Top girls teams showcased at Breakdown Tip-Off duels

By Kevin Anderson

The annual Breakdown Tip-Off Classic showcased 40 of Minnesota’s top girls basketball teams in all classes on Friday evening and Saturday, in season openers for most of them, at Hopkins High School. The boys will take their turns this weekend. Following are some girls Tip-Off highlights.

FRIDAY

• Hill-Murray won in overtime vs. St. Louis Park, sinking nine free throws in the extra session along with one put back to prevail 67-64. Jordyn Turek tied it for the Orioles with 17 seconds remaining in regulation 56-56. Ella Runyon led the Pioneers with 26 points.

• Wayzata overwhelmed Fergus Falls 87-48. The Trojans shot 69 percent in two-point range with Jenna Johnson pouring in on 32 points.

• Park Center escaped against St. Michael-Albertville with a buzzer beating three from T’Naye Griffin to win 72-69. The Knights stayed in the game with a sensational 8-for-12 mark behind the 3-point line (67 percent). PC got to the rim and matched Wayzata with 69 percent in two-point territory. Adalia McKenzie led PC with 26 points.

Minnetonka’s Tori McKinney (14) and Ella Durkee battle Andover’s Sydney White for the ball.
• Centennial beat Apple Valley 57-44 with Jenna Guyer notching 12 points and 16 rebounds.

• Minneota’s defending Class A champs beat Cromwell-Wright 49-47, led by sisters Morgan and Abby Hennen with 12 each. C-W cousins Shally and Taya Hakamaki netted 20 and 17 points.

SUNDAY

• Rosemount cashed in with a sweet 16 three-pointers in an 83-57 win over Waconia. Leading the charge with 27 points, all on nine 3s, was Larisa O’Neil.

• Albany squeaked by Stewartville 68-67 overcoming a four-point deficit with 1:15 left in the game. Paige Meyer propelled the Huskies with 31 points including the final four points at the free throw line. The Tigers were led by Lily Welch with 28 points.

The lowest scoring affair on court one followed with Chaska holding off Simley 53-39. Kennedy Sanders topped all scorers with 17 points including three 3-pointers.

The Crimson’s Abby Schulte led all scorers with 21.

Park Center’s Kayla Cox and T’Naye Griffin double-team Stillwater’s Alexis Pratt.


• Austin topped Big Lake 59-37 with Hope Dudycha sniping for 20 points.


• Minnetonka beat Andover 69-39 with Emma Dasovich sinking 16 points, Sophie Haydon 14, Desiree Ware 13, and Molly Oehme 10. Andover was led by Sydney White with 18.

• The event was capped off with host Hopkins, last year’s undefeated Class AAAA champion, steamrolling the Class AAA runner up Becker 77-39. Maya Nnaji led the charge with 19 points. Taylor Woodson had 15, Paige Bueckers 14, and Amaya Battle 13.

Kevin Anderson has a web site, kjasr.com, for girls basketball, and does girls rankings for MBBN.
Breakdown Girls Tip-Off snapshots

