

# SPRING ATHLETIC PROGRAM

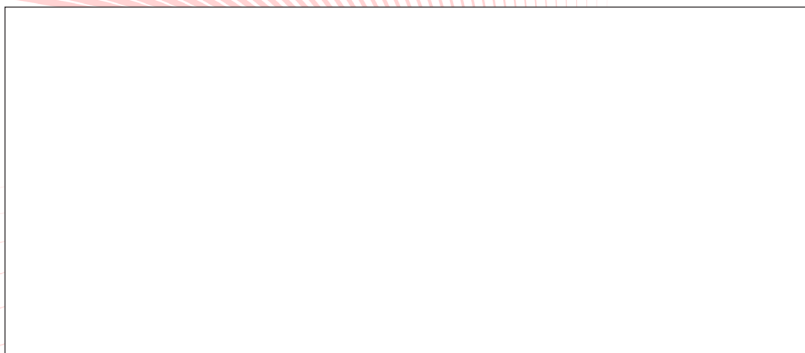


# 2023

# STANLEY DEACONS

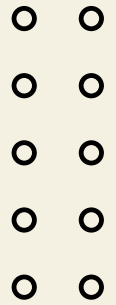


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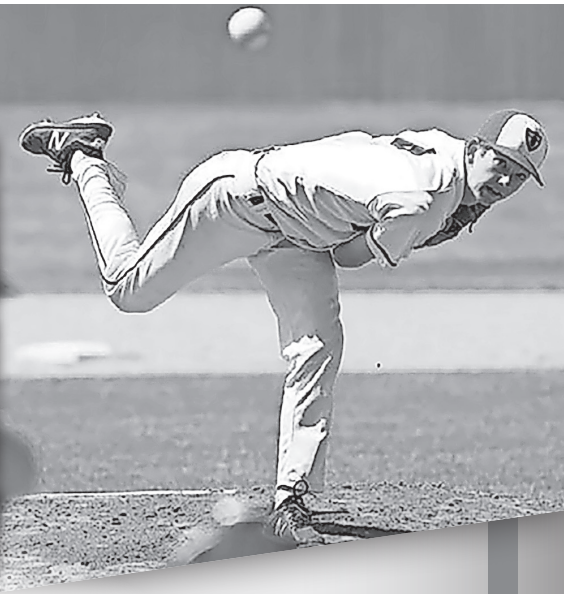
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# Shanley Athletic Club Membership Form

*"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
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- ♥ Volleyball Training Equipment
- ♥ Weightlifting Achievement Board
- ♥ 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
___ Bronze	\$25-\$99	\$5 Certificate for Deacon Den



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\_\_\_ Cash      Amount \$ \_\_\_\_\_

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\_\_\_ 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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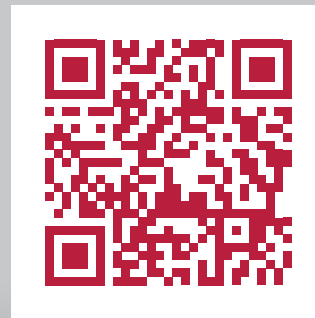
# **SHANLEY ATHLETIC CLUB**

Shanley Athletic Club has a long history of helping student athletes in the JPII 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  
Mike Bruckbauer  
Myron Bowar  
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Rich Callahan  
Sid Cichy  
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## **SHANLEY ATHLETIC CLUB BOARD OF DIRECTORS**

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Ellen DeVine President  
Kamie Kueneman Vice Pres.  
Jason Hulstein Treasurer  
Jill Koch Secretary

### **MEMBERS:**

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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  
Shar Vetter

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

Reggie Jackson

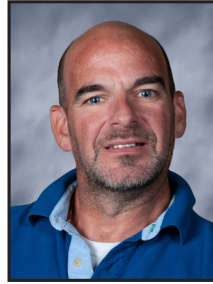
# ADMINISTRATION



**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 18th 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.

As a school system, are we moving forward with the next phase of our campus improvements—the necessary replacement of the aged field turf at Sid Cichy Stadium, moving it 30-some feet to the East, placing our first-ever track around it, and wrapping the entire enhancement with all the accompanying infrastructure: electrical, drainage, field event areas, other equipment for various events, and landscaping.

We are in Phase II of a fundraising campaign for these facility upgrades, which ultimately will benefit all our students and families.

We will celebrate ground-breaking when the weather permits, and we will all look forward to hosting our first events next fall.

## **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).*



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# 2023 SPRING SCHEDULES

Scan the QR codes for team schedules!



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**GIRLS SOCCER**



**SOFTBALL**



**GIRLS TENNIS**



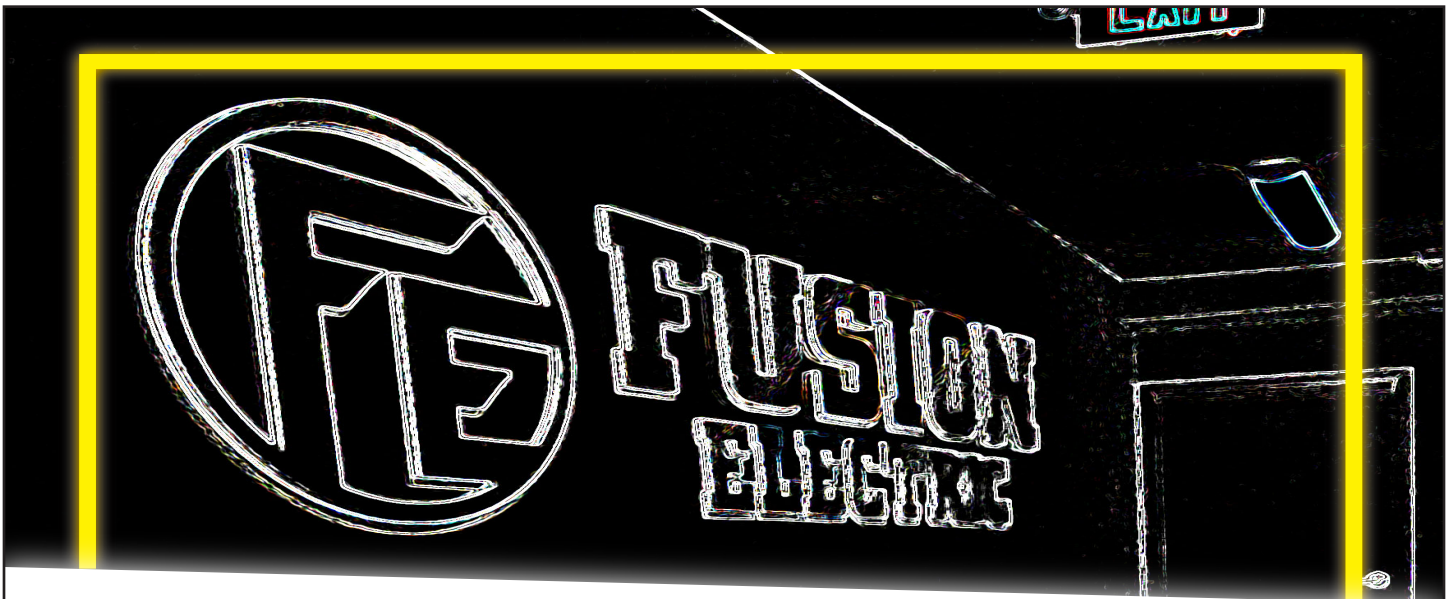
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# RIGHT ON TRACK

## JPII's Sprint to Victory Project Continues to Progress Despite Weather Delays

By Ryan Roshau, SAC Board Member

The goal of having the first track in school history along with a new turf field in place in time for the 2023/2024 school year is well within reach.

