

# ENCORE!



Forest Lake Basketball



# Welcome to Forest Lake High School

Have you ever been a part of something you didn't want to end? A moment, a performance you knew was in its final moments, but you knew you wanted to see more. And if you just cheered loud enough, stood on your feet, applauded, showed your appreciation in any way you could think of...you could inspire another bow or even better another performance. Have you ever experienced that? We have. The 2020 basketball season came to an end for us in the section championship game just short of our goal of a return to the state tournament for the third season in a row. It came to the end for everyone a week later due to Corona virus mitigations and restrictions. Coach Rupar at least once every season reminds us all of the privilege it is to play the game. That we should play every game with the heart and passion and commitment that it could be the last. This season more than any other gives us a perspective, appreciation, and commitment for each game being a bow that leaves us all wanting just one more. Do it again, Rangers! We want an **"Encore!"**

## Forest Lake High School School Song

|                                    |                                      |
|------------------------------------|--------------------------------------|
| We're loyal to you, Forest Lake.   | We're fighting for you, Forest Lake. |
| To you we'll be true, Forest Lake. | We'll always be true, Forest Lake.   |
| We will fight till we're done.     | All hail to the Rangers bold.        |
| We are Rangers each one,           | and to the Maroon and Gold.          |
| and we love the Maroon and Gold.   | We're loyal to you, Forest Lake.     |
| Rah! Rah! Rah!                     | F-O-R-E-S-T L-A-K-E                  |
|                                    | <b>GO RANGERS!</b>                   |

Jim Caldwell  
**Principal**



On behalf of the faculty and staff at the Forest Lake Area High School, it is my pleasure to welcome you to tonight's basketball game. The student-athletes and coaches on both sides of the court have worked extremely hard preparing for tonight's contest. The personal commitment and dedication, both on and off the court by athletes and coaches, is remarkable and should be commended and respected as they take the court. Your positive support this evening is not only appreciated, but deserved. We here at the Forest Lake Area High School know that involvement in activities outside of the classroom, such as basketball, builds character, teamwork, physical strength, endurance, and determination; all skills that will benefit these athletes long after their playing days are over. We appreciate the support that these athletes have been given to succeed at such a high level of competition. Finally, we would like to thank the parents, friends, families, and community members that are in attendance this evening. We as a school cannot continue the fine tradition of Ranger Athletics and Activities without your continued support. All spectators can make this a quality event worthy of Ranger Pride by demonstrating sportsmanship and enthusiasm. Respect the sport. Respect the athlete. Respect the officials. Respect each other. Cheer Enthusiastically and Go Rangers!

Mike Hennen  
**Activities Director**



Welcome basketball fans to another exciting season of Rangers basketball. I want to personally thank you for your ongoing support of our team. Your attendance and positive involvement at tonight's game is truly valued. I have only been here a short time, but I have already grown to appreciate the hard work of the coaching staff and players. The Forest Lake Community is very fortunate to have coaches who are great role models for their students and student-athletes. Regardless of awards and accolades, our staff's greatest pride remains focused upon our amazing student-athletes. It is their achievement, effort to continuously improve and unselfish support of one another that sets our school apart from others. We believe with continued support from the community, we can prepare our student-athletes for success beyond our door.

The players and coaches have worked very hard to ensure that they will not only represent our school, but the entire Forest Lake Community with class and integrity. This truly is a great place to be and I am proud of our Basketball Program and proud to serve as the Activities Director at Forest Lake Area High School.

Enjoy the season, cheer loud, and be PROUD to be a RANGER!



# WHERE are they now?

We are **PROUD** of all our  
Alumni who continue to  
pursue Academic and Athletic  
excellence at the next level!  
**#RANGERPRIDE**

