

SEWARD • CENTENNIAL • MALCOLM • MILFORD

# — WINTER — SPORTS



BASKETBALL • BOWLING  
CHEER • DANCE • WRESTLING

November 29, 2023

**SCI MT**  
Seward County Independent      Milford Times

Photo by Doug Carroll, SCI/MT

Students pictured, from left to right: (kneeling) Maddox Meyer, Malcolm basketball; Addi Mowinkel, Milford basketball; (standing) Layla Sugden, Seward dance; Carl Taylor, Seward bowling; Maryn Johnson, Seward County wrestling; Annaleise Sistek, Seward County wrestling. Photo taken at Whisler Aviation, Seward Municipal Airport.





# SEWARD HIGH SCHOOL



The 2023-24 Seward County girls' wrestling team includes, from left: (first row) JennaRae Hallsted, Annaliese Sistek, Mallory Rozendal, Maryn Johnson and Evelyn Theobald; (second row) Savannah Leiting, Lauren Frihauf, Kaleigh Penas, Cadence Poppel and Ava Slechta; (third row) Emily Kenning, Katelyn Jones, Kinley Petsch, Kobie Kosek, Sarah Payne and Eli Meister; and (fourth row) Ella Smith, Patience Spargo, Torrence Mabo, Katelyn Crook, Grace Pracheil, Nya Fischer and Laney Abell. Ava Rediger, Abigayel Wunderlich and Dakota Boyer are not pictured.

**COACH'S NAME:** Doug Theobald

**SCHOOL AND SPORT:** Seward County girls' wrestling

**YEARS COACHING:** First year head coach, second year within the program

**ASSISTANT COACHES:** Betsy Sistek and Brady Johnson

**SENIORS:** Maryn Johnson (Seward), Mallory Rozendal (Centennial)

**LETTER WINNERS:** JennaRae Hallsted, Annaliese Sistek, Mallory Rozendal, Maryn Johnson, Evelyn Theobald, Kobie Kosek, Ava Slechta, Savannah Leiting, Lauren Frihauf, Kaleigh Penas

**SEASON OUTLOOK:** Returning wrestlers are a very cohesive group and our culture will be the strength of our program being only in its second year.

With approximately 30 wrestlers this year we are hoping to fill more of the weight classes to continue building our team to be competitive throughout the year.

**TEAMS TO WATCH IN CONFERENCE/DISTRICT:** We have a competitive conference with teams like Crete, Schuyler and GINW all having more experienced teams that will carry on into subdistricts and districts. Any girl to make it to state will definitely have to earn it.

## Seward wrestling

Nov. 30	at York triangular	4p
Dec. 2	at Kearney invite	10a
<b>Dec. 7</b>	<b>host Centennial, Milford (B)</b>	<b>6p</b>
	<b>host triangular (G)</b>	<b>6p</b>
Dec. 9	at Crete invite	9a
Dec. 14	at Aurora invite (G)	4:30p
Dec. 15-16	at Flatwater Fracas, G.I. (G)	TBA
Dec. 16	at Wahoo invite (B)	TBA
Dec. 22	at Creighton Prep invite (B)	TBA
	at Weeping Water invite (G)	10a
Dec. 30	at Shelby-Rising City invite (B)	9a
	at Fillmore Central invite (G)	9a
Jan. 4	at High Plains (G)	8a
Jan. 6	at Beatrice invite (B)	TBA
	at Malcolm invite (G)	9a
<b>Jan. 11</b>	<b>host Northwest</b>	<b>6/7p</b>
Jan. 13	at Nebraska City invite	4p
Jan. 18	at Schuyler	6:30p
Jan. 19	at Louisville invite (G)	2:30p
Jan. 20	at Lincoln Northeast invite (B)	9a
	host Centennial invite (G)	9a
<b>Jan. 25</b>	<b>host double dual</b>	<b>5:30p</b>
Jan. 26	at Central Conference, York (G)	2:30p
Jan. 27	at Central Conference, York (B)	9:30a
Feb. 2	at Fairbury invite (B)	1:30p
Feb. 3	at State Duals, Kearney (B)	TBA
	at Subdistrict 3a, Crete (G)	TBA
Feb. 10	at District B-1, McCook	TBA
Feb. 15-17	at State, Omaha	TBA

### SEWARD COUNTY GIRLS' WRESTLING INCLUDES ATHLETES FROM SEWARD, MILFORD AND CENTENNIAL.



**COACH'S NAME:** Andy Sistek

**SCHOOL AND SPORT:** Seward High School boys' wrestling

**YEARS COACHING:** This is my 16th year coaching wrestling

**ASSISTANT COACHES:** Bill Covert, Mike Schadwinkel, Joseph Hayek

**SENIORS ON THIS YEAR'S TEAM:** Xander Foulk, Kayden Mueller

**RETURNING LETTER WINNERS (PLEASE LIST NAMES):** Xander Foulk, Kayden Mueller, Caden Schadwinkel, Kaleb

Torres, Caleb Jackson, Cooper Fern, Cardin Goracke

**STRENGTHS ON THIS YEAR'S TEAM:** We have a really young team with only 10 returning wrestlers from last year's squad and over half the team freshmen. However, Xander Foulk returns after a few years' hiatus with varsity experience from his freshman year. Caleb Jackson is likely our top returner and has wrestled year round since he fell just short of qualifying for state. Despite our inexperience we have wrestlers that show up each day eager to learn that are very coachable and willing to put in the work.

**HOLES TO FILL FROM LAST YEAR:** We had a large group of seniors including state qualifiers Nolan Hill and Dustin Hurley who were mainstays in the varsity line-up for the past four years and phenomenal leaders on/off the mat. Ethan Woolard and Eli Hiser also departed from last year's line-up. Their presence will be missed.

**TEAMS TO WATCH IN CONFERENCE/DISTRICT:** We are focused on preparing our team. With such a young team, we will put on the blinders and keep our head down working to improve each day.

Wrestling for Seward High in 2023-24 are, from left: (first row) Caden Schadwinkel, Kaleb Torres, Xander Foulk, Kayden Mueller, Caleb Jackson and Cooper Fern; (second row) Noah Remington, Cale Oborny, Cardin Goracke, Aidan Summa and AJ Utecht; (third row) Isaac Hiser, Santi Navarro, Tayden Rasgorshek, Mario Martinez and Nelson Anderson; and (fourth row) Sean Mines, Caydin Terry, Barrett Lefers, Dawson Minchow and Henry Johnson. Jackson Holt is not pictured.



Good luck to all athletes competing in basketball, wrestling and bowling this winter.



The 2023-24 cheer squad at Seward High includes, from left: (first row) Carissa Mines, Becca Caldwell, Layla Sugden, Libby Kratochvil, Makayla Mumaugh and Ashley Martin; (second row) Emma Matulka, Danica Navarro-Claussen, Kylie Hackbart, Juliet Moore and Addilyn Sugden; and (third row) Adison Langan, Keeley Kouma, Aubry Dodds and Brooklyn Hesse. Addyson Rohde is not pictured.

