

WINTER ACTIVITIES SUMMARIES

Girls' Hockey - Head Coach Ray Dahlof

The Bison Girls' Hockey team had another successful season earning their 5th Mississippi 8 Conference Championship in the past 6 years! The Bison lost in the Section 8AA Tournament to Roseau ending their quest for a second trip to state. This was the last year of the Bison co-op as Delano is starting their own girls' high school team. During the eleven years of the co-op, the team has had much success on the ice and built lasting relationships among the players and coaches. Rylan Bistodeau, Abby Halluska, Allison Roethke, Payton Rudiger and Taylor Thompson earned all conference awards. Allison Roethke was named all state honorable mention and Abby Halluska was named Mississippi 8 forward of the year for the second time. Abby Halluska received a scholarship to Bemidji State University, Allison Roethke earned a scholarship to Quinnipiac University and Payton Rudiger committed to play at UW-River Falls. The Bison had 10 seniors on the team and there were 8 underclassmen from Delano so the Bison will face a rebuilding year next year. After 10 seasons as Head Coach for the Bison and 40 years of coaching hockey, Head Coach Ray Dahlof retired from coaching hockey.

Girls Basketball – Head Coach Scot Sorenson, Assts. Jeff Kylonen, Stacy Eggers, Jenn Sheedy, Courtney Ortmann, and Bridget Corrigan

The 2015–2016 Buffalo Bison Girls Basketball team came into the season with many new faces, returning only three regulars from the previous season. Juniors, Cadyn Luedemann and Hailey Sorenson back as starters with senior Maddy Henson back from being a strong bench contributor. Also, senior, Abby Munsterteiger fully healthy from a knee injury that reduced her role in 2015, came in ready to contribute. The big challenge was to find out which of the new faces were ready to join in. While working through those challenges, the Bison began the year with a big comeback win vs.

Moorhead, then they dealt with the ups and downs of youth and a challenging schedule with some tough losses to ranked teams: Elk River (#5 4A), Wayzata (#10 4A), and Orono (#1 3A). The losses were mixed with wins of 20+ vs. SC Tech and Chan leading into the holiday tourney at Alexandria. After a hard fought game with Hutch (#2 3A), the Bison found themselves on the short end by just 3 points. As the new year started, so did the Mississippi 8 conference season. With more parity expected in the middle of the conference, the Bison found themselves on the short end of some tough road games to start the M-8. The girls found some rhythm later in January, winning three in a row. Two of the wins came through a strong team performance on opposite ends of the floor. Defeating CL by a large margin thanks to great defense followed by a home win vs. Brainerd in an offensive showdown. The regular season ended with an excellent game at Princeton that found there senior A.C. guard hitting a winning three pointer at the buzzer. It was a solid game from all Bison and displayed some of the younger players. Throughout the year, the Bison girls were dealt a handful of injuries which created opportunities for more players to contribute. By playoff time, 11 players had the minutes needed to be comfortable on the floor. The Bison, as a #6 seed, traveled to newly shifted section opponent Maple Grove, a #3 seed. The Bison came to play, but Maple Grove's seniors displayed their experience and handed the Bison a season ending loss. Girls basketball finished with a 10-17 record and a positive 7-4 on their home court. Two players were named M-8 All Conference - Jr. Cadyn Luedemann and Fr. Jordan Zrust. Three players made the Honorable Mention team - Sr. Abby Munsterteiger, Sr. Maddy Henson and Jr. Hailey Sorenson. M-8 Academic All Conference included Sr. Abby Munsterteiger, Jrs. Cadyn Luedemann and Jordan Warner, Sophs. Ashley Cordt, Sarah Hudson, Bailee Larson, Megan Lowell, and Katy Cassady (mgr). The JV and Freshmen teams both had strong seasons showing both growth and potential. The future continues to look bright for the Bison Girls Basketball team.

Boys Basketball - Nick Guida

Varsity Coach: Nick Guida— (13th year as head coach, 19th in program)

Varsity Assistant: Ross Mjelde (13th)

Varsity Assistant: Todd Bouman (3rd)

B Squad: Josh Ortmann (5th)
9th Grade: Mike Curry (5th)

The 15-16 season was a challenging one on many levels for the Buffalo Boys basketball team. Faced with a tough schedule and a number of kids new to the varsity level, we knew there was going to be a learning curve building our team. No matter the experience of your returning players, it's always a process to go through when putting the pieces together. The main goal for us was to be the best team we could possibly be by the end of the season!

The season began with a difficult early season schedule that we usually play. From the get go, there was a lot of playing opportunity to work through role definition on the team. With 10 seniors and 12 juniors, and not a lot of experience returning, there was plenty of competition. That is one thing that you could always count on with this group, they would work to their capacity on a daily basis! That mentality would finally start to pay off as we approached the winter break. Our play on the floor was beginning to look like something we could build from. During that period, we won 4 of 6 games and ultimately improving as a team. That's when the injury bug hit. With multiple rotational players out for long stretches of time, we hit a stretch in January and early February that lacked consistency. This can be difficult for kids to continue to come to practice and give everything they have to their team. That's exactly what our kids did. They never quit! The regular season record (6-20 win/loss) landed us a playoff spot against Elk River. At playoff time, our team had largely returned to full strength. We played well to close the season and gave the Elks all they could handle on their home floor. Although we came up short on the scoreboard, our kids left everything they had on the floor that night!

