



2019-20 Tri-City United Winter Sports Preview

Minnesota River Bulldogs plan to build on successful program

Coaches - Head coach: Shea Roehrkasse - sixth; Assistant coaches: Shawn Weick - fourth; Kris Wilke - second (with boys high school); Chris Miller - second (with high school)

Key Players
Seniors: Charlie Weick, Shawn Lehtinen, Zack Wendorff, Brock Olson, Matt Fink, Tristen O'Brien.
Juniors: Logan Throldahl, Brady Sowder, Seth Reicks, Jake Rimstad, Tyce Shook, Aiden Blaschko.

Keep your eye on
We have a lot of guys fighting for a lot of spots this year that were opened from graduation. It is hard to tell who is going to step into those positions, but it will be a lot of fun to see our guys work and fight for those spots.

By the numbers
43 - Projected number of players we will have on the JV and V this year
14 - Projected number of seniors that will be in the program this year

Moved on
Gunner Domine, Jade Reicks, Blake Olness, Hunter Wilmes, Tyson Sowder, Danny McCabe, Alex Wilson, Lane Schwarz, Ken Ringler, Andrew Regner

2019-20 season outlook
Overall Record: 20-6, Won Section 1A; Conference Record: 12-2 (2nd place)

Conference favorites
Marshall and we hope to be in the mix as well.

Section favorites
Would probably have to say either Mankato East or Mankato West and Albert Lea

Comments from the coach
As a staff we are really looking forward to this year. As a program we have continued to make strides in a great direction and we are looking to continue that. We lost 10 seniors from last years state tournament team and so we will be looking at a lot of new guys to step into those roles. These opportunities will be fun to keep an eye on and hope to create some good competition for our guys.



Minnesota River Bulldog Zack Wendorff has a breakaway from Luverne Cardinal Tyler Roberts in the 3-2 victory for the Bulldogs Friday night in Le Sueur last season. Wendorff returns to the Bulldogs again this year.

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Lifting Team has 60 athletes

Name of coaches - Andrew Meier and Tony Barnack

Key athletes

We have six returning state lifters: Alexis Freeman, Alexis Neubauer, Annabelle Davies, Ava Rud, Lexi Factor, Kayden Factor.

Keep your eye on

Ralph Lopez, Mason O'Malley, Josephine Hatlevig, and Holly Schendal, who have all been working hard and have a shot at making state this year.

