VALOR 2026

ST. MICHAEL-ALBERTVILLE

ST. MICHAEL, MINNESOTA

VOLUME 29

WHAT IF WE TOLD YOU

VALOR 2026

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Walsworth

Spread designed by Madysen Coulson and Annie Robinson

St. Michael-Albertville High School
5800 Jamison Ave NE
St. Michael, Minnesota 55369
763-497-2192
www.stma.k12.mn.us/hs

Social Media
@stma_yearbook
@stma_hs

2,256 Total Students
615 Freshmen
569 Sophomores
509 Juniors
563 Seniors
5 Administrators
5 Counselors
192 Faculty and Staff

School Info
District 885
Principal John Reeves
League: Lake Conference
Classification: 6A
School Colors: Blue and Gold
Mascot: Knight

WHAT IF WE TOLD YOU

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EYE ON THE BALL

A back and forth match rallies between Edina and **Joyce Tarwo ('27)**. She remained focused and determined in order to try and come out with a win in the match. In the end, Tarwo was victorious over her opponent. *Photo by Lucy Voss.*

BOUNCING WITH ENERGY

After scoring his first ever varsity goal against Morehead, **Andrew Loecken ('27)** runs and jumps around the field in a fit of excitement. His hard work and strong skill helped him achieve one of his largest dreams. *Photo by Garett Robeck.*

Spread designed by Madysen Coulson and Annie Robinson

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ZONE OF FOCUS

Entering her second lap of the race at a home meet, **Reese Cleveland ('28)** has her focus set on trying to run well for her team and for herself. Cleveland placed 28th out of 80 girls at the STMA Invitational. *Photo by Garett Robeck.*

ONE GOAL ONLY

During the homecoming pepfest, the annual tug-of-war contest goes on between the seniors and the freshmen. Senior **Gavin Borchardt ('26)** committed to his role and within 30 seconds he was able to smack the yellow cone before the freshmen team. *Photo by Garett Robeck.*

LET US TELL YOU...

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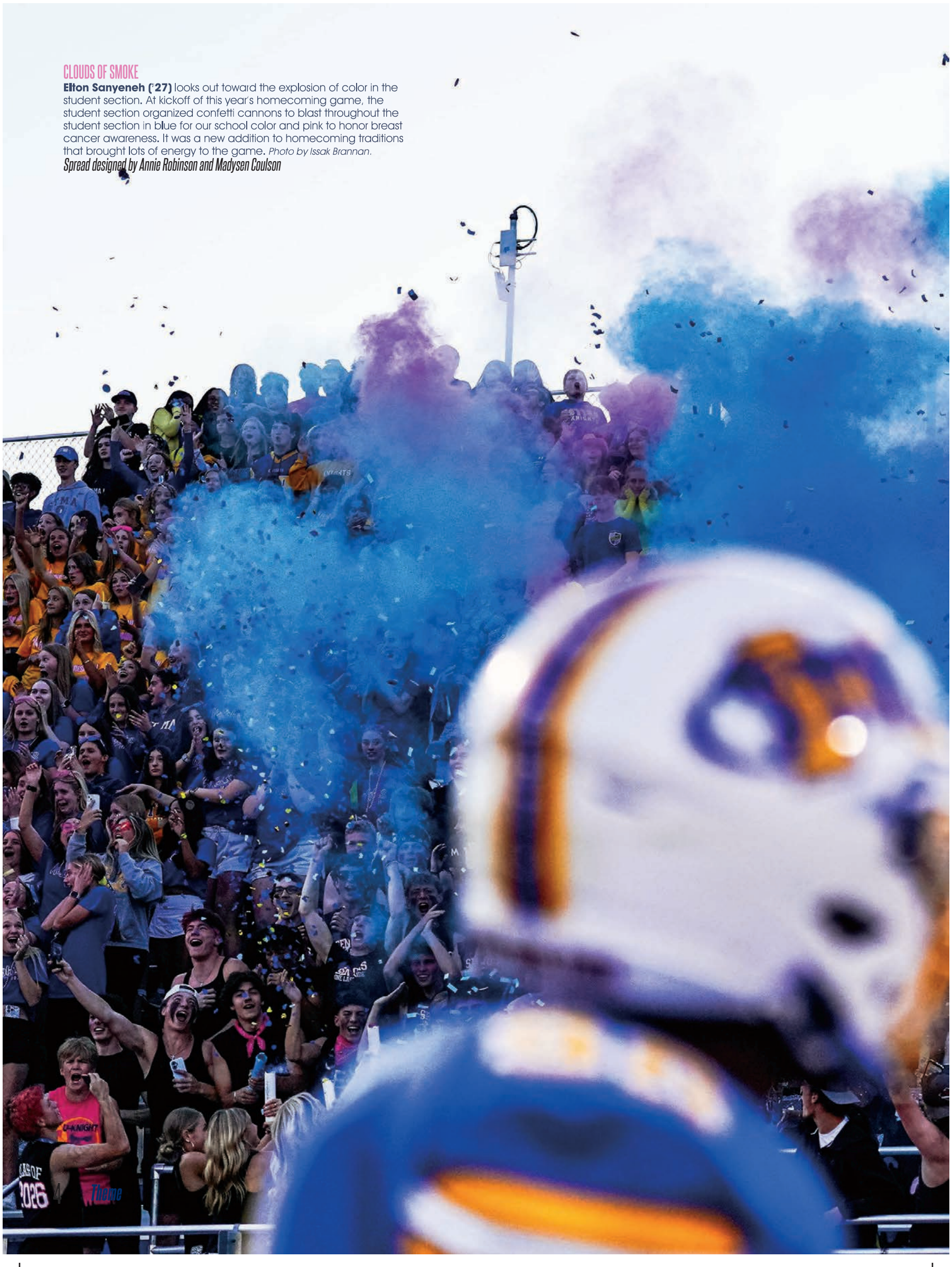
CLOUDS OF SMOKE

Elton Sanyeneh ('27) looks out toward the explosion of color in the student section. At kickoff of this year's homecoming game, the student section organized confetti cannons to blast throughout the student section in blue for our school color and pink to honor breast cancer awareness. It was a new addition to homecoming traditions that brought lots of energy to the game. *Photo by Issak Brannan.*

Spread designed by Annie Robinson and Madysen Coulson



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WE KNOW THE YEARS WILL FLY BY...

AND EVEN WHEN THE MEMORIES START TO BLUR

WE STILL HAVE STORIES TO TELL

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WHAT IF WE SHOWED YOU...

008 MARCHING BAND
010 JUNE, JULY, AUGUST TIMELINE
012 SUMMER COVERAGE
016 FISHING TEAM

PERFORMANCE PERFECTION

The Color Guard traveled to Milaca for a parade. **Jordan Lero ('27)** and **Matthew Lester ('27)** are performing one of their two performances. With a score of 79.1, this year's performances were their 2nd best overall throughout all the years. Lero (pictured right) said, "To get better at flags ,you need to practice at home, even when you're not in the mood."

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LISTENING CAN *HELP*

Advice for new members

"I always say to have fun because it shows through in our performance! Marching band can be really difficult, but it is the most rewarding thing ever!"
- Ingrit Herfel ('26)

"If I could say anything, it would be to work hard but have fun. It is a sport, so it requires work, but it's incredibly worth it and fun!"
- Katie Cooper ('29)

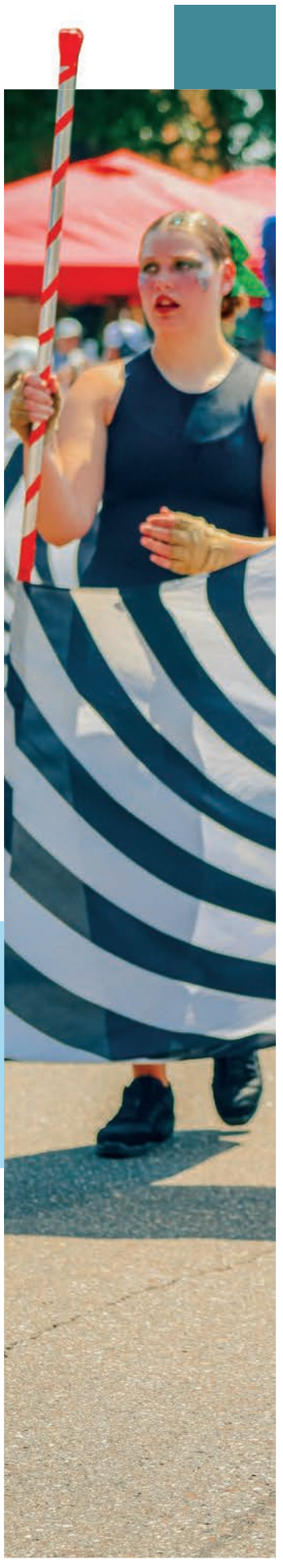
"My advice would be try and talk to everyone. The marching band is all about team and the community. Every member has their job and it makes it easier to perform when we all know each other."
- Ashlyn Lero ('26)

IT'S ALL FOR FUN

In the Monticello parade **Keira Baker ('26)** plays her snare drum named Gertude. Baker mentioned, "I love to entertain people, I really like seeing their smiles on the side of the road."

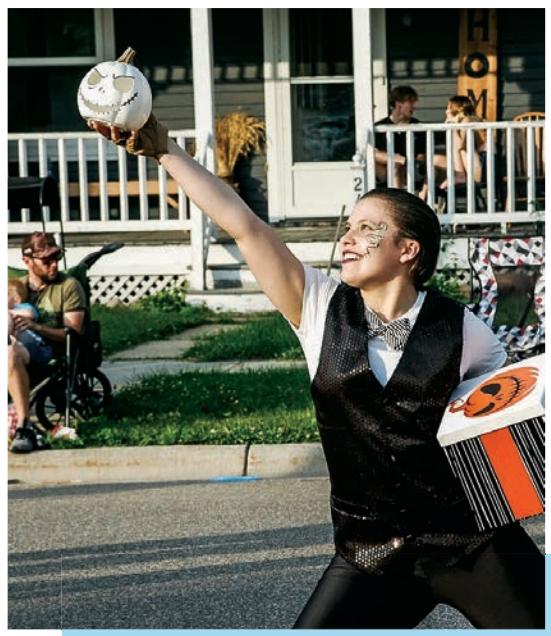
IT'S SHOW TIME

Jordyn Lero ('27) in the color guard at the Saint Michael parade Jordyn stated, "I am getting into my spot for the second part of the show."



HE'S ALL IN

In front of a crowd at Foley, **Matthew Lester ('27)** in color guard is performing his act. Lester shared, "I put my heart into what I do. The right people will see it, respect it, and be there for me."



JACK LEADS THE BAND

All the drum majors are dressed up as Jack Skellington with little characters from *The Nightmare Before Christmas* on their wrists. **Dalton Aydt ('26)** mentioned, "We did the snap bracelets as a decoration to match the theme "Knightmare Before Christmas." A lot of people loved them, so we kept them!"

IN A *HAUNTING* MELODY

Senior shares about the weave drill she performs

CONCENTRATION IS KEY

Hannah Stenzel ('26) is at Lake City performing a weave drill: an act that is a lot harder than it looks. Stenzel revealed, "In this spot in the music, we are weaving in and out of lines. It's easy to miss a turn or become off step, so I'm focusing in my head where I need to turn in coordination with the music that I memorize and play."

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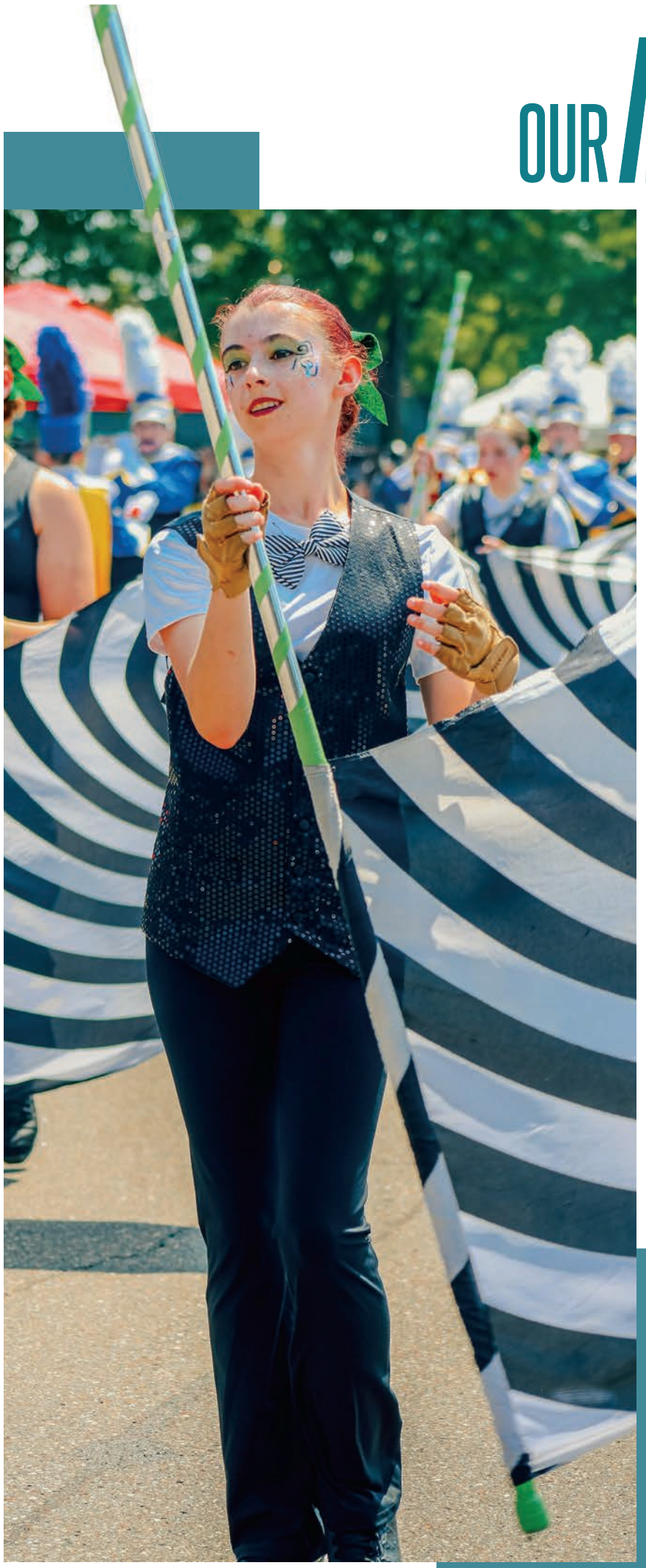

OUR MUSIC CHILLS BONES

Marching band embraces its theme: "Knightmare Before Christmas"

Marching as knights once did into battle, the marching band gets its second highest score. With a score of 79.1, this year's performance of "Knightmare Before Christmas" was a crowd favorite. The theme was chosen by the director of the marching band, but that's not to say that the students don't jump right in with their whole hearts. As a freshman, **Oliver Deden ('29)** shared how the moves the horn lines used embraced the theme. Deden stated, "We added sumo squats halfway through the parade; the left and right sides squatted to the outside to make more room in the middle of the band." **Alex Sherman ('26)**, a drum major, plays a key role in the band when it comes to embracing the theme. Alex stated, "One way that we embraced the theme was by making sure it was shown throughout the whole band. As drum majors, we had smiles like Jack Skellington and wristlets with characters from the movie." It wasn't only the drum majors who had fun embracing the theme, but the whole band. As one sophomore can tell you, the theme of "Knightmare Before Christmas" is more than just another theme to perform; it's a connection to our childhood. **Jackson Post ('28)** mentioned, "Growing up, I loved watching *The Nightmare Before Christmas*. Embracing the theme came easy to me because it mixed the spookiness of Halloween with my love for playing the mellophone. Playing my best and trying to believe that I was in the world of the show made a huge difference in embracing the theme." Knowing the show doesn't mean you know how to bring it to life, and yet our band managed to find a way. **Keith Robertson III ('26)** commented, "Knightmare was about bringing the magic and eeriness of *The Nightmare Before Christmas* to life through our music and movement. We wanted the audience to feel like they were stepping into the world of *The Nightmare Before Christmas*." There is no doubt that the Knights outdid themselves with "Knightmare Before Christmas."

Photos taken by STMA Marching Band Booster.

Spread designed by Ellie Fischer

DANCING CAN BE TROUBLING

At the Monticello parade, **Abigail Lindrud ('26)** performs the flag choreography for "Knightmare Before Christmas." Lindrud stated, "I love dancing and using movement to tell the story of our show."

IN THE HEAT

In Lake City, **Maren Penserga ('26)** plays her heart out on her mellophone, the marching version of a French horn. Penserga shared, "The hardest part was the heat. You have to push yourself, and the uniforms being made of wool makes the heat worse."

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IT WAS A SUMMER TO REMEMBER

Students reflect on the stories of summer

JUNE

Madysen Coulson ('26) and **Ava Ronning ('26)** went to their friend's graduation party at the beginning of summer. Ronning said, "I enjoy going to graduation parties because it's fun to celebrate my close friends and see pictures from their lives before they head off to college!"

Photo submitted by Ava Ronning.

Photo submitted by Lydia Hustoff.

28 & 29 JUNE

Photo submitted by Alexa Anderson.

Morgan Wallen released his new album *I'm The Problem* on May 16, 2025, marking another big moment in his career. This album quickly became very popular across the United States, especially among high school students. After the album's release, Wallen went on a national tour, performing 20 times at 19 different venues. Morgan Wallen performed twice in Madison, Wisconsin, at Camp Randall Stadium on June 28 and June 29, 2025. Both shows featured special guests Miranda Lambert and Ella Langley.

Autumn Sandberg ('26) said, "I enjoyed watching Love Island USA season 7 because it's so addicting to watch the drama, and my favorite couple was Hannah and Charlie."

3 JULY

Love Island USA Season 7 premiered in June 2025 on Peacock while being filmed in Fiji. The drama and excitement of relationships are why it became one of the most popular shows among teens. Teens also love that they can interact during the show by voting for their favorite Islanders or couples. Amaya and Bryan were voted America's Favorite Couple during the finale episode, winning the $100,000 grand prize.

5 JULY

In early July, heavy rain caused flash floods across parts of Texas. Rivers rose quickly, forcing families to leave their homes. Over the next 10 days, many people were missing and 130 people were confirmed to have passed away. Homes, vehicles, and campsites were badly damaged. Several summer camps, especially Camp Mystic, were hit hard by the flooding. Rescue teams worked quickly to find missing people, but, unfortunately, could not save everyone.

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Camryn Mikolich ('26) and **Marissa Weness ('26)** went to the Hamel Rodeo together in July. Mikolich said, "The rodeo was such a fun way to get out with friends during the summer because you get to take cute pictures, watch the bull riding, and more fun events that happen at the rodeo."

Photo submitted by Marissa Weness.

Photo submitted by Annie Robinson.

Photo submitted by Charli Tims.

10 JULY

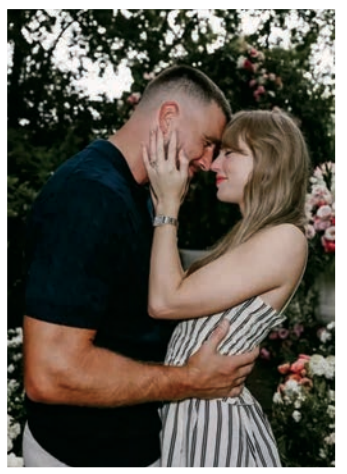
The summer everyone was watching *The Summer I Turned Pretty*

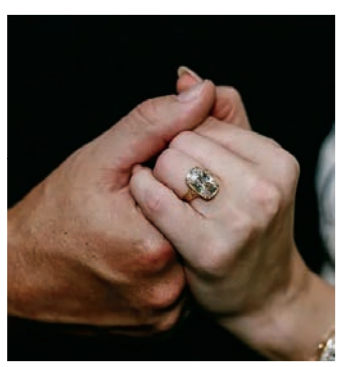
The Summer I Turned Pretty Season 3 premiered in July 2025. Viewers predicted how the love triangle would resolve as the show was talked about all over social media. The show released its final episode on September 17, and reactions were split over Belly's choice. **Lauren Amenrud ('27)** mentioned, "I am team Conrad, and I enjoyed watching Season 3 because there were a lot of unexpected plot twists during the show."

10 JULY

10 AUGUST

In August 2025, pop singer Taylor Swift and NFL star Travis Kelce got engaged, and fans were talking about it everywhere. The couple, who started dating in 2023, shared the big news on social media with romantic photos from their proposal. Fans were ecstatic to hear the exciting announcement, and it quickly became one of the most popular stories on social media.





28 AUGUST

As the fall sports season kicked off at the end of August, the student section was excited for the first away game against Champlin Park. The theme for the game was Hawaiian, and students showed their school spirit by wearing Hawaiian shirts, leis, and tropical colors. **Blake Klinkhammer ('26)** said, "The student section was packed, and the energy felt great." The Knights fought hard, but they ended up losing against the Rebels. The start of the fall football season marked not only the return of football but also the return of school spirit. *Photo taken by Garett Robeck.*

Spread designed by Camryn Mikolich & Ella Morstad

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JULY 08 11 17 26 29

BUDDHA PARK

LUANG PRABANG

PAKSXONG

MAYA BAY

TERMINAL 21

SILENT STATUES SPEAK

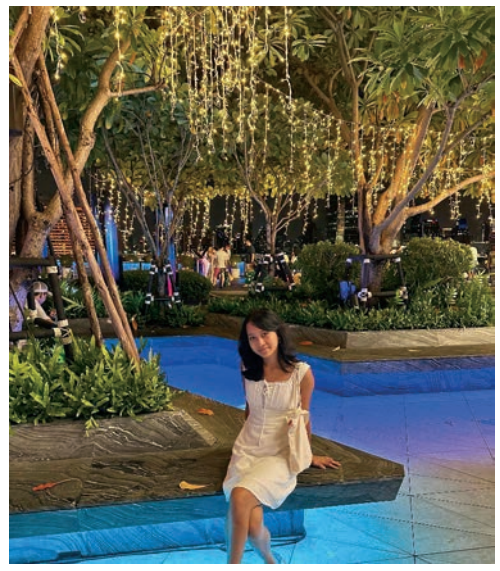
Lily stands next to life-size monkey statues that are staged as if they are mid-conversation. The stained bamboo background, rock decorations, and a large wooden tub ties the scene together. Nachampassak shared, "They were very uncanny looking. It was kinda weird because they were just plastic. My favorite monkey was the one holding the phone. It caught me off guard."

GLOW BIG BEFORE YOU GO HOME

On July 29th, Lily poses on a bench, which has been carved out of rock, beneath Plumeria trees that have been strung with lights. Nachampassak said, "This is my favorite photo that I have of myself from the trip!"

VIEW OF THE CITY

Lily looks over the Chao Phraya River, in Bangkok. On the balcony of the ICONSIAM Mall, Lily enjoyed the view of the city as the temperature dipped to a comfortable level. Lily stated, "It wasn't as hot as it normally is. At night it cools down, so it wasn't bad."



ICONSIAM COURT YARD

ICONSIAM MALL

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All photos submitted by Lily Nachampassak.

ICONSIAM MALL BALCONY

SHE'S GOT A MONTH OF MEMORIES

SENIOR, LILY NACHAMPASSAK, SHARES HER EXPERIENCES FROM BEING ABROAD FOR ONE MONTH

XAYTHANY

BANGKOK SKYLINE

"Ugh, it's so hot. But wow. It's beautiful," **Lily Nachampassak ('27)** said as she got off the plane in Laos, marking the beginning of her one month journey between Laos and Thailand. Her time was spent visiting family, seeing tourist attractions, and making memories. Being able to visit family was a huge part of her time in Laos because she hadn't seen her extended family for 13 years. "It was such a surreal moment," Lily said in awe, "It was a nice feeling to reconnect with them because the last time I saw everyone I was a toddler, so I don't have any memory of it. It was very nice to see them and how they've changed over the years; they look so different from their photos." On the uninhabited island of Phi Phi Leh, Maya Bay has recently gained attention from tourists. As its ecosystem is conserved, entering the water, especially by boat, is monitored closely, and when given the opportunity, Lily jumped on a boat to enjoy a tour of the bay and island. Lily exclaimed, "The sand was warm and fine, making it very soft. I don't go on sand regularly so it felt amazing. Actually, it wasn't all perfect. Our tour guide told us to tip-toe on the sand just in case there were stingrays and sea urchins hiding underneath. I was completely terrified!" Throughout her trip, Lily captured many of her memories with her camera. Her favorite place she visited was a 9 story mall called Terminal 21 in Bangkok, Thailand, where the floors represent different cities from all around the world. Starting in the basement and working its way up: Caribbean (B), Rome (G), Tokyo (1), London (2), Bazaar (3), San Francisco (4-5), Hollywood (6), and Istanbul (7). "It was one of the coolest malls I've ever been to. My favorite floor was San Francisco by far: its food court was pretty good. There were so many stores and I loved the levels based on different cities. I think other malls should do that too," Lily expressed. "I bought so many things and spent at most $100 because everything is so cheap. It was amazing!" Lily said enthusiastically. By the end, her trip consisted of reuniting with her family, visiting tourist attractions, and creating memories she will have for the rest of her life. Lily's one month trip to Laos and Thailand is an experience she would do over and over again.

Spread designed by Anni Stollenwerk

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IT'S ALL ABOUT SUMMER

Students take on summer activities

Photo submitted by Kyleigh Johnston.

Photo submitted by Allie Rath.

Every year, students look forward to the Minnesota State Fair! There are so many fun things to do like eating yummy food, going on rides, seeing the animals, and more. The animal barns are a big hit too. **Kyleigh Johnston ('26)** mentioned, "My family and I like to continue our tradition of seeing the animals every year." Along with seeing the animals, everyone loves to try all these new fun foods. **Allie Rath ('26)** stated, "We tried the chocolate covered strawberry cup and strawberry shortcake. The shortcake was definitely my favorite!" Between thrilling rides, endless food, and hands-on exhibits, the fair feels like one big adventure and we are already counting down the days until next year.

WE'RE OUT N ABOUT AT THE *STATE FAIR*

Spread designed by Gracie Vankuyk and Sophia Michals

Photo submitted by Adalyn Lunderby.

WE ARE *COUNTRY* TOO

"Wefest was the highlight of my summer with my friends; it was my first time going, and I had a lot of fun!"
- Kaylen Mundahl ('26)

"I was at Wefest with my friends. We tented out for the weekend and it was really fun."
- Preston Gutzwiller ('26)

"We were at the Anoka County Fair. I was with my best friend and we watched horses and a tractor pull. "
- Olivia Ostlie ('29)

"I was at the Anoka County Fair with my friends watching the fireworks!"
- Nafisah Bada ('26)

IT'S *CONCERT* SEASON

CELEBRITY CRUSH

Naomi Cheney ('26) and **Krista Puent ('26)** had an exciting event to kick off the summer. Cheney mentioned, "We went to the Ross Lynch concert and we had a blast. We got to see our childhood celebrity crush in real life!" *Photo submitted by Naomi Cheney.*

LOLLAPALOOZA IN CHICAGO

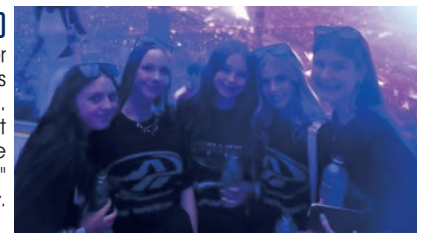
Kali Mielke ('26) and **Lauren Schubert ('26)** went to see Gracie Abrams and Role Model. Mielke mentioned, "We took a road trip to Chicago over the summer to go to Lollapalooza. We saw our two favorite artists, and the festival was amazing." *Photo submitted by Kali Mielke.*

FUN AT THE FILLMORE

It was a night to remember at The Filmore. **Lillian Milless ('29)** said, "I was at the Hudson Westbrook concert at The Fillmore in Minneapolis. I had so much fun with all my friends." *Photo submitted by Mia Lindenfelser.*

THE WEEKND

Audrey Lindula ('28) and her friends were at The Weeknd's concert at U.S. Bank Stadium. Lindula stated, "It was the best concert I've ever seen, and he put on a really good show." *Photo submitted by Kasia Polinceusz.*



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WE'RE ON THE *LAKE*

TANNING AND CHILLING

Camryn Sondreal ('29) and her friends had a fun boat day. Sondreal stated, "The day was really good. It was hot, so we went swimming and tubing!" *Photo submitted by Camryn Sondreal.*

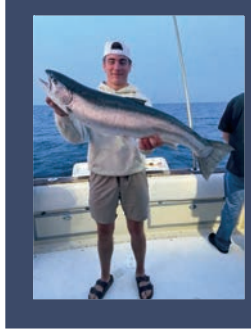
CRUISIN' AROUND

Ashton Crank ('26), **Ryan Kurth ('26),** and **Grady Johnson ('26)** were on Lake Wapogasset on a boat ride around the lake. Kurth said, "After wake surfing all day, we went on a long boat ride." *Photo submitted by Ryan Kurth.*

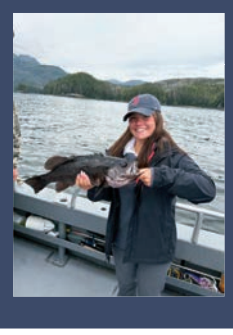
HOLD ON

Flying and whipping around on the lake, **Winslow Drowne ('26)**, **Grace Holmberg ('26)**, and **Henry Braun ('26)** were having so much fun tubing. Holmberg mentioned, "Tubing was a lot of fun. We were going really fast and had many times that we were holding on for dear life, and many times that one of us flew off, but it was such a great time!" *Photo submitted by Winslow Drowne.*

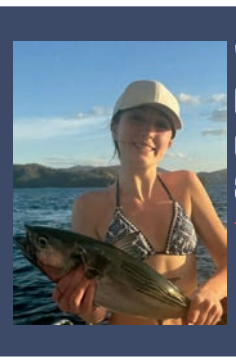
THE *FISH* ARE BITING



"It was a long tough fight reeling in this fish from the depths of Lake Michigan, but it was worth waking up at 3 A.M and trolling around for hours to land this giant steelhead."
- Henry Braun ('26)



"I was fishing in Alaska and I was so excited when I caught this 8 pound black rockfish!"
-Annie Robinson ('26)



"I caught this fish in Costa Rica when I was on a family trip, and it's a black tuna fish!"
- Kennedy Marquette ('28)

WE LOVE THE *FAIR*

Photo submitted by Pamela Mancilla.

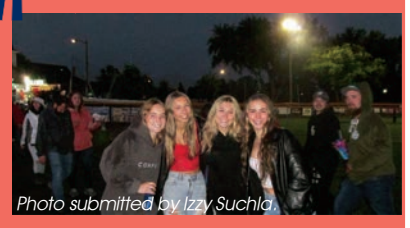


Photo submitted by Izzy Suchla.

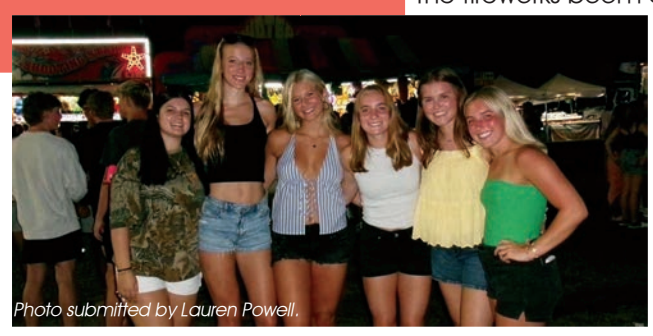


Photo submitted by Lauren Powell.

Photo submitted by Maia Zea.

Photo submitted by Ingrid Nelson.

Photo submitted by Natalia Campion.

Albertville Friendly City Days brings the whole community together in the best way. Families, friends, and neighbors all gather to enjoy the rides, games, music and food. Students run excitedly between booths. **Kaitlyn McHugo ('26)** said, "I love Friendly City Days because I can spend time with my friends, and I love listening to the live music." While other kids enjoy live music under the lights, **Ingrid Nelson ('27)** stated, "My favorite part is going on the rides at night with all my friends." The rides light up the night, but so do the fireworks. The fireworks boom and everyone smiles

smiles and turns to watch. **Izzy Suchla ('26)** mentioned, "Friendly City Days always brings everyone together, and that's why I love it. You see people you don't always see, and it's so fun to run into people. I love the environment because everyone is dressed up and there for a good time. I love to watch the fireworks with my friends and see them light up the sky!" Going to Albertville Friendly City Days is a tradition everyone looks forward to each year. It's a weekend where the town feels like one big family, full of laughter, memories, and simple joys. No one misses it, and everyone leaves with a smile.

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FIRST *YEAR* FISHERMEN

Tackling tips and tricks

"The older members helped us throughout the season by teaching us how to find good fishing spots."
- Eli Stace ('29)

"A tip that stuck with me from Evan Fargo was to use a lot of black hooks on Lake Mille Lacs."
- Cohen Uhlenkamp ('29)

SMOLEY'S THE *REEL* DEAL

Insight on this senior's last high school season

Being on a fishing team goes beyond putting bait on a line and waiting. It has taught the aspiring fishermen of STMA about patience, perseverance, and staying focused during long, dry hours. **Ayden Smoley ('26)** shared, "Fishing is much more than just catching a fish. It's about building a bond and trust with my team and coaches." He has loved the sport since his dad first brought him out on the boat in his elementary years. **Evan Fargo ('26)** has been Ayden's boat partner throughout high school. This dynamic duo finished 8th in the 2025 Fishing state tournament, resulting from hard work, preparation, and guidance that has been passed down from prior years. Smoley and Fargo have a couple traditions they do prior to each fishing tournament that have brought them luck over the past four years. First, they always prefish the lake one day before to become familiar with the lakes areas and surroundings. They also stay up late getting all their rods, tackle boxes, and minds prepared. Smoley stated, "It's so important to have a bond with your boat partner because it helps with nerves before a tournament and it can relieve some pressure you're out on the water." While he knows there can be hot and dry spots at any point on the lake, Smoley always knows to stay calm, cool, and collected.

Spread designed by Hailey Hodgson

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FOOTBALL

RECLAIMED
Jayden Karger ('27) celebrates a big defensive play during the homecoming game against Edina. Karger explained, "We punted the ball, and Edina caught it. Then **Lincoln Robideau ('28)** came and hit the player, causing him to fumble the ball. I dove on it and secured it, then pointed our way to the ref." *Photo by Isaak Brannan.*

Spread designed by Kyleigh Johnston

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JEA/NHSPA *026*
AL USAGE *028*
HARMONY CHOIR *030*
ACADEMIC *032*
HOMECOMING *036*
FOOTBALL *042*
VOLLEYBALL *048*
GIRLS' SOCCER *052*
BOYS' SOCCER *056*
GIRLS' SWIMMING *060*
CROSS COUNTRY *062*
GIRLS' TENNIS *068*
FALL MUSICAL *070*
FORMAL TEAM PHOTOS *074*

LET US REVEAL IT...

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IT WAS A FALL FOR THE BOOKS

Students revisit the events that shaped our fall

SEPTEMBER 24

Addison Hricak ('27), **Haylee Homstad ('27)**, **Sophia Gerard ('26)**, and **Adilyn Evenson ('26)** take a picture together on the field after the powderpuff games. Hricak says, "I was on the green team and I liked how we all worked together even when our team was losing, everyone was still having fun." The powderpuff games are fun events for students whether you are playing or cheering on.

Photo submitted by Sophia Gerard.

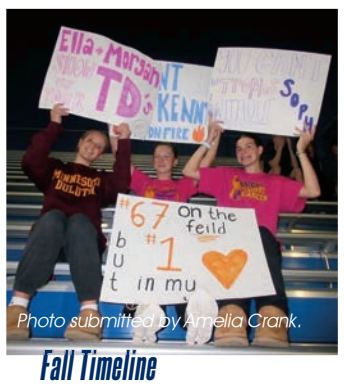


Photo submitted by Amelia Crank.

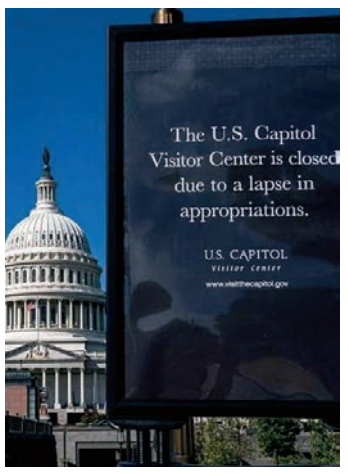
Auryn McGhee ('29) and **Lola Haring ('29)** went to their first homecoming dance together. McGhee said, "My favorite part about the homecoming dance was getting ready with all of my friends, and getting to see everyone at the dance. I loved making memories that I will remember forever. It was overall a great first homecoming that I will always look back on!"

Photo submitted by Auryn McGhee.

Photo submitted by Lily Lemieux.

Photo submitted by Emerson Kennedy.

27 SEPT



1 OCTOBER

In early October, the U.S. government had the longest government shutdown in history, lasting 44 days. The two chambers, the House of Representatives and the Senate, could not come to compromise on a bill because they were each controlled by opposing political parties. This resulted in legislation not being passed and created gridlock in our federal government. 1.4 million federal employees went unpaid for weeks, and many government programs were delayed. In mid-November, the bill was signed and the government shutdown ended.

Emma Kvant ('26) said, "I felt very blessed to be chosen for the Miss Soccer Award. The award really means a lot to me because it has always been a goal of mine since I was a freshman."

21 OCTOBER

Photo submitted by Emma Kvant.

The Girls Varsity Soccer team battled to a win against Buffalo in the Section Finals, securing their spot at state. **Anna Derham ('26)** said, "The feeling after winning the section final was special. Our whole team worked so hard to get to the final. I'm proud because that game was not easy." Even with the loss at state, the girls were proud of each other and all they accomplished during the season.

Photo taken by Maddie Stern.

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31 OCT

Every year, the National Honor Society goes out on Halloween to collect cans for food shelf donations. This year the group went above and beyond, collecting more than 3,300 total cans from people in the community. This was a big accomplishment compared to other years! **Josephine Cotterman ('27)** exclaimed, "It was so amazing to see the community help each other and I am grateful to have been a part of such a beautiful event!" The work NHS put into trick or can this year payed off to make this event such a success.

4 NOV

On November 4th, residents in the STMA school district were encouraged to vote to approve a levy and a bond for the school district. After votes were counted, the levy passed by about 18% of voters, and the bond passed by nearly 13%. The levy passing will help to maintain our school's class sizes in years to come, while the bond passing will put money towards increasing the security, technology, and academics. This was a highly talked about topic due to the tax increase that comes with it, but also the student benefits that the district will be getting.

8 NOVEMBER

Addison Thompson-Klimpke ('26) participated in sections for girls swimming. She swam in many events including the 200 free, 500 free, 200 free relay, and 400 free relay. She qualified for state in the the 500 free race. When describing her experience, Thompson-Klimpke mentioned, "It was super exciting to win this year as I had also won last year. There were lots of emotions, both happy and sad, but swimming at sections is always such a high energy environment and a super fun meet to swim at."

NOV 11

Beautiful lights that filled the sky across Minnesota had every family stepping outside of their house to take a look. Green, red, pink and purple auroras appeared throughout the night. The perfect conditions and clear skies set the perfect stage for a spectacular view. These lights not only reached the Midwest but much of the rest of the United States.

Photo submitted by Anni Stollenwerk.

Spread designed by Camryn Mikolich, Ella Morstad, Maiya Slusarczyk

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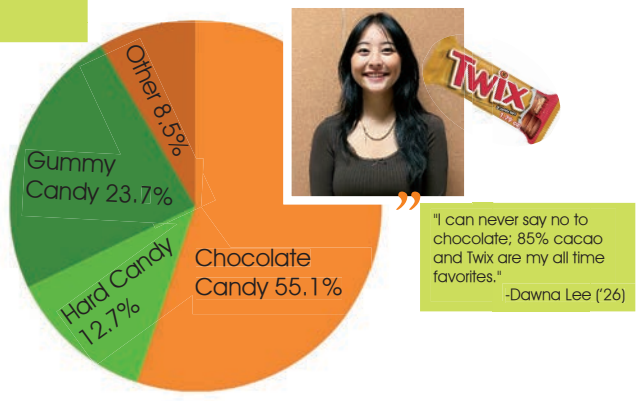
FALL DID NOT DISAPPOINT

A season full of memories we will never forget

The Minnesota fall isn't very long, but students make it last. As the weather finally started to cool down at the end of September, the whole school shifted into that cozy, fall, feeling. Hoodies came out of storage, the leaves changed colors, and the days felt like they sped up - everything happened so fast. These fall months are where a lot of students make the memories they will keep for life. Friday Night Lights, pumpkin patches, and haunted houses are all things that get your mind off of the pressures of life. The student section showed up loud and proud every week, cheering on the football team with the most infectious energy, ensuring the team knew they were backed by their school. "Theres nothing like being a part of that energy in the stands," said **Jacob Hayden (28).** Even if students didn't know the rules of football, they knew the rules of the bleachers. Being respectful to opponents, cheering when they did good, and not blaming players for a loss. But, fall isn't just about sports. Halloween, a day thousands of students look forward to, brought friends together in countless ways. Students went trick-or-treating, to parties, or even stayed home with their friends to watch scary movies. "It´s the perfect time to slow down and just enjoy time with friends," said **Emma Hansen (´29).** From football games to Halloween night, these fall moments leave us with memories that last far beyond the fall season.

OUR *SWEET* TREATS

Students share their favorite Halloween candy type



"I can never say no to chocolate; 85% cacao and Twix are my all time favorites."
-Dawna Lee ('26)

CHOCOLATE RULES Over 200 students were asked their favorite Halloween candy, and chocolate was the main choice. Over 55% of students said some sort of chocolate candy with most saying Milky Way or Snickers.

TRICK OR TREAT
Before heading out to take their neighbors trick-or-treating, **Nora Flammang (27)** and **Abby Leonard ('26)** pose for a picture. "Honestly, getting ready was just as fun as going out," said Nora. They cant wait to do it all again next year. *Photo submitted by Abby Leonard.*

GUYS, LOOK - IT'S CORN!
Pumpkin patches are a big deal in Minnesota, so heading out to grab pumpkins to carve them felt like the perfect fall activity. After picking out their favorites, Jackson decided it was picture time. While they were taking photos, someone asked why they would want a picture like and all **Jackson Post ('27)** responded with was, "Look, corn!" *Photo submitted by Jackson Post.*

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COSTUME *THROWBACK*

How has Halloween changed since we were little?

"When I was little, Halloween felt magical. It's changed a lot since then, but it's still fun in a new way because I get to make new memories."

Aubrynn Croaston ('26) dressed as Rapunzel in 2012

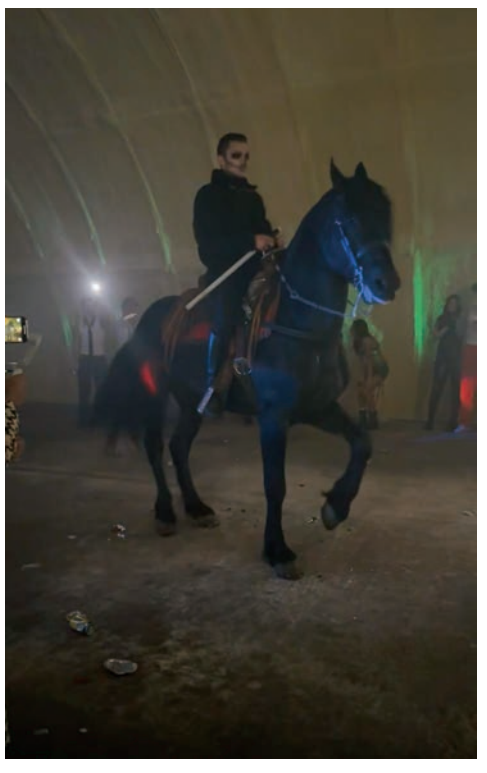
"When I was younger, I couldn't handle anything scary, but now I love it. My favorite memories from this fall are going to haunted houses and watching horror movies with friends."

Andrew Hansen ('26) dressed as police officer in 2013

"When I was little, Halloween was all about dressing up in costumes to get as much candy as possible. Now it's more about hanging out with friends and making the night memorable."

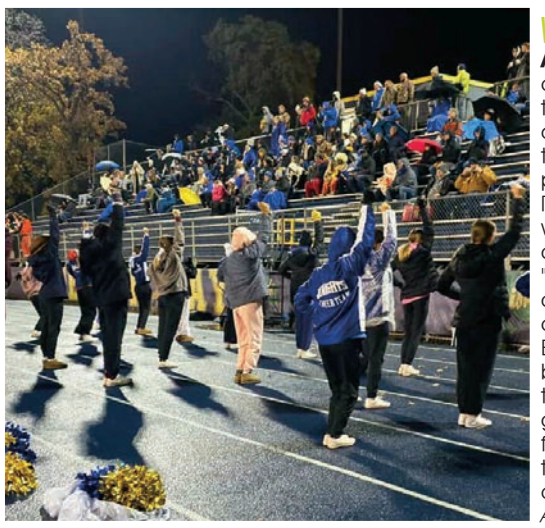
Ethan Hager ('28) dressed as a penguin in 2010

Photo submitted by Charli Tims



RAISING SPIRITS

Before NHS heads out to collect donations, **Emily Roth ('27)** and **Josie Krusaz ('27)** take a picture together while hanging out beforehand to raise spirits, and get everyone excited for the night of collecting cans. "Getting dressed up and hanging out before collecting cans for the food shelf was so fun. Seeing how willing people were to support a good cause made me so happy," said Roth. *Photo submitted by Emily Roth.*



WE'RE INVOLVED

Ady Eberhart ('26) cheers with her team as they face the stands during the Varsity football teams Halloween night playoff game at Rosemount High School, where the boys pull off an unexpected 14-0 win. "The crowd was very active which made cheering lots of fun," said Eberhart. Even while being out in the cold, the senior girls said, that game is one of their favorite memories of their high school cheer career. *Photo submitted by Ady Eberhart.*

TRICK OR CAN

Ranya Ezzaid ('26) stands with six other NHS members as they celebrate collecting over 3,300 cans for the local food shelf during their trick or can event. Ezzaid said, "For me personally, that night was memorable because my friends and I all came together to do good for an honorable cause." *Photo submitted by Ranya Ezzaid.*

CULTURE SHOWS

At a Halloween family gathering, **Charli Tims ('26)** spots a person on a horse that reminded her of traditions she recognized from Mexican culture. Tims said, "It was very exciting to see in person." *Photo submitted by Charli Tims .*

Spread designed by Cora Hager

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WE'RE YOUR BLEACHER CAPTAINS

The students who lead the student section with pride

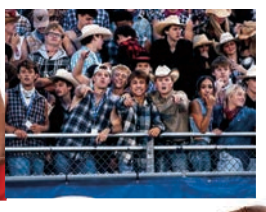
The student section energy was through the roof this season because of this year's bleacher captains. Every week, these 20 seniors were the people behind the noise, themes, Instagram posts, and exciting atmosphere that made Friday night football games so much more special. When it's game time, you'll see the students lined up at the bottom of the student section dressed to their best, cheering loud, and getting everyone excited for kickoff. One of this year's captains, **Izzy Suchla ('26)** shared her experience being a bleacher captain: "The best part of being bleacher captain is being with my friends and people in our grade. I love seeing all the grades come to have a good time. It's the best, as a group, to get everyone in the stands excited for the game. It's fun to see everyone come together to cheer on our school. It's also a great way to be involved and get to know people in other grades." The captains aren't just there to cheer loud. They are there bringing the students closer together. Whether they're coordinating color poppers for the homecoming kickoff, or making the theme known to each grade, they are always finding ways to make the whole student section feel connected. Captain **Meya Calkins ('26)** shared, "The best part is when the student section is all participating in a chant and cheering. Also getting together before the games and going all out for the theme." Another Captain **Chase Mills ('26)** explains this important role: "A bleacher captain is supposed to get the crowd hype when we are not. It also means we have to be leaders and make sure people are doing the right things at games." From the first kickoff to the final whistle, the bleacher captains' leadership and energy created an atmosphere that students will look back on for years.

Spread designed by Claire Bunnell

"We brought the students together by having people come support the football players. The best part was getting ready with the girls and cheering on our school, uniting us and brining us closer." - Pamela Mancilla ('26)

"A bleacher captain is someone that is loud and can hype up the crowd. My favorite chant is after we score a touchdown." - Andy Schneider ('26)

"My most memorable moment as a bleacher captain was the senior tailgate that we set up and organized." - Emma Kunz ('26)



"We had a lot of fun and had a good balance of energy and control. We tried to make the student section have as much fun as they could ." - Taylan Siens ('26)

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WHITE OUT

NEON

WESTERN

FRAT

JERSEY

"I love the energy we bring to the student section. The jersey theme is great because I love sports and I have a variety of jerseys to choose from."
- Rowan Adams ('26)

WE LOVE TO DRESS UP

Students dress up themes for Knights football games

"The USA football game had so much energy in the stand. Everyone was so hyped, and it was so fun dressing up in red white and blue!"
- Weatherly Browne ('29)

USA

Under the bright Friday night lights, the STMA students pack the stands every week, a sea of energy and wild outfits that changed with every game. One week, the student section was a bright light with construction vests and neon glow sticks lighting up the crowd. **Grace Sander ('26)** mentioned, "The neon game is my favorite because the student section goes all out. It's loud, bright, and everyone's just there to have fun." The next game was a cowboy takeover with hats, boots, and flannel shirts. **Josie Smith ('29)** explained, "My favorite theme to dress up for is the western theme, it's so fun to dress up in boots and a cowboy hat. I also loved all the chants and energy that game had!" After western came USA, Hawaiian, jersey, white-out, and frat themes that had the students full of electricity. The biggest hit with the students is homecoming. With each grade wearing their class color, and senior girls make overalls. It's always a night to remember. Every game the STMA students showed up loud, proud, and fully committed to the theme, proving that at STMA, the fans were just as legendary as the team on the field.

Spread designed by Gracie Vankuyk

HAWAIIAN

HOMECOMING

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FROM THE PAGE TO THE PODIUM

Valor yearbook makes impressive showing at Minnesota High School Press Association Conference

GRACIE VANKUYK ('26) - 2ND PLACE AWARD

Gracie Vankuyk ('26) said, "Winning the award felt like a huge accomplishment. It felt like all of my hard work had paid off, and it felt good to be recognized at that high of level with all of my fellow staffers. This award impacts my work this year because it pushes me to work harder and do better to try and get another award."

MADYSEN COULSON ('26) AND ALLISON DRESSLER ('26) - 4TH PLACE AWARD

Madysen Coulson ('26) stated, "To win this award was definitely a huge surprise to me. I never expected it, but I am grateful to have earned it. It's such a meaningful accomplishment to achieve, and I am incredibly proud that my photography work was able to be recognized and at such a high level. Receiving this kind of recognition motivates me to keep learning, growing, and pushing my photography and creativity even further."

Allison Dressler ('26), "It was an unreal feeling, the second my name was called my heart dropped because I wasn't expecting to win any awards and walking away with one felt great. My photography skills were showing in the Varsity Boys' Hockey spread and I will continue to improve my photography skills throughout this school year."

Kyleigh Johnston ('26) said, "When we won for the fourth time, it felt rewarding that all our hard work last year paid off. I came back this year because I had a lot of fun making the book, and I wanted to come back in a leadership role to experience that side of working more closely with the theme."

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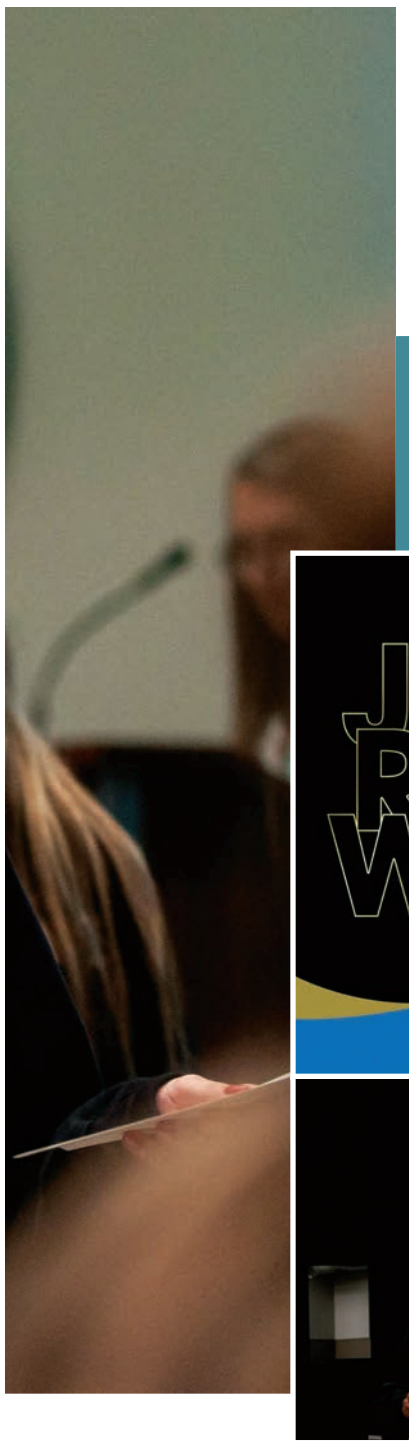
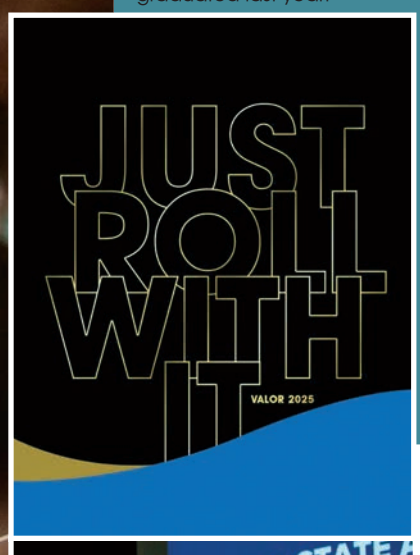


AWARD CEREMONY
Madysen Coulson ('26) goes up to receive her and her peers awards for the work they did on their spread "Just The Beginning."

JUST ROLL WITH IT
This was last year's yearbook cover and the theme. Your Knights were able to bring home an impressive third place finish in the Theme Package category.

STATE-LEVEL SUCCESS
Annie Robinson ('26) walks to the front to receive the awards for the students who graduated last year.



SPREADS, *SOCIALS*, AND STORIES

Students explored reporting, photography, and social media at the Minnesota High School Journalism Convention

"My favorite class session I sat in on was definitely the sports photography tips class. The guy talking was very knowledgeable on the topic and he went over every single sport that you could think of. After the session I feel more versatile and like I know how to shoot every single sport regardless if I had before or not."

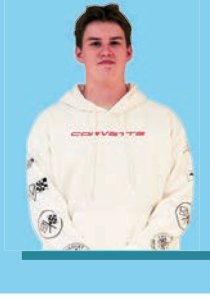
-ROMAN HERRON ('26)

"One course I attended at JEM focused on using social media to promote our school's yearbook. I learned how to create engaging content for platforms like Instagram and TikTok that connects with students and encourages them to buy the yearbook. The overall subject was social media marketing and digital engagement."

-BINDEE NYANDIBO ('26)

"My favorite class I went to at JEM was the sports media class. It was nice to hear from a professional to get some inspiration on what I love to do."

-MADDIE STERN ('27)



"One of the classes I took and rather liked was the social media one. It helped me learn to sharpen my social media platform. It was a lot of fun learning more tips and tricks on this topic."

-GARETT ROBECK ('27)

LEARNING FROM THE LEADERS OF *JOURNALISM*

Students gained insight from professionals across the industry, including KARE-11's investigative reporter A.J. Lagoe

Lily Nachampassak ('26), Ellie Fischer ('26), A.J. Lagoe, Anni Stollenwerk ('27), and Lucy Voss ('26)

"A key takeaway from the presentation was to always ask the question, What isn't being told yet? It helps by separating the main idea from the small questions."
- Lily Nachampassak ('26)

"My main takeaways from the class were that word order matters and the words you choose to end a sentence matters to send a powerful message."
- Lucy Voss ('26)

Spread designed by Roman Herron
Photos taken by Roman Herron.

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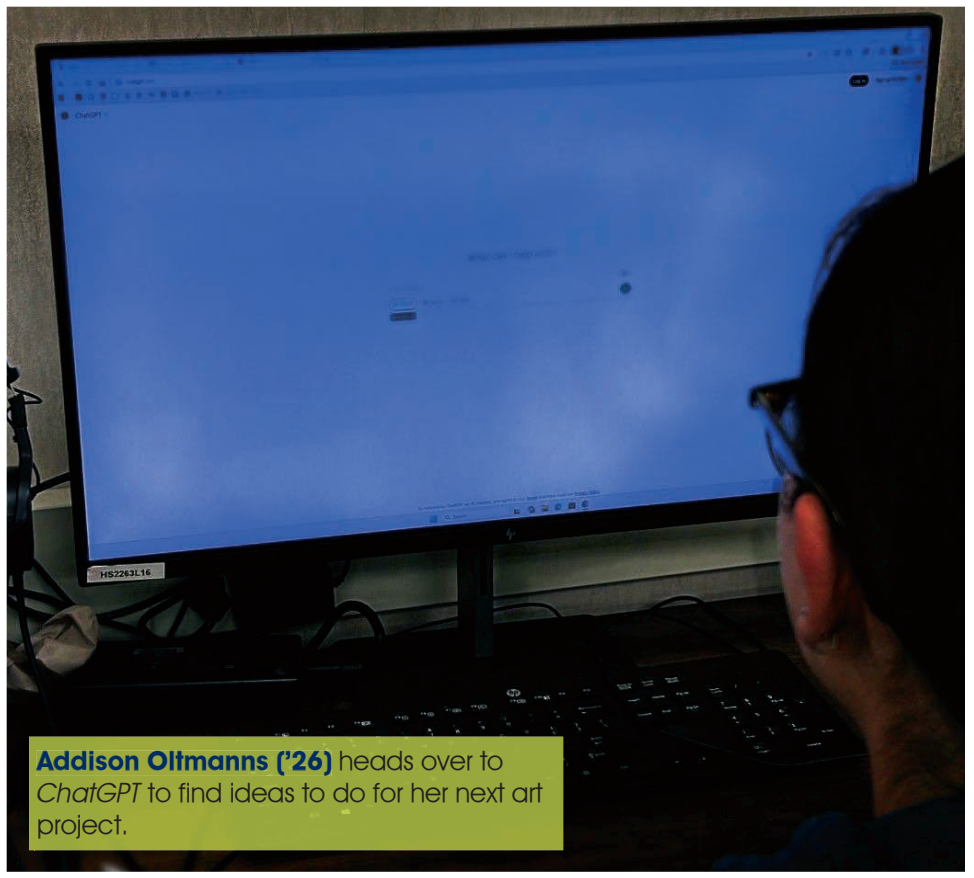
A.I. ON THE UPRISE

A.I. is doing more school assignments than students are

A.I. is an artificial intelligence technology that allows computers and machines to do tasks that take human knowledge to complete. A.I. usage has peaked nowadays, especially in the classroom. Recently, teachers are noticing the affects of A.I. on students. Through a business education teachers perspective, Mrs. Storey stated, "Generative A.I. can be a very useful tool in schoolwork when it's used responsibly. It can help students understand difficult concepts, get feedback, explore ideas, and save time on routine tasks. However, it should support learning, not replace it.". Mrs. Storey and other teachers have noticed that a majority of students have relied too heavily on using A.I., by using it in the wrong ways. A.I. is only beneficial in the long run when it's used to assist over completion. The usage of A.I. affects students critical thinking skills because they aren't retaining the information, they are just submitting information from the Internet. Since A.I. websites are so easily accessible, students can do a quick copy and paste into the question box and receive answers in minutes. With A.I. being so accessible it becomes more concerning. With this growth, students education is potentially in danger. When A.I is used occasionally and responsibly, A.I. can be a great assistant, but when used for wrong purposes it becomes a hazard for developing minds.

Spread designed by Aubrynn Croaston



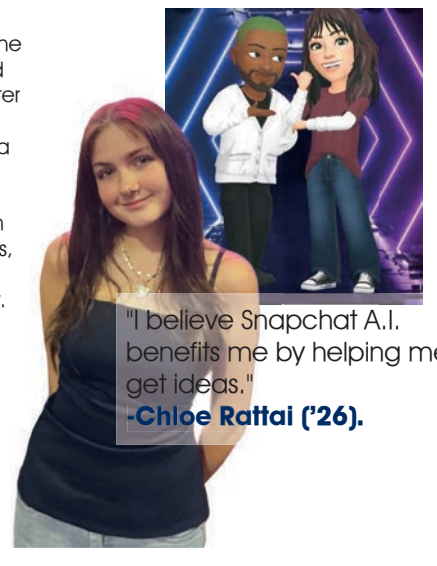
Addison Oltmanns ('26) heads over to *ChatGPT* to find ideas to do for her next art project.

USING BOTS AS OUR BUDDIES

How Snapchat A.I. helps students with tasks

SNAPPING A.I.

Snapchat came out with an A.I. chat bot on February 27, 2023. The chat bot on Snapchat is named *My A.I. The My A.I.* was produced as an experiment to paying customers of Snapchat+ and was later offered to any Snapchat member months later. Snapchat gave members freedom to customize their chat bot with a name and a outfit of their choice. The *My A.I.* was designed to be used just like any other A.I. platform. It can be used to problem solve, answer questions, offer insight, and give personalized ideas. The growth in this feature is also being used for school work in todays classrooms, the Snapchat A.I. isn't so much a new A.I. platform, but it is a new A.I. that teachers are looking out for due to its growth in popularity.



"I believe Snapchat A.I. benefits me by helping me get ideas."
-Chloe Rattai ('26).

"Snapchat A.I. helps me by giving me step by step processes with my homework."
-Thavanie Nguyen ('27).

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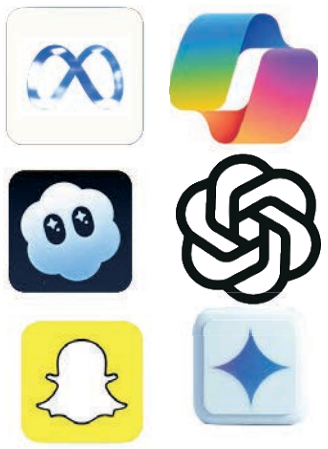


IS A.I. USAGE ETHICAL?

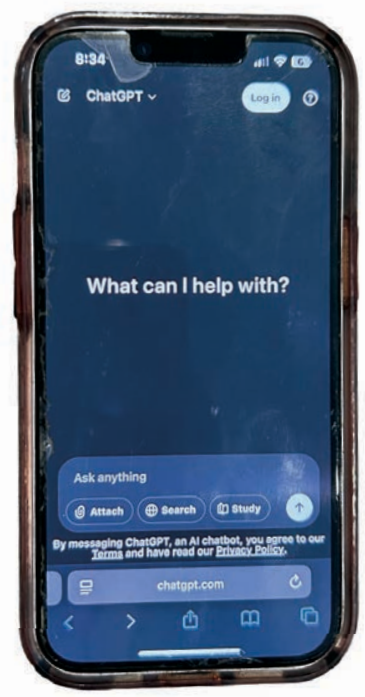
Finding out whether A.I. is benefitting or failing students

"I think A.I. can definitely help out on some types of things, but when it comes to education, I think its harmful. I think this because as students become more dependent on A.I. they lose their ability to think critically and independently."
-Camryn Goodwin ('26)

"I would say A.I. can be used in a beneficial way for students. It can help students better understand what they're learning about. It is also helpful when writing essays or doing assignments because its gives you points to start off with."
-Eli Hall ('27)

"I believe A.I. can be ethical in certain situations. If you need help with a writing prompt or need help with a starting point for an assignment, but once you use A.I. for everything like homework and such it disrupts your learning. It also makes it unethical because you're no longer learning yourself. It becomes you copying and not gaining the knowledge you need to."
-Destiny Becker ('28)

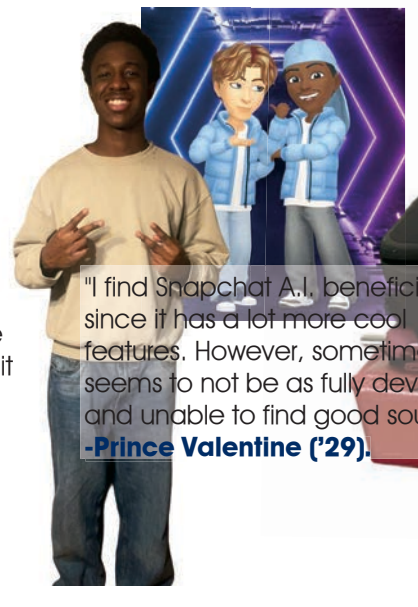
"I think A.I. is ethical, I use it everyday. A.I. benefits students because it helps us find the right answers to problems."
-Gideon Dehmer ('29)



LANDSLIDE UPROAR

ChatGPT is an A.I. program that will answer any questions entered into the chat box. It's designed to answer homework questions, give you prompts, write you stories, offer A.I. generated images, and many more functions. ChatGPT is the most visited A.I. website and is maintaining the top spot by a landslide.

"For me, I personally dont use the Snapchat A.I. I never use it at all.
-Alyk Lysongtseng ('28).



"I find Snapchat A.I. beneficial since it has a lot more cool features. However, sometimes it seems to not be as fully developed and unable to find good sources."
-Prince Valentine ('29).

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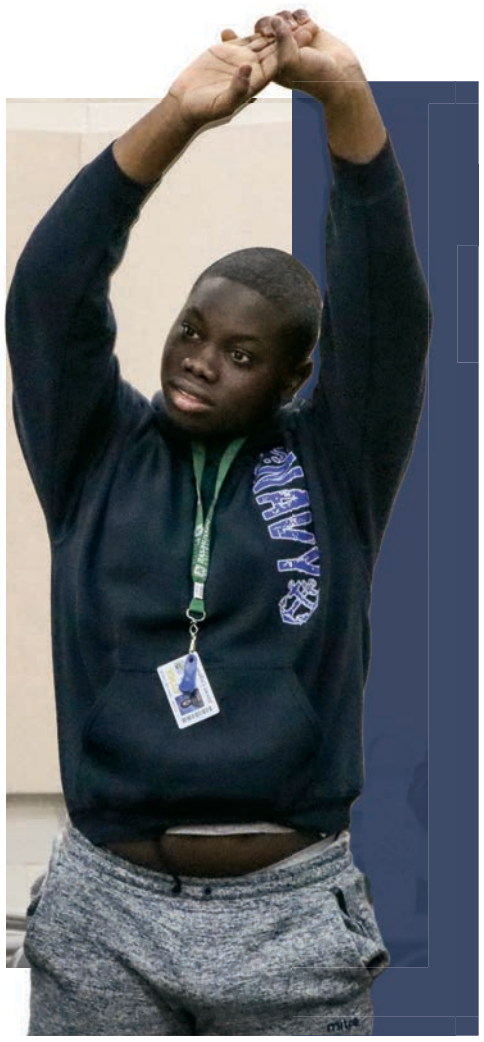
SUPPORT MAKES ALL THE DIFFERENCE

Partners Music provides a structured, supportive environment where students learn alongside their peer partners



CONNECTIONS BUILT

When asked about her favorite part of Partners Music, **Saige Funk ('26)** excitedly said, "Chloe! I think she is fun and she's a good friend too." Her answer shows how strong the connections are between students and their helpers. Saige loves singing "Jingle Bells" with the class instruments, especially using the purple egg shaker during rhythm exercises.

INSPIRING GENERATIONS

As **Jeremiah Logovi ('28)** talks about his experience in choir, he said, "Last year, I was in the Troubadours and that was so much fun; but what really got me into choir at first was when I heard **Gus Kruger ('25)** and Concert Choir sing for the first time, and I was just thinking 'Wow.' He was such an amazing singer and he made me want to join and do the same thing he did."

JINGLING THE BELLS

Micheal Peterson ('28) said, "It's easier for me to learn in harmony choir, and I like being with partners and groups a lot. I also really like how we can ring the bells for "Jingle Bells" when we sing it," proving the worth of this course and all the fun ways of learning that they practice in a classroom setting.

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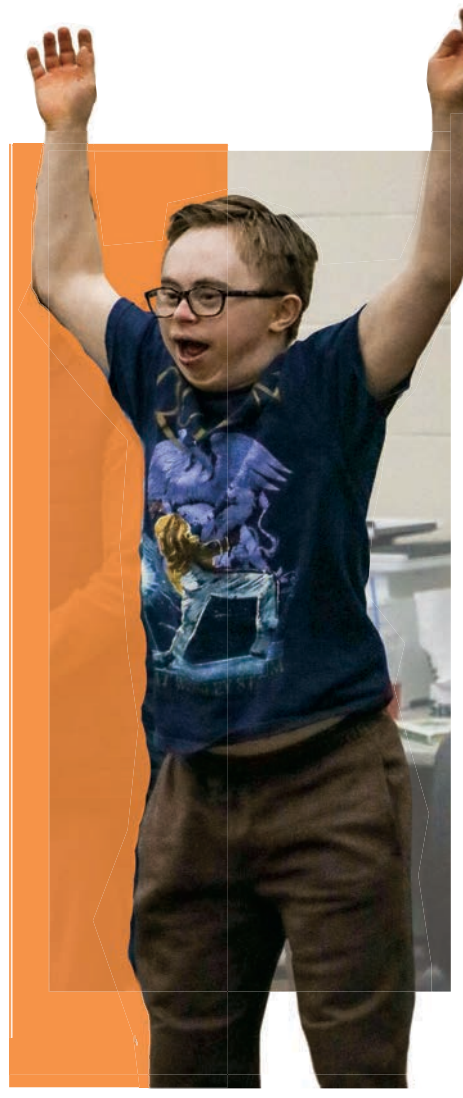
For the first time ever, STMA has introduced a new course called "Partners Music," otherwise known as "Harmony Choir," giving students who have a heart for music but may need some extra assistance a special home within our choral program. Meeting each morning from 10:00 to 11:08 A.M this class thrives thanks to students who volunteer their time to provide personalized support. These individuals are paired with classmates to meet their unique needs, helping them grow vocally and experience the joy of making music together. When asked why she chose to volunteer, **Olivia Batters ('27)** said, "It's just amazing and I love it. It's so much fun and they are some of the best people you will ever work with. They are such a sweet group and good community to be around when you get to know them." Olivia works with **Kara Vetsch ('28)**. Kara shared, "I like harmony choir more than last year. It's just like really fun and I get to work with Olivia too and I like that. She's my friend now, too." Partners Music gives them a place where they can truly belong, a space that enhances both their musical growth and their overall high school experience. **Janaa Daggett ('29)** said, "I think it's nice that Mrs. Armstrong is doing this class because like sometimes when there's a lot of annoying students too and it's just a nice group."

Janaa works with **Olivia Esnough ('26)** who shared her experience with devoting her time towards the growth of her fellow classmates: "When I signed up for this course, I was really nervous because I didn't know the students well and there were always professionals in the room, so I didn't think they'd need my help. But the kids really thrive when they're working with someone their age who loves music like they do. Helping them has been so much better than I expected. They connect with us right away, and they listen so much better when they feel guided by a friend rather than bossed around." Although it may be hard to keep the group on track, you hear encouragement and laughter. They do a brief warm-up, make silly noises, play games, and watch videos. Once warm ups end, the singing begins. The class focuses on one piece of music per concert. As they rehearse, they go over notes and rhythms with their mentors, celebrating every small success. As our culture becomes more inclusive, our school's true heroes are those who show compassion, kindness, and patience through opportunities like this.

Spread designed and photos taken by Addison Schmoyer



RHYTHMIC WARRIOR

Kara Vetsch ('28) said, "I really like the boom-whackers and the purple egg shakers in class. They help me do the 'Ta-Ti-Ti-Ta' rhythms, and it's fun too." From exploring different instruments to practicing rhythms with her classmates, Partners Music gives students like Kara a hands-on, fun way to grow musically while enjoying every moment of rehearsal.

FUN INSIDE THE CLASSROOM

Aiden Elmquist ('27) shared, "My favorite part about being in this choir is singing Christmas songs and having lots of fun." Aiden, like many others, also really enjoys the boom-whackers they use in class to learn rhythms. As they end class every day, they say together at once 'our concept is over' showing how consistency and repeating things can affect how a student learns.

LEARNING IN STYLE

"Harmony Choir is just more my style, and I can just get more done than when I was in mixed choir," said **Dylan Cummings ('27)**. Partnering with friends like **Jude Galarowicz ('26)** and using instruments like hand-held drums makes learning easier and more fun. The class is not only a place to grow musically but also a space to build friendships and work closely with peers.

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CREATIVITY *DRIVES* LEARNING

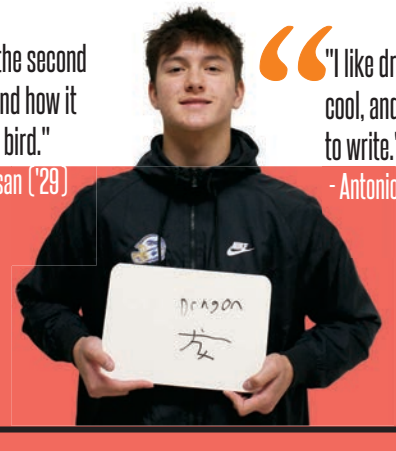
Students learn by being hands-on

With red lanterns hanging from the ceiling and cultural decorations filling the room, students get the chance to experience traditions while practicing the language. In Chinese class, students do more than just study words on a page. Students had been forming heart gestures and saying "wo ai ni," which means "I love you." Students laugh as they move in a circle, hopping, using their hands as they mimic the Chinese zodiac animals. **Jayden Williamson ('28)** explained, "I have had an interest in it. One of my friends' siblings was recommending it, and they said that the teacher was super fun and nice." Students work in small groups, piecing together Chinese symbols like a puzzle for prizes. **Arianna Petersen ('26)** said, "This class is different from other classes just her style of teaching. She rewards you for participating; I stay motivated by Mrs. Fair pushing me to be motivated." Through activities like these, students not only learn new words but also connect with the meaning and culture behind it. **Grant Cassin ('29)** mentioned, "A moment that I will always remember is when I got my first 100% on a test." In Mrs. Fair's class, curiosity leads the way and every student gets a chance to shine. The panda plush makes it's way around the circle and every student gets a turn to speak Mandarin. At first, they feel nervous as they try unfamiliar words. **Aurora Walker Kuklock ('29)** explained, "People always think it's hard, but Mrs. Fair makes it really easy, and she is so nice. That's what I love about this class." With each pass of the panda, students were

WORDS CAN *TELL* STORIES

Chinese characters that inspire our peers

"I just like the second character and how it looks like a bird."
- Siham Hassan ('29)



"I like dragons. It looks cool, and it's pretty easy to write."
- Antonio Rios ('27)

"I just think it's fun. You can see two people in the character, and it makes me think of my friends."
- Audrey Powell ('27)

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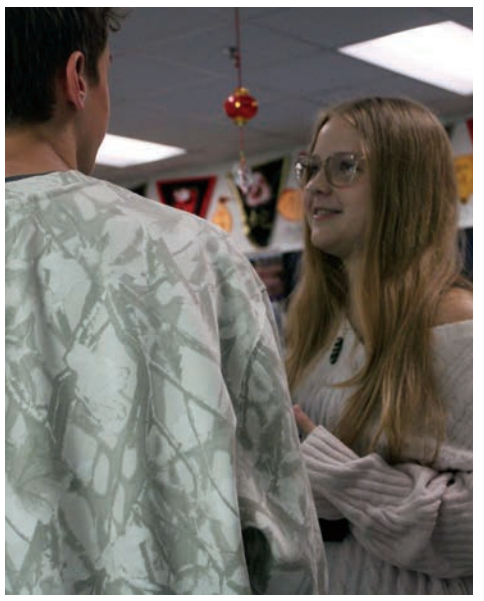


LEARNING LOOKS DIFFERENT

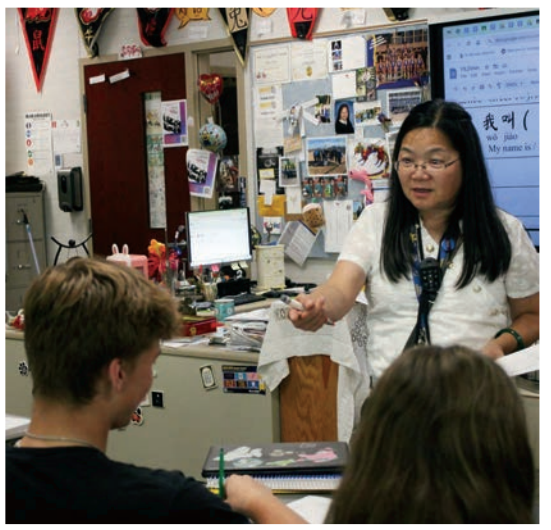
Grant Cassin ('29) and **Aiden Moua ('29)** form a circle to practice Chinese zodiac signs and act out animals as Mrs. Fair leads the lesson. The class stayed engaged while trying their best to pronounce each word. Moua mentioned, "My favorite part of the class is I get to learn a new language, and it's a lot different than English."

PASS THE PANDA

The class practice their Mandarin phrases while passing the panda plush as it makes it's way around the circle. **Aurora Walker ('29)** and **Connor Hillesheim ('29)** challenge themselves and find confidence speaking Chinese out loud. **Aurora Walker Kuklock ('29)** explained, "Most of the time I get nervous because when I talk it might be a little wrong because I think I can write better than I talk. But like writing, it's easier and the improv. circle helps with that."

EVERY PIECE MATTERS

Arianna Peterson ('26), **Dane Westom ('28)**, and **Genevieve Froemming ('29)** are gathered in groups ready to piece Chinese characters together. The activity made learning fun, with points and candy as rewards. Peterson said, "She is really engaging with her students and make us do fun activities, like when we were learning about the zodiac signs."



CLASS IS NEVER BORING

The Chinese teacher Mrs. Fair uses **Jayden Williamson ('28)** as an example while teaching Chinese to the class. She explains the lesson by pointing and showing how to say new words. Williamson said, "The activities we do like walking in circles, making animal noises, it's kinda fun. I feel like she includes everybody and does a bunch of activities, calling on people to do different things and even giving out candy rewards."

seen smiling instead of being nervous. Each turn, it was clear that students grew more confident in speaking Mandarin. Every lesson connects to Chinese culture in some way. Through calligraphy, zodiac stories, and Chinese characters, students learn more about life and traditions in China. As students explore the culture behind each word, they notice a difference in how they learn. **Connor Hillesheim ('29)** shared, "Most other classes aren't that interesting, like math or science, but this one simply is. Doing fun lessons rather than boring lessons that are like, 'Do this worksheet,' Mrs. Fair actually does engaging stuff." These moments that are full of teamwork, energy, and laughter remind us that learning doesn't just happen on paper. It happens when students take part, get involved, and make memories together. *Spread designed and photos taken by Faith Abuki*

BY THE *NUMBERS*

20 Students on average enrolled in a Chinese class

40 Chinese lanterns hanging in the classroom

4 Years Mrs. Fair has taught at STMA

81 Students in Chinese class

7 Chinese songs being played that helps students learn

8 The number that is considered lucky. People spend millions of dollars to have it in phone numbers, license plates, and addresses

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CLOSER LOOK

Looking at organisms, **Lincoln Robideau ('28)** (pictured on the right) and **Miles Dalton ('28)** examine samples to see living things through a microscope. Robideau mentioned, "I've learned how living things grow. A lot of things don't appear to be living, but they are." *Photo by Aubrynn Croaston.*

DIRT DATA

Nohe' Odanga ('28) and **Hadley Eisen ('28)** measure and weigh different types of soil to find similarities and differences. Through the course, Eisen (*pictured on the right),* stated, "Homeostasis is in everything; it's what keeps us stable." *Photo by Aubrynn Croaston.*

MIX IT UP

Through the help of reusable water bottles, **Eli Schmoyer ('28), Isaiah Velasquez ('28),** and **Cooper Wiest ('28)** learn how different kinds of soil and dirt retain water to stay healthy and usable. In this lab, they observe how soils change density with water. *Photo by Aubrynn Croaston.*

GROWTH IN ACTION

Trinity Smith ('28) studies adhesion and cohesion between water droplets and leaves. Smith-Terrel took a dropper and placed the water drops onto the leaves. Smith-Terrel said, "Something I've learned is plant cells hold water." *Photo by Aubrynn Croaston.*

THROUGH THE LENS

Makenna Schoh ('28) and **Makayla Hansen ('28)** take notes based on what they saw under the microscopes. The class learned how to zoom in and out to get a full view of the microorganisms. By learning how to use the microscopes, this gives the class a visual representation of the topics they are learning about. *Photo by Faith Abuki.*

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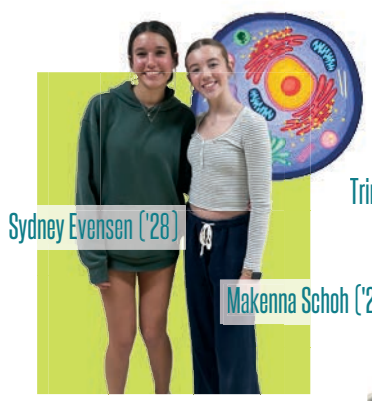
UNDER THE SCOPE

High school biology makes real world connections

Science class is not just memorizing facts, vocabulary terms, and diagrams; it's the study of life. Biology connects to almost everything we do in our daily lives. **Nohe' Odanga ('28)** said, "It has taught me how living things live and what they need to survive." Biology brings the education to life, teaching students about other living life forms. In Ness-Deden's biology class, the learning goes beyond the notes, whether that means that the class is looking through microscopes, testing petri dishes, or experimenting with plant growth and functions. Biology assists students' understanding of the living world around them. The students learn about the air they breathe, the water they drink, and the food they eat. Learning about DNA and cells gives students knowledge about how our own bodies function. **Trinity Smith ('28)** exclaimed, "I learned how the human body works." Having an understanding of the human body is important for caring for both others and yourself. **Miles Dalton ('28)** stated, "Biology expanded my knowledge on living functions. It's also more about how we impact living things." This biology course has opened students' minds about how we impact the world around us; it offers skills and knowledge that go way beyond the classroom. Whether students have a passion for science, or just want to have a better understanding of the planet we live on, biology offers a foundation, through hands-on labs and real world connections. Biology is more than just a class, it's the study of our lives.

Spread designed by Aubrynn Croaston

FUNKY FACTS Weird facts we learned in Biology A



Sydney Evensen ('28)

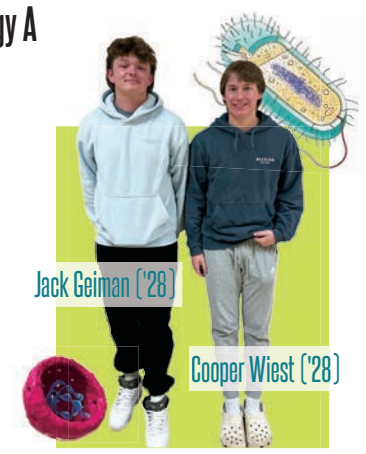
Makenna Schoh ('28)

"Cells can carry out all eight characteristics of life."
- Makenna Schoh ('28)

Trinity Smith- Terrel ('28)

Zoey Hart ('28)

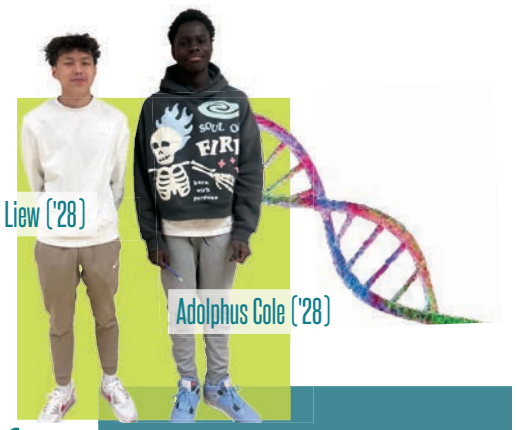
"Harp seals gain five pounds when they are babies!"
- Zoey Hart ('28)



Jack Geiman ('28)

Cooper Wiest ('28)

"All cells in the world are split into two categories: prokaryotic and eukaryotic."
- Jack Geiman ('28)



Jayden Liew ('28)

Adolphus Cole ('28)

"Everyone's DNA is unique."
- Jayden Liew ('28)

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EYES ON THE BALL

Making a huge play and soaring through the air, **Sanae Radloff ('26)** catches the ball and takes off. Radloff explained, "I was making a run and saw the ball was a little high. I didn't want the other team to get an interception, so I tried to hit the ball down, but I caught it instead."

RUN THE BALL

Emma Kvant ('26) didn't let anyone get in her way, taking the ball as far as she could. Kvant stated, "I saw that there was a wall of girls, but I was determined to get points for the team, so I used my speed to get to the end line."

THROWING FOR VICTORY

The Purple team passes the ball to make a run and score a touchdown. **Lillie Nelson ('26)** mentioned, "The quarterback was handing the ball off to me. She was going to run it, and I was going to throw it to her, so I was kind of nervous about making a good pass."

GAME TIME ACTION

Abigayle Vossen ('27) catches the pass and is on the run trying to get to the end zone. Vossen stated, "I felt very excited that I was able to help my team, and I was trying to get as far as I could without getting my flag pulled. The game was super fun with all of my teammates rooting for one another and cheering each other on."

TOUCHDOWN IN PROGRESS

Piper Peterson ('27) makes a huge run to score a touchdown, starting the play with a handoff. Peterson said, "I grabbed the ball from **Lauren Amenrud ('27)** and ran it to the end zone; I was feeling excited."

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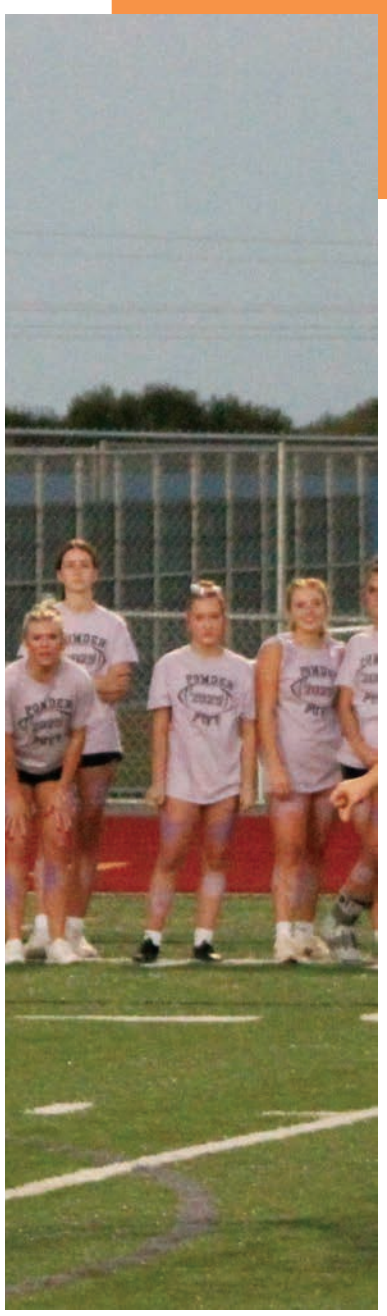
GIRLS DO IT BEST

Upperclassmen girls take on Powder Puff



CELEBRATING TOGETHER
Amber Nyemah ('26) pulled a flag on defense, and her teammates came and congratulated her. Nyemah exclaimed, "I felt very energetic and excited! The game was really good and I was happy to play with my friends."

ALL SMILES
The orange team celebrating after a good play. **Lyvia Barthel ('27)** stated, "We might have gone 1-1, but the real win was coming together as a team and having such a fun experience."

All the girls step out of their cars in the parking lot and gather with their teammates. Everyone is getting ready, putting paint and glitter on, warming up to hype music and making TikToks. **Emma Kunz ('26)** mentioned, "When I got there, we were putting glitter in each other's hair and getting excited for the game!" Then, it finally hits 6:30 P.M. We start to walk onto the football field with excitement, hearing music on the speakers, the announcer and the buzzing of the clock. **Harlow Jorgenson ('27)** said, "I was really excited and there was so much energy, it was such a great time! Before I got there, I listened to my favorite bands to get pumped up. I looked around the field in excitement because it will be such a fun memory of my junior year." Each team starts warming up, running plays, passing the ball, and talking to the coaches. The time is going down, and everyone is looking at the clock anxious to get started. The announcer starts announcing the teams and coaches, and the girls began to cheer and jump up and down for their coaches when their names were called. **Lainey Jerulle ('26)** exclaimed, "Right before the games started our entire team was very energetic. I was ready to play and excited to see what we could do. My favorite part of Powder Puff was being able to cheer on my team when I wasn't in the game. Having that energy made it much more fun!" Finally, it was time to begin the games. The football field is split into three sections: three games going on, with six teams playing. We had twenty-four minute games, and one two-minute half. As the games started, the coaches put their first lineups on the field; after a few plays, new girls would go on and play. Playing with excitement and competitiveness, it was a fun experience for the girls. **Maia Zea ('27)** stated, "During the game I felt energetic and was happy to be having fun with my girls. It didn't really matter to me that we were losing. After the game, I was talking and taking pictures with everyone!" Afterwards, all the girls meet up with their friends and family to take photos and finish the night.

Photos taken by Garett Robeck.

Spread designed by Sophia Michals

WE HAVE *EXCITING* COACHES

Junior and senior football players coached our Powder Puff teams

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THEY SAID, YES

Students ask each other to the homecoming dance

Every fall, excitement fills the air as students start planning their homecoming proposals. It's the time of year when creativity mixes with nerves, and the simple question, "Will you go to homecoming with me?" turns into fun and meaningful surprises. Some people spend hours making signs or picking out flowers, while other people keep it simple but sweet, waiting for the perfect moment to ask the question that they have been thinking about nonstop. It's not just about the dance, it's about the build up, the teasing from friends, and the suspense of what the answer will be. You can almost picture someone standing there with a sign saying, "Lets pack up our things and go to HOCO together?" That's how junior **Wyatt Tauer** ('27) asked junior **Izzy Hawkins** ('27) to this year's dance. Tauer said, "I wasn't nervous because I knew she would say yes and because I had come up with the idea from it being one of her favorite songs."

