



AREA SPRING SPORTS KICK OFF WITH INDOOR TRACK MEET

Individual athletes turn in strong showings

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Oconto Falls' Hannah Ludemann, right, and Brooke Hodkiewicz compete in the girls 1,600-meter during an indoor meet March 22 in Oconto Falls.

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HIGH SCHOOL TRACK



Suring's Trent Van Den Elzen competes in the boys pole vault during an indoor meet March 22 in Oconto Falls.

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Area individuals excel at indoor meet

Oconto Falls, Suring, Gillett among teams in action

By **MORGAN RODE**
Sports Editor

Several individual athletes from the Oconto Falls, Suring and Gillett track and field teams performed well during an indoor meet March

22 at Oconto Falls High School.

By the end of the meet, it was the Oconto Falls boys and girls teams that placed first.

The Oconto Falls boys scored 154 points, comfortably ahead of second-place finishing Suring, which had 75 points. Gibraltar tallied 15 points, Gillett 10 and Algoma four.

On the girls side, the Panthers tallied 133 points, with Suring in second with 86 points. Gibraltar was third with 46 points, while Gillett came in fourth with 13 points. Algoma did not score.

Oconto Falls' Logan Seymour

enjoyed the best individual night of any competitor, winning the boys 45-yard dash, high jump and triple jump.

Seymour was clocked at 5.45 seconds in his 45-yard dash. He won the high jump after clearing 5 feet, 6 inches. The senior won the triple jump with a mark of 39-2, over three feet further than any other athlete.

"My top three finishes definitely got my season off to the good start I was hoping for and gives me the confidence to keep working hard every day at practice and to make me ready to go for the upcoming

meets," said Seymour.

The Oconto Falls boys had four other top individual finishers on the night.

Devon Dorn claimed the top mark in the long jump (17-11). He also placed third in the 200 (28.16).

Isaac Bramer won the 200 with a time of 26.5. Bramer placed second in the 45 (5.56) and was third in the long jump (16-11¾).

Joe Adams won the boys 1,600 (5:11.98), while Ben Adams claimed the best time in the 800 (2:32.42).

The Oconto Falls boys also had the first-place finishing 24-lap relay (9:48.23), 4-lap relay (1:08.47) and

12-lap relay (4:10.51). The 24-lap relay was 3,072 meters, 4 laps was 512 meters and 12 laps was 1,536 meters.

The Oconto Falls girls team had five individual first-place finishers, led by Hailyn St. Louis.

St. Louis won the 200 with a time of 32.38 and had the top mark of 12-9½ in the long jump.

"Being able to compete again was very fun and also shows how I shouldn't take things for granted," said St. Louis.

"My top finishes definitely gave me tons of confidence by showing myself that I'm beyond capable of doing something that I've never ran before on the indoor track. In the 200, my teammates all cheered me on and I kept focus and stayed steady the whole time. It was very fun to compete again, and I'm excited for next week!"

Anna Spaulding claimed first in the 45 (5.91) and second in the long jump (12-7) for the Panthers. Grace Oninski won the girls shot put (31-0) and came in fourth in the 45 (6.29). Hannah Ludemann had the other top finish, winning the 1,600 (6:13.7).

The Oconto Falls girls team also swept the relay events. The 24-lap relay finished in 11:32.5, the 4-lap relay in 1:15.4 and the 12-lap relay in 4:42.9.

Staying on the girls side, Suring's Christine Sleeter won both the high jump (4-10) and pole vault (8-0) and took fifth in the 45 (6.4). Olivia Noack was first in the 800 (2:51.97).

Georgia Gerndt had the team's other top finishes, winning the 400 (1:17.26) and triple jump (26-5½).

"With this meet being my first indoor, I was very nervous," said Gerndt. "But after my first event, the 24-lap relay, my nerves went away and I forgot how much fun I always have."

"I was satisfied on how I did in the 400 for my first meet indoors and the first one of the season, but I know I can push myself harder with more competition and now I am back in the groove. As soon as track ended last year, I was ready for this season, so starting off the season strong definitely gives me more confidence going into future meets."

The Suring boys team won four individual events on the night.

Quinn Thomson won the 400 (1:01.94) while also taking fourth in the long jump (15-7¾) and fifth in the 200 (29.21). Trent Van Den Elzen won the 50 hurdles (8.39), was second in the pole vault (9-6), third in the high jump (5-2) and fourth in the 400 (1:07.32). Jackson Schaal



Gillett's Jack Baer prepares to throw in the boys shot put during an indoor meet March 22 in Oconto Falls.

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won the shot put (36-8½).

Jeremy Hensel had the other top finish, winning the pole vault. He also was second in the 200 (27.51) and fourth in the 45 (5.72).

"Being indoors, it's definitely a lot harder in the running events, but pole vaulting is nice due to no wind," said Hensel.

In the pole vault, Hensel hoped to improve on his 10-6 height from the team's first indoor meet. "Tonight I got 12, so there was an improvement."

