

Seward • Centennial • Malcolm • Milford



PAC'N'SAVE

DISCOUNT GROCERY

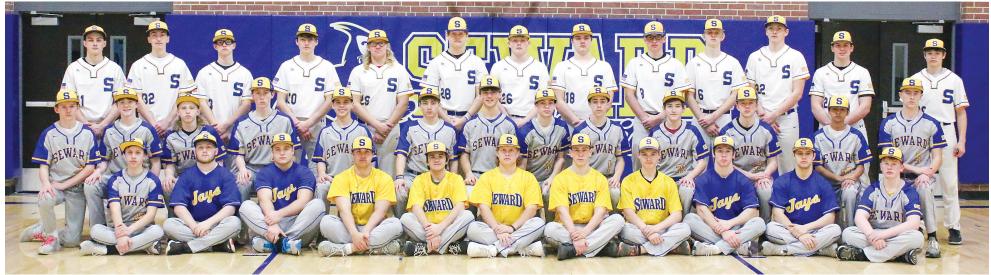
Locally Owned





1519 West Hwy 34 • Seward 402-643-6609

Baseball



STEPHANIE CROSTON/SCI/MT

The 2022 baseball team at Seward High includes, from left: (first row) Jacob Kimbrough, Issac Spotanski, Trevor Ruth, Peyton Quakenbush, Drew Covalt, Derek Erickson, Cam Olson, Ryley Hain, Parker Hammond, Matt Flyr and Cale Gardiner; (second row) Hunter Towle, Breken Grady, Dylan Hoehler, Ethan Anderson, Henry Lewis, Max Briggs, Kolton Loos, Josh Keller, Lathan Janousek, Dean Plouzek, Lawson Luebbe, Hector Sanchez and Connor Sveeggen; and (third row) Kohltyn Lindau, Dylan Read, Derek Kouma, Kyle Peery, Breken Kocian, Finn Hochstein, Carter Ernesti, Braiden Herring, Cole Luebbe, Connor Matzke, Collin Nagel, Carl Taylor and Reggie Sukup.

Seward baseball

Coach's name: Brock Anderson Years coaching: 11 Assistants: Jeremy Fries, Adam Pierce, John-

ny May

Seniors: Trevor Ruth, Isaac Spotanski, Parker Hammond, Matt Flyr

Additional returning letter winners: Drew Covalt, Derek Erickson, Cam Olson, Peyton Quakenbush, Finn Hochstein

Strengths of this year's team: Lots of returning guys and our pitching staff will be deep.

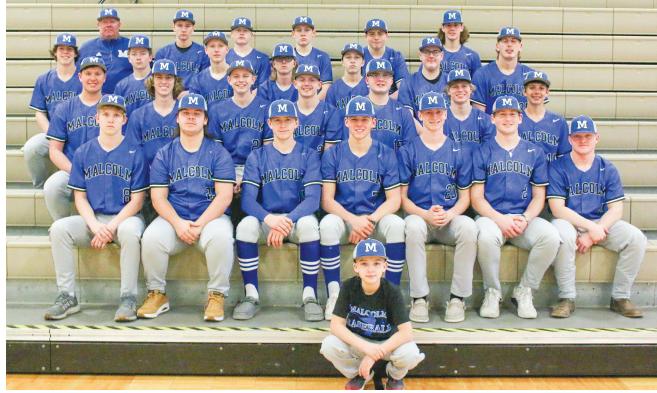
Holes to fill from last year: Our bullpen as we graduated two guys that ate up a lot of innings and pitched in some big spots.

Seward baseball

March 18	8	at Columbus	4:30p
March 19	9	host Fairbury	4:30p
March 2	1	host Norris	4:30p
March 22	2	at Raymond Central, Valparaiso	4:30p
March 24	4	at Wahoo	4:30p
March 26	6	host St. Paul	12p
March 28	8	host Beatrice	4:30p
March 29	9	host Platte Valley	4:30p
March 3	1	at Platteview	4:30p
April 2	2	at Omaha Skutt	4:30p
April 4	4	host Nebraska City	4:30p

5	at Hastings	4:30p
7	at Lincoln Northeast	4:3 0 p
9	at Lincoln Christian Triangular	12p
11	host Lincoln Pius X	4:3 0 p
12	at Adams Central	4:3 0 p
18	host Crete/Milford	4:3 0 p
19	at Mount Michael Benedictine	4:3 0 p
23	host Quadrangular	12p
25	host Blair	4:3 0 p
28	at Waverly	4:3 0 p
29	host Grand Island	4:3 0 p
5-9	at Districts	TBA
4-19	at State	TBA
ome g	ames played at Plum Creek Par	k
	7 9 11 12 18 19 23 25 28 29 5-9 4-19	 7 at Lincoln Northeast 9 at Lincoln Christian Triangular 11 host Lincoln Pius X 12 at Adams Central 18 host Crete/Milford 19 at Mount Michael Benedictine 23 host Quadrangular 25 host Blair 28 at Waverly 29 host Grand Island 5-9 at Districts





STEPHANIE CROSTON/SCI/MT

The Malcolm High baseball team for 2022 includes, from left: (kneeling) Abel Bittinger, equipment manager; (first row) Elliott Robotham, Keegan Robinson, Jacob Clarke, Connor Zegar, Brayden Boehle, Hayden Frank and Colt Reiling; (second row) Lucas Beckman, Maddox Meyer, Tyler Thieman, Carson Ramsier, Brett Rhone, Oliver Day and Cody Sykes; (third row) Noah Gonyea, Jaxyn Barrett, Owen Savicky, Cayden Robotham, Christopher Burbach, Owen Little and Anthony Kouma; and (fourth row) Coach Brandon Rieschick, Tristen Boehle, Carson Frank, Garrett England, Mason Wisnieski and Lucas Brown. Not pictured are Luke Schmidt, Ethan Schulz and Coaches Zach Wehner and Beau Sackett.

