

GOLF D1 SECTIONAL (HUDSON)

Tomah's Brin Neumann and the girls golf won its fourth-straight sectional title Tuesday with a score of 362. Neumann finished third overall with a score of 80. Teammate Amelia Zingler was second with a 78. State will be held on Monday and Tuesday, October 10 and 11 at University Ridge in Madison. Herald photo by Nate Beier/GX3 Media.

TIMES THE STATE CHARM

Tomah triumphant; wins fourth-straight sectional title to advance to state

By ZACH RASTALL
Sports Writer

For all the success in the decorated history of their girls' golf program, last fall marked the first time that the Tomah Timberwolves ever won conference, regional and sectional titles in the same season.

Though it came by a narrow margin at their sectional meet, the Timberwolves pulled off the feat for a second straight year in 2022.

Thanks in large part to a strong bounce-back performance from senior Amelia Zingler, Tomah came away in first place at a competitive Division 1 Hudson sectional meet held Tuesday, October 4 at Troy Burne Golf Club in Hudson.

Tomah posted a collective score of 362 to stake a spot atop the team leaderboard, six strokes ahead of Stevens Point in second place with a 368. With two team state berths available at sectionals, the Timberwolves and the Panthers are moving on to Madison.

Third-place New Richmond fell agonizingly short of a state bid by posting a 369. River Falls (374) followed in fourth, Hudson (385) was fifth, Chippewa Falls/McDonell Catholic (386) placed sixth, Holmen

(387) was right behind in seventh and Marshfield (397) wound up in eighth.

At last week's home regional, Tomah had finished 35 strokes clear of second-place Stevens Point. At sectionals, the gap between the Timberwolves and eighth-place Marshfield was 35 strokes.

Zingler led the charge for Tomah by carding a 78, as she rose to the occasion by shaving 12 strokes off the disappointing 90 she had posted at regionals. Zingler's score was good enough for solo second on the individual leaderboard.

Right behind her in third was fellow Tomah senior Brin Neumann, who fired an 80 at sectional after previously taking top medalist honors at regionals by posting a 71.

Stevens Point senior and defending Division 1 individual state champion Riley Pechinski finished one shot back of Neumann to finish as the runner-up at regionals, but at sectionals her second straight round of 72 was good enough to leave her in first, six shots ahead of Zingler.

Hudson junior Olivia Grothaus also shot an 80 to tie Neumann for third, while River Falls junior Mahlia McCane and New Richmond senior Abbie Ritzer both carded an 83 to finish in a tie for fifth.

That trio of Grothaus, McCane and Ritzer will advance to state as individual qualifiers from the Hudson sectional.

Rounding out the top 10 were Eau Claire Memorial senior Isabelle Campbell in seventh with an 86, New Richmond senior Kailey Stevens in eighth with an 87 and New Richmond junior Emma Eastep, Holmen senior Emily Nelson, Chippewa Falls/McDonell Catholic sophomore Sarah Chaffee and Stevens Point junior Ava Frederiksen in a four-way tie for ninth at 90.

Elsewhere for the Timberwolves, senior Madeline Ewers and freshman Karma Hasselberger were part of a tie for 28th after each fired a 102 to round out the top-four scores that counted toward the team total. Tomah senior Peyton Foster carded a 109 to finish in a tie for 42nd.

Tomah had some consistency throughout the day, as Zingler, Neumann and Hasselberger all recorded the same score on both the front and back nine.

Continuing their run of postseason success in recent years, the Timberwolves will take part in the 2022 WIAA State Girls Golf Tournament, to be held Monday, October 10 and Tuesday, October 11 at University Ridge Golf Course in Madison.

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THROUGH MY LENS

What to make about WIAA's Tournament Success Factor proposal

By NATE BEIER
Sports Editor

Have you heard a story where a public school fan base complained about a private school winning too much as it pertains to the WIAA's state tournament series?



I have. I'm pretty sure that you've heard that old tale a dozen times if you've paid attention to high school sports in the area.

Well, the WIAA has heard it as well, I'm sure, and are trying to do something about it...well... they look like they're trying to do something about it...or, are they just placating an audience with a very complicated plan?

So here's what's the story it. The WIAA, the organization that governs high school sports across the state, is shopping a new Tournament Proposal Factor thing around in an effort to get feedback for the next few months before bringing it before a group of voters (athletic directors and such) next spring.

Essentially, this proposal is trying to address the issue of certain schools winning too much at the state level and thus, making it harder for certain other schools to compete for a chance to even be at state.

I'll try to lay it all out in a digestible manner here, but it'll be brief. I highly recommend scanning the QR code below to see and understand the entire proposal in its unabbreviated language.

The crew at wissports.net have done a good job sharing news about this proposal and I've been interested in seeing how folks react to what's being offered here.

So, for years there's been a push to address what some see as competitive imbalances when it comes to certain teams in certain divisions. Basically, I think what they're trying to say is this - why are the private schools considered the same as public in terms of enrollment or competitive balance?

However, this proposal doesn't point the finger at just private schools. It takes a more all-encompassing viewpoint.

The crux of this current proposal revolves around creating a more balanced

(BEIER) cont. pg 6



Scan QR code to visit link for WIAA's proposed Tournament Performance Factor proposal

CROSS COUNTRY JESSE PARKER TIMBERWOLF CLASSIC (GIRLS)

Tomah girls play runner-up at home meet

By ZACH RASTALL
Sports Writer

The Tomah girls cross country team christened its new home course by taking second place on Tuesday, October 4 at the Timberwolves' home meet.

Tomah's five scoring runners finished in the top 16 overall to score just 47 team points. That score wasn't enough to catch first place Cochrane-Fountain City (22 points), but comfortably held off Reedsburg (59). Only three of the eight participating schools fielded a complete girls team.

Josie Bailey led Tomah with a fifth place finish overall and time of 22:20. Bailey caught senior Aisha Hughart Topgyal

in the final stretch of the race. Hughart Topgyal was Tomah's lead runner for the majority of the race, but had to settle for sixth after losing a footrace with Bailey and finishing with a time of 22:20.9.

