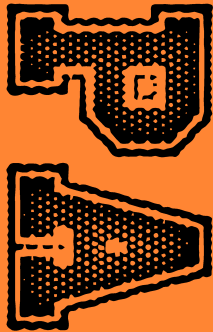


2014-15
WINTER



Panther-Post

HOME OF THE PARK RAPIDS PANTHERS

A Honor Roll GPA 3.665 to 4.000

Grade 9: Matthew Benson, Kortne Byer, Victoria Campbell, Kennedy Carlson, Shania Farlee, Blake Higgins, Tori Hilmanowski, Emily Kjenaas, Luke Kosel, Jaiden McCollum, Kevin Rugroden, Casimir Simonson, James Utke, Peter Vánkatávia, Ean Voigt, Olivia Wallace

Grade 10: Isabel Bagstad, Jack Bateman, Nolan Booge, Chase Brand, Jiali Chen, Emily Dean, Samuel Eystad, Olivia Fischer, Taylor Harvey, Mikayla Hensel, Per Jorgenson, Lydia Kantonen, Rachel Konshok, Gunnar Larsson, Haley MacPherson, Madison Malzahn, Tiarra May, Ellery Overmyer, Cole Rossman, Myah Schultz, Julia Smith, Trinah Szafanski, Katelynn Warmbold

Grade 11: Kayla Andersen, Nathaniel Barrett, Caitlin Brumbaugh, Connor Byer, Kelsey Clark, Matthew Delahunt, Alyza Edevold, David Forath, Madison Griffith, MacKenzie Hensel, Alissa Holmer, Brynna Johnson, Jada Johnson, Maya Johnson, Riley Kimball, Isaac Kosel, Dana McDonald, Marcus McKeever, Macy Miller, Abby Mueller, Tayah Otterness, Scott Petersen, Nicole Robbins, Andre Schaum, Noah Schulz, Isabela Simonson, Emily Steffen, Carly Waggoner, Laura Walker

Grade 12: Joseph Bannerman, Jonathan Burlingame, Alyssa Capistrant, Jeffrey Dickinson, Nicole Eichens, Emily Eystad, Lindsey Gritz, Megan Grimes, Jamie Haggard, Hannah Hensel, Krystal Janshen, Brandon Johnson, Hope Johnson, Lewis Johnson, Jackson Kimball, Sarena Kinkel, Abbey Kiser, Morgan Knott, Riley Massie, Jessie O'Hern, Isaac Overmyer, Lauren Rossman, Belinda Schmid, Jena Stewart, Bria Wolff

B Honor Roll GPA 3.000 to 3.664

Grade 9: Zachary Behrens, Evan Booge, Matthew Bruce, Krista Carpenter, Hannah DeWinter, Milena Goble, Bradley Graham, Jason Haas, Elizabeth Hensel, Taylor Hilmanowski, Alexas Hinkley-Smith, Zachary Hocking, Samuel Huot, Austin Jerger, Tara Johanning, Blake Johnson, Alexandra Kirlin, Olivia McDonald, Carter Novak, Samantha Olson, William-Pickar, Amber Schroeder

Grade 10: Jordan Berndt, Kayla Branstrom, Riley Cannon, Kaleb Carlson, Lydia Christensen, Jacob Dickinson, Kallee Ellenson, Sydney Ellenson, Adam Herberg, Drew Hilmanowski, Cole Hoscheid, Adam Jacobi, Brooke Jerger, Megan Jewison, Isaac Johnson, Logan Johnson, Mikayla Koski, Sarah Merfeld, Zachary Nelson, Rachel-Palmer, Nicholas-Porozinski, Derek Reichling, Travis Riddle, Diona Schultz, Erin Sharp, Connor Shaw, Wyatt Soderberg, Madison Steffel, Allyson Vaudrin, Jack Walsh, Timothy Walsh, Mackenzy Warne, Kyle Williams

Grade 11: Andrew Baldwin, Robert Bruce, Sydney Bynum, Cole Coborn, Mariena Dearstyne, Mikayla Edwards, Paige Fritze, Remington Hagan, Damien Hanke, Sarah Harshman, Kylie Higgins, Jordyn Hochstatter, Bailee Hoffard, Blake Huwe, Gabrielle Johnson, Ava Mart, Megan Olson, Jordan Raidt, Alexis Stevenson, Madisen Wagner, Tonya Yliniemi

