



After capturing the MSHSL Class AA State Championship title last year as a junior, Alden spent the majority of this fall on the sidelines rehabbing a nagging injury. He returned to the field of competition in mid October just in time to repeat as IMAC Conference champion and achieved a second place finish at the 6AA Section Meet on Oct. 27, qualifying him for the Class AA State Meet. Alden had an unfortunate experience on Nov. 5 at the MSHSL Class AA Championships in Northfield, running a very competitive race but losing his shoe on the last mile! He still managed a strong 5th place finish with a time of 15:39.0. On Nov. 13, Alden improved on this mark at the NXR Heartland Regional Championships in Sioux Fall, SD. He posted a personal best 5K time of 15:18.2, good enough for a 21st place finish. He finished up the month running on Nov. 26th, taking 22nd place (15:47) at the Champs Midwest Regional Championships. In this meet, he competed amongst some of the best runners from Colorado, Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin. Congratulations on being the IMAC November athlete of the month!



Junior Carly Bixby has been named the IMAC Student Athlete of the Month. Carly is recognized for her hardwork in the swimming pool as well as in the classroom. In the Section 2A finals Carly placed 1st in the 100 fly, 100 back, 200 medley, and the 400 free relay. In the Class A State Championships, Carly Bixby was named Class A Champion in the 100 fly and 100 backstroke.

NOVEMBER NOMINEES

ATHLETE	SCHOOL	SPORT	YEAR
Molly Seidel	BLAKE	Swimming	Junior
Grayson Okawonko	BLAKE	Basketball	Junior
Piper Crosby	BRECK	Swimming	Junior
Alden Keller	BRECK	Cross Country	Senior
Isabella Espinosa-Splichalova	MPA	Swimming	Junior
Nicholas Larson	MPA	Cross Country	Senior
Carly Bixby	PROVIDENCE	Swimming	Junior