

JAN25

— Fox Cities — *SPORTS*

**Xavier's Luke
Oelhafen**

**Just. Keep.
Shooting!**

Cover photo by
Paul Stumpf, P.S. Portraits

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Torie Neubauer	Basketball	Minnesota-Duluth	Raegan Krueger	Basketball	Minnesota-Duluth
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Elizabeth Van Ryzin	Lacrosse	Marian University	Bobby Plass	Baseball	Marian University
FREEDOM			Nate Rathkamp	Football	University of St. Thomas
Abbie Cropsey	Basketball	Wisconsin Lutheran	Ava Van Camp	Volleyball	UW-Oshkosh
Marlee Smith	Softball	UW-Eau Claire	Paige Wyngaard	Softball	Concordia University – St. Paul
Kaia McVay	Softball	UW-Platteville	MENASHA		
Peyton VandeLoo	Softball	Ripon College	Jaydon Lanser	Football	Winona State
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Claire Helmila	Track & Field	Northern Illinois	Rylie Bauman	Swim & Dive	Fairfield University
Madison Schaper	Track & Field	UW-River Falls	Grant Dean	Football	UW-Madison
HORTONVILLE			Drew Gaerthofner	Swim & Dive	UW-Madison
Bella Dontje	Softball	Concordia University	Jacob Herm	Wrestling	South Dakota State University
Molly Fischer	Volleyball	Georgetown University	Luke Jung	Football	Minnesota-Duluth
Gracin Foytik	Softball	UW-Parkside	Julian Kuehn	Rowing	UW-Madison
Taiven Gass	Basketball	McHenry County College	Kaylee Marhefke	Softball	Upper Iowa University
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Kael Konrad	Baseball	McHenry County College	Rae Schoultz	Lacrosse	Austin Peay State University
Turner Kuhnke	Baseball	UW-Milwaukee	XAVIER		
Olivia Peters	Softball	College of Lake County	Carter Appl	Football	North Dakota State
Addison Schroeder	Softball	College of Lake County	Madison Daley	Volleyball	Rider University
Lainie Schroeder	Softball	Florida National University	Annika Kowalski	Volleyball	Marquette University
Rainey Welson	Basketball	University of Maryland			
KIMBERLY					
Jack Anzelmo	Baseball	Concordia University – Mequon			
Sawyer Deering	Baseball	University of Tennessee			
Julia Gurholt	Tennis	Minnesota State – Mankato			
Evy Karls	Cross Country	UW-Stevens Point			

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From the Publisher



As they close out 2024 and turn their attention to 2025, athletes in the Fox Valley are taking the opportunity to reflect on their progress and set resolutions to improve in the coming year. These resolutions often focus on a combination of physical fitness, skill development, and mental fortitude.

One of the most common resolutions for sports enthusiasts – and for the rest of us, for that matter! – is to improve their overall fitness. This may mean setting goals to increase strength, endurance, or flexibility, depending on the sport. A more structured and consistent training schedule is often a key component of this New Year's resolution.

Improving specific sport-related skills is another resolution for many athletes. Whether it's perfecting a tennis serve, mastering a soccer drill, or improving shooting accuracy in basketball or hockey, athletes often resolve to put in the extra practice needed to get better at their sport. Many athletes also commit to working on weaknesses, such as flexibility for a gymnast or endurance for a marathon runner.

Whether it's a high school basketball game or a weekend run, the Fox Valley is ready to embrace a year of sports that unite, inspire, and set a positive example for all.

For local athletes, one resolution is clear: making sure you foster a love for the game. This year is about pushing your boundaries and creating opportunities for yourself. With a growing focus on multi-sport participation, Fox Valley athletes are encouraged to explore various sports, strengthening their skills and enjoying the process.



For Fox Cities Sports magazine, the new year brings a new group of coaches, athletes, and events to highlight. We'll visit with Xavier hoops star Luke Oelhafen, while Appleton North and Appleton East's swimming and diving coach Shalene Huth gives us the scoop on her coaching philosophy. We'll ask 20 questions of Hortonville's Leah Heraly, while her mom give us the parent's perspective on Leah's battle back from injury.

Whatever your specific goal, New Year's resolutions are about building on past success while striving for continuous growth in both the physical and mental aspects of your life. Here's to a happy new year... now get after it!

Break, on three... Ready! ■

Dale

— Fox Cities — SPORTS

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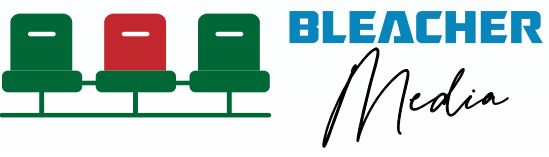
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Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 15th of each month prior. Email your thoughts, ideas and photos to:
dale@foxcitiesports.com.



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WSPA 2025 Singles State Championships

BY NICOLE CAMPUZANO



The Wisconsin State Poolplayers Association (WSPA), "an independent association dedicated to the development and promotion of amateur pocket billiards" players, will host the 2025 Singles State Championships Thursday, February 6 through Sunday, February 9, 2025, at the Fox Cities Exhibition Center in downtown Appleton.

According to the WSPA website, "this event will be up to \$30,000+ added and played on 120 7' Diamond pool tables with Simonis 860 tournament blue cloth using Aramith Duramith Tournament balls."

The website further states, "the event is open to any player who has played 4 matches in a WSPA-sanctioned league for the current sanctioning season starting after June 1." Players can enter even if they did not play in a WSPA-sanctioned league by filling out the Non-sanctioned Player entry form; however, they must be residents of the state of Wisconsin or Michigan's Upper Peninsula with proof of residency.

All entries must be submitted by January 7 to avoid late fees, and no entries will be accepted after January 21. Players who wish to check the status of their entry can do so by clicking on the Tournament Manager hyperlink on the WSPA website, or by contacting their League Operator.

This tournament includes a variety of events such as Mixed A 9-Ball, Mixed Master 10-Ball, Mixed Senior's 8-Ball, and Women's A 8-Ball, just to name a few.

To learn more about this upcoming tournament, including entry details, event times, and a link to make hotel reservations at the attached Hilton Paper Valley Hotel, visit the WSPA website at www.wspapool.com/singles. The website also features a convenient, live countdown to the upcoming championships. Entry forms to enter this event went live on December 4 and will be open until January 21. ■

Nicole Campuzano is an Antigo, Wisconsin native. She earned her bachelor's degree in English Education from the University of Wisconsin-River Falls. She taught high school English Language Arts for several years. She and her family recently relocated to the Fox Valley, where they are enjoying the many exciting opportunities the area has to offer.

INSIDEJAN



Photo by Paul Stumpf

◀◀ 12-15

LUKE OELHAFEN

At 6'3", Luke plays small forward for the Hawks, a position that requires excellent shooting and rebounding skills. With a 2023-24 season average of 6.4 points and 4.6 rebounds per game, PrepHoops considers him to be the top returning player for the Hawks.

7 >>>

THE POWER TO CHANGE SPORTS

The opportunity for sportsmanship education and change is greater than ever. Coaches, parents, and local club leaders have the power, opportunity, and reach to create a positive sports culture and environment here in our community.



◀◀ 10-11

THE SAD STATE OF LOCAL SPORTS REPORTING

Over time, local sports coverage began to suffer. Small weekly newspapers merged with other publications, were bought out, or went out of business. Revenues dropped, journalists lost their jobs or left the business altogether, and readers were left with less coverage.

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20 QUESTIONS

With Leah Heraly, senior guard at Hortonville High School.

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APPLETON CURLING CLUB

Learn about the fastest growing winter sport in America!

18-19

ONE ON ONE

With Appleton North and Appleton East swim and dive head coach Shalene LaRae Huth.

22-23

ENERGIZE YOUR EATING IN 2025

Some helpful hints to energize your eating this year!

