Terrific tandem

Heise, Gastner in fourth season spearheading Lake City

By Bruce Strand

The names Nathan Heise and Reid Gastner will be indelibly linked in Lake City, and around the state for that matter, whenever the topic is basketball.

This talented tandem is playing their fourth and final season as Tiger guards. They’re approaching 3,000 combined points and have racked up 79 wins and two state trips so far.

Tiger coach Greg Berge has been thrilled to have them.

“They know each other very well, and know how to play off each other,” Berge said. “They are very similar in their skill sets, in that they are both great shooters and rebounders, are very unselfish, and have very high basketball IQ’s. They have a great feel for the game, are very good passers, and are both very competitive as well.”

Heise, shooting guard, is averaging 32.6 points. Gastner, point guard and lockdown defender, averages 16.4 points. They both haul down close to 10 rebounds per game.

Their team is 5-1 and ranked No. 3 in Class 2A after losing to No. 2 Caledonia 69-64 last week with Heise drilling 35 points. They have beaten No. 6 Minneapolis North 65-54 with Heise potting 39. They led Lake City to third place in the state tournament last year. They also played in the 2016 tourney as freshmen. Each time they stopped by Minnehaha Academy.
Lake City’s dynamic duo

“They are also good teammates,” Berge said, “and part of a very tight knit team that has 11 seniors on our roster, which is unheard of.”

Heise will play at University of Northern Iowa, Division I program, and Gastner will play at Minnesota State-Moorhead in Division II.

“Nate and I have been teammates since second grade,” Gastner said adding that they’ve also teamed up with the Minnesota Magic, Wisconsin Playmakers, and WOTN summer teams.

As juniors, Heise at quarterback and Gastner at tight end teamed to set several school passing records. Heise, after committing to UNI for basketball, passed up football as a senior. Gastner continued to play.

“We used to play baseball,” Gastner said, “but they made a rule where you couldn’t play a spring sport and play AAU at the same time.”

This double-barreled attack has generated around 60 points for the Tigers several times. Already this year, they combined for 62 against Kenyon-Wanamingo (Heise 35, Gastner 27), 57 against Triton (Heise 32, Gastner 23) and 57 against Minneapolis North (Heise 39, Gastner 18).

They tend to fill all the columns on the stat sheet. One notable example Berge mentions was a victory last year over Mahtomedi, a top-ten 3A team, last year when Gastner had a triple double of 14 points, 10 rebounds and 10 assists, and Heise notched 26 points, 11 rebounds and five assists.

Gastner has “a point guard skill-set, in a 6-4, 220-pound body,” said Berge, noting that he has both great strength and a soft touch as a shooter. The 6-5, 190-pound Heise has those “great feet” that college coaches look for, plays above the rim, and is always on balance when shooting. He’s worked hard at improving his core strength.

Berge calls Gastner “probably the best defender I have ever coached,” a physically imposing player always in position, along with an excellent shooter inside and outside and “phenomenal passer” with keen court vision.

Berge rates Heise “one of the most skilled players I have ever seen” after countless hours honing those skills over the years while working hard in the weight room. His rebounding and defense also shine.

On last year’s state third-place team, Heise averaged 22 points, seven rebounds and five assists. Gastner averaged 14.7 points, seven rebounds and five assists.

Heise learned how to shoot the lights out when he was a much smaller player. Hardened by weight training, he can now power to the basket with the best of them. He recently dunked five times in a game against Triton.

“With that new element, they can’t just deny me the ball and not let me shoot because I can drive by them now,” he told KTTC TV recently, when he was named their athlete of the week.

Heise has moved into second-place all-time in Lake City scoring with 1,691 points, behind only Lance Meineck, whose record of 1,852 has stood since 1996. Heise recently passed all-time Lake City great Randy Breuer, the 7-3 center who starred for the Gophers and played 12 NBA seasons. Breuer had 1,599 points, graduating in 1979 after leading Lake City to back-to-back state championships.

Heise is only the second-most renowned athlete in his family, so far anyway. His sister Taylor Heise was Ms. Hockey for Red Wing, helped Team USA win world tournaments three times and served as their captain, and is currently one of the Gophers top scorers. Their parents both played basketball for Wisconsin-River Falls, but hockey won Taylor’s heart and she quit hoops in seventh grade. Their brother Ryan is a freshman on the Tiger JV basketball team.

Nate and Reid’s fellow seniors on the team include Jake Wohlers (a returning all-conference player), Brady Schurmannner, Atticus Heise, Mason White and Jackson Berge. They’re all in the rotation along with sophomores Justin Wohler (returning starter) and Carson Matzke.

These two hope their career highlights are yet to come, but there’s already been plenty of them. Gastner cited as particularly thrilling their upset of Caledonia to reach state as freshmen, and last year’s section finals win over St. Charles when they “just shot the lights out in the second half.” Also, game last year when he joined the 1,000 point club in game against Red Wing when he needed 29 to get there. He’s just over 1,200 points now.

