



**Robbinsdale Armstrong boys basketball**

# Toppling No. 1

## Falcons hand top-ranked Park Center its first loss

By **ANTHONY IOZZO**  
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Robbinsdale Armstrong boys basketball showed it can play with anybody Jan. 8 with a 62-56 win at Class 4A top-ranked Park Center.

The Falcons (7-3 overall, 3-1 Northwest Suburban West Conference) finished 8-for-10 from the free-throw line in the final 1 minute, 12 seconds, and they never trailed. Park Center (9-1, 2-1) had its first loss of the season.

“It is a big win for the program. It is a big win for me in my first year,” Armstrong coach Jon Bryant said. “I don’t think anybody did anything overly special. I just think they were solid with the ball, made our free throws and just showed a lot of toughness.”

Armstrong was a lot more aggressive with the ball than against Maple Grove on Jan. 4. The Falcons were just 3-for-6 from the line in that game, including going 1-for-4 in the final seven minutes.

Armstrong wasn’t much better percentage-wise against the Pirates, finishing 11-for-22 at the line, but the Falcons hit the

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### Coming up

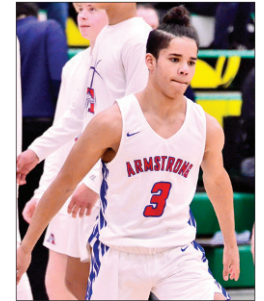
Armstrong travels to Andover at 7 p.m. Friday, Jan. 18, and hosts Elk River at 7 p.m. Tuesday, Jan. 22.



Junior wing Adam Biewen celebrates with senior forward Tyler Peterson (44) after Robbinsdale Armstrong defeated top-ranked Park Center 62-56 Jan. 8. Biewen finished with 16 points to lead the Falcons.

## STARS of the WEEK

### Top star



**Name:** Devyn Frye

**School:** Armstrong

**Grade:** Senior

**Sport:** Basketball

**Highlights:** Frye hit three 3-pointers and scored 13 points in a 62-56 win over Park Center on Jan. 8

### Other stars

**Ben Aoki-Sherwood** (senior) Armstrong-boys Nordic skiing

Aoki-Sherwood finished third overall in 12:25 on Jan. 9 in a conference meet at Hyland Park Reserve

**Brianna Dorweiler** (sophomore) Armstrong-girls Nordic skiing

Dorweiler tied for 17th in 11:11 on Jan. 12 at the ABC Relays at Theodore Wirth Park to help the Falcons win the meet

**Carter Schoenberg** (sophomore) Armstrong/Cooper-boys Alpine skiing

Schoenberg took 17th in 43.39 on Jan. 8 in a meet at the Hyland Ski and Snowboard Area

**Sam Hernick** (junior) Cooper-boys swimming

Hernick won the 500-yard freestyle against Bloomington Jefferson in 5:56.36.

**Breck girls hockey**

# Sisters help Mustangs rise in state rankings



(SUN SAILOR STAFF PHOTO BY JOHN SHERMAN)

Breck School hockey sisters Ava and Sadie Lindsay would like nothing better than to represent their school in the State Class A Tournament this winter.

By **JOHN SHERMAN**  
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Dedication to the sport is definitely paying off for two sisters from the Breck School girls hockey team.

Sadie Lindsay, the Mustangs’ second leading scorer, is only a sophomore, but she already has committed to the University of Minnesota for collegiate hockey.

Her sister Ava Lindsay, an eighth-grader, is also a rising star in her second season on varsity.

Through the first 17 games this season, Sadie had 28 points on 17 goals and 11 assists, while Ava had 21 points on three goals and 18 assists.

A lot of the Lindsay sisters’ success comes down to dedication. After practice

### Coming up

Breck travels to Drake Arena at 5 p.m. Thursday, Jan. 17, to take on St. Paul Academy/Visitation.

last Wednesday, for instance, they traveled to St. Paul for some extra shooting practice. Then it was back home to Minnetonka to attend to their homework.

