INDUALGEANDONS

The first WIAA State Cross Country meet was held in 1975 in Wausau with boys and girls competing at the same tournament site. The meet has been at the Ridges Golf Course Wisconsin Rapids since 1988.

The girls ran a 3,200-meter race until 1993, 4,000-meter race up until 2014, when the current 5 kilometers distance was set. Cross Country is a challenging discipline with varying weather conditions and a variety of terrain. Courses are full of surprise bottlenecks, sharp turns and confusing forest turnoffs.

AMHERST

Sulla Pulli Alissa Niggemann 2015

PACELLI

Dawn Suchon

Dena Edgerton 1982, 1983

ROSHOLT

Jessie Bushman

Tami Scott 2001

SPASH

Suzy Favor 1982, 1983, 1984, 1985

Portage County girls have won 11 State **Cross Country individual titles (6 girls).** Suzy Favor of SPASH has won the state title 4 years in a row. To date,

only 2 girls have accomplished this feat.



ALISSA NIGGEMANN

In the 2021 academic year, how many high schools in Wisconsin had cross country teams?



State-bound runners

push each other to excel

SUZY FAVOR

| By JIM KRUEGER JUNCAU AND A STANDARD | ished where we did in the team stand- | planned worked almost to perfection. "The first mile I was going to stay with the leaders and after that take off and go ahead," she said. "I passed them at about 3/4 of a mile. It changed a little from the way I had wanted it to. "Lori Wolter was one of the leaders at the front and that's all I remember. Lori gave me the most trouble in the beginning but after that there wasn't really anyone. Mary (Hartzheim) and I kind of ran together. I started to break away from most of the other runners at about the mile mark." Favor finished first over Hartzheim by a 21-second margin. She is glad the state meet is over. "It feels good to win the third one," Favor said. "I'm relieved that the pressure of it is over. Now I'm going to try to make it to the | cross country career with an excellent performance," said Olson. "She did a good job finishing in the top 20, against the top talent in the state. She ran tough the whole way and didn't lose |
|--|---------------------------------------|---|--|
|--|---------------------------------------|---|--|



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|---|---|--|---|---|
| Jacey Zembal ral Wisconsin Sunday VISCONSIN RAPIDS — Ever se fifth grade, Rosholt's Tami tt has dreamed of winning a AA cross country champi- nip. cott finished close last year n a third-place finish, but on urday she left no doubt. cott ran 15:13 to win the rision 3 championship at ges Golf Course. 've wanted to win cross coun- for the longest time," said tt, who is interested in run- g at Wisconsin or Minnesota. e won a title in track but it's the same. This is what I've n running for." cott was out in front from the ton the 4,000-meter race. I only worry about myself en I run," she said. "I know I a physically ready today, but if a fall apart mentally, then rything falls apart." osholt coach Mike ebiatowski said he was disap- neted with the fifth-place team we but is glad that Scott won. | WIAA Division 3 Girls Cross Country "It's good that she got a state championship," Trzebiatowski said. "That was one of the goals she wanted to get. She's had a little cold this week. She wanted to run faster. There was some girls that were closer to her that shouldn't have been." Rounding out the top five were Tasha Utzig of Boscobel (15:18), Brittany Dick of Amherst (15:23), Aubrey Wesely of Pittsville (15:24) and Angie Bauer of Cochrane-Fountain City (15:28). Wesely changed her running attire and it helped tremendously. "I've had to run with a knee brace, and sometimes a ankle brace all season long." Wesely said. "I had a tendon and a knee cap problem. Today, I let the knee brace go and let it fly." Like Scott, Wesely had a dream—getting a medal at state. "This was the best race of my life," said Wesely, who ran 1:02 | faster than her sectional time. "It's an awesome feeling. Thanks to coach Piotrowski, I go to finish my dream." Dick, a sophomore, never expected a top-five finish. "I was going for top 20. I'm very surprised," Dick said. "I tried to stay in the second pack, and make up ground on the hills and after the hills. It's a good feeling." In team scores, Fennimore finished with 72 points to edge Boscobel by 12 points, Edgar finished ninth and Spencer 14th. Edgar coach Dan Parlier was hoping for a top-five finish. He said the runners had to crack 17 minutes, which freshmen Katie Wirkus and Rachel Wiese achieved. "I don't think we got a real good start as a group," Parlier said. "It was a little bit of a struggle after the first 800 meters. We had to move hard to get where we needed to go and lost some energy. "We'll be back next year." Other runners of note included Whitney Weiler of Auburndale (28th), Wirkus of Edgar (33th), | Nicki DeVries of Marshfield Columbus (34th), Hannah Dieringer of Spencer (54th) and Mollie Bauman of Marshfield Columbus (55th). "I wished I could have gone a little faster, but I tried my hardest," said Wirkus, the freshman. "I know it was my first time but I have the next three years to do better." DeVries ran a personal best time. "She had given it all she could," Dons coach Mike Bauman said. "She left it all on the course and even collapsed at the finish line." "I was really happy with my run and glad I gave it my all," DeVries said. "It was my first time at state and I just wanted to go out and get my personal best and I did. I know how far I can push myself now." Dieringer was shocked that 132 runners competed. "When you see all those people pass, you think you are so far behind," she said. "It's great competition but hard to keep concentrated." | CW Sunday photo by Casey Lake Rosholt's Tami Scott (389) finished first Saturday during the WIAA Division 3 Girls State Cross Country meet at The Ridges Golf Course in Wisconsin Rapids. |





TAMI SCOTT

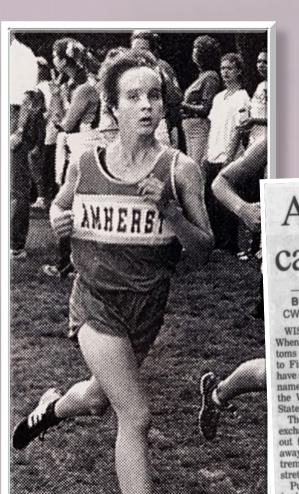
JESSIE BUSHMAN

| ľ | Hornets' | Bushman | wins | title |
|---|--|--|---------------|-------|
| | By SCOTT WILLIAMS of the Journal WISCONSIN RAPIDS — Jessie Bushman's list of accomplishments on the track are well documented. She is a seven-time state champion in the sprints with a year left to add to those impressive credentials. But success on the cross country scene hasn't come nearly as easily to the Rosholt senior, who used the sport as a training tool for the indoor and outdoor track seasons. That all changed on Saturday, though, as Bushman surprised even herself by winning the WIAA Division 3 state championship going away at The Ridges Golf Course. Bushman pulled away from defend- | Rosholt finished in a tie for second- place with New Glarus with 69 points. But the Glarner Knights were award- ed the second-place trophy as a result of a higher finish for their sixth run- ner. Albany captured its third straight Division 3 team championship with 54 points. Joining Bushman in the top five for the Hornets was senior Doreen Carter, who finished fifth overall with a time of 13:05. Additional points came from Jessica Omernik, who finished 14th in the team competition (19th overall) in 13:47, and Heidi Birling 33rd (42nd) in 14:31. Rounding out the Rosholt varsity were Jessica Wanta 45th (55th) in 15:37 and Rene Mancel S2nd (62nd) in | MSBOLT BOANTS | |



DAWN SUCHON





SULLA **PULLI**

Amherst's Pulli captures D3 title

have something to declare — held in Wisc namely, a gold medal from The Ridges

INDIVIDUAL GRANDIONS

The WIAA began hosting State **Gymnastics tournament in 1971, before** the Title IX legislation was passed. The initial meet was held at Eau Claire Memorial with one division. Since 1982, the state meet has been held at Wisconsin Rapids Lincoln with two divisions.

