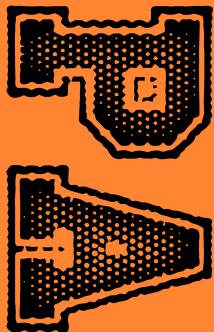


Panther Post

HOME OF THE PARK RAPIDS PANTHERS

2014
FALL



A Honor Roll

GPA 3.665 to 4.000

Grade 9: Zachary Behrens, Matthew Benson, Matthew Bruce, Kortne Byer, Kennedy Carlson, Shania Farlee, Tori Hilmanowski, Zachary Hocking, Alexandra Kirlin, Emily Kjenaas, Luke Kosel, Jaiden McCollum, Kevin Rugroden, Casimir Simonson, James Utke, Peter Vanbatavia, Olivia Wallace

Grade 10: Isabel Bagstad, Jack Bateman, Jordan Berndt, Nolan Booge, Chase Brand, Jiali Chen, Samuel Eystad, Olivia Fischer, Taylor Harvey, Adam Herberg, Drew Hilmanowski, Cole Hoscheid, Logan Johnson, Per Jorgenson, Lydia Kantonen, Rachel Konshak, Gunnar Larson, Haley MacPherson, Madison Malzahn, Tiarra May, Sarah Merfeld, Ellery Overmyer, Cole Rossman, Myah Schultz, Julia Smith, Trinah Szafranski, Allyson Vaudrin, Katelynn Wärmbold, Mackenzy Wärne

Grade 11: Caitlin Brumbaugh, Connor Byer, Kellsey Clark, Matthew Delahunt, Alyza Edevold, David Frorath, Madison Griffith, Sarah Harshman, Kylie Higgins, Alissa Holmer, Brynna Johnson, Jada Johnson, Maya Johnson, Riley Kimball, Isaac Kosel, Dana McDonald, Marcus McKeever, Macy Miller, Abby Mueller, Megan Olson, Tayah Otterness, Scott Petersen, Andre Schaum, Noah Schulz, Isabela Simonson, Emily Steffen, Carly Waggoner, Laura Walker, Tonya Yllyntemi

Grade 12: Kendra Anderson, Benjamin Baumgartner, Jonathan Burlingame, Alyssa Capistrant, Jeffrey Dickinson, Nicole Eischens, Emily Eystad, Lindsey Girtz, Megan Grimes, Jamie Haggard, Krystal Janshen, Brandon Johnson, Hope Johnson, Lewis Johnson, Jackson Kimball, Sarena Kinkel, Abbey Kiser, Morgan Knott, Danielle Lockrem, Nicolas Lopez, Riley Massie, Jordan McCollum, Jessie O'Hern, Isaac Overmyer, Lauren Rossman, Kylee Roy, Belinda Schmid, Jena Stewart, Brya Wolff.

B Honor Roll

GPA 3.000 to 3.664

Grade 9: Jacob Berg, Evan Booge, Victoria Campbell, Krista Carpenter, Anna Crist, Rebekkah Cunningham, Hannah DeWinter, Milena Goble, Andrew Gottz, Elizabeth Hensel, Blake Higgins, Taylor Hilmanowski, Alexas Hinkley-Smith, Samuel Huot, Bryce James, Austin Jerger, Tara Johanning, Grace Kiser, Tanner Lewis, Olivia McDonald, Carter Novak, Samantha Olson, William Pickar, Amber Schroeder, Abygail Smith, Caitlin Tolleson, Amelia Tusler

Grade 10: Elizabeth Bratt, Kayla Branstrom, Riley Cannon, Kaleb Carlson, Lydia Christensen, Jack Christensen, Emily Dean, Jacob Dickinson, Justin Draais, Kailee Ellenson, Jacob Grus, Mikayla Hensel, Adam Jacobi, Brooke Jerger, Megan Jewison, Isaac Johnson, Mikayla Koski, Zachary Nelson, Rachel Palmer, Presley Anne Partlow, Nicholas Porozinski, Travis Riddle, Diana Schultz, Connor Shaw, Wyatt Soderberg, Madison Steffel, Chelsea Swenson, Jack Walsh, Timothy Walsh, Steven Wattenhofer

Grade 11: Kayla Andersen, Andrew Baldwin, Nathaniel Barrett, Robert Bruce, Sydney Bynum, Jada Current, Mariena Dearstyne, Makayla Edwards, Jake Eischens, Paige Fritze, Remington Hagan, Damion Hanke, Mackenzie Hensel, Jordyn Hochstatter, Bailee Hoffard, Blake Huwe, Gabrielle Johnson, Ava Mart, Sabrina Nagle, Jordan Raidt, Nicole Robbins, Alexis Stevenson

Grade 12: Joseph Bannerman, Alexander Boyd, Deserae Ceminski, Zachary Hagen, Hannah Hensel, Katelyn Klein, Jaden Olson, Derek Porozinski, Jade Thelen, Nicole Walker, Michelle Wittin, Andrew Zinke

Congratulations for excelling in the classrooms & co-curricular areas!

