

HOCKEY

Jalosuo departs for St. Cloud State

BY STUART GROSKREUTZ
THE GAZETTE

It was a difficult decision, but an opportunity Mira Jalosuo could not turn down.

The former University of Minnesota standout and two-time Olympian recently resigned as head coach of the Stillwater girls hockey program to become an assistant coach at St. Cloud State University.

"It was definitely a hard decision," Jalosuo said. "I love the Ponies. It took me two weeks to process everything and make the decision to move to the college ranks."

Jalosuo has led the Ponies to a 64-20-4 record, including 41-5-4 in the Suburban East Conference, in three seasons. Stillwater has won three straight conference championships and advanced to state after winning the Section 4AA title in 2021.

"I just love the girls, that's the big thing," Jalosuo said. "They have been loyal to me and they have worked very hard every

single day. I felt like I betrayed them not helping them win that state title — that was always my dream to get to the state final — and that's why it was so difficult. I truly believe they have a good chance to win the state title this year and the following year. I'm very close with the players and their families and that's what made it so difficult."

She said climbing the coaching ladder was always part of the plan, but didn't anticipate taking this next step so soon. Her first day with the Huskies was Monday, Aug. 22.

"Yeah, I was kind of hoping I would be able to stay with the Ponies for two more years," Jalosuo said. "I wasn't in a rush to move to the college level and thought I would coach through the 2024 class and then move, but it's hard to say no when you don't have to move and you get to part of a Division I program."

She also knows the Stillwater program is in a good place.

"The youth association is in good shape and there's a lot of

younger players coming up so the future is very positive for the Ponies," Jalosuo said.

Asked about some favorite memories from her tenure with the Ponies, Jalosuo mentioned the players and relationships rather than on-ice achievements.

"I don't really remember the trophies, what I remember about this group is they gave their all for me and the coaching staff, that's why it was so hard to leave," Jalosuo said. "The players bought in from Day 1, which is not easy when you have a new coach. The kids were loyal and brought in and those are the things that come into my mind right away."

It's more of a rebuild under new head coach Brian Idalski in St. Cloud, which finished 9-23-3 a year ago.

"They won four WCHA games last year so we need to win more games this year," Jalosuo said. "We started the culture change on Monday and setting the standard and expecting excellence. That's what we're trying to establish with the Huskies right now."

Stillwater Activities Director

Ricky Michel said he appreciated Jalosuo's many contributions to the program.

"It was a very good run," Michel said. "We were competitive the whole time. She worked the girls hard and she had high expectations. She garnered the respect of the parents and players."

He noted there has been plenty of interest in the job the short time since it was posted.

"We'll take applications and then we will get an interview committee together," Michel said. "We hope to have this done by the third week of September. That's kind of late in the game, but it's where we sit right now."

"We have eight people that have applied (by Wednesday) and it got posted last Friday," Michel said. "I think the good thing is that it will be a sought after position because we have some talent coming back. The cupboard is not bare and we're not recreating the wheel at all. There's a good core of players coming back and I think there's a lot of optimism in the youth program. The youth program is very strong and the numbers are strong."

GIRLS TENNIS

Ponies open with two wins

BY STUART GROSKREUTZ
THE GAZETTE

OAK PARK HEIGHTS — It was a successful, but abbreviated season opener for the Stillwater girls tennis team, which posted a 2-0 record in the McGuire Invitational on Friday, Aug. 19 at Stillwater Area High School.

With an almost entirely new lineup after heavy graduation losses from a year ago, the Ponies (2-0) opened with a 7-0 victory over Coon Rapids and built a 4-0 lead over Mounds Park Academy before storms rolled in to halt the remainder of the event.

Stillwater did not drop a set in the victory over Coon Rapids, including comfortable singles victories from Karina Fischer, Jazzy Kruse, Taylor Erickson and Olivia McLaughlin.

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SAHS

Magistad and Fredkove receive McLaughlin Scholarships

BY STUART GROSKREUTZ
THE GAZETTE

Decorated members of the recent class of Stillwater Area High School graduates, CJ Fredkove and Dylan Magistad are this year's recipients of the Jim McLaughlin Scholarship Award.

The McLaughlin Scholarship is presented each year to a female and male senior-athlete at SAHS who displays character, leadership, citizenship, scholarship and athletic ability.

The award is named in honor of McLaughlin, a former Ponies athlete, fan, radio announcer and newspaper columnist whose "Jim's Jabs" column was a weekly fixture in the Stillwater Gazette. Winners of the award are determined by the Jim McLaughlin Scholarship committee. To qualify as a finalist for the \$2,500 scholarship, candidates must have been selected the Most Valuable Athlete for a Stillwater varsity team.

This year's honorees checked a lot of boxes.

