



The Rockets cheered with excitement after taking set three against the LaMoure/Litchville-Marion Loboes in the consolation championship match on Saturday, Nov. 18. Photo by Kyrie Dauenhauer.

# SIXTH AT STATE

—Rockets finish second-straight state tournament in sixth place

by Kyrie Dauenhauer  
The New Rockford-Sheyenne Rockets have made it back to the consolation championship match at the Class B State Volleyball Tournament once again. This year, against the Region 3 LaMoure/Litchville-Marion Loboes.  
But unlike last year, the Rockets didn't have the same adrenaline rush in this consolation championship matchup.  
The Rockets started off slow as the Lobeo hitters went to town at the net. The Loboes began their climb with big kills from Heidi Steffes, Tessa Rasmusson and Baillie Kelley.

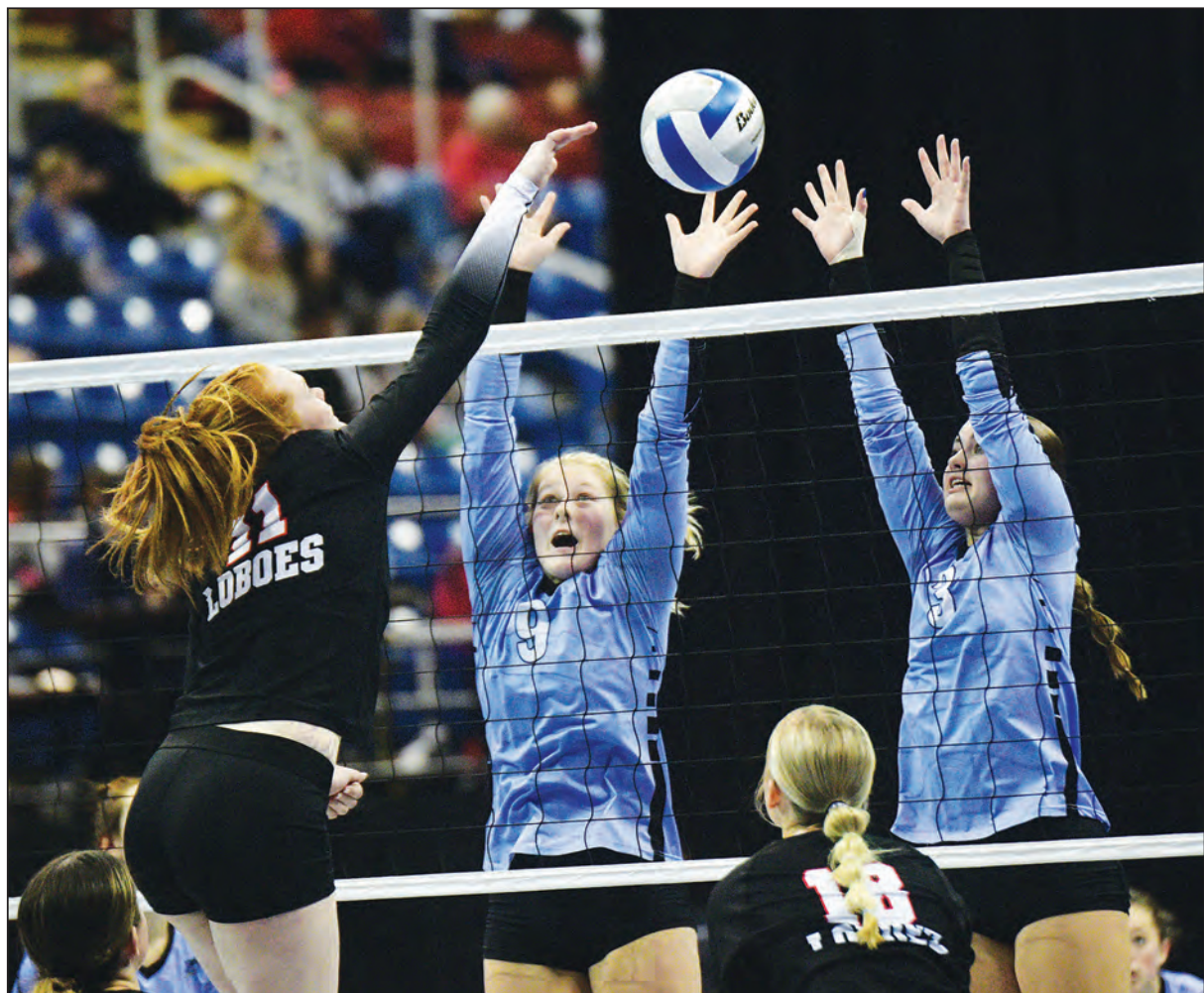
The Rockets were able to sneak a kill in here and there, but it wasn't enough to stop the Loboes. Set one was taken by the Loboes, 25-13.  
Set two started similarly to the first, but the Rockets momentum had slowly begun to grow.  
The Rockets kept up with the Loboes, only allowing a 3-point lead up until the Rockets score was brought to 15. But once they reached that, the Loboes scored seven straight points to take set two 25-15.  
Set three, however, opened in favor of the Rockets with a kill by Lora Wobbema. But a hitting

