

# Sports

St. Peter Herald



**BOYS HOCKEY**  
Q & A: Boys hockey captains like prospects for this season **6B**

Thursday

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Thursday, November 22, 2018

ATHLETES

GIRLS BASKETBALL

## Q & A: St. Peter girls basketball captains lead a new team

By **PAT BECK**  
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St. Peter girls basketball team is in a rebuilding season with the loss of five longtime players to graduation, but captains Jacey Welp, Signe Alger and Allie McCabe think the Saints can reload for another successful season.

Last season, the Saints finished 22-8 and as Section 2AA runner-up to Norwood-Young America.

That will be tough to match with the loss of graduating seniors Olivia McCabe, Ellie Johnson, Sienna Wiebusch, Kayla Oeltjenbruns and Bailey Nesje.

“They were a big part of our team, so we’re not as strong as we were last year,” Allie McCabe said. “But we can have the chemistry. If everybody steps up at practice and works hard, I think we can still compete.”

The Saints won’t have as much depth as last season.

“We definitely won’t have the numbers that we did last year, so we’re going to have to improvise,” Welp said. “So we’re going to have to get in shape to play more minutes.”

“Everybody’s going to have to fill in. We don’t have very many tall people. If I’ve got someone on my back, I’m going to have to post up. We’ve got to be able to shoot and dribble. We’ve got to be able to do everything.”

Alger still thinks the Saints have the ability to go all the way.

“Our team is not as strong as last year,” Alger said. “There’s big shoes to fill. But if we go into practice and games thinking we’re not as strong as we used to be, we’re not going to be. But if we can go into practices thinking we’re going to try and be as good as last year, it’s very possible. We have a lot of younger girls that can step up. We’ve got to make them think they can.”

The Saints tip off the season at 7:30 p.m. Nov. 27 at Mayer Lutheran.

**What are your individual strengths?**

Welp: “Defense has always been a thing that I take pride in. That’s something you can control and your effort, always trying to give 100 percent and get other people to give 100 percent. I’ve gotten better at shooting. Everyone can always improve on shooting.”

Alger: “Shooting. I always keep a positive attitude and keep the team in the game and positive, just being a good supporter of my team.”

McCabe: “My strengths are my defense. Communicating is a strength because I’m always doing it, and I’m really loud. Also, I have positive encouragement on the team.”

See **BASKETBALL** on 2B



St. Peter girls basketball captains (from left) Signe Alger, Allie McCabe and Jacey Welp bring positive attitudes to a team in a rebuilding season. (Pat Beck/St. Peter Herald)



On National Signing Day, four St. Peter High School Athletes sign scholarships to Division I and II colleges. From left are Carter Doose (DII golf at St. Cloud State University), Andy Regner (DII baseball at Minnesota State University-Mankato), Jade Reicks (DI track and field at University of Minnesota) and Claire Nuessmeier (DI volleyball at Marquette University). (Pat Beck/St. Peter Herald)

# APPRECIATING OPPORTUNITY

## 4 St. Peter athletes earn college scholarships, sign letters of intent

By **PAT BECK**  
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In front of family, friends and coaches, four St. Peter High School seniors signed their letters of intent to play with Division I or II colleges Wednesday at the high school.

Two signed DI: Jade Reicks signed for track at the University of Minnesota, Twin Cities, and Claire Nuessmeier signed for volleyball with Marquette University, Milwaukee.

Two signed DII: Carter Doose signed for golf at St. Cloud State University and Andy Regner signed for baseball at Minnesota State University, Mankato.

The scholarships ranged from full to partial that can be upgraded with good performance, but all four Saints appreciate the opportunity to continue playing their favorite sport in college with financial support.

**Jade Reicks**

Reicks said he chose the Gophers because they have nice facilities and a great program.

“They got a brand-new outdoor track this year and a \$10 million indoor track next year,” he said. “They’re got great equipment, great teammates and a great coaching staff, so it was a pretty easy decision.”

Reicks, who will receive a partial scholarship, plans to run the 100 hurdles and the open 400 and possibly the 4x400 later.

A two-year state qualifier for state track, Reicks made it in his sophomore season in the 300-meter hurdles and

the 4x400 relay. As a junior he qualified again in the 300 hurdles and the 4x400 relay, as well as the 100 dash.

Reicks thinks he will run the 400 hurdles in college as well as he does in the 300 hurdles in high school.

“One of the things that makes me the athlete I am is being a hard worker and having a lot of drive during my races, so I think I’ll be able to push through a full 400 meters. Hopefully my endurance is there. I look forward to it.”

