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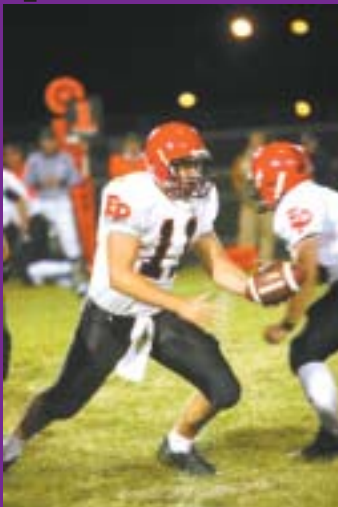
INSIDE: The "Sounds Good" Band Scholarship is back. See details on how to win a \$1500 scholarship - page 12

Minnesota Prep Sports

Free
 October 23, 2007
 Vol. 8, Issue 1

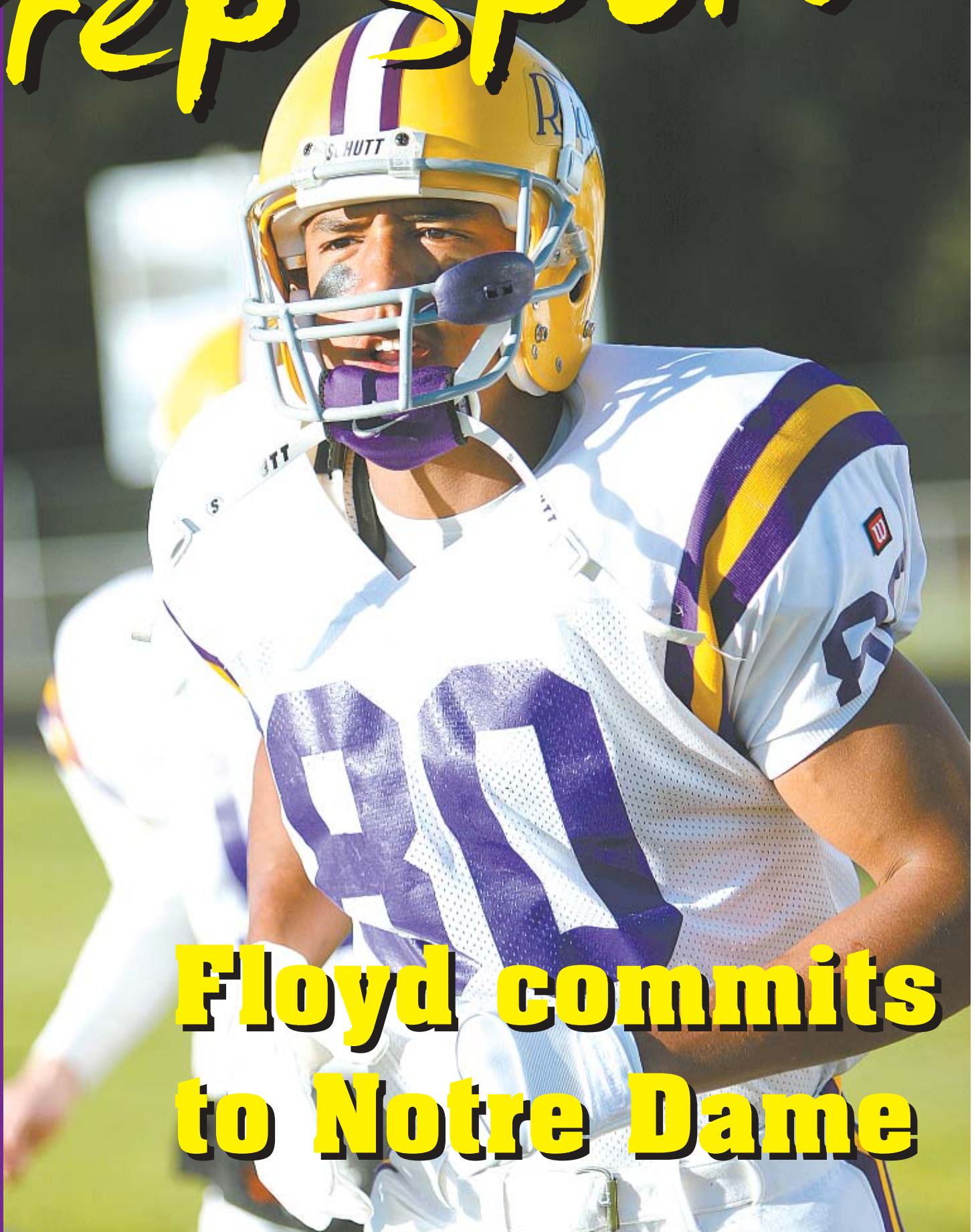


What has happened to the 3-sport athlete?