Senior Kaylee Miller was 11th overall while Lily Joyce was 14, Alyssa Marth 16th, Avery Hagen 17th and Lydia Boettcher 20th.

C-FC freshman Addy Duellman won the race with a time of 20:07.3. The Pirates also had the second and third place finishers.

Reedsburg's Abby Voight was fourth overall.

Tomah will be competing at Wisconsin Rapids on Saturday, October 8 at the Ridges Golf Course.



Tomah's Josie Bailey closes in on the first mile marker during Tuesday's home meet. Bailey was fifth overall. Herald photo by Nate Beier/GX3 Media.

CROSS COUNTRY JESSE PARKER TIMBERWOLF CLASSIC (BOYS)



Tomah's Ben Hilson ascends the hill on the northern section of the cross country trail at Steinhoff Fields during Tuesday's Jesse Parker Invite. Hilson was 15th overall with a time of 20:52 Tuesday. Details of the boys race are on the following page. Herald photo by Nate Beier/GX3 Media.

FOOTBALL TOMAH

T-Wolves ready for homecoming rematch with Reedsburg

By ZACH RASTALL
Sports Writer

Homecoming week is always a special occasion for any team, with the school's football game frequently a centerpiece to those festivities.

For the 2022 iteration of the Tomah Timberwolves, they enter homecoming week nearing the end of a campaign that has shown clear signs of progress.

The Timberwolves came into the year mired in a 10-game losing streak that included a winless 2021 season. But right from the opening week, they were ready and able to show that this fall would be different.

While Tomah (2-5 overall, 1-4 Mississippi Valley) has still only won two games in 2022, it's been a couple of significant victories for the program over a pair of key rivals: a 49-9 triumph over Mauston in Week 1 and a thrilling 22-21 road win over Sparta in Week 4 on a night where the Spartans officially christened a renovated Memorial Field.

Even last week, despite a 35-21 loss, Tomah hung in there and played a highly competitive road game against a La Crosse Logan team that is still firmly in the hunt for a playoff berth.

Helping lead the way for this improved Tomah squad has been senior running back Jacob Bullard, who currently sits at 414 yards and five touchdowns on 103 carries. Additionally, senior wide receiver Drew Brookman has hauled in 17 catches for 277 yards and two touchdowns.

On the defensive end, junior linebacker Jeffrey Baumgartner leads the Timberwolves with 36 solo tackles and fellow junior linebacker Mason Downes has recorded three sacks.

For this year's homecoming game, the Timberwolves face a tough challenge when they welcome in the Reedsburg Beavers (6-1, 4-1) Friday, October 7 at 7 p.m. in Tomah.

The Beavers are led offensively by senior running back Devin Judd, who has piled up 1,028 yards and eight touchdowns on 21 carries. Reedsburg senior quarterback Kevin Green has completed 44 of 92 passes for 583 yards, nine touchdowns and one interception.

The task at hand Friday night is a tough one for Tomah that will make a homecoming win a tall order. But no matter what, the Timberwolves can hang their hats on the fact that they come into this celebratory occasion with reason for optimism for the program going forward.

THE SCORE

Remember 2020?

Tomah played through the fall season while most of the Mississippi Valley Conference opted for the alternative fall season.

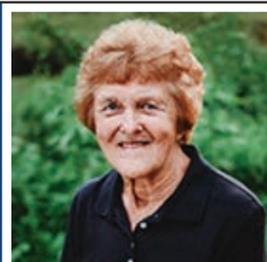
Tomah still played its annual homecoming game that year and defeated Reedsburg 28-24 to even up at 1-1 on the season. Tomah scored 14 points in the fourth quarter to set up the win.

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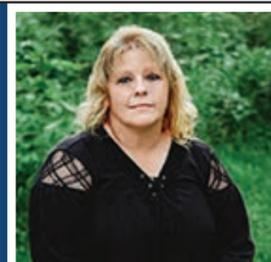
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CROSS COUNTRY
CHILEDA CLASSIC

Pack finish help Falcon five cruise to Chileda Classic title

By NATE BEIER
Sports Righter

The Brookwood girls continue to gain momentum as the regular cross country season winds down. The Falcons claimed a team win Monday in West Salem at the Chileda Classic hosted by Onalaska Luther.

Brookwood's lead group of runners packed together for a 3-4-5 finish led by the Silva sisters, Margarita and Stephanie.

Margarita ran to a third place overall finish after posting a time of 21:11.7.

Younger sister Stephanie was fourth after running the 5 kilometer course in 21:21.5.

Amelia Muellenberg rounded out the Falcons' top three with a time of 21:32.3.

Ruby Muehlenkamp and Katie Gruen helped round out the scoring runners as both finished in the top 12.

That push from the final two runners helped Brookwood lock in first place with a mere 32 points, which was less than half of second place Chippewa Falls (76).

Aquinas' Naomi Koch won the Chileda Classic after running a time of 21:02.1.

Luther's Lauren Wickus was second.

CASHTON (GIRLS)

Chelsie Paulsen led the Eagles with an 11th place finish on the girls side and teammate Mateya Kudac was the second finisher for the team with a 14th place finish overall in Monday's meet.

BROOKWOOD (BOYS)

The Brookwood boys didn't fill out a whole team in Monday's race in West Salem as just four competitors ran.

Dylan Powell took fifth overall with time of 17:40.6.

Caston Gosda was the team's second place finisher and was 23rd overall.

Aquinas' Jonathan Skemp won the race with a time of 16:37.8. Blair-Taylor's Kristoffer Sandal was second.

Chippewa Fall won the meet with 42 points and La Crosse Logan was second with 68 points on the day.

CASHTON(BOYS)

The Cashton boys were seventh as a team with 197 points.

Gabe Von Ruden led the Eagles with a time of 20:18.9, good enough for 37th place overall. Sean Lukaszewski was 41st.

Cashton will run this Saturday in Muscoda at the Riverdale Invite with the first race running at 9:00 a.m.



The Brookwood girls cross country team packs together as the herd of runners skirts a water hazard at Maple Grove Venues during Monday's Chileda Classic Brookwood won with a score of 32. Herald photo by Nate Beier/GX3 Media.