He plans to major in either physiology or biology with a career possibly in physical therapy.

It’s a big step up to DI, but Reicks thinks he can compete at that level.

“It will be a big change for sure competing against Division I athletes, but I’m ready to take it on,” Reicks said. “It will be fun and good to be training with great athletes and hopefully see a lot of improvement.”

**Claire Nuessmeier**

A four-year starting middle hitter in high school, Nuessmeier earned all-conference every year and served a captain for two years. She also has been a two-time state qualifier in the high jump.

The 6-foot-2 middle blocker led the team every year in kills and blocks.

She expects to stay in the middle front row in college and is excited to take her game to the DI level and facing tougher competition.

“I’ve got a lot of work to do,” she said. “I’ve got a lot of growing to do for college.”

Nuessmeier, who plans to study

biochemistry, will have a full ride scholarship for the first year with the potential for more years depending on how she performs on the court.

Marquette is ranked 17th in the country and second in the Big East Conference to Creighton.

Golden Eagles’ coaches noticed Nuessmeier playing in a national tournament and they contacted her afterward.

“I was super excited because that was the biggest school that reached out to me to play there,” she said.

Nuessmeier thinks Marquette feels like home. The campus is in the middle of a big city in Milwaukee, but it genuinely feels like St. Peter and like Gustavus, she said.

“The team atmosphere there is super nice,” Nuessmeier said. “I talked to all the players and asked them questions and they were really open and welcome. That was super cool because I just met them in like 5 minutes. The coaches are really supportive.”

**Carter Doose**

Doose, will receive a partial scholarship while following in the footsteps of his parents, Neil and Michelle, who are St. Cloud State alumni.

Doose plans to attend St. Cloud State for two years and transfer to the University of Nebraska for two or three years to finish his PGA Golf Management degree and become a golf pro at a golf course.

“I was looking at multiple places,” Doose said. “I was considering going to the lower levels. But I decided that after two years I’ll be transferring re-

gardless of where I go, so I decided to go to Division II golf, the highest level I can and then transfer to Nebraska.”

Doose is a two-time state qualifier, three time all-conference and a five-time letter winner.

Basically a scratch golfer, he has a handicap of 1.6 with a career best of 4-under 65 at Shoreland Country Club, but he will have to shoot low more often to match up with the DII college competition.

“Division II is a lot better than I’m used to,” Doose said. “A lot of guys shoot under par, and you can have cuts, so you have to work really hard to get your spot on the team. I’ll have to go under par a couple of times to get a spot.”

Doose’s dad, who coaches the St. Peter boys golf team, said it’s good opportunity for his son to play at a high level.

“When you get a good offer to play at that level, the competition and the courses are better,” Neil Doose said. “He had a lot of junior college and Division III offers.”

**Andy Regner**

“In the seven or eight visits, whenever I stepped on campus and talked with the coaches, I felt like it was a good fit, academically, socially and athletically,” Regner said. “Even though I’ve been around it for almost my whole life, my gut feeling was that it was the right choice for me and my family for the next four years.”

See **COLLEGE** on 6B

SWIMMING & DIVING

# St. Peter’s Signe Alger swims to consolation finals in backstroke

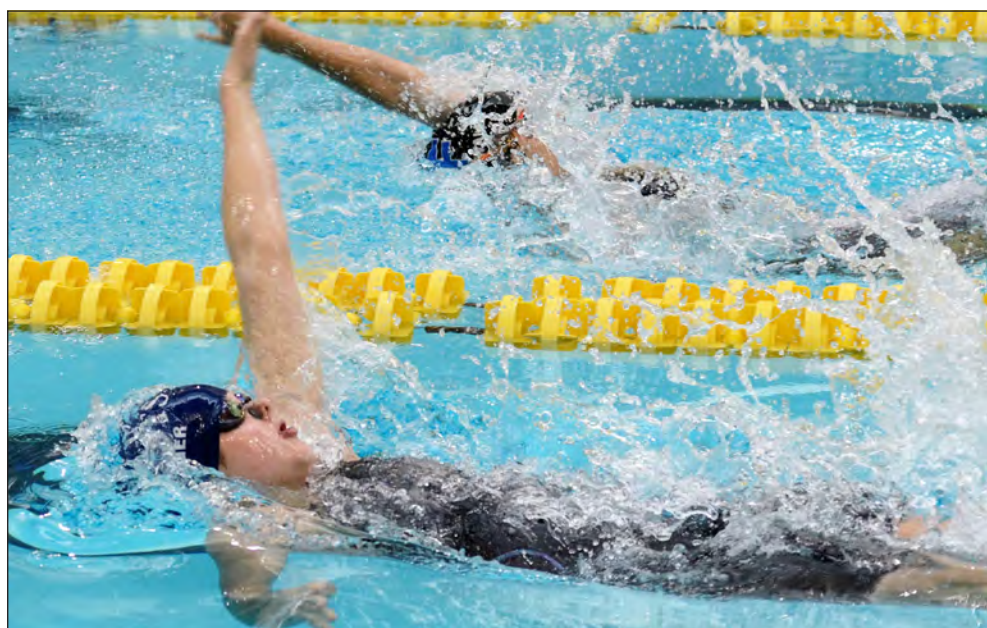
By **PAT BECK**  
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Doing a difficult “double taper” in preparation for the state Class A tournament, St. Peter swimmers couldn’t quite match up to their best times.

