

The girls' tennis team story is on pages 2-3  
and the boys' cross country team on pages 4-6.



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# Congratulations to the LHS girls' tennis team on a great season!

## Girls' tennis team earns first section championship

By Mavis Fodness

The Luverne High School girls' 2022 tennis season took many turns before the team cemented their place in school history. They are the first girls' tennis team to win a section championship and earn the right to represent Section 3A in the Minnesota State High School League tennis tournament.

The team started the season red hot with seven straight wins before suffering their first loss to Fairmont in a close 3-4 match.

Fourth-year coach Jon Beers regularly moved players around in the team lineup, all in preparation for the section tournament. He knew the loss wouldn't deter the team's goal of becoming section champions. "The girls will learn from this and will only get better," Beers said.

And play better they did. The team ended the season with a 13-6 win-loss record, amassed a 9-1 record against Section 3A schools, and went 4-3 against other Big South Conference schools.

Luverne's strong doubles play often put the Cardinals on the winning side of numerous 4-3 matches.

At the Oct. 24 pep fest send-off for the girls' tennis team to play the next day at the state tournament, Beers pointed to the team's

early season win at the doubles tournament in Worthington as a precursor to their successful season.

"We also scored more points than any other Luverne team has scored before," he said.

The ability to score points became apparent as Luverne entered the section playoffs.

The team was seeded No. 2 behind conference champions Pipestone Area (who was the only Section 3A school to win a match against the Cardinals).

Luverne opened the quarterfinals against Benson-Kerkhoven-Murdock-Sunburg at home Tuesday, Oct. 4, but rain postponed the match until the following day. Just as the final match was being played, rain returned and postponed its finish. Because the courts were not drying fast enough after the late afternoon rain, the match was moved to Worthington.

"I was a little worried how the girls would do after the rain delay, but we got to Worthington, and Augusta (Papik) and Caitlin (Kindt) finished the match with a great tie-breaker win in the second set to get us the win," Beers said.

Luverne was matched up with Lac Qui Parle in the semi-finals match. A lineup change for the Cardinals brought the match down

