



## STARS of the ★ WEEK

### Top star



**Name:** Edmund Ocansey

**School:** Champlin Park

**Grade:** Senior

**Sport:** Track and field

**Highlights:** Ocansey won the long jump and triple jump 5AA section titles, joined the 4x100 for a section title and took second in the 100 to make state in all four events

### Other stars

**Laubenra Ben** (junior) Park Center-girls track and field

Ben made state in four events - joining the 4x200 relay for a 5AA section title, winning the 200 and 400 and taking second in the triple jump

**Abby Meads** (junior) Champlin Park-softball

Meads finished with six RBIs in a 17-1 win over Spring Lake Park in a 5AAAA section game on June 8

**Abby Hibbs** (eighth grade) Champlin Park-girls track and field

Hibbs made the Class 2A state meet in both the 1,600 and 3,200 with personal record times

**Richlu Tudee** (sophomore) Champlin Park-boys track and field

Tudee bested the state standard in the 200 to make state

### Park Center girls track and field

# Pair of sisters show off speed

## Ben makes state in four events including 4x200 relay

By **ANTHONY IOZZO**  
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Park Center girls track and field made a big change ahead of the 5AA section meet.

Junior Laubenra Ben moved from the 100 to join her sister freshman Laubental Ben and another pair of sisters in junior Shadaizhalynn Chatman and eighth-grader Shynika Chatman and eighth-grader Shynika Chatman on the 4x200 relay.

Laubenra Ben had just come off a strong Northwest Suburban Conference meet in the 100, 200, 400 and triple jump, and she was a favorite to make state in all of those events.

Coach Bruce Smith said the move could have “backfired” and not gone well, but he chose to do it after talking to Shadaizhalynn Chatman and Laubenra Ben and coaches Amanda Molden and John Hiestand.

Any errors on the 4x200 relay would have meant the experiment failed, but instead, the Pirates left Mounds View High School on June 12 with smiles on their faces.

The quartet ran a season-best time of 1 minute, 45.01 seconds to win the section title and make state.

“I agonized over that,” Smith said. “Everybody wanted to do it, but everybody knew what was at stake. Everybody was quiet. Nobody pushed, and they just let me beat myself up.”

Shadaizhalynn Chatman started the race strong off the blocks, and Laubental Ben was able to



(SUN PHOTO BY ANTHONY IOZZO)

Park Center junior Laubenra Ben races to the finish line in the 4x200 relay June 12 in the 5AA section track and field championships at Mounds View High School. The relay won the section title in a season-best time of 1 minute, 45.01 seconds to advance to state.

## Coming up

The Class 2A state girls track and field meet is at 3:30 p.m. Saturday, June 19, at St. Michael-Albertville High School.

keep pace against some of the fastest runners in the relay.

Shynika Chatman made up some ground and was able to get Laubenra Ben the baton in good position.

With about 150 meters to go, Laubenra Ben kicked it into an extra gear and sped past second-place STMA and third-place Ma-

ple Grove, crossing the finish line 1.47 seconds ahead of everyone.

“I chose to opt out of the 100 for the 4x2,” Laubenra Ben said. “Doing this 4x2 is honestly exciting, and I get to do it with my sisters. People I’m really close to. And it’s, overall, really fun at practice, as well.”

Laubenra Ben also advanced to state in her other events – the 200, 400 and triple jump. She won the 200 in a season-best time of 25.09, beating runner-up St. Michael-Albertville senior Aaliyah Heine by .26 hundredths of a second.

Her 400 time was 58.21, which was also good enough for a section title. Maple Grove sophomore Jordyn Borsch was second in 58.48.

Then there was the triple jump, which had to be done after the 4x200 and 400. Laubenra Ben battled through being tired to advance to state with a distance of 36 feet, 8 3/4 inches. Spring Lake Park/St. Anthony senior Victoria LaBerge won with a leap of 37- 1/2.

Laubenra Ben said she was able to stay focused throughout the day by focusing on one thing at a time.

“You have to be mentally tough to get through this or you won’t.” Laubenra Ben said. “You have to just keep going, keep going.”

As for state, Laubenra Ben will

See **Pirates**, Page 26

### Brooklyn Center girls track and field

# Williams advances to state in 3 events

By **ANTHONY IOZZO**  
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Williams

Brooklyn Center senior Nayeli Williams is going to represent the Centaurs in three events in the Class A state girls track and field meet.

Williams took runner-up in the 100 and 300 hurdles and the long jump June 10 in the 4A section meet at Hill-Murray High School in Maplewood.

