

## CSS Men's Hockey Wins Home Opener Against Concordia Wisconsin

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The College of St. Scholastica's men's hockey team is officially back in action for the winter, and they played their first set of home games this past weekend at Mars Lakeview Arena. On Friday, CSS won their home opener against Concordia University Wisconsin by a score of 4-2, and they tied with the Milwaukee School of Engineering with a score of 2-2 on Saturday.

The Friday home opener gave CSS fans and alumni a nice reward for waiting patiently to see the Saints in action. After remaining scoreless for the first period, the action exploded in period two. David Ross, the junior defenseman from Fort Frances, Ontario, gave the Saints a 1-0 lead with a power-play goal assisted by teammates Kyle Star and Cole Golka. Later in the period, Concordia used a power-play of their own to tie the game at 1-1. With just over three minutes remaining in the period, CSS freshman Sam Fuss scored his first goal of the year to make it 2-1.

It appeared that the Saints would have a lead to protect going into the final period, but Concordia managed to get one in the net with five seconds left in the period to tie it up at two.

Having lost the advantage late in the period, the Saints came out aggressive in the third, and the Falcons weren't ready for it. Nate Pionk, assisted by Kristofer McKinzie and Seth Chumley, found the back of the net early in the period for his first goal of his sophomore campaign and a 3-2 Saints lead. The Saints defense held steady for the rest of the game, and with nearly eight minutes remaining, Carson Rose sealed the Falcons' fate with the Saints' fourth goal, assisted by Star and Ross. Nick Trenciansky, the sophomore goaltender from Vancouver, British Columbia, was essential for the Saints' win, making 28 saves.

Any win is a good win, but it feels extra sweet to do it front of your own crowd in the home opener.

"Winning the home opener was huge, it was a great team win for us," Nate Pionk said.

"It was great to get that first home win under our belt, especially with having all the alumni in town for the weekend," Davis Ross said.

Fresh off Friday night's win, the Saints went into Saturday's matchup with the Milwaukee School of Engineering with a lot of confidence, and it was quite apparent in the first period. On an assist from Nolan Ross, CSS freshman Jon Hansen scored his first goal with the Saints to give them the 1-0 lead with six



Kyle Star reaches for the puck against Concordia on November 9. The Saints beat Concordia 4-2 at Mars Lakeview Arena. Photo taken from MaKenna Bridgman/csssaints.com

minutes left in the first. Just 25 seconds later, Kristofer McKinzie scored on an assist from Riley Bechard to give the Saints a 2-0 advantage.

The scoreboard would read 2-0 for the Saints until early on in the second period when the Raiders took advantage of a Saints' slashing penalty to cut the deficit in half at 2-1. Another penalty late in the second period for the Saints gave MSOE another chance, and they capitalized with another goal to tie it at 2-2 going into the third period. The final regulation period saw the Saints dominate the puck and get 13 shots off, but none of them found the net and the game went to overtime. Overtime was more of the same, as neither team managed to score and the game ended in a tie. Trenciansky ended the night with 20 more saves.

The Saints obviously would have liked to get both victories this past weekend, but they realize it is early in the season and they are still adjusting to the new year. Now under the leadership of the new head coach Tim Madsen, the Saints are just trying to consistently improve every day.

"We're a confident bunch and we know that we're only improving," Trenciansky said. "Tim Madsen and Shawn Bartlette have been great with us, and we understand that with a new coach it won't be an overnight transition. We are changing a lot, and that's a big word in our room this year."

"So far the team has a lot of energy, we are excited to see what we can do as a team this year with the new coach," Ross said. "We are still learning how he wants us to play, but we are getting better each game and I think we have a lot of potential."

With a record of 2-1-1, CSS's season is just beginning to take off, but they are grateful to be back and feel positive about where things are going.

"The team is feeling good," Pionk said. "We know that there are a lot of things we can work on, but overall we feel as if we're moving in the right direction by working to get better everyday."

"It feels great to be back, especially with the new culture we have," goaltender Nick Trenciansky said. "We've made it a mission to change our program both on and off the ice this year, and I think we've done that so far. We're still in the process of that change on the ice, but we've been getting better every week. We're going to be good."

The Saints will be in action again in Duluth right before Thanksgiving, as they will take on the University of Wisconsin-Superior on Tuesday, Nov. 20 at the Mars Lakeview Arena at 7 p.m.

## CSS Cross Country Teams Finish Seasons at Iowa Regionals

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The College of St. Scholastica's women's and men's cross country teams had their final races this past Saturday, competing at the NCAA Division III Central Region Championships in Waverly, Iowa. The CSS women's team finished 14th out of 29 teams, while the Saints men's team earned 20th out of 31 teams.

