Double dose of Hakamaki

Cousins power Cromwell-Wright

By Bruce Strand

First cousins Shaily and Taya Hakamaki have been athletic amigos since their trampoline days during kindergarten. They are currently in their fifth season as dynamic guard tandem for the Cromwell-Wright Cardinals. They will remain teammates after high school, both having signed with Minnesota-Duluth.

“You don’t get two athletes like this at a school our size very often,” coach Jeff Gronner noted in a recent Duluth News-Tribune feature. “I’ve been here 22 years, and we’ve only had two other athletes go D-II in any sport … and here we have two in the same class.”

Taya, who is 5-7 tall, is pumping in 24.3 points per game, and 5-9 Shaily adds 18.6 per game, for the Cardinals, leading them to a 7-1 start and No. 2 in Class 1A. They’ve lost only top top-ranked, defending state champion Minneota 49-47 in the season opener at the Breakdown Tip-Off Classic.

Taya averaged 25 points and Shaily 21 last season. They’ve scored over 3,400 points together and helped the Cardinals compile a 101-20 record so far. Taya is about a hundred points behind Shaily, having sat out most of her sophomore year with a knee injury.

Their athletic collaboration, as chronicled by News-Tribune sports writer Jon Nowacki, began in early childhood when they jumped on the trampoline and played other games for hours at Shaily’s house until Taya’s folks would come to drag her away. Their venue during elementary school shifted to Taya’s house four miles away when her family built an indoor gym with two hoops.

Both Hakamaki’s played in the state tournaments in eighth and ninth grade after the Cardinals won Section 5A. The Cardinals placed third their freshman year, 2017.

Cromwell-Wright then moved to Section 7A, which Mountain Iron-Buhl has won nine consecutive years. Last year, C-W was 24-2, with both losses to MIB, including 50-41 in the 7A finals.

So their ultimate goal is to break MIB’s stronghold on the section this year and cap their prep careers in another state tournament. MIB is ranked No. 3 currently.

Taya told the News-Tribune: “This year we’ll be ready for anything, and we’re practicing for it, too. The goal is to beat every team we play, get to the state tournament, and get to the
Cromwell’s cousin act

state championship game, too. To win state would be absolutely amazing, but it’s going to take a lot of hard work to get there.”

Taya’s sister Teana was C-W’s starting point guard for five years, graduating in 2018. Shaily’s sister Natalee is a sophomore center averaging seven points. Other Hakamaki’s to grace the lineup in recent years are Andrea and Amanda.

Both are also standout volleyball players. Shaily is a state track qualifier and school record holder in long and triple jump. Gronner, also the football coach, claimed that he’s seen Shaily kick a field goal from 40 yards. She wanted to be the team’s kicker, he said, but he already had one.

The coach feels blessed to be able to deploy this double-barreled attack the last five years. “When you have two girls who can score against anybody at any time, it’s a nice luxury to have,” he commented to the News-Tribune. “Most teams don’t have one. I have two.”

White Bear girls perk up for back-to-back upsets

The White Bear Lake girls were sputtering along with a 2-6 record and scoring just 38 points per game before suddenly kicking in. The Bears toppled two straight ranked teams, Stillwater (last year’s state runner-up) 65-59, and previously-unbeaten Mahtomedi 72-65, last week, both at home.

“We are taking better care of the ball, and our spacing, timing and passing has improved,” coach Jeremy Post assessed. “Shooting numbers go up when you are shooting layups, wide-open three’s and free throws.”

The Bears made 19 of 20 free shots and eight 3-pointers against Stillwater to snap out of their offensive funk. Senior guard Ella Janicki sank 17 against Stillwater and a career-best 25 against Mahtomedi. “She competed at a high level and her teammates followed,” Post said. Tristan Lehner and Neveah Hughes each added 15 against the Ponies. Kayla Anderson 12 against Mahtomedi.

Cromwell’s cousin act

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Hopkins girls set win streak record

By Bruce Strand

The Hopkins Royals are now the owners of the longest Class 4A win streak in state girls basketball history. At least, that’s what Royals coach Brian Cosgriff was told in an e-mail from the MBBN this week, asking for comment. His team certainly had not celebrated the occasion or even realized it.

“I was not aware of the record,” Cosgriff responded. “The only thing that is important to us is getting ready for our next opponent.” Pointing out that Hopkins has reached state finals in eight of the last nine years (missing only 2014), he indicated that’s the streak they are interested in.

