

Week 5 Athlete of the Week: Andrew Jamison



Here is the Louisburg Sports Zone Athlete of the Week for week five of the winter sports season, sponsored by Edward Jones-Craig Holtzen.

ANDREW JAMISON, JUNIOR, SWIMMING

Louisburg junior Andrew Jamison began 2025 with a bang as the Wildcat swimmer had a strong performance in last week's meet at Olathe Northwest. Jamison recorded two state qualification times as he helped the Wildcat team to a second place finish. He earned a state time in the 200-yard individual medley as he took first overall and earned another state time in the 100 freestyle as he finished second.

Jamison was also a member of the 200 freestyle relay as he, Noah Sharp, Landen Terflinger and Tag Solberg took first in

1:38. Jamison also joined Sharp, Colin Brown and Colton Prettyman in the 200 medley relay as they took second in 1:45.

The athlete of the week award is announced every Wednesday morning during the winter season and the winner is selected by Louisburg Sports Zone with the help of nominations from coaches.

Previous winners:

Week 1: Gavin Lohse

Week 2: Colin Brown

Week 3: Jay McCaskill

Week 4: Brayden Yoder

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Brueggen excited to swim at Division I level with Northern Iowa



Louisburg senior Sabra Brueggen will swim at the Division I level next season as she signed with the Northern Iowa swim and dive program.

Two years ago, Sabra Brueggen found herself at a crossroads.

During her sophomore year, Brueggen tore her ACL, which left her with surgery and months of rehab. For someone that liked to play multiple sports, it was a tough pill to swallow.

Brueggen loved to swim, play softball and basketball and knew that one day she would have to choose one when her college days came calling.

As it turned out, the injury helped Brueggen decide what sport

she loved the most – swimming.

The Louisburg senior, who is a decorated state swimmer for the Wildcats, signed her letter of intent to compete at the highest level. Brueggen signed with the University of Northern Iowa, a Division I program in the Missouri Valley Conference.

“Swimming in college hasn’t always been my dream,” Brueggen said. “I grew up playing multiple sports and it was always challenging trying to figure out what sport that I wanted to compete in at the next level. However, facing the adversity my sophomore year of tearing my ACL allowed me to recognize that swimming was a huge part of my life and that I wasn’t ready to give it up. It allowed me to understand how much of a passion I had toward the sport which opened the door for the college search process and ultimately allowed me to commit to swim at the Division 1 level.”

Brueggen had a few options to choose from, but Northern Iowa stood out among the rest. She joins a Panther program that has had a lot of success in the Missouri Valley Conference and was a good fit for her.

“I chose UNI because of the campus and team atmosphere,” Brueggen said. “The close knit and supportive team made me feel at home, while the coaches made it a competitive environment for all the girls.

“Choosing UNI as my home for the next four years was a tough decision because my college search process was full of many other memorable college visits, making my decision even more challenging. However, I know that I made the right choice because of the team and university culture that I can’t wait to be a part of.”



Louisburg senior Sabra Brueggen signed her letter of intent last month to join the University of Northern Iowa swim program. Seated next to Sabra is her mother Acacia. Standing (from left) is her brother Brayton and her father, Shane.

The Louisburg senior has certainly made an impact on the Wildcat girls swim program in its short 5-year existence.

In her first three years, Brueggen has racked up four state medals and holds numerous school records. It is that same type of success that she hopes to bring to the Northern Iowa program.

“Going into a program that is having as much success as they are is extremely motivating and exciting,” Brueggen said. “With seniors that are breaking decade old school records, the team and individuals placing at the conference championship meet, and the success of the team’s academics excites me for my future athletic and academic career at UNI.

"I am super excited to see what I can bring to the team. As for the certain events that I will be competing in, although my backstroke events have always been my focus, I will have a variety of other opportunities to compete in other events as well. My goal is to always challenge myself to compete to the best of my abilities and to continue to achieve personal best times in my events. I also hope to secure a position in multiple relay events."

Although she has had a lot of success at the high school level, Brueggen has also thrived at the club level. She has been in the water since a young age, which has helped her become a college swimmer.

"I have been swimming since the age of two," Brueggen said. "I was once the toddler swimming across the pool scaring all of the lifeguards because I was so little. My journey to get to where I am today, however, was not always easy. The commitment to practicing almost every day of the week on top of all of my other sports, spending countless hours in the water, and the demanding expectations I set for myself made the pool a place where I could always challenge myself and be proud of how far I've come."

"This has further fostered a confidence in me to get to where I am today and I feel ecstatic to be able to say that I am a committed athlete to the University of Northern Iowa. This accomplishment would not have been possible without God's plan and all of the support from my family, teammates, and coaches of Gerri Hart, Gavin Hagar and Rob Kenley."

As for what she hopes her final year of high school holds, Brueggen is looking to break more records and bring home more state hardware.

"I am looking forward to my senior season and the opportunities we have to compete with our relays at the state level again this year," Brueggen said. "With the experience we

have in all of our seniors, I am excited to see what we can accomplish not just as a team but individually as well.

“Personally, I am hopeful for two more top 8 individual finishes at state to end my high school swim career on a high note. I am excited to take on this final year of high school swimming with these girls by my side, along with coaches that have supported us every step of the way.”