Fresh Start: A Deliciously Healthy January Recipe to Try

BY KIRSTEN RICE

KUNG PAO BRUSSELS SPROUTS

INGREDIENTS

- 2 pounds Brussels sprouts, trimmed and halved
- 3 tablespoons neutral oil (vegetable or canola oil)
- Kosher salt
- 1 tablespoon cornstarch
- 3 cloves garlic, minced
- 5 to 7 dried whole Thai chiles
- One 1-inch-piece fresh ginger, cut into thin matchsticks
- 2 scallions, thinly sliced on the bias, greens and whites separated
- 2 teaspoons ground Sichuan peppercorns
- 3 tablespoons light soy sauce
- 1 teaspoon dark soy sauce
- 2 tablespoons oyster sauce or mushroom oyster sauce
- 2 tablespoons rice wine vinegar
- 2 teaspoons brown sugar
- 3 tablespoons roasted unsalted peanuts, chopped

DIRECTIONS

1. Place a rimmed baking sheet in the center of the oven and preheat to 475 degrees F. The baking sheet should be very hot, so keep it in the oven for about 30 minutes.
2. Toss the Brussels sprouts with 2 tablespoons neutral oil and 1 teaspoon kosher salt in a large bowl until evenly coated. Lay the Brussels sprouts cut-side down on the hot baking sheet and bake until the outer leaves are lightly charred, the cut sides are browned and the sprouts are just tender in the center, 20 to 24 minutes.
3. Meanwhile, make the sauce by mixing cornstarch with 3/4 cup cold water in a small bowl until combined and set aside.
4. Heat the remaining 1 tablespoon oil in a medium saucepan over medium heat until shimmering. Add the garlic, dried Thai chiles, ginger and scallion whites over medium heat until the scallion is translucent and the garlic begins to brown, about 1 minute. Add the Sichuan pepper and stir until fragrant, about 30 seconds. Add the light soy sauce, dark soy sauce, oyster sauce, vinegar and brown sugar and cook until it starts to bubble, about a minute. Whisk in the cornstarch slurry and cook until the sauce thickens. Taste and adjust for seasoning with salt if needed.
5. Toss the roasted Brussels sprouts, sauce, half the chopped peanuts and half the reserved scallion greens in a large bowl until evenly combined. Transfer to a serving platter and garnish with remaining chopped peanuts and reserved scallion greens. ■

Kirsten Rice is the Operations Director at the Ogden YMCA and Valley Tennis Center. She has her bachelor's degree from Michigan State University in Kinesiology with an emphasis in Health Promotion Specialization. She is a certified personal trainer through the American College of Sports Medicine and a Certified Group Exercise Instructor. She has been working in the field for seventeen years and loves working with clients one on one to achieve their health and wellness goals and teaching to groups as a fitness instructor. If you would like to talk with Kirsten, you can contact her at krice@ymcafoxcities.org.

The Power to Change Sports

BY ABBY McDANIEL, SPORTS MARKETING MANAGER, FOX CITIES CONVENTION AND VISITORS BUREAU



Parents and coaches of athletes in the Fox Cities are familiar with the positive impacts that sports have on our athletes and our community as a whole.

Conversely, we also know that the culture of sports has been hurt by poor sports behavior by both parents and athletes, leading to a growing officials' shortage and even in some cases decreasing the number of sports opportunities available.

As a volleyball coach myself, I see these struggles first-hand with my team and our program. But I also know that the opportunity for sportsmanship education and change is greater than ever. Coaches, parents, and local club leaders have the power, opportunity, and reach to create a positive sports culture and environment here in our community.

Here are some resources and organizations working towards positive sportsmanship culture and combating the referee shortage in our community.

KNOW YOUR ROLE — The *Know Your Role* marketing and media campaign draws attention to the problem of poor participant behavior around athletics, and it aims to change that culture for the better. The campaign also addresses the epidemic of poor behavior toward sports officials, aiming to correct that problem through a series of positive messages and continued reminders that participant safety, enjoyment, growth, and development are the most important aspects of sports. Know Your Role shares the message that "You can only be

one: A Parent, an Athlete, an Official, or a Coach. You can only be one, so Know Your Role." The goal of this campaign is to remind everyone involved in youth sports of the importance of appropriate behavior to better the culture and love of sports in our community.

WON80: A Return to Sportsmanship — WON80 is a grassroots movement in Wisconsin led by Mark Horbinski with a mission to lead the return of sportsmanship through awareness, education, and inspiration. With 30 years of experience teaching, coaching, and officiating in Wisconsin, Mark created the WON80 program to focus on behaviors and actions both in and out of the world of sports to positively impact teammates, teams, programs, schools, and communities. Mark conducts workshops, summits, and presentations throughout the state for parents, booster clubs, and schools on the topic of sportsmanship.

SOCCER PARENTING — Soccer Parenting (www.soccerparenting.com) is an online resource and program designed to inspire players and empower parents and coaches in the world of soccer. The program values active health and soccer knowledge initiatives along with coach integrity, life lessons, and playing sports for the love of the game. The program provides messaging for parents to prepare themselves as a spectator and support their child both on and off the field.

My role at the Fox Cities CVB consists of supporting and offering resources to sport programs and event directors to help make sports better in our Fox Cities community. If you want to learn more about Know Your Role, WON80, Soccer Parenting, and officiating opportunities, please contact amcdaniel@foxcities.org. ■



Looking to plan a sporting event? *Let us help!*

Contact Matt and Abby at the Fox Cities Convention and Visitors Bureau to discuss ways we can help you plan and promote your event and possibly even help you secure grant funding support!



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20 QUESTIONS

LEAH HERALY

MY TOUGHEST RIVALS ARE:

Kimberly and Neenah.

MY IDOLS ARE:

My parents.

SOMETHING THAT WOULD SURPRISE PEOPLE ABOUT ME IS:

I'm a three-sport athlete.

MY FAVORITE MUSICAL ARTIST IS:

Zach Bryan.

MY FAVORITE HOME-COOKED MEAL IS:

My mom's Chicken Alfredo.

IF YOU COULD PICK ONE ANIMAL TO HELP YOU WITH A FIGHT WHAT WOULD IT BE:

A tiger.

MY FAVORITE ATHLETE IS:

Dansby Swanson.

MY FAVORITE TEAM IS:

The Chicago Cubs.

MY FAVORITE TEAM TO ROOT AGAINST IS:

The Milwaukee Brewers.

THE BEST THING ABOUT MY SPORT IS:

The memories and friends I've made along the way.

SOMETHING IN MY HOMETOWN I'D LIKE TO CHANGE:

I wish we had a Culver's.

MY MOST MEMORABLE SPORTS MOMENTS:

Winning state for basketball in 5th, 6th, 7th grade. Winning the basketball pace setter five state tournament my 8th

HORTONVILLE HIGH SCHOOL SENIOR GUARD GIRL'S BASKETBALL

grade year. Going to state my sophomore year for basketball. Going to sectionals my junior and senior year for golf. Winning after 14 innings in a varsity softball game versus Kimberly my sophomore year on my 16th birthday after I tied the game in the 7th inning.

MY FAVORITE JUNK FOOD IS:

Chips.

I PLAN TO GO TO COLLEGE TO:

The University of Wisconsin, Madison or The University of Minnesota.

HOW DO YOUR TEAMMATES MAKE PRACTICE FUN:

They are always goofing around and dancing.

WHAT IS YOUR FAVORITE SPORTS MOVIE:

Remember the Titans.

IF YOU COULD PLAY ANOTHER SPORT WHAT WOULD IT BE:

Lacrosse.

WHAT SPORT DID YOU FAIL AT AS A CHILD:

Swimming. Don't worry, I can swim now!

WHO WAS YOUR ACTOR/ACTRESS CRUSH:

Theo James.

WHAT IS THE ONE THING YOU ALWAYS DO AFTER A GOOD PERFORMANCE:

Go get food with my teammates.



Sports is a great place for children to hang with their friends and learn teamwork while building their own self-esteem. Through sports, Leah has improved her work ethic and time management skills. She has learned responsibility and respect for others. And she has grown in her ability to listen, follow rules and directions, and respect authority.