Malcolm baseball

Coach: Zach Wehner Years coaching: First year Assistants: Brandon Rieschick and Beau Sackett Seniors: Brayden Boehle, Jake Clarke, Connor Zegar Additional returning letter winners: Hayden Frank, Colt Reiling, Maddox Meyer, Luke Schmidt

Strengths: We have a good group of returning seniors. They really push the younger players and make sure they are doing the little details correctly. We have some younger players that are working hard and pushing for some varsity playing time. Holes to fill from last year: This will be the first year we are just "Malcolm" as a high school team. Our numbers will be lower than a majority of the teams we play. We will have

to play around with line ups to make sure we have the best nine players out there every game.



Malcolm baseball

March 19	at Ashland-Greenwood triangular 11a		
March 22	host Platteview 4:30p		
March 25	host Fairbury 4:30p		
March 28	at Ralston 4:30p		
April 1	at Twin River 4:30p		
April 2	host Crete/Milford 4:30p		
April 5	at Fort Calhoun 4:30p		
April 8	at Douglas County West 4:30p		
April 9	at Guardian Angels Triangular 11a		
April 12	host Omaha Benson 4:30p		
April 14	host Central City 4:30p		
April 18	host Plattsmouth 4:30p		
April 19	host Beatrice 4:30p		
April 23	at Seward Quadrangular 10a		
April 25	at Wahoo 4:30p		
April 26	host Raymond Central 4:30p		
April 30	at Falls City 1p		
May 2	host Wayne 4:30p		
May 5-9	at Districts TBA		
May14-19	at State TBA		





Crete/Milford baseball

Coach: Jacob Cathey Years coaching: Third year (technically my first was wiped out by COVID)

Assistants: Justin Nickel, Bryant Rief Seniors: Braden Schmeckpeper (Crete), Micah Hartwig (Milford), Madaux DeLong (Milford), Ethan Wittstruck (Milford)

Additional returning letter winners: Tadd TeBrink, Mason Crumbliss, Colton Homolka, Conner Lomax

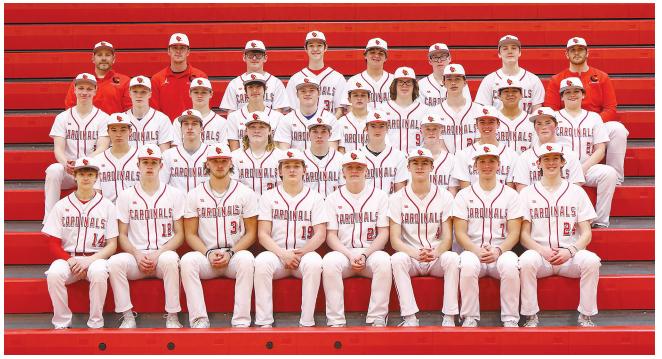
Strengths: Hitting and defense

Holes to be filled: Second base, pitching, outfield spots

Teams to watch: Norris

Crete/Milford baseball

March 17	at Ashland-Greenwood	4:30p
March 18	at Auburn	4:30p
March 19	host Falls City	12p
March 22	host Norris	4:30p
March 24	host Branched Oak	4:30p
March 25	at Plattsmouth	4:30p
March 29	host Lincoln High	4:30p
March 31	at Wayne	4:30p
April 2	at Branched Oak, Malcolm	4:3 0 p
April 4	host Wahoo	4:30p
April 5	host Beatrice	4:30p
April 7	host Bennington	4:3 0 p
April 12	at Central City	4:3 0 p
April 14	host Pender	4:30p
April 18	at Seward	12p
April 19	host Adams Central	4:30p
April 21	host Blair	4:3 0 p
April 25	at Waverly	4:30p
April 26	at Nebraska City	4:30p
April 28	at Platteview	4:30p
April 29	at Fairbury	4:30p
May 2	host Hastings	4:3 0 p
May 3	host Maxwell	4p
May 5-9	at Districts	TBA
May14-19	at State	TBA
hom	e games played at Tuxedo Park	



DOUG CABBOLL/SCI/MT

The 2022 Crete-Milford baseball team includes, from left: (first row) Max Connell, Colton Homolka, Braden Schmeckpeper, Madaux DeLong, Ethan Wittstruck, Micah Hartwig, Tadd TeBrink and Mason Crumbliss; (second row) Cale Burkhardt, Conner Lomax, Maddix Fye, Jeffrey Kuncl, Mason Stone, Carson Kotil, Garrett Dittmer and Cole Stutzman; (third row) Connor Krumme, Kenner Svitak, Garrett Rockenbach, Jayden Boyle, Carter Tews, Patton Svitak, Alex Eltze, Nick Hollman, Brody Klein and Gabe Mach; and (fourth row) Assistant Coach Justin Nickel, Assistant Coach Bryant Rief, Karson Cowan, Tristan Heath, Zach Parra, AJ Snide, Everett Heath and Head Coach Jacob Cathey.



