

Sports

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STARS of the ★ WEEK

Top star



Name: Jake Breitbach

School: Armstrong

Grade: Junior

Sport: Football

Highlights: Breitbach was 11-for-19 with two touchdowns and an interception and added 106 yards and three touchdowns on 21 carries

Other stars

Mallory Lithun
(senior) Armstrong-girls tennis

Lithun won at No. 2 singles in the 5AA team semifinals and finals last week

Jerrell Smith-Shannon (senior)
Cooper-football

Smith-Shannon returned a punt 46 yards for a touchdown in a win over North St. Paul on Oct. 12

Noah Weisjahn
(sophomore) Armstrong-boys cross country

Weisjahn finished fifth overall in the Northwest Suburban meet on Oct. 10 in 17:01.2

Trashawn McMillan
(junior) Cooper-football

McMillan threw five touchdowns to five different receivers in a 54-6 win over North St. Paul on Oct. 12

Robbinsdale Armstrong girls tennis

Falcons finish section runner-up

Stoykova wins marathon to lead Falcons to 5AA final

By **ANTHONY IOZZO**
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Senior Kathy Stoykova wasn't sure if she needed to win her match at No. 3 singles to keep Robbinsdale Armstrong girls tennis alive in the 5AA team sections, but she had an idea that her match might be the deciding factor.

Stoykova rallied for five straight points after falling behind 5-2 in the first set, and she fought off five deuces in the third to claim the match point, winning 5-7, 7-5, 6-4 to give the top-seeded Falcons a 4-3 win over No. 4 Buffalo at Baseline Tennis Center in Minneapolis.

After the match, Stoykova's teammates mobbed her on the court in celebration.

"It was great, but I also couldn't breathe," Stoykova said.

Stoykova had to regroup following a tough 7-5 loss in the first set to Buffalo's Emma Carlson, but she quickly found herself down 5-2 in the second set.

But she rallied with five straight points to win 7-5 and force the decisive set.

"I figured that we both deserved to have a really good game, no matter what happens, so I just decided to give it my all," Stoykova said.

As all of these was happening,



(SUN POST STAFF PHOTO BY ANTHONY IOZZO)

Seniors Mallory Lithun (middle), Kaitlin Moe and Sarah Appelen (right) go up to collect the Section 5AA team runner-up trophy Oct. 11, at the Baseline Tennis Center. Robbinsdale Armstrong lost the finals match to Wayzata 5-2. Wayzata won the section last season, as well.

other matches began finishing. Junior Nicole Snezhko won 6-0, 6-0 over Anna Lee at No. 1 singles, and senior Mallory Lithun won 6-4, 6-3 over Vanessa Blanchet at No. 2 singles.

But then, the Bison started getting wins. First, seniors Sarah Appelen and Ottila Brueshaber fell 1-6, 0-6 at No. 2 doubles against Alaina Lee and Anna Ebnet, and then seniors Alix Anderson and Savanna Peterson lost 4-6, 4-6 at

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Coming up

Robbinsdale Armstrong traveled to the section 5AA individual meet Oct. 15-16. Results will be online at hometownsource.com/sun_post/sports and in next week's paper.

No. 1 singles junior Nicole Snezhko earned the top seed and won her first match. No. 2 singles senior Mallory Lithun, the No. 1 doubles team, senior Kaitlin Moe and junior Renae Brunner, and No. 2 doubles team, seniors Sarah Appelen and Ottila Brueshaber, also competed.

The individual state meet is Oct. 25-26 at Baseline Tennis Center.

Robbinsdale Armstrong boys cross country

Weisjahn leads Falcons to NWSC title



(SUN POST STAFF PHOTO BY ANTHONY IOZZO)

Armstrong sophomore Dylan Bartness won the JV Northwest Suburban Conference race in 18 minutes, 31.4 seconds, helping the JV boys win a team title with 35 points.

By **ANTHONY IOZZO**
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It wasn't the ideal conditions with slow, slippery conditions Wednesday, Oct. 10, in the Northwest Suburban Conference meet at Elk River Golf Club.

But sophomore Noah Weisjahn and the rest of the Robbinsdale Armstrong boys cross country squad plowed through the mud to finish first as a team with 58 points, 22 ahead of second-place Maple Grove (80).

Weisjahn led the way with a fifth-place finish in 17 minutes, 1.2 seconds.

"Our team has been working hard all year," Weisjahn said. "Our best guys didn't have their best race today, and some other people had to step up. I stepped up. A little eighth-grader stepped up (Alex Omodt), and we just took home the title."

Weisjahn joined seven other runners who

Coming up

Robbinsdale Armstrong boys and girls cross country travels to Gale Woods Farm in Minnetrista, Minn., on Wednesday, Oct. 24, for the 6AA section meet. The boys race is at 3:45 p.m., and the girls race is at 4:15 p.m.

