

R&J BROADCASTING INC. 2026 FALL Sports GUIDE



- Ada-Borup-West
- Bagley
- Bagley/Fosston
- BGMR
- Carrington
- Central Cass
- Clearbrook Gonvick
- Climax Fisher
- Dilworth Glyndon Felton

- Fertile Beltrami
- Fosston
- Goodridge Grygla
- Hawley
- Hillsboro Central Valley
- Kindred
- Lake of the Woods
- Lake Park Audubon

- Mahnomen-Waubun
- Maple River
- MayPort-C-G
- NCE-UH
- Northern Cass
- Park Christian
- Polk Co West
- Red Lake County Central

- Red Lake Falls
- Roseau
- Sacred Heart
- Stephen Argyle
- Thief River Falls
- Thompson
- Warroad
- Win-E-Mac

KRJB 106.5FM | KRJM 101.5FM | KKCQ 96.7FM | KKCQ 1480AM/99.7FM
KKWQ 92.5FM | KRWB 1410AM/102.9FM

rjrbroadcasting.com

KRJB

106.5 FM Ada

KRJM

101.5 FM Mahanomen

KKCQ96.7 FM-1480 AM-99.7FM
Bagley-Fosston

LETTER TO THE READER

The start of the fall sports season is a sign of another school year is upon us across Minnesota and North Dakota. This sports guide is a tremendous tool yearly on learning more on your favorite area teams, keeping up with schedules and seeing what coaches have to say about their respective squads.

From the Coaches Shows on KKCQ, KRJB, KRJM and yourliveevent.com our staff of announcers looks forward to providing fans the latest stories on area teams you follow throughout the coming months.

The changing of the season will make way into the winter and spring before we know it, but we'll find out who'll head to the Prep Bowl and Dakota Bowl, alongside deep postseason runs in volleyball, golf, cross-country and soccer.

Thank you again for reading, listening, or watching prep sports across R&J Broadcasting Inc, yourliveevent.com and Garden Valley TV.

Chase Miller, Sports Manager R&J Broadcasting Inc

www.rjbbroadcasting.com | www.yourliveevent.com

CONGRATS TO THE CHAMPS IN THE FALL OF 2025

MN 6A VOLLEYBALL – Belgrade Brooten Elrosa Jaguars

MN 8A VOLLEYBALL – Ada-Borup-West Cougars

MN 8AA VOLLEYBALL & STATE CHAMPIONS – Hawley Nuggets

MN 6-9 PLAYER FOOTBALL – Fertile Beltrami Falcons

MN 8-9 PLAYER FOOTBALL – Kittson County Central Bearcats

MN 6A FOOTBALL – Breckenridge Cowboys

MN 8A FOOTBALL – Mahanomen/Waubun Thunderbirds

MN 8AA FOOTBALL – Barnesville Trojans

MN 8AAA FOOTBALL – Dilworth Glyndon Felton Rebels

MN SECTION 8A BOYS CROSS COUNTRY – Hawley Nuggets

MN SECTION 8A GIRLS CROSS COUNTRY – Barnesville Trojans

ND CLASS B BOYS CROSS COUNTRY – Bowman County

ND CLASS B GIRLS CROSS COUNTRY – Hillsboro-Central Valley Burros

ND CLASS A REGION 1 VOLLEYBALL – Central Cass Squirrels

ND CLASS A REGION 2 VOLLEYBALL – May-Port-CG Patriots

ND CLASS A FOOTBALL – Langdon Area-Munich Cardinals

ND CLASS AA FOOTBALL – Devils Lake Firebirds

ADA-BORUP-WEST PUBLIC SCHOOLS

Independent School District No. 2910
604 West Thorpe Avenue
Ada, Minnesota 56510

High School: 218-784-5300 / Elementary: 218-784-5303



Aaron Cook, Superintendent
Josh Carlson, High School Principal
Bree Triplett, Elementary Principal/DAC
High School/Elementary Fax: 218-784-3475

"The mission of the Ada-Borup-West School District is to educate and prepare all students for a successful tomorrow through academics, activities, arts and attitude."

The Cougar Hall of Fame committee would like to announce that the Sixth Hall of Fame class will be inducted into the Cougar Hall of Fame on Saturday, September 19th in the HS Auditorium. Events and activities will take place on Friday and Saturday in Ada.

The committee is excited to honor and celebrate the contributions that Nicole Smart, Brian Blasey, Ollen Church, Herb Hasz, Ken Weber, Jim Hann, 1958 Ada Vikings Baseball Team, and 1961 Ada Vikings Football Team have made on our communities!

The Hall of Fame ceremonies are being conducted to reinforce the connections alumni and friends have to Ada-Borup-West High School and their communities. The day will start with scheduled radio interviews with KRJB. This will be scheduled by Jim Birkemeyer at a later date. Any Inductees will be recognized at halftime of the football game vs. RLC on Friday, September 18th which starts at 7:00 pm.

After the completion of the football game, the public is invited to HOV Golf Course (free of charge) to socialize! The induction banquet will take place at 1:00 PM on Saturday, September 19th at Ada-Borup-West High School in the Auditorium. The public is invited to attend (free of charge)! Come out and support the inductees and enjoy some lemonade and cookies! Roll Cougs!

Kenley Wahlin,
Cougar AD
218-784-5300
kenleyw@ada.k12.mn.us

This institution is an equal opportunity provider and employer.

Ada-Borup-West Board of Education
Dena Bishop – Faye DeLong – Janna Engel – Peter Jacobson – Nancy Merken
Gretchen Rockstad – Lucas Spaeth – Barb Spilde – Mick Thompson

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FEATURING AREA TEAMS

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PROPOSED BROADCAST SCHEDULE

FALL 2026 SCHEDULE

YLE – yourliveevent.com KRJB – 106.5FM
KKCQ FM – 96.7FM KRJM – 101.5FM
KKCQ AM – 1480AM/99.7FM

FRIDAY, AUGUST 21

FOOTBALL

7 – Cavalier @ New Rockford/Sheyenne – YLE
7 – Park River Area @ Sargent County – YLE
7 – May-Port CG @ Thompson – YLE
7 – Hillsboro/Central Valley @ Grafton – YLE

FRIDAY, AUGUST 28

FOOTBALL

7 – Thompson @ Hillsboro/Central Valley – YLE
7 – Griggs-Midkota @ Maple River – YLE
7 – Bottineau @ Northern Cass – YLE
7 – Dickinson @ Fargo South – YLE

TUESDAY, SEPTEMBER 1

VOLLEYBALL

7:30 – Ada-Borup-West @ Barnesville – KRJB
7:30 – Kelliher/Northome @ Bagley – KKCQ-FM
7:30 – Crookston @ Mahnomen-Waubun – KRJM & YLE
7:30 – Thompson @ Kindred – YLE
7:30 – Oak Grove @ Hillsboro/Central Valley – YLE
7:30 – Wyndmere/Lidgerwood @ Sargent County – YLE
7:30 – Oakes @ Lisbon – YLE
7:30 – New Rockford/Sheyenne @ Griggs/Midkota – YLE
7:30 – West Fargo Sheyenne @ Fargo North – YLE

THURSDAY, SEPTEMBER 3

VOLLEYBALL

7:30 – Carrington @ Hillsboro/Central Valley – YLE
7:30 – Wyndmere/Lidgerwood @ Maple River – YLE
7:30 – Stephen-Argyle Central @ Climax-Fisher – YLE

FOOTBALL

7 – Win-E-Mac @ Clearbrook-Gonvick – KKCQ-FM
7 – Fosston @ Norman County East/Ulen-Hitterdal – KKCQ-AM
7 – Bagley @ Ada-Borup-West – KRJB & YLE
7 – Mahnomen-Waubun @ Warren-Alvarado-Oslo – KRJM
7 – Polk County @ Park Christian – YLE

FRIDAY, SEPTEMBER 4

FOOTBALL

6 – West Fargo Horace @ Kindred – YLE
7 – Oakes @ Hillsboro/Central Valley – YLE
7 – Northern Cass @ Lisbon – YLE
7 – Tri-State @ Maple River – YLE
7 – Valley City @ Sargent County – YLE
7 – Richland @ Griggs/Midkota – YLE

TUESDAY, SEPTEMBER 8

VOLLEYBALL

7:30 – Climax-Fisher @ Fosston – KKCQ-AM
7:30 – Win-E-Mac @ Red Lake County Central – KKCQ-FM
7:30 – Ada-Borup-West @ East Grand Forks – KRJB

7:30 – Valley City @ Kindred – YLE
7:30 – Lisbon @ Oak Grove – YLE

THURSDAY, SEPTEMBER 10

VOLLEYBALL

7:30 – Fertile-Beltrami @ Win-E-Mac – KKCQ-AM
7:30 – Norman County East/Ulen-Hitterdal @ Ada-Borup-West – KRJB & YLE
7:30 – Fosston @ Mahnomen-Waubun – KRJM & YLE
7:30 – Valley City @ Central Cass – YLE
7:30 – Devils Lake @ Thompson – YLE
7:30 – Enderlin @ Maple River – YLE
7:30 – Wahpeton @ Lisbon – YLE
7:30 – North Border @ Griggs/Midkota – YLE
7:30 – West Fargo Sheyenne @ West Fargo Horace – YLE

FRIDAY, SEPTEMBER 11

FOOTBALL

6 – Ada-Borup-West @ Polk County West – KRJB & YLE
7 – Fosston @ Warren-Alvarado-Oslo – KKCQ-AM
7 – Goodridge/Grygla @ Fertile-Beltrami – KKCQ-FM
7 – Crookston @ Mahnomen-Waubun – KRJM & YLE
7 – Hillsboro/Central Valley @ Ellendale-Edgeley-Kulm – YLE
7 – Bismarck St. Mary's @ Kindred – YLE
7 – Jamestown @ Central Cass – YLE
7 – Sargent County @ Northern Cass – YLE
7 – Park River/Fordville-Lankin @ Thompson – YLE

MONDAY, SEPTEMBER 14

VOLLEYBALL

7:30 – Ada-Borup-West @ Crookston – KRJB

TUESDAY, SEPTEMBER 15

VOLLEYBALL

7:30 – Dilworth-Glyndon-Felton @ Ada-Borup-West – KRJB
7:30 – Stephen-Argyle @ Fosston – KKCQ-AM
7:30 – May-Port CG @ Hillsboro/Central Valley – YLE
7:30 – Red Lake County Central @ Climax-Fisher – YLE
7:30 – Central Cass @ Northern Cass – YLE
7:30 – Griggs-Midkota @ Maple River – YLE
7:30 – Tri-State @ Sargent County – YLE
7:30 – Enderlin @ Lisbon – YLE
7:30 – Kindred @ Oak Grove – YLE

THURSDAY, SEPTEMBER 17

VOLLEYBALL

7:30 – Park Christian @ Fosston – KKCQ-AM
7:30 – Warren-Alvarado-Oslo @ Climax-Fisher – YLE
7:30 – Oak Grove @ Central Cass – YLE
7:30 – Medina-Pingree/Buchanan @ Maple River – YLE
7:30 – Harvey-Wells County @ Thompson – YLE
7:30 – Lisbon @ Kindred – YLE

Continued on page 6

PROPOSED BROADCAST SCHEDULE

FALL 2026 SCHEDULE CONTINUED

YLE – yourliveevent.com KRJB – 106.5FM
 KKQC FM – 96.7FM KRJM – 101.5FM
 KKQC AM – 1480AM/99.7FM

FRIDAY, SEPTEMBER 18**FOOTBALL**

7 – Win-E-Mac @ Fosston – KKQC-AM – DAWSON
 7 – Lake of the Woods @ Norman County East/
 Ulen-Hitterdal – KKQC-FM
 7 – Red Lake County @ Ada-Borup-West – KRJB & YLE
 7 – Mahnomen-Waubun @ Red Lake – KRJM – YLE
 7 – Dickinson @ Central Cass – YLE
 7 – Northern Cass @ Hillsboro/Central Valley – YLE
 7 – Oakes @ Lisbon – YLE
 7 – Enderlin @ Maple River – YLE
 7 – Ellendale/Edgeley/Kulm @ Sargent County – YLE
 7 – North Prairie @ New Rockford, Sheyenne – YLE

TUESDAY, SEPTEMBER 22**VOLLEYBALL**

7:30 – Win-E-Mac @ Norman County East/
 Ulen-Hitterdal – KKQC-AM
 7:30 – Mahnomen-Waubun @ Clearbrook-Gonvick – KRJM
 7:30 – Ada-Borup-West @ Bagley – KRJB
 7:30 – Fosston @ Roseau – KKQC-FM
 7:30 – Hillsboro/Central Valley @ Thompson – YLE
 7:30 – Maple River @ Sargent County – YLE
 7:30 – Central Cass @ Lisbon – YLE
 7:30 – Napoleon/G-S @ Medina-Pingree/Buchanan – YLE

THURSDAY, SEPTEMBER 24**VOLLEYBALL**

7:30 – Fosston @ Ada-Borup-West – KRJB & YLE
 7:30 – Bagley @ Mahnomen-Waubun – KRJM & YLE
 7:30 – Park Christian @ Climax-Fisher – YLE
 7:30 – Hillsboro/Central Valley @ Northern Cass – YLE
 7:30 – Lisbon @ Sargent County – YLE

FRIDAY, SEPTEMBER 25**FOOTBALL**

7 – Ada-Borup-West @ Park Christian – KRJB & YLE
 7 – Nevis @ Mahnomen-Waubun – KRJM & YLE
 7 – Norman County East/Ulen-Hitterdal @
 Clearbrook-Gonvick – KKQC-FM
 7 – Stephen-Argyle @ Fosston – KKQC-AM
 6 – Walker-Hackensack-Akeley @ Polk County West – YLE
 6 – Grand Forks Red River @ Kindred – YLE
 7 – Hillsboro/Central Valley @ Valley City – YLE
 7 – May-Port CG @ Northern Cass – YLE
 7 – Langdon Area-Munich @ Thompson – YLE
 7 – Midway/Minto @ New Rockford/Sheyenne – YLE

MONDAY, SEPTEMBER 28**VOLLEYBALL**

7:30 – Blackduck @ Win-E-Mac – KKQC-AM
 7:30 – Hillcrest Lutheran @ Park Christian – YLE

TUESDAY, SEPTEMBER 29**VOLLEYBALL**

7:30 – Ada-Borup-West @ Win-E-Mac – KRJB
 7:30 – Norman County East/Ulen-Hitterdal @
 Fertile-Beltrami – KKQC-FM
 7:30 – Lake Park Audubon @ Mahnomen-Waubun – KRJM & YLE
 7:30 – Bagley @ Climax-Fisher – YLE
 7:30 – May-Port CG @ Central Cass – YLE
 7:30 – Maple River @ Hillsboro/Central Valley – YLE
 7:30 – Oak Grove @ Northern Cass – YLE
 7:30 – Grafton @ Thompson – YLE
 7:30 – Wahpeton @ Kindred – YLE

THURSDAY, OCTOBER 1**VOLLEYBALL**

7:30 – Lake Park Audubon @ Ada-Borup-West – KRJB & YLE
 7:30 – Mahnomen-Waubun @ Park Christian – KRJM & YLE
 7:30 – Fosston @ Win-E-Mac – KKQC-AM
 7:30 – Fertile-Beltrami @ Bagley – KKQC-FM
 7:30 – Grand Forks Red River @ Thompson – YLE
 7:30 – Central Cass @ Kindred – YLE
 7:30 – Northern Cass @ Lisbon – YLE
 7:30 – Hatton/Northwood @ New Rockford/Sheyenne – YLE

FRIDAY, OCTOBER 2**FOOTBALL**

7 – Crookston @ Ada-Borup-West – KRJB & YLE
 7 – Mahnomen-Waubun @ Red Lake County – KRJM
 7 – Fosston @ Fertile-Beltrami – KKQC-AM
 6 – Red Lake @ Polk County West – YLE
 7 – Kindred @ Fargo South – YLE
 7 – May-Port CG @ Lisbon – YLE
 7 – LaMoure-Litchville/Marion @ Maple River – YLE
 7 – Oakes @ Northern Cass – YLE
 7 – Hillsboro/Central Valley @ Sargent County – YLE
 7 – Wyndmere/Lidgerwood @ Griggs/Midkota – YLE

MONDAY, OCTOBER 5**VOLLEYBALL**

7:30 – Red Lake County Central @ Bagley – KKQC-AM
 7:30 – Goodridge/Grygla @ Clearbrook-Gonvick – KKQC-FM

TUESDAY, OCTOBER 6**VOLLEYBALL**

7:30 – Fertile-Beltrami @ Ada-Borup-West – KRJB & YLE
 7:30 – Bagley @ Win-E-Mac – KKQC-FM
 7:30 – Red Lake Falls @ Norman County
 East-Ulen-Hitterdal – KKQC-AM
 7:30 – Mahnomen-Waubun @ Climax-Fisher – YLE
 7:30 – Wahpeton @ Central Cass – YLE
 7:30 – Richland @ Sargent County – YLE
 7:30 – Thompson @ Northern Cass – YLE
 7:30 – Oak Grove @ Lisbon – YLE

7:30 – South Border @ Medina-Pingree/Buchanan – YLE
 7:30 – West Fargo Sheyenne @ West Fargo – YLE

THURSDAY, OCTOBER 8**VOLLEYBALL**

7:30 – Bagley @ Fosston – KKQC-AM
 7:30 – Ada-Borup-West @ Mahnomen-Waubun – KRJM & YLE
 7:30 – Win-E-Mac @ Climax-Fisher – YLE
 7:30 – Hankinson @ Maple River – YLE
 7:30 – Kindred @ Northern Cass – YLE
 7:30 – Oakes @ Sargent County – YLE
 7:30 – Norman County East/Ulen-Hitterdal @ Park Christian – YLE

FRIDAY, OCTOBER 9**FOOTBALL**

7 – Ada-Borup-West @ Red Lake – KRJB
 7 – Polk County West @ Mahnomen-Waubun – KRJM & YLE
 7 – Fosston @ Rothsay – KKQC-AM
 7 – Ortonville @ Clearbrook-Gonvick – KKQC-FM
 7 – Grand Forks Central @ Kindred – YLE
 7 – Fargo South @ Central Cass – YLE
 7 – Lisbon @ Hillsboro/Central Valley – YLE
 7 – North Star @ New Rockford/Sheyenne – YLE

MONDAY, OCTOBER 12**VOLLEYBALL**

7:30 – Northern Freeze @ Mahnomen-Waubun – KRJM & YLE
 7:30 – Bagley vs Warroad – KKQC-AM & YLE
 7:30 – Devils Lake vs Hillsboro/Central Valley – YLE
 7:30 – Kidder County vs. New Rockford/Sheyenne – YLE

TUESDAY, OCTOBER 13**VOLLEYBALL**

7:30 – Park Christian @ Ada-Borup-West – KRJB & YLE
 7:30 – Win-E-Mac @ Mahnomen-Waubun – KRJM & YLE
 7:30 – Lake Park Audubon @ Fosston – KKQC-AM
 7:30 – Bagley @ Norman County East/Ulen-Hitterdal – KKQC-FM
 7:30 – Northern Cass @ Central Cass – YLE
 7:30 – Carrington @ Thompson – YLE
 7:30 – Oak Grove @ Kindred – YLE
 7:30 – Shanley @ West Fargo – YLE

WEDNESDAY, OCTOBER 14**FOOTBALL**

7 – Nevis @ Ada-Borup-West – KRJB & YLE
 6 – Mahnomen-Waubun @ Pine River-Backus – KRJM
 7 – Norman County East/Ulen-Hitterdal @
 Fertile-Beltrami – KKQC-FM
 7 – Clearbrook-Gonvick @ Fosston – KKQC-AM
 6 – Cass Lake-Bena @ Polk County West – YLE

THURSDAY, OCTOBER 15**FOOTBALL**

7:30 – Badger/Greenbush-Middle River @ Win-E-Mac – KKQC-AM

VOLLEYBALL

7:30 – Grafton @ Hillsboro/Central Valley – YLE
 7:30 – Lisbon @ Central Cass – YLE

7:30 – LaMoure-Litchville/Marion @ Maple River – YLE
 7:30 – Wahpeton @ Northern Cass – YLE
 7:30 – Carrington @ Kindred – YLE

FRIDAY, OCTOBER 16**FOOTBALL**

6 – Carrington @ Thompson – YLE
 7 – Sargent County @ Lisbon – YLE
 7 – South Border @ Maple River – YLE
 7 – Hillsboro/Central Valley @ May-Port CG – YLE

MONDAY, OCTOBER 19**VOLLEYBALL**

7:30 – Thief River Falls @ Fosston – KKQC-AM
 7:30 – Win-E-Mac @ Red Lake Falls – KKQC-FM
 7:30 – Climax-Fisher @ Ada-Borup-West – KRJB & YLE
 7:30 – Mahnomen-Waubun @ Fertile-Beltrami – KRJM
 7:30 – Kindred @ Hillsboro/Central Valley – YLE
 7:30 – Barnes County North @ Maple River – YLE
 7:30 – Ellendale @ Sargent County (Game in Gwinner) – YLE
 7:30 – New Rockford/Sheyenne @ Medina-Pingree/
 Buchanan – YLE

TUESDAY, OCTOBER 20**VOLLEYBALL**

7:30 – Central Cass @ Oak Grove – YLE
 7:30 – Valley City @ Northern Cass – YLE
 7:30 – Kindred @ Lisbon – YLE

FOOTBALL

6 – Hancock @ Fosston – KKQC-AM
 7 – Ada-Borup-West @ Mahnomen-Waubun – KRJM & YLE
 7 – Park Christian @ Bagley – KKQC-FM

WEDNESDAY, OCTOBER 21**FOOTBALL**

7 – Win-E-Mac @ Norman County East/Ulen-Hitterdal – KRJB

THURSDAY, OCTOBER 22**VOLLEYBALL**

7:30 – Norman County East/Ulen-Hitterdal @ Mahnomen-
 Waubun – KRJM & YLE
 7:30 – Fertile-Beltrami @ Fosston – KKQC-AM

FRIDAY, OCTOBER 23**FOOTBALL**

7 – Kindred @ Central Cass – YLE

CROSS COUNTY

North Dakota State Meet in Jamestown

SATURDAY, OCTOBER 24**FOOTBALL**

North Dakota 9-Man & 11A Football Playoffs – TBD

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PROPOSED BROADCAST SCHEDULE

FALL 2026 SCHEDULE

CONTINUED

YLE – yourliveevent.com KRJB – 106.5FM
KKCQ FM – 96.7FM KRJM – 101.5FM
KKCQ AM – 1480AM/99.7FM

MONDAY, OCTOBER 26

VOLLEYBALL

7:30 – Thompson vs Hillsboro/Central Valley – YLE
Section 8A Tournament – PigTails – TBD

TUESDAY, OCTOBER 27

VOLLEYBALL

7:30 – Northern Cass @ Oak Grove – YLE
7:30 – Valley City @ Lisbon – YLE

FOOTBALL

Section 8A Football Quarterfinals – TBD

WEDNESDAY, OCTOBER 28

VOLLEYBALL

Section 8AA Tournament – PigTails – TBD

THURSDAY, OCTOBER 29

VOLLEYBALL

District 1 Volleyball Tournament at Barnes County North – YLE

7:30 – Central Cass @ Hillsboro/Central Valley – YLE
7:30 – May-Port CG @ Thompson – YLE
7:30 – Fargo North @ West Fargo – YLE
Minnesota Volleyball Section 8A Play-In Round – TBD

FRIDAY, OCTOBER 30

VOLLEYBALL

District 1 Volleyball Tournament at Barnes County North – YLE
Section 8A & 8AA Quarterfinals – TBD

CROSS COUNTY

Section Tournament Meet

FOOTBALL

Section 8AA Football Semifinals – TBD

SATURDAY, OCTOBER 31

FOOTBALL

North Dakota 9-Man & 11A Quarterfinals – TBD
Section 8A Semifinals – TBD



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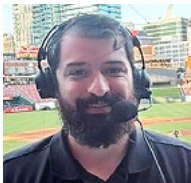
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ANNOUNCER PROFILES



ANNOUNCER PROFILE: CHRISTIAN ADAMS

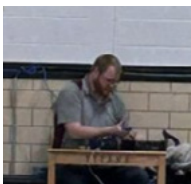
Years Broadcasting Sports: 5 (This will be my sixth season)

College Football or Pro Football and why? Although I love my Buccaneers, I have a more general love of college football. The pageantry, the tradition, the tailgating, the school spirit, just means more. You will commonly find me in front of a TV all day on Saturday keeping up with the three or four teams I follow.

Fishing on a boat or ice fishing and why? Being born and raised in Florida I have never been ice fishing. I have had the pleasure of going out on the Lake of the Woods twice since joining the team so for now the answer is on a boat. However, that answer might change this winter.

Favorite roadside attraction you have visited during your travels?

Buc-ees has always been a popular roadside attraction for me and my family, but I'm very much looking forward to traveling around Minnesota!



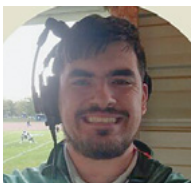
ANNOUNCER PROFILE: JAKE BIRKEMEYER

Years Broadcasting Sports: 13

College Football or Pro Football and why? Pro Football. Because it's the best of the best. Even the worst NFL teams would easily handle any college team.

Fishing on a boat or ice fishing and why? Boat. Ice and I are not friends.

Favorite roadside attraction you have visited during your travels? Does the Vets Club count?



ANNOUNCER PROFILE: BRANDON BARGER

Years Broadcasting Sports: 3 years with R&J, 10 years total.

College Football or Pro Football and why? College football because of the traditions, pageantry, and game day atmospheres.

Fishing on a boat or ice fishing and why? Ice Fishing because I get seasick.

Favorite roadside attraction you have visited during your travels?

Buc-ee's because even though it is a gas station, it is an attraction as well.



ANNOUNCER PROFILE: SEAN BJERK

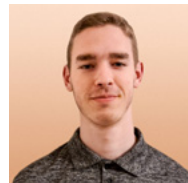
Years Broadcasting Sports: 25

College Football or Pro Football and why? College, I like the intensity, its athletes trying to prove themselves. I also enjoy the atmosphere and energy of each game.

Fishing on a boat or ice fishing and why? Ice Fishing. The excitement of hearing the rattle reels going off and the late night bite. Plus just being nice and cozy in the fish house is relaxing. It's a home away from home each weekend.

Favorite roadside attraction you have visited during your travels?

The Big Muskie is cool, I don't know, there are too many to remember.