Despite a winter in the region that would not release its grip, crews will begin to work on the property, starting with removing the current turf surface, in late April. Later in the spring, landscaping and cement work will be completed in phases, all in hopes of having the new surfaces in place in time for the new school year in late August. "Originally, we hoped to possibly break ground in early April and we had August 1 as our target goal so we could have the grounds for fall practice," Activities Director Reggie Jackson noted, "we now hope to be ready in time for our home openers."

Shanley's first Varsity Football game is August 25th vs. Bismarck High. The first Varsity Soccer match is August 29th vs. Grand Forks Central. "We'd really like to celebrate the new grounds at Homecoming vs. West Fargo Sheyenne on September 15th," Jackson said.

Network officials shared in early April that the original \$1.5 million goal has been satisfied and the focus now shifts to a final fundraising goal.

"We have evaluated the bids for the turf to create the highest quality, longest lasting field with all the needed enhancements for safety and playability," JPII Director of Advancement John Klocke said. "To add all of the necessary equipment for turf and track will cost \$1.9 million bringing the total project cost to \$3.4 million." Klocke noted that with \$2.1 million in the school expansion fund, it leaves a \$1 million goal in cash and pledges to raise by September 30th.

Among other amenities, the additional funding will be used to move the current lighting and to add new LED lighting for both the turf and track. A new drainage system is required, and the option exists to extend the turf warranty from ten years to twelve years or more and the track surface can be upgraded from a 10 year life to a 20 year life. Klocke also noted that up to \$400,000 in equipment will need to be purchased to create a fully competitive track program, including fiberoptic timing equipment, hurdles, pits, and blocks.

"The new turf, track, and materials are all complete and ready to go," Klocke said, "there is no waiting game involved there."

Jackson shared that when the old field turf is harvested in the spring, they will try to remove the centerpiece Shanley shield for safekeeping. Other sections of the turf will be preserved and turned into memorabilia upon removal. "Many athletes have grown on that field for more than a decade," Jackson said, "I am sure there are some of them, and parents as well, who would like a piece of those memories."



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**MANAGED BY THE SHANLEY ATHLETIC CLUB**

# GIRLS SOCCER



## Varsity Girls Soccer (Shanley students in bold)

Front Row: **Mykenna Johnson**, **Cadee Schanzenbach**, **Lindsey Astrup**, **Paige Rustad**, **Mia Metzger**, **Danica Clasen**, **Molly Flaherty**, **Emma Rohrich**

Back Row: **Nora Roney**, **Shayna Roach**, **Ella Radjl**, **Carly Hulstein**, **Rylee Seavert**, **Addison Seavert**, **Aubrey Dew**, **Ella Frisk**, **Ashland Roach**





## **RYAN CHRISTIANSON** Head Coach

Coach Ryan Christianson may be entering his second season as head coach of the Shanley Girls Soccer team. He served as an assistant on the Girls Soccer team for seven seasons prior to taking the reins of the program and is also the head coach of the Shanley Boys Soccer team for the past nine seasons. Soccer has been a part of Coach Christianson's entire life having played since he could walk and coaching for over a decade. Coach Christianson is a paraprofessional at Discovery Middle School in Fargo, and when he's away from the pitch, you can find him enjoying time with his two dogs, Moose and Louie.

### ASST. COACHES



KRISTEN BOKINSKIE



JACOB FRITZ

NOT PICTURED: TABBY KELSCH & MOLLY METZGER

### STUDENT MANAGERS



L-R: RYAN RUSSELL & TYLER McALLISTER

NOT PICTURED: NATHAN ANDREWS & CHRISTIAN ULMER

### SENIORS



LINDSEY ASTRUP



AUBREY DEW



SHAYNA ROACH



PAIGE RUSTAD

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# GIRLS SOCCER



## JUNIOR VARSITY GIRLS SOCCER (Shanley students in **bold**)

Back Row: Lucia Ferguson, Clara Stumpf, **Siri Messelt**, Lauren Graveline, Claire Roney,

Front Row: Mara Nielsen, Mairyn Freeman, Tia Frisk, **Anna Geffre**, Rosemary Tinguely, Anika Astrup

Not Pictured: Kinsley Julik



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## ALUMNI SPOTLIGHT:

# Grace Emineth

**Personal Info:** Daughter of Russ and Michelle and big sister of Isaac (freshman at NDSU), Allie (junior at Shanley), Eli (8th grader at Sacred Heart), and Abe (5th grader at Nativity).

**Shanley History:** A 2020 graduate, Grace participated in Track and Field and Hockey all through high school as well as a couple year of soccer and cross-country. In hockey she earned All EDC, All Tournament, and All State Teams several times while playing in three state championship games. In Track and Field, she won the Class A State Long Jump 3 times as a 7th, 9th, and 10th grader and currently holds the long jump school record at Red River High School (18'10") and Shanley (19'2").

**Currently:** Junior at North Dakota State University; majoring in pharmaceutical sciences and will be starting NDSU's Doctor of Pharmacy Program in the fall of 2023. Grace competes in the long jump and the triple jump on NDSU's track and field team.

### What are some of the accomplishments you have achieved at NDSU?

Last year I was an NCAA Preliminary Rounds Qualifier in the long jump and took 21st place out of the West Region. At the 2023 Indoor Summit League Championships, I won the long jump, took 3rd in the triple jump, and received Field MVP. I am fifth on the outdoor top ten list in the long jump and third on the indoor top ten list for NDSU. So far, my personal bests are 20' 3.75" in the long jump and 40' 1.5" in the triple jump.

### As a 2020 high school graduate, COVID resulted in the cancelation of your senior track season. How did that impact you and your track career moving forward?

I was grateful I had already committed to NDSU before that season; however, everyone still had a lot riding on that season, whether it was meeting personal goals before graduation or hitting marks that would advance you to competing at the collegiate level. The weeks that followed held a lot of uncertainty. Many of us were training at our homes or local parks, hoping the track season would resume. I was on my own training for the following track season at NDSU. This was very scary as I didn't know what to expect from college athletics or if we would have a season the following year. Luckily, we were able to resume practice on campus in the fall of my freshman year. It was far less scary once I was on campus; I wasn't alone.

### How has participating in collegiate track impacted you?

Participating in track at a collegiate level has taught me a lot about myself, responsibility, and time management. It has also taught me how to prioritize what's most important to me. Not being able to do everything is okay; you must do what you love. Being a junior now, I have also had the opportunity to step into a leadership role. I remember how scary it was and how it felt to be under the pressure of college athletics as a freshman. I know how important it is to have people you can count on surrounding you and recognize that your personal worth is completely separate from an athletic career.



