

CHANHASSEN CROSS COUNTRY

Back-to-back champions

Six all-conference runners for the Storm

BY ERIC KRAUSHAR
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The 2013 Missota Conference Girls Cross Country Meet didn't feature four-time meet champion Maria Hauger of Shakopee. And without a star like Hauger, competition for the league team title came down to Chanhassen versus themselves.

The Storm, ranked No. 6 in Class AA, had no trouble winning its second straight girls title, outscoring runner-up Chaska by 31 points with a score of 46 at Cedar Lake Farm near New Prague.

The victory was a cakewalk in large part due to the determination of the seven varsity runners Tuesday.

"We talked during our team meeting that we wanted to do it for the three seniors running on the varsity squad that have been contributors all season. And also do it for Emily (Castanias), who is unable to race right now for medical reasons, so that was our driving force," Chanhassen girls coach Anita Woodrow said.

The highlight of the meet, besides the league title, came in the run from senior Kylie Rumble, who finished 10th overall in a time of 15:51. She was third across the finish line for Chanhassen — tying the highest finish of the season.

"Rumble had a day. I kind of talked with her before the race and said, 'This is your day. Be a senior and take charge.' And she did, and it was good because she was able to see that she is able to run up there with the top girls," the coach said.

Chanhassen's top runners



PHOTO BY ERIC KRAUSHAR

Chanhassen senior Kylie Rumble moves into the top 10 to finish as one of four all-conference runners for the league champion Storm girls team.

Anastasia Korzenowski and Grace Loeslie were back-to-back in second and third places, in times of 15:03 and 15:13, respectively. Shakopee's Tess Misgen pulled away from Korzenowski, who hadn't raced in two weeks, over the final 800 meters for a winning time of 14:55.

"We're kind of backing down on Anastasia a little bit right now because she's got a little bit of a medical thing going on right now. We're laying a little low right now with her. She didn't race at Alexandria and that was our call to try and not push it too much. I know she'll be ready

to go at sections. She can see she's making progress in that front end and when it officially counts I don't know that's ever going to give up. She's got that feisty-ness in her to keep going," Woodrow said.

Megan Gossfeld, also a senior, checked in at 11th place in 16:05 for the Storm's fourth all-conference time. Matilda Penner (16:17) in 19th rounded out the team score with senior Brooke Benson (16:48) and Aanya Stensrud (17:04) also in the field for Chanhassen.

In the junior varsity race, the Storm girls captured their fourth straight league victory

led by Jill Wilder in second place. Chanhassen had nine of the top 14 runners in the JV race.

Now the focus shifts to the Section 2AA Meet Oct. 24 at the Buffalo Heights Golf Course in Buffalo. Chanhassen has qualified for the state meet in all four previous seasons. They'll be heavy favorites to qualify for a fifth straight time.

"Same as today," said Woodrow on the goals. "We're doing it for our seniors and we want to have that one last chance for them. We're going to race like it's our last one. We're going to leave everything out there for the day."

SURPRISE TEAM WINNER

The Chanhassen boys cross country team had high hopes for winning its second Missota Conference title in three years on Tuesday. The Storm didn't have a bad race, they just didn't have as good of a race as Shakopee and Red Wing.

The Sabers, who trailed Chanhassen by 69 points in the last time they met Sept. 21 in Apple Valley, won the final league championship with a score of 56. Red Wing, which had also not beaten the Storm this season, outscored by 73 points by Chanhassen at Alexandria Oct. 5, was the Missota runner-up with a score of 64.

Chanhassen edged Chaska 73-76 to complete the top half of the conference standings.

Tyler Kobilarcsik and Grant Magnuson ran all-conference times for the Storm, finishing in sixth and 10th, respectively. Kobilarcsik checked in at 16:52 with Magnuson passing Chaska's Nathan Hewitt over the final meters in 16:58 to make the top 10.