Taylan Siens ('26) asked **Jacey Bryan ('27)**

Nolan Radmacher ('28) asked **Ella Cheeley ('28)**

OUR FIRST *IMPRESSIONS*

Freshmen share their thoughts on their first homecoming

"My favortie part of homecoming had to be seeing evryone get so happy and excited over a song or just a small moment!" - Marin Bast ('29)

"It was an extremely fun event for everyone to hang out with their friends and be themselves without judgment." - Bella Borgmann ('29)

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Charlie Thomas ('28) asked **Brinley Senesac ('29)**

Carter Wigfeild ('27) asked **Anya Riesgraf ('27)**

Noah Schmoyer ('26) asked **Lauren Powell ('26)**

Lucas Gerten ('26) asked **Madysen Coulson ('26)**

"My favorite moment in the night was joining my friends and dancing with them!" - Estefanny Gutierrez ('29)

"I didn't think that many people would show up and there was a huge line too so I was impressed by that." - Adamari Sedeno ('29)

"It was so fun spending time with my friends and getting to hangout with them!" - Annabelle Vossen ('29)

"The hoemcoing dance was really fun! It was fun getting ready with friends and taking pictures!" - Oliva Ostlie ('29)

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IT'S *SPIRIT* WEEK

Teachers nominate the best dressed students

PJ DAY

Amber Nyemah ('26) Justin Berg ('27)
Bradley Holmberg ('29) Demah Stahl ('28)

PINK OUT

Sebastion Lopez-Fuller ('28) Ella Wabs ('29) Mara Howard ('26) Zoey Day ('27) Saige Funk ('26)

NOWHERE TO WEAR

Brynley Sorenson ('28) Tobin Carlson ('26) Nellie Nwana ('28)
Bree Walerius ('29) Aminaya Guar ('28) Ava Pajari ('26)

JERSEY DAY

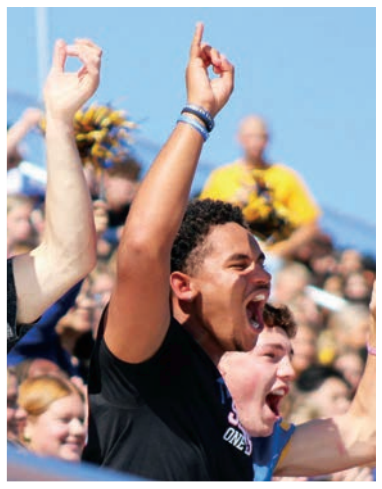
Owen Macki ('27) Abby Simon ('26)
Lizzie Storey ('28) JT O'Rourke ('29)

CHEER CHEER FOR STMA

The captains game was filled with laughs and cheerfulness. Captain **Lauren Powell ('26)** exclaimed, "It was fun to come together as captains from different sports to put together a cheer routine for the pepfest. Performing the routine was thrilling, but it was also very nerve-wracking because the whole school was watching!" *Photo by Gracie Vankuyk.*

CHEERING LOUD

Lucas LaCroix ('26) cheers on the seniors during tug-of-war. LaCroix said, "Watching the pepfest was fun. It was really hot, but the whole school was included so it made it fun." *Photo by Lucy Voss.*

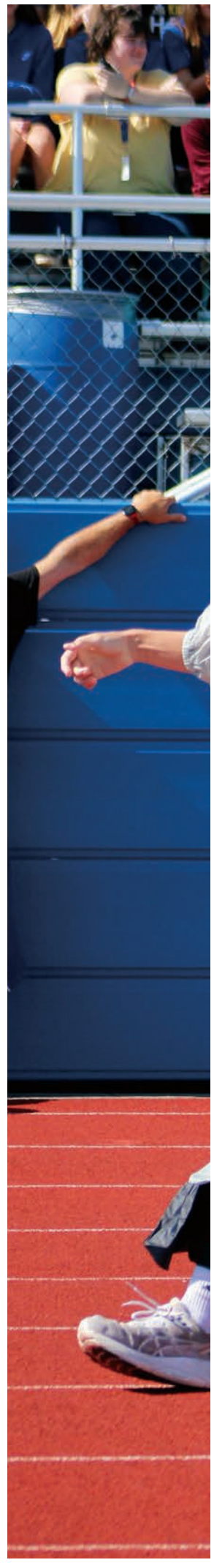


JUST KEEP TUGGING

During the tug of war game, juniors faced the seniors in the final round and won. **Presley Adrian ('27)** mentioned, "It was a lot longer of a round against the seniors than I thought, and I just kept yelling at Bailey to keep pulling because it felt like we were going nowhere." *Photo by Gracie Vankuyk.*

BUMP AND GOAL

During the epic soccer game the students were getting crushed. The teachers won 3-0 and took out students left and right. **Cedar Otto ('26)** said, "It was exciting to be playing but also very nerve-wracking. When we were playing I wasn't really expecting to get hit as many times as I did; most of the game I was just trying to dodge the hits. It didn't hurt at all though; the bubble felt like a big cushion." *Photos by Gracie Vankuyk.*



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IT'S INFLATABLE CHAOS

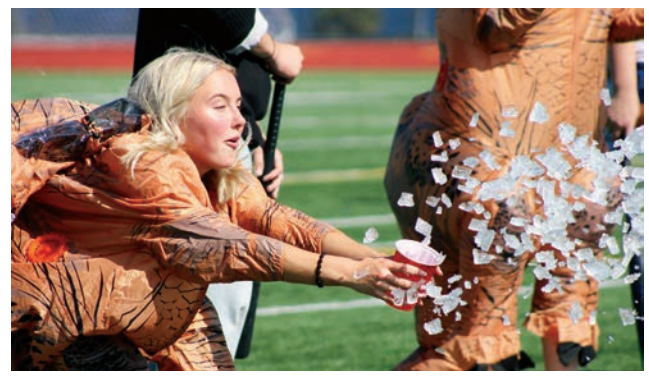
The seniors won the blow up relay game

During the Knights' annual homecoming pepfest, the highlight event was a relay race between the classes. Each grade had four players and the crowd buzzed with excitement as students filled the bleachers to cheer them on. The race was close from the start, with throwing ice into a cup, which was very challenging. **Grace Holmberg ('26)** exclaimed, "My experience in the pepfest was interesting. My inflatable animal zipper was broken, so it wouldn't zip or inflate. My overall experience was definitely one to remember." The crowd was loud and encouraged the teams. The next part of the race had the second player spin around on a baseball bat and run to the third player, who then had a sack jumping race to the fourth player. Finally the fourth player ran around the hurdles and crossed the finish line, allowing the seniors to come first in their last homecoming pepfest. The first to cross the finish line was **Liam Sieve ('26)**; he mentioned, "It was difficult navigating in such a monstrous costume. I realized it was starting to deflate toward the finish line, but I felt proud that I held up my end and could win the race for my team. I couldn't have done it without them though, they are the real reason we won the race." The crowd cheered, but the atmosphere stayed lighthearted, everyone clapping for the effort, not just the outcome.

Spread designed by Gracie Vankuyk

FINAL FLASH
Sprinting around the track, **Liam Sieve ('26)** crosses the finish line and wins the race. Sieve stated, "After crossing the finish line, I felt relieved we had won. It felt exciting; just like winning a track relay race." *Photo by Garett Robeck.*

The 2025 homecoming pepfest MCs: Bindee Nyandibo ('26) and Henry Braun ('26).
"My heart was beating out of my chest, but it was fun and I don't regret it." - Henry Braun ('26)



CATCH THAT CUBE
During the inflatable relay game, the goal of the first part was to try and catch the ice being thrown at you in a cup. **Grace Holmberg ('26)** said, "I was getting pelted with ice and maybe caught three pieces of ice in the cup." *Photo by Garett Robeck.*

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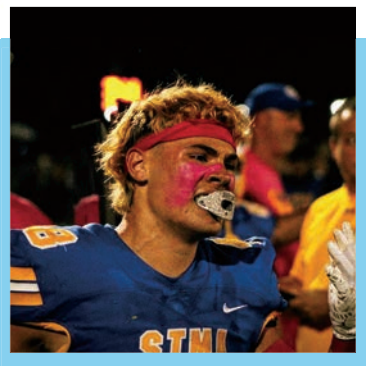
"One thing I've learned from Essler is to always push myself, even on the bad days." - **Tyler Haring**
Photo by Maddie Stern.

MILESTONE

After the close game against Wayzata, coaches and players surround Coach Essler congratulating him and cheering him on. Captain **Mason Knoblach ('26)** said, "Coach Dunc came into the huddle with a sheet of paper with 100 written on it and congratulated Coach Essler for his 100th win as head coach; we all just went crazy."
Photo by Roman Herron.

POWER THROUGH

Pushing past injuries from prior plays during the homecoming game, linebacker **Jace Carrillo ('27)** managed to recover the evasive football. After a fumble, Carrillo said, "I was super excited. I just kind of dove into it; I had to battle through it, because it was homecoming and I don't have very many of these left." After the play he celebrated on the sidelines. *Photo by Garett Robeck.*



TOUGH RECOVERIES

Braylon Bohm ('27) was attempting to drive the ball down the field. That one play is what caused his injury to his Achilles. Bohm stated, "There's nothing more I want to do than play football. I was more concerned about the season rather than the injury. I knew I was done for the game, but I was nervous for how long I'd be out after that." Despite this injury, he still contributes by filming during practices and showing up for the team.
Photo by Maddie Stern.

AGAINST *ALL* ODDS

Varsity made it to the quarterfinals

Facing the intimidation of one of the hardest schedules in the state, we still went against what everyone predetermined and made it to quarterfinals. Pushing past the doubt the Knights fought all the way through victory. **Coach Essler** explained, "The definition of faith is belief without evidence. We didn't have a lot of evidence, but we kept telling 'em there's a good team in there somewhere. They kept coming to work. Now we have some warriors." The team pushed themselves to achieve something nobody expected.
Photo by Roman Herron.

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THIS IS WHAT LEGACY LOOKS LIKE

Achieved head coach explains his successful coaching style

After 14 years Coach Jared Essler has humbly achieved a great goal for any coach and leader. He has hit 100 wins during the 2025 season. Essler used influence from numerous names across his years in order to construct a working coaching philosophy his players have come to know and love. Not even his own players had known about his hundredth win until after the game. His team was kept in the dark about this achievement. Essler explained, "It's never really been about the coach. It's always been more about the team." Even in this moment of surreal accomplishment, Coach Essler still tries to put the spotlight onto his team. Essler's biggest piece of advice includes trusting the process and not judging based on wins and losses. He stated, "There's a lot of times after those wins, we would be frustrated because we didn't play up to our best ability. There's also sometimes when we lose, and we get to say, 'I thought we played pretty well.' If you're more focused on the process, the process of improvement, as opposed to judging success by wins and losses, I think that's a big takeaway." First string quarterback, **Tyler Haring ('26)** said, "Just focusing on being able to push through the pain and execute the plays." Coach Essler has numerous goals and standards he keeps for all of his players, but a few stick out to him more than others. He mentioned, "I hope they learn the value of work ethic and treating people right. There are clues to being successful, and some are just as simple as the way you interact with people. Then, hopefully, they'll carry that over into being an employee, husband, or citizen, or something like that." The hundredth win to Coach Essler means more than just another thing to add to the resume; it's a reminder of all of his past players and supportive parents he has encountered in his years. Essler commented, "It made me think of all of the people along the way that were really helpful. From youth coaches, to middle school coaches, to the players that used to play for us and the parents that were supportive. It's definitely a career achievement, and that makes you think of all the people that were helpful along the way in that career." Tight end **Talon Moreland ('26)** said, "He's just a fun guy to be around; he keeps everything going and is an enjoyable influence to be around. He really emphasizes keeping energy and morale up." It is clear that a man as respected and well-liked by many, like Coach Essler, is very deserving of this achievement.

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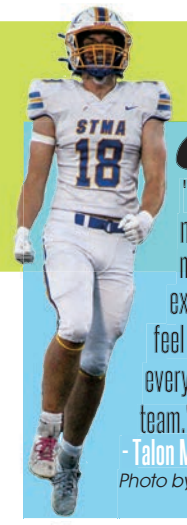
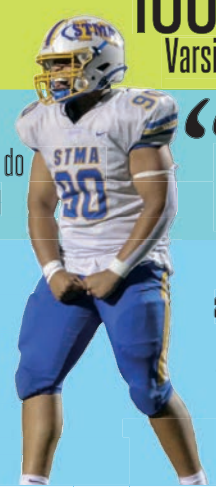
100 WINS MEETS *100%*

Varsity explains their why

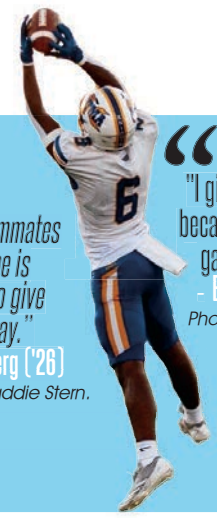


"I give 100% because if I do not feel like I am meeting my own personal expectation for myself, I feel like I am not giving everything I can for my team."
- Talon Moreland ('26)
Photo by Garett Robeck.



"I give 100% every play because why not. There's no reason not to give 100% when I put in all that work and I'm already on the field."
- Phil Harris ('29)
Photo by Maddie Stern.

"Knowing my teammates are counting on me is what drives me to give 100% every play."
- Carter Selberg ('26)
Photo by Maddie Stern.



"I give 100% every play because of my love of the game and passion"
- Elijah Lewis ('26)
Photo by Roman Herron.

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ALL FOR ONE

Proud to have made his play and knowing it helped the team, it was a rush of excitement for **Drew Kolenda ('26)**. Kolenda exclaimed, "I just felt very excited and proud that I had gotten a tackle for loss they finally threw."

WE ARE UKNIGHTED

The boys are built different and stronger together

Coming together in the beginning, sticking together in the process, and working together 'till the end creates success. While JV finished 3rd in the conference, they didn't have the ideal start they wanted. With only a few returning players, everyone had to learn to work together quickly. **Christian Doramodou ('27)** mentioned, "We only had eight seniors so most of our team were first year juniors and it was really important that we got everyone acclimated with each other and made sure everyone felt welcome." Connections with each other are essential for having success, especially when the team's stability is challenged. **Jon Anderson ('28)** said, "Some obstacles the team and I had to overcome were a lot of players getting moved up, quitting, and getting injured so we had to bring up players from the 10th grade team to fill in their spots." Even though roster changes were a real challenge, the team didn't let that define them. Players understood they had to keep pushing through while looking ahead. Their teamwork and determination to focus on improvement allowed them to keep winning and rank higher up in the conference. **Gavin Wills ('27)** stated, "After a hard loss to Minnetonka in week 2, which made us 1-1, we had to have a good week in practice to turn it around and get the big win against Wayzata."

A rough start can be tough for some, but it's also a moment to grow. The team knew they needed to practice harder than they ever have before with the goal of coming out stronger together. There is no "I" in team. What kept them connected as a team especially after a loss is not blaming each other and taking accountability. Doramodou mentioned, "We did some team bonding each week which kept us together and helped us finish out the year strong." Rising up is an understatement for this team. The way they were able to work with each other, and pull out 3 victories in a row for their last three games to finish 3rd in the conference was astonishing. It wasn't easy though; these players put in so much work practicing 3 hours a day for 5 days a week to accomplish all their wins. Knowing how to overcome obstacles so early in the season by pulling up players and dealing with injuries, while also learning how to work with a brand new team, was nothing short of remarkable. The JV Football team is the definition of perseverance. No matter what was thrown their way, they managed to keep going. Not letting having to create a new team, roster changes, or even tough losses get in their way. In the end, they learned that sticking together and leaning on each other when things get tough is how they succeed.

Story written by Anni Stollenwerk

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BOOT THAT BALL

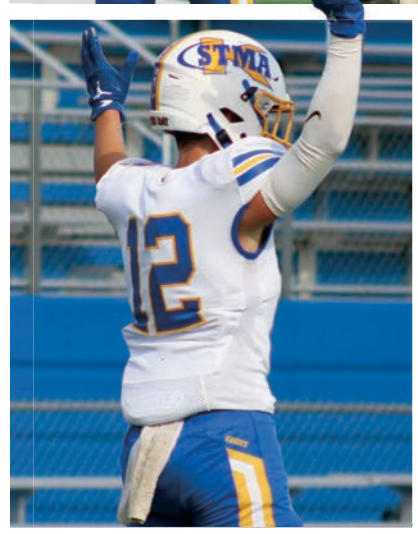
It was second quarter. Still early in the game, there was a good chance to put the ball in the right spot to get a turnover. **Aaron Collins ('28)** exclaimed "The kick was one of my better ones of the season, considering the conditions of the game. Coach Essler always tells me and my teammates to make special teams a winning edge."

SHOULDER TO STRENGTH

The Knights faced some self doubt at the start of the game against Moorhead. **Lucas Bryan ('27)** said, "Coach Palmer told me to just trust myself and my receivers." On their next drive they got back out there and threw a 55-yard touchdown.

SECONDS TO VICTORY

The Knights score in the last minute of the fourth quarter in their game against Wayzata. **Alex Pederson ('28)** said, "The touchdown was a game sealing play, so I had to go congratulate my teammate."



RISK AND REWARD

On fourth down in the first quarter, the JV quarterback scrambled and found **Alex Clilke ('27)** wide open for a touchdown. After the play, Clilke said, "It's important for a QB and wide receiver to have a good connection on and off the field, and I'm glad we have that."

"It's about the little things, like having a connection with my teammates, my coaches, and myself. My goal in the long run is to keep training and putting in the work to hopefully pursue college football." - **Eli Roden ('29)**

"I am so proud of our team this year for really stepping up. In the beginning of the season we weren't all in, but we have made so much progress with all of the practices and amazing coaches to help us along the way." - **Lucas Bryan ('28)**

FUTURE OF FOOTBALL

Overachieving underclassmen

"Football is my dream. I have been watching football with my dad since I was about six or seven and I knew that's what I wanted to do. Before each game before I warm up, I pray to God and remind myself how thankful I am to be on this team." - **Nolan O'Connor ('29)**

"Being a linebacker, the only thing I have my mind set to is to fill the other team's gaps and tackle. I have so much appreciation for my position, as well as the sport of football." - **Cooper Landy ('28)**

Spread designed and photos taken by Hailey Hodgson

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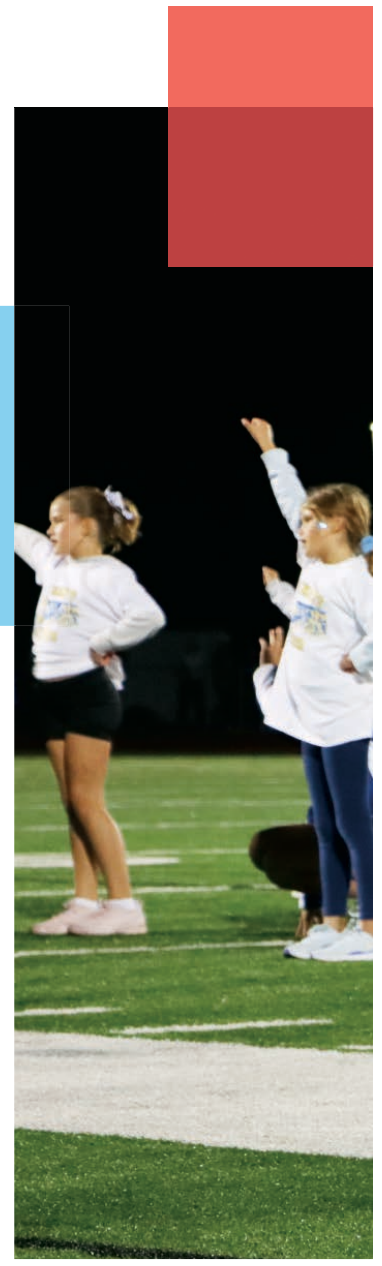
SOCCER *SPOTLIGHT*

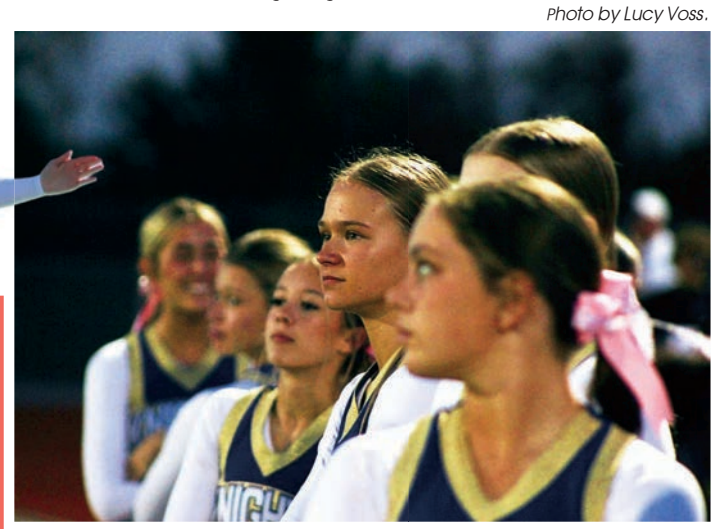
SETTING THE TONE

Being a captain is about setting the tone for the whole team. Soccer cheerleaders **Brooklynn Skillings ('27), Ella Hegge ('28), and Lacey Johnson ('29)** were sitting on the sidelines, talking, laughing, and enjoying a break together. Skillings said, "Being a captain, it's really important to me to set a good example for the girls. I push myself to be better by always trying to keep a good mindset but at the same time I try to have fun as well." *Photo by Bindee Nyandibo.*

UNKIGHTED AT HOCO

The team watches the Homecoming game from the sidelines ready to lead the crowd. Their focus is sharp, smiles are bright, and teamwork is seamless. **Lacey Williams ('27)** shared, "My favorite part of the game is doing truckin' and getting to talk and cheer with my best friends." *Photo by Lucy Voss.*





FLYER
Ava Courtney ('29)

"When I'm in the air, I just breathe, trust my bases, and focus on the crowd. Once I'm up there, it's all confidence."

Base
Brooklynn Skillings ('27)

"It's important that you're communicating and focusing on timing and locking in to make sure we aren't delayed. As we practice, it brings confidence and trust."

Backspot
Evey Husak ('27)

"I stay calm by knowing my surroundings, breathing, and not rushing. Keeping the same pace as my group prevents injury. We talk to stay on the same page."

Base
Aliyah Conover ('28)

"During a high-pressure stunt, my focus is on the flyer. My teammates and I work together toward the same goal. The key to a successful stunt is confidence."

LEADING BY EXAMPLE

The tight-knit bond between the girls is strong. The captains have gone through most of high school together, with cheer always serving as an outlet. **Grace Larson ('26)** stated, "I've really grown as a person over the years because of cheer. Learning the importance of planning, flexibility, adaptability, and leadership has helped shape who I am today." *Photo by Bindee Nyandibo.*

IT'S MORE THAN A SQUAD

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BUILDING FUTURE KNIGHTS
The cheerleaders huddled together on the sidelines, helping the youth participants find their spots and get ready for the big halftime routine as laughter and practice chants filled the air. Youth Night gave future Knights the chance to shine, showing their spirit and confidence alongside their role models. *Photo by Addison Schmoyer.*

The strength, skill, and spirit behind STMA cheerleading

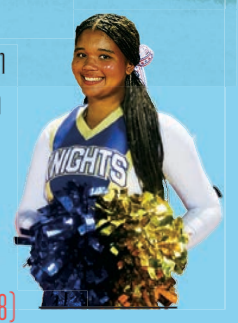
When most people think of cheerleading, they picture chants on the sidelines and pom poms waving in the air. What they don't see is the sweat, strength, and countless hours of preparation it takes to perform under the Friday Night Lights. Behind the glitter and the smiles lies a sport that demands endurance, teamwork, and grit; qualities that often go overlooked. For many cheerleaders, the hardest part isn't stunts or tumbling, it's the fact that their dedication is often dismissed. **Coach Larson** said, "Cheerleaders train for months to prepare for competitions with memorizing cheers, perfecting their motions, being loud and clear, learning the school song, and finalizing their stunt execution through multiple practices a week." Beyond proving their athleticism, cheerleaders also take on the role of being school spirit leaders, carrying the pressure of representing the entire student body. **Grace Larson ('26),** varsity football sideline captain, shared, "I try to keep the team focused and motivated to do our best, because we're representing the whole student body but also because some of the younger kids who want to be cheerleaders look up to us." While the outside world often underestimates cheer, the athletes themselves know just how mentally and physically demanding it is. **Coach Stephens** shared, "They also hit the gym all summer to build strength in order to be able to perform stunts, tumbling and jumps." Not only do the cheerleaders perform on the sidelines at games, many also compete in the fall and winter on a variety of competition teams. They are dedicated, hard-working and strong young ladies! Still, what makes cheer especially unique is the balance between athletic toughness and the performance aspect that demands perfection every time. **Ella Hegge ('28)**, a varsity soccer sideline captain stated, "Cheer has taught me to never underestimate myself. It has taught me how to be strong physically and mentally. Cheer has taught me that I can do hard things. There have been many times when I thought that there's no way I could do this stunt, and that it's way too hard, but then I tried it and I did it." Cheerleading may be one of the most misunderstood sports at school, but it's athletes know their worth. More than just faces on the sideline, they're athletes, leaders, and motivators.

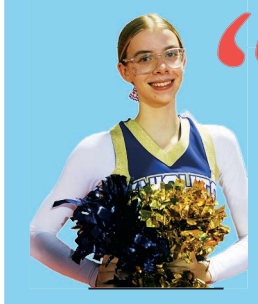
Spread designed by Bindee Nyandibo

WHAT WE WISH *YOU* KNEW

We cheer nonstop

"We do more than cheer on the sidelines. We have two other competitive teams that practice almost every day to perfect our routines for competition season!"
- Charlotte Govrik-Mccoy ('28)





"How much work goes on behind the scenes, especially with stunting. I'm on three different teams that practice multiple times a week to prepare for football games and competitions."
- Nora Schleicher ('26)

"Other than standing on the sidelines and cheering, we also have practice 4 days a week, up to 3 hours long, where we spend time doing all the other things like stunting, running full outs, and perfecting our routine,
- Julia Bright ('27)

Photos by Bindee Nyandibo.

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THE SCOREBOARD DOESN'T *TELL* THE WHOLE STORY

Varsity volleyball team shows success in other ways than winning

Spread designed by Camryn Mikolich & Ella Morstad

As the Knights entered a new season, they had a tough start with three losses in a row. Instead of letting those games determine the rest of the season, they decided to make a change. Learning to push back, the girls had to grow together and lean on each other to find the success they were looking for. When describing the shift in team dynamic, **Ella Morstad ('26)** explained, "I think after we had a rough start, everyone started to get really close because we had to work through those hard games together, and the team came out stronger because of it." After many practices with countless drills to improve connections and trust, the Knights started to string together the ability to fight through hard games. **Abby Conklin ('26)** said, "One thing I really tried to do to help the team was to step up and lead by example. If I am working hard and putting in full effort every time, others will start to do the same." The leadership from Abby, and the rest of the seniors, was very important to this gain in momentum. After coming out of a tournament where the Knights started to see their potential, the team went on to win five games in a row. While on the rise, key player Abby Conklin went down with a season-ending injury. Once again, the team had to rally around each other and quickly adjust to changes on and off the court. For the rest of the season, the team was up and down in relation to wins and losses, but they kept playing together. The Knights entered sections strong but ended up losing a long five-set match to Sartell. The scoreboard showed a loss to end the season, but the growth of the team was a win. As **Coach Tammy Cornillez** reflected, she stated, "It was not a perfect season, but the journey created a team rooted in selflessness, trust, and love for each other."

UNITED AS ONE
After the Knights scored, **Morgan Johnson ('26)** celebrates with her team. Johnson stated, "In the huddle after we get a point, we are always cheering and pointing out the little things that were done well." These moments strengthen the teams trust going into the rest of the game.
Photo by @734visuals.

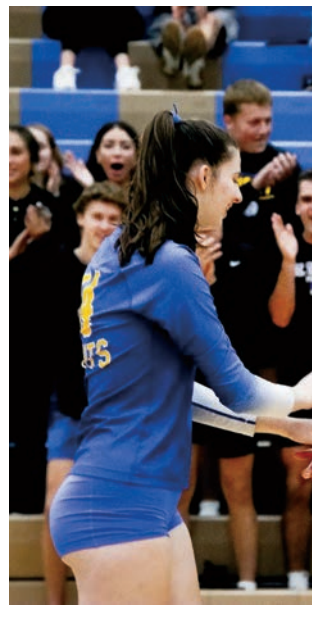
LOUD & PROUD

Underclassman shows pride on varsity team

ALL IN
Whether she is on the bench or on the court, **Kasia Polinceusz ('29)** is always hyping her team up. Polinceusz said, "I'm always giving high fives, shouting out people's names, or jumping up and cheering to keep energy high. My favorite cheer is our ace cheer because it is funny and makes everyone smile." This mindset helps the Knights to stay positive no matter what the score is.
Photo by Garett Robeck.

ONE TO WIN
As the Knights are about to win the set against Wayzata, the student section is excited. **Tyler Haring ('26)** mentioned, "It's always fun going to games with friends, especially at the end of sets when we all stand up and hold up ones because we need one more point to win."
Photo by Maddie Stern.

BETTER TOGETHER
During game time, **Abby Conklin ('26)** and **Julia Brutger ('27)** are always each other's biggest cheerleaders. Brutger exclaimed, "Abby has been the best teammate. When we are playing together we are always having fun, getting excited for each other, and making jokes on the court." The connection they have leads to their success on the court in difficult matches, such as when the Knights faced Wayzata.
Photo by Maddie Stern.



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SENIORS *SAY...*

Seniors share their advice to underclassmen

"Take advantage of every moment, make connections with others, and be a light!"

- Lauren Powell ('26)

Photo by Maddie Stern.

"Stay positive, always encourage others, make sure to have fun, and smile!"

- Kendyl O'Connor ('26)

Photo by Garett Robeck.

"Take the time to build relationships with your teammates and enjoy the ride."

- Cail Jahnke ('26)

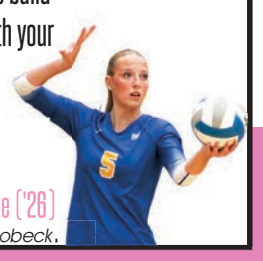

Photo by Garett Robeck.

SWINGING FOR SUCCESS

Amelia Crank ('29) goes in for a powerful hit on the outside. Starting on varsity as a freshman, she has stepped up to play a crucial role. Crank explained, "I feel I've grown to play smarter, faster, and more intensely as the season has gone on. I've also grown mentally to know that one mistake doesn't define me, but I can instead grow from each mistake I make." *Photo by Maddie Stern.*

FROM PASS TO POINT

In an intense mid-season match between the Knights and Eden Prairie, **Kennedy Marquette ('28)** is ready to make a pass. Marquette said, "While I'm waiting for the ball to come over the net, I try to think positively and tell myself that I'm going to give a good pass so it can create lots of opportunities." The Knights ended up taking the win over the Eagles in four sets. *Photo by Garett Robeck.*

LOCKED & READY

After losing a point to Buffalo, **Sophia Michals ('26)** and **Morgan Johnson ('26)** get in position to serve-receive. Michals said, "Before the serve, we are always communicating what seams we are covering. This creates our trust and confidence in each other, which leads to more success." The Knights claimed victory over the Bison. *Photo by Maddie Stern.*

READY SET GO

In a tough match against Champlin Park, **Ella Morstad ('26)** is setting up the ball to an attacker. Morstad stated, "It's my job to put the ball in a spot that gives hitters the best chance to get a good swing. Before I set, I look to see what is happening on the other side of the net and set where those blockers are not." The Knights fought hard, but ended up losing in four sets to the Rebels. *Photo by @734visuals.*

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B-SQUAD DIDN'T LOSE

After an unstoppable season, the team finishes with a 14-0 record

After a series of wins, the B-squad team lived up to their reputation as fierce and intense competitors. Winning second overall in their first two tournaments, the girls were determined to come back stronger and better than ever. Despite the different challenges they faced, varying from physical injuries to emotions on the court, the girls stayed strong through the season. **Lexi Lemieux ('29)** stated, "We had injuries throughout the season, but I am really proud of how my team responded to those challenges." With an impressive regular season record of 14-0, the B-squad team continued the winning streak by taking first in their final tournament together. **Jayden Bell ('28)** said, "Our team all got along well and we had a really good bond. This helped when we played together because we could find a good rhythm, and everyone wanted to keep adding to that drive to win." The girls showed that success isn't measured on how much training you do, but how it's built on teamwork, relationships, and trust. **Ella Cheeley ('28)** explained, "We did a really good job at pumping each other up. We had good, fun energy on our team." With high spirits and matched energy, B-squad started their game day ritual the same every time, blasting the song "Breaking Dishes" by *Rihanna*. This shakes off their nerves and brings excitement to the team that would later carry them through the match. **Jade Dallin ('28)** said, "When you're a part of a team, you really have to do what's best for both you and the team, whether that is cheering people on, or playing your best on the court." During this season, B-squad proved that success isn't just about winning, but it's about everyone working together and playing their own part. With an undefeated record, B-Squad made this season unforgettable. Hard work and dedication truly paid off for this team.

Spread designed by Harper Lehmann & Amanda Lee

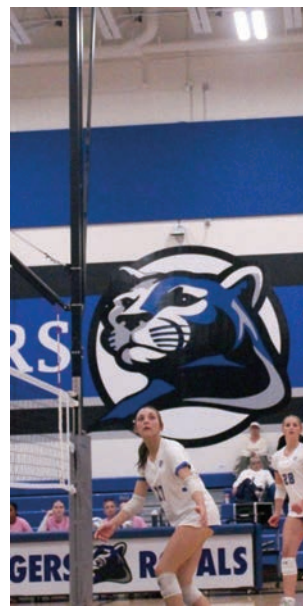
FOR THE WIN
B-squad celebrates together after an exciting play, earning them an important point in their intense game versus Champlin Park. *Photo By Amanda Lee.*

LAUNCHING INTO THE SEASON

Hard work in the off-season fuels a strong start

PRE-SEASON PREP
Outside hitter for 9A, **Ava Henson ('29)** was putting in the work this summer to prepare for her freshman season. Henson explained, "I played sand volleyball, did camps, trainings, and lots of one on one lessons to get better." *Photo by Harper Lehmann.*

JUMPING UP
9B setter, **Leah Maternowsky ('29)** is about to hit the ball back over the net. Maternowsky said, "I am always setting goals for myself during a game. Doing this helps me focus on certain things to work on." *Photo by Amanda Lee.*



ON THE COURT
JV outside hitter, **Arden Rupp ('27)** switches it up by throwing in a tip to change the pace of the game. Rupp said, "I stay motivated during games by remembering how much time and effort I have put into this sport." Arden's motivation to improve during every game *shows her dedication to her team and their success.* *Photo by Amanda Lee.*

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HAVE YOU *HEARD* ABOUT OUR TEAMS?

Underclassmen share what made this season special

"How close you become with your teammates and how they turn into friendships." - Morgan Vedders ('27)

"My favorite thing about volleyball is all the friendships for life that I make." - Delaney Stegeman ('28)

"I would say the friends I made and the bus rides to away games." - Mia Lindfelser ('29)

FOCUSED ON THE BALL

9A Outside hitter, **Lola Haring ('29)** swings down the line for a kill. Haring explained, "Before I hit, I'm looking at where the block is so I can find a good spot around it to put the ball." Haring played a successful game, leading the team to a victory against Champlin Park. *Photo by Harper Lehmann.*

GAME ON!

Setter **Stella Gronneberg ('28)** takes a deep breath, backs up, jumps into the air, and serves the ball over the net, scoring B-squad a point. Gronneberg mentioned, "When I serve, I try to focus where I'm serving to, because it is important to put it in a good spot, especially in a close game." Good serves earned the Knights many points in their game against Champlin Park. *Photo by Harper Lehmann.*

PASSING THE BALL

JV starter, **Kenzie Tisch ('27)** is ready to pass the ball. After an intense first two sets against Rogers, STMA locked in during the third set and pulls through to win. Tisch said, "During hard games something that keeps me motivated is having a competitive mindset and fighting for every point and every ball. I remind myself to focus on one point at a time, and continue to think about the next play." *Photo by Harper Lehmann.*

RISING ABOVE THE NET

9B Middle blocker **Simone Lawson ('29)** makes a very important play for her team. Lawson mentioned, "During a game, I am always thinking about what I can do in the next plays to improve the game." *Photo by Amanda Lee.*

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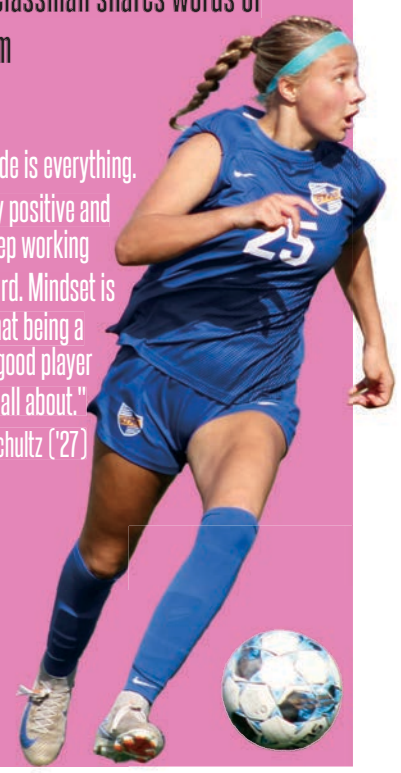
HAVE YOU *HEARD* HER?

Upperclassman shares words of wisdom

"Attitude is everything. Stay positive and keep working hard. Mindset is what being a good player is all about."
- Ava Schultz ('27)



GOAL-GETTER

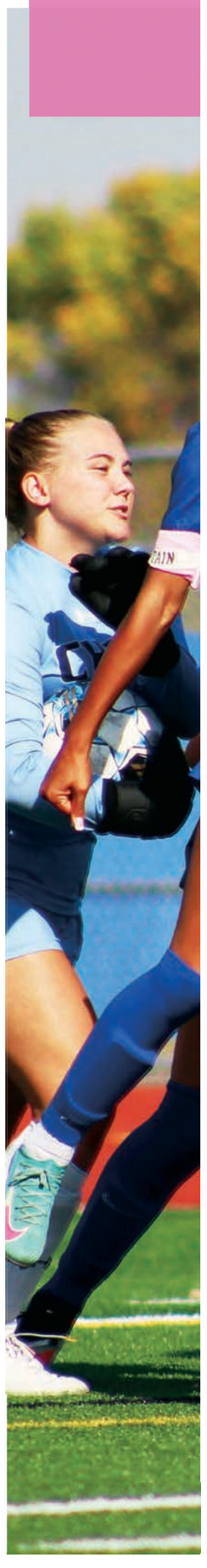
Olivia Ostlie ('29) walks side by side with **Maren Brockopp ('26)** after Liv's goal assisted by **Sanae Radloff ('26)** against the Eden Prairie Eagles. Ostlie explained the importance of teamwork, "Talking to each other and knowing you have each others back throughout the game."

STEADY DRIVE

Staying calm and focused, **Anna Derham ('26)** dribbles the ball through midfield. Derham said, "I stay calm by trusting myself and knowing I can do what both my coach and team expect me to do."

POWER HEADER

Mid-air, with perfect timing, **Anya Riesgraf ('27)** sent the ball down field with a header, keeping the pressure on their opponents. Riesgraf said, "Before I do a header, I'm usually focused on where I'm aiming the ball to go and who I'm trying to get the ball to."



STATS DON'T LIE

Taege shares her numbers

9 YEARS PLAYING

6 PAIRS OF CLEATS

4 GAME DAY PLAYLISTS

- Hope Taege ('26)

PUSH FORWARD

Pushing through the defense, **Cedar Otto ('26)** sends the ball upfield. Her efforts and energy keep the momentum alive late in the game. Otto mentioned, "During the game, I'm motivated by my wants. I want to make an impact on the field. I want to score. At the end of the season, I want to be playing my last game at the U.S. Bank Stadium."

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Girls' soccer swept section games to advance to state

WE WENT TO STATE

The varsity girls soccer team's season was full of determination, teamwork, and resilience. Captains led with a fiery passion, setting the tone for both the team and the season. With only one freshman, and a couple of sophomores stepping up alongside the juniors and seniors, the mix of players made the team stronger. The season was was built on focus and drive, and teamwork played a giant role in the team's successes. **Kennady Gayken ('28)** shared, "The sport of soccer is not easy, and it comes with many challenges that are all about communication and trust. Being so close is everything to us." The girls worked together and pushed each other to be better players, with each player's commitment helping to shape the season into something special. **Lily Riesgraf ('27)** said, "Every teammate contributes something to the team, so we all have to do our part or the whole team to succeed." The girls took home the trophy from the MSHSL girls soccer section championship game against the Buffalo Bison. **Emma Kvant ('26)** explained, "When scoring, I just focus on the ends of the net and don't think about anything but scoring," reflecting the mindset that carried the team through every game. This win sent the team to the MSHSL Girls Soccer State Quarterfinals against the Wayzata Trojans. The Knights played their hearts out on the field, but they ended up falling short with a score of 0-1. In the end, the wins and the losses were not what mattered; the way the team showed up and played the game of soccer, pushing each other to be better players and people everyday is what mattered.

Spread designed and photos taken by Claire Bunnell

FULL FORCE

Kicking with determination, **Grace Studer ('26)** sends the ball downfield, keeping the Knights in control of the game. Her sharp footwork helped set up plays for her teammates. Studer explained, "I'm usually focused on who I can get the ball to and how quickly I can do it."

FIRED UP

After a perfect assist by **Emma Kvant ('26). Sanae Radloff ('26)** found the net and scored, tying up the game. The girls celebrated with their signature routine. Radloff shared, "Emma and I have this handshake where we do basically a Siuuu at the end."

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WE TOOK THE CHALLENGE

Junior Varsity improves with every game

From the first practice, the team's goal was to improve both individually and as a whole. As the season progressed, they faced challenging opponents, long travel days, and unpredictable weather conditions but continued to show determination and teamwork. One of the team's toughest match-ups was against the Lake Conference powerhouse Wayzata. "I was very nervous because Wayzata is a very good team," said **Lauren Schubert ('26)**. Despite the nerves, the girls rose to the challenge and proved their ability to compete with some of the strongest teams in the conference. **Jordyn Czaplewski ('27)** added, "Playing a big school like Edina or Wayzata and being able to compete evenly with them was such a confidence boost for our team." Travel was another defining part of the season. Long bus rides to away games, like the trip to Bemidji, tested the team's focus and energy. "It was a big challenge because we weren't locked in and we would be tired sometimes," Czaplewski said. Even with those challenges, the team came together and finished with a record of 10-3-2. Coach Justin encouraged players to step outside their comfort zones and try new positions. "Justin was a great coach and would make us try things that we weren't used to, like playing me at defense, and I actually ended up liking it," shared **Addison Whaley ('27)**. The team competed in conditions ranging from 95-degree heat to strong 40 mph wind gusts and late season rain and cold. Through every challenge they showed consistent growth and resilience, improving with every match.

Spread designed by Kylee Steffens

KICKING INTO GEAR
Playing against a tough conference team, **Lauren Schubert ('26)** focuses on working with her team to score goals. Schubert explained, "It was a tough game because of how good Wayzata is, but it was a great challenge." *Photo by Kylee Steffens.*

SAVING THE GAME

Beck pulls out the stops

TAKING THE WIN
JV Goalie **Samantha Beck ('26)** is moving into the final stretch of a game against a tough Wayzata team. She has to make multiple crucial stops in the last few moments. Beck said, "I had to make two back-to-back saves, one jumping and one by diving. I felt the pressure." *Photo by Kylee Steffens.*

FIELD FOCUSED
Coach Justin gives mid-game advice to #21 **Avery Hennessy ('27)** as she prepared to head back onto the field in a strong match-up against Wayzata. She stated, "I take what my coach tells me, and I try to put it into action the next time I'm on the field." *Photo by Kylee Steffens.*

SHE'S IN CONTROL
Addison DeMerchant ('26) looked to advance up the field towards Wayzata's goal. Demerchant described, "I viewed the space around me and began to think about my next move toward the goal." *Photo by Kylee Steffens.*

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GOALS IN MOTION

Girls share their season goals

Photos by Maddie Stern.

"My goal this season was to be a key asset to the team by scoring and getting assists."
- Molly Benson ('27)

"A goal I had this season was to become more confident on the field and trust myself."
- McCall Steinmetz ('29)

"This season, my goal was to look to my teammates for help. I wouldn't be where I am today without them."
- Julia Thiery ('29)

LINING IT UP

Addison Jackson ('29) adjusts the ball, preparing to take a corner kick for her team against Chanhassen with a clear mindset. Jackson stated, "Focus, determination, and passion turn dreams into goals." *Photo by Kylee Steffens.*

KEEPERS MOMENT

B-Squad goalie **Zara Maeder ('29)** makes a focused save on a shot made by Minnetonka. This save helped her team maintain a lead in the intense game. Maeder expressed, "In moments like this your brain shuts off, and you have to rely on what you already know." *Photo by Maddie Stern.*

REGROUP & REFOCUS

During halftime, B-Squad gathers as a team to discuss their performance and boost their mood. **Coach Daisy** explained, "Most of our conversation was to leave it all on the field and give it your all. We had a lot of players sick or injured toward the end of the season, but the team pushed through." *Photo by Kylee Steffens.*

GAME TIME

Bryn Walesch ('29) battles up and down the field during a fierce game versus Minnetonka. **Coach Daisy** mentioned, "She always hustled back on defense to help the team and get up when we had the ball on offense." *Photo by Maddie Stern.*

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STRIKER ON FIRE

Montgomery scores multiple goals in game against Brainerd

8 GOALS
7 ASSISTS
5 GOALS IN ONE DAY

LEADING THE CHARGE

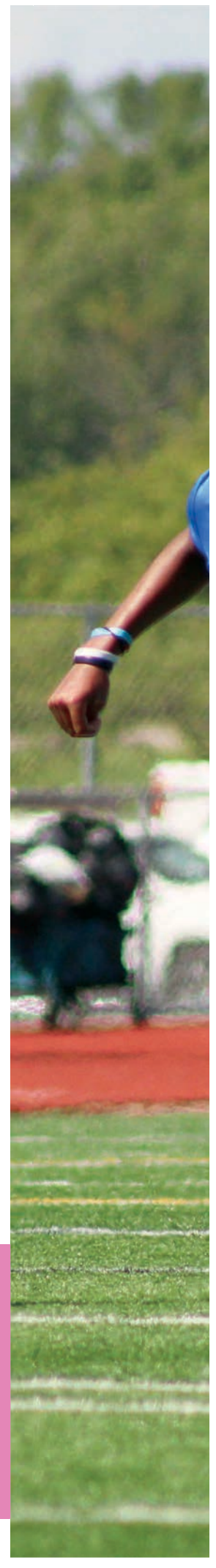
Striker **Marvin Montgomery ('28)** had a standout performance against Brainerd, scoring five goals in a single game to lead the team to victory. His success didn't come by chance—Marvin credits consistent training and preparation for his on-field performance. "Play your best. Training hard and getting the right warm-up can really motivate you," Montgomery said, highlighting the work that goes into each game.
Photo by Garett Robeck.

APPLYING FAITH

While captain **Ethan Monson ('28)** is playing, he thinks about the verse Matthew 6:33 to help him through his games. Monoson said, "I've really enjoyed being caption and leading a team, I thought this position would go to an upperclassman so its kind of insane I got this spot." *Photo by Addison Schmoyer.*

ALWAYS READY TO WORK

Nathan Buermann ('28) is caught in the moment before he runs after the ball. Buemann stated "All you can really do is put in the work and come back ready to achieve your goals the next day."
Photo by Addison Schmoyer.



NEW TO THE KNIGHTS

As **Ethan Orina ('27)** comes into the season for his first time as a Knight, he is playing with all new teammates. Orina said, "It's been a very fun experience, definitely different from what I'm used to, but I've had seven goals in the last four games, so it's been good. I wasn't at my top game coming into this season late, but after some players got pulled up to varsity, I've had a lot more playing time, a lot more touches, and overall a really good season so far."
Photo by Addison Schmoyer.

SLOW START TO HIS SEASON

Miles Dalton ('28) is running for the ball in one of his first games back after injuring his ankle. When describing what it was like to be back, Dalton said, "It was hard to get going back into the season without even trying out, but something that really helped me was the verse Jeremiah 29:11: 'For I know the plans I have for you declares the Lord, plans for welfare and not for evil, to give you a future and a hope.'"
Photo by Addison Schmoyer.

PASSING THE *GLOVES*

Senior teaches underclassman goalie as he passes the position along

As the season came to an end, **#99 Dylan Jenkins ('26)** plays his final game as a goalie and mentor to all the younger players. When asking Dylan what he spent his time teaching sophomore goalie, **Austin Leadens ('28)**, he said, "Just being aggressive when he needs to be and making sure he comes off the line so he doesn't stay back the whole game." Although Jenkins and Leadens didn't play together too much, passing the gloves down as he leaves his mark on STMA underclassmen will always be valuable to them both. Leadens said he benefited from being around Jenkins: "Even if it doesn't look like something you can save, you have to try and dive for everything."
Photo by Addison Schmoyer.

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GROWTH WAS THE GOAL

Knights battle through the season to reach a final record of 8-7-1

Yaphet Zeray ('27)
August 21st, 2025
Knights Vs. Bemidji
Photo by Garett Robeck.

The Junior Varsity boys soccer team may not have had the flashiest record, ending with 8-7-1, but what they lacked in wins, they made up for in determination, teamwork, and growth. From the first day of practice to the final whistle of the season, the players worked hard to improve their footwork, passing, and overall communication on the field. Every practice brought a new opportunity to learn, not just about soccer, but about what it means to be part of a team, and more importantly, a family of players. After talking to **Leo Bjerketvedt ('27)**, he said, "Don't let people stop you from being great." This shows that, although the team had many tough opponents and close games, their spirits never wavered. Whether it was cheering from the sidelines or giving their all on the field, every player showed dedication and support for each other and the team through the season. **Maddy Christofferson ('27)** emphasized, "So many of my best memories were made through this season with this team of both players and friends." Coach Hett emphasized working together as a team more than anything, and each person's success in the game alongside the entire team's successes. By midseason, the team was closer than ever, and it started to show in their play. Better passes, smarter positioning, and quicker communication progressed positively as the weeks went by. **Lance Ellis ('26)** said, "Growth is exponential, and it really shows." Off the field, plenty of the JV boys built friendships that went beyond soccer. Between inside jokes and pre-game warm-ups, the season was packed with memories that brought the group closer together. Though the season might not have ended with a perfect record, it ended with something more lasting: improvement, connection, and pride. The JV boys left the field knowing they had grown as players and as teammates. Their hard work and commitment laid a strong foundation for the seasons ahead, and many are ready for their next steps-up to varsity in the near future. **Zach Ruhland ('28)** mentioned, "No matter how hard you work, someone else is working harder, that's just something I use as motivation and try to live by." As the team looks toward the future, they'll carry with them everything they learned this year — from teamwork and sportsmanship to resilience and dedication. The 2025 JV boys soccer team proved that success isn't always measured by the scoreboard, but by how much a team can grow together through every challenge.

Spread designed by Addison Schmoyer

TWO TEAMS, ONE PLAYER

The season has looked different for **Evandro dos Santos ('27)**, as he has been playing both JV and varsity. When describing his experience, Santos explained, "I don't believe in luck. I believe in hard work." *Photo by Addison Schmoyer.*

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FORWARD MOMENTUM

Forward **Anthony Davis ('26)** ended his season with 10 goals, 36 shots on goal, and 4 assists. Davis consistently took control of the game, driving the ball past defenders and creating scoring opportunities for his teammates. He's seen taking the ball from an opponent and charging up the field, exemplifying his determination and skill.

THEY WAITED 1,000 DAYS FOR THIS FEELING

Knights win their first all conference game since 2022 off Schmoyer and Davis' goals

As the Knights have battled numerous teams throughout the years, on September 17, 2025, they secured a 1–0 win against the Hopkins Royals, marking their first all-conference victory since defeating them in 2022. St. Michael is part of the Lake Conference, which is arguably one of the most challenging conferences in Minnesota, making the win all the more valuable to the players and coaches who have invested time, effort, and energy into developing the team. Coaches Tomás Rodriguez and Mat Harrison stated, "It's the best game I've seen some of our players ever have." One player who made a noticeable impact was center midfielder **Maddox Nordmeier ('28)**, who joined the varsity lineup for the first time after being moved up from junior varsity just four weeks into the season. Nordmeier immediately showcased his skill, taking on the majority of the corner kicks. Many of these set pieces resulted in assists or created opportunities that put the team in strong scoring positions. When asked about his performance, Maddox said, "You just have to give it your all while you're out there, give it a 100% effort all the time." For a player new to varsity, his confidence and focus were a major boost for the team. The game started off slowly, with the boys remaining on a 0–0 tie through the early minutes. Many fans and players may have assumed it would stay that way, as past games often ended in scoreless draws. However, attacker **Titus Schmoyer ('26)** broke through at the 25-minute mark in the first half, netting the game's only goal and giving the Knights a lead they would not relinquish. Throughout the match, Schmoyer continued to play aggressively, using his physicality to challenge the Royals' defense. His style of play led to fouls and ultimately earned him a yellow card, which required him to be temporarily removed from the game. Afterward, Titus reflected on his approach, saying, "Nine fouls and one yellow card. It's a passion." Despite the penalties, Schmoyer's determination and energy clearly fueled the team and helped maintain a strong, competitive presence on the field. Another key contributor was left back **Memphis Timlin ('27)**, who consistently supported both defense and offense. Whether it was breaking up plays, recovering loose balls, or advancing the ball upfield, Memphis maintained a steady presence that helped control the pace of the game. His performance demonstrated reliability, skill, and a high level of focus that the team could count on during critical moments. Memphis said after the game, "I played very well defensively in that game to help make turnovers for our team. I also played well to help distribute the ball, and our team came out with passion." Timlin's quiet consistency has made him an increasingly important player in the Knights' lineup, one who helps maintain balance on both sides of the ball. The victory was not only about the single goal scored or defensive stops but also about the team's unity and spirit. The players' efforts reflected countless hours of practice, coordination, and trust in one another. After the game, the team enjoyed a trip to Culver's, a tradition that allows them to bond off the field. These moments together help reinforce the idea that the Knights are more than just a team—they are a family. Celebrating victories like this one, whether on or off the field, strengthens relationships and builds lasting memories that define the players' high school experience.

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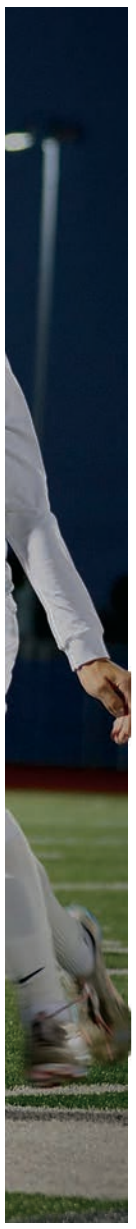


CLOSE GAME TO REMEMBER

As **Colin Schultz ('26)** fights for the ball against the Trojans, he wins over the ball in a tough battle. He then runs it up field to get a close shot on goal. Schultz later said, "During that game, there was a lot of pressure, and I think that was one of the best games we've played all season. If we had a second chance at Wayzata, we would beat them."

GLORY TO GOD

Captain **Taylan Siens ('26)** kicks the ball upfield for **Anthony Davis ('26)** before they score a shot on the Hopkins Royals. When asked what keeps Siens going strong throughout the season, he stated, "My strength is the Lord's, not my own" (Matthew 5:16). This shows commitment to both his team and his faith.

TEAM BONDING

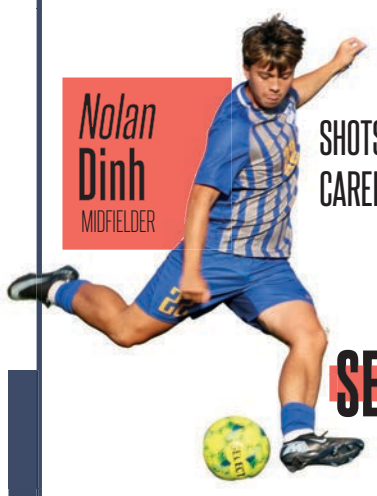
Though the team has a close loss against Wayzata (1-2), **Rovi Camacho ('28)** is enjoying his first season as a varsity player. Camacho mentioned, "The best part of my season has been meeting new people and the LIC camp we went to at the beginning for team bonding."

ONE LAST SEASON

Captain **Noah Schmoyer ('26)** is caught in the moment, taking the ball from an opposing team's player after it rolls out of the sidelines. When talking to Schmoyer, he explained something he always remembers in games is to "Use the skills and gifts God has given you to glorify Him, and take in every moment you can because before you know it, it'll be gone."

WHAT IF WE *TOLD* YOU

This was our strongest season yet



Nolan **Dinh** MIDFIELDER

SHOTS ON GOAL: 1
CAREER GOALS: 6

SEP | 6
vs. Moorhead
Final Score: 2-0

AUG | 26
vs. Maple Grove
Final Score: 1-2

SAVES TOTAL: 104
SHUTOUTS: 7

Eli GOALKEEPER **Schmoyer**

Titus ATTACKER **Schmoyer**

GOALS: 3
SHOTS ON GOAL: 14

vs. Bemidji
Final Score: 2-0

OCT | 7

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UNITED TOGETHER

On cancer night, **Leah Turpin ('28)** encourages her teammates. Cheering on the swim team is one of the most important things to her, Turpin stated, "It's important because you always know that everyone has your back. If you have a bad meet, they are always going to support you no matter what. That's a really good atmosphere to be in because it motivates you to do better." *Photo by Maddie Stern.*

A MENTAL GAME

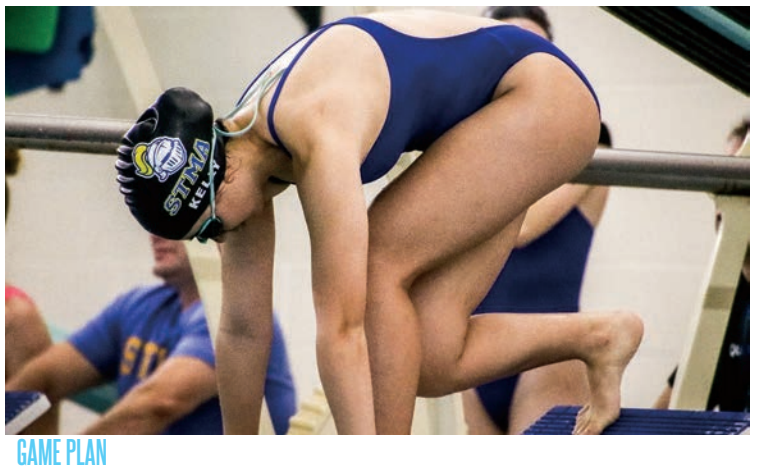
Taking a deep breath, **Lily Spitalnick ('28)** prepares for her 200 IM race. Lily told herself to think positively, try her best, and leave it all in the pool. Spitalnick expressed, "People don't understand that this sport is very mental. You have to push yourself mentally and physically all the time. You have to learn not to listen to your mental blocks." *Photo by Maddie Stern.*

BUMPY ROAD

During **Aubrie Peterson's ('29)** 200 IM race, she hits a difficult patch. Peterson stated, "The hardest part of the race for me was the middle because you swim every stroke. Breaststroke is my most challenging stroke; it is where I feel I have to push myself to not slow down and keep a good pace." Peterson placed 5th overall. *Photo by Garett Robeck.*

DON'T DOUBT

Swimming a 400 free relay as a primary driver, **Natalie Wendt-Yu ('29)** has to stay confident when she is out of her comfort zone. "When doing a hard dive, it's scary to fully commit. I just tell myself to focus and I think of how to do it." Natalie placed 2nd overall. *Photo by Maddie Stern.*



GAME PLAN

On September 4th, **Breana Kelly ('26)** swam 100 free and 100 breaststroke with a time of 1:12 and 1:29. When she hits the water, Kelly shared, "I think about focusing on doing the best I can, keeping my head down, and working on having good technique. My end goal is dropping time and being proud of my race." Breana placed 5th overall. *Photo by Maddie Stern.*

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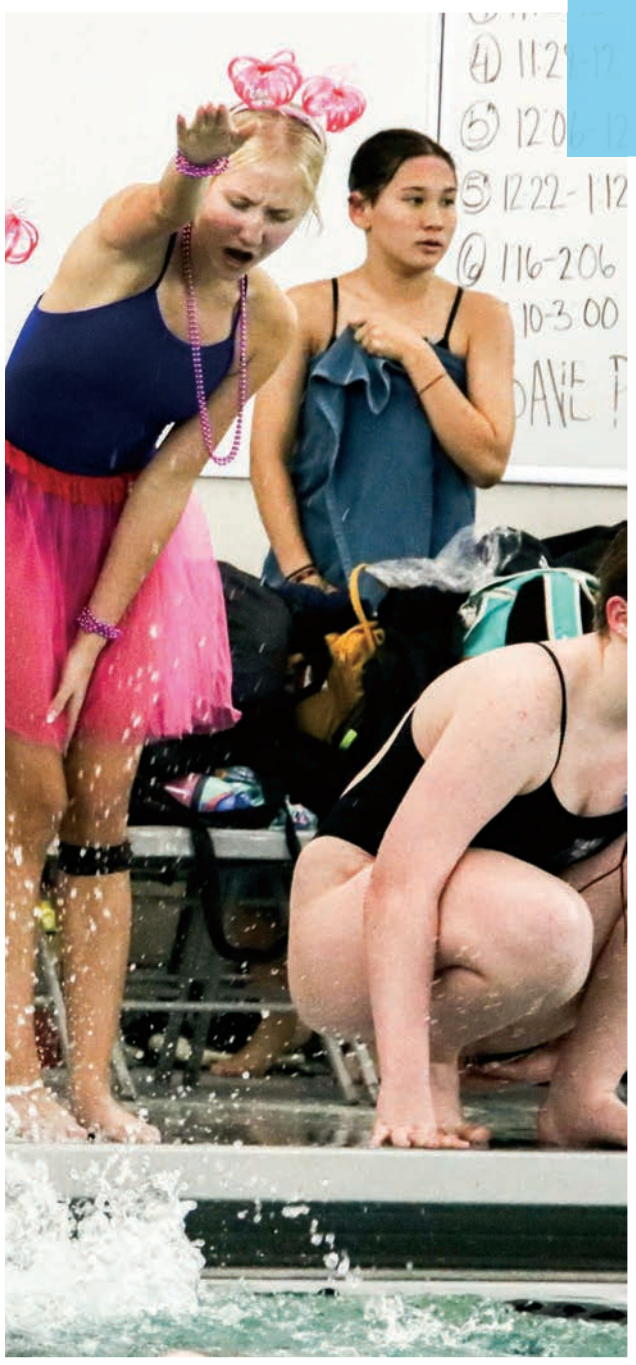

WE'RE STRONGER TOGETHER

Staying positive and supportive shapes the connections within the team

Losing half of their athletes, forced the team to start rebuilding connections. Whether it's during a tough meet, or team hangouts, building strong bonds is just as important as winning meets. **Harper Robinson ('28)** stated, "Swimming is a very mental sport, but no matter what, my teammates last year and this year have always been there for me. During a bad race, you cheer on your other teammates and you keep going, no matter the score because this season we don't care about the score. We just care about our own goals and work hard for the end of the season for sections." After 12 seniors from the previous season graduated, underclassmen stepped up to fill in the gaps. "The old divers left very big shoes to fill because they were very talented. I try to be like them by remembering how they led and how they acted around me when I was a freshman. I try to be that person for the new freshmen divers as well," explained **Grace Lindenfelser ('27)**. Because swimming and diving are two separate events, it can feel like they're two different teams, and not united as one.

Addison Thompson-Klimpke ('26) said, "I think it's important to make sure that the divers feel included too, especially during meets. We make sure we're cheering for the divers and the divers are cheering for us. During team bonding, sometimes the swimmers and divers would group together, but it doesn't feel like we truly are one connected team. Just two separate groups working together to win an award." From making sure everyone feels included, to supporting each other no matter how their event went, the girls are always there to support one another. For example, when dealing with bad races and dives, **Maren Penserga ('26)** hypes up the team and keeps them going: "If someone has a bad swim or a bad dive you always want to support them. I just feel like encouraging them; there are always more chances, everyone has their bad days, but there are always chances to improve." Even though they had to rebuild their team for this season, they made it a priority to make connections as a team, support one another, and include everyone no matter their event.

Spread designed by Allison Dressler

DIVING *INTO* ACTION

Teammates share unknown realizations of diving

"You have to be strong mentally because even the slightest bit of doubt can cause you to mess up. You could do the same dive a million times, but each time you still have to commit to it"
- Kylee Walsh ('29)
Photo by Maddie Stern.

"You have to pay attention to detail; it's not easy to do every dive perfectly. I also think of every little correction my coach has given me."
- ReMya Beck ('28)
Photo by Maddie Stern.

"You have to know how to move your body very well and have air awareness. A couple of us can do up to 2 and a half flips before we hit the water."
- Grace Lindenfelser ('27)
Photo by Roman Herron.

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IT'S THE LITTLE THINGS

Boys' cross country does the small things that matter in the end

Leading the team a couple days before their meet, assistant coach Aaron Olsen directs the varsity cross country team to shut their eyes and visualize the course that their upcoming meet will be on. Every week from June, the start of summer training, until November, the month of the state meet, the Boys Varsity Cross Country Team runs an average of 30-40 miles per week. But that's not the only thing that makes a team have a successful post season; it's also the little things that not everyone sees. **Braylen Maciej ('28)** said, "Visualization helps our team be able to focus on the meet coming up, and helps us better mentally prepare for our race so that we can race better." Something else that helps them get better is having a post run routine that they do after every run. Everyday the team does hurdles, ladders, bands, myrtle, core, strides, and some days they do a high intensity interval training or a HIIT workout led by Coach Sage. The myrtle and bands are mainly injury prevention exercises to avoid injuries from popping up during the season. The rest of the exercises are to help slowly gain strength throughout the season. **JT O'Rourke ('29)** explained, "I think it helps us get stronger and faster in ways that you can't get from a normal run. Doing things like the HIIT workouts also helps us get stronger over time." Even after the school week is done, the team is not. Almost every Saturday morning at 7 A.M., the runners get up and go to the lower rec for their long run. This run can range anywhere from 6-10 miles on average. Long runs help cross country runners gain aerobic endurance, which will help them later during their race. **Carson Miller ('27)** said, "My favorite part about Saturday morning long runs is probably being able to talk about the week with my coaches and my teammates during them." These small things the cross country runners did all came together by the end of the season to help them place fourth at the Section 8AAA meet, and send 2 athletes to the MSHSL State 3AAA meet.

Spread designed by Adelyn Hannon

FIRED UP
Before the boys varsity race at the STMA Invitational, the varsity team does their pre-race cheer to get hype before the race. **Kyler Williams ('26)**, the only senior on the varsity team, said, "Further out from a race I try to lighten the mood and tell jokes, but I kind of keep to myself a little more right before." Kyler's encouragement helped the team finish 5th overall. *Photo by Allison Dressler.*

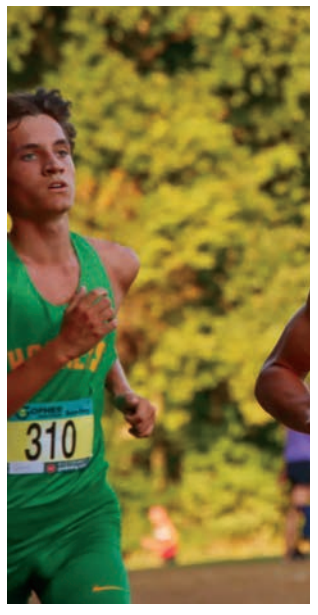
HAVE *YOU* HEARD...

The varsity team has high team chemistry
4 team pasta feeds
6 team bus rides
Countless hours of practice

SUPPORT
Benjamin Dayton ('27) supports teammate **JT O'Rourke ('29)** after finishing their 5k at the STMA Invitational on Oct. 1. Benjamin stated things that the team does to keep their team chemistry. "We would do things like go on team runs at Crow Hassan Reserve in the summer for a change of scenery, or in season sometimes we will go to Noodles the day before our race to carb load." *Photo by Maiya Slusarczyk.*

WORKING TOGETHER
Flying down the final hill at the Roy Griak Invitational, **Carson Miller ('27)** and **Riley Harmoning ('28)** use each other to help push themselves to the line. Harmoning said, "It helps me push myself harder having someone either in front or right next to you, so it's not just you in your own mind." *Photo by Maiya Slusarczyk.*

DETERMINED MINDSET
At his last home meet of his high school cross country career, **Kyler Williams ('26)** looks ahead and is more determined than ever. To keep his mind focused in a race, he tells himself, "I have goals or a strategy in mind going into the race that I think about to push me." *Photo by Maddie Stern.*



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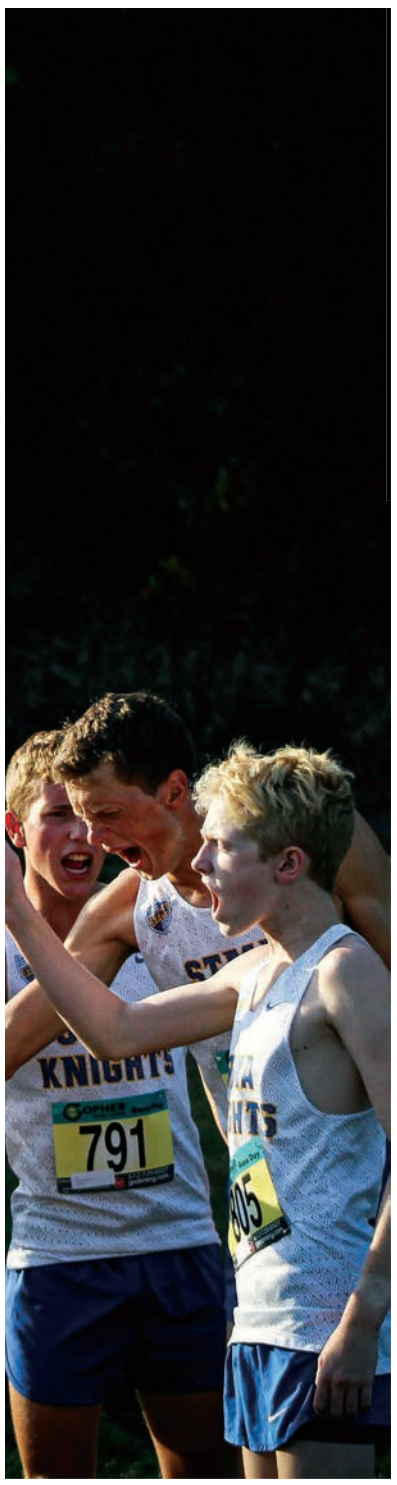
DID *YOU* KNOW...

Runners share their brand loyalty

"I like the Adizero EVO SL shoes because they make you feel like you're running on clouds." - Braylen Maciej ('28)

"These shoes are very good for easy runs and preventing injury." - JT O'Rouke ('29)

"My shoes are super light and comfortable and just great to run in." - Benjamin Raisanen ('28)



CLOSING IN

On the final lap at the STMA Invitational, **JT O'Rourke ('29)** pushes himself to use everything he has to get to the finish line. At the halfway mark, he tells himself, "I just need to ignore the pain and catch the people ahead of me." He earned a 24th place finish out of 94 total runners. *Photo by Garett Robeck.*

MIDWAY THROUGH

At the halfway mark, **Braylen Maciej ('28)** faces the consequence of starting out too fast. Maciej said, "I was really struggling in the second half of the race because of my faster start, but mentally I told myself to just keep going and finish strong." This mentality earned him 58th place at the STMA Invitational. *Photo by Maddie Stern.*

STARTING STRONG

After the gun goes off, **Benjamin Raisanen ('28)** gets out to a quick start at the STMA Invitational. Raisanen said, "I like to get out with the leaders and try to stick with them in the front as long as I can." *Photo by Garett Robeck.*

MIND OVER MATTER

Locked in and pushing through the pain, **Carson Miller ('27)** controls the thoughts running through his mind at mile 2 of the STMA Invitational. Miller said, "I just tell myself that the race is only 3 miles long, that I have done many longer runs and that I have been training for months just for these races." He earned a 52nd place finish out of 94 total runners. *Photo by Maddie Stern.*

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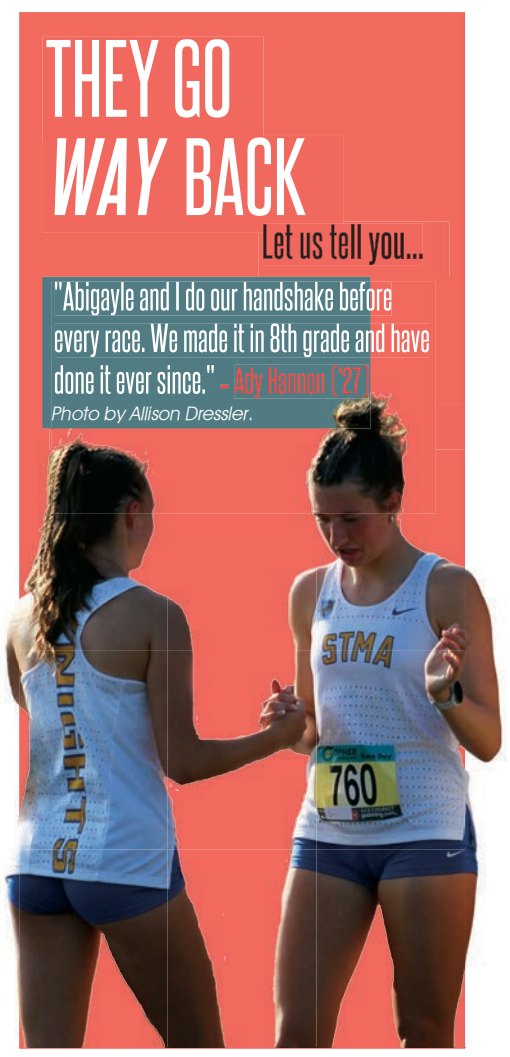
THEY GO *WAY* BACK

Let us tell you...

"Abigayle and I do our handshake before every race. We made it in 8th grade and have done it ever since." - Ady Hannon ('27)

Photo by Allison Dressler.



ONE MORE TO GO

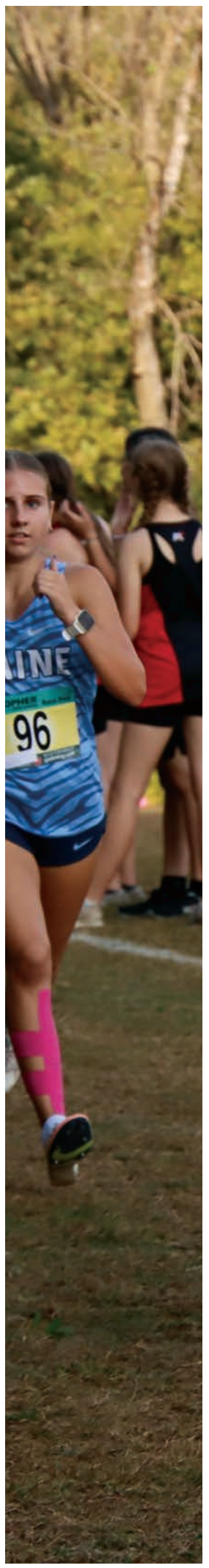
Ending the first lap of the STMA Invitational, **Reese Cleveland ('28)** continues to use her momentum. Cleveland ran a solid race, running a 20:48. She said, "A good race to me is when I feel great and determined. When I am having an off day, I still show up to support my teammates and continue to push through." She placed 28th out of 80 girls. *Photo by Maddie Stern.*

THROUGH IT ALL

Finishing up the race on the home course at the STMA Invitational, **Annabelle Vossen ('29)** pushes on. Vossen placed 17th out of 80 girls, and the team took home 1st. The team improved greatly from last year, where they took 3rd at the Invitational. Vossen said, "I think we have improved because we practice a lot harder this year. We are taking it a lot more seriously and it has made us so much better." *Photo by Maddie Stern.*

MORE THAN MILES

After the Roy Griak Invitational Meet, Senior Captains **Hailey Steffensmeier ('26)** and **Alice Harmoning ('26)** share a tight hug. Harmoning said, "I felt really happy because our hardest race was over, and I knew I could not have done it without her there to push me." Steffensmeier added, "I told Alice that morning that we are running sub 22 (minutes) and she crushed it! She made her last year's time look like a joke, and I was so proud of her for doing it." As the only two seniors on this varsity team, they made great contributions to the second place victory at Griak. Harmoning placed 183rd and Steffensmeier placed 215th. *Photo by Maiya Slusarczyk.*



Bedazzled spikes bring on personal bests

LET US *TELL* YOU

5 Personal Bests

2 Out of 18 Teams

5 Runners in the top 30

8 Pairs of Bedazzled Spikes

SPEED WITH SPARKLES

Days before the Lake Conference Championships, the team got together to bedazzle their spikes with rhinestones. The girls had a fantastic race, taking home second place.

TEAM EFFORT

At the Roy Griak Invitational, **Delanie Brand ('28)** and **Sophie Miller ('29)** run side by side. This meet was significant to the team as it was a preview for the state meet. Brand shared, "We prepared and trained way harder for this year. Coach Strait kept telling us that it was a team race." The team placed 4th overall out of 43 teams. Miller took home 66th and Brand placed 76th out of 396 girls. *Photo by Maiya Slusarczyk.*

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UNMATCHED ENERGY
At the beginning of the STMA Invitational, **Abigayle Vossen ('27)** is all smiles. Vossen kept her strong pace and finished 4th out of 80 girls. Vossen said, "My legs felt great and I knew it was going to be a great race. I was happy to see so many familiar faces cheering me on at our home course." *Photo by Maddie Stern.*

EVERY MILE COUNTS

Girls varsity cross country earns it all

Tension filled the air as the team's whole season leads up to this moment. Hundreds of girls lined up at the start line ready to run their last meet. With the strongest team they have had in years, the girls' hard work and resilience were going to be put to the test at the MSHSL Class AAA State Championships. Every first place, every personal best, and every medal didn't matter to them anymore. What did matter were the hours they put in to earn their way to the top. The team started training in June, and ran about 150 miles before the season even started. They got up 5 days a week and ran an average of 5 miles a day. The team had high expectations for this season, and they needed to train to the best of their ability to reach their goal of placing in the top 3 at state. Captain **Alice Harmoning ('26)** said, "Summer training is definitely one of the most important parts of cross country. This past summer we upped our mileage and did more workouts than we've done in the past. Summer training can feel repetitive but it makes everyone very excited to race come fall." The season came, and the team delivered. Their diligence earned them a podium victory at almost every meet. Each girl earned several personal bests throughout the season, and the team as a whole continued to improve. But most importantly, they didn't let the success get to their head. They continued to train and push each other every day until the day they had been focused on all year. The thousands of miles the team had run came down to only 3.1 miles. They were more focused than ever. **Abigayle Vossen ('27)** said, "Before the race we were all super nervous, but very excited and motivated knowing that we had a great opportunity to finish in the top 3." When the starting gun fired, the girls took off. Each girl gave it their all against the best competition in Minnesota. **Adelyn Hannon ('27)** explained, "During the race, I was focusing on not letting Forest Lake and Edina runners pass me. I was thinking about all my teammates and not letting them down." The final stretch had finally arrived, and it came down to the wire. First place had already been claimed, and the next 3 teams were battling for second. For all 3 teams, 4 out of their 5 runners had finished and were anxiously waiting for their 5th runner to cross the finish line in order to earn second place. STMA's 5th runner, **Annabelle Vossen ('29),** passed numerous girls and charged through the finish line. Vossen said, "All I was thinking was that I had to do this for my team. I thought about how it was for the team and not me individually." Her grit was enough for the girls to win second place overall out of the top 16 teams in the state. Cheering on this cross country team has been nothing short of easy for the fans. Even though they were awarded medals, they don't get credit for the blood, sweat, and tears they put in behind the scenes. The girls have proved themselves meet after meet and that is no coincidence. This talented group pushed each other to their limits, and it paid off.

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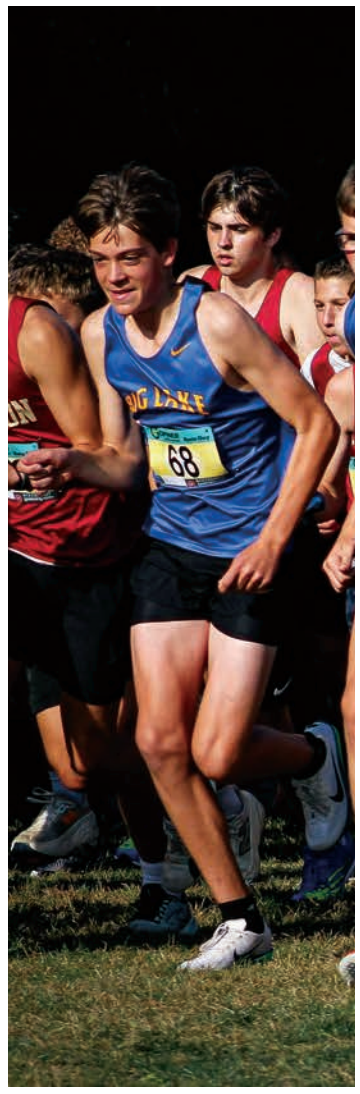
FLYING IN *FARMINGTON*

JV cross country tackles the Farmington Cowbell Classic

OUR TURF

At the STMA Invitational, **Joshua Becker ('27)** drives through a home course he had run time and time again. The home advantage helped him place 47th out of 302 boys junior varsity runners. Becker stated, "Knowing the course helped me know when to kick it down and back off a little bit." Becker ran a 19:41. *Photo by Allison Dressler.*



HALFWAY HOME

Pushing through the home course, **Ruby Messner ('28)** reaches the midpoint of the STMA Invitational. Messner explained, "The home course is a lot more challenging than other courses because it is very hilly. I try to stay positive through it by telling myself how good I am going to feel after the race is over." Messner's determination earned her 10th place in the junior varsity race in a time of 23:44. *Photo by Maiya Slusarczyk.*

LEADING THE PACK

Starting the Girls Junior Varsity 8AAA Section Previews Meet strong, **McKenna Essler ('29)**, **Gabriella Harder-Mullaney ('26)**, and **Presley Adrian ('27)** set the pace. Presley Adrian placed 15th out of 54 runners. After the race, Adrian said, "When the race starts, my adrenaline makes me nervous, so I don't really notice how fast I start out. I try to stick with a couple of my faster teammates to get out quick. Once everyone spreads out, I adjust to my regular race pace." *Photo by Maiya Slusarczyk.*

NEVER STOP

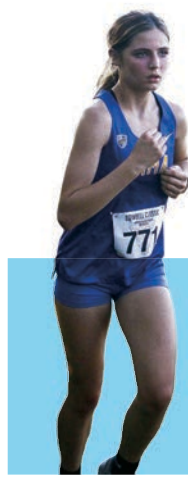
In the heat of the Farmington Cowbell Classic, **Zuri Nguyen ('29)** fights through the pain. Nguyen expressed, "The challenging part of running is consistency for me. I tell myself to keep moving and don't stop. It's painful, but I am grateful I am able to run anyway." She placed 270th out of 358 girls, and ran a 29:30 in the junior varsity race. *Photo by Ady Hannon.*

PUSHING ONWARD

At the halfway point of the race, **Zachary Beaulieu ('27)** pushes himself to keep a consistent pace and stay strong. Beaulieu said, "I tell myself, 'Focus. Speed. I am speed.' Saying this helps me center my mind and gives me the confidence I need to finish the race." Beaulieu ran a 21:53 and finished 94th out of 320 runners. *Photo by Ady Hannon.*

FINISHING STRONG

With one final kilometer left of the 5k, **Charles Dufner ('27)** looked ahead and tried to pick off his competitors. Dufner said, "My strategy is always to maintain a 'last one, best one' mindset no matter what, so when I hit that last 100–200 meters of the race, I treat it like the final rep and give it everything I've got, always trying to catch up to the person in front of me and pass them." Dufner placed 232nd and ran a 26:05. *Photo by Ady Hannon.*



FULL STEAM AHEAD

Keeping a steady pace, **Sophie Hillman ('29)** competes against 358 other runners in the Farmington Cowbell Classic. After the race, Hillman said, "My favorite part of running is sprinting at the end. It's always so fun to have that adrenaline hit and everyone cheering." Hillman ran a 28:59 and placed 258th. *Photo by Ady Hannon.*

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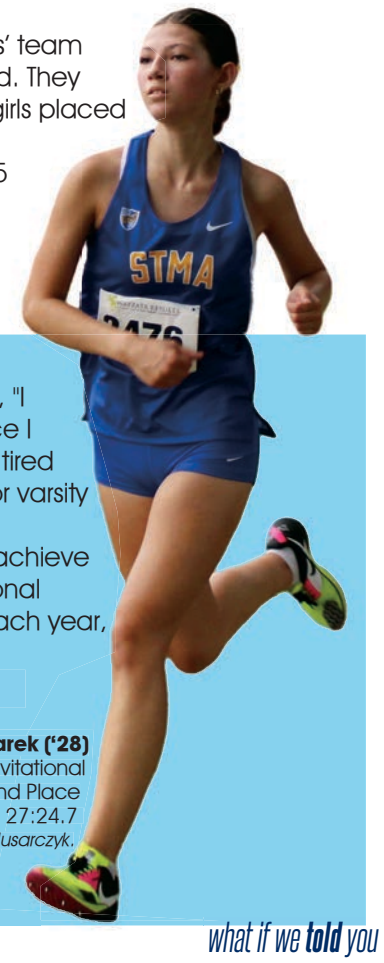
THIS is OUR COURSE

DRIVEN SPIRIT
After the gun goes off, signaling the beginning of the STMA Invitational, the boys' JV cross country gets out to a quick start to secure their spots in the front. **Riley Amundsen ('27**) said, "I am driven by my teammates, competition, and finishing the race." Having this drive earned him 32nd place out of 302 runners. *Photo by Allison Dressler.*

Junior varsity takes on the challenging home course at the STMA Invitational

Shoulder to shoulder with their competition, they already had an advantage. This was their home course. In the week leading up to the STMA Invitational, every day, the girls' and boys' teams went to the home course to get a feel for the route. Both teams aimed to improve from last time they ran this course earlier in the season. **Jacey Bryan ('27)** said, "The home meet is different from other meets because we are familiar with the course. It makes it a lot easier to get through the hills knowing we have practiced them so many times." The home course has a large hill runners have to get over twice, and it challenged all of the participants greatly. Our junior varsity team does not shy away, though. Having the home community there pushes them more than anything. **Ruby Messner ('28)** added, "The home meet is a lot more challenging than other meets because of the difficult course, but it is so much fun because your friends and family come and watch you. The community is amazing during that race and you always have someone cheering you on." Prepared and confident, the day of the STMA Invitational came. The girls' team was missing several runners, but persevered. They placed 4th out of 8 teams, and 6 of their girls placed in the top 30. The boys team had a very successful meet. They placed 5th out of 15 competitive teams. **Liam Sieve ('26)** stated, "I think the team showed great improvement in this meet, and we had pretty good placement on our home turf even with tough competition." **McKenna Essler ('29)** was challenged at this difficult course but pushed through. She explained, "I was telling myself that at the end of the race I can either feel tired but proud or I can feel tired and regretful." Both the girls' and boys' junior varsity used their determined mindsets, training, experience, and the home advantage to achieve the best result they could. The STMA Invitational brings a loud and supportive community each year, reminding our runners why it was all worth it.

Spread designed by Adelyn Hannon and Maiya Slusarczyk



AraBella Pekarek ('28)
Section 8AAA Preview Invitational
32nd Place
27:24.7
Photo by Maiya Slusarczyk.