ANNOUNCER PROFILE: JOSH BOYKO

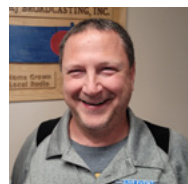
Years Broadcasting Sports: 5 years with R&J Broadcasting, 10 years total.

College Football or Pro Football and why? NFL Football because of Carrie Underwood's Sunday Night Football intro song.

Fishing on a boat or ice fishing and why? Boat because casting a line sounds more fun than the cold.

Favorite roadside attraction you have visited during your travels?

Anything in the Black Hills of South Dakota. The tourist towns, the hikes. It's an amazing area to stop on a road trip!



ANNOUNCER PROFILE: GREG GRENZ

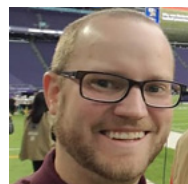
Years Broadcasting Sports: 16 years

College Football or Pro Football and why? Pro - Love watching Sunday football, it's a whole family tradition!

Fishing on a boat or ice fishing and why? Boat - If the fish aren't biting, you can go skiing or wake boarding.

Favorite roadside attraction you have visited during your travels?

I like driving through the Devils Lake area, also seeing the countryside while I'm driving to all the different schools to broadcast their games.



ANNOUNCER PROFILE: KEVIN KOCHMANN

Years Broadcasting Sports: 19

College Football or Pro Football and why? From a couch viewing point of view, it seems to me that the College game takes longer. In person, the College atmosphere is significantly better than the pro game. I am a bigger fan of the NFL game overall, and prefer it. Once the wild west stage of the college landscape settles, I will find more joy in it again.

Fishing on a boat or ice fishing and why? Both have great benefits, but I would prefer ice fishing from the stand point that you aren't bothered by waves!

Favorite roadside attraction you have visited during your travels? Easily it's the Worlds Largest Tiger Muskie in Nevis, but you have to stop at roadside attractions. Worlds Largest Sandhill Crane in Steele, North Dakota, is a must. Worlds Largest Prairie Chicken in Rothsay, Minnesota. Unpopular opinion, the Worlds Largest Turkey in Frazee, Minnesota, is overrated.



ANNOUNCER PROFILE: JOE LANCELLO

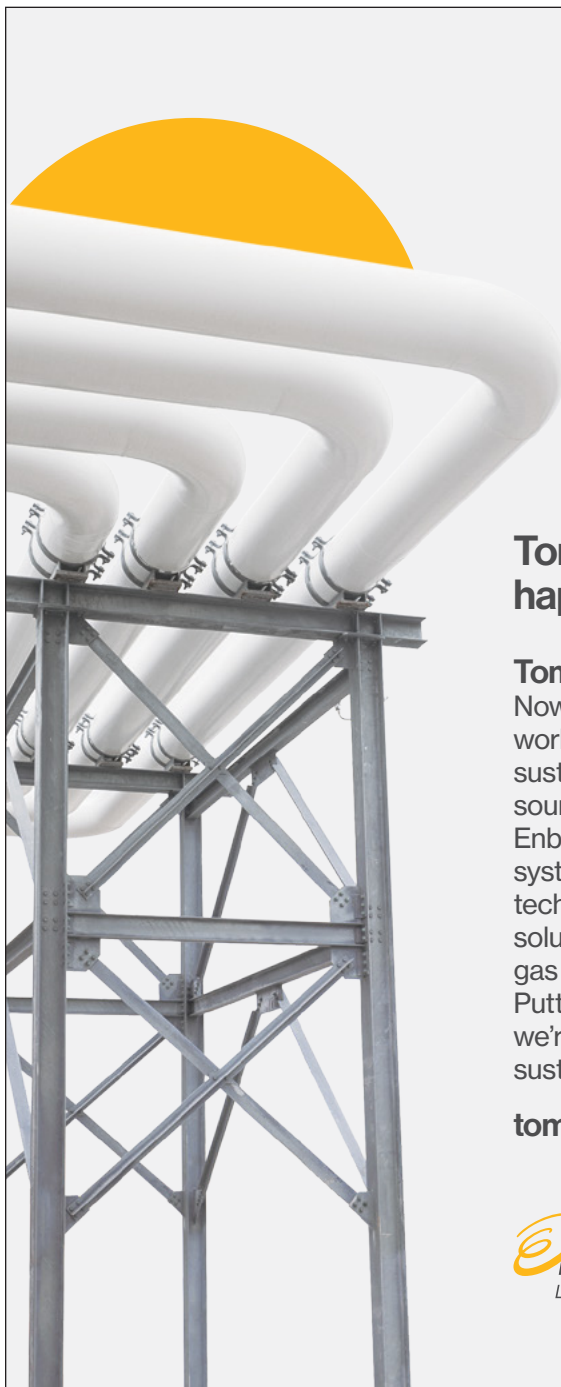
Years Broadcasting Sports: 28

College Football or Pro Football and why? College. The atmosphere with the band does it for me. Over 50 years ago, I heard the University of Minnesota marching band play The Battle Hymn of the Republic. It gave me goosebumps then and it still does.

Fishing on a boat or ice fishing and why? Neither.

Favorite roadside attraction you have visited during your travels?

The University of Florida football stadium.



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ANNOUNCER PROFILES CONTINUED



ANNOUNCER PROFILE: **JON MICHAEL**

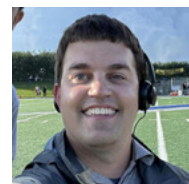
Years Broadcasting Sports: Full-time since the Fall of 1994, Did some a few games in the Spring of 1994.

College Football or Pro Football and why? College Football.

Fishing on a boat or ice fishing and why? Fishing on a boat...it's during the summer and you can move around if the fish ain't biting...Never really got into the ice fishing thing.

Favorite roadside attraction you have visited during your travels?

Just about every place we stopped during our trip to Yellowstone a couple of years ago.



ANNOUNCER PROFILE: **CHASE MILLER**

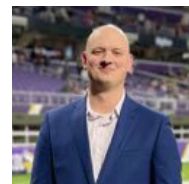
Years Broadcasting Sports: 16

College Football or Pro Football and why? College football. We can see local high school athletes get a chance to compete at the next level and visiting different college football venues carries a little more meaning. Was fortunate enough to checkout Texas at Ohio State last year and the NFL doesn't have over 100,000 fans heading to games.

Fishing on a boat or ice fishing and why? Not much of a fisherman, don't have time to ice fish in the winter. Would go boat fishing to hangout with friends.

Favorite roadside attraction you have visited during your travels?

Geographical Center of North America rock sign in Rugby.



ANNOUNCER PROFILE: **DAWSON PETERSON**

Years Broadcasting Sports: 7 Years

College Football or Pro Football and why? Pro Football. I've never cheered for a college team like I cheer for the Vikings!

Fishing on a boat or ice fishing and why? I prefer land, I'm not much of a fisherman.

Favorite roadside attraction you have visited during your travels?

Monticello Pizza Ranch. I stop there pretty much at least once during every State Broadcasting trip.



ANNOUNCER PROFILE: **GRAHAM SCHER**

Years Broadcasting Sports: 6 years, this will be my 7th and 2nd with R&J.

College Football or Pro Football and why? Pro football because I love the NFL, Fantasy Football, and watching NFL red zone on Sundays.

Fishing on a boat or ice fishing and why? Ice fishing. I've never been ice fishing and it's something I want to try.

Favorite roadside attraction you have visited during your travels?

Pagliai's Pizza when I was in Mankato for the state softball tournament. So good!

ANNOUNCER PROFILES CONTINUED



ANNOUNCER PROFILE: **BRADY SIEBELS**

Years Broadcasting Sports: 4

College Football or Pro Football and why? College, I love the bands, traditions, rivalries and how there's hundreds of games to watch every Saturday.

Fishing on a boat or ice fishing and why? I prefer to do my fishing at a restaurant.

Favorite roadside attraction you have visited during your travels?

Salem Sue in New Salem, ND. Seeing her meant that the almost 4-hr bus ride was over and meant it was time to wrestle.



ANNOUNCER PROFILE: **JACOB TENSEN**

Years Broadcasting Sports: 8 Years

College Football or Pro Football and why? Pro Football because I'm a Fantasy Football nut, so I recognize a majority of the players, where college constantly has new people rotating in and out.

Fishing on a boat or ice fishing and why? Fishing on a boat because if I get bored I can jump in the lake and swim.

Favorite roadside attraction you have visited during your travels?

The World's Largest Crow in Belgrade. Even though it's where I grew up, I still think it's the most absurd yet fitting thing for the area.

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Ada Borup West

Cougars Football

9/3	vs Bagley
9/11	at Polk County West
9/18	vs Red Lake County
9/25	at Park Christian
10/2	vs Crookston
10/9	at Red Lake
10/14	vs Nevis
10/20	at Mahanomen-Waubun

COACH'S COMMENTS
KENLEY WAHLIN
 Football

Name of Team: Ada-Borup-West Cougars

Conference Name: Mid Northwest (Conference) & Valley Plains (Sub District)

Section/Region: 8A

Number of Years Coaching: 1st Year (Head Coach)/ Years (Asst. Coach)

Last Year's Record: 4-4

Returning Starters: Rudy Reyes, Braxton Hendricks, Payton Eggen, Luke Finney, Ayden Peterson, Kelby Kujanson, Myles Kroshus

Please provide a few stats for returning players:
 We are focused on this year and moving the program forward.

Players to Watch: 11 players on the field.

Your Pick(s) Section/Region Favorite: M/W, RLC

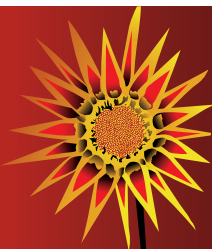
What is your projected Starting lineup?

Fall camp will determine the starting lineup. We need to evaluate players based on their football knowledge, development in the off season, and effort on the field.

Where are they now? Notable alumni:

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Cougars Volleyball

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9/8	at Sacred Heart
9/10	vs NC East/Ulen-Hitterdal
9/12	Ruth Hayden Tournament in Ada
9/14	at Crookston
9/15	vs Dilworth-Glyndon-Felton
9/22	at Bagley
9/24	vs Fosston
9/29	at Win-E-Mac
10/1	vs Lake Park-Audubon
10/3	at Mahnomen-Waubun Tournament
10/6	vs Fertile-Beltrami
10/8	at Mahnomen-Waubun
10/10	at Alexandria Tournament
10/13	vs Park Christian
10/19	vs Climax-Fisher

COACH'S COMMENTS

AMY JOHNSON

Volleyball

Name of Team: Ada-Borup-West Cougars**Conference Name:** Pine to Prairie**Section/Region:** 8A**Number of Years Coaching:** 1st year as head coach**Last Year's Record:** 24-10**Returning Starters:** Leighton Odden, Macie Thornton**Please provide a few stats for returning players:**
Leighton and Macie started all 33 matches last season.**Players to Watch:** We have so many new faces on this team. Leighton and Macie will be the two that set the tone for the team.**Coach's Outlook/Expectations:** We are very young and will be figuring things out as we go. We have a great group of girls that are willing to work hard, but there will definitely be a lot of learning and growing this season.**Your Pick(s) Section/Region Favorite:** Sacred Heart**What is your projected Starting lineup?** TBD**Where are they now? Notable alumni:** Malayna Syverson and Morgan Engel are continuing their careers at NDSU

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Ada Borup West

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09/10	Barnesville Meet
09/17	ABW Invite
09/22	Bagley/Fosston Invitational
10/08	Bemidji XC Invitational
10/08	The Dale – Hawley XC Meet
10/19	Moorhead Invite

COACH'S COMMENTS

TYLER HENNEN

Cross Country

Name of Team: Ada Borup West Cross Country**Conference Name:** Pine to Prairie**Section:** Section 8a**Number of Years Coaching:** 7 years**Last Year's Record:****Returning Starters:** Brianne Myers, Jenna Thompson, Adeliza Bitker, Beckett Odden, Chase Chisholm, Levi Donovan, Danny Babolian, Hudson Kappes, Blaine Thompson**Please provide a few stats for returning players:** Brianne Myers was all conference and was a near state qualifier. Beckett Odden was all conference and placed well in the section. The boys team last year had a great conference meet and was competitive in the section. They are a young team going up against some good teams with a lot of upperclassmen.**Players to Watch:** Brianne Myers, Beckett Odden**Coach's Outlook/Expectations:** I expect all returning runners to make big jumps this year. We ended the season in a great spot and hoping to build on that success.**Your Pick(s) Section Favorite:** Boys- Park Rapids, Hawley Girls- Barnesville, Hawley, Riverside Christian**What is your projected Starting lineup?**
Every returner will start depending on newcomers.

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2025 VALLEY PLAINS WEST FOOTBALL SUB-DISTRICT

PLACE	TEAM	DIVISION RECORD	OVERALL RECORD
1	Mahnomen-Waubun	5-0	8-0
2	Red Lake County	4-1	7-1
3	Ada-Borup West	3-2	3-5
4	Polk County West	2-3	3-5
5	Crookston	1-4	2-6
6	Red Lake	0-5	0-8

ALL-DISTRICT TEAM

PLAYER	TEAM	PLAYER	TEAM
Blake McMullen-SR QB/DE	Mahnomen-Waubun	Kegan Schmitz-SR OT/DE	Red Lake County
Tanner Stech-SR RB/DB	Mahnomen-Waubun	Ames Fassino-SR RB/LB	Ada-Borup West
Brody Lhotka-SR RB/LB	Mahnomen-Waubun	Caspar Kritzberger-SR WR/DB	Ada-Borup West
Manny Johnson-SR RB/LB	Mahnomen-Waubun	Connor Nelson-SR QB/DB	Ada-Borup West
Zach Zima-JR RB/LB	Mahnomen-Waubun	Izic Edwards-SR OL/DL	Polk County West
Hudson McArthur-SR OL/DL	Mahnomen-Waubun	Parker Bernhoft-SR OL/LB	Polk County West
Colton Stock-SR OL/DL	Mahnomen-Waubun	Jace Motl-JR RB/LB	Polk County West
Oliver Melin-SR TG/DT	Red Lake County	Tate Hamre-SR QB/DE	Crookston
Connor Duden-SR QB/DB	Red Lake County	Jose Arriaga-SR RB/LB	Crookston
Ethan Johnson-SR WR/DB	Red Lake County	Dimitrius Harris-SR WR	Red Lake
Ben Gullingsrud-SO RB/LB	Red Lake County		

HONORABLE MENTION TEAM

PLAYER	TEAM	PLAYER	TEAM
Tatum Bement-SR OL/DL	Mahnomen-Waubun	Kelby Kujanson-JR OL/LB	Ada-Borup West
Kaden Bartnes-JR OL/DL	Mahnomen-Waubun	Reez Eckherdt-SR RB/DB	Polk County West
Gavin McArthur-JR WR/DB	Mahnomen-Waubun	Ty Torrance-SR RB/DB	Polk County West
Gunnar Halverson-SR RB/LB	Red Lake County	Casey Weiland-SR OG/LB	Crookston
Masen Pahlen-SR C/DT	Red Lake County	Jaron Knutson-SO RB/S	Crookston
Boe Nelson-JR FB/DE	Red Lake County	Isiah Oakgorve-JR RB/LB	Red Lake
Riley Broden-SR TE/LB	Red Lake County		
Braxton Hendricks-SO RB/DB	Ada-Borup West		
Lucas Mertz-SR OL/DL	Ada-Borup West		
Luke Finney-JR OL/DL	Ada-Borup West		

2025 VALLEY PLAINS WEST FOOTBALL SUB-DISTRICT

SPECIAL AWARDS

AWARD	PLAYER	TEAM
Defensive Lineman of the Year	Kegan Schmitz	Red Lake County
Linebacker of the Year	Manny Johnson	Mahnomen-Waubun
Defensive Back of the Year	Connor Duden	Red Lake County
Special Teams Player of the Year	Tanner Stech	Mahnomen-Waubun
Offensive Lineman of the Year	Oliver Melin	Red Lake County
Receiver of the Year	Ethan Johnson	Red Lake County
Back of the Year	Brody Lhotka	Mahnomen-Waubun
Quarterback of the Year	Blake McMullen	Mahnomen-Waubun
Player of the Year	Brody Lhotka	Mahnomen-Waubun
Assistant Coach of the Year	Jake Sele	Polk County West
Coach of the Year	John Clark Jr.	Mahnomen-Waubun

ALL-ACADEMIC TEAM

PLAYER	SCHOOL	PLAYER	SCHOOL
Kole Kleven	Red Lake County	Parker Bernhoft	Polk County West
Ben Gullingsrud	Red Lake County	Alex Reitmeier	Polk County West
Avery Knott	Red Lake County	Izic Edwards	Polk County West
Wylie Lehrer	Red Lake County	Dustin Carl	Polk County West
Boe Nelson	Red Lake County	Tristen Schwarz	Polk County West
Ivan Delorme	Red Lake County	Nick Satterlund	Polk County West
Aadin Gagner	Red Lake County	Kaiden Smith	Polk County West
Connor Duden	Red Lake County	Roman Zimprich	Polk County West
Gavin Roisland	Red Lake County	Connor Nelson	Ada-Borup West
Benji Bramer	Red Lake County	Lucas Mertz	Ada-Borup West
Ty Torrance	Polk County West	Ayden Peterson	Ada-Borup West
Jace Motl	Polk County West	Caspar Kritzberger	Ada-Borup West
Skyler Berg	Polk County West	Tyler Catlett	Ada-Borup West

2025 NORTH CENTRAL FOOTBALL SUB-DISTRICT

PLACE	TEAM	DIVISION RECORD	OVERALL RECORD
1	Walker-Hackensack-Akeley	5-0	7-1
2	Park Christian	4-1	6-2
3	Bagley	3-2	5-2
4	Pine River-Backus	1-3	3-5
5	Nevis	1-4	3-5
6	Cass Lake-Bena	0-4	1-6

ALL-DISTRICT TEAM

PLAYER	TEAM	PLAYER	TEAM
TJ Orton-SR FB/LB	Walker-Hackensack-Akeley	Ethan Rud-SR WR/DB	Bagley
Samuel Pfeiffer-SR C/LB	Walker-Hackensack-Akeley	Micah Tramm-JR RB/LB	Bagley
Hayden Reftke-SR QB/LB	Walker-Hackensack-Akeley	Shane Thompson-JR WR/DB	Bagley
Karch Frazier-SR RB/S	Walker-Hackensack-Akeley	Shaunn Reyes-JR RB/LB	Pine River-Backus
Walker Reese-JR WR/CB	Walker-Hackensack-Akeley	Dalton Tymenski-SO OL/DL	Pine River-Backus
Cole Rутten-SR TE/DE	Walker-Hackensack-Akeley	Koal Oberfell-SR TE/DL	Pine River-Backus
Logan Giese-JR DB	Park Christian	AJ Bessler-SR WR/DL	Nevis
Gavin Giese-SR WR	Park Christian	Cade Gross-SR OL/LB	Nevis
Elijah Bjur-JR OL	Park Christian	Adrian Brown-JR QB/LB	Cass Lake-Bena
Ethan Bata-SR LB	Park Christian		
Jayden Hanson-JR QB	Park Christian		
Gunnar Nolan-SO QB/LB	Bagley		

HONORABLE MENTION TEAM

PLAYER	TEAM	PLAYER	TEAM
James Allen-SR OL/DT	Walker-Hackensack-Akeley	Brody Morgan-SR FB/LB	Pine River-Backus
Bryce Zubke-SR OL/DT	Walker-Hackensack-Akeley	Owen Dabill-SR WR/DB	Pine River-Backus
Isaac Idstrom-JR TE/DE	Walker-Hackensack-Akeley	Jesse Snow-SR OL/DL	Nevis
Peyton Richter-SO RB/S	Walker-Hackensack-Akeley	Peyton Benson-JR RB/LB	Nevis
Freddy Leistikow-SR WR	Park Christian	Parker Tsuji-JR OL/DL	Cass Lake-Bena
Bridger Weekley-SR LB	Park Christian		
Cole Munson-SR OL	Park Christian		
Brett Schwegel-SO OL/DL	Bagley		
Thor Choc-JR OL/DL	Bagley		
Domanick Thompson-SR OL/LB	Bagley		

2025 NORTH CENTRAL FOOTBALL SUB-DISTRICT

SPECIAL AWARDS

AWARD	PLAYER	TEAM
Defensive Lineman of the Year	Isaac Idstrom	Walker-Hackensack-Akeley
Linebacker of the Year	Micah Tramm	Bagley
Defensive Back of the Year	Logan Giese	Park Christian
Special Teams Player of the Year	Gavin Giese	Park Christian
Offensive Lineman of the Year	Samuel Pfeiffer	Walker-Hackensack-Akeley
Receiver of the Year	AJ Bessler	Nevis
Back of the Year	Karch Frazier	Walker-Hackensack-Akeley
Quarterback of the Year	Jordan Hanson	Park Christian
Player of the Year	Karch Frazier	Walker-Hackensack-Akeley
Assistant Coach of the Year	Terry Holden	Pine River-Backus
Coach of the Year	Aaron Pfeiffer	Walker-Hackensack-Akeley

ALL-ACADEMIC TEAM

PLAYER	SCHOOL	PLAYER	SCHOOL
Shaunn Reyes	Pine River-Backus	Domanick Thompson	Bagley
Owen Dabill	Pine River-Backus	Shane Thompson	Bagley
Blake Hoplin	Pine River-Backus	Micah Tramm	Bagley
Ethan Bergem	Pine River-Backus	Thor Choc	Bagley
Ezra Bjur	Park Christian	Gage Gray	Bagley
Indy Kuhn	Park Christian	Kamryn Thompson	Bagley
Andrew Rongness	Park Christian	Jesse Gunderson	Bagley
Levi Torgerson	Park Christian	Gunner Nolan	Bagley
Elijah Bjur	Park Christian	Brett Schwegel	Bagley
Owen Bye	Park Christian	Weston Bessler	Nevis
John Bata	Park Christian	Peyton Benson	Nevis
Tyler Loeb	Park Christian	Robert Lindow	Nevis
Cole Munson	Park Christian	Hunter Simon	Nevis
Nathan Peterson	Park Christian	Ethan Buckholtz	Nevis
William Gunderson	Bagley		

Bagley

Flyers Football

9/3	at Ada-Borup-West
9/11	vs Cass Lake-Bena
9/18	at Walker-Hackensack-Akeley
9/25	vs Red Lake County
10/2	at Nevis
10/9	at Pine River-Backus
10/14	vs Crookston
10/20	vs Park Christian

COACH'S COMMENTS

BRANDON SCHWEGEL

Football

Name of Team: Bagley Flyers

Conference Name: Northwest District

Section/Region: Region 8A

Number of Years Coaching: 16

Last Year's Record: 5-3 Regular Season

Returning Starters: Shane Thompson, Gunner Nolan, William Gray, Brett Schwegel, Thrór Choc, Micah Tramm, Kamryn Thompson, William Strandberg.

Coach's Outlook/Expectations:

Bagley is returning several key players this season. After posting a 5-3 record, the Flyers are hoping to build upon that record and make a push in the post season. The Flyers will need to find stability on the offensive and defensive lines that graduated three starters from last season.

Your Pick(s) Section/Region Favorite:

Red Lake County, Mahnomen/Waubun

What is your projected Starting lineup?

Many of the returning starters identified above.



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Flyers Volleyball

8/31	vs Crookston
9/1	vs Northome-Kelliher
9/8	vs Clearbrook-Gonvick
9/12	at Ruth Hayden Tournament (Ada)
9/14	at Blackduck
9/22	vs Ada-Borup-West
9/24	vs Mahnomen-Waubun
9/26	at Crookston Tournament
9/29	at Climax-Fisher
10/1	vs Fertile-Beltrami
10/5	vs Red Lake County Central
10/6	at Win-E-Mac
10/8	vs Fosston
10/12	at Warroad
10/13	at NC East/Ulen-Hitterdal
10/19	at Lake Park-Audubon
10/22	vs Park Christian

COACH'S COMMENTS

SARAH SCHWEGEL

Volleyball

Name of Team: Bagley Flyers

Conference Name: Pine-to-Prairie

Section: 8A

Number of Years Coaching: 10

Last Year's Record: 11-14

Returning Starters: Elexis Soderstrom, Kaley Thompson, MaKaly Hoie, Mazie Hoie, Madison Mullan, Stella Jesness

Please provide a few stats for returning players:

MaKaly Hoie led the team in digs with 280, kills with 190, and ace serves with 35.

Players to Watch: MaKaly Hoie was honorable mention in the PTP conference as a sophomore. She also led the team in many statistical areas and was a very strong leader for our team. She should have a strong showing her junior year. Sophomores Mazie Hoie and Kaley Thompson are also consistent, strong, and versatile players for our team.

Coach's Outlook/Expectations: I am optimistic that our team can have a strong season. These ladies are fierce competitors. They work hard and push each other and themselves constantly. They have good volleyball and court sense. They will have to continue to work on staying consistent throughout each set and that mindset to do so. We are not huge in size but are very scrappy and have good ball control and teamwork. The chemistry also continues to grow and it is fun to see them improve in this more and more.

Your Pick(s) Section Favorite:

Sacred Heart

Where are they now? Notable alumni:

Kathryn Agnew, former PTP Conference MVP will be playing volleyball in her senior year playing at Mayville State University. Kaitlyn Kumpula, two year PTP All-Conference player, will be a freshman also playing volleyball at Mayville State University.



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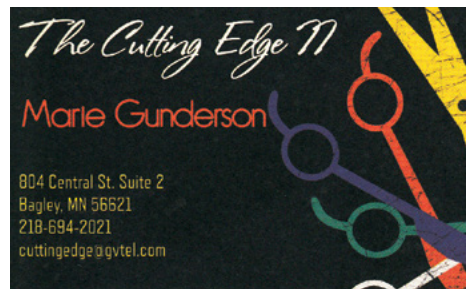
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Bagley Fosston

Flyers Cross Country

08/27	Zippel Bay State Park Meet
09/03	Thief River Falls Golf Club Meet
09/17	ABW Invite
09/22	Thief River Falls Meet
09/22	Bagley Meet
09/22	Bagley/Fosston Invitational
10/08	Bemidji XC Invitational
10/08	Greenwood Golf Course Meet
10/19	Moorhead Invite
10/30	Section 8A Meet



Bagley, Fosston

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APPLICATION FORMS MAY BE DOWNLOADED FROM THE DISTRICT WEBSITE BAGLEY.K12.MN.US, PICKED UP IN THE DISTRICT OFFICE OR YOU MAY EMAIL NEKRE@BAGLEY.K12.MN.US. FOR MORE INFORMATION, PLEASE CALL JENNIFER HECHT AT 218-694-6184. SUCCESSFUL CANDIDATES MUST PASS A CRIMINAL BACKGROUND CHECK. POSITIONS WILL REMAIN OPEN UNTIL FILLED.