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Seward High's 2023-24 boys' basketball team includes, from left: (first row) Matthew Wegman, Finn Hochstein, Hank Hughes, Conner Matzke and Kameron Dyer; (second row) Brenden Ruth, Ed Knott, Lathan Janousek, Lawson Luebbe, Josh Keller and Bostyn Happ; (third row) Sam Sagehorn, Jack Vyhnalek, Karson Dyer, Kobe Policky, Kyle Riley, Tresten Hass and Kason Salyer; (fourth row) Brecken Matzke, Austin Koch, Quinton Hibbert, Layne Luebbe, Kolten Green, Cale Greisen and Jackson Einspahr; and (fifth row) Ryler Parr, Sam Kenney, Nicholas Wegman, Keyan Schadwinkel and Jesse Leibhart.

**COACH'S NAME:** Trevor Menke

**SCHOOL AND SPORT:** Seward High School boys' basketball

**YEARS COACHING:** 4th season

**LAST YEAR'S RECORD:** 14-12

**ASSISTANT COACHES:** Wade Miller, Seth Montag

**SENIORS ON THIS YEAR'S TEAM:** Kameron Dyer, Finn Hochstein, Hank Hughes, Connor Matzke, Matthew Wegman

**RETURNING LETTER WINNERS:** Kameron Dyer, Finn Hochstein, Hank

Hughes, Ed Knott, Tresten Hass

**STRENGTHS ON THIS YEAR'S TEAM:** We have a good core of seniors who will provide a great deal of leadership for this year's team.

**TEAMS TO WATCH IN CONFERENCE/DISTRICT:** Crete

**SHOT CLOCK IMPACT:** Overall we will look to continue to be us and do what we do.

**FOULS AND FREE THROWS:** There will be a few game situational changes because of the new foul rules. Once again though, overall we will stay true to our philosophy in that category.

## Seward basketball

Nov. 30	host Hastings	6/7:30p
Dec. 2	at North Bend Central	2:30/4p
Dec. 5	host Lincoln Christian	6/7:30p
Dec. 9	at Northwest	3/5:30p
Dec. 12	at Lincoln Lutheran	6/7:30p
Dec. 15	host Norris	6/7:30p
Dec. 22	at G. I. Central Catholic	6/7:30p
Dec. 28-29	at Bishop Neumann tournament	TBA
Jan. 5	host Beatrice	6/7:30p
Jan. 6	vs. Broken Bow at Kearney (G)	1:50p
Jan. 9	at Schuyler (B)	7:30p
Jan. 13	at Waverly	1/2:30p
Jan. 16	host Crete	6/7:30p
Jan. 19	at Aurora	6/7:30p
Jan. 22-27	at Central Conference	TBA
Jan. 30	at Lakeview	6/7:30p
Feb. 1	at Lincoln Northwest	5:30/7p
Feb. 3	host Blair	2/4p
Feb. 6	at Fairbury	6/7:30p
Feb. 9	host York	6/7:30p
Feb. 13	host Lexington	5/6:30p
Feb. 19-20	at Subdistrict B-6 (G), TBA	TBA
Feb. 21-23	at Subdistrict B-6 (B), TBA	TBA
Feb. 24	at District final (G), TBA	TBA
Feb. 26-27	at District final (B), TBA	TBA
Feb. 29-March 3	at State (G), Lincoln	TBA
March 7-9	at State (B), Lincoln	TBA

**COACH'S NAME:** Beth Bohuslavsky

**SCHOOL AND SPORT:** Seward girls' basketball

**YEARS COACHING:** Five years (four years at Seward)

**LAST YEAR'S RECORD:** 15-11

**ASSISTANT COACHES:** Jarren Zimmerman and Tanner Roth

**SENIORS ON THIS YEAR'S TEAM:** Lovely Hibbert, Haylie Sloup and Ona Stutzman

**RETURNING LETTER WINNERS:** Haylie Sloup, Ona Stutzman, Lovely Hibbert, Kennedy Limback, Kelsey Miller, Amara Siebert, Karlee Baack, Jeffi Schaefer

**STRENGTHS ON THIS YEAR'S TEAM:** We have a lot of depth which will allow us to play a lot of girls. We also have some size and quickness which we will need to use to our strengths. Our leadership from our seniors have been great and I am excited to see where this journey takes us.

**HOLES TO FILL FROM LAST YEAR:** We will need to continue to fill our scoring roles, and with our depth we will look to have balance scoring. We will continue to build our defensive foundation in finding someone to fill the role of being our defensive stopper.

**TEAMS TO WATCH IN CONFERENCE/DISTRICT:** Adams Central, York, GINW

**SHOT CLOCK:** For us, it will not really change who we are. We like to play fast and will continue to use that as our strength. I think we will see more 3/4 court presses and zone defenses with the shot clock. The end of games may look differently with the shot clock.

**FOULS AND FREE THROWS:** There are many ways to look at the new foul rule. We will continue to get to the rim when we can. However, I think FTs will have more of an impact in the game than before so it will be important that we can capitalize on them.



The 2023-24 Seward High girls' basketball team includes, from left: (first row) Lovely Hibbert, Haylie Sloup and Ona Stutzman; (second row) Jeffi Schaefer, Kelsey Miller, Amara Siebert, Kennedy Limback and Mikayla Miller; (third row) Lily Bowens, Rilynn Hiser, Ella Policky, Karsyn Fields, Karlee Black and Ava Stutzman; and (fourth row) Olivia Brozovsky, Emerson Rucker, Reagan Meyer, Sammi Wintz, Kennedy Dominy, Evie Schroeder, Lexi Collings and Jackie Eberspacher.



The 2023-24 Seward High Starlettes are, from left: (first row) Katie Rasmussen, Libby Kratochvil, Layla Sugden, Dalaney Anderson, Avery Briggs and Noelle Geidel; (second row) Kylie Hackbart, Zoey Douty, Hannah Colfack and Lydia Rasmussen; and (third row) Abbi Craig, Aubry Dodds, Aubrey Hanes, Brooklyn Hesse, Keeley Kouma and Adison Langan.

# Go Bluejays!

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Good Luck

Area Athletes!

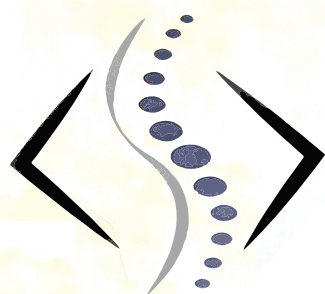
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Good luck, area teams and athletes!



