

- *Top 20 teams in each class
- *Wisconsin 4, Minnesota 3
- *Just 5 unbeatens left
- * St. Louis Park star hurt

Volume 28

Issue No. 10

January 27

2022-23

Lake City long & deep

*'Most athletic team' in era
of sustained excellence*

By Bruce Strand

Lake City's ability to post 20-plus-win seasons in boys basketball has become almost a foregone conclusion. The Tigers have assembled another strong group this year that should be among the top contenders for Class 2A honors on March.

Led by college prospects Ryan Heise, Hunter Lorenson, Keegan Ryan and Jaden Shones, with Heise the only senior, the Tigers started 16-0 before getting tripped by one of their vaunted conference rivals Thursday.

"This is the most athletic team I have ever coached," said Greg Berge, in his 17th year as Tigers head coach. "It is also the 'longest' team, and the team with the most depth."

MN Basketball News has the Tigers ranked first. The rankings come out Wednesday morning. On Thursday evening, Stewartville stymied the Tigers 53-41. Lake City had beaten Stewartville (11-3, No. 16 in 3A) by 19 points in their first Hiawatha Valley League meeting. It wasn't a shocker to Berge: "Our HVL is so incredibly tough this year. Every team

is competitive, skilled, and well coached. You have to bring it each and every night."

Lake City has won more than 20 games in eight of the last 10 seasons, highlighted by the 2018-19 team going 28-3 and placing third in the state. There were three 24-4 teams and one 23-4 team that did not reach state, along with last year's 22-5 team. The program's last season under .500 was 2007-08. In 14 years since then, the Tigers have averaged 20 wins.

Lake City has played in seven state tournaments and collected three state championships. The Tigers won back to back state titles in 1978 and 1979 — mainly due to their 7-foot-2 center Randy Breuer, who went on to an 11-year NBA career — and picked up another in 1990, all in the two-class system. The Tigers were



Lake City's Hunter Lorenson tosses up a jump shot against Zumbrota-Mazeppa.

Quinn Sweeney

then absent from the state tournament until 2017 and 2019.

Lake City's top four players are the following, with stats through Tuesday's games, and Berge's comments.

Hunter Lorenson, 5-10 junior, third year starter, 17.9 points, 3.9 assists and 2.5 steals. "Excellent PG. Controls the game. Very athletic."

Ryan Heise, 6-foot-9 senior, 16.2 points, 6.2 rebounds, and 2.5 blocks.

“Six-nine, a guard who can play inside. Great three-point shooter and excellent defender. Tough matchup.”

Keegan Ryan, 6-foot-4 junior, 13.1 points, 8.9 rebounds, 3.0 steals, 2.5 blocks per game. “Very athletic. Game changer. Impacts the game in so many ways.”

Jaden Shones, 6-foot-3 junior, 12.3 points, 5.3 rebounds. “Do-everything player. Excellent defender as well. Very athletic, and very tough.”

Also in the top eight are Rylee Fick, 6-foot-5 junior forward; Jack Meincke, 6-foot-1 sophomore guard; Lee Siewert, 6-foot-2 senior forward; and Thomas Brand, 6-foot-1 junior guard.

Heise has committed to Upper Iowa. Lorenson is attracting D-II attention while college coaches are asking about Shones and Ryan, too, Berge said.

“Our strengths are our athleticism, length, and overall skill level. We can be a very good defensive team when we are playing well,” said Berge, also the high school principal and a licensed sports leadership facilitator who does motivational writing and speaking. Asked about the Tigers’ chances come tournament time, Berge said, “I really like our team. There are a lot of good AA teams out there. I don’t really worry about rankings, other than at the end of the year. I know that I love the way our guys compete and play together. We will compete and battle with any team. We are just trying to get a little better each day.”

The Tigers have beaten “some very good teams,” Berge noted, listing Plainview-Elgin-Milleville, Stewartville the first time, Minneapolis North and La Crosse Aquinas in particular, and have come from behind against conference rivals Byron, Rochester Lourdes, and Cannon Falls. In their Section 1AA, the only other current ranked team is No. 14 PEM.



Ryan Heise, 6-9 guard, slams one home.

