

# 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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**Brueggen qualifies for state  
in 8th event as Miami County  
team wins home invite**



***Louisburg junior Sabra Brueggen qualified for state in her eighth event last week as the Osawatomie-Paola-Louisburg-Spring Hill team won its home meet.***

OSAWATOMIE – In what was the last regular season meet of the season, Sabra Brueggen closed it out in style.

Brueggen qualified for state in the 500-yard freestyle last Wednesday at the Osawatomie-Paola-Louisburg-Spring Hill Invitational that was held at the OZone in Osawatomie.

Not only that, but the Louisburg junior has now qualified for state in every individual event and will have her choice of two to compete in at the state meet later this month. She has also qualified in all three relays for the Wildcats as well.

On top of it all, the Miami County team also won their home meet with 491 points as it edged Independence (485) and Fort Scott (450) for the title.

"The swimmers are doing a great job managing the middle of the

season hump," coach Mary Argeropoulos said. "They continue to push themselves in practice to be their best everyday and that hard work is showing itself in the pool with gains."

Brueggen earned a pair of gold medals as she won the 500 freestyle with a time of 5 minutes and 34 seconds. She won the 100 breaststroke in 1:13.71.

Louisburg junior Janie Harth improved her state consideration time in the 100 freestyle as she took third in 1:01.37. She was also third in the 200 individual medley in 2:48.33.

Another junior, Cadence Weichert, took gold in the 100 butterfly in 1:13.23 and was fourth in the 100 breaststroke in 1:29.

Freshman Ella Bockelman took third in the 100 backstroke in 1:15.87, while fellow freshman Talen McMurray was sixth in the 200 individual medley.

The Miami County team also did well in the relays. Brueggen, Weichert, Harth and Spring Hill's Camden Strickland won the 200 medley relay in 2:04.

Bockelman, Maryanne McNally, Meg Johnson and Weichert were second in the 200 free relay in 2:03, while Strickland, Harth, McNally and Brueggen won the 400 free relay in 4:12.

Osawatomie-Paola-Louisburg-Spring Hill will now compete in the Independent League Championships at 4 p.m. today and will be held at the OZone in Osawatomie.

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# Wildcat swim qualifies third relay for state



**Louisburg junior Janie Harth, along with Sabra Brueggen, Cadence Weichert and Ella Bockelman, qualified their third relay for state Saturday at Blue Valley Southwest.**

OVERLAND PARK – Although the program is still relatively new, the Louisburg girls swim team made school history Saturday at Blue Valley Southwest.

The Wildcats qualified their third relay for state as the 200 freestyle relay team of Sabra Brueggen, Cadence Weichert, Janie Harth and Ella Bockelman had a state qualifying time of 1 minute and 51.75 seconds and took fourth overall. It is the first time in school history that they will send all three relays to the state meet.

As a team, Osawatomie-Paola-Louisburg-Spring Hill finished

fifth overall with 131 points in the 9-team meet.

Brueggen led Louisburg with a pair of third place medals. The Wildcat junior took third in the 50 freestyle in 26.02 seconds and third in the 100 freestyle in 56.51 seconds.

Harth, another junior, also earned a medal as she took third in the 100 backstroke in 1:13.

Harth, Weichert, Brueggen and Spring Hill's Camden Strickland took third in the 200 medley relay in 2:06.94. Weichert also took sixth in the 200 individual medley in 2:45, while Spring Hill's Maryanne McNally medaled third in the 500 freestyle.

As a team, the program also recorded 27 personal best times.

The Miami County team also had a lot of success on April 23 at the Topeka West Invitational.

They recorded 25 new personal best times and finished second overall with 301.5 points in the 10-team meet.

Brueggen won a pair of gold medals and also earned a state qualification time in the 100 backstroke as she won in 1:02.38. The Louisburg junior also captured the 50 freestyle title in 26.21 seconds.

Harth went on to finish third in the 100 freestyle in a season-best time of 1:02.16 and also took fifth in the 100 backstroke. Weichert was fourth in the 100 butterfly with a personal best time of 1:12.

Brueggen, Harth, Weichert and Bockelman also helped the 200 freestyle relay to a fourth place finish in 1:53.69.

Osawatomie-Paola-Louisburg-Spring Hill returns home today as the team competes in its home invitational. Events begin at 4 p.m. at the OZone in Osawatomie.

