

WINTER SPORTS

Storm Lake Times Pilot



2024

Storm Lake boys have high expectations, primed for Lakes title

With the return of five of its top seven players from a year ago, expectations will be higher for Storm Lake's boys basketball team this season.

The Tornados finished 12-9 a year ago, but return first team all-Lakes Conference selection and Division I recruit Jaidyn Coon, who averaged 19.4 points, 8.6 rebounds and 2.9 assists a game last year.

Also back are second team all-conference guard Cam Boyd (12.6 ppg., 5.3 rpg., 5.1 apg.), guard Charlie Dvergsten (8.0 ppg., 2.9 rpg., 1.9 apg.), and forwards Tim Yanga (4.8 ppg., 2.5 rpg., 1.5 apg.) and David William (3.2 ppg., 2.3 rpg., 1.3 apg.).

Storm Lake will have three newcomers who will be expected to contribute heavily. They include guard Trey Boettcher and forwards Garbieno Weno and Xander Gurash.

Storm Lake coach Evan Franzmeier measured the team's potential strengths heading into the season.

"Athleticism," he said. "We are very athletic and skilled. We will have tough matchups for other teams with our size, quickness and



Members of the Storm Lake boys basketball team are pictured from left to right, front row: Charlie Dvergsten, Bobby Boeckman, Trey Boettcher, Landyn Kosky, David William, Jayden Butler, Vilah Chaiyawong, Cooper Dierking and Carson Taylor. Second row: head coach Evan Franzmeier, assistant coach Sam Slight, Cam Boyd, Xander Gurash, Jaidyn Coon, Garbieno Weno, Tim Yanga, assistant coach Marty Gallagher, assistant coach Gus Loving and assistant coach Heath Stille.

SCHEDULE

| Date | Opponent |
|---------|--------------------------------|
| Dec. 3 | at Sioux City North |
| Dec. 5 | at Emmetsburg |
| Dec. 13 | at Spirit Lake |
| Dec. 14 | Carroll |
| Dec. 17 | at Cherokee |
| Dec. 20 | Estherville Lincoln Central |
| Jan. 3 | at Pocahontas Area |
| Jan. 10 | LeMars |
| Jan. 17 | at Spencer |
| Jan. 18 | OABCIG (Ida Grove) |
| Jan. 21 | Spirit Lake |
| Jan. 24 | at Estherville Lincoln Central |
| Jan. 28 | Cherokee |
| Feb. 4 | Denison-Schleswig |
| Feb. 6 | Fort Dodge |
| Feb. 7 | Spencer |
| Feb. 10 | at Sioux City West |
| Feb. 11 | Newell-Fonda |
| Feb. 13 | at South Central Calhoun |
| Feb. 18 | Sioux City East |
| Feb. 20 | at Humboldt |

strength. Scoring will be a strength. We have eight guys who can all score the ball any given night."

However, there are some concerns with the Tornados.

"Locking in on the defensive end of the floor," Franzmeier said. "Taking pride in getting stops, as well as taking care of the ball and limiting turnovers. We want to play fast, but we have to take care of the ball while playing fast."

Franzmeier discussed how this year's team will be better than the one from a year ago.

"We return five of our top seven guys from last year as well as 70% of our scoring," he said. "The returners are not freshmen anymore. We have grown physically and mentally. We had seven of our losses last season

under eight points. We have a little more depth and should be able to be positionless and play anywhere on the floor."

Franzmeier gave an assessment of how the Tornados will be offensively.

"Offensively, we should be very strong," he said. "We're returning 70% of our scoring from last year and we hope to increase that total this year with a faster style of play. We want to play fast and get our athletes in space."

Defense will be a continued work in progress.

"Defensively, we made improvements last year on our base defense," Franzmeier said. "This year, we hope to increase the pressure

and dictate more of the tempo of the game through our defensive aggressiveness."

There are a few important factors that will dictate how much success the Tornados have this season.

"Decision-making, shot selection, focus on the defensive end," Franzmeier said. "We are coaching our athletes to make split-second decisions, and with that comes some difficult times as we grow and learn along the path of the season. We are going to ask a lot of our guys on both ends of the floor. Processing that information and applying it to the game will be a key factor in our success."

Franzmeier explained what needs to happen for Storm Lake to challenge for the Lakes Conference

title.

"Being consistent," he said. "We have to come ready to go every night. We have the No. 1-ranked player (Coon) in the state on our team and everyone knows it. We will get every team's best shot and we have to be ready for that physically and mentally."

Franzmeier offered his insight on the conference for this season and included his team's position in it.

"Spirit Lake will be a tough opponent in the conference," he said. "Spencer and Cherokee rivalries are always tough regardless of the season. But I truly believe the conference is ours to win. Our team's first goal is to win the conference title, and that is the expectation in our locker room."

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Storm Lake girls have high expectations with return of five starters

With the return of all five starters, expectations are higher for a Storm Lake team that finished 14-8 last season.

The Tornadoes bring back first team all-Lakes Conference and all-district forward Adeeya Yanga (15.8 ppg., 5.4 rpg.), second team all-conference guard Avery DeHaan (12.5 ppg., 35.3% 3-point shooter), honorable mention all-Lakes guard Maddy Raveling (7.0 ppg., 3.0 apg.), guard Mackenzie Harder (3.0 ppg., 2.0 spg.) and forward Grace Kenkel (7.5 ppg., 5.5 rpg.).

Kennadie Miller, Abby Bodholdt, Cole Richardson and Jezebel Ocegueda will all contribute as well.

Storm Lake coach Nate Reichter weighed the team's potential strengths entering the season.

"We are a veteran team with a lot of experience," he said. "We bring back all five starters from last year's team. Offensively, we will have a balanced attack both inside and outside. We have good post play as well as shooters around them. Defensively, we are long and athletic, which will hopefully lead to steals and blocked shots letting us play in transition."

However, there are a few question marks with the Tornadoes.

"We have to cut down on our number of turnovers, be more consistent free throw shooters, and rebound at a higher clip," Reichter said. "We have some younger players who will be asked to be key contributors off the bench."

Reichter discussed how this year's team will be better than last year's.

"We have improved as a team by



Members of the Storm Lake girls basketball team are pictured from left to right, front row: Cole Richardson, Kennadie Miller and Jezebel Ocegueda. Second row: Abby Bodholdt, Maddy Raveling, Ella Robinson and Mackenzie Harder. Third row: manager Emma Dierking, Grace Kenkel, Nyagak Malou, Adeeya Yanga, Avery DeHaan, Melanie Chanthapangna and manager Lillie Hoffman.

working in the offseason and playing another year together," he said. "We are really connected with one another's strengths and weaknesses. We are playing with confidence and with an alpha mentality. Being a veteran team, we should be better in all areas offensively and defensively."

Reichter assessed how the Tornadoes will be offensively.

"Offensively, we bring back most of our production from a year ago," he said. "We averaged 55 points a game, but looking to get to the 70-80 point mark this year. We always want to play fast in transition, control the paint, and hit at a consistent 30% clip from the 3-point line. Bringing back our top two scorers with an inside-outside presence definitely helps."

The Tornadoes will feature two traits on the defensive end.

"Defensively, we will be long and athletic," Reichter said. "This group has played a lot together. They have seen a lot of offenses, so I expect them to understand how teams will try to attack them better. We will always try to control the boards, keep the other team in front of us, and control the paint."

There are a few important factors that will dictate how much success the Tornadoes have this season.

"Our success will be determined

by our daily practice habits," Reichter said. "If we get 1% better each day, we will be where we want to be. This team has many goals that they are looking forward to earning, but it starts by successful practice habits."

Reichter explained what needs to happen for Storm Lake to challenge for the Lakes Conference crown.

"We need to stay healthy, focused and hungry to compete for the conference title," he said. "We will need to limit our turnovers, hold teams under 40 points and be

more efficient in our scoring. I have so much respect for all the teams in the conference. All are well-coached and have great players. There is never a night off within our conference."

Reichter gave his insight on the conference for this season.

"The conference is very deep top to bottom," he said. "I always want my teams to strive to be at the top of the conference and that won't change this year. We have to earn the right to be at the top. Again, so many great coaches and players within the conference."

SCHEDULE

| Date | Opponent |
|---------|--------------------------------|
| Nov. 26 | at South Central Calhoun |
| Dec. 3 | at Sioux City North |
| Dec. 5 | at Emmetsburg |
| Dec. 10 | at East Sac County |
| Dec. 13 | at Spirit Lake |
| Dec. 14 | Carroll |
| Dec. 17 | at Cherokee |
| Dec. 20 | Estherville Lincoln Central |
| Jan. 3 | at Pocahontas Area |
| Jan. 7 | Kingsley-Pierson |
| Jan. 10 | LeMars |
| Jan. 13 | at Ridge View |
| Jan. 17 | at Spencer |
| Jan. 18 | OABCIG (Ida Grove) |
| Jan. 21 | Spirit Lake |
| Jan. 24 | at Estherville Lincoln Central |
| Jan. 28 | Cherokee |
| Feb. 4 | Denison-Schleswig |
| Feb. 6 | Fort Dodge |
| Feb. 7 | Spencer |
| Feb. 11 | Newell-Fonda |

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Storm Lake enters wrestling season with more experience

Storm Lake has one thing going for it when it starts the wrestling season. The Tornadoes will have more experience than last season.

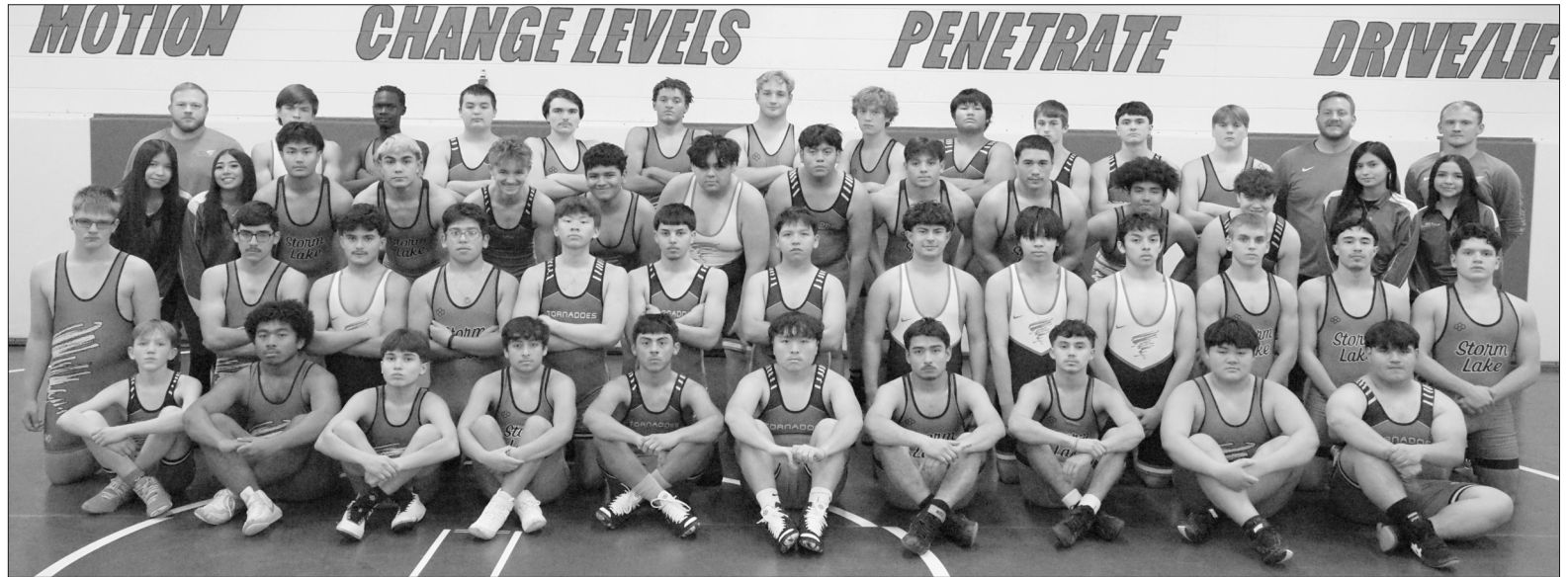
Several wrestlers return from a team that finished 2-2 in the Lakes Conference and 13-10 overall. They include Edgar Duarte at 113 pounds, J.J. Najera at 120, Rylan Richardson at 126, Damian Mendez at 132, Ian Figueroa at 138, Jorge Casillas at 144, Peyton Phillips at 165, David Santos at 165, Ramon Rodriguez at 175, Xavier Mendez-Rosas at 215 and Kaeden Larson at 285.

