



Men's Cross Country Picked to Win UMAC

The men's cross country team tied for first in the UMAC Preseason Coaches' Poll released by the conference last week.

MLC finished with a total team score of 57 points and four first-place votes in the poll, while defending league champion UW-Superior tied MLC atop the poll. The Knights finished second at the UMAC Championships in 2016.

MLC returns three all-conference performers in **Ben Bitter** (*WISCO*), **Ryan Gurgel** (*KMLHS*), and **Justin Wilkens** (*Haymarket VA*) from last season. Senior **Jonathan Fleischmann** (*Austin MN*) has also earned two all-conference honors in his career.



Gurgel sets the pace

Golf Hosts Two Matches to Open Season



Alison Lindemann on the tee

The men's and women's golf teams opened the fall sports season with matches against Bethany Lutheran and Minnesota Morris.

The women fell short in both team matches, but sophomore **Alison Lindemann** (*LPS*) and junior **Katheryn Hansen** (*GPLHS*) tied for individual medalist against Bethany Lutheran with the lowest round of the tournament (111). Lindemann followed that performance with a team-best round of 96 against Minnesota Morris.

The men lost to BLC in the opener, but came back to defeat UMM on Monday, August 28. Senior **Alex Lindemann** (*LPS*) was the medalist against the Cougars with a round of 82, while sophomore **Ethan Jaeger** (*GPLHS*) finished just behind him with a final score of 83.

Volleyball Picked Fourth in UMAC Preseason Poll

The volleyball team was picked to finish fourth in the UMAC Preseason Coaches' Poll thanks to the return of 11 players (including seven seniors) from last year's team.

Upcoming Events at MLC

- 9/1 VB @St. Olaf Tournament
- 9/2 XC @Saint Mary's
VB @St. Olaf Tournament
FB @Minnesota Morris
- 9/5 WS @Buena Vista
MS @Buena Vista

Seniors **Kira Grev** (*SCLHS*), **Jade St. Germaine** (*LPS*), and **Rylee Weisensel** (*MVL*) each earned All-UMAC honors in 2016. Classmates **Grace Schultz** (*FVL*), **Taylor Weber** (*KMLHS*), **Jenna Miller** (*FVL*), and **Heidi Moldenhauer** (*Manitowoc LHS*) also figure to play key roles this season after helping the Knights to a fourth place finish and 5-3 record in UMAC play last season.



Weisensel on the attack