Top 10 Louisburg Sports Stories of 2024



It was a successful, and eventful, year for Louisburg High School athletics and for those who are connected to the

Wildcat program.

This past year created a lot of school history for LHS and a few programs made their way to state competition.

Below are the top stories from 2024, along with a brief explanation of each. Included in the writeup is the link to the actual story from the event.

When putting the list together, I took a lot of things into account – whether it was team vs. individual, popularity of the sport, historical achievements and the interest it drew on the web site.

This year was a blast to cover and I am looking forward to seeing what 2025 will bring. Thank you to everyone for their support and can't wait for it all to begin again.



Jordan Roquemore was hired as the new head coach of the Louisburg girls soccer program after serving four years as an assistant.

10. Coaching Changes: Willer steps down from LHS volleyball, Roquemore takes over girls soccer

Louisburg volleyball and girls soccer saw some big changes in their respective programs.

Over the summer, Jordan Roquemore was hired as the head coach for the Wildcat girls soccer program after spending several years as an assistant.

He became the third head coach in the history of Louisburg girls soccer. He replaced former coach Ben York, who coached the Wildcats the last two seasons.

“I feel tremendously honored to take over as head coach,” Roquemore said. “It’s an amazing opportunity to take over an exceptional program with a great group of athletes, supportive parents and invested community members. I don’t take the responsibility lightly, but I am also really excited.”



Louisburg volleyball coach Leanna Willer is stepping down from her post after serving as head coach for the last four seasons.

On the volleyball side, head coach Leanna Willer submitted her resignation in early December.

Willer has spent eight seasons with the Wildcat program, including the last four as head coach. She accepted a new position as head coach at Olathe East.

“This decision is bittersweet, but deep down I know that this is the best decision for me and my life,” Willer said in an email to parents. “The team will move on, and I feel lucky that I could play a small part in the long-standing traditions of the program. To the alumni and class of 2024, I thank you for your commitment to this team and to this program, and for making my time at Louisburg unforgettable. To our younger players, I am sorry for not seeing your journeys all the way through, but please know that you have my unwavering support and I cannot wait to see what you all can accomplish with the

time you have left as Louisburg Wildcats.”



Louisburg junior Sabra Brueggen swims the backstroke during the prelims of the Class 5-1A state meet in Lenexa.

9. Brueggen wins state swim medal

For the third straight season, Sabra Brueggen left the Class 5-1A state swim meet with some hardware.

The Louisburg junior showed why she is among the state’s best as she earned a fourth place medal in the 200-yard individual medley – her first ever state medal in that event – Saturday at the Shawnee Mission Aquatic Center.

The 2-day meet provided a lot of ups, and some downs, for the Louisburg swim program, but for Brueggen it was nice to return to the medal stand.

“I was very happy and content with my 200 IM swims last

weekend,” Brueggen said. “Not only did I set a new personal best time, but I also walked away with fourth place in an event that is not one of my primaries.”

Janie Harth, Ella Bockelman and Cadence Weichert also joined Brueggen at the state meet as they qualified for the consolation finals in the 200 medley relay 400 freestyle relay.



8. Dixon achieves pro volleyball dream

It was setting up to be an epic finish to Anna Dixon's collegiate volleyball career.

Dixon, as a graduate transfer, made the move to the University of Florida for her final season and quickly made an impact on the Gators' roster.

Despite have to learn a new position due to an injury on the team, Dixon seemed to flourish. She helped the Gators out to a quick start and everything was going according to plan.

Then, the unthinkable happened.

Dixon suffered a season-ending elbow injury that put a premature end to her collegiate career. It was a devastating blow.

However, instead of sulking, Dixon worked that much harder to get back to the court and achieve her ultimate goal – playing professional volleyball.

All that hard work finally came to fruition back in July when Dixon, a 2019 Louisburg High School graduate, signed with the Atlanta Vibe, which is a part of the Pro Volleyball Federation.

"I am super excited to compete at the highest level, but also to be able to do that here in the US," Dixon said. "It has been a dream of mine to be able to play professionally, in front of club girls who are in the same shoes that I was in many years ago. I am excited to give them the opportunity to have something to look forward to and work toward. Blessed for the opportunity and ready to get to work."



Members of the Louisburg cheer team are: (Front row) Anna Brizendine, Addison Vargo, Reece Jones; (middle row) Leia Ward, Lilly Burnett, Taryn Osborn, Elle Keating, Brooklyn Roney, Harper Boyle, Kelsey Shelton, Kim Powls, Gretchen Reitz, Kinsley Rayne; (back row) Will Leach, Kayleigh Ramsey (Laney Stohs, Reece Younggren, Reese Anderson, Greta Gatzka, Addison Bishop, Maggie Wanjigi

7. Cheer takes third at state

TOPEKA – The Louisburg High School cheerleading squad is no stranger to the finals of the Class 4A Game Day competition.

Heading into the Nov. 23 showcase in Topeka, the Wildcats have made the final round in each of the last five seasons. Louisburg had no problem making it a sixth straight, and for the fifth time in six years, they came home with a state plaque.

Louisburg finished third in the state competition as it edged out Baldwin for the top three spot in Class 4A.

“Bringing home another trophy from the Game Day Cheer competition was a testament to our team’s hard work, dedication, and growth throughout the season,” Louisburg cheer coach Breanna Kostroske said. “It means so much to us because it reflects their skill, their heart, and spirit—three things we emphasize daily. For our athletes, it symbolizes their resilience and the countless hours they’ve spent perfecting their routines.