Alaina Herzog had the lone top finish for Gillett on the night, winning the girls 50 hurdles in 8.73 seconds.

"Going into the meet I wasn't sure what to expect, the last time I ran indoor I believe I was a freshman — and I certainly did not expect to win either," said Herzog. "Taking first is still shocking to me, but it was only four hurdles so I don't wanna get too ahead of myself."

"Competing again like this was nice. One thing I took away most was the sportsmanship, right away getting ready to compete girls were already wishing me good luck, and afterwards with nice compliments. The people are what makes this sport so great, felt really nice to compete again."

Gillett's Emily Soper placed third in the girls 45 (6.04). On the boys side, Blake Goodreau was third in the shot put (35-2½).

For the Suring girls, Kate Mahoney placed second in the triple jump (26-1). Placing third was Kaylee Otradovec in the long jump (12-5), MacKenzie Bailey in the pole vault (6-0), Lillie Taylor in the 400 (1:19.9) and Hailey Thomson in the 1,600 (7:09.81).

For the Suring boys, Mason Ferrell was second in the shot put (35-4). Taking third was Ashtyn Edwards in the triple jump (33-3) and 400 (1:05.32).

Oconto Falls' Emerich Skarban

took second in the boys 50 hurdles (8.44). Justin Spaulding claimed second in the long jump (17-0¾) and triple jump (36-0).

Also placing second was Brant Laluzerne in the 400 (1:04.02), Grant Yuma in the 1,600 (5:37.83), Griffin Kopke in the 800 (2:34.72) and Evan Yuma in the high jump (5-2). Evan Yuma was also third in the 45 (5.61).

Taking second for the Oconto Falls girls was Hailey Kopke in the 45 (5.92), Brooke Hodkiewicz in the 1,600 (6:22.64), Amber Haines in the 400 (1:18.97), Maddy Przybylski in the 800 (2:56.31), Grace Molitor in the shot put (29-1) and Brailyn St. Louis in the high jump (4-8).

Brynn Hodkiewicz came in third in the 800 (3:06.75) for the Oconto Falls girls. Morgan Moynihan placed third in the shot put (28-4½), and Abby Budz was third in the triple jump (25-7).

COLLEGE TRACK AND FIELD



UW-Stout's Kevin Ruechel, a Pulaski High School graduate, competes in the shot put at the 2022 NCAA Division III Indoor Track and Field Championships on March 12 at JDL Fast Track in Winston-Salem, North Carolina.

D3PHOTOGRAPHY.COM

Ruechel's path to greatness a unique one

Pulaski grad starring as thrower at UW-Stout

By **MORGAN RODE**
Sports Editor

Pulaski High School graduate Kevin Ruechel has become one of the top track and field throwers in all of Division III during his career at UW-Stout, but the path he took to get there isn't one you'd expect.

The fifth-year college senior has Wisconsin Intercollegiate Athletic Conference and DIII titles to his name but didn't once qualify for

high school state as a thrower. In fact, he didn't even begin competing in the sport until he was a junior in high school.

"I was relatively naive when it came to throwing," recalled Ruechel.

The Pulaski grad added that he was competing in one of the state's top sectionals in the entire state.

"Our sectional was stacked with kids from Kimberly, and I ended up taking fourth place in both events (shot put, discus) my senior year, just missing out on a trip to La Crosse," said Ruechel.

Since joining the UW-Stout team, Ruechel has spent a great deal of time "breaking down the technical aspects of the throw with my coach and have taken thousands

of throws to prepare for the ones that matter most."

He added that his workout program — which focuses on major lifts and Olympic lifts — has been a great asset to him, helping him with explosiveness. That's led to further throws and plenty of success.

While he turned in strong finishes at the WIAC indoor and outdoor championships and made multiple DIII championship appearances as a freshman and sophomore, his career got a jolt in 2020.

Ruechel said stepping away from the UW-Stout football team, which he competed on from 2017-19, was the turning point for his throwing career.

"As much as I loved the sport, focusing on only throwing allowed

FYI

Keep tabs on Ruechel's track and field season by checking out the college highlights articles, which are posted weekly at www.newmedia-wi.com.

me to fully commit to training year-round, and I would say it has paid off well in my favor," said Ruechel, who earned the Co-Offensive Line-man of the Year honor for football in the Fox River Classic Conference as a high school senior. "Having more time to lift, recover and practice has allowed me to compete at the highest level that I am capable of."

During the 2020 indoor track and field season, Ruechel won his first-ever WIAC title in the shot put with a personal-best throw of 57 feet, 10½ inches. He placed first in

six shot put events that season.

Just when Ruechel had it all figured out, the pandemic brought all the momentum to a halt. The indoor DIII championship and entire outdoor season was canceled. The pandemic also took away chances for Ruechel to shine at the 2021 indoor WIAC and DIII championships.

Instead of letting the setback get him down, Ruechel continued to work hard.

