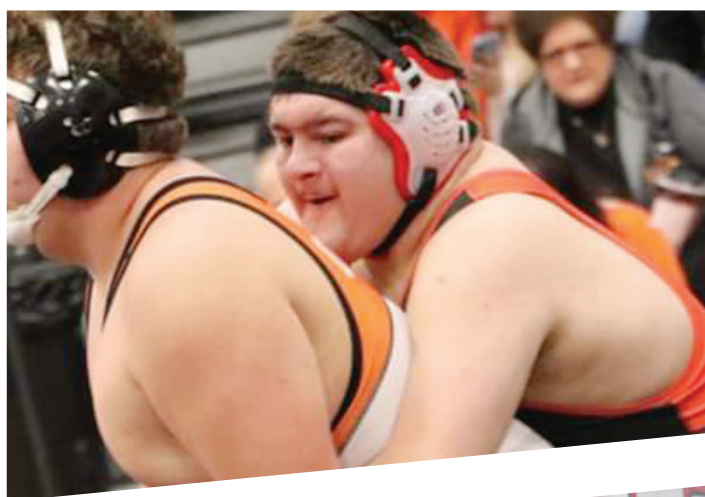


22-23

WINTER SPORTS

Girls Basketball
Boys Basketball
Wrestling
Boys Bowling
Dance
Cheerleading

Estherville Lincoln Central
North Union
Graettinger-Terril/Ruthven-Ayrshire





The 2022-23 Estherville Lincoln Central Girls Basketball Team includes, front from left, manager Madyson Jewell, Brei Christoffer, Jordyn Stokes, manager Tessa Sokolofsky; middle row: Jasey Anderson, Morgan Clabaugh, Zoey DeRuyter, Lexi Juergens, Cara Schiltz; third row: Evi Nath, Haylee Stokes, Tatum Dunlavy, Hillary Ruschy, Tatum Dunlavy, back row: head coach Don Martindale and assistant coaches Scott Stokes, Annie Kalous and Mitch Krein.

Photo by David Swartz

ELC begins defense of Class 3A State championship

By DAVID SWARTZ
MANAGING EDITOR

Can they do it again?
Coming off its run to the 2022 Class 3A State Championship, the Estherville Lincoln Central Girls Basketball Team will try to defend its crown for the 2022-23 season.

With the loss of career 1,000-point scorers Kaitlyn Tendal and Jaydan Nitchals, the task won't be easy.

However, the Midgets return six of the eight players who played key minutes a year ago including the captain of the Class 3A All-Tournament Team, Haylee Stokes.

As a freshman, she led ELC in points, steals and assists last season with 453, 111, and 84, respectively. That works out to averages of 16.8 points, 4.1 steals and 3.1 assists per game.

Now a sophomore, the 5-6 guard will again be a leader on the team.

Other returning starters are Haylee's sister senior Jordyn Stokes and junior Jasey Anderson.

Jordyn, a three-year starter, is another solid guard. She recently signed to continue her basketball career at Iowa Lakes Community College following the conclusion of her high school career. She averaged 7.4 points, 22 rebounds, 2.1 steals and 2.0 assists per game last season.

Anderson, a two-year starter, was often given the task of guarding the opposing team's top offensive player. Her speed

and quickness helped her harry opponents last season. She averaged 3.1 points, 2.5 rebounds, 1.3 steals and 1.1 assists per game.

Stepping up into starting roles will be senior Brei Christoffer and sophomore Rylee Yager.

Both played key minutes all season long and can continue offensively and defensively.

Yager averaged 4.7 points per game while Christoffer averaged 1.5 points.

Sophomore Hillary Ruschy also played in nearly every game last season and played key minutes last year. She also averaged 1.5 points.

Looking to the bench, junior Tatum Dunlavy also logged significant minutes as a freshman and will see her minutes increase this year.

"We feel really good about these six returners," said ELC coach Don Martindale. "I think we will be a much faster up-tempo team defensively. We're hoping we'll be able to turn teams over and create easy runouts. Not much is going to change in the way that we play.

"I'm blessed to have kids that can play this style and, more importantly, bought into this style," he said.

"Hillary, Tatum, and sophomore Cara Schiltz will give us valuable minutes off the bench and will be in our rotation."

Martindale said the goals never change from year to year.

"We want to be better after each practice

2022-23 SCHEDULE

Nov. 22	Manson NW Webster	Dec. 22	@Central Lyon
Nov. 28	@Algona	Jan. 5	@Newell-Fonda
Nov. 29	Sioux Central	Jan. 6	Cherokee
Dec. 3	West Hancock	Jan. 10	@Spencer
Dec. 5	@North Union	Jan. 13	Spirit Lake
Dec. 9	Jackson County Central	Jan. 20	Storm Lake
Dec. 10	Okoboji	Jan. 24	Spencer
Dec. 13	Newell-Fonda	Jan. 27	@Cherokee
Dec. 16	@Storm Lake	Feb. 3	@Spirit Lake
Dec. 17	Lincoln Lutheran@Sioux City	Feb. 7	@Emmettburg
Dec. 20	Emmettburg		

and each game," he said. "We certainly want to keep what's been a staple of our program—great team chemistry. We want to be playing our best basketball come postseason time and enjoying the grind as well as each other as teammates."

Sophomore Evi Nath also joins the roster after being injured last season. Three freshmen round out the varsity roster—Morgan Clabaugh, Zoey DeRuyter, and Lexi Juergens.

With the Lakes Conference down to five schools with the departure of Western Christian, ELC will look to defend its league title after posting a 10-0 record last season.

The Lakes Conference feature three other very good teams in Spencer, Spirit Lake and

Cherokee, Martindale said.

"Our non-conference schedule is loaded," he continued. "We play perennial power Newell-Fonda twice. We play a Central Lyon team that will probably be a Top 5 team in Class 2A. We play a much-improved Algona team. We are going to play Lincoln Lutheran of Lincoln, Neb., who was in the state championship in their class last year. We'll also see a senior-laden Okoboji team—it's Northwest Iowa basketball—you'll need to be ready to play every night."

Martindale returns assistant coaches Scott Stokes and Annie Kalous with Mitch Krein added to the staff this year.

"Between our players and our coaching staff, I think we have the makings of a really good year," the coach said.

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ESTHERVILLE LINCOLN CENTRAL MIDGETS



The 2022-23 Estherville Lincoln Central Boys Basketball Team includes, front from left, Luke Heinrichs, Tate White, Aaron Armstrong, Alexander Sheridan; middle row: Owen Larson, Blake Andrews, Blake Evans, Brenden Lundgren; back row: Cael Miller, Jordan Jensen, Logan Nissen. Not pictured are Sincere McMurrin and Carson Grange.