Golf



STEPHANIE CROSTON/SCI/MT

The Seward High boys' golf team for the 2022 season includes, from left: (first row) Jordan Biggs, Dane Conner, Dalton Leibhart, Ashton Koetter, Bryce Piskorski, Christian Fields and Maddox Else; (second row) Braeden Dey, Kenyan Caldwell, Max Summa, Larson Goldsmith, Austin Schroeder and Matthew Wegman; and (third row) Kolton Koetter, Luke Wegman, Jace Nuttleman, Talan Schaefer, Jakob Gray and Andrew Marshall.

Seward golf

Coach: Jim Placke Years coaching: 30 Seniors: Jordan Biggs, Dane Conner, Bryce

Seward golf

March	22	at Wahoo Triangular	4:3 0 p
March	25	host Invitational	1 0 a
March	31	at Crete	4p
April	7	at Norris Invitational	9a
April	14	at York Invitational	9a
April	21	at Fairbury Invitational	9a
April	25	at Beatrice Invitational	9a
April	29	at Crete Invitational	9a
May	2	host Triangular	4p
May	8	host Central Conference	10a
May	11	at Milford	3:30 p
May	17	at Districts, Beatrice	TBA
May 24	-25	at State, Columbus	1 0 a

Piskorski, Ashton Koetter, Maddox Else, Dalton Liebhart, Christian Fields, Jakob Gray, Andrew Marshall, Jace Nuttleman

Strengths: We have four players with varsity experience coming back from last year. It looks like we will have a lot of competition for the five varsity spots. Jordan Biggs has the most experience of the players we have coming back. I will be looking forward to our qualifying early in the



season to see if we can establish a top three or four players. We may have one of those years where we switch off players in the early season tournaments.

Holes to fill: We have big holes to fill from last year. Ty Wehrs was the state runner up in Class B last year, and Ander Axthelm was another top performer.

Top teams: York, Aurora, Norris and Beatrice will be the top teams.



Auditing & Financial Statement Preparation



CRAIG JONES/SCI/MI

Members of the 2022 Milford High School golf team include, from left: (front row) Brecken Yoder, Garrett Freeman, Jack Stahl, Cash Brom, Kellen Kubicek and Austin Cox; and (back row) Keenan Troyer, Brody Mach, Dylan Kroese, Maddox Baack, Colton Hauder, Cole Toovey, Chase Nitzsche, Alec Shook and Kasen Petsch.

Milford golf

Coach: Tony Muller

Years coaching: 17

Seniors: Cole Toovey, Colton Hauder, Dylan Kroese, Maddox Baack

Additional letterwinners: Chase Nitzsche **Strengths**: We return four of our top five varsity golfers from last year. Cole and Colton are four-year varsity golfers, and were our one and two men last year. We will be looking for Chase, Dylan, Maddox and Brody Mach to solidify the three, four and five spots.

We graduated Isaac Yeackley, last year's threeman, who was very consistent and improved all year long.

Conference: David City and Fillmore Central always have good teams.

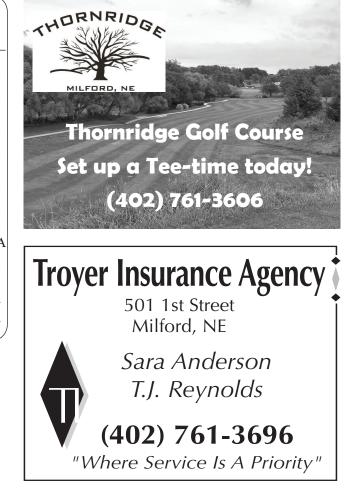
Milford golf

March	25	at Seward Invitational	10a
March	31	at Syracuse Invitational	9:30a
April	5	at Palmyra	4p
April	6	at Friend Invitational	9:30a
April	13	host Milford Invitational	9:30a
April	19	at Southern	4p
April	21	at Fairbury Invitational	9a
April	27	at Palmyra Invitational	8:30a
May	3	at Sutton Invitational	9a
May	5	at Southern Nebraska Conf	erenceTB4
May	10	at Lincoln Christian Invitat	ional 10a
May	11	host Seward	3:30p
May	17	at Districts	TBA
May 24	-25	at State, Kearney	TBA

Eagle – two under par

Birdie – one under par Par - the score a golfer should shoot on a given hole Double bogie - two under par Bogie – one over par

Golf terms





The Centennial golf team for 2022 includes, from left: (front row) Micah Richters, Noah Jensen, Jake Fehlhafer, Lance Haberman, Sam Ehlers and Rylee Bartu; and (back row) Maj Nisly, Bryson Hornbacker, Shawn Rathjen, Dylan Tonniges, Alex Hirschfeld and Reiden Fowler.

Centennial golf

Coach: Bob Fish

Years coaching: This is our ninth year of golf at Centennial.

Seniors: Lance Haberman, Reiden Fowler,

Centennial golf

March	30	at David City Aquinas	9a
April	4	at Friend Triangular	4p
April	5	at Friend Invitational	10a
April	11	at HTRS Invitational	9a
April	18	at Sandy Creek Invitational	9:30a
April	27	host Seward	4p
April	28	at Crete Invitational	9a
May	4	at Southern Nebraska Conf.	10a
May	16	at Districts	TBA
May 23	-24	at State	TBA
			,

Noah Jensen

Additional returning letter winners: Micah Richters, Dillon Tonniges

Strengths: We have a few new kids out that may give us more depth than we have had in the past, which will lead to better competition in practice which hopefully sharpens our game. **Holes**: Experience. Lance, Reiden and Micah have played in tournaments before, but we are going to be counting on some guys this year that have never played a competitive round of golf. We will try to peak for the Bronco Bluejay cup. We have lost, I think, the last four, and our guys want to get the plaque back to Centennial this year.