SPASH

Kimberly Barden

2000 State Champion, Balance Beam

23 State Team Appearances 1982, 1983, 1984, 1985, 1986, 1987 - 3rd, 1988, 1994, 1999, 2002, 2003, 2005, 2007, 2008, 2009, 2010, 2011, 2012, 2014, 2015,

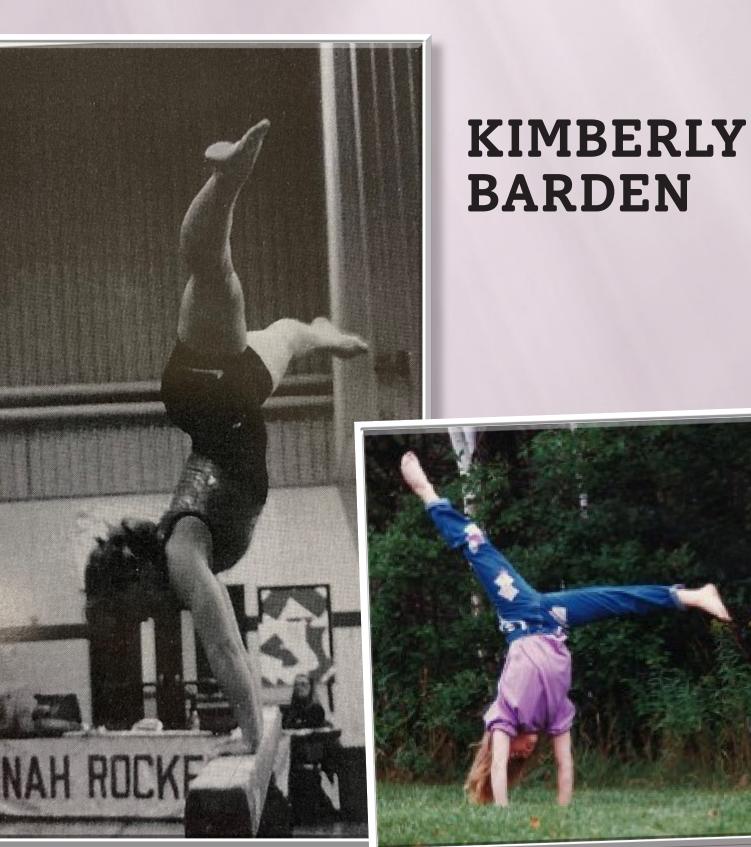
2016, 2017, 2021

S

How many individual all-around Olympic gold medals have been won by United States women?

SPASH and Pacelli are the only schools in Portage County who have had gymnastics programs. Pacelli had a gymnastics team from 1975 through 1984, competing through WISAA. There has been only one individual event champion from SPASH, however, on a team level, SPASH has qualified for 23 times and placed 3rd in 1987.

Athletes compete in four events for individual champion; balance beam, floor exercise, uneven parallel bars and vault. Team champions are determined by totaling the scores for each team member for each event.



Kimberly Barden, SPASH **Balance Beam State Champion, Division 1, 2000**

1976 Pacelli Gymnastics team



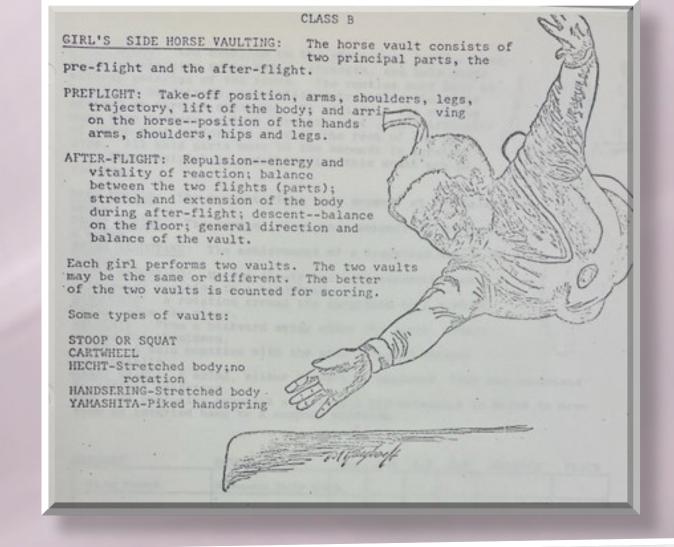
Barden wins state title on the beam

WISCONSIN RAPIDS - Stevens Point Area Senior High senior Kim Barden closed out her prep gymnastics career by winning the Division 1 state title on the balance beam at the WIAA State Gymnastics Meet at Lincoln High School. Barden won the event

with a score of 9.383. The second place finisher, Michelle Fritsch of Sheboygan South/North had a score of 9.267. "Kimberly was very

deserving of winning this title," said SPASH coach Mary Olszewski. "She had a clean routine and a routine with a lot of difficulty and went through it without any major wob-

SPASH's other competitor, senior Tracy Knippel finished 14th in the floor exercises.



SPASH gymnasts net best state finish uation with Pionek, Picconatto and Kari and Tracy Shuda returning.

Point Area Senior High's girls gym- uneven bars and vault." nastics team capped off another suc- The Panthers were the top team in cessful season by posting its highest floor exercise with a 26.867 total, folcessful season by posting its ingless lowed by Madison West with 26.833 irriay.

In the cessful season by posting its ingless lowed by Madison West with 26.833 irriay. The Panther gymnasts finished a Mary Picconatto led SPASH in the Brookfield Central in team competi-tion at the Lincoln High Fieldhouse 8.9. Shari Warner scored 7.967. Piccoand placed three girls in the individu-West won the Class A crown with "Going last as a team in floor exer-113.4667 points, followed by Brookfield cise really helped the team's score," central with 112.5333 and the Panthers said Calboun. "Floor turned out to be Whitefish Bay was fourth with a Madison West was tops in balance

Kimberly Barden, age 7

110.4 score, followed by La Crosse
Central with 110.2167, Kimberly-Kaukauna 107.6867, Kenosha Bradford
Brookfield Central 25.1. 104.6583, Salem 103.1667, Neenah Shuda led the Panthers with an 8.8 102.7083 and Hudson 96.8583. score, followed by Jolie Hettler with The third place finish was the best 8.467, Pionek 8.033 and Warner 7.867. ever at state for SPASH, which was Shuda and Hettler advanced to the instuck in sixth place the last few years. dividual finals while Pionek took 17th.

son. The team worked hard together

La Crosse Central was tops in vault with a 26.8 score. Brookfield Central scored 26.067 and the Panthers 24.9. Pionek led SPASH with an 8.5 score, followed by Picconatto with 8.3, Warnstrong third behind Madison West and event with a 9.0 score, followed by Re- er 8.1 and Kim Wnuk 8.067. Pionek took 20th and Picconatto 22nd. natto placed ninth among individuals and Pionek 11th. first in the state meet is a definite disadvantage. Our scores weren't that high on vault, however the girls came back very strong on bars, beam and our best event of the day." floor, which was a good sign." Pionek rounded out the Panther scoring with an 8.475 score in all-

Warner scored 8.0417. In individual finals, Picconatto tied for sixth in bars (8.63), Hettler was seventh in balance beam (7.93) and Kari Shuda eighth in balance beam "We simply had a great day," said
SPASH Coach Dean Calhoun. "Placing with a 26.7 score, followed by Brook-third at state has been our goal ever third at state has been our goal ever third at state has been our goal ever the coach Dean Calhoun."

West also took first in uneven bars with a 26.7 score, followed by Brook-field Central with 25.9 and SPASH and were able to qualify for finals in balsince the first day of practice this sea- La Crosse Central with 25.433. said Calhoun. "That was frosting on Picconatto paced the Panthers with an 8.6 effort, followed by Tracy Shuda the cake for us." "We had a great team effort in all with 8.433, Pionek 8.4 and Warner The Panthers figure to make anoth- the bars and sharing the vault and

Runner-up Brookfield Central was led by Danielle Gothier, who earned a "We had to compete first as a team 9.1 and placed second on the floor exon vault," said Calhoun, "and going ercise. Lyndi Hahn of Brookfield Central won the vault title with a 9.333 score. Second place went to Tammy Wuensch of La Crosse Logan, who shared first place on the balance Gabrielle Maharias of La Crosse Central placed in all four events, capping her performance with a chamonship on the uneven parallel bars.

scores in three events.

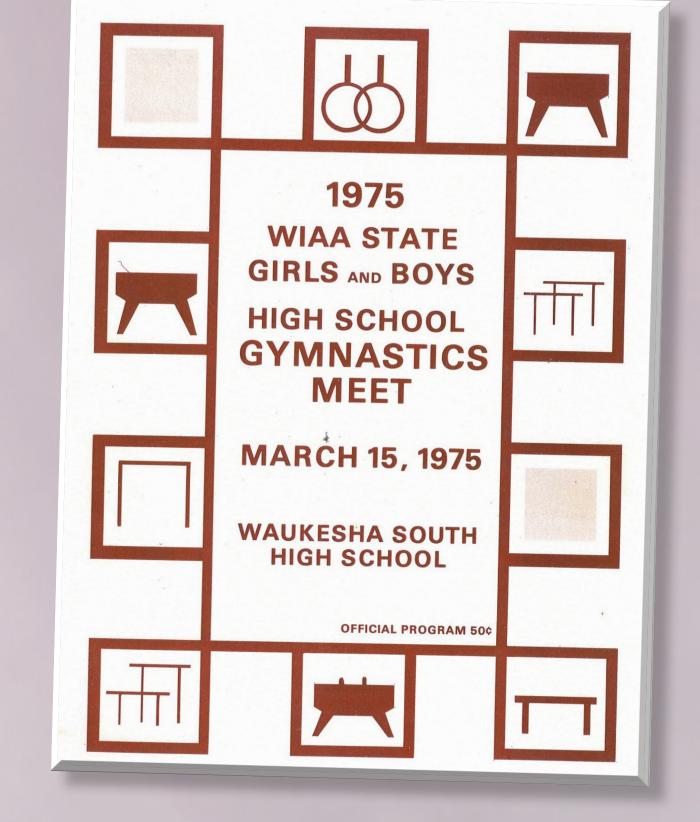
In Class B, De Pere emerged the victor with 103.7417 points. Mount Horance beam and Mary in uneven bars," eb was second with 102.700. Jill Gabrielson of New Richmond

performance to win the Class A team

title. The Regents had no individual

champions but posted the top overall

Stevens Point Journal, March 16, 1987





YMCA GYMNASTS who won medals in recent state competition included (from left) Kelly Rogers, Krista Wright, Tiffany Barden and Sara Derbick.