In a taper, swimmers slowly practice less yards, so then they’re rested and ready to optimize their performance in a big meet.

In the preliminaries Thursday at the University of Minnesota in Minneapolis, St. Peter senior Signe Alger qualified for the 100-yard backstroke consolation finals Friday by placing 15th in 1:00.28. She moved up two places in the finals to 13th in 1:00.63. Alger came in with the 14th fastest time out of 23 in 59.83.

The St. Peter 200 medley relay team of Alger on backstroke, sophomore Morgan Kelly on breaststroke, freshman Jaiden Landsom on butterfly and soph-



St. Peter senior Signe Alger leads off the 200-yard medley relay with the backstroke. The team finished 21st in the state. (Pat Beck/St. Peter Herald)

omore Shelby Graft on freestyle placed 21st out of 26 in the preliminaries in 1:53.80 and failed to make the final 16. The Saints came

into state with the 18th seeded time of 1:52.62.

“We tapered for sections,” Alger said. “Once we made state, we

had a few practices. We tapered again, which is a tough thing to do because we haven’t had a high-intensity practice for a long time,

and it’s hard to maintain.”

Although not swimming their best time, Alger said the relay “did very well. Coming to state and having to double taper after we already tapered for sections is really tough. Being able to maintain that speed and mentality is a big challenge, but I think we attacked it and did a great job.”

“We had some really good competition, and we did our best to keep up. We just didn’t quite cut it this year, but I definitely think next year, they’re going to have a stronger year.”

Alger also said the backstroke “went really well. Again, the taper was really hard. I felt really tired, but I knew that as a senior, this could be my last event ever, so pushed past that pain point and did the best that I can. I didn’t get my best time, but that’s not something that you can always control.”

St. Peter head coach Mary Lager also praised the relay team

members for their performance.

“Our relay raced very competitive,” Lager said. “They swam a little bit slower than they did at sections. But we’re still very proud of that performance. Getting here was kind of a shock because at the beginning of the season we were swimming about 2 minutes. It was hard to imagine that we would drop that much time. The only other time we swam a 1:58 was at True Team, another meet we get excited for. So just getting here was over the moon for us.”

“We wanted to make finals, and the girls busted their tails as hard as they could, and it just wasn’t there today.”

Lager credited hard work in practice for the time drops.

A lack of experience at state played a part in the Saints not meeting their best times. All of the girls made their first trip to state.

See **SWIM** on 6B



## GYMNASTICS



Senior gymnastics captain Kenna Zelenka does a front aerial on balance beam last season. Beam and uneven parallel bars are her best events. She made state for the first time last season on bars. (Pat Beck/St. Peter Herald)

## Q & A: St. Peter gymnastics captain steps up after injury

By PAT BECK  
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A knee injury actually helped St. Peter senior captain Kenna Zelenka to become a better gymnast.

Zelenka had knee surgery in December 2016 that wiped out her sophomore season. But she came back last season to qualify for state on uneven parallel bars.

"After my knee surgery, I really focused in and put in extra hours in the physical therapy trying to get as strong as I could," Zelenka said. "I practiced eight hours a week and sometimes 10 throughout the summer. That got my physically and mentally stronger. I believed in myself more than I did before."

Zelenka, 18, started in gymnastics in fourth grade at MAGS in Mankato for two years, and then she moved to K & G Gymnastics Studio for one year.

She has been on the varsity since seventh-grade. She started out as an all-arounder until she was not allowed to vault after her knee surgery.

Zelenka is joined by three other seniors on the team this season: Claudia Giedd, Becca Gordon and Caitlin Salfer.

