

Yanish goes 5-0, takes first in tournament

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Alex Yanish continues to lead the young East Grand Forks wrestling team, winning all five of his matches last week, including three matches to take first place in a Valley City tournament.

Yanish got one of only two wins for the EGF wrestlers last Tuesday against Grand Forks Central, taking the match 13-0 against Spencer Oen. Getting the other win for EGF was Eddie Bushaw, who took his

match 3-1 in overtime at 113 pounds.

Also on Tuesday was a dual against Grand Forks Red River. EGF had a better showing in their second matches, picking up 22 points in a 52-22 loss.

Getting wins for EGF was Dylan Dahlstrom at 106 pounds (20-9), Bushaw at 113 pounds with a pin, Yanish at 138 pounds (17-2) and Eli Deziel at 170 pounds (12-5).

On Saturday, the wrestlers took part in their second in-

dividual tournament of the year.

Yanish was the only first place finisher for EGF, but others did very well.

Eddie Bushaw went 1-1 for a second place finish, Stanley Peltier was 1-2 for fourth place and Eli Deziel and Brandon Thompson both went 1-2 for fifth place.

The Senior High-Sacred Heart wrestlers will have the next week off to practice and will be back on the mats on January 3 against Park Rapids.

GF CENTRAL 63, EGF SR. HIGH-SAC. HEART 7

106 — Brandon Hanson, GFC, over Dylan Dahlstrom 2:25; 113 — Eddie Bushaw, EGF, over Tyler Keener 3-1 (OT); 120 — Ben Danielson, GFC, over Javi LaMora 2:35; 126 — Tyler Young, GFC, over Stanley Peltier 7-0; 132 — Sabre Schill, GFC, won by forfeit; 138 — Alex Yanish, EGF, over Spencer Oen 13-0; 145 — Alex Randle, GFC, over Blake Pladson 1:11; 152 — Bryce Fish, GFC, won by forfeit; 160 — Erik Jones, GFC, over Matt O'Leary :41 ; 170 — T.J. Poole, GFC, over Hunter Deziel 3:40; 182 — Kyle Terrill, GFC, won by forfeit; 195 — No match; 220 — Dan Spah, GFC, won by forfeit; 285 — Seferino Hernandez, GFC, over Brandon Thompson 3:45

GF RED RIVER 52, EGF SR. HIGH-SAC. HEART 22

106 - Dylan Dahlstrom, EGF, over Donte Robinson 20-9; 113 - Eddie Bushaw, EGF, over Jamison Richter 1:47; 120 - Rodell Johnson, RR, over Javi Lamora 3:26; 126 - Chase Christen, RR, over Stanley Peltier 1:48; 132 - EGF forfeits; 138 - Alex Yanish, EGF, over Jon Steinke 17-2; 145 - Colt Goulet, RR, over Blake Pladson :44; 152 - No match; 160 - RR, over Matt O'Leary 1:55; 170 - Eli Deziel, EGF, over RR 12-5; 182,195, 220, EGF forfeits; 285 - RR, over Brandon Thompson 2:31

Results for Valley City Individual Tournament

Dylan Dahlstrom 0-2; Javi LaMora 0-2; Eddie Bushaw 1-1 (2nd); Stanley Peltier 1-2 (4th); Alex Yanish 3-0 (1st); Blake Pladson 0-2; Matt O'Leary 0-2; Eli Deziel 1-2 (5th); Brandon Thompson 1-2 (5th)



photo by Jordan Meyer

East Grand Forks wrestler Javi LaMora tries to roll over his Grand Forks Central opponent in his match last Tuesday.



photo by Jordan Meyer

East Grand Forks' Alex Yanish fights through a hand in the face while trying to keep his Grand Forks Central opponent from rolling, Yanish won 13-0.

NLFSC update

The Northern Lights Figure Skating Club's Synchronized Teams competed at The Maplewood Synchro Classic 2011 which was held at the Mariucci Arena in Minneapolis, MN on December 18th.

The Metallites competed Sunday morning in the Open Juvenile Division. Their division brought them up against Duluth's Ice Delights, Woodbury's Ice Kicks, Roseville's Team Expression, Australia's Adelaide Ice Magic and Winona's Big River Blades. The Metallites skated flawlessly and earned themselves a 3rd place finish. This advanced the girls to the final Open Juvenile round which takes the top three finishers of each division. The Metallites were up against some very tough competition in the final round. The Metallites skated a great performance in the final round coming away with a 6th Place finish. The Metallites are coached by: Ashley Peterson and Carly Prescott. Team Manager: Tr-

isha Twite. Metallites Team: Laurel Peabody, Hannah Straw, Ally Brundin, Shelby Cash, Jordyn Weber, Ellie Akerlind, Breanna Egeland, Rachel Kringlen, Sydney Gregerson, Andrea Brooks, Claire Potter, Sara Gregoire and Bailey Hlavac

The Stars competed in the Pre-Juvenile Division which consisted of nine teams from the surrounding area. Bismarck's Capital Ice Crystals, Woodbury's Ice Kicks, Minneapolis' Synchro Panache, Maplewood Highsteppers, Rochester's Rhythm & Blades, Burnsville's Team Velocity, Lake Minnetonka's Wind Jammers and the Kansas City Illusions. The girls skated very well coming away with a 5th Place finish. The Stars are coached by: Ashley Peterson and Mal-lory Olson. Stars Team: Abby Brundin, Grace Vetter, Kiersten Hemsing, Stephanie Coauette, Kaylie Bies, Madison Borden, Lynnsey Hartwig & Lauren Wolfe.