“As coaches, we are incredibly proud of their overall performance. They left it all on the floor, and while there is always room for improvement, they gave a performance that showcased their teamwork, precision, and energy.”



Louisburg junior Ashton Moore took fourth overall at 190

pounds at the Class 4A state wrestling tournament in February.

6. Moore medals at state wrestling

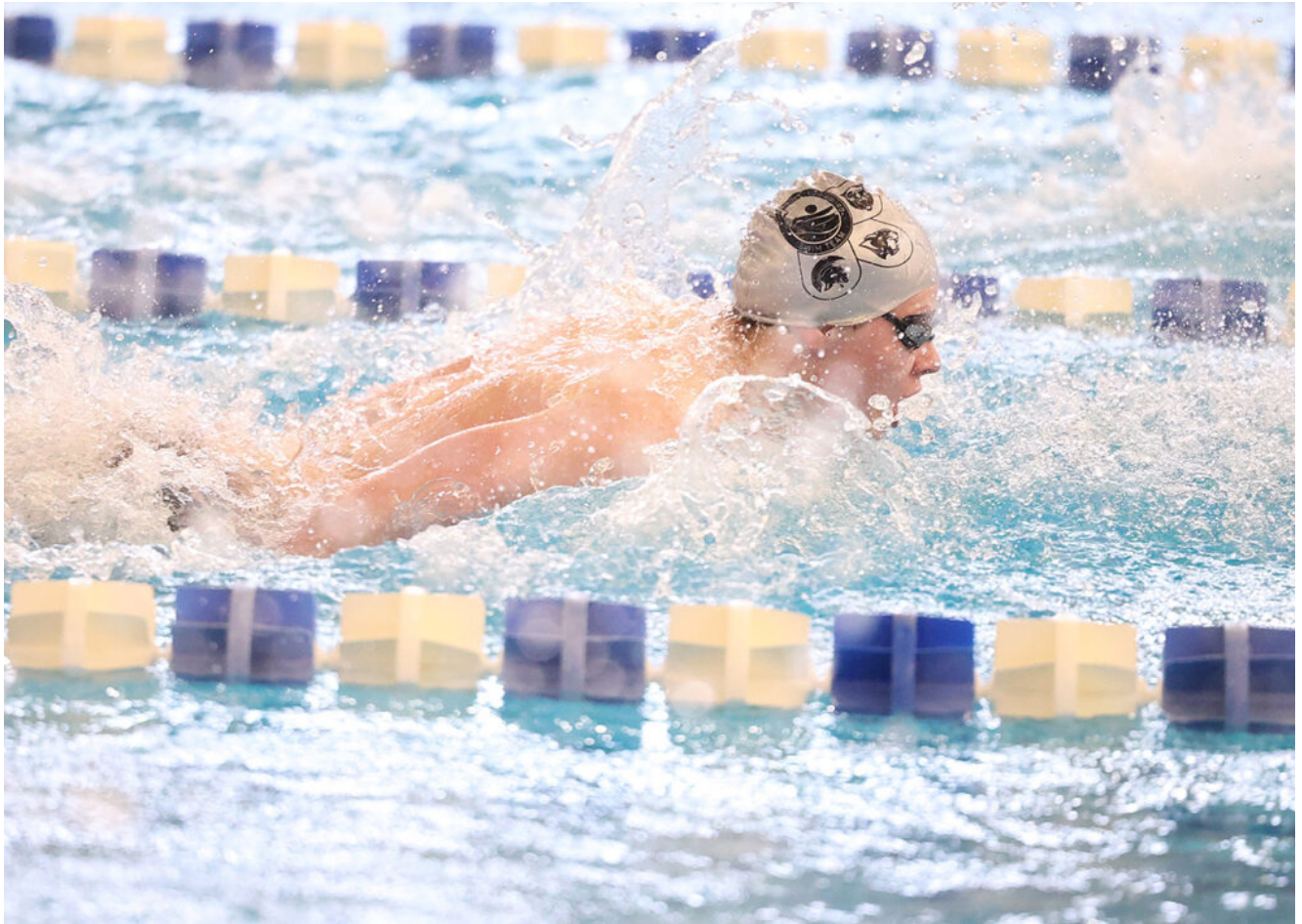
SALINA – Louisburg has been no stranger to the medal stand at the Class 4A state wrestling tournament and it was the case again back in February in Salina.

Louisburg junior Ashton Moore reached the semifinals at 190 pounds on the first day to secure himself a medal, and then finished fourth overall on the tournament's final day.

Moore had several close matches throughout the 3-day tournament at the Tony's Pizza Events Center and was challenged each day.

"I thought I wrestled some of my best matches of the season and it felt great to have it pay off with a medal," Moore said. "It felt amazing to win those first two matches and know I was guaranteed my medal. Those wins really helped me gain a lot of confidence going forward in the tournament."

Five other Wildcats made the trip to state, but faced some tough matchups. Juniors Canaan Clayton (113 pounds), Will Showalter (120), Logan Henry (132), Jay McCaskill (157) and senior Traden Noll (150) each finished 0-2 on the first day.



Louisburg sophomore Colin Brown earned medals in the 100 butterfly and 100 backstroke during the Class 5-1A state meet in Topeka.