All-conference

Seniors: Carter Crawford (11th), Calvin Libra (14th), Zachary McShane (15th), Samuel Theisen (18th), Ben Aoki-Sherwood (20th)

Sophomores: Noah Weisjahn (fifth), Ryan Anderson (22nd)

Eighth-grader: Alex Omodt (13th)

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Robbinsdale Cooper football

McMillan helps Hawks remain undefeated

By **ANTHONY IOZZO**

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Robbinsdale Cooper football is still undefeated following a 54-6 win Friday, Oct. 12, over North St. Paul.

The Hawks (7-0 overall, 3-0 Suburban Gold) also clinched at least a share of the conference title and added to

their resume to earn a top seed in the 5AAAAA playoffs.

Irondale (5-2, 2-1 Suburban Gold) took on Cooper on Oct. 17 after the Sun Post Monday deadline, and that is the only game that can possibly keep

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Coming up

Robbinsdale Cooper took on Irondale on Wednesday, Oct. 17, in the regular season finale. Results will be online at hometownsource.com/sun_post/sports and in next week's paper.

The 5AAAAA playoffs begin on Tuesday, Oct. 23. The semifinals are at 1 p.m. Saturday, Oct. 27, and the section final is at 7 p.m. Friday, Nov. 2.

Robbinsdale Armstrong girls cross country

Heuisler earns all-conference nod

By **ANTHONY IOZZO**

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Junior Margo Heuisler finished 31st overall on Wednesday, Oct. 10, in the Northwest Suburban Conference meet at Elk River Golf Club.

That was good enough to earn an honorable mention all-conference nod, as she crossed the finish line in 21 minutes, 12.4 seconds.

The Falcons finished 11th as a team with a 256. Seventh-ranked Andover won the team title with a 25.

Armstrong sophomore Graciela Wiegert was 59th in 22:05, and eighth-grader Sydney Brost was 60th in 22:12.8. Freshman Noelle Brandes (22:14.9) and sophomore Mio Aoki-Sherwood (22:16.4) finished the team scoring.

Andover senior Alexa Havon won the race in 19:08.9.



(SUN POST STAFF PHOTO BY ANTHONY IOZZO)

Armstrong junior Margo Heuisler remains in the top 40 Oct. 10, during the first loop of the 5K course in the Northwest Suburban Conference meet at Elk River Golf Course. Heuisler finished 31st in 21 minutes, 12.4 seconds and earned an honorable mention all-conference nod.

Coming up

Robbinsdale Armstrong boys and girls cross country travels to Gale Woods Farm in Minnetrista, on Wednesday, Oct. 24, for the 6AA section meet. The boys race is at 3:45 p.m., and the girls race is at 4:15 p.m.

All-conference

Junior: Margo Heuisler (31st)

6AA section meet stacked

There are four teams ranked in the top 12 and several ranked individuals in the 6AA section meet this season.

Wayzata comes in ranked first by the Minnesota Coaches Association, and Edina is second. Eden Prairie is fourth, and Minneapolis Washburn is 10th.

Fourth-ranked Emma Atkinson, 12th-ranked Abbey Nechanicky and honorable mention Caroline Sassan all lead Wayzata, and honorable mention Macy Iyer leads Edina.

Seventh-ranked Liesl Paulsen leads Eden Prairie, and top-ranked Emily Covert and fifth-ranked Grace Dickel leads Minneapolis Washburn.

Honorable mention Josephine Moseby of St. Louis Park is also in the field.

The top two teams and first eight individuals not on an advancing team make state.

Robbinsdale Armstrong boys soccer

Season ends with loss to Wayzata

By **ANTHONY IOZZO**

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No. 4 Robbinsdale Armstrong boys soccer hosted fifth-seeded Wayzata on Thursday, Oct. 11, in a 6AA section quarterfinal and fell 4-1.

The Falcons (9-7-1 overall) fell behind 3-0 at halftime and could never recover.

Seniors Bennett Scheib, Nolan Frey, Tommy McMullen, Mohammed Gubara, Khang Duong, Nathan Humphrey, Michael Arrell, Trym Wiam, Jaren Lindsey, Maximilian Knaut and Isaiah Jester all played their final game for Armstrong.

Wayzata upset top-seeded Minneapolis Washburn to make the 6AA finals.

Robbinsdale Armstrong girls soccer



(PHOTO BY BRIAN FLANARY)

Senior forward Kaitsy Baker rushes in to take a shot Oct. 11, against Hopkins in a 6AA section quarterfinal. Baker scored in a 3-1 win.

Hanley scores twice to lead Falcons to 6AA semifinals

By **ANTHONY IOZZO**

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Junior forward Jessica Hanley scored twice in the second half on Thursday, Oct. 11, to lead third-seeded Robbinsdale Armstrong girls soccer to a 3-1 win over sixth-seeded Hopkins.

