

# SPORTS



**FHS football**  
Intrasquad scrimmage held at Sports Stadium

B2

## QUICK HITS

### Thursday's volleyball match results online

Thursday evening's season-opening girls volleyball matches between International Falls and Mountain Iron-Buhl as well as Littlefork-Big Falls and Mesabi East took place after the production deadline for today's edition.

Results from those matches are posted on the ifallsjournal.com website and will also be published in Wednesday's paper.

### Fifth- and sixth-grade football signup Aug. 29

Fifth- and sixth-grade boys interested in playing football this fall will have a signup starting at 6 p.m. Thursday in the Bronco Arena lobby.

The cost is \$30, which includes a T-shirt. Coaches are also needed for this activity. For more information, contact the Recreation Department at 283-2571, Ext. 138.

### Falls Kart Club go-kart feature results Aug. 20

Go-kart races took place Tuesday at the Falls Kart Club/Rainy Lake Oil Raceway with the feature results in the following classes:

**Beginner** — Brady Nicholson, Garret Froemke.

**Junior 1** — Jake Froemke, Garrett Paull, Raice Westover, Braydan Leicht, Brady Nicholson.

**Junior 2** — Wyatt Boyum, Shane Nicholson, A.J. Kellar, Gina Boyum, Cameron Netland, Taylor Turcotte, Jyllian Westover.

**Senior** — Aaron Nelson, Wyatt Boyum, Ashley Jonson, Jamie Steele.

**Master** — Chad Jonson, Kelly Steele, Aaron Nelson, Dane Olson, Bill Norton, Blair Plourde, Jon Froemke, Rusty Mai, Jamie Steele.

**Heavy** — Mike Christianson, Dane Olson.

Go-kart races at the Falls Kart Club/Rainy Lake Oil Raceway resume Aug. 29 at 6:30 p.m. More information about the races is available online at: [www.ifallskartclub.webs.com](http://www.ifallskartclub.webs.com).

## WOMEN'S VOLLEYBALL PREVIEW

# RRCC seeks spot in Region tourney

## Voyageurs tall on height, short on experience

BY KEVIN BONESKE  
Sports Editor

After finishing one place short of qualifying for the Region 13B Tournament last season, the Rainy River Community College volleyball team is seeking to make it there in 2013 with a top-four finish in the Minnesota College Athletic Conference's Northern Division.

The Voyageurs tied for fifth in the MCAC North with a 5-9 conference record and finished 10-20 overall in 2013.

Mel Millerbernd enters her 25th consecutive season at RRCC and 32nd year overall coaching volleyball with the key losses from last season being setter Nakita Estling from Warroad, who was named All-Division, and outside hitter Kristen Cruickshank from Regina, Saskatchewan.

Millerbernd's list of top returning players includes outside hitters Emily Jerome from Roseau and Andrea Barylski from Carman, Manitoba, Libero Rachel Clark from Westlock, Alberta, middle



STAFF PHOTO BY KEVIN BONESKE

hitter CaseyLynn Evans from Miles City, Mont. Three incoming players of note from northern Minnesota include hitters Kerista Johnson from Baudette and Jordan Vezina from Bigfork

**Players on the 2013 Rainy River Community College volleyball team include, from left, first row, Rachel Clark. Second row, Emily Jerome, Megan Markuson, Talitha Plate. Third row, Roneisha Jordan, Andrea Barylski, Megan Johnson, Rebecca Dilley. Fourth row, Jordan Vezina, Kerista Johnson, CaseyLynn Evans.**

and setter Talitha Plate from Deer River.

Millerbernd said a strength on this year's team is height.

"We should block better," she said.

Though Millerbernd noted this year's players are "dedicated" and a "great group," she said the team has inexperience at the collegiate level.

Millerbernd said she is concerned the most this season about injuries, while she is looking forward to "watching a new group of girls gel into a great team."

The Voyageurs ended up three match victories behind Mesabi Range in the MCAC North last season for the fourth and final spot to qualify for the Region 13B Tournament, which is their goal in 2013.

Millerbernd said the teams to watch out for this season include last year's top-two in the MCAC North, Central Lakes and Northland.

RRCC is opening the season today at the Fergus Falls Tournament and then will play Wednesday at the Northland Quad in Thief River Falls.

