



First NATIONAL Bank

Each depositor insured to at least \$250,000

FDIC EQUAL OPPORTUNITY LENDER

205 Main Ave. West
Twin Valley, MN
218-584-5161

103 North Main
Mahnomens, MN
218-935-5251

FEVIG
OIL & PROPANE

Go Titans!

Propane • Diesel • Gasoline • Home Heating • Motor Oils • Jet Fuel

Celebrating Over 50 years of service!

Ulen Office
218-596-8825
800 624-8824

PAS **Go Titans!**

Premium Ag Solutions

218 238-5555

Precision Planting

NCE/U-H Together For First Year Of Titans Track

Renne Nysetvold
Sports Writer



The wait is over for Norman County East to be offered track and field! One great benefit of the Norman County East and Ulen Hitterdal co-op that started in 2014 is that, together, the team is able to bring more sports and activities. New to Titans this year is track and field. The team has been busy practicing each weekday at Norman County East.

The Titans first meet was April 2 at the Pine to Prairie Concordia indoor meet. Everyone did a great job and was excited for the first meet as the Titans.

"We are trying everybody out at events to figure out what they can excel at. Still a work in progress as far as that goes," Head Coach Ryan Pahl said. Mark Olson is the assistant coach for the Titans. The next meet on April 10 at Barnesville was cancelled because of inclement weather. The third meet is April 19 in Bagley.

The Titan Track Team has 36 athletes from 7th to 12th grade and only one athlete has any kind of track and field experience. If the athletes are sponges, soak up information and continue putting in the work they have been doing, they could have a very successful season. All athletes are going to set their personal records this year.

One of this year's leaders will be Kayla Sirjord, the only athlete with track experience. She made it to sections in the 100 meter hurdles when co-oped with Hawley last year. Kayla is also a great helper with the younger athletes.

One of the team goals for the year is to get better every day, help each athlete find their niche on the team and pinpoint their events.

"Times, distances, and heights improved from day one," Pahl said. "Every athlete has come prepared to learn, gets better everyday, and they push each other to achieve their best. One of the team's assets is the willingness to try everything and work hard every day. We have a good nucleus of younger grade athletes."

As for the team to beat in conference, Pahl said, "All of them, our goal is to be the best NCE-UH Titans we can be. With it being our first year as a program and my first year in the area, it will be a fun season."

One of Pahl's favorite thing about coaching track is, "They don't have to win the event to be successful. Setting personal bests and progressing through the season is the ultimate goal. Winning is fun, but getting progressively better times, distances, and heights makes all the hard work pay off. Track and field is one of the only sports where you are not dependent on other teammates (unless you're in a relay), so if you put in the work and time



The NCE/UH Titans boys track team members are, left to right, front row-Morgan Stueness, Keian Jensen, Nicolas Knudsan, Jayden Nasgwick, Robert Leslie, Riley Ramstorf, Cole Bentley; back row-Coach Mark Olson, Kasy Lisburg, Titan Engen, Tearence Dierchko, Eric Begg, Brendan Gulseth, Peyton Moen, Dawson Thompson and Coach Ryan Pahl. Not Pictured are Isaac Hadedank, Jaden Sagedahl, Isaac Stene, Andrew Amberg and Mario Olivarez.



The NCE/UH Titans girls track team members are, left to right, front row-Alison Amberg, Amelia Gunnufson, Tianna Swanson, Trista Krueger, Michaela Halvorson, Aubrey Dobbmeyer; back row-Coach Mark Olson, Aspen Thompson, Emma Bentley, Anna Knutson, Kayla Sirjord, Morgan Crompton, Makenna Anderson, Zoe Keezer and Coach Ryan Pahl. Not Pictured are Mariah Stueness and Malynn Haverkamp.

to learn and grow, you can achieve your own goals. I love watching young athletes push their bodies, both physically and mentally, to achieve things they may have never

thought they were capable of."

Pahl said he's excited to get the season underway and watch the athletes grow in both skill and knowledge of the sport.

"There has been a lot of community support and excitement surrounding the program," Pahl said. "I know Ulen-Hitterdal has been in a co-op with Hawley for many years, but Norman County East has been without a track and field program for a long time. Many of the athletes in the program are from Norman County East, which shows that there have been many kids and families waiting for the time track and field came back to the school. The other spring sports coaches have been very helpful and accommodating since we are allowing our athletes to be dual sport athletes, meaning they can be in both softball and track or baseball and track. I'm happy to be

a part of the coaching community in the area and ready to get the meets going. Hopefully Mother Nature starts cooperating soon."

The seniors are Eric Begg, Isaac Hadedank, Isaac Stene, Jaden Sagedahl, Tearence Dierchko, Kayla Sirjord and Mariah Stueness.

The 11th-grade members are Andrew Amberg, Brendan Gulseth, Alison Amberg and Anna Knutson.

The 10th-grade members are Jayden Nasgwick, Kasy Lisburg, Mario Olivarez, Peyton Moen, Robert Leslie, Aspen Thompson and Zoe Keezer.

The 9th-grade members are Dawson Thompson, Morgan Stueness, Amelia Gunnufson, Emma Bentley, Makenna Anderson and Morgan Crompton.

The 8th-grade members are Keian Jensen, Riley Ramstorf, Titan Engen, Aubrey Dobbmeyer and

Michaela Halvorson.

The 7th-grade team members this year are Cole Bentley, Nathan Juarez, Nicolas Knudsan, Zechariah Juarez, Malynn Haverkamp, Tianna

Swanson and Trista Krueger.

"We are looking forward to a fun and exciting season," Pahl said. "Come out, enjoy and support the brand new Titan Track Team!"

Buckle's Hardware

Do it Best

Twin Valley, MN

115 Main Ave West, Twin Valley
218-584-5189 • www.buckles.doitbest.com
Monday - Saturday 8:15-6:30

Good Luck Titans Track!

Go Titans!

- Houses • Decks • Garages
 - Pole Barns • Grain Bins
 - Plumbing Supplies
 - Building Materials • Siding
- 218-596-8771

Braseth CONSTRUCTION
Ulen, MN 56585 • 218-596-8773
Cell: 701-238-3725

ULEN Building Supply