5. Wildcat boys swim makes history earning 5 medals at state

TOPEKA – The Louisburg boys swim program is still relatively new compared to other teams around the state, but the Wildcats made its presence felt back in February at the Class 5-1A state meet in Topeka.

Louisburg had its best postseason finish in its young history as the Wildcats finished eighth overall in the team standings with 104 points thanks in part to just four swimmers.

Two of those athletes – Colin Brown and Andrew Jamison – each brought home individual medals. Brown, Jamison, Colton Prettyman and Noah Sharp also medaled in the 200-yard medley

relay.

Brown hit the pool strong as the Wildcat sophomore medaled fourth in the 100-yard butterfly and later finished fifth in the 100 backstroke with personal best times.

Jamison, another sophomore, earned two medals of his own. He finished fifth in the 200 individual medley and later took sixth in the 100 breaststroke.

Prettyman reached the consolation finals in the 50 freestyle and took 13th overall with a personal best time.



Louisburg senior Myles Vohs makes a leaping catch in the fourth quarter of Friday's game against Bishop Miede.

4. Wildcat football nearly pulls upset of Miego as successful season comes to early close

The mountain of playing Bishop Miego is always a tough one for public schools to climb, especially when it comes to football.

Miego, which has won seven state titles in the last 10 years, has never lost to a non-private school in the playoffs during that decade long of dominance.

Louisburg wanted to be the first team to hand it that loss as the No. 2 seed Wildcats hosted the No. 15 Stags in the first round of the Class 4A state playoffs.

The Wildcats were so close to that mountaintop, but came up just short as they fell to Miego, 21-14, to end their season with a 7-2 record.

Louisburg was behind 14 points, only to rally and tie the game at halftime. The Wildcats had one final drive to try and tie it again late, but a Miego interception dashed the Wildcats' hopes of an upset.

"In this moment, the only word I can come up right now is proud," Louisburg coach Drew Harding said. "I am so proud of the team. Our biggest emphasis was we had to start fast and we didn't. They got out to a 14-0 lead, and most times when you play teams like Miego that can snowball and get out of hand quick. Those guys just battled and were able to tie it up at halftime. Then for us to continue to fight and have a chance to tie it at the end – proud is all I can say about them."

The Wildcats ended their season with back-to-back losses after they won their first seven games of the season. They were in line to win their third straight league title, but lost a close game the week before to Spring Hill that also bumped

them off their No. 1 seed line, forcing a matchup with Miego in the first round.

Miego's streak of state titles came to an end later in the season as the Stags fell to Andover Central in the state championship game.



(Photo courtesy of Minna Meyer)

The Louisburg girls soccer team hoists the regional championship plaque following their 2-0 win against Maranatha Academy.

3. Wildcat girls soccer wins regional championship

For the last two seasons, the Louisburg girls soccer team has seen heartbreak in the Class 4-1A regional championship.

Losses to Topeka-Hayden and Bishop Miego have prevented the Wildcats from that regional title, with their last coming in

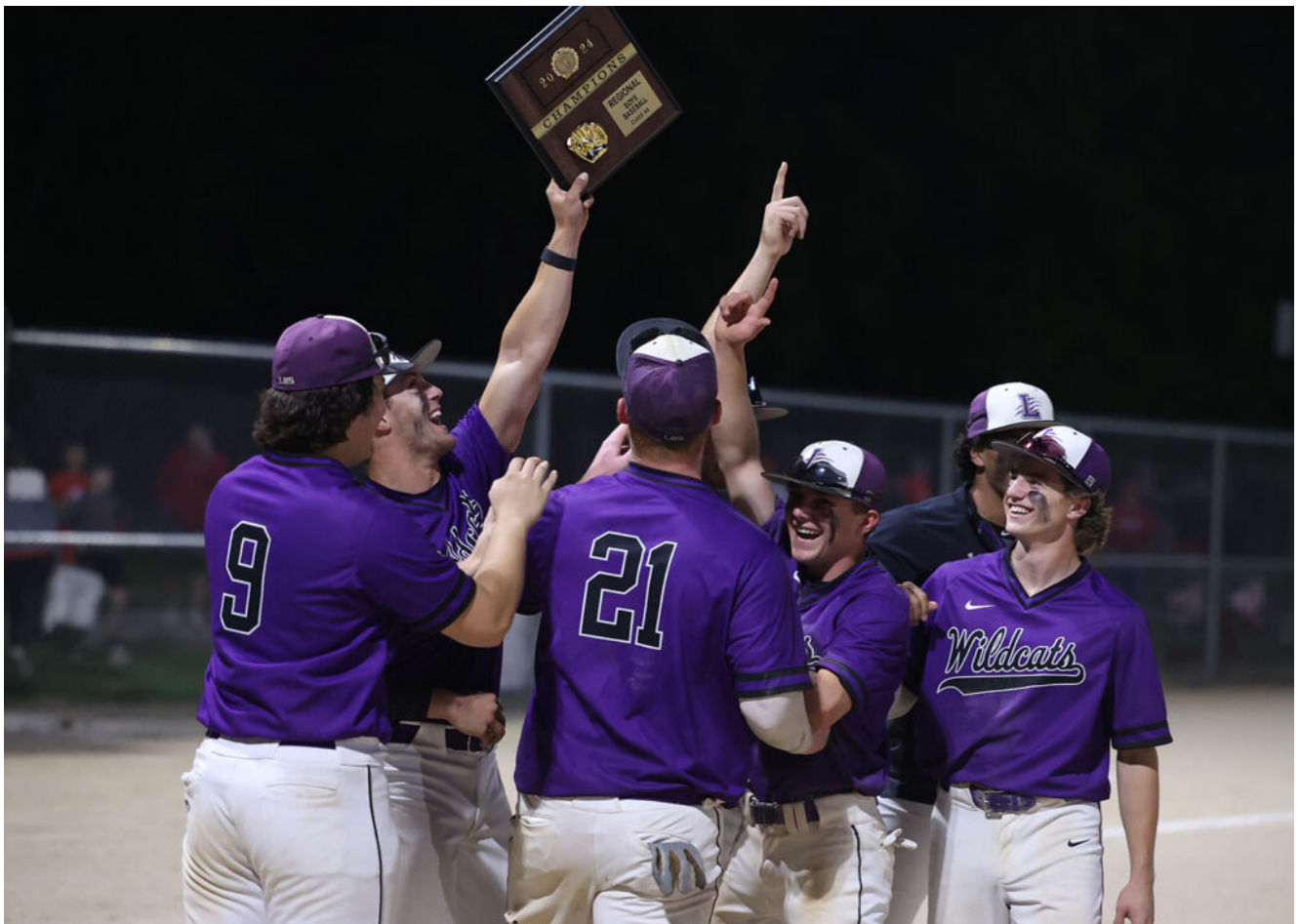
2021.

