

# SPRING SPORTS PREVIEW 2025





# Pirates baseball team to play hard, earn respect

By Kevin Jenkins  
editor@perryvillenews.com

Coach Don O’Keefe, the coach of the Pirates boys’ baseball team, is in his second stint at Perryville High School.

“The first time I was here was for about eight years,” he said. “This one is going to be for my

## PHS BASEBALL SCHEDULE 24-25

DATE	LOCATION	TIME
3/18/25	Jamboree	3:30PM
3/21/25	Crystal City	4:30PM
3/25/25	Park Hills Central High	4:30PM
3/27/25	Ste. Genevieve	4:30PM
4/1/25	St. Vincent High School	4:30PM
4/2/25	Sparta High School	4:30PM
4/3/25	Oak Ridge High School	4:30PM
4/7/25	Caruthsville High School	4:30PM
4/8/25	Grandview	4:30PM
4/9/25	Festus High School	4:30PM
4/10/25	Festus High School	4:30PM
4/14/25	Grandview	4:30PM
4/15/25	Delta High School	4:30PM
4/16/25	DeSoto High School	4:30PM
4/17/25	DeSoto High School	4:30PM
4/23/25	Windsor High School	4:30PM
4/24/25	Windsor High School	4:30PM
4/28/25	Fredericktown High School	4:30PM
4/30/25	Meadow Heights	4:30PM
5/1/25	Hillsboro High School	4:30PM
5/2/25	Hillsboro High School	4:30PM
5/5/25	Jefferson R-7 High School	2:00PM
5/8/25	Herculaneum High School	4:30PM
5/10/25	Chester High School	12:30PM
5/12/25	Arcadia Valley	4:30PM
5/16-5/24/25	Districts	TBA
5/27/25	Sectionals	TBA
5/29/25	Quarterfinals	TBA
6/4-6/5/25	State	TBA

third year.”

Looking back at last year’s season, O’Keefe said, “In my opinion, for us, it’s about the goal, and the kids understood this was a program that needed to get stabilized. The year before I came back a couple of years ago, they were at about 16 kids, and we were kind of in a lull. The issue wasn’t just winning. The team’s passion at the games became a problem. So, last year’s team did an excellent job.

“You’re talking about a team that finished 13 and 9, but the years before had struggled to win two or three games. It was a big step forward. Numbers-wise, we went from the year where we had around 16 players to where I think we’re sitting at 27 kids on this year’s roster, so that’s a nice improvement from what it was. We’re hoping to get it back to what it used to be the first time I was here, where we were sitting at about 45 kids on the roster.”

O’Keefe admits his goals for teams he coaches are “a little different” from what reporters and fans might have in mind.

“My job is not to worry about wins and losses, anything like that,” he said. “My job is, whenever we go to practices — which I absolutely love — we identify what we have to work on and guide kids that way. Then, from there, we play games, and those games will tell me, hey, here are the things we need to work on at practice to help these kids out. For myself, I think that when we play teams, and they walk away going, ‘These dudes can play baseball,’ I think that’s what I’m looking for. You have the respect. You can’t control the wins



and losses, but you can certainly control coming out and playing really hard for seven innings. If the other team can look you in the eye and go, ‘We respect you,’ and if our kids can go home, look in the mirror and say, ‘We gave everything we could,’ that’s what I’m looking for.”

O’Keefe has several players he’s keeping his eye on this season.

“We have some good ballplayers, and we have some guys that are up-and-comers,” he said. “I think our pitching staff is something that’s kind of exciting. We have senior Troy O’Keefe, who’s a good ballplayer, and then we also have Waylon Huber. Both of those have started out of the gates really well. We’ve got others like Evan Hayden at pitches and Hunter Elder that we’re kind of expecting to fill in those shoes and be able to give us innings and do well. We have a great catcher, Barrett Wheeler, who’s a junior and a workaholic. We’ve got other kids like Ty Peeler and Dalton Fritschie. They have known me since they were younger, so when we make decisions, they know what I expect of

them.”

When asked if he had anything else he wanted to say about the team, O’Keefe replied, “Our expectations are we’re going to come out each game, and we’re going to play extremely hard. That’s my only expectation. As long as we do that, we’ll be ready. And whenever we get a chance to play, we’ll look forward to doing so.”

## PHS BASEBALL ROSTER 2025

NAME	NUMBER	GRADE
Ty Peeler	1	12
Lane Yamnitz	2	10
Evan Hayden	3	12
Dalton Fritsche	6	12
Troy O’Keefe	8	12
Preston Ethridge	10	11
Waylon Huber	11	11
Brendyn Lutz	14	10
Hunter Esselman	15	10
Hunter Elder	17	12
Devin Clifton	18	12
Bryce Weber	20	9
Barret Wheeler	22	11
Gideon Stueve	25	11
Eli Hemingway	27	12
Bryce Schmidt	45	9





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# Pirates golf team off to good start with a solid team

By Kevin Jenkins  
editor@perryvillenews.com

Justin Dreyer has coached the Perryville High School golf team for 14 years, but his involvement in the sport started long before that. “I started golfing in the sixth grade,” he said. “We actually started golfing with my dad. He picked up the game of golf when me and my brother did.

When asked what he enjoys about coaching golf that keeps him returning year after year, Dreyer said, “Golf’s a very unique sport, different than any others. I just really enjoy being out there with the kids, teaching them the game. With golf, a lot of it is mental — your mental ability to get over a bad shot. Just talking through the game of golf with our kids is probably the part that I enjoy the most.”

According to the coach, this year’s team features a solid blend of experienced players and newcomers. “It’s probably about 60/40 this year,” Dreyer said. “I’ve got a good veteran group this year that has come back. Most of them have played varsity for a year or two, and then we’ve also got seven freshmen that are new to us this year. A couple of them are brand new to the game, as well, so it’s exciting. It’s fun seeing the progress that they make. We always tell them that we don’t care what they’re able to shoot. When they come to us or at the start of the year, we want to see them progress throughout the year and get better.”

According to Dreyer, the team competes in about 14 matches or tournaments each year, and they began competing against other teams last week.

“We’re off to a really good start,” he said. “We’ve got four wins and one loss so far on the year.”

As the season progresses, Dreyer anticipates a competitive one for the PHS team. “We’ve had three different games,” he said. “With golf, some are just dual matches where it’s just you and another school. Some are tri-matches where there are three because we’ve actually had three matches this year. Our record varsity-wise is four wins and one loss because we’ve had a couple of tri-matches.

I think we’re going to have a very good year. We’ve got a bunch of good golfers on the team and really just good individuals, good people. We’ve had very good starts in the year, and I think we’ll keep that up.”

Dreyer mentioned several players from whom he expects great things

this year.

“Our number one is junior Derek Martin. He was actually one stroke away last year from making it to the state tournament. He’s put a lot of time in and gotten better. He’s had a really, really good start to the year. And then there are our seniors — Logan Hudson, Nate Moll, Wyatt Schremp, and Jake Cissell. Those guys have been with us for several years, and they have really, really improved over the last couple of years to where they’re going to be key members of the varsity team and helping us reach our goals. I feel like any of those five could be the best score of the day because they’re right there. They could match Derek with what he shoots if they have a good day. Those five kids I just mentioned will be the core of the varsity team, and I’m excited to see what they can do this year.”