Hunter Elgren, Grant Smith and Neal Smith checked in between 18th and 20th positions. Their times were 17:25, 17:27 and 17:28. Seniors Mark Trautmann (17:35) and Audie Lind (17:42) also competed in the meet.

CHANHASSEN HIGH SCHOOL



PHOTO BY ERIC KRAUSHAR

The Chanhassen tennis team finished second in Section 2AA Oct. 8 at Gustavus Adolphus College in St. Peter. The team graduates four seniors who helped the Storm win 42 matches the past two seasons.

'Heart' is what made team's success

Chanhassen tennis won 21 of 23 matches this season

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Jim Mason has used the word "heart" countless times over the years with this year's senior class. And this year was no different. Twenty-one wins in 23 matches. Forty-two wins in 45 matches over the past two seasons.

One look at the record and some may think it was easy. But it was only easy at times because of the dedication of the girls in practice and the "heart" of champions come match time.

"The girls on our team have a ton of heart and played like it all year long. They have nothing to be ashamed of. They should hold their heads high because they are outstanding students, people and ambassadors of Chanhassen High School and the community!" Mason, the team's head coach, said.

Six seniors were on the varsity roster for the Storm this season, with four — Brooke Lapinski, Julia Galler, Megan Huggett, and Sydney Lorentzson — combining for a 143-34 match record over the past two seasons.

Lapinski led the senior class with a 42-7 mark in her junior and senior years.

"When I think of one word for each of them I think of the following, said Mason.

Sydney: 'Gamer' — she played hurt the majority of her high school career and never complained and never wanted to be taken out of the lineup.

Julia: 'Passion' — whether in practice or matches she always plays with passion.

Brooke: 'Bulldog' — she has that mentality on the court. She would literally run through a brick wall to win a point or a match.

Megan: 'Heart' — there is no other word for her. Both on and off the court she has a big heart. She is the pulse of our team."

TOUGH FINISH TO SEASON

Four days after beating Bella Lambert of Minnetonka in straight sets in the section team finals, second-ranked Hayley Haakenstad of Chanhassen lost for just the second time this season in the Section 2AA North Individual Tournament, falling 6-2, 2-6, 6-3.

Haakenstad, the Class AA consolation champion at state the past three seasons, including on the singles side in 2012, finishes the season with a 22-2 record.

Chanhassen, the team runner-up in Section 2AA, did not send any individuals to the final four Tuesday at Gustavus Adolphus College.

Haakenstad, seeded second in the North sub-section, won all 12 games in the second round over McKenzie Gill of Orono.

Reilly Pogue went 1-1 on the singles side with a win over Sam Lee of Eden Prairie 6-0, 6-2 before dropping a 6-0, 6-0 decision to eighth-ranked and No. 1 seed Zoe Lindbloom of Orono.

Lapinski and Lydia Passolt reached the elite eight with a pair of three-set victories. The Chanhassen duo defeated Maddie Parrot and Tori Palm of Orono (5-7, 6-1, 6-1) and Sophie Farmer and Abby Martens of Eden Prairie (5-7, 6-4, 6-1).

Minnetonka's Bri Smith and Theresa Tebon, the top seed on the doubles side, knocked out the Storm's top team 6-4, 6-3 in the third round, one match short of the section final four.

Huggett and Laura Taylor won its first match over Ellie Botzet and Whitney Nyholm of

Buffalo 6-2, 6-3, but in a rematch with Abigail Steiger and Jeanne Kregness of Minnetonka, they were ousted 6-4, 6-0. Kregness and Steiger beat Taylor and Huggett in the team championship round 6-4, 6-4.

SWIM/DIVE

Chanhassen won six of 11 swimming events, placing third overall at the five-team Section 2AA True Team Meet at Hidden Oaks Middle School Saturday in Prior Lake.

The host Lakers edged Lakeville North 826 to 750 1/2 for first-place in the section. Chanhassen was third overall with 685 1/2 points followed by Lakeville South (553) and Apple Valley (316).

