

Seward • Centennial • Malcolm • Milford

WINTER



SPORTS



**BASKETBALL • BOWLING
CHEER • DANCE • WRESTLING**

December 4, 2024 Editions

Photos taken by Doug Carroll at Seward Memorial Library. Front: Kendra Sugden, Seward girls' bowling; Kobie Kosek, Centennial girls' wrestling. Back: Hannah Wittstruck, Milford dance; Caleb Jackson, Seward boys' wrestling; Merryl Paul, Malcolm girls' basketball.

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BASKETBALL



STEPHANIE CROSTON

Playing basketball for the 2024-25 Centennial High boys' team are, from left: (first row) Sam Ehlers, Camden Winkelman, Jordan Wagner, Devin Slawnyk, Matthew Hoops and Ryan Richters; (second row) Kolten Prashek, Chase Robinson, Van Choma, Kade McFadden, Zaden Murphy, Owen Naber and Drake Scamehorn; and (third row) Parker Perry, Bentley Juranek, Carter Fritz, Tyson Hornbacher, Levi Scholl and Grant Hinz.

Centennial boys' basketball

Coach: Cam Scholl
Years coaching: 12
Assistant coaches: Craig Barjenbruch, Jordan Ortmeier, Stan Erks
Last season's record: 14-10
Conference affiliation: Southern Nebraska Conference
Seniors: Devin Slawnyk, Sam Ehlers, Camden Winkelman, Ryan Richters, Jordan Wagner, Matthew Hoops

Returning letter winners: Devin Slawnyk, Sam Ehlers, Camden Winkelman, Ryan Richters, Jordan Wagner, Matthew Hoops, Zaden Murphy, Owen Naber, Van Choma
Strengths of this year's team: We have a good core of seniors returning who have played a lot for us the past three years. Devin Slawnyk (13 pts, 8 rbs) gives us a good presence inside, and Cam-

den Winkelman (6 pts, 3 rbs) can score in multiple ways. Sam Ehlers (7 pts, 2 rbs) is a threat from three-point range, and Ryan Richters (5 pts, 2 rbs) who gives us some toughness and shooting, give us good perimeter options, as well. Owen Naber will step into a bigger role for us this year, and Jordan Wagner should give us some depth after being hurt all of last year.

Our schedule is tough overall with Doniphan-Trumbull, Malcolm, Cross County, as well as our conference teams. We will need to continue to build some depth throughout the season, and our goal is play our best basketball at the end of the season.
Teams to watch in conference/district: Our conference will be solid with Fillmore Central, Sandy Creek, Sutton and

Thayer Central all bringing back solid teams.
 In C2, the new subdistrict format will be interesting, but the top teams will be Summerland, GICC, Freeman, Cedar Catholic, Norfolk Catholic, Aquinas, Ponca, Sandy Creek and Cross County.
Best players in C-2: Becker of Cedar Catholic; Shaw of Sandy Creek; Hoke of Summerland

Coach: Eric Kloke
Years coaching: 2
Assistant coach: Mark Ortmeier
Last season's record: 13-11
Conference affiliation: Southern Nebraska Conference
Seniors: Catelynn Borgen, Averie Stuhr, Ella Wambold
Returning letter winners: Catelynn Borgen, Averie Stuhr, Ella Wambold, Cheyenne Tonniges, Riley Ziegler, Anna Warm, Cis-

sanie Krohe, Marley Olson, Meg Hoffschneider
Incoming athletes to watch: Cheyenne Tonniges, Marley Olson
Strengths of this year's team: This team returns a lot of varsity players from last year with a lot of minutes under their belt. Of the 12 girls that we have on the roster, eight of them are upperclassmen. We had a good year on the defensive end of the court last season, and we look to continue to improve on

that end of the court. We held teams well below their season average but still feel like we can get better on the defensive side of the ball.
 Going into my second year with the team will be another strength of ours. Last year I feel like we started out slow due to me learning the girls and vice versa. Having a year experience with each other will hopefully help speed up how we start this season off.
Holes to fill from last

season: My biggest area that I see we need to improve on is our half-court offense. We never seemed to catch our stride all year last season when it came to the offensive side of the ball. We lost some key players last season and it will be tough to fill the voids that they left, but I have all the trust in the world that we will have some girls step up and do their best to fill that void.
 Where it sits right now, we will have 11 healthy

bodies going into our first scheduled game against David City. Luckily, most, if not all, were either varsity players last season or were anticipated to make the varsity team. So we have a quality group of girls even though we lack the typical numbers that we have seen in the past. We only have four underclassmen this season, but we will need

to have some step up this season. Marley Olson was heavily involved in the varsity rotation last season as a freshman. She will need to play a much bigger role this year with the loss of some key seniors, but we know that she is ready and able to take on a much larger role.
Teams to watch in conference/district: Milford



STEPHANIE CROSTON

Members of the 2024-25 Centennial High girls' basketball team are, from left: (first row) Ella Wambold, Catelynn Borgen and Averie Stuhr; (second row) Lexi Kraus, Riley Ziegler, Cheyenne Tonniges, Cissanie Krohe and Anna Warm; and (third row) Marley Olson, Meg Hoffschneider, Lynly Leif and Ella Baack.