## PHS GOLF SCHEDULE 2024-25

DATE	LOCATION	TIME
3/25/25	Windsor/Jefferson	3:30PM
3/26/25	Ste. Genevieve	3:30PM
3/31/25	Windsor Tournament	8:00AM
4/2/25	North County Invitational	9:00AM
4/3/25	Hillsboro	3:30 PM
4/8/25	Crowne Pointe Tourn.	9:00AM
4/9/25	St. Vincent High School	3:30PM
4/10/25	Festus/Crystal City	2:00PM
4/16/25	Ste. Genevieve Tournament	9:00AM
4/24/25	Perryville JV Tournament	10:00AM
4/28/25	Desoto/Herculaneum @ Leadbelt	3:30 PM
4/29/25	Pallo's JV	4:00PM
5/1/25	Saxony Lutheran	2:00PM
5/2/25	Pallo's	4:00PM
5/5/25	Varsity Conference	8:00AM
5/6/25	JV Conference	11:00AM
5/8/25	Districts	TBA
5/19-5/20/25	State	TBA



## PHS GOLF ROSTER 2025

NAME	GRADE
Jake Cissell	12
Blake Hager	12
Logan Hudson	12
Nate Moll	12
Jeremy Reisenbichler	12
Wyatt Schremp	12
Derek Martin	11
Aiden Wendel	11
Waylon Buerck	10
Lillian Choate	10
Mason Ehlers	10
Jacob Bergman	9
Cooper Cattoor	9
Landon Hudson	9
Jay Ingels	9
Trey Lukefahr	9
Brody Ponder	9
Gabe Santora	9

Head Coach- Justin Dreyer  
Assistant Coach- Richard Dunn



# PHS girls' soccer team can take on the best teams

By Kevin Jenkins  
editor@perryvillenews.com

Dwayne Hadler, the girls' soccer coach at Perryville High School, was present when the team was formed in the late 90s. "I was a head coach in '98, '99 when the program started," he recalled, "and then I left after two years. Then I came back six years ago as an assistant, and this is my first year as a head coach for the girls."

When asked about the team's performance last year and his expectations for the girls this season, Hadler said, "Last year, we won districts but lost in the quarterfinals. We lost, I believe, six seniors last year. Our numbers are definitely low this year,

but the players we have are very talented, so we should be pretty strong again."

Although this is Hadler's first year as head coach, he benefits from years of experience working with the team as an assistant coach. "I've been around them for some of them all four years," he said. "So, for me, it was definitely a pretty easy transition. I've made a little bit of changes since becoming head coach, but why mess with something that's been successful over the years?"

As of last week, the soccer team has played two games — one win and one loss. "We played St. Pius on Tuesday in the Fox Tournament and lost 2 to 1 in overtime," Hadler

said. "And then we played Windsor last night and won 1 to 0. St. Pius is in our district. We're probably one of the stronger districts in the state for our class — it's gonna' be competitive."

"When our districts get here, that'll be the challenge. It's gonna' be a very difficult district. There are several teams in it, not to mention the regional rivalries that are very good teams. This area is very strong with soccer. To be honest, we have a lot of tough battles."

Looking over a roster of his players, Hadler sees a lot of potential in his upperclassmen. "We have five juniors and two seniors," he said. "We definitely look to the leadership of the two seniors, Caroline Grimaud and Jewel Riney.

When Hadler was asked what he thinks makes for a strong team, he said, "We have a lot of soccer-talented players playing through the club systems in the area. I've been very successful and so have most teams who have the desire to win — that attitude of 'whatever it takes to win.' That's probably our strength."

"Our core is dedicated and has a very strong drive to win. I'm really looking forward to the season. We may be small in numbers, but we will be a strong team for sure. I'm really excited to see what this team can accomplish. We've already shown that we can play with the good teams, and I can't wait to see how the rest of the season turns out.

## PHS GIRLS SOCCER ROSTER 2025

NAME	NUMBER	GRADE
Jewel Riney	1	12
Lillian Cowell	2/88	9
Ava Ernst	3	11
Charli Gerler	4	9
Savannah Kemp	5	9
Caroline Gremaud	9	12
Brynn Wibbenmeyer	10	11
Reese Behrle	11	11
Emma Blechle	13	9
Aurora Fillingham	15	9
Irma Raymundo	20	10
Evelyn Mote-Fabian	21	11
Madeline Gremaud	22	10
LeeAnn King	25	10
Maysa Schindler	28	10
Alexa Hagan	29	11
Griselda Lopez-Herrera	32	10
Ella Hemingway	33	9



## PHS GIRLS SOCCER SCHEDULE 2024-25

DATE	LOCATION	TIME
3/18/25	Jamboree	4:30PM
3/24-3/28/25	Fox Tournament	TBA
3/31/25	Farmington High School	5:00PM
4/3/25	Fredericktown High School	5:00PM
4/7/25	Cape Central High School	5:00PM
4/11/25	Waterloo High School	4:15PM
4/15/25	Villa Dueschene	4:30PM
4/15-4/17/25	Desoto JV Tournament	TBA
4/22/25	North County High School	5:00PM
4/24/25	Festus High School	5:00PM
4/25/25	DeSoto High School	5:00PM
4/29/25	Sikeston High School	5:00PM
5/1/25	Windsor High School	5:00PM
5/2/25	St. Vincent High School	5:00PM
5/6/25	Notre Dame High School	5:00PM
5/8/25	Hillsboro High School	5:00PM
5/13/25	Saxony Lutheran High School	4:00PM
5/17-5/24/25	Districts	TBA
5/31/25	Quarterfinals	TBA
6/6-6/7/25	State	TBA



# Pirates track team down in number but not in talent

By Kevin Jenkins  
editor@perryvillenews.com

If you're looking for an example of longevity in a profession, you couldn't find a better one than Brent Broeking, who has served as a track coach at Perryville High School for 24 of his 25 years there and has been the head track coach for 14 years.

When asked if he believed his length of tenure at PHS has contributed to building strong track teams, Broeking said, "Yes and no. Sometimes, it's hard to get kids out nowadays. There's a lot of other stuff they can be doing. A lot of kids want to specialize in just one sport. It does help a little bit. I've been around, I know the sport, I know the complications.

But it's always a struggle sometimes getting kids out to tracks. It's not always the glamorous sport. It's like, 'Oh, it's just running,' Which is unfortunate. We've been pretty successful at Perryville with our track program."

According to Broeking, approximately 50 boys and girls have registered for this spring's team.

"This is down a little bit," he said. "Usually, we have a little bit better than that. There are lots of reasons why. They always want to go to work and earn money. Teenagers want to have a car and do those

things. Some play other sports, and they get tired. It's just hard to get kids out sometimes nowadays. There are so many other things they can be doing.

"What I have is quality. I just wish I had a little bit more quantity. Some come out because they realize they're good at this sport. Some come out because they're just wanting to stay in shape for another sport, which is just fine. Sometimes, they do that and realize, 'Hey, I'm pretty good at this sport, also.' Some just want to be a part of something, and they see track as an easy way of doing that."

Broeking noted that while they lost a few seniors who had previously been on the team, they had six seniors participating.

"They're a quality group," he said. "We have Ellie Gerler; she's a senior thrower and has been in the state tri-meet the last two years. I expect her to probably be there again this year. Another thrower, Ben Huber, went to the state track meet last year. He's a junior. We've got several freshmen that have come out — Destyn Morgan, Xzyavier Wilson, Sophia Coppaway — I'm kind of excited. We have several returning. Our middle-distanced crew just came up short of making the state track meet last year, so hopefully, they'll get over that hump this year. We had a lot of quality returners.