error, also by Wobbema, gave the Loboes the next point.  
NR-S senior Kelsie Belquist answered with two kills back-to-back for the Rockets.  
The Rockets were beginning to fire up after Belquist's powerful kills to the 10-foot line. But L/L-M wasn't going to give up that easily.  
The Rockets and Loboes were tied 5-5 before Belquist lased a hit over the net to earn a kill.  
And this is where the Rockets began to take their 5-point lead. But it wasn't long before the Loboes started to catch up.  
And once again, the Rockets

and Loboes were tied up.  
The Rockets and Loboes went point-by-point up until the Rockets began to pave their way to a 25-19 set win.  
Both the Loboes and Rockets were amped up in the fourth set in hopes of a set win.  
But the Loboes were named the 2023 Class B consolation champs after a 25-19 set win.  
Even though the Rockets didn't place where they wanted to at the state tournament, they made the New Rockford and Sheyenne communities extremely proud.  
This team was the first-ever to make it to the state tournament, not once but back-to-back, in NR-S school history. This is something each athlete should be proud of.  
The Northern Cass Jaguars were named the 2023 Class B State Champs after defeating the May-Port-C-G Patriots 3-1 (25-23, 25-14, 21-25, 25-13).

Josie Jensen of Northern Cass; Leah Lindquist and Maya Vibeto of Our Redeemer's; Brenna Martin of Thompson; Ann Muggli of Oakes; Kylee Satrom of May-Port-C-G; Kylie Simpson of Bottineau; Anne Stroklund of Kenmare/Bowbells; Azjiah Trader of South Prairie/Max; and Tiahna Wald of Edgeley/Kulm/Montpelier.  
Eight athletes were named to the All-State Second Team. Those were Allison Thomas of Medina/Pingree-Buchanan; Chinelo Udekwe of Bishop Ryan; Ellie Lucas of Northern Cass; Dedra Wood of Shiloh Christian; Caroline Puetz of Wyndmere/Lidgerwood; Danica Hanson of May-Port-C-G; Shea Barron and Savana Filibek of Beulah.  
Congratulations to all on a great season!

- Class B State Volleyball Tournament Consolation Championship NR-S 1, L/L-M 3 Saturday, Nov. 18 at FargoDome**
- NR-S: 13 15 25 19 - 1  
L/L-M: 25 25 19 25 - 3
- NR-S Individual Stats:**  
Acce: Logan Cudworth 1.  
Assists: Kaiya O'Connor 35, Kelsie Belquist 2, Ava Peterson 2, Lora Wobbema 1, Lucy Meier 1, Emmie Belquist 1.  
Blocks: Wobbema 2, Peterson 2, Meier 1, K. Belquist 1.  
Digs: Cudworth 22, K. Belquist 18, O'Connor 14, Meier 12, Peterson 12, E. Belquist 6, Wobbema 1.  
Kills: K. Belquist 17, Peterson 11, Meier 6, Wobbema 3, E. Belquist 1.
- L/L-M Individual Stats:**  
Acce: Baillie Kelley 3, Mia VanEeden 2, Izzy Miller 2, Tessa Rasmusson 1, Norah DelaBarre 1.  
Assists: Kelley 26, VanEeden 14, Addison Waldie 1, Miller 1, Rasmusson 1.  
Blocks: Heidi Steffes 4, Miller 2, Kelley 2.  
Digs: Savanna Steffes 28, Rasmusson 20, Kelley 16, VanEeden 10, DelaBarre 8, H. Steffes 7, Miller 5, Waldie 3.  
Kills: H. Steffes 16, Rasmusson 16, Kelley 12, VanEeden 1, S. Steffes 1, DelaBarre 1.



