



2020-2021 Tri-City United Winter Sports Preview

Boys look to improve record and be more competitive on the court

Coach: Kyle Johnson

What is your experience/record with the sport?

In my 14th year coaching basketball at the high school level: two years at Prior Lake, ten years total in Big Lake and five as head coach in Big Lake, one at TCU. I am in my second year at TCU.

Changes?

It is very early on in our season, so we are working hard to establish our new expectations, philosophy, offensive and defensive schemes, and creating a positive basketball culture!

Our overall approach and expectations for our program are newer in a sense. Our motto is "Outwork, Out-Execute, Out-Care!" We talk about having Titan Pride and representing our program in a positive manner on the court, in the classroom, and out in the community!

How are you preparing amid COVID-19?

Our players have handled it very well, and we as a staff are super proud of their efforts and attitudes. We are working to improve our conditioning and stamina, but also being mindful to take more frequent breaks to allow players to recover.

Areas the team is strong?

Right now, our guys are sponges, and they are working very hard to pick up all the new philosophies, schemes, terminology, and expectations. The willingness to learn, their effort and buy-in have been great in week one! We look to build on that, as the season goes on!

We look to be better offensively this year to execute our game plan and our stuff

to get the looks we want!

Defensively, we look to ratchet it up more and make it a priority to work harder on the defensive-end, and make it difficult on opposing teams!

Key players

At this point, we are still evaluating our players and determining who will fit where and what is best for the player and the program!

There are more than sev-

eral players who we feel will help our varsity team in some capacity! These players may range from seniors, juniors, sophomores, and possibly freshmen.

In practice we like to create a culture of competition, as to draw out everyone's best and raise each other's level. So far, the players have handled it well, and we are seeing some players emerge ahead of others.

We are working to see more consistency from these from day to day. We expect all of our players to contribute in some way, as well as lead us during the season!

Areas to work on?

Overall, just learning and becoming comfortable with the new offensive and defensive philosophies, new expectations, as well as learning all the new terminology. In my experience, this is common and comes with a new program.

2019-20 recap

Our varsity won one game during the regular season, but made improvements from the beginning of the season until the end! We lost in the first round of Sections to Minnesota Valley Lutheran High School (MVL).

2021 outlook

We look to improve on not



Messenger file photos

Collin Barnett returns to the courts for the TCU Titans again this season.

only last year's overall win/loss record, but also establish our expectations and create goals for this season. One goal we have is to be more

competitive in every game we play on our schedule and put ourselves in positions to win more games.



Nolan Readmond will bring his talents to the TCU basketball team again this year.

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New coach, shortened season, new rules greet girls' basketball

Coach: Don Marcussen

ent levels and in both genders.

The style of play that (former coach) Eric Schpect had them doing is very similar to what I like to teach as well.

What is your experience/record with the sport?

I have more than 30 years coaching basketball at differ-

Changes?

Nothing really that new.



Messenger file photos

Jessica Dull is one of the returning seniors to the Girls Varsity Basketball Team.



Letterwinner, Sam Lang, returns to the TCU basketball team this season.

Areas the team is strong?

We only graduated two players, so we do have experience. We can be quick, but we also have two big post players who can get up the floor pretty easily as well.

Key players

- 12th gr. Jessica Dull - Jessica is a returning letter winner, solid post player with good outside shooting skills as well

- 12th gr. Sam Lang - Sam is a returning letter winner, good all-around athlete who is smart and has good instincts. She will be a shooting guard/ forward this year.

- 12th gr. Izzy Factor - Izzy is a returning letter winner, and very quick athletic player. She will be counted on to stop opponent's best of offensive threat.

- 11th gr. Kaitlyn Lang - Kaitlyn is a returning let-

ter winner, who is quick and probably best ball-handler. She will be asked to be a point guard.

Areas to work on?

Mainly just picking up on some new terminology that I use so we can communicate better. We need to develop a strong bench, which right now, doesn't have a lot of varsity experience.

2019-20 recap

9-17 overall record, 7-11 against Section 2A opponents, 5-9 in MRC (6th place)

2021 season outlook

Really hard to say what the outlook is. New coach, the season is shortened, limited number of games, no open gyms or off-season workouts ... I still think we can be in the top three in the MRC and

maybe even top four in Section 2A. The girls have been practicing hard and we did have a great summer. It is all going to come down to staying healthy, picking up the changes, wearing a mask, etc.

Varsity Roster

Seniors: Paige Johnson, Sam Lang, Marissa Gare, Jess Dull, Izzy Factor
 Juniors: Kaitlyn Lang, Char Houn, Trinity Turek, Molly Closser, Laney Dahlke
 Sophomores: Maddy Ruger, Sami Tiede, Kaia Krocak

B-Squad

Juniors: Laney Dahlke, Molly Closser, Trinity Turek, Char Houn
 Sophomores: Alexis Hoefs, Maddy Ruger, Sami Tiede, Anna Barnett, Keirra Meyer, Abby Rutt, Jacy Saemrow
 Freshmen: Gabby Dahlke

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How are you preparing amid COVID-19?