It is elusive no more.

The No. 1 seed Wildcats shutout No. 8 Maranatha Academy, 2-0, to win the Class 4-1A regional title at Wildcat Stadium. It was a dominating effort from start to finish as the Wildcats improved their record to 13-4-1 on the season.

"This was a preseason goal of ours," Louisburg coach Ben York said. "We fell short last year and we wanted to do as much as we could in the regular season to control our own destiny. The girls put a lot of work in and were focused to get to this game and get a win. They definitely earned this one and it was good to see them enjoy it."

Louisburg faced a tough matchup in the state quarterfinals as the Wildcats lost to Bishop Miege at home, 7-0.



Louisburg senior Declan Battle hoists the regional championship trophy following the Wildcats' 10-3 win over

Wamego in Class 4A regional championship game.

2. Wildcat baseball earns first regional title in 15 years

The current members of the Louisburg baseball team couldn't remember the last time the Wildcats made the state tournament even if they tried.

That's because they were just wee toddlers the last time the Wildcats earned a spot a state – 2009 to be exact.

These players are going to have a hard time forgetting this one.

For the first time in 15 years, Louisburg is headed back to the state tournament after the Wildcats put together a convincing 10-3 victory over Wamego in the Class 4A regional championship back in May at Lewis-Young Park.

The Wildcats also defeated Parsons, 8-0, in the regional semifinal to put together what was a dominating performance from top to bottom.

"This is just amazing," Louisburg coach Kade Larson said. "To see how much work these guys have put in, then to come out and get the job done, it is pretty surreal. We had a bunch of guys step up and do exactly what they needed to do. They played great defense, pitched great and everyone in the dug out was into the game. It was a great win.

"It has been awhile and it has been a long time coming. We have had some great teams and this team finally pushed through and got it done."

In the state tournament, the Wildcats had to battle rival Paola in the first round, but lost in a pitcher's dual to the Panthers, 3-0.



Louisburg senior Maddy Carpenter-Ross celebrates after clearing 12 feet at the Class 4A state meet in Wichita. That clearance gave Carpenter-Ross her second straight state championship in the event.

1. Wildcat sweep pole vault state titles, medal 8 at state

WICHITA — Cooper Wingfield and Maddy Carpenter-Ross found their way atop the medal stand last May at the Class 4A state track meet.

All season, Carpenter-Ross had her eyes set on a second straight state title in the pole vault and she dominated her competition.

Going into the Class 4A state meet at Wichita State, Carpenter-Ross won every competition going away and was ready to do the same against some of the state's best.

This time, however, it was much harder.

To get this state title, Carpenter-Ross was going to have to have to set a new personal best and break her own school record in the process.

She did it and accomplished that feat on her first try.

With two competitors left at 12 feet, Carpenter-Ross cleared it on her first try as did Holton's Piper Robinson. Both competitors missed at 12-6, and since they were tied, they decided the winner based on misses at 11-6, where the Louisburg senior got it on her first try.

"It is pretty awesome," Carpenter-Ross said. "I worked really hard for that and I am so relieved right now. It was a little stressful, but I was in that competitive mindset and I was so happy that I PR'd. Everyone was setting personal records, so I was just like 'My turn.'"



Louisburg junior Cooper Wingfield pumps his fist after

clearing 15 feet in the pole vault at the Class 4A state meet in Wichita. He captured his first state title in the event.

Wingfield, who was the state runner-up last season, entered the competition at 14 feet. He missed the first two attempts on his opening height, and another miss would not only prevent him from a state title, but a spot on the medal stand.

On the third attempt, the Louisburg junior cleared it with ease and eventually cleared 15 feet on his first attempt, which was the winning height.