Centennial basketball

Dec. 5	host David City	6/7:30p
Dec. 7	host Louisville	2:30/4p
Dec. 12	at Sandy Creek	6/7:30p
Dec. 17	at Fairbury	6/7:30p
Dec. 20	host Milford	6/7:30p
Dec. 21	at Superior	2:30/4p
Dec. 27-28	at Malcolm tournament	TBA
Jan. 10	host Sutton	6/7:30p
Jan. 11	at Raymond Central	2:30/4p
Jan. 14	at Shelby-Rising City	6/7:30p
Jan. 17	host Centura	6/7:30p
Jan. 18	host Central City	2:30/4p
Jan. 21	host Wilber-Clatonia (g)	7:30p
Jan. 24	at Doniphan-Trumbull	6/7:30p
Jan. 25	at Tri County	2:30/4p
Jan. 28	host Fillmore Central	6/7:30p
Jan. 31	at Thayer Central	6/7:30p
Feb. 3-8	at Conference, TBA	TBA
Feb. 11	at Heartland	6/7:30p
Feb. 14	host Cross County	6/7:30p
Feb. 15	host Malcolm (b)	4:30p
Feb. 17-18	at Subdistricts (g)	TBA
Feb. 21	host Wilber-Clatonia (b)	7p
Feb. 24-27	at Subdistricts (b)	TBA
Feb. 28	at District final (g)	TBA
March 4	at District final (b)	TBA
March 5-8	at State (g), Lincoln	TBA
March 12-15	at State (b), Lincoln	TBA

times listed girls/boys

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STEPHANIE CROSTON

The Milford boys' basketball team for 2024-25 includes, from left: (first row) Colby Rautenberg, Rylan Hollist, Jack Stahl, Gavin Piening, Cole Stutzman, Zach Pearson, Owen Anderson, Isaac Roth and Landon Roth; (second row) Zane Wittstruck, Cole Brown, Gus Crabtree, Connor Adams, Gage Dunlap, Zeb Reil, Kaleb Meierdierks and Matyx Upton; and (third row) Hudson Stutzman, Talan Grossart, Kyle Legas, Brendan Crane, Sam Dana, Brock Porter and Andres Ledesma.

Milford girls' basketball

Coach: Bryce Roth
Years coaching: 21
Assistant coaches: Michele Kontor, Greg Miller, Kennedy Mogul, Brett Muller
Last season's record: 16-7
Conference affiliation: Southern Nebraska Conference
Seniors: Karlee Kuklis, Taylor Oldfield, Ayla Roth, Izzy Yeackley
Returning letter winners: Karlee Kuklis, Taylor Oldfield, Ayla Roth, Izzy Yeackley, Kylie Jakub, Ashlynn Miller

Incoming athletes to watch: We do have some young players that really showed some things this summer and will contribute.

Strengths of this year's team: We are fortunate to return some great experience and leadership... five players with varsity starting experience

This is just an amazing group of kids to be around and coach every day. They've put in a lot of time throughout their careers and they had a tremendous off-season

of development. They bring a high level of energy and enthusiasm at practice every day and are overall just a very highly competitive and motivated group. We have a great mix of experience that we bring back but we also are fortunate to have some very talented younger players that will add depth to compete for positions and playing time.

Holes to fill from last season: A hard working group of seniors that bought in and were terrific leaders.

Teams to watch in conference/district: Thayer Central, Superior, David City, Centennial

ence
Seniors: Gavin Piening, Jack Stahl, Cole Stutzman, Owen Anderson, Zach Pearson

Returning letter winners: Gus Crabtree, Colby Rautenberg, Zeb Reil, Landon Roth, Connor Adams, Gage Dunlap, Isaac Roth, Jack Stahl, Cole Stutzman, Owen Anderson, Gavin Piening

Strengths of this year's team: We return nine players who contributed meaningful minutes at the varsity level last year. We have a group this year that is very cohesive. Our team has great chemistry and enjoys being in the gym together. Lastly, our group plays at a fast pace and has put their priority as being the most physical team on the court. They have worked hard to develop an efficient and fast style of basketball.

Holes to fill from last season: We had one senior graduate last year. He was one of our anchors on defense, so we will be looking for a couple guards to step up and take on that role of being a reliable defender who can pick up the top scorers and limit them.

Teams to watch in conference/district: Fillmore Central, Sandy Creek

Milford boys' basketball

Coach: Mitchell Marvin
Years coaching: Sixth as head coach, 10th total, third at Milford
Assistant coaches: Peyton Dubbert, Jaxon Weyand, Dwayne Marvin, Jonah Weyand, Ken Marvin
Last season's record: 4-18
Conference affiliation: Southern Nebraska Confer-

Milford basketball

- Dec. 6 host Fillmore Central 6/7:30p
- Dec. 7 at Raymond Central 3/4:40p
- Dec. 13 host Fairbury 6/7:30p
- Dec. 14 at Lincoln Lutheran..... 3:15/4:45p
- Dec. 20 at Centennial..... 6/7:30p
- Dec. 21 host Ashland-Greenwood 2:30/4p
- Dec. 30-31 at Lincoln Christian tournament TBA
- Jan. 3 at North Bend Central 6/7:30p
- Jan. 9 at Malcolm..... 6/7:30p
- Jan. 11 host David City 3/4:30p
- Jan. 14 at Syracuse (g) 6:30p
- Jan. 16 host Aurora..... 6/7:30p
- Jan. 18 host Thayer Central 3:30/5p
- Jan. 21 at Lakeview 6/7:30p
- Jan. 23 host Beatrice 6/7:30p
- Jan. 28 host Sutton..... 6/7:30p
- Jan. 31 at Wilber-Clatonia 6/7:30p
- Feb. 3-8 at Conference, TBA TBA
- Feb. 14 host Sandy Creek 6/7:30p
- Feb. 15 at Boys Town (b)..... 3:30p
- Feb. 17-18 at Subdistricts (g) TBA
- Feb. 21 host Syracuse (b)..... 6:30p
- Feb. 25-27 at Subdistricts (b) TBA
- Feb. 28 at District final (g) TBA
- March 4 at District final (b) TBA
- March 5-8 at State (g), Lincoln..... TBA
- March 12-15 at State (b), Lincoln TBA

