



Beloved Richfield hockey coach Jake McCoy dies

By **JASON OLSON**
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Jake McCoy, a beloved member of the hockey community in Minnesota and Richfield, in particular, died Friday, Feb. 5 at age 79.

Thomas James “Jake” McCoy’s hockey coaching career goes back to 1966 when he started coaching all levels in Richfield, including varsity hockey. He went on to coach at Washburn from 1986-90 but remained in touch with the Spartans throughout his life.

Along with youth teams in Richfield, McCoy also coached his grandson’s squirt team in Eden Prairie.

McCoy is survived by his wife, Cathy, of more than 50 years, daughters Jeanne and Maggie, son Patrick, and five grandchildren.

Hockey career

A member of the 1964



(SUN CURRENT STAFF PHOTO BY JASON OLSON)
Longtime Richfield hockey coach Jake McCoy, middle, posed with Richfield hockey alumni during a reunion game at Richfield Ice Arena in 2019.

United States Olympic hockey team which placed fifth in Innsbruck, Austria, McCoy played alongside Herb and Dave Brooks.

A standout defenseman, McCoy played three seasons with the Gophers, partnering with

Lou Nanne during the 1962-63 campaign when Nanne became the only defenseman to ever lead the WCHA in scoring.

Before the University of Minnesota, McCoy excelled in hockey and football at DeLaSalle before playing one season

of hockey at St. John’s University in Centerville before transferring to the Gophers.

According to a wonderful profile of McCoy which was published in conjunction with Hockey Day Minnesota 2020 and fittingly hosted by

Minneapolis, McCoy didn’t pick up hockey until he was an 11-year-old sixth-grader in 1953.

After the Gophers and Olympic days were over, he went on to play in the USHL for the Minnesota Nationals, a farm team for Team USA in 1967-68 then Duluth and Rochester the next season. He went on to win eight Minnesota State and six National Senior Men’s Championships.

“Former teammates have high praise for not only his on-ice talents but also for his dedication to coaching and, in general, his character, friendship and humor off-ice,” wrote Bill Rosini in the piece titled “A Lifetime of Giving Kids a Chance.”

McCoy was inducted into the Minnesota Hockey Coaches Hall of Fame in 2008 and received the Cliff Thompson Award from the Minnesota State High School League in

2013 for his contributions to the sport.

Later on in the piece, McCoy talked about the tough decision to shut down the Richfield High School Hockey program in November 2016, after starting in 1954-55.

“It was hard to see that kind of history end,” he said. “It was a sad day. We just ran out of kids. We played in a very tough Lake Conference. The best of coaching the Richfield kids was that they were blue-collar. They played hard and they worked hard. When we lost, the kids kept working harder.”

In addition to his life-long accolades, McCoy was inducted into the Richfield Athletic Hall of Fame in 2004 and Minneapolis Hockey Hall of Fame in 2016.

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Milestone: Spartans senior hits 1,000th career point

By **JASON OLSON**
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Richfield senior Ryan Miles told his then third-grade teacher Omar McMillan he would start as a 6-foot-7 player for his Spartans basketball team.

Fast forward nearly a decade later and Miles is working his way through a fifth varsity basketball season at Richfield High School.

A testament to his production and longevity, Miles surpassed the 1,000 career point milestone with a free throw early in the second half of the Feb. 2 win over Holy Angels.

“No better player, this kid is a phenomenal kid and I have a huge soft spot for him since he was in my third- and fourth-grade class,” McMillan said. “We’ve known each other for a long time.”

Miles didn’t know about the milestone until after he crossed it.

“They wanted to keep it



(SUN CURRENT STAFF PHOTO BY JASON OLSON)
Richfield senior Ryan Miles receives a commemorative basketball from assistant coach Matt Mullenbach in honor of his 1,000th career point. Miles was fouled and made the basket, then after recognizing the achievement made the free throw. He finished with 24 points.

a secret,” he said. “Some- one started yelling and I was thinking ‘What is

going on?’” The point of the milestone isn’t lost on Miles but he’d rather earn

the win over any personal accolades.