The Sparklers competed

in the Basic Beginner 2 Division which consisted of five teams. The Sparklers competed against Rochester's Rhythm & Blades, Lake Minnetonka Windjammers, Bismarck's Capital Ice Cascades and Maplewood's Highstep-per's. The Sparklers did an amazing job on the ice, skating their routine very well and when the results were announced it was evident! The Sparklers got 2nd place! The Sparklers are coached by Laura Gast and Mary Akerlind. Sparklers Team: Brianna Anderson, Kinley Anderson, Alyson Boman, MacKenzie Delisle, Madison Delisle, Lindsay Jones, Lyvia Juarez, Gracie Kleinvachter, Grace Kronlund, Madison Pankonin, Abby Porter, Gabby Thoreson, Katie Wachter.

The Northern Lights Figure Skating Synchro Team will be traveling to Fond Du Lac, Wisconsin January 7-8th to compete in the 2011 Foot Of The Lake Synchronized Skating Classic from January 6-8th.



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Eagles struggle in first half

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The Sacred Heart boys basketball team suffered two more losses this past week, and are still in search of the season's first win.

The Eagles started week with a game against Stephen-Argyle. The Eagles came out slow on their

home court, scoring just 14 points in the first half to trail 31-14.

The second half proved to be a little better for the Eagles, but they still continued to struggle to hold off the Storm offense, losing 63-40.

Caleb Wavra led the offense by far with 21 points. Other scorers for the Eagles

were James Dokken (6), Devin Evavold (6), Michael Pietruszewski (3), Zac Kuznia (2) and Corey Roach (2).

On Thursday, the Eagles hit the road to face Red Lake County Central.

Again, Sacred Heart struggled to get going early and couldn't dig out of the early deficit. Trailing 31-19 at the half, the Eagles

outscored RLCC 25-20 in the second half, but lost 51-46.

Kuznia led the Eagles with 18 points, followed by Wavra who had nine and John Melin who had eight.

The Eagles will play again on Tuesday at the Russ Smith Classic in Thief River Falls.

STEPHEN-ARGYLE 63, SACRED HEART 40	
Stephen-Argyle	31 32 — 63
Sacred Heart	14 26 — 40
Zac Kuznia 2, Caleb Wavra 21, Corey Roach 2, Michael Pietruszewski 3, James Dokken 6, Devin Evavold 6	
RED LAKE COUNTY 51, EGF SACRED HEART 46	
Sacred Heart	19 25 — 46
RLCC	31 20 — 51
Zac Kuznia 18, Caleb Wavra 9, Corey Roach 2, Michael Pietruszewski 2, James Dokken 5, Devin Evavold 2, John Melin 8	

Win-E-Mac blows past Eagles

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The Sacred Heart girls basketball team started their season with win, but has then gone on to lose seven straight, including two losses last week.

The Eagles started their week off with a game against the Northern Freeze on

Thursday. The Eagles struggled in the first half on defense, allowing the Freeze to score 40 points to take a 20 point lead.

The Eagles found their game in the second half, holding the Freeze to 23 points and scoring 29 of their own, not enough however to get the win. The Eagles went

on to lose 63-49.

Sacred Heart's Amanda Goddin led with 13 points, followed by Stacy Remer who had 12 points.

On Friday, the Eagles hosted Win-E-Mac and from start to finish, couldn't get their offense going.

The Eagles scored just 15 points in the first half and 18

in the second for a game total of 33 points in a 62-33 loss.

Win-E-Mac dominated the first half, taking a 37-15 lead and cruised on from there.

The Eagles were led by Remer who had 14 points, followed by Jordyn Lloyd who had six.

The Eagles will have the

next week off and won't play Red Lake County Central again until January 5 against

NORTHERN FREEZE 63, EGF SACRED HEART 49	
Northern Freeze	40 23 — 63
Sacred Heart	20 29 — 49
Abby Schumacher 4, Hannah Reimer 3, Michele Remer 2, Stacy Remer 12, Maddy Lukasz 8, Amanda Goddin 13, Jordyn Lloyd 7	
WIN-E-MAC 62, EGF SACRED HEART 33	
WEM	37 25 — 62
EGF SH	15 18 — 33
Abby Schumacher 2, Hannah Reimer 4, Michele Remer 1, Stacy Remer 14, Maddy Lukasz 2, Amanda Goddin 4, Jordyn Lloyd 6	