, Pequot Lakes, Zimmerman, Braham, East Central, Hinckley- Finlayson, New Testament Christian, Onamia,	4:00	10/14	@Pine City, Conference Meet w/ Braham, Crosby-Ironton, East Central, Hinckley-Finlayson, Mille Lacs, Mora, Rush City (at Pine City Country Club)	3:40

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Crosby-Ironton

Rangers Volleyball

8/22	Moose Lake/Willow River	7:00
8/23	Cotter Schools (at New Prague High School)	3:00
8/26	@Cromwell-Wright	7:00
9/2	@Pillager	7:00
9/4	Aitkin	7:00
9/9	@Hinckley-Finlayson	7:00
9/11	Braham	7:00
9/13	Aitkin, Tournament w/ Barnum, Belgrade-Brooten-Elrosa, Deer River, East Central, Greenway, Hill City/Northland, Moose Lake/Willow River, Ogilvie, Pillager, Pine River-Backus, Staples-Motley, Swanville, Upsala, Verndale	9:00 AM
9/16	@Mille Lacs (at Isle High School)	7:00
9/18	@Hill City/Northland (at Northland High School)	7:00
9/23	Rush City	7:00
9/26	@Pine River-Backus	1:30
9/30	@Crosby-Ironton	7:00
10/2	@Ogilvie	7:00
10/4	@Esco, Tournament w/ Duluth East, Fond du Lac Ojibwe, Greenway, Pine City, Proctor, Warroad	9:00 AM
10/7	Pine City	7:00
10/14	@East Central	7:00

COACH'S COMMENTS

NATHAN ERNST

Volleyball

Conference: Great River

Section: 7AA

Years Coaching: 12-14

Returning Players Stats: Returning the entire starting lineup.

Players to Watch: Lots of talent on our roster with at least a full year of experience behind them. Sammie Hachey and Ava Bourdage are our top 2 seniors who will be fun to watch. Lucy Lewandowski will also be a senior and has only played volleyball for one year. She caught on quickly and will be a force at middle.

Coach's Outlook/Expectations: After falling two points short in the Section 7AA Semi-Final last year, our squad has high expectations as we prep for this fall. We return our entire starting lineup and are excited to return to the court.

Section Favorite – Your Pick(s): Rush City

Conference Favorite – Your Pick(s): Rush City

Projected Starting Lineup: Ava Bourdage (S), Sammie Hachey (OH), Lucy Lewandowski (M), Cami Ambrust (S), Veronica Milsop (OH), Sophia Strom (M), Avah Stroschein (L).

Hill City-Northland

Storm Volleyball

COACH'S COMMENTS

STACEY WAKE

Conference: Arrowhead

Section: 5A

Years Coaching: 3 as Head Coach

Last Year's Record: 9-15

Returning Starters: Charity Berg, Maddie Barnes, Ashlyn Schwarz, Mariah Dahl, Taylor Washburn, Nora Wake

Returning Players Stats: Charity Berg – two time all-conference

Coach's Outlook/Expectations: Even though we only graduated four seniors last year, they contributed a lot to our defense. So we will be looking for some new players to fill those spots and for some of our more experienced players to contribute as well. We lost a strong outside hitter, but we will be returning our other outside, our right side, both middles, and our setter who can swing from both outside and right side. I'm hoping to see improvement in our serving, in our communication on the court, and staying in a system more consistently.

Section Favorite – Your Pick(s): Pine River

Conference Favorite – Your Pick(s): Ely

Projected Starting Lineup: Too early to say.

Where are they now? Notable Alumni: Bella Dunham will be playing volleyball for Minnesota North (Itasca Campus) this fall.

Isle-Onamia

Mille Lacs Raiders Cross Country

9/9	@Mora (at Springbrook Golf Course)	TBD
9/13	@Crosby-Ironton (at Rutters Golf Course)	TBD
9/15	@Pierz (at Pierz Golf Course)	TBD
9/30	@Hinckley (at Grand National Golf Course)	TBD
10/14	@Pine City, GRC Meet	TBD



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Isle-Onamia**Mille Lacs Raiders Volleyball**

8/22	Howard Lake Waverly Winsted Tournament	TBD
9/2	@Swanville	7:00
9/4	Ogilvie (at Onamia High School)	7:00
9/8	@Little Falls	7:00
9/9	Pine City (at Isle High School)	7:00
9/11	@East Central	7:00
9/16	Crosby-Ironton (at Isle High School)	7:00
9/23	Holdingford (at Onamia High School)	7:00
9/25	@Braham	7:00
9/29	Pine River-Backus (at Isle High School)	7:00
9/30	Hinckley-Finlayson (at Isle High School)	7:00
10/2	@Mora	7:00
10/3	Burnsville Tournament	TBD
10/4	Burnsville Tournament	TBD
10/7	Aitkin (at Onamia High School)	7:00
10/9	@Ogilvie	1:00
10/14	Rush City (at Onamia High School)	7:00
10/16	Upsala Tournament	TBD

