

Cross Country: Area Girls Up For Challenge Of Longer Races

S.D. Girls' Varsity Races Move To 5,000 Meters In 2015

BY JAMES D. CIMBUREK
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The Yankton Gazelles have trained for 5,000-meter cross country races since the days when they were running against the nation's elite in the Nike Team Nationals (now called "Nike Cross Nationals") a decade ago.

So when the South Dakota High School Activities Association voted to change its girls' races from 4,000 to 5,000 meters, it wasn't a big deal for the Gazelles.

"We've trained for that distance anyway," said Yankton head cross country coach Dave Dannenbring. "I don't think it's been that big a deal to them."

Yankton has competed at the 5,000-meter distance in recent years as well, as Nebraska made the move to 5,000 meters – the same distance the boys run – two years ago. The Gazelles won the South Sioux City meet in 2013, going 1-2-3 individually. Last year, the Gazelles finished third as a team in Norfolk, with Savannah Woods placing second.

"I was pretty excited," Woods said about South Dakota's move to 5K. Woods was the Class AA cross country champ as a freshman, and won the 3,200-meter run at the state track meet this past spring. "It's not much of a transition."

The difference between the two distances is 1,000 meters, or about .62 miles.

"What I told the girls was that this was more of a true distance race," said Beresford head coach Matt Coy. "Our girls were pumped about it. They took a positive attitude about it."

Beresford junior Ashlynn Atwood, 17th in Class A a season ago, said that the off-season workouts for her and her teammates changed slightly, but not significantly.



Ashlynn Atwood • Beresford

"We ran a little further each run," she said. "But mostly we did not really change things."

While coaches from both Class AA and Class A had predominantly backed the change in statewide polls, Class B coaches were split.

"A lot of Class B coaches didn't want to see it because of all the two-sport athletes (that run cross country)," said Gayville-Volin head coach Larry Buffington, whose team has finished second in Class B each of the past three seasons. "To me, cross country should

be more of a distance race. If Nebraska can do it (go to 5,000 meters for girls), we can too."

Both Coy and Dannenbring said that they expected the move to help their teams.

"As coaches, we actually think it is going to help us," Dannenbring said. "We think we have the 'X' factor here in the horse trails. It makes our runners stronger over a longer distance."

"We think it is definitely to our advantage."

Follow @JCimburek on Twitter.

Softball: Young Gazelles Look To Improve On Eighth Place Finish

BY MICHAEL HAMMOND
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The Yankton High School club softball team looks to improve upon their eighth place finish in the state tournament a year ago.

"We want place high at the state tournament," coach Bernie Goeden said. "We have a young team and it's going to be a learning process for the coaches and the players."

Yankton lost seven seniors who graduated in 2014 and have just five returning letter winners: senior Liz Suing, junior Lexie McCorkell, as well as sophomores Bailey Peterka, Alix Peterka, and Bailey Kortan. Leading the team is Suing, who plays catcher and third base, along with seniors with JV experience Danielle Dvorak and Ciara Kulhazy.

The team will face an adjustment period early in the season to find the best fit for their lineup.

"We need to figure out our best combo," Goeden said. "We should be a good team after we figure it out and get comfortable."

The Gazelles opened the 2015 season on Aug. 23, beating Tea Area and Jackson, Minn.

Follow @michaelhammond_on Twitter.



Liz Suing • Yankton

YANKTON GAZELLES

Softball (2-0)

8/17 vs. O'Gorman	ccd.	9/13 vs. Dakota Valley	3:30 p.m.
8/23 vs. Tea Area (SF)	W 7-4	9/14 vs. S.F. Washington (DH)	6 p.m.
8/23 vs. Jackson (SF)	W 14-2	9/19 ESD (Yankton)	TBD
8/24 at S.F. Lincoln (DH)	6 p.m.	9/20 vs. Jackson (Pipestone)	2 p.m.
8/30 vs. Lennox	12:30 p.m.	9/20 at Pipestone	3:30 p.m.
8/30 vs. Garretson	3:30 p.m.	9/21 vs. S.F. Roosevelt (DH)	6 p.m.
9/3 vs. Brandon Valley (DH)	6 p.m.	9/27 vs. Watertown (Garretson)	2 p.m.
9/4-5 Rapid City Trip	TBD	9/27 at Garretson	3:30 p.m.
9/8 at S.F. O'Gorman (DH)	6 p.m.	9/28 TBD	
9/13 vs. Vermillion	12:30 p.m.	9/29 TBD	
		10/2-3 State Tour. at Sioux Falls	