“It’s about the win,

not the 1,000 points,” Miles said, it’s one of those things I’ll keep the ball forever and 10 years later I’m sure it will mean something more to me later in life but right now it’s just another thing.”

The Spartans improved to 5-0 after an 81-61 win, while Miles had a game-high 23 points. Miles hit the four-digit total on a tough inside basket as he was fouled. He stepped to the free-throw line before the coaches stopped the game for a brief ceremony. He ran the game ball up to his parents in the stands before returning to the court and making the free throw.

Miles stuck out the lean years with the program, winning five games as an eighth-grader. “To be die hard about it and stick around, it is beautiful to achieve so much,” McMillan said.

Junior Mitchell January finished with 14 points, Jaden Wollmuth added 11 points and senior Lamar Grayson had

13 points before exiting the game early in the second half after picking up a technical foul.

Holy Angels senior Bryce Boyd led the visitors with 21 points and six rebounds. He blocked a pair of shots and turned the ball over five times as the Stars led 32-31 at halftime. Joe Oberst also finished with double-digits with 12 points and two rebounds.

Richfield went on a 50-29 second half to retain the Battle of the Tracks traveling trophy for a fourth consecutive time.

Miles said the turnovers from pushing the pace in the first half kept the score close.

“When we threw those long passes they would get back on D and that’s what killed us,” he said while their defense slowed Richfield down.

“Holy Angels is always going to be tough,” McMillan said outside the gym at Richfield High

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Holy Angels Starliners shine bright after a year off

By JASON OLSON

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Holy Angels' Starliner Dance Team is making up for a lost time after not competing last season.

Two wins just three meets into the delayed start of the winter season has the Starliners ready for the Tri-Metro Conference Championships set for Feb. 13.

Holy Angels opened the season with a bang at a Tri-Metro Conference meet at Fridley on Jan. 23. The Starliners placed first in jazz and high kick. Holy Angels moved on to Lakeville South Jan. 30, finishing third out of

three teams in high kick and fourth out of four teams in jazz. They once again earned first place in a high kick conference meet at Columbia Heights on Feb. 3.

The Richfield campus will be one to host the championships in shifts as no more than three teams can compete at one time due to COVID-19 protocols.

The team is guided by three captains, including seniors Adi Scheerz and Eva DeSimone and junior Maddie Portner.

Coaches include Sara Hordyk Portner, Anne Kunkel and Sara Ober.

In addition to the three

captains, those with experience from past seasons include manager Gretch Hansen and juniors Emily Fisher and Jess Pastrana.

As with all high school sports, 2020-21 looks different – from the season schedule to daily protocols and mandatory masks during competition.

Coaches modified cardio and conditioning workouts with shorter high-intensity interval training or tabata workouts to break up the workouts into shorter segments with breaks. “We do take frequent breathing and water breaks,” Hordyk Portner said after doing virtual practices over

Zoom three times a week during the winter sports pause. “We focused a lot on basic technique and cardio conditioning so that we were able to jump into choreography once we were back in person.”

The Starliners coach is proud of how the team acclimated to the changes like wearing a mask and following protocols. “Missing just one competition could have a significant impact on our season and we are taking every precaution to keep them safe while we are together,” she said.

That includes everyone taking the same bus to and from competitions

with assigned seating.

As for mental health, Hordyk Portner said they've taken practice time to bond as a team and facilitate small group discussions.

“Two-thirds of our team is new to Holy Angels and high school dance team and it has been refreshing to see new friendships being built. We do have athletes in complete distance learning, so being on the team is their main source of social activity – we want to nurture these bonds and make it a welcoming and positive experience for everyone and give them time to be together away

from a screen.”