Dr. Shawn Svoboda & Amy Roth Prochaska



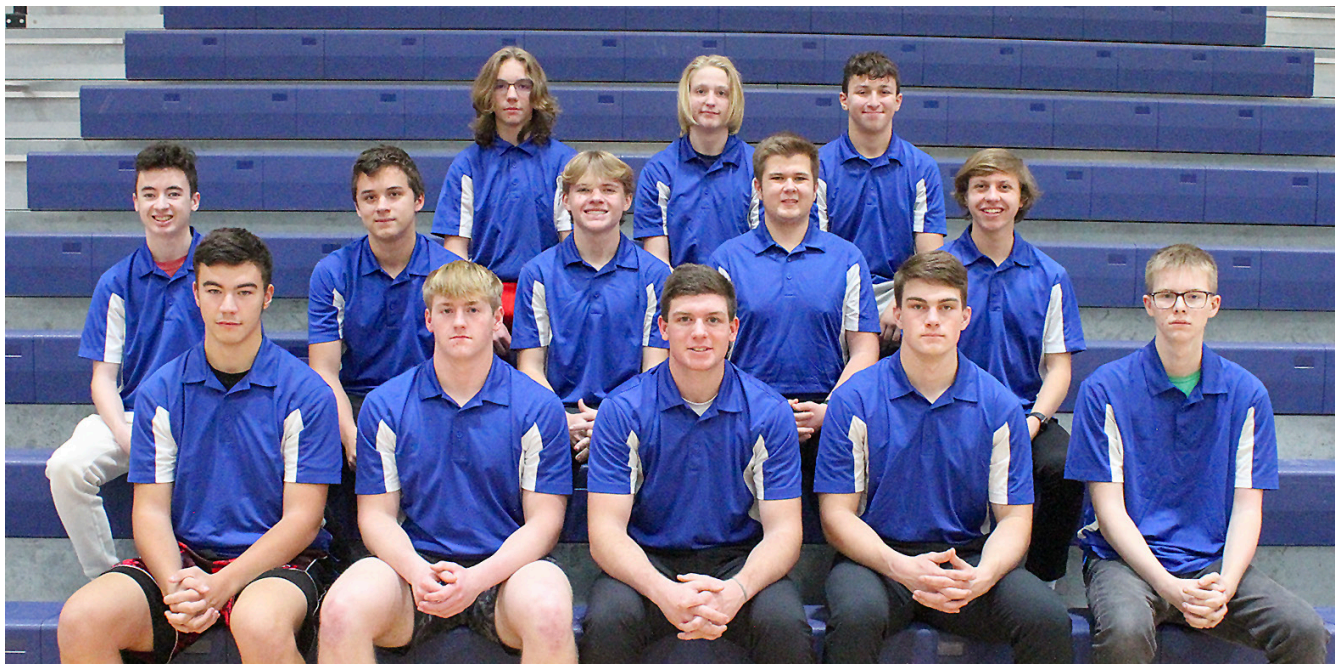
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The Seward High boys' bowling team for 2023-24 includes, from left: (first row) Dietrich Erks, Josh Ringler, Carl Taylor, Kohlty Lindau and Kenyon Caldwell; (second row) Landen Ford, Liam Krahulik, Jack Schulz, Ben Nottingham and Jacob Kimbrough; and (third row) Connor Erks, Izayah Lavicky and Lucian Gunn. Kameron Niehardt and Evett Howe are not pictured.

## Seward bowling

Dec. 5	at Waverly	2p
Dec. 9	at Hastings tournament	10a
Dec. 16	at Cairo Bowl quadrangular	10a
Dec. 28	at Pius X tournament	9:30a
Jan. 2	at Millard North tournament	8a
<b>Jan. 6</b>	<b>host Columbus, Fremont</b>	<b>noon</b>
<b>Jan. 8</b>	<b>host Lakeview</b>	<b>4p</b>
Jan. 9	at York	1p
<b>Jan. 15</b>	<b>host Elkhorn</b>	<b>3p</b>
<b>Jan. 18</b>	<b>host Gretna</b>	<b>4p</b>
Jan. 29-31	at Districts, TBA	TBA
Feb. 5-7	at State, Sun Valley Lanes, Lincoln	TBA

*home competitions at Seward Bowl*

**COACH'S NAME:** Steve Conner

**SCHOOL AND SPORT:** Seward high School boys' bowling

**YEARS COACHING:** Fourth year coaching

**LAST YEAR'S RECORD:** 18-7

**SENIORS:** Kenyon Caldwell, Dietrich Erks, Evett Howe, Kohlty Lindau, Josh Ringler, Carl Taylor

**RETURNING LETTER WINNERS:** Dietrich Erks, Landen Ford, Kohlty Lindau, Josh Ringler, Carl Taylor

**STRENGTHS:** Experience. This team has had success in the past 3 years and they know what it takes to keep it going.

**HOLES TO FILL:** We lost two seniors that played major roles last year. Noah Brumm was a three-year starter and provided stability and leadership to the team. Colin Standifer was our top scoring bowler last year consistently throughout the season.

**TEAMS TO WATCH:** Although they're not in our district, I would say that both Lexington and York are going to be very competitive this season. Both teams were extremely good last year and most of their key bowlers will be back.

**COACH'S NAME:** Dennis Sugden

**SCHOOL AND SPORT:** Seward girls' bowling

**YEARS COACHING:** First

**LAST YEAR'S RECORD (IF APPLICABLE):** 6-17

**ASSISTANT COACH:** Paul Cowan

**SENIORS ON THIS YEAR'S TEAM:** Emily Coffin, Mariya Corner

**RETURNING LETTER WINNERS:** Emily Coffin, Ryane Cowan, Kendra Sugden

**STRENGTHS ON THIS YEAR'S TEAM:** Ryane Cowan is a returning individual state qualifier. Kendra Sugden and Emily Coffin with their experience and showed strong performances towards the end of last year.

**HOLES TO FILL FROM LAST YEAR:** Loss of Eve Brumm who graduated. Eve was the team anchor and had qualified for individual state multiple times.

**TEAMS TO WATCH IN CONFERENCE/DISTRICT:** Waverly is a returning team with experience. There are two newcomers this year that did not have teams last year, Beatrice and Lincoln Standing Bear.

## Seward seniors



**DALANEY**  
Anderson



**AVERY**  
Briggs



**KENYON**  
Caldwell



**EMILY**  
Coffin



**MARIYA**  
Corner



**KAMERON**  
Dyer



**DIETRICH**  
Erks



**XANDER**  
Foulk



**NOELLE**  
Geidel



**LOVELY**  
Hibbert



**FINN**  
Hochstein



**EVETT**  
Howe



**HANK**  
Hughes



**MARYN**  
Johnson



**LIBBY**  
Kratochvil



**KOHLTYN**  
Lindau



**CONNOR**  
Matzke



**KAYDON**  
Mueller



**KATIE**  
Rasmussen



**JOSH**  
Ringler



**HAYLIE**  
Sloup



**ONA**  
Stutzman



**LAYLA**  
Sugden



**CARL**  
Taylor



**MATTHEW**  
Wegman

Basketball and wrestling competitions start Thursday, Nov. 30.

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# CENTENNIAL HIGH SCHOOL



Wrestling at Centennial in 2023-24 are, from left: (first row) Dakota Guinn, Garrison Schernikau, Trayton Stewart, Jarrett Dodson, Cyrus Songster and Brayden Songster; (second row) Christopher Potter-Crum, Kasten Ruether, Cael Payne, Paul Fehlhafer, Parker Dishman and Wyatt Boyer; and (third row) Ryan Fehlhafer, Kyle Keith, Cooper Stelling, Nick Grantski and Emmett Crawford. Austin Patchin and Nick Keith are not pictured.