Grade 12: Kendra Anderson, Benjamin Baumgartner, Alexander Boyd, Danielle Carnell, Deserae Ceminiski, Adrian Ferris, Zachary Hagen, Danielle Lockrem, Nicolas Lopez, Jordan McCollum, Kendra Mikesi, Jaden Olson, Derek Porozinski, Kylee Roy, Megan Sullivan, Jade Thelen, Zachary Tietbar, Nicole Walker, Dylan Weaver, Michelle Witkin, Andrew Zinke

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

GIRLS' HOCKEY

The 2014-15 season was a learning experience for the Panthers. With the loss of 10 seniors from the previous year, the Panthers knew the season would be difficult. Playing in the toughest section in the state they were able to comprise a record of 6-16-1.

The Panthers were led by senior captain, Jessie O'Hern and assistant captains Tayah Otterness and Emma Gribbin. Leading the Panthers offensively were: Lexi Hinkley Smith, Brooke Jerger, Tara Johanning, Josey Umthum, Taylor Sagen, Kalpana Bowe, Alexa Kennedy, and Paige Myhre. Playing defense for the Panthers were:



Ally Vaudrin, Serena Aletto, and Lexi King. Goaltending was shared duties by Julia Smith and Kylee Pachel. Due to short numbers, many of the players played a period at the Junior Varsity level. Rounding out the JV squad were: Olivia Ulvin, Kinley Nordin, Shaila Gorder, Sara Gorder, Casey Witkin, and Makenzie Johnson. Student managers were Abby Smith, Briana Weckworth, and Paige Poehler.

The Panthers continued to work hard and lost their Section tournament game to Crookston. They will return 20 players from this year's roster and look to improve upon this year's record.

The following awards were presented at the conclusion of the season: Most Valuable: Jessie O'Hern; Most Offensive: Lexie Hinckley Smith; Most Defensive: Tayah Otterness & Emma Gribbin; Most Dedicated: Taylor Sagen; Most Improved: Kylee Pachel; Coaches Award: Ally Vaudrin, Serena Aletto, Paige Myhre, and Alexa Kennedy; Mid-State All-Conference: Tayah Otterness, Emma Gribbin, & Lexi Hinkley Smith; Mid-State Conference Honorable Mention: Brooke Jerger, Jessie O'Hern, & Taylor Sagen; Section 8 Honorable Mention: Tayah Otterness & Emma Gribbin; and Hobey Baker Award: Jessie O'Hern.

Coach Gary Vaudrin

WRESTLING

The Panther wrestling team had one of their best seasons in the school's history. Many, many milestones were surpassed this year. Several of them would include what, Ben Baumgartner, accomplished this year. He not only broke the school's all-time win record with 167 wins, but he also surpassed the school's all-time pin record with 92 pins. Ben capped off his senior year with a 3rd place finish at the State Tournament. Justin Dravis, passed the 100 win career mark as a sophomore. Both Justin and Ben had over 30 wins on the year. Justin also placed 4th at the State Wrestling Tournament. Three other wrestlers earned births to the State Tournament. They would include a pair of 8th graders, Ashton Clark and Cody Dravis, and sophomore, Jared Sunram. None of these young athletes placed; but qualifying for the State Tournament was still a great accomplishment! The last time the Panthers qualified five wrestlers to the State Tournament was in 1970.

Twenty match winners on the Panther wrestling team would include: Ashton Clark, Jared Sunram, Cody Dravis, Zach Nelson, Zach Tretbar, and Chris Baxter. Other key



athletes on the Panther team included: Landon Burlingame, Toby Ritter, Nolan Booge, Logan Johnson, Zach Hocking, Jacob Bittmann, Logan Veo, and high school managers Kylie Higgins and Anna Crist. This group of young athletes also surpassed another school record with 18 dual meet wins and only 3 losses. With 21 returning lettermen next year, the Panthers look to make a lot of noise on the wrestling mat in the next few years.