Hopkins, unbeaten state champions last year, posted their 41st straight victory, 98-24 over Tartan, at home Dec. 20. The previous record was 40 by Lakeville while winning state titles in 2001 and 2002. This information was provided by Kevin Anderson, who has a girls basketball website (kjasr.com) and handles the MBBN girls rankings.

The overall girls record is 78 by Fosston from 2000 and 2003 while capturing three Class 1A titles in four years.

With five Division I prospects in the starting lineup, four of them in grades 9-10, don’t bet against Hopkins breaking that one, too.

Along with superstar senior guard Paige Bueckers, already signed by UConn, the other starters are all getting D-I offers — sophomores Maya Nnaji and Amaya Battle, and freshmen Taylor Woodson and Nunju Agara. The Minnesota Gophers are among those pursuing all four, Cosgriff confirmed.

The Royals do play in the state’s strongest conference with several other ranked teams every year, including current No. 2 ranked Wayzata. “Winning in the Lake Conference is very difficult for every team,” Cosgriff said. “It has been that way for over twenty years.”

Winona announcer cited for 1,000th game

By Bruce Strand

Ray Felton’s enthusiastic voice has been woven into the fabric of Winona Winhawks athletics for about 25 years. Last week, Felton was honored for announcing his 1,000th Winhawk game, which was the boys basketball team’s 64-55 loss to Mankato West on Friday.

In an MPR feature, Felton explained the three things he’s learned about being a good sports announcer: “You have to be an extrovert. You have to be willing to pump it out, and you have to try to work hard to make it look easy.”

Also of paramount importance: He always inquires about the pronunciation for every player’s name on both teams. “All you have to do is miss a grandkid’s name, and you’re going to hear about it from grandma and grandpa.”

And he makes a point to treat the OTHER team with respect. As he told MPR: “They’re amateur, they’re young and they need that encouragement. They’re all out here playing for free because they like the sport. And they don’t need some wise old guy making silly remarks about them from the sidelines.”

Felton started doing varsity games in the mid-1990’s. He had previously voiced his own children’s swimming meets.

Community theatre is another passion of Felton’s. He’s acted in plays since 1987, done readings, and portrayed historical characters in the local cemetery tour. He told MPR that theatre was good training for sports announcing; in both you need to project your voice and think on your feet.

Felton announced many sports over the years but currently limits his time to football, boys and girls soccer and boys and girls basketball. It’s always been strictly volunteer work for Felton, who retired in 2005 from his career with the Social Security Administration.

As for his own sports career … not so much.

“I lettered in debate in high school,” he said.
McKenzie, Pirates tip Wayzata

By Bruce Strand

Park Center’s Adalia McKenzie was on fire for three games in four days last week.

The junior forward pumped in 42 points against Anoka in a 76-50 win, 40 against Osseo in an 80-58 win — and, in between, 27 points lead the Pirates past No. 2 ranked Wayzata 71-62 in a duel of unbeatens — during a four-day stretch last week.

In the win over Wayzata, T’Naye Griffin added 11 points, and Kayla Cox and Aaliyah Ragulen 10 a piece. Jenna Johnson sank 23 points and Annika Stewart 18 for Wayzata.

McKenzie got top billing in the Star-Tribune’s list of athletes of the week for that 110-point barrage. She’s averaging a metro-leading 31.6 points for the Pirates (10-0).

Lake City hands Goodhue first loss

The Lake City boys, who lost a duel of unbeatens to Caledonia 69-64 on Dec. 14, handed Goodhue its first loss 54-48 six days later. Reid Gastner led the Tigers (6-1) with 17 points and 13 rebounds. Nate Heise supplied 13 points and five steals. Sam Opsdahl tallied 18 for Goodhue (5-1).

Marshall cagers sign football tenders

Two members of Marshall’s unbeaten boys team signed football scholarships recently — Yahya Black with Iowa and Trey Steinbach with North Dakota State. Both are defensive ends. The same might happen next year for junior guard Bryce Lance, a wide receiver whose brother Trey is NDSU’s starting quarterback. One Marshall standout who won’t be playing college football is Noah Puetz, a 6-6 forward who’s gotten an offer from Northern Michigan and was due to visit Northern State this week.