Other returning varsity performers are Hannah Brenke, Bella Edmonds, Makala Moline, Lauren Feder, Jaiden Landsom and Lexi Johnson.

Although the Saints lost long-time gymnasts Maddy Rimstad, Teagan Weiss and Josie Carlson to graduation, Zelenka thinks the Saints will be able to replace them.

"I think we'll be able to fill them pretty well," Zelenka said. "We got a couple of girls from MAGS in Mankato who will help out a lot, and a lot of girls worked in the summer, so we'll have a lot of good new skills coming. We have about 10 girls who weren't on the team last year."

"I think we'll be pretty good this year. We have a lot of new girls who have a lot of talent and will be able to help us the next couple of years."

Practice began Nov. 12 for the first meet at 6:45 p.m. Friday, Nov. 30 versus Redwood Valley at Gustavus Adolphus College.

**What are your individual strengths?**

"I think I have a really positive mindset, and I can get people to do what they're capable of. I can come into a gym and work on what I need to get done."

### CAPTAIN'S LOG

**Kenna Zelenka**  
Parents: Chris and Steve Zelenka

Events: Uneven parallel bars, balance beam and floor exercises

Grade: Senior

Honors: 2017 state qualifier on uneven parallel bars; one time all-conference; four-time letter winner

Other sports: Used to be a diver for four years and softball for two years.

College plans: "I'm thinking about going to Gustavus and possibly doing gymnastics. I want to study physical therapy."

**What do you want to accomplish as a captain?**

"I want to push the team to be the best they can and get us to the top level that we can be and try to get consistent."

**What is your best event?**

Either bars or beam.

**What event do you like the most?**

Probably bars just because it comes easy to me, and it's fun to work on.

**What do you need to work on?**

"I need to work on being calm during my routines, not rushing things, taking it all in and realizing what I'm doing."

**What are your individual and team goals?**

"I would like us to win all of our Big South Conference team meets, so we can get to the conference (tournament) again. (The top two in the East and West divisions qualify.) I would like to go to state again, and I would like to try to make my routines consistent, so I feel like I'm doing them the best I can do. I would like to do bars and beam at state."

**What are the strengths of the team?**

"I think we all have pretty good motivation. We have a really good bond, even with the seniors who left, we still are really close, and I think that will help."

**What does the team need to work on?**

"We need to work on just getting stronger and focusing on our skills and getting them as pretty as they can be."

## FOOTBALL

# St. Peter sixsome receive All-District football awards

By PAT BECK  
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St. Peter football team capped off its best season in three years with the 2018 awards banquet Sunday in Alumni Hall at Gustavus Adolphus College.

St. Peter finished this season with a 6-4 record, the same record as 2015.

The Saints also reached the Section 3AAA semifinals for the first time since 2015, when they lost to Fairmont 35-21. Fairmont, which also defeated St. Peter again this year in the section semifinals 21-12, is in the state finals.

All-District honors go to senior tight end/middle linebacker Brock Hanson, senior wide receiver/safety Joey Baron, senior running back/outside linebacker Hunter Wilmes and junior quarterback Wyatt Olson.

All-District Honorable Mention went to senior guard/defensive tackle Sean Miller and junior center/defensive end Carson Kennedy.

Hanson also received the team's Most Valuable Defensive Player award.

Baron also took the team's Most Valuable Offensive Player award.

Miller also won the Big Man



St. Peter football team award winners, from left, are Joey Baron, Wyatt Olson, Sean Miller, Hunter Wilmes, Michael Connor, Carson Kennedy and Brock Hanson. (Photo courtesy of coach Brian Odland)

on Campus (most valuable lineman) team award.

Special Teams Player of the Year is junior Michael Connor.

Elected as captains for the 2019 season are Olson and Kennedy.

Wilmes led the Saints in rushing with 168 carries for 723 yards and eight touchdowns. Jeremy Johnson rushed 39 times for 176 yards and three touchdowns. Connor had 26 carries for 90 yards and two touchdowns. Olson rushed 32 times for 78 yards. Ryan Sandland carried the ball eight times for 48 yards.

Olson led the passing attack, completing 137 of 230 attempts for 1,989 yards and 18 touchdowns. Eli Lubiani completed two of three passes for 46 yards.