GIRLS' Tennis

Wow! I can't believe another year has come and gone. It seems like just yesterday that we were at the middle school tennis courts at our first day of practice in the nice, warm weather. We had 15 high school girls and 1 eighth grader that participated on the Varsity and Junior Varsity level this year. The team was led by our 4 outstanding senior captains, Sarena Kinkel, Morgan Knott, Hope Johnson, and Lindsey Girtz.

It was another successful year for the Park Rapids Girls' Tennis Team, highlighted by a trip to the State Meet for sophomore Julia Smith in singles. Julia Smith lost her 1st match to the 3rd ranked player in the state. In her 2nd match, she dominated a senior from St. James; 6-0 6-0. She made it to the 2nd day and lost to a junior from Breck. Julia played well and had a great time at the State Meet and is looking forward to working hard and hopefully returning next year.

The regular season was highlighted by a 16-7 overall dual record, a 3rd place finish in the Mid-State Conference Tournament, and 2nd place at our own Park Rapids Invitational. At the Section Meet held in Fargo, the girls earned the number 3 seed and defeated East Grand Forks 6-1 in the 1st round. In the semifinal match, they played a tough 2nd ranked Pequot Lakes team in whom they lost against twice during the regular season.

The girls came out ready to play and saved their best for the end, defeating Pequot 5-2! It was an amazing victory after just recently losing to them 1-6.

In the championship match against Staples-Motley, the defending 8A Section

Champs and State participants for the last 9 years the girls ended up losing, but played hard. All season the girls worked on the mental part of the game and it showed at Sections. And while they didn't come out champions of the Section, they earned 2nd place by playing their best and giving everything they had, leaving it all on the court.

To top off a good year on the court, the girls also earned an award for academics. With a cumulative GPA of 3.75-or higher, they made the Gold Award for Academics with a cumulative GPA of 3.8! What an AMAZING accomplishment! Not only do they do well on the court, they excel in the classroom. Lindsey Girtz, Hope Johnson and Morgan Knott also earned the All-State Academic Award which goes to seniors with a cumulative GPA of 3.75 or higher!

At the end of the season, we had our banquet and the following awards were given out: Hope Johnson: (Captain, Team Spirit Award, All-State Academic, All-Conference Honorable Mention), Lindsey Girtz: (Captain, All-Conference, Coaches Award, All-State Academic), Sarena Kinkel: (Captain, All-Conference, Most Dedicated), Morgan Knott: (Captain, All-Conference Honorable Mention, All-State Academic, Most Improved), Julia Smith: (Most Valuable Player, All-Conference, State Participant), Drew Hilmanowski: (Most Improved), Haley MacPherson: (Most Improved), & Tori Hilmanowski: (Rookie of the Year).

Next year we will need some younger girls to step up, especially in doubles. We are losing 4 valuable members of our section team seniors Lindsey Girtz, Hope Johnson, Sarena Kinkel, and Morgan Knott. We will miss their leadership and incredible team spirit. Again, the goal has been set to make it to state as a team next year. Next year the team will be led by Senior Captain Kellsey Clark and Junior Captain Haley MacPherson. They know what they need to do and I have no doubt that they will put in the time and effort to be competitive in our section again next year.

Coach Brianne Morris



CROSS COUNTRY

It was another great year for Panther Cross Country. The team started the season training in 80 degree weather and finished the year at state where the weather was 30 and windy. Distance runners are tough.

After graduating seven seniors, the guys' numbers were a bit down. However, they still managed to do well and worked together to be a true team. Members of the guys' team were Isaac Overmyer, Alex Boyd, Tyler Breitweser, Jacob Bridgeman, Jack Christenson, Adam Jacobi, Will Pickar, Darien Simon, and Keegan Moses. Highlights for the team were a second place finish at Pelican Rapids and a fifth place finish at the section meet. Earning awards included: Most Valuable Runner, Captain Isaac Overmyer; Hardest Working and Most Improved, Adam Jacobi; Most Spirit, Tyler Breitweser; Rookie of the Year, Jack Christenson.