Santos was a conference champion and state qualifier a year ago while Larson was a conference runner-up last year.

"We've got 25 freshmen on our roster to start the year," Storm Lake coach Ben Seaman said. "We hope that the new faces will push the old faces to get better and potentially see some of them in the lineup."

Seaman measured the team's potential strengths entering the season.

"I think we have some good experience back in the varsity lineup," he said. "A lot of them have wrestled



Members of the Storm Lake wrestling team are pictured from left to right, front row: Max Orth, Ethanray Etnold, Daniel Castro, Edgar Duarte, D'Angelo Lagunes, Chang Yang, Ian Figueroa, J.J. Najera, April Wah and Martin Reatiga. Second row: Ethan Sechler, Emilio Elizalde, Alex Martinez, Pedro Lopez, Alex Yang, Anthony Rodriguez-Diaz, Abel Arrequin, Michael Lopez, Chris Thiphasouk, Isaiah Porras, Rylan Richardson, Damian Mendez and Jorge Casillas. Third row: manager Allison Hernandez, manager Ruby Rodriguez, Sar Lwae Moo, David Santos, Ryker Doebel, Jesus Garcia, Prince Miramontes, Josue Sequen, Ramon Rodriguez, Xavier Mendez-Rosas, Abraham Rodriguez, Isaac Whitmore, manager Stephanie Medina and manager Jackie Gutierrez. Fourth row: head coach Ben Seaman, Jackson Bauer, Tut Top Tut, Dylan Todd, Peyton Phillips, Marshawn Jackson, Kaeden Larson, Tyler Bauer, Eh Poh, Brennen Anderson, Jesus Melendez, Drew Hogrefe, assistant coach Jared Henkenius and assistant coach Chance Downs. Not pictured are Iggy Garcia, Brayan Lopez-Rodriguez, Htoo Htoo Walter, Gerardo Hernandez, manager Belina Borges, manager Monique Hernandez, manager Irtzel Ocegueda and manager Natalie Simental.

SCHEDULE

| Date | Opponent |
|---------|-----------------------------------|
| Dec. 5 | WB-M, Emmetsburg, Sx. Central |
| Dec. 7 | at Sergeant Bluff-Luton Invite |
| Dec. 12 | Spencer |
| Dec. 14 | at Emmetsburg Invitational |
| Dec. 19 | at MOC-Floyd Valley |
| Dec. 21 | at Carroll Invitational |
| Jan. 9 | at Spirit Lake |
| Jan. 11 | at Sheldon Invitational |
| Jan. 14 | Sheldon, Sioux City North |
| Jan. 18 | at Carroll Kuemper Invitational |
| Jan. 23 | at Cherokee |
| Jan. 25 | at Sioux City Heelan Invite |
| Jan. 30 | at Lakes Conference (Spirit Lake) |
| Feb. 6 | at Denison-Schleswig |

varsity as underclassmen and now will look to take some big leaps as they head into their junior and senior season. We have strength in numbers with over 60 guys on the roster to start will provide different partners, different experience levels, and allow us to wrestle different guys to work on our skills."

However, there are some question marks with the Tornadoes.

"We've got a few weight classes with no front-runner as far as who will hold that varsity spot," Seaman said. "I'm optimistic we will fill it

with someone solid to really round out what I think will be a pretty solid team top to bottom."

Seaman discussed how this year's team will be better than the one from a year ago.

"I think this year's team has more experience than last year's," he said. "Last year, we had 2-3 seniors in our lineup. This year, we will be predominantly a lineup of juniors and seniors, which is usually a good sign. As far as our improvements as a team and individually, that will take shape over time

and we'll look to get a little better each day."

Seaman gave an assessment of how the Tornadoes will be offensively and defensively on the mat.

"We are going to try to score points at all times and attack our opponents and use our conditioning to win matches," he said. "With the new 3-point takedown rule and the match starting on our feet, we'll look to be very active on our feet trying to score points. The counter to that is being ready to stop our opponents on their attacks and

score points off their mistakes."

There are a few important factors that will dictate how much success the Tornadoes have this season.

"I think success levels will be up to the individuals and what they picture a successful season," Seaman said. "Each of those goals should be different for each guy based on their ability. Our team goals never change. Conference champs as a team, conference

CONTINUED ON PAGE 19

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Storm Lake

St. Mary's boys must trust their training, learn from past mistakes

Maurice Williams is hoping that the returning players this year have learned from last year.

The Storm Lake St. Mary's coach has eight returning players from last year's team that finished 0-11 in the Twin Lakes Conference and 0-22 overall.

Three of those returnees are starters, including forward Ivan Del Villar and guards Santiago Soria and Dominac Mills. A pair of top prospects — Aiden Movall and Griffin Strom — will help fill the void left by the loss of last year's starters.

Williams measured the team's potential strengths entering the season.

"Experience is a strength with eight returners," he said. "Nothing-to-lose mentality."

However, there are some question marks with the Panthers.

"Have we learned from last year's mistakes?" Williams said. "Taking



Members of the Storm Lake St. Mary's boys basketball team are pictured from left to right, front row: Cael Phelps, Santiago Soria and Mark Behm. Second row: assistant coach John Workman, Dominac Mills, Ivan Del Villar, Aiden Movall, Dylan Martin, Griffin Strom and head coach Maurice Williams. Not pictured are Brett Petersen and Brendon Petersen.

SCHEDULE

| Date | Opponent |
|---------|-----------------------------|
| Dec. 2 | West Monona |
| Dec. 6 | at Alta-Aurelia |
| Dec. 10 | at Graettinger-Terril/R-A |
| Dec. 13 | at West Bend-Mallard |
| Dec. 16 | at Ar-We-Va (Westside) |
| Dec. 17 | Sioux Central |
| Dec. 20 | Southeast Valley |
| Jan. 7 | Paton-Churдан |
| Jan. 9 | Whiting |
| Jan. 10 | at South Central Calhoun |
| Jan. 14 | Alta-Aurelia |
| Jan. 17 | East Sac County |
| Jan. 20 | at Ridge View |
| Jan. 21 | Newell-Fonda |
| Jan. 24 | at Manson Northwest Webster |
| Jan. 27 | at Remsen St. Mary's |
| Jan. 28 | Graettinger-Terril/R-A |
| Jan. 31 | Pocahontas Area |
| Feb. 4 | at Sioux Central |
| Feb. 7 | Emmetsburg |
| Feb. 10 | at Trinity Christian |
| Feb. 11 | West Bend-Mallard |

care of the ball. Can our freshmen come in and make a difference?"

Williams discussed how this year's team will be better than the one from a year ago.

"We gained experience and how to overcome adversity," he said. "Our ball handling and confidence

has improved. We also added some size on the team."

Williams gave an assessment of how the Panthers will be offensively and defensively.

"Inside-out approach," he said. "It will be a group effort. Defensively, we will be aggressive. We will play in

the passing lanes a bit more and will be a better rebounding team."

There are a few important factors that will dictate how much success the Panthers have this season.

"Getting stops consistently," Williams said. "Playing tough defense and not trying to outscore

other teams. Staying together."

Williams explained what needs to happen for the Panthers to be competitive this season.

"To be competitive, we must bring our confidence and trust in our training and learn from past seasons," he said.



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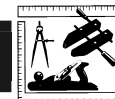
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St. Mary's girls look to take next step with returning experience

With the return of four starters, Storm Lake St. Mary's is ready to take the next step.

The Panthers finished 1-21 overall a year ago, but have some experience returning with Isabelle Landgraf, Stephanie Murray, Neely Bacon and Ruby Phelps.

"Steph, Ruby and Isabelle have been much more aggressive attacking the rim and looking for layups from a year ago," St. Mary's coach Nick Landgraf said. "Isabelle's shot has shown the most improvement and may rival Abby for largest improvement in shooting percentage from last season. Neely was our leading scorer last year at 9.0 points a game. She has a good balance of being able to score inside or out. Ruby was our best 3-point shooter percentage-wise last year. We need her to be more aggressive to look for

shots this season."

Abby Wunschel and Ashley Cruz-Camacho are the top prospects to fill the fifth starter position.

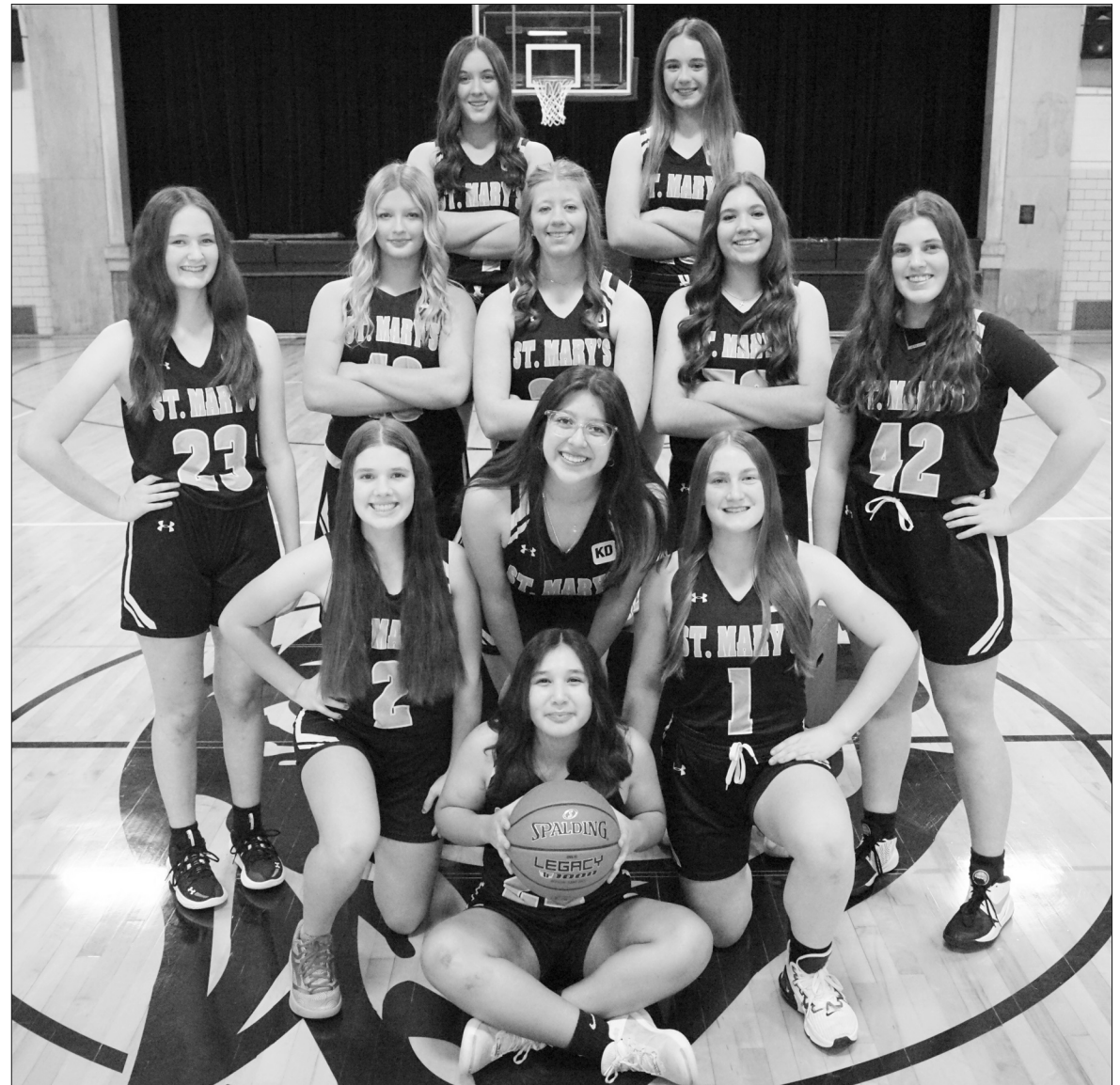
"Abby has progressed a great deal from last season and is much more confident with her footwork looking to score in the post," Landgraf said. "Abby and Ashley are both scrappy defensively, which we will need to replace Autumn's (Wunschel) aggressiveness on defense. Ashley is bouncing back from a few significant injuries. Since Ashley was limited in what she could participate in while recovering, she has been focusing in on improving her shooting form and footwork."

