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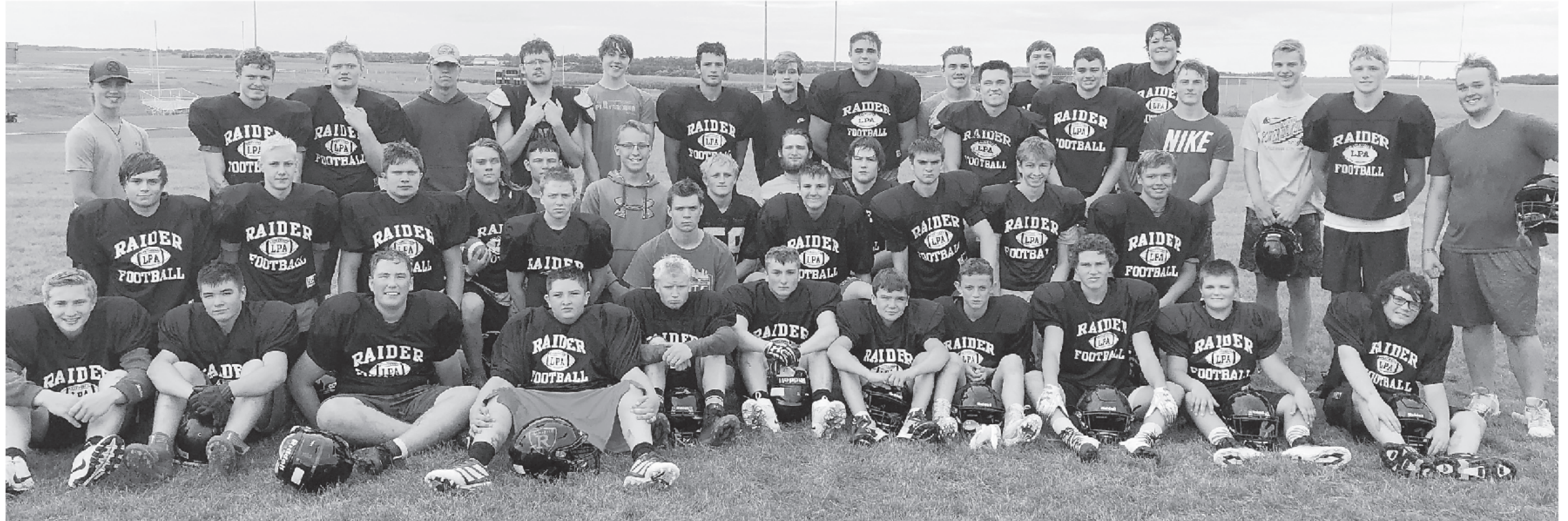
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Raiders Focus On Working As A Team This Season



The Lake Park-Audubon Raiders football team members are, left to right, front row-Marc Pederson, Brodie Chilton, Sam Bestge, Landen Gillespie, Tyler Sandland, Matthew Rabideaux, Alex Francis, Travis Wetli, Zeke Noel, Brody Braseth, Devin Arthur; middle row- Wyatt Musolf, Trent Bjerke, Jaeden Francis, Jackson Baertram, Xavier Strehlow, Kaden Beske, Hayden Groeneweg, Ty Gullard, Kamron Smith, Caleb Dyrud, Caden Ehlers, Troy Hiemenz, Riley Lefebvre, Brayden Ecker, Carston Hamre; back row-Jace Rosing, Shawn Skjold, John Jacobson, Dillon Groeneweg, Jacob Beaudine-Schlick, Caleb Noel, Justin Wetli, Zack Cole, Jaden Disse, Landon Bergren, Ben Rabideaux, Jacob Rosing, Zach Francis, Henry Jaster, Nick Rivers, Cody Wolfswinkel, Grant Briard and Michael Pederson.

Lynae Schenck
Sports Writer



The Lake Park-Audubon Raiders will have Brian Robertson back as head coach this season. This is his seventh year as a head coach and his fourth year as head coach for the Raiders. Assisting him are Connor Waselk, Eli Beachy and Quean Smith.

Last season the Raiders went 3-6 overall. They were 2-4 in their conference, and the team was named Academic All-State. They lost seven seniors from last year: Will Hannesson, Alex

Strehlow, Parker Christianson, Oskar Anderson, Justin How, Josh Rivers and Ryan Voge.

Returning starters from last year are Ben Rabideaux, RB/LB; Justin Wetli, RB/LB; Grant Briard, QB/S; Henry Jaster, OL/DL; Jaden Disse, OL/DL; and Shawn Skjold, RB/DB. Captains for this season are Ben Rabideaux, Justin Wetli and Grant Briard. Both Ben and Justin were All-Conference players last season.

"The captains and seniors will lead by example and use their experience to guide us," notes Robertson.

