

TUESDAY, AUGUST 23, 2022 | SPORTS EDITOR: JASON FELDMAN, JFELDMAN@POSTBULLETIN.COM

BASEBALL

Mayo's Regal commits to University of Nebraska

BY GUY N. LIMBECK

ROCHESTER -Now ROCHESTER — Now that he's got his college commitment out of the way, Ian Regal can just relax and play baseball during his senior season at Mayo High School. Becal who is starting his.

Regal, who is starting his Regal, who is starting his senior year at Mayo this fall, announced his intention last week to attend Division University of Nebraska and play baseball for the Cornhuskers. "It was always my goal to make my decision by the start of my senior year just to be

make my decision by the start of my senior year just to be able to focus on my school and then my workouts and just hit the gym hard," Regal said. "And obviously now being committed, I can play a little more relaxed and not have more relaxed and not have

more relaxed and not have to worry about impressing scouts anymore." Regal said he had a few other offers from mid-major Division I schools, but he felt Nebraska afforded him the best compartunity: Duviso the best opportunity. During a campus visit he thought

a campus visit he thought the atmosphere and team camaraderie was "top noth and second to none." Regal becomes the latest in a line of players from the area to attend Nebraska to play baseball. Mayo grad Tyler Rank played for the Cornhuskers in 2008-09. Red Wing's Pat Kelly (2012-2014) and Ryan Boldt (2014-16) both played three seasons at Nebraska. The left-handed hitting and throwing Regal is a pitcher/

The left-handed hitting and throwing Regal is a pitcher/ first baseman/outfielder. As a junior at Mayo, he batted .378 with 10 doubles, 14 runs scored and 18 RBIs. On the mound, he had a 3-1 record with 1.25 ERA. He was named Big Nine All-Conference and Dis Mine All-Conference and First Team. Recal might have a chance

Regal might have a chance to be a two-way player at

Nebraska.

a pitcher but they'll give me the opportunity to hit once I get there," he said. "I'll try my hand at hitting and the outfield, most likely." As a junior, Regal's fastball was timed at 92 miles per hour during a game. He said he was consistently throwing in the upper 80s for most of the season. Regal also throws a slider, curveball and chanceup.

throws a slider, curveball and changeup. He played traveling baseball with the Blizzard out of the Twin Cities for most of this summer and when he was home, he also played American Legion ball with the Rochester Redhawks. It was during one tournament in July with the Blizzard that Regal made a trip from lowa to Nebraska to visit Iowa to Nebraska to visit the Cornhuskers' campus in

Nebraska is coached by title. The Cornhuskers were 23-30 in 2022 and 10-14 in

23-30 In 2022 and 10-14 In league play. Nebraska coaches had scouted Regal during a

Joe Ahlquist / Post Bulletin Ian Regal, who will be a senior at Mayo High School this fall, has announced his commitment to play Division I college baseball at the University of Nebraska.

"They mainly want me as a pitcher but they'll give me

the Cornhuskers' campus in Lincoln. "It's really great to be going to such a highly respected and nationally known school," Regal said.

Will Bolt. He was the Big Ten Conference Coach of the Year in 2021 when he guided the team to a Big Ten Conference

Night school game against Owatonna this spring and also saw him play at the Area Codes Baseball Tryouts in Illinois this summer. The 6-foot-2, 175-pound Regal works out at Rochester Partine Conces and one trained

Regai works out at Rochester Batting Cages and also trains with former minor-league pitcher Mitch Brown, a Century graduate. Regal hopes to sharpen his control during his senior

season. He struck out a whopping 71 hitters in just 39 innings as a junior, but he also walked 32.



SWIMMING & DIVING



Mayo seniors, front row left to right, Chloe Weingarten, Natalie Boorjian and Avery Walz, and back row left to right, Sarah Samman and Abby Wigle, are the captains for this year's girls swimming and diving team. And all five attended Bamber Valley Elementary School.

FIVE OF A KIND Mayo captains have developed

strong bond over past decade

BY GUY N. LIMBECK st Bull

ROCHESTER

he Mayo girls swimming and diving team will have five captains

nave rive captains during the upcoming season. The quintet has a lot in common, including a bond that began forming more than a decade ago. All five come from the same elementary school

school. The five seniors are Natalie The five seniors are Natalie Boorjian, Sarah Samman, Chloe Weingarten, Avery Walz and Abby Wigle. They all grew up together and attended Bamber Valley Elementary School. "From Mayo High School

"From Mayo High School, there could be like eight different elementary schools feeding in so it's cool that all five of us are from the same place," said Boorjian, who was All-State in a pair of events last season. Wigle is in her third varsity room A wear on che placed

season. A year ago she placed 12th in diving at the Class AA

12th in diving at the Class AA state meet. "It's been a really consistent friendship," Wigle said. "I know I could always rely on them if I needed anything. They're always there for me, which is a really nice feeling to have." to have It might be rare enough that

five members of a team come from the same elementary school, but the fact that all five are captains is quite

"It's absolutely amazing," said Walz, whose mother teaches at Bamber Valley. "You get to know these people

so well and it makes the

so well and it makes the experience so much more fun. You have so many fun memories with them and they, Growing up learning Bamber Valley's core values — Take care of yourself, take care of others, take care of our place — made it an easier transition to the Mayo swim team for the quintet. — I't really raised you to respect the things around you, including yourself, others and the place that you are in, "Walz said. "And that carries so well into our team subout. It just really helps you understand the team, and care for everybody around you." If there is a common theme among the Mayo team from the captains, it is that the Snartans, due the sour best

among the Mayo team from the captains, it is that the Spartans do their very best to make sure everyone is welcome and included in all activities. "I feel like taking care of others is important to

"I feel like taking care of others is important to me," Weingarten said. "It's important to make sure everyone feels comfortable on the team and in real life." Weingarten and Boorjian are both in their fourth season on the varsity Samman, also in her fourth varsity season, had two older sisters who swam for Mavo sisters who swam for Mavo and they were both captains

and they were both captains as well. "We've always been very open on this team," Samman said. "We've always been very kind to each other and we always lift each other up." Bonding outside of practice and meets is always popular among swimming and diving teams and this year's Spartans captains have taken that to heart. They have organized pasta feeds, yoga sessions and a number of captains' practices, which include more than just time

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captains practices, which include more than just time just spent in the pool. And while the five captains have had a long-standing relationship with each other, they make sure they reach out to all team members now that they are in a true leadership they are in a true leadership

they are in a true leadership role. "We share a common background so that helps us with each other, but also we're very, very inclusive as a team," Weingarten said. "We are a very inviting and welcoming community and I feal that our shared and I feel that our shared

and i feel that our shared background helps us be strong together." Boorjian has taken on a leadership role for several years for the Spartans so being a captain this season was a smooth transition for bor

"I love this team and this "Tove this team and this environment so I just want to continue on what previous captains from other years have done," she said. "But there's no extra pressure."

