

Raiders Want To Elevate Level Of Play

Lynae Schenck

Sports Writer



The Lake Park-Audubon Raiders volleyball team will have co-coaches this season. Tatum Hall and Jamie Nelson will be co-varsity coaches for the Raiders. Assisting them are McKenzie Oistad, junior varsity coach and Hannah Gedrose, C-squad coach.

Hall grew up playing volleyball and competed through her second year of college. "I am excited this year to coach for the first time," says Hall. "I am co-coaching with my high school volleyball coach and I love the camaraderie, the competition and the nostalgia of getting back on the court in the fall."

Returning from last season are seniors Kay Pederson, setter and right side hitter; Etta Miosek, outside hitter and Mia Gehrig, defensive specialist. Sophomores are Maddie Thompson, outside hitter and defensive specialist, and Kelsey Thompson, setter and right side hitter. Team captains for this season are Kay and Etta. "We have nine seniors and they set the tone at practice for all of us," says Hall. "They are positive and challenge themselves and this creates a great learning environment in the gym for all of our teams."

The varsity players are working hard to excel in their roles on the team. The experienced play on the court from returning players is supported by the encouragement and



The Lake Park-Audubon Raiders volleyball team members are, left to right, front row-Hailey Miletto, Victoria Sheikh, Madison Thompson, Kelsey Thompson, Emily Thompson, Mia Gehrig; back row-Morgan Nelson, Alexis Leininger, Jenna Gehrig, Etta Miosek, Emma Pederson, Kay Pederson, and Sydney Porter.

positive tone from the bench and utility players. The team has a few goals this season:

- Be the scrappiest team in the Pine-To-Prairie Conference
- Challenge themselves and elevate their game at every practice
- Be disruptive servers
- Always communicate as a team
- Not getting beat on tips

Although the Raiders are preparing to win more games this year, they are focused on improving all of their fundamental skills, elevating their level of play and allowing the winning to take care of itself.

Since Hall is in her first year of coaching, she is not aware of who the team to beat this year may be. She does recognize that Ada-Borup historically has had a strong program and they were able to advance to the MSHSL State Tourney last year. Right now she is more focused on the Raider's side of the court. Hall is expecting the same of herself as her team. She wants to challenge them and herself throughout the season. She wants the team to get better while she strives to be a better coach.

"The players are willing to challenge themselves every day

at practice and they are supported in these efforts by very positive, encouraging teammates," concludes Hall.

The roster for the Raiders is as follows:

0	Alexis Leininger	MH	12
1	Kelsey Thompson	RH	10
2	Madison Thompson	MH	10
4	Victoria Sheikh	DS	12
6	Sydney Porter	DS	12
7	Jenna Gehrig	OH	11
8	Kay Pederson	S	12
10	Mia Gehrig	DS	12
12	Hailey Miletto	DS	12
14	Etta Miosek	OH	12
15	Emma Pederson	OH	12
16	Emily Thompson	DS	12

LPA Lady Raiders Continue With Success

Kelsey Buchholz

Sports Writer



4: Returning Lady Raiders to the cross country team
3: Different head coaches in the last three years
2: Captains looking to lead their team to more improvements
1: Season that is underway and sure to be exciting
GO

The Lake Park-Audubon Lady Raiders have been on a slow, steady climb over the past few years despite turnover at the coaching position. The program itself has grown as has the success it has seen. With a young season that started mid-August, and the first competition happening before the calendar turns over to September, the Lady Raiders are ready to hit the ground running.

Sammi Sapa is taking the reigns as head coach this season. Sapa has invested herself into this program and is looking to make it and the individual athletes stronger, better, and more confident in their skills on

and off the courses. "I want to help my runners achieve their own personal goals," stated Sapa. But she doesn't stop there. "I'd love to have some state participation again this year."

Last year Taytum Nelson qualified for the state meet as an eighth grader. Nelson finished 72nd out of 175 harriers from across Minnesota. Nelson ran the 5k race in 20:15.8, less than three minutes off the medalist's pace and just 15 seconds shy of breaking into the top 50. Nelson is going into this year, hungry to qualify again and hopeful to bring some teammates with her. "Taytum has put a lot of time into her summer training," said Sapa. "She is very motivated to do well and is great at supporting her teammates."

