

WINTER

# SPORTS

PREVIEW 2022



**SEWARD  
CENTENNIAL  
MALCOLM  
MILFORD**

**BASKETBALL  
BOWLING  
WRESTLING**

Photos by Stephanie Croston, SCI/MT  
Students pictured, from left to right: Hunter Oborny, Milford; Eve Brumm, Seward;  
Lane Zimmer, Centennial; Alyssa Fortik, Malcolm.

*A supplement to the November 30, 2022*

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**Times**



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# Seward wrestling

## Seward County girls' wrestling

Coach's name:  
Andy Sistek

Years coaching:  
starting year 15

Assistant coaches:  
Rochelle Geiger, Doug Theobold, Brady Johnson

Seniors on this year's team: Amy Sistek, Cadence Craig, McKenna Kisela, MaKenzie Olsen, Kaylie Nelson

Amy Sistek is the only wrestler with high school experience. She was a state qualifier in Colorado in 2020.

Everyone on our team except for Amy is new to high school wrestling. There are a few that may surprise some people based on their GRIT and athleticism. We shall see when they emerge.

Strengths of this year's team: So far the girls have proven to be hard workers that are extremely coachable. This is a very young group with 10+ freshmen. We have a great group of coaches that are all willing to help out. Doug Theobold was a valuable member of the team state championship in 1997 and was a state medalist. Brady Johnson wrestled at Chadron State and has a lot of coaching experience



Wrestling for Seward County in 2022-23 are, from left: (first row) Makenzie Olsen, McKenna Kisela, Cadence Craig, Eliza McGuire, Amy Sistek and Kaylie Nelson; (second row) Savannah Leiting, Kayla Grantski, Grace Schernikau, Annaliese Sistek and Abby Wunderlich; (third row) Evie Theobald, Ava Slechta, Jordan Jacobsen, Jenna Hallsted, Mia Cobian, Kayleigh Penas and Lauren Frihauf; and (fourth row) Kobie Kosek, Trisha Miller, Arieanna Mister, Emily Kenning, Kinley Petsch and Ava Rediger.

including as a volunteer at Concordia. Rochelle Geiger has been around wrestling her entire life and has a passion for the sport.

Teams to watch on your schedule: This is a new world for our coaching staff and we really wrestle everyone in the state. There are many teams with more experience and maybe more that are similar to us. Our focus is on our approach and getting ready to compete at a high level and sharpen our skills. If we take care of our attitude, work ethic, and mindset good things will happen regardless of who

we wrestle.

As a new head coach at Seward, what are your expectations for your team? How would you describe your coaching philosophy or style (win at all costs, everyone gets to play, etc.) What do you hope to see your team accomplish this season?

My coaching philosophy is to focus on the details each day with an emphasis on embracing "hard". We are going to work hard and be aggressive for 6 minutes. We can't control wins and losses, but we can control our response to adversity and our


overall approach. We discuss mindset a lot and our goal is not outcome based, but to focus on winning the next position and scoring the next point. We are also going to have a family atmosphere and support each other regardless of outcome. Wins and losses don't define us, but the process should refine us. Our goal for this year is that each individual grows an athlete, but more importantly as a human being through this experience. We also strive to develop a family like culture where these girls really embrace each other

as they go through this grind. Wrestling is a transformative type of experience and it will be fun to


watch how the positive benefits permeate beyond what happens on the mat.

SEWARD GIRLS' WRESTLING			
Dec. 1	host triangular		4:30p
Dec. 2	at West Point Beemer tournament		2p
Dec. 10	at Crete tournament		9a
Dec. 15	at Aurora tournament		4:30p
Dec. 17	at Platteview tournament		10a
Jan. 5	at High Plains tournament		TBA
Jan. 12	at Northwest		7p
Jan. 14	at Nebraska City tournament		4p
Jan. 19	host Schuyler		6p
Jan. 20	at Louisville tournament		2:30p
Jan. 28	host Central Conference tournament		9:30a
Feb. 3	at Girls' districts		TBA
Feb. 16-18	at State, Omaha		TBA


## Girls' wrestling seniors




Cadence Craig  
Seward Co wrestling




McKenna Kisela  
Seward Co wrestling




Eliza McGuire  
Seward Co wrestling



Kaylie Nelson  
Seward Co wrestling



MaKenzie Olsen  
Seward Co wrestling



Amy Sistek  
Seward Co wrestling



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Wrestling for Seward High in 2022-23 are, from left: (first row) Nolan Hill, Eli Hiser and Ethan Woolard; (second row) Caleb Jackson, treyton Hobson and Sam Schrad; (third row) Cooper Fern, Kaleb Torres-Patino, A.J. Utecht, Riley Pierson, Caden Schadwinkel and Gabriel Cobian; (fourth row) Cale Oborny, Cardin Goracke and Kaiser Hannemann; and (fifth row) managers Gabriella Robidoux, Grace Roberts and Ella Mohnike. Not pictured are Dustin Hurley, Justin McConnell, Kaydon Mueller, Reggie Sukup, Jackson Holt, Aidan Summa and manager Ava Krahulik. Preview and schedule are on page 7.

