

# Raiders Hoping To Be Contenders In PTP Conference

Lynae Schenck  
Sports Writer



The Lake Park-Audubon Raiders have Katy VanHavermaet back for her fourth year of coaching the varsity volleyball team. She will be assisted by Raina Asking, the junior varsity coach and varsity assistant. Also coaching is McKenzie Oistad for the C-team and varsity assistant. Junior high coaches are Melany Wynn and Sammi Sapa.

There are three seniors lost from last year's team: Rachel Grande as an outside attacker, Alexis Briard as the libero and Maria Miosek as the right side attacker. Last year the Raiders' overall record was 5-17. Their Pine-To-Prairie conference standing was sixth out of 12 teams. The team received the Gold Division Team Academic Award with a 3.75 GPA or higher.

Returning players for the Raiders are senior Charlie Ecker, 5'8" middle hitter, senior Kailee Lefebvre, 5'9" outside hitter, and senior Grace Bowers, 5'5" defensive specialist.

Juniors returning are Kay Pederson, 5'6" setter, and Etta Miosek, 5'11" middle hitter. Miosek was given the Pine-To-Prairie Honorable Mention award last season.

VanHavermaet sees sophomore Mia Gehrig, senior Ashley Johnson and Lefebvre all competing for an outside position. She sees freshman Maddie Thompson filling the



The Lake Park-Audubon Raiders volleyball team members are, left to right, front row-Charlie Ecker, Kailee Lefebvre, Etta Miosek, Lindsey Knutson, Ashley Johnson, Mia Gehrig; back row-Jayda Swegarden, Grace Bowers, Kelsey Thompson, Maddie Thompson, Sydney Porter and Kay Pederson.

libero position, and seniors Jayda Swegarden and Lindsey Knutson challenging each other for the right side position.

VanHavermaet sees the team leaders this season to be Pederson providing consistency and control. Lefebvre and Ashley Johnson will provide vocal leadership and encouragement. Maddie Thompson will share her energy and enthusiasm.

"We have a strong defensive team this year with many quick defensive players and blockers," says VanHavermaet. "I see us rallying with many teams and improving on our offensive attack to help us come on top of more rallies."

The team hopes to finish in the top half of the PTP conference again.

They would like to enter tournament play with a higher seed. The team's best assets this season are defense and passing.

As far as the PTP conference goes, VanHavermaet sees Fosston and Ada-Borup as the teams to beat. Ada-Borup always has a competitive program with strong athletes.

"My favorite thing about coaching the Raiders volleyball team is interaction with the girls and teaching them both volleyball skills as well as lifelong skills they can utilize as each one grows as a person and adult," concludes VanHavermaet.

The Raiders roster this season is as follows:

0	Lindsey Knutson	
	RH 5'7	12
1	Kelsey Thompson	
	RH 5'3	9
2	Maddie Thompson	
	LI 5'4	9
3	Jayda Swegarden	
	RH 5'8	12
4	Charlie Ecker	
	MH 5'8	12
5	Grace Bowers	
	DS 5'5	12
6	Mia Gehrig	
	DS 5'4	11
6	Sydney Porter	
	S 5'4	11
8	Kay Pederson	
	S 5'6	11
9	Kailee Lefebvre	
	OH 5'9	12
14	Etta Miosek	
	MH 5'11	11
16	Ashley Johnson	
	OH 5'7	12

## New Coach With Team Approach Leads Lady Raiders

Kelsey Buchholz  
Sports Writer



A new coach, new assistant, new athletes, new leaders. It all is part of what the Lake Park-Audubon Lady Raider cross country team will deal with this year. However, it is always easier to deal with change when you have others by your side, like your team family.

The new coach this year is a familiar face to the LPA district but just starting out leading the Lady Raiders on their cross country journey.

Scott Eischens, activities director for LPA, is taking the head coaching role, and will be assisted by Ashley Tingelstad, also in her first year coaching the Raider harriers.

