Generationals Generationals Generationals Cardinals hold off Cashton to wrap up sole possession of 2023 SBC title

GIRLS BASKETBALL BANGOR 43 CASHTON 36

By ZACH RASTALL Sports Writer

Over the last decade, there have been few things more reliable in the high school sports scene throughout the Coulee Region than the Bangor girls' basketball team finishing atop the Scenic Bluffs standings.

There are seasons where it's never in doubt and others where the battle for SBC supremacy is more hotly contested, but one thing always remains the same: the Cardinals ending the winter as conference champions.

The Cardinals (17-5 overall, 12-1

Scenic Bluffs) extended their conference title streak to nine years in a row once they clinched a share of the Scenic Bluffs crown by beating rival Cashton (13-10, 7-6) 43-36 Thursday, February 9 in Bangor.

(9-PEAT) cont. pg 9

Bangor's Gabby Schroeder rises above the Cashton defense for a shot during the first half of last Thursday's game. Herald photo by Logan Everson.





THROUGH MY LENS

Are we able to truly enjoy a moment?



Editor

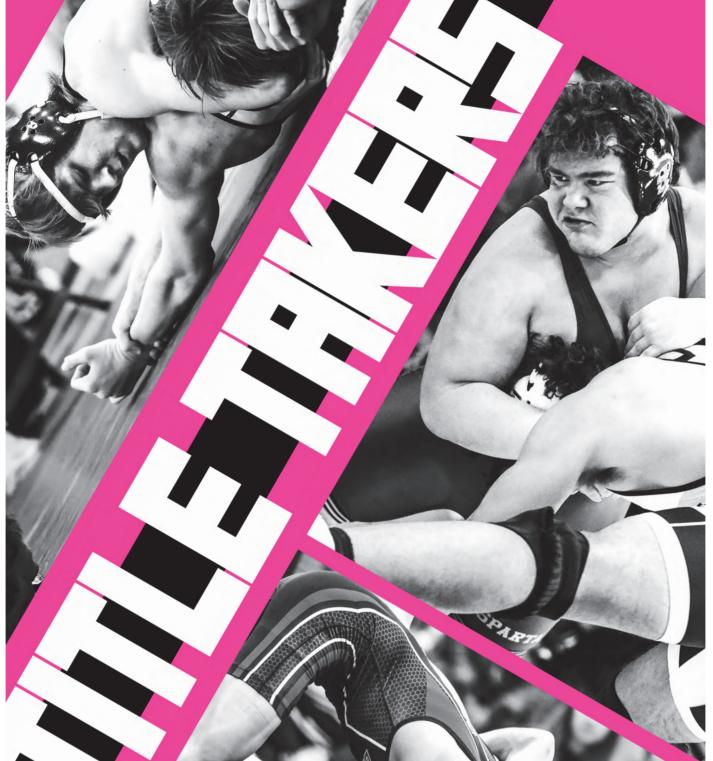
Last week we in the sports community watched as LeBron James broke the alltime scoring record held by Kareem Abdul-Jabar.

It was a big moment. Big enough to make me tune in to the game on ESPN radio on my drive home Tuesday night and big enough for me to turn on the game once I got home just in time to watch the historic shot.

Please keep in mind, I really don't take time to watch professional basketball, or college basketball, or really... much in terms of sports on the television. Yet, I did because I knew the significance of the accomplishment.

I watched. I enjoyed the moment. I saw greatness being great with my own eyes. It was good.

The next day I saw photos of the shot that were shared on



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Tomah polishes off Sparta in second meeting

By ZACH RASTALL Sports Writer

A hot start can sometimes make all the difference in a game, as even a strong comeback bid from your opponent can be too much to maintain over the long haul. Tomah's rivalry win over Sparta late last week was a great example of that.

The Timberwolves (8-13 overall, 4-6 Mississippi Valley) built up a substantial first-half lead and held off a gutsy charge from the Spartans (3-17, 0-9) to hold on for a 79-68 win in their MVC showdown Friday, February 10 in Tomah.

Right out of the gates, Tomah quickly seized an 11-3 lead within the first two minutes of the game that elicited an early timeout by Sparta. The Timberwolves extended that advantage to as much as 21 in the latter stages of the first half. However, the Spartans put together a 13-2 run to slice the deficit to 38-28 heading into the locker room at the break.