Quinn Sweeney

Wisconsin tops MN 4-3 in Border Battle

Wisconsin won four of seven matchups, including a duel of No. 1's, against Minnesota in the 16th annual boys Border Battle at Prescott, WI, on Saturday.

Peewaukee (WI) humbled Totino-Grace 93-63. Peewaukee is ranked No. 1 in Wisconsin's Division 2 (second-highest of five) and T-G heads Minnesota's Class 3A. Nick Janowski, recruited by several D1 teams, led Peewaukee (9-2) with 34 points and nine rebounds. Milan Momcilovic, signed by Iowa State, logged 33 points and seven rebounds. For Totino-Grace (8-4), Zy'lerre Stewart sank 15 points and Tyler Wagner 10.

Mahtomedi, No. 4 in Class 3A, won 72-59 over La Crosse Central, No. 4 in fourth in Division 2. Mahtomedi (12-2) had Owen Carlson with 29 points and AJ McCleery with 16. The Zephyrs drilled 13 three-pointers and committed just six turnovers. Henry Moyer had 21 and Bennett Fried 18 for the Riverhawks (10-5).

Onalaska (WI), ranked fifth in Division 2, thumped Minneapolis North 94-64, sinking 30 of 44 free shots. Evan Anderson netted 31 points and TJ Stutley 22 for Onalaska (10-3). North (7-5), ranked sixth in Class 2A, had Clayton Redd with 18, Zashon Rich 15, and Max Wilson 13. Minneapolis North was called for three technical fouls, leading to coach Ricky Davis and a player to be ejected, according to the Pierce County Journal.

Middleton (WI), 14-0 and ranked second in Division 1, edged Benilde-St. Margaret's 51-47, with Will Garlock hitting 21 points and Gavyn Hurley 17. For BSM, ranked second in Class 3A, Jalen Wilson netted 18 points and Jaleel Donley 12.

Lyle-Pacelli (13-2), 13th in Class 1A, was matched with a struggling Eau Claire Regis team (2-15) and pulled to a 55-50 win. Jake Truckenmiller led with 22 points. Buay Koak added 11 and Mac Nelson 10.

Lake City, ranked first in Class 2A, drubbed a .500 team, Lacrosse Aquinas, 90-52, with Jaden Shones sinking 29 points, Hunter Lorenson 19, Ryan Heise 12, and Keegan Ryan 10. Aquinas' Walter Berns had 24.

The host team, Prescott (12-3), defeated Concordia Academy 81-72, led by Jordan Malmlov with 21 points and Dallas Wallin with 20. Benjamin Raymond sank 24 points and Alfonzo Greene 23 for Concordia (7-7).

Freshman guard keys Hopkins resurgence

Hopkins, after 13 state trips and eight titles between 2002 and 2020 in boys hoops, has missed the last two tournaments, but the Royals (11-3) are building for another run behind freshman prodigy Jayden Moore, who's averaging 22.4 points, eight rebounds, and eight assists, and sharp-shooting sophomore Anthony Smith III, who's averaging 21 points. Vincent Hillesheim, 6-foot-6 senior, adds 15.7 per game. Moore, a 5-foot-10 guard who's already gotten offers from Baylor and the Gophers, is the only returning starter; he averaged 11 points as an eighth-grader. Last year's top scorer, C.J. O'Hara, transferred to Park Center.



Jayden Moore

JUMP SHOTS -- Park Center, top-ranked in Class 4A, fended off **Holy Family Catholic**, No. 2 in Class 2A, 100-80 last Saturday. HFC's 6-foot-11 Boden Kapke poured in 40 points, but the Pirates (13-0) had six double digit scorers: JJ Ware with 21 points, Jackson Fowlkes 17, CJ O'Hara 15, Joe Burgess 15, Casmir Chavis 13, and Chiang Ring 13. Kole Hanson added 18 for HFC (12-2) **Wayzata**, No. 6 in Class 4A, set a school record for points in defeating **Eden Prairie** 112-72 on Tuesday. Hayden Tibbits netted 33 points, Jackson McAndrew 23, and Spencer Hall 21 as the Trojans also tied the team record for three-pointers with 18. **New Life Academy**, No. 1 in Class 1A, lost a shootout to **Minnehaha Academy**, No. 8 in Class 2A, on Saturday 88-84. Jerome Williams 25 and Lorenzo Levy sank 25 points each for Minnehaha. Max Briggs netted 24 points, Colton Hendricks 22, and Erick Reader 18 for NLA **Russell-Tyler-Ruthton** fended off **Southwest MN Christian** 89-86 Monday to remain undefeated. Aiden Wichtman tallied 32 points, Drew Werkman 20 and Hayden Gravely 17. Leading SMCS's upset bid were Dawson Rieck with 32 points and Jarett Kuipers with 24 points and 18 rebounds **Ella Pritchard**, Holy Angels senior, snagged her 1,000th rebound on Jan. 17 during a 36-32 win over Robbinsdale Cooper. She's averaging 8.9 points and 7.9 rebounds **Greg Powell**, girls coach at Bigfork, posted his 500th win on Jan. 9 when the Huskies defeated Nashwauk-Keewauwin 60-20. They are 11-2 this season.

