



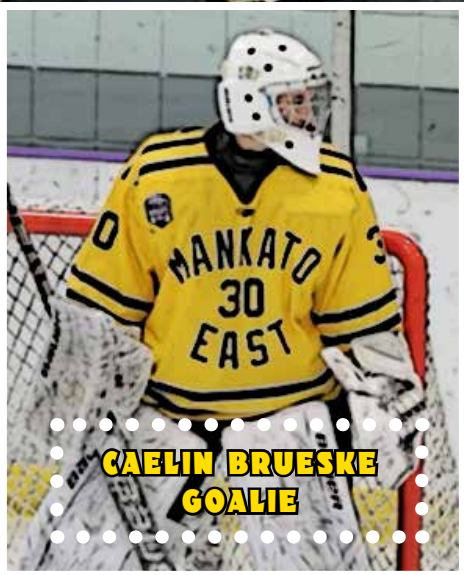
mankato east cougars



QUINTIN STEINDL
FORWARD



SHAE GAVIN
DEFENSEMAN



CAELIN BRUESKE
GOALIE

inside scoop

BY LEGACY HOCKEY STAFF

Even years are prime numbers for the Cougars, who are making their fourth state tournament appearance. They also reached St. Paul in 2006 and, under current coach Adam Fries, in 2018 and 2020. Scoring balance has been a more tangible key to success, as junior defenseman Shae Gavin's 16 goals lead six players with 10 or more goals. "We've played 11 forwards every night all year long," Fries said. Depth is something we've never had before ... ever. But having that many kids who can play really helps you."

Last season the Cougars, as the No. 2 seed, lost in a Section 1A quarterfinal to No. 10 seed La Crescent-Hokah. Not a shocking result, given that East was relegated to play a mostly junior varsity lineup because of a COVID-19 exposure announced hours before the game. Senior goaltender Caelin Brueske, one of the few varsity players who suited up for that playoff loss, has recorded eight shutouts among his 17 wins this season.

team snapshot

FORWARDS: Sophomore Christian Theuninck, who scored the game-winner in the Section 3A title game, has two goals and two assists in the postseason. Theuninck is joined by Andrew Bastian, Parker Anthony and Quintin Steindl with 11 goals while Brayden Borgmeier has added 10.

DEFENSE: Gavin has four goals and four assists with the man advantage. Aiden Prochaska has a team-high 25 assists. East's defensemen are encouraged to join in on the offense at every opportunity. "We like to keep our D in the play as much as we can," Fries said. "We use them a lot."

GOALIES: Brueske, a senior, has been the mainstay in goal after taking almost all of last season off. "He's been a leader all year long, telling the team, 'I'm going to St. Paul, and you guys are coming with me.'"

stats

| NO. | NAME | GR | POS | G | A | PTS | PIM |
|-----|---------------------|----|-----|----|----|-----|-----|
| 16 | Quintin Steindl | 12 | F | 11 | 23 | 34 | 33 |
| 18 | Aiden Prochaska | 12 | D | 8 | 25 | 33 | 20 |
| 20 | Shae Gavin | 11 | D | 16 | 13 | 29 | 28 |
| 7 | Parker Anthony | 12 | F | 11 | 17 | 28 | 24 |
| 17 | Andrew Bastian | 11 | F | 11 | 14 | 25 | 6 |
| 8 | Christian Theuninck | 10 | F | 11 | 13 | 24 | 0 |
| 6 | Brayden Borgmeier | 11 | F | 10 | 7 | 17 | 9 |
| 21 | Austin Arnoldy | 12 | F | 4 | 10 | 14 | 13 |
| 26 | Landon Metcalfe | 12 | F | 5 | 9 | 14 | 14 |
| 9 | Rafe Bowman | 10 | F | 6 | 5 | 11 | 14 |
| 14 | Andrew Sorbo | 11 | F | 2 | 5 | 7 | 19 |
| 15 | Alexander Morgan | 11 | D | 1 | 5 | 6 | 29 |
| 10 | Jayton Frederick | 9 | F | 2 | 2 | 4 | 8 |
| 2 | Carson Graves | 12 | F | 2 | 1 | 3 | 8 |
| 4 | Jayden Larson | 11 | F | 0 | 2 | 2 | 2 |
| 11 | Owen Quist | 10 | D | 0 | 2 | 2 | 12 |
| 22 | Ethan Stude | 12 | F | 2 | 0 | 2 | 0 |
| 12 | Aaron Kamm | 10 | D | 1 | 0 | 1 | 0 |

| NO. | NAME | GR | MIN | W-L-T | GAA | SV% | SO |
|-----|----------------|----|---------|--------|------|------|----|
| 30 | Caelin Brueske | 12 | 1336:55 | 16-9-1 | 2.25 | .907 | 8 |
| 1 | Lucas Barnett | 11 | 104:17 | 1-1-0 | 1.96 | .857 | 1 |

BY THE NUMBERS
Power Play Percentage: 22.4
Penalty Kill Percentage: 90.2
Goals Scored Per Game: 3.71
Goals Allowed Per Game: 2.29

unseeded team info

CONFERENCE:
Big 9
2021-22 RECORD:
17-10-1
STATE TRIPS: 4
COACH: Adam Fries,
9th season, 128-100-10
HOME ARENA:
All Seasons Arena,
Mankato

schedule

| DATE | OPPONENT | SCORE |
|-------|---------------------|----------|
| 11/26 | @ Champlin Park | L 3-5 |
| 11/27 | @ Woodbury | L 2-5 |
| 11/30 | Mound Westonka | W 5-3 |
| 12/3 | @ Rochester Century | L 3-5 |
| 12/7 | @ Mankato West | W 8-3 |
| 12/9 | @ Austin | W 8-0 |
| 12/11 | Owatonna | W 2-0 |
| 12/16 | Winona | W 8-2 |
| 12/18 | Roch. J. Marshall | W 7-0 |
| 12/21 | @ Minnesota River | W 3-0 |
| 12/28 | @ Minneapolis | L 0-3 |
| 12/29 | @ Breck | W 4-3 |
| 1/4 | @ Hutchinson | W 6-4 |
| 1/11 | @ Dodge City | W 2-1/OT |
| 1/13 | @ Rochester Mayo | L 2-5 |
| 1/21 | Mankato West | W 5-0 |
| 1/25 | @ Northfield | L 3-4/OT |
| 1/29 | Red Wing | W 2-0 |
| 2/3 | Roch. Century | T 2-2/OT |
| 2/5 | Rochester Mayo | L 2-8 |
| 2/8 | @ Northfield | L 2-4 |
| 2/10 | @ Owatonna | L 1-3 |
| 2/12 | Northfield | L 0-2 |
| 2/18 | Albert Lea | W 3-0 |
| 2/19 | @ Faribault | W 2-1 |

| SECTION 3A PLAYOFFS | | |
|---------------------|--------------|-------|
| 2/24 | Mankato West | W 6-0 |
| 2/26 | Luverne | W 7-1 |
| 3/2 | @ New Ulm | W 6-0 |

coach adam fries

Fries has three state tournament appearances in his nine seasons leading the Cougars. He was an assistant for one season before moving up to lead the program. The Minnesota State graduate keeps a sharp eye on Mankato's youth program — he was the association's Bantam A coach for five years.



prediction

Can the Cougars' depth be the difference? Will their physical play make an impact? Is fabulous goaltender Caelin Brueske up to the challenge? Facing Mahtomedi and stand-out goaltender Ben Dardis is one of the toughest tasks there is in small-school hockey.