

C12 - SPORTS - STAR TRIBUNE - SATURDAY, OCTOBER 30, 2010 ***

preps soccer quarterfinals

GAMEFACE™

GAMEFACE™.COM
Find expanded high school sports coverage,
video, interaction and more.

Stillwater, Southwest win nailbiters

● The Ponies beat Anoka and the Lakers got past Mounds View in tight Class 2A games, both by scoring the only goal of the match.

Veteran Stillwater boys' soccer coach Phil Johnson was only a tad worried the Ponies, idle for the past 10 days, might come out flat against Anoka on Friday.

"We ride the shoulders of our seniors, who know what they have to do," he said.

Those seniors, particularly goalkeeper Brett Ylson and defender Emmet Vernon, preserved a 1-0 victory for the third-seeded Ponies in the Class 2A state soccer quarterfinals in Cottage Grove. But it was an understatement who guided the team back to the Metrodome for the first time since 2005.

Sophomore Patrick Roth got Stillwater (2-3-0) on the board in the 48th minute. Following a throw-in, Roth and teammate Eli Bjork each had position in front of the 'Teradors' net. Roth's cross-one kick broke the tie, whether he meant to or not.

"He's an opportunist," Johnson said. "He has capability with either foot. Sometimes it's too, sometimes it's a knee, sometimes it's a forehead."

Roth's goal, his 10th of the season, set off a World Cup-like jumpy-grabbing fist-pumping all-out spirit celebration.

"Mostly he's something about state," Roth said of his reaction. "I mean, we're doing this for our whole school. Now everybody gets [excited] for Tuesday's quarterfinals."

Alberto Sanchez — who received a red card in the game's final seconds — booted a shot just over the Ponies' net with four minutes remaining as one last threat for Anoka (2-3-0).

Ylson, though, was stable all evening in earning his 40th career shutout and 27th of the season.

Minneapolis Southwest 2, Mounds View 0. The dramatic season for Southwest lives on.

Michael Pulkrabek's rebound goal off a corner kick from John Pirochberger in the 61st minute broke a scoreless

tie with Mounds View and lifted the No. 2 seed Lakers into the Class 2A quarterfinal.

The score came four minutes after the Mustangs' Adam Keeler was issued a red card for rough play leaving his team short-handed just as it was applying decent pressure on the Park of Cottage Grove field.

Instead, Southwest (21-0) remains undefeated. The Lakers had their first unbeaten and untied regular season in school history and have given up only two goals.

Mounds View (13-6-1) came tantalizingly close to scoring but to no avail. Senior Dan Thomson was the closest. His rocket shot creased off the left post with three minutes to go before halftime.

Class 1A quarterfinals
Prairie Seeds 7, Proctor 0. Prairie Seeds headed into halftime of Friday's game feeling satisfied with its 5-0 lead over Proctor.

But coach Youssef Darbaki greeted them with something less than congratulations.

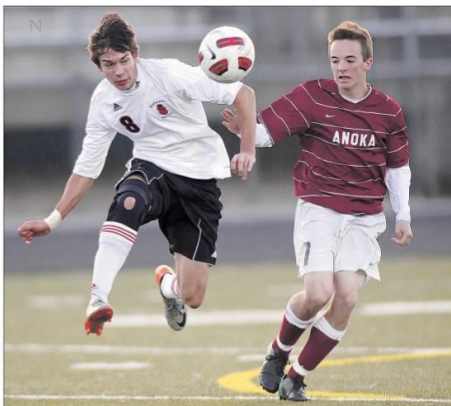
"As soon as we walked in, Coach was screaming at us, and he never gets mad at us like that," senior Isaac Kanach said. "He said we were missing too many chances and needed to score more."

The Lyons (10-0-0) headed Darbaki's message, adding five second-half goals to complete a 7-0 out at Roseville and leaving no question about why they are the No. 1-ranked team in Class 1A.

Freshman Carlos Roquin scored three goals and added two assists.

"We ran into a juggernaut," Proctor coach Jesse Smith said. "That team is probably going to win the title."

Prarie Seeds' reputation and 14th-ranked playoff-seed average forced Smith to put the Lions (15-2-1) into a defensive game plan in hopes of staying in the game. But Roquin's second scored in the 10th minute just before halftime.



Jason Schwab of Stillwater moved the ball upfield against Anoka's Mitch Durkin on Friday. Stillwater won the Class 2A quarterfinal.

Photo by JIM GIBSON - jgib@startribune.com



Southwest players Max Winter, left, and Charlie Shepard celebrated after teammate Michael Pulkrabek scored in the second half. Mounds View goalie Phil Boyl showed his dismay.

Photo by JIM GIBSON - jgib@startribune.com

Prarie Seeds, a charter school based in Brooklyn Park playing its first full varsity season, did more than fill on the Raik's goal.

Proctor threatened to score early in the first half, but a save from goalkeeper Mayolo Beltran stopped one chance. And a great defensive play by Adams Kaita prevented another opportunity from developing.

Using a burst of speed, Seita came back to intercept a pass near the Lacrosse goal and clear the ball.