EVW’s Halle and Whitney Jansen joust with Lourdes’ Alyssa Ustby; Austin’s Colie Justice guards Big Lake’s Taylor Moen; Wayzata’s Annika Stewart blocks Eastview Alexis Plitzkow.
<table>
<thead>
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<th>CLASS 4A</th>
<th>CLASS 3A</th>
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<tr>
<td><strong>Bloomington Jefferson</strong> — Manny Montgomery, sr C</td>
<td><strong>Austin</strong> — Agwa Nywesh, sr G</td>
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<td><strong>Brainerd</strong> — Owen Davis, sr F; Ben Staehling, sr F</td>
<td><strong>Bemidji</strong> — Quincy Wilson, sr G; Colten Jensen, sr F</td>
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<td><strong>Buffalo</strong> — Matt Willert, sr G; Tony Dahl, sr G</td>
<td><strong>Benilde-St. Margaret's</strong> — Nick Peterson, sr G</td>
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<td><strong>Cambridge-Isanti</strong> — Henry Abraham, sr G</td>
<td><strong>Columbia Heights</strong> — Jordan Jones, jr G; Muja Burton, so F</td>
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<td><strong>Chanhassen</strong> — Luke Gitzen, sr G</td>
<td><strong>DeLaSalle</strong> — Jalen Travis, sr F; Andrew Irvin, sr G; Cade Haskins, so G</td>
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<td><strong>Buffalo</strong> — Matt Willert, sr G; Tony Dahl, sr G</td>
<td><strong>Duluth Denfeld</strong> — Josh Reiertsen, sr G; Armon Freeman, sr F</td>
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<td><strong>Chanhassen</strong> — Henry Abraham, sr G</td>
<td><strong>Fridley</strong> — Isaac Burns, sr G; Hassan Kamara, so F</td>
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<td><strong>Eden Prairie</strong> — Drake Dobbs, sr G; Connor Christensen, sr F; Austin Andrews, sr F; John Henry, sr F</td>
<td><strong>Grand Rapids</strong> — John Sutherland, sr F</td>
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<td><strong>Edina</strong> — Jacob Hutson, sr F</td>
<td><strong>Hermantown</strong> — Peter Soumis, sr G</td>
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<td><strong>Hopkins</strong> — Kerwin Walton, sr G; Cornell Richardson, sr G</td>
<td><strong>Hibbing</strong> — Ayden McDonald, so G; Maysen Brown, jr G; Parker Maki, jr F</td>
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<td><strong>Osseo</strong> — Tariq Henry, sr G</td>
<td><strong>Holy Angels</strong> — Mathew Banovetz, sr F; Emmett Johnson, so F</td>
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<td><strong>Lakeville South</strong> — Reid Patterson, jr G; Riley Mahlman, jr C</td>
<td><strong>Hutchinson</strong> — Russell Cor-rigan, jr C</td>
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<td><strong>Minnetonka</strong> — Cameron Steele, sr F</td>
<td><strong>Kasson-Mantorville</strong> — Jace Bigelow, jr G</td>
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<td><strong>Monticello</strong> — Austin Wetter, sr G</td>
<td><strong>Mankato East</strong> — Jax Madson, jr G; Joich Gong, sr G; Jordan Merseth, sr C</td>
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<td><strong>Moorhead</strong> — Drew Hagen, sr G; Quinton Hegg sr G</td>
<td><strong>Marshall</strong> — Noah Puetz, sr F; Matt Hmielewski, sr G</td>
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<td><strong>New Prague</strong> — Parker Johnson, sr G</td>
<td><strong>Minneapolis Henry</strong> — Glentrell Carter, sr G</td>
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<td><strong>North St. Paul</strong> — Shaheed Muhammad, sr G</td>
<td><strong>Minnehaha Academy</strong> — Jalen Suggs, sr G; Terry Lockett, sr G; Chet Holmgren, jr C; Prince Alligbe, so F</td>
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<td><strong>Prior Lake</strong> — Dawson Garcia, sr F; Tyreel Ihenacho, sr G</td>
<td><strong>Mound Westonka</strong> — Jameson Sexton, sr G</td>
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<tr>
<td><strong>Park Center</strong> — Dain Dainja jr F; Detavius Frierson, sr G; Josh Brown, sr G</td>
<td><strong>Northfield</strong> — Kip Schetnan, jr G</td>
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<td><strong>Rochester Century</strong> — Jack Fisher, sr G</td>
<td><strong>St. Anthony Village</strong> — Tait Nelson, sr G</td>
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<td><strong>Rochester Mayo</strong> — Mason Madsen sr G; Gabe Madsen sr G</td>
<td><strong>St. Cloud Apollo</strong> — Michael Gravelle, sr G</td>
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<td><strong>Rochester John Marshall</strong> — Lincoln Meister, sr F</td>
<td><strong>St. Cloud Tech</strong> — Odier Olange, sr F</td>
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<td><strong>Spring Lake Park</strong> — Gabe Myren, sr G; Blake Remme, sr F</td>
<td><strong>St. Croix Lutheran</strong> — Zach Longueville, jr G</td>
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<td><strong>St. Louis Park</strong> — Paris Johnson, jr W</td>
<td><strong>St. Peter</strong> — Wyatt Olson, sr F</td>
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<td><strong>St. Michael-Albertville</strong> — Kale Hoselton, sr F</td>
<td><strong>Simley</strong> — Ruot Jioklow, so G; Breyton Buysman, jr G</td>
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<td><strong>Shakopee</strong> — Charles Katona sr F; Caleb Druvenga, sr G; Will Cordes, sr G</td>
<td><strong>Sartell-St. Stephen</strong> — Thomas Gieske, sr F</td>
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<td><strong>Tartan</strong> — Joseph Kearney, sr G; Dorian Singer, jr G</td>
<td><strong>St. Paul Harding</strong> — Simeon Sharp, sr F</td>
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<tr>
<td><strong>Totino-Grace</strong> — Devin Burger, jr F</td>
<td><strong>South St. Paul</strong> — Marquise Glebb jr G 16.8, Alonzo Dodd so G 14</td>
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<td><strong>Waconia</strong> — PJ Hayes, sr G</td>
<td><strong>Totino-Grace</strong> — Devin Burger, jr F</td>
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<td><strong>Worthington</strong> — Terbuto Ochothow, jr G</td>
<td><strong>Waconia</strong> — PJ Hayes, sr G</td>
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<td><strong>Zimmerman</strong> — Carter McEachern, sr G</td>
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</tbody>
</table>
Boys top 50 in each class

**CLASS 2A**

Annandale — Paul Meyer, sr F  
Atwater-Cosmos-Gr. City — Dawson Miller, sr F  
Belle Plaine — Josh Gregory, sr F  
Brooklyn Center — Quayavant Douglas, fr G  
Caledonia — Noah King sr G; Eli King so G  
Cannon Falls — Luke Sjoquist, sr G  
Chatfield — Reid Johnson, jr G  
Cristo Rey Jesuit — James Sommer, sr G  
Dover-Eyota — Brady Williams, jr W  
Duluth Marshall — Samuel Lohn, jr G  
East Grand Forks — Julian Benson, sr G; Sam Votava, jr G  
Eden Valley-Watkins — Joshua Streit, jr F  
Esko — Trevor Spindler, sr G-F  
Greenway — Dylan DeChampeau, jr F  
Holy Family Catholic — Nick Hendler, jr G  
Jackson County Central — Rudy Voss, sr G  
Jordan — Ryan Samuelson, sr G  
Lake City — Nathan Heise, sr G; Reid Gastner, sr G  
LaCrescent-Hokah — Luke Schwartzhoff, sr F; Zach Todt, sr F  
LeSueur-Henderson — Dominic Drent, jr G  
Maranatha Christian — Hakim Daniels, sr G  
Mesabi East — Hunter Hannukela, jr G  
Minnewaska Area — Grant Jensen, sr G  
Minneapolis North — Davon Townley, jr F; Clifford Brown, jr W; Willie Wilson, so G  
Minnesota Valley Luth. — Dunwa Omot, sr G  
Moose Lake-Willow River — Mason Olson, jr G  
Morris/Chokio-Alberta — Jackson Loge so C  
Osakis — Daniel Savageau, sr G  
Paynesville — Corbin Froelich, jr G  
Perham — Finn Diggins, jr C  
Pillager — Spencer Schaeffer, sr F  
Pine City — Seth Logan, sr F  
Plainview-Elgin-Millville — Blake Herber, jr G  
Rochester Lourdes — Colin Meade, sr F  
Rockford — Luke Pepin, sr F  
St. Charles — Kooper Vaughn, jr G; Drew Maloney jr F  
St. Paul Academy — Adam Holod, jr G  
Stewartville — Will Tschetter, jr G-F  
St. Croix Prep — Addison Metcalfe, jr G  
Virginia — Jayden Bernard, sr F  
Waseca — Ryan DuFault jr G, Andrew Morgan jr C, Kyreese Willingham jr F