There really hasn't been much we could do. We were able to have our summer workouts in June and July (although they were somewhat restricted) and then we have had some virtual team meetings before Christmas break ... The girls haven't been able to do "open gyms" or weight room work.

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2020-2021 Tri-City United Winter Sports Preview

Dance Team returns with strong varsity, growing JV teams

Coaches:
 Head Coach – Alli Sinnamon
 Assistant Coaches: Kaitey Weiss, Emily Lehman
 Student managers: Megan Marek and Kylie Maxa

What is your experience/record with the sport?
 This is my third year as the head coach of the Black Diamonds Dance Team. Growing up I attended in studio dance for 15 years, competing in dance competitions for 11 years. I was also a member of the Black Diamonds Dance Team for six years while in middle and high school.

Changes?
 During my time as the head coach, we have worked hard to create a better community among our dance team. We have also worked hard on improving our technique and skills during the past three years.

Our most exciting change has been having the JV dance team create their own identity. During my time as a head coach, we have pushed our JV to create their own music and dances!



Wade Young Photo

The Tri-City United/Le Sueur Henderson Black Diamonds Dance Team returns this season with experienced dancers. They are pictured at their 2020 Dance Extravaganza at the Performing Arts Center.

How are you preparing amid COVID-19?

Our team has been very rearranged this year. We were originally pushed back at the beginning of our season, which allowed us lots of time to create music and plans for the season. Of course, all of our plans have changed, but our team has been extremely

flexible, and I am so proud of the progress we have made.

We were lucky to remain “in season” during the four-week pause, which meant that we were able to work on choreography, stretching and cardio while meeting online. We also had a lot of time to build a strong team community.

Areas the team is strong?

Our team has always been strong in the area of high kick. We are so excited to continue to build our skills and perform our new routine.

Our team also has so much heart. These dancers are resilient and passionate which has been extremely important qualities during this difficult season.

Key players

We really have a strong varsity team this year. Our upperclassmen, Tara Larsen, Morgan Kes, and Katelyn Turek are outstanding leaders and have an outstanding ability to lead the team with positivity and kindness.

Mikayla Marek, Megan Maxa, and Morgan Gjerstad have also been standout dancers, helping with choreography and teaching and reinforcing skills to new dancers.

Areas to work on?

While we have made a lot of progress on our jazz skills and flexibility, it is an area we can continue to improve on. We have worked hard to strengthen our turning and leaping skills in order to increase the difficulty of our routines.

2019-20 recap

2019 was an exciting year! Our varsity placed in the top three for the first time in my tenure as head coach at our home meet at TCU high school. Our JV also placed second at our home meet.

We were also excited to present our Dance Team Ex-

travaganza in the brand new TCU Performing Arts Center last season.

2021 outlook

We are so excited for the many opportunities that we have this season. Unfortunately, we will not be able to present our dance extravaganza this year, but we are extremely lucky to have three home meets.

Our dances are looking fantastic, and we are excited to get our competitive season started.

Roster

Seniors: Tara Larsen, Morgan Kes, Miyu Kobayashi
 Juniors: Katelyn Turek, Sophomores: Megan Maxa, Mikayla Marek
 Freshmen: Morgan Gjerstad, Brynn Fitterer
 Eighth Grade: Ariana Maddox, Lilly Rice, Addison Mann, Tayla Kline, Tatum O’Neill, Neysa Anderson, Madesyn Turek, Samantha Odenthal

Seventh Grade: Chloe Maddox, Emily Kuchinka, Olivia Westerman, Lorraine Motz

Wrestlers return an experienced team with a lot of depth

Coaches: Co-Head coaches: Shaun Timmerman and Paul Norgren (2nd year)
 Assistant coaches: Mason Brownlee, Corey Block, Aaron Norgren, Brennan Rutt

Key Players

- Seniors: Riley O’Malley, Brody Rud, Mason O’Malley
- Juniors: Caleb Whippis, Robert Bastyr, Austin Rutt
- Sophomores: Zach Balma, Brant LeMieux, Carter O’Malley, Caden O’Malley, Cole Franek, Marco Reyes, Chris Johnson, Riley Skulzacek, Tegan Determan.
- Freshmen: Eli Viskocil, Kolton Duff
- Eighth Grade: Ayden Balma, Anthony Fonseca, Blake

Herman, Gavin Sherman, Dalton Horejsi

• 7th: Griffin LeMieux, Allen Krenik, Nate Blaschko
 Keep your eyes on

The entire team. Every single wrestler works too hard in practice to be overlooked.