The Spartans were 8-2 in dual meets a year ago

in dual meets a year ago, placed third at the Big Nine Conference meet, fourth in Section 1AA and 12th at the Class AA state meet. "We had a lot of great energy last year." Boorjian said. "We're just looking to continue that this year. We have a bunch of new faces so it should be a great season."

California dreamin': Mayo's Hanson to head west for college career

BY PAT RUFF Post Bulletin

ROCHESTER — Hannah Hanson has spent the last five years being among the best male athletes that Rochester Mayo has ever had.

Hanson, now a senior, has ow a senior, has played varsity volleyball and basketball since the eighth grade, and been a varsity track-and-field athlete since the seventh grade. Colleges had been peruiting

Hanson

been recruiting her in all three

her in all three sports. Over the weekend, Hanson made a college decision. No, she won't be doing a triffecta of athletics at the next level. But she will be doing two. Hanson said yes to NCAA Division II Biola University, an evenoelical Christian

an evangelical Christian

"I think she's going to be ready to spread those wings of hers."

MAYO VOLLEYBALL COACH DEB FREDERICK

MAYO VOLLEYBALL ON institution in La Mirada, Calif, 20 miles from Los Angeles. Also astratuden (40 GA), functional dield there for a studen (40 GA), functional dield there for a place she gets to do track and field. She didn't hava tack and field). She didn't hava the Division I level in track and field (the University of Minnesota and North Dakots and Baketball (University of Minnesota and North Dakots and Baketball (University of diveving as much time as is equired in a Division I sport

didn't appeal to her. What she also wanted to avoid was having to whittle her athletic life down to just one sport, another likely requirement had she gone Division I. So, Biola University in sunny colificient

California, here she comes. California, here she comes. "I had two visits there this summer, and it just felt (right) that I go there," said Hanson, who is one of a set of triplets, along with brothers Isaiah and Levi. "Initially, I never thought about going to California. "Evt processor and compared on the set of t

about going to Canifornia. "But we have a pastor at our church who went (to Biola) and I also have a friend who goes there, and I'd heard great things about it. It is a great Christian school and that is something that I was really looking for. You

do chapel. Faith is a huge part of my life. I've always wanted to further my faith in college and play a high level of sports there."

at Biola. Inougn sne knows less about its track-and-field program, Biola's volleyball team landed second in its Pacific West Conference last year and has landed a pair of Division I transfers for this upcoming season

setter by Biola, one of three positions she's played (outside hitter and right-side hitter hitter and right-side hitter the others) on excellent Mayo teams. Hanson finished with 286 kills, 336 assists, 207 digs and 42 blocks last season when Mayo finished 11-0 in the Big Nine Conformation 2010 orangel

and record-setting field in the and record-setting field in the hurdles this past state meet and finished fourth in the 100s and fifth in the 300s, setting personal and school records in both. Hanson likes the thought of competing in a place — California, where the weather

California — where the weather is cooperative year-round for track and field.

track and field. "We are going to have a nice, long outdoor season," she said. "I'm going to get a lot of time out there." Mayo volleyball coach Deb Frederick believes that Hanson can be special in all kinds of ways at Biola. She also sonses that she's ready for the senses that she's ready for the adventures that await there, ones that will come nearly 2,000 miles away from her Rochester

miles away from her Rocheste home. "When she came back from one of her Biola visits, she was really excited about it," Frederick said. "I think she's going to be ready to spread those wings of hers."

have to take bible classes and

Hanson believes both of those desires will be nicely met at Biola. Though she knows

season. She's being recruited as a

Conference, 20-10 overall. In track and field, Hanson has been a star hurdler and jumper. She competed against a loaded

SCOREBOARD

LOCAL CALENDAR

TUESDAY, AUG. 23 GIRLS TENNIS Faribault, Northfield at Centu-ry triangular, 9 a.m. Austin, Mayo at John Marshall

Austin, Mayo at John Marshall triangular, 2 p.m. JR. COLLEGE WOMEN'S SOCCER RCTC at Bethany Lutheran, 4 p.m. **WEDNESDAY, AUG. 24** GIRLS TENNIS Lourdes at Benilde-St. Marga-ret's. 1 p.m. JP. COLLEGE VIOLEYBALL

ret's, 1 p.m. JR. COLLEGE VOLLEYBALL Anoka Ramsey at RCTC, 6:30 p.m.

NEXT 3

NEXT 3 Next 3 games and TV info. for Min-nesota sports teams: <u>MINESOTA TWINS</u> - Juesday, Aug. 23: at Houston, 7:10 p.m. (GSN) - Thursday, Aug. 25: at Houston, 7:10 p.m. (GSN) - Thursday, Aug. 25: at Houston, 7:10 p.m. (GSN) <u>MINESOTA UNITED FC</u> - Saturday, Aug. 27: Houston, 2:30 p.m. (GSN) - Saturday, Aug. 27: houston, 2:30 p.m. (GSN) MINNESOTA VININGS - Saturday, Aug. 27: at Sait Lake, Weinnesday, Sept. 3: Dallas, 2:30 p.m. (GSN) - Saturday, Aug. 27: at Denver, 8 p.m. (GW, WINNS)

PRESEASON • Saturday, Aug. 27: at Denver, 8 p.m. (CW, NFLN) REGULAR SEASON

BY GUY N. LIMBECK

Rochester Century and

Head coaches: Dale

meets, won the Big Nine

Conference meet, placed second in Section 1AA and finished 23rd out of 64 teams at the Class AA state meet. **Top returners:** Sophie Blixt (All-Conference, state participant), Audra

Post Bulletin

CENTURY

Sunday, Sept. 11: Green Bay, 3:25 .m. (Fox) p.m. (Fox) • Monday, Sept. 19: at Philadel-phia, 7:30 p.m. (ABC) <u>GOPHERS FOOTBALL</u> • Thursday, Sept. 1: New Mexico

Thursday, Sept. 1: New Mexico State, 8 p.m. (BTN)
Saturday, Sept. 10: Western Illi-nois, 11 a.m. (BTN)
Saturday, Sept. 17: Colorado, 2:30
p.m. (ESPN2)

TV HIGHLIGHTS

TUESDAY, AUG. 23 MAJOR LEAGUE BASEBALL St. Louis at Cubs, 1 p.m. (MLBN) Mets at Yankees, 6 p.m. (TBS) Arizona at Kansas City, 7 p.m. (MLBN)

ota at Houston, 7 p.m Minnesota at Houston, 7 p.m. (SRN) UTTLE LEAGUE BASEBALL Little League World Series, teams TBD, Game 25, noon (ESPN) Little League World Series, teams TBD, Game 26, 2 p.m. (ESPN) Little League World Series, teams TBD, Game 27, 4 p.m. (ESPN) Tittle League World Series, teams TBD, Game 28, 6 p.m. (ESPN) PRO BASKETBALL WMBA Playoffs, teams TBD, 6 p.m. (ESPN2) (ESPN2) WNBA Playoffs, teams TBD, 8 p.m. (FSPN2)

WEDNESDAY AUG 24

WEDNESDAY, AUG. 24 MAJOR LEAGUE BASEBALL San Francisco at Detroit OR Atlan-ta at Pittsburgh, noon (MLBN) Cleveland at San Diego OR Wash-ington at Seattle, 3 p.m. (MLBN) White Sox at Baltimore, 6 p.m.

