

Sophomore Softball Pitcher Steps Up

Stephanie Kappes

By Alicia Eckman

For the remaining part of this season and for two years to come, be sure to keep an eye on the mound for pitcher #23, Stephanie Kappes. The sophomore is working hard to bring her A-game to the field each game and limit run scoring of opposing teams.

The sophomore pitcher is majoring in Biology with a double minor in

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Chemistry and Exercise Science. She works hard in the classroom and out

on the field, which makes her a valuable asset to the team. While the weather has caused a frustrating season with many cancelled games, Kappes stays positive about the games they do get to play, “The games we do get in have gone pretty well and I think we are doing good as a whole.”

Kappes has enjoyed her time on the CU softball team, nodding to the fact that the team has great chemistry. “All of us get along so well and that makes for a lot of fun on and off the field. Not to mention we are a good team and we all work so hard.” The coaching staff is another valuable asset to the success of the team. “We also have a really good coaching staff and it helps when you are not only close with your teammates, but also with your coaches,” she says.

One piece of advice Kappes wishes someone would have given her as a freshman would be not to load up on tough classes your first semester. “Coming into college is such a big change for classes and for sports. It can be a tough adjustment and not go the

way you planned right away, but after that first year it gets easier to handle.” Kappes also tosses up her own advice for incoming athletes, saying “Come in ready to learn, but also ready to play the way you know how to. Don’t let pressure or fear get in the way of your potential success. If you want a position, you have to fight for it, it’s not going to be handed to you no matter who you are.”

When Kappes isn’t on the mound or in the classroom she enjoys spending time with family and friends, boating, and hunting. Be sure to cheer on Kappes and the rest of the CU Softball team this season. Check out cugoldenbears.com for upcoming games.



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Baseball Senior Leadership

Ten Seniors Drive the Team to Success

By Kristi Loobeek

The best and happiest teams will tell you that their teammates are family. There is something incredibly bonding about suffering through hard times together and relying on one another for success; the CU baseball team is no exception.

The team currently rosters ten seniors: right-handed pitcher Zach Goodwin, infielder Mick Sawinski, outfielder Greg Larpenter, first baseman David Hines, outfielder Paul Giel, right-handed pitcher Andy Fagely, left-handed pitcher Griff Kilber, catcher Jared Kramer, and left-handed pitcher Patrick Rydeen, and catcher Conor McDougall.

This moody, Minnesota spring has been anything but cooperative to the guys’ game schedule—Barnes Field, the Bears’ home field, could not be played on until the snow cleared. With every falling snowflake and rain shower, the home games moved farther and farther away. Fortunately, some of the team’s games have been played in the Metrodome, on Minnetonka’s Veterans Field, as well as senior weekend on Barnes.

Even through the hard times, the guys are still in good spirits. “Our team is a family. We all have each other’s back on and off the field. We put in the work every single day and all of us have the same goal, to win a conference tournament,” explained Sawinski. Fagely added, “The baseball team is an energetic fun team to

be around. This team is very close, on and off the field everyone gets along and the times we spend together are always a good time.” He continued, “My favorite part is being around the guys, whether at games or at practice, it is the most fun you could have. If you’re having a bad day you always have practice to look forward to. Being around the team is what I will miss most after I graduate.”

The good vibes kept rolling when Larpenter added, “My favorite part of being on the team is being around the guys. Some of my best friends are on this team. A lot of times, if you’re having a bad day, they can usually cheer ya up.” Mahtomedi, Minn. native, Goodwin continued, “I love competing with my teammates day in and day out. The relationships I’ve formed will last a lifetime.”

It’s fair to say that this is not your typical season for the Golden Bears. However, many of the guys have plans for after their all-too-short season is over. Goodwin has accepted a full-time position at Northwestern Mutual Financial Network as a financial planner/advisor while Larpenter will be working at Xperience Fitness in Woodbury.

Sawinski, on the other hand, explained he will be “going to be getting my masters in Sport Management here at Concordia as well as pursuing my goal of becoming a sports agent. I’ll continue to play town ball, and hopefully be able to come back and see the team play over the next few years.”

Photo Credits: Concordia University Athletics



Paul Giel

Griff Kilber

Jared Kramer

Andrew Fagley

Mick Sawinski

Greg Larpenteur