Isle-Onamia**Mille Lacs Raiders Football**

8/29	Bigfork (at Onamia High School)	6:00
9/5	@McGregor	7:00
9/19	Cromwell-Wright (at Isle High School)	7:00
9/19	Sebeka (at Onamia High School)	7:00
9/26	@Carlton-Wrenshall	7:00
10/3	Verndale (at Isle High School)	7:00
10/10	@Ogilvie	7:00
10/15	@Bertha-Hewitt	7:00
10/21	Playoffs Round 1	TBD

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**COACH'S COMMENTS****MARCIA BALDER****Volleyball****School:** Isla-Onamia**Conference:** Great River**Section:** 5A**Years Coaching:** 21**Last Year's Record:** 18-10**Returning Players:** Mariah Remer, Ava Rogers, Dani Larson, Batiste Gahbow**Players to Watch:** Mariah Remer, Ava Rogers, Dani Larson, Batiste Gahbow**Coach's Outlook/Expectations:** We always seem to make it to the Final Four and the Section Championship match, but we've yet to push past that. It would be exciting to take the next step this year and make it to State and repeat as Great River Conference Champions!**Projected Starting Lineup:** Mariah Remer, Ava Rogers, Dani Larson, Batiste Gahbow

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COACH'S COMMENTS**AUSTIN HACKETT****Football****Conference:** N/A**Section:** 5 9-Man**Years Coaching:** 10**Last Year's Record:** 8-3**Returning Players Stats:** Gabe Honek (259 Receiving Yards & 3 TD's - 68 Tackles & 4 Forced Fumbles), Wesley Harrington (202 Passing Yards in One Game - 5 Passes Defensed, 1 INT, 1 Safety), Eric Harrington TE/DT (6 TFL's & 4 Sacks), Phillip Bober RB/DE (483 Rushing Yards & 8 TD's - 4 Sacks), Mark Vossen (4 Passes Defense & 2 INT's)**Players to Watch:** Gabe Honek & Phillip Bober**Coach's Outlook/Expectations:** Looking forward to another great season. We expect to compete in every game this season and are excited to see the growth from the team from last year.**Section Favorite - Your Pick(s):** Mille Lacs**Projected Starting Lineup:** WR-Gabe Honek, WR-Davian Gutha, WR-Mark Vossen, RB-Phillip Bober, QB-Wesley Harrington, TE-Eric Harrington, OL-Earl Monchamp/Jase Hang, C-Jayden Nayquonabe, OL-Henry Swanson, DL-Eric Harrington, DE-Phillip Bober, DE-Henry Swanson/Davian Gutha, LB-Gabe Honek, LB-Korbin Kapinos, LB-Welsey Harrington, CB-Mark Vossen, CB-Camden Holscher/Evan Remer, S-Coates Thornton

Pequot Lakes

Patriots Football

8/28	Esko	7:00
9/5	@Rock Ridge	7:00
9/12	Proctor	7:00
9/19	@Duluth Denfeld	6:00
9/26	@Pine City	7:00
10/3	Hibbing	6:00
10/10	Two Harbors	7:00
10/15	@Mora	7:00
10/21	TBD, Section Quarterfinals (at Pequot Lakes High School)	6:00
10/25	TBD, Section Semi-Finals (at Pequot Lakes High School)	2:00
10/30	TBD, Section Finals (at UMD)	7:00



COACH'S COMMENTS

BILL MAGNUSON

Football

ASSISTANT COACHES – JUSTIN FRANKE, BRIAN HOMAN, KIRK LOGE, PRESTON PETERS, BLAINE KREISEL, ADAM BUFFINGTON, JAMES BRENNAN, CALE WOLF, JOHN URSETH, KRAIG VESSEL

District: Northeast White

Section: 7-3A

Years Coaching: 35 total, 27 as head coach

Last Year's Record: 11-1

Returning Starters: Blake Spiczka, Samson Rothwell

Players to Watch: Besides the above starters... Seniors – Ben Westerman, Jacob Sievert, Sutton Sullivan; Juniors – Griffen Hannah, Jobey Tvedt, Tade Magnuson, Gunner Peters, Jake Olsen, Rock Holubar, Michael Haar, Colten Barnes, Nic Wallin; Sophomores – Tanner, Jasman, Eili Martini, Sean Ebnet, Lucas Martin, Brett Dixon, Jacob Buckentin, Blaine Kriesel, Madden Burkman

Coach's Outlook/Expectations: The Patriots graduated a strong senior class of 25 players that went 11-1 in 2024 and reached the Class 3AAA State Semifinals at US Bank Stadium. Now the 2025 team, lead by a class of 16 seniors, hopes to return to the section finals and a chance to return to state. They will be relying on help from a class of 30 juniors and a very talented sophomore class. The Patriot JV team went 5-1 last year and was able to play in many varsity games because of the success of the 2024 team. The combination of the deep playoff run in 2024 and the extra practice time for the underclassmen has the Patriot excited and confident for another strong season and playoff run!