Having a student-athlete takes an extreme time commitment for players and their families. Sports has become a year-round activity and makes it a full-time job, especially if you are a multi-sport athlete. It requires flexibility, time management, and willingness to ask for and offer help. We have made lifelong friends and experienced awesome community events and fun by helping and asking for help with meals, rides, snacks, fundraising, etc. The support from our family, friends, sports families, coaches, athletic trainers, and community has been a tremendous part of our daughter's success and growth as a young adult and athlete.

Leah balances sports, school, and family well. We make it a priority to take time off between activities to relax and have fun together by traveling, attending or watching professional sporting events or movies, and tackling household chores. We encourage our kids that school always comes first, then your chores or work, and then your activities and hobbies.

Of course, injuries are always a worry for parents, no matter the activity. Leah suffered a left ACL and bilateral meniscus tears early December in her junior year of varsity basketball. Initial injuries are hard to endure, watching your child's physical and emotional pain. But witnessing their perseverance, drive, and work ethic is the reward. Leah has been my hero and a great role model through her injury!

We have always been a family that practices our kids' activities together outside of team practice in order to help and encourage our kids to improve their skills and help their teams. I will always treasure the quality time spent rebounding for my daughter at the YMCA or in our yard, sitting on a bucket for hitting practice, hitting fly balls or grounders to practice fielding, and playing golf putting games at our local golf course.



Denise and Leah Heraly.

A Parent's Perspective

BY DENISE HERALY | PHOTO BY PAUL STUMPF

After a loss, we try to focus on the positive and team effort ... and then we help Leah practice what she can improve on.

We attribute Leah's competitiveness and drive to always wanting to beat her older brother Elliot or dad Brad in an activity we do together. Elliot, who is 21 years old, was also a multi-sport athlete. He played football and basketball, and ran track. He continues to play in a local softball league and in local softball tournaments in the summer.

In addition to basketball, Leah played flag football in elementary school ... and her high school powder puff flag football team has been champions her junior and senior year. She also plays golf and softball.

We're sure Leah will also continue to play sports after high school, for fun and to stay active and healthy. Especially golf, so she can continue to beat her dad! While sports won't be a part of her college decision, she and our family enjoy watching and attending college and professional sporting events, so we do look forward to attending games where Leah goes to college.

We are so proud of the person and athlete Leah has become. We look forward to her future and what she will continue to accomplish. THANK YOU to EVERYONE who has been a part of Leah's life and helped us along the way. It truly does take a village to raise children. ■

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The Sad State of Local Sports Reporting

BY GREG SEUBERT



Unbelievable.

I've used that word to describe a game-winning field goal in overtime, a buzzer-beating three-pointer, and a new state track and field record.

I've also used it when asked for my take on how northeastern Wisconsin media — specifically newspapers — cover high school sports compared to how it used to be.

There was a time not too long ago that a high school football player could open up the sports section of *The Post Crescent* — the Appleton area's daily newspaper for more than 100 years — on a Saturday morning and expect to see extensive coverage from the previous night's games. Reporters and photographers would attend a few games; shoot photos; keep statistics; interview players and coaches; and turn in their stories and photos to meet an early-morning deadline. The paper would be on stands and delivered to homes less than 12 hours after the games ended.

There would also be details from several other games and if someone wanted to read every detail from every game, it would probably take at least an hour.



Hortonville's Trinity Mocadlo (right) guards Kettle Moraine's Grace Grocholski in March 2023 during a Division 1 semifinal game at the WIAA State Girls' Basketball Tournament in Green Bay. The *Waupaca County Post* covered Hortonville at the tournament, held each March at the Resch Center, but other newspapers have cut back extensively on local sports coverage in recent years.

Photo by Greg Seubert, *Waupaca County Post*

There were also scores from other football games across Wisconsin, so if your friend or cousin was a defensive back on the football team at Racine Case, St. Croix Central, or Ashland high schools, it was about the only way to find out if their team won or lost.

Guess what? Those days are long gone and unfortunately, they're not coming back.

That's a bold statement to make, but I think I know what I'm talking about. I spent almost 30 years covering high school sports for the *Waupaca County Post*, the weekly newspaper in Waupaca. My job initially included covering one high school — Waupaca — and its varsity, junior varsity, and freshman teams.

It was only one school, but there was a lot on my plate. Plus, I helped out with other aspects of the newspaper and covered everything from governmental meetings to homicide trials to breaking news.

Remember the Sunday edition of The Post Crescent the week before Thanksgiving? It was about 2 inches thick, weighed about 3 pounds, and had about 50 inserts pushing upcoming Black Friday sales. Those days are long gone and like local sports coverage, they aren't coming back.

It was a respected, respectable, award-winning, community-based, money-making publication.

The *County Post* ended up being purchased twice over the next few years, and that's when things started to change.

One of the previous owners began purchasing other weekly newspapers throughout Waupaca County, and the result was a countywide newspaper that tried to cater to each community.

Results were mixed. Clintonville readers were used to seeing only Clintonville-area news in the *Clintonville Tribune-Gazette*. They didn't care what happened in Manawa, Iola, or Waupaca. The combined newspapers also meant additional schools and teams to cover. That number eventually grew to seven: Waupaca, Weyauwega-Fremont, Little Wolf (Manawa), Clintonville, New London, Iola-Scandinavia and Hortonville. I went from being responsible for covering five Waupaca sports programs each spring (baseball, softball, track, boys' golf, and girls' soccer) to keeping tabs on more than 30 varsity sports at seven schools each spring. Most games and meets ended up not being covered or mentioned. Available space for local sports ended up being cut because of less advertising revenue, but the number of teams increased seven-fold.

Something else happened as well. The Internet had a major impact on the newspaper business that the industry hasn't

recovered from and never will. Some newspapers and chains figured out how to develop a profitable, easy-to-read and informative website and Facebook page, but most didn't.

Auto dealers, real estate companies, and big-box retailers figured out they could spend less money advertising their goods and services on a website or Facebook than placing an ad or insert in the local newspaper.

Remember the Sunday edition of *The Post Crescent* the week before Thanksgiving? It was about 2 inches thick, weighed about 3 pounds, and had about 50 inserts pushing upcoming Black Friday sales. Those days are long gone and like local sports coverage, they aren't coming back.

Over time, local coverage began to suffer. Small weekly newspapers merged with other publications, were bought out, or went out of business. Revenues dropped, journalists lost their jobs or left the business altogether, and readers were left with less coverage.

Local sports coverage ended up getting hit especially hard. I was fortunate because my position in Waupaca was never eliminated, although I had to interview for my position just to keep my job. However, events that readers could count on their local newspaper to cover weren't covered anymore.

Throw in a triple whammy of rising newsprint costs, postage increases, and a pandemic, and it became a perfect storm of coverage that was far from perfect.

So what can be done for readers to see more local sports coverage in their local newspaper or online? Frankly, not much. A phone call, email, or in-office visit to an editor, general manager, or publisher won't help. Some newspapers — and television stations, for that matter — are willing to use the public's blurry photos or shaky video taken with a phone, but let's face it: the quality just isn't there. What used to be a grainy video of a kid scoring a touchdown 100 feet away is now on the local news station or newspaper website.

That's what makes publications like *Fox Cities Sports* great. Publisher Dale Ver Voort has a mission to provide his readers with sports coverage they're not going to find anywhere else.

The first issue in October included a cover story on Kimberly High School senior Julia Gurholt, a member of the Papermakers' girls' tennis team. The second, in November,

profiled Fox Valley Lutheran boys' basketball player Graham Feidt.

The stories on both athletes were in-depth and gave a taste of both students' athletic journeys.

An added bonus is *Fox Cities Sports* is free and can be found at several businesses throughout the Fox Valley area, including gas stations and grocery stores. The list of places will grow as the magazine takes off.