“I was really nervous there on that last attempt (at 14 feet),” Wingfield said. “All I needed was a good jump to get in the zone and from there I knew I could jump pretty high. The competition was a lot harder this time around than it was last year. I knew I had to make everything on my first attempt and once I had one good jump, I knew I could do it.”

It had already been a special season in the pole vault for Wingfield, as he earned a league and regional title, and broke the school record.

Other state medalists were Gavin Lohse (third, long jump), Jaymes Melton (seventh, shot put), Ben O’Bryan (seventh, discus), Suzanna Dansel (seventh 100 dash) and Jacob Brown (eighth, pole vault). The girls 4×100 team of Dansel, Kendall Crossley, Emma Vohs and Addi Mallett medaled sixth.

Wildcat swim racks up more state times in home opener



Louisburg senior Colton Prettyman earned a state qualification time in the 100-yard butterfly on Dec. 18 at the team's home quadrangular in Osawatomie.

OSAWATOMIE – The Louisburg boys swim team continue to rack up state times and the latest bunch came at its home quad on Dec. 18 in Osawatomie.

Juniors Colin Brown, Andrew Jamison and senior Colton Prettyman all recorded new state qualification times, while the Wildcats also earned state times in a pair of relays. Prettyman and Jamison each had a state consideration time as well.

The Osawatomie-Paola-Louisburg-Spring Hill team also finished first with 564 points in the four-team meet with Independence, Fort Scott and Parsons.

"We are thrilled to be in the position we are," coach Mary Argeropoulos said. "It's not by accident that times are dropping. The boys are putting the work in day after day and

it's really rewarding for them to see those personal best times at meets.

"At not quite halfway through the season, we are happy to have such a positive place on the state qualification and consideration placements. Looking forward we aren't content to stay in this spot. We will push hard to keep this momentum and continue to knock down those qualifying times."

Brown cruised to a pair of first place finishes in his two individual events and earned state times in both. He won the 200-yard individual medley in 2 minutes and 10.45 seconds and also took the top spot in the 100 freestyle in 52.49 seconds.

As for Jamison, he earned a spot at state in the 100 breaststroke in a qualifying time of 1:05.30 and finished first. He took the top spot in the 50 freestyle as well with a state consideration time of 24.44 seconds.

Prettyman secured a state spot in the 100 butterfly as he won in a qualifying time 58.12 seconds. He later took first in the 200 freestyle in a consideration time of 2:00.22.

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or ***Louisburg sophomore Noah Sharp swims in the freestyle during
the team's Dec. 18 home meet in Osawatomie.***

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The Wildcat quartet won the 200 freestyle in 1:35.69 and ended the meet with a first place performance in the 400 freestyle

in 3:40.

Sharp finished with a pair of runner-up performances in the 100 and 200 freestyle. Louisburg's Brock Delmez earned personal best times in all his events, including a first place finish in the 500 freestyle in 6:26 and he also took fourth the 50 freestyle.

Bennett Mendez was fourth in the 100 backstroke and fifth in the 100 freestyle.

Paola's Landen Terflinger earned a state qualification in the 100 backstroke as he won in 1:00.76 and also had a state consideration time in the 100 butterfly as he took second.

The Miami County team will be back in the pool on Jan. 16 at Olathe Northwest.

Brown, Prettyman earn a pair of state times at Topeka



Louisburg senior Colton Prettyman qualified for state in the 100 breaststroke and 50 freestyle last week at the Topeka-Hayden meet.

It was just the second meet of the season, but the Louisburg boys swim team is already racking up state qualifying times.

After earning a state bid in the 200-yard medley relay to begin the season, a pair of Wildcat swimmers recorded two state times on Dec. 11 at the Topeka-Hayden Invitational.

Senior Colton Prettyman and junior Colin Brown officially earned spots at the state meet as each qualified in two events.

In the process, the Osawatomie-Paola-Louisburg-Spring Hill team finished third overall with 297 points out of nine teams. Washburn Rural won the meet with 488 points and Piper was second at 367.

Brown had three first place finishes on the day, including two individual events. He posted a state qualifying time of 1 minute and 54 seconds to win the 200 freestyle.

He later posted another state time of 59.74 seconds in the 100 backstroke to finish first. Brown also joined Noah Sharp, Spring Hill's Nic Terblance and Paola's Landen Terflinger to win the 400 freestyle relay in 3:50.

As for Prettyman, he secured a spot in the 100 breaststroke after winning with a time of 1:07.29. He also captured a state time in the 50 freestyle with a personal best of 23.36 seconds to take first.

Sharp put together a pair of strong performances of his own. The Louisburg sophomore earned state consideration times in the 100 butterfly and 100 backstroke.

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Brown, Prettyman, Terblance and Terflinger finished second in the 200 freestyle relay in 1:42.

Terflinger earned a state qualifying time in the 100 freestyle as he took first in a personal best of 52.20. He also had a state consideration time in the 200 individual medley in 2:21.

The team is back in action today with a home meet at the Ozone in Osawatomie. Events begin at 4 p.m.

Week 2 Athlete of the Week: Colin Brown



Here is the Louisburg Sports Zone Athlete of the Week for week two of the winter sports season, sponsored by Landmark National Bank.