Landgraf measured the team's strengths heading into the season.

"Our youth and inexperience last season should lead to being more poised on the court as we return all but one from last season's rotation," he said. "The team chemistry with this group is outstanding. They are always energetic and eager to learn and grow as a player. I feel like with the work that was put in during the offseason that we have more diversity for scoring opportunities this year."

Landgraf discussed how this year's team will be better than the one from a year ago.

"Last year, we were young and timid from a team perspective," he said. "We were tentative dealing with defensive pressure and were not aggressive attacking the rim. The girls are looking more confident and poised so far, which should lead to a reduction in turnovers and getting to the free-throw line more often. We attempted less than eight



Members of the Storm Lake St. Mary's girls basketball team are pictured from left to right, front row: Stephanie Murray. Second row: Peyton Phelps, Ashley Cruz-Camacho and Jessa Fetrow. Third row: Chelsey Gibbins, Kielee Larson, Abby Wunschel, Skylar Smith and Ruby Phelps. Fourth row: Neely Bacon and Isabelle Landgraf.

SCHEDULE

| Date | Opponent |
|---------|-------------------------------------|
| Dec. 2 | West Monona |
| Dec. 6 | at Alta-Aurelia |
| Dec. 10 | at Graettinger-Terril/R-A |
| Dec. 13 | at West Bend-Mallard |
| Dec. 16 | at Ar-We-Va (Westside) |
| Dec. 17 | Sioux Central |
| Dec. 20 | Southeast Valley |
| Jan. 7 | Paton-Churдан |
| Jan. 9 | River Valley |
| Jan. 10 | at South Central Calhoun |
| Jan. 14 | Alta-Aurelia |
| Jan. 17 | East Sac County |
| Jan. 20 | at Ridge View |
| Jan. 21 | Newell-Fonda |
| Jan. 24 | at Manson Northwest Webster |
| Jan. 27 | at Remsen St. Mary's |
| Jan. 28 | Graettinger-Terril/Ruthven-Ayrshire |
| Jan. 31 | Pocahontas Area |
| Feb. 4 | at Sioux Central |
| Feb. 7 | Emmetsburg |
| Feb. 10 | at Trinity Christian |
| Feb. 11 | West Bend-Mallard |

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Alta-Aurelia boys lack starting experience, but more athletic

Starting experience will be a little thin when Alta-Aurelia begins the boys basketball season.

The Warriors return no starters from a team that finished 12-11 overall a year ago.

The cupboard isn't completely bare. Seniors Gavin Sleezer, Jordyn Hinrickson, Peyton Meyer, Lucas Baker and Angus Miller; and juniors Camden Reinert, Sam Sennert, Gabe Olsen, Braden Aronson and Payton Syndergaard all return. Sophomores Austin Droegmiller and Maddox McCoy should also be contributors this season.

Alta-Aurelia coach Scott Randall measured the team's potential strengths and question marks entering the season.

"We lost a lot of experience and size, however, this year's group will look to be more athletic allowing us to implement some different strategies this year," he said. "We won't be as experienced as we were last year, however, we will have six players who have played quite a bit at the varsity level. How fast we pick



Members of the Alta-Aurelia boys basketball team are pictured from left to right, front row: Payton Syndergaard, Korbin Glienke, Tillman Bern, Austin Droegmiller, Angus Miller, Jonathon Borjas, Liam Rieb and manager Tristan Sliefert. Second row: Logan Cheever, Lucas Baker, Camden Reinert, Peyton Meyer, Kraemer Drzycimski, Maddux McCoy and Braxton Lytle. Third row: Quintin Jensen, Jacob Poller, Sam Sennert, Gavin Sleezer, Gabe Olsen, Jordyn Hinrickson, Cayle Dullea and Braden Aronson.

SCHEDULE

| Date | Opponent |
|---------|---------------------------|
| Dec. 5 | at Ridge View |
| Dec. 6 | Storm Lake St. Mary's |
| Dec. 10 | at Sioux Central |
| Dec. 12 | Woodbury Central |
| Dec. 13 | at Pocahontas Area |
| Dec. 16 | Kingsley-Pierson |
| Dec. 19 | at Ar-We-Va (Westside) |
| Dec. 20 | West Bend-Mallard |
| Jan. 7 | Whiting |
| Jan. 10 | at Southeast Valley |
| Jan. 14 | at Storm Lake St. Mary's |
| Jan. 17 | South Central Calhoun |
| Jan. 21 | at Graettinger-Terril/R-A |
| Jan. 24 | at East Sac County |
| Jan. 28 | Sioux Central |
| Jan. 30 | at West Sioux |
| Jan. 31 | Manson Northwest Webster |
| Feb. 4 | Emmetsburg |
| Feb. 7 | at Newell-Fonda |
| Feb. 11 | OABCIG (Ida Grove) |
| Feb. 13 | Cherokee |

up a new offense and defense will be a key in the early games."

Randall discussed the ways that this year's team could be better than the one from a year ago.

"We'll have good depth," he said. "We could have as many as 8-10 players that can contribute, allowing us to try some new things, especially on defense. Our athleticism will allow us to be able to attack more downhill on offense."

Randall gave an assessment of how the Warriors will be offensively.

"Offensively, we want to keep things simple so the guys can play faster and not have to think too

much so we can play fast and just be able to have better reactions to what defenses show us," he said.

The Warriors are making some changes on the defensive end.

"Defensively, we want to be more aggressive, incorporating more pressure than in years past," Randall said. "We may not have great size inside, however, we have 4-5 players that won't be afraid to mix it up a little bit and provide some physicality."

There are a few important factors that will dictate how much success the Warriors have this season.

"Our success will be predicated on how we gel as a team with a lot of players that haven't been on the floor together a lot," Randall said. "Also, how fast the guys pick up our offensive and defensive philosophy and terminology so we can communicate well on the floor will be a big factor."

Randall explained what needs to happen for Alta-Aurelia to contend for the Twin Lakes Conference title.

"For us to be competitive, we need to stay aggressive on both the offensive and defensive end," he said. "If we can shoot the ball well from 3-point range, that will also be

a factor for us to be successful."

Randall gave his insight on the conference for this season and included his team's position in it.

"I see the conference being competitive from top to bottom, although I see Emmetsburg and Manson Northwest Webster being at the top of this year's conference race," he said. "I can see us finishing somewhere in the middle of the conference ... anywhere from fourth on the high end and eighth on the low end. I'm excited to get underway and see how we develop throughout the season."

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The Aurelia Star
220 West Railroad Street • Storm Lake

Alta-Aurelia girls to be fast-paced on offense, aggressive on defense

Alta-Aurelia will look to take the next step from a .500 season of a year ago with the return of three starters.

First team all-Twin Lakes Conference guard Nora Peterson (19.5 ppg.), guard Peyton Kies (7.5 ppg.) and forward Hayden Berkland (7.3 ppg.) are all back from a team that went 11-11 overall last season.

Berkland will fill in at the post position along with Caitlyn Mattson. The Warriors have a lot of guards filling in at positions as well.

Alta-Aurelia coach Dana Christen measured the team's potential strengths and question marks heading into the season.

"Fast-pace offense along with aggressive defense will be our team's strengths this season," she said. "Who is going to be consistent night



Members of the Alta-Aurelia girls basketball team are pictured from left to right, front row: Jade Wilkinson, Jaylee Martinez, Bree Anderson, Brooke Meyer, Lilith Pantoja and Renata Garcia. Second row: Elizabeth Schable, Peyton Kies, Kadence Langschwager, Kenna Van Oort, Leyla Molinsky and Quimby Kies. Third row: manager Mary Connolly, Hayden Berkland, Caitlyn Mattson, Nora Peterson, Breyer Anderson, Leah Kannegieter, Elsie Peterson and manager Emma Brunning.

SCHEDULE

| Date | Opponent |
|---------|---------------------------|
| Nov. 26 | South O'Brien |
| Dec. 2 | Harris-Lake Park |
| Dec. 6 | Storm Lake St. Mary's |
| Dec. 10 | at Sioux Central |
| Dec. 12 | Woodbury Central |
| Dec. 13 | at Pocahontas Area |
| Dec. 16 | Kingsley-Pierson |
| Dec. 19 | at Ar-We-Va (Westside) |
| Dec. 20 | West Bend-Mallard |
| Jan. 6 | at Western Christian |
| Jan. 10 | at Southeast Valley |
| Jan. 13 | at River Valley |
| Jan. 14 | at Storm Lake St. Mary's |
| Jan. 17 | South Central Calhoun |
| Jan. 21 | at Graettinger-Terril/R-A |
| Jan. 24 | at East Sac County |
| Jan. 28 | Sioux Central |
| Jan. 30 | at LeMars Gehlen |
| Jan. 31 | Manson Northwest Webster |
| Feb. 4 | Emmetsburg |
| Feb. 7 | at Newell-Fonda |
| Feb. 11 | OACBIG (Ida Grove) |

in and night out will be a question mark."

Christen discussed how this year's team could be better than the one from a year ago.

"We have some versatile freshmen that will be a part of the team along with our confidence and team

continuity," she said. "Our veteran players are very athletic and work well together."

Christen gave an assessment of how the Warriors will be offensively and defensively.

"Fast-paced and aggressive on offense, and aggressive and disci-

plined on defense," she said.

There are a few important factors that will dictate how much success the Warriors have this season.

"Consistency will be important for us this year," Christen said. "Consistency and leadership from the upperclassmen."

Christen offered her insight on the Twin Lakes Conference for this season and included her team's position in it.

"The conference will be solid again this season," she said. "We hope to be in the top half of the conference this season."

SM girls basketball ...

Continued from page 7

free throws a game last year and need to be more aggressive looking for our shot to get to the line more often and get the opponent in foul trouble."

Landgraf gave an assessment of the Panthers offensively.

"We need to improve our shooting percentage from last season," he said. "Shot attempts that we got last year were good looks that we wanted out of offensive sets. We just struggled converting on a consistent basis. I do think that all seven of our returners have put in work over the

offseason to improve their shooting mechanics. This group is seeing the floor well and making better reads to find scoring opportunities within our offense."

The Panthers were solid on defense last season, but need to improve in one particular area.

"We were a solid team defensively in the halfcourt last season," Landgraf said.

"Transition defense was a challenge. We need to do a better job of recognizing where the passes for the opponents' best-scoring opportunities are and limit

easy buckets in transition. Our lack of size was an issue last year, but we rebounded pretty well for our lack of size. We do have some height in the freshman class in Skylar (Smith) and Kielee (Larson), but need to put them in a position to be successful as transitioning from junior high ball to varsity action as the Twin Lakes conference is a huge jump."

There are a few important factors that will dictate the Panthers' success this season.