Wagstaff (All-Conference,

state participant), Emily Garrison (All-Conference,

state participant), Katherine Homme (All-Conference, state

(FS1) Minne sota at Houston. 7 p.m. (BSN) LITTLE LEAGUE BASEBALL

Little League World Series, Gam 29, International Bracket semifi-nal, noon (ESPN) Little League World Series, Gam 30, U.S. Bracket semifinal, 2 p.m (SEDN)

30. U.S. Bracket seminina, a pro-(ESPN) Little League World Series, Gam 31, International Bracket elimina tion game, 4 p.m. (ESPN) Little League World Series, Gam 32, U.S. Bracket elimination gam 6 p.m. (ESPN) PRO BASKETBALL WINBA PlayOffs, teams TBA, 6 p. (ESPN2)

(ESPN2) WNBA Playoffs, teams TBA, 8 p. (FSPN2)

BASEBALL

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Minnesota	62	57	.521	1.5
Chi. White Sox	62	59	.512	2.5
Kansas City	49		.398	16.5
Detroit	47	76	.382	18.5
	West	t –		
	w	L		GB
Houston	78		.634	-
Seattle	66		.541	11.5
Texas	55		.455	
LA Angels	52		.430	
Oakland	45	77	.369	32.5

FOOTBALL

Century, Mayo among Big 9, section swimming and diving powers

(All-Conference), Elise Weingarten, Abby Wigle (All-Conference, state qualifier), Juliann Yao.

Juliann Yao. Outlook: The Spartans should be among the conference and section contenders. They have a stron team filled with seasoned veterans headed by returning All-Conference selections Natalie Boorjian, Avery Walz, Chlog Weingarten and diver a strong Chloe Weingarten and diver Abby Wigle. Mayo should be Abby Wigle, Mayo should be strong in diving and coach Juliet Parlette said there are also a number of "fast young swimmers." Zofia Blinkow, Maggie Charnin (diving), Celine Hermann and Bea Trabuco should be among the top newcomers. "We continue to build upon our strong culture of hard work, sportsmanship and community." Parlette said." community," Parlette said. "I am very lucky to work with such a talented and kind group of young women."

A longer version of this article appears at PostBulletin.com/Sports

Manager Gardenhire goes into Twins' Hall of Fame

BY BETSY HELFAND St. Paul Pioneer

Rocco Baldelli's outburst earlier this month that saw him

month that saw him angrily throw his hat, animatedly argue with a pair of umpires and then kick dirt across home plate sure caught the attention of one of his predecessors, who loved every moment of it. "Oh my God, that was the best ever," former Minnesota Twins manager Ron Gardenhire said. "That was good stuff right there." Gardenhire, of course, is plenty qualified to commentate on these

commentate on these types of things. The fiery, types of things. The her passionate longtime manager is seventh all-time on Major League Baseball's managerial ejections list. But while he was well howen for that that

But while he was well known for that, that was just a sliver of what endeared him to both players and fans during his tenure in Minnesota. And for a decorated career that saw him win And for a decorated career that saw him win a World Series ring as the Twins' third base coach in 1991 and then later take over as the Twins' manager for 13 seasons, Gardenhire was inducted into the Twins' Hall of



Gladden and Cesar Tovar (posthumously) join hime when they were inducted on Sunday.

Gardenhire led the Gardenhire led the Twins to six American League Central titles between 2002-14, going 1068-1039 (.507). Only one person, Tom Kelly, his mentor, has more wins as a Twins manager. The induction

The induction ceremony, which was emceed by longtime television broadcaster television broadcaster Dick Bremer, included an introduction from Kelly, Gardenhire receiving his powder blue Hall of Fame coat from Rod Carew and ceremonial first pitches thrown by two of Gardenhire's grandchildren. During grandchildren. During his speech, which lasted around 10 minutes, Gardenhire gave a nod to a group of former players who traveled to Minneapolis to be there for his big day. "This group of guys, some of them got me fired," he quipped at his around 10 minutes,

former players. " ... And I still love them to death. They made me to death. They made me better. They gave me an opportunity to coach and manage and let them play the game." Gardenhire said he had a sonse a number

had a sense a number of them would show up, but actually seeing them there made him feel as if you made an impression

"you made an impression on some people." A few current Twins players were in the dugout watching the ceremony, too, including Jorge Polanco, who played for Gardenhire very briefly in 2014, and reliever Caleb Thielbar, who played for him in 2013-14. "I just enjoyed him as a man. He's a good

"I just enjoyed him as a man. He's a good man. He treated us well," Thielbar said, "... (He) really cared about us more as people than just ballplayers." That's a common refrain from his former players, of which there are hundreds. Joe Mauer, Justin Morneau, Michael Cuddver, Torii

Mauer, Justin Morneau, Michael Cuddyer, Torii Hunter and Joe Nathan were among those in attendance on Saturday and others, like A.J. Pierzynski, recorded messages that were shown on the scoreboard. Keeping track of all

of those players wasn't of those players wasn't always the easiest thing. Gardenhire, who managed the Tigers between 2018-2020 before his retirement, showed up to spring training early during his tenure there and true to his there and, true to his nature, was bluntly honest with his new

team. "(He) said, 'You know, I'm going to try to I'll golig to try to learn all your names. If I call you buddy, it means I haven't learned your name yet, '' Twins reliever Michael Fulmer, who played for Gardenhire in Detroit, caid said.

And in response And in response, Fulmer and a couple of other pitchers had a clubhouse attendant print the name "Buddy," on the back of their jerseys to wear around. Gardenhire, Fulmer said, didn't take long to learn his name, and the two wound up bending our their shared

and the two wound up bonding over their shared Oklahoma roots. "He's the ultimate players' manager," Fulmer said. "He'd keep things light, fresh. He ume herwill he becard was brutally honest, which is what you want in a manager. ... Gardy was awesome. It was a pleasure playing for him."

Shoppers use newspaper inserts

In a typical month, 53% of adults saved newspaper inserts for store visits.



