

SPORTS



L-BF softball practice

JOURNAL STAFF REPORT

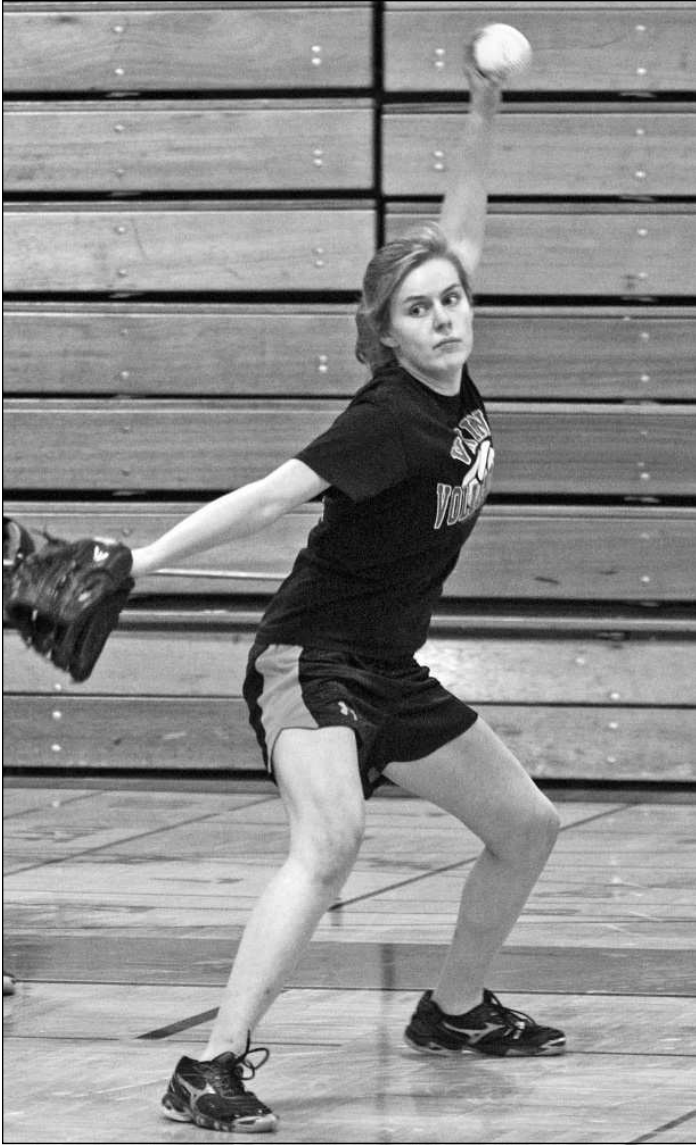
The Littlefork Big-Falls softball team, which finished runner-up in Section 7A last year, began practicing indoors this week in preparation for the 2014 season.

The Vikings have 29 girls in grades 7-12 out for softball. L-BF's first scheduled varsity game, weather permitting, is April 7 at home against Eveleth-Gilbert.

STAFF PHOTOS BY KEVIN BONESKE

Left: The Vikings' Breann Larson practices hitting softballs Wednesday in the old Littlefork-Big Falls gym.

Right: The Vikings' Karly Swenson delivers a pitch in Wednesday's softball practice in the old L-BF gym.



TRACK

► continued from B1

Taylor Hebner (4x800 relay), Claire Herzig (pole vault and 4X200 relay) and Lexi Edwards (pole vault).

The Broncos' graduation losses from last season include distance runner Amber Harms, a Section qualifier in the 3200 run and 4x800 relay, and Rachel Foss, who was also on the 4X800 relay. Another Section qualifier in the 100 hurdles, Jessie Foreman, has moved out of town.

Overall, Erickson noted the 2014 team has smaller numbers compared to last season.

The strengths of this year's team, Erickson said, include senior leadership, versatility, competitiveness, talent and potential.