times listed girls/boys



STEPHANIE CROSTON

Competing in girls' basketball for Milford High in 2024-25 are, from left: (first row) Karlee Kuklis, Ayla Roth, Izzy Yeackley and Taylor Oldfield; (second row) Kenzie Jakub, Kylie Jakub, Maeli Kubicek, Violet Augustyn, Abby Crabtree and Cora Klopfenstein; and (third row) Addison DeLong, Braelynn Muller, Shayla Rautenberg, Ashlynn Miller, Janessa Stauffer and Adalyn Cisneros.

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KEATON BURGESS

Pictured are the members of the Malcolm boys' basketball team, from left: (front row) Preston Kucera, Tristen Boehle, Aidan Cunningham, Carson Frank and Brixon Meyer; (middle row): Nolan Duzik, Riley Hawke, Keaton Kopecky, Greyson Queen, Chase Smith, Gavin Little, Mason Zegar, Kenton McGill and Miles McGill; and (back row) Dominic Wehner, Connor Crist, Mason Schlutz, Gerrit DeWaard, Tregan Frank, Kellen Ensrud, Isaiah Baeza and Jagger Babb.

Malcolm boys' basketball

Coach: Chris Lewandowski
Years coaching: 12 head coach, 24 overall
Assistant coaches: Zach Wehner, Jaydin Little
Last season's record: 19-8
Conference affiliation: Trailblazer Conference

Seniors: Tristen Boehle, Aiden Cunningham, Carson Frank
Returning letter winners: Tristen Boehle, Aiden Cunningham, Carson Frank, Brixon Meyer, Preston Kucera, Gavin Little, Miles McGill
Strengths of this year's team: Very competitive group of players. We may

not be the biggest team on the court but I expect us to constantly compete with decent depth.
Holes to fill from last season: The 2024 seniors did an outstanding job leading the team and stepped up and did some big things for us last year. We will need multiple guys step up and fill those

roles.
 Hoping to build on last season's success in all sports and this season's success in football. Schedule will be very challenging but will make us stronger come postseason.
Teams to watch in conference/district: Conference: Wahoo, Platteview, Ashland



KEATON BURGESS

Pictured are the members of the Malcolm girls' basketball team, from left: (front row) Rachel Lannin and Merryl Paul; (middle row) Baylor Bratrsovsky, Kamryn Broders, Grace Green, Samantha Back, Kenna Wilcox, Alaina Wilcox, Morgan Tiedeman, McKenzie Wehner and Lily Bietz; and (back row) Payton Dolliver, Alli Blair, Hattie Coufal, Lena Schmidt, Laurel Johnson, Shyann Sehi, Halle Dolliver, Baylee Parr and Clara Ladman. Not pictured is Haylee Branum-Erdkamp.

Malcolm basketball

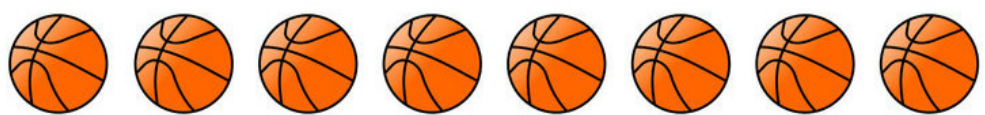
Dec. 5	at Plattsmouth	6/7:30p
Dec. 6	host Auburn	6/7:30p
Dec. 10	at North Bend Central	6/7:30p
Dec. 17	at Raymond Central	6/7:30p
Dec. 19	host Platteview	6/7:30p
Dec. 21	at Beatrice	1/2:30p
Dec. 27-28	host holiday tournament	TBA
Jan. 4	host Louisville	1:30/3p
Jan. 9	host Milford	6/7:30p
Jan. 11	vs. Pender at Kearney (g)	6:50p
Jan. 16	at Ralston	6/7:30p
Jan. 17	host Nebraska City	6/7:30p
Jan. 21	host Freeman	6/7:30p
Jan. 24	at York	6/7:30p
Jan. 25	TBA at DJ Sokol Arena	TBA
Jan. 27-Feb. 1	at conference, TBA	TBA
Feb. 8	at Yutan	2:15/4:15p
Feb. 11	host Ashland-Greenwood	6/7:30p
Feb. 13	host Duchesne (g)	6:30p
Feb. 15	at Centennial (b)	4:30p
Feb. 17-20	at Subdistricts (g)	TBA
Feb. 21	host Wahoo (b)	7:30p
Feb. 24-27	at Subdistricts (b)	TBA
Feb. 28	at District final (g)	TBA
March 4	at District final (b)	TBA
March 5-8	at State (g), Lincoln	TBA
March 12-15	at State (b), Lincoln	TBA

times listed girls/boys

Malcolm girls' basketball

Coach: Troy Pritchett
Years coaching: 19
Assistant coaches: Amber Dolliver (Co-Head), Jonathan Hunt
Last season's record: 14-9
Conference affiliation: Trailblazer Conference
Seniors: Rachel Lannin and Merryl Paul
Returning letter winners: Halle Dolliver-injured, Rachel Lannin, Baylor Bratrsovsky, Kamryn Broders
Incoming athletes to watch: Payton Dolliver