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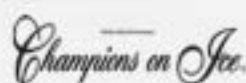
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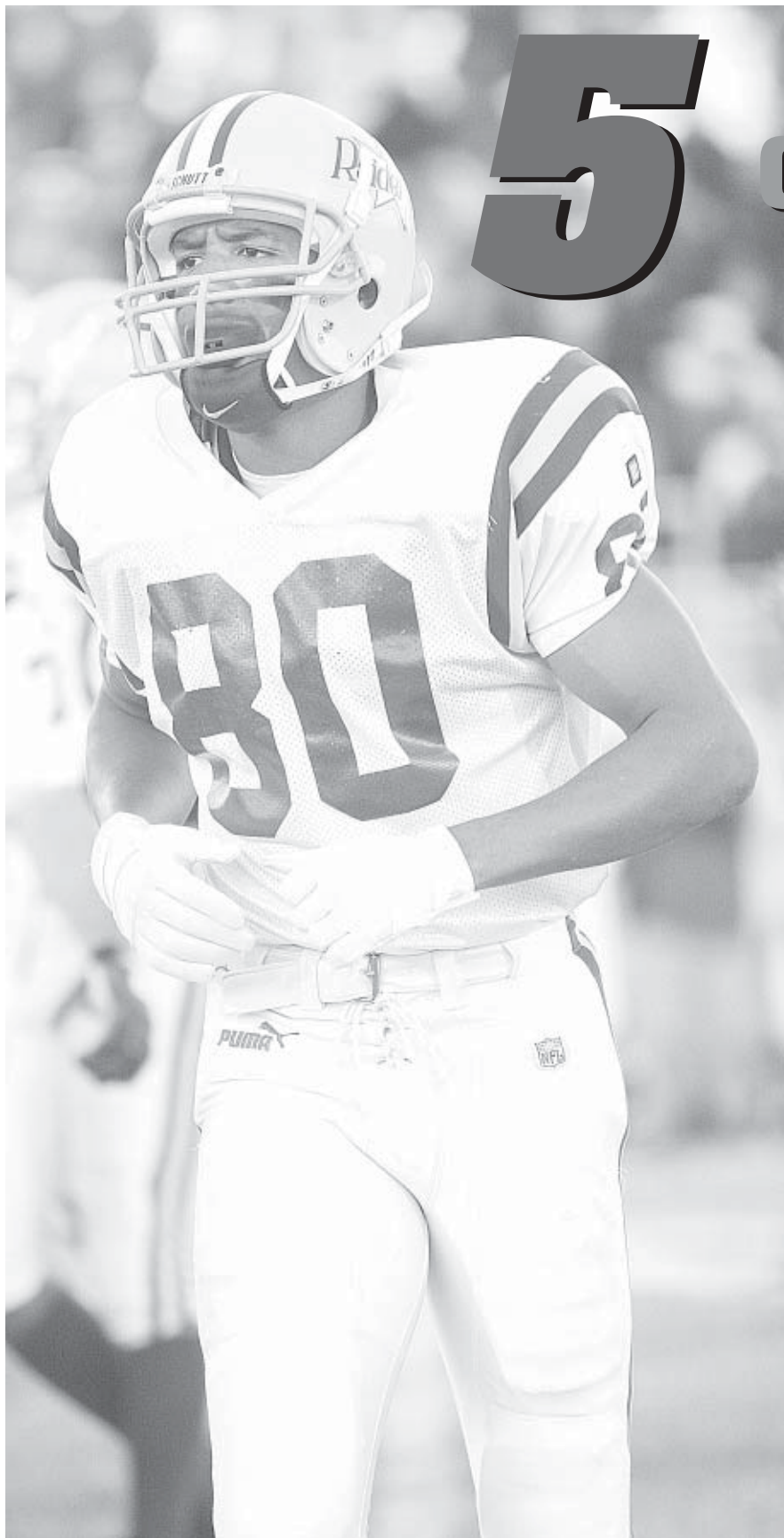
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5 Questions for Cretin-Derham Hall's Michael Floyd

CRETIN'S MICHAEL FLOYD, THE STATE'S MOST-HIGHLY RECRUITED SENIOR FOOTBALL PLAYER IN YEARS, SURPRISED PEOPLE BY COMMITTING TO NOTRE DAME EARLIER THAN EXPECTED. THE INTERVIEW BELOW WAS CONDUCTED THREE DAYS PRIOR TO HIS ANNOUNCEMENT, WHILE THE QUOTES AT THE RIGHT WERE TAKEN FROM AN INTERVIEW WITH MINNESOTA PREP SPORTS SHORTLY AFTER HE MADE HIS DECISION.

When you look back over your career at Cretin, how would you describe the media attention you've received? Has it gone from being interesting to a frenzy?

When it first started, I thought it was pretty cool getting all this attention and stuff. But now I'm just in a serious position with the team. It's kind of annoying right now. My main objective is to have the team ready and prepared and make sure I do well in school.

Do you feel there's unfinished business for your team after coming so close to winning a state title the last two seasons?

I think so. I mean Cretin-Derham Hall always has high expectations. It's just getting the guys prepared. I think this year we have the guys who can do it all, and I think we can accomplish our goal.

Two years ago before the Prep Bowl final, Minnesota Prep Sports featured an interview with John Nance, who's now your starting quarterback. At the time, obviously, you, Nance and Shady Salamon were all sophomores. What's it been like to grow up individually and as athletes with people like John and Shady?

They're really cool people. I met John in seventh grade basketball, and I met Shady in fifth grade. They're nice friends to be around. They stay out of trouble and like to do things I like to do. They keep a real positive head on their shoulders.

When you look back at your football career at Cretin, is it possible to point to one highlight that has stood out above the rest so far?

I don't know. I would have to sit down and think about it. I think I've done a lot of good things for the team. Whatever they need, I try to do. They put me in a position to succeed. That's what our coaches are all about, putting people in a position where they can succeed.

Five or ten years from now when people at Cretin or anywhere for that matter mention the name Michael Floyd, what do you want them to say?

That I was a real cool guy, a funny guy, a great friend to everybody. It's not just about football. Everybody thinks that if you're funny, you don't get things done or if you're a football player, you're kind of on the low academic side. That's not me. I know what I do in the classroom.

- Photo by Josh Holmberg

Why Notre Dame?

One day after Michael Floyd committed to play football at Notre Dame, he granted Minnesota Prep Sports an exclusive interview to discuss some of his reasons for choosing the Irish.

Decisive factors

"The kids and the players that are there made me feel really comfortable. Sometimes you just feel like you fit in really well. Going around school and talking to professors ... and Charlie Weis has big expectations for everyone in class, and I kind of like that."

Weis' Reaction

"He was just really, really happy. And then all of his coaches came out of their rooms, and they were really happy and excited for me and my mom and dad. My mom was crying. My dad was just happy for me."

Parents' Influence

"They really cared about the education. Both of my parents are really big on that. I wanted a school that had both - a good athletic program and good academics."

Timeline of Commitment

"I didn't think so (that I would commit when I did). I just got the feeling that the school was right for me. I committed after the loss (38-0 to USC)."

Haircut Concerns

"I was asking some of the kids there where they get their hair cut. They said there were a couple barber shops around, and I was excited about that."

Personal Reaction

"I'm just excited. It gets a lot of pressure off my back. I feel good right now."