Photo by David Swartz

Midgets expect another winning season in 2022-23

By DAVID SWARTZ
MANAGING EDITOR

After finishing with its best record in about 25 years, the Estherville Lincoln Central Boys Basketball Team will see if it can repeat that success for the 2022-23 season.

Junior Owen Larson will again be the squad's leader after averaged 22.1 points, 5.6 rebounds, 5.1 assists, and 2.5 steals per game last season. He shot 51.1 percent (190-of-372) percent from the floor including 43.1 percent (81-of-188) from 3-point range and 81.2 percent (69-of-85) from the free throw line.

ELC will look to replace the six seniors who graduated—Ryan Schiltz, Blake Ingvall, Adrian Vaughn, Jack Jensen, Tristan Howard and Grant Love.

This year's senior Logan Nissen returns with the most varsity experience after starting six games and playing in 23 of the 24 games. He averaged 2.9 points and 3.0 rebounds last season. Other returning letter winners include seniors Blake Evans, Alexander Sheridan, and Carson Grange and juniors Jordan Jensen, Cael Miller, Aaron Armstrong and Luke Heinrichs.

"Last year's team was more skilled offensively in terms of some guys being able to shoot a little better," said ELC Coach

Nick Gruhlke. "I really like how hard this group works. Last year that was one of our strengths too. Our guys work their tails off."

Joining Larson and Nissen in the starting lineup are Jordan Jensen and Blake Evans. Several players are vying for the fifth spot—Heinrichs, Armstrong, Miller, Sincere McMurrin and Blake Andrews.

"Defensively, they're similar. Cael probably has a little advantage as he's a little bigger than the others. We might not know until January who those No. 5 and No. 6 players are," said Gruhlke.

Of Larson, Gruhlke said the junior is a lot stronger than he was a year ago.

"I anticipate him finishing well around the rim," said Gruhlke. "He's put a lot of time in the gym, obviously. He's shot very well from the 3-point line in practice. He's going to have to do a great job this year—which he does—in finding the open teammates. He's always a pass-first guy."

A year ago, ELC finished third in the Lakes Conference with a 5-5 record—the key included a rare win over Western Christian, which has left the league.

The Lakes Conference now has just five teams—ELC, Spirit Lake, Spencer, Storm Lake, and Cherokee.

"Spirit Lake returns nearly everyone from

2022-23 SCHEDULE

Nov. 28	@Algona	Jan. 5	@Newell-Fonda
Nov. 29	Sioux Central	Jan. 6	Cherokee
Dec. 3	West Hancock	Jan. 10	@Spencer
Dec. 5	@North Union	Jan. 13	Spirit Lake
Dec. 9	Jackson County Central	Jan. 20	Storm Lake
Dec. 10	Okoboji	Jan. 24	Spencer
Dec. 13	Newell-Fonda	Jan. 27	@Cherokee
Dec. 16	@Storm Lake	Feb. 3	@Spirit Lake
Dec. 17	Lincoln Lutheran@Sioux City	Feb. 7	@Emmettburg
Dec. 20	Emmetsburg	Feb. 9	@Pocahontas
Dec. 22	@Central Lyon		

their core group of eight or nine guys," said Gruhlke. "They also have a player that moved in that's about 6-6. Spencer's always tough—losing Karter Petzenhauser hurt them, but they have a pretty group. Between us three, I think we should vie for that top spot in the conference. Cherokee lost quite a few guys and Storm Lake lost its top 10 or 11 guys (to graduation). I don't know what to expect from them."

ELC has added some tough competition to its schedule.

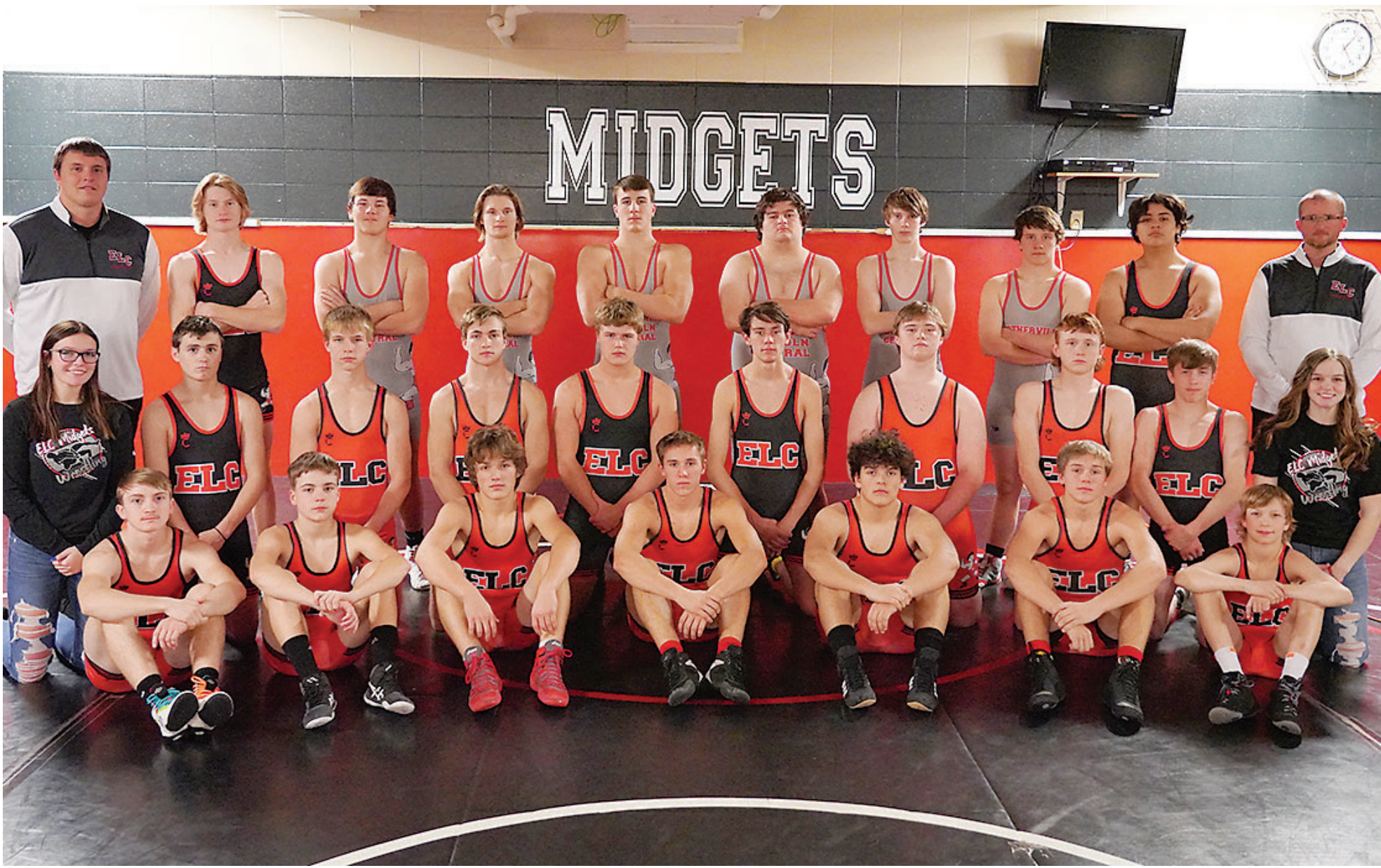
"It's tough—there's not a lot of games you can circle and expect you're going to win," said Gruhlke. "We play Newell-Fonda twice, which is always a great game. Sioux Central didn't lose anyone. Algona was young last year, so I think they'll be good to start the year off. Jackson (County Central) was young last year too and they're all back. Our conference teams that we play lost quite a few players, but the other teams that we play return quite a few."