To mark the 3rd year out of the last 4, the Buffalo varsity basketball team was named the Minnesota Basketball Coaches Association Class AAAA Academic State Champions.

The award goes to the team with the highest GPA across their respective class. This significant award is a testament of the character and work ethic of this group of kids. Bison Basketball will say goodbye and wish good luck to 10 graduating seniors. We are very proud of the young men that they've become. We are also excited for the future of Bison Basketball. There's a lot of great kids coming up through the program!

Dance - Olivia Hernandez

The Buffalo High School Bison Dance Team finished its 4th season with yet again, their best team scores throughout the season! The team worked hard all season on learning strong choreography and synchronization as a whole to gain points each week at competitions, invitationals and conference meets. The team also added a JV Jazz Team to the Dance Team family to help keep the dancers who are not on Varsity Jazz active, always learning and growing their abilities. They competed over twice as much as the previous season which led for a busy and productive season.

The team graduated one Senior, Mia Woodwick and one foreign exchange student, Charlotte De Clercq. Senior Captain Mia Woodwick has been a strong leader for her past 2 years as Captain and she plans on trying out for the Iowa State Dance Team this summer. She will be greatly missed.

The girls participated and volunteered in many community events throughout the summer and school year including, the Buffalo Days Fly In and Car Show, the Buffalo Rodeo and Cub Foods Bagging. The Dance Team hosted the 3rd Annual Bison Dance Team Kid's Clinic in February 2016. The team invited students from grades 1-5 in the community to join the dance team as they learn a dance, have a pizza party and then perform at a High School Basketball game. It was such a fun night!

It was by far a fantastic season!

Boys Swimming -Pam Brophy (7th year head coach, 10th year in program)

The 2015-2016 Boys' Swim & Dive season was successful both in terms of personal growth and exceptional athletic performance for our student-athletes. We had 39 athletes this season, including 9 first time team members. Our dual meet record was 5 and 3, which placed us 3rd in the Conference. In Invitational competitions, we placed 3rd twice, 4th once, 5th twice and 14th at the prestigious Maroon and Gold Invite at the U of M. Over the course of the season, 6 school records were broken and our Top 15 Lists were updated with 27 improved times. Our JV athletes also demonstrated excellent growth, capping of their season with 57 Personal Best times at their JV Championship Meet.

Our post-season performance was exceptional with numerous school records being set. 100% of our section swimmers had a Personal Best time at the Section Meet. We had 18 medal winners at Sections, and our first ever Section Champions. Hunter Brings took first in Diving, Charlie Bean was 1st in 50 Free and 100 Free, and Josh Muntifering placed 1st in Individual Medley, and Fly. These three boys advanced to the State meet, where additional records were set. Charlie Bean was our first medal winner in program history, taking 4th in 50 Free (with All American Consideration Honors), and 5th in the 100 Free. Hunter Brings placed 9th, missing podium by 9/10th of a point. This is the highest diving finish at State for the Boys' program. Josh Muntifering made it to the consolation heat in both of his events, placing 13th in IM, and 14th in Fly. These boys earned Buffalo a record 14th place finish at state out of 52 teams. Both Charlie and Josh swam personal best times at State and set new school records in their events. We had 5 athletes selected for All Conference and 4 for Honorable Mention. In addition, we had a record 11 All Academic Award winners. Our team also earned a M-8 Gold Standard Academic award for the second consecutive year. We held our 7th annual Alumni Fun Fest over Winter Break and had 12 former athletes join us for swimming, diving, and a poolside pizza party. Boys Swim & Dive also hosted our 6th Annual Border Battle Invitational Swim & Dive Meet. Once again, our team dedicated this season to a

KICK Cancer initiative to support a parent on our team who is dealing with Stage IV Breast Cancer. As a result of our Kick-A-Thon, and Chuck-A-Duck efforts we were able to donate \$2800 to the Randy Shaver Cancer Research and Community Fund. Even though we are graduating 4 talented athletes, our strong core of young swimmers and divers give us reason to be excited about the 2016-17 season!

GIRLS GYMNASTICS - Martha Driscoll-Nelson (32 years), Shannon Barclay (3 years), Debi Warpula (1st year)

2015-2016 proved to be the Bison Gymnastics Team's 2nd most successful season in history, and the best season since 1997-1998. (In lots of areas, Coach DN feels this was the best Bison Gymnastics season ever.) All four events were strong and amazingly consistent for the Bison athletes from the beginning to the end. Even when athletes became sick or injured, someone else stepped into the line-up without missing a beat. The regular season, which began with a victory over rival Monticello, finished at 7W and 1L. The varsity and JV team was undefeated in conference action until a big match-up with Mississippi 8 Conference Champs Cambridge-Isanti in the last regular season meet of the year. A highlight of the season was the team's great performance at the annual Buffalo Invitational Meet where the Buffalo athletes took home the Champion Varsity trophy and the JV runner-up honors. During the Section 8AA meet, the Bison scored over 140 for a third time this season and finished runner-up only to St. Cloud Tech. The St. Cloud Tech Tiger gymnasts went on a week later to become the 2016 State HS Team Gymnastics Champions!