Hanley, who leads the Falcons with 11 goals and three assists, helped Armstrong overcome a 1-0 halftime deficit.

Senior forward Kaitsy Baker added the other goal. Junior midfielder Olivia

Barfnecht added two assists, and freshman midfielder Maylee Aldentales collected one assist.

Cretin-Derham Hall 3, Armstrong 0

The Falcons (9-7-2 overall) closed their season on Saturday in a 3-0 loss at second-seeded Cretin-Derham Hall.

Seniors Erin Dailey (goalie), Julia Rowles (defender), Caroline Wilcox (forward), Carly Krsul (midfielder), Jordan Bloom (midfielder), Isabelle Bawek (midfielder) and Baker all played their final high school soccer game.



Armstrong sophomore forward Joseph Fineboy fights for possession with Wayzata's Aidan McGoogan Oct. 11 in a 6AA section quarterfinal. The Falcons lost 4-1.

(PHOTO BY BRIAN FLANARY)

Falcons

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No. 3 doubles to Perrin Thompson and Ohnica Melenich.

After senior Sara Robideaux pulled off a 6-4, 6-1 win at No. 4 singles to Ella Stevens, it left two matches to go with the Falcons up 3-2.

But at that point, senior Kaitlin Moe and junior Renae Brunner were up one set against Buffalo's Cassie McNitt and Hillary Hovland, and Stoykova was trailing 3-0 in her second set after dropping her first.

But McNitt and Hovland ended up coming back to win the next two sets with a furious serve and some change of direction shots that perplexed the Falcons' top doubles team, which fell 6-4, 1-6, 2-6.

Stoykova didn't know how im-

portant her match was, as Armstrong and Buffalo were now tied 3-3, but she started to get an idea after forcing a third set.

"Because we did a third set, it was implied that it was close," Stoykova said. "Otherwise it would have been a 10-pointer. The coaches didn't outright say it, which is nice. So it didn't pressure me, but it was implied."

The third set was just as tough as the other two, but Stoykova was able to fight off some scrappy shots by Carlson and win three straight points after leading 40-30.

Carlson won the next two points, however, and it set up a huge showdown with a team section final berth on the line.

And the last point was the hardest to get with Stoykova and Carlson going to deuce five before Stoykova was finally able to put

the match away after 3 1/2 hours.

Stoykova said she was used to marathon matches like that, because she had a few others earlier in the season.

"The third set, it was important for me to stay on my toes and get set up for the ball," she said. "Obviously, it is going to be a bit harder in the third set, but for me, that really helps me keep my focus and my momentum."

Falcons fall in 5AA finals

The season came to a close on Thursday, Oct. 11, in a 5-2 loss to No. 2 Wayzata, which advanced to state for the second straight season.

Armstrong finished 15-5 overall and finished runner-up in for the first time since coach Dan Richards took over.

"It was a very, super fun season," Richards said. "I am proud

of the girls for just the way they competed all year. I was thinking that Wayzata might be a little better than us, but I really believe we pushed (Wayzata)."

Snezhko and Lithun both won at No. 1 and 2 singles. Snezhko defeated Merriam Shteyman 6-0, 6-3, and Lithun won against Anika Ahluwalia 6-2, 6-0.

But the rest of the matches went Wayzata's way. Stoykova lost to Irina Cornberg 4-6, 3-6 at No. 3 singles, and Robideaux dropped her match at No. 4 singles to Emma Hawkinson 1-6, 3-6.

Moe and Brunner fell 2-6, 1-6 to Natalie Epthsteyn 2-6, 1-6 at No. 1 doubles, and Appelen and Brueshaber dropped their match at No. 2 doubles 4-6, 2-6 to Anisha Sharma and Paige Griffith.

Anderson and Peterson lost 2-6, 2-6 to Julia Willis and Jayden Haukos at No. 3 doubles.

Snezhko, Lithun and No. 1 and 2 doubles competed in 5AA individual tourney

Junior Nicole Snezhko entered Monday and Tuesday's 5AA individual section tournament as the top seed, and senior Mallory Lithun just missed getting a seed.

Coach Dan Richards expected both to have success, despite Lithun's tough draw to open against the third seed.

Senior Kaitlin Moe and junior Renae Brunner and seniors Sarah Appelen and Ottilia Brueshaber also competed in the doubles bracket. Moe and Brunner received a six seed.

"I am excited for the girls," Richards said. "They all wanted to play. They should be looking forward to it."



(SUN POST STAFF PHOTO BY ANTHONY IOZZO)

Robbinsdale Armstrong boys cross country won the Northwest Suburban Conference meet Oct. 10 with 58 points, led by sophomore Noah Weisjahn who took fifth in 17 minutes, 1.2 seconds. Eight Falcons earned a spot on the all-conference list.