**CLASS 1A**

Ada Borup — Mason Miller, sr C; Preston Gwin, sr G  
Ashby — Jaden Norby, jr F  
BOLD — Gavin Vosika, sr G; Jordan Sagedahl, sr G; Drew Sagedahl, jr G  
Blooming Prairie — Gabe Hagen, sr F; Kaden Thomas, sr F  
Cass Lake-Bena — Jarell Jacobs, sr G  
Central MN Christian — Austin TeBrake, sr F  
Christ’s Household of Faith — Preston Allemann, sr G; Isaac Collins, sr F  
Cromwell-Wright — Micah Pocernich, sr G  
Dawson-Boyd — Romel Horton, sr G  
Sacred Heart — John Fontaine, sr G  
Grand Meadow — Colt Landers, jr F  
Henning — Parker Fraki, sr G; Blake Wallevand, sr G  
Hope Academy — Caleb Hoilien, sr G  
Houston — Alex Van Gundy, sr F  
Kittson County Central — Jarrett Kujava, jr F; Austin Bonn, sr G  
Lac qui Parle Valley — Austin Bonn, sr G  
LeRoy-Ostrander — Riley Olson, sr F  
Mankato Loyola — Ben Ellingworth, sr G  
Mayer Lutheran — Sean Buchanan, sr G  
Minneota — Jacob Hennen jr F; Logan Sussner sr C  
Mt. Lake-Comfrey — Abraham Stoesz, sr G  
Mountain Iron-Buhl — Asher Zubich, so G  
Nashwauk-Kee-watin — Jack Lorenz, jr F  
New Ulm Cathedral — Jon Zinniel, sr G  
Nevis — Luke DeWulf, sr F  
Nicollet — Riley Hulke, sr G  
Norman Co. E.-Ulen-Hitter. — Brody Lien, jr F  
North Woods — Trevor Morrison, sr C; TJ Chiabotti, so G  
Parkers Prairie — Alex Koep, sr G  
Pine River-Backus — Brady Raph sr F  
Red Lake County — Derek Peterson, sr G  
Renville County West — Riley Ashburn, jr F  
Southwest MN Christian — Kade Fey, sr F; Jacob Van Dam, sr F  
Springfield — Derek Scheffler, sr F  
Waterville-Elysian-Morristown — Grant McBroom, sr G, Coke Kokeschiek, sr F  
West Central Area — Jack VanKempen, sr F  
Westbrook-Walnut-Gr. — Ethan Mischke, jr F  
Wheaton-Herman-Nor.— Matt Thielen, sr G
Pacesetter Sports will conduct its 28th annual Minnesota Youth Basketball Championships for teams in grades 4-9, starting with region playoffs from February through April.

This one-class, statewide competition involving 600 to 800 teams will start with eight regional qualifiers — Region 1 in Rochester and Stewartville, Region 2 in Mankato, Region 3 in Redwood Falls, Region 4 in Mora and Willow River, Region 5 in Paynesville, Region 6 in Alexandria, Region 7 in Grand Rapids and Mountain Iron-Buhl, and Region 8 in Bemidji.

The region champions are invited to the Minnesota Youth Basketball State Championships in Maple Grove in June. The champion and runner-up at the state tournament are invited to the Pacesetter Great Five-State Championships in Minneapolis along with top teams from Wisconsin, Iowa, North Dakota and South Dakota. All teams in that tournament will have at least one game on the main Target Center floor.

Teams may register online now by visiting our web site at www.pacesettersports.net.

**Officials needed**

Officials interested in working Pacesetter basketball tournaments from March through July should write to jeff@pacesetternet.com. See www.pacesettersports.net for more information.
Minnehaha, Waseca both No. 1 after trading places

By Bruce Strand

Minnehaha Academy moved up a class, Waseca moved down a class, and each is a clear choice to be ranked No. 1 in boys basketball in preseason.

State championships are nothing new for Minnehaha Academy, which has won Class 2A three straight years with the same core group led by the state’s premier athlete, Jalen Suggs.

But as they move up to 3A, they enter the domain of the DeLaSalle Islanders, who have captured seven of the last eight state championships. It could be an Ali vs. Frazier type matchup at the end, two undisputed champs duking it out.

Minnehaha Academy is so deep in talent that they are getting national attention.

“I think Minnehaha Academy should be considered as one of the top teams in the state this season in any class,” said their coach, Lance Johnson.