COLIN BROWN, JUNIOR, SWIMMING

Louisburg junior Colin Brown is off to a good start to his season for the Wildcat swim team as he posted two state qualifying times during the Topeka-Hayden Invitational last week. Brown won the the 200-yard freestyle and the 100-yard backstroke and qualified for state in both races. He was also a member of the 400-yard freestyle relay that took first.

It wasn't the first state time of the season for Brown as he, Andrew Jamison, Colton Prettyman and Noah Sharp posted a state qualifying time in the 200 medley relay in their season opener earlier this month. Brown is coming off a sophomore campaign where he earned two individual state medals and another in a relay.

The athlete of the week award is announced every Wednesday morning during the winter season and the winner is selected by Louisburg Sports Zone with the help of nominations from coaches.

Previous winners:

Week 1: Gavin Lohse



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Louisburg swim returns 4 state medalists; relay posts state time at Lansing



Louisburg senior Colton Prettyman, along with Colin Brown, Andrew Jamison and Noah Sharp posted a state qualifying time in the 200-yard medley relay Saturday at the Lansing Relays.

The Louisburg boys swim team certainly has high hopes for the 2024-25 season and for good reason.

After medaling in five events at state last season, the Wildcats return everyone back as they gear up for another run

at the state podium.

The Wildcats were able to get off to a great start Saturday at the Lansing Relays. The Osawatomie-Paola-Louisburg-Spring Hill team recorded their highest ever finish at the Lansing meet as it took second overall with 110 points, which was 35 points behind the champion, Manhattan.

"The coaching staff is simply thrilled with our Lansing outing this season," coach Mary Argeropoulos said. "For the first meet of the year we had tons of personal best times, everyone completing their piece of the puzzle successfully, clean starts, finishes, exchanges, and fast swims made for a super fun day. We were so proud to bring home that second place plaque."

The Louisburg 200-yard medley relay of Colin Brown, Andrew Jamison, Colton Prettyman and Noah Sharp, which medaled at state a year ago, picked up right where they left off.

The Wildcat quartet took first overall with a time of 1 minute and 43.68 seconds and earned a state qualifying time in the process.

All four swimmers return to lead the charge again for the Wildcats this season. Brown and Jamison each won a pair of state medals a year ago, while Prettyman returns after qualifying in the 100 breaststroke.

Brown, a junior, took fourth place in the 100 butterfly last season and was fifth in the 100 backstroke. As for Jamison, he also returns after a strong sophomore campaign after he took fifth at state in the 200 IM and sixth in the 100 breaststroke.

Sophomore Brock Delmez returns to the team as he was a state alternate a year ago. The Wildcats will also have a pair of new swimmers in senior Nathaniel Phillis and freshman Bennett Mendez.

“We are totally pumped to have all our swimmers from Louisburg returning for another year of success,” Argeropoulos said. “We are adding a couple of new swimmers this season in senior Nathaniel and Bennett. Our returners have all put a lot of work in during the off season and have come back stronger and faster than they ended last season.

“We are expecting our state individualists to quickly qualify their events again this season and put themselves in a great position to fight for top medals at the state meet. They truly are picking up where they left off and making that their new floor as they move forward into the 2024-25 season.”

At Lansing, the Miami County team came away with several other medals, including a first place finish in the 4×100 IM Relay. Jamison, Prettyman, Brown and Paola’s Landen Terflinger took the top spot in 4:01.31.

The group of Prettyman, Terflinger, Sharp and Brown finished second in the 200 butterfly relay, while Prettyman, Terflinger, Jamison and Osawatmie’s LJ Kerr were second in the 200 breaststroke relay.

Brown, Sharp and Spring Hill’s Tag Solberg and Nic Terblance medaled third in the 200 backstroke relay.

The team is back in action tonight as they travel to the Topeka High Invitational.

Brueggen medals at state swim for third straight season



Louisburg junior Sabra Brueggen swims the backstroke last Friday during the prelims of the Class 5-1A state meet in Lenexa.

LENEXA – For the third straight season, Sabra Brueggen left the Class 5-1A state swim meet with some hardware.

The Louisburg junior showed why she is among the state's best as she earned a fourth place medal in the 200-yard individual medley – her first ever state medal in that event – Saturday at the Shawnee Mission Aquatic Center.

The 2-day meet provided a lot of ups, and some downs, for the Louisburg swim program, but for Brueggen it was nice to return to the medal stand.

“I was very happy and content with my 200 IM swims last weekend,” Brueggen said. “Not only did I set a new personal best time, but I also walked away with fourth place in an event that is not one of my primaries.”

Brueggen, who shaved six seconds off her previous best time of the season after the preliminaries Friday, sat with the fourth-best time going into the finals.

Then on Saturday, she followed it up with her best swim ever as she set a personal best time of 2 minutes and 11.95 seconds to take fourth.

Brueggen continued her strong performance in the 100 backstroke prelims Friday as she recorded a time of 58.56 seconds – her best of the season – and had the second fastest time going into the finals.

She had a medal all but wrapped up it seemed, however Saturday met with disappointment for Brueggen. She was disqualified after she surpassed the 15 meter mark underwater.

The 100 backstroke was an event she had medaled in the last two seasons, but a mistake stopped an attempt at three straight.

“I was very excited going into day two ranked second in the 100 back,” Brueggen said. “However, finals did not go as planned. After medaling my past two seasons in this event, getting disqualified in it was very tough mentally and was not the way I wanted to end the successful weekend. By surpassing the 15 meter mark with my underwaters, I forfeited my ultimate goals to end the season with two state medals and making the all-state team.”