Section Favorite – Your Pick(s): Pierz, Esko

District Favorite – Your Pick(s): Esko, Two Harbors

Projected Starting Lineup: Offense – QB: Blake Spiczka; RB: Jobey Tvedt, Griffen Hannah, Tade Magnuson; TE: Braden Wallin; WR: Sutton Sullivan, Jacob Sievert; Slot: Nik Wallin, Samson Rothwell, Michael Haar; Center: Jackson Wait Learned, Gunner Peters;

Guard: Ben Westerman, Carter Erickson; Tackles: Nic Foster, Toby Hoffard

Defense – DE: Rock Holubar, Emmett Welle; DT: Jake Olsen, Gunner Peters; Linebackers: Jackson Olsen, Ben Westerman, Wyatt Verville, Samson Rothwell, Jobey Tvedt; Corners: Sutton Sullivan, Jacob Sievert; Safety: Blake Spiczka, Kyle Kotaska

Where are they now? Notable Alumni: Grant Loge – Concordia Moorhead, Michael Oseland – St. Scholastica, Riggs Magnuson – Gustavus Adolphus, Jacob Lane – Winona St., Riley Peters – Mankato State University, Clay Wolf – St. Johns University, Darby Boelter – St. Johns University

Pequot Lakes

Patriots Volleyball

8/26	Bemidji	7:00
9/2	Milaca	7:15
9/4	Foley	7:15
9/6	@Sauk Rapids-Rice, Albany, Annandale, Brainerd, Foley, Holdingford, Kimball, Monticello, Osakis, Paynesville, Royalton, Sauk Centre, St. Cloud Cathedral, Wadena-Deer Creek, Watertown-Mayer	9:00 AM
9/9	@St. Cloud Cathedral	7:15
9/11	Pierz	7:15
9/16	Albany	7:00
9/18	@Little Falls	7:15
9/19	@Midwest Volleyball Warehouse, Volleyball Showcase Tournament	6:00
9/20	@Midwest Volleyball Warehouse, Volleyball Showcase Tournament	9:00 AM
9/23	@Grand Rapids	7:00
9/25	Milaca	7:15
9/30	@Foley	7:15
10/2	St. Cloud Cathedral	7:15
10/7	@Pierz	7:15
10/9	@Albany	7:15
10/10	@St. Michael-Albertville, Invitational w/ Annandale, Armstrong, Barron, Bemidji, Buffalo, Byron, Canby, Delano, Elk River, Grand Rapids, Hermnatown, Kimball, Legacy Christian Academy, Maple Grove, Minnetonka, Monticello, Mounds View, North Branch, North St. Paul, Princeton, Providence Academy, River Falls, Rockford, Rocori, Rogers, Sartell, Sauk Rapids-Rice, Southwest Christian, Stillwater, Wayzata, Willmar	5:00
10/11	@St. Michael-Albertville, Tournament	9:00 AM
10/14	Little Falls	7:15

COACH'S COMMENTS

JENNA ANDERSON

Volleyball

Conference: Granite Ridge

Section: 6AA

Years Coaching: First year head coach, 18 years in the program

Players to Watch: June Ruud, Alexa Pietig, Halie Bengston, Avery Amsden

Coach's Outlook/Expectations: I think that we have a great group of senior leaders that will come to this year with more experience. We will be competitive in our tough conference and section.

Section Favorite – Your Pick(s): Royalton

Conference Favorite – Your Pick(s): Albany

Projected Starting Lineup: June Ruud, Mia Trumpold, Presley Crawford, Alexa Pietig, Avery Amsden, Josie Taylor, Halie Bengston

Where are they now? Notable Alumni: Ella Kratchovil – Bemidji State University, Grace Hoffard – Bemidji State University, Maci Martini – Minnesota State University Moorhead, Kelsi Martini – Concordia College Moorhead.

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Pequot Lakes

Patriots Girls' Tennis

8/15	Osakis, Triangular w/ Thief River Falls	9:00 AM
8/19	@Crosby-Ironton, Triangular w/ Perham	10:00 AM
8/20	@St. Cloud Tech, Triangular w/ Cambridge-Isanti	10:30 AM
8/21	@Aitkin, Triangular w/ Stella Maris Academy	9:00 AM
8/26	@Park Rapids, Triangular w/ Crookston	9:00 AM
8/28	@Alexandria, Quad w/ Brainerd, Moorhead	10:00 AM
8/29	Staples-Motley, Triangular w/ Wadena-Deer Creek	9:00 AM
9/4	Mora	4:15
9/5	Glencoe-Silver Lake	4:15
9/6	@Roseau, Tournament w/ Big Lake, Brainerd, Cook Rapids, East Grand Forks, Glencoe-Silver Lakes, New Prague	9:00 AM
9/9	@Pine City	4:15
9/11	@Crosby-Ironton	4:15
9/16	Aitkin	4:15
9/18	@Pierz	4:15
9/23	Foley	4:15
9/25	@Little Falls	4:15
9/27	@Foley, Match w/ Aitkin, Crosby-Ironton, Little Falls, Mora, Pierz, Pine City	9:00 AM