Strengths of this year's team: We have a good group of young players and some experience coming back that should allow us to be competitive.
Holes to fill from last season: With Halle being injured, we will have a big hole to fill regarding scoring and rebounding, but we have a number of girls that I believe will step up and contribute for us.
Teams to watch in conference/district: In our class Lincoln Christian, Minden, Gothenburg



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STEPHANIE CROSTON

The 2024-25 Seward High boys' basketball team includes, from left: (first row) Sam Sagehorn, Ed Knott, Josh Keller, Hayden Burhoop, Lawson Luebbe and Kyle Riley; (second row) Jack Vyhnalek, Karson Dyer, Bostyn Happ, Kobe Policky, Tresten Hass, Cardin Goracke and Kayson Salyer; (third row) Tyler Anderson, Jacob Tucker, Jesse Leibhart, Austin Koch, Cale Greisen, Jackson Einspahr and Layne Luebbe; and (fourth row) Barrett Stalsberg, Kade Benson, Everhett Schluckebier, Mason Luebbe, Parker Smith, Case Prochaska, Carter Urwin and Jase Kearney.

Seward boys' basketball

Coach: Trevor Menke
Years coaching: 5
Assistant coaches: Wade Miller, Seth Montag, Ben, Briggs, Lane Godfrey
Last season's record:

11-13
Conference affiliation: Central Conference
Seniors: Hayden Burhoop, Josh Keller, Ed Knott, Lawson Luebbe

Returning letter winners: Karson Dyer, Bostyn Happ, Tresten Hass, Ed Knott, Jack Vyhnalek
Incoming athletes to watch: Kayson Salyer,

Hayden Burhoop, Josh Keller, Lawson Luebbe
Strengths of this year's team: A core of experience from last season, depth. Many multi sport guys who

are looking to build upon a deep semi-final appearance in football this fall.
Holes to fill from last season: Good senior

leadership will need to be filled.
Teams to watch in conference/district: Crete, Adams Central, Aurora



STEPHANIE CROSTON

The Seward High girls' basketball team for 2024-25 includes, from left: (first row) Kelsey Miller, Kennedy Limback, Amara Siebert and Mikayla Miller; (second row) Emerson Rucker, Rilynn Hiser, Ava Stutzman, Karlee Baack and Karsyn Fields; (third row) Kalliea Vest, Lexi Collings, Jackie Eberspacher, Evie Schroeder, Olivia Brozovsky, Sammi Wintz and Emerson Limback; and (fourth row) Faith Hibbert, Tayla Hass, Kendall Miller, Carley Kimbrough, Jolie Eber, Kendal Oberhauser, Isla Krahulik and Chloe Brozovsky.

Seward girls' basketball

Coach: Beth Bohuslavsky
Years coaching: 5 at Seward, 6 overall
Assistant coaches: Jarren Zimmerman and Tanner Roth
Last season's record: 15-8
Conference affiliation: Central Conference
Seniors: Kennedy Limback, Amara Siebert, Kelsey Miller, Mikayla Miller
Returning letter winners: Kennedy Limback, Kelsey Miller, Mikayla

Miller, Ava Stutzman, Karlee Baack, Karsyn Fields, Rilynn Hiser
Team captains: Kennedy Limback, Amara Siebert, Kelsey Miller, Mikayla Miller
Strengths of this year's team: We are returning some experience in our line up as well as athleticism and length. We are excited to use our quickness and athleticism to our advantage.
 We have an eager group that is hungry and wants to get better each

day! They have high expectations and we are looking forward to seeing where this journey takes us!
Holes to fill from last season: We will need to look to develop a consistent 3 pt shooter and develop some depth in some positions. I am excited to see who will step into the different roles we need!
Teams to watch in conference/district: York

Seward basketball

Dec. 5	at Hastings.....	5:30/7p
Dec. 7	host North Bend Central.....	1/3p
Dec. 10	at Lincoln Christian.....	6/7:30p
Dec. 14	host Northwest.....	1/3p
Dec. 17	host Lincoln Lutheran.....	6/7:30p
Dec. 19	at Crete.....	6/7:30p
Dec. 27-28	at Wahoo Holiday Tournament.....	TBA
Jan. 3	at Norris.....	5:45/7:30p
Jan. 4	host GI Central Catholic.....	2/4p
Jan. 9	at Beatrice.....	5:30/7p
Jan. 14	host Schuyler.....	6/7:30p
Jan. 18	host Waverly.....	1/3p
Jan. 24	host Aurora.....	6/7:30p
Jan. 27-Feb. 1	at Central Conference.....	TBA
Feb. 4	host Lakeview.....	6/7:30p
Feb. 6	host Lincoln Northwest.....	6/7:30p
Feb. 8	at Blair.....	1/2:30p
Feb. 11	host Platteview.....	6/7:30p
Feb. 14	at York.....	6/7:30p
Feb. 18	host Omaha Roncalli (b).....	7p
	at Columbus (g).....	7p
Feb. 24-25	at Subdistricts (g).....	TBA
Feb. 26-28	at Subdistricts (b).....	TBA
March 1	at District final.....	TBA
March 6-8	at State (g), Lincoln.....	TBA
March 13-15	at State (b), Lincoln.....	TBA

times listed girls/boys

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BOWLING



STEPHANIE CROSTON

The 2024-25 Seward High girls' bowling team includes, from left: (first row) Kendall Gardiner and McKenzie Martin; (second row) Danielle Pallat, Kendra Sugden, Ryane Cowan and Sophie Russell; (third row) Reagan Meyer, Kristi Corner and McKenna Job; and (fourth row) Rachel Kite and Jordyn Samuels. Avery Rodocker, Sarah Kite and Savannah Leazer are not pictured.

