



VFW

VETERANS OF FOREIGN WARS.

All Star

GAME AND SHOWCASE

AUGUST 13, 2023 | HUMBOLDT, SD

★ **16U CLASS A VS. 16U CLASS B** ★

PLEDGE OF ALLEGIANCE

History:

It was on this day back in 1942 when America's Pledge of Allegiance was officially recognized by Congress as the national pledge.

The original draft of the pledge is said to have been written in 1892 by James B. Upham, a magazine publisher in Boston. The first version was: "I pledge allegiance to my flag and to the republic for which it stands; one nation indivisible, with liberty and justice for all." In 1939, the U.S. Flag Association concluded the pledge's author was Francis Bellamy.

At the first National Flag Conference in 1923 in Washington, D.C., delegates from patriotic societies, civic and other organizations substituted the words "the flag of the United States" for "my flag." The change was made because it was thought that the foreign-born might have in mind the flag of their native land when they said "my flag." Another change was made at the second National Flag Conference in 1924 when the words "of America" were added.

For 30 years the version was: "I pledge allegiance to the flag of the United States of America and to the republic for which it stands, one nation indivisible, with liberty and justice for all." In 1954 Congress added the words "under God" to the pledge.

We now recite:



"I pledge allegiance to the flag of the United States of America and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all."

The pledge of allegiance should be rendered while standing at attention facing the flag with the right hand over the heart. When not in uniform people should remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart. Members of the armed forces in uniform should remain silent, face the flag and render the military salute.



VFW and Baseball Officers

2023 - 2024

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SENIOR VICE COMMANDER

Glynis Collier - Pierre

JUNIOR VICE COMMANDER

Martin Christensen - Mitchell

QUARTERMASTER

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JUDGE ADVOCATE

Rob Harrington - Armour

SURGEON

Rick Vandehoek - Brandon

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INSPECTOR

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STATE DIRECTOR OF BASEBALL OPERATIONS

ROB LIND – Hartford

ASSISTANT DIRECTOR OF BASEBALL OPERATIONS

CODY LINNEWEBER - Garretson

SD VFW BASEBALL COMMITTEE

Chairman: Danny Frisby-Griffin

Director of Baseball Operations

Rob Lind

Assistant Director of Baseball Operations

Ben Lester

Department of SD VFW Quartermaster/Adjutant

Anna Waltner

SD VFW Baseball Adjutant

Darwin Tolzin

Representative; Council of Administration

Barb McKean

Class A Representative

Keith Kropuenske

Class B Representative

Wesley Grantham

At Large Class Representative

Nolan Whiting

SD VFW Baseball Chairman

DANNY Frisby-Griffin

SD VFW Director of Baseball Operations

ROB Lind

Assistant Director of Baseball Operation

CODY Linneweber

Director of Information Technology

DAVID Grantham



SD VFW Baseball Showcase Drills

1. Run 60-yard dash. In left field from foul line toward right center
 - a. Outfielders run 1st then they go to right field line to **start playing catch**
 - b. Infielders run 2nd then start playing **catch right there in left field**
 - c. Catchers run after them
2. Outfielder will throw 2 throws to 3B & 2 throws to Home
3. Then Infielders all go to SS throw to first
 - a. 2 GBs right at them
 - b. 1 forehand
 - c. 1 backhand
 - d. 1 slow roller
4. 1B
 - a. Start back for 2 GBs at them & throw to 2B
 - b. Then start on bag & get 2 more GBs & start 3-6-3 Double Play
5. Catcher throws to 2B 4 or 5 throws (Don't cheat by standing halfway up at start!!)
6. Batting Practice – 1 or 2 rounds of 6 or 8 hits
7. Pitchers throw 16 pitch bullpen or throw love to hitters after BP for 16-18 pitches (catchers alternate receiving pitches)