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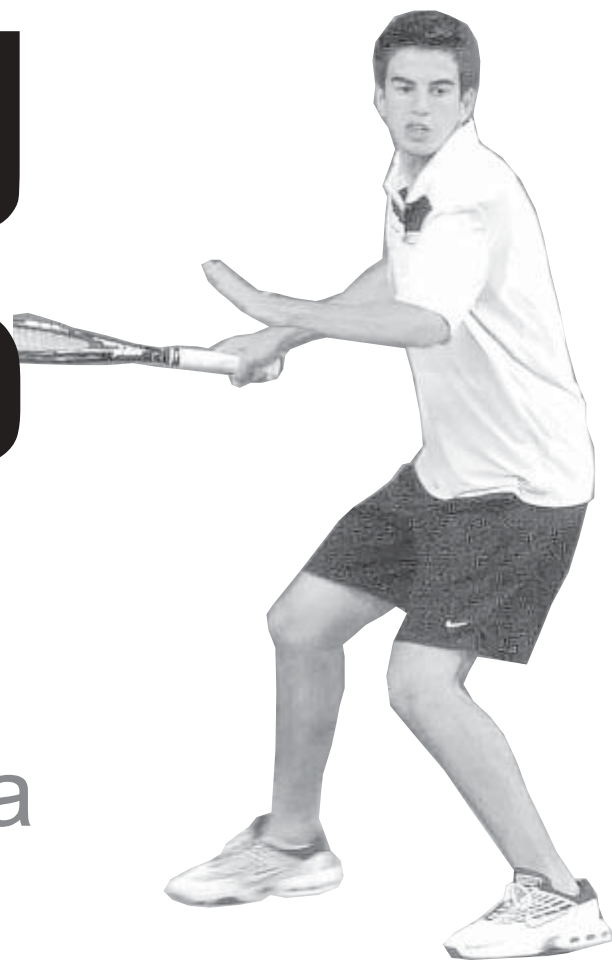


Mahtomedi's
Josie Solie

A Dying Breed?

is the three-sport athlete becoming a thing of the past?

By Corey Butler Jr.



Mounds Park Academy's
Andrew Johnson

They, and nobody actually ever knows who "they" are, say three-sport athletes are a dying breed. Is it true? Unfortunately, it's probably an affirmative allegation. But it is with good reason.

"You go to some of the bigger schools and the competition eliminates somebody from trying to be a three-sport kid, unless you're a top gun athlete, and there's certainly some of them around town," Jim O'Neill, head coach of the Cretin-Derham Hall hockey and baseball varsity teams, said. "If you're a marginal hockey player, you have to spend more time in the fall just to make the team."

But it's not only the issues of competition and talent that plague those who want to participate in multiple sports. Injuries, especially serious ones that require surgery, have become the norm for developing athletes.

Each year more than 3.5 million children in the United States under the age of 15 are treated for sports-related injuries, and we're not talking scrapes and bruises here.

"They are overuse injuries pure and simple," Dr. James Andrews, a nationally prominent sports orthopedist, said in a *New York Times* article. "You get a kid on the operating table and you say to yourself, 'It's impossible for a 13-year-old to have this kind of wear and tear.' We've got an epidemic going on."

A lot of those injuries, however, are related to athletes who train and participate in only one sport. The repetition of certain movements can cause deterioration of particular bones, muscles and ligaments, whereas being involved in multiple

sports allow specific parts of the body rest as the second or third sport may be less dependent on the aforementioned parts of the body than the first sport.

"Overuse injuries have the potential of affecting younger kids more, because you're dealing with growth plates and muscles and bones that aren't done maturing," said Dean Wennerberg, an athletic trainer for Minneapolis Public Schools and staffer of the Concussion Clinic at Bethesda Hospital.

Of course, it is absurd to say any part of the body is ever at complete rest during physical activity, but for example, a girl who transitions from spring tennis, which heavily relies on wrist movement, and where a lot of tendonitis occurs, to fall soccer, where her wrists would be at relative ease, will allow that part of the body to recuperate.

It's not always the repetition, however, that is causing the injuries. Three-sport athletes have risks at hand, as well.

"A lot of times the kids will come in from the previous sport and they'll have missed out on some of the conditioning that is specific to that [next] sport," Wennerberg said. "Each sport is different, and it's going to take different levels of conditioning with different muscles used, so they may end up developing injuries."

Josie Solie, a 17-year-old Mahtomedi High School senior, who has remained healthy and excels at soccer, basketball and multiple events in track and field, has found the winning way in all three

sports en route to a scholarship to the University of Minnesota for soccer.

"You become mentally very tough; you know how to push yourself and work hard," Solie said. "The different sports condition you in different ways. You become a better athlete when playing more than one sport."

"I believe playing three sports has really taught me to manage my time better. I need to organize my time wisely so I can have enough time to study."

- Andrew Johnson

But the pressures of three-sport athletes go beyond physicality, mental toughness, and injuries. It's also about commitment, which is a lot to ask of children,

which many of whom are still figuring out how to juggle responsibilities.

"During the winter when I play basketball and soccer at the same time, I will often have days that go from 7:30 in the morning to 10:30 at night, so staying on top of homework gets really difficult," Solie said.

"They learn to organize themselves, because they have a lot going on with school," resonates O'Neill. "If they're playing three sports, it pretty much covers the whole year now, and they're obviously doing a little bit of crossing over. They learn to manage their time and they become a better athlete because they're put into game situations in multiple sports."

"Sometimes you see somebody who puts all their eggs in one basket and the year isn't going well for them and sometimes they have a hard time handling that failure, because they realize

this is their one and only shot. Kids that play multiple sports don't seem to panic as much."

Andrew Johnson, a 17-year-old top-notch tennis stud who also dabbles in football and basketball at Mounds Park Academy, echoes a lot of what O'Neill says.

"Playing sports is a big mental release for me from my heavy academic load at MPA. I study a lot and playing sports helps me to relax and have fun," the tennis co-captain said. "I believe playing three sports has really taught me to manage my time better. I need to organize my time wisely so I can have enough time to study."

But Johnson realizes the pitfalls of spreading himself across three sports.

"There are some disadvantages to playing three sports. Obviously, if I focused on one sport, I could probably be a better player by only practicing and focusing on it," said the aspiring business entrepreneur. "I love the three sports I play, however, and could not imagine only playing one of them. If I devoted all of my time to tennis, I probably could be our top singles player instead of playing number one doubles."

"Although tennis is my favorite, I enjoy playing both basketball and football. By playing three sports, I never have any down time. We go right from football into basketball, and from basketball season into tennis season. It also helps condition different parts of my body, which really has me ready physically for tennis in the spring."

In addition to the responsibility, the talent needs to be there too. Not every-

Snapshot

Josie Solie



Favorites

Class: Gym

TV Show: "The Fresh Prince of Bel-Air"

Movie: "Pirates of the Caribbean: The Curse of the Black Pearl"

Band/Artist: Rascal Flatts

Book: *Sabriel* by Garth Nix

Professional Team: Los Angeles Galaxy

College Team: U of M Soccer Team

Sport to Play: Soccer

Sport to Watch: Football

Athlete: Wayne Rooney

Things you like to do outside of sports: Hang out with friends, go to movies and foster dogs.