Got a tip for the Minnesota Basketball News? Send an e-mail to bruce.a.strand@gmail.com
Savageau lifts Osakis over WCA in top-10 duel

“The Osakis and West Central Area boys basketball teams weren’t separated by much on Friday night, but the Silverstreaks have a difference-maker at the guard spot who stepped up big in the second half.” That’s how the Echo Press of Alexandria summed up a duel of undefeated, top-ten ranked teams in Osakis in the lead paragraph. The Osakis Silverstreaks, No. 10 in Class 2A, got 24 points from Daniel Savageau and prevailed 64-59 over West Central Area, No. 8 in Class 1A. Savageau sank 18 of his points in the second half, including four 3-pointers. Savageau credited senior leadership: “We’ve been through all these tough situations, and we just stay calm. We don’t panic, and we trust each other.” Gage Staples led WCA (4-1) with 13 points. The Silverstreaks are 7-0 with four of the wins by single digits, including their next game, 70-67 over defending Section 6AA champion Melrose.

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Pacesetter’s youth state tourneys, leading to Great Five-State, coming up

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.

The regionals are as follows. 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.

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Officials interested in working Pacesetter basketball tournaments from March through July should write to jeff@pacesetternet.com. See www.pacesettersports.net for more information.

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### STATE GIRLS TOP 20 RANKINGS

#### CLASS 4A

1. Hopkins (6) 9-0  
2. Farmington (1) 8-1  
3. Park Center (5) 10-0  
4. Wayzata (6) 8-1  
5. Centennial (5) 7-1  
6. St. Michael-Albertville (8) 5-3  
7. Maple Grove (8) 7-2  
8. Rosemount (3) 7-1  
9. Chaska (2) 6-2  
10. Elk River (8) 7-3  
11. Stillwater (4) 7-3  
12. Shakopee (2) 7-2  
13. Eden Prairie (2) 4-3  
14. Minnetonka (2) 6-2  
15. Lakeville North (3) 3-5  
16. Roseville Area (5) 6-3  
17. Burnsville (3) 6-2  
18. Minneapolis South (6) 8-0  
19. Eastview (3) 4-4  
20. Blaine (7) 9-1

#### CLASS 3A

1. Becker (5) 3-1  
2. DeLaSalle (4) 3-3  
3. Holy Angels (6) 5-3  
4. Red Wing (1) 9-0  
5. Austin (1) 10-1  
6. Simley (3) 3-2  
7. St. Paul Como Park (3) 4-3  
8. Marshall (2) 7-0  
9. Waconia (2) 3-4  
10. Alexandria (8) 7-2  
11. Hill-Murray (4) 4-4  
12. Mahtomedi (4) 7-1  
13. Mankato West (2) 5-2  
14. St. Croix Lutheran (3) 6-1  
15. Hermantown (7) 8-0  
16. Hutchinson (2) 5-1  
17. St. Peter (2) 6-2  
18. Bemidji (8) 7-1  
19. Willmar (5) 7-3  
20. Richfield (6) 8-0

#### CLASS 2A

1. Sauk Centre (6) 8-1  
2. Rochester Lourdes (1) 7-1  
3. Duluth Marshall (7) 6-0  
4. Fergus Falls (8) 7-1  
5. Minnehaha Academy (4) 8-2  
6. New London-Spicer (3) 7-1  
7. Waseca (2) 6-1  
8. Winona Cotter (1) 11-0  
9. Proctor (7) 7-1  
10. Pine City (6) 6-0  
11. Lake City (1) 8-2  
12. Mesabi East (7) 7-0  
13. Roseau (8) 7-1  
14. Albany (6) 5-1  
15. Rockford (5) 7-1  
16. Crookston (8) 7-1  
17. Goodhue (1) 8-1  
18. Providence Academy (5) 7-3  
19. Pelican Rapids (8) 7-0  
20. Belle Plaine (2) 8-1

#### CLASS 1A

1. Minneota (3) 7-0  
2. Cromwell-Wright (7) 7-1  
3. Mountain Iron-Buhl (7) 4-1  
4. Henning (6) 8-0  
5. Walker-Hackensack-Akeley (5) 6-1  
6. Blooming Prairie (1) 4-1  
7. Cherry (7) 6-1  
8. Sleepy Eye St. Mary’s (2) 9-1  
9. Mayer Lutheran (4) 10-1  
10. Hills-Beaver Creek (3) 8-0  
11. Southwest MN Christian (3) 6-1  
12. Waterville-Elysian-Morristown (2) 8-0  
13. Central MN Christian (2) 6-1  
14. Hancock (8) 8-0  
15. Warren-Alvarado-Oslo (8) 6-0  
16. Park Christian (6) 7-1  
17. Heritage Christian (4) 6-3  
18. Badger-Greenbush-Middle River (8) 8-1  
19. BOLD (2) 6-2  
20. Pine River-Backus (5) 7-2
Being a tough coach in 2019

By Chris Carmichael
Founder/Head Coach of Carmichael Training Systems

The articles and responses about the toxic environment and abusive culture in the Nike Oregon Project have included a discussion about the line between tough and abusive. There is a benefit to holding athletes accountable to their goals, and to pushing them to reach further toward a barely attainable goal. There are frank discussions that have to be had. There is bad news that has to be delivered.