Lora Wobbema (center) and Ava Peterson (right) jump up in an attempt to block a hit from LaMoure/Litchville-Marion senior Heidi Steffes. Wobbema and Peterson each earned a total of two blocks against the Loboes on Saturday, Nov. 18. Photo by Kyrie Dauenhauer.



Katie Allmaras and Eric Myhre went up for a high-five after the Rockets scored a point against the Trenton Tigers on Friday, Nov. 17. Photo by Amy Wobbema.



Jaxon Simon (left), Hudson Myhre (center) and Chaztin Wobbema (right) cheered for the Rockets during the game on Saturday, Nov. 18. Photo by Kyrie Dauenhauer.



Rocket fans were on their feet during the opening match between the NR-S Rockets and the Our Redeemer's Knights on Thursday, Nov. 16. Photo by Erik Gjovik.

## Rockets fall to Knights in quarterfinals —NR-S moves on to play Trenton in semifinals

by Kyrie Dauenhauer  
The 2023 State Class B Volleyball Tournament got underway at the FargoDome today. In the quarterfinal round, the New Rockford-Sheyenne Rockets took on the Our Redeemer's Knights.

The Rockets started off strong, with big blocks coming from Kelsie Belquist, and they soon had a 4-point advantage before multiple errors allowed the Knights to take a 10-8 lead.

But it wasn't long before the Rockets and Knights were tied up at 15 each.

A block by Leah Lindquist sent the ball back to the Knights, and they went on a 2-point run until NR-S senior, Lucy Meier, secured a kill.

But the Knights began to hit the ball over the NR-S blockers, which aided in many of their points toward the end of set one, and allowed Our Redeemer's to take set number one 25-19.

The Knights opened set two with a 4-point lead before Kelsie Belquist answered with a tip over the net. Then a back-row hit by Knights senior Maya Vibeto quickly sent the ball back.

From that point on it was all Knights in set two, as they soon led 8-1 before a hit by Lindquist was blocked by Belquist.

But the Rockets didn't keep the possession long, as there was a service error.

The Knights went on another roll after that, and suddenly they led 20-6.

After a timeout by the Rockets, Peterson took a swing from the right side to snag a kill. And the Rockets started their climb back up.

After a couple of points back and forth, NR-S kept pushing until Lindquist blocked a big kill attempt from Kelsie Belquist, bringing the score to 22-13.

With the ball in possession of the Knights with the score 24-16, Meier jumped up to slam down a stray ball to bring it back to the Rockets.

But the Knights overcame the comeback attempt with a passing error by NR-S libero, Logan Cudworth, taking set two 25-17.

Set three started rocky for the Rockets as well, with two passing errors by Kelsie Belquist, but the Knights also had an error that sent the ball back.

The Rockets and Knights went point-for-point, until NR-S started to take a lead, which they held until Isabelle Engelhard got behind the service line for the Knights.

Our Redeemer's battled back and took a 15-14 lead before the teams began to rally for points once again.

With a kill by NR-S fresh-



Logan Cudworth gets down low to dig up a hit from Our Redeemer's. Cudworth scored in double digits with a total of 19 digs during the game against the Knights. Photo by Erik Gjovik.

Kelsie Belquist pushes the ball past the hands of Knights' blocker Leah Lindquist during the quarterfinal matchup between the Rockets and the Knights on Thursday, Nov. 16. Belquist scored a total of 15 kills against the Knights. Photo by Erik Gjovik.

With the Knights leading 23-15, the Rockets began to fight harder. They scored the next four straight points, and the score was 19-23 before a timeout was called by the Knights.

Then, a kill to the far corner by Lindquist brought it to match point for the Knights, and a passing error by the Rockets gave the Knights the set win, 25-19, sending the Knights to the semifinal round and the Rockets to the consolation bracket.

Kelsie Belquist led the team in both digs and kills with a total of 22 digs and 15 kills. Also earning double digits for the Rockets in digs were Peterson with 22, Cudworth with 19, Meier with 14 and O'Connor with 13. As for kills, Peterson was the other top hitter with a total of 10.

The Knights will take on the May Port-C-G Patriots on Friday, Nov. 17 at 5 p.m. The Patriots dominated the Trenton Tigers 3-0 (25-10, 25-10, 25-23) in the opening round of the tournament.

The Rockets are set to play the Trenton Tigers at 1 p.m. on Friday, Nov. 17 in the consolation semifinals.

### 2023 Class B State Volleyball Tournament Quarterfinals NR-S 1, Our Redeemer's 3 Thursday, Nov. 16 at FargoDome

NR-S: 19 17 25 19 - 1  
ORCS: 25 25 23 25 - 3  
NR-S Individual Stats:

Aces: Ava Peterson 1, Kaiya O'Connor 1.

