

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:



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-Paula-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."

Brown leads Wildcat swim with school's first state medal



Louisburg freshman Colin Brown finished eighth in the 100-yard butterfly Saturday at the Class 5-1A state swim meet in Lenexa. Brown became the school's first state medalist in boys swim.

LENEXA – For the first time in its four years of existence, Louisburg found its way up to the podium of the Class 5-1A state boys swim meet.

Wildcat freshman Colin Brown earned the school's first state medal in boys swimming Saturday at the Shawnee Mission School District Aquatic Center in Lenexa.

Brown recorded a time of 56.46 seconds in the finals of the 100-yard butterfly to take eighth overall. He swam a season-best time of 55.85 in the preliminaries Friday to garner a spot in the finals.

"Colin's swim in the medal finals on Saturday was so fun to watch," coach Mary Argeropoulos said. "Hardware from state is not easy to earn and he did a marvelous job all season working toward that final."

In all, Louisburg sent four swimmers to the state meet in Brown, Brayton Brueggen, Colton Prettyman and Andrew Jamison

and the Wildcats turned in several times that earned spots in the consolation finals. As team, the Wildcats finished 15th overall with 44 points.



Louisburg senior Brayton Brueggen swims the backstroke for the 200 medley relay team Friday. On Saturday, the team finished 10th overall.

The OZ-PA-LOU team also had swimmers from Paola and Osawatomie that swam in the consolation finals in Paola's Landen Terflinger and Osawatomie's Luke Hebert.

"We were thrilled to represent OzPaLou at state this season," Argeropoulos said. "The boys worked so hard and it definitely paid off. We are so proud of their season and final performances at state. Each swimmer had at least one personal best time and competed fiercely in the pool."

The 200 medley relay of Brueggen, Brown, Jamison and Prettyman set a new personal best Friday in the prelims, only to set another one Saturday in the consolation finals.



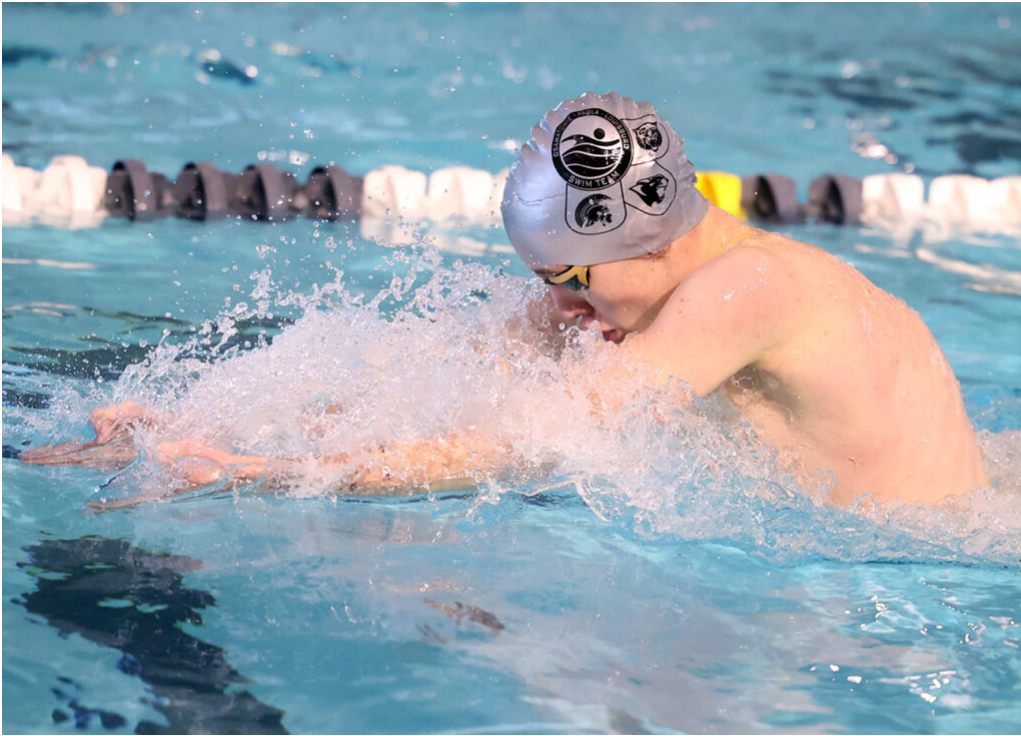
Louisburg sophomore Colton Prettyman swims the breaststroke Friday during the prelims of the state meet.