Aspirations post-college: To have a job that I love to do.

one is going to be Joe Mauer, a three-sport Cretin alumnus who played under O'Neill in baseball, but that doesn't mean O'Neill prefers that type of player.

"I've had some kids that were marginal in both sports (hockey and baseball) and even three-sport kids that were able to stick on the team and maybe they were third line on the hockey team or they were the fourth outfielder on the baseball team, and played special teams on the football team, and those are the kids you really have a lot of respect for to do that.

"Kids that learn how to compete is something I really like. You get kids that have all the ability in the world and they just don't know if they can put it together on the field. When you get a kid playing multiple sports, he gets accustomed to the pressure and doesn't lock up."

Both Solie and Johnson started their respective sports at a young age. Solie started soccer as a first-grader; basketball wasn't far behind as a third-grader and track soon followed in sixth grade. Johnson started both soccer and baseball as a first-grader. He also played hockey. Johnson dropped hockey as an

"Kids that learn how to compete is something I really like. You get kids that have all the ability in the world and they just don't know if they can put it together on the field. When you get a kid playing multiple sports, he gets accustomed to the pressure and doesn't lock up."

-Jim O'Neill, Cretin-Derham Hall baseball and hockey coach

eighth-grader, and picked up tennis and basketball. This year, Johnson dropped soccer in favor of being a place kicker, as well as an offensive and defensive tackle for the MPA football squad. Needless to say, these kids have been busy.

But the pressure of it all is the key. Who is the student-athlete getting the most pressure from? Is it themselves, peers, coaches, or parents?

According to the New York Times article, Dr. Andrews invokes an exercise for the parents of new patients. He supplies the parents with a piece of chalk and directs them to a blackboard.

"I say, 'Write down when your child started playing his sport, how many teams he's played for, what camps he went to, for how many years, what private instructors he's seen, what championships he won, what his stats were, all that stuff,'" Dr. Andrews said. "Then I walk out of the room. I come back in and they've filled up the blackboard. They're proud.

See, Three-sport on page 17

Snapshot

Andrew Johnson



Favorites

Class: American History

TV Show: "Cops" and "SportsCenter"

Movie: "Superbad"

Band/Artist: Akon

Book: *The World is Flat* by Thomas Friedman

Professional team: Minnesota Vikings

College team: LSU

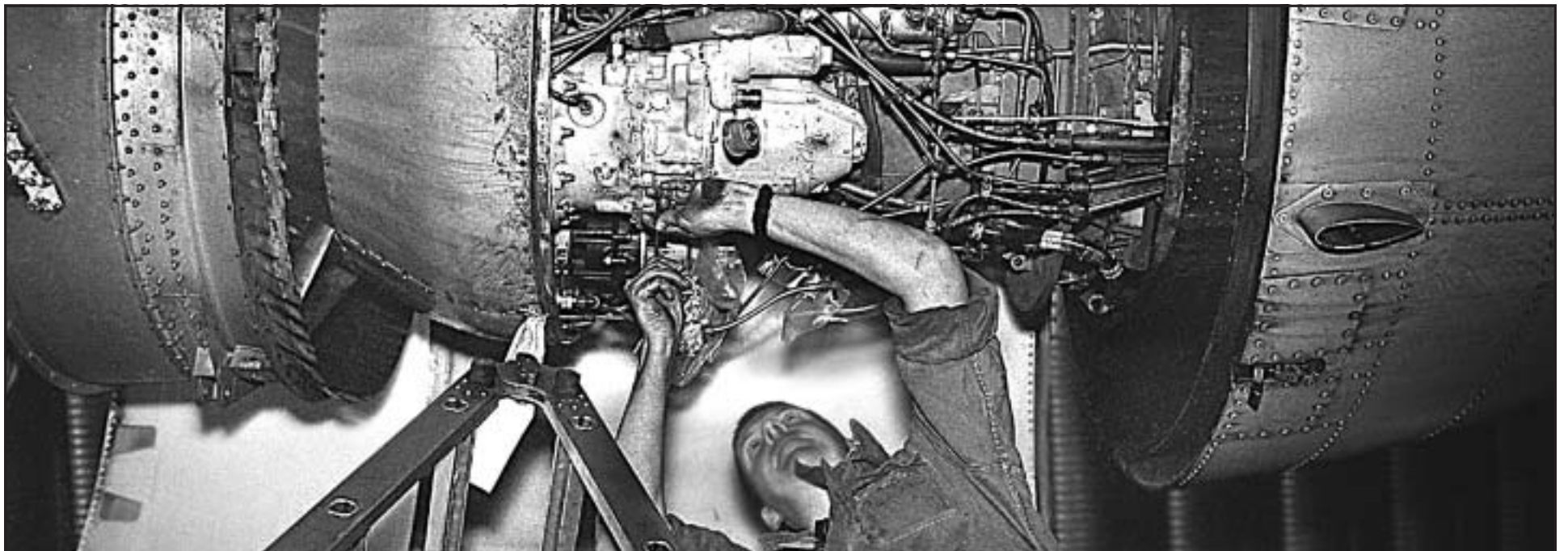
Sport to play: Tennis

Sport to watch: March Madness (college basketball!)

Favorite athlete: Rafael Nadal

Things I like to do outside of sports: Hang out with friends, attend sporting events, and travel with my family.

Aspirations after college: I want to be a successful business entrepreneur!



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Nothing shady about Salamon

How Cretin's Shady Salamon has excelled at much more than just football

You don't have to look hard to find someone who will attest to the character of Cretin-Derham Hall Senior Shady Salamon.

"Shady is smart, works hard and has a fabulous sense of humor; he is a pleasure to teach," says Ann Marie Froehle, who teaches Anatomy and Physiology. "I find that good students surround themselves with good people, and Shady's friends have that same ability to laugh easily and enjoy school. That's what makes teaching him fun - he's made good choices, and I just feel he will be a success in anything he puts his mind to."

A Captain on the undefeated, second-ranked Raiders, Salamon has distinguished himself as a solid football player during his Cretin career and will attend the University of Minnesota on a scholarship next year. It's the path he's taken to achieve success, though, that speaks volumes.

On most school mornings, Salamon wakes at 5:20 a.m. so he can catch the first of two buses he rides to school at 5:50. He gets to Cretin at 6:40 and does work study until 7:20, using the remaining time before school begins to finish any remaining homework. Not your typical routine for most students.

"It's a different atmosphere every morning," Salamon explains. "Cretin has changed me as a person. It's changed my work ethic and my mindset. I just want to do the best at everything I do. My uncle also pushes me hard at academics. He's really stressed a lot that if something were to go wrong and I don't make it in football, I've got to have school to fall back on."