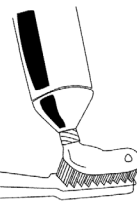
"Decision-making with the ball and our ability to handle pressure defense will determine our success record-wise this season," Landgraf said. "We need to cut our turnovers by 50% from last season to be competitive. Our youth and inexperience

was our Achilles' heel last season, and we need to learn and grow from those missteps. Playing in a quality conference like the Twin Lakes does not provide much margin for error with such a young team. When I looked back, half of our opponents last season made the regional semifinals and three teams made it to state."

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Newell-Fonda looking to show improvement, be better defensively

With the return of four starters, Newell-Fonda looks to make an improvement from last year's team that went 13-10 overall.

The Mustangs bring back guards Max Carlson (12.7 ppg., 4.7 rpg., 2.3 apg.), Mason Hoberman (11.0 ppg., 4.4 rpg., 2.8 apg.), Jacksyn Hogrefe (15.1 ppg., 5.0 rpg., 2.8 apg.) and forward Guyson Lyman (9.6 ppg., 5.3 rpg., 4.2 apg.). Jackson Bellcock (3.2 ppg., 1.8 rpg., 0.3 apg.) also returns as a key reserve a year ago.

Newell-Fonda has several top prospects who will help give the team depth. They include Hunter Watts, Liam Gauley, Gunnar Baron, Ian Harrer and Kinnick Kauffman.

Jordan Myers, who has coached basketball for nine years, takes over as a head coach for the first time this season.

"We're excited about the return of four strong starters and the experience from the players who con-



Members of the Newell-Fonda boys basketball team are pictured from left to right, front row: Jack Olsen, Easton Rhiner, Jalen Amor, Gunnar Baron, Austin Barber, Thomas Mercer and Brock White. Second row: Ian Harrer, Kinnick Kaufman, Hunter Watts, Skyleer Witzke, Jackson Bellcock and Marshall Opperman. Third row: Liam Gauley, Max Carlson, Guyson Lyman, Mason Hoberman, Will Voyles and Jacksyn Hogrefe.

SCHEDULE

| Date | Opponent |
|---------|--------------------------------|
| Dec. 6 | Sioux Central |
| Dec. 12 | at Algona Garrigan |
| Dec. 13 | at East Sac County |
| Dec. 17 | at Estherville Lincoln Central |
| Dec. 19 | at LeMars Gehlen |
| Dec. 20 | Manson Northwest Webster |
| Jan. 3 | Western Christian |
| Jan. 9 | Humboldt |
| Jan. 10 | at Pocahontas Area |
| Jan. 17 | West Bend-Mallard |
| Jan. 20 | Estherville Lincoln Central |
| Jan. 21 | at Storm Lake St. Mary's |
| Jan. 24 | at Southeast Valley |
| Jan. 28 | Emmetsburg |
| Jan. 30 | Pocahontas Area |
| Jan. 31 | South Central Calhoun |
| Feb. 4 | at Graettinger-Terril/R-A |
| Feb. 6 | Cherokee |
| Feb. 7 | Alta-Aurelia |
| Feb. 10 | at Ridge View |
| Feb. 11 | at Storm Lake |
| Feb. 13 | at OABCIG (Ida Grove) |

tributed heavily last season," he said. "That continuity will be key for us, but we also know that to reach our full potential, we'll need some of our younger players to step up and make an impact. We have a lot of athleticism on this team, and the challenge for us is to channel that energy into becoming a more disciplined and focused defensive team.

Every day is an opportunity to improve, and that's our mindset as we work toward playing our best basketball come February.

"We are really looking to improve defensively this year and that will be a focus for us early and often," Myers added. "We have a unique mix of experience and a few young guys that we will need to step up

and be able to provide quality minutes. We have a few different guys that I believe are capable of doing that."

Newell-Fonda is excited to showcase its improvement and eager to get the season started.

"We have had a really solid off-season with a lot of guys putting in the work to improve," Myers said. "I

am hopeful that energy and enthusiasm will continue into the season. Our guys seem ready to get the year rolling. We know we will need to be at our best each night in our conference matchups. Our league is full of well-coached teams who are ready to play each night. There are a lot of strong returning players throughout the conference."

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The Storm Lake Times Pilot
220 West Railroad Street ● Storm Lake

Newell-Fonda looks to reload for another state tourney appearance

Newell-Fonda had another outstanding season a year ago as the Mustangs finished as the Class 1A state runners-up.

However, four of the five starters from that team are gone as the Mustangs look to reload for another state tournament appearance.

The lone returning starter is forward Kinzee Hinders, who averaged 15.3 points a game last season.

Several key reserves return to fill the void left by the loss of last year's starters. They include Anna Mercer (3.6 ppg.), Jaicee Vanderhoff (2.6 ppg.), Ava Vie (5.6 ppg.), Jocce Walsh (3.0 ppg.), Mareni Brabec (3.1 ppg.), Camryn Puhmann and Rylee Hogrefe.

Newell-Fonda coach Dick Jungers, who needs nine wins to reach 500 for his career, measured the team's strengths heading into the season.

"We are very athletic and hope to use our speed and quickness to our advantage," he said. "We have good team depth and kids that love basketball. They spend a lot of time working on their craft. We have a great mix of older and younger kids that will be fighting for playing time. This group of girls are very competitive and will push each other to keep getting better. We have a balanced attack on offense with strong post play as well as players who are



Members of the Newell-Fonda girls basketball team are pictured from left to right, front row: Mareni Brabec, Ellie Sievers, McKayla Hansen, Danika Meyer, Bailey Mandernach, Abby Leu, Vienna Wingert and Camryn Puhmann. Second row: manager Lilly Weinzetl, Miya Hutchinson, Rylee Hogrefe, Ava Vie, Kinzee Hinders, Jocce Walsh, Ella Roberts, Alyssa Hutchinson and Ellie Walsh. Not pictured is Jaicee Vanderhoff.

very strong on the perimeter. Defense and transition will again be areas of strength for this year's team. This team is long and quick."

However, there are some question marks with the Mustangs.

"We graduated four seniors who contributed a lot of good basketball for us the last four years," Jungers said. "Kierra Jungers, Isabel Bartek, McKenna Sievers and Greta Larsen had great careers. We will need players to step up and fill those positions. We need to make sure that we come to play every night. Finding the right mix of chemistry that will allow us to maximize our potential. We have a variety of players that bring different attributes to the table, and it will be up to them to earn playing time."

Jungers discussed how this year's team could be better than the one from a year ago.

"We return a strong core of players who compete each night in practice," he said. "This group has put a lot of time in in the offseason

to get better and to gain confidence. The returning players work hard, know what it takes to be successful and they want to keep getting better not only in words, but in action. We played very deep last year, and a lot of our returning players played a lot of minutes in games. Our team will look different this year, however, each player is a year wiser and they compete at a high level. This team is very athletic and long. They are very tough-minded and love their basketball."

Jungers gave an assessment of how the Mustangs will be offensively.

"We will have a variety of options we can rely on in key situations," he said. "It is nice to know that we will be able to go to different players depending on what is needed. We can go inside or outside. We have a lot of kids that can knock down shots, so that will give us opportunities to score at moments when we need a basket. We will have to take care of the basketball and be able to iden-

tify where to go with the ball, and take what the defense gives us. We again will have a balanced offensive attack. This group reads the floor well and they play team-first basketball."

Relentless pressure will again be the trademark defensively for the Mustangs.

"This team is quick, long and aggressive," Jungers said. "Our kids work hard and they strive to get better every day, and that will be the difference for us. We will need to find ways to use our quickness to our advantage and make things more challenging for other teams. The good thing about our schedule is that we will get to play a lot of very good teams, so our kids will have to learn how to play against a lot of quality players and teams with varied styles of play. We will be mixing up our looks on defense to keep teams off-balanced and will play hard for 32 minutes."

There are a few important factors that will dictate how much suc-

cess the Mustangs have this season.

"Our team success will be determined by us taking advantage of opportunities as they present themselves," Jungers said. "We need to continue making the right decision at the right time to create more scoring opportunities. We will need our youth to step up and be difference-makers. Our upperclassmen will need to provide leadership to get us through the challenges that will present themselves each night."

Jungers explained what needs to happen for the Mustangs to challenge for the Twin Lakes Conference title.

"In order for us to compete for the conference title, we will need to keep getting better," he said. "We will have to dictate the style of play and we will need people to step up and knock down open shots when they become available. Our conference will be challenging and every game is going to be important if you want to have a chance to win the conference."

SCHEDULE

| Date | Opponent |
|---------|--------------------------------|
| Nov. 25 | at Humboldt |
| Dec. 6 | Sioux Central |
| Dec. 12 | at Algona Garrigan |
| Dec. 13 | at East Sac County |
| Dec. 17 | at Estherville Lincoln Central |
| Dec. 20 | Manson Northwest Webster |
| Jan. 3 | Western Christian |
| Jan. 4 | Council Bluffs St. Albert |
| Jan. 10 | at Pocahontas Area |
| Jan. 17 | West Bend-Mallard |
| Jan. 20 | Estherville Lincoln Central |
| Jan. 21 | at Storm Lake St. Mary's |
| Jan. 24 | at Southeast Valley |
| Jan. 28 | Emmetsburg |
| Jan. 30 | Pocahontas Area |
| Jan. 31 | South Central Calhoun |
| Feb. 4 | at Graettinger-Terril/R-A |
| Feb. 6 | Cherokee |
| Feb. 7 | Alta-Aurelia |
| Feb. 10 | at Ridge View |
| Feb. 11 | at Storm Lake |

The Storm Lake Times Pilot
220 West Railroad Street ● Storm Lake

Ridge View boys to feature experience, will have more depth, versatility

With the return of five of its top six players, expectations will be higher for Ridge View this boys basketball season.

The Raptors finished 12-10 overall a year ago, but return guards Kellen Jensen (9.2 ppg., 3.3 rpg.), Carson Harriman (7.2 ppg., 2.9 apg.), Zach Kolpin (8.9 ppg., 3 rpg., 2.1 apg.), and forwards Kinnick Jensen (7.0 ppg., 5 rpg., 2.8 apg.) and Carter Todd (9.0 ppg., 5.8 rpg., 2.5 apg.).

Todd was a first team all-Western Valley Conference pick last season while Kinnick Jensen made the second team.

Ridge View has plenty of top prospects to help provide depth. They include Kyle Burk, Jack Todd, Drew Burk, Brayden Blum, Cole Jochims, Adam Stephan and Raif Jensen.

Ridge View coach Alex Warnke measured the team's strengths entering the season.

"Our strengths will be depth, experience and versatility," he said.

However, there will be some



Members of the Ridge View boys basketball team are pictured from left to right, front row: Lane Wandrey, Jared Friedmann, Karsen Jensen, Talan Witzke, Aiden Myrtue, Blake Friedrichsen, Tyler Dutler, Derek Heilman, Hayden Hawthorne and Evan Kolpin. Second row: Robert Forristal, Tyler Friedrichsen, Jacob Friedmann, Ethan Wandrey, Luke Whitmer, Broc Wilken, Eli Franken, Ethan Castillo, Drew Burk and Brayden Blum. Third row: assistant coach Austin Moeller, Gavin Vohs, Carson Harriman, Kellen Jensen, Daniel Najera-Torres, Kinnick Jensen, Adam Stephan, Jack Todd, Carter Todd, Zach Kolpin, Kyle Burk, Cole Jochims, assistant coach Austin Hansen and head coach Alex Warnke. Photo courtesy of Stevenson Studios

SCHEDULE

| Date | Opponent |
|----------------|---------------------------|
| Dec. 3 | Pocahontas Area |
| Dec. 5 | Alta-Aurelia |
| Dec. 6 | Lawton-Bronson |
| Dec. 9 | at Cherokee |
| Dec. 10 | Newell-Fonda |
| Dec. 13 | Kingsley-Pierson |
| Dec. 17 | West Monona |
| Dec. 20 | OABCIG (Ida Grove) |
| Jan. 6 | Manson Northwest Webster |
| Jan. 7 | at Sioux Central |
| Jan. 10 | at Westwood |
| Jan. 14 | at MVAOCO (Mapleton) |
| Jan. 17 | at OABCIG (Ida Grove) |
| Jan. 21 | Siouxland Christian |
| Jan. 24 | at Woodbury Central |
| Jan. 30-Feb. 8 | Western Valley Tournament |
| Feb. 10 | Storm Lake St. Mary's |
| Feb. 13 | at East Sac County |

question marks with the Raptors.

