

SPORTS



Who is...
Amy Auran, Bronco girls hockey senior captain, is featured

B2

QUICK HITS

Four Bronco girls swimmers All-IRC

Four swimmers on the International Falls girls swimming and diving team have been named to the All-Iron Range Conference Team for 2013.

Broncos senior Breanna Shofner was named All-Conference after placing first in both the 50- and 100-yard freestyle races at last month's Section 7A True Team Meet.



Emily Saari

Falls sophomore Abby Kostiuk also received All-IRC honors after placing first in the 100 backstroke.

Two freshmen swimmers for the Broncos were named to the All-Conference Team for their split times in relays.

Emily Saari swam the breaststroke on Falls' 200 medley relay that placed placed second and Emma Misner was part of the Broncos' 400 freestyle relay that placed fifth.

Swimmers who finished in the top two in each individual event were named to the All-IRC Team, while those with the best four relay splits not already on the team also received All-Conference honors.

Four Bronco football players receive SR All-Conference honors

Four football players from International Falls have received All-Conference honors in the Sea Range.

Broncos senior running back/linebacker Jakob Ettestad, junior offensive end/defensive lineman Ben Humbert, senior offensive end/free safety Luke Spilde and junior running back/linebacker Nehemiah Olson were named All-Conference from the team that finished 4-5 overall.



Ben Humbert

Three other Falls players were named honorable mention. They include senior wingback/defensive back Cody Hallin, senior lineman Paul Skoglund and junior lineman Kameron Koerbitz. Tom Lenarz from Cloquet was named the conference's Coach of the Year. Hermantown running back Zach Royer was named the Offensive Player of the Year. Defensive Player of the Year honors went to linebacker Calen Porter of Proctor, while Brad Morberg of Proctor was named the Lineman of the Year.

SPORTS SCHEDULE

- Today's games**
Girls swimming/diving
I. Falls in Section 7A finals at Lincoln Park pool in Duluth, 11 a.m.
Women's hockey
RRCC at UMD, 2 p.m.
- Sunday's games**
Women's hockey
RRCC at UMD, 9 a.m.
- Tuesday's games**
Girls hockey
I. Falls at Roseau, 7:30 p.m.
- Friday's games**
Women's/Men's basketball
RRCC at Mesabi Tourney in Virginia, TBA
Girls hockey
Silver Bay at I. Falls, 7:30 p.m.
- Nov. 16 games**
Women's/Men's basketball
RRCC at Mesabi Tourney in Virginia, TBA

GIRLS SWIMMING AND DIVING

Broncos in Section 7A finals in 8 events

JOURNAL STAFF REPORT

Three school records fell Thursday when the International Falls girls swimming and diving team advanced to the finals in eight swimming events at the Section 7A Meet hosted by Duluth Denfeld.

The Falls advanced for the opportunity to qualify for state at today's Section finals in all three relays, including the 200-yard medley relay team



Abby Kostiuk



Breanna Shofner

of Abby Kostiuk, Emily Saari, Breanna Shofner and Blair Johnson that set a new school record by placing second in the preliminaries in 1 min-

ute, 59.11 seconds, breaking the previous school record set in 2007 by 88 hundredths of a second.

Kostiuk also broke her own school record in the 100 backstroke when she had the top preliminary time in that event of 1:04.09.

Falls senior Courtney Klow also qualified for the finals in the 100 backstroke with the fourth-fastest heat time of 1:09.11.

Kostiuk, Klow and Broncos freshman Emma

Misner each had top-eight preliminary times in the 100 butterfly to qualify for Section finals. Misner had the best time of the three in 1:07.11 and fourth-fastest overall.

Saari set a school record in the 100 breaststroke with the third-fastest preliminary time of 1:12.42, breaking the previous school record of 1:13.79 that was set by Sara Lindberg in 2006.

Falls freshman Claire Herzig also qualified

for the finals in the 100 breaststroke with the eighth-fastest heat time of 1:18.18.

Shofner has qualified for the Section finals in two individual events with the third-fastest preliminary time in the 50 freestyle (25.86) and fifth-fastest time in the 100 freestyle (58.03).

The top two in each swimming event and the top-four divers in today's Section finals all advance to the State Class A Meet.

GIRLS HOCKEY PREVIEW

Broncos seek 7A title, trip to state

Strengths include speed, maturity and goalie depth in 2013-14 season

BY KEVIN BONESKE
Sports Editor

After being hobbled by injuries last season when the Broncos went 11-13-2 and lost in the first round of the Section 7A playoffs to Princeton in double overtime, the International Falls girls hockey team has its sights set on a trip to state in 2013-14.