Photo courtesy of NDSU Athletics

## Who/what has been instrumental in your track success?

Something that really turned my career around was when I started just having fun. Coming off the 2020 lack of a track season and being a freshman, I put immense pressure on myself to produce personal bests in my events. Triple jump was a brand-new event for me, and there was a lot of room for growth in long jump. I felt a lot of pressure to perform well to receive more competition opportunities. I had a rough freshman season, and it looked like my sophomore season would end up the same way. Near the end of my sophomore indoor season, we were competing at Iowa State, and I was so grateful I had made the travel roster. At that meet, I decided I wasn't having much fun in track with all this pressure I was putting on myself and told myself I didn't care how I did. All I knew was that I loved track and was grateful to be at that meet. It was a breakthrough for me to take that pressure off myself, and I ended up jumping personal bests for the season in long jump and triple jump at that meet!

## What advice do you have for Shanley athletes?

In any sport, JUST HAVE FUN. What they say about time flying by, stopping and smelling the roses, or enjoying the journey is true. You'll never find success or results in unhappiness. Play the sports you love, don't focus all your time and energy on one thing, and just be present in what you love. My biggest regret was not enjoying the times when I wasn't getting the results I wanted. Sports are full of far more failures than successes and you're only enjoying the smallest fraction of them if you are only able to enjoy success. I can only think of a handful of successful moments from my sports career, yet I spent years participating in multiple sports. Enjoy every moment of your journey because if you sit around waiting for the big highlight moments in your career, you'll only enjoy a handful of days of the sports you love.



Photo courtesy of NDSU Athletics

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# TRACK & FIELD



## VARSITY GIRLS TRACK & FIELD

**First Row:** Coach Anderson, Nissi Martin, Makenna Dilly, Elle Terstriep, Mara Klinicke, Lucy Grothmann, Elle Bernhardt, Clara Robin, Angelina Olivieri, Coach Foerster

**Second Row:** Coach Vadnais, Elizabeth Voss, Kami Dean, Ellery Kautzman, Ella Stimpson, Addison Larson, Kaitlyn Picard, Allison Binek, Maya Armstrong, Coach Carlquist

**Third Row:** Coach Falde, Coach Pederson, Noelle Friederichs, Anna Strand, Sarah Ostlie, Paige Renschler, Claire Vetter, Izzy Tillisch, Odura Isaac, Coach Snyder

**Back Row:** Coach Jorgenson, Erika Wanner, Lily Huber, Seely Stockmoe, Mesiku Hakim, Megan Dietz, Shya Stockmoe, Peace Hakim, Kate Altendorf, Coach Landman

**Not Pictured:** Allie Emineth, Molly Flaherty

## SENIORS



LILY HUBER



SARAH OSTLIE



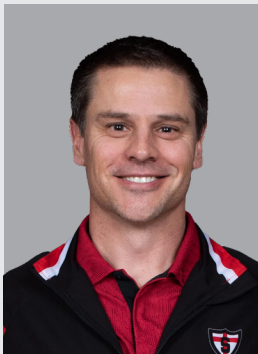
ELLE TERSTRIEP



## **BARRY ANDERSON**

### **Head Coach**

An Alexandria, MN native and Concordia College graduate, Coach Barry Anderson has been the boys and girls Track and Field Head Coach at Shanley High School for 27 years. Currently, Coach Anderson is Co-Head Coach alongside Coach Chris Foerster, a former student and standout track athlete for Coach Anderson. A teacher for the JPIL Schools since 1979, he taught in every JPIL building over the years until he retired from teaching in 2019. Coach Anderson also served as an assistant basketball coach for the Deacons for 30-plus years and was part of eight girls basketball State Championships. He was JPIL's first Athletic Director in 1990, a title he held until 1997. Coach Anderson has helped produce 39 EDC individual and relay champions and 19 state champions in Track and Field. Coach Anderson was selected the EDC Girls Coach of the Year in 2006 and 2018 and EDC Boys Coach of the Year in 2013 and 2019. Coach Anderson was also voted the ND State Coach of the Year in 2018. The highlight of his coaching career was in 2019 when both the Shanley boys and girls team captured fifth place at the ND State Track and Field Meet. It marked the only time both teams received team awards in school history. Coach Anderson and his wife Marla have two daughters, Melissa and Melinda, both Shanley graduates, and three grandchildren.



## **CHRIS FOERSTER**

### **Head Coach**

Coach Chris Foerster is in his 7th year as Co-Head Coach of the boys and girls Track and Field program. Prior to that, he was an assistant for ten years, specializing in sprints and relays. In 2018, alongside Barry Anderson, Coach Foerster was named EDC and ND State Girls Coach of the year, and in 2019 was named EDC Boys Coach of the Year. Coach Foerster is also the head cross country coach, a position he has held for 15 years. Away from the track, Coach Foerster enjoys spending time with his wife, Elizabeth, and three children, Cole, Miles, and Elsa.

## **ASST. COACHES**



**ANTHONY CARLQUIST**



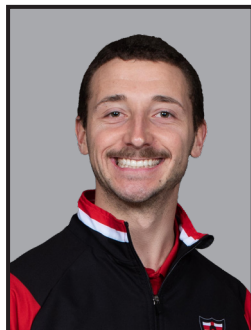
**GREG FALDE**



**ERICA JORGENSON**



**MARK LANDMAN**



**TYLER PEDERSON**



**ISABELLE SNYDER**



**JORDAN VADNAIS**

# TRACK & FIELD



## VARSITY BOYS TRACK & FIELD

**Back Row:** Coach Vadnais, Corban Youngmark, Jack Duffy, Ethan Erickson, Logan Duffy, Noah Johnson, Nolan Snyder, Mark Wanner, Elliot Zens, Jason McAllister, Coach Landman

**Fourth Row:** Gavin Veum, Joe Lepine, CJ Johnson, Michael Nwaigwe, Chad Pollert, Kaden Geigle, Ethan Bradley, Nick Anderson, Drew Schneider, Colin Vink, Henry Liebl, Quinn Carroll

**Third Row:** Coach Jorgenson, Coach Pederson, Brysen Bloch, Max Sornsin, Cam Ahlers, Isaac Butler, Carter Mitchell, Luke Rogen, Nick Kuehl, Derek Boehm, Michael Hollcraft, Coach Carlquist

**Second Row:** Coach Snyder, Brock Syrquin, David Hollcraft, Holden Deutsch, Brian Schaan, Zak Paul, AJ Carroll, Malachi Dalton, Alex Paul, Kaden Christmann, Zander Anas, Cole Foerster, Coach Falde