The Wildcat quartet finished 10th overall with a time of 1:48.26 and set the tone for a successful day.

In the consolation finals of the 200 freestyle, Brown finished 13th overall in 1:52.62 seconds and Terflinger was 16th in 1:57.70. Terflinger was also 11th in the 500 freestyle in 5:20.

Jamison improved on his time in the 100 breaststroke as he took 12th overall in the consolation finals in 1:05.83. Prettyman just missed out on the finals as he took 18th in 1:06.81, while Jamison missed the finals of the 200 individual medley and finished 17th in 2:11.52

Hebert scored points for the Osawatomie side as he took 12th in the 100 butterfly in 56.37.



Louisburg freshman Andrew Jamison finished 12th in the state in the 100 breaststroke.

The 400 freestyle relay Brueggen, Jamison, Brown and Prettyman ended the meet strong. After advancing to the consolation finals Friday, the team improved their time Saturday.

Louisburg finished 12th in the event with a time of 3:33.73. It was the end to what was an historic season for Louisburg boys swim.

“There were so many fun aspects of the state meet but perhaps my favorite was watching these young men support, cheer for, console, push and encourage one another each and every practice and meet,” Argeropoulos said. “We are looking forward to the 2023-2024 season.”

Wildcat swimmers eye medals in first-ever state meet



Louisburg senior Brayton Brueggen will swim a pair of relays during the Class 5-1A state meet today at the Shawnee Mission School District Aquatic Center in Lenexa. Brueggen, along with Colton Prettyman, Colin Brown and Andrew Jamison will begin competition at 4 p.m.

LENEXA – Louisburg started competing in boys swimming during the 2019-20 season, and for the first time four years, the Wildcats will end their season competing against the state's best.

After not sending anyone in the first three years of existence, the Wildcats will send four to the Class 5-1A Kansas State Swimming Championships, beginning today.

Senior Brayton Brueggen, sophomore Colton Prettyman, along with freshmen Andrew Jamison and Colin Brown, will hit the pool at the Shawnee Mission School District Aquatic Center starting at 4 p.m. for preliminaries.

Between the four swimmers, the Wildcats will compete in five individual events to go along with two relays. It has been a long time coming, especially for Brueggen, who has been with the program since its inception.

"It means a lot to compete at state, as that was the primary goal the whole season," Brueggen said. "The past couple of years we were so close to competing at the state level as we

were just off by a couple milliseconds. I am looking forward to competing.”



Freshman Colin Brown will compete in four events today, including two relays, along with the 100 butterfly and 200 freestyle.

Brueggen will join Brown, Jamison and Prettyman to compete in the 200-yard medley relay, along with the 400 freestyle relay. The group sits 16th in the medley and 13th in the 400 going into prelims. The top 16 finishers in the prelims earn a spot in the finals on Saturday.

“I think we will be competitive with the other teams (Friday),” Brueggen said. “We have the guys and the times to make it to finals on Saturday. We have been working together all season and should put up a good fight.”

Brown has had a big freshman season for the Wildcats to this point. He qualified for state in three individual events, but swimmers are only allowed to compete in two at the meet this weekend.

He has chosen to take part in the 200 freestyle and 100 butterfly. Brown currently sits 10th in both events and the

top eight will earn state medals.

"It's truly an honor that I have been able to compete at the level I have, and to be able to qualify for this meet as a freshman," Brown said. "Coming into the season I had high expectations for myself. I wanted to qualify in most of the events I swam, but the relays were my favorite to qualify. To be able to be a part of the first Louisburg relay to ever qualify for state, while only having four LHS swimmers was very exciting for me, and the other swimmers.