Good Luck Athletes!

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# Seward basketball

## Seward boys' basketball

Coach's name: Trevor Menke

Years coaching:

Third year

Assistant coaches: Wade Miller and Seth Montag

Last year's record: 12-13 (lost at Scottsbluff in district final)

Seniors on this year's team: Drew Covalt, Andrew Frazey, Malachi Limback, Max Summa, Luke Wegman

Additional returning letter winners: Kameron Dyer

Newcomers to watch: Finn Hochstein (Jr), Hank Hughes (Jr)

Strengths of this year's team: Depth. We believe we have the ability to play several guys in the rotation.



The 2022-23 Seward High boys' basketball team includes, from left: (first row) Malachi Limback, A.J. Frazey, Drew, Max Summa and Luke Wegman; (second row) Sam Sagehorn, Bostyn Happ, Tresten Hass, Matthew Wegman, Finn Hochstein, Hayden Burhoop, Kameron Dyer, Hank Hughes, Talan Schaefer and Conner Matzke; (third row) Karson Dyer, Josh Keller, Ed Knott, Lathan Janousek, Lawson Luebbe, Austin Rikke and Daylon Salyer; and (fourth row) Ayden Siebert, Kason Salyer, Decklan Lindau, Kyle Riley, Micah Royuk, Kobe Policky, Jack Vyhnalek, Brenden Ruth, Cooper Hill and Quin Berner.

Holes to fill from last year: We lost a really nice senior group from last year. It is going to be a challenge to replace their leadership everyday.

Teams to watch on your schedule: Crete, York, Wavelry, Wahoo

SEWARD BASKETBALL				
Dec.	1	at Hastings		5:30/7:15p
Dec.	3	host North Bend Central		1/2:30p
Dec.	6	at Lincoln Christian		6/7:30p
Dec.	10	host Northwest		1:30/3p
Dec.	13	host Lincoln Lutheran		6/7:30p
Dec.	16	at Norris		6/7:30p
Dec.	20	host G.I. Central Catholic		6/7:30p
Dec.	28-29	at Wahoo Holiday Tournament		TBA
Jan.	3	at Lexington (g)		6:45p
Jan.	6	at Beatrice		6/7:30p
Jan.	10	host Schuyler		6/7:30p
Jan.	14	host Waverly		1/2:30p
Jan.	17	at Crete		6/7:30p
Jan.	20	host Aurora		6/7:30p
Jan.	23-28	at Central Conference tournament		TBA
Jan.	31	host Lakeview		6/7:30p
Feb.	3	host Adams Central		6/7:30p
Feb.	4	at Blair		2/3:30p
Feb.	7	host Fairbury		6/7:30p
Feb.	10	at York		6/7:30p
Feb.	14	at Lexington (b)		6:45p
Feb.	20-22	Girls' subdistricts		
Feb.	22-24	Boys' subdistricts		
Feb.	28	Girls' district final		
Feb.	27-28	Boys' district final		
March	1-4	Girls' state basketball, Lincoln		
March	8-11	Boys' state basketball, Lincoln		



Members of the 2022-23 Seward High girls' basketball team are, from left: (first row) Keira Llitas, Eden Schulz, Tarryn Hartman and Sofia Heaston; (second row) Manager June Carrasco, Emmalee Herring, Haylie Sloup, Ona Stutzman and Manager Maggi Rappold; (third row) Manager Mallory Miller, Kennedy Limback, Amara Siebert, Jeffi Schaefer, McKenna Sides, Mikayla Miller and Kelsey Miller; and (fourth row) Lily Bowens, Rilynn Hiser, Ava Stutzman, Karlee Baack, Ella Policky, Karsyn Fields, Danielle Pallat and Sophie Russell. Lovely Hibbert is not pictured.

## Seward girls' basketball

Coach's name: Beth Bohuslavsky

Years coaching: Three at Seward; four years overall

Assistant coaches: Jarren Zimmerman, Tanner Roth, Megan Shrum

Last year's recor: 6-19

Seniors on this year's team: Tarryn Hartman, Sofia Heaston, Keira Llitas, Eden Schulz

Returning letter winners: Tarryn Hartman, Sofia Heaston, Keira Llitas, Eden Schulz, Haylie Sloup, Ona Stutzman, Kelsey Miller, Jeffi Schaefer

Newcomers to watch: Sophomores Amara Siebert, Kennedy Limback, Freshman- Karlee

Baack

Strengths of this year's team: This will be one of the most athletic teams we have had here in awhile. We will have some size but also be quick in the guard spot. We want to use our quickness on both ends of the court. We have a great group of returners who have some experience that we will rely on their leadership.

Holes to fill from last year: We will need to look to have more scoring options. We also are looking at being more consistent with our play and having the winning mentality.

Teams to watch on your schedule: North Bend Central, Lincoln Lutheran, Grand Island Central Catholic, Adams Central, York

Good luck to all area teams this winter.