2023 SD VFW Baseball Showcase

Number	First Name	Last Name	High School	60	60	Arm Infield	Arm Outfield	Exit Velocity Hit	Exit Velocity FB	FB	CB	CH	Arm Catcher	Pop
1	Braxton	Allen	Baltic	7:66	7:78	66/66								
2	Alec	Austin	Centerville	7:81	7:84	65/64				78	69.1	66		
3	Landon	Bares	Bon Homme	7:37	7:19	68/67				74	67			
4	Colt	Beck	Elkton	7:33	7:33	59/58				72	60			
5	Xavier	Bien	Flandreau	8:41	8:28	76/76								
6	Ethan	Bovill	Alcester-Hudson	7:26	7:38		69/68			76.6	66.4			
7	Maddux	Brisette	Parkston	7:25	7:35	74/70								
8	Ian	Buettner	Garretson	8:09	7:88		65/66							
9	Mitchell	Burger	Britton Hecla	7:50	7:35	64/64				63	56			
10	Colby	Claussen	Howard	7:28	7:33	75/68				82.1	75.9			
11	Conway	Collins	Lyman	7:75	7:96								63/62	2:53
12	Chapin	Cooper	Bon Homme	7:40	7:32		64/59							
13	Joey	Courmoyer	Wagner Community	8:01	8:09								65/67	2:34
14	Brody	Dybvig	Tri-Valley	6:94	7:07	73/72				78	67			
15	Tanner	Dyk	Platte-Geddes	7:51	7:65					72	65		68/67	2:22
16	Benjamin	Folkman	Britton Hecla	7:89	8:03	60/58								
17	Watson	Grantham	Hamlin	8:34	8:33	71/68				71	62			
18	Trent	Guthmiller	Menno	7:76	7:83	70/69				74	68			
19	Cohen	Hahn	Madison	8:34	8:40	73/71				76.6	68.2			
20	Kam	Hauck	Volga	8:15	7:91		68/64			74.9	61.4	66.3		
21	Vincent	Hoffman	Dakota Valley	8:27	8:19	64/63				74.6	65.8			
22	Landen	Holewa	West Central	7:78	7:58	75/70				78.3	72			
23	Landon	Johnson	Elkton	7:38	7:38	71/69				72.9	65.5	62.4		
24	Kory	Keppen	Scotland	7:72	7:89	74/74				75	61	68		
25	Luke	Koepsell	Howard											
26	Quincy	Kurtz	Madison	8:06	7:89	71/70				78	69			
27	Cooper	Leiferman	Kimball	9:12	9:02								60/62	2:41
28	Jack	Moskowitz	Vermillion	8:51	8:38	67/66				72	65			
29	Jack	Opitz	Volga	7:58	7:51	70/69								
30	Micah	Otto	Flandreau	7:83	7:87	65/65				68	59			



2023 SD VFW Baseball Showcase

Number	First Name	Last Name	High School	60	60	Arm Infield	Arm Outfield	Exit Velocity Hit	Exit Velocity FB	FB	CB	CH	Arm Catcher	Pop
31	Connor	Peterson	Vermillion	7:52	7:27	73/73								
32	Jake	Pick	Dakota Valley	7:50	7:53		67/65			73.9	62.8			
33	Carter	Randall	McCook Central	7:89	7:88	70/70								
34	Weston	Remmers	Howard											
35	Conner	Roerig	Vermillion	7:77	7:76		70/71							
36	Michael	Roob	Vermillion	8:02	7:78		69/71			78.3	72.1			
37	Cole	Ruesink	Dell Rapids	7:19	7:22	70/70				80.8	70.7			
38	Noah	Schoenfelder	Centerville	7:28	7:22								62/63	2:30
39	Riley	Schultz	Baltic	7:83	7:95		63/73			77	67			
40	Ted	Smith	Hamlin	8:13	8:12	55/52				69.8	58.7			
41	Carter	Sommer	Parkston	7:34	7:57	79/74				76/79	62			
42	Carter	Sorenson	Tri-Valley	6:97	6:97		74/76			81.2	67.8	73.4		
43	Frank	Soukup	Wagner Community	7:82	7:78		71/69			76.1	66.2	63.8		
44	Tad	Tjaden	Dell Rapids	7:34	7:56		77/77			79	67	72		
45	Raymond	Travnicek	Parker											
46	Keaton	Vessells	West Central	7:90	7:75	70/70							71/69	2:13
47	Tommy	Walth	Alcester-Hudson	7:96	8:03	63/62								
48	Carson	Wolf	Madison	7:51	7:46	77/75	74/73							
49	Dylan	Wolf	Garretson	8:47	8:44	58/58								
50	Brayden	Oldenkamp	Lyman	8:03	7:83	70/74	65/63							