Coaching, especially at the elite level, is not all sunshine and rainbows, but to get the absolute best out of an athlete you have to be tough in the right way.

Care about the person first

Professional football coaches do a lot of yelling, and much of it is out in the open in practices and on the sidelines during games. Yet, their players would go to the ends of the earth and lay down on railroad tracks for them. How does that work? It works because of what you don’t see. You don’t see the time and effort those coaches put in building relationships with their athletes. Players who know their coach cares for them and about them will give everything they have.

In endurance and individual sports, the coach-athlete relationship is different than it is in team sports. Yet still, the most important thing a coach has to do is build a close and trusting relationship with an athlete. You have to care about the person more than you care about the athlete. The goal is for a person to keep getting better, keep learning, keep making progress – as a person. You have to prioritize the person before the athlete, because a broken person will never be a complete athlete.

In either team or individual sports, negative comments or criticisms have to be paired with praise. The classic method is to praise what was done right (positive), point out what was done wrong (negative), and finish with what you want to see next time (positive correction). You have to adjust how you do this based on the athlete’s personality and what they respond to, but abusive environments develop when there is way too much negative and way too little praise.

Attack the reason, not the symptom

If an athlete isn’t getting the job done, whether that means lackluster training sessions, skipping workouts, making excuses, or not making progress, the first question has to be: “What’s going on for you?” Athletes are motivated, goal-oriented people. If they’re not working hard enough, calling them lazy or yelling at them won’t help. You have to find out why this person who knows how to work hard suddenly isn’t. The behavior you’re seeing from an athlete is the symptom, the outward manifestation of a reason they are probably aware of but haven’t shared. Those conversations can be difficult, and they only work if you have built a relationship with an athlete where they know you have their back, through thick and thin. An athlete who fears retribution or negative consequences for revealing a problem isn’t in a position to tell you what’s really going on. Even when the relationship is strong, part of being a tough but positive coach is not letting the athlete off the hook with meaningless or surface-level answers.

Find fault with the action, not the person

Failing in a workout or a competition doesn’t make an athlete a bad person. Winning doesn’t make an athlete a good person. To be able to hold an athlete accountable to a high performance standard and have frank conversations about failure, a coach has to make sure the criticisms are about behaviors and actions, not about the person. The athlete is not a failure, he or she failed in this task and we have to find a way to do it better. When you maintain this clear distinction you can be very direct or blunt (often interpreted as tough) in addressing problems and necessary corrections because the athlete doesn’t feel personally attacked. When coaches do a bad job of maintaining this distinction, or just disregard it altogether, those same conversations turn hurtful.

Negative feedback is a terrible motivator

Fear, intimidation, and negative feedback lead to action, but you’ll never get the best out of a person that way. When coaches use fear and intimidation, athletes are only motivated to avoid the negative consequence of failure. They’re after the relief of not being yelled at, but that means they’re not going after the joy of success. They’re going hard because they feel like they’re being chased, not because they’re chasing excellence. If you want to get
**Tough coach in 2019**

the best out of someone, they have to be chasing something great in front of them, not escaping from what’s behind them. A coach could use the following phrases with an athlete after a poor workout: “You’re not working hard enough” “You’ll never succeed if you keep this up” versus “I think you can do better” “I know there’s more in you.” All four phrases indicate a need to improve, but the latter two keep an athlete pointed in a positive, forward direction.

This is also something business owners and managers need to remember, too. Fear, intimidation, and negative feedback don’t work for getting the best from employees and coworkers. Even when emotions run high and circumstances are tense, your negative reaction will not yield the positive change you’re after.