“We presently have five players who have been offered D-1 scholarships. We have two of the top players in the nation in their respective classes — Jalen Suggs ‘20 and Chet Holmgren ‘21. We are coming off of a 30-2 season (both losses to Hopkins) and have our top seven scorers back from last year.

“There are some publications (USA Today, Ball is Life) have us in the national top 20.”

And then there’s Waseca, which was runner-up behind DeLaSalle last season, losing 63-56 in the finals, and returns three of their top four players — 6-9 center Andrew Morgan, forward Kyreese Willingham and guard Ryan DuFault, all juniors. Coach Seth Anderson noted that “lots of D1 and D2 schools” are showing interest in the trio already.

With the Bluejays dropping to 2A, they are an obvious pick to fill the void left by Minnehaha Academy moving up — at least, in the early rankings. If they deliver the 2A championship, it will be the school’s first in 102 years. Waseca’s only boys hoops title came in 1918.

Cretin-DH: our preseason pick among 4A powers

By Bruce Strand

MBBN has placed Cretin-Derham Hall at No. 1 in Class 4A. Good cases could be made for Park Center, Eden Prairie and Prior Lake as well, and you can never assume Hopkins won’t rise to the top. The highly-regarded Breakdown publication picked Park Center as No. 1. If this is a typical year, that top spot will change multiple times during the season anyway.

We’re going with CDH because they added a supremely talented guard to an already formidable lineup when J’Vonne Hadley transferred after scoring 28 ppg for Mahtomedi last year, and because the Raiders won our Pacesetter Sweet 16, albeit by the slim margin of a last-second tip-in (by Hadley) against Park Center.

“We feel we are a contender to win the state championship this year,” coach Jerry Kline said. “We are coming off a 23 win season and return four starters plus add-in transfer J’Vonne Hadley ... We also have (sophomore) PG Tre Holloman running the show — he currently has offers from Minnesota, Michigan State, Marquette, Wisconsin, Iowa, Iowa State, Nebraska, Texas and Baylor. We also return G Curtis Jones, F Amari Carter and F Will Burke all of which were starters ... We believe we are one of a small amount of schools who can win the whole thing.”
## Girls top 50 in each class

