

Wildcat swimmers rack up state qualifying times to start season



Louisburg sophomore Colin Brown has earned three individual, and two relay state qualifying times in the past week.

Just a couple meets into the season, the Louisburg boys swimmers are already positioning themselves for what they hope is a special postseason.

The Wildcats have already racked up several state qualification times as junior Colton Prettyman, sophomores Colin Brown and Andrew Jamison, and freshman Noah Sharp have already cemented a spot for themselves at the state meet.

It all started on Dec. 6 when the Wildcats traveled to the Topeka-Hayden Invitational along with their Osawatomie, Paola and Spring Hill teammates. The team finished second overall and recorded several state qualifications.

Jamison won the 100-yard breaststroke in a personal best time of 1 minute and 3.70 seconds. He also qualified for state and took second in the 200 individual medley in another personal

best time of 2:10.66.

As for Brown, a returning state medalist, he also qualified for state in two events. He won the 100 butterfly in a new personal best of 56.04 seconds and later took third in the 500 freestyle in 5:21, which was a personal record by more than 11 seconds.

Louisburg also qualified a pair of relays. Jamison, Brown, Prettyman and Sharp were second in the 200 medley relay in 1:48.

The same quartet also took second in the 200 freestyle relay in a state qualification time of 1:38. Osawatomie senior Luke Hebert also earned a spot at state as he was second in the 100 butterfly in 59 seconds.



Junior Colton Prettyman has earned a pair of state consideration times to start the season.

Prettyman also had a strong meet as he earned a state

consideration time in the 100 freestyle after he took fourth with a personal best time of 53.85 seconds.

The Miami County team then hosted its home invitational Monday at the OZone in Osawatomie. It ran away with a first place finish with 325 points in the 8-team meet.

Brown posted another state qualifying time, the newest one coming in the 200 individual medley in 2:10.51, which is a personal best time.

Prettyman, who finished in second in the 200 IM, also posted a state consideration time in the event and in the 100 freestyle, where he took first in 53.21.

Brown also won the 100 breaststroke and posted a state consideration time. Jamison won both the 100 butterfly and 500 freestyle and Jamison posted a state consideration time in the 100 butterfly.

Brown, Jamison, Hebert and Prettyman finished first in both the 200 medley and freestyle relays. Louisburg's Noah Sharp and Brock Delmez, also joined Dylan Mabe and Landon Terflinger, to take second in the 400 freestyle relay.

Week 2 Athlete of the Week: Andrew Jamison



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

ANDREW JAMISON, SOPHOMORE, SWIMMING

Louisburg sophomore Andrew Jamison had an impressive start to his swim season on Dec. 6 at the Topeka-Hayden Invitational. Jamison earned state qualification times in four events, including two relays. He won the 100-yard breaststroke in 1 minute and 3.70 seconds, which was a personal best time.

Jamison continued his success in the 200 individual medley as he took second with a personal best time of 2:10.66. Jamison also joined Colin Brown, Colton Prettyman and Noah Sharp to earn state qualification times in both the 200 medley and freestyle relays. The Wildcats finished runner-up in both events.

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:



100 W Amity Member FDIC 913.837.2800

Louisburg boys swim ready for another state run



Louisburg sophomore Andrew Jamison is one of three returning state qualifiers for the Wildcat boys swim team this season.

The Louisburg boys swim team put together its most memorable season last year and the Wildcats are hoping the 2023-24 campaign is just as unforgettable.

Louisburg qualified four swimmers for the state meet a year ago and competed in five events and put together its best season in its short history.

Sophomores Colin Brown, Andrew Jamison and junior Colton Prettyman all return from that group as they try to take an even bigger jump this season.

“We are seeing that our state returners are starting off the season with times practically identical to where they left off at the end of last season,” coach Mary Argeropoulos said. “This bodes extremely well for our development this year. We anticipate a strong return of individual swims to state competition this season. Colin, Andrew, and Colton from Louisburg, along with Luke (Hebert) from Osawatomie and Landen (Terflinger) from Paola are stronger and faster than this time last year and we can’t wait to see them excel in the pool this season.”

