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## Bloomington Richfield Sun Current Stars of the Week for May 30

by Jason Olson [jason.olson@ecm-inc.com](mailto:jason.olson@ecm-inc.com) May 29, 2019

### **John Kern**

The Kennedy senior captain and shortstop will represent the Eagles at the Play Ball Minnesota! All-Star Series in Chaska later in June. Kern is a four-year varsity member of the Eagles baseball team and plans to play at St. John's next season.

### **Will Hodek**

The Richfield senior shortstop went 12-for-23 at the plate over the last five games of the regular season and didn't strikeout during the regular season.

### **Christina Nelson**

The Augsburg senior and Bloomington Kennedy grad was named to the IWLCA Division II All-Great Lakes Region Team for the first time. The lacrosse defender/midfielder became the first in school history to earn All Conference honors all four years and was a MWLC Defensive Player of the Week three times during her career. She led the MWLC in 133 draw controls for a second season, breaking her single-season school record (111) set last season. She also set a program record with 47 caused turnovers while scoring 13 goals with six assists this season. Nelson holds career records at Augsburg with 290 draw controls, 176 caused turnovers and 201 ground balls. In 71 games she has 34 goals and eight assists.

### **Max Gerstner**

The Holy Angels senior pitcher and captain no-hit DeLaSalle in a 1-0 win on May 17 to retain the Battle of Nicollet Island traveling trophy. He struck out four and walked four needing 84 pitches to get through seven innings. He also went 1-for-3 at the plate and stole a base. Gerstner was named the Stars Pitching MVP and Overall Team MVP for the 11-8 Stars.

### **Theo Simmons**

The Kennedy junior won the 100-meter dash at the Metro West Conference Championships in 11.13 seconds on May 15. Simmons, who is in his first season with the track program also finished second in the 200 dash in a PR time of 22.70 and anchored Kennedy's second-place 4x100 relay in 43.43.

### **Arnauld Dedry**

The Kennedy senior thrower won the discus title at the Metro West Conference Championships on Wednesday at Chaska High School with a PR of 134-06. He was runner-up in the shot put in 45-02.

### **Derrick Gichaba**

The Kennedy junior stood on the top of the podium at the Metro West Conference Championships twice on May 15. He won the triple jump going 42 feet, 0-1/4 inch and won the 110-meter hurdles in a PR time of 15.61.

### **Colden Longley**

The Jefferson junior standout distance runner swept the 1,600 and 3,200 meter events at the Metro West Conference meet at Chaska High School on May 15. He held off a different Kennedy runner in each race to win the 1,600 meters in 4:26.10 and 3,200 meters in 9:32.95.

### **Izzy Mickelson**

The Jefferson senior set a new program record while winning the 100 meter hurdles in 16.14 at the Metro West Conference Championships.

### **Greta Koehler**

The Kennedy senior won the 800 meter run at the Metro West Conference Championships in a time of 2:23.62.

### **Deborah Cooper**

The Richfield senior won the shot put title at the Metro West Conference Championships on Wednesday with a throw of 34-9 1/2, one-half inch ahead of Jefferson senior Samantha Sunnarborg.

**Grace Fox**

The Jefferson junior won the discus title with a throw of 110-11 at the Metro West Conference Championships on May 15 in Chaska.

**Corrina Jones**

The Richfield ninth grader finished fourth in the 100 meter dash finals in 13.27 at the Metro West Conference Championships on May 15 at Chaska High School.

**Courtney Kopischke**

The Kennedy pitcher struckout 16 batters in a one-hit complete game win over Benilde-St. Margaret's on May 15. She also drew a walk and scored on a Sophie Ohm fly ball in the third inning. Kopischke no-hit Richfield in a seven-inning 15-0 win on May 10 as she struck out 14 Richfield batters.

**Jacey Defries**

The Jefferson senior catcher connected on a pair of home runs last week to give her four on the season while going 10-for-14 at the plate over the last four games, all wins for the Jaguars which.

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