“But I’d say the most fun I’ve had,” he reflected, “is when we are staying in hotels, and in the locker room, listening to music, making memories with the whole team. I’ll miss that a ton.”
He’s rookie head coach at 64

By Bruce Strand

How many coaches get their first chance to be head coach at age 64?

That is the case for New London-Spicer’s Skip Wright, who took over the Wildcats this year after coaching in the program for about 30 years.

“I am thrilled to be doing it,” Wright said. “I was not aiming to be head coach, but when opportunity came along, and with me being retired, I was gratified to be offered the job. This is a community with a great basketball tradition for boys and girls.”

Wright, who is retired from his career as a hydrologist for the Department of Natural resources, was B squad coach for 14 years, and before that was a fixture in the youth basketball program. His son Jackson was a guard on NLS’s state champion team in 2008. Wright coached that group when they were in grade school.

“He has a strong knowledge of the game and, more importantly, he works well with athletes and all those around him,” said John Vraa, activities director, who made the hire.

Wright, a Milwaukee native who played college ball for Wisconsin-Waukesha, arrived in Spicer’s DNR office in 1988.

He took over an NLS team that graduated everyone from a 20-8 season. His Wildcats have a 2-4 record so far.

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MN Region Playoff Schedule

ALL GRADRES REFER TO THE 2019-2020 SCHOOL YEAR

Teams may register for more than one region. See website for tournament details.

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<td>Bemidji</td>
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<td>19</td>
<td>Bemidji</td>
<td>April 19</td>
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</tbody>
</table>
Mom was star at NDSU; now they hope to get son

By Bruce Strand

Will Tschetter, Stewartville’s rugged junior center, was offered a scholarship by North Dakota State — where his mom is a basketball legend — after attending a Bison camp this summer.

Tschetter, 6-8 and 225 pounds, averaged 21 points as a sophomore, and is pouring in 33.4 per game after five games this year.

NDSU might have an edge on several other suitors for Tschetter because both parents were athletes there.

Kasey Morlock got the Miss Basketball award for Stewartville in 1993 and helped the Tigers win the state volleyball crown her junior year. At NDSU, Morlock scored Bison record 2,233 points and led them to a 115-8 record and three national championships.

She married a Bison football player, Garth Tschetter. Will is the oldest of their three sons.

Lockett picks football, Michigan State

Minnehaha Academy basketball standout Terry Lockett Jr. has opted for football as his college sport, committing to Michigan State last week. Lockett, a wide receiver, caught 53 passes for 1,030 yards and 14 touchdowns from his basketball teammate Jalen Suggs on the SMB (St. Paul Academy, Minnehaha Academy, Blake) state Class 4A runner-up team. Lockett also had offers from Minnesota, Iowa, Nebraska, Purdue, Rutgers and Cincinnati, the Star-Tribune reported. Another Redhawk basketball starter, 6-2, 235-pound Kaden Johnson, is the top-ranked football prospect in the state.

Caledonia tips Lake City

Two of the top three ranked boys teams in Class 2A play clashed last Saturday with Caledonia prevailing over Lake City 69-64 as part of a challenge series between their two conferences. They both play in Section 1 so there might be a rematch with more on the line. Noah King sank 29 for Caledonia. Austin Klug added 15, Andrew Kunelius 10, and Eli King eight. Nathan Heise drilled 35 points for Lake City. Jake Wohlers had 12.

Hopkins outlasts Minnehaha in OT

Kerwin Walton led with 29 points as Hopkins beat Minnehaha Academy 92-85 in overtime, in a duel of perennial powers, Tuesday in Hopkins. The Royals overcame a 41-point, 12-rebound siege by Minnehaha Academy’s 6-5 guard Jalen Suggs, who missed a 3-pointer for the win at the horn in regulation, then fouled out a minute into overtime. The Redhawks (3-2), who played without 7-0 junior center Chet Holmgren, led 51-41 before Walton caught fire. The 6-4 senior guard tallied 10 straight points to get the Royals close, then hit a 3-pointer for a 61-59 lead. Jalen Treml, junior forward, added 23 points for Hopkins (4-2), which made 30 free shots.

MN-Moorhead signs trio

Minnesota State-Moorhead has signed three seniors from the state, coach Chad Walthall announced. They are 6-6 forward Drew Hagen of Moorhead, 6-3 guard Reid Gastner of Lake City and 6-3 guard Gabe Myren of Blaine.
Dad wins latest father-son coaching matchup

Cambridge-Isanti’s longtime coach Mike McDonald went against his son, Rhett, the Duluth East coach, for the 11th time on Tuesday in Duluth. Cambridge-Isanti (3-1) won this one 69-65 over the Greyhounds (3-1), with Micah Ladd scoring 21 points, Henry Abraham 18 and Hunter Melander 14. For the Greyhounds, Giovani Saldivar scored 21, Noah Paulson 14, Mattie Thompson 13 and Noah Winesett 11. That was just Mike’s second win over Rhett’s team in eight regular-season meetings, but Cambridge-Isanti has beaten Duluth East in sectionals the last two seasons. Mike McDonald, who has 472 wins in 33 years, told the Star-Tribune that it’s “just kind of a no-win situation” to coach against his son. Rhett McDonald also coaches against his uncle, Joel McDonald at Hibbing, once or twice a year. They split last season.

