

CSS Volleyball Earns First UMAC Win During Challenging Weekend

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The College of St. Scholastica's volleyball team traveled south this past weekend to take on both Luther College and Bethel University on Friday, followed by matches against Crown College and Martin Luther College on Saturday. After a 2-4 start to their season, the bad luck seemed to continue as the Saints came back with only one victory against Crown.

Friday night began with the Saints suffering a loss in four sets to Luther College from Iowa. The first set was quite competitive, but the Norse would eventually pull away and grab the set at 25-20. In the second set, both the Saints and the Norse gave the fans a show, as the Saints had a 23-20 lead before Luther fought their way back and won the set at 27-25.

While the Saints managed to grab the third set with a 25-17 score, an ultimate comeback just was not in the works as the Norse finished it off with 25-9 win in the fourth and final set. Although St. Scholastica only won one set, there were still some impressive performances from the Saints, including Brooke Schermann's and Emily Bounds' 18 and 12 kills respectively.

The Saints' misfortunes continued in their second game as well, as they lost to Bethel University in only three sets. Playing on their home court, the Royals took control early and won the first two sets rather easily. In the third set, Bethel jumped out to a 20-9 lead, but the Saints did not quit and brought the score to within two before Bethel finally won at 25-22.

Schermann led the way

Women's Soccer Starts A Winning Streak

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As we all learn in college and in life, there is only one chance at a first impression. The College of St. Scholastica's women's soccer team really made a great impression by starting their UMAC conference competition with a large win against Crown College and an impressive victory against the University of Wisconsin-Superior. With the first two UMAC games consisting of three freshman getting their first collegiate goals, I'd say the Saints made quite a name for themselves.

On Wednesday, the girls traveled down to St. Bonifacius to face off against the Storm at Crown College. The Storm started the game off strong by scoring within the first five minutes of the game, which would end up being their only goal of the game. The Saints were not going to let Crown keep that lead for very long. Freshman player Morgan Friday leveled the score board and recorded her first collegiate goal not even thirty seconds later. After some back-and-forth play, Freshman Kaiya Quam, with the help of junior Lexie Dewall, would score her first collegiate goal, bringing the Saints in the lead with a score of 2-1. After Quam's goal, the Saints started firing bullets into the net. Friday would go on to score two more times in the half, as well as

for the Saints once again, as she finished with 17 kills and 12 digs on a night where she crossed the career 400 kill mark. While it is an outstanding personal accomplishment, the junior outside hitter was quick to veer credit to others.

"It feels really great," Schermann said. "It wouldn't be possible without my teammates and coaches."

While Friday was a rough night for the Saints, Saturday was a new day, and they acted like it. In their first UMAC game of the year, the Saints took their frustration out on Crown College. The Storm made it interesting in the second set, but the Saints sealed their fate with a 25-8 blowout in the third and final set. Tatum Swanson, the junior from Carlton, led the charge with 10 kills for CSS, while Schermann added nine of her own. Espi Austvold helped set her teammates up with 17 assists, and Emily Bounds pitched in with five aces.

After the two losses on Friday, the Saints ability to bounce back and pick up a conference win was crucially important.

"It felt great to get our first conference win against Crown," Bounds said. "We were able to overcome a lot of adversity after losing a few players to injuries over the weekend, and I'm proud of our team's ability to step up to the challenge."

The nightcap for the Saints would be against another UMAC foe in Martin Luther College, and the Knights capitalized on the Saints' long weekend that saw some critical injuries. Each of the four sets was close and competitive, but Martin Luther finished CSS off with a close 26-24 win in the fourth and final set. Schermann

senior Hannah Zeis, ending the half at 5-1.

The Saints did not stop the fire in the second half. Friday, assisted by senior Rachel Dixon, scored her fourth goal of the game. Adding to the already impressive score, senior Becca Rancour slid one past the goalkeeper with the help of McKenzie Nelson. St. Scholastica ended their game strong with a point by Senior Janelle Rouillard and Lorena Lane. The game ended with a score of 9-1 with the Saints on top, which happened to be the Saint's first win of the season.

The big win for the Saints was much needed after their slow start to the season, but all of that practice turned into a fantastic and entertaining game. The energy from the win on Wednesday would need to be used in their upcoming game against our rivals at the University of Wisconsin-Superior.

"UW-Superior is much improved and will be a good challenge for us," Coach Dave Reyelts said. "It will definitely be a battle, but I think we are ready and will need to be prepared to play fast and physical if we expect to win."

Saturday came fast, and the Saints hosted another fantastic win against the Yellowjackets. The University of Wisconsin-Superior team didn't get one shot on goalkeeper Roni Rudolph.

The Saints started the game

finished with another 14 kills, while Swanson pitched in 13 of her own.

Obviously, the Saints would have liked to come back to Duluth with more wins, but their victory against Crown was at least a step in the right direction going forward.

"It's very important that we won against Crown," Schermann said. "Although we didn't beat Martin Luther, we're hoping to clinch a win against them down the road. Our mindset going forward is to keep working hard every day we step on the court, minimize the errors on our side of the net, and keep progressing as a whole unit."

The Saints (3-7) would like a more balanced record at this point of the season, but their UMAC play is only beginning, and their focus is solely on improving and sticking together.

"I don't think that our W-L accurately represents our team's ability to play volleyball," Bounds said. "We have all trained hard and our team chemistry this year is amazing."

"We are building stronger chemistry with every game and we are becoming a more solid unit with every practice," Swanson said. "We hope to end near the top of the UMAC and want to represent CSS by taking pride in our game and being as competitive as we can be."

