



## New Ulm Cathedral Girls' 2010-11 Basketball



Head Coach Jeremy Drexler Assistant Coaches; John Mihieve, Kristin Hillesheim

### Cathedral is short on size but big on experience

November 20, 2010 - New Ulm Journal

By Michael Gassett — Journal Sports Writer

NEW ULM -The six seniors on New Ulm Cathedral's basketball team have been waiting for this moment a long time.

Since the second grade, Kari Berg, Val Lux, Kasey Bode, Marisa Waibel, Molly Macho and Hayley Hornick have been lacing up their shoes and pounding the ball up and down the court ready to take the reigns when their moment came.

That moment is now.

"We've played together for such a long time," Waibel said. "That experience of playing together is going to help us this season. We know each other's strengths so well and we know what to expect from each other."

To bring some of the younger players into the fold, Cathedral played in a summer league at Bethany and went to a team camp at the University of Minnesota.

"It helped with our team bonding," Berg said. "We stayed up there two nights and just hung out with each other and got to know each other real well. It was a great experience."

The players said the chemistry on the team is great and that stems from playing together so long.

"We have real good teamwork, we all communicate really well. We have awesome chemistry it will help us out a lot," Macho said. "We have a great group of girls this year and we are all going to have a real good time. Every time we come to practice, we are ready to go and are focused, it's a good time.

That experience will be the major key for the Greyhounds this season. They graduated just one senior, Caitie Savoy, from a team that went 7-18 last year.

"With the experience, we know what we are doing on the court, we know where we should be," Berg said. "It helps because we have built friendships. We like to play together and work hard."

Along with the six seniors, also back are sophomore Lisa Helget and junior Kristi Larson, who played significant minutes last year.

"The only difference from last year is we will have more experience," Lux said. "There are six seniors that were here last year plus Lisa and Kristi too. We have the whole team back pretty much and we have a few younger players coming up to gain experience too."

Since they have played together for so long they know each other's strengths.



Staff photo by Steve Muscatello  
Cathedral's Kari Berg is one of six seniors returning for the Greyhounds this season.



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"We have learned how each other moves and how they work in their special way," Hornick said. "We know who the shooters are, we know who is going to rebound, we know who is going to work the hardest out there. We just have confidence this year."

While experience is a one strength, height isn't. Cathedral will put a relatively small lineup on the court night in and night out with Molly Macho at 5-feet-10-inches and Lisa Helget at 5-9 as the tallest girls the Greyhounds will put on the floor.

"We don't have a lot of height but we have speed and we have shooters," Bode said. "Quickness will be a big part of this team this year. We want to make the opponents tired. We work on fast break a lot, and 2-on-1 stuff and we try and find the open player."

Cathedral hopes to use its team speed to make up for its lack of size.

"We are going to push the break a lot," Hornick said, "make the opponents move as much as possible and keep them off guard."

The group of seniors is ready to take a leadership role and have learned from the leaders on past teams.

"We have watched the girls before us go through everything," Bode said. "We have practiced with them to make them stronger and now we realize other people are making us stronger."

They are hoping this season is a memorable one.

"We just need to go out there and give it our all," Lux said. "We just need to know that there are kids out there looking up to us and keep that mind."

The Greyhounds open the season Nov. 30 at Madelia

"We know what to expect and we won't have those first game jitters," Lux said. "We will be ready and know what we are up for."

### **Cathedral girls edge LeCenter**

December 3, 2010 - New Ulm Journal

Cathedral 53, LC 49

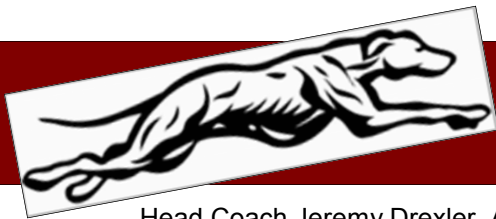
LECENTER - New Ulm Cathedral defeated LeCenter in the first round of the LeCenter Tip-off in prep girls basketball Thursday.

The Greyhounds trailed by three with about four minutes left but came back and won the game with free throws at the end.

Cathedral had a balanced scoring attack as nine different girls scored for the Greyhounds.

Molly Macho and Lisa Helget each grabbed eight rebounds for Cathedral.

For LeCenter, Annie Miller had 15 points and Katrina Christian had 13 points.



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### Cathedral Girls Lose in BLHS in finals

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LECENTER - Buffalo Lake-Hector-Stewart won the LeCenter Tournament with a 68-54 victory over New Ulm Cathedral Saturday.