“Breck is a really challenging school,” Sadie said. “All of the classes are different, but they all require hard work. One of

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## Robbinsdale Cooper boys swimming

# Loss to Bloomington Jefferson still shows off potential

By **ANTHONY IOZZO**  
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Robbinsdale Cooper boys swimming only has 22 athletes on its roster, so it doesn't bode well in Metro West Conference duals like the one Jan. 10 against Bloomington Jefferson.

The host Hawks lost the dual 100-70 to Jefferson at Plymouth Middle School, but there was still plenty to be excited about as times begin to get faster and school records look to be within reach, coach Luke Johnson said.

"I think we are doing a really great job of putting up some really fast times in the mid-season," Johnson said. "Historically, we have had nice taper times when we rest up, so I am really looking forward to breaking some of these (school) records before we get to sections maybe and then just shattering them when we get there."

The Hawks are expected to finish 6-4 in dual meets this season, Johnson said, and there were several outstanding performances from Thursday that can go a long way in meets that score differently, including the upcoming dual against St. Louis Park which gives points to the top four swimmers.

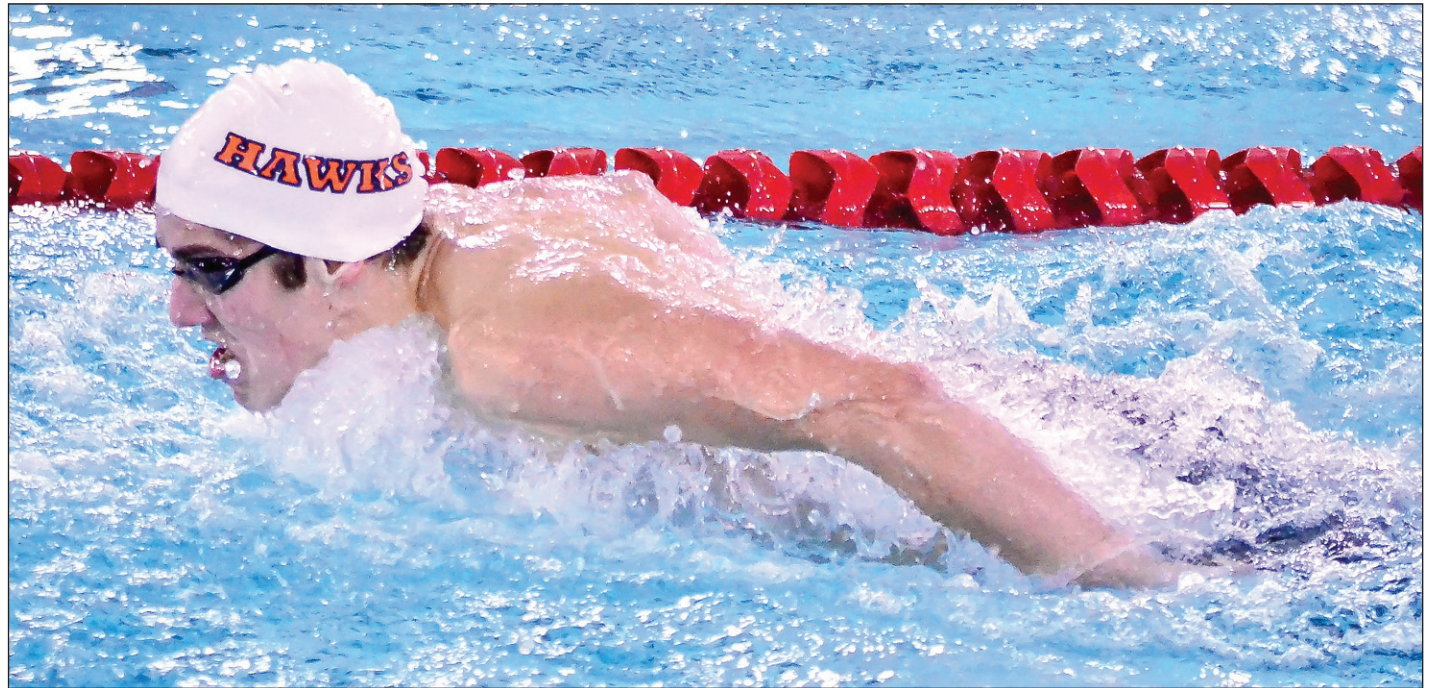
Seniors Nathan Welle and Jacob Boswell were two of the individual winners in against Jefferson. Welle won the 200-yard freestyle in 1 minute, 54.08 seconds and the 100 butterfly in 55.5.