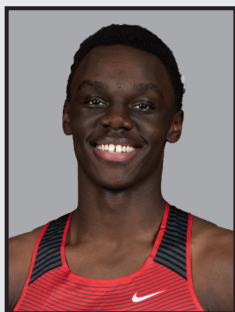
**Front Row:** Coach Anderson, Grayson Geigle, Ethan Lantz, Vuciri Hakim, Luke Hollcraft, Adautos Isaac, Damon Hospidales, Joe Flaherty, Fischer Hannesson, Thomas Plant, Coach Foerster

**Not Pictured:** Justin Ajeo, Nathan Andrews, Gus Barrett-Learn, Landon Meier, Landon Mitchell

## SENIORS



GRAYSON GEIGLE



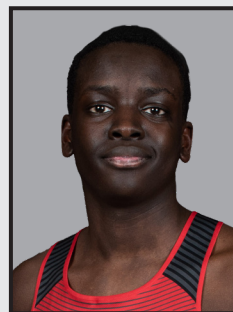
VUCIRI HAKIM



LUKE HOLLCRAFT



DAMON HOSPIDALES



ADAUTOS ISAAC



ETHAN LANTZ

# CATHOLIC SMILES

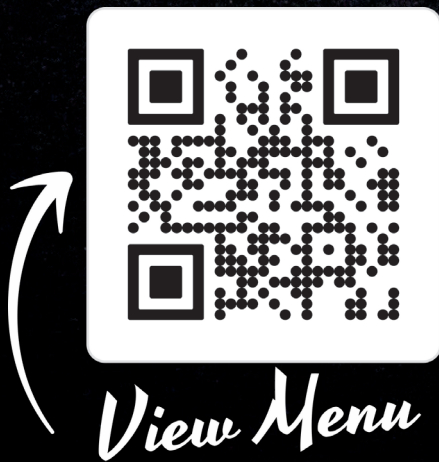


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**Lindsey Astrup:** All EDC

## **Boys Basketball**

**Conner Kraft:** All State, All EDC, Lions All Star participant

**Vuciri Hakim:** All EDC, Lions All Star participant

## **Girls Basketball**

**Mesiku Hakim:** All EDC

**Maggie Shorma:** All EDC

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**Cam Ahlers:** Academic All State, State Qualifier

**Nolan Mack:** State Qualifier 8th place.

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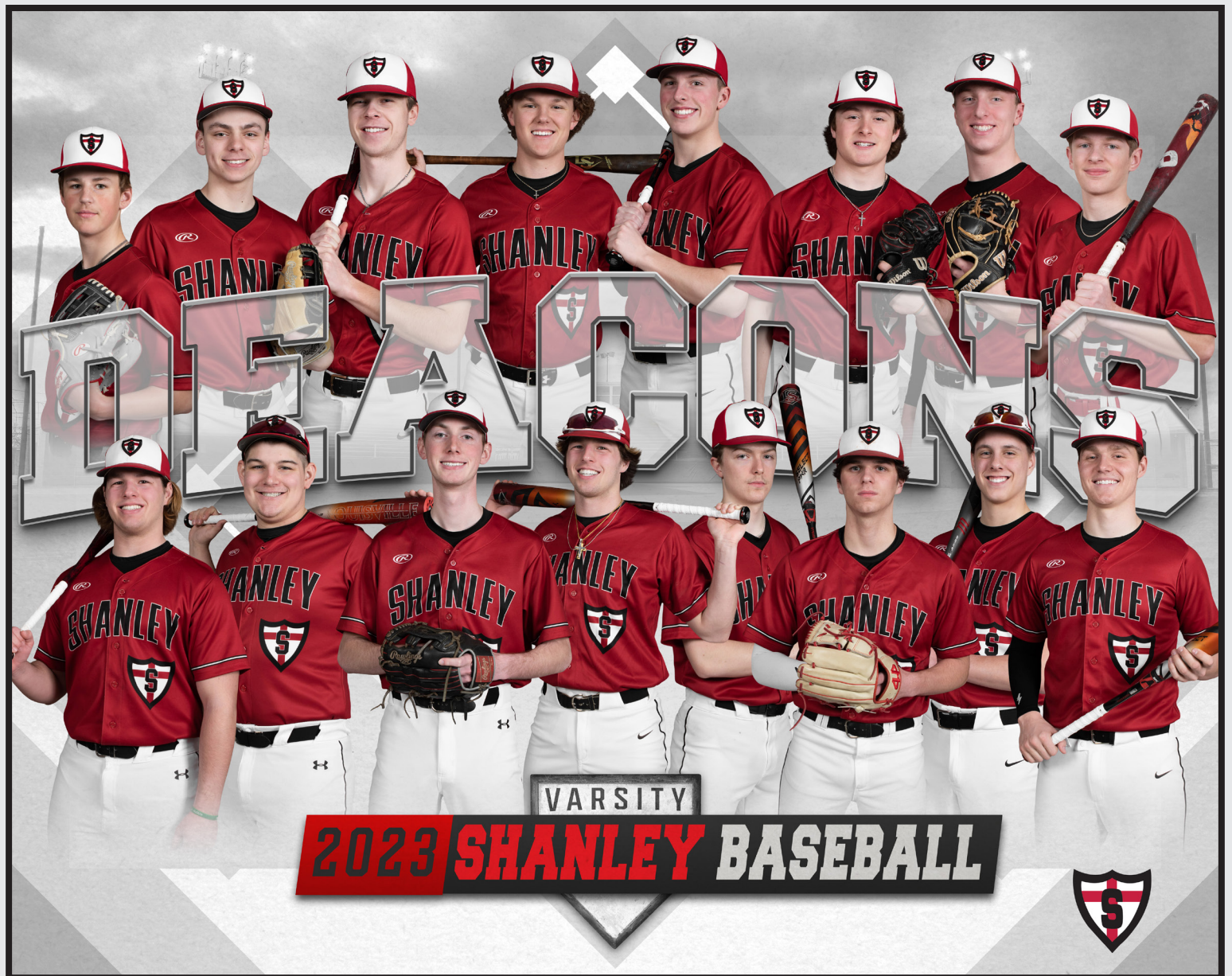
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# BASEBALL

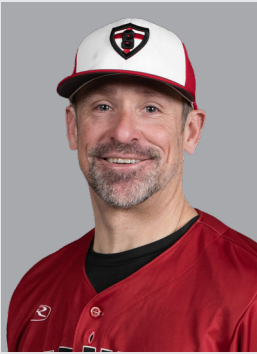


**VARSITY BOYS BASEBALL** (Shanley students in **bold**)

Back Row: Landon Hale, **Carson Johnson**, **Tommy Simon**, Jeremiah Bekkum, **Landon Meier**, **Joey Jaeger**, **Bo Meier**, **Quinn Miller**

Bottom Row: **Adam Leininger**, **Aden Melander**, **Eric Biver**, **Jordan Leininger**, **Zach Boren**, **Beckett Stimpson**, **James Hulstein**, **Michael Rostberg**

Not Pictured: Sam Ovsak



## LUKE RUSTAD

### Head Coach

A 1995 Shanley graduate, Coach Luke Rustad's ties to Shanley run deep. Both of his parents attended Shanley, as well as his Grandfather Cliff Cossette, who was responsible for the nickname Deacons. Coach Rustad has been coaching since 1999, directing middle school and high school boys and girls basketball, football, and baseball teams. He has been the Shanley Baseball Head Coach since 2014 and leads the Fargo Post 2 team. The 2017 and 2021 EDC Coach of the Year and 2019 ND Associated Press Non-School Coach of the Year has coached eight teams to a state championship as a head coach and one as an assistant. He has also appeared in a combined 13 state championship high school and legion baseball games. Coach Rustad is currently a Physical Education and Health teacher at Sacred Heart, following in the footsteps of his dad Randall who taught at Shanley from 1986 until his death in 2015. When he's not coaching, Coach Rustad enjoys spending time with his wife Sarah, son Reece (a 2021 Shanley graduate and currently in the Air National Guard), and daughter Paige (a Senior at Shanley). "I love coaching at Shanley High School and continuing the mission I began as a student, but now as a teacher," he says. "Teaching kids in the classroom and on the athletic field has created great relationships and given me a lifetime of daily fulfillment. I couldn't be more blessed to be a part of this school."