Louisburg junior Janie Harth swims the freestyle during the prelims of the 200 medley relay last Friday.

It made it difficult for Brueggen as she still had one race left to swim – the 400 freestyle relay. On Friday, the team of Brueggen, Cadence Weichert, Ella Bockelman and Janie Harth dropped nearly two seconds off their best time and qualified for the consolation finals in 14th in 4:07.92.

In the consolation finals, the team ended up finishing 15th overall in 4:08.70.

Weichert, Brueggen, Harth and Bockelman also made the consolation finals in the 200 medley relay. In the prelims on Friday, the team dropped more than four seconds off their best time to take 12th in 2:03.02.

In the finals, the four Wildcats swimmers finished in 12th again in 2:03.75. It was a memorable meet all around for the Louisburg team.

“The success that came through our relays this past weekend allowed for lasting memories to be made,” Brueggen said. “To be able to swim at the state level with these teammates was truly an unforgettable experience. Making it back to the consolation finals in both these relays was also very exciting and I can’t wait to see how much relay success we can have next year at the state level, hopefully leading to everyone bringing home a state medal.”

The Wildcats also swam in a pair of other events on Friday in prelims.

Harth competed in the 50 freestyle and took 24th overall in 27.78 seconds, while Harth, Weichert, Bockelman and Talen McMurray swam in the 200 freestyle relay and finished 22nd in 1:56.

Wildcat swimmers hope to bring home medals from state meet

Brueggen has the most state experience in the group as this will be her third state meet. Last season, she came home with two state medals and earned another one as a freshman.



Louisburg junior Sabra Brueggen will compete in two relays at state, and in the 200 individual medley and 100 backstroke. Brueggen has medaled at state the last two seasons.

She will swim in the preliminaries of the 200-yard individual medley, along with the 100 backstroke – an event she has medaled in the last two seasons.

“I am so excited to compete at state again this year, and I am even more excited to see how much success we can put together in our three relays that are competing,” Brueggen said. “This weekend I am hoping to swim personal best times in all of my events as well as medal top eight in my individuals and maybe even a relay.”

As for Harth, she will just be the second Wildcat in school history to participate in an individual event as she qualified

in the 50 freestyle in 27.22 seconds.

Harth, along with Weichert, participated in the state meet last season in a pair of relays with Brueggen. They will do the same again this season.



Louisburg junior Janie Harth will swim the 50 freestyle at state Friday, along with three relays.

Brueggen, Harth, Weichert and freshman Ella Bockelman will swim the 200 medley relay and 400 freestyle relay. They are currently sitting with the 22nd and 17th fastest times, respectively.

McMurray will join Harth, Weichert and Bockelman in the 200 freestyle relay as they are currently 19th.

“We have been laser-focused in these last few weeks, nailing down all the fine details of our swims and relay pieces,” Argeropoulos said. “We are expecting fast swims with beautiful exchanges as Cadence, Janie and Sabra introduce the freshmen

girls to state competition. We are right within striking distance for relays to place in the top 16 and will want each swimmer to put together their best during prelims.

“It’s truly thrilling to have Janie join the fastest girls in the state in the 50 Free and we’d love to see an all time personal best from her on Friday. Sabra is capable of repeating on the medal podium in both of her events this weekend and we look forward to another great backstroke race and can’t wait to see how she puts together her new try at the 200 IM.”

Although Brueggen has experienced a lot of success individually at the state level, she is looking forward to seeing what she can accomplish with her teammates.

“I am so excited for all five of the Louisburg girls to get experience and swim at the state meet,” Brueggen said. “We worked hard all season to get these state cuts and to actually accomplish them means that we now have the opportunity to make lasting memories together at this competitive meet.”

Prelims begin at 9 a.m. on Friday, with the finals and consolation finals beginning at 9 a.m. on Saturday.

Week 8 Athlete of the Week: Sabra Brueggen



Here is the Louisburg Sports Zone Athlete of the Week for week eight of the spring sports season, sponsored by Dr. Laura's Orthodontics.

SABRA BRUEGGEN, JUNIOR, GIRLS SWIMMING

Louisburg junior Sabra Brueggen has put together another memorable swim campaign as she hopes to make a lot of noise at the Class 5-1A state swim meet this Friday. Last week, Brueggen won the ILC league title in the 200 individual medley and 100 backstroke as she helped the Osawatomie-Paola-Spring Hill-Louisburg swim team to a third place finish.

On the season, Brueggen qualified for state in eight individual events. Along with that, she will join Janie Harth, Cadence Weichert and Ella Bockelman as the Louisburg quartet also qualified for state in all three relays. At the league meet last week, Brueggen was also member of the 200 medley relay that won a league title, and swam a leg of the 200 free

relay that finished as a runner-up.

The athlete of the week award is announced every Wednesday morning during the spring season and the winner is selected by Louisburg Sports Zone with the help of nominations from coaches.

Previous Winners:

Week 1: Jack Anderson

Week 2: Nathaniel Lamm

Week 3: Derek Frederick

Week 4: Izzy Moreland

Week 5: Maddy Carpenter-Ross

Week 6: Jaden Bentz

Week 7: Cooper Wingfield

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