PHS GIRLS TRACK ROSTER 2025		PHS BOYS TRACK ROSTER 2025	
NAME	GRADE	NAME	GRADE
Katie Broeking	12	Bair Hopkins	12
Taylor Ebersohl	12	Xavier Pfaff	12
Gwyn Newbrough	12	Kayd Luckey	11
Ellie Gerler	12	Micah Brown	11
Ally Burns	11	Clayton Bauwens	11
Olivia Iffert	11	Ben Huber	11
Katie Baggett	11	Brayden Klassen	11
Eloise Bollinger	11	Gayden Skidmore	11
Olivia Bierk	11	Wes Pfaff	11
Gretchen Triller	11	Ayden Turbyville	11
Alexa Hagen	11	Colby Myers	11
Janie Porter	10	Dezmen Hampson	10
Aby Amberger	10	Cabren Kirm	10
Lucy Blythe	10	Jacob Goehman	10
Anna Rehagen	10	Cyler Myers	10
Brooke Sutterer	10	Dreyton Garris	10
Annabelle del Rosario	10	Dawson Wolk	10
Hadley Hunt	10	Xzyavier Wilson	9
Adalynn Weibrecht	10	Wes Baggett	9
Molly Cochran	9	Carson Burch	9
Brooklynne Pingel	9	Destyn Morgan	9
Lily McGee	9	Andres Mattingly	9
Sophia Coppaway	9	Peyton Hudson	9
Aleah Terry	9	Derek Riney	9
Kagen Stell	9	Preston Cooper	9
Alma Francis	9	Cole Austin	9
Paula Sticht	9	Artis Dickerson	9
		Ethan Pohlman	9
		Colton O'Keefe	9

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Not having the numbers I'd like, I probably won't win a whole lot of track meets, but I will have a lot of people who will have a lot of individual success, and that's always what's the most important thing. My goal is that these kids are hopefully not just successful in track, but they're successful in life. I hope they take this as a good learning experience and it helps them later on in life. When you get down to it, it's just a sport, and it really doesn't mean all that much, but sometimes it does give them those building blocks to where they can go on and be successful later in life."



PHS TRACK SCHEDULE 2024-25		
DATE	LOCATION	TIME
3/21/25	Fredericktown Warm-up meet	TBA
3/26/25	Desoto Pup Meet	3:30PM
3/29/25	McCullough-Douglass Inv. (Festus)	TBA
4/4/25	Old Settlement Invitational (Ste. Gen)	4:00PM
4/8/25	Perryville Invitational	2:00PM
4/11/25	Desoto Invitational	TBA
4/15/25	Perryville JV Invitational	3:00PM
4/16/25	Farmington (Simpson) Invitational	TBA
4/23/25	Ste. Genevieve JV Invitational	4:30PM
4/25/25	Festus (Tigertown) Invitational	TBA
4/30-5/1/25	JCAA Conference @ Hillsboro	4:00PM
5/9/25	Hillsboro Invitational	2:30PM
5/17/25	Districts	TBA
5/24/25	Sectionals	TBA
5/30-5/31/25	State @ Jefferson City	TBA

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# Saxony baseball has busy season ahead

By Robert Cox  
rmpublisher63@gmail.com

Saxony Lutheran baseball coach Paul Sander has had just one losing season in his two decades on the bench as a Crusader. He doesn't expect that to change this season, despite getting off to a slow start.

"We've had a history of having very competitive teams," Sander said. "I think it'll be another very competitive team. What the ceiling is on this team, is still to be determined to some degree because we're younger than we normally are.

"We only have three seniors and have a lot of underclassmen and we're I'm trying some different line-

ups early in the season and tried to play a number of JV games to give the younger guys an opportunity to see what they could do. So that's a little different than in the past. We have seven freshmen this year who are all very competitive and all seven have good futures here with baseball at some point on varsity."

The Crusaders opened their season March 21 with a 10-0 victory over Fredericktown/Marquand-Zion, then suffered back-to-back losses to Scott City and Meadow Heights, falling 4-1 and 7-6, respectively, on the front end of a string of five consecutive road games in seven days.

All told, the Crusaders are scheduled to play 12 games in 16 days by April 9.

"We won't have many practice days from here on out," Sander said. "We have games every day, but

about four or five dates."

There's a method behind the scheduling — which also includes the junior varsity squad — Sander said.

"They learn from games," he said. "In my opinion, you give them the fundamentals, you give them your strategy, you give them the technical parts of the game and practice early, and then you hope that they can relay that to the field throughout the season."

This year's varisty squad is led by three seniors and team captains — first baseman Isaac Koenig, short-stop Jake Sparks and center fielder Brayden Moore, who's signed to play for Westminster College in Fulton after graduation.

"[Koenig and Sparks] are second-year starters," Sander said, "so a lot if expected from them. [Moore]

is a three-year starter and he should be the leader of the club. He is a well-rounded player who does a lot of things. He runs well, he hits well, he can go get a ball center field. he's kind of the leader or the squad as far as people looking to play at his level."

The rest of the team includes five juniors, three sophomores and five freshmen. And Sander expects all of them to compete.

"My strategy has always been in the 19 years I've been here is that we want to win every JV or every varsity game we play," Sander said. "We are playing to win that game and I am playing the best nine players that I feel that they give us the best chance to win. And I don't care whether they're freshmen or seniors."

In the end, it's the wins that matter.

SAX. BASEBALL SCHEDULE '25		
DATE	LOCATION	TIME
3/21/25	Fredericktown w/ Marquand-Zion	4:30PM
3/25/25	at Scott City	4:30PM
3/26/25	at Meadow Heights	4:30PM
3/27/25	at Crystal City	4:30PM
3/28/25	at Leopold	4:30PM
3/31/25	at St. Pius X (Festus)	4:00PM
4/1/25	East Prairie	4:30PM
4/2/25	Kelly	4:30PM
4/3/25	at Risco	4:30PM
4/4/25	at Bloomfield	4:30PM
4/8/25	St. Vincent	4:30PM
4/9/25	Charleston	4:30PM
4/14/25	at Ellington	4:30PM
4/15/25	East Carter	4:30PM
4/22/25	at Oran	4:30PM
4/23/25	Oak Ridge	4:30PM
4/25/25	Caruthersville	4:30PM
4/29/25	at Bell City	4:30PM
5/1/25	Advance	4:00PM
5/3/25	New Athens New Athens, IL	11:00AM
5/3/25	New Athens New Athens, IL	1:00PM
5/5/25	Scott County Central	4:30PM
5/6/25	Woodland	4:30PM
5/8/25	Delta	4:00PM
5/12/25	at Chaffee	4:30PM
5/13/25	Puxico	4:30PM



SAXONY BASEBALL ROSTER 21	
NAME	GRADE
Korby Engert	11
Jason Sparks, Jr	12
Brayden Moore	12
Zachary Lynn Roth	9
Rylan Gary Kohlfeld	9
Bennett Mueller	10
Kai Thomas McDowell	9
Walker Short	9
Seth Stageberg	11
Layton Ponder	11
James Hope	10
Garrett Head	10
Bryce Leland Hale	9
Cole Roth	11
Isaac Koenig	12
Baylor Wilson	11
Tyler Lawrence	9
Dylan Johnson	9



# Crusaders hope to continue improvement

By Robert Cox  
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Saxony Lutheran boys volleyball coach Michelle Terrell didn't have a lot to say about the Crusaders'

## SAX. BOYS VOLLEYBALL ROSTER '25

NAME	GRADE
Nelson Bollinger	10
Landon Buchheit	10
Colton Cissell	10
Noah Kirn	12
Henry Klaus	10
Mason Lohmann	12
Carson Martyn	12
Simon May	10
Bryce Meyer	10
Noah Meyr	10
Seth Mueller	12
Jonathan Palmer	11
Brayden Zoellner	11
Benjamin Matthew Simpson	9
Kobe James Meyer	9
Kellan Scott Harris	9
Ian Michael Pace McDonald	9
Caleb David Seabaugh	9
Grant Seibel	9
Samuel James Petzoldt	9
Caiden Ari Pace	9
Owen Buchheit	12

new season, but she didn't hesitate to speculate that it should be a good one.

"The upcoming season will be one to watch with five seniors and two juniors this year that bring exceptional skill, experience and leadership to the team," Terrell said.