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# Brueggen, Louisburg relays earn more state qualification times



*Louisburg's Cadence Weichert swims the freestyle during a meet earlier this season. Weichert, along with Janie Harth, Ella Bockelman and Sabra Brueggen qualified for state in two relays.*

KANSAS CITY, Kan. – Louisburg girls swim saw its state qualification list grow quite a bit this past week and that included a pair of relays.

At the Turner Invitational on Tuesday, the Wildcat quartet of Sabra Brueggen, Janie Harth, Cadence Weichert and Ella

Bockelman qualified for state in the 400-yard freestyle relay after they finished second in the event in 4 minutes and 9.80 seconds. They shave five seconds off their previous personal best time.

A week earlier, the same four swimmers competed at the Blue Valley Northwest dual and qualified another relay. They finished second in the 200 medley relay in 2:07.38.

Brueggen also qualified for state in the 50 freestyle at Blue Valley Northwest as she took first in 26.54 seconds.

At Turner, Brueggen won the 200 freestyle in a season-best time of 2:05.79 to earn a state bid in the event. She did the same in the 100 butterfly as she took second in 1:05.23.

The Louisburg group is also close to qualifying a third relay as they earned a state consideration time in the 200 freestyle relay at Turner with a first place finish of 1:54.49.

“We are so proud of Sabra for her continued state qualifications and new personal best times,” coach Mary Argeropoulos said. “We are also proud of those Louisburg relays. We have discussed many times that on paper their times should add up to a qualifying time, but each swimmer has to do their part to coordinate that great race.

“The 200 relay continues to improve but that magical moment hasn’t landed just yet. We mixed up the traditional order of swimmers for the 400 relay at Turner, and boy, did that magic show up. A state qualifying leadoff leg, followed by all new PRs all around, was a recipe for a great time. The excitement on their faces after was priceless and they are ready to zip up all three relays for state.”

The Osawatomie-Paola-Louisburg-Spring Hill team finished third overall as team in what was a challenging Turner meet. They recorded 32 new personal best times.

Harth finished second in the 50 freestyle in 27.71 seconds and was third in the 100 freestyle in a new personal best time of 1:02.79. Bockelman also took third in the 100 backstroke in a personal best time of 1:15.55.

Weichert finished fifth in both the 200 freestyle and 50 freestyle.

The Miami County team lost the dual to Blue Valley Northwest last week, 503-433, but earned 38 new personal best marks.

Bockelman finished second in the 200 freestyle and fourth in the 100 backstroke. Harth was fourth in the 200 individual medley.

Weichert took second in the 100 butterfly and was sixth in the 100 backstroke.

On Wednesday, the team concluded what was a busy week with a meet at Topeka-Hayden and took fourth with just six swimmers. Harth led the Louisburg side with a runner-up finish in the 100 butterfly and was third in the 100 backstroke.

The team is back in action this Tuesday at the Topeka West Invitational.

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**Brueggen qualifies for state in two events in home opener**



***Louisburg junior Sabra Brueggen qualified for state in two events last Wednesday in Osawatomie.***

OSAWATOMIE – In what was its first traditional meet of the season, the Louisburg girls swim team already punched its ticket in a couple different events.

Louisburg junior Sabra Brueggen qualified for the state meet in two events as she helped the Osawatomie-Paola-Louisburg-Spring Hill team to a fourth place finish in its home meet last Wednesday at the OZone in Osawatomie.

The team finished with 357.5 points to take fourth as Piper won the meet with 455. Fort Scott was second with 392.

“We had 51 personal best times and every single one of our 17 girls bested their times,” coach Mary Argeropoulos said.

Brueggen earned a pair of first place finishes as she won the 200-yard individual medley with a time of 2 minutes and 19.51 seconds.

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Louisburg junior Janie Harth put together a strong showing as she finished second in the 50 freestyle in a personal best

time of 27.46. It was more than second better than her previous best mark and earned her a state consideration time in the process.

Harth would also finish third in the 100 breaststroke in 1:28. Weichert was third in the 500 freestyle in a time of 6:46, which was 13 seconds better than her previous best time. She was also fourth in the 200 freestyle with a personal best of 2:27.