The Broncos lost eight of their first 11 games in 2012-13 when they were bitten by the injury bug, including at goalie, before winning eight games and tying two others going into the playoffs.

Gerald Bolstad enters his fifth year as Falls' head coach with the graduation losses from last season being forward Jordan Bright and defensive player Rebekah Ford. Both players are now on the Rainy River Community College women's hockey team.

Bolstad's list of top returning players includes the top-two scorers from last season — senior forwards Amy Auran and Hillary Fox.

Auran, who recorded 17

goals and 15 assists for 32 points in 2012-13, also ranks second all-time in career goals for the Broncos at 68. Fox, who had 15 goals and 12 assists for 27 points last season, is seventh in career goals at 35.

Sydney Gordon, who played for the Falls from 2005-11, is the Bronco girls career leader in goals at 97.

The Falls also returns senior defensive player Katie West, the Broncos' top scorer on defense last season and someone whom Bolstad describes as a "shutdown defender."

Senior goalie Keanna Carlson is back in the net for the Falls as a three-year starter. Carlson has an .898 career save percentage, 11 career shutouts, 27 career wins and 946 career saves.

The Falls is also returning a pair of forwards who were out of the lineup for most of last season — senior Sydney Raboin and junior Tessa Walls.

Bolstad said the strengths of this year's team include "speed, maturity (and) good depth at goaltender" with Carlson and sophomore



STAFF PHOTO BY KEVIN BONESKE

At right, Bronco girls hockey head coach Gerald Bolstad makes a point during a practice last week at Bronco Arena.

Taylor Fish both having varsity experience in the net.

However, he said the Broncos are lacking depth on defense, and he is concerned the most this season about injuries.

Bolstad said he is looking

forward to "just being able to work with a great bunch of girls" with this season's team goals including a Section 7A championship and going to the State Class A Tournament.

He said the teams to watch out for include Proc-

tor/Hermantown, Hibbing/Chisholm and Fort Frances, which is "always a great rivalry."

The Broncos open the season next Tuesday at Roseau and have their first home game Friday night against Silver Bay.

SIJHL HOCKEY

Fort Frances Lakers extend winning streak to 14

JOURNAL STAFF REPORT

Both players from International Falls currently on the Fort Frances Lakers each scored Thursday night when the Lakers extended their Superior International Junior Hockey League winning streak to 14 with a 6-3 victory over the Dryden Ice Dogs at Ice for Kids Arena.

Fort Frances forward and 2013 Falls High School graduate Lucas DeBenedet scored the first goal of the game with just over 40 seconds left in the first period.

Dryden's Tim Kavanaugh then tied the game on a power-play goal at 2:57 of the second period.

The Lakers pulled back in front when Riley Daly scored on the power play to give Fort Frances a 2-1 lead after 40 minutes.

Fort Frances forward and 2012 FHS graduate Mason Meyer scored the first of four Laker goals in the final 20 minutes when he put the puck past Ice Dogs goalie Robert Kopytek-Mackenzie midway through the third period.



STAFF PHOTO BY KEVIN BONESKE

Lakers forward and 2013 Falls High School graduate Lucas DeBenedet (16) scores the first goal of the game Thursday night against the Dryden Ice Dogs.

Dryden pulled back with in one on a power-play goal by Chris Sitko, before Patrick Sofer scored for Fort Frances.

The Ice Dogs cut the deficit to one with less than 2 minutes to play on a power-

play goal by Dane Feeney, before giving up empty-net goals to the Lakers' Lyndon Lipinski and Cody Wickstrom.

LAKERS 7, WILDERNESS 4
Colton Spicer and De-

Benedet had two goals apiece Tuesday to help the Fort Frances Lakers rally to a 7-4, come-from-behind triumph over the Wisconsin Wilderness at the Spooner Ice House.

The Wilderness grabbed

a 2-1 lead after one period of play, getting goals from Darrick Howard and Tanner Vinson, before Spicer pulled the Lakers to within one with a goal at 18:38.

Wisconsin then extended its lead to 4-1 by the midway point of the second period thanks to goals from Danny Toycen and Alex Rezanoff.

Fort Frances began its comeback at 10:41 of the second period when Brandon Sinclair scored on the power play.

DeBenedet netted a pair of goals 35 seconds apart to tie the game after 40 minutes.

The Lakers then put the game away in the third period, getting the game-winner from Brent Aiken at 2:13, Spicer's second of the night two minutes later and Kevin Kurm icing it in the final minute as he scored an empty-net goal on the power play.

Shots on goal favored Fort Frances by a 54-46 margin with Jordan Cartney in relief of Ryan Ferguson picking up the win in net and Luke Thompson recording the loss.