## ASSISTANT COACHES



CHRISTIAN BERG



ISAAC EMINETH



NICK TWEITEN

## SENIORS



ERIC BIVER



ZACH BOREN



JAMES HULSTEIN



ADEN MELANDER

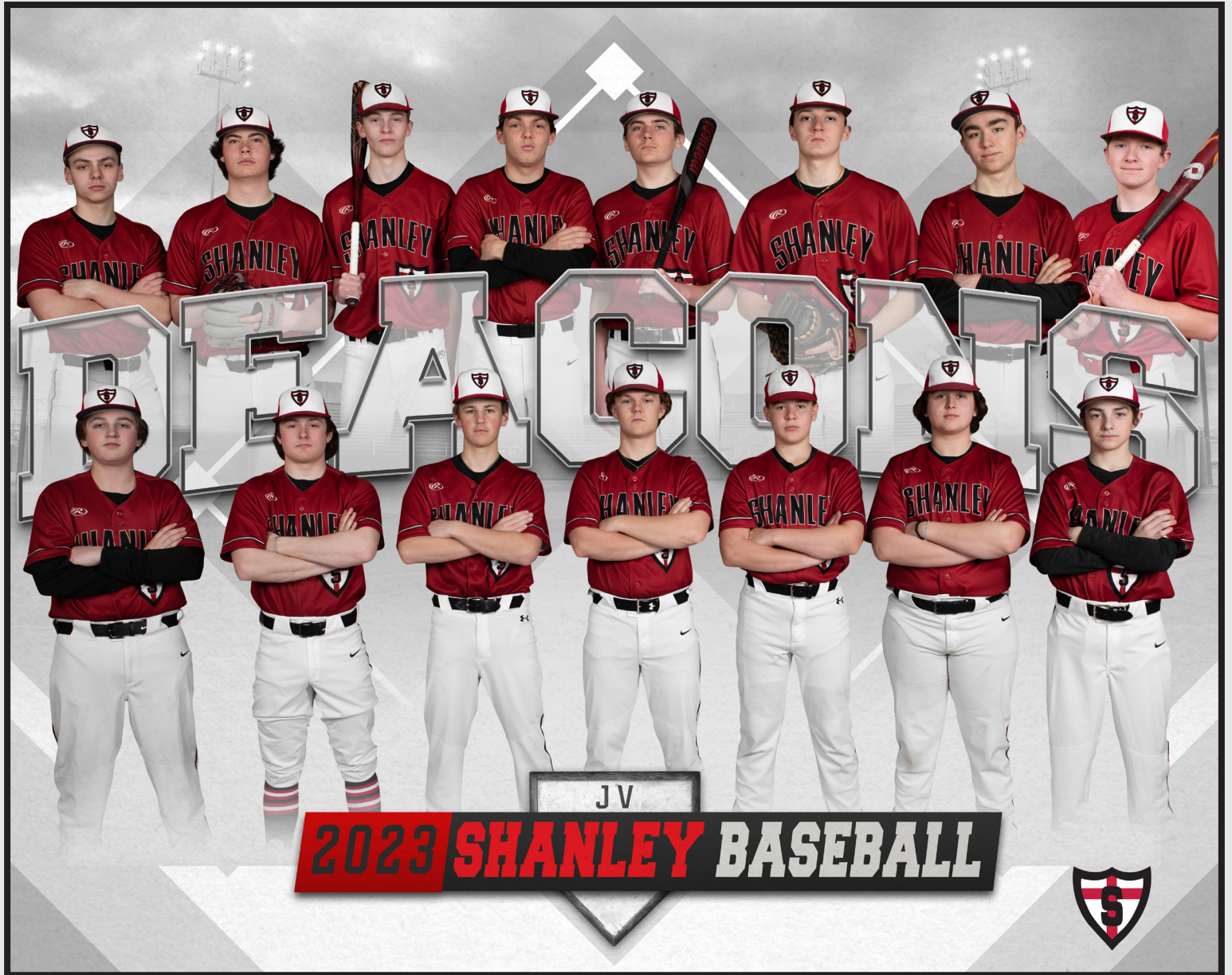


MICHAEL ROSTBERG



BECKETT STIMPSON

# BASEBALL

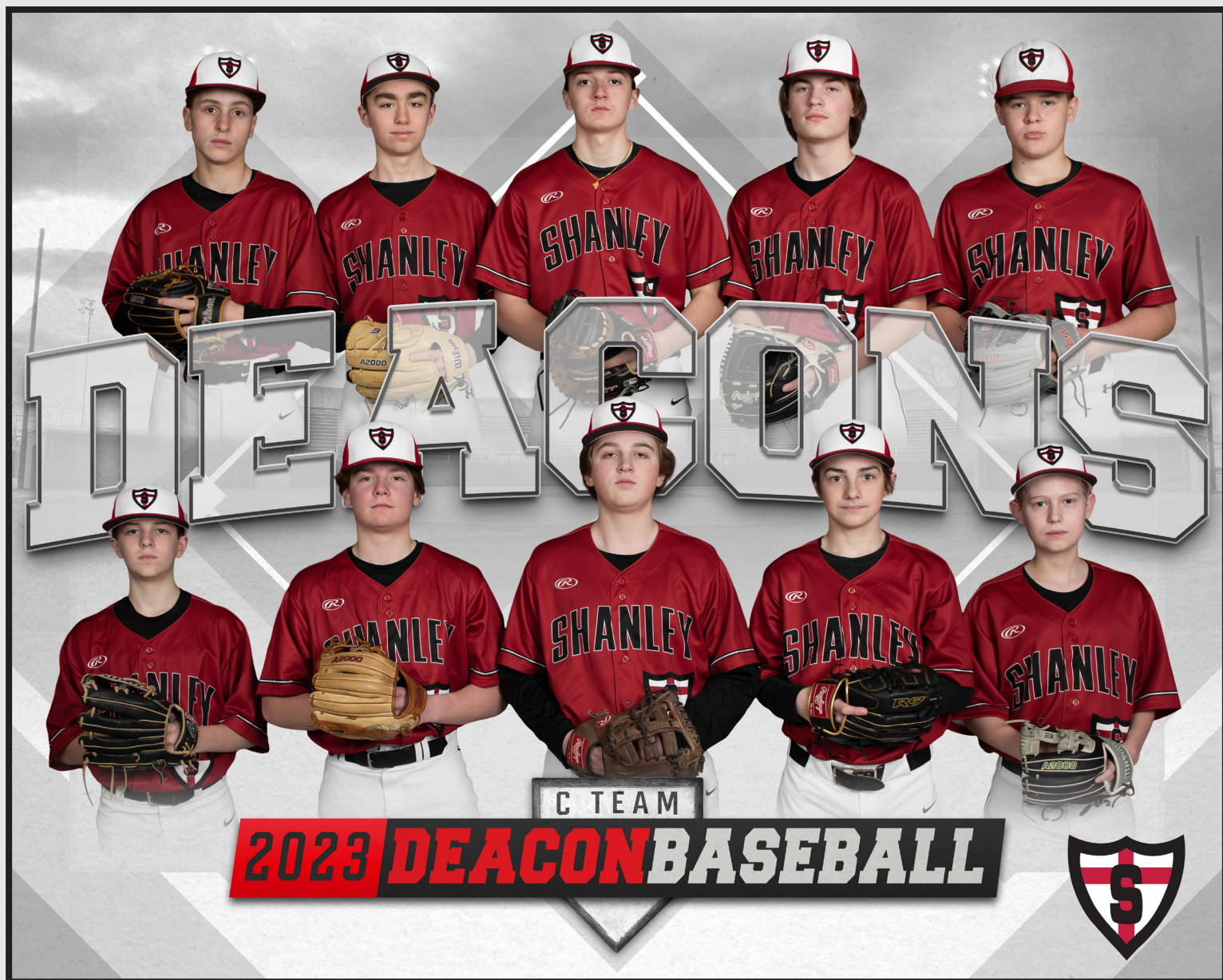


**JUNIOR VARSITY BOYS BASEBALL** (Shanley students in bold)

Back Row: Carson Johnson, Gavin Kruk, **Greg Noel**, Alex Busch, Luke McDaniel, Jacob Clinicke, Isaac Dunkel, **Quinn Miller**

Front Row: George Giobres, Joey Jaeger, Landon Hale, Jeremiah Bekkum, Jax Mattern, Tyler Wiese, Ryan Ommen

Not Pictured: Jack Nelson, Colin Walter



**C TEAM BOYS BASEBALL** (Shanley students in bold)

Back Row: Jayden Hanson, Isaac Dunkel, **Jacob Klinicke**, Chay Peasland, Jax Mattern

Front Row: Cole Stimpson, Eli Emineth, George Giobres, Ryan Ommen Caleb Dahl

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## ALUMNI SPOTLIGHT:

# Kate Gallagher

**Personal Info:** Daughter of Michael and Kristen and sister of Thomas, a senior at Shanley.

**Shanley History:** A 2020 graduate, Kate participated in cross country, weightlifting club, and track and field at Shanley. She ran cross country for six years including running at the state meet three times. She was a member of the 450-pound club and was female weightlifter of the year her junior and senior year. In the five years she participated in track and field, she qualified for the state meets in five different events highlighted with an 8th place finish in the 100-meter dash her junior year.

**Currently:** Junior at the College of Saint Benedict; studying Exercise Science and Psychology. Kate runs sprints on the track and field team. Indoor season she runs the 60-meter dash, 200-meter dash, and the 4x200 meter relay. Outdoor season she runs the 100-meter dash, 200-meter dash, and the 4x100 meter relay.

**What are some of the accomplishments you have achieved at Saint Benedict?**

In my time at Saint Ben's, I broke the school record in the 60-meter dash and ran a top ten time in program history in the 100-meter dash. I qualified for the MIAC Championships in the 60-meter dash, 100-meter dash, 200-meter dash, 4x100 meter relay, and 4x200 meter relay. I have received All MIAC honors and All MIAC honorable mentions in various sprint events. Outside of track, I have been elected as the track and field representative on the Student Athlete Advisory Committee, volunteered at the local church, and work as a teaching assistant on campus.

**As a 2020 high school graduate, COVID resulted in the cancelation of your senior track season. How did that impact you and your track career moving forward?**

The cancellation of the 2020 high school track season definitely involved a grieving period. I truly loved my teammates, and I was so excited for what we were going to accomplish together that year. Going forward, it made me even more grateful for the opportunity to continue my sport at the collegiate level.