Bockelman, a freshman, had a pair of fifth place finishes in the 200 IM and 100 backstroke. Another freshman, Talen McMurray, was ninth in the 200 freestyle.

The Miami County team is back in action Tuesday as it travel to the Blue Valley Northwest Invitational. Events begin at 4 p.m.

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**Louisburg girls swim hoping for another trip to state**



***Louisburg junior Sabra Brueggen will try for a state medal for a third consecutive season.***

For the second year in a row, the Louisburg girls swim team ended its season at the state meet and the Wildcats are primed to make a run at a third straight.

Louisburg, which competes on a co-op team with Osawatomie, Paola and Spring Hill, has earned state medals the last two seasons thanks to junior Sabra Brueggen.

The Wildcats return Brueggen, along with juniors Cadence Weichert and Janie Harth, who completed in relays at state a year ago. They will be joined by freshmen Ella Bockelman and Talen McMurray.

It is a small, but experienced group as Louisburg hopes it can finish the season with some state hardware.

"Cadence and Janie are showing stronger in the pool already," coach Mary Argeropoulos said. "We've had some inter-squad time

trials and these two ladies are quickly approaching their season best from the end of their sophomore seasons. Both ladies have times that are close to the state consideration bar, so we will be pushing to see those times come into reach.

“Louisburg also brings in two exciting freshman swimmers, Ella and Talen. Both of these ladies bring swim experience and are stepping into their individual events well and setting up the all-Louisburg relays with a great chance for another state berth.”

Brueggen is the most experienced Wildcat. After earning a state medal her freshman season, she responded last year with sixth place finish in the 100-yard backstroke and was eighth in the 50 freestyle.

“Sabra returns to the high school pool with a great offseason experience behind her,” Argeropoulos said. “She is in top form and we are hopeful for a spectacular season. As the season progresses, we believe she will qualify for state in numerous individual events and lead her relay partners to state times as well.

“She should have her pick of events in postseason competition again and we look forward to seeing her hard work pay off. We really cannot say enough about this athlete’s work ethic and dedication to her craft.”

Spring Hill, which joined the co-op team this season, will feature nine swimmers, including junior Maryanne McNally and freshman Camden Strickland.

Paola has two swimmers, including returner Elsie Blackmore and Osawatomie has one on the roster.

“The ladies are getting to know one another and working hard,” Argeropoulos said. “We are focusing on strength and stamina this season and our workouts have been geared towards building

and developing the skills we will need for a successful season."

Louisburg will begin its 2024 campaign Saturday when the Wildcats travel to Lansing. Events begin at noon.

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## **Week 10 Athlete of the Week: Colton Prettyman**



Here is the Louisburg Sports Zone Athlete of the Week for week 10 of the winter sports season, sponsored by Landmark National Bank.

# **COLTON PRETTYMAN, JUNIOR, SWIMMING**

Louisburg junior Colton Prettyman helped the Wildcat boys swim team to an historic finish last Saturday the Class 5-1A state meet in Topeka. Prettyman and the 200 medley relay team of Colin Brown, Andrew Jamison and Noah Sharp medaled sixth overall as they shaved more than five seconds off their personal best time. The four Wildcat swimmers also finished ninth in the 200 freestyle relay.

Prettyman also swam individually in the 50 freestyle, made the consolation finals and took 13th overall in a season best time of 23.35 seconds. He also competed in the 100 breaststroke at state. Prettyman scored points in three events and helped Louisburg to an eighth place team finish.