Before the season each dancer completed a worksheet for the coaches to get to know them better. Questions on the “My Story” worksheet included things like a favorite television show, biggest fear, goals and family dynamics. “The night before our weekend competitions we take time to wind down at the end of practice with yoga or meditation so that everyone can come into the competition the next day prepared and focused.”

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Spartans

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School, which was quiet compared to their previous meeting for the Section 3-3A title back in March at Jefferson High School, before COVID shutdown boys basketball before the state tournament could take place.

“Holy Angels is a great team,” Miles said. “And every time we play them, Kennedy and those rivalry games they are going to have their best game against us and try to win,” Miles said. “And to beat them four straight times that's really big because they are going to play their best game against us.”

“They're rivals over there with a very good



(PHOTO BY JASON OLSON)

Richfield senior Ryan Miles

coach and excellent athletes and sprinkle a rivalry on top of it you've got a game,” McMillan said. “That's what we reiterated at halftime and our purposed for coming to practice every day, our

purpose for playing during this COVID season and the goals we've set for ourselves.”

McMillan said it was leadership that helped turn the momentum of the game around in the second half by a 21-point margin. “When you get guys like your captain Ryan Miles talking at halftime, Mitchell, Lamar and guys saying hey let's go get this one and Jaden steps up to say what he needs to say then Isaiah chips in.”

With a group that has played together for a while and understands the coaching staff, it doesn't take a lot to boil down the plan. “We say what we say as a coaching staff, they understand it and go get it,” McMillan said.

With five guys who can score, the pride on the team comes on the defensive end to deny the other team the opportunity to score.

To get the ball in their hands enough, they have to play strong defense to create turnovers and jumpstart the transition offense.

“We pride ourselves on the number of possessions we got and getting out and running the floor then when we've got the General up top [Miles] we can switch up things,” McMillan said as they've worked on getting 10 different guys working into the mix.

Wollmuth and Casey-Hammonds have grown into their roles inside the paint on both ends of the floor. “Jaden's stepped it

up on the offensive side this year after averaging six points last year they're both huge athletes to have,” Miles said.

Now three weeks into the season, McMillan said the team is working hard to feel more comfortable playing while wearing masks and adhering to the social distance guidelines which allow them to compete.

It took about two days for the team to get comfortable playing basketball in a mask. Developing the necessary stamina to run and do the things they want to do on the floor is taking some time to come around.

“We practice and work on mask stamina every day to be able to play at the tempo we want to play,” he said. “When

you have goals and some things in mind, they adapt a lot quicker.”

In addition to the mask challenges, Miles notices the lack of energy in the gym without fans.

“Fans do make a difference in the game,” he said. “It brings us energy home and away.”

Richfield Super Fan Jeff couldn't be missed courtside, as he continued to motivate the team for another win on the home floor. Not only was he part of the on-court celebration after winning the section title last March, he also celebrated the semifinal win over Kennedy with confetti at the middle of the Richfield High School court, the last game to be played on the old floor.

Tourneys

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the qualifying team from their section. For qualifying individuals that are also part of the qualifying team, their score on each event will count toward individual and team competition.

Wrestling: A three-day event is scheduled for March 25-27 at a venue to be determined. Each class will have its own day of competition. The state tournament format at the final venue will feature four qualifying teams that advance from team state preliminaries, held regionally, on March 13. In the individual tournament, eight qualifiers in each weight class will advance

to the final venue.

Hockey: State tournaments in both girls and boys hockey are tentatively scheduled for March 26-27 and March 30 through April 3 at the Xcel Energy Center. Girls quarterfinals will be held Friday and Saturday, March 26 and 27, and boys quarterfinals will be played Tuesday and Wednesday, March 30 and 31. The girls semifinals will be played April 1 followed by the boys semifinals on Friday, April 2. Four championship games, two in each gender, will be played Saturday, April 3.