YMCA gymnasts do well at state

The three Stevens Point YMCA girls gymnastics teams made strong show-The top-level Optionals Team finished fourth among the 12-team field in Neenah with 118.55 points. Tiffany Barden finished second in

the all-around in the 11-and-under division with a score of 31.1. She was secand in the balance beam (7.1), floor exercise (8.6) and unever bars (7.55) and added a third in the vault (7.55). Kristin Wright also had a third, a 7.25 on the bars, in the 11-and-under

Kimberly Mence, in the 12-and-older division, captured a sixth place in the floor exercise with an 8.4. Team include Katie Siptors. Aimee Glennon, Jeanne Ordens, Keily Gro-Nolski, Andi Burling, Heather Weinbeuer, Meredith Wolensky and Erin Curless. The Optionals coach is Bon-Team III finished fifth at state, scoring 124.25 in the 16-team field at

balance beam competition by posting an 8.6. She was just .05 points away from winning the floor exercise, scoring a 9.0 for second. She also finished eighth on the uneven bars (7.9) and was sixth in the all-around competi-Natasha Wick, competing in the jun-

ior division, finished fifth on the uneven bars (8.55) and sixth on the balance beam (7.85) to capture ninth all-Jo Picconatto added a sixth place finish for Team III, scoring 8.1 on the

Other members of Team III are Aimee Wright, Kelly Rychter, Jackie Viertel, Kimberly Tesch, Julianna Osborne, Kelly Olson, Tanion Houlihan, Heidi Miller, Rachel Schoessow and Katie Trachte. They are coached by Audrey Schmeeckle and Dawn The beginning level Team IV placed sixth out of 17 teams in the state meet

finished second on the uneven bars with a score of 8.1 and Tara Derbick took a seventh in the floor exercise

enth place finishes, on the uneven bars (7.5) and vault (8.1) to finish with an all-around score of 30.15 for Dawn Pawlitzke was sixth in the

Nicole Wolensky had a pair of sev-

vault (8.15) and ninth in the floor exercise (8.0) in the 11-12 division while Tiffany Wallner took fifth and Reannon Smith ninth on the balance beam with respective scores of 7.8 and 7.45.

Other members of Team IV, coached by Tina Verhyen, Chris Barden and Jill Koci, included Gretchen Marx, Margaret Domka, Gail Jurgella, Deb Steinke, Leah Swanson, Kelly Wright, Tracie Derbick, Jaime Carter, Raquel Cramlet, Bridget Konopacki, Jennifer Halderson, Jamie Koch, Gretchen Weingarten and Leigh Whit-

Many girls got their start in gymnastics at the Stevens Point YMCA

at Glendale with 123.9 points.



Panther gymnastics team ready for state

"The order is really the luck of the draw, who goes first where," he said. "I hope we are competing later on in the round because the scores early on fead to be low. I I don't care to go last, either, espe-cially on beam where it's tough psychologically to deal with the long wat. Ten of the 12 Panther individual entries were among the first five finishers at last week's Chippewa Falls Sectional.

"Having 10 of 12 in as individual qualifiers shows their rootines are scoring high and they are execut-1987 3rd Place SPASH Gymnastics Team

Hailey Thompson, a 2011 SPASH graduate, competed in Whitewater Canoe Slalom events nationally and internationally from 2008-2011 but has been playing on the whitewater since age 12. Whitewater canoe involves kneeling with a single bladed paddle navigating a slalom course. In 2010, she was the top ranked women's whitewater canoe paddler in the United States and took **HAILEY THOMPSON**

US Senior Slalom National Team Member

World Cup Semi-Finals 2011 **National Champion 2011** 1st in US. National Team Trials 2011

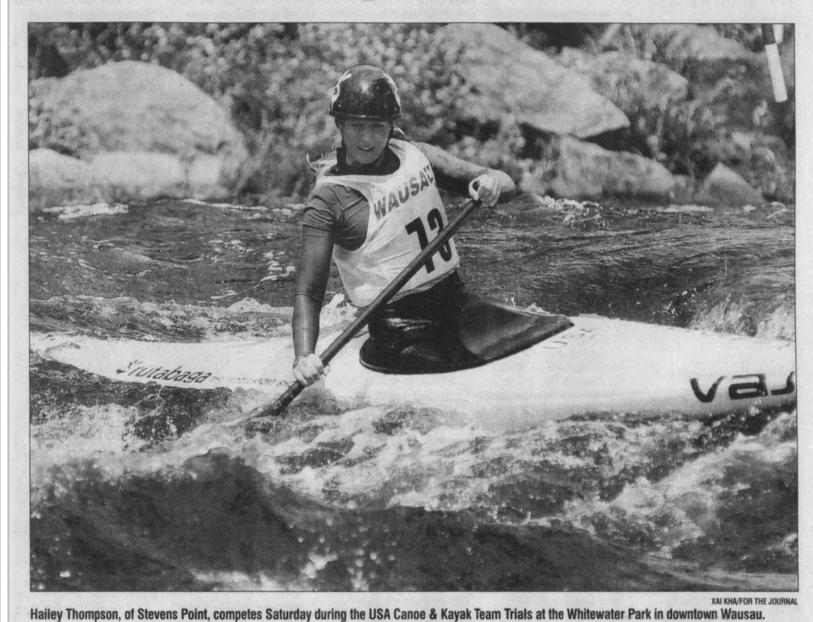
Bronze medal at Junior World Championship 2010 6th Senior World Championship 2010

the bronze medal in IFC Canoe Slalom Junior World Championships in Foix, France, becoming the first American woman in her sport to reach the podium in international competition.

Hailey continues to kayak the whitewater rivers near her home in Anchorage, Alaska as well as around the world, championing the cause of protecting wild riverways and their habitats.

Where did the word canoe come from?

Battling the waves



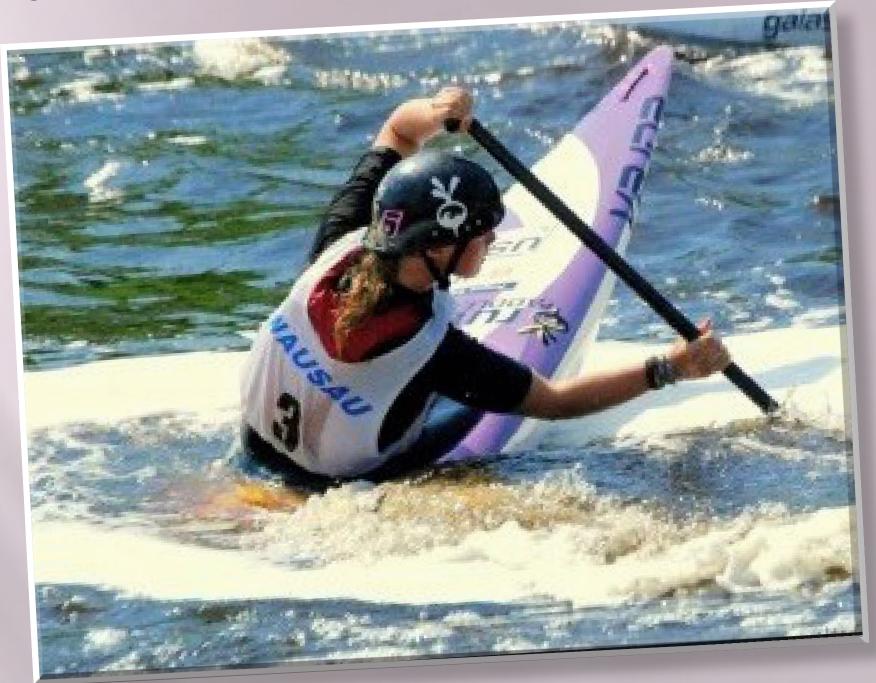
Stevens Point teen makes national canoe, kayak team