Soccer



STEPHANIE CBOSTON/SCI/MT

Seward High's boys' soccer team for the 2022 season includes, from left: (first row) Nick McCormick, Collin Warren, Leighton Limback, Owen Krahulik and Ian Johnson; (second row) Tanner Beckmann, Nolan Stanton, Dominic Torres, Justin McConnell, Josh Ringler, Hank Hughes and Kaydon Mueller; and (third row) Liam Krahulik, Erik Kirby, Lucas Howe, Bryson Manske, Holden Bremer, Austin Ricke, Landon Ford and Dalton Mobley. Not pictured are Julius Justice and Riken Koinzan.

Seward boys' soccer

Coach: Jamie Opfer Years coaching: 20 Assistant: Wade Miller Seniors: Riken Koinzan, Collin Warren, Owen Krahulik, Leighton Limback, Nick McCormick, Ian Johnson

Additional returning letter winners:

Nolan Stanton, Josh Ringler, Dominic Torres, Kaydon Mueller

Strengths: Riken, Collin, Leighton, Dominic,

Seward girls' soccer

Coach's name: Nick Holmes Years coaching: Second year Assistants: Kyleah Bowder, Dan Fisher Seniors: Jordyn Collins, Bethany Gebhardt, Ava King, Myka Smith, Jayden Fernau, Claire Geidel, Ellissa Sagehorn, Alivia Hartmann

Additional returning letter winners: Aly Conde, Sofia Heaston, Ava Fisher Josh and Nick played a lot of good soccer last year. We will rely on their leadership this season. Leighton Limback has our record for saves in a season last year with 95. We will rely on his knowledge and experience in goal.

Holes to fill: We will have some holes to fill and are looking for some younger players to fill those roles this season. We are looking forward to these young and inexperienced players developing and getting better each week.

Teams to watch: Crete is a team to watch in our conference.

Strengths of this year's team: The biggest strength is experience. We return all but one starter from last year. One year older and one year wiser, the seniors have shown a maturity that will help push the program forward. I am very excited to see what we can accomplish this season.

Teams to watch in conference/district: Norris is the team to watch, state runner-up and still very young; they are the bar as far as qualifying for state.

Seward soccer

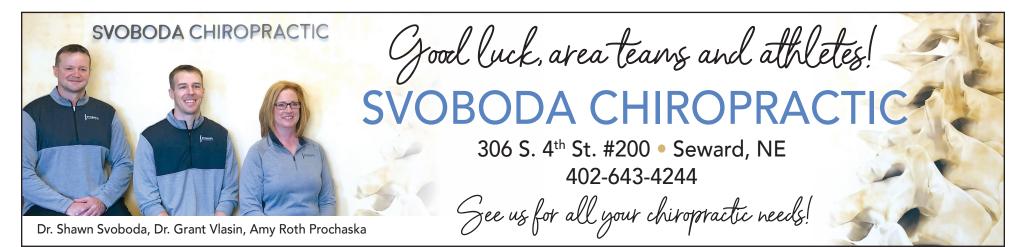
March 17	host Waverly (boys)	4:30p
March 19	host Norris	10a/noon
March 22	host Conestoga (girls)	4:30p
	at Madison (boys)	5p
March 24	at Auburn (girls)	4:30p
March 29	host Lincoln Lutheran	4:30p
March 31	host Crete	4:30p
April 2	host Quadrangular	9:30/11:30a
April 7	at Schuyler	5p
April 11-18	at Central Conference t	ourney TBA
April 19	at Auburn	TBA
April 21	host Beatrice (boys)	4:30p
April 25	at York	5p
April 26	host Lakeview	4:30p
April 28	at Northwest	4:30p
May 2-5	at Districts	TBA
May 7	at Substate	TBA
May 11-17	at State	TBA
home gam	nes played at Seward Ele	ementary



STEPHANIE CROSTON/SCI/MT

Members of the girls' soccer team at Seward High for 2022 are, from left: (first row) Jordyn Collins, Bethany Gebhardt, Ava King, Myka Smith, Jayden Fernau, Claire Geidel, Ellissa Sagehorn and Alivia Hartmann; (second row) Emily Bujarski, Addison Opfer, Nyapouch Duol, Alma Fredriksson, Sofia Heaston, Ava Fisher, Aly Conde and McKenna Kisela; and (third row) Vanessah Schluckebier, Olivia Delcamp, Jena Eberspacher, Haeven Hendrix, Jeffi Schaefer, Xylie Robidoux, Carissa Mines, Ashley Martin, Makayla Mumaugh, Addyson Rohde and Rachel Kreifels. Avery Briggs is not pictured.

Good luck to all the area athletes this spring season.