"We have a group of seniors that want to make this the best season of their track and field careers and are willing to compete in any event," she said. "All five captains – Hailey Fentem, Breanna Shofner, Jaci Scholler, Amy Auran and Lexi Owen compete in the maximum number of events allowed."

Though the number of girls out for track and field is smaller this year, Erickson said "many can compete in any combination of events on the track and in the field" and "this is a talented group of athletes



STAFF PHOTO BY KEVIN BONESKE

The Broncos' Hailey Fentem clears a hurdle during a track and field practice this week in the Falls High School gym. Fentem is a two-time state qualifier in the 100-meter hurdles.

with a good balance of veteran track athletes and younger participants."

Though the Broncos have lost some key people from last season, Erickson said they have some new athletes out and a group of girls that was only in junior high last year and now moving up to the varsity.

"We have a lot of 'unknowns' and won't know

until May which girls will be competing in each event," she said. "Many of these girls have had great seasons in their fall and winter sports and hopefully that success or drive to succeed will carry over into their track events."

Erickson said this year's team lacks depth in the longer distance races and the 400 run.

"We do have some spots to fill in a few field events but there are girls who have shown that they have the ability to step up and fill those holes," she said.

In addition to defending the meet titles earned last year and doing well at the True Team Section meet, along with advancing as many athletes as possible to the state meet, Erickson said the team goals this season include staying "healthy and motivated despite the poor weather conditions, work hard and improve individual performances as the season progresses."

In this year's True Team Meet, Erickson said the Broncos have been moved down into the single A bracket, instead of having to compete in the double A bracket against larger schools.

"The move will allow us to be competitive at the True Team level," she said.

Erickson said the teams to watch out for this season include Grand Rapids and Mesabi East in the conference and Esko and Mesabi East in Section 7A.

"Mesabi East will also be a close contender for the Sub-Section title," she said.

The Broncos opened the season Friday at an indoor meet at the University of Wisconsin-Superior. Their first home meet, weather permitting, is the Bronco Booster Invite on April 10.

L-BF baseball practice



STAFF PHOTO BY KEVIN BONESKE

The Vikings' Taylor DeLack fields a ball bouncing Wednesday off of the Littlefork-Big Falls new gym floor.

JOURNAL STAFF REPORT

The Littlefork-Big Falls baseball team, which is in its second year with Dan Beste as head coach, began practicing indoors this week in preparation for the 2014 season.

The Vikings have 32 boys in grades 7-12 out for baseball. L-BF's first scheduled varsity game, weather permitting, is April 14 at South Ridge. The first home game is set for April 15 against Northland.



New Furnished Beauty Salon Available for Lease

With the opening of our new campus we have a business opportunity for a beautician/s that will be able to serve more than 175 people living and working on our Campus along with the public. Interested persons must have or be able to obtain beauty shop operators license and comply with all other applicable licenses/permits that may be required by state/local law.

Please submit letters of interest/resume/references/business plan to 2201 Keenan Drive International Falls, MN 56649. Contact Adam Coe at 218-283-1309 or acoe@good-sam.com with any questions.

Check us out @ www.good-sam.com/ifalls to see if our exciting new facility would be a great fit for you!



All faiths or beliefs are welcome.

SPORTS SCHEDULE

Today's games
Men's baseball
RRCC at Dakota Wesleyan JV (DH), 1/3 p.m.

Sunday's games
Men's baseball
RRCC at Dakota Wesleyan JV (DH), 11 a.m./1 p.m.

Tuesday's games
Track and field
I. Falls in Paul Bunyan Indoor Meet at BSU, 1 p.m.

Friday's games
Women's softball
RRCC vs. Fergus Falls/Rochester at Rosemount Irish Dome, 2/6 p.m.

March 29 games
Women's softball
RRCC vs. Riverland/Dawson at Rosemount Irish Dome, 8/10 a.m.
Men's baseball
RRCC at Western Technical College (DH), 1/3 p.m.

March 30 games
Men's baseball
RRCC at Western Technical College (DH), 11 a.m./1 p.m.