Probably the biggest highlight of the season came when Isaac Overmyer finished second at the State Meet. This is his fourth consecutive trip to state, and each year he has done even better. He had a great year winning at Milaca, earning All-Conference honors, and being Section 8A Champ. He also earned Academic All-State honors.

After returning most of last year's state team, the girls' team struggled a bit with illness and injury. However, they were able to put it together when it mattered most. Some highlights included winning at Pelican Rapids, being Mid-State Conference Champs, and taking second at Sections and advancing to State. Members of the girls' team were Nicole Eischens, Tayah Otterness, Abby Mueller, Megan Olson, Captain Madison Steffel, Ellery Overmyer, Lydia Kantonen, Alex Kirlin, Abby Eystad, Kinley Nordin, Kendra Coborn, and Whitney Steffel.

Earning awards included: Most Valuable Runner and Hardest Worker, Lydia Kantonen; Hardest Worker, Kendra Coborn; Most Improved, Whitney Steffel; Most Spirit, Nicole Eischens and Madison Steffel; Rookie of the Year, Abby Eystad. Other awards included: All-Conference, Lydia Kantonen and Megan Olson; All-Conference Honorable Mention, Kendra Coborn and Whitney Steffel; Academic All-State, Lydia Kantonen.

The girls' team earned the Gold Academic Award with a 3.99 GPA. Contributing to that included the state team of Abby Mueller, Megan Olson, Lydia Kantonen, Ellery Overmyer, Alex Kirlin, Kinley Nordin, Abby Eystad, Whitney Steffel, and Kendra Coborn. Lydia Kantonen placed third in the section and Megan Olson placed fifth to be individual state qualifiers. What that means is that if the team hadn't advanced, those runners would have been heading to state anyway.

Running in the 5th and 6th grade program were Ethan Campbell, Hannah Morgan, Haley Pickar, Peyten Sherk, Kaleb Stearns, Cara Sunram, Owen Wagner, Kyron Wohlenhaus, and Jacob Zinniel. They practiced twice a week and competed at our home meet at Headwaters Golf Course. They worked hard and did a great job.

The teams are hoping to build on this year's success. The great thing about cross country is that there is no bench; everyone gets to compete. It also helps every other activity. Looking for a fall sport? Come out for cross country and run with us next summer. Every mile counts.

Coach Kerry Johnson



FOOTBALL

What a 2014 year for Panther Football! We had our ups and downs, but in the long run the players just played the game and did not let the distractions bother them. These players played through some key injuries and adversity, but never gave up and played to the end. They were a "Band of Brothers" and had each other's back no matter what! Our schedule is very hard and difficult one. We don't have a soft spot in our schedule so we have to come and play every night. Our schedule had 4 of 8 opponents started or end the year in the top ten in either class 3A or 4A. I have high respect for this team, because they played the game with high integrity and respect. They left nothing on

 the field from the start to the end of the game. We started the play-offs at home against Roseau and won 18-12 and then played PQL in the second round. They kids played hard, but came up short. We ended the season with a 4-6 record. As coaches and players, we did not want the season to end the way it did, but every good thing has to end. I am very proud of these players. They always showed up at practice and continued to work hard. We continued to work as a staff to get these players ready to go each week.

The seniors (Ben Baumgartner, Derek Porozinski, Brandon Johnson, Jon Burlingame, Tristan Hendrickson, Zach Hagen, Jordan McCollum, Dylan Weaver, Jeff Dickinson, Zach Tretbar, & Riley Massie), worked hard and believed in each other and the system. They all helped in their own way to create a foundation for the younger classes. These young men have a promising future because of their determination and dedication.

When the season came to an end, the players voted on a few awards. The results are as follows: Mike McClelland (MVP Team) - Derek Porozinski; Gary Rehn (MVP Defense) - Derek Porozinski; Kip Gauldin Leadership - Derek Porozinski; & Most Improved - Jake Dickinson. We also had a conference meeting where the following awards were given out: Derek Porozinski was voted Heart 'O Lakes conference wide receiver MVP by the other coaches in the conference.