Players by Number

Player Number	1	2	3
First Name:	Braxton	Alec	Landon
Last Name:	Allen	Austin	Bares
High School:	Baltic High School	Centerville	Bon Homme
HS Grad Year:	2025	2026	2024
Primary Position:	SS	1B	SS
Secondary Position:	UT	RHP	RHP
Bats:	Right	Right	Right
Throws:	Right	Right	Right
Height:	5' 10"	6' 0"	6' 2"
Weight:	150	170	165

Player Number	4	5	6
First Name:	Colt	Xavier	Ethan
Last Name:	Beck	Bien	Bovill
High School:	Elkton High School	Flandreau High School	Alcester-Hudson
HS Grad Year:	2026	2026	2024
Primary Position:	RHP	RHP	LF
Secondary Position:	2B	3B	RHP
Bats:	Right	Right	Right
Throws:	Right	Right	Right
Height:	5' 8"	5' 11"	6' 2"
Weight:	155	190	170

Player Number	7	8	9
First Name:	Maddux	Ian	Mitchell
Last Name:	Brissette	Buettner	Burger
High School:	Parkston	Garretson	Britton Hecla
HS Grad Year:	2024	2024	2027
Primary Position:	1B	CF	RHP
Secondary Position:	SS	UT	2B
Bats:	Right	Right	Right
Throws:	Right	Right	Right
Height:	6' 1"	6' 1"	5' 10"
Weight:	185	170	137

Player Number	10	11	12
First Name:	Colby	Conway	Chapin
Last Name:	Claussen	Collins	Cooper
High School:	Howard High School	Lyman	Bon Homme
HS Grad Year:	2024	2026	2024
Primary Position:	SS	C	CF
Secondary Position:	RHP	3B	2B
Bats:	Right	Right	Right
Throws:	Right	Right	Right
Height:	5' 11"	5' 11"	6' 0"
Weight:	160	140	175

Player Number	13	14	15
First Name:	Joey	Brody	Tanner
Last Name:	Cournoyer	Dybvig	Dyk
High School:	Wagner Community	Tri-Valley	Platte-Geddes
HS Grad Year:	2024	2026	2024
Primary Position:	C	SS	C
Secondary Position:	3B	RHP	RHP
Bats:	Right	Right	Right
Throws:	Right	Right	Right
Height:	6' 3"	5' 9"	6' 4"
Weight:	192	165	175

Players by Number

Player Number	16	17	18
First Name:	Benjamin	Watson	Trent
Last Name:	Folkman	Grantham	Guthmiller
High School:	Britton Hecla	Hamlin	Menno
HS Grad Year:	2026	2026	2025
Primary Position:	SS	SS	RHP
Secondary Position:	3B	RHP	3B
Bats:	Right	Switch	Right
Throws:	Right	Right	Right
Height:	6' 0"	5' 8"	6' 1"
Weight:	143	121	180

Player Number	19	20	21
First Name:	Cohen	Kam	Vincent
Last Name:	Hahn	Hauck	Hoffman
High School:	Madison	Estelline	Dakota Valley HS
HS Grad Year:	2026	2026	2026
Primary Position:	SS	LF	3B
Secondary Position:	RHP	RHP	RHP
Bats:	Right	Right	Right
Throws:	Right	Right	Right
Height:	6' 0"	5' 9"	6' 0"
Weight:	170	165	170