CROSS COUNTRY
JESSE PARKER TIMBERWOLF CLASSIC (BOYS)

Wilcox-Borg races to second at home meet

Boys team tops out at third place

By NATE BEIER
Sports Editguy

Senior Carl Oskar Wilcox-Borg had a sizable lead on the field of runners at Tuesday's Tomah Invitational held at Steinhoff fields on the west side of town. As Wilcox-Borg closed in on the first mile marker, however, so did the competition.

Cochrane-Fountain City's Wesley Pronschinske didn't let the Wilcox-Borg's home field advantage win out. The senior runner, who won last year's Dairyland Conference championships, passed his Tomah opponent around the mile marker and then set in on expanding his lead.

Pronschinske pulled away from Wilcox-Borg to win the race and set the new course record at 16:22.7.

Wilcox-Borg, however, kept plugging along and held second place comfortably; finishing the course with a time of 17:31.8 - which was nearly a minute and a half ahead of third place.

Sophomore Ben Hilson was the second finisher for Tomah, completing the course with a time of 20:52.

Charles Devine was 19th, Thomas Evans 21st, Andrew Batchelor 26th, Tyler Hausman 27th, Marshall Reiman 28th, Cale Ollendick 30th.

Beyond the top 30, Brady Baldwill, Andrew Russell and Sam Bannan finished in 35th, 36th and 37th, respectively.

Aiden Branch was 39th and Caleb Kubick 40th.

In 45th came Steven Higby, while in 49th was Alexander Burbach. Kai Garvin was 52nd, Jeremiah Parrott 54th and Collin Branch 57th.

Tomah finished third on the boys side with 78 points. C-FC won the meet with 56 points which was enough to edge Reedsburg (58).

Tomah's Carl Oskar Wilcox-Borg pulls ahead from the field of runners in Tuesday's race in Tomah. Wilcox-Borg ran to second with a time of 17:31.8. Herald photo by Nate Beier/GX3 Media.



Sparta's Caleb Hostetler prepares for a throw-in during a recent game. Sparta will play at West Salem next Tuesday evening. Herald photo by Nate Beier/GX3 Media.

SOCCER
MVC ROUND ROBIN

Tomah felled by Ona, Sparta blanked by Aquinas

By NATE BEIER
Sports Editor

Tomah couldn't find the net enough to stop Onalaska in the second round of the MVC's round robin portion of the soccer season. The Hilltoppers held on for a 2-1 win at home on Tuesday, October 4.

The win helps Onalaska stay in title contention with one round remaining.

La Crosse Central remains in the driver's seat for this year's MVC title after a 2-0

win over Holmen. Central has accrued 21 points towards the league championship followed by Onalaska with 19.

Tomah falls to 6-6-3 on the season with the defeat.

Sparta suffered a 3-0 loss at La Crosse Aquinas and moves to 1-11 on the year.

Next week's slate of round robin play includes Tomah traveling to first place La Crosse Central. Holmen is at Onalaska. Aquinas is at La Crosse Logan and Sparta is at West Salem.

WIAA
POSTSEASON

Regionals, sectionals and state on the slate

By NATE BEIER
Sports Editor

The sun has started to set on the 2022 fall season.

Girls tennis and golf have already set their state tournament fields with golf playing its final rounds next Monday and Tuesday at University Ridge in Madison and tennis playing its individual tournament at the end of next week with the team portion the week after.

Volleyball and football have just a single week remaining before beginning their playoff series. The highly anticipated football playoff brackets should be revealed on Saturday, October 15.

Cross country will run its sectional the weekend of October 21-22 and boys soccer will start its final run earlier that week.

For updated tournament information, visit wiaawi.org.

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CROSS COUNTRY CASHTON



Cashton's Jeremiah Woolhouse enters the second half ahead of Luther's Landon Kohlmeier of the first mile at Maple Grove Venues during Monday's Chileda Classic. Herald photo by Nate Beier/GX3 Media.

Cashton girls pack run to fourth at K/LF

By NATE BEIER
 Sports Righter

Cashton's girls cross country team flocked together and placed fourth at the Kickapoo/La Farge invite on September 30.

The Eagles scored just 81 points and averaged a finishing time of 24:00.4 to claim a spot in the top four and was just nine points behind Richland Center/Ithaca.

Individually, Richland Center/Ithaca's Kaylee Peterson won the girls race with a time of 20:23.8.

Kickapoo/La Farge won the girls title with 34 points while Viroqua was second with second with 69.

The Eagles' top four runners finished within a minute of each other, which helped overcome the group's points scored as they finished no better than 17th overall individually.

Mateya Kudac led the team with that 17th place finish in a time of 23:08.5 and was followed 20 seconds later by Chelsie Paulson

(23:27.4).

Isabell Korn was next to complete the course, finishing in 20th place, followed by Kate Gronemus in 22nd place.

Aubrey Peterson rounded out the scoring with a 29th place finish and was followed closely across the line by Makayla Gooselaw.

VON RUDEN CRACKS TOP 30

Cashton junior Gabe Von Ruden led the boys cross country team at Kickapoo/La Farge invite on Thursday, September 30. Von Ruden was 29th in a field of 80 runners.

Sean Lukaszewski was 38th overall with a time of 20:45.1 and was followed by Jeremiah Woolhouse moments later as Woolhouse took 42nd overall with a time of 21:04.2.

The Cashton boys were seventh with a score of 168.

Iowa-Grant won the meet with a score of 30 and with four runners in the top ten.

Kickapoo/La Farge's Nolan Reese won the race with a time of 16:59.4.