### CLASS 4A

<table>
<thead>
<tr>
<th>School</th>
<th>Player</th>
<th>Class</th>
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<tbody>
<tr>
<td>Andover</td>
<td>Sydney White, sr G</td>
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<tr>
<td>Apple Valley</td>
<td>Chyna Young, jr G</td>
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<tr>
<td>Burnsville</td>
<td>Zhane Thompson, sr G</td>
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<tr>
<td>Centennial</td>
<td>Jodi Anderson, jr G</td>
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<tr>
<td>Champlin Park</td>
<td>Miyah DuBose, sr G</td>
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<tr>
<td>Chaska</td>
<td>Mallory Heyer, so F</td>
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<tr>
<td>Chisago Lakes</td>
<td>Sophie Wood, jr F</td>
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<td>Cretin-Derham Hall</td>
<td>Takara Mason, jr G</td>
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<tr>
<td>Eastview</td>
<td>Cassidy Carson, jr G</td>
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<tr>
<td>East Ridge</td>
<td>Kate Burns, sr C</td>
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<tr>
<td>Eden Prairie</td>
<td>Natalie Mazurek, sr F; Nneka Obiazor, sr F</td>
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<tr>
<td>Elk River</td>
<td>Lydia Haack, sr G; Johanna Langbehn, jr F</td>
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<td>Farmington</td>
<td>Molly Mogenson, sr G; Sophie Hart, jr C;</td>
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<tr>
<td>Hastings</td>
<td>Mallory Brake, sr F</td>
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<td>Hopkins</td>
<td>Paige Bueckers, sr G; Amaya Battle, so G;</td>
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<td>Lakeville North</td>
<td>Lauren Jansen, sr G</td>
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<td>Lakeville South</td>
<td>Haylee Wheeler, sr F</td>
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<td>Maple Grove</td>
<td>Abby Schulte, sr G; Jordyn Lamker, jr G</td>
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<td>Moorhead</td>
<td>Rylie Polomny, sr G</td>
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<td>Mounds View</td>
<td>Lindsey Becher, sr F</td>
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<td>New Prague</td>
<td>Emily Russo, sr F</td>
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<td>Park Center</td>
<td>Lauren Frost, sr G; Adalia McKenzie, jr G</td>
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<td>Prior Lake</td>
<td>Emily Kolstad, jr C</td>
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<td>Robbinsdale Cooper</td>
<td>Kierra Wheeler, jr F</td>
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<td>Rochester John Marshall</td>
<td>Lily Meister so G; Rochester Mayo, Anna</td>
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<td>Rogers</td>
<td>Ellie Buzelle, so G</td>
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<td>Rosemount</td>
<td>Taylor Janssen, sr F; Helen Staley, jr F</td>
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<td>Tamie Ugass, jr C; Jayda Johnson, sr F</td>
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<td>Spring Lake Park</td>
<td>Joelle Talso, sr F</td>
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<td>St. Louis Park</td>
<td>Reagan Alexanderi, jr F; Kendall Coley, jr F</td>
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<td>St. Michael-Albertville</td>
<td>Mackenzie Kramer, sr G; Vanessa Alexander, sr F</td>
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<td>Stillwater</td>
<td>Liza Karlen, sr F; Alexis Pratt, jr G</td>
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<td>Wayzata</td>
<td>Mara Braun, so G</td>
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<tr>
<td>Woodbury</td>
<td>Carley West, sr G</td>
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<thead>
<tr>
<th>School</th>
<th>Player</th>
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<tbody>
<tr>
<td>Alexandria</td>
<td>Ella Grove, sr F</td>
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<tr>
<td>Austin</td>
<td>Kyra Walters, sr F; Colie Justice, sr G;</td>
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<td>Becker</td>
<td>Julia Bengston, jr G; Courtney Neust, jr G;</td>
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<tr>
<td>Bemidji</td>
<td>Lindsey Hildenbrand, sr G</td>
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<td>Benilde-St. Margaret</td>
<td>Patience Williams, sr F</td>
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<tr>
<td>Big Lake</td>
<td>Caela Tighe, jr F</td>
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<tr>
<td>Delano</td>
<td>Oliva Jaunich, sr G</td>
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<tr>
<td>DeLaSalle</td>
<td>Nora Francois, jr F; Nurjei Weems, jr F;</td>
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<tr>
<td>Hermantown</td>
<td>Elly Schmitz, jr F</td>
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<tr>
<td>Hibbing</td>
<td>Haley Hawkinson, jr G</td>
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<tr>
<td>Hill-Murray</td>
<td>Bella Hartzel, sr F; Ella Riunyan, so F</td>
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<td>Holy Angels</td>
<td>Frankie Vascellaro, jr G</td>
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<td>Hutchinson</td>
<td>Morgan Ellis, sr C</td>
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<td>Kasson-Mantorville</td>
<td>Abby Shubert, fr G</td>
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<td>Mahtomi</td>
<td>Julia Salmen, sr G</td>
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<tr>
<td>Mankato East</td>
<td>Lexi Karge, so F; Mackenzie Schweim, so G</td>
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<tr>
<td>Mankato West</td>
<td>Lani Schoper, so G; Lauren Zwack, sr G</td>
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<td>Marshall</td>
<td>Jordyn Hilgemann, jr G;</td>
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<td>Monticello</td>
<td>Anna Olson, sr F; Lauren Zwack, sr G</td>
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<td>North Branch</td>
<td>Paige Peeslee, so F; Julia Knutson, jr G</td>
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<td>Orono</td>
<td>Julia Knutson, jr G</td>
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<td>Princeton</td>
<td>Lauren Bjurman, sr G; Madison James, so G</td>
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<tr>
<td>Red Wing</td>
<td>Kyli Nelson, sr G; Elle Thorson, sr G;</td>
<td></td>
</tr>
<tr>
<td>Simley</td>
<td>Ysareia Chevre, sr F; Tiwaah Danso, sr F;</td>
<td></td>
</tr>
<tr>
<td>St. Anthony Village</td>
<td>Samantha Sibbet, sr G</td>
<td></td>
</tr>
<tr>
<td>St. Cloud Tech</td>
<td>Genaya Murray, sr G</td>
<td></td>
</tr>
<tr>
<td>St. Croix Lutheran</td>
<td>Lucia Hauge, jr F</td>
<td></td>
</tr>
<tr>
<td>St. Paul Como Park</td>
<td>Kaylynn Asberry, so G</td>
<td></td>
</tr>
<tr>
<td>St. Peter</td>
<td>Sarah Conlon, sr F</td>
<td></td>
</tr>
<tr>
<td>Tonino-Grace</td>
<td>Carla Meyer, sr G</td>
<td></td>
</tr>
<tr>
<td>Waconia</td>
<td>Tess Johnson, sr G; Sydni Olson, jr G</td>
<td></td>
</tr>
<tr>
<td>Willmar</td>
<td>Mackenzie Jones, jr G</td>
<td></td>
</tr>
</tbody>
</table>
Girls top 50 in each class

CLASS 2A

Albany — Paige Meyer, jr G
Concordia Academy — Ovane Tensaie, jr G
Crookston — Emma Borowicz, jr G
Duluth Marshall — Grace Kirk, sr G; Gianna Kneepkens, jr G
Eden Valley-Watkins — Halle Jansen, sr G
Fergus Falls — Tori Colbeck, so G; Tori Ratz, so G
Glencoe-Silver Lake — Miah Monahan, jr G
Hawley — Paige Thompson, sr F
Lake City — Grace Bany, jr F; Natalie Bremer, so G; Mya Shones, so F
LCWM — Lakesha Carter, jr G; Alexis Cloyd, jr G
Leviston-Altura — Myia Ruzek, sr F
Medford — Emma Kneifel, sr F
Melrose — Makiya Luetmer, sr G
Mesabi East — Ava Hill, sr G; Hannah Hunnuksela, jr G
Minneapolis North — Alex McNeil, so G
New Life Academy — Carly Hager, sr G
New London-Spicer — Ava Kremer, jr F
Norwood-Yng. America — Hayden Glander, jr F
Park Rapids — Rilee Michaelson, sr F
Pine City — Lily Wilson, sr G; Ellie Hasz, jr G
Pipestone — Zoe Velde, sr G
Proctor — Katelyn Marunich, sr F; Sam Pareno, sr G; Sam Pogatshnik, sr G
Redwood Valley — Haley Garman, jr C
Rochester Lourdes — Alyssa Ustby, sr F; Caroline Adamson, so G
Park Rapids — Riley Michaelson, sr F
Roseau — Katie Borowicz, jr G
Royalton — Jenna Anderson, sr F
Sauk Centre — Tori Peschel, sr G; Michaela Dammann, jr F
Southwest Christian — Lily Schwen, sr G
Stewartville — Erin Lamb, jr F
Triton — Kendra Peterson, sr G
Wadena-Deer Creek — Kennedy Gravelle sr G
Waseca — Gus Boyer, sr G
Watertown-Mayer — Maggie Czinano, jr G
Winona Cotter — Megan Morgan, so G
Zumbrota-Mazeppa — Ali Hunstad, sr F