It might take a while, but Dale's definitely on to something. It's up to local readers and advertisers to back him up so his dream can keep growing. ■

Greg Seubert is a freelance reporter, photographer, and editor based out of his rural Weyauwega home. He spent 28 years covering high school sports for the *Waupaca County Post*, a Waupaca-based weekly newspaper, before stepping down in April 2024. Before that, he spent 10 years as a reporter and editor at four other newspapers in Wisconsin: the *Cornell and Lake Holcombe Courier* in Cornell (1986–89); the *Marshfield News-Herald* in his hometown of Marshfield (1989–92); the *Daily Jefferson County Union* in Fort Atkinson (1992–95); and the *Monroe Evening Times* in Monroe (1995–96). He joined the *Waupaca County Post* prior to the start of the 1996–97 school year and eventually covered sports teams from Waupaca, Iola-Scandinavia, Weyauwega-Fremont, Little Wolf (Manawa), Amherst, Wild Rose, Almond-Bancroft, Stevens Point, New London, Clintonville, and Hortonville high schools. He returned to the *County Post* in August 2024 and continues to cover sporting events and outdoors issues on a part-time basis for the newspaper and its website.

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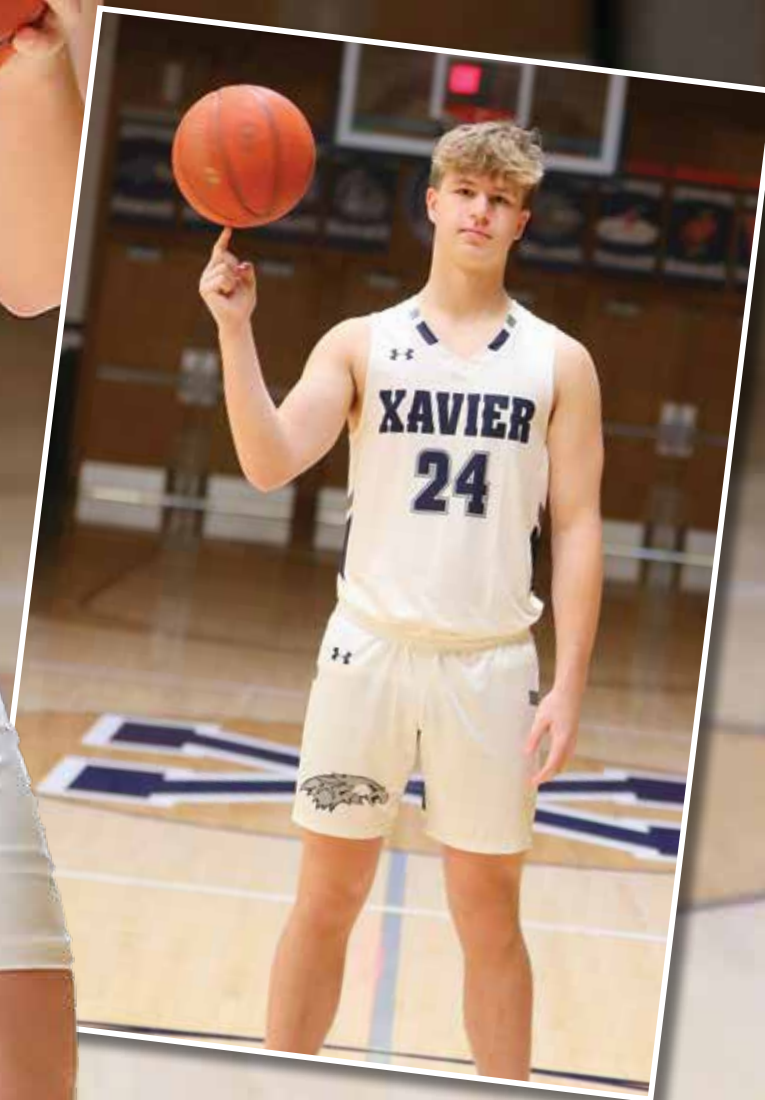


Luke Oelhafen

Just. Keep. Shooting!

BY DIANE BAST

PHOTOS BY
PAUL STUMPF



FOX CITIES SPORTS

Shooting slumps dog every basketball player at one time or another. Xavier Hawks senior Luke Oelhafen is no stranger to that affliction.

"I was in a bit of a shooting slump last year," he admits, "and I wasn't knocking down my three-point shots as well as I had been."

Time to throw in the towel? Sit on the bench for a while? Not hardly.

Indiana Pacers superstar Reggie Miller had just two words for players dealing with slumps: "Shooters shoot." And Luke heard the same thing.

"Coach [Matt] Klarner talked to me and told me to just keep shooting. He told me that he was confident in my abilities."

Just. Keep. Shooting. Could it really be that simple?

Apparently, the answer is yes. "A couple games later," Luke reports, "I had my best game of the season."

Coach Klarner's advice has carried over into the 2024-25 season. In early December, he had 20 points and 10 rebounds in the Hawks' resounding 90-59 victory over the Winneconne Wolves. On the basis of that performance, he was one of five student-athletes nominated as the Cellcom Post-Crescent high school athlete of the week.

Playing for a Powerhouse

At 6'3", Luke plays small forward for the Hawks, a position that requires excellent shooting and rebounding skills. With a 2023-24 season average of 6.4 points and 4.6 rebounds per game, PrepHoops considers him to be the top returning player for the Hawks.

The Hawks are a powerhouse in the Bay Conference, which includes Green Bay East and West, Menasha, New London, Seymour, Shawano, and West De Pere. The team was ranked #1 in the Bay Conference in 2023-24, with a 14-0 in-conference record and 24-3 overall. Over the past 13 seasons,

*The Oelhafen family -
Eddie, Emma, Luke, Amy and Eric.*



JANUARY 2025

according to PrepHoops, “the Hawks own a state-best average of 21.3 victories [per year] ... and have won 10 league titles.” They were Division 3 champions in 2017.

This season, the Hawks will be seeking their fifth straight Bay Conference championship. Luke is shooting for regional and sectional championships this season as well.

“This year I hope that our team can win a regional championship, as well as a sectional championship,” he says. “These are goals that I have had every year that I have been on varsity [in 2022–23 and 2023–24].

“Both years we have been able to get the regional championship, but we have fallen short on the sectional championship. I hope that we can finally get that sectional championship this year.” All the championship games — regionals, sectionals, and state — will be played in March.

“I tend to get in my own head a lot.”

An All-Year Sport

Luke loves basketball for many reasons, the top one being “that you can play basketball at any time and pretty much all year ‘round.

“When the winter comes around,” he explains, “you are right into your high school season. When winter is over and April hits, you are right into AAU [Amateur Athletic Union] basketball playing every weekend.” He plays AAU club basketball for All-Wisconsin.

“Then in the summer you get summer league with your high school while mixing in a little AAU. In the fall we have open gyms and fall league. Basketball just always keeps me busy,” he says.

Bonding and Bus Rides

“Another thing that I love about basketball,” Luke says, “is just being able to be with the team every day. From the team bonding to the bus rides, it’s just something that is amazing to be a part of.”

Being with the team every day isn’t all fun and games, “especially being a senior,” Luke says. There are responsibilities and challenges as well.

“Being a member of the team has taught me how to be a leader,” Luke says. “It has also



Photo by Grace Pirillo.

taught me not to get too high or too low, and just to keep a level head and a positive attitude.”

Managing Those Highs and Lows

Luke says his biggest challenge is “not getting too high or too low.”

“I tend to get in my own head a lot,” he admits. “I’ve gotten better at keeping a level head, but it is something that I am still working on.”

Count that as yet another reason to love being a part of a team. Luke says he’s “had great teammates and coaches over the years who have confidence in me.” Their confidence rubs off, he says, and he knows they’ll be there for him, to help him work through “the highs and the lows.”

Advice for On the Court

Although “shooters shoot,” and a basketball player’s stats often focus on the offensive side of the game, Luke remembers some of the best basketball advice he’s ever received had to do with his defense.

“Coach Helein, who was my 6th grade coach, said this to me: ‘Defense is all heart and desire. It comes down to how bad you want it!’”

So how do you let the other guy know how bad you want it? Coach Helein explained, “When you pick out the guy you are

guarding, look him square in the eye and let him know it’s going to be a long night. Never back down, play with your full heart, and play without fear!”

“Coach Helein was a great coach,” Luke says, “and he always looked out for me and my teammates.”

Advice for Off the Court

Luke recognizes he’s been given plenty of good advice for off the court, as well. “Getting all my schoolwork done and maintaining A’s and B’s is important,” Luke says.