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SHE'S ALL *ACES*

Ditlevson shines on the court as well as in the classroom

ROUNDED STUDENT ATHLETE

Violet Ditlevson ('28) is not only an academic-weapon in her studies, but an ace on the courts. Ditlevson started on the varsity team in her freshman year. *Photo by Garett Robeck.*

JUST BREATHE

Bryn Bartus ('27) shows focus in every match. Bartus stayed grounded in a singles match against Eden Prairie. Bartus shared, "I like to take a lot of deep breaths and just center myself as the point goes on." *Photo by Garett Robeck.*

START ON SCORING

After her match, **Caroline Michenfelder ('26)** resets the score tree. Many can relate to the confusion that comes with learning the scoring. Michenfelder mentioned, "I never really struggled with scoring because it was in my life before I started tennis. My dad played with me when I was younger so I knew the rules when I started." *Photo by Lucy Voss.*

TIMES ARE CHANGING

Colbie Johnson ('29) started her first year on our JV tennis team and immediately noticed how different it was from middle school tennis. Reflecting on the season and the camaraderie that comes from representing STMA high school, Johnson mentioned, "Varsity tennis is a lot more team involved and more work from representing the school at a higher level." *Photo by Garett Robeck.*

MOTIVATION *MAKES* US

The girls tennis team pushes through the season

Challenges presented themselves at every match, but no matter the score, they stayed motivated and kept going. Whether it was an intense match, a loss, or a moment of self-doubt, the team found strength in focus, mindset, and a little humor. **Allison Dressler ('26)** added a bit of her coach's advice to the mix. Dressler stated, "Our coach, Mallory, always says this little thing: 'goldfish' because goldfish have a 10-second memory. So every time I mess up, I always think "Goldfish" reminding me to forget that it even happened and to bounce back." This little word pushed the team to keep trying and to never give up. While the team focused on staying calm, **Alexa Rogers ('27)** focused on consistency over panic. Rogers explained, "I tell myself to just stay calm and hit like I always do." While some of our players used focus and mindset to stay consistent, others found motivation in the reward of sweet treats waiting for them off the court. **Belle Rabe ('28)** said, "I tell myself, if I win, I get ice cream." From fighting for a sweet reward to channeling their inner goldfish, the girls proved that motivation doesn't come from winning, it comes from learning, laughing, and getting back up for the next point. *Photo by Garett Robeck.*

HUDDLE UP

Before their match against Eden Prairie, **Allison Dressler ('26), Belle Rabe ('28), Izzy Olson ('26), Darcy Durenberger ('28), Bryn Bartus ('27),** and **Megan Beack ('26)** hype each other up before their cheer-out. The Knights lost to the Eagles on September 8th. *Photo by Garett Robeck.*

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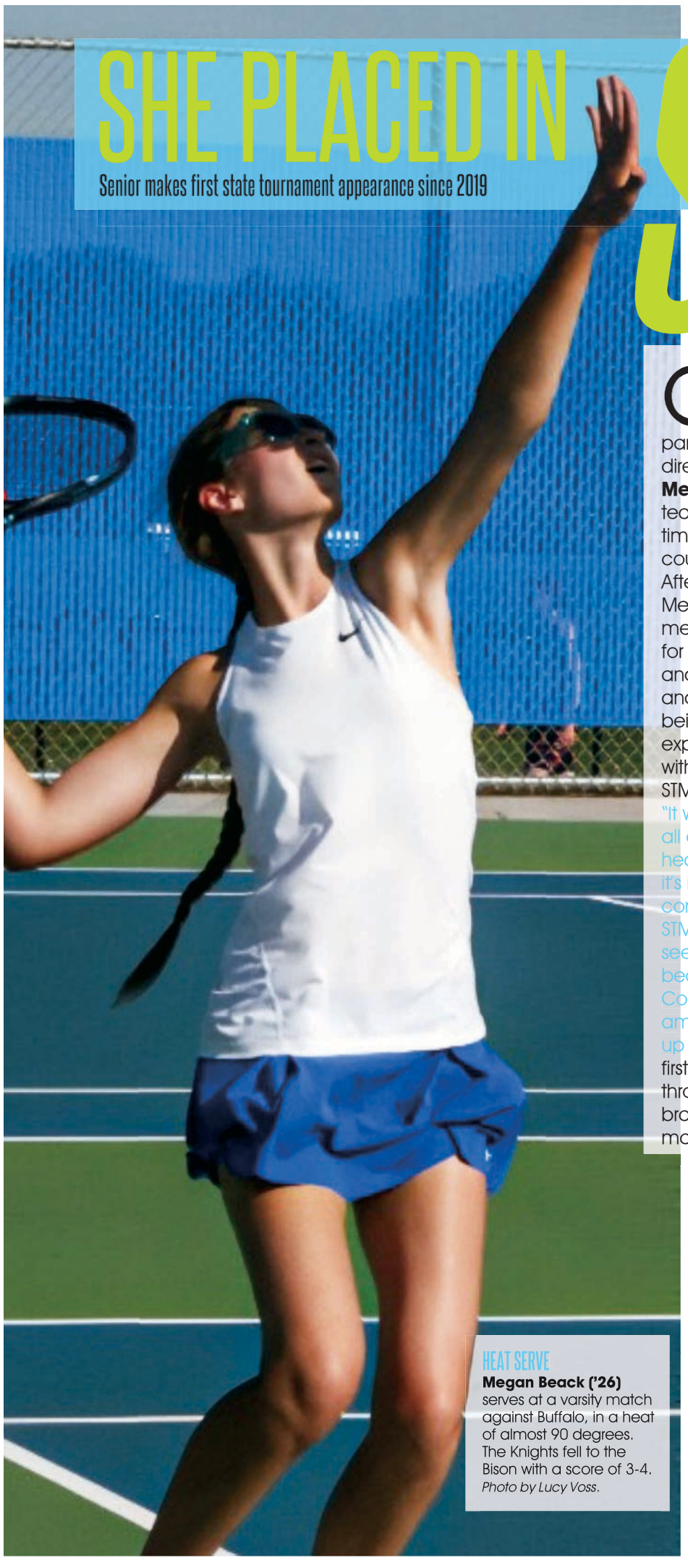
SHE PLACED IN STATE

Senior makes first state tournament appearance since 2019



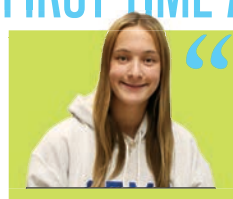
HEAT SERVE
Megan Beack ('26) serves at a varsity match against Buffalo, in a heat of almost 90 degrees. The Knights fell to the Bison with a score of 3-4. *Photo by Lucy Voss.*

On October 23rd, six friends, three coaches, two parents, our activities director Mr. Cornell, and **Megan Beack ('26)** led our team to state for the first time since 2019 and we could not be more proud. After years of practice, Megan's journey to state meant recognition and pride for the girls tennis program and proved that hard work and dedication pay off. After being asked about her state experience, she responded with a familiar feeling that all STMA athletes can relate to: "It was really cool because all of the top players you hear about are there, and it's nice to be seen as a competitor, I feel like at STMA, people don't really see us as a competitor because we're in the Lakes Conference, so it's really amazing to be able to show up for that." After losing her first match, Beack battled through the constellation bracket, determined to make the most of her state experience. She later shared her wins, losses, and the gratification that comes with reaching a goal that was worked for. "I played three matches. I lost my first one, then won my second one, qualifying me for day two, but then I lost my third match. Every single year I've been working toward state, so it's really cool to finally get there." Megan explained. Beack's dedication showed in the way she practiced. The weeks leading up to state, she worked one-on-one with her coaches to prepare for the competition. "It was me, Coach Hoselton, and Coach Mallory. We'd practice on a court for an hour and a half at Rogers Tennis Club a couple times a week." Beack recalled. From her early varsity days to her final senior season, Megan's journey to state is a story of commitment and resilience, making us proud and inspiring future STMA tennis players.

Spread designed by Lucy Voss

FIRST TIME *FEELINGS*

Freshmen share their favorite first memories



"When I went to Sartell with the JV team, and we just sat and watched the last match while cheering them on."
- Faith Fischer ('29)

"When I played my first singles match, and I got really close to winning."
- Isabella Bergmann ('29)

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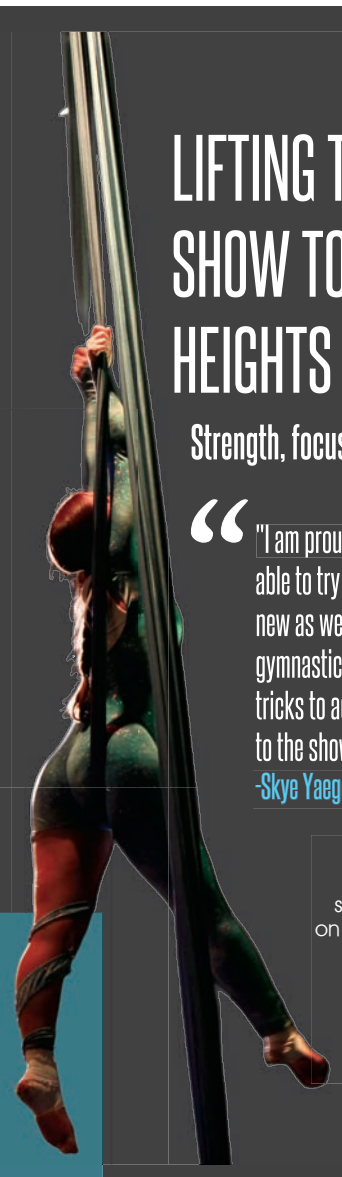
LIFTING THE SHOW TO *NEW* HEIGHTS

Strength, focus, and flight



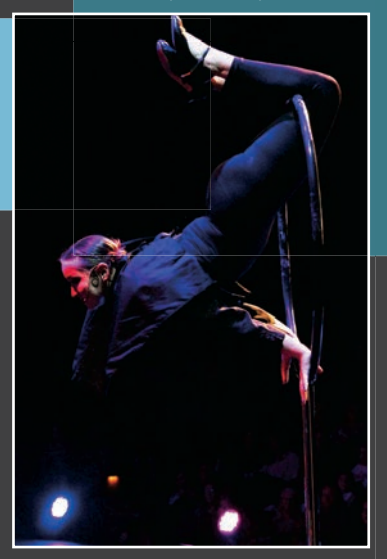
"I am proud that I was able to try something new as well as use my gymnastics skills and tricks to add something to the show."
-Skye Yaeger ('26)

FOCUS OVER FEAR

Dane Bozosi ('27) spins through the air while focusing on bringing the moment to life. Bozosi notes "During high-risk and high-intensity sections I stayed focused by staying in character and focusing on how the lead player would handle the situation instead of thinking about how I would act and what I would do. This helped me handle the more stressful situations because it wasn't me in those sections; it was the lead player." *Photo by Bindee Nyandibo.*

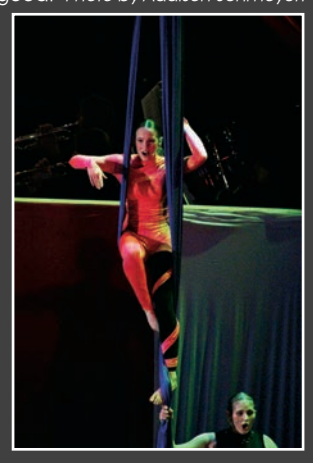
CONFIDENCE TAKES SHAPE

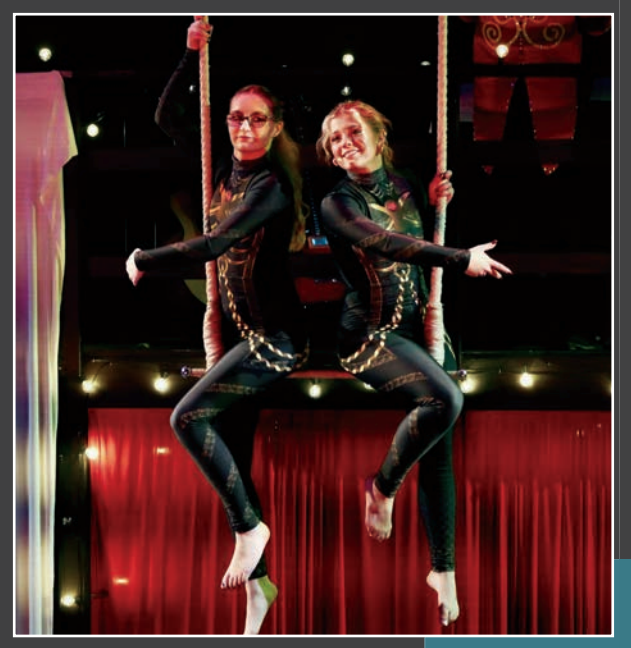
Mid-performance, **Audrey Powell ('27)** extends into a split, showcasing the strength and flexibility refined through weeks of training. Powell said, "After the first time doing the sequence in time, I immediately climbed down and high-fived my partner, Reese. I was so proud of us and so excited that the show was coming together after all of our hard work." *Photo by Maddie Stern.*



BALANCED BY TRUST

Addison Schmoyer ('27) and **Megan Boston ('27)** both shared a significant amount of time in the air doing lifts that not only focused on communication, but also trust. Addison stated, "Joining theater for the first time and then randomly doing trapeze was a really fun yet weird experience, but it was definitely exciting! I didn't even fall off so that was good!" *Photo by Addison Schmoyer.*





PREPARED TO PERFORM

Skye Yaeger ('26) performs an aerial silk sequence, highlighting the physical strength and focus required for Pippin's circus theme. Yaeger revealed, "During rehearsal we would always make sure that there was a mat under the silks whenever they were in use. We also made sure that we took breaks to recover from climbing and made sure the people around us were aware of what we were doing." *Photo by Bindee Nyandibo.*

THE *STRENGTH* YOU DON'T SEE

Core strength and technique behind each powerful stunt

PRECISION ON STAGE

Lucy Lawinger ('27) and **Nicolas Laurie ('27)** show that teamwork and balance are essential to completing the lift safely and effectively. Lawinger said, "The most challenging part of my lollipop routine was when I would flip over it and have to land inside because it was inconsistent." *Photo by Bindee Nyandibo.*

LEADERSHIP TAKES FLIGHT

Ava Pajari ('26), Kate Peabody ('27), and **Dane Bozosi ('27)** played the roles of Lead Players 1, 2, and 3 where they executed choreography with controlled energy while focusing on accuracy, rhythm, and group awareness. Ava stated, "This show was so advanced and it asked so many people to take a step forward, be leaders, and try new things. When the cast list came out, I knew things would change for the better because I knew that we all would have to work very hard for a show like this to be the best it could be." *Photo by Bindee Nyandibo.*

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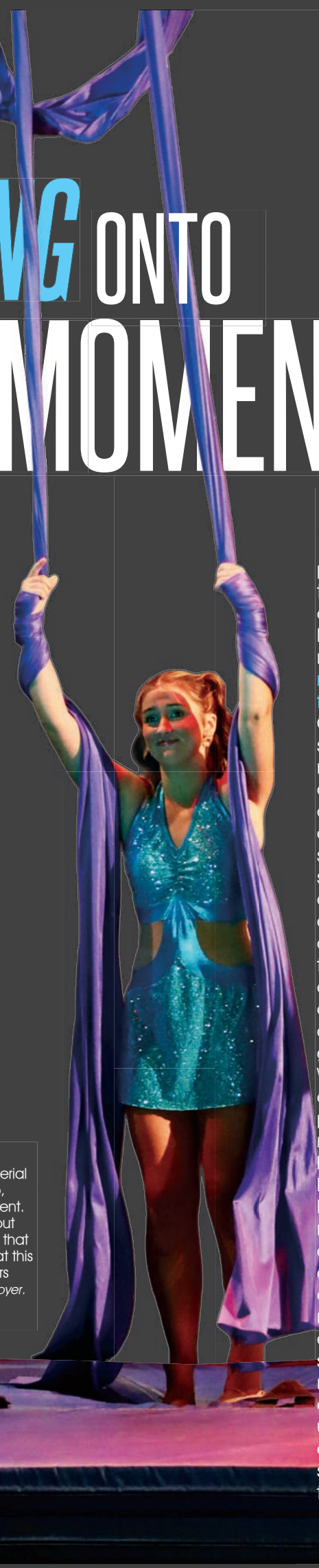
WE'RE *HANGING* ON TO EVERY MOMENT

A look at the aerial work shaping the show

"I think this production will be remembered as the show that everyone put 100% into. You are only as strong as your weakest member, and I think that everyone on stage, and off, put their all into making this show a once in a lifetime experience."

-Renee Meehan ('26)



PREPARED TO FLY

Renee Meehan ('26) prepares for an aerial trick by checking body placement, grip, and timing before initiating the movement. Meehan added, "When I first heard about the aerial elements I knew immediately that I had to do it, it is one of the reasons that this show is so much different than the others done in the past. *Photo by Addison Schmoyer.*

For the fall musical Pippin, the cast stepped into the spotlight and never looked back. They proved that there was truly no time at all to hesitate. This year set a turning point for the program as aerial work was introduced to STMA's theater program, transforming the stage into a full circus atmosphere and redefining what an STMA musical could be. **Logan Warner ('26)** who played the main character, Pippin, remarked, "When I first saw our full set on stage there was so much happening all at once, and I haven't gotten that feeling from any show here yet." With support from the Twin Cities Trapeze Company, the cast trained to master lifts, safety techniques, and tricks that pushed the limits of what many thought the program couldn't exceed. Rehearsals demanded patience, trust, and physical endurance as the cast learned how to move confidently above the stage. From aerial silks and spinning hoops, to performers navigating the stage on stilts, every scene required precision, focus, and staying in the moment. **Mr. Mann**, the director of the show, commented, "Our students would never have had access to a static trapeze bar or the other equipment. Honestly we were able to do things that most theater students will never do in their lives. They opened us up to learning new skills that we could not get any other way." As every rehearsal passed, the cast learned how to stay grounded while suspended in the air, relying not only on their own strength but also on the guidance of professionals and trust built among the cast. What appeared effortless to the audience was the result of countless hours spent practicing technique, reinforcing safety protocols, and refining timing. Every climb, lift, and jump reflected not only the discipline and shared commitment to both an excellent performance and safety, but the strength behind every voice, movement, and moment on stage. **Harper Blanchette ('27)** explained, "This requires a lot of mental strength. The late nights rehearsing, memorizing lines as well as blocking, singing, dancing, cues, etc. It is very difficult but the reward at the end of it is so beautiful." By opening night, the cast was no longer just running through the motions, they were commanding the stage with confidence and control. Each lift, spin, and climb held the bold show-stopping spirit of Pippin, turning moments of risk into moments of awe and movement into magic. The combination of storytelling and aerial work created an unforgettable experience for both the performers and the audience. With no time to hold back, the production soared, setting a new standard and leaving a permanent mark on the musical program.

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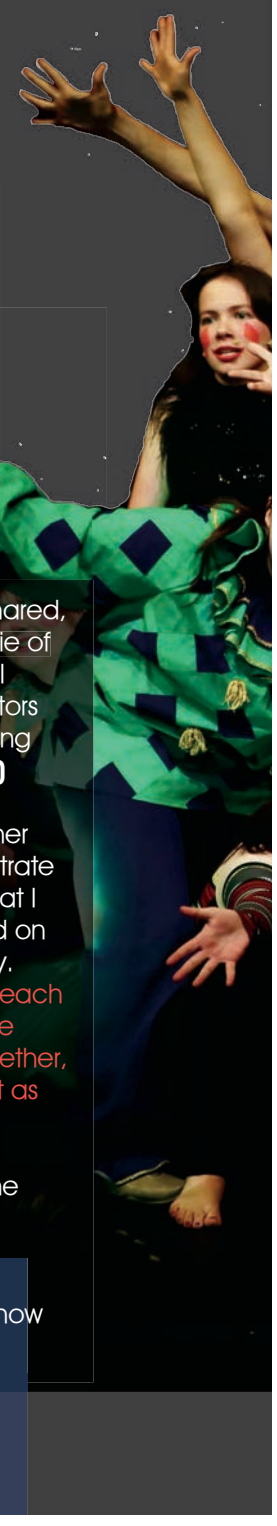
MORE COLOR BIGGER CROWDS
Annie Penserga ('29) performs with a flowing ribbon showcasing one of the many new skills cast members learned for the production. Penserga stated, "The ribbon made the performance feel more energetic and memorable." *Photo by Maddie Stern.*



Months of work led to a show to remember

THEY *STOLE* THE SHOW

Pippin, the main character, is in search of an extraordinary purpose for his life. Pippin tries to find himself through war, politics, and love. In the end, he finds that all he needed was a simple and ordinary life. The show featured multiple fast-paced scenes in which performers had to switch quickly from dancing to singing to acting, often without time to reset. **Kate Peabody ('27)** shared, "The most challenging part is that I almost never leave the stage. When I'm done with a high-energy dance number, I don't have much time to recover before acting or singing again." The scenes start to overlap as Pippin's imagination and reality mix. The constant fast pace challenged the cast to stay focused and energized throughout the entire show. Every transition matters, since the show relies on momentum to keep the story moving forward. This year's production pushed students to take on more demanding roles and think more deeply about their characters. **Ava Pajari ('26)** learned a lot from her role. Pajari said, "This is a kind of role that I've never played before. My character is so different from me in the way she carries herself and behaves, but it has been so fun bringing her to life." Directors encouraged the cast to be intentional with their choices on stage, especially as the show shifted between playful and serious moments.

Harper Blanchette ('27), who played King Charles, shared, "The most challenging part of the role is trying not to die of laughter on stage. Some of the scenes and dialogue I have with people are absolutely diabolical." Many actors faced the challenge of portraying characters with strong personalities and clear motivations. **Dane Bozosi ('27)** explained how this affected her performance, "The motivation of my character is so different from any other character in the show. I'm trying to control and orchestrate how the show turns out, so it made me think about what I was doing on stage in a different way." The cast relied on teamwork and trust to keep the show running smoothly. **Audrey Powell ('27)** said, "Giving encouragement to each other or 'tapping in' as we do in rehearsals are ways we connect before the show. We are all on the stage together, and we can help each other feel calm and confident as much as possible." The success of Pippin will continue beyond the school stage, as the cast was selected to perform a medley from the show in June of 2026 at the Hennepin Arts showcase. This opportunity allows the students to showcase their work one more time and represent the program later in the year. Through their commitment and growth, everyone proved why this show truly stole the spotlight.

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CHOOSE COMEDY OVER COMBAT

Marley Alberts ('27) performs in a fight scene during Pippin, where balloon swords replace real weapons to add humor to the moment. Alberts mentioned, "It was fun turning something intense into something people could laugh at." *Photo by Maddie Stern.*

BIG ENERGY ON STAGE

Renee Meehan ('26) celebrates front and center at the curtain closing, feeling all kinds of emotion. "I'm sad it's over, but I'm so proud of how it all came together!" Renee expressed. *Photo by Addie Schmoyer.*

GO WITH THE FLOW

June Talbot ('29) is seen dancing during a scene, showing a lot of moves and rhythm. June says, "While on stage, I'm only thinking about whats happening now. Thinking about what you did in the past isn't useful on stage." *Photo by Maddie Stern.*

Spread designed by Cora Hager

LIVE IN THE MOMENT

Harper Blanchette ('27) poses at the end of the first scene for the show, surrounded by his fellow cast mates. "I feel proud of the show and how well we performed, but at the same time I wish I could do it again and again," said Blanchette. After the play was concluded, he received an honorable mention for a spotlight award given by Hennepin Arts. *Photo by Addie Schmoyer.*

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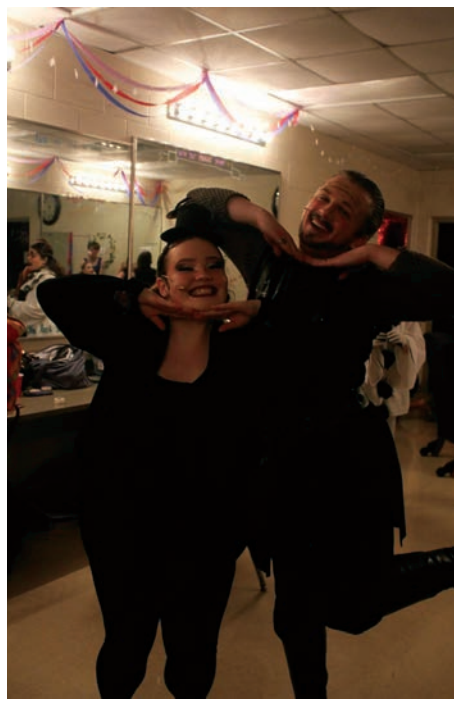
SMILES BEFORE SHOW TIME

Backstage isn't just about preparation, it's also about the bonds the audience doesn't see. **Harper Blanchette ('27)** and **Kate Peabody ('27)** take a moment to joke around and pose for the camera during intermission in the green room. "I think this will go down as one of the best musicals STMA has ever done, the show felt so magical that it was unreal. It brought you into this fantasy world and told you an incredible message," Blanchette announced. Photo by Bindee Nyandibo



SIDE BY SIDE

Before heading backstage, stage technicians, **Harlow Kelley ('27**) and **Kade Cooper ('29)**, walk the hallways, arms linked, sharing a quiet moment before the commotion of the performance.
Photo by Bindee Nyandibo

MUSIC BEHIND THE MAGIC

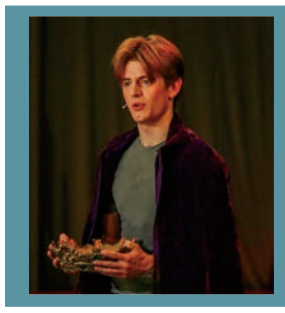
Tristan Souder ('26), Finn Sherman ('26), Keith Robertson III ('26), and **Keira Baker ('26)**, members of the pit crew, meet in the band room sharing laughs and conversation before taking their places in the pit.
Photo by Bindee Nyandibo

BACKSTAGE MEMORIES

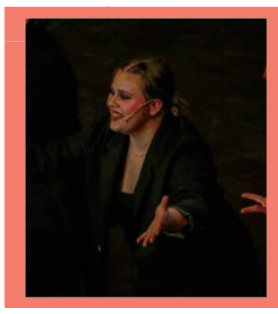
After the curtain falls for intermission, **Dane Bosozi ('27), Lucy Lawinger ('27),** and **Audrey Powell ('27)**, join each other in front of the mirror as the green room turns into a space for laughter, reflection, and photos that truly capture the magic of the night.
Photo by Bindee Nyandibo

WE'RE *AWARD* WINNERS

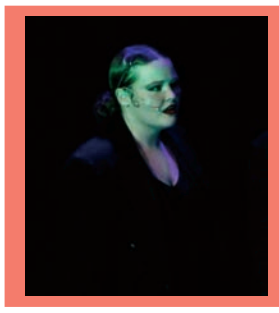
Hennepin Arts Spotlight Awards came out days after the last show with amazing results



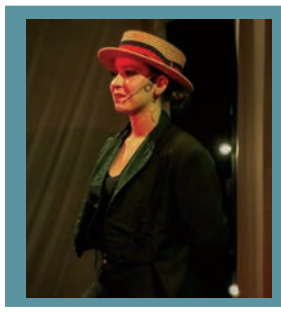
Logan Warner ('26) won Outstanding Performance in a Leading Role for his role as Pippin. "I am incredibly grateful to our program for this award. Pippin was a challenging role, and being recognized is something I'm proud of."
Photo by Maddie Stern.



Dane Bozosi ('27) won Honorable Mention in a Leading Role for her portrayal of Leading Player 2. "Receiving this award made me feel proud because it meant that the work I put into this role payed off. This award and the notes I received from the judges showed me that I truly made my character come to life."
Photo by Maddie Stern.



Kate Peabody ('27) won Honorable Mention in a Leading Role for her portrayal of Leading Player 3. "This was my first lead role at STMA and to win an award made me feel so accomplished and grateful for the opportunity to play leading player."
Photo by Bindee Nyandibo



Ava Pajari ('26) won Honorable Mention in a Leading Role for her portrayal of Leading Player 1. "Earning this award was reassurance that all my hard-work and effort was seen and enjoyed, and it felt really good to know that."
Photo by Maddie Stern.

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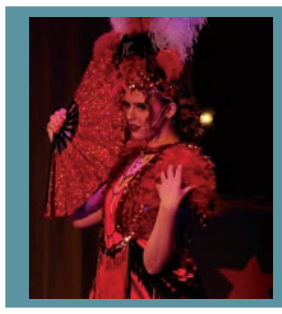
FALL MUSICAL

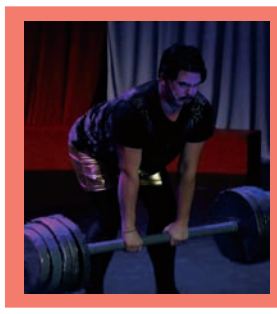
FORMAL TEAM PICTURES

Fall Musical: Pg. 75
Boys Soccer: Pg. 76-77
Girls Soccer: Pg. 78-79
Girls Volleyball: Pg 80-81
Football: Pg 82-83
Cheerleading: Pg. 84
Girls Tennis: Pg. 85
Cross Country: Pg. 86
Swim and Dive: Pg. 86
Marching Band: Pg. 87

Cast (not in order): Ava Pajari, Dane Bozosi, Kate Peabody, Logan Warner, Harper Blanchette, Nick Laurie, Lucy Lawinger, Hannah Berendes, Audrey Powell, Will Hein, Marley Alberts, Falon Barry, Justing Berg, Megan Boston, Leah Brown, Ludo Eiden, Maddie Freese, Brittany Goins, Victory Goodwin, Sam Harrison, Anelia Hillary, Reese Johnson, Caleb Kennedy, Renee Meehan, Daylyn Noreen, Cassandra Olson, Lucia Paukert, Annie Penserga, Jack Sandvik, Addie Schmoyer, Brynley Sorensen, Izzy Spaulding, June Talbot, Ella Wabs, Skye Yaeger
Student Leadership (not in order): Grace Berendes, Charlie Mattson, Payton Corder, Parker Schaben, Alex Sherman, Paige Carroll, Ash Lero
Technical Crew (not in order): Noah Howard, Vivienne Alexander, Ashton Morneau, Chelsea Seur, Jake Geach, Kailey Strey, Lina Nielson, Lily Wolff, Emmerson Halstead, Corey Krohn, Sophia Bartunek, Jordyn Asbury, Charlie Kremer, Harlow Kelley, Brayden Zeug, Lexie Illies, Olivia Mayberry, Jackson Post, Robert Cooper, Ingrit Herfel, Sophia Bovee, Serenity Schnepf, Lilly Wegler, Kade Cooper, Dylan Perkins, Abigail Lindrud, Bella Myslicki, Nathan Mattson, Brynn Warner, Marigold Kartak, Vir Spiekermeier, Ella Zimmer, Khloe Dickinson-Strait, Em Greninger, Cora Hager, Elliot Herried, Nate Enga, Izzy Lindrud, Owen Casperson, Annabelle Rabe, Coral Towns
Pit Musicians (not in order): Gracelyn DeWenter, Aiden Morgan, Toby Heil, Kevin Bourget, Ava Huggins, Dalton Aydt, Taylor Perkins, Ellenor Sebeck, Keith Robertson III, Keira Baker, Noah Cedergren, Kyle Shull, Landon Verville, Finn Sherman, Tristan Souder, Jonah Smith, Ethan Jordheim, Violet Ditlevson

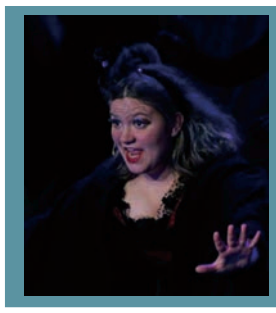


Lucy Lawinger ('27) received a Honorable Mention in a Supporting Role for her portrayal of Fastrada. "When I was an underclassmen I never foresaw myself getting a big role let alone winning an award. It gave me more confidence as an actress and got me excited for the shows to come."
Photo by Bindee Nyandibo.



Nick Laurie ('27) received a Honorable Mention in a Supporting Role for her portrayal of Lewis. "I'm very honored, no pun intended, that I was able to develop Lewis into a character I wanted him to be and get an Honorable Mentor for it."
Photo by Garett Robeck.

Audrey Powell ('27) received a Honorable Mention in a Supporting Role for her portrayal of Catherine. "This award meant so much to me because it was my first large role. It showed me that all the hours I spent working on Catherine payed off."
Photo by Addie Schmoyer.



Hannah Berendes ('27) won Honorable Mention in a Supporting Role for her portrayal of Berthe. "It felt very rewarding to win this award! I feel I worked very hard to do the best I could do, and it payed off!"
Photo by Garett Robeck.

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VARSITY SOCCER

Back Row: Coach Harrison, Andrew Loecken, Dylan Jenkins, Jeremiah Purcell, Coach Timlin, Coach Hett
Row 3: Coach Rodriguez, Coach Buckmeier, Ayden Saymongkhon, William Hauxwell, Ben Buermann, Colin Shultz, Rovi Camacho, Molique Doeyou, Luke Ngungkpan, Coach Van De Ven
Row 2: Lane Jeffery, Spencer Timlin, Anthony Davis, Noah Schmoyer, Titus Schmoyer, Brycen Pierce, Nolan Dinh, Memphis Timlin, Evandro Dos Santos
Front Row: Addie Schmoyer, Lainey Jerulle, Colton Ranweiler, Eli Schmoyer, Taylan Siens, Renee Meehan, Femi Omotayo
Varsity Record: 7 wins - 8 losses - 3 ties

MY FAVORITE *WARM-UP* SONG IS...

"Hells Bells by AC/DC"
-Jeremiah Purcell ('26)
Varsity Soccer

"Orange Juice by Noah Kahan"
-William Hauxwell ('27)
JV Soccer

"Working by Khalid and Tate McRae"
-Jasper Pawa ('28)
B Squad Soccer

"Nuevayol by Bad Bunny"
-Eusebio Rodriguez ('29)
9A Soccer

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JV SOCCER

Back Row: Coach Hett, Ian Whiteis, Evandro Dos Santos, Daryl Mukong, Lance Ellis, Nazar Romanchuk, Zach Ruhland, Coach Timlin
Row 2: Maddy Christofferson, Roman Algiers-Watkins, Zach Auger, Dylan Jenkins, Ben Buermann, Leo Bjerketvedt, Will Hauxwell
Front Row: Carlos Gallegos-Ortiz, Marvin Montgomery, Maddox Nordmeier, Ethan Monson, Nathan Buermann
Not Pictured: Ethan Orina, Daniel Orozco Vergara, Yaphet Zeray, Miles Dalton

B-SQUAD SOCCER

Back Row: Coach Buckmeier, Isaiah Velasquez, Adriano Souza Grimaldi, Taden Erdmann, Gavin Faucher, Scott Nyakangah, Coach Timlin
Row 2: Maximus Mosher, Delphine Msaka, Aiden Sellner, Finn LeZalla, Theo Lyke, Omarion Adofoli
Front Row: Jasper Pawa, Austin Leadens, Oliver Bellio
Not Pictured: Reinhold Meyer

9A SOCCER

Back Row: Coach Timlin, Riley Souder, Toby Johnson, Luke Morstad, Owen LeFebvre, Cole Anderson, Coach Van de Ven
Row 2: Roman Jorgenson, Prince Valentine II, Robert Winner, Chris Lopez, Mason Suen, Daniel Lewis
Front Row: Enoch Pivaral, Clayton Ibarra, Bernard Vincent, Andrew Hervin, Will Oliveira, Eusebio Rodriguez
Not Pictured: Johnathan Toryanmane

Spread designed by Anni Stollenwerk and Lily Nachampassak

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Row 2: Lauren Schubert, Molly Benson, Jordyn Czaplewski, Caelyn Foster, Allison Crow
Front Row: Rhea Barthel, Audrey Weber, Gabby Crowell, Alexa Larson

JV SOCCER

Back row: Adi Tourville, Krista Puent, Zayda Nix, McKenna Bugbee, Maria Eull, Gabbi Hermes, Keira Johnson
Row 2: Josie Kurasz, Annie Prindle, Addie Jackson, Paige Barthel, Emmy Williams, Joey Hanson, Coach Miller
Front Row: Camille Iverson, Aubrey Rux, Stella Frye, Nora Flammang, Zoe Hennessy

JV 2 SOCCER

Back Row: Clair Ranweiler, Brogan Blake, Emily King, Krubo Wallace, Sophia Cheaye, Lorena Schirmer, Julia Thiery, Ada Lunderby, Coach Miller
Row 2: Aubrey Rux, Gabbi Hermes, McCall Steinmetz, Annie Prindle, Isabelle Jockisch, Addi Jackson, Emmy Williams, Zoe Hennessy
Front Row: Lizzy Storey, Edell Olson, Avery Schleicher, Zara Maeder, Bryn Walesch

B SQUAD SOCCER

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Back Row: Coach Olesen, Emma Kvant, Adrienne Lewis, Lily Riesgraf, Paola Hernandez, Samantha Hartnett, Hope Taege, Shannon Corona, Sanae Radloff, Coach Prindle
Row 2: Naomi Cheney, Riah Gayken, Kennady Gayken, Grace Studer, Anya Riesgraf, Cedar Otto, Josie Hjelle, Olivia Ostlie, Hadley Johnston
Front Row: Madison Cooper, Anna Derham, Maren Brockopp, Ava Schultz
Varsity Record: 13 wins - 4 losses - 2 ties

ONE WAY I STAY *MOTIVATED* IS...

"Setting myself up for college"
-Adrienne Lewis ('26)
Varsity Soccer

"God"
-Svea Skoglund ('27)
JV Soccer

"Having Fun"
-Keira Johnson ('29)
JV 2 Soccer

"Getting stronger and better "
-Brogan Blake ('29)
B Squad Soccer

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Back Row: Coach Ramirez, Ava Henson, Alaina Fehn, Emma Anotoni, Simone Lawson, Brooke Stranger
Font Row: Meredith Karels, Madison Cooksey, Leah Maternowsky, Anna Cummings, Brooklyn Dial, Gia Gargano, Briella McChesney
Not Picture: Analei Sperlazza

9B VOLLEYBALL

Back Row: Coach Nauer, Peyton Yocum, Brooklyn Bottolfson, Lila Leudemann, Caroline Dornsbach, Ava Gapen
Front Row: Lily Eull, Mili Johnson, Faith Funk, Lola Haring, Ella Langfield, Mia Lindenfelser
Not Pictured: Ava Henson

9A VOLLEYBALL

Back Row: Coach Colligan, Eva Krube, Jayden Bell, Leah Spindler, Jade Dallin, Josie Muller
Front Row: Ella Cheeley, Stella Gronneberg, Delaney Stegeman, Karlee Anderson, Camryn Sondreal, Lexi Lemieux
Not Pictured: Naia Bilbao-Ramirez

B SQUAD VOLLEYBALL

Spread designed by Anni Stollenwerk and Lily Nachampassak

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JV VOLLEYBALL

Back Row: Addison Byer, Brooke Johnson, Kaidyn Roisum, Ella Schnitzler, Morgan Vedders, Ari Johnson
Row 2: Nicholas Michals, Coach Hermes, Coach Yerxa, Coach Johnson, Treysen Cornillez
Front Row: Adelyn O'Connor, Arden Rupp, Kylie Senesac, Kendal O'Connor, Allie Timp, Kenzie Tisch

VARSITY VOLLEYBALL

Back Row: Nicholas Michals, Kasia Polinceusz, Julia Brutger, Abby Conklin, Cail Jahnke, Ella Morstad, Treysen Cornillez
Row 2: Coach Cornillez, Coach Johnson, Coach Yerxa, Coach Hermes, Coach Colligan, Coach Anderson
Front Row: Amelia Crank, Reese Holtorf, Sophia Michals, Kennedy Marquette, Morgan Johnson, Lauren Powell, Kendyl O'Connor

Varsity Record: 16 wins - 14 losses

MY BIGGEST *INSPIRATION* IS...

"My Faith"
-Kennedy Marquette ('28)
Varsity Volleyball

"Overcoming the loss of my dad"
-Addison Byer ('28)
JV Volleyball

"Stella Swenson: U of M volleyball player"
-Josie Muller ('28)
B squad Volleyball

"God"
-Ava Gapen ('29)
9A Volleyball

"My Parents"
-Madison Cooksey ('29)
9B Volleyball

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VARSITY/JV FOOTBALL

Back Row: Ady Eberhart, Chloe Harris, Egbe Nti, Olivia Dahl, Sophia Provost, Danielle Biegert, Zoe Biniek, Nora Schleicher, Charlotte Govrik-McCoy, Vivienne Harder-Mullaney, Isabel Rankin, Morgan Johnson
Row 9: Emery Parnell, Eliana Green, Lacey Williams, Alysia Ventura, Grace Larson, Julia Bright, Grace DeVries, Cece Lund, Ava Milless, Destiny Crocker, Ellie McClendon, Darcy Michenfelder
Row 8: Kory Lundgren, Jared Essler, Frank Simmons, Ben McNaboe, Tim Gavinski, Andrew Reller, Wyatt Craft, Dexter Phillips
Row 7: Eric Riebel, Shaylar Burnell, Levi Bean, Gavin Duncanson, Keith Cornell, Jackson Dornsbach, Zach Holliday, Sean Scharlau, Jeremy Brutger, Tom Middagh, Scott Palmer, Stephen La Fave
Row 6: AJ Sele, Anthony Benitez-Korbel, Jackson Lee, Phil Harris, Lucas Bryan, Collin McVary, Jacob Kwateh, Finn Outcelt, Aaron Collins, Braeden Zachman, Alex Sipple, Jon Anderson, Lincoln Robideau, Tyson Newman
Row 5: Kolton Cain, Cameron Eull, Carter Wigfield, Luke Sumstad, Elton Sanyeneh, Alex Cilke, Adam Haus, Braylon Bohm, Kayne Young, Alex Pederson, Beckett Young, AJ Foster-Ellwood, Ralph Vix
Row 4: Christian Doramadou, Kyan Beaumont, Lucas Filipczak, Jace Carillo, Omar Almanasir, Drew Brett, Grady Riebel, Jayden Karger, Bennett Lehn, Wyatt Mosher, Cooper Henson, Vincent Dehmer
Row 3: Brett Behn, Mason Peniata, Judah Lightfoot, Bailly Smith, Dylan Faucher, Tanner Carel, Owen Haugo, Isaiah Ophoven, Antonio Rios, Gavin Wills, Lukas Honzl, Thomas Lahr, Laron McCoy
Row 2: Logan Morency, Andrew Gindele, Jace Berndt, Cameron Webb, Elijah Lewis, Roman Drew, Sam Dunna, Talon Moreland, Jackson Bevers, Jackson Outcelt, Carter Mason, John Sechser, Brodi Raymond, Rayshawn Ogunti
Front Row: Cooper Steele, Nathan Anderson, Carter Selberg, Mason Knoblach, Zach Marble, Tyler Haring, Jared Brutger

Varsity Record: 5 wins - 6 losses

MY FAVORITE *POSTGAME* FOOD IS...

"3-4 slices of pizza"
Jacob Kwateh ('27)
Varsity/JV Football

"Spaghetti"
Jackson Dornsbach ('28)
Varisty/JV Football

"Taco Bell"
Austin Hanson ('28)
Sophomore Football

"Gas station burgers/pizzas"
Eli Browers ('29)
Freshmen Football

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SOPHOMORE FOOTBALL

Back Row: Coach Eric Riebel, Coach Levi Bean, Cooper Landy, Jeremiah Klaus, Austin Hanson, Austin Keller, Spencer Saloum, Jack Geiman, Jabriel Flores, Coach Andrew Reller, Coach Shaylar Brunell
Row 4: John Paul Schonhardt, Drew Kolinda, Carter Essler, Evan Robinson, Tyson Knoblach, Alex Stone, Jayden Williamson, Jeremiah Ope, Jackson Holmes, Aiden Nowak, Jacob Hayden
Row 3: Tyler Hoehn, Parker Lindsay, Zaeden Cooper, Adam Waldach, Luke Linneman, Mason Aune, Will Vukelich, Joe Hyser, Jon Sixta, Chance Mork
Row 2: Wyatt Sayen, Makai Torkelson, Tavery Bastron, Caden Allen, Jon Anderson, Cooper Wiest, Aaron Collins, Anthony Benitez-Korbel, Evan Underwood, Lincoln Robideau, Kingston Hofmeister
Front Row: Weston Gundry, Everett Purdy, Andrew Bramos, Jackson Dornsbach, AJ Sele, Lucas Bryan, Collin McVary, Breaden Zachman, Alex Sipple, Jackson Lee, Finn Outcelt
Not Pictured: Coach Ewer

FRESHMEN FOOTBALL

Back Row: Coach Schaunaman, Coach Spahr, Coach Bovee, Isaiah Ley, Ian Garcia, Maurice Martinez-Huff, Deron Ben, Coach Chartier, Coach Dewall, Coach Rayford
Row 5: Hunter Schultz, Connor Glynn, Alphonzo Dropps, Henry Hannon, Alexander Adams, Pacey Jesperson, Thomas Addey, Sawyer Stenberg, Oscar Loftus, Maverik Foster
Row 4: PJ Witt, Bradley Holmberg, Cooper Klein, Eli Browers, Hayden Thompson, Harun Danso, Brayden Kyles-Lewis, Angelo Anaya, Weston Drowne, Hugh Hanson
Row 3: Kallen Starry, Zack Steffensmeier, Leyton Lazere, Levi Holland, Logan Andersen, Eli Roden, Owen Kunz, Logan Musech, Ivan Lightfoot, Noah Byboth
Row 2: Mason Peterson, Blake Zimmer, Brody Adrian, Joey Pacholke, William Jacobson, Gideon Dehmer, Max Gallus, Maddox Lehn, Dominic Scully, Blaine Uran
Front Row: Dawson Dehmer, Nolan O'Connor, Callan Skeen-Vanderveen, Gabriel Wymer, Cameron Garcia, Mason Reh, Yaze'elle Swift, Chris Barron, Austin Hartigan, Brady Smith
Not Pictured: Elliot Miller, Zach Beaulieu, John Thompson, Connor Voss

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VARSITY SIDELINE - FOOTBALL

Back Row: Olvia Dahl, Sophia Provost, Nora Schleicher, Coach Stephens, Charlotte Govrik-McCoy, Vivienne Harder - Mullaney, Isabel Rankin
Row 3: Cece Lund, Ady Eberhart, Chloe Harris, Lacey Williams, Danielle Biegert, Julia Bright, Egbe Nti
Row 2: Darcy Michenfelder, Destiny Crocker, Alysia Ventura, Grace DeVries, Ava Milless, Eliana Green
Front Row: Emery Parnell, Morgan Johnson, Grace Larson, Zoe Biniek, Ellie McClendon

VARSITY SIDELINE - SOCCER

Back Row: Evey Husak, Zooey Moeschl, Coach Larson, Lacey Johnson, Ella Hegge
Front Row: Brooklynn Skillings, Ava Courtney, Aliyah Conover
Not Pictured: Eva Selke

MY PREGAME *RITUAL* IS...

"Starbucks strawberry açaí refresher"
-Morgan Johnson ('27)
Varsity Sideline - Football

"Huddle with the team before comps"
-Evey Husak ('27)
Varsity Sideline - Soccer

"Listen to music"
-Megan Beack ('26)
Varsity Tennis

"*Cheer on my teammates*"
-Taylor Hanson ('27)
JV Tennis

"Pray"
-Faith Fisher ('29)
C Team Tennis

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VARSITY TENNIS

Back Row: Coach Linhun, Violet Ditlevson, Lizzy Olson, Megan Beack, Allison Dressler, Coach Hoselton
Row 2: Bryn Bartus, Belle Rabe, Carrie Michenfelder, Averie LeZalla, Alexa Rogers
Front Row: Sofia Tallarigo, Darcy Durenberger, Lydia Duncombe, Aubree Gordon
Varsity Record: 9 wins - 10 losses

JV TENNIS

Back Row: Coach Mashuga, Ellie Behn, Gracelyn Dewenter, Kaitlyn Johnson, Dureti Petros, Brooke Rath, Grace Sartori, Alaina Kuligowski, Coach Kieffer
Row 2: Mia Svendsen, Ella Hunter, Chloe Ronning, Colbie Johnnson, Oliva Gusrafson, Rebecca Roth, Ranya Ezzaid, Katelyn Walsh
Front Row: Taylor Hanson, Paige Carroll, Ashley Meehan, Noelle Meehan, Eloise Paukert
Not pictured: Charlotte Miller

C TEAM TENNIS

Back Row: Faith Fischer, Ashley Rademacher, Faith Sigugu, Bindee Nyandibo, Lucy Voss, Harlow Jorgenson, Isabella Borgmann, Madilyn Devine, Shelby Fischer, Coach Kieffer
Row 2: Ellie Fischer, Giselle Nguyen, Serena Davis, Samantha Huebner, Cloe Crayford, Caroline Bergan, Olivia Helm, Lexy Mau, Lida Prom
Front Row: Jazzlyn Wegler, Taylor-Marie Campbell, Toviela Eshun, Joyce Tarwo, Lydia Abraham Jebadoss, Brielle Walerius, Marian Odoom
Not Pictured: Trinity Haom, Cooper McAdams, Nellie Nwanna

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GIRLS' CROSS COUNTRY

Row 5: Coach Dwyer, Coach Strait, Coach Windel
Row 4: AraBella Pekarek, Presley Adrian, Karli Johnson, Rachel Sixta, Addy Zeug, Sophie Hillman, Jacey Bryan, Amelia Smith
Row 3: Marta Juarez Camprubi, McKenna Essler, Ady Hannon, Alice Harmoning, Sophie Miller, Estelle Schwietz, Madelyne Preston
Row 2: Ruby Messner, Abigayle Vossen, Delanie Brand, Anna Dewey, Annabelle Vossen, Hailey Steffensmeier, Zuri Nguyen
Row 1: Gabby Harder Mullaney, Elin Severson, Reese Cleveland, Mackenzie Myran, Claire Herbst, Lilly Bobich

Highest Achievement Earned: 2nd Place at MSHSL State out of 16 teams

BOYS' CROSS COUNTRY

Back Row: Coach Sage, Coach Olsen, Coach Cayo, Coach Kucera, Coach Johanson
Row 4: Zach Beaulieu, Philip Dufner, Brady Jurek, Liam Sieve, Maison Booker, Charles Dufner, Joey Cruz, Daniel Eicher
Row 3: Gavin Olson, Carson Miller, Sullivan Amundsen, Kyler Williams, Riley Harmoning, Riley Amundsen, Breck Andres, Braylen Maciej, Sam Galllus
Row 2: Grady Robberson, JT O'Rourke, Isaac Zachman, Ben Raisanen, Josh Becker, Benjamin Dayton, Charlie Hydukovich, Nolan Frater
Front Row: Gavin Ruehle, Owen Didur, Nolan Peatrowsky, Oliver Deden, Lane Vanderiet, Cody Merfeld, Joey Christner, Lars Bromley, Brenden Kennedy

Highest Achievement Earned: 4th Place at Lake Conference Championships

SWIM AND DIVE

Back Row: Coach Fritze, Leah Turpin, Addison Vanvooren, Myla Van Gorden, Danielle Lejcher, Harper Robinson, Addison Thompson-Klimpke, Hannah Stenzel, Megan Meyer, Maren Penserga, Coach Bican
Row 2: Coach Ahrens, Charlotte Thompson-Klimpke, Lydia Helfman, Makayla Geistfeld, RaMya Beck, Mackenzie Geistfeld, Grace Lindenfelser, Aubrie Peterson, Ilsa Dupay, Emma Vockrodt, Coach Mishmash
Front Row: Kylee Walsh, Natalie Wendt-Yu, Lily Spitalnick, Ava Schuetz, Mya Grote, Breana Kelly, Alexis Olson
Not Picture: Robyn Beck, Miley Kisner

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MARCHING BAND/COLOR GUARD

Marching Band in alphabetical order: Brayden Abel, Dalton Aydt, Keira Baker, Jackson Bevers, Kevin Bourget, Noah Cedergren, Kathryn Cooper, Robert Cooper, Philip Davis, Lucy Day, Zoey Day, Oliver Deden, Gracelyn Dewenter, Khloe Dickinson-Strait, Anneka Erdmann, Taden Erdmann, Noah Erickson, Aubrey Grant, Lily Grant, Emilie Greninger, Tobias Heil, Ingrit Herfel, Levi Hewett, Brady Hill, Ava Huggins, Brenden Kennedy, Aiden Kessler, Logan Kessler, Grace Kirk, Charlie Kremer, Corey Krohn, Joel Lachinski, Silas Goebel Lakoduk, Simone Lawson, Ashlyn Lero, Jordyn Lero, Matthew Lester, Abigail Lindrud, Claire Mattson, Nathan Mattson, Evan Moua, Daniel Pacheco, Maren Penserga, Dylan Perkins, Taylor Perkins, Jackson Post, Jorja Post, Joseph Quiram, Tessa Rizk, Keith Robertson, Ellenor Sebeck, Nathan Sebeck, Abigail Sherman, Finn Sherman, Kyle Shull, Faith Sigugu, Jonah Smith, Tristan Souder, Hannah Stenzel, Kailey Strey, Addison Vanvooren, Landon Verville, Katelyn Walsh, Brynn Warner, Caleb Wilmont
Color Guard in alphabetical order: Lily Brinkman, Lucy Day, Anneka Erdmann, Aubrey Grant, Ingrit Herfel, Corey Krohn, Jordyn Lero, Matthew Lester, Abigail Lindrud, Daniel Pacheco, Faith Sigugu, Rylan Soldow

WHO MAKES ME *LAUGH* THE MOST?

"Addy Zeug"
- Madelyne Preston ('28)
Girls' Cross Country

"JT O'Rourke"
- Cody Merfeld ('26)
Boys' Cross Country

"Danielle Lejcher"
- Makayla Geistfeld ('26)
Swim & Dive

"Tristan Souder"
- Robert Cooper ('26)
Marching Band

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SPORTS

SPIRIT IN MOTION
The Knights win a big game against Edina, scoring with 35 seconds left to get the game winning goal. Goalie **Lucas Ingebrigtson ('26)** jumps up to celebrate the victory.
Photos by Isaak Brannan.

Spread designed by Kyleigh Johnston, Gracie Vankuyk, and Annie Robinson

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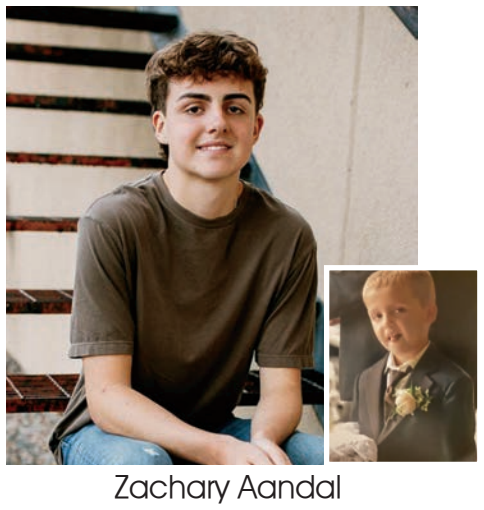
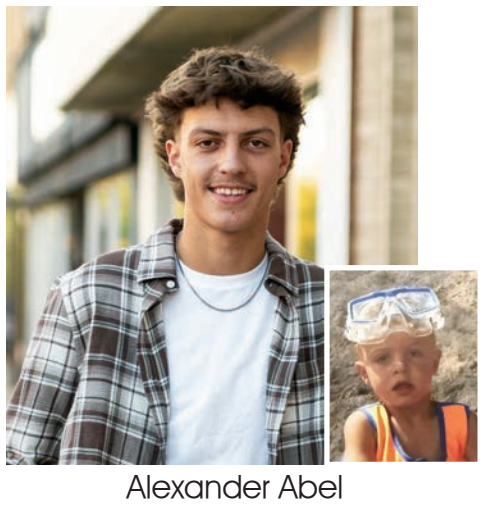


Zachary Aandal



Alexander Abel

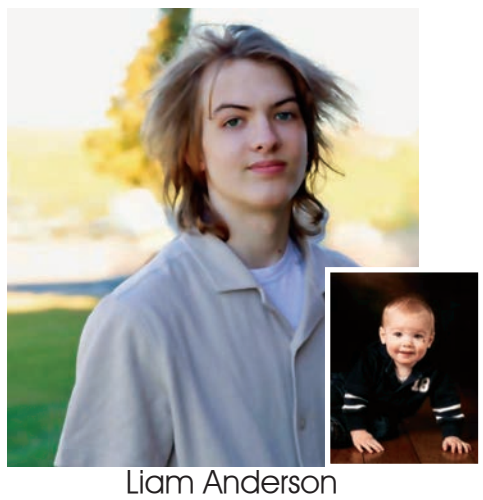
Faith Abuki

Rowan Adams

Kaitlin Altepeter

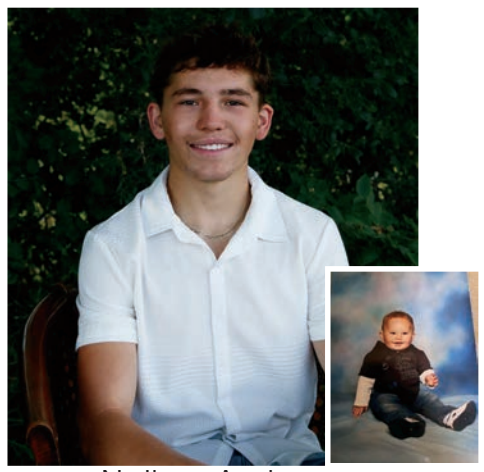
Alexa Anderson

AnnaLee Anderson



Liam Anderson

McKayla Anderson



Nathan Anderson

Brody Andrzejewski

Levi Antoine

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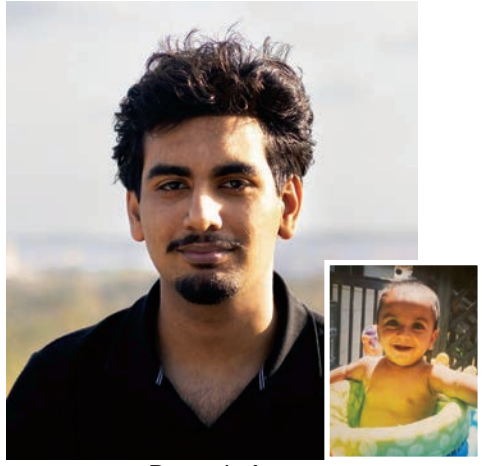
Madeline Armbruster

Samuel Arnold

Sophie Arnold



Ronak Arora

Kierra Au

Alicia Ayala Gonzalez

Dalton Aydt

Nafisah Bada

OUR FINAL WORDS OF WISDOM

Spread designed by Madysen Coulson

Olivia Esnough

Savannah Silbernick

Maverick Maros

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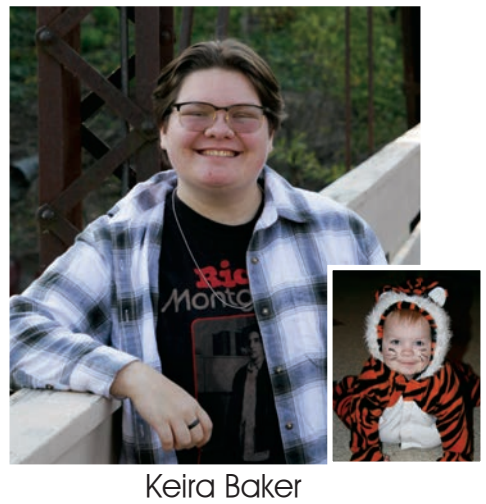
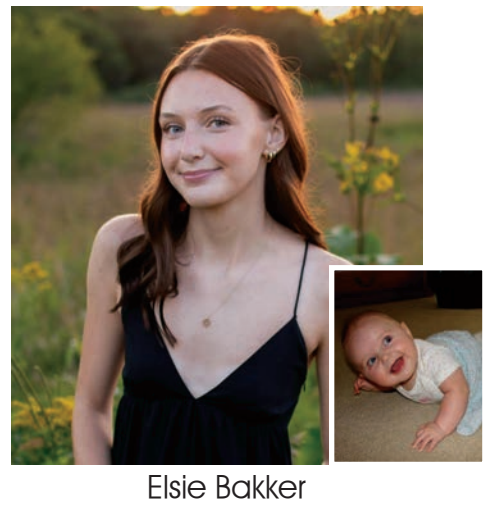


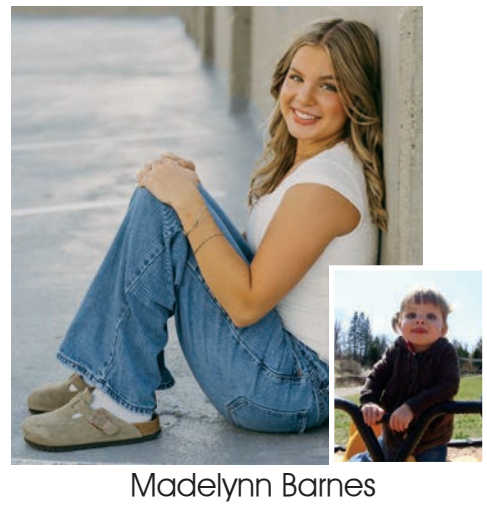
Keira Baker



Elsie Bakker

Tristan Bankers

Kaiden Barnes



Madelynn Barnes

Parker Barth

Dane Barthel

Drake Bastron

Megan Beack

Vada Bean

Leah Beaudry

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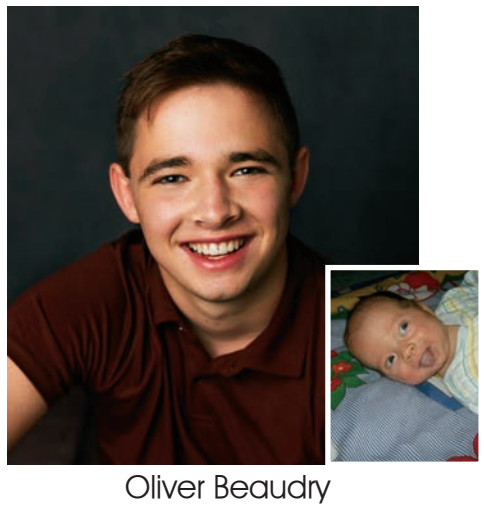
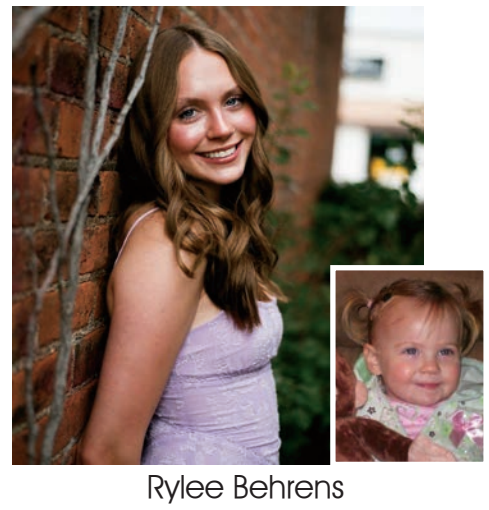


Oliver Beaudry

Samantha Beck



Rylee Behrens

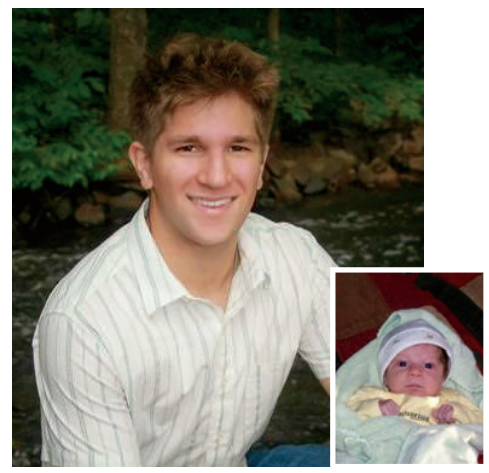
Bilal Bekri

Anna Benkowski

Gavin Berg

Matthew Berg

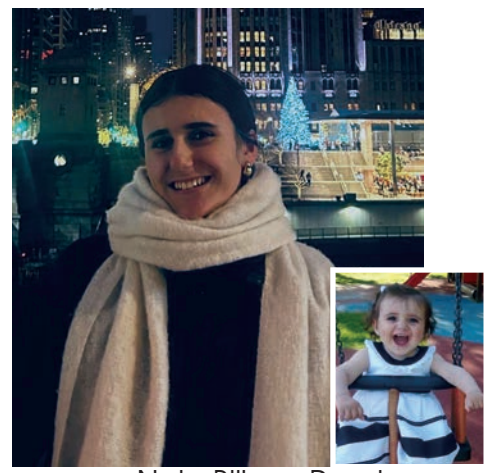
Dayne Berglund



Jace Berndt

Jackson Bevers

Maryann Bezrukavaya



Naia Bilbao Ramirez

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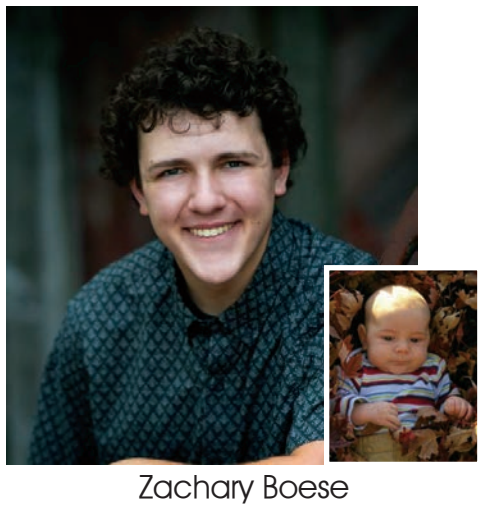
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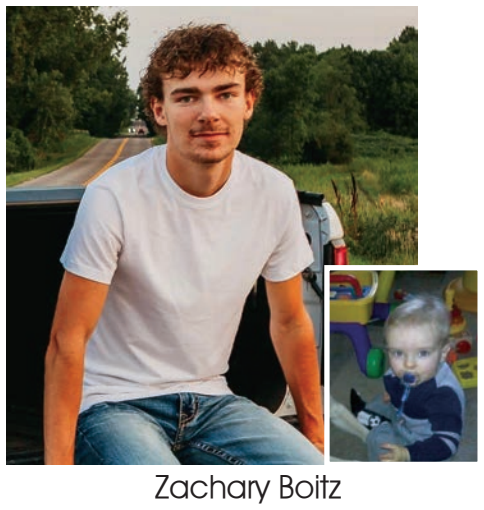
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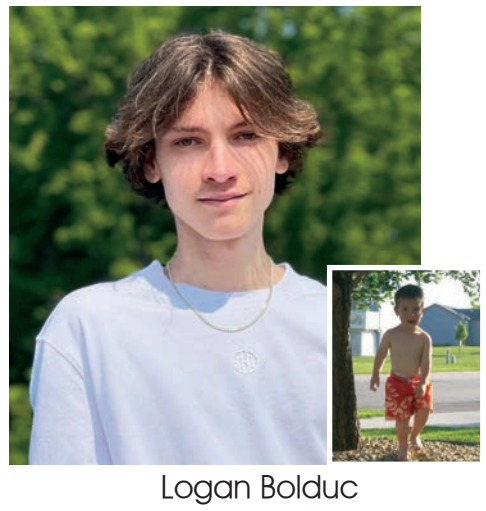
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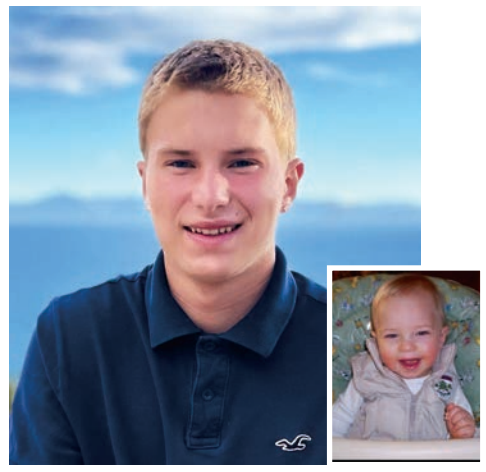
Peyton Bolduc

Gavin Borchardt


Caden Boser

Kevin Bourget

Delilah Boyce

Marek Boyle

Emersen Brand

Jake Brandberg

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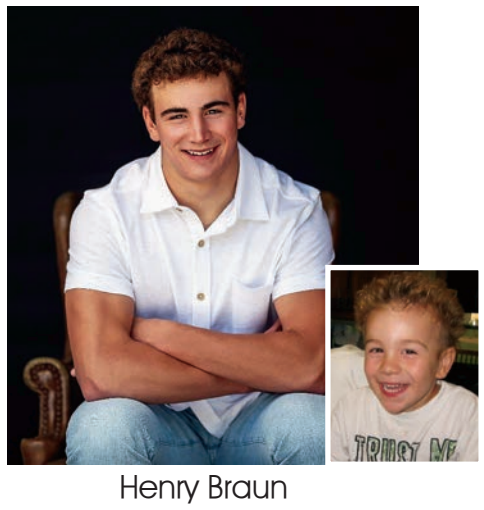
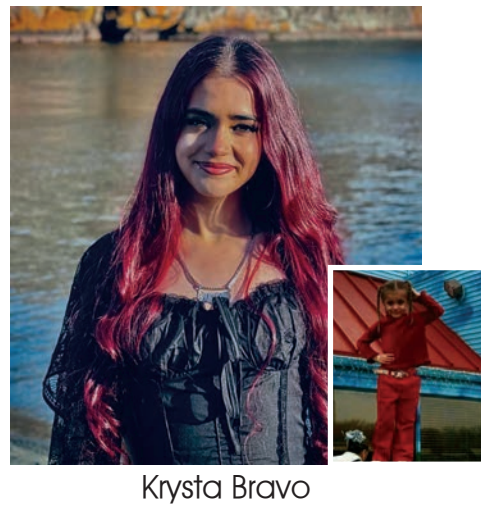


Henry Braun



Krysta Bravo

Maren Brockopp

Wilbur Bromenschenkel

Jasmine Brutskiy

Dottie Bryant

Benjamin Buermann

Hawwaa Bullo

Claire Bunnell

Lauren Burk

Lacey Byboth

Vico Calcagno

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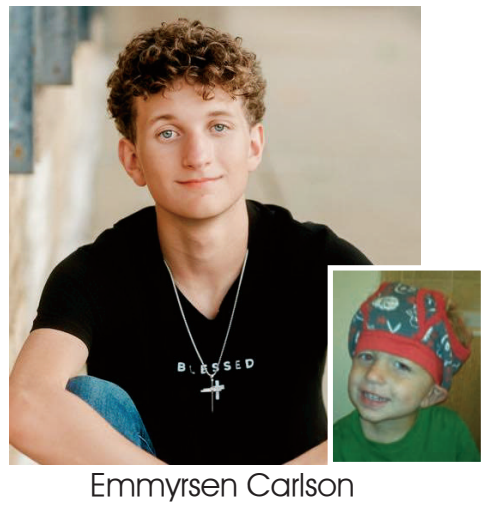
Meya Calkins

Natalia Campion



Emmyrsen Carlson

Tobin Carlson

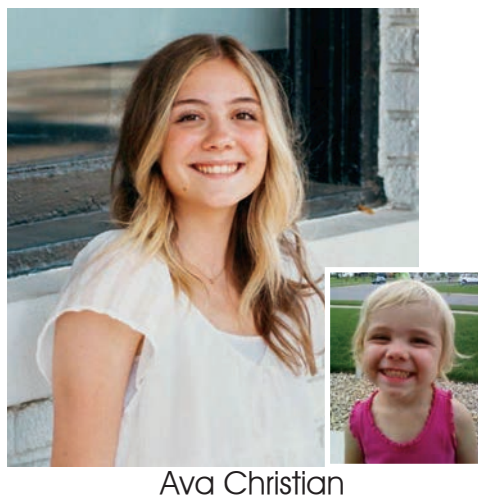
Brooklyn Cashion

Ava Cennamo

Payton Corder

Brody Cheeley

Naomi Cheney



Ava Christian

Raelynn Christianson

Allison Collins

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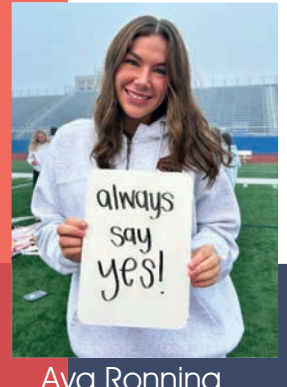
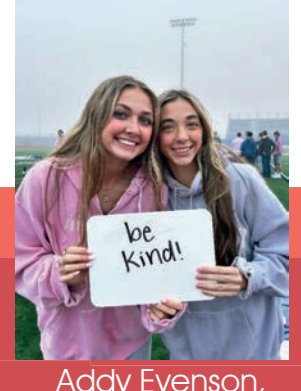


Ava Ronning

Maxwell Young

Addy O'Connell



Addy Evenson,
Raelynn Christianson

Abigail Conklin

Madison Cooper

Robert Cooper

Treysen Cornillez

Kelly Corona

Shannon Corona

Madysen Coulson

Ashton Crank

Aubrynn Croaston

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Dilynn Crocker

Tom Crouzet

Greta Crowell

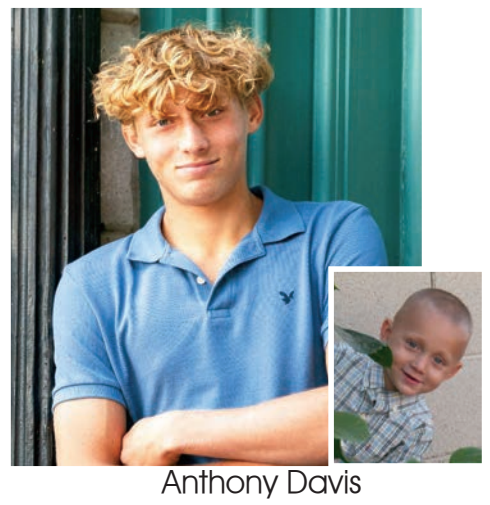
Isaac Dahmen

Oriana Dail

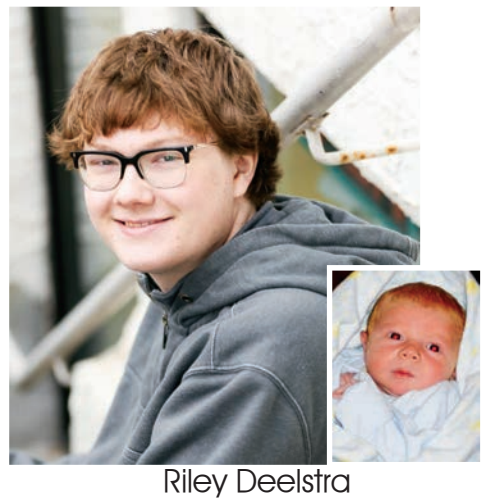
Tyler Damon

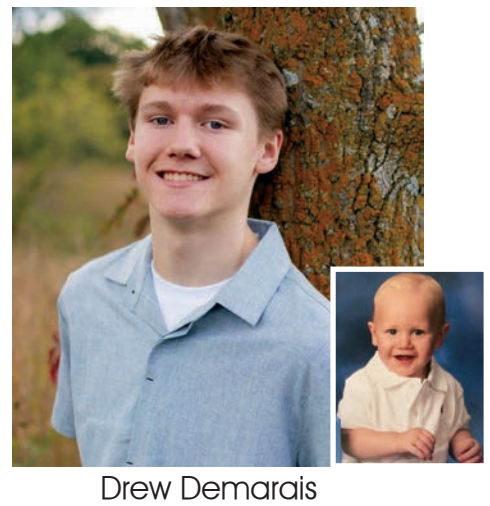
Angelica D'Angelo

Abraham Daramie


Anthony Davis

Eli DeBettignies


Riley Deelstra


Drew Demarais

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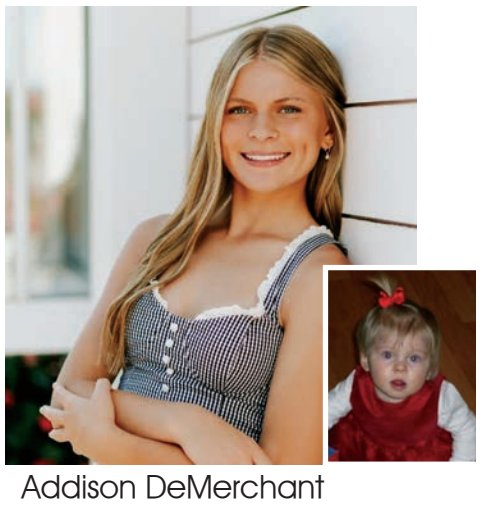

Addison DeMerchant

Levi Demo

Lindsey Demo

Jakob Denny

Samuel Denny

Anna Derham

Knolan Diaz

Nolan Dinh

Jack Dishneau

Anna Drake

Allison Dressler

Roman Drew

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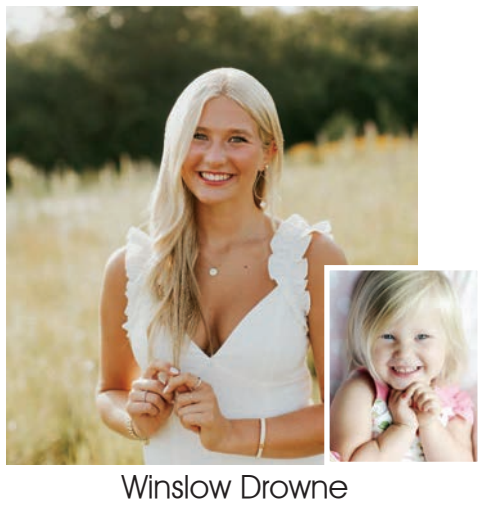
Mario Dropps



Winslow Drowne

Dylan Dunigan

Samukai Dunna

Adriana DuPart

Adyson Eberhart

Brielle Eguia

Lance Ellis

Noah Erickson

Godiva Eshun

Olivia Esnough

Tanner Esterberg

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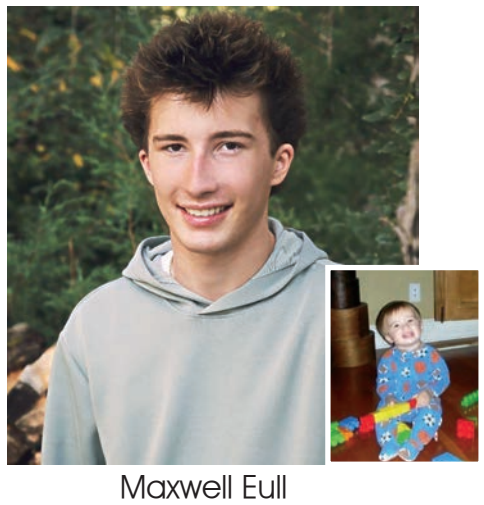
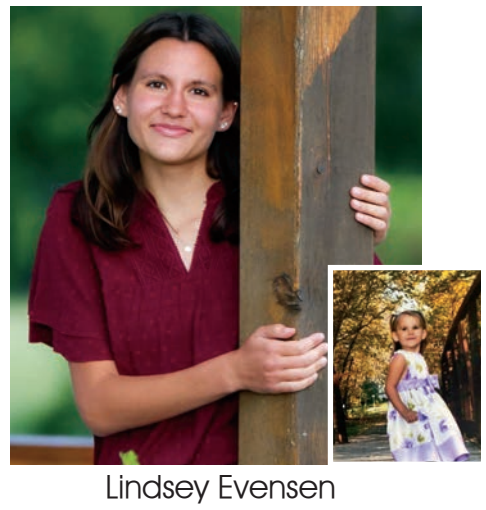
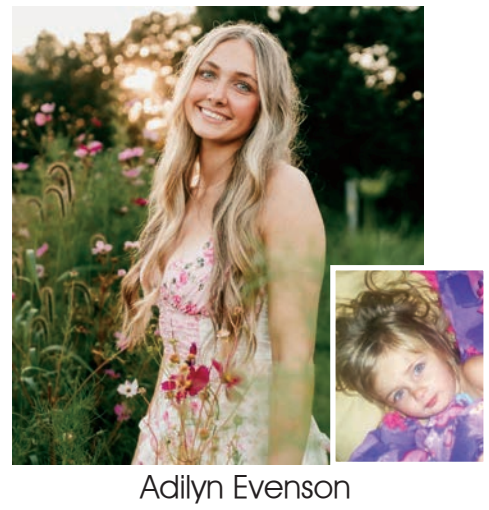


Maxwell Eull



Lindsey Evensen



Adilyn Evenson

Ranya Ezzaid

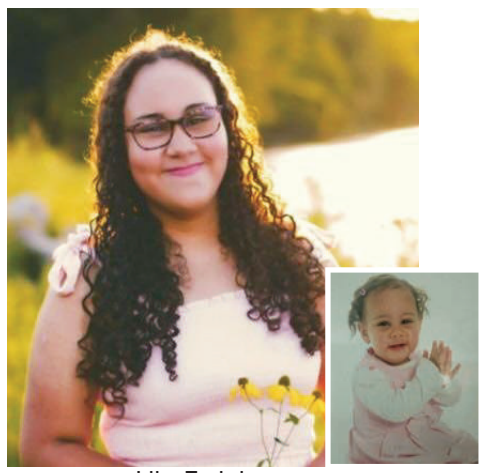
Alexis Fair

Amelia Farley

Carter Faucher

Sara Feickert-Faulkner

Mia Feigum



Lily Felder

Ryan Fertig

Ellie Fischer

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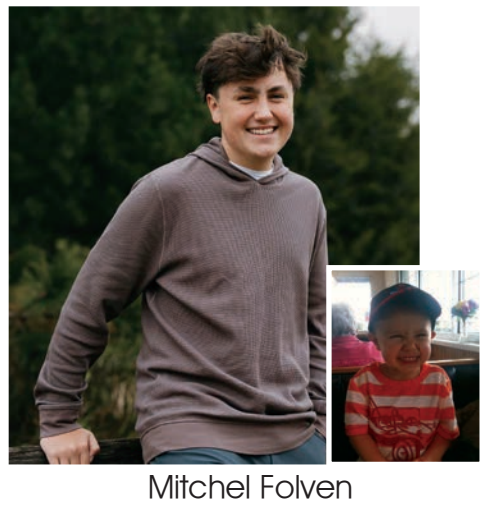
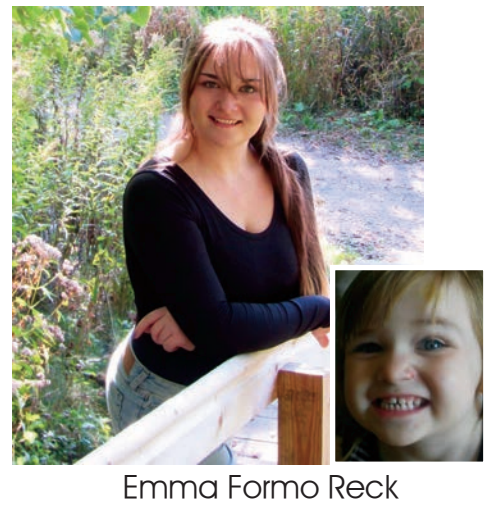
Shelby Fischer



Mitchel Folven



Emma Formo Reck

Catherine Fredrickson

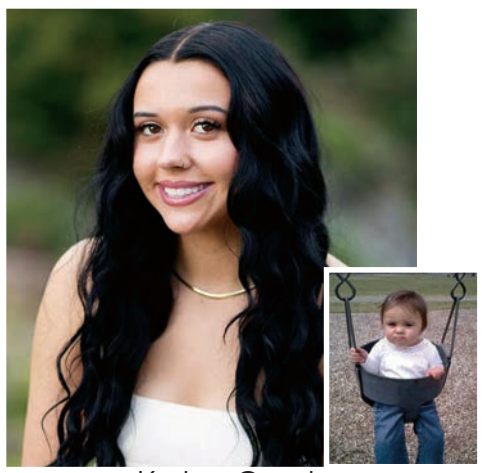
Clarissa Freeman

Collin Fryckman

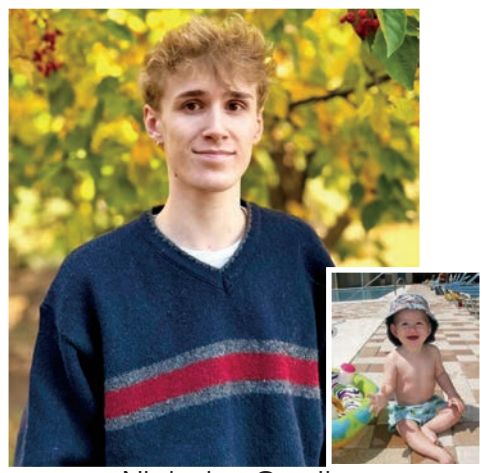
Ethan Funk

Saige Funk

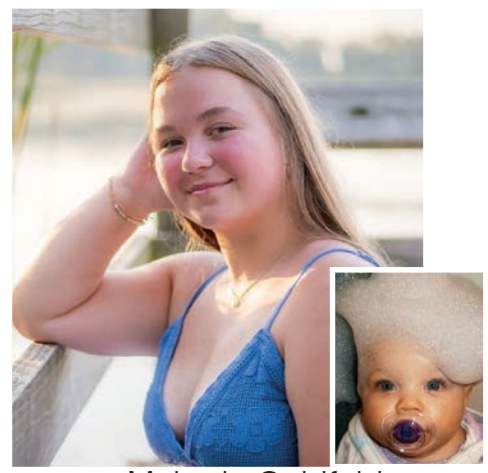
Jude Galarowicz



Karina Garcia



Nicholas Gauthe



Makayla Geistfeld

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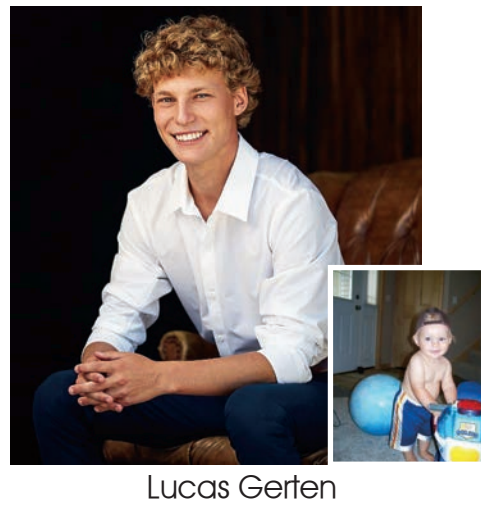
Sophia Gerard



Lucas Gerten

Olivia Geryol

Lily Giebel

Annika Gieski

Andrew Gindele

Lilyanna Gitzel

Gavin Glynn

Chace Godown

Claire Gonsior

Camryn Goodwin

Aubree Gordon

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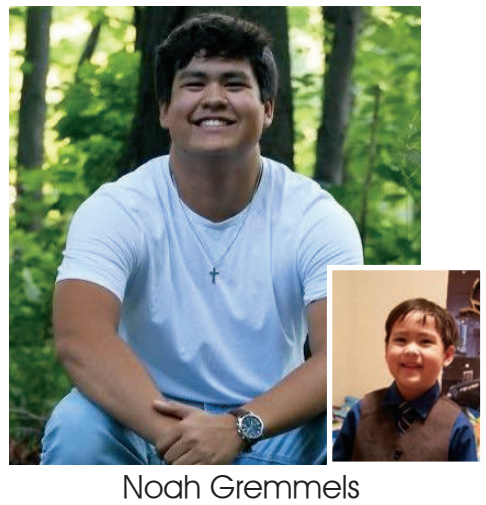
Jacob Grabowski

Ella Graunke

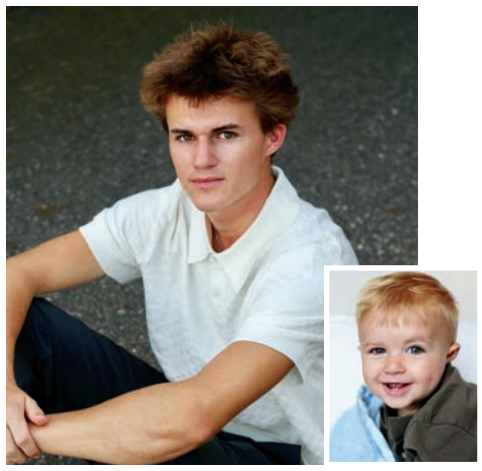


Noah Gremmels

Caden Gulden

Jacob Gundry

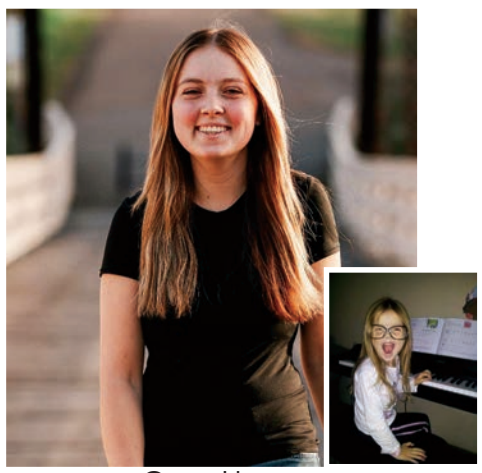
Trey Gustafson



Preston Gutzwiller

Dylan Hackenmueller

Lane Hagen



Cora Hager

Andrew Hansen

Vivian Hansen

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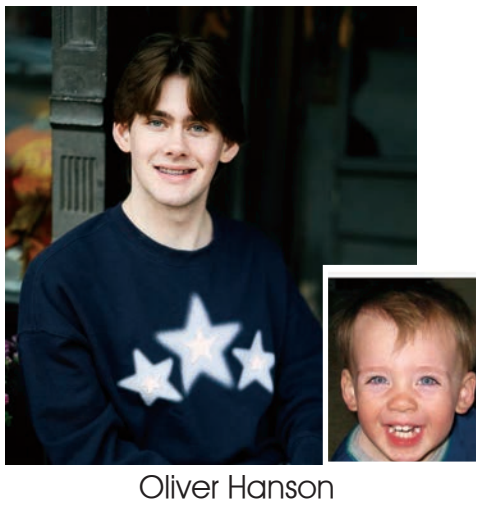
Anthony Hanson


Oliver Hanson

Gabriella Harder-Mullaney

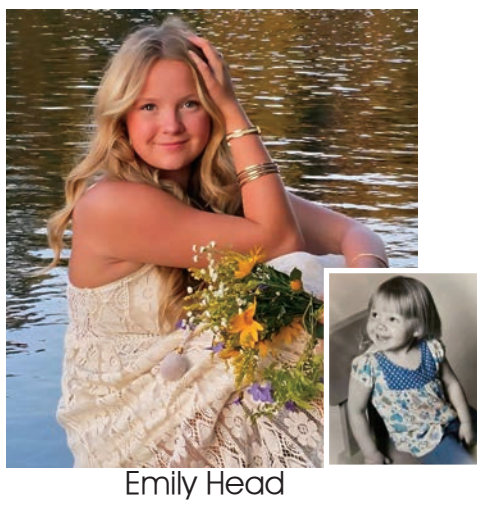
Tyler Haring

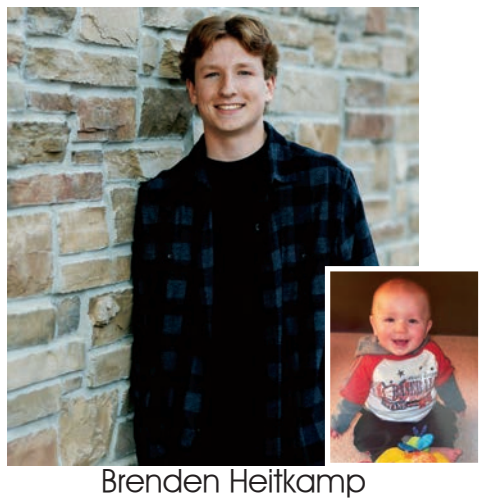
Alice Harmoning

Cody Hart

Samantha Hartnett

Amanda Hauan


Emily Head


Brenden Heitkamp

Tate Helland

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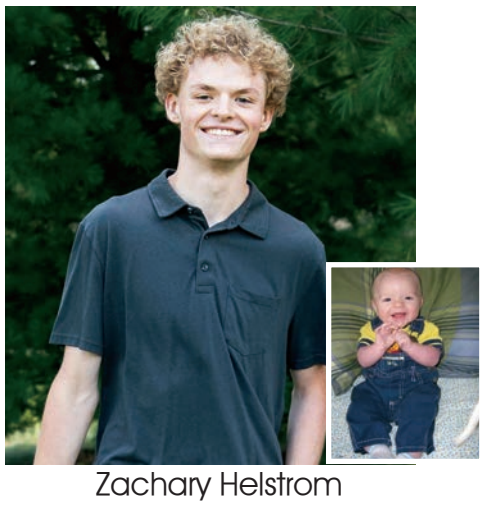
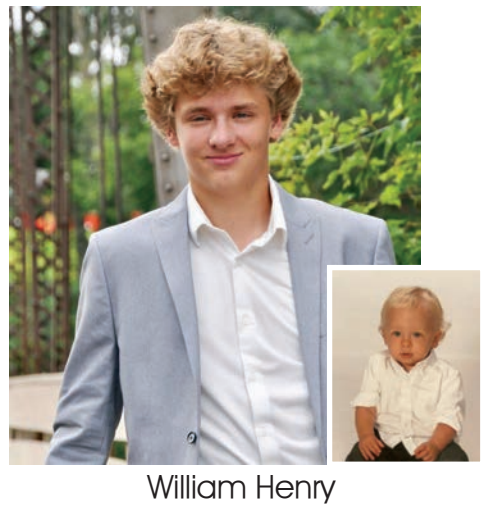