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Ellie Fedders • Yankton

YHS VB

FROM PAGE 4

be a leader on and off the court this year," said Beste.

One thing Beste is looking to develop in this team is depth in the Gazelle's strong offense. Her goal is to pose a consistent threat to their opponents.

"Offensively we are very experienced, but I would like more depth," said Beste.

With the players on her roster, Beste should have no problem building a consistent and deep offense this season. To help achieve this, Beste has been working on getting the defense involved in their attacks as well.

"We are working on transitioning out of defense into the offense as quickly as possible," said Beste.

The key to the Gazelle's success this year will be their ability to keep up their offense and build a consistency that will wear out their opponents.

"We are capable of doing many things offensively," said Beste.

Follow @RogelioUlisesR on Twitter

S.D. BOYS' GOLF

Beresford

COACHES: Jim Sorenson, Nick Halvorson and Jon Sorenson

VITALS: Class A, Dakota XII Conference

RETURNERS: Sam Nelson (So., state qualifier); Hunter Beeson (Jr.); Kaden Peterson (Fr.); Mason Sternquist (Fr.); David Olson (Fr.); Jackson Heideberger (8th); Trevor Johnson (8th); Casey Klungseth (Fr.); Beau Henke (Fr.); Gavin Bautista (8th); Jack Bickett (8th); Payton Borah (8th)

NEWCOMERS: Connor Thaler (Fr.); Logan Keith (8th); Hayden Wilson (7th); Cody Klungseth (7th)

Dakota Valley

COACH: Paula Wilson

VITALS: Class A, Dakota XII Conference

RETURNERS: Jacob Wente (Sr.); Ben Kennedy (Sr.); Spencer Shuey (Jr.); Ryan Jensen

(Jr.); Trent Jensen (Jr.); Pete Mackenprang (Jr.); Henry Tuttle (Jr.); Nate Sydow (Jr.); Tanner Hensley (So.); Jameson Bull (So.); Jack Furlong (So.); Dylan Sikes (Fr.); Jake Addison (Fr.); Jordan Smith (8th); Keaton Hensley (8th)

NEWCOMERS: Cole Kennedy (8th); Dean Deist (8th); Chris Jumper (8th); Will Morales (8th); Brayton Heinz (8th); Brady Schroeder (8th); Aidan Pease (8th); Logan Bishop (8th); Evan Monell (7th); Xander Julius (7th); Tianun Zhou (7th)

Elk Point-Jefferson

COACH: Cole Knippling

VITALS: Class A, Region 2, Dakota XII Conference

LAST YEAR: The Huskies qualified three golfers for the state tournament. They graduated one.

RETURNING: Connor Henze (Sr., state qualifier,

110th); Easton Keuck (So., state qualifier, 90th); Hunter Goehring (So.), Cade Stabe (Fr.), Nick Nitzschke (So.), Tim Mingo (Jr.), Adam Bradshaw (Jr.)

NEWCOMERS: Michael Murphy (Sr.), Tyler Leif (So.)

Parkston

COACH: Tyler Hockett

VITALS: Class A, Region 3A

LAST YEAR: Parkston finished 3rd place in the State Tournament as a team.

RETURNING: Jacob Lee (So., T9th State); Garret Hohn (Sr., T14 State); Jeff Smithy (Sr., T69th State); Alex Scott (So., T76th State); Jamie Smith (Sr.); Drew Kurtz (Sr.); Brandon Bruening (8th)

NEWCOMERS: Jon Akre (7th); Logan Hettinger (7th); TJ Schmidt (7th); Braydon Hurley (8th); Flynn Aldecoa (Fr.); Marshall Seppala (Fr.); Tristen Mann (Fr.)