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The 2022-23 Estherville Lincoln Central Wrestling Team includes, front from left, Braxton Johnson, Brody Olson, Loki Hatland, Bennett Duitsman, Breyden Rodriguez, Warren Duitsman, Clayton Burton; middle row: statistician Brooklyn Iverson, Ayden Johnson, James Richard, Christopher Bodle, Aiden Deim, Parker Duitsman, Braxton Myers, Layton Yager, Austin Hansen; statistician Kamryn Hilton; back row: head coach Nick Hogan, Wes Martin, Cade Crees, Will Martin, Morgan Dalen, Jess Christensen, Isaac Reineke, Ashton Bradley, Rafael Diaz and assistant coach Nate Dunlavy.

Photo by David Swartz

Young wrestlers help fill up ELC lineup for 2022-23

By DAVID SWARTZ
MANAGING EDITOR

An influx of newcomers will bolster the Estherville Lincoln Central Wrestling Program in Coach Nick Hogan's second season at the helm of the Midgets.

The coach talked about the difference from last year's squad.

"We are having a shift to a more youthful roster as opposed to being reliant on older wrestlers last season," said Hogan. "We also are looking at having closer to a full lineup this season."

Six seniors return for their final season in Isaac Reineke, Will Martin, Ashton Bradley, Morgan Dalen, Cade Crees, and Jess Christensen

Will Martin along with Parker Duitsman and Austin Hansen are the returning district qualifiers from a year ago.

Wes Martin also returns for the squad.

Of the returning wrestlers, Hansen had the best record with a 36-2 record. Others with winning records last season are as follows: Crees was 16-6, Wes Martin was 30-12,

Bradley was 11-7, and Duitsman was 24-17.

Hogan talked about the leadership for this year's team.

"Our returning district qualifiers as well as our seniors have been the ones who have adopted that leadership role on the team," he said.

However, there are many newcomers looking to challenge for a spot in the lineup.

"We have some young wrestlers who are coming off a solid season where they wrestled at the AAU State Tournament," said Hogan. "Those include Bennett and Warren Duitsman, James Richard, Clayton Burton, and Layton Yager. We also have Brody Olson who could wrestle some significant varsity time at our lower weights.

Following wrestle offs on Monday, Nov. 21, Hogan lists the following as the line-up with the back-ups at each weight.

- 106: Austin Hansen; 2. Clayton Burton
- 113: Brody Olson
- 120: Braxton Johnson; 2. Ayden Johnson
- 126: Wes Martin
- 132: Layton Yager; 2. Isaac Reineke

2022-23 SCHEDULE

Dec. 1	Humboldt	Jan. 10	@Okoboji w/Algona, Blue Earth
Dec. 3	@Okoboji Tourney	Jan. 12	@Central Lyon w/BHRV, Sioux Falls
Dec. 6	East Sac, Ridge View, SCC	Jan. 14	@ Lake Mills Tourney
Dec. 10	@Emmetsburg Tourney	Jan. 24	@Emmetsburg w/Spirit Lake
Dec. 13	Alta-Aurelia, Pocahontas	Jan. 26	@Cherokee (Lakes Tourney)
Dec. 15	@Storm Lake w/MOCFV, S-O	Feb. 11	@District
Dec. 17	@Roland-Story Tourney	Feb. 16-18	@State
Jan. 5	Cherokee, Spencer		

138: James Richard; 2. Parker Duitsman
145: Warren Duitsman; 2. Will Martin; 3. Loki Hatland
152: Bennett Duitsman; 2. Chris Bodle
160: Ashton Bradley
170: Cade Crees
182: Morgan Dalen; 2. Breyden Rodriguez
195: Aiden Deim
220: Rafael Diaz
HWT: Jess Christensen; 2. Braxton Myers
With Western Christian dropping out of the Lakes Conference this season, just five

teams remain.

"I think all five teams in the conference are going to have some tough wrestlers, but with Spirit Lake and Cherokee in our District we might have to put a little more focus on those matches," said Hogan.

How will Hogan define success this season?

"We will define success by the growth that we see from our guys during the season," he said. "With a young team, experience is going to be our best success this season."

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Estherville Lincoln Central members of the 2022-23 Emmetsburg/ELC Boys Bowling Team are, front from left, Easton Wedebrand, Cesar Padilla, Joaquin Mata Diaz back row: Preston Crees, Carter Ingvall, and Evan Wedebrand.

Six ELC bowlers to compete in shared program with Emmetsburg

By DAVID SWARTZ
MANAGING EDITOR

Six Estherville Lincoln Central student-athletes will help form the first boys' bowling team in the shared program with Emmetsburg.

As the host school for the program, Emmetsburg will host the season's two home meets. ELC's team members are Easton Wedebrand, Cesar Padilla, Joaquin Mata Diaz, Preston Crees, Carter Ingvall, and Evan Wedebrand.

Iowa has three classes for bowling—1A, 2A, and 3A.

Emmetsburg/ELC will be in Class 2A. There are 32 teams in that class.

State-qualifying meets are a one-day tournament.

Teams will bowl 15 baker games and the top total pins would advance to the State Meet. Class 3A and 2A state qualifying meets would have four sites with eight teams at each site, with the top two teams at each site qualifying for the State Team Tournament.