Baron led in receiving with

55 catches for 965 yards and 10 touchdowns. Hanson caught 29 for 380 yards, one touchdown and one 2-point conversion. Nathan Fogal made 14 catches for 114 yards and two touchdowns. Josh Johnson had 13 catches for 86 yards and one 2-point conversion. Wilmes caught 12 for 159 yards. Matthew Pettis had six catches for 138 yards and four touchdowns. Nick Morgan caught one for a 28-yard touchdown.

Pettis had 16 punt returns for 146 yards and 11 kickoff returns for 245 yards and one touchdown. Morgan ran back 12 kicks for 147 yards. Connor had four returns for 67 yards.

Lubiani had 20 extra point kicks. Andy Regner kicked a field goal.

Hanson led the defense with

77 tackles, five running back sacks and a fumble recovery. Hunter Wilmes had 71 tackles, 3.5 running back sacks and an interception. Ryan Wilmes made 62 tackles with a fumble recovery and an interception. Seth Lokensgard had 46 stops, three running back sacks, two quarterback sacks and two fumble recoveries.

Wareke Gillette had 44 tackles and two interceptions. Kennedy made 33 tackles with a quarterback sack and a fumble recovery. Miller finished with 30 tackles, 2.5 running back sacks, one quarterback sack and one fumble recovery. Eli Hunt made 34 tackles, 13.5 running back sacks two quarterback sacks and a fumble recovery.

Josh Johnson had 26 tackles. Connor picked up 25 tackles, a fumble recovery and a blocked kick. Baron had 24 tackles and two interceptions. Kai Anderson collected 21 tackles. Sage Loredolo-Hollon made 19 tackles. Jack Sourbek had 17 tackles and a fumble recovery. Fogal had 14 tackles, a running back sack and an interception. Morgan made 15 tackles. Sandland had 13 stops. Conor Volk had 10 tackles.

Reach Sports Editor Pat Beck at 931-8566 or follow him on Twitter.com @SPHSportsPat.

# Basketball: 'How we practice is how we're going to perform'

From Page 1B

**What do you need to work on?**

Welp: "Quicker feet. Anticipating what's going to happen. Overall touch-up on everything."

Alger: "I really need to be aggressive and have some confidence. That last couple of years playing basketball on varsity, I haven't really been one to go in and be aggressive. This year I need to attack, get stronger and do whatever I can."

McCabe: "Being more confident as a shooter. I'm there to get girls open and make good passes."

**What are your individual and team goals?**

Welp: "Goals individually are to keep working on everything knowing that I'm going to need to keep getting better for next year because I still have a future in basketball. Goals for the team: Figure out which people can do what and how to put it together."

Alger: "Bring the team together. Care about each other. Be there for each other. Support each other, no matter if we're having a bad practice or a good practice. We want to win, but we know we can't win if we're not a team, so we want to stick together."

McCabe: "My team goals are to get every day at practice, work together and have good team chemistry. My individual goals

are to stay in control this year and not turn over the ball. Not always trying to make the hardest passes or the ones that aren't there. I was very inconsistent last year. I just need to work on my consistency, and that will come working hard at practice every day."

**What are the team strengths?**

Welp: "Everybody knows each other. We're all pretty happy people. No drama. Everybody just comes to play the sport."

Alger: "We have a lot of background, not necessarily varsity basketball, but we have varsity soccer, tennis and volleyball. They know how to deal with pressure and work hard. Everybody is outgoing and nice. We're going to be pretty close."

McCabe: "We're all really good friends. That helps because get along well. That can help build our team together. We're all very athletic all-around. We can do a lot of different things."

**What does the team need to work on?**

Welp: "We need to work better at practice. A lot of times people aren't hustling to get a ball. How we practice is how we're going to perform."

Alger: "Believing in ourselves, knowing that we can be good. We've got to do what it takes to get there. We can't walk around with our heads too low

### CAPTAINS' LOGS

**Jacey Welp**  
Parents: Rebecca and Jeffrey Welp

Position: Guard/point guard

Height: 5-6

2017-18 stats: 7 points, 3 rebounds, 2 steals per game

Honors: 3 year letter winner

Other sports: none

College plans: "Play basketball at Gustavus Adolphus College. I'm not super sure what I'm going to study, but I want to do something like sports management or exercise science or business."

**Signe Alger**  
Parents: Steve and Chelsea

Position: Forward

Height: 5-8

2017-18 stats: 3 points

per game

Honors: 1 year letter winner

Other sports: Swimming, track

College plans: "I have a few colleges in mind. My plan is to swim and major in physical therapy and minor in health and nutrition."