Welle was still 10 seconds from his 2017 record time of 1:44.95 in the 200 free, but he was just over two seconds behind his 2018 record time of 53.25 in the butterfly.

Jacob Boswell won the 50 free in 23.12 and the 100 free in 51.31. He was just behind his 2018 record time of 21.64 in the 50 free and was also close to Welle's 2017 record time of 48.4 in the 100 free. Both times were season bests.

Welle and Jacob Boswell also joined senior Brenden Faulkner and junior Nolan Boswell on the first-place 200 free relay, which won in 1:34.39. The same quartet holds the school record of 1:30.21.

"All of that stuff is trending in the right direction," Johnson said. "Throughout



(SUN POST STAFF PHOTOS BY ANTHONY IOZZO)

Robbinsdale Cooper senior Nathan Welle races to the finish in the 100-yard butterfly Jan. 10 in a Metro West Conference dual against Bloomington Jefferson at Plymouth Middle School. Welle won the race in 55.5 seconds.

## Coming up

Cooper travels to St. Louis Park at 6 p.m. Thursday, Jan. 17, for a dual. The True Team sections are on Saturday, Jan. 19.

the team, top-to-bottom, everybody is buying in to what we are doing and are swimming fast."

Junior Sam Hernick was one of the surprises on Thursday. He took the lead before the halfway point of the 500 free, and Hernick ended up winning by 25 seconds in 5:56.36.

Welle and Jacob and Nolan Boswell joined junior Ben Hunke in the 400 free relay and took first in 3:32.24.



Robbinsdale Cooper junior Thomas Horgan swims the breaststroke portion of the 200-yard medley relay Jan. 10 in a Metro West Conference dual against Bloomington Jefferson. Horgan ended up with several season-best times in the meet.

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## Hopkins girls basketball

# Bueckers puts on show during win at Edina

By **JOHN SHERMAN**  
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As long as 6-foot Hopkins' junior guard Paige Bueckers is playing, fans will often see plays they've never seen before from a high school girls basketball player.

Exhibit A is Bueckers' play in an 86-38 win Friday, Jan. 11, at Edina.

She effortlessly scored 25 points, but the best highlights of the game were her passes on the fast break. One of her touch passes found senior guard Dlayla Chakolis in full stride for a spectacular layup.

Another time, Bueckers scored on a layup and then stole the inbounds pass for another layup,

## Coming up

Hopkins travels to Minnetonka at 7:15 p.m. Friday, Jan. 18, and hosts Bemidji at 1:30 p.m. Saturday, Jan. 19 at Hopkins Lindbergh Center. The Royals also travel to Academy of Holy Angels at 7 p.m. Tuesday, Jan. 22.

giving her four points in three seconds.

"Paige is a really special player," Hopkins coach Brian Cosgriff said after the game.

Indeed, the fourth-year varsity player is likely to hold every Hopkins record by the time she graduates in the spring of 2020. And if

all goes well, she will capture one or two state team titles.

The win over Edina gave the Royals a 12-0 overall record nearing the halfway point in the regular season. Two other Lake teams are also flying high – Wayzata (14-0) and Eden Prairie (11-2).

As usual, Bueckers had plenty of help in Hopkins' romp at Edina. Chakolis finished with 18 points, and junior guard Kayhla Adams chipped in with 17. Maya Nnaji, the Royals' 6-3 ninth-grade center, added 12 points.

