

SPRING  
SPORTS  
PREVIEW



## Track teams hope step up brings continued success

~ Boys ~

In a bit of a double whammy for the Lake Mills Boys Track and Field team, they lost a number of key components from last year to graduation and are facing a step up in competition, as they transition to Class 2A competition. Yet, Coach Dan Rice, believes he has enough talent returning and new faces to field a competitive team.

"We will be in somewhat of a rebuilding year. We graduated four seniors who ran in all of our sprint relays at state and half of our state championship shuttle team," Rice noted. "However, we have a talented group of young athletes coming up who should start filling those open spots this season. We will have several exceptional athletes coming back."

Among those coming back are 19 letter winners, including: Seniors, Alex Albert-Sprints/Hurdles; Cole Bergo-Throws; Grant Fjelstad-Sprints/Hurdles/Long Jump; Brady Heagel-Sprints/Middle Distance/High Jump; and, Gabe Irons-Throws. Juniors, Cael Boehmer-Hurdles; Tommy Kaktis-Sprints/Hurdles/Long Jump; Dylan Renneker-Sprints; and, Maverick Schmitt-Middle Distance. Sophomores, Bennett Eaton-Sprints/hurdles/long jump; Mason Fritz-Middle Distance/high jump; Garrett Hanna-Sprints; Tyler Helgeson-High Jump/Hurdles; Chett Helming-Sprints; Logan Prescott-Sprints; Jackson Rice-Middle Distance; Parker Rogstad-Sprints/Hurdles/Long Jump; Carson Rygh-Distance; and Blake Storby-Sprints/Middle Distance. Rice also feels he will get contributions from several newcomers, including: Freshmen Carson Eaton-Sprints; and Caleb Bacon-Sprints/Hurdles.

He said a number of sights are set on improvements that will land them back at the state meet—even in a higher class. State appearances last season included the following eight events: Discus (5th Place); 100m Dash; 110m High Hurdles (4th Place); 3200m Run; 4x400; 4x400 (8th Place); and, Shuttle Hurdle Relay (State Champions). For this season, Rice noted, "Carson Rygh, a sophomore, will run the distance events and finished 8th at State Cross Country last fall. Gabe Irons placed 5th last year in the disc and will be working hard to match that, or better now that we are in class 2A and Grant Fjelstad who finished 4th in the 110m high and was the key leg in our shuttle hurdle relay championship has been working hard to match last season's efforts."

He noted that he hopes his team will be right in the mix along with Forest City and West Hancock, as the teams to beat in the TIC West.

~ Girls ~

When Becky Hengesteg enters her seventh and final year, coaching Lake Mills Girls Track, she knows there are some big holes to fill from a team that last year had five individual

and team events perform at the State Meet.

Gone are Lexi Groe, who placed at state in the 100 and 400 meter hurdles and was a member of the state qualifying shuttle hurdle team; as well as Hailey Borgmeyer, who made state appearances in 2014 and 2016.

But, the cupboard is far from bare, as state qualifiers Lyv Arispe (100 meter dash, and 4x100 relay); Megan Groe; Dana Baumann; Mallory Wilhelm; and, Jessa Gasteiger return and are joined by several newcomers.

Said Hengesteg of her returning veterans; "This year we have a great senior class. They are knowledgeable and are excellent leaders," she noted. "These athletes vary from field events, distance, sprinters, and hurdlers, so we have a senior to lead every group during practice."

Among the leaders she refers to are: Seniors, Morgan Fritz-Distance; Dana Baumann-Sprinter/hurdler; Mallory Wilhelm-Sprinter/hurdler; Abbey Bray-Distance and Lauren Scholbrock-Thrower. Juniors, Lyv Arispe-Sprinter; and, Breanna Mary-Sprinter. Sophomores, Kate Groe-Thrower; Madison Holtan-Distance; Jessa Gasteiger-Sprinter/hurdler; Dani Brua-Distance; and, Megan Groe-Sprinter/hurdler.

In particular, Hengesteg is excited to watch several athletes in particular. "Megan (Groe) made it to state in two events her freshman year. She is an all around solid athlete from hurdles to sprinting. She is one of those athletes you can put in any event and she would excel. She is returning this year looking stronger and faster." In the junior class, Lyv Arispe has been getting faster, Hengesteg noted, while she pointed to the strength and leadership of her senior class as another strong aspect of the team. "Dana Baumann, Mallory Wilhelm, and Morgan Fritz are seniors. They are tremendous leaders for the team. They have positive attitudes and help push their teammates. Both Dana and Mallory ran at state last year, so they know what it takes to make it in state competition and I know they would very much like to return again to compete in state again this year. That helps encourage the underclassman to push themselves in practice and improve their times."