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Seward bowling



The 2022-23 Seward boys' bowling team includes, from left: (front row) Kenyon Caldwell, Dietrich Erks, Josh Ringler, Breken Kocian, Kohltyl Lindau, Carl Taylor and Liam Krahulik; and (back row) Kameren Neihardt, Jack Schulz, Landen Ford, Ben Nottingham, Jacob Kimbrough, Presston Duryea, Erik Kirby, Lucian Gunn and Connor Erks. Not pictured are Noah Brumm, Colin Standifer and Kretyn Roth.

Seward boys' bowling

Coach's name: Steve Conner  
Years coaching: Third year  
Last year's record: 22-3  
Seniors: Noah Brumm and Colin Standifer  
Additional returning letter winner: Carl Taylor  
Newcomers to watch: sophomore Landen Ford has been participating in bowling outside of the high school season, which should help

him be ready to step up right away  
Strengths of this year's team: We have three varsity players returning from last year's state-qualifying team.  
Holes to fill from last year: We lost two seniors who were multi-year starters.  
Teams to watch on your schedule: Bowling has now split into two classes, so our schedule will look different this year. Wayne has a very good program, so I expect them to be good.

SEWARD BOWLING			
Dec. 6	host Waverly		4p
Dec. 10	at Hastings tournament		10a
Dec. 17	at Grand Island double dual		10a
Dec. 19	at Lincoln Pius X		4p
Dec. 28	at Lincoln Pius X tournament		9:30a
Jan. 2	at Millard North tournament		8a
Jan. 7	host double dual		noon
Jan. 9	at Lakeview		4p
Jan. 17	at Gretna		4:30p
Jan. 21	host Wayne		noon
Jan. 30-Feb. 1	at District bowling		
Feb. 6-7	at State bowling, Lincoln		

Seward High seniors

Eve Brumm  
bowling

Noah Brumm  
bowling

Drew Covalt  
basketball

Kendyl Duryea  
cheer

AJ Frazey  
basketball

Olivia Haney  
cheer

Tarryn Hartman  
basketball

Sofia Heaston  
basketball

Nolan Hill  
wrestling

Eli Hiser  
wrestling

Alexis Howell  
cheer

Dustin Hurley  
wrestling

Malachi Limback  
basketball

Keira Lliteras  
basketball

Brenna McAdam  
cheer, dance

Eden Schulz  
basketball

Colin Standifer  
bowling

Reggie Sukup  
wrestling

Max Summa  
basketball

Luke Wegman  
basketball

Ethan Woolard  
wrestling

Go Bluejays!

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Seward girls' bowling

Coach: Julie Benes  
Years coaching: Three years  
Last year's record: 19-3  
Senior: Eve Brumm  
Newcomers to watch: Kendra Sugden and Ryane Cowen  
Season outlook: This year is almost like starting over. We only have two returning players, but a couple of the new players have bowled in junior leagues. We will have Class A and B this year, so that is exciting. I think we will hold our own.  
*Note: Girls' bowling photo will be in a later edition of the SCI.*

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Milford basketball



The 2022-23 Milford High School basketball team members include, from left: (front row) Landon Roth, Jim Burkey, Camdon Alaniz, Jackson Toovey, Zeb Reil, Tyce Lopez, Connor Adams and Isaac Roth; (middle row) Colby Routenberg, Owen Anderson, Gavin Piening, Scholar Crumrine, Cole Stutzman, Jay Wissenburg, Cash Martin, Rylan Hollist, Jack Stahl and Cash Brom; and (back row) Garrett Freeman, Chase Nitzsche, Reice Stutzman, Cayden Baker, Nelson Girmus, Alec Shook, Hudson Mullet, Orlando Rakow, Gage Dunlap and Parker Roth.

Milford boys' basketball

Coach's name: Mitchell Marvin  
Years coaching: Fourth year as a head coach, first year at Milford (3 years at Centura High School)  
Assistant coaches: Eric Lund, Dwayne Marvin, Ken Marvin  
Last year's record: 21-6  
Seniors on this year's team: Cayden Baker, Chase Nitzsche, Hudson

Mullet, Nelson Girmus, Parker Roth, Orlando Rakow, Alec Shook.  
Returning letter winners: Reice Stutzman, Nelson Girmus and Chase Nitzsche  
Strengths of this year's team: This year's team has a great senior class who have begun to step into some new leadership roles. This class has a great competitive edge and is also invested in building

the program through helping our young athletes learn and grow. Another strength of our team has been how our athletes have embraced changes and have come into the season with a positive and competitive attitude.  
Holes to fill from last year: Since we are returning no starters from last year, we will be looking to have some of our players step up on both ends of the

floor and take on new roles on the team.  
Teams to watch on your schedule: Lincoln Lutheran, Malcolm, Ashland-Greenwood,  
As a new head coach at Milford, what are your expectations for your team? How would you describe your coaching philosophy or style (win at all costs, everyone gets to play, etc.) What do you hope to see your team accomplish this

season?  
Our expectations are that our athletes will control what they can control, use our opportunities to develop mental and physical toughness, and we will put our team goals over our individual success.  
Our philosophy is to help our players create a culture of toughness, community, and a drive for success both on and off the court.