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: Myles Vohs

Week 2: Andrew Jamison

Week 3: Nathan Parker

Week 4: Elias Pugh

Week 5: Ashton Moore

Week 6: Colin Brown

Week 7: Ashlyn Kuhlman

Week 8: Brady Hickey

Week 9: Leola Eslinger

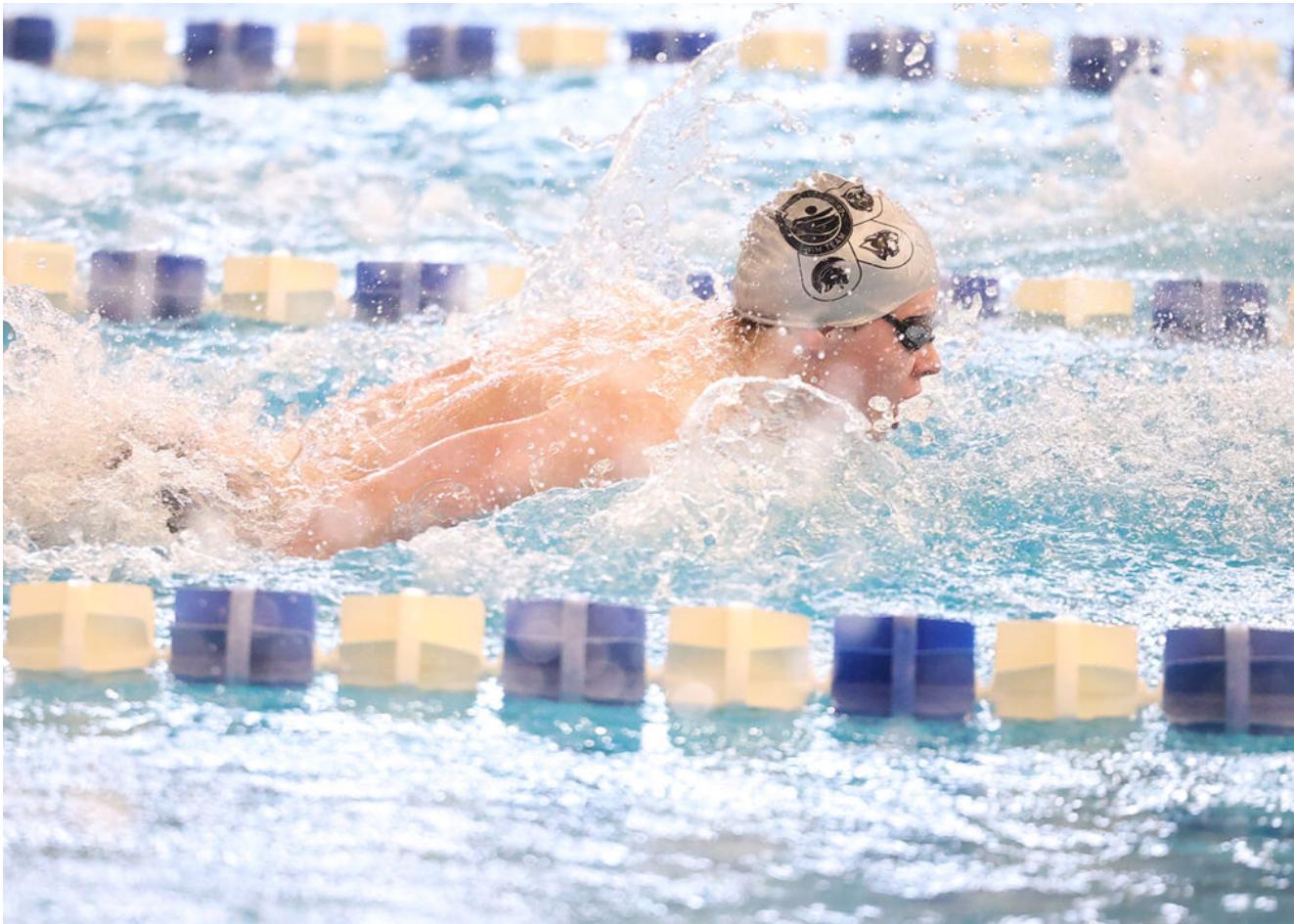


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**Wildcat swim makes history  
earning five medals at state**



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

TOPEKA – The Louisburg boys swim program is still relatively new compared to other teams around the state, but the Wildcats made its presence felt Friday and Saturday 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.

“This year felt like a whole new experience from last year,” Jamison said. “From me making it into an ‘A’ Final and our medley relay making it to an ‘A’ final, brought the

competition to a whole new level. Everything felt more intense and felt like we had more pressure on us to perform well but it was still a fun and overall positive experience. Getting the team into the top eight with only 4 swimmers was a big accomplishment for us especially going up against teams that have up to three times as many people."

Almost every time a Louisburg swimmer hit the pool, whether it was in the preliminaries or the final, a new personal best time was recorded.

That was certainly the case for Brown, who was the team's lone returning state medalist from a year ago as a freshman. He was able to triple his medal count this season.