CLASS 1A

Alden-Conger/Glen.-Emm. — Abbie Theusch, jr
Ada-Borup/NCW — Kora Kritzberger, sr F
Adrian — Bailey Lonneman, sr F
Ashby — Courtney Koefod, sr G
BOLD — Makayla Snow, sr F; Ashley Trongard, sr F
Browerville-Eagle Vall. — Megan Benning, jr G
Buffalo Lake-Hector-Stew.— Sara Kottke, sr G
Cherry — Kaelyn Kudis, sr G
Cromwell-Wright — Shaily Hakamaki, sr G; Taya Hakamaki, sr G
East Central — Bella Lourey-Bowen, sr G
Ely — Erika Mattson, sr G
Grand Meadow — Riley Queensland, sr G
Henning — Ellie Dague, jr G
Heritage Christian — Jordyn Allen, sr F; Kirstin Robbins, sr G
Hills-Beaver Creek — Whitney Albers, sr C
Hope Academy — Abby Carlisle, sr G; Ella Pritchard, fr G
Kenyon-Wanamingo — Riley Dummer, sr F
Kingsland — Ellie Buchholtz, jr F
Lester Prairie/Holy Trin. — Marissa Ratke, jr G
Lyle-Pacelli — Olivia Christianson, sr F
Mabel-Canton — Payton Danielson, jr G
Minneota — Abby Hennen, jr G; Morgan Hennen, jr G
Mountain Lake/Comfrey — Margo Sroesz, sr G
Northern — Keylee Dahl, sr C
Onamia — Lily Orazem, sr G
Park Christian — Karley Motschenbacher, sr G
Parkers Prairie — Faith Alberts, jr G
Pelican Rapids — Greta Tollefson, jr F
Pine River-Backus — Rylie Hirschy, jr G
Red Lake — Gerika Kingbird, sr G; Autumn Holthusen, jr G
Red Lake County Central — Jenna Pahlen, sr F
Rothsay — Jayna Gronewold, sr G
Sebeka — Maya Lake, sr G
Sleepy Eye SM— Madison Mathiowetz, so F
Southwest MN Christian — Jazlyn Prins, sr G; Maren Nerem, jr F
Springfield — Sydney Hauger, sr G
Upsala — Laura Lange, sr F
Walker-Hackensack-Akeley — Megan Benjamin, sr F; Bri Raddatz, sr G
Warren-Alvarado-Oslo — Shelby Durand, sr F
Buffalo hoops star leaves early to join Iowa St. as QB

Buffalo would have had four double-digit scorers back from a 22-7 team but one of them, Aidan Bouman, won’t be back this winter. The left-handed 6-5 quarterback — who averaged 16.2 points for the Bison cagers last season, including 23.0 in three section games — graduated early to join the football team at Iowa State, reports coach Josh-ua Ortmann. Bouman, who threw 31 touchdown passes this season, is the son of former NFL quarterback Todd Bowman (13 seasons, including six with the Vikings), who’s now the Buffalo coach. The elder Bowman was a Mr. Basketball finalist who led Russell-Tyler-Ruthton to a pair of state runner-up finishes. Aidan’s mom, Court-ney, was a 6-0 volleyball star at St. Cloud State. Buffalo still returns Matthew Willert (17.4 ppg), Brandon Maatz (12.9) and Tony Dahl (12.9), all seniors. Ortmaann is also high on sophomore point guard Antonio Bluieet.
## Girls Top 20 Rankings

### Class 4A

1. Hopkins 2-0  
2. Wayzata 3-0  
3. Farmington 1-0  
4. Park Center 3-0  
5. Lakeville North 1-0  
6. Eden Prairie 1-1  
7. Stillwater 1-1  
8. Chaska 1-1  
10. Maple Grove 1-1  
11. Rosemount 1-0  
12. Roseville 2-0  
13. Elk River 1-0  
14. Cretin-Derham Hall 1-0  
15. Eastview 0-1  
16. Rochester JM 1-0  
17. Minnetonka 1-1  
18. Edina 1-0  
19. Burnsville 1-1  
20. St. Louis Park 0-2

### Class 3A

1. DeLaSalle 0-0  
2. Becker 0-1  
3. Holy Angels 1-0  
4. St. Paul Como Park 2-0  
5. Austin 3-0  
6. Red Wing 2-0  
7. Hill-Murray 1-0  
8. Simley 0-1  
9. Alexandria 1-1  
10. Marshall 0-0  
11. Waconia 0-2  
12. St. Croix Lutheran 2-0  
13. Mankato West 1-0  
14. Monticello 0-0  
15. Mahtomedi 2-0  
16. St. Peter 2-0  
17. Princeton 3-0  
18. Kasson-Mantorville 1-1  
19. Grand Rapids 1-1  
20. Willmar 2-0

### Class 2A

1. Rochester Lourdes 1-0  
2. Proctor 1-0  
3. Sauk Centre 1-1  
4. Duluth Marshall 0-0  
5. New London-Spicer 1-0  
6. Lake City 2-0  
7. Fergus Falls 1-1  
8. Minnehaha Academy 2-1  
9. Waseca 0-0  
10. Redwood Valley 0-0  
11. Norwood-Young America 1-0  
12. Medford 0-0  
13. Pine City 1-0  
14. Mesabi East 1-0  
15. Eden Valley-Watkins 0-1  
16. Roseau 1-0  
17. Albany 1-1  
18. Hawley 1-0  
19. Royalton 2-0  
20. Rockford 2-0