Zachary Helstrom

Hailey Hemp



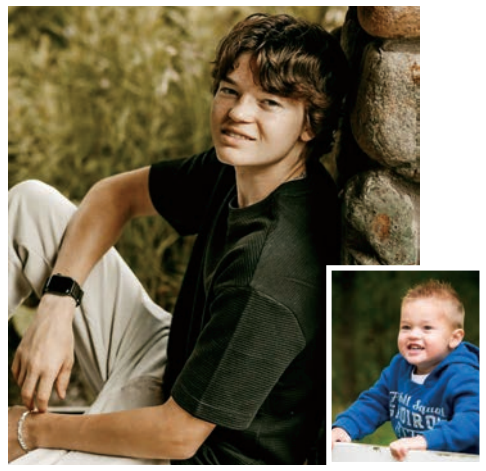
William Henry

Ken Her

Ingrit Herfel

Matthew Hermes

Kennedi Hernandez



Tyler Herold

Francisco Herrera Mendez

Roman Herron

Brady Hill

Josephine Hjelle

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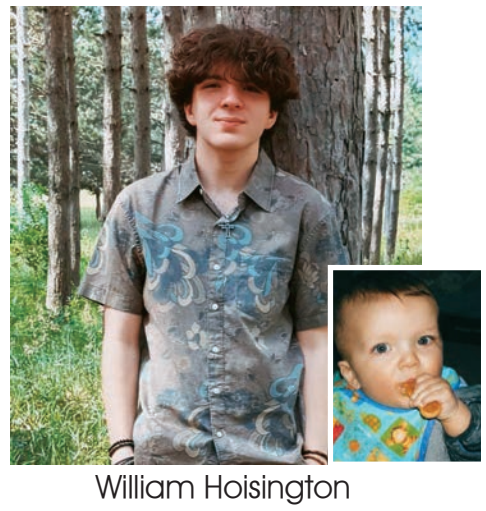

William Hoisington

Jackson (JJ) Holman

Grace Holmberg

Brecken Holtz

Mara Howard

Liam Hoyne

Lydia Hustoft

Alexis Illies

Lucas Ingebrigtson

Mary Ingebritson

Mackenzie Inglis

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Gavin Jackson

Cail Jahnke

Daxon Jantzi

Lane Jeffery

Dylan Jenkins

Grace Jensrud

Lainey Jerulle

Sophia Johnsen

Brandon Johnson

Charlie Johnson

Grady Johnson

Karli Johnson

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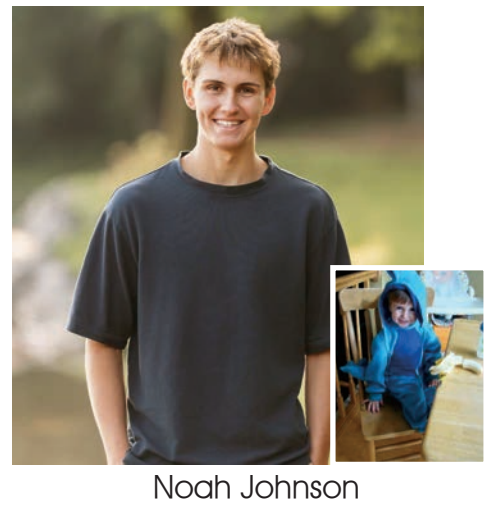
Morgan Johnson



Noah Johnson

Tanner Johnson

Hadley Johnston

Kyleigh Johnston

Ethan Jordheim

Marta Juarez Camprubi

Roberta Jugasek

Malay Jugran

Nyatta Kamara

Joyce Kantshama

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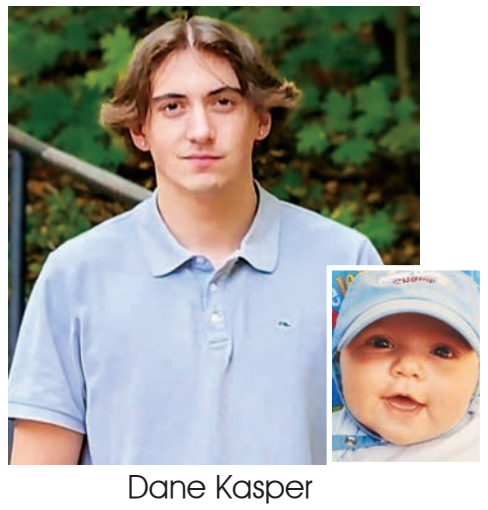
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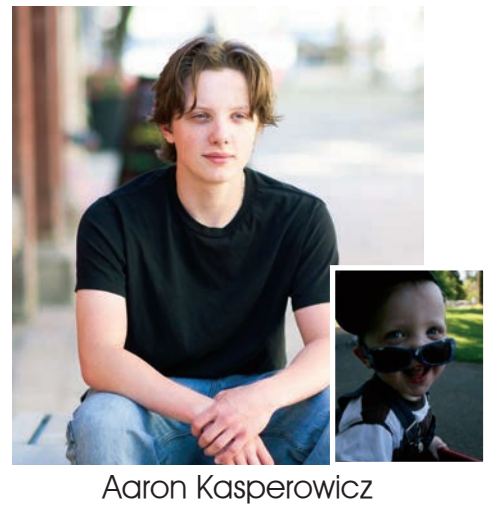
Aaron Kasperowicz

Jackson Keller

Breana Kelly

Brenden Kennedy

Brayden Kenney

Isabel Kephart

Logan Kessler

Dominic Kisner

Jack Klemmensen

Blake Klinkhammer

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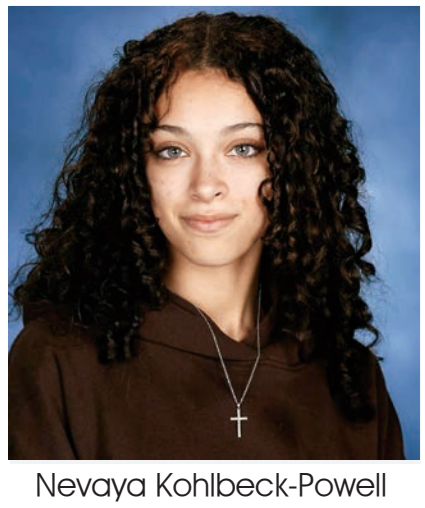
Mason Knoblach



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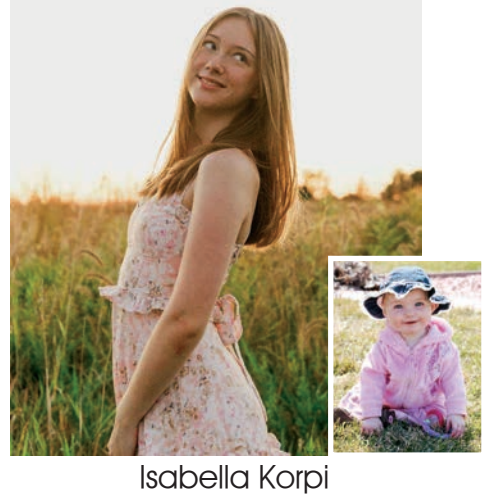
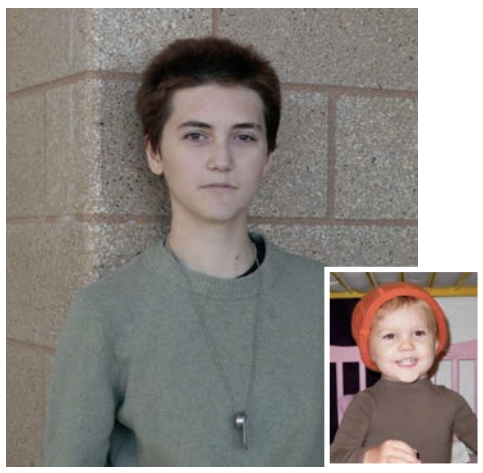


Isabella Korpi

Alex Kragness

Faith Krajsa

Charlie Kremer



Corey Krohn

Henry Hodge

Naomie Kromah

Ella Krube

Landon Kulas

Emma Kunz

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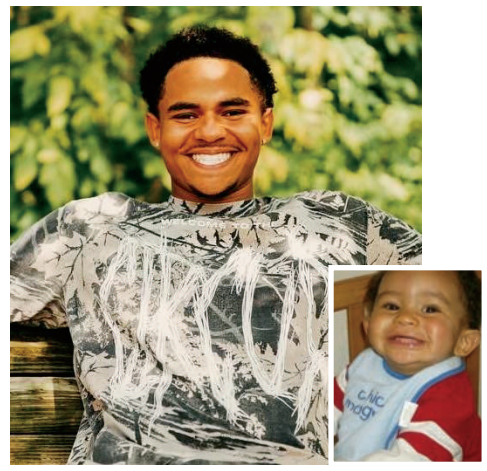
Hank Kurasz

Ryan Kurth

Emma Kvant

Sophie Labatt

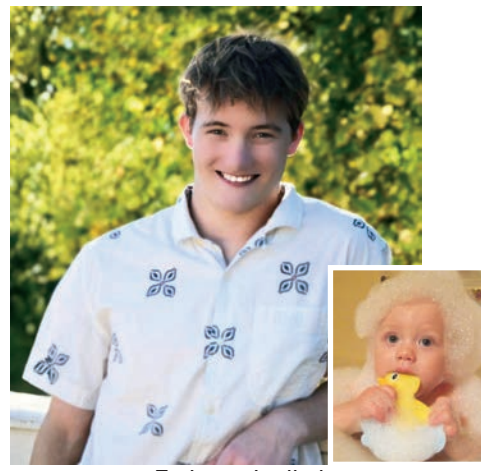


Lucas LaCroix

Joshua LaFore

Jayar Lai

Austin Lake



Tatum Lallak

Adam Lamghafri Loudiyi

Amelia Lamm

Maddalyn Lamprecht

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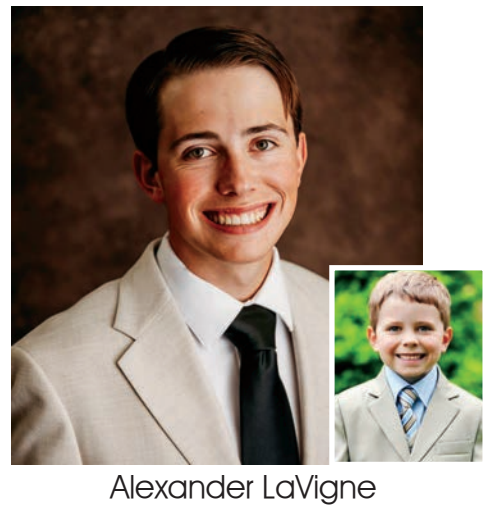
Jonathan Landon

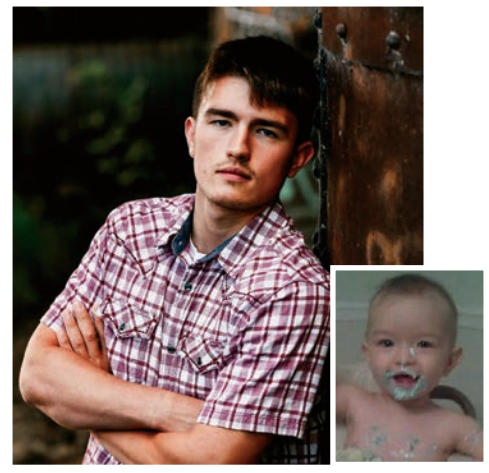
Grace Larson



Alexander LaVigne

Wyatt Lawrence

Amanda Lee



Caleb Lee

Luag Txhis Lee

Grant LeFebvre

Adrian Leimer

Lily Lemieux

Avery LeMonds

Mark Lenneman

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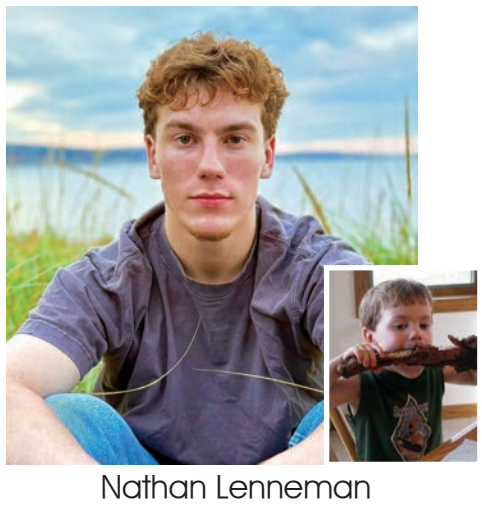
Nathan Lenneman

Xander Lenzen

Abigail Leonard

Ashlyn Lero

Adrienne Lewis

Elijah Lewis

Pete Lidberg

Nevada Ligon

Casper Limpert

Joyce Lin

Abigail Lindrud

Lily Logan

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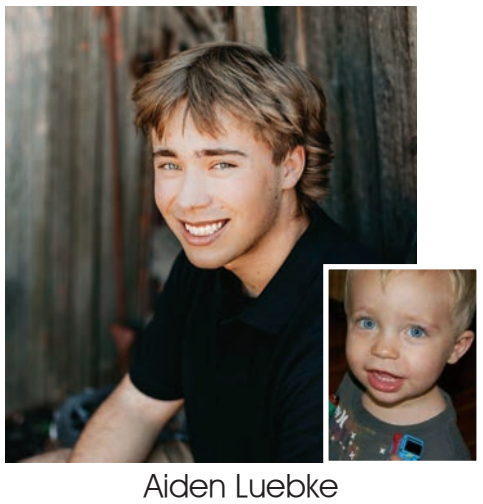
Simelle Lombel

Maria Lopez Raygoza


Aiden Luebke

Brady Luedemann

Jayden Luehrs

Cecile Lund

Charlie Maeyaert

Madeleine Mahon

Anna Malkowiak

Pamela Mancilla Mora

Owen Manning

Mya Manning-Vogtlin

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Israel Manzano

Zachary Marble

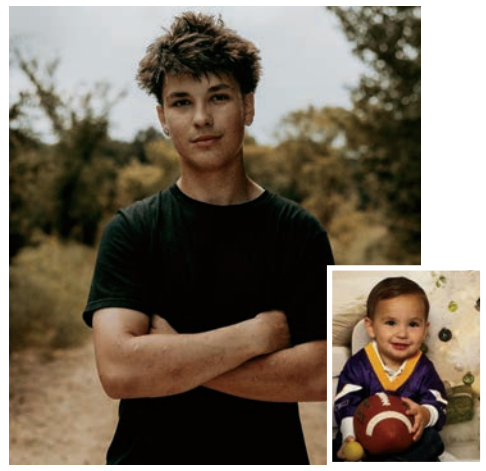
Ashley Markson

Maverick Maros

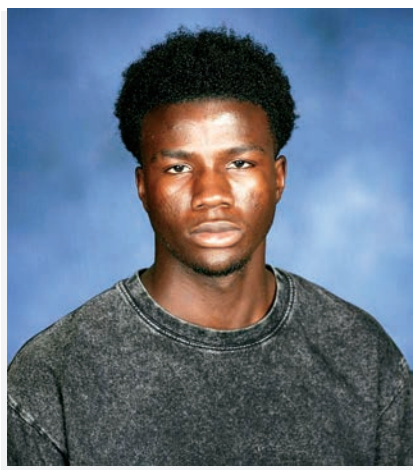
Sophia Marschel

Connor Marshall

Ella Martin



Carter Mason



Henry Matthew

Cadence Maus

Keegan Maxey

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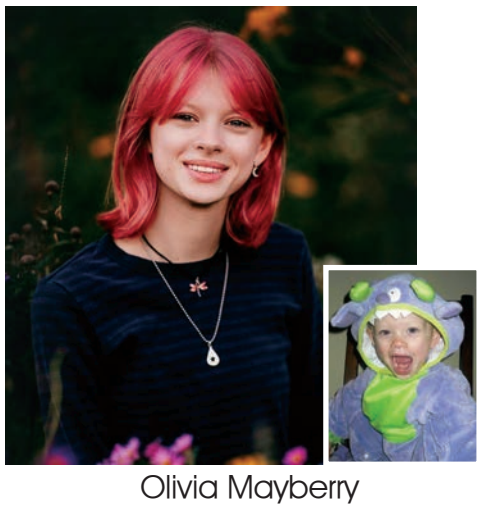

Olivia Mayberry

Cooper McAdams

Devin McClintic

Aiden McEachern

Brynley McGhee

Kaitlyn Mchugo

Benjamin McKane

Mya McKinley

Ashley Meehan

Jack Meehan

Renee Meehan

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Madeline Meilahn

Pedro Mendoza Gonzalez

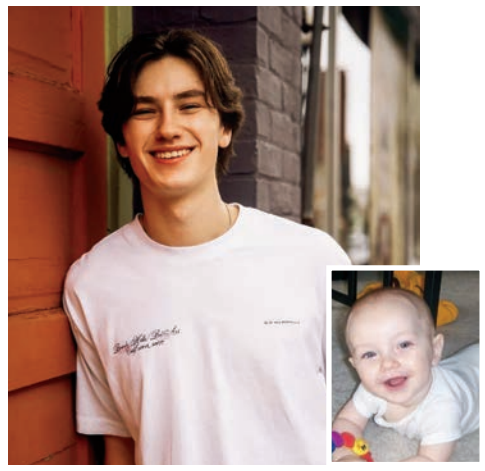
Addison Mercil

Cody Merfeld

Henry Messner

Alexandra Meyer

Sophia Michals



Landon Michaud

Caroline Michenfelder

Kali Mielke

Camryn Mikolich

Chase Mills

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Cameron Mitchell

Abby Leonard | Alice Harmoning | Ella Morstad | Avery LeMonds

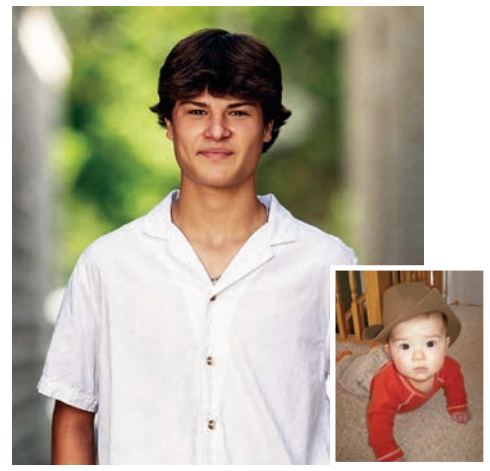
Cameron Mlekoday

Stacy Mochama

Madelynn Molesky

Kheagan Monsrud

Aidan Moorman



Pierce Moran

Dinah Morara

Talon Moreland

Logan Morency

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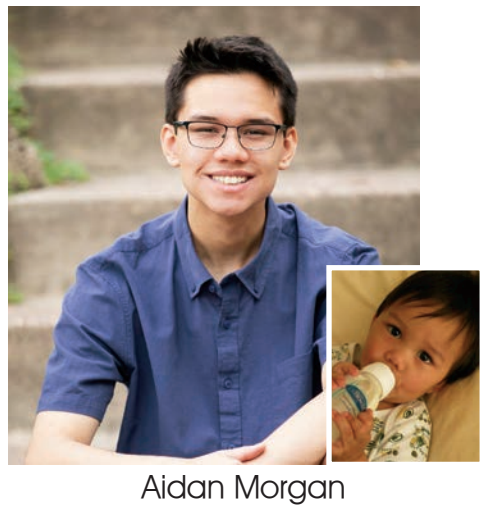
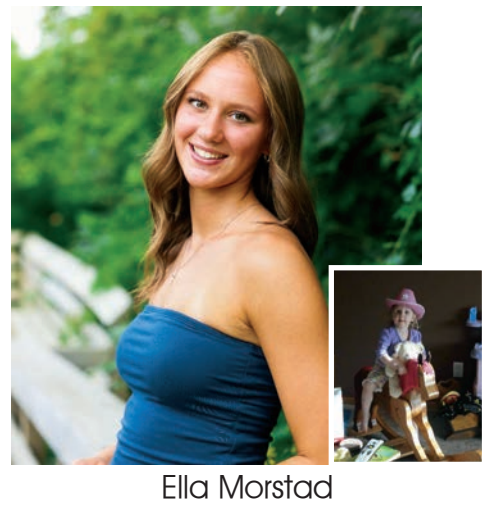


Aidan Morgan



Ella Morstad

Ethan Mortenson

Evan Moua

Katelyn Mueller

Daryl Mukong

Kaylen Mundahl

Jonathon Murphy

Caleb Myhrer

Rithdavan Nachampassak

Philip Nagbe

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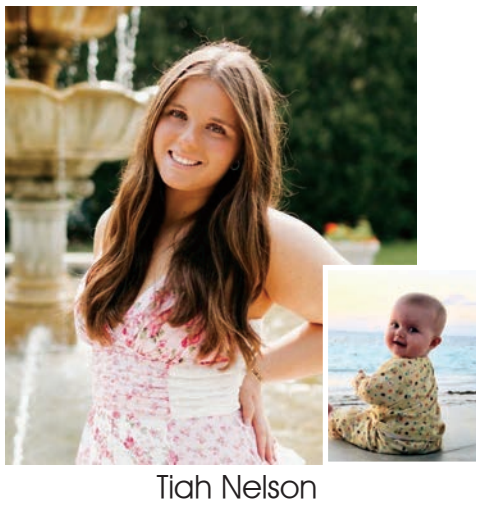
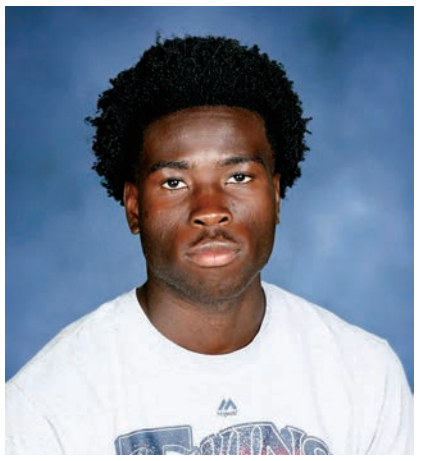
Lillie Nelson

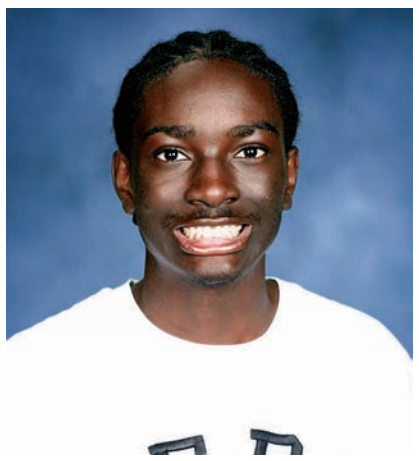

Tiah Nelson

Isabella Ness

Hannah Neururer

Izabell Newman


Gweseh Ngungkpan


Michael Nwanna

Bindee Nyandibo

Amber Nyemah

Ke'Andre Obeng

Adelyn O'Connell

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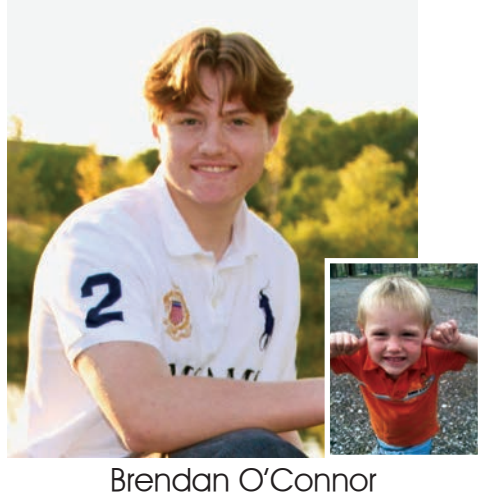
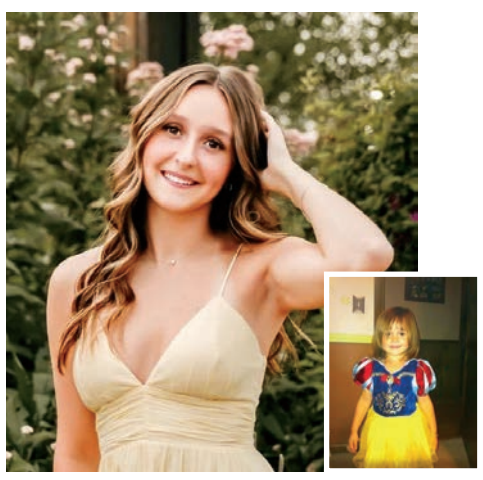
Reese O'Connell



Brendan O'Connor



Kendyl O'Connor

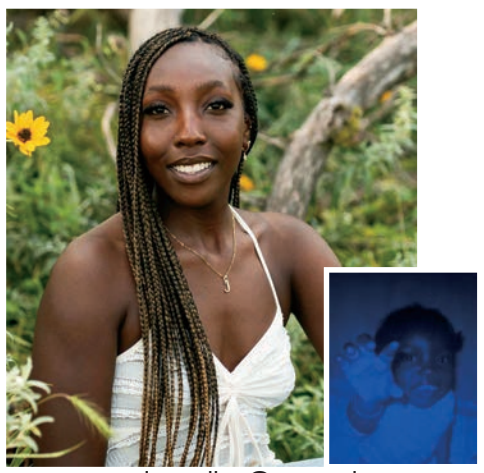
Jimmiana-Elizabeth Ogamba

Rayshawn Ogunti

Lucas Ojeda

Isabelle Olson

Addison Oltmanns



Janelle Omweri

Drew O'Neill

Lindsey Ontjes

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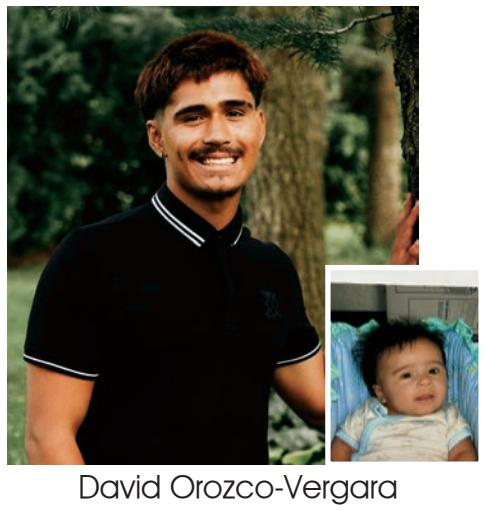
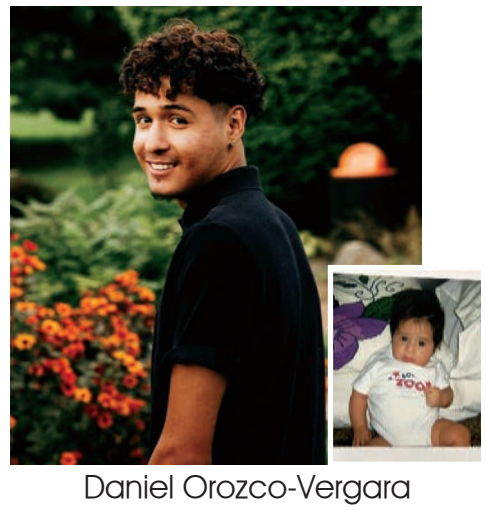


David Orozco-Vergara



Daniel Orozco-Vergara

Brynn Ortman

Cedar Otto

Jackson Outcelt

Jonathan Pacholke

Ava Pajari

Roman Pakhorukov

Jackson Panek

Jordyn Partain

Chloe Pellegrin

Ashley Pennoyer

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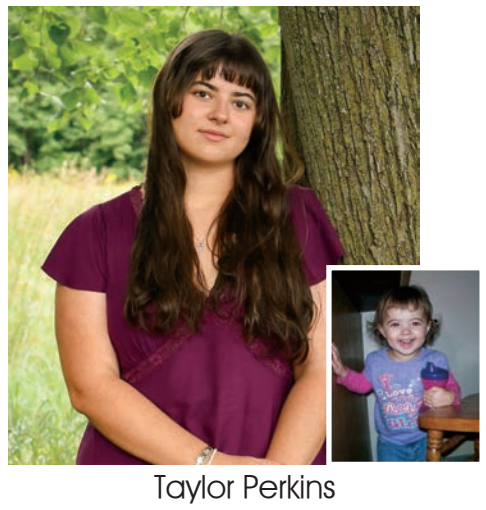
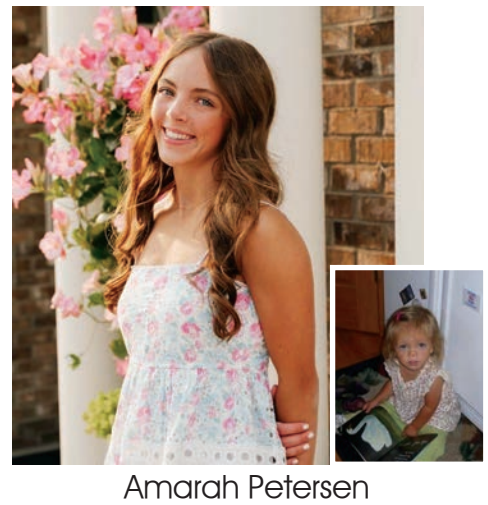
Maren Penserga



Taylor Perkins



Amarah Petersen

Arianna Petersen

Toby Petersen

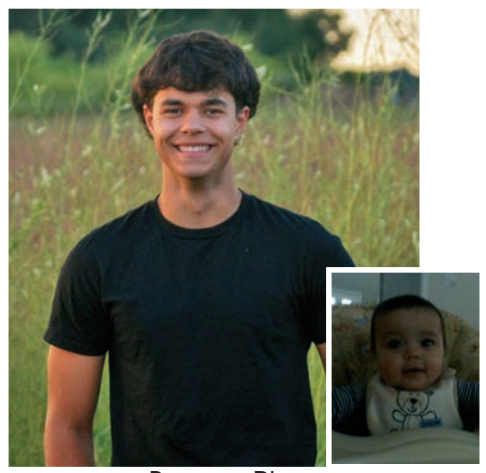
Wyatt Peterson

Dureti Petros

Cade Pfister

Noella Phidavanh

Helen Pichler



Brycen Pierce

Preston Poff

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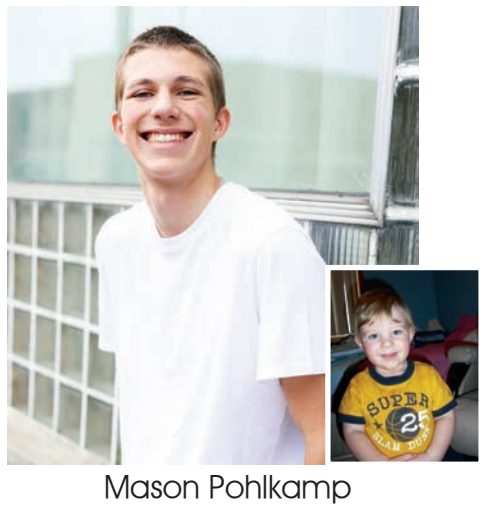
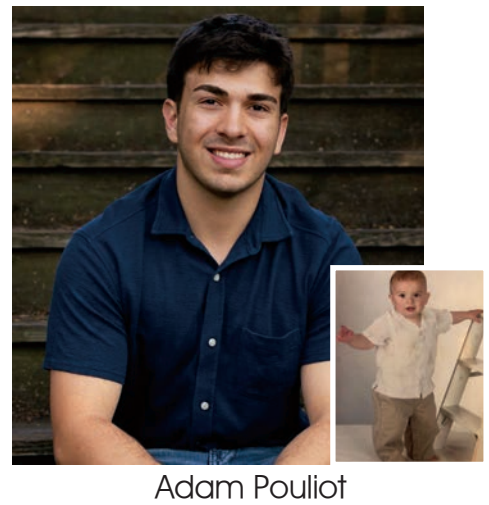


Mason Pohlkamp

Miina Pokorny



Adam Pouliot

Lauren Powell

Peyton Preston

Krista Puent

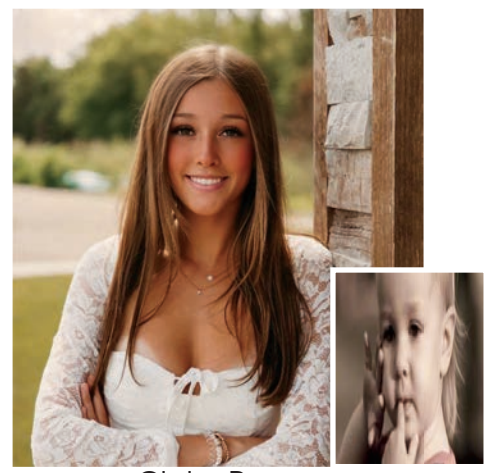
Jeremiah Purcell

Anastasiya Rabushka

Morgan Radke

Sanae Radloff

Jose Ramirez



Claire Ramsay

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Colors used: Black, F0240, F3501, White
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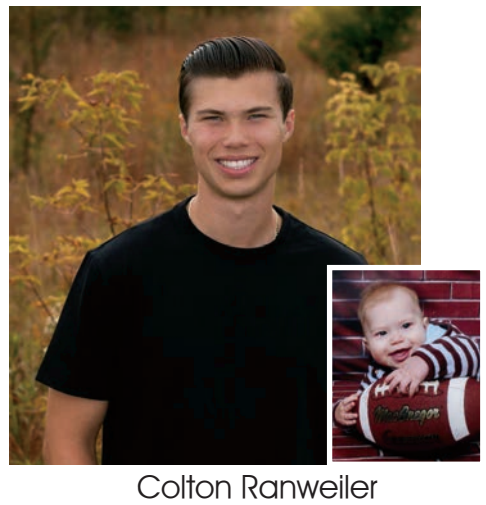
Isabel Rankin



Colton Ranweiler

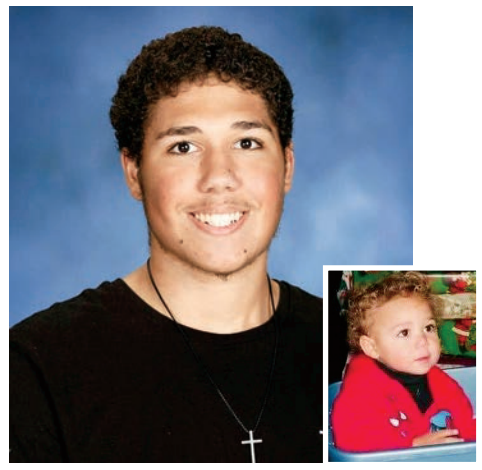
Hayley Rasmusen

Allie Rath

Brooke Rath

Chloe Rattai

Brodi Raymond



Elijah Raymond-Mitchell

Valentina Rebolledo Santana

Hailey Rech

Amelia Reiss

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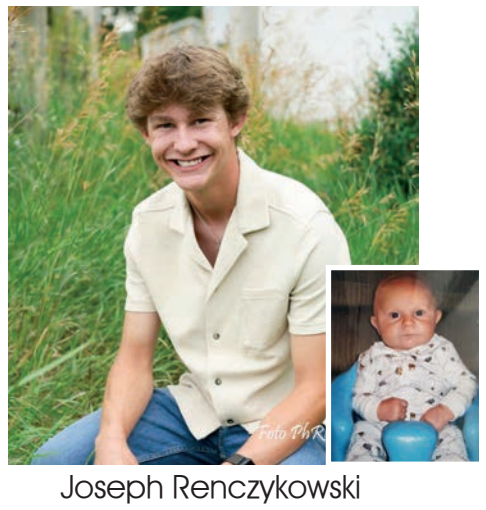
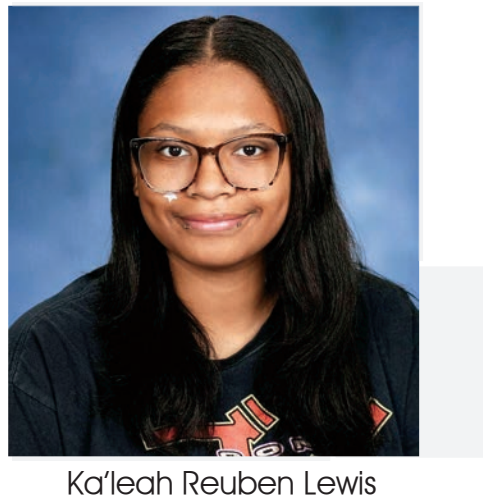
Ellie Reiter



Joseph Renczykowski



Ka'leah Reuben Lewis

Sarah Richard

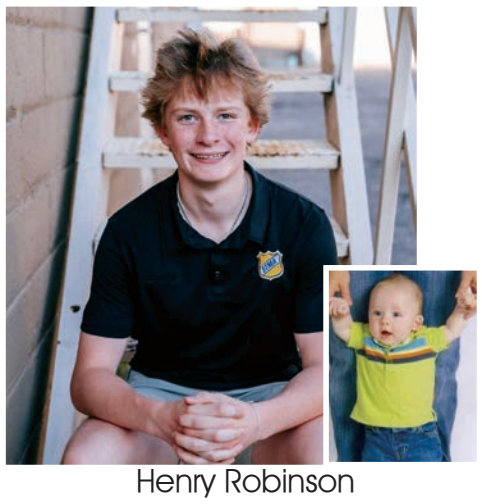
Carson Richie

Allie Rickard

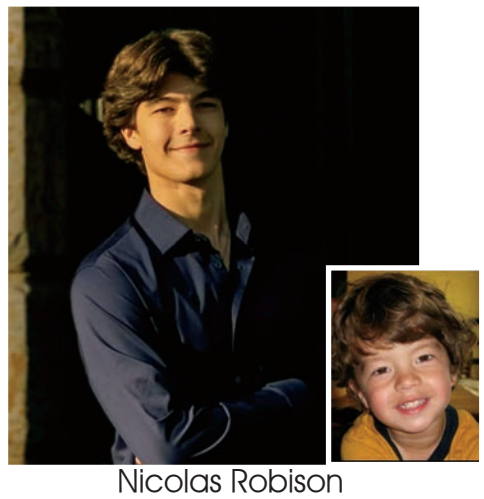
Jayden Rivers Baxter

Keith Robertson III

Annie Robinson



Henry Robinson



Nicolas Robison

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Jensen Rogers

Nazar Romanchuk

Ava Ronning

Logan Russell

Brodi Rux

Carter Sackett

Ryder Sahr

Dylan Salzsieder

Autumn Sandberg

Grace Sander

Muhammad Sanyang

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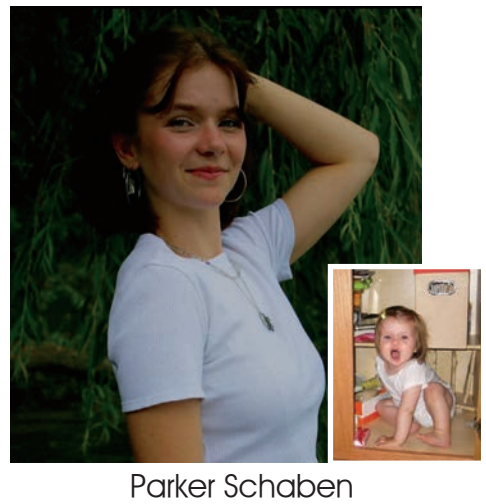
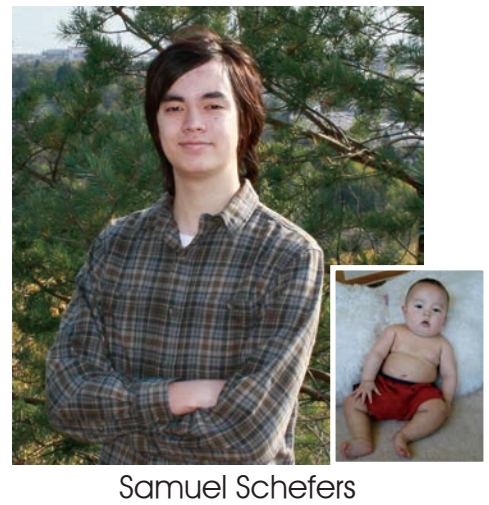
Ayden Saymongkhon



Parker Schaben

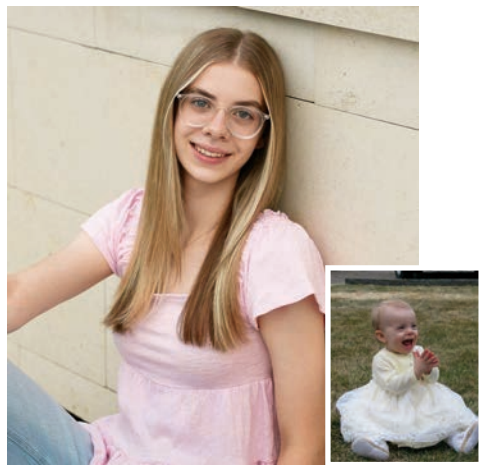


Samuel Schefers

Gavin Schiltz

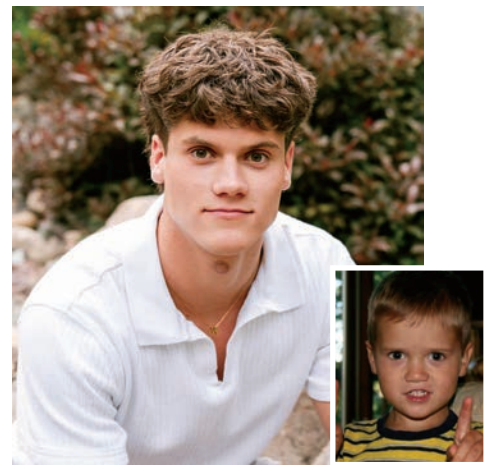
Lorina Schirmer

Lily Schirmers



Nora Schleicher

Noah Schmoyer



Titus Schmoyer

Andrew Schneider

Meadow Schnepf

Lauren Schubert

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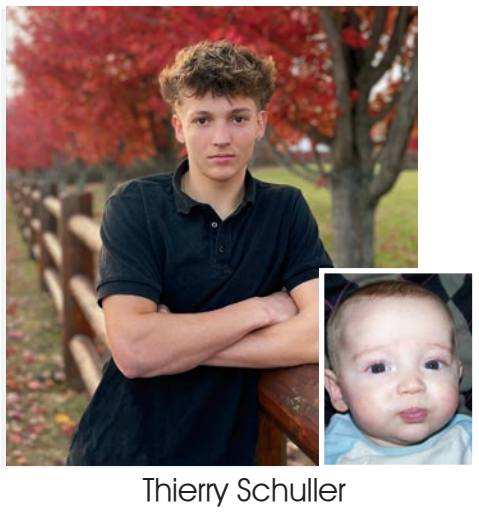
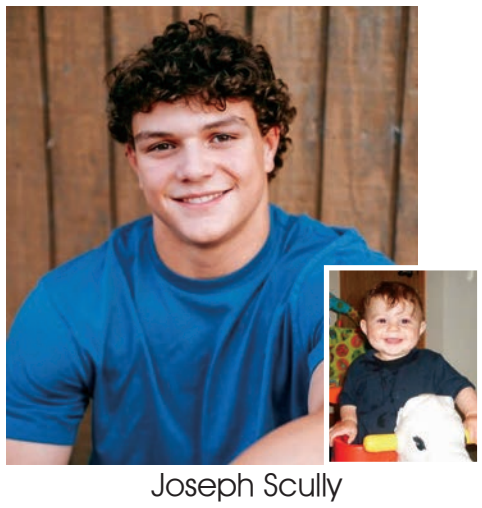


Thierry Schuller

Eli Schultz

Jayce Schwartz



Joseph Scully

Ariana Seaver

John Sechser

Carter Selberg

Eva Selke

Alex Sherman

Finn Sherman

Mallory Shidla

Kyle Shull

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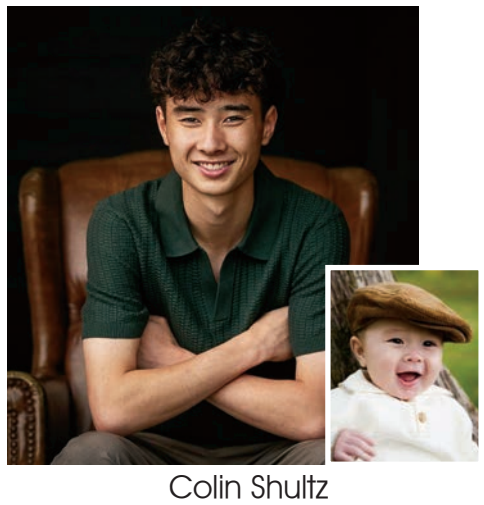

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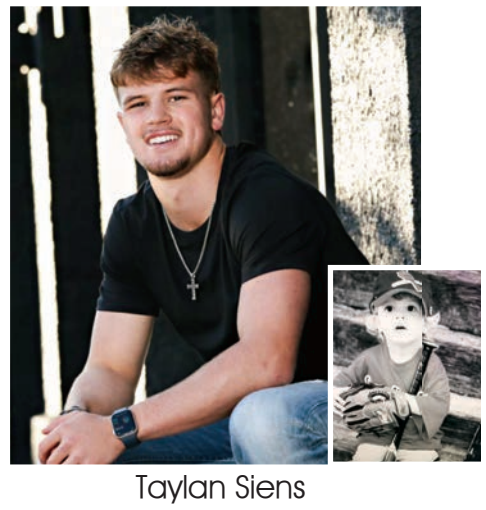
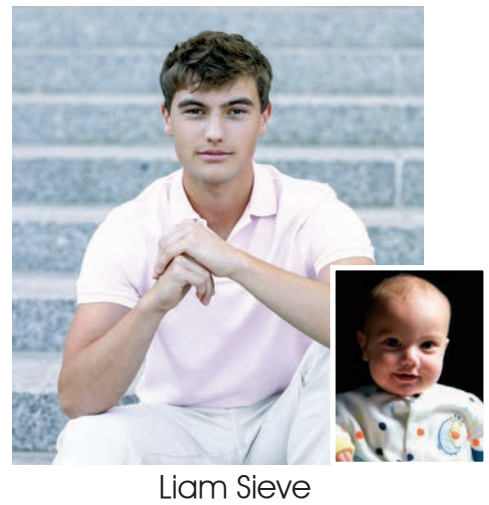


Taylan Siens



Liam Sieve

Faith Sigugu

Savannah Silbernick

Abigail Simon

Gabriella Sipple

Benjamin Sirianni

Rachel Sixta

Wyatt Skogsberg

Hudson Slettum

Bentley Smith

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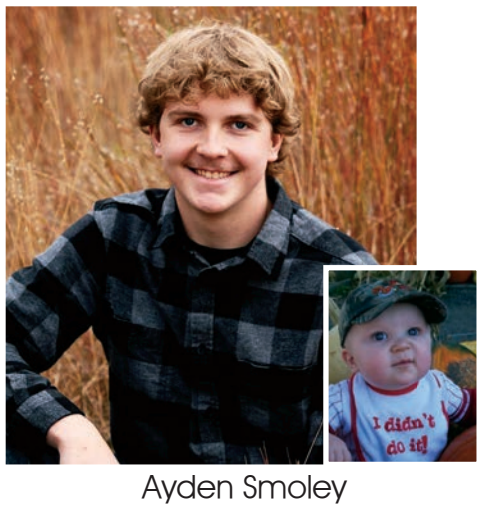
Jaidyn Smith-Terrell



Ayden Smoley

Shelby Solberg

Evan Sorensen

Tristan Souder

William Spaulding

Delaney Sperr

Kyla Spore

Steven Stacherski

Rhoan Stark

Kylee Steffens

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Hailey Steffensmeier

Tyson Stegeman

Taylor Stein

Hannah Stenzel

Rylee Stolp

Dylan Stoner

Grace Studer

Izzy Suchla

Jeffrey Suer

Dyllan Sullivan

Bradley Swanson

Alyssa Swiatkiewicz

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Hope Taege

Motumah Takgbajouah

Sofia Tallarigo

Seenaa Teshome

Samantha Tesmer

Joslyn Thering

Addison Thompson-Klimpke

Malikai Thongsavanh

Chloe Tiffany

Charli Tims

Zaila Torkelson

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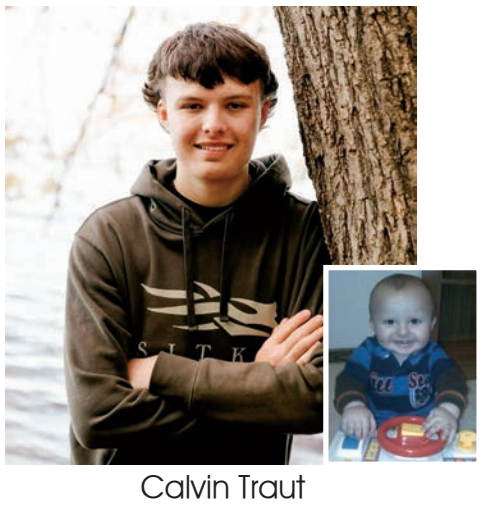

Calvin Traut

Devin Trebesch

Cecilia Tregaskis

Kendra Unruh

Benjamin Vagts

Gracie Vankuyk

Mason VanOrden

Addison VanVooren

Reid Varley

Ailene Velasquez

Angel Velez

Victoria Verhulst

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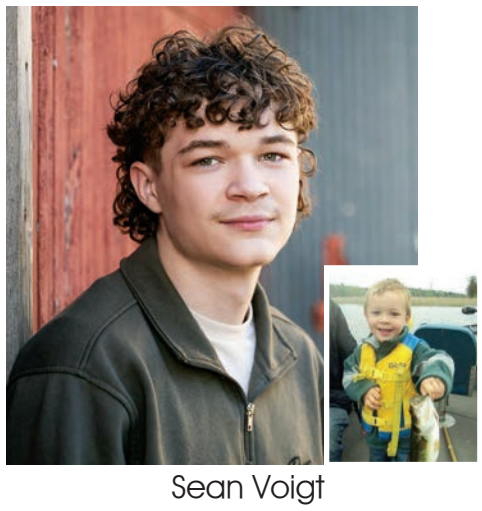
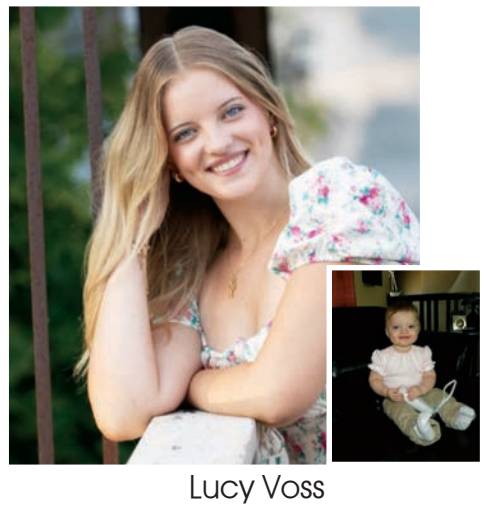


Sean Voigt



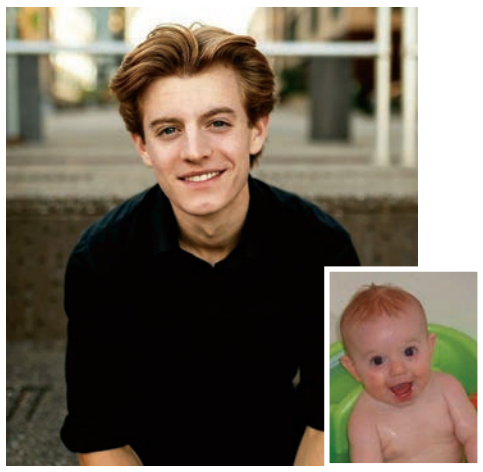
Lucy Voss

Madilynn Waldrum

Krubo Wallace

Katelyn Walsh

Hendrick Warner



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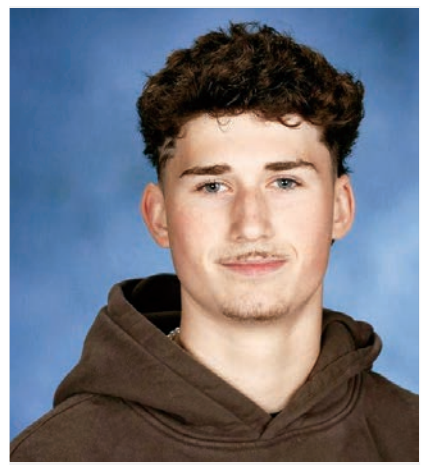
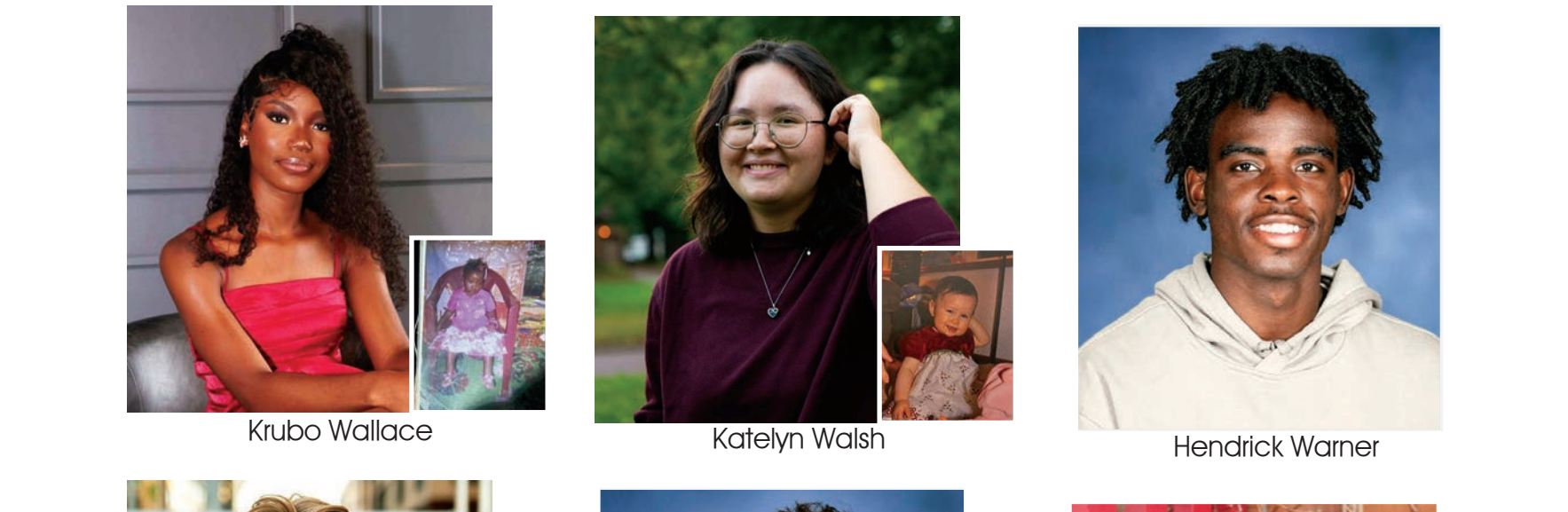


Cameron Webb

Kyle Webber



Sophia Gerard

Jensen Rodgers

Lily Lemieux, Lily Wollman

Camryn Mikolich

Ben Vagts

Tori Verhulst

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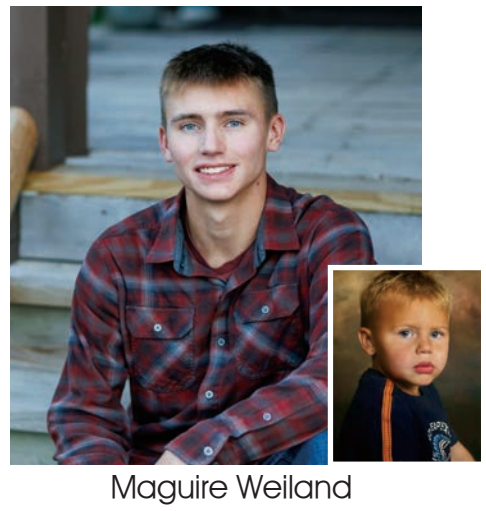
Samantha Weber



Maguire Weiland

Maja Welker

Marissa Weness

Logan Westanmo

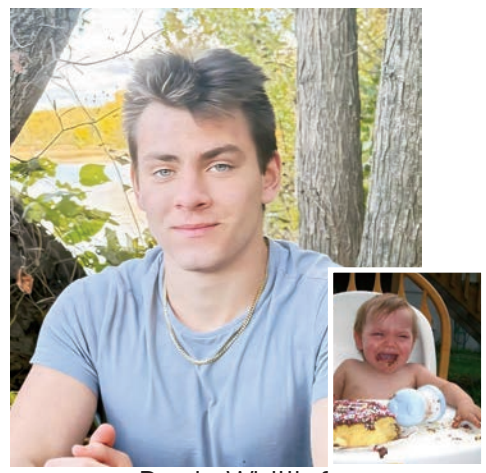
Ayden Westfall

Blake Wetterhahn

Benjamin Wheeler

Brooke White

Ian Whiteis



Ronin Whittlef

Jackson Wickre

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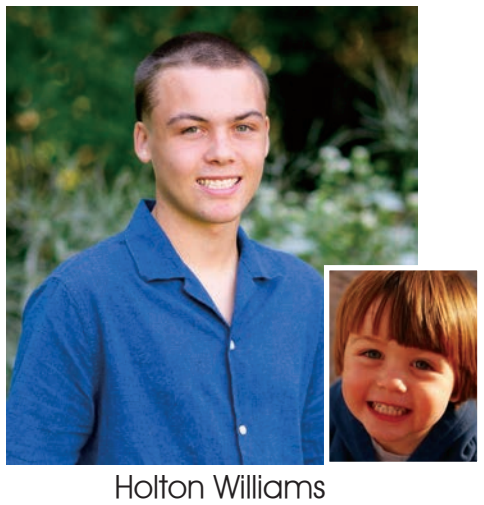

Holton Williams

Isabella Williams

Kyler Williams

Lily Wollman

Faith Wonnie

Vida Wonnie

Dawson Wostrel

Chance Xiong

Isabelle Xiong

Skye Yaeger

Calla Yang

Ella Yang

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Colors used: Black, F0005, F0888, F4893, White
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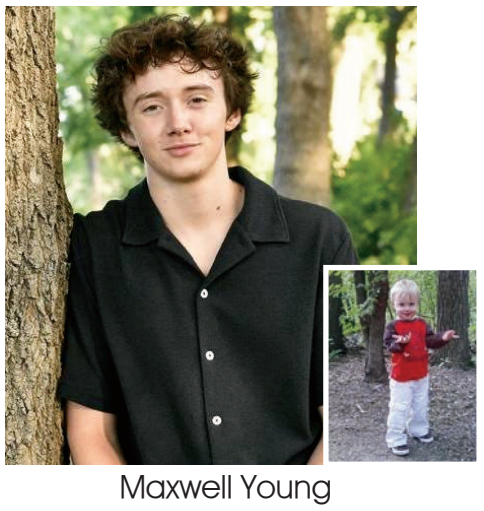
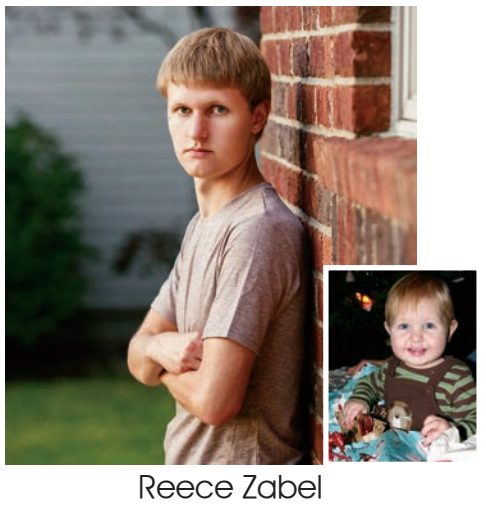

Maxwell Young

Anthony Yukhimchuk


Reece Zabel

Landon Zachman

Brayden Zeug

Justin Zimmer

Ayden Zimmerman

Gabrielle Zimmerman

NOT PICTURED

Simarsan Anwar
Akangah Akanimoh
Serenity Amos
Mason Babbe
Mason Barron
Carter Cardona
Nevaeh Carter
Allie Coombe
Logan Clark
Joseph Cruz
Nya Hart
Bode Laylin
Vanessa Marines-Mondrago
Sha'nya Maynard
Geoverny Mogaka
Stefany Monari
Like Msaka
Thomas Nielsen
Stephen Ogaya
Alisa Randell
Taylor Robeck
Trey Sarkinen
Delind Spore
Zackery Thomas
Jaxson Verke
Amelia Walerius
Kieran Webb

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THE CLASS *CHOSE...*

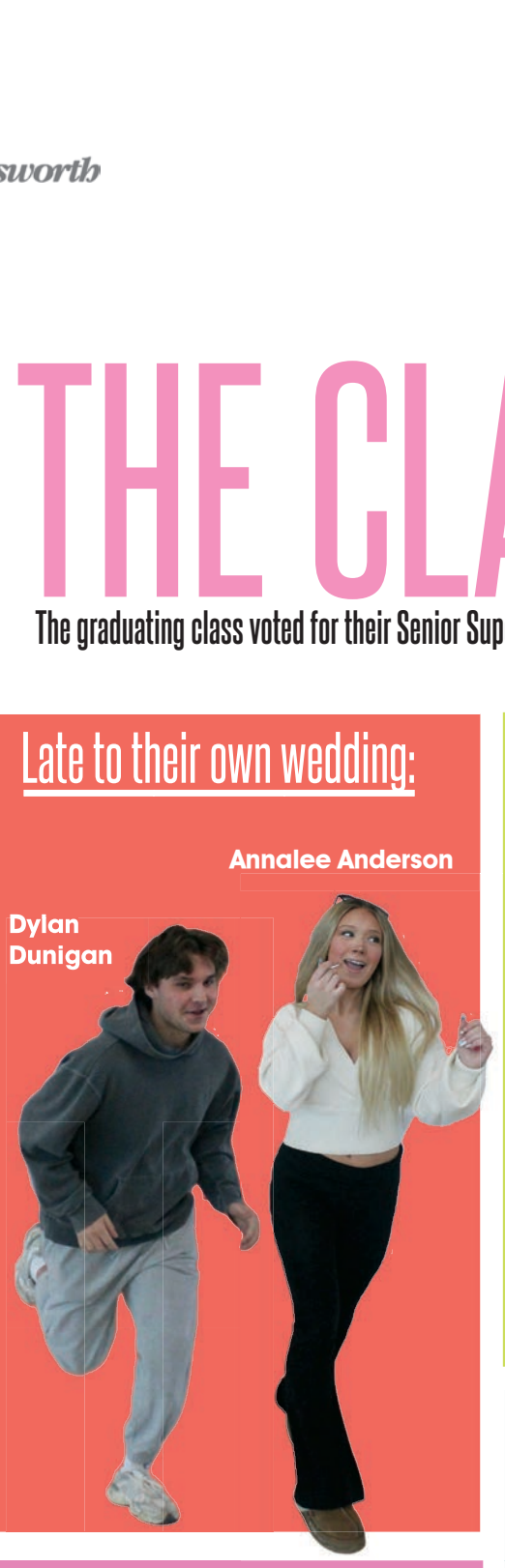
The graduating class voted for their Senior Superlative winners

Spread designed by Madysen Coulson and Annie Robinson

Late to their own wedding:

Annalee Anderson

Dylan Dunigan

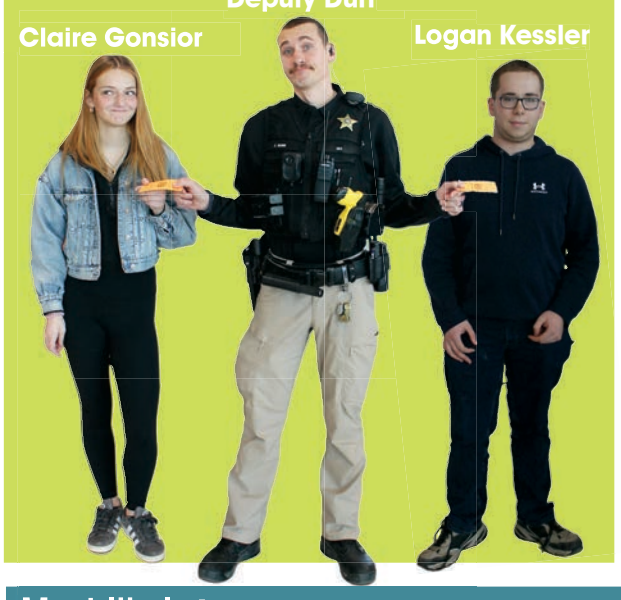


Parking lot menace:

Deputy Durr

Claire Gonsior

Logan Kessler



Worst case of "Senioritis":

Gavin Jackson

Kaylen Mundahl

Most likely to end up on Broadway:

Ava Pajari

"There are plenty of roles that I've had that I'd call my favorite, but I believe Jack Kelly in STMA's production of *Newsies* takes the cake. It's such an iconic role, and a ton of fun as my debut show here in my sophomore year."
- Logan Warner

Happily ever after:

Mya Mckinley

Talon Moreland

Class Crush:

Noah Schmoyer

Winslow Drowne

Always Traveling:

Annie Robinson

Grady Johnson

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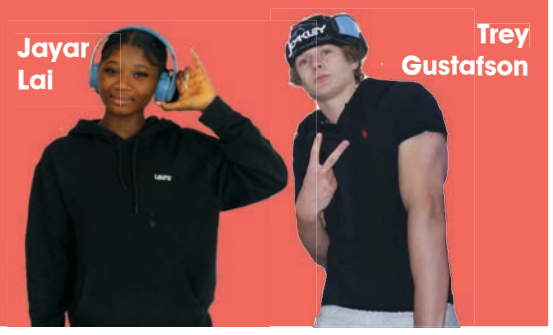
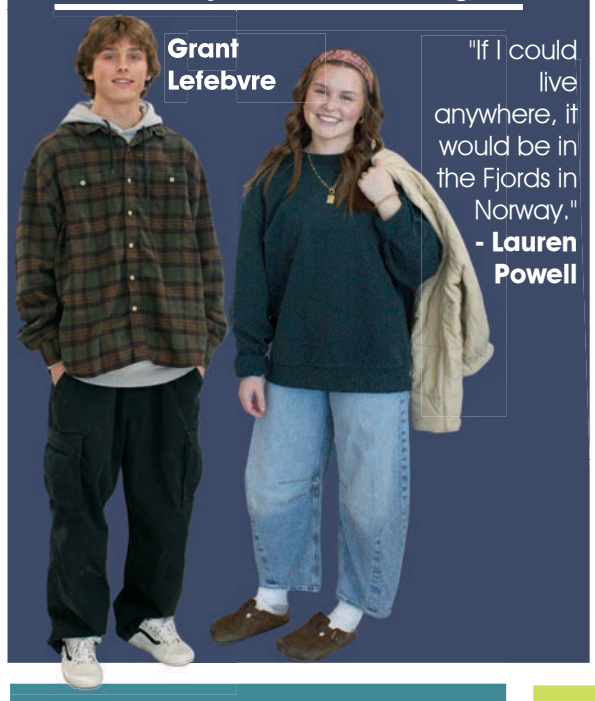
The next Vincent van Gogh:

Biggest glow up:

Always listening to music:



Most likely to live off-the-grid:



Smoothest Talker:

Best Dressed/Style:

Class Ship:

Most likely to start a band:

Workaholic:

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Class Mom & Dad :

Joe Scully

Izzy Suchla

Best Hair:

Lane Hagen

Abby Leonard

Most likely to trip at Graduation:

Carson Richie

Abby Simon

Life of the Party:

"Having the willingness to talk to people and always feeling approachable helps me keep the vibe going. At the end of the day you should just be yourself!"
- Charli Tims

Chase Mills

Best Smile:

Ethan Funk

Grace Holmberg

Most likely to go on "Love Island":

Tanner Esterberg

Autumn Sandberg

Most Nonchalant:

Nick Robison

Cail Jahnke

Most likely to become President:

Ethan Jordheim

Faith Sigugu

Most likely to break out in song:

Lucy Voss

Victory Godown

Most easily-recognized car:

"After having a convertible last summer, I knew I needed one again. My Mustang's a perfect car for me, and if it's not frozen then the top is definitely coming down."
- Pamela Mancilla

Talon Moreland

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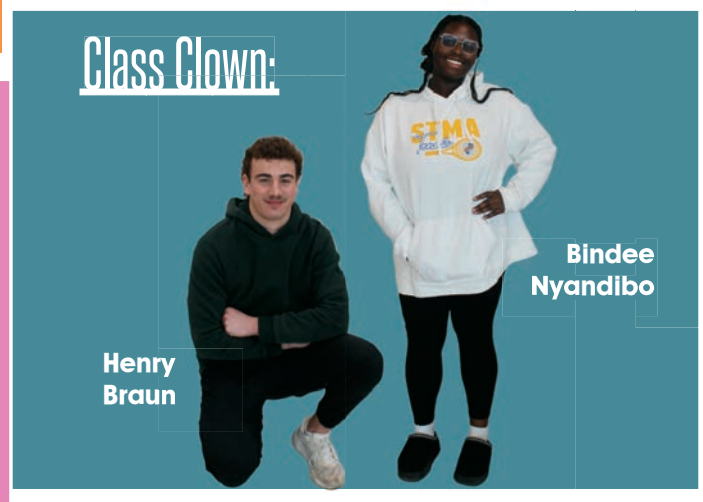
Most likely to be a millionaire by 30:

Best Duo:

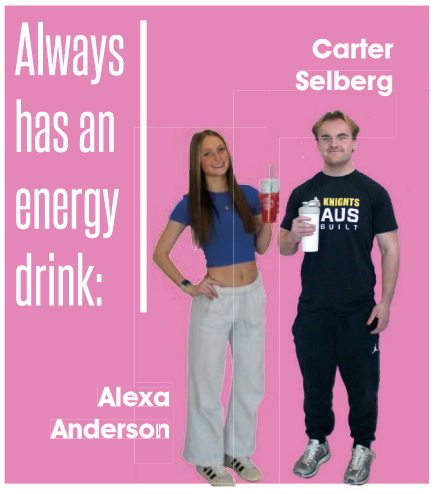
Class Clown:



Most likely to go Pro:

Human-AI:

Always has an energy drink:



Most likely to be mistaken for siblings:

Best Nickname:

Most contagious laugh:

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Colors used: Black, F3910, F4893, White
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THIS IS A DAY TO REMEMBER

Foreign exchange students share their favorite memories since they've been in Minnesota

Spread designed by Allison Dressler

FRESHMEN *THINKING* GLOBALLY

Where would you study abroad?

TOM CROUZET: FRANCE

"It was the beginning of the year, I was at Valleyfair with almost all the exchange students around Minneapolis. It was like the first people I have met here. It was important to me because it was my first time out with friends and it was at a place I love."

Photo submitted by Tom Crouzet

Mrs. Halker's and Mr. Ausman's senior homeroom

Photo taken by Allison Dressler

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"I would go to Italy and see Paris, but not because there is anything I want to learn there. I just like the scenery, and it has a nice environment."
- Eleazar Walker ('29)

"I would study in Italy because I love their food, their culture and I have family there.'
- Gabbi Hermes ('29)

"I would go to Germany because I want to study mechanical engineering in college and Germany is known for cars."
- Gabe Wymer ('29)

"I would go to Greece because the scenery is pretty and I want to learn their culture."
- Lola Olson ('29)

MARTA JUAREZ CAMPRUBI: SPAIN

"It was a day we all were together as a family. It was my first time carving pumpkins because its not a very common thing to do in Spain. I had so much fun and carved a smiley face on my pumpkin. It was a very good time because all of my host family was carving pumpkins together."

Photo submitted by Marta Juarez Camprubi

LORINA SCHIRMER: GERMANY

"The photo is of me, **Allison Dressler ('26)**, and **Morgan Radke ('26)** after the homecoming football game. This is my favorite memory because it sums up everything I have experienced so far like football games, homecoming, all the events, and high school friends. Football games aren't common in Germany so going to the football games with friends then going out to eat after the games are key memories. We are all wearing our senior overalls which is a once in a lifetime experience."

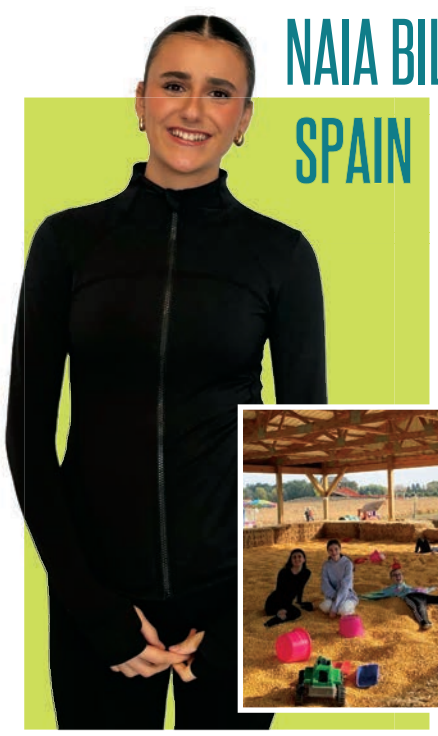
Photo submitted by Lorina Schirmer

EVA SELKE: GERMANY

"It's me and the other exchange student from Germany, **Lorina Schirmer ('26)** on homecoming. I feel like homecoming is a really big milestone for most exchange students. In Germany we don't have anything like homecoming. It was just a great evening to go into an American high school and experience everything that I have always dreamed of experiencing for years, it means a lot to me. It was really nice experiencing homecoming and I loved it."

Photo submitted by Eva Selke

NAIA BILBAO RAMIREZ: SPAIN



"I was with my host brother and host sister. We went to an apple orchard and played some games, went to a maze, and we collected apples. We were also with my host grandmother and went on a tour there. I always feel happy when I think about this memory because it was my first time with my uncle's grandma."

Photo submitted by Naia Bilbao Ramirez

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LAUGHTER IS *OUR* RECIPE

More Than Cookies

There's something about being in a kitchen with your friends that makes everything feel lighter. What started as a simple plan, "let's just bake cookies after school," somehow turned into a night that felt meaningful in a way none of us planned. Somewhere between the mixing, taste-testing, and the jokes that kept getting louder, the whole night started feeling like its own little memory. **Motumah Takgbajouah ('26)** explained, "Just that warm feeling that you can say anything and know you won't be judged. It felt very nostalgic, and in those moments I was thinking of how much I'm going to miss this. I'm going to miss life not being that serious." In the kitchen, everyone found their role: someone stirring, someone shaping cookie dough, and someone filming everything like it was a cooking show. **Elizabeth Ogamba ('26)** explained, "What stood out to me was when we started putting the ingredients together, then we were mixing it up and putting the cookies onto the tray. I like that it was so fun because of the atmosphere, and getting to do different tasks with my friends was just so fun." Everyone had their moment. From the teamwork that somehow made the cookies come out almost perfect to the conversations that kept stopping them mid-stir because we were laughing too hard. **Seenaa Teshome ('26)** said, "What made me laugh the most were the conversations we had." But the best part wasn't the food, it was the way everyone just relaxed while talking, laughing, and taking pictures of the process like they were documenting something important. It felt warm and wholesome. **Simelle Lombel ('26)** said, "I will always remember us taking pictures of the process of baking cookies." It was one of those nights you don't realize is meaningful until it's already over. Because in the end, the real recipe wasn't flour and sugar: it was every laugh that held the girls together.

Spread designed and photos taken by Faith Abuki

MIX IT UP!

While the cookies were still baking, everyone went to the stove to check the food. **Motumah Takgbajouah ('26)** stirred the pot while **Elizabeth Ogamba ('26)** watched, helping make sure everything cooked the right way. Takgbajouah said, "I knew it was going to be good day because it always feels nice to be by friends who are genuine."

DETAILS MATTER

Motumah Takgbajouah ('26) carefully places a cookie on the tray while making sure it fits just right. The others helped, laughed, and got ready for the next batch, turning baking into a fun team moment. **Seenaa Teshome ('26)** said, "The day felt very wholesome and comfortably fun."

JOY *STIRS*

It's more than batter

BATTER UP!

Simelle Lombel ('26) mixes the batter with a radiant smile, laughing along as the rest of her friends work on the recipe around her. Lombel said, "Everyone was just talking and laughing. It made me feel like we were all having a good time and being united."

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SMILES SPREAD
After school, friends gathered in the kitchen to bake cookies. Every little mistake turned into a funny moment. **Elizabeth Ogamba ('26)** mentioned, "I don't even remember the joke, I just know it was way too funny for no reason. All I really remember is how hard I laughed; the feeling was unforgettable."

WHISK IT GOOD!
After the cookie dough was mixed, everyone checked to make sure it was ready. **Simelle Lombel ('26)** held the whisk to see if the dough was mixed well, while **Elizabeth Ogamba ('26)** smiled beside them, happy and excited to start baking. Lombel said, "The funniest part was Faith's siblings randomly appearing and disappearing while we baked."

Our *Favorite* Bites

What We Crave

"I'd open a soul food-African restaurant with Sierra Leone dishes like cassava leaf, okra, and more. I'd call it 'A Taste of Home.'"
- Faith Wonnie ('26)

"My mom makes these really good crockpot ranch pork chops."
- Aubrynn Croaston ('26)

"I like ribs from Texas Roadhouse."
- Luke Ngungkpan ('26)

"I want to learn how to make Mac-and-Cheese, the homemade one."
- Cora Hager ('26)

"A food that I could eat everyday without getting tired of is chicken alfredo."
- Nyatta Kamara ('26)

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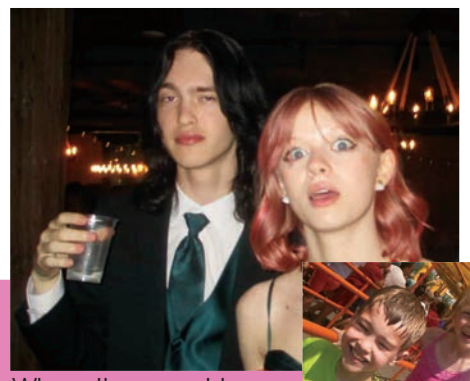
FRIENDS SINCE DAY ONE

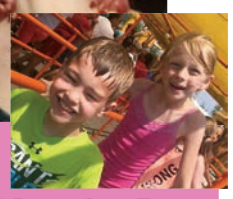
Senior's lifelong friendships: then and now

Camryn Mikolich and **Ella Morstad** have been friends since they were four. Camryn stated, "We've gone through so many different parts of our lives together and have always been there for each other."

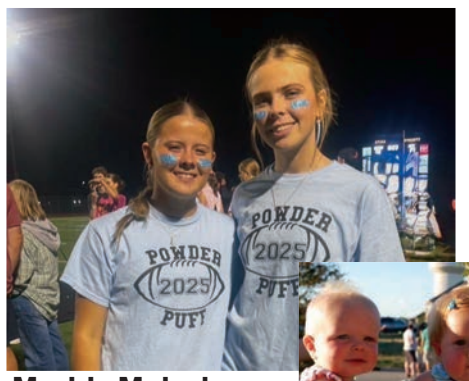
Carter Mason and **Elijah Lewis** have been friends for over ten years. Carter explained, "We have seen each other through everything and our friendship stuck strong throughout each grade and change."

Growing up together, **Anna Derham** and **Carrie Michenfelder** have been friends for 13 years. Anna shared, "We have been by each others side through every major life event and have always been their for each other."

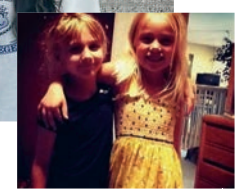




When they met in class in first grade, **Olivia Mayberry** and **Brayden Zeug** became instant friends. Olivia stated "We've been in multiple friend groups over the years but we always stick together."



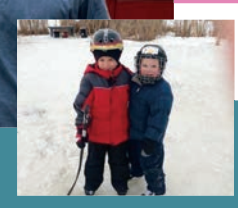
Maddy Molesky and **Lacey Byboth** have a friendship that started at birth. Maddy mentioned, "We've grown up side by side for 18 years, seeing every version of each other and building a bond that feels more like family."



Morgan Radke and **Skye Yeager** have been friends since they were five. Morgan mentioned, "Throughout the years, my favorite memories are with her and we always have a good time together."

Charli Tims and **Nevada Ligon** have been friends for 13 years. Tims said, "We have been through so many stages of our lives and have seen so much growth and change. We stick by each other through everything and are like sisters."

Friends since they were 4 years old, **Alex Abel** and **Preson Gutzwiller** do everything together. Preston shared, "We always have a good time when we're together, we're more than friends, were brothers."



Ben Wheeler and **William Henry** have been friends since they were one years old. Ben said, "Will moved onto my street and we have been best buddies ever since."

Spread designed by Gracie Vankuyk

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THE SENIORS HAVE SENIOR CRUSHES

The class of 2026 students admit their senior crushes

Winslow Drowne's crush is Ethan Funk.

Sophie Labatt's crush is Mason Knoblach.

Blake Klinkhammer's crush is Izzy Suchla.

Alex Abel's crush is Shelby Solberg.

HOW DOES MASON FEEL?

FOUR GIRLS

Mason Vanorden got picked by, **Isabel Rankin, Carrie Michenfelder, Charli Tims** and **Nevada Ligon** for their senior crush. Vanorden stated, "I feel very speechless, and truly honored."

EYES ON SOMEONE

CAUGHT LOOKING

From hallway glances to telling friends, senior crushes are part of the experience. **Sanae Radloff's** senior crush is Henry Braun. **Henry Braun's** senior crush is **Lillie Nelson**.

Autumn Sandberg's crush is Grady Johnson.

Brynley McGhee's crush is Brady Luedemann.

Kaitlyn McHugo's crush is Tyler Haring.

Faith Sigugu's crush is Treysen Cornillez.

Spread designed by Sophia Michals

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CLASS OF

SENIORS SIGNING OFF
The Senior class poses for one final class photo out on the field. A tradition followed each year that connects the grade as they enter their final school year.
Photo by Tim Bykowski.
Spread by Kyleigh Johnston

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2026

THAT'S A WRAP...

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CHEER WITH PURPOSE
Pink pom-poms, pink bows, and a whole lot of heart. **Lacey Williams ('27)** is cheering loud and proud for Cancer Night.
Photo by Lucy Voss
Spread by Kyleigh Johnston

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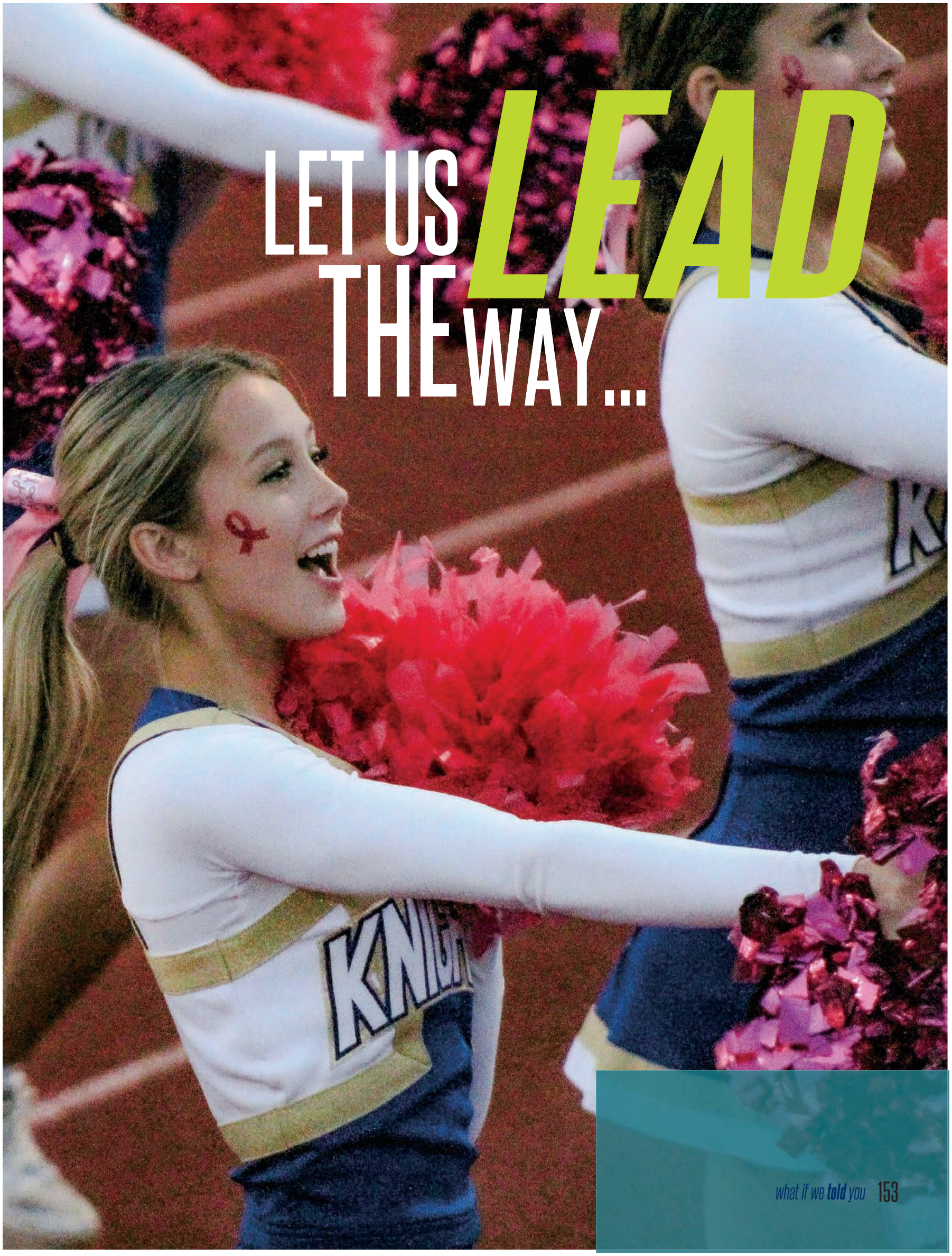

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HOW TO SURVIVE JUNIOR YEAR

Tips, Truths, and Chaos

Spread designed and photos taken by Bindee Nyandibo

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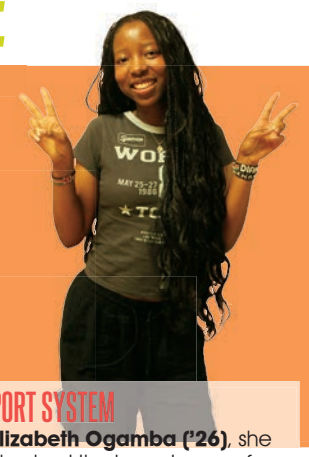
HOW THE SENIORS MADE IT OUT *ALIVE*

CHANGE OF SCENERY
For **Samantha Tesmer ('26)**, junior year meant finding a space outside the house to lock in and focus. Coffee shops became the go to spot for productivity, motivation, and fewer distractions. Tesmer shared, "Going to a coffee shop and grinding, and getting away from home helps me."

WORK SMARTER
For **Parker Barth ('26)**, he relied on balance. Between AI tools and a steady sleep schedule, staying organized helped manage stress and deadlines. Barth expressed, "Utilizing AI, staying on a consistent sleep schedule."



SUPPORT SYSTEM
For **Elizabeth Ogamba ('26)**, she emphasized the importance of having people she could rely on throughout junior year. Support from both teachers and friends helped her stay grounded and motivated. Ogamba noted, "Finding a good support system, from teachers and friends that you can rely on and trust."

STRONGER TOGETHER
For **Joey Cruz ('26)** he found support through studying with others and checking in with himself. Study sessions at Caribou provided accountability and encouraged prioritizing mental health Joey mentioned "Finding study partners at Caribou helped to keep me in check with my mental health."

YOUR *GO-TO* SURVIVAL GUIDE

1

Stay On Top Of Your Work
Don't let task pile up or you'll feel stressed and behind. **Daniel Eicher ('27)** said, "Keeping up with school work is very important because if you don't do your homework your grade will drop fast."

2

Stay Organized
Use a planner, your Notes app, or Google Calender to track assignments and deadlines. Junior year will be overwhelming if you try to wing it. **Stella Kaeoka ('27)** noted, "An organization habit that actually worked for me was planning ahead to minimize last- minute stress and efficiently complete my tasks."

3

Take Care of Yourself
Drink Water, get enough sleep, and take breaks when you need them. You can't survive junior year on vibes and caffeine alone. **Ava Schultz ('27)** added "Between sports, school, and everything else, I've learned to drink water, get enough rest, and stay grounded in my faith."

4

Stay Out of Drama
Gossip may be tempting, but it will only add stress. Keep your focus on yourself and your goals. **Chloe Bergan ('27)** added, "Focus on your goals. Don't worry about what other people are trying to achieve, just try your hardest for your own goals."

5

One Bad Grade Won't End Your Life
If you mess up, ask for help or turn in late work. A single low grade is just a small setback, not the end of the world. **Maiya Slusarczyk ('27)** said, "In 5 years, you won't remember what grade you got in what class, so don't stress about it."