The Voyageurs' first home and MCAC North match is Sept. 6 against Itasca.

## GIRLS SWIMMING AND DIVING PREVIEW



STAFF PHOTO BY KEVIN BONESKE

At right, International Falls head coach Jill Herzig confers with Bronco girls swimmers during a recent practice. The Falls opens the season at home Thursday in the FHS pool with a dual meet against Hibbing.

# Broncos seek top three in IRC, Section 7A

## Pool problems in past with eight home meets

BY KEVIN BONESKE  
Sports Editor

After being displaced from the International Falls swimming pool for much of the past two seasons, the Bronco girls swimming and diving team has eight home meets to look forward to in 2013.

The Falls only hosted two meets in 2011 when a new rule on pool depth was implemented by the National Federation of State High School Associations requiring a minimum of 4 feet to be able to use starting blocks. The FHS pool had been only 3 1/2 feet deep.

After only two teams agreed to start all the events

in the water two years ago to comply with the pool depth rule, the Falls school district then undertook a renovation project to deepen the end of the pool where the starting blocks are located to 5 feet.

However, the Bronco girls last season ended up hosting only one meet and also weren't able to practice in their home swimming pool after problems with tiles coming off the bottom following the renovation work delayed the pool's reopening.

Those pool problems are now a thing of the past as Jill Herzig begins her sixth season as Falls' head coach with the Broncos preparing to open the season at home Thursday in a dual meet against Hibbing.

Herzig said she is looking forward this season to "having a full-length pool to practice in, hosting home

competitions (and) not traveling as much."

The Broncos last season had a meet record of 7-4, finished third in the Iron Range Conference meet and had 11 individuals qualify for the Section 7A finals and earn eight medals. In addition, Herzig was named the Section's head coach of the year.

Herzig said the team's key losses from last season include the graduation of swimmer Sarah Todd and having diver Clara Wenger move out of the area.

Todd picked up two Section medals by placing sixth in both the 200 individual medley and 100 breaststroke.

Wenger ended up as the Broncos' top diver by placing ninth at the Section meet.

Herzig's list of top returning athletes and their fin-

ishes at last year's Section meet includes:

- Senior Breanna Shofner, fourth in the 50 freestyle and fifth in the 100 freestyle.
- Sophomore Abby Kostiuik, fourth in the 100 backstroke.
- Senior Courtney Klow, fifth in the 100 backstroke and 15th in the 200 individual medley.
- Senior Blair Johnson, 16th in the 50 and 100 freestyle.
- Freshman Emily Saari, eighth in the 100 breaststroke.
- Freshman Claire Herzig, 11th in the 100 breaststroke.
- Freshman Emma Misner, 14th in the 100 freestyle.
- Freshman Carolann Stone, 11th in the 100 backstroke.
- Freshman Jessie Hell, 11th in diving.

Herzig said a strength of this year's team is the flexibility of swimmers to compete in a variety of events.

"A lot of girls can swim a lot of different things," she said.

Herzig said the team goals this season include finishing in the top three at both the IRC and Section meet, as well as having someone qualify for the state meet, for which girls swimmers have to finish in the top two at the Section meet.

She said the teams to watch out for this season include Hibbing, Grand Rapids, Two Harbors and Mesabi East.

The Broncos open the season by hosting by four consecutive home meets against Hibbing (Aug. 29), Grand Rapids (Sept. 3), Eveleth-Gilbert (Sept. 5) and Chisholm (Sept. 10).

## SPORTS SCHEDULE

- Today's games**  
**Women's volleyball**  
RRCC at Fergus Falls Tournament, 9 a.m.
- Monday's games**  
**Girls volleyball**  
I. Falls at Two Harbors, 6 p.m.
- Tuesday's games**  
**Girls volleyball**  
L-BF at Cherry, 7 p.m.
- Wednesday's games**  
**Women's volleyball**  
RRCC at Northland Quad in Thief River Falls, TBA
- Thursday's games**  
**Football**  
Silver Bay at L-BF, Noon  
**Cross country**  
I. Falls at Virginia, 4 p.m.  
**Girls swimming/diving**  
Hibbing at I. Falls, 4:30 p.m.  
**Girls volleyball**  
I. Falls at L-BF, 7 p.m.
- Friday's games**  
**Football**  
I. Falls at Eveleth-Gilbert, 7 p.m.