Sparta continued to close the gap with a 9-4 run in the first three minutes of the second half that got the Tomah lead down to 42-37. All told, the Spartans outscored the Timberwolves by a margin of 22-6 on both sides of halftime to turn a brewing blowout into a competitive affair. However, Tomah finally turned the tide back the other way with a 22-10 stretch of its own to push the advantage back out to 64-47 with just over 4.5 minutes to play. The closest Sparta got for the remainder of the game was a seven-point deficit in the final minute as the Timberwolves ultimately put a bow on a season sweep of their rivals. During the first matchup of the year between the two on January 7 in Sparta, the Timberwolves cobbled together a 60-46 victory. In last Friday's win, Tomah's leading scorers were senior small forward Tom Hesse with a game-high 26 points, junior guard Tyler Kleifgen with 20 points, senior point guard Brady Plueger with 15 points and senior forward Bryant Thornton with 14 points. Kleifgen played a key role in that fast start for the Timberwolves, splashing three of his four made 3-pointers within the first couple minutes to help his team open up the early advantage on a night where they never trailed. As for the Spartans, senior forward/guard Layden Bender led the way with 17 points, sophomore guard Zach Gibson finished the evening with 14 points (all in the second half) and sophomore forward/center Gavin Rhead chipped in 11 points in the loss.

social media. The commentary mostly revolved around the crowd all 'watching' the shot. What I mean was that nearly everyone had their phone up in an effort to grab a souvenir of the moment.

All I could think was, 'are they even experiencing the moment firsthand?'

Is this what we've become as a society - so obsessed with capturing moments that we forget to actually look, watch and experience it as they happen?

Yes, I shoot photos for a living and I've watched many an unforgettable moment through my viewfinder. Yet, that's my job. It's my job to plan ways to best capture the moment, to be that unbiased observer that freezes key moments in time for the world to see and reflect on.

I've seen a lot of parents with cameras at games over the years and I've always wondered what types of shots they're getting from the stands. I can usually tell from the lenses they have, they don't have the telephoto power to actually make it to the court and those that do, usaully are shooting in an automatic mode, meaning they can't freeze the action.

So, I've wondered what the point to that is. Why waste time getting mediocre photos and while only devoting half their time to actually watching their kid play? Instead of fully investing ones self to see what's happening in the game

(BEIER) cont. pg 9

REGIONAL CHAMPIONS

(clockwise from top) Tomah's Gavin Finch, Sparta's Cadence Zwiefel, Brookwood's Dylan Powell, Sparta's Devon Lietzau each won regional titles last weekend and will lead their teams into the sectional round of the WIAA postseason. **REGIONAL WRESTLING RESULTS PG 9**

Herald photos by Nate Beier/GX3 Media.

UP NEXT

Tomah is at Onalaska and Central is at Sparta on Tuesday, February 14.



POWERSPO<mark>rt Grou</mark>p

(Chilly Sold

BOYS BASKETBALL

BANGOR 95

WONEWOC-CENTER 19 Bangor (17-3 overall, 11-0 Scenic Bluffs) kept chugging along in SBC play by steamrolling the winless Wonewoc-Center Wolves (0-21, 0-12) Friday, February 10 in Wonewoc.

Leading the charge for the Cardinals in the win were Tanner Jones with 30 points, six rebounds and four steals and Dustin McDonald with 15 points.

CASHTON 64 NEW LISBON 52

Cashton topped New Lisbon by 12 points on Friday, Febraury 10. No stats were reported at time of print.

ROYALL 63 BROOKWOOD 36

In a game where they trailed 34-11 at halftime, the Falcons (5-15 overall, 2-9 Scenic Bluffs) ultimately lost 63-36 to Royall (15-5, 8-4) in a conference clash Friday, February 10 in Ontario.

Brookwood's Wyatt Maurhoff led his team with 20 points and eight rebounds, but none of his teammates scored more than five points

UP NEXT

On deck for the Falcons are a pair of conference road games late this week: at Hillsboro (16-5, 7-5) Thursday, February 16 and at Bangor (17-3, 11-0) Friday, February 17. Both games are scheduled for 7.