The Centennial Bronco dance team for 2023-24 includes, from left: (first row) Meg Hoffschneider, Kate Luebbe and Cora Hoffschneider; (second row) Kobie Kosek, Grace Schernikau, Caylie Clouse and Andrea Gumaer; and (third row) Natalie Sams, Nya Fischer and Cheyenne Tonniges.

**COACH'S NAME:** Phil Payne

**SCHOOL AND SPORT:** Centennial wrestling

**YEARS COACHING:** at Centennial 16 years, 23 total

**LAST SEASON'S RECORD:** 13-9 in duals

**ASSISTANT COACHES:** Ryan Payne, Ruger Reimers, Jake Prochaska and Wayne Heine

**SENIORS:** Trayton Stewart, Garrison Schernikau, Cyrus Songster, Jarrett Dodson, Brayden Songster, Dakota Guinn, Austin Patchin, Nick Keith

**LETTER WINNERS:** Trayton Stewart, Kasten Ruether, Garrison Schernikau, Cyrus Songster, Jarrett Dodson, Austin Patchin, Nick Keith, Cael Payne, Paul Fehlhafer

**STRENGTHS:** An experienced group for the most part, several wrestlers put in a lot of time in the off season

**HOLE:** Lost some really good seniors from last year's group. We may not be able to fill a couple of the lower weights.

**TEAMS TO WATCH IN CONFERENCE/DISTRICT:** David City, Fillmore Central, Fairbury and Wilber-Clatonia

**RULES CHANGES:** Six-match limit and 30 minute rest time between matches.

## Centennial wrestling

Nov. 30	at Palmyra Duals	4:30p
Dec. 2	at EMF Invite, Friend	9a
Dec. 7	at Seward Triangular	6p
<b>Dec. 14</b>	<b>host Triangular</b>	<b>5:30p</b>
Dec. 16	at Wahoo Invite	9a
Dec. 19	at Sutton Duals	2:30p
Jan. 5-6	at High Plains Invite	10a/10a
<b>Jan. 11</b>	<b>host Quad</b>	<b>5p</b>
Jan. 12	at Minden Duals	3p
Jan. 19	at David City Invite	10a
Jan. 23	at Archbishop Bergan	6p
Jan. 27	at SNC, David City	10a
Feb. 2	at Adams Central Invite	10a
Feb. 3	at State Duals, Kearney	TBA
Feb. 10	at District D-1, Weeping Water	TBA
Feb. 15-17	at State, Omaha	TBA

## SEWARD GIRLS' BOWLING



Bowling for the 2023-24 Seward High girls' team are, from left: (front row) Mariya Corner, McKenna Job, Kendra Sugden, Savannah Leazer and Sophie Russell; and (back row) Kendall Gardiner, Sarah Kite, McKenzie Martin, Avery Rodocker and Ryane Cowan. Natalie Coffin and Emily Coffin are not pictured.

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The 2023-24 boys' basketball team at Centennial includes, from left: (first row) Sam Ehlers, Alex Hirschfeld, Bryson Hornbacher and Ryan Richters; (second row) Ayden Konken, Orion Stuhr, Camden Winkelman, Jordan Wagner and Matthew Hoops; and (third row) Chase Robinson, Braeden Bloebaum, Owen Naber, Van Choma and Caleb Clouse. Devin Slawnyk, Zaden Murphy, Ruger Webb and Torian Ibarra are not pictured.



The girls' basketball team at Centennial for 2023-24 includes, from left: (first row) Rylee Menze, Karley Naber, Cora Payne and Ava Fischer; (second row) Anna Warm, Ella Wambold, Averie Stuhr, Catelynn Bergen and Cheyenne Tonniges; (third row) Lexi Kraus, Cissanie Krohe, Andrea Gumaer, Riley Ziegler and Jaclynn Prigge; and (fourth row) Ella Baack, Meg Hoffschneider, Tyler Opfer and Marley Olson.

## Centennial basketball

Nov.	30	at David City	6/7:30p
Dec.	2	at Louisville	2:30/4p
<b>Dec.</b>	<b>7</b>	<b>host Sandy Creek</b>	<b>6/7:30p</b>
Dec.	9	at Cross County (B)	4p
<b>Dec.</b>	<b>12</b>	<b>host Fairbury</b>	<b>6/7:30p</b>
Dec.	15	at Milford	6/7:30p
<b>Dec.</b>	<b>16</b>	<b>host Superior</b>	<b>2:30/4p</b>
Dec.	29-30	at Malcolm tournament	TBA
Jan.	5	at Sutton	6/7:30p
Jan.	6	at Southern Valley, Kearney (G)	10:45a
		<b>host Raymond Central (B)</b>	<b>4:30p</b>
<b>Jan.</b>	<b>9</b>	<b>host Shelby-Rising City</b>	<b>6/7:30p</b>
<b>Jan.</b>	<b>11</b>	<b>host Raymond Central (G)</b>	<b>7:30p</b>
Jan.	13	at Central City	2:30/4p
Jan.	18	at Wilber-Clatonia (G)	7:30p
<b>Jan.</b>	<b>19</b>	<b>host Doniphan-Trumbull</b>	<b>6/7:30;</b>
Jan.	20	at Centura	4:30/6p
Jan.	23	at Fillmore Central	6/7:30p
<b>Jan.</b>	<b>26</b>	<b>host Thayer Central</b>	<b>6/7:30p</b>
Jan.	29-Feb.	3 at SNC	TBA
<b>Feb.</b>	<b>6</b>	<b>host Heartland</b>	<b>6/7:30p</b>
Feb.	9	at Cross County (G)	6:30p
Feb.	10	at Malcolm (B)	4:30p
Feb.	12-13	at Subdistrict C1-3 (G), TBA	TBA
Feb.	16	at Wilber-Clatonia (B)	7p
Feb.	20-22	at Subdistrict C2-4 (B), TBA	TBA
Feb.	23	at District final (G), TBA	TBA
Feb.	27	at District final (B), TBA	TBA
Feb.	29-March 3	at State (G), Lincoln	TBA
March	7-9	at State (B), Lincoln	TBA

**COACH'S NAME:** Cam Scholl

**SCHOOL AND SPORT:** Centennial boys' basketball

**YEARS COACHING:** 11th as head, 16th overall

**LAST SEASON'S RECORD:** 14-9

**ASSISTANT COACHES:** Craig Barjenbruch, Jordan Ortmeier, Stan Erks

**SENIORS:** Alex Hirschfeld, Bryson Hornbacher

**RETURNING LETTER WINNERS:** Alex Hirschfeld, Sam Ehlers, Bryson Hornbacher, Jordan Wagner, Devin Slawnyk, Camden Winkelman, Ryan Richters

**SEASON OUTLOOK:** Hirschfeld improved tremendously through-

out the summer, will have to have a big year for us to be successful. Very long and can score inside and out. Averaged 5 points, 4 rebounds, 2 assists per game.

