

**SHANLEY**

The Mission of JPII Catholic Schools is to inspire excellence by teaching the total person and fostering the following of Christ, as taught by the Catholic Church.

# DEACONS



**2022 FALL ATHLETIC PROGRAM**



**INSIDE:**

**HOF INDUCTEE**

**JUSTIN PAULSON**

**SPOTLIGHT**

**JAKE KAVA**

**SHANLEY STRONG**

**COACH AC**

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Busek Olson & Associates - Taxman.....	30
Butler Machinery.....	41
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Doosan Bobcat.....	15
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Eide Bailly.....	66
Essentia Health and Orthopedics.....	22
Fetzer Family Chiropractic.....	19
First Class Mortgage.....	67
Five Star Storage.....	43
Friederichs Seed INC.....	61
Fusion Electric.....	10
Healing with Hyperbarics.....	57
Heritage Homes.....	31
Hot Springs Spa's & Pool Tables 2.....	23
JDP Electric, Inc.....	50
Knight Printing.....	63
Kochmann Brothers Homes.....	55
Laney's INC.....	56
McCulley Optix Gallery.....	60
OrthoDakota.....	9
Pifer's Auction & Realty.....	37
Plumbing Patrol.....	55
Robert Gibb and Son's.....	59
Ruby Tuesday of Fargo.....	34
Sanford Orthopedics Sports Medicine.....	Inside Front Cover
SaveCoin.....	Inside Back Cover
Shawn Gray- Grayco USA LLC - Shaklee.....	18
SMP Health System.....	51
Standard Industries / Alloway.....	9
Suite Shots.....	26
Tax-Xperts.....	62
Ten Little Chickens Photography.....	8
The Forum of Fargo Moorhead.....	3
Tina Kraft Homes.....	23
University of Mary.....	69
Vetter Dental.....	35
Vogel Law Firm.....	43
Wells Fargo Advisors - Tim Graveline & Matt Watson.....	11
Women's Care Center.....	14

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## SPONSORS

Anthony Jacobson Dentistry.....	61
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American Federal Bank.....	68
Bell Bank.....	41
Breadsmith.....	47
Brian Mathison Family Dentistry.....	25
Catalyst Medical Center.....	67
Catholic Charities.....	19
Certified Auto Repair.....	71
Cullen Insulation, Inc.....	25
Design Direction, INC.....	47
Ed's Marine and Storage.....	64
Gill Orthodontics.....	64
Heartland Capital Group, LLC.....	71
Holiday Inn of Fargo.....	47
Hornbacher's.....	17
Hosted Hunts.....	67
Hurley's Religious Goods.....	41
Johnson & Schock Excavating.....	67
Lemke Home Improvements Inc.....	51
Maring Williams Law Office, PC.....	54
Marsh McLennan Agency.....	51
Morningstar Integrations.....	44
Nodak Mutual Insurance.....	44
Northern Improvement Co.....	68
Northern Plains Distributing INC-Big Green Egg.....	71
Randall's Excavating.....	17
Remax Legacy Realty-Dave Noah.....	54
Richards Transportation Service.....	68
Sanford EMS Education.....	71
Scherling Photography.....	41
Sheyenne Storage.....	18
South Pointe Pharmacy.....	19
Sweeney Controls Company.....	47
TCL Insurance.....	41
Tecta America.....	18
The Lock Shop.....	41
Town & Country Credit Union.....	19
Valley Dental.....	68
Vision Bank.....	68

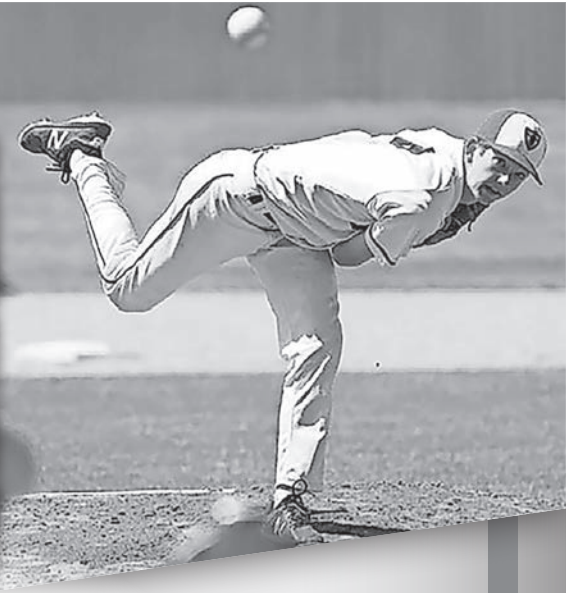
## SPECIAL FEATURES & EVENTS

Shanley Athletic Club Membership Form.....	4
Shanley Athletic Club Information.....	5
Solid Ground.....	7
Sports Schedules.....	10
SAC Hall of Fame Inductee - Justin Paulson.....	12-13
The Deacon Den.....	14
Spotlight: Jake Kava.....	20-21
Spotlight: Coach AC.....	28-29
Girls Soccer 2022 Season.....	36
42 and 43 Club.....	40
Girls Tennis 2022 Season.....	42
JPII Catholic Schools (Little Deacons).....	46
Mr. Golf: Jake Skarperud.....	48
Spring 2022 Athlete Awards.....	54
Baseball 2022 Season.....	60
Shanley TV.....	62
Shanley Fishing Team.....	70
JPII Catholic Schools Crest - Deacons Shield.....	72

Photo by Michael Vosburg / The Forum



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# The Forum

OF FARGO-MOORHEAD

has Shanley covered

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Photos by David Samson / The Forum



# Shanley Athletic Club Membership Form

*"Taking Deacon Athletics to a Higher Level"*

**Support our Student Athletes - Join the Shanley Athletic Club Today**

The purpose of the Shanley Athletic Club is to promote volunteerism and to provide funding for the JPII student athletic needs that go above and beyond the JPII budget.

Through your generous support, SAC has recently made the following contributions in the spirit of our mission:

- |  |   |                                     |
|--|---|-------------------------------------|
| ♥ 42/43 Club Banner                    | ♥ Girls' Basketball Jump Ropes          | ♥ Swimming Practice Gear            |
| ♥ Activities Shed Sponsorship          | ♥ Girls' Soccer Goals                   | ♥ Tennis Apparel                    |
| ♥ Baseball Batting Helmets             | ♥ Girls' Swimming Portable Storage Cart | ♥ Tennis Signs                      |
| ♥ Baseball BBCOR Bats                  | ♥ Girls Hockey Spruin Sign              | ♥ Touchless Drinking Fountain       |
| ♥ Basketball Warm-ups                  | ♥ Golf Simulators                       | ♥ Track & Cross-Country Warm-ups    |
| ♥ Boys Hockey Practice Jerseys         | ♥ Gym Mats at Trinity                   | ♥ Track & Cross-Country Tents       |
| ♥ Cheer Team Warm-ups                  | ♥ Hudl                                  | ♥ Trap Team Dry Fire Shooting Range |
| ♥ Coaches Association Fees & Education | ♥ Indoor Practice Facility Rental       | ♥ Treadmill                         |
| ♥ Coaches Incentives                   | ♥ Shanley TV AV Tricaster & Equipment   | ♥ Volleyball Training Equipment     |
| ♥ Football Bags                        | ♥ Softball Fence and Poles              | ♥ Weightlifting Achievement Board   |
| ♥ Game Day Signs                       | ♥ Softball Pitching Mat                 | ♥ Weight Room Equipment             |

Contact #1	Contact #2 (Optional)
Name _____	Name _____
***No need to complete the following Contact Information below if it is the same as last season – please update info only as needed***	
Cell# (____) _____	Cell# (____) _____
Email _____	Email _____
Address _____	Address _____ <small>(if different)</small>

**I want to join the SAC for the '22-'23 season at the following level:**

<u>Club Level</u>	<u>Contribution</u>	<u>Reward</u>
___ Platinum Plus	\$1000 or Higher	\$50 Certificate for Deacon Den
___ Platinum	\$500 or Higher	\$30 Certificate for Deacon Den
___ Gold	\$300-\$499	\$20 Certificate for Deacon Den
___ Silver	\$100-\$299	\$10 Certificate for Deacon Den
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Please select method of payment:

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\_\_\_ Check      Amount \$ \_\_\_\_\_ Check # \_\_\_\_\_

\_\_\_ Credit Card      Amount \$ \_\_\_\_\_ Type of Card: \_\_\_\_\_ Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ 3 Digit Code on Back of Card \_\_\_\_\_

**Please mail completed form to: Shanley Athletic Club, 5600 25<sup>th</sup> Street S, Fargo, ND 58104 - Or present to any SAC Board Member**

**SAC Board Members:** Stacy Biffert, Ellen DeVine, Dale Dingmann, Missy Flaherty, Julie Friederichs, Tim Graveline, Jason Hulstein, Sandra Jaeger, Jill Koch, Kamie Kueneman, Francis Leier, Jay McAllister, Sarah Perkerewicz, Ryan Roshau, Julie Rostberg, Brady Seavert, Sheri Stockmoe and Shar Vetter.

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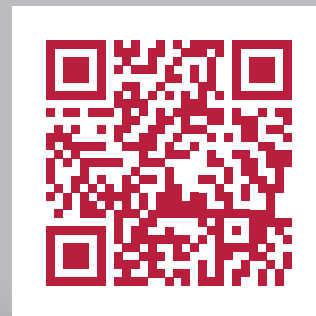
# **SHANLEY ATHLETIC CLUB**

Shanley Athletic Club has a long history of helping student athletes in the JPPII network. Our mission statement is “Taking Deacon Athletics to a Higher Level”. Our volunteer board has provided athletes with support that allows them to do just that. We have been blessed with many volunteers over the years that have shared their time and talents in order to uphold our mission. We work closely with the Activities department to meet the needs of the Deacon student athletes participating in all sports, not just a few.

Please visit the Shanley Athletic Club website for more information.