"My goals for this weekend are to swim swim strong, drop time and represent LHS with pride."



Freshman Andrew Jamison will also compete in four events today at state, including two relays and the 200 IM and 100 breaststroke.

Jamison also qualified in a pair of events for Louisburg. He will compete in the 100 breaststroke, where he currently has the 13th best time and the 200 individual medley, where he is 18th.

"To compete at state as a freshman means a lot to me because it's a memory I'm going to have for a long time," Jamison

said. "It really shows that all the hard work that not just me, but the whole team has put in, has paid off.

"I had high expectations for myself coming into the season including qualifying for state, but there is always a little bit of 'Wow, I just did that!' after every great race. You would need to add words to the dictionary to describe how excited I am. And as for goals, I just want to get a personal best and have loads of fun."



Sophomore Colton Prettyman will swim two relays and the 100 breaststroke today at state.

As for Prettyman, he qualified in the 100 breaststroke in his final meet of the season last week at the ILC meet. He currently sits with the 12th fastest time.

The state finals will be held at 4 p.m. on Saturday.

Week 9 Athlete of the Week: Colton Prettyman



Here is the Louisburg Sports Zone Athlete of the Week for week nine of the winter sports season, sponsored by Vohs Pharmacy.

COLTON PRETTYMAN, SOPHOMORE, BOYS SWIMMING

Louisburg sophomore Colton Prettyman had a big day for the Osawatomie-Paula-Louisburg boys swim team last week at the Independent League Championship. Prettyman won the league title 100-yard breaststroke and earned a state qualification time in the process. He also went on to finish second in the 50 freestyle and help the team to a league title.

Prettyman was also a part of a pair of relays that won league championships. He joined Brayton Brueggen, Colin Brown and Andrew Jamison as they won the 200 freestyle and 400 freestyle relays. Prettyman will compete at the state meet this Friday and Saturday as he swims the 100 breaststroke, along with the 200 medley and 400 freestyle relays.

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: Adyson Ross

Week 2: Colin Brown

Week 3: Colyer Wingfield

Week 4: Kaven Bartlett

Week 5: Trace Eslinger

Week 6: Jay McCaskill

Week 7: Andrew Jamison

Week 8: Brianne Kuhlman

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OZ-PA-LOU wins ILC crown; captures seven individual league titles



Louisburg sophomore Colton Prettyman won the 100 breaststroke title Wednesday during the ILC in Osawatomie. Prettyman also earned a state qualification in the event. He was also a part of two league champion relays.

OSAWATOMIE – The Osawatomie-Paola-Louisburg boys swim team took the pool with just eight swimmers, but that didn't stop it from achieving something great Wednesday in its home pool.

The Miami County team won the Independent League Championship at the Ozone in Osawatomie with 342 points. Bonner Springs was the next closest in the 8-team meet with 264.

On top of the championship, the group won seven individual league titles and earned four more state qualification times.

"These eight gentlemen have worked so hard this season top to bottom," coach Mary Argeropoulos said. "They are a well rounded team that supports, pushes, and cheers for one another and it's so great to see all that pay off with a league championship."

Louisburg freshman Colin Brown led the way as he won two individual league titles, and two more as part of a relay, to go along with his third state qualification time of the season.



Louisburg freshman Colin Brown won four events – two individual and two relays – during the ILC meet Wednesday in Osawatomie.

Brown won the 200-yard freestyle in 1:53.16 and the 100 butterfly in 56.45 seconds. Brown, along with Brayton Brueggen, Colton Prettyman and Andrew Jamison won the 200 free relay in 1:36.14 and the 400 free relay in 3:40.28.

His leg in the 400 free relay was also fast enough to earn a state qualification time in the 100 freestyle.

Prettyman also had a big night as he was the league champion in the 100 breaststroke in 1:06.24, which was also a state qualification time. He also finished second in the 50 freestyle in 23.74 seconds.