Ehlers is a tough player who can really shoot the basketball. Has gotten stronger and should be able to attack the basket more this year. Averaged 7 points, 3 rebounds, 2 assists per game. SNC honorable mention

Hornbacher will be a good inside-out player for us this year. Slawnyk is an inside threat for us this year. Should be one of our bigger scoring options. Averaged 4 points, 3 rebounds.

Winkelman had a great summer, should provide some scoring for us.

Richters is a tough guard who can really guard the basketball. Averaged 3 points, 3 rebounds.

Freshman Owen Naber will provide us with some depth this year.

**TEAM STRENGTHS:** I think this year we should be able to shoot the basketball pretty well. I think our ball movement will be better this year, and our ability to share the basketball should be improved.

**HOLES TO FILL:** We are going to need to show consistently that we can guard and rebound to the standard we have set in the past. Our depth will need to be developed during the year. We will play a lot of juniors and possibly freshmen or two.

**TEAMS TO WATCH IN CONFERENCE:** Fillmore Central, Wilber-Clatonia, Milford, and Sandy Creek.

**EXPECTATIONS:** I really like the group we have coming in. This should be a fun group to coach. My expectations are that we get better everyday, and that we are playing our best basketball at the end of the year.

**FOULS AND FREE THROWS:** The new rules will not change anything for us on how we play. We try to limit fouls when we play anyway. I think it will make the game flow better. As far as a close game, I don't think it will change strategy for teams.

## Centennial seniors



JARRETT Dodson



AVA Fischer



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# MALCOLM HIGH SCHOOL



The Malcolm girls' basketball team for 2023-24 includes, from left: (first row) Rachel Lannin, Keira Farritor, Jhordyn Kirkpatrick, Madison Schultz, Abby Zegar and Grace Green; (second row) Morgan Tiedeman, Samantha Back, Alli Blair, Kamryn Broders, Alaina Wilcox, Baylor Bratsovsky, Kenna Wilcox and Hattie Coufal; and (third row) Brooke Rice, Shaylee Heidtbrink, Halle Dolliver, Lena Schmidt, Laurel Johnson, Shyann Sehi, McKenna Powell and Clara Ladman.

**COACH'S NAME:** Andy Klepper

**SCHOOL AND SPORT:** Malcolm girls' basketball

**YEARS COACHING:** Entering sixth year as head coach

**LAST YEAR'S RECORD:** 22-7

**ASSISTANT COACHES:** Jonathan Hunt, Brian Bullington, Amber Dolliver, Chloe Schumacher

**SENIORS ON THIS YEAR'S TEAM:** Abby Zegar, Madison Schultz, Keira Farritor, Delaney Wollberg, Jhordyn Kirkpatrick, Mattie Kucera, Kyley Petersen

**RETURNING LETTER WINNERS:** Halle Dolliver, Abby Zegar, Madison Schultz, Keira Farritor, Delaney Wollberg, Jhordyn Kirkpatrick, Mattie Kucera, McKenna Powell, Shyann Sehi

**STRENGTHS ON THIS YEAR'S TEAM:** We return one of the best players in Class C1 in Halle Dolliver. She averaged 20 PPG and 10

RPG. We have a bunch of seniors on this team that will provide much needed leadership throughout the year. I'm expecting our defense to be our strength. I like our size and athleticism going into the year.

**HOLES TO FILL FROM LAST YEAR:** We lost three four-year players in Alyssa Fortik, Diamond Sedlak, and Emma Brown. That is a lot of experience to replace. I'm excited to see who is going to step into those shoes and take on new roles for this team. I would say just the experience factor alone will be our biggest weakness early in the season.

**TEAMS TO WATCH IN CONFERENCE/DISTRICT:** Trailblazer Conference: Beatrice, Wahoo; Subdistrict: Lincoln Christian

**FOULS AND FREE THROWS:** It won't change our game much. It will take some getting used to but our approach will be the same.

## Malcolm basketball

Nov. 30	host Plattsmouth	6/7:30p
Dec. 1	at Auburn	6/7:30p
Dec. 5	host North Bend Central	6/7:30p
Dec. 9	at Platteview	2:30/4p
Dec. 12	host Northwest (G)	6p
Dec. 15	host Beatrice	6/7:30p
Dec. 16	host Raymond Central	2:30/4p
Dec. 22	at Louisville	6/7:30p
Dec. 29-30	host holiday tournament	TBA
Jan. 5	at Milford	6/7:30p
Jan. 11	host Ralston	6/7:30p
Jan. 12	at Nebraska City	6/7:30p
Jan. 16	at Freeman	6/7:30p
Jan. 19	host York	6/7:30p
Jan. 22-27	at Trailblazer Conference	TBA
Jan. 30	host Wahoo (G)	7:15p
	at Scotus (B)	7:30p
Feb. 3	host Yutan	6/7:30p
Feb. 6	at Ashland-Greenwood	6/7:30p
Feb. 8	at Duchesne (G)	6:30p
Feb. 10	host Centennial (B)	4p
Feb. 12-13	at Subdistrict C1-2 (G), TBA	TBA
Feb. 16	at Wahoo	7:30p
Feb. 20-22	at Subdistrict C1-5 (B), TBA	TBA
Feb. 23	at District final (G), TBA	TBA
Feb. 27	at District final (B), TBA	TBA
Feb. 29-March 3	at State (G), Lincoln	TBA
March 7-9	at State (B), Lincoln	TBA

**COACH'S NAME:** Chris Lewandowski

**SCHOOL AND SPORT:** Malcolm boys' basketball

**YEARS COACHING:** 22 years (11th at Malcolm)

**LAST YEAR'S RECORD:** 16-8

**ASSISTANT COACHES:** Zach Wehner and Jaydin Little

**SENIORS ON THIS YEAR'S TEAM:** Maddox Meyer, Owen Little, Luke Schmidt, Noah VanEvery

**RETURNING LETTER WINNERS:** Carson Frank, Brixon Meyer

**STRENGTHS ON THIS YEAR'S TEAM:** Good chemistry on this team with most players on the quarterfinal football team, hardworking group

**HOLES TO FILL FROM LAST YEAR:** Must replace the majority of our team scoring, lack experience from last year's squad.

**TEAMS TO WATCH IN CONFERENCE/DISTRICT:** Conference: Ashland-Greenwood, Wahoo, Platteview

**FOULS AND FREE THROWS:** Rules will not change our style of play but will change some late-game situations where we would possibly foul to take advantage of the old 1-1 rule. Some of our games will be played using the shot clock, so there will be some additional focus/practice on late-quarter situations.



The 2023-24 Malcolm boys' basketball team includes, from left: (first row) Luke Schmidt, Maddox Meyer, Owen Little and Noah VanEvery; (second row) Nolan Duzik, Owen Savicky, Chase Smith, Brixon Meyer, Carson Frank, Aiden Cunningham, Tristan Boehle and Jagger Babb; and (third row) Connor Crist, Isaiah Baeza, Keaton Kopecky, Gavin Little, Mason Zegar, Kenton McGill, Kreston Kucera, Miles McGill, Kellen Ensrud and Holdin Spellman.