Survival Starter Pack

LIP PRODUCTS
"For my junior survival starter pack, an edible lip scrub, lip liner, and a lip mask keep my lips smooth, hydrated, and always looking put together."
- Addison Schmoyer ('27)

GUM
"For my junior year gum helps me stay awake through my classes, favorite flavor is mint. "
- Owen Volkenant ('27)

WATER BOTTLE
"Staying hydrated helped me during busy days by allowing me to focus more on my work instead of being thirsty."
- Ayah Loudiyi Lamghafri ('27)

AIRPODS OR HEADPHONES

"Music helps me stay focused, so wearing my Beats lets me tune out distractions and stay locked in."
- Ethan Orina ('27)

CAFFIENE
"My go-to form of caffeine every day is either a Bloom energy drink or a Red Bull infusion with raspberry."
- Addison Schmoyer ('27)

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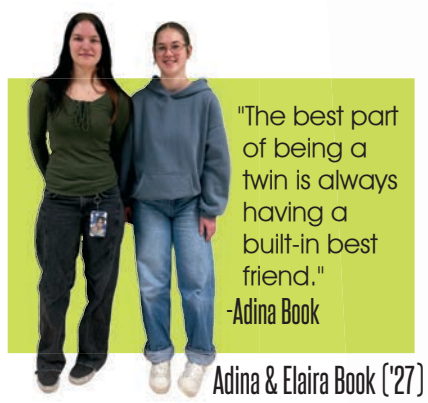
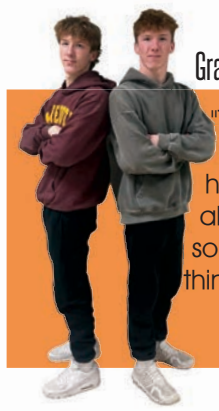
WE'RE *DOUBLE* THE FUN

5 sets of twins on one page
Spread designed by Ady Hannon



"The best part of being a twin is always having a built-in best friend."
-Adina Book

Adina & Elaira Book ('27)



Grant & Brody Bergeron ('27)

"The best part of having a twin is always having someone to do things with me."
- Grant Bergeron

"My favorite twin memory is when we were younger we chose to dress up in matching outfits."
- Lexie Bergen

Chloe & Lexie Bergen ('27)

Jared & Julia Brutger ('27)

"The worst part of being a twin is our parents always comparing us to each other."
- Jared Brutger

Brayden Abel
Neya Adam
Geniemay Addey
Presley Adrian
Samira Ahmed
Marley Alberts

Kaleb Aldes
Roman Algiers-Watkins
Omar Almanasir
Lauren Amenrud
Dionna Amoako
Riley Amundsen

Brady Anderson
Charles Anderson
Payton Anderson
Breck Andres
Jaycee Appleton
Nia Atang

Zachary Auger
Angie Avendano
Sasha Ayaka
Ella Baetsen
Parker Barnes
Rhea Barthel

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Sophia Bartunek
Bryn Bartus
Olivia Batters
Zachary Beaulieu
Kyan Beaumont
Tyler Bechtold

Robyn Beck
Joshua Becker
Payton Beckius
Brett Behn
Molly Benson
Grace Berendes

Hannah Berendes
Justin Berg
Chloe Bergen
Lexie Bergen
Brody Bergeron
Grant Bergeron

Anthony Berning
Danielle Biegert
Zoe Biniek
Leo Bjerketvedt
Marisa Blaisdell
Harper Blanchette

Lillian Bobich
Braylon Bohm
Adina Book
Elaira Book
Maison Booker
Dane Bozosi

Greta Braegelman
Drew Brett
Julia Bright
Lauren Brommer
Leah Brown
Jared Brutger

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Julia Brutger
Dimitriy Brutskiy
Jacey Bryan
Kayden Bullock
Lindsey Burkett
Julia Butkowski

Ryan Byer
Leah Bzdok
Kolton Cain
Carlie Cardona
Tanner Carel
Ella Carlson

Jace Carrillo
Aliyah Carroll
Noah Cedergren
Matthew Centko
Henri Charlebois
Avery Christlieb

Madison
Christofferson
Alexander Cilke
Caden Clark
Brandon Clarke
Aiden Cliff
Cameron Coe

Josephine
Cotterman
Brody Cox
Colby Cox
Jackson Coy
Allison Crow
Chance Crowley

Dylan Cummings
Jordyn Czaplewski
Cooper Dahmen
Chase Dallin
Reyna Danusis
Raeyanah Davis

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Zoey Day
Benjamin Dayton
Brock DeBrobander
Elijah Dehmer
Vincent Dehmer
Sienna DeLude

Mekhi DeMers
Braedon Deneson
Brooke Detlefsen
Keegan Diaz
Esther Dofah
Ty Dombeck

Christian Doramodou
Evandro Dos Santos Soto
Madison Ducommun
Charles Dufner
Edison Dupay
Frankie Edgar

Daniel Eicher
Aiden Elmquist
Brooklyn Emerson
Anthony Engebretson
Austin Enzler
Aliya Erickson

THE *SKY'S* THE LIMIT

JUNIOR SHARES WHAT IT MEANS TO PUT IN THE WORK

Photo taken by Just For Kix Photographers.

Through dedication and countless hours of practice, **Brooklyn Emerson ('27)** has developed the ability to jump higher than most. Emerson may make it look effortless, but many underestimate the work it takes to make those jumps pop. Emerson shared what she did to reach the heights she's at today. "Take the classes you don't want to take and put in the effort while doing so. Do it when you're tired, when you're angry, when you want to be anywhere but dance. You'll only benefit from your efforts, and that's what it takes to grow." The height of her jumps reflects the dedication, persistence, and hard work she put into improving her talent, showing us that the sky really is the limit.

Spread designed by Lucy Voss

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Colors used: Black, F3910, F4320
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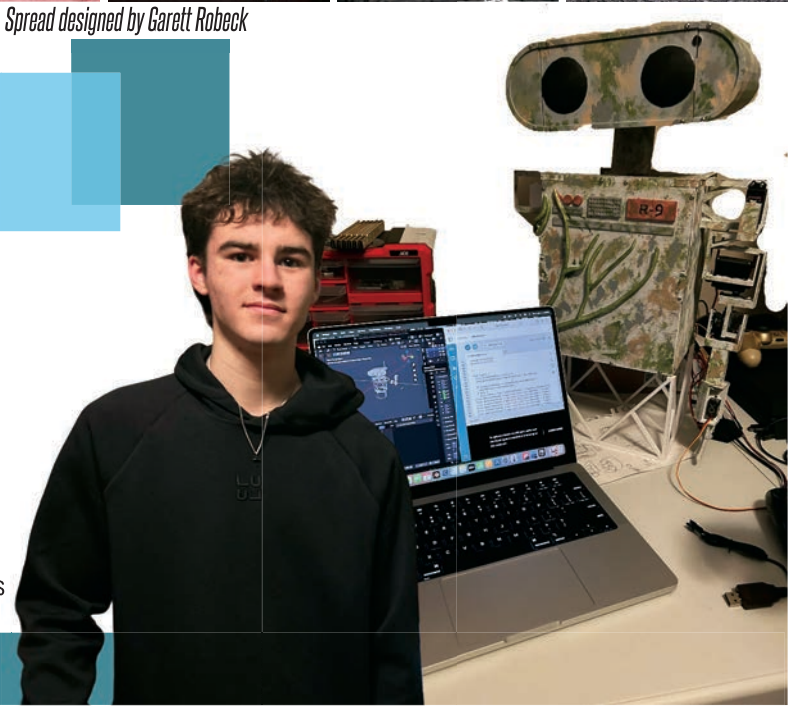
Sterling Erickson
Ayda Erlandson
Jillian Erlandson
Esme Erntson
Cameron Eull
Patrick Eull

Jaxson Fabel
Alexis Farnsworth
Dylan Faucher
Levi Fehn
Jordan Feist
Conner Feld

HE IS INNOVATIVE

Junior shows his creativity with engineering

Spread designed by Garett Robeck



3D printing for around four years, **William Hauxwell ('27)** has made many various types of animatronics and games. William shared, "My *Star Wars*-themed animatronic was the most fun to make." Teaching oneself to code isn't an easy task, but this bright student did it anyway. Hauxwell shared, "I taught myself by just a lot of trial and error, watching YouTube videos and seeing tons of different techniques with modeling. The hardest thing to learn was definitely the code." William hasn't just made animatronics; he has also experimented with more complicated projects. William said, "The most complicated thing I have made would be my mini golf game. It's like a physical video game." William continues to make more and more products and is determined to learn new skills as he gets older.

Lucas Filipczak
Miah Fischer
Jack Fisher
Nora Flammang
Alejandro Flores Rodriguez
Sekou Fofana

Kayden Formo Reck
Amir Foster-Ellwood
Cy Fowler Adams
Madison Frederick
Cole Fry
Gavin Gabrielson

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Mila Gabrielson
Carlos Gallegos Ortiz
Samuel Gallus
Joy Gaye
Edassa Gemechu
Braden George

Gavin Gerard
Logan Gerten
Jeremy Getugi
Mary Godown
Jackson Goins
Dane Goodwin

Carter Gould
Caleb Grabowski
Rafael Granda
Aubrey Grant
Kelly Gravell
Jack Grieder

Caruso Guzman
Eli Hall
Calli Hallen
Adelyn Hannon
Hunter Hansen
Kateri Hansen

Lucie Hansen
Taylor Hanson
Chloe Harris
Jacob Harrison
Elli Hartung
Aszadeen Hasan

Grasyn Hassall
Owen Haugo
Adam Haus
William Hauxwell
Isabella Hawkins
Izabel Hays

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Ja'Monni Hearn
Sarah Hegrenes
Tobias Heil
Olivia Helm
Andrew Hemp
Nolan Henderson

Avery Hennessy
Cooper Henson
Suriya Her
Paola Hernandez
Cajina
Elliot Herried
Avery Herron

Jaxen Hill
Amaya Hinzmann
Hailey Hlinsky
Anthony Hochstatter
Hailey Hodgson
Bennett Hoffert

Tanner Hokanson
Anthony Holland
Haylee Homstad
Lukas Honzl
Jacelyn Howard
Addison Hricak

Ava Huggins
Ella Hunter
Evelyn Husak
Maximus Husting
Cayden Ibarra
Guillen
Camille Iverson

Khali Jalloh
Jaxson Jaroscak
Jordan Jesse
Caleb Jilani
Alexander Johnson
Ethan Johnson

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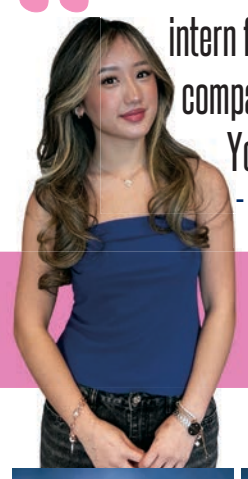
Kaitlyn Johnson
Morgan Johnson
Harlow Jorgenson
Malvika Jugran
Giana Juris
Stella Kaeoka

Sarah Kammann
Gavin Karels
Jayden Karger
Narendra Kawallram
Destiny Kaydea
Alexander Kekula

THERE'S MORE THAN WHAT MEETS THE EYE

Students share undercover fun facts about themselves

"I am a marketing intern for a company in New York."
- Suriya Her ('27)



"I won 2nd place in a DECA competition"
- TJ Klein ('27)

TJ used to be enrolled at Rogers High School. At Rogers, they have a student organization for future leaders in finance called DECA.

"I've been horseback riding for a little over 10 years!"
- Ella Hunter ('27)

Spread designed by Aubrynn Croaston

Amanda Keller
Natalie Kelley
Henry Kelly
Brett Kenney
Wyatt Keophilavanh
Fenet Kitessa

Timothy Klein
Dylan Klevann
Chloe Knight
Alex Koeltzow
Faith Kong
Alvin Kormoh

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SHE'S BUSY ON *PURPOSE*

Photo by Ellie Fischer.

DAILY SCHEDULE:

MORNING

6AM: Wake Up
6:35AM: Leave for Lift
6:45AM: Workout
7:45AM: Get Ready for Class

SCHOOL

8:30AM: Homeroom
1st hr: Anat/Phys
2nd hr: CIS Pre-Calculus
3rd hr: CIS Chemistry
4th hr: AP Micro Econ
5th hr: Personal Training Careers

AFTER SCHOOL

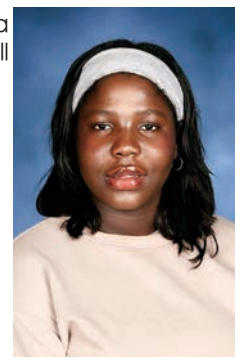
3:30 PM: Get ready for practice
4-6 PM: Practice
6-8:30 PM : Coach gymnastics
9:30-10PM: Go to Bed

ALWAYS IN MOTION

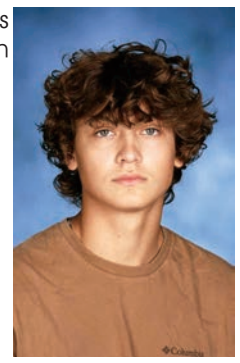
With Swim & Dive, Gymnastics, Track & Field, Flag Football, NHS, KLC, and AP classes, **Grace Lindenfelser ('27),** shares her daily schedule on how she manages it all. Lindenfelser shared, "I go to bed early so I can wake up early enough to do my homework in the morning so I can have free time at night and just focus on my sports. I also try to get my homework done in my other classes when we get the extra ten minutes at the end of the hour. Especially when I'm in season for multiple of my sports, I try to get 10 hours of sleep a night."

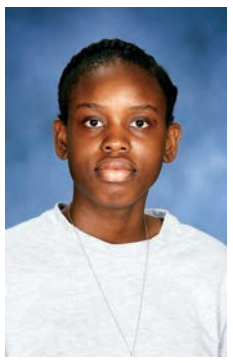
Spread designed by Ellie Fischer

Edith Kpaka
Brynn Krell



Karson Kreps
Halematu Kromah





Kirby Kukral
Martei Kulee

Josie Kurasz
Charli Kuss
Jacob Kwateh
Joel Lachinski
Thomas Lahr
William Lahr

Ayah Lamghafri
Loudiyi
Jacob Lappin
Otis Larmie
Ezra Larsen
Alexa Larson
Nicolas Laurie

Lucy Lawinger
Wyatt Leach
Harper Lehmann
Bennett Lehn
Cooper Leland
Ethan Lenz

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Simon Leonard
Jordyn Lero
Matthew Lester
Aliaksei Liabedkin
Judah Lightfoot
Ethan Lind

Grace Lindenfelser
Mason Lindseth-Miller
Lila Lobeck
Andrew Loecken
Henry Loftus
Gavin Loos
Kazimir Lorbiecke
Sydney Lukkar
Owen Maki
Jaxon Manka
Annika Manning
Mikayla Marshall

Averie Martinson
Erika Mastel
Livia Mastro
Claire Mattson
Gavin Mauk
Auroura McCann

Laron McCoy
Colton McLellan
Edwin Medina
Caden Meints
Justice Meirose
Jackson Meyer

Greysen Michels
Morgan Mielke
Adam Miller
Carson Miller
Ellie Miller
Ava Milless

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Peyton Milless
McKenna Minette
Carly Mitchell
Easton Monahan
Owen Moormann
Henry Moreno Viscarra

Brodie Mork
Wyatt Mosher
Daniel Moylan
Macvel Mulbah
Alessandra Muraski
Tyler Naegle

Darleh Nagbe
Wyatt Nagengast
Tyreece Ndofor
Jacob Nehring
Crosby Nelson
Ingrid Nelson

Olivia Nelson
Payton Nelson
Tristan Nemmers
Hayden Nestrud
Maxwell Newman
Giselle Nguyen

Thavanie Nguyen
Samantha Nied
Sasha Nix
Vincent Novelli
Ethan Nyabando
Lewellyn Nyemah

Christian O'Brien
Adelyn O'Connor
Eliana Ofuasia
Jackson Olin
Cassandra Olson
Thea Olson

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Oluwanifemi Omotayo
Isaiah Ophoven
Ethan Orina
Cameron Orth
Dominic Pardi
Emery Parnell

Gabriel Paynter
Alex Pederson
Mason Peglow
Dillinger Pender
Mason Peniata
Donovan Perez

Adelor Perkins
Koen Petersen
Noah Peterson
Piper Peterson
Tiegen Peyerl
Mia Pfeifer

Saipon Phimvongsa
John Pierce
Reese Polum
Garrett Pool
Laila Post
Evelyn Postuma

SHE'S ALWAYS IN MOTION

Audrey Powell has no time to stand still

Audrey Powell ('27) is always busy. From dance to theater to choir she is constantly on the move. Juggling classes, rehearsals, and performances with many bags on her shoulders, shoes in her hands, and scripts under her arm. She pours her heart into every passion she chases.

"I'm tired, but I love it."

"I kind of live out of my car."

"I don't really have time to be bored."

HER GOAL: College theater
MAJOR: Musical theater
MINOR: Dance

9 total dances
2 solos
14 years of competitive dance
7 group dance routines

Spread designed and photos taken by Faith Abuki

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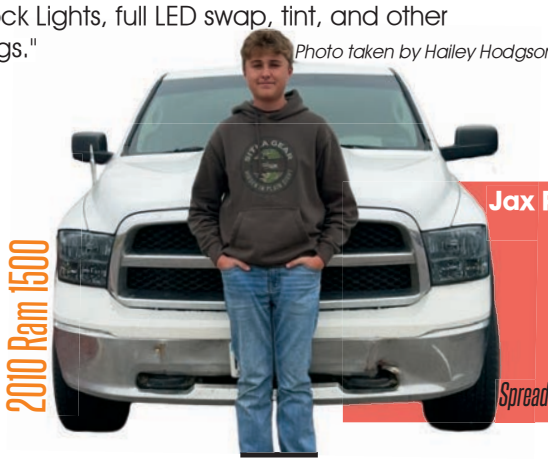
Audrey Powell
Chase Probst
Sophia Provost
Aidan Przybylski
Ava Przybylski
Dariyana Ramirez

McKenzie Rath
Austin Reed
Allyson Reich
Elaine Reynolds
Grady Riebel
Anya Riesgraf

CARS HAVE CHARACTER

Jax's truck is a 2010 Ram 1500. Robeck has put a lot into his truck. Jax stated, "I like my truck a lot! I've had it for 1.5 years. I have upgraded a lot on it like adding rock Lights, full LED swap, tint, and other small things."

Photo taken by Hailey Hodgson.



2010 Ram 1500

Jax Robeck ('27)

Maria is a 2021Jeep Cherokee. She is unique because she has a massive crack in the window. Addison stated, "I got Maria because she was my dad's and he gave her to me. My favorite thing about Maria is her heated steering wheel."

Photo taken by Ellie Fischer.

2021 Jeep Cherokee

Addison Rowan ('27)

Spread designed by Ellie Fischer

Lily Riesgraf
Antonio Rios
Carson Rittenbach
Garett Robeck
Jax Robeck
Xander Robeck

Colton Robinson
Alexa Rogers
Kaidyn Roisum
Emily Roth
Sage Rott-Nettleton
Addison Rowan

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Arden Rupp
Karly Rykal
McKenna Sale
Emily Sandbo
Jack Sandvik
Abubacarr Sanyang

Elton Sanyeneh
Savanna Satre
Amelia Sauer-Gutierrez
Preston Saville
Autumn Schmidt
Oliver Schmitt

Addison Schmoyer
Ella Schnitzler
Aubrey Schuller
Marta Schuller
Ava Schultz
Alexa Schumm

Alivia Schut
Maya Schwartz
Savana Seckerson
Mason See
Liv Seegmiller
Noah Serie-Reed

Joscelyn Severance
Zander Sheesley
Aiden Sheets
Aidin Siedow
Rebecca Simonds
Brooklynn Skillings

Svea Skoglund
Maiya Slusarczyk
Bailly Smith
Edwin Smith
Jonah Smith
Kaden Smith

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Colors used: Black, F0888
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Leah Smith
Elijah Stanton
Hayli St Denis
Cooper Steele
Mariah Steffens
Palmer Steinmetz

James Stenzel
Madison Stern
Jaxon Stoeckman
Anni Stollenwerk
Lillian Struble
Luke Sumstad

Logan Sylvester
Cayden Szymanski
Lane Tangen
Olivia Tanner
Joyce Tarwo
Wyatt Tauer

Allison Taulelle
Hunter Theissen
Landon Thoennes
Lucas Thour
Henry Tillmann
Memphis Timlin

Spencer Timlin
Mckenzie Tisch
Kelvin Totimeh
Gage Trinklein
Wyatt Tupper
Will Underthun

Jakob Valen
Iris Vang
Morgan Vedders
Bryce Velde
Landon Verville
Jasper Vetsch

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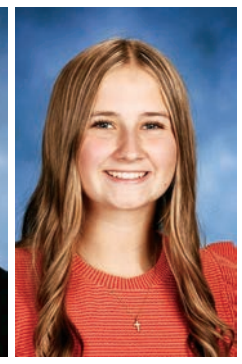
Dylan Vieau
Victor Villa Dominguez
Princess Vincent
Ralph Vix
Owen Volkenant
Abigayle Vossen

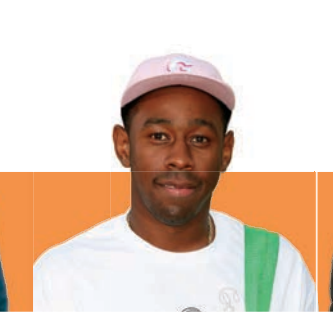


Peja Vukelich
Orion Walker Kuklock
Braeden Waller
Greta Wandmacher
Brady Ward
Macy Weber

ICONS COME IN DOUBLES

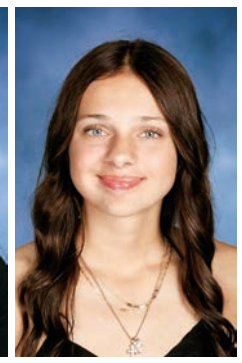
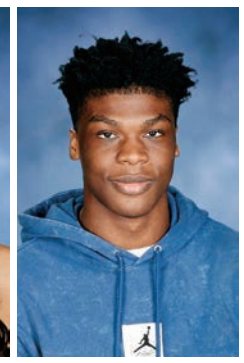
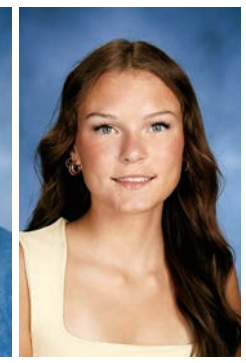
Students are pictured next to their celebrity look-a-likes

Sadie Sink | Olivia Tanner | Henry Tillmann | Matt Bennett

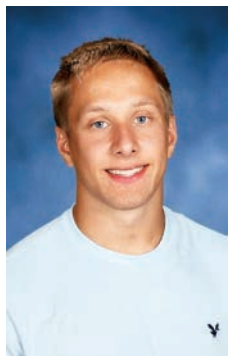


Jonathan Davis | Darius Welson | Olivia Holt | Briana Williams | Tyler The Creator | Kelvin Totimeh

Spread designed by Madysen Coulson

Taya Weber
Dominic Weidner
Ellianna Weir
Madelyn Weiss
Darius Welson
Addison Whaley



Aaliyah White
Carter Wigfield
Keaton Wilaby
Briana Williams
Lacey Williams
Shelton Williams

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Gavin Wills
Caleb Wilmont
Carly Windsperger
Zachary Woller
Benjamin Yankey
Tayelyn Yormie

Beckett Young
Kayne Young
Zavier Zandvliet
Maia Zea
Yaphet Zeray
Hadrian Zielinski

Ella Zimmer
Hannah Zipp

Not Pictured

Kylee Adkins
Peyton Aschemann
Dzmitry Bulaty
Wonder Badibanga
Roger Badjie
Lyvia Barthel
Azner Beljulji
Jadan Bernard
Austyn Bialke
Cayden Bialke
Gavin Bitzan
Dzmitry Bulaty
Percy Cady
Julian Cornell
Franko Delmaro
Mya Dupay
Damien Ebner
Cooper Etnier
Lanija Evegan-Massaquoi
Benjamin Feder
Miles Fisher
Colton Gardas
Jacob Gerring
Ryan Goth
Emilia Granados
Jenna Harris
Linden Hogan
Lathan Jamison
Eva Krekielberg
Jovani Labron
Cesar Lopez
John Lopez Munoz
Janixan Lopez Reyna
Haydon Martinson
Peyton Mattson
Cameron Mcfarlane
Davyn Mikrut
Devlin Moe
Shimoya Murray
Olivia Parsons
Kinsy Peterson
Jackie Phan
Cody Phipps
Mattie Schomer
Taylor Skrip
Santiago Solis-Rodriguez
Emmie Som
Jeanette Stringer
Bastain Swenson
Ella Szymanski
Jayla Szymanski
Uladzislau Trafimchyk
Jarled Verdier
Madison Walsh
Nathaniel Walther
Alina Yukhimchuk
Ashton Zehnder
Caiden Zoellmer

Spread by: Anni Stollenwerk and Garett Robeck

ST. MICHAEL
Boutique

"I like the jewelry and a lot of the new clothes that we get in. I also enjoy seeing and helping everybody that comes in. It's just a great community."

NORA FLAMMANG

LAZARRE GRAPHICS AND APPAREL

JACKSON MEYER

"My favorite things that my dad makes are the sweatshirts and sweatpants. He also wraps cars, and I think that is pretty cool."

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DUNN BROTHERS COFFEE®

ADDISON SCHMOYER

"My go to drink is an iced hibiscus tea with a shot of raspberry syrup."

ANNIKA MANNING

"My favorite tea bomb is a blackberry lift off with coconut and blue razz."

IMPACT NUTRITION OF STMA

MILLENNIUM dance company

OWNER JAYME STEDMAN AND LEXI FARNSWORTH

"Millennium isn't just a dance studio, it's my second home, and I am forever grateful for the community it's given me!"

MIA PFEIFER

"Create the photo. Capture the moment. Keep the memory."

THE SELFIE CO.

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Colors used: Black, F0540, F4893
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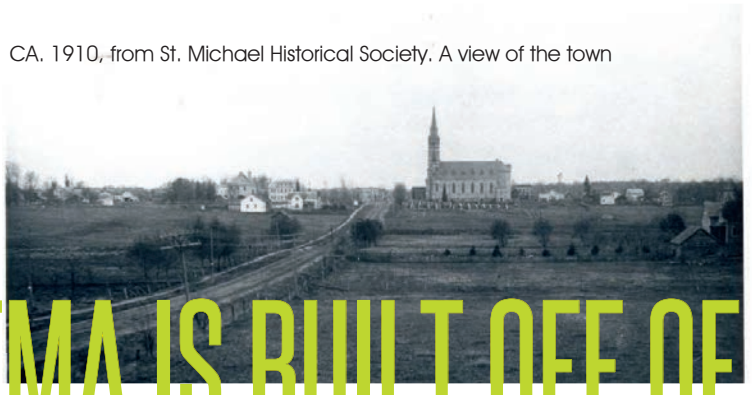
BOARD OF EDUCATION 1969

The Board of Education (to the right) consisted of Lyle Robeck, Kenneth Tieman, Reinhardt Marx, Dr. Thomas Hagerty, and Harold Barthel.
Mr Zahler (pictured below) with the book he wrote called "Faith, Family & farming" about the history of St. Michael.



CA. 1910, from St. Michael Historical Society. A view of the town

STMA IS BUILT OFF OF OUR ANCESTORS

Zahler explains the St. Michael-Albertville school's history

Many students and names have passed through STMA over the decades, some leaving, but many stayed and rooted their names in the small town permanently. Local historian and teacher, Mr. Bob Zahler, shares the community's history: "There was something about this community that made people say, 'You know what, even though I'm not going to farm like my dad or my grandparent, I want to come back here and live'; People wanted to stay here."

The original families of St. Michael and Albertville had a good sense of security and community in the town many of us now call home. Those families fought hard to keep the community the way it was and not allow the state to separate them, since the original plan for St. Michael and Albertville was that the public students that did not attend the Catholic school, would be forced to attend either Monticello, Buffalo, or Elk River. Zahler added, "The founding fathers and mothers of St. Michael and Albertville in the 1960s said, 'We can't let St. Michael and Albertville get divided up and relegated as simply one of the communities that feed into the Elk River, Monticello, or Buffalo school district'. They fought hard at the state legislature to let STMA become its own school district. They succeeded in 1964 in forming their own school district, which is known as Independent School District 885."

> "When you look at the student population in the 1960s,, 1970s. and even into the 1980s, you look at the yearbooks. Every class had several Barthels, several Beckers, several Dehmers, Kaspers, Robecks, Zachmans, and Zahlers."

Our school really is more *UKNIGHTED* than we originally thought. Some might assume that the original families of this town just settled in whatever chunk of land seemed nice, but this is simply just not the case. Zahler expanded, "They were business people and they had clear intentions of being business people. Being business people at that time meant buying land. Those people understood this, and Anton Berning, in particular, understood what was gonna happen around here. These people were not idiots. They knew that they were the first ones out here. So they had an

THE BARTHELS

Adam Haus ('27), Dane Barthel ('26), Paige Barthel ('28), Lyvia Barthel ('27), Rhea Barthel ('27)

ROYALTY

Johnny Barthel and Maureen Vetsch were named homecoming king and queen of 1999. Later in life, they ended up getting married. They are **Lyvia Barthel's ('27)** parents: "[My parents] graduated with a class size under 130. I heard stories growing up about it. My dad was involved in wrestling and football all throughout his high school years and placed 5th and 2nd at state."

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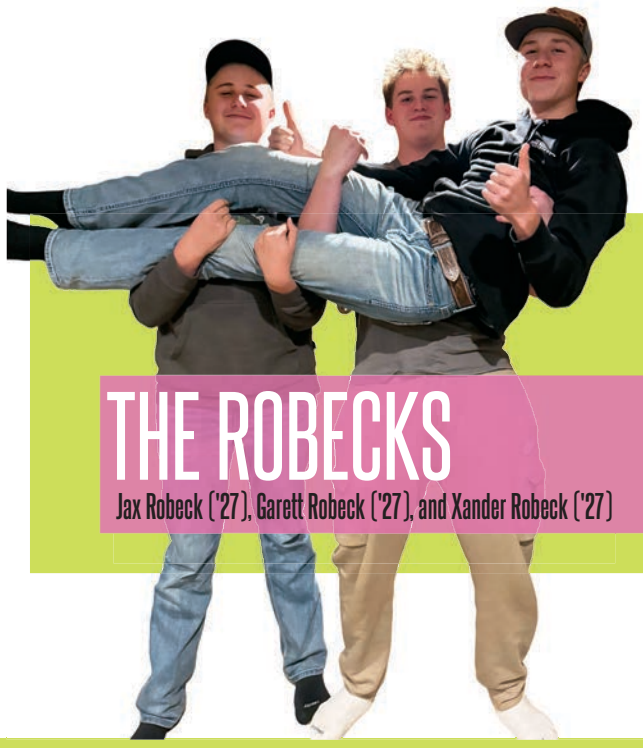


THE ROBECKS

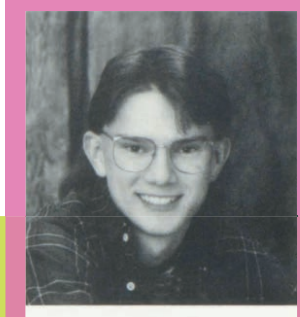
Jax Robeck ('27), Garett Robeck ('27), and Xander Robeck ('27)

opportunity to buy as much land as they possibly could, knowing that they'd use a small part of it for things like farming. And then the other part, they would sell, and make money off of the increase in land values."

The settlers took a huge risk in coming here, but they sustained the best they could. Zahler expressed, "The word that I would associate [the settlers] with is tenacity, and tenacity, meaning you can't give up. You don't normally just leave the homeland of your family that has been the homeland of your family for generations upon generations to take this huge risk of coming to America. Especially knowing that you're going into an area that is all woods, swamps, and lakes. They were fully aware of what they were getting themselves into. They were not saying that it's going be beautiful when they got here, they were saying this is gonna suck, this is going to really be a lot of work. You also don't bring [your kids] into this situation (as many did) unless you've got the fortitude and the tenacity to say, we're just gonna have to make it work. High risk and hopefully high reward."

As much of what we have today in our town was never guaranteed to the settlers, but they pursued it anyway.

Spread designed by Garett Robeck



Lyle Robeck, Jr.

LEGACY

Son of long time board of education member, Lyle Robeck, Lyle Jr. was a member of the National Honors Society, received an All-Conference title in cross country while helping his team reach 4th in state for first time in STMA history. He also ran the mile and two mile in track.

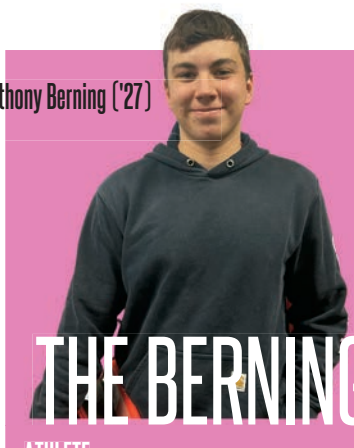
HALL OF FAME

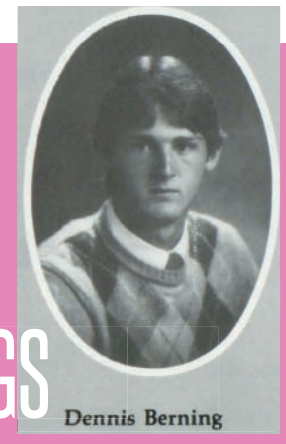
Martin Robeck was another cross country star. During STMA's first year, running in AA, Martin received the honors of All-Conference and the All-State award. He holds many records that can be found on the walls of our activity center. Martin is even apart of STMA's hall-of-fame and has a plaque showcased in the hallway of our school.

Martin Otto Robeck

Always remember, you can't clean something with a dirty hand.

Anthony Berning ('27)





Dennis Berning

THE BERNINGS

ATHLETE

Dennis Berning was an all-around athlete and did rather well in everything he did. He led in pass receiving for the varsity football team and most categories as the 6'4" center grabbed 69 offensive rebounds, 127 defensive rebounds, 51 blocked shots, and total points scored of 368 for his senior year on the varsity basketball team. Dennis also found time to play varsity baseball. He graduated in 1985.

BARBARA FRIENDSHUH
St. Michael

JOHN BARTHEL
Albertville

FIRSTS

John Barthel is one of the first Barthels to graduate from STMA, along with his future wife Barbara. These two are the grandparents to the modern Barthels in our school. They both graduated in 1969 and are of the first graduating class from STMA.

Sarah Barthel

OVERACHIEVER

Sarah Barthel is an aunt to the Barthels of our school, She was a big part of our school's choir program, winning a superior rating at the State Section Vocal Contest hosted by Milaca highschool. Sarah was also a varsity volleyball player and received an All-Conference honorable mention. Along with these, she held one of the best batting averages for our varsity softball program with an average of 429.

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SOPHOMORES

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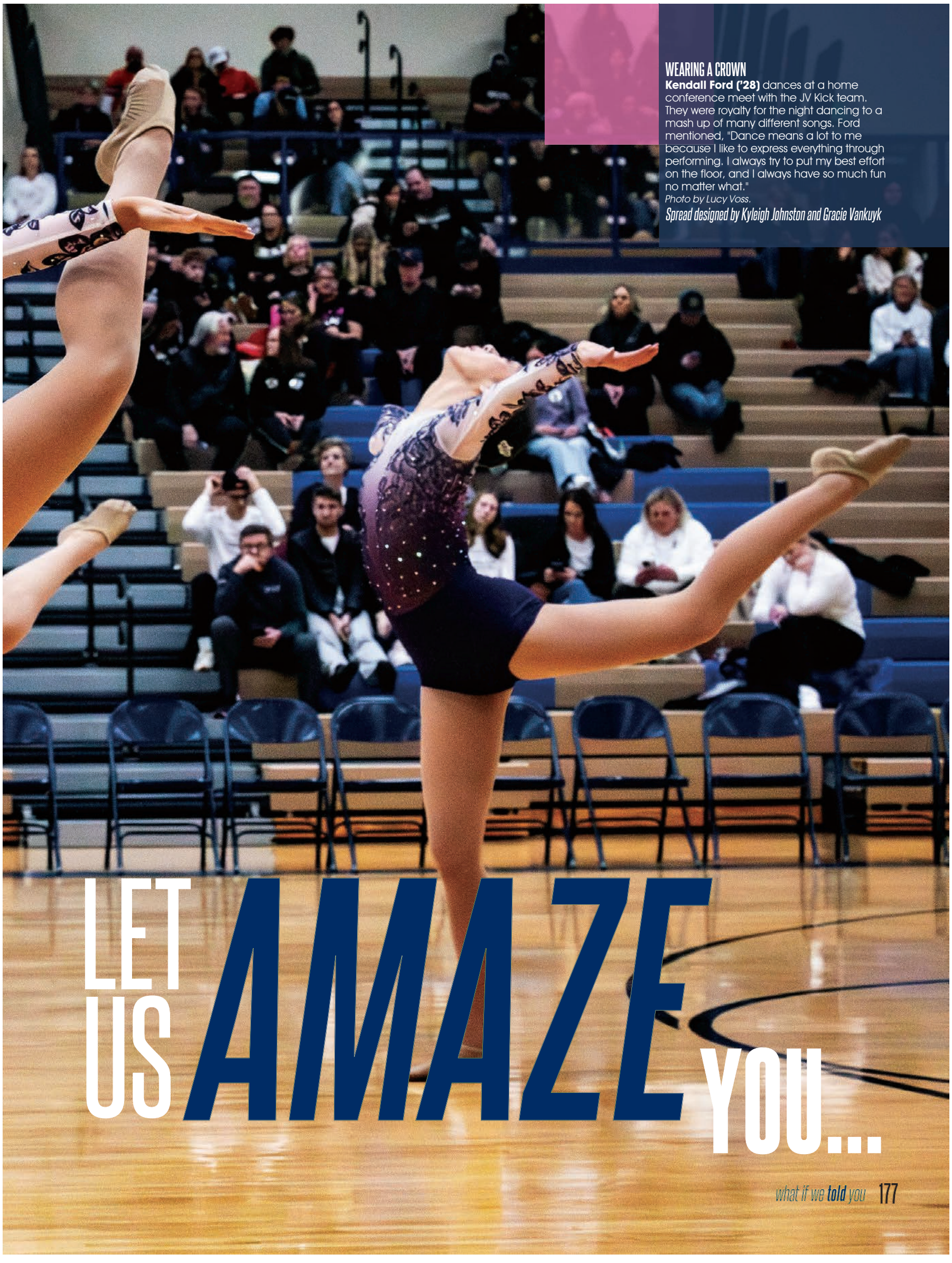

WEARING A CROWN

Kendall Ford ('28) dances at a home conference meet with the JV Kick team. They were royalty for the night dancing to a mash up of many different songs. Ford mentioned, "Dance means a lot to me because I like to express everything through performing. I always try to put my best effort on the floor, and I always have so much fun no matter what."

Photo by Lucy Voss.

Spread designed by Kyleigh Johnston and Gracie Vankuyk

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He is Moo-ving around

Taking a peak into the schedule of a dairy farmer

Spread by Lily Nachampassak

"We have this one like red cow. She is red and white Holstein. Her name is Mary, and she like our most special one."

Morning:
6 a.m: Wake up, feed the cows and milk them.
8 a.m: Finishing milking the cows, and let the cows outside to play. Feed them the second time as well as put some fresh bedding in the bars.
10 a.m: Let the cows back in, and feed them fresh hay.
12 p.m: Lastly, feed the cows corn.
Afternoon:
12 p.m.- 4 p.m: Take a break, before heading out to feed the cows corn silages.
5 p.m: Feed the cows some more corn.
5:30 pm: Start milking the cows again.

Evan Beaudry ('28) is a fourth-generation dairy farmer on his great-great-grandfather's farm. While other students' schedules are full of school work and after school activity, Evan's schedule is full of taking care of the cattle from morning to evening. Beaudry is planning on continuing his future career as a dairy farmer he said, "Yeah, I would like to. It's hard, you just gotta have good time management. I try to get my homework done if I'm not doing anything."

Kalid Abdi
Lydia Abraham
Jebadoss
Abigail Abuki
London Adam
Akorede Adebisi
Eman Adem

Omerian Nathan
Adofoli
Matthew Ahlman
Benjamin Aigbogun
Vivienne Alexander
Caden Allen
Jonathan Anderson

Lilah Anderson
Soran Anwar
Amaya Arroyo
Nunez
Sheamus Atkinson
Kaiden Au
Mason Aune

Levi Babbe
Anders Bakke
Carson Bannick
Malcolm Barnes
Paige Barthel
Tavery Bastron

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Anica Baumer
Evan Beaudry
RaMya Beck
Destiny Becker
Amelia Behrens
Jayden Bell

Oliver Bellio
Anthony Benitez-Korbel
Morgan Benkowski
Henry Benson
Caroline Bergan
Kathryn Berning

Taylor Best
Kayli Bigalke
Kailyn Birr
Nicholas Boese
Kindrii Bohm
Zoey Boitz

Audrey Bosch
Grayson Boser
Benard Bosire
Alondra Botello Mora
Sophia Bovee
Blake Bowser

Amory Braddock
Andrew Bramos
Delanie Brand
Kylee Brandli
Isaak Brannan
Cecilia Brauer

Samuel Braun
Ellie Brennan
Alexis Brost
Rose Brown
Samuel Brown
Lucas Bryan

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Nathan Buermann
McKenna Bugbee
Ashton Burke
Andrea Butler
Brynn Butler
Addison Byer

Rovi Camacho
Milian
Paige Carroll
Owen Casperson
Layla Chamberlain
Ella Cheeley
Alexandre
Chouanard

Joseph Christner
Cole Clausen
Caylee Cleveland
Reese Cleveland
Ashley Coffey
Adolphus Cole

Aaron Collins
Estella Collins
Levi Conklin
Aliyah Conover
Zaeden Cooper
Seth Counihan

Destiny Crocker
Gabby Crowell
Marcos Cruz
Aleksandr Czech
Luke Daggett
Jacob Dahl

Cassidy Dahmen
Kevin Dale
Jade Dallin
Miles Dalton
Philip Davis
Serena Davis

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Tyler Dawson
Carter Deschene
Madilyn DeVine
Grace DeVries
Lucas Dewey
Khloe Dickinson-Strait

Maraja Dillon
Giselle Dirkx
Violet Ditlevson
Aaliyah Dixon
Jackson Dornsbach
Armin Dovgorukiy

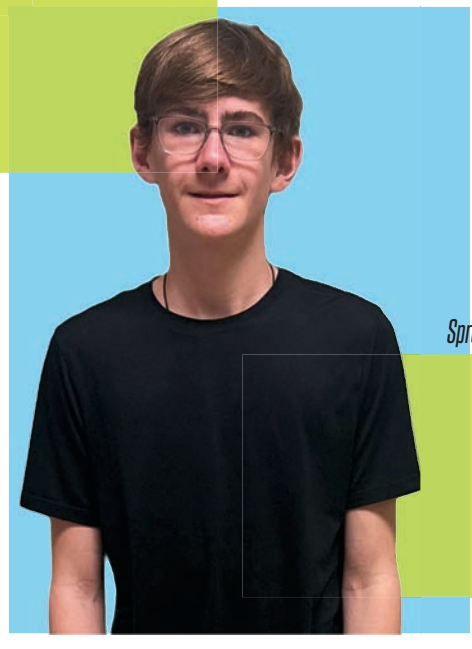
Lydia Duncombe
Addison Dupic
Darcy Durenberger
Allison Durre
Ellie Dwinnell
Aliese Eguia

Kinsley Eicher
Hadley Eisen
Landon Ellis
Reed Elsenpeter
Nathan Enga
Taden Erdmann

FROM HOME SCHOOL TO HIGH SCHOOL

HE'S IN A NEW CHAPTER

Ever since preschool, **Seth Counihan ('28)** has been homeschooled and recently made the decision to attend school in person due to more in-school opportunities and PSEO options. When asked about the challenges of this transition, Seth mentioned that it was difficult to adapt to the structure of the classes and meeting new people at first, but that being involved in activities and sports has helped him to make the adjustment easier and get to know more people. Academically, Seth explains that there are "way more people and a more structured schedule, but the extra input is helpful."



Spread designed by Maddie Stern

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Brooke Ericksen
Carter Ericson
Carter Essler
Weston Etheridge
Charlotte Eull
Macy Eull

Maria Eull
Carter Evangelist
Sydney Evensen
Olivia Fargo
Gavin Faucher
Tyler Faucher

WE'RE DOUBLE THE TROUBLE

Students share the best and worst part of being twins

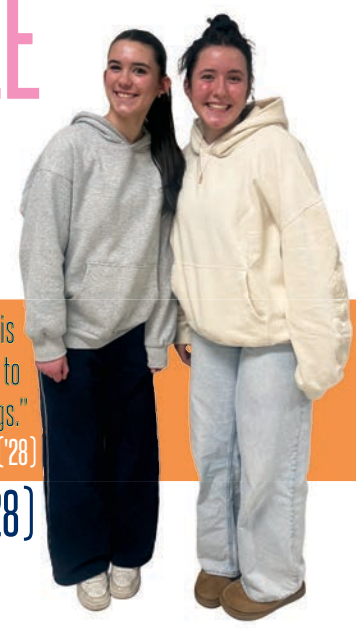
Spread Desgin by : Ady Hannon

"The worst part of being a twin is having to share everything."
- Riah Gayken ('28)

Kennady and Riah Gayken ('28)

"The best part of being a twin is always having someone to talk to about things."
- Maria Eull ('28)

Charlotte and Maria Eull ('28)



Marlee Fehrmann
Kingston Feigum
Madison Fertig
Remington Filzen
Morgan Fitch
Jabriel Flores

David Flores Macedonio
Marlie Floyd
Makessa Fofana
Samuka Fofana
Kendall Ford
Leyton Formo

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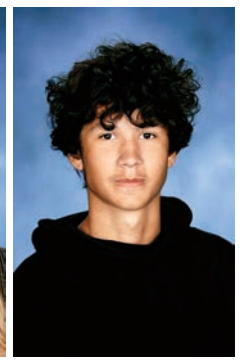
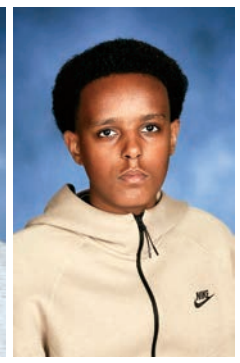
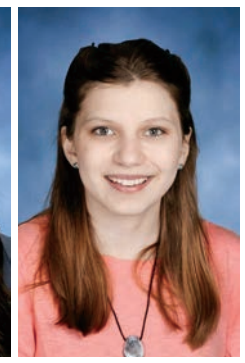


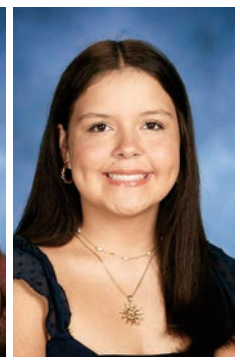
Caelyn Foster
Preston Franklin
Nolan Frater
Adelyn Fredrickson
Gavin Fruit
Estella Frye

Jonathan Gallegos Ortiz
Ann Gapinski
Blake Gauer
Kennady Gayken
Riah Gayken
Jacob Geach

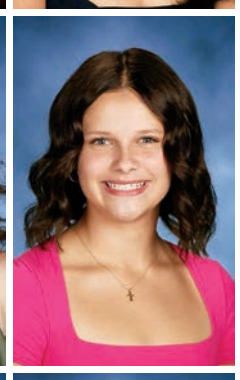
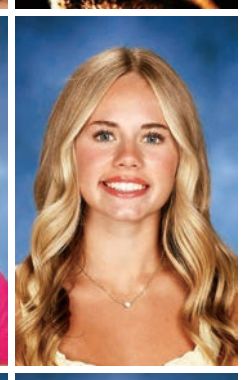




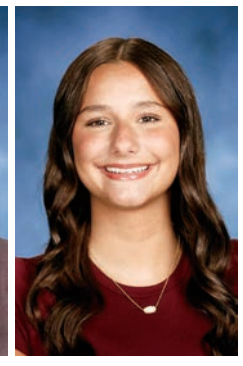
Jack Geiman
Mosisa Gemechu
Aleena Gessell
Kimber Gillis
Bryson Glunz
Silas Goebel Lakoduk



Brittany Goins
Makenna Gomez
Zachary Goodin
Charlotte Govrik-McCoy
Mason Grabau
Eliana Green

Em Greninger
Brooke Grimm
Stella Gronneberg
Mya Grote
Aminaya Guar
Weston Gundry



Briar Gunnarson
Emalise Guzman
Aleah Hackenmueller
Eva Hackenmueller
Ethan Hager
Emmerson Halstead

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Chloe Hammer
Ava Hanks
Makayla Hansen
Austin Hanson
Joanna Hanson
Trinity Haom

Riley Harmoning
Zoey Hart
Hayden Haswell
Aiden Hawkins
Jacob Hayden
Casey Hegg

Ella Hegge
Kylee Hegge
William Hein
Hailey Helstrom
Anelia Hilary
Brody Hochstetler

Tyler Hoehn
Alivia Hofmeister
Kingston Hofmeister
Merek Holasek
Tyler Holland
Jackson Holmes

Eliana Horn
Rose Hoskins
Celia Houghton
Leah Hoven
Isabella Howard
William Hudson

Samantha Huebner
Wyatt Huttson
Joseph Hyser
Bella Irving
Jordyn Jahnke
Maida Jama

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Zoe James
Maddielynn Jaycox
Landon Jeska
Addison Johnson
Aiden Johnson
Elliott Johnson

Erica Johnson
Gavin Johnson
Jayden Johnson
Nolan Johnson
Reese Johnson
Delaney Johnston

HE'S LEADING BY *EXAMPLE*

Merek's path to being the student of the year

Spread designed by Tobin Carlson

Merek Holasek ('28) is a student who leads by example. He not only takes part in robotics, but also keeps the team on track and prepared. Holasek shared, "Being in robotics and working as a team has helped me build courage and leadership skills. Also, working with a team has allowed me to socialize with people around me and people I hadn't met before." While being at robotics five days a week for a total of 20 hours, staying on top of homework can easily become overwhelming. Holasek shared how he manages: "I write everything down in order to keep track of what needs to get done and not forget anything of importance." All of his hard work and dedication led to him receiving the Student of the Year Award in the spring of 2025. In order to be chosen to be the recipient you must participate in one school sponsored activity, receive an academic letter, show values of life long learning, have effective communication, have self-direction, and be a responsible citizen. With all this in mind, the STMA staff choose five candidates per grade level that they think are worthy of the award. Out of those five, students are judged by academics, involvement, leadership, and character. After close consideration, one student is named Student of the Year.

Gabriella Johnston
Angelina Julius
Brady Jurek
Wilson Kalapa
Braeden Kalk
Cailynn Kankelborg

Koa Kartak
Logan Keiner
Austin Keller
Emerson Kennedy
Samuel Kenton
Myla Kern

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REPAIRS & UPKEEP
INSURANCE CLAIMS
REPLACEMENT

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"Your Roofing Specialists"

Well I was!

GARRETT KIRK

Are you tired of mopping up your floor because your roof is leaking?

Sophia Kindom
Brandon King
Eli Kingery
Garrett Kirk
Miley Kisner
Keraji Kitessa

Jeremiah Klaus
Lucy Klemmensen
Tyson Knoblach
Lilyanna Koenig
Rylie Koester
Drew Kolenda

Violet Kolles
Mikka Kong
Eva Krube
Alivia Kuechle
Anna Kuechle
Clare Kuhnly

Malayna Kulas
Alaina Kuligowski
Favour Kuma
Lando Kyznar
Abigail Labrador
Rylee LaFore

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Lucas Laingen
Tucker Lallak
Cooper Landy
Averie Langston
Chaz Larsen
Kylie Lawrence

Austin Leadens
Jackson Lee
Danielle Lejcher
Kennedy Lenneman
Connor Lesnau
Wyatt Levin

Finn LeZalla
Jayden Liew
Parker Lindsay
Audrey Lindula
Luke Linneman
Laura Listul

Trig Lobeck
Cecelia Loftus
Jovan Logovi
Jennifer Lopez
Sebastian Lopez Fuller
Gabriela Lopez Moretin

Isabell Lor
Aubrie Lovegreen
Jason Luis Ramirez
Adriana Lundeen
Caden Luongvan
Theodore Lyke

Alyk Lysongtseng
Olivia Maatz
Braylen Maciej
Samantha MacPherson
Rylan Maher
Parker Majkozak

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Fatu Manobah
Dominick Mariotti
Kennedy Marquette
Felix Marshall
Marissa Martin
Sky Martin

Parker Marusich-Struntz
Avery Mashek
Elias Masse
Nathan Mattson
Emma Maudal
Emery Maus

Landon Mavencamp
Braydon Maxey
Brielle McAlpine
Julia McCrossan
Collin McVary
Noelle Meehan

Ethan Melbostad
Radley Mendez
Santiago Mercado
Avianna Mersch
Ruby Messner
Lauren Meszaros

Megan Meyer
Reinhold Meyer
Darcy Michenfelder
Sophia Mickelson
Colton Miller
Zooey Moeschl

Maliha Moger
Ethan Monson
Dilynn Monsrud
Marvin Montgomery
Chance Mork
Ashton Morneau

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Maximus Mosher
Kelvin Moua
Samuel Mudrenko
Josie Muller
Valeria Murillo Santiago
Jackson Murray

Isabella Myslicki
Rathdavan Nachampassak
Evelyn Neilson
Levi Nelsen
Ja'Rhon Nelson
Savannah Nelson

Zachary Nelson
Henry New
Tyson Newman
Madelyn Newtson
Evangeline Nielsen
Zayda Nix

Anaheed Noghabaie
Maddox Nordmeier
Daylyn Noreen
Ethan Novak
Aiden Nowak
Nellie Nwanna

SHE WAS BORN LOVING HORSES

Spread designed by Allison Dressler

Photos submitted by Darcy Michenfelder.

For **Darcy Michenfelder ('28)** her love for horses has always been natural. Around fifth grade, Darcy made the decision to start riding at Slabat Performance and has been there ever since. After years of wanting to compete, Darcy finally found an opportunity. Darcy competes in the Western and English Pleasure. Unlike fast paced riding events, these competitions focus on presentation, balance, and making the horse look calm and polished in the arena. This summer marked her first time competing. "Although it was very nerve racking the first time I was in the show ring, it was a very surreal moment of my life. Horse showing is something I have always wanted to do. So to finally be in that moment felt like a dream." Before the nerves could get to Darcy, her trainer kept telling her to breathe and 'just ride like you're at the barn.' Training a lot over the summer helped calm her, "I would go to the barn almost everyday so I felt confident in my skills. That first ride was really nerve-racking but then I kind of got used to it and now it's very fun for me." Darcy's favorite competition was at the Wright County Fair: "Just being there with a big crowd was super fun. The judge told me I was a good rider, like a strong rider, and that was a really good feeling. I have always wanted to show so being in front of a big crowd of people on my horse made me feel really confident."

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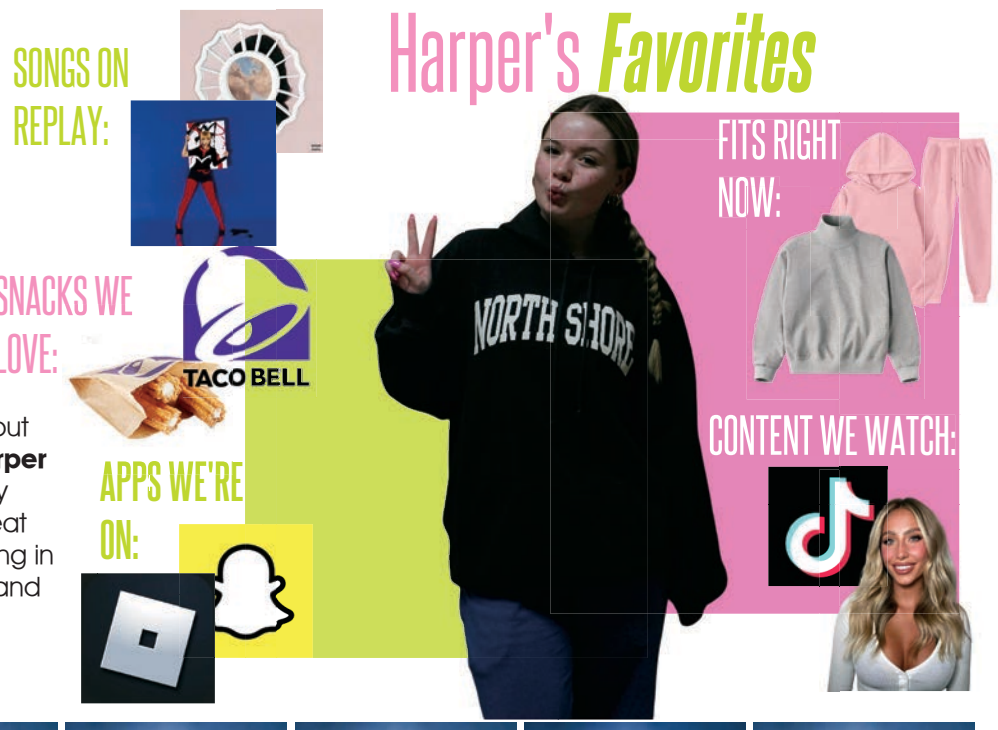
Scott Nyakangah
Ugochukwu Obilor
Kendal O'Connor
Nohe' Odanga
Marian Odoom
Kendrah Offei-Abu

Ashton Olson
Gavin Olson
Anders Onsum
Wesley Onyango
Jeremiah Ope
Jayden Oresi

THIS IS ON REPEAT

The Go-To's All Year Long



Sophomore year isn't the most memorable year, but there were few things have made it better. For **Harper Robinson ('28)**, that means having "Cinderella" by Mac Miller or "Stateside" by PinkPantheress on repeat when she wants to chill, scrolling GRWM TikToks, living in mock-neck sweatshirts and matching sweat sets, and ending the day with Taco Bell's Salted Caramel Churrros. It's the small routines that stay on repeat.

Spread designed by Bindee Nyandibo

Emma Orvis-Harris
Kaden Otte
Finn Outcelt
Precious Oyesanya
Madelyn Pabst
Daniel Pacheco

Cole Pagenkopf
Tayton Papa
Levi Partain
Joseph Paulzine
Charles Peiler
AraBella Pekarek

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Charlotte Pellegrin
Henry Perry
Balram Persaud
Michael Peterson
Samuel Peterson
Natol Petros

Richard Phiri
Aubrielle Poff
Jackson Post
Madelyne Preston
Zaden Price
Lida Prom

Jackson Pugh
Everett Purdy
Annabelle Rabe
Anna Rabushka
Ashley Rademacher
Nolan Radmacher

Benjamin Raisanen
Benjamin Ramirez
Harley Ravn
Addilyn Reemts
Jackson Rikimoto
Kendall Ringat

Melanie Ritter
Grady Robberson
Kale Robeck
Lincoln Robideau
Evan Robinson
Harper Robinson

Noah Robinson
Rowan Robinson
Brekken Roelike
Paityn Roelike
Brynn Rogers
Landon Rooker

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Koler Roseth
Reyford Ross
Owen Rossing
Olivia Ruelas-Davis
Zachary Ruhland
William Sabalburo

Spencer Saloum
Ethan Salzsieder
Avaiyah Sandford
Wyatt Sayen
Keaton Schaefer
Elise Scherber

Madison Schlafke
Ellie Schlavin
Eli Schmoyer
Isabelle Schneider
Serenity Schnepf
Makenna Schoh

JohnPaul
Schonhardt
Ava Schuetz
Estelle Schwietz
Riley Sebold
Austin Sele
Aiden Sellner

Kylie Senesac
Tait Severson
Nolan Sherman
Estella Shurte
Wyatt Siebrecht
Scarlett Sieve

Isabella Silva
Caytlyn
Silva-Cornejo
Emmett Simon
Alexander Sipple
Jonathan Sixta
Talen Sjoman

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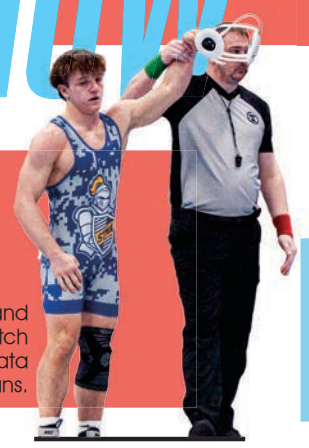
Aubrey Skoglund
Lily Smedberg
Owen Smith
Trinity Smith
Presley Sobraske
Brynley Sorensen

Adriano Souza Grimaldi
Isabella Spaulding
Henrik Sperlazza
Leah Spindler
Lily Spitalnick
Demah Stahl

FROM SUN TO SNOW

How 1900 miles can change everything

Spread designed by Roman Herron



Sperlazza getting his hand raised after a match against the #4 Wayzata Trojans.

Moving across the country and starting fresh is something that not many people do in their lives. For **Henrik Sperlazza ('28)**, however, this became his reality. When moving over 1,900 miles away from home, more can change than one might expect. Sperlazza shared, "Adjusting to the Minnesota weather was probably the hardest part of my move; going from it being warm year round to negative temps is very different." Now that Henrik has been here for a couple of years, he has many favorite parts of living in Minnesota: "My favorite part about Minnesota, now, is the people here and the wrestling team." Henrik will be competing at sections for a chance to wrestle at the MSHSL State Tournament.

Delaney Stegeman
Cody Stelter
Kady Stolp
Kelton Stone
Elizabeth Storey
Addilyn Sullivan

Adeyla Swenson
Brayden Szarzynski
Connor Tangen
Evan Tatge
Kylan Taylor
Burqituu Teshome

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BK TAP HAUS & BOURBON ROOM

Bauernhof Klause
St. Michael

WHERE WE WORK
"I like to work at BK Taphaus because I like the people and the environment. My favorite thing to get there is the brown sugar burger. I also enjoy the live music as it makes the job more fun because your listening to music and it just keeps the spirits up."

ADRIEN VENTURA

Chuekong Thao
Zachary Thiery
Charlie Thomas
Charlotte Thompson-Klimpke
Jackson Thorn
Benjamin Tiffany

Alexandra Timp
Taelyn Tolifson
Makai Torkelson
Kendall Totman
Adison Tourville
Coral Towns

Addison Tschida
Ushindi Tshika
Yohan Tshimbalanga
Lilyana Turner
Leah Turpin
Christian Twago

Ayla Tykwinski
Evan Underwood
Grace Vacura
Jaylen Valdez
Sydney Valek
Abigail Vang

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Colors used: Black, F3501
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Chess Vang
Jayce Vang
Myla Van Gorden
Jax Vannurden
Mason Vedders
Isaiah Velasquez

Adrien Ventura
Alex Verke
Owen Verness
Kara Vetsch
Ella Vix
Emma Vockrodt

Will Vukelich
Aiden Waddell
Afuambom Waindim
Adam Waldoch
Snowietta Warner
James Warzecha

Audrey Weber
Eila Weber
Lillian Wegler
Maddie Weiss
Mac Welker
Ella Wenzel

Jillian Westermann
Dane Westom
Connor Whaley
Kadin Wicklund
Cooper Wiest
Ashleigh Williams

Brooke Williams
Tavion Williams
Jayden Williamson
Jace Wills
Allison Winograd
Madelyn Wittmann

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Maxwell Wolf
Lillian Wolff
Gavin Wollman
Ethan Xiong
Kevin Yang
Pierce Yang

Addison Yantes
Kolten Youngquist
Colin Zabel
Braeden Zachman
Ian Zander
Gabriela Zea

Max Zell
Adelyn Zeug
Danielle Zimmerman
Owen Zoellner

Not Pictured

Anthony Andrukh
Titi Cisse
Julian Dagget
Molique Doeyou
Aiden Dreis
Charles Evans
Morgan Lockwood
Earl Lowen
Hudson Maeyaert
Kenzie Malecha
Mateo McGarvey
Delphine Msaka
Bih Nde
Jasper Pawa
Arleen Perez Ramirez
Jaden Reuben Lewis
Timati Ros
Kaylee Samuelson
Trinity Super
Aidden Tilly

MATH LEAGUE

"I joined because I really like math and my friends were all wondering why I wasn't in it last year. I like it because it has math that challenges me."

- Benjamin Aigbogun

STRATEGIC SKILL BUILDING

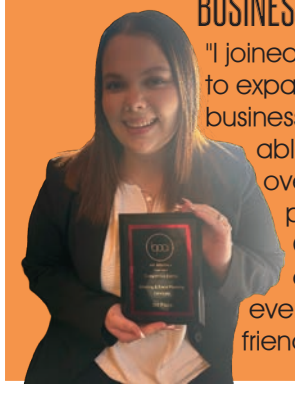
"I am the founder and president of SSBC, I started it because I wanted to share a piece of home with my peers. My childhood was centered around games of all types, so when others told me they didn't know anything about some of my favorite games, I decided to teach them. Strategic skill building is a great place to make friends and have fun. We have a very safe and inclusive environment and everyone is welcome. Most of our members are very comfortable with each other, despite not knowing them well. I love SSBC because it's always fun and enjoyable. Pretty much all we do is play games and have fun."

- Avianna Mersch

FELLOWSHIP OF CHRISTIAN ATHLETES

"I joined FCA to further my faith, but to do so with the community. FCA is a way to meet new amazing people while doing activities centered in faith. There is zero judgement and only joy."

- Garrett Kirk



BUSINESS PROFESSIONALS OF AMERICA

"I joined BPA this year because I wanted to expand my knowledge on real world business experiences, and also being able to meet new people from all over Minnesota with all different perspectives on many things. One of the big things I really enjoy about BPA is the people, everyone is super welcoming and friendly."

- Casey Hegg

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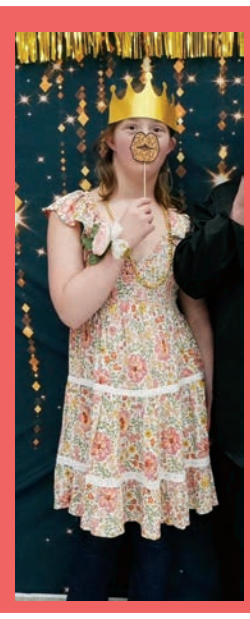
MORE HAPPENS BEYOND THE CLASSROOM

Highlighting what clubs sophomore students are in

Spread designed by Gracie Vankuyk

TRUE KNIGHTS

"I love True Knights because it gives me an opportunity to be with my friends, learn new things and make memories. I love having fun!"
- Kara Vetch



KNIGHTS LEADERSHIP COUNCIL

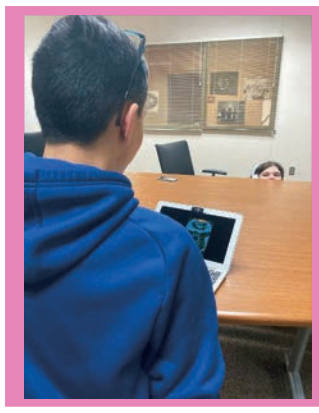
"I joined Knights Leadership council because I had an awesome experience as a freshmen. My leaders were awesome and I want to have that influence on incoming freshmen. I enjoyed the freshmen first day and being able to welcome my peers to a new enviornment." - Gabriela Zea

BLACK STUDENT UNION

"I joined because as a Black student attending a PWI, it felt like an opportunity to feel more connected and welcomed. In BSU, we take part in activities like trivia, movie and game nights, and potlucks. Sometimes we learn about Black culture, and other times we play games that include everyone. I enjoy BSU because the leaders make it fun by encouraging everyone to participate and step out of their comfort zones." - Abagail Abuki

FILM CLUB

"I joined Film club after seeing a poster and taking some interest in it. I had liked movies before, but the extracurricular aspect and deeper analysis seemed interesting. I've enjoyed it very much, the schedule is easy for me, and it's a really welcoming environment. The activities are pretty freeform. After a 15-minute intro and foreword, we'll watch an entire film. The films are intended to be critically acclaimed and not mainstream. Afterwards, you can feel free to leave or stay a while longer and discuss the movie!"
- Aiden Waddell



DUNGEONS AND DRAGONS

"I joined the DnD club because I wanted to run a game, but my friends were unable to play. I like it because it is a fun way to start my week."
- William Sabalburo

LETTERS OF LOVE CLUB

"The reason I joined was that I had heard about it from a couple of friends, and it really seemed to interest me. I enjoy making others happy and making cute little cards to brighten up someone's day. In letters of love, we meet at 7:40 in the morning on Fridays, sit down, and enjoy a little breakfast. Then we start to grab supplies and begin to make our cards. when are cards are done, we hand them in and head to classes. During the card-making, it is always really fun, and I enjoy making cute little creations for everyone to be happy."
- Lucy Klemmensen

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AI FOOLED EVERYONE

As an incentive to recycle more, a rumor was spread around the school that if 20,000 cans were recycled then Taylor Swift would preform at their school. But, as the number of cans that had to be donated kept increasing, people became skeptical. As it turns out, the girl, played by **Simone Lawson ('29)**, who was running the recycling drive was the one creating the videos using AI, which means that Taylor Swift was never going to come preform.

Photo by Garret Robeck.

Spread designed by Kyleigh Johnston

LET US INSPIRE YOU...

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FRESHMEN

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THE HIJAB IS *MORE* THAN JUST A FABRIC

"Everyone's different styles are beautiful to me because it shows how each person expresses themselves. Wearing the hijab is how I show my faith, and it makes me feel comfortable."

- Iman Bullo ('29)

The hijab is something that beautifully signifies the quiet story of faith, culture, and individuality through all the many ways it's worn. Some hijabs hold soft, gentle colors, while others come wrapped in confident patterns and bold lines, yet all are worn, showing a sense of dignity. A person's identity can often be found through the careful folds and choices of how one wears it, shaping their own confidence and personal expression. Many people are unaware of this fine culture, thinking the hijab is just a fabric, when in reality it's so much more than that. It's a reflection of strength, modesty, and a commitment to faith walking outside of typical social expectations.

Spread designed by Addison Schmoyer

Alexander Adams
Alexis Adams
Thomas Addey
Brody Adrian
Joshua Ahlman
Feisal Ahmed

Elijah Aigbogun
Adesewa Ajala
Gemma Akapo
Amanee Ali
Emmanuel Ali
Hailey Allen

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Cole Anderson
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Jordyn Asbury
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Fatumata Bangoura
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Brogan Blake
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Ava Blank
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Eli Browers
Natalie Buesgens
Isabella Bui
Iman Bullo
Paisley Burnison
N'Sera Butler

Noah Byboth
Tayauna Cain
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Ava Carbone
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Amelia Crank
Cloe Crayford
Ian Crocker
Addyson Cullinan
Anna Cummings
Janaa Daggett

Haakon Dahl
Olivia Dahl
Daniel Dahlstrom
Harun Danso
Alfred Davis
Gavin Davis

Olivia Davis
Kyla De Bleeckere
Oliver Deden
Dawson Dehmer
Gideon Dehmer
Oscar Dehmer

Veronika Dehmer
Kellen DeMerchant
Abubakar Denton
Gracelyn DeWenter
Anna Dewey
Brooklyn Dial

LET ME TELL YOU

Ava Carbone gives us her take

Spread designed by Claire Bunnell

Q. What is a memorable moment from freshman year?
A. Homecoming.

Q. What song do you never skip?
A. "Nice To Each Other" by Olivia Dean.

Q. What's your favorite place to go get food?
A. Canes.

Q. What's one thing that surprised you about high school?
A. How many tests there are.

Q. What is your favorite book, movie, or TV show?
A. The movie "White Chicks."

Q. What is one thing you can't live without?
A. Family and friends.

Q. Where would your dream vacation be?
A. Hawaii.

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Jamison Dibble
Owen Didur
Oleksandr Dimov
Elijah Dittrich
Emmaline Doe
Emmetta Doe

Landon Donovan
Caroline Dornsbach
Alphonzo Dropps
Weatherly Drowne
Weston Drowne
Amelia DuBois

LET ME TELL YOU

Weston Drowne gives his insight

Q. What is a memorable moment from freshman year?
A. Going to the football games with my friends.
Q. What song do you never skip?
A. "Please Do Not Lean" by Daniel Caesar
Q. What's your favorite place to go get
A. Culvers because it's peak.
Q. What's one thing that surprised you about high school?
A. How welcoming everyone was.
Q. What is your favorite book, movie, or TV show?
A. The movie "Fight Club."
Q. What is one thing you can't live
A. My phone
Q. Where would your dream vacation be?
A. Greece

Spread designed by Kylee Steffens

Philip Dufner
Anna Dugan
Ilsa Dupay
Colin Eddy
Lennon Eden
Ludo Eiden

Payton Ellwood
Grayson Emanuel
Jolie Engstrom
Barron Erickson
Christina Erickson
Toviela Eshun

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McKenna Essler
Lainey Esterberg
Aiden Eull
Lily Eull
Lahai Fahnbulleh
Alaina Fehn

Jackson Felder
Gracelyn Ferris
Faith Fischer
Morrison Fisher
Heidi Flemming
Maverik Foster

Landon Fredrickson
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Leah Frischmon
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Faith Funk
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Mick Garcia
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Connor Glynn
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Charlie Good
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Helena Granda
Whitney Gries
Bode Grinager
Nysa Gulzar
Olivia Gustafson
Brienne Gustavson

Estefanny Gutierrez
Lincoln Gutzwiller
Logan Guzman
Owen Hackbarth
Addyson Hagglund
McKinley Hall

Adam Hanly
Henry Hannon
Donavin Hansen
Emma Hansen
Hugh Hanson
Vivienne Harder-Mullaney

Lola Haring
Nathan Harlicker
Nikita Harris
Phillip Harris
Samuel Harrison
Patrick Hart

Sapphira Hart
Austin Hartigan
Rylan Hartigan
Addison Hartz
Londyn Hasher
Siham Hassan

Isaac Haug
Spencer Hawkins
Wesley Haynes
Josiah Hedberg
Tanner Heinen
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Crosby Henderson
Zoe Hennessy
Ava Henson
Catherine Herbst
Claire Herbst
Finley Herfel

Gabriella Hermes
Andrew Hervin
Shekhinah Grace Heu
Jordyn Hill
Conner Hillesheim
Sophie Hillman

LET ME TELL YOU

Lola Haring shares her responses

Spread designed by Claire Bunnell

Q. What is a memorable moment from freshman year?
A. Bus rides to volleyball games.

Q. What song do you never skip?
A. "You Stole the Show" by Sienna Spiro

Q. What's your favorite place to go get food?
A. Chipotle

Q. What's one thing that surprised you about high school?
A. How many notes you take in class

Q. What is your favorite book, movie, or TV show?
A. The movie "The Housemaid"

Q. What is one thing you can't live without?
A. My dogs

Q. Where would your dream vacation be?
A. The Maldives

Brielle Hoivik
Harper Hokanson
Levi Holland
Jayden Holliday
Bradley Holmberg
Raelynn Holmes

Macyn Howard
Audrina Howe
Noelle Huber
Nolan Hunter
Makena Hurley
Eman Hussein

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LET ME TELL YOU

Roman Jorgenson provides his thoughts

Spread designed by Kylee Steffens

Q. What is a memorable moment from freshman year?
A. Teachers vs Students basketball game

Q. What song do you never skip?
A. "Crazy Story part 3" by King Von

Q. What's your favorite place to go get food?
A. Hilltop & Grill

Q. What's one thing that surprised you about high school?
A. How chill the teachers are

Q. What is your favorite book, movie, or TV show?
A. My favorite movie is "F1"

Q. What is one thing you can't live without?
A. Family and friends

Q. Where would your dream vacation be?
A. Maui, Hawaii

Charles Hydukovich
Dylan Hynes
Clayton Ibarra
Guillen
Greta Iddings
Samuel Ingebritson

Jedidiah
Israel-Payne
Addison Jackson
William Jacobson
Kareem Jafuneh
Hunter Janssen
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Miliana Johnson
Roman Jorgenson
Eamara Kamara
Meredith Karels
Lexie Karolevitz
Caleb Kennedy

Aiden Kessler
Hailey Kilian
Emily King
Mia King
Cooper Klein
Lucy Kobus

Aubrielle Koenig
Avery Kolenda
Jaylynn Kong
Cora Koski
Landon Koterba
Momo Kpoto

Esther Kruger
Luke Kruse
Owen Kunz
Sophia Kurvers
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Madelyn Lahn
Elliot Lahr
Beckham Lamm
Ella Langfield
Makenna Larson
Sophia Larson

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Daniel Lewis
Isaiah Ley
Averie LeZalla
Ivan Lightfoot
Luke Lindenfelser
Mia Lindenfelser

Isabel Lindrud
Makenna Litzau
Carson Loch
Oscar Loftus
Denise Lombel
Zavier Loos

Christopher Lopez
Dezaray Lopez
Ileen Lor
Lila Luedemann
Adalyn Lunderby
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Evan Lynch
Edward MacPherson
Zara Maeder
Adrian Mansilla
Claire Martin
Lincoln Martin

Maurice Martinez-Huff
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Lexy Mau
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Briella McChesney
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Evelynn McLean
Kameron Medlock
Brody Menz
Cooper Merfeld
Noah Mesna
Vivian Metzger

Easton Meyer
Jordan Meyer
Nicholas Michals
Wrenen Michels
Charlotte Miller
Olivia Miller

Daniel Miller
Elliot Miller
Reese Miller
Sophie Miller
Lillian Milless
Emma Mills

Connor Mitchell
Morgan Mitchell
Kaden Mlekoday
Precious Mokua
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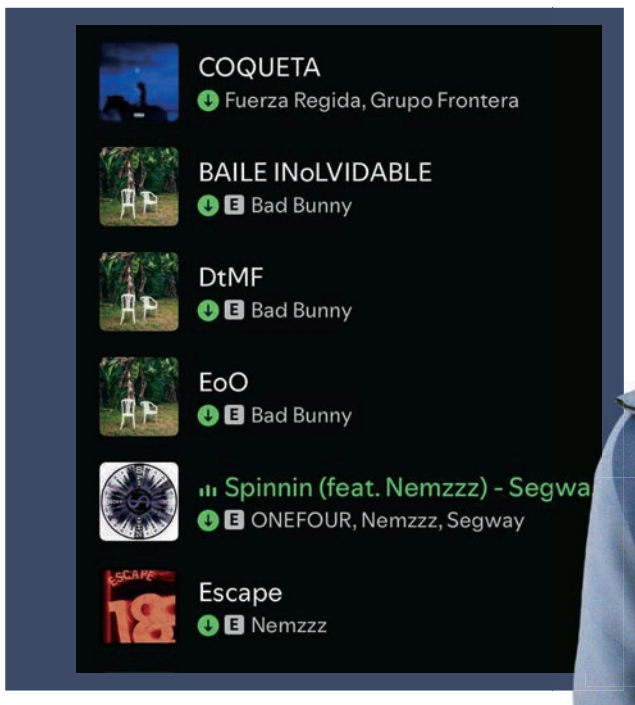
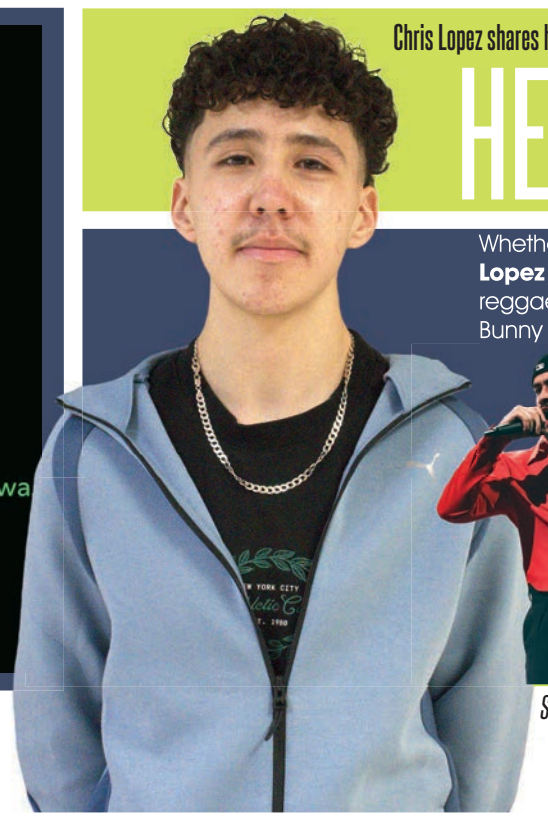
Jack Moran



Chris Lopez shares his about favorite playlist

HE HAS TASTE



Whether in class, at home, or at soccer practice, **Chris Lopez ('29)** always has his AirPods in, usually listening to reggaeton or rap. He speaks Spanish at home, and Bad Bunny is one of his favorite artists. His favorite song is "DtMF" from the DeBÍ TiRAR MáS FOToS album. Chris said, "I listen to Nemzzz when I'm with my team who doesn't speak Spanish."

On February 8th, 2026, Bad Bunny headlined the Seahawks vs. Patriots Super Bowl LX halftime show, performing for millions worldwide.

Spread designed by Cora

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Hailey Morency
Luke Morstad
Serena Mortenson
Brogen Moser
Quinn Mosher
Aiden Moua

Asher Moua
Dylan Moua
Magdalena Mudrenko
Peyton Mulhern
Brody Mullen
Mollie Muraski

STICKERS TELL *OUR* STORY

Students share about their favorite chromebook stickers

Spread Designed by Cora Hager

Logan Musech
Meekness Neba
Jacob Neururer
Nicholas Newbauer
Zuri Nguyen
Wyatt Nichols

Gracelyn Nordstrom
Carson Norton
Hailey Norton
Egbe Nti
Rahamariah Nyandoro
Layla Oberle

26-02-23 11:54:50 y609015_0212_c.p1.pdf Cyan, Magenta, Yellow, Black

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Avery O'Connell
Nolan O'Connor
Eliot Ofuasia
Briana Olivares
Nayeli Olivares
William Oliveira

Alexis Olson
Brayden Olson
Edell Olson
Hanley Olson
Jonathan Olson
Lola Olson

Jaida Omweri
Trevon Onwuhai
James O'Rourke
Taylor Orth
Olivia Ostlie
Sloan Otto

Joseph Pacholke
Natalie Page
Lila Pajari
Grayson Panek
Kellen Parnell
Jose Pascual

Lucia Paukert
Augustus Payne
Nolan Peatrowsky
Annette Penserga
Dylan Perkins
Aubrie Peterson

Mason Peterson
North Peterson
Zoe Petite
Sydney Petrich
Alexa Pittman
Enoch Pivaral

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Josiah Pivaral
Mila Plumski
Alaska Pohlkamp
Kasia Polinceusz
Samuel Potter
Annie Prindle

Ronan Pritchard
Tanner Proudfoot
Amelia Purcell
Owen Quaal
Romayssae Rahmani
Bradley Rakos

Claire Ranweiler
Mason Reh
Olivia Reinhart
Rosalie Rengstorf
Amirah Reynolds
Zoe Richardson

Tessa Rizk
Ava Robarge
Kai Robinson
Eli Roden
Levi Roden-Gossett
Eusebio Rodriguez

Oscar Rodriguez Lozano
Noah Roiger
Chloe Ronning
Rebecca Roth
Gavin Rothi
Gavin Ruehle

Aubrey Rux
Kamryn Rykal
Addisyn Saba
Dillon Sahr
Ava Saletel
Jaxon Sanford

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Colors used: Black, F0540, F3501, F3910, F4320, F4893
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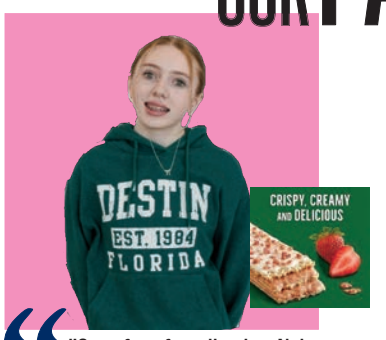
Estrella Sangabriel
Fisher
Makayla Sar
Grace Sartori
Mikeyla Saryee
Evelyn Scheibel
Avery Schleicher

Viktor Schlicher
Calan Schmidt
Noah Schmidt
Kade Schmitz
Bennett Schneider
Kayden Schneider

THESE ARE OUR FAVORITE *MIDNIGHT* SNACKS

Freshmen share their go-to snacks of choice



"One of my favorites is a Nature Valley strawberry wafter bar. I love the awesome strawberry flavor, and the crunch is just perfect!"
- Samantha Schroeder ('29)

"My favorite midnight snack is a spicy beef ramen cup."
- Tanner Proudfoot ('29)

"My favorite midnight snack is puppy chow because I used to make it with my grandpa."
- Grace Sartori ('29)

"My favorite midnight snack is coffee with cookies since it's easy to make and it tastes good."
- Oscar Rodriguez ('29)

Ellie Schoemer
Mya Schorn
Natalie Schorn
Samantha Schroeder
Evelyn Schuller
Giselle Schuller

Hunter Schultz
Carson Schutt
Eve Schwartz
Dominic Scully
Ellenor Sebeck
Adamari Sedeno

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Colors used: Black, F0240, F0540, F0888, F3501, F3910, F4320, F4893, White
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LET ME SHOW YOU...

"This is a mini magnet photo album. My mom got one for both me and my sister.

MINI MAGNET PHOTO ALBUM

CHEETAH PRINT EMERGENCY KIT (BANDAIDS, CHAPSTICK, ECT...)

SARDINE THEMED BOOK BAG

HEADPHONES "I WILL NEVER SKIP 'NEVER ENDING SONG' BY CONAN GRAY."

DISORDER PREMIUM CO. CORDUROY SHERPA-LINED TRUCKER JACKET

Photos taken and spread designed by Anni Stollenwerk

WHAT IS IN ***JUNE TALBOT'S*** LOCKER

Armando Sedeno
Ella Sedlacek
Nolan Seman
Brinley Senesac
Annalisa Severance
Elin Severson

Hans Sharpe
Madison Sherk
Bevina Shonibare
Dylan Shumway
Brody Simonson
Arnav Singh

Callan Skeen-VanderVeen
Lauren Skoglund
Faith Smedberg
Amelia Smith
Brady Smith
Jason Smith

Josie Smith
Owen Smith
Remington Smith
Camryn Sondreal
Hunter Sorensen
Emma Sorenson

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Colors used: Black, F0240, F0540, F0888, F3501, F3910, F4320, F4893, White
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Riley Souder
Jackson Spencer
Analei Sperlazza
Viridian Spiekermeier
Eli Stace
Jaiden Stahl

Brooke Stanger
Kallen Starry
Zack Steffensmeier
McCall Steinmetz
Sawyer Stenberg
Samuel Stenzel

Effie Stiller
Caleb Stine
Tyler Stoner
Krystil Stover
Camryn Strelow
Kailey Strey

Kylee Sucik
Mason Suen
Chelsea Suer
Mia Svendsen
Lucas Swanson
Yaze'Elle Swift

June Talbot
Soraya Taye
Beckett Theis
Gabriel Thelen
Grant Thelen
Mia Thering

Julia Thiery
Hayden Thompson
John Thompson
Isaac Thorsen
Erik Tindall
Jackson Trant

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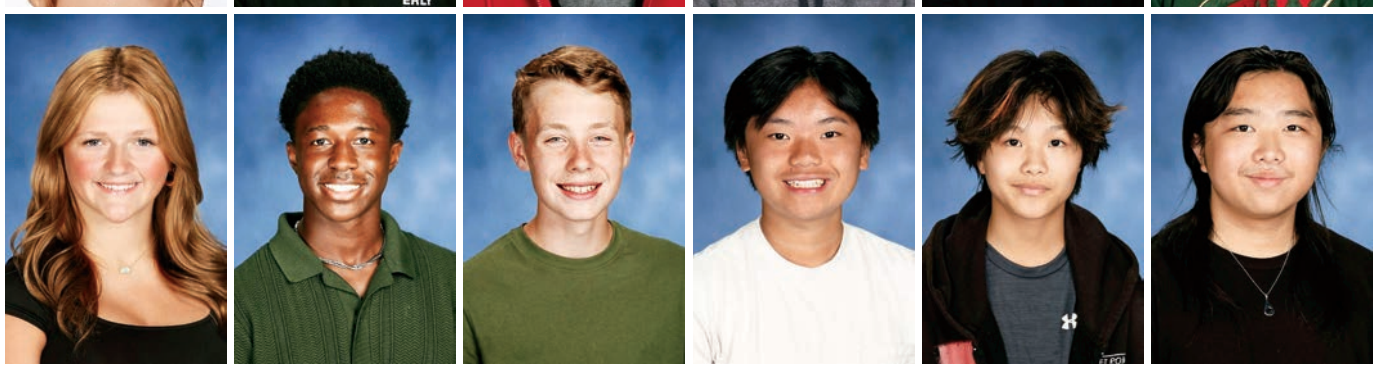
Harper Trontvet
Jordan Tshika
Samuel Tuffour
Landon Turek
Cohen Uhlenkamp
Blaine Uran

Lyla Valen
Prince Valentine
Lane VanDeRiet
Caleb Vang
Kalista Vang
Skye Vang



Esther VanHeel
Bryce Van Keulen
Alysia Ventura
Lyllian Verdich
Daniel Verdier
Colton Vieau

Bernard Vincent
Lillian Vogel
Isabella Vognsen
Ronan Voigt
Bella VonBank
Connor Voss

Annabelle Vossen
Ella-Lynn Wabs
Corey Wagenbach
Brielle Walerius
Bryn Walesch
Eleazar Walker

Aurora Walker
Kuklock
Kylee Walsh
Natalie Walton
Carter Ward
Brynn Warner
Evelyn Weaver

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Brady Weber
Julia Weber
Jazzlyn Wegler
Eli Weimar
Natalie Wendt-Yu
Isaiah Wenzel

Kinsley Westermann
Jack Wetzel
Riley White
Tyler Wick
Brock Wigfield
Emmy Williams

Jack Williams
Logan Williams
Alexa Windsperger
Robert Winner
Petersen Witt
Noah Wontorcik

Gabriel Wymer
Carter Xiong
Adeline Yang
Hadley Yang
Nathan Yang
Peyton Yocom

Isaac Yotter
Michael Yukhimchuk
Isaac Zachman
Parker Zachman
Maddox Zea
Abigail Zimbeck

Blake Zimmer
Zane Zroker
Jayden Zwinger

Not Pictured

Kendyl Acheson
Jaden Cheneau
Cashus Hawkinson
Weston Hughes
Sorit Ibrahim
Kyen Kollmann
Mariah Robinson
Victor Simonovich
Callee Svihel
Giselle Orozco Vergara

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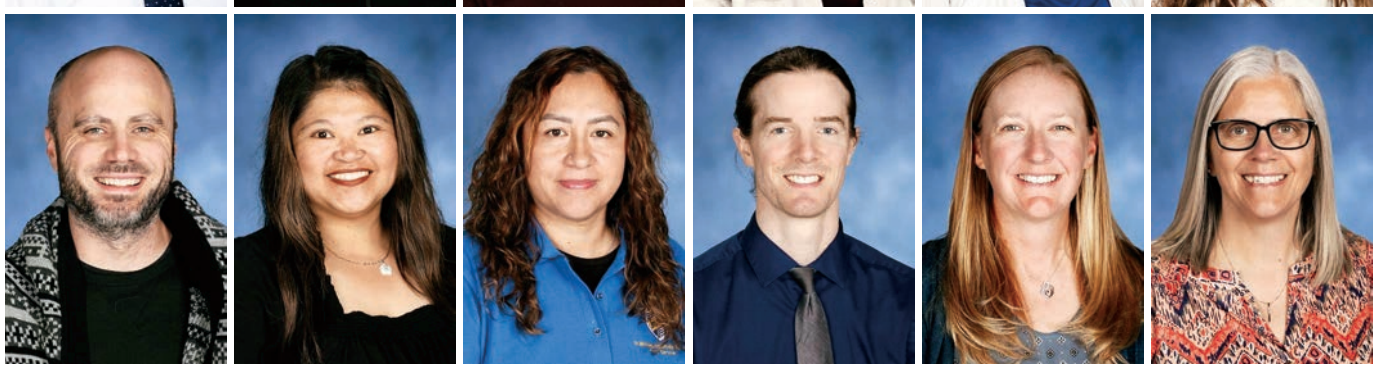
Dennis Abernathy
Jillian Anderson
Nicole Anderson
Sharlene Armbruster
Paige Armstrong-Hetterick
Jennifer Auseth

Joshua Ausman
Abigail Baker
Susana Barreto
Michael Bartunek
Mary Behn
Kimberly Benson



Corrie Bergen
Luke Bickford
Abigail Bonsen
Kelly Bovee
Roger Bovee
Lisa Brauer

THIS IS THEIR JOURNEY

Alaska and back, the passion never left.