As a freshman, Brown returned home with hardware from last year’s state meet as he medaled eighth in the 100-yard butterfly.

Brown and Jamison also competed in the consolation finals in individual races, and in a pair of relays with Prettyman.



Louisburg sophomore Colin Brown earned a state medal last season and is one of three returning state qualifiers for the Wildcats.

Louisburg currently has five swimmers out this season. Along with Prettyman, Brown and Jamison, freshmen Noah Sharp and Brock Delmez have joined the group.

During the regular season, Louisburg swims on a co-op team with Osawatomie and Paola. They have since added a new school to its program in Spring Hill.

"We are in the growing process for sure," Argeropoulos said. "Seven Spring Hill swimmers have joined, Osawatomie added three new and Louisburg has two new freshmen as well. We are merging into one great team."

Expectations are high this season for all of the swimmers and they got their season off to a good start Saturday at the Lansing Relays as they finished seventh in the team standings.

The 200 butterfly relay of Hebert, Dylan Mabe, Terflinger and Brown finished second, as did the 200 breaststroke relay of Prettyman, Mabe, Hebert and Jamison.

The 200 freestyle relay of Prettyman, Mabe, Terflinger and Brown took third and finished two seconds under the state qualification standard.

Brown, Jamison, Hebert and Colton Prettyman took third in the 200 medley relay and were nine seconds under the state qualification mark. Mabe, Terflinger, Hebert and Brown took third in the 4×100 medley.

“We have 18 swimmers out this season and practices have started well this year,” Argeropoulos said. “It’s great to see fuller lanes of swimmers and we are picking up quickly in intensity this season. There is definitely a feeling of excitement and anticipation in the pool this season.”

Louisburg will return to action Wednesday in Topeka.

Brueggen ends long journey with two state swim medals



Louisburg sophomore Sabra Brueggen earned two state medals Saturday during the Class 4A Kansas State Swim and Dive Championships.

TOPEKA – Sabra Brueggen left with one less medal than she was hoping for following last season's Kansas State Swim and Dive Championships.

Brueggen doubled her medal count Saturday at this year's state meet at the Capitol Federal Natatorium in Topeka. The Louisburg sophomore earned state medals in both the 100-yard backstroke and 50 freestyle.

After earning the one medal as a freshman a year ago, Brueggen was happy to find the medal stand in both races this season.

However, it has been a long road for Brueggen to get back to the state meet. After suffering a knee injury last summer, she had to work hard to get back in time for this go-round in a recovery that lasted nine months.

"Going into high school swim this season, I only had one personal goal in mind, making it back to finals at state," Brueggen said. "Little did I know that I was going to make it back to the 'A' final in both my events, allowing me to medal. This truly meant the world to me because this past year has been one of the toughest ones yet. Overcoming this nine month long recovery, and accomplishing this at state, was an indescribable feeling.

Brueggen had a good day in the preliminaries on Friday as she recorded a couple season-best times to help get her in the finals.

In the 50 freestyle, Brueggen recorded a new personal-best time of 25.07 in the preliminaries and finished eighth, which guaranteed her a state medal. In the finals, Brueggen again took eighth in 25.26 seconds.

She then took part in the 100 backstroke, where she swam a season-best time of 59.79 seconds to take fifth in the prelims. Brueggen then swam a time of 1:00.87 in the finals to medal sixth.

“Swimming personal best times at state this year was not something I was expecting, but nonetheless achieving those times in the events Friday night truly gave me the confidence that I needed going into finals on Saturday,” Brueggen said.

Also on Friday, Brueggen joined her teammates in a pair of relays. Brueggen, along with Janie Harth, Dana Mattison and Cadence Weichert, took 20th in the 200 freestyle relay with a season-best time of 1:52.03.

The Wildcat group also swam a good time in the 200 medley relay, but were disqualified.

“Having my teammates by my side at state this year was amazing,” Brueggen said. “All of us having the chance to swim a relay at the state level together was a memorable experience. I can’t wait for the upcoming years and having a chance to do it again.”

With two more years remaining, Brueggen is hoping to find the medal stand once again out at state, but she still appreciates what she has able to accomplish this year.