## CENTENNIAL GIRLS' BASKETBALL

**COACH'S NAME:** Eric Kloke

**SCHOOL AND SPORT:** Centennial girls' basketball

**YEARS COACHING:** Third year as a head coach and seven years as an assistant coach

**LAST YEAR'S RECORD:** 15-10

**ASSISTANT COACH:** Mark Ortmeier and Tori Homolka

**SENIORS ON THIS YEAR'S TEAM:** Karley Naber, Cora Payne, Rylee Menze, Ava Fischer

**RETURNING LETTER WINNERS:** Karley Naber, Cora Payne, Catelynn Bargen, Ella Wambold, Averie Stuhr, Ava Fischer, Anna Warm, Riley Ziegler, Cissanie Krohe, Cheyenne Tonniges

**STRENGTHS ON THIS YEAR'S TEAM:** One of our team's strengths this year will be our experience. We are bringing back five girls with significant playing time with four of them being primary starters last season. We should have a deep bench as well this season. We have about 4-5 girls that look to try and get into the rotation early.

**HOLES TO FILL FROM LAST YEAR:** A need for us this season is to fill our starting point guard spot. Our point guard position is the only spot without a returning starter. We also need to improve in the half court as most of the scoring came from our transition game. Not a hole that needs to be filled but a challenge for this year is moving up from C2 to C1.

**TEAMS TO WATCH IN CONFERENCE/DISTRICT:** Don't know what our district is yet but teams to watch in our conference would be Thayer

Central, Milford, and Superior, just to name a few.

**FOULS AND FREE THROWS:** The free throw change will definitely alter how teams strategize for the end of the game. With no more one-and-ones, you have to think more about whether you want to try and go for a steal towards the end of the game or put your opponent on the line for two shots. There's no more hoping that the other team will miss the front end of a one-and-one and limit the amount of points that they could get.

**COACHING PHILOSOPHY:** My philosophy for this first year is to hammer the little things. Work on our fundamentals, build a good foundation so we can build onto it throughout the year. Practices will incorporate a lot of drills that are going to promote competitiveness and teamwork. My philosophy has always been to teach young athletes the importance of how big of an impact doing the little things can make while also teaching them life lessons through sports and hard work. We have a great group of girls this season so our goals for this season is to get to the conference finals as well as getting out of our subs with the opportunity to get to the state tournament.



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**COACH'S NAME:** Matt Coufal  
**SCHOOL AND SPORT:** Malcolm wrestling  
**YEARS COACHING:** 20  
**ASSISTANT COACHES:** Cole Gore and Kim Watson  
**SENIORS ON THIS YEAR'S TEAM:** Bricen Wilkie  
**RETURNING LETTER WINNERS:** Bricen Wilkie and Cody Barton  
**STRENGTHS ON THIS YEAR'S TEAM:** Good mix of youth with some

experience. Should be a good group that is eager to work hard in order to succeed.  
**HOLES TO FILL FROM LAST YEAR:** Graduated some quality seniors with state tournament experience. Last year's group were great leaders. Need to find leadership this year with a very small number of juniors and seniors.  
**TEAMS TO WATCH IN CONFERENCE/DISTRICT:** Beatrice in Conference and Elkhorn Valley and Central City in our District  
**GIRLS' TEAM:** We have two out right no – a returning sophomore

with one year experience and a freshman who wrestled last year in junior high. It will be another learning year for them.  
**RULES CHANGES:** Boys' weight class were a major change this year. There are no longer any hair or beard restrictions. Individuals may wrestle in six matches per day with only a 30-minute rest between matches instead of 45 minutes. This will eliminate any unnecessary breaks. With the six match limit now (was five), the boys' district tournament will now be held all on one day. This change also helps with the girls' subdistrict and district tournaments.

## Malcolm seniors



cheer

**SCARLETT**  
Battles



basketball

**KEIRA**  
Farritor



cheer

**AVA**  
Helms



basketball

**JHORDYN**  
Kirkpatrick



basketball

**MATTIE**  
Kucera



basketball

**OWIN**  
Little



basketball

**MADDOX**  
Meyer



photo not available

**KYLE**  
Petersen



basketball

**LUKE**  
Schmidt



basketball

**MADISON**  
Schultz



cheer

**ANNA**  
Schweitzer



basketball

**NOAH**  
VanEvery



wrestling

**BRICEN**  
Wilkie



photo not available

**DELANEY**  
Wollberg



basketball

**ABBY**  
Zegar



The 2023-24 Malcolm wrestling team includes, from left: (first row) Vanesa Gonzalez-Mendoza, Cooper Vetick, Cody Barton, Chris Burbach and Bricen Wilkie; (second row) Sienna Swenson, Austin Sykes, Truitt Ele, Justin Wisnieski and Jake Walters; and (third row) student managers Emalyn Coufal, Porter Vetick and Cody Watts.



The Malcolm cheer squad in 2023-24 includes, from left: (first row) Scarlett Battles, Abby Zegar, Ava Helms and Anna Schweitzer; (second row) Elsa Schleining, Emery Endicott, Anna Grace Christensen, Mady Wall and Alaina Wilcox; and (third row) Jessica Sandell, Avery Beach, Kaydence Schaefer, Callie Schroeder and Adela Donahoo.

## New rules implemented to 2023-24 basketball season

BY KEATON BURGESS  
 reporter@sewardindependent.com

Two new rules will be implemented this season for Class B basketball and one for Classes C and D.

For all classes, fouls will reset every quarter, and the one-and-one free throws at a team's seventh foul have been eliminated. Teams will get two free throw shots once the other teams

hit five fouls. Once the quarter ends, the fouls will be reset.

According to the NSAA, the rationale for the rule is that it "Improves flow by providing an opportunity for teams to adjust their play by not carrying over fouls from quarters one and three to quarters two and four while significantly reducing the opportunity for correctable errors to occur.

Minimizes risk of injury by eliminating the one-and-one and reducing opportunities for rough play during rebounding opportunities."

The rule has been used in college women's basketball.

For Class B, a 35-second shot clock will be at all games this season, unless they are playing a Class C team. The Class C team will get to choose

whether to use the shot clock or not.

The 35-second shot clock forces teams to attempt a shot and hit the rim within the time limit. If a team doesn't attempt a shot, they turn the ball over.

The new shot clock rule will prevent teams from holding the ball and will make for faster-paced games.