RILEY

DANIEL

BETHANY

GEBHARDT

FRACK AND FIELD

SOCCER





KEEGAN



DUOL

GEIDEL

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CLAIRE

SOCCER







BIGGS

MADDOX



ELSE

JAKOB



GRAY



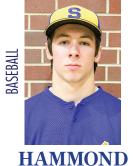
JORDYN

COLLINS

SOCCER

FERNAU

PARKER





HARTMANN

DANE



CONNER

CHRISTIAN



FIELDS

ΔΗνιΔ











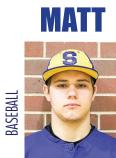






MORGAN

CRAIG



NATHAN



HOCHSTEIN





KRATOCHVIL





NATHAN **TRACK AND FIELD**

LIEBHART

IAN

JOHNSON

DALTON

SOCCER

GOLF

NOTTINGHAM

AVA



KING

LEIGHTON



LIMBACK

JACE



NUTTLEMAN





KOETTER

ANDREW



MARSHALL

MICHAEL





RIKEN









MATTHIAS

BRYCE



PISKORSKI









CONNER



ROSENDALE



CATERINA



RUIU



RUTH





ELLIE



SEILHAN

TRACK AND FIELD

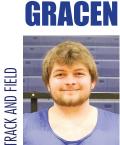
TRACK AND FIELD

KARLA

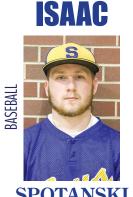
SIERRA-MENDOZA







SOMMERER



SPOTANSKI



SUKUP



VIGER



WARREN





EAGLES



ADAMS



BAACK



JUAN

BARRETO



CELIA

BONTRAGER









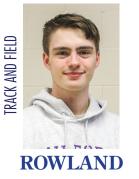


MICAH





TRACE



TRACK AND FIELD

COLTON

HAUDER

RACHEL

GOLF

SHIVELY

MARISSA





KROESE

AYDEN



SHOOK

GARRET



TRACK AND FIELD



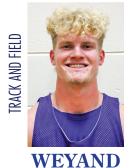
SPRINGER

DYLAN

MCDONALD

CARTER

JAXON





JAMISON



MILLER

SYDNEY

STELLING

ETHAN

WITTSTRUCK

'la

FRACK AND FIELD

BASEBALL



TRACK AND FIELD

COLE

ROTH

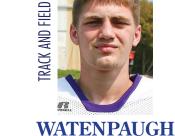
CARTER



TOOVEY



WALKER





Good Luck Athletes!

Jones Bank is proud to support local student athletes.

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CENTENNIAI



BRONCOS

ISAK

GRUE

FRACK AND FIELD



BARGEN





HABERMAN



FEHLHAFER

ΗΔΙΙΕΥ

HEIDTBRINK

FRACK AND FIELD

FRACK AND FIELD







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NOAH
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RFINFN

FOWLER

GOLF



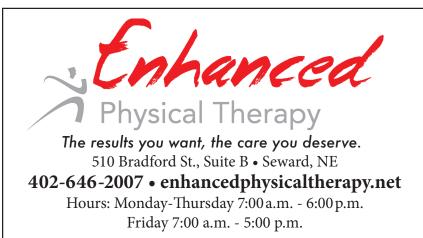


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RUMERY
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Enhanced Physical Therapy provides experienced, skilled and compassionate care to Seward County area athletes. We have been proud to help return athletes to the field of play as quickly and safely as possible. We utilize the latest techniques and are certified in concussion rehabilitation. Stop by or call with any questions on how we can help you or your athletes!



OSCAR









CLIPPERS







ELKINS

BRAYDEN

BOEHLE

BASEBALL

LUKE









TRACK AND FIELD



LEWIS

REAGAN



BASEBALL

PAIDER

JAKE

M

CLARKE

ELISA

CONNOR



ZEGAR





CORA





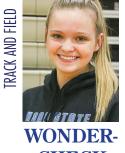




SIMS



WALTERS



CHECK





FRACK AND FIELD







ZOUCHA



Track and field



STEPHANIE CROSTON/SCI/MT

The 2022 girls' track team at Centennial includes, from left: (first row) Gracen Fehlhafer, Halley Heidtbrink, Madison Brandenburgh, Kali Fickel, Alex Galavez, Krislyn Green, Samara Ruether and Cambria Saunders; (second row) Eliza Timmerman, Lillian Butzke, Ava Fischer, Cora Hoffschneider, Savannah Horne, Kate Luebbe, Karley Naber and Cora Payne; and (third row) Molly Prochaska, Catelynn Bargen, Lauryn Breitkreutz, Caylie Clouse, Grace Schernikau, Averie Stuhr and Ella Wambold. Josie Turnbull is not pictured.

Centennial track and field

Coach: Rob Johansen Years coaching: 18 at Centennial, 32 coaching track Assistants: Leah Pankoke, Isla Palla Camer Form and Currie

Jake Polk, Carson Farr and Curtis Saunders

Seniors: Jake Bargen, Carson Fehlhafer, Carson Prochaska, Justin Rumery, Oscar Glerup, Isak Grue, Gracen Fehlhafer, Halley Heidtbrink

Additional returning letter winners: Connor Clouse, Jayde

Gumaer, Clinton Turnbull, Lillian Butzke, Molly Prochaska, Savannah Horne, Madison Brandenburgh, Alex Galavez, Kate Luebbe, Cora Payne, Samara Ruether, Cambria Saunders

Strengths of this year's team: Boys – Only five returning letterwinners from 2021. We are very young with a good core of freshmen on the team. Underclassmen will get opportunities to participate and be contributors.

