



Rebels Looking To Have A Repeat Award-Winning Season

Kelli Frosie
Sports Writer



Dilworth-Glyndon-Felton Boys Track Head Coach Mike Anderson is a familiar face in the world and field. Back for his 38th year coaching, Anderson is ready to keep his teams success going for 2018.

In the 2017 season, the DGF Rebels were Heart O'Lakes, Sub-Section 30, and Section 8A champions. The Rebels have been Sub-section 30 champion for several years and Section 8A champion the past two years.

"Our goal is to continue to be competitive at a high level of competition and try to defend these titles," stated Anderson.

That won't come without a challenge. When asked who he considers the team to be in the conference, Anderson stated the Perham Yellowjackets. "They have a good distance program and large enrollment numbers."

Captains for the 2018 season are Daniel Wilson, Steven Taves, Hunter Macziewski, Cole Montplaisir, Trevor Dufault, Eddie Santos and Noah McDonald.

Seniors and juniors will be found representing the Rebels in the throws, pole vault, and middle distance. In the other events, there is a youth movement, and they should be very competitive.

In the upcoming season, they will strive to again be in the mix at the Heart O'Lakes conference and Section 8A championship meets.

"The Rebels have a good deal of talent, but are very young with eighth and ninth graders becoming some of top scorers, as they develop this season. There is also a mix of seniors with section and state experience that assist in being good role models and keep them anchored with a good work ethic," commented Anderson.

Award winners returning this



The Dilworth-Glyndon-Felton Rebels boys track team members are, left to right, front row-Aaron St.Claire, Chandler Grey, Chris Walz, Cade Sogge, Eddie Santos, Jeb Christiansen, Tanner Schwehr, Zackary Marschke, Hunter Fischer; middle row-Joey Kohler, Keaton Ring, Mason Ewen, Cameron Johnson, Tristen Olson, Logan Tucker, Cade Dawson, Ashton Vogel, Daniel Wilson, Peyton Schwehr; back row-Mason Kerr, Dylan Taves, Josh Finseth, Steven Taves, Jacob Ewen, Noah McDonald, Hunter Macziewski, Trevor Dufault, Ben Edeen and Brady Winter.

season are Daniel Wilson - Conference/Sub-Section/Section Champion in the 800 meters, 4 x 400 meter relay, 4 x 800 meter relay. Wilson was the state medalist in the 800 meters.

Hunter Macziewski - conference champion for discus;

Bryce Anderson - discus subsection champion;

Josh Finseth - state entrant in the 4 x 800 meters.

The following were All-Conference:

Dan Wilson, 800m and 4x400m; Hunter Macziewski, discus; Trevor Dufault, pole vault and discus; Cole Montplaisir, shot put;

In the relays - Eddis Santos, Steven Taves, Dylan Taves, Peyton Schwehr, Cade Dawson, Brady Winter, Josh Finseth;

Academic All-State: Hunter Macziewski, Cole Montplaisir, Steven Taves, Daniel Wilson, Dylan Taves, Cade Dawson.

Seniors Dan Wilson, Trevor Dufault and Eddie Santos are who Anderson looks to as his team leaders.

Wilson is multiple year state participant and medalist. Dufault has been in the program for many years, even before he was old enough to participate himself.

Anderson explained, "his older brothers were also major players in the program and Trevor grew up watching them."

Eddie is a role model and has been able to bring together others while running in all the different types of relays over the past several years.

The Rebels did lose six boys to graduation in 2017. Those six accounted for over 1,000 of the team's total points. "However, there are a talented group of underclassmen this year that matched those numbers last season," commented Anderson.

"Noah McDonald came in as

a senior, to DGF, and will help the team in the relays and sprints. Also in the sprints and jumps, sophomore Jacob Ewen will strengthen the Rebel lineup. Freshman Justin Wang and eighth grader Josh Finseth have become some of the team's best long and triple jumpers, replacing last year's seniors lost to graduation. Eighth grader Mason Kerr has also shown that he will also be a talented distance runner covering races from the 800 meters to the two mile."