This will be the fourth season for the Crusaders' program and only its second as an affiliate of the Missouri State High School Activities Association.

Since the program's inception in 2022, Saxony Lutheran has shown steady improvement, finishing 2022 at 5-7, 2023 at 9-5 and 2024 at 11-8 under then-head coach Stephanie Brown, who returns this year as an assistant, along with Dawn Ozark, who will coach the junior varsity.

"We just keep improving and that's all we can ask for," Brown said last season. "We are only three years into the program and some of these teams have been playing for decades."

The 2024 Crusaders ended the season with a 3-1 loss (25-21, 14-25, 18-25, 13-25) to Oakville in the first round of the Class 1, District 1 tournament.

This year, Terrell is coaching a seasoned group led by seniors Noah Kirn, Mason Lohmann, Carson Martyn, Seth Mueller and Owen Buchheit, along with juniors Jonathan Palmer and Brayden Zoellner.

"In addition, we have a talented group of younger players who are sophomores and will

be playing and contributing to our defense and offense teams and a freshman who will be setting," Terrell said.

The Crusaders opened the season with a 3-1 victory — 27 - 25, 25 - 23, 14 - 25, 25 - 19 — over frequent opponent Collinsville, Ill. They saw action from March 28-29 in the Belleville East Tournament and will travel to Maryville (Ill.) Christian on April 7.

Terrell said her goals for this season are simple.



## SAX. BOYS VOLLEYBALL SCHEDULE '25

DATE	LOCATION	TIME
3/21/25	Collinsville High School	4:30PM
3/28-3/29/25	Belleville East Tournament	TBA
4/7/25	Maryville Christian School	5:00PM
4/8/25	Notre Dame (Cape Girardeau)	5:00PM
4/11-4/12/25	Althoff Catholic High School Tournament	TBA
4/22/25	St. Pius X (Festus)	4:30PM
4/25/25	Notre Dame (Cape Girardeau)	5:30PM
4/25/25	Lutheran South	4:00PM
4/26/25	O'Fallon JV BVB Trn.	TBA
4/28/25	Seckman	4:30PM
4/29/25	Lutheran South	5:15PM
5/1/25	Lutheran St. Charles	5:00PM
5/5/25	Father McGivney Catholic High School	5:30PM
5/6/25	Notre Dame (Cape Girardeau)	5:00PM
5/8/25	St. Pius X (Festus)	4:30PM
5/20-5/28/25	Class 1 State Tournament	TBA

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# Lady Crusaders hoping for health, bit of luck

By Robert Cox  
rmpublisher63@gmail.com

Two years ago, the Saxony Lutheran girls soccer team finished third in the Missouri Class 1 state playoffs. Last season, they did the same, losing 2-1 to Summit Christian Academy in the semifinal round before beating Laquey 2-0 in the consolation game.

This season, coach Chris Crawford said his team would like to return, but it's going to be a difficult challenge.

"When we get healthy, I think we're going to be as competitive as pretty much anybody in the area, but we're battling the injury bug already early," Crawford said. "Some came in with these injuries. We're also growing a little bit. We graduated, I think, eight or nine seniors last year and we lost the defensive player of the year in the state, an all-state goalkeeper, and another all state defender. and so... you know, we've got some spots to fill."

On the plus side, the underclassmen on the team got a lot of play time last year.

"Luckily, we played a lot of people

last year and we were able to do that and get them that varsity experience and get them final four experience," Crawford said. "And so, early in the season, I think we're looking to be super competitive, outwork everybody. That's a big thing for us. And then as we start getting more into the middle and end the season, when we start getting everybody back, then it's gonna shift a little bit to to making sure that we're ready for the postseason and trying to make a run there."

In addition, Crawford took the strategy of scheduling more difficult opponents early in the season to add to that experience, scheduling Farmington, Jackson, Sikeston, Notre Dame, and Poplar Bluff all within the first month.

"That's somewhat on purpose," Crawford said. "We should be in Class 1. Our championship factors pushed us up to Class 2, but we'll

play anybody, anywhere, any day. I don't care, because especially during the regular season, it's about getting better, getting battle tested, seeing different situations, seeing bigger, faster, stronger. And so we try to put a schedule together that really challenges us. It helps to be in the SEMO Conference. But like, I mean, we're trying to schedule people so that we can see different things so that when we get to the postseason and see those teams, we're not fazed by anything.

"We'll go play whoever will play us and we may get our teeth kicked in, but that will only help us for later in the year."

Returning this year for the Lady Crusaders will be seniors Abigail Haley, Adalina Deckerd, Amelia Wilson, Camille Richey, Faith Dreyer, Isabel Brown, Margaret Hillin, and Aleigh Miller. The team also includes seven

juniors.

"Our district just came out and it's a pretty nasty district, so I think there's probably five teams in our district that have a legitimate chance to win the district," Crawford said. "And so it's really going to be about who's healthy, who's playing their best soccer at the end of the year, and who has the best team chemistry.

"We hope to have a run, but you also got to have a little bit of luck in the postseason."

## SAX. GIRLS SOCCER ROSTER 25

NAME	GRADE
Abigail Haley	12
Adalina Deckerd	12
Allie Elizabeth Niccum	9
Amelia Wilson	12
Ansley Marie Palisch	9
Autumn Heisserer	10
Camille Richey	12
Clara Perry	10
Cristina Fernandez	10
Ellie Meyr	10
Emma Violet Leible	9
Faith Dreyer	12
Isabel Brown	12
Isabel Alise Kirn	9
Jessalyn Rae Head	9
Katherine G Harrison	9
Kenzie Jane Keys	9
Kessly Anne Scholl	9
Lauren Hillin	10
Margaret Hillin	12
Natalie Hahs	10
Sophie Debrower	11
Tegan Barnett	11
Willow Broshuis	10
Zoe Nicole Smith	9
Aleigh Miller	12
Gretchen Marie Wolfe	9
Ietizia Seifried	11

## SAX. GIRLS SOCCER SCHEDULE 24-25

DATE	LOCATION	TIME
3/21	at Farmington	5:00PM
3/24	at Carterville Carterville, IL	6:00PM
4/1	Jackson	4:00PM
4/4	at Sikeston	5:00PM
4/8	at St. Louis Christian Sr.	5:00PM
4/11-12	Fralish Cup	TBA
4/16	Notre Dame (Cape Girardeau)	4:00PM
4/22	Poplar Bluff	4:00PM
4/24	St. Pius X (Festus)	4:00PM
4/28	at St. Vincent	5:00PM
4/30	Kelly	4:00PM
5/2	Fredericktown	4:00PM
5/5	at North County	6:00PM
5/9	Central (Cape Girardeau)	4:00PM
5/13	Perryville	4:00PM





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# Crusaders have eyes set on district title

By Robert Cox  
rmpublisher63@gmail.com

Saxony Lutheran golf coach Scotty Miget says his team has one goal this season — dominating the district tournament — and the Crusaders have a plan in place to make it happen.

“We’re coming out strong this year, with one goal in mind,” Miget said. “Dominate as a team at Districts. We know the scores we need to accomplish, and each day we’re fine-tuning to make it happen.”

According the Missouri State High School Activities Association, the Crusaders finished last season with an average team score of 193.7 and a record of 0-3.

Despite those recent struggles, the Crusaders are fairly familiar with district competition, claiming the title in 2017 and 2016, and finishing second in 2019, 2018, and 2010. This year, they plan to add to that list.

An addition to the coaching staff, Miget said, should really help.

“We’ve brought on an additional assistant coach this year, Chase

Crowden,” Miget said. “Chase is a local PGA Associate and we’re excited to have him join the coaching staff.”

Crowden joins Miget and Mike Hasz to help lead a team featuring three seniors — Thomas Hasz, Wesley Kiehne, and Marvin Nash, Jr. — along with five juniors and five sophomores.