Carson Fehlhafer won the confer-

(continued on 20)



STEPHANIE CROSTON/SCI/MT

The 2022 boys' track team at Centennial includes, from left: (first row) Jake Bargen, Carson Fehlhafer, Oscar Glerup, Isak Grue, Carson Prochaska, Justin Rumery, Conner Clouse, Xavier Ettwein and John Fehlhafer; (second row) Keenan Kosek, Jayde Gumaer, Clinton Turnbull, Elijah Utter, Jesse Dunbar, Trevor Fehlhafer, Ben Sams, Jack Wellman and Dax Bloebaum; and (third row) Jayen Butzke, Joey Dunbar, Paul Fehlhafer, Matthew Hoops, Torian Ibarra, Quinnlin Reyle, Ryan Richters, Orion Stuhr, Jordan Wagner and Camden Winkelman.



The 2022 Malcolm High track and field team includes, from left: (first row) Ethan Coker, Antonio Sims, Ty Brockhaus, Luke Walters, Gavin Zoucha, Kiley Elkins, Reagan Wondercheck, Elisa Paider, Jordan Denton, Cora Schweitzer, Kennedy Cole and Katie Lewis; (second row) Addysin Hanson, Lillie Beach, Alyssa Fortik, Bailey Hraban, Alanea Babb, Sidney Holliday, James Watts, Emma Meyers, Karsyn Broders, Zane Zoucha, Tate Ele, Joe Brockhaus, Drew Johnson, Josh Stewart and Jon Cook; (third row) Keira Farritor, Anna Schweitzer, Luci Brockhaus, Karter Kinkaid, Maya Semerad, Cody Rice, Alex Paider, Tommy Lewis, Bricen Wilkie, Cayden Witzel, Noah VanEvery, Abby Zegar, Madison Schultz, Dalton Amen, Natalie Shafer and Nate Swenson; and (fourth row) Miracle Sheldon, Olivia Watts, Grace Frahm, Izzy Stenger, Jessica Sandell, Logan Schumacher, Aiden Cunningham, Cole Tiedeman, Hunter Meyers, Logan McGreer, Josh Fox, Josh Cantrell, Bryson Leffers, Nate Maddox and Rachel Lannin. Lucas Christensen and Anna-Grace Christensen are not pictured.

Malcolm track and field

Coach's name: Dustin Tobey

Years coaching: 16

Assistants: Kim Watson, Kip Arnold, Jordan Case, Danis Willet, Adrianna Sims, Jack Tarr, Jamin Thomas, Kellan Willet

Seniors: Ty Brockhaus, Ethan Coker, Kennedy Cole, Kiley Elkins, Katherine Lewis, Elisa Paider, Cora Schweitzer, Antonio Sims, Luke Walters, Reagan Wondercheck, Gavin Zoucha

Additional returning letter winners: Alanea Babb, Lillie Beach, Lucas Christensen, Alyssa Fortik, Addyson Hanson, Drew Johnson, Zane Zoucha, Dalton Amen, Luci Brockhaus, Keira Farritor, Thomas Lewis, Madison Schultz, Anna Schweitzer, Nate Swenson, Bricen Wilkie, Abby Zegar

Strengths of this year's team: Boys: Mid-distance, distance, jumps; Girls: Throws, hurdles, jumps, mid-distance

Holes to fill from last year: Boys: Throws, sprints, hurdles; Girls: Sprints, distance

Teams to watch in conference/district: Boys Conference: Freeman, Auburn; Girls Conference: Elmwood-Murdock, Auburn

Districts: Lincoln Lutheran, Elmwood-Murdock, Freeman



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Good Luck Area Teams and Athletes: FAST MAR 215 N. 6th • Seward • 402-643-3229

Malcolm

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19

26

March 18

March 28

April

April

April

April

track & field

at Nebraska Weslseyan University2p

4p

10a

2p

2p

2p

2p

2p

TBA

TBA

at Raymond Central Triangular

host Malcolm Invitational

at Centennial Invitational

at Lakeview Invitational

at Yutan Invitational

at East Central Nebraska Conf. 10a April 30 at Louisville Invitational May 2 May 5 at Fillmore Central Invitational at Districts May 12 at State, Omaha Burke May 18-19

March 23, 2022 Seward County Independent and The Milford Times

Milford track and field

Coach's name: Marty Hingst Years coaching: 48

Assistants: Mindy Burton, Ryan Voelker, Jake Kment, Ken Burkhardt, Kennedy Mogul, Craig Bontrager, Cody Hollist

Seniors: Boys – Juan Barreto, Dylan McDonald, Jamison Miller, Carter Roth, Trace Rowland, Ayden Shook, Carter Springer, Garret Watenpaugh, Jaxon Weyand; Girls – Caitlyn Adams, Celia Bontrager, Rachel Shively, Sydney Stelling, Marissa Walker

Additional returning letter winners: Boys – Dane Kolb, Hudson Mullet, Caden Nelson, Gavin Dunlap; Girls – Josie Hansen, Kaitlin Kontor, Eliza McGuire, Hannah Schilz, Camille Stauffer, Victoria Mink, Sarah Spahr, Macy Stutzman

Strengths of this year's team: Girls – Two returning state qualifiers: Camille Stauffer in the discus (13th with 111-2) and Sarah Spahr in the high jump where she ended up fifth with a 5-4 jump. Other steady scorers are Sydney Stelling-sprints and jumps, Caitlyn Adams-400 and 800, Marissa Walker-high jump, Kaitlyn Kontor-1600, Hannah Schilz-hurdles

Boys – No returning state qualifiers. Leading returning scorers are Ayden Shook-sprints and high jump, Carter Roth-distance, Hudson Mullet-distance, Dylan McDonald-hj, Gavin Dunlap-distance. New track guys are sophomores Kaleb Eickhoff-distance and Hunter Oborny-shot. Both show scoring capabilities, and Carter Springer who lettered as a freshman returns.