Individuals at the state qualifying meet will bowl three games. The top eight scores from each Class 3A/2A site qualify for the state individual tournament for a total of 32

2022-23 SCHEDULE*

Nov. 28	North Iowa*	Jan. 17	@ Sanborn
Dec. 6	@ Spencer	Jan. 31	Pocahontas Area*
Dec. 9	@ Fort Dodge	Feb. 6	@ West Sioux, Hawarden
Dec. 20	@ Pocahontas		
Jan. 2	@ North Iowa		
Jan. 9	@ Sioux Rapids		

* Home meets are at Shamrock Lanes in Emmetsburg

individual qualifiers.

Boys qualifying meets are Feb. 14, 2023 with the state tournament held Feb. 20-22. Watch for more information on bowling following the team's first meet on Nov. 28.



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The 2022-23 North Union Girls Basketball Team includes, front from left, Emily Meyer, Shelby Fraker, Olivia Von Bank; middle row: Naomi Jones, Libby Stevens, Jo Oleson; back row: Macy Colegrove, Hannah Nielsen, Ava Steinberger and Olivia Merrill.

Photo by Kim Meyer

Warriors ready for new season of roundball

By **DAVID SWARTZ**
MANAGING EDITOR

ARMSTRONG — Although North Union Girls Basketball lost six seniors to graduation from a year ago, Coach Merle Tigges still expects a lot from his squad in 2022-23.

The Warriors finished 16-6 overall and placed second in the Top of Iowa West Standings with a 13-3 record. Only Class 1A Champion Bishop Garrigan fared better in the league, as they went 16-0.

North Union returns two key starters from last year's squad in senior Olivia Von Bank and junior Naomi Jones.

Jones led a balanced team with 9.4 points per game while also recording 3.8 rebounds, 3.5 steals and 1.8 assists per contest. Von Bank was third on the team in scoring with 7.8 points per game to go along with 4.7 rebounds, 3.1 steals and 1.5 assists.

Other key returners that saw significant

playing time are junior Libby Stevens and senior Emily Meyer.

Two other players, senior Shelby Fraker and junior Olivia Merrill, are ready to step up for their turn.

"We're six deep while working to develop our bench," said Tigges. "These six are juniors and seniors that have played a lot of minutes, whether on varsity or junior varsity the last couple of years and are ready for the next step."

"Naomi, Libby and Shelby, will be at the guards, are all quick and aggressive," he continued.

Von Bank and Meyer are both solid players and Merrill is a 5-11 player that can post up and play well around the basket, he said.

Rounding out the varsity roster are Macy Colegrove, Jo Oleson, Ava Steinberger and Hannah Nelson.

Looking at the Top of Iowa West race, defending Class 1A champion Bishop Garrigan is the favorite to win the league

2022-23 SCHEDULE

Nov. 22	West Bend-Mallard	Jan. 6	Garner-Hayfield-Ventura
Dec. 2	@North Iowa	Jan. 10	@GT/RA
Dec. 5	Estherville Lincoln Central	Jan. 13	North Iowa
Dec. 6	Forest City	Jan. 17	@Forest City
Dec. 9	@West Hancock	Jan. 20	West Hancock
Dec. 12	Northwood-Kensett	Jan. 24	@Belmond-Klemme
Dec. 13	Belmond-Klemme	Jan. 27	Bishop Garrigan
Dec. 19	@Bishop Garrigan	Jan. 31	Eagle Grove
Dec. 20	Lake Mills	Feb. 3	@Garner-Hayfield-Ventura
Jan. 3	@Eagle Grove	Feb. 7	@Lake Mills

again. The Golden Bears have been to the 1A finals each of the last three years and return their top three scorers from a year including University of Iowa recruit Audi Crooks.

Of the rest of the conference, Tigges said Forest City, West Hancock, Garner-Hayfield-Ventura, Lake Mills and Belmond-

Klemme all return solid teams.

"We just look to be competitive night in and night out in our conference," Tigges said. "We're also playing some good teams in the Twin Lakes Conference as well as Estherville Lincoln Central (last year's Class 3A champion). I'm curious to see how we compete this year."

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The 2022-23 Graettinger-Terril/Ruthven-Ayrshire Girls Basketball Team includes, front from left, Olivia Anderson, Ally Hanson, Zoey Gilmore, Isabella Anderson; middle row: Taylor Krull, Olivia Sorenson, Adri Krieger, Josi Rieman, Madison Fay; top: Gabby Conlon.

Photo by Kandi Terwilliger

Three starters return to lead Titan squad

By DAVID SWARTZ
MANAGING EDITOR

GRAETTINGER — With three starters returning from last year’s squad, the Graettinger-Terril/Ruthven-Ayrshire Girls Basketball Team will try to improve on the 8-15 record of a year ago.

Lucas Hough begins his third season at the helm of the Titans and will be assisted by Brent Dyhrkopp.

Nine girls reported to practice this season including three returning starters — seniors Adri Krieger and Ally Hanson and junior Josie Reiman. Senior Gabby Conlon also played key minutes last season as did juniors Madison Fay and Taylor Krull who all return for this season.

“The upperclassmen have lots of game experience,” said Coach Hough. “All of the upperclassmen will serve as leaders because

they have the experience.”

Newcomers that will have an opportunity to play are Zoey Gilmore, Olivia Anderson and Isabell Anderson.

Krieger is the top returning scorer from a year ago. She averaged 8.3 points, 6.0 rebounds and 1.4 steals per game last year. Reiman is next, as she averaged 5.3 points, 5.7 rebounds, 1.1 steals and 1.0 assists per game. Hanson averaged 5.1 points, 4.0 rebounds and 2.0 steals per contest.

Hough said his definition of success for this team is “getting better every day.”

The Titans tied for seventh in the Twin Lakes Conference last season with a 4-7 record. Hough said the teams to watch in the league this season are Newell-Fonda, South Central Calhoun, Pocahontas Area, and Sioux Central.

Newell-Fonda lost in a Class A semifinal

2022-23 SCHEDULE

Nov. 22	@Harris-Lake Park	Jan. 10	North Union
Nov. 29	West Bend-Mallard	Jan. 13	Pocahontas Area
Dec. 2	@Emmetsburg	Jan. 17	Alta-Aurelia
Dec. 6	St. Mary’s, Storm Lake	Jan. 20	@West Bend-Mallard
Dec. 9	@South Central Calhoun	Jan. 24	@St. Mary’s, Storm Lake
Dec. 13	@Hartley-Melvin-Sanborn	Jan. 27	Southeast Valley
Dec. 16	East Sac County	Jan. 28	@East Sac County
Dec. 17	@Okoboji	Jan. 31	Newell-Fonda
Jan. 5	@North Iowa	Feb. 3	@Sioux Central
Jan. 6	@Manson-Northwest webster	Feb. 6	MMCRU
Jan. 9	Sioux Central		

last year after having won the state title the previous two years. While they lost their

leading scorer to graduation, the rest of the Mustang starters return.