Ally Bartlett



2017 Forest Lake Graduate  
**University of MN - Duluth**  
Duluth, Minnesota  
Track & Field

Maija Tanberg



2018 Forest Lake Graduate  
**UW - Lacrosse**  
Lacrosse, Wisconsin  
Golf

Maddy Rice



2019 Forest Lake Graduate  
**Gustavus Adolphus College**  
St. Peter, Minnesota  
Basketball

Lexie Hultman



2019 Forest Lake Graduate  
**University of St. Thomas**  
St. Paul, Minnesota  
Basketball

Kenzie Stumne



2019 Forest Lake Graduate  
**Montana State University**  
Bozeman, Montana  
Basketball

Abigail Groeneweg



2019 Forest Lake Graduate  
**St. Cloud State University**  
St. Cloud, Minnesota  
Volleyball and Basketball

Abby Leach



2019 Forest Lake Graduate  
**Northern Iowa Area C.C.**  
Mason City, Iowa  
Basketball

Anna Reifschneider



2020 Forest Lake Graduate  
**UW - Lacrosse**  
Lacrosse, Wisconsin  
Lacrosse

Ally Thompson



2020 Forest Lake Graduate  
**Hamline University**  
St. Paul, Minnesota  
Basketball

Meg Lesch



2020 Forest Lake Graduate  
**Hamline University**  
St. Paul, Minnesota  
Basketball

*Forest Lake  
Legacy*

**Joan Paulson**

Teacher,  
Coach,  
Supporter of  
Girls Athletics





# Coaching Staff

HEAD VARSITY COACH



VARSITY/JV ASST COACH



VARSITY/JV ASST COACH



10th GRADE COACH



10th GRADE ASST COACH



9th GRADE COACH



DIR of BASKETBALL OPS



Special Thanks to:



for printing our  
Game Day Program!

Special  
Thank you  
to: Todd Proulx at  
TLC Digital Images  
for the team photos.







# 2021 Game Schedule

## January 2021

|            |  |
|------------|--|
| Friday 15  | @ Woodbury                                 |
| Tuesday 19 | @ Roseville                                |
| Friday 22  | vs. MOUNDS VIEW (Youth Night & Pink Night) |
| Tuesday 26 | @ Irondale                                 |
| Friday 29  | @ Cretin-Derham Hall                       |

## February 2021

|            |                                 |
|------------|---------------------------------|
| Tuesday 2  | @ Park of Cottage Grove         |
| Friday 5   | vs. ROSEVILLE                   |
| Tuesday 9  | @ Stillwater                    |
| Friday 12  | vs. EAST RIDGE (Parents' Night) |
| Tuesday 16 | @ Cretin-Derham Hall            |
| Friday 19  | vs. STILLWATER                  |
| Tuesday 23 | vs. WOODBURY (Senior Night)     |
| Friday 26  | @ Mounds View                   |

## March 2021

|              |   |
|--------------|---|
| Tuesday 2    | vs. IRONDALE (Teacher Appreciation Night) |
| Friday 5     | vs. CRETIN-DERHAM HALL                    |
| Monday 8     | vs. PARK OF COTTAGE GROVE                 |
| Wednesday 10 | vs. WHITE BEAR LAKE (Sponsor Night)       |
| Friday 12    | @ East Ridge                              |

## RANGER BASKETBALL HISTORY

2020 - Section 2nd Place  
 2019 - State Consolation Champions (5th place) & Section Champions  
 2018 - State Participant & Section Champions  
 2014 - Section 2nd Place  
 2013 - Section 2nd Place  
 2007 - Section 2nd Place  
 2006 - Section Academic Champions  
 2002 - Section Academic Award  
 2001 - State Participant, Section & Conference Champions  
 2001 - Academic Award  
 2000 - Section 2nd Place  
 1993 - State Participant & Section Champions

## 1,000 CAREER POINTS CLUB

|              |                                    |
|--------------|------------------------------------|
| <b>1,934</b> | Bailey Norby (graduated 2014)      |
| <b>1,804</b> | Katie Alsdurf (graduated 2001)     |
| <b>1,291</b> | Renee Frericks (graduated 2006)    |
| <b>1,236</b> | Abigail Groeneweg (graduated 2019) |
| <b>1,169</b> | Jill Nelson (graduated 1982)       |
| <b>1,166</b> | Gina Lange (graduated 2009)        |
| <b>1,024</b> | Annie Berner (graduated 2009)      |

