

SPORTS



Girls swimming

Three pool records set in dual meet

B2

QUICK HITS

Jordan Christianson to play DIII hockey

After playing junior hockey since graduating from Falls High School in 2010, Jordan Christianson will be joining the Division III team at Concordia College in Moorhead this coming season.

Christianson, a forward who will be in his freshman year of eligibility for the Cobbers, began playing junior hockey for the OCN Blizzard in 2010-11 before being traded to the Fort Frances Lakers, where he played from 2011-13.

Concordia College head coach Chris Howe said he had been keeping track of Christianson playing junior hockey and is excited to have him join the Cobbers.

Howe said the Cobbers begin formal practices Oct. 15 before opening the season Nov. 2.

RRCC baseball team in 'fall ball' practice

The Rainy River Community College baseball team has begun practicing this month at Scheela Field behind Falls High School for its annual "fall ball" in preparation for the 2014 season.

RRCC head coach Josh Koenig said 15 players, seven of whom are returning from last season, are now practicing with the team.

Koenig said the team is now allowed to play scrimmages as part of the annual fall ball, which will include a scrimmage at Vermilion on Sept. 11 at 6:30 p.m., a home scrimmage against the Brandon Cardinals from Canada on Sept. 14 at 1 p.m. and the RRCC Alumni scrimmage games on Sept. 28 at 1 p.m.

SPORTS SCHEDULE

Today's games

Women's volleyball
Fond du Lac at RRCC, Noon

Monday's games

Cross country
l. Falls at Warroad, 4:30 p.m.
Girls volleyball
Kelliher/Northome at L-BF, 7 p.m.

Tuesday's games

Girls swimming/diving
Chisholm at l. Falls, 4:30 p.m.
Girls volleyball
Eveleth-Gilbert at l. Falls, 7 p.m.
Ely at L-BF, 7 p.m.

Wednesday's games

Women's volleyball
RRCC at Mesabi Range, 6:30 p.m.

GIRLS VOLLEYBALL

Broncos bit by Tigers

Falls drops to 1-4 for season

BY KEVIN BONESKE
Sports Editor

Facing one of the top teams in Section 7A for the third match in a row, the International Falls volleyball team stayed close with Cherry on Thursday night in the FHS gym.

However, the Broncos came out on the losing end for the third straight time by dropping the match to the Tigers in four games, 15-25, 18-25, 25-17, 23-25.

"We won the third game (and) we battled hard in the fourth," said Falls head coach Erin Shikowsky. "It would have been nice to have won that one and take it to a fifth and deciding set. I thought I saw a lot of great things on our side of the court (Thursday night),

so I'm pretty happy with our play."

The Broncos held leads early in the first two games before Cherry took control later on to win. The Falls led from start to finish in game three. The lead changed hands with several ties in the fourth game before the Tigers won by two.

The Broncos had been coming off being swept last week by Littlefork-Big Falls in the L-BF gym and then lost in three straight games at home Tuesday to North Woods before Thursday night's match against the Tigers, which Shikowsky said was the best the Falls played against those three Section 7A opponents.

"I felt like we came together a little bit (Thursday night) as a team," she said. "We blocked, we had some offense, we played with a little bit of confidence, and that's what

we're striving for in this part of the season."

The Broncos' statistical leaders included: Tessa Walls, 11 kills, three ace blocks, five digs, one ace serve; Hailey Fentem, six kills, two ace blocks; McKenna Rasmussen, five kills, six ace blocks, 15 digs; Maddie Filipiak, five kills, two ace blocks, 11 digs, one ace serve; Teagan Anderson, 21 set assists, 11 digs, one ace serve; and Clara Palm, 10 digs, one ace serve.

The Falls, which now has a season record of 1-4, will be back in action Tuesday to host Eveleth-Gilbert.

L-BF SWEEPS NORTHLAND

The Littlefork-Big Falls volleyball team improved its season match record to 4-1 on Thursday night by winning three straight games at home against Northland, 25-9, 25-13, 25-12.



STAFF PHOTO BY KEVIN BONESKE

The Broncos' Tessa Walls (14) hits the ball into blocking opposition from Cherry's Kacey Herring (7) in Thursday's match in the Falls High School gym.

The Vikings' statistical leaders included: Abby Thompson, nine kills; DyAna Imhof, eight kills, five ace serves; Breann Larson, five ace serves;

and Emily Knaeble, 10 digs.

L-BF plays its next match at home Monday against Kelliher/Northome.

GIRLS SWIMMING AND DIVING

Broncos soak Golden Bears

Falls improves to 2-1 in 2013

BY KEVIN BONESKE
Sports Editor

Placing first in nine of 12 events and picking up another nine runner-up finishes helped propel the International Falls girls swimming and diving team to a 122-63 dual meet victory Thursday over Eveleth-Gilbert in the FHS pool.