**Allie McCabe**  
Parents: Rachel Dauk and Kelly McCabe

Grade: Junior

Position: Guard

Height: 5-2

2017-18 stats: 2 points, 2 rebounds per game

Honors: One-time letter winner

Other sports: Volleyball, softball

College plans: "I want to stay close to home, but I'm undecided."

or too high."

McCabe: "Having confidence in our team and one another."

Reach Sports Editor Pat Beck at 931-8566 or follow him on Twitter.com @SPHSportsPat.

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## BOYS HOCKEY

## Q &amp; A: Boys hockey captains like prospects for this season

By PAT BECK  
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Minnesota River Bulldogs boys hockey captains Danny McCabe and Tyson Sowder and assistant captains Ken Ringler and Lane Schwarz agree that the Bulldogs have a good shot at winning the Big South Conference and the Section 1A championship.

That's because of their depth and experience after playing together for years. They've also got talented sophomores coming up from the Bantams.

Ringler and Schwarz return on the same forward line with senior center Jade Reicks. They've played together since halfway through their sophomore season. "We definitely have some chemistry built up," Schwarz said.

The other top line is Sowder centering senior Hunter Wilmes and junior Charlie Weick. "It's our second year of high school together. I was with Hunter my sophomore year, and we've been playing hockey together our whole lives, so there's that chemistry."

"The third and fourth lines are up or grabs," Ringler said. "Our third line and probably our fourth line will be pretty good, too. That's nice to have."

Schwarz said, "There are eight or so guys fighting for spots on the third and fourth lines."

The top defenders are McCabe, junior Shawn Lehtinen and senior Alex Wilson and a bunch of guys who are really skilled defencemen who are sophomores, Ringler said.

"We have three returning defense," Schwarz said. "Usually we dress six, so we'll have three spots open."

"Andy Regner returns as the starting goalie, with Gunnar Domine as the backup. Goaltending will be good. Andy has been playing high school hockey for four years now, and he's played varsity the last two years, so he's definitely got experience."

Last year, the Bulldogs finished 17-9-1 overall, losing to eventual Section 1A champion



The Minnesota River Bulldogs boys hockey team captains (from left) are Tyson Sowder and Danny McCabe and assistant captains Ken Ringler and Lane Schwarz. The Bulldogs open the season at 5 p.m. Nov. 23 against North Branch in the first round of the Simley Tournament at Veterans Arena in Inver Grove Heights. The other first-round game features Simley versus Dodge County. The third place and championship games will be at 5 p.m. and 7 p.m. Nov. 24. (Pat Beck/St. Peter Herald)

Mankato East 3-1 in the semifinals. The Bulldogs placed second in the Big South at 13-2-1.

Here are the captains' individual and team assessments during the first week of practice.

**What are your individual strengths?**

McCabe: "Being a solid defenseman, protecting Andy and making sure they don't get free shots on the net and helping my teammates back there."

Sowder: "My vision, passing and playmaking ability and my smarts to find space and being able to find Hunter and Charlie."

Ringler: "My strengths are my vision for the ice, moving the puck really well, creating an attack and my speed."

Schwarz: "My skating and hockey smarts. I know where to be."

**What do you need to work on?**

McCabe: "I'm probably going to have to use my body more this year and be more aggressive."

Sowder: "Stickhandling and shooting. Using my size, even though it's not big but learning how to use it better against the

bigger guys. Hopefully I got stronger over last year and can use that to my advantage."

Ringler: "I need to work on my all-around positioning and hockey smarts."

Schwarz: "Stickhandling, better shot, mostly stuff with the puck."

**What are your individual and team goals?**

McCabe: "Individual goals score more points than last year and help out the team as best as I can so we can win as many games as we can. For team goals, we can definitely win the conference and we can win the section. Mankato East, who lost to last year, and Rochester Lourdes are the favorites."

Sowder: "Get more points and definitely more goals than I had last year and all-conference. For our team to win the conference and hopefully win the section, too. We have a lot of returners, and the young guys coming up are going to help us a lot."

Ringler: "My goals individually are to see if I can get all-conference or honorable mention. My team goals are at least to get far-

ther than we did last year, which would be at least to the section finals and possible to go to state. I have pretty high expectations for our team. I really want to have a well over .500 season."

Schwarz: "For myself, get more points than last year and help the team by scoring as many as I can. For the team, definitely make it farther than last year. We had a lot of success last year. We just need to tweak a few things and hopefully have a better season than last year. last year we finished second in the conference behind Luverne. They're always a solid team, and Marshall is usually pretty good, so I think we'll definitely have shot at winning."