That mindset was especially

changed last Spring, when Salamon, then a Junior, joined other Cretin Seniors on a trip to the deep south to learn more about the Civil Rights Movement. Salamon says what he saw firsthand shocked him.

"I've seen racism a little up here, but I didn't look into it as much as I did down there, how poverty in our own country is still a big thing," he recalls. "We went to a town in Alabama called Reddenberg, and it was all these messed up houses - caved in roofs, no electricity, no water. The people were so nice with what little they had. We went to an old folks' home and talked to the people who were part of the actual Civil Rights movement. They talked about how they picked cotton for fifty cents a day and got whipped. But they still don't have any hatred toward anyone. They felt like God's going to handle those people. They don't look back at the hard times and live in the present day. There was a lady with four kids and making less than four hundred dollars a month. She was offering food to us when she could have been taking it home for her kids. It was really eye opening how generous people can be with what little they have."

Upon returning to Minnesota, Salamon told the teacher involved in the trip that he wanted to make another visit to the south and find some way to

help improve the situation for some of the people they visited. He has also volunteered for clean-up efforts in Minneapolis, a small effort, he acknowledges, but a good way to start nonetheless.

"There's some progress," Salamon observes. "But as they say down there, the march still continues. There are still places where black people aren't allowed to buy houses in white neighborhoods. I think there's still a lot that we as a country have to do. It's great to help out other countries, but we have to fix what's wrong with our country before we do that. A lot of people are unaware. I wish a lot of people from our school could see what we did."

Gopher Bound

Salamon was the first athlete to be offered a scholarship and commit to the Gopher head football coach Tim Brewster.

"It really didn't hit me when he first

offered it to me," Salamon remembers. "But as the day went on, I realized I was going to be able to go to college for free. It was just a great feeling to have. It's seeing the hard work pay off, but it's not over yet. I have to keep working harder each day."

Despite the Gophers' lackluster season, Salamon is optimistic about the team's future and his role.

"A lot of people don't really know, but there's a lot of good going for the Gophers right now. The new stadium really excites me, and the new coaches really excite me. I just really want to work hard in the off-season, so I can help them out. Minnesota has been known for running backs getting to the next level with [Laurence] Maroney, [Marion] Barber III and [Thomas] Tapeh in the last few years."

Photo by Josh Holmberg

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Play-off

Preview



By **STUART GROSCKREUTZ**

The 2007 Prep Bowl will be spread over two days for the first time since the inaugural day-long football feast began in 1982.

This year's event will be notable for more than the two-day experiment if, as expected, Eden Prairie and Cretin-Derham Hall continue on a collision course that would result in these dominant programs squaring off in a highly-anticipated title game.

The defending state champion Eagles have outscored their eight opponents 314-62 this season while Cretin-Derham Hall enjoyed a 375-72 scoring margin while winning its second consecutive Suburban East Conference championship. Both teams are loaded with talent and pedigree.

It would be a remarkable upset if either of these teams falters prior to the Prep Bowl, but anyone who believes it can't happen simply hasn't been paying attention. With that in mind, here's a look at the sections — many of which have been realigned since a year ago — in the two largest classes.

But before speculating on future matchups, here's one final plea to the Minnesota State High School League: Please require 64 teams to fill out all classes.

You apparently don't have a problem with the largest school in the state Eden Prairie (3,099 students in grades 9-12 according to the MSHSL website) playing St. Louis Park with 1,246 students in the Section 6 quarterfinals, and yet allow teams from Winona (1,226), Northfield (1,223) and Duluth East (1,222) to compete in Class AAAAA?

What's wrong with moving up five more schools into Class AAAAA to provide some uniformity and fairness? The No. 1 seeds in sections 1, 2, 5, 7 and 8 each receive unnecessary byes into the semifinals. There's nothing wrong with rewarding teams for regular season success, but isn't a home field advantage enough? Why make a fourth or fifth seed on three days rest play a No. 1 seed that has enjoyed a nine-day break between games?

These enrollment numbers cited have not been adjusted for free and reduced lunch calculations, which is why St. Paul Harding with an enrollment of 1,458, for example, is not cited.

The small gap that exists between St. Louis Park and those remaining teams that are bumped down a class does not justify the opening-round free passes for select top

seeds in Class AAAAA. Fortunately, the solution is easy. Put eight teams in each section and let them decide matters on the field.

Class AAAAA

Section 1 — Throwing darts might be as effective as trying to make an educated pick to win this section, led by reigning state runner-up Lakeville South as the No. 1 seed. Not one team posted a losing record in the regular season and seventh-seeded Rochester Mayo — with the worst record at 4-4 — defeated second-seeded Rochester Century 28-6 in the regular season finale. Both Farmington and Owatonna could pose a challenge to South in the top half, but that first-round bye looms large in a section with no gimmes.

Section 2 — Second-seeded Mounds View has already recorded victories over three of the teams in this section, including third-seeded Stillwater and fourth-seeded White Bear Lake, and should be the favorite despite Irondale earning the No. 1 seed and first-round bye. The Knights won seven in a row since losing to Spring Lake Park in the season opener — including a victory over Totino-Grace — but hasn't proven it can compete with the larger Class AAAAA schools. Look for Mounds View, or even darkhorses Stillwater and White Bear Lake, to earn the state bid.

See Preview on page 19

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Northland Puck Points



by Jerry Borough

➤ Former Cloquet player Jamie Langenbrunner should return to the New Jersey Devils around Thanksgiving after going through hernia surgery during the off-season. There is a good chance Jamie could be named captain when he returns.

➤ Freshman Defenseman Cade Fairchild is looking very poised in his first games with the Gophers. The former Duluth East player is putting a lot of time on the power play and penalty kill. I see a lot of points for him if this continues.

➤ Sean Hill (right) has finally made it back to Minnesota after the Wild acquired him during the off-season after playing for 7 teams in the last 15 years in the NHL. Expect Sean's first game with the Wild to be November 18 against Colorado. The hard-hitting defenseman and his wife Margaret reside in Duluth with their three sons. The former Duluth East player won a National Championship at the University of Wisconsin in 1990 and has been playing in the NHL since 1992. Welcome home, Sean.

➤ Two young Minnesota kids scored goals in their first week in the NHL, Eric Johnson for the St. Louis Blues and Matt Niskanen for the Dallas Stars. Matt played his high school hockey at Virginia and then two years at UMD before going to Dallas this year. Eric played at Holy Angels, U-18 in Ann Arbor and one year with the Gophers.