| By NICOLE STRITTMATER JOURNAL STAFF For the third straight year, Stevens Point athlete Hailey Thompson | en's whitewater canoeing. She placed first, making her the top ranked pad- dler in the U.S. She also made the junior national team for canoeing and | three different races in Europe. She'll com- pete in a variety of races to determine her International Canoe | Buckley and Michael Thompson, have more than 1,200 signatures on a petition they will send to the International Canoe Federation | she has been the Junior Olympics Overall Champion three times. She won the Junior Olympics freestyle, extreme slalom and boat- |
|---|--|--|---|---|
| has made the USA Canoe | kayaking. | Federation ranking. | and the International | er cross events and has |
| and Kayak National | In 2008 and 2009, she | She also will compete | Olympic Committee. | been the Junior Midwest |
| Slalom Team. | | in the Junior World | Thompson has been | Freestyle Champion. She |
| Thompson, 16, fought | | Championships in | maneuvering through | won the U.S. Open, a |
| against the best white- | canoeing. This is the | France in July. | a whitewater river in | slalom race, in 2009 and |
| water paddlers in the | first year she made the | If this were an Olympic | kayaks and canoes since | 2010, after she took third |
| country to keep her | junior national team for | year, these races would | she was 12. Whitewater | place in 2008. |
| spot on the team dur- | kayaking, said Ashley | help determine who | kayaking involves sitting | She placed second |
| | Knutson, operations | goes to the next games, | | at the Olympic trials |
| | manager for the Wausau | Knutson said. | a double-bladed paddle. | in 2008 and fourth at |
| | Kayak and Canoe | Thompson has her eye | In a canoe, she is kneel- | pre-Worlds in Tacen, |
| through Sunday in | | on the Olympics, but | ing with a single-bladed | Slovenia in 2009. |
| | This summer, | | | Thompson was not |
| | Thompson will compete | an Olympic event. She | | available for comment by |

pete in a variety of on a petition they will She won the Junior

races to determine her send to the International Olympics freestyle, International Canoe Canoe Federation extreme slalom and boat-Federation ranking. and the International er cross events and has Championships in maneuvering through won the U.S. Open, a If this were an Olympic kayaks and canoes since 2010, after she took third year, these races would she was 12. Whitewater place in 2008. help determine who kayaking involves sitting She placed second goes to the next games, down in the kayak with at the Olympic trials Thompson has her eye In a canoe, she is kneel- pre-Worlds in Tacen, on the Olympics, but ing with a single-bladed Slovenia in 2009. e an Olympic event. She In addition to mak- available for comment by national team for wom- in the Senior World Cup and her parents, Jean ing the national teams, press time.

Stevens Point Journal May 2, 2010





11. (John Michael Thompson photo) Portage County Gazette August 13, 2010, photo by John Thompson





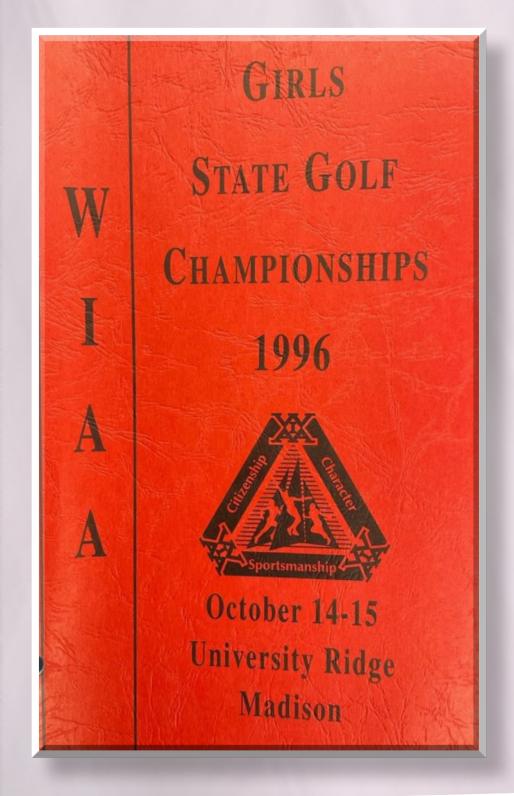
INDIVIDUAL CHAMPIONS

The 1st WIAA girls golf tournament was held in the fall of 1972 at a golf course in the Appleton area with one division but the earliest program in the WIAA archives is from 1996. The current tournament is held at the University Ridge Golf Course near Madison with two divisions.

Although there has been a girls state golf tournament since 1972, SPASH formed its first girls golf team in 2008 and in 2021 Riley Pechinski won the Girls State Championship. Prior to this time, girls were able to play on the boys teams, if they could qualify for the team. Over the years, Pacelli has had girls on the boys golf team. Jesse Thompson qualified as an alternate on the SPASH golf team at the 2003 State tournament. Jennifer Glodowski played the #2 spot on the Amherst team in 2003.



Who holds the record for the most professional golf tour wins?

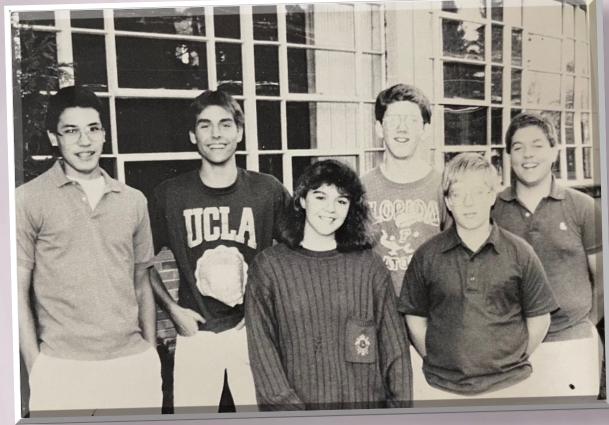




RILEY PECHINSKI

- SPASH WIAA Girls Golf State Champion 2021
- 2022 10th WIAA State Tournament
- WPGA Junior Tour Par 3 Champion Sand Valley 2020, 2021, 2022
- Players Tour 2nd at Blackwolf Run (2022) & 1st at Bullseye Country Club
- Qualified for PGA Junior National Championship
- 2023 Wisconsin Cup Team Member
- Girls Golfer of the Year, Nominee, NEWI (North East Wisconsin) Prep Award show





1987 Pacelli Golf team, Becky Schmidtke





The gender gap Area girls make the grade on boys teams By SCOTT WILLIAMS

Journal staff Any debate in Wisconsin over female golfers playing golf season in the state. SPASH'S JESSE THOMPSON golf season is suppose to be tees off during the final leg of the Wisconsin Valley Tournament reserved for fall. But competitors are takheld at Bulls Eye Country Club ing a double-take while on in Wisconsin Rapids on Friday. the course. Yes, those are Thompson is one of a handful of girls teeing it up with a girls which compete on prep handful of boys golf teams boys golf teams in central in the area, including Wisconsin. Stevens Point Area Senior High, Amherst, Marion and aura Newman/Gannett Wisconsin Photo Manawa. That begs the burning question. "If girls have their own golf season, why are they allowed to compete with the boys?"

Stevens Point Journal 5/24/03, Jesse Thompson



"We wanted to allow girls a chance to play if their school doesn't have a girls golf team," said Tom Shafranski, assistant director of the WIAA. "That is

See GOLF. B2

Hannah Frane, Pacelli, 2015

INDIVIDUAL CHAMPIONS

The Iola Winter Sports Club Nordic ski team was formed in 2001 with team members from Rosholt, Amherst, Iola Scandinavia, Stevens Point and Waupaca. Skiers compete in distance and sprint events individually and as a team in the Wisconsin Nordic Ski League (WNSL) with 400 athletes participating on 33 teams. Team champions are determined by the top 3 finishers for each team.

Skiers can also qualify to compete as part of their regional team at the United States Ski Association Nordic (USAA) Junior Nationals based on points accumulated during a season.



2014 Wisconsin Nordic League State Champion team





2022/2023 IWSC Girls Nordic team

TEAM

State Team Championship
1st 2014, 3rd 2018

INDIVIDUAL WNSL

Emma Barnes
2nd 2014, 5th 2013
Alissa Niggemann
Champion 2015

USAA JUNIOR NATIONALS

Emma Barnes Lily Kraft Alissa Niggemann SPORTS OUIZ When did women start competing in cross country skiing events at the Olympic Games?