Seward girls' bowling

Coach: Dennis Sugden
Years coaching: 2
Assistant coach: Paul Cowan
Last season's record: 8-10
Conference affiliation: Central Conference
Seniors: McKenzie Martin, Kendall Gardiner
Returning letter winners: Ryane Cowan, Kendra Sugden, Avery Rodocker, Sophie Russell, Sarah Kite, McKenzie Martin
Strengths of this year's team: Ryane Cowan is a returning individual state qualifier and Kendra Sugden just missed out on qualifying last year. Overall, we are returning six letterwinners who were on last year's state qualifying team, bringing back experience that will be key for this year.
Holes to fill from last season: We lost one senior from last year's state qualifying team who was our primary anchor for the team. We will be looking to see which girl steps up to fill that role this year.
Teams to watch in conference/district: Northwest, Hastings, and York have generally provided strong teams and will be tough again this year.

Seward bowling

Dec. 7	at Double dual, Cairo Bowl.....	10a
Dec. 10	host Waverly.....	4p
Dec. 14	at Hastings Invite.....	10a
Dec. 30	at Pius X Invite	9:30a
Jan. 2	at Millard North Invite.....	8a
Jan. 11	host double dual.....	noon
Jan. 13	at Lakeview	9a
Jan. 14	host York	4p
Jan. 20	host Elkhorn.....	4p
Jan. 23	at Gretna East.....	2p
Feb. 3	at Districts	TBA
Feb. 10-11	at State, Sun Valley Lanes.....	TBA

home events at Seward Bowl



STEPHANIE CROSTON

Bowling for the Seward High boys' team in 2024-25 are, from left: (front row) Benjamin Nottingham, Liam Krahulik, Jack Schulz, Jacob Kimbrough and Lucian Gunn; and (back row) Carter Gardiner, Kris Anderson, Kameron Neihardt and Canaan Greene. Landen Ford, Connor Erks and Izayah Lavicky are not pictured.

Seward boys' bowling

Coach: Steve Conner
Years coaching: 5
Assistant coach: Dane Conner
Last season's record: 25-5
Seniors: Landen Ford, Jacob Kimbrough, Liam Krahulik, Ben Nottingham and Jack Schulz

Returning letter winners: Landen Ford, Lucian Gunn and Jack Schulz
Incoming athletes to watch: Kris Anderson
Strengths of this year's team: Three returning players from last year's team that have a lot of experience.

We are in a different district this year which should make it a little tougher to get to state. This district has Grand Island Northwest and York in it. I look to have to compete with these two teams along with Lincoln Pius and Wayne for the top spot in the state.

Holes to fill from last season: We lost a lot of talent from last year's team, but the biggest loss is probably the leadership. We going to need some players to step up and take charge of this team.

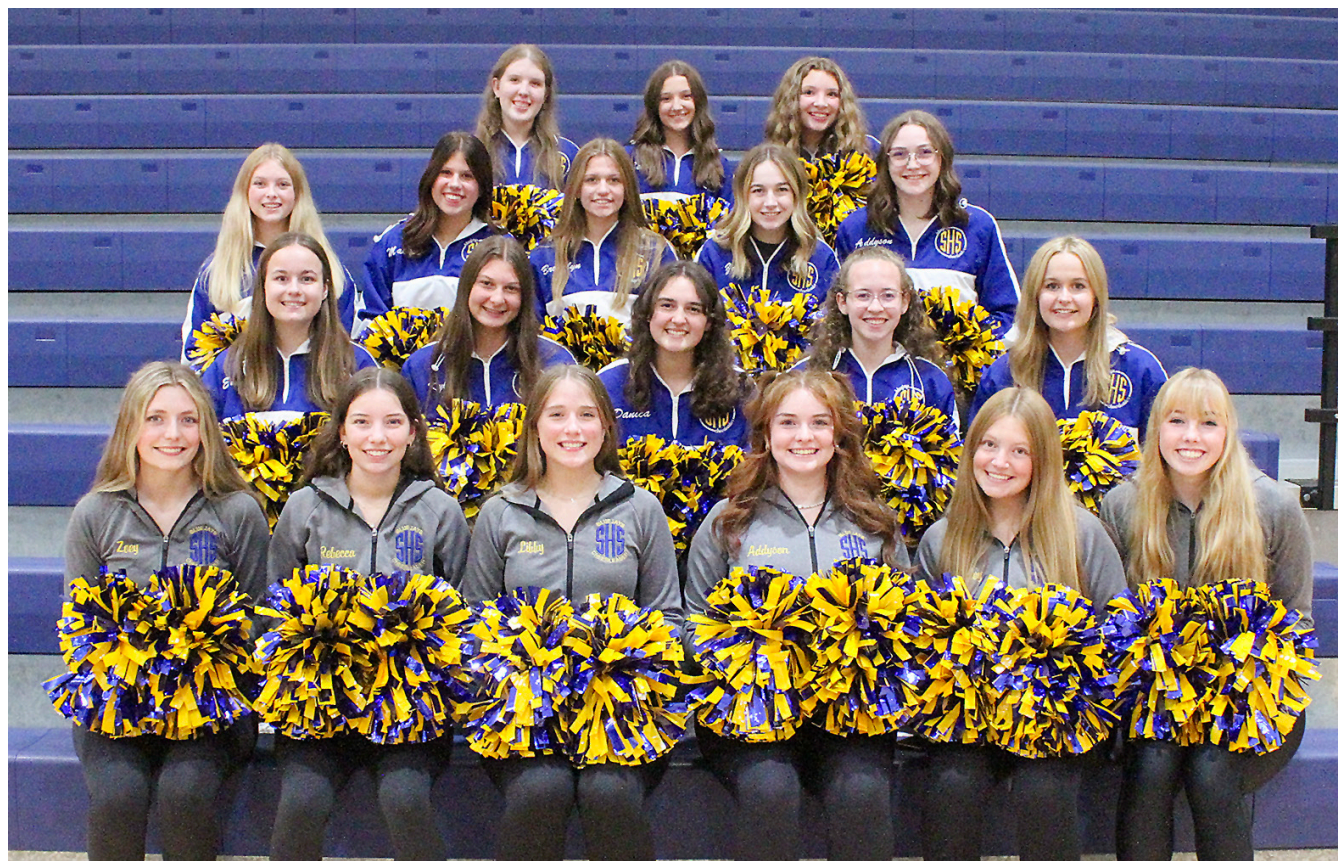
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CHEER & DANCE