CURRENT DISTRICT OPENINGS

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- SUBSTITUTE FOOD SERVICE SUPPORT STAFF
- COOK
- SUBSTITUTE PARA
- PARAEDUCATOR
- NATIVE AMERICAN HOME SCHOOL LIAISON
- SUBSTITUTE TEACHER
- SCHOOL READINESS LONG TERM SUB TEACHER
- SPEECH AND LANGUAGE PATHOLOGIST - \$49,294
- DIRECTOR OF COMMUNITY EDUCATION - \$64,000 - \$74,309

Badger Greenbush Middle River

Gators Football

09/03	vs Underwood
09/11	vs NCE/UH
09/18	at Kittson County Central
09/25	at Warren-Alvarado-Oslo
10/09	at Stephen-Argyle Central
10/15	at Win-E-Mac

COACH'S COMMENTS STRIKER HASSON Football

Name of Team: BGMR Gators

Section/Region: Section 8-9player

Number of Years Coaching: 1st as Head Coach

Last Year's Record: 4-6

Badger Greenbush Middle River

Gators Volleyball

COACH'S COMMENTS STACY DAHL Volleyball

Name of Team: BGMR Gators

Conference Name: Northern Lights

Section/Region: Section 8A

Number of Years Coaching: 26

Last Year's Record: 17-12

Returning Starters:

3 (Lexie Dahl, Addison Dvergsten, Kate Harder)

Please provide a few stats for returning players:

Lexie Dahl 99 kills, 30 aces, 1 block solo 39 block assists, 113 digs,
Kate Harder 88 kills, 33 aces, 7 block solo, 31 block assists,
Addison Dvergsten 207 digs

Players to Watch:

Lexie Dahl, Kate Harder, Addison Dvergsten, Anna Mooney

Coach's Outlook/Expectations: We graduated several seniors last season, but we did have a few players earn some valuable court time. They need to put in the work in the offseason for them to see success in the regular season. I'm excited to see their growth as they become more confident in their skills, and hopefully they will find that they can be very competitive.

Your Pick(s) Section/Region Favorite: Sacred Heart

What is your projected Starting lineup? Work in progress.

Where are they now? Notable alumni:

McKenzie Dahl playing at Northland Community and Technical College volleyball and basketball.

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Carrington

Cardinals Football

08/21	vs Southern McLean
08/28	vs Sargent County
09/04	at Grafton
09/11	vs Harvey/Wells County
09/18	vs Park River Area

09/25	at Turtle Mountain Community
10/02	at Langdon Area-Munich
10/09	vs Rugby
10/16	at Thompson

COACH'S COMMENTS

KYLE SMITH

Number of Years Coaching: 11

Last Year's Record: 4-5

Returning Starters: Gabe Clifton, Andrew Matt, Alec Threadgold, Charles Jorgensen, Hayden Hagel, Jameson Kutz

Please provide a few stats for returning players:

Gabe Clifton: 88 tackles (50 solo), 3 TFLs, 1 INT
Alec Threadgold: 47 tackles with 7 sacks and 6 TFLs
Hayden Hagel: 32 tackles with 1 sack and 1 TFL

Players to Watch: Gabe Clifton, Andrew Matt, Alec Threadgold, Parker Bickett

Coach's Outlook/Expectations: I expect us to be competitive every week. We will be inexperienced at our skill positions so a big part of our success will depend on how well those kids respond to playing a bigger role this year.

Your Pick(s) Section/Region Favorite: Langdon

What is your projected Starting lineup?

QB-Parker Bickett
RB Gabe Clifton, Callen or Krew Wolsky
WR-Jaxon Peltier, Ewan Aberle, (in the mix: Paxton Harrington and Boyce Cawfield
TE- Hayden Hagel
Tackles-Chuck Jorgensen and Andrew Matt
Guards- Alec Threadgold and Jaxon Zink
C- Jameson Kutz

Where are they now? Notable alumni:

I currently have 5 former CHS athletes in college football, all at Mayville State: Brock Jungels, Jake Otto, Dylan Bachmaier, Cody Otto and McKade Zink.

Carrington

Cardinals Volleyball

09/01	vs Rugby
09/03	at Hillsboro/Central Valley
09/08	vs Northern Cass
09/17	vs Grafton

10/01	vs Hillsboro/Central Valley
10/06	at Bottineau
10/15	at Kindred
11/02	vs May-Port-C-G

COACH'S COMMENTS

KADYN MEHRING

Name of Team: Carrington Cardinals Volleyball

Conference Name: Class A

Section/Region: Region 2

Number of Years Coaching: 1 year assistant in Jamestown, 1 year assistant in Carrington, 1 year head coach in Carrington. Heading into my second year with the Carrington Cardinals.

Last Year's Record: 31-6

Returning Starters:

Harper Kollman, Journey Peltier, Calleigh Hewitt, Aniston Hoornaert, Marah Johnson, Maara Kutz, Mya Neis

Players to Watch: Harper Kollman, Calleigh Hewitt, Aniston Hoornaert, Marah Johnson, Maara Kutz

Your Pick(s) Section/Region Favorite:

I expect us and Mayport (Mayville) to be competing for the top spot in the region again this year.

What is your projected Starting lineup?

Harper Kollman, Journey Peltier, Calleigh Hewitt, Aniston Hoornaert, Marah Johnson, Maara Kutz, Mya Neis



2025 NDHSCA CLASS 11A FOOTBALL ALL-STATE ROSTER

FIRST TEAM OFFENSE

NAME	YR	POS.	SCHOOL	HEAD COACH
Jax Johnson	12	QB	Langdon Area-Munich	Josh Krivarchka
Emerson Marum	11	QB	Bottineau	Zach Keller
Tucker Bohmbach	12	QB	Killdeer	Andrew Cook
Ivan Carruth	12	RB	Ellendale-Edgeley-Kulm	Garitt Irey
Hugh Meyer	12	RB	Dickinson Trinity	John Odermann
Tucker Omdahl	12	RB	Park River Area	Jordan Hollingsworth
Sam Davis	12	RB	Langdon Area-Munich	Josh Krivarchka
Michael Dukart	12	WR	Killdeer	Andrew Cook
Brooks Crocket	10	TE	Northern Cass	Tyler Ukestad
Keifer Finley	11	OL	Harvey-Wells County	Bret Dockter
Jaiden Foss	12	OL	Velva-Garrison-Drake-Anamoose	Matt Weidler
Jace Handy	12	OL	Killdeer	Andrew Cook
Seth Irey	11	OL	Ellendale-Edgeley-Kulm	Garitt Irey
Landon Schneider	11	OL	Langdon Area-Munich	Josh Krivarchka

2025 NDHSCA CLASS 11A FOOTBALL ALL-STATE ROSTER

FIRST TEAM DEFENSE

NAME	YR	POS.	SCHOOL	HEAD COACH
Theo Romfo	12	DL	Langdon Area-Munich	Josh Krivarchka
Carson Coleman	12	DL	Bottineau	Zach Keller
Jace Peters	10	DL	Dickinson Trinity	John Odermann
Drew Thorpe	11	LB	Ellendale-Edgeley-Kulm	Garitt Irey
Wyatt Campbell	12	LB	Bottineau	Zach Keller
Jack Skalsky	12	LB	Beulah	Jamie Nelson
Madden Barstad	11	LB	Velva-Garrison-Drake-Anamoose	Matt Weidler
Aiden Hanson	12	DB	Central McLean	Grant Singer
Jaxson Reese	12	DB	Killdeer	Andrew Cook
Tyson Leshuk	12	DB	Hillsboro-Central Valley	Joe Johnson
Reese Steffen	12	DB	Velva-Garrison-Drake-Anamoose	Matt Weidler

SECOND TEAM

NAME	YR	SCHOOL	HEAD COACH
Eli Lyons	12	Lisbon	Mark Moss
Sawyer Owens	12	Hillsboro-Central Valley	Joe Johnson
Luke Walski	11	Northern Cass	Tyler Ukestad
Brogan Young	11	Ellendale-Edgeley-Kulm	Garitt Irey
Chase Haffelly	12	Hillsboro-Central Valley	Joe Johnson
Sully Kelsen	10	Lisbon	Mark Moss
Cash Danner	12	Thompson	Brady Schwab
Reggie Rice	12	Grafton	Donovan McMillan
Tate Wolsky	12	Carrington	Kyle Smith
Charlie Yon	12	Thompson	Brady Schwab
Jace Rosinski	12	Park River Area	Jordan Hollingsworth
Easton Zigelman	10	Grafton	Donovan McMillan
Luke Shirek	12	Park River Area	Jordan Hollingsworth
Chase Kling	12	Killdeer	Andrew Cook
Ethan Retterath	11	Southern McLean	Beau Eriksson
Cole McClennen	12	Shiloh Christian	Funnon Barker
Chris Hegar	12	Central McLean	Grant Singer
Anthony Hallet	11	Beulah	Jamie Nelson
Jordan Ham	11	Dickinson Trinity	John Odermann
Ben Hynek	11	Stanley	Jaxton Lorenz
Johnathan Smith	12	Des Lacs-Burlington	Taylor Teske
Ty Barman	9	Ray-Powers Lake	Seth Wisthoff
Kyler Fisher	12	Des Lacs-Burlington	Taylor Teske
Cooper Kittleson	12	Velva-Garrison-Drake-Anamoose	Matt Weidler
Logan Vincent	11	Velva-Garrison-Drake-Anamoose	Matt Weidler
Landen Solberg	12	Bottineau	Zach Keller

NDHSCA POWERade Class 11A Football Outstanding Senior Athlete of the Year –
Jax Johnson – Langdon Area Munich

NDHSCA-SUBWAY Class 11A Football Coach of the Year – Zach Keller – Bottineau

Central Cass

Squirrels Football

8/28	at Watford City
9/4	at Devils Lake
9/11	vs Jamestown
9/18	vs Dickinson
9/25	at Wahpeton
10/2	at GF Red River
10/9	vs Fargo South
10/16	at GF Central
10/23	vs Kindred

COACH'S COMMENTS

TOMMY BUTLER
Football

Name of Team: Central Cass Squirrels

Conference Name: East

Section/Region: AA

Number of Years Coaching: 9th year as head coach

Last Year's Record: 7-4

Returning Starters: Brody Kegley, Easton Holland, Blaise Cotton, Ayden Thummel, Ben Nelson, Parker Wixo, Lane Watterson, Grady Mueller, Ayden Peterson, Jack Sawicki, Hunter Domier, Hunter Rohrer, Kellen Cruchet

Please provide a few stats for returning players:

Brody: 231/314, 2,430 yards passing, 24 TD's, 4 Int

Easton: 53 catches, 555 yards rec, 7 TD, 48 tackles, 3 INT

Blaise: 51 catches, 545 yards rec, 7 TD, 33 tackles

Ayden: 55 Tackles, 11 TFL's, 2 sacks

Players to Watch:

Benji Boway, Jerris Stahl, Keaton Link, Zaine Blixt, Carter Nelson

Coach's Outlook/Expectations:

Our expectations are high. We believe this team has the talent and experience to compete for a championship, but we also understand that talent alone will not get us there. Our success will be determined by our daily effort, attitude, discipline, and willingness to hold one another accountable. If we commit to doing the little things correctly and continue improving each week, we believe this team has an opportunity to accomplish something special.

Your Pick(s) Section/Region Favorite:

Outside of ourselves-Kindred

What is your projected Starting lineup?

QB: Kegley, RB: Boway,

OL: Ben Nelson, Grady Mueller, Ayden Peterson, Jack Sawicki, Wyatt Fought, Jackson Bjerke,

WR: Easton Holland, Blaise Cotton, Kellen Cruchet, TE: Jerris Stahl

DL: Ben Nelson, Grady Mueller, Hunter Domier, Hunter Rohrer, LB: Easton Holland, Blaise Cotton, Ayden Thummel, DB: Parker Wixo, Keaton Link, Zaine Blixt, Carter Nelson, Lane Watterson

Where are they now? Notable alumni:

Jake Deutsch: VCSU, Owen Wiersma: MSUM,

Tyler Cruchet: Bemidji State, Aiden Wunderlich: UND,

Evan Wiersma: MSUM, Colton Cruchet: Montana Tech



Central Cass

Squirrels Volleyball

9/1	at LaMoure-Litchville-Marion
9/8	at Wahpeton
9/10	vs Valley City
9/12	Volley in the Valley Tournament at Casselton
9/15	at Northern Cass
9/17	vs Oak Grove
9/22	at Lisbon
9/29	vs May-Port-CG
10/1	at Kindred
10/2	at Des Lacs Burlington Tournament

10/3	at Des Lacs Burlington Tournament
10/6	vs Wahpeton
10/8	at Valley City
10/10	at Carrington Tournament
10/13	vs Northern Cass
10/15	vs Lisbon
10/20	at Oak Grove
10/29	at Hillsboro-Central Valley
11/3	vs Kindred
11/5	vs Thompson

COACH'S COMMENTS

MADY VAUDRIN

Volleyball

Name of Team: Central Cass Squirrels

Conference Name: Region 1

Section/Region: Region 1

Number of Years Coaching: 8

Last Year's Record: 31-10

Returning Starters: Whitney Mitchell

Please provide a few stats for returning players:

- Senior Whitney Mitchell – 283 Career Kills (98 in 2025 season)/51 Career Blocks (34 in 2025 season)
- Senior Emily Broden – 483 Career Assists/79 Career Kills (64 in 2025 season)
- Junior Mackenzie Meyer – 131 Career Kills (119 in 2025 season)/45 Career Blocks (28 in 2025 season)

Players to Watch:

Our team is going to rely on everyone to contribute this season. While we have several new faces stepping into larger roles, we are confident in the depth of our program and the talent throughout our roster. We will look to outside hitter Whitney Mitchell, a multi-year varsity starter, to set the tone with her leadership and consistency on the court. Emily Broden brings versatility, experience, and a high volleyball IQ, providing a steady leadership presence. Mackenzie Meyer returns after making an impact in the middle last season, bringing a strong blocking presence and offensive threat at the net. Milayna Ellenson, Kaila Rossow, and Brooklyn Gjevne also return with valuable varsity experience and will play important roles this season. We also expect our senior class to provide outstanding leadership as several players step into expanded roles. Our success will come from playing together, embracing new opportunities, and relying on the depth, competitiveness, and team-first mentality that defines our program.

Coach's Outlook/Expectations:

We know this year's team will look different after graduating six varsity starters, but we are excited about the opportunity ahead. Our expectations remain the same, to compete every day, continue improving, and play the style of volleyball that Central Cass has

become known for. We have a hardworking, very coachable group that is excited to embrace new roles, and we believe the depth of our program will be one of our greatest strengths. If we continue to grow together, compete with confidence, and put the team first, we believe this group has the potential to surprise people and compete with anyone in our region.

Your Pick(s) Section/Region Favorite:

There are no easy matches in Region 1, and every team is capable of making a run. Teams such as Kindred and Oak Grove will be strong, returning power hitters on the outside. Valley City consistently competes at a high level, while Lisbon has continued to build competitive teams each season. Northern Cass and Wahpeton will challenge anyone on any given night.

What is your projected Starting lineup?

That is a great question, and one we are still working to answer. One of our greatest strengths is the depth we have throughout our program, with a strong mix of experienced upperclassmen and talented underclassmen competing for roles. We have several players competing for starting positions, and we expect our lineup to continue evolving throughout the early part of the season.

Junior Kaila Rossow and senior Emily Broden will lead our offense in the setter positions. At the net, we will rely on seniors Whitney Mitchell, Milayna Ellenson, and Rachel Parkhouse, along with junior Mackenzie Meyer and sophomores Brooklyn Gjevne and Harper Ulmer, to provide a strong offensive and blocking presence. In the backcourt, senior Ava Bastian will provide leadership alongside juniors Claire Glennon and Brynn Sinner, and sophomore Aubrey Kunze. With competition at every position, we expect players to continue earning opportunities as the season progresses.

Where are they now? Notable alumni:

- Payton Richter is coaching at Mayville State University this fall while her sister Tori plays on the team.
- Faith Dooley is in her 8th year as the Concordia Head Women's Volleyball Coach.
- Izzy Thompson will compete for the University of Nebraska Omaha Track and Field Team

Central Cass

Squirrels Girls Golf

COACH'S COMMENTS

JESSICA NELSON

Girls Golf

Name of Team: Central Cass Squirrels

Conference Name:

Section/Region: Region 1

Number of Years Coaching: 3

Last Year's Record: 5th Place State, 3rd Place Region, 5 x 3rd Place Season Tournament Finishes, 7th Place at East/West

Returning Starters: Kenley Toop, Jaci Verkuehlen, Sonia Biffert, Finley Lagerquist

Please provide a few stats for returning players:
2025 season

Kenley Toop – 14th place State, Regional Qualifier, 4 season top 10 finishes

Jaci Verkuehlen – 17th place State, Regional Qualifier, 4 season top 10 finishes

Players to Watch: All of them! We all know the game of golf can be a thing of beauty one day and have you wishing you were in class the next. In all seriousness though, I see low scores coming from Jaci Verkuehlen and Kenley Toop. Sonia Biffert is another one to keep an eye on this season with her improvements over the summer.

Central Cass

Squirrels Cross Country

COACH'S COMMENTS

MARV ROESKE

Cross Country

Name of Team: Central Cass HS Squirrel girls and boys Cross Country

Conference Name: none

Section/Region: East Class B

Number of Years Coaching: 3rd year CCHS XC head coach, I'm also head women's T&F coach at Concordia College starting 32nd year.

Last Year's Record: Girls were 6th at State; Boys 28th at State

Returning Starters: Girls return 6 of 10 State Meet runners; Boys return all 10.

Please provide a few stats for returning players:

Sophie Faleide-All-State and All-Region 2025 as a freshman.

Levi Kunze- All-Region 2025 as a junior.



Coach's Outlook/Expectations: Our years have been young but the experience that continues to build has been resulting in improvement each season. I have no doubt we'll be tough competition.

Your Pick(s) Section/Region Favorite: Our Region is full of young athletes who have been competing and playing together for a few years now. Kindred and Oak Grove are always on our radar and will be again this season. It will be fun to get all these girls back on the course playing together again.

What is your projected Starting lineup?

We have some room on our Varsity roster that could be filled by several athletes that have really been putting the work in so it would be difficult to put a projection out there. It will be exciting to see who can bring the scores to secure those spots.



Players to Watch:

Girls- All-State runner Sophie Faleide; and junior Eve Garman.

Boys- Senior veterans Levi Kunze and Wesley Overland.

Coach's Outlook/Expectations:

Work hard, have fun, cultivate a culture, improve results.

Your Pick(s) Section/Region Favorite:

Girls- Hillsboro; **Boys-** Kindred

What is your projected Starting lineup? Five scores:

Girls- Faleide, Garman, and TBD; **Boys-** Kunze, Overland and TBD.

Where are they now? Notable alumni:

Running in college- Concordia College-Emerly Holland

Clearbrook Gonvick

Bears Football

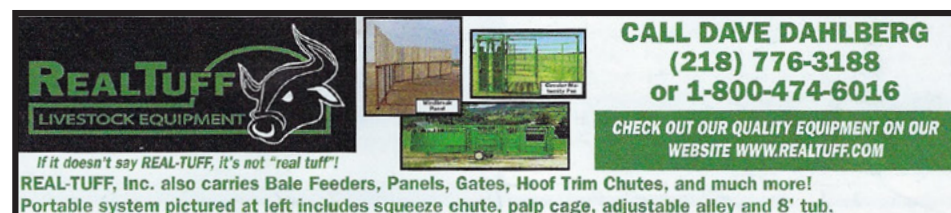
9/3	vs Win-E-Mac
9/11	at Lake of the Woods
9/18	at Border West
9/25	vs NC East/Ulen-Hitterdal
10/2	at Kittson County Central
10/8	vs Ortonville
10/14	at Fosston
10/22	vs Fertile-Beltrami

COACH'S COMMENTS
CASEY KROULIK
 Football

Name of Team: Clearbrook Gonvick Bears

Section/Region: Section 6-9player

Last Year's Record: 5-4



Clearbrook Gonvick

Bears Volleyball

9/1	at Red Lake Falls
9/8	at Bagley
9/10	vs Nevis
9/15	vs Walker-Hackensack-Akeley
9/17	at Northome-Kelliher
9/19	Clearbrook-Gonvick Tournament
9/22	vs Mahanomen-Waubun
9/24	at Laporte
9/29	vs Cass Lake-Bena
10/1	vs Red Lake
10/6	vs Goodridge-Grygla
10/8	at Lake of the Woods
10/13	at Pine River-Backus
10/17	at Red Lake Falls Tournament
10/19	at Red Lake County Central
10/20	at Blackduck
10/23	vs Laporte

COACH'S COMMENTS
LINDSEY SAMSON
 Volleyball

Section/Region: Section 8A

Last Year's Record: 3-19



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Climax Fisher

Knights Volleyball

9/3	vs Stephen-Argyle (at Fisher)
9/8	at Fosston
9/12	at Ruth Hayden Tournament in Ada
9/15	vs Red Lake County Central (in Fisher)
9/17	vs Warren-Alvarado-Oslo (in Fisher)
9/22	at Lake Park-Audubon
9/24	vs Park Christian (at Climax)
9/26	at Crookston Tournament
9/28	at Sacred Heart
9/29	vs Bagley (at Climax)
10/1	at NC East/Ulen-Hitterdal
10/6	vs Mahnomen-Waubun (at Climax)
10/8	vs Win-E-Mac (at Climax)
10/10	at Mahnomen-Waubun Tournament
10/12	at Fertile-Beltrami
10/15	at Crookston
10/19	at Ada-Borup-West

COACH'S COMMENTS

BRENDA SLYT

Volleyball

Name of Team: Climax-Fisher Knights

Conference Name: Pine to Prairie

Section/Region: 8A

Number of Years Coaching: 6th year for Knights as Head Coach. 12th year with the program.

Last Year's Record: 17-11

Returning Starters: Lucy Paulsrud, Peyton Hoffman, Brooklyn Hoffman, and Kinley Korynta

Please provide a few stats for returning players:

Brooklyn Hoffman: 316 kills, 33 blocks, 23 assists, 21 aces and 226 digs

Peyton Hoffman: 252 kills, 69 blocks, 16 assists, 23 aces, and 97 digs

Kinley Korynta: 104 kills, 10 blocks, 407 assists, 34 aces, 200 digs

Lucy Paulsrud: 70 kills, 3 blocks, 38 assists, 20 aces, and 384 digs

Players to Watch: Peyton Hoffman, Lucy Paulsrud, Brooklyn Hoffman, and Kinley Korynta.

Coach's Outlook/Expectations: I think we should be very versatile this year with many players who can play different positions. We have strong players returning who have high volleyball i.q's. We're well rounded and very athletic. This team has great chemistry and a will to win. The girls put in a lot of time in the off season, some playing club and most or all playing JO's. Excited to see where this year takes this team as they really are a great group of kids!

What is your projected Starting lineup?

This could change from night to night. Kinley Korynta, Lucy Paulsrud, Peyton Hoffman, Brooklyn Hoffman, Emma Schultes, Peyton Schroeder. DS: Courtney Brault/Lexie Korynta

Where are they now? Notable alumni:

Kiah Parkin: (Riverland College)

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VOLLEYBALL 2025 PINE TO PRAIRIE ALL CONFERENCE

NAME	GRADE	TEAM	NAME	GRADE	TEAM
Audrina Eggen	12	Ada-Borup-West	Madison Stueness	12	Fertile-Beltrami
Morgan Engel	12	Ada-Borup-West	Bailey Iverson	11	Fertile-Beltrami
Avery Johnson	12	Ada-Borup-West	Lucy Paulsrud	11	Climax-Fisher
Malayna Syverson	12	Ada-Borup-West	Brooklyn Hoffman	8	Climax-Fisher
Libby Suckert	12	Park Christian	Flynn Mattson	12	Lake Park/Audubon
Makenna Christenson	11	Park Christian	Kendra Nelson	12	Lake Park/Audubon
Delaney Spaulding	11	Park Christian	Kaitlyn Kumpula	12	Bagley
Reese Bruggeman	12	Fertile-Beltrami	Brielle Duppong	10	Fosston
Tessa Opdahl	12	Fertile-Beltrami	Leah Hlubek	12	Mahnomen/Waubun

MOST VALUABLE CO-PLAYERS OF THE YEAR:

NAME	GRADE	TEAM	NAME	GRADE	TEAM
Morgan Engel	12	Ada-Borup-West	Malayna Syverson	12	Ada-Borup-West

DEFENSIVE PLAYER OF THE YEAR:

NAME	GRADE	TEAM
Lucy Paulsrud	11	Climax-Fisher

ASSISTANT COACH OF THE YEAR:

Amy Fontaine Bagley

COACH OF THE YEAR:

Janna Engel Ada-Borup-West

2025 PINE TO PRAIRIE ALL CONFERENCE HONORABLE MENTION

NAME	GRADE	TEAM	NAME	GRADE	TEAM
Macie Thornton	11	Ada-Borup-West	Brooke Ihry	11	Lake Park/Audubon
Kylee West	12	Park Christian	Ava Poegel	10	Lake Park/Audubon
Brenna De Vries	10	Park Christian	MaKalyn Hoie	10	Bagley
Mya Erickson	11	Fertile-Beltrami	Kenley Syverson	9	Mahnomen/Waubun
Claire Erickson	12	Climax-Fisher	Clara Kolden	11	Win-E-Mac
Peyton Hoffman	10	Climax-Fisher	Ensley Haskett	10	Win-E-Mac
Kinley Korynta	10	Climax-Fisher	Olivia Theis	12	Norman County East/ Ulen Hitterdal

R&J BROADCASTING

Dilworth Glyndon Felton

Rebels Football

08/29	at Detroit Lakes
09/04	at Thief River Falls
09/11	at Park Rapids
09/18	vs Perham
09/25	vs Pillager

10/02	at Staples-Motley
10/09	vs Hawley
10/14	at Barnesville
10/20	vs East Grand Forks

COACH'S COMMENTS

ANTHONY SODERBERG

Football

Name of Team: DGF Rebels

Conference Name: Mid Northwest (North)

Section/Region: 8AAA

Number of Years Coaching: 18 Years

Last Year's Record: 9-3 - Section 8 AAA Champions, State Semifinalist

Returning Starters:

Michael Whitney	1	Sr	WR	DB
Dawsen Johnson	2	Sr	RB	LB
Aiden Walton	4	Sr	RB	LB
Zander Opsahl	7	Sr	RB	DB
Camden Leichtenberg	9	Sr	RB	DB
Isaac Leiran	12	Jr	QB	LB
Jay Fortier	21	Sr	RB	LB
Jace Baumgartner	27	Sr	RB	LB
Brock Steen	56	Sr	OL	DL
Daniel Gonzales	66	Jr	OL	DL
Nolan Dale	69	Sr	OL	DL
Caden Nelson	71	Sr	OL	DL

Please provide a few stats for returning players:

No.	Player	Rush	Yards	TDs
27	Jace Baumgartner	173	1285	18
4	Aiden Walton	8	94	2
7	Zander Opsahl	12	60	0
9	Camden Leichtenberg	11	53	0
No.	Player	Rec	Yards	TDs
1	Michael Whitney	11	219	0
7	Zander Opsahl	3	51	0
9	Camden Leichtenberg	4	35	1

Players to watch besides returning starters:

Logan Thune	73	Sr	OL	DL
Luke Kruger	10	Sr	QB	DB
Jaxon Orman	13	Jr	RB	DB
Will Olson	28	Jr	RB	LB

Coach's Outlook/Expectations:

We return many starters from last year's state semifinal team, giving us valuable experience heading into fall camp and the first few games. This group has proven talent, and the players have worked hard during the offseason. Like every team, we still have a few lineup questions to answer. If we stay healthy and continue to come together, we should be playing our best football by playoff time and be a tough team to beat.