Boys XC

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made the all-conference list, with the top 28 finishers making the first- and second-team all-conference squad and the 29th through 42nd runners earning an honorable mention.

Senior Carter Crawford (17:16.5), Omodt (17:19.8), senior Calvin Libra (17:20.3) and senior Zachary McShane (17:20.3) finished 11th and 12 through 15th, respectively, to finish the team

scoring.

Senior Samuel Theisen (17:24.1) and senior Ben Aoki-Sherwood (17:33.2) took 18th and 20th, respectively, and sophomore Ryan Anderson (17:34.8) was 22nd.

Weisjahn said that while the course was slower than usual, everyone was just trying to place.

"We are always just trying to pass and never settle," Weisjahn said. "Coach (Robb Stevens) is always telling us to pass, and we just got it done."

Falcons look to make state in tough section

The 6AA section meet looks to be one of the toughest in the state this season as four of the top 12 teams and five of the top 12 runners are in it.

Robbinsdale Armstrong will have its work cut out with No. 1 Edina, No. 2 Wayzata, No. 5 Eden Prairie and No. 11 Hopkins are all ahead in the Minnesota Coaches Association poll.

Top-ranked Max Manley and 10th-ranked Willem Gokemeijer leads

Edina, and second-ranked Andrew Brandt leads Wayzata. 12th-ranked Eli Hoeft leads Hopkins, and Minneapolis Washburn's Caleb Haugland, ranked seventh, is also in the race.

"It is the hardest section in the state and we are hoping to come out with the state bid, but it is going to take a lot of hard work and we are all going to have to run really fast," sophomore Noah Weisjahn said.

The top two teams and first eight individuals not on an advancing team

make state.

Bartness, JV team win conference meet

Sophomore Dylan Bartness and eighth-grader Noah Peterson finished first and second in the JV Northwest Suburban Conference meet on Oct. 10 to lead Robbinsdale Armstrong to first as a team with a 35.

Bartness cross the finish line in 18:31.4, and Peterson finished in 18:41.6.

Freshman Brett de Kooker was fifth in 18:52.9.

Cooper

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Cooper from the top seed in the section.

Spring Lake Park High School (5-2, 3-1 Suburban Gold) is another candidate for a top-three seed in the section, and Minneapolis Southwest High School (3-4, 2-3 Twin City Gold), St. Louis Park High School (3-4, 1-3 Suburban Red) and Park Center High School (2-5, 1-3 Suburban Gold) are expected to be the bottom three seeds.

McMillan passes for five touchdowns

Cooper senior quarterback Trashawn McMillan now has 20 total touchdowns after passing for five on Friday.

McMillan found Aki Mulbah and senior wide receiver Adrian Adams for 25-yard and 44-yard touchdowns, respectively, in the first quarter, and he added a 31-yard touchdown pass to senior wide receiver Pedro Amoussou in the second quarter.

McMillan also had a 66-yard touchdown pass to senior running back Nascier Borden in the third quarter and a 21-yard touchdown pass to junior side receiver Cornelius Wooten in the fourth quarter.

Senior Ishine Sibila and sophomore running back Kahlil Borden both scored rushing touchdowns for the Hawks, and senior Jerrell Smith-Shannon added a 46-yard punt return for a touchdown.

Announcements

ACYHA skating clinic begins Oct. 20

Armstrong Cooper Youth Hockey Association's Learn To Skate clinic kicks off Saturday, Oct. 20. Open to boys and girls age 4 by July 1 with four half-hour hockey sessions for \$50.

All equipment is provided by the association, except skates, and registration includes jersey and hockey socks and covers the cost of the first year of ACYHA hockey.

No previous skating experience required.

Register and more information at: acyha.org/learntoskate.

Scoreboard

Football

Armstrong 40, Coon Rapids 25

QB Jake Breitbach 11-for-19 176 yards, two TDs, one INT; 21 carries for 106 yards, three TDs

RB Jaylan Robinson 22 carries for 112 yards

WR Tyler Everson 3 catches for 111 yards, two TDs

Breck 51, St. Paul Harding 0

QB David Roddy 6-for-15 120 yards, two TDs

RB Derek Turner 3 carries for 68 yards, two TDs

WR Elijah Zackery 3 catches for 65 yards, TD

Hopkins 26, Forest Lake 7

RB Jadon Washington 9 carries for 46 yards, 4 TDs

WR Will Stein 8 catches for 97 yards

Boys soccer

No. 2 Breck - 5A quarterfinals

Oct. 13 W 6-2 Fridley

Goals: Eric Smitts (4), Nikolai Ganey (2)

Robbinsdale Cooper - 5A playoffs

Oct. 11 L 3-2 Fridley