Tennis

FROM PAGE 4

Mimi Garcia and Brenna Becker. Josephine Krajewski, and Olivia Tennant are eight graders.

The improvement of Kouri may help the Gazelles climb the ranks this season, according to Kusek.

"I think she had lessons beforehand, but she started the same year I did when she was a freshman," Kusek said. "She has improved a lot more than I did. She picked it up quicker. She's really good at doubles and she is aggressive."

Although she is the eldest member of the team, Kusek said her biggest contribution isn't simply by what she does

on the court, but what she can do to be a role model to the younger players.

"I feel like I have to be a positive role model for the younger ones and I want to be a good role model for them on and off the court," Kusek said. "If that means not swearing or not getting upset when I'm not playing so well or off the court cheering for people."

Ward will also be a priority throughout the season, Kusek said.

"Working hard and getting better each practice," he said. "Playing each other and getting more experience will help us get better and better."

The Gazelles opened the season on Aug. 22, dropping matches to Watertown and Rapid City Stevens.

YANKTON

Girls' Tennis (0-2)

8/22 vs. R.C. Stevens/Watertown	0-9 / 0-9
8/28 at Brookings/vs. Aberdeen Central/Harrisburg	1 p.m.
8/29 Brookings/Jamboree	9 a.m.
9/4 at Mitchell/vs. Pierre	2 p.m.
9/8 at S.F. O'Gorman	4 p.m.
9/10 vs. Vermillion	4 p.m.
9/11 Brandon Valley Inv.	9 a.m.
9/12 at S.F. Roosevelt/vs. Aberdeen Roncalli	9 a.m.
9/15 at S.F. Lincoln/vs. Mitchell	11 a.m.
9/17 at Vermillion	2 p.m.
9/19 at Mitchell/vs. Spearfish	noon
9/24 vs. Brandon Valley/Madison	1 p.m.
9/24 vs. S.F. Washington/Harrisburg	2 p.m.
9/26 at Brookings/vs. Milbank	10 a.m.
10/1 ESD (Yankton)	8 a.m.
10/8-10 State (Sioux Falls & Brandon)	9 a.m. Thur. & Fri./8 a.m. Sat.

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S.D. BOYS' SOCCER

Freeman Academy

COACH: Daniel Haggerty

VITALS: Class A

RETURNING: Ryan Haggerty (Sr., M); Ian Hofer

(Sr., D); Jeff Graber (Sr., D); Ben Miao (Sr., D); Orlando Bisamaza (Sr., M); Brennan Haggerty (So., M); Stephen Waltner (So., G); Dalton Bodewitz (So., F); Greg Arana

(8th, F) **NEWCOMERS:** Dane Allison (Jr., M); Derian Voigt (Jr., M); Eric Fuhrmann (So., M/D)

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ANDES CENTRAL-DAKOTA CHRISTIAN

Football	(Home Games In Lake Andes)		
8/28 at Tripp-Delmont-Armour (T)	7 p.m.		
9/11 vs. Scotland	7 p.m.		
9/18 at Gayville-Volin	7 p.m.		
9/25 vs. Corsica-Stickney	7 p.m.		
10/2 at Colome	7 p.m.		
10/9 vs. Burke-South Central	7 p.m.		
10/16 at Avon	7 p.m.		
10/22 vs. Marty	7 p.m.		

Volleyball			
8/25-27 Hanson Tour.		5 p.m.	
9/1 at Bon Homme		6:15 p.m.	
9/3 at Menno		6:15 p.m.	
9/8 at Avon		6:15 p.m.	
9/8 vs. Parkston (AC)		6:30 p.m.	
9/10 vs. Sunshine Bible (DC)		6:30 p.m.	
9/12 at St. Thomas More		6:30 p.m.	
9/14 at Platte-Geddes		6:30 p.m.	
9/15 vs. Scotland (AC)		6:30 p.m.	
9/19 Cavalier Clash (Tyndall)		8:30 a.m.	
9/22 vs. Tripp-Delmont-Armour (AC)		6:30 p.m.	