SPORTS BRIEF

TOM WEISKOPF, 1973 OPEN CHAMPION, DIES AT 79

Tom Weiskopf, who won The Open in 1973 and was a noted golf commentator and cours architect, died at the age of 79. He had been dealing with pancreatic cancer since late 2020. Golf Digest reported that Weiskom had

that Weiskopf had died on Friday, per died on Friday, per multiple sources close to the family. News of Weiskopf's passing became public on Sunday morning after Tom Watson posted the following on Twitter: Watson's wife, Hilary, died of pancreatic cancer in 2019

in 2019. Weiskopf won 16 times on the PGA Tour between 1968 and 1982. His major triumph came in 1973 at Royal Troon, where he recorded a three-stroke victory over Johnny Miller and Neil Coles. He captured

ANALISTIC NAME

four more titles on the PGA Tour Champions, including the 1995 U.S. Senior Open. Weiskopf was a U.S. Ryder Cup Team member in 1973 and 1975. He made the team in 1977, houver he alceted

1977, however he elected to go hunting instead of participating in the event.

Weiskopf shifted to television as a golf analyst at both CBS and ABC Sports/ESPN. He also had a hand in golf course design, with more than 40 to his credit. Included on that list are TPC Scottsdale, which is home of the PGA Tour's WM Phoenix Open, Troon North GC Open, Troon North GC in Scottsdale and Loch Lomond GC in Scotland

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	National Lea	ague _{East}				FOOTBALL	Philadelphia	14 4	9		51	20
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	NY Mets			.642	-	Professional	NYC FC	13 7				30
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me	Philadelphia			.545		Pre-Season Week 2 Thursday's Games	Orlando City SC			36		37
fi-	Miami			.430			Inter Miami CF			36		42
	Washington			.333	38.0	Chicago 27, Seattle 11 Friday's Games	Columbus SC	86				29
me		Centra				New England 20, Carolina 10	New England	8 8				40
n.		w		Pct		Green Bay 20, New Orleans 10	FC Cincinnati	8 8				46
	St. Louis			.575		Houston 24, L.A. Rams 20	Charlotte FC	10 15				42
	Milwaukee			.533		Saturday's Games	Toronto FC	8 13				47
me	Chi. Cubs			.433		Detroit 27, Indianapolis 26	Chicago	8 12		30		36
na-	Cincinnati			.403		Buffalo 42, Denver 15	Atlanta United F					40
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me,	LA Dodgers San Diego			.548		Tennessee 13, Tampa Bay 3	Los Angeles FC	18 5	3	57	55	26
	San Diego San Francisco			.548		San Francisco 17, Minnesota 7	Austin FC	14 6		48		36
	Arizona			.490		Dallas 32, L.A. Chargers 18	FC Dallas	11 8				32
o.m.	Colorado			.455		Sunday's Games	Minnesota Unite					36
	American Leagu		10	.451	32.5	Philadelphia 21, Cleveland 20	Real Salt Lake					35
o.m.	Saturday's Resu					Baltimore 24, Arizona 17	Nashville SC	99			38	36
	Toronto 5, NY Y		2			Cincinnati at N.Y. Giants, 6 p.m.	LA Galaxy	10 11				37
	Detroit 4. LA An		-			Monday's Games	Vancouver FC	9 11				46
	Boston 4, Baltim					Atlanta at N.Y. Jets, 7 p.m.	Seattle FC	10 13				34
	Tampa Bay 5, Ki		:itv	2		Pre-Season Week 1	Portland	7 8 8 10				44 40
	Chi. White Sox 2	2. Cleve	lan	0 h		Thursday's Games	Colorado					
	Texas 4, Minnes				s	N.Y. Giants 23, New England 21 Baltimore 23, Tennessee 10	San Jose	6 11				
	Oakland 4, Seat	tle 3. 10) inr	ninas		Friday's Games	Houston	7 14				43
	Sunday's Results Chi. White Sox (Cease 12-5) at Cleve-		Atlanta 27. Detroit 23	Sporting KC	7 15							
			Cleveland 24, Jacksonville 13	NOTE: Three poi	nts tor	VIC	tory,	one				
	land (Civale 2-5), PPD				N.Y. Jets 24, Philadelphia 21	point for draw.						
в	NY Yankees 4, Toronto 2					Arizona 36. Cincinnati 23	Saturday's Games					
-	Detroit 4, LA Angels 0					San Francisco 28, Green Bay 21	FC Cincinnati 1, New York Red Bulls 1 Philadelphia Union 6, D.C. United 0				51	
.0	Tampa Bay 3, Kansas City 2			2		Saturday's Games	CF Montreal 4, New England Revolu-					
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-	more, 6:05 p.m.		- 1		e Deur			2 Char				
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Rochester Century and Rochester Mayo expect to be among the girls swimming and diving teams to beat in the Big Nine Conference and Section 1AA this fall. Here's a look at what to expect from all of Rochester's swimming and diving teams: Homme (All-Conterence, state participant), Paige Patten (All-Conference, state participant), Grace Barrone (All-Conference honorable mention), Sarah Homme (All-Conference, state participant), Natalie Homme (All-Conference HM), Paige Moreuson (All-Conference) Magnuson (All-Conference). Outlook: The Panthers Head coaches: Dale Magnuson, Megan Magnuson (22 years of coaching, 20 with Century). Assistants: Joscelyn Martin, Anna Schmitt, Brett Maronde (diving). Volunteers: Allison Bjork, Lori Rogers, Jennifer Strom. Last season: 8-1 in dual meets. won the Big Nine should be a top contender in both the Big Nine and Section

Homn

both the Big Nine and Section 1AA this season as they return six state qualifiers from a year ago. Overall they have a deep and talented squad spread across every grade. This marks the final season Century will be without its own pool, which has made it tougher to create team unity. "We are very excited about this season with all the new and returning athletes about this season with all the new and returning athletes on the team," co-coach Dale Magnuson said. "It looks like we have a lot of very talented swimmers and divers who will

be very strong. We are excited to see what everyone can do this season."

JOHN MARSHALL

Head coach: Paul Bachman (37th year, 22nd as girls coach). Assistants: Kendrick Bachman, Greg Andrews (diving), Brett Maronde (diving). Last season: 2.6 in dual

Last season: 2-6 in dual meets, 10th out of 12 teams at the Big Nine Conference meet and eighth at the Section 1AA meet

Top Returners: Anna Cain Inessah Cernohous, Lizzy Gilman, Julia Ogren (All Conference, state qualifier), Shannon Penney, Ariana Thorpe, Sophia Tomilinson, Ashley Villar. Outlook: The Rockets have one elite returning swimmer in freshman Julia Ogren, who earned All-Big Nine honors last season and was Top Returners: Anna Cain.

who earned All-Big Nine honors last season and was a state qualifier. Overall JM has a small squad and will probably struggle to fill all of the individual events with

three varsity swimmers, which will make it difficult to beat larger teams. Emilia Fischer is a newcomer who should make an impact. "With so few swimmers, we will probably not win too many dual meets," coach Paul Bachman said. "I do see a lot of personal bests for this team as we have been spending our morning practices building up our practices building up our strength for our swimming." ΜΑΥΟ

Head coach: Juliet Parlette (12th season). Assistants: Scott Direcks, Jessica Koepp, Greg Andrews (diving). Last season: 8-2 in dual meets, third at the Big Nine Conference meet, fourth in Section 1AA and 12th at the Class AA state meet. Ton returners: Natalie Top returners: Natalie