We saw some great numbers in our K-4 flag football program. It was lead by Bill Hodge and the varsity players. We also had a great turn out for 5/6th tackle football. It is encouraging to see numbers in these grades as it is a feeder program for varsity. Thanks to Kent Fritze and his staff for their dedicated work. We also had great numbers in our 7/8th grade football program. It is fun watching these kids develop into football players. Thanks to Matt Brandt, Nic Lembecke, Tom Ahrendt, and Bryan Hirt for their hard work and dedication in working with these players. The 9th grade team had improved every game and got better as the season went on. We had low numbers, but they came to play every night, no matter what. Thanks to JT Luther, Mike Baumgartner, Chuck Schmitz, Josh Cook, Joe Grimes, Bob Kapsner, and Clarence Davis for their continued work and dedication to Panther football. I would also like to thank Park Rapids Community Education and the Park Rapids Education and Activities Foundation for their continued support of Panther Football. Everyone's support is GREATLY appreciated!

In closing, it is nice to say that we are re-loading not rebuilding anymore. We have a great system in place with great athletes and leaders. If they choose to work hard and get better then we can accomplish anything as a "Band of Brothers". I encourage all players to step it up and do what they can to get themselves, each other and Park Rapids Athletics to the next level. I look forward to a great 2015 year, a section championship and run to the state title.

Coach Aaron Morris

GIRLS' SWIMMING

 This past season was set up with high expectations and many challenges. Our numbers were a little smaller than normal with 22 girls on our team. From day one, we challenged each girl to be better every day; and they all rose to be excellent. Leading our team this season were senior tri-captain Lauren Rossman, and junior tri-captains Paige Fritze and Carly Waggoner. In our dual meet portion of our season, our girls swam to a 7-1 record only losing to a very strong Bemidji team. During the dual meet part, many of our girls were already swimming/diving lifetime best times/score, which was encouraging going into our championship portion of the season.

Not only were we proud of our dual meet record, we are also proud of what we accomplished during our championship portion. We went on to place 3rd at the Section 8A True Team Championships, runner-up honors at the Mid-State meet, and runner-up at the Section 8A

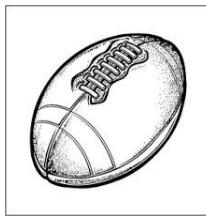
Championships. Five girls qualified for the Minnesota State Championships and place 31st as a team. Below are the participants and places:

- * 200 Medley Relay: Paige Fritze, Kayla Andersen, Tea Nyland, & Lauren Rossman - 14th (broke conference & school records)
- * Lauren Rossman: 50 Freestyle - 28th
- * Tea Nyland: 100 Butterfly - 22nd
- * Kayla Andersen: 100 Breaststroke - 10th
- * 400 Free Relay: Lauren Rossman, Tea Nyland, Alyza Edevold, & Paige Fritze - 21st

As we look back on this season, we will remember it as a turning point on where we were and where we are going. 2014 will go down in our books as another successful season.

Coach Todd Fritze

& DIVING



SUPPORT PARK RAPIDS AREA SCHOOLS

BECOME A MEMBER OF THE FOUNDATION



VOLLEYBALL

The Panther Volleyball season started mid-August, and brought 32 girls together in the gym ready to compete and play volleyball. There were three seniors returning this season to lead our program which included: outside hitter and captain: Bria Wolff, middle blocker and captain: Megan Grimes, and outside hitter: Vanessa Kangas. Senior Hannah Hensel carried out the manager duties for the varsity team this season.

Megan received honors for leading the team in kills, blocks, digs, and aces and was named our Most Valuable Player (MVP). Megan was also selected to the Mid-State All-Conference team. Bria Wolff was selected to the Mid-State All-Conference team and was named our team's Most Improved Player this year right behind Megan in kills and blocks. Kennedy Carlson, a freshman setter, broke two school records this year in set assists in a match and season. Kennedy was also chosen to the Mid-State All-Conference team and was named our Offensive Player of the Year. Jaiden McCollum was selected as an Honorable Mention All-Conference player and she was our Defensive Player of the Year and was one of the leaders on the team with digs, blocks, and serve receives.

Other team honors included: Kaisa Coborn - Best Work Ethic Award, Sarah Harshman - Winning Spirit Award, Taylor Hilmanowski - Love of the Game Award, Sydney Bynum - Bravest Player Award, Kennedy Carlson - Most Cherished Player Award, Megan Grimes - Role Model Award, Bria Wolff - Best Teammate Award, Mackenzy Warne - Team Spirit Award, Madisen Wagner - Best Effort Award, Emily Dean - Most Versatile Player Award, Jaiden McCollum - Most Coachable Award, Vanessa Kangas - Best Attitude Award, Brooke Jerger - Most Potential Award, and Kortne Byer - Best Practicer Award.