**Go Deacons!**

**[www.ShanleyAthleticClub.com](http://www.ShanleyAthleticClub.com)**



## **SHANLEY ATHLETIC CLUB HALL OF FAME**

Barry Anderson  
Wayne Blanchard  
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Marlys Callahan  
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## **SHANLEY ATHLETIC CLUB BOARD OF DIRECTORS**

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Kamie Kueneman Vice Pres.  
Jason Hulstein Treasurer  
Jill Koch Secretary

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Jill Koch

Kamie Kueneman  
Francis Leier  
Jay McAllister  
Sarah Perkerewicz  
Ryan Roshau

Julie Rostberg  
Brady Seavert  
Sheri Stockmoe  
Shar Vetter

### **NON-VOTING MEMBERS:**

Reggie Jackson

# ADMINISTRATION



**Fr. Kyle Metzger**  
Principal



**Reggie Jackson**  
Athletic Director



**Jesse Radloff**  
Activities Administrative  
Assistant



**Fr. William Slattery**  
Chaplain



**Mike Hagstrom**  
President, JPII Catholic Schools

*“Forward for Shanley High/Never give up and don’t say die!”* –First lines of school fight song

Welcome Deacon fans! Thanks for your undying support for our Shanley athletic teams.

The Deacons may be behind in the last minutes of the game, the last point (?!) of the match, or the home stretch of the race, but that never-say-die spirit of giving one’s very best to the very end is inspirational. Moreover, a loss or lower place finish is part of the life lesson learned. That’s how we become better.

In competing in that spirit, our athletes cultivate the virtues of fortitude, industriousness, and perseverance. They further prepare themselves for all the challenges life presents.

That translates to our faith as well. St. Junipero Serra—the 18<sup>th</sup> century California missionary canonized by Pope Francis in 2015—had this motto: “Always forward, never back.” That sustained him in all the unique challenges he faced in sharing the Good News of Jesus Christ in his time and place.

Thank you to our Deacon athletes, to Mr. Jackson and our coaches, to our parents and the Shanley Athletic Club, and to all students, alumni, and friends for exhibiting that never-say-die mindset. Forward for Shanley High, indeed.

I am excited to announce one giant leap forward for Shanley High with our new fundraising campaign for turf, track, and building expansion at the Shanley-Sacred Heart campus. Thanks to all supporters of those needed improvements to our facilities!

## **Go Deacons!**

*Mike Hagstrom is in his seventh year of service as President of St. John Paul II Catholic Schools and Director of Catholic Schools for the Diocese of Fargo. Previously, he taught Religion at Shanley High School for 31 years. He and his wife, Shawn, have two children (Therese '08 and Joseph '16) and two grandchildren (James '32 and Oliver '32).*





# SOLID GROUND

Replacement of field turf at Sid Cichy Stadium supplies open lane for the installation of a new track

*By Ryan Roshau, SAC Board Member*

In a year's time, Shanley High School will have a sense of pride in their stride.

The need to replace the field turf ushers in a new era for Shanley—a dedicated on-campus track for the first time in its history.

The “Sprint to Victory” project is a part of future school expansion plans and comes at a cost of \$1.5 million. JPII Advancement Director John Klocke announced the project at the Shanley Athletic BBQ on August 28<sup>th</sup>.

The type of field turf that Shanley utilizes needs replacement about once a decade and the 2022 season will be the last for the Deacons on this surface. “We’re on year thirteen actually,” Klocke said, “the surface is still safe and playable but this is the last year.”

When Shanley was in North Fargo, a football practice field was in place, but a dedicated track has always been lacking. “Originally the plan was to include a track when we first built the stadium,” Klocke noted, “but even though it didn’t come to fruition all those years ago, it will be cost-effective and timely for us to incorporate this installation into our entire project.”

JPII President Mike Hagstrom credits leaders within the program for helping the project to the starting blocks. “As we reviewed our building expansion plans, Track Coach Chris Foerster pressed for a track option around the turf field but that proved to be logistically impossible,” Hagstrom said. “From there, Mr. Foerster brought the quandary to alumni parents Greg McCormick and Jeff Collins who emerged with a solution to move the turf field to the east. I really thank them all for making the vision of a home track a real possibility at Shanley-Sacred Heart.”

Klocke notes that the football field itself will be moved about 30 feet toward Bishop’s Boulevard and there will be no need to change the layout of the stands, lights, or scoreboard. The track will be a standard eight-lane layout, 400m in circumference, and made of state-of-the-art material. “It’s a source of pride to say that for the first time we will host our own Shanley Invitational.” Klocke noted the new layout will result in no change to softball or soccer and elementary schools will not have to make the trip each May to Concordia. Klocke said, “we’ll build those special memories right here on our campus.”

Klocke calls early support for the project encouraging with a goal to raise cash and pledges by December 31<sup>st</sup> of this year so that construction bids can open by February 1<sup>st</sup>. The timeline goal is for groundbreaking in early spring with a completion in time for next August.

Naming opportunities and other sponsorships will be based on multiple levels of giving. See supplemental information for how you can help this project get over the hurdles and to the finish line.

*Scan this code for more information >*





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# 2022 FALL SCHEDULES



## FOOTBALL



## VOLLEYBALL

Nov 8-12 East Region Tournament



## BOYS SOCCER



## GIRLS SWIM & DIVE

Nov 5 EDC Championships



## CROSS COUNTRY

Oct 8 EDC Championships  
Oct 22 State Tournament



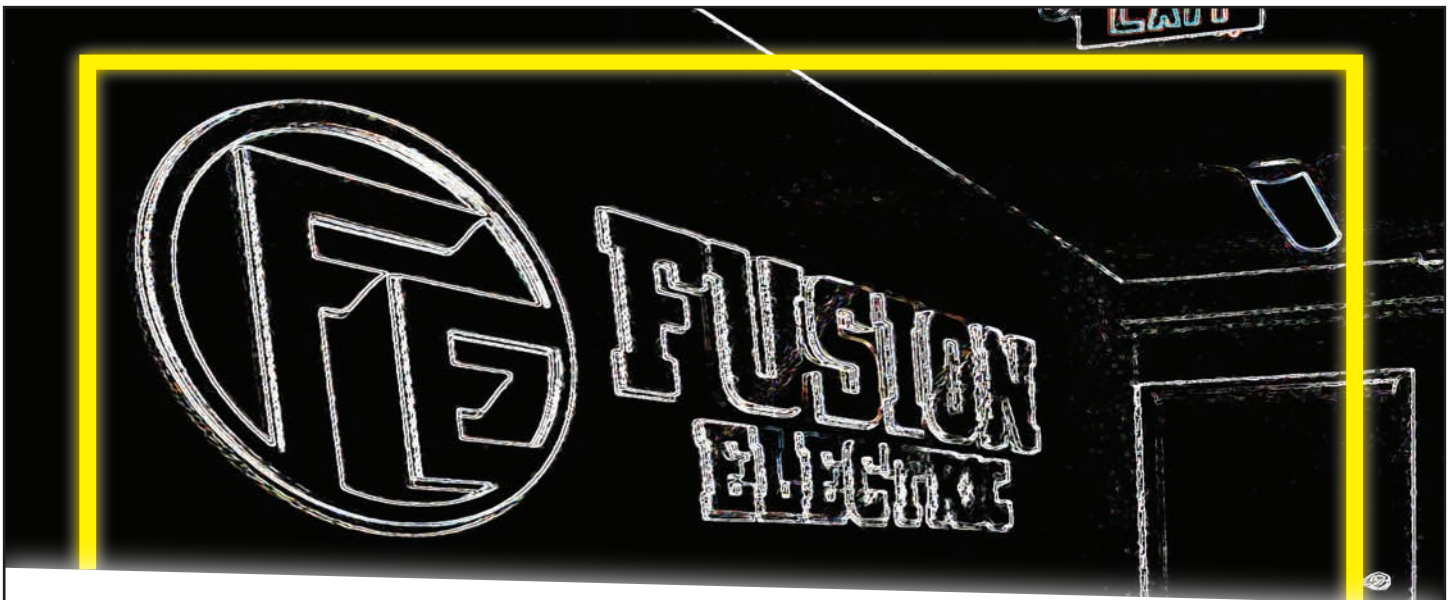
## GIRLS GOLF

Sept 26 East Region Tournament  
Oct 3-4 State Tournament



## BOYS TENNIS

Sept 29- Oct 1 East Region Tournament



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# SHANLEY ATHLETIC CLUB

# Hall of Fame

INDUCTEE:

JUSTIN PAULSON

By: Kevin Wollfe, SAC Hall of Fame Member



## A TRUE DEACON.

When one looks up the definition of the word “deacon” in the dictionary – no matter which dictionary - the common thread describing this word is the word “servant”. Someone who serves, ministering to others in practical ways. This servant leadership epitomizes the generous and dedicated contributions made by Justin Paulson, not only while serving in his role on the Shanley Athletic Club board but also as a parent supporting his children and their fellow students throughout their Catholic school educational experience.

Justin graduated from Hankinson High School in 1978 and the University of North Dakota in 1982. He met his “sweetie” Wendy in Jamestown and they have been married for 35 years. They currently live in West Fargo.

Their two daughters attended the Fargo Catholic School system from starting at Nativity through to graduation from Shanley. Mara graduated from Shanley in 2008 and Beth graduated in 2010. Mara was involved with various sports and Beth was involved in band and musicals. Justin and Wendy loved nothing more than watching all their daughters' activities throughout their years in school.

Currently, Mara and her husband, Scott live in Overland Park, Kansas and just had a daughter whose name is Ruthie. Beth lives in Coon Rapids, MN and has two children, Hudson who is 5 and Hadley who just turned four.

## WHY FARGO CATHOLIC SCHOOLS?

When asked why they chose to send their daughters to the Fargo Catholic Schools, Justin replied; *“When we discussed whether to send our kids the Fargo Catholic School system we knew there was a financial component. Wendy attended Catholic schools growing up and graduated from the College of St. Catherine in St. Paul, Minnesota. I attended St. Francis Academy in Hankinson, North Dakota until it closed after my fifth grade. Therefore, we both understood the value of a Catholic education and understood what the Fargo Catholic Schools could bring to our children. As I look back, we made the correct decision.”*

Another factor impacting this decision was Justin remembering that when he was growing up his Mom always followed Shanley. Whenever they were on TV it was a big deal. His mom was also a big Roger Maris fan. Because of this, Justin has always held Shanley to high regard. He thought it would be neat to have his kids go to a school that he had watched from afar and admired when he was younger.