Fredkove, who is continuing her soccer career at the University of St. Thomas,



Recent Stillwater Area High School graduates Dylan Magistad, left, and CJ Fredkove, right, are this year's recipients of the Jim McLaughlin Scholarship Awards. (Gazette file photos by Stuart Groskreutz)

See Award, Page 17

LOCAL SCHEDULE

Friday, August 26

Girls soccer — Moorhead at SAHS, 7 p.m.

Saturday, August 27

Boys soccer — Hudson/Rosemount at SAHS, 5/7 p.m.

Sunday, August 28

Nothing scheduled

Monday, August 29

Girls tennis — At Centennial, 4 p.m.

Tuesday, August 30

Boys soccer — At Eastview, 5 p.m.

Girls soccer — Edina at SAHS, 7 p.m.

Girls tennis — River Falls at SAHS, 7 p.m.

Wednesday, August 31

Nothing scheduled

Thursday, September 1

Football — At Centennial, 7 p.m.

Boys soccer — Tartan at SAHS, 7 p.m.

Girls soccer — Lakeville North at SAHS, 5 p.m.

Girls swimming and diving — At East Ridge (OMS), 6 p.m.

Volleyball — Tartan at SAHS, 7 p.m.

Girls tennis — Forest Lake at SAHS, 3:30 p.m.

Friday, September 2

Girls cross country — At Rosemount Irish Invitational, 8 a.m.

Saturday, September 3

Boys cross country — At Marshfield Invitational, 9:30 a.m.

Sunday, September 4

Nothing scheduled

AWARD

(Continued from page 16)

was a standout performer for the Ponies on the pitch and in alpine skiing. She earned a total of 10 varsity letters while playing for seven conference and nine section championship teams — contributing to two state championship teams and two state runner-ups.

A four-year letterwinner in soccer, Fredkove served as captain for two seasons and was named the team's Most Valuable Athlete after leading the Ponies to conference and section titles before claiming the program's first girls soccer state championship since 1998.

In four seasons with Fredkove on the team, Stillwater compiled a 60-8-9 record.

She was also voted the Most Valuable Athlete after leading the Stillwater girls alpine skiing team to a runner-up finish at state. It was the second MVP award for Fredkove, who similarly honored after her junior season.

Fredkove contributed to Stillwater's state championship team in 2018 and another state runner-up finish in 2020.

Fredkove was also SAHS's recipient of the Athena Award, which honors student-athletes for their athletic achieve-

Jim McLaughlin Scholarship Award recipients

1981 — Laura Indereiden
1982 — Roger Roettger, Jr.
1983 — Dave Oden
1984 — Sara Howard
1985 — Kathy Jedrezek
1986 — Mike Brown
1987 — Kris Hansen
1988 — Danelle Zaspel and Sharm Scheuerman
1989 — Shannon Riley and Roger Coppa
1990 — Sara Hawkins and Rod Lundberg
1991 — Kellei Arkell and Glenn Harris
1992 — Holly Hargroder and Justen Seim
1993 — Renne Marie Kinney and Erik Bunce
1994 — Kelley Hudson and Chad Rogness
1995 — Carrie Palmer and Michael Schreifels
1996 — Kristine Scholz and Aaron Runk
1997 — Tai Thorsheim and Adam Runk
1998 — Jessica Kunz and Luke Watson
1999 — Molly Campbell and Andy Berg
2000 — Cally Stewart and Paul Dexter
2001 — Megan Fuches and Dain Larson

2002 — Jessie Preiner and Josh Matel
2003 — Katie Stalland and Mike Blythe
2004 — Paige Broman and Andrew Schmiesing
2005 — Sara Stalland and Kevin Gullikson
2006 — Colleen Kopel and Connor Anderson
2007 — Maggie Lopac and Joe Stormont
2008 — Angie Wieden and Reid Gilbertson
2009 — Taylor Stippel and Luke Dewall
2010 — Jessie Diggins and Gabe Hanson
2011 — Kristin Sahr and Brett Ylonen
2012 — Allison Eder-Zdechlik and Tom Linner
2013 — Hannah Heacox and Sean Bjork
2014 — Sidnee Ronsberg and Nathan Purdie
2015 — Megan Weaver and Ethan Stanley
2016 — Ellie Hill and Sam Hanson
2017 — Claire Patterson and Patrick Allan
2018 — Hannah Beech and Robert Niemann
2019 — Samantha Chang and Lars Dewall
2020 — Catherine Monty and Trey Kruse
2021 — Ana Weaver and Matthew Folden
2022 — CJ Fredkove and Dylan Magistad

ments. She was a two-time all-state honoree in alpine skiing and once in soccer.

In addition to posting a 4.00-plus weighted grade point average, Fredkove served on the SAHS Student Council and was a member of the National Honor Society.