"Consistent scoring and rebounding," Warnke said.

Warnke discussed how this year's team will be better than the one from a year ago.

"This year, we are fairly experienced and have depth that will give us multiple lineup options throughout the season," he said. "We should see improvement in our offensive efficiency with players that can spread teams out and give us a balanced attack. We have versatile defenders that should allow us to apply some pressure on the defensive end and guard multiple positions."

Warnke gave an assessment of how the Raptors will be offensively.

"On the offensive end, we have players that should be able to attack the rim and move the ball well," he said. "Our team has balanced scoring and should be able to capitalize at the free-throw line and in transition. We will need to find consistency shooting from the outside and will need to continue to stay aggressive on the offensive end to limit scoring droughts."

Rebounding will be the key for Ridge View on the defensive end.

"We have players that can guard multiple positions and can apply good on-ball defense," Warnke said.

"The key for us is going to be whether we can limit second-chance points and play physical. We will need to compete at a high level each possession and utilize our depth to bring consistent energy throughout the game."

There are a few important factors that will dictate how much success the Raptors have this season.

"The key to success for us will be continued growth throughout the season," Warnke said. "We play a lot of teams that should be competitive with us, so we will need to do the little things right and stay the course throughout all four quarters of a game."

Warnke explained what needs to happen for Ridge View to challenge for the Western Valley Conference title.

"The key to success is going to be learning from each game and making the most of our opportunities," he said. "We should be able to be competitive with some of the top teams in our conference if we continue to grow throughout the season. We see some teams multiple times and are familiar with them, so understanding how we define success and then executing it each night."

Warnke gave his insight on the

CONTINUED ON PAGE 18

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The Storm Lake Times Pilot
220 West Railroad Street
Storm Lake

RV girls looking to minimize turnovers, create havoc on defense

Ridge View lost only one starter from last year's team that finished 3-4 in the Western Valley Conference and 9-11 overall, but it was a big loss in first team all-conference guard Madison Stowater.

The four starters returning this season are guards Mya Henningson (2.2 ppg., 2.5 rpg.), Reese Hawthorne (3.5 ppg., 2.2 rpg., 1.1 apg., 1.1 spg.), Zoey Aschinger (4.9 ppg., 2.0 rpg.) and center Claire Wandrey (8.5 ppg., 4.6 rpg.).

There are several top prospects to help give the Raptors depth this season. They include Chloe Murphy, Jayna Aschinger, Alyssa Biede, Sydney Blackmore, Hannah Brown, Kimiya Bolden, Graceyn Hansen, Cora Tesch, Brynlee Grieme and Janna Friedmann.

Ridge View coach Brian Bode measured the team's potential strengths heading into the season.

"Our team's strengths lie in our depth and versatility, and ability to play unselfishly," he said. "We have a balanced mix of experienced players and younger talent, each of who can contribute in multiple areas, whether that's scoring, play-making or defense. We're also focused on valuing every possession, taking care of the basketball and being smart with our decisions while making sure we create turnovers on defense to generate fastbreak opportunities. We have a solid work



Members of the Ridge View girls basketball team are pictured from left to right, front row: manager Savannah Leshner, Zoey Aschinger, Mya Henningson, Sydney Blackmore, Claire Wandrey and Alyvia Allerdings. Second row: assistant coach Carly Murphy, Cora Tesch, Janna Friedmann, Alyssa Biede, Reese Hawthorne, Chloe Murphy, Brynlee Grieme and assistant coach Kenzee Wunschel. Third row: assistant coach Keely Dutler, Kimiya Bolden, Graceyn Hansen, Jayna Aschinger, Hannah Brown and head coach Brian Bode. Photo courtesy of Stevenson Studios

SCHEDULE

| Date | Opponent |
|----------------|---------------------------|
| Dec. 3 | Pocahontas Area |
| Dec. 6 | Lawton-Bronson |
| Dec. 10 | Newell-Fonda |
| Dec. 9 | at Cherokee |
| Dec. 10 | at River Valley |
| Dec. 13 | Kingsley-Pierson |
| Dec. 17 | West Monona |
| Dec. 20 | OABCIG (Ida Grove) |
| Jan. 6 | Manson Northwest Webster |
| Jan. 7 | at Sioux Central |
| Jan. 10 | at Westwood |
| Jan. 13 | Storm Lake |
| Jan. 14 | at MVAOCO (Mapleton) |
| Jan. 17 | at OABCIG (Ida Grove) |
| Jan. 20 | Storm Lake St. Mary's |
| Jan. 21 | Siouxland Christian |
| Jan. 24 | at Woodbury Central |
| Jan. 31-Feb. 8 | Western Valley Tournament |

ethic, which helps us maintain intensity throughout games. Additionally, our commitment to communication on both ends of the floor will be key to making the most of our strengths."

However, there are a few question marks with the Raptors.

"Some concerns I have is how well our players adjust to the intensity of the varsity level, especially when it comes to handling pressure in tight games," Bode said. "With a few key players graduating last year,

we've got some new players stepping up, and it's important that they gain confidence quickly. Another area of focus is making sure we don't get careless with the basketball. Turnovers can be a momentum-killer, so it will be crucial for us to take care of the ball and value each possession. Additionally, we'll need to continue building trust and communication within the team, especially in late-game situations."

Bode discussed how this year's team will be better than the one

from a year ago.

"This year's team has improved in terms of experience and basketball IQ," he said. "We've spent more time working on fundamentals, and we're focusing on better shot selection and decision-making on the court. We're also more athletic and have improved our conditioning, which should help us outlast teams late in games. We've also put a strong emphasis on communication."

Bode gave an assessment of how

the Raptors will be offensively.

"Offensively, we will prioritize ball movement, spacing and taking care of the basketball," he said. "If the time presents itself, we will look to play fast-paced looking to push the ball and create open looks early in the shot clock. Other times we may focus on being patient with our offense, looking for high-percentage shots and avoiding unnecessary turnovers. By valuing each possession, we can create better opportu-

CONTINUED ON PAGE 17

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Sioux Central looking for more consistent play, continued growth

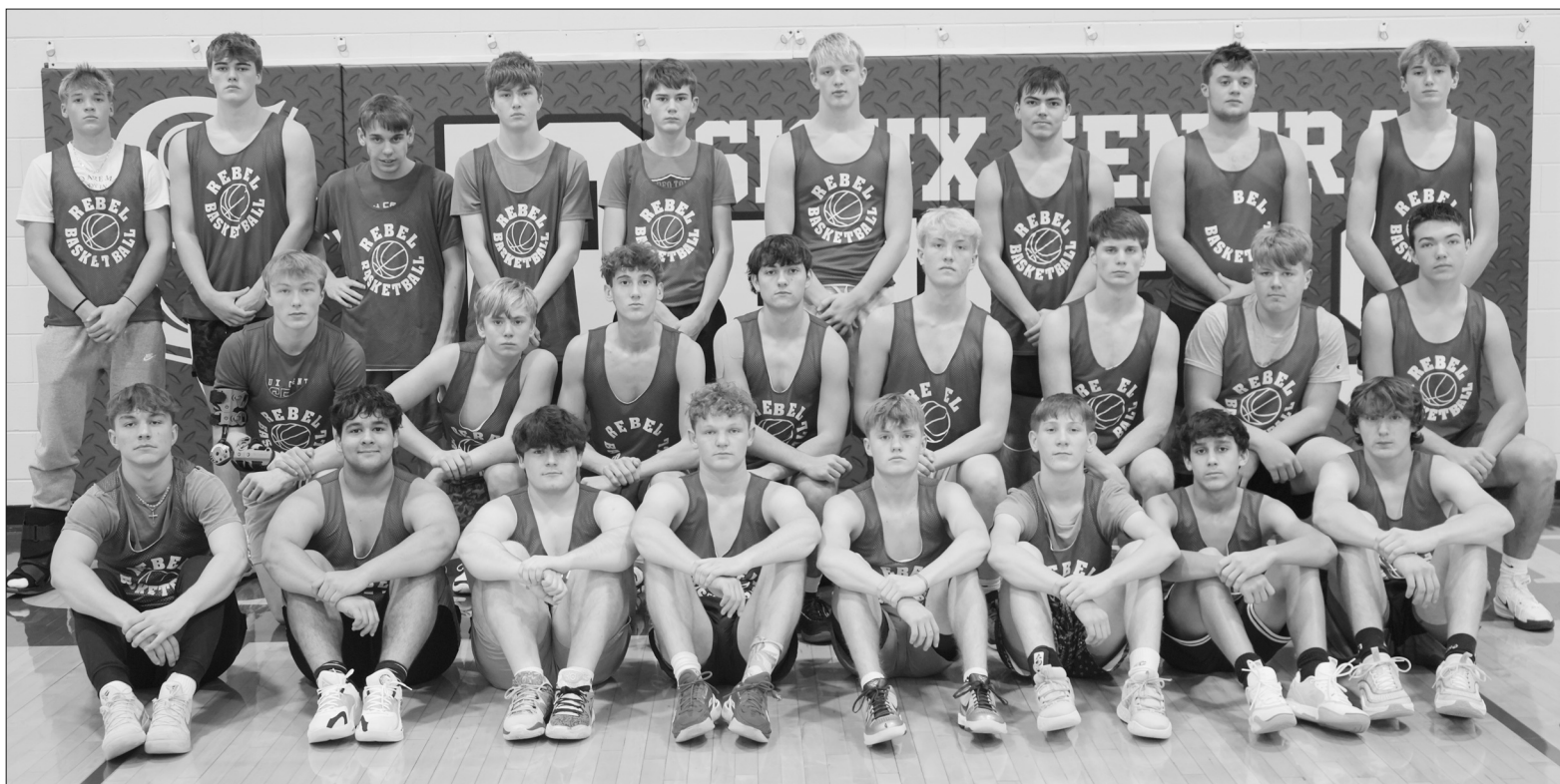
Sioux Central is hoping that more balance on offense and an improvement on defense will lead to better results this season.

The Rebels finished 5-6 in the Twin Lakes Conference and 7-14 overall a year ago. Three starters return from that team, including second team all-conference guard Owen Mills, who averaged 16.0 points and 7.0 rebounds a game last year. Guard Jack Christian (12.0 ppg.) and forward Koen Glover (8.0 ppg., 5.0 rpg.) are also back.

The Rebels have a couple of top prospects in Sawyer Hollesen and Max Wittmaack to help fill the void left by the loss of last year's starters.

Sioux Central coach Stephen Tjaden weighed the team's potential strengths entering the season.

"Being a year older with a lot of our guys returning has allowed us to get more familiar with each other and build some good team chemistry in the offseason," he said. "I feel that we will be more balanced on offense this season with our personnel. On defense, we had a really strong summer and I feel that this group has made some great strides



Members of the Sioux Central boys basketball team are pictured from left to right, front row: Max Wittmaack, Cristhian Reyes-Abellon, Aiden Sorensen, Sawyer Hollesen, Jack Christian, Parker Spooner, Declan McCarty and Caiden Hart. Second row: Chase Heuton, Andrew Nelson, Landon Driver, Carter Smith, Boden Bright, Ethyn Wilson, Kase Glover and Levi Meier. Third row: Owen Mills, Koen Glover, Grayson Hermsstad, Camden Van Schepen, Clay Binder, Austin Kolb, Titus Koster, Cody Holt and Colin Christians. Not pictured is Joseph Wilson.