Taking care of the academics means “I am able to not worry about school while I am playing,” he says — one way to achieve that “level head” he’s always looking for.

“Getting good grades in school can translate to the basketball court as well,” he says.

Hoops in His Future

Luke expects basketball will be in his future for a long time.

“I hope to be able to play the game for as long as possible,” he says.

And when he’s not focused on playing? He’ll “pursue basketball through coaching later in life,” he says — probably reminding his players to keep their heads in the game and just keep shooting. ■

After 35 years as senior editor for the Illinois-based Heartland Institute, Diane Bast returned to the Fox Valley and now enjoys with her husband, Joe, a retirement of bicycling, kayaking, long walks, and tennis.

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The Sweeping History of the Appleton Curling Club

BY NICOLE CAMPUZANO | PHOTOS BY PAUL STUMPF



Joe Braun (left) and Tom Buranen (right) sweep ahead of the stone.



The Appleton Curling Club has been a part of the Fox Valley for an impressive 85+ years! The club, which was established in 1939 by Ray Fallon and Harold Mather, has grown from humble beginnings. That year, Fallon and Mather purchased eight sets of used stones from High Park Club in

Toronto, Canada to add to their own two sets, and froze water on the tennis courts at Pierce Park. However, the weather proved challenging when it came to the condition of the ice, and by 1940, they'd rented a concrete chicken house at the corner of Richmond Street and Highway OO.

Since the chicken house was outside of city limits, they had to use a nearby well and gravity to feed water through a 100 foot long pipe into barrels, which were then dumped simultaneously onto the surface to create the ice. Though this was an improvement from the park, they were soon outbid by a chicken farmer for use of the building, and in 1943, members

decided to construct a new building of their own, back at Pierce Park.

As a result of building during World War II, salvaged materials were used in construction of the new building. A local power company donated poles, and the club members did the construction work themselves. This project was completed in time for the 1945-46 season, and the first annual Men's Invitational Bonspiel was held there in January of 1946. The club was officially incorporated the following year. By 1952, the refrigeration unit was installed, making cooling the ice much easier.

The club continued to grow, with an increase in women's curling activities. This necessitated a move to the present-day location of the club at 307 N. Westhill Boulevard, which took place in 1960. Unfortunately, in 1967, a fire gutted the clubhouse and the upstairs spectators' area. The club embarked on an extensive remodelling project to repair and upgrade the facility, including a unique two-level view of the

ice. Thanks to its central location, the Appleton Curling Club is considered a favorite by many curlers.

According to Eric Bertram, the Appleton Curling Club president, "Currently, the Appleton Curling Club has about 250 adult members that curl in leagues six nights per week. A strong high school and junior program is also run by members who are certified curling instructors from the club. The club plays host to teams from across the United States during five different bonspiels, or curling tournaments, throughout the season."



Ryan Mehlberg, Greg Johnson, and Eric Bertram during their match at the Appleton Curling Club.



This January, the club will host the 80th annual Men's Invitational Bonspiel. However, one need not be a professional to enjoy the club; throughout the curling season, which runs from November to March, the club hosts several open house events, as well as a "learn to curl league." Bertram also explained that "the curling club is available for rental for team-building, office parties, and group get-togethers." Volunteers from the club are available to assist beginners to learn about the great sport of curling. Walk-ins are welcome, though pre-registration is encouraged to guarantee a spot.

Bertram also encourages members of the public to "stop down and watch a game of curling during the season. Leagues are generally in the evenings from 6 to 10 p.m. There will likely be a curler there who will be more than happy to explain the fastest growing winter sport in America!" ■

Nicole Campuzano is an Antigo, Wisconsin native. She earned her bachelor's degree in English Education from the University of Wisconsin-River Falls. She taught high school English Language Arts for several years. She and her family recently relocated to the Fox Valley, where they are enjoying the many exciting opportunities the area has to offer.

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SHALENE LaRAE HUTH

How long have you been coaching?

I have been coaching since my student-teaching days at UW-Eau Claire (UWEC). I coached Cross Country and Track and Field for 17 years; Swimming for 18 years; and this was my second season coaching the Fox Cities Youth Rugby Club, specifically the High School Iron Maidens.

What is your background in sports?

I ran Track and Field since middle school and continued my passion for it at UWEC, having the opportunity to compete at Nationals and earn the title of All-American. While at UWEC, I studied abroad at Lismore, Australia and was recruited to their Rugby team, as a winger. While completing my masters in Special Education in Dunedin, New Zealand, I grew to love the sport. I returned to the United States but then moved to the United Arab Emirates to teach at the American School of Dubai and play for the Dubai Hurricanes and their National team. After six years in the Middle East, I moved to Russia



BY DIANE BAST
PHOTO BY PAUL STUMPF

to teach at the Anglo-American School of Moscow and play for the Moscow Dragons, all while coaching Cross Country, Swim, and Track and Field. After four years, I moved back to my hometown of Appleton, thankful to land at Appleton West, where I am currently teaching in the Emotional Behavioral Disorders department. I was head Cross Country and Track and Field coach, and now my current position is Head Swim Coach for the Co-Op North and East High School boys' team.

What is your coaching philosophy?

My coaching philosophy, in all seasons and sports, is that hard work and being a good human beats talent. I strive to help my student-athletes be their authentic selves; to set goals; to continue to train out of season, preferably in a different sport; and to try new things. My biggest fear is when you have talented student-athletes who get "burned out" by playing only one sport year-round. I believe they should play as many as they can, learn more skills, and learn under different personalities and leadership styles.

What things does the team do in training that are keys to its success? The biggest thing contributing to our success is teamwork. I think when you have your athletes holding one another accountable, you become unstoppable. I view my role as setting up numerous opportunities to try and then fail, or try and then succeed. Giving them the opportunity to "buy into" your program for true accountability to take place is key to success.

Describe the most memorable games your team has won. Some of the most memorable

moments have been when we were in Prague, Czech Republic, winning the Central Eastern European Championships in Cross Country, or the Track and Field and Swimming Middle East South Asian Conference Championships in Delhi, India. Getting to travel to new and exciting countries coaching my student-athletes will forever be stamped on my heart.



How do you encourage the team after a disappointing loss?

Any time we're faced with a disappointing loss, I try to build them back up and be realistic to where they're at. I remind them to be gentle with themselves, as usually we are our own worst critic. I remind them that holding yourself to high standards is great, but also we need to make sure to get

out of our own way and simply reflect on whether they gave it their very best, leaving it all out on the track, pitch, or course, and what we can improve on for next time. I think once your athletes know just how much you care, they are willing to take bigger risks and really go for it, regardless of outcome.

Describe your proudest coaching moment. My proudest coaching moments would be when my former athletes contact me, to let me know how college is going, or that they're getting married, starting a family, or even better when they request a training plan for an upcoming triathlon or simply to just get back into fitness. It's these lifelong relationships I truly value and get from coaching my students.

What is the biggest life lesson you've learned from being a coach? I found while coaching in the United States that change is generally viewed as unfavorable or scary. I teach all my student-athletes that change is the one constant in life, and when we embrace change it can lead to success.

What legacy do you hope to leave as a coach? Legacy is never anything I dreamt of leaving as a coach. I try to focus on the present and how to make the very best out of each and every season, as you never know where life may take you. I teach my student-athletes to pay attention to the details and to set intention with everything we do. Our mind doesn't know the difference between a dream and the real thing, so we must continue to train our minds with positive outcomes – in all aspects of life. ■

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Empowering Young Girls Through Confidence and Fitness

BY DALE VER VOORT

Girls on the Run Northeast Wisconsin is a non-profit organization dedicated to empowering young girls and non-binary youth in grades 3 through 8. With a mission to inspire girls to be joyful, healthy, and confident, the organization provides a unique after-school program that combines physical activity with life skills education. By integrating running into lessons on self-esteem, teamwork, and emotional well-being, Girls on the Run creates a supportive and motivating environment where girls can grow, develop, and thrive.