Sparta's Evie Tripp is fouled by Luther's Mackenzie Van Loon during the second half of Saturday's game. Herald photo by Nate Beier/ GX3 Media.

GILRS BASKETBALL

SPARTA 50 LUTHER 45 With the regular se



BOYS HOCKEY BLACK RIVER FALLS 3 TOMAH 2

BRF takes Cranberry Cup from T/S in season finale

By LOGAN EVERSON Sports Writer

As the regular season came to a close last week, the Tomah/Sparta boys hockey co-op expected to create some momentum for the WIAA postseason as the team traveled to rival Black River Falls with the annual Cranberry Cup on the line.

In the end, the final result was a 3-2 win for BRF and the T/S co-op was forced to end the regular season on a twogame losing skid.

In Friday's game, memories of a shut out by Sauk Prairie from three days prior lingered, but the opportunity to notch a revenge win against the Tigers was at hand as the two teams faced off on Friday, Febraury 10.

In the first period, shots on goal were nearly even 16-15, but one made it through for Black River Falls's Calvin Lakowske.

The Tigers were ahead 1-0 going into the second, until Tomah/Sparta's Parker Holloway, with help from Owen Walker and Alex Bovko, evened it up at 5:36. Two minutes later, Lakowske struck again, along with Wyatt Madvig and Drew Apicella, and brought the Tigers up 2-1. Tomah/Sparta outshot Black River Falls 18-10 in the second period.

In the third period, Holloway and Walker brought Tomah/ Sparta back into the game, tying it up 2-2. But it wouldn't be enough, as Black River Falls's Wyatt Tennant slips one in with 4:45 left in the game. The Tigers were able to hold Tomah/Sparta back and held their one point lead all the way until the end, wrapping up the regular season with a 3-2 finale. Tomah/Sparta outshot Black River Falls 25-8 in the final period, and 59-33 overall.

Tomah/Sparta's Jake Berry. and 30 saves on 33 shots, with Black River Falls's Christopher Muir saving 57.

UP NEXT

In Division 1 playoffs, Tomah/Sparta (15-9), seeded at #9, is on the road for their first postseason game against #8-seeded Wisconsin Rapids (15-9) on Tuesday, February 14. The two teams have faced off before, with Tomah/ Sparta most recently besting Wisconsin Rapids 3-0. Earlier in the season, Tomah/Sparta fell 6-2

about to come to an end, the Spartans (5-18) got their first win of the month by defeating the Luther Knights (9-13) 50-45 in nonconference action Saturday, February 11 in Onalaska.

Each team scored 31 second-half points after Sparta led 19-14 at halftime.

In the win, which snapped a three-game losing streak for the Spartans, Tiana Lewis finished with 12 points and eight rebounds, Evelynn Tripp tallied 12 points and five rebounds, Macey Oswald chipped in 11 points and Amelia Russ grabbed a team-high 11 rebounds.

Of Sparta's five victories this season, three of them have now come on the road.

ROYALL 67 BROOKWOOD 19

Playing without their star junior guard Vanessa Anderson — who may miss the rest of the season with an ankle injury — the Falcons (7-15 overall, 3-9 Scenic Bluffs) fell 67-19 to Royall (17-4, 11-2) Thursday, February 9 in Elroy.

Brookwood's Cora Brandau and Reagan Muehlenkamp scored six and five points, respectively, in the loss.

UP NEXT

Brookwood returns to action by hosting Bangor (17-5, 12-1) Tuesday, February 14 at 7 p.m. in Ontario. The Falcons then end the regular season against Wonewoc-Center 5-7) Thursday, (10-9, February 16 at 7 p.m. in Wonewoc.

WIAA BRACKETS

Complete brackets have been posted on the WIAA website,wiaawi.org. Scan the QR code to travel to the girls basketball page.



into the early stages of the

AROUND THE AREA

The West Salem Panthers boys co-op were blanked at home by Wisconsin Rapids Lincoln 8-0 on Friday, February 10. The Division 2 #7-seeded West Salem (3-18) will travel to the #2-seeded Menomonie (7-17)on Thursday, February 16.

Black River Falls (14-7) will play host to the Viroqua (5-15) to open up the postseason on Thursday, February 16. The Tigers are seeded #1 in their bracket.