The 2022-23 Milford High School girl's basketball team members are, from left: (front row) Madison Roth, Mackenzie Watenpaugh, Camille Stauffer, Kaitlin Kontor, Tanya Miller, Addi Mowinkel and Macy Stutzman; and (back row) Sydney Burkey, Maeli Kubicek, Kylie Jakub, Ayla Roth, Ava Maple, Izzy Yeackley, Karlee Kuklis, Delaney Carraher and Katelyn Jones. Not pictured is Taylor Roth.



Milford girls' basketball

Coach's name: Bryce Roth  
Years coaching: 20  
Assistant coaches: Michele Kontor, Greg Miller, Kennedy Mogul  
Last year's record: 15-9  
Seniors on this year's team: Kaitlin Kontor, Tanya Miller, Taylor Roth, Camille Stauffer  
Additional returning letter winners: Addi Mowinkel, Ayla Roth, Izzy Yeackley

Strengths of this year's team: We have a really hungry, hard working group - returning 5 starters from last year's squad + key subs off the bench. (one senior from last year's team Sydney Stelling who couldn't

play because of an injury). Defensively this group has great potential to build off last year's success... we held teams to an average 35.3 PPG.

Offensively we have a group that is very selfless and versatile with several girls on our team that can score.  
Holes to fill from

last year: Just need to continue to build excellent habits in practice, stay focused, and work really hard to reach our goals. This group is

highly motivated.  
Teams to watch on your schedule: North Bend Central, Malcolm, Lincoln Lutheran, Pender

MILFORD BASKETBALL			
Dec. 2	host Fillmore Central	6/7:30p	
Dec. 3	at Raymond Central	2/4:30p	
Dec. 9	host Fairbury	6/7:30p	
Dec. 10	at Lincoln Lutheran	3:45/5:30p	
Dec. 16	at Centennial	6/7:30p	
Dec. 17	host Ashland-Greenwood	4:30/6p	
Dec. 20	at North Bend Central	6/7:30p	
Dec. 22	host Superior	6/7:30p	
Dec. 29-30	at holiday tournament	TBA	
Jan. 2	at Auburn	2:30p	
Jan. 5	at Malcolm	6/7:30p	
Jan. 7	vs. Pender at Kearney (g)	6:50p	
Jan. 10	at Syracuse (g)	7:30p	
Jan. 14	host Thayer Central	6/7:30p	
Jan. 17	at Lakeview	6/7:30p	
Jan. 20	host David City	6/7:30p	
Jan. 24	host Sutton	6/7:30p	
Jan. 27	at Wilber-Clatonia	6/7:30p	
Jan. 30-Feb. 4	at Southern Nebraska Conference	TBA	
Feb. 10	host Sandy Creek	6/7:45p	
Feb. 11	host Boys Town (b)	5:15p	
Feb. 13-14	Girls' Districts		
Feb. 17	host Syracuse (b)	7:30p	
Feb. 20-23	Boys' Districts		
March 1-4	Girls' state basketball, Lincoln		
March 8-11	Boys' state basketball, Lincoln		

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# Milford wrestling

## Milford wrestling

Head Coach: Joe Schluckebier  
Seventh year as head coach  
Assistants: Jonah Peterson, Ken Burkhardt Jr, Jackson Baetty  
Seniors: Trey Lyon  
Additional returning letterwinners: Conner Kohout, Hunter Oborny, Cooper Rea, Hunter Dickinson  
Newcomers to watch: Quinn Zegers, freshman, and Sean Stanton, freshman.  
Both have worked hard all year long and are used to being in the spotlight in throughout their youth career.  
Strengths: Tradition. The upperclass-



The 2022-23 Milford High School wrestling team members include, from left: (front row) Joe Suik, Landen Bridgford, Conner Chapman, Westin De-Long, Justin Dixon, Quinn Zegers, Landon Miller, Caleb Kempf and Caden Rainforth; and (back row) Aiden Henson, Sean Stanton, Hunter Dickinson, Andrew Lyon, Garrett Schoen, Kasen Petsch, Hunter Oborny, Cooper Rea and Korbyn Kemerling.

men on our team have been a part of two of the best teams in Milford wrestling history, including our highest ever finish last year at state. So they know what is expected and what our program is capable of. We graduated a really good senior class last year, but the effects they had on the program will shine through in our younger guys as they develop throughout the year and throughout their careers.

We see good competition each week from all four classes, but in particular our conference will have some tough teams including Fillmore Central, Wilber, Fairbury and the always tough David City.