Assists: O'Connor 30, Emmie Belquist 1, Peterson 1, Lucy Meier 1.

Blocks: Kelsie Belquist 2, Meier 2, Peterson 2, Lora Wobbema 1, E. Belquist 1.

Digs: K. Belquist 22, Peterson 22, Logan Cudworth 19, Meier 14, O'Connor 13, E. Belquist 3, Wobbema 2.

Kills: K. Belquist 15, Peterson 10, Meier 4, E. Belquist 3, Wobbema 3, O'Connor 2.

ORCS Individual Stats: Aces: Allie Francis 3, Leah Lindquist 2, Olivia Ebel 1, Maya Vibeto 1.

Assists: Francis 30, Ebel 6, Isabel Engelhard 2, Vibeto 1.

Blocks: Lindquist 4, Mikayla Altringer 2.

Digs: Ebel 20, Vibeto 20, Tavia Carlson 16, Engelhard 12, Francis 10, Lindquist 6, Brooklyn Roedocker 2.

Kills: Vibeto 14, Lindquist 8, Carlson 5, Altringer 5, Roedocker 3, Francis 3, Ebel 1.

man, Emmie Belquist, the Rockets took a 2-point lead before a timeout was called. But with hitting errors by the Rockets, the game was tied up once again, this time 18-18.

And the rallying began once again. One point for the Rockets, then another for the Knights.

With the score tied at 23, the Rockets earned the ball back after a lift was called

on the Knights. And then a clutch hit to center court by Kelsie Belquist earned a 25-23 set win for NR-S.

Set four began with a 3-point lead by the Knights.

The Rockets were able to play catch up but the Knights just kept pushing back.

They were tied 6-6 before Our Redeemer's started adding up the points once again, taking an 8-point

lead.

A kill sent nearly out of bounds by Peterson brought the ball back to the Rockets, but the Knights weren't giving up and they led 19-10 before a kill by Kaiya O'Connor.

With a tip by Vibeto, the Knights were on offense once again. Point-by-point, was the name of the game for the Knights and Rockets.

This section is sponsored by these local businesses:

**DAUENHAUER DIESEL REPAIR**  
20 10th Street South  
New Rockford, ND  
Contact us for all your diesel mechanic needs!  
Jacob Dauenhauer  
(701) 947-2285 (office)  
701-302-0425 (cell)  
dauenhauerdiesel@gmail.com

**NEW ROCKFORD STORAGE & LAUNDROMAT**  
In need a storage unit? Contact us about unit openings.  
Laundromat is located at 1029 Central Ave. N., New Rockford  
Open 24/7  
Amanda Dauenhauer  
(701) 302-0169  
newrockfordstorage@gmail.com

**ALAN'S FURNACE SERVICE INC.**  
Call Danny Knatterud at 701.302.0142 for all your heating & cooling needs!

**CenDak Cooperative**  
NEW ROCKFORD (701) 947-2492  
LP Gas - Cardrol Batteries - Hardware Fertilizer - Chemicals Tires - Tire Service

**FESSENDEN CO-OP ASSOCIATION NORTH DAKOTA**  
New Rockford - 819 3rd Ave. S 701-947-5712  
Sheyenne - 203 Main St. N 701-996-2231  
Oberon - B Street N 701-798-2021  
www.fesscoop.com

**HEARTLAND READY MIX**  
Call us today for all your concrete needs!  
Ben & Nic Beach  
(701) 650-8969 (B)  
(701) 307-0785 (N)  
760 6th Ave. N. Carrington

Lutheran Home of the Good Shepherd  
701-947-2944  
1-800-224-6996  
www.lhgs.org  
1226 1st Ave. N., New Rockford

**Styles by Glenda**  
Glenda Collier  
6 8th. St. N. New Rockford, ND  
701-302-0023

**G & Feed**  
New Rockford, ND  
1001 3rd Ave. S. New Rockford 701-947-5714  
VITA-FERM TUFFY'S PET FOODS, INC.

**VORLAND LAND COMPANY**  
Dean & Alicia Vorland  
102 8th St. N. New Rockford, N.D.  
(701) 947-5626  
vlc@gondtc.com  
www.vorlandlandcompany.com

**NAPA AUTO PARTS**  
**Do It Best** One stop for all your farm, home & auto supplies  
NAPA: 701-947-5101 6 1st St S  
Do It Best: 701-947-5155 16 8th Street North New Rockford, ND 58356