Key returning players are Dan Wilson, middle distance; Trevor Dufault, thrower, Pole Vault; Cole Montplaisir, thrower; Hunter Macziewski, thrower; Steven Taves, 400 meters; Eddie Santos, sprints; Peyton Schwehr, hurdler; Bryce Anderson, thrower; Chris Walz, distance; Cade Dawson, distance; Brady Winter, sprinter; Ben Edeen, pole vault and thrower; Keaton Ring, hurdler; Bradyn Steen, distance; Josh Finseth, middle distance, long

jump and triple jump.

Assisting Coach Anderson are Tyler Hened and veteran assistant coach Tony Reno.

"Last year the Rebels were carried by section level athletes in all but one event, and that event was the result of a dropped baton. If you can score in each event, you become very difficult to beat. Events like the jumps, hurdles, 400 meters, and pole vault were events covered last year by our seniors.

"At the end of the season, limited to three individuals per event, some of the younger athletes had a challenging time making our lineup. They now have the opportunity to move up and take over those spots from those graduating seniors. Amongst this year's throwers, none were lost to graduation, so they should be solid events for the Rebels all season.

Even though much of the team is comprised of younger athletes

than what we are accustomed to, they have shown that their maturity and performances are well beyond their years," concluded Anderson.

The complete roster of the 2018 DGF Rebels are:

Seniors - Trevor Dufault, Hunter Macziewski, Noah McDonald, Cole Montplaisir, Eddie Santos, Steven Taves and Dan Wilson;

Juniors - Bryce Anderson, Joey Kohler, Peyton Schwehr, Dylan Taves and Chris Walz;

Sophomores - Cade Dawson, Ben Edeen, Jacob Ewen, Cameron Johnson, Zackary Marschke, Tristen Olson, Keaton Ring, Cade Sogge, Brady Steen, Logan Tucker, Brady Winter;

Freshmen - Jeb Christiansen, Mason Ewen, Hunter Fischer, Tanner Schwehr, Aaron St.Claire, Ashton Vogel and Justin Wang;

Eighth graders - Josh Finseth, Chandler Grey and Mason Kerr.

First Year Head Coach Safranski Looking Forward To Successful Year

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As with most teams, the captains are looked at to help lead the team. To guide the younger athletes and encourage others to join.

But for Dilworth-Glyndon-Felton Lady Rebels Head Coach Roger Safranski, he knows he can count on his captains. "My captains bring experience and great leadership qualities to the team. Some have gone to training camps over the summer and have come back with new training techniques and ideas."

Team captains for the 2018 track season are Bailey Narum, Kaylie Bried, Aleeya Verdi and Grace Steichen.

Senior Bailey Narum was All-Conference in the 800m relay and also the sub section champion in 800m relay. "Bailey Narum is a great leader and has shown that everyday in practice. She started her track career as a distance runner and has now become our top sprinters."

Kaylie Bried, senior was a subsection placer in the 200m hurdles. According to Coach Safranski, "Kaylie will be solid for us in the hurdles and also continues to help the younger ones."

Aleeya Verdi is always willing to do what is asked of her, stated Safranski. He is looking to Aleeya to fill out spots in the sprint relays and shot put.

Back in the throwing ring is Grace Steichen. "She is our seasoned discus and shot put thrower. Her goal this year is to take her game a step further this year." Last year, Grace was All-Conference in discus, subsection runner up in shot put and subsection champion in discus. "We are looking for Grace to go all the way to state this year in her field events."

Not team captains, but major leaders on the track are junior Katherine Finseth and Arianna Gerdon.

"Katherine Finseth is not a captain, but is one in the jumps according to my standards. She is one of the main cogs in our sprint relays," says Safranski. Finseth was All-Conference in the 800m relay, long jump, triple jump, subsection



The Dilworth-Glyndon-Felton Rebels girls track team members are, left to right, front row-Annie Waale, Maizey Sheeley, Grace Hawk, Kaylie Bried, Alyssa Oswald, Maddie Haugen, Casey Olson, Talya Dufault, Kelsi Wayne, Isabel Gayton; middle row-Abby Wardien, Bella Tollefson, Megan Flatt, Alison Freier, Jocelyn Cyr, Bailey Narum, Raegan Dawson, Taylor Macziewski, Emma Hellerud, Kari Wayne, Morgan Kern; back row-Gracie Arends, Ashley Taves, Maddie Pompe, Mallorie Morris, Grace Steichen, Eve Lizotte, Alyssa Landsem, Alexa Larson, Katherine Finseth, Grace Rames and Aleeya Verdi.

champion in the 800 m relay and subsection runner up in the triple jump.