Boorjian (All-Conference, All-State), Karissa Bell, Olivia Boxrud, Madeline Gau, Gabby Lee, Madeleine Nemergut, Taylor Peterson, Sarah Samman, Avery Walz (All-Conference), Chloe Weingarten

GIRLS TENNIS Mayo believes a state title is on the horizon

BY PAT RUFF Post Bulletin

ROCHESTER — Jeff Demaray knows what a state championship tennis team looks like. He's had the experience of

He is had the experience of coaching two of them, the Mayo boys in 2007 and 2011. "Those two teams, they had so many (USTA) tournament players on them," Demaray said. That in mind, Demaray creat the output on the source of the source creat the output of the source of the source protect of the source of the so

That in finite, beind ay spent the summer months daydreaming about the prospects and possibilities of the team he's coaching right now, the Mavo girls.

now, the Mayo girls. If just so happens that this outfit is loaded with girls who concentrate on the sport year-round and know all about USTA Northern Section tournament trips to Sioux Falls and Rapid City, S.D.; the Twin

Cities: as well as plenty more tiny jaunts to the Rochester Athletic Club for USTA events For many of them, tennis isn't a seasonal sport — it is always their season. "This may be as deep a team as we've ever had," said Demaray who's either been nts

team as we've ever had," said Demaray, who's either been an assistant or head coach at Mayo since 1990. "We are absolutely loaded with young talent. We go six deep in singles. If's going to be very competitive. We've got a lot of young girls who have worked extremely hard at their tennis and it's going to be a battle to and it's going to be a battle to

and it's going to be a battle to see who plays varsity." And yes, they pass the USTA tournaments litmus test. The one that seems to separate the elite teams from the rest. That, as much as anything, has Demaray thinking big. It has him thinking that this bunch really could win a state

bunch really could win a state

title. And if not this season,

title. And if not this season, then next. It would be a first for the Mayo girls, who have been to the state tournament 24 of the last 25 years but have never won it all. "Even though we are young fivet one conice on the vector

"Even though we are young (just one senior on the roster and its top two players are sophomore Claire Loftus and eighth-grade sister Aoife Loftus), we have a lot of girls who have played in competitive matches," Demaray said. "We have six (of our top seven players) back from last year. We are well nositioned We We are well positioned. We want to challenge for a state title."

SKIPPERS ARE NO. 1

Minnetonka might read that last statement and smirk. The Skippers are not only the defending Class AA state champions, but they return all

but one of their top 10 players from a year ago. Seven of their best players are seniors. So how in the heck is Mayo — with a bunch of its top talent sophomores and below — even in the conversation with Minnetonka? with Minnetonka?

Well, because Demaray sees well, because Demarty sees what he sees and he knows what he knows. Also on Mayo's side is it was ranked as high as second in the state last year. "I do think that Minnetonka is the clear favorite," he said. "But I also think that we have a toow that worked the

have a team that worked the hardest in the offseason. We have players who have put in the most time. We have in the most time. We have tournament players and that is a real asset. They are really good and they want to win. But a lot of things have to go into (having a shot at a state title). We have a lot of things that we have to focus on first before have to focus on first before

we get to that point (in late October)." Mayo has two seniors on its team, Ella Dozois and Jorden Ruskell. Dozois has been playing tennis for Mayo since the seventh grade. She knows what good teams look like. She what good teams look like. She also knows what they act like.

"Our team chemistry is so good," Dozois said. "We all get good," Dozois said. "We all get along super well. We all hang around each other outside of tennis and all have positive energy. All of us want to be great and help each other improve. It's a good mix of young and old." Dozois is like Demaray. She is calcad for this scaeson. Thor

Dozois is like Demaray. She is stoked for this season. There is something special in the air. "We are all super excited," she said. "We've been looking forward to this season ended. Since last season ended. We have a really good feeling this year." vear.

Mayo, Lourdes tennis teams have lofty goals

BY PAT RUFF Post Bulletin

Rochester Mayo (Class AA) and Rochester Lourdes (Class A) are expected to be among the best tennis teams in the the state in their respective classes. Here's a look at all of Rochester's girls tennis teams, and what to expect from them in 2022.

CENTURY PANTHERS Head coach: Kris Allen. Assistant: Melissa Coleman.

Coleman. Last season: 12-5 overall. Lost 4-3 to Lakeville South in the Section 1AA semifinals. The doubles combination of Paige Sargent/Julia Raber finished excend Baber finished second in the state individual tournament

Top returners: Jr. Sarah Yilma (all-Big Nine in doubles); Jr. Sarah Nevenheim (all-Big Nine in doubles); Jr. Reetu Gurung; Jr. Kaitlin Osburn; So. Naomi Nevenheim. **Outlook**: Century

COMMENTARY

has a new head coach, Allen. She was a longtime assistant to Josh Heiden, who stepped down at the end of last season. The Depthere have a strong Panthers have a strong junior class, but no seniors. Star senior Paige Sargent has elected to play on the Century boys team this spring. Leading the juniors are Sarah Yilma, Sarah Nevenheim and Reetu Gurung. There are also some young players who will provide a boost in freshman Tea McEachern and seventh-Panthers have a strong a boost in freshman Tea McEachern and seventh-grader Zoe Zhang. "While we may be lacking in experience, we have a solid base of consistent hitters and girls who are excited to be out on the court," Allen said.

JM ROCKETS

Co-head coaches: Elizabeth Fink, Jane Peloquin-Fink.

Peloquin-Fink. Last season: 5-5 Big Nine, 6-6 overall. **Top returners:** Sr. Ginny Haul (No. 1 singles); Sr. Sarah Mullenbach (No. 1 doubles); Stacie Mullenbach (No. 1

Ackman (No. 2 or 3 singles); Jr. Hailey Villar (No. 2 or 3 singles, No. 2 doubles); Sr. Anna Sun (No. 3 singles, No. 2 doubles)

doubles). Outlook: John Marshall has a nice blend of upper-and underclassmen playing this season. The Rockets showed that they had some skill in doubles last year and hope to show that off again this season. JM also has a get-along bunch. "We will continue to focus on a team-first mentality while achieving to focus on a team-first mentality, while achieving both team and individual performance goals," JM co-head coach Elizabeth Fink said. "At the end of the day, our players' goals are to evaluate if they've left everything on the court. focused on the court, focused on controllable aspects and determine areas for improvement." MAYO SPARTANS

Head coach: Jeff Demary: Assistant: Avanish Misra. Last season: 21-3 overall and finished

to Mounds View in the third-place match. Singles player Claire Loftus lost

player Claire Loftus lo in the state individual quarterfinals. **Top returners:** So. Claire Loftus (Section IAA champion, lost in tota quarterfinale): state quarterfinals); state quarterfinals); 8th-grader Aoife Loftus (No. 2 singles); Sr. Jorden Ruskell (No. 1 doubles); So. Keely Ryder (singles or No. 1 doubles); Fr. Ana Christina Medina (singles, Louvede transferi)

Outside Medina (Singles Lourdes transfer) Outlook: The Spartans are young but also incredibly talented and driven. Sisters Claire Loftus (sophomore) and Aoife Loftus (eighth-orndom) iro More two of grader) give Mayo two of the top 15 players in the state. Claire is likely a top state. Claire is likely a tog five player. Mayo extends far beyond those two, however, which is what makes it so good. The Spartans have six players who will contend for one of the four singles spots and their doubles are also loaded. Mayo graduated just one player from last

year's team, which was ranked as high as No. 2 in the state. "This may be the deepest team Mayo has ucepest team Mayo has ever had with 15 players vying for varsity spots," Mayo coach Jeff Demaray said. "The challenge will be who ends up earning the last varsity doubles position."