“Tom Hasz is leading the team this year as a senior,” Miget said, “backed by our sophomore sharpshooter, Bryce Gaebler.”

Just behind those two, Miget said, are juniors Alex Buerck and Matthew McKee.

“They’ve really stepped up this year,” Miget said.

Joining Buerck and McKee as juniors are Allee McKee, Jack Ozark and Alex Rhodes.

Saxony opened the season on March 24 at the Notre Dame Invitational, and continued on with a series of quad meets, taking on mostly larger schools like Cape Girardeau Central, Jackson and Poplar Bluff until they face off with smaller schools at the Farmington tournament on April 8.



## SAXONY GOLF SCHEDULE 2024-25

DATE	LOCATION	TIME
3/24/25	Notre Dame Tournament	10:00AM
3/25/25	Jackson Quad	3:00PM
4/2/25	Saxony Quad	3:00PM
	Central (Cape Girardeau)	TBD
	Notre Dame (Cape Girardeau)	TBD
	Van Buren	TBD
4/3/25	Cape Quad	3:15PM
	Central (Cape Girardeau)	TBD
	Notre Dame (Cape Girardeau)	TBD
	Kennett with Holcomb	TBD
4/8/25	Farmington "small school" Tournament	TBD
4/16/25	Ste. Genevieve Tournament	8:00AM
4/21/25	Jackson Invitational	10:00 am
5/1/25	at Perryville	2:00PM
5/5/25	SEMO Conference Tournament	TBD
5/7/25	Central (Cape Girardeau)	3:00PM

## SAXONY GOLF ROSTER 2025

NAME	GRADE
Alex Buerck 11	11
Chloe Evans 10	10
Bryce Gaebler 10	10
Thomas Hasz 12	12
Wesley Kiehne 12	12
Allee McKee 11	11
Matthew McKee 11	11
Marvin Nash, Jr	12
Jack Ozark	11
Zavier Schneider	10
Alex Rhodes	11
Ekaterina Rust	10
Megan Birk	10



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SAXONY GIRLS TRACK ROSTER '25

NAME	GRADE
Abigail Haley	12
Shyanne Weibrecht	12
Alivia Miget	12
Myra Roth	12
Annabelle Brandhorst	12
Margaret Hillin	12
Kennedy Lewis	12
Rebekkah Yunck	12
Lilly Roth	12
Ietizia Seifried	11
Timora Criddle	12
Casey Call	11
Bridget Wilson	11
Sadie Elmore	10
Ashley Perkins	10
Raylee Matthews	10
Carsten Millstead	11
Sarah C Seabaugh	10
Madison Elizabeth Uchtman	10
Maggie Shea Marsh	10
Adalyn Brandhorst	10
Gretchen Marie Wolfe	9
Amelia Jane Hicks	9
Olivia Joy Petzoldt	9
Eva Jane Williamson	9
Kenzie Jane Keys	9
Graer Isabella Moss	9
Brooklyn Harper Lewis	9
Abigail Marie Ingvalson	9
Audrey Andrianna Rhodes	9

SAXONY TRACK SCHEDULE 24-25

DATE	LOCATION
3/22/25	Frozen Invite @ Notre Dame
3/29/25	Festus Invitational
4/5/25	Jackson Bob Sink Invitational
4/12/25	Cape Central Invitational
4/14/25	Scott City Open
4/26/25	Semo Conference Meet
4/29/25	Larry Clear Open

Saxony track shows a lot of promise

By Robert Cox  
rmpublisher63@gmail.com

Last season, Saxony Lutheran senior John Hartmann finished his one and only track season with a state championship in the high jump with a height of 6 feet, 6.25 inches.

This year, Hartmann won't be around, but the Crusaders and Lady Crusaders already look like they have a few standouts that could step up big this season for coach Max Weiser, including another pole vaulter.

The Crusaders have already competed in one meet — the Notre Dame Frozen Invitational — with the boys team finishing in a tie for 15th with 10 points, while the girls finished 9th with 40, led by junior Casey Call, who finished second in the pole vault after clearing 3.2 meters in the pole vault and Rebecca Younk, who finished second in the javelin with a throw of 31.17 meters, along with senior Abigail Haley, who finished fourth in the 100 hurdles with a time of 17.30 seconds and sixth in the 300

hurdles at 52.19.

Sophomore Raylee Matthews finished fifth in the long jump, clearing 4.74 meters, ahead of Yunck who came in eighth at 4.34.

On the boys' side, junior Nashaun Davis finished third in the 110 hurdles with a time of 16.14 seconds.

The Crusaders were scheduled to compete in the Festus Invitational on March 29.

In the 2024 state championship meet, other finishes for Saxony included a sixth place finish for Call in the pole vault, while Haley finished 11th in the 300-meter hurdles with a time of 49.02 seconds and 12th in the 100 meter hurdles (17.14). Yunck finished 15th in the javelin event.

At the district level, Hartmann came in first in the high jump with a height of 6-4.75, while Call finished first in the pole vault with a height of 10-2.50 and finished third in the high jump at 4-7.0. Haley was second in the 100 meter hurdles with a time of 17.20 seconds, and finished third in the 300

meter hurdles (51.42).

In other events, Mark Richey finished third in the 3,200-meter run with a time of 11:19.84; Joseph Zoellner came in third in the discus with a throw of 131 feet, 8.75 inches; the girls 400 relay team finished third at 52.16 seconds; the girls 800 meter relay team finished third at 1:53.04. The 41,600 meter relay team finished second at 4:23.13 seconds; Matthews finished second in the long jump at 16-1 and Yunck finished second in the javelin with a throw of 108-2.75.

SAXONY BOYS TRACK ROSTER '25

NAME	GRADE
Jonas Hohenadel	12
Matthew Chambless	12
Sebastian Michal Uhorskai	12
Micah Dehne	12
Anthony Kearns	12
Matthew Hitt	12
Owen Buchheit	12
Seth Mueller	12
Maksim Mayhew	11
Weston Jeter	11
Mark Richey	11
Nashaun Davis	11
Jake Biri	10
Nicolas Kirk Chambless	10
Evan Ward	10
Clark Jones	10
Jacob Schupp	10
Holden Huber	10
Kai Thomas McDowell	9
Kael Christian Walker	9
Theodore Dayton Tracy	9
Joseph Andrew Baker	9
Benjamin Paniamogan	10
Alex Buerck	11
Ian Michael Pace McDonald	9
Noah Meyr	10





# Indians ready to rebuild after down season

By Robert Cox  
rmpublisher63@gmail.com

Last season was not kind to the St. Vincent Indians. The team finished 8-13 with an 8-5 second-round loss to Chaffee in the Class 2, District 3 tournament.

The good news is, coach Corey Sauer says he's got the tools to recover.

"I'm returning almost all of our innings on the mound from last season," Sauer said, "so that's always plus. We lost two very good seniors from last year's group. But for the most part, our core is still in place. Extremely positive. I'm happy with where we're at right now. Overall, I'm excited to get it going." The Indians opened their season

March 24 and have had a bit of an up-and-down journey so far, dropping games to Fredericktown and Ste. Genevieve. They were scheduled to play Grandview and Crystal City before taking on cross-town rival Perryville on April 1.

"We always play a pretty tough schedule, year-to-year," Sauer said. "The bulk of our games come from schools that are Class 2 and above, which, we're Class 2, but conference-wise, some of the teams around the area, you're looking at Class 3 and Class 4 schools. So we're constantly playing to get better competition."

Which leads to Sauer's goals for the season.

"Obviously, goals start from championships on down," Sauer said. "That's district and sectional and all those, the natural goals. We've been extremely close over the last couple of years at a district title, and we just, for whatever reason, haven't been able to get over the hump. I'm confident we've got a good district. I will put our group up against just about anybody, es-

pecially with the starting pitchers that we have."