One big challenge for the team this year, is that they will now be competing in Class 2A, up from last year. "This year we are classified as 2A and will not have the numbers as most of our competing schools will," Hengesteg noted. "I do believe we have some great athletes that will step up and help pick off points from other teams one by one. It will be very difficult to win a meet this year, but I believe we have a solid team that is willing to work hard to help score points at the meets."



## Golf teams hope mix of youth, experience means success



~ Boys ~

Coming off of a 16-17 record last season, Coach Brady Kurtz is counting on his core group of returning players, as well as a generous mix of newcomers to finish this season in the top half of the TIC West.

"We hope to finish in the top half of the conference," Kurtz said when asked his expectations for the upcoming season. "We have a mix of some experience and some players completely new to the game," he added. "We hope that our more experienced players can be good mentors on the course."

The experienced players returning include letter winners: Claire Grothe; Ale Groe; Hannah Evenson; and Audrey Casperson. Kurtz noted that Grothe is a three-time all conference player for the Bulldogs.

Kurtz concluded that the key to hitting their objectives this season will be: "Developing consistency from our returning letter winners."

He noted that Garner and Bishop Garrigan will be the pre-season conference favorites.

~ Boys ~

One season after fielding his youngest team in several years, Head Coach Lyle Thomson looks to improve on the 12-20 record the boys posted last season.

"We look forward to a much improved season over last year," Thomson said. He noted that in addition to having seven letter winners returning, he again has an influx of freshmen who he is hoping will positively contribute to the effort.

Returning letter winners include: Austin Leibeg; Alex Martinson; Nate Orban; Andrew Mannes; Jimmy Gallardo; Elijah Stene; and, Lane Abele.

While more experience awaits, Thomson feels that the top teams in the conference will be Bishop Garrigan; North Union and Forest City.

"The guys are anxious for the season to get underway," he noted.

The schedule only calls for two home meets this season, making it difficult for the junior varsity to get in any competitive rounds.



### 2017-2018 Boys & Girls Track

3-17	Buena Vista University (10 a.m.)	Away
3-29	Central Springs (Boys)	Away
4-2	West Hancock	Britt
4-3	Eagle Grove (Boys)	Away
4-6	Hampton-Dumont (Girls)	Away
4-10	Clear Lake (Boys)	Away
	Algona (Girls)	Away
4-12	LM Invitational (Boys)	HOME
4-13	Northwood-Kensett (Girls)	Away
4-17	Garner-Hayfield-Ventura (Girls)	Away
	Belmond-Klemme (Boys)	Away
4-19	North Iowa (Boys)	Away
4-20	Belmond-Klemme (Girls)	Away
	North Butler (Boys)	Away
4-23	LM Invitational (Girls)	HOME
4-24	Forest City (Girls)	Away
	Garner-Hayfield-Ventura (Boys)	Away
4-27	Hampton-Dumont	Away
4-30	West Hancock	Away
5-3	North Iowa Conference (4 p.m.)	HOME
5-10	Districts (4 p.m.)	TBD

Time: 4:00 p.m.

Boys Head Coach: Dan Rice

Girls Head Coach: Becky Dahn

Schedules may be subject to change.

For updated schedules, please visit

[www.lake-mills.k12.ia.us](http://www.lake-mills.k12.ia.us)

### 2017-2018 Golf

4-2	Central Springs, West Fork	Sheffield
4-6	GHV, West Hancock	HOME
4-9	Eagle Grove, North Union	Eagle Grove
4-13	Bishop-Garrigan, Forest City	Forest City
4-16	Belmond-Klemme, North Iowa	North Iowa
4-20	Belmond-Klemme, Forest City	Belmond
4-23	Bishop-Garrigan, North Union	North Union
4-27	GHV, West Hancock	West Hancock
4-28	West Hancock Tour. (Boys, 8 a.m.)	West Hancock
	Clarion-Goldfield Tour. (Girls, 9 a.m.)	Clarion-Goldfield
4-30	Eagle Grove, North Iowa	HOME
5-7	Conference (Boys, 10 a.m.)	West Hancock
	Conference (Girls, 10 a.m.)	North Union

Time: 4:15 p.m.

Boys' Head Coach: Lyle Thomson

Girls' Head Coach: Brady Kurtz

This message brought to you by these  
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