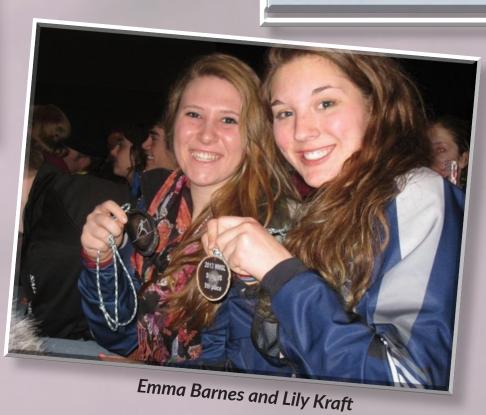
ALISSA NIGGEMANN

EMMA BARNES





LILY KRAFT

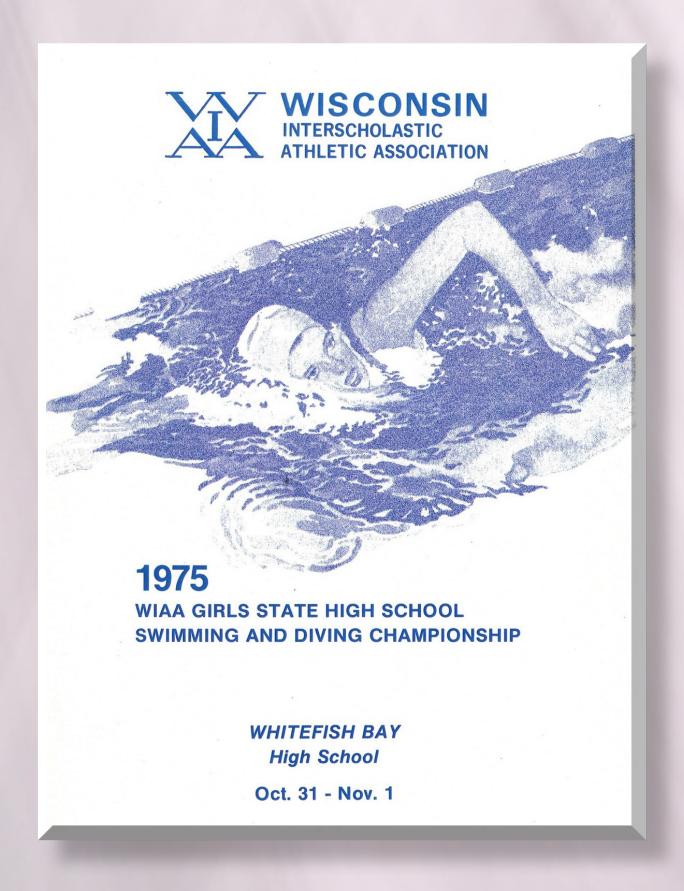


INDIVIDUAL GHAMPIONS

In 1970 the WIAA began sponsoring a tournament program in girls swimming and since 1978 the meet has been held at the UW-Madison Natatorium. There was one division until 1993 when a two-division format was adopted. In addition to diving, swimmers compete in 8 individual events at distances from 50 yards to 500 yards with 4 types of swim strokes butterfly, backstroke, breaststroke and freestyle as well as 3 relay events.

SPASH is the only school in Portage County with a swim program. Although there are no team or individual state champions from Portage County, SPASH girls swim team counts 20 Wisconsin Valley Conference Championships. Natalie Neuwirth had a very successful swim career both at SPASH and in YMCA national competition and went on to compete in college.

Which female has won the most Olympic swimming medals for the United States?





1971 Stevens Point Area YMCA Dolphin Swim team, P.J. Jacobs pool

SPDY swimmers take National Championship in 200 free relay Four area swimmers from the Stevens said. "Not only is this a big deal for those

Point Area YMCA SPDY swim team cap- four girls, but for our YMCA swim team tured a National Title in the 200 free relay as a whole. in the Y Long Course National Champion- Becca Weiland, a 17-year-old from Wisships in College Park, Md., July 26-30.

"It was exciting to be a National Champitime of 28.22 seconds. on at my first National Meet," said Check, Becca Weiland also placed in three more the youngest member of the four-person

"With a small team heading out to a National Meet, we had an amazing meet," time of 1:04.70. said Becca Weiland. "I couldn't have asked for a better ending."

individual events, as well as four relays. round in two events, the 100 free with a The girls also made it to the podium as a time of 1:01.25 and in the 200 free with a team with a third-place finish in the 400 time of 2:12.84. She finished 26th out of 152 free relay in a time of 4:01.07.

emerge not only with a National Title, but Racheal Weiland, who will be a junior at (1:01.90), the 200 free (2:16.00) and the 100 (2:22.73). could capture eighth-place overall out of 48 Lincoln High School in Wisconsin Rapids, breast (1:20.98). "I am very proud of all four girls and all with a 34s-place finish in the 500 breast Meet and competed in the 50 free (29.26), to return to the Y National Championships that they accomplished at the meet," he at 35.93. She also competed in the 100 free the 100 free (1:02.92) and the 200 free in Atlanta, Ga., next summer

NATALIE

NEUWIRTH

consin Rapids, made the championship The team of Janua Check, Becca Wei-finals in all of her individual events. She land, Racheal Weiland and Natalie Neu- was the National Champion in the 50 fly in wirth won the event in a time of 1 minute 2009 and narrowly missed first place this 49.57 seconds. The time was approximate- year against her East Coast rival, Emily ly one second from setting a new National Lloyd. Lloyd fell short of Weiland's 2009 record, while Becca took second with a

> individual events, as she was third in the 50 free with a time of 26.57, sixth in the 100 free at 59.20 and 10th in the 100 fly with a

Natalie Neuwirth, 15, who will be a sophomore at Stevens Point Area Senior High Each swimmer qualified for multiple School, made the finals in the consolation swimmers in the 50 free in 28.12 seconds Coach Eric Demrow said he was and earned a personal best in the 200 inter-

impressed that such a small group could mediate medley with a time of 2:31.81.

The 200 free relay team from the Stevens Point Area YMCA SPDY swim team captured the National Title in that event at the Y Long Course National Championships in College Park, Md., July 26-30. The team won the event in a time of 1 minute 49.57 seconds, about one second short of a new National Record. Team members included, from left, Racheal Weiland, Janna Check, coach Eric Demrow, Natalie Neuwirth and Becca Weiland. (Contributed photo)

improved her times in numerous events, Check participated in her first National high school seasons start but said they want





By Nate Woelfel

For the Journal

Like a growing number of the state a growing number of the state and go and the drop of a dime."

But, the Stevens Point Area Senior High swimming standout likes to keep her training routine

Take to summer. She'll swim in any event.." SPASH coach Ben Hall said. "All of her strokes are fundamentally strong, and she has this natural ability to get up has one unfinished business. She has flirted with the has flirted with the top-three places, and go and the drop of a dime."

The three-time state qualifier has one unfinished business. She has flirted with the top-three places, and go and the drop of a dime."

The three-time state qualifier has one unfinished business. She has flirted with the top-three places, and go and the drop of a dime."

The three-time state qualifier has one unfinished business. She has flirted with the part of the pool practices, she's going above and beyond making sure she does dome dry land exercises, "Hall said." It hink she's already been putting in the extra work outside of the pool practices, she's going above and beyond making sure she does dome dry land exercises, "Hall said." It hink she's already been putting in the extra work outside of the pool practices, she's going above and beyond making sure she does dome dry land exercises, "Hall said." It hink she's already been putting in the extra work outside of the pool practices, she's going above and beyond making sure she does dome dry land exercises, "Hall said." It hink that's already been putting in the extra work outside of the pool practices, she's going above and beyond making sure she does dome dry land exercises, "Hall said." It hink that's already been putting in the extra work outside of the pool practices, she's going above and beyond making sure she does dome dry land exercises, "Hall said." It hink that's already b in one sport.

But, the Stevens Point Area
Senior High swimming standout
likes to keep her training routine
well-rounded.

"I just like to stay like a multihas flirted with the top-three places, taking fourth in the 200 freestyle her freshman and sophomore year, and claiming fifth in the suwirth 50 freestyle a year ago. "I just like to stay like a multisport athlete even though I'm not in other sports," Neuwirth said. "I like to run every day. If I don't get my run in, I don't feel fit for the pool."

Neuwirth, who started swimming competitively when she was 5 years old, still likes to draw from her experiences in other sports, just to keep things fresh.

"I used to be a gymnast for seven years," Neuwirth said. "I want top-three, I really want top-three," Neuwirth said. "Besides that, I want to get my best times and I just want to be setter as a swimmer. I just have to focus on the little things this year that will help me be a better overall swimmer."

The various training methods have made her fit to compete in a wide range of events.

"I want top-three, I really want to be times and I just want to be term as a swimmer. I just have to focus on the little things this year that will help me be a better overall swimmer."

Her coach knows that she has put in the work to help her claim of the reshman and sophomore year, and claiming fifth in the 200 freestyle her freshman and sophomore year, and claiming fifth in the Neuwirth in the 200 freestyle her freshman and sophomore year, and claiming fifth in the Neuwirth said. "You don't have to pusher her. There's a lot of internal motivation going on there."

While improving upon past finishes is a clear priority for Neuwirth, her career likely will continue beyond the high school level. She hopes to swim at the collegiate level, but is unsure of where that goal will take her.