2019-2020 Season recap

Last year our team finished 18-6 overall in dual meets. We made the final four in team sections. Eleven placed individually at sections last year, and four made it to the state tournament. We finished second in our conference tournament, losing to Scott West.

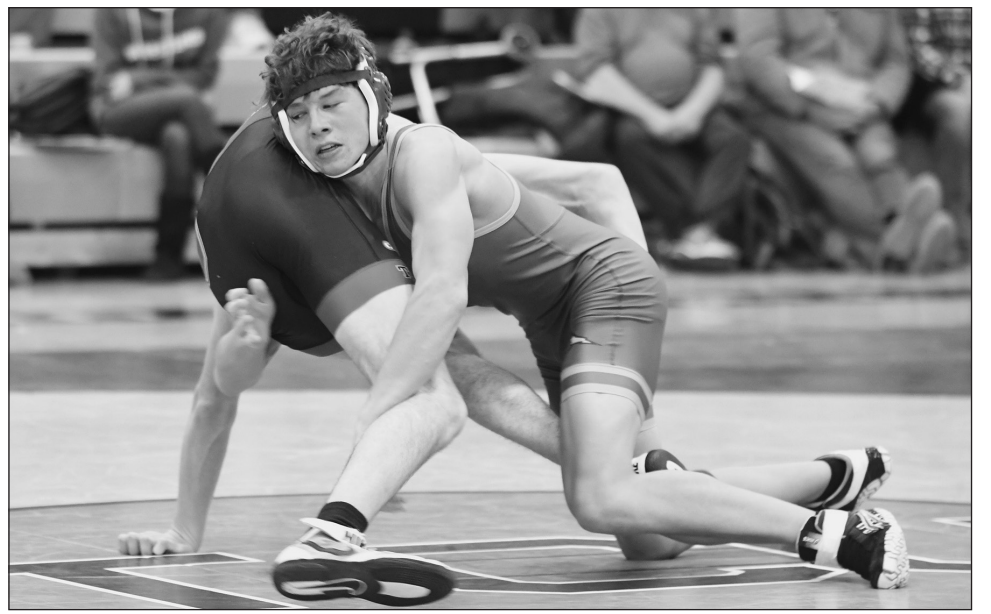
2020-2021 Season outlook

This season, we are look-

ing at a wide range schedule from Class A to Class AAA teams. There are no individual tournaments this season due to COVID, so we were able to schedule some very competitive duel matches with highly-ranked teams from all classes. We have an experienced team this year with a lot of depth.

Comments from the coaches

Our team and individual section tournaments are always one of the toughest in Class AA. It always provides great competition and a great atmosphere. Year in and year out, it never disappoints. We are really hoping we get to experience that again in March.



Messenger file photo

Caden O’Malley returns to the grappling Titan wrestling team.

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2020-2021 Tri-City United Winter Sports Preview

Boys' Hockey Team relying on returning varsity players

Coach: Shea Roehrkasse

that direction.

What is your experience/record with the sport?

This is my sixth season as head coach

Changes?

When I got here I coached with Dave Swanberg for a couple of years, and he has put this program in a great spot. I have just been doing my best to keep it going in

How are you preparing amid COVID-19?

While we were on a pause, we did some virtual workouts. We also are sure to keep players in different pods on the ice and to wear masks.

Areas the team is strong?

We will have some good depth at forward this year.

Key players

We will really be looking for our returning varsity players to step up and take on larger roles this year.

We return eight skaters and both goalies from our team last year. So we will have about nine or ten players on varsity this year who don't have a ton of experience.

We will lean on these returners to help lead and get us going in the right direction. I



Tri-City United's Reece Weydert will be on the ice again this season for the Minnesota River Bulldog Hockey Team.



Messenger file photos

Mitch Kotek is a returning member of the Minnesota River Bulldog Hockey Team (St. Peter, Tri-City United, Le Sueur-Henderson, Cleveland and Belle Plaine high schools).

am confident they will help get our younger guys caught up to speed and ready to play at a high level.

Areas to work on?

We will be really focusing on our defensive zone this year.

2019-20 recap

We finished 14-11, and

lost to Mankato East in section quarterfinals.

2021 season outlook

We are just happy to be out on the ice and playing. We know it is going to be a flexible season and will need to be ready for anything.

We will be ready to give it our best and have fun whenever we are on the ice!

Roster

Seniors: Finn Gibson, Logan Throldahl, Blake McVenes, Aiden Blaschko, Mike Zurn, Tyler Erickson, Reece Weydert, Seth Reicks, Brandon McLean, Jake Rimstad, Brady Sowder, Logan Moe.

Juniors: Dylan Hunt, Mason Reinhardt, Brendan O'Keefe, Mitch Kotek.



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