“Understanding that I could overcome the obstacles that were thrown my way this past year, gives me so much confidence for the years to come,” Brueggen said. “The support that I have had from my family, friends, and coaches throughout this whole journey has given me so much faith and excites me for my future, as well as the future of the OzPaLou swim team.”

Louisburg qualifies 2 relays

for state; Brueggen to try for second state medal



Louisburg's Dana Mattison swims the freestyle leg of the 200-yard medley relay earlier this season. Cadence Weichert, Sabra Brueggen, Janie Harth and Mattison qualified for state in the medley and freestyle relays.

OSAWATOMIE – Louisburg sophomore Sabra Brueggen has already qualified for state in several events this season.

Now her Louisburg teammates will get to experience that with her.

Brueggen, along with Janie Harth, Cadence Weichert and Dana Mattison, qualified for state in the 200-yard medley relay on May 3 during the Osawatomie Invitational. The Wildcat quartet took second and they qualified for their second relay on May 10 during the Independent League Championships.

Harth, Brueggen, Weichert and Mattison finished second at the ILC meet in the 200 freestyle relay in a time of 1:54.37, which earned them spot at the state meet.

“It was absolutely thrilling to slide both relays into the state line-up,” coach Mary Argeropoulos said “The girls work hard in practice and it’s so nice to see the results of that hard work.”

The Osawatomie-Paula-Louisburg team finished third overall in the league competition with 270 points. Fort Scott won the

league crown with 431.

The team had plenty of highlights from the meet, including a second place finish in the 200 medley relay, and league championship finish for Brueggen in the 50 freestyle in 26.29 seconds.



Louisburg sophomore Sabra Brueggen will compete in the 100 backstroke and 50 freestyle at state this weekend in Topeka.

Brueggen also went on to finish second in the 100 freestyle in 57.07 seconds, while Mattison was second in the 500 freestyle in 6:46. Weichert was third in the 200 freestyle in 2:33.

Now the team will split off for the Class 5-1A Kansas State Swim and Dive Championships this Friday and Saturday in Topeka.

Along with the two relay spots, Brueggen qualified for state in six events, but is only allowed to compete in two. She chose to compete in the 50 freestyle and 100 backstroke.

Those were the same two events she competed last year, where she came home with a medal. She medaled fifth the 100 backstroke a year ago, and just missed a medal by one spot in

the 50 freestyle.

“We didn’t know how this season would go for Sabra coming off injury, so we are so proud of all her hard work both in and out of the pool to return to state with such a big statement,” Argeropoulos said. “She qualified in six events this season and had her pick for state. We feel she has chosen wisely and put herself in a great position to take the medal stand on Saturday.”

The Class 5-1A state meet will begin at 4 p.m. on Friday at the Capitol Federal Natatorium at Hummer Sports Park in Topeka. Prelims will take place on Friday, with the finals starting at 4 p.m. on Saturday.

Louisburg swim cuts times, Brueggen qualifies for state in 3 events



Louisburg senior Dana Mattison swims the freestyle during a meet earlier this season.

OVERLAND PARK – Competition ramped up for the Osawatomie-Paula-Louisburg girls swim team this past week as it competed in three different meets.

For Louisburg, it gave its swimmers an opportunity to qualify for state in more events and continue to chip away at those state consideration times.

At the Blue Valley Southwest Invitational on Saturday, sophomore Sabra Brueggen added to her list of state qualifying events. Already qualified in two, Brueggen earned the needed marks in the 500-yard freestyle and 50 freestyle.

Brueggen finished second in the 50 freestyle with time of 26.66 seconds and later was second in the 500 freestyle in 5 minutes and 51.43 seconds.

The 200 freestyle relay of Brueggen, Janie Harth, Cadence Weichert and Dana Mattison also shaved two seconds off their previous state consideration time in 1:55.37 and finished seventh.

The same Louisburg four swimmers also went on to finish second in the 200 medley relay in 2:09.71. Harth also took ninth in the 100 breaststroke in 1:28.

The Miami County team went on to finish sixth out of 11 teams with 84 points, despite only have six swimmers compete.