Girls' tennis, continued on page 3B

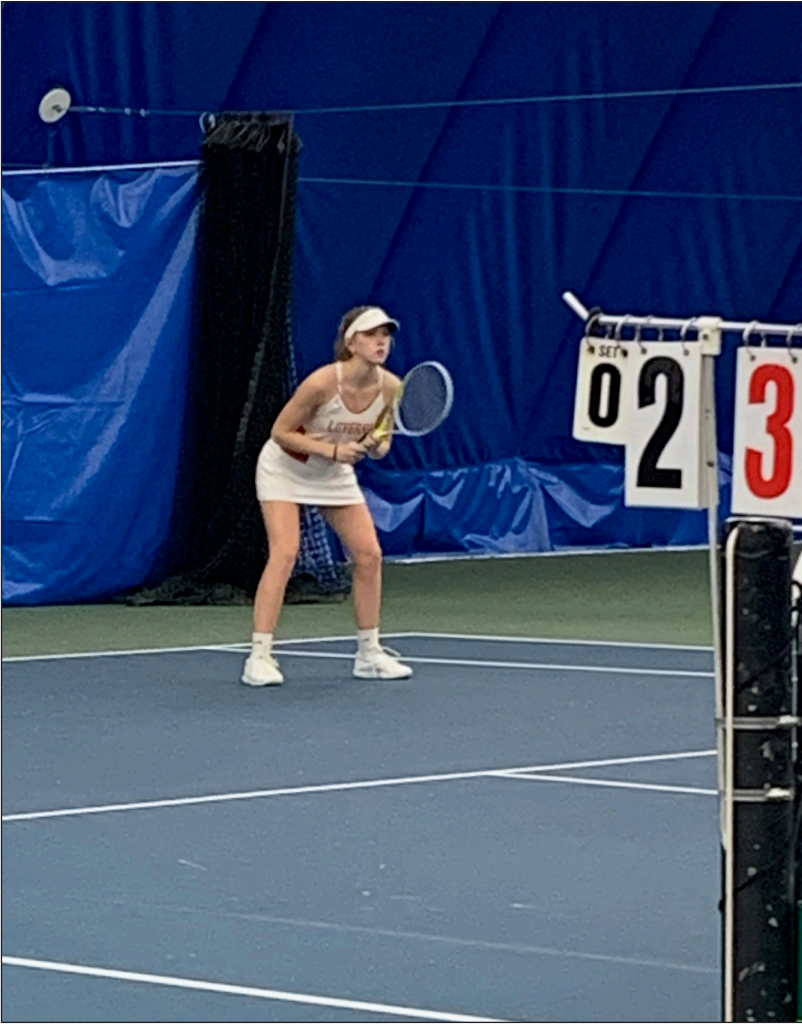


**Top, left:** Caitlin Kindt makes a serve against her No. 3 singles Pine City opponents Tuesday afternoon, Oct. 25, in the consolation round of the state Class A tennis tournament in Minneapolis. With the loss, the Cardinals ended the 2022 season with a 13-6 record.

**At left:** LHS girls' tennis coach Jon Beers (center) gathers team members together at the state Class A tournament Tuesday, Oct. 25, in Minneapolis. Although the team did not win a match at the state level, Beers reminded the team they are the first in LHS history to qualify for the MSHSL event.

**Below:** Junior Cassi Chesley waits for the serve against her Providence Academy opponent with her No. 2 doubles partner, Roselynn Hartshorn (not pictured) in the quarter final round of the Minnesota Class A State Tennis Tournament Tuesday morning, Oct. 25, in Minneapolis.

Contributed photos





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Mavis Fodness photo  
An afternoon pep fest on Oct. 24 celebrated the 13-4 Cardinals, and coach Jon Beers (far left, at podium) congratulated the team that includes (from left) Caitlin Kindt, Emma Nath, Corynn Oye, Augusta Papik, Cassandra Chesley, Morgan Hadler, Rose-lynn Hartshorn, Rayann Remme, Sarah Stegenga, Tori Hemme, Katharine Kelm, Ella Lanoue, Priscilla Muehr, and assistant coach Zoe DeBates.  
“Girls, we are proud of you,” Beers (pictured below) said. “We are going to go up and represent Luverne the best we can, have some fun and hopefully make a lot of good memories.”



Contributed photos  
Sarah Stegenga and Katherine Kelm warm up at the Minnesota State High School League state girls' tennis team championships. The partners played at No. 1 doubles. In the individual section qualifying tournament, the duo was one match away from reaching the individual tournament. **Below:** Rayann Remme battled injury this season before returning for the state tournament, where she played No. 1 singles.

Girls' tennis, from page 2B

again to Caitlin Kindt, who was playing No. 4 singles.  
“She split the first two sets with her opponent and the third set came down to a tie breaker,” Beers said. “Caitlin ended up winning the tie breaker 9-7.”  
The team win put Luverne in the section finals against Pipestone Area. This time the Cardinals came out on top of the 4-3 win, with the final match again coming down to Kindt.  
“I think all the girls had a great day, but Caitlin was the last one on the court with both semis and the finals and was able to win both matches,” Beers said.  
Team members moving on



to state included Katharine Helm, Sarah Stegenga, Rose-lynn Hartshorn, Cassi Chesley, Rayann Remme, Augusta Papik, Caitlin Kindt, Morgan Hadler, Emma Nath, Corynn Oye, Tori Hemme, Priscilla Muehr and Ella Lanoue.  
Earning individual honorable mention Big South Conference honors were Sarah Stegenga, Roselynn Hartshorn and Katharine Helm.  
Coach Beers said their goal to be Section 3A champions was achieved through hard work and perseverance.  
“You never know just how good the other section teams will be each year, but I always felt that if we played our best, we had a really good chance at

making it to state,” he said. “I know the girls are excited for the opportunity to play some of the best teams in the state.”  
Luverne opened state play Oct. 25 against Providence Academy of Plymouth at the Reed-Sweatt Tennis Center on the University of Minnesota Campus in Minneapolis. A 0-7 loss brought the Cardinals to meet Pine City in the consolation round, again dropping a 0-7 decision.  
Beers repeated his pride in the Cardinal girls' tennis team and their 2022 accomplishments.  
“The girls had a great season and should be very proud of everything they accomplished this year,” he said.



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# Congratulation to the boys’ cross country team!

*They’ve reached heights no LHS boys’ cross country team has ever reached before*

By Mavis Fodness

A winning streak developed this fall when the Luverne High School boys’ cross country team earned its first section championship in school history and another trip to the Minnesota State High School League Class A Cross Country Championships in Northfield on Nov. 5.