Another leader on the team this year is sophomore Beth Schauer. She has been an integral part of the team for a few years and has grown into her leadership role.

Sapa noted that Schauer is "one of the hardest workers you will ever meet. She always has a positive attitude and a smile on her face. But don't let the smile fool you; she's a competitor!"

Serving as captain for the Lady

Raiders is junior Grace Schauer. The Schauer sisters bring years of experience and leadership to the LPA harrier program, along with freshman Taytum Nelson. The other returner expected to be at the front of the pack is sophomore Gracie Johnson.

And for as much as it is an individual sport, it is a team sport as well. It is always easier to run with someone than by yourself. These girls, while continuing to individually improve, push and encourage each other to be better every practice, every day. This collaboration is contagious and, when paired with the energy Coach Sapa is bringing, don't be surprised in the Lady Raiders make some waves this season.

LPA does sit in a tough conference, Pine to Prairie, and a tough section with teams like the Perham Yellowjackets, perennial state qualifiers and championship contenders, consistently in their mix. But the Lady Raiders are ready to rise to the challenge and are excited about seeing good competition all season.

"I am excited. It is my first year as a head coach," said Sapa, "and I look forward to working with these runners!"

The start of the season will come soon enough as the Lake Park-Audubon Lady Raiders start their season in Breckenridge on August 29 and then go to Detroit Lakes the next week.

Sapa will be assisted by Annie Minske.

BOYS & GIRLS CROSS COUNTRY ROSTER

Alder, David 10
Bjerke, Teigan 7
Bjerke, Tyler 12
DeBlieck, Paul 12
Dornbusch, Nathan 9
Eiter, Tripp 7
Frohman, Lily 10
Gillespie, Mayson 11
Hoffman, Thomas 11
Johnson, Gracie 10
Johnson, Keela 7
Johnson, Kody 7
Johnson, Taylor 9
Lewis, Zeb 11
Mattson, Laney 8
Minske, Carter 9
Nelson, Taytum 9
O'Connell, Esben 9
Olson, Izzy 10
Schauer, Beth 10
Schauer, Grace 11
Schauer, Laura 8
Schauer, Taylor 7
Smigelsky, Corey 11
Torgerson, Seth 9

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Raiders Show Youth And Experience

Kelsey Buchholz

Sports Writer



In addition to Bjerke and Lewis, other returners to the Lake Park-Audubon harriers include juniors Corey Smigelsky and Tomas Hoffman and freshmen Taylor Johnson and Seth Torgerson.

Sapa and the Raider crew are looking forward to an exciting season. She's been impressed the most by the collaborative, team-first effort the cross country runners have shown early on. The main drive is to continue to set personal records and reach goals, but do so in a way that helps the whole team, focusing on positivity and encouragement.

That will be beneficial considering the onslaught of new athletes they have on their squad this year. There is a good mix of veteran and novice experience as well as high school and junior high ages. But it isn't just the juniors and seniors that are setting the pace.

Freshman Taylor Johnson has been notable in the beginning stages of the cross country season. "He gives 100 percent in everything he does," Sapa said. "He is young, but already a great leader."

Having a freshman who naturally steps up and gives his best is a huge asset to the Raiders as half their squad are freshmen or younger. It makes that work ethic accessible and immediate. Coupling that with what the juniors and seniors have put out already makes Lake Park-Audubon tough competition.

While they may be a dark horse in a very competitive section as well as the Pine to Prairie Conference, they have the right work ethic, a strong energy from both athletes and coaches, and a belief that anything is possible. LPA kicks off their season on Thursday, August 29 at Breckenridge and then rolls around to Detroit Lakes the following week.



The Lake Park-Audubon Raiders cross country team members are, left to right, front row-Laney Mattson, Taylor Schauer, Kody Johnson, Taylor Johnson; middle row-Teigan Bjerke, Izzy Olson, Taytum Nelson, Gracie Johnson, Beth Schauer, Grace Schauer, Laura Schauer, Nathan Dornbusch; back row-Mayson Gillespie, Corey Smigelsky, David Adler, Paul DeBlieck, Zeb Lewis, Tyler Bjerke, Carter Minske, Esben O'Connell and Seth Torgerson.

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