Dual 1,000-pointers in same game, 3 times

Avery Rich of New London-Spicer launched a jump shot that was blocked from behind by Mylea Monahan of Glencoe-Silver Lake on Tuesday evening in Glencoe. "I didn't see her coming," Rich said. "But the ball went right back in my hands." The senior guard then drove to the side of the lane to sink pull-up jumper that gave her 1,000 career points. And, a couple minutes later, Monahan got her 1,000th point as well. Rich had 28 and Monahan, a sophomore, had 18, as NLS beat GSL 73-49.



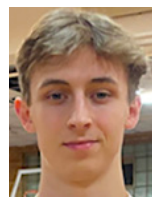
Avery Rich got blocked by Mylea Monahan (right) but hit her 1,000th seconds later.

Bruce Strand, MBBN

There's also been two recent games where teammates both notched their 1,000 point. Minneapolis Roosevelt juniors Olivia Wren and Jaida Walker each reached the milestone in a win over Richfield 74-48 on Jan. 12. Wren had 18 points and Walker 10. Becker seniors Marin Westin and Danielle Neust got their respective 1,000th in a win over North Branch 75-30 on Jan. 17. Neust sank 18 points and Westin 13.

The Rich/Monahan double was the eighth time in state prep history that opponents have reached 1,000 in the same game, while Roosevelt and Becker were the 14th and 15th teams with two players joining the club the same game, according to state basketball record-keeper Matt Pederson, who obviously keeps copious records.

Trent Gomez, Two Harbors senior point guard, reached 2,000 points while scoring 30 in a 73-38 win over Cook County on Monday. Gomez is averaging 25.2 points and shooting 46 percent on three's for the Agates (11-2). Coach Bill Anderson told Fox 21 Local News that Gomez is a leader, a great student, and "just basically does everything a coach could ask for."



Gomez

2023 **PACESSETTER**

Minnesota YOUTH BASKETBALL STATE CHAMPIONSHIP Region Playoffs

Boys & Girls Grades 4-9

ALL GRADES REFER TO THE 2022-23 SCHOOL YEAR

4B = 4th grade boys, 4G = 4th grade girls, etc. Teams may register for more than one region.

Region 1 Site	Date	Grade/Gender
Rochester-RCTC	March 25	4G, 6G, 8G, 5B, 7B, 9B
Rochester-RCTC	March 26	5G, 7G, 9G, 4B, 6B, 8B
Region 2 Site	Date	Grade/Gender
Lake Crystal	April 22	4G, 6G, 8G, 5B, 7B, 9B
Lake Crystal	April 23	5G, 7G, 9G, 4B, 6B, 8B
Region 3 Site	Date	Grade/Gender
Redwood Falls	March 25	5G, 7G, 9G, 4B, 6B, 8B
Redwood Falls	March 26	4G, 6G, 8G, 5B, 7B, 9B
Region 4 Site	Date	Grade/Gender
Moose Lake/Willow River	April 15	4G, 6G, 8G, 5B, 7B, 9B
Moose Lake/Willow River	April 16	5G, 7G, 9G, 4B, 6B, 8B
Region 5 Site	Date	Grade/Gender
Paynesville	April 1	5G, 7G, 9G, 4B, 6B, 8B
Paynesville	April 2	4G, 6G, 8G, 5B, 7B, 9B
Region 6 Site	Date	Grade/Gender
Alexandria	April 15	5G, 7G, 9G, 4B, 6B, 8B
Alexandria	April 16	4G, 6G, 8G, 5B, 7B, 9B
Region 7 Site	Date	Grade/Gender
Grand Rapids	April 1	8G, 5B, 7B
Grand Rapids	April 2	7G, 9G, 4B
Mt. Iron-Buhl	April 1	4G, 6G, 9B
Mt. Iron-Buhl	April 2	5G, 6B, 8B
Region 8 Site	Date	Grade/Gender
Bemidji	April 22	5G, 7G, 9G, 4B, 6B, 8B
Bemidji	April 23	4G, 6G, 8G, 5B, 7B, 9B