## Milford High seniors



Cayden Baker  
basketball



Nelson Girmus  
basketball



Kaitlin Kontor  
basketball



Andrew Lyon  
wrestling



Tanya Miller  
basketball



Hudson Mullet  
basketball



Chase Nitzsche  
basketball



Orlando Rakow  
basketball



Taylor Roth  
basketball



Parker Roth  
basketball



Alec Shook  
basketball



Camille Stauffer  
basketball

MILFORD WRESTLING				
Dec.	1	at Lincoln Lutheran triangular		6p
Dec.	3	at Friend tournament		9a
Dec.	8	at County triangular, Centennial		6p
Dec.	10	at Crete tournament		9a
Dec.	13	at Axtell tournament		11a
Dec.	17	at Logan View tournament		9a
Dec.	22	at Twin River duals		4p
Jan.	6	at Wilber-Clatonia duals		3:30p
Jan.	7	at Aquinas tournament		10a
Jan.	12	at Cross County triangular		5:30p
Jan.	14	at Gibbon tournament		10a
Jan.	20	at David City tournament		9:30a
Jan.	28	at Southern Nebraska Conference at Centennial		10a
Feb.	3	at Fairbury tournament		1:30p
Feb.	4	at State duals, Kearney		TBA
Feb.	10-11	at Districts		TBA
Feb.	16-18	at State, Omaha		TBA

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# Centennial basketball

## Centennial boys' basketball

Coach's name: Cam Scholl

Years coaching: 10th season as head, 17th overall

Assistant coaches: Craig Barjenbruch, Jordan Ortmeier, Stan Erks

Last year's record: 16-8

Seniors on this year's team: Maj Nisly, John Fehlhafer, Land Zimmer, Shawn Rathjen, Jayde Gumaer

Additional returning letter winners: Ryan Richters, Sam Ehlers, Jordan Wagner, Devin Slawnyk, Alex Hirschfeld

Strengths of this year's team: This year we will need people to set up and be con-



Members of the Centennial boys' basketball team are, from left: (first row) Maj Nisly, Jayde Gumaer, Lane Zimmer, Shawn Rathjen and John Fehlhafer; (second row) Riley Grant, Jordan Wagner, Alex Hirschfeld, Sam Ehlers, Devin Slawnyk and Ryan Richters; and (third row) Camden Winkleman, Cooper Stelling, Bryson Hornbacher, Rylee Barth, Torian Ibarra and Matthew Hoops.

sistent in scoring the basketball. I think we have a chance to be really good defensively. I think Maj Nisly will have a good year for us,

and Alex Hirschfeld will have a breakout year. I think we have some good size and strength inside, and we need to take advantage

of that to be successful this year.

Holes to fill from last year: Jake Bargaen was a all-stater last year, who averaged 20

points per game.

Teams to watch on your schedule: Milford, Tri County, Heartland, Central City will be the most

talented teams we play all year. Our sub-district is loaded with Central City, Aurora, Milford and Fillmore Central.



Members of the Centennial girls' basketball team are, from left: (first row) Ava Fischer, Savannah Horne, Alex Galavez, Cora Payne and Karley Naber; (second row) Averie Stuhr, Ella Wambold, Catelynn Bargaen, Riley Ziegler and Anna Warm; and (third row) Lexi Kraus, Cheyenne Tonniges, Bree Nisly, Andrea Gumaer, Natalie Sams and Cissanie Krohe.

## Centennial girls' basketball

Coach's name: Jake Polk

School and sport: Centennial - Girls Basketball

Years coaching: Sixth season as head coach, 8th season overall

Assistant coaches: Mark Ortmeier, Tori

Homolka, Ally Wemhoff

Last year's record: 9-16

Seniors on this year's team: Alex Galavez

Additional returning letter winners: Cora Payne, Karley Naber, Ava Fischer, Savannah Horne, Catelynn Bargaen, Ella

Wambold, Averie Stuhr, Natalie Sams

Newcomers to watch: Cheyenne Tonniges and Cissanie Krohe - both freshmen

Strengths of this year's team: Experience and chemistry gained from a year ago. A lot of athletic girls who can shoot

and run the floor.

Holes to fill from last year: We need to value the ball better than a year ago. We turned it over way too much.

Teams to watch on your schedule: Milford, Superior, Sutton, Centura, York, Thayer Central

## CENTENNIAL BASKETBALL

Dec. 1	host David City	6/7:30p
Dec. 3	host Louisville (b)	7:30p
Dec. 8	at Sandy Creek	6/7:30p
Dec. 10	at Tri County	4:30/6p
Dec. 13	at Fairbury	6/7:30p
Dec. 16	host Milford	6/7:30p
Dec. 17	at Superior	2:30/4p
Dec. 28-29	at Malcolm holiday tournament	TBA
Jan. 2	host Heartland	6/7:30p
Jan. 6	host Sutton	6/7:30p
Jan. 7	at Raymond Central	2:30/4p
Jan. 10	at Shelby-Rising City	6/7:30p
Jan. 13	at Lakeview	6:15/8p
Jan. 14	host Central City	2:30/4p
Jan. 17	host Wilber-Clatonia (g)	7:30p
Jan. 21	host Centura	4:30/6p
Jan. 24	host Fillmore Central	6/7:30p
Jan. 27	at Thayer Central	6/7:30p
Jan. 30-Feb. 4	at Southern Nebraska Conference	TBA
Feb. 7	host York (g)	7p
Feb. 9	host St. Paul (g)	7p
Feb. 11	host Malcolm (b)	4:30p
Feb. 13-16	Girls' subdistricts	
Feb. 17	host Wilber-Clatonia (b)	6:30p
Feb. 20-23	Boys' subdistricts	
Feb. 24	at Girls' district final	
Feb. 27	at Boys' district final	
March 1-4	Girls' state basketball, Lincoln	
March 8-11	Boys' state basketball, Lincoln	

Safe travels to all this winter sports season.