"Maya had a great game," Cosgriff said. "She blocked a lot of shots tonight."

Chakolis is the only senior in

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## Hopkins boys swimming and diving

# Royals' diving victory highlights loss to Eagles

By **JOHN SHERMAN**  
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Hopkins fell to Eden Prairie 121-64 in a Lake Conference dual on Friday, Jan. 4.

The bright spot of the meet for the Royals was their diving dominance. Hopkins took three of the top four places.

Sophomore Stuart Fish earned first place with 211.80 points and Hopkins was also second with freshman Jackson Malone scoring 196.20.

Eden Prairie's Jordan

Sosnowski was third with 195 and Hopkins sophomore David Brendalen took fourth place with 156.45.

The Royals also had a winning effort from Nico Shrestha, who touched out Eden Prairie's Dane Hudson for first place in 53.8 seconds in the 100 butterfly.

The Eagles won every other event,

Hopkins was second in the 200 medley relay

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# Scoreboard

## Boys basketball

### Robbinsdale Cooper

**Jan. 11 W 88-72 vs. Benilde-St. Margaret's**

First half: 41-28; Second half: 47-44

Points: Cam Vaughn 18, Jalen Justice 14, Damarri Bankhead 13, Majay Murphy 9, Quincy Snoddy 9, Broderick Powell Jr. 8, Tyson Dallas 3, Roosevelt Adams 2

### Breck

**Jan. 8 W 57-45 vs. St. Paul Academy**

Points: David Roddy 30, Jaren Morton 8, Jimmy Koch 6, Joey Ganley 4, Andy Ott 3, William Ott 2, Elijah Zackery 2, Alex DeMaris 2

**Dec. 12 W 63-62 vs. Holy Family**

Points: Roddy 21, Ganley 12, Zackery 10, A. Ott 7, Jimmy Koch 6, Morton 4, DeMaris 2, Julian Bergerson 1

### Hopkins

**Jan. 8 W 88-35 at Annandale**

Points: Zeke Nnaji 22, Kerwin Walton 16, Jalen Dearing 16, Andre Gray 10, Andy Stafford 7, Jalen Trembl 4, Dane Zimmer 4, Calvin Harris 4, Regan Merritt 3, Elvis Ohagwu 2

**Jan. 11 L 80-79 at Edina**

Points: Nnaji 21, Zimmer 21, Walton 15, Dearing 13, Stafford 6, Trembl 3

## Girls basketball

### Robbinsdale Cooper

**Jan. 8 W 62-24 vs. Richfield**

Points: Sierra Lynch 18, Jayla Reliford 10, Kierra Wheeler 8, Aja Wheeler 7, Autumn Johnson 6, Arthel Massaquoi 4, Andrea Tribble 3, Victaeja Leavy 3, Asia Smith 2, India Kirkwood 1

**Jan. 11 W 55-47 at Benilde-St. Margaret's**

Points: K. Wheeler 11, Tribble 11, A. Wheeler 10, Massaquoi 10, Reliford 8, Smith 3, Lynch 2

### Robbinsdale Armstrong

**Jan. 11 W 81-51 at Osseo**

Points: Masengo Mutanda 24, Carly Krsul 23, Karlee Fisher 12, Ella Brungnoli 9, Jordan Bloom 6, Tiahna James 2, Imani Reid 2, Savannah McGowan 2, Ephemian Bailey 1

## Boys hockey

### Robbinsdale Armstrong/Cooper

**Jan. 12 W 3-0 at Osseo**

Goals: Jonah Jangula (2), Drew Eid 1

Assists: Bjorn Jensen, Jack Champion, Jack Steinke

Saves: Owen Reeve 15

## Cooper

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Hunke added a runner-up finish in the 100 backstroke in 1:00.77, and he took third in the 200 IM in 2:18.82.

Hunke also joined junior Will Sutter, Nolan Boswell and Faulkner on the 200 medley relay, which took second in 1:51.17.

