



VHS Baseball Defeats Dakota Valley

BY MARK UPWARD
For the Plain Talk

If you were looking at the stats from last Friday's ballgame held at Prentis Park between the Dakota Valley Panthers and the Vermillion Tanagers, you probably would not be able to pick the winner.

"Considering we lost to Dakota Valley a couple of weeks ago 15-5, it was a pleasant surprise to top what I consider to be one of the most talented Dakota Valley teams I have seen in my coaching tenure," said Vermillion Head Coach Jason Gault.

The scoreboard said it was a close game in all the stats that count, but the one stat that had the most meaning to both teams after seven innings of play was Vermillion six and Dakota Valley two.

The Vermillion Tanagers had eight hits to Dakota Valley's six, while Dakota Valley had five errors in the game to Vermillion's four, and both teams left runners stranded on base – Tanagers 8, Dakota Valley 7.

Cole Anderson pitched four strong innings giving up six hits, two runs, three walks and posting four strike-outs. Anderson was relieved in the fifth inning by Hunter Christopherson.

"Dakota Valley has excellent hitters and for Cole Anderson to come in with the command and poise that he had, it was really impressive," said Gault. "He kept the ball down in the zone and minimized his walks, while letting the defense play behind him."

Christopherson did a great job of holding the Dakota Valley hitters to three hitless innings while only giving up one walk and striking out three Dakota Valley hitters.

"Hunter Christopherson



THOMAS HATZENBUHLER / FOR THE PLAIN TALK

Vermillion High School's first baseman Jefferson Galvin makes a catch for an out during the Tanagers' 6-2 win over Dakota Valley last Friday.

closed the door on them in the sixth and seventh innings," said Gault. "Both these guys (Anderson and Christopherson) really impressed me with their "give me the ball" mentality on the mound."

For the Dakota Valley Panthers, Alex Carterdixon pitched three innings giving up four runs on four hits and had one strike out. Luke Schmitt relieved Carterdixon in the fourth and allowed two runs on two hits with three strikeouts and one base on balls. Tanner Bykerk finished the game with one inning and 15 pitches.

The Tanagers were able

to take advantage of Dakota Valley errors to stay ahead of the Panthers after Dakota Valley made it a one run game after two innings.

The Tanagers were able to hit the ball well, as six different Vermillion players were able to get a hit in the game. Both Travis Weber and Christopherson garnered two hits apiece for the Tanagers while Jack Brown, Anderson, Nate Robinson and Jefferson Galvin each had one hit. Robinson's hit was the only extra-base hit for the Tanagers as he hammered a double.

"Offensively, we did a much better job of hitting

ground balls and moving guys around the bases, especially with runners in scoring position," said Coach Gault. "The stats will show that we had another game where up and down the line-up, we had guys getting hits."

This win over Dakota Valley was the third win in a row for the Tanagers. The Vermillion squad is now 3-0 in their region play with wins over Dakota Valley, Elk Point-Jefferson, and Wagner.

The next game for the Tanagers will be April 24 against the Elk Point-Jefferson Huskies in Elk Point.

VHS Track Successful At Titan Invite

BY ELYSE BRIGHTMAN
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Tuesday's strong winds proved challenging for Vermillion High School's (VHS) track team as they traveled to the Titan Invitational in Tea, but the Tanagers fought through fought through for a successful day.

Maddie Lavin continued to lead the way for the Tanagers by finishing first in the 400 meter dash and 1600 meter run with times of 1:07.19 and 6:01.73, respectively. Teammates Rachel Brady

Madisen Martinez jumped 29'7.5" in the long jump taking second place, with Kaci Madsen (29'5") third and Analiese Taggart (27'5.5") placed fourth.

C.J. Siegel took second in the discus with a throw of 83'4". Kacey Jensen placed second in the shot put with a throw of 29'6", just in front of Siegel who finished third with a throw of 28'4".

The girls' 4x100m relay team paced the field with a combined time of 56.21. The girls' 1600m sprint relay also finished first with a combined time of 5:21.76.

On the boys' side, the Tanagers saw three first wv-place finishers.

Parson Covington placed first in the 1600 meter run with a time of 5:24.94, Logan Peterson placed first in the 400 with a time of 55.50 and Justin Sorenson placed first in the 3200 meter run with a time of 11:51.08.