The Broncos, who have already held three times as many home meets this



STAFF PHOTO BY KEVIN BONESKE

The Broncos' Abby Kostiuk swims a leg of the 400-yard freestyle relay in Thursday's dual meet against Eveleth-Gilbert in the Falls High School pool. Kostiuk was part of two winning relays and also won the 100 butterfly and 100 backstroke.

season as in all of last year, improved their record to 2-1.

"I moved the lineup around a little bit (and) I found some great surprises," said Falls head coach Jill Herzig.

For instance, she said she had sophomore Abby Kostiuk swim the 100-yard butterfly for the first time "and it was a great success" when Kostiuk won the event in 1 minute, 7.79 seconds, and ended up as one of the top butterfly swimmers in Bronco girls history.

According to the top-25 list of the history of Bronco girls swimming and diving, the only other Falls swimmer to have a faster time than Kostiuk in the 100 but-

terfly is Val Beach, who set the school record of 1:06.1 in 1981.

Kostiuk was part of four of the Broncos' nine first-place finishes against the Golden Bears on Thursday when she also won the 100 backstroke (1:06.16) and was part of two winning relay teams.

She joined freshmen Emily Saari, Emma Misner and Claire Herzig to win the 200 medley relay (2:06.43) and was with Misner, senior Blair Johnson and junior Tayler Hebner on the winning 400 freestyle relay (4:14.39).

Falls senior Breanna Shofner won both the 50 freestyle (26.98) and 100 freestyle (1:00.58) and also joined

forces with Herzig, Johnson and senior Courtney Klow to win the 200 freestyle relay (2:05.48).

Shofner added a runner-up finish with Klow, Hebner and sophomore Abby Auran in the 200 medley relay (2:11.31).

Saari and Herzig went 1-2 in the 100 breaststroke in 1:20.07 and 1:22.34, respectively.

Saari added a runner-up finish in the 200 individual medley (2:52.93).

Falls freshman Carolann Stone picked up a pair of second-place finishes in the 200 freestyle (2:24.89) and 500 freestyle (6:35.54).

"(Eveleth-Gilbert) had some great distance swim-

mers," Jill Herzig said.

Klow added two runner-up finishes for the Broncos in the 100 butterfly (1:09.84) and 100 backstroke (1:13.16).

The Broncos' other runner-up finish in the swimming events came from Misner in the 100 freestyle (1:03.33).

In the diving competition, the Falls picked up the top-two places with juniors Jessie Hell and Kylie Skallman going 1-2, respectively.

The Broncos host another meet Tuesday when they face Chisholm.

"(Chisholm) beat us last year in a four-lane pool," Herzig said. "I'm not going to take them as lightly as I did last year."



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CROSS COUNTRY

Bronco girls second at Roseau

JOURNAL STAFF REPORT

The International Falls girls cross country team finished runner-up to Roseau in Thursday's meet hosted by the Rams.

Roseau won with 33 points, followed by the Falls (49), Warroad (50), West Marshall (109) and Thief River Falls (140) as the five teams with enough runners to score in the team standings.

"This was a good early season meet for our girls," said Broncos head coach Paul Hjelle. "Roseau and Warroad both have strong teams. Our spread needs to

improve, and it will as we have more meets."

Three of Falls' girls runners finished in the top 10 with the top individual finish coming from freshman Lexi Erickson, who completed the 4,000-meter course in 15 minutes, 45 seconds, for second place. Senior teammate Sydney Raboin was 7 seconds behind Erickson to come in third, while senior Amy Auran was 10th in 18:01.

"We all improved our times and had a good day," Erickson said. "The weather was a little hot. Overall, the meet went really well and I'm excited for the rest of the

season."

The Broncos' two other runners who counted for the team's score were senior Lexi Owen, 13th in 18:37, and junior Jenna Anderson, 23rd in 20:10.

FHS BOYS THIRD

In the boys competition, the Broncos came in third out of the five teams with at least five finishers to count in the standings.

Roseau came in first at 24, followed by Thief River Falls (75), the Falls (103), East Grand Forks (114) and Warroad (126).

The Broncos' top runner was senior Wyatt Ulrich,

who completed the 5,000-meter course in 19:42 for seventh place.

"(Thursday) was really impressive for the boys," Ulrich said. "We all pushed ourselves to stay together. For only the second meet we improved much since the start. Even though it was hot, we got through it."

Falls' other varsity boys finishers included: Billy Brokaw, 18th in 22:28; Ben Erickson, 22nd in 22:43; Gary Harala, 27th in 23:16; and Eric Mathews, 29th in 23:21.

The Broncos will be back in action Monday at a meet in Warroad.