3-4 game guarantee • \$220/team

SAVE \$: REGISTER EARLY! Nov - \$140, Dec - \$160, Jan - \$180, Feb - \$200

Champions from each regional site will be invited to the MN State Championship. Other top finishers will receive an invitation to the Minnesota Invitational Tournament (MIT).

MN State Championships	Location	Date	Grades
MIT - MN Invitational	College of St. Benedict	June 10	B & G 4-6-8
State Championship	College of St. Benedict	June 11	B & G 4-6-8
MIT - MN Invitational	College of St. Benedict	June 17	B & G 5-7-9
State Championship	College of St. Benedict	June 18	B & G 5-7-9



GREAT 5-STATE CHAMPIONSHIPS
IA • MN • ND • SD • WI



ROAD TO THE TARGET CENTER!

The MN State Champion and Runner-up in each grade are invited to the Great Five-State Championships at the Target Center in Minneapolis.



Scan Code

Or For More Info/To Register:

www.pacesettersports.net

Questions? 320.243.7460 • pacesettersportsmbb@gmail.com • www.pacesettersports.net • [Twitter](#) • [Facebook](#) • [Instagram](#) Pacesetter Basketball

MBBN GIRLS TOP 20

CLASS 4A

1. Hopkins 15-0
2. Chaska 15-1
3. Wayzata 14-2
4. St. Michael-Albertville 14-1
5. East Ridge 15-3
6. Maple Grove 13-3
7. Minnetonka 12-4
8. Eden Prairie 12-6
9. Lakeville North 10-5
10. Rochester Mayo 15-1
11. Rosemount 12-2
12. Stillwater 12-3
13. White Bear Lake 13-3
14. Elk River 10-5
15. Rogers 9-5
16. Robbinsdale Cooper 13-4
17. Centennial 10-7
18. Roseville 9-6
19. Lakeville South 11-5
20. Eagan 11-6

CLASS 3A

1. Benilde-St. Margaret's 11-4
2. Becker 12-2
3. Grand Rapids 15-2
4. Stewartville 15-2
5. Alexandria 15-3
6. Holy Angels 12-3
7. Red Wing 11-2
8. Jordan 13-2
9. DeLaSalle 10-4
10. Visitation 11-4
11. Monticello 12-4
12. Detroit Lakes 12-3
13. Austin 11-5
14. Marshall 10-5
15. Mahtomedi 9-5
16. North St. Paul 14-2
17. St. Peter 9-5
18. Delano 13-4
19. Mankato East 9-5
20. Cloquet 12-4

CLASS 2A

1. Providence Academy 13-2
2. New London-Spicer 15-0
3. Albany 13-1
4. Goodhue 15-2
5. Minnehaha Academy 9-4
6. St. Croix Lutheran 12-3
7. Perham 15-1
8. Pequot Lakes 11-1
9. Rochester Lourdes 14-3
10. Lake Crystal-Wellcome Memorial 16-1
11. Montevideo 12-2
12. Luverne 12-1
13. Sauk Centre 12-3
14. Minneapolis Roosevelt 14-2
15. Caledonia 15-3
16. Holdingford 13-3
17. Pelican Rapids 13-3
18. Southwest Christian 12-4
19. Glencoe-Silver Lake 12-4
20. Proctor 12-5

CLASS 1A

1. Mountain Iron-Buhl 13-3
2. Buffalo Lake-Hector-Stewart 13-0
3. Mayer Lutheran 12-2
4. Hancock 11-2
5. Hayfield 16-2
6. Henning 15-1
7. Belgrade-Brooten-Elrosa 12-2
8. BOLD 12-3
9. Fosston 11-1
10. Nevis 12-2
11. Badger-Greenbush-Middle River 12-3
12. Barnum 13-1
13. Grand Meadow 13-2
14. Breckenridge 11-4
15. Underwood 13-3
16. Cromwell-Wright 13-3
17. Fertile-Beltrami 15-2
18. Southwest MN Christian 13-4
19. Kelliher-Northome 10-2
20. Lac qui Parle Valley 14-3

Note: records are through Tuesday.