According to head coach Pete Janiszeski, 2022 was the 25<sup>th</sup> year out of the past 26 years that Luverne has sent at least one person to the state meet.

School history was again made when the boys’ team ran fast enough to reach the state awards podium. They claimed the silver medal and were just three points away from first-place Heritage Christian of Maple Grove.

“This was absolutely an amazing race,” Janiszeski said at the state meet. “We are the best team ever!”

Individually, sophomore Owen Janiszeski placed fifth followed by all-state teammates Ryan Fick and Camden Janiszeski.

“You all ran faster today than you did at sections last week,” Janiszeski said. “We had three individuals in the Top 25 — we’ve never done that before.”

The Luverne boys’ team first made school history Oct. 27 when they won the Section 3A Championship.

At the state meet, Luverne’s runners averaged under 17 minutes in the 5,000-meter race that included 160 runners.

- Luverne’s results included:
- Sophomore Owen Janiszeski, fifth, 16:09.09
  - Junior Ryan Fick, 15<sup>th</sup>, 16:37.87
  - Senior Camden Janiszeski, 25<sup>th</sup>, 16:42.60
  - Sophomore Leif Ingebretsen, 77<sup>th</sup>, 17:27.65
  - Sophomore Sage Viessman, 80<sup>th</sup>, 17:29.65
  - Senior Carsen Tofteland, 95<sup>th</sup>, 17:45.10
  - Sophomore Kaleb Hemme, 134<sup>th</sup>, 18:30.49
- Senior Dylan Ommen and junior Zach Terrio were alternate runners for the state meet.

The second-place finish at the state championships capped off a successful year for the boys’ team.

Janiszeski outlined the season at the team’s send-off at the Nov. 3 pep fest in the middle-high school performing arts center.

“They’ve won the most meets that they’ve ever won. They’re probably the most talented and fastest group that we’ve had, and that testifies to all your hard work,” he said.

As a team, the boys won six meets, including the Big South Conference (also a first in school history) and the Section 3A championship.

Janiszeski was optimistic going into the state meet. “If things go well, we can probably be in the top five, and if we have great races and perform at our very, very best, we have a shot at making it to the podium,” he said.

Last year the boys’ team was the Section 3A runners-up. They finished ninth out of 16 teams at the 2021 state meet.

Opening the 2022 season, Luverne was ranked fourth by the Minnesota Cross Country Coaches Association.

Individually, Camden Janiszeski was ranked eighth and brother Owen was ranked ninth. At last year’s state meet, Camden finished 15<sup>th</sup> and Owen 17<sup>th</sup>.

The week before the state meet, Luverne was still ranked fourth in Class A and Owen moved to sixth

Boys’ cross country, continued on page 5B



Mavis Fodness photos

Owen Janiszeski (No. 1088) paces a group of runners including his brother, Camden (No. 1087) at the Minnesota State High School League cross country championships Nov. 5 in Northfield. It’s the second year the brothers have run together at the state meet, with the first being in 2021. Owen finished the 5,000-meter race in fifth place with Camden finishing in 25th. Below: Ryan Fick (No. 1084) runs easily with a small group of runners. He finished 15th individually in the cool, rainy conditions.





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Mavis Fodness photos

The Luverne boys' cross country team (in white, third from left) prepares to leave the starting line Nov. 5 for the Class A championship at St. Olaf College in Northfield. The team returned for the second consecutive year, finishing ninth as a team last year. This year, the boys made history by becoming the first LHS boys' cross country team to reach the awards podium with a second-place finish out of 16 teams. Three runners— Owen Janiszeski, Ryan Fick and Camden Janiszeski — finished in the Top 25, also a first in LHS history.



Leif Ingebretson (No. 1086) and Sage Viessman (No. 1092) race to finish 77th and 80th respectively helping the Luverne boys' cross country team to a history-making second place Nov. 5 at the MSHSL Class A boys' cross country championships in Northfield. **Below, left:** Senior Carsen Tofteland nears the finish of the 5,000-meter cross country race. **Below, right:** Kaleb Hemme.



Boys' cross country, from page 4B

individually. Camden, who battles anemia, was no longer ranked in the state.

Camden finished 25<sup>th</sup> individually at the state meet.

"It was a little disappointing, especially how hot I started out," Camden, a senior, said. "I was thinking this was going to be the perfect season, but things were out of my control so I am rolling with the punches."

Two mantras were used to motivate the team during the 2022 season, according to team captains Camden Janiszeski and Carsen Tofteland.