SCHEDULE

| Date | Opponent |
|---------|-------------------------------------|
| Dec. 3 | at Estherville Lincoln Central |
| Dec. 6 | at Newell-Fonda |
| Dec. 10 | Alta-Aurelia |
| Dec. 13 | at Manson Northwest Webster |
| Dec. 17 | at Storm Lake St. Mary's |
| Dec. 20 | Pocahontas Area |
| Jan. 3 | at Graettinger-Terril/R-A |
| Jan. 7 | Ridge View |
| Jan. 10 | at West Bend-Mallard |
| Jan. 17 | Southeast Valley |
| Jan. 21 | at Emmetsburg |
| Jan. 23 | at Harris-Lake Park |
| Jan. 24 | at South Central Calhoun |
| Jan. 28 | at Alta-Aurelia |
| Jan. 31 | East Sac County |
| Feb. 4 | Storm Lake St. Mary's |
| Feb. 6 | at Spencer |
| Feb. 7 | Graettinger-Terril/Ruthven-Ayrshire |
| Feb. 10 | Hartley-Melvin-Sanborn |
| Feb. 11 | at South O'Brien |
| Feb. 13 | at Hinton |

on that side of the ball."

However, there are some question marks with the Rebels.

"Two of the things out of the gate would be size and depth," Tjaden said. "Most nights, we will have to compete against bigger teams, which is something that we will have to find a way to deal with. In addition, adding some guys who can come off the bench and provide productive minutes will be huge if we want to have success this year."

Tjaden discussed how this year's team could be better than the one from a year ago.

"Being a year older and many of these guys getting significant var-

sity experience last year is huge," he said. "I see this team having much more confidence in themselves based on that. They know what it takes because they competed against the best last year."

Tjaden gave an assessment of how the Rebels will be offensively.

"We struggled to be consistent last year offensively at times, and it looked like we would tighten up if we started to miss a few shots, which then turned into forcing things out of rhythm," he said. "This season, we need to be patient, trust each other and have the confidence to score the ball when given the opportunity. Mills will be a big part of creating for others. Christian will be

a strong outside presence that can stretch the defense, and we hope that Glover is able to work at all three levels."

The Rebels have the potential to be really good on the defensive end.

"This is really where the consistency and maturity will show," Tjaden said. "We have all the potential to be a solid defensive team. To make that happen, we need to focus on the fundamentals every day, communicating, being in the right position, and playing as a team."

There are a few important factors that will dictate how much success the Rebels have this season.

"Our ability to continue to grow

and mature as a team this year will be a huge key," Tjaden said. "Last year, we struggled at times with consistent play. That is something that is a point of emphasis this year for sure."

Tjaden explained what needs to happen for Sioux Central to challenge for the Twin Lakes Conference title.

"Our biggest concern each year is always on ourselves, not what other teams have back or what they are doing," he said. "If we want to be in the conversation, we need to get our heads down and continue to work each day. If you do that well enough, you know you will have a shot."

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Sioux Central girls to feature quickness, hustle, versatility

Coming off its first state tournament appearance in school history, Sioux Central will be looking to replace four starters from a team that finished 10-1 in the Twin Lakes Conference and 23-2 overall.

The Rebels lost all-state guards Bradi Krager and Morgan Christian, and guards Preslie Peterson and Hadley Ayers.

Heading the list of returning starters is third team all-state and first team all-conference forward Avery Wilson. She averaged 17 points and 5.2 rebounds a game last season. Forward Caitlin Wildeman (3.4 ppg., 3.6 rpg.) is also back.

The Rebels have several top prospects to help fill the void left by the loss of last year's starters. They include Natalie Laursen, Kylie Anderson, Nora Christian, Marley Madsen, Ava McCarty, Kennedy Brown, Lindsay Peck, Brogan Johannsen, Kailee Laursen and Sage Weber.

Sioux Central coach Kasey Krager measured the team's potential strengths entering the season.

"We are a year older this year, and that should help," he said. "I think our strength this year is going to be our quickness and hustle. We have some girls that are versatile and will compliment each other well. I hope that our strength will be playing together offensively, and



Members of the Sioux Central girls basketball team are pictured from left to right, front row: Kennedy Brown, Kailee Laursen, Peyton Waldstein, Lindsay Peck, Nora Christian, Marley Madsen, Natalie Laursen, Brogan Johannsen and Sage Weber. Second row: Matilyn Trierweiler, Kaylee Hermstad, Violet Sangwin, Miina Adams, Caitlin Wildeman, Avery Wilson, Kylie Anderson and Ava McCarty.

SCHEDULE

| Date | Opponent |
|---------|-------------------------------------|
| Nov. 25 | Manson Northwest Webster |
| Nov. 26 | at Hartley-Melvin-Sanborn |
| Dec. 3 | at Estherville Lincoln Central |
| Dec. 6 | at Newell-Fonda |
| Dec. 10 | Alta-Aurelia |
| Dec. 13 | at Manson Northwest Webster |
| Dec. 17 | at Storm Lake St. Mary's |
| Dec. 20 | Pocahontas Area |
| Jan. 3 | at Graettinger-Terril/R-A |
| Jan. 7 | Ridge View |
| Jan. 10 | at West Bend-Mallard |
| Jan. 14 | Okoboji |
| Jan. 17 | Southeast Valley |
| Jan. 21 | at Emmetsburg |
| Jan. 23 | at Harris-Lake Park |
| Jan. 24 | at South Central Calhoun |
| Jan. 28 | at Alta-Aurelia |
| Jan. 31 | East Sac County |
| Feb. 4 | Storm Lake St. Mary's |
| Feb. 6 | at Spencer |
| Feb. 7 | Graettinger-Terril/Ruthven-Ayrshire |
| Feb. 11 | at South O'Brien |

connected as a unit defensively and creating turnovers and getting our team extra possessions."

However, there are some question marks with the Rebels.

"With it being preseason, there are a lot of unknowns," Krager said. "It will be interesting to see who steps up and fulfills positions and plays the roles vacated by our graduating seniors. Also, consistency will be important for us to be competitive. Obviously, the better we shoot the ball and play defense, the better we will look."

Krager is unsure how this year's team will be better than the one from a year ago.

"Last year was a special season for Sioux Central girls basketball, making it to the school's first-ever state tournament," he said. "For all the kids involved, that was a great experience and motivation to get

back down there. I think we have a group of girls that are willing to work hard and put time into the program. We have some experience returning and a nice number of kids that had a successful JV season last year."

Krager gave an assessment of how the Rebels will be offensively.

"Hopefully, we have some girls with the confidence to put the ball in the basket," he said. "We are going to try to play a fast-paced, up-tempo style that should be fun for the girls to play. We will put in some different motion offenses and sets early and see what works the best for us for a slower-paced game."

Sioux Central has certain goals that it wants to attain on the defensive end.

"Defensively, we want to hold our opponents under 35% field goal percentage," Krager said. "It will be our goal to rebound our oppo-

nent and be positive in the turnover margin. We'll try to give the opponent some different looks and keep them off-balance. We are going to have to play under control and stay out of foul trouble and limit opponents' free throw attempts."

There are a few important factors that will dictate how much success the Rebels have this season.

"We have multiple girls that will be able to contribute in many different ways," Krager said. "Competing every night, playing hard defensively, and playing together will be three main factors to the level of our success."

Krager explained what needs to happen for Sioux Central to challenge for the Twin Lakes Conference title.

"We are going to be as consistent as possible and control what we can control," he said. "We have some

good leadership and talent on this team and are going to work hard to get better every day. The conference is going to be good again at the top, and we'll have to be at the top of our game when we face our conference foes."

Krager offered his insight on the conference for this season and included his team's position in it.

"The Twin Lakes is going to be good this year," he said. "There are many good players returning that coaches will be able to build their teams around. Newell-Fonda, Emmetsburg and Pocahontas Area have a good chance to be at the top. The other teams will all be much-improved and competitive with the others. I hope that this team of ours can push to be toward the top of the conference and give ourselves a chance every night by competing at our highest level."

The Storm Lake Times Pilot
220 West Railroad Street • Storm Lake

Ridge View girls wrestlers look to build on past success

The Ridge View girls wrestling team is set to hit the mats again following an exceptional season that saw them crowned regional champions with a 10-2 dual record. The Raptors are determined to build on their success and achieve new heights this year.

The team returns several letter-

SCHEDULE

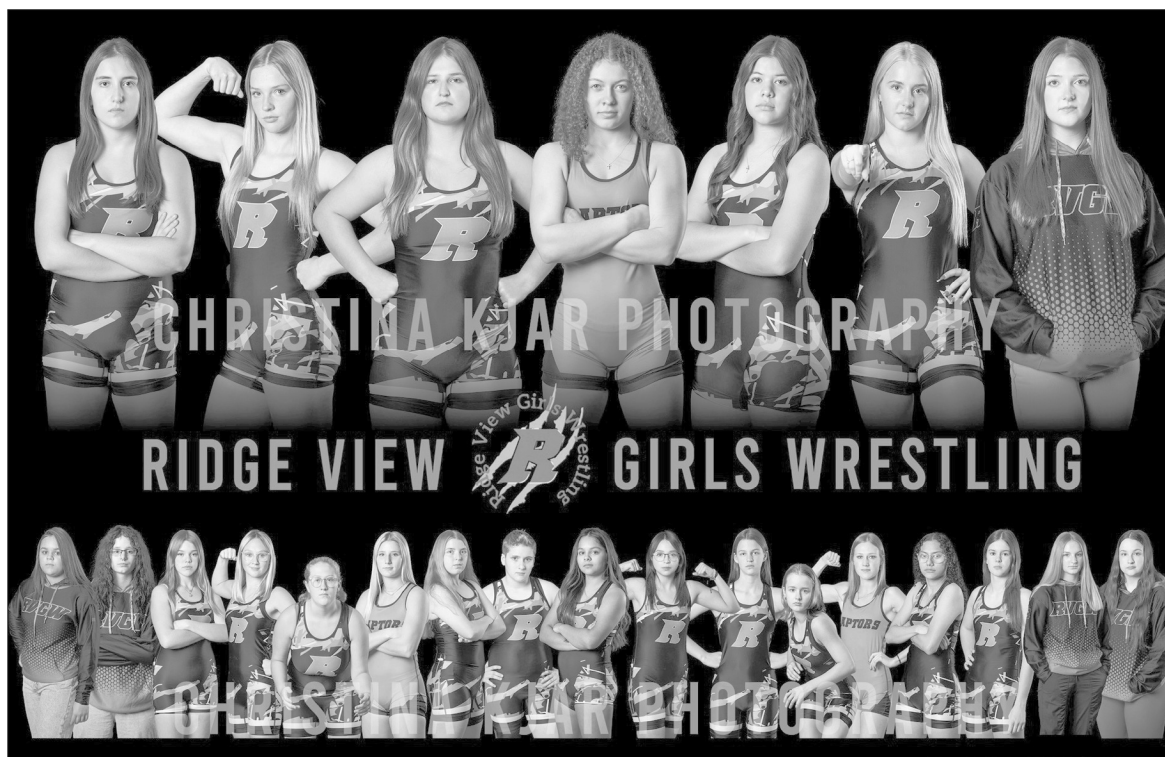
| Date | Opponent |
|---------|---------------------------------|
| Nov. 19 | at Denison-Schleswig |
| Nov. 23 | Ridge View Invitational |
| Nov. 26 | at Iowa Central Duals |
| Dec. 7 | at Okoboji Tournament |
| Dec. 14 | at Vinton-Shellsburg Tournament |
| Dec. 17 | Algona, Sheldon, West Monona |
| Dec. 21 | at Boone Tournament |
| Jan. 4 | at Sheldon Tournament |
| Jan. 6 | at Carroll Kuemper Tournament |
| Jan. 9 | at Logan-Magnolia |
| Jan. 11 | at Ogden Tournament |
| Jan. 13 | at Spencer |
| Jan. 17 | at MOC-Floyd Valley |
| Jan. 20 | at East Sac County Tournament |
| Jan. 23 | at Tri-Center (Neola) |
| Jan. 25 | at Hinton Tournament |

winner, including Lauren Siegner at 100 pounds, Lynsee Ockerman at 105, Jazmine Orduna and Aubrey Wagner at 110, Jaydn Friedrichsen at 115, Tegan Robertson at 120, Destiny Brown and Saria Cervantes at 125, Lainey Buckendahl at 135, Kiara Luscombe at 140, Leah Johnson at 145, and Tyrany Mason and Mazee Henningson at 155.