Season outlook

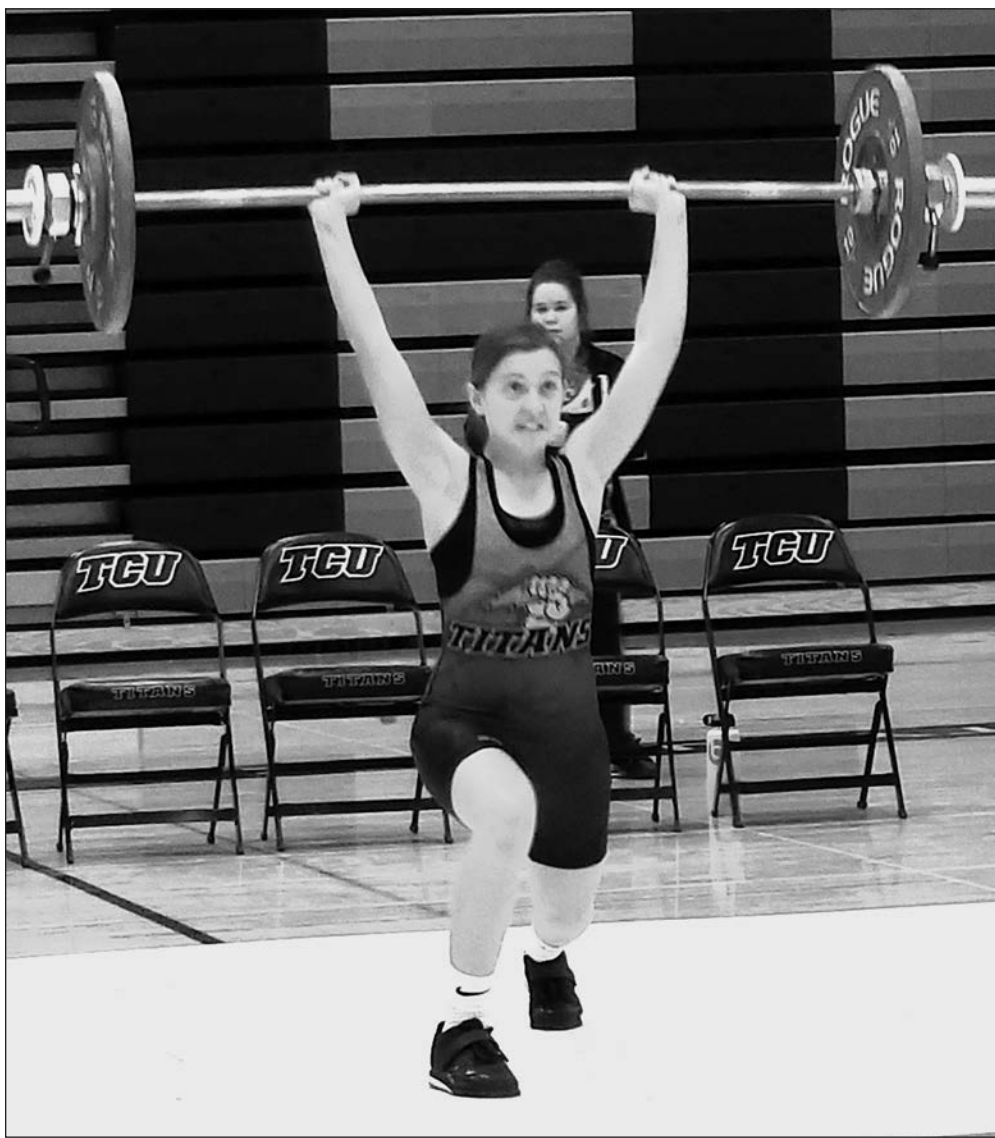
We have more than 60 lifters this year, so we are looking forward to seeing all the improvement from everyone.

Areas where the team is strong?

I think we have a good core of athletes who work hard and are willing to help out the younger lifters when needed.

Areas the team needs to focus?

With so many six to eighth grade students, and a number of new lifters, we are very young and inexperienced.



Messenger file photo

Ava Rud returns to the TCU Lifting Team. She is pictured from last year's home meet lifting 46 kilos.



Messenger file photo

Brandon Balma (standing) returns to the mat for the Tri-City United Titans.

Wrestling coaches: 'We have pieces to make a great team.'

Head coaches - Shaun Timmerman and Paul Norgren (first year head coaches)

Assistant coaches - Mason Brownlee, Corey Block, Aaron Norgren, Josh Selly

Student Managers - Sophie Franek, Andra Sherman, Emma Kaplan, Abby Rutt, Ava Rud

Hunter Rutt

Juniors: Riley O'Malley, Brody Rud,

Sophomores: Caleb Whipps, Robert Bastyr, Austin Rutt

Freshmen: Zach Balma,

Brant LeMieux, Carter

O'Malley, Caden O'Malley,

Cole Franek, Marco Reyes,

Chris Johnson, Dante Jubarian, Riley Skulzacek, Tegan Determan, Tyler Stans.

at a wide range schedule from Class A to Class AAA teams. This will be the last year of our individual conference tournament. We look forward to the competition when it is here.

We are also looking forward to hosting our own tournament again this year, but with more teams and some great competition to attend. Our team and individual section tournament is always one of the toughest in Class AA, but it always provides a great atmosphere and crazy excitement.

Key players

Seniors: Jose Reyes, Brandon Balma, Adam Frederickson,

Keep your eye on

All Tri-City United Titans

Moved on

Steve Miller, Sam Miller, Nick Johnson, Tyler Schroer

Season outlook

Last year our team finished 20-4 overall in dual meets. We made the final four in team sections. We finished second in our conference tournament, losing to Scott West.

This season we are looking

Comments

We have the pieces to make a great team here. Great student-athletes, great upperclassmen, great leaders, and great numbers. Looking forward to getting on the mat and having a season to remember.