➤ Congratulations to Roseau's Aaron Broten, who was enshrined into the US Hall of Fame. The former Gopher, who still has the single season scoring record of 106 points, joins his brother Neil in the Hall of Fame. Aaron scored 515 points in 12 years in the NHL. What took the Hall so long?

➤ The Upper Midwest Elite League is getting better every year with top players from Minnesota, Wisconsin, North Dakota and Shattuck playing three games every weekend for nine weeks in the fall. Duluth East and Denfeld should be a lot stronger due to East having Joe Arbor, Max Tardy, Rob Johnson and Denfeld having Trent Johnson, Cody Hotchkin, Jake Johnson and Chris Stafne playing for the North team. There

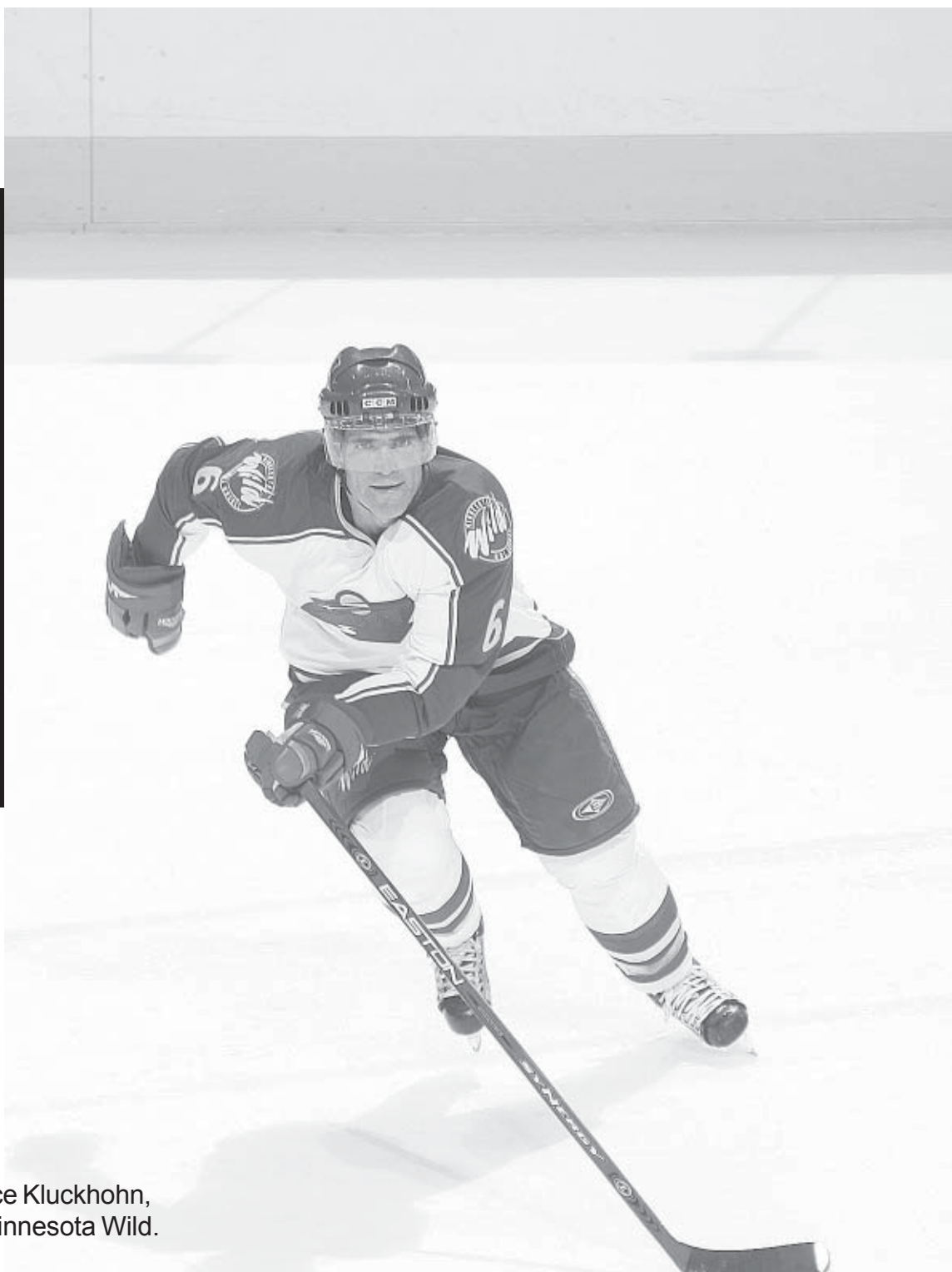


Photo by Bruce Kluckhohn, courtesy of Minnesota Wild.

are a lot of players playing football and soccer plus the elite league on weekends.

➤ I'm curious how the elite league teams pick their players. I'm surprised there are no players from Duluth Marshall, Hermantown and Grand Rapids on the North team, when all three have been to the State Tournament the past two years and will have strong teams again this year.

➤ The Northland teams always seem to perform well at the State Tournament, and

I expect the same this year even though a lot of the teams have a third the players as some of the bigger Twin Cities schools. A couple of reasons they can compete is the Northland has some of the best coaches and a lot of younger players still "rink rat."

➤ While watching UMD sweep St. Cloud State last week, I was amazed at the improved strength and conditioning of the players. Strength coach Justin May is doing a great job up there. He's helping a lot of the high school kids in Duluth, too.

➤ Ground has been broken for the new Duluth Heritage Sports Center. Kraus-Anderson construction already began work on the Arena and Hall, which are scheduled to be completed by the end of the year. Expect teams to practice and play games in January 2008. This is going to help youth hockey more than anyone thinks. Ever since the Peterson rink blew up, it's been a hardship for the families and a crazy schedule for these kids. Now let's get the new DECC Arena going.

Continued on following page

Puck Points, *from previous page*

Over the past seven years, the Wild have been 4-0 when they start the season at home.

The last four Stanley Cup winners have had great records in October, which the Wild have this year.

The Wild picked up two key players in the off-season: Eric Belanger, who centers Brian Rolston and Pierre-Marc Bouchard. This line is going to score a lot of points. Look for home-grown Sean Hill, who graduated from Duluth East in 1987 and played for the National Champion University of Wisconsin team in 1990, to help the Wild right away, benefiting his 15 years of experience in the NHL.