## **MAKING AN IMPACT BY GIVING BACK**

Justin served on the Shanley Athletic Board for six years starting around 2005. He wanted to get involved and remembers being nervous to apply and was surprised and excited to be elected. Justin shared; ***“I wasn’t completely sure what I was getting into. It was nice being around individuals committed to Shanley athletics.”***

Once on the board, Justin got a feel for what was needed for our athletic teams and it was obvious to him that the more funds that SAC could raise, the more they could help. So, he was drawn to finding ways to generate more money.

This being the motivating factor for Justin, his efforts turned out to be instrumental in developing and strengthening our current Ad Sales program that has since become an integral part of the annual fundraising efforts for the Shanley Athletic Club.

***“I was drawn toward raising money so that SAC could fund more projects that helped our Shanley athletic teams. There was an opportunity to work on selling advertising for our publications. The advertising dollars had dropped off in the prior years.***

***I decided to create a more standardized sponsorship level. We tried to make it easier for sponsors to choose an advertising type and for SAC to administer the program. I redid the forms and streamlined the process. We added more advertising levels which brought in more dollars. We paid a salesperson to sell the ads and I did the documenting, invoicing, collecting, and overseeing. I created a database and invoice system to track activity and report back to the SAC board.”***

Because of Justin’s efforts and working together with his fellow board members, SAC’s advertising revenues were greatly increased. If sales weren’t going as fast as needed, Justin would start making selling calls himself. He implemented an index page in our publications to recognize all the SAC sponsors. Through this process, SAC also implemented the idea of having a recognition night for all sponsors at one of the home basketball games.

***“I also thought we could do better with SAC individual memberships. I started sending out personalized notes with the membership form to parents using the school directory giving them an option at various sponsorship levels. Because of these efforts, the individual memberships in SAC greatly increased. Most ended up being multiyear memberships.”***

Justin carried these responsibilities all the years he served on the board. It was not just his individual efforts but also the processes he created and handed down to future board members that made the difference and set the table for advertising and membership revenues to increase year after year.

While on the board, Justin also volunteered and worked at Shanley golf and track events, assisted in putting the publications together, scheduled halftime events at basketball games, took tickets at the entrance and worked in the concession stand.

## **THE TRUE GIFT OF GIVING**

Whether it is monetary gifts or gifts of time and talent, we all know that when one gives to others they get so much more back in return. When asked, Justin shared this sentiment; ***“It feels good to help. It feels good to help Shanley and Shanley students and teachers. I met many lifelong friends.”***

Justin recommends that all parents consider investing their time, talent, and treasures in our kids. ***“Our coaches and Shanley athletics need volunteers. Our dedicated coaches and athletic department put in many hours with our kids. The SAC is a great way to meet others in the system. It really doesn’t take a whole lot of time. You can choose what you want to do. There are many friendly faces to help you get started.”***

When asked, Justin exclaimed that he is very honored and excited to be inducted to the Shanley Athletic Club Hall of Fame. ***“It is nice to be recognized. I continue to follow Shanley athletics. Shanley has a special place in my heart.”***

Congratulations Justin on being inducted into the Shanley Athletic Club Hall of Fame. Your dedication and efforts are appreciated - beyond just an award!



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# FOOTBALL



## VARSITY FOOTBALL

**Front Row:** Brian Schaan, Damon Hospidales, Aden Melander, Will Mehus, Gavin Veum, Vuciri Hakim, Gabe Walker, Conner Kraft, Luke Warner, Ethan Nierode, Michael Rostberg, Luke Rogen, Luke Hollcraft, Holden Deutsch, Adam Leininger, Dylan Carlquist, Will Hankel, Jackson Nierode

**Second Row:** Hugo Hoffman, Max Sornsins, Joe Flaherty, Landon Meier, Isaac Butler, Joey Dukart, Kaden Christmann, Jordan Leininger, Cam Ahlers, Isaac Perkerewicz, Jack Haldis, Sam Ovsak, Carter Mitchell, Fischer Hannesson, Ian DeVine, Joshua Lefor, CJ Johnson

**Third Row:** David Hollcraft, Austin Flieth, Henry Richard, Carson Johnson, Justin Ajeo, Landon Mitchell, Jake Kraft, Matthew Berg, Brysen Bloch, Nick Kuehl, Landon Howe, Nick Anderson, Shawn Kotrba, Derek Boehm, Carson Busek, Gabe Danduran, Kaden Binek, Tyler Wiese

**Fourth Row:** Mgr. Emilia Bowden, Mgr. Lucia Ferguson, Mgr. Elizabeth Visser, Joey Lepine, Grayson Geigle, Kaden Geigle, Isaac Madsen, Joey Jaeger, Jax Mattern, John Eaton, Chad Pollock, Zander Anas, Mgr. Lakin Geigle, Mgr. Taylor Clasen

**Back Row:** Coach Rustad, Coach Emanuel, Coach Ahlers, Coach Webber, Coach Boyle, Coach Vadnais, Coach Mattern, Coach Molden, Coach Thiel, Coach Hanzal, Coach Carlquist, Coach Sargent, Coach Busek, Coach Prinszano

**Not Pictured:** Coach Fahrman, Mgr. Emily Gietzen, Drew Kadmas, Stephen Silverman, Will Sweeney

## SENIORS



DYLAN CARLQUIST



JOEY DUKART



GRAYSON GEIGLE



VUCIRI HAKIM



JACK HALDIS



LUKE HOLLCRAFT



DAMON  
HOSPIDALES



CONNER KRAFT



WILL MEHUS



ADEN MELANDER



MICHAEL  
ROSTBERG



WILL SWEENEY



## TROY MATTERN

### Head Coach

Coach Troy Mattern has been the Head Football Coach at Shanley since 2017. Coach Mattern has been coaching high school football for over two decades. In that time, his teams have advanced to the state title game six times; he has been awarded Coach of the Year three times and has been the head coach of the Shrine and Badlands Bowl games twice each. Originally from Warroad, MN, where he is a member of the high school's Hall of Fame, Coach Mattern graduated from the University of North Dakota, where he was a member of the baseball team. Currently, VP of Operations at Heritage Homes, Coach Mattern and his wife Jamie have four children, twins Lydia and Cooper (2021 Shanley graduates), Jax, and Ily.

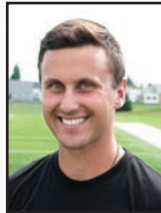
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CHRIS AHLERS



BRADY BOYLE



CADE BUSEK



ANTHONY CARLQUIST



KYLE EMANUEL



PAYTON HANZAL



TODD MOLDEN



CHRIS PRISINZANO



LUKE RUSTAD



WAYNE SARGENT



PATRICK THIEL



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## SPOTLIGHT:

# Jake Kava

## BE LIKE JAKE

By: Sheri Stockmoe, SAC Board Member

Photos by: Zachary Lucy/NDSU Athletics

Hard working. Personable. High character. Humble. These qualities quickly come through when you meet Jake Kava. The more you get to know Jake, another quality becomes glaringly clear...successfulness.

### EARLY SUCCESS

A 2018 Shanley graduate, Jake was a multi-sport athlete earning all-state honors in basketball his senior year and in football his sophomore, junior, and senior year. "Going into my junior and senior year, I was still deciding whether I was going to play basketball or football in college, but let's be honest, there's a lot more room for 6'1", 250-pound guys on the football field than on basketball courts," he says with a laugh. "I had opportunities to play at a higher level in football."

Those opportunities would keep him close to home playing for NDSU, but a young Jake Kava didn't see that in the playbook. "Growing up, I could not stand the Bison," he confesses. "For my eighth birthday, my parents bought me a Gopher football season ticket. Our next-door neighbors also had season tickets, so I had my ticket and would go with them to games."

Jake proudly sang the praises of his Gophers to his Bison-loving buddies until 2013, when the Bison upset the Gophers in Minneapolis. "I was talking so much crap before the game," Jake recalls with a smile. The team and Bison Nation made an impact on the future Bison. "I think that was the first time I realized there's something special about that program."

As Jake looked to the future of his playing career, NDSU became a clear choice. "It's a no-brainer for local kids," he says. "You want to go to a good program? This is the place that offers success on all levels. Personally, team-wise, all levels."

### SUCCESS ON THE FIELD

Jake entered the Bison program as a linebacker and red-shirted the 2018 season. Ready to hit the field in 2019, the team experienced some injuries that required some position shuffling. "Coach Entz brought me into his office and asked, 'what would you say to playing defensive end?'"

Jake's main goal was to be on the field. "Linebackers play the whole game; they don't have a sub. Defensive end and defensive line rotate," he explains. "Math-wise, there's a better chance of getting on the field as a defensive end, so I said, 'absolutely,' and the rest is history."

Jake played in 12 of 16 games during his freshman year. In 2020 with the anticipation of stepping in to fill the shoes available due to graduation, COVID hit, which created its own chaos, but Jake also got hurt.

"I was doing a punt defensive drill, running down by myself, no contact, and I completely tore my ACL and my Meniscus. If there's ever a good time to tear your ACL, I think I found the right time," Jake says with a smile of the opportunity to rehab for close to a year before playing as opposed to his teammates that played an unprecedented season in the spring of 2021.

Jake entered his junior season healthy, excited to play, and with an increased football IQ after watching from the sideline the previous year. He played in all 15 games at defensive end and finished with 17 total tackles. He tied



a career-high with three tackles in the NCAA semifinal win over James Madison, including a sack and rush for no gain on back-to-back plays. The Bison went on to win their ninth National Championship game.

“It was crazy,” he recalls of the Frisco, Texas game. “I would say I’ve been a part of three championships. The first one I was a red-shirt. I wasn’t one of the guys. For the second one, I was hurt all season. But, I was a big part of this past one.”

### **SUCCESS OFF THE FIELD**

Jake’s success isn’t limited to the playing field. He earned a spot on the Missouri Valley Football Conference (MVFC) honor roll in the 2018, 2020-21, and 2021 seasons and was awarded the MVFC Commissioner’s Academic Excellence Award for the 2020-21 and 2021 seasons. He also completed his undergraduate degree in Business this past December, in just three and a half years, while playing Division I football and rehabbing a significant injury.