"We have a great chance of making some state qualifying times both individually and in relays," Johnson said.

Faulkner added a third place in the 50 free in 24.1, and senior Josh Jones, freshman Ethan DeGroot, eighth-grader Rowan Tierney and Hernick finished runner-up in the 400 free relay in 4:18.21.

Junior Thomas Horgan also had a good day despite not finishing in the top three in an event. Horgan swam season-best



(SUN POST STAFF PHOTO BY ANTHONY IOZZO)

Robbinsdale Cooper junior Sam Hernick makes a push for first place in the third lap of the 500-yard freestyle Jan. 10 against Bloomington Jefferson in a Metro West Conference dual at Plymouth Middle School. Hernick won the event in 5 minutes, 56.36 seconds.

times in several events, including the 200 IM (2:49.6) and the 100 breaststroke (1:23.99).

Johnson said that Horgan came into the season a

little out of shape since he only swims three months out of the year, but he is starting to round into form as January rolls on.

Horgan scored points in

last season's 5AA section meet.

"He should be able to pay some dividends the rest of the year," Johnson said.

## Armstrong

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them when it mattered.

Senior guard Cole Priem, junior guard Jake Breitbach, junior wing Adam Biewen all went to the line in the final 1:12, and all hit at least one shot.

Park Center cut Armstrong's lead to 57-52 on a driving layup by senior guard Tommy Chatman with 47.9 seconds left, but Priem followed with two free throws.

Sophomore forward Amir Madyun had a putback to pull the Pirates to within five, but Biewen followed with two free throws.

Besides the clutch free throws, Armstrong's offensive balance also proved crucial in the win.

Biewen finished with 16 points, and senior guard Devyn Frye and Breitbach each collected 13 points. Junior forward Hezekiah Iyawe added 10 points.

"That is the way we have to do it," Bryant said. "We don't have anybody that is a superstar that is going to score 20 or 25 a night, so we have to find ways to get good looks, and as long as our process is there and we are getting good looks, hopefully we make shots and can finish plays."

The Falcons stole the show in the first half. Frye nailed a floater, and Breitbach followed with a 3-pointer at the top of the key for a 15-6 lead.

Armstrong sophomore wing Dylan Inniger made it 18-6 after faking out a defender, stepping back and nailing a 3-pointer in the right corner.

Biewen later banked in a shot off the glass and earned a foul, where



(SUN POST STAFF PHOTO BY ANTHONY IOZZO)

Armstrong senior guard Devyn Frye catches and shoots before knocking down a 3-pointer in the first half Jan. 8 at Park Center. Frye finished with 13 points in a 62-56 win.

he completed the 3-point play to make it 26-11.

Biewen added a 3-pointer, and Breitbach scored on a driving layup to build the Falcons' lead to 31-17.

"Maybe for Park Center, that wasn't their best game, best effort, but it does give us confidence," Bryant said. "When you can play with a team that talented, you can play with anybody."

Junior forward Dain Dainja scored on a jumper off the glass to cut Park Center's deficit to 36-27 in the second half, but Armstrong came right back with three baskets. Iyawe scored inside from a pass

by Priem, and Biewen added another field goal in the paint. Frye then made it 43-29 with a 3-pointer on a kick-out by Breitbach.

Senior forward Cole Schlotthauer kept the lead at 14 with 6:18 to go. He threw up a shot that was blocked on the way up, and the referee ruled it a goaltend.

The Falcons now look to keep the momentum following the biggest win of the season, and Bryant said it starts in practice.

"We are not where we want to be," he said. "We want to get better every day, and I am hoping we can prove a lot between now and the end of the year."

## Royals

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with Jachym Velebny, Ben Askarov, Nico Shrestha and Trey Waterman finishing in 1:42.82.

Velebny and Waterman finished third and fourth in the 100 freestyle, and Hopkins' sophomore Max Robinson placed second in the 500 freestyle.