**How has participating in collegiate track impacted you?**

Participating in collegiate track has brought me some of my closest friends, pushed me to lean on my faith, and taught me how to work harder than ever before. To participate in collegiate sports, you have to make sacrifices, but it is also one of the most rewarding things I have been a part of.

**Who/what has been instrumental in your track success?**

Each of my coaches and teammates that I have had have played a huge role in helping me develop into the athlete



I am today. Also, my parents, especially my dad, have been instrumental in my track success. They have dedicated their time to travel to meets and been there to support me after my races and with my goals.

**What advice do you have for Shanley athletes?**

I hope that Shanley athletes truly embrace every part of their experience as a high school athlete. Shanley provides such a special environment where faith and family are at the forefront of every athletic event. The further away I get from my time at Shanley the more I value every part of my experience there. I value the opportunity that Shanley provides to build lifelong friendships and memories in an environment surrounded by faith.



Photo courtesy of Graham Miller

An advertisement for Suite Shots. In the foreground, a burger is topped with a golf ball on a tee. To the right is a tray of golden french fries. The background shows a golf course with a green and yellow flag. Text overlays include 'SUITE SHOTS' with a logo, 'POWERED BY TOPTRACER RANGE', 'MEET. PLAY. DINE.', and 'LET'S GO DEACONS!' on a paper liner. Social media icons for Facebook, Instagram, Twitter, TikTok, and LinkedIn are at the bottom right, along with the website 'SUITESHOTS.COM'.



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# SOFTBALL



**VARSITY GIRLS SOFTBALL** (Shanley students in **bold**)

**Back Row:** Alayna Foster-Devold, Coach Rademacher, Coach Gavin, Coach Finch, Coach Dingmann, Coach Kueneman, Nora Andrist

**Middle Row:** Emmalise Maher, Amari Paape, Daelynn Taylor, **Sarah Sim**, Hailey Dingmann, Liz Biver

**Front Row:** Aurora Torres, Azahna Luschen, **Leah Sanden**, Taelyn Card, Kendall Kueneman, Emily Anderson



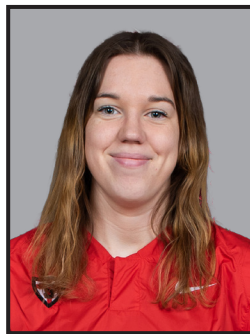
## MIKE FINCH Head Coach

Coach Michael Finch enters his second season as the Deacons Girls Fastpitch Softball head coach. Over the past decade, Coach Finch has coached at various levels of local youth baseball and fastpitch softball in the Fargo-Moorhead area. A 1992 graduate of Shanley High School, he was a member of the Shanley football, basketball, and track programs, and was part of the 1991 and 1992 state champion baseball teams. He currently is in his sixth year as an Instructional Strategist at Shanley High School. Coach Finch and his wife Meghan live in South Fargo and have two children, Ellie and Emmett.

