

SPORTS



Who is...
Courtney Klow, Bronco girls senior swimmer, is featured

B2

QUICK HITS

FHS spikers lose match at Virginia

The International Falls volleyball team lost a match for the second time this week after falling in four games Tuesday at Virginia, 14-25, 12-25, 25-18, 16-25.



Tessa Walls

The Falls' statistical leaders included: Tessa Walls, 12 kills, two ace blocks, one ace serve; Maddie Filipiak, eight kills; Lauren Rautio, 19 digs; and Teagan Anderson, 23 set assists, 14 digs, three ace serves.

The Broncos, whose season record now stands at 4-7, are back in Virginia today for a tournament.

FHS girls swimmers win dual at Virginia

Competing Thursday in a four-lane pool, the International Falls girls swimming and diving team finished first in eight events and also recorded eight runner-up finishes on the way to winning the dual meet at Virginia, 60-41.



Breanna Shofner

Broncos senior Breanna Shofner won both the 100-yard freestyle (1 minute, 1.57 seconds) and 200 individual medley (2:39.84), in which sophomore teammate Abby Auran finished runner-up in 2:46.83.

Shofner was also on two winning relay teams.

She joined senior Blair Johnson, sophomore Abby Kostiuk and freshman Emily Saari to place first in the 200 medley relay (2:06.59), while Falls' team of senior Courtney Klow, junior Tayler Hebner and freshmen Claire Herzig and Emma Misner placed second in 2:10.13.

Shofner, Johnson and Kostiuk also teamed up with Herzig to win the 200 freestyle relay (1:52.36).

Kostiuk and Klow went 1-2 in the 100 backstroke in 1:07.19 and 1:12.5, respectively.

Saari and Herzig finished 1-2 in the 100 breaststroke in respective times of 1:19.81 and 1:20.44.

The Broncos' other top individual finish came from Misner in the 100 butterfly (1:10.18).

Falls' 400 freestyle relay team of Misner, Klow, Johnson and Hebner swam for exhibition purposes while finishing with the top time of 4:18.00.

Other runner-up finishes for the Broncos, by name, event and time/points, included: Kostiuk, 200 freestyle, 2:16.51; Johnson, 50 freestyle, 28.35; Jessie Hell, diving, 156.65 points; and Carolann Stone, 500 freestyle, 6:23.15.

The Falls is back in action today at a meet hosted by Mesabi East.

GIRLS VOLLEYBALL

Vikings down Hornets, Bears

LB-F wins final regular-season home matches

BY KEVIN BONESKE
Sports Editor

The Littlefork-Big Falls volleyball team improved its season match record to 11-7 with a pair of home victories this week.

On Tuesday night, L-BF won in four games against Hill City, 25-17, 25-19, 17-25, 25-23.

The Vikings held comfortable leads on the way to winning the first two games. L-BF led by two at the midway point of game three, in which several Viking reserve players saw action, before the Hornets went on a 7-0 scoring run to pull in front, 17-12, and then posted an 8-point victory. Game four stayed close with the lead changing hands before L-BF won by two.

"I thought we started off really strong," said Vikings head coach Sarah Bradley. "We're really trying to work on staying kind of level as a team — not getting too many highs or too many lows — and I think the girls did a good job of that (Tuesday night)."

Abby Thompson led L-BF with 20 kills and five blocks. DyAna Imhof added 17 kills and three aces. Brooke Millerbernd recorded 23 digs.

L-BF 3, LOW 2

The Vikings played



At left, the Vikings' DyAna Imhof (5) hits the ball past blocking opposition from the Bears' Matti Pelland (1) in Thursday's match in the Littlefork-Big Falls High School gym.

their final home match of the regular season Thursday when they won in five games against Lake of the Woods, 23-25, 25-19, 17-25, 25-15, 15-11.

"(The Bears) were a good team," Bradley said. "They came out and worked hard. I think maybe we could have played a little bit crisper at times, but overall, they earned a lot of their points and I think we did a good job playing our game as well."

Imhof led L-BF with 22 kills and three blocks. Thompson added 10 kills and six blocks. Millerbernd recorded 28 digs, while



STAFF PHOTOS BY KEVIN BONESKE

From left, the Vikings' Brooke Millerbernd (13) digs out the ball while Breann Larson (10) looks on in Tuesday's match against Hill City in the Littlefork-Big Falls High School gym. Millerbernd recorded 23 digs in the Vikings' victory over the Hornets in four games.

Emily Knaeble added 26 digs.

Bradley said the Vikings were excited about winning their final regular-season home match during Homecoming week at L-BF.

"I think it's also a big confidence booster to finally get a five-game match to go our way," she said.

"We've had a couple losses this year (in five games at Northeast Range and North Woods), and that can be kind of deflating, so it was really good for the girls to go out there and win a five-game match."

L-BF, which will have all road matches for the final two weeks of the regular season, returns to

action next Thursday at Nashwauk-Keewatin High School.

"I told the girls that they need to take kind of that same attitude that we have here in winning this five-game match and learn how to play with that same mentality when we're away," Bradley said.



STAFF PHOTO BY KEVIN BONESKE

From left, Rainy River's Emily Jerome (7) digs out the ball while Rebecca Dilley (4) looks on in Wednesday's match against Vermilion in the RRCC gym. Jerome recorded 12 digs in the Voyageurs' victory in three straight games.