Before STMA, the Bovee's experienced a way of life very few people ever get the opportunity to know. For five years, they lived in a small Yupik village in Alaska, where they began their teaching careers working with 8th-12th graders. The entire school school consisted of about 70 students total, with 29 being in grades 8-12. The Bovee's taught every subject, from science to math, and quickly learned what it meant to be part of a close-knit community. During that time, Ms. Bovee also coached the girls' basketball team - with just seven players. Having no roads, cars, running water, or toilets, the village relied on a subsistence lifestyle centered on hunting and fishing. "It was a very different way of life from what we were used to but we absolutely loved our time there and made many memories and friendships," said Kelly. After five years, they returned to Minnesota in 2000 to be closer to family and were fortunate to both find positions here at STMA, where they have been ever since.

Spread designed by Kylee Steffens

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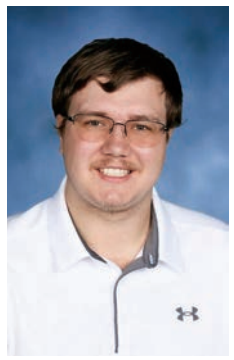
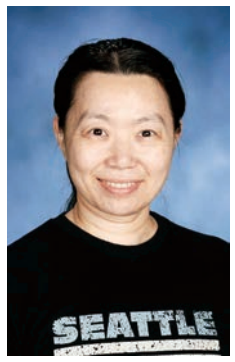
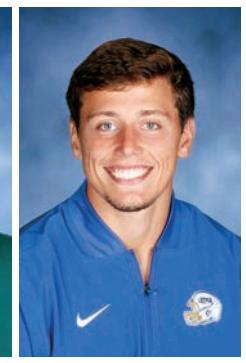
Joseph Bruen
David Burr
Jamie Bury

Jodee Butkowski
Kimberly Campbell
Chase Cayo



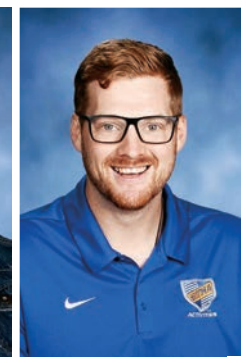


Thomas Chalupnik
Mason Chartier
Yanping Chen
Laurie Collings
Erin Conner
Christopher Conway



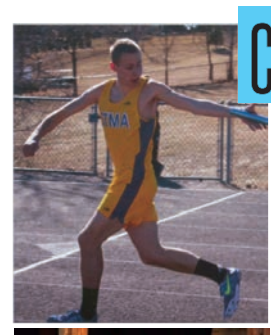
Keith Cornell
Akamai Cornillez
Seth Crocker
Lynn Dahring
Rachel Dayton
Caden DeWall

Darek Dewey
Nicole Dewey
Joshua Dickinson
Connie Dodge
Molly Dougherty
Melinda Dressler



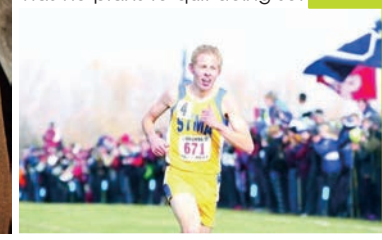
Joseph Durr
Diane Dwengur
Taylor Eckhart
Joan Ege
Amber Einerwold
Braden Eliason

CAYO *VS* THE COURSE



RUNNER THEN & NOW

STMA Alumni **Chase Cayo** came from the graduating class of 2014-2015. Back in his high school career Cayo ran in Track and Field and Cross Country. During his time running he competed in many state tournaments and took home many state titles. Throughout the school you can see him in old plaques and his state times on the walls in the Activity Center. He now coaches the boys varsity teams for cross country and track and field. Chase still finds joy in running and has no plans to quit doing so.



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Emily Elmquist
Keith Ergen
Jared Essler
Kinsey Essler
Emily Fair
Olivia Falk

Karin Feld
Jessa Finney
Sean Fisher
Robbin Fitch
Samantha Goldsberry
Kris Goodin

Jesse Hackenmueller
Kari Halker-Saathoff
Jacob Hamlet
Maya Hanson
Mitchell Harmoning
Catherine Hermes

Gabriel Hester
Tyler Hett
Jeremy Hoffman
Heather Holasek
Karly Holland
Katie Hoppe

THEY WERE TALENTED ATHLETES

The teachers who set their own records while in high school

Spread designed by Kylee Steffens

LOOKING BACK

Rachel Johnson and **Jesse Hackenmueller** were voted the "Most Athletic" by their classmates in 2001. Hackenmueller participated in 3 varsity sports: baseball, wrestling and football. During football season, he led the team in both rushing and receiving yards. Johnson participated in varsity basketball and volleyball, in which she led the team with ace hits.

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Teresa James
Mark Jansen
Lynn Jensen
Candice Johnson
Joshua Johnson
Nickolas Johnson

Rachel Johnson
Jasper Jonson
Joshua Joriman
Jodi Jung
Sally Karolevitz
Stacy Keller

Jonathan Kemp
Shane Kern
Damyliz Knutson
Liva Korf
Melinda Kragness
Teesha Kristine, RN

Taylor Krutzig
Mariah Kuefler
Keith Kuhn
Jordyn Lachermeier
Stephanie Lahr
Beth Larsen

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Jared Lasonde
Heidi Leland
Elizabeth Lessin
Jill Levin
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Robin Loken
Elise Lubben
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Lisa Maas
Karley Mager
Joshua Mann
Ellen Marschel
Ellie Marty
Jason Massmann

Jim Mauss
Kelly Maynard
Carmen McCallum
Joshua Metcalf
Melissa Miller
Elise Mishmash

Barbara Moll
Daniel Monett
Sarah Mortensen

Magdalina Mudrenko
Angela Narducci
Caroline Ness-Deden

Holly Nestrud
Keri Neubauer
Shannon Nied
Katelyn Noetzelman
Trever Nordlund
Melanie Norton

Cailyn Olesen
Logan Olesen
Emily Osborne
Joseph Osowski
Joseph Peatrowsky
Rachel Penson

HE *IS* STMA STRONG

Joshua Metcalf has worked here for 28 years. He first started working in the district in the 1997-1998 school year, and he's loved it ever since. Metcalf explained, "I threw an application in and got the job, I don't regret it for a second." He taught many subjects over the years like health, phy-ed, broadcasting, and kinesiology. He is greatly motivated by his job, coworkers, students and especially community, he doesn't like to miss or be away from work. "I love what I do, and I realized in life it's more about connections than myself."

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Kimberly Pilney
Mary Poss
Julie Quick
Timothy Quick
John Reeves

Amanda Reinschmidt
Julie Robinson
Tomas Rodriguez
Matthew Rooker
Tracy Rowe
Gigi Rubatto McDonald

Brendan Sage
Zackary Schaunaman
Gordon Schlangen
Laura Schlicher
Serena Schmidt
Rissa Schrick

Shannon Schulzetenberg
Laura Schuster
Gina Schwinghammer
Kaitlin Sebens
Mindi Sechser
Kellie Shumway

Lisa Silbernagel
Scot Sorenson
Adam Sroka
Layla Staton
Rebecca Stephens
Nicholas Steve

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Virginia Suarez
Andrew Swan
Jed Swensen
Kristina Tiedeken
Jennifer Treptau

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John Van de Ven
Dellarose
VanLith-Kruse
Matthew Venaas
Madison Vespa
Melissa Vogel
Brennan Wallace

Michael Warner
Elisabeth Werth
Susan Westphal
Reese Wishart
Shawna Zachman
Anne Zahler

Robert Zahler

WHO *OWNS* IT?

Staff and their unique object/pass

Spread designed by Maddie Stern and Garett Robeck

1)

2)

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1)Mr. Olsen 2)Mrs. Haulker 3) Tech Department 4)Mr. Kemp 5)Mrs. Butkowski 6)Mrs. Storey 7)Mr. Reeves 8)Mr. Livers 9)Mr. Burr

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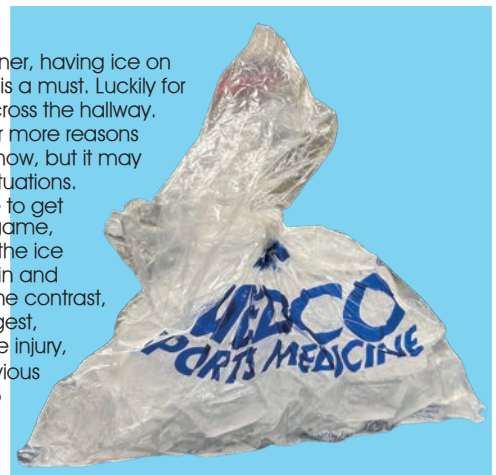
SHE IS FUELING EVERY COMEBACK

Watching our athletic trainer from behind the scenes

Our athletes on their own are forces to be reckoned with, but when combined with the support of an athletic trainer, their opportunities are endless. Karen Scully has been our athletic trainer for 4 years; she is backed by 28 years of experience. Her favorite part of being the athletic trainer is, "Connecting with the athletes and being part of the community" Karen mentioned. At the end of every school day, Karen calmly and swiftly tends to each athlete's injuries with accuracy, all the while keeping conversation with the students about their lives outside of sports. The amount of people in Karen's office at the end of the day depends on the season, whether its peak concussion season for football or shoulder injuries for baseball. At times, around 40 students will rotate through the office before practice starts, although Karen makes it look easy. However, her work doesn't stop when she leaves the building. Karen attends away tournaments and games both as an athletic trainer and as a mom. Karen helps manage her son's sports, whether it's for **Joe Scully ('26)** one of our wrestling captains, or **Dominic Scully ('29)** a freshman navigating high school. The amount of gratitude our athletes have for Karen's support is unwavering, and we can't wait to continue to work with her. *Photo by Lucy Voss*

WHAT'S HER GO-TO?

Wraps are essential both for treating injuries and helping prevent them. The yellow wrap on the left is called pre-wrap. It's a soft material you've probably seen Karen use in her office after school. Pre-wrap creates protective barrier between athletic tape and the skin, preventing discomfort by keeping the tape from pulling on hair. The other wrap is an ACE wrap, which is most commonly used to secure ice packs and reduce swelling and inflammation after an injury.



As an athletic trainer, having ice on hand at all times is a must. Luckily for Karen, it's right across the hallway. Karen uses ice for more reasons than you might know, but it may very in different situations. If an athlete were to get injured during a game, Karen would use the ice to reduce the pain and inflamation. On the contrast, Karen would suggest, depending on the injury, students with previous injuries come into her office after practice to ice so they can flush out metabolic waste and reduce muscle damage after a strenuous practice or workout.

Last but definitely not least is tape, the holy grail of Karen's "must have materials". Tape is the material Karen utilizes the most. Karen regularly restocks her tape supply, ensuring she doesn't run out during "rush hour" in the athletic training room. Athletic tape has many uses with the most prominent use being support. It can be used as a preemptive to prevent athletes from rolling ankles, injuring wrists, and straining muscles. On the contrary, it can be used to support sprains, strains, tendon irritation, ligament instability, and overuse for existing injuries. The tape works by limiting specific ranges of motion, creating rigid support, compressing injured areas, and supporting ligaments or tendons that are weak. Because athletic tape is so versatile, it makes itself one of Karen's strongest tools.

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230 CHOIRS
232 BANDS
234 DECEMBER, JANUARY, FEBUARY TIMELINE
236 NHS
238 FASHION
240 ART
242 SAY WHAT
244 DANCE TEAM
246 ONE ACT
244 DEBATE
248 BOYS' SWIMMING
250 WINTER WEEK
252 GYMNASTICS
254 GIRLS' BASKETBALL
258 BOYS' BASKETBALL
262 GIRLS' HOCKEY
266 BOYS' HOCKEY
270 GIRLS' WRESTLING
272 BOYS' WRESTLING
274 FORMAL TEAM PHOTOS
286 ADS/INDEX
292 MARCH, APRIL, MAY TIMELINE

WINTER DIVIDER

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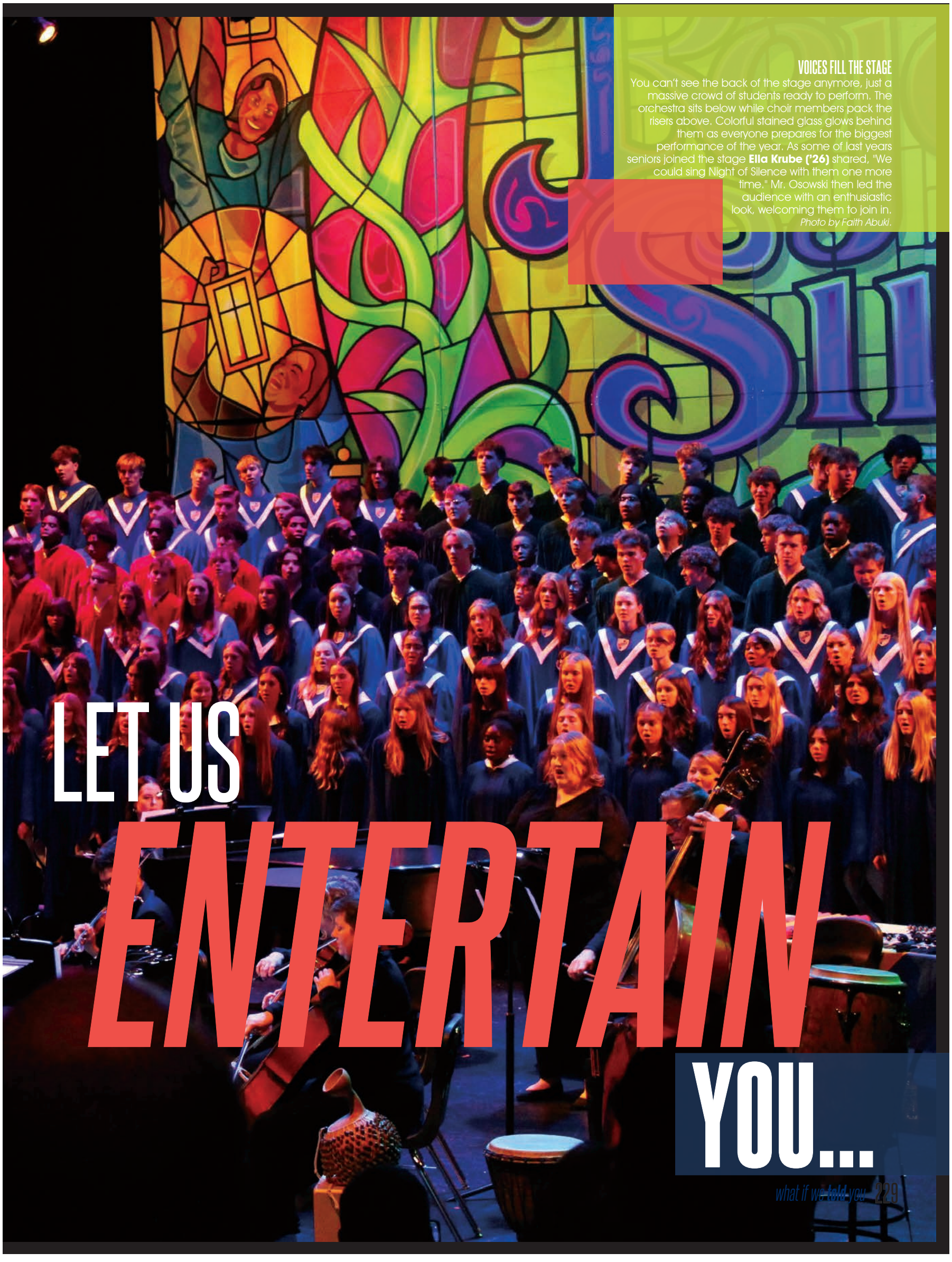

VOICES FILL THE STAGE

You can't see the back of the stage anymore, just a massive crowd of students ready to perform. The orchestra sits below while choir members pack the risers above. Colorful stained glass glows behind them as everyone prepares for the biggest performance of the year. As some of last years seniors joined the stage **Ella Krube ('26)** shared, "We could sing Night of Silence with them one more time." Mr. Osowski then led the audience with an enthusiastic look, welcoming them to join in.
Photo by Faith Abuki.

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STAGE BROUGHT CHEER

Music spreads smiles from the stage to the crowd

The stage lit up, and so did everyone in the room. The choir walked onto the stage, and you could feel the excitement buzzing in the air. When the first few notes were sung, everyone suddenly was leaning in, listening, smiling, and even humming along. Some choir members swayed to the music, while others exchanged quiet smiles. The conductor's hands moved quickly, guiding every voice, and somehow it all came together. **Brynley Sorensen ('28)** stated, "I just really like all the different grade levels and seeing the different levels of talent and what people have to offer from different grades and different vocal ranges."

Chloe Pellegrin ('26) said, "I don't think I've ever been so nervous for anything. You're going in front of like a thousand people, and you don't really know what is going to happen. Obviously you practice, but it is so exciting because you have your group of friends that you're with. Choir is just so fun because you meet so many new people. It's a little nerve-wracking, but then once you're on there and it's just you and your partner or you with your choir, it's almost like a sense of relief like you know that they have your back no matter what. I feel like getting on stage is really where you can shine."

Midway through the concert, the holiday medleys started. You could feel the holiday spirit in the room. Everyone in the audience had their eyes on the stage, completely drawn into the music. It was one of those moments where you couldn't look away, even if you wanted to. The songs weren't just heard. You could feel them in the room. People nodded, smiled, and looked amazed.

Lilah Anderson ('28) said, "We were working really hard and I mean rehearsals were okay, but then I think the week of the concert we really locked in, and then the night of the concert it just sounded really explosive."

When the concert ended and the lights came up, everyone cheered and clapped. From the first note to the very last, you could tell people really enjoyed it. The concert ended, but the feeling didn't.

Spread designed and photos taken by Faith Abuki.

ONE LAST RUN
Before the "Rejoice and Sing" performances, choir students practiced singing as Ms. Silvestri guided them with her hands raised. Helen Pichler ('26) said, "Rehearsals are really that time where you build connections with your partners, and get experience with each other."

"'Until I reach my home because it's easy to sing and also a little group solo that I'm in which I like and enjoyed." - Tavion Williams ('28)

Wilson Kalapa ('28)

Max Mosher ('28)

SONGS *THEY* LOVE

Choir members' top picks

"It's probably Riva Lo Lucica because it's so happy." - Grace Vacura ('28)

"My Lord has come is my favorite. I like the melody a lot because I sing the second part. The overall message is nice. It's a Christmas carol." - Ricky Phiri ('28)

"I'm really enjoying Viva La Musica, because it's just a really high energy song." - Lilah Anderson ('28)

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FROM NERVES TO *NOTES*

"It was a really fun and a great experience. We were just learning to get to know everybody, but it turned out to be really fun and amazing to perform together. "
- Jade Dallin ('28)

"It was really exciting and kind of overwhelming at the same time. There was every single grade, so it was a lot of people."
- Jennifer Lopez ('28)

What was the experience like for your very first holiday show?

"It was really fun. We have a large mix and it's just a pretty good vibe."
- Isabelle Schneider ('28)

UNDER THE LIGHTS

During the winter concert, the Troubadour tenor and bass section sang on stage in their red robes, blending their voices and staying focused. **Ricky Phiri ('28)** explained, "The songs came out really well, even though I only practiced them two days beforehand. Overall, I knew what I could do and I knew I could perform well."

PRACTICE PAID OFF

Weeks of practice went into the performance. The choir kept working on their parts, and when they performed, you could tell the hard work paid off. **Dinah Morara ('26)** said, "The thing I enjoy most is the alto section. Putting in the work to hear the results just always inspires me to continue to do well in the class."

ONE HAND, ONE SOUND

During the concert, Mr. Osowski stood in front of the choir leading them through the song as they watched closely and followed his directions. His direction helped the choir stay together and sing confidently throughout the song. **Olivia Esnough ('26)** said, "The audience took it well and everyone was smiling and happy."

LIGHT LED THE WAY

The choir was getting ready, holding small lanterns as they prepared to sing together. The glowing lanterns and the music created a moment that felt warm, calm, and unforgettable. **Chloe Pellegrin ('26)** expressed, "I love everything about choir. It's like a second family."

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ENERGY UNMATCHED

During the February 9th band concert, the bands each bringing a different mood and style to the stage. The evening performance quickly set the tone for the night as the music filled the auditorium. **Motumah Takgbajouah ('26)** said, "Strange or not, I never feel nervous. I'm just really excited. I'm like yep, we're about to eat this performance. It's going be great."

THE PIECES FIT

Standing side by side at the front of the stage, both conductor's movements were in sync, guiding the band including **Silas Goebel Lakoduk ('28)** with confidence. They kept the music steady and every section stayed connected. The band followed their direction closely.

EVERY STRING COUNTS

As the performance continued, the cello brought a unique sound that stood out in the best way. **Kevin Bourget ('26)** hands moved carefully over the strings, and each note blended smoothly. From the audience, you could see the concentration and steady control it took to play such a detailed instrument.

EVERY NOTE HIT

From the first note to the last, the music never missed a beat. The piano, drums, and guitar all came together to make the performance unforgettable. Each note and each beat sounded clear and strong. You could see the focus on each musician's face, and it showed in the way they played. Every part fit together, and it made the whole performance fun to listen to. **Kyle Shull ('26)** mentioned, "I always loved playing wicked this concert, because I was able to play the drum set for the band, which is typically unconventional."

EACH PART MATTERS

Watching Mr. Sroka lead while the students played made it clear that every note mattered. Each musician added something special, and every section worked together to keep the music flowing. The band really came together, and you could tell how every part made the performance stronger. Both **Tosin Bolarinwa ('29)** and **Samantha Schroeder ('29)** played the flute and were playing songs like "Sweet Caroline", "Golden", "Notre Dame Victory March", and "Land of 1000 Dances."

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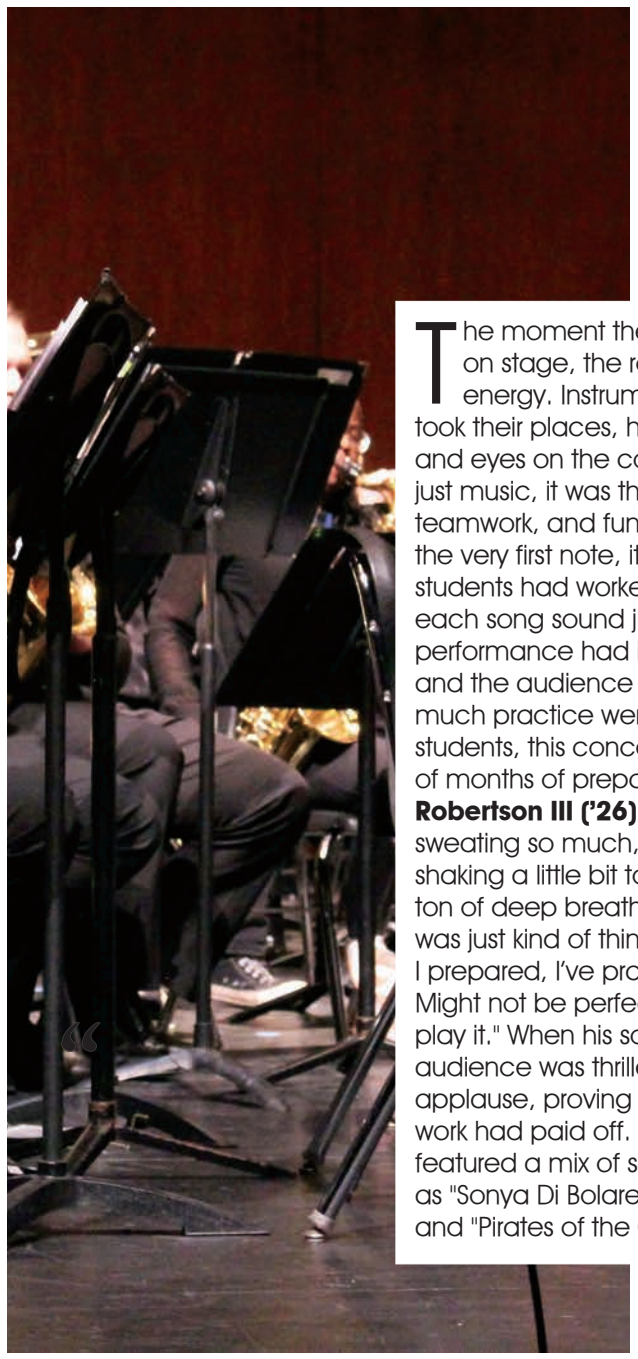

WE'RE RIGHT *ON* CUE

Results show when everything finally clicks

The moment the students walked on stage, the room buzzed with energy. Instruments in hand, they took their places, hearts beating fast, and eyes on the conductor. It wasn't just music, it was the energy, teamwork, and fun all at once. From the very first note, it was clear the students had worked hard to make each song sound just right. Every performance had its own feeling, and the audience could tell how much practice went into it. For many students, this concert was the result of months of preparation. **Keith Robertson III ('26)** said, "I was sweating so much, I think I was shaking a little bit too. I was taking a ton of deep breaths backstage. I was just kind of thinking to myself like I prepared, I've practiced a lot. Might not be perfect, but I just gotta play it." When his solo finished, the audience was thrilled and in applause, proving that all his hard work had paid off. The concert featured a mix of songs, pieces such as "Sonya Di Bolare," "Mount Everest," and "Pirates of the Caribbean."

Each song was challenging in its own way, but the students gave it their all. **Anaheed Noghabaie ('28)** explained, "Right before going on stage, it's a mix of excitement and nervous energy. If you mess up, just keep going. The audience doesn't know what it's supposed to sound like yet." When they were transitioning, Mr. Sroka made some dad jokes to entertain the crowd while setting up for the next performance. **Bella Myslicki ('28)** said, "Mr. Sroka will make dad jokes during practice. They're so bad, but they were so funny." These small moments made rehearsals just as memorable as the performances. **Motumah Takgbajouah ('26)** said, "I love standing in front of crowds and talking to people, so going on stage, I just feel excited." The program brought energy throughout the concert and kept both the audience and musicians engaged. By the end of the night, the band worked together perfectly and the results were clear in every note they played.

Spread designed and photos taken by Faith Abuki

"This class just gives a spirit to the school. It gives me energy, something to enjoy, and something to look forward to.
- Anaheed Noghabaie ('28)

"I enjoy the people in the class, and it just brings so much fun. The community is very welcoming for sure.
- Bella Myslicki ('28)

"I really enjoy just getting to make music with people I enjoy being around.
- Keith Robertson III ('26)

WE SET *THE* TONE

The moment before they step on stage

"You just gotta focus through it, just kind of push through."
- Taylor Best ('28)

"I feel confident. I'm not really scared. I'm just confident in how I'm going to play."
- Coral Towns ('28)

"I feel very confident and feeling like I could do my thing perfectly with no mistakes."
- Nathan Mattson ('28)

"It was a really fun experience, because I got to help out younger students."
- Jonathan Pacholke ('26)

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WINTER *FLEW* BY FAST

Looking back on the memories students made this winter

18 DECEMBER

Daniel Eicher

is hereby presented this

3rd PLACE HIGH SCHOOL

2026 MN Flag Design Contest
a celebration of Youth Art Month

Joy Blewett

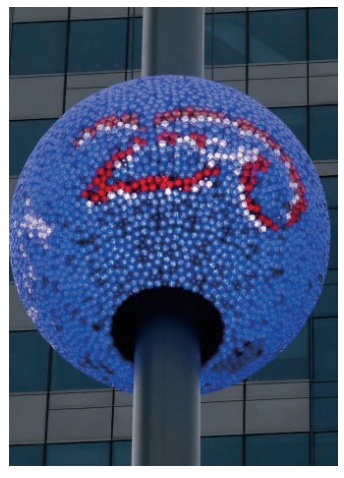
This winter, many Drawing 2 students created and submitted art pieces for the Youth Arts Month flag contest. Soon after, the awards came back and **Daniel Eicher ('27)** placed 3rd for his flag! When describing how it felt to get this award, Eicher said, "It makes me happy that I was recognized for my art because I try my best to make it look good. My piece was based on Minnesota, so I drew symbols that remind me of the state, and the world needing art." Art can be used to convey a message, and Daniel used his skills to do just that.

On December 31st, *Zootopia 2* became the highest grossing film in Walt Disney Animation Studios history. The film had reached $1 billion in about 17 days, becoming the fastest PG-rated movie to reach this. After the release of the movie on November 26th, many fans of the original movie had come back for the sequel during the winter break. The return of the world of *Zootopia* had drawn back large audiences. *Zootopia 2* was very successful based on how popular it was among fans.

31 DEC

01 JANUARY

On New Year's Day 2025, in Times Square, the ball had dropped at midnight for the new year of 2026. The ball dropped again at 12:04 am to celebrate the 250th anniversary of America. Thousands of people in New York gathered to watch the special moment in the nation's history. It was a meaningful way to celebrate the start of 2026.



JANUARY 6

James Stenzel ('27) helped a delivery truck get out of a snow bank on a day off from school due to a snow day. Stenzel said, "He was driving past our house and spun out straight into a foot of snow in our yard. I helped him get out of the snow by shoving boxes under his tires so he could get traction, and we eventually got his truck out of the snow."

Photo submitted by James Stenzel.

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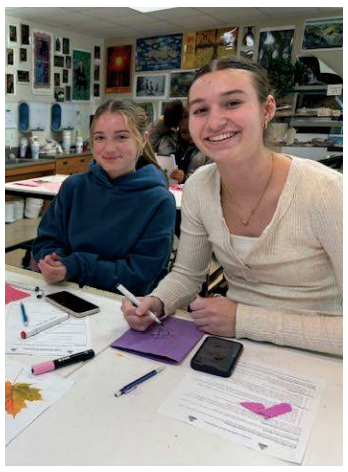

28 JANUARY

As February was approaching, 30 students stayed after school to create Valentine's cards for a local nursing home. One of the students, **Madison Cooper ('26)**, said, "I wanted to put a smile on someone's face who might not necessarily get a Valentine. It made me feel good that I could make someone happy." After one hour, the group was able to complete approximately 40 cards.

Danielle Biegert ('27) said, "This year, our goal for nationals was to advance and we did! My favorite part was when they annonced that we got to move on and compete again!"

7 FEB

Photo submitted by Danielle Biegert.

The Knights cheer team took a trip to Orlando, Florida to compete at Nationals. Both the Varsity Game Day and Varsity Traditional teams competed in their respective Non-Tumbling Divisions. The Traditional Team had a great performance, which lead to a fourth-place finish in their group. This strong placement allowed them to advance to the semifinals round and compete again. The team placed 18th overall.

During winter week SNAP, seniors played in a basketball game against the teachers. **Khael Johnson ('26)** said, "I decided to play in SNAP basketball because I loved watching it and I knew I wanted to hoop in front of the whole school." At the end of the second half, the game was tied 23-23 with under two minutes left on the clock. The seniors then scored two back-to-back three pointers to seal their win, 29-23.

Photos taken by Maddie Stern.

10 FEB

22 FEB

The 2026 Winter Olympics concluded on February 22nd in Milan and Cortina d'Ampezzo, Italy. The U.S. brought 232 athletes across 16 different sports, making it the largest winter team in U.S. history. This team brought home 33 medals, including 12 gold medals, breaking their previous Olympic record for gold medals. One of the medalists, Alysa Liu, ended a 24-year drought in figure skating by bringing home gold for the United States after coming back from retirement.

Spread designed by Camryn Mikolich, Ella Morstad, & Maiya Slusarczyk

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OUR COMMUNITY GIVES BACK

Students represent the pillars NHS stands on

Knights in shining armor or NHS students in blue shirts? You might have seen their finished work but may not know the people behind it. These students do so much behind the scenes that most have never seen. Helping and giving back to the community are very important to the National Honors Society (NHS). Students a part of this club work in committees that put on events around the school like the school Blood Drives, Homecoming Dance, Carnations, Snowcial, and Connections just to name a few. But, above all, these students hold themselves to the highest standards and follow the four pillars that NHS stands on. **William Spaulding ('26)** stated, "Service, leadership, character, & scholarship are the pillars. Leadership to me means it's not like you're the bosses of people. It's that you are there to help make decisions and carry out decisions that are helping the general public. You're just kind of making sure stuff happens when they need to happen and kind of doing a lot of the behind the scenes stuff to make it flow smoothly." Leadership is just one of the character pillars which is shown by things like being a part of the Connections committee. **Presley Adrian ('27)** shared, "It's definitely fun being a part of the connections and getting to know all the kids in the group because I feel like I don't get a chance to do that often so when I do, it's fun getting to know them." Valuing one's community is yet another part of NHS. Giving yourself freely in service to others is key to representing the service pillar. **Parker Shaben ('26)** revealed, "Representing the NHS pillar of service means putting your community first. I represent the service pillar by volunteering my time in the community." Helping the community is great but not what the National Honors Society is always known for. NHS is widely known for being full of scholars. **Kaitlin Altepeter ('26)** shared, "I always strive for excellent academics by paying attention in class and asking questions." All four pillars, service, leadership, character, & scholarship, are connected and everyone represents the pillars in their own way.

Spread designed by Ellie Fischer

HELPING IN STYLE

Fall roadside clean up was a great way to make friends while also helping clean up the school grounds. **Brynn Krell ('27)** recalled, "It's surprising to see the amount of garbage that gets tossed on the ground. You would never expect how much there is. It feels good knowing that even though it's small, cleaning up even a little bit of the garbage can make a big step towards a cleaner community." *Photo taken by Esme Erntson.*

CLEANING UP OUR COMMUNITY

October 8th was NHS's fall roadside clean up. The clean up took place on the roads around the high school. **Samantha Beck ('26)** shared, "It's fun, and I just enjoy it because you talk with your friends while doing good for the community." *Photo by Ellie Fischer.*

BRINGING JOY TO THE COMMUNITY

Senior Social Fall was a hit with 42 senior residents in attendance who loved our students taking time out of their day to be there. **Ella Martin ('26)** recalled, "We went to the library for two hours and played bingo and talked to the seniors. If they got a bingo, they got a prize. We played many different rounds. After, everyone got ice cream sandwiches. It was pretty fun, I think a lot of people liked it." *Photo by Dureti Petros.*

BE INVOLVED

THE REWARDING PART

Being involved in all the same committees, pep fests, senior social fall, and spring blood drive, as each other **Brody Bergeron ('27)** & **Grant Bergeron ('27)** are always together. Brody shared, "The most rewarding part is giving back and helping the community." Grant added, "Giving back and making memories you wouldn't usually make is the most rewarding part." *Photo by Ellie Fischer.*

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FINDING A *MEANING*

Upperclassmen share their wisdom

"What NHS means to me is showing up as a positive leader, even when it's hard."
- Morgan Mielke ('27)

"I joined NHS because of my desire to positively contribute to the school environment in ways that I have seen other NHS members do."
- Faith Krajsa ('26)

"To me, the NHS is more than just getting volunteer hours done for school. It is making a difference in people's lives, specifically with the food drive, carnations, and the Connections parties."
- Caleb Lee ('26)

HELPING WHERE & WHEN THEY CAN

Doing roadside cleanup to give back to our community and environment is something that these students love to do. **Abigail Conklin ('26)** shared, "I felt like I was making a difference in my community and forming close friendships with those around me."
Photo by Hadley Johnston.

HAVING FUN WHILE GIVING BACK

Trick or can takes place on Halloween, when NHS goes around neighborhoods collecting canned goods for a local food shelf. **Emersen Brand ('26)** recalled, "We wanted to do a group costume for trick or can that no one else would have, and *Kpop Demon Hunters* had just come out, so we landed on the Saja Boys."
Photo by Morgan Mielke.

FLOWER POWER

The carnations committee sold and delivered carnations and chocolates for Valentine's Day. **Lauren Burk ('26)** revealed, "I loved working the sales table because it was awesome to see how much people loved one another. I saw many people buying flowers for their friends, which is so beautiful. It was very successful and was fun to see people smile when we would give them their flowers." *Photo by Abigail Leonard.*

FOUND A CALLING

Two students stepped up and became the callers for the whole Senior Social Bingo event. **Sofia Tallargio ('26)** proclaimed, "It was a really great time to interact with everyone and the seniors. My friend Emersen and I were the ones calling out the numbers and I thought that was a super fun experience. It was fun watching the seniors and their families pick the prizes when they got a bingo and seeing the joy it would bring them. We then got to take a break and eat ice cream sandwiches!"
Photo by Dureti Petros.

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Fashion has now become the new way of art

SEVEN WAYS WE UP OUR FASHION GAME

"I like Miss Candyholic. Their stuff is really nice, and I think their bows are pretty cute."
- Brielle Walerius ('29)

1 ACCESSORIZE

2 GET INSPIRED

"You know those like on the classic Pinterest fit? They have like the IKEA shark. I'm destined to look like the IKEA shark."
- Nathan Enga ('28)

3 BE CREATIVE

"My personal style is my own way of my own creativity."
- Kevin Yang ('28)

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In the empty hallways you may hear the sound of a heels clacking in the distance…Wait heels? Who's wearing high heels in school, it's not a runway show is is it? Well, supposedly that is what makes the hallways so special.

Fashion doesn't exist within just social media or magazines. But instead, fashion flows through the school hallways. Attention has always been a key in fashion; many are willingly to shy away from attention and concealing themselves with how everyone else is dressed. But, through a fashionista's eyes, attention is considered a confidence boost.

A compliment goes a long way; it's a telling sign of appreciation of the person's time and energy to put together an outfit, and a reflection of who they are as a person. **Nathan Enga ('28)** boastfully mentions, "I like going into a room, and it's just like a confidence boost honestly."

Fashion also serves inspiration. Apps such as Pinterest have become a big source of creativity for many outfits being created. Pinterest also has help influenced different styles; while having an app may be helpful, nothing can compare to having an influence in a fashionesta life. **Adriana DuPart ('26)** spoke about her main inspiration: "I know for me personally, my grandmother was a very fancy person. She has fur coats and fur hats and stuff. She has always been really into jewelry, and those type of things. She always the type to me, you'll never know where you're gonna go and meet somebody, like special. So she would always dress up regardless of whether you are going to the grocery store."

Stepping into fashion is overwhelming. It's hard to style yourselves in something different, especially in a place where everyone dresses the same. But, keeping a strong mentality can always boost one to continue to express themselves. It is harsh already as it is having so many stares and whispers.

Abigail Vang ('28) expresses her perspective: "For me, I think it's you only live once mentality." Living once is scary; what's not scary is seeing the amount of unique and variety in fashion. Everyone is welcome in fashion, no matter who they are. It's art that can be created by a person through fabrics and imagination. There isn't a limit in fashion, the possibility is endless which makes it such a unique art form.

Brielle Walerius ('29) shared her love for fashion by reflecting, "Seeing all like everyone's interpretation of it, all the different kinds of fashion that I see especially like either in school or out of it. I think it's neat to see how people express themselves." Through the hallway, fashion remains a way of self expression in a place where everyone is learning. Every style that is seen in the hallways are what makes every students unique from each other, to the most basic style of sneakers, sweat pants and sweat shirt or to full 6 inch heels, fur coats in the dead set of winter. Every student have a story to tell and something to show, whenever it may be an academic achievement to sports trophy, or some may just have a killer style to show off. Now that is fashion.

Spread designed by Lily Nachampassak

4 BE PASSIONATE

"I always notice more with my passions and it was just aware of self expression."
- Iris Vang ('27)

6 MIX IT-UP

"Kinda like old fashioned, kinda like street wear, kinda like a mix of them mostly."
- Ken Her ('26)

7 GET THRIFTY

"My favorite clothing store to shop at would have to be online. Like, sometimes you see stuff, and sometimes you can thrift stuff that are pretty good. A lot of my style, either, I already had it for a long time. My mom's closet and a lot of just stuff I see online, clothing I already had, and I want to repurpose it."
- Adriana DuPart ('26)

5 STYLING IN WARMTH

"For cold weather, getting like skin tights with like fuzz, on the inside its really helpful if you like wearing skirts, because I like wearing skirts."
- Abigail Vang ('28)

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WE'RE THROWING IT OUT THERE

Recognizing the artists behind the canvas and their Scholastic achievements

Every year, high school students all across the country submit multiple works to the annual Scholastic Art Awards contest. For the past decade, our art program has followed suit, gaining more and more awards every year. This year, we obtained 37 Honorable Mentions, 3 Honorable Mention Portfolios, 23 Silver Key Awards, 3 Silver Key Portfolios, 29 Gold Key Awards, 4 Gold Key Portfolios, and 1 American Vision Award. There is so much that goes into entering this competition. Students must have completed pieces before even starting the process. Then, for the next two weeks, students will enter every detail about their works. From the title, width and height, to the materials used to make the piece, everything must be entered individually. The chances of getting an award aren't extremely low, but that doesn't mean it's an easy feat. Because of this, students enter multiple pieces of art to increase their chance of getting an award or honorable mention. Gold Key winners, such as **Mara Howard ('26), Keira Johnson ('26), Abigail Lindrud ('26), Pam Mancilla ('26), Maren Penserga ('26), Shelby Solberg ('26), Hannah Stenzel ('26),** and many more will get the chance to have their art judged in New York in the hopes of gaining a national reward.

Spread designed by Lucy Voss

GETTING OLDER
Artist: Lillian Struble ('27)
Award: Gold Key
Materials Used: Acrylic paint, canvas, and brushes.
Photo by Lillian Struble.

LOVE THROUGH WHAT THEY LEFT YOU
Artist: Aubrey Grant ('27)
Award: Gold Key
Materials Used: Colored pencil, paper.
Photo by Aubrey Grant.

OVER UNDER
Artist: Karli Johnson ('26)
Award: Gold Key
Materials Used: Watercolor, marker, colored pencil, pen.
Photo by Karli Johnson.

WHY STOP AT *TWO*?

When a credit requirement turned into a second home

- *AP Studio Art A*
- *AP Studio Art B*
- *Art Aide*
- *Cantabile Choir A*
- *Cantabile Choir B*
- *Cantabile Choir C*
- *Ceramics 1*
- *Ceramics 2*
- *Draw/ Paint 1*
- *Drawing 3*
- *Painting 2*
- *Photo/ Media Arts 1*
- *Studio Art*
- *Vivace Choir A*
- *Vivace Choir B*
- *Vivace Choir C*
- *Yearbook Design A*
- *Yearbook Design B*

To graduate, you need a minimum of 2 art credits, **Lucy Voss ('26)** fell in love with the craft along the way and it shows with 18 art credits on her transcript. Voss stated, "I'm not surprised that I have 18 art credits, art just never felt like a chore and its something that I enjoy." Lucy will continue to gain art credits at Iowa State's School of Design in the fall, where she will be majoring in Fine Arts.

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ANY GIRL
Artist: Ella Yang ('26)
Award: Gold Key
Materials: Alcohol markers, Posca paint markers, Washi tape, ink, paint.
Photo by Ella Yang.

FALLEGT
Artist: Wilber Bromenschenkel ('26)
Award: Silver Key
Materials Used: Acrylic paint, canvas
Photo by Wilber Bromenschenkel.

BONES LAID TO REST
Artist: Viridian Spiekermeier ('29)
Award: Gold Key
Materials Used: Graphite pencil, paper.
Photo by Viridian Spiekermeir.

ANGRY RAT
Artist: Lily Schirmers ('26)
Award: Gold Key
Materials Used: Acrylic paint, canvas..
Photo by Lily Schirmers.

DUCK IN POND
Artist: Olivia Mayberry ('26)
Award: Silver Key
Materials Used: Colored pencil, marker.
Photo by Olivia Mayberry.

THE AWAKENING STARTS HERE

A project that was worth the effort

Winning any Scholastic Award is an achievement in itself, but there is one award that reigns over all the others. The American Vision award is regional honor, acting as a "best in show" award. This award is presented to only five people in a region making the chances of obtaining the award slim. This year, **Madison Cooper ('26)** swept the competition with multiple gold and silver key awards, but her biggest accomplishment was her painting "The Awakening" securing an American Visions award. Cooper stated, "To be honest, I don't want to say it was a horrible experience, but it was a challenge. The amount of time I had to put in to it so that it was finished according to my standards was a a really big struggle for me, and there were moments when I really considered giving up. At the end of the day, the struggle was worth it because it ended up being the most successful piece I have even made; for that, I am proud." Producing a American Vision award worthy piece is hard, but she pushed through.

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"SENDY"

"I say 'Lets get sendy!' literally any time something is getting hype."

- **Gavin Fruit ('26)**

"GLAZING"

"I use 'glazing' when someone is being too nice to a person when there is no need to be that nice."
- **Sekou Fofana ('27)**

"67"

"I basically just say '67' to make friends mad because it's funny."

- **Thomas Lahr ('27)**

"TEA"

"Whenever I say tea I usually see a friend and I'll say 'body tea'."

- **Avery Herron ('27)**

"HUZZ"

"I actually just used it today when I said, "I went to see the huzz this weekend" when I was talking to my best friend Eva!"

- **Harper Robinson ('28)**

"TUFF"

"I use the phrase 'tuff' when one of my friends has a good outfit."

- **Gavin Wills ('27)**

"GIRL MATH"

"I say 'girl math' when I use cash instead of my card when buying something so it's basically free."

- **Lexi Farnsworth ('27)**

"LOCK IN"

"I use this phrase when I have passed out an assignment and students seem to be off task."

- **Señor Rodríguez**

"RAGE-BAIT"

"I use 'rage-bait' because it's funny to see peoples' reactions."

- **Garett Robeck ('27)**

"DELULU"

"I say, 'You're being very delulu' when my friend says a boy wants her because he looked at her."

- **Morgan Radke ('26)**

"ICK"

"I say 'ick' when my friends talk about having multiple tests in one day."

- **Maddie Martinson ('29)**

"CRASH OUT"

"'Crash out' is another way of saying freak out, an example being, 'I crash out when there are slow walkers in the hallway.'"

- **Kenzi Rath ('27)**

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"GATEKEEP"

"I say 'gatekeep' when I talk to my siblings because I don't want to tell them stuff."

- **Kyleigh Johnston ('26)**

"AIRBALL"

"Everytime I try and tell a dad joke in class or if I say something stupid."

- **Nick Laurie ('27)**

"EATS/ATE"

"I say this the most when doing something that goes good. Like in choir, when we get our notes, I always say 'we ateee'."

- **Olivia Esnough ('26)**

"NONCHALANT"

"I use the term 'nonchalant' when somebody is being kinda quiet in a group of people or when people see them as acting 'cool'."

- **Brady Luedemann ('26)**

"LABUBU"

"I use the tern 'Labubu' with my friends as a joke because I've heard the Labubu audio all over TikTok and I think it's funny!"

- **Averie LaZalla ('29)**

"BRAIN ROT"

"Sometimes I don't even realize that I use brain rot in everyday conversations."

- **Allison Dressler ('26)**

"CLOCK IT"

"I mainly say 'clock it' with my friend when we worked at the pool together and we would say it to all our coworkers just for fun."

- **Annika Manning ('27)**

"AURA"

"I would say I mostly use it as a joke when my friends do something cool or funny!"

- **Carrie Michenfelder ('26)**

SAY WHAT?

"SERVING"

"I usually use that word when someone is confident in what they're wearing or doing, kind of like an uplifting compliment to someone."

- **Maddie Fredrick ('27)**

Phrases and words used during the 25-26 school year

Spread designed by Maddie Stern

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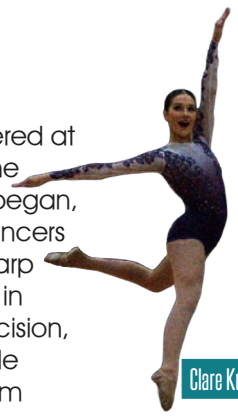
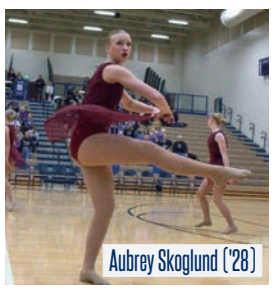
THEY DANCED WITH PURPOSE

JV Dance Team placed first

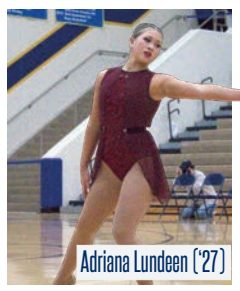


Clare Kuhnly ('28)

The Junior Varsity dance team gathered at the edge of the gym, ready to hit the dance floor. When the jazz routine began, everything else faded away and the dancers were focused. Making sure they had sharp turns and confident faces. They moved in sync, hitting each move with strong precision, each dancer adding her own spark while trusting the team to carry the momentum **Adriana Lundeen ('27)** said, "I focus on putting my nerves into excitement and putting myself in a good mindset. I try to leave my all out on the floor. I also build the energy and love from my teammates to give me the push and determination to give it my all." Then came the kick routine. The music shifted, and so did their energy. Lines stretched across the floor with legs flying high. The crowd clapped along, feeling the strength behind every kick. **Amaya Arroyo Nunez ('28)** explained, "Dancing on the floor with the people you love is a way of connecting with others. We all work together, shout and talk to each other to remind us that this isn't all about winning but it's about having the best time and living in the moment." The JV team knew they'd done more than perform. They'd proven their hard work, teamwork, and love for dance, one routine at a time.



Aubrey Skoglund ('28)



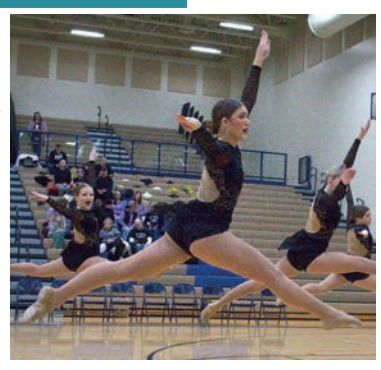
Adriana Lundeen ('27)

B-SQUAD CAME TO SHINE

The B-Squad Jazz took 1st in the STMA Invite

POWER LEAP

Kennedy Lenneman ('28) leaps through the air. Lenneman said, "Performing is now one of my favorite things. It is very stressful before walking out, but once I step onto the floor I remember that my team is by my side and that everything will be okay. During a dance, it gives me the chance to express my emotions from anger to happiness, and that reminds me why I love to dance!"

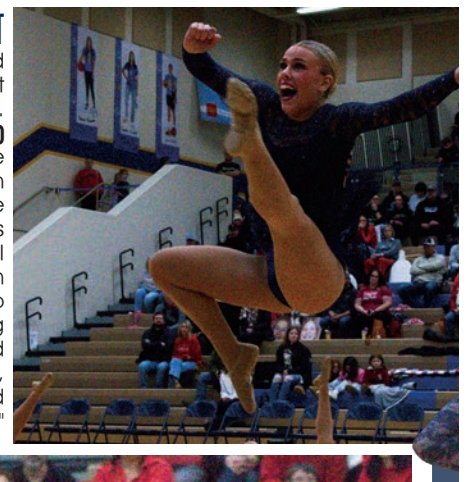


UNITED MOTION

The B-Squad jazz routine brings the confidence and the groove to the floor. **Rylee Lafore ('28)** mentioned, "Jazz is super fun and exciting to perform. Although it's nerve-racking, I always have so much fun doing it and performing with my best friends!"

FULL OUT

Mastering every move and step of a routine is hard, but practice makes perfect. **Brooklyn Emerson ('27)** explained, "I remember the dance by staying focused on the music and the order of the moves. Practice helps everything feel natural, so I don't overthink while I'm dancing. I pay attention to timing and control, making sure every move is clean and sharp. By trusting my practice, I'm able to stay confident and make every move accurate."



GRACEFUL CONTROL

The dancers hit the varsity jazz routine. **Weatherly Drowne ('29)** stated, "When I'm dancing my jazz routine, everything else fades out. I'm focused on the music, hitting each count, and trusting all the work we put in. It's a mix of adrenaline, confidence, and just loving being out there with my team."

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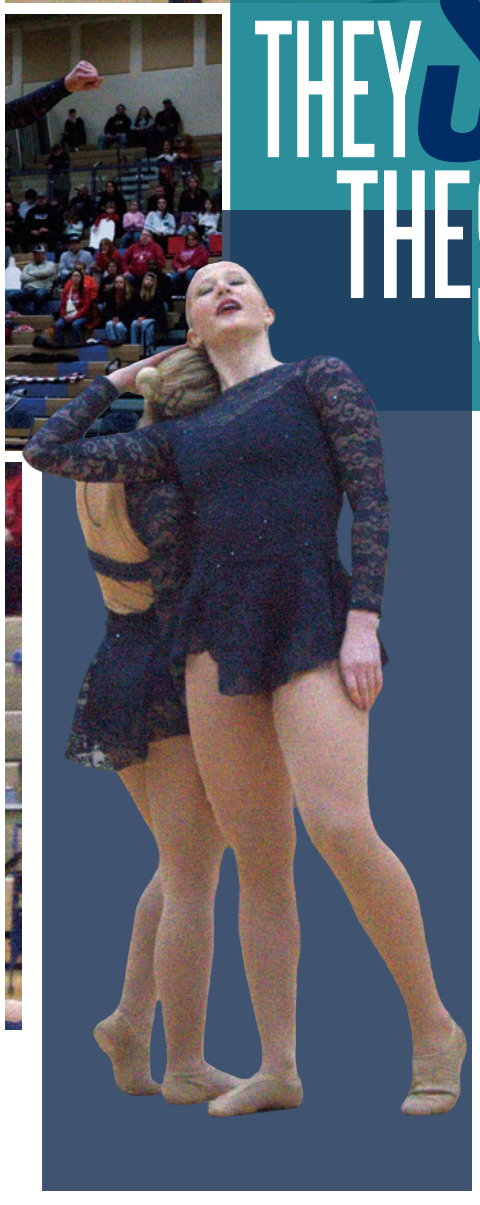
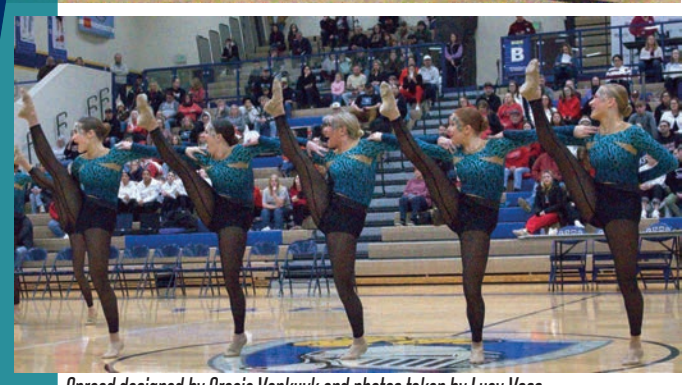
KICK ENERGY
Varsity's kick routine is fun and exciting. **Izzy Hawkins ('27)** mentioned, "Our kick dance this year had so many upbeat songs which made it so fun to perform to!"

THEY SWEPT THE SEASON

Varsity Dance team got top 3 in every invite





Spread designed by Gracie Vankuyk and photos taken by Lucy Voss

The St. Michael-Albertville High School Dance Team delivered a season to remember, marked by major victories, strong leadership, and a bond that turned teammates into family. They earned 1st place in both kick and jazz at the STMA and Forest Lake invites, followed by 1st in kick and 2nd in jazz at Two Rivers. The team placed 3rd in both at Blaine and finished the season falling short of state and placed 4th in both kick and jazz at sections. **Taylor Orth ('28)** mentioned, "Our seniors and captains made this season impactful. **Grace Holmberg ('26)** and **Winslow Drowne ('26)** are such great leaders and made the team push until the end to do it for us. We made sure we had one last great run for them at sections. Winning most of our invites made our team feel so much more confident but also made us want to push even harder to keep getting that first place spot. We've worked so hard to get to where we are now, so getting those wins really impacted us as dancers and as people. Those wins showed that hard work really does pay off." That appreciation for the journey and the bond the team built was also felt by the seniors. Captain **Winslow Drowne ('26)** explained, "This season for the dance team was so important to me because it was my last year with my favorite team and we actually had a chance to go to state. I love this team because we worked so hard and pushed through the hard days to get to our main goal! This team felt like a family by the end of it and I am sad that it is over." From multiple first-place finishes, to a heartfelt final performance at sections, the STMA dance team's season was defined by hard work, leadership, and lasting memories. Through every practice, performance, and competition, they proved that success isn't only measured by placement; it's measured by the impact a team leaves on each other.

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WE TELL IT IN ONE TAKE

Varisty and JV perform plays with one chance to do it perfectly

The main character in Varsity's show *Soundscape* is named Iris, and she struggled with synesthesia. She had no clue. At first, she thought that everyone saw the world like she did, bright and bold and full of colorful shapes whenever music played. By the time she was a teenager, it was obvious that others didn't see how she saw. She tried to blend in and downplay her experiences because she was worried about how the world would treat her. Throughout the show, the young artist is in a war within herself until she met a new friend, Tony, and he saw the colors too. A chorus of color brought Iris's experiences of discovering her neurodivergent tendencies to life, creating a visually stunning coming-of-age story. On the other hand, Junior Varsity's play *Haters* is based at Wilson High School, and they had a recycling program. The recycling program is garbage until the pop-star Taylor Swift offered them a challenge. The challenge was is if they recycled 20,000 cans within 2 weeks, she'd sing at their school dance. The whole school headed into action. Classes canceled while the student body made their way to the highway roadside, raided recycling bins, and downed cans of Monster to reach their challenge. While the story unfolds, it looks like they're going to meet the goal. This is unfortunate for Naia, the mastermind who created the deep fake Taylor Swift video challenge. It looked like "Taylor" was going to have to up the ante on the challenge, but what would Naia do when the Swifties turned to committing actual crimes to meet her demands? With the talented actors and actresses that performed the scripts of the shows to live audiences in front of the curtain, behind that curtain, the tech crew brought both shows to life. With their commitment and skill, they came in before school and stayed hours after to create the props, practice timing, and build connection. **Parker Schaben ('26)** stated, "Being a stage tech can be a lot of pressure. If one single aspect of any area goes away, everybody knows and it can affect the entire show." **Maren Penserga ('26)** also shared, "Being in charge of all of the technology is stressful when you know that all of the cast is relying on you. While it can have its stressors, it has its fun moments, too." This gives some insight into how demanding tech is for the shows. The tech crew is an important piece to the theater world and the plays wouldn't have been able to do it without them.

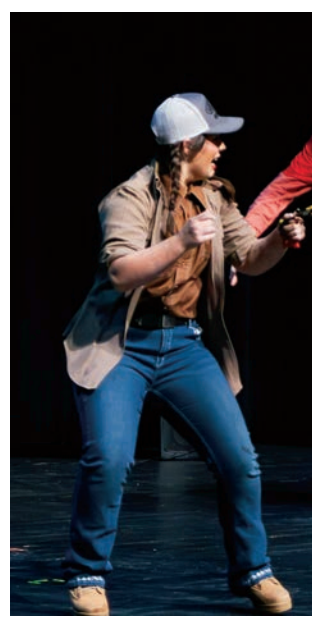
Spread designed by Aubrynn Croaston

POP OF COLOR

As **Ava Pajari ('26)** acts as the color yellow in Varsity's show, she moves her colorful fan rhythmically. Pajari stated, "While I was with the color course, that was like we were the physical portrayal of what was going on inside Iris's head."
Photo by Maddie Stern.

JUMPING ACTION

Ella Wabs ('29) and **Maddie Freese ('29)** act out the chaos of collecting cans. Wabs exclaimed, "my character gets hype for collecting cans after drinking a Monster!"
Photo by Garret Robeck.



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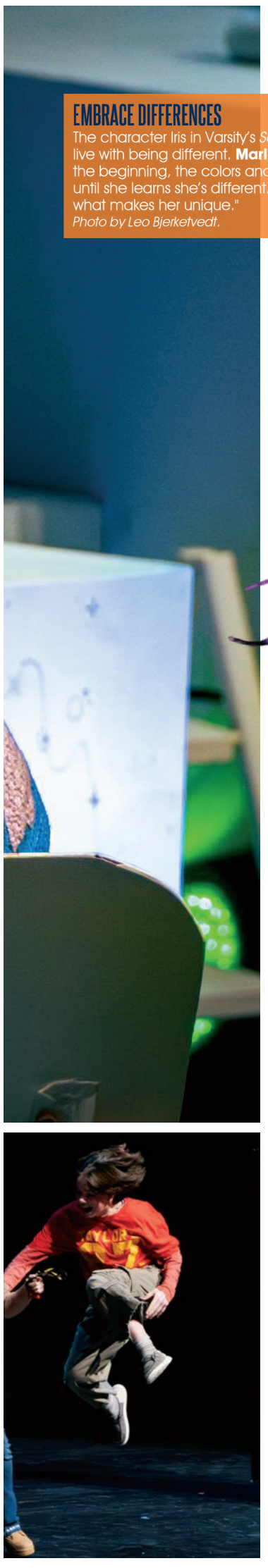


EMBRACE DIFFERENCES

The character Iris in Varsity's *Soundscape* learns how to live with being different. **Marley Alberts ('27)** said, "At the beginning, the colors and shapes make her happy until she learns she's different. At the end, she embraces what makes her unique."
Photo by Leo Bjerketvedt.

VOICES FROM THE STAGE

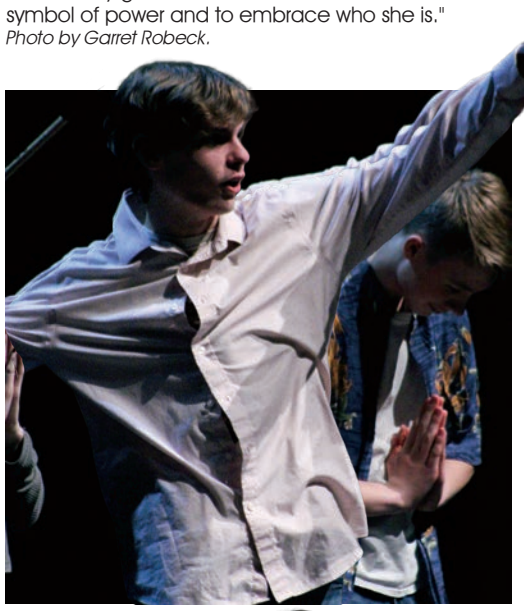
Castmates share their favorite line from the shows

"My favorite quote came from Iris: 'She flew past Saturn. She wondered if Saturn liked her rings, or if they made her feel too flashy. -Audrey Powell ('27)

"My personal favorite quote is from Soundscape: 'I just love blue; it's a smiley color!' It adds something for people to laugh at. - Will Hein ('29)

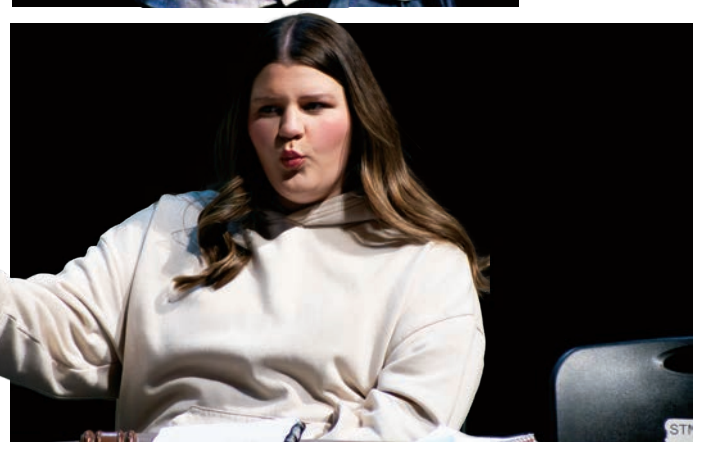
BROKEN STRENGTH

The character Tony in Varsity's show *Soundscape*, played by **Victory Godown ('26)**, becomes close with Iris and finds out they both struggle with synesthesia. Godown shared, "When Tony gives the broken crown to Iris, it's a symbol of power and to embrace who she is."
Photo by Garret Robeck.



THUNDERING PRAISE

While leading the Swiftie cult, **Samuel Harrison ('29)** shared, "Ringing the bell was to show appreciation to Queen Taylor."
Photo by Garett Robeck.



ATTITUDE AND GRIT

Fallon Barry ('29) acts as Marpit in JV's show: *Haters*. Fallon exclaimed, "Marpit didn't care a lot about the issues, but she fought for what she wanted to have!"

BEST OF BOTH WORLDS

Eva Selke ('26) plays a symbolic role of the color red. Selke said, "My character is a symbol of the good and bad parts of Iris's synesthesia."
Photo by Garret Robeck.

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MAKING A *SPLASH*

Season Best: 1-Meter Diving Scores

JAN | 3
11 Dives : 302.55

JAN | 27
6 Dives : 197.40

JAN | 3
11 Dives : 198.05

JAN | 30
6 Dives : 139.95

JAN | 27
11 Dives : 233.90

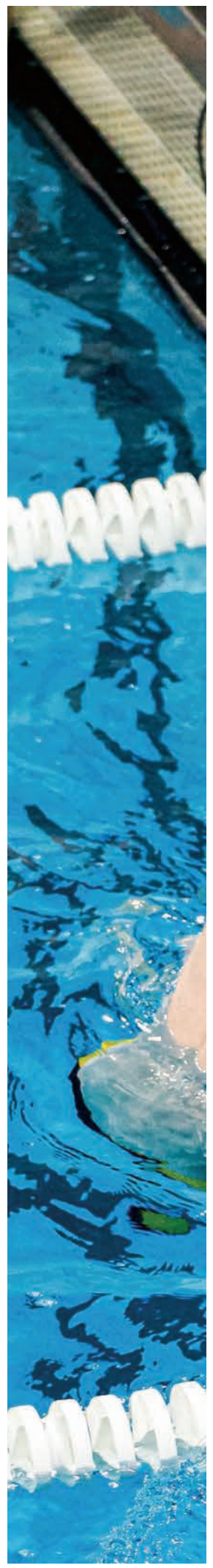
FEB | 21
6 Dives : 158.05

TIME IN SIGHT

After dropping a season best in the 100 Fly with a time of 1:00.90 and placing third, **Henry Tillmann ('27)** shared his mindset for races: "Seeing the time I want feels amazing. It's hard to come by a time improvement in swim, so I'll take all I can get. I try to focus only on what I can control and execute the race how I want. When I do that, the race usually goes well."
Photo by Amy Rooker.

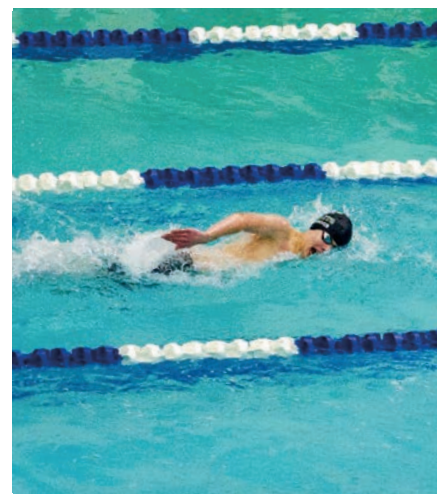
DIVE TO FINISH

After competing at the Maroon and Gold meet, **Eusebio Rodriguez ('29)** explained his race strategy: "At the beginning, I go into it knowing that I'm racing myself, not the guys next to me; but it's always nice to beat them. In the middle of the race, it's making sure I look at my coaches and see if I need to go faster, especially for the 500. And at the end, it's just full sprint to the wall." Rodriguez finished with a time of 6:26.51.
Photo by Amy Rooker.



GROWTH NEVER STOPS

After 11 years in the water, **Brody Simonson ('29)** knows that improvement never stops. Simonson explained, "At the start of the season, I struggled with my turns a lot, so much that I always fell behind when I was racing someone. By the end of the season, though, my turns have improved so much that I can now pass the person next to me."
Photo by Amy Rooker.



UNSHAKEN

At the MSHSL Boys Section 8AA Championship, **Landon Rooker ('28)** powers through his race with determination. When asked how he stays calm, Rooker stated, "I don't really want to be calm during a race. I want to have adrenaline going. That's how I race: just go hard and go for it."
Photo by Amy Rooker.

CHASING *MEDALS* TOGETHER

Holmberg's season ended in medals

On February 21st, swimmers **Kyler Williams ('26), Landon Rooker ('28), Dane Barthel ('26), and Bradley Holmberg ('29)** placed 4th in the 200 free relay and 5th in the 200 medley relay. Holmberg explained why this is important to him: "It felt really nice to stand on the podium my freshman year, get a medal, to do some of the seniors' final swims with them, and to show the hard work I put in, especially against strong competition in our conference and section. It showed me I can perform well there."
Photo by Amy Rooker.

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LEADERSHIP BUILT THIS TEAM

Leadership guides a young boys' swim team

This season, the boys' swim team is building something new with 40 athletes, with 20 of them middle schoolers, just learning how to find their spot. With such young swimmers, the team is built on trust and connection. After being deemed as a leader in his sophomore year, captain **Dane Barthel ('26)** shared how he brings the team together: "It really just took a lot of gaining the trust of the younger guys and really being active in the team. I couldn't just sit with the guys that I liked. I had to be with everyone. And I guess it took not just me, but it also took the other two captains this year. We all made our best efforts to know everyone on the team, making sure everyone is taken care of." Since half the roster is still in middle school, guidance during meets and practices is a very important detail, **Lucas Laingen ('28)** stated, "I'm an experienced swimmer. I've been swimming for most of my life, so I help the younger kids with their technique and guide them at meets. I feel like I should be helping them, but I don't feel pressure to be perfect because they learn from mistakes too. I just try to stay calm and committed to the team." With the pressure of being a role model for a young team, **Kyler Williams ('26)** explained why this is important: "They definitely look up to us as role models, so we have to make sure that we're showing good leadership and being good sports out there. They kind of feed off of that. Our energy feeds into their energy and it's kind of a team thing."

Spread designed by Allison Dressler

MORE THAN RIVALS

On senior night, captain **Bentley Smith ('26)** takes a photo with the Buffalo Bison seniors. When asked why they took the photo, Smith stated, "We're really close with that team. They're great friends of ours, and since it was senior night, we wanted to include them because they're part of our swim family. It meant more to me because I swim with them in the off-season, so taking that picture with my close friends was special."
Photo by Amy Rooker.

LEAD TO VICTORY

In a sport where athletes compete individually but score as a team, leadership is crucial. **Adam Miller ('27)** shared what it means to be a leader: "It's about making sure everyone goes out there and does their best. If a teammate isn't confident about an event, I hype him up beforehand."
Photo by Amy Rooker.

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WE DRESSED THE *BEST*

Meet your dress up day winners from winter week

Gemma Akapo ('29)
Favour Kuma ('28)
Kiera Baker ('26)
Demah Stahl ('28)
Iris Vang ('27)
Jedidiah Isreal-Payne ('29)

PAJAMAS ON MONDAY

Nellie Nwanna('28)
Jermiah Klaus ('28)
Toby Heil ('27)
Emma Antoni ('29)
Sebastian Fuller ('28)
Briar Gunnarson ('28)
Aminaya Guar ('28)

SOCCER MOM VS. BBQ DAD ON TUESDAY

Kelly Corona ('26)
Samantha Beck ('26)
Kadin Wicklund('28)

CAMOUFLAGE ON WEDNESDAY

Giselle Nguyen ('27)
Maren Bast ('29)

QUARTER ZIP VS. NIKE TECH ON THURDSDAY

Toby Heil('27)
Harper Blanchette ('27)
Favour Kuma ('28)

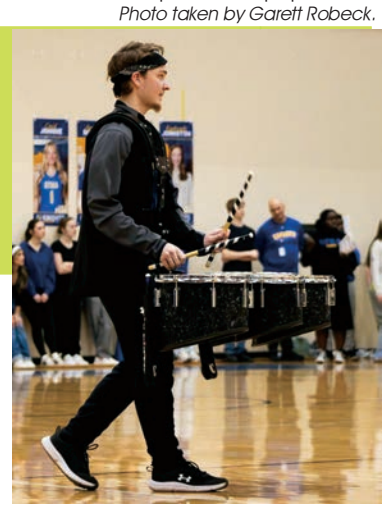
SCHOOL SPIRIT ON FRIDAY

CROWD CONNECTION

During the Captains' game, team leaders faced off in front of the student body made up of their teammates and friends. **Chase Mills ('26), Dylan Dunigan ('26), Mason Vanorden ('26),** and **Landon Thoennes ('27)** jumped to their feet, cheering on **Gavin Jackson ('26)** and the other wrestling captains. Dunigan said, "I was yelling because Gavin definitely won the dodgeball game and shouldn't have gotten out."
Photo taken by Garett Robeck.

WE'RE KEEPING THIS TRADITION

Kyle Shull ('26), a member of the STMA Drumline, gave solo at the front of the gym as the crowd erupted in cheers. Shull said, "Jig 2 is one of our cadences that features my instrument, and its fast-paced feel makes it perfect for pep fests. ."
Photo taken by Garett Robeck.



CAPTAINS SET THE TONE

Winter and spring sport Captains were selected to represent their sports in an intense dodgeball game. **Ava Pajari ('26)** takes off across the court, attempting to avoid getting hit by a ball. Pajari said, "It had been a long time since I had played dodgeball, so my main goal was just not to be out first, and I wasn't!"
Photo taken by Garett Robeck.

JUNIORS CAME OUT ON TOP

Each game at the pep fest had one true winner. After scoring points, **Julia Bright ('27)** claps and celebrates as the juniors continue to grow their lead. Bright said, "The juniors only had three people on our team, so we had to use a lot of teamwork and strategy to pull through."
Photo taken by Garett Robeck.

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THE JUNIORS CAME TO WIN

THE JUNIORS PROVE THEIR READY TO BE NEXT YEARS LEADERS

Winter Week Pep Fest brought a lot of energy to the gym this year, with every grade showing up ready to compete and support their classmates. But throughout the entire pep fest, the junior class stood out the most. From the start, they came ready to compete and prove that they're ready to step into leadership roles next year. Although the competition was the highlight of the day, the event wouldn't have been possible without the Student Council's planning and organization. **Josie Kursaz ('27)** a Student Council member said, "While planning the Pep Fest all of student council has to come together to make sure every student can be represented in our games and dress up days. My favorite part was seeing the encouragement from the crowd for our Special ED departments basketball Pep Fest game." One of the most intense moments of the pep fest came during Tug-of-War. The Tug of War game is one of the most anticipated events of the Pep Fest, especially the final round. This year, the final round came down to the juniors versus the seniors. Both classes gave it their all, but the juniors' determination and strength helped them pull ahead of the seniors and secure the win. Mason Peniata ('27) said, "beating the seniors kept the juniors on top since the fall pep fest, adding that the crowd increased the pressure to win." Another highlight of the pep fest was the student-versus-teacher relay race. Students and teachers slid across the gym floor on mattresses, racing to our emcees Faith Sigugu ('26) and Jacob Kwateh ('27), and answering questions about STMA before tagging the next teammate. Once again, the Juniors' quick response and fast feet helped them stay ahead throughout the race and finish with another win. **Maia Zea ('27)** reflected, "**The teamwork between us really helped, I also think we won because instead of trying to hard to win we were just having a good time."** The juniors consistently showed their energy and competitive spirit. From showing their strength to staying quick focused during the teacher student game, they made sure to leave their mark in every event. Their enthusiasm helped create some of the most exciting moments of the day. By the end of the 2025-26 STMA Pep Fest, the Juniors had proven that they are ready to take on the role of being next year's leaders.

HE RAN THE SHOW

Emcee **Jacob Kwateh ('27)** led the pep fest, and after the juniors secured the win in the teacher vs. student game, his reaction reflected the excitement and energy that filled the gym. Kwateh said, "It started off a little nerve-racking, but I eased into it pretty well, I'd say. I don't know if I can announce again, but if I get the opportunity, I'd do it 100%."
Photo taken by Garett Robeck.

WE'RE TRYING SOMETHING NEW

During the middle of the pep fest, **Addison Vanvooren ('26)** and the rest of the STMA Drumline took to center court to start a new tradition. Addison said, "We performed the usual tenor drum solo, but this time we used boomwhackers. It was a fun team effort that took about two to three weeks to fully master, and we were really happy with the performance we put on for the school."
Photo taken by Garett Robeck.

Spread designed by Bindee Nyandibo and Cora Hager

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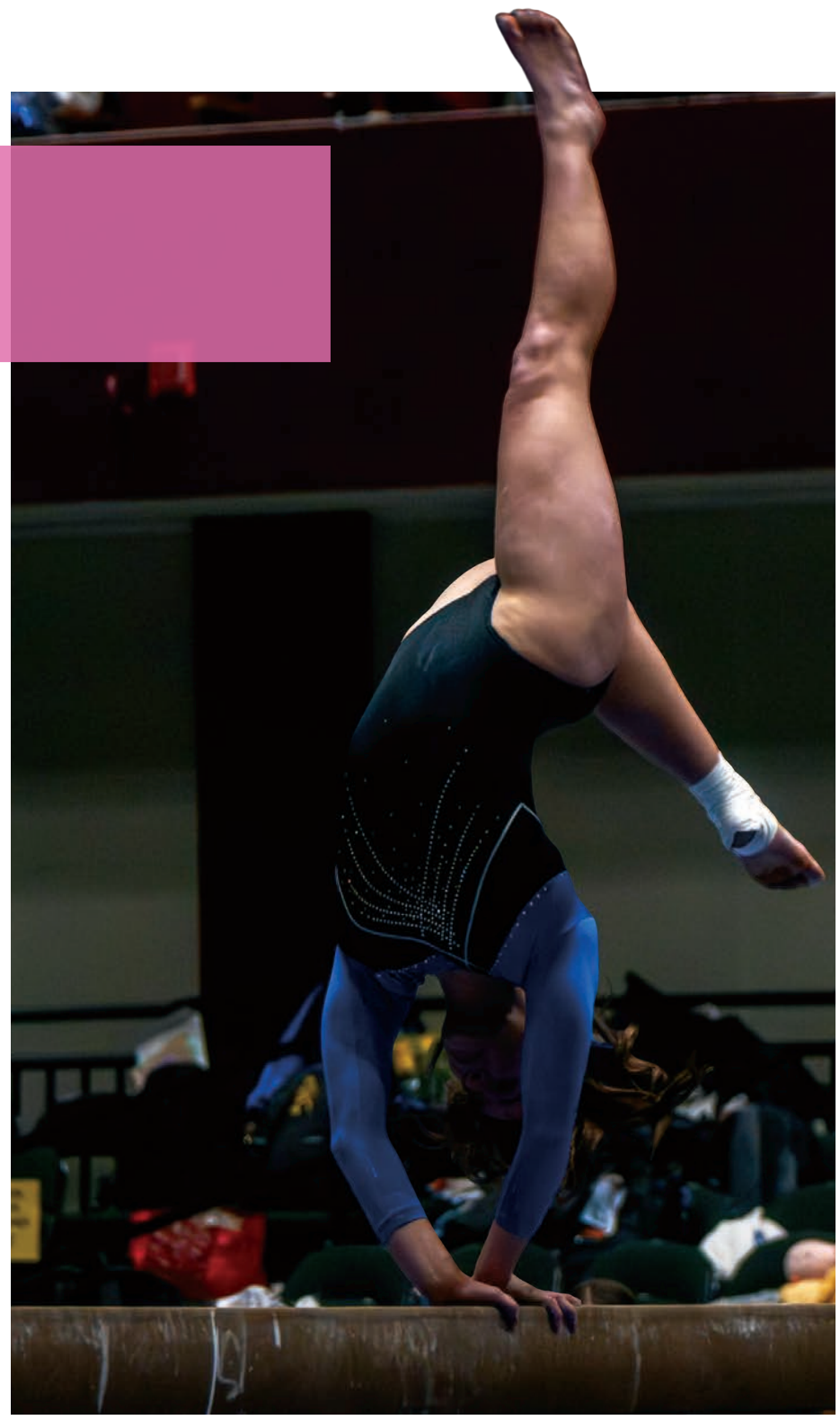
5 YEARS THEY WON IN A ROW

Gymnastics wins the Section 5AA Championship for the 5th year in a row

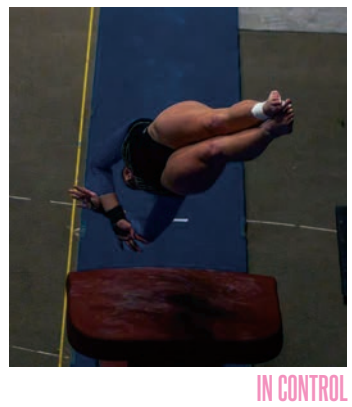
The tension in the air and pressure was nothing new for our gymnastics team. This was the 5th time in a row competing in the Section 5AA Meet as reigning champions, and all eyes were on them. They have set a standard of excellence, proving time and time again that hard work and extra hours in the gym pay off. They have pushed each other to be better every single day. Winning 5 consecutive championships isn't just a coincidence, it's a result of hard work and dedication. Before the section meet, the team does a walk through of all of their events to ensure they are prepared. This includes starting with the event they will be doing first the next day at competition. **Alivia Schut ('27)** said, "It helps me prepare in knowing I can do the skills I know how to do. When I walk through my routines I can picture my skills, connections, and landings which makes everything feel more familiar the next day during competition." During the meet, many of the gymnasts felt a immense pressure that they had to make it back to state. **Evelyn Neilson ('28)** said, " I use pressure in meets to help me prepare by visualizing my routines in my head and by taking deep breaths to help me perform to my best ability." After all the events are completed, the teams lay down on the mat and wait to hear their name. Every year since 2021 that name has been STMA. This year was no different. The team went up to accept their medals and celebrate with each other. **Amarah Petersen ('26)** said, "It was really rewarding when we found out that we won sections because it showed that all of our hard work throughout the season had paid off and we were excited to go back to state." After sections, the team went to state and competed. They earned 7th overall, scoring 141.225 points.

Spread designed by Ady Hannon and Maiya Slusarczyk



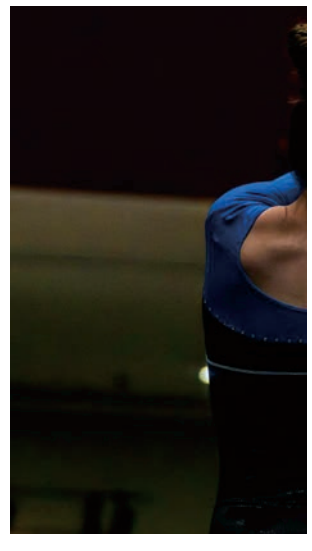
FROM THE SIDELINES

After **Shelby Fischer ('26)** finishes her vault, she salutes and smiles at her team. **Mia Thering ('29)** said, "My favorite part of watching Shelby's vault was seeing her smile so big because she blew the crowd away."
Photo by Leo Bjerketvedt.



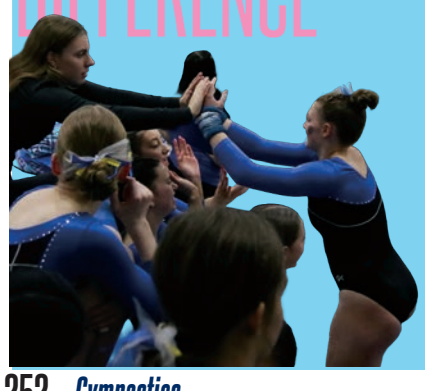
IN CONTROL

After completing a tumbling pass, **Lilyana Turner ('28)** strikes a pose at the judges. Turner said, "I remember my routine when competing by practicing it over and over again. If I forget, I just make it up on the spot." Turner scored an 8.775.
Photo by Leo Bjerketvedt.



SUPPORT MAKES *ALL* THE DIFFERENCE

Teammates support each other every meet



SUPPORTING OTHERS

Even though Olivia Geryol wasn't a gymnast on the team, she still showed up and helped to support and manage the team. Geryol said, "It feels good getting to support my team and knowing that I can make a difference in their routine by supporting them."
Photo by Maddie Stern.

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WHAT *WE* USE

Gear every gymnast needs

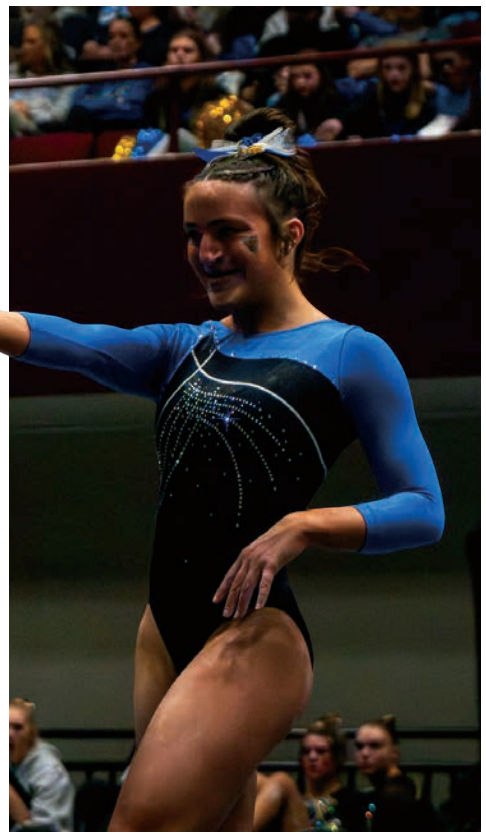
"I use grips to help hold on to the bar while doing skills in my routine that need extra grip. - Cassidy Dahmen ('28)

"Chalk is commonly used for bars to help you grip the bar and move smoothly which improves the control on skills in my routine. - Alivia Kuechle ('28)

"I use hair ties to keep my hair up and out of my face. - Colbie Johnson ('29)

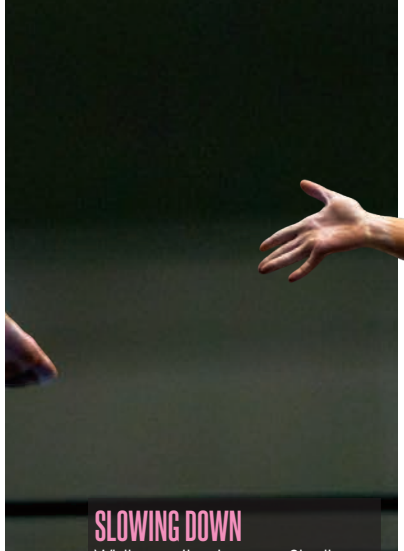
SLOWING DOWN

While on the beam, Shelby Fisher ('26) completes a backhand spring at the end of her routine. She said "I make sure to breathe while I'm on the beam and I remind myself to slow down and to trust my muscle memory. I also pray while I'm competing."
Photo by Leo Bjerketvedt



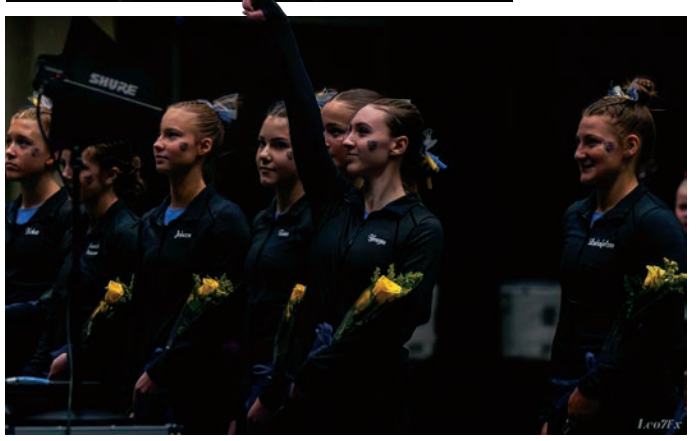
CATCHING THE EYE

In the middle of her beam routine, **Avery Lemonds ('26)** looks at the judges and smiles. Lemonds said, "While I'm competing beam I have fun by connecting with the judges by making eye contact and smiling as it helps me focus and keeps me calm under pressure." Lemonds scored a 9.725.
Photo by Leo Bjerketvedt.



MENTALLY PREPARE

In a brief moment before going on bars, **Grace Lindenfelser ('27)** chalks up her hands and mentally prepares for her turn. She said "I think about how I can hit each skill and take it one skill at a time." Lindenfelser scored an 8.175.
Photo by Leo Bjerketvedt.



MARCHING IN

Before the meet began, the team was introduced one by one to the crowd. **Skye Yaeger ('26)** said, "The March-In helps set the scene and atmosphere of the meet. It also gives me a moment of peace before the events start."
Photo by Leo Bjerketvedt.

STAYING CALM

While on the beam, **Lucy Kobus ('29)** looks straight ahead and concentrates on executing her next move. Kobus said, "Focus on the skill that you are doing, not what is ahead. Talk to yourself in your head. Take your time with each skill." Kobus scored an 8.500.
Photo by Leo Bjerketvedt.

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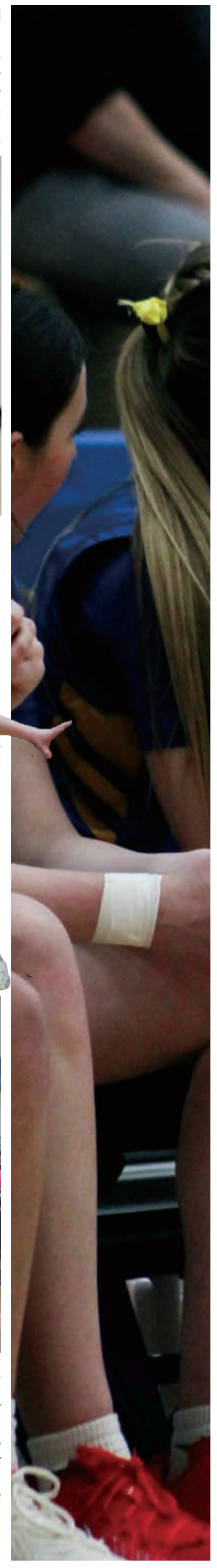
1. Jacey Bryan 2. Cail Jahnke 3. Presley Adrian 4. Kayli Bigalke 5. Amaya Hinzmann 6. Maiya Slusarczyk

PLAY MAKER

In the game against Chaska, **Kayli Bigalke ('28)** looks to pass to a teammate at the top of the key. Bigalke stated, "Being able to move the ball around is important because it helps create open shots."
Photo by Ady Hannon

CALM AND COLLECTED

During a close game against Chaska, **Cail Jahnke ('26)** shoots free throws to contribute to her 29 points. Jahnke said, "I think about all of my practice shooting them, take a deep breath and picture it going in."
Photo by Ady Hannon



LOCKDOWN DEFENSE

In the 2nd half of a close game, **Jensen Rogers ('26)** is tasked with guarding Chaska's leading scorer. Rogers said, "I slide my feet, stay low, and keep my hips square while trying to push them to their weak hand."
Photo by Ady Hannon

GAINING CONFIDENCE

In a match up against Chaska, **Maiya Slusarczyk ('27)** attempts a 3-point shot from behind the arc. Slusarczyk said, "Making 3 pointers in games gives me more confidence and energy in the rest of the game."
Photo by Ady Hannon

SUBBED OUT FOR *SENIOR* SEASON

Senior tears ACL before final high school season

13 Years
6 Teams
1 Season Ending Injury

SUPPORT

Even after having a injury that ended her season before it even started, senior **Marissa Weness ('26)** still shows up to support her team. Weness said, "I wanted to be involved with the team after tearing my ACL because being a part of it meant more than just playing in games. I knew I still had a role on the team, even if it looked different this year. I still wanted to support and cheer for them even if it meant from the sidelines."
Photo by Ady Hannon.