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Wishing All Athletes and Students The Best of Luck!

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2019-20 Tri-City United Winter Sports Preview

Black Diamonds Dance Team to try new style of jazz this year

Head Coach – Alli Hanek
Assistant Coaches – Kailey Bianchi, Tonya Jacobson
Student managers - Megan Marek and Kylie Maxa

Key athletes
We are lucky to be led by a great group of seniors this season. Emily Borchardt, Lillian Barnes, Ashley Meyer, and Erin Schultz have worked hard on and off the dance floor choreographing, promoting the dance team, and helping to create a strong sense of community within our team. These ladies inspire other dancers, while helping other dancers learn from their mistakes.

Keep your eye on
Our varsity squad. We are trying a new style of jazz dance this year, which is really exciting. The girls have worked hard to create a beautiful, emotional jazz routine. I am so excited to watch them continue to grow and clean the routine. Our JV squad had its on choreography committee and is doing their own routines this year, rather than using the same music and choreography as varsity. The girls are so excited to have the opportunity to create their own routines.

Season outlook
I am very excited for our squads this season. The girls worked really hard during the off season in other sports, attending dance camps and classes, and preparing for the season. They showed up on the first day ready to work hard on our dances and try new skills that we would like to add to our dances this year. It is so exciting to know that we are starting even better than where we ended at the end of last season.

Areas where the team is strong
Our team is very goal-oriented. The second week of practice, we set team and individual goals and the girls have made significant progress towards their goals already. The girls are always up for a challenge and asking for ways to better themselves as dancers and meet their goals. The team has also worked hard this year to create an engaging and welcoming culture for all dancers.

Areas the team needs to focus
The team needs to continue to work on technique and flexibility. The girls set goals in these areas to ensure that we are making progress towards improving. Improving our tech-



Messenger file photo

The Tri-City United/Le Sueur-Henderson Black Diamonds Dance Team returns this year with a goal-oriented team trying a new style of jazz dance this year.

nique and flexibility will continue to help us in our skills like leaping, turning, and kicking.

Conference record last season
Tri-City United/Le Sueur-Henderson landed in 5th place. Belle Plaine took first.

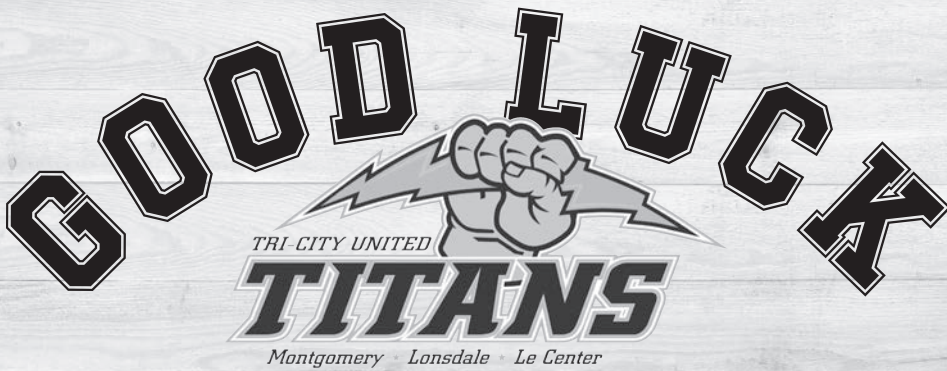
Comments
We are so excited for the upcoming season and for the com-

munity to see the growth we have made as individual dancers and as a team. We are excited to host a meet again this year at TCU High School on December 19 at 7 p.m. to see our varsity and JV squads perform. We are also very excited to hold our Extravaganza at the new TCU Auditorium on January 25. Also look for us at the Montgomery Torchlight Parade and Le Center Hollydaze parade!

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Senior Erica Jackson will be shooting points for the Tri-City United Titans again this year.

Girls’ basketball team aims to reach its potential

Coach - Eric Specht
Assistants - Lora Angileno, John Schmiesing

Key athletes
Erica Jackson - senior guard, Erica is a returning letter winner and selected captain for our 2019/20 team by her teammates. Erica is our most consistent outside threat. She will be asked to help handle a lot of the ball handling duties this upcoming season.