“I think coming from Shanley, it prepares you. It probably over-prepares you for college. College seemed pretty easy,” he says with a smile. “I’m halfway to a Master’s in Business Administration.”

Jake is eligible to play another year of football, but this will be his last season. “I’m ready. It’s going to be bittersweet. Going to the last summer workout, my last fall camp, and last season. It’s all bittersweet, but I’m definitely ready. I’m ready to move on.”

Jake has gotten a taste of the working world, having done a year-and-a-half internship at Sanford in Community Relations.

In the early planning stages of the Roger Maris All-Star week, Sanford was working closely with Shanley, Roger Maris’ Alma mater, to run various sports clinics. They were also looking for an intern to help with the event. Jake was recommended. The Roger Maris/Shanley connection and the benefits the school receives from the event were enough to sell Jake on the opportunity. He did various speaking engagements to help promote the event and was a part of the daily happenings of the All-Star week.

“I had some people ask me, ‘Why do you care so much about this?’ Obviously, it’s helping Shanley, but if my name is attached to anything I do, I want to make sure it’s successful and take ownership of it. If I had done a terrible job, it would have been my fault, and it’s easy to fall back on the fact that I’m an intern. But, if my name is in it, I’ll do it 100%.”

Jake attributes learning that mentality to his parents, Ed and Mary. “I grew up in a small family-owned business, from the time I was five years old,” Jake explains of his parent’s business Ed’s Marine. “Growing up in that family and seeing how hard my dad and mom worked was instilled in my brother, Joe, and me. Whatever you’re doing, put your nose to the grindstone, keep working at it, and it will work out.”

Jake has much to be proud of as he reflects on his Bison career. He’ll miss his teammates more than the tackles but is excited for his steps after football and offers this advice, “Be where your feet are. The future will take care of itself. Whatever happened in the past is in the past. You can’t change it, so wherever your feet are just be where your feet are. Be present.”

Work hard. Be personable. Have high character. Be humble. Be like Jake, and success will follow.





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## VARSIITY VOLLEYBALL

**Front Row:** Paige Rustad, Hannah Kotrba, Brynn McNeally, Clara Robin, Shayna Roach

**Middle Row:** Ella Stimpson, Paige Renschler, Paige Friederichs, Carly Hulstein, Jordyn Paul, Katelyn Ommen, Claire Vetter

**Back Row:** Mesiku Hakim, Coach Van Hoorn, Coach Murphy, Coach Bachmeier, Coach Noesen. Maggie Shorma

**Not Pictured:** Mgr. Sandra Soyring

## SENIORS



PAIGE FRIEDERICHS



SHAYNA ROACH



PAIGE RUSTAD

# VOLLEYBALL



## ALEXIS BACHMEIER

### Head Coach

Coach Alexis Bachmeier enters her first season at the helm of the Shanley Deacon Volleyball team. A 2017 Fargo North graduate, Coach Bachmeier ended her volleyball career at NDSU in 2021, where she turned being a walk-on into becoming a three-year starter racking up over 600 kills and 800 digs in 324 sets played with the Bison. Graduating with a business degree, Coach Bachmeier works at Scheels in Vendor Accounting. "I'm very excited for this opportunity to coach and mentor young women to find their strength in the Lord," she shares.



MADISON NOESEN



ALLY MURPHY



MCKENZIE VAN HOORN

## ASST. COACHES



## STUDENT MGR.



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# VOLLEYBALL



## JV VOLLEYBALL

L-R: Coach Murphy, Sawyer Julik, Ellery Kautzman, Katelyn Stich, Claire Bier, Noelle Friederichs, Sela Roshau, Ashland Roach, Addie Bogenreif

An advertisement for Suite Shots. The top left features a golf ball on a tee with the "SUITE SHOTS" logo. The top right says "POWERED BY TOPTRACER RANGE." The center has the text "SUITE SHOTS" with a logo and "MEET. PLAY. DINE." in large white letters. The bottom shows a burger and a tray of chicken wings. A paper napkin says "LET'S GO DEACONS!". The bottom right has social media icons for Facebook, Instagram, Twitter, TikTok, and LinkedIn, along with the website "SUITESHOTS.COM".



**C TEAM VOLLEYBALL**

L-R: Molly Flaherty, Sasha Roehrich, Erika Wanner, Addison Seavert, Taya Ressler, Hailey Dingmann, Katie Leier, Coach Noesen



**FRESHMAN VOLLEYBALL**

L-R: Coach Van Hoorn, Makenna Dilly, Danica Clasen, Peace Hakim, Megan Dietz, Shya Stockmoe, Molly Kuehl, Taylor Byrne **Not Pictured:** Sophia Flieth

# SPOTLIGHT:

# Coach AC

# SHANLEY STRONG

By: Sheri Stockmoe, SAC Board Member



Photo by: Ten Little Chickens Photography

Successful athletes are the product of many factors. Sacrifice, dedication, drive, and quality coaching to help them reach their God-given ability are just a few. Shanley Athletics is lucky to have Anthony Carlquist (aka AC) and his commitment to improving our athletes' strength and conditioning over the last sixteen years.

## THE BEGINNING

Originally from Carson City, Nevada, AC found his way to North Dakota via a football scholarship to Mayville State. He completed his student teaching at JPII and started as a volunteer coach at Shanley in 2006.

"I was working a construction job at the time, and I would end my day and come to the school and have the weight room open from 3:30 until 5:30," AC remembers. "I always thought it was important that the weight room was open. I hated if kids felt they had to leave and go somewhere else, so I always tried to have the weight room open Monday through Friday."

The weight room was open. Now AC needed to fill it.

## THE EVOLUTION

AC eventually accepted a part-time PE teacher position at the middle school that turned into a full-time job in 2009. How was he going to get more kids in the weight room? "At first, the younger crew, the middle school, would always come in," AC recalls. "The kids in high school had been there for so long and not using the weight room. We had to think hard about how to get them in. We had one of the state's nicest, newest weight rooms, but many kids didn't even come in once in their four years at Shanley."

AC knew he needed a way to introduce weight training to the kids. Making it a part of the physical education curriculum would be ideal, but it would be a hard sale for some. "I remember one PE teacher looking at me like I had a third eye and saying, 'Are you crazy? No, I'm not doing that. We're just going to play kickball,'" AC recalls with a laugh, but it didn't deter him.

At the time, one weight training class was offered in the fall, with less than ten students participating. AC wanted that class and eventually got it. Now how could he show other students what they were doing in class? "Working with AD Randy Nelson, we created standards in attendance and lifting requirements to allow lettering in weightlifting," AC says.

His class gained more interest but saw far more boys than girls. "It was important that we get our girls involved because our girls were so talented and hard-working at Shanley," AC remembers. "Getting them comfortable in our weight room with the PE program would be the key."

Now AC had the support of another PE teacher, Luke Rustad. “We started working together and establishing what’s appropriate for each level from sixth, seventh, eighth, and ninth grade to beyond,” AC says.

“Working together with other coaches, other teachers, and making sure they’re comfortable with the curriculum, making sure that we’re all coaching to the same standards was a big part of making it successful. One of the great problems we have now is that there’s always a waiting list to get into weight training class,” AC says with a smile.

Athletes were seeing gains during the school year, and AC wanted to make sure those gains weren’t lost in the summer. “A summer strength and conditioning camp was almost unheard of at the time,” AC recalls. “I remember a few teachers and coaches who said, ‘You’ll never get anybody to come to that camp. They’re all going to be doing something else. They’re too busy.’”

The first summer, 33 athletes participated. “I started talking to more coaches and the next year, I got a few other coaches on board, and we went to 66 kids. I kept talking, and it continued to grow each summer. This past summer, over 200 athletes participated in the strength and conditioning program.”

AC has continued to find ways to engage kids and increase participation. “We’ve incorporated more in the PE classes, offered an after-school program, and started celebrating strength,” he says. Outside the weight room are plaques recognizing athletes in the Bent Bar Club, which is the total weight lifted in a single rep of squat, bench, and clean added together, as well as a top 10 listing of the top lifters, both girls and boys, for each lift.

“I think it allows everyone to participate and, like every other sport you’re in, recognizes your effort,” AC explains.

This past year, AC also upgraded the weight room, allowing more kids to train at a time more efficiently. “Having the heavy-duty squat racks that transition right into a bench press, which could go from a flat back bench press to an incline to a squat rack to an overhead press, has been huge,” AC says.

“Everything is high-level and customized with our Shanley logo. It looks professional, and it sells the school and weight training. I think the kids are hard-working and deserve something to match what they put into it.”

Donations from the Shanley Athletic Club and former Shanley athlete Connor McGovern made the weight room upgrade possible, and AC sees a correlation between the new equipment and athlete success. “I started looking at our numbers this year, and I’m like, our girls are unbelievably strong, and so are our boys. I don’t remember having this many 300-pound benches. I don’t remember this many girls being able to clean 135 pounds. I think the new equipment, being more efficient, and utilizing everything is a big part of it.”

## THE SUCCESS

“Participation is a big part of it,” AC says of how he measures success. “We’ve seen the number of girls increase and they’re doing super, super well and recognizing that lifting makes you feel good, athletic, and strong.”

AC explains that the strength program is there to help the kids be better. “We want all the programs to succeed in everything they do, prevent injuries, and stay on the playing field.”



AC quickly points out it isn’t just him; he has lots of support. “The coaching staff has trusted us, and that has been huge. Stefan Webber, Luke Rustad, and Brock Ellingson have been a huge help. My name might be the main one tied to the strength and conditioning program, but working with those guys has elevated the program.”

While he’s humble, there is no denying the positive impact AC has on Shanley and our athletes. Luckily Shanley has had a positive effect on AC too.

“It’s fun. I love this place,” AC shares. “My three boys go to school here. I’m very lucky to do what I do. It doesn’t ever really feel like I work, It’s been a lot of fun. The people, that’s why I stay. It’s just a good place to be.”