9-29-22
 @ Kickapoo/La Farge Invite
 (Kickapoo/La Farge)

BOYS Cashton
 24) Gabe Von Ruden 20:14.0, 29) Sean Lukaszewski 20:45.1, 33) Jeremiah Woolhouse 21:04.2, 37) Luke Clements 21:24.3, 45) Jack Schlesner 22:08.9, 46) Zach Hirschfield 22:13.2
Team results
 Iowa-Grant 30, Kickapoo/La Farge 72, Westby 92, Viroqua 101, Richland Center/Ithaca 111, River Ridge 164, Cashton 168, Wauzeka-Stueben 192

GIRLS Cashton
 13) Mateya Kaduc 23:08.5, 14) Chelsie Paulsen 23:27.4, 15) Isabell Korn 23:34.5, 17) Kate Gronemus 24:06.1, 22) Aubrey Peterson 25:45.2, 23) Makayla Gooselaw 25:59.4, 32) Marayah Morrison 30:59.8
Team results
 Kickapoo/La Farge 34, Viroqua 69, Richland Center/Ithaca 72, Cashton 81, North Crawford 103

9-30-22
 @ Night Fall Classic
 (Lake Mills)

BOYS Brookwood
 2) Dylan Powell 16:54.53, 24P) Caston Gosda 18:49.02, 36) Drew Powell 19:25.6, 50) Owen Radloff 19:50.27, 74) Josue Nicolas 21:11.37
Team results
 Kohler 72, Sheboygan Area Lutheran 80, Fennimore 108, Home School Eagles 142, Brookwood 186, Boscobel 188, Poynette 205, Weyauwega-Fremont 244, Rio/Fall River 245, Westfield 282, Markesan 311, St. Mary's Springs 313, Holy Family 333, Pecatonica/Argyle 249, Marshall 352, Edgar 352, Necedah 397, Johnson Creek 413, Princeton Green Lake 453

GIRLS Brookwood
 17) Amelia Muellenberg 21:42.20, 18) Margarita Silva 21:45.24, 20) Stephania Silva 21:52.51, 26) Ruby Muehlenkamp 22:22.96, 31) Katie Gruen 23:03.13
Team results
 Lourdes Academy 51, Brookwood 112, Boscobel 127, Weyauwega-Fremont 131, Poynette 155, Home School Eagles 177, St. Mary's Springs 186, Valley Christian 228, Sheboygan Area Lutheran 234, Kohler 256, Westfield 265, Edgar 273, Holy Family 255, Markesan 378, Princeton Green Lake 399, Pecatonica/Argyle 406, Rio/Fall River 408, Johnson Creek 439

10-1-22
 @ New Richmond Invite
 (New Richmond)

BOYS Sparta
 41) Joel Johnson 17:58.3, 47) Boston Miller 18:16.0, 58) Nicholas Lueth 9:04.3, 60) John (Jack) Schanhofer 19:11.3, 70) Milo Everson-Riley 19:32.6
Team results
 Hudson 44, Osceola 65, Menomonie 89, Prescott 111, New Richmond 152, St. Croix Central 155, Eau Claire North 160, Saint Croix Preparatory Academy 218, Rice Lake 222, Sparta 276, Baldwin-Woodville 292, Somerset 340

GIRLS Sparta
 20) Vanessa Gavilan 21:11.9, 40) Madeline Ziegler 22:08.1, 46) Abby Gilbertson 22:33.2, 66) Aaliyah Pastic 23:49.4, 68) Leah Modjeski 10 23:55.7
Team results
 Osceola 68, Menomonie 78, Rice Lake 83, Hudson 101, St. Croix Central 109, New Richmond 124, Prescott 181, Eau Claire North 215, Sparta 240, Somerset 264, Baldwin-Woodville 267, Saint Croix Preparatory Academy 289

CROSS COUNTRY BROOKWOOD



Muellenberg leads ladies at Night Fall Classic

By NATE BEIER
 Sports Righter

The pack mentality continues to help the Brookwood girls cross country team.

The Falcon girls, led by a trio of runners who finished within ten seconds of each other, placed second at Lake Mills' Nightfall Classic on Friday, September 30.

Brookwood's harriers ran their way to a score of 112 in a meet that featured 18 complete teams. Oshkosh Lourdes Academy won the meet with a score of 51 behind a first place overall finish by sophomore Erin Moore who finished third overall. The Home School Eagles' Eliza Pfarr won the race with a time of 19:39.3.

Lourdes is one of the top girls teams in Division 3, and a team Brookwood could face at the state meet if they qualify.

Amelia Muellenberg led Brookwood by placing 18th overall with a time of 21:42.2 and Margarita Silva followed on her heels with a time of 21:45.24.

Stephanie Silva was 21st overall. Ruby Muehlenkamp and Katie Gruen rounded out the scoring runners with 27th and 33rd place completions.

POWELL SECOND; TEAM FIFTH AT NIGHTFALL

Dylan Powell was pushed in Friday's Nightfall Classic at Lake Mills.

Friday's evening race was one of the few times the senior runner was forced to run behind a race leader. Kohler's Davis Behler won the meet with a time of 16:39.22 and Powell settled for second with a time of 16:54.53.

Powell led the Falcons to a fifth place finish as a team after scoring 186 points together.

Cashton Gosda was the second team finisher for the Falcons, running to 24th overall. Drew Powell was 37th in a field of 156 runners.

Kohler won the meet with 72 points and Sheboygan Area Lutheran was second with 80.

Necedah also competed at the Nightfall Classic, scoring 397 points in route to a 17th place finish as a team.



Cashton's Kate Gronemus enters the last 200 meters in the Chileda Classic. Herald photo by Nate Beier/GX3 Media.

10-3-22
 @ Chileda Classic
 (Onalaska Luther)

BOYS Brookwood
 5) Dylan Powell 17:14.9, 23) Caston Gosda 19:03.5, 35) Drew Powell 20:11.5, 59) Owen Radloff 21:38.6
Cashton
 33) Gabe Von Ruden 11 20:18.9, 35) Sean Lukaszewski 20:32.7, 40) Luke Clements 20:48.6, 43) Jeremiah Woolhouse 21:13.2, 46) Zach Hirschfield 22:09.9, (50) Jack Schlesner 23:00.1
Team results
 Chippewa Falls 42, La Crosse Logan 68, Aquinas 77, Arcadia 88, Luther 127, Blair-Taylor 130, Cashton 197, Whitehall 234

GIRLS Brookwood
 3) Margarita Silva 21:11.7, 4) Stephania Silva 21:21.5, 5) Amelia Muellenberg 21:32.3, 9) Ruby Muehlenkamp 22:16.8, 11) Katie Gruen 22:36.5
Brookwood
 10) Chelsie Paulsen 22:35.4, 13) Mateya Kaduc 23:02.7, 16) Isabell Korn 23:07.3, 18) Kate Gronemus 23:15.1, 33) Aubrey Peterson 25:08.9, (34) Makayla Gooselaw 25:11.0, (44) Marayah Morrison 29:14.3
Team results
 Brookwood 32, Chippewa Fall 76, Luther 89, Cashton 90, Independence-Gilmanton 115, Aquinas 124, La Crosse Logan 161

Brookwood's Amelia Muellenberg led the Falcons at Lake Mills with an 18th place overall finish. Herald photo by Nate Beier/GX3 Media.