COACH'S COMMENTS

MINDI BRILL

Girls' Tennis

ASSISTANT COACHES; SARAH BOWMAN & DAN VANBLARICOM, JUNIOR HIGH COACHES: SEAN BENGSTON & DEANNE TROTTIER

Conference: Granite Ridge
Section: 7A

Years Coaching: Coach Brill – 10th year, career record 118-48; Coach Bowman – 1st year; Coach VanBlaricom (volunteer) – 5th year; Coach Bengston – 7th year; Coach Trottier – 7th year.

Last Year's Record: 9-8, 5-2 in Granite Ridge conference matches, 3rd at Brainerd Moose Tournament. We lost 3-4 to Foley in the section semi-final last season. Nikki Crocker and Jenna Stoerzinger were the section doubles champions and played doubles at the State Tournament.

Returning Letter Winners: Seniors – Nikki Crocker (career: 48-26), Francine Ganley (career: 11-10), Sierra Larson (career: 12-12); Juniors – Sadie McGuire (career: 3-1), Claire Oseland (career: 17-9), Keira Strong (career: 3-1); Sophomores – Emme Sullivan (career: 22-7)

Returning Players: We are expecting to return 13 junior varsity players as well as some promising incoming underclassmen. Seniors – Sophie Biley, Brianna Howe; Juniors – Eliana Elg, Sophia Flategraff, Mairin Kennedy, Bailey Westerman; Sophomores – Lauren Bluhm, Sandra Brinkman, Cora Gladen, Mariah Grittner, Chloe Jobe, Maria Neva, Ruby Page; Freshmen – Emmy Benson, Kristina Birr, Zoey Cameron, Brielle Eggert, Alli Fiksdal, Allison Hecker, Morgan Knudsen, Jayda Quisberg, Maira Scott, Kate Spartz, Eiley Winkka; 8th Grade – Kate Ouradnik

Coach's Outlook/Expectations: Although we graduated five of our ten Varsity players last season. I believe we will be very competitive again this year, as several girls have put in a lot of work in the off-season. We have seven of last year's letter winners back and several motivated underclassmen, so I'm confident we will do well overall.

Section Favorite – Your Pick(s): Pequot Lakes, Pine City

Conference Favorite – Your Pick(s): Foley, Pequot Lakes, Pine City

Projected Starting Lineup: Not set until the first week of practice

Where are they now? Notable Alumni: We are proud to have Carly Chaney (2022 grad) playing college tennis for the UMD Bulldogs, as well as Allyson Yahn (2023 grad) playing for St. Ben's.



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Pequot Lakes**Patriots** Cross Country