All sorts of "top 5 scores ever" were added to the Bison team record book this season, especially on balance beam. The 2016 Buffalo Invitational saw the highest team balance beam score ever, with 4 individuals scoring over 9.0 on their beam routines that day. In fact, the top 3 team beam scores in Bison history are from this season. Frequent members of our "Dream Beam Team" were Amanda Montplaisir, Madi Peters, Mya Lubben, Rachel Haas, Alex Zeiss, and Faith Winter.

At the State Individual Tournament, this beam domination continued. Sophomore Montplaisir and 7th grader Peters had each qualified for State in two areas, Amanda on beam and as an all-rounder and Madi on floor as well as beam. During their week of practice, they hit set after set solid especially on the beam. When it came time to compete, it was the same story, solid and flawless execution on the balance beam. Both girls medaled, Amanda placing 4th and Madi 6th!

The JV also had a record setting season, posting the four highest JV team totals in Bison history. Balance beam was also a strong event for the JV, but floor exercise shone even more brightly. The JV team score record on floor exercise was set at the JV Conference Tourney where the JV Bison again were only bested by Cambridge. The JV floor exercise record setters were Delaney Nord, Alex Kahlert, Ingrid Nelson, Lubben, Samantha Twardy, Peyton Retterath, and Kylie Perz.

Mississippi 8 All Conference Awards went to Montplaisir and Peters, with Lubben and Zeiss achieving Honorable Mention Conference status. The entire combined Varsity and JV gymnasts are also as academically motivated as they are athletic. They were especially proud of again receiving a Gold Team Academic award from the conference and Section 8AA. Their cumulative section GPA was 3.916.

Since many of the team members are not seniors, the outlook for 2016-2017 is indeed bright.

Boys Hockey - Aaron Johnson

The boys hockey team had a very successful 2015-2016 season. The team finished with an overall record of 11-12-3. In Mississippi 8 play, the Bison finished in third place. The Bison's conference record was 7-4-2. The team was led by 9 seniors this season. The seniors were Kevin Kemp, (Captain) Brady Hartman (captain), Ben Zitur, Justin

Hahnfeldt, Taylor Strenge, Michael Sawdey, Noah Vanderkooi, Gavin Welch, and Conley Stumpfl. The Bison placed five players on the Mississippi 8 All-Conference team. The members included seniors Kemp and Hartman as well as Juniors Blake Habisch, Cade Stensby, and Nick Mueller. The team earned the number 7 seed in section 8 for the playoffs. The Bison traveled to Moorhead to face the number 2 seed Spuds and lost 5-2. The 36 members of the Boys Hockey team had a great experience and learned many valuable life and hockey lessons. The Varsity team finished with a team GPA of 3.67 during the quarters of the hockey season. The boys were positive leaders around school and represented our program with class.

Wrestling -Ben Pressler

Head Coach: Ben Presler (1st year as a head coach)

Varsity Assistant: Jason Maurer (1st year assistant, 4th with the program)

Varsity Assistant: Blake Trullinger (1st year)

The 2015-16 season for Buffalo wrestling was one of highs and lows. We ended the season with an overall record of 7-12, but this not indicative of the season we put together. The kids learned a new style and approach, from, yet another, new head coach. The senior class has now competed for 4 different head coaches in their time with Buffalo wrestling. Stability and a strong group of underclassmen keep the future looking bright.

As the season progressed, the wrestlers all learned what was expected of them both on the mat and off. In the classroom, the wrestlers compiled a team GPA of 3.67 earning them a gold plaque from the Minnesota Wrestling Coaches Association. As a young squad, it took time before some of our expected starters would be fully ready for varsity competition. This, and a rather grueling schedule, led to a less-than-spectacular record for the season. However, when fully healthy, we managed to put together a team that was just two points shy of advancing to the section championship.

A large part of the success this season was due to a true leader in senior Adam Treptau. He will graduate as one of the most decorated Bison wrestlers of all time. He broke the all-time wins record as a junior, amassing a career record of 178-52. He is the first 3x state place-winner in the program's history, and has managed to be a rock in a program that has seen a lot of change.

The highlight of the year came in late February when four wrestlers placed second at the individual section tournament to earn a trip to the state tournament. Riley Habisch, Jacob Scherber, Charlie DesMarais and Adam Treptau all represented us very well, with Adam placing 6th. As great as that is, the real highlight was having ten wrestlers place in the top three of the section individually. It was a great way to end the season. With the young talent we have returning, I expect this to be a step towards many more great seasons.