

MOORHEAD SPUD ATHLETIC BOOSTER CLUB

Spring 2011 Newsletter (Winter Sports Roundup)

Gymnasts excel in competition & classroom

By Toni Kleber, Gymnastics Coach

The 2010-2011 gymnastics season was a year full of many team and individual successes. The Spuds returned six letter winners from last season: Caitlyn Grimm (12), Bijanca Clark (10), Brooke Borgen (10), Tana Kurtti (10), Ali Krsnak (9) and Kendall Johnson (8).



We had two new gymnasts join our team; Hailey Miller (9) and Carly Philippot (9). The Spud gymnastics team began this season perfecting skills and routines. The girls united as a team under the leadership of Captain Caitlyn Grimm.

Their hard work, dedication, and team unity paid off as we compete throughout the season. Two athletes received All-State Honorable Mention on the following events: Brooke Borgen on Floor & Vault, Bijanca Clark on Vault.

This group of young ladies did an amazing job representing Moorhead High and the Moorhead community. As their coach I received several compliments with regards to our team sportsmanship and the high quality of character in which they competed.

The biggest accomplishment for the Spud team this season wasn't in the gym, it was in the classroom. The Moorhead Spud gymnastics team received the Academic Gold Award from the Minnesota State High School League for achieving academic excellence. They were also named Section 8AA Academic Champions with an average GPA of 3.866.

This year's team awards were given to the following gymnasts:

- Bijanca Clark – Hardest Worker
- Hailey Miller – Most Improved
- Caitlyn Grimm – Most Valuable

I would like to thank my assistant coach Julia Sammon for her hard work and dedication. The Spud gymnastics team future is bright and we would like to thank Moorhead High, the Spud Boosters and the Moorhead community for their continued support.



Spud boys start out strong, finish 18-8

By Corey Zimmerman

Our season began out of the gates with wins over Alex and Fargo South. Then we went down to visit the Prowlers and pulled out a win with a game winning layup by Aaron Lien. We then had solid wins over Brainerd, DGF and then Brainerd again. Then we traveled to Bemidji and we battled back and forth. Aaron Lien led the way with 34 points and Travis Hand had 17 points and 15 rebounds. Grand Rapids came to town and we had a great start but the Thunderhawks came out in the second half ready to play. We were able to squeeze out a victory 60-55. Next we had the Fargo North Spartans who, over the last two years have taken it to the Spuds. This year it was a different story behind good shooting and Jared Widner's 20 points in the paint.

We were 10-0 going into a very tough stretch of games at the end of January into early February. We traveled to St. Michael-Albertville and got beat on a last second shot 53-55. Fargo South by then was firing on all cylinders and we struggled with their press. We got down but rallied late. It wasn't enough and lost 68-76. We then made our second trip to the cities and lost both games to Edina(47-57) and to Robbinsdale Cooper (54-72). We had dropped 4 in a row and needed some life.

We met Bemidji for the rematch at home and got down early. We came out of the half down by 11. We rallied to take the lead by three behind Matt Watnemo's 17 points. Carey Woods was the spoiler for the spuds by making a fade away three to send the game into over time. Bemidji won in OT, 67-68. We then made our third trip to the cities heading to Buffalo. Buffalo was the top team in the

section and playing well. The Spuds were desperate for a win. Slow and steady was the game and we were able to get a win 44-38. Back on the winning ways we headed to West Fargo. We started out tortoise like offensively and they were hot. We were not able to survive the slow start and lost 51-67.



Our next foe was Willmar. We came out and started slow for the second straight game and were down 10 at half time. Second have different story, we rallied and won 57-54. We then had wins over Fergus Falls and Alex. Century was next on the schedule. We zoned them up but they got hot late in the first half and we could not get the ball to go in the hoop. Century won 63-44.

Detroit Lakes came in to the spuds gym with a good squad and we found ourselves down at half by 13. In the second half we clawed our way back and won on a Travis Hand layup, 57-55. We then had wins over Marshall (78-70, almost six players in double figures) and Grand Rapids (50-48, a good ole rock fight). We then had our first home playoff game in two years against the St. Cloud Tech Tigers. The Spuds were ready from the start and rattled off a 16-0 run to start the game and never looked back. We won 77-54. Next we met Buffalo in the semis. They started out hot from three-point range and we couldn't buy a basket. We were down 17-29. After the half we shot better and made some runs, but Buffalo always had an answer and we lost 51-61.

We ended the season with a 18-8 record.

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US!**

If you are interested in joining our board of directors, please e-mail Dale Larson at dalel@frsind.com.

This is a fun way to meet new people and learn about all the sporting activities at MHS.