### Class 1A

1. Minneota 2-0  
2. Cromwell-Wright 0-1  
3. Mountain Iron-Buhl 1-1  
4. Henning 1-0  
5. Heritage Christian 1-1  
6. Walker-Hackensack-Akeley 1-0  
7. BOLD 1-1  
8. Ada-Borup 1-0  
9. Sleepy Eye St. Mary’s 2-0  
10. Mayer Lutheran 2-0  
11. Red Lake 0-0  
12. Blooming Prairie 0-0  
13. Southwest MN Christian 0-0  
14. Cherry 1-0  
15. Sebeka 1-0  
16. Parkers Prairie 0-1  
17. Lyle-Pacelli 1-0  
18. Wabasso 2-0  
19. Buffalo Lake-Hector-Stewart 1-0  
20. Hills-Beaver Creek 1-0
BOYS PRE-SEASON TOP 20 RANKINGS

CLASS 4A
1. Cretin-Derham Hall
2. Park Center
3. Eden Prairie
4. Prior Lake
5. East Ridge
6. Hopkins
7. Shakopee
8. Eastview
9. Wayzata
10. Tartan
11. Spring Lake Park
12. Chanhassen
13. Rochester Mayo
14. Lakeville South
15. North St. Paul
16. Edina
17. Osseo
18. Moorhead
19. Buffalo
20. Chaska

CLASS 3A
1. Minnehaha Academy
2. DeLaSalle
3. Mankato East
4. Totino-Grace
5. Marshall
6. Waconda
7. Austin
8. St. Peter
9. Holy Angels
10. Mound Westonka
11. Hibbing
12. Sartell-St. Stephen
13. Bemidji
14. Delano
15. Minneapolis Henry
16. St. Cloud Apollo
17. South St. Paul
18. Alexandria
19. St. Paul Harding
20. Princeton

CLASS 2A
1. Waseca
2. Lake City
3. Caledonia
4. Minneapolis North
5. Esko
6. Cristo Rey Jesuit
7. Perham
8. Melrose
9. Jordan
10. Pine City
11. Osakis
12. Minnesota Valley Lutheran
13. St. Croix Prep
14. La Crescent-Hokah
15. East Grand Forks
16. Jackson County Central
17. Stewartville
18. St. Charles
19. St. Cloud Cathedral
20. Albany

CLASS 1A
1. Henning
2. BOLD
3. Minneota
4. Ada-Borup
5. Cass Lake-Bena
6. Southwest MN Christian
7. North Woods
8. Springfield
9. Hayfield
10. Christ’s Household of Faith
11. Mayer Lutheran
12. West Central Area
13. Waterville-Elysian-Morristown
14. Cromwell-Wright
15. New Ulm Cathedral
16. Pine River-Backus
17. Lac qui Parle Valley
18. Parkers Prairie
19. Randolph
20. Mountain Lake-Comfrey
Henning in top spot again after title

The MBBN’s top-ranked Class 1A team in preseason is Henning, which captured its first state championship last year and returns four of its top six players — Parker Fraki, Blake Wallevand, Blaine Wallevand, and Isaiah Fisher -- to bid for two in a row. Fraki tallied 44 points in the state tournament. Their top scorer, Sam Fisher, graduated.

Ranked second is BOLD, returning three of top four scorers from a 22-4 team in Jordan Sagedahl (19.7 ppg), Gavin Vosika (16.7 ppg) and Drew Sagedahl (13.4 ppg).

Minneota, No. 3 in Class 3A, returns Logan Sussner (23 ppg) and Jacob Hennen (15 ppg).

No. 7 North Woods, runner-up three straight years, graduated its star (Cade Goggleye) but returns three double-digit scorers in Trevor Morrison (all-state tourney), Darius Goggleye and TJ Chiabotti.

* * *

Hibbing, which has made 10 state boys tournament trips but none since 1989, hopes this is the year to return after placing second in the section last year behind Princeton. Back from a 22-7 season are sophomore guard Ayden McDonald, junior forward Parker Maki and junior guard Mayson Brown, who combined to average almost 50 points last year. Their coach, Joel McDonald, went to state twice with Chisholm and they won Class A in 1991, his junior year. Ayden averaged 16.8 points and nine assists as a freshman and is close to 1,000 points.

* * *

For the fifth straight year, Caledonia basketball has to wait for several of its top athletes to finish the football season in the Prep Bowl, not that anybody minds. Caledonia has won four straight Class 2A championships and faces Minneapolis North on Friday. Their two top 50 hoops picks are quarterback Noah King and receiver Eli King.

* * *

Mike McGraw, in his third season after taking over a struggling Hutchinson boys team, reports, “When I was hired, I was told if I won one game (per season) in my first three years they would considered it a success. We won two games in year one and six in year two. We are hoping to double that number this year.” Their big gun is 1,000-pointer Russell Corrigan, who has a full ride to Boise State as a tight end. He’ll be playing mostly with sophomores and juniors. “We hope to try and give teams rated in the Top Ten a good game instead of a blowout.”

* * *

Mayer Lutheran boys coach Pat Buchanan will be joined by his son Sean, a combo guard, for his senior year which should help the Crusader prospects. Sean started for a ranked 4A team, St. Michael-Albertville, last and averaged eight points. The Crusaders return three starters and four reserves from an 18-win team. One of the starters is Jacob Pallas, a South Dakota football recruit. The coach reports also that Riley Kruger is back after missing a season due to a bout with cancer.”I think we will be one of the deepest and biggest teams in Class A,” he said.