## SEASON/CAREER RECORDS

|                      |  |
|----------------------|--|
| Most Pts./Season     | <b>520</b> Katie Alsdurf (96-01)           |
| Most Pts./Career     | <b>1,934</b> Bailey Norby (09-14)          |
| Avg. Pts./Game       | <b>20.5</b> Jill Nelson (81-82)            |
| Most FG Made/Season  | <b>197</b> Michelle Sigstad (92-93)        |
| Best FG%/Season      | <b>57.5%</b> (87 att.) Anna Haines (96-97) |
| Most FT Made/Season  | <b>149</b> Logan Anderson (19-20)          |
| Most FT Att./Season  | <b>192</b> Bailey Norby (11-12)            |
| Most Rebounds/Season | <b>285</b> Annie Berner (08-09)            |
| Most Rebounds/Career | <b>904</b> Bailey Norby (09-14)            |
| Most Assists/Season  | <b>114</b> Jennifer Hesse (90-91)          |
| Most Assists/Career  | <b>370</b> Renee Frericks (01-06)          |
| Most Steals/Season   | <b>135</b> Sara Joesting (92-93)           |
| Most Steals/Career   | <b>312</b> Renee Frericks (01-06)          |
| Most Blocks/Season   | <b>104</b> Christina Odegard (03-04)       |
| Most Blocks/Career   | <b>229</b> Annie Berner (05-09)            |
| Best 3pt./Season     | <b>51.7%</b> (15/29) Greta Krieger (19-20) |

## SINGLE GAME RECORDS

|                |  |
|----------------|--|
| Most Pts       | <b>40</b> Katie Alsdurf (00-01)            |
| Most FG Made   | <b>14</b> Jill Nelson (81-82)              |
|                | <b>14</b> Michelle Sigstad (92-93)         |
|                | <b>14</b> Katie Alsdurf (00-01)            |
| Most FG Att.   | <b>29</b> Paula Schrom (89-90)             |
| Best FG%       | <b>100%</b> (10/10) Deb Westrum (91-92)    |
| Most FT Made   | <b>15</b> Joyce Wistroll (80-81)           |
|                | <b>15</b> Logan Anderson (19-20)           |
| Most FT Att.   | <b>20</b> Joyce Wistroll (80-81)           |
| Best FT%       | <b>100%</b> (10/10) Carrie Plantz (89-90)  |
|                | <b>100%</b> (10/10) Bailey Norby (12-13)   |
|                | <b>100%</b> (10/10) Maddy Rice (16-17)     |
|                | <b>100%</b> (10/10) Logan Anderson (19-20) |
|                | <b>100%</b> (15/15) Logan Anderson (19-20) |
| Most Rebounds  | <b>29</b> Robin Swenson (74-75)            |
| Most Blocks    | <b>9</b> Annie Berner (08-09)              |
| Most Steals    | <b>11</b> Sara Joesting (92-93)            |
| Most Assists   | <b>11</b> Renee Frericks (01-02 & 05-06)   |
| Most 3pt. Made | <b>9</b> Katie Alsdurf (97-98)             |
|                | <b>9</b> Amy Nord (98-99)                  |







# 2020-2021 Varsity/Junior Varsity



# SENIOR YEAR





# 10TH GRADE TEAM

|     |                   |       |
|-----|-------------------|-------|
| #3  | Sydney Wiener     | 5'5"  |
| #5  | Natalie Ostercamp | 5'2"  |
| #10 | Lexi Duda         | 5'4"  |
| #11 | Bella Carlson     | 5'5"  |
| #20 | Meg Redepenning   | 5'5"  |
| #21 | Kenna Lang        | 5'5"  |
| #23 | Kylie McKenzie    | 5'4"  |
| #33 | Peyton Goedtke    | 5'9"  |
| #40 | Mackenzie Warner  | 5'10" |
| #54 | Ally Jacobson     | 5'8"  |

Coaches: Chris Rupar,  
Alec Johnson



# 9TH GRADE TEAM

|     |                 |      |
|-----|-----------------|------|
| #10 | Kierra Kohoutek | 5'0" |
| #11 | Neely Rehbine   | 5'2" |
| #20 | Maddie Johnson  | 5'3" |
| #21 | Sofia Sanchez   | 5'6" |
| #22 | Lauren Syring   | 5'7" |
| #23 | Amelia Espelien | 5'6" |
| #24 | Maddie Jerde    | 5'6" |
| #30 | Olivia Fearing  | 5'8" |

Coach: Brian Conley



5'1" | FRESHMAN | GUARD



My Academic Honors: A Honor Roll

My Athletic Honors: MYAS Rising Star, Varsity Letter in Soccer

Best live performance I've attended: Steph Curry game

My favorite performer: Lauren Daigle

My Future Plans: I'm not sure yet.