Your Pick(s) Section/Region Favorite:

Section DGF, EGF, Perham, TRF

What is your projected Starting lineup? Way to early



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Rebels Volleyball

09/08	vs Wadena-Deer Creek
09/10	vs Staples-Motley
09/12	Ruth Hayden Tournament
09/15	at Ada-Borup-West
09/17	at Park Rapids
09/22	at East Grand Forks
09/24	vs Breckenridge
09/25	Class AA Showcase
09/26	Class AA Showcase
09/29	at Thief River Falls

10/01	at Barnesville
10/06	at Moorhead
10/08	at Perham
10/09	Twin Cities Challenge - Varsity
10/10	Twin Cities Challenge - Varsity
10/12	at Detroit Lakes
10/13	vs Hawley
10/19	at Frazee
10/22	vs Pelican Rapids

COACH'S COMMENTS

TESSA TYSVER

Name of Team: DGF Rebels

Conference Name: HOL

Section: 8AA

Number of Years Coaching: 19 years

Last Year's Record: 22-8 overall, 7-1 conference

Returning:

Camille Costello: 516 digs, 44 aces, 80 assists
Ellie Sosa: 108 kills, 28 blocks, 85 digs, 26 aces
Hallie Schreiber: 522 assists, 194 digs, 23 aces
Annika Stuart: 374 assists, 120 digs
Mya Luebke: 71 digs, 12 assists
Ava Haas: 54 kills, 37 blocks
Aubrey Tysver: 24 digs

New Players to Watch: Haylee Wohlwend, Reagan Kaiser, Aly Fischer

Coach's Outlook/Expectations: We lost a lot of seniors that had played for many years but this new crew has put in a lot of time in the off season to improve their game. I could see them being a contender by the end of the season.

Your Pick(s) Section Favorite: Perham

What is your projected Starting lineup? TBD

Where are they now? Notable alumni:

Chloe Fuller and Karlie Wagner (NDSCS) playing volleyball

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Fertile Beltrami

Falcons Football

9/3	at Lake of the Woods
9/11	vs Goodridge-Grygla
9/18	vs Underwood
9/25	at Win-E-Mac

10/2	vs Fosston
10/9	at Hancock
10/14	vs NC East/Ulen-Hitterdal
10/22	at Clearbrook-Gonvick

COACH'S COMMENTS

CHRIS ZIMMEL

Name of Team: Fertile-Beltrami Falcons

Conference Name: 9 West North

Section/Region: Section 6 9-Man/Admin Region 8A

Number of Years Coaching: 7 years as Assistant,
1st year Head Coach

Last Year's Record: 8-4

Returning Starters: Caden Stoltman, Adam Kobetsky

Please provide a few stats for returning players:

2025 Stats:
Jack Erickson - 50 tackles, 2 forced fumbles, 1 fumble recovered
Adam Kobetsky - 15 tackles, 5 TD's, 323 rushing yds on
55 attempts, 9 receptions for 50 yds

Players to Watch:

Adam Kobetsky, Conner Haaven, Braxton Paul, Easton Fredricks,
Caden Stoltman, Jack Erickson

Coach's Outlook/Expectations:

I am excited about the young talent we have coming into the lineup

this year. With few returning starters we will be looking to fill many positions with guys who haven't played a ton of varsity football. I am confident in our coaching staff and look forward to having a very competitive season.

Your Pick(s) Section/Region Favorite:

Fosston, Clearbrook-Gonvick, Fertile-Beltrami should all be contenders in the section

What is your projected Starting lineup?

Braxton Paul - QB/LB, Adam Kobetsky - RB/DB, Conner Haaven - WR/DB, Easton Fredricks - FB/LB, Conner Fuchs - OL/DL, Caden Stoltman - OL/DL, Jack Erickson - OL/DL, Noah Swenby - TE/DE, Hunter Doyea - TE/DB, Bennett Grunhovd - WR/DB

Where are they now? Notable alumni:

Preston Hanson - MSUM
Gage Henrikson - Mayville State
Bryer Strem - UMC
Caleb Sather - NDSU
Drew Gullickson - Concordia Moorhead

Fertile Beltrami

Falcons Volleyball

9/10	at Win-E-Mac
9/12	at Walker-Hackensack-Akeley Tournament
9/15	at Sacred Heart
9/17	vs Red Lake Falls
9/21	vs Crookston
9/22	at Park Christian
9/26	at Barnesville Tournament
9/28	at Red Lake County Central
9/29	vs NC East/Ulen-Hitterdal

10/1	at Bagley
10/5	at East Grand Forks
10/6	at Ada-Borup-West
10/8	vs Lake Park-Audubon
10/12	vs Climax-Fisher
10/17	at Red Lake Falls Tournament
10/19	vs Mahnomen-Waubun
10/22	at Fosston

COACH'S COMMENTS

MAGGIE COAUETTE

Name of Team: Fertile-Beltrami Falcons

Conference Name: Pine to Prairie

Section/Region: 8A

Number of Years Coaching: 1st year as head coach, 14th season with the Falcons

Last Year's Record: 23 - 7

Returning Starters: 4

Please provide a few stats for returning players:

Bailey Iverson - 400 aces, 231 digs, and 27 blocks
Mya Erickson - 154 kills, 34 blocks, and 73 aces
Miley Fladhammer - 25 blocks and 52 kills
Jordyn Rasch - 258 digs and 28 aces

Players to Watch: Our 4 returners Bailey Iverson, Mya Erickson, Miley Fladhammer, and Jordyn Rash as well as up and coming

middle blocker Indigo Oistad (junior), outside hitter Macy Petry (junior), opposite hitter Breezy Iverson (senior), and defensive specialists Arleigh Brandner (senior) and Paisley Raaen (junior).

Coach's Outlook/Expectations: We are excited to get this season rolling. The girls have put in a lot of hard work this summer and continue to push themselves and each other. I expect this group of girls to be competitive every night and am confident that if they continue to put in the work they will see great results. We are a very solid defensive team and are focusing now on becoming an even stronger offensive threat to teams. We have some great returning talent and leadership in place as well as some new faces who are excited to step up and show everyone what they've got!

Your Pick(s) Section/Region Favorite: Fertile-Beltrami, Sacred Heart, Climax-Fisher, Fosston

What is your projected Starting lineup? TBD

Good luck
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and all area teams!



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Falcons Cross Country

09/03	Thief River Falls Golf Club Meet
09/10	Roseau Home Meet
09/17	ABW Invite
10/08	Bemidji XC Invitational
10/19	Moorhead Invite

COACH'S COMMENTS
CHAD HITCHEN**Name of Team:** Fertile Beltrami**Section/Region:** Section 8A**Coach's Outlook/Expectations:** We are looking to compete in each meet and keep the momentum going for the program at Fertile Beltrami.

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Fosston

Greyhounds Football

9/3	at NC East/Ulen-Hitterdal (Ulen)
9/11	at Warren-Alvarado-Oslo
9/18	vs Win-E-Mac
9/25	vs Stephen-Argyle
10/2	at Fertile-Beltrami
10/9	at Rothsay
10/14	vs Clearbrook-Gonvick
10/20	vs Hancock

COACH'S COMMENTS
JOE WOODS
Football**Name of Team:** Fosston Greyhounds**Conference Name:** Pine to Prairie**Section/Region:** 6**Number of Years Coaching:** 4**Last Year's Record:** 7-4**Returning Starters:** Parker Nelson, Nelson Manecke, Brydin Daniel, Jaxsen Daniel, Darien Holzer, Berkley Landsverk, Silas Balstad, Noah Martinson**Please provide a few stats for returning players:**

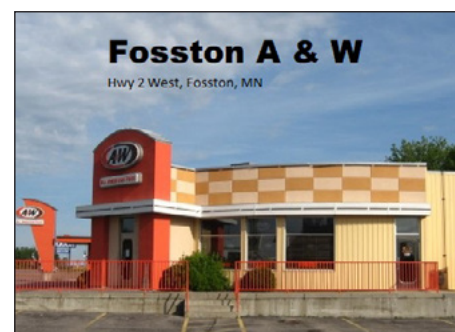
- Team Yardage - 2,029 (Rushing) 493 (Passing)

Players to Watch: We have a group of hard-working young men coming back this year, excited to see the steps we take as a team each week.**Coach's Outlook/Expectations:** Section 6 is going to be a competitive section this year. We are looking forward to playing quality teams each week and growing together as a team. Our goal is to play our best football, in all phases of the game, as the regular season wraps up.**Your Pick(s) Section/Region Favorite:** CG**What is your projected Starting lineup?** All positions are up for discussion, final depth carts will not be finalized until fall camp concludes.**Where are they now? Notable alumni:**

- Ryne Duppong (Concordia Moorhead) (Football/Business Major)
- Will Christen (Mayville State) (Football/Accounting Major)

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Fosston

Greyhounds Volleyball

9/1	at Nevis
9/3	vs Red Lake County Central
9/8	vs Climax-Fisher
9/10	at Mahnomen-Waubun
9/12	at Ruth Hayden Tournament (Ada)
9/15	vs Stephen-Argyle
9/17	vs Park Christian
9/22	at Roseau
9/24	at Ada-Borup-West
10/1	at Win-E-Mac
10/8	at Bagley
10/10	at Perham Tournament
10/13	vs Lake Park-Audubon
10/19	vs Thief River Falls
10/20	at NC East/Ulen-Hitterdal
10/22	vs Fertile-Beltrami

COACH'S COMMENTS

ALYSSA MACY

Volleyball

Name of Team: Fosston Greyhounds

Conference Name: Pine-to-Prairie

Section/Region: 8A

Number of Years Coaching: 4

Last Year's Record: 8-18

Returning Starters: Ava Hayes, Brielle Duppong, Hatty Quam, Hannah Fonder

Please provide a few stats for returning players: Hatty Quam led the team in kills with 152. Brielle Duppong led the team in assists (321) and aces (33), and added 125 kills. Ava Hayes had 136 kills and 28 aces. Hannah Fonder, our returning libero, led the team in digs with 219.

Players to Watch: Ava Hayes, Brielle Duppong, Hatty Quam, Hannah Fonder, Emma Howard

Coach's Outlook/Expectations: We are excited to be returning a lot of players from last season. We were a young team and grew a ton in the off-season in the weight room and in our volleyball skills. This is a "never give up" type of team and I am looking forward to see the work they put into practice time and how that transfers to competitions.

Your Pick(s) Section/Region Favorite: Sacred Heart, Fosston, Fertile-Beltrami, Climax-Fisher

What is your projected Starting lineup? 6-2 rotation with Brielle Duppong and Emma Howard setting and attacking in the front row. Hatty Quam outside hitter. Ava Hayes middle hitter. Hannah Fonder libero. Braelyn Saeter defensive specialist.

Where are they now? Notable alumni: Lexi Mahlen (senior that was out last season with an ACL injury) will be attending college at UMC Crookston and playing basketball.

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Goodridge Grygla

Chargers Football

9/3	vs Hancock
9/11	at Fertile-Beltrami
9/18	vs Stephen-Argyle (homecoming)
9/25	vs Kittson County Central
10/2	at Lake of the Woods
10/9	vs Warren-Alvarado-Oslo
10/14	at Northern Freeze
10/20	at Badger-Greenbush-Middle River

COACH'S COMMENTS
JOHN WILEBSKI
 Football

Name of Team: Grygla Goodridge Chargers

Conference Name: Top of the State

Section/Region: Section 8-9man

Number of Years Coaching: 29 as Head Coach, 32 total

Last Year's Record: 7-3

Returning Starters: Shay Jacobson, Brett Rychlock, Gus Jones, Landon Nordby, Cooper Aune, Evan Rubishko

Coach's Outlook/Expectations: We have some seasoned returners. But did lose a bunch of talented Senior's we need to replace.

Your Pick(s) Section/Region Favorite: KCC


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Goodridge Grygla

Chargers Volleyball

8/31	at Warroad
9/1	at Warren-Alvarado-Oslo
9/8	vs Northome-Kelliher
9/15	vs Roseau
9/21	vs Badger-Greenbush-Middle River
9/24	vs Northern Freeze
9/26	at Clearbrook-Gonvick Tournament
9/29	vs Sacred Heart

COACH'S COMMENTS
BRENNA BAKKEN
 Volleyball

Name of Team: Goodridge-Grygla Chargers

Conference Name: North Border and Northern Lights

Section/Region: Section 8A

Number of Years Coaching: 8th year, 3rd as head coach

Last Year's Record: 12-15

Returning Starters: Paizley Moe, Brianna Severts, McKenna Parnow, Ellie Hruby, Torii Anderson

10/1	at Badger-Greenbush-Middle River
10/5	at Clearbrook-Gonvick
10/8	vs Kittson County Central
10/13	vs Red Lake County Central
10/15	at Red Lake Falls
10/17	at Frostbite Tournament RLF
10/19	vs Stephen-Argyle

Please provide a few stats for returning players:

Brianna Severts - 549 assists, 29 aces, 142 digs, 20 kills
 Paizley Moe - 243 kills, 96 digs, 30.5 blocks, 17 aces
 McKenna Parnow - 478 digs
 Torii Anderson - 110 kills, 136 digs, 31 aces

Players to Watch: McKenna Parnow, Paizley Moe, Ellie Hruby

Coach's Outlook/Expectations: We return almost everyone from last year besides two seniors, Nevaeh and Makayla. A big strength for us this year is our experience playing at the varsity level. I think we have a lot of good talent on our team and we have a lot of young players that want to fight for some playing time. It should be a fun season!

Your Pick(s) Section/Region Favorite: Sacred Heart

What is your projected Starting lineup?

Everything is still up in the air! McKenna will more than likely return as libero, Paizley will be in the front row as either an outside or middle, Ellie could be an outside or right side, Torii will be in the outside again, and we could potentially be running a 6-2 this year with Brianna and Izzy. We have a few other girls that will be battling for court time in the front for middle and outside. We also have a couple backrow players that will be fighting for time. We have a lot of options and it will be fun to see who has put in the time this year and who is ready to play at the next level!

Where are they now? Notable alumni:

Makayla Erlandson playing volleyball at NCTC

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Hawley

Nuggets Football

9/4	vs Pelican Rapids
9/11	at Warroad
9/18	at Staples-Motley
9/25	vs Barnesville

10/2	at Pillager
10/9	at Dilworth-Glyndon-Felton
10/14	vs Perham
10/20	vs Roseau (homecoming)

COACH'S COMMENTS

NATHAN BRAGER

Name of Team: Hawley Nuggets

District Name: Mid Northwest (North)

Section: 8AA

Number of Years Coaching: 1st in Hawley (7 years previous)

Last Year's Record: 4-7

Returning Starters: 8 offense, 8 defense, 14 overall
Jayden Alvarado, Tucker Anderson, Hayden Andring, Matthew Crompton, Wyatt Jegtvig, Colton Klages, Dawson Kratzke, Lane Lelm, Lincoln Midthun, Charlie Steer, Sam Aakre, Anderson Brager, Dominic Klein, Hudson Midthun

Please provide a few stats for returning players:

Hudson Midthun - 898 yards passing with 7 TDs as a freshman
Lincoln Midthun - 511 yards rushing, 6 TDs and 563 yards receiving 6 TDs
Charlie Steer - 403 yards rushing, 5 TDs and 75 tackles, 7 interceptions
Colton Klages - 113 Tackles
Jayden Alvarado - 53 tackles, 4 sacks

Players to Watch:

Charlie Steer, Lincoln Midthun, Hudson Midthun, Dalton Kratzke, Jayden Alvarado, Wyatt Jegtvig, Colton Klages, Anderson Brager

Coach's Outlook/Expectations:

The regular season schedule will be very competitive. Each game will be a battle to get a win. Experience (15+ seniors) and athleticism that should give us a chance to win every week. We hope to improve upon our 2025 4-7 record, improve throughout the season, and hopefully play our best football in the playoffs.

Your Pick(s) Section Favorite: Barnesville Trojans

What is your projected Starting lineup: We bring back a lot of playing experience but also have a lot of young players that can compete for positions and add depth. Players will need to be ready to battle for playing time. Our lineup may change week to week based on our opponents.

Where are they now? Notable alumni:

Ben Ellefson - Assistant Coach for the Minnesota Vikings,
Noah Nelson - Sophomore TE at NDSU

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Hawley

Nuggets Volleyball

9/3	vs Moorhead
9/8	at East Grand Forks
9/10	at Oak Grove
9/15	at Pelican Rapids
9/17	vs Breckenridge
9/19	Hawley Tournament
9/22	at Perham
9/25	at Showcase Tournament (Burnsville)
9/26	at Showcase Tournament (Burnsville)

9/29	at Wadena-Deer Creek
10/1	vs Park Rapids
10/5	at Detroit Lakes
10/6	at Menahga
10/8	vs Frazee
10/13	at Dilworth-Glyndon-Felton
10/15	at Fergus Falls Tournament
10/19	vs Staples-Motley
10/22	at Barnesville

COACH'S COMMENTS

MAGGIE WELLER

Volleyball

Name of Team: Hawley Nugget Volleyball
Conference Name: Heart of Lakes
Section/Region: 8AA
Number of Years Coaching: 25
Last Year's Record: 32-2
Returning Starters: Katie Vetter, Audrina Liebenow, Josie Schenck

Please provide a few stats for returning players:

- Katie Vetter:
 - 3 year starter with 1,015 Kills, 107 aces and 97.9% serving efficiency.
 - MN State tournament team and 2-time All-State player.
- Audrina Liebenow:
 - 263 kills, 51 career blocks, and 91.7% serving efficiency.
- Josie Schenck:
 - 230 digs, 57 aces and 87.5% serving efficiency

Players to Watch: Marie Lowry, Marley Knutson

Coach's Outlook/Expectations:

After winning back to back MN State AA championships and earning the Heart of Lakes Conference Champions title last season, our expectations are high. We have work to do as we graduated a strong

group of seniors, but we have a talented incoming group that's excited and eager to get their chance to impact the team's success. We hope to be competitive in our section and improve both our defensive and offensive game play.

Your Pick(s) Section/Region Favorite:

DGF, Wadena, Perham, and Roseau

What is your projected Starting lineup?

Marley Knutson (S), Evie Block (S/RS), Audrina Liebenow (MB), Marie Lowry (MB), Katie Vetter (OH), Alexa Liebenow (OH), Josie Schenck (RS)

Where are they now? (Notable alumni):

- Annaka Johnson will be playing volleyball at Minnesota State University Moorhead (MSUM).
- Hannah Stotts will be playing volleyball and softball at Concordia College in Moorhead.
- Sella Fleming will be playing volleyball for University of Minnesota Morris.
- Ingrid Rustad will be going into her sophomore season at NDSCS for the Wildcat Volleyball team.

Hawley

Nuggets Cross Country

08/29	Brave Like Gabe Invite
09/17	ABW Invite
10/01	John Hermes Meet

10/08	The Dale – Hawley XC Meet
10/13	Perham Harrier Invite

COACH'S COMMENTS

NATHAN STOA

Boys Cross Country

Name of Team: Hawley Boys' Cross Country

Conference Name: Heart O'Lakes

Section/Region: 8A

Number of Years Coaching: 12

Last Year's Record: Section 8A Champions

Returning Starters: Bennett Johnson (so), Landon Nathe (sr), Drew Knecht (jr), Carson Bakke (fr)

Newcomers to Watch: Miller Laux (jr), Evan Swan (so)

Coach's Outlook/Expectations: If health is on our side, we return a 1-4 that should be able to match us up with most teams in our class, but much of our success will hinge on establishing a consistent and strong fifth runner. We have lost depth to graduation and will need to continue to develop that throughout the season.

Your Pick(s) Section/Region Favorite: Park Rapids

Where are they now? Notable alumni:

Bridger Larson (MSU-Moorhead XC/TF), Ben Geeslin (MSU-Mankato XC/TF), Coleman Hoff (Concordia-Moorhead XC/TF)

COACH'S COMMENTS

NATHAN STOA

Girls Cross Country

Name of Team: Hawley Girls' Cross Country

Conference Name: Heart O'Lakes

Section/Region: 8A

Number of Years Coaching: 12

Last Year's Record: Section 8A third place

Returning Scorers: Kinzey Ellingson (so), Dezi Aldinger (sr), Rylee Anderson (8th), Rachel Swan (sr), Madi Hoff (so), Brynn Petsinger (8th), Natalie Graunke (8th), Harper Jelinek (8th)

Newcomers to Watch: Evelyn Hanson (7th) & Lily King (so)

Coach's Outlook/Expectations: The streak of state appearances ended and has fueled summer miles and given a renewed focus to the team. A handful of new editions mixed with the entire section team returning give the team the confidence that a new streak can be started.

Your Pick(s) Section/Region Favorite: Riverside Christian

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Hillsboro Central Valley

Burros Football

8/21	at Grafton
8/28	vs Thompson (at HEC)
9/4	vs Oakes (at HEC)
9/11	at Ellendale-Edgeley-Kulm (at Kulm)
9/18	vs Northern Cass (at CV)

9/25	at Valley City
10/2	at Sargent County (Milnor)
10/9	vs Lisbon (at HEC)
10/16	at May-Port-CG

COACH'S COMMENTS

SAM RIEGER

Assistant Coaches: Tanner Bickford, Trevor Kittelson, Nick Preston, Michael Kolness

Name of Team: Hillsboro Burros

Conference Name: Division A

Section/Region: Region 1

Number of Years Coaching: First year head coach, 3rd year total

Last Year's Record: 8-3

Returning Starters:

Bryce Miller, Sr.
Griffin Mitzel, Sr.
Jacob Miller, Sophomore

Please provide a few stats for returning players:

- Bryce Miller – Senior – 6'3" – 215 – WR/DE – All Region
– 20 Receptions, 339 yards, 3 Touchdowns – 24 Tackles,
3 sacks, 8 Tackles for loss, 3 pass break ups.
 - Bryce is a fast, strong, and powerful football player that can be great for us at any position.
- Griffin Mitzel – Senior – 6'0" – 180 – WR/LB – All Region
Honorable Mention – 4 receptions, 77 yards – 37 Tackles,
4 Tackles for loss, 1 interception.
 - Griffin is as reliable as they can get. He does everything we ask him to do at 100%.
- Jacob Miller – Sophomore – 8.5 Tackles, .5 sacks,
2 pass break ups, 1 interception
 - Jacob is young and earned a starting linebacker spot about halfway through the season. He has put in the work and is looking to have a break out year.

Players to Watch: The 3 kids listed above.
Austin Cotton, Hunter Kleckner

Coach's Outlook/Expectations:

We are a very new team. We lost 11 seniors from last year's team and just about all of them started/played since they were sophomores. We only have 3 returning players that have real significant game time minutes. We will be new, unknown, and we will have to prove ourselves in a region that has always been known for tough nose football. Lots of underclassmen will have to step up and play varsity for the first time. It will be an exciting year as the majority of our players have never had varsity time. I believe we can turn some heads and surprise some people with how competitive we will be.

Your Pick(s) Section/Region Favorite:

EEK should be one of the top teams in the state in my opinion. They will be ready to play us after we beat them 6-0 in week 4 while they were the #2 team in the state.

Northern Cass will be super solid, and we have that game circled as they beat us 6-0 last year at their homecoming.

These two teams are the heavy favorites in my opinion.

What is your projected Starting lineup?