The Raptors have five top prospects to help fill the void left by the loss of last year's starters. They include Eden Ferrusca and Callie at 115, Cody Herring at 130, and Leslie Avina and Meleigha Buckendahl at 135.

Among the standout wrestlers this season are Destiny Brown, a returning state runner-up, and Lauren Siegner and Tegan Robertson, both returning state qualifiers. Their experience and skill will be pivotal in leading the team to success.

CONTINUED ON PAGE 18



Members of the Ridge View girls wrestling team are pictured from left to right, top row: Mazee Henningson, Kiara Luscombe, Tyrany Mason, Destiny Brown, Lea Johnson, Jadya Friedrichsen and Adi Voge. Bottom row: De'Leyah York, Isabella Dahlgren, Linda Spahn, Lynsee Ockerman, Lily Bumann, Tegan Robertson, Lainey Buckendahl, Cody Herring, Eden Ferrusca, Sarai Cervantes, Meleigha Buckendahl, Aubrey Wagner, Lauren Siegner, Jazmine Orduna, Kallie Pyle, Mylee Dvorak and Tailor Vincent. Photo courtesy of Christina Kjar Photography

Sioux Central girls to have solid group of returnees

Sioux Central returns all but two of its wrestlers from a team that finished 10-9 a year ago.

The Rebels bring back Vivi Orenday at 135 pounds, who won 25 matches last year but fell just short of a state tournament trip. Also back are Jazzmin DeShazer at 235, Sigrid Adams at 140-145, who won 28 matches last year, Nichole Hart at 125, who won 22 matches last year, April Banda at 120-125 and Nataley Frerk at 130.

SCHEDULE

| Date | Opponent |
|---------|-----------------------------------|
| Nov. 19 | at Emmetsburg |
| Nov. 22 | Sioux Central Invitational |
| Nov. 25 | at Ridge View Invitational |
| Dec. 2 | at Manson NW Webster Invitational |
| Dec. 7 | at Okoboji Invitational |
| Dec. 14 | at Spencer Invitational |
| Dec. 17 | MOC-FV, Spencer, Sioux City North |
| Jan. 4 | at Sheldon Invitational |
| Jan. 9 | at Graettinger-Terril/R-A |
| Jan. 14 | at Spirit Lake |
| Jan. 18 | at Twin Lakes Conference (Gowrie) |
| Jan. 20 | at East Sac County |

"We have a solid group of upper-classmen coming back that we are looking to really turn some corners with this year," Sioux Central coach Joel McCoy said. "We have four other young sophomores that fit into the mix with Ashley Alvarado (100), Ella Farnham (120-125), Jessa Hammond (130) and Kiely Morrow (140-145). I foresee them growing tremendously this year."

McCoy measured the team's potential strengths.

"We have a really good group of returners that I am excited to see how they develop over the course of the year," he said. "This particular group has a lot of fun personalities who love to work hard and have fun. I think our team leadership is in a good spot this year."

However, there are some question marks with the Rebels.

"We are a little light this year with 10 athletes," McCoy said. "A few of our girls are log-jammed at a couple weight classes, so in time hopefully that all works itself out."



Members of the Sioux Central girls wrestling team are pictured from left to right, front row: Kiely Morrow, Ashley Alvarado, Jazzmin DeShazer and April Banda. Second row: head coach Joel McCoy, manager Gabi Perez, Sigrid Adams, Nichole Hart, Nataley Frerk, Vivi Orenday, Jessa Hammond, Ella Farnham and assistant coach John Stange.

McCoy gave an assessment of how he thinks his team will perform this season.

"I think, for us, improvement day to day will be the determination of

how this season goes," he said. "I think we are one of those teams that has the potential to do some good things over the course of the season if we can continue to get better."

There are a few important factors that will dictate how much success the Rebels have this season.

"For us, it is improving on and off

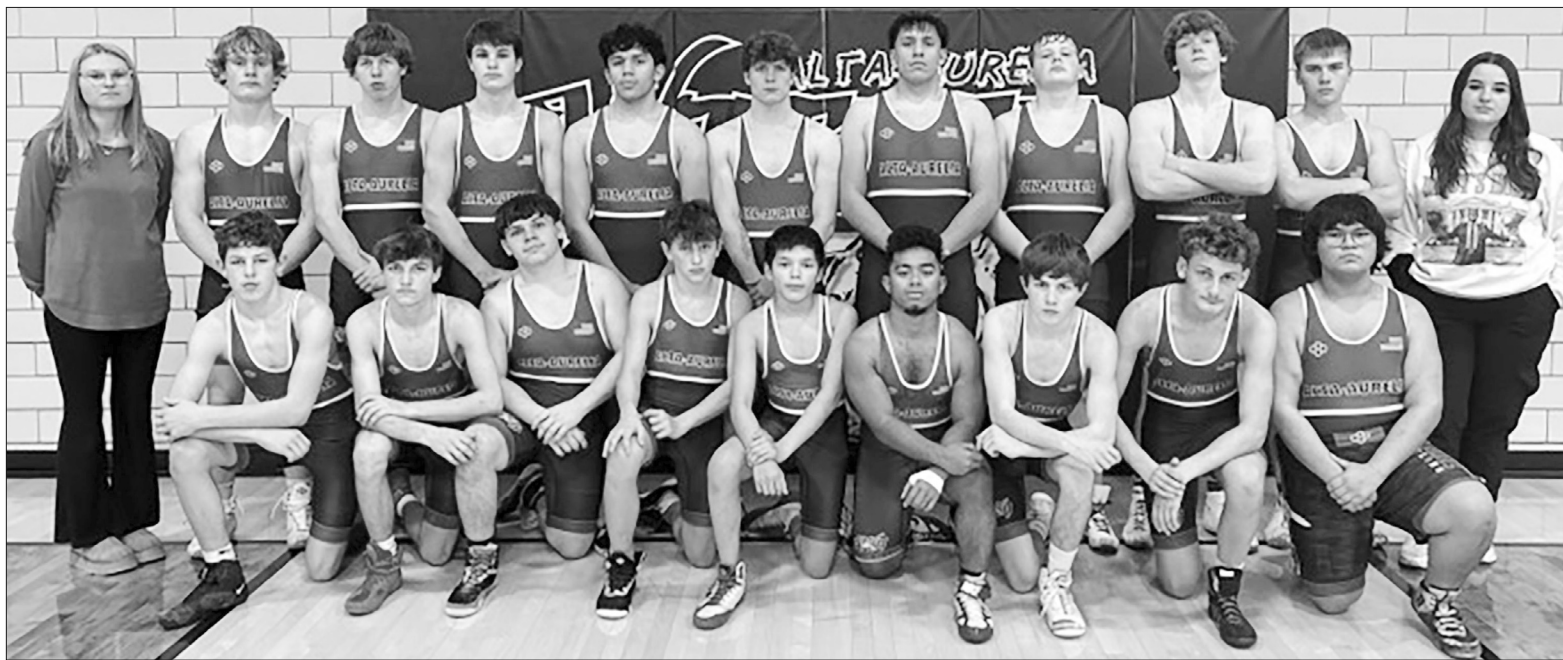
CONTINUED ON PAGE 18

Alta-Aurelia wrestlers focusing on improvement, good work ethic

Alta-Aurelia had a highly-successful season a year ago as the Warriors finished with a 21-10 dual record.

The team returns several letter-winners this season, led by seniors Angel Barajas (215), who was a state qualifier last year, Hayden Garlow (150) and Darnold Manuel (138). Juniors returning are two-time state qualifier Eli Rieb (106), Nash Larson (157/165) and Tate Jarvis (157/165). Returning as sophomores are state qualifier Jaxson Page (113), Cline Sievers (132), Nolan Reeves (175) Jacob Erpelding (144) and Cole Mier (165).

The Warriors have a good group of freshmen coming, but also will look to some other underclassmen to fill lineups. New faces are sophomores Drake Johnson (126), Braidyn Garlow (138) and Juan Carlos-Sanchez (215). Johnson and Garlow are both returning after suffering injuries last season. Freshmen this



Members of the Alta-Aurelia wrestling team are pictured from left to right, front row: Gable Van Oort, Jaxson Page, Nolan Reeves, Laeton Langschwager, Jose Garcia, Darnold Manuel, Eli Rieb, Cline Sievers and Juan Carlos-Sanchez. Second row: manager Bryleigh Marshall, Tate Jarvis, Braidyn Garlow, Jacob Erpelding, Abraham Barajas, Hayden Garlow, Angel Barajas, Trevor Diischer, Nash Larson, Cole Mier and manager Ava Brenner. Not pictured are Wilson Alpet, Drake Johnson and manager Jadrien Mier.

SCHEDULE

| Date | Opponent |
|---------|-----------------------------------|
| Dec. 3 | at Sioux City Heelan |
| Dec. 7 | at Manson NW Webster Invite |
| Dec. 14 | at Sibley-Ocheyedan Tournament |
| Dec. 17 | at Pocahontas Area |
| Dec. 19 | MMCRU, GTRA, Sioux Central |
| Dec. 21 | at Ridge View Tournament |
| Jan. 4 | at Emmetsburg Tournament |
| Jan. 7 | at Woodbury Central |
| Jan. 11 | at Atlantic Tournament |
| Jan. 16 | at Graettinger-Terril/R-A |
| Jan. 18 | at Twin Lakes (Gowrie) |
| Jan. 25 | Alta-Aurelia Tournament |
| Jan. 30 | ESC, SE Valley, West Bend-Mallard |
| Feb. 1 | at Pocahontas Area Tournament |
| Feb. 8 | at Eagle Grove Tournament |

year are Laeton Langschwager (106), Jose Garcia (106), Gable Van Oort (120), Abraham Barajas (175/190), Trevor Diischer (190) and Wilson Alpet (heavyweight).

Alta-Aurelia coach Mike Fry measured the team's potential strengths coming into the season.

"I think our team strengths will be a good group of guys who will work hard and not worry about winning or losing, but getting better each match," he said.

However, there are some ques-

tion marks with the Warriors.

"My biggest concern is always injuries, so staying injury-free is a big one," Fry said. "One other concern, but also a strength, is the mix of youth and maturity. We need to have our older guys lead and our younger guys step up and have proper leadership to follow."

Fry discussed how this year's team could be better than the one from a year ago.

"One improvement is some of our guys have realized their ability

to compete," he said. "That competition mentality happens in the room and spreads to the younger guys who can develop the right mentality. Putting in the extra time (weight room, cardio, proper diet/nutrition etc.) is second nature to them."

There are a few important factors that will determine the amount of success the Warriors have this season.

"Our success will be measured in how much we improve and also

keeping a good work ethic whether we win or lose," Fry said. "We look to be wrestling our best at the end of the year."

Fry gave his insight on the Twin Lakes Conference for this season.

"Our conference competition will most likely be led by South Central Calhoun and GTRA," he said. "Both have strong returning core groups and letterwinners returning. We look to be competitive and do the best we can throughout the year."

RV girls basketball ...

Continued from page 13

nities for ourselves and control the tempo of the game. Overall, our goal is to play unselfishly and run an offense that focuses on spacing, ball movement and high-percentage shots. We have several players who can create for others, which hopefully makes us tough to defend. With an emphasis on spacing and shooting, we'll be able to stretch defenses and make attacking the basket more effective."