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By ZACH RASTALL
 Sports Writer

Now in her senior season, Tomah's Peyton Foster has developed herself into becoming an indispensable member of at Timberwolves team that is primed for another run to state.

Her importance was on full display at last week's Division 1 Tomah regional, where she tied for third in the individual standings to help pick up the slack on a day where the Timberwolves' No. 2 golfer, Amelia Zingler, wasn't at her best.

It's a remarkable rise for a player who had no golf experience to speak of coming into high school.

"My freshman year, I came out and really had no experience with golf at all," Foster said. "I hadn't even picked up a golf club until my freshman year."

From the start, Foster was mostly just looking to have fun while learning a new sport and didn't put too much pressure on herself. But as she steadily improved, Tomah head coach Tonya Gnewikow decided to tab her as a varsity starter last year when Foster was a junior.

Gnewikow lauds the way Foster, who she describes as a natural athlete, was able to pick up the game quickly. But it's been the mental development over her high school career that's allowed Foster to reach her current level.

"She really has just grown. Physically, she could learn the swing," Gnewikow said. "It was just mentally — how to play the game of golf and course management. Because that is something that is, if you haven't done it for a long time, is kind of a hard skill to pick up and learn."

Being placed into that huge role was an intimidating task,

but one that Foster said she found much easier thanks to help from star veteran players like Zingler and Brin Neumann.

"I got put on varsity my junior year and the girls couldn't have been more welcoming," Foster said. "So, I felt like I was coming in kind of as an outsider, but it couldn't have been farther from that. They made me feel so welcomed and just encouraged me up to this point to make me the golfer I am today."

Foster is now herself in a senior leadership role, helping along younger players like freshman and varsity starter Karma Hasselberger. And it's a role for Foster that her coach believes she has a strong personality for.

"She is always super positive, so that's fun, and she's always happy for her teammates," Gnewikow said. "That's a good quality to have."

Foster made her state debut last fall when the Timberwolves qualified as a team, but struggled at the meet. She believes it was due in part to the pressure she put on herself to perform — and she's ready to use it as a learning experience if Tomah gets back to that grand stage.

"I think I put myself under a lot more pressure than I should have," Foster said. "I'm hoping, if we make it back again this year, I can go in with a little more of a mindset that I just want to have fun and I just want to try my best and not that I have to be the best."

GOLF TOMAH

Fostering A New Challenge

Tomah senior's quick adaptation to golf pays dividends as team returns to state



VOLLEYBALL TOMAH 3 CENTRAL 1

Tomah exacts revenge on Riverhawks

By ZACH RASTALL
 Sports Writer

The Tomah volleyball team finally notched its first win against a league opponent not named Sparta.

The Timberwolves downed La Crosse Central 3-1 on Tuesday, October 4th in La Crosse.

Tomah won the first two sets by holding the Riverhawks to just 18 points.

The home team staved off the sweep, however, with a 25-17 victory in the third set.

Tomah wrapped up the win

after finishing with a 25-19 fourth set advantage.

Lauren Noth ended with a team-high 17 kills on the night while Olivia Wall added 7 and Cora Vitcenda 4.

Lily Noth was good for 34 assists from the setter's position and Libby Mathison had 8 serving aces.

Tomah will try to build on its success tonight when it hosts La Crosse Logan in MVC play. The Timberwolves are now 14-17 overall and 3-7 in the MVC with two games to play.



Tomah's Lily Noth recorded 34 assists in Tuesday's win at La Crosse Central. Tomah moves to 14-17 on the season with the win. Herald photo by Nate Beier/GX3 Media.

VOLLEYBALL SPARTA

Sparta goes 2-3 at Reedsburg tournament

By ZACH RASTALL
 Sports Writer

The Sparta volleyball team posted a 2-3 record when they competed at a tournament over the weekend.

The Spartans (15-13) won their first two matches of the day and then dropped the next three at the Reedsburg Tournament Saturday, October 1 in Reedsburg.

Play started for Sparta with a three-set win over host Reedsburg 25-15, 16-25, 15-9 and then a 25-10, 25-20 sweep of Arcadia. Despite the strong start, it was followed with losses to Fort Atkinson (23-25, 17-25), Milton (18-25, 21-25) and Oregon (23-25, 25-20, 8-15) to cap off the day.

Sophomore Ellie Falkner

led the Spartan attack on the day with 57 total kills between the five matches.

Sparta is back in action against the Holmen Vikings (17-4 overall, 8-1 Mississippi Valley) Tuesday, October 4 at 7 p.m. in Holmen.

The Vikings sit in first in the Mississippi Valley Conference standings and beat the Spartans 25-17, 25-18, 22-25, 25-20 back on September 6 in Sparta.

HOLMEN 3 SPARTA 1

Sparta won the opening set of Tuesday's match at Holmen 25-21.

The MVC-leading Vikings responded with three-straight wins, however.

Ellie Falkner had 11 kills for Sparta.

Macey Oswald had 17 digs and Brooke Evans 11.

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FOOTBALL CASHTON 56 NEW LISBON 6

Slow to start, fast to finish

Cashton offense turns over after defense forces turnovers



Cashton's Brett Hemmersbach wiggles between a pair of New Lisbon defenders to advance the ball on the Eagles' fourth touchdown drive of the night. Cashton remains undefeated and is ranked second in Division 7 in the coaches' poll. **Herald photo by Nate Beier/GX3 Media.**

By ZACH RASTALL
Sports Writer

Coming off a decisive win over rival Bangor, the Cashton Eagles could have lost a little focus going into their next game. They showed no signs of that.