Season Shout Out: My dad for getting workout equipment over COVID

Parents: Ann and Rich Cloud

5'9" | FRESHMAN | GUARD



My Academic Honors: A Honor Roll

Best live performance I've attended: Cassadee Pope

My favorite performer: Luke Combs

My Future Plans: Attend a four year college and continue to play basketball.

Season Shout Out: My season shout goes to my Sister Hailey. She is the one who made me fall in love with the game, and is the person I look up to the most.

Parents: Andy & Diana Pitzl

5'3" | JUNIOR | GUARD



Best live performance I've attended: A Musical

My favorite performer: Tyler Perry

My Future Plans: Become a dermatologist.

Season Shout Out: Thank you to my teammates and coaches for creating a bond with me, and thankful for there to be a basketball season.

Parent: LaTasha Thompson



5'4" | SENIOR | GUARD



Paige 11  
Swanson

My Academic Honors: A Honor Roll, National Honor Society Merit Award, Spotlight on Scholarship

My Athletic Honors: Varsity Letter Winner in Volleyball and Basketball, Two-time Basketball Hardest Worker, Volleyball Most Reliable, Volleyball Captain

Best live performance I've attended: Thomas Rhett

My favorite performer: Luke Combs

My Future Plans: Attend a four year college and major in something related to math.

Season Shout Out: To the Seniors - let's make the last one the best one!

Parents: Kim and Dean Swanson

5'9" | JUNIOR | GUARD



Greta 20  
Krieger

My Academic Honors: A Honor Roll, Academic Letter Winner

My Athletic Honors: 10th Grade Basketball Co-MVP, SEC Basketball Conference Honorable Mention, Two-time Varsity Letter Winner

Best live performance I've attended: G Eazy in concert

My favorite performer: Sam Smith

My Future Plans: Attend a 4 year college.

Season Shout Out: My Big Sis Maddie!

Parents: Jerome and Jeanne Krieger

5'7" | JUNIOR | FORWARD



Grace 21  
Frechette

My Academic Honors: B Honor Roll and Softball Spotlight on Scholarship

My Athletic Honors: 10th Grade Basketball MVP; Two-time Softball Varsity Letter Winner; Softball All Conference Honorable Mention, All Section, Star Tribune Metro Player of the Week, Conference Champs, Section Champs, & 3rd place in State.

Best live performance I've attended: A Vikings Football game in the new stadium.

My favorite performer: Justin Bieber

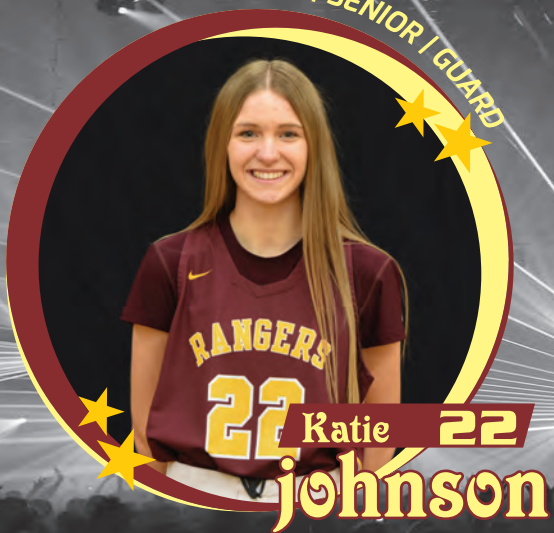
My Future Plans: I plan to attend a 4 year college and play softball.

Season Shout Out: Shout out to my parents for supporting me through everything and always being my biggest fans!

Parents: Randy and Gina Frechette



5'6" | SENIOR | GUARD



My Academic Honors: A Honor Roll, Spotlight on Scholarship and Three-time Academic Letter Winner.

My Athletic Honors: 9th Grade Basketball MVP, JV Basketball Co-MVP and Basketball Varsity Letter.

Best live performance I've attended: Dierks Bentley in the Grandstand at the State Fair.

My favorite performer: Luke Combs

My Future Plans: Attend a four year university.

Season Shout Out: Shout out to my Brothers Brady and Matthew for always supporting me in whatever I do, love you guys!

