

UCB Mystix Kick Off New Season With New Coach, New Approach

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Laura Kuhn is in her first year as head coach of the United Clay Becker Mystix dance team. One-third of the Mystix dance team is brand new this year. Kuhn spent last year as the junior varsity coach so has some familiarity with the program and the dancers, but her familiarity with dance goes back much further.

Kuhn has been dancing since three and has studied multiple styles of dance. While at Minnesota State University Moorhead, she minored in theater dance and was on the competition dance team (pom and jazz) for the Dragons. This widespread background and immersion with the sport will be a breath of fresh air to the Mystix dance team.

UCB brings back 14 total girls to the program, and welcomes in seven new dancers. The girls will take their cues from Coach Kuhn as well as veteran dancers on the squad.

There are two seniors this year: Shayla Hendricks, and Madison Andring; four juniors: Alexis Miller, Hannah Johnson, Kinessa Deltener, and Maya Kruger; and four sophomores: Claire Keith, Hallie Hogenson, Jayden Schenck, and Reagan Sellin.

So a majority of the Mystix are very young, with the greater portion of their high school career still ahead of them.

"We do not have a lot of experience," said Kuhn. "We aren't going into our first competition expecting to win first place, but we are expecting our scores to improve each go round."

While being a young squad under a first year head coach, outsiders may automatically write off UCB as contenders, but don't be so quick to do that.

"I couldn't ask for a better group," said Kuhn. "They have a lot of heart. They have the strongest mental

intensity. They always want more; they always want to keep going and keep learning."

That will be the biggest asset for the Mystix going into this season.

Coach Kuhn is really breaking down the year for the girls to help satisfy their hunger for more. She explained that the girls have the capability to complete jumps and tricks, but need to continue to build the foundation and technique to expand on their current abilities.

"We are really focusing on technique this year, breaking down the skills so we have a strong technical base to build off of," said Kuhn.

Luckily, there are a few girls that have really taken the bull by the horns and set the pace for the rest of the dancers to follow. Captains Keith, Andring, and Miller have led the Mystix early on this season, with each taking on different roles.

Keith and Andring are coordinating much of the choreography and finding ways to highlight the teams strengths while following Coach Kuhn's goal of building and refining technique.

Miller is the "team's hype up girl," said Kuhn. "She always has a positive attitude and we appreciate the energy she brings each day."

Coach Kuhn is supportive of all her dancers and is pleased with the progress she has seen early in the season. Part of this can be attributed to the captains.

"All three of these girls work hard, show perseverance, and are really level-headed," said Kuhn. "These girls are consistent and they embody the good qualities the girls need to have in their team leaders."

Because of this, Kuhn has the belief in her team to be able to continually improve throughout the season. All of the dancers, seventh grade through seniors, will compete on the varsity level in some facet. Everyone will dance in the kick routine and most will also roll onto jazz as well.

Coach Kuhn reiterated that the goal of this year is just to create a positive experience for the Mystix dancers while improving on



The UCB Mystix dance team members are, left to right, front row-Bridgette Albrecht, Christina Stewart, Maia Langseth, Elena Keith; row two-Makena Iverson, Macey Ebersole, Sidney Gerner, Samantha Weber, Micayla Olson; row three-Claire Keith, Hallie Hogenson, Jayden Schenck, Reagan Sellin, Kinessa Deltener; row four-Alexis Miller, Maya Kruger, Madison Andring, Hannah Johnson, Shayla Hendricks and Mckenna Karsten. Not pictured are Lily Ekre and Cassidy Hoban.

technique, which will in turn raise scores during competitions. But she is most excited to just be working with these talented young athletes.

"They are just a really awesome group of girls," said Kuhn.

The Mystix saw their first action on Tuesday, November 27,

performing at the halftime of the girls basketball game. This allowed them to get out some of the jitters while prepping for their first competition

on Saturday, December 1, in Detroit Lakes. Then the Mystix quickly turn around for the HOL conference meet on December 7.

