

# SPORTS



## Emo Speedway

Two nights of racing during Emo Fall Fair

B2

### QUICK HITS

#### Beste backed for L-BF AD, girls hoops coach

The head baseball coach at Littlefork-Big Falls is being recommended to the district's school board as L-BF's next athletic director and head girls basketball coach.

The board will consider at its meeting tonight to hire Dan Beste to those two additional positions.

If approved, Beste, who has been in charge of the Vikings' baseball program the past two seasons, would also take over as athletic director from Christopher Bachmeier, who has become L-BF's superintendent, and as head girls basketball coach to replace John Larson, who left the district to accept a teaching job in Warroad.

Another head coaching recommendation on the board's agenda is to formally approve the hiring of Derek Bilben as the head football coach, a position he previously held before Larson took over the program the past two seasons.

Individuals up for formal approval as assistant coaches for this fall include Beth Bachmeier as an assistant volleyball coach, Cynthia Hasbargen as a junior high volleyball coach, Doug Henrikson as an assistant football coach and Jack Larson as a junior high football coach.

#### Bass Dash 5K Run/Walk on Saturday

The fourth annual "Bass Dash 5K Run/Walk" will be held at Smokey Bear Park starting at 9 a.m. Saturday during the 10th annual International Falls Bass Championship.

The 5-kilometer course will once again finish inside the main tent at the park. Awards will be presented to the top-three males and females in seven age groups.

The registration fee is now \$25. Registration forms are available at [www.ifallsbass.com](http://www.ifallsbass.com) and at the Chamber of Commerce and Stride Fitness. Online registration is also set up through a link on the website.

Registrations may be mailed with checks payable to: International Falls Bass Dash, P. O. Box 906, International Falls, MN 56649.

Registration/shirt pickup will take place at the Smokey Bear Park Pavilion from 6-8 p.m. Friday and in the main tent from 7:30-8:30 a.m. on race day.

For more information, contact Betsy Brokaw at 324-0665, or email [ifbassdash@yahoo.com](mailto:ifbassdash@yahoo.com).

#### Falls Trap Team to have sign-up at IFBC

The Falls Trap Team will have a booth at Smokey Bear Park during the International Falls Bass Championship, Aug. 21-23, when anyone interested in details about the sport or signing up for the Fall League may stop by.

The Falls Trap Team is open to area students in grades 7-12 from International Falls, Littlefork-Big Falls and Indus.

For more information, contact Eric Norstad at (218) 283-8084.

### GIRLS VOLLEYBALL PREVIEW

## Versatile Vikings return former head coach



The Vikings' Ellie Julson digs the ball during a practice last week in the Littlefork-Big Falls' new gym

BY KEVIN BONESKE  
Sports Editor

The Littlefork-Big Falls volleyball team enters the 2014 season with a returning head coach back after a three-year absence.

Kim Wimmer, who previously was in charge of the team from 2005-10, is back for her seventh season as head coach. She replaces Sarah Bradley, a physical education teacher at International Falls who was L-BF's head volleyball coach the past three seasons.

"I am really excited to be back coaching volleyball," Wimmer said. "I missed the excitement that comes with coaching high school sports, and it is especially fun and rewarding to work with a group of athletes who are passionate about the game."

The Vikings, who finished the 2013 season with a match record of 17-9 after losing in the Section 7A quarterfinals to Chisholm, have five graduation losses that include middle hitters DyAna Imhof and Abby Thompson, outside hitters Brooke Millerbernd and Karsyn Wendt and right hitter Marissa Siltman. Imhof and Millerbernd are playing volleyball this fall at Rainy River Community College.

Wimmer's list of top returning players includes senior setter Taylor Wendt, junior hitters Breann Larson, Karly Swenson and Amanda Nelson, junior Libero Em-

ily Knaeble, junior defensive specialist Ellie Julson and two sophomores, Kaylee Kennedy and Sydney Wendt.

Wimmer said the strengths of this year's team include being athletic and bringing enthusiasm for the game, having experienced success in volleyball and other sports, along with having "versatile players" and "a really balanced team."

"This year's team played with and practiced with players who had significant roles in the L-BF volleyball program for years," she said. "The team has worked really hard in the offseason, and I am excited to see this year's players step into these big roles."