I think the best move of the off-season for the Wild was trading goalie Manny Fernandez to the Boston Bruins. Niklas Backstrom and Josh Harding are the best one-two goalies in the league. The Wild picked up Forward Petr Kalus in this trade.

The Minnesota Gophers lost one of their main offensive threats for the season when Junior Ryan Stoa hurt his

knee in the opening weekend game against Michigan. Like any team, injuries are part of the game, but this one is really going to hurt.

The Gophers will probably be the best WCHA team in Minnesota. The Freshmen are looking very good, and the team returns Brian Okposo and Blake Wheeler at Forward. The biggest question will be the defense, where they have to replace 102 combined points from Mike Vannelli, Eric Johnson and Alex Goligoski. If RJ Anderson and David Fischer pick it up, I think the defense will surprise a lot of people.

Have you noticed the North Dakota Souix are picking up a lot of Minnesota high school recruits with Danny Mattson from Holy Angels and Joe Gleason from Edina already committed?

Probably the hardest sport ticket in Minnesota this season will be the Wild's game against the Pittsburgh Penguins October 30. Everyone wants to see star Sidney Crosby.

The new NHL uniforms are getting mixed reviews. A lot fans like the look, but players don't like them because they don't absorb the sweat like the old uniforms, and they tear pretty easy.

Expectations high for Gophers, Wild

RJ Anderson scored his first goal as a Gopher. The Junior Defenseman had ten assists in his first two years.

The Wild's number one draft picks are developing as planned. Three players - Pierre-Marc Bouchard, Mikko Koivu and Brent Burns - are improving every year. The problem the Wild will have is keeping all three in a couple years, when their agents say, "Show me the money!"

A lot of people are a little shocked the Wild kept James Sheppard over other players. Because of his age and the agreement between the NHL and the Canadian Junior League, he would have to go back to Canada if he didn't make the team. I hope the team plays him a lot, so he can develop faster.

Tom Osiecki, who has coached hockey for more than forty years, was named an assistant for the Gophers' women's hockey team under interim Coach Brad Frost, who took over for 11-year coach Laura Halldorson, who resigned in August.



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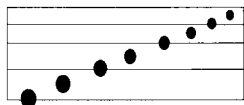
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Three-sport, from page 5

"And I say, 'You all know why he's here seeing me?' And I point to the blackboard. That's when the light bulb goes off."

So when does the line that separates parents who support their children and parents who push their children smear on the bottom of their shoes? Although sad-denying, it's not far-fetched to believe parents are thinking of the almighty payday when their son or daughter makes it to the big leagues, or the Olympics, or picks up the Nike endorsement.

But with solid student-athletes like Solie and Johnson with even more solid heads on their shoulders, it's gratifying to see kids who still do it for the love of the game.

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Product Reviews

Look Sharp
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Here are some reviews of products designed to make your running experience more productive, if not more enjoyable.

JELLY BELLY SPORT BEANS

Tired of gels? These tasty morsels offer a good alternative to the sometimes messy and less-than-appetizing gels. There's just something that seems so much more enjoyable about eating some jelly beans during your run instead of sucking down a gel. No doubt, if he were still alive, President Reagan would agree. The sport beans help restore electrolytes. It's important to always to consume water along with the beans to get the maximum benefit.



TIMEX HEART MONITOR WATCH

Our esteemed columnist and triathlete Dan Sobiech is a big proponent of using a heart rate monitor during training. This Timex is, in a word, cool. It allows an athlete to measure their heart rate with a relatively small device that straps around one's lower chest. In addition, the watch can pinpoint target zones with an alarm notification when you are not in a desired zone and also counts calories. In theory, one of the biggest advantages of using a heart rate monitor is that it allows you to improve your performance by finding and monitoring the right zone for different types of training.



CHAMPION

The best test of running apparel is to run in basic cotton shirts and shorts and then switch to actual running apparel. Champion's duo dry innovations aid both comfort and performance, especially during the heat and humidity of late summer runs. Champion also continues to offer great values with a wide array of products available at Target stores.



ACCELERADE

This sports drink has a patented 4:1 carbohydrate protein formula, which through scientific testing, has been proven to increase muscle endurance by 29%, rehydration by 15% and can speed up muscle recovery for up to 40% greater endurance during your next workout. While not certain of actual percentages, our tests indicated that this product does provide noticeable effects. Accelerade comes in different flavors and tastes similar to many other sports drinks.



Preview, from page 9

Section 3 — The second best team behind Eden Prairie in the Lake Conference, top-seeded Eastview (7-1) is the pick to advance in Section 3. No. 2 seed Bloomington Kennedy defeated third-seeded Rosemount in the regular season and should do so again in the semifinals to earn a spot in the finals. Defense carries the day for Eastview, which has won four in a row and is allowing less than 10 points per game this season.

Section 4 — Cretin-Derham Hall (8-0) doesn't need any help, but will benefit from competing in a section where only second-seeded Tartan (5-3) shares a winning record. Don't be surprised if third-seeded Woodbury eliminates the Titans in the semifinals — and gets rewarded with a sound thumping from the Raiders in the finals. Cretin-Derham Hall is outscoring opponents by an average of 48-9 this season and will qualify for its 19th state tournament.

Section 5 — This is the strongest section in the state one through four, with Osseo, Wayzata, Maple Grove and Champlin Park each top-10 caliber teams. Osseo has been piling up points all season and benefits from a first-round bye, but Champlin Park's defense has yielded just 61 points in eight games and is the most likely to spring an upset. Wayzata is the pick to eliminate Maple

Grove in the semifinals and then defeat Champlin Park or Osseo to earn its third trip to state in the past four years.

Section 6 — Undefeated Edina would be favored to win six of the eight sections, but the Hornets are cursed by the geography that places them in the same section as Eden Prairie, a heavy favorite to qualify for its 11th state tournament in 12 years. Edina defeated third-seeded Minnetonka 7-5 in the regular season and an anticipated re-match in the semifinals would be another battle.

Section 7 — Similar to Section 5, this bracket goes four deep with legitimate contenders for the top spot, not surprising when you consider four of the teams hail from the ultra-competitive Northwest Suburban Conference. Anoka should be well rested for a potential semifinal match-up with Mississippi 8 Conference champion Cambridge-Isanti and advance to the finals. Coon Rapids won three straight to close out the regular season, including a comfortable victory over Anoka. Expect the unexpected in this section, and that could result in Andover earning its first-ever trip to state.