Voyageurs sweep Vermilion

RRCC now 2-5 in MCAC North

BY KEVIN BONESKE
Sports Editor

The Rainy River Community College volleyball team picked up its second Minnesota College Athletic Conference Northern Division match victory of the season Wednesday when the Voyageurs won three straight games in the RRCC gym over Vermilion, 25-11, 25-16, 25-9.

"It was nice to get a win,"

said Voyageurs head coach Mel Millerbernd. "We've had a lot of kids out with injuries, so (Wednesday night) we had most everybody back and played well together."

"We served well. We had some nice ace serves that got us some momentum. Our serving was much better. We were aggressive at the net. We really came together and played hard as a team."

Roneisha Jordan led the RRCC with 11 kills and four blocks, Tali Plate had 19 set assists, Emily Jerome had

12 digs and Andrea Baryl-ski had five ace serves.

The Voyageurs, who improved their MCAC North record to 2-5 and are halfway through their conference matches this season, next host Mesabi Range on Wednesday.

"Injuries killed us in this first half, so it looks like people are healthier and are taking care of those injuries," Millerbernd said. "If we can continue with this group that I have, with no injuries, we're kind of a whole different team."

CROSS COUNTRY

Bronco girls win Hibbing Rotary Invitational

Lexi Erickson first overall

JOURNAL STAFF REPORT

The International Falls girls cross country team had two top-10 individual finishes Thursday when the Broncos won the Hibbing Rotary Meet.

The Falls had the top score of 80 points, followed by South Ridge (85), Moose Lake/Willow River/Barnum (91), Crosby-Ironton (97) and Cook County/Two Harbors (142) rounding out the top five out of a dozen teams with at least five finishers to count in the standings.

"We were pushed by a good South Ridge team (Thursday)," said Broncos head coach Paul Hjelle. "It will really be a battle at the

Section meet for that second spot as a team. We finished in front (Thursday), but we are going to have to get better."

Falls freshman Lexi Erickson finished first on the 4,000-meter course in 15 minutes, 37 seconds.

"We will have to improve our split times (between runners), but I'm proud of how our team did (Thursday)," Erickson said. "We all ran our personal bests, and we will keep improving."

Senior Sydney Raboin was the other Bronco girls runner to place in the top 10 by finishing seventh in 16:20.

"We proved to ourselves that we can make it to state again," Raboin said. "The wind was very strong (Thursday), but we pushed through and performed

well."

Falls' three other runners who counted toward the team total included: senior Amy Auran, 16th in 17:09; senior Lexi Owen, 21st in 17:21; and freshman Lexi Edwards, 35th in 18:37.

FHS BOYS NINTH

In the boys competition, the Broncos placed ninth with 212 points among the 13 teams with at least five finishers.

Crosby-Ironton had the top score of 31, followed by Proctor (48), Cook County/Two Harbors (95), Virginia (135) and Moose Lake/Willow River/Barnum (144) in the top five.

The Falls, which didn't have a top runner — junior Cole Tatsak — competing at Thursday's meet, had its best finish coming from senior Wyatt Ulrich, who

placed 22nd on the 5,000-meter course in 19:53.

"We had a tough race (Thursday) with the wind and Cole not running," Ulrich said. "It's fun watching the team battle for the varsity spots. Can't wait for the Section meet."

Falls' four other runners who counted toward the team total included: eighth-grader John Cowman, 32nd in 20:29; junior Billy Brokaw, 45th in 21:13; junior Ben Erickson, 51st in 21:37; and junior Gary Harala, 62nd in 22:36.

The Broncos won't have another meet until Oct. 10 when they'll host the Hial Pike Invitational at the Falls Country Club.

Hibbing Rotary Meet GIRLS

Team scores: International Falls 80, South Ridge 85, Moose Lake/Willow

River/Barnum 91, Crosby-Ironton 97, Cook County/Two Harbors 142, Greenway/Nashwauk-Keewatin 154, Proctor 161, Eveleth-Gilbert 166, Duluth Marshall 211, Carlton 238, Virginia 252, Wrenshall 351.

International Falls runners: 1. Lexi Erickson, 15:37; 7. Sydney Raboin, 16:20; 16. Amy Auran, 17:09; 21. Lexi Owen, 17:21; 35. Lexi Edwards, 18:37; 39. Faith Black, 18:46; 42. Jenna Anderson, 18:59.

BOYS

Team scores: Crosby-Ironton 31, Proctor 48, Cook County/Two Harbors 95, Virginia 135, Moose Lake/Willow River/Barnum 144, Eveleth-Gilbert 151, South Ridge 153, Duluth Marshall 188, International Falls 212, Greenway/Nashwauk-Keewatin 289, Lake of the Woods 299, Wrenshall 318, Mountain Iron-Buhl 353.

International Falls runners: 22. Wyatt Ulrich, 19:53; 32. John Cowman, 20:29; 45. Billy Brokaw, 21:13; 51. Ben Erickson, 21:37; 62. Gary Harala, 22:36.

SPORTS SCHEDULE

Today's games

Girls swimming/diving
I. Falls at Mesabi East, 9 a.m.

Girls volleyball

I. Falls at Virginia Tourney, TBD

Tuesday's games

Girls volleyball

Mesabi East at I. Falls, 7 p.m.

Wednesday's games

Women's volleyball

Mesabi Range at RRCC, 6:30 p.m.