Jonathan P. Dahl, DDS

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**VARSITY BOYS SOCCER** (Shanley students in **bold**)

Back Row: Jason McAllister, Nick Mastel, Nathan Andrews, Cole Schanzenbach, Michael Noack, Ryan Russell, Tyler McAllister, Peter Noah, Mgr. Ethan Lantz, Isaiah Tofibam, **Charlie Bernhardt**

Front Row: **Cail Astrup**, Hayden Braun, Andrew Kankelfritz, Jackson Askew, Aidan Fitzgerald, Calvin Montgomery, Drew Schneider, London Gray, Henry Liebl

Not Pictured: Zach Skarperud

**SENIORS**



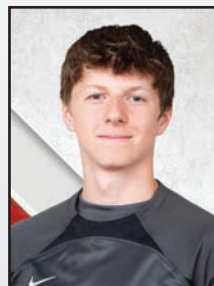
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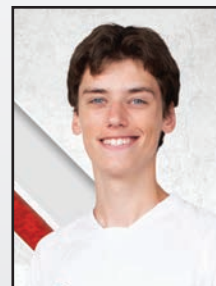
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CALVIN MONTGOMERY



RYAN RUSSELL



COLE SCHANZENBACH



CHRISTIAN ULMER

# BOYS SOCCER



## RYAN CHRISTIANSON

### Head Coach

Coach Ryan Christianson leads both the Boys' and Girls' Soccer programs. He has over a decade of soccer coaching experience and has been Shanley Boys' Soccer head coach since 2015. During the 2021-2022 school year, Coach Christianson's Boys' and Girls' teams advanced to the state championship game. In fact, during his time at Shanley, Coach Christianson has been a part of six title games, four as a head coach and two as an assistant. He has received the EDC coach of the year award, and his team has won two EDC conference titles. Coach Christianson is a paraprofessional supervisor at Discovery Middle School in Fargo. When he's away from the pitch, you can find him enjoying time with his two dogs, Moose and Louie, traveling, going to concerts and Minnesota United games, and is a huge fan of Arsenal Football Club in North London.



JAKE FRITZ



COLE JAEGER



GRANT WIEMKEN

## ASST. COACHES



### **JV BOYS SOCCER** (Shanley students in **bold**)

Back Row: Ben Tinguely, Cale Anderson, Caleb Kessler, **Brock Wild**, Charlie Bernhardt, Kaden Bennington, Danik Stevens, Jason McAllister, Coach Wiemken  
Front Row: Jordan Wright, George Giobres, Max Hofer, Eli Streitz, Simon Schwind, Jack Hofer

Not Pictured: Oliver Dahl, Lam Le, Peter Madson, Greg Noel, Max Rogne

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# CATHOLIC SMILES



# SHANLEY GIRLS SOCCER

# 2022 Season



*By: Madison Ahlers, Class of 2022*

In high school girls' soccer, Shanley is a team that everyone expects to make the state tournament. Shanley girls' soccer is anything but strangers with the North Dakota State tournament. Shanley's team has 16 straight appearances in the state tournament starting in 2006. Over the years our team has built a reputation that makes it clear we are a team that belongs there. Every year we enter the season with the mindset that we will be playing in that championship game. We end every game and practice with chanting the date of the state championship as a reminder that that is what we are working towards. The 2022 season had that same goal since the very first day of practice; to make it to the state championship.

This year our team took 2<sup>nd</sup> in the state. It was a journey to get there with both highs and lows. We had our wins and when it came to losses, it was a feeling our team was not that familiar with. Over the past four years losing was not very common for our team. Those losses served as a reminder that the state tournament isn't a guarantee, it is something that even a team with our reputation must work for. We had to put up more of a fight than we would have liked to get into the tournament this year. We went into state as the third seed from the East. With most of our team already having state tournament experience, we were confident that playing the number two seed from the West, the Bismarck Demons, was a challenge we were ready for. The game ended in regulation with a score of 0-0. We played through two overtimes and ended with a shootout where we won in four shooters.

We played in the semifinals against the Mandan Braves who were the four seed from the West. Our team was tired from the quarter final game, but we knew we still had to give our all. Just because a team comes into the tournament as a four seed does not mean we could let our guard down; it could be anyone's game. We won the game 1-0 with Mia Metzger scoring off a free kick late in the second half. We celebrated the win and turned our focus to the championship game against the Minot Magicians. We knew Minot was going to be our toughest opponent we faced all year. Going into the championship game our team was tired from the past two days, we had played our hardest and gave our all to get to where we were. But we had to dig deep because the most important game was still to be played. The game ended with a 6-0 loss. It was a tough game against a tough opponent. However, I could not be prouder of my team. The way we did not hang our heads low and continued to play with respect for our opponents showed that we are true Deacons. I could not be luckier and more blessed to play with any other team. This group of girls is truly amazing and will always hold a special place in my heart. I am excited to continue to watch them lead the Shanley girls' soccer team to success.



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# SHANLEY DEACONS CROSS COUNTRY



## Varsity Boys Cross Country (Shanley students in bold)

**Back Row:** Coach Falde, John Biebighauser, **Eric Biver**, Josh Messelt, **Ethan Erickson**, Coach Foerster, Coach McLagan

**Middle Row:** **Colin Vink**, Beck Ulven, Kemper Edwards, Ethan Hansen, Stuart Nelson, Eban Pool, Elliot Zens

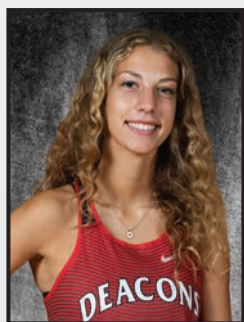
**Front Row:** **Phil Jaeger**, **Brody Vance**, James Chaffee, **Jaden Ellsworth**, Mgr. **Anna Geffre**, **Quinn Carroll**, **Taylan Costello**, **Thomas Plant**, **Cole Foerster**

**Not Pictured:** Coach Banister, Blake Elmer

## SENIORS



ERIC BIVER



SARA STICH

## ASST. COACHES



GREG FALDE



TIM MCLAGAN

NOT PICTURED  
COURTNEY BANISTER



# CROSS COUNTRY



## CHRIS FOERSTER

### Head Coach

A graduate of Shanley High School, Coach Chris Foerster is currently head cross-country coach and co-head track and field coach, with Barry Anderson, for both the boys' and girls' programs. He has coached at Shanley for 17 years and has proudly grown the cross-country program to a team with 50-60 competitors each season. Coach Foerster was named EDC boys' cross-country Coach of the Year in 2005, and in track and field has helped numerous state placers in sprints and relays over the years. In 2018, Coach Foerster and Anderson were named girls' EDC and State Class A Coach of the Year. The coaching duo followed that up in 2019, receiving boys' EDC Coach of the Year. A sixth-grade science and STEM teacher at Sacred Heart Middle School, Coach Foerster and his wife Elizabeth, a teacher at Trinity Elementary, have three children, Cole, Miles, and Elsa.



### **VARSIY** GIRLS CROSS COUNTRY (Shanley students in **bold**)

**Back Row:** Coach Falde, Jenna Reimche, **Sara Stich**, **Madeline Abbott**, Ellie Rogness, Annika Aakre, Ellika Johnson, **Mallory Strand**, Coach Foerster, Coach McLagan

**Middle Row:** **Julia Madson**, **Lucy Grothmann**, **Kami Dean**, Addyson Spaulding, **Nora Roney**, Lily Elbert, **Mara Nielsen**, **Elizabeth Voss**, Annika Frueh, **Lucy Reisenauer**, Olivia Shorma

**Front Row:** **Mary Wolf**, **Elle Bernhardt**, **Mia Graham**, Kate Nelson, Mgr. **Anna Geffre**, **Gracie Jensen**, **Mykenna Johnson**, Maci Atchison, **Claire Bakke**, **Angelina Olivieri**

**Not Pictured:** Mgr. **Rachel Andrews**, Coach Banister

# SHANLEY

## 42 AND 43 CLUB

**Madison Ahlers**

**Halle Balluff**

**Madilyn Bannach**

**Audrey Beauchamp**

**Anna Bernhardt**

**Joshua Biver**

**Brady Boyle**

**Miriam Breen**

**Bennett Burd**

**Kiley Craft**

**Desiree DeKeyser**

**Aidan DeVine**

**Isaac Emineth**

**Sawyer Frie**

**Noah Geffre**

**Ricki George**

**John Gores**

**Elizabeth Graveline**

**Emily Hoedl**

**Hannah Hoedl**

**Nicholas Hoedl**

**Cole Jaeger**

**Jack Jaeger**

**Tyler Kraft**

**Krista Kramer**

**Luke Lang**

**Luke Magnotto**

**Paige McAllister**

**Garrison Miller**

**Trace Olson**

**Jayden Quart**

**Jaxon Paul**

**Taylor Schneider**

**Jacob Skarperud**

**Isabelle Snyder**

**Emily Srejma**

**Anthony Wanner**

**Alexandra Wuebker**

**The above students graduated having participated in two or three activities for all four years of high school.**

The Deacon "42/43 Club" is a recognition program to honor student-athletes that have participated in two athletic activities (42 Club) or three activities (43 Club) each year of their high school career. This is a program that former Athletic Director Michael Breker started at Shanley five years ago and has also been implemented in other area schools. Congratulations to the 2021 Shanley graduates that achieved this recognition!

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# SHANLEY GIRLS TENNIS

## 2022 Season



*By: Madeline Abbott, Class of 2024*

For the Shanley Girls tennis team, this season was all about coming together. After starting off our season without two of last year's top four players, we knew that we would have to work twice as hard to put up some wins. We were excited to welcome many new younger faces to the JV team as well as new coaches, but we were nervous to take on the challenge of facing so many of the EDC teams who were coming into this season with deep and experienced rosters. Even though we did not qualify for state as a team, we had many tight matches and were able to show better scores than last year all across the board. We hope to take our improvement this season and use it to reach our goal of making it to team state next season. Our team did a great job of working together, having fun, and always acting like Deacons this year, and I can't wait to see where next year takes us.