MBBN BOYS TOP 20

CLASS 4A

1. Park Center 13-0
2. Lakeville North 11-2
3. Maple Grove 12-2
4. Eastview 10-3
5. Minnetonka 10-2
6. Wayzata 11-3
7. Buffalo 10-1
8. Hopkins 11-3
9. Lakeville South 10-4
10. East Ridge 9-4
11. Andover 10-5
12. Shakopee 9-4
13. Farmington 9-5
14. Cretin-Derham Hall 9-5
15. Owatonna 11-4
16. Stillwater 9-5
17. Eagan 9-6
18. White Bear Lake 7-4
19. Minneapolis Southwest 11-3
20. Duluth East 11-4

CLASS 3A

1. Totino-Grace 8-4
2. Benilde-St. Margaret's 11-2
3. DeLaSalle 10-4
4. Mahtomedi 12-2
5. Orono 10-2
6. Alexandria 10-1
7. Mankato East 11-3
8. Hermantown 11-2
9. South St. Paul 10-5
10. Austin 10-4
11. Princeton 11-3
12. Delano 11-4
13. Worthington 11-2
14. Stewartville 11-3
15. St. Anthony Village 10-3
16. St. Thomas Academy 9-5
18. Winona 6-6
18. New Ulm 10-4
19. St. Paul Highland Park 8-4
20. Becker 7-5

CLASS 2A

1. Lake City 16-0
2. Holy Family Catholic 12-2
3. Maranatha Christian 12-2
4. Lake Crystal-Wellcome-Memorial 13-1
5. Maple River 16-2
6. Minneapolis North 7-5
7. Albany 11-1
8. Minnehaha Academy 10-5
9. Perham 13-1
10. Esko 10-2
11. Watertown-Mayer 10-3
12. Mora 13-1
13. Norwood Young America 13-2
14. Plainview-Elgin-Millville 11-3
15. Sauk Centre 10-2
16. Minneapolis Edison 12-3
17. Thief River Falls 13-1
18. West Central Area 11-3
19. St. Cloud Cathedral 9-3
20. Two Harbors 11-2

CLASS 1A

1. New Life Academy 13-2
2. Cass Lake-Bena 13-1
3. Cherry 11-3
4. Goodhue 15-2
5. Henning 14-1
6. Russell-Tyler-Ruthton 13-0
7. Hayfield 13-4
8. Lakeview 13-1
9. Belgrade-Brooten-Elrosa 8-2
10. Ada-Borup-West 12-1
11. Lyle-Pacelli 13-2
12. Spring Grove 12-1
13. Browerville-Eagle Valley 10-1
14. Northland 13-1
15. Sacred Heart 14-2
16. Deer River 10-3
17. Border West 11-2
18. Fosston 11-2
19. Legacy Christian 12-4
20. Warren-Alvarado-Oslo 13-2

Note: records are through Tuesday.

March 4 & 5**College of St. Benedict
St. Joseph, MN****Boys & Girls Grades 4-8****2023 Pacesetter****WINTER CLASSIC****Basketball****Tournament****Saturday, March 4:****Girls Grades 4-5 | Boys Grades 6-7-8****Sunday, March 5:****Girls Grades 6-7-8 | Boys Grades 4-5**

Each tournament is a ONE-day tournament.

Limit 16 teams per grade/gender

All teams will play 3-4 games.

All players on a team must either be enrolled in the same school system or live or attend school in the same city, the same school district or the same tribal community.

\$190/team before Feb 5

\$210/team Feb 5 or later

Registration Deadline: Feb 22

PACESETTER**Scan Code:****Or For More Info/To Register:****www.pacesettersports.net**



Casmir Chavis and Park Center are 13-0.