Founded in 2012, the Northeast Wisconsin chapter is part of the larger Girls on the Run network, which has reached thousands of girls across the United States. Serving Appleton, Green Bay, Oshkosh, and beyond, the organization has quickly become a key resource in promoting youth development in the region. The program's goal is to help girls build the confidence and resilience they need to navigate the challenges of adolescence and achieve their full potential.

The program is built on a 10-week curriculum that blends physical activity, such as running, with important life lessons.

Each week, girls meet twice with trained volunteer coaches to participate in lessons that cover topics like goal setting, making healthy choices, managing emotions, and cultivating positive relationships. Through fun and interactive activities, the girls not only learn valuable social and emotional skills, but also train for a culminating 5K event at the end of the season, celebrating their hard work and achievements.

Girls on the Run is designed to be inclusive and accessible to all girls, regardless of their athletic ability. The program encourages participants to challenge themselves at their own pace, emphasizing personal growth over competition. By focusing on building self-esteem and self-worth, the program helps girls develop a positive body image, improve mental health, and cultivate a growth mindset.

A unique feature of Girls on the Run is its emphasis on mentorship. Volunteer coaches, who are trained to support the girls both physically and emotionally, act as role models and provide positive reinforcement throughout the program. These coaches help foster a safe and encouraging environment where girls feel supported and empowered to be themselves. The relationships built between coaches and participants often extend beyond the program, providing lasting connections that help girls continue to grow and develop.

In addition to its impact on participants, Girls on the Run Northeast Wisconsin is committed to being an inclusive organization. It welcomes non-binary youth and offers financial assistance to ensure that all girls, regardless of their financial background, can participate in the program. This commitment to accessibility helps ensure that every girl has the opportunity to experience the benefits of Girls on the Run.

By combining physical fitness with essential life skills, Girls on the Run Northeast Wisconsin is helping to shape the next generation of confident, resilient young women. The program not only improves physical health but also instills lasting values that empower girls to overcome obstacles, pursue their dreams, and lead with confidence. ■

To learn more about how you can support girls locally, contact Girls on the Run Northeast Wisconsin by visiting www.girlsontherunnew.org.



Her Path to Empowerment Starts at
Girls on the Run



Girls on the Run is an education and empowerment organization that inspires participants to be joyful, healthy and confident using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.

What We Do...

Girls on the Run designs programs to strengthen third-to-eighth-grade girls' and non-binary youths' social, emotional, physical and behavioral skills to successfully navigate life experiences.

Girls on the Run



Scan to learn more!

Or contact program director Kelly Ellington at 920-450-6398 or kelly.ellington@girlsontherun.com





THIS MONTH IN SPORTS HISTORY

JANUARY 1, 1902 1st Rose Bowl game. Played at Tournament Park, Pasadena, California. Michigan beats Stanford, 49-0. Most Valuable Player, Full Back Neil Snow of Michigan

JANUARY 3, 1920 Boston Red Sox baseball club owner Harry Frazee announces agreement to sell slugger Babe Ruth to the New York Yankees for \$125,000 in cash and a \$350,000 loan starting the 84 year "Curse of the Bambino"



JANUARY 6, 1994 United States figure skating champion Nancy Kerrigan is attacked by Tonya Harding's bodyguard at the U.S. Championships in Detroit

JANUARY 10, 1982 "The Catch" - Dwight Clark makes a fingertip catch for a touchdown from Joe Montana with 58 seconds remaining in the NFC Championship game. The San Francisco 49ers beat the Dallas Cowboys, 28-27

JANUARY 11, 2003 Washington right wing Jaromír Jágr scores his 10th career hat-trick and adds 4 assists for 7 points and his 1,200th NHL point in a 12-2 win against Florida. Jágr has 20+ goals in each of his 13 NHL seasons

JANUARY 13, 1982 Hank Aaron and Frank Robinson are elected to Major League Baseball Hall of Fame

JANUARY 15, 1892 Basketball rules first published in Triangle Magazine, written by the inventor of basketball, James Naismith

JANUARY 17, 1994 Patrick Ewing becomes first New York player to reach the 15,000-point mark in his NBA career and scores a game-high 34 points in the Knicks' 106-94 win over visiting Minnesota Timberwolves

JANUARY 20, 1980 President Jimmy Carter announces United States boycott of Olympics in Moscow

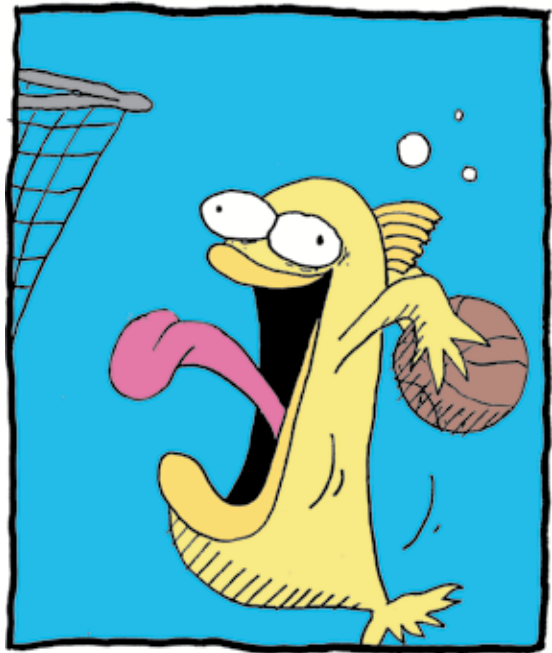
JANUARY 22, 1973 George Foreman TKOs Joe Frazier in 2 rounds to win the World Boxing Council and World Boxing Association heavyweight boxing titles in Kingston, Jamaica. Frazier was knocked down three times in both first and second rounds

JANUARY 24, 1950 Jackie Robinson signs highest contract (\$35,000) in Los Angeles Dodgers history

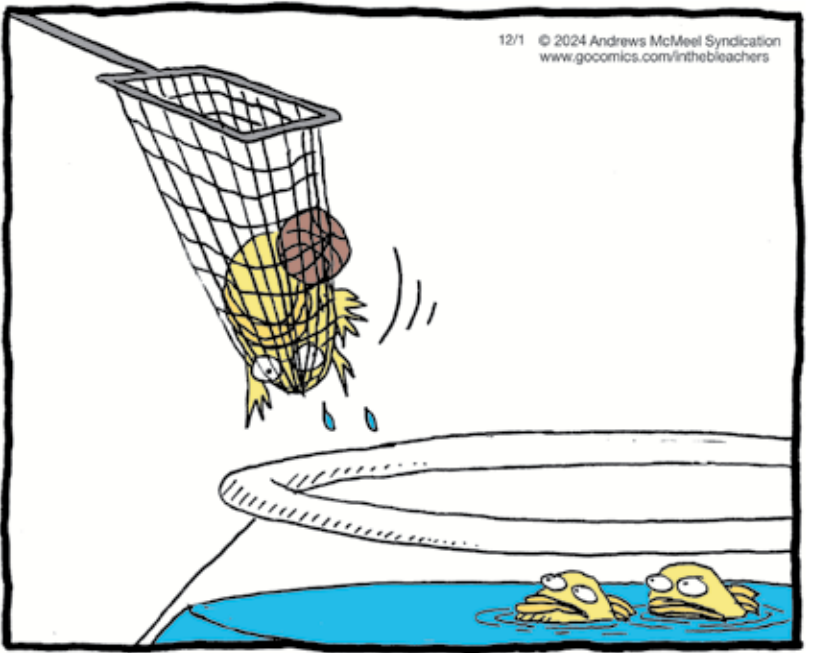
JANUARY 25, 1964 Nike athletics company was founded in Oregon as Blue Ribbon Sports by University of Oregon track athlete Phil Knight and his coach, Bill Bowerman

JANUARY 30, 1994 American speed skater Dan Jansen set a new world record in the 500-meter event at the 1994 World Sprint Championships in Calgary, Alberta, Canada, with a time of 35.76 seconds

IN THE BLEACHERS



BY BEN ZAEHRINGER





Energize Your Eating in 2025

BY KATE HARRELL JENKINS, MS, RD, CSSD, LD | YMCA DIETITIAN AND PERSONAL TRAINER, NEENAH-MENASHA

Below are some helpful hints to energize your eating in 2025!