STEPHANIE CROSTON

The 2024-25 Seward High cheer squad includes, from left: (first row) Zoey Douty, Rebecca Caldwell, Makayla Mumaugh, Addyson Rohde, Ashley Martin and Addilyn Sugden; (second row) Emma Matulka, Kylie Hackbart, Danica Claussen, Juliet Moore and Grace Matulka; (third row) Adison Langan, Finley Lewis, Brooklyn Hesse, Aubrey Hanes and Abbi Craig; and (fourth row) Makenna Baumhover, Olivia Anson and Kennedy Duncan. Aubry Dodds is not pictured.



STEPHANIE CROSTON

The 2024-25 Centennial High dance team includes, from left: (front row) Natalie Sams, Caylie Clouse, Grace Schernikau and Aisha Orellana; and (back row) Lynly Leif, Meg Hoffschneider, Nya Fischer, Kobie Kosek, Derekka Krohe, Charlee Bronson and Cheyenne Tonniges.



COURTESY PHOTO

Leading the cheers at Malcolm High for 2024-25 are, from left: (front row) Elsa Schleining, Kaydence Schaefer, Jessica Sandell, Adela Donahoo and Anna Grace Christensen; and (back row) Mady Wall, Taylor Drake, Baylee Parr, Avery Beach, Emery Endicott, Shaylee Heidtbrink and Alaina Wilcox.

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STEPHANIE CROSTON

The 2024-25 Seward High Starlettes are, from left: (first row) Lydia Rasmussen, Zoey Douty, Hannah Colfack and Kylie Hackbart; (second row) Addilyn Sugden, Keeley Kouma, Aubrey Hanes, Rydessa Else, Brooklyn Hesse, Adison Langen and Catriona Mill; and (third row) Lydia Jurchen, Elizabeth Wiseman, Aubry Dodds, Nyla Seevers, Kennedy Duncan, Makenna Baumhouer and Gracie Van Cura.



STEPHANIE CROSTON

The 2024-25 Milford High dance team includes, from left: (front row) Ayden Freeman, Hannah Wittstruck and Addison Sample; and (back row) Elsa Schweitzer and Addy Riley.



STEPHANIE CROSTON

The cheer squad at Centennial for the 2024-25 school year is, from left: (first row) Charlee Bronson and Derekka Krohe; (second row) Calley Abell, Aisha Orellana and Hurley Harroun; and (third row) Braelyn Racette and Abbie Walgren.

Centennial boys wrestling

Coach: Phil Payne
Years coaching: 17
Assistant coaches: Ryan Payne, Ruger Reimers, Wayne Heine
Last season's record: 13-3 duals
Conference affiliation: Southern Nebraska Conference
Seniors: Paul Fehlhafer and Parker Dishman
Returning letter winners: Paul Fehlhafer, Kasten Reuther, Cael Payne, Emmett Crawford, Parker Dishman
Incoming athletes to watch: Evan Crawford, Tate Kitchen, Lane Johnson
Strengths of this year's team: Some State experience with Kasten and Paul.
Holes to fill from last season: We lost a large senior group and need some leaders to emerge. Young, we will have some open weights.
Teams to watch in conference/district: Conference: Wilber-Clatonia and David City; districts Plainview

Malcolm boys' wrestling

Coach: Matt Coufal
Years coaching: 21
Assistant coaches: Cole Gore and Kim Watson
Conference affiliation: Trailblazer Conference
Seniors: Chris Burbach
Returning letter winners: Chris Burbach, Cody Barton
Strengths of this year's team: We should have a good mix of returning starters and new faces. We will be led by Chris Burbach and returning qualifier Cody Barton.
Holes to fill from last season: Last year's state medalist Bricen Wilkie graduated.



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BOYS' WRESTLING



STEPHANIE CROSTON

Wrestling for Seward in 2024-25 are, from left: (first row) Aidan Watts, Kaleb Torres, Noah Remington, Caden Schadwinkel, Caleb Jackson, Jackson Holt and Cooper Fern; (second row) Quinton Hibbert, Henry Johnsen, Dawson Minchow, Aidan Summa, Micah Remington, Cale Oborny, Isaac Hiser and Sean Mines; (third row) Tayden Rasgorshek, Caydin Terry, Richard Job III, Jack Langner, Dillon Kozisek and Nelson Anderson; and (fourth row) Collin Pierson, Blaise Schrad, Cole Svoboda and Cutler Longacre.