The Lady Raiders lost two girls to graduation and one more, a previous two-time state qualifier, because of a school transfer. That isn't daunting to the LPA runners at all. Coach Eischens emphasized that while cross country may seem like an individual sport, there is a strong team quality to it.

"It's about the team, not the individual. When you set a personal record or win a race, there are a lot of people who support you and push you."

But even so, team scores are calculated by individual finishes and it is always nice to have at least one runner to push the pace of the whole team. Luckily, the Lady Raiders are ready to step

into that challenge.

"We already have three girls ready to jump into those open roles and I'm super excited to see how they do," said Eischens.

LPA once again is fielding a full team and then some. There are about 11 girls out for program.

"We have good numbers," said Eischens, "There are a few upperclassmen, mostly ninth and tenth graders, and some strong seventh and eighth graders."

It may be a younger team overall, but these girls have a solid work ethic and confidence in their abilities. Each runner strives to get better every day, which fits in with the team's goal: reaching their best performance.

In stressing the point, Eischens said, "They need to continue to get better, continue to improve as a team in order to get to their highest performance level."

That may look different for each athlete but when combined as a team, the Raiders will have another strong team in the works.

Eischens noted, "I just ask them to do what you can with what you have, continue to work, grow, and get better and make others better around you. Then the results will speak for themselves."



## Raider Boys Cross Country Team Is Stepping Up The Competition

Kelsey Buchholz  
Sports Writer



"I haven't quite figured out who is going to be where. These guys are very competitive," said first-year head coach Scott Eischens on the Lake Park-Audubon Raider cross country team this year.

These boys are strong, driven, and work horses. "They get better every day," said Eischens. "They have been working hard and I believe we have a great training plan in place."

That training plan will be a critical asset as LPA has the blessing and curse to be in a tough conference and an equally difficult section. Perham is a nationally ranked team pacing the schools in the Heart O'Lakes and the section.

However, that doesn't intimidate the Raider runners, "Having them right down the road and competing against them almost weekly is significant," said Eischens, "They have set the bar in the past and will do it again but I'm looking for our kids to meet that challenge. It is a great opportunity for our kids to have that strong competition in the backyard."

Perham's pace is a good indicator of what LPA will need to put out. And they have the runners to do so.

"We have a strong boys team," noted Eischens. "Four runners return from last year's section team."

This includes senior Bailey Johnson, who has been a familiar face leading Lake Park around the area courses.

Furthermore, there have



The Lake Park-Audubon Raiders cross country team members are, left to right, front row-Maria Schauer, Izzy Olson, Beth Schauer, Laura Schauer, Grace Schauer; middle row-Satchel McDonald, Nick Donovan, Taylor Johnson, Esben O'Connell, Seth Torgerson, Nathan Dornbusch; back row-Korey Smigelsky, Zeb Lewis, Thomas Hoffman, Tyler Bjerke and Trent Bjerke. Missing are Taytum Nelson, Gracie Johnson, Bailey Johnson, Elaina Mattson and Thea Mattson.

been some good off-season additions, including senior Nick Donovan. Even though he is new to the team, Eischens identified Donovan as a strong runner and also a strong leader. He is fitting right in with the rest of the Raider harriers.

"We are really excited about him and what he brings to the team," stated Eischens, "And we have some outstanding youth at the seventh and eighth grade levels, too."

A great thing is that there is so much talent, energy, and competition within the Lake Park-Audubon cross country squad that Coach Eischens has his work cut out for him.

"The boys team is looking really strong," said Eischens. "But I still haven't quite figured out who is going to be where. They are really competitive."

The Raiders will field a full varsity team, with quite a few runners vying for the limited spots. The will also have enough runners to round out a junior varsity and junior high team, continuing to support the foundation of the program.

Faith in their abilities and work

ethic just strengthen Eischens' belief that his team will continue to compete, even in a very tough conference, and section.

"We are getting better every day. We have a great training plan in place and been working hard," he said.

The LPA harriers will open their season at the Bois de Sioux golf course in Breckenridge and will turn around a week later to run in Detroit Lakes.



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