Coach Matt Clark



DRAMA



It was another great season for the PRAHS Drama Department! After the fall production of "The Craving" a comedy by Don Zolidis at the end of October, and the winter hit "The Seussification of Romeo and Juliet" by Peter Bloedel, a whimsical reinvention of Shakespeare's tragic love story, during the first part of December, the drama season ended with the one act play "Museum" a satirical comedy by Tina Howe for the Minnesota State High School League One Act Play Competition. Park Rapids hosted the 24A Subsection One Act Play contest on Saturday, January 24th, 2015. Six schools, Laporte, Menahga, Nevis, Park Rapids, Pequot Lakes, and Verndale participated in the day's event. PRAHS' one act play took 1st place that day. Pequot Lakes' one act, "Tongues" took second place. These two schools moved on to the Section 6A One Act Play competition at Hawley High School the following Saturday. First and second place winners from four Sub-Sections in Region 6A, eight shows total, performed for the three judges on Saturday, Jan. 31st. An outstanding day of theater gave our students and the public a chance to see amazing work from talented, creative theater students in the surrounding areas! Park Rapids' "Museum" tied for third place with Hawley's play "Almost Maine." Eagle Valley received second place with "Beauty and the Beast" and Wadena Deer-Creek was the first place winner moving on to state competition in St. Paul on February 12th. Juliann Kjenaas, the theater director of the Park Rapids drama department, was very proud of each student involved with the one act. Not only did they give an outstanding performance that Saturday but they also exhibited excellent sportsmanship during the entire day of competition. What a terrific group of students to represent the school district.

Director Juliann Kjenaas



GYMNASTICS

The 2014-2015 season started in September with the kickoff of our Community Ed gymnastic classes. Offering six classes per week, based on skill level, we enrolled over 100 kids.

The team was coached by Wendi Hartig, head coach, Rebecca Buhr, assistant coach, and two new spotter coaches, Colin Dvorak and Cyrus Gust. Cyrus has been working with the Community Ed program since March of 2014. Colin trained with the Community Ed program in the fall of 2014.

There were 21 gymnasts this year; twelve returning and nine new to the team. The athletes trained hard and it showed in their rising scores and goals met throughout the season. We will be retiring three seniors this year: Lindsey Girtz, Nicole Eischens, and Kylee Roy. They will be truly missed and we wish them well in their future endeavors.

We will continue with more Community Ed classes this spring, already over 130 kids enrolled, and again in the summer. It is wonderful to watch the program continue to grow.

Coach Wendi Hartig



BOYS' SWIMMING

This year's team had printed on our weight room t-shirt, "Every day is a battle we must win." The meaning behind this was simple, when we wake up, we will have obstacles to overcome in school, swimming and diving, and sometimes in our personal life; but we must NEVER give up and quit. Don't ring "The Bell of Failure." We had high expectations for our team this season even though we knew we were young and lacked some experience. We got better every practice.



We finished the season with a winning season (4-2), a 4th place finish at the Section 5A True Team, a runner up finish at the Mid-State Conference Championship,



and moved up from last year's 6th place finish to a 4th place finish at the Section 5A Championship. At the Section 5A Championship, we achieved 96% season best times and 91% lifetime best times and qualified 2 boys in 3 events for the State Championship (Spencer Fritze-Diving and 100 Breaststroke and Matthew Benson - 500 Freestyle).

Matthew ended up 29th and Spencer was 10th in diving and 21st in the breaststroke. We were led by Captain Andrew Zinke and senior Tyler Breitwieser. Both will be missed when next year's season rolls around. We wish them great success in their pursuits and thank both of them for what they have brought to Park Rapids Swimming and Diving. Go Panthers!

Coach Todd Fritze

BOYS' HOCKEY

The Panther Boys' Varsity team ended the year with a record of 12-15. As disappointing as the won/loss record is, the boys kept a positive attitude while playing a more competitive schedule and gained valuable experience that will help in the years to come. We will miss the play next year of two of our Park Rapids seniors of Dylan Weaver and Zach Hagen (who also served as one of our captains); and thank them for their contributions to Panther Hockey over the last few years.

We will be returning a strong nucleus of players next year and are excited about the future of Panther hockey. Thank you to all the teachers, students, and fans who supported us throughout the year. We appreciate it!

Coach Pete Stahnke



& DIVING



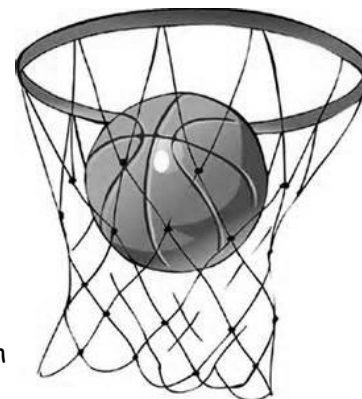
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BOYS' BASKETBALL

As the 2014-2015 boys' basketball program came to a close, there were many positive signs of growth; not only as a TEAM, but also individual skills. Currently, the boy's basketball program grades 7-12 consists of 49 students.