"I'm going to kind of let it come to me. I have no experience with this recruiting stuff," Neuwirth said. "It's a little overwhelming, but it's fun. I'm just going to see where it takes me." Her coach knows that she has put in the work to help her claim one of the elusive top spots.

wirth said. "It's a little overwhelming, but it's fun. I'm just going to see where it takes me."









WIAA DIVISION 1 STATE SWIMMING MEET **Neuwirth, Check** heading back to state



Duo set to swim individual events, relays

"I've been stuck at around fourth and fifth (in the 200 freestyle), so I really want to get higher on the podium. At sectionals, I swam a decent time, so I hope to go faster. We have good competition around VIAA Division 1 State Swimming Meet in Madison. here (central Wisconsin), and I'm going to see good competition there." Then again, putting in a long day's work at the UW Natatorium is **NATALIE NEUWIRTH**

thing new for the Stevens Point nothing new for the Stevens Point
Area Senior High duo.
Check and Neuwirth will each be
making their fourth, and final, appearance at the state meet, and
their coach feels it's only fitting
both cap off their careers on the ulmaking their fourth, and final, appearance at the state meet, and their coach feels it's only fitting both cap off their careers on the ultimate stage.

"It's really exciting to see them work so hard and see it come to fruition as seniors to make it back to the state meet," SPASH coach Ben Hall said. "I'm confident Janna and Natalie are going to swim at a highly competitive level at state."

Neuwirth heads to the state meet looking to climb a couple steps on the podium in both the 200-yard freestyle and the 100 freestyle.

On paper, there are legitimate reasons to believe not only can Neuwirth improve on her previous state results, but perhaps be in contention for a state championship.

That is particularly true in the 200 freestyle where her time of 1 minute, \$1.76 seconds is currently

The fourth fastest in the state—and just 3 seconds off the top qualifier Abby Jagdfeld of Waukesha South Mukwonago.

She is seeded 11th in the 100 free-tyle, so I rely want to get higher on the podium," Neuwirth said. "At section-and fifth (in the 200 freestyle), so I rely want to get higher on the podium," Neuwirth said. "At section-and fifth (in the 200 freestyle and being to leave her mark in the 100 but-teestify, where she holds the the 19th best time coming into the state meet at 59.75 seconds.

"I'd like to see Janna maybe get in the top 10 and get on the podium," Neuwirth said. "At section-and fifth (in the 200 freestyle and being to leave her mark in the 100 but-teestyle for wants in the 100 free-style, so I rely want to get higher on the podium," Neuwirth said. "At section-and fifth (in the 200 freestyle and the polion ground here (central Wisconsin, and I'm going to see good competition at state will bring out the best in the tate—and south beds the blods the tel 19th best time coming into the state meet at 59.75 seconds.

That like to see Janna maybe get in the top 10 and get on the podium," Hall said.

The terminance of the competition, the stronger she strong of the polion ground here (central Wisconsin), and I'm g

SPASH Girls Swim team, 2021 Wisconsin Valley Conference Champion

20th conference championship title

Sports Quiz Answer: Katie Ledecky, 7 Olympic gold medals and 19 World Championship medals.

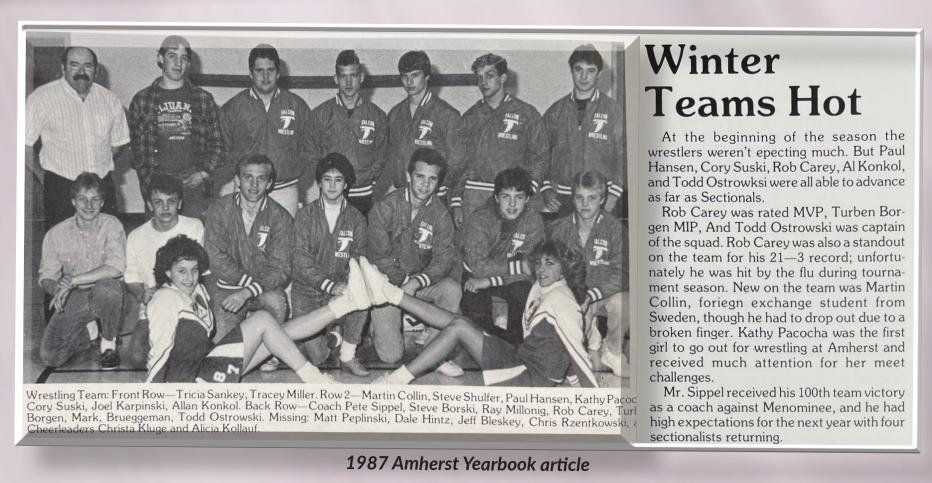
INDIVIDUAL GHAMPIONS

According to the WIAA History archives, girls had competed on boys teams for a number of years before the Board of Control approved the establishment of the State Girls Individual Wrestling Tournament at its meeting on June 24, 2020 to be implemented in 2022. The first-ever State Girls Individual Wrestling Tournament was held on Jan. 29, 2022 in La Crosse with 261 wrestlers in 12 weight classes. Girls are able to continue their participation on boys teams for sectionals and the Boys State Team Tournament if they elect to forego the girls tournament.

Lia Peterson of Amherst competes in the WIAA Girls Wrestling and trains with her fellow male Amherst teammates. Lia follows in the footsteps of another Amherst woman wrestler, Kathy Pacocha.



Amherst Wrestling Team, 2022/2023 - Lia Peterson first row, left



KATHY PACOCHA

Kathy Pacocha of Amherst made Portage County athletic history, becoming the first girl to compete on a boys wrestling team in the 98 pound weight class in 1987. Growing in up a wrestling family, her parents and her coach Pete Sippel supported her athletic dreams.



At the 1987 conference meet as the #8 seed, she took 1st after pinning the #1 seed in the 3rd period. Kathy took 4th at Regionals, becoming one of five wrestlers who ever scored points against 4x state champion wrestler, Matt Hanutke of Pittsville. At the dual meet against Menomonie, she won her match, giving her coach his 100th career win, an extra special moment for Kathy and her coach.

As a female wrestler, she faced many challenges, from using her coach's office as a locker room, to swim suit weigh-ins in the boys locker room in front of teammates, to a referee who cut her hair at the weigh-in, claiming her hair did not meet WIAA standards.



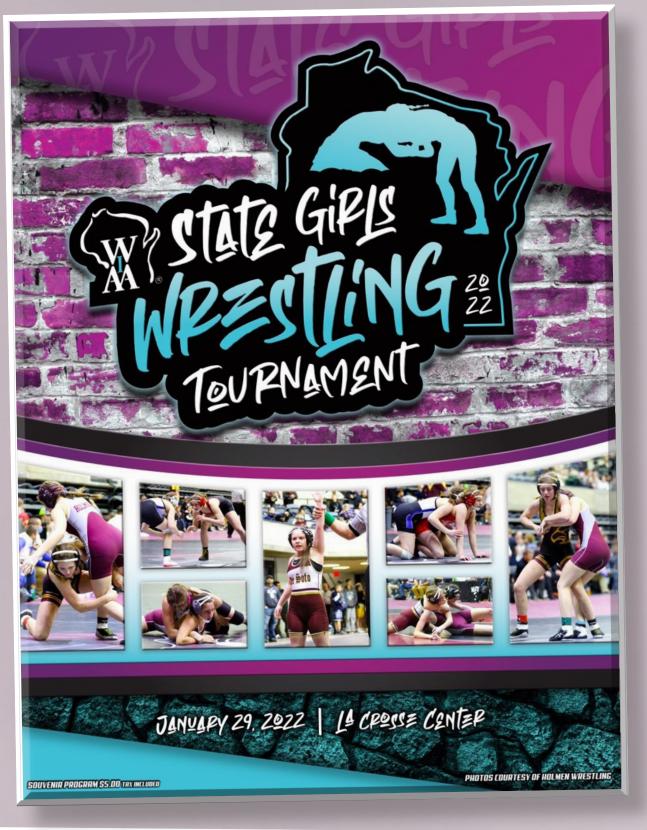


Kathy and her parents



Kathy & Jodie Hein of Manawa, the only other female wrestler in state at the time

What is the wrestling uniform called?