The Raiders want to compete with the top teams in their conference and section. They are focusing on working together.

As far as the Northwest West

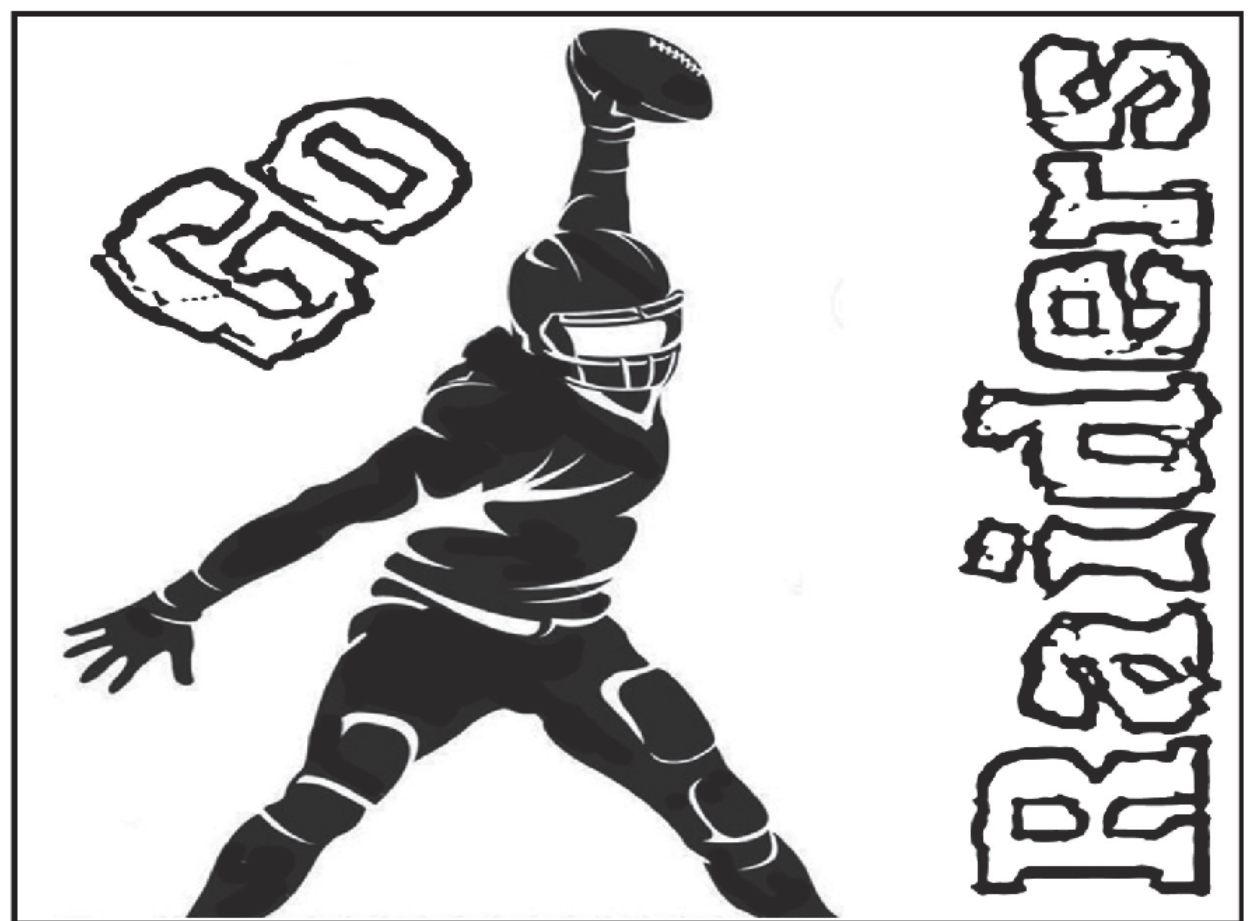
Conference, Robertson sees Mahnomen/Waubun being a tough team to beat this year. They were state champs last year.

Robertson looks forward to another year of football with the Raiders. He loves the weather, working with the players and coaches and the excitement of the Friday Night Lights.

"I have learned a lot from being head coach for the Raiders," concludes Robertson. "I really enjoy working with these kids and learning more and more as each season goes by."