At the varsity level our record was 12-15, which gave us the #4 seed in the Section 8AA playoffs. The players have been working hard on the back to basics of basketball and have shown improvement in many different areas. The varsity basketball team was led by four seniors who have put in a lot of time to help teach and make our younger athletes better. The seniors include: Jordan McCollum, Derek Porozinski, Nicolas Lopez, and Riley Massie. Our scoring leaders for the year were: Jordan McCollum (18.6), Derek Porozinski (13.4), Rem Hagan (8.4), Nicolas Lopez (7.3), and Damion Hanke (5.2). The Varsity was very competitive and in every ball game. We relied a lot on our defense to transition into our offense. The kids played very hard and never gave up. Being undersized in most match ups, this group of kids worked hard for everything they achieved. There will be holes to fill with the seniors leaving and I know the underclassmen are ready to step up and accept that challenge.



The B-Squad boys' basketball team ended the season with a 10-13 record. Of our thirteen losses, six of them were by six points or less. We were a very competitive basketball team throughout the entire season. We thrived on the defensive end of the floor, only surrenduring 44.2 points per game to our opponents. Our scoring leaders for the year were: Tanner Becker (16.9), Adam Herberg (9.2), Conner Byer (7.7), and Hunter Jewison (7.5). On the rebounding side, we were led by Tanner Becker (7.8), Hunter Jewison (5.4), Conner Byer (5.3), and Jake Dickinson (4.1). Our group showed a lot of growth throughout the year, and is a very hard working group. When put together with the returning varsity players from this year, this group will help to fill some of the holes being left by our graduating seniors.



The C-Team was coached by Nic Lembcke. The record for the season was 2-18. The players by the end of the season started to understand what was being asked of them and the team started putting together whole games which contributed to their wins at the end of the season. By the end of the season, we had three 8th graders helping to complete our roster. I was happy with the way we were able to adapt to the roster changes and continue to play hard. Our effort level in games never dropped and that was a big reason that we were able to improve as much as we did. I was very proud of the growth of this team and its individual players.

The 8th grade had a positive season as well this year. The boys worked hard and were able to not only improve as a team but individually kids improved as well. With three players going up to the C-team, other players were forced to step up and the accepted the challenge and developed further with more on the court time. Overall, the 8th grade group is a great bunch of kids and have some very talented young men who will help the program continue to grow. The 8th grade was coached by Corey Hill.

Seventh grade was 3-17. The team had a lot of growth throughout the season. The boys worked hard through the season and continued to improve their fundamental skills which paid off for them at the end of the season. At the end of the season, the team won two close games which showed how we had improved and could start to close out games. This group has a lot of potential to become great ball players. The 7th grade is coached by Eric Hillesland.

Overall, the program is on its way up. With the drive and determination of the players to compete and be successful the program is moving in the right direction. With all grade levels having players that are driven will boost the intensity level next season and help up make great steps towards being very competitive.

Coach Matt Brandt

ANGEL'S DESK

- **Summer is right around the corner, which means it is time for athletes to begin a consistency in getting stronger. This is the only time I have to really push athletes hard in the weight room for them to obtain a gain.**
- **It is the athlete's responsibility to enter each sport season with a base of strength and conditioning so the coach can train their athletes on day 1 to maximal potential. This eight week program will provide each athlete the opportunity to become a better athlete by gaining strength, flexibility, endurance and NEW this year...MENTAL TOUGHNESS.**
- **Please look for the Summer Strength and Conditioning Program in your Community Education Flyer. Classes will begin June 8.**

Angelique Clark MS, ATC, CSCS
CHI St. Joseph's Health



GIRLS' BASKETBALL

The Park Rapids Girls' Basketball Varsity team ended their 2014-2015 season with a 17-10 record. The team was led by Senior Captains: Katie Klein, Bria Wolff, Hope Johnson, and Megan Grimes, along with juniors, Gabie Johnson and Madisen Wagner. Freshman Jaiden McCollum and sophomore Macky Warne also stepped up and played key roles for the team. The team was completed by juniors Carly Waggoner and Megan Olson, sophomores Ellery Overmyer, Madison Steffel, & Megan Jewison, and 8th grader Kendra Coborn.