Holes to fill from last year: For the boys, Collin Piening is gone. He was easily our leading scorer and state qualifier.

Teams to watch in conference/district: Our girls were second at conference last year, and we've got a decent nucleus coming back.

Milford track & field

March	18	at Concordia University	9 a
March	29	at Wilber-Clatonia Invitational	2р
April	6	at Malcolm Invitational	10a
April	12	host Milford Invitational	2 p
April	19	at Centennial Invitational	2 p
April	30	at Southern Nebraska Conferen	ice10a
May	5	at Sutton Invitational	2 p
May	12	at Districts	TBA
May 18	8-19	at State, Omaha Burke	TBA



CRAIG JONES/SCI/MT

The 2022 Milford High School girls' track team members include, from left: (first row) Caitlyn Adams, Celia Bontrager, Rachel Shively, Sydney Stelling and Marissa Walker; (second row) Rebecca Freeman, Josie Hansen, Eliza McGuire, Elana Prentice, Hannah Schilz and Camille Stauffer; (third row) Clara Maple, Victoria Mink, Addisyn Mowinkel, Myranda Schildt, Sarah Spahr, Macy Stutzman, Abigail Svik and Allyson Taylor; and (fourth row) Lilly Kenning, Maizie Kolb, Brooklyn McDonald, Ellison Piening, Avery Roth and Hannah Wittstruck. Not pictured are Kaylee Garrison, Raeleigh Kremer, Karlee Kuklis, Aylandra Kuklis, Sydney Thompson, Izzy Yeackley, Mackenzie Watenpaugh, Sally Burkey and Kaitlin Kontor.



RAIG JONES/SCI/MT

The 2022 Milford High School boys' track team members include, from left: (first row) Juan Barreto, Dylan McDonald, Jamison Miller, Carter Roth, Trace Rowland, Ayden Shook and Carter Springer; (second row) Bo Kepler, Dane Kolb, Andrew Lyon III, Hudson Mullet and Caden Nelson; and (third row) Tyce Lopez, Gavin Piening, Adan Rakow, Hunter Oborny and Sirius Jolly. Not pictured are Jaxon Weyand, Garret Watenpaugh, Kaleb Eickhoff, Ren Jensen, Gavin Dunlap and Hunter Dickinson.



STEPHANIE CROSTON/SCI/M

The 2022 girls' track team at Seward High includes, from left: (first row) Morgan Craig, Karla Sierra Mendoza, Keegan Beisel, Maddie Viger, Drew Kratochvil, Desirae Hibbert and Caterina Ruiu; (second row) Vikki Wang, Cadance Craig, Ava Krahulik, Karnie Gottschalk, Kaylie Nelson, Natalie Axt, Eden Schulz and Amy Sistek; (third row) Coral Collins, Nova Nordmeyer, Izzie Peetz, Hannah Bierbaum, Ona Stutzman, Haylie Sloup, Libby Kratochvil, Lovely Hibbert, Maryn Johnson and Regan Wiesen; and (fourth row) Madison Green, Abi Moore, Marisa Schmeckpeper, Tessa Greisen, Natalie Wintz, Sophie Matthias, Mikayla Miller, Kennedy Limback, Kelsey Miller and Kyla Novak. Not pictured are Makenna Nerud, Jaidyn Gerson and Emmalee Herring.

Seward track and field

Coach's name: Jeff Hass **Years coaching**: First as head, fifth at

Seward track & field

March	17	at Concordia University Invite	e 41
March	26	at Fairbury Invitational	9:30a
March	31	at Norris Invitational	108
April	8	at Waverly Invitational	108
April	14	at Wahoo Invitational	2]
April	23	at York Invitational	108
April	28	at Blair Invitational	11
May	5	at Central Conf., Holdrege	9:308
May	10	at Districts	TBA
May 18	8-19	at State, Omaha Burke	TBA

Seward, 14th overall

Assistants: Kyle Royuk, Kari Samuels, Nate Knott, Jordan Hinrichs, Jeff Luebbe

Seniors: Boys: Gracen Sommerer, Justin Matulka, Logan Seilhan, Sam Matthias, Michael Peery, Nathan Nottingham, Nathan Hochstein, Riley Daniel, Conner Rosendale, Gavin Sukup, Sabit Duol

Additional letter winners: Caden Brooks, Nic Classen, Drew Collings, Kameron Dyer, Easton Else, Evett Howe, Tanner Bye, AJ Frazey, Nolan Hill, Eli Hiser, Dustin Hurley, Kalen Knott, Zach Rohde, Luke Seevers, Colin Standifer, Alex Tonniges

Seniors: Girls: Morgan Craig, Karla Sierra-Mendoza, Keegan Beisel, Maddie Vigor, Drew Kratochvil, Desirae Hibbert, Caterina Ruiu.

Additional letter winners: Coral Collins, Lovely Hibbert, Libby Kratochvil, Haylie Sloup, Natalie Axt, Cadence Craig, Karnie Gottschalk, Ava Krahulik, Kaylie Nelson, Eden Schulz, Vicki Wang

Strengths of this year's team: We have a large group of kids out again this year. We will be led by a great group of seniors for both the girls and boys. They are good leaders with good work ethics which will be a great asset this year.