We have a super weird offense this year.
Tight End – Ryker Sundeen
Quick Guard – Easton Beach
Center – Allen Mutscher
Strong Guard – Broedy Breidenbach
Strong Tackle – Wyatt Myers
Quick Tackle – Cam Larson
Fullback – Bryce Miller
Quarterback – Austin Cotton
Blocking Back – Hunter Kleckner
Wingback – Jacob Miller
Wide Receiver – Griffin Mitzel

Defense:

Defensive End – Bryce Miller
Defensive Tackle – Allen Mutscher
Defensive Tackle – Broedy Breidenbach
Defensive End – Cam Larson
Linebacker – Hunter Kleckner
Linebacker – Griffin Mitzel
Linebacker – Easton Beach
Safety – Jacob Miller
Safety – Austin Cotton
Corner – Ethan Kittelson
Corner – Drew Connell

Where are they now? Notable alumni:

Jack Mattson – Minot State for football and track and field
John Mattson – NDSCS for football
Caleb Hatlestad – Mayville State for football
Riley Olson – Valley City State for football



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Hillsboro Central Valley

Burros Volleyball

9/1	vs Oak Grove (at HEC)
9/3	vs Carrington (at CV)
9/10	at Harvey-Wells County (Fessenden)
9/15	vs May-Port-CG (at HEC)
9/17	at Devils Lake
9/22	at Thompson
9/24	at Northern Cass
9/29	vs Maple River (at HEC)
10/1	at Carrington
10/2	at Des Lacs Burlington Tournament
10/3	at Des Lacs Burlington Tournament
10/6	at Park River-Fordville-Lankin
10/8	at May-Port-CG
10/12	vs Devils Lake (at HEC)
10/15	vs Grafton (at CV)
10/19	vs Kindred (at HEC)
10/26	vs Thompson (at CV)
10/27	at Hatton-Northwood
10/29	vs Central Cass (at HEC)
11/2	at Grafton

COACH'S COMMENTS KATIE STAEBLER Volleyball

Team Name: Hillsboro-Central Valley Burros

Region or Section: Division A Region 2

Number of Years Coaching: 10

Last Year's Record: 8-21

Returning Starters:

Sr. Abigail Anderson- Kills- 209 ; Blocks- 18 ; Digs- 325; Aces- 30

Sr. Malia Bryl - Kills- 185; Digs- 118; Aces- 22

Sr. Paityn Olson- Kills- 92; Blocks 76

Sr. Aaliyah Hjelmstad- Aces- 27; Digs- 633

Jr. Chloe Theis- Aces- 33; Assists- 302, Digs- 151

Players to Watch:

Abigail Anderson, Malia Bryl, Aaliyah Hjelmstad, Paityn Olson, Kloe Ackerman

Coach's Outlook/Expectations:

With a strong group of returning players who bring valuable varsity experience and many other eager players ready to step into their new roles, we are excited about the potential of this year's team. Our athletes have put in the work during the offseason, and their dedication and growth have been evident. As we prepare for the season, our focus will be on strengthening our connections on the court and building greater consistency in every aspect of our play. Competing in the highly competitive Division B Region 2 requires us to bring a determined, "we earn it" mindset every day, whether in practice or competition. We are excited to continue developing this team and look forward to seeing how their hard work translates into success throughout the season.



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Hillsboro Central Valley

Burros Cross Country

8/22	at Jamestown
8/29	at Perham
9/4	at Sioux Falls
9/10	Metro Classic at Bluestem
9/19	Griak at Twin Cities
9/26	at Grand Forks
10/10	Regionals at Cooperstown
10/23	State at Jamestown

COACH'S COMMENTS

JENSYN FOSSUM

Cross Country

Name of Team: HCV Burro Cross Country

Conference Name: Class B

Section/Region: East Region

Number of Years Coaching: 5 as assistant, 1st year as head

Last Year's Record:

Girls: Region champs & state champs,
Boys: Region 3rd place, state 5th place

Returning Starters: Claire Grinde, Caroline Anderson,
Kayla Moch, Lily Kaldor, Kimber Walker, Jade Habeck,
Azlynn Johnson, Ryland Carlson, Ben Nelson, Bridger Longthorne,
Owen Holte



2025 NDHSCA 9-MAN FOOTBALL ALL-STATE ROSTER

FIRST TEAM OFFENSE

NAME	YR	POS.	SCHOOL	HEAD COACH
RaeShaun Earl	12	QB	Hankinson	Jason Monilaws
Berkley Frantz	12	QB	South Border	Evan Mellmer
Easton Simon	12	QB	New Rockford-Shey-Madd	Elliott Belquist
Drayson Johnson	12	QB	Mohall-Lan-Sher	Cody Beck/Boyd Southam
Joseph Keller	12	RB	South Border	Evan Mellmer
Gunner Thielges	12	RB	LaMoure-Litchville-Marion	Andy DelaBarre
Easton Benz	12	WR	New Rockford-Shey-Madd	Elliott Belquist
Marial Deng	12	WR	Four Winds	Travis Mertens/Mark Bishop
Thomas Allmaras	11	WR	New Rockford-Shey-Madd	Elliott Belquist
Zach Bonogofsky	12	WR	Grant County-Flasher	Jamie Krenz
Mavrick Wolf	12	OL	Divide County	Nate Nelson/Bob Brown

FIRST TEAM DEFENSE

NAME	YR	POS.	SCHOOL	HEAD COACH
Preston Arndt	11	DL	LaMoure-Litchville-Marion	Andy DelaBarre
Mason Mauch	12	DL	Hankinson	Jason Monilaws
Jadon Champion	12	DL	Alexander	Trey Jacobson
Larry Umber	12	DL	Linton-H-M-B	Kurtis Walls
Kade Hentz	11	LB	Hankinson	Jason Monilaws
Brody Berg	12	LB	North Border	Tim Hartje
Bryce Larson	12	LB	Kidder County	Connor Hill
Peyton Masset	12	LB	Linton-H-M-B	Kurtis Walls
Colby Thielges	11	DB	LaMoure-Litchville-Marion	Andy DelaBarre
Johnnie Mears	11	DB	North Prairie	Jalen Pfeifer

2025 NDHSCA 9-MAN FOOTBALL ALL-STATE ROSTER

SECOND TEAM

NAME	YR	SCHOOL	HEAD COACH
Westin Enger	11	Hatton-Northwood	Brian Quinn
Luke Piatz	12	South Border	Evan Mellmer
Aiden Johnson	11	Hatton-Northwood	Brian Quinn
Tucker Jones	12	LaMoure-Litchville-Marion	Andy DelaBarre
Tyler Evans	12	Hatton-Northwood	Brian Quinn
Gavin Symington	12	North Border	Tim Hartje
Brody Rainsberry	12	Nelson County	Beau Snyder
Ryan Pelletier	12	Cavalier	Brady Laxdal
Kaden Moore	11	North Border	Tim Hartje
Francis Bellile	12	Four Winds	Travis Mertens/Mark Bishop
Alex Weisenburger	12	New Rockford-Sheyenne-Maddock	Elliott Belquist
Lane Zupan	12	St. John	Cory Davis
Jackson Schumacher	12	New Rockford-Sheyenne-Maddock	Elliott Belquist
Eli Undlin	12	Mohall-Lansford-Sherwood	Cody Beck/Boyd Southam
Hunter Tolstad	12	Westhope-Newburg-Glenburn	Anthony Lee
Stockton Nelson	12	Divide County	Nate Nelson/Bob Brown
Trayven Head	10	Divide County	Nate Nelson/Bob Brown
Corey Getzlaff	11	Alexander	Trey Jacobson
Holden Meyer	12	Lewis & Clark	Paul Rudolph
Kelton Friesz	11	Grant County-Flasher	Jamie Krenz
Jackson Piatz	11	Napolean	Jamison Fettig
Mason Whitman	12	Kidder County	Connor Hill
Jason Weinberger	12	Grant County-Flasher	Jamie Krenz
Preston Fischer	12	Kidder County	Connor Hill
Bryce Schneider	11	Napolean	Jamison Fettig
Christian Stewart	12	Grant County-Flasher	Jamie Krenz
Grady Larson	11	Kidder County	Connor Hill
Justin Bosch	12	Linton-H-M-B	Kurtis Walls

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Gunner Thielges – LaMoure-Litchville Marion

NDHSCA-SUBWAY 9-Man Football Coach of the Year –
Elliott Belquist – New Rockford-Sheyenne-Maddock

Hillsboro Central Valley

Burros Girls Golf

8/7	at Casselton
8/13	at Dakota Winds
8/24	at Hillsboro
8/31	at Fargo CC
9/2	at Oxbow
9/9	at Forman
9/16	at Hillsboro
9/21	at Mapleton

COACH'S COMMENTS

DUSTIN COTE

Girls Golf

Name of Team: Hillsboro Central Valley Burros

Section/Region: Region 1 Class B

Outlook: With a roster consisting of Siri Williams, Emily Cote, Josephine Mau, Emma Gilbertson and Ava Hjelmstad, we have some returning players who are working to be playing their best golf at tournament time in late September.



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Kindred

Vikings Football

8/28	at Devils Lakes
9/4	vs West Fargo Horace
9/11	vs Bismarck St Mary's
9/18	at Jamestown
9/25	vs GF Red River

10/2	at Fargo South
10/9	vs GF Central
10/16	at Wahpeton
10/23	at Central Cass

COACH'S COMMENTS

ERIC BURGAD

Football

Name of Team: Kindred Vikings

Conference Name: AA

Section/Region: AA East

Number of Years Coaching: Entering 13th season in Kindred; Entering season 4 as HC.

Last Year's Record: 10-1

Returning Starters: Defense-6; Offense- 6

Players to Watch: Brock Johnson, Myles Thielges, Brooks Bakko, Luke Starcevic, Brody Mauch, Fisher Johnson, Graham Hesse, Jackson Schlieman, Jeremy Knight

Your Pick(s) Section/Region Favorite: State-Minot North; Region- Central Cass

What is your projected Starting lineup?

C: Jackson Schleiman, Javen Johnson
DE: Hudson Kasowski, Treyton Teberg
N: Brody Mauch, Kasen Nudell, DE: Teige Erdmann, Kellan Otteson, Oliver Opgrand
C: Jack Sauvageau, Graham Hesse
Myles Thielges, Cam Kittelson, Brooks Bakko, Sam Berneir, Fisher Johnson, Tanner Menge, Briar Gibbon, Jeremy Knight, Luke Campbell, Clayton Althoff, Anders Heusman, Brock Johnson Eli Maack

Offensive Depth:

J. Johnson-12, Maack-11, Sauvageau-11, Kasowski-11, Weber-11, Knight-11, Halverson-10, Mauch-12, Nudell-10, Erdmann-12, TA. Menge-11, Schueman-11, Swanson-10, B. Johnson-12, Thielges-12, Huesman-10, Thielges-12, F. Johnson-12, Gibbon-10, JA Johnson-10, Opgrand-11, Bakko-12, Teberg-11, Hesse-12, Althoff-11, Bernier-11

Where are they now? Notable alumni:

Riley Sunram- University of MN- DT
Jake Starcevic- University of North Dakota- LB
Gabe Whipple- Valley City State University- QB
Sawyer Hesse- Bethel University-RB
Tanon Johnson- Valley City State University- LB



Kindred

Vikings Volleyball

9/1	vs Thompson
9/8	vs Valley City
9/10	vs Northern Cass (Landon's Light game)
9/12	at Volley in the Valley Tournament at Casselton
9/15	at Oak Grove
9/17	vs Lisbon
9/22	at May-Port-CG
9/29	vs Wahpeton
10/1	vs Central Cass
10/3	at Lisbon-Enderlin Tournament

10/6	at Valley City
10/8	at Northern Cass
10/9	at Fargo Metro Tournament
10/10	at Fargo Metro Tournament
10/13	vs Oak Grove
10/15	vs Carrington
10/19	at Hillsboro-Central Valley
10/20	at Lisbon
10/27	at Wahpeton
11/3	at Central Cass

COACH'S COMMENTS

HARLEE BUNKE

Volleyball

Name of Team: Kindred Vikings

Conference Name: A

Section/Region: Region 1

Number of Years Coaching: Assistant coach back in 2014-2016 (basketball and volleyball). Came on as JV coach last season and became Head Coach during the season. The 2026 season will be my first full season as Head Coach.

Last Year's Record: 11-15 (5-5 in region)

Returning Starters: Jenner Jorheim, Taylor Sanders, Mallory Keller, Collins McQuillan, Kate Odegaard, Ivy Trenbeth.

Please provide a few stats for returning players:

Mallory Keller - 755 Season digs

Taylor Sanders - 466 digs, 271 Kills, 34 Aces

Collins McQuillan - 303 Assists, 31 Aces

**** Note -** unfortunately with the coaching change mid season we weren't given back all of the stats from the season. These stats are an estimate as we had to go off the information we did have.

Players to Watch: I'm really excited to showcase the depth of this team this season! While many will be watching Sanders in the front row and Keller in the back row, we've spent the offseason focused on developing as well-rounded volleyball athletes. Our players have put in the time and effort to elevate every aspect of their game, and I truly believe we'll see many athletes step up, make an impact, and shine throughout the upcoming season.

Coach's Outlook/Expectations: This year our focus is on rebuilding the Kindred volleyball program and establishing a strong foundation for the future. Our team has embraced the motto "Be The Standard" — not because we expect perfection, but because we believe in making the choice every day to lead, serve, compete, and represent something greater than ourselves.

Rebuilding a program takes commitment, patience, and hard work, but this group is excited and ready to embrace the challenge. Our athletes have been putting in the effort and we are eager to show what we are capable of both on and off the court this season!

Your Pick(s) Section/Region Favorite: Oak Grove

What is your projected Starting lineup?

Like I stated above, we are fortunate to have some depth on our team so our starting lineup is ever changing!

Taylor Sanders, Mallory Keller, Collins McQuillan, Jenner Jordheim, Kate Odegaard, Ivy Trenbeth, and Siera Nipstad (off the bench - Elise Anderson, Sydney Spelhaug, and Aiyana Belilie)

Where are they now? Notable alumni:

Don't have a good answer for you on this at the moment - but I will ask around and get back to you on it!



Kindred

Vikings Cross Country

COACH'S COMMENTS

JOSH ROBERTS

Cross Country

Name of Team: Kindred Vikings

Conference Name: NA

Section/Region: East Region

Number of Years Coaching: 26

Last Year's Record: Boys: 1st in the East Region, 3rd Place at State

Girls: 7th in the East Region, 16th place at state

Returning Starters: Boys: Tyler Gronwold, Cade Westby, Braydon Roberts, Jonathan Morris, Kaden Safe, Gavin Swenson

Girls: Taryn Roesler, Keisha Murphy, Nevaeh Roberts, Jocelyn Beyer, Emma Strand, Morgan Sahr

Please provide a few stats for returning players: Tyler Gronwold — 2nd in East Region, 11th at State; Cade Westby — 9th in East Region, 17th at state; Braydon Roberts — 35th at state; Keisha Murphy 27th in East Region, 68th at state; Nevaeh Roberts 65th in East Region, 122nd at state; Jocelyn Beyer 66th in East Region, 123rd at state.



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Players to Watch: Tyler and Cade have earned All-State honors 3x, Braydon Roberts has had a good summer while working through injury, Jonathan Morris has also had a good summer of training. Keisha Murphy, Jocelyn Beyer, Emma Strand, Nevaeh Roberts and Morgan Sahr have all trained consistently this summer and look to improve.

Coach's outlook/expectations

Your Pick(s) Section/Region Favorite: Boys: Rugby returns their top 5 from last season's 2nd place finish in the region. Valley City, Bottineau, Hatton-Northwood, Ellendale and Hillsboro all could make a run at the region title. Hopefully we will be in the hunt as well.

Girls: Hillsboro is the overwhelming favorite in the region. Rugby, Bottineau, Central Cass and Pembina County North all have good returning runners as well and will make it difficult to break into the top 5 in the region.

What is your projected Starting lineup? Boys: Tyler Gronwold, Cade Westby, Braydon Roberts, Jonathan Morris, Zytavren Charlie, Kaden Safe and Gavin Swenson could all make a run at being in the scoring 5.

Girls: Taryn Roesler, Keisha Murphy, Nevaeh Roberts, Jocelyn Beyer, Morgan Sahr with Emma Strand also mixing it up for a position in the top 5 scorers.

Where are they now? Notable alumni: Cole Campbell is a senior running at University of Jamestown, Lucas Dahl is a junior at the University of Jamestown, Allyson Goodman is a junior running at the University of Jamestown; Keaton Olson is a junior running at South Dakota State University. Elija Deck is in the Army National Guard.

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Lake of the Woods

Bears Football

09/03	vs Fertile-Beltrami
09/11	vs Clearbrook-Gonvick
09/18	at NCE/UH
09/25	at Northern
10/02	vs Goodridge/Grygla-Gatzke
10/09	at Underwood
10/13	vs Stephen-Argyle Central
10/20	at Kittson County Central

COACH'S COMMENTS

TONY BROUSE

Football

Name of Team: Lake of the Woods

Outlook: After not having a Varsity program last year, we are looking to grow the team at the 9-player level, and have a competitive schedule with teams from Section 6 and Section 8.

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Lake of the Woods

Bears Volleyball

08/28	Mora Early Bird Varsity Volleyball Tournament
09/03	vs Badger/Greenbush-Middle River
09/08	at Warroad
09/10	at Blackduck
09/17	vs Walker-Hackensack-Akeley
09/19	Hawley Booster Tournament
09/22	at Red Lake Falls
09/24	vs Red Lake
09/28	vs Cass Lake-Bena

COACH'S COMMENTS

ANDREANA NYLANDER

Volleyball

Name of Team: Lake of the Woods Bears

Conference Name: Northwoods (new as of 2026)

Section/Region: Section 8A

Number of Years Coaching: Entering my 2nd season as head coach at LOW. I have 11 years coaching experience, ranging from Kindergarten volleyball to collegiately at the Division II level.

Last Year's Record: 10-20

Returning Starters: Ava Haack, Kaylee Pieper, Sophie Block, Danika Lucek

Please provide a few stats for returning players: Ava Haack ended the 2025 season ranking 6th in blocks with 101 and 10th for solo blocks with 42. Sophie Block finished the season ranking 45 in digs with 306. Kaylee Pieper ended the season ranking 73 for digs. These rankings are from StribVarsity and rank all athletes in all 4 classes of volleyball.

Players to Watch: Ava Haack, Kaylee Pieper and Sophie Block

Coach's outlook/expectations Our team has a large group of returners which is exciting to work with. A lot of

09/29	at Laporte
10/01	at Pine River-Backus
10/08	vs Clearbrook-Gonvick
10/13	at Nevis
10/15	Fergus Falls Invitational
10/19	at Kittson County Central
10/20	vs Kelliher
10/22	@ Roseau

defensive talent in the group, whether at the net or in the deep court, our girls are all defense-minded and skilled. I expect to see our defense making an impact with our offense surprising teams.

Your Pick(s) Section/Region Favorite: Our section is heavily stacked and could be anyone's game! BGMR always has a strong team as does KCC and Sacred Heart. There is also strong talent in Fertile-Beltrami and Red Lake Falls. It will be a fun season with high level volleyball.

What is your projected Starting lineup? It's still too early to tell for sure, but you'll see Ava Haack making an impact along with other returners such as Sophie block, and Kaylee Pieper.

Where are they now? Notable alumni:

Kendal Bowman, 2025 grad: Kendal is committed to playing basketball at northland community college and is potentially playing volleyball too. We are so proud of her!

Bailey Husbands, 2024 grad: Bailey is entering her junior season playing at St. Scholastica in Duluth, MN. She's been committed and working hard since her freshman year.

Lake of the Woods

Bears Cross Country

08/27	Zippel Bay State Park Meet	09/28	Valley Golf Course Meet
09/10	Oakcrest Golf Course Meet	10/08	Bemidji XC Invitational
09/14	Warroad Estates Golf Course Meet	10/20	International Falls Meet
09/22	Bagley/Fosston Invitational		
09/26	Lincoln Drive Park Meet		

Lake Park Audubon

Raiders Football

9/4	at West Central Area	10/2	at New York Mills
9/11	at Wadena-Deer Creek	10/9	at Breckenridge
9/18	vs Menahga	10/14	vs Frazee
9/25	vs Otter Tail Central	10/22	vs Parkers Prairie

COACH'S COMMENTS

PJ PETERSON

Football

Name of Team: Lake Park-Audubon

Conference Name: Mid-Northwest Central

Section/Region: 6A

Number of Years Coaching: Entering 6th year at LPA

Last Year's Record: 4-5

Returning Starters: Offense – James Kastel (OL), Mason Reineccius (OL), Isaac Jones (OL), Dawson Simon (OL), Brody Hanson (TE), Noah Abbott (WR), Mac Voth (RB)

Defense – Brody Hanson (DL), James Kastel (DL), Mason Reineccius (DL), Isaac Jones (DL), Grady North (LB), Noah Abbott (DB), Mac Voth (DB)

Players to Watch: Brody Hanson, Noah Abbott, Mason Reineccius, Isaac Jones, Eli Carlson, James Kastel, Mac Voth, Matthew Shervey

Coach's Outlook/Expectations: We graduate large class but we have a good core returning. Our guys stepping into fill roles are

putting in the work and ready to take on a larger role. We are looking to compete in the District and the Section. We have a tough schedule and each week is going to be a battle, but we hope to make playoff run late in the season.

Your Pick(s) Section/Region Favorite: Breckenridge

What is your projected Starting lineup?

Offense: OL – James Kastel, Ian Ullrich, Mason Reineccius, Isaac Jones, Dawson Simon; WR – Rylan Peterson, Noah Abbott; TE – Grady North, Brody Hanson; RB – Mac Voth; QB – Eli Carlson

Defense: DL – Brody Hanson, James Kastel, Isaac Jones, Mason Reineccius; LB – Grady North, Dawson Simon; DB – Michael Blahut, Noah Abbott, Rylan Peterson, Matthew Shervey, Mac Voth

Where are they now? Notable alumni:

Haiden Crow ('25) – 2nd year at VCSU, Kale Thompson ('25) – 2nd year at NDSCS, Mason Temple ('26) – 1st year at Minnesota-Morris, Doug Poitra ('26) – 1st year at NDSCS



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Lake Park Audubon

Raiders Volleyball

9/1	at Henning
9/3	vs Pelican Rapids
9/8	at Frazee
9/12	at Walker-Hackensack-Akeley Tournament
9/14	at New York Mills
9/21	vs Hillcrest Lutheran
9/22	vs Climax-Fisher
9/24	vs NC East/Ulen-Hitterdal
9/29	at Mahnomen-Waubun

10/1	at Ada-Borup-West
10/6	vs Park Christian
10/8	at Fertile-Beltrami
10/10	at Mahnomen-Waubun Tournament
10/12	vs Rothsay
10/13	at Fosston
10/19	vs Bagley
10/22	at Win-E-Mac

COACH'S COMMENTS

ADDIE VANCURA

Volleyball

Name of Team: Lake Park Audubon Raiders Volleyball

Conference Name: Pine to Prairie

Section/Region: 6A

Number of Years Coaching: 5th year at LPA

Last Year's Record: 14-13

Returning Starters: Kennedy Beringer, Ava Poegel, Brooke Ihry

Please provide a few stats for returning players:

Stats from 2025 season

	Kills	Aces	Assists	Digs	Blocks
Brooke Ihry	8	27	308	165	0
Ava Poegel	99	2	7	25	35
Kennedy Beringer	125	14	21	147	20

Players to Watch: Ava Poegel, Anna Johnson, Kennedy Beringer, Brooke Ihry

Coach's Outlook/Expectations:

We graduated some key seniors last year who played a major role on and off the court, but I'm confident in the group we have stepping up this season. We have a lot of talent and potential in this team, and I believe several players are ready to embrace larger roles. As with any new season, there may be some early-season jitters and adjustments, but I'm optimistic that as the team settles in, we'll find our rhythm. I anticipate we'll be competitive in our league, with a strong chance of finishing above .500. Most importantly, we're focused on building momentum and continuing to elevate the reputation of Raider Volleyball. We will have quite a few young players fulfilling big roles and we expect to see exponential growth early in the season as they adjust to their new roles.

Your Pick(s) Section/Region Favorite:

Belgrade-Brooklyn-Elrosa

What is your projected Starting lineup?

Brooke Ihry, Chloe Johnson, Anna Johnson, Ava Poegel, Kennedy Beringer, Natalie Abbott, Macey Nelson. This is very tentative. There are a lot of moving pieces here, so we are going to play around with lineups this summer and figure out what will work for us.

Where are they now? Notable alumni:

Kennedy Weyer and Kendra Nelson will be playing at Mayville State University in the fall of 2026. Keela Johnson will be playing at M State in Fergus Falls in the fall of 2026.

Lisbon

Broncos Football

08/20	at Bottineau
08/28	at Park River Area
09/04	vs Northern Cass
09/11	at Valley City
09/18	vs Oakes

09/25	at Ellendale/Edgeley/Kulm
10/02	vs May-Port-C-G
10/09	at Hillsboro/Central Valley
10/16	vs Sargent County

COACH'S COMMENTS

MARK MOSS

Name of Team: Lisbon Broncos

Section/Region: Division A Region 1

Number of Years Coaching: 10th Year as Head Coach

Last Year's Record: 5-5

Players to Watch:

Blake Qual	12	5'11	140	WR/DB
Evan Tuhy	12	6'2	180	QB/LB
				2nd Team All-Region
Ian Anderson	11	5'8	150	RB/LB
				2nd Team All-Region
Jesse Jones	11	6'2	195	OL/DL
Carter Keller	11	5'10	155	RB/DB
Sully Kelsen	11	6'1	210	TE/LB
				1st Team All-Region, 2nd Team All-State
Rylan Moss	11	5'10	165	QB/LB
Cruz Reinke	11	5'7	165	RB/LB
Madden Schwab	11	6'	230	OL/DL
Riley Lacina	10	6'2	185	RB/LB
				1st Team All-Region

Coach's Outlook/Expectations:

After another successful season in which the Broncos finished in a tie for second place in the region and returned to the playoffs, the Broncos look to carry the momentum into the 2026 season. We

graduated a talented class of seniors who will be hard to replace.

Our numbers will be on the lower side, but we will have a good core of athletic players who can fill multiple positions on both sides of the ball. One of our strengths should be the stable of running backs who will all be relied on to share the running load. Junior Cruz Reinke and Sophomore Riley Lacina both return after having successful 2025 seasons. Helping them out in the backfield will be Junior Ian Anderson.

One of the first areas we will try to address in fall camp is the quarterback position. Senior Evan Tuhy got some valuable play time as a junior and he will be pushed by Junior Rylan Moss. Their main target will be Junior Sully Kelsen. Another area we will have to address is the O-Line. Returning starters Jesse Jones and Madden Schwab will provide a solid returning core to build around.

Defensively, we have a bunch of kids who like to fly around and make plays. Our linebacker play will be our strength, with All-Region players Sully Kelsen and Riley Lacina will be leading us. We will be looking for DBs Blake Qual, Carter Keller, and Zach Tapson to be solid on the back end.

Our region will have some tough teams and our non-region schedule will be challenging. We will need to have a good summer in the weight room and come into fall camp hungry to try to get back to the playoffs and hopefully make some noise.

Your Pick(s) Section/Region Favorite:

EEK and Northern Cass are looking to be the favorites

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Lisbon

Broncos Girls Golf

COACH'S COMMENTS

BARB SWEET**Name of Team:** Lisbon Broncos**Conference Name:****Section/Region:** 1**Number of Years Coaching:** 4**Returning Starters:** 4 returning golfers**Please provide a few stats for returning players:**

All of our returning golfers were JV golfers last season and will play a mostly JV schedule again this year. Mady Crellin is a left hander that can punch the ball out there and was consistently placing in JV meets last season. Avnie Miller has improved tremendously since her 7th grade season and lowered her scores each meet last season. Morgan Gentzkow can also hit big and consistently places in JV meets. Drew Sweet doesn't hit far – yet – but keeps it straight and out of trouble, giving her great chances to score low.