## Malcolm wrestling

Nov.	30	at Standing Bear Invite (G)	4P
Dec.	1	at York Invite (G)	2:30P
Dec.	2	at York Invite (B)	9a
Dec.	9	at Crete Invite	9a
<b>Dec.</b>	<b>15</b>	<b>host Broken Bow (B)</b>	<b>6:30P</b>
		at Wahoo Invite (G)	2P
Dec.	16	at Wahoo Invite (B)	9a
Dec.	22	at Crete triangular (B)	5P
		at Wisner-Pilger Invite (G)	3P
Dec.	28	at Johnson County Central tri. (B)	9a
Dec.	30	at Fillmore Central Invite (G)	9a
Jan.	2	at Conestoga Invite (G)	10a
Jan.	5	at Beatrice Invite (G)	TBA
<b>Jan.</b>	<b>6</b>	<b>host Malcolm Invite</b>	<b>9:30a</b>
Jan.	12	at Schuyler Invite (G)	9:30a
Jan.	13	at Schuyler Invite (B)	9:30a
<b>Jan.</b>	<b>18</b>	<b>host Ralston</b>	<b>6/6:30P</b>
Jan.	19	at David City Invite (B)	9:30a
		at Weeping Water Invite (G)	9:30a
Jan.	23	at North Bend Central triangular	6P
<b>Jan.</b>	<b>26</b>	<b>host Trailblazer Conference</b>	<b>4P</b>
Jan.	27	at Raymond Central Invite (B)	9a
Feb.	3	at GICC Invite (B)	9a
Feb.	3	at State Duals, Kearney (B)	TBA
		at Subdistrict 3b, Standing Bear (G)	TBA
Feb.	10	at District C-1, Thayer Central	TBA
Feb.	15-17	at State, Omaha	TBA

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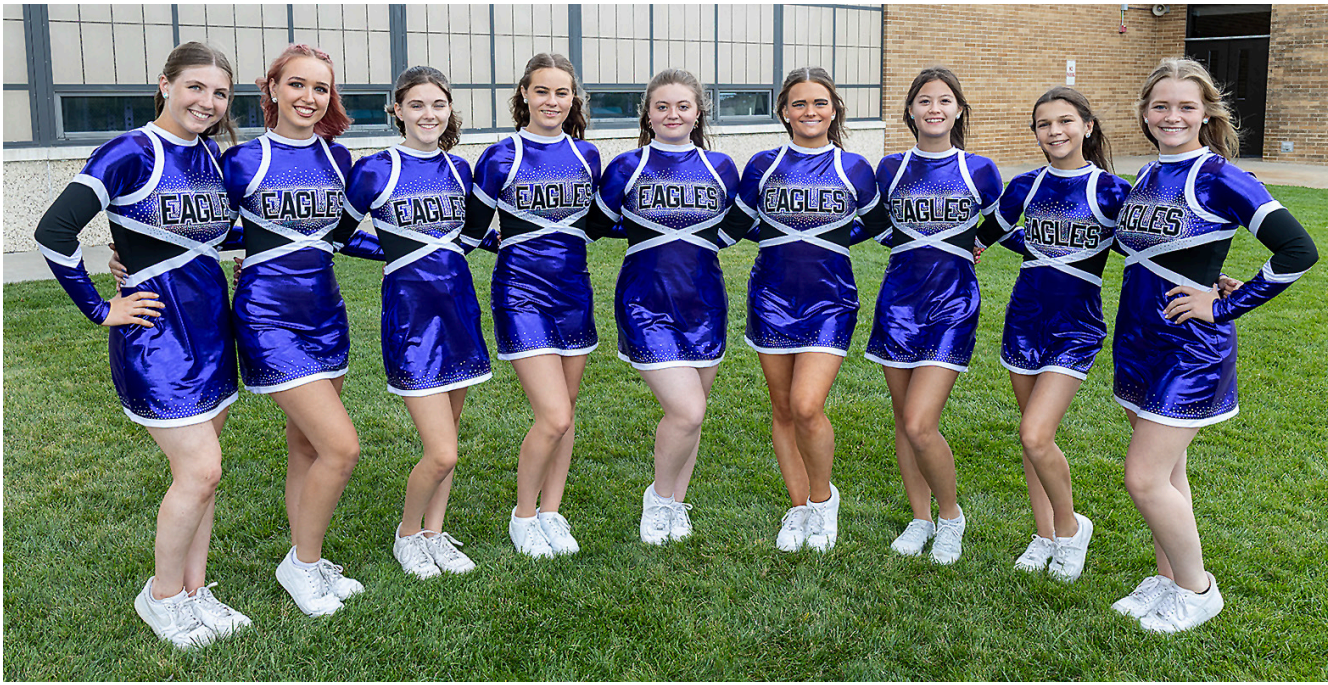


# MILFORD HIGH SCHOOL



Members of the 2023-24 Milford wrestling team are, from left: (first row) cory Langenberg, Kellen Lovitt, Jonny Kohout, Jax Hansen, Zephyr Mowinkel, Arthur Price and Graydon Meredith-Walker; (second row) Aiden Henson, Coy Maas, Brodie Roth, Justin Dixon, Boen Schweitzer, Caleb Kempf and Quinn Zegers; and (third row) Conner Kohout, Cooper Rea, Hunter Oborny, Garrett Schoen, Hunter Dickinson, Sean Stanton and Kasen Petsch.

**COACH'S NAME:** Joe Schluckebier  
**SCHOOL AND SPORT:** Milford wrestling  
**YEARS COACHING:** Eighth year as head coach  
**ASSISTANT COACH:** Jonah Peterson, Ken Burkhardt Jr  
**SENIORS ON THIS YEAR'S TEAM:** Hunter Oborny, Conner Kohout, Kasen Petsch  
**RETURNING LETTER WINNERS:** Quinn Zegers, Cooper Rea, Sean Stanton, Hunter Dickinson, Hunter Oborny, Kasen Petsch, Garrett Schoen  
**STRENGTHS ON THIS YEAR'S TEAM:** Experienced youth. We have a solid freshman and sophomore class to compliment our experienced juniors and seniors. All of these kids have been a part of our program for a long time and even the freshmen are experienced in big-match situations which will payoff right away for us. We expect some big things out of this team once we get everyone at the right weight.  
**HOLES TO FILL FROM LAST YEAR:** We did not have any seniors last year, so everyone is back and hungry for more.  
**TEAMS TO WATCH IN CONFERENCE/DISTRICT:** Wilber-Clatonia is in our conference and district this year and they are loaded with tough kids and currently ranked No. 2 in the state. The Southern Nebraska Conference is full of strong teams and individuals from top to bottom, I believe it's the premier Class C wrestling conference right now. Our district will be held at Boone Central and will be full of good individuals.  
**RULES CHANGES:** New weight classes will take some getting used to. The match limit was increased from five per day to six per day which allows 16-man brackets (like districts) to be wrestled in one day. They also reduced the rest time required between matches from 45 minutes to 30 minutes which should speed things up at some tournaments.



The Milford dance team for 2023-24 includes, from left, Hannah Wittstruck, Addison Sample, Aydenn Freeman, Allyson Taylor, Emma Hershberger, Morgan Havlat, Sally Burkey, Elsa Schweitzer and Sydney Havlat.