**What are the team strengths?**

McCabe: "Our depth. We have so many guys returning, and we also have young talent coming up that will help us a lot, so mainly staying together through our whole lives and getting another shot this year."

Sowder: "Definitely our speed and our chemistry because we've all been playing together for a while. And we're so senior heavy (11), and most of us on varsity,

## CAPTAINS' LOGS

**Danny McCabe**  
School: Cleveland  
Parents: Ron and Gretchen  
Position: Defense  
Grade: Senior  
Honors: Two-time

letter winner, one time all-conference, two-time captain, 2018 CCM High Performance Ted Brill Great 8 Festival all-star

2016-17 stats: 10 goals, 16 assists, 26 points  
Other sports: Football, baseball

College plans: "I plan on going to Gustavus and play baseball and maybe football. I'll probably study something related to business."

**Tyson Sowder**  
School: St. Peter  
Parents: Monte and Juli  
Position: Center  
Grade: Senior  
Honors: Two-time

letter winner, one time all-conference honorable mention, two-time captain

2016-17 stats: 12 goals, 23 assists, 35 points  
Other sports: Soccer, baseball

and we've all been playing together our whole lives."

Ringler: "We've got almost all of our guys returning. And we've gained a lot of guys from the youth association Bantams, and they'll be a great asset for us. We have a lot of speed. We work really well as a team. We're pretty unselfish. We all trust each other."

Schwarz: "Our speed and we're unselfish. Not a lot of guys are hoping for their own stats. Everybody is hoping for wins."

**What does the team need to work on?**

McCabe: "Mainly helping out the young kids coming up because they're still a little nervous. Hopefully we can get them ready for the games. Otherwise, we know what we need to do to get the job done,

College plans: "I'm trying to decide between MSU and UMD right now. I'm undecided what I'm going to study. I'm not going to play a sport."

**Ken Ringler**  
Parents: Dave and Jennifer  
Position: Right wing  
Grade: Senior  
Honors: Two-time letter

winner, one-time assistant captain  
2017 stats: 16 goals, 11 assists, 27 points.

Other sports: Soccer, tennis

College plans: Undecided

**Lane Schwarz**  
Parents: Megan and Craig

Grade: Senior  
Position: Left wing  
Honors: Two-time letter winner, one-time assistant captain

2017 stats: 13 goals, 11 assists, 24 points  
Other sports: Cross country, track

College plans: "I'm not sure what college. I'll mostly likely run DIII cross country and track. I'm looking at physical therapy or exercise science."

go farther than last year and meet our goals."

Sowder: "Probably our physicality. We're a smaller team. We've got to be able to play with bigger teams and be more physical. And be stronger in playmaking and passing."

Ringler: "We all have the skill and ability to work really well together. We just need to build our chemistry."

Schwarz: "Probably our chemistry. We've got a lot of returners, but we've got a lot of guys coming up who haven't played varsity, so we need to get everybody comfortable meshing together."

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## OUTDOORS

## Buster West keeps records on West Lake Jefferson for over 30 years

By PAT BECK  
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In Buster West's 30 years as a volunteer Citizen Lake Observer for the Minnesota Department of Natural Resources and the Minnesota Pollution Control Agency, he has recorded the ups and downs of ice-up and ice-out dates on West Lake Jefferson, near Cleveland.

This year, with earlier than normal freezing temperatures, ice is already forming, and West observed the fifth earliest ice up in 33 years of record, Nov. 13.

Ice up has ranged from the earliest on Nov. 4, 1991 to the latest on Dec. 19, 2015.

Average ice up date is Nov. 27. This is the earliest first ice since 1995, when it was Nov. 11. The earliest ever ice up Minnesota was Oct. 24, 1968, on Lake Midge, near Bemidji.

Ice up occurs when when the en-



Two days after Buster West found the ice up on the entire West Lake Jefferson Nov. 13, it opened up with warmer and windier weather. But Nov. 13 still is considered the ice-up date for this year unless all the ice goes out and the entire lake freezes again. (Pat Beck/St. Peter Herald)

tire lake is frozen over for the first time and doesn't completely thaw for 24 hours. West checked the ice on Nov. 13 and rechecked it 24 hours later, still finding a thin layer

of 1 inch. That is not safe for walking. Warmer temperatures and wind Nov. 14 and 15 opened up the ice again on parts of the lake.

Observers do not record ice

thickness, but it is especially important for anglers to know when it is safe to go on the ice and fish. If steam is coming off the lake in dark areas, the lake is open there.

