

Elpers excited to take next step at Southern New Hampshire



Louisburg senior Katie Elpers is joining the Southern New Hampshire University track and field team next season.

A little less than two years ago, Katie Elpers' journey to competing in college took a big step forward.

As a sophomore, Elpers put together her best at the most opportune time. After qualifying for state in the javelin in 2022, she put herself among the top throwers in Class 4A when she threw a personal best and earned a state medal.

From there, Elpers' love for the javelin took off and she realized it was something she wanted to do after high school. She now has that chance.

Last month, Elpers signed her letter of intent to join the track and field program at Southern New Hampshire University – a Division II school in Manchester, N.H.

“It really meant a lot to me when I finally made my commitment official,” Elpers said. “Playing a college sport is something I’ve always wanted to do and I’m so grateful that I was able to do it.”

“I decided I wanted to do track in college after state my sophomore year. Ever since then I realized my potential with

javelin and I wanted to expand on that.”

Elpers had an interest on expanding her track career away from home and Southern New Hampshire provided that for her. It didn't take her long to realize it was going to be her future home.

“Southern New Hampshire University was a great fit for me because it had a great program for what I want to major in,” Elpers said. “I loved the campus, and I knew the track team there would be like a second family to me.”

Family has been important to Elpers and it was her family who helped her get started with javelin, and in track. Her mother, Joslyn, helped her in elementary school and had her compete in AAU events.



Louisburg senior Katie Elpers recently signed her letter of intent to join the Southern New Hampshire University track and field program. Sitting next to Katie are her parents Joslyn Carter and Mark Elpers. Standing (from left) are Louisburg

coaches Andy Wright, Leanna Willer, Alex Gentges, John Reece and Shelby Suther.

Since then, she has worked with Louisburg javelin coach Alex Gentges on taking the next step, along with joining the Hot Feet track club. It is there where she has been working on doing a new event in an effort to get ready for college, and is looking forward to working with her new coaches.

“The coaches at SNHU are super supportive, encouraging, and kind,” Elpers said. “To my knowledge, they want javelin to be my main event and then they want me to learn an indoor event too. I’m currently in the process of learning high jump through Hot Feet.”

Elpers experienced a little set back her junior year as she missed part of the season due to an injury, but eventually worked her way back to the state meet for the second year in a row.

She is hoping for another state medal in her final high school season and is ready to keep improving as she transitions to the college level.

“I am beyond excited for my senior season of track,” Elpers said. “I have high expectations for myself this coming season because I’ve been putting in a lot of conditioning work during the offseason.”