In addition to those elusive titles, Sauer has another goal — improving the team's record.

"Last year, we had eight wins," Sauer said. "We lost seven games by three runs, maybe seven or eight games by three runs or less, so we were in everything. I mean, double digit wins for sure is a goal every year of mine. With the way our schedule sets up, if we can get the double digit wins, we're .500 or better."

Sauer is hoping his pitching staff can help, starting with Jacob Seabaugh and Nick Buchheit, both seniors, and Andrew Schumer, a sophomore.

"[Seabaugh] and [Buchheit] I will put toe-to-toe with anybody as far as pitchers around this area," Sauer said. "They're both very good. [Schumer] is another guy. He didn't throw quite as many innings last year; he was more of a late inning guy up until towards the end of the season, but he's go-

ing to slide in to start for us. And after that, we've got quite a few, quite a few arms capable. So I'd say if I had to pick a strength right now today, the pitching side of things would be a strength of our group."

Sauer said he is still looking to fill some gaps at the plate, and is looking to Gavin Hotop and Andrew Hotop to step up and replace some of the offense lost after last season, with both hitting near the top of the order.

"We've got some intriguing juniors that haven't got a whole lot of playing opportunity that are going to slide into the lineup," Sauer said. "We've got really good, talented freshmen that could see some time for us, too. Top to bottom class-wise, we're a pretty strong group."

## SV BASEBALL ROSTER 2025

NAME	NUMBER	GRADE
Andrew Hotop	1	11
Andrew Schumer	4	10
Eli Abernathy	6	12
Jack Patrick	8	12
Tyler Hennemann	9	11
Cain Clifton	10	9
Carson House	11	11
Trenten Welker	12	11
Gus Unterreiner	14	11
Connor Roth	15	11
Austin Sleyster	16	12
Levi Schilling	19	9
Jacob Seabaugh	21	12
Nick Buccheit	25	12
Taketa Nakayama	26	9
Trence Unterreiner	27	9
Gavin Hotop	28	10
Avery Brown	30	9
Van Tallent	37	9

Head Coach: Corey Sauer

Asst. Coaches:

Caleb Hosey, Mel Kirm, Colby Hager, Jared Hotop



## SV BASEBALL SCHEDULE '25

DATE	LOCATION	TIME
3/24	Fredericktown	L, 4-0
3/25	Delta	W, 16-1
3/26	at Ste. Genevieve	L, 6-4
3/28	at Grandview	4:00PM
3/31	Crystal City	4:30PM
4/1	at Perryville	4:00PM
4/2	Valle Catholic	4:30PM
4/4	Puxico	4:30PM
4/8	at Saxony Lutheran	4:30PM
4/10-4/12	Oak Ridge Tournament	TBD
4/14	Chaffee	4:00PM
4/15	at Herculaneum	4:30PM
4/16	Herculaneum	4:30PM
4/22	Scott City	4:30PM
4/28	at Chester	4:30PM
4/29	Kelly	4:30PM
5/1	Jefferson	4:30PM
5/5	at Oak Ridge	4:30PM
5/7	at Meadow Heights	4:30PM
5/9	Advance	4:30PM
5/12	at Leopold	4:30PM



# Goal remain the same for talented SV golf team

By Robert Cox  
rmpublisher63@gmail.com

St. Vincent golf coach Eric Clements is excited about the 2025 season.

The Indians finished second in the Missouri Class 1 state tournament last year, and despite graduating some of their top talent — 2024 Class 1 state champion Payton Strattman, Garrett Brickhaus, and Logan Hornberger — Clements said he thinks his team could have a shot to return.

“We’re excited,” Clements said. “We got lucky last year and got to take five players to state, which is just such a good thing for the kids.”

Especially when two of them are still on the team. Strattman,

Brickhaus and Hornberger were joined by Sam Koishor, who finished 17th at state last season as a sophomore, and Adam Brickhaus, who placed 49th as a freshman.

That experience will be crucial in the Indians are to make another postseason run.

“Our goal is to get back to state again,” Clements said. “I think we’ve got a great team and we can easily do that. So. They’ve been working really hard.”

And the Indians are certainly off to a good start. They opened the 2025 season on March 21 with a victory at Valle Catholic before topping Ste. Genevieve and Perryville on March 26.

Clements pointed to a handful of players that he expects will play big roles in the team’s suc-

cess this season, including senior Boston Tarrillion and Collin Wheeler.

“Koishor was our No. 2 golfer last year,” Clements said. “He’s our Payton this year. Adam Brickhaus is now a sophomore and he also has to be one of those leaders, but we also have Colden Prost. Colden is the same age as Adam and he’s already stepped it up. And then there’s Quinton Doza, another sophomore. Those guys there, they’re the big core of our team this year. It’s exciting to see these young guys step it up.”

As for the rest of the roster, Clements said there’s a healthy amount of competition for spots on the varsity roster.

“It drives these kids,” Clem-

ents said. “We’ll get done with practice and then the kids will go play another nine holes by themselves. I mean, our kids are just passionate about the game and it really does show on the course. As a coach, that’s all you want. You just want kids that care and try their best and listen. And we’ve got kids that are doing that.”

Of course, a state championship wouldn’t hurt. The Indians last won a state title in 2001 under then-coach Tom Prost, who was Clements’ coach when he attended St. Vincent. Prost also led the Indians to a state title in 1998

“That’s what we’re trying to mimic here,” Clements said.



## SV GOLF SCHEDULE 2024-25

DATE	LOCATION	TIME
3/21/25	Valle Catholic	3:30PM
3/26/25	Ste Genevieve/Perryville	3:30PM
3/27/25	Saxony/Poplar Bluff	3:30PM
3/31/25	Windsor Tourn.	TBA
4/1/25	Festus/Jefferson	3:30PM
4/2/25	North County Tourn.	TBA
4/4/25	Valle Catholic	3:00PM
4/8/25	Crown Pointe Tourn.	TBA
4/9/25	Perryville	3:30PM
4/11/25	Windsor/Herculaneum	3:30PM
4/16/25	Ste Genevieve Tourn.	TBA
4/17/25	Desoto/Jefferson	3:30PM
4/24/25	Perryville JV Tourn.	TBA
4/28/25	Hillsboro/Crystal City	2:00PM
4/29/25	Palla JV Par 3	TBA
5/2/25	Palla Varsity Par 3	TBA
5/5/25	JCAA Conference Tourn.	TBA
5/6/25	JCAA Conference Tourn.	TBA
5/12/25	Districts	TBA
5/19-5/20/25	State	TBA

## SV GOLF ROSTER 2025

NAME	GRADE
Boston Tarrillion	12
Collin Wheeler	12
Jenna Abernathy	11
Kayden King	11
Sam Koishor	11
Gage Barnes	11
Elliott Wibbenmeyer	11
Jack Seabaugh	11
Drew Lukefahr	11
Issac Kirn	11
Drake Rellergert	11
Noah Winschel	10
Adam Brickhaus	10
Quinton Daza	10
Colden Prost	10
Sophie Verseman	10
Brecken Reiss	9
Jackson Strattman	9
Jack Emmendorfer	9
Head Coach: Eric Clements	
Asst. Coach: Bruce Valleroy	



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Sikeston, MO 63801



# Lady Indians optimistic about 2025 season

By Robert Cox  
rmpublisher63@gmail.com

Ask Ask St. Vincent girls soccer coach Cari Barnes to talk about the new season, and you get a quick answer.

“We’re real excited this season,” Barnes said. “We had quite a few injuries last year, and we got a lot of our girls back and healthy and they’re really anxious to get the season started. So we’re excited for them.”