For me personally, this season was definitely my favorite season yet. I have been playing tennis since I was 5, and I started playing tournaments when I moved to Fargo in 7th grade. I always wanted to win matches at state and represent my team, but I never thought that I could make it to a state championship. My freshman season was my first year competing against the EDC's top competition, and although I was able to make it to the semifinals at state singles, I always put unnecessary stress and pressure on myself to win. However, playing doubles this year was a different story. Julia Wolf and I had not played a lot of doubles together the previous season, and I never considered myself much of a doubles player. Despite this, we learned to work together quickly and started off the season strong, beating several tops teams. We were able to communicate positively on the court and fight back when we were down in tough matches. At the West Fargo Sheyenne invite, we were excited to pull off a close win against Fargo North and make it into the doubles semifinals. But, during our semifinals match, I sprained my ankle and could not play a match for around two weeks. It was hard to not be able to play, but we overcame this well as a team. Another challenge we had to overcome was losing our first match at EDC even though we were seeded 2nd. We ended up winning the consolation bracket and taking 5th, even after being down in our state qualifying match 0-6. Our ability to persevere during EDC helped us to be prepared and motivated to succeed at state. We won our first state match against St. Mary's before defeating the EDC Champions, Fargo North, in the quarterfinals. In the semifinals, we played our best tennis of the year, defeating last year's EDC champions Fargo Davies 7-5 6-3. We finished as state runner ups and were named part of the all state team. Overall, it was an amazing weekend of tennis and my favorite part of the season. I loved spending time with my teammates, seeing all the support from our friends across the state, being able to watch Mary Wolf perform in singles as a 7th grader, and finally playing the game of tennis well without putting an insane amount of pressure on myself to win. Julia and I would like to thank our coaches, Oliver Summers at Courtsplus, and the SAC Board for their continued support. Thank you to Julia and all of my teammates for making this season so memorable. I am very ready and excited for two more fantastic years of Shanley tennis.



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**VARSITY GIRLS GOLF**

**Back Row:** Coach McTaggart, Seely Stockmoe, Lauren Graveline, Coach Ellingson

**Middle Row:** Lucy Tharaldson, Lucy Haldis, Leah Meyer

**Front Row:** Ava Cooper, Lindsey Astrup, Anika Astrup, Bella Magnotto

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# GIRLS GOLF



## SHARI McTAGGART

### Head Coach

Coach Shari McTaggart, a Perham, MN native, has led the Shanley Girls' Golf team since 2019. She has coached golf at various levels for over 15 years. Under Coach McTaggart's guidance, the Shanley program has experienced success on various levels, from increasing participation numbers to winning a team Championship in 2020. Coach McTaggart is a business teacher at Shanley and Shanley TV/AV Club advisor, along with fellow teacher Jim Picard. Away from the golf course and classroom, Coach McTaggart enjoys camping, golfing, being at the lake, hiking with her dogs, and spending time with her husband, Jac, their granddaughter, Aspyn, and three grown children Torie, an elementary teacher; Carrie, a Campus Recruiting Manager at Eide Bailly; and Adam (2018 Shanley graduate), a law enforcement officer.



## SENIOR

LINDSEY ASTRUP



## ASST. COACH

BROCK ELLINGSON



## JV GIRLS GOLF

**Back Row:** Coach McTaggart, Liz Biver, Bergin Deutsch, Izzy Tillisch, Clara Stumpf, Natasha Gitau, Coach Ellingson

**Middle Row:** Elle Johnson, Lauren Elliott, Eliana Cenicerros, Emmalise Maher, Shay Benson, Taylor Sandin

**Front Row:** Maggie Schwind, Olivia Preston, Leah Sanden, Ellie Waldoch, Clare Mullally, Taya Cormican



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# JAKE SKARPERUD

# Mr. Golf

Mr. Golf 2022 for the State of North Dakota

By: Brock Ellingson, Head Boys and Assistant Girls Golf Coach



Jake was a 4-time Captain for the Shanley Deacons Boy's Golf team. He had one of the most decorated careers in Deacon Golf history. He is continuing his golf career at North Dakota State University.

### RECENT FORM

2022 Pine to Palm Golf tournament. Qualified for the Championship Flight with rounds of 67-68 (-7 total).

Jake lost his first match to Erik Weiss from Moorhead, MN. He then went on to win 5 consecutive matches to win the Consolation Championship.

2022 ND High School Showcase at Riverwood. Jake won the High School division by 3 strokes on July 11-12.

June 11, 2022: Jake was awarded the "Mr. Golf" award for the state of North Dakota. He was the first ever to win this award!

2022 High School Season: Won 5 tournaments his Senior season. State tournament at Rose Creek Golf Course 76-73-149.

### HS GOLF ACCOLADES

Jake was in the final group at State for day 2 in 2019, 2020, and 2021. Jake was tied for 6<sup>th</sup> individually at State his Freshman year in 2019. 2020 was a COVID year so they didn't have a season. There was a ND Spring Championships held in its place at Riverwood in Bismarck, ND. Jake won the event by 7 strokes shooting an impressive 72-72-144. They had a college like setup with firm and fast conditions and long rough. In 2021, Jake finished in 5<sup>th</sup> place at State at Hawktree Golf Club with scores of 72-74-146.

- Jake received a scholarship to play Division 1 golf in college at North Dakota State University in Fargo, ND.
- Jake was All-State in years 2019, 2021, and 2022. He led the state in 2022 with an average of 72.0.
- Jake won the Bobcat North Dakota Open in 2020 (Amateur division) with a remarkable score of -7 (68-71-70) for three-day total at Fargo Country Club. He beat all of the NDSU Bison Men, Minnesota Gophers Men, and several other high caliber players in that field. He was a Sophomore and one of the youngest winners of this prestigious event.
- Jake won the North Dakota Matchplay tournament in 2021. The tournament was held at Riverwood Golf Course in Bismarck, ND. He won a total of 5 matches in the 32-man Championship Flight.
- Jake won the North Dakota Junior Championship in 2021 held at Riverwood Golf Course.
- Jake has qualified for the Championship flight four times at the Pine to Palm Tournament in Detroit Lakes, Minnesota. This is a Midwest staple and hosts several of the best golfers in the area. The top 64 golfers make the Championship flight for Match Play.
- The Birchmont Golf tournament in Bemidji, Minnesota. Championship flight top 32 qualifier in 2020 and 2021. Jake was also the Junior Birchmont medalist in 2019.

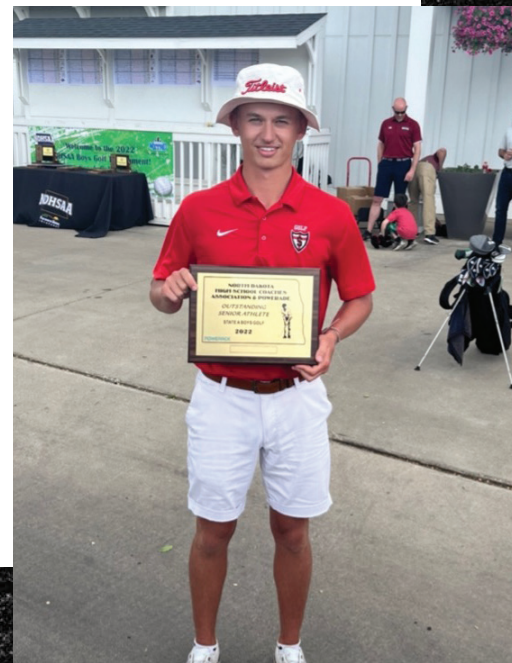
### COACHES COMMENTS

Jake has been an absolute pleasure to coach over the past 4 seasons. His demeanor on the course is the best I have seen in my 6 years of coaching High School Golf. He is a Leader and leads by example. He has been helpful for many kids in our program as well as other teams. I have had many coaches rave about Jake's attitude/demeanor while he is competing.

He will do terrific at the next level because he has the game and mental toughness to succeed in life and in golf. I am extremely excited to follow his career at NDSU starting in the Fall of 2022. I wish Jake nothing but the best in his future endeavors and I'm happy I got to experience part of his journey with him! He is leaving our program as one of best players to ever compete as a Deacon.

Quote from Jeff Ralph – Head Boys Coach at Wahpeton High School:

"Great kid and role model on the golf course. I tell all of my kids to watch his demeanor on the course. He is terrific with the younger kids. They can see how he carries himself throughout the round and learn from him" Jeff has coached for over 32 seasons, this quote from him shows how great Jake is as a person and golfer.





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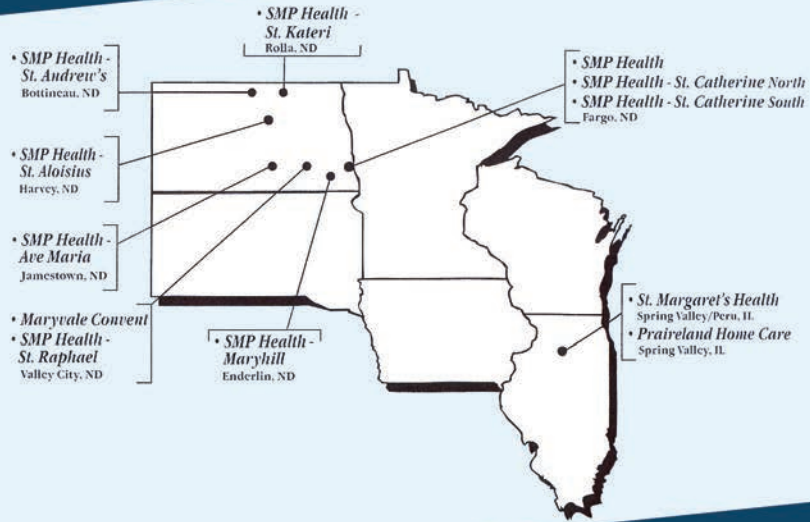
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# BOYS TENNIS



## Varsity Boys Tennis (Shanley students in bold)

Front Row: Jack Bier, **Owen Froslic**, Jack Traynor, Jack Wolf, Tyler Anderson, Coach Drenth

Back Row: Santiago Buisan, **Nick Salonen**, **Rory O'Donnell**, Ryan Saunders, **Jack Stumpf**, Coach Walz

## SENIORS



**RORY O'DONNELL**



**NICK SALONEN**



**JACK TRAYNOR**



## TONY WALZ

### Head Coach

Coach Tony Walz has been the Boys' Tennis head coach since 2010. Proud to consistently field a competitive team each season, the 2021 team produced the first ever Shanley singles player to make the state championship match. A graduate of Moorhead and MSUM, Coach Walz has been in finance for 25 years and currently works at Town and Country Credit Union as a financial services officer. Tony's daughter, Ashley, followed her dad's footsteps graduating from MSUM and currently lives in Raleigh, NC.