No ice is considered safe, but the DNR recommends at least 4 inches for walking on ice, 5 to 7 inches for a snowmobile or ATV, 8 to 12 inches for a car or small pickup and 12 to 15 inches for a medium truck.

Even though ice is forming earlier, that does not mean ice fishing can start earlier.

West said it is all based on the first snow, which tends to insulate the ice and slow down the thickening. "If we can get some solid ice before that first snow, it will be good."

West hasn't seen any ice fishermen on Jefferson yet, but he has seen some on next door Lake Henry. West saw fire and rescue personnel doing an ice drill near the public access Nov. 13 on West Lake Jefferson.

There are occasionally several

ice-up dates each fall. In 2018, there were two dates on West Lake Jefferson. There first ice up was Nov. 22. Then the entire lake thawed on Nov. 28 and completely refroze for the winter on Dec. 7.

Geese sometimes keep the lake open. "This year on our lake, they have not picked out an area," West said. "We had one year where they kept the water open all the way into January. We've got probably 500 geese on the lake right now. They've been walking on the ice or on the shoreline, where they feel safe there from hunters. They've got to be somewhere when they're not feeding. They're spending a lot of the day out in the fields."

The Citizen Lake Monitoring Program in Minnesota has 975 volunteers and more than 400 stream volunteers to help assess whether they meet state quality standards.

West, 69, is one of the longest serving volunteers. He started do-

ing it in since 1978 on West Lake Jefferson where he lives.

A fisherman, a hunter and a child of the '60s, West said he has always been interested in the outdoors, ecology and climate changes.

"I just want to track the trends," West said. "Are we getting better or getting worse?"

West also reports the ice-out dates, rain gauge, lake level and water clarity on West Jefferson.

Ice-out dates have varied greatly in the last two years from a record-tying early ice out March 7, 2017 to a record late ice out April 29, 2018. Lake levels and water clarity also go up and down.

Lake levels have varied by 7 feet over the years from a low of 1,012.9 feet above sea level in 1990 to a high of 1,019.8 in 1993. It is 1,018.8 in 2018.

Water clarity has gone from 2 feet in 1988 to 5 feet in 2011 to 3 feet in 2018.

## Swim: 'She's one of the hardest workers on our team,' Lager says

From Page 1B

"When you come to a big state meet and you haven't been here recently and you don't know what it's like, there's a lot of tension here, and it's a whole different level. The only way you can do your best is when you relax. Some of our girls were a little tight. But I think when we come back next year it will be a whole different story."

The last time St. Peter had a state qualifier was five years ago.

"It has been a long road back," Lager said. "Our younger kids on our team are really starting to develop and we're building."

As for Alger in the backstroke, Lager said, "Signe did an outstanding job. One of her goals was the top eight. She probably could have.



St. Peter freshman Jaiden Landsom swims the butterfly portion of the 200 medley relay. (Pat Beck/St. Peter Herald)

I think on her second turn, she got a little too close to the wall. It slowed the pace down, and she had to fight like crazy to get back up."

Lager said Alger put a ton of work in the off season swimming and weightlifting to reach her goal of making state.

"She's done everything she could to put herself in this position," Lager said. "She's one of the hardest workers on our team, and when her teammates see that hard work pays off, hopefully it will be a catalyst for the rest of the team."

And she's among a sweet 16 of swimmers in the state.

Alger plans to continue her swimming career at a yet to be determined Division II or III college. "I have a few places that I'm looking at right now," she said. "I'm definitely going to join a team and be a swimmer, majoring in physical therapy."

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## College: 'I credit the coaches'

From Page 1B

Regner, also receiving a partial scholarship, will be a two-way player, pitching and either playing in the infield or outfield.

Regner is undecided what he will study, but he said the front runners are either graphic design or sports management.

Mavericks liked his versatility. The Mavericks have a few two-way players now.

"Hopefully, I can get there in the fall and show them what I can do," Regner said.

He had pitched and played shortstop since eighth-grade for St. Peter High School, and he played the last two summers at the same positions for St. Peter amateur baseball team.

"Hopefully that experience will help with my first year of freshman baseball and big moments," Regner said. "I credit (coaches) Mr. Kurt Moelter and Warren Peterson for giving me that opportunity to start in the eighth grade. It was kind of a boy amongst men playing baseball."

Regner ranks the Mavericks as one of the best in its conference. "They've had a great rep the last 10 seasons, probably more than that. I'm excited to be a part of that to keep that solid of a program going. Whatever I can do to help them I gladly appreciate being able to do."

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