The season began with a big conference overtime win against Crosby-Ironton. The girls gave up a 3 point loss to Pequot Lakes and battled Roseau to a 69-82 loss. A win against Sebeka paved the way for a huge win over Mid-State Conference Champs Detroit Lakes. The girls continued their winning streak by beating Wauben, Rothsay, NCE/Ulen-Hitterdal (to be the Valkyrie Christmas Tournament Champs), Perham, Wadena, with Staples ending the streak by coming out on top by 3 measly points. The season continued with a loss to Detroit Lakes, a win over Warroad, a loss to DGF, a victory over CI, a very close loss (1 point) to Pequot Lakes, a win over Nevis, a close loss to Frazee and then Staples. The girls again went on a winning streak defeating Pine River, Walker, Bagley, Wadena, with Pelican Rapids ending that streak. They finished their season with solid 85-54 win over Menahga.

The Lady Panthers ended their year 5-5 in the Mid-State Conference, and 7-6 in the North 8AA Section. For the first time in 9 years the Lady Panthers hosted a playoff game where they were once again victorious over Crosby-Ironton. The Panthers next playoff game was located at Bemidji State University where the girls played spectacularly almost defeating the #1 ranked team in the subsection.

Our top scorers for the year were Katie Klein with 472 (Katie reached her personal goal of reaching 1,000 points-she ended her career with 1,134), Gabie Johnson with 379 points, Bria Wolff 216 points, Jaiden McCollum with 201 points, Hope Johnson with 133 points, Megan Grimes with 128 points, Macky Warne and Madison Seffel each with 22 points, Megan Olson with 17 points, Carly Waggoner with 14 points, Megan Jewison with 11 points, and Ellery Overmyer and Kendra Coborn each had 8 points. These girls have made huge strides towards improving girls' basketball in Park Rapids. This program is better due to their participation, hard work, and dedication to their team. Next year we look forward to continuing the winning tradition set forth by this group of hard working girls.

Coach Tina Ridlon



2015 PREAF WINTER ALLOCATIONS:

- BASEBALL \$1000.00 FOR EQUIPMENT
- BOYS GOLF \$1000.00 FOR TRANSPORTATION
- GIRLS GOLF \$1000.00 FOR TRANSPORTATION
- SOFTBALL \$1000.00 FOR EQUIPMENT
- BOYS & GIRLS TENNIS \$1060.00 FOR TENNIS BALLS FOR BOTH PROGRAMS
- FOOTBALL \$2500.00 FOR EQUIPMENT
- BPA \$1000.00 FOR TRANSPORTATION
- ALC \$300.00 FOR TRANSPORTATION
- 2ND GRADE \$350 FOR HEALTHY FOOD CAFE



TOTAL: \$9,210.00

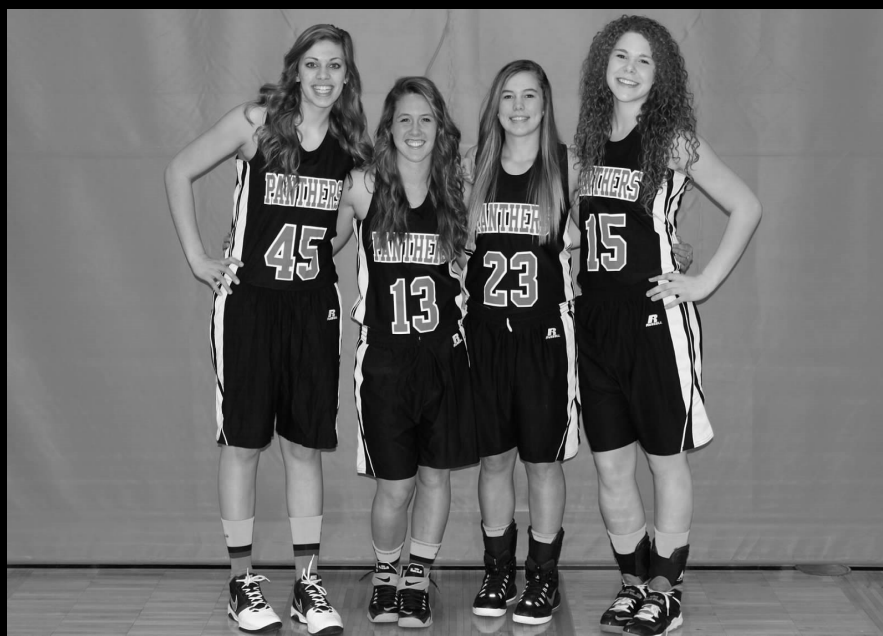


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**Girls' Basketball
Practice Tops**