DAVE DRENTH



RAQUEL EGGE



DAMIEN O'DONNELL

## ASST. COACHES



### JV BOYS TENNIS (Shanley students in **bold**)

**Front Row:** Aiden Och, Elliott Sjurseth, Andrew Bilstad, Noah Sjurseth, **Noah Johnson, Nolan Snyder**, Griffin Lee, Jonah Reindl, **Caleb Dahl**

**Middle Row:** Mauer Gudding, Ivan Reindl, Alex Buisan, **Kevin Johnson, Isaac Rohrich**, Carter Wendelbo, **Mark Wanner**, Max Glynn, **Ethan Bradley**, Jeff Jung, Jack Bilstad, **Jacob Guerrero**

**Back Row:** Cory Grossman, Pierce Thomsen, **Isaac Beauchamp, Mark McLaughlin**, John DeJong, Coach O'Donnell, Coach Egge, Luke Swenson, **Alex Busch, Lucas Gietzen, Malachi Dalton**

**Not Pictured:** Logan Castagna, Adam Jost, Benjamin Jost, Leif Juhl, Micah Worth

# SPRING 2022 ATHLETE AWARDS

After each High School Season, the Eastern Dakota Conference (EDC), and Western Dakota Association (WDA) coaches vote on All-Conference and All-Tournament Teams, and Senior Athlete of the Year for their respective conference. All-Conference honors are presented following the Conference Championship. The All-State and All-Tournament Teams, as well as Senior Athlete of the Year, are announced following the State Championship game in each respective sport. The Shanley Athletic Club is proud of the following All-Conference, All-State, and Senior Athlete of the Year Recipients.

## ALL-CONFERENCE

Elsa Wambach	Girls Soccer	Jordan Leininger	Baseball
Ella Frisk	Girls Soccer	Tommy Simon	Baseball
Mia Metzger	Girls Soccer	Julia Wolf	Tennis
Elias Harris	Baseball	Madeline Abbott	Tennis
Adam Leininger	Baseball	Jacob Skarperud	Boys Golf

## ALL-STATE

Elsa Wambach	Girls Soccer	Mesiku Hakim	Girls Track
Ella Frisk	Girls Soccer	Anna Bernhardt	Girls Track
Elias Harris	Baseball	Clara Robin	Girls Track
Jordan Leininger	Baseball	Noelle Friederichs	Girls Track
Tommy Simon	Baseball	Paige Renschler	Girls Track
Julia Wolf	Tennis	Seely Stockmoe	Girls Track
Madeline Abbott	Tennis	John Gores	Boys Track
Jacob Skarperud	Boys Golf		

## SENIOR ATHLETES OF THE YEAR

Elsa Wambach - Girls Soccer (EDC Senior Athlete of the Year)  
 Jacob Skarperud- Boys Golf (EDC and State Senior Athlete of the Year)

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## Concussions: Do We Have a Treatment?

In 2022, do we have anything better for the brain after a concussion than just “rest”? Healing with Hyperbarics of North Dakota, PLLC thinks so. They have been treating concussions here in Fargo, using hyperbaric oxygen [HBO] treatments since 2018. Clinic founder, Daphne Denham MD FACS FACCWS, developed a “TREAT a concussion” protocol and the clinic has *TREATED* over 1000 concussions. Shanley graduate, class of 1982, Allan Luistro MD, is the current medical director at Healing with Hyperbarics.

With an estimated 3 million concussions (or mild traumatic brain injuries) occurring yearly, we need a solution. One of the biggest problems, the scariest aspect for parents of an injured child, is that there is not a standardized, accepted diagnostic tool; and worse, not an effective treatment. We have a solution, both to diagnose, and treat, a concussion. We need to appreciate the brain and its energy requirements to best understand concussions. Brain cells are like elite athletes; they function using oxygen and glucose to make energy and they use more of these resources than any other cells. A concussion typically causes an injury to brain cells, rather than complete cell death. These injured cells require dramatically more energy to repair themselves, but after a concussion, the brain receives less blood flow than normal meaning less oxygen and glucose to make energy. Therefore, at a time when these cells need more energy, they are getting far less than normal.



HBO treatments are simple, safe and the best way we can get oxygen into the injured tissue. A treatment involves breathing 100% oxygen in a medical grade chamber (pictured), at varying increased pressures, allowing one thousand percent more oxygen to dissolve into the liquid part of the blood. The resulting high oxygen does three basic things: it gets the needed increase of oxygen to the brain cells to allow them to repair; it decreases swelling of the tissues; and lastly it turns off the inflammatory response. A recent publication from early August 2022, in the Journal of American Medical Association (JAMA) looked at the outcomes of patients with mild traumatic brain injuries, or concussions. The study reviewed a total of 991 participants. At 2 weeks post-injury, 76% of these participants had an incomplete recovery defined as not returning to baseline or preinjury life. At 6 months 56% still had an incomplete recovery. This emphasizes the need to treat all concussions as soon as they are sustained and not wait for them to not get better.



We are using BrainScope, an FDA cleared device to help aid in diagnosing a concussion, to show HBO sessions are effective. BrainScope is an EEG based brain biomarker that produces a score between 0-100, with less than 70 being diagnostic of a concussion. [Greater than 70 and the student is cleared to return to play.] Over the years, many publications have described the prolonged recovery and multiple complications concussion patients have. Using the “TREAT a Concussion” protocol, we are seeing patients score above 70 after an average of less than 4 treatments, if the concussion is treated within the first week of injury. Often when 2 treatments are given a day, the concussion is resolved within 2 days. We are the only clinic in the area that is using the BrainScope data to aid in concussion diagnosis. We can also treat post-concussive symptoms with HBO, but it takes longer, and more treatments are needed. This is why it is important to see patients with concussions as soon as the injury is sustained: the result is fewer treatments and a far quicker recovery. We only have one brain to take us through life. What are we willing to do to repair and protect that brain?



# DEACON

S W I M & D I V E

2022

**VARSITY GIRLS SWIM & DIVE (Shanley students in bold)**

**Front Row:** Alexa Heckaman, Isla Rogne, **Kate Jones, Sara Noah, Noelle Richard**

**Middle Row:** Mgr. **Brooklynn Greening**, Alexis Appletoft, Brooklyn Hanson, Hadley Christianson, **Kendall Jones**, Annika Johnson, Kayla Mathison, Drew Noah, Mgr. Allison Ries

**Back Row:** Coach Snyder, Nora Andrist, **Sarah Ostlie, Maddie Fischer, Olivia Jones**, Coach Hanson

**Not Pictured:** Coach Heckaman

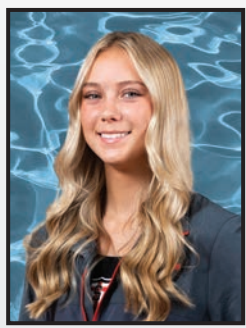
## SENIORS



**MADDIE FISCHER**



**OLIVIA JONES**



**KAYLA MATHISON**



**SARA NOAH**



**SARAH OSTLIE**

# GIRLS SWIM & DIVE



## JACKIE SNYDER

Head Coach

Coach Snyder graduated from the University of Minnesota in Morris, where she was a swim team member. Coach Snyder earned EDC Coach of the Year in 2019 and is also an assistant coach for the NLSA Marlins, a club swim team based in Moorhead. A seventh-grade life science teacher at Moorhead Public Schools, Coach Snyder and her husband, Chris, live in Moorhead with their three children, Carter, Amelia, and Henry, and two dogs, Kylo and Obi.



BILLY HANSON

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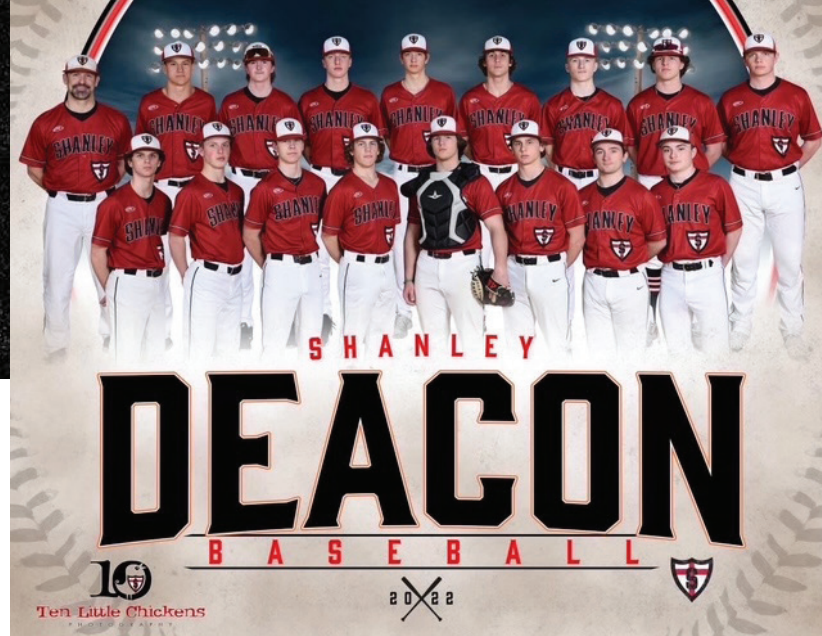
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# SHANLEY BASEBALL 2022 Season

By Tommy Simon, Class of 2024

The 2022 Shanley Baseball season was very tough and required a lot of grit from every player in the lineup. There was a lot of young talent on the team but also some seniors returning for their last season in a Deacon uniform. Those seniors include, Avery Haus, Luke Magnotto, Sawyer Frie, Josh Biver, Isaac Emineth, Jack Jaeger, Jayden Quart and Elias Harris. The leadership on the team is a huge part of how far the team ended up going in the season. The program is very appreciative of those seniors commitment to the team. Josh Biver and Elias Harris are both going to continue their baseball careers at the University of Jamestown.