STEPHANIE CROSTON

The 2024-25 boys' wrestlers at Centennial High are, from left: (front row) Cooper Stelling, Kyle Keith, Paul Fehlhafer, Parker Dishman, Cael Payne and Kasten Ruether; and (back row) Nick Grantski, Tate Kitchen, Toby Kline, Lane Johnson, Cole Stanford, Evan Crawford and Emmett Crawford.



STEPHANIE CROSTON

Members of the 2024-25 Milford wrestling team include, from left: (first row) Jax Hansen, Kellen Lovitt, Hunter Dickinson, Cooper Rea, Jonny Kohout and Quinn Zegers; (second row) Caden Rainforth, Zephyr Mowinkel, Caleb Kempf, Garrett Schoen, Graydon Meredith-Walker, Coy Maas and Boen Schweitzer; and (third row) Brodie Roth, Nick Wanetka, Cory Langenberg, Austin Vosta and Drake Roth. Tristen Harrison and Tanner McIntosh are not pictured.



KEATON BURGESS

Pictured are the members of the Malcolm boys' wrestling team, from left: (front row) Austin Sykes, Cody Barton, Cooper Vetric, Truitt Ele and Chris Burbach; and (back row) Bryant Manzanarez (Miranda), Cade Kobza, Ethan Hardin, Grant Lewis, Brandon Wisnieski and Justin Wisnieski. Not pictured is Cody Cardwell.

Seward boys' wrestling

Coach: Andy Sistek

Years coaching: 12, three at Seward

Assistant coaches: Bill Covert, Joseph Hayek, Mike Schadwinkel, Cameron Schrad

Conference affiliation: Central Conference

Seniors: Jackson Holt, Noah Remington, Cooper Fern, Caleb Jackson, Caden Schadwinkel, Kaleb Torres, Aidan Watts

Returning letter winners: Dawson Minchow, Nelly Anderson, Henry Johnsen, Cooper Fern, Caydin Terry, Cale Oborny, Jackson Holt, Sean Mines, Isaac Hiser, Tayden Rasgorshek, Cardin Goracke, Kaleb Torres, Aidan Summa, Caden Schadwinkel, Caleb Jackson

Incoming athletes to watch: Transfer: Aidan Watts, Freshmen: Jack Langner, Cutler Longacre

Strengths of this year's team: Our team boasts a strong senior class of seven, many of whom bring valuable experience from competing in the varsity lineup. Joining the team this year is senior Aidan Watts, who comes to us from Council Bluffs Abraham Lincoln, where he was just one match away from qualifying for state in Iowa. Aidan made the move to Seward after his father was named head wrestling coach at Concordia. Among our seniors, Caleb Jackson and Caden Schadwinkel return as state placers. Junior Aidan Summa also adds depth with his state tournament experience.

We're also excited about our incoming freshmen, including Jack Langner, who spent the fall training at MWC in Omaha and competing in national-level tournaments. Cutler Longacre, Dillon Kozisek, and Blaise Schrad all arrive with a lot of club wrestling experience. Sophomore Tayden Rasgorshek, who was just one match away from a state qualification last year, spent much of his summer honing his skills at camps, including nearly the entire month of July at Purler Wrestling as well as attending NWTC in the fall. With this exceptional mix of seasoned leaders and rising stars, we're set for an exciting and competitive season.

Holes to fill from last season: Xander Foulk had a strong season last year, finishing with a winning record and narrowly missing a state berth after a hard-fought loss in the blood round at districts. His departure opens up an opportunity for younger wrestlers, who will compete to earn the spot in the lineup. Kaydon Mueller also made valuable contributions to the team last season and has since continued his wrestling career at Midland University.

Teams to watch in conference/district: I believe our conference is among the best in the state, with most teams showcasing exceptional talent and phenomenal wrestlers. While we respect the competition, our primary focus remains on developing our athletes and emphasizing what we can control to achieve success.

Milford wrestling

Coach: Jonah Peterson

Years coaching: 6, first as head coach

Assistant coaches: Ken Burkhardt Jr., Ethan Zegers, Joe Schluckebier

Last season's record: 12-2 dual record

Conference affiliation: Southern Nebraska Conference

Seniors: Hunter Dickinson, Cooper Rea

Returning letter winners: Kellen Lovitt, Quinn Zegers, Garrett Schoen, Hunter Dickinson, Cooper Rea, Jonny Kohout, Jax Hansen, Cory Langenberg, Brodie Roth, Boen Schweitzer

Strengths of this year's team: We return three state qualifiers from a year ago and two seniors that missed out on the state tournament last year but had qualified previously. One of those, Cooper Rea, was a medalist for us in 2023. Over half of our team is comprised of sophomores that are looking to make a big impact this year.

Coming off of a sixth-place State Duals finish, two tournament championships, and an SNC runner-up finish, we are looking to continue on this upward trend and take the next step as a program.

Holes to fill from last season: Graduated Conner Kohout (#138), Kasen Petsch (#165), and Hunter Oborny (#190)

See the wrestling schedules in the Dec. 4 Independent and Times

GIRLS' WRESTLING



Girls wrestling for Centennial High in 2024-25 are, from left: (front row) Sabree Poppe, Kobie Kosek, Corey Payne and Nya Fischer; and (back row) Calley Abell, Lainey Abell and Kamrynn Branson.