The Eagles (7-0 overall, 4-0 Scenic Bluffs) pulled away in the second quarter on their way to a 56-6 blowout win over the Rockets (5-2, 3-2) in their conference clash Friday, September 30 in New Lisbon.

The first quarter was a defensive battle that the Rockets won, for all intents and purposes, despite trailing 8-6 by the end of the period.

Cashton forced the Rockets to punt on the first series of the game. The Eagles tried to respond with a knock-out punch of a passing play to Connor Butzler down the sideline, but it was defended.

The Eagles' struggles multiplied when Colin O'Neil was stripped of the ball just a couple plays later and New Lisbon used the turnover to its advantage as the team was eager to put on a good show for their fans on homecoming.

New Lisbon got on the board first after taking the forced fumble and converting it into points.

Senior quarterback Ashton Pfaff's five-yard touchdown pass to senior running back Nikita Shankle helped the



Cashton's Zach Mlsna hits New Lisbon's Jake Cox in the backfield for a loss of yards on a run in Friday's game. **Herald photo by Nate Beier/GX3 Media.**

Rockets take a 6-0 lead.

The turnovers went the other way for New Lisbon following the score. The Rockets' next four possessions

ended by an interception, another interception, a fumble recovered by Cashton and

another interception.

Cashton capitalized on the free possessions starting with a four-yard touchdown run and a successful two-point conversion run by senior running back Colin O'Neil for an 8-6 lead later in the quarter.

The Eagles then turned the game into a rout in the second quarter with four touchdowns and a 34-6 halftime advantage: runs of 31 and 20 yards by O'Neil, a pick-six by senior defensive lineman Esden Schroeder and a four-yard run by senior quarterback Jacob Huntzicker.

In the third quarter, Huntzicker connected with Noah Hemmersbach on an 11-yard touchdown pass. That was followed in the fourth quarter with a 22-yard touchdown pass from Huntzicker to Jack Kleba and a seven-yard TD run by junior running back Brett Hemmersbach to round out the scoring.

O'Neil set the pace for the Cashton offense by running for 147 yards and three touchdowns on 20 carries. Huntzicker completed 3 of 5 passes for 35 yards, two touchdowns and an interception.

Defensively, Brett Hemmersbach had a team-high 4.5 tackles, a forced fumble and two interceptions. O'Neil and Schroeder each had an interception off of Pfaff as well.

The Eagles will look to move one step closer to winning a conference title and finishing the regular season with an unbeaten record when face the Royall Panthers (3-4, 1-3) Friday, October 7 at 7 p.m. in Elroy.

FOOTBALL WEEK 8 PREVIEW

Bangor faces off with SBC unbeaten Luther; winless Brookwood takes on winless Necedah

By ZACH RASTALL
Sports Writer

As the 2022 high school football regular season nears its end, there are still pivotal games left on the schedule for area teams.

In this fall's regular season's penultimate week, the Brookwood Falcons seek their first win on homecoming week, the Bangor Cardinals do battle with a tough conference foe, the Cashton Eagles try to inch closer to an outright Scenic Bluffs title and Sparta attempts to end a five-game losing streak.

BANGOR AT LUTHER

If the Bangor Cardinals are to have any shot at extending their conference title streak to a ninth consecutive year, this Friday is a must-win.

The Cardinals (6-1 overall, 3-1 Scenic Bluffs) will travel to take on the Luther Knights (6-1, 4-0) Friday, October 7 at 7 p.m. in Onalaska. It will be a shot at revenge for Bangor, who saw the Knights snap their 45-game conference winning streak last fall with a 20-13 win.

Luther sophomore quarterback Jackson Kendall has completed 62 percent of his passes this season to compile 629 yards, 10 touchdowns

and three interceptions on 8.9 yards per attempt. Out of the backfield, senior running back Tanner Bass has 453 yards and eight touchdowns on 5.5 yards per carry.

NECEDAH AT BROOKWOOD

The Brookwood Falcons are running out of time to finally pick up their first win of 2022. This Friday presents a golden opportunity to get that monkey off their back on homecoming weekend.

The Falcons (0-7 overall, 0-5 Scenic Bluffs) are set to welcome in the Necedah Cardinals (0-7, 0-4) for a battle of Scenic Bluffs teams hungry to finally get in the win column Friday, October 7 at 7 p.m. in Ontario.

CASHTON AT ROYALL

Cashton (7-0 overall, 4-0 Scenic Bluffs) can move closer to its goal of an outright Scenic Bluffs title when it hits the road to face the Royall Panthers (3-4, 1-3) Friday, October 7 at 7 p.m. in Elroy.



Brookwood's Evan Klinkner wrangles Royall's Jackson Bender down after a short run during the second half of Friday's game. **Herald photo by Nate Beier/GX3 Media.**

FOOTBALL WEEK 7 REVIEW

BANGOR 27 ITHACA 0

Jones, Lyga run rampant in homecoming route of Ithaca

By ZACH RASTALL
Sports Writer

The Bangor Cardinals shook off a loss to rival Cashton the previous Friday to breeze past Ithaca in Week 7.

The Cardinals (6-1 overall) scored a touchdown in each quarter as they defeated the Bulldogs (3-4) 27-0 Friday, September 30 in Bangor. The matchup was a Scenic Bluffs-Ridge & Valley crossover game that doesn't count toward official conference standings but does count for playoff qualification purposes.

With the win, Bangor officially secured postseason eligibility.

The Cardinals got the scoring started with junior quarterback Nolan Michek completing a five-yard touchdown pass to senior tight end Dustin McDonald

late in the first quarter. That was followed by a trio of touchdowns runs courtesy of senior running back Tanner Jones over the final three quarters: a six-yard run in the second, a 12-yard run in the third and a four-yard run in the fourth.

Jones racked up 219 yards and three touchdowns on 32 carries in a dominating performance. Senior running back Clayton Lyga added 108 yards on 16 attempts out of the backfield.

Defensively, junior linebacker Chase Horstman recorded a team-high six tackles, while both Lyga and junior defensive back Garrett Brezany recorded an interception.

Next up for Bangor is a huge road clash against the Luther Knights (6-1 overall, 4-0 Scenic Bluffs) Friday, October 7 at 7 p.m. in Onalaska.

