



Junior Captain, Alden Keller, finished out the Cross Country season with an outstanding series of big races as Breck's number one runner.

After winning the Eagle Ridge Invitational at Gale Woods the week before, Alden captured the IMAC Conference Championship on October 14th, with a course record time of 15:37.57 at Battle Creek Regional Park. Two weeks later, he advanced to the Minnesota State High School Meet by winning the Section 6AA Meet at Collinwood Regional Park in Cokato. On November 6, Alden lived up to his first place state ranking, setting the pace for the AA field with a blazing 4:44 first mile and hanging on to become the AA state champion, with a first place time of 15:53.27. Subsequently, he was cited as athlete of the week, as denoted in the prep sports section of the Minneapolis Star Tribune newspaper.

Alden extended his successful season on November 14, when he knocked several seconds off of his best 5K time posting a 15:12.2 sixth place finish in the Nike Cross (NXR) Heartland Regional Championship Race, held in Sioux Falls, South Dakota, competing against some of the best high school runners from Iowa, Kansas, Minnesota, Nebraska, North Dakota, South Dakota, and Wisconsin.

Congratulations Alden, on being named the IMAC Athlete of the Month!



Ellie Pirtle '22 and Petra Lyon '23 had a very successful tennis season. They each played the number one position in in singles and doubles respectively. They were able to lead the team in the right direction, culminating in the section championship, the team state championship, as well as the individual doubles state championship! Both players have established themselves as leaders of the team and hard-working athletes.



Minnehaha Academy Sophomore Ancele Dolensek has become the school's first ever Girls Tennis State Champion! She did it by defeating Minnehaha Academy's first ever State Tennis Runner Up Izzy Einess in a 3rd Set Tiebreaker. The Match was an epic battle between two friends and teammates who each only lost one match all year - to each other! We look forward to watching Ancele attempt to repeat next season.

OCTOBER ATHLETE OF THE MONTH NOMINEES

Callie Arthur	BLAKE	CC	7th Grade
Alden Keller	BRECK	CC	Senior
Petra Lyon/Ellie Pirtle	BRECK	Girls Tennis	Junior/Senior
Ancele Dolesnek	MINNEHAHA	Tennis	Sophomore
Chase Carter	MINNEHAHA	Football	Senior
Kaija Kunze-Hoeg	MPA	VB	Senior