Conference play will continue this week for the Saints, as they will host Northland College and the University of Wisconsin on Tuesday, followed by University of Northwestern and Bethany Lutheran College on Saturday at the Reif Gymnasium.

off strong with Dixon scoring in the first six minutes of the half, with the help of Quam. It was only a few minutes later when Rouillard played off Quam's attempt to score the second goal of the game. The Yellowjackets prevented the Saints from scoring for the rest of the half, ending with a 2-0 lead for St. Scholastica.

The second half started off with some nice back and forth play. At minute 70, the freshman on fire Morgan Friday, assisted by Dixon, snuck past the goalkeeper for the third goal of the game. The end of the Battle of the Border was quite eventful for the Saints. The Yellowjackets saved the attempt on goal by Rouillard, but was unable to see Dixon coming when she scored her second, and the team's fourth goal of the game. Not too much time elapsed when Friday scored the last goal of the game off a penalty kick. The game ended with the Saints on top with a final score of 5-0.

The last two games have been crazy for the Saints. The went from a no-goal losing streak to a winning streak with some pretty big and impressive wins.

"We have a lot of offensive weapons and if they can all click, we will be hard to stop," Reyelts said. And so far, the Saints have been unstoppable. The Saints will play Martin Luther on Saturday, Sept. 22 at home on the Saints field. Let's see if they can continue the UMAC streak.

Coach

Continued from Page 1 that even share values such as community and stewardship.

After his time at Elmhurst, where he studied to be a strength and conditioning coach, his path led him to the castle on top of the hill: St. Scholastica. Heffernan's Scholastica journey started in 2009, where he had many roles, and in his words, "wore many hats." His responsibilities included recruiting, running the offensive line, and strength and conditioning. At one time, he was even the assistant head coach for the program.

St. Scholastica was lucky enough to have Heffernan until he had the opportunity to go coach for his alma mater. In 2013, he was on his way back to Chicago where he spent three seasons until bringing his family to coach in New England.

"I was trying to find that experience that I had at St. Scholastica," he said. After two seasons, that opportunity finally appeared, and Heffernan was on his way back to where he belongs: the College of St. Scholastica.

Heffernan returned just in time for spring ball. When he started, he was focused on getting to know the staff and players, recruiting for the fall, and learning the dynamics of the team. After that, he was all set to be part of the summer camps and help train the boys for a great season.

"Besides the faces, not a lot changed when I came back," Heffernan said. "It was just like I remembered it."

Heffernan has some pretty big expectations for the team,

Men's Soccer Fights For Victories

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The College of St. Scholastica's men's soccer team battled two tough teams this week. The Saints traveled down to St. Bonifacius to go head-to-head against Crown College, and came back with a 2-1 victory. Then, on Saturday, the University of Wisconsin - Superior came to the Saints Field and left with a tie game.

Wednesday's game started off pretty slow. Both teams battled hard, warranting a few fouls on both teams. Crown had six shots on goal and the Saints had five before freshman Finigan Huffington scored 27 minutes in. This was not only the team's first goal of the game, but Huffington's first collegiate goal as well. After some intense back and forth play, the half ended with the Saints in the lead 1-0. The second half proved to be just as intense as the first, totaling in two yellow cards for the Saints and one for the Storm. It wasn't until minute 69 of the game when senior Darby Henderson added to the Saint's lead. Though the Storm scored in minute 79, the Saints maintained their lead, ending the game with a 2-1 win.

Saturday wasn't going to be easy for the Saints as they marched onto their home field to face their Yellow-Jacket rivals.

"I liked a lot of the soccer we played at Crown, but Saturday will be a completely



Coach Heffernan proudly stands in his new office. Cable Photo/Sam Hvidsten.

and he makes sure that the team knows what his expectations are and that they are meeting those expectations everyday.

"My first impression of Coach Heff was that he is a hard coach with high expectations," said senior offensive lineman Blake Hartmann.

Some of these expectations include "Saints Time," which is always being at least five minutes early for practices and meetings, and to always get better. Heffernan believes that every day athletes can get better, whether that is on the field, in class, or socially.

"He cares about the little things, and making sure everything is ran perfect with full effort at all times," said senior running back Ben Buthe. "He tells us what it means to be a Saint, and what playing for a championship program looks like."

Heffernan's attention to details, passion for community and camaraderie, and pure excitement is driving him to be a great asset to the Saint's football program. The next couple of months will show his contributions.

"Coach Heff" is finally back where he belongs, and he can be seen on the field every Saturday for the next couple of months. Good luck to both Heffernan and the football team this season.

different game tactically and emotionally," said head coach Barry Chastey. "It's a local derby. It will be heavy metal soccer from start to finish."

The first half started with a shot on goal by Huffington, but it did not make it to the net. Two more shots were also attempted by Jordan Finneran, but the half ended with neither team recording goals. The second half started by Superior scoring only six minutes in. The Saints were not going to let Superior steal a win on their home field, so they fought with everything they had, and Superior fought back.

The Saints obtained five yellow cards in the battle. Superior one-upped them by making the ref throw a red card on Superior's Mason Tynsky in the 69th minute. With Superior one-man down, this was the Saint's opportunity to even the score. CSS capitalized on the penalty when senior Luke Buckton scored 10 minutes later with an assist by Juan Ochoa. With neither team scoring in the rest of the game, the 90 minutes ended with a score of 1-1 and sent the men into overtime. Though both teams put in a great effort, including a great attempt by CSS's Nolan Friday, the game ended in a tie just like the other famous Minnesota - Wisconsin rival match this weekend.

The Saints can be seen on their home field yet again to face off against Martin Luther on Saturday, Sept. 22.