1. Choose whole foods first.

- Whole foods, like fresh fruits, vegetables and whole grains, offer more fiber and are often more nutrient dense than processed foods. Fiber-rich foods help us feel more satisfied from a meal while nutrient-dense foods can help boost functions body-wide.
 - Processed foods tend to be lower in fiber and may include added sugars and higher sodium. Sugar-rich food may lead to more of a spike and drop in energy vs. sustained energy.
- Break up long gaps with healthy meals and snacks.
 - Long gaps without food may lead to overeating or cravings later in the day and can contribute to feelings of fatigue.
 - Don't skip your lunch break – not only is it a time to take a mental break and stretch your legs but also a time to nourish your body for the afternoon.
 - Plan ahead to assure you have healthy options available during the day, when you get home or for the commute home.
 - Bring a lunch to work instead of relying on nearby restaurants. Consider meal prepping for the week ahead.
 - Have healthy snacks on hand, so you're less apt to rely on the vending machine or office candy bowl. Options could include fresh fruit like apples or mandarins, nuts/seeds, raw veggies and hummus, yogurt, string cheese, homemade protein balls or high fiber bars.
 - Include a meal or snack after your workouts to avoid cravings and help you recover more quickly from your workout.

- Combine a protein and carbohydrate-rich food for optimal recovery.
- Pairings could include yogurt and fresh fruit, banana with peanut butter, string cheese and fresh fruit, fruit smoothie, a sandwich or wrap.
- Choose nutrient-dense foods vs. nutrient-less.
 - Eat the rainbow! Include colorful fruits and veggies to boost your nutrient intake and feel more energized. Fruits and vegetables also contribute to our hydration needs.
 - Nutrient-less foods, usually processed, can include hidden added sugars that leave you feeling drained of energy and craving more of the same. Many are "empty calories," with little vitamins and minerals.
- Use your food anchors to keep you satisfied longer: fiber, protein and fat.

Fiber, protein and fat can help provide longer lasting energy from a meal or snack and anchor your energy from the spike and drop.

Choose healthy, high-fiber carbohydrates for longer lasting energy.

- Carbohydrates supply us with energy, which prevents fatigue and keeps us energized for our daily activities.
- Higher fiber carbohydrates like fruits, vegetables, beans and whole grains provide a slower and lower rise in energy vs. the spike and drop of simple sugars.
- Carbohydrate-rich whole grains also supply B vitamins, which are important for energy-yielding reactions in our body.

Distribute and vary your protein intake.

- Protein can leave you satisfied longer from a meal, due in part because it takes longer to digest.

- Protein foods are also necessary for daily repair of proteins in our body, including muscle. Vary your proteins to assure you get all the amino acids your body needs.
- Examples include lean meats, fish, poultry, seafood, eggs, dairy, beans, nuts and seeds and some grains like quinoa and farro.
- For active individuals, consuming protein regularly throughout the day helps your body repair and rebuild muscle.

Include healthy fats.

- Healthy fats are more calorie-dense than carbohydrates and protein but are a good investment of calories to help us feel fuller, longer.
- Healthy fats are also important for daily function and nutrient absorption. For example, omega 3 fatty acids are important for brain function.
- Examples include avocado, olives, nuts and seeds, healthy oils like olive oil, fatty fish such as salmon.

5. Don't forget to hydrate.

- Dehydration can lead to feelings of fatigue and we do not have a back up store of water in our body so consistent hydration across the day is key. Keep a water bottle close by and be sure to refill it throughout the day.
- A simple way to assess hydration is by the color of your urine. Aim for straw yellow. BONUS... going to the



bathroom more frequently will also increase your daily steps!

- Aim to hydrate with fluids that are low to no calories such as water, hot or iced tea and limit added sugars found in juices, sodas, coffee drinks and energy drinks.

Kate Harrell Jenkins is a registered dietitian, certified sports dietitian, personal trainer and group fitness instructor. She loves all things wellness, and is an avid runner with over 20 marathons and ultramarathons under her belt. She also has a passion for working with Parkinson's and is certified in Rock Steady Boxing, PWR! Moves and Pedaling for Parkinson's. Kate believes in bringing together nutrition and fitness and would love to talk with you! Feel free to email Kate at kharrell@ymcafoxcities.org or kateharrellrd@gmail.com.

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FOOTBALL

CURLING

HOCKEY

DIVING

See page 26 for solution

JANFLIX

Sports Movies That Score Big on Heart and Action



◀◀ Coach Carter

“Coach Carter” (2005) is an inspiring sports drama based on the true story of Ken Carter, a high school basketball coach who prioritizes academics and discipline over athletic success. Directed by Thomas Carter, the film stars Samuel L. Jackson in a commanding performance as Coach Carter, a man who enforces strict rules for his team, demanding both athletic excellence and academic achievement.

The film explores the struggles and triumphs of the Richmond High School basketball team, a group of troubled young athletes facing challenges both on and off the court. Carter’s tough love approach clashes with the players and the community, but ultimately teaches them valuable life lessons about responsibility, respect, and perseverance.

While the plot follows familiar sports movie tropes, “Coach Carter” is elevated by its strong performances, particularly Jackson’s portrayal of a coach willing to make unpopular decisions for the benefit of his players’ futures. The movie’s powerful messages of discipline, leadership, and the importance of education resonate long after the final buzzer. It’s an uplifting and motivational film that blends sports drama with important social themes. ■

Touch The Wall ▶▶

“Touch the Wall” is a captivating documentary that offers an intimate look into the world of competitive swimming, following Olympic swimmers Missy Franklin and Kara Lynn Joyce as they navigate the highs and lows of their careers. Directed by Grant Barrett, the film primarily focuses on the personal struggles and triumphs of these two athletes, providing a behind-the-scenes view of the relentless dedication required to reach the pinnacle of the sport.

What sets “Touch the Wall” apart from other sports documentaries is its emphasis on the emotional and psychological aspects of an athlete’s journey. While the film features plenty of intense race footage, it’s the quiet moments that resonate most—whether it’s Franklin’s challenges in balancing fame with her teenage years or Joyce’s determination to stay competitive as a veteran swimmer. The contrasting paths of the two women—one emerging as a new star and the other grappling with the end of her career—create a poignant narrative of perseverance, ambition, and friendship.

The cinematography is strong, capturing the intensity of the sport while also highlighting the personal stakes. Overall, “Touch the Wall” is a heartfelt and inspiring film that goes beyond the pool, offering viewers a glimpse into the sacrifices and resilience required to compete at the highest level. ■



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BALANCING EXERCISE-INDUCED INFLAMMATION

by Laurel M. Wentz, PhD, RD, CSSD



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- The immune system response causes redness, swelling, pain.
- Acute inflammation is a normal response to high-intensity exercise, but prolonged (chronic) inflammation is a sustained response that affects the entire body.
- Prolonged Inflammation:
 1. Causes fatigue, muscle damage and soreness.
 2. Limits muscle growth and training progression and increases muscle loss.
 3. Modulating prolonged inflammation may enhance recovery & reduce soreness.

ROLE OF NUTRITION IN REDUCING INFLAMMATION:

CONSUME FLUIDS DURING EXERCISE

- Consume fluids and electrolytes to prevent dehydration and maintain saliva, which contains anti-microbial properties.

TRY TART CHERRY JUICE

- Shown to maintain muscle strength and reduce muscle pain by reducing inflammation and oxidative stress.
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MEET PROTEIN REQUIREMENTS

- Supports immune cell synthesis & reduces exercise-induced muscle damage.
- Consume **20-30 grams** of high-quality protein post-exercise (depending on body weight).

INCREASE OMEGA-3 FATTY ACIDS

- Essential fats which support brain health & reduce inflammation.
- Mickleborough et al. showed Creatine Kinase (a marker of muscle damage) decreased with omega-3 marine oil compared to a placebo.
- **High omega-3 foods:** salmon, tuna, mackerel, herring, walnuts, flaxseed, chia seeds.
- Aim for 1-3 grams/day.