GIRLS HOCKEY HUDSON 7 BLACK RIVER FALLS 1 Tiger girls fall in regular season finale

By LOGAN EVERSON Sports Writer

The Black River Falls girls hockey team fell behind early at Hudson and failed to make up the difference in the regular season finale, losing 7-1.

The Tigers trailed 4-0 after the first period on Thursday, February 9, and were down 6-0 after two periods.

Zowie Hunter put in the lone goal for the home team in the third period.

BRF enters the postseason 10-12 overall.

UP NEXT

The BRF co-op will travel to Chippewa Falls on Thursday, Febraury 16 for a first round WIAA tournament game with the Chippewa Falls/ Menomonie Sabers (14-8-1) starting at 7.

By ZACH RASTALLY

A regular season sweep of

a rival is always something

to enjoy. Thanks to a strong

second half out on the road,

the Tomah girls' basketball

team got to savor that very

The Timberwolves (10-

13 overall, 4-7 Mississippi

Valley) beat Sparta (5-18,

0-11) for the second time

during the 2022-23 season

thanks to a 58-46 victory

in a clash between the two

Mississippi Valley Conference

rivals Thursday, February 9 in

Tomah held a narrow 25-

night,

then

23 advantage at halftime

proceeded to outscore the

Spartans 33-23 over the course

of the final 18 minutes to

In the victory for the

Timberwolves, Lauren Noth

scored 29 out of her team's 58

eventually win by 12.

Sports Writer

experience.

Sparta.

Thursday

GIRLS BASKETBALL TOMAH 58 SPARTA 46

Timberwolves stave off Spartans in rivalry tilt

(BEIER) cont. from pg 7

right in front of them.

It's the same thought process when you see that person recording an entire music show on their phone - are they really enjoying the show or just watching it through some screen, trying to save it for later for some reason?

I know why we want to record things - we want a token to prove we were there. Those fans in Los Angeles last week wanted a souvenir of the historic moment that they can share with everyone and a way to prove that they were there.

I often wonder why it's that important to have said video or said photo of a thing because the video and photos that most people are taking is terrible.

Let's face it, the sound quality on a recorded rock show is nothing near what the live performance is. A video from the 30th row of a basketball game, from the backside of the play is hardly something quality enough to keep or share.

When I watch parents spend an entire game shooting photos or an entire match video recording, I know that most aren't getting a quality product, their just getting ... something to prove the moment existed, or to add to the near-endless archive of youth sports videos collected over the years.

The thing is, what do people do with all of this stuff? How do we manage this part of our digital clutter?

Very few curate their photos and video the way I do. It just gets dumped in the cloud or saved on a phone and most likely lost when they upgrade.

The photos never get printed because the quality isn't good enough to print.

Some share on social media sites, but let's face it, when you see there's more than 20 photos in a gallery, you're looking at the first 10 and then moving on because half of those were out of focus.

The videos never watched again because 95% of Little Timmy's games are mundane affairs with no real consequences or significance - and the thought of hearing mom or dad yelling like a banshee while the game is going on is...something Timmy doesn't need to experiene a second time.

İs it worth it? Is it worth having barely mediocre photos and video?

My advice to parents that like to do this type of thing is to put their devices down and just watch their kid perform. Be in the moment and enjoy the competition with your own

points in one of her strongest performances of the year. Sparta junior Evelyn Tripp tallied 23 points, senior Abby Schell added eight points, freshman Tiana Leis chipped in seven points, senior Ella Guns finished with six points and six rebounds and junior Corin Milne had five rebounds and three steals.

In the previous meeting between the two rivals this season, Tomah picked up a 64-41 win at home back on January 6.

UP NEXT

The Timberwolves will attempt to notch their third consecutive victory as they host Onalaska (10-10, 6-5) to end the regular season Tuesday, February 14 at 7:15 p.m. in Tomah. Elsewhere in the MVC on Tuesday night, Sparta wraps up its regular season slate against La Crosse Central (10-13, 6-5) on the road in La Crosse.



Tomah's Lauren Noth makes a drive towards the lane with Sparta's Corin Milne in tow during the second half of Thursday's meeting between the two teams. Herald photo by Logan Everson.

