



Mara Braun

The sophomore guard led the Wayzata High girls basketball team with 22 points during a 68-65 Lake Conference victory over Eden Prairie Jan. 10 at the Wayzata High gym.

Jack Campion

The Armstrong/Cooper Wings boys hockey team romped to a 7-1 victory over Coon Rapids with Jack Campion scoring a hat trick and adding two assists.

Hezekiah Iyawe

The Armstrong High boys basketball forward led the way with 18 points in the Falcons' 73-24 victory over Roseville.

Jenna Johnson

Wayzata's 6-2 junior forward had another big game Jan. 10, scoring 19 points in a 68-65 Lake Conference girls basketball win over the Eden Prairie Eagles.

Jake Keller

The Wayzata boys hockey team defeated Buffalo in a Lake Conference boys hockey game Saturday, Jan. 11. Keller's goal in the third period gave Wayzata a 4-2 lead and was the eventual game-winner.

Troy Kokkinen

The West Lutheran High boys basketball team lost to Spectrum Charter School Jan. 7 despite Kolkkinen's 24 points and 14 rebounds.

Grace Treanor

Treanor helped the Wayzata High girls gymnastics team top Eden Prairie in a close Lake Conference dual meet Jan. 9 at Wayzata. The senior captain took the all-around championship with 37.375 and also won three individual events by scoring 9.750 on floor exercise, 8.800 on beam and 9.400 on vault. The Trojans finished with 142.150 points to Eden Prairie's 139.225.

Kody Williams

Wayzata's junior guard led the way with 14 points in a 75-55 Lake Conference boys basketball loss to top-ranked Eden Prairie Jan. 10 at the Wayzata High gym.



(SUN PHOTO BY JOHN SHERMAN)

Wayzata wrestler Adam El Damir wins his 152-pound match by pinning Edina captain Malachi Johnson in the third period Jan. 9 at the Wayzata High gym.

Adam El Damir's pin boosts Trojans in Lake wrestling win

By **JOHN SHERMAN**
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There wasn't a lot of pressure on Wayzata High wrestler Adam El Damir when he walked onto the mat for his match against Edina senior captain Malachi Johnson Jan. 9 at Wayzata.

The Trojans were already leading the dual meet by a substantial margin, and had not given up points in any of the previous seven bouts. Then, it occurred to El Damir that he had to win to keep the shutout going.

Johnson, one of Edina's best and most experienced wrestlers took an early 4-2 lead, but in the third period, El Damir threw him to his back and pinned him at the 4:22 mark. El Damir used his upper-body strength to force Johnson out of a bridge and onto his back.

"He [Johnson] is good at shooting the legs," El Damir said after the match. "But I could feel him getting tired."

Strength and conditioning took over, and El Damir locked up the pin.

"This is a big win for Adam," Wayzata head coach Eric Swensen noted. "The kid that he wrestled is pretty tough."

"You could say this is my best match of the season," El Damir commented. "My goal this year is to qualify for state."

That is the goal for many of Wayzata's wrestlers. Edina forfeited five weights to the Trojans in Thursday night's match, and the nine boys who did wrestle for Wayzata earned 49 points in a 79-0 win.

Elijah Wald (106) and Charlie Petit (113) won forfeit points in the first two weights, and then Cal Lonquist won a 12-3 decision over Landon Nebel at 120 pounds to make the score 16-0. Kyler Wong pinned Jack Merriam at 126, and Adam Cherne followed with a 1-0 decision over Seth Nebel in the best match of the evening at 132. Nebel recently won his 100th career match during the Paul Bengtson Invitational in Hopkins.

Cole Ciardelli, Wayzata's 138-pounder, pinned Liam Anderson-Haukaas in 1:54 to make the match score 31-0.

Cael Swensen pinned Laiden Johnson in 1:39 at 145 pounds, and then El Damir added a pin at 152.

Dominic Heim (160) and Harrison Hawkins (170) took forfeits for the Trojans before Cayden Homme pinned Brennan Curry at 0:51 of the

182-pound match.

Mac Kukowski pinned Will Mulsolf in 1:26 in the 195-pound weight class, and at 220 Austin Franchino of the Trojans picked up a forfeit.

Wayzata heavyweight Jac Carver brought the evening to a close by pinning Gavin Falk in 0:27.

Coach Swensen applauded Carver for his diligence in dropping weight after the football season concluded with Wayzata's Prep Bowl victory over Champlin Park. The offensive tackle packed 310 pounds on his 6-6 frame for football, but the weight limit for heavyweight wrestlers is 285 pounds.

Carver made weight, and his quick win Thursday night was encouraging. "Winning like that will give him confidence," coach Swensen said.

"It is a lot of fun when we have a big crowd like this," Swensen observed. "It was both parents' night and alumni night. And we have fan student support. The basketball and football teams are here tonight, along with a lot of our other students, the parents and our youth wrestlers."

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Armstrong Contests

The Armstrong High boys and girls basketball teams have games against Rogers at 7 p.m. on Friday, Jan. 17. The boys game will be played at Rogers and the Falcon girls will host Rogers.

Armstrong/Cooper's boys hockey team is scheduled to play Andover in a 7 p.m. Thursday, Jan. 16, at New Hope Arena.

At 5 p.m. Thursday, Jan. 16, the Armstrong wrestling team will host Ogilvie in a non-conference dual meet.

Lake Gymnastics

Two of the premier gymnasts in the Lake Conference will match up in the Wayzata-Hopkins dual meet at 6 p.m. Thursday, Jan. 16, in Wayzata High's Gym 9. Ciboney Reglos is a returning state qualifier for Hopkins, as is captain Grace Treanor of Wayzata.

Lake Boys Hockey

Several boys hockey games featuring Lake Conference teams are set for 7 p.m. Thursday, Jan. 16. In league play, Edina will play Buffalo at Buffalo Ice Center and Eden Prairie will host Minnetonka at Eden Prairie Community Center. Wayzata steps outside the conference to play Hill-Murray at St. Paul's Aldrich Arena.

In Lake boys hockey Saturday, Jan. 18, Eden Prairie will host St. Michael-Albertville at 7 p.m. at EP Community Center and Wayzata will face off against Edina at 7 p.m. at Braemar Arena.

Minnetonka will play Bloomington Jefferson in a non-conference game at 7 p.m. Saturday at Bloomington Ice Garden.

Lake Girls Hockey

Edina is moving closer to clinching the Lake Conference girls hockey championship. But the Hornets will be tested by a high-scoring Eden Prairie team that features conference scoring leader Sydney Langseth at 3 p.m. Saturday, Jan. 18, at Braemar Arena.

A Lake game is scheduled for Saturday, Jan. 18, with Wayzata traveling to Buffalo for a 3 p.m. start.