Junior Kaia Grobe won four events, including individual victories in dominant fashion in the 50- and 100-yard freestyle. She won by more than two seconds in the 50 (23.66) and more than three seconds in the 100 (51.04).

Grobe, Zoe Avestruz, Bridgette Grobe and Kylie Dahlgren also swam away from the competition in the opening event, scoring a five-second victory in the 200-yard medley relay in a season-best time of 1:46.45. Avestruz's opening backstroke leg of 25.95 was more than four-tenths of a second faster than any swimmer at state in the event.

Avestruz, Kaia Grobe, Dahlgren and Shelby Holmes were also victorious in the 400-yard freestyle relay in 3:32.48 — 10 seconds faster than second-place Lakeville North.

Other winners were Bridgette Grobe in the 100-yard breaststroke in 1:08.18 with Avestruz taking the 100-yard backstroke in 55.96 — a staggering seven seconds faster than any other event competitor.

Chanhassen also had three individual runner-up times with Avestruz second in the 100-yard butterfly — her first defeat of the season — in 58.42. Dahlgren was second in the 200 individual medley (2:09.66) with Holmes hitting the wall in 1:58.40 in the 200-yard freestyle.

Other top finishes came from Dahlgren (third, 5:15.06), Holmes (fourth, 5:19.45) and Maria Currie (sixth, 5:31.58) in the 500-yard freestyle, Megan Davidson in the 50 freestyle (fourth, 26.60) and second in the 200-yard freestyle relay in 1:43.22. Relay members were Bridgette Grobe, Nicole Bogenreif, Davidson, and Holmes.

Emily Baker was seventh in diving with an 11-dive score of 230.65. Rachel Grausam was ninth overall with a mark of 229.20.

Chanhassen next competes at the Missota Conference Meet at Shakopee Junior High Oct. 26 at 10 a.m. for diving and 1 p.m. for swimming.

The Storm also broke four pool records at Twin Bluffs Middle School Oct. 10 in Red Wing, winning the final dual of the season 97-78.

Avestruz, Bridgette Grobe, Kaia Grobe and Holmes captured the 200 medley relay opening race, eclipsing the previous pool record by two seconds in 1:50.31. Dahlgren combined with Avestruz, Kaia Grobe and Holmes to set a new mark in the 200 freestyle race in 1:38.96.

Avestruz also captured a new all-time best in Red Wing in the 100 backstroke in 57.55. Kaia Grobe, Avestruz, Dahlgren and Holmes set the fourth new pool record in 3:36.26.

Bridgette Grobe won her second straight diving title, scoring 177.85 to tie for first place with Red Wing senior Lydia Miller.

Other top times came from Jackie Shroyer in the 200 freestyle (2:09.56) and Anika Abrahamson in the 500 freestyle (5:50.71).

CHANHASSEN VOLLEYBALL

Hitting the peak at the right time

Chanhassen's Danielle Gitzen has transformed into an elite hitter

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Every team's goal is to peak at the right time of the season (Hint, it's the end). For Chanhassen, once owning a 2-6 record early in September, the rollercoaster ride the Storm are on has been heading upward since then, heading toward the big payoff.

On Saturday at the October Classic at Apple Valley High School, Chanhassen took that final climb toward the top, defeating previously undefeated Osseo in the championship match for the team's second team title in three tournaments this season.

The Storm also beat Minnetonka, Class A's top-ranked team at the time, in the second round of play Oct. 11.

"In a couple of the games we started a bit rocky, but we'd call a time-out and get settled, and we'd come back out and be on fire. Someone would do something big and that would pump the rest of us up, and get the momentum on our side," said Storm junior Danielle Gitzen.

After losing to seven of eight ranked teams to start the season — the lone win coming over No. 8 Delano in the Chanhassen Invitational finals — the Storm beat two teams in the top 10 over the weekend.

The final victory over Osseo ended a 21-match winning streak for the Orioles, which had surrendered just four total games all season. Game scores were 20-25, 25-19 and 15-12.