Williams had a personal record in the long jump. She reached a distance of 18

## Coming up

The Class A state girls track and field meet is at 3:30 p.m. Friday, June 18, at St. Michael-Albertville High School.

feet, 1 1/2 inches. Concordia Academy/Roseville junior Saina Zinter won the event with a leap of 18-7 3/4.

Williams and Zinter went head-to-head again in the 100 hurdles. Williams finished runner-up in 16.39 seconds, and Zinter won the event with a meet record time of 14.68.

Zinter also broke the meet record in the 300 hurdles in 43.1. Williams was second in 47.81.

Freshman Aryana Moriasi finished with PRs in the 100 and long jump. Moriasi was 13th in the long jump with a distance of 13-0, and she was 23rd in the 100 with a time of 14.58.

Junior Joana Enriquez had a season-best time of 6:33.21 to take 16th in the 1,600, and eighth-grader Destiny Gbor had a PR in the 200 with a 27th-place finish in 33.14. Gbor was also 33rd in the 100 in 15.47.

Seventh-grader Miriam Bagana was 21st in the 300 hurdles in 1:01.73.

## Champlin Park girls golf

# Ullen takes 10th to make state meet

By **ANTHONY IOZZO**  
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Champlin Park junior Taylor Ullen made the Class 3A state meet, claiming the fifth and final individual qualifying spot June 2-3 in the 5AAA section meet at the Links at Northfork.

Ullen finished with a 166 (83-83) to take 10th overall. Ullen had two birdies and 13 pars in the two-day tournament.

Senior Clara Langel

had a 104 in round one for the Rebels, and juniors Lizzie Kelly (109) and Grace Moffitt (116) also competed in round one. Seniors Annika Erickson (119) and Morgan Pietsch (121) finished their high school careers as well.

Langel had five pars in her round, and Kelly had one par.

The state meet was June 15-16 at Bunker Hills Golf Course in Coon Rapids, following the Sun Post's Monday deadline.

## Champlin Park boys golf

# Vizenor finishes 6th overall to make state

By **ANTHONY IOZZO**  
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Champlin Park senior Noah Vizenor advanced to the Class 3A state meet with a sixth-place finish in the 5AAA section meet June 3-4 at Bunker Hills Golf Club.

Vizenor ended up with a 149 (76-73) and had three birdies and 25 pars in the two-day tournament.

That score also helped the Rebels take fifth as a team. Champlin Park had a 651, edging out Osseo (666).

Junior Hogan Sinjem was 21st with a 162 (81-

81), and sophomore Evan Williams was 30th with a 170 (85-85). Sinjem had five birdies and 16 pars, and Williams finished with 13 pars.

Senior Mike Rylance was 37th with a 172 (85-87), and junior Nolan Peterson was 41st with a 180 (83-97). Rylance had 14 pars, and Peterson had two birdies and 11 pars.

Junior Ethan Mus only competed in the first round and shot an 89, finishing with eight pars.

State was June 15-16 at Bunker Hills Golf Course in Coon Rapids, following the Sun Post's Monday deadline.

## Rebels

CONTINUED FROM PAGE 25

Royanna Whicker and sophomores Kari Bork and Hannah Horton to finish fifth on the 4x100 relay in 51.0.

Hibbs took second in both the 1,600 and 3,200 with PRs. Hibbs finished the 1,600 in 5:14.77, and she finished the 3,200 in 11:03.48.

Senior Nyomi Charleston, Whicker, Horton and Bork took seventh in the 4x200 relay with a season-best time of 1:51.76.

Senior Mackenzie Peterson finished seventh to medal in the shot put with a PR throw of 35-11 1/2 and was seventh in the discus with a PR throw of

## Coming up

The Class 2A state girls track and field meet is at 3:30 p.m. Saturday, June 19. The state 3,200 boys and girls races are at 4 p.m. Thursday, June 17.

103-7. Horton also medaled in the high jump with an eighth-place PR height of 4-9, and senior Ava Larson medaled in the discus with an eighth-place distance of 103-1.

Seniors Ashlyn Murphy and Cassidy Turner, junior Anna Marsolek and sophomore Lexy Beer joined for the 4x800 relay and took seventh in 10:57.97.

## Champlin Park softball

# Season ends in eventful Tuesday at sections

By **ANTHONY IOZZO**  
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The bats were hot in the first game June 8 in the 5AAA section elimination bracket at Maple Grove High School.