Unofficially, the mantra of "M.I.L.L.R." or "Man I Love Running" was used in fun.

"It was something fun we picked up since we started making YouTube videos to document our season," Tofteland said. "It is something we can have a little fun with during the season and lighten up the mood every once in a while."

The official mantra for the 2022 season was "Job's Not Finished."

Janiszeski said he and his teammates embraced "Job's Not Finished" because everyone can get just a little bit better and that their job as athletes is really never finished.

"We set the goal at the beginning of the season to be on the podium or on the top of the podium (at state), so our job was never finished," Janiszeski, a three-time state qualifier, said.

On Nov. 5 the Luverne boys' team had their best day. "We all did our best and had our best day," Tofteland said.

Also, as a team, the boys excelled as students. Both the Luverne girls' and boys' cross country teams earned All-State team academic gold for a team grade point average above 3.75.

Individually, Camden Janiszeski and Jenna DeBates earned individual All-State academic honors.

DeBates, Schmuck represent Luverne girls at state

As the cross country season got underway in October, junior Jenna DeBates was ranked the third-highest individual girl runner in Class A, according to the rankings by the Minnesota Cross Country Coaches Association.

She didn't disappoint coaches as she qualified for the Nov. 5 state championships in Northfield for the fifth-straight year.

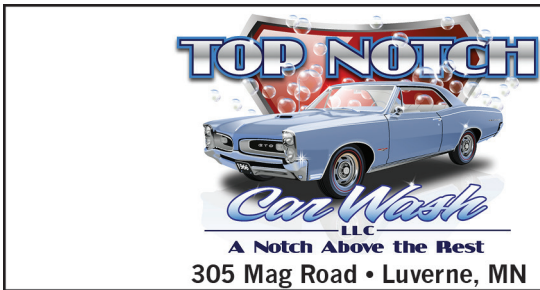
Joining DeBates in Northfield was teammate freshman

Boys' cross country, continued on page 6B



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Boys’ State  
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placed in the top three)

Individually, boys’ team  
members on  
All Conference team:  
Owen Janiszeski,  
Ryan Fick.  
All Conference  
honorable mention:  
Camden Janiszeski  
and Sage Viessman.

Individually, girls’ team  
members on  
All Conference team:  
Jenna DeBates and  
Ella Schmuck.  
All Conference  
honorable mention:  
Grace Ingebretsen  
and Khloe Visker.

LHS’ boys’ cross country team  
set school history in 2022



At the Nov. 5 awards ceremony, the Luverne boys’ cross country team receives their second-place medals from Minnesota State High School League Officials. The boys wear matching T-shirt or sweatshirts with the season’s fun mantra of “M.I.L.R” or Man, I Love Running.” Luverne team members pictured from left include Camden Janiszeski, Owen Janiszeski, Carsen Tofteland, Ryan Fick, Sage Viessman, Kaleb Hemme, Leif Ingebretsen, alternate Zach Terrio, alternate Dylan Ommen, assistant coach Jodi Nelson and head coach Peter Janiszeski. **Above:** Fifth-place medalists Jenna DeBates and Owen Janiszeski.

Mavis Fodness photos



The start finds Ella Schumuck (813) and Jenna DeBates (812) running with other Section 3A individual qualifiers in the Nov. 5 state cross country Class A girls’ race as rain drizzle fell in into Northfield that kept temperatures in the high 30s.

Boys’ cross country, from page 5B

Ella Schmuck.  
Coach Pete Janiszeski asked DeBates at the Nov. 3 pep fest for the cross country program if the fifth time gets any less special.  
She shook her head, “No.”  
“Point being,” Janiszeski said, “they’ve put in a lot of hard work, and any time you qualify for a state competition it’s a tremendous accomplishment of the work they put in.”  
DeBates finished fifth out of 158 runners on the 5,000-meter course. Schmuck finished 47<sup>th</sup>.  
This year’s meet was the first either runner ran without an entire Luverne team beside them. The girls finished third at the section meet and didn’t qualify for the state meet.  
“I don’t think it hit either one of us until we were standing in the starting line and it was just the two of us,” DeBates said.  
Schmuck admitted that she was nervous at the starting line.  
“It was kind of scary,” she said. “I had been there before so I was prepared.”  
The experience will be put to good use next year, according to Coach Janiszeski.  
“That’s what fuels you to grow, improve and get better as a competitor.”

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