During the parts of the 2021 season he was able to compete in, Ruechel continued to shine. He set the school record for indoor shot put and broke the outdoor shot put record twice. The first time he broke the outdoor record was when he won the outdoor WIAC title with a throw of 59-2¾, more than five feet beyond any other competitor.

The second time he broke the record was during the DIII outdoor championship with a throw of 59-9.

"I would say without a doubt winning the outdoor shot put national title in 2021 was my favorite moment (of his college career so far)," said Ruechel. "Sitting in second place as I took my final throw and taking the title was an insane feeling, especially with having to deal with a rain delay that meet."

While for most athletes, that 2021 season would have been their last as college seniors, the NCAA changed some of its eligibility requirements to allow athletes that had seasons taken away by the pandemic an extra opportunity to compete. Ruechel jumped at the opportunity.

"Knowing that I had eligibility remaining, I didn't want to waste it and look back in 10 years wishing I would've competed one more time," said Ruechel.

The Pulaski grad has made the most of his extra season so far, with a number of top finishes to his name through the indoor season and beginning of the outdoor season.

Ruechel won his second straight WIAC indoor title in the shot put after a top throw of 59-0¾. All five of his throws that day would have earned him first place. He became just the third Stout thrower ever with at least two shot put titles.

Ruechel then won the indoor DIII title in the shot put. Competing in the second flight of throwers, his first throw immediately put him in first. His top throw of 58-4 was three feet further than any other thrower. He became the second Stout thrower ever to win an indoor shot put title.

"This indoor season went by



UW-Stout's Kevin Ruechel and UW-Stout throws coach Kody Zahrte pose for a photo after Ruechel placed first in the shot put at the 2022 NCAA Division III Indoor Track and Field Championships on March 12 at JDL Fast Track in Winston-Salem, North Carolina.

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ONLINE

To read more about Ruechel's track and field career at UW-Stout, visit stoutbluedevils.com/sports/mens-track-and-field/roster/kevin-ruechel/10016.

in an instant," said Ruechel. "It felt good to have a normal WIAC indoor conference meet after not having one last year, and it was good preparation for nationals.

"For nationals, it was a bitter-sweet return to the JDL Fast Track in Winston-Salem, (North Carolina), where two years prior, we had practiced for the 2020 Indoor

Championship, but then were sent home without having the opportunity to compete. To go back down there and win an indoor title was a testament to having all the hard work pay off. Overall, it is fantastic to have a 'normal' season once more and having an extremely optimistic outdoor season upon us."

Ruechel kicked off his outdoor season by winning the shot put and discus events at the Rhodes Invitational in Tennessee. He competed in the javelin throw for the first time in his career, placing fourth, and also took ninth in the hammer throw.

It's a promising start to an outdoor season chock-full of big goals for Ruechel.

"Looking ahead to the outdoor season, getting another shot put title is priority number one, and my goal is to make my way onto and up the all-time D3 list for outdoor," he said. "Additionally, a goal I have is to be more consistent when it comes to discus and get the elusive All-American for this as I am 0-for-3 at nationals for discus, so there is always room for improvement."

ATHLETE PROFILE: ELLIOTT LOWNEY

Shawano senior hoping to cap career on top of podium

Shawano Community High School's Elliott Lowney has been a big-time athlete in whatever high school sport he's played over the past four years. Lowney will cap his career competing on the track and field team and looking to improve on last year's state showing.

A year ago, Lowney placed second in the 200-meter dash at the Division 2 state meet, while also placing seventh in the 400.

He just missed out on making it to state in the 100, and he will also compete in the long jump and triple jump this spring.

In the team's first indoor meet of the spring season on March 17 in Oshkosh, Lowney placed second in the long jump and 200 and was third in the 60 dash.

Lowney is committed to Bemidji State University, where he is set to join the football team. Lowney also was a part of the basketball team while in high school.

Q: When did your interest in track and field begin?

A: I really didn't have an interest in track throughout middle school. I was more of a baseball kid, but I went out with a couple of friends my eighth grade year and fell in love with it. Then my freshman year I had to decide between the two, and I think I chose the right one.

Q: What is your favorite part about the track and field season?

A: My favorite part of track would have to be the warm meet days. At the beginning of the season

AT A GLANCE

Athlete: Elliott Lowney

Sport: Track and field

Events: 100, 200 and 400 dashes, long jump, triple jump

School: Shawano Community High School

Year: Senior

everyone is cold and not running good, but as the season goes on it gets warmer and that's when PRs (personal records) are set and records are broke.

Q: You're headed to Bemidji State to play football. How does track and field help you on the football field?

A: Track and field helps me with a multitude of things — the first, obviously, being my speed but not just that. My form is critiqued and bettered, and lifting for track helps me be more explosive.

Q: After making state last spring, what are your goals for your senior season?

A: Going to state last year was a great experience, but there's always room to improve on that. This year I don't want to just go to state, I want to win state in the 100 and 200.

