

Yvonne Jia



Yvonne Jia from Breck

Keegan James



Keegan James from Blake

Jalen Suggs



Jalen Suggs of Minnehaha Academy

Congratulations to Breck swimmer, Yvonne Jia on her IMAC Conference Athlete of the Month award for November. Yvonne was part of Breck's Girls Swim & Dive Section 2A Championship team and 3rd place Class A State team this fall. At the section meet Yvonne took first as part of the 200 Free Relay and 400 Free Relay, and she also took first in the 100 Butterfly. At the state meet, she helped the team take 3rd place in the Class A meet by taking first as part of the 200 Medley Relay (with an All American time), 200 Individual Medley (with a school record & All American consideration) and also a first place finish in the 100 Butterfly (All American Consideration).

Blake Sophomore Midfielder won the Class A State Championship for the Blake Bears on one of the more remarkable kicks you will ever see. The Bears battled the Lumberjacks from Bemidji in the State Championship game. The game was tied over regulation and tied after the first overtime. To start the second overtime, James took the opening kick off and sent it the length of the field. From 55 yards out, his kick was perfectly placed in the upper right hand corner of the net to win the State Championship in 2OT. Video [here](#).

Junior QB Jalen Suggs absolutely dominated the competition at the AAAA State Tournament leading the SMB Wolfpack to their first ever State Title. When the lights were brightest, Jalen was at his best! In the 44-18 win over Willmar, Jalen was 9-11 for 216 Yards and 3 Touchdowns. He ran for an additional 67 and returned an Interception 97 Yards for a Touchdown. That's a grand total of 380 Yards and 4 Touchdowns to secure the Title. As soon as Football ended, Jalen jumped right back on the Basketball Court where he's seeking a 3rd Straight Class AA State Title.

NOVEMBER ATHLETE OF THE MONTH NOMINEES

Ava Olson	BLAKE	Girls Swim and Dive	Sophom ore
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Keegan James	BLAKE	Boys Soccer	Sophom ore
Yvonne Jia	BRECK	Girls Swim & Dive	Freshma n
Matthew Conroy	BRECK	Boys Hockey	Senior
Jalen Suggs	MINNEHAHA	Football	Junior
Rebecca Skweres	MINNEHAHA	Hockey	Sophom ore
Yahya Madar	MPA	Boys Basketball	Senior
Caroline Mahowald	PROVIDENCE	Girls Basketball	Senior
Zach Giesler	PROVIDENCE	Boys Hockey	Senior
Riley Tietel	SPA	Football	Senior
Abby Lanz	SPA	Diving	Senior