Two weeks ago, the Saints women's team won the UMAC Championship in a dominant fashion, so they had plenty of confidence going into Regionals. On the same course on which they raced in late September, Aria Plewa led the way for the Saints once again. Plewa finished in 30th place with a personal-best time of 23:05, marking the best time of all UMAC runners on the day and earning her an All-Region accolade.

The next Saints to finish behind Plewa were Nicole Gilman and Lexi Erickson. Gilman, a junior from Manitowish Waters, Wisconsin, beat her sophomore teammate Erickson by four tenths of a second to grab 46th place, while Erickson settled for 47th overall. CSS seemed to be fond of finishing in pairs, as Saints' Elizabeth Poskie and Alison Mortier crossed the finish line right next to each other as well for 99th and 100th place with respective times of 24:25 and 24:27. The final Saint to finish on the day was the freshman Duluth native Hannah Bettendorf, who found herself in 136th place at a time of 25:17.

Having already ran the course earlier in the year, the Saints knew what to expect on Saturday.

"Running in Waverly for the second time this year was great," Poskie said. "As a team, we always like to do a pre-Regionals meet where we can scope out the course and get a feel for what the Regionals race will be like."

## Second Half Semester Intramurals Spark New Competition

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Campus Rec is kicking off a new series of intramural league options going into the second of half of the semester. Anna Tester, the coordinator for the league, is optimistic that this upcoming session will be just as successful as the previous one.

The following sports will be included in the league: men's and women's five versus five basketball, knockerball, women's six player volleyball, co-ed four player volleyball, open indoor soccer, and a newly added doubles tennis.

Advanced and recreation levels are being offered for co-ed four player volleyball. Tester stated that this was done to give opportunities to newer athletes as well as experienced volleyball players.

Tester said this would



Sophomore Aria Plewa led the way for the Saints in the NCAA Division III Central Region Championships placing 30th overall and earning All-Region accolades. Photo from Saints Athletics.

Once the women's team finished their race, the CSS men's team took to the course, led by their sophomore standout Isaac Boedigheimer. Ever since he arrived last year from Cloquet, Boedigheimer has always seemed to be leading the charge for the Saints and near the front of the pack for every race, and Saturday was no different as he finished in 29th place with his time of 25:37. Ryan Steger just missed finishing in the top 100 runners, but he would be the next Saint to score with a time of 27:05 for 105th place. Ten seconds later, CSS freshman Nick Matelich crossed the line for 116th place.

The final two Saints men's runners to score were freshmen Donny Pooler and Bjorn Larson. Pooler, from Solon Springs, Wisconsin, had his best time of the year at 27:29 for 130th place, while Larson found himself in 141st place with his personal-best time of 27:48. Max Botz and Nick Meyer, two other freshman on the team, had quality races as well despite not scoring, finishing in 150th and 198th overall respectively.

They may not have finished in first as a team, but the Saints appreciated the awesome experience of participating with so many other talented runners across the region on a wickedly cold Iowa day.

"Competing at Regionals was a lot of fun despite how nervous I was," said the freshman Botz. "The crowds were massive, competition was intense, and the weather was brutal with eighteen degrees and some heavy winds."

be a "great opportunity for students to continue their sport, or try a new sport because we do have the recreational level."

According to Tester, doubles tennis was added to the league in order to attract a different crowd to the intramural program. As of the start of the session, all of the sports are full except for knockerball.

For anyone still wanting to get involved in intramurals, teams can be added to until the last game before playoffs begin, and all students are welcome to come and watch

"I was very excited about the opportunity to compete against some of the best runners and teams," Pooler said. "It was a fun and positive experience."

Saturday may have marked the last race of the season, but the Saints women and men have plenty of moments from this year to look back on and be proud of as they go into the offseason.

"As a team, we had an incredible season," Botz said. "I'm glad to be part of such a hardworking and driven group of people."

"I am really proud of both the men and women's performances, both at regionals and overall," Pooler said. "We competed well throughout the season! As a young team, this year was great to gain experience. It will be important to build off of this season as we look forward and start training for next season."

"I am happy to say that both the men's and women's team ended the 2018 season on a high note," Poskie said. "Regionals was a great day for everyone, we ended it with several personal or season best times and two runners earning All-Regional accolades. We also had an amazing turn-out at conference this year. The women came home with the title and the men were runner-up, with the hopes of taking the title next year. Overall, I could not be more proud of the team this season, and I am looking forward to what the 2019 season will bring."

The Saints women's and men's cross country teams will begin the 2019 season next fall.



Intramural participants pose during the Halloween event where teams were encouraged to dress up for their games. Submitted Photo/ Michel Deoge

the games from the sidelines.

Tester encourages students to come give intramurals a try because of the many physical and mental health benefits.

"Set studies aside, get some physical activity, meet new people, have fun with your friends, just take a little bit of a break from the stress of school," Tester said.