The roster for the Raiders is as follows:

4	Kaden Beske	QB	9
5	Nick Rivers	RB	12
7	Zack Cole	QB	11
11	Brayden Ecker	QB	10
12	Grant Briard	QB	12
14	Cody Wolfswinkel	WR	12
15	Ty Gullard	TE	9
20	Jackson Bertram	RB	10
22	Xavier Strehlow	RB	10
25	Kamron Smith	RB	10
28	Jace Rosing	RB	12
31	Alex Francis	RB	9
32	Matt Rabideaux	RB	9
33	Travis Wetli	RB	9
35	Caleb Noel	TE	12
37	Tyler Sandland	RB	9
38	Ben Rabideaux	RB	12
41	Brody Chilton	TE	9
42	Jaeden Francis	OL	10
43	Zeke Noel	RB	9
46	Marc Pederson	TE	9
51	Caleb Dyrud	OL	10
52	Landen Gillespie	OL	9
54	Dillon Groeneweg	OL	11
55	Jacob Beaudine-Schlick	OL	12
56	Troy Hiemenz	OL	10
58	Brody Braseth	OL	9
59	Wyatt Musolf	OL	10
61	Landon Bergren	OL	11
64	Sam Bestge	OL	10
65	Jaden Disse	OL	12
66	John Jacobson	OL	11
70	Devin Arthur	OL	9
72	Tyler Jacobson	OL	9
73	Carston Hamre	OL	10
77	Henry Jaster	OL	12
79	Michael Pederson	OL	12
80	Shawn Skjold	RB	12
81	Hayden Groeneweg	TE	10
82	Zach Francis	TE	11
84	Riley Lefebvre	TE	10
85	Caden Ehlers	TE	10
86	Trent Bjerke	WR	10
87	Justin Wetli	RB	12
89	Jacob Rosing	TE	11



Chocolate Milk Can Aid In Young Athlete Recovery

Between sports practices, training, games and tournaments, teen athletes endure a lot of stress on their bodies. While some parents know real dairy milk is a nutritious option for growing kids, many don't realize that chocolate milk has nutritional benefits, too — especially when it comes to exercise recovery.

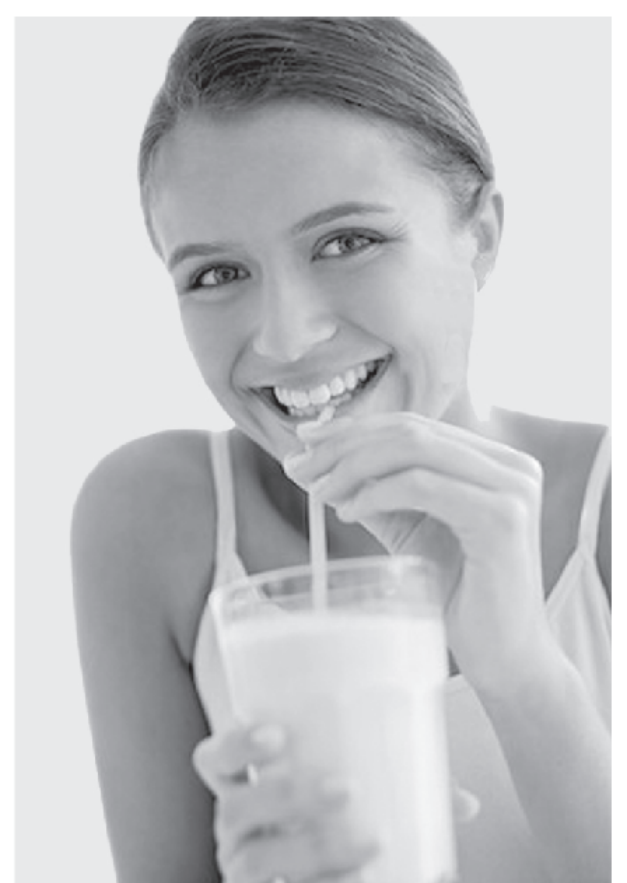
According to a first-of-its-kind study from the University of Texas at Austin, recovering with low-fat chocolate milk as part of a tough training routine could help teen athletes get stronger. The study included more than 100 high school athletes entering grades 9-12 who were enrolled in a five-week training program involving training four days a week. Some students recovered with chocolate milk and others recovered with a sports drink with the same amount of carbohydrates but no protein.

Researchers found that students who recovered with chocolate milk had greater strength gains compared to those who recovered with sports drinks. In fact, the chocolate milk group bench-pressed an average of 3.5% more at the end of the program than at the beginning, whereas teens who recovered with sports drinks actually decreased their bench-press weight by close to the same amount, around 3.2 percent. Additionally, those who recovered with chocolate

milk improved in squat strength by nearly twice as much as those who consumed sports drinks for post-workout recovery, lifting an average of 15 percent more weight (compared to about 8 percent more weight) by the program's end.

On top of high-quality protein to help build muscle, each eight ounce glass of chocolate milk has carbohydrates to help bodies refuel; fluids and electrolytes to help rehydrate; calcium, vitamin D and phosphorus to build and maintain strong bones; vitamin A to support a healthy immune system and B vitamins to help bodies convert food into energy.

Top all that off with the taste kids love, and chocolate milk is an easy way for teens to get the nutrition



they need to be their best, in athletics and beyond.

To learn more about the science supporting the benefits of chocolate milk for recovery, visit BuiltWithChocolateMilk.com. (Family Features)

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