Basketball: Following quarterfinal play at regional sites for 32 games (16 girls, 16 boys) March 30 and 31, semifinals and championship games are tentatively scheduled to

be played at Target Center from April 6 through April 10. Semifinals will be played Tuesday, Wednesday and Thursday, April 6-8, and championship games will be Friday and Saturday, April 9 and 10.

“The League is thrilled that students will have the opportunity to have a culminating state tournament experience,” said Erich Martens, executive director of the Minnesota State High School League. “Providing a championship event in every activity is part of Minnesota's rich tradition of co-curricular opportunities. Safety is, and needs to continue to be, a focus as the League and its partners continue to work on these projected postseason concepts.”

Alpine

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points and Finnegan Turner with 169 points.

Rukavina was eighth in the opener (51.06 seconds) and 10th in the second race (51.81). Mellas was fifth in the opener (49.98) and 21st in the second race (64.9). Hardcopf was 12th then 15th.

The team has been together on the slopes for practice since Jan. 11, training remotely a few times in December to be ready to go once they could practice and race.

They were ready for the Jan. 4 start date but the school pushed it back a week to allow families to

quarantine a little bit more after the holiday season.

“It feels like we're all back into it and on top of it, even with the new team members,” Frommelt said. “Everyone was anxious to participate in sports again.”

As a result of the uncertainty and delayed start to the season, he's noticed a deeper focus among those on the course for training and races. “I've seen more concentration and more dedication to not ski-out [of the course],” Frommelt said. “I'm not sure what it has to do with COVID but to be finally doing this and they want to make sure it counts. The theme is to make this year successful. It's been so positive.”

Burns is the top performer for the girls with Pleissner making a strong case in the No. 2 spot after being the third or fourth Stars skier over the years. Frommelt attributes her improved technique and being a senior for helping her rise near the top of the group.

Rukavina has risen to a similar level with the boys going from a fourth-fifth spot on the roster to competing for the top spot with Mellas.

“I really think it's two things – the benefits of training and maturity as seniors,” he said. “This is their last year so the maturity also comes from how they go about their racing.”

Last-second basket lifts Holy Angels girls past Becker

By **JASON OLSON**

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Close games down the stretch helped Holy Angels (16-2) prepare for Section 3-3A play, which began earlier this week.

Entering last week ranked third in the latest Class 3A poll by the Minnesota Basketball News, Holy Angels began the final week of the regular season by knocking off top-ranked Becker 71-70 at the Richfield campus.

Senior guard Frankie Vascellaro hit the winning jumper from inside the paint with 1.4 seconds on the clock to give her a game-high 20 points.

The Stars had four seconds on the clock coming out of a timeout. Freshman Kiera O'Rourke took the inbounds to pass near the top of the key, found Vascellaro break through the defense with a lob over the top for the inside look.

Stars coach Dan Woods said the final play was pretty close to how he drew it up. "Kiera had to ad-lib on it but we had to take a chance and let the players play," he said of the final sequence of a matchup that was long in the making, with the idea both teams would be among the top programs



(SUN CURRENT STAFF PHOTO BY JASON OLSON)

Holy Angels teammates celebrate a 71-70 win over No. 1 Becker March 9 in Richfield. Frankie Vascellaro, second from left, hit the decisive basket with 1.4 seconds to go.

in Class 3A. "Love it," Woods said of the close game against a very good squad before heading into section play.

Holy Angels junior

Grace Massaquoi finished with 17 points, Kawiecki added 14 points and junior Kassi Caron added nine points.

Becker countered with

five players scoring at least 11 points. Courtney Nuest and Julia Bengtson each had 14 points, Megan Gamble had 13 and Adeline Kent and Maren

Westin finished with 11 points, respectively.

Neither team grew to a lead of more than nine points, as both offenses found their groove and

tried to exploit the defense.

"We've been focusing these last few practices on defense because it's been our one weakness consistently and we knew they would be good from the perimeter," Vascellaro said, noting Becker's clutch shots in the closing minutes. "We didn't let it crush our spirits. We knew they would come out and hit shots but we had to keep playing our defense and making our shots."