In addition, the girls teams in other sports at St. Vincent have had a lot of success this season, something which is adding to the excitement for soccer.

“The girls have had a lot of success on volleyball and bas-

ketball this season. So they’re champing at the bit to see how far they can go in soccer. I mean they’d love to make another state run, but we know we gotta work hard and do some things to get there.”

To do that will require some improvements from last season, when the Lady Indians finished with a record of 11-9 after a second-round loss to Cape Girardeau Central in the Class 3, District 1 playoffs.

“I’d say we’re looking to have a lot of improvements from last year,” Barnes said. “We lost a couple of great seniors, but we had three returning starters out with knee injuries last year that started as freshmen and sophomores. So getting them back

as juniors and seniors, healthy, ready to play, they’re anxious to get back on the field. That’s definitely a positive for us. And we’ve returned a lot of our starters from last year.

“We were banged up last year and we’re really excited to see see a lot new faces this year.”

Barnes highlighted some of those “banged up” players, explaining they should help bring a lot of success this season.

“We have six seniors that I’m real excited about,” Barnes said. “Two of them were out with knee injuries last year, Haley Emmendorfer and Allie Patrick, and Leanna Adams was out for most of the season. Those are ones that we’re just, we’re really excited about having them

back. We’ve got a lot of returning starters too that are excited just to play with them because they missed out on a full year playing with their friends and teammates.”

St. Vincent got off to great start on March 25 with a season-opening 8-0 victory over Cape Girardeau Central and were scheduled to play DeSoto, Parkway Central and Hillsboro before the end of the month.

Barnes said it’s hard to tell who’s more excited, her or her players, several of which played for St. Vincent’s basketball team and are fresh off a second-place finish at the state tournament.

“They’re amped up,” Barnes said. “They’re ready to go. We’re real excited for the season.”

## SV SOCCER ROSTER 2025

NAME	NUMBER	GRADE
Onna Boland	1	9
Aubrey Emmendorfer	2	10
Kinley Boxdorfer	3	9
Sadie Cissell	4	11
Callie Schnurbusch	5	11
Morgan Schnurbusch	7	9
Sara Unterreiner	8	9
Raegan Varady	10	9
Olivia Winkler	11	9
Mallory Patrick	15	12
Kaitlyn Buerck	18	12
Allie Patrick	22/35	12
Haley Emmendorfer	23	12
Grace Jenneman	25	10
Sybina Nations	27	11
Abigail Schilling	20	12
Lana Adams	21	11
Rylee Robinson	24	11
Jocelyn Leible	85/6	12

Head Coach: Cari Barnes  
Asst. Coach: Kayla Sohn



## SV SOCCER SCHEDULE 2024-25

DATE	LOCATION	TIME
3/18/25	Jamboree	4:30PM
3/25/25	Cape Central	5:00PM
3/28/25	DeSoto	5:00PM
3/29/25	Parkway Central	11:00AM
3/31/25	Hillsboro	5:00PM
4/3/25	Farmington	5:00PM
4/7-4/10/25	Windsor Tourn.	TBA
4/14/25	Fredericktown	5:00PM
4/14/25	Notre Dame	5:00PM
4/22/25	Festus	5:00PM
4/23/25	Visitation Academy	4:00PM
4/25/25	St. Francis Borgia	5:00PM
4/28/25	Saxony Lutheran	5:00PM
4/30/25	Villa Duchesne	5:00PM
5/2/25	Perryville	5:00PM
5/6/25	Windsor	5:00PM
5/12/25	Murphysboro, IL	6:00PM
5/13/25	Poplar Bluff	5:30PM
5/17-5/24/25	Districts	TBA





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# ‘Exciting’ things on the horizon for SV track

By Robert Cox  
rmpublisher63@gmail.com

The future looks bright for the St. Vincent track and field program, especially if you look through the eyes of coach Abigail Hager.

Part of the reason for that optimistic outlook is the curious mix of returning seniors and a talented crop of freshmen, some of whom are already showing much promise.

“We’ve got a really big freshman class this year which we’re very excited about,” Hager said. “Our senior class is really big as well. So it’s nice that we’ve got a lot of great leaders to kind of help form that base that we want for all of our kids as they grow through the program. So that’s been awesome. And I think we’ve got some talent as well that are coming up with our freshmen. They’re really ready to learn and to be successful.”

Among those returning are two medalists from last year’s state meet. Key returning athletes include Clayton Gremaud, a senior sprinter who placed 7th at state last year and is looking to place higher this year; Carter Henneman, a sophomore distance runner who has school records and is looking to improve further; Reagan Meyer, a two-time state champion in the mile and 800 meters who is “hungry to be the best,” Hager said; Kale Meyer, a junior who is new to the sprinting events but is expected to be a strong contender; and Sophis Taylor, who barely missed qualifying for state last season.

Hager said there are also several new freshmen that she’s excited to see compete, including Bryn Renner, a freshman sprinter; and Anna Welker, a freshman distance runner who qualified for state in cross country.

“I hope we can lay some really solid foundations for my new athletes and my freshmen, get them



strong, teach them as much as we can,” Hager said. “Last year we had three that went to state. I would love to see us double that or more this year. We just moved down to Class 1 this year. So I am really hoping that we can at least double our amount that we take this year and also hopefully bring home one or two district titles as a whole team, not just in individual events but as a whole team.”

## SV TRACK SCHEDULE 2024-25

DATE	LOCATION	TIME
3/21/25	Fredericktown	TBA
3/24/25	Hillsboro 24 CO-ED	TBA
4/1/25	Jefferson	TBA
4/5/25	Jackson	TBA
4/8/25	Perryville	TBA
4/11/25	Desoto	TBA
4/12/25	Cape Central	TBA
4/15/25	Perryville JV	TBA
4/24/25	Chaffee	TBA
4/30-5/1/25	JCAA Conference Meet	TBA
5/10/25	Districts	TBA

In the end, Hager said, she really just wants to see what happens.

“It’s gonna be an exciting season,” Hager said. “A lot of great things are really on the brink of happening. And I’m very, very excited to see where this year leads us for the next several years.”

## SV GIRLS TRACK ROSTER 2025

NAME	GRADE
Abby Kirn	12
Brigid Sauer	12
Kennedy Sutterer	12
Reese Zoellner	12
Audrey Amschler	11
Reagan Meyer	11
Sophia Taylor	11
Jenna Unterreiner	11
Payton Unterreiner	11
Paige Leible	10
Elle Christisen	9
Brynn Renner	9
Sydney Taylor	9
Claire Tomlinson	9
Anna Welker	9

There’s a lot, a lot of talent on the team, and I’m excited to where it takes us.”

## SV BOYS TRACK ROSTER 2025

NAME	GRADE
Clayton Gremaud	12
Jace Henneman	12
Ethan Hotop	12
James Unterreiner	12
Kale Meyer	11
Kellan Pitts	11
Jackson Seabaugh	11
Carter Hennemann	10
Carter Herman	10
Tristian Anders	9
Bo Burgin	9
Ethan Finger	9
Caden Hadler	9
Austin Miller	9
Mason Naeger	9
Noah Pecaut	9
Alex Ponder	9
Luke Ryan	9
Collin Tilley	9



# Signs of sports injury in young athletes

Youth sports attract scores of participants each year. The National Council of Youth Sports estimates that around 60 million children are registered to play youth sports in the United States. Solutions Research Group Consultants estimates that more than four million Canadian youths participate in one or more organized sports and activities.

The benefits to sports play are numerous, but the advantages to being active and competitive should not overshadow the need to be safe during sports play. According to the Centers for Disease Control and Prevention, nearly 2.7 million young people are treated in the emergency room every year for sports-related injuries.