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GO TITANS!



The 2022-23 North Union Boys Basketball Team includes, front from left, Grady Madden, Kyan Jones, Teagon Fothergill, Logan Odegaard, Preston Guerdet, Drew Henderson; back row: Danyal Fothergill, Aiden Lofstrom, Kody Irmiter, Bryce Beschorner, Nick Arndorfer and Khael Jones. Missing from photo Caden Walders.

Photo by Kim Meyer

Experience should bring more success to Warriors

By DAVID SWARTZ
MANAGING EDITOR

ARMSTRONG — With many key players returning, the North Union Boys Basketball Team expects to improve on last year's record of 8-13.

"Last year was the first year of varsity experience for a lot of our guys," said North Union Coach Alex Fisher, who begins his ninth season as the team's head coach. "We are older now and will primarily play upperclassmen. This will help with the speed and physicality of the game. We should have more ability to score and defend this year."

Steve Ryan is the assistant coach.

Key returning players are seniors Teagon Fothergill and Logan Odegaard along with juniors Dan Fothergill, Preston Guerdet, Kyan Jones, and Aiden Lofstrom.

Fisher said the six players accounted for 84 percent of the offense a year ago.

"They've also had a good offseason," he said. "We should have a balanced attack. We shouldn't have to rely on just one or two individuals to handle the majority of scoring. We will have good ball handlers who can create offense for us. Our shooting should also be improved compared to last season."

Lofstrom was the team's leading scorer a year ago and averaged 11.2 points and 5.0 rebounds per game. Odegaard was next

at 8.9 points and 3.8 rebounds per game. Danyal Fothergill averaged 6.4 points per game, Teagon Fothergill averaged 6.1 points per game and Jones averaged 5.2 points, 5.2 assists, 4.5 rebounds and 2.5 steals per game. Guerdet averaged 4.2 points per game.

Of course, there's always room for improvement.

"Although improved, we still need to be more physical and defend and score in the paint better," said Fisher. "Against bigger, more physical teams, we struggled in stopping teams scoring at close range and also struggled on the glass. We settled for too many outside shot attempts against those teams as well."

Fisher said the seniors will be this year's leaders.

"Teagon Fothergill and Logan Odegaard are our only seniors out and have been great leaders for us," said Fisher. "They have been coachable and led by example. Both have put in a lot of work the past couple of years to be good basketball players. We will look to lean on them during times of adversity and hope they continue to be great teammates and young men."

One sophomore will also add to the Warriors' depth.

"Grady Madden, better known as 'Jimmy,' will put in some big minutes for us this year," said Fisher. "He had a great freshman

2022-23 SCHEDULE

Nov. 28	@West Bend-Mallard	Jan. 6	Garner-Hayfield-Ventura
Dec. 2	@North Iowa	Jan. 10	@GT/RA
Dec. 5	Estherville Lincoln Central	Jan. 13	North Iowa
Dec. 6	Forest City	Jan. 17	@Forest City
Dec. 9	@West Hancock	Jan. 20	West Hancock
Dec. 12	Northwood-Kensett	Jan. 24	@Belmond-Klemme
Dec. 13	Belmond-Klemme	Jan. 27	Bishop Garrigan
Dec. 16	Westwood @Sioux City	Jan. 31	Eagle Grove
Dec. 19	@Bishop Garrigan	Feb. 3	@Garner-Hayfield-Ventura
Dec. 20	Lake Mills	Feb. 7	@Lake Mills
Jan. 3	@Eagle Grove		

season on our lower-level teams and a great summer of basketball. He brings a lot of energy, talk, and ability on the floor when he is in. He also makes the guys around him better which is a quality every coach loves."

A year ago, North Union finished tied for seventh in the Top of Iowa West Conference with a 6-10 record in the league. Lake Mills swept the conference with a 16-0 record.

"I think the Top of Iowa West is sort of wide open this year," said Fisher. "Lake Mills graduated a lot but also brings back a lot of talent. West Hancock will be in the mix with their bigs and ability to win the paint. Forest City and GHV (Garner-Hayfield-Ventura) are perennial contenders

and will be good again. I feel like we can be in the mix as well with the talent we bring back. I think there will be a lot of good conference games this year that could have title implications."

Fisher talked about the goals for the team this season.

"Our goal is to consistently improve and take it one game at a time," Fisher said. "We play a tough schedule again this year but our mindset is we can beat anyone we line up against if we play hard and play together. We want to be playing our best basketball come February and make a run come tournament time."

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GRAETTINGER-TERRIL/RUTHVEN-AYRSHIRE TITANS



The 2022-23, Graettinger-Terril/Ruthven-Ayrshire Boys Basketball Team includes, front from left, Kory Hough, Eric Heinrichs, Max Hough, Isaac Murphy, Drew Schnell, Kasey Hough; middle row: Sean Tayarat, Teagan Hanson, Jaxson Schnell, Lucas Girres, Wyatt Iwen, Will Darr, Dillion Tindall; back row: Andrew Kral, Justin Wu, Collin Hoffmatn, Zach Borchers, Sullivan Hall, Shane Moran, and Patrick Fiddler.

Photo by Kandi Terwilliger

Experienced Titans return four starters to lead team

By DAVID SWARTZ
MANAGING EDITOR

GRAETTINGER — Coming off its first winning season in four years, the Graettinger-Terril/Ruthven-Ayrshire Boys Basketball Team will look for even more success.

The Titans finished 17-7 a year ago and lost one senior to graduation in Dalton Young.

GT/RA's four returning senior starters—Drew Schnell, Max Hough, Eric Heinrichs, and Kory Hough—all averaged double digits in points a year ago.

Schnell averaged 15.1 points, 3.1 rebounds, 2.1 steals and 2.0 assists last season while shooting 44 percent from the field, 40 percent from 3-point range and 70 percent from the free throw line.

Max Hough averaged 12.3 points, 6.8 assists, 5.9 rebounds and 3.8 steals per contest while shooting 33.8 percent from the field and nearly 70 percent from the free throw line.