**Leverage data and science**

In many sports, we can clearly show how improvements in specific facets of training will result in increased performance capacity. If you lose X kilograms, your power-to-weight ratio increases to Y and you can reach the top of the climb 2 minutes faster. If you get out of the blocks this much faster, your sprint time will drop by that much. If you are pushing an athlete to achieve the means to an end, they have to be informed so they understand and buy in to the process. And a coach has to be willing to adapt when the data shows the plan isn’t working. In abusive environments, it’s ‘my way or the highway because I said so’ and athletes are kept in the dark as to why they are doing what they’re doing.

We have long mystified the persona of the “tough coach”, the hard-driving, relentless, and loud leader who made practices miserable but managed to transform wayward youth into disciplined athletes. Their no-nonsense, no excuses, my-way-or-the-highway mentality is wistfully looked upon as the antidote for what some see as today’s hyper-sensitive, everybody-is-a-winner environments. Here’s the thing, it wasn’t the yelling or the suffering that forged character and made athletes give everything they had. It was the compassion, the caring for athletes as people first, and the trust that coach was as committed to you as you were to them. What has changed – and what needs to continue changing – is the understanding that you don’t need the yelling and misery in order for the compassion and caring to work.
STATE BOYS TOP 20 RANKINGS

CLASS 4A

1. Eden Prairie (2) 7-0
2. Cretin-Derham Hall (4) 7-1
3. Prior Lake (2) 3-1
4. East Ridge (4) 4-2
5. Park Center (5) 5-1
6. Shakopee (2) 6-0
7. Hopkins (6) 4-2
8. Eastview (3) 5-1
9. Tartan (4) 6-0
10. Lakeville South (1) 6-0
11. Rochester Mayo (1) 5-0
12. Chaska (2) 6-1
13. Edina (2) 5-1
14. Lakeville North (3) 4-2
15. Spring Lake Park (5) 4-2
16. Robbinsdale Armstrong (6) 5-1
17. Maple Grove (8) 5-0
18. Rosemount (3) 5-1
19. Osseo (5) 3-3
20. Champlin Park (5) 3-3

CLASS 3A

1. Minnehaha Academy (4) 4-2
2. DeLaSalle (6) 5-0
3. Mankato East (2) 6-1
4. Totino-Grace (4) 4-2
5. Marshall (2) 5-0
6. Austin (1) 5-1
7. Waconia (6) 4-2
8. St. Cloud Apollo (8) 6-0
9. St. Peter (2) 6-2
10. Delano (5) 6-1
11. Mound Westonka (6) 5-2
12. St. Croix Lutheran (3) 3-2
13. Columbia Heights (4) 5-0
14. Bloomington Kennedy (3) 6-1
15. Alexandria (8) 5-1
16. Holy Angels (3) 4-2
17. Princeton (7) 5-2
18. Grand Rapids (7) 4-2
19. Hermantown (7) 5-1
20. Sartell-St. Stephen (8) 4-2

CLASS 2A

1. Waseca (2) 5-2
2. Caledonia (1) 8-0
3. Lake City (1) 6-1
4. St. Croix Prep (4) 6-0
5. Perham (8) 5-0
6. Minneapolis North (5) 3-2
7. Esko (7) 6-2
8. Cristo Rey Jesuit (4) 3-1
9. Pine City (6) 4-0
10. Osakis (6) 7-0
11. Minnesota Valley Lutheran (2) 7-0
12. Maranatha Christian (5) 4-1
13. Jordan (2) 3-2
14. East Grand Forks (8) 5-0
15. Stewartville (1) 5-1
16. Rockford (5) 8-0
17. Fergus Falls (8) 4-2
18. Eden Valley-Watkins (6) 5-1
19. Holy Family (5) 4-2
20. Moose Lake-Willow River (7) 7-0

CLASS 1A

1. Henning (6) 6-0
2. BOLD (2) 5-0
3. Ada-Borup (8) 5-0
4. Southwest MN Christian (3) 6-0
5. Waterville-Elysian-Morristown (2) 7-0
6. North Woods (7) 5-1
7. West Central Area (6) 4-1
8. New Ulm Cathedral (2) 7-0
9. Cromwell-Wright (5) 5-0
10. Springfield (2) 4-1
11. Parkers Prairie (6) 5-0
12. Fertile-Beltrami (8) 8-0
13. Blooming Prairie (1) 4-0
14. Hayfield (1) 4-2
15. Randolph (1) 7-2
16. Mountain Lake-Comfrey (2) 5-0
17. Christ’s Household of Faith (4) 6-2
18. Nashwauk-Keewatin (7) 5-1
19. Walker-Hackensack-Akeley (5) 6-0
20. Clearbrook-Gonvick (8) 7-0