SCHEDULES

HAWLEY NUGGETS BOYS BASKETBALL

Tuesday, Dec 11	7:30PM	Frazee
Thursday, Dec 13	7:30PM	Oak Grove Lutheran
Friday, Dec 14	7:30PM	DGF
Tuesday, Dec 18	7:30PM	@Thief River Falls
Thursday, Dec 20	7:30PM	Pelican Rapids
Thursday, Dec 27	3:30PM	@Heritage Christian
Friday, Dec 28	TBD	@TBA
Tuesday, Jan 8	7:30PM	@Crookston
Friday, Jan 11	7:15PM	@Park Rapids Area
Tuesday, Jan 15	7:30PM	Perham
Friday, Jan 18	7:30PM	@Breckenridge
Thursday, Jan 24	7:30PM	@Barnesville
Tuesday, Jan 29	7:30PM	@Frazee
Friday, Feb 1	7:30PM	DGF
Thursday, Feb 7	7:30PM	@Pelican Rapids
Saturday, Feb 9	2:45PM	Warroad@Civic Center
Tuesday, Feb 12	7:30PM	East Grand Forks
Thursday, Feb 14	7:30PM	@Perham
Tuesday, Feb 19	7:30PM	@Ada-Borup
Thursday, Feb 21	7:30PM	Breckenridge
Tuesday, Feb 26	7:30PM	Barnesville
Friday, Mar 1	7:30PM	NCE/UH

GIRLS BASKETBALL

Tuesday, Dec 11	7:30PM	@Wadena-Deer Creek
Thursday, Dec 13	7:30PM	@DGF
Tuesday, Dec 18	7:30PM	@Pelican Rapids
Thursday, Dec 27	2:00PM	@Coon Rapids
Friday, Dec 28	TBD	@TBA
Tuesday, Jan 8	7:30PM	Staples Motley
Friday, Jan 11	7:30PM	@Perham
Thursday, Jan 17	7:30PM	@Breckenridge
Friday, Jan 18	7:15PM	@Fergus Falls
Tuesday, Jan 22	7:30PM	Barnesville
Friday, Jan 25	7:30PM	@Frazee
Saturday, Jan 26	7:30PM	Brand-Eville@Concordia
Thursday, Jan 31	7:30PM	DGF
Saturday, Feb 2	5:00PM	M/Waubun@Civic Ctr
Tuesday, Feb 5	7:30PM	Pelican Rapids
Thursday, Feb 7	7:30PM	Ada-Borup
Friday, Feb 8	7:30PM	@East Grand Forks
Tuesday, Feb 12	7:30PM	@Crookston
Friday, Feb 15	7:30PM	Perham
Tuesday, Feb 19	7:30PM	Breckenridge
Friday, Feb 22	7:30PM	@Barnesville

ROTHSAY TIGERS BOYS BASKETBALL

Tuesday, Dec 11	7:15PM	Parkers Prairie
Monday, Dec 17	7:15PM	Barnesville
Thursday, Dec 20	7:15PM	@Ashby
Thursday, Dec 27	2:30PM	EGF@Concordia
Friday, Dec 28	TBD	TBD@Concordia
Thursday, Jan 3	7:15PM	@Underwood
Monday, Jan 7	7:15PM	@Hancock
Thursday, Jan 10	7:15PM	Wheaton/Herman/Norcross
Saturday, Jan 12	5:30PM	@Lake Park Audubon
Tuesday, Jan 15	7:15PM	Battle Lake
Friday, Jan 18	7:15PM	Hillcrest
Monday, Jan 21	7:15PM	New York Mills
Friday, Jan 25	7:15PM	@Parkers Prairie
Tuesday, Jan 29	7:15PM	Brandon-Evansville
Friday, Feb 1	7:15PM	Ashby
Saturday, Feb 2	1:00PM	Henning@Target Center
Tuesday, Feb 5	7:15PM	@Park Christian
Friday, Feb 8	7:15PM	Underwood
Monday, Feb 11	7:15PM	Clinton-Graceville-Beardsley
Thursday, Feb 14	7:15PM	@Brandon-Evansville
Friday, Feb 15	7:15PM	@Battle Lake
Thursday, Feb 21	7:15PM	Lake Park Audubon
Friday, Feb 22	7:15PM	@Hillcrest
Tuesday, Feb 26	7:15PM	Ulen-Hitterdal