Seniors Megan Grimes and Bria Wolff were honored with a Minnesota State High School League Academic Award for maintaining a GPA of 3.80 or higher. Next year the team will return 7 players with Varsity experience who will be asked to step into the leadership roles of the graduating seniors.

The JV team put together a successful season with the main highlight of winning the home JV tournament. Sydney Bynum and Sarah Harshman led the team to a 13-6 record as captains. This is the best season record for the Junior Varsity in many years. The first goal of the team was to serve over 90% on the season. They surpassed that goal by serving 93% with 116 aces and averaged 7 aces per match in over 800 service attempts. The teams second goal was to finish a match in strong fashion. Our season record shows that was also accomplished. Receiving awards for the team were Mackenzy Warne for Most Spirited Player, Brooke Jerger for the Most Improved Player, and Mackenzy Warne again for the Hustle Award. Each one of the players, also known as "Sista's," progressed tremendously over the time they were together. Not only did they increase their knowledge of the game; but also about life lessons and character. They will no doubt contribute to a successful volleyball program in the future. A special thank you to Mikayla Hensel and Dana McDonald for helping the team as managers throughout the season.

We had a successful C team season with an 11-6 finish. This year our skill level was higher than in years past. We were able to set some great goals for ourselves as a team and individually. The athletes were interested in working as a team at a competitive level. We were able to set up more plays which was a result of the higher skill set we came into our season with. We were able to attack the ball 81% of the time. We also ended with a 90% serving average. Our Most Spirited player this year was Lizzie Hensel, our Hustle Award went to Olivia Fischer and our most Improved Players were Kortne Byer and Megan Jewison. C-Squad captains this year were Olivia Fischer, Chelsea Swenson, and Talya Smith. These 3 athletes helped lead our team to a successful season. We were also able to award honors for Ace Servers; our top ace server this year was our 8th grader Helena Skadberg. Our second best Ace Server was 7th grader Kamree Carlson. These two truly showed the opposing teams that we were great servers. We also awarded two Terminator Awards for most kills in the season. Our top attacker was our 7th grader Kamree Carlson with 67 kills. Our second best attacker was Olivia Fischer with 56 kills. All in all, this was a great team with each athlete contributing a variety of valuable skills.

The Junior High program also began in August, before the start of the school year. The seventh grade team was coached by Aarin Galzki and the 8th graders were coached by Abbi Wittner. This year 21 seventh and eighth graders participated; developing their skills and competitive spirit. Junior high is an important time to teach the basic skills and fundamentals of the game and with a lot of spirit and excitement, the players had a very rewarding season. Exciting times are ahead for this group of girls.

The 5th and 6th grade program was sponsored by Community Education and 18 girls practiced 4 days a week to increase their skills and introduce game experiences. Thanks to Sarah Luther for sharing her skills and love for the game with the younger girls.

Thank you to all the coaches and athletes who helped make this season a success for all ages! A final thank you to the Park Rapids Education and Activities Foundation for their generous donation to our program again this year. It is because of your funding that we were able to purchase uniforms for the Varsity team and new volleyballs for practice. We appreciate your support of Park Rapids Volleyball.

Coach Stephanie Hanson, Marion Goeden, & Jackie Griffin



Angel's Desk

- Strength and conditioning continues to be a big part of injury reduction amongst Panther athletes. Striving to be the best requires time on the court, mat, ice, or an arena you train on or in....if the athlete becomes injured they lose valuable training time.
- Panther in-season athletes continue to train a minimum of two times per week in the weight room and for some athletes it is becoming a necessity to lift even more. Weight training changes on a continuous basis and it is important to know that weight training can occur at any point in the athletes training schedule as long as it is implemented correctly. Lifting the day before and even the day of competition can elicit great benefits for the athlete.
- Off-season athletes have the ability to weight train every Tuesday and Thursday after school to get for their upcoming season. Consistency with training is everything and I am there to help if an athlete wants to learn how to lift.
- Strength & conditioning is an all year endeavor and there are always opportunities to lift weights and get conditioned. Summer strength and conditioning will be coming soon with a new enhanced feature to the program. It will be exciting to see how our athletes adjust to the new training program and see the positive changes.



PARK RAPIDS EDUCATION & ACTIVITIES FOUNDATION

PREAF...What does it stand for?