LOGAN 35 TOMAH 21

Late scores give Logan advantage over Tomah

By ZACH RASTALL
Sports Writer

Despite continuing to hang around for almost the entire night, the Tomah Timberwolves couldn't complete the comeback in a loss to La Crosse Logan.

The Rangers (3-4 overall, 2-3 Mississippi Valley) stayed off the Timberwolves (2-5, 1-4) for a 35-21 victory Friday, September 30 at Swanson Field in La Crosse.

After Logan raced out to a 21-0 lead, Tomah started crawling back. The Timberwolves first scored on Tom Hesse's 15-yard touchdown pass to junior fullback Connor Granahan and then saw sophomore Alex Boyko take the opening kickoff of the second half 85 yards for a touchdown to cut the deficit to 21-14.

The Rangers pushed that lead out to 28-14, only to have Hesse complete a 19-

yard touchdown pass to senior wide receiver Drew Brookman later on in the third quarter to get it down to 28-21. Logan scored once more early in the fourth quarter and held on to win from there.

For the Rangers, senior running back Eli Reynolds rushes for 129 yards and two touchdowns on 15 carries and junior quarterback Johnny Leaver added 112 yards and a touchdown on 17 attempts.

As for Tomah, Hesse completed 14 of 20 passes for 116 yards and two touchdowns while senior running back Jacob Bullard ran for 71 yards on 17 carries.

The Timberwolves next host their annual homecoming game against the Reedsburg Beavers (6-1, 4-1) Friday, September 7 at 7 p.m. in Tomah.

ONALASKA 42 SPARTA 14

League-leading Hilltoppers blow past Sparta to stay unbeaten

By ZACH RASTALL
Sports Writer

Four first-quarter touchdowns allowed Onalaska to breeze past Sparta and keep its unbeaten record intact.

The Hilltoppers (7-0 overall, 5-0 Mississippi Valley) raced out to a massive early lead and rode it to a comfortable 42-14 win over the Spartans (1-5, 0-5) Friday, September 30 in Sparta.

Onalaska found the end zone four times in the first quarter on a four-yard fumble return touchdown by junior safety Brady Kuhn, a 24-yard touchdown pass from junior quarterback Adam Skifton to senior wide receiver Matty Burnette, a 28-yard touchdown run by Kuhn and a one-yard touchdown run by senior Levi Bolstad.

The Hilltoppers scored

twice more in the second quarter on a 25-yard touchdown run by senior running back Cornell Banks and a 35-yard touchdown pass from Skifton to senior wide receiver Nicky Odom.

The Spartans finally got on the board in the fourth quarter with touchdown runs of nine and four yards courtesy of senior Layden Ott.

Onalaska offensive leaders were Skifton with 150 yards and two touchdowns on 10-of-14 passing, Kuhn with 58 touchdowns and a touchdown on six carries and Odom with 73 yards and a touchdown on five receptions.

For Sparta, junior running back Emmett Brooks ran for 40 yards on seven carries and Ott added 35 yards and two touchdowns on 10 attempts.

ROYALL 35 BROOKWOOD 0

Falcons denied by Royall

By ZACH RASTALL
Sports Writer

A tough 2022 season for the Brookwood Falcons continued with a lopsided defeat to Royall.

The Panthers (3-4 overall, 1-3 Scenic Bluffs) piled on the points in their 34-0 shutout win over the Falcons (0-7, 0-5) Friday, September 30 in Elroy.

Royall found the end zone five times throughout the evening, scoring six points in the first quarter, 12 points in the second and 16 points in the third.

The Panthers were led by Jackson Bender with 172 yards and a touchdown on 22 carries, while Carter Uppena completed 3 of 4 passes for 118 yards and a touchdown.

Marshall Doll led the way for the Falcons by running for 67 yards on 16 attempts on a night where they were unable to score.

Brookwood will once again try and find that first win of the year when it hosts the Necedah Cardinals (0-7, 0-4) Friday, October 7 at 7 p.m. in Ontario for homecoming.

TENNIS D1 SECTIONAL



Sparta's Libby Oswald steps in to return a ball during a volley in Monday's D1 sub-sectional in La Crosse. Herald photo by Nate Beier/GX3 Media.

Sparta's Rooou, doubles team advance on

By NICK LEONARDELLI
Sports Writer

The Sparta girls tennis team started (and ended) their state tournament journey with sub-sectionals at La Crosse Central this past Monday and sectionals on Wednesday at the Green Island tennis complex on the south side of La Crosse. The Spartans finished in a three way tie for fourth place after tallying 8 team points at Monday's sub-sectional. The SHS team matched totals by both Baraboo and Holmen after the first day of the two day event.

Sparta would stall at the point total after failing to win any matches in Wednesday's sectional at Central.

SINGLES

In flight number one, Sparta's Claire Pribbernow was granted the number eight seed and was defeated by the number one seeded Sienna Torgerud of La Crosse Central 6-1, 6-0.

Pribbernow's season ends with an overall record of 8-11.

Sparta's Mya Von Ruden was the number four seed in flight two and went up against the number five seed of Jane Fabian from Onalaska. Fabian would defeated Von Ruden 6-5, 6-3. Von Ruden would end her season with a record of 7-10.

In flight three, Sparta's Kayla Fabry, the number six seed, faced off the number three seeded Sofia Tak of Onalaska. Tak would move on after a 6-0, 6-1 victory over Fabry. Fabry's season ends with an overall record of 8-9.

The fourth and final flight saw Sparta's Jill Rooou, the number five seed, battle against the number four seeded Julia Barnes of Holmen. Rooou would go on to win 6-4, 6-4.

Rooou moved on to the semi-finals where she met the number one seeded Mai Kylose of La Crosse Central. Kylose defeated Rooou 6-0, 6-1 to end the Sparta players' season with a record of 8-8.



Sparta's Jill Rooou returns the ball during her opening match at Monday's sub-sectional. Rooou won 6-4, 6-4 to advance to the second round of in the fourth flight. Herald photo by Nate Beier/GX3 Media.

DOUBLES

The Lady Spartan doubles teams found success where they could.