Parents: Steve and Michelle Johnson

5'8" | JUNIOR | GUARD



My Academic Honors: A and B Honor Roll, Soccer Spotlight on Scholarship

My Athletic Honors: Varsity Soccer Letter

Best live performance I've attended: Taylor Swift concerts

My favorite performer: SZA

My Future Plans: Attend a 4-Year college.

Season Shout Out: To my parents for always supporting me!

Parents: Stephanie and Shane DuPaul

5'7" | JUNIOR | FORWARD



My Academic Honors: A Honor Roll

Best live performance I've attended: Taylor Swift Concert

My favorite performer: Thomas Rhett

My Future Plans: I plan to attend a four year college after high school to earn a degree in early childhood.

Season Shout Out: Shout out my parents for always supporting me and Allie Olson for being a great role model.

Parents: Chris and Monica Wert



5'9" | SENIOR | FORWARD



Lauren 25  
palmer

My Academic Honors: B Honor Roll

My Athletic Honors: Basketball Varsity Letter

Best live performance I've attended: Haven't been to a live performance

My favorite performer: Justin Bieber

My Future Plans: Attend a four year university.

Season Shout Out: My season shout out is to my parents. Thank you guys for everything you do and always supporting me. Love you guys!

Parents: Rob and Lisa Palmer

5'7" | SENIOR | GUARD



Lydia 30  
bostrom

My Academic Honors: Two-time Academic Letter Winner

My Athletic Honors: Three-time Basketball Letter Winner

Best live performance I've attended: One Direction OTRA Tour!!

My favorite performer: Justin Bieber

My Future Plans: Attend St. Thomas University or The University of Minnesota and pursue a degree in Entepenuership.

Season Shout Out: Shoutout to my awesome momma!! I can't begin to describe how thankful I am to have her as my mom! I cannot imagine where/who I would be today without her. My strength comes from watching and learning from her throughout my years. Thank you for all you do, Mom!

Parents: Brent and Jan Bostrom

5'10" | SOPHOMORE | FORWARD



Ellen 31  
joesting

My Academic Honors: A and B Honor roll, Soccer Spotlight on Scholarship

My Athletic Honors: Varsity Soccer Letter, 2020-10th Grade Basketball Team Most Improved Player.

Best live performance I've attended: Taylor Swift concert

My favorite performer: Ellen Pompeo (from Greys)

My Future Plans: Attend a four year college and pursue a degree health sciences.

Season Shout Out: To my parents for atways-supporting me no matter what

Parents: Matt and Kristi Joesting



5'8" | SENIOR | GUARD



My Academic Honors: Suburban East Academic All Conference

My Athletic Honors: Varsity Basketball Letter, Basketball JV Co-MVP, Connie's Courage Award

Best live performance I've attended: Trippie Redd

My favorite performer: Clairo

My Future Plans: Attend a four year college and play basketball

Season Shout Out: Coach Wags!

**Parents:** Jennifer and Kevin Kahl

5'10" | SENIOR | GUARD



My Academic Honors: Spotlight on Scholarship, A and B Honor Roll, Academic Letter

My Athletic Honors: Softball Team Captain, Basketball Varsity Letter, Softball Varsity Letter, 10th Grade Basketball MVP

Best live performance I've attended: My kindergarten play "The Little Mermaid"

My favorite performer: Luke Combs

My Future Plans: Attend the University of Wisconsin-LaCrosse and study Elementary Education and play softball.

Season Shout Out: I would like to shout out my grandparents for being my number 1 fans my entire life and for almost never missing my games, love you guys!!!

**Parents:** Andy and Diana Pitzl

5'7" | SENIOR | FORWARD



My Academic Honors: Three-time Academic Letter Winner; National Honor Society.

My Athletic Honors: Basketball: SEC All Conference; Most Free Throws In A Single Game (twice); Best Free Throw % In A Single Game; Most Free Throws Made In A Season, Softball: All Conference Honorable Mention, Two-time All Conference and Three-time All Section.

Best live performance I've attended: Sam Hunt at the 2017 State Fair.

My favorite performer: Will Ferrell

My Future Plans: Attend Winona State University to study Sports Medicine and play softball.

Season Shout Out: My season Shout Out goes to my Grandparents! They would usually be supporting me and the team at every game that we play but because of COVID they are not able to be there.