Players to Watch:

Each of the four players I mentioned has a chance to be our #1 golfer and each has the makings to be very nice golfers in the coming years.

Coach's Outlook/Expectations:

The LHS team is incredibly young again this season, but they are all very coachable and willing to work to improve their game. Along with the 4 I listed, we anticipate 2 others that have never golfed. Our expectations are always to just improve each meet and lower our scores over the course of the season. The goal of our program is to create life-long golfers that have fun playing the game.

Your Pick(s) Section/Region Favorite: Oak Grove**2026 NDHSCA SCHEELS SCHOLARSHIP RECIPIENTS MEDIA RELEASE**

The North Dakota High School Coaches Association Executive Committee has selected the recipients of the 2026 NDHSCA Scheels Scholarships. Each recipient will receive a \$750.00 scholarship from the NDHSCA and Scheels. This scholarship is available to graduating High School Seniors whose parents are members of the NDHSCA. The 2026 recipients are:

- **Aubrey Middlestead, Ellendale HS:** who plans to attend Dakota State University, Madison
- **Kailee Nielson, Valley City HS:** who plans to attend Valley City State University
- **Sawyer Owens, Hillsboro HS:** who plans to attend Minot State University
- **Anna Petersen, Kenmare HS:** who plans to attend the University of North Dakota
- **Alexis Tompkins, Grafton HS:** who plans to attend the University of Mary
- **Alaina Volk, Bismarck Century HS:** who plans to attend Minnesota State University Moorhead

The scholarships will be presented to each student/athlete at the Annual NDHSCA Hall of Fame/Coach of the Year Banquet at the Mandan Baymont Hotel and Conference Center on Wednesday, July 29, 2026. The six student-athletes collectively earned 53 athletic letters and were involved in 99 different activities throughout high school. The recipients' GPA average is 4.02 with all of them acquiring a 4.0 or higher grade point average in school. Five of the recipients were ranked number one in their graduating class with a weighted scale. Their ACT Composite scores ranged from 24 to 28.

*Continued on page 71***2026 NDHSCA SCHEELS SCHOLARSHIP RECIPIENTS MEDIA RELEASE (cont)**

Aubrey Middlestead graduated from Ellendale High School with a 4.0 GPA, 28 ACT Score and ranked number one in her class. She earned 8 athletic letters in the sports of volleyball (4), track and field (2) and basketball manager (1). Aubrey was also involved in Music, One-Act Play, National Honor Society, Students Against Destructive Decisions, and Acalympics. Aubrey was one of six finalists for the NDHSAA Distinguished Student Award. She was praised by her teachers for being dedicated, respectful, enthusiastic, and hard-working.



Aubrey is the daughter of Colette and Tyler Middlestead.

Kailee Nielson graduated from Valley City High School with a 4.0 GPA, 24 ACT Score and ranked number one in her class of 85. She earned nine athletic letters in the sports of tennis (4), basketball (3) and volleyball (2). Kailee was also involved in choir, band, peer facilitating, Fellowship of Christian Athletes, and National Honor Society. Her teachers and coaches praised Kailee for being trustworthy, dependable, dedicated and a role model.



Kailee is the daughter of Annette and Matt Nielson.

Sawyer Owens graduated from Hillsboro High School with a 4.0 GPA, 24 ACT Score and ranked number one in his class. He earned ten athletic letters in the sports of wrestling (4), football (4) and golf (2). Sawyer was also involved in Band, Choir, Church Youth Group, Student Council, and the Academic Team. His teachers and coaches praised Sawyer for his dedication, resilience, discipline and competitive spirit.



Sawyer is the son of Ann and Rob Owens.

Anna Petersen graduated from Kenmare High School with a 4.0 GPA, 28 ACT Score and ranked number one in her class of 26. She earned 12 athletic letters in the sports of cross country (4), basketball (4), and track and field (4). Anna was also involved in Speech, Student Council, 4-H, Close Up and FFA. Her teachers and coaches praised Anna for being dependable, hard-working, of high moral character, and a role model.



Anna is the daughter of Sarah and Kris Petersen.

Alexis Tompkins graduated from Grafton High School with a 4.0 GPA, 26 ACT Score and ranked fourth in a class of 85. She earned eight athletic letters in the sports of volleyball (4) and track and field (4). Alexis was also involved in Academic Olympics, Student Council, FCA, HOSA, National Honor Society, Prom Committee, and National Technical Honor Society. Her teachers classify Alexis as a leader, positive, dedicated, and committed to excellence.



Alexis is the daughter of Megan and Trevor Tompkins.

Alaina Volk graduated from Bismarck Century High School with a 4.12 weighted GPA, 28 ACT Score and ranked first out of 353 students on the weighted scale. She earned six athletic letters in football manager (4), girls basketball (1), and track and field (1). Alaina was also involved in 4-H, Sunday School Teacher, Band, Speech, National Honor Society, and Church Administration Youth Representative. Her teachers praised Alaina for being intelligent, insightful, driven, and talented.



Alaina is the daughter of Anne and Cory Volk.

Each of the recipients will receive a \$750.00 NDHSCA Scheels Scholarship on July 29th at the NDHSCA Hall of Fame/Coach of the Year Banquet being held at the Mandan Baymont Hotel and Convention Center.

Lisbon

Broncos Volleyball

09/01	vs Oakes
09/03	at LaMoure-Litchville/Marion
09/08	at Oak Grove
09/10	vs Wahpeton
09/12	Volley in the Valley
09/15	vs Enderlin
09/17	at Kindred
09/22	vs Central Cass
09/24	at Sargent County
09/29	at Valley City

10/01	vs Northern Cass
10/03	Lisbon-Enderlin Tournament
10/06	vs Oak Grove
10/08	at Wahpeton
10/10	Carrington Invite
10/15	at Central Cass
10/20	vs Kindred
10/27	vs Valley City
11/03	at Northern Cass

COACH'S COMMENTS

AMY LYONS**Name of Team:** Lisbon Broncos**Conference Name:** N/A**Section/Region:** 1A**Number of Years Coaching:** 24**Last Year's Record:** 7-26**Returning Starters:**

Seniors – Brynn Wiltse - S/RH All Region 2025,
Brynley Differding – Libero, Kamryn Hoff – MH;
Junior - Ava Adair – OH (Set last two years);
Sophomore - Mara Nelson - S/RH

Started at times last year –
Senior – Kiera Maus – OH; Sophomore – Jada Nims – MH

Please provide a few stats for returning players:

Brynley is on track to reach 1,000 digs this season

Players to Watch: Brynn Wiltse and Mara Nelson will run our 6-2 and are weapons in the front and back rows. Jada Nims will provide power in the front row. Kamryn Hoff and Kiera Maus have gained more confidence since last season and will provide us with solid blocks and hitting. Ava Adair has moved from setting to an OH role and is thriving. Elery Qual, Brynley Differding, and Ava Adair have

had a great off-season and have improved our backrow defense immensely.

Your Pick(s) Section/Region Favorite:

We have a tough region! Early favorites are Oak Grove and Kindred

What is your projected Starting lineup?

We will start the season being senior heavy.

Sr - Brynn Wiltse – S/H
Sr - Kamryn Hoff – H
Sr - Kiera Maus – H
Sr - Brynley Differding – L
Sr - Elery Qual – DS
Jr - Ava Adair – H
Soph - Jada Nims – H
Soph - Mara Nelson – S/H

Tarynn Gilbert – Senior who is coming back from an ACL injury her sophomore year may find her way in the line-up also. We have a good group of younger players who will push these early favorites for positions also.

Where are they now? Notable alumni:

No one from Lisbon is playing college volleyball right now. My only notable alumni still involved in volleyball in the area is my daughter, Elizabeth, who played at NDSCS and is my assistant coach.)



Mahnomen Waubun

Thunderbirds Football

9/3	at Walker-Hackensack-Akeley
9/11	vs Crookston
9/18	at Red Lake
9/25	vs Nevis (Homecoming)

10/2	at Red Lake County
10/9	vs Polk County West
10/14	at Pine River-Backus
10/20	vs Ada-Borup-West

COACH'S COMMENTS

JOHN CLARK**Name of Team:** Thunderbirds**Conference Name:** Northwest**Section/Region:** 8A**Number of Years Coaching:** 26**Last Year's Record:** 11-1

Returning Starters: Zach Zima, Gavin McArthur, Logan Abdo, Dylan McMullen, Kaden Barnes

Players to Watch: All the seniors

Coach's Outlook/Expectations: We have high expectations once again. We graduated a bunch of talented seniors from last year, but bring back a good nucleus of seniors this year. They have worked

hard to shine when their time comes. We have holes to fill and there will be good competition to fill those open spots. I feel this will be a year where we will improve a lot throughout the year as we figure things out. Looking forward to an entertaining year!

Your Pick(s) Section/Region Favorite:

Park Christian, RLC, PCW

What is your projected Starting lineup?

The returning starters will have spots but the rest are up for grabs in preseason practice

Where are they now? Notable alumni:

Brody Lhotka and Tanner Stech signed to play football at MSUM Moorhead

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**Mitch Hoekstra**

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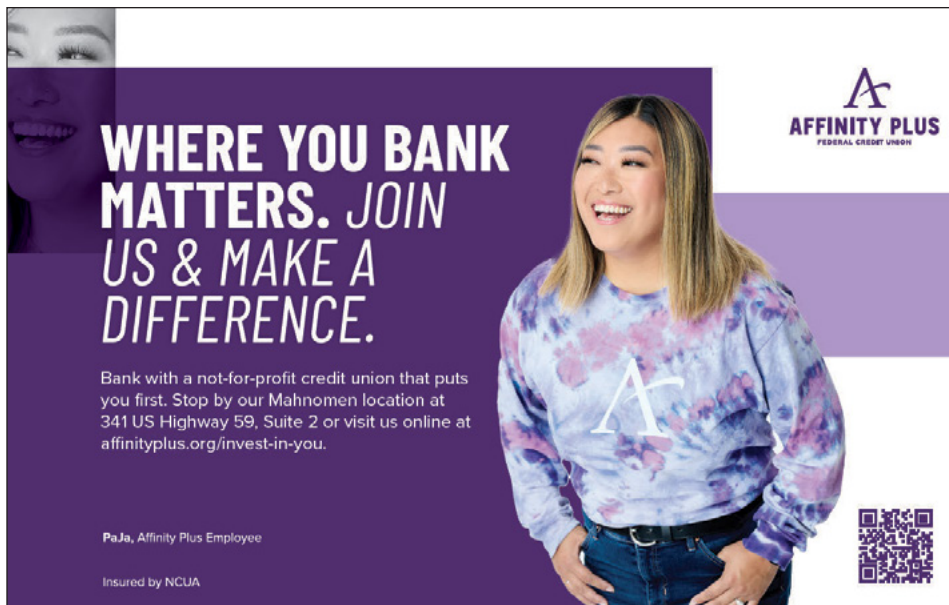
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Mahanomen Waubun

Thunderbirds Volleyball

9/1	vs Crookston
9/8	at Blackduck
9/10	vs Fosston
9/15	at Cass Lake-Bena
9/19	at Clearbrook-Gonvick Tournament
9/21	at Cass Lake-Bena
9/22	at Clearbrook-Gonvick
9/24	vs Bagley
9/29	vs Lake Park-Audubon
10/1	at Park Christian
10/6	at Climax-Fisher
10/8	vs Ada-Borup-West
10/10	Mahanomen-Waubun Tournament
10/12	vs Northern Freeze
10/13	vs Win-E-Mac
10/19	at Fertile-Beltrami
10/22	vs NC East/Ulen-Hitterdal

COACH'S COMMENTS

SKYLER PRESLER

Volleyball

Name of Team: Mahanomen-Waubun

Last Year's Record: 9-19

Coach's Outlook/Expectations:

1st Year Head Coach, taking over for longtime Head Coach Vicki Anderson. The Thunderbirds will put out a roster that returns experience, even after graduating a load of Seniors from last season.

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Maple River Raiders Football

08/21	at Hankinson
08/28	vs Griggs-Midkota
09/04	vs Tri-State: Fairmount-Campbell-Tintah-Rosholt
09/11	at Richland
09/18	vs Enderlin

09/25	at Hatton/Northwood
10/02	vs LaMoure-Litchville/Marion
10/09	at Wyndmere/Lidgerwood
10/16	vs South Border

COACH'S COMMENTS SEAN BEILKE

Name of Team: Maple River Raiders

Conference Name: 9-Man

Section/Region: Region 1

Number of Years Coaching:
2nd Year Head Coach (5th in program)

Last Year's Record: 2-6

Returning Starters: Owen Tichy, McCoy Bjerke, Charlie McCullough, Jens Ihry, Trent Warren, Ian Larck

Please provide a few stats for returning players:

- Ian Larck- 11th- 6'1" - 180lbs- Defensive End-
 - 2025 defensive stats: 22 tackles; 3 sacks
- Trent Warren- 12th- 5'10" - 160lbs- WR/CB
 - 2025 Offensive Stats: 16 rush, 97 yd, 1 TD; 4 rec; 31 yd; 1 TD
 - 205 Defensive Stats: 26 Tackles; 1 Int.
 - Region 1 All-Region Honorable Mention
- Owen Tichy- 12th- 6'3" - 215lbs- OL/DL
 - 2025 Defensive Stats: 29 tackles; 3 sacks
- Jens Ihry- 11th- 6'2" 180lbs- RB/DE
 - 2025 Offensive Stats: 26 rush; 105 yards; 2 TD
 - 2025 Defensive Stats: 20 tackles
- McCoy Bjerke- 11th- 5'11" - 155lbs- QB/DB
 - 2025 Offensive stats: 32 completions; 279 yards; 2 TD
 - 2025 Defensive Stats: 23 Tackles; 1 FF; 1 Fum. Rec.
- Charlie McCullough- 11th- 5'10" 165lb; FB/LB
 - 2025 Defensive Stats: 30 Tackles; 1 FF; 1 Fum. Rec; 1 Int.

Players to Watch:

- Jens Ihry
- Owen Tichy
- Trent Warren
- McCoy Bjerke

Coach's Outlook/Expectations:

The class of 2025 was one that played a lot of minutes for us, so we know that we'll be going into this year younger and with spots open for competition. We're excited to see McCoy take another step in his development at quarterback now that he has a year of starting experience under his belt. We're looking forward to seeing the guys compete during camp so we as coaches can put the best team possible on the field week 1 in Hankinson.

Your Pick(s) Section/Region Favorite:

LaMoure-Litchville-Marion



What is your projected Starting lineup?

Offense:

- QB: McCoy Bjerke
- RB: Jens Ihry
- FB: Charlie McCullough
- WR: Trent Warren
- OL: Owen Tichy
- OL: Ian Larck
- OL: Gavyn Storhoff/Raymond Schotfeldt
- End: Ayden Hannig
- End: Raymond Olstad

Defense:

- End: Ian Larck
- DT: Owen Tichy
- End: Ayden Hannig
- LB: Raymond Schotfeldt
- LB: Charlie McCullough
- LB: Jens Ihry
- CB: Trent Warren
- CB: McCoy Bjerke
- S: Sam Thompson/David Guilbault/Logan Bender

Where are they now? Notable alumni:

Tee Sylling (2024): Playing his RS Freshman year at University of Sioux Falls as a linebacker.

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Maple River Raiders Volleyball

08/29	Northern Cass Invitational
09/03	vs Wyndmere/Lidgerwood
09/08	at Richland
09/15	vs Griggs-Midkota
09/29	at Hillsboro/Central Valley

10/01	at May-Port-C-G
10/06	at Oakes
10/13	at Tri-State: Fairmount-Campbell-Tintah-Rosholt
10/19	vs Barnes County North
10/29	Division B, District 1 Volleyball Tournament

Coch's Comments

ALECIA KILLORAN

Name of Team: Maple River Raiders

Conference Name: Class B

Section/Region: District 1/Region 1

Number of Years Coaching: 6 years

Returning Starters: Aliyah Hannig-Senior, Scarlett Satrom-Senior, Sophia Satrom-Sophomore, Abigail Killoran-Junior

Players to Watch and Stats:

☆ Sophia

325 Kills | 36 Aces | 46 Blocks | 497 Digs

Sophia returns as one of the Raiders' most dynamic all-around players. She led the team with 325 kills while also contributing 497 digs, proving her ability to impact the game both offensively and defensively. Her consistency, competitiveness, and leadership make her a player opponents will need to account for every match.

☆ Abigail

41 Kills | 42 Aces | 555 Digs

Abigail anchors the Raider defense after leading the team with an impressive 555 digs last season. As the team's libero, she brings relentless hustle, exceptional court awareness, and outstanding ball control. She also added 42 service aces, making her a valuable weapon from the service line and a key contributor to the team's success.

☆ Aliyah

172 Kills | 67 Blocks | 55 Digs

Aliyah established herself as a dominant presence at the net, finishing with 172 kills and a team-high 67 blocks. Her ability to control play with both her attacking and blocking makes her one of the Raiders' most impactful front-row players. She will be a major force on both sides of the net this season.

☆ Scarlett

146 Kills | 28 Aces | 48 Blocks | 171 Digs

Scarlett brings versatility and balance to the Raiders' lineup. Recording 146 kills, 28 aces, 48 blocks, and 171 digs, she contributes in every phase of the game. Her athleticism, work ethic, and ability to make big plays in key moments make her a player to watch throughout the season.

Team Outlook:

With a strong core of returning talent, the Maple River Raiders enter the season with experience, leadership, and balance across the court. From powerful hitters at the net to an elite defensive back row, the Raiders have the pieces to compete with anyone. Their continued growth, chemistry, and commitment to team-first volleyball make them a team to watch this fall.

Your Pick(s) Section/Region Favorite:

District – Wyndmere/Hankinson & Region – MPB

What is your projected Starting lineup?

TBD

Where are they now? Notable alumni:

Unknown – no known players participating in college sports



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May-Port CG

Patriots Football

08/21	at Thompson	09/25	at Northern Cass
08/28	vs Grafton	10/02	at Lisbon
09/04	vs Ellendale/Edgeley/Kulm	10/09	vs Sargent County
09/11	at Oakes	10/16	vs Hillsboro/Central Valley
09/18	vs Valley City		

COACH'S COMMENTS

ADAM SOLA

Team Name: May-Port-CG Patriots

Region: 1A

Please provide a few stats for returning players:

Brogen Erickson 10th
5'10" 150lbs RB/LB 21 carries 32 yds, 4 rec.
56yds
21 solo tackles 9 asst 2 TFL 1 Sack
Jayd Larson 10th
6'0" 155lbs QB/DB 2 carries 9 yds, 7 of 13 for
153yds 1 TD
9 Solo, 5 Asst, 1 INT
John Luke Pederson 11th
5'11" 165lbs OL/DL
Kaden Crawford 11th
6'0" 185lbs OL/DL 17 solo, 7 asst tackles

Logan Nielson 12th
5'9" 150lbs RB/LB 127 carries 393yds, 9
rec 86yds
18 solo, 7 asst, 1 TFL
Lucas Rayner 12th
6'3" 185lbs RB/LB 2 carries, 4 yds, 2 rec
30yds
1 solo, 2 asst tackles
Maddix Moch 12th
5'10" 165lbs OL/LB 14 solo, 19 asst, 1 TFL,
1 sack
Noah Djiibonon 12th
6'4" 225lbs TE/LB 17 carries, 71 yds, 14 rec
113yds 2 TD's
9 solo, 7 asst tackles, 1 INT
Sam Weaver 12th
6'3" 180lbs OL/DL 16 solo, 9 asst tackles, 1
TFL 4 sacks

Spencer Jacobson 12th
165lbs OL/DL 4 solo, 1 TFL, 2 sacks
Connor Dockter 12th
6'0" 170lbs QB/DB 44 carries 53 yds 1 TD, 38
of 131 400yds 3 TD's
9 solo, 2 INT's
Coach's Outlook/Expectations: Team
Strengths- A lot of our athletes that got the
majority of the playing time last year are
returning this year. They are going to bring in
a familiarity with the goals and identity of our
team as well as a knowledge of the offense and
defensive systems. They have a year under
their belt at the 11man level now so they know
more of what to expect week after week.
Your Pick(s) Region Favorite: EEK,
Northern Cass



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- Cholesterol screening
- Blood sugar and hemoglobin screening
- Hearing & vision screening
- Blood pressure checks
- Vitamin B-12 shots
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- Skin abnormality screenings
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May-Port-CG

Patriots Volleyball

09/01	vs Northern Cass	10/02	Des Lacs-Burlington Invitational Tournament
09/03	at Oak Grove	10/08	vs Hillsboro/Central Valley
09/10	vs Park River/Fordville-Lankin	10/10	Langdon Tournament
09/12	Volley in the Valley	10/12	at Grafton
09/15	at Hillsboro/Central Valley	10/15	at Devils Lake
09/22	vs Kindred	10/20	at Harvey/Wells County
09/24	vs Thompson	10/27	vs Grafton
09/29	at Central Cass	10/29	at Thompson
10/01	vs Maple River	11/02	at Carrington
		11/05	vs Valley City

Coach's Comments

STACY HANSON

Name of Team: May-Port CG Patriots

Conference Name:

Region: 2A

Number of Years Coaching: 30 yrs
coaching (15 yrs. at MPCG)

Last Year's Record: 31-6-3 (2026 -
Region 2A champions & State Class A
Champions)

Returning Starters:

Seniors - Ella Flaten, Paetyn Strand,
Kylie Kroeplin & Josie Mostad &
Junior - Abby Sand

Please provide a few stats for returning players:

Ella Flaten - 1071 career assists, 415 career
digs & 95% serving avg.

Paetyn Strand - 698 career kills, .439 kill
%, 218 career digs, 95% serving, 88 career
blocks, All-Region & All-State 1st Team
Kylie Kroeplin - 1357 career digs & 435
career kills

Josie Mostad - 53 kills & 16 blocks
Abby Sand - 195 career kills & 486 career digs

Players to Watch: Zoey Mehus,
Nora Braaten, Ashlyn Olson, Taylor Knudson,
Audrina Schreiner

Coach's Outlook/Expectations:

The 2026 season will have some familiar
faces and they will also be looking to fill
in a few roles from players that graduated
from last year's team. The Patriots graduated
seniors Kiaza Carlson, Kennedy O'Connor
& Hudson Zerface from the 2025 state

championship team. This season has a senior
heavy group that will bring in quite a bit
of varsity experience. The Patriots hope to
compete for a region title again this season
against some strong region competition.

Your Pick(s) Section/Region Favorite:
Carrington, Grafton, MPCG, Thompson

What is your projected Starting lineup?
Unknown

**Where are they now? Notable
alumni:** Hudson Zerface - Valley City
State (Volleyball), Parker Strand - NDSCS
(softball), Danica Hanson - Mayville State
(volleyball)

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NCE-UH

Titans Football

9/3	vs Fosston
9/11	at Badger-Greenbush-Middle River
9/18	vs Lake of the Woods
9/25	at Clearbrook-Gonvick

10/2	at Ortonville
10/9	vs Hillcrest Lutheran
10/14	at Fertile-Beltrami
10/21	vs Win-E-Mac

COACH'S COMMENTS
DUSTIN FLATEN

Assistant Coaches: Mark Hemberger, Tyler Syliaasen, Rick Wenschlag, Tyler Hausauer, John Otto

Name of Team: NCE-UH Titans

Conference Name: District 9 West (North)

Section/Region: Section 6-9 Player

Number of Years Coaching: 17

Last Year's Record: 2-7

Returning Starters: Hayden Haspel, Asher Flaten, Austyn Wibbels, Sam Woltjer, Tyson Amundson, Reese Krabbenhoft and Trygg Bakke

Please provide a few stats for returning players:

SCORING

Player	TD	PAT	2-PT Conversion	FG	Safety	Total
Trygg Bakke	1	0	0	0	1	8
Hayden Haspel	0	0	2	0	0	4
Asher Flaten	6	0	1	0	0	38
Reese Krabbenhoft	0	0	3	0	0	6
Austyn Wibbels	2	0	0	0	0	12

RUSHING

Player	Carries	Yards	Yards/Rush	Long	TD
Trygg Bakke	24	82	3.4		0
Asher Flaten	81	524	6.5		5
Austyn Wibbels	9	83	9.2		2
Hayden Haspel	31	43	1.4		0

PASSING

Player	Completions	Attempts	Percentage	Yards	Yards/Completion	TD	INT
Hayden Haspel	29	70	41.4%	322	11.1	3	5

RECEIVING

Player	Receptions	Yards	Yards/Catch	Long	TD
Trygg Bakke	2	9	4.5		0
Hayden Haspel	1	43	43.0		0
Asher Flaten	12	165	13.8		1
Reese Krabbenhoft	4	41	10.3		0

DEFENSE

Player	Solo	Assisted	Total Tackles	Sacks	INT	Fumble Recoveries
Reese Krabbenhoft	22	51	47.5	0	0	0
Hayden Haspel	16	39	35.5	0	0	1
Austyn Wibbels	2	22	13	0	0	0
Asher Flaten	19	25	31.5	0	0	1
Tyson Amundson	1	0	1	0	0	0
Lukas Brambrink	2	16	10	0	0	0
Trygg Bakke	11	28	25	2	0	0
Sam Woltjer	2	15	9.5	0	0	0
Max Thordal	0	2	1	0	0	0
Mathew Salinas	1	6	4	0	0	0
Bennet Tschida	1	4	3	0	0	0
Vance Booth	0	6	3	1	0	0

Players to Watch: Hayden Haspel, Asher Flaten, Trygg Bakke, Reese Krabbenhoft, and Austyn Wibbels

Returning Conference Award Winners: Reese Krabbenhoft and Trygg Bakke

Team Captains: It is going to be up in the air but we can expect Trygg Bakke to be one of them with his experience and ability.

Coach's Outlook/Expectations: It is still going to be a tremendous year of learning for us. If we can continue to improve our line play, I believe we have skilled players to make some plays. We had a lot of 9th and 10th graders playing some quality minutes last year and we are hoping they take another step forward this year

with the experience they've had. We are hoping to have around 28 guys out who can help us compete day in and day out of practice. Staying healthy will be a key for us at multiple positions.

Your Pick(s) Section/Region Favorite: Fosston

What is your projected Starting lineup?

It is hard to say what our starting lineup will be, but we know the following guys will be on the field a lot.