The Raptors want to be disruptive on the defensive end.

"Defensively, we plan to be aggressive with an emphasis on creating turnovers," Bode said. "We want to pressure the ball, jump-

passing lanes and force mistakes from our opponents. Turnovers are a huge priority for us. If we can disrupt the other team's offense and create turnovers, we can convert those into easy points in transition. We've also worked hard on our team defense, ensuring that everyone knows their roles and responsibilities, particularly in help defense and closing out on shooters. The ability to generate turnovers and control the tempo will be key to our defensive identity. We'll also focus on limiting second-chance opportunities by crashing the boards hard. We need to make sure we stay disciplined and not allow easy baskets, especially in transition."

There are a few important factors that will dictate Ridge View's

success this season.

"Our success will largely depend on our ability to execute the fundamentals consistently, taking care of the basketball and how effectively we create turnovers on defense," Bode said. "We will need to stay disciplined in both offensive and defensive sets. Depth will also be a factor, so our ability to rotate players and keep fresh legs on the floor will be key in late-game situations. Lastly, team chemistry and leadership will play a huge role. If we can stay united and keep a positive mindset, we'll be successful."

Bode explained what needs to happen for Ridge View to contend for the conference title.

"To challenge for the conference title, we'll need to be able to execute both offensively and defensively

without turning the ball over," he said. "Taking care of the basketball, making smart decisions and valuing each possession will give us the edge we need. Additionally, our ability to create turnovers and capitalize on transition opportunities will be crucial. Consistency will be key. Playing hard and smart in every game will keep us competitive, and the ability to adapt to different opponents' styles will help us stay in the hunt for the conference title."

Bode offered his insight on the conference for this season.

"Our conference is highly competitive with a mix of established teams and up-and-coming programs that will present challenges throughout the season," he said. "We have a solid foundation with a balanced roster, and while we may

not be the biggest or most experienced team in the conference, our commitment to defense and rebounding, playing together on offense, and limiting turnovers should help us close the gap and position ourselves as contenders.

"MVAOCOU and Westwood are most likely the favorites in my opinion, but there are so many teams who I think have the ability to compete with anyone else in our conference and new girls from every team step up each year and that will be no different," Bode added. "The other teams: OABCIG, Woodbury Central, West Monona, Lawton-Bronson, Kingsley-Pierson and River Valley all return several players and gained a lot of experience a year ago and will look to take the next step."

Sioux Central wrestlers looking to continue building program **SCHEDULE**

Sioux Central enjoyed a banner season a year ago as the Rebels won a school-record 17 dual meets. The expectations for this season are even higher with the return of all of the team's wrestlers with the exception of two.

Sioux Central coach Chance Rice measured the team's potential strengths and question marks entering the season.

"Our strengths are that we are extremely hard-working and have a

never-give-up mindset," he said. "We're very young and raw. Filling a full lineup will be a concern."

Rice discussed how this year's team will be better than the one from a year ago.

"With being a young team, everyone has improved and will continue improving," he said.

Rice assessed how the Rebels will be offensively and defensively on the mat.

"We will be a very aggressive and

positive team that will be willing to go toe-to-toe with whoever meets us on the mat," he said.

There are a few important factors that will determine the amount of success the Rebels have this season.

"Kids improving not only on the mat, but as individuals," Rice said. "Winning record as a dual team, a couple wrestling down at state, and continuing to build the program as a whole."

Rice explained what needs to happen for Sioux Central to challenge for the Twin Lakes Conference title.

"Staying focused on us as a team," he said. "Believing in what we are building as a program and not wavering from confidence. I believe this team can surprise some people and jump into being in the top three or four in our conference."

| Date | Opponent |
|---------|-------------------------------|
| Dec. 5 | at Storm Lake |
| Dec. 7 | at Okoboji Invitational |
| Dec. 10 | at North Union |
| Dec. 12 | Manson, West Bend-Mallard |
| Dec. 14 | at Colfax-Mingo Tournament |
| Dec. 19 | at Alta-Aurelia |
| Dec. 21 | at Cherokee Invitational |
| Jan. 6 | at Hinton |
| Jan. 11 | at Sheldon Invitational |
| Jan. 14 | at Spirit Lake |
| Jan. 16 | MMCRU, SEV, West Bend-Mallard |
| Jan. 18 | at Twin Lakes (Gowrie) |
| Jan. 20 | at Emmetsburg |
| Jan. 28 | at West Bend-Mallard |
| Feb. 1 | at Pocahontas Area Tournament |
| Feb. 3 | at MOC-Floyd Valley |

SXC girls wrestling ...

Continued from page 16

the mat every day," McCoy said. "We are building our culture each day, working on our positive environment in the wrestling room and out. Doing this will continue to build our culture. We believe in four pillars — Do What's Right, Do Your Best, Get Better and Have Fun."

McCoy explained what needs to happen for Sioux Central to challenge for the Twin Lakes title.

"It will take a group effort from each individual at the conference

tournament to wrestle at their best that day to challenge for the title," he said.

McCoy offered his insight on the conference for this season.

"I think we have the potential to be in the mix," he said. "GTRA/ELC looks to have a nice squad this year. Manson Northwest Webster has a few very talented girls. South Central Calhoun is sharing with Southeast Valley and East Sac County will be solid up and down their particular lineups. I think Pocahontas Area and Emmetsburg have good, young, growing squads/programs as well."

RV girls wrestling ...

Continued from page 16

"The offseason has been incredibly productive for us," Ridge View coach Troy Greder said. "Seven wrestlers participated in the AAU National Scholastic Duals, 10 in the AAU Twin River Duals and 10 in the AAU state tournament. Many athletes also attended clinics and camps, showcasing their dedication to improving their skills and conditioning."

Greder outlined the team's goals for this season.

"The primary goals for us this season are to win our regional and achieve a winning dual record. I believe these goals are attainable through hard work, daily improvement, and trust in each other as teammates."

Greder gave his insight on the Western Valley Conference.

"Due to the limited number of teams, there won't be a conference tournament this year," he said. "However, this hasn't dampened the team's spirits. They remain focused on their individual and team goals, aiming to showcase their talents at every opportunity."

RV boys basketball ...

Continued from page 12

conference for this season and included his team's position in it.

"The conference should be competitive at the top with teams such as Lawton-Bronson, Kingsley-Piereson and OABCIG bringing back experience from successful teams a year ago," he said. "MVAOCO and Woodbury Central should be improved, and Westwood has a few talented players returning. We hope to be right in the mix with some of the top teams."

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Ridge View looks to build off of first winning season in eight years

Ridge View had its first winning dual season for the first time in eight years last season.

The Raptors went 4-3 in duals in the Western Valley Conference and 13-10 overall.

The team returns nine letterwinners from that team, including two state qualifiers — senior Conner Jacobsen at 150 pounds and junior Blake Myrtue at 190 pounds. Other returners include Lane Johnson at 106, Landyn Peterson at 132, Cole Bloyer at 138, Clayton Jacobson at 150, Conner Jacobson at 157, Austin Wood at 165, Dramelle McCray at 190, Myrtue at 215 pounds and Jon Friedrichsen at heavyweight.

There is a really solid incoming freshmen class that should be able to help out and make an impact from a team dual standpoint. They include Brock Johnson at 106, Kyler Crum at 113, Ian Hanson at 120, Raiden Bradley at 126, Alex Pribble at 132, Levi Else at 144, Lukas Burns at 150 Carson Jacobsen at 175 and Tucker Parker at heavyweight.

Ridge View coach Joel Brus measured the team's potential strengths heading into the campaign.

"Hopefully, we have a little more depth with experience this year," he said. "Having a winning dual season for the first time in eight years last year was a step in the right direction. We look to build off of that this year. Last year's motto or theme was 'Building A Foundation,' and I felt like our kids worked really hard at doing that. This year's motto or theme is 'Setting The Standard.' We have a lot of optimistic individual and team goals, and we are trying to set a new standard and expectation level to achieve those goals."

However, there are a few question marks with the Raptors.

"It will be a priority to remain healthy and capitalize on opportunities," Brus said. "Potential is al-



Members of the Ridge View boys wrestling team are pictured from left to right, front row: Carson Jacobson, Brock Johnson, Kyler Crum, Cole Bloyer, Lukas Bruns and Lane Johnson. Second row: Alex Pribble, Raiden Bradley, Ian Hanson, Austin Wood, Clayton Jacobson, Levi Else and Landyn Peterson. Third row: Blake Myrtue, Dramelle McCray, Francisco Guerra, Bertram Hove, Tucker Parker, Kolten Witzke and Conner Jacobson. Not pictured is Jonathan Friedrichsen.

ways a dangerous word. How are we going to capitalize on that potential to take advantage of the opportunities presented to us?"

Brus discussed how this year's team could be better than the one from a year ago.

"We lost three seniors and one state qualifier (Kody Jacobson) off of last year's team," he said. "We will need to try to replace those lost points off of last year's team with our incoming freshmen class. We have had improvement through our off-season workouts and strength and conditioning program. The addition of head football coach Brian Wilken to the strength and conditioning phase of our development has had a tremendous impact. We need to continue to build off of that in wrestling season."

Brus gave an assessment of how the Raptors will be offensively on the mat.

"Stylistically, we let each wrestler

develop their own style," he said. "We don't produce cookie-cutter wrestlers. We focus on the development of the individual and let them adapt a style to their strengths. Wrestling is the most individualistic team sport there is. No other sport requires 14 men of all sizes to fulfill positions."

There are a few important factors that will dictate how much success Ridge View has this season.

"We need to have a championship mindset every day and a 'CLAWS UP' culture," Brus said. "Continuing to get better daily at practice developmentally with a focus on our season goals and objectives. Develop and strengthen our family atmosphere."

Brus outlined what needs to happen for the Raptors to challenge for the Western Valley Conference title.

"Keeping a full lineup throughout the season," he said. "Staying

healthy and making smart decisions on and off the mat."

Brus offered his insight on the conference for this season and included his team's position in it.

"Woodbury Central looks to be the odds-on favorite to win the conference championship," he said. "They have assembled a really nice team and they are well-coached.

Westwood is another tough team in our conference. Westwood has built a high-quality program year in and year out and they do it the right way. Lawton-Bronson has a full lineup and they could be very dangerous from a team standpoint. I think we will be a solid dual and tournament team. I would put us in the upper half again this year."

onship," he said. "We'll have to be healthy and take advantage of each day we get to get better."

Seaman offered his insight on the conference and included his team's position in it.

"I think Spencer and ELC are predicted to be at the top based off last year and what they bring back," he said. "I think that Spirit Lake and Cherokee will have solid teams and we'll have to be ready to go each night out to beat those four teams."

SCHEDULE

| Date | Opponent |
|---------|----------------------------------|
| Dec. 3 | at Sioux City Heelan |
| Dec. 5 | at Westwood |
| Dec. 7 | at Manson NW Webster Invite |
| Dec. 10 | at East Sac County |
| Dec. 12 | at West Monona |
| Dec. 13 | at MVAOCO Tournament |
| Dec. 19 | L-B, Woodbury Cent., MVAOCO |
| Dec. 21 | Ridge View Tournament |
| Jan. 9 | at OABCIG (Ida Grove) |
| Jan. 11 | at Coon Rapids-Bayard Tournament |
| Jan. 18 | Western Valley (Onawa) |
| Jan. 24 | at OABCIG Tournament |
| Feb. 1 | at Kingsley-Pierson Tournament |
| Feb. 6 | at Denison-Schleswig |

Storm Lake wrestling ...

Continued from page 4

champion individuals and ending the year in Des Moines at the state tournament."

Seaman explained what needs to happen for Storm Lake to contend for the Lakes Conference title.

"We'll have to put together our best lineup each night out to compete for a conference champi-

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