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SIDELINE SMILES
In a moment of calmness against Chaska, **Kaidyn Roisum ('27)** turns and talks to **Tenlee Egan ('30)** about the fast break they had just had. Roisum said "It's fun to be on the bench when a big play happens because you get to cheer for your teammates."
Photo by Ady Hannon

IT'S MORE THAN A GAME

Team raises money for boys' JV coach, Joey Miller's, late fiancé

One night a year, STMA GBB chooses one member of the community to honor at the annual cancer awareness night game. The game was played on December 18th vs. Chaska. This year the person that was chosen was Melaina Anderson. When Melaina was just 23 years old, she was diagnosed with Osteosarcoma. This is a rare and aggressive kind of bone cancer that is most commonly diagnosed in teens and kids. The team wore cancer t-shirts to school and during warm-ups and also wore yellow bows in their hair during the game to show support. **Jacey Bryan ('27)** said, "Wearing yellow was a powerful and happy color to wear to celebrate the life of Melaina." Sadly, Melaina was unable to attend the game, due to passing the week before. The team continued to stay committed to honoring her life, bravery, and her fight for life everyday. **Brooke Johnson ('29)** said, "While I was playing, I felt grateful I am able to play learning that some people are fighting bigger problems and knowing that its more than just a game." Members of the girls basketball team sell raffle tickets, 50/50 tickets, and t-shirts to raise money and give all the proceeds to Melaina and her family. This year they were able to raise over $10,000 for Melaina and her fiance Joey Miller. **Presley Adrian ('27)** sold 60 tickets and said, "It felt good to know that the money is going to support Melaina and her family." Before the game, the gym fell silent as everyone took a moment to listen to Joey Miller tell the story of Meliana's life. **Caelyn Foster ('28)** said "The pregame talk from Joey and Melania's family made me feel grateful that I get to play fro something bigger than basketball itself. Getting to know how much our community supports each other makes me beyond grateful to be apart of this program." Afterwards, the Knights had a slow start to the game, with the game tied 8-8 early in the first half. Then, the Chaska Hawks outscored the Knights 11-18 to end the first half with a score of 19-26. The Hawks came out and made back-to-back threes to extend their lead to 13-points. The Knights responded quickly, going on a 16-2 run to put them in the lead. After exchanging a couple of baskets back and forth, the Knights finally took the lead with just under 9 minutes remaining and never looked back. The final score of the game was 59-53, earning the Knights their 3rd win of the season, making their overall record 3-3.

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THEY MET THE CHALLENGE

Junior varsity overcomes adversity throughout the season

Anyone that watched the JV team this year would have no idea how many obstacles they faced throughout the year. Despite the injuries, low numbers of girls, and girls filling in and out for different teams, they stepped up. When the teams came out in November, only about 7 girls were strictly on Junior Varsity, a very little amount compared to past seasons. Not only that, but early in the season **Delaney Johnston ('28)** suffered a foot injury that put her out for 3 weeks. Shortly after, **McKenna Essler ('29)** tore her PCL, taking her out for the rest of her freshman season. With little numbers, different players had to fill in. Players were pulled for one half from B-Squad and varsity to make a full squad, **Brooke Johnson ('29)** being one of them. Johnson was pulled from team to team wherever they needed her the entire year. No matter where she played, she excelled in her role. Johnson said, "This season, I have the opportunity to experience two very different roles. On JV, I get to lead the team and take on a major role in games and help guide my teammates. On varsity, however, I step back and learn skills from the upperclassmen. I get to play a faster paced game. Experiencing both perspectives has made me a better player." Even after these setbacks, the team prevailed. The sophomores helped lead their team to a record of 21-5, one of them being **Reese Cleveland ('28).** Cleveland said, "I believe our team is very connected with one another and we like to have fun. I think this translates to the younger girls on the team by showing that good relationships matter for the team's success." Through the ups and downs, this team's chemistry and determination led them to a very successful season.

Spread designed by Maiya Slusarczyk

LIGHTS OUT
Early in the first half against Elk River, **Joey Hanson ('28)** pulls it from behind the arc. Hanson said, "When I make a three, I feel very happy and it gives me a boost of energy." Both teams went back and forth the entire game, but Hanson's energy helped secure the win for her team.
Photo by Ady Hannon.

ALL YEAR LONG

These sophomores play together year-round

6 Girls 2 Teams

GROWING CHEMISTRY
These 6 sophomores play together, not only at STMA, but on the same club team, too. **Mckenna Bugbee ('27)** said, "The more we play together, the more comfortable we are with each other on the court." This team's cohesiveness is all a result of the countless hours they spend together in the gym all year.

CONTROLLING THE TEMPO
Noelle Huber ('29) celebrates their opponents calling a timeout after a dominant start to the game. Huber said, "Our team is at our best when we work hard on defense and show intensity. Having intensity increases our momentum and confidence." C-Squad kept their feet on the gas for the rest of the game, winning by 46 points.
Photo by Maiya Slusarczyk.

ALL IN
After stealing the ball from her opponent, **Delaney Johnston ('28)** finishes the play on the other end. Johnston explained, "I use my quickness to my advantage by anticipating where the ball is going so I can get the steal." After a strong second half, JV secured the win against a good Chaska squad.
Photo by Ady Hannon.

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YEARS IN THE MAKING

These players grew up with the game

"My favorite memory playing basketball is making new friends throughout the years." - Gabby Johnston ('28)

"I have been playing basketball since I was 4 years old." - Riley Sebold ('28)

"My favorite memory playing basketball was the hotel tournaments." - McKenna Essler ('29)

GIVE AND GO

After stealing the ball, **Reese Cleveland ('28)** advances it to her teammate and gets it right back for the two. Cleveland said, "My team's unselfishness allows us to move the ball well and create more opportunities for each other." Their teamwork led them to a dominant win over the Bison.
Photo by Maiya Slusarczyk.

SHUT DOWN

In a close game versus Minnetonka, **Brooklyn Bottolfson ('29)** locks up her opponent on defense. Bottolfson remarked, "My team's good defense keeps us in games, especially when we can't hit many shots. It is definitely the reason we win games." The strong defense of the JV team led them to their 13th consecutive win of the season.
Photo by Ady Hannon.

HALFTIME

After a tough half against Minnetonka, **Coach Bebo** encourages his team. Bebo said,"I told them to keep things simple, and if they do the little things, we will be just fine." B-squad came out dominating in the second half, ultimately winning by 40 points.
Photo by Maiya Slusarczyk.

BOUNCING BACK

After a tough loss against Maple Grove, **Riley Sebold ('28)** leads her team to a dominant win in their last game of the season. Sebold said, "I help lead the team by just giving them advice and telling them that losing one game isn't the end of the world. It should give you more motivation to try even harder the next game." The team rallied to get their 21st win of the season.
Photo by Maiya Slusarczyk.

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EVERY NUMBER HAS A *LEGACY*

"I started on the 9th grade team wearing #22 and finished the season on JV as #40."

FORWARD
Elliot Lahr ('29)

40

"I wear #12 because I was born on the 12th, and it's always felt like my lucky number."

GUARD
Gavin Loos ('27)

12

"I picked #33 because it's the same number worn by Scottie Pippen, a player I look up to."

FORWARD
MJ Dillon ('28)

33

"I picked my jersey number because I wore #32 in football and my dad wore it when he was in high school.

FORWARD
Jayden Karger ('27)

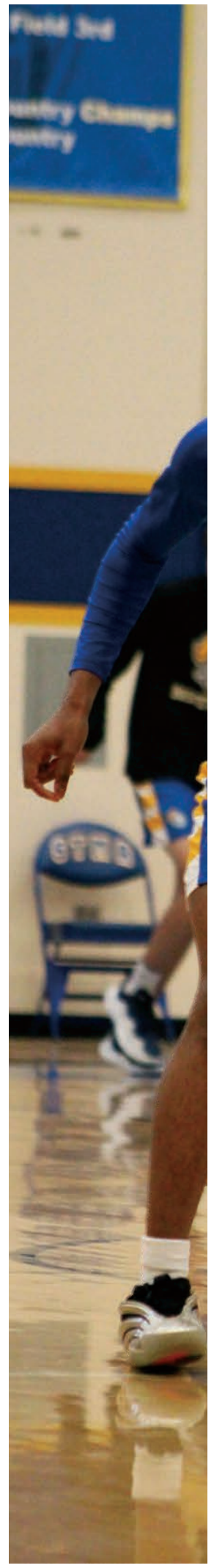
32

SHARPENED BY THE BEST

Many of the players stepped into bigger roles this season as the Knights faced some of the toughest competition in Minnesota. **Sekou Fofana ('27)** shared, "This season has helped me grow as a player because I got to compete against the best players in the state of Minnesota and really sharpen my game in different areas while playing the best of the best." *Photo by Garret Robeck.*

PREPARATION IS EVERYTHING

Jackson Goins ('27) dribbles during pregame warmups as the Knights prepare to take the court. Goins said, "Getting my head right during warmups is how I make sure I'm ready to give my all for the team." *Photo by Garret Robeck.*



PUSHING THE PACE

Braylon Bohm ('28) pushes the ball down the court during a fast break as the Knights transition quickly into offense. Bohm added, "It's tough to stay motivated with how the season is going, but when I get fast breaks like this down the court, it reminds why I love playing." *Photo by Garret Robeck.*

KNOWING HIS ROLE

Thomas Lahr ('27) embraced the responsibilities that come with running the floor and creating opportunities for others. Lahr shared, "It made me realize what my role on the team actually is. I'm not gonna be the leading scorer, my job is to get teammates the best shot they can and shoot if I'm open." *Photo by Garret Robeck.*

BEFORE THE *FIRST* WHISTLE

The starters' handshake that sets the tone for the night

MORE THAN JUST A HANDSHAKE

Before the game, the starters gather for their pregame tradition. For **Lucas Byran ('28)**, stepping into that lineup shows how much he's grown since last season. Bryan shared, "At the start of the season, I knew it would be challenging to move from 9th-grade basketball to varsity, but I didn't fully understand how fast the game would be. Adjusting to the speed and physicality of varsity competition was my biggest challenge." *Photo by Garret Robeck.*

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THE UNDERCLASSMEN STEPPED UP

A new generation of STMA Boys' Basketball

ENERGY ON THE COURT

Sekou Fofana ('27) drives the ball up the court, warming up for game time. Capturing the focus and intensity all the boys share, showing the effort put in even before the game starts. Fofana said, "I knew that once all the seniors were gone it would be up to me and the rest of my underclassmen team to step to the challenge. It meant the world to me to play at the varsity level for the amazing program we have at our school."
Photo by Garret Robeck.

The 2025–26 season tested STMA boys varsity basketball as a young roster stepped into key varsity roles. With underclassmen taking on increased responsibility, the Knights focused on growth, chemistry, and development throughout the season. **Maverick Maros ('26)** noted, "My role changed very differently, as I wasn't really a major player last year. Going from that, to playing a majority of the game, definitely felt different, but I was more than happy to take on the role." But, growth doesn't happen without challenge. Competing in a strong conference, the Knights were pushed each game by experienced opponents. Even when the scoreboard didn't fall in their favor, the team continued to battle through four quarters, gaining valuable varsity experience. Losses didn't define the team: effort did. Despite standing 0–25, the Knights never stopped showing up. Practices stayed competitive, and players remained committed to improving individually and as a team. **Tanner Heinen ('29)** said, "Despite the record of the team, during practices we kept the energy up just competing as hard as we could with each other, knowing that the harder we work now, the brighter the future is ahead of us, and the better we'll get in the process." That work showed in the underclassmen. With limited varsity experience, underclassmen were asked to fill major roles on the court. From increased minutes, to leadership opportunities, younger players embraced the challenge and gained confidence throughout the season. **Cooper Henson ('27)** revealed, "This is almost everyone's first year playing varsity, so I think this season showed us what it takes to win and how hard we have to work. My confidence has grown a lot from the beginning of the season to now. We have been working hard in practice every day to get better, and it is showing even if other people can't see it." The season wasn't the finish line, and although the record didn't reflect the effort put in, the season laid the foundation for the future of the STMA Boys' Basketball program. The experience gained during the 2025–26 season will carry forward as the program continues to develop.

BROTHERHOOD ON THE BENCH

Senior **Zach Helstrom ('26)** has been a steady presence for the Knights, contributing both on and off the court throughout his high school career. Helstrom added, "The bond we have on the sidelines is just as important as the game, we win and lose as team.
Photo by Garret Robeck.

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A NEW GENERATION IS ARRIVING

The freshmen may be the spark that rebuilds the program

As the 2026 season kicked off, a large group of freshman talent arrived, turning what many expected to be a "rebuilding year" into a "reloading year," where a new generation came ready to refresh the STMA boys basketball name. With tryout numbers significantly higher than previous years, the setting quickly shifted from an annual routine to a high-stakes environment where everyone had to prove themselves. This volume meant the coaching staff implemented tougher drills and faster cuts to build the best teams. The jump from middle school to high school for the class of 2029 meant the "everyone plays" philosophy was replaced with a reward-based system where every spot must be earned and kept. **Sawyer Andrus ('29)** explained, "I think the high turnout for tryouts was good because it forced people to work harder to prove themselves and brought a lot of competition, which is great for the program." This competitive fire is being felt throughout the program as veteran players support the newcomers and help set the standard. **Braedon Deneson ('27)** said, "Show up everyday and outwork everyone. Although your spot can be easier to maintain, work hard everyday knowing that it is not guaranteed." Beyond physical demands, the new generation is also balancing academic expectations with longer, commitment-based daily practices. **Elliot Lahr ('29)** shared, "My goal for the 2026 season was to get moved up and play a varsity game with my brother because I think it would be cool to play with him," highlighting the excitement and long-term vision building within the program.

Spread designed and photos by Addison Schmoyer

PUTTING IN THE EFFORT

After the game, when speaking to **Maurice Martinez Huff ('29)**, he mentioned how he is making a point: "I'm here to show the varsity team and coach that I am ready. I'm also getting settled into this new program and meeting new teammates along the way, but I also play more often on the 9A team, though, and have become a better play maker."

MOVING UP IN THE WORLD

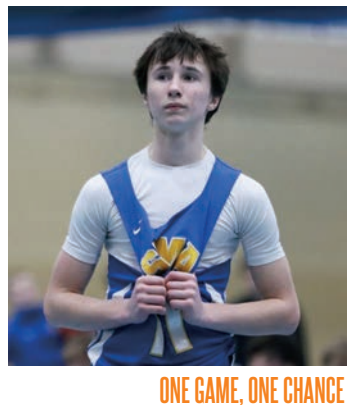
Freshman gets moved up to JV halfway through the season

READY FOR MORE

Luke Kruse ('29) dribbles the ball down the court right before taking a shot. Kruse shared, "My transition from 9A to JV happened really quickly. I only had one practice before my first game with the team. I am grateful for it though because I enjoy playing and even starting a lot on the JV team."

FUELING THE FOCUS

After the game, **Brody Adrian ('29)** shared his routine: "To prepare for my games, I always make sure my jersey is clean and then I listen to my playlist. Usually during the game, I'm just thinking about what I get to eat after it ends."



ONE GAME, ONE CHANCE

Gabe Thelen ('29) shared, "Something I've learned that through playing high school basketball for the first time is that Its really different than travel basketball because its one game and you don't get more than one chance in a day so do your best."

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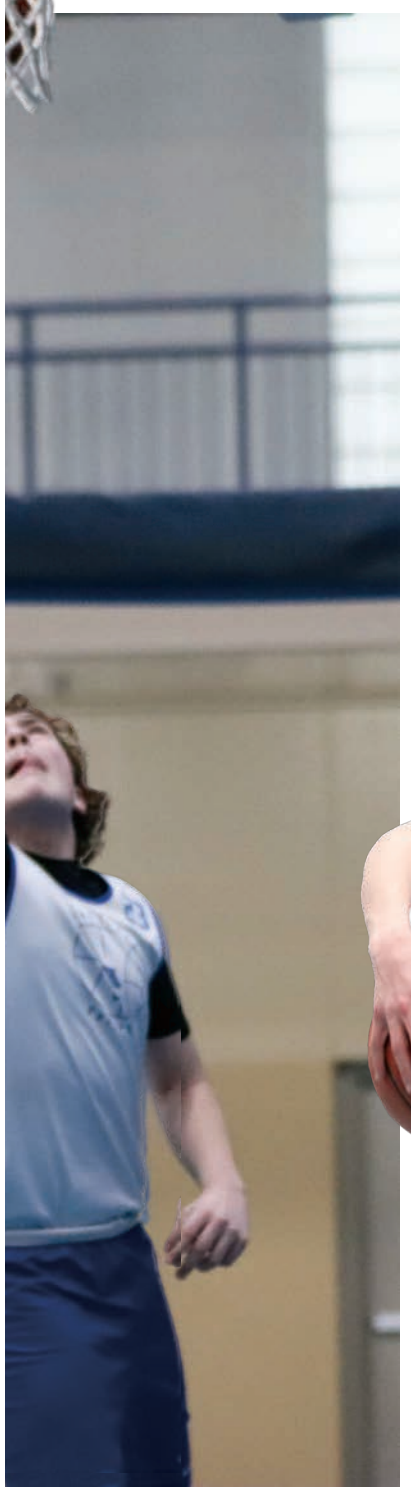

TIME MANAGEMENT LOOKS *DIFFERENT* NOW

How do you manage your high school work alongside your sports and commitments?

"I plan my whole week ahead of time, and I prioritize what is most important while staying organized.
- De'Mario Allen ('29)

"I try to get all my homework done in school, But being on a more committed team has pushed me to always get good grades so I can still play.
- Kade Schmitz ('29)

"I stay up late to do my work and practice more. The most rewarding part has been getting better at basketball and getting good grades at school, too.
- Bradley Rakos ('29)

GROWTH THROUGH SUPPORT

When asking **Isaac Haug ('29)** what his favorite part of the game has been he brought up his classmates and said, "My favorite part is always having teammates and coaches supporting me and encouraging me. They have helped me grow as a basketball player and as a person. My work ethic has improved, and I have gotten more confident from having people in my corner and helping me every time I play." This shows the importance of good relationships within a sport.

WIN THE MOMENT

As **Corey Wagenbach ('29)** defends the ball against Minnetonka. Wagenbach said, "One thing I have going through my head while I'm playing is that whenever I get the ball, I need to make the best play I can, while trying my hardest to win." Showing a commitment to the team and a willingness to grow throughout the season.

THINKING AHEAD

When **Luke Lindenfelser ('29)** was sitting in the sideline he shared the things going through his head before entering the game: "When I need to shoot, When I can make a move to score, and on defense when I have to to see where the opposing players are going to stop them from scoring."

KEEPING A GOOD MINDSET

Kameron Medlock ('29) shared that something he reminds himself often to, "Keep practicing, and never let someone tell you your to small or too slow." Throughout the season, Medlock contributed on both teams and worked to make an impact in every way he could.

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WE PUSHED THROUGH

The Hawks stayed commited and grew together throughout this season

The Riverhawks Varsity season may not be reflected through the wins and the losses, but the numbers don't tell the full story of who this team is. Facing a challenging schedule and tough opponents, the team struggled to find consistency on the scoreboard. Despite little setbacks, the players continued to show up. **Lauren Brommer ('27)** mentioned, "Losses are a part of being in a sport but using losses as a learning experience makes you a better player and teammate." Through early mornings and late nights they were all committed to getting better every day. Leadership played a key role in keeping the team focused. Upperclassmen and captains led by example, encouraging younger players and setting the tone both on and off the ice. Captain **Alexa Larson ('27)** stated, "I lead my teammates by being a good example on and off the ice. Showing up everyday with a good attitude and effort and having good energy, I support my teammates by always being there for them and pushing them to be their best even when they're struggling. I always try and be someone they can talk to." Even when momentum was hard to come by, the bench remained loud and supportive. Defensively, the team learned to battle under pressure, while the offense focused on creating smarter opportunities and trusting one another. Each game became a lesson in communication and teamwork. **Brooke Williams ('28)** explained, "As a sophomore on the team, it's sometimes hard for my ideas and thoughts to be heard. I believe in talking with people, not just commanding them. I believe it gives us the chemistry to go out there and get our jobs done. Using your teammates is key to a successful game." The girls varsity hockey team proved that success isn't only measured by wins, but by effort, growth, and the ability to keep fighting when things don't go your way. Those lessons will carry far beyond this season and far beyond the rink.

Spread designed by Gracie Vankuyk

CELEBRATION CIRCLE
The Riverhawks score and come together after to celebrate. **Brooke Williams ('28)** mentioned, "Scoring is exciting, but celebrating with my teammates means everything to me. It's a reminder that every goal is a team effort, and those shared moments being us closer together."
Photo by Garett Robeck.

HEADING UP ICE
Forward **Morgan Fitch ('28)** brings the puck through the neutral zone skating up ice. Fitch said, "Skating up the ice puts me in a space where thinking stops and awareness takes over. Everything that felt loud or heavy before goes quiet. I'm not rushing or hesitating, I'm reading, reacting, and trusting the work I've put in."
Photo by Garett Robeck.

UNBREAKABLE BOND
The tight-knit bond between **Kendall Ringat ('28)** and **Ellie Dwinnell ('28)** is a friendship like no other. After winning the game, Ringat went and hugged Dwinnell. Dwinnell stated, "I love how we can joke with each other, but also push each other to work as hard as possible and be the best we can be. She is one of my favorite teammates that I've ever had!"
Photo by Garett Robeck.

THE STATS SPEAK LOUDLY

The goalie who kept the team

22 GAMES
700 SAVES
2 SHUTOUTS

Mckenna Sale ('27) explained, "This season was definitely on the harder side, but it was about developing and getting past the hard parts with a positive approach and mentality."
Photo by Garett Robeck.

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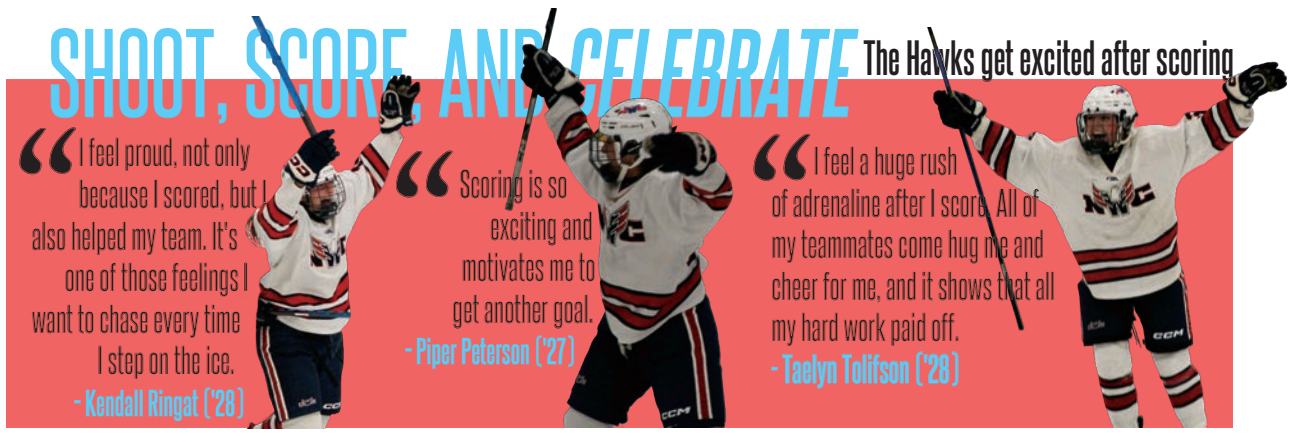
SHOOT, SCORE, AND *CELEBRATE*

The Hawks get excited after scoring



"I feel proud, not only because I scored, but I also helped my team. It's one of those feelings I want to chase every time I step on the ice.
- Kendall Ringat ('28)

"Scoring is so exciting and motivates me to get another goal.
- Piper Peterson ('27)

"I feel a huge rush of adrenaline after I score. All of my teammates come hug me and cheer for me, and it shows that all my hard work paid off.
- Taelyn Tolifson ('28)

SEEING THE ICE

Defense **Lexi Schumm ('27)** looks for an open player to pass too. Schumm stated, "When I have the puck, I try to make smart decisions and not force passes. Before I get the puck, I evaluate the ice and see where the other team is pressuring me and who is open."
Photo by Garett Robeck.

PASS WITH A PURPOSE

Alexa Larson ('27) looks to pass it to **Piper Peterson ('27)** for a shot on goal. Larson said, "When I make a pass, I try to create an opportunity to make a play and get the puck to the net by trusting my teammate."
Photo by Garett Robeck.

BOARD SIDE BATTLE

Presley Sobraske ('28) battles her opponent against the boards and fights through it. Sobraske explained, "I use all my strength and energy to get the puck to the net. I make sure I keep in mind that the play is never over and I have to keep battling even after the play is over with."
Photo by Garett Robeck.

GAINING SPEED

Assistant captain **Paola Hernandez ('27)** skates up the ice with the puck gaining speed. Hernandez mentioned, "My goal is to just get the puck out of our zone, up ice, and to the net."
Photo by Maddie Stern.

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LAUGHING ON ICE

Having fun on the ice with teammates

"Playing with Presley Sobraske ('28) is always super fun! I feel like we have similar playing styles, so we can connect well on the ice."

- Elise Scherber ('28)

Lillie Nelson ('26)

CELEBRATING THE GOAL

Ella Baetsen ('27) scoring a goal and being celebrated by her teammates. Baetsen stated, "Scoring feels amazing, but having my teammates there to celebrate it makes it even better. It is a great feeling knowing we all worked together for that moment!"

GIVING 100%

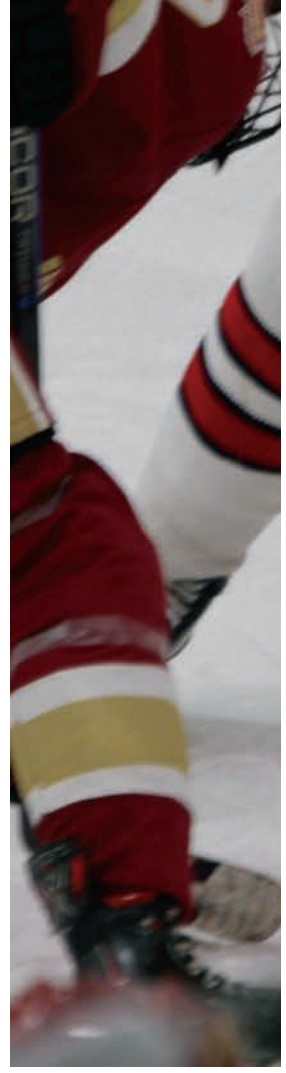
Addison Rowan ('27) skating up on the ice. Rowan stated, "I feel like the rest of the world is tuned out. I think about how every shift could be the last."

DEFENDING THE GOAL

Defenseman **Lila Luedemann ('29)** keeping the opponents away from the net. Luedemann explained, "I always think to keep girls on the outside of the ice. I also never leave anyone open in front of our net, I keep opponents away from clearing the puck and playing physically."

BATTLING FOR THE PUCK

Competing at the face off **Chloe Hammer ('28)** fights for the puck. Hammer mentioned, "I feel focused and competitive. I try to stay strong and do whatever it takes to win the puck for my team."



ONE LAST SEASON

The three seniors on the team play one last time

THE SENIORS

Ellie Fischer, **Lillie Nelson**, and **Samantha Beck** had a great last season on the ice. Beck stated, "The reason that made this season a good experience was all of the amazing girls I got to play with!"

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THEY PLAY WITH PURPOSE

The JV girls' hockey team continues to push forward

This season, purpose fuels every practice, every shift, and every game for the JV girls' hockey team. Each practice was an opportunity to improve, and each game was a chance to compete with confidence. The girls embraced their roles, stepped up when needed, and stayed committed to their goals. Even when challenges came their way, the players leaned on one another and kept pushing forward. Playing with purpose meant showing up ready to work, ready to learn, and ready to represent their team.

Ellie Fisher ('26) mentioned, "I play with purpose by making sure everything I do has a reason, I show up every day willing to give 110% to be the best I can be. My overall mindset about playing and showing up to hockey was to be the best I can be and not let others get to me." Playing with purpose isn't always easy. Through tough losses, exhausting practices, and moments of doubt, the JV girls' hockey team continued to show up, even when the score board didn't reflect their effort, their commitment never decreased. Choosing to compete with energy and focus, especially on the hard days, proved what their season was truly about. In the end, the JV girls' hockey team proved that playing with purpose means more than just winning games. It's about showing up everyday, pushing through practices, and supporting each other on and off the ice. Their effort and determination defined their season and the purpose they brought every time they stepped on the ice.

Spread designed by Sophia Michals
Photos taken by Allison Dressler

FEELING ACCOMPLISHED

Center **Samantha Nied ('27)** battles an opponent to get the puck. Nied mentioned, "I feel like a leader going onto the ice, I always try to stay strong and win the puck."

FACE OFF

Alexis Mckane ('29) loves to do face off's during games. Mckane stated, "Before face off's, I am always a little nervous, but I know I have to focus to make sure to win it. I always make sure to keep my eye on the puck and to get down low so that I can have a quick reaction."

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HE *PROTECTS* THE NET

Will he make the save?

.904 SV%
1000+ SAVES
3.07 GAA

"Great saves give me confidence, and I am always focused on the next save I can make."
-Lucas Ingebritson ('26)

Photo taken by Allison Dressler.

MORE THAN A GAME

Following games, players from both teams come together. **Easton Monahan ('27)** stated, "We pray together after games to thank God for letting us play the sport we love."
Photo by Allison Dressler.

CONTROLLING THE PUCK

In a tough game against Edina, staying in control was important. **Caden Clark ('27)** explained, "We always have to be scanning the ice to see open players and where the defense is so we can keep the puck."
Photo by Maddie Stern.

WORKING IN TANDEM

Working together and trusting each other on the ice creates success. **Tanner Esterberg ('26)** explained, "When we're playing, we are always communicating. We stay positive, don't blame each other, and rely on one another when things get stressful."
Photo by Maddie Stern.

Managers share favorite parts of their roles

BEHIND THE *SCENES*

GAMEDAY FUN

Other than taking stats, managers **Carrie Michenfelder ('26)** and **Grace Studer ('26)** enjoy hanging out with each other and the team. Michenfelder said, "It's a really fun environment and great people to be around. We like to make game day TiktToks to ask the players funny questions, and celebrate the wins."
Photo by Maddie Stern.

EYES UP

Junior forward **Braylen Maciej ('27)** knows the importance of awareness on the ice. He explained, "You have to constantly be looking up while skating so you don't get hit. I try to stay calm so I can stay in control and not worry about getting hit."
Photo by Allison Dressler.

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FOR THE WIN
Late in the third period, left wing **Braeden Waller ('27)** has the puck, and was about to take a shot. His shot went it for the game winning goal against Edina. Waller said, "When I scored I was in shock, and so surprised that I did. In the moment the whole thing didn't feel real." The Knights beat Edina 2-1. *Photo by Maddie Stern.*

WE BEAT #3

The Knights defeat top ranked Edina Hornets for the first time

On January 8th, the boys varsity hockey team was set to play Edina, the defending state champions and #3 ranked team in the state. Going into the game **Coach Sean Fisher** explained, "We always play a very tough schedule, so we have learned to prepare ourselves for tough games, instead of comparing. We were confident in our team and thought we could beat anyone on any given night." This mindset showed strongly in the game against the Hornets. Starting when puck dropped, and continuing throughout the whole game, the Knights didn't let their opponents intimidate them. **Henry Robinson ('26)** said, "We had to treat this game just like any other normal game." The entire game was a battle, but going into the third period down by one, and still without a goal, the team knew they had to step up. Senior leader, **Levi Antoine ('26)** stated, "When we were down late in the game, we had to start playing with more intensity and urgency. We simplified our game by getting pucks deep, taking more shots, and supporting each other better on the ice. After we scored the tying goal, the momentum clearly shifted in our favor and our confidence grew. We handled the pressure by staying composed, trusting our system, and continuing to work as a team." The tying goal was crucial to keep the Knights in the game. Play continued down to the final minute with no additional goals from either side. With 35 seconds left, captain **Braedan Waller ('27)** scored a huge goal when it mattered most. After this lead-taking goal was scored, the atmosphere in the rink was filled with excitement. The team finished the game strong to add a huge 2-1 win to their record, and their 8th consecutive win of the season."

Spread designed by Ella Morstad

CRASH THE GLASS
After the final goal was scored against Edina, **Dylan Faucher ('27)** celebrated with his team. He shared, "I had the assist on the goal that Waller scored. After we won, we were all going crazy with each other and the crowd, and it was really cool." *Photo by Maddie Stern.*

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UNIFIED ON ICE

Zaden Price ('28) and **Jacob Harrison ('27)** celebrate a goal that was made by **Sam Brown ('28)** in the game against Buffalo. Harrison explained, "It felt good to win against Buffalo since they are our biggest rival and it got really competitive." The Knights defeated Buffalo in a well played game.

SIDE BY SIDE

Logan Gerten ('27) and **Crosby Nelson ('27)** are skating down the ice together. Gerten said, "My teammates and I work together on the ice by staying positive while having good communication. It is important to know your role on the team in order for us to compete." Working together as one helps to keep the team in control in their game against the Hornets.

LOCKED IN

Brady Ward ('27) battles against an Edina player to secure the puck during the beginning of the game. Ward states, "My first thought on the first play during the puck drop is to try to win the puck back." The Knights fought hard, but ended up losing to Edina.

EYES ON THE PUCK

Cy Fowler Adams ('27) charges towards the puck to attempt to score during the game against Buffalo. Fowler Adams said, "When I have the puck the first thing I look for is if one of my teammates is open or if I should shoot the puck or pass it." The Knights took the win of a score of 4 to 1 against the Bison.

THE BRICK WALL

Nolan Johnson ('27) stays focused at the net, watching each play and staying ready for any shot from the other team. Johnson explained, "I stay focused while at the net by thinking only about the next shot. I communicate with my defense by letting them know what to do with the puck." The Knights ended up losing against Edina after a tough game.

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JV *DEFEATS* THEIR RIVAL

The boys had a big win against Buffalo

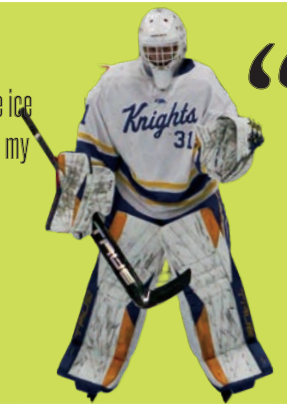
The games against Buffalo have always big rivalry games at all levels. After seasons of coming up short against the Bison, the goal for the JV boys this year was to win against their rivalry team. At the beginning of the game, both teams came onto the ice with lots of energy and drive to win. **Grayson Boser ('28)** described, "The team knew that it was a big game for us. There were tough practices and a lot of hard work going into the game." After preparing all season for games like this, the team was ready to play at the best of their ability. To gain an early lead, **Cameron Coe ('27)** scored the first 2 goals of the game. Coe stated, "This season I have worked on my confidence, ability to make plays, and trusting my teammates on the ice to help lead up to big games like this." The Knights continued to score more as the game went on. It was a very exciting shutout win for the team, with a final score of 6-0. **Sam Braun ('28)** said, "Everyone was really hype in the locker room and very excited. The win definitely helped us get closer as a team and brought us together." This big win against the Bison had built confidence for the JV team going into the rest of the season. **Theo Lyke ('28)** explained, "Winning against Buffalo let us know that if we played well as a team we could also win games to tougher teams." This gave the boys motivation to compete against other opponents. This game led to teammates trusting each other more. Whether that was through practices, games, or even outside of the ice. This win had proved their hard work in practices and their strong teamwork had paid off overall. Winning against Buffalo hadn't been just a win for the Knights JV hockey team, but had marked a turning point in the season. In the end, the team wasn't at the top of the conference, but they had a successful season driven by trust and teamwork.

Spread designed by Camryn Mikolich and photos taken by Allison Dressler

WHO'S YOUR *ROLE* MODEL?

JV players share who they look up to on the ice

"My biggest role model on the ice is Brady Ward. I try to model my game after his because he works hard."
- Dylan Vieau ('27)



"My biggest role model is Carey Price, because he's the one that got me into playing goalie."
- Ethan Johnson ('27)

"I look up to Brock Faber, because I like the way he plays."
- Christian O'Brien ('27)

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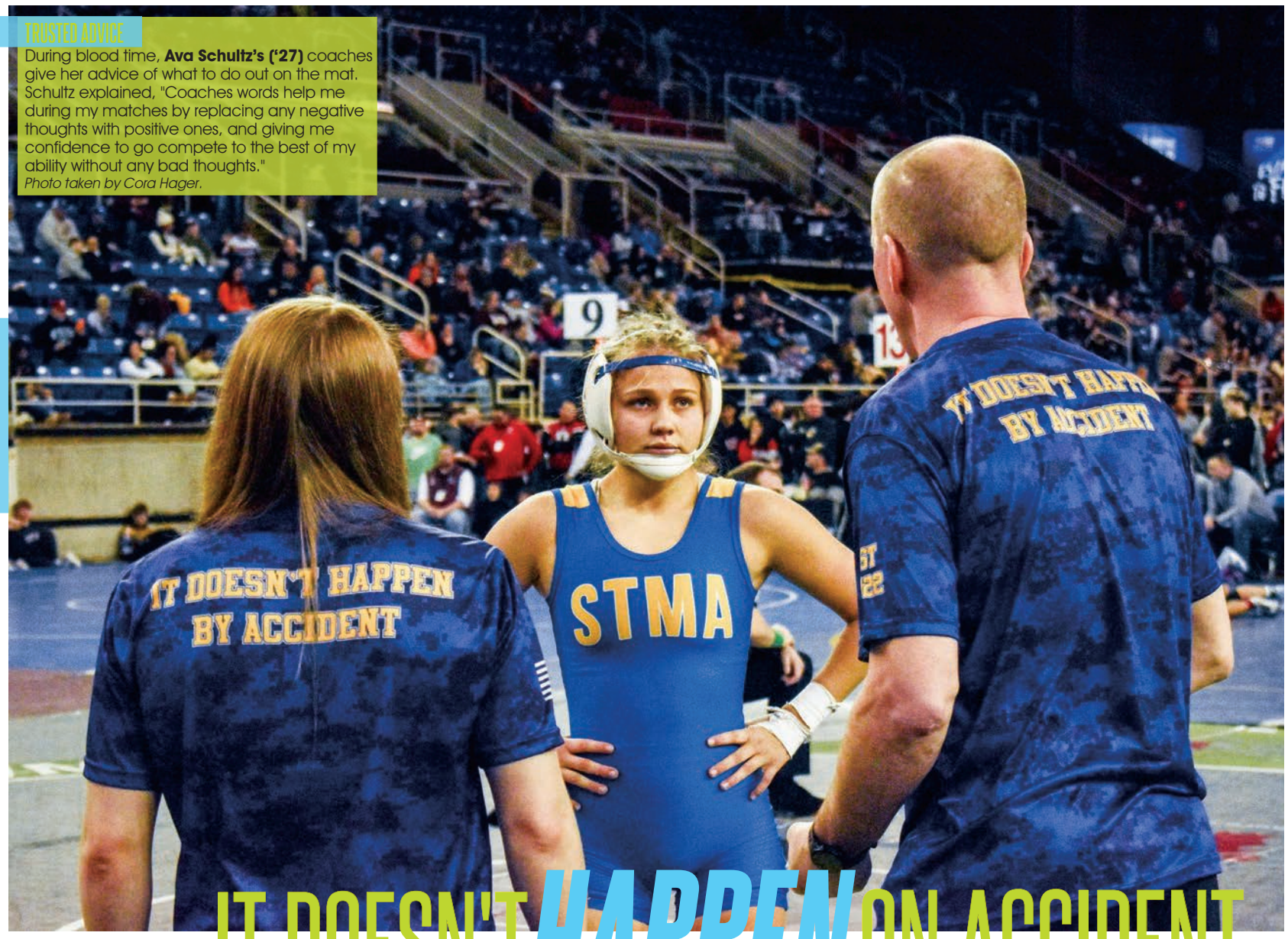

TRUSTED ADVICE

During blood time, **Ava Schultz's ('27)** coaches give her advice of what to do out on the mat. Schultz explained, "Coaches words help me during my matches by replacing any negative thoughts with positive ones, and giving me confidence to go compete to the best of my ability without any bad thoughts."
Photo taken by Cora Hager.

IT DOESN'T *HAPPEN* ON ACCIDENT

Girls' wrestling follows the path made by strong support and leadership.

Opportunities in girls' wrestling weren't always guaranteed. That's why this team knows their growth isn't accidental, it's the result of strong leadership and a program that believes in holding everyone to the same standard. Having a great boys wrestling program helps ground the girls team. **Josie Kurasz ('27)** explained how the success of the boys' team helped grow the girls program. "I think one of the reasons we're a good team is because we're held to the same expectations that the boys have set. It's not like we're allowed to slack off just because it's an off day. We're encouraged to go higher. Because the boys' team have had so many accomplishments, they also open up chances for the girls. We've been given a lot of resources from the boys' team. We share mat time, we share the room, and they're very kind about scheduling. A lot of the proceeds that the boys get have also gone to us, which has helped our team grow and thrive." All of these resources also bring accountability. **Brielle Eguia ('26)** shared how the high expectations help the team thrive, "It helps our attendance, it helps people be there and show up instead of thinking that they can just come and go whenever they want. Having expectations pushes us to truly show up and give effort, not just be there to be there." This season looks a little different for some girls, as their new head coach Emily Shilson takes a step in coaching. Having a coach who didn't wrestle against other girls in high school helps motivate the girls to be grateful for every match, because not everyone is guaranteed one. **Ava Schultz ('27)** explained how Emily motivates the team, "I have always looked up to her, and she kind of paved the way for girls wrestling. It makes me want to coach and help out with wrestling and to keep the sport growing. I think it motivates a lot of the girls to work harder too. They see her career and see that she's had all these accomplishments, and are motivated to be like that too." Schultz isn't the only one who feels inspired by Shilson's legacy. **Cooper McAdams ('26)** shared how having high expectations from the boys' team and their new coach helped the team thrive. "When I first started, I wanted to be good like them. It definitely motivates you to try to work as hard as they did. They definitely set the standard for us and have motivated us to want to be as good as them and show that we're equals. Having our coach be a three-time world champ motivates us, especially whenever you get to practice with her and watch her wrestle, and just being able to see her confident in what she does. It makes you want to honor her; as a wrestler, it makes you want to really live what she does. Then, it's also so fun knowing that the knowledge she has gets passed on to us and that we are in good hands." By holding themselves to the same standards and embracing the same dedication, the girls team isn't asking to be equal, they're proving it. *Spread designed by Allison Dressler*

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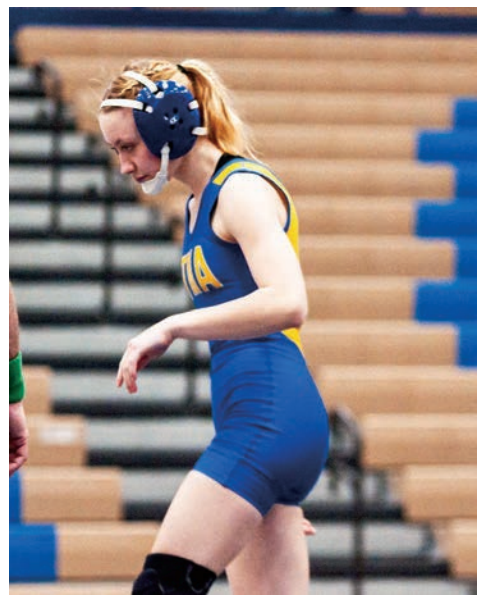

FIRST AND LAST

A few weeks after senior night, **Bindee Nyandibo ('26)** qualified to be 1 out of 7 girl wrestlers to make it to state. Nyandibo said, "Joining a new sport as a senior can be intimidating, but I've seen so much growth in myself from the beginning to the end of the season. I did lose my senior night match, but it only motivated me to work harder and come back stronger. As I prepare for the state tournament, I'm proud of every win and every loss as each one made me better and I'm honestly shocked I even made it this far."
Photo by Roman Herron.

NO COMPARISONS

After a tough senior night resulting in only one girl winning, **Cecilia Tregaskis ('26)** reflects on the mindset that shaped her season. Tregaskis stated, "As long as you are doing your own best, that's all that matters you can't compare your wins and losses to everyone else."
Photo by Roman Herron.

LOCKED IN

After pinning her opponent during the second period, **Madie Barnes ('26)** secures the win on senior night. Barnes explains how she prepares before matches, "I always have my headphones on and listen to music to help calm my mind and get excited. I usually like to jump and do a couple quick warm-ups on the sidelines to keep my body warm and in the mindset for a match.
Photo taken by Roman Herron.

BEFORE THE WHISTLE

Before every match, the wrestlers shake hands with their opponent to show respect and sportsmanship. **Joyce Kantshama ('26)** explains how she uses the hand shake to her advantage, "In that handshake, I feel their strength, size up their upper body, and set my first goal, don't get pinned."
Photo by Roman Herron.

IT'S MORE *THAN* A SPORT

Wrestlers share how the sport has shaped them

"It makes you a team player. It's an individual sport, but you have to use your team to help you to get better. You also get close to so many people."
- Payton Hemp ('29)

"It helps build character, and it helps you learn to bounce back from losses because you just have to be able to prepare and get ready for the next match."
- Olivia Miller ('29)

"Because of the community we have, I was able to find sisters in wrestling, which was a really cool experience."
- Zara Maeder ('28)

"Joining wresting my senior year was an eye opening experience. I've met so many nice people and many new friends. Whenever I'm wrestling, there's always a group of girls cheering for me mat side and they were there for me from my very first match to my last.
- Sophie Labatt ('26)

SUPPORT AT EVERY MAT

On the sidelines **Sophie Labatt ('26), Adrienne Lewis ('26), and Ady Evenson ('26)** cheer on their teammates on senior night.
Photo taken by Roman Herron.

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WE ARE 12X STATE CHAMPS

Boys' wrestling claims their 3rd State Championship in a row

WEIGHT CLASS: 107LBS
CAREER RECORD: 43-5
PINS: 15
Jackson Thorn ('28)

WEIGHT CLASS: 114LBS
CAREER RECORD: 47-2
PINS: 26
Landon Thoennes ('27)

WEIGHT CLASS: 127LBS
CAREER RECORD: 34-8
TECHS: 9
Eli Schultz ('26)

WEIGHT CLASS: 172LBS
CAREER RECORD: 42-8
PINS: 19
Joe Scully ('26)

WEIGHT CLASS: 189LBS
CAREER RECORD: 49-1
TECHS: 19
John Murphy ('26)

BACK IN ACTION
Lifting his opponent, **Roman Herron ('26)** mat returns a Shakopee wrestler in the finals of the MSHSL State Tournament. Herron comes back to competition after sitting most of his senior season out due to an meniscus tear. Herron shared, "It feels great to get back out on the mat. Coming back from surgery in less than a month is no easy task, but these moments make it all worth it."
Photo by Maddie Stern.

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For St. Michael-Albertville's boys' wrestling team, going to state is basically ritual for them now and this year was no outlier. The team rolled through their section tournament beating the #4 Wayzata Trojans in the finals 52-9 to punch their ticket to state. The team also qualified 12 individuals for the individual state tournament. The Knights first state bout was against Brainerd and beat them 53-11. Immediately after, they were faced with Hastings. In 2023, Hastings beat STMA in the state finals of the state tournament, so this was a match up that means a little more to some of the wrestlers. **Chase Mills ('26)** explained, "It feels amazing to get that win back, especially when we had such a heartbreaking loss to them. I just think we show up better and better each year. But again, we don't worry about the past; we just come and wrestle knowing that we are the best team in the state, and a top 15 team in the nation when we are wrestling."

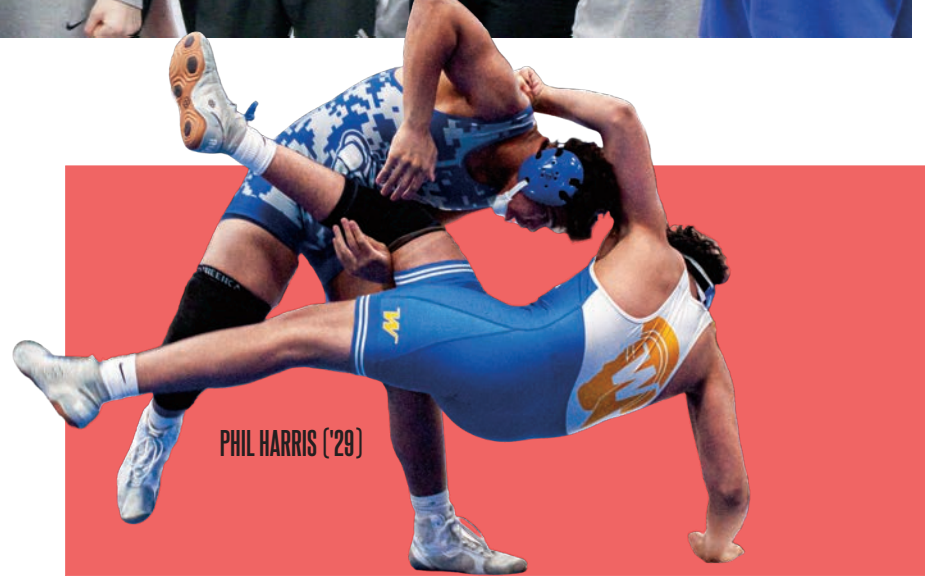
They made short work of the Raiders, beating them and squashing the rivalry 45-12. Next, the team had the Shakopee Sabers. They are the #3 team in the state, and the returning team runner-ups last year. Just like the others, the team stayed calm and composed and were confident that they would take the state championship when going into the match up. And that they did, beating the Sabers in dominant fashion 46-18. **Roman Herron ('26)** shared, "It felt surreal to beat a team of that caliber that handily. Leading up to the tournament they were saying that they were going to beat us, so to win like that just leaves no doubt that we are the best team in the state." This capped off the end of the season with an undefeated record and the teams third state championship in a row. As the team rolled into individuals, STMA was able to welcome home seven All-State wrestlers including four State Champions, 2 State Runner-Ups, and 1 State placer.

Spread designed by Roman Herron

DOMINANT VICTORY
Chase Mills ('26) raises the trophy to the crowd after winning. The Knights claim first in the MSHSL State Tournament.
Photo by Garett Robeck.

ON ANOTHER LEVEL
Lincoln Robideau ('28) slide-by's his Shakopee opponent, winning this match by technical fall 21-5 in 2 minutes and 30 seconds.
Photo by Garett Robeck.

A FRESHMAN TO WATCH
Phil Harris ('29) starts his second year on the Varsity team, ending his season 32-8.
Photo by Roman Herron.



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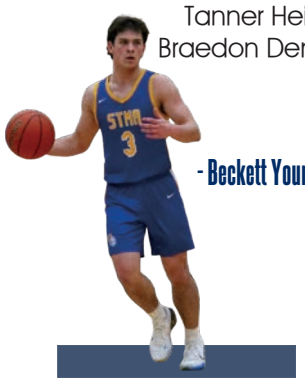
Back Row: Coach Miller, Coach Smith, Laron McCoy, Natol Petros, Zach Helstrom, Aiden Nowak, Maverick Maros, Levi Conklin, Parker Majkozak, Jackson Goins, Sam Dunna Jr., Coach Jans, Coach Oseth
Front Row: Beckett Young, Thomas Lahr, Lucas Bryan, Jayden Karger, Cooper Henson, Braylon Bohm, Gavin Loos, Sekou Fofana, Tanner Heinen, Lewellyn Nyemah, Braedon Deneson, Cole Pagenhopf



- Beckett Young ('27)

VARSITY/JV BOYS' BASKETBALL

Back Row: Henry New, Nolan Radmacher, Elliott Johnson, Finn Outcelt, Aaron Collins, Maharaja Dillon, Coach Simmons
Front Row: Nohe' Odanga, Blake Gauer, Carson Bannick, Jackson Pugh, Eli Schmoyer, Evan Tatge

- Nolan Radmacher ('28)

10TH GRADE BASKETBALL

Back Row: Coach Campbell, Petersen Witt, Owen Quaal, Corey Wagenbach, Elliot Lahr, Sawyer Andrus, Gabe Thelen, Landon Beaulieu, Maurice Martinez Huff, Emmanuel Ali, Isaiah Wensel, Coach Rayford
Front Row: Mason Suen, Jaiden Stahl, De'Mario Allen, Bradley Rakos, Luke Lindenfelser, Isaac Haug, Brody Adrian, Noah Mesna, Carson Loch, Kameron Medlock, Kade Schmitz, Luke Kruse
Not Pictured: Deron Ben, Alexander Adams

- PJ Witt ('29)

9TH GRADE BASKETBALL

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FORMAL TEAM PICTURES

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Back Row: Coaches Nick Johnson, Renee Bartholomew, Mike Warner
Row 2: Connor Hillesheim, Daniel Pacheco, Vishruth Sarangapani, Ben Dayton, Ava Huggins, Keira Baker, Frankie Edgar
Front Row: Katie Hagen, CC Brauer, Taylor Perkins, Violet Ditlevson, Gwenivere Blau, Brielle Walerius, Em Greninger, Kendrah Offei-Abu
Not Pictured: Marcos Cruz, Noah Robertson, Wyatt Leach, Evyn Jacobson

3x Tournament Champion in Extemporaneous Speaking

2026 MVS Most Valuable Speaker

- Ben Dayton ('27)

Back Row : Coach Renee Bartholomew CC Brauer, Dani Pacheco, Marcos Cruz, Ben Dayton, Conner Hillesheim, Coach Ron Davis, Coach Rob Olson
Front Row: Jayden Andreasen, Estelle Schwietz Malayna Kulas, Kali Mielke, Frankie Edgar, Rebecca Simonds, Zoey Day, Vishruth Sarangapani
Not Pictured: Kevin Dale, Toviela Eshun, Genevieve Foremming, Megan Gisinger, Emilie Greninger, Kendrah Offei-Adu , Eliana Ofuasia, Noah Robinson, Eunice Siliva-Cornejo, Zavier Zandvliet, Ella Blees, Estalla Collins, Noah Conner, Eli Dalton, Zoey Dropps, Malkia Kiarie, Ruth Kunzman, Colin Malkowski, Evelyn Schwietz, Isabelle Sybrant, Reagan Weber

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Back Row: Jeff Simonson, Henry Tillman, Bradley Holmberg, Ian Zander, Parker Lehrman, Emmet Simon, Kyler Williams, Dane Barthel, Chance Crowley, Gavin Beaudry, Bentley Smith, Landon Rooker, Nolan Frater, Dillon Sahr, Spencer Fritze,
Row 2: Elise Mishmash, Gavin Ruehlr, Josh Becker, Take Lindsay, Brody Simonson, George Berning, Justin Goetzen, Grady Robertson, Connor Lhotka, Sebastian Smith, Eusabio Rodriguez, Zoey Ahrens
Front Row: Lars Bromley, Cade Marschel, Crosby Simonson, Alexander Yang, Adam Miller, Christian Hedburg, Remi Lee, Rory Lee, Jesus Vera, Landon Frater, Elliot Perry, Lucas Laingen, Paul Berning, Wesley Smith, Matthew Stenzel

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CONCERT BAND

In Alphabetical Order: Elijah Aigbogun, Amanee Ali, Braeden Andreasen, Sullivan Amundsen, Kacee Baihao, Marin Bast, Ellie Behn, Tosin Bolarinwa, Bella Bui., Natalie Buesgens, Taylor-Marie Campbell, Erick Carlson, Ethan Carlson, Ian Crocker, Kade Cooper, Daniel Dahlstrom, Oliver Deden, Gracelyn DeWenter, Owen Didur, Colin Eddy, Morrison Fisher, Leah Frischmon, Landon Fredrickson, Mick Garcia, Jacob Geryol, Charlie Good, Estefanny Gutierrez, Logan Guzman, Owen Hackbarth, McKinley Hall, Wesley Haynes, Crosby Henderson, Finley Herfel, Conner Hillesheim, Charlie Hydukovich, Kareem Jafuneh, Mia King, Aiden Kessler, Sophia Kurvers, Esther Kruger, Owen LeFebvre, Isabel Lindrud, Daniel Lewis II, Simone Lawson, Ella-Lynn Wabs, Ethan Lewis, Mollie Muraski, Peyton Mulhern, Connor Mitchell, Easton Meyer, Ana Noghabaie, Jonathan Olson, William Oliveira, Joey Pacholke, Annie Penserga, Dylan Perkins, Josiah Pivaral, Enoch Pivaral, Tessa Rizk, Gavin Rothi, Calan Schmidt, Carson Schutt, Samantha Schroeder, Ellenor Sebeck, Annalisa Severance, Elin Severson, Brody Simonson, Sawyer Stenberg, Samuel Stenzel, Zack Steffensmeier, Kailey Strey, Riley Souder, Remington Smith, Amelia Smith, Mia Thering, Brady Weber, Julia Weber, Eli Weimar, Natalie Wendt-Yu, Ella-Lynn Wabs, Brynn Warner, Isaac Yotter, Parker Zachman

SYMPHONIC BAND

In Alphabetical Order: Benjamin Aigbogun, Keira Baker, Taylor Best, Jayden Bell, Philip Davis, Ray Dickinson-Strait, Taden Erdmann, Nolan Frater, Em Greninger, Ethan Hager, Silas Goebel Lakoduk, Nathan Mattson, Collin McVary, Elias Masse, Bella Myslicki, Ana Noghabaie, Daylyn Noreen, Anders Onsum, Richard Phiri, Landon Rooker, Alex Sherman, Nolan Sherman, Emmett Simon, Joscelyn Severance, Tait Severson, Wyatt Siebrecht, Coral Towns, Adam Waldoch, Lilly Wegler, Ian Zander, Colin Zabel

WIND ENSEMBLE

In Alphabetical order: Brayden Abel, Sasha Ayaka, Dalton Aydt, Keira Baker, Grace Berendes, Jackson Bevers, Dayne Berglund, Kevin Bourget, Dimitriy Brutskiy, Noah Cedergren, Robbie Cooper, Joey Cruz, Zoey Day, Noah Erickson, Andrew Hansen, Cody Hart, Toby Heil, Nolan Henderson, Brady Hill, Bennett Hoffert, Lukas Honzl, Ava Huggins, Ethan Jordheim, Brenden Kennedy, Logan Kessler, Charlie Kremer, Joel Lachinski, Ethan Lenz, Ash Lero, Adrienne Lewis, Owen Maki, Claire Mattson, Aidan Morgan, Evan Moua, Jonathan Pacholke, Mason Peniata, Maren Penserga, Arianna Petersen, Taylor Perkins, Jackson Post, Keith Robertson III, Alex Sherman, Finn Sherman, Kyle Shull, Jonah Smith, Hannah Stenzel, Tristan Souder, Motumah Takgbajouah, Addison Thompson-Klimpke, Addison Van Vooren, Landon Verville, Caleb Wilmot, Zachary Woller

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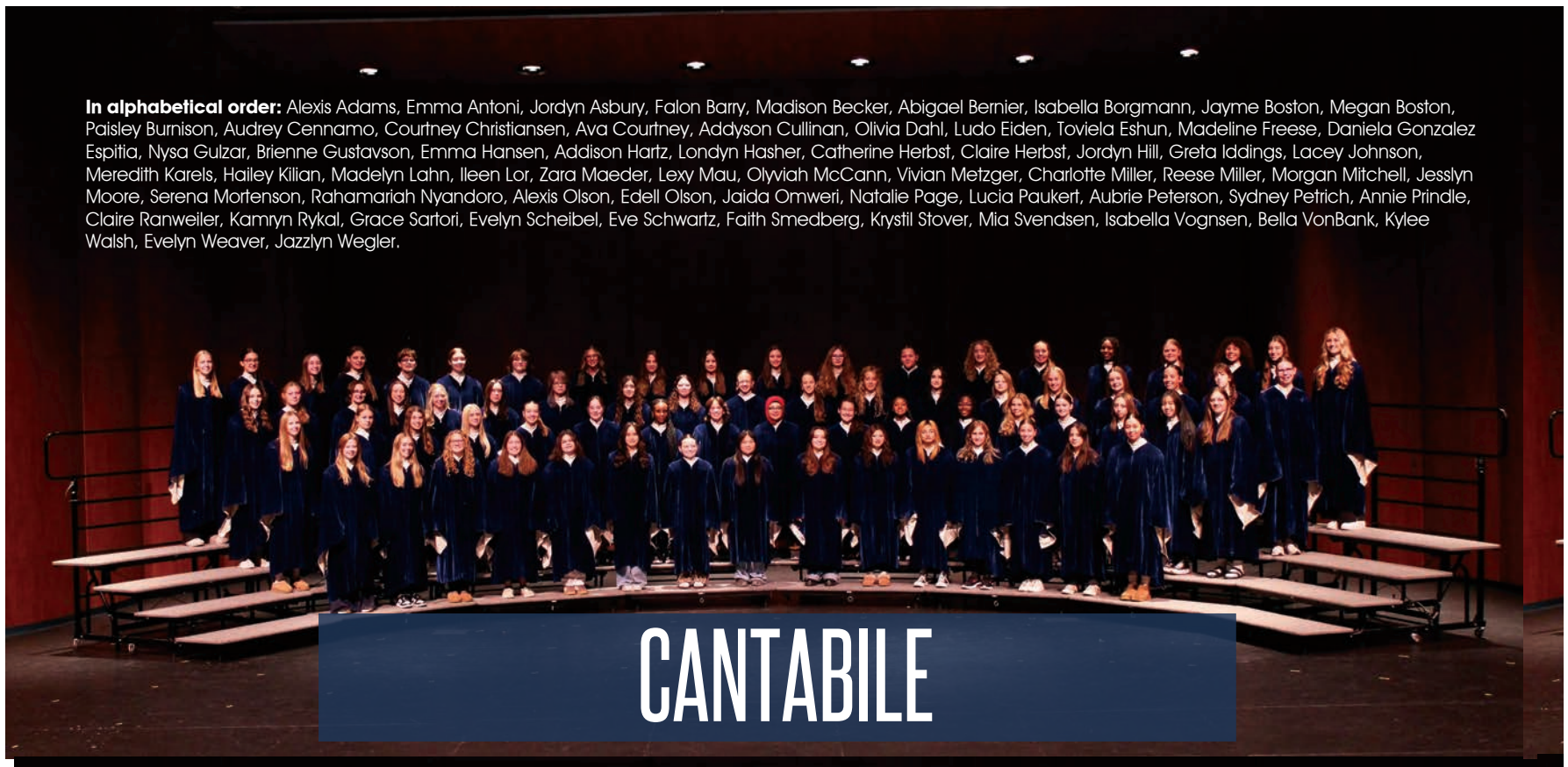

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CANTABILE

In alphabetical order: Brody Andrzejewski, Rhea Barthel, Oliver Beaudry, Hannah Berendes, Justin Berg, Lexie Bergen, Dayne Berglund, Dane Bozosi, Jared Brutger, Julia Brutger, Tanner Carel, Naomi Cheney, Joseph Christner, Treysen Cornillez, Greta Crowell, Frankie Edgar, Daniel Eicher, Esme Erntson, Olivia Esnough, Ranya Ezzaid, Jude Galarowicz, Andrew Gindele, Taylor Hanson, William Hauxwell, William Hein, William Henry, Josephine Hjelle, Ava Huggins, Malay Jugran, Ethan Jordheim, Aaron Kasperowicz, Isabel Kephart, Jack Klemmensen, Eva Krube, Ella Krube, Thomas Lahr, Cooper Landy, Nicolas Laurie, Bennett Lehn, Abigail Leonard, Adrienne Lewis, Judah Lightfoot, Maverick Maros, Connor Marshall, Averie Martinson, Renee Meehan, Dinah Morara, Talon Moreland, Henry New, Ethan Novak, Drew O'Neill, Jackson Outcelt, Ava Pajari, Maren Penserga, Helen Pichler, Audrey Powell, Joseph Renczykowski, Jensen Rogers, Zachary Ruhland, Addison Schmoyer, Kyle Shull, Liam Sieve, Rachel Sixta, Leah Smith, Demah Stahl, Dyllan Sullivan, Olivia Tanner, Joslyn Thering, Charli Tims, Will Underthun, Abigail Vang, Benjamin Vagts, Victoria Verhulst, Logan Warner, Macy Weber, Isabella Williams, Ethan Xiong, Skye Yaeger, Beckett Young, Gabriela Zea.

CONCERT

In alphabetical order: Olivia Batters, Jasmine Brutskiy, Brandon Clarke, Dylan Cummings, Janaa Daggett, Aidan Dreis, Aiden Elmquist, Olivia Esnough, Saige Funk, Owen Haugo, Jedidiah Israel-Payne, Amanda Keller, Jovan Logovi, Lindsey Ontjes, Charles Peiler, Chloe Pellegrin, Michael Peterson, Krista Puent, Erik Tindall, Yohan Tshimbalanga, Will Underthun, Jayce Vang, Kara Vetsch.

HARMONY

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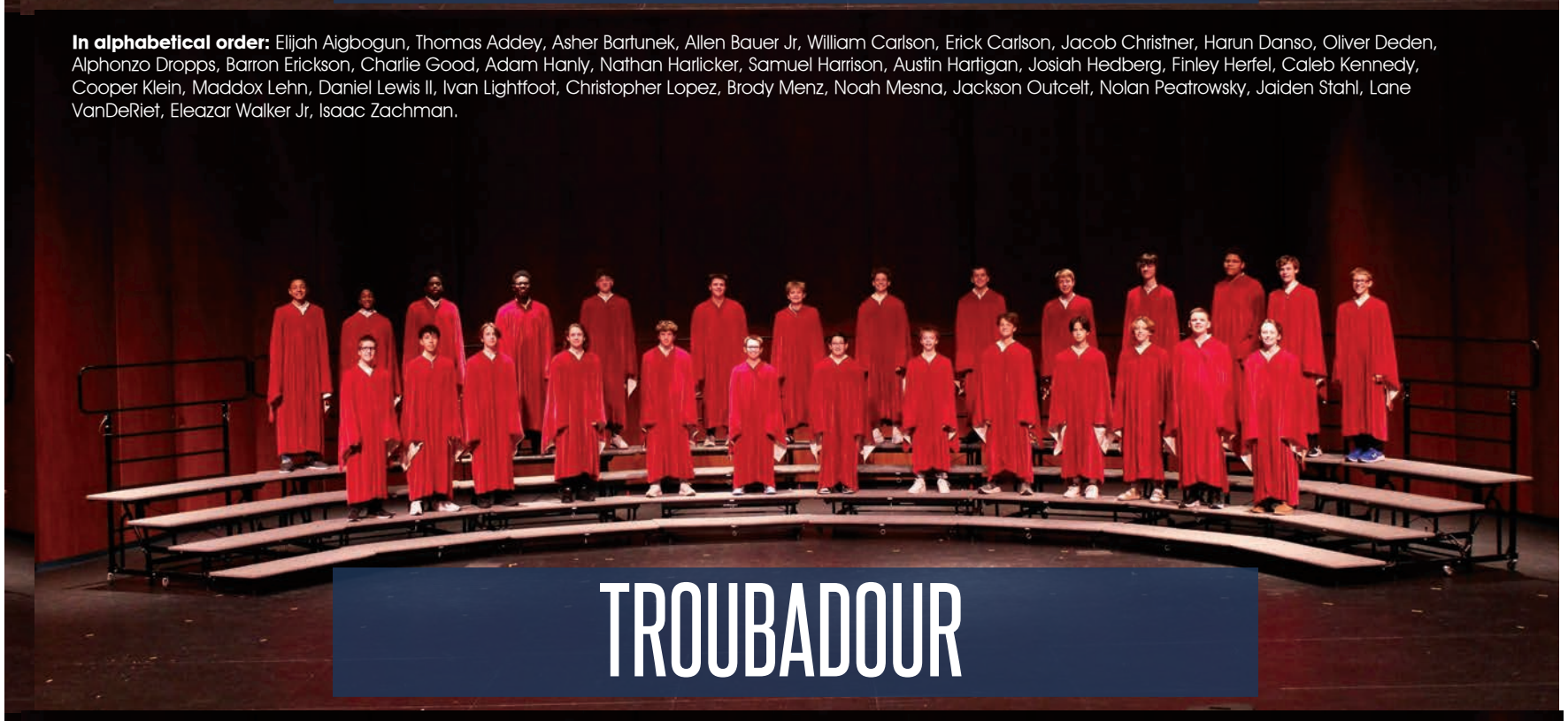
In alphabetical order: Geniemay Addey, Lilah Anderson, Anica Baumer, Kolton Cain, Jade Dallin, Serena Davis, Sienna DeLude, Madilyn DeVine, Ty Dombeck, Allison Durre, Carter Essler, Marlee Fehrmann, Chace Godown, Caruso Guzman, Briar Gunnarson, Cooper Henson, Hailey Helstrom, Jaxen Hill, Alivia Hofmeister, Maximus Husting, Mackenzie Inglis, Jaxson Jaroscak, Wilson Kalapa, Natalie Kelley, Dylan Klevann, Sebastian Lopez Fuller, Jennifer Lopez, Caden Luongvan, Emma Maudal, Israel Manzano, Nathan Mattson, Maximus Mosher, Daniel Moylan, Evangeline Nielsen, Jackson Olin, Gavin Olson, Wesley Onyango, Ethan Orina, Tiegen Peyerl, Richard Phiri, Benjamin Raisanen, Jackson Rikimoto, Evan Robinson, Isabelle Schneider, Aiden Sheets, Brooklynn Skillings, Brynley Sorensen, Chuekong Thao, Makai Torkelson, Grace Vacura, Chess Vang, Adrien Ventura, Lillian Wegler, Tavion Williams, Benjamin Yankey.

MIXED

In alphabetical order: Elijah Aigbogun, Thomas Addey, Asher Bartunek, Allen Bauer Jr, William Carlson, Erick Carlson, Jacob Christner, Harun Danso, Oliver Deden, Alphonzo Dropps, Barron Erickson, Charlie Good, Adam Hanly, Nathan Harlicker, Samuel Harrison, Austin Hartigan, Josiah Hedberg, Finley Herfel, Caleb Kennedy, Cooper Klein, Maddox Lehn, Daniel Lewis II, Ivan Lightfoot, Christopher Lopez, Brody Menz, Noah Mesna, Jackson Outcelt, Nolan Peatrowsky, Jaiden Stahl, Lane VanDeRiet, Eleazar Walker Jr, Isaac Zachman.



TROUBADOUR

In alphabetical order: Abigail Abuki, Madeline Armbruster, Madelynn Barnes, Olivia Batters, Robyn Beck, Alondra Botello Mora, Sophia Bovee, Leah Brown, Julia Butkowski, Paige Carroll, Naomi Cheney, Brooke Detlefsen, Amelia Farley, Emma Formo Reck, Madison Frederick, Catherine Fredrickson, Brittany Goins, Lucie Hansen, Noah Howard, Samantha Huebner, Ella Hunter, Lydia Hustoft, Reese Johnson, Malvika Jugran, Sarah Kammann, Amanda Keller, Violet Kolles, Kylie Lawrence, Danielle Lejcher, Isabell Lor, Olivia Maatz, Averie Martinson, Cooper McAdams, Auroura McCann, Kheagan Monsrud, Maliha Moger, Alessandra Muraski, Valeria Murillo Santiago, Bih Nde, Lindsey Ontjes, Charlotte Pellegrin, Chloe Pellegrin, Helen Pichler, Krista Puent, Harper Robinson, Alexa Rogers, Emily Sandbo, Lily Smedberg, Elizabeth Storey.

VIVACE

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Back Row: Brayden Kyles-Lewis, Eli Roden, Nolan Seman, Hayden Thompson, Kyan Beaumont, Dominic Pardi,Danielle Miller, AJ Sele, Lincoln Robideau, Tyson Newman, Dominic Kisner, Carter Essler
Row 4: Peyton Preston, Roman Herron, Joe Scully, Ryan Goth, Kadin Wicklund, Roman Drew, Phil Harris,Jared Brutger, Cooper Steele, Mason Peniata, Mason Knobloch
Row 3: Santiago Mercado, Henrik Sperlazza, Gavin Jackson, Grant Bergeron, Brody Bergeron, Chase Mills, Gabe Paynter, Owen Smith, Koko Waindim, Zack Steffenmeier, Tommy Snyder, Hunter Schultz
Row 2: Eli Schultz, Dominick Mariotti, Ryder Refsland, Mason Reh, Dominic Scully, Landon Thoennes, Sloan Otto, Gideon Dehmer, Ivan Lightfoot, Maddox Lehn, Hunter Peterson, Jargon Nelson, Wesley Onyengo, Jasper Pawa
Front Row: Nathan Leneman, Maida Jama, Lorina Schirmer, Lindsey Ontjes, Robyn Beck, Tommy Boebel, Luca Mariotti, Jackson Thorn, Tucker McLennan, Hunter Janssen, Sebastian Fuller, Krista Puent, Cece Loftus, Adi Jackson
Not Pictured: Abby Lenard, Alex Sipple, Andy Schneider

Back Row: Coach Molly Ruhland, Joyce Kantshama, Addy Evenson, Sophia Lawinger, Avery Herron, Sophie Labatt, Emma Antoni,Cora Koski, Lucy Lawinger, Vada Bean, Elena Zea, Alice Harmoning, Adrienne Lewis, Dionna Amoako, Coach Chad Shilson
Row 3: Coach Alley Altringer, Bindee Nyandibo, Ava Schultz, Cooper McAdams, Abrielle Pardi, Hailey Steffensmeier, Payton Hemp, Lyvia Barthel, Cecilia Tregaskis, Gabriela Zea, Morgan Mielke, Alessandra Muraski, Keira Johnson, Coach Emily Shilson
Row 2: Coach Karley Mager, Madie Barnes, Josie Kurasz, Lydia Negrini, McKenna Preston, Amirah Reynolds, Camille Iverson, Zara Maeder, Stella Kaeoka, Suriya Her, Brielle Eguia, Courtney Dofah, Aminaya Guar
Front Row: Mary Ingebritson, Audrina Howe, Harper Hokanson, Cora Hager, Meekness Neba, Serena Davis, Zoey James, Dawna Lee, Malayna Kulas, Ella Martin
Not pictured: Hailey Goth, Olivia Miller, Demah Stahl, Lily Wegler

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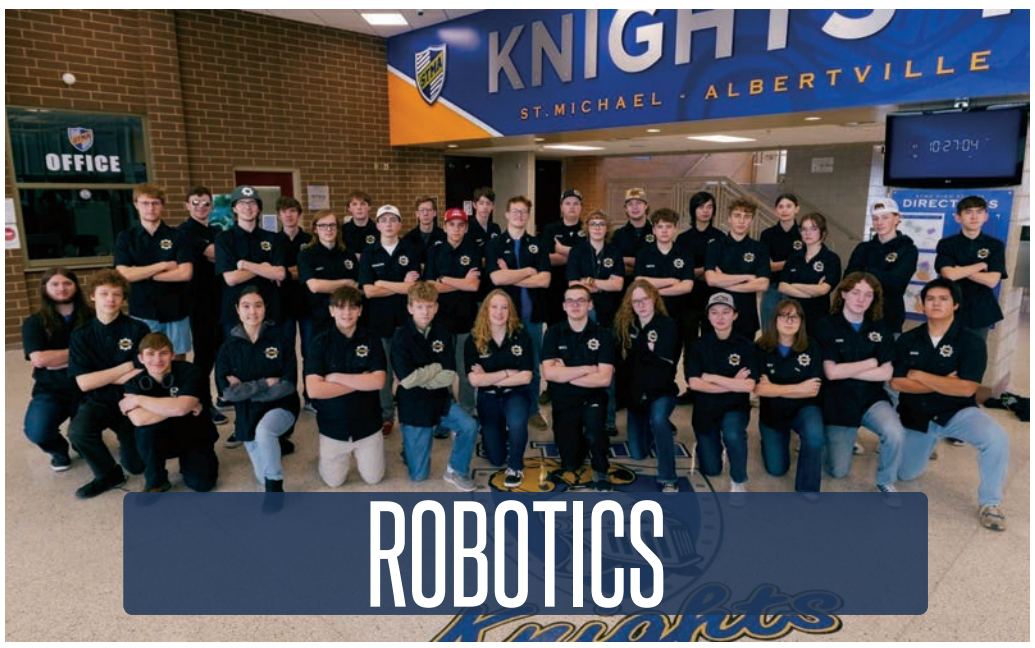
Back Row: Coach Becky Stephens, Chloe Harris, Sophia Provost, Charlotte Govrik-McCoy, Nora Schleicher, Zoe Biniek, Isabel Rankin, Olivia Dahl, Julia Bright
Row 2: Alysia Ventura, Danielle Biegert, Morgan Johnson, Ady Eberhart, Grace Larson
Front Row: Becca Norton, Emery Parnell, Lacey Williams, Elle McClendon, Cece Lund, Ava Milless, Eliana Green, Madelyn Olson

Back Row: Coach Becky Stephens, Sophia Provost, Nora Schleicher, Zoe Biniek, Charlotte Govrik-McCoy, Olivia Dahl
Row 2: Ady Eberhart, Chloe Harris, Danielle Biegert, Morgan Johnson, Julia Bright, Grace Larson
Front Row: Lacey Williams, Elle McClendon, Cece Lund, Ava Milless, Emery Parnell



Back Row: Ashton Morneau, Wesley Haynes, Hank Kurasz, Sage Rott-Nettleton, Morrison Fisher, Bode Grinager, Addison Vanvooren, William Spaulding, Lauren Burk, Noah Howard, Mallory Shidla, Finn Sherman, Noah Gremmels
Row 2: Reece Zabel, Noah Erickson, Matthew Ahlman, Alexander LaVigne, Lucas Dewey, Tatum Lallak, Isabelle Schneider, Owen Rossing, Dalton Aydt, Parker Schaben, Jonathan Landon, Henry Perry
Front Row: Elijah Stanton, Brady Weber, Edison Dupay, Benjamin Sirianni, Merek Holasek, Ryan Byers, Varner Jones, Samuel Schefers, Mollie Muraski
Not Pictured: Elliott Wolff

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Colors used: Black, F3501
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Back row: Harper Bigalke, Kaidyn Roisum, Cail Jahnke, Amaya Hinzmann, Brooke Johnson, Caelyn Foster
Row 3: Kylee Brandli. Coach Walters, Coach Bebo, Coach Johnson, Coach Hamre, Coach Wishart Coach Lahr, Coach Cleveland, Marissa Weness
Row 2: Maiya Slusarczyk, Kayli Bigalke, Jensen Rogers, Riley Sebold, Presley Adrian, Jacey Bryan, Tenlee Egan, Reese Cleveland
Front Row: Adelyn Hannon, Abigayle Vossen, Kyleigh Johnston, Isabel Jockisch

VARSITY BASKETBALL

Back Row: Coach Bebo, Joey Hanson, Brooke Johnson, Reyna Danusis, Harper Bigalke, Brooklyn Bottolfson, Coach Walters
Front Row: Reese Cleveland, Tenlee Egan, Delaney Johnston, Riley Sebold, MaKenna Essler

- Brooke Johnson ('29)

JV BASKETBALL

Back Row: Coach Bebo, Ava Robarge, Sophie Miller, Alaina Fehn, Gabby Johnston, Brooklyn Bottolfson, Brinley Senesac, Coach Walters
Front Row: Annabelle Vossen, Avery Schleicher, Makessa Fofana, Helena Granda, McKenna Bugbee, McKenna Essler, Keraji Kitessa

- Annabelle Vossen ('29)

B TEAM BASKETBALL

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C TEAM BASKETBALL

Back Row: Coach Wishart, Zoe Petite, Kinsley Burnison, Kora Grimm, Erin Luster
Front Row: Noelle Huber, Avery Schleicher, Hope Jahnke, Anna Dewey, Maddie Sherk
Not picture: Amarti Jira, Isabel Jockisch

- Kora Grimm ('30)

DANCE

Back Row: Ella Carlson, Makenna Schoh, Izzy Hawkins, Grace Holmberg, Claire Bunnell, Winslow Drowne, Brooklyn Emerson, Aubrey Skoglund, Layla Oberle, Josie Smith.
Row 2: Alexa Windsperger, Hailey Hodgson, Kennedy Lenneman, Rylee LaFore, Lucy Klemmensen, Lyla Valen, Layla Chamberlain, Adriana Lundeen, Amaya Arroyo-Nunez, Kinsley Westermann, Kenzi Rath, Peyton Cater, Mya Grote
Front Row: Ava Carbone, Jillian Westermann, Kinsley Eicher, Avery Kolenda, Kendall Ford, Jordyn Jahnke, Alaska Pohlkamp, Scarlett Sieve, Alexis Brost, Ava Hanks, Weatherly Drowne, Clare Kuhnly, Emma McGarry, Nayeli Olivares, Taylor Orth, Lauren Maher

GYMNASTICS

Back Row: Bre Fowler, Madeline Feigum, Kristi McKeown, Eryn Mattson, Heather Dietrich Feigum Sitting on the beam: Lilyana Turner, Lucy Kobus, Colbie Johnson, Cassidy Dahmen, Alivia kuechle, Claire Martin, Shelby Fischer, Lexi Mau, Heidi Flemming
Row 2: Emery Maus, Olivia Geryol, Zoey Day, Reagan Zastrow, Avery LeMonds, Amarah Petersen, Maddie Weiss, Alivia Schut, Grace Lindenfelser, Skye Yaeger, Leah Frischmon
Front Row: Amelia Swanson, Viviana Bellio, Sariyah Shannon-Davis, Allie Severson, Elizabeth Ge, Evelyn Nielsen, Evelynn McLean, Mia Thering

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Back Row: Tyler Bechtold, Cy Fowler, Logan Gerten, Jacob Harrison, Jordan Moore, Sam Brown, Levi Antoine, Sam Braun, Luke Thour, Colton McLellan, Cooper Leland, Owen Volkenant
Row 3: Nolan Johnson, Easton Monahan, Dylan Vieau, Tanner Esterberg, Braylen Maciej, Christian O'Brien, Wyatt Tauer, Hunter Hanson, Henry Robinson, Zaden Price, Parker Barnes
Row 2: Lucas Ingebrigtson, Coach Buzz Tryggeseth, Coach Val Popowski, Coach Andy Disch, Dylan Faucher, Caden Clark, Braeden Waller, Coach Sean Fish, Coach Kyle Hayden, Ethan Johnson
Front Row: Carrie Michenfelder, Kaden Smith, Crosby Nelson, Brady Ward, Cameron Coe, Wyatt Tupper, Grayson Boser, Lane Tangen, Theo Lyke, Owen Verness, Sanae Radloff, Cedar Otto

Back Row: Coach Johnson, Coach Finnerty, Samantha Nied, Allie Fluharty, Lila Luedemann, Addison Rowan, Coach Hanson, Coach Maiers
Row 4: Coach Olson, Brooke Williams, Lauren Brommer, Freya Lemke, Lauren Amenrud, Kendall Ringat, Kylie Jo Lawrance, Charlotte Heckendorf, Coach Bean
Row 3: Syren Bystrom, Morgan Fitch, Stevie Mae Lawrance, Presley Sobraske, Chloe Hammer, Alexis McKane, Elise Scherber, Lexie Karolevitz
Row 2: Charlotte Pellegrin, Estella Frye, Taelyn Tolifson, Ella Baetsen, Elie Dwinnell, Emily King, Reese Johnson, Piper Peterson, Mckenna Sale
Front Row: Ellie Fischer, Samantha Beck, Paula Hernandez, Julia DeChene, Alexa Larson, Alexa Schumm, Aliva Bame, Lillie Nelson

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ADAPTED HOCKEY

Back Row: Quincy Jackson, Elizabeth Votava, Emily Hary, Katie Murray-Vedders
Row 3: Jed Theisen, Gage Gasper, Janaa Daggett, Brody Hoschstetler, Vanessa Kyllonen, Matthew Centko, Yohan Tshimbalanga
Row 2: Lexi Ness, Jacob Centko, Manny Gomez, Caroline Haluska, Jenna Kingstedt, Wyatt Fieldseth, AJ Joseph
Front Row: Sierra Connor, Liam Cox, Kara Vetsch

- Ethan Carlson ('29), Jacob Centko ('29), & Matthew Centko ('27)

ADAPTED SOCCER

Back Row: Coach Emily Hary, Yohan Tshimbalanaga, Michael Peterson, Isaiah Kuschel, Kayden Lambert, Coach Cassandra Rule (STMA)
Row 3: Jenna Kingstedt, AJ Joseph, Braydon Onchuck, Brody Hochstetler, Jed Theisen, Sammy Tuffour, Gage Gasper, Cadence Maus
Row 2: Jacob Centko, Kara Vetsch, Ava Peterson, Jordan Onchuck, Beau Exsted, Manny Gomez, Ethan Carlson
Front Row: Aiden Elmquist, Jasmine Brutskiy, Saige Funk, Lexi Ness, Charlie Peiler, Matthew Centko

- Brody Hochstetler ('28) Coyotes Soccer Goalie

2025 Coyotes Soccer first defeat over Park Center/Maple Grove!

Back Row: Braydon Onchuck, Gage Gasper, STMA Coach Cassandra Rule, Jenna Kingstedt, Brody Hochstetler, Isaiah Kuschel, Cadence Maus, Ethan Carlson, Sammy Tuffour, Jasmine Brutskiy, Monti Coach Emily Hary
Front Row: AJ Joseph, Matthew Centko, Jacob Centko, Saige Funk, Manny Gomez

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Back Row: Keaton Schaefer, Emmett Simon, Andrew Hemp, Nolan Henderson, Remington Filzen
Front Row: John Pierce, Ayden Zimmerman, Adesewa Ajala, Abbey Simon, Crosby Henderson

BOWLING

BIG AL'S

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"You protect your house, you protect your car, you protect your health. Why don't you protect your income? Use DI GEEK to protect your income."

MAGGIE ANDERSON ('28)

What is one thing that always makes you smile?

"A nice cold Dr. Pepper."

OLIVIA TANNER ('27)

SAINT MICHAEL DENTAL CENTER

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Over the last **10** years, the St. Michael Movie Theater has proudly employed **more than 250** high school students.

A message from the theater:

"From first jobs to first dates... we've loved growing up with STMA!

To the students who worked here, grew here, and made this place what it is, congrats on another year in the books! We can't wait to see where your journey takes you!"

High school employees share their favorite part of the job

"I like making people happy with good food. I also like interacting with people and making them smile."
- Jacob Hayden ('28)

"I love seeing all the kids' costumes when they come to see their favorite movies. It's so adorable!"
- Edell Olson ('29)

"I like the staff and how it feels like a family. It's a really good environment and fun. We always are there for each other and we work really well together."
- Chloe Hammer ('28)

"I love helping make kids' birthday parties special!"
- Lily Vogel ('29)

"I like the different interactions with the customers. Getting to interact with the kids and find out what movies they're going to watch and just seeing the smiles on their faces is just the best!"
- Izzy Olson ('26)

"There are a lot of perks, like being able to bring my family and friends here for free and also having a safe space where I can be myself."
- AC ('27)

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TIN'S TAILOR

Winslow Drowne ('26) & Izzy Suchla ('26)

Tobin Carlson ('26)

"From fabrics to how they fit, Tin's Tailor shapes garments worthy of distinction."

"I like getting to work with friends and connecting with coworkers."

Avery Hennessy ('26)

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ACE of Albertville

Cedar Creek GOLF COURSE

"I've worked there as a golf caddy for three years. I like this course better than others. I like the people there."

- Gavin Berg ('26)

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"My favorite part is how well the team works together!"

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- Garett Robeck ('27)

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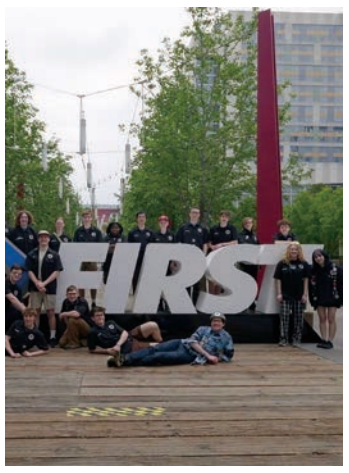
SPRING BROUGHT US ALL TOGETHER

Students look back on the memories that ended the school year



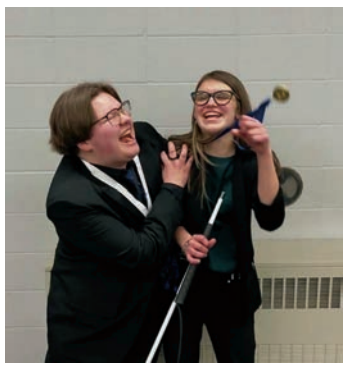
13 MARCH

The STMA Robotics team - Binary Battalion, got a third place finish as well as the Engineering Inspiration Award at the Great Northern Regionals. **William Spaulding** explains, "My favorite part of robotics is when we won our division at the World Championship in 2024. At the World Championship there are eight divisions which teams from all around the world compete in. The winners of these divisions advance to the final field, called "Einstein," to compete for the World Championship. Our team advanced to this field in 2024, and it was such a surreal experience. We were competing against the best of the best, some of which have sponsors like Google or NASA. Our team ended up taking fifth in the world, and it was a great way to end the season."

14 MARCH

Zoey Day ('27) was recognized at Williams Arena and by the School Board for being chosen for a MSHSL ExCEL Award. Zoey was one out of 34 juniors across the state selected for the award. The award was given to her for being involved in school activities, showing strong leadership, and making a difference through all community service.

17 MAR



The STMA Speech Team took fourth place overall at sections on March 17th. **Ava Huggins ('27)** and **Keira Baker ('26)** are both state finalists and are headed to state. In the finals, Huggins got first place in poetry and Baker got third place in creative expressions. In the state qualifiers, Huggins got first place in poetry and Baker got third place in creative expression.

In Early 2026, a partial government shutdown started, affecting funding to many departments. TSA falls under the Department of Homeland Security, which was majorly impacted. This shutdown has caused the TSA agents to not receive pay, but they still have to work. The result of this are extremely long lines to get through airport security, and has caused thousands of travellers to miss flights. Spring break season has only made lines worse as it is a nationwide peak travel time.

27 MAR

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31 MAR

At the end of March through early April, STMA students traveled to many different locations for spring break. **Benjamin Wheeler ('26)** mentioned, "My friends and I went to Fort Myers, Florida and the best part of the trip was exploring all the beaches in the area with my buddies." **Claire Bunnell ('26)** and **Kylee Steffens ('26)** went to Chicago for spring break. Bunnell said, "My favorite parts were walking through the city, shopping, and going to the Bean."