Andrew Pietrzak ran a 57.06 in the 400 dash earning third place.

Jeremiah Johnson placed second in the 200m dash with a time of 24.66 and third in the 100m dash with a time of 11.92. Matt Bierle finished just behind Johnson in the 100m dash for fourth place at 11.93.

The boys' 4x100m relay team took second with a time of 48.70.

Vermillion High School's next track meet is the Dakota Valley Invite on April 28 with a scheduled start time of 4 p.m.



(1:07.84) and Katie Kost (1:08.14) finished just behind Lavin in the 400 placing second and third respectively while Melissa Mickelson finished second in the 1600m with 6:41.52.

Lavin placed second in the 800 meter run with a time of 2:46.43.

Makenna Druecker ran 29.08 in the 200 meter dash placing first, just in front of MaKenna Koble (29.35) and Maddie Gregiore (29.56) who finished second and third.

Druecker (13.44), Ashley Schulz (13.48), Gregiore (13.55) and Taylor Weber (13.94) placed second, third, fourth and fifth in the girls 100 meter dash.

In the field events,

Stepping Out Of A Comfort Zone

BY ELYSE BRIGHTMAN
Column for The Plain Talk



SHAUNA MARLETTE/FOR THE PLAIN TALK

During Friday's women's football clinic at the University of South Dakota, attendees had the opportunity to get hands on with some of the equipment used by the program. Pictured, head coach Joe Glen looks on as the women see how light the shoes used by the team are.

I was an athlete once. In fact, not too long ago. But, one sport I've never had the opportunity to play was football. So, when I heard the football team at the University of South Dakota (USD) was hosting a women's clinic at the DakotaDome last Friday night, the opportunity was not one to pass up.

Though I claim to have played several sports, the one thing I wasn't prepared for was how out of element I would feel.

The first stop at the clinic allowed women to see what kind of equipment the players wear on the field, both in games and in practices. Three players endured gawking from the audience, while they modeled uniforms and even the clothing worn underneath.

The presentation really humanized the players since most people only see them on the field during games just as football players. Their personalities came out and they seemed to enjoy interacting and taking questions from the ladies.

Up in the weight room, USD's strength and conditioning coach Jevon Bowman took about 10 players through a condensed strength workout to give us an idea about what the team does in the weight room.

Bowman said the lifting sessions take about 70 minutes until the players are comfortable with the movements and they can cut the time down to 60 minutes. The coaches try not to make them longer so they don't lose the players attention.

During the clinic we saw about half an hour of demonstration with explanations in between, less than half the time the players spend in the weight room for each session.

We saw demonstrations of power-clean variations, push-pull, single-leg and posterior chain exercises. We watched variations of only the main exercises, but the coaches have cards with hundreds of exercises and depending on where the team is in the season, they can change.

Following the two demonstrations, we moved on to two classroom sessions, each featured talks about positions, plays, and what's looked for in recruits on both offense and defense.

The team's offensive coordinator Wesley Beschorner described the levels of offense and where each position stands and what their job is. He had to find a balance in his lesson for people who knew nothing about football up to people who are knowledgeable about the game.

Then, the fun started.

We finally got to show off our own athletic abilities on the field.

After taking us through a warm up with the coaches and some USD players, there were five drills set up for us to try our hand at playing.

Hitting people, even for sport, is something I have never done, so when it came time to run drills, my timid side came out, more than ever.

According to Beschorner, football comes down to blocking and tackling, and then passing and catching. Three of the five drills consisted of hitting bags or pads, and the two others were throwing and catching.

I knew some drills would require a little physical contact, but I was still wasn't prepared for the coach to say "go around these pads then just stiff-arm him."

....what?

That will be the first and last time I ever plan on stiff arming someone.

The whole night was really something I've never had a chance to experience and it really gave light to a college football player's lifestyle and commitments that are idolized in the country we live in, but very few people have a chance really see.

USD's football staff really seemed to put a lot of thought into what they wanted the night to look like and I, and I'm sure all the women who attended, were really grateful for all they did.

The night ended at Howler's Bar and Grill with a raffle, which all attendees were entered into, with prizes like game tickets, USD gear and gift certificates.