

Sam Loken

Stillwater Swimming

Sam Loken, Stillwater senior swimmer, has been “a major cog in the team’s success,” said coach Brian Luke. In Loken’s main events, his personal bests are 22.73 in the 50 freestyle and 49.71 in the 100 freestyle. “Sam has put in the time and effort to maximize his potential,” Luke said. “As a co-captain he has shown excellent leadership skills.” Loken went to state last year with the 400 freestyle relay.



Audrey Rogotzke

Stillwater Wrestling

Audrey Rogotzke, Stillwater senior wrestler, was 29-0 last year and state champ at 148 pounds. Currently she is ranked No. 2 at 148 with a 16-0 record, all pins. She was 120-pound state champ in eighth grade and has placed second twice and third once at state. Rogotzke’s 128 wins are the state record and her 103 pins are the national record, said girls coach Katrina Eggum. “Her best position is the bottom. She can reverse and pin anyone.” She has a 4.1 GPA and has committed to Division III power North Central College.



Ryder Siedow

Forest Lake Hockey

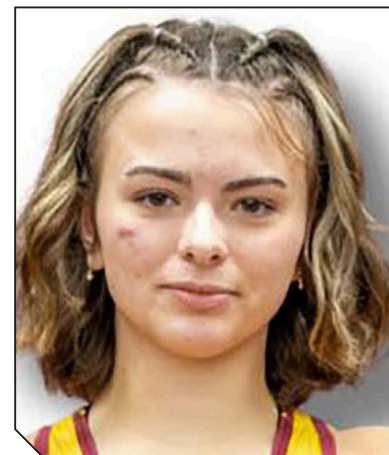
Ryder Siedow, Forest Lake hockey senior, leads the 11-7-1 Rangers in scoring with 21 goals and 19 assists for 40 points. The left-winger is especially adept in power plays, scoring seven of his goals that way. Siedow, 5-foot-9 and 160 pounds, right-handed, is a three-year starter with career totals of 51 goals and 73 assists for 124 points.



Annica Blasko

Forest Lake Wrestling

Annica Blasko, Forest Lake senior wrestler, is 29-4 with 19 pins this season, and has 104 career wins, the first Ranger girl to pass 100. She is ranked No. 4 at 112 pounds. Last season, Blasko was 34-4 last year and placed sixth in the state. “Annica is always one of the hardest workers in the practice room, and she hasn’t missed a practice,” said Chris Blasko, her dad, the girls coach. “She also gets up early to lift weights before school.” Blasko wrestles “stingy and smart” on her feet and works toward pins with arm bars, half-nelsons, and headlocks.



*Athletes chosen by press staff