As for the last play, Vascellaro said she saw an opening, "and it worked out perfectly." The Stars captain admires how composed O'Rourke stayed throughout the sequence at such a young age.

Climbing back from down six and seven points in the second half on multiple occasions, Holy Angels showed its capability to string together defensive stands and turn those into points on the opposite end.

"You get to see weaknesses and anything else you possibly can dream of in a game like that," Woods said. "Grace, Frankie and Rachel when she has to do it, the biggest benefit is making plays when you

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Kennedy, Richfield battle in Section 2A swim meet

By **JASON OLSON**

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Kennedy boys swimming and diving posted its top Section 2A performance in seven seasons as each section swimmer posted a season-best result.

"Consider we're in a global pandemic, shutdown in November and December. I am very proud of this group," Eagles coach Todd Walsh wrote in a post on Twitter after the meet concluded on Saturday at Richfield Middle School.

Kennedy scored 120 points to place sixth, seven points behind fifth-place Richfield/Holy Angels and 161.5 points behind fourth-place Benilde-St. Margaret's



(SUN CURRENT STAFF PHOTO BY JASON OLSON)

Kennedy's Sam Firnhaber takes a breath during an early-season Metro West Conference meet at St. Louis Park. Firnhaber placed 11th in the 100 breaststroke and 14th in the 200 IM at the Section 2A meet March 13 in Richfield.

Among the successes for Kennedy was the performance of freshman diver Sam Gardner, who qualified for state with a third-place finish.

He scored a 310.45 to place third in the 1-meter dive. Gardner was less than 44 points behind Breck/Blake freshman Colin Craig and just

under 35 points behind runner-up Orono junior Nick Fogle.

Sophomore Tyler Kauffman tied Delano junior Kaden Georges

for ninth place in the 100-yard freestyle in 51.05.

Kennedy junior Caden Nicholson was 15th in the 200 free in 2:03.11 and 15th in the 500 free in 5:42.67, trailing only senior Kyle Schletty, who was 14th in 5:38.57.

Senior Sam Firnhaber was 11th in the 100 breaststroke in 1:08.63 and 14th in the 200 individual medley in 2:20.76.

Kauffman and freshman Sam Nicholson placed 11th (23.10) and 14th (24.77), respectively in the 50 free.

In the 100 back senior Nathaniel Schueller was eighth in 59.01 and Junior Jorge Estutia-Cardenas was 15th in 1:03.89.

In the relays, the 400 free team of Schueller, Escutia-Cardenas,

Schletty and Kauffman placed fifth in 3:44.95. In the 200 free relay Kennedy's Jaden Grace, Sam Nicholson, Caden Nicholson and Schletty placed fifth in 1:43.94. The Eagles began the meet with the 200 medley relay disqualification after coming in with a 1:53.67 seed time with Schueller, Firnhaber, Escutia-Cardenas and Kauffman.

Richfield/Holy Angels

Junior Jude DeVries was 11th in the 200 free in 1:55.60.

Senior sprinter Caleb Wilson was ninth in the 50 free in 23.04, losing his seed time by more than a full second, just missing the state meet

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Jaguars entertain in upset win over No. 15 Orono



(SUN CURRENT PHOTO BY JASON OLSON) Jefferson sophomore Abi Jo Nelson shared the team lead with 14 points in a 72-62 win over Orono on March 9.

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Jefferson (3-12) sent its five seniors off the court in style with a 72-62 win over Orono March 9.

Ranked 15th in the latest Class 3A rankings by Minnesota Basketball News, Orono led 32-29 at the break.

Hanna Peters and Abi Jo Nelson led the way with 14 points each while Emma Felt contributed 10 points and Emily

Roach scored all nine of her points in the second half.

Felt, a sophomore, started a wild second half by jumping a kick-out pass, deflecting the ball in the backcourt where she wrestled it away from Orono's Lauren Knudson. Felt waited for Peters, a 5-10 senior, to catch up and make the easy lay-up.