(AIR) cont. from pg 8

one he hit with 7:42 left in the game that put him past 1,000 points for his career. Though the celebration couldn't last long with Bangor only ahead 53-49 at the time, Meacham quickly called timeout to allow Jones, his teammates and the home crowd to soak in the moment.

It was the second time the Cardinals were able to enjoy such an accomplishment within the last week. Just four days earlier, senior forward/ guard Dustin McDonald had joined the 1,000-point club during the team's 80-42 blowout win in New Lisbon.

"Hats off to the team. They're the ones that get me in that situation where I can get open shots," Jones said. "I compete for them, and they compete for me. It's a whole team effort."

All told, Jones ended the evening with 30 points, six rebounds and four steals, junior forward Chase Horstman finished with nine points and 12 rebounds, McDonald also had nine points and the trio of junior guard Nolan Michek, senior guard Tysen Herken and junior guard Samuel Cropp scored eight points apiece.

For the Eagles, junior guard Connor Butzler led the charge with 19 points, senior forward Zack Mlsna tallied 14 points, junior guard Noah Hemmersbach and senior forward Jacob Huntzicker



Cashton's Jacob Huntzicker tries to steady himself while establishing possession of the ball after collecting a turnover from Bangor in the second half of Saturday's game. Herald photo by Nate Beier/GX3 Media.





each had nine points and junior guard Brady Hemmersbach tacked on eight points.

"Our guys battled. I give credit to Jones. He had a beautiful night," said Cashton head coach Scot Wall. "He showed why he's conference player of the year."

UP NEXT

own destiny to either grabbing a share of the Scenic Bluffs title or winning it outright by the end of the week via a pair of homes games. They host Royall (15-5, 8-4) Thursday, February 16 at 7 p.m. and Brookwood (5-15, 2-9) Friday, February 17 at 7 p.m. The Eagles return to action with a non-conference clash against Westby (7-13) Monday, February 13 at 7:15 p.m. in Cashton.

The WIAA postseason path will become clear for both teams next weekend when the postseason seedings occur. Brackets will be released on Sunday, February 19.

The Cardinals control their

Bangor's Dustin McDonald drives past Cashton's Brady Hemmersbach and into the lane looking to score in the opening half Saturday. Herald photo by Nate Beier/GX3

Bangor's Hayden Massman, Elijah Tucker and Lucas **Reed** let loose a celebratory cheer after a basket in the second half of Saturdya's game. Herald photo by Nate Beier/GX3 Media.



ABOVE Cashton's Noah Hemmersbach plunges into the lane looking to spark the Eagle offense in the second half. Herald photo by Nate Beier/GX3 Media.

(9-PEAT) cont. from pg 7

"This has been the toughest one, I'll say that," Bangor head coach Merlin Jones said of this season's path to a conference championship. "Looking at the balance and the parity that's out there in the conference, I start thinking about the next step of our allconference team and there are a lot of girls out there who are very close to the same level."

Å 41-31 win over the Royall Panthers (17-4, 11-2) the previous week in a battle of the two teams tied atop the Scenic Bluff standings at the time allowed Bangor to assert control of its own destiny in its conference title bid. The Cardinals needed just a win over their archrivals on senior night to secure a share, but the Eagles did their best to rain on the parade.

led throughout Bangor almost the entirety of the first half — with that advantage as big as seven at one point but Cashton continuously had an answer to keep things close and the Cardinals only led 22-20 at the break.

Media.

That theme continued throughout the second half, where the Eagles didn't trail by more than two possessions until the very end. In fact, a layup by Cashton junior guard Sydney Helgerson tied the game at 34-34 with 4:13 to play.

However, the Cardinals showed their championship mettle when the chips were down. Bangor sophomore guard Anna Fronk's putback bucket pushed her team back ahead 36-34 with 3:18 remaining. The game was never tied again after that point, as Bangor used a 9-2 run to finish the game with a title-clinching win.

Since a 66-44 loss to Hillsboro back in December in their third SBC game of the season, the Cardinals have

now rattled off 10 consecutive wins in conference play. That winning streak includes a 44-35 victory at Cashton in the rivals' first meeting on January

Last Thursday's win for Bangor saw senior guard Nora Tucker set the pace with 11 points and Fronk tally nine points. For the Eagles, senior guard Braylee Hyatt led the way with 13 points, five rebounds, five steals and four assists while sophomore center Taylor Lindley-Schendel and senior forward Taylor Bayer scored eight and seven points, respectively.