8/23	@Perham, Invitational w/ Thief River Falls, Little Falls, Hillcrest Lutheran Academy, Eastview, Parkers Prairie, Montevideo, Lake Park Audubon, Hawley, Barnesville, Detroit Lakes, Ada-Borup-West, Wadena-Deer Creek, St. Cloud Cathedral, Dilworth-Glyndon-Felton, Fargo North, Moorhead, Fargo South, Marshall County Central 9:00 AM	(at Hibbing Municipal Golf Course) 4:00
8/29	@Brainerd, Invitational w/ Albany, Alexandria, Greenway, Moorhead, Pillager, Pine River-Backus, Rocori, Sauk Rapids-Rice (at Brainerd, Forestview Middle School) 10:00 AM	9/30 @Sauk Centre, Invitational w/ Alexandria Community, Atwater-Cosmos- Grove City, Brandon-Evansville, Little Falls, Long Prairie-Grey Eagle, Melrose, Minnewaska, Morris, New London-Spicer, Osakis, Paynesville, Rocori 4:00
9/4	@Holdingford, Invitational w/ Atwater-Cosmos-Grove City, Albany, Eden Valley-Watkins, Maple Lake, Melrose Area, Morris Area, New London-Spicer, Paynesville Area, Royalton, St. Cloud Cathedral, St. John's Prep 4:00	10/7 Brainerd Middle, Meet w/ Cass Lake-Bena, Crosby-Ironton, Pierz, Pine River-Backus (at Whitefish Golf Course) 4:00
9/11	@Little Falls, Meet w/ Albany, Alexandria, St. Cloud Apollo, Becker, Brainerd, Detroit Lakes, Fergus Falls, Foley, Greenway, Grand Rapids, Heritage Christian Academy, Lake Region Christian, Marshall, Milaca, Minnehaha Academy, Perham, Rocori, Sauk Rapids-Rice, St. Cloud Cathedral, Thief River Falls, Willmar (at Little Falls Golf Course) 4:00	10/14 @Pierz, Conference Meet w/ Albany, Foley, Little Falls, Milaca, St. Cloud Cathedral (at Pierz Golf Course) 4:00
9/16	@Grand Rapids, Invitational w/ Cromwell-Wright, Chisholm, Cloquet, Cook County, Deer River, Duluth Denfeld, Duluth East, Ely, Fond du Lac Ojibwe, Greenway, Hibbing, International Falls, Lakeview Christian Academy, Duluth Marshall, McGregor, Mesabi East, Mountain Iron-Buhl, North Shore Storm, Rock Ridge, South Ridge, Stella Maris Academy 4:15	COACH'S COMMENTS JEFF BREVER Boys' Cross Country Conference: Granite Ridge Section: 7AA Years Coaching: 10 Last Year's Record: Sections – 6th, Conference – 1st Returning Players Stats: Connor Jansen, James Johnson, Liam Zins, Gus McKenna, Oliver McKenna, Henry Thell, Brak Schramm, Keegan Lehman Players to Watch: Arik Johnson, Ethan Trosdahl, John Christianson Coach's Outlook/Expectations: We return all of our starters and will be adding depth to our roster. We have a lot of potential on our team and we are looking to improve on our section performance from last year. Our team will be led by our seniors of Connor Jansen, James Johnson, and junior Liam Zins. Connor returns from placing 61st at state last year. James had a great ending to the track season and will be looking to challenge our top spot. Liam was 23rd as a 9th grader, but a reoccurring hip injury as kept him from competing and he is now slowly starting to return to being able to run again. The main goals are to improve and stay healthy. Section Favorite – Your Pick(s): Cloquet Conference Favorite – Your Pick(s): Pequot Lakes Projected Starting Lineup: Connor Jansen, James Johnson, Liam Zins, Gus McKenna, Oliver McKenna, Henry Thell, Brak Schramm Where are they now? Notable Alumni: Eli Hall – South Dakota State University
9/25	@Hibbing, Invitational w/ International Falls, Crosby-Ironton, Cloquet, Proctor, Hermantown, Carlton, Moose Lake/ Willow River, Wrenshall, Cromwell-Wright, Grand Rapids, Mesabi East, Chisholm, East Central, Mountain Iron-Buhl, Duluth Marshall, Lakeview Christian Academy, St. Anthony Village, South Ridge, Esko, North Branch, North Shore Storm, Rock Ridge	

COACH'S COMMENTS**JEFF BREVER**

Girls' Cross Country

Conference: Granite Ridge**Section:** 7AA**Years Coaching:** 10**Last Year's Record:** Sections – 7th, Conference – 5th**Returning Players Stats:** Kyra Rohrbach, Lily Homers, Addison
Lillo, Ireland Jordan**Players to Watch:** Sage Larson, Kaydence Blank, Emmalin Jingco**Coach's Outlook/Expectations:** The girls team will have younger
runners that will be impactful at the varsity level. We are going to
have a mix of senior leadership along with some young talent. The
girls team will be looking to improve on their conference and section
placing from last year. I am looking forward to seeing the girls come
together as a team throughout the year. Kyra returns as our number
one runner, who was on the verge of qualifying for state last year.
Kyra has been running consistently all summer and is looking
forward to the season.**Section Favorite – Your Pick(s):** Chisago Lakes**Conference Favorite – Your Pick(s):** St. Cloud Cathedral**Projected Starting Lineup:** Kyra Rohrbach, Lily Holmers,
Addison Lillo, Ireland Jordan, Sage Larson, Kaydence Blank**Where are they now? Notable Alumni:** Calia Chaney – South
Dakota University**Pierz****Pioneers** Volleyball

8/22	@Royalton, Tournament	9:00 AM
8/26	@St. Cloud Cathedral	7:15
9/2	Royalton	7:00
9/4	Milaca	7:15
9/9	@Foley	7:15
9/11	@Pequot Lakes	7:15
9/16	@Little Falls	7:15
9/18	Albany	7:15
9/20	Braham, Tournament, w/ Floodwood, Holdingford, Little Falls, Maple Lake, Mora, Zimmerman	9:00 AM
9/23	St. Cloud Cathedral	7:15
9/30	@Milaca	7:15
10/2	Foley	7:15
10/4	@Perham, Tournament	9:00 AM
10/7	Pequot Lakes	7:15
10/9	Little Falls	7:15
10/13	@Holdingford	7:00
10/14	@Albany	7:15
10/22	@TBD, Section	7:00
10/24	@TBD, Section	7:00
10/28	@TBD, Section (at Sauk Rapids High School)	7:00
10/30	@TBD, Section Finals (at Sauk Rapids High School)	7:00

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Pierz**Pioneers** Girls' Tennis