Heinrichs averaged 12.1 points, 4.5

rebounds, 2.2 assists and 1.4 steals while shooting 45 percent from the field and 35 percent from the 3-point line.

Kory Hough averaged 10.9 points, 6.0 rebounds, 3.0 assists and 2.0 steals per game while shooting 47.8 percent from the field and 60.5 percent from the free throw line.

Fellow seniors Patrick Fiddler and Andrew Kral return to bolster the lineup as do junior Colin Hoffman and sophomore Kasey Hough, who saw varsity minutes on the court.

GT/RA head coach Randy Hough is in his 21st season, having started at Ruthven-Ayrshire and continuing the head coaching role since sharing the program with Graettinger-Terril. He is assisted by Matt Masters.

“We should be a very experienced team,” Coach Hough said. “I would like to see better rebounding and free throw shooting.”

The coach said the entire senior class will serve as this year's leaders and junior Isaac Murphy and Sullivan Hall are both promising newcomers. Seventeen players in

2022-23 SCHEDULE

Nov. 29	West Bend-Mallard	Jan. 13	Pocahontas Area
Dec. 2	@Emmetsburg	Jan. 17	Alta-Aurelia
Dec. 6	St. Mary's, Storm Lake	Jan. 20	@West Bend-Mallard
Dec. 9	@South Central Calhoun	Jan. 24	@St. Mary's, Storm Lake
Dec. 13	@Hartley-Melvin-Sanborn	Jan. 27	Southeast Valley
Dec. 16	East Sac County	Jan. 28	@East Sac County
Dec. 17	@Okoboji	Jan. 31	Newell-Fonda
Jan. 5	@North Iowa	Feb. 3	@Sioux Central
Jan. 6	@Manson-Northwest webster	Feb. 6	MMCRU
Jan. 9	Sioux Central	Feb. 10	@Harris-Lake Park
Jan. 10	North Union		

grades 9-12 reported to practice this season.

A year ago, GT/RA finished tied for fourth in the Twin Lakes Conference with East Sac County, as both teams finished with a 7-4 league record.

Newell-Fonda placed first at 11-0 followed by Sioux Central at 10-1 and South Central Calhoun at 9-2.

All three teams lost little to graduation and Coach Randy Hough says they are the teams to watch again this year.

How will Coach Hough define success this season?

“Win the games we should win and the players always play up to their ability,” he said.

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The 2022-23 North Union Wrestling Team includes, front from left, Koen Zotz, Kade Madden, Landon Price, Kaleb Lufkin, Liam Kollasch, Ethan Preston; back row: Draven Keeler, Dalton Tobin, Lucas Dreyer, Brennan Bollinger, Kolton Walter, Gavyn Morphew, and Kacey Hamsmith. Not pictured is Josh Rogers.

Photo by Kim Meyer

Warriors returns 11 letterwinners for 2022-23

By DAVID SWARTZ
MANAGING EDITOR

SWEA CITY — Coach Joe Johnson and the North Union Wrestling Team look to fill most of the 14 weights this season as the Warriors begin their ninth year of the program.

North Union finished with a 14-9 dual record and placed 17th in the Top of Iowa Conference Duals and 11th at the Top of Iowa Conference Tournament.

Fourteen wrestlers reported to practice and Coach Johnson is assisted by Brady Anderson.

Three seniors return for their final season—Dalton Tobin, Kacey Hamsmith and Kaleb Lufkin.

Coach Johnson talked about the differences between this year's team and last year's.

"We've already had three wrestlers quit from last year's team, but we got two new freshmen," said Johnson. "This team is much more experienced than last year and has more confidence."

Of the 14 wrestlers, 11 lettered last season including the three seniors along with Ethan Preston, Koen Zotz, Landon Price, Liam Kollasch, Gavyn Morphew, Lucas Dreyer,

Brennan Bollinger and Kolton Walter.

Johnson talked about the leadership on this year's team.

"I want everyone to take a leadership role whether they are freshmen or seniors," he said. "I have seen all the guys lead by example in and out of the wrestling room, but I have challenged all of our guys to be more vocal in a positive way. The captains will change on a weekly basis depending on who is leading the team in all areas on and off the mat."

Kade Madden and Draven Keeler are the newcomers to this year's team.

"Neither one has a lot of previous experience, but I love what I've seen from them so far," Johnson said. "Both are very coachable and work their tails off every day."

The coach lists the following as the probable line-up.

- 106: Ethan Preston (10)
- 113: Koen Zotz (10)
- 120: Landon Price (10)
- 126: Kade Madden (9)
- 132: Liam Kollasch (11)
- 138: Gavyn Morphew (11)
- 145: Dalton Tobin (12)

2022-23 SCHEDULE

Dec. 1	@North Butler, w/N-K, Osage	Jan. 12	@Newman Catholic
Dec. 3	@Okoboji Tourney	Jan. 14	@Lake Mills Tourney
Dec. 6	@Pocahontas w/Sx Central, WB-M	Jan. 21	@Ogden Tourney
Dec. 10	@Sibley-Ocheyedan Tourney	Jan. 24	@Garner-HV w/N-K, West Fork
Dec. 17	@Cherokee Tourney	Jan. 28	@Forest City (Conference)
Dec. 20	@Nashua-Plainfield w/Forest City, Rockford	Feb. 2	@West Bend-Mallard w/GT/RA, N-K
Jan. 5	Eagle Grove, GHV, West Hancock	Feb. 11	@District
Jan. 7	@GT/RA Tourney	Feb. 16-18	@State

- Josh Rogers (11)
- 152: OPEN
- 160: Draven Keeler (9)
- 170: Lucas Dreyer (10)
- 182: Kacey Hamsmith (12)
- 195: Kaleb Lufkin (12)
- 220: Brennan Bollinger (10)
- 285: Kolton Walter (10)

Of the returning wrestlers, Price posted the best record last season, as he compiled a 35-3 record. Five other wrestlers had winning records—Preston was 24-13, Tobin was 28-16, Zotz was 10-6, Lufkin was 20-19 and Morphew was 23-22.

Johnson talked about the upcoming season in the Top of Iowa Conference.

"Our conference should be very tough again," said Johnson. "Osage will be the front runner. They are ranked #44 in the country. We will have them in the first dual of the season."

How does Johnson define success this season?

"For us, success is defined by our ability to overcome adversity throughout the season, having a positive mindset, and controlling only the things that we can control," he said.