Grace Factor - senior forward - Grace is our only returning player receiving all-conference honors from last season as she was selected all-conference honorable mention. Grace has been selected captain for our 2019-20 season. Grace is a natural athlete that has a nose for the basketball. She does a nice rebounding on both ends of the floor. We will rely on Grace's quickness down low to create some easy baskets for our team.

Sam Lang - junior guard - Sam is returning letter winner from last season. Sam has been selected a captain for the 2019-20 season by her teammates. Sam is very good at at-

tacking the rim on the offensive side and playing longer than what she is. I'm excited to see Sam reach her potential this season.

Jessica Dull - junior forward - Jessica is returning letter winner from last season. Jessica is our most polished post player heading into the 2019-20 season. She will be asked to control paint on both ends of the floor. Jess does a really nice job of passing the basketball from the five position, which will be an advantage for our team this season.

Keep your eye on
Isabelle Factor, junior forward; Marissa Gare, junior forward; Paige Johnson, junior forward; Sam Lang, sophomore guard; Kia Krocak, freshman center
Season outlook

I'm really excited for what the upcoming basketball season is going to bring. We lost 13 seniors over the last two seasons, including seven last year, which has created a lack of varsity experience for our current group. These girls have put in a lot of time this offseason to help close that

gap. Like every year at Tri-City United, we have a great group of girls that take pride in outworking their opponents with the goal of making every game competitive.

Areas where the team is strong

Heading into the 2019-20 basketball season, I feel as though our biggest strength is the quickness of our team. We have several good athletes who enjoy playing an uptempo style. This should be an exciting season.

Areas the team needs to focus on

With our lack of varsity experience, a big question going into the season will be our team's consistency on both ends of the floor. How quick we can adapt to the speed and strength of the varsity will go a long way for this team.

Overall record last season - 18-9

Conference record last season - 11-3

Conference favorites
The Minnesota River con-

ference will be a very competitive conference this upcoming season. Several teams return a lot of talent from last season. It will be fun to watch our conference battle each other throughout the season. Some of the top returning team include Belle Plaine, Jordan, Mayer Lutheran, and Norwood Young America.

Section Favorites

Like our conference, we have a very strong section. There are several 1 or 2 loss teams from last year which are returning their core group of players. It will be an exciting race to watch playoff this season.

Comments

I know this is cliché but our goal is to be playing our best basketball at the start of play-offs. We are an inexperienced basketball team but have the potential to develop into a very competitive group. If our girls can stick together, continue to improve as both individuals and team, I believe we could create problems for any team in our conference and section.

Boys basketball team hopes to improve last year’s record.

Head coach - Austin Pinke 2nd year

Assistant coaches - B Squad - Kyle Johnson, first year at TCU; C Squad -Rennardo Lampley, second year

Key Players
Key players returning are

seniors Chase Vargo (guard) and Jack Sladek (guard). TCU will be a young team looking for senior leadership. These are two kids who work hard and have led by example on the court. The Senior leadership and guidance are what the Titans will need to

build off of a 1-26 record. Both kids lettered last year.

Keep your eye on
There are strong numbers in the Junior class.

Dominick Miland (Power forward) and Matthew Rabenberg (Guard) both had

meaningful minutes on the court at the varsity level as sophomores. Both lettered last season.

Moved on
The Titans lost Matthew Feddema (guard, all conference) and Kyle Sladek (power forward, all conference honorable mention) to graduation. Last year Matthew Feddema averaged 13 points per game while Kyle Sladek averaged 6 points per game.

2019-2020 season outlook

Last year's season record was 1-26 we were last in our section and last in our conference. This year's section favorites are new new-comers, the Waseca Bluejays.

The Titans are looking to improve upon a losing record from last season. The kids put in the work this offseason and are ready to get the season started. We have a ways to go to get where we want to be as a team. But I believe we have the pieces within this program that will lead to success.



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Dominick Miland and Matthew Rabenberg (not pictured) are two returning key players on the boys' varsity basketball team.

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