

HIGH SCHOOL VOLLEYBALL



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Stewartville head volleyball coach John Dzubay talks to his team during a practice on Wednesday. The Tigers are the No. 1-ranked team in Class AA.

TIGERS ROARING AGAIN

Stewartville is back atop state rankings

BY PAT RUFF
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At 70 and now 34 seasons into coaching volleyball at Stewartville High School, John Dzubay has never felt quite this way about a season or a team.

This summer, it was almost too much for the former Stewartville band director.

"I found myself already writing lineups down on paper for this season (over the summer)," he said. "I don't think I'd ever done that before."

There was reason for all of the anticipation. Dzubay, who's coached teams to four state championships at Stewartville, is hoping to get the Tigers back to state for the first time since 2014, when they won it all.

And with this group, he knows the expectation is to do just that — and then some.

Stewartville begins this season ranked No. 1 in Class AA. There are two great reasons for that. One is that it graduated just one senior from last year's 25-5 team, which lost 3-1 to then No. 1-ranked Kasson-Mantorville in the Section 1AA final.

Tigers at a glance

WHO: Stewartville volleyball team
RECORD, RANKING: Stewartville moved to 3-0 with Tuesday's sweep of Faribault Bethlehem Academy. The Tigers are ranked No. 1 in Class AA.
UP NEXT: Stewartville is at the Apple Valley Invitational on Friday.

There is another even more significant reason for optimism, and it's a reality that Dzubay doesn't dodge.

"This might be the most talented team I've ever coached," Dzubay said. "I just hope I don't screw it up."

Dzubay is only half kidding with the "screw-it-up" part.

"I still really enjoy trying to get the most out of kids," he said. "But this group is so good. Sometimes I feel like I've just got to let them play."

Really, there is zero chance of the latter happening. For proof, all one had to do was witness Stewartville's match with Faribault Bethlehem Academy on Tuesday night. After a sloppy Game 1

win by the Tigers, Dzubay had already seen enough.

So he inserted his second string and left them in for the duration. Stewartville wound up winning the match 3-0.

The Tigers starters weren't pleased with sitting out. But they respect Dzubay's opinion and knowledge too much to protest.

COACH'S INFLUENCE

"When Coach Dzubay talks, you listen," said one of those Tigers stars, 6-foot senior outside hitter and future Division I college player (Illinois State) Kaitlyn Prondzinski. "He knows a lot about volleyball. He thought we weren't playing our best, so he put the second team in. He thought they deserved that chance. And they did well. They won the match."

Jotting down starting lineups wasn't the only way that Dzubay spent his summer. There were also a few of his staple trips to the Boundary Waters as well as a month-long journey out west for a friend's wedding in Washington.

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MLB

Hildenberger happy to be back with Minnesota

BY BETSY HELFAND
St. Paul Pioneer Press

BOSTON — Trevor Hildenberger's summer didn't quite go as planned. Instead of pitching for the Twins, the reliever spent much of his time in Fort Myers, Fla., rehabbing from an injury.

He would watch the Twins on TV nightly, cheering on his teammates from afar, catch up on shows on Amazon Prime and eventually, he wound up ordering a lot of stuff he admits he didn't need.

Like what?
"I ordered a sweatshirt in the middle of Florida summer," he said.

When he finally gets back to Minnesota in a few days, Hildenberger will be greeted by "boxes and boxes." He rejoined the Twins, along with Fernando Romero and Ryne Harper, this week, after the Class AAA season concluded. The call-up comes after a difficult season for him which included a solid month of April in the big leagues, a shaky May that led to a demotion and a couple months of being sidelined with a flexor mass strain.

Hildenberger said he worked through some mechanical changes in Rochester when he suffered the injury originally.

"We were in the middle of the process in Rochester," he said. "I was probably overextending myself. I was playing catch longer, throwing more bullpens on top of the normal amount of work, but I feel much better."

Hildenberger believed his arm slot was high so he would lean over more to lower it. As a result, his body would come up early and he would fly open, he said. Once he figured that out with the help of AAA pitching coach Mike McCarthy, he started getting better results. He came off the Injured List on Aug. 20 and threw 8 1/3 scoreless innings in five games for Rochester.

At the beginning of the year, Hildenberger was one of the team's highest-leverage relievers and if he is able to return to form, he could be another valuable option for the Twins out of the bullpen.

"He was not feeling normal or the way he normally does. We wanted to get him into a more comfortable place where he could repeat and do the things that he's done before," manager Rocco Baldelli said. "He's been a good major league reliever in the past. It's in there and we know it's in there. We just have to find a way to bring it out."

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Bruce Kluckhohn / USA TODAY Sports

Minnesota Twins relief pitcher Trevor Hildenberger pitches during a game earlier this season at Target Field. He is one of three relievers called up by Minnesota after the Class AAA season ended this week.

Blooming Prairie Country Club a left-to-right delight

BY ERIC ATHERTON
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When I played golf in high school, my normal ball flight was a fade. My best friend, Don Faulkner, hit a draw.

I envied him. Granted, Don hit his share of pull-hooks, but when he made a good swing, he'd knock it 30 yards past my best drive. That draw could cut through the wind and would roll and roll, while my fade would get eaten up by the wind and would kick sideways when it landed.

Off and on for the past three decades, I've tried to learn to hit a draw. I can do it — about two times out of 10. Those two drives are things of beauty, but the other eight are disasters.

A couple weeks ago, I gave up (not for the first time, I admit). I decided I'm better off fading the ball 220 yards into the fairway, rather than hooking it 240 yards and into the woods.

Then last week, I played Blooming Prairie Country Club — and it felt like coming home.

The course dates back to 1936. I haven't been able to identify the original architect, but whoever he was, I'm betting he hit the ball from left to right. I won't go so far as to call the course a slicer's delight, but it's darn close.

BPCC, like most of the 9-hole courses I've played so far this summer, doesn't rely on length to defend itself. From the back tees it measures just 3,026 yards, and big hitters will have no difficulty

reaching both of the par 5s in two.

WATCH FOR WATER

But water and wetlands abound. Much of it is largely ornamental and probably catches very few balls, but if you hit a wedge fat or pull a drive, you can get wet on several holes.

The course has just a handful of nicely maintained bunkers, and they're very much in play. The first hole, for example — a short par 5 that measures 456 yards from the back tees — has two deep traps that guard the front of the green. I avoided them, and I'm very glad I did.

The greens, simply put, are wonderful. They hadn't been mowed the day I played, so they rolled fairly slowly, but they were

smooth and nearly immaculate. Some are small, while others are borderline huge, and many of the greens fall off steeply just a foot or two into the fringe, which makes for some interesting chips back up to the pin.

Plus, several of the greens (Nos. 5, 6 and 8) have recently been expanded to add collection areas that offer some knee-knocking, huge-breaking putts.

I'd describe the fairways as generous and quite firm. The rough, if you happen to find it, isn't punitive, so the biggest problem if you miss the fairway is the trees. I only had to play out sideways once, but this is definitely a course where you want to ask yourself, "Where is the good miss?"

A FORGIVING COURSE

And really, that's one of the things I look for in a golf course. The average player needs places to bail out — and BPCC has such spots on nearly every hole.

The best example of that is No. 9, a 300-yard par 4 with water down the left side. While the fairway starts out fairly narrow, on the right side it opens up considerably after about 150 yards, and a well-struck drive that misses right will usually leave a wide-open look at the pin. I missed the fairway but had just 60 yards left and nothing in my way. I missed a 15-footer for birdie, but it was my easiest par of the day.

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