Velebny was second in the 100 backstroke in 58.72, and Askarov was runner-up in the 100 breaststroke in 1:02.95.

Gabe Gauderman, Peter Mayer, Velebny and Shrestha finished second

## Coming up

Hopkins hosts Minnetonka at 5 p.m. Friday, Jan. 11, at Hopkins North Junior High School and travels to the True Team AA Section meet at 9:30 a.m. Saturday, Jan. 19, at Edina South View Middle School.

in the 400 free relay in 3:37.93.

Josh Boggess, Owen Montheard, Gauderman and Waterman took third in the 200 free relay in 1:36.40.

## Breck

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the best things about Breck is that you have to develop time management skills."

Sadie has mastered that art, and in addition to playing hockey, she is on the Mustangs' golf and tennis teams. Ava plays the same three sports and has also played middle school lacrosse.

The Lindsay sisters are part of a nucleus at Breck that also includes All-State candidate Olivia Mobley, who leads the Mustangs with 36 points on 18 goals and 18 assists.

Mobley gets a lot of ice time, and deservedly so. She has scored two power-play goals and has assisted on five more. In addition, she is a disciplined player, who has taken only four penalties in 17 games.

Ava Lindsay has learned a lot from watching the things that her older sister and Mobley do on the ice.

"Sadie is a good player and a

good teammate," she said.

The sisters don't have any sibling rivalry to speak of, and since they play on the same line, they are focused on helping each other succeed.

Ava's main asset at this point is her passing. An eighth-grader who gets more than an assist per game is a rare player.

"I am taking it day-by-day, just trying to get better," she said.

The sisters agreed that a 4-2 win over Edina on Dec. 27 has been the highlight of the season so far. Sadie scored two goals that night, and Ava assisted on one of the goals.

Breck lost 7-4 in its first match-up against Edina on Dec. 4.

"Playing good teams during the season will help us in the playoffs," Sadie said. "We have played some good Class AA teams - Edina, Andover, Blake and Wayzata."

In the second Edina game, Ava was matched up against some of the best players in the state - forwards C.C. Bowlby, Katie Davis and Annie Kuehl.

"Edina is a disciplined team,"

she said. "And those girls are very good players. My coach reminded me to get my stick on the puck, block shots and take the body."

Breck doesn't have as much depth as Edina, but the Mustangs have high-end talent. In addition to the Lindsay sisters and Mobley, key players include Allyson Qualley and Carly Beniek.

Early in her Breck hockey career, Sadie had the opportunity to play with Grace Zumwinkle, the Mustangs' Athena Award winner and Ms. Hockey of Minnesota in her senior year. Zumwinkle, who is now playing for the University of Minnesota women's team, mentored Sadie when she first joined Breck's varsity.

"Grace and I consider each other sisters," Sadie said. "We are still very close to this day."

Zumwinkle had good things to say about the Gophers, but that's not the only reason Sadie committed early.

"I always thought that playing for my hometown university would be an incredible opportunity," Sadie said.



(SUN SAILOR STAFF PHOTO BY JOHN SHERMAN)

Hopkins guard Paige Bueckers delivers a crowd-pleasing left-handed bounce pass during the Royals' 86-38 Lake Conference girls basketball win Jan. 11 at Edina.

## Hopkins

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Hopkins' starting lineup, and one of Cosgriff's few concerns is the youth of the team.

"I was nervous going into tonight's game," he said. "We had never played a game in the new Edina gym, and it is a different environment. Our practice on Thursday wasn't very good, and also, Matt Nilsen is an amazing coach."

Nilsen's Edina team

stood 7-7 coming off a 44-40 win over Mounds View earlier in the week.

The Hornets prefer a slow pace and longer possessions, but Hopkins' pressure defense wouldn't allow any delays. Once a steal or a rebound was secured, Bueckers and ninth-grade guard Amaya Battle were able to push the pace, and the result was a series of easy layups in the first half.

The Royals led 53-21 at intermission and led by as many as 52 points in the second half.

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