

MARCH IMAC ATHLETES OF THE MONTH
CONGRATULATIONS to Nic van Oppen of Breck and Sarah Kaminski from Minnehaha Academy as the IMAC LIDS Athletes of the Month.



Nic van Oppen of Breck

Nic is a 3-sport athlete at Breck School. He has been a varsity goalkeeper the last 3-years for the soccer program, a pitcher and outfielder on the varsity baseball team and has competed for the Breck/Blake swim team for the past six years; four of which earned him a varsity letter. Nic spent the early part of his high school swim career as a distance freestyler. As a junior, he earned all-state in the 200 freestyle with 1:46.73 and finished 10th in state in the 500 freestyle in a time of 4:55.93. He also accomplished all-state recognition for his role on the 200 (6th 1:29.74) and 400 (3rd 3:15.07) yard freestyle relays. This year, as a senior and team leader, Nic focused his training efforts on freestyle sprint. He was named section 2A swimmer of the year after he won the 50 freestyle in a meet record time of 21.69 and won the 100 freestyle also in a meet record time of 47.95. Nic also led off the championship 200 free relay that broke the section record (1:27.45). At the state meet, Nic placed 4th in the 50 free and set a Breck School record of

21.35. He placed 4th in the 100 free also in a school record time of 47.07. Nic led off both freestyle all-state relays which also set new school records. The state champion 200 free relay earned an automatic All-American time of 1:24.99 and the 400 free relay finished 2nd in a time of 3:10.78. Aside from Nic's accomplishments in the pool, he is a great teammate and has a great attitude at practice. He is a confident leader who knows how to keep things light even in the toughest sets. Congratulations Nic on a fantastic season.



Minnehaha's Sarah Kaminski

Junior Guard Sarah Kaminski typically plays her best Basketball in March, and this year was no different. Minnehaha's scoring and rebounding leader led her team to a 3rd Place finish in the Class AA State Tournament. The Redhawks were impressive in their Section Final blowout of St. Croix Lutheran, and led by Sarah, were able to win 2 of 3 games at State. Sarah's best performance was saved for last, as she scored 23 Points in the 3rd Place Game 56-54 victory over Roseau. Sarah was voted to the Class AA All-Tournament team for her performance. Congratulations Sarah!

MARCH IMAC ATHLETES OF THE MONTH NOMINEES

Scholar-Athlete	SCHOOL	SPORT	CLASS
Tiernan Foster-Smith	Blake	Boys Swimming	Senior
Cynthia Salone	Blake	Girls Basketball	Senior
Nic van Oppen	Breck	Boys Swimming	Senior
Raven Dubois	Breck	Girls Basketball	Senior
Sarah Kaminski	Minnehaha	Basketball	Junior
Makenzie Murtha	Providence	Basketball	Senior
Sebastian Brown	Providence	Basketball	Senior
Peter Baker	SPA	Alpine	Junior