Brown competed in the 100-yard butterfly and finished fourth overall with a personal best time of 53.84 seconds, which was nearly two seconds better than his seed time.

He did the same in the 100 backstroke as he medaled fifth in 55.53 seconds, which was another personal best.



***Louisburg sophomore Andrew Jamison earned medals in the 200 IM and 100 breaststroke Saturday at the state meet in Topeka.***

"I am very satisfied with how I did in both of my individual events," Brown said. "They were both personal records and I had a lot of fun swimming both of them. To medal for a second straight year, not only in one event this year but two was a surreal feeling that I hope to repeat next year."

Jamison also picked up two individual medals after making the consolation finals last year as a freshman.

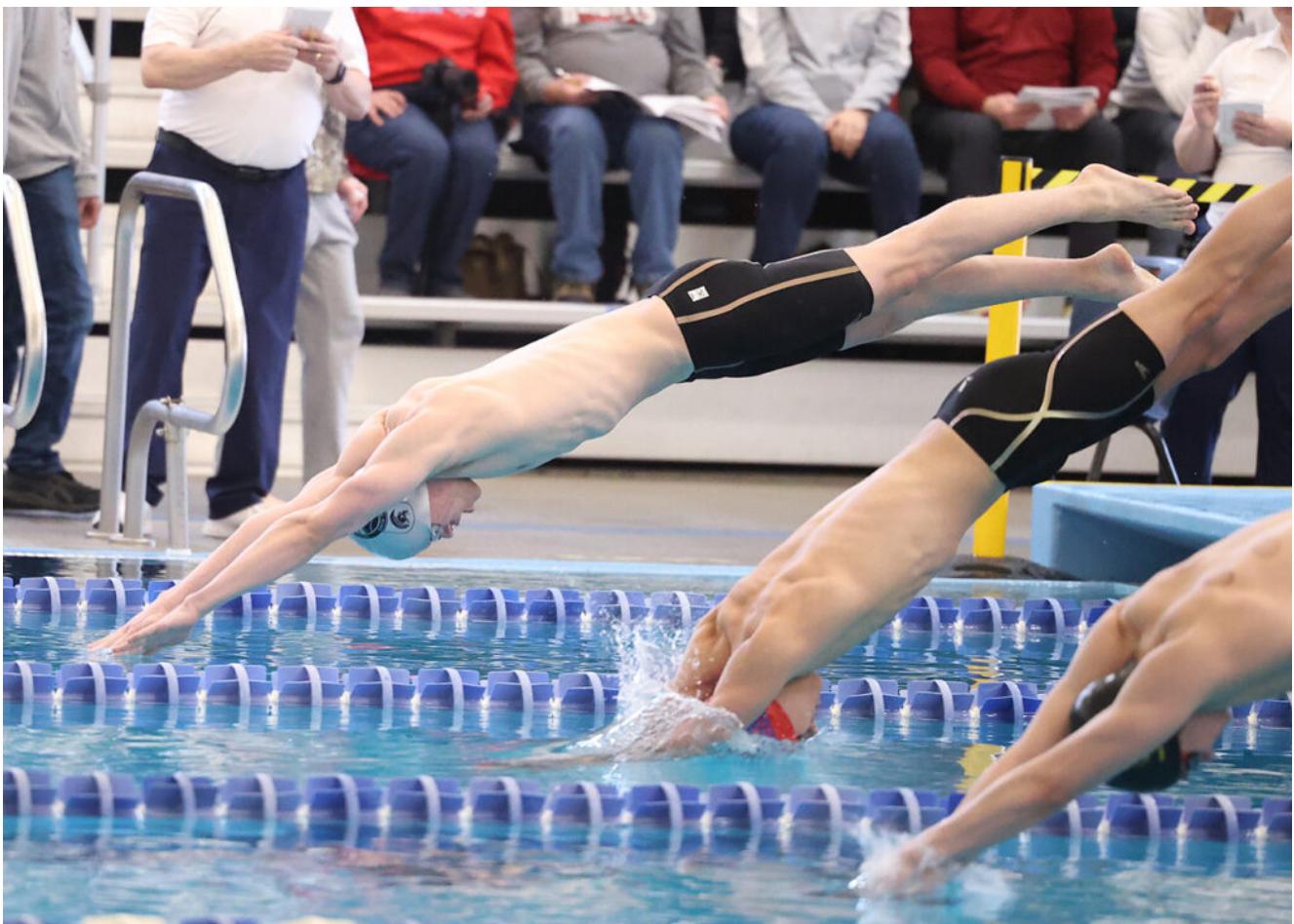
He shaved two seconds off his personal best time in the 200 individual medley to take fifth in the finals after finishing seventh in the prelims.

