

Max Pagel Takes Over as MLC Head Athletic Trainer

The 2020-21 school year marks the start of a new era in MLC athletics as Max Pagel takes over as new head athletic trainer. Pagel replaced Marcus Hopp, who served in that role for 20 years (2000-20) before stepping down to spend more time with family.

Pagel served as the Knights' assistant athletic trainer from 2016 to 2019, working mostly with the soccer and cross country teams each fall.

Adding to the adjustment of his new position, Pagel played a critical role in helping the MLC athletics' staff draw up new procedures to deal with the COVID-19 pandemic, which has allowed 10 different sports to practice this fall.



Pagel on the sidelines at the Knights' football scrimmage

Defense Shines in Football Scrimmage



The football team was back in the MLC Bowl for its first intrasquad scrimmage on Thursday, September 10, in front of a limited number of students and faculty.

The offense led off the scrimmage with a long touchdown pass to **Joshuah Kren** *(WISCO)*, but the defense held them out of the end zone the rest of the way.

Returning starters **Ben Riegsecker** (*Nebraska Lutheran*), **Aiden Holien** (*GPLHS*) and **Ben Arndt** (*SCLA*) led the way on defense, along with returning contributors **Jacob Kieselhorst** (*LPS*) and **Abel Bain** (*LPS*).

Running backs **Elliot Butler** (*Lakeside*) and **Carson Oestreich** (*Norfolk NE*) saw most of the carries out of the backfield for the offense.

Butler gains tough yards

Today in MLC Athletics History...

On September 16, 2003, the women's soccer team defeated Northwestern (Iowa) 7-3 to improve to 4-1 on the season.

The Knights scored four times in the first half and added three more goals after the break. Jenni Mueller '07 scored three goals in the win, while Tami Schmidt '04 scored twice and added two assists. Lisa Mueller '06 and Amanda Dunn '07 netted the other two goals.

MLC finished the 2003 season with a 13-6-1 record overall and went 6-5-1 in UMAC play before falling in the championship game of the UMAC Postseason Tournament. Katherine Valleskey '06 set a new MLC single-season record with 24 goals that season, and later set the program record with 71 career goals and 159 career points.



Valleskey battles for possession (2003)