Our girls distance crew will be led by Keegan Beisel, who will be leading a young crew into the season. Junior Natalie Axt, sophomore Hayley Sloup and freshmen Tessa Greisen and Kennedy Limback look to be contributing members of the group this year.

The throwers will be led this year by seniors Maddie Vigor and Desirae Hibbert. Sophomore Lovely Hibbert, and Juniors Cadence Craig and Kaylie Nelson look to add depth and contribute points to the group this season also.

The girls' sprint and hurdle group may be the (continued on 20)

Seward track (continued from 19)

strongest group this year. Seniors Morgan Craig and Drew Kratochvil, juniors Eden Shultz and Vicki Wang, and sophomore Coral Collins look to build from the success of last season. They will be helped by senior Catarina Ruiu, junior Ava Krahulik and sophomore Libby Kratochvil, who will be taking on bigger roles this year.

On the boys' distance side, seniors Nathan Nottingham, Michael Peery and Nathan Hochstein look to pace the team while looking for contributions from fellow senior Sabit Duol, juniors Tanner Bye, Alex Tonniges and Colin Standifer and sophomores Drew Collings, Evett Howe and Kameryn Dyer.

The throwers will look to improve their marks from last year and rake in more points. Seniors Justin Matulka and Gracen Sommerer and juniors Dustin Hurley and Riley Prochnow will provide leadership and stability to the team. They will be an integral part of the scoring for the team this year.

The boy sprinters will be looking to make an impact this year led by returning sophomore letterwinner Caden Brooks. Senior Gavin Sukup, juniors Micah Hackbart, AJ Frazey, Luke Seevers and sophomore Easton Else will contribute individually and on relays. State medalist junior Kalen Knott will be looking to continue his vaulting success while fellow junior Nolan Hill will work to improve his heights from last season and provide some more scoring depth.

Holes to fill from last year: We will be missing some production from seniors last year and have to gain some points from some early graduations too. Our track team is confident that we will be able to replace those gaps by a team effort.

Teams to watch in conference/district: Conference: Aurora, GINW, Lexington and York; Districts: Norris, Waverly and York



STEPHANIE CROSTON/SCI/MT

The boys' track team at Seward High for 2022 includes, from left: (first row) Gracen Sommerer, Justin Matulka, Logan Seilhan, Sam Matthias, Michael Peery, Nathan Nottingham, Nathan Hochstein, Riley Daniel, Conner Rosendale, Gavin Sukup and Sabit Duol; (second row) Nolan Hill, Luke Seevers, Zac Rohde, Eli Hiser, Riley Prochnow, Kalen Knott, Jacob DeGroot, Alex Tonniges, Tanner Bye, Dustin Hurley, AJ Frazey, Micah Hackbart, Jackson Anderson and Collin Standifer; (third row) Easton Else, Nicholas Classen, Xander Foulk, Jaden Nelson, Logan Wagoner, Caden Brooks, Drew Collings, David Brisbane, Kameron Dyer and John Jurchen; and (fourth row) Kaleb Cannady, Riley Pierson, Nathan Shafer, Caden Schadwinkel, Presston Duryea, Jack Schulz, Nathan Weber, Devon Peery, Ben Nottingham, Hayden Burhoop, Will Ratkovec, Daylon Salyer, Jace Ramirez, Cooper Fern, Edison Knott, Dylan Hochstein and Esten Johnson.

Centennial track (continued from 16)

ence discus with a personal-best throw of 167-8 last season and won districts with a throw of 157-11. Jake Bargen finished fourth in the conference in the high jump at 6-0, fourth at districts at 6-1 and tied for seventh at state at 6-2. The throws are deep with talent, and middle to long distance should be strong. We have a lot of answers to find in the sprints and hurdles. Underclassmen will need to step up in the sprints, where we are short on depth.

Girls – Underclassmen will be key for us. Many will get better with meet experience.

Savannah Horne came on strong at the end of last season to break the school record in the 100m dash at 12.73 seconds and placed eighth at the state meet. Molly Prochaska qualified in two events last year (3,200-meter relay and 800-meter run). She looks to be even better this year and will do well in the 400. Lillian Butzke returns as a qualifier in the 3,200 relay and looks to be better.

Savannah Horne in the sprints, and the middle and long distances are good for us. We will need to find a couple more to make a really good relay.

We have a lot of answers to find in the sprints, hurdles and jumps. Underclassmen can really help us as we have a good core of freshmen and sophomores. Just not a lot of race experience.

Wilber-Clatonia and Milford always have good track teams and depth. Districts include Malcolm and Lincoln Lutheran. Like every year, I expect our kids to work hard and show improvement. Every year it's exciting to see kids improve throughout the season.

Centennial track & field

March	18	at Concordia University	9a
March	25	at Louisville Quad	3:30p
March	29	at Wilber-Clatonia Invitational	2p
April	6	at Malcolm Invitational	10a
April	12	at Milford Invitational	2p
April	19	host Centennial Invitational	2p
April	25	host Quadrangular	4p
April	30	at Southern Nebraska Conferen	nce10a
May	5	at Fillmore Central Invitationa	l 2p
May	12	at Districts	TBA
May 20)-21	at State, Omaha Burke	TBA
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