* * *

Jarrel Jacobs, starting his fifth season as a guard at Cass Lake-Bena, has helped the Panthers win 103 of 120 games, He averaged 24.5 points and 6.7 rebounds last year. ..... Jarrett Kujava, Kittson County Central senior guard, averaged 24.7 points, 10 rebounds and 3.7 steals last year, shooting 58 percent .... Ashton Dingmann, who had a terrific freshman season at Belgrade-Brooten-Elrosa, will miss the current season due to a torn ACL in football, reports coach Chris Anderson. Dingmann averaged 16.9 points and 6.3 rebounds last year and sank 75 three-pointers for a 17-13 team. .... Jackson Loge of Morris Area/Chokio-Alberta heads into his sophomore season with 745 points. The 6-8, 215-pound center averaged 17.8 points and 11 rebounds as a freshman ..... St. Anthony Village senior point guard Tait Nelson has over 1,500 points heading into his senior year and averaged 20 points and five rebounds last year. .... Henry Abraham, Chisago Lakes point guard, enters his senior year with 2,146 career points and 378 three-pointers. He’s been Mississippi 8 MVP the last two years and averaged 22.8 points last year.
Risks of early specialization in one sport studied

By Kristen Gostomski, B.S. Sports & Health Science, HSSCS, INHC

Specialization is defined as intense year-round training in one sport while excluding others. Studies as well as observations from coaches verify that playing multiple sports is best for developing both physical and mental literacy in sport as well as decreasing the likelihood for injuries and burnout.

The idea that specializing in one sport will increase the likelihood of future athletic success is a myth that evolved from a 1993 study led by K. Anders Ericson, a Swedish psychologist who studies the nature of expertise and human performance. The study focuses mostly on elite musicians and chess players.

In his paper “The Role of Deliberate Practice in the Acquisition of Expert performance” Ericson declares that many characteristics once believed to reflect innate talent are actually the result of intense practice extended for a minimum of 10 years. The paper further states that it takes 10 years and 10,000 hours of practice to achieve elite levels of performance.

Multiple studies since have debunked Ericson’s theory, showing that deliberate practice is important, as are a number of other factors—including general intelligence, creativity, personality, and physical traits.

Other researchers found that some normal functioning people never reach elite levels even with more than 10,000 hours and 10 years of practice, while others reach elite levels with much less than 10,000 hours and 10 years of practice.

Released in 2006, the book, Outliers: The Story of Success, by Malcolm Gladwell relates Ericson’s research directly to sports. Gladwell cites Ericson’s research in the chapter “The 10,000-Hour Rule.”

Gladwell’s book is packed with solid information that inspires people to work hard and strive for success in a variety of vocations.

However, his interpretation of Ericson’s research as it relates to young athletes is wrong on so many levels—and the unintended consequence of forcing children into early sports specialization is a trend that hurts young athletes mentally and physically. Some coaches and parents now use Gladwell’s “10,000-Hour Rule”—which isn’t a rule at all, but a myth—to justify year-round structured training in one sport.

As a parent, the temptation to have a child focus solely on one sport at a young age seems logical—assuming that the more hours logged in a particular sport, the greater the chances for future success.

It may look that way in the early years, but between the ages of 12 and 15, many of these specialized athletes will be passed over by kids who have fully developed their athletic minds and bodies by playing multiple sports. In the early years, skill development is not as important as athletic development.

The exception to athletic development being more important than skill development in the early years is for sports such as gymnastics, in which athletes peak in their late teens. Even then, parents and athletes should consider risks. The mental and physical stress that these athletes endure may be worth it for some. For the majority, it is not.

The trend to focus early on one sport has little to do with science. Research shows that specialized athletes are at increased risk for overuse injuries, and that early specialization in most sports actually prevents children from developing to their full potential.

In my experience, most coaches support and even encourage varied sports participation, but that’s not always the case. If coaches push your child to specialize early and train year-round, have an open conversation with them about current and up-to-date research:
Studies find playing multiple sports benefit kids

1. A 2016 clinical report from the American Academy of Pediatrics recommends that children participate in multiple sports, at least until puberty, in order to decrease the possibility of injuries, stress, and burnout. The report also concludes that, for most sports, specializing in a sport later (late adolescence) may lead to a higher chance of young athletes accomplishing their athletic goals.

2. A study published in The Journal of Sports Sciences compared physical fitness and gross motor coordination in boys who specialized in one sport and those who sampled more than one sport. The conclusion: At age 12, boys who played various sports were more coordinated, had more explosive strength, and were faster than those who specialized in only one.

3. An American Medical Society for Sports Medicine survey conducted in 2013 shows that 88 percent of college athletes surveyed participated in more than one sport as a child.

4. The National Strength and Conditioning Association recommends that athletes play three or more sports through the age of 12, and at least two sports from ages 12 to 16 or through high school.

5. A study from the School of Medicine and Public Health, University of Wisconsin, reports that high school athletes who specialize in a single sport are 70 percent more likely to suffer an injury during the playing season than athletes who play multiple sports.

Whether athletes are looking to develop the physical coordination and strength to compete in a sport at the highest level, or simply to participate in sports for fun, the evidence is clear—the best path is through varied participation, not specialization.

Article supplied by Nancy Justis, Outlier Creative Solutions, Iowa Youth Sports Initiative, www.outliercreativesolutions.com