As far as standings go, the Deacons had a pretty successful season. Their overall record on the season was 16-7, going 8-2 in EDC giving them the 3 seed going into the EDC tournament. The team took third in the EDC tournament punching their ticket to the state tournament held in Jamestown. The squad had 4 players nominated all EDC. Those players were, Adam Leininger, Jordan Leininger, Elias Harris, and Tommy Simon. Despite being the 3 seed out of the east, the Deacons found themselves in a state championship facing the Sheyenne Mustangs for the third year in a row. The Deacons fell to the Mustangs 3-1 in an intense game. There were 3 players nominated all-state and they were Jordan Lenininger, Elias Harris, and Tommy Simon. This season brings a lot of hope for the future of Shanley Baseball and it's young team.



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**VARSITY CHEERLEADING**

**L to R:** Rachel Seefeldt, Hannah Laske, Leah Olson, Olivia Splettstaszer, Josie Paul

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# CHEERLEADING



## CARRIE BRAZIER

Head Coach

A Glyndon, MN native and former cheerleader, head Cheerleading Coach Carrie Brazier is in her twelfth year leading the Shanley Deacons. Coach Brazier is on the North Dakota Cheer Coach Association board of directors and is a nurse in the Birthing Center at Essentia Health. Coach Brazier and her husband, Billy, stay on their toes with daughters Brighton and Baker, and son Breckin.



HANNAH LASKE



OLIVIA SPLETTSTASZER

## SENIORS

# SHANLEY SCHOOL SONG

*Forward for Shanley High,  
Never give up and don't say die.  
We will cheer our team to victory.  
We will keep our spirits high.  
U! RAH! RAH!  
Forward for Shanley High,  
We will fight to win this game.  
We will FIGHT, FIGHT, FIGHT,  
and we will CHEER, CHEER, CHEER,  
Victory for our Shanley High. FIGHT.*

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# SHANLEY Fishing TEAM

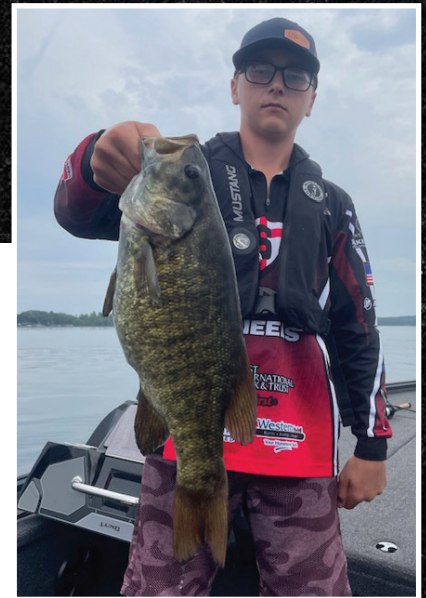
by Chad Engels, Shanley Fishing Team Coach

The Shanley Fishing Team wrapped up its inaugural season this August and brought home a championship to boot. It was a great ending to our first year. The team is a part of the Lake Agassiz High School Fishing League, which was created in 2019. Nine North Dakota High Schools in the Fargo area have teams that compete in the league. Schools include Fargo North, Fargo South, Davies, West Fargo, Sheyenne, Horace, Central Cass, Oak Grove, and now Shanley. In all, there were nearly 170 student anglers that participated this year.

The Shanley Fishing Team was assembled in early 2022 with signup in February. At the conclusion of signup, 12 student anglers made up the inaugural team. Building a team of anglers to compete is just a part of the equation however. The tournaments require boats and as a result Boat Captains are needed. Several individuals stepped forward to help, including Shanley alumni, Shanley Dads, and a couple other volunteers. In all, the team had 8 Boat Captains.

The league hosts 4 regular season tournaments within two divisions: Open and Varsity. The regular season tournaments are a boat against boat format, schools do not compete as teams. Boats can have 2 to 3 anglers depending on the division. However, the season culminates with School Championships in both the Open and Varsity divisions. Each school is allowed to enter 3 boats in the Championship events and all 3 boats work together to score the best 15 fish for their School in a 4 hour tournament format. The winners of these two tournaments are the Season Champions. Shanley had a remarkable showing for its first year winning the Season Championship in the Open and placing 3rd in Varsity. The winners received individual trophies and a team trophy for the school display case.

Signup for the 2023 season will begin in January. Team meetings and league seminars will begin in February and are held on Tuesday evenings. The meetings are educational with the purpose of building angling knowledge and skills. Tournaments are held June through August.



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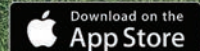
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St. John Paul II tells us; *"at the heart of catechesis we find, in essence, a Person, the Person of Jesus of Nazareth, the only Son from the Father...full of grace and truth, who suffered and died for us and who now, after rising, is living with us forever. It is Jesus who is the way, and the truth, and the life, and Christian living consists in following Christ, the sequela Christi."*



## THE CROSS

The Cross represents Christ. It is the focal point of our belief: Jesus died on the cross to redeem humanity. The cross calls us to offer our sufferings and sacrifices for God, family, and neighbor. At the foot of the cross is Mary.

## THE "M"

St. John Paul II was well known for having a deep and abiding love for the Blessed Virgin Mary. His devotion to her was evident in all that he did: his teaching, his prayer life, even his papal motto and coat of arms were dedicated to the Blessed Mother. *Totus Tuus* - "I totally belong to you."

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## THE SHIELD

### THE DEACONS

Our nickname, "Deacons," was adopted in the fall of 1934 for the teams of Sacred Heart Academy, forerunner of Shanley High School, and has been used ever since.

It is especially fitting for Catholic schools, since it is derived from the Greek and literally means "servants" or "those who serve" (Acts 6). The Catechism of the Catholic Church tells us that Jesus "made Himself the 'Deacon' or servant of all" (CCC 1570).

In light of our schools' mission, identity, and nickname, we expect our students to excel in serving God and neighbor.



### THE SHIELD

The Shanley Shield first appeared on football helmets in the fall of 1973. It was designed by Shanley art teacher Sr. Mary Virginia Deibert, PBVM with the help of her art students.

The shield signifies strength. The cross of Christ is centered on the shield as it is the center of our Catholic faith. The "S" represents "Shanley" high school, named for Bishop John Shanley (1852-1909), who served as first bishop of the Fargo Catholic Diocese.

Graduation from Shanley High School is the capstone for the St. John Paul II Catholic Schools student experience as Deacons.

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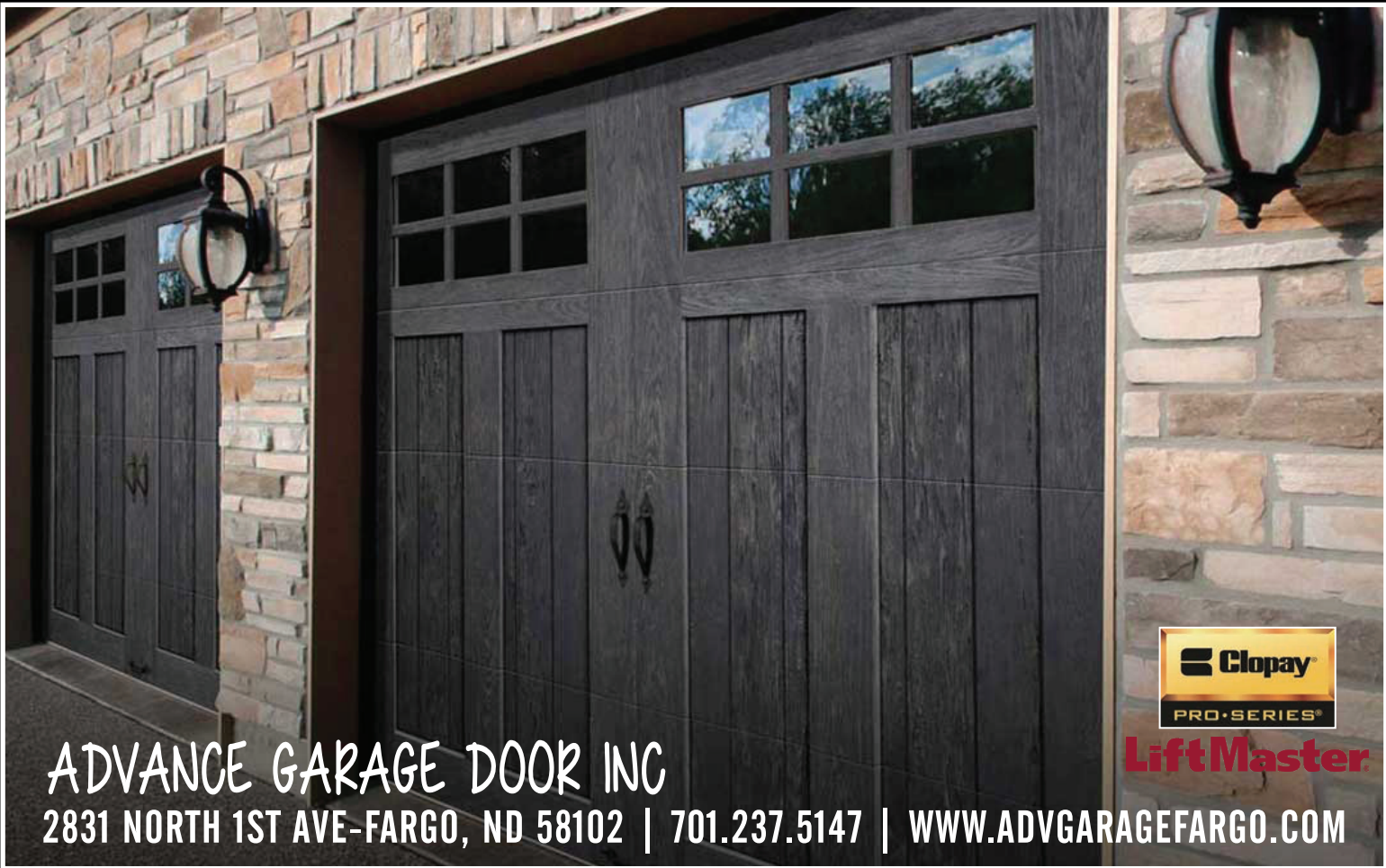


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