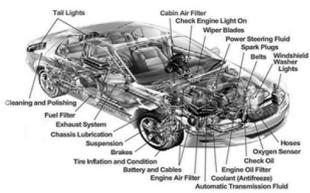


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# UC-B Badgers Optimistic For Successful Track Season

**Kelli Froslie**  
Sports Writer



2020 was a year like no other. School went to distance learning. Stores and restaurants were closed. Proms were cancelled. Graduation ceremonies were held but with many restrictions. And with all that, spring sports were called off.

"It was hard to have no track season. The kids look forward to getting out and showing off their talents," said United Clay Becker's Head Boys Track Coach Peder Naatz. "But these boys are tough and 2021 can be used as a rebuilding year."

Naatz is a familiar face in the coaching game. He is the head coach of the Hawley Nuggets football team and is back for his 26th year leading the boys in track and field.

Naatz is excited about his numbers of male athletes this year. "We are looking for a large number of kids to join us this season," commented Naatz. "Hopefully we can build up a couple of strong relays as the season progresses. We will have to spend a lot of time evaluating our kids to see where they will fit best and have the most successful season."

The biggest asset for the Badger boys? Large number of participants and distance events according to Coach Naatz.

Returning starters to the Badger team are Zeb Lewis, Garrett Cossette, Cole Sunde, Shane Todd, John Jacobson and Mayson Gillespie.

"After a full season away and no contact with our team, we hope to have many good surprises and new faces. These fine young men will help us lead their teammates to a successful season," stated Naatz.

"Track and field is a number game. You need a lot of kids to have a successful team. I look to see a lot of new faces and look forward to the beginning of the season. It may take a while to get everyone situated where they belong but with strong numbers, we hope to fill our events."

Boys on the Badger roster include Seniors - Ethan Kenney, Samuel Stingen, Shane Todd, Zeb Lewis, Garrett Cossette, John Jacobson and Mayson Gillespie;

Juniors - Brett Daggett, Dylan Klages and Xavier Strehlow;

Sophomores - Eli Baasch,

Braxton Boe, William Gunning, Tyler Hogenon, Ian Kronbeck, Bradley Olson, Steven Sellin, Derek Tibbetts, John Vetter, Taylor Johnson, Seth Torgerson, Karsyn Peterson and Esben O'Connell;

Freshmen - Alex Paulson, Tyler Jacobson and Chazz Ulschmid.

Assisting Naatz this year are Sammi Sapa, Aaron Haugen, Kailee Strand and Cody Stevenson.

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Heading up the United Clay Becker Girls Track team is veteran coach Jon Hinrichs.

Back for his 16th year in coaching, Hinrichs is looking forward getting back out on the track.

Helping out on the girls team are assistant coaches Sammi Sapa and Cody Stevenson who are also helping out the Badger boys team.

Team captains for the Badgers are Maria Vetter and Caroline Grande.

Helping out the captains in the leadership roles are Lily Peterson, Faith Rustad, Kira Thompson and Anna Steer. "All these ladies bring great leadership and work ethic to the track. They possess a great deal of athletic skills," commented Hinrichs.

Normalcy. That is a main goal that Hinrichs is looking for his Badgers team. "We hope to have a season with some feel or normalcy. Last year the athletes had no season. We hope to try to a normal season." The team's asset for the 2021 season is the mid-distance and distance events. "We have some great numbers and some quality athletes."

Girls on the UC-B Badger roster are:

Seniors - Maria Vetter, Caroline Grande and Kate Pickett;

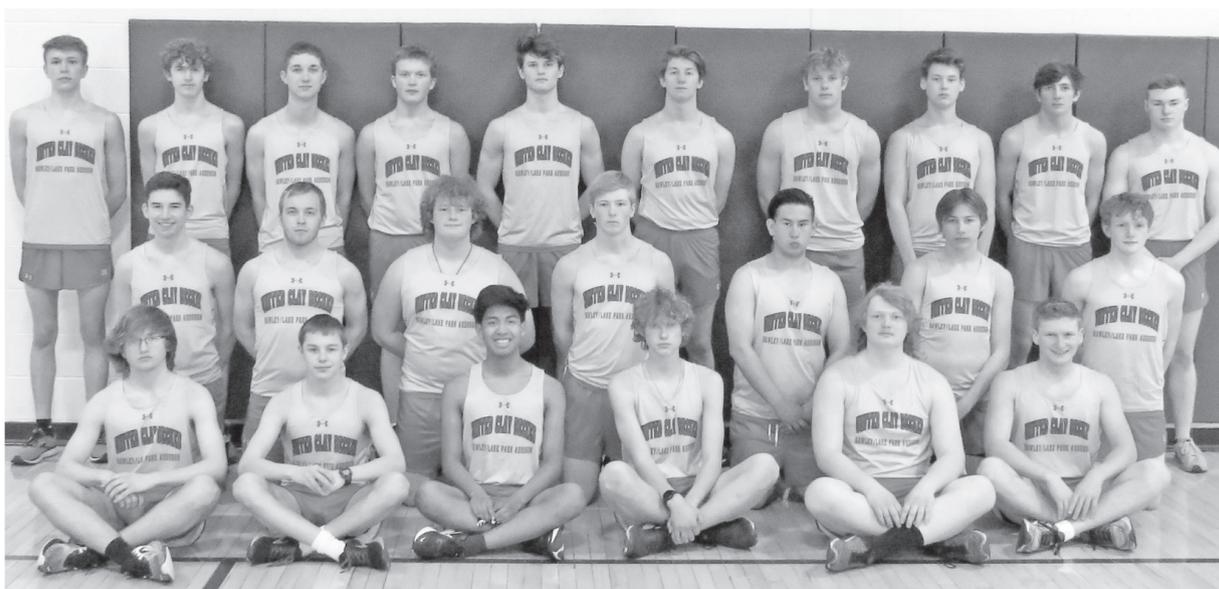
Juniors - Lily Peterson, Faith Rustad, Kira Thompson, Lilly Ekre, Lilly Frohman and Graci Johnson;