**North American Bison, LLC**  
South of New Rockford on Hwy. 281  
701-947-2505

**Hideaway Hair Salon**  
Suzie Wobbema  
Open Tuesday - Friday  
(701) 947-2373  
821 Central Ave., New Rockford

**Hefty SEED COMPANY**  
Hurdsfield, New Rockford & Wilton  
Monday through Friday  
8 am - 6 pm  
(701) 962-3346

**COMMUNITY CREDIT UNION**  
New Rockford 947-5011  
Carrington 652-2482  
Fessenden 547-3856  
www.joinccu.com  
NCUA

**BANK FORWARD**  
Member FDIC  
New Rockford (701) 947-2421

**STC SURETY TITLE COMPANY**  
102 3rd Avenue SE, New Rockford 701-947-2446  
ND only: 800-554-2446

**JAMES RIVER Ag**  
2113 Hwy 281 • PO Box 592  
New Rockford, ND 701-947-2284  
www.jamesriverag.net

# BACK TO THE CONSOLATION 'SHIP

## -Rockets take down Trenton Tigers in four in consolation semis

by Kyrie Dauenhauer  
Friday was day two of the state tournament for the Rockets, and they faced the Trenton Tigers in the consolation semifinals.

Unlike yesterday's quarterfinal game against the Our Redeemer's Knights, the Rockets came into this game with confidence. Set one started with a kill by NR-S sophomore, Ava Peterson, followed by an ace, also courtesy of Peterson.

The Rockets took an early 5-point lead over the Tigers, until a few minor errors were made. But NR-S only allowed the Tigers to score two points before taking the ball back, which allowed Kelsie Belquist to hit a bomb over the net into Megan Clarys for another point.

Clarys answered back with a kill of her own to regain possession, until a kill by Kelsie Belquist's little sister, Emmie, gave the ball back to the Rockets.

The NR-S offense was on top of their game, as the Rockets led 20-14. However, a block by Karli Houle gave the Tigers an opportunity to play catch up, and they scored four more before Emmie Belquist sent one to the far back court to end Trenton's run.

But a blocked hit by Peterson gave the ball back to the Tigers, and this time they tied the game up at 21-21 before sending a hit out of bounds.

The Rockets and Tigers went point-for-point down the stretch until a huge kill by Kelsie Belquist finally put an end to the first set - 26-24 win for NR-S.

Set two started in favor of the Tigers, leading 2-0, before a hit by Kelsie Belquist. But that was hardly enough to stop Trenton in the sec-

ond set, as they soon found themselves with a 12-2 lead.

A block by Lucy Meier and Kelsie Belquist ended that run. But not two points later the Tigers were back on a roll.

A kill secured by Lora Wobbema narrowed a 10-point lead for the Tigers.

After going on a little rally back and forth, Meier jumped up to slam a stray ball down for a kill, cutting the lead of the Tigers to six.

Then the rallying began once again, until Meier sent a ball into the net, giving the Tigers the 25-18 set win.

NR-S suddenly came alive in the third set and responded with a vengeance, leading the Tigers 14-0. The Rockets were on FIRE!

Trenton finally got on the board after blocking a hit from Wobbema, but only four more points were scored by the Tigers before the Rockets began to push closer and closer to the set win.

A service error by Logan Cudworth gave the ball back to the Tigers before Peterson answered with a kill from the outside, and with a big kill by Wobbema, the game was brought to match point. A lift by Clarys gave the Rockets set three with a score of 25-7.

The Tigers came out strong in the fourth set, with big kills by Clarys. However, a block by Wobbema and O'Connor stopped Clarys in her tracks, allowing the Rockets to start their run.

With back-to-back kills by the Belquist sisters, the Rockets momentum began to grow. NR-S was playing phenomenal, and after a pancake by O'Connor and a huge kill from Wobbema, the Rockets' were pumped and ready to take the win.

Wobbema went up to the net with a powerful hit, earned a kill, and brought the Rockets back to match point once again. Then, with a net violation by the Tigers, the Rockets earned their spot back in the consolation championship with a 25-9 set win.

The Rockets were set to face the Region 3 champions, LaMoure/Litchville-Marion Loboes, in the consolation championship on Saturday at noon.