Val Lux had 20 points and six assists. Lisa Helget had 10 points and 10 rebounds.

The Mustangs had four players in double figures. Semi Werner had 10 points and 10 rebounds. Abby Zuhlsdorf scored 10 points with seven rebounds. Courtney Kramer and Tori Swanson each scored 10 points. Jessie Kalenberg had six assists and nine rebounds.

In the third place game, Waterville-Elysian-Morristown beat host LeCenter 45-35.

### Sleepy Eye 42, Cathedral 38

Posted Dec. 8, 2010 - New Ulm Journal

SLEEPY EYE - In a close game on Tuesday night, the Sleepy Eye girls basketball team was able to hold off New Ulm Cathedral, 42-38 for a Tomahawk Conference win.

Contributing to the win for Sleepy Eye was Jessica Busch, who had 14 points and six rebounds. Sydney Remus added 11 points of her own, also making six rebounds.

For Cathedral, Kasey Bode and Marisa Waibel led in scoring with seven and six points each, respectively.

### Defense keys Chargers

December 11, 2010 - New Ulm Journal

By Michael Gassett, Journal Sports Writer

NEW ULM - In two games this week, the Minnesota Valley Lutheran girls basketball team has allowed just 57 points.

The Chargers almost scored that much alone Friday night.

After holding Sleepy Eye St. Mary's to just 32 points in a win on Tuesday, MVL followed that up with a 49-25 victory over cross-town rival New Ulm Cathedral Friday in Tomahawk Conference play.

"I was really happy with the way we played defensively," MVL coach Dave Biedenbender said. "Right from the start, we wanted to shut them down and not give them any open looks from the outside. I thought we did a nice job with good positioning and hustle on defense."

As strong as the MVL defense was, the Greyhounds didn't help themselves out. They were just 5-for-24 from the field in the first half and finished the game 8-for-38.

"The first half we just did not handle the pressure at all," Cathedral coach Jeremy Drexler said. "We had a couple



Journal photo by Steve Muscatello  
New Ulm Cathedral's Marisa Waibel (left) and Minnesota Valley Lutheran's Ashley Dinse (20) look on as the Greyhounds Val Lux (15) takes a shot during the first half Friday at CHS.



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themselves out. They were just 5-for-24 from the field in the first half and finished the game 8-for-38.

"The first half we just did not handle the pressure at all," Cathedral coach Jeremy Drexler said. "We had a couple nice looks in the middle, a jumper at the free throw line and we just couldn't finish. It's hard to win when you can't score."

MVL never trailed in the game as the Chargers jumped out to a quick 11-2 lead to start the contest off. A Kari Berg 3-pointer, followed by a Val Lux free throw and a quick break score by Marisa Waibel cut the Greyhounds deficit to 15-9 with just over five minutes to play. Cathedral never got that close again. MVL went on an 11-5 from from that point and took a 26-15 lead into the break.

The field goals were even in the first half of play but MVL did its damage from the foul line. The Chargers were 13-for-20 in the first half from the line.

"I think that the free throws kept us in the game," Biedenbender said. "We were having trouble hitting the little bunnies and we weren't making the best passes either. Fortunately we went to the line and that gave us a little bit of a gap at half."

Drexler was pleased with his team's defense and acknowledged having an aggressive defense will lead to fouls.

"The girls are really doing a good job with putting pressure on the basketball and denying," he said. "They are doing a really nice job with the zone defense and have come a long way since the first game already."

MVL opened the second half on a 16-6 run when a Bailey Lange basket gave the Chargers a 42-21 lead. Cathedral scored just four points the rest of the game.

Cathedral was led by Lux with eight points and Waibel had six points and six rebounds. Lisa Helget had nine rebounds. Kari Berg had four rebounds and four steals.

The Greyhounds (1-3, 0-2) are at Cedar Mountain/Comfrey Tuesday.

MVL was led by Emily Wessel with 14 points and five steals. Lange had eight points and seven rebounds. Miranda Maasz scored 11 points, with six rebounds and Heather Danell had eight rebounds and three blocks.

The Chargers (3-0, 2-0) were supposed to travel to St. Croix Lutheran today but that game was cancelled due to the weather. They next host Gibbon-Fairfax-Winthrop Tuesday.

"Any time you can get two good conference wins and a good nonconference win against Nicollet it's great," Biedenbender said. "I'm glad to be 3-0 and I would much rather be 3-0 with ugliness than having a loss in there."