8/15	@Mora, Invite	
	w/ Crosby-Ironton, Duluth Marshall	9:00 AM
8/18	Belgrade-Brooten-Elrosa	4:00
8/19	@Duluth Marshall, Match	
	w/ Stella Maris Academy	10:00 AM
8/25	@Long Prairie-Grey Eagle, Dual Meet	10:00 AM
8/28	St. John's Prep	3:00
9/2	@Osakis	4:00
9/4	Little Falls	4:15
9/8	@Parkers Prairie	4:00
9/9	@Aitkin	4:15
9/11	@Pine City	4:15
9/16	Mora	4:15
9/18	Pequot Lakes	4:15
9/22	Wadena-Deer Creek	4:00
9/23	@Crosby-Ironton	4:15
9/25	@Foley	4:15
9/27	@Foley, Match w/ Aitkin, Crosby-Ironton, Little Falls, Mora, Pequot Lakes, Pine City	9:00 AM
10/2	@TBD, Section	TBD
10/7	@TBD, Section	TBD
10/9	@TBD, Section	TBD
10/13	@TBD, Section Individuals	TBD
10/14	@TBD, Section Individuals	TBD

Pierz**Pioneers** Football

8/28	Sauk Centre	7:00
9/5	Foley	7:00
9/12	@Minnewaska	7:00
9/19	@Albany	7:00
9/26	Little Falls, Homecoming	7:00
10/3	St. Cloud Apollo	7:00
10/10	@Rockford	7:00
10/15	@Milaca	7:00
10/21	@TBD, Section	6:00
10/25	@TBD, Section	2:00
10/30	@TBD, Section (at UMD)	TBD
11/8	@TBD, State	TBD
11/15	@TBD, State (at US Bank Stadium)	TBD
11/22	@TBD, State (at US Bank Stadium)	TBD

**Pillager****Huskies** Cross Country

8/29	@Brainerd (at Forestview Middle School, Brainerd)	10:00 AM
9/2	@Wadena-Deer Creek (at Wadena WhiteTail Golf Course)	4:00
9/5	@Moorhead (at MN State Moorhead)	4:00
9/8	@Long Prairie-Grey Eagle (at Long Prairie Country Club)	4:00
9/11	@Pine River-Backus	4:00
9/18	New York Mills, w/ Pine River-Backus (at Madden's Pine Beach West Golf Course)	4:00
9/23	@Bertha-Hewitt (at Double Eagle Golf Course, Eagle Bend)	4:00
10/2	@Crosby-Ironton (at Rutters Golf Course)	3:30
10/7	@Minnewaska (at Minnewaska Golf Club)	4:00
10/14	@Otter Tail Central, Conference (at Balmoral Golf Club)	4:00
10/23	@Minnewaska, Sectionals (at Minnewaska Golf Club)	4:00

COACH'S COMMENTS**TERRY HOLLINGSWORTH****Cross Country****School:** Pillager**Conference:** Park Region**Section:** 6A**Years Coaching:** 20**Returning Players Stats:** Girls - Alaina Dobson (12), Violette Metz (12), Isabella Brinkman (12), Bellanie Kalis (9), and Rylie Eustice (9).

Boys - Nicholas Barg (11), Finnley Heisserer (11), Will Dosser (11), Eli Pexsa (9), Aidan Moen (9), Everett Wachsmuth (9), Alexia Stephens (9), Gabe Stephens (9), Parker Pallansch (11), Camden Balk (9), Kalvin Brinkman (8), Rylan Paskewitz

Players to Watch: Alaina and Bellanie all conf. last year. Nick, Eli**Coach's Outlook/Expectations:** More growth this year with no seniors last year.**Where are they now? Notable Alumni:** Lindy Cordes is at UW-Stout

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Pillager

Huskies Football

8/28	@Warroad	4:00
9/5	@Thief River Falls	6:00
9/12	Barnesville	7:00
9/19	Dilworth-Glyndon-Felton	7:00
9/26	@Hawley	7:00
10/3	Perham, Homecoming	7:00
10/10	@Staples-Motley	7:00
10/15	Park Rapids	7:00

COACH'S COMMENTS

PAUL CLARK

Football

Conference: Mid Northwest Central**Section:** 6AA**Years Coaching:** 12 as head coach, 26 total**Last Year's Record:** 7-2**Returning Players Stats:** Andrew Brown – 329 yards rushing, 142 yards receiving; Grant Grimsely – 263 rushing, 4 TDs; Tyson Decker – 118 yards rushing; Gabe Parrish – 26/35 PAT's, 3 field goals**Players to Watch:** Earl Brown OL/DL, Landon Albertson OL/DL, Lucas Hoglin ILB**Coach's Outlook/Expectations:** Our schedule changed a lot and on paper seems much more difficult. We will need to develop some depth in order to have long term success. Developing depth will be the key to our season.**Section Favorite – Your Pick(s):** Staples-Motley**Conference Favorite – Your Pick(s):** Staples-Motley, Barnesville, Dilworth-Glyndon-Felton**Projected Starting Lineup:** Too early to tell. Every spot will be up for grabs in the preseason.**Where are they now? Notable Alumni:** Josh Freelove is in his second year as an OLineman at Gustavus Adolphus