Q: In this early portion of the season, what are you focusing on the most?

A: This early in the season I am just really focusing on my form and making sure everything is feeling good before the outdoor season starts.

Q: What's your favorite event to compete in, and why?



Shawano's Elliott Lowney takes off from the starting blocks during the boys 400-meter dash during the Division 2 WIAA State Track and Field Championships on June 25, 2021, at Veterans Memorial Stadium in La Crosse.

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A: The 100 dash because nothing is staggered. Everyone starts at the same spot and we run right past the grand stand, where everyone is cheering.

Q: Before competing in an event, do you have any routines or rituals you go through?

A: Before a race I just try to get into the right mindset — I go through my warmup and envision myself running so when I get up there, it's just clockwork.

Q: As a senior, how do you try and help lead the team?

A: I just try to make sure the younger group has good form and telling them not to worry about times right now and that with good form fast times will follow.

Q: What's your favorite memory of competing on the Shawano track and field team?

A: Just the trip down to state last year with the team and staying at the hotel. Then the next day running in the 200 dash final at state and taking second.

Q: Favorite movie, TV show and musical artist?

A: Movie — "6 Underground." TV show — "Outer Banks." Music artist — Lil Baby.

Q: Name one thing about yourself that not many people know.

A: My favorite thing to do in the summer is go bridge jumping.

Q: What are some things you hope to accomplish after graduating high school?

A: I want to make my way into coaching at some point and just pass on what I know to the next generation. Whether it's in track, basketball or football I don't know yet.



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ATHLETE PROFILE: KAYLEE SCHRAM

Senior looking to guide inexperienced team

The Wittenberg-Birnamwood High School softball team had several seniors graduate from a sectional-qualifying team in 2021. That means the team will be looking to new leaders this spring, with senior Kaylee Schram serving as one.

Schram is coming off a junior season in which she made the Central Wisconsin Conference-East Division honorable mention team. She had a .279 batting average while driving in nine runs and scoring 13 times. She clubbed six extra-base hits and stole 11 bases.

She will primarily play first base in her final season, but she is willing to move around the field if needed.

Q: When did your interest in softball begin?

A: When I was younger, I was actually a die-hard baseball girl. My brothers (Tyler and Jake) were the influence with that one; I wanted to be just like them. I always thought that was what I would be playing, but in eighth grade I joined softball and I loved it and have been playing since then.

Q: What is your favorite part about the softball season?

A: My favorite part of the softball season is definitely playoffs. I really like how high stakes everything is, and there is a different atmosphere. Every single person on the team is on edge and ready to play, and I love it.

Q: What has the game of softball taught you over the years?

A: It sounds cheesy, but softball has really taught me a lot about teamwork. Everyone has to do their part in order for things to be accomplished, whether that be making defensive plays or getting on the bats. We all go where the team needs us, and we need to do our part.

Q: There were several seniors who graduated from last year's team that went to sectionals. As one of the few experienced play-



Wittenberg-Birnamwood's Kaylee Schram swings at a pitch during a Division 3 sectional final game against Peshtigo on June 23, 2021, in Oconto Falls.

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ers back, how do you plan to lead the team this spring?

A: Our seniors last year were all great players, but I think that their attitudes are what I want to try and keep that same energy. In the dugout, there were never any hanging heads; if someone fell down, they were picked back up again, and I really want to keep that energy this season.

Q: What's the key to you and the team having another successful spring?

A: I think that confidence will be the key to us having a successful season. We have a young, inexperienced team with a lot of potential, but we need to be confident in our abilities

in the big games. I believe we can do it, and everyone else needs to believe that, too.

Q: In this early portion of the season, what are you and the team focusing on the most?

A: In the early portion of the season, we are going back to the fundamentals. We want to make sure that we don't start off the season with any bad habits, and that our fundamentals are strong.

Q: After making an all-conference team last spring, what are your individual goals this spring?

A: One of my individual goals is this spring is to make an all-conference team again. I know it will be

AT A GLANCE

Athlete: Kaylee Schram

Sport: Softball

Position: Primarily first base, utility

School: Wittenberg-Birnamwood High School

Year: Senior

difficult, but it is a great motivator to keep me working hard throughout the entire season.

Q: Before a game begins, do you or the team have any routines or rituals you go through?

A: Before games, we always go through and make sure that everyone gets eye black. It makes us feel cool. Last season, we also did a prayer after we were all ready that was usually led by our volunteer coach Bill Fraaza.

Q: What's your favorite memory of competing on the Wittenberg-Birnamwood softball team?

A: My favorite memory of competing was actually last season during playoffs. We had gone into extra innings against Amherst with a tied score, and we won by a walkoff in the 11th or 12th inning. We were on edge the whole game and when we finally won, it was amazing.

Q: Favorite movie, TV show and musical artist?

A: Movie — "The Replacements." TV show — "Gilmore Girls." Music artist — Harry Styles.

Q: Name one thing about yourself that not many people know.