With the players continuing to work hard, Wimmer said she expects the Vikings "should have a very successful volleyball season."

Wimmer said the teams to watch out for this season include Deer River in Section 7A.

"Also, we always look forward to playing International Falls, and it is usually a really competitive match," she said.

L-BF opens the season Thursday at Mesabi East. The first home match is Tuesday against Cherry. The Vikings then face the Broncos in International Falls on Aug. 28.



Kim Wimmer

### GIRLS VOLLEYBALL PREVIEW

## Bronco spikers seek winning ways

#### FHS strong on the front row

BY KEVIN BONESKE  
Sports Editor

Following a 7-18 match record last year, the International Falls volleyball team will be seeking a winning season in 2014.

The Broncos, whose season came to an end last year in the Section 7AA quarterfinals after losing to top-seeded Hermantown, have lost three players to graduation – middle hitter Hailley Fentem and defensive specialists Marissa Meyer and Janesa Casareto.

Erin Shikowsky enters her 13th season as head coach with her list of top returning players including five seniors – hitters McKenna Rasmussen, Tessa Walls and Maddie Filipiak, setter Teagan Anderson and defensive specialist Stephanie Christianson.

Shikowsky said the strengths of this year's team include "some height at the net."

"We're expecting some tough offense and big blocks from our front-row players," she said. "Also, we have a number of returning players that have a strong understanding of the game and what it takes on the court and off the court to



In front at left, the Broncos' Maddie Filipiak bumps up the ball during a practice last week in the Falls High School gym.

win."

Shikowsky said the biggest weakness the Falls faces this season will be "ourselves."

"We have a great deal of talent and heart, but it will be important for us to put them together on the court," she said. "We must

always strive each day to be a little better than the day before, as athletes and as a team. If we can maintain positive attitudes and a strong work ethic, there's no limit to what this team can accomplish this sea-

### WOMEN'S HOCKEY

## Wickstrom in, Amdahl out as RRCC head coach

BY KEVIN BONESKE  
Sports Editor

The original head coach of the Rainy River Community College women's hockey team is returning for the 2014-15 season.

Jeff Wickstrom, who began the women's hockey program at RRCC in 2005, is replacing Evan Amdahl after six seasons.

Wickstrom, who is also a faculty member at RRCC, said he was offered the head coaching position this summer to replace Amdahl, who noted he is also no longer teaching physical education at the college and declined to comment about his departure as head coach.

RRCC athletic director Mel Millerbernd said the college is seeking to "go in a different direction" with the women's hockey program, but she declined further comment about Wickstrom replacing Amdahl as head coach.

The Voyageurs, who compiled losing records the past two seasons, also didn't receive a bid to the American Collegiate Hockey Association Division 2 National Tournament the past two seasons. RRCC has won the ACHA D2 national title three times with the last championship being in 2011 when Amdahl was the head coach.

Following the end of the 2013-14 season, Amdahl had been involved with

recruiting players for next season, which included announcing in April the signing of four forwards from Fort Frances.

Wickstrom said he has contacted the 14 players who previously committed to RRCC and still plan to play for the Voyageurs next season. He also noted he has been involved in recruiting others to join the team, which will begin on-ice practice when the ice is in place at Kerry Park and open the season in late October.

The schedule for the upcoming season, Wickstrom said, is still being worked on with additional games being sought.

#### NEW HOOPS COACHES

All the winter sports at RRCC will have different head coaches this coming season with coaching changes also occurring in men's and women's basketball.

Kristopher Babler is replacing Jack Cook as the head men's basketball coach after three seasons.

Babler, whose coaching background includes being the head boys basketball and track coach at Cristo Rey Jesuit High School in the Twin Cites, will also be a teacher at RRCC.

Adam Rotar has been named the head women's basketball coach for the Voyageurs to replace Dieter Humbert, who stepped

Coach to B2 ➤

Volleyball to B2 ➤

### SPORTS SCHEDULE

**Thursday's games**  
**Girls volleyball**  
I. Falls at MI-B, 7 p.m.  
L-BF at Mesabi East, 7 p.m.

**Saturday's games**  
**Women's volleyball**  
RRCC at Fergus Falls  
Tourney, 9 a.m.

**Monday's games**  
**Girls volleyball**  
Two Harbors at I. Falls, 7 p.m.