

SPORTS



Play ball in the fall
RRCC scrimmages at Scheela Field
B2

QUICK HITS

FHS spikers sweep Ely, improve to 6-0

The International Falls volleyball team remained undefeated Monday after winning at Ely in three straight games, 25-17, 25-13, 25-14.

Falls’ statistical leaders included: Teagan Anderson, 18 set assists; Tessa Walls, six kills and three ace serves; Lauren Rautio, 17 digs and three ace serves; and Maddie Filipiak, nine kills and two ace blocks.

In the six match victories to start the season, the Falls also put together a string of 18 consecutive game victories going into Tuesday night’s home match against Lake of the Woods.

L-BF spikers 0-4 at Sauk Rapids Tourney

The Littlefork-Big Falls volleyball team dropped all four best-of-three matches the Vikings played Saturday at a tournament in Sauk Rapids.

The Vikings opened the tournament losing to Pierz in three games, 26-28, 25-22, 8-15. Emily Knaeble led L-BF with eight kills, nine digs and six ace serves. Karly Swenson added seven kills. Breann Larson recorded 12 digs and Ellie Julson had 10 digs.

The Vikings then were swept by Little Falls, 20-25, 24-26. Taylor Wendt and Larson each had five kills, while Amanda Nelson recorded three ace serves.

L-BF was also swept by Onamia, 22-25, 18-25. In that match, Wimmer said Julson played a completely different position at outside hitter/left back because of Larson being injured. Swenson had six kills, Knaeble picked up eight digs and Sydney Wendt recorded three ace serves.

L-BF closed out the tournament by losing to Holdingsford in three games, 16-25, 25-16, 8-15. Nelson had eight kills with Knaeble picking up 12 digs.

The Vikings’ season record dropped to 4-7 going into Tuesday night’s home match against Northeast Range.

RRCC spikers 2-2 at Anoka-Ramsey Invite

The Rainy River Community College volleyball team went 2-2 in four best-of-three matches at Saturday’s Anoka-Ramsey Invitational.

The Voyageurs lost their first match to the Augsburg junior varsity team in three games, 25-17, 23-25, 13-15. Jasmine Draper led RRCC with 16 digs.

The Voyageurs then swept Anoka-Ramsey, 25-14, 25-15. Draper had 17 digs, while Tali Plate added 19 set assists.

RRCC also won in two straight games over Riverland, 25-17, 25-10. Draper had 14 digs with Brooke Millerbernd recording seven ace serves and 10 digs.

The Voyageurs lost their final match in two games to Bethel’s junior varsity team, 20-25, 16-25. Draper had 19 digs, while 16 more digs came from Millerbernd, who has been named the Minnesota College Athletic Conference Northern Division’s All-Around Player of the Week.

RRCC, which now has a season match record of 6-7 overall and 1-2 in the MCAC North, doesn’t play again until Friday when the Voyageurs host conference foe Northland at 6:30 p.m.

RRCC then hosts another Northern Division match next Monday at 6:30 p.m. against Central Lakes.

HIGH SCHOOL FOOTBALL

L-BF leads early, then gets devoured by Ely Vikings 0-3

BY KEVIN BONESKE
Sports Editor

The Littlefork-Big Falls football team got off to a good start Friday night at John Thompson Field against the No. 4-ranked nine-man team in the state, Ely, by scoring the game’s first touchdown.

The Vikings led 8-0 after the first quarter. The Timberwolves had been stopped on downs before L-BF scored on a 44-yard touchdown pass from Quin Vork to Darian Erickson. Erickson then ran in the two-point conversion on a reverse play.

The scoring strike was one of only two completions by Vork, who passed for 62 yards with a touchdown and an interception in eight attempts. Rylan Henrickson caught the other pass for 18 yards.

“We played well in the first quarter,” said L-BF head coach Derek Bilben. “We moved the ball a little bit better and we had some great defense. We were stopping their run and we did get out to that early lead. Things just kind of went from good to bad from there.”

The game was all Ely the rest of the way as the Timberwolves defeated the Vikings, 43-8.

Ely tied the game with 7:15 left in the first half on a 45-yard touchdown run by Josh Heiman and quarterback Carter Gaulke running in the two-point conversion. The Timberwolves took the lead for good with 3:38 to play before halftime when Gaulke threw a 68-yard scoring strike to Michael Lah. The two connected on another touchdown pass before halftime when Ely led 22-8.

“We had some breakdowns on pass coverage,” Bilben said. “Those things happen, but we have a young team that’s trying to learn.”

The Timberwolves added three more touchdowns in the third quarter when Heiman ran in the end zone, Gaulke connected on a



STAFF PHOTOS BY KEVIN BONESKE

From left, the Vikings’ Peter Franz (40) tackles Ely quarterback Carter Gaulke (6) in Friday’s game at John Thompson Field.

scoring strike to Jeff Willis and Spencer Gaulke also ran in the end zone.