STEVENSPOINTJOURNAL.COM # THURSDAY, SEPTEMBER 12, 2019 Wrestling coaches push for girls division at state

GREENFIELD - The time has com GREENFIELD - The time has come for a girls wrestling state tournament. That is the message the Wisconsin Wrestling Coaches Association is spreading this month. During the first two WIAA area meetings, the WWCA had a statement calling for the WIAA to add a girls division to the state tourna-ment in time for the 2020-21 season. West Allis Hale athletic director Ell Kramsky, acting on behalf of his wrest tling coach, read the statement at the area meeting held at Greenfield Tuesday. The statement read, in part:
"We would like to see the gender-equity for girls who wrestle. Currently, we provide girls an opportunity to win a state title in individual sports like crocountry, swimming, track, golf because it is nearly impossible for them to have a reasonable chance at a title competing cial gatherings where policy is intro-duced. Rather it is a chance for athletic directors to present ideas and discuss pressing topics and an opportunity for the WIAA's executive staff to get a puls High school girls wrestling has increased its presence in Wisconsin the past few seasons. Tournaments around

Milwaukee Reagan's Nayeli Garay, left, and West Allis Central's Josette Kassa were two of the state's top 138-pound

past few seasons. Tournaments around the state have created girls-only divisions and outside of high school competition, the state is home to some nation's top school-age competitors. River Falls mative Macey Kilty, for instance, was named the national girls wrestler of the year by USA TODAY in April.

Most of the high school season, interest of the weekend of the boys team tournament with the finals slated for the time between completion of the semifinals and beginning of the championship duals.

Most of the high school season, interest few weekend of the boys team tournament with the finals slated for the time between completion of the semifinals and beginning of the championship duals.

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Most of the high school season, interest few weekend of the boys team tournament with the finals slated for the time between completion of the semifinals and beginning of the championship duals.

Most of the high school competitions, the state is home to some nation's top school and state weekend of the state tournament for the weekend of the boys team tournament with the finals slated for the time between completion of the semifinals and beginning of the championship duals. Most of the high school season, inscluding the postseason, girls compete in weight divisions against boys.

According to WIAA assistant director Wade Labecki, who handles wrestling for the WIAA, the WWCA plan at this point all five girls to compare with horse shool has contested the postseason of the championship duals.

Labecki and WIAA executive director Dave Anderson questioned how much interest there is for adding a girls division to the state tournament series. An executive director with the collectively or persistently say the degree said no school has contested the collectively or persistently say the degree and no school has contested the collectively or persistently say the first of the championship duals.

WIAA guidelines say that 10% of its schools must sponsor a team in order for but at this point and time we have not interest there is for adding a girls division to the state tournament series. An executive director are the collectively or persistently say the first or competed to the championship duals.

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Stevens Point Journal, September 12, 2019



Kathy and her Amherst teammates



INDIVIDUAL CHAMPIONS

The SPASH Co-ed Mountain Bike team was started in 2014 with members from SPASH, P.J. Jacobs, Ben Franklin, Tomorrow River Charter School, Wisconsin Rapids, Iola and Pacelli. The 2022 team has 54 members (18 girls) and competes in the Wisconsin Interscholastic League.

The athletes compete on a 4 ½ to 5 ½ mile lap course. Depending on the age

group, athletes compete over distances ranging from 9-16 miles. Athletes compete individually at each race and points are also accumulated over the season to determine final season standings. Individual scores are combined to determine team standings at each meet and across the total season.

total season.

2022 SPASH Girls Mountain Bike Team members



Annalisa Jaeger



Clarabella Jaeger







Practice at Standing Rocks

INDIVIDUALS

Abby Dahlseng 2nd JVII 2019

Annalisa Jaeger

JVII State Meet Champion 2022
Season Champion 2022

Clarabella Jaeger 6th JVII State Meet 2022 4th 2022 Season

TEAM

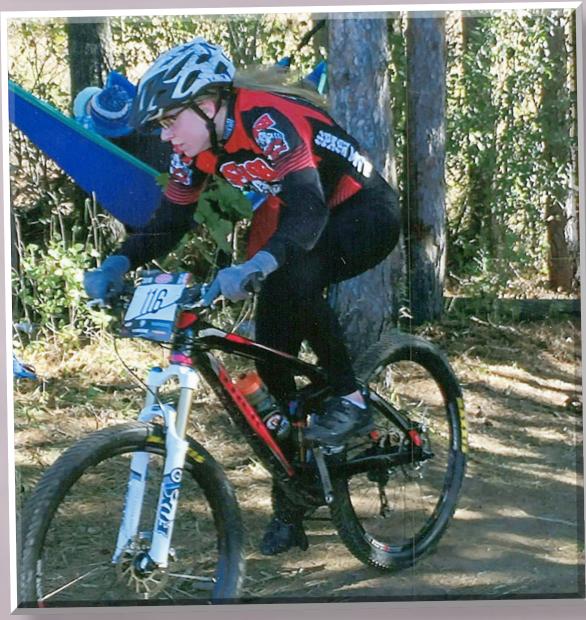
3rd Team Championship 2022



What is the name of the device used to change gears on a mountain bike?



Abby Dahlseng, right, #114 and below on the course #116



Jaeger leads SPASH to third in state, second place in final race

WATERLOO - The SPASH Mountain Biking Club took to the race track on Oct. 23 for the final time in 2022 at the Trek Trails in Waterloo. The Panthers came into the last race in fourth place in the state. After completing all the racing, SPASH moved up to third in the state after a second-place team finish. Sophomore Annalisa Jaeger won the JV 2 girls' race. also finishing first in season points in her division. The Panthers wrapped up the season with a couple of podium finishers on the girls' side. SPASH had a second-place finisher in a middle school race, and Jaeger took the top spot in her race with a time of 49:45.45. She ended the year in first place in JV2 girls' points by

2,059 points.

SPASH sat in fourth place and trailed Eau Claire Memorial by 33 points in division one going into the last race. As the day went along, the Panthers got up in third place after the J boys' race. Sisked the sedium in 2021 place finish.

one point with 2,005. Her sister, Clarabella Jaeger,

took fourth place in the JV3 girls' season points with

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Stevens Point Gazette, October 28, 2022

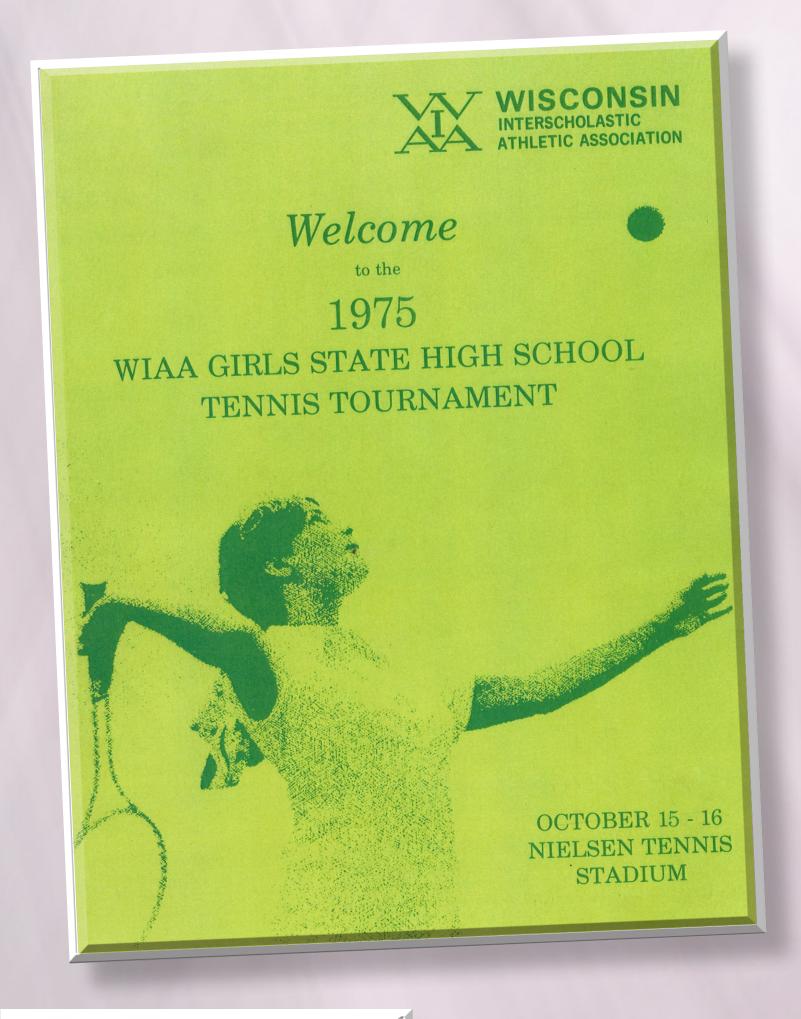
INDIVIDUAL GRANDIONS

The 1st WIAA Girls State Tennis Tournament was in 1971 with one division. The 1975 program shows 20 doubles teams and 35 singles players, with two girls from Stevens Point, Nancy Dowling and Cindy Newby.

SPASH has had a long history in the tennis on the state level, with many singles and doubles teams qualifying for the state tournament.

The Pacelli tennis program was started in 1978. Pacelli has sent many singles and doubles players to the state tournament and in 2016, sent its 1st team to the WIAA State Tennis Team Tournament.

How many Grand Slam women's singles & doubles championships did Venus & Serena Williams win over their career?