Young and talented, girls' hockey squad holds great promise

By Kaylee Black

This season the Girl's Hockey team looked a little different than it has in the past. The team was full of first year players and a new head coach. This particular team was full of talent all the way from our freshmen to our seniors. We were a competitive team taking many of our games into overtime. This year the girls were very excited to beat our Bemidji Lumberjack rivals to win back the notorious jug. It was a very physical and fast paced game that brought them the victory. The team worked consistently hard in practice everyday on and off the ice.



As the season progressed we saw quite a few players find their way to the net helping us assist and score goals. Some of those key players were Kristin Drechsel, Ashlie Talley, and Missy Setter. Our defensive squad was strong and smart. Lizzy Stein and Jenna Ulberg were just a few of those defenders that helped our team this season. Stopping pucks and making saves was a regular job for both our goalies Lydia Norwig and Beth Meyers. Both goalies showed a competitive edge in both practice and games which helped our team to get better and better. As a team they worked through adversity and have learned the value of hard work. Next season looks promising with many returners but they will miss our seniors.

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State Tourney appearance highlights Spud boys' season

By Dave Morinville

The Spud hockey team had a very successful hockey season this past year. Ended the season with a 19-9-2 record. The Spuds started the season with an impressive win over cross town rival Fargo South 3 to 0. Other impressive wins during the season were over Wayzata, Thief River Falls, Roseau, Warroad, & Alexandria.



Over Christmas the Spuds finished in second place at the St. Louis Park Holiday Hockey tournament with impressive wins over Bloomington Jefferson & at the time Number 1 ranked Wayzata 2-1. The Spuds ended the season as the number 2 rated team in the section entering the playoffs. In the playoffs, the Spuds defeated Buffalo, and rival Roseau in the semifinals and beat number 1 seed Bemidji 2 to 0 in the section final to advance to the Minnesota State Hockey Tournament. The Spuds faced a very good Eagan team and lost in the quarterfinals. The next day the Spuds got beat the next game by Lakeville North 2 to 1, despite out shooting Lakeville 38 to 8. The Spuds had a great season especially with everyone picking Bemidji to win it all in Section 8.

The Spud hockey team really came together as a team and played their best hockey at the end of the season. The Spuds graduate captains Ben Doda and Brendan Johnson, also seniors graduating include Nic Oxtan, Noah Julin, Shawn Kunkel, and Evan Cook. The Spud hockey team will miss these seniors but for the returning players next season it looks to be very promising season. With a great offseason by the Spud hockey team they could get back to the state tournament and this time take home some hardware. Thanks to all the students/fans who attended our games this year. The Spud hockey team greatly appreciated it! Thanks again.

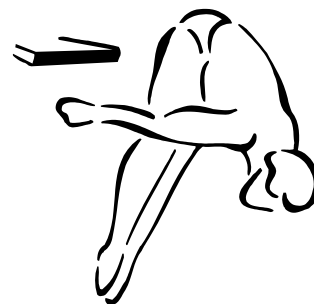
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Stay up to date on the action! Go to www.spudsports.net

Solid foundation set for boys' swimming & diving team

By Jeff Schneider

This year, the Boys' Swimming and Diving team experienced one of the best team-building seasons, ever! Horizon middle school athletes represented half of our 16-athlete squad. We had many new swimmers and divers who worked extremely hard to learn proper swimming technique and how to complete legal dives. The swimmers cranked out over 150 miles of swimming (which does not include morning practices) since the beginning of the season in November. Divers worked hard as well, five of our six divers were new to the sport and worked hard to learn a full 11-dive list so they could compete at sections.



Learning new dives and working through the hard landings in the water can be very fatiguing and frustrating - just ask Wyatt Johnson, a junior and co-captain, who earned fourth place at sections in the 1-meter diving event which qualified him to compete in the state swimming and diving meet where he worked his way up to 13th place. Our diving coach John Schmidt, assistant coach Lars Seljevold, and myself are extremely proud of our group of athletes for the hard work and dedication they put in this season.

We trained all season for our section competition where every athlete achieved personal best times or scores in their events. That is a sure sign of a team that has a promising future. If you have a son in grades 7-12 who is interested in joining the boy's swimming and diving team, please feel free to call or email head coach Jeff Schneider. Take care and have a great spring!

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More than \$16,000 has been spent to support our athletes, including:

- ◆ Weight Room Equipment
- ◆ Cross Country /Track Event Tent
- ◆ Two video cameras for use at games and practices
- ◆ Help fund weight room trainer
- ◆ Activity Scholarships



**“Thanks to Spud Boosters for supporting us this season!”
-The winter sports coaches and athletes**

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