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GRAETTINGER-TERRIL/RUTHVEN-AYRSHIRE TITANS



The 2022-23 Graettinger-Terril/Ruthven-Ayrshire Wrestling Team includes, front from left, Manager Korbyn Dietrich, Caleb Swedin, Koda Saul, Isaiah Malm, Kael Balsley, Brock Simington, and Manager Brady Harris; middle row: Manager Alissa Palsrok, Aaron Wilson, Cael Currans, Luke Malm, Braden Simington, Bryce Rosacker, Hayden Gilmore, Kenny Ness, and Manager Kenzie DeMoss; back row: Coach Tyler Hoffman, Head Coach Alex Helmich, Coach Doug Hoffman, Kinnick Peton, Owen DeMoss, Wyatt Haffner, Donovan Young, Jordan Saul, Clayton Schroeder, Treyton Kleve, Coach David Greenwald, and Coach Max Bergo

Photo by Kandi Terwilleger

Titans look to be competitive on the mats as weights fill in

By JAY SCHONING

Nineteen athletes reported out this season for GTRA Titan wrestling which will kick off in Spencer on Thursday, Dec. 1 with a triangular pitting the Titans against Spencer and Okoboji/Milford.

Titans head coach Alex Helmich is looking forward to the season

“We have a large freshman class to help fill the weight classes,” he said. “Last year we were giving up 4 to 5 weight classes and that makes it hard to compete as a team. This year we should fill 13 to 14 weight classes and be a very competitive team.”

Last year the Titans finished 4-14 in duals and sixth in the Twin Lakes Conference Tournament. With 19 reporting out, and anchored by three returning seniors—Bryce Rosacker, Clayton Schroeder and Jordan Saul – Coach Helmich is looking forward to a much improved year as a team.

Helmich, in his eighth season as head coach, will be assisted by Doug Hoffman, Max Bergo, David Greenwald, Paul Williams and Tyler Hoffman.

Coach Helmich sees the team’s strengths in his seniors this year along with some incoming freshmen. “Jordan Saul returns as

a senior,” said Helmich. “He was one place away from the state tournament and beat several high quality wrestlers last season. Clayton Schroeder and Bryce Rosacker were also solid contributors the last few seasons. Caleb Swedin comes in as a freshman with significant AAU state experience.”

Returning Titans from last season include Jordan Saul, Bryce Rosacker, Clayton Schroeder, Treyton Kleve, Aaron Wilson, Isaiah Malm, Owen DeMoss, Donovan Young, and Wyatt Haffner.

“All of these guys bring good experience to the team and I look for them to take a big step this year. We need to see consistency from meet to meet this year. That starts with consistency in the practice room,” Helmich said.

Helmich looks for leadership from the team captains as well: “Jordan Saul, Bryce Rosacker, Clayton Schroeder, Braden Simington, and Wyatt Haffner—These are our captains for this year that were voted on by the team. They have all brought great attitudes to the team and great effort to the practice room. Wyatt, Braden, and Bryce have also been consistent in the weight room, and they do a nice job leading others

2022-23 SCHEDULE

Dec. 1	Spencer w/Okoboji	Jan. 10	@Sioux Central w/Spirit Lake
Dec. 3	@Okoboji Tourney	Jan. 12	Alta-Aurelia, East Sac, Kingsley-Pierson
Dec. 6	@Sibley-Ocheyedan w/Emmetsburg	Jan. 14	@Twin Lakes Tourney
Dec. 8	@ SE Valley w/SCC, Pocahontas	Jan. 20-21	@OABCIG Tourney
Dec. 10	@Sibley-Ocheyedan Tourney	Jan. 24	ELC, Manson-NW Webster
Dec. 13	North Union, N-K, WB-M	Jan. 28	@Pocahontas Tourney
Dec. 15	Alta-Aurelia, Sioux Central	Feb. 11	@District
Dec. 17	@West Hancock Tourney	Feb. 16-18	@State
Jan. 7	GT/RA Tournament		

in that way.”

Coach Helmich is excited about the teams newcomers as well.

“Braden Simington is a junior newcomer. The Simington family moved to Ruthven from Spencer. He and Brock are great additions to the team. Braden has really looked fantastic in practice and I like the attitude and effort he brings. I mentioned Caleb Swedin and the experience that he brings with him. I think he will have a great season this year. I really like the entire freshman class. They not only bring significant numbers to the team, but they are

all good kids off the mat too.”

The other newcomers are Brock Simington, Luke Malm, Hayden Gilmore, Koda Saul, Kenny Ness, Kinnick Peton, and Cael Currans.

Coach Helmich sees where Emmetsburg would be the favorite in the Twin Lakes Conference to repeat. “Our district includes tough teams like West Sioux and Akron-Westfield. I think we will surprise some teams this year though. If we compete to the best of our ability and continue to improve throughout the season, we will be successful.”

Five girls take part in first-year wrestling program

By DAVID SWARTZ
MANAGING EDITOR

Five girls will form the first Graettinger-Terril/Ruthven-Ayrshire Girls Wrestling Team this season.

Max Bergo will take the reins of the first-year program for the Titans, as girls’ wrestling teams are formed throughout the state in the inaugural season, 2022-23.

“I will consider this season successful if the girls feel accomplished and build a good base of

skills for the next few years,” said Bergo. “Most of the girls are freshmen and we have one sophomore, so we should be looking strong in the coming seasons.”

Team members are Grace Gellerman, Tristan Guinn, Macy Higgins, Zoey Higgins

and Isabell Harris.

“Most have at least a year of experience, but I believe that it is Grace Gellerman’s first year

of wrestling,” said Bergo. “I think both of the Higgins girls did wrestling for the first time last year as well.”

Gellerman is the lone sophomore and will wrestle at 145 pounds. The remainder of the roster are freshmen. Guinn will wrestle at 110 pounds, with Zoey Higgins at 120 pounds, Harris at 135 pounds and Macy Higgins at 140 pounds.

Coach Bergo said the team’s strength is the “energy within the program.”

His goal is to grow the program.