Cadence Weichert swims the butterfly during a meet earlier this season.

On Wednesday at the Topeka-Hayden Invitational, Brueggen earned another state qualification time and improved on another.

Brueggen qualified in the 200 freestyle in 2:10 and took second overall. She later won the 100 backstroke in 1:04.62, to improve her previous season best. Brueggen has qualified for state in four events so far this season.

In all, the team earned 10 personal best swims and took fourth overall with 272 points.

Harth went on to finish second in the 50 freestyle in 28.83 seconds, while Paola's Addie Stuebner was second in the 100 freestyle in 1:04.52. She also took third in the 200 IM.

Mattison took fifth in the 100 butterfly and 200 freestyle, while Weichert was seventh in both the 500 freestyle and seventh in the backstroke.

With only five healthy swimmers, the team competed at the Turner Invitational and had nine personal best times.

Mattison won the 500 freestyle in 6:55, while Harth took third in the 200 IM. Stuebner was second in the 100 butterfly, while Weichert was fourth in the 100 backstroke and fifth in the 200 freestyle.

Pfannenstiel named new LHS

AD; resigns boys basketball post



Louisburg boys basketball coach Ty Pfannenstiel will take over the school's activities director role next school year. He also resigned his basketball position after coaching the Wildcats for the last six years.

Beginning next school year, Louisburg High School activities will have a little different look to it – especially at the top.

Ty Pfannenstiel will serve as the school's new activities director and will take over for current AD, Michael Pickman, who will focus on his assistant principal duties and curriculum.

Pfannenstiel, who has been the boys basketball coach for the last six years, resigned his post to take on the activities director position. He also stepped down as an assistant football coach.

Currently the weight room instructor, Pfannenstiel will spend half his day teaching and the other half in the AD role.

All of the moves were approved during Monday's meeting of the USD 416 Board of Education.

"This is very exciting for me," Pfannenstiel said. "It's definitely going to be a change. I have been a teacher and a coach for 18 years. I still get to be a teacher half-time, and

now I get to step into a new role as an administrator. It is going to be all sports and activities and I am looking forward to the new direction.”

As for Pickman, he gets the opportunity to focus more on the academic side as a full-time assistant principal. He was hired as an assistant principal/ activities director in April of 2020.

“I am very excited to commit more fully to the assistant principal role as education and curriculum have always been my true passion,” Pickman said. “Being able to support the teachers, students, and administrative staff by providing data, feedback, and assessing teaching and learning goals and initiatives in the building and district aligns with that passion and the opportunity arose to allow for that. I hope to enable and promote continued growth in the various curriculums and initiatives and structures that make Louisburg a fantastic district in a supportive community.

“Ty has experience and is passionate about athletics and activities. As it is where his passion is, I have every confidence he will do a fantastic job in his new role and look forward to witnessing where he takes our programs moving forward.”

Pickman took over LHS activities at a difficult time as the school was coming back from COVID-19 and the all challenges it presented. As tough as that situation was, he appreciated the relationships he built.

“I have thoroughly enjoyed my role as activities director and was presented a fantastic growth opportunity and am grateful for being given it,” Pickman said. “I had a goal of being present for athletes and coaches and for the patrons, so I hope people saw that presence. I was blessed to have great leadership in place in our coaches and sponsors, and tried to support them best by advocating for their needs and supporting

them to do their job of being great role models and passing on their passion and knowledge to students.

“Ultimately, I am most proud of our student athletes and activity participants and being part of their journey. I believe that sports are an extension of the classroom and I wanted to help ensure that character and sportsmanship were just as important and success, and I am overjoyed to have a wealth of memories where our fans, students, participants, and coaches and sponsors proved that to be true of LHS.”

While taking on the challenge of being a new administrator is one he is looking forward to, leaving his coaching roots behind was a difficult decision for Pfannenstiel.

In 2021, Pfannenstiel led the Wildcat boys basketball team to the Class 4A state championship game and finished as the state runner-up.

“That was definitely the biggest thing that was holding me back,” Pfannenstiel said. “I love basketball and the kids that I have worked with. There is a group coming up that I really enjoy coaching, and leaving that behind was one of the biggest challenges for me. Whoever takes over the program, I think it will be good transition for them because they will have a great group of kids to work with.

