

Brueggen hoping for another state medal as she leads OZ-PA-LOU swim



Louisburg sophomore Sabra Brueggen returns to lead Louisburg swim after she earned a state medal in the 100 backstroke a season ago.

Sabra Brueggen made history last season as she became the first Louisburg swimmer to earn a state medal – and did so as a freshman.

In fact, she nearly earned two during the state meet last spring. Now as a sophomore, Brueggen is hoping for more medals as she leads the Osawatomie-Paola-Louisburg team in 2023.

Brueggen hasn't had the easiest road following last season. She suffered a knee injury over the summer and had to do months of rehab to get ready for the year.

She doesn't plan on letting that slow her down when the Miami County team opens its season today at home.

"Sabra has finally been cleared to fully participate in sports," coach Mary Argeropoulos said. "We look forward to seeing where she is at our first competition today. She worked extremely hard to get back to participation standards in physical therapy and we can't wait to see her work pay off. She has set lofty goals for herself again this season and I wouldn't count her out for another podium appearance."

Four other Louisburg swimmers will join Brueggen on the Wildcat side as senior Dana Mattison and sophomores Cadence Weichert and Janie Harth return for the upcoming year. The Wildcats will also add freshman Grace Morrison to the mix as well.



Louisburg senior Dana Mattison is one of five swimmers for the Louisburg team this season.

“All four of our returning Louisburg swimmers are looking great for this point in the season,” Argeropoulos said. “They’ve returned stronger, faster and more confident. They are all taking on leadership roles with younger swimmers and the season is shaping up nicely. With the addition of Grace as a freshman, we have more options for relays and believe we can put down some competitive times.”

Paola’s Addie Stuebner also returns to the team and will be focusing on the butterfly, IM and backstroke. In all, the team will feature eight swimmers that includes Paola freshman Elsie Blackmore and Osawatomie’s Ashlynn Williard.

“We’ve hit the water hard so far this season and the team is

getting to know each other and working hard to begin the season off right," Argeropoulos said. "All the swim ladies have some sort of competitive experience and we look forward to putting together a small, but mighty crew this season."