**COACH'S NAME:** Mitchell Marvin  
**SCHOOL AND SPORT:** Milford High School Boys Basketball  
**YEARS COACHING:** Second year at Milford, fifth year as a head coach, ninth year coaching high school basketball  
**LAST YEAR'S RECORD:** 11-15  
**ASSISTANT COACHES:** Trey Frey, Peyton Dubbert, Dwayne Marvin, Ken Marvin  
**SENIORS ON THIS YEAR'S TEAM:** Reice Stutzman  
**RETURNING LETTER WINNERS:** Reice Stutzman, Owen Anderson, Jack Stahl, Tyce Lopez, Cash Brom, Isaac Roth  
**STRENGTHS ON THIS YEAR'S TEAM:** The strength of our team is the leadership that has come from many different players. We have a great leader in our lone senior, but we have had to put some younger players in larger roles and they have stepped up in a big way to push this team forward. We also will go into the season with depth. We have a large group of players who have varsity experience and are ready to pick up where we left off last year. Lastly, we are looking to use our speed to change our tempo of play.

(CONTINUED ON 10)

Milford seniors



SALLY Burkey



MORGAN Havlat



EMMA Hershberger



CONNER Kohout



AVA Maple



ADDI Mowinkel



HUNTER Oborny



KASEN Petsch



MADDIE Roth



REICE Stutzman



ALLYSON Taylor



MACKENZIE Watenpaugh

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**GOOD LUCK TO ALL THE AREA SCHOOLS!**





Playing boys' basketball for Milford in 2023-24 are, from left: (first row) Isaac Roth, Tyce Lopez, Zeb Reil, John Stahl and Connor Adams; (second row) Landon Roth, Jim Burkey, Jack Stahl, Zach Pearson and Gus Crabtree; (third row) Kaleb Meierdierks, Gavin Piening, Reice Stutzman, Cash Brom and Cole Stutzman; and (fourth row) Scholar Crumrine, Owen Anderson, Rylan Hollist, Colby Rautenberg, Gage Dunlap and Cash Martin. Chandler Stutzman is not pictured.

**BOYS' BASKETBALL CONTINUED FROM 9**

**HOLES TO FILL FROM LAST YEAR:** We lost a large group of seniors who carried a big chunk of our scoring so we will be looking to find guys to step up and be able to create scoring opportunities.

**TEAMS TO WATCH IN CONFERENCE/DISTRICT:** District: Malcolm; Conference: Fillmore Central, Sandy Creek, Wilber-Clatonia

**FOULS AND FREE THROWS:** We know that with this rule change there may come opportunities where we will have to find different ways to create more possessions and our team has some different options for how we think we can make this happen.

### Milford basketball

Dec. 1	at Fillmore Central	6/7:45p
Dec. 2	host Raymond Central	4:30/6p
Dec. 8	at Fairbury	6/7:30p
Dec. 9	host Lincoln Lutheran	2:30/4p
Dec. 15	host Centennial	6/7:30p
Dec. 16	at Ashland-Greenwood	2:30/4p
Dec. 19	host North Bend Central	6/7:30p
Dec. 29-30	at Lincoln Christian tournament	TBA
Jan. 5	host Malcolm	6/7:30p
Jan. 6	at David City	1:15/3p
Jan. 9	host Syracuse (G)	7p
Jan. 13	at Thayer Central	4:30/6p
Jan. 16	host Columbus Lakeview	6/7:30p
Jan. 20	at Beatrice	2/3:30p
Jan. 23	at Sutton	6/7:30p
Jan. 26	host Wilber-Clatonia	6/7:30p
Jan. 29-Feb. 3	at SNC	TBA
Feb. 9	at Sandy Creek	6/7:30p
Feb. 10	at Boys Town (B)	TBA
Feb. 12-13	at Subdistrict C1-3 (G), TBA	TBA
Feb. 16	at Syracuse (B)	7:30p
Feb. 20-22	at Subdistrict C1-5 (B), TBA	TBA
Feb. 23	at District final (G), TBA	TBA
Feb. 27	at District final (B), TBA	TBA
Feb. 29-March 3	at State (G), Lincoln	TBA
March 7-9	at State (B), Lincoln	TBA



The 2023-24 Milford girls' basketball team includes, from left: (first row) Ava Maple, Mackenzie Watenpaugh, Addi Mowinkel and Maddie Roth; (second row) Delaney Carraher, Ayla Roth, Karlee Kuklis, Izzy Yeackley, Maeli Kubicek and Kylie Jakub; and (third row) Haylee Nicholson, Sydney Burkey, Ashlynn Miller and Cora Klopfenstein.

**COACH'S NAME:** Bryce Roth

**SCHOOL AND SPORT:** Milford girls' basketball

**YEARS COACHING:** 14 Head Coach / 21 Total Years

**LAST YEAR'S RECORD:** 20-5

**ASSISTANT COACHES:** Michele Kontor, Greg Miller, Kennedy Mogul

**SENIORS ON THIS YEAR'S TEAM:** Ava Maple, Addi Mowinkel, Maddie Roth, Mackenzie Watenpaugh

**RETURNING LETTER WINNERS:** Addi Mowinkel - 2nd year letter winner; Karlee Kuklis - 1st year letter winner; Ayla Roth - 2nd year letter winner; Izzy Yeackley - 2nd year letter winner; Kylie Jakub - 1st year letter winner.

**STRENGTHS ON THIS YEAR'S TEAM:** Returning two starters Izzy Yeackley and Ayla Roth who have both logged significant varsity minutes over the past two years (both have started since they were freshman). Addi Mowinkel returns a lot of experience as well and

was our first sub off the bench from last season. We will have to continue to develop new roles and depth, but this group has made huge strides in the off-season, they work incredibly hard, and are extremely coachable.

**HOLES TO FILL FROM LAST YEAR:** Our team will look to grow into some new roles as we lost four seniors / three starters who played significant minutes and were terrific leaders the past two years. However, we are extremely excited and confident with how our team this year approaches competing each day in practice...and they are committed to the process that its gonna take to reach their full potential.

**TEAMS TO WATCH IN CONFERENCE/DISTRICT:** Centennial, Thayer Central, Sutton

**FOULS AND FREE THROWS:** It won't change our type of game / systems we play with...we'll still try to make all our free throws, and we'll still try to stay out of foul trouble. I think playing from behind late in games could be more challenging.

### Milford wrestling

Nov. 30	host Triangular	6p
Dec. 2	at EMF Invite, Friend	9a
Dec. 7	at Triangular, Seward	6p
Dec. 9	at Crete Invite	9a
Dec. 12	at Axtell Invite	11a
Dec. 16	at Logan View Invite	9a
Dec. 21	host Triangular	6p
Jan. 5	at Wilber-Clatonia Duals	3p
Jan. 6	at Aquinas Invite	10a
Jan. 13	at Gibbon Invite	10a
Jan. 18	at Aurora Triangular	4:30p
Jan. 19	at David City Invite	9:30a
Jan. 27	at SNC, David City	10a
Feb. 2	at Fairbury Invite	1:30p
Feb. 3	at State Duals, Kearney	TBA
Feb. 10	at District C-2, Boone Central	TBA
Feb. 15-17	at State, Omaha	TBA

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