SELECT HIGH-ANTIOXIDANT FOODS

- Consuming fruits/veggies vs. excess antioxidant supplements (which have been shown to inhibit muscle recovery and impair training adaptations) will dampen the oxidative stress caused by exhaustive exercise.
- **Foods high in vitamins C, E, and A:** dark leafy greens, nuts/seeds, avocado, broccoli, peppers, berries, citrus, tomatoes, carrots, sweet potatoes/squash.

OPTIMIZE VITAMIN D

- Made by the body in response to sunlight, and regulates inflammatory response.
- Many athletes are deficient due to low sun exposure during peak hours (10am-2pm), and the difficulty of getting enough through food.
- **High vitamin D foods:** Fatty fish, egg yolks, fortified dairy products.
- **Typical needs:** 2000-5000 IU vitamin D per day, depending on diet and outdoor activity.

EXPERIMENT WITH NITRIC OXIDE & NITRATES

- Nitrates convert to nitric oxide (NO) in the body.
- **Nitric oxide:** Increases blood flow, which may reduce inflammation & enhance recovery.
- **High nitrate foods:** celery, leafy greens, beets.

SEASON WITH HERBS & SPICES

- Contain various antioxidants, minerals, vitamins.
- **Best choices:** ginger, turmeric (curry), garlic, cinnamon, rosemary.

Congratulations Girls!

SUBMITTED BY JENNY RODMAN, ST. MARY CATHOLIC SCHOOLS

Congratulations to the St. Mary Catholic 4th grade girls basketball team that went 3-0 to win the Oshkosh Lourdes tournament. They played with a lot of heart only having 6 girls on the roster today!

Standing (left to right): Leila Hernke, Elianna Tines, Jordyn Rodman, Claire Kaiser, Coach Jenny Rodman, Reese Cogswell. Sitting: Lily Gunderson.



To submit, email your photos and descriptions to dale@foxcitiesports.com. Selected images will be featured in upcoming issues of Fox Cities Sports Magazine, giving athletes the recognition they deserve and inspiring others to pursue their goals. ■



Solution to the word search puzzle on page 23.

— Fox Cities — SPORTS

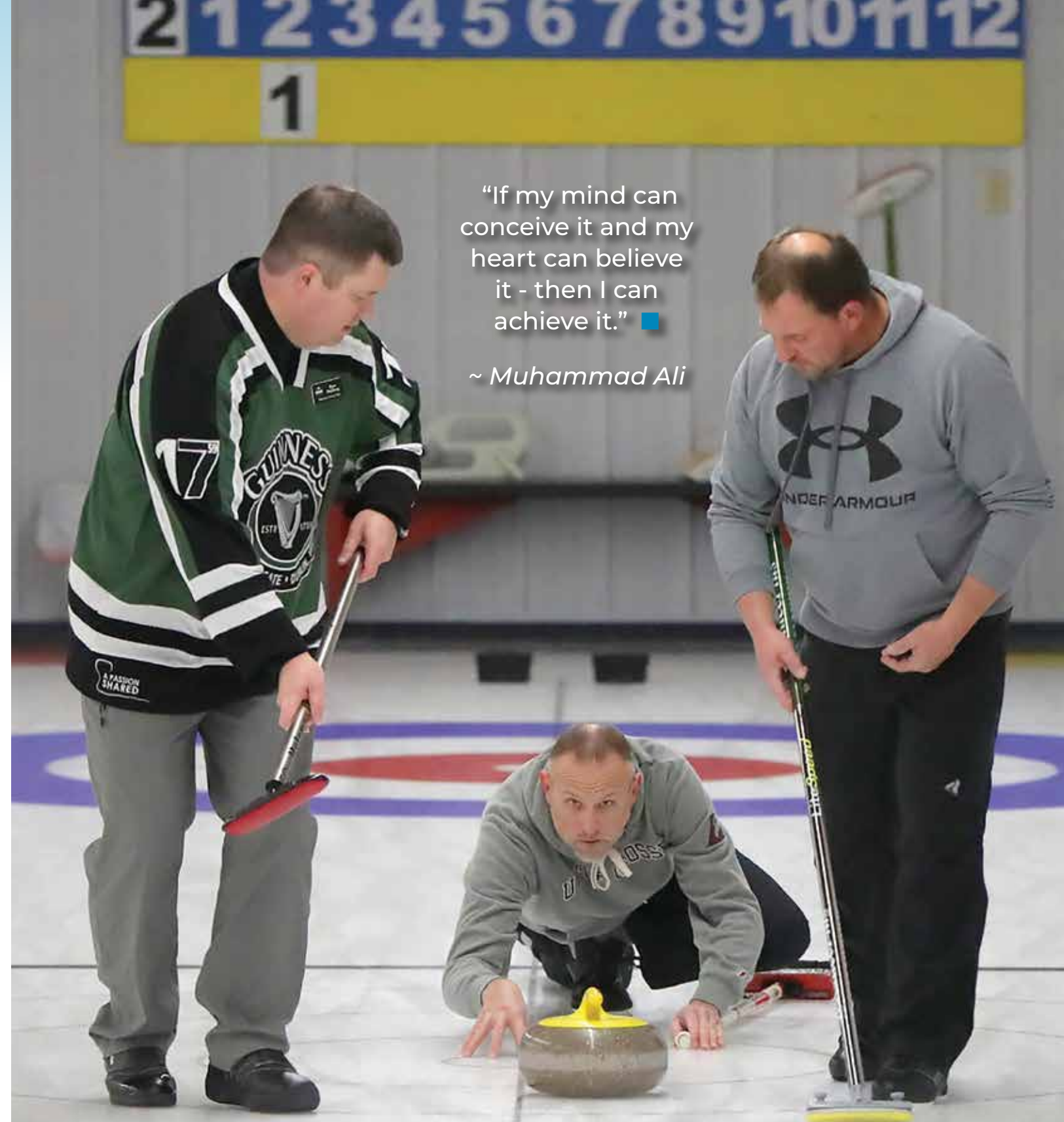
We're Passionate About Sports!

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AD DEADLINE IS 15th OF THE MONTH PRIOR

Plan now to reserve your ad in the next issue of Fox Cities Sports by contacting Dale Ver Voort at 920.810.5581 or email dale@foxcitiesports.com



"If my mind can conceive it and my heart can believe it - then I can achieve it." ■

~ Muhammad Ali

Ryan Mehlberg (left) and Eric Bertram (right) get ready to sweep if needed as Greg Johnson delivers the stone during their match at the Appleton Curling Club.

PARTING SHOTS

Photo by Paul Stumpf, P.S. Portraits

HAVE YOU HEARD?

Join Your Y, Your Way and discover flexible membership options tailored to fit every family type. At the YMCA of the Fox Cities, we make wellness, connection and belonging accessible for all.

READY TO FIND YOUR PERFECT FIT?

YOUR Y, YOUR WAY
YMCA OF THE FOX CITIES
ymcafoxcities.org



Included in your membership:

- Six conveniently located facilities
- Access to four 24/7 wellness center at the Apple Creek YMCA, Fox West YMCA, Heart of the Valley YMCA and Ogden YMCA
- Smart Start Program - learn how the Y can help you navigate your goals
- Wellness center orientation with a trainer
- More than 500 value-added group exercise classes
- State-of-the-art cardio and strength equipment
- Free weights
- Access to the YMCA360 virtual platform
- Value-added activities for preschool, youth and family
- Open swim and gym time
- Early registration privileges
- Nationwide Membership (use participating Y facilities throughout the U.S. at no extra charge)
- Virtual Invitation Pass (VIP) to invite a friend to join you at the Y

Preferred pricing for members:

- Personal training
- Specialty training led by certified personal trainers
- Tennis and racquet sports
- Mind and body classes
- Swim lessons, dance, gymnastics, fine arts, youth sports and other youth and teen classes
- Drop-in child care
- School age child care
- Summer day camps
- Summer resident camp (tiered pricing available)
- Select youth sports leagues at no charge with a YMCA of the Fox Cities Family membership

And so much more!