“The atmosphere at the pool was special and it’s no surprise that those swimmers stepped up and laid down great races,” Argeropoulos said. “They’ve been inching closer and closer all season and they should be extremely proud of their swims at league.



Louisburg freshman Andrew Jamison swims the butterfly stroke of the 200 IM on Wednesday. Jamison won the event and earned a state qualification time.

“Colton Prettyman has been consistently dropping crazy amounts of times across the board this season. His relay legs have been a constant strong point for the team and it’s gratifying to see his individual success come through for him.”

Jamison also had a strong performance as he was the league champion in the 200 individual medley in 2:13.12, which was also a state qualification time – his second of the season. He also took second in the 100 breaststroke in 1:08.32.

Brueggen took runner-up honors in both of his races. The Louisburg senior was second in the 200 IM in 2:29.45 and second in the 100 backstroke in 1:05.78.



Louisburg senior Brayton Brueggen finished as a league runner-up in two events and was also a member of two league champion relays.

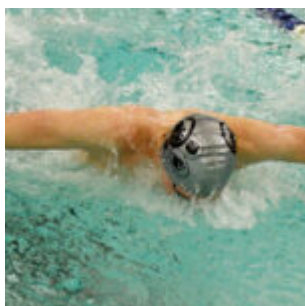
Paola's Landen Terflinger finished second in the both the 100 and 200 freestyle, and also earned a state qualification time in the 200 freestyle in 1:55.39.

Osawatomie's Luke Hebert was the league champion in the 500 freestyle in 6:21. He also took second in the 100 butterfly.

Now, the team will prepare for the Class 5-1A state meet that begins this Friday in Lenexa. The event will run through Saturday.

"State should be so much fun for our boys," Argeropoulos said. "We are focusing on putting out the best swims possible and enjoying the ride. We expected to be there from the beginning of the season and we can't wait to see it all play out."

Louisburg relay, Brown add to their state qualification list at Bonner



Louisburg freshman Colin Brown (pictured above) along with teammates Andrew Jamison, Brayton Brueggen and Colton Prettyman qualified for state in the 400-yard freestyle relay last week at Bonner Springs.

BONNER SPRINGS – For most of the season, coach Mary Argeropoulos has been trying to figure out why the Louisburg 400-yard relay hasn't earned state qualifying time yet.

"All year, I've been encouraging our relays, that according to their individual swim times, they should be able to post a qualifying time in the 400 Free relay easily," Argeropoulos said. "On paper, they should have been able to swim a 3:44 time which would have qualified the relay, but we had just not been able to put it together at the end of a meet in competition."

Whatever happened last Tuesday at the Bonner Springs Invitational, did the trick.

The relay team of Brayton Brueggen, Colton Prettyman, Colin Brown and Andrew Jamison blew their season best time out of the water in 3 minutes and 39.72 seconds to not only finish

first, but earned that elusive state qualification bid.

The Louisburg quartet has now qualified for state in two relays, along with the 200 medley. In the 200 free relay, the group also finished first at Bonner in 1:40.41.

"It was a really great moment," Argeropoulos said. "They knew they had swam well, but hadn't realized that they qualified until they returned to the team area. It was so cool."

The Osawatomie-Paola-Louisburg team put together a strong performance as well. The Miami County group of just eight swimmers, finished second overall with 333 points, behind Topeka-Seaman which won with 470.

Brown also added another state qualification time of own. He earned a state bid in his third event this season after he recorded a time of 1:54.09 in the 200 freestyle and took second overall.

The Louisburg freshman has now qualified for state in three individual events to go along with the two relays.

Osawatomie's Luke Hebert earned a state qualifying time for the team as he was second in the 100 butterfly in 57.50 seconds, knocking three seconds off his time.



(Submitted photo) Louisburg senior Brayton Brueggen swims the backstroke during a meet earlier this season. Brueggen is now a part of two relays that have qualified for state.

The Miami County team will now send six of its eight swimmers to the state meet later this month.