**2023 Class B State Volleyball Tournament Consolation Semifinals**  
**NR-S 3, Trenton 1**  
**Friday, Nov. 17**  
**at FargoDome**

NR-S: 26 18 25 25 - 3  
Trenton: 24 25 7 9 - 1

**NR-S Individual Stats:**  
 **Aces:** Kaiya O'Connor 3, Kelsie Belquist 1, Lucy Meier 1, Ava Peterson 1.  
 **Assists:** O'Connor 39, Meier 2.  
 **Blocks:** Lora Wobbema 2, Meier 2, Peterson 1.  
 **Digs:** Logan Cudworth 24, K. Belquist 22, Peterson 16, Meier 12, O'Connor 12, Wobbema 5, Emmie Belquist 2.  
 **Kills:** K. Belquist 15, Wobbema 11, Peterson 10, Meier 9, E. Belquist 4, O'Connor 2.  
 **Trenton Individual Stats:**  
 **Aces:** Megan Clarys 1, Josie Fernholz 1, Jada Turcotte 1.  
 **Assists:** Turcotte 10, Tristy Kreil 8, Clarys 1.  
 **Blocks:** Kenadi Houle 4, Karli Houle 3, Kreil 2, Clarys 1.  
 **Digs:** Fernholz 12, Kreil 10, Clarys 10, Amiyah Courchene 8, Lilly Hobbs 8, Turcotte 5, Karli Houle 1.  
 **Kills:** Clarys 8, Karli Houle 5, Kreil 4, Kenadi Houle 3, Fernholz 3.



Lucy Meier reaches up to tip the ball over the hands of Trenton's Megan Clarys. Meier earned a total of nine kills against the Tigers. Photo by Amy Wobbema.



NR-S freshman Emmie Belquist goes up for a kill around the hands of Trenton blocker Karli Houle. Belquist scored a total of four kills against the Tigers on Friday, Nov. 17. Photo by Amy Wobbema.

This section is sponsored by these local businesses:

**Nicolai Chiropractic Center**  
Dr. Michael Nicolai & Dr. Kimberly Weber  
New Rockford  
(701) 947-2121

**K&M Bison Lodge & Outfitters, LLC.**  
701-947-5947  
New Rockford, ND  
We'll take you on the ultimate Devils Lake ice fishing expedition. Dates fill up fast, call us to book your trip today! Book online at [www.kmbisonlodge.com](http://www.kmbisonlodge.com)

**BOUTIQUE flair & COFFEE**  
826 CENTRAL AVENUE  
NEW ROCKFORD  
[flairboutique.nd](http://flairboutique.nd)

**Loco Ketchup**  
Monday - CLOSED  
Tuesday-Saturday 11 am - 8 pm  
Sunday 12-6 pm  
104 Central Ave, New Rockford  
(701) 947-5781

**HIGH PLAINS EQUIPMENT**  
6614 Hwy 200  
Carrington  
701-652-2821  
701-652-2112 (service)  
[highplainseq.com](http://highplainseq.com)

**OTTER TAIL POWER COMPANY**  
[www.otpco.com](http://www.otpco.com)  
800-257-4044  
f t y i n

**Yri Electric**  
New Rockford, ND 701-650-7097  
Mike Yri, Owner  
Farm  
Commercial  
Residential  
Industrial  
Trenching  
Underground Locating

**NORTHERN PLAINS Electric Cooperative**  
Your Touchstone Energy® Cooperative  
1515 Main St., Carrington, ND 58421  
1(800)882-2500

**ROCKET WASH**  
Automatic car wash  
Hwy 281 • New Rockford (South of Casey's)  
Gift cards available for purchase  
Three different washes available for \$10, \$13 and \$15  
Now Open Daily • 6 am - 10 pm  
weather permitting (0 degrees, we close)  
Find us on Facebook @RocketWashNR or call 947-2405

**RAZOR NUTRIENTS**  
NPK  
For your fertilizer needs  
Brady Richter  
(701) 302-0961  
7330 17th St. NE  
New Rockford

**AgBOOST**  
Precision Ag Services  
6285 Main ST E Carrington, ND

**James River DENTISTRY**  
Dr. Robert Cudworth  
Dr. Amy Ellingson  
Complete Family Dentistry  
New Patients & Emergencies Accepted  
708 1st Ave N, New Rockford  
701-947-2354  
[www.jamesriverdentistry.com](http://www.jamesriverdentistry.com)

**PEAK PERFORMANCE**  
Physical Therapy & Sports Medicine  
Melissa Ystaas, PT/DPT  
Matthew Ystaas, PT/DPT  
Open Monday through Thursday  
8 am - 5 pm  
207 1st Ave S, Suite C New Rockford  
(701) 947-2030