KEATON BURGESS
Vanesa Gonzalez-Mendoza is on the Malcolm girls' wrestling team. Not pictured is Marion Teten.

Malcolm girls' wrestling

Coach: Matt Coufal
Years coaching: 21
Assistant coaches: Cole Gore and Kim Watson
Conference affiliation: Trailblazer Conference
Strengths of this year's team: Incoming freshman Marion Teten has wrestled a lot of matches in youth and junior high. We will start the season without her as she is having knee surgery.

Malcolm girls' wrestling

Dec. 5	at Standing Bear tournament	5p
Dec. 6	at York tournament	3p
Dec. 14	at Crete tournament	9a
Dec. 20	at Wahoo tournament	1p
Dec. 30	at Spotlight on Girls Wrestling	9a
Jan. 3	at Fillmore Central tournament	9a
Jan. 7	at Contestoga tournament	10a
Jan. 10	host tournament	3p
Jan. 17	at Schuyler tournament	9:30a
Jan. 23	at Ralston	6p
Jan. 24	at Louisville tournament	10a
Jan. 25	at Weeping Water tournament	9:30a
Jan. 31	at conference, Nebraska City	4p
Feb. 7-8	at Districts, TBA	TBA
Feb. 18-19	at State, CHI Health Center, Omaha	TBA

Centennial girls' wrestling

Coach: Jake Prochaska
Years coaching: 24
Assistant coach: Vickie Prochaska
Conference affiliation: Southern Nebraska Conference
Returning letter winners: Lainey Abell, Kobie Kosek
Incoming athletes to watch: Sabree Poppe
Team captains: Kobie Kosek, Lainey Abell
Strengths of this year's team: Team unity, they are always willing to help one another, they are always looking after one another.
Holes to fill from last season: We only have seven girls out to fill 14 weights so we will only be able to fill half our lineups so we will have to be looking for pins and bonus points in all of our matches.

Centennial girls' wrestling

Dec. 7	at O'Neill tournament	TBA
Dec. 12	at Aurora tournament	TBA
Dec. 19	at Fairbury tournament	2p
Dec. 28	at Tekamah-Herman tournament	10a
Jan. 3	at Fillmore Central tournament	9a
Jan. 9	at High Plains tournament	TBA
Jan. 10	at Malcolm tournament	TBA
Jan. 17	at Elm Creek tournament	TBA
Jan. 23	at Thayer Central tournament	TBA
Jan. 25	host Centennial Invite	11a
Feb. 1	at conference, Sandy Creek	10a
Feb. 7-8	at Districts, TBA	TBA
Feb. 18-19	at State, CHI Health Center, Omaha	TBA

Seward girls' wrestling

Coach: Andy Sistek
Years coaching: 13 overall, four in Seward
Assistant coaches: Betsy Sistek, Jeremiah Sistek, Doug Theobald
Conference affiliation: Central Conference
Seniors: Annaliese Sistek, Krisianna Riley
Returning letter winners: Kaleigh Penas, Katelyn Jones, Torrence Mayo, Mia Cobian, Savannah Leiting, JennaRae Hallsted, Evelyn Theobald, Lauren Frihauf, Annaliese Sistek, Ava Rediger
Strengths of this year's team: In our third year as a program, we return a strong core of wrestlers with significant varsity experience. The team is led by three returning state qualifiers: Ava Rediger, Lauren Frihauf, and Evie Theobald, who bring proven success to

the mat. Senior Annaliese Sistek has shown incredible dedication and leadership qualities, spending her spring, summer, and fall training and competing after narrowly missing district qualification last season. JennaRae Hallsted and Mia Cobian aim to build on their winning records from last year, while Savannah Leiting continues to make strides as a dedicated three-sport athlete, finding time to improve her wrestling skills between other seasons. Additionally, we have several wrestlers who were first-year com-

petitors last year and are ready to take the next step and contribute after a year of growth and development. This combination of experienced leaders and developing talent reflects the continued growth and potential of our program as we look forward to an

exciting and competitive season.
Holes to fill from last season: Since Centennial is not cooping this year with the team, there are many holes to fill from their departure, and we lost senior Maryn Johnson who was a varsity contributor.



STEPHANIE CROSTON
Girls wrestling for Seward-Milford in 2024-25 include, from left: (first row) Ava Rediger, Krisianna Riley, Annaliese Sistek, Evelyn Theobald and Lauren Frihauf; (second row) Katelyn Jones, Nevaeh Spurling, Torrence Mayo, Mia Cobian and Savannah Leiting; and (third row) Jayln Hagen, Amelia Juranek, Shayla Soper and Ella Smith. JennaRae Hallsted is not pictured.

Seward girls' wrestling

Dec. 5	at Norris triangular	4p
Dec. 6	at Lakeview tournament	12:30p
Dec. 7	at Kearney tournament	10a
Dec. 14	at Crete tournament	9a
Dec. 20-21	at Flatwater Fracas, Grand Island	TBA
Dec. 30	at Weeping Water tournament	10a
Jan. 3	at Fillmore Central tournament	9a
Jan. 9	at High Plains tournament	8:30a
Jan. 16	at GI Northwest	TBA
Jan. 18	at Nebraska City tournament	10a
Jan. 23	host Schuyler	5:30p
Jan. 25	at Centennial tournament	11a
Jan. 31	at Raymond Central tournament	2p
Feb. 1	at Conference, Crete	9:30a
Feb. 14-15	at Districts, TBA	TBA
Feb. 18-19	at State, CHI Health Center, Omaha	TBA

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