The Jaguars opened on a 10-1 run four minutes into the second half but

the teams traded baskets crossing the midway point of the half. Orono's Kayla Kallenbach hit her third 3-pointer of the half to give the visitors a 55-49 with 7:45 to go.

Kallenbach finished with nine points, while Kaila Youngs led a trio of Spartans in double-digits with 16 points.

On the following possession, Roach, a junior, made her third 3-pointer of the half, this time from straight away to make it

55-52. Hemann, a sophomore, finds Peters on a pick-and-roll as Orono wanted to deny the long-range look by Hemann for an inside bucket to narrow the gap to 57-54 with seven minutes to play.

Felt tied the game at 57-57 by converting an open look on a 3-pointer off a feed from Roach with six minutes to go.

Junior Simone Clay got into the action with a corner-3 to make it an 11-3

run for the Jaguars with 5:42 to go.

The Jaguars led 64-60 with 2:08 to go as Orono took a timeout to regroup as they stayed ahead until the final buzzer.

The win came after a 69-62 loss at Henry Sibley March 8, a 71-30 loss at Minnetonka March 6 and a 56-50 loss at home to Minneapolis South March 2.

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Richfield boys lose to top-rated Minnehaha Academy

By **JASON OLSON**
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Richfield enters the Section 3-3A tournament on a 3-3 run since a 68-57 loss to St. Croix Lutheran on the Richfield High School court Feb. 23.

The Spartans closed out the regular season with a 75-43 loss at top-ranked (Class 3A) Minnehaha Academy March 12 after overwhelming Columbia Heights 81-69

in the Tri-Metro Conference finale on March 10.

Red Hawks 7-foot-1 senior Chet Holmgren finished with 15 points, as did Hercy Miller, while Isaiah Davis added 13 points and Prince Ali-gabe added 11 points.

Without Ryan Miles, Richfield's Jayle Hollins led the way with 12 points, Mitchell January had 11 points, Lamar Grayson had seven points. Jaden Wollmuth and Isaiah Casey-Hammond were

limited to three points each.

Richfield (11-3) captured the conference title after the win over the Highlanders (10-2), while St. Croix Lutheran (10-3) and DeLaSalle (10-4) followed in third and fourth places, respectively.

Miles was on the floor leading the Spartans against Columbia Heights with 23 points, followed by 22 points from Grayson. Wollmuth and 14 points, January

had 12 points and Casey-Hammond had eight points.

Stars prevail over Kennedy

Holy Angels overcame Kennedy's three-point halftime lead to collect a 72-69 win at the Richfield campus March 11.

Bryce Boys and Emmett Johnson led the way with 18 and 16 points, respectively. Aiden Smith added six points with seven rebounds, six

assists and two steals.

Kennedy featured Amarrion Hanspard with 22 points and Chris Martin with 18 points.

Jaguars win pair

Jefferson snapped a four-game losing skid with a pair of wins over Section 2-4A foes the last week of the regular season.

The Jaguars (10-8) used 16 points plus 11 points each from Daniel Freitag and Aidan

Atkins in a 59-52 comeback win over Minnetonka on Monday, March 8.

Jefferson limited New Prague to 14 points during the second half of Saturday's 55-37 win. Freitag and Atkins once again led the Jaguars with 13 points each in addition to 10 points from senior Jeremy Wanguhu.

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Section tourneys ready to go for basketball, hockey

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By the time this edition is published we will be well into the section tournaments for boys and girls hockey and basketball.

Some section tournaments began Monday or Tuesday with all of them concluding by March 25 in what is a condensed schedule due to COVID-19 protocols and an urgency to keep the spring sports

schedule close to intact after the cancellation of the entire 2020 season.

Below is the schedule for all Holy Angles, Richfield, Kennedy and Jefferson hockey and basketball sections.