Bruce Strand, MN BB News

Just five teams remain unbeaten

Heading into February, just five teams are undefeated in Minnesota high school basketball.

That includes both Class 4A number one teams — the Park Center boys and Hopkins girls, both also defending champions. Others are the New London-Spicer and Buffalo Lake-Hector-Stewart girls, and the Russell-Tyler-Ruthton boys.

Lake City was in that group until Stewartville beat them 53-41 Thursday evening, led by Henry Tschetter with 18 points and eight rebounds.

Nevis handed Cass Lake-Bena its first loss 65-58 on Jan. 19. Austin Ahrendt sank 18 points, Joe Houchin 16, JP Benson 10 and Devan Lindow nine for Nevis (9-5). Dominick Fairbanks had 18 and Kingsly Whitebird 14 for CLB (12-1). Kaden Lee hit 14 in the first half but none in the second when he had foul trouble. CLB had nipped Henning 71-70 in a duel of unbeatens Jan. 14.

The Jordan girls were 12-0 before Delano beat them 64-62 on Jan. 20. Abbie Pietila netted 15 points, Taylor Tool 14, Norah Danielson 13 and Ella Beeler 10 for Delano. Savannah Borowicz hit 27 for Jordan.

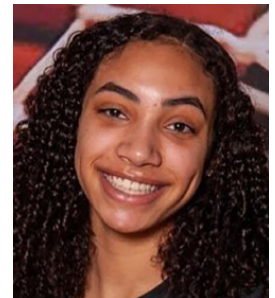
The Fosston girls were 11-0 before falling to Fertile-Beltrami 55-41 on Jan. 10.

Articles are written by Bruce Strand, MBBN editor. Anyone who wants to suggest an article about a player, team, game, coach, or issue is welcome to send a message to bruce.a.strand@gmail.com.

St. Louis Park star's season is cut short

Shantell Harden's excellent senior season for St. Louis Park has ended with an injury. Harden, averaging 24.7 points and 14.2 rebounds, has been sidelined since Jan. 13 with a knee injury. "Shantell was injured at the start of the second half of the game against Waconia," coach Arsenio Richardson confirmed. "It is unlikely she will return, which is unfortunate because she was having such a great year."

The 6-foot-1 senior has committed to Minnesota-Mankato, whose coach Emily Thiesse, described her as a potential "game changer for us, on both ends of the floor" blessed with "the size and versatility we love in our wing spot."



Shantell Harden

The Orioles, now 7-8, were 6-4 with Harden in the lineup. Richardson praised Harden's play on both ends: "She is able to defend all levels/positions ... She does everything for our program on and off the court. Great leader."

Against highly-ranked opponents, Harden logged 34 points and 12 rebounds in a 93-91 loss to Minnetonka, and 29 points in a 66-61 loss to Minnehaha Academy. She went over 1,000 points while scoring 38 in a 76-54 win over St. Paul Como Park before Christmas. She averaged 17.8 points as a junior and 12.4 as a sophomore.



Register now for the **33rd Annual Fastbreak Club Junior Grand Am Basketball Tournament in Grand Forks, ND on Friday, March 31, 2023 – Sunday, April 2, 2023.**

This is the largest youth basketball tournament in North Dakota, with over 300 teams expected to play. There are divisions for both boys and girls teams in grades 3 through high school. We provide registered officials and excellent venues for our games, including the Betty Engelstad Sioux Center, UND Wellness Center, Alerus Center and the Choice Wellness Center.

For more information visit our website at www.gffastbreak.com or contact Evan Pederson at epederson120@mygfschools.org

Camps available at a variety of gyms for boys & girls entering grades 1-12
High-quality, low-cost basketball camps for over 40 years!

2023 Pacesetter BASKETBALL CAMPS



IA • MN • ND • SD • WI

Host a camp in YOUR gym!

"TOUR OF CHAMPIONS"
CAMPS -- 1-2 days

AREA CAMPS --
3-4 days

Customize your camp to
YOUR program needs.

More info:

320.243.7460 • pacesettersportsmbbn@gmail.com
www.pacesettersports.net •    Pacesetter Basketball

