

Cross Country Continues Strong Start

The cross country teams returned to action on Friday, October 1, with a strong performance at UW-Eau Claire.

The men and women both finished 21st overall in a very large field of teams from across the region, and both also finished second out of at least five UMAC schools in attendance.

Ryan Maertz (*GPLHS*) led the men with a time of 27:19.95 to finish third among all UMAC runners at the event. **Abigail Buege** (*LPS*) was the top female finisher for MLC with a time of 24:46.87, which was also good for third among all UMAC runners.



Maertz leads the pack

Men's Soccer Tops NCU 5-2 on Homecoming



Heiman dribbles on goal

The men's soccer team came back from a tough loss to Northwestern on Tuesday, September 29, with a 5-2 win over North Central University in front of a Homecoming crowd on Saturday, October 2.

Lucas Martin (*LPS*) was the star on offense for the Knights as he recorded his first career hat trick in the second half. Martin's three goals pushed his team-leading total to five this season.

Xander Heiman (*LPS*) and **Clay Hirsch** (*LPS*) scored the other two goals in the game for the Knights. Hirsch also added an assist, while **Isaias Santos** (*LPS*) recorded a pair of helpers. First-year keeper **Adam Rosenbaum** (*Michigan LHS*) was steady in goal with 10 saves in 12 chances to secure his first collegiate win.

Volleyball Comes Back to Defeat NCU in Five

The volleyball team overcame an 0-2 deficit to win 3-2 at North Central University on Saturday, October 2.

Upcoming Events at MLC

- 10/7-9 G @UMAC Championships
 10/8 VB v. Crown
 10/9 VB v. Minnesota Morris
 - FB @Crown SO @Minnesota Morris

The win was the Knights' fourth straight to open the UMAC season. MLC struggled on the attack to start the match, but hit .268 in the final three sets on the way to the win.

Kelsey Birschbach (*Lakeside*) led MLC with 13 kills. Kylie Wolf (*FVL*) added 18 assists and 10 digs, while Kate Aswege (*KMLHS*) finished with a team-high 18 digs.



Birschbach goes for the kill