“Originally, I was going to be allowed to coach a sport and they didn’t want to take coaching away from me. The more I thought about it, if I want to do a good job at this, I need to focus on being the AD and that will be something that will benefit me and all the other activities.”

Pfannenstiel believes the move is a good one for the school in general as it will allow Pickman and principal Amy VanRheen to focus more on the academic side of things.

“This is something that is definitely needed,” Pfannenstiel said. “Our administrators are so busy with all the stuff they

do during the school day, but they are also going to all the activities as well. Hopefully this will be a big help for Mrs. VanRheen and Mr. Pickman.”

Although he won't official start his new position till next school year, Pfannenstiel is already starting to transition into his new role – one that is looking forward to.

“My job in the weight room and coaching has all been about sports,” he said. “That is what entices me about this job is that I am still going to be all about sports and activities. I just want to be a support for our coaches and our athletes and be advocate for our students.”

Week 2 Athlete of the Week: Sabra Brueggen



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

SABRA BRUEGGEN, SOPHOMORE, GIRLS SWIM

Louisburg sophomore Sabra Brueggen opened her 2023 swim season strong as she earned state qualification times in two events

during last week's home opener in Osawatomie. Brueggen won the 100 freestyle in a state qualifying time of 58.80 seconds. She later finished third in the 100 backstroke in what was a competitive field and qualified for state in 1:07.06.

Brueggen also helped a pair of relays to state consideration times. She joined Dana Mattison, Cadence Weichert and Janie Harth as they finished first in both the 200 medley and 200 freestyle relays. The 200 medley won in 2:11.08 and the 200 freestyle in 1:57.62.

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: Rowan Yows



Brueggen qualifies for state in two events to lead OZ-PA-LOU in opener



Louisburg sophomore Sabra Brueggen qualified for state in two

events Wednesday during the team's season opener in Osawatomie.

OSAWATOMIE – The Osawatomie-Paola-Louisburg girls swim team couldn't have asked for a better start to its season.

The team racked up two state qualifying times and two state consideration times as the Miami County squad finished second in the team standings in its home opener with 353 points.

Topeka-Hayden won the six-team meet with 443 points and Piper was second with 321.

"The girls really came out strong," coach Mary Argeropoulos said. "They had 20 new personal best times and all swimmers scored relay and individual points toward the team total."

Louisburg sophomore Sabra Brueggen had a strong showing in her first competition back recovering from a knee injury. Brueggen, who medaled a state a year ago, earned her first two state qualifying times of the year.

Brueggen won the 100-yard freestyle in in 58.80 seconds, to her earn first state bid of the day. Then in the 100 backstroke, she took third in a state qualifying time of 1:07.06.

Louisburg also earned a pair of state consideration times in two relays. Brueggen, along with Janie Harth, Dana Mattison and Cadence Weichert, won the 200 medley relay in 2:11.08.



Louisburg sophomore Janie Harth swims the breaststroke Wednesday during the team's season opener.

In the 200 freestyle relay, the Louisburg quartet also earned a state consideration time as they won the event in 1:57.62.

Mattison also had a pair of top two individual finishes. She went on to win the 200 individual medley and was second in the 500 freestyle.

As for Weichert, she won the 200 freestyle and later took third in the 100 breaststroke. Harth picked up a victory in the 100 breaststroke and also took third in the 50 freestyle.

Freshman Grace Morrison finished sixth in the 100 breaststroke and 10th in the 50 freestyle.

Paola junior Addie Stuebner also had a pair of top 10 finishes as she took fourth in the 100 butterfly and sixth in the 100 backstroke.

The Miami County team also participated in the Lansing Relays on Saturday and had four top 10 finishes.

Mattison, Weichert, Stuebner and Harth took fifth in the 500 Descending Relay, while the same group was sixth in the 4×100

individual medley relay and eighth in the 200 breaststroke relay.

Mattison, Stuebner, Ashlynn Willard and Elsie Blackmore took eighth in the 200 backstroke relay.

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.”