Player Number	22	23	24
First Name:	Landen	Landon	Kory
Last Name:	Holewa	Johnson	Keppen
High School:	West Central	Elkton High School	Scotland
HS Grad Year:	2024	2026	2025
Primary Position:	SS	SS	SS
Secondary Position:	RHP	RHP	RHP
Bats:	Right	Right	Right
Throws:	Right	Right	Right
Height:	5' 6"	5' 8"	6' 0"
Weight:	140	160	175

Player Number	25	26	27
First Name:	Luke	Quincy	Cooper
Last Name:	Koepsell	Kurtz	Leiferman
HS Grad Year:	2025	2026	2025
Primary Position:	UT	RHP	C
Secondary Position:	1B	3B	2B
Bats:	Left	Right	Right
Throws:	Left	Right	Right
Height:	6' 4"	6' 1"	6' 0"
Weight:	200	205	180

Player Number	28	29	30
First Name:	Jack	Jack	Micah
Last Name:	Moskowitz	Opitz	Otto
High School:	Vermillion High School	Sioux Valley	Flandreau High School
HS Grad Year:	2025	2025	2025
Primary Position:	RHP	SS	RHP
Secondary Position:	1B	3B	SS
Bats:	Right	Right	Left
Throws:	Right	Right	Right
Height:	6' 0"	5' 8"	6' 0"
Weight:	160	160	140

Players by Number

Player Number	31	32	33
First Name:	Connor	Jake	Carter
Last Name:	Peterson	Pick	Randall
High School:	Vermillion High School	Dakota Valley HS	McCook Central
HS Grad Year:	2025	2026	2024
Primary Position:	SS	CF	SS
Secondary Position:	C	RHP	UT
Bats:	Right	Right	Left
Throws:	Right	Right	Right
Height:	5' 9"	5' 9"	5' 9"
Weight:	140	155	170

Player Number	34	35	36
First Name:	Weston	Conner	Michael
Last Name:	Remmers	Roerig	Roob
High School:	Howard	Vermillion High School	Vermillion High School
HS Grad Year:	2025	2024	2025
Primary Position:	UT	LF	CF
Secondary Position:	SS	1B	RHP
Bats:	Left	Right	Right
Throws:	Right	Right	Right
Height:	6' 1"	5' 10"	5' 9"
Weight:	185	140	140

Player Number	37	38	39
First Name:	Cole	Noah	Riley
Last Name:	Ruesink	Schoenfelder	Schultz
High School:	Dell Rapids High School	Centerville	Baltic High School
HS Grad Year:	2025	2026	2024
Primary Position:	SS	C	CF
Secondary Position:	RHP	CF	C
Bats:	Right	Right	Right
Throws:	Right	Right	Right
Height:	5' 10"	5' 10"	5' 10"
Weight:	165	160	180

Player Number	40	41	42
First Name:	Ted	Carter	Carter
Last Name:	Smith	Sommer	Sorenson
High School:	Hamlin	Parkston	Tri-Valley
HS Grad Year:	2025	2025	2024
Primary Position:	1B	RHP	CF
Secondary Position:	RHP	3B	LHP
Bats:	Right	Right	Left
Throws:	Right	Right	Left
Height:	6' 0"	5' 11"	6' 0"
Weight:	155	160	175

Player Number	43	44	45
First Name:	Frank	Tad	Raymond
Last Name:	Soukup	Tjaden	Travnicek
High School:	Wagner Community	Dell Rapids High School	Parker
HS Grad Year:	2025	2025	2024
Primary Position:	CF	LHP	RHP
Secondary Position:	LHP	CF	SS
Bats:	Left	Left	Left
Throws:	Left	Left	Left
Height:	6' 0"	6' 6"	5' 10"
Weight:	135	195	145