Sophomores - Chelsie Isaman, Bree Nelson, Destiny Salinas, Anna Steer, Marissa Ahles, Jada Carlson, Katelyn Kleven, Isabella Briard and Janset Ozdemir;

Freshmen - Sierra Blakeway, Maia Langseth Piper Myran, Josieann Teske, Lily Thompson, Bridgette Albrecht, Leah Tibbetts, Erin Schauer and Cassidy Hoban;

Eighth grade - Laura Burkel, Dru Dauner, Katherine Geeslin, Macy Jelinek, Avery Looek, Lily Olson, Ingrid Rustad, Addison Strawsell and Elsa Stingen.

"With a year of no track and late start this year, we are eager to begin this season," concluded Hinrichs.



The UCB boys track team members are, left to right, front row-Karsyn Peterson, Taylor Johnson, Steven Sellin, Seth Torgerson, John Jacobson, Zeb Lewis; middle row-Ian Kronbeck, Garrett Cossette, Tyler Jacobson, Esben O'Connell, Ethen Kenny, Elijah Baasch, Samuel Stigen; back row-Tyler Hogenon, Chazz Ulschmid, Dylan Klages, Braxton Boe, Derek Tibbetts, William Lavine-Gunning, John Vetter, Brett Daggett, Bradley Olson and Shane Todd.



The UCB girls track team members are, left to right, front row-Piper Myran, Bridgette Albrecht, Cassidy Hoban, Josieann Teske, Lily Ekre, Pernilla Peterson, Katelyn Kleven; middle row-Sierra Blakeway, Destiny Flaten, Lily Thompson, Maia Langseth, Erin Schauer, Kira Thompson, Bree Nelson, Lilly Frohman, Gracie Johnson; back row-Faith Rustad, Anna Steer, Lily Peterson, Leah Tibbetts, Maria Vetter, Marissa Ahles, Bella Briard, Chelsea Isaman, Jada Carlson and Caroline Grande.

# Sports Massage For The Student Athlete

**Tiffany Taylor**

LMT, Education  
Director

Elite Massage  
Academy



Young athletes are resilient. They put their bodies through a more and more demanding physical test to reach an ever-accelerating level of competition. What does this mean to the long-term condition of their bodies?

As a middle and high school athlete, I did not understand how the injuries I sustained would affect me long term. It was not until I went to massage therapy school and received consistent bodywork, that these injuries changed from being something to "live with" to "corrected function." There was a shoulder injury causing headaches

and a knee injury changing the way I walked and, in turn, causing low back pain.

These are symptoms most people would classify as normal aches and pains, but pain in your body is the nervous system's way of saying something is wrong.

As I began to gain a better understanding of how the body works, it took me back to my competitive days. Watching my classmates also struggle with injuries and four football players on crutches from non-contact injuries, something had to be missing. This is where sports massage helps bridge a gap.

Although massage has been around for thousands of years, including the first Olympics, it has only been the last 35 years or so that our modern health care system recognizes the scientific and therapeutic benefits. It is no

longer just a luxury. Sports massage specifically targets performance improvement and injury prevention and rehabilitation.

### Performance Improvement

Sports massage can increase blood flow to the muscles as well as help process the metabolic waste more effectively. This allows in a more efficient recovery and better cell nutrition to feed the tissue. Massage also affects the central nervous system to help decrease and calm muscle tension or stimulate specific muscle groups. When the body can operate with better function, the opportunity to train longer, harder, and more often can safely be achieved.

### Injury Prevention

The best way to heal an injury is to prevent it! Problematic areas can be addressed before it becomes

a full-blown injury. When the recovery process is accelerated, a fatigued muscle will bounce back faster instead of being stressed again leading to dysfunction. Many times, these injuries come from repetitive use and began causing chronic pain.

### Injury Rehabilitation

Unfortunately, some injuries cannot be prevented. Adjustments to the massage techniques can be applied throughout the different stages of healing. Helping the tissue heal in a more functional pattern can prevent some of the long-term effects that a student athlete starts to feel as they age.

How different would our adult bodies feel if we took the time to help our student athlete body heal? How much pain is unnecessary and preventable by consistent treatments? As education continues

to spread, we as therapists hope to improve and people to enjoy a pain-free life.



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