LUETSCHWAGERLOOKS BACK

Tennis champion reflects on a phenomenal success at SPASH

Stevens Point Journal, October 20, 2016

STEVENS POINT - When she first picked up a racket at the age of 3, Emily Luetschwager had no clue where the sport would take her during the course of her tennis career.

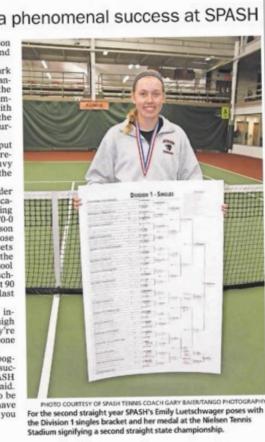
With each wild swing to make the course of the tennis career.

With each wild swing to make the consecutive state title. Emily, daughter of Mark and support of the state tennis scene as an impressionable freshman with a fifth-place showing at the WIAA individual state tournament. With each wild swing to hit those fuzzy yellow balls over the net, using what must have felt like a mon-must have felt lik and not only did tennis be-come the passion of her life, but no one in the state was matches in straight sets but no one in the state was better than Luetschwager in her final two years of high school. The Stevens Point Area Senior High senior recently wrapped up her prep tennis conserve to not of the Wiscon. Those numbers are inrrapped up ner prep tennis areer on top of the Wiscon-in state high school tennis conceivable to many high school players, and they're champion.

"Looking back on my
SPASH career, I'm proud of what I have been able to accomplish," Luetschwager,

"It's totally mind-bog-gling to have that much success in tennis," SPASH coach Gary Baier said.

"First of all you have to be



ANN

COOPER

Barrington 2nd, Pacelli fourth at state

The Cardinals capped off one of their best seasons by finishing fourth in the WISAA state meet at the SentryWorld Sports Center.

Milwaukee University School took first place in all singles and doubles divisions to win the team championship with 32 points. Racine Prairie was second with 21 points, Milwaukee Divine Savior third with 15. Pacelli scored six points and tied with Kenosha St. Joseph's and Milwaukee Pius for fourth among 11 teams.

"Beth has played Cyganiak before," said O'Malley, "but has never beaten ther. Liz is an excellent player. Beth is the had to win two tough rounds to get to the finals and she played good with the point of the point of the point of the point of the season.

"Beth has played Cyganiak before," said O'Malley, "but has never beaten ther. Liz is an excellent player. Beth is the point of the player. We should have a nice team again next year.

"This state meet experience will help the girls who are coming back. They libe better players because of it. It's a tough road just getting to state."

"This was the first year the meet was held at SentryWorld and O'Malley said she heard favorable comments from the other coaches."

for fourth among 11 teams.

Leading the way for the Cardinals was senior Beth Barrington, who placed second in No. 1 singles.

"This was a fine way for us to end what has been a great season," said Pacelli Coach Mary Ann O'Malley.

"We're very pleased with our fourth blace finish, it was our highest ever at the control of the season."

get to the finals.

"Beth has played a lot of tennis during the entire year and not just the fall season. That helped her get a good state ranking, which certainly helped get her seeded."

"Are the finals.

"They were impressed with the facility and thought things ran well," she said. "Mark Medow (tournament down that has been a great season," said Pacelli Coach Mary Ann O'Malley.

"We're very pleased with our fourth had to the finals.

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"We're very pleased with our fourth place finish, it was our highest ever at state.

At No. 2 singles, Allison Eskritt (20-6) lost to top seed and eventual champion Katle Dragisic of MUS (20-1) 6-0,

matches and went down to defeat.

At No. 2 singles, Allison Eskritt (20-6) lost to top seed and eventual champion Katle Dragisic of MUS (20-1) 6-0,

"This was the first time we ever ad a player seeded at state and also also be added to the seed of th

**This was the first time we ever had a player seeded at state and also the first time we advanced someone past the second round. That's fantastic."

Barrington capped off a banner 24-2 season by finishing second to Liz Cyaganiak of University School in No. 1 singles.

Bigles.

pion Katle Dragisic of MUS (20-1) 6-0, 4-0.

"This was one of our stronger dams," said MUS Coach Jim Laing.

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"The Wildcats have won seven WISAA than Moleps ske-Jenny Cooper (16-11) lost to No. 1

seed and eventual champion Anna park-Julie Laudon of MUS (18-2) 6-1, 6-2.

als capped off one of to 20-1 on the season.

LUETSCHWAGER



Luetschwager, Tang roll at state tennis

Stevens Point Journal, October 14, 2016

BETH

BARRINGTON

WIAA TENNIS

Pacelli makes girls tennis history

SCOTT A. WILLIAMS USA TODAY NETWORK-WISCONSIN

STEVENS POINT - Anna Koehl has been in this position before at a WIAA Division 2 sectional tournament.

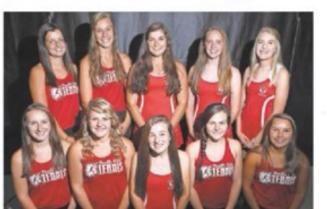
The Pacelli senior had seen her team put itself in a great position to earn a trip to the WIAA state team tournament only to be left disappointed by a point here or a point there that would leave the Cardinals on the outside.

Koehl and her partner at No. 1 doubles Julia Grygleski, and the rest of the Pacelli doubles teams made sure that didn't happen again this year.

The Cardinals brought home all three sectional doubles titles at the Columbus Catholic Sectional and with them the first state team tennis berth in school history. This time Pacelli edged Antigo by two points for the sectional champion-

"It's crazy," Koehl said. "At first I didn't know it was the first time in school history, so I was like, 'Oh, it's just been awhile.'

See TENNIS, Page 3B



JACOB BYK/USA TODAY NETWORK-WISCONSIN Pacelli will be making its first appearance at the WIAA Division 2 state team tournament on Saturday. Team members include, from left, front to back: Jenelle Higgins, Alliey Krusa, Stephie Vaughan, Julia Grygleski, Anna Koehl, Morgan Kukkahn, Kaitlin Rogers, Katherine Mueller, Sophie Schroeder and Amanda Cisewski.

Stevens Point Journal October 2, 2016

Cooper singles champ, Pacelli netters fourth

Stevens Point Journal October 4, 1991

LAUREN

HOM Panthers earn date at state OSHKOSH – If this is a dream, the Stevens Point Area Senior High girls tennis team dress' twent to wake up advance; team tourney begins Oct. 19 doesn't want to wake up. By virtue of winning Sectional, the Panthers are going to the WIAA Division 1 does feel like that." Sectional, the Panthers are going to the WIAA Division 1 does feel like that." Team State Mean Out 10.20 for the colors of the colo going to the WIAA Division 1 does feel like that." Lac was third with 30, followed by Neenah (18), Oshkosh by Neenah (18), Oshkosh by Neenah (18), Oshkosh are there cheering on whoever teams to the Team State Meet Oct. 19-20 for the first time in the history of SPASH scored at sub-sectionspan als, the Panthers added 17 als, the Panthers added 18 are there cheering on whoever are the Individual Meet, to be held at the athletes, the assistant rest of the field with its 41- Bend West (11), Beaver Dam everybody else. Madison's Nielsen Stadium (6), Menasha (4), and "They're just incredibly nice Panthers head coach Nancy Schmidt. "One of the kids said of the kids of th

Stevens Point Journal October 17, 1988

SPASH tennis at 2001 WIAA Team State

Sports Quiz Answer: 44 (Singles titles; Venus - 7, Serena - 23, Venus & Serena doubles - 14)

Shannon, King follow Jurgella for Cardinals BY SCOTT WILLIAMS

State-ing their cases

Three-time state entry Arnold

leads Stevens Point foursome BY SCOTT WILLIAMS
On paper, Arnold, who will be making her third trip to the individual state tournament, has the best

The good news is a possible opening round match with Sarah Luchsinger of Elkhorn Area, who sports a losing record at 10-15.

The bad news is that Tess Reddin of St. Mary Central could be standing in Jurgella's way in the quarterfinals. The third-seeded Reddin beat

They like their matchups," said Stevens Point coach Nancy Schmidt. "The goal is to make it to state because not many individuals get there. Once you're there you do your best and see what happens, and hope you have a little luck."

Luck had nothing to dwith the stellar seasons the foursement understant and forms the foursement to state because a seed and I meet to live up to that seed," Arnold said. "I took my game to another level to keep it there the next week, week and a half, two weeks."

See PANTHERS, B2

SEE CARDINALS, B2

shots that can help her at this level."

The biggest obstacle facing the tandem of Shannon and King is a too take one match at a total took with the stellar seasons. The foursement of the stellar seasons are cord. Waiting in the wings is a possible Round.

Stevens Point Journal October 14, 2004