GIRLS BASKETBALL

Monday, Dec 10	7:15PM	@Bertha-Hewitt
Friday, Dec 14	7:15PM	Ashby
Tuesday, Dec 18	7:15PM	Underwood
Thursday, Dec 27	12:45PM	Crookston@Concordia
Friday, Dec 28	TBD	TBD@Concordia
Thursday, Jan 3	7:15PM	Hancock
Friday, Jan 4	7:30PM	@C-G-B
Tuesday, Jan 8	7:15PM	Battle Lake
Friday, Jan 11	7:15PM	@Hillcrest
Saturday, Jan 12	4:00PM	@Lake Park Audubon
Monday, Jan 14	7:15PM	Ulen-Hitterdal
Thursday, Jan 17	7:15PM	Parkers Prairie
Tuesday, Jan 22	7:15PM	Brandon-Evansville
Thursday, Jan 24	7:15PM	@Ashby
Tuesday, Jan 29	7:15PM	@Waubun
Thursday, Jan 31	7:15PM	@Underwood
Monday, Feb 4	7:15PM	@Hancock
Thursday, Feb 7	7:15PM	@Battle Lake
Tuesday, Feb 12	7:15PM	Park Christian
Friday, Feb 15	7:15PM	Hillcrest
Friday, Feb 22	7:15PM	@New York Mills

LAKE PARK-AUDUBON RAIDERS BOYS BASKETBALL

Tuesday, Dec 11	4:30PM	Dblhdr vs. Bagley
Friday, Dec 14	6:00PM	@NCE/UH
Tuesday, Dec 18	4:30PM	Dblhdr@Climax-Fisher
Friday, Dec 21	6:00PM	Ada-Borup
Tuesday, Jan 8	6:00PM	Fertile-Beltrami
Friday, Jan 11	6:00PM	@Park Christian
Saturday, Jan 12	2:30PM	Dblhdr vs. Rothsay
Monday, Jan 14	6:00PM	@DGF
Thursday, Jan 24	6:00PM	NCE/UH
Monday, Jan 28	6:00PM	@Win-E-Mac
Tuesday, Jan 29	6:00PM	@Sebeka
Tuesday, Feb 5	4:30PM	Dblhdr@Ada-Borup
Thursday, Feb 7	6:00PM	@Fosston
Friday, Feb 8	6:00PM	Ashby
Monday, Feb 11	4:30PM	Dblhdr vs. Pk Christian
Tuesday, Feb 12	5:00PM	@Hillcrest
Thursday, Feb 14	4:30PM	Dblhdr@M/Waubun
Tuesday, Feb 19	6:00PM	Menahga
Friday, Feb 22	6:00PM	Pequot Lakes

GIRLS BASKETBALL

Tuesday, Dec 11	7:30PM	Frazee
Thursday, Dec 13	7:30PM	Oak Grove
Friday, Dec 14	7:30PM	DGF
Tuesday, Dec 18	7:30PM	@Thief River Falls
Thursday, Dec 20	7:30PM	Pelican Rapids
Thursday, Dec 27	3:30PM	@Heritage Christian
Friday, Dec 28	TBD	TBD@Fergus Falls
Tuesday, Jan 8	7:30PM	@Crookston
Friday, Jan 11	7:15PM	@Park Rapids Area
Tuesday, Jan 15	7:30PM	Perham
Friday, Jan 18	7:30PM	@Breckenridge
Thursday, Jan 24	7:30PM	@Barnesville
Tuesday, Jan 29	7:30PM	@Frazee
Friday, Feb 1	7:30PM	DGF
Thursday, Feb 7	7:30PM	@Pelican Rapids
Saturday, Feb 9	2:45PM	Warroad@Civic Center
Tuesday, Feb 12	7:30PM	East Grand Forks
Thursday, Feb 14	7:30PM	@Perham
Tuesday, Feb 19	7:30PM	@Ada-Borup
Thursday, Feb 21	7:30PM	Breckenridge
Tuesday, Feb 26	7:30PM	Barnesville
Friday, Mar 1	7:30PM	NCE/UH