## ASSISTANT COACHES



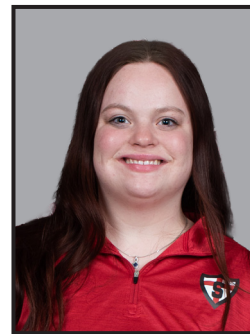
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# SOFTBALL



**JUNIOR VARSITY GIRLS BASEBALL** (Shanley students in **bold**)

**Back Row:** Faith Mitzel, **Zoie Bloch**, Coach Rademacher, **Anna Silverman**, Carli Blank, Isabella Olson

**Front Row:** **Katie Kangas**, Alexis Appletoft, Grace Butler, **Leah Sanden**, Mikal Rudnick, Brooklyn Nichols, **Sophia Sim**



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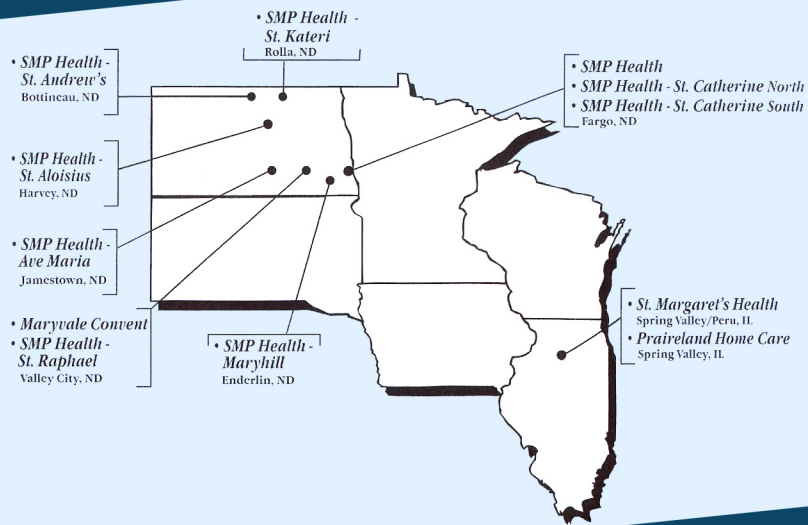
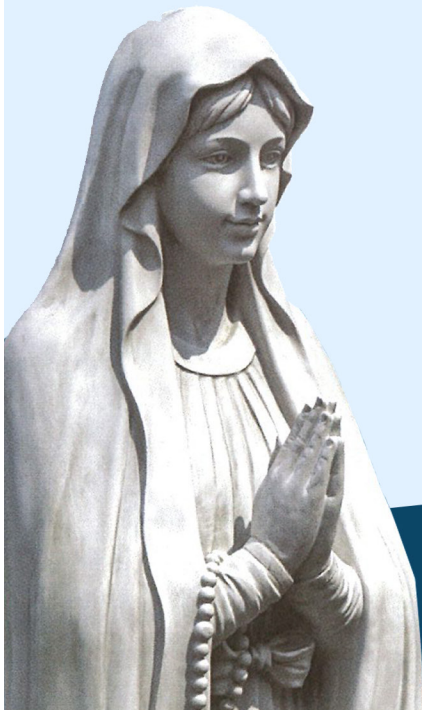
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# BOYS GOLF



## VARSITY BOYS GOLF

**Front Row:** Cail Astrup, John Lang, Will Hofer, Tommy Baumgartner, Zach Skarperud, Joey Dukart

**Back Row:** Aaron Olsonawski, Andrew Kankelfritz, Thomas Gallagher, Christian Ulmer, Calvin Montgomery, Jack Traynor



## **BROCK ELLINGSON** **Head Coach**

A Fargo South High School graduate, Coach Ellingson was a part of three high school golf championships and earned All-Conference and All-State honors as a junior and senior. He started coaching in the JPII network in 2017 and has been a part of Shanley Boys Basketball, Girls Basketball, Girls Golf, and has been at the helm of the Boys Golf team since 2021. Coach Ellingson also teaches Physical Education and Resource at Sacred Heart Middle School and Shanley High School. "I am blessed to be able to work and coach for the JPII Catholic Schools Network," he says. "My colleagues and students are the best part of my jobs."

## **ASSISTANT COACHES**



**MYRON BOWAR**



**KYLE EMANUEL**

## **SENIORS**



**JOEY DUKART**



**THOMAS GALLAGHER**



**WILL HOFER**



**JOHN LANG**



**CALVIN MONTGOMERY**



**JACK TRAYNOR**



**CHRISTIAN ULMER**

# BOYS GOLF



## JUNIOR VARSITY BOYS GOLF

**Front Row:** Carson Busek, Jordan Wright, Adrian Fillipi, Charlie Dukart, Ryker Grinaker, John Eaton, Simon Schwind, Drew Schneider

**Back Row:** Aaron Meyer, CJ Johnson, Jackson Nierode, Lukas Motteberg, Hugo Hoffman, Jackson Askew, Matt Berg

**Not Pictured:** Landon Walter



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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?

# GIRLS TENNIS



**VARSITY GIRLS TENNIS** (Shanley students in **bold**)

Front Row: Ryan Careaga, **Taylor Sandin**, **Mary Wolf**

Back Row: **Maddie Fischer**, **Paige Friederichs**, Coach Egge, Coach O'Donnell, Coach Smith, **Madeline Abbott**, **Kayla Mathison**

Not Pictured: **Gretta Cassola**, **Lucy Tharaldson**



## RAQUEL EGGE

### Head Coach

Head Coach Raquel Egge is entering her second season as the Deacons Girls Tennis head coach. A 2019 graduate of Minot High School, Coach Egge's led her team to a state championship title in 2018 and a third-place singles state finish in 2019. She earned the Senior Athlete of the Year Award in 2019 and currently holds the school record winningest girl tennis player. Currently a Senior at Concordia College, Coach Egge is double majoring in Biology and Spanish with a minor in Chemistry and earned Honorable Mention for the MIAC conference in singles for the Cobber's Tennis team.