LOURDES EAGLES

Head coach: Ben Maes. Assistant: Joe Boyer. Last season: 17-5 overall and finished fifth

at state. Beat Pine City 5-2 in fifth-place match. 5-2 in fifth-place match. Ryann Witter was third in singles at the state individual tournament. Doubles team of Taylor Elliott/Elyse Palen was second at state; doubles team of Caroline Daly/ Erin Witter was sixth. **Top returners: St.** Top returners: Sr., Ryann Witter (No. 1

singles, 3rd place state individual singles); Jr. Individual singles); Jr. Caroline Daly (No. 2 singles); Jr. Erin Witter (No. 3 singles); Jr. Elyse Palen (No. 1 doubles, 2nd place state individual doubles); Jr. Taylor

Everyone knows Cook

Everyone knows Cook is dynamic with the ball in his hands. Everyone knows Jefferson is a cheat code personified. Everyone knows Hunter and Smith have the potential to wreak havoc on opposing quarterbacks as long as they stay healthy. None of these things needs to be validated

needs to be validated during a meaningless game in August. Not when the games start to count in September. Now, there's certainly some value to the preseason. It helps sort out position battles in real time. Look at how quarterbacks Sean Mannion and Kellen

quarterbacks Sean Mannion and Kellen Mond have been splitting reps 50-50 in an effort to win the backup role. It gives rookies their first taste of the NFL outside of TCO Performance Center in

needs to be validated

Elliott (No. 1 doubles, 2nd place state individual doubles). Outlook: The Eagles

outflook: The Eagles are among the favorites to capture the Class A state team championship this season. They lost 5-2 a year ago to eventual champion Plake in champion Blake in champion Blake in the first round of the state team tournament. Lourdes is loaded with seasoned players, including No. 1 singles player Ryann Witter. The cosing will be omerge senior will be among the top five players in state Class A this season Lourdes' concentration is on doubles. It will focus on them with Ben Maes as its head coach. Maes replaces David Pettengill, who stepped down at the completion of last season. Maes has been the head Century boys team coach. "If we can get better at doubles we greatly improve our chances at state," Maes said. "We should win our section and are one of the favorites to win state as a team."

Vikings right to keep starters sidelined in preseason anytime they lace up the starter for Week 1.

cleats.

BY DANE MIZUTAN St. Paul Pioneer Press

MINNEAPOLIS Anyone hoping to catch a glimpse of their favorite



before kickoff That's when the Vikings announced they were resting basically every starter on the tean

The inactive lists were a thing of beauty as the Vikings and the 49ers each submitted 27 names apiece. Hilariously, both teams still made everyone dress for warmups because tha makes sense, right? e that

SPORTS BRIEF

COACH: TOM BRADY TO RETURN THIS WEEK; AARON STINNIE OUT FOR SEASON

Tampa Bay Buccaneers coach Todd Bowles said Sunday that quarterback Tom Brady will be returning to the team this week. Bowles did not disclose a

Bowles did not disclose a specific return day for Brady, who left the Buccaneers on Aug. 11 due to personal reasons. Bowles said he wasn't sure if Brady would play in Tampa Bay's preseason finale against the host Indianapolis

Cousins; running back Dalvin Cook; fullback others.

On defense the Vikin, sat defensive linemen Harrison Phillips and Dalvin Tomlinson; outside linebackers Danielle Hunter and Za'Darius Smith; inside linebackers Eric Kendricks and Jordan Hicks: cornerhacks Hicks; cornerbacks Patrick Peterson, Cam Dantzler, and Chandon Sullivan; and safeties Harrison Smith and Cam Bynum, among others. Odds are, most of those players will remain on the sidelines when the

the Vikings close th all-but-meaningless e their preseason schedule at Denver at 8 p.m Saturday

Saturday. It's pretty clear at this point that Vikings coach Kevin O'Connell isn't going to play anyone of note before the Sept. 11 season opener against the rival Green Bay Packers. Nor should he. While many fans

While many fans might take exception to this school of thought — especially those who curiously traded a perfect summer night in the Twin Cities to watch the Vikings' JV squad limp to a 17-7 loss — this is absolutely the right call by O'Connell. He is smart. The preseason is dumb. There's nothing to call might take exception to

There's nothing to gain from playing someone who matters a lot in a game that doesn't matter at all. Especially in the NFL, where players can get seriously injured This is something coaches across the league

coaches across the league are slowly starting to realize. It has become commonplace for teams to rest their starters for the duration of the three-game preseason these days. Just because the legendary Bud Grant was probably a pretty bie fan probably a pretty big fan of playing his starters in the preseason doesn't mean O'Connell has to

mean O'Connell has to follow that script. What is anyone going to learn from watching Cousins play a couple of series? The best-case scenario is he looks sharp while marching the offense down the field for a touchdown. The worst-case scenario is he worst-case scenario is he blows out his knee and the 2022 season is over before it even starts.

The same thing goes for pretty much every other player the Vikings have penciled in as a

Luke Goedeke is among the

contenders for the starting role. Bowles was asked about his level of comfort with playing a rookie or a player with little NFL experience at that

little NFL experience at that position. "It's not about experience, it's about experience playing, Bowles said. "Luke and Nick (Leverett) do a great job right now. They're getting a lot of reps, so they've earned that right to compete for that spot. Maybe if one more goes down Eagan. It's safe to say rookie safety Lewis Cine is benefiting from getting some stuff on film. It provides fringe

It provides fringe roster players a chance to prove themselves. After a couple of impressive performances, defensive lineman T.Y. McGill suddenly looks like a lock to make the team. Still, there was a particular play on

particular play on Saturday night that Saturday night that served as a not-so-subtle reminder why no starter should ever sniff the field in preseason. On a rather innocuous play in coverage, rookie cornerback Andrew Booth Jr. suffered an ankle injury away from the action. He needed to be helped to the sideline and did not return.

and did not return. That could have happened to anyone. Which is exactly why O'Connell made sure his starters weren't out there in the first place.