The Titans will open the season at the

2022-23 SCHEDULE

Nov. 28	@ Manson NW Scramble	Jan. 7	@ Ogden Tourney
Dec. 2	@ Okoboji Scramble (4:30 PM)	Jan. 10	@ Sioux Central Triangular
Dec. 6	@ Sibley	Jan. 12	@ Kingsley-Pierson Quad
Dec. 8	@ Southeast Valley	Jan. 16	@ Emmetsburg (4:00 PM)
Dec. 9	@ Algona (4:00 PM)	Jan 27	@Regional
Dec. 17	@ Northwood Tourney	Feb 2-30	@ State
Jan. 2	@ Sheldon (4:00 PM)		



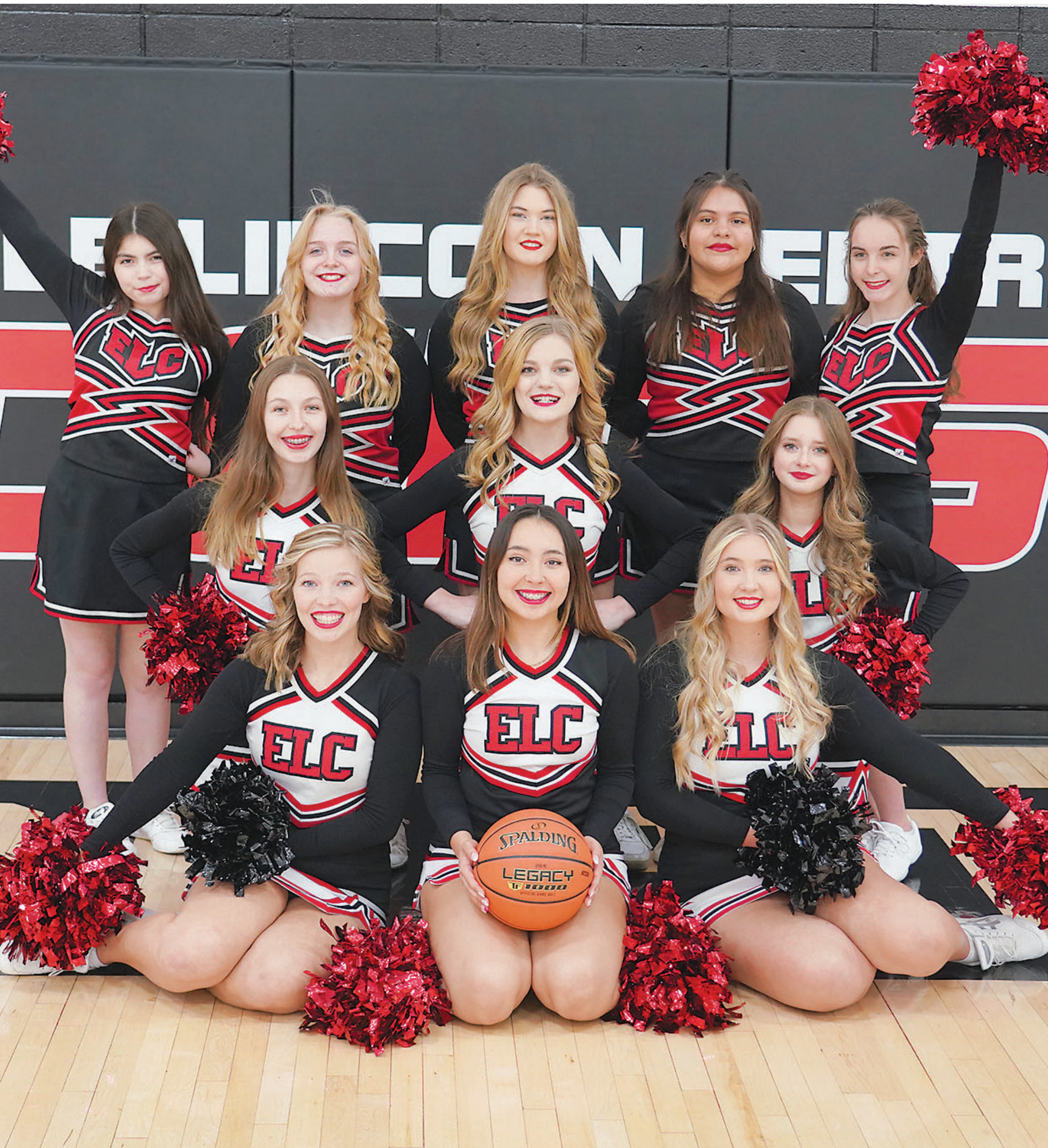
The 2022-23 Graettinger-Terril/Ruthven-Ayrshire Girls Wrestling Team includes, front from left, Trista Guinn, Isabelle Harris; back row: Zoey Higgins, Macy Higgins, and Grace Gellerman.

Manson-Northwest Webster Scramble on Nov. 28.

The Iowa Girls High School Athletic Union has set up 14 weight classes to be used for this season. Weight classes are 100, 105, 110, 115, 120, 125, 130, 135,140,145,

155, 170, 190, and 235.

The postseason regional qualifier will be held Friday, Jan. 27. The state tournament will be held Thursday and Friday, Feb. 2-3, 2023.



The 2022-23 Estherville Lincoln Central Basketball Cheerleaders are, front from left, Saige Hengeveld, Adrianna Theesfeld, Lillian Nitchals; middle row: Kiania Manning, Marcia Hengeveld, Alyssa Hansen; back row: Karlie Schroeder, Danica Lundgren, Grace Johnson, Jennifer Hernandez and Jena Johnson.



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ESTHERVILLE LINCOLN CENTRAL MIDGETS



The 2022-23 Estherville Lincoln Central Dance Team includes, front from left, Grace Lutat, Adrianna Theesfeld, Lillian Nitchals, Saige Hengeveld, Ella Helmich; back row: Hannah Nitchals, Delanie Rezac, America White, Josie Danner, Tessa Sokolofsky, Suri Shatto, and Alyssa Hansen.



The Estherville Lincoln Central Dance Team performed its routine to Kenny Loggins' "Danger Zone" at halftime of the first ELC girls' basketball game.

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ESTHERVILLE LINCOLN CENTRAL MIDGETS



The 2022-23 Estherville Lincoln Central Wrestling Cheerleaders are, front from left, Belen Rodriguez and Keyana Peaches; back row: Joie Christensen, Kiera Bingen, Alicia Sanchez, Ayilexus Whiting, Carsen Renze and Kaylin Fehlman.



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GRAETTINGER-TERRIL/RUTHVEN-AYRSHIRE TITANS



The 2022-23 Graettinger-Terril/Ruthven-Ayrshire Basketball Cheerleaders are, front from left, Keegan Valentine(so), Hannah Tindall(so); back row: Danielle Mielke(so), Layla Thompson(sr), Avery Wooten(sr), Hannah Williams(sr).

Photo by Kandi Terwilliger



The 2022-23 Graettinger-Terril/Ruthven-Ayrshire Wrestling Cheerleaders are, front from left, Naome Mickelson, Kylie Moore, Hailey Ebel; back row: Lilly Thompson, Olivia Upton, Lilly Hiney.

Photo by Kandi Terwilliger



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