UP NEXT

The Cardinals aim to clinch the conference title outright when they hit the road to face Brookwood (7-15, 3-9) Tuesday, February 14 at 7 p.m. in Ontario. Elsewhere on St. Valentine's Day in the Scenic Bluffs, the Eagles host Wonewoc-Center (10-9, 5-7) in Cashton.



Cashton's Lauren Huntzicker yanks the ball away from Bangor's Adrianna Massman as the two grapple for possession of the ball in Thursday's SBC contest. Herald photo by Logan Everson.

eyes as it happens.

Wrestling parents can sit in the stands and cheer instead of getting shaky cam footage while clogging up the walkways next to the mats.

Soccer parents can just sit and soak up some sun instead of using the abhorent digital zoom most phones have to get across the field.

Look, these moments are fleeting. I know parents want a keepsake of the thing, but there are other ways to do it and other times where it's appropriate. Perhaps limit how much time is spent recording moments or asking for video from coaches, because most film games or matches in some fashion. Grabbing a photo after a game with teammates is probably going to end up as a better shot than the action, and will probably be more print worthy, I'd guess. For me, I've made a point

not to photograph sunsets or landscapes. I see some amazing things on my drives from game to game, but I usually remind myself just to take it in instead of trying to capture it.

I understand that no matter how good I am with a camera, my shot will never actually live up to what I'm looking at in person. It's not worth ruining the moment to save something that pales in comparison to the real thing. Therefore, I take some mental images and bury the experience there.

Living through the screen of a device is like living life in the passenger seat - you may see what's happening, but you aren't actually experiencing it.

Those fans last week may all have some form of video of this epic shot by LeBron, but at what cost? Does that mean they actually saw what happened?

My advice - be aware of what's in front of you. Take it in and appreciate it for what it is. If you can't capture it well, then don't. Not every moment is worth capturing and saving, but each and every moment is worth living and experiencing.



Tomah's Jacob Van Hoof drives Sparta's Brandon Walters to the mat during the third place match at Saturday's Division 1 regional in Holmen. Van Hoof won by fall and had a chance at true second place, but lost by fall to West Salem/Bangor's Bradyn Glasspoole. Herald photo by Nate Beier/GX3 Media.

Area wrestlers take first step towards state tourney berths

By NATE BEIER Sports Editor

The time left in the high school wrestling season is disappearing fast now that the WIAA postseason has begun.

Area teams went to work in the regional round of the postseason last weekend - the first step to the coveted state berth and a chance to wrestle at the Kohl Center in Madison.

The West Salem/Bangor co-op made a positive impression on teams in its first year as a Division 1 program. The Catbirds managed to push through 13 wrestlers to the sectional round at the Division 1 regional in Holmen on Saturday, February 11.

The Catbirds qualified for the team sectional by virtue of a second place finish Saturday as well. WS/B accrued 240 points for second place behind Holmen (293) and will compete at the Eau Claire North team sectional on Tuesday, February 14 against Marshfield.

Holmen gets Menomonie in the opening round of Tuesday's team sectional with the winners facing off once the opening round has concluded.

Individually, the WS/B co-op produced a

HOLME

SPARTA

Sparta finished with two champions and five other sectional qualifiers Saturday.

Devon Lietzau bested Holmen's AJ Alesch 9-4 in the 126 pound title match. Lietzau was joined in the winner's circle later on by Cadence Zwiefel.

Zwiefel made quick work of Eau Claire North's Noah Penigar in the 285 championsip, after throwing his opponent to the mat and covering for a pin in 1:16.

Landon Connelly won his third place match on the strength of a 13-8 decision against La Crosse's Justus Mueller

ТОМАН

Gavin Finch led Tomah with its only regional title at Saturday's regional. Finch picked up his 40th win of the season after topping Holmen's Jared Rotering by fall in 45 seconds during the 145 pound title match.

BROOKWOOD

The Powell brothers, Dylan and Drew managed to move on for at least one more tournament together as Dylan claimed first at 120 and Drew fourth at 126.