Parents, coaches and other adults working and volunteering in youth sports must learn to recognize signs that a player has become injured and address those injuries as soon as possible. It can be hard to spot certain sports injuries. The following are some sports injuries and their symptoms.

- **ACL tears:** Anterior cruciate ligament injuries occur when the ligament connecting the thigh bone and the shin bone tears after an athlete suddenly turns and changes direction, which is common in many sports. Pain is often immediate when suffering a torn ACL, and swelling can occur within several hours of being injured. The child may express that they heard or felt a pop in the knee area and are having trouble supporting their weight.

- **Internal abdominal injuries:** Internal injuries are less common than other sports injuries, but Stanford Medicine Children's Health says some studies sug-

gest they are on the rise. Injuries to the kidneys, spleen and liver can occur. These injuries can produce pain in the abdomen. The spleen is in the upper left side of the abdomen. The liver is in the upper right side. The kidneys are on the flanks of the body. Blood in urine may be a sign of internal abdominal injury and needs to be addressed promptly.

- **Ankle sprain:** When the ankle twists or the foot rolls on its side, the ligaments that support the ankle joint can stretch and tear. Swelling and pain usually occur on the outside of the ankle within minutes to a few hours of the injury, depending on injury severity. Because it may be impossible to differentiate an ankle sprain from an ankle fracture without an x-ray, particularly if the pain in the ankle makes putting weight on it unlikely, a visit to an orthopedic doctor may be necessary.

- **Broken bones:** Bone fractures often happen during collisions with other players or from falls. Sometimes a fracture is obvious, but not always. A snap or grinding sound at the time of injury often signals a fracture, says VCU Health. If there's a break in the skin and the bone is showing, or the athlete cannot bear weight or use the extremity after 15 minutes, an X-ray is likely.

- **Concussion:** Any activity that can cause an injury to the head may lead to a concussion. A concussion is a mild traumatic brain injury that occurs when the brain is shaken or hit. It can cause temporary changes in brain function. The American Academy of Pediatrics says signs of a concussion can include an athlete who appears dazed or stunned. There may be confusion and the youth could move clumsily and answer questions slowly. An in-



ability to recall events before or after the head trauma, or losing consciousness even briefly, are additional signs of concussion. In older children and teens, nausea, vomiting, balance problems, light sensitivity, and headache also can occur.

- **Growth plate injuries:** Growth plates are soft cartilage at the end of bones like the arms, legs and fingers that are replaced by strong bones as children get older and stop growing. Growth plates are more susceptible to injury than the rest of the bone. A fracture may not be readily vis-

ible in a growth plate, but doctors can look for other signs. The Mayo Clinic says pain and tenderness and an inability to move the affected area or put weight or pressure on the limb are signs of a growth plate injury. It's important to note that growth plate fractures occasionally can be caused by overuse from repetitive throwing or during sports training.

Young athletes should be encouraged to participate in sports, but adults should be mindful of common sports injuries and learn how to spot them.



# What parents should know about asthma

No one ever fully knows what's around the corner in regard to their personal health, and children are not immune from that uncertainty. A child can seem fully healthy one day only to be unexpectedly diagnosed with a medical condition the next.

That scenario has unfolded for millions of children diagnosed with asthma, an incurable yet manageable disease. The Asthma and Allergy Foundation estimates that 4.9 million children in the United States have asthma, while Asthma Canada reports that more than 900,000 Canadian youths under the age of 19 have the chronic disease. Such figures underscore how important it is for parents to learn the basics of asthma.

## What is asthma?

Asthma Canada reports that doctors define asthma as a chronic inflammatory disease of the airway. The World Health Organization reports that asthma is caused by inflammation and muscle tightening around the airways that makes it harder to breathe.

## What are the symptoms of asthma?

The AAFA notes that asthma often begins in children, but its initial symptoms tend to vary depending on a child's age. Babies and toddlers exhibit different symptoms than school-aged children and teenagers.

The AAFA reports that, among babies and toddlers, signs and symptoms of asthma may include:

- Persistent, repeated coughing, which can occur at night
- Fast or rapid breathing

- A need to work harder to breathe
- Flaring nostrils
- Skin that sucks in around and between ribs or above the sternum
- Exaggerated belly movement
- Panting even when engaging in normal activities, such as playing
- Wheezing (a whistling sound)
- Trouble sucking or eating
- Tiredness that contributes to disinterest in normal or favorite activities
- Cyanosis, a tissue color change on mucus membranes (tongue, lips, and around the eyes) and fingertips or nail beds. Cyanosis appears grayish or whitish on darker skin tones and bluish on lighter skin tones.

Signs and symptoms that affect school-aged children and teenagers may include the above but also:

- Shortness of breath
- Cough
- Pain or tightness in the chest
- Waking at night due to these symptoms
- A drop in their peak flow meter reading (if your child uses one)
- Exercise intolerance marked by an inability to engage in physical activity that's normal for the child's age

## Why do millions of children develop asthma?

Medical experts are uncertain about the exact causes of asthma in youngsters. However, the AAFA identifies various risk factors that could increase a child's



chance of developing asthma. Such risk factors include:

- A family history of asthma
- Respiratory illnesses, such as flu, RSV and colds
- Allergies and eczema (atopic dermatitis)
- A mother who smoked during pregnancy
- Exposure to secondhand and thirdhand tobacco smoke or e-cigarette aerosol after birth
- Living in an area with high air pollution

## What is the prognosis for children diagnosed with asthma?

Treatment is vital to con-

trolling asthma and limiting the extent of its effects on children's lives. According to the AAFA, when a child's asthma is under control he or she can expect to live a life with few or no symptoms and no interruptions to daily activities like sports, play and exercise. Kids whose asthma is being treated also can expect to miss fewer school days and require fewer trips to urgent care facilities and hospitals.

Asthma affects millions of children. Parents who learn about the disease can better identify when kids need treatment that can greatly reduce the effects asthma has on their daily lives.



# Tips to reduce youth sports head injuries

The benefits of youth sports are numerous and varied. Making friends and getting regular physical exercise stand out as benefits of sports participation. But youth sports also pose a danger that athletes and their parents should not overlook.

Head injuries are a very real concern for young athletes. The Centers for Disease Control and Prevention, which collects data about traumatic brain injuries, says about seven out of 10 emergency department visits for sports- and recreation-related traumatic brain injuries and concussions affect children ages 17 and under. Boys have about twice the rate of emergency department visits for these type of injuries than girls. However, the CDC warns that girls have a higher chance for sports-related concussion than boys in sports that use the same rules, like soccer and basketball. Preventing concussion and TBIs comes down to education and practicing certain safety guidelines.

It's important to know which youth sports produce the highest rates of concussion and other head injuries. Boys tackle football, girls soccer, boys lacrosse, boys ice hockey, boys wrestling, girls lacrosse, girls field hockey, girls basketball, boys soccer, and girls softball have the highest rates of concussion in this order, according to a 2018 report in the journal *Pediatrics*. Across all sports, two out of three concussions result from collisions among athletes.

New concussion guidelines are updated in schools and youth sports programs across the country, and it's important for coaches and volunteers to



abide by them. For example, U.S. Soccer implemented new guidelines that state no child under the age of 10 should be heading the ball during practice or games. For athletes between the ages of 11 and 13, heading should be limited to practice only.

Young athletes should wear the right protective equipment

for their sports, such as helmets, padding, eye and mouth guards, and shin guards. This equipment should be worn consistently, fit properly and be well maintained.

Full-contact play should be delayed until later in adolescence. The Children's Hospital of Philadelphia says high school-age athletes are better equipped

cognitively to understand and learn proper sports play techniques to protect themselves from injury-causing impacts. Coaches should teach and consistently emphasize proper technique to young athletes.

By implementing these strategies, the number of head injuries incurred by young athletes can be reduced considerably.



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