Players by Number

Player Number	46	47	48
First Name:	Keaton	Tommy	Dylan
Last Name:	Vessells	Walth	Wolf
High School:	West Central	Alcester-Hudson	Garretson
HS Grad Year:	2025	2025	2024
Primary Position:	C	SS	DH
Secondary Position:	3B	RHP	1B
Bats:	Right	Right	Right
Throws:	Right	Right	Right
Height:	6'0"	5' 10"	5' 11"
Weight:	165	200	190

Player Number	49	50	51
First Name:	Carson		
Last Name:	Wolf		
HS Grad Year:	Madison High School		
Primary Position:	2025		
Secondary Position:	2B		
Bats:	CF		
Throws:	Right		
Height:	Right		
Weight:	5' 6"		
High School:	138		

SD VFW Baseball Showcase






















































































































Class	First Name	Last Name	High School
A	Alec	Austin	Centerville
A	Xavier	Bien	Flandreau
A	Ethan	Bovill	Alcester-Hudson
A	Colby	Claussen	Howard
A	Conway	Collins	Lyman
A	Joey	Cournoyer	Wagner Community
A	Brody	Dybvig	Tri-Valley
A	Cohen	Hahn	Madison
A	Kam	Hauck	Volga
A	Vincent	Hoffman	Dakota Valley
A	Landen	Holewa	West Central
A	Quincy	Kurtz	Madison
A	Jack	Moskowitz	Vermillion
A	Jack	Opitz	Volga
A	Micah	Otto	Flandreau
A	Connor	Peterson	Vermillion
A	Jake	Pick	Dakota Valley
A	Conner	Roerig	Vermillion
A	Michael	Roob	Vermillion
A	Cole	Ruesink	Dell Rapids
A	Noah	Schoenfelder	Centerville
A	Carter	Sorenson	Tri-Valley
A	Frank	Soukup	Wagner Community
A	Tad	Tjaden	Dell Rapids
A	Keaton	Vessells	West Central
A	Tommy	Walth	Alcester-Hudson
A	Carson	Wolf	Madison

SD VFW Baseball Showcase

Class	First Name	Last Name	High School
B	Braxton	Allen	Baltic
B	Landon	Bares	Bon Homme
B	Colt	Beck	Elkton
B	Maddux	Brissette	Parkston
B	Ian	Buettner	Garretson
B	Mitchell	Burger	Britton Hecla
B	Chapin	Cooper	Bon Homme
B	Tanner	Dyk	Platte-Geddes
B	Benjamin	Folkman	Britton Hecla
B	Watson	Grantham	Hamlin
B	Trent	Guthmiller	Menno
B	Landon	Johnson	Elkton
B	Kory	Keppen	Scotland
B	Luke	Koepsell	Howard
B	Cooper	Leiferman	Kimball
B	Carter	Randall	McCook Central
B	Weston	Remmers	Howard
B	Riley	Schultz	Baltic
B	Ted	Smith	Hamlin
B	Carter	Sommer	Parkston
B	Raymond	Travnicek	Parker
B	Dylan	Wolf	Garretson

THE BASEBALL SCORECARD

Notes:		Start Time:	Attendance:
<input type="checkbox"/>	Visitor:	Date:	End Time:
<input type="checkbox"/>	Home:	Scorer:	Weather:

#	Line Up	Pos	1	2	3	4	5	6	7	8	9	10	AB	R	H	RBI
																
																
																
																
																
																
																
																
																
																
																
																

[illegible][illegible]

#	Catchers	PB

Umpires	
HP:	3B:
1B:	
2B:	

The Baseball Scorecard

Notes:		Start Time:	Attendance:
<input type="checkbox"/>	Visitor:	Date:	End Time:
<input type="checkbox"/>	Home:	Scorer:	Weather:

#	Line Up	Pos	1	2	3	4	5	6	7	8	9	10	AB	R	H	RBI

[illegible][illegible]

#	Catchers	PB

Umpires	
HP:	3B:
1B:	
2B:	



Our History

1959 TO 2023--CELEBRATING 64 YEARS!

The South Dakota Veterans of Foreign Wars baseball program has given boys and girls between the ages of 13 and 16 a chance to play baseball since 1959. Originally Junior-Junior Baseball, it was renamed Teener Baseball in 1959, and again in 1992 to VFW Baseball. From 1959 to 1968, a playoff was held between the State A and State B Tournament winners as part of competition that led to a National Teener Tournament in Hershey, PA.