**Peterson Law Offices, P.C.**  
TAX RETURN PREPARATION  
Business, Farm, & Individual  
- Year-end tax planning  
- Federal and State Income Tax Returns  
- Estimated tax payments  
- 1099's, W-2's & employment tax forms  
TRAVIS S. PETERSON, ATTORNEY AT LAW  
523 Central Avenue  
New Rockford, ND 58356  
[travis@petersonlawofficespc.com](mailto:travis@petersonlawofficespc.com)  
701-947-2442

**Kyle Wetzel**  
701.893.8122  
Carrington, ND

## Assistant Coaches Corner



**Mindy Meier**  
Dear 2023 Rocket Volleyball Team, back-to-back Region 4 champions, Remember that first practice of the season? We were so excited!! We knew we had something special. And boy was it special. Any time, in all your life, where you put yourself in a situation where you depend on other people, you will have the opportunity to learn and grow. This season, we had a lot of big wins - playing at our peak at the exact right time (regular season Carrington, DesLacs tourney, Carrington tourney, MPB, Region Four Tourney). There were wins when we didn't play our best. There were heartbreaking losses (regular season Langdon, Mayport, Our Redeemers), knowing we could have shown up better, and making all that we worked for feel like it was just outside our grasp. But there was so much

beauty in these ups and downs. The privilege of a team is that when individuals don't have their best game, the team can make up for that. When a coach doesn't know what to say, other coaches or players have some insight. Sometimes you're on and sometimes you're not. Sometimes you can feel the magic, and sometimes it feels like you mess up everything you say or do. Adult life will be much the same, dear team, and I feel honored to have gone through it with you. It was so fun ... dance parties, planks, lasagne, missing speakers, almost Sabrina, Stanley spills, lineup changes, mirrors, GBR, long bus rides and break-downs, Grandma Vicki. This season will be seared into some of my life's fondest memories. I would like to thank Coaches Myhre and Hopfauf and all of Rocket Volleyball 2023, for taking me along on this journey. For continually battling side-by-side, for doing the tough work of taking risks, and admitting mistakes, and swinging hard, and watching film, and always wanting to improve, and honing our mental and emotional game, and experiencing the high of watching that all come together at the same time. What a gift! Thank you!!



**Kayahna Hopfauf**  
Wow. This was a crazy year. Lots of ups and downs but so many strong girls. There was so much talent this year it made lineups really tricky. The girls were all so strong and no one really had only one position that they could play. It was really exciting to be able to switch up girls in the lineup and see what they could do. No one ever had a "bad" rotation. They all did so good in all the switching we did. My favorite part of the season was how dedicated those girls were. They worked their butts off to make it to state, and they did it! After not being to state ever, to making it two years in a row, that really says something. All the girls are so talented and I am going to miss the seniors. I am very excited to see what we can do next year!

Coach Mindy Coach Kayahna

## 2023 NR-S Volleyball Season Stats

### Kelsie Belquist

#### Season Stats

Aces.....	41
Assists.....	24
Blocks.....	40
Digs.....	410
Kills.....	493

Daughter of  
Elliott & Beth  
Belquist



#### Overall Career Stats

Aces.....	125
Assists.....	86
Blocks.....	101
Digs.....	1,362
Kills.....	1,521

#1 - Senior

### Lucy Meier

#### Season Stats

Aces.....	28
Assists.....	32
Blocks.....	29
Digs.....	268
Kills.....	171

Daughter of  
Preston & Mindy  
Meier



#### Overall Career Stats

Aces.....	63
Assists.....	46
Blocks.....	78
Digs.....	396
Kills.....	309

#2 - Senior

### Lora Wobbema

#### Season Stats

Aces.....	31
Assists.....	21
Blocks.....	61
Digs.....	73
Kills.....	180

Daughter of  
Chad & Amy  
Wobbema



#### Overall Career Stats

Aces.....	40
Assists.....	35
Blocks.....	106
Digs.....	114
Kills.....	322

#9 - Senior

### Ava Bullinger



#8 - Junior

Aces.....	0
Assists.....	0
Blocks.....	1
Digs.....	3
Kills.....	1

Daughter of  
Chad & Linda  
Bullinger

### Bailey Jacobson



#10 - Junior

Aces.....	0
Assists.....	0
Blocks.....	0
Digs.....	1
Kills.....	0

Daughter of  
Ryan & Karla  
Jacobson

## Coaches Corner

Starting a new volleyball season after making it to state for the first time in program history the year before was super exciting, but also there were a lot of unknowns as far as how we would bond as a team, and how the pressure would be for the girls.