“In the second (and) third quarter we have some guys banged up,” Bilben said. “With a short staff, we’re trying to get young kids some playing time, and we just couldn’t keep up with them.”

Of the Vikings’ 212 yards of offense, 150 came on the ground with Erickson leading the team with 77 rushing yards on 15 carries. Henrickson added 43 yards on 17 carries with Peter Franz rushing for 30 yards on seven carries.

L-BF, which fell to 0-3 on the season, will seek its first win of the season next Friday at Cherry.



From right, the Vikings’ Darian Erickson (8) runs with the football while being pursued by Ely’s Wyatt Conaway (15) and Spencer Gaulke (32) in Friday’s game at John Thompson Field. Erickson scored Littlefork-Big Falls’ only touchdown in the 43-8 loss to the Timberwolves.

Ely 43, L-BF 8									
Ely	0	22	21	0	-	43			
L-BF	8	0	0	0	-	8			

HIGH SCHOOL FOOTBALL

Broncos halt Rails, before losing by a point on the road

FHS now 0-3

JOURNAL STAFF REPORT

The first road game of the season for the International Falls football team came close to being the Broncos’ first win of the year.

The Falls was in a defensive battle Friday night at Proctor as the game remained scoreless through the first three quarters.

Proctor, which came up empty on an earlier scoring opportunity with a missed field goal, scored first on a one-yard run by Colin Ganem and then kicked an extra point to lead 7-0 early in the final quarter.

The Broncos got their opportunity to get on the scoreboard late in the quarter when Ben Humbert intercepted a pass. Jakob Eide then passed to Humbert for a 12-yard

touchdown, after which the Falls tried a two-point conversion that failed and continued to trail 7-6, which is how the game ended.



Ben Humbert

The Falls more than doubled Proctor in total offense—215 to 100 yards—but a statistic that proved costly for the Broncos turned out to be turnovers. The Falls turned the ball over six times—three fumbles and three interceptions—compared to one turnover for the Rails.

The Broncos rushed for 169 yards with almost half of that yardage coming from Nick Hedtke, who ran for 82 yards on 18 carries. Lane Skallman added 50 yards on eight carries, the longest of

which went for 35 yards. Falls quarterback Jakob Eide completed five of 18 passes for 46 yards with a touchdown and three interceptions.

The Broncos, who dropped to 0-3 overall and 0-2 in the Sea-Range Conference, will seek their first win of the season next Friday at Two Harbors.

Proctor 7, I. Falls 6									
I. Falls	0	0	0	6	-	6			
Proctor	0	0	0	7	-	7			
Scoring: P: Colin Ganem, 1-yard run (Extra-point kick); IF: Ben Humbert, 12-yard pass from Jakob Eide (Run failed).									
Team statistics: IF: 169 yards rushing, 46 passing, 215 total. P: 85 yards rushing, 15 passing, 100 total.									
Rushing: IF: Nick Hedtke, 18-82; Lane Skallman, 8-50; Tyler Coffield, 7-22; Wyatt Helgeson, 2-15; Shane Nicholson, 1-0; Jakob Eide, 1-0.									
Passing: IF: Eide, 5-18, 46 yards, 1 TD, 3 INT.									
Receiving: IF: Ben Humbert, 3-40, 1 TD; Helgeson, 2-6.									

GIRLS SWIMMING AND DIVING

Broncos fifth at the Hibbing Invitational

Abby Kostiuk breaks own 100-yard butterfly school record in 1:05.68

JOURNAL STAFF REPORT

The International Falls girls swimming and diving team recorded three runner-up finishes, which included a new school record being set, when the Broncos finished fifth out of nine teams at Saturday’s Hibbing Invitational.

Grand Rapids won the team title with 556 points, followed by Bemidji (412), Hibbing (331), Cambridge-Isanti (247) and the Falls (229) rounding out the top five.

Broncos junior Abby Kostiuk placed second in two individual events. Her runner-up finish in the 100-yard butterfly of 1 minute, 5.68 seconds, broke the school record she set Sept. 4 by 24-hundredths of a second.

Bemidji junior Libby McRae won the race in 1:05.18. Another Falls swimmer, sophomore Emma Misner, placed fifth in 1:09.82.

Kostiuk, who also holds



Abby Kostiuk



Emily Saari

the school record in the 100 backstroke, was close to 3 seconds off her school record pace when she placed second in that event in 1:06.07. Grand Rapids junior Katie Welshinger won in 1:04.94.

Falls’ school record holder in the 100 breaststroke, sophomore Emily Saari, was more than 3 seconds off her school record pace when she placed second in that event in 1:15.85. Grand Rapids sophomore Kate Bustron won in 1:15.45.

The Broncos ended up with three top-10 finishes

Swim to B2 ➤