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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.

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.

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STATE BOYS TOP 20 RANKINGS

CLASS 4A

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

CLASS 3A

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

CLASS 2A

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

CLASS 1A

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

By Tim Bielik
Cleveland.com

Dr. James Andrews is not giving up in his campaign for parents to keep young athletes healthy by keeping them from playing year-round and specializing.

He spoke to Dennis Manoloff back in 2013 in what is still one of the most-read stories on cleveland.com, now approaching a million page views.

Six years later, not much has changed in Andrews’ opinion when it comes to the parents. “We’ve made some headway primarily with grandparents, not necessarily with parents,” Andrews said. “But it’s still a problem and we’re still seeing the youth injuries escalating year to year. “The culture of sports, youth sports pretty much dominates parents’ thinking and coaches’ thinking. And it’s hard to crack into that culture to kind of get them to understand that sometimes, they’re doing more harm than good with the pressure they put on these young kids to specialize and play year-round and play two leagues at the same time.”

Andrews, 77, is one of the founding members of the American Sports Medicine Institute and the Andrews Institute in Gulf Breeze, Florida. He is one of the most renowned sports medicine doctors in the United States, working with numerous top athletes including Red Sox pitcher Chris Sale and Redskins running backs Derrius Guice and Adrian Peterson.

But he’s still trying to get the word out about keeping young athletes healthy. The good news for him is that it seems like more people are listening and reaching out to him these days. It’s just not yet enough, however.

“I have them write me and asked me to give them some advice. But Lord knows for evry one that does that, there’s probably 100,000 out there that don’t,” Andrews said. “The grandparents are really a lot more knowledgeable about what’s happening than the parents. But the parents will invariably apologize to me and say, ‘We’ve always protected our son. We followed your advice with giving him time off and pitch counts.’

“Then I’ll get into their history and they first had an injury when they were 12. I don’t try to chastise them. But when I get through with them, I say, ‘My God, they think they really protected their kid. They hadn’t done anything right.’ I don’t know whether they just tell me that or not, but I get that all the time. You can’t make the parents feel like they’re the reason their kid’s in there fixing to get operated on.”

So what does Andrews think parents need to do for young athletes? His recommendations have been to have at least two months a year off from a high-stress activity like pitching and for them to play multiple sports to physically develop properly.

He pointed out that in Super Bowl LIII, about 90 percent of the players on both the Patriots and Rams rosters played more than one sport in high school.

One problem is young athletes being pressured to specialize in one sport for the entire year.

“All these kids need to be an athlete first,” Andrews said. “But the coaches and the systems are telling the parents as you probably know that if your kid doesn’t sign up to play youth baseball year-round, they can’t play with the elite league.”

Programs are starting to come around to help make coaches more accountable.

In 2018, the Alabama legislature enacted the Coach Safety Act, which requires coaches for athletes ages 14 or under to take a yearly course in sports medicine and get accredited before being able to coach.
Dr. Andrews: NFL, MLB data favors multiple sports

Andrews said they are pushing for neighboring states to adopt the law and hopes that eventually, it goes nationwide.

Major League Baseball has also gotten involved by creating a program in recent years called Pitch Smart, which set up pitch limit and rest guidelines for players between the ages of 7 and 22. Many organizations including USA Baseball, Little League Baseball and Perfect Game became compliant with the program as of January, 2018.

“Their statistics were terrible because they were seeing how many of these kids were coming out of high school and coming out of college that were already operated on for shoulder or elbow injuries in baseball. So that’s where they got real worried about it,” Andrews said.

“Finally, they really started paying attention to the youth baseball circles because they finally realized that they didn’t if they didn’t help do something about the injury rates in youth baseball that they would’ve have anybody left to draft to play professional baseball that hadn’t already been operated on.”

One other problem that sticks out in Andrews’ mind is that the pressure to perform at a high level is leading to kids quitting. According to Andrews, about 70 percent of kids under the age of 13 drop out of sports.

“It’s one thing to say they’re doing too much exercise or too much year-round sports. But it’s also probably worse to say that you’re not doing any,” Andrews said. “Those kids that drop out, statistics show that they’re much less likely not to do any kind of physical activity the rest of their (lives), even into their adulthood.”

Distributed by Nancy Justis, Outlier Creative Solutions
www.outliercreativesolutions.com, Iowa Youth Sports Initiative
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<table>
<thead>
<tr>
<th>STATE GIRLS TOP 20 RANKINGS</th>
</tr>
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</table>

**CLASS 4A**

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

**CLASS 3A**

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

**CLASS 2A**

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

**CLASS 1A**

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