Jamison then went on to take sixth in the 100 breaststroke in 1 minute and 1.88 seconds, which was another personal best time by more than a second.

"I was very pleased with my races this past weekend," Jamison said. "My 200 IM exceeded my expectations in time and placement. My 100 breaststroke goal this season was a 59, and that was a very tough goal, but I am still pleased with what I swam.

"Getting a medal individually was a really cool experience. It did add a lot of pressure in prelims to secure that 'A' final spot and once I did there was a moment of relief, but then the pressure of performing set in. Even with all that it was still an amazing experience I will never forget."

The Wildcats started the meet by competing in the 200 medley relay, and it set the stage for what was to come.



***Colton Prettyman dives into the pool Friday at the Class 5-1A state meet in Topeka.***

Brown, Jamison, Prettyman and Sharp shaved more than five seconds off their seed time to medal sixth overall in 1:42.93, after finishing seventh in the prelims.

The quartet nearly medaled in another relay, but just missed out in the 200 freestyle as they took ninth in a personal best time of 1:34.66.

"The relay swims were probably my favorite part of the meet, and to be in the first relay to make an 'A' final in Louisburg history is an honor," Brown said. "With everyone in the relay returning next year I am hoping for even better results."

Although he didn't reach the medal stand, Prettyman still scored team points for Louisburg. He made the consolation finals in the 50 freestyle and finished 13th overall in 23.35, which was another personal best.



***Louisburg freshman Noah Sharp swims a leg of the 200 medley relay Friday during the prelims of the Class 5-1A state meet in Topeka.***

He also competed in the 100 breaststroke and took 20th in 1:07.50.

Other members of the Osawatomie-Paola-Louisburg-Spring Hill team competed at state. Osawatomie's Luke Hebert finished 15th in the 50 freestyle and 16th in the 100 butterfly.

Paola's Landen Terflinger was 21st in the 200 freestyle and 23rd in the 50 freestyle. Spring Hill's Dylan Mabe was 19th in the 100 backstroke.

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## **Miami County swim team cruises to league crown; prepares for state**



*Louisburg sophomore Andrew Jamison swims the butterfly last week during the 200 individual medley at the Independent League Championships in Osawatomie.*

OSAWATOMIE – The Osawatomie-Paola-Louisburg-Spring Hill boys swim team had the perfect ending to its regular season schedule.

The Miami County team rolled to a league championship at the Independent League Meet on Wednesday at the Ozone in Osawatomie. It was a meet that featured state qualification times or improvements on previous state marks.

The squad won the 9-team meet with 375 points and Fort Scott was second with 281. It captured five individual events and also won two relays, while recording 45 new best times.

With all that success, coach Mary Argeropoulos was named the ILC boys coach of the year.

"Each and every swimmer really had a great meet at league and the energy was contagious," Argeropoulos said. "This OzPaLouSpri team is a force to be reckoned with and they combine natural talent with all the hard work that it takes to excel at their level. Our non-state attenders tapered really well and the time cuts show their dedication throughout the season. The state swimmers made some strategic moves to get ready for state seeding and are in full swing for state at this moment."

Louisburg sophomores Colin Brown and Andrew Jamison each came home with a pair of league titles.

Brown was the league champion in the 200-yard freestyle with a time of 1 minute and 53.38 seconds. He also captured the 100 backstroke crown going away in 57.10 seconds.

As for Jamison, he won the 200 individual medley in 2:06.85. He also finished first in the 100 breaststroke in 1:03.31.

Junior Colton Prettyman won a league title in the 50 freestyle in 23.65 seconds. He was also a league runner-up in the 100 breaststroke.

The Miami County team also won a pair of relays as Brown, Jamison, Prettyman and Osawatomie's Luke Hebert took first in the 200 medley relay in 1:42.



***Louisburg freshman Brock Delmez swims the freestyle last week during the league meet.***

Paola's Landen Terflinger joined Louisburg's Noah Sharp, Prettyman and Jamison to win the 200 freestyle relay in 1:37.05.