Gitzen led Chanhassen with 21 kills and 14 digs in the victory. For the four matches, she had 60 kills, five aces, two solo blocks, and 30 digs.

The Storm also beat Zumbrota-Mazeppa (25-14, 26-24), Minnetonka (20-25, 25-18, 15-9) and host Apple Valley (25-23, 25-22) in the tournament.

Weekend leaders included Anna Zahn (41 kills, four aces, 34 digs), Madison Entinger (60 assists, three aces), Sarah Hess (61 assists, four aces), and Taylor Soine (48 digs, four aces).

Chanhassen enters the playoffs having won 15 of the last 20 matches.

"At the beginning, we played tough teams you could say, and we weren't able to pull out the win, but I think it was good for us to have that tough competition so we could see what it was going to take to beat teams like that. We've worked hard since then and come together as a team and bonded better. We've been able to pull out more wins because of that I think," Gitzen said.

Chanhassen ended the regular season with a 3-0 loss (25-19, 25-15, 25-19) Monday at third-ranked Lakeville North and a sweep at Red Wing on Tuesday. The Storm finished the Missota Conference schedule with a 6-1 record for second place behind Chaska.

GROWTH IN HER GAME

Gitzen, who entered the week with season totals of 407 kills, 24 aces, 285 digs and 10 solo blocks, has come a long ways in two seasons on the court.

Her big break came as a freshman, entering a match against Shakopee, the two teams playing for the Missota Conference championship, late in the contest. She came up with the game-clinching point to secure a 3-2 victory and the first of two consecutive titles for the Storm.

The roles have changed a bit since then.

"Freshman year, that first game, adrenaline was definitely pumping. I was definitely nervous. Now I feel like I'm more comfortable on the court with the experience. Then I was looking toward Julianne (Blomberg) to be solid and calm me down, and now I hope the younger players with less experience can look to me to be that person that can calm them down and show them the way in those intense situations," Gitzen said.



PHOTO BY ERIC KRAUSHAR

Chanhassen libero Taylor Soine receives a serve with teammates Danielle Gitzen (2) and Anna Zahn with the back-up in the Storm's semifinal victory over Apple Valley Saturday in the October Classic.

An all-conference selection in 2012, Gitzen is a more complete player this season, giving Chanhassen a go-to player. Eight times this season she has eclipsed 20 kills for the match with a career-high 30 at Eden Prairie.

This past summer, playing for the top 16s team at Northern Lights Club Volleyball, she took that stride to elite player.

"A lot of the time for AAUs we're playing in big tournaments and it's intense and you have to play to your best. And this season has helped me a lot, too, playing against a lot of great competition. It helps you prepare for those intense situations," Gitzen said.

SHAKOPEE NO MATCH FOR STORM

Chanhassen celebrated five seniors in a 3-0 win over Shakopee Oct. 10. Game scores were 25-21, 25-20 and 25-18.

The Storm's senior class of Hess, Entinger, Anna Lisignoli, Quinn Kinsella, and Jenna Kirkbride accomplished back-to-back conference titles in 2011 and 2012.

Chanhassen got 19 set assists, 11 digs and two aces from Entinger. Hess finished with 14 assists and an ace

Eric's Mock Volleyball Seeds

In my opinion, here is how I would seed Section 2AAA volleyball going into the week. There are six teams in the section with 20-plus victories.

Top Four Seeds (all received first-round byes)

Chaska (20-1), Prior Lake (23-4), Delano (24-3), Buffalo (22-3)

Next Four Seeds (would host first-round matches)

Waconia (20-6), Chanhassen (16-9), Mankato West (25-2), Shakopee (8-18)

Bottom Four Seeds (would travel in first-round matches)

New Prague (15-12), Willmar (11-12-1), Hutchinson (10-14), Mankato East (11-14-1)

with Kinsella leading the Storm's serving attack with three aces. Kirkbride and Lisignoli added three and two kills, respectively.

Other leaders for the Storm were Gitzen with 13 kills and 13 digs and Soine with a team-high 20 digs.