**Parents:** Howard and Renee Anderson





My Academic Honors: A Honor Roll

My Athletic Honors: Varsity Tennis

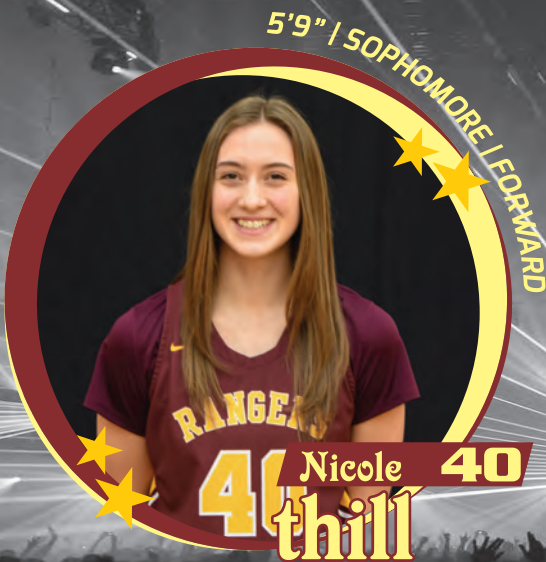
Best live performance I've attended: Taylor Swift

My favorite performer: Zac Efron

My Future Plans: Go to college.

Season Shout Out: To my family for always being there for me.

Parents: Tara and Greg Ryan



My Academic Honors: A Honor Roll

Best live performance I've attended: My friends and I have some pretty good carpool karaoke concerts and that is quite the performance!

My favorite performer: Morgan Wallen

My Future Plans: Go to a 4 year college and hope to work with kids in a hospital.

Season Shout Out: To my parents for always supporting me, and helping me to become a better basketball player and person.

Parents: Dan and Kristi Thill



My Academic Honors: A Honor Roll and Academic Letter

My Athletic Honors: All Conference Honorable Mention

Best live performance I've attended: My parents' karaoke sessions

My favorite performer: Billy Joel

My Future Plans: Go to a four year college and pursue a career in the medical field.

Season Shout Out: Shout out to my parents for being my number one fans and always pushing me to work hard.

Parents: Phoebe and Tim Pekron



SENIOR / MANAGER



Abby  
Will

My Academic Honors: A Honor Roll and Academic Letter winner

My Athletic Honors: Varsity Basketball Letter

Best live performance I've attended: Why Dont We Concert

My favorite performer: Charlie Puth

My Future Plans: Go to college to become a Physician Assistant.

Season Shout Out: My parents for their never ending support in everything I do.

Parents: Neal and Debra Will

# ENCORE!





8th Grade **Maroon**



8th Grade **Gold**



7th Grade **Maroon**



6th Grade **Maroon**



5th Grade **Maroon**



4th Grade **Maroon**







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*Go Rangers!*



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**The student athletes and coaching staff of Forest Lake  
Area High School generously say:**

***Thank You!***

**To all the parents of athletes and members of our  
Booster Club for making this a Safe and Successful  
season for our teams.**





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Watch our teams compete in the  
41<sup>st</sup> annual **FREEZE** tournament at  
the Forest Lake High School and  
Middle School!

BOYS: Saturday, January 23, 2021  
GIRLS: Sunday, January 24, 2021

- Forest Lake Hoops Club is a nonprofit traveling basketball program serving almost 200 boys and girls, 2<sup>nd</sup>-8<sup>th</sup> grade, in the Forest Lake Area School District
- Part of the nationally recognized and certified "Trusted Coaches" program
- Club is for players seeking a higher level of competition
  - Teams compete at A, B and C Levels
- Season runs from October to mid-March
  - Practice two times per week
- Compete in 8-10 tournaments against clubs from all over MN
  - Make friends from other schools and learn key life skills including teamwork, leadership, hard work, and resiliency
- Proud partner of the Forest Lake High School basketball programs & a member of FLAAA

**AND...It's fun!**

**Forest Lake Hoops Club**

For questions or more information, please visit our  
website: [www.flhoopsclub.org](http://www.flhoopsclub.org)





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# Go Rangers!



SECTION

**Work hard to  
make all your  
swishes come true.**



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to support  
Ranger  
Basketball.**

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**Good Luck this Season  
and Beyond...**

**Go Rangers!**



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