## ASSISTANT COACHES



DAMIEN O'DONNELL



HANNAH SMITH

## SENIORS



RYAN CAREAGA



MADDIE FISCHER



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# GIRLS TENNIS



## JUNIOR VARSITY GIRLS TENNIS (Shanley students in **bold**)

Front Row: Lucy Reisenauer, Cassidy Meyer, **Amara Omame**, **Isabel Gietzen**, Kate Froslie, Emmy Williams

Middle Row: Reagan Omame, Sawyer Julik, Bergen Noah, Morgan Omame, **Sasha Roehrich**, Gretta Cassola, Marleigh Johnson

Back Row: **Gianna Noah**, **Katelyn Ommen**, Coach O'Donnell, Coach Egge, Coach Smith, **Annabelle Maher**, **Rachel Andrews**

Not Pictured: Lauren Graveline, Alexis Trosen

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# 2022-2023

## HOCKEY STATE CHAMPIONS

*By: Noel Olsonawski*

It's not every day you see a team winning a state championship. The 2022-2023 season was filled with memories that will last a lifetime. Fortunately, we got to play this year with a great group of guys. Our chemistry in the locker room is something that was unforgettable. It has not always been the happy ending we hoped for in past years. For some of us seniors we have experienced a lot of heartbreak in the state tournament. Losing to Red River in the state championship in 2020, to losing to Central in the opening round. For most of us it all goes back to last year losing to Red River in the semifinals. In a game we thought we could win, Red River pulled away in the third period.

Sitting back and watching their enjoyment after they would go on to win the state championship is what I believe led to our success this year. The loss put a fire in us that burned all summer and helped us start the season off strong.

On a winning streak of 7 games, spirits were high and we felt confident, but the pressure kept building. In a matchup with North, they came out flying, we were caught on our heels. The loss of this game stung, but it was much needed and turned our mindset to consistency. The rest of the year the boys battled every night no matter what we were feeling. Heading to the EDC tournament we were 18-4-0. After a strong effort against West Fargo Packers, in the EDC semifinals, Central was a huge defensive game leading to an overtime winner. This goal would send us to the state tournament which for some of us was nothing new. This year we were going for it all, grateful for the opportunity to be playing in this tournament. A close game against Bismarck Century grabbed our attention and we were able to pull through. The Century game the night before helped us have the upper hand against Davies and come out with that same fire we felt after the battle with Red River last year.

The night we had been waiting for all year was finally here. The tension was building up all day waiting for our redemption. The game was back and forth, heading for a fast skating match. As the game dragged on, we knew it would end in a heartbreaker. In between periods I remember us scrambling to go buy more gatorades because of the length of the game. On the bench we were all picking each other up and the team was confident in our system. As we started the 3rd OT, none other than John Lang, who is no stranger to clutch goals, walked in and put it in the top corner, the rest is history. The game felt surreal, and I think I am speaking for everyone that it is a moment we wish we could relive and will be remembered forever. The hugs with everyone at the end of the game and seeing all the fans in the section made the win feel real. Seeing my family after the game helped me remember why we are all here, because of our parents, bringing us to practices, giving us everything we need for this sport, and building us up when we are at our lowest points. Parents helping with team meals and getting everything set up for the state tournament is something all of us players are so thankful for and cannot be praised enough. Looking back on that game, we were not winners in one night, it was years of countless work that led to joy in this one moment.







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**GO DEACONS!**

# THE ST. JOHN PAUL II CATHOLIC SCHOOLS CREST

## THE FLAME

The Flame represents the Holy Spirit and the light of faith and knowledge. A lantern flame is also a traditional symbol of the Sisters of the Presentation of the Blessed Virgin Mary, founders of our Catholic schools.

## THE SEQUELA CHRISTI

*"Following Christ"*

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."

## MISSION STATEMENT

To inspire excellence by teaching the total person and fostering the following of Christ, as taught by the Catholic Church.

## 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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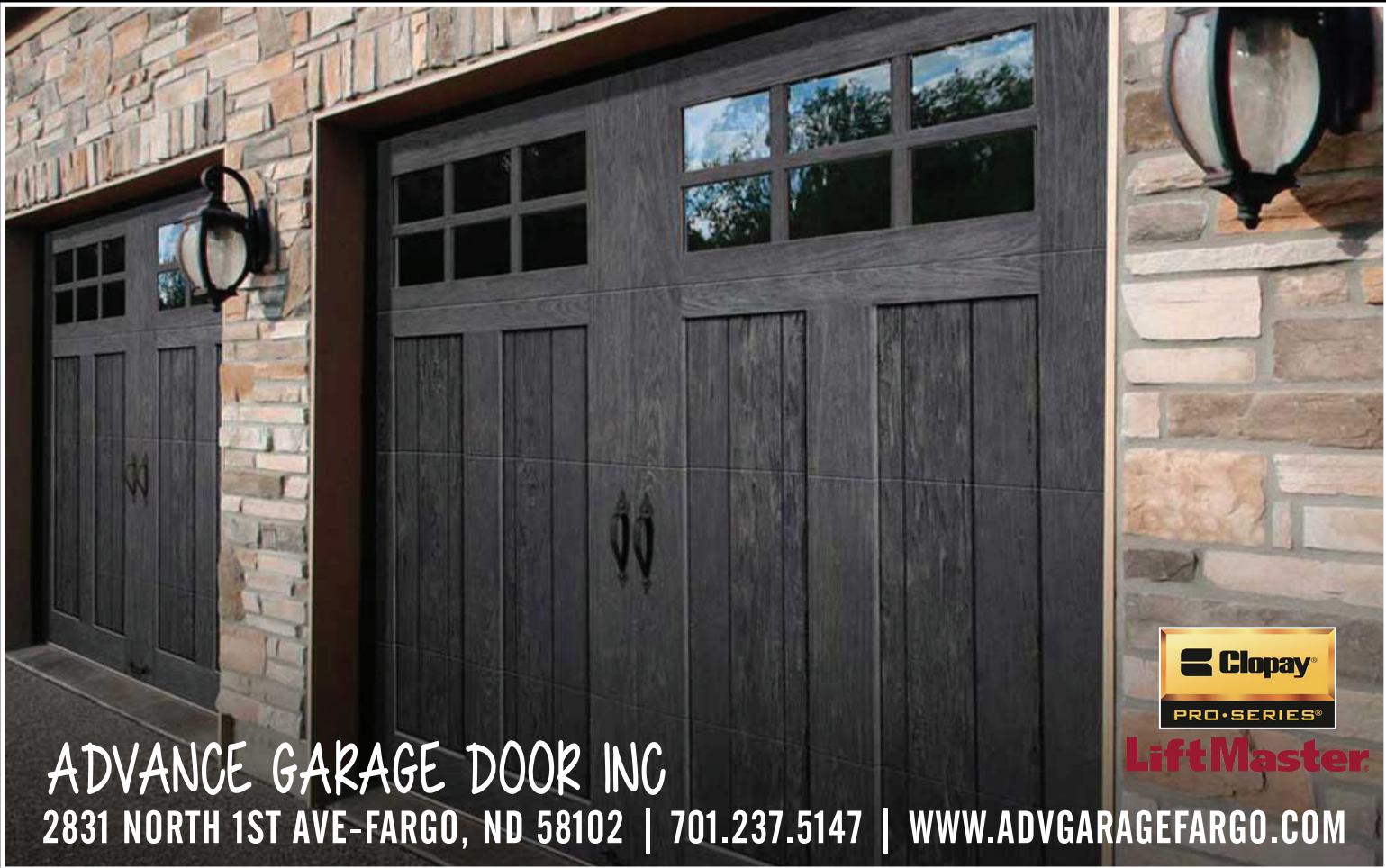


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