St. Paul Academy 2, Rochester Lourdes 0. The Proctor brothers led the Spartans (16-2-1) to a ninth upset of No. 4 seed Rochester Lourdes

goal we could have kept playing. "That one hurt," Smith said. "If we were down by one goal in the second half."

DAVID LAVERGNE

TENNIS CLASS 2A

State title arrives after a year of preparation

● Kelsey Frechette of Rochester Century won the championship match after finishing second in 2009.

By JIM FOLEY - jfoley@startribune.com

Kelsey Frechette's dream came true at 2:45 Friday afternoon.

Problem is, the Rochester junior doesn't remember the moment.

Frechette outlasted teammate Jessica Aney 6-4, 6-0 to win the singles championship at the Class 2A girls' tennis state tournament Friday, saying the last shot was "just a blur."

"This has been the biggest goal in my life," Frechette said. "Ever since I started playing tennis, I wanted to win state."

The victory was the culmination of a year's worth of hard work and visualization for Frechette, who lost to Minnetonka's Aris Lambert in the 2009 final.

When Lambert decided not to play high school tennis this year, Frechette saw a doorway opening. She just needed to step through it.

"After I lost to Aris, I knew I was getting closer," Frechette said. "I know I miss just one step below that level. So I spent the offseason working my hardest. I read every book I could find on the mental game of tennis, trying to get that edge."

A single that was vital to Aney was the darling of the tournament.

The 4-10-10 seventh-grader lost twice during the season, both times to Frechette in tournament play. Athletic and bursting with energy, Aney — considered one of the top players in the nation in her age group — took her game to another level in the state tournament, handily defeating three older, more established opponents on the way to the championship match.

"This was probably the best I've ever played," Aney said.



Kelsey Frechette strengthened her play in the third set to win a state singles title Friday.

Photo by JIM FOLEY - jfoley@startribune.com

The stands at the Racine Tennis Center were nearly full to watch tennis' next big thing, Aney. Aney did not disappoint, setting aside first-set jitters to win the second set and force a third set.

"That was the most people that have ever watched me play," Aney said. "I was pretty nervous. I tried to relax, but it was hard sometimes."

With the buzz surrounding her opponent, Frechette knew that the pressure on her had been raised a notch or two.

"I was a little tense because of the situation," she said. "She's amazing for her age, and that was probably the best she has ever played."

The question was asked of Frechette if her task had been made all the more difficult considering the fact that she and Aney are teammates.

"Well, off the court and during the season, she and I are close friends. I've taken her under my wing," Frechette said.

"That once we took the court today, she was just another opponent."

In the third and deciding set, Frechette eked out her game, answering Aney's array of drops, slices and spins with powerful and well-placed ground strokes.

She ended the match with a cross-court top-spin forehand that eluded Aney at the net.

When her final shot landed in, Frechette let out a whoop, pumped her fist and ran to the net to shake Aney's hand and bask in the glow of victory.

Or so it seemed.

"That last shot is just a blur," Frechette admitted. "What I remember is that I hit the shot and then I was turning around and people were cheering for me. I'm so happy right now that it hasn't sunk in yet. I might need to think about it for awhile."

In the Class 2A doubles final, Katie Moffat and Mollie Meland of Edina beat Mounds View's Laurel Krebsbach and Tacy Hays-Lay 6-7, 7-5.

TENNIS CLASS 1A SINGLES

Singles championship is icing — minus the cake

● Amber Washington goes solo and captures 1A crown.

By HEATHER BALE - hbale@startribune.com

World Series champion spray champagne. Indianapolis 500 champions take a wig of milk. Grand slam tennis champions kiss their trophies.

This year's Class 1A girls' tennis singles champion savors spoonfuls of vanilla frosting.

Amber Washington, the doubles-ranked singles player from Mounds Park Academy, defended champion Elena Sullivan of Providence Academy 6-2, 6-1 for the singles title Friday at the Rock-Sweet Tennis Center.

Washington said her former doubles partner, Kate Roach, said she would bring her frosting if she won.

"It's pretty unhealthy, but that's OK," Washington said. "I love vanilla frosting."

Washington can now add a singles state title to her tennis résumé. Starting at doubles as a seventh-grader, she became the first player in tournament history to win four consecutive doubles titles.

For her junior season, she decided to switch to singles. Coach Scott Martin said he felt that moving Washington to singles was the best option.

"She went undefeated all year, and you can't argue it," he said. "She worked hard in the offseason."

Washington said the mist the doubles atmosphere, but she still is comfortable playing singles.

"I think doubles is more intense than singles," she said. "Then again, singles is still intense because it's just you on the court and you have to think for yourself, you don't have anyone to support you all the time."

The battle between the two singles players wasn't the tight match one might expect. Washington jumped to a 3-0 lead in the first set, using her powerful ground strokes to control the points and force errors.

Momentum shifted slightly as Washington was serving for the first set. Sullivan grabbed two games before her opponent took the one-set lead.

The second set started with three consecutive breaks of serve before Washington pulled away for the victory.

"I think it just came down to a couple points and who in the end wanted it more," Sullivan said. "I mean, Amber played a great match. I think I just got tentative at some points, and those were the crucial points."

After the match, Washington was greeted by teammates and friends. She raised her tub of frosting in the air in triumph.

"It feels awesome," she said. "I don't know how to explain it."