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## Seward boys' wrestling

Head Coach: Bob Core; year 21. Head for 20 years and 1 year as an assistant.

Assistant Coach is Nate Stepp

Volunteer Coaches: Bill Covert, Mike Schadwinkel

Seniors are Nolan Hill, Eli Hiser, Dustin Hurley, Ethan Woolard.

Additional returning letter winners: Justin

McConnell, Kaydon Mueller, Treyton Hobson, Caleb Jackson, Kaleb Torres, A.J. Utecht.

Strengths of this years team will be in our middle weights. Nolan Hill will be a big part as he is our lone returning State Qualifier.

Holes to fill will be in our lower weights with Cash Duncan gone to graduation we will need to fill 106, 113, 120.

Teams to watch this year that's on our schedule will be Aurora, Beatrice, Omaha Skutt, Bennington to name a few.

SEWARD BOYS' WRESTLING			
Dec. 1	host triangular	4:30p	
Dec. 3	at Cozad tournament	9:30a	
Dec. 8	at County triangular, Centennial	6p	
Dec. 10	at Crete tournament	9a	
Dec. 16-17	at Flatwater Fracas, Grand Island	TBA	
Jan. 6	at Ashland-Greenwood tournament	4:30p	
Jan. 10	host duals	6:30p	
Jan. 12	at Northwest	7p	
Jan. 14	at Nebraska City tournament	4p	
Jan. 19	host Schuyler	6p	
Jan. 21	at Plattsmouth tournament	9:30a	
Jan. 26	host double dual	5:30p	
Jan. 28	host Central Conference tournament	9:30a	
Feb. 3	at Fairbury tournament	1:30p	
Feb. 10-11	at Districts	TBA	
Feb. 16-18	at State, Omaha	TBA	

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# Centennial wrestling

## Centennial wrestling

Coach: Phil Payne  
Coaching at Centennial 15 total 22  
Assistants: Wayne Heine, Ryan Payne, Ruger Reimers and Daniel Duffy  
Seniors: Keenan Kosek, Breckin Schoepf, Elijah Utter, Xavier Ettwein  
Additional lettermen: Paul Fehlhafer, Nick Keith, Austin Patchin, Dakota Guinn, Cyrus Songster, Jarrett Dodson, Garrison Schernikau and Trayton Stewart  
Newcomers to watch: Breckin Schoepf, Elijah Utter; Freshmen Kasten Ruether, Cael Payne  
Strengths: Middle weights should be really tough, we have a good mix of experience and youth with a solid freshmen class  
Holes from last year: Carson Fehlhafer at heavyweight was very talented. We will



Members of the Centennial wrestling team are, from left: (front row) Garrison Schernikau, Jarrett Dodson, Dakota Guinn, Elijah Utter, Breckin Schoepf, Trayton Stewart, Cyrus Songster, Kasten Ruether and Cael Payne; and (back row) Brayden Foley, Kyle Keith, Austin Patchin, Paul Fehlhafer, Nickolas Keith, Xavier Ettwein, Brayden Songster, Jonathan Songster and Keenan Kosek.

miss his leadership as well  
Teams to watch: Conference David City, Fillmore Central, Milford, Faribury and Thayer Central all have good returning experience. Fairbury is also in our district along with Central City and Crofton Bloomfield.

## Centennial seniors

 Keelie Bronson dance	 Xavier Ettwein wrestling	 John Fehlhafer basketball	 Kali Fickel dance	 Alex Galavez basketball	 Krislyn Green dance
 Jayde Gumaer basketball	 Keenan Kosek wrestling	 Maj Nisly basketball	 Shawn Rathjen basketball	 Breckin Schoepf wrestling	 Jonathan Songster wrestling
 Ellie Tempel dance	 Eliza Timmerman dance	 Elijah Utter wrestling	 Lane Zimmer basketball		

CENTENNIAL WRESTLING				
Dec. 1	at Freeman duals	4:30p		
Dec. 3	at Friend tournament	9a		
Dec. 8	host County triangular	6p		
Dec. 15	at Cross County triangular	5:30p		
Dec. 17	at Wahoo tournament	9a		
Dec. 20	at Sutton duals	2:30p		
Jan. 6-7	at High Plains tournament	2:30p/10a		
Jan. 12	host Quad	5p		
Jan. 13	at Minden duals	3p		
Jan. 20	at David City tournament	10a		
Jan. 28	host Southern Nebraska Conference	10a		
Feb. 3	at Adams Central tournament	1:30p		
Feb. 4	at State duals, Kearney	TBA		
Feb. 10-11	at Districts	TBA		
Feb. 16-18	at State, Omaha	TBA		