Hayden Haspel, Trygg Bakke, Lukas Brambrink, Tyson Amundson, Reese Krabbenhoft, Asher Flaten, Austyn Wibbels, Sam Woltjer, Vance Booth, Max Thordal, Mathew Salinas, Ethan Krabbenhoft, JT Buoncristiani, Caleb Klemetson

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NCE-UH

Titans Volleyball

8/27	vs New York Mills
8/31	at Ashby
9/8	vs Thief River Falls
9/10	at Ada-Borup-West
9/12	at Pelican Rapids Tournament
9/17	at Crookston
9/22	vs Win-E-Mac
9/24	at Lake Park-Audubon
9/28	vs Rothsay
9/29	at Fertile-Beltrami
10/1	vs Climax-Fisher
10/6	vs Red Lake Falls
10/8	at Park Christian
10/10	at Mahnomen-Waubun Tournament
10/13	vs Bagley
10/20	vs Fosston
10/22	at Mahnomen-Waubun

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COACH'S COMMENTS

MORGAN FLEISHER

Volleyball

Name of Team: Norman County East Ulen - Hitterdal Titans**Conference Name:** Pine to Prairie**Section/Region:** 6A**Number of Years Coaching:** 2nd Year**Last Year's Record:****Returning Starters:** Tess Anderson, Izabella Jacobson, Mina Kiono, Avah Bailey, Madelyn Walstrom**Please provide a few stats for returning players:** Tess Anderson: 87 Kills, 19 Service Aces, 20 Solo Blocks. 28.52% on kills. Izabella Jacobson: 294 Digs, 18 Assists. Mina Kiono: 92 Set Assists. Avah Bailey: 21.01% on kills, 18 Service Aces. Madelyn Walstrom: 134 Set Assists**Players to Watch:**

Izabella Jacobson (Sophomore) - Libero, Tess Anderson (Sophomore) - Outside Hitter, Mina Kiono (Sophomore) - Setter/RS

Coach's Outlook/Expectations: Summer has went well and we've seen a lot of improvement as coaches. The girls work well together on the court and communication has been better. Looking for our team to play more aggressive on the offensive side and look to score as much as possible on our kills.**What is your projected Starting lineup?**

Tess Anderson (OH), Marley Mindt (DS), Emelia Tweten (MH), Avah Bailey (MH), Izabella Jacobson (L), Mina Kiono (S/RS), Madelyn Walstrom (S)

Where are they now? Notable alumni:

Olivia Theis our outside hitter from last year is playing volleyball and basketball at Mayville this year!

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Northern Cass

Jaguars Football

8/22	at Ray-Powers Lake
8/28	vs Bottineau
9/4	at Lisbon
9/11	vs Sargent County
9/18	at Hillsboro-Central Valley

9/25	vs May-Port-CG
10/2	vs Oakes
10/9	at Ellendale-Edgeley-Kulm
10/16	at Valley City

COACH'S COMMENTS

TYLER UKESTAD

Football

Name of Team: Northern Cass Jaguars**Conference Name:** Single A**Section/Region:** Region 1**Number of Years Coaching:** 6**Last Year's Record:** 6-4**Returning Starters:**

Brooks Crockett - 11 - 6'1" - 190 - TE/WR/LB - 1st Team All-State/ 37-173 rush yds 3 TDs; 44-766 rec yds 8 TDs; / 29 solo 42 asst 6 TFL 4 INT 4 Pass Defended

Howard Gellner - 11 - 5'11" - 165 - WR/RB/DB

Brody Zieske - 11 - 6'1" - 165 - QB/WR/DB - 5 solo 16 asst 1 TFL 3 INT 4 Pass Defended

Aiden Dickson - 11 - 6'3" - 215 - OL/DL -

Noah Christensen - 11 - 6'2" - 190 - TE/LB

Hunter Kemmet - 12 - 6'2" - 175 - WR/DB - 17-188 rec yds 2 TDs

Carter Grandalen - 12 - 6'0" - 175 - WR/LB - 16 solo 20 asst 2 TFL

Hudson Rietschel - 12 - 6'2" - 185 - QB - 126-208 1712 pass yds, 61% comp, 15 TDs; 39-231 rush yds 4 TDs

Jace Aronson - 12 - 5'11" - 155 - WR/DB

Trever Lee - 12 - 5'8" - 170 - RB/LB - 58-152 rush yds/ 25 solo 51 asst 5 TFL, 4 sacks, 4 Hurs, 2 Fumb Rec, 1 Blk Pnt

Brody Vander Wal 12 - 6'3" - 265 - OL/DL - 12 solo 20 asst 8 TFL, 3 sacks, 2 Fmb rec

Luke Walski - 12 - 6'3" - 220 - OL/DL - 15 solo 24 asst 13 TFL, 8 sacks, 1 PD 1 Caus

Jackson Sinclair 12 - 6'3" - 330 - OL/DL

Players to Watch: Brooks Crockett, Hudson Rietschel, Luke Walski, Brody Vander Wal**Coach's Outlook/Expectations:**

Our team will look to build off our first playoff appearance since 2019. The strengths of our team will ride on our defense. The defensive's strength will be our run defense. Last year, our defense averaged 15.5 ppg and under a 100yds rushing a game. Led by Seniors Hunter Kemmet, Trever Lee, Brody Vander Wal, Luke Walski, Jackson Sinclair, and Aiden Dickson, they will look to build on successful junior and sophomore years. On the other side of the ball, our strength is to be multiple. Led by First Team All-State TE Brooks Crockett and All-Region QB Hudson Rietschel, the Jaguar offense can attack consistently on the ground and through the air. Weaknesses to clean up for next season are limiting explosive plays on defense and more consistency on offense.

Your Pick(s) Section/Region Favorite: EEK, NC, Oakes**Where are they now? Notable alumni:** Kolby Vander Wal (coaching at NC), Sam Nelson (Mayville State University), Matthew Hoppe (University of Jamestown)

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NORTHERN CASS
JAGUARS
NC

2025 CLASS A VOLLEYBALL ALL-STATE TEAM

FIRST TEAM

NAME	GRADE	TEAM	COACH
Skotti Beck	12	South Prairie/Max	Lisa McQueen
Piper Feller	10	Des Lacs-Burlington	Erica Moen
Alayna Foster-DeVold	11	Oak Grove	Angie Johnson
Keira Francis	11	South Prairie/Max	Lisa McQueen
Julia Heidt	11	Grafton Nicole	Warren
Sophia Heringer	12	Shiloh Christian	Lisa Wingerter
Kya Hurst	12	Thompson	Lisa Strand
Kadie Kocka	12	Valley City	Cynthia Klabo
Paetyn Strand	11	Mayville-Portland-Clifford-Galesburg	Stacy Hanson
Izzy Thompson	12	Central Cass	Dana Stansbery
Madi Wegleitner	12	Dickinson Trinity	Breanna Sisson
Harper Wrigley	12	Shiloh Christian	Lisa Wingerter

SECOND TEAM

NAME	GRADE	TEAM	COACH
Karsyn Allard	10	Bottineau	Mychal LaMotte
Alli Blessum	12	Rugby	Ashleigh Blikre
Addie Dale-Geiger	12	Beulah	Jenna Voegele
Danica Hermanson	9	Stanley	Nikki Heinle
Aniston Hoornaert	10	Carrington	Kadyn Mehring
Tess Jalbert	12	Northern Cass	Nicholas Theis
Harper Kollman	11	Carrington	Kadyn Mehring
Bailey Mattson	12	Watford City	Kendra Heier
Aspyn Prien	12	Central Cass	Dana Stansbery
Taylor Sanders	10	Kindred	Harlee Bunke
Annabel Scheeler	12	Dickinson Trinity	Breanna Sisson
Hudson Zerface	12	Mayville-Portland-Clifford-Galesburg	Stacy Hanson

NDHSCA POWERade Outstanding Senior Athlete – Izzy Thompson, Central Cass

NDHSCA SUBWAY Coach of the Year – Dana Stansbery, Central Cass

2025 CLASS B VOLLEYBALL ALL-STATE TEAM

FIRST TEAM

NAME	GRADE	TEAM	COACH
Taya Aufforth	12	Kenmare/Bowbells	Tim Wallstrum
Lauren Bell	11	Park River/Fordville-Lankin	Nicole Wollangk
Cassie Christensen	12	Glen Ullin/Hebron	Marie Bittner
Hilary Haaven	9	Langdon Area/Munich	Rich Olson
Cheryl Hayes	12	Tioga	Shaunessy Meyer
Emma Jones	12	Glenburn	Sierra Hansen
Mya Kackman	11	Wyndmere/Lidgerwood	Tanner Carlson
Ava Peterson	12	New Rockford-Sheyenne	Sara Myhre
Chaskee Schmidt	12	Flasher	Jerlyn Gabrielson
Piper Schmidt	11	Flasher	Jerlyn Gabrielson
Brooklyn Schumacher	12	Linton/Hazelton-Moffit-Braddock	Kadie Walls
Brynn Sorenson	12	Medina/Pingree-Buchanan	Jacie Connell

SECOND TEAM

NAME	GRADE	TEAM	COACH
Violet Bohl	11	Medina/Pingree-Buchanan	Jacie Connell
Maggie Clarys	11	Trenton	Luanne Axelsson
Elizabeth Fedje	12	Drayton/Valley-Edinburg	Jodi Fedje
Maggie Jennings	12	Washburn	Mark Jennings
Kelsey Johnson	12	Griggs/Midkota	Presley Paintner
Karleigh Kadoun	12	Sargent County	Jenna Anderson
Aubrey Kenner	12	Benson County	Sheri Stuberger
Elli Lloyd	12	Edgeley/Kulm/Montpelier	Darci Moch
Summer Meyer	12	Grant County	Ashley Laub
Anyia Olson	12	Velva	Cassidy Peterson
Brooklynn Roedocker	12	Our Redeemer's	Kara Nunziato
Morgan Snyder	11	Central McLean	Whitney Jangula

NDHSCA POWERade Outstanding Senior Athlete –
Brynn Sorenson, Medina/Pingree-Buchanan

NDHSCA SUBWAY Coach of the Year – Jacie Connell, Medina/Pingree-Buchanan



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Northern Cass

Jaguars Volleyball

8/29 Northern Cass Tournament

9/1 at May-Port-CG

9/8 at Carrington

9/10 vs Kindred at Fargo Lights

9/15 vs Central Cass

9/17 at Valley City

9/22 at Wahpeton

9/24 vs Hillsboro-Central Valley

9/29 vs Oak Grove

10/1 at Lisbon

10/2 at Des Lacs Burlington Tournament

10/3 at Des Lacs Burlington Tournament

10/6 vs Thompson

10/8 vs Kindred

10/9 at Fargo Metro Tournament

10/10 at Fargo Metro Tournament

10/13 vs Northern Cass

10/15 vs Wahpeton

10/20 vs Valley City

10/27 at Oak Grove

11/3 at Lisbon

COACH'S COMMENTS

NICHOLAS (NICK) THEIS Volleyball

Name of Team: Northern Cass Jaguars

Conference Name: Class A

Section/Region: Region 1

Number of Years Coaching:

2nd season at Northern Cass, 9th season as a head coach, 14th season of coaching volleyball, and 15th year coaching high school sports (basketball and volleyball)

Last Year's Record: 13 - 21

Returning Starters: Marley Wilner (rightside/setter); Carly Rider (outside); Avery Davidson (DS, now libero), Faith Fyre (middle)

Please provide a few stats for returning players:

Marley Wilner - 190 Kills; Carly Rider - 159 kills; Avery Davidson - 60 digs (was starting more at the end of the season); Faith Fyre - 42 blocks

Players to Watch:

Someone different has led us in scoring all summer. I think in general, we are a fairly balanced team trying to find our top scorers. Carly, Brynley Winterquist, Cait Weible, Harper Rust, and Marley Wilner have all led us in scoring at different times.

Coach's Outlook/Expectations:

I expect us to grow throughout the season. I think a majority of our region wins will happen near the end of the season when we are playing teams for a second time. We are working on finding our rhythm still and we have some big roles to fill.

Your Pick(s) Section/Region Favorite:

1. Oak Grove
2. Kindred
3. Valley City
4. Lisbon
5. Casselton
6. Wahpeton

We could end up anywhere from 6th (ahead of Wahpeton) to 3rd, depending on how we come together and perform night in and night out. I don't think we are consistent enough to climb to the top 2, and we have struggled to find back to back wins, so probably closer to 5th or 6th.

What is your projected Starting lineup?

My 99% likely starters are Marley (setter/hitter), Avery (libero), Nyle Erickson (setter), Carly Rider (Outside/Rightside), and Cait Weible (DS/Outside). I really don't make final decisions until after our scrimmage, the first week of practice.

Where are they now? Notable alumni:

RECENT HIRE - Noelle Erickson (Northern Cass, class of 2023) played for 3 seasons at Mayville State. She graduated from Mayville and is joining our staff as an assistant coach this fall.

Park Christian
Falcons Football

9/3	vs Polk County West	10/2	at Cass Lake-Bena
9/11	vs Walker-Hackensack-Akeley	10/9	at Nevis
9/18	at Pine River-Backus	10/14	vs Red Lake County
9/25	vs Ada-Borup-West	10/20	at Bagley

COACH'S COMMENTS
MATT BAASCH
Football

Name of Team: Park Christian
Conference Name: North Central District
Section/Region: 8A
Number of Years Coaching: 23, 5 at Park Christian
Last Year's Record: 7-3

Returning Starters:
Jayden Hanson
Logan Giese
Owen Bye
Keagan Card
David Pettys
Jack Rasmussen
Roland McKeon
Henry Baasch
Elijah Bjur

Please provide a few stats for returning players:
Jayden Hanson threw for 1830 yards and 18 tds last year
Logan Giese has 2500 rushing/receiving yards and 42 TDs over the last two years, as well as 10 career interceptions.
Players to Watch: Logan Giese, David Pettys, Jayden Hanson
Your Pick(s) Section/Region Favorite: Mahnomen

What is your projected Starting lineup?
We lost a lot of senior skill players, so those spots will be open for competition. Logan Giese, Jayden Hansen and David Pettys should fill a few of those spots with some newcomers. Our offensive line looks to be Jack Rasmussen, Aaron Rogness, Elijah Bjur, Roland McKeon and Henry Baasch. Defensive line- David Pettys, Henry Baasch, Elijah Bjur, Jack Rasmussen
Where are they now? Notable alumni: A
II State RB Dawson Gregg is in his 3rd year playing outside linebacker for the University of Jamestown. All Region OT Sam Smith finished his first year playing offensive line for the University of Sioux Falls.

Park Christian
Falcons Volleyball

9-1	at Pelican Rapids	10-15	at Rothsay
9-8	at Park Rapids	10-20	vs Win-E-Mac
9-10	vs Battle Lake	10-22	at Bagley
9-14	vs Thief River Falls		
9-17	at Fosston		
9-22	vs Fertile-Beltrami		
9-24	at Climax-Fisher		
9-26	at Parkers Prairie Tournament		
9-28	vs Hillcrest Lutheran		
9-29	vs New York Mills		
10-1	vs Mahnomen-Waubun		
10-6	at Lake Park-Audubon		
10-8	vs NC East/Ulen-Hitterdal		
10-13	at Ada-Borup-West		

COACH'S COMMENTS
NISSA HOIBERG
Volleyball

Name of Team: Park Christian
Section: 6A
Last Year's Record: 16-9

Polk Co West
Thunder Football

9/3	at Park Christian	10/2	vs Red Lake (at Climax)
9/11	vs Ada-Borup-West (at EGF)	10/9	at Mahnomen-Waubun
9/18	at Crookston	10/14	vs Cass Lake-Bena (at EGF)
9/25	vs Walker-Hackensack-Akeley (at Climax)	10/20	at Red Lake County

COACH'S COMMENTS
DARRIN BYKLUM

Name of Team: Polk Co West Thunder
Section/Region: Section 8A
Number of Years Coaching: 37 years overall
Last Year's Record: 3-6 in 2025
Players to Watch: Reitmeier, Motl, Zavoral

Coach's Outlook/Expectations:
Looking to rebuild after a growing season with players making strides and grinding out the season a year ago. Hoping more growth and leadership will prevail and the Thunder will be competitive this season and beyond.
Your Pick(s) Section/Region Favorite:
Mahnomen/Waubun and Red Lake County



Red Lake County Central

Mustangs Volleyball

09/01	vs Cass Lake-Bena
09/03	at Fosston
09/08	vs Win-E-Mac
09/10	at Stephen-Argyle Central
09/12	Ruth Hayden Tournament
09/15	at Climax-Fisher
09/17	at East Grand Forks
09/22	at Sacred Heart (East Grand Forks)
09/24	vs Crookston
09/28	vs Fertile-Beltrami
09/29	vs Red Lake Falls
10/01	at Warren-Alvarado-Oslo
10/05	at Bagley
10/12	at Blackduck
10/13	at Goodridge/Grygla-Gatzke
10/19	vs Clearbrook-Gonvick

COACH'S COMMENTS
ANGIE LUNDEEN
Volleyball

Name of Team: Red Lake County Central

Section: 8A

Last Year's Record: 10-17



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Red Lake County

Rebels Football

9/3	vs Pine River-Backus (at RLF)
9/10	vs Red Lake (at Plummer)
9/18	at Ada-Borup-West
9/25	at Bagley

COACH'S COMMENTS
BRIAN REMICK
Football

Name of Team: Red Lake County Rebels

Conference Name: Valley Plains West

Section/Region: Section 8A

Number of Years Coaching: 27th as Head Coach

Last Year's Record: 9-2

Returning Starters: 5 on Offense and 5 on Defense

Players to Watch: Thor Thompson, Ben Gullingsrud,
Theo Tydlacka, Boe Nelson

10/2	vs Mahnomen-Waubun (at Oklee)
10/9	at Crookston
10/14	at Park Christian
10/20	vs Polk County West (at RLF)

Coach's Outlook/Expectations: Lots of players to replace from last years roster, we will be looking to improve as we go.

Your Pick(s) Section/Region Favorite: Mahnomen/Waubun

Where are they now? Notable alumni:

Owen Chervestrad – UMC Basketball

Connor Duden – BSU Basketball

Gunnar Halvorson – Mayville State Football

Mason Pahlen – Mayville State Football

Oliver Melin – Valley City State Football

Red Lake County

Rebels Cross Country

8/29	at Perham Brave Like Gabe
9/3	at Thief River Falls
9/10	at Roseau
9/17	at Ada ABW Booster Invite
9/22	at Bagley-Fosston Invite

9/26	at Grand Forks ND/MN Border Battle
10/6	at Warren
10/13	at TRF Northwest MN Conference
10/30	at Bagley Section 8A

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Red Lake Falls

Eagles Volleyball

9/1	vs Clearbrook-Gonvick
9/3	vs Goodridge-Grygla
9/8	vs Crookston
9/10	at Warren-Alvarado-Oslo
9/12	at Ruth Hayden Tournament in Ada
9/15	at Northern Freeze
9/17	at Fertile-Beltrami
9/22	vs Lake of the Woods
9/24	vs Kittson County Central
9/29	at Red Lake County Central (at Oklee)
10/1	vs Sacred Heart
10/5	at Badger-Greenbush-Middle River
10/6	at NC East/Ulen-Hitterdal
10/10	at Mahanomen-Waubun Tournament
10/12	at Stephen-Argyle
10/17	Frostbite Tournament in RLF
10/19	vs Win-E-Mac

COACH'S COMMENTS

NIKKI GULLINGSRUD**Name of Team:** Red Lake Falls Eagles**Conference Name:** Polar North**Section/Region:** 8A**Number of years Coaching:** 28**Last Year's Record:** 2-7**Returning Starters:** Layna Schindler**Players to Watch:** The 2026 Red Lake Falls Volleyball Team

Coach's Outlook/Expectations: The 2026 Red Lake Falls Eagles will need to work hard and come together on the court! The inexperienced Eagles will be hungry to have the opportunity to play! The team has been working on fundamentals and gaining valuable court experience! The RLF Eagles have shown dedication to improve all aspects of the game by their work in the off season. The Eagles will need to play aggressively with grit, focus, composure, and solid defense! The team will need to dedicate their mental and physical efforts to improve daily and play with confidence! The Eagles will need to work together to unify as a team, accept roles, be versatile, be focused, and believe in themselves and the team!

Your Pick(s) Section/Region Favorite: Sacred Heart**What is your projected Starting lineup?** That will be determined at practice throughout the season!**Where are they now? Notable alumni :** Shandi Nelson is playing volleyball for NCTC

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Rams Football

09/03	at Barnesville
09/11	vs Staples-Motley
09/18	vs Warroad
09/25	at Thief River Falls
10/02	vs Park Rapids
10/09	at Pelican Rapids
10/14	vs East Grand Forks
10/20	at Hawley

COACH'S COMMENTS

MIKE PICARD**Name of Team:** Roseau**Last Year's Record:** 1-8**Section:** 8AA

Roseau

Rams Cross Country

08/27	Zippel Bay State Park Meet
09/10	Oakcrest Golf Course Meet
09/17	ABW Invite
09/22	Bagley/Fosston Invitational
09/28	East Grand Forks Meet
10/06	Warren Meet
10/13	Conference Meet
10/19	Moorhead Invite
10/20	Hial Pike Meet
10/30	Section Meet

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Roseau
Rams Volleyball

08/24	at Bemidji
08/26	at East Grand Forks
08/28	at Northern
08/31	at International Falls
09/03	at Thief River Falls
09/08	vs Greenbush-Middle River
09/10	at Warroad
09/12	Ruth Hayden Tournament
09/15	at Goodridge/Grygla-Gatzke
09/19	Hawley Booster Tournament

COACH'S COMMENTS
BECKY HAYDEN

Coach's Name: Becky Hayden
Name of Team: Roseau Rams
Conference Name: North Border
Section/Region: 8AA
Number of Years Coaching: 12 years Head Coach
Last Year's Record: 22-7
Returning Starters: Maryn Byfuglien, Clara Baumgartner, Evy Thingvold, Audrey Hayden, Aubree Eeg, Greta Hedlund
Players to Watch:
Stat from the 2025:
Kills: Evy Thingvold 179 kills, Maryn Byfuglien 170 kills
Digs: Aubrey Eeg 225, Greta Hedlund 212 digs
Aces: Aubrey Eeg (43)

09/22	vs Fosston
09/29	vs Warroad
10/01	vs Kittson County Central
10/06	at East Grand Forks
10/13	vs Thief River Falls
10/15	MEA Tourney
10/19	at Greenbush-Middle River
10/20	vs Crookston
10/22	vs Lake of the Woods

Coach's Outlook/Expectations: With the departure of a few seniors from last year, we will be looking for some consistency from returning players and some newcomers. We will need to continue to improve our passing and defensive work to be the strongest team we can be!
Your Pick(s) Section/Region Favorite: Hawley
What is your projected Starting lineup? Undetermined. We return a handful of primary players from last year so I'd expect them all to fight for a starting spot, in addition we will have newcomers who will support the starting line up.

Where are they now?
Cora Lundbohm is playing volleyball at NCTC and Anna Ulvin is playing basketball at NCTC. Victoria Johnson (2017 graduate) is a head volleyball coach in Indiana.

COACH'S COMMENTS
EMILY VONASEK

Name of Team: Sacred Heart
Section: 8A
Last Year's Record: 29-2

Sacred Heart
Eagles Volleyball

08/22	Thompson Scrimmage
08/26	East Grand Forks Jamboree
09/01	vs Kittson County Central
09/03	at Hillcrest Lutheran
09/08	vs Ada-Borup-West
09/10	at Crookston
09/12	WHA Volleyball Invitational Tournament
09/15	vs Fertile-Beltrami
09/17	at Greenbush-Middle River
09/22	vs Red Lake County Central
09/24	at Stephen-Argyle Central
09/25	Class A Showcase
09/26	Class A Showcase
09/28	vs Climax-Fisher
09/29	at Goodridge/Grygla-Gatzke

10/01	at Red Lake Falls
10/06	at Warren-Alvarado-Oslo
10/10	Thunderbirds Invitational
10/13	vs East Grand Forks
10/19	at Northern

Sargent County
Bulldogs Football

COACH'S COMMENTS
ERIC OLSON

Name of Team: Sargent County Bulldogs
Conference Name: Class A
Section/Region: Region 1
Number of Years Coaching: 21
Last Year's Record: 1-8
Returning Starters:
Sr WR/DB Tristen Peterson
Sr OL/LB Connor Olson
Jr TE/DE Harrison Neustel
Jr RB/LB Anthony Ferderer
Jr OL/LB Cole Fyre
Jr OL/DL Luke Mund
Jr OL/DL Deakon Elenberger
Soph WR/DB Hans Hanson
Soph RB/DL Eli Olson
Soph OL/LB Brooks Hogness

Please provide a few stats for returning players:
Tristen Peterson: 20 rec/248 yds; 32 tackles & 2 INT
Harrison Neustel: 17 rec/120 yds; 57 tackles, 2 sacks & 4 TFL
Anthony Ferderer: 65 tackles & 2 INT
Cole Fyre: 62 tackles, 9 TFL
Eli Olson: 41 carries/182 yds; 57 tackles, 3 TFL
Luke Mund: 31 tackles, 5 TFL
Players to Watch:
Soph QB Dawson Nogowski
Fresh DB Bentley Degenstein
Coach's Outlook/Expectations: We should be an improved team this year, with a year of experience for everyone that is returning. We need to be better offensively, both up front and from our QB position. Defense at times kept us competitive last year, but lack of offense made things difficult against good teams.
Your Pick(s) Section/Region Favorite:
1-EEK; 2-Northern Cass; 3-Oakes; 4-Lisbon
What is your projected Starting lineup?
Pretty much all of the above

Sargent County
Bulldogs Volleyball

COACH'S COMMENTS
JENNA ANDERSON

Name of Team: Sargent County Bulldogs
Conference Name: Class B
Section/Region: Region 1
Number of Years Coaching:
This will be year 12! (11 years under my belt)
Last Year's Record: 14-15-4
Returning Starters: Angong Deng, Lucy Mahrer, Mallory Bogart, Mackenzie Nogowski, Allison Yagow, Kaitlyn Wangler
Players to Watch: Angong Deng, Mallory Bogart
Coach's Outlook/Expectations:
I have high hopes of making it to the regional tournament this year! Primary ideas include trying some different rotations and having some girls in different positions. Hoping to find the right formula to highlight our older athletes and help our younger athletes find their varsity groove.
Your Pick(s) Section/Region Favorite:
Hankinson, Wyndmere Lidgerwood, EKM
What is your projected Starting lineup?
Nothing solid here yet.