PREAF is an acronym that stands for Park Rapids Education & Activities Foundation. The Foundation was established in 2000, and throughout the last 14 years, the Foundation has allocated over \$435,000 to the educational, fine arts, and athletic programs in the Park Rapids Area Schools. Decisions are made by a Board of Directors, (a group of volunteer community leaders with a strong commitment to educational excellence). Allocation priorities include: art, music, and drama activities; educational and academic activities and equipment; and athletic programs. Grant requests are considered by members of the Allocation Committee within a defined set of guidelines on a case-by-case basis.

PREAF...Why does it exist?

The mission of the PREAF is to ensure the funding for strong and healthy educational, fine arts, and athletic programs of the Park Rapids Area Schools; as well as to provide a contribution structure for these and other school programs. The goals of the PREAF are to establish an annual Park Rapids Area Schools fundraising effort, to create a sustaining Park Rapids Area School District Endowment, to allow for a tax-exempt vehicle for contributions, gifts, grants, trusts, or other fundraising efforts for the school, and to minimize door-to-door fundraising for the Park Rapids Area School District.

PREAF...How does it benefit me?

All allocations are directly funded by individuals, associations, and corporation membership contributions...that is why participation is extremely crucial to our students and the Park Rapids Area Schools. In addition to your membership contribution, there are membership benefits that the PREAF provides for YOU! The PREAF provides a variety of levels of membership that will benefit you and your family's needs...season passes to athletic and fine arts performances, Panther clothing, advertising space in game programs...it's all waiting for YOU! Sustaining memberships are also available.

PREAF...Please Sign me up!

It's easy...Membership applications can be found on the school website www.parkrapids.k12.mn.us under the Activities/Athletics tab, at all Park Rapids school offices, and Citizens National Bank. Memberships can be mailed directly to PREAF at PO Box 211, Park Rapids, MN or dropped off at Citizen's National Bank. If you would like any additional information please contact Steph Carlson at 252-1597 or John Schumacher at 237-6550.

2014 PREAF FALL ALLOCATIONS:

- ♦ Kindergarten - \$300.00 - Donuts for Dads & Muffins for Moms
- ♦ HS Choir - \$1500.00 - Transportation to State Capital and Timberwolves game
- ♦ MS Student Yearbook - \$650.00 - Camera to use for yearbook
- ♦ 6th Grade Science - \$830.00 - Rockets kits
- ♦ 4th grade - \$159.76 - Transportation to Heritage Living Center for "Adopt-a-Grandparent Program"
- ♦ Boys' Basketball - \$840.00 - New basketballs
- ♦ Boys' Tennis - \$1000.00 - Transportation
- ♦ Girls' Softball - \$1500.00 - Pitching machine
- ♦ Girls' Basketball - \$706.20 - Practice tops



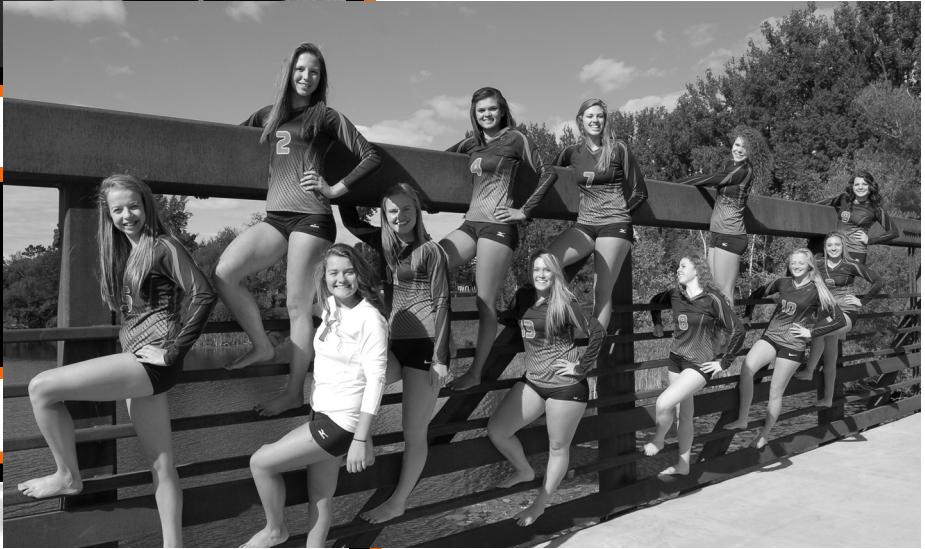
TOTAL: \$7,485.96

PREAF ALLOCATIONS



**6th Grade Science
Rocket Kits**

**Volleyball
Varsity Jerseys**



**Mrs. Ridlon's
4th grade class
Singing at Heritage**