Sharp and fellow Louisburg swimmer Brock Delmez took fifth and seventh in the 100 freestyle, respectively. Delmez was also fifth in the 200 freestyle.

Hebert was the fourth individual to win a league tile as he finished first in the 100 butterfly in 57.16 seconds. Hebert (50 freestyle), along with Terflinger (200 freestyle) and Spring Hill's Dylan Mabe (200 IM) also earned state qualification times as well.

Louisburg swim will be well represented at the Class 5-1A state meet that will be held Friday and Saturday in Topeka.

Brown, a returning state medalist, will compete in the 100

butterfly and 100 backstrokes. Jamison will compete in the 100 breaststroke and 200 individual medley.

Prettyman will join Jamison in the 100 breaststroke and will also compete in the 50 freestyle.

The Wildcat team of Brown, Prettyman, Jamison and Sharp will try for a medal in the 200 medley and 200 freestyle relays.

Hebert (50 free, 100 butterfly), Terflinger (200 freestyle, 50 free) and Mabe (200 IM, 100 backstroke) will also take part at the state meet for their respective schools.

Events begin at 9 a.m. on Friday at the Capitol Federal Natatorium in Topeka-Hummer Sports Park.

“We are so pumped to be taking such a large core group for competition at state,” Argeropoulos said. “These athletes set high goals for themselves at the beginning of the season and they have kept focus from day one. Our goal is always to be our best when it counts the most and we are so proud of the preparation each and every swimmer has put into practice each day.”

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## **Miami County boys swim team cruise to Bonner Springs title**



***Osawatomie's Luke Hebert won the 100-yard butterfly last Tuesday at the Bonner Springs Invitational.***

BONNER SPRINGS – The season may be getting closer to the end for the Osawatomie-Paola-Louisburg-Spring Hill boys swim team, but it is putting together the best times of the season.

That continued last Tuesday as the Miami County team competed at the Bonner Springs Invitational. It won the 6-team meet going away with 478 points and Topeka-Seaman was second with 394.

As a team, it recorded 27 personal best times from 11 different swimmers in what was the boys' final meet before the Independent League Championships.

"Our 'new-to-swim' athletes are smashing through their events in amazing fashion," coach Mary Argeropoulos said. "The time drops with this group are truly amazing. These gentlemen have set themselves up well for success this season and we are truly having fun as a team. We are looking for a strong team performance at the league championships next week and a powerful drive to state the following week."

One Louisburg swimmer added another state qualifying time to his resume. Sophomore Andrew Jamison earned a state bid in the 500-yard freestyle as he finished first in 5 minutes and 27.28

seconds. He also finished first in the 200 individual medley in 2:11.

Colin Brown, another Louisburg sophomore, also had a pair of first place finishes. Brown won the 200 freestyle in 1:55 and the 100 backstroke in 58.28.

Louisburg junior Colton Prettyman also won an individual event as he took first in the 100 breaststroke in 1:09 and was fourth in the 50 freestyle in 25.02 seconds.

Louisburg freshmen Noah Sharp and Brock Delmez also competed for the Wildcats. Sharp was sixth in the 50 freestyle and Delmez was eighth in the 200 freestyle.

The Louisburg quartet of Brown, Prettyman, Jamison and Sharp won the 200 medley relay in 1:52 and also took first in the 200 freestyle relay in 1:39.75.

Paola's Landen Terflinger won the 50 freestyle in 24.04 seconds and was second in the 500 freestyle in 5:37.

Osawatomie's Luke Hebert won the 100 butterfly in 59.08 seconds and took fourth in the 100 backstroke.

Spring Hill's Dylan Mabe finished second in the 100 breaststroke and third in the 100 freestyle.

"We are really having a great season this year," Argeropoulos said. "Each and every one of our swimmers have made strides of improvement and are smashing the expectations that are set for them. Colin and Andrew are leading the team with amazing state qualifying and consideration times. Colton and Luke have each qualified one event and are working hard to pull in a second event for state. Dylan and Landen are right there with their consideration times and have big goals set for themselves."

The Miami County team will host the league championship meet this Wednesday at the Ozone in Osawatomie. Events are slated

to begin at 4 p.m.