"We don't mind playing rookies – we've been playing rookies since we've been here It's just a matter of them getting in-game experience. We're comfortable with the gives we how hot We re comfortable with the guys we have right now, but if we can find an option that's out there that fits us, we will look at it." Stinnie appeared in six

games (one start) last season. He started three postseason games for the Bucs in 2020, including Super Bowl LV.

On offense the Vikings sat quarterback Kirk Dalvin Cook; fullback C.J. Ham; receivers Justin Jefferson, Adam Thielen, and K.J. Osborn; tight ends Irv Smith Jr. and Johnny Mundt; and offensive linemen Christian Darrisaw, Ezra Cleveland, Garrett Bradhury, Jesse Davis Bradbury, Jesse Davis, and Brian O'Neill, among On defense the Vikings

> Colts on Saturday. Once he returns, Brady will find himself behind an offensive line that absorbed another significant hit on Saturday.

Guard Aaron Stinnie will miss the 2022 season after he sustained a torn ACL and MCL in his left knee, Bowles said Sunday. Stinnie was injured

after being rolled up on by Tennessee safety Adrian Colbert in the second half of Tampa Bay's 13-3 preseason loss to the Titans. Stinnie was

carted off the field.

"We can't afford to get anymore hurt down there," Bowles said of an offensive line that already has lost Pro Bowl center Ryan Jensen to Bowi center Kyan Jensen to a knee injury. Jensen is out indefinitely, while tackle Tristan Wirfs is considered day-to-day with an oblique strain.

Stinnie, 28, was a candidate for the starting left guard position after Ali Marpet abruptly retired in the

offseason. Second-round draft pick

player during last Saturday night's NFL

exhibition

O'Connell

game at U.S. Bank Stadium got a rude awakening

90 minute

Rochester's North Carolina connections lead teams to titles

ROCHESTER

Rochester's Mac Horvath helped the Bourne Braves win the championship series in the Cape Cod League. The Cape Cod League for college baschell players college baseball players, like the Northwoods

The the NorthWoods League. Horvath, who plays his college ball at the University of North Carolina, joined Bourne late in the year and played in 18 games during the games during the regular season. Despite the limited number of games, he was among the league leaders with six

home runs. He finished batting .250 (18-for-72) with a double,



NOTEBOOK Guy N. Limbeck

15 RBIs, 13 runs scored and eight stolen bases. He had a .514 slugging ercentage and an .813 OPS

Bourne swept the Brewster Whitecaps in the best-of-3 championship series, winning 3-0 and 8-1. In the two games, Horvath was 3-for-8 with a double and an RBI. Horvath, an infielder,



Horvath Ustby

has now returned to the University of North Carolina, where he is gearing up for his third season of baseball. If he has another strong season for the Tar Heels, he could be a high selection in the 2023 amateur baseball draft

Rochester's Alyssa Ustby, who also plays varsity sport at North Carolina, was also a

recent winner of a highlevel event. The 6-foot-2 Ustby

The 6-foot-2 Ustby is a starting guard/ forward for the Tar Heels women's basketball team. She was one of six players selected to the women's U.S. 23-and-under 3-on-3 basketball team

The U.S. squad played for a week in the Dominican Republic in the U23 Nations League. Ustby helped the U.S. team post a perfect 18-0 record and it won the FIBA Americas championship.

With the victory, the U.S. squad now qualifies for the 3-on-3 Nations League Final, which will

be held Sept. 14-16 in Constanta, Romania.

Sean LaPlante, a 2018 Byron graduate, will be a student assistant baseball coach for Winona State University again next spring. He was a student assistant this spring and he has been retained by the new coach for the same position in 2023. LaPlante played football at Winona State as a kicker and punter before becoming a Sean LaPlante, a 2018 wron graduate, will be a

before becoming a baseball coach. He is the son of Brian LaPlante. the men's basketball coach at Rochester coach at Rocnester Community and Technical College. "It's a good get for him,

Brian LaPlante said Sean LaPlante has also been the varsity assistant baseball coach assistant baseball coach for Lewiston-Altura and coached the Lewiston American Legion team for the past two years. The 22-year-old hopes to become a full-time coach in the near future, possibly at the college

he's put a lot of time in,

possibly at the college level. "He has a good passion (for it) and does a good job," Brian LaPlante said.

Guy N. Limbeck is a sports writer for the Post Bulletin. His Local Notebook appears each Tuesday. He can be reached at glimbeck@postbulletin.com.

ADBDA

Matt Krohn / USA Today Sports and Vikings defensive tackle T.Y. McGill reacts after making a stop against the San Francisco 49ers on an during the second quarter at U.S. Paper Stationary Saturday during the second quarter at U.S. Bank Stadium.

Meet T.Y. McGill, the NFL journeyman who's making the Vikings pay attention

BY DANE MIZUTANI St. Paul Pioneer Press

MINNEAPOLIS For the rest of time, defensive tackle T.Y. McGill will go down

McGill will go down as the first player ever signed by Minnesota Vikings general manager Kwesi Adofo-Mensah. Not long after taking over the Vikings front office, Adofo-Mensah decided it was important to ink McGill to a contract It harely moved contract. It barely moved the needle at the time. Not surprising given McGill's track record as

McGill's track record as an NFL Journeyman. Nearly six months later McGill is making Adofo-Mensah look like a genius. He's up to 3 1/2 sacks in the exhibition season after turning some heads against the Las Vegas Raiders last week, then following it up with another impressive performance against the San Francisco 49ers on Saturday night at U.S. Saturday night at U.S. Bank Stadium.

That type of production has

production has impressed coach Kevin O'Connell. He spoke highly of McGill after the Vikings suffered a 17-7 loss to the 49ers. "He's a guy that flashed to me," O'Connell said. "He wrecked multiple plays tonight. It's the plays that don't register on the stat sheet, too, when we see him exploding through

the line and forcing the back to bounce. It's really cool to see a guy like that understand the outcome he may have and ultimately capitalize on it with performances like toniett." like tonight

This is nothing new This is nothing new for McGill. As an NFL journeyman, he has always looked at the preseason as a chance to prove himself. "This is what I do, man," said McGill, who went undrafted in 2015 and has gone on to play

and has gone on to play for nine different teams for nine different teams. "Whatever opportunity I get, I take advantage of it, then let the chips fall where they may." What's kept McGill going through the various times he has been cut in his career? He nonired to some

He pointed to some words of encouragement words of encouragement from veterans like longtime Seattle Seahawks defensive linemen Michael Bennett and Brandon Mebane. "I got the OK from those guys like, 'Hey man, You deserve to be here,' "McGill said. " lust things like that

be here,' " McGill said. "Just things like that keep me going." Though he hasn't been much of an impact player to this point in his career, McGill is starting to look like someone that could be a valuable depth piece for the Vikings. Not that ha's gatting too far that he's getting too far ahead of himself. "I don't even know right now in terms of

where I'm at on the depth chart," McGill said. "Just trying to grind. That's all I do. I really don't even need the feedback (from the coaching staff), because at this point I know what I need to correct, and I know, whot I need to