A: One thing that not many people know about me is that really like to read. I really love sitting outside and reading a good book.

Q: What are some things you hope to accomplish after graduating high school?

A: After high school, I want to go on to college at four-year university to study forensic psychology. I suppose if that doesn't work out I would be just as happy marrying rich.

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5 area athletes earn all-state recognition

4 basketball players, 1 hockey goalie honored

By **MORGAN RODE**
Sports Editor

Lena's Max Beyer, Oconto Falls' Hailey Peitersen, Bonduel's Allaina Robaidek, Wittenberg-Birnamwood's Reese Rogowski and Pulaski's Lincoln Simons earned all-state recognition after the winter seasons wrapped up.

Beyer, Robaidek and Rogowski were honored for their play on the basketball court, while Simons earned his for his play on the ice. Peitersen was honored for her work in the classroom.

Peitersen picked up an individual academic all-state award from the Wisconsin Basketball Coaches Association.

To be recognized, athletes had to be nominated by their coaches. Athletes have to be seniors with at least a 3.5 grade-point average and an ACT score of at least 25.

Peitersen was one of 16 girls selected by the WBCA Executive Board.

"It is very rewarding to not only receive recognition for my basketball abilities, but also for all the work I put into the classroom," said Peitersen. "I am very honored to be recognized at the state level for my athletics and my academics."

The Oconto Falls senior made the North Eastern Conference honorable mention team and defensive first team after averaging 10.6 points and 9 rebounds a game this winter. In 18 conference game, she also blocked 15 shots, dished out 19 assists and had 46 steals.

Robaidek and Rogowski were each part of the WBCA all-state honorable mention girls team in Division 4.

"As my senior year comes to a close, it was extremely meaningful to have my career and hard work acknowledged at the state level," said Robaidek. "It is very exciting to be placed on a level with some of the best athletes. I also want to thank all the coaches that helped me reach this level of play and the teammates."

"Just knowing some of the other players on that list and to be in



Wittenberg-Birnamwood's Reese Rogowski, right, defends Bonduel's Allaina Robaidek during a CWC-East game on Jan. 20 in Bonduel. Rogowski and Robaidek each made the WBCA all-state honorable mention girls team in Division 4.

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Pulaski's Lincoln Simons guards the net during the Ashwaubenon co-op hockey team's game against D.C. Everest on Jan. 28 at Cornerstone Community Center in Ashwaubenon. Simons was named to the Wisconsin Hockey Coaches Association all-state honorable mention team.

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that company is an honor," said Rogowski. "It motivates me to pre-

pare hard for next season."

Robaidek was named the Central

FYI

Allaina Robaidek, Lincoln Simons and Max Beyer were all named NEW Media Inc. Players of the Year in the All-Region Winter Sports Review section published on March 25.

Wisconsin Conference-East Division Player of the Year as a senior.

She averaged 17 points, 1.9 rebounds, 1.9 assists and 2 steals a game for the season.

Rogowski made the CWC-East first team as a junior. She led the conference in scoring with 18.6 points a game.

The junior also led the conference in assists (5.3) a game, a mark that helped her finish 14th in the entire state, according to www.wissports.net statistics. She averaged 4.6 rebounds, 3.4 steals and 1.6 blocks also.

Beyer made the WBCA all-state honorable mention boys team in Division 5.

"It's a huge honor and to also know that all the hard work paid off. I'm very thankful," said Beyer.

Beyer enjoyed a big senior season for the Wildcats, coming in 28th in the state after averaging 23.8 points per contest.

The senior also averaged 6.4



Oconto Falls' Hailey Peitersen lines up a shot during a Sun Drop Shootout contest against Shawano on Dec. 28 at the Kress Center in Green Bay. Peitersen earned an individual academic all-state award from the Wisconsin Basketball Coaches Association this winter.

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rebounds, 1.7 steals, 1.4 assists and 1 block a game. For his efforts, he was tabbed the Marinette & Oconto Conference's Most Outstanding Player.

Simons, the goalie for the Ash-

waubenon co-op, was part of the Wisconsin Hockey Coaches Association all-state honorable mention team after a strong junior campaign.

"To be one of the players who made the all-state team was a



Lena's Max Beyer dribbles the ball during the team's M&O win over Gillett on Dec. 16 in Gillett. Beyer made the WBCA all-state honorable mention boys team in Division 5 this winter.

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pretty cool honor for me because I do know how it's mainly seniors who get that," said Simons. "So just knowing as a junior I was able to get this was pretty special to me, and I hope to only improve for next year as that will motivate me to do even better going into next season."

He finished with one of the top save percentages (.933) in the state after stopping 503 of the 539 shots

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High school highlights can be found at www.newmedia-wi.com.

he faced. Simons also posted seven shutouts.

Simons was the Fox River Classic Conference Player of the Year for his standout season.

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PRO FOOTBALL

Green Bay re-signs Douglas and Tonyan

The Green Bay Packers re-signed cornerback Rasul Douglas and tight end Robert Tonyan.

