

The Free Press



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# Sports

PREP TRACK AND FIELD, PAGE D3

LCWM/N boys, girls  
win Valley meets



The Notebook

## Start of Mavericks' spring football practice delayed

Free Press staff

**MANKATO** — Minnesota State's first spring football practice has been postponed from today until 2:30 p.m. Sunday and will be held at Myers Field House.

Coach Jeff Jamrog has scheduled 15 practices over the next month, culminating with the annual spring game April 29 at 2 p.m. at Blakeslee Stadium.

Minnesota State returns 55 letterwinners, including 10 starters. Five starters return on offense, led by All-North Central Conference receiver Tyrell Smith and lineman Adam VanZeeland, and five starters return on defense, led

by cornerback Melvin Matlock, an all-conference honorable-mention selection.

"I feel a lot better about where we're at now," Jamrog said. "The kids have had a tremendous offseason, and they've really bought in to what we're doing. The kids in the program now are totally dedicated."

The Mavericks were 2-9, 0-6 in the North Central Conference, last season.

### Harmeyer signs with AFL2

The Spokane Shock of the Arena Football League 2 announced the signing of former Minnesota State football player Christian Harmeyer.

Harmeyer, a lineman from

Le Center, started the final 33 games of his career at left or right tackle, graduating in 2005. As a senior, he earned All-North Central Conference, All-Region first team and All-American honorable mention.

### Bethany players honored

A pair of Bethany Lutheran baseball players have been honored by the Upper Midwest Athletic Conference with player-of-the-week awards.

Josh Anderson, a senior first baseman and designated hitter, and Brady Grohs, a junior pitcher, were the UMAC's top players last week.

In three games against Central College last weekend, Anderson went 5 for 11 with a

double, home run and three RBIs. Anderson's on-base percentage was .545 and with an .818 slugging percentage. Bethany won two of the three games.

Grohs' selection stemmed from a complete-game shutout of Central College. Grohs allowed five hits, walked none and struck out three in a 2-0 victory. All five hits were singles.

### All-America again

Minnesota State junior Luke Anderson has been named to a third All-America team for his play during the 2005-06 season.

Anderson was selected to the Division II Bulletin All-

America fourth team this week. He has already been named to the National Association of Basketball Coaches All-America team as well as the Daktronics All-America second team.

Anderson helped the Mavericks to a second straight national tournament appearance as well as championships in the North Central Conference regular season and postseason tournament.

Anderson's awards include the Daktronics All-Region first team and the All-North Central Conference team. Anderson was a two-time NCC player of the week selection.

Anderson averaged 20.8 points and six rebounds per

game this season.

### NCC honors Merrihew

Minnesota State freshman Kaycie Merrihew is the first North Central Conference women's track and field athlete of the week.

Merrihew won her first-ever heptathlon at the Northwest Centennial Multi on Monday, scoring 4,282 points to defeat her nearest competition by 256 points.

She won the high jump (5-foot-7½) and 800-meter run (2:35.94) and finished second in the 200-meter dash (27.36) and javelin (99-2½).

Merrihew was the runner-up in the pentathlon at the indoor conference meet in February.