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# Malcolm basketball

## Malcolm

### boys' basketball

Coach's name:  
Chris Lewandowski  
Years coaching: 21 years (10th year as head coach)

Assistant coaches:  
Zac Wehner, Jordan Case, Jaydin Little

Last year's record:  
16-9

Seniors on this year's team: Hayden Frank, Drew Johnson, Lucas Christensen, Anthony Kouma, Karter Kopecky, Cody Sykes

Additional returning letter winners: Maddox Meyer, Luke Schmidt, Carson



Pictured are the members of the Malcolm boys basketball team, from left: (first row) Drew Johnson, Lucas Christensen, Hayden Frank, Karter Kopecky, Anthony Kouma and Cody Sykes; (second row) Luke Schmidt, Maddox Meyer, Owin Little, Noah VanEvery and Carson Frank; (third row) Hunter Meyers, Garrett England, Tristen Boehle, Owen Savicky, Aidan Cunningham and Cole Tiedeman; and (fourth row) Austin Sykes, Chase Smith, Brixon Meyer, Brennan Sokolik and LJ Lefler. Not pictured are Dalton Amen, Carson Ramsier and Gavin Ramsier.

Frank Strengths of this year's team: We will return an experienced team that has played

a lot of ball together. Excellent leaders on and off the court. Holes to fill from last year: Connor

Zegar (guard) and Brayden Boehle (post) were two senior starters from last year. Teams to watch

on your schedule: Wahoo, Plattevieu, Auburn, Freeman, Beatrice. A lot of solid teams on the sched-

ule this year with the move to the Trailblazer

## Malcolm girls' basketball

Coach's name:  
Andy Klepper  
Years coaching:  
Entering fifth season as head coach

Assistant coaches:  
Michael Trausch, Jonathan Hunt, Amber Dolliver

Last year's record:

20-7 Seniors on this year's team: Alanea Babb, Emma Brown, Alyssa Fortik, Addy Hanson, Diamond Sedlak Additional returning letter winners: Madison Schultz, Camry Sehi, Delaney Wollberg, Abby Zegar Newcomers to

watch: Halle Dolliver Strengths of this year's team: On offense, we should be very balanced as we have good outside shooters and a good low post presence. We also have good ball handlers. We pride ourselves on the defensive end of the court.

Holes to fill from last year: We lost two starters due to graduation. They were great vocal leaders for our group. We will need others to step up their leadership for this year's team. Teams to watch on your schedule: North Bend Central, Plat-

teview, Grand Island Milford, Bridgeport, Northwest, Beatrice, Yutan, Wahoo



Members of the Malcolm girls basketball team are, from left: (first row) Mattie Kucera, Abby Zegar, Alyssa Fortik, Alanea Babb, Emma Brown, Diamond Sedlak and Madison Schultz; (second row) Sophie Walker, Ahriauna Malin, Keira Farritor, Jhordyn Kirkpatrick, Camry Sehi, Kyle Peterson and Delaney Wollberg; and (third row) Rachel Lannin, Halle Dolliver, Grace Green, Brooke Rice, Samantha Back, Jenna Schweitzer, Shyann Sehi, McKenna Powell and Anna Grace Christensen. Addy Hanson is not pictured.

MALCOLM BASKETBALL				
Dec.	1	at Plattsmouth		6/7:30p
Dec.	3	host Auburn		3:30/5p
Dec.	6	at North Bend Central		6/7:30p
Dec.	10	host Plattevieu		1:30/3p
Dec.	13	at Northwest		5:30/7:15p
Dec.	16	at Beatrice		6/7:30p
Dec.	17	at Raymond Central		2:30/4p
Dec.	22	host Louisville		6/7:30p
Dec.	29-30	host holiday tournament		TBA
Jan.	5	host Milford		6/7:30p
Jan.	6	host Columbus Scotus (g)		7:15p
Jan.	7	vs. Bridgeport at Kearney		3:30p
Jan.	12	at Ralston		6/7:30p
Jan.	13	host Nebraska City		6/7:30p
Jan.	17	host Freeman		6/7:30p
Jan.	20	at Wilber-Clatonia		6/7:30p
Jan.	23-28	at Trailblazer Conference		TBA
Jan.	31	host Aquinas		6/7:30p
Feb.	4	at Yutan		6/7:15p
Feb.	7	at Wahoo (g)		7:30p
Feb.	9	host Omaha Duchesne (g)		7:15p
Feb.	11	at Centennial (b)		4:30p
Feb.	14-16	Girls' subdistricts		
Feb.	17	host Wahoo (b)		7:30p
Feb.	20-23	Boys' subdistricts		
Feb.	24	at Girls' district final		
Feb.	27	at Boys' district final		
March	1-4	Girls' state basketball, Lincoln		
March	8-11	Boys' state basketball, Lincoln		