Photo submitted by Benjamin Wheeler.

Photo submitted by Ella Chicoine.

Photo submitted by Claire Bunnell.

10 APRIL

On April 10th, Morgan Wallen had his opening night at US Bank Stadium for his *Still The Problem Tour*. **Audrey Lindula ('28)** and **Emery Maus ('28)** attended the concert together. Lindula said, "My favorite part of the concert was when he played "Dark 'Til Daylight." I also loved getting to go with my family and seeing all of my friends there."

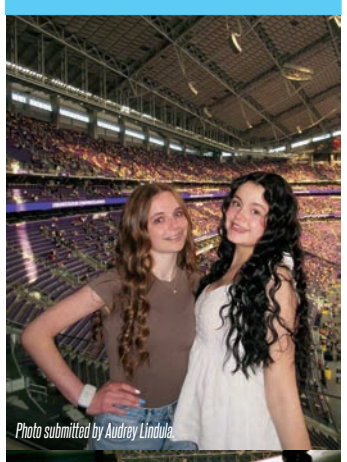


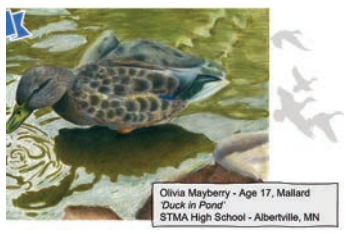
Photo submitted by Audrey Lindula.

Photo submitted by Adalya O'Connell.

Photo submitted by Miliana Johnson.

APRIL 12

Olivia Mayberry ('26) won first place and **Sara Fueckert-Faulkner ('26)** won second place in the Minnesota Duck Stamp Contest. Mayberry stated, "This piece was really important to me because I love wildlife and nature and I spent a lot of time working on it. I was very surprised to find out I won first place and I didn't believe it at first."


Olivia Mayberry - Age 17, Mallard
'Duck in Pond'
STMA High School - Albertville, MN

Sara Feickert-Faulkner – Age 17, Mallard
STMA High School – St. Michael, MN

APRIL 25

STMA's Prom, themed *A Night in Hollywood* took place at Royalston Square in Minneapolis. This event allowed all Students to be dressed in their dresses and suits, while taking photos, and talking to others. Staff and students made this a memorable night for everyone while in a Hollywood themed environment.

Photo submitted by Maren Brockopp.

Photo submitted by Kali Mielke.

Spread designed by Camryn Mikolich & Ella Morstad

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WE CAPTURED THE CHAOS

The staff that put the work into this yearbook

On behalf of the STMA Valor Yearbook, we congratulate you all on a completed school year! Through the long nights and early mornings, pep fests, dances, student body events, and all of the last-minute study sessions, 172 days have come to an end. You successfully overcame each obstacle thrown your way, and we are so proud to have created a book that we hope highlights all of these successes. To our staffers, we thank you for being so willing to jump into new skill sets. It is not a small feat to create a book like ours, but your willingness to learn and your level of coachability along with the creativity shown in each of you truly made this book what it is. To our editors, we thank you for the immense leadership shown. This year's book took time and diligence, and we could not have done it without you all. Thank you for stepping up when needed and for going the extra mile every time. A special thank you to Amber Kehl and Stephanie Zeman from Walsworth Yearbooks; they have provided an invaluable level of insight and advice to help us put our best product out for you all. They are always eager to hear the ideas pitched to them, and never hesitate to lend a helping hand. We want to thank Mr. Cornell and Mr. Reeves, along with the rest of our administration, for their continuous encouragement and support of the Valor Yearbook. We also want to thank Mrs. Sebens for the role she played in the creation of this product that we are so proud of. She consistently pushes us to do our best day in and day out with an encouraging and uplifting attitude. All of the behind-the-scenes work that she contributed to our project throughout this school year has allowed us to focus on the fine details and for that we thank her. Finally, we want to thank you, the STMA Student Body. This book would not be possible without your accomplishments and energy brought through this school year. As we leave this school and head onto the next chapter of our lives, we ask that you continue showing up, keeping excellence as our tradition to continue the reputation that STMA has earned over the years. Go Knights! **- Annie Robinson & Madysen Coulson**

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Annie Robinson ('26)

PORTRAIT EDITORS:

Ella Morstad ('26)

Camryn Mikolich ('26)

SPORT EDITORS:

Sophia Michals ('26)

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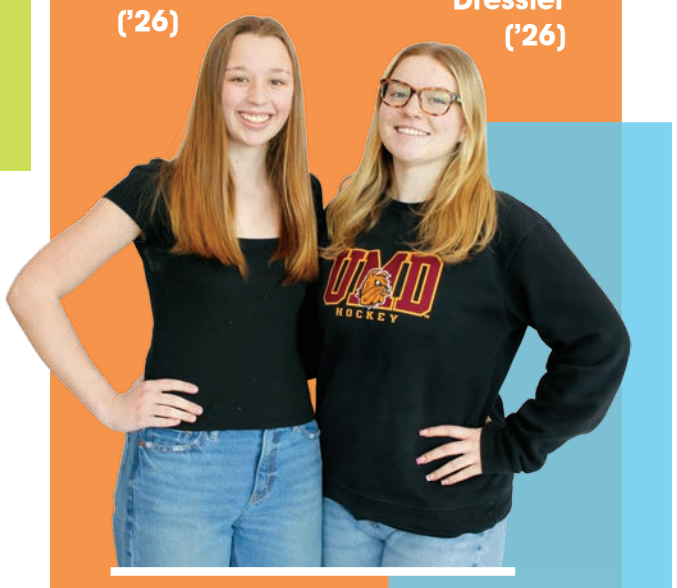

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Lily Nachampassak ('26)

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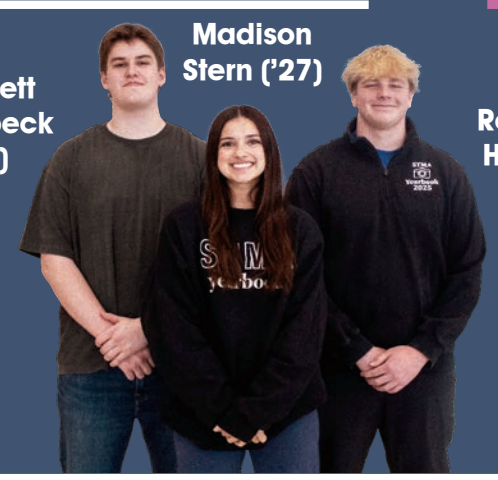
Madison Stern ('27)

Roman Herron ('26)



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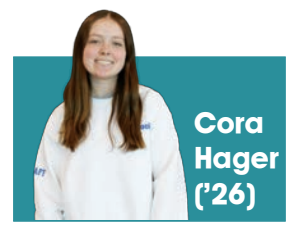
Adelyn Hannon ('27)

Amanda Lee ('26)


Cora Hager ('26)

Hailey Hodgson ('27)

Winslow Drowne ('26)

Harper Lehmann ('27)

Ellie Fischer ('26)

Faith Abuki ('26)

Claire Bunnell ('26)

Bindee Nyandibo ('26)

Aubrynn Croaston ('26)

Maiya Slusarczyk ('27)

Lucy Voss ('26)

Tobin Carlson ('26)

Grace Holmberg ('26)

Addison Schmoyer ('27)

Kylee Steffens ('26)

Elizabeth Ogamba ('26)

COLOPHON

When faced with the decision of what this year's yearbook theme should be, the answer was clear to us. We wanted to utilize a selection of colors that brought brightness and excitement to your pages to best reflect the energy that this school year brought forth. As for the verbiage, we went into this theme decision with one thing in mind: showcase the amazing things that our student body of STMA Highschool accomplishes in just one school year. Each spread's headline finishes the cover phrase ("What if we told you…") with a clever expression to shine light on the accomplishments of every spread topic. Whether academics, athletics, clubs, student portfolios, and more, our mission remains the same. We aim to reach as many students as possible and strive to highlight each of your individual, unique qualities that make our school so special.

Spread designed by Annie Robinson and Madysen Coulson

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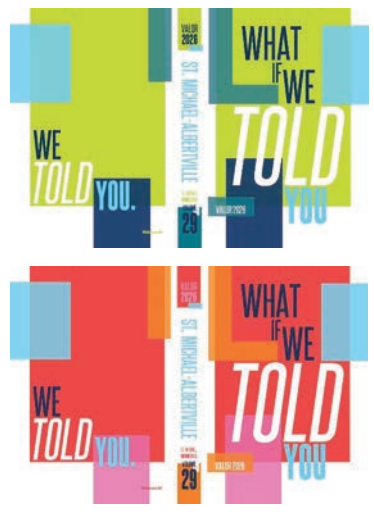

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Walsworth

001 MARCH, APRIL, MAY TIMELINE
002 YEARBOOK STAFF
006 BOYS' TRACK AND FIELD
008 GIRLS' TRACK AND FIELD
010 SOFTBALL
012 BASEBALL
014 BOYS' AND GIRLS' GOLF
016 BOYS' VOLLEYBALL
018 GIRLS' LACROSSE
020 BOYS' LACROSSE
022 BOYS' TENNIS
024 SPRING PLAY
026 BOWLING/ ADAPTED BOWLING
028 FORMAL TEAM PHOTOS
036 COMMITTED ATHLETES

LET US STUN YOU...

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SERVING UP POINTS

Returning a shot with a backhand, **Pete Lidberg ('26)** secures a point against Maple Grove. His partner, **Carter Faucher ('26)**, went over to celebrate the point with him.

Photo taken by Allison Dressler.

Spread designed by Kyleigh Johnston

SPRING

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IT'S THEIR *FIRST* YEAR ON VARSITY

STUDENTS TALK ABOUT THEIR EXPERIENCE

"The main difference between middle school and high school is the competition."
- Jackson Dornsbach ('28)
Photo by Maddie Stern.

"I handle nerves before an event by thinking about the food I'm going to eat after. I can hopefully prove myself to be on varsity."
- Jesus Beltran Gonzalez ('29)
Photo by Maddie Stern.

"I was playing Legos when my dad called to tell me I made Varsity, I was so excited and jumping around."
- JT O'Rourke ('29)
Photo by Maddie Stern.

Managers talk of their jobs LEADERSHIP STARTS *FAST*

"I get to see how hard working everyone is, and I get to see how they push through all the struggles they run into. I just try to talk to people and keep them positive as much as I can."
- GISELLE NGUYEN ('27)

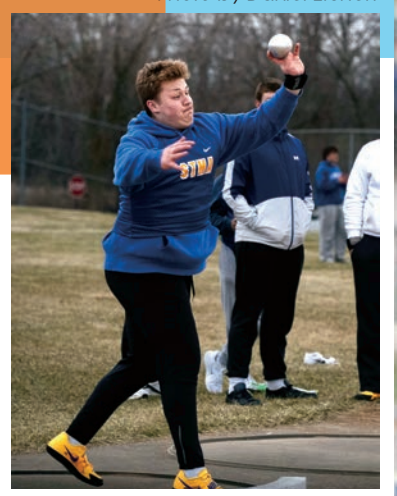
"We get to have fun with the team and help with whatever they need. Sometimes we have to record certain events so the players get to watch the film back and see what they need to improve on."
- KATERI HANSEN ('27)

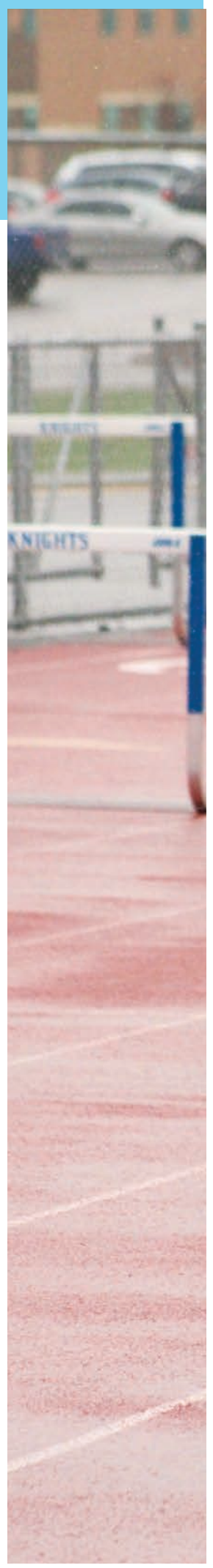
NEW HEIGHTS

Even though this is **Lewellyn Nyemahs ('27)** first year doing high jump, he absolutely loves it. Lewellyn expressed, "The best part is definitely jumping and getting my back over the bar, its very rewarding and I love it!"
Photo by Leo Bjerketvedt.

THROWING FAR

Jared Brutger ('27) throws shot-put. Brutger said, "I like how tedious throwing is and that you have to figure it out yourself, teachers can only help so much with technique."
Photo by Daniel Eicher.





PUSH THROUGH

Rain took over during many meets this April, but it didn't stop the team from giving it their all. "The rain kind of feels nice, it feels not as hot and kind of distracts me from the run," said **Breck Andres ('27)**. Instead of slowing things down, the weather added a new kind of energy to the race.
Photo By Garett Robeck

HAND OFF

At the start of the race, focus took over with a mindset that pushed **Charles Dufner ('27)** forward. Dufner stated, "I was thinking of how to get out as fast as possible and try to beat everyone that was in front of me. I wasn't feeling nervous; I just felt an obligation in that moment."
Photo By Daniel Eicher

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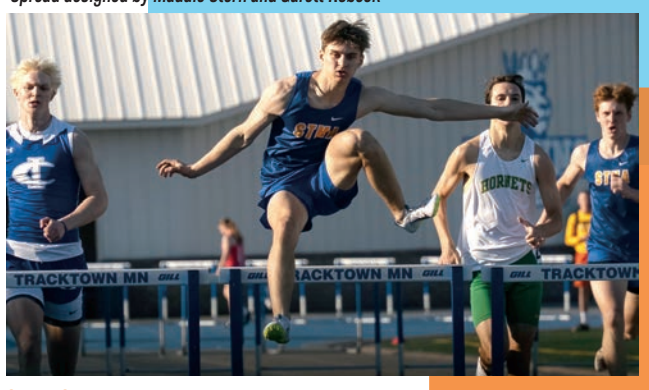
WEATHER RAN THE SEASON

Coaches reflect on how the rain affected the start of the season

Weather has always played a key role in every outdoor sport, but the spring usually gets the worst of it here in Minnesota. Being forced to train and practice in cold temperatures is something the Boys' track and field team is very used to. Relay coach and math teacher **Brenden Sage** had this to say: "I mean we are used to it, we live in Minnesota and it's never a perfect year. We just have to work with what we have here. Every now and then we have to do practice inside and we just have to be creative. It's just like being a teacher, you have to be able to think on the fly, make decisions on the fly." Rain and cold conditions never deters our athletes. A prime example of one of these athletes is **Jackson Outcelt ('26),** whom of which had to practice in the rain. Jackson recalled. "The training is always hard, but even worse in the rain. There was a recent practice that was very cold and wet. In order to attempt to stay dry, some of us wore these big heavy jackets, the only problem was that the jackets were heavy and hard to breathe under. Honestly the training in the rain was helpful, but it was very difficult even though we did less than what we usually do." Our athletes for track and field push their hardest in order to reach new record times.

Spread designed by Maddie Stern and Garett Robeck



SETTING UP

In the final stretch of the 300, it was all about staying upright and finishing strong. **Drew Kolenda ('28)** shared, "I was running the 300, and I was just thinking about finishing the race and not being caught up by any other person while trying not to fall over." His focus captured the intensity of the race.
Photo by Daniel Eicher.

TOTAL EFFORT

Jackson Outcelt ('26) is sometimes forced to practice in the rain, but still enjoys his time in track: "I like track because I get to have fun with my friends and better myself."

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REACHING NEW HEIGHTS
Ramya Beck ('28) leaps over the bar and clears it at a home invite against Buffalo and Hopkins.
Photo by Kylee Steffens.

IT'S A FRESHMEN FRENZY

A rebuilding season fueled by new faces

Spread designed by Kylee Steffens

The girls' track and field team is focused on more than just results; the team is focused on rebuilding. With more than 35 freshmen joining the roster, the team has taken on a new identity built around youth, growth, and talent. Unlike last years team, this season is driven largely by underclassmen who are stepping into important roles early on. This large freshmen class has already made an impact across a wide range of events. Athletes are competing in everything from sprints and relays to distance races, jumps, and throws, showing both willingness to contribute and versatility that the team needs them. **Jensen Rogers ('26)** explained, "The freshmen class is really strong this year. They bring a lot to the team, and its been cool to watch them grow."

Along with new athletes, the program also welcomed several new coaches this season. Their addition has brought fresh perspectives and a renewed focus on the team's development. The coaching staff have been emphasizing the importance of building confidence and consistency during practice, helping athletes become more comfortable and feel stronger in their events. For many, being on the team is about more than just the competition. **McKenna Essler ('29)** shares her thoughts: "Being a part of the track team gives me a community to have fun with. Although I was injured for a majority of the season, I was still able to show up everyday and cheer on my teammates." That sense of support and commitment has helped shape a positive

Raelynn Holmes ('29): 100m Hurdles

Courtney Dofah ('27): Discus

Gemma Akapo ('29): 200m Dash

Alaina Fehn ('29): Shot Put

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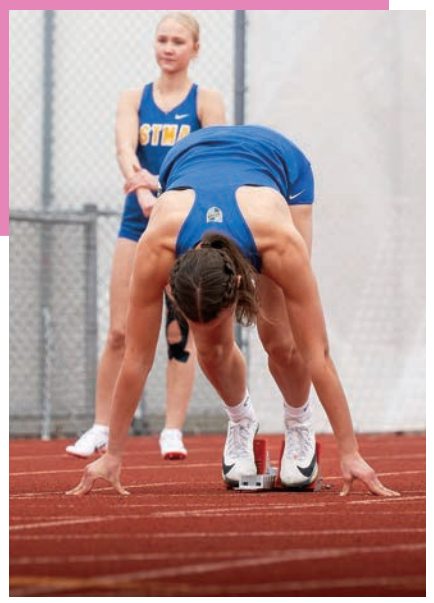

SHE'S GOT HOPS

Olivia Tanner ('27) soars in the triple jump during a meet against Buffalo and Hopkins. In the moments leading up to her turn, Tanner described, "Right before I jump, I usually picture exactly what my jump will look like. It helps me focus on the details and remember the specific techniques I am working on." *Photo by Claire Bunnell.*

SEEING THE FINISH LINE

Locked in at the starting blocks, **Emma Kvant ('26)** has very specific ways she prepares for her races. "I do a lot of 300's and 500's at a fast pace to get used to the heavy-leg feeling that kicks in during the end of a race" she says. *Photo by Danny Eicher.*

THEY'RE BETTER TOGETHER

Mariah Steffens ('27) and **Olivia Ostlie ('29)** connect on a smooth baton hand-off during a heated relay race at the Maple Grove Invite. Steffens explained, "Relay race teams are almost always changing so adjusting to new partners is sometimes challenging, but Liv and I haven't had any issues and our hand-offs flow great." *Photo by Maddie Stern.*

ME, MYSELF, AND I

When the gun goes off, **Sophie Hillman ('29)** is focused on beating the clock. Hillman shared, "During these races, I'm only competing against myself. It doesn't matter who's next to me, but what matters is that I believe in myself after a race." At an earlier meet against Hopkins, Hillman was able to set a personal record in all her events. *Photo by Maddie Stern.*

environment for the team. Even with a younger roster, leadership and energy remain a key part of the team. Many returning athletes continue to set the tone at practice and in meets, helping guide the newer crew throughout the season. Rogers also said, "The underclassmen know when to lock in, and they bring a lot of energy that pushes us through practice." That balance has helped the team create a strong and motivated environment. While the team may still be developing, the effort is clear. Each meet is filled with competition, learning, and most importantly, improvement. This season is about building the future of the program, and with a strong group of new talent, it is already taking shape.

All OVER THE TRACK

Girls' athletes share their main events

Anna Dewey ('29): 3200m Race

Reece Cleveland ('28): 1600m Race

Mia Svendsen ('29): 300m Hurdles

Sophie Miller ('29): 800m Race

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WE BUILT THROUGH THE SEASON

A season shaped of growth and rebuilding of the team

Entering a new season, the Knights Softball team had lots of rebuilding to do. After losing many seniors the previous year, younger players had to step into larger roles quickly so the team could find success. **Hailey Luoto ('29)** stated, "As a young player, the seniors have definitely helped so much by supporting all the freshmen and underclassmen to adjust to bigger roles and are really helping lead and support the team." This leadership is crucial to the chemistry of the team. Similar to Hailey, **Makenna Litzau ('29)** is also a freshman who was supported by the upperclassmen while she was adjusting to a bigger role. Litzau said, "I think that Hailey Rech really stepped up as a leader. She is one of the captains, and she did a really great job with making everyone feel welcome at the beginning of the season. She always has such a positive attitude making her a really great role model." Support within the team created growth on and off of the field. Every practice and every game allowed the Knights to grow closer together, and stronger as a team. **Jaylen Valdez ('28)** mentioned, "Rebuilding the team is by far the best thing about this year! We are learning to bond with each other while playing the game we love!" This was a season about rebuilding, and stepping into new roles. Through rebuilding, the team wasn't trying to replace the seniors they lost, they were creating something new together. The wins and losses showed the teams development and resilience throughout the season.

Spread designed by Camryn Mikolich & Ella Morstad

BEFORE THE FIRST PITCH

Underclassmen share their pre-game rituals

"Before games I go and get a T-Bomb."
- Presley Sobraske ('28)

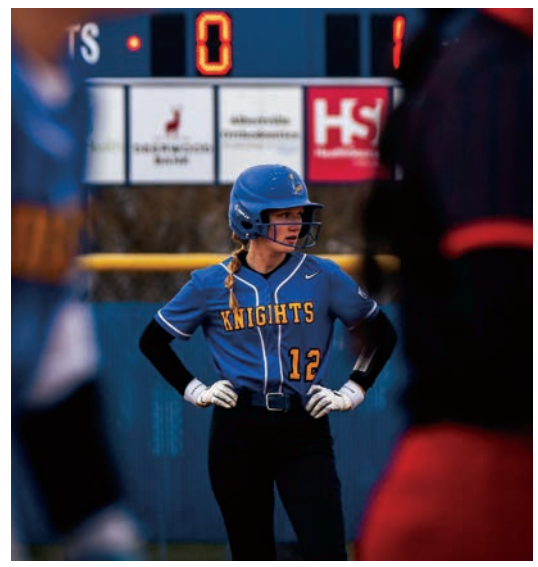
"For my pre-game ritual, I always braid my hair."
- Cella Houghton ('28)

"When I am getting ready, I put my left sock on before my right sock."
- Mia Lindenfelser ('29)

"Before the game I do my hair in a slick back, and I put seeds in my back pocket."
- Faith Funk ('29)

SWING AWAY

As **Aliese Eguia ('28)** is up to hit for the Knights, she practices her swing multiple times before going up to the plate. Eguia stated, "When I'm up to bat I think about doing my job for my team by getting on base and moving runners."
Photo by Leo Bjerketvedt.



LEADING OFF

Hailey Rech ('26) gets on base after getting a hit during the game against Elk River. Rech mentioned, "While I'm on base I am thinking about how many outs there are, if any other runners are on, and what to do in each situation."
Photo by Leo Bjerketvedt.

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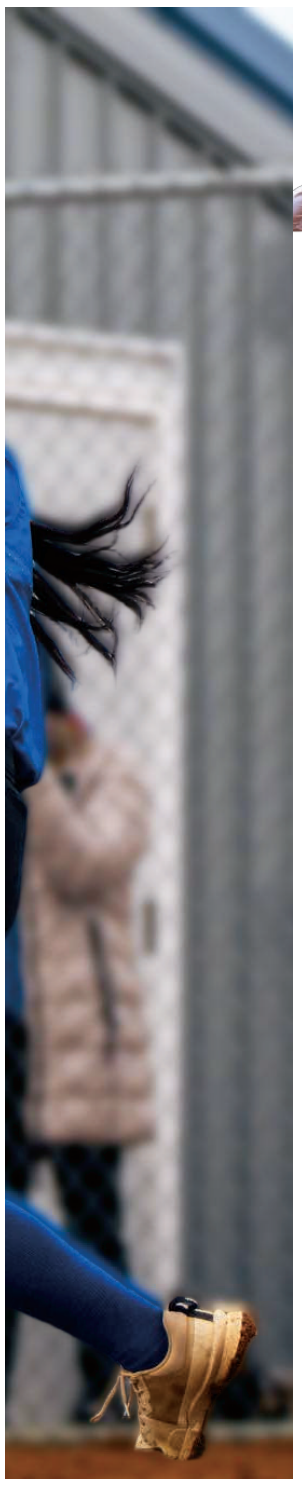
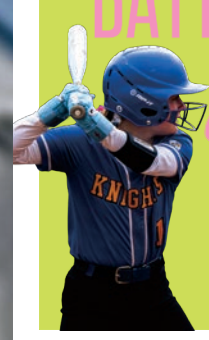


BATTER UP

Players share their walk up songs as they step up to the plate



"Ain't No Love In Oklahoma" by Luke Combs
- Lacey Bybolh ('26)

"MY HOUSE" by Beyoncé
- Hailey Morency ('28)

"The Time Is Now" by John Cena
- Reese O'Connell ('26)

"Good Time" by Alan Jackson
- Hailey Reich ('26)

WINNING ENERGY

Adrienne Lewis ('26) celebrates with her team after a win against the Elk River Elks. Lewis stated, "It feels good to win but our team celebrates every little victory to help our team stay engaged and keep it fun. If we are away we usually have a super fun bus ride back and we blast songs."
Photo by Leo Bjerketvedt.

OWN THE PLATE

The Knights head back into defense again, **Addison Byer ('28)** locks in behind the plate to be ready to block every ball to help out the team, Byer mentioned, "My role as a catcher is to make sure the field knows where the ball needs to be to back the pitcher up and also to keep the ball in front of me to help my pitcher succeed."
Photo by Leo Bjerketvedt.

GLOVE OUT

Out in the field is senior, **Reese O'Connell ('26)**. She is looking for a teammate to throw the ball to after making a play. O'connell said, "I stay ready in the field by anticpating the hit. When the ball comes my way, I'm focused on fielding it and getting the ball in fast." The Knights ended up taking the win against the Elks.
Photo by Leo Bjerketvedt.

"Playing outfield is reading the ball and covering all ground. My role is to make plays and keep runners from advancing."
- Alexa Rogers ('27)

"As an infielder you get more grounders and have to be ready every single play because all infielders are involved in each play even if you aren't the player with the ball."
- Emerson Brand ('26)

Players share their roles while playing defense

INFIELD *VS.* OUTFIELD

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UNTOUCHABLE ARM
Striking out hitters, **Will Underthun ('27)** had a great game. Underthun stated, "Pitching is easy because if they do hit off me, defense will make the play."

WE BEAT TONKA

Baseball takes the win with a score of 12-11

Spread designed by Gracie Vankuyk, Sophia Michals, & Grace Holmberg

The Knights varsity baseball team won their home opener in a thrilling 12-11 game against Minnetonka. The Skippers took an early lead, scoring first, but the Knights came back. They started hitting the ball well and slowly built momentum. They got 5 runs to take a 5-1 lead after 4 innings, taking control of the game. It was a great team effort up at the plate, every player in the Knights lineup recorded at least one hit. Grady Johnson, Quincy Standal, and Ashton Crank led the team with two hits each. Crank also drove in 5 runs and helped power the Knights offense. On the mound from the 4-6 innings, **Ethan Funk ('26)** gave a solid performance and picked up the win. Funk stated, "The first five batters of their lineup I tried to stay low and away, and the rest I went at them a little more, trying to get ground balls." Minnetonka then made a strong comeback tied it up in the 5th inning. The Knights answered immediately with 3 more runs in the bottom of the inning to take the lead again. The Knights were up 12-6 after the 6th inning, but then Minnetonka scored 5 to pull within one run in the final inning, putting pressure on STMA. That was as close as they could get though, because **Taylan Siens ('26)** struck out the last batter to end the game, securing the 12-11 win over the Minnetonka Skippers. Siens mentioned, "It was a very intense ending to the game, so landing that last pitch was a wave of relief but also a burst of emotion for me and a majority of the team." The Knights showed teamwork and determination throughout the game. Their ability to respond to Minnetonka's comebacks and finish the game made it a memorable and exciting start to the season.

FRESHMEN'S FIRST IMPRESSIONS

Freshmen share their emotions going into the season

"It was really fun! I had a great time with my teammates and we all played good! We won too!"
- Owen Kunz ('29)

"I've played with most of the kids on the team for the past couple years, so I really liked our team chemistry."
- Elliot Lahr ('29)

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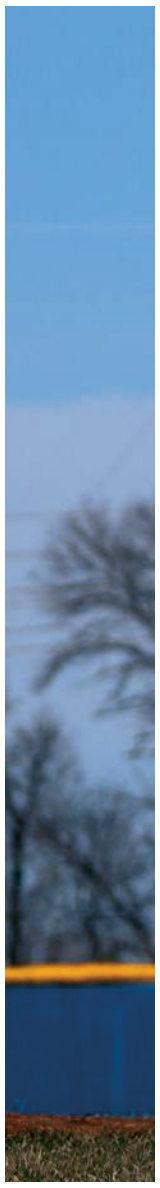

GET HYPE

Khael Johnson ('26) made it to home plate and celebrated with his team. Johnson exclaimed, "When getting home, I feel a rush of adrenaline knowing a huge run was scored."
Photo by Garett Robeck.

LOCKED IN

Third baseman, **Ryan Kurth ('26)** keeps his eye on the ball. Kurth said, "When I am waiting for the ball I feel locked in and ready for the swing. I get into the stance I do because it feels good to me, and I feel comfortable on the field."
Photo by Garett Robeck.

FULL SPRINT

Sprinting to first base, **Grady Johnson ('26)** mentioned, "Running to the base is stressful but feels amazing, I just I hope I make it there."
Photo by Leo Bjerketvedt.

BATTER OUT

First baseman **Quincy Standal ('26)** takes a long stride to get a ball from **Taylan Siens ('26)** and get the batter out on first. Standal stated, "I had to stay low to reach over and scoop the ball."
Photo by Garett Robeck.

SLIDE TO SAFETY

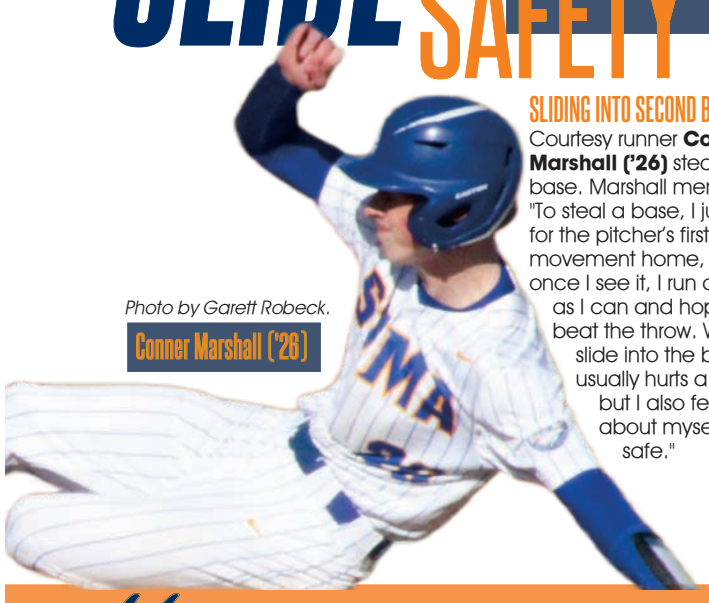

Photo by Garett Robeck.

Conner Marshall ('26)

SLIDING INTO SECOND BASE

Courtesy runner **Conner Marshall ('26)** steals 2nd base. Marshall mentioned, "To steal a base, I just wait for the pitcher's first movement home, and once I see it, I run as fast as I can and hope I can beat the throw. When I slide into the base, it usually hurts a little, but I also feel good about myself if I'm safe."

THEY SWING BIG

Hitters explain how they feel at the plate

Photos by Garett Robeck.

"When I walk up to the plate, I try to have confidence and put a good swing on the ball."
- Tyler Haring ('26)

"I walk up to bat with the song 'Blind' by Korn playing. It's intro is sick and makes me focus."
- Ashton Crank ('26)

"My mindset when I go up to hit is swing hard in case I hit it."
- Ethan Funk ('26)

Thomas Lahr ('27)
Photo by Leo Bjerketvedt.

Taylan Siens ('26)
Photo by Leo Bjerketvedt.

"I was excited because I knew I had the support from all of my teammates and coaches. Everyone was so supportive, so I was excited to play with them. We were all laughing and having fun, so from the first game I knew that we were all gong to bond very well."- Dominic Scully ('29)

"From day 1 of the season it was get stuff done, but we also joke around a little bit. My teammates and coaches are supportive no matter what."
- Noah Mesna ('29)

"That we were a good team and it was going to be an awesome season."
- Zavier Loos ('29)

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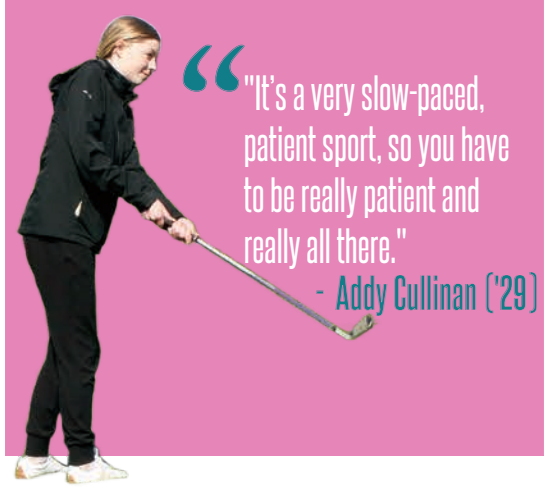
MOVEMENT WITH *MEANING*



"It's a very slow-paced, patient sport, so you have to be really patient and really all there."
- Addy Cullinan ('29)

ESTELLA SHURTE ('28)

PERFECTING THE FORM

The form that drives results

SONG BEING PLAYED
"I listen to Metallica because it helps me keep a good tempo."

ELBOW
"I lead with my left arm and keep it semi-straight while my back arm kind of does a 90 degree angle."

HIPS
"I try to stay neutral with my hips and I try not to shift backwards."

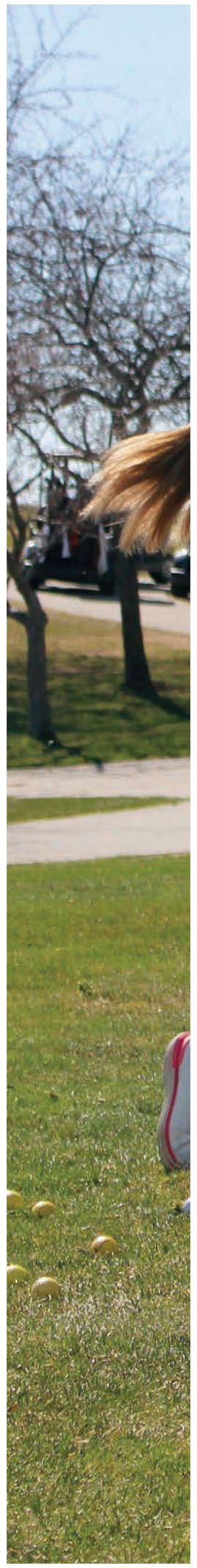
KNEES
"I do a little squat and get a little lower to a more comfortable position and make sure my knees are not locked."

EYES
"I focus my eyes more on the back of the ball and the face of my club."

FOOT
"I find it easiest to keep my feet shoulder-width apart and turn my front foot outwards."

EYES ON TARGET
At Cedar Creek Golf Course, **Addy Cullinan ('29) and Amelia Smith ('29)** are focused on aiming carefully before hitting the ball. Staying focused on the target helps players improve their accuracy and control. Cullinan said, "What keeps me focus is ignoring everybody around me and then just locking in on the ball."

FOCUS BEFORE THE STRIKE
Brodie Mork ('27) is getting ready to hit the ball. He is standing still and looking at the ball.



STANCE DECIDES THE SHOT
Braylen Maciej ('28) is carefully setting his stance before swinging. In golf, proper stance is important for balance, control, and making accurate shots out if difficult positions like the sand.

SWING FOLLOWS THROUGH
Tate Helland ('26) hits the ball and finishes his swing. His arms move all the way through after he makes contact. Following through helps the ball go straight and far. Players practice this to make their shots better. **Tate Helland ('26)** said, "A time I felt really proud was when I stayed composed and finished after a rough start."

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COMPOSURE *IS* EVERYTHING

Every shot begins with control

The boys' and girls' golf teams spend their time at practice working to get better with each shot. There are no crowds or scores, just focus and practice. Every swing is a chance to improve. They work side-by-side, focusing on form, timing, and control. There is not much talking, just concentration as each player stays locked in on their swings. Coaches give small tips and advice, and the players listen, then try again. The players adjust and reset their stance or grip to fix their swing. The balls scatter across different parts of the course. Players walk back and forth, collecting balls, and preparing for the next swing. Practice is not about perfection, but persistence and building that confidence one swing at a time**. Grace Jensrud ('26)** explained, "I think one thing people might not realize about golf is how much of a mental game it is. Golf can be very frustrating at times, but learning to stay calm and being able to reset is a huge part of the game. A lot of improvement comes from building confidence and having the right mindset just as much as physical practice." From a distance, it might look simple, but it's not. Every good shot comes from practice that people don't always see. What you see in games starts here at practice.

Spread designed by Faith Abuki and Elizabeth Ogamba

ALREADY IN THE AIR

Grace Jensrud ('26) gets ready and swings the club. The ball is hit and goes up into the air. This happens during practice when players work on hitting the ball far and straight. **Grace Jensrud ('26)** shared,"I'm learning to push through and not let a bad shot or bad hole affect the rest of my round."

ONE *LAST* SWING

"The best golf memory is playing 36 holes in a day with my friend Jackson.
- Jake Gundry ('26)

"My grandpa got me into golf. I used to go golfing with him and then I just kind of started playing after that."
- Jackson Wickre ('26)

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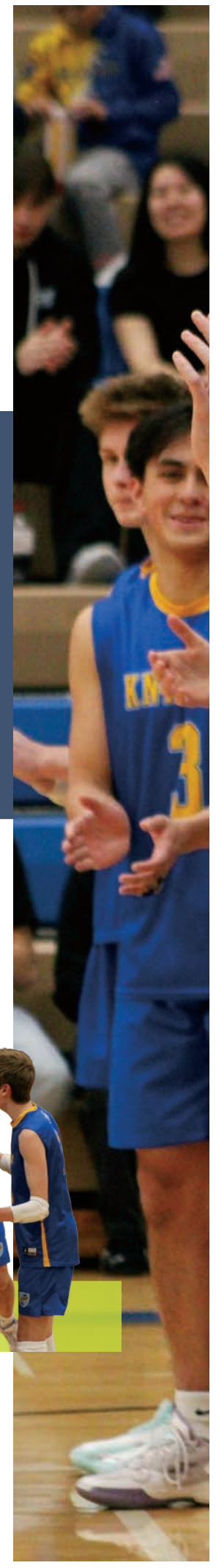
IT STARTS WITH A PASS

Every rally starts with the first touch—if **Austin Lake ('26)** gets it, he passes it straight to the setter. He knows a strong pass sets up the point. Lake said, "I've learned a lot this year and wish I had more time with this team to grow."
Photo by Mark Jordheim

SUCCESSFUL SERVING

Nick Michals ('29) steps up to serve, staying calm and focused. He says, "Even if I end up messing up, I remind myself one point doesn't define me. I focus on improving next time."
Photo by Garett Robeck



WE HAVE BIG BLOCKS

Strategy and timing are what make up a strong block. **Jon Sixta ('28)** has worked hard to improve both skills with the help of his pin hitters. He says, "It's always exciting to get a good block, especially with a teammate. It always boosts our energy."
Photo by Cora Hager

HIGH CONTACT

Maintaining a consistent swing is hard to achieve. **Elijah Dehmer ('27)** is an outside hitter who has been working hard at his craft. He says, "It's the goal to have a strong hit, but it's more important to have good form."
Photo by Cora Hager

Tanner's team returns the support he's given them all season.

Tanner Carel ('27) has been balancing assistant coaching STMA's 13-1 JO team while starting on varsity. He puts in the work at practice, then heads off to coach right after. On game day, his team showed up loud and proud, cheering him on every time he touched the ball. Carel said, "It meant a lot having my team there supporting me. It kept me positive and pushed me to be someone they can look up to."
Photo by Garett Robeck

EVERY POINT COUNTS

After **Ethan Jordheim's ('26)** kill, the team came together, celebrating the point as one. It's moments like this that show their connection and how they respond to each other on the court. Ethan said, "When we make big plays like that, it's about keeping that energy going, staying together as a team, and building off every point we win."
Photo by Garett Robeck

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WE TURNED IT AROUND

The Hornets get reverse-swept on their own turf

On April 23rd, our boys volleyball team hit the road to face the Edina Hornets, fully aware of the challenge that comes with playing away from home. The first set was a battle from the start, packed with back-and-forth rallies that kept both teams within reach of taking the first set. It could've gone either way, but in the final moments, the Hornets pulled ahead and took the set 22-25. The second set followed a similar pattern, staying close throughout. The Knights pushed to tie the match, but came up short as the Hornets took the set 23–25.Knowing the Knights needed the third set to stay alive, they didn't have time to waste. Again, the set started slowly, with both sides giving up easy points. Halfway through, the Knights found themselves trailing by four so head coach Brent called a timeout. Assistant Coach Jack Yerxa said, "During the timeout, we told the seniors they needed to step up. We needed them to be leaders, improve communication, and bring intensity into the game." After the timeout, the energy shifted. The Knights came out more focused and fought for every point. That effort paid off as they took the third set 25–20. The momentum carried into the fourth set, where the Knights played with energy and control. They stayed smart and aggressive, taking the set 25–19. **Isaiah Ophoven ('27)** said, "We started the game too cocky, thinking we were going to blow the Hornets away. We played down to their level instead of showing them up. Towards the end, we locked in and stepped up." Set five was the tiebreaker, with both teams having won two sets each. You could tell neither side wanted to let the win slip away. It stayed close, but with their confidence and determination, the Knights pulled through and won the final set 15-11, giving the STMA boys the win!

Spread designed by Cora Hager and Aubrynn Croaston

SIDELINE HYPE

Even off the court, this team brings the energy. **Alyk Lysongtseng ('28)** stands out for staying positive and encouraging his teammates. He said, "Whether I'm on the court or not, I give 100% of my energy to the team." Photo by Garett Robeck

RALLIES CHANGE LIVES

Volleyball has improved our players in many ways. For many athletes, the sport provides both motivation and a sense of purpose. **Mason Pohlkamp ('26)** said, "Volleyball has given me something to look forward to. It has also given me something I want to improve on every day." Photo by Garett Robeck

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EYES ON THE GOAL

Allie Rickard ('26) and **Kendall Ringat ('27)** practice a head-to-head during a faceoff in practice, focusing on quick reactions, positioning, and staying controlled under pressure right off the first whistle.
Photo by Bindee Nyandibo.

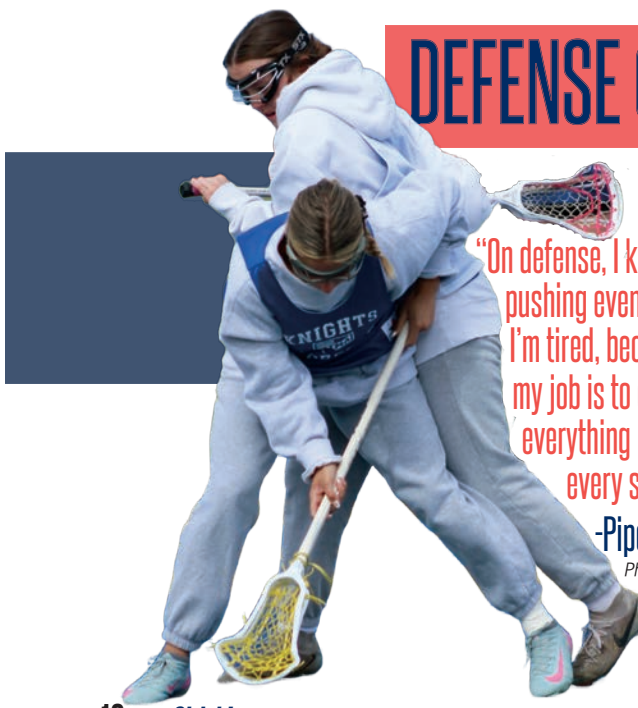
MAKE THEM MISS

During a stick skills drill, teammates **Alessandra Mursaki ('27)** and **Edell Olson ('29)** reach up to fight for the ball, practicing hand-eye coordination and quick reactions under pressure. Olson shared, "The drills keep us fit and help us to practice making quick, smart decisions with the ball like we would in a real game."
Photo by Bindee Nyandibo.

EYES ON THE BALL

Taelyn Tolifson ('28) stays ready during practice, keeping her eyes on her coach and ready for the next drill. Tolifson shared, "I stay aware by keeping my head up always and talking and making sure I know where my teammates are before I receive the ball."
Photo by Bindee Nyandibo.

DEFENSE ON LOCK



"On defense, I keep pushing even when I'm tired, because my job is to give everything I've got, every single play."
-Piper Peterson ('27)
Photo by Bindee Nyandibo.

ONE TEAM ALWAYS

The team gathers at midfield while coaches go over instructions, using practice time to build communication and prepare for upcoming games. **Olivia Geryol ('26)** added, "Communication is a huge part in moments like these because if we don't communicate, we usually get scored on."
Photo by Bindee Nyandibo.

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EVERY SPOT HAD TO BE EARNED

Tryouts pushed every player to prove they belonged

Before the season officially started, STMA girls' lacrosse faced one of its toughest challenges which was tryouts. Every athlete knew that making the roster wasn't guaranteed, and every single moment on the field actually mattered. From day one, players were tested both physically and mentally. A big part of tryouts was the mile run, and athletes had to complete it under the required time. In addition to conditioning, the coaches evaluated players on stick skills, communication, and overall effort. Each role on the field was tested in different ways to see who could handle the demands of the game. **Zara Maeder ('29)** mentioned, "Communication is one of the most important things in lacrosse and can make or break a game." As tryouts kept going, consistency became just as important as talent. Players had to prove themselves through multiple drills and scrimmages, showing improvement while staying composed under pressure. Coaches looked closely at how athletes responded to challenges and how they worked within the team. The final days pushed athletes to give their best effort since everyone knew roster decisions were right around the corner. Those who stood out did it through hustle and a strong understanding of their role. **Alessandra Muraski ('27)** shared, "You could visibly notice the change in skill and effort. Everyone was upping their game and finessing the little things. It's an unmatched feeling playing with people when they do this because it feels like everyone is just on a different level." When the team was finalized, every spot reflected hard work. The roster that formed was built on effort, resilience, and skill under pressure. Each player earned their place by meeting the demands of a competitive tryout process. **Sophie Labatt ('26)** leaned on this team bond. She shared, "I tell myself that no matter what happens, my teammates will always have my back." STMA girls' lacrosse entered the season with a team shaped by challenge and competition. Through demanding tryouts, including conditioning and skill test, the players who made the roster proved they were ready to compete as a team.

Spread designed by Bindee Nyandibo and Elizabeth Ogamba

EARLY SEASON VICTORY

Knights defeat Monticello Magic 14-5

The girls' varsity lacrosse team came out strong on their home field, defeating Monticello 14 to 5. From the start, the Knights played with confidence and control, setting the pace early and never letting up. Monticello fought to put some points on the board, but STMA stayed ahead and continued to build its lead with unstoppable offense and strong defensive stops. Every possession had purpose, and the energy on the field carried throughout the game.

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HE'S BACK WHERE IT ALL BEGAN

Former alumni turns coach

Ryan Adkins came back to the lacrosse field, but this time he wasn't wearing a jersey. A 2021 STMA graduate and former lacrosse face-off standout, Adkins returned as a coach, bringing with him the same passion that defined his playing days. His years of playing experience, from youth to the collegiate level, have shaped his approach to coaching. He brings leadership, positive energy, and an infectious smile that quickly became a driving force behind the team's culture. With a fresh perspective and a deep love for the game, Coach Adkins has inspired players to grow both on and off the field. He has taken time to get to know his players as a person. Varsity face-off player, **Owen Manning ('26)**, shared, "I respect Ryan because he gave me my love for the sport of lacrosse back and helped me succeed throughout the season to be my absolute best." For Adkins, that influence is intentional. He views coaching as more than teaching skills or chasing wins; it's about showing up for his players in meaningful ways. "Coaching anything comes with a big responsibility," he explained. "Many of these kids play because of their passion for the game, they need an outlet to escape everyday life, or because they need fulfillment in their lives. It's about way more than wins or losses. It's about being a father figure for these guys, being a safe space they can go to, helping them achieve their future goals outside of high school, and ultimately growing them as very respectful young men with a strong work ethic. I wouldn't be who or where I am today without the amazing coaches that have stepped up in my life. I needed them to be the best father figures and role models, and they made a priceless impact on me. I aspire to be that role model, father figure, and safe space for the players, so they can be the best version of themselves every day." A commitment that proves his strong connection to the program never left; once a Knight, always a Knight.

COACHING WITH HEART

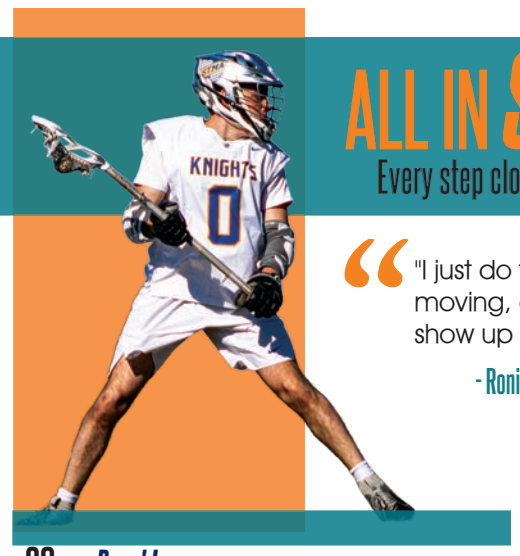
Watching the play unfold, Coach Adkins stays locked in on the sideline, greeting players with a pat on the back as they rotate off the field. In these moments, his leadership and encouragement help keep the momentum alive.

MIDI TAKES CHARGE

After loosing the ball to the Trojans in a face off, JV midfielder **Isaac Thorsen ('29)** runs after his opponent and attempts to take over control of the ball. Thorsen expressed, "I knew we needed the ball back so my only focus was getting after it and giving us another chance."

FIERCE WITH INTENSITY

Trying to protect his home turf from getting scored on, JV defensive midfielder **Daniel Lewis ('29)** uses his force full charge to knock out his opponent. Lewis exclaimed, "I try to hit them as best as I can, using my shoulders head on for the most effect."



ALL IN STRIDE

Every step closer to the goal

"I just do the work, keep moving, and trust that it will show up in the end."

- Ronin Witlif ('26)

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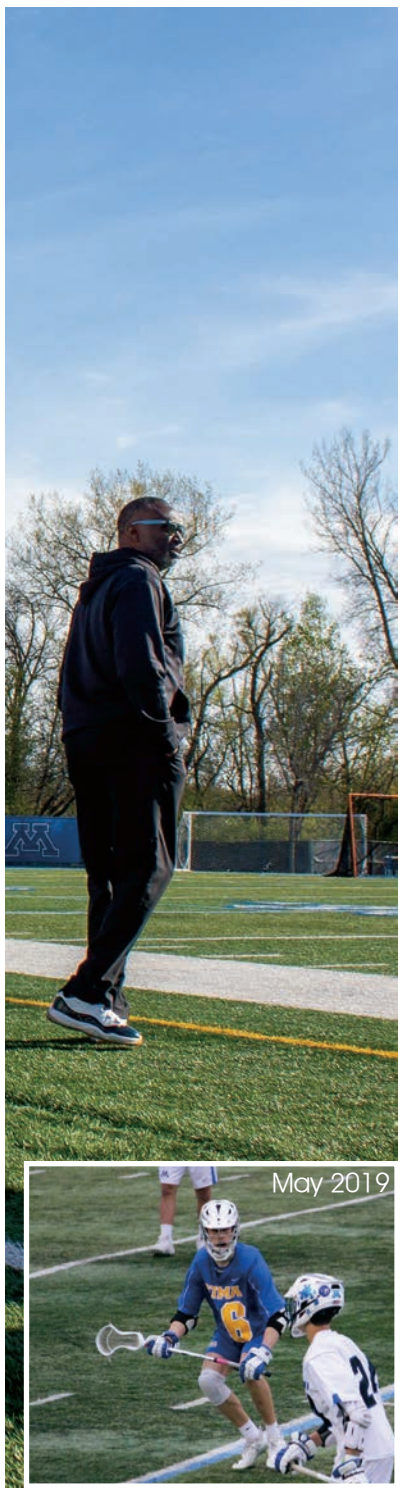

VARSITY BOYS' LACROSSE

Spread designed and photos taken by Madysen Coulson. *Interviews conducted by Madysen Coulson and Winslow Drowne.*

Back Row: Henry Braun, Henry Hannon, Coach Jack Sivini, Coach Ryan Adkins, Coach Nathan Mukai, Head Coach Steve Simpson, Coach Eron Simpson, Spencer Hawkins, Owen Volkenant.
3rd Row: Lucas Gerten, Jonathan Landon, Tyler Bechtold, Cooper Klein, Tate Lallak, Jackson Olin, Colton McLellan, Owen Manning, Landon Zachman, Caleb Lee.
2nd Row: Gavin Gabrielson, Braeden Zachman, Kyle Webber, Talon Moreland, Caleb Grabowski, Cooper Leland, Brody Bergeron, Carter Wigfield, Grant Bergeron.
Front Row: Mya Mckinley, Lucas Ingebrigtson, Kallen Starry, Brocton Bogen, Brock Wigfield, Zachary Nelson, Henry Robinson, Winslow Drowne.

SIDE TO SIDE

Twisting and turning around his competitor, **Tyler Bechtold ('27)** creates a disruption in the play in hopes to escape the Wayzata defensive player and make it down the field. Bechtold said, "Trying to keep the ball moving is huge and communicating with my teammates is important."

A STEP AHEAD

After scooping the ball away from the opposing Bison, **Cooper Leland ('27)** takes a look down the field trying to figure out what his next steps could be for the play. Leland explained, "I look for my teammates, I trust them and myself to be in the right spots at the right time so that we can finish out the plays."

INTENT IN MOTION

Pushing past pressure and trying to leave defenders behind, **Zachary Nelson ('28)** turns every sprint into an opportunity. Thinking strategically, Nelson decides to launch the ball towards the net hoping to help advance his team. Nelson stated, "I'm just trying to play fast. If I get an opportunity, I'm not overthinking it, I'm just going for it."

CALM OVER CHAOS

With complete focus and clear vision, **Henry Braun ('26)** makes the quick decision to pass the ball to his teammate, anticipating that they can carry out the play. Braun clarified, "I do some breathing exercises before the game which helps me stay calm and locked in while I'm playing."

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RALLY BUILT

No. 1 singles player, balances training and rising USTA success.

Since first picking up a racket at age six, **Brayden Szarzynski ('28)** has spent nearly every day on the court. He began in community education classes at his high school, inspired by his mother, a former college player at St. Cloud State, he made a goal to play tennis at a higher level. As the No. 1 singles player and a member of the STMA boys' tennis team since seventh grade, Szarzynski balances a demanding schedule. During the season, he practices Monday through Friday, and plays for fun on weekends. In the offseason, he trains three to five days a week at Rogers Tennis Club. His results reflect his determination, As of Feb. 21, 2026, Szarzynski gained 256 points in USTA Boys' 16 singles tournaments, placing him second in his city in the Boys' 16s singles category. Looking back at his first season, Szarzynski explained all this experience helped shape both his confidence and his playing style: "It was basically the first team I was ever on so I was very nervous about how I would do, but I think for me it was me being shy that held me back, but my game has changed so much going from a human backboard to trying to be an aggressive player now."

Back Row: Coach Basham, Gavin Gerard, Wyatt Skogsberg, Gabe Thelen, Pete Lidberg, Hudson Slettum
Middle Row - Carter Faucher, Drew O'Neill, Zach Ruhland, Isaac Yotter
Front Row - Miles Dalton, Isaac Dahmen, Brayden Szarzynski, Grady Robberson, Christian Edwards
- Not Pictured Louie Ditlevson

STAYING LOCKED IN

Hudson Slettum ('26) battles at No. 3 singles against Maple Grove, staying focused point after point as he manages the match on his own. "When I hear my teammates cheering, it makes me play better overall," Slettum stated.

MINDSET RESET

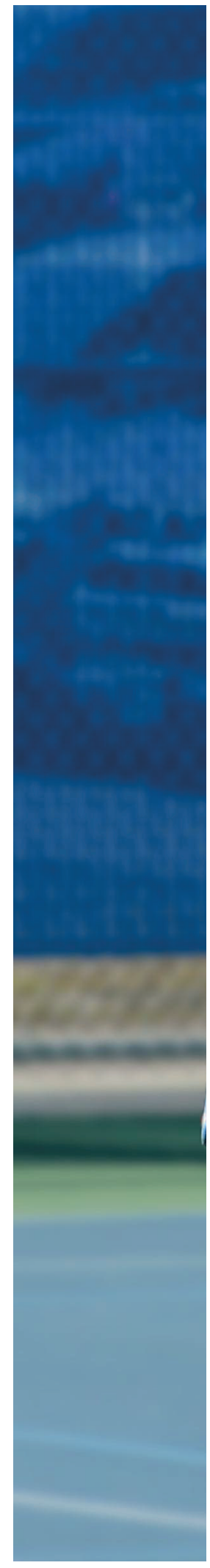
Playing No. 4 singles, **Wyatt Skogsberg ('26)** credits his coach for helping change his mindset during matches, especially when things get tough. "He's always there to pick you up when you're down and tells you it's only one match, it's only one point. Just don't focus too much on what you're doing wrong but focus more on what you're doing right so you can just mentally move forward."

QUICK STRIKE BACK

Senior **Pete Lidberg ('26)** quickly returns a serve with a backhand during a match against Maple Grove, ending the rally with a quick point win. Lidberg shared the importance of quick reflexes, "To hit a quick shot at the net back at your opponent can catch them off guard or make them run and force a tougher shot. It's also big in serve returns where you can get a quality return if you're quick to react and get to their serve."

Spread designed and photos taken by Allison Dressler

VARSITY BOYS' TENNIS



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THEY PLAY AS ONE

Turning individual matches into shared team moments

Tennis is usually quiet enough to hear the ball snap off the strings, shoes squeaking as players explode towards the ball. Players are expected to predict and finish points alone. But for this team, they make their presence known together, cheering for each other and sending an echo of "Let's go Knights" and "Here we go Knights" across the courts. While this is part of the game, the Knights have created something different, an environment where no one truly competes alone. **Drew O'Neill ('26)** explained how they make a difference: "We change that experience by always checking in on the match next to us and encouraging teammates from afar. We make sure to yell loudly when we win points and cheer others on who are playing well." That constant support is what connects players, even when they are competing on separate courts. **Zach Ruhland ('28)** explained how that support shows up in the middle of matches: "I feel connected and supported by my teammates when people yell across the courts to support me after I hit a nice shot or when I win a really long rally. This gives you a lot of confidence going into more points in the match." While tennis may be played one match at a time, this team proves no one is ever truly playing alone. Through cheers, high fives, and support, they've turned a quiet, individual sport into something shared across every court.

SMILING VICTORY

After securing a point, **Isaac Yotter ('29)** celebrates with a smile alongside partner **Gabe Thelen ('29).** Competing at No. 4 doubles as freshmen, they rely on strong communication and teamwork to stay connected throughout the match, "A key way I stay connected to my partner is by having quick conversations between points, from telling a joke to discussing game strategy. I also control the pace of play by starting the point on my terms and taking control of the game." Yotter said.

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THE *COSTUMES* TOOK CENTER STAGE

The steps and ideas that come to life

The shining stage takes on an new upcoming play of "Peter and the Starcatcher" an embarking journey of an adventure to Neverland by our heroine Molly Aster and her group of orphans. But, what makes the play of "Peter and the Starcatcher" so whimsical and magical? Perhaps that lies behind the curtains, leading us to none other than the costume manager **Paige Carroll ('28)** who designs and created the costumes for the upcoming play, through step by step of how an idea can come to life on stage. Paige takes the first step of creating the costume, which is through deciding on the time period the play takes place in along with deciding on what type of show it is. Paige starts off by stating, "This show in particular, we have to start with like the time period. In importance of like, the Victorian era. And then we also have to know the type of show. So this show is called the Found Object Show. So that means we might make objects out of something that might not seem like it would be a costume."

Putting down the time period is like putting down a pillar, a start of anchoring down the plot and creating and mood for the audience to feel like they're in. The next steps involve envisioning and putting life into the costume, "We make what we called a vision board, which is basically a slideshow, and each character has their own slides, and then we can use time period pictures for pictures from other shows that are super helpful, and that give off the vision we want, and then we send it to out costume shop," Once the costume are put into the shop, the actors are able to customize it to their liking creating the final product to be put onto the stage.

Spring Play

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Difficulty comes in many ways when working in theater; forgetting certain lines, being too early in scenes and props malfunctioning on stage are the rough patches along the way. Costuming focus on the overall character and how it connects to their costume, Paige spoke, "We know that we want our main character, who's an orphan, to look like he has these types of pants. He has neutral colors, and he has like more drab clothing. So maybe we start with that, and we have to branch off of that. It's sometimes hard to get them to coordinate, and if you have a show with kings and queens, you want to make sure they have certain clothes." Coordination is key to creating have a consistence play, it wouldn't make sense to have the main character Peter to be rocking in a plain t-shirt and sweat pants, as it wouldn't reflect off of his identity of an orphan.

One thing that's for certain while being in a position of a costume manager is the overall hard work of planning along with dealing with the precise detailing on the costume, but hard work paid off as the costumes that were created does the storytelling more than anybody would think. It helps define a person in colors, physical appearance and gives off mood, along with creating an identity of the character. It captivates the audience and makes the show goes on. Overall, costumes play one of the most important roles in theater. What the audience see are the hard work that goes into making the show feel whimsical and fun to watch, which is why costume remains one of theaters treasured gifts.

Spread designed by Lily Nachampassak

WARDROBE MANAGER

PAIGE CAROLL SHARES HER FAVORITE PART AS A COSTUME MANAGER

"This is my second show in this position, I think the friends that I made in theater have also been in that department, and when one of the girls stepped up a role, one of my greatest friends in tole model stepped up a role, I decided to take hers, cause I just loved the idea, and I've had a really great crew both years too."

what if we told you

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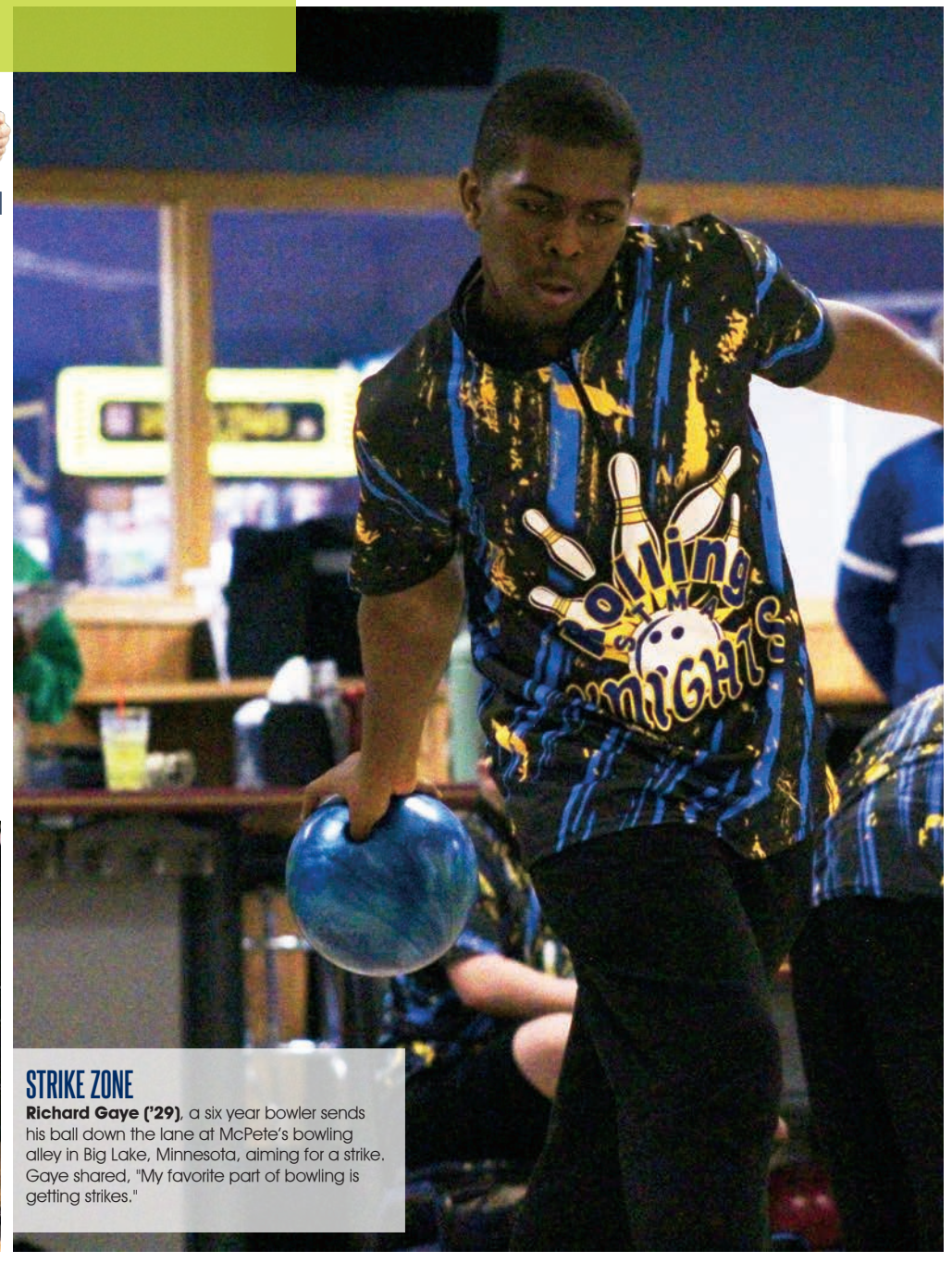
ROLLING INTO MEMORIES

Smiling for the camera, **Madeline Meilahn ('26), Cadence Maus ('26), Ella Wenzel ('28),** and, **Saige Funk ('26)** enjoy a moment together while competing at the bowling invitational at McPete's bowling alley.



STRIKE ZONE

Richard Gaye ('29), a six year bowler sends his ball down the lane at McPete's bowling alley in Big Lake, Minnesota, aiming for a strike. Gaye shared, "My favorite part of bowling is getting strikes."

ROLLING IN STYLE

Adaptive athletes visited McPete's bowling alley in Big Lake, Minnesota, where **Jedidiah Israel-Payne ('29)** carefully sent his bowling ball down the lane. This season was Jedidiah's first year on the team. He explained, "I like to use a 14 lb. ball from the bowling alley."

READY TO ROLL

Jasmine Brutskiy ('26) getting ready to knock some pins down at the Monticello invitational tournament. Jasmine has been bowling for the Rolling Knights for four years. Brutskiy expressed, "I love to cheer on my teammates!"

ADAPTED SOFTBALL

ADAPTED BOWLING

Not in Order: Ethan Carlson, Jacob Centko, Matthew Centko, Janaa Daggett, Aiden Elmquist, Yohan Tshimbalanga

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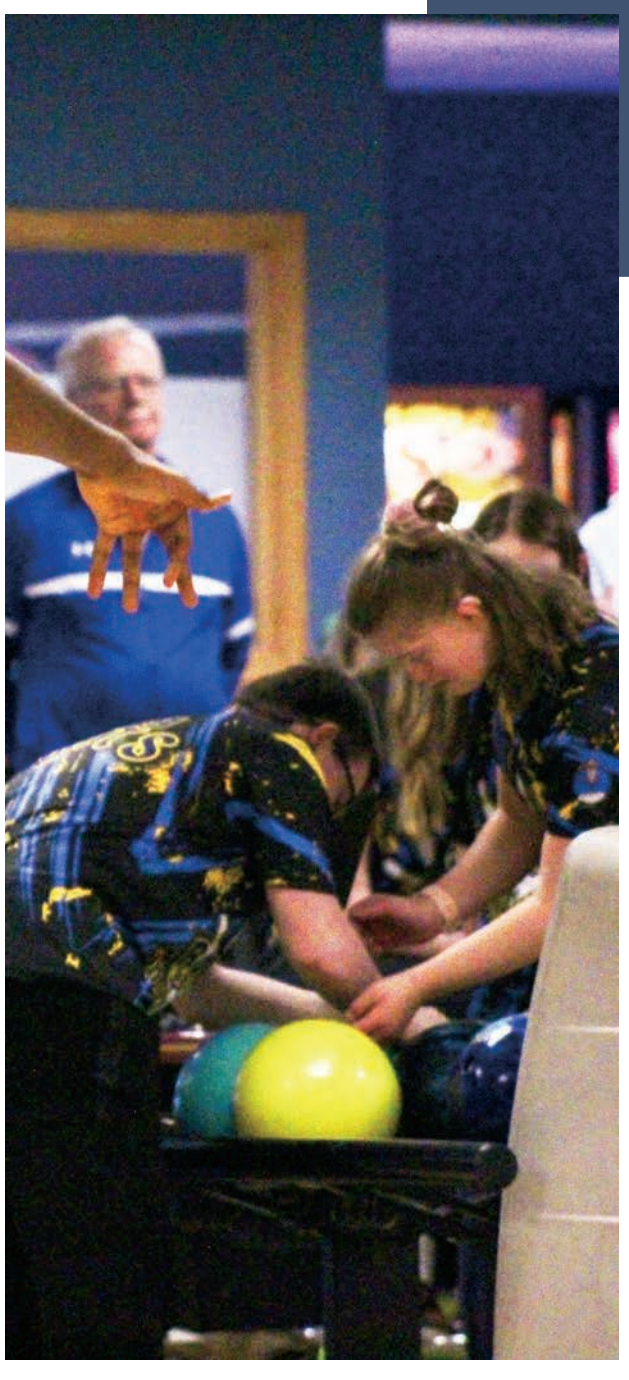
THIS IS HOW WE ROLL

Reflections from the Rolling Knights



Front Row L to R Seated: Jed Israel-Payne, Dylan Cummings, Jasmine Brutskiy, Charlie Peiler, Noah Jensen, Brandon Clarke, Aiden Elmquist
2nd Row: Tyler Centko, Lexi Ness, Jacob Centko, Maddie Meilahn, Erik Tindall, Sierra Conner
3rd Row: Jailee Jones, Michael Peterson, Logan Keiner, Ella Wenzel, Brody Hochstetler, Kara Vetsch, Matthew Centko, Saige Funk, Janaa Daggett, Madison Schuster, Jace Vang, Cadence Maus, Noah Conner
Back Row: Manager Kylee Brandli, Parent Volunteer Coach Mike Conner, Manager McKenna Bugbee, Manager Ashley Meehan, Manager Ranya Ezzaid, Head Coach Cassandra Rule

"My favorite moments from this season are when I get strikes and spares."
-On her favorite bowling moment

- Kara Vetch ('28)

"I have improved my aim this season."
-On his progress this season

- Logan Keiner ('28)

"My favorite way to celebrate is a little wiggle dance with my hands up."
-On her favorite way to celebrate

- Saige Funk ('26)

"My favorite part of bowling is being with my friends."
-On his favorite part of bowling

- Aiden Elmquist ('27)

"At bowling I like to spend time with Kara."
-On her team connections

- Madeline Meilahn ('26)

"I love getting strikes and seeing coach Rule!"
-On his bowling experience

- Erik Tindall ('29)

Spread designed by Claire Bunnell
Photos by Claire Bunnell and Kylee Steffens

FUEL FOR THE LANES

Pre-Game and Post-Game Favorites

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VARSITY/JV BASEBALL

Back Row: Blake Klinkhammer, Quincy Standal, Thomas Lahr, Will Underthun, Carter Sackett, Orion Walker Kuklock, Wyatt Lawrence, Connor Tangen
Row 3: Taylan Siens, Connor Marshall, Raffy Granda, Joe Scully, Palmer Steinmetz, Braden George, Jack Geiman, Nick Boese, Zaden Price
Row 2: Coach Salas, Coach Hackenmueller, Coach Judkins, Lucas LaCroix, Ben Feder, Khael Johnson, Coach Schumm, Coach Krupke, Coach Borst
Front Row: John Pierce, Jace Wills, Tiegen Peyerl, Adam Haus, Tyler Haring, AJ Hanson, Ashton Crank, Grady Johnson, Ryan Kurth, Ethan Funk

10TH GRADE BASEBALL

Back Row: Coach Korte, Blake Bowser, Nolan Radmacher, Mac Welker, Cody Stelter, Coach Matt Rooker
Row 2: Ethan Novak, James Warzecha, Mason Aune, Jon Anderson, AJ Olson, Cooper Wiest
Front Row: Luke Linneman, Levi Babbe
Not pictured: Landon Rooker

9TH GRADE BASEBALL

Back Row: Beckham Lamm, Micah Chell, Jacob Neururer, Landon Beaulieu, Landon Koterba, Elliot Lahr, Corey Wagenbach, Hugh Hanson, Carter Ward
Row 3: Kade Schmitz, Owen Kunz, William Jacobson, Brayden Stone, Zavier Loos, Aiden Christianson, Pacey Jesperson, Dominic Scully
Row 2: Jake Christner, Andrew Beede, Tyler Kronstedt, Nic Stelter, Frank Simmons, Coach Chartier, Kellen Parnell
Front Row: Max Gallas, Nolan Hunter, Brody Adrian, Maddox Lehn, Noah Mena, Cooper Merfeld, Thomas Boebel, Joey Pacholke
Not Pictured: Chase Cota

Spread Designed By Kyleigh Johnston
Formal Team Pictures

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VARSITY SOFTBALL

Back row: Kyleigh Johnston, Adrienne Lewis, Addison Byer, Jaylen Valdez, Hailey Rech, Lorina Schirmer
Row 2: Emersen Brand, Hailey Luoto, Coach Gross, Coach Sande, Coach Novotny, Stella Maulik, Alexa Rogers
Front Row: Aliese Eguia, Hailey Morency, Makenna Litzau, Lacey Byboth, Marin Bast, Reese O'Connell

JV SOFTBALL

Back Row: Greta Wandmacher, Ella Schnitzler, Demah Stahl, Gabby Johnston, Zoe Biniek
Row 2: Coach Middagh, Presley Sobraske, Eve Schwartz, Faith Funk, Estelle Schweitz, Coach Dewey
Front Row: Peyton Milless, Maggie Anderson, Delanie Brand, Zoey Hart, Mckenna Minette
Not pictured: Savanna Satre

B-SQUAD SOFTBALL

Back Row: Caroline Dornsbach, Isabella Vognsen, Emerson Kennedy, Emma Maudal, Daphne Dupay, Anna Cummings
Row 2: Coach O'Brien, Ella Wabs, Sophia Mickelson, Celia Houghton, Coach Schlecht
Front Row: Ruby Messner, Lila Pajari, Hanley Olson, Ellie Twedt, Mia Lindenfelser, Macy Eull

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Back Row: Coach Schreiner, Lillie Nelson, Amelia Johnson, Taelyn Tolifson, Coach Ruhland
Row 2: Olivia Geryol, Avery Hennessy, Grace Sander, Sophia Marschel, Kendall Ringat, Leisel Robberson,
Bottom Row: Zara Maeder, Karlee Anderson, Piper Peterson, Allie Rickard, Nora Flammang.

VARSITY GIRLS' LACROSSE

Back Row: Coach Anderson, Edell Olson, Avery Carlson, Kaia Onsum, Malayna Kulas, Coach Monahan
Row 2: Trinity Haom, Maylee Grabau, Hadley Anderson, Madelyne Preston, Mila Gabrielson, Isabella Fenske, Ingrid Nelson
Not Pictured: Jillian Erlandson

JV GIRLS' LACROSSE

Back Row: Coach Anderson, Kennedy Shaughnessy, Ellie Behn, Coach Monahan
Row 2: Grace Behn, Londyn Hasher, Arabella Pekarek, Olivia Reinhart, Cora Zachman
Bottom Row: Emilie Hendrickson, Brooke Anderson, Nora Doherty, Rosalie Gammelgard, Rose Meehan, Mallory Klimek

PREP GIRLS' LACROSSE

Spread Designed By Kyleigh Johnston
Formal Team Pictures

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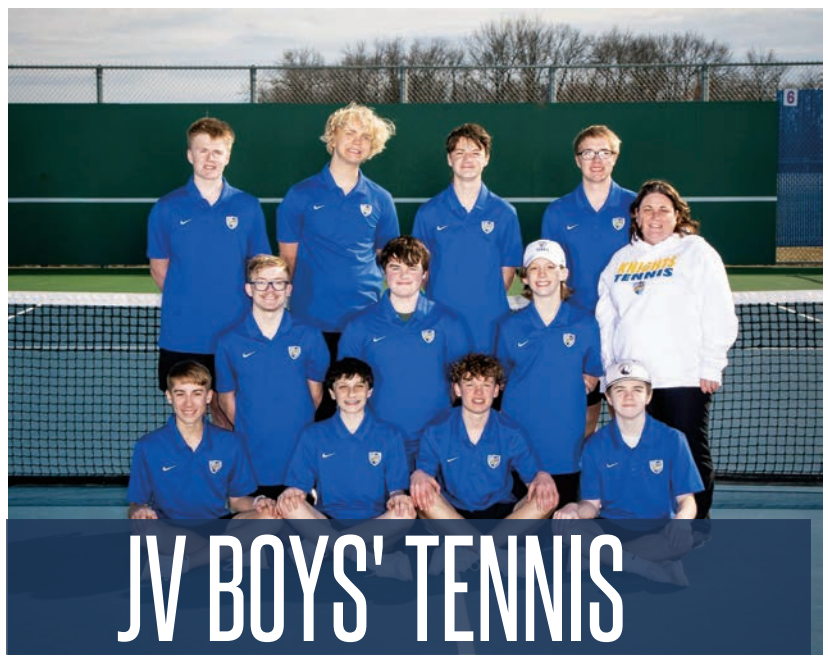
JV BOYS' LACROSSE

Back Row: Zander Sheesley, Sterling Erickson, Jack Grieder, Austin Reed, Coach Nathan Mukai, Connor Voss, Will Vukelich, Brett Behn, Bennett Lehn.
3rd Row: Hunter LaSalle, Tristan Nemmers, Gavin Karels, Isaac Thorson, Sawyer Stenberg, Peterson Witt, Xander Robeck, Weston Drowne, Sam Braun, Gavin Olson.
2nd Row: Brocton Bogen, Brady Smith, Daniel Lewis, Kallen Starry, Kellen Demerchant, Ronin Whittlef, Anthony Holland.
Front Row: Mya Mckinley, Lucas Ingebrigtson, Winslow Drowne, Henry Robinson



JV BOYS' TENNIS

Back Row: Parker Zachman, Gage Trinklein, Isaac Zachman, Cody Hart
Row 2: Jack Klemmensen, Caleb Wilmot, Charlie Good, Coach Gina Palumbo
Front Row: Joseph Christner, Carson Loch,3 Luke Kruse, Eli Weimer
Not Pictured: Noah Erickson

C- SQUAD BOYS' TENNIS

Back Row: Barron Erickson, Tait Severson, Haakon Dahl. Jacob Geryol, Coach Noah Anderson
Row 2: Tanner Proudfoot, Jasper Vetsch, Nathan Harlicker, Mason Peglow, Morrison Fisher
Front Row: Josiah Pivaral, Adam Waldoch, Enoch Pivaral, Mckinley Hall

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BOYS' TRACK AND FIELD

Back Row: Coach Sage, Coach Rayford, Coach Weber, Coach Cayo, Coach Johanson, Coach Burnell, Coach Bezanson, Coach Duerr, Coach Simon, Coach Johnson, Coach Essler, and Coach Strait
Row 9: Riley Harmoning, Isaiah Ophoven, Finn Outcelt, Aiden Nowak, Zach Helstrom, Maison Booker, and Dylan Salzsieder
Row 8: Cooper Steele, Jayden Karger, Henry Kelly, Henry New, Kyler Williams, Liam Sieve, Aaron Collins, Riley Amundsen, Jared Brutger, and Grady Riebel
Row 7: Emmett Simon, Evan Underwood, Evan Tatge, Joey Cruz, Gavin Davis, Cooper Landy, Sullivan Amundsen, Lucas Bryan, Alex Sipple, Aidan Moorman, and Vincent Dehmer
Row 6: Joe Hyser, Carson Bannick, Kyan Beaumont, Sam Gallus, Jackson Outcelt, Parker Lindsay, Daniel Eicher, Carson Miller, Zach Beaulieu, Spencer Saloum, Breck Andres, and Anthony Benitez- Korbel
Row 5: Ian Whiteis, Carter Ericson, Cole Anderson, Darius Welson, Harun Danso, Deron Ben, Ben Raisanen, Alvin Kormoh, Carter Essler, Brycen Pierce, and Jacob Altepeter
Row 4: Andrew Hervin, Jesus Beltran Gonzalez, Zack Steffensmeier, Eli Roden, Jaiden Stahl, Luke Lindenfelser, Koko Waindim, Prince Valentine, Ushindi Tshika, Wrenen Michels, Nolan Henderson, and Josh Becker
Row 3: Aiden Sellner, Beckett Young, Kayne Young, Jackson Dornsbach, Johnpaul Schonhardt, Hendrick Warner, Wyatt Sayen, Jackson Pugh, Cooper Henson, Elton Sanyeneh, and Rylie Koester
Row 2: Nolan Peatrowsky, Bernard Vincent, Jordan Tshika, Anders Bakke, Oliver Deden, Ben Dayton, Cody Merfeld, JT O'Rourke, Noah Schmidt, Mason Reh, Marvin Montgomery, and Griffin Westphal
Front Row: Lars Bromley, Charlie Hydukovich, Noah Byboth, Levi Nelsen, Andrew Bramos, Charlie Thomas, Caden Allen, Logan Andersen, William Hauxwell, Owen Didur, and Crosby Henderson
Not Pictured: Braylon Bohm, Jackson Coy, Christian Doramodou, Samuel Dorbor, Philip Dufner, CharlesDufner, Cameron Eull, Gavin Faucher, Jabriel Flores, Wilson Kalapa, Drew Kolenda, Cameron Mlekoday,Wyatt Mosher, Lewellyn Nyemah, Nolan O'Connor, Rayshawn Ogunti, Ethan Orina, and Luke Sumstad

Back row: Joshua LaFore, Kateri Hansen, Greta Wandmacher, Kylee Brandli, Annabelle Rabe, Casey Hegg, Dureti Petros, Faith Sigugu
Front row: Stella Kaeoka, Avery Hennessy, Ava Milless, Suriya Her

BPA

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GIRLS' TRACK AND FIELD

Back Row: Coach Sage, Coach Rayford, Coach Weber, Coach Cayo, Coach Johanson, Coach Burnell, Coach Bezanson, Coach Duerr, Coach Simon, Coach Johnson, Coach Essler, and Coach Strait
Row 7: Lily Riesgraf, Ady Hannon, Alice Harmoning, Rachel Sixta, Olivia Tanner, Alexandra Meyer, Isabel Rankin, Ella Krube
Row 6: Shelby Fischer, Helena Granda, Joyce Kantshama, Sophie M, Danielle L, Olivia O, Alaina Fehn, Sophie H, Cassandra Olson, Hailey Steffensmeier, Abaigayle Vossen
Row 5: Faith Fischer, Keira Johnson, Grace Devries, Lexi McKane, Marta Juarez Camprubi, Naia Bilbao Ramirez, Zoey Boitz, Brynn Rogers, Kulas, Karli Johnson
Row 4: Jensen Rogers, Noelle Huber, Delaney Stegman, Reese Cleveland, Anna Dewey, R Holmes, Marlee , Gemma, Mckenna Essler, Annabelle Vossen, Sophia Larson
Row 3: Emily King, Elin Severson, Grace Lindfelser, Noelle Meehan, Helstrom, Fitch, Zuri, Skye Yaeger, RaMya Beck, Mia Svedsen
Row 2: Courtney Christianson, Gabby Harder, Ellie Fischer, Joyce Tarwo, Mariah Steffens, Nikita Harris, Myran, Bobich, Pitman, Taylor Campbell, Ilsa Dupay
Front Row: Bevina Shonibare, Reese, Makayla Sar, Brianna Olivares, Kylee Walsh, Nysa, Natalie W, Valeria, Denise Lombel, Mia Thering
Not Pictured: Emma Kvant, Haja Paaswe, Kwometee Soe

SPRING PLAY CAST AND CREW

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Back Row: Ryder Sahr, Zachary Boese, William Lahr, Adelor Perkins, Cooper Etnier, Levi Zachman, Clay Peterson, Tyler Hoffman, Casper Limpert, Matthew Berg
Row 5: Sam Peterson, Oliver Schmitt, Braeden Kalk, Zach Boitz, Lauren Amenrud, Charlie Pettit, Ronan Pritchard, Jack Wetzel, Ayden Smoley
Row 4: Jake Geach, Ayden Zimmerman, Will Bammert, Anthony Berning, Caden Meints, Landon Turek, Henry Messner, Dillon Sahr, Lucas Berg,
Row 3: Brogen Moser, Owen Hackbarth, Patrick Hart, Sloan Otto, Henry Loftus, Aaron Schultz, Tucker McLennan, Landen Zink, Tanner Ellison
Row 2: Coaches: Hackbarth, Schmitt, Vaughn, Smoley, Notch, Messner, Otto, Berscheit, Dupont
Front Row: Timoree Zink, Roger Leonard, Cade Marschel, Owen Didur, Alex Rossing, Brogan Blake, Brielle Hoivik, Quinn Mosher, Brooke Ericksen, Kelly Geach
Not Pictured: Coach Schoen, Coach Didur, Pierce Moran, Logan Vaughn

TRAPSHOOTING

Back Row: Coach Lindemann, Joey Hanson, Ellie Miller, Caelyn Foster, Estella Shurte, Amelia Smith, Coach Harmoning
Row 2: Addie Johnson, Maya Schwartz, Chloe Ronning, Ava Christian, Hailey Kilian
Front Row: Aubrey Schuller, Addy Cullinan, Kailey Strey, Grace Jensrud, Abby Labrador

GIRLS' GOLF

Back row: John Thompson, Zane Zroker, Luke Morstad, Tyler Faucher, Jackson Wickre, Cayden Szymanski.
Row 2: Connor Leistico, Tate Helland, Brodie Mork, Oscar Dehmer, Owen Verness, Braylen Maciej, Jack Moran
Front row: Gavin Wollman, Devin Mork, Ashton Burke, Jackson Spencer, Asher Bartunek, Jackson Trant, Jacob Gundry
Not pictured: Easton Monahan

BOYS' GOLF

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VARSITY BOYS' VOLLEYBALL

Back Row: Coach Jack Yerxa, Mason Pohlkamp, Jonathan Sixta, Tanner Carel, Drew Demarais, Ethan Jordheim, Coach Brent Cornillez
Row 2: Aiden McEachern, Austin Lake, Elijah Dehmer, Nicholas Michals, Logan Russell, Anthony Davis, Treyson Cornillez
Front Row: Aubrynn Croastan
Not Pictured: Cora Hager, Isaiah Ophoven, Alyk Lysongtseng

JV BOYS' VOLLEYBALL

Back Row: Coach Jack Yerxa, Landon Ellis, Edwin Smith, Isaiah Ophoven, Kaden Peniata, Coach Brylee Colligan
Row 2: Ethan Xiong, Alyk Lysongtseng, Garrett Kirk, Cohen Uhlenkamp, Eli Hall, Dane Goodwin, Mikka Kong
Front Row: Suriya Her, Geniemay Addey

B-SQUAD BOYS' VOLLEYBALL

Back Row: Coach Eliot Schneitzler, Daniel Gula, Isaiah Velasquez, Garret Kirk, Scott Nyakangah
Front Row: Samuel Ingebritson, Sheamus Atkinson, Rowanjoon Schnpf, Cale Uhlenkamp, Jeff Lin
Not Pictured: Lexi Lemieux, Alphonzo Dropps

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Colors used: Black, F0540, F0888, F3501, F3910, F4320, F4893
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THE FUTURE STARTS HERE

Where every ending leads to a new beginning

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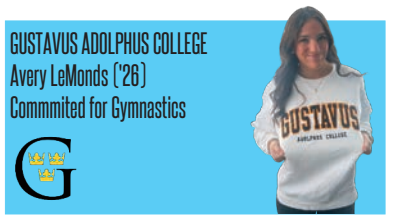

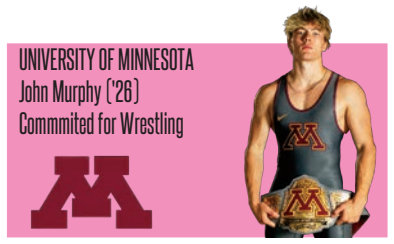

The Knights Committed spreads highlight distinguished athletes who have committed to collegiate programs. While it does not encompass all of our college athletes, STMA high school takes immense pride in every student athlete who chooses to continue in their athletic careers.

AND WE KNOW YOU'LL DO GREAT THINGS!

Student-athletes at spring signing day on Wednesday, April 22nd.

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EVERYONE WANTS TO BE A KNIGHT...

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IT STARTS IN THE STANDS

During the Homecoming game, students **Noah Schmoyer ('26)** and **Taylan Siens ('26)** start the game off by getting the student section pumped up and leading them to pop their party poppers during kickoff. This was the first year party poppers were included for kickoff, enhancing the cheering and clapping coming from the bleachers.
Photo by Gareft Robeck.

Spread designed by Madysen Coulson and Annie Robinson

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BATTLING THE MAGIC

Defensive player **#3 Memphis Timlin ('27)** meets with his team in celebration mid-game against the Monticello Magic. Timlin stated, "This game was fun because we were all working as a team and playing well. We made a few mistakes, but bounced back." The Knights ultimately tied the Magic 1-1 in a tough battle. *Photo taken by Addison Schmoyer.*

Spread designed by Annie Robinson and Madysen Coulson

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