Girls hockey Section 2AA

Tuesday's pairings
No. 5 Jefferson at No. 4 Shakopee
No. 8 Prior Lake at No. 1 Minnetonka

No. 6 Chaska/Chanhasen at No. 3 Eden Prairie
No. 7 New Prague at No. 2 Holy Family
Semifinals, March 18 at better seed
Final is at better seed March 20

Section 5A

Tuesday
No. 5 Holy Angels at No. 4 Breck
No. 6 Pine City at No. 3 Orono
No. 7 Armstrong/

Cooper at No. 2 Minneapolis
Semifinals, March 18
Beck/Holy Angels winner at No. 1 Chisago Lakes, 6 p.m.
Quarterfinals winners at better seed
Final is at better seed, Saturday, March 20

Boys hockey Section 2A

Tuesday's pairing
No. 9 Kennedy at No. 8 Mound-Westonka/WM

Quarterfinals Thursday, 7 p.m.
Tuesday winner at No. 1 Breck
No. 4 Minneapolis at No. 5 Providence (Plymouth Ice Center)
No. 6 Orono at No. 3 Southwest Christian/Richfield (Richfield Ice Arena)
No. 7 Armstrong/Cooper at No. 2 Delano
Semifinals at better seed March 20
Final at better seed

March 24

Section 6AA

Quarterfinals Thursday, 7 p.m.
No. 8 Hopkins at No. 1 Cretin-Derham Hall
No. 5 Blake at No. 4 Benilde-St. Margaret's, 7:30 p.m.
No. 6 St. Louis Park at No. 3 Edina, 8:30 p.m.
No. 7 Holy Angels at No. 2 Wayzata

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Stars

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have to do it."

A bonus this season comes from not relying on just one or two players but instead on the collective team to work together to open up opportunities for Vascellaro, Caron, Massaquoi, Kawiecki, Becky Little, Lexi Egan or O'Rourke.

Holy Angels went on two long winning streaks this season, including an 8-0 start before Eden Prairie muscled its way to

a 79-41 win over the Stars on Feb. 16.

Vascellaro said the physicality was a bit of a wake-up call but they needed the game to happen to expose flaws they can work on.

"They big-girled us and physically beat us up," Woods said. "And there is nothing we can do about it. So it taught us how to play a physical game. It made it much easier to sit in this environment because it wasn't anything new since a 4A school beat us up better than that and you just gotta

play through it."

The over-helping continues to be a focus of attention during practice for Woods and the squad.

"We overhelp and rotate which creates open shots so by overdoing it creates a situation [that doesn't help us]," Woods said. "Believe it or not, you're going too hard. I just want you to stand. Just stand in that area on this one."

The in-game adjustments of learning when to ease up or go at full speed and effort will come when they face situations like

the game against Becker.

The zone defense in the halfcourt was something that the Stars will need to work on, according to Woods. Egan is one example of a senior guard who is gritty and tough to play against. "She digs in and focuses and gives you the hidden defense you don't pay attention to. As a senior leader, she can defend and she'll take a couple of chances and she knows she will bounce back after a mistake."

Massaquoi continues to refine her offensive game with more varsity

reps to know how the game works.

Holy Angels put together seven more wins, culminating with the victory over Becker before St. Croix Lutheran was the first Tri-Metro Conference team to beat the Stars this season by a 64-61 score on March 11.

Holy Angels won the first meeting, also a 64-61 score, on Feb. 9 in Richfield.

Kenna Moon and Julie Skrien led the Crusaders with 17 and 16 points, respectively.

Vascellaro paced the

Stars with 18 points, followed by Caron with 15 points and Massaquoi with 10 points.

Holy Angels bounced back the next night with a 60-39 win at St. Anthony Village in the regular and conference finale Friday.

Vascellaro led the way with 22 points followed by 14 points from Massaquoi, Little with seven points, Kawiecki with six points, Caron and Jenna Buer with five points each.

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