Alex Guzman was fourth at 132

SECTIONAL QUALIFIERS

BROOKWOOF

120 Dylan Powell (34-5)126 Drew Powell (29-14)132 Alex Guzman (21-17)

CASHTON

4th

106	Parker Mlsna (30-15)	3rd
113	Rory Mlsna (13-17)	3rd
170	Colin O'Neil (35-7)	2nd
182	Jack Schreier (21-10)	2nd
220	Ericris Tirado-Lopez (29-17)4th
285	Austin Culpitt (36-11)	2nd

SPARTA

 106
 Landon Connelly (27-13)
 3rd

 120
 Brandon Walters (17-15)
 4th

 126
 Devon Lietzau (32-6)
 1st

 152
 Nathan Poss (19-13)
 4th



Cashton's Rory MIsna tries to finish a takedown against Cochrane-Fountain City's Deklen Lambert at the D3 regional at Aquinas Saturday morning. Herald photo by Nate Beier/GX3 Media.

quartet of champions, three of which came in order from 170, 182 and 195.

Teghan Moore won the 106 bracket with a 4-1 decision over Holmen's Caleb Runde.

At 170, Andy Johnson pinned Eau Claire Memorial's Connor Anderson in 3:28 in the title bout.

Miles Olson had a rousing victory at 182 by turning the tables on Holmen's Carson Weber late in the second period and secured a win by fall just ahead of the buzzer to mark the end of the period.

Luke Noel needed 3:43 to finish with a pin against Eau Claire North's Jin Yang. B r a d y n

G lasspooledefended his position in the wrestleback rounds after losing the title bout by fall at 120.

CASHTON

Despite not having a regional champion, the Eagles still pushed a half dozen wrestlers through to next weekend's sectional at Richland Center.

Colin O'Neil, Jack Schreier and Austin Culpitt all finished second for CHS and are in good position for a state berth next weekend.

Aquinas won the team title after amassing 350.5 points. Pittsville was second with 167 points. Royall was the top SBC team with 138 points which allowed them to tie Independence for fourth place.

The Division 3 team sectional will be at Cashton on Tuesday, February 14 starting at 5.

Aquinas will face Iowa-Grant/Highland and Pittsville will get defending state champions, Fennimore in the opening round.

160	Brock Connelly (21-18)	4th
170	Emmett Brooks (28-16)	4th
285	Cadence Zwiefel (32-7)	1st

ТОМАН

113	Austin Gray 22-14)	3rd
120	Jacob Van Hoof (20-15)	3rd
126	Evan Johnson (6-11)	4th
132	Cameron Finch (33-9)	2nd
138	Benny Bemis (19-16)	3rd
145	Gavin Finch (40-4)	4th
220	Carter Habeck (18-15)	2nd

WEST SALEM/ BANGOR

106 Teghan Moore (32-11) 1st 113 Cayson Anderson (7-6) 2nd 120 Bradyn Glasspoole (44-6) 4th 126 Nick Ziegler (20-12) 3rd 132 Brett Promedahl (18-4) 3rd 138 Caden Anderson (26-15) 4th 145 Isaiah Murphy (6-5) 3rd 152 Trevor Arentz (38-9) 3rd 160 Cody Peterson (40-12) 3rd 170 Andy Johnson (40-10) 1st 182 Miles Olson (26-12) 1st 195 Luke Noel (25-1) 1st 285 Cameron Sidie (25-18) 4th



Sparta's Emmett Brooks faces off with Onalaska's Brady Kuhn during the third place match at the D1 regional in Holmen. Kuhn won by fall. **Herald photo by Nate Beier/GX3 Media**.

ABOVE West Salem/Bangor's Teghan Moore sets u a takedown

against Holmen's Kaleb Runde in the 106 pound title bout at the D1 regional in Holmen. Moore won 4-1 and is one of 13 sectional qualifying wrestlers for the Catbirds. Herald photo by Nate Beier/GX3 Media.

Brookwood's Drew Powell

catches Pittsville's Dryden Luther and tips him for nearfall points during a 126 pound match Saturday at the D3 regional at Aquinas. Herald photo by Nate Beier/GX3 Media.