The transactions were announced separately March 21 by General Manager Brian Gutekunst.

"In a short period of time, Rasul made a huge impact on the Packers with his professionalism and on-field performance," said Gutekunst. "We are excited that he is returning to Green Bay and look forward to his contributions to the team both on the field and in the locker room."

"We are excited to come to an agreement that brings Robert back to Green Bay," added Gutekunst, of Tonyan. "Through his approach and dedication he developed into an important part of our offense, and we are confident he will come back stronger from his injury because of the person he is and how hard he works."

Douglas, a 6-foot-2, 209-pound, sixth-year player out of West Virginia University, was originally selected by the Philadelphia Eagles in the third round (No. 99 overall) of the 2017 NFL



Green Bay Packers tight end Robert Tonyan, right, celebrates a touchdown with Allen Lazard during the team's game against the Washington Football Team on Oct. 24 at Lambeau Field in Green Bay. The Packers re-signed Tonyan last week.

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Draft. He played three years for the Eagles (2017-19), one season for the Carolina Panthers (2020) and this past season for Green Bay after the Packers signed him off the Arizona Cardinals' practice squad on Oct. 6, 2021.

Douglas played in 12 games with nine starts for the Packers, registering a career-best five interceptions, two of which he returned for TDs to tie for the fourth most in a single season in team history.

The Pro Bowl alternate also registered 52 tackles (48 solo) and a career-best 13 passes defended (No. 2 on the team). According to stathead.com, Douglas had the lowest passer rating allowed when targeted (44.5) in the NFL in 2021 among all defenders targeted over 45 times.

In 2020, Douglas appeared in 14 games with a career-high 11 starts for Carolina, recording a career-best 62 tackles (50), while adding nine passes defended (No. 2 on the team).

Overall, Douglas has appeared in 72 games with 38 starts in five seasons, totaling 230 tackles (192 solo), 10 interceptions and 47 passes defended as well as seven special teams tackles. He has also appeared in seven postseason contests with three starts, recording 14 tackles (12 solo) and two passes defended.

Tonyan, a 6-5, 240 pound fifth-year player out of Indiana State, was originally signed by the Detroit Lions as an undrafted free agent in 2017.

Tonyan has played in 51 games with 15 starts in his career, registering 84 receptions for 967 yards (11.5 avg.) and 15 touchdowns. He started five of eight games he played in last year before a knee injury ended his season.

In 2020, Tonyan played in all 16 games with eight starts and ranked No. 2 on the team with a career-high 52 receptions for 586 yards (11.3 avg.)

and 11 TDs, tying the single-season franchise record (Paul Coffman, 1983) for the most TD catches by a tight end. He was tied for No. 1 in the league in TD receptions among tight ends (Travis Kelce), becoming the first Packer to rank first in the league among TEs since Bubba Franks (tied for No. 1 in 2002).

Tonyan was only the second TE in franchise annals to register 45-plus catches, 500-plus receiving yards and nine-plus receiving TDs in a season (Coffman, 54-814-11 in 1983). He ranked No. 4 among NFL tight ends (min. 50 rec.) in 2020 with an average of 11.3 yards per catch.

Pack signs Jarran Reed

The Packers signed defensive lineman Jarran Reed. Gutekunst announced the transaction March 23.

Reed, a 6-3, 307-pound seventh-year player out of the University of Alabama, was originally selected by the Seattle Seahawks in the second round (No. 49 overall) of the 2016 NFL Draft. He played five seasons with the Seahawks (2016-20) before spending last season with the Kansas City Chiefs.

Overall, Reed has played in 89 games with 80 starts, recording 237 tackles (123 solo), 24½ sacks, 24 tackles for a loss, 70 QB hits, seven passes defended, five forced fumbles and three fumble recoveries.

He has also appeared in nine postseason contests (all starts) and registered 28 tackles (16 solo), three sacks, four tackles for a loss and six QB hits.

Green Bay adds Keisean Nixon

The Packers also signed cornerback Keisean Nixon. Gutekunst announced the transaction March 26.

Nixon, a 5-10, 200-pound fourth-year player out of the University of South Carolina, appeared in 40 games with two starts in three seasons (2019-21) with the Oakland/Las Vegas Raiders. He registered 20 tackles (15 solo) and a pass defended on defense while adding 18 tackles on special teams, highlighted by a team-high nine stops on special teams as a rookie in 2019.

Signed by the Raiders as an undrafted free agent in May 2019, Nixon played two years at South Carolina after transferring from Arizona Western College. As a senior in 2018, he appeared in 12 games with 11 starts for the Gamecocks and posted 63 tackles (42 solo) and a team-high nine passes defended.

