di sci

photo | Jill M. Friesz

COYOTES #3 ELIZABETH MAIER, #6 EMILY MAIER, AND #4 AMBERLY SAUTER, celebrate a powerful block at the net made by Sauter in a hard-fought match against Washburn.

Public Notice

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COMMISSIONER

Coyotes struggle with consistency

By Jill M. Friesz

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The Grant County Coyotes faced a challenging week, struggling to find their rhythm in a match marked by inconsistency, a persistent issue the team has been working on since the start of the season.

Tuesday, the Coyotes hosted the New England Tigers. "We put together a mostly good match, but we were not consistent throughout," said Head Coach Ashley Laub. "This has been the thorn in our side, something we continue to work on each week."

One standout player was Amberly Sauter, who made significant contributions at the net. "Amberly did a great job on the net and was able to get quite a few touches and blocks, which helped our defense," noted Laub.

17 25 24 12 NE 25 23 26 25

Team stats: Kills: Amberly Sauter 8, Mykenzie Winkler 7; Aces: Liz Maier 3, Summer Meyer 2; Blocks: Amberly Sauter 5, Summer Meyer 1; Digs: JaLyn Raab 10, Mirakle Devitt 7; Assists: Summer Meyer 21.

In their match against Washburn on Thursday, the Coyotes started strong, winning the first two sets with confidence and energy. The players were smiling, communicating well, and their teamwork was evident. However, as the game progressed, their demeanor shifted. The energy and momentum they built early in the match began to fade.

"The more experience some of our newer varsity players get in high-pressure environments, the more confidence they'll gain,' Laub explained. "That confidence, both individually and as a team, will help them maintain the level of play we saw in the first two sets.'

As the match continued, the Coyotes' lack of consistency and mental toughness became more apparent. "Volleyball is a game of momentum, and once we let that momentum go after the second set, it was difficult to get it back," said Laub. "I was proud of the girls for continuing to fight, and I hope they gained a lot of confidence from those first two sets.'

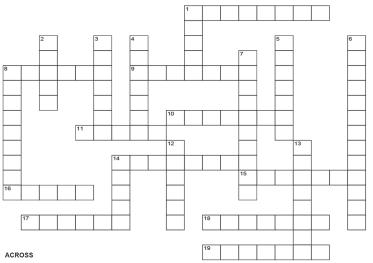
Senior Amberly Sauter reflected on the match, acknowledging where the team struggled: "In the beginning, we came out with a lot of confidence, but in the third and fourth set, we lost our momentum and the energy we were using. We stopped swinging and stopped talking as much, and I feel like that caused problems."

As the Coyotes look ahead, the focus remains on building consistency and mental toughness, areas that will be key to their success as the season progresses.

25 25 13 14 9 13 20 25 25 15 WASH Team stats: Kills: Mykenzie Winkler 7, Amber Sauter 6; Aces: Summer Meyer 2, Mirakle Devitt 2; Blocks: Amberly Sauter 2; Mykenzie Winkler 2; Digs: Amberly Sauter 12, Liz Maier

ITS PASTATIME?

Celebrate National Pasta Month by solving the "It's Pasta Time" crossword puzzle. Send in your completed puzzle for a chance to win a pasta prize package!



- 1 In 1789, Thomas Jefferson brought the first machine to America
- 8 Durum in North Dakota is planted during this
- 9 While North Dakota is the largest durum producing state, this state is no
- 10 As a country, the U.S. consumes about six
- pounds of pasta each year.

 11 Pasta is made of two simple ingredients: semolina and
- 14 This shape of pasta is popular with children and
- 15 National Pasta Month is always celebrated in
- 16 This country has the largest per capital pasta consumption in the world.
- 17 One bushel of durum will make about 42 _ 18 The average durum yield in North Dakota is
- about 40 _____ per acre.
 A _____ of cooked pasta is one cup.

- 1 Philadelphia Macaroni has a mill in this ND town Class of wheat grown in North Dakota
- 3 The past two years, this country has been the
- top importer of U.S. durum.

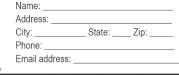
 4 What piece of farm machinery is used to harvest durum?
- 5 This noodle is used to make a layered pasta dish 6 Largest class of wheat grown in North Dakota, typically used for premium breads and rolls, but is sometimes used in pasta.
- 7 Dakota Growers Pasta has their production
- facility in this ND town.

 8 One of the most popular pasta dishes in the U.S. 12 There are around 600 different pasta
- 13 This city boasts the claim to fame for the first pasta factory located in the United States.
- 14 Durum is planted on about two million

WORD BANK: acres, Algeria, alphabet, billion, Brooklyn, bushels, Carrington, combine, durum, hard red spring, Italy, Iasagna, macaroni, Minot, Montana, October, pounds, serving, shapes, spaghetti, spring, water.







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