Section 8 — One of four remaining unbeaten in Class AAAAA, St. Cloud Tech returns a solid group of players who contributed to last year's run to the state semifinals. Brainerd has won seven in a row since falling to the Tigers 14-13 in the season

opener and they could meet again in the finals with more at stake than the Central Lakes Conference title. This section is deep and balanced. Nobody should be too surprised if fifth-seeded Moorhead or sixth-seeded Bemidji pulls off an upset.

Class AAAA

Section 1 — Don't bet against the Missota Conference in this section, with top-seeded Northfield and No. 2 seed New Prague expected to meet in the finals. Northfield defeated the Trojans 21-18 in the regular season, but this one is up for grabs.

Section 2 — Willmar's 5-3 record in the regular season wasn't even enough to earn a home game for the fifth seed in the Section 2 quarterfinals. Hutchinson has won seven in a row since dropping the season opener to Class AAA power Glencoe-Silver Lake, but don't count out Waconia, Marshall, Mankato West, Willmar or Mankato East in this section.

Section 3 — St. Thomas Academy and Simley both endured just one loss in the Classic Suburban Conference and could meet in the section finals after not playing in the regular season. Fourth-seeded Holy Angels could derail those plans with an upset of the Cadets in the semifinals.

Section 4 — Top-seeded St. Paul Como Park scored 40 or more points in six of eight games this season, but don't ignore

St. Paul Johnson or Chisago Lakes in the bottom half of the bracket or fourth-seeded Mahtomedi to give the Cougars a run in the semifinals.

Section 5 — St. Michael Albertville has won six in a row since starting the season 0-2, including a 19-0 victory over second-seeded Becker in the regular season finale. Look for a re-match in the section finals with a similar result for the Knights.

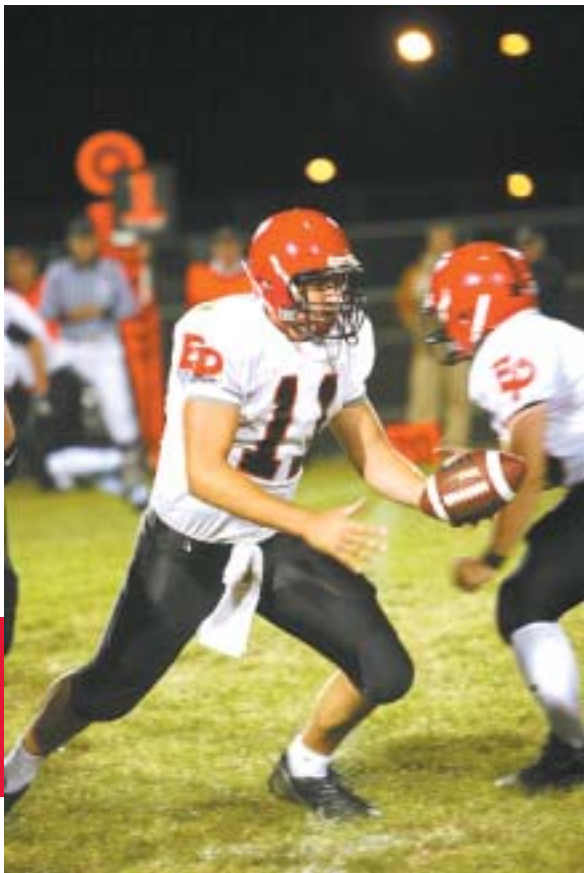
Section 6 — Easily the strongest section in Class AAAA, undefeated Spring Lake Park and once-beaten Totino-Grace are the favorites to meet again in the finals. Their road will not be easy, with Benilde-St. Margaret's expected to test Totino-Grace in the semifinals and Orono, with narrow losses to Glencoe-Silver Lake and Waconia its only blemishes, a tough obstacle for the Panthers.

Section 7 — A wide-open section with little to differentiate top-seeded Hermantown from Duluth East, Duluth Central, Cloquet or Grand Rapids. Look for Hermantown to take advantage of its first-round bye and advance to state for the first time since 2003.

Section 8 — After making 11 trips to state from 1990 to 2002, look for undefeated and top-seeded Detroit Lakes to return after a four-year absence. Sartell blanked third-seeded Sauk Rapids-Rice 48-0 in the regular

5 Players to Watch

Ryan Grant
Eden Prairie



It's probably as close as you're going to find to having a coach on the field with Grant calling the signals for the No. 1 ranked Eagles. The senior quarterback, who has committed to the Gophers, has completed 31 of 51 passes for 530 yards and 14 touchdowns with just one interception. The 6-foot-1, 215-pounder is also a standout safety/linebacker, which is likely where he will line up in college. Has a chance to end his prep career with a 28-game winning streak as the starting quarterback.

Michael Floyd, Cretin-Derham Hall

The most talked about football recruit to come out of Minnesota in many years, the senior receiver has played all over the field for the Raiders — but just not much in the second half because of so many lop-sided games. The 6-foot-3, 210-pounder caught 35 passes for 717 yards and 11 touchdowns in the regular season. He also rushed for 274 yards while filling in at running back while Shady Salamon was injured, including 107 yards on just eight carries in a victory over Stillwater.

Sam Maresh, Champlin Park

A two-time individual state champion in wrestling, Maresh is also one of the state's top football players. Maresh, who also handles the punting chores, averages more than 10 tackles per game at linebacker for a defense that allowed just 61 points in eight regular season games. Maresh is also utilized in short-yardage situations, scoring five touchdowns on the ground and another through the air this season. Maresh has verbally committed to play football for the Gophers.

Greg Morse, St. Paul Como Park

One of the most talented players you've never heard of, Morse led the Cougars (6-0 SPCC, 8-0) to the first St. Paul City Conference football championship in school history. The 6-foot-5, 195-pound quarterback has completed 93 of 153 passes for 1,507 yards and 23 touchdowns with just four interceptions. In Como Park's last four games of the regular season, he threw 17 touchdown passes without an interception. A starter since he was a sophomore, Morse and the Cougars are averaging 37.5 points per game this season.

Jordan Waiwaiole, Spring Lake Park

His name is difficult to pronounce, but he's even harder to block. Waiwaiole, a 6-foot-4, 210-pound defensive end missed much of the season with a broken foot, but his return helps boost an already loaded Panthers defense which allowed just 71 points in the regular season. Waiwaiole averaged nearly nine tackles per game and finished with 12 sacks as a junior while also rushing for 5.65 yards per carry.

Text by Stuart Groskreutz and photo by Josh Holmberg.

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