Arianna Gerdon, junior, is one that Coach Safranski looks to for suggestions in the distance area. She is also a main cog in DGF's distance relays.

Major returning players from the 2017 season are

Who are the returning players senior Alyssa Landsem in the high jump;

junior Arinna Gerdon in the 4x800 and 4x400 relays;

Gracie Arends, sophomore, in the 4x800 relay and pole vault;

Alison Freier, sophomore, in the sprints and high jump;

freshmen Kjersten Nelson in the pole vault and sprints; and Tayla Dufault on the pole vault and hurdles; and

eighth graders Emma Friend in the mile and two mile; and Raegan Dawson in the 4x800 relay and two mile.

"Our outlook is very promising. Everyone is working hard and putting in the extra time needed to be successful. Girls are stepping forward to fill events that they have never done before."

Although Safranski says it's difficult to choose one team to beat

in the conference, he goes on the name a few. "Barnesville has some really good quarter milers and jumpers. They are also very young so they will be good for some time. Pelican Rapids, Frazee and Perham are also very competitive and will be hard to beat."

DGF Lady Rebels lost five players to graduation in 2017. Jena Jacobson (sprinter and pole vault), Shayley Gifford and Amber Wang (distance), Megan Weiser and Jamie Wagner (sprinters). The sprinters are going to be the hardest to replace. Coach Safranski is counting on some younger players to step forward and help out there. Besides the major section returners Baylie Narum, Kathryn Finseth, Aleeya Verdi, and Kaylie Bried, others filling in for the sprinters include: Annie Waale, Alison Freier, Ashley Taves, and Mallorie Morris. Reagan Dawson, Bella Tollefson, Emma Friend, Maizey Sheeley, Ariel McRory, Alexa Larson, and Arianna Gerdon will help fill the 800 - 3200 meter events. Kjersten Nelson, Talya Dufault, and Gracie Arends will fill in nicely for the pole vault.

Even though Safranski is in his first year in the head coaching position, the team goals don't seem to change. "Our team goals are

to improve every meet so we can get ourselves into position to win the conference, sub-section, and section."

"Being a first year head coach, I'm not one to focus on what happened last year because it's in the past and doesn't matter. Pat Rieder, the previous coach had done a tremendous job building up a very successful girl's track program. I only hope that I can continue what he has started. Filling his shoes is going to be a very difficult task," commented Safranski.

A major asset the Lady Rebels has this year is the great leadership from the older girls, according to Safranski. "When you have 37 track athletes it is very difficult to cover everything. I have told them that I wouldn't be able to do this without their involvement and help. We have a lot of younger players so they have been great helping out in the different events. The younger athletes are eager to learn and grasping the technical part of the events like sponges and improving everyday.

Safranski is in his first year as head coach, but not his first year in the role of coach. He has spent the last eight years as assistant coach for the DGF boys track team under the

guidance of Mike Anderson. "I want to thank Mike for his mentorship in many events."

Safranski is assisted this year by veteran coaches Barb Roelofs and Tony Reno. "My job is made easier by having great assistants and a great group of girls to work with including my managers who are fantastic," boasted Safranski.

Completing the line up for the 2018 Lady Rebels Track team are:

Seniors - Kaylie Bried, Mercedes Dennis, Alyssa Landsem, Mallory Morris, Baylie Narum, Grace Steiche, Aleeya Verdi, Kari Wayne and Kelsi Wayne;

Juniors - Ally Critchley, Jocelyn

Cyr, Katherine Finseth, Ariana Gerdon, Paige Gifford, Eve Lizotte, and Ariel McRory;

Sophomores - Gracie Arends, Madison Berggren, Alison Freier, Madison Haugen and Grace Rames;

Freshmen - Tayla Dufault, Megan Flatt, Isabelle Gaytan, Grace Hawk, Morgan Kern, Alexa Larson, Mikah Lizotte, Skylar McRory, Kiersten Nelson, Casey Olson, Madalyn Pompe, Maizey Sheeley, Isabella Tollefson, Annie Waale and Abby Wardien;

Eighth graders - Raegan Dawson, Emma Friend, Emma Hellerud, Taylor Macziewski, Alyssa Oswald and Ashley Taves.



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