Pillager

Huskies Volleyball

8/22	@Royalton, Tournament	9:00 AM
8/28	Mora	7:15
9/2	Upsala	2:30
9/4	Crosby-Ironton	7:15
9/11	@Wadena-Deer Creek	7:15
9/13	Menahga	7:15
9/15	@Crosby-Ironton, Tournament	9:00 AM
9/18	@Aitkin	7:15
9/25	@Sebeka	7:15
9/27	@Verndale	7:15
9/30	@Bertha-Hewitt, Tournament	9:00 AM
10/2	@Staples-Motley	7:15
10/6	New York Mills	7:15
10/7	@Foley	7:00
10/9	@Holdingford	7:15
10/14	@Bertha-Hewitt Henning	7:15

COACH'S COMMENTS

JORDAN HAGEMAN

Volleyball

Conference: Park Region**Section:** 5A**Years Coaching:** 3, first year for varsity**Last Year's Record:** 12-15**Players to Watch:** We will have a couple of great setters and some great power swings on our outsides and middles. They are a well rounded group of athletes who build each other up!**Coach's Outlook/Expectations:** Greater than 500. Growth in a new program focused on earned playing time. The summer program was a big success and players started a bible study group - very proud. Goal is to get a banner on the wall.**Section Favorite – Your Pick(s):** Go Huskies! Based off of summer competition Pequot Lakes appears to be the team to beat.**Conference Favorite – Your Pick(s):** Go Huskies!**Projected Starting Lineup:** Whoever is putting in the work and comes to the gym with a good attitude!**Where are they now? Notable Alumni:** Gracie and Kaylee Mudgett and Jada Louks are going to play at CLC this fall. Josephine Kimman will be playing at Alexandria Tech this fall.

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Pine River-Backus**Tigers** Cross Country

8/25	@Staples-Motley (at The Vintage, Staples)	9:00 AM
8/29	@Brained, Invitational w/ Alexandria, Rocori, Sauk Rapids-Rice, Albany, Greenway, Pequot Lakes, Pillager (at Forestview Middle School, Brainerd)	10:00 AM
9/2	@Wadena-Deer Creek (at WhiteTail Run Golf Course)	4:00
9/4	@Greenway-Nashwauk/Keewatin (at Eagle Ridge Golf Course)	4:00
9/11	Cass Lake-Bena, Invitational w/ Cromwell-Wright, Crosby-Ironton, Deer River, McGregor, Pillager	4:00
9/18	@Pillager (at Maddens Resort, Brainerd)	4:00
9/23	@Deer River, w/ Cass Lake-Bena, Chisholm, Cromwell-Wright, Ely, International Falls, McGregor (at Blueberry Hills Golf Course)	4:00
9/30	@McGregor (at Minnesota National Golf Course)	4:00
10/2	@Crosby-Ironton (at Rutgers)	4:15
10/7	@Pequot Lakes (at Whitefish Golf Club)	4:00
10/14	@Otter Tail Central, Conference (at Balmoral Golf Club)	4:00
10/23	@TBD, Sections (at Eagle Ridge Golf Course)	TBD
11/1	@TBD, State (at University of Minnesota Les Bolstad Golf Course)	TBD

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Pine River-Backus**Tigers** Volleyball

8/22	@Floodwood, Tournament w/ Cherry, Duluth Denfeld, East Central, Lake of the Woods, Mabel-Canton, Northome	8:00 AM
8/26	Swanville	6:45
9/4	Laporte	6:45
9/8	Staples-Motley	6:45
9/9	Verndale	6:45
9/11	Nevis	6:45
9/13	@Crosby-Ironton, Tournament	9:00 AM
9/18	@Clearbrook-Gonvick	6:15
9/19	@TBD, Tournament (at Midwest Volleyball Warehouse)	4:30
9/20	@TBD, Tournament (at Midwest Volleyball Warehouse)	9:00 AM
9/23	@Bemidji	7:15
9/26	Crosby-Ironton	1:30
9/29	@Mille Lacs (at Isle High School)	7:15
10/2	Blackduck	6:45
10/6	@Cass Lake-Bena	6:45
10/7	@Sebeka	7:15
10/9	Kelliher/Northome	6:45
10/14	@Walker-Hackensack-Akeley	6:45
10/22	@High Seed (TBD), Sections	7:00
10/24	@High Seed (TBD), Sections	7:00
10/28	@TBD, Sections (at Crosby-Ironton High School)	6:00
10/30	@TBD, Sections (at Crosby-Ironton High School)	7:00
11/6	@TBD, State (at Xcel Energy Center)	TBD
11/7	@TBD, State (at Xcel Energy Center)	TBD
11/8	@TBD, State (at Xcel Energy Center)	TBD