Sparta's Anna Clark and Nadia Tovar were the sixth seed who faced off against the number three seed of Tomah's lana Lod and Gwyn Robertson in flight one. Clark and Tovar couldn't defeated the arch rival, who moved on in a 6-1, 6-3 defeated. Tovar and Clark finsiehd with an overall record of 2-3.

Sparta's only number seed in the sub-sectional was the dynamic duo of Amelia Russ and Evelyn Tripp. The duo went up against the number eight seed of La Crosse Logan's Jaida Degenhardt and Maryann Little. Tripp and Russ would move on with a 6-0, 6-0 shutout win. In their semi-finals matchup, the two girls would end up losing to the number five seed of Baraboo's Annie Langkamp and Peyton Stelzer 6-1, 6-0. The red hot Russ and Tripp ended their season on a ten match winning streak. The duo's overall record ened at 17-3.

Double flight number three put the number two seeded Libby Oswald and Kira Markuson up against familia faced of the number seventh-seeded MaKayla Ueek and Laura Steophens of Tomah.

Oswald and Markuson would move on to the semis after a 6-4, 6-2 victory. Their next opponent would be the number three seed of Rachel Nelson and Rachel Wiczorek fom Baraboo. The Spartan duo would win this match 7-5, 6-0 to move on to sectionals on Tuesday. Unfortunately, the trip would end there for Markuson and Oswald. The two would be defeated by Mihika Shivakumar and Emily Cai of Madison Memorial 6-3, 6-2 in the first round of sectionals. The two end their season with an overall record of 13-2.



Tomah's number one doubles team of Anna Lord and Gwyn Robertson upset third-seeded Sparta in Monday's sub-sectional at Green Island Tennis Complex in La Crosse. The pair advanced to the second

Doubles team of Lord/Robertson upset Sparta team to advance in sectionals

By NICK LEONARDELLI
Sports Writer

This past Monday, the Tomah girls tennis team took their rackets to La Crosse Central to begin their Wisconsin State Tournament journey with sub-sectionals.

The Tomah girls singles didn't see a girl move on to the second round of their flight groups, but the doubles portion of the squad boasted an upset win against a pair from Sparta to put one set of players in an opportunity to play for a state berth..

SINGLES

Flight one was represented by Makenzie Kohn. Kohn was the seven seed and faced off against Isabel Ploessl from Holmen who ended up winning 6-1, 6-1. Kohn finished her season with a record of 7-15.

Singles flight two, Tomah sent out their number two of Brelee Olson. Olson was the fourth seed in the flight ans was taken down by Emma Goede of Holmen 6-2, 6-3. Olson ended her season with a record of 6-16.

Kenda Seering represented Tomah in flight three. Searing, the number seven seed, lost to Holmen's Hanna Theo, the number two seed, 6-1, 6-0. Her season ends with a record of 1-15.

Flight four featured the number six seed, Tomah's Adeline Gerke, battling the number three seed Gaonou Her of Onalaska. Her defeated Gerke 6-1, 6-2. Gerke ends with a 5-14 overall record.

DOUBLES

The Timberwolves doubles had a better day than their singles counterparts.

The number three seeded team of Anna Lord and Gwyn Robertson defeated Sparta's Alana Clark and Nadia Tovar 6-1, 6-3. That win propelled the girls to sectionals the following day. The duo would end up losing to Middleton's Ashley Andler and Amy Li 6-1, 6-0. Lord and Robertson end their season with an overall record of 10-10.



Tomah's Riley Smith chases down a ball during a volley against La Crosse Central in Monday's Division 1 sub-sectional in La Crosse. Herald photo by Nate Beier/GX3 Media.

Flight two saw Tomah's duo of the number seven seeded Riley Smith and Marie Bannan face off against La Crosse Central's number two seeded Kendall Blanco and Harper Rees. Blanco and Rees went on to win 6-1, 7-5. Smith and Bannan ended the season with an overall record of 5-17.

Tomah's Makayla Ueek and Laura Stephens were given the seven seed and competed against the number two seed of Sparta's Libby Oswald and Kira Markuson. Oswald and Markuson defeated Ueek and Stephens 6-5, 6-2.

The Tomah duo finished with an overall record of 1-7.

TEAM FINISH

La Crosse Central and Onalaska both tied with 18 points following the sub-sectional portion of the event. However, Middleton won the sectional with 48 points.

La Crosse Central's one doubles team of Katie Johnson and Odessa Barreyro qualified for state after taking fourth at Wednesday's sectional.

TENNIS SPARTA 6 ASSUMPTION 1



Spartans end regular season with near-sweep

By NICK LEONARDELLI
Sports Writer

Amelia Russ and Evelyn Tripp extended their win streak to help Sparta past Wisconsin Rapids Assumption 6-1 this past Thursday.

The Lady Spartans improved to 9-6 overall on the season and dominated both singles and doubles in the matchup in the team's final dual of the regular season.

The Spartans' singles crew wasn't messing around. The

four girls cleaned house to help give Sparta the win.

Claire Pribbernow defeated Ahnabella Khang 6-1, 4-6, 10-6. Mya Von Ruden defeated Kara Drewiske 6-2, 6-3. Kayla Fabry defeated Macy Colley 2-6, 6-4, 10-8. Jill Rooou defeated Kelsey Koran 6-2, 6-4.

The highlight of the doubles matches was Amelia Russ and Evelyn Tripp defeating Assumptions Grace Johnson and Ari Cavanaugh 6-2, 6-3 to continue their dominance.

Their last loss was September 8th against West Salem. The duo improves to 16-2 overall for the season.

Libby Oswald and Kira Markuson defeated Anna Elsen and Kaycee Schultz 6-0, 6-1.

The Spartan tennis team wrapped up the season with a mark of 9-6 overall and a league mark of 3-3. Sparta lost two matches - Onalaska and Aquinas - by scores of 4-3, however.

Sparta's Amelia Russ fires the ball back across the net during Monday's sub-sectional in La Crosse. Russ and teammate Evelyn Tripp finished the regular season on a win streak that lasted into the second round of sectionals. Herald photo by Nate Beier/GX3 Media.