9/24 vs. Freeman Academy (DC)	6:30 p.m.
9/29 at Colome	6:30 p.m.
10/5 vs. Corsica-Stickney (DC)	6:30 p.m.
10/6 vs. Freeman	6:15 p.m.
10/8 at Wolsey-Wessington (WO)	6:30 p.m.
10/13 vs. Burke-South Central (AC)	6:30 p.m.
10/15 at Wagner	6:30 p.m.
10/17 Eagle Showdown (AC)	9 a.m.
10/19 at Bridgewater-Emery (E)	6:30 p.m.
10/23 vs. Mitchell Christian (DC)	6:30 p.m.
10/26 at Gregory	6:30 p.m.

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FREEMAN FLYERS

Volleyball			
8/27 vs. Viborg-Hurley	6:15 p.m.		
9/1 at Irene-Wakonda	6:15 p.m.		
9/3 vs. Howard	6:15 p.m.		
9/8 at Sanborn Central-Woonsocket (Forestburg)	6:15 p.m.		
9/10 vs. Gayville-Volin	6:15 p.m.		
9/14 at Scotiland	6:30 p.m.		
9/15 at Bridgewater-Emery (E)	6:15 p.m.		
9/17 at Tripp-Delmont-Armour (A)	6:15 p.m.		
9/24 at Menno	6:15 p.m.		

10/1 at Ethan	6:15 p.m.
10/5 at Dell Rapids St. Mary	6:15 p.m.
10/6 vs. Andes Central-Dakota Christian	6:15 p.m.
10/8 at Bon Homme	6:15 p.m.
10/13 vs. Marion	6:15 p.m.
10/15 vs. Avon	6:15 p.m.
10/20 vs. Hanson	6:15 p.m.
10/23 at Centerville	6:15 p.m.
10/26 vs. Canistota	6:15 p.m.
10/29 vs. Alcester-Hudson	6:15 p.m.

Cross Country	
8/28 Beresford Inv.	10 a.m.
9/1 McCook Central-Montrose Inv.	4:15 p.m.
9/10 DeSmet Inv.	4 p.m.
9/16 Flyer Inv.	1 p.m.
9/21 Bon Homme Inv.	2 p.m.
9/23 Combelt Conf. (Freeman)	1 p.m.
9/30 Parker Inv.	2 p.m.
10/2 Lennox Inv.	4 p.m.
10/7 TVC/Irene-Wakonda Inv.	3 p.m.

FREEMAN ACADEMY BOBCATS

Volleyball			
8/25-27 Hanson Tour.	4:30 p.m.		
9/3 at Menno	6:15 p.m.		
9/8 vs. Dell Rapids St. Mary	6:15 p.m.		
9/10 at Hendricks	5:30 p.m.		
9/12 vs. Oldham-Ramona-Ruttland	4 p.m.		
9/15 vs. Irene-Wakonda	6:15 p.m.		
9/17 at Ballio/vs. Gayville-Volin	5 p.m.		
9/21 at Alcester-Hudson	6:15 p.m.		
9/24 at Andes Central-Dakota Christian (DC)	6:30 p.m.		
9/29 vs. Canistota	6:15 p.m.		
10/1-3 Tri-Valley Conf.	TBA		
10/5 at Marion	6:15 p.m.		
10/8 at Centerville	7 p.m.		
10/13 vs. Viborg-Hurley	6:15 p.m.		
10/15 at Marty	6:15 p.m.		

10/17 Eagle Showdown (Lake Andes)	9 a.m.
10/27 at Mitchell Christian	6:30 p.m.

9/14 vs. James Valley Christian	6 p.m.
9/18 vs. Southwest Minn. Christian	5 p.m.
9/19 at Grotton Area	3 p.m.

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