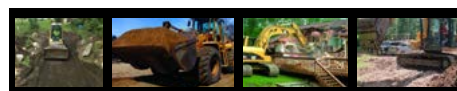
Pine River-Backus**Tigers** Football

8/28	Red Lake County Central	6:00
9/5	@Nevis	7:00
9/12	@Park Christian	7:00
9/19	Red Lake	7:00
9/26	Walker-Hackensack-Akeley	7:00
10/3	@Bagley	7:00
10/10	@Mahnommen-Waubun (at Mahnommen High School)	7:00
10/15	Cass Lake-Bena	7:00
10/21	@TBD, Sections	TBD
10/25	@TBD, Sections	TBD
10/31	@TBD, Sections Final (at Fargodome)	TBD
11/7	@TBD, State (at TBD)	TBD
11/15	@TBD, State (at US Bank Stadium)	TBD
11/22	@TBD, State (at US Bank Stadium)	TBD

COACH'S COMMENTS**NATHAN FISCHER****Football****Conference:** Mid-Northwest**Section:** 6A**Years Coaching:** 11**Last Year's Record:** 0-9**Returning Player:** Shaunn Reyes, Owen Dabill, Koal Oberfell, Andrew Volk, Brody Mongan**Coach's Outlook/Expectations:** With the biggest senior class in recent years the Tigers are looking to rebound after a disappointing 2024 season. With a new district I expect us to get back to being a competitive football team week in and week out.**Section Favorite – Your Pick(s):** Breckenridge**Conference Favorite – Your Pick(s):** Park Christian**Projected Starting Lineup:** QB - Andrew Volk; RB - Shaunn Reyes; FB - Brody Mongan; WR - Owen Dabill; WR - Logan Tymenski; TE - Koal Oberfell; LT - Mason Nelson; LG - Noah Abraham; C - Karson Crawford; RG - Dalton Tymenski; RT - Dominic Rach; DL - Mason Nelson, Dalton Tymenski, Karson Crawford; LB - Koal Oberfell, Brody Mongan, Andrew Volk, Shaunn Reyes; DB - Easton Wynn, Owen Dabill, Logan Tymenski, Scott Scovel

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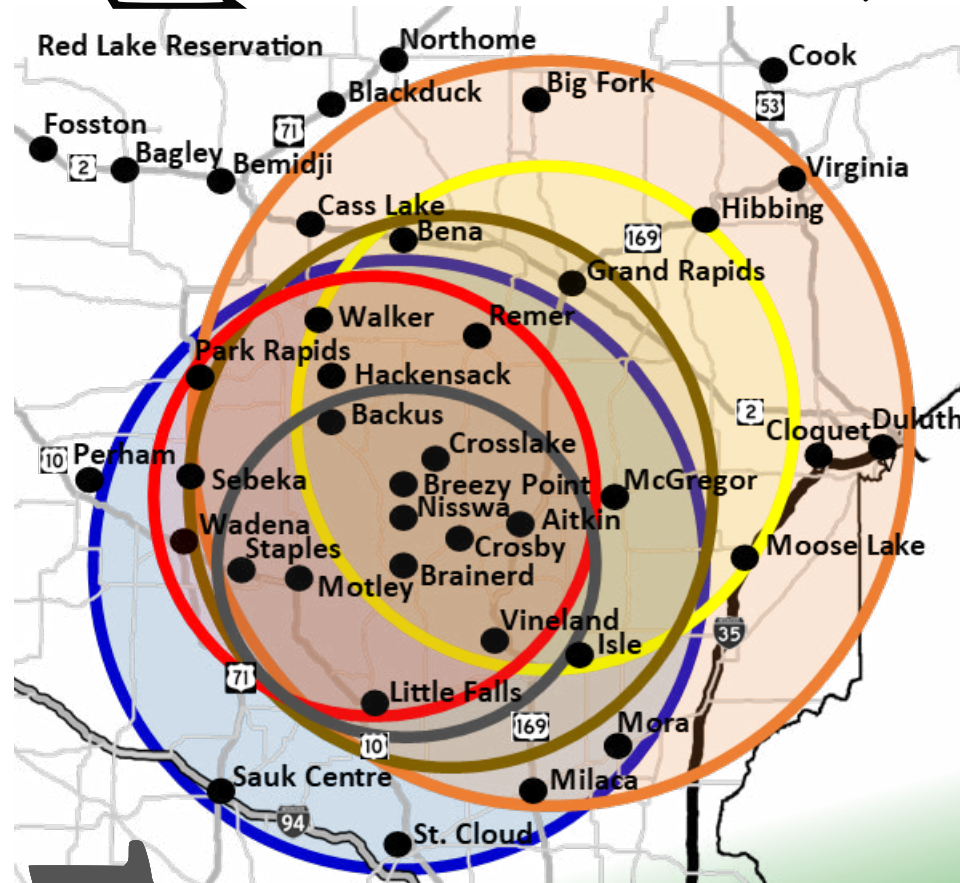
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