Where are they now? Notable alumni:
Emma Bixby(2025)- Track and Field @ University of Mary
Karleigh Kadoun(2026)-Pursuing a marketing degree at NDSU
Alannah Beck(2021)—back for a second year as Assistant Coach



Stephen Argyle

Storm Football

9/4	at Border West (Wheaton)
9/11	vs Kittson County Central
9/18	at Goodridge-Grygla
9/25	at Fosston

10/2	vs Warren-Alvarado-Oslo
10/9	vs Badger-Greenbush-Middle River
10/13	at Lake of the Woods
10/20	vs Northern Freeze

COACH'S COMMENTS
ETHAN MARQUIS

Name of Team: Stephen-Argyle Central
Conference Name: Top of the State, District 9 West North
Section/Region: MN Section 8 9-Man
Number of Years Coaching: 24
Last Year's Record: 9-2
Returning Starters: 4

Please provide a few stats for returning players:
Kellen Johnson finished 2025 with 948 yards rushing. Junior Owen Widner enters his third season starting at center and was a top ten district tackler in '25.

Players to Watch: Reid Rivard, Owen Osowski, Kellen Johnson, Owen Widner, Ryan Swanson

Coach's Outlook/Expectations: Will be a tough and exciting year. Competitive section and district.

Your Pick(s) Section/Region Favorite: Kittson Co Central

What is your projected Starting lineup?
Uncertain – Much to be determined.

Where are they now? Notable alumni:
'25 graduate Blaine Smith enters his second season at running back at Mayville State Football. '21 graduate Zach McGlynn recently completed an impressive All-American track and field career at NDSU – Zach was part of our successful 2020 team that was cut short due to MN's closure of the season.



Stephen Argyle

Storm Volleyball

9/1	at Badger-Greenbush-Middle River
9/3	at Climax-Fisher (in Fisher)
9/8	vs Warren-Alvarado-Oslo
9/10	vs Red Lake County Central
9/12	at Ruth Hayden Tournament in Ada
9/15	at Fosston
9/17	at Northern Freeze
9/22	at Kittson County Central

9/24	vs Sacred Heart
9/26	at Crookston Tournament
9/29	at Warren-Alvarado-Oslo
10/1	vs Northern Freeze
10/6	vs Kittson County Central
10/12	vs Red Lake Falls
10/17	at Frostbite Tournament (RLF)
10/19	at Goodridge-Grygla

COACH'S COMMENTS
RENAE LINDGREN
Volleyball

Name of Team: Stephen Argyle
Section: 8A
Last Year's Record: 9-20



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Thief River Falls

Prowlers Football

08/29	vs Roseau
08/29	vs Warroad
09/04	vs Dilworth-Glyndon-Felton
09/11	at Pillager
09/18	at Pelican Rapids
09/25	vs Roseau
10/02	at Warroad
10/02	at Warroad
10/09	at East Grand Forks
10/14	vs Park Rapids
10/21	vs Perham

COACH'S COMMENTS
KURT REYNOLDS

Name of Team: Thief River Falls

Section: 8AAA

Last Year's Record: 5-8 (lost in Section Finals)

Thief River Falls

Prowlers Cross Country

08/25	Make the Lake Scrimmage
09/03	Thief River Falls Golf Club Meet
09/10	Roseau Home Meet
09/10	Detroit Country Club Lakeview Course Meet
09/14	Warroad Meet
09/17	Little Falls Invitational
09/22	Bagley/Fosston Meet
09/22	Twin Pines Golf Course Meet
09/24	ROCORI Meet
09/28	East Grand Forks Meet

10/01	John Hermes Meet
10/03	Swain Meet
10/06	Park Rapids Headwaters Run
10/08	Bemidji XC Invitational
10/10	Lion's Meet of Champions
10/13	Conference Tournament
10/13	Conference Meet
10/13	TRF Meet
10/19	Moorhead Invite

Thief River Falls

Prowlers Volleyball

08/24	Bemidji Scrimmage
08/29	Concordia College Scrimmage
09/01	at Perham
09/03	vs Roseau
09/08	at NCE/UH
09/12	Ruth Hayden Tournament
09/15	at Park Christian
09/17	vs Win-E-Mac
09/19	Hawley Booster Tournament
09/22	vs Walker-Hackensack-Akeley
09/24	vs West Fargo Horace
09/29	vs Dilworth-Glyndon-Felton
10/01	at Crookston
10/05	vs Park Rapids
10/10	KLN Invitational
10/13	at Roseau
10/19	at Fosston
10/20	vs Warroad
10/22	at East Grand Forks

COACH'S COMMENTS
HANNAH LUND

Name of Team: Thief River Falls

Section: 8AA

Last Year's Record: 19-9



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Thompson

Tommies Football

8/21	vs May-Port-CG
8/28	at Hillsboro-Central Valley
9/4	at Turtle Mountain Community
9/11	vs Park River Area
9/18	at Harvey-Wells County
9/25	vs Langdon Area
10/2	at Rugby
10/9	at Grafton
10/16	vs Carrington

COACH'S COMMENTS
BRADY SCHWAB
Football

Name of Team: Thompson Tommies

Region: 2A

Number of Years Coaching: 20

Returning Starters & Stats:

Brady Ripplinger - sr - 4 rec, 68 yds, 1 TD; 35 tkl, 1 int
Jack Krogstad - so - 7 rec, 48 yds, 1 TD; 8 tkl, 2 int
Rylan Penas - sr - 46 rush, 318 yds, 2 TD
Eli Gemmill sr - 15 rec, 110 yds; 31 tkl, 1 int, 2 fum recover
Jevin Fee - sr - 59 tkl, 2 sacks, 1 tfl
Landon Geatz - sr - 30 tkl, 3 tfl, 1 sack
Elijah Conrad - sr - 8 tkl, 1 tfl, 1 sack
Mak Mikelson - jr - 17 tkl, 2 tfl, 1 sack
Kody Samuelson - sr -
Charlie Johnson - jr - 29 tkl, 1 tfl, 1 sack
Peyton Canen - sr - 37 tkl, 2 tfl, 1 sack

Notable Alumni:

Cash Danner - NDSU, Jayden Brend - Mayville State



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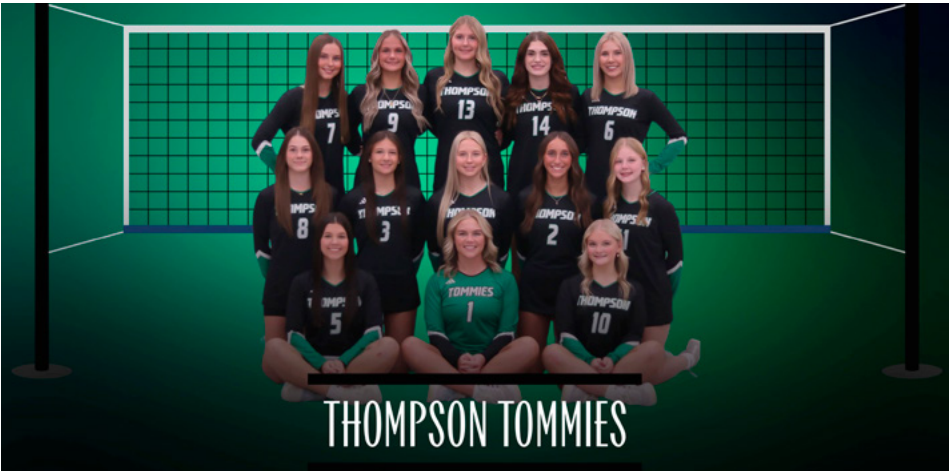
Thompson
Tommies Volleyball

9/1	at Kindred	10/6	at Northern Cass
9/3	at GF Central	10/10	at Carrington Tournament
9/8	at Park River Area	10/13	vs Carrington
9/10	vs Devils Lake	10/19	at Devils Lake
9/12	at Central Cass Tournament	10/22	vs Langdon Area
9/15	at Grafton	10/26	at Hillsboro-Central Valley
9/17	vs Harvey-Wells County	10/29	vs May-Port-CG
9/22	vs Hillsboro-Central Valley	11/2	vs Oak Grove
9/29	vs Grafton	11/5	at Central Cass
10/1	vs GF Red River		

COACH'S COMMENTS
LISA STRAND

Name of Team: Thompson Tommies
Section/Region: Division A Region 2
Number of Years Coaching: starting year 38
Last Year's Record:
26-11 Finishing 5th in the State Division A Tournament
Returning Starters:
The following all have varsity experience
Jena Schwabe, Andie Schwab, Vivien Majkrzak, Kaylee Kurz
Please provide a few stats for returning players:
Andie Schwab surpassed 1000 Career Digs.
Players to Watch:
Senior Andie Schwab all around player passes well and is a savvy and consistent hitter.
Sophomore Vivien Majkrzak right side hitter/blocker

Senior Jena Schwabe middle hitter/blocker
Senior Kaylee Kurz is skilled at both defensive and offensive roles.
Junior Jocy Oster will make an impact as a middle hitter/blocker.
Coach's Outlook/Expectations:
We will be a competitive team in a very competitive region. We will have some inexperienced players on the court, but I am confident they will work hard and grow as a team by the post season.
Your Pick(s) Section/Region Favorite:
Carrington and MPCG will be strong again as well as Devils Lake. I believe all of our region teams will challenge each other throughout the season.
What is your projected Starting lineup?
I am not able to determine that at this time.
Where are they now? Notable alumni:
Addison Sage, who set for us last season, received a scholarship to play basketball at Jamestown University.



Warroad
Warriors Football

08/29	vs Roseau
08/29	at Thief River Falls
09/03	at Pillager
09/11	vs Hawley
09/18	at Roseau
09/25	at East Grand Forks
10/02	vs Thief River Falls
10/02	vs Thief River Falls
10/09	at Park Rapids
10/14	vs Pelican Rapids
10/20	vs Barnesville

COACH'S COMMENTS
BRANDON BARKER

Name of Team: Warroad
Section: 8AA
Last Year's Record: 2-7



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Warroad
Warriors Volleyball

08/27	@ Goodridge/Grygla-Gatzke	09/22	vs Badger/Greenbush-Middle River
08/29	@ Breckenridge	09/26	Crookston Volleyball Tournament
08/29	vs Frazee	09/29	@ Roseau
08/29	vs Kittson County Central	10/01	vs East Grand Forks
08/31	vs Goodridge/Grygla-Gatzke	10/05	vs International Falls
09/03	@ Northern	10/06	@ Crookston
09/08	vs Lake of the Woods	10/10	Esko Invitational
09/10	vs Roseau	10/12	vs Bagley
09/12	WHA Volleyball Invitational Tournament	10/20	@ Thief River Falls
09/14	@ Goodridge/Grygla-Gatzke	10/22	@ BGMR
09/17	@ Kittson County Central		

COACH'S COMMENTS
JASMINE DRAPER

Name of Team: Warroad Warrior
Conference Name: North Border
Section/Region: 8AA
Number of Years Coaching:
2nd with Warroad (6th overall Varsity Head Coach)
Last Year's Record: 5-22
Returning Starters:
Libby Olafson, Hailey Selvog, Aunna James, Kelby Knox, Attlee Larson, Katherine Brekke
Please provide a few stats for returning players:
Attlee Larson- 114 kills, 177 serve receive, 137 digs, 2.4 digs per set (2025 All Conference)

Libby Olafson- 41 blocks, 1.0 kills per set, 47 kills
Kelby Knox- 131 serve receive, 92 digs, .7 kills per set
Players to Watch:
We have a solid 10 athletes returning so seeing more minute opportunities we have many players stepping up.
Your Pick(s) Section/Region Favorite: Frazee or Hawley
What is your projected Starting lineup?
We have both positions returning for setters- Aunna James and Katherine Brekke, outside hitters- Kelby Knox and Attlee Larson, and middle hitters- Hailey Selvog and Libby Olafson. This group had many opportunities to play together last season and will capitalize on more opportunity minutes together for another competitive season.

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Warroad
Warriors Cross Country

08/27	Lake of the Woods XC Meet	09/26	Grand Forks Meet
09/03	Thief River Falls Golf Club Meet	09/28	East Grand Forks Meet
09/10	Roseau Home Meet	10/08	Bemidji XC Invitational
09/14	Warroad Meet	10/13	TRF Meet
09/22	Bagley Meet	10/20	Hial Pike Meet
09/22	Twin Pines Golf Course Meet	10/30	Section 8A Meet

COACH'S COMMENTS
RICK MCBRIDE
Boys & Girls Cross Country

Conference: Northwest MN Cross Country Conference
Section 8A
Number of Years Coaching:
This is my 51st year of coaching.
This will be the 28th year of Warroad Cross Country.
Last Year's Record:
The Boys team finished 4th at the Section Meet, the girls team placed 8th.
Returning Letterwinners:
Boys: Tyson McKeever, Everett Pederson, Sully Johnson, Owen Larson, Elijah Helstad, Kake Ackley, Josiah Bleess, Gus Lien, Jake Branum and Stephan Eastvold.

Girls: Madelynn Arnesen, Adley Goulet, Svea Grafstrom, Melissa Syverson, Emma Goulet, and Cora Pederson.
Players to Watch:
Tyson McKeever qualified for the State Meet last year and has been putting in many miles this summer.
Coach's Outlook/Expectations:
We are hoping the boys team can take a shot at one of the top two spots in the Section to qualify for State. Quite a few of the boys have been running this summer.
The girls team will be very young but I look for much improvement from them as the season progresses.
Your Pick(s) Section/Region Favorite:
There are many quality programs in our Section so to predict a top team is very hard.

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Good Luck Warriors!

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KKWQ/KRWB FALL SPORTS SCHEDULE

Fri 8/28	Volleyball: Roseau at Northern Freeze		6:00 PM
	Volleyball: Lake of the Woods at Floodwood		
Mon 8/31	Volleyball: Goodridge/Grygla at Warroad	YLE/KQ92	7:15 PM
	Volleyball: Roseau at International Falls		6:00 PM
Tue 9/1	Volleyball: Stephen/Argyle at BGMR		7:15 PM
	Cross Country: Warroad @ Lake of the Woods		10:00 AM
Thu 9/3	Football: Warroad at Pillager (feed from Brainerd)	KQ92	4:00 PM
	Football: Roseau at Barnesville		6:00 PM
	Football: Underwood at BGMR	KRWB	7:00 PM
	Football: Fertile-Beltrami at Lake of the Woods		7:00 PM
	Volleyball: Warroad at Northern Freeze		7:15 PM
	Volleyball: Roseau at Thief River Falls	KRWB	2:30 PM
	Volleyball: BGMR at Lake of the Woods		7:15 PM
	Cross Country: Warroad @ Thief River Falls		10:00 AM
Tue 9/8	Volleyball: Lake of the Woods at Warroad	YLE/KQ92	7:15 PM
	Volleyball: BGMR at Roseau	KRWB	6:00 PM
Thu 9/10	Volleyball: Roseau at Warroad	YLE/KQ92	7:15 PM
	Volleyball: Northern Freeze at BGMR		6:00 PM
	Volleyball: Lake of the Woods at Blackduck		6:45 PM
	Cross Country: Warroad at Roseau (reports on KQ92/KRWB)		4:00 PM
	Girls Swimming: Warroad/Roseau at International Falls		4:30 PM
Fri 9/11	Football: Hawley at Warroad	YLE/KQ92	7:00 PM
	Football: Staples-Motley at Roseau	KRWB	4:00 PM
	Football: Clearbrook-Gonvick at Lake of the Woods		6:00 PM
	Volleyball: Norman County East/U-H at BGMR		7:15 PM
Sat 9/12	Volleyball: Roseau, BGMR @ Ada-Borup Tournament		9:00 AM
Mon 9/14	Volleyball: Warroad at Goodridge/Grygla	KQ92	7:15 PM
	Cross Country: Warroad Invitational (reports on KQ92/KRWB)		4:00 PM

KKWQ/KRWB FALL SPORTS SCHEDULE

Tue 9/15	Volleyball: Roseau at Goodridge/Grygla	KRWB	7:15 PM
Thu 9/17	Volleyball: Warroad at Kittson County Central		7:15 PM
	Volleyball: Sacred Heart at BGMR		6:00 PM
	Volleyball: Walker-Hackensack-Akeley at L.O.W.		6:45 PM
	Girls Swimming: Warroad/Roseau at Fosston		4:30 PM
Fri 9/18	Football: Warroad at Roseau	KQ92	6:00 PM
	Football: BGMR at Kittson County Central		3:30 PM
	Football: Lake of the Woods at Norman County East/U-H		7:00 PM
Sat 9/19	Volleyball: Warroad @ Walker-Hackensack-Akeley Tournament		
	Volleyball: BGMR, Lake of the Woods @ Hawley Tournament		
Tue 9/22	Volleyball: BGMR at Warroad	YLE/KQ92	7:15 PM
	Volleyball: Fosston at Roseau	KRWB	7:15 PM
	Cross Country: Warroad at Bagley		4:00 PM
Thu 9/24	Volleyball: BGMR at Warren-Alvarado-Oslo		6:00 PM
	Volleyball: Red Lake at Lake of the Woods		6:45 PM
Fri 9/25	Football: Warroad at East Grand Forks	KQ92	6:00 PM
	Football: Roseau at Thief River Falls	KRWB	7:00 PM
	Football: BGMR at Warren-Alvarado-Oslo		7:00 PM
	Football: Lake of the Woods at Northern Freeze		7:00 PM
Sat 9/26	Volleyball: Warroad @ Crookston Tournament		
	Girls Swimming: International Falls at Warroad/Roseau		12:00 PM
Mon 9/28	Volleyball: Cass Lake-Bena at Lake of the Woods		6:45 PM
	Cross Country: Warroad @ East Grand Forks		4:00 PM
Tue 9/29	Volleyball: Warroad at Roseau	KQ92	7:15 PM
	Volleyball: Lake of the Woods at Laporte		6:45 PM

KKWQ/KRWB FALL SPORTS SCHEDULE

Thu 10/1	Volleyball: East Grand Forks at Warroad	YLE/KQ92	7:15 PM
	Volleyball: Kittson County Central at Roseau	KRWB	7:15 PM
	Volleyball: Goodridge/Grygla at BGMR		7:15 PM
	Volleyball: Lake of the Woods at Pine River-Backus		6:45 PM
	Girls Swimming: Warroad/Roseau Invitational		4:30 PM
Fri 10/2	Football: Thief River Falls at Warroad	YLE/KQ92	4:00 PM
	Football: Park Rapids at Roseau	KRWB	7:00 PM
	Football: Northern Freeze at BGMR	?	7:00 PM
	Football: Goodridge-Grygla at Lake of the Woods KQ92		1:00 PM
Sat 10/3	Cross Country: Warroad @ Grand Forks		11:00 AM
	Girls Swimming: Warroad/Roseau @ Perham Quadrangular		4:30 PM
Mon 10/5	Volleyball: International Falls at Warroad	YLE/KQ92	7:15 PM
	Volleyball: Red Lake Falls at BGMR		7:15 PM
Tue 10/6	Volleyball: Warroad at Crookston		7:15 PM
	Volleyball: Roseau at East Grand Forks		6:00 PM
	Volleyball: BGMR at Northern Freeze		7:15 PM
	Cross Country: Warroad at Warren		4:00 PM
Thu 10/8	Volleyball: Clearbrook-Gonvick at Lake of the Woods		6:45 PM
Fri 10/9	Football: Warroad at Park Rapids	KQ92	6:00 PM
	Football: Roseau at Pelican Rapids		6:00 PM
	Football: Lake of the Woods at Underwood		7:00 PM
	Volleyball: BGMR at Stephen-Argyle		7:00 PM
Sat 10/10	Volleyball: Warroad @ Esko Tournament		
	Girls Swimming: Warroad/Roseau @ Bemidji Invitational		4:30 PM
Mon 10/12	Volleyball: Bagley at Warroad	YLE/KQ92	7:15 PM

KKWQ/KRWB FALL SPORTS SCHEDULE

Tue 10/13	Football: Stephen-Argyle at Lake of the Woods		7:00 PM
	Volleyball: Thief River Falls at Roseau	KRWB	7:15 PM
	Volleyball: BGMR at Kittson County Central		7:15 PM
	Volleyball: Lake of the Woods at Nevis		6:45 PM
	Cross Country: Conference Meet		4:00 PM
	Girls Swimming: International Falls at Warroad/Roseau		4:30 PM
Wed 10/14	Football: Pelican Rapids at Warroad	YLE/KQ92	6:00 PM
	Football: East Grand Forks at Roseau	KRWB	6:00 PM
Thu 10/15	Volleyball: Roseau @ Underwood Tournament		9:00 AM
	Football: BGMR at Win-E-Mac		2:00 PM
Sat 10/17	Volleyball: BGMR @ Frostbite Tournament	(Grygla)	
Mon 10/19	Volleyball: Roseau at BGMR	KRWB	7:30 PM
Tue 10/20	Football: Barnesville at Warroad	YLE/KQ92	6:00 PM
	Football: Roseau at Hawley	KRWB?	6:00 PM
	Football: Goodridge/Grygla at BGMR	KRWB?	7:00 PM
	Football: Lake of the Woods at Kittson County Central		7:00 PM
	Volleyball: Warroad at Thief River Falls		7:15 PM
	Volleyball: Crookston at Roseau		6:00 PM
	Volleyball: Kelliher-Northome at Lake of the Woods		6:45 PM
	Cross Country: Warroad at International Falls		4:00 PM
Thu 10/22	Volleyball: Warroad at BGMR	KQ92	7:15 PM
	Volleyball: Lake of the Woods at Roseau	KRWB	7:30PM (Christian)
Sat 10/24	Girls Swimming: Warroad/Roseau at Bemidji		4:30 PM
Sat 10/30	Girls Swimming: Warroad/Roseau at Thief River Falls		12:00 PM

Win-E-Mac

Patriots Football

9/3	at Clearbrook-Gonvick
9/11	vs Northern Freeze
9/18	at Fosston
9/25	vs Fertile-Beltrami

10/2	at FF Hillcrest
10/9	vs Border West
10/15	vs B-G-MR
10/21	at NC East/Ulen-Hitterdal

COACH'S COMMENTS

AARON COOK

Football

Name of Team: Win-E-Mac

Conference Name: District 9-West, North Sub-district

Section/Region: 8 9-player

Number of Years Coaching: 10

Last Year's Record: 1-8

Returning Starters:

Jayden Haugen, Jayden Close, Austin Langseth, Nick Schow, Hayden Johnson, Carter Fortman, Charley Carlson, Kolten Schow, Cooper Gieseke, William Howard

Please provide a few stats for returning players:

Jayden Close— 90 carries, 587 yards, 5 TD, 44 tackles (6 games played)

Jayden Haugen — 85 carries, 585 yards, 8 TD, 4 rec, 97 yards, 1 td, 19 tackles (4 games played)

Nick Schow — 106 carries, 430 yards, 4 TDS

Austin Langseth — 75 carries, 250 yards, 4 TDS, 11 rec, 85 yards, 35 tackles

Players to Watch:

Jayden Haugen and Jayden Close are returning all sub-district players. Nathaniel Spry returns and will take over the QB position as a senior after being out all of last season, and since week 2 of his sophomore year due to injury.

Coach's Outlook/Expectations:

We have two returning all district players who need to continue to take a step forward in Jayden Close and Jayden Haugen. Both those players will be a major part of our running game this season. Nathaniel Spry returns from injury to lead the offense at the QB position and will provide a great opportunity for us to excel in the

passing game this season. With the return of Spry, that allows Nick Schow to move into a slot/WR role where he will be very dangerous in open space. Austin Langseth will help in the running game, but we will be reliant on him to get key blocks from his FB/HB role. The anchor of this year's team is going to have to be the OL. We bring everyone back on the line and many of them have been starters for multiple years. We need to have the mindset that everything we do is going to be physical and take it out in our opponents.

Defensively we need to have major improvement from a year ago. We need to have better gap control on the DL and better flow from our LB position to limit big plays. I expect us to take a major step forward from where we were a year ago.

Injuries were the biggest story of the season last year. The lineup we had for our playoff game was the first time we had that lineup on the field all season and were still down multiple starters. While we have some depth on the line this year, we will continue to be thin at the skill positions. We will need to make sure to spread the ball around to keep everyone as fresh as possible.

Your Pick(s) Section/Region Favorite:

Section 6 — Clearbrook-Gonvick, Section 8 - KCC

What is your projected Starting lineup?

Offensive — QB — Nathaniel Spry, RB — Jayden Haugen & Jayden Close, FB/HB — Austin Langseth, WR — Nick Schow, TE — Carter Fortman, G — Charley Carlson, C — Kolten Schow, G — Cooper Gieseke, TE — Hayden Johnson

Defensive — DB — Nick Schow, DB — Jayden Haugen, LB — Austin Langseth, LB/DB- Nathaniel Spry, LB — Jayden Close, Edge — Hayden Johnson, Edge — Carter Fortman, Interior DL — Rotation of — Kolten Schow, Charley Carlson, Cooper Gieseke, William Howard, Garret Davis, Rodney Stephen



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Win-E-Mac

Patriots Volleyball

9/8	at Red Lake County Central (Oklee)
9/10	vs Fertile-Beltrami
9/12	at Ruth Hayden Tournament (Ada)
9/17	at Thief River Falls
9/19	at Clearbrook-Gonvick Tournament
9/21	vs Warren-Alvarado-Oslo
9/22	at NC East/Ulen-Hitterdal
9/28	vs Blackduck
9/29	vs Ada-Borup-West
10/1	vs Fosston
10/5	at Crookston
10/6	vs Bagley
10/8	at Climax-Fisher
10/13	at Mahnomen-Waubun
10/19	at Red Lake Falls
10/20	at Park Christian
10/22	vs Lake Park-Audubon

COACH'S COMMENTS

KELSI GUNUFSON

Volleyball

Name of Team: Win-E-Mac**Conference Name:** Pine to Prairie**Section/Region:** 8a**Number of Years Coaching:** 1st year as Head Coach**Last Year's Record:** 3 - 18**Returning Starters:** Senior - Clara Kolden, Senior - Macie Haskett**Players to Watch:** I don't think we have one specific player that stands above everyone else right now. We have a lot of players who are willing to work hard and contribute in different ways.**Coach's Outlook/Expectations:**

We have a good mix of experienced players and younger athletes who have worked hard in the offseason. I think we'll see a lot of progress throughout the season.

Your Pick(s) Section/Region Favorite:

Fosston Greyhounds, Climax-Fisher Knights

What is your projected Starting lineup?

We have two seniors who will be great leaders for us on the court. Beyond that, we have a group of players who have been working hard and will be valuable assets to our team.



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