Prettyman had a good day individually at Bonner Springs as he took second in the 50 freestyle and 100 breaststroke. Jamison was also third in the 100 and 200 freestyle.

Brueggen took second in the individual medley and fifth in the 100 backstroke, while Brown also earned a state consideration time in the 100 breaststroke as he took third.

Paola's Landen Terflinger took second in the 100 backstroke and posted a state consideration time and was fourth in the 50 freestyle.

Osawatomie-Paola-Louisburg will return to their home waters

this Wednesday as they will host the Independent League Championship. Events begin at 4 p.m at the Ozone in Osawatomie.

Week 7 Athlete of the Week: Andrew Jamison



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

ANDREW JAMISON, FRESHMAN, BOYS SWIMMING

Louisburg freshman Andrew Jamison is off to fast start to high school swim career. Jamison helped the Osawatomie-Paula-Louisburg swim team to a second place finish at the Blue Valley Northwest triangular. Jamison won the 200 individual medley in 2:15.60 and finished second in the breaststroke in 1:08.61. He later helped the 400 free relay to a second place finish as well in 3:51.96.

The week prior, Jamison also punched his ticket for the state meet. The Louisburg freshman earned a state qualifying time in the 100 breaststroke in 1:06.64 after earning a state spot in

a relay earlier in the year.

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OZ-PAO-LOU boys swim wins home meet, qualifies two for state



Louisburg freshman Andrew Jamison qualified for state in the 100-yard breaststroke Wednesday during the team's home meet in Osawatomie.

OSAWATOMIE – The Osawatomie-Paola-Louisburg boys swim team had an impressive showing in its first meet of the new year.

The Miami County swim team qualified for state in two more events and put together several state consideration times in its meet victory Wednesday at the Ozone in Osawatomie.

Osawatomie-Paola-Louisburg won the five-team meet with 301 points to go along with eight first place finishes and six runner-up performances.

“This home meet was a great showing for our team,” coach Mary Argeropoulos said. “Everyone swam really well and everyone got new personal best times. The first place finish was icing on the cake.”

Louisburg freshman Andrew Jamison qualified for state in his first individual event as he recorded a time of a 1 minute and 6.64 seconds in the 100-yard breaststroke and he won the event.

His teammate, Paola's Landen Terflinger, also earned a state

bid in the 500 freestyle in 5:28.78 with a victory Wednesday.

"We are simply over the moon about our state qualifiers," Argeropoulos said. "It really is a fantastic accomplishment to consider or qualify for the state swim meet and we are proud that as of right now, 5 of our 8 swimmers will be representing OzPaLou at state in February."

The team also earned state consideration times in four other events.



Louisburg sophomore Colton Prettyman earned state consideration times in two events Wednesday in Osawatomie.

Louisburg sophomore Colton Prettyman earned state consideration times in the 100 freestyle and 100 breaststroke. Prettyman took second in the 100 freestyle with a time of 54.02 seconds and was second in the breaststroke in 1:09.38.

Freshman Colin Brown, another Louisburg swimmer, earned a state consideration time in the 100 freestyle. Brown won the event in 53.17 seconds and he also won the 200 individual medley in 2:12.50, improving on his state qualification time

earlier in the year.

Terflinger recorded a state consideration time in the 200 IM in 2:16.09 as he took second. Osawatomie's Luke Hebert won the 100 butterfly in 1:00.64 and earned a state consideration time as well.

Louisburg's relay group of Brayton Brueggen, Jamison, Brown and Prettyman also swam well. The team took first in the 200 medley relay in 1:51.48, improving on their state time from earlier in the year.

The group also won the 200 freestyle relay in 1:39.65, just missing out on a state qualification time. Brueggen also won the 100 backstroke in 1:07.18 and was second in the 200 freestyle in 2:14.37.

Jamison finished second in the 50 freestyle in 25.34 seconds.

The OZ-PA0-Louisburg team returns to action Tuesday at Blue Valley Northwest. The meet is set to begin at 5 p.m.