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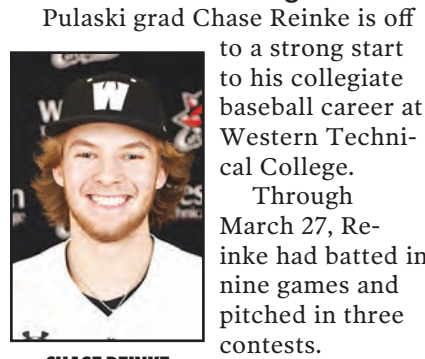


**409 E. HIGHLAND DR,
OCONTO FALLS**

COLLEGE HIGHLIGHTS

By NEW MEDIA STAFF

Western Technical College



CHASE REINKE

Pulaski grad Chase Reinke is off to a strong start to his collegiate baseball career at Western Technical College. Through March 27, Reinke had batted in nine games and pitched in three contests. In the nine game he's batted in, Reinke has a .250 batting average and .348 on-base percentage. He's collected five



KENNEDY MARQUARDT

hits, including two doubles and a triple, walked three times, scored three runs and driven in one. On the hill, he's started three games for a total of 15 2/3 innings. In that time, he's allowed just five runs and 11 hits while striking out 15. He has two wins and a loss on the pitching line.

St. Norbert College

Lena High School graduate Kennedy Marquardt competed in a pair



JAMISON BESAW

of events while representing the St. Norbert women's track and field team at the Texas State Invitational on March 24-26. She was on the fifth-place finish- ing 4x400-meter relay that posted a time of 3 minutes, 58.16 seconds. Individually, Marquardt came in 82nd in the 200 dash (28.29).

College of Lake County

Menominee Indian graduate Jamison Besaw has pitched in

FYI

A new online sports sidebar entitled, "This Week in Sports" is now available on the sports webpages at www.newmedia-wi.com. The sidebar will be published every Monday and include a short preview of the week and then list some of the area's top sporting events for the coming week.

ONLINE

This year's spring sports previews can all be found online at www.newmedia-wi.com.

one game for the College of Lake County baseball team this spring.

He got six outs in the team's loss to Hagerstown Community College on March 5. He allowed three walks and a run but no hits.

RECREATION SCOREBOARD

BOWLING

Chet and Emil's Wednesday Business

Team	W	L
S and M Tool	26	13
Chet and Emil's	23	16
Melody Mill	23	16
Kropf's Meat Pro	18	21
Rew Motors Inc.	18	21
CWAA	17	22
Kessen Auto Body	16	23
TLC Auto Body	15	24

High team scratch games: Melody Mill 1,130, S and M Tool 1,060, CWAA 1,005.

High individual scratch games: Dave Schmidt 277, Lane King 256, Doug Kunst 240.

High team scratch series: Melody Mill 3,119, S and M Tool 3,072, CWAA 2,725.

High individual scratch series: Adam Karcz 732, Stephan Miller 655, Jeremy Praslowicz 651.

Resch Lanes — Wednesday Night Handicap

Team	W	L
Liberty Potatoes	72	26
Mama's Place	70	28
Kemmer Electronics	49	49
Tavern Front	42	56
Rachel's Roadside	42	56
Resch Lanes	42	56
Hanke's Sentry Foods	41	57
Slammers	34	64

High team handicap games (top 3): Kemmer Electronics 1,304, Slammers 1,274, Mama's Place 1,249.

High individual handicap games (top 7): Dave Hasse 304, Brian Mattmiller 300, Gary Hanke 288, Kris Poehnelt 288, Kevin Rosenow 278, Tom Schrank 277, Joe Bushman 276.

High team handicap series (top 3): Mama's Place 3,672, Liberty Potatoes 3,587, Kemmer Electronics 3,558.

High individual handicap series (top 7): Brian Mattmiller 803, Nick Thiele 792, Dave Hasse 791, Kris Poehnelt 781, Tom Schrank 739, Dick Potrykus 736, Taylor Arndt 734.

Lakeshore Lanes — Guys and Dolls League

Team	W	L
SSI'S	134	62
The Aces	119	77
Slingers	111	85
9 Pin Tappers	111	85
Newbees	111	85
10 Pin Strikers	111	85
Good Times	104	92
Any Old Thing	97	99
4 Amigo's	92	104
A Team	91 1/2	104 1/2
Happy Old Farts	82 1/2	113 1/2

High individual game (women): Mary Beth Pecore 202, Tammy Marotz 198, Patricia Nathan 193, 189, Mary Beth Pecore 181, Gayle Springborn 181, Hilda Schultz 180, Deb Mraz 174, Patricia Nathan 171, Rhonda Nolan 171.

High individual game (men): Don Hudson 222, Bob Vigue 217, Clark Radatz 214, 208, Tim DeCoster 200, Charles Poling 200.

High individual series (women): Patricia Nathan 553, Mary Beth Pecore 548.

Resch Lanes — Monday Ladies Handicap

Team	W	L
Resch Lanes	10	2
Fantastic Sams	7	5
Strike-a-pose	6	6
Fandrey Construction	5	7
Lisa's Lakeside	4	8
Tavern Front	4	8

High team handicap games: Resch Lanes 877, Tavern Front 852, Fantastic Sams 843.