Magistad was also an outstanding student and leader for the Stillwater boys soccer and tennis teams, finishing with a weighted grade point average above 4.0. He was also a member of the National Honor Society, was actively involved with Fel-

lowship of Christian Athletes and the Link Crew at SAHS, which assists students making the transition to high school.

Magistad plans to continue his athletic and academic career at Bethel University as a member of the soccer and tennis teams.

He served as captain and was a two-time Most Valuable Athlete in tennis at Stillwater, earning All-Suburban East Conference honors four times — despite having the entire 2020 season wiped out due to COVID-19.

Much of his career was spent at first singles and he finished among the top four with younger brother and doubles partner Carter Magistad in the competitive Section 4AA tournament the past two seasons.

Magistad was a steady performer and leader for the Ponies in boys soccer while also earning all-conference honors in that sport. He contributed to Stillwater's state championship in 2018 and also propelled the team to additional section titles in 2020 and 2021.

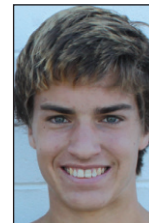
10 years ago this week ...

Boys cross country — Becoming the event's first-ever three time winner, Wayde Hall runs the fastest time in the 20-year history of the Stillwater boys cross country team's annual twilight meet at Stillwater Junior High School. Hall, who is ranked No. 1 in the individual state coaches poll, completes the 5,000-meter race in a time of 15:26 to surpass a list of previous winners that includes Luke Watson (15:30), Jake Watson (15:31) and Ben Blankenship (15:33). Freshman Eli Krahn is the runner-up with a time of 15:53.

Girls swimming and diving — After a somewhat sluggish start, the Stillwater girls swimming and diving team reels off four straight victories in the middle of the meet to pull away for a comfortable victory in the Suburban East Conference Relays at SJHS. The Ponies total 136 points to outdistance runner-up Woodbury (110) and third-place Mounds View (96) in the 10-team field.

Boys soccer — Nathan Purdie and Roma Devine each score in the first 20 minutes of play to help propel the Stillwater boys soccer team to a 3-0 victory over Wayzata in the championship game of the Minnesota Cup at SAHS. Alex Jurcoi also scores in the first half for the Ponies, who win the tourney for the second year in a row. Ben Wilhelm finishes with six saves to earn the shutout.

This is a look back at some of the people and teams making news in the St. Croix Valley 10 years ago, as reported in the Stillwater Gazette.



Hall



Morgan Perkins digs out of a volley while playing at first doubles with Haley Swanson for the Stillwater girls tennis team in the McGuire Invitational on Friday, Aug. 19 at SAHS. (Gazette staff photo by Stuart Groskreutz)

mora Freeman-Macie Ruddy, 6-2, 6-2.

Stillwater 4, Mounds Park Academy 0
Singles

No. 1-3 — Suspended.

No. 4 — Gretchen Wenner (St) def. Meera Jain, 6-2, 6-1.

Doubles

No. 1 — Morgan Perkins-Haley Swanson (St) def. Gabby Magistad-Maggie Fritsch, 6-3, 3-6, (10-6).

No. 2 — Sarah Dollerschell-Grace Cichon (St) def. Soumya Raman-Mara Van Dyke, 7-5, 6-1.

No. 3 — Olivia McLaughlin-Caroline Berkness (St) def. Emelia McLaughlin-Aixa Kellerman, 6-1, 6-0.

TENNIS

(Continued from page 16)

Grace Wenner notched the only singles point for the Ponies against Mounds Park Academy as the remaining three matches were unable to finish.

Stillwater's Morgan Perkins and Haley Swanson were pushed to three sets but prevailed with a 6-3, 3-6, (10-6) victory at first doubles.

Sarah Dollerschell and Grace Cichon followed with a 7-5, 6-1 win at second doubles while McLaughlin and Caroline Berkness lost just one game in their victory at third doubles.

Stillwater 7, Coon Rapids 0
Singles

No. 1 — Karina Fischer (St) def. Gabbi Newton, 6-0, 6-3.

No. 2 — Jazzy Kruse (St) def. Brooklyn Nienaber, 6-1, 6-1.

No. 3 — Taylor Erickson (St) def. McKenzie Yang, 6-1, 6-0.

No. 4 — Olivia McLaughlin (St) def. Aerial Jaspers, 6-0, 6-2.

Doubles

No. 1 — Morgan Perkins-Haley Swanson (St) Zoe Scheck-Lilly Newton, 6-4, 6-2.

No. 2 — Sarah Dollerschell-Grace Cichon (St) def. Kaitlyn Caminati-Carly Hafferman, 6-2, 6-1.

No. 3 — Addy Finn-Caroline Berkness (St) def. Kim-

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