

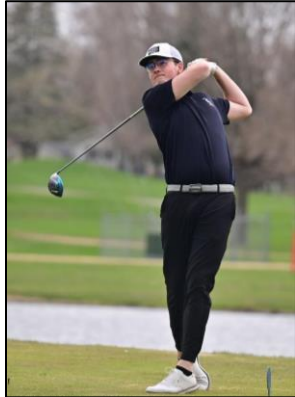
Meet Three MLC Fall Athletes

Maya Habben (LPS / Mt. Calvary-Flagstaff AZ) earned First Team All-Conference honors in cross country, indoor track, and outdoor track last year. She's also the first runner in MLC history to place first in the cross country championship.

What she loves about DIII sports: You have the opportunity to compete competitively in college while also having time for friends, a full credit load, and a job.

Being coached & learning how to coach: Coach Breanna Olson has been named UMAC Coach of the Year three times. She's definitely someone I look up to. She does a great job explaining the why behind our workouts. She also gives us coaching insights that we might be able to apply to a team we coach one day.

She needs her sleep! To enjoy athletics and school, you have to treat your body with grace and give it the rest it deserves.



Sam Hansen (GPLHS / St. Paul-Roscoe SD) has finished in the top 5 in four of six matches this year and in the top 10 in another match. He also plays basketball.

MLC players are tough: I love that players here want to get better, which makes me have to fight for my playing time.

But they're nice: I've been on a few teams that were really good, but they didn't care about each other. Here everyone has the same goal of living a life for Jesus.

He's learning mental discipline: I understand that my performance on one day does not define me. My mood can't be determined by how I perform. My biggest challenge is my own brain. Whenever I get into my own brain, that's when I can't do anything.

Ella Schlei (MVL / Zion-Sanborn MN) ranks second in blocks (10) and fifth in kills (29) for the Knights in 2023. She also competes in indoor and outdoor track & field.



Ella's whole interview

What she learned at tryouts: Volleyball tryout week was terrifying. It didn't matter how friendly everyone was. I was constantly anxious because this was "real volleyball" now. This was college volleyball! I made the team, and turns out, it is in fact the same game I have come to know and love for my whole life.

It's a family: I love MLC athletics because my teammates genuinely care about me. They feel like my family away from home. We always share joys and burdens from the day with each other, because we want to lean on each other during the hard times and celebrate with each other during the good.

The coaches at MLC: They're seriously the best. They care for my physical and spiritual well-being. They push me to succeed in my sports, but also in life. They are understanding and willing to work with anyone to ensure that they have a great experience as a student athlete. They care about their players as dearly loved children of God and fellow Christians, not as just bodies on the team.