## Malcolm seniors



Alanea Babb basketball



Emma Brown basketball



Lucas Christensen basketball



Alyssa Fortik basketball



Hayden Frank basketball



Addy Hanson basketball



Aidan Hardin wrestling



Sidney Holliday cheer



Bailey Hraban cheer



Drew Johnson basketball



Karter Kopecky basketball



Anthony Kouma basketball



Colt Reiling wrestling



Diamond Sedlak basketball



Josh Stewart wrestling



Cody Sykes basketball



James Watts wrestling



Zane Zoucha wrestling

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# Malcolm wrestling



The Malcolm wrestling team includes, from left: (first row) James Watts, Josh Stewart, Zane Zoucha and Aidan Hardin; (second row) Christopher Burbach, Josh Cantrell, Tylor Shriner and Bricen Wilke; (third row) Justin Wisnieski, Eli Wollberg, Cody Barton and Keegan Vonderfecht; and (fourth row) Cydnee Loos and Sienna Swenson. Not pictured are Colt Reiling and Jake Walters.

## Malcolm wrestling

Coach’s name: Matt Coufal  
Years coaching: 19 as a head wrestling coach total, 16th at Malcolm  
Assistant coaches: Cole Gore and Kim

Watson  
Seniors on this year’s team: Zane Zoucha, Josh Stewart, Aidan Hardin, Colt Reiling, James Watts  
Additional returning letter winners: Bricen Wilkie

Strengths of this year’s team: This will be a relatively young and inexperienced group. The willingness to learn will be great. Hopfully the gains they make throughout the season

will build towards their future. We had a very successful football and cross country season so hopefully that carries over into the winter.  
Holes to fill from last year:We graduated

a TON of talent last year – state champ Gavin Zoucha, state medalist Caleb Courter along with multi time state qualifiers Kale Nordmeyer and Riley Donahoo.  
Teams to watch

on your schedule: We wrestle a pretty competitive schedule so there will be good teams every where we go. We are looking to get better at practice and take things day by day.

## MALCOLM WRESTLING

Dec.	3	at West Point tournament (g)	2p
Dec.	3	at York tournament (b)	9a
Dec.	10	at Crete tournament	9a
Dec.	16	at Wahoo tournament (g)	4p
Dec.	17	at Wahoo tournament (b)	9a
Dec.	22	host Crete, Raymond Central (b)	6:30p
Dec.	29	host JCC, Lincoln Christian (b)	9a
Jan.	6	host Broken Bow (b)	6p
Jan.	7	host Malcolm tournament	9a
Jan.	13	at Schuyler tournament (g)	1:30p
Jan.	14	at Schuyler tournament (b)	9:30a
Jan.	19	at Ralston (b)	6p
Jan.	20	at David City tournament (b)	9:30a
		at Louisville tournament (g)	2:30p
Jan.	21	at Weeping Water tournament (g)	9:30a
Jan.	26	at David City triangular	6p
Jan.	27	at Trailblzer Conference, Wahoo	4p
Jan.	28	at Raymond Central tournament (b)	9a
Feb.	4	at GICC tournament (b)	9a
Feb.	4	at State duals, Kearney (b)	TBA
Feb.	3	at Districts (g)	TBA
Feb.	10-11	at Districts (b)	TBA
Feb.	16-18	at State, Omaha	TBA

# Cheer and dance



Dance team members at Centennial in 2022 are, from left: (front row) Ellie Tempel, Eliza Timmerman, Kali Fickel, Keelie Bronson and Krislyn Green; and (back row) Grace Schernikau, Kate Luebbe, Kobie Kosek, Natalie Sams and Caylie Clouse.



The 2022-23 Milford High dance team includes, from left: (front row) Ally Taylor, Morgan Havlat and Emma Hershberger; and (back row) Sally Burkey, Addison Sample and Aydenn Freeman. Coaches are Michelle Wittstruck and Sarah Rogge.

LEFT: The 2022-23 Malcolm cheerleaders are, from left: (front row) Alaina Wilcox, Scarlett Battles, Anna Schweitzer, Jessica Sandell and Anna Grace Christensen; and (back row) Sidney Holliday, Bailey Hraban, Callie Schroeder, Ashley Miller, Abby Zegar, Adela Donahoo and Ava Helms.



Seward High’s 2022 cheer squad includes, from left: (first row) Olivia Haney, Alexis Howell, Brenna McAdam and Kendyl Duryea; (second row) Addyson Rohde, Rebecca Caldwell, Ashley Martin, Libby Kratochvil, Layla Sugden, Carissa Mines and Zoey Douty; and (third row) Juliet Moore, Emma Matulka, Makayla Mummaugh, Kylie Hackbart and Addilyn Sugden.



The 2022-23 Seward High Starlettes are, from left: (first row) Avery Briggs, Brenna McAdam and Dalaney Anderson; (second row) Joslin Stochwell, Libby Kratochvil, Layla Sugden and Zoey Douty; and (third row) Katie Rasmussen, Addison Opfer, Hannah Colfack and Rebecca Caldwell.