The National Tournament has since been discontinued. In 1973 a Class AA Division was formed creating a third State Tournament and allowing more players to participate in tournament competition. The Varsity Division is divided into Class A and Class B. A team sportsmanship award is presented to each Class in the Varsity Division by the South Dakota Baseball Umpire Association in memory of long time umpire Jim Thury who umpired several State VFW Tournaments and games in all divisions.

In 1992 the first 13-14 year old tournament was held and since then it has been divided into Class B and Class A brackets. In 2004 the South Dakota VFW started to present the 13 and 14 year old division with team sportsmanship awards at the state tournaments. It was named the "William Radigan Team Sportsmanship Award" after William Radigan from Vermillion. Bill was on the original baseball committee in 1959 and served as State Adjutant/Quartermaster for the first forty years of this committee. His commitment to this program and the youth of South Dakota has made the longevity and success of South Dakota VFW Baseball a reality.

The 12 under division was introduced in 2006 with AA, A and B classes with 32 teams who participated in the first year. The first two years the tournament were held in Mitchell, South Dakota with all classes at one location. After that Sioux Falls and Brandon were added to the rotation of tournament locations. Today there is a Class A (10U, 12U, 14U and 16U) and Class B (10U, 12U, 14U and 16U). In 2014 the Class B tournament was held in a Class B community, the Class A tournament was held in a Class A Community.

In 2009 the 10 under division was held in Flandreau, South Dakota with 28 teams. There were three classes AA, A and B. The second year the tournament was moved to Mitchell, then rotated between Sioux Falls, Brandon and Mitchell.

In 2020, a 19U Class B State Tournament was added with 20 teams participating. A 8U Open Class State Tournament will be held for the first time this year at Center's "Field of Dreams."

Teams were first divided into classes by city population. That was changed in 2004 when teams were divided up by their school enrollments. Due to declining populations in rural areas the state rules were changed in 2005 to allow girls to play. The program is headed by a State Chairman, Director of Baseball Operations, Advisory Committee and State Baseball Regional Coordinators. Each year an Annual Meeting is held to discuss rules and reveal the tournament sites which are determined by a bid process.

Regional and state tournaments are held mid-July through early August of each year. Each summer approximately 180 teams and over 2,700 players will participate in the program statewide. Each tournament game is required to have the Pledge of Allegiances and the VFW Baseball Sportsmanship Code recited by the players before the game starts. The purpose of this program is to create fellowship, leadership, and teamwork among the youth of South Dakota. The South Dakota Veterans of Foreign Wars is proud to be one of three states to conduct VFW Baseball and have an opportunity to provide such a program to the youth of our state.

SOUTH DAKOTA VFW BASEBALL CODE OF SPORTSMANSHIP

ALL AGE DIVISIONS:

IT IS RECOMMENDED THAT THIS CODE BE RECITED BY BOTH TEAMS BEFORE A GAME DURING THE SEASON. IT IS REQUIRED AT REGIONAL AND STATE TOURNAMENTS.

- **KEEP THE RULES**
- **KEEP FAITH WITH MY TEAMMATES**
- **KEEP MY TEMPER**
- **KEEP MYSELF FIT**
- **KEEP A STOUT HEART IN DEFEAT**
- **KEEP PRIDE UNDER CONTROL IN VICTORY**
- **KEEP A SOUND SOUL, A CLEAN MIND AND A HEALTHY BODY**