Champlin Park softball (12-13 overall) cruised to a 17-1 win in five innings to stay alive and set up a matchup with Maple Grove later on a very hot day. There were some hard hit balls against the Crimson, but the runs would not come in a 5-0 loss.

Seniors Erin Reardon, Kiarra Harris and Lyla Galli were huge players

in this year's postseason run, and all three contributed in the win over Spring Lake Park.

The rest of the team is expected back with juniors Ashley Liveringhouse, Riley Leonhardt, Abby Meads, Taylor Kordiak, Alyssa Blaska, Natalie Worwa and Emily Rosin leading the way.

## Rebels 17, Panthers 1

The Rebels scored 13 runs in the final two innings of a 17-1 win

See **Softball**, Page 27



(SUN PHOTO BY ANTHONY IOZZO)  
Champlin Park senior Lyla Galli celebrates a run with junior Alyssa Blaska June 8 in a 5AAAA section tournament game.

## Champlin Park girls lacrosse

# Rebels finish 7A section runner-up

By **ANTHONY IOZZO**  
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It isn't easy advancing to section finals, but Champlin Park girls lacrosse gave itself another opportunity at a state meet following a 9-8 win over Forest Lake on June 7.

The Rebels (13-3 overall), along with the entire state, had their season canceled in 2020 due to the COVID-19 pandemic. But this was the fourth straight season that they were just a win away from state.

A 14-4 loss to Andover on June 9 meant it was also the fourth straight season that Champlin Park is the 7A section runner-up. While the team hasn't made state since a three-year stretch from 2013-15, bringing home hardware almost every season for nine years is impressive.

And this year's team did it with a limited summer tournament and fall practices and no high school action in almost two years.

"You'd like to get back here and finish and go to state, but it is an accomplishment, and we worked really hard to get back to this point and have this opportunity," coach Jeff Johnson said. "We've worked hard, and we had a nice mix of play-



(SUN PHOTO BY ANTHONY IOZZO)  
Champlin Park senior captain defenseman Erica Theisen battles for possession with Andover junior Claire Nelson in the second half Wednesday, June 9, in the 7A section final at Osseo High School.

ers this year. We had some returning seniors that had some experience from a few years ago, and then we brought in a nice core of younger players."

The seniors included attackers/midfielders Camryn Mayer, Dayna Carlson and Kyler Schack; defenseman Grace Evenson and Erica Theisen and goalie Jackie Freeman.

And all six were key contributors all year. Mayer had 47 goals and 41 assists, and Carlson added 25 goals and 17 as-

sists. Schack finished with 12 goals and five assists.

Theisen and Evenson were both captains and were key in the backfield, and Freeman was another captain as one of the best goalies in the state.

"I feel blessed to have the opportunity to come in and work with these girls this year and feel their energy," Johnson said. "Working with those kids and seeing how hard they compete, it truly is something special."

Freeman had 102 saves and a .607 save percent-

age, but Johnson said that Freeman offers more than just saves. She also makes key interceptions to limit chances, helps set up the defense around her and also steps up when necessary.

"I love Jackie," Johnson said. "She's an outstanding goalie. She's been a competitor for us for a number of years now, and she leads our defense down there and has done everything we've asked of her."

The seniors also helped bring up the younger core on the team led by starters sophomores Megan Peter and Fayedra Vang and freshmen Lauren Schindlbeck, Eleanor Gregornik and Annabelle Johnson.

Jeff Johnson said that the seniors helped show others what it takes to get through tough games and the grit and determination needed to be successful.

Vang had 36 goals and six assists, and Annabelle Johnson added 35 goals and 20 assists. Peter collected 17 goals and 10 assists, and Schindlbeck had 14 goals and six assists. Gregornik was a starting defender.

"Those five girls, that's something to build around for our future for sure, and they did a lot of work I asked of them," Jeff Johnson said.

## Pirates

CONTINUED FROM PAGE 24

now look to challenge for some wins, and Smith said she will be contention in all events, including in the relay with her sister Laubental Ben and sisters Shadiazhalyann and Shy-

nika Chatman.

Even though I haven't hit my prime times yet that I wanted, I'm definitely going out there hard, and I'm gonna go for it," Laubental Ben said. "I'm going to use that to push me and get through."

Besides the state qualifiers, there were other medalists.

Junior Arlena Newman joined Laubental Ben and Shadiazhalyann and Shynika Chatman on the 4x100 relay and the quarter finished fourth overall with a season-best time of 50.92.

Shadiazhalyann Chatman also finished eighth in the 100 in 12.99 to also add a medal.