I need to correct, and I need to correct, and I know what I need to get better at. Just keep chugging along." His rapid rise throughout preseason has raised an important question: What exactly does the "TX" stand for in his first name? "It really doesn't stand for anything." McGill said with a laugh. "I'm a junior, my first name is Torrone, and my davis first name is Torrone. Except everybody growing up used to call him Tyrone for some him Tyrone for some reason before I was born. reason before I was born. Then they started calling him Ty. Then when I was born they were like, 'We're going to call him T.Y. for short.'" "The name has stuck

The name has stuck with McGill ever since. He has even started to implement it into his Implement it into his persona on the field. In an ode to longtime Indianapolis Colts receiver T.Y. Hilton, a former teammate, McGill gestured a "T" and a "Y" after his sack against the

49ers. "I always told him, "I always told him, 'Look, if I score a touchdown, I'm going to hit it," McGill said "I never got to score a touchdown, and I still

hit anyway. Hopefully he ain't mad at me." While this type of production from McGill might come as a surprise to some casual fans, it's

> that has to go against him in practice. "I ask those offensive "I ask those offensive linemen, 'Who's sticking out as far as somebody's that's tough to block? Who feels heavy in those combinations?"" O'Conneul caid "Thou O'Connell said. "They are going back and talking amongst

not surprising to anyone

themselves, like,

themselves, like, "T.Y. is a problem." "That work against the offense in practice hasn' gone unnoticed from members of the defense. "He works extremely hard at everything he's doing," linebacker Brian Asamoah II said. "He gets it in practice, and it's not a surprise when he does it in a game as well." With a game against the Denver Broncos

the Denver Broncos looming next weekend, McGill doesn't consider

McGill doesn't consider himself a lock to make the 53-man roster. He has been cut too many times to feel safe. "I know I'm playing next week," McGill said. "I've always been a guy that's been on the bubble that's probably not coing that's probably not going to make the team. Just to make the team. Just keep stacking days. That's all I can do. The things going on upstairs, I can't control any of that stuff."

stellar innings from Johnny

Cueto. The Sox travel to Kansas City, Mo., for one game against the Royals Monday at Kauffman Stadium and then go to Baltimore for a three-game series against the Orioles beginning Tuesday

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Lynx have reasons for optimism in 2023

BY JACE FREDERICK

MINNEAPOLIS -– It's MINNEAPOLIS — It's a strange sight seeing the WNBA playoffs take place without the Lynx. Until this year, that hadn't happened since 2010. 2010

Much has changed between then and now. A dynasty has come and gone, with the

roster since entirely reshuffled. The 2022 season (a 14-22 record) wasn't

14-22 record) wasn't acceptable by Lynx's standards. But with the franchise's cornerstone player — Sylvia Fowles — now heading into retirement, what's the team's path back to the postseason in 2023? postseason in 2023?

BUY-IN

Reeve pulled zero punches in her endof-season media of-season media availability. The coaching staff felt it had to coach effort too many times throughout the season. Issues, she noted, were centered on buy-in, "particularly on the defensive side."

"That's ultimately what I think was the demise of our team. We just weren't very We just weren't very difficult to play against," Reeve said. "Things that not very good teams do, we did. There were many times I said, "These are things that non-playoff teams do,' and we had too many moments that we did that." Frankly Reeve didn't

Frankly, Reeve didn't

Frankly, Reeve didn't think her team was great on that end in 2021, either, when the Lynx earned the No. 3 seed in the playoffs. But the play last summer of Napheesa Collier and Layshia Clarendon served as a band-aid served as a band-aid That was ripped off this season.

season. "When you're not as successful, it's illuminating. It reveals everything." Reeve said. "And so we've been the same team for two years, we've had a team that's a little more averse to working hard, plain and simple."

simple." She tried yelling and screaming. She tried screaming. She tried giving players space. None of it worked. So, eventually, she settled for good enough, and just planned around the deficiencies. It worked to an extent, as the Lynx set themselves up to need just one win over need just one win over their final two games to reach the playoffs. But their final two losses, to Seattle and Connecticut, showed how far they were from competing with the league's best.

Reeve vowed a shift will take place with next year's roster. There will be an open-mindedness to all possibilities to all possibilities to all possibilities, including possibly rostering more rookie contracts, with the primary goal of having players who are bought into the principles on which this team's success have been based.

PRIORITIZATION

The 2023 season marks the first year of wNBA. As part of the most recent Collective most recent Collective Bargaining Agreement, players must now prioritize the league over their overseas play, or face fines and, eventually, suspension. Players must be in training camp by May 1 next season.

next season Kayla McBride has Kayla McBride has missed games each of the past two years while wrapping up her seasons in Turkey. She noted this week that flying in and joining the team on the go, sans a break, wore her down. But moving forward, she has told her agent and overseas squad that the Lynx are squad that the Lynx are her priority, and she will not miss any team-

vili not miss any team-related activities. Neither Aerial Powers nor Napheesa Collier plan to play overseas this offseason, either.

COLLIER LEADS

Fowles' departure leaves a gaping hole in the leadership department, but there's department, but there's a capable replacement waiting in the wings in Collier. The 25-year-old forward knows this is now her team, and is looking forward to that challenge and the responsibility that comes with it. "Tm super excited to

"I'm super excited to have that be the case. I'm sad that Syl is gone I'm sad that Syl is gone, obviously. I wish she'd have stayed forever," Collier said. "But now that I feel like she's kind of passed the torch down, I definitely want to do it justice and keep the integrity of the team and what she built here for so long, who we are for so long, who we are as players, our work ethic, things like that, and uphold that while I'm here."

I'm here." Reeve said Collier has "been in good training" for the role. "She's still a young player, and there's lots to go through to build experiences for her." experiences for her," Reeve said. "But she's got the temperament she's got the game, the work ethic, the buy-in, etc., that you need, that you want players to follow."

Lindy Lange wraps up all the events DOST BULLETINGOM WEDNESDAYS: Jamily Time FOR CONVENIENT HOME DELIVERY, CALL 507-285-7676 or 800-562-1758.

SPORTS BRIEF SUNDAY'S WHITE SOX-GUARDIANS GAME POSTPONED BECAUSE OF 'UNPLAYABLE FIELD CONDITIONS'

CLEVELAND — Sunday's Chicago White Sox-Cleveland Guardians game at Progressive Field has been postponed because of "unplayable field conditions," the Guardians announced.

It rained for portions of the morning in the area. A

rescheduled date was not

rescheduled date was not immediately announced. The third-place Sox are 2½ games behind the first-place Guardians in the American League Central. The teams split the shortened weekend series. The Guardians won 5-2 Friday behind 14 strikeouts from starter Triston

strikeouts from starter Triston McKenzie. The Sox won Saturday's game 2-0 behind 8