High individual handicap games (top 7): Jenny Schrank 253, Brenda Rondeau 242, Lynn Wickman 237, Shannan Siekert 234, Brooke Breitrick 234, Cassie Wierzba 231, Cassie Zblewski 231.

High team handicap series: Tavern Front 2,457, Fantastic Sams 2,452, Resch Lanes 2,439.

High individual handicap series (top 7): Shannan Siekert 663, Jenny Schrank 655, Lynn Wickman 652, Brenda Rondeau 650, Cassie Wierzba 629, Jessica

Kubichek 629, Jean Kriehn 625, Brooke Breitrick 625.

Chet and Emil's Monday Women's League

Team	W	L
Cady Home	35	17
Star Campsite	30	22
Banner Banks	26	26
Chet and Emil's	13	39

High team handicap games: Star Campsite 819, Cady Home 751, Banner Banks 714.

High individual handicap games: Tracy Anderson 260, Tanya Rekow 255, Kim Zeller 245, Courtney Tryba 242, Barbara Praslowicz 234.

High team handicap series: Star Campsite 2,278, Cady Home 2,140, Banner Banks 2,094.

High individual handicap series: Tracy Anderson 694, Kim Zeller 635, Courtney Tryba 628, Sandy Meverden 627, Tanya Rekow 618.

Lakeshore Lanes — Lakeshore Masters

Team	W	L
Golfside	96 1/2	15 1/2
Launching Pad	76	36
Dearco Distributors	66 1/2	45 1/2
Northern Advantage	65	47
Full Service Tents	55	57
Brother's	54 1/2	57 1/2
Farmall Fanatics	54	58
Bamboo	49 1/2	62 1/2
Lakeshore Lanes	48 1/2	63 1/2
Pin Pricks	45	67
Rosie's Railway	40	72
Shawano Auto Sales	21 1/2	90 1/2

High team scratch games (top 3): Brother's 741, Northern Advantage 719, Golfside 714, Bamboo 714.

High individual scratch games (top 7): Ed Brusky 300, Zack Ruehle 298, Sean Johnson 279, Bill Grosskreutz 269, Blake Schuebel 269, Dan Poels 269, Steve Marotz 268.

High team scratch series (top 3): Bamboo 2,090, Northern Advantage 2,069, Golfside 2044

High individual scratch series (top 7): Ed Brusky 778, Zack Ruehle 754, Carl Malueg 745, Todd Schertz 725, Dan Poels 718, Carson Malueg 718,

Mark Schachtschneide 695.

Chet and Emil's Tuesday Commercial

Team	W	L
Chet and Emil's	31	8
White Insurance	24	15
Schmidt Schulta	20	19
Kautza Excavating	17	22
Clark Construction	16	23

High team scratch games: Chet and Emil's 1,093, Kautza Excavating 1,058, Clark Construction 981.

High individual scratch games: Jeremy Praslowicz 264, Doug Kunst 254, Dave Schultz 248.

High team scratch series: Chet and Emil's 3,167, Kautza Excavating 2,963, Clark Construction 2,737.

High individual scratch series: Doug Kunst 719, Jeremy Praslowicz 692, Tim Lemke 691.

Lakeshore Lanes — Him and Hers Couples League

Team	W	L
Brothers Pub Too	32	17
MW Auto Body	30	19
Lunds Corner Bar	30	19
Keglers	29	20
Gingerly Salon	26	23
The Farmers	26	23
Humana	25	24
Brothers Pub	23	26
The Clothesline Boutique	23	26
Buss Automotive	17	32
CDH	17	32
Just 4 Fun	16	33

High individual scratch games: Brad Weisnicht 257, Adam Sprague 255, Kevin Zuleger 247, Bill Grosskreutz 247, Steve Rouse 238, CJ Brauer 235, Darcie O'Kimosh 233, Mary Renik 213, Mary Metoxen 207, Diane Durkee 204, Sharon Buss 194.

High individual scratch series: Kevin Zuleger 731, Brad Weisnicht 728, Steve Rouse 672, Bill Grosskreutz 665, CJ Brauer 644, Adam Sprague 628, Darcie O'Kimosh 632, Mary Metoxen 572, Sharon Buss 558, Diane Durkee 548, Mary Renik 536, Sandy Weisnicht 526.



Charlie's County Market RED BARN Community Cook Shack

April 4 th , 5 th & 6 th We the People	April 7 th , 8 th & 9 th Methodist Church on the Hill
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Here's Your Red Barn Favorites



SINCE 1937
SCHWEIGERT

Brats

\$2.50
each



SINCE 1937
SCHWEIGERT

Hot Dogs

\$2.00
each



SINCE 1937
SCHWEIGERT

Cheddarwursts

\$2.50
each



Charlie's BEST
Hamburgers

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Charlie's BEST
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each



**Ice Cold
Sodas &
Water**

\$1.00
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