At the beginning of the season, we always set team and individual goals, and one of the team goals was to make it back to state. I knew we had a lot of work ahead of us to reach that goal. We knew there would be tough competition in our region, but this group of athletes were super competitive, and I knew from last season that anything is possible and we can reach any goal we set.

As the season started there was a lot of hype for our first season opener against Thompson. They ended up sweeping us in three. Then we had our first home game with Medina, and we went into a thrilling five set match against them and won, so that was a big momentum boost for us.

We played in the Devils Lake tournament with a couple of players missing, and then went to the Del Lacs Invite where you compete with some tough teams, which I love. When you compete with high level teams it shows your strengths and weaknesses. We played Northern Cass, May-Port-C-G and Dickinson Trinity who all ended up at state this year. Then we finished our last tournament in Carrington and took first place, which was super exciting for our team.

I did a lot of analyzing throughout the season as far as positions. And there were a lot of changes; with change comes a lot of risk, and it can be hard to adapt to change as a team. One thing I implement within the program is to build confidence in every skill level and work tirelessly on fundamentals, so when there is a change they can feel confident enough to adapt, which isn't always easy.

As a team we had setbacks, suffered some defeats, and faced moments of self-doubt. But also as a team they kept pushing themselves and working extremely hard on improving their skills, and were determined to compete at the highest level.

We focused on analyzing our performance after each game, working on team bonding and developing mental and emotional performance, which is so important in sports and in life.

We finished the season strong and with one of the best records for NR-S volleyball, at 29-6. I was so proud of our team - and the next thing ahead of us was regionals. We knew it was going to be tough



Sara Myhre

competing with North Star and Langdon, who were both rated in the state. We played Langdon two weeks prior, and they swept us in three. It was a repeat of last season as the same thing happened. After the Langdon game I knew we had to make some changes going into regionals.

We were seeded No. 2 in our region. We played Nelson County and North Star and beat both of those teams to secure a spot in the regional championship game against Langdon.

I told the girls we needed to try and take the first set against Langdon, that was our goal, and it happened. We battled back and forth in the second, third and fourth set. Then in the fifth set, the momentum changed and the girls on that court wanted that set and were not backing down - something changed within them that I can't explain. They did it all on their own and I sat back and watched them want to win. I looked up in the crowd to see everyone cheering us on, and you could feel the energy from everyone. We won that set 15-5 and we were heading back to state for the second year in a row. It was a moment I will cherish forever and such a huge accomplishment for our team.

State bound! The top eight teams get to go and it's an honor to be there. We had a blast making memories and we ended up taking sixth place.

The three senior captains - Kelsie, Lora and Lucy who have helped pave the way for the future of our volleyball program will be missed. They were part of making history for our program; being able to go to state two years in a row is an accomplishment that not too many achieve in their high school sports. Thanks for all the wonderful memories!

Thank you to everyone who showed us support and generosity throughout the past season. It is truly remarkable to witness a community come together in such a supportive manner. It's like this huge family out there and everyone cares so much. I felt it and our entire team felt all the love and support, we appreciate all of you!

Sara Myhre

### Addysen Fandrich



#11 - Junior

Aces.....	0
Assists.....	7
Blocks.....	34
Digs.....	12
Kills.....	47

Daughter of  
Mandy Fandrich &  
Justin McDonald

### Kaiya O'Connor



#24 - Junior

Aces.....	57
Assists.....	577
Blocks.....	8
Digs.....	319
Kills.....	111

Daughter of  
Tony & Kristy  
O'Connor

### Ava Peterson



#3 - Sophomore

Aces.....	44
Assists.....	441
Blocks.....	50
Digs.....	316
Kills.....	198

Daughter of  
Travis & Ami  
Peterson

### Logan Cudworth



#6 - Sophomore

Aces.....	40
Assists.....	12
Blocks.....	0
Digs.....	363
Kills.....	3

Daughter of  
Robert & Amy  
Cudworth

### Alivia Yri



#7 - Sophomore

Aces.....	7
Assists.....	46
Blocks.....	0
Digs.....	25
Kills.....	2

Daughter of  
Mike & Alaina  
Yri

### Emmie Belquist



#5 - Freshman

Aces.....	17
Assists.....	10
Blocks.....	9
Digs.....	94
Kills.....	54

Daughter of  
Elliott & Beth  
Belquist

**Congratulations on a great season!**