

2003-2004 Performers of the Week & Highlights

Christian Evan	September 1, 2003	Football	Little Falls
Andre LeBlanc	September 1, 2003	Soccer	Little Falls
Jessica Olson	September 1, 2003	Soccer	Little Falls
Brittany Karls	September 1, 2003	Volleyball	Sauk Rapids/Rice
Charlie VanderWeyst	September 1, 2003	Cross Country	Sartell-St. Stephen
Katie Inderrieden	September 1, 2003	Cross Country	Sartell-St. Stephen
Danny Lawson	September 8, 2003	Football	Sartell-St. Stephen
Eric Bell	September 8, 2003	Soccer	Little Falls
Alyssa Seckinger	September 8, 2003	Soccer	Alexandria
Nikki Doman	September 8, 2003	Volleyball	Sartell-St. Stephen
Kaily Rice	September 8, 2003	Tennis	Willmar
Matt Johnson	September 15, 2003	Football	Willmar
Chad Kofoed	September 15, 2003	Soccer	Little Falls
Jessica Preiss	September 15, 2003	Volleyball	Sartell-St. Stephen
Susan Sass	September 15, 2003	Tennis	St. Cloud Tech
Brooke Johnson	September 15, 2003	Swimming	St. Cloud Tech
Blaise Lodermier	September 22, 2003	Football	St. Cloud Apollo
Jennifer Beilke	September 22, 2003	Soccer	Brainerd
David Wright	September 22, 2003	Cross Country	Sartell-St. Stephen
Kari Higdem	September 22, 2003	Cross Country	Willmar
Katie Schlangen	September 22, 2003	Volleyball	Sartell-St. Stephen
Alex Gruska	September 22, 2003	Tennis	St. Cloud Apollo
Dana Guetter	September 22, 2003	Swimming	Willmar
Caleb Curry	September 29, 2003	Football	Alexandria
Dan Hedstrom	September 29, 2003	Soccer	Alexandria
Tiffany Jacobs	September 29, 2003	Cross Country	Sartell-St. Stephen
Mike Switzer	September 29, 2003	Cross Country	Willmar
Stacie Oistad	September 29, 2003	Volleyball	Sartell-St. Stephen
Alyssa Baltes	September 29, 2003	Swimming	Sauk Rapids-Rice
Kristen Norsten	October 6, 2003	Tennis	Willmar
Kelsey Schendel	October 6, 2003	Tennis	Willmar
Jesse Bates	October 6, 2003	Soccer	Brainerd
John Marschel	October 6, 2003	Cross Country	Sartell-St. Stephen
Maria Thibault	October 6, 2003	Cross Country	Willmar
Beth Zimmer	October 6, 2003	Volleyball	Willmar
Chelsie Givan	October 6, 2003	Swimming	Rocori
Paul Denne	October 13, 2003	Football	St. Cloud Tech
Jacob Seaquist	October 13, 2003	Cross Country	Sartell-St. Stephen
Rachael Nelson	October 13, 2003	Cross Country	Willmar
Kristen Hille	October 13, 2003	Volleyball	Sauk Rapids-Rice
Kristen Svobodny	October 13, 2003	Swimming	Alexandria
Dan Offerdahl	October 20, 2003	Cross Country	Sartell-St. Stephen
Kari Higdem	October 20, 2003	Cross Country	Willmar
Amanda Zeiner	October 20, 2003	Volleyball	Willmar
Maddie Haroldson	November 24, 2003	Hockey	Sartell
Caren Quist	December 1, 2003	Hockey	Apollo/Cathedral
Shae Tabatt	December 8, 2003	Gymnastics	Little Falls
Blake Strouth	December 8, 2003	Basketball	Alexandria
Kayla Rengel	December 8, 2003	Basketball	St. Cloud Tech
Annie Green	December 8, 2003	Hockey	St. Cloud Tech
Mandi Spaulding	December 15, 2003	Gymnastics	Willmar
Jonathon Morales	December 15, 2003	Nordic Skiing	Willmar
Damon Bullock	December 15, 2003	Wrestling	Alexandria

Jennifer Strand	December 15, 2003	Basketball	Alexandria
Tony Parker	December 15, 2003	Basketball	Little Falls
Abby Williams	December 15, 2003	Hockey	Alexandria
Courtney Plafcan	December 22, 2003	Gymnastics	Sauk Rapids/Rice
Laura Nielsen	December 22, 2003	Basketball	Willmar
Jeri Gesch	December 22, 2003	Hockey	Willmar
Grant Johnson	December 22, 2003	Wrestling	Rocori
Sarah Willis	December 22, 2003	Nordic Skiing	Willmar
Jonathon Schulz	December 29, 2003	Basketball	Little Falls
Christina Roberts	December 29, 2003	Nordic Skiing	Brainerd
Nick Rooda	December 29, 2003	Nordic Skiing	Willmar
Tom Zelinske	January 5, 2004	Wrestling	Brainerd
Mikeal Lickteig	January 5, 2004	Hockey	Little Falls
Brian Scheilinger	January 5, 2004	Basketball	Sartell
Stacie Oistad	January 5, 2004	Basketball	Sartell
Andrew Mehr	January 5, 2004	Swimming	Brainerd
Matt Zittlow	January 12, 2004	Basketball	St. Cloud Tech
Emily Swierenga	January 12, 2004	Basketball	Willmar
Dan Eckberg	January 12, 2004	Swimming	St. Cloud Tech
Montana Ewers	January 19, 2004	Wrestling	St. Cloud Tech
Blake Strouth	January 19, 2004	Basketball	Alexandria
Angela Ahrendt	January 19, 2004	Basketball	Sartell-St. Stephen
Tim Wasland	January 26, 2004	Nordic Ski	Little Falls
Rebecca Mueller	January 26, 2004	Nordic Ski	Brainerd
Erik Ellingboe	January 26, 2004	Hockey	Willmar
Josiah Collins	January 26, 2004	Swimming	Brainerd
Karl Heine	January 26, 2004	Basketball	St. Cloud Tech
Tena Rytel	January 26, 2004	Basketball	Willmar
Ted Wilczek	January 26, 2004	Wrestling	Little Falls
Kelsey Dooley	January 26, 2004	Gymnastics	Sauk Rapids
Sarah Kallis	February 2, 2004	Basketball	Little Falls
Eric Decker	February 2, 2004	Basketball	Rocori
Chris Woodard	February 2, 2004	Nordic Ski	Brainerd
Aaron Jorgensen	February 2, 2004	Hockey	Little Falls
Doug McGrath	February 2, 2004	Swimming	Alexandria
Matt Hesse	February 2, 2004	Wrestling	Rocori
Mandi Samuelson	February 9, 2004	Hockey	Willmar
Kyle Nelson	February 9, 2004	Wrestling	Willmar
Jason Timmer	February 9, 2004	Swimming	Sauk Rapids/Rice
Jacque Hartman	February 9, 2004	Basketball	St. Cloud Apollo
John Cloeter	February 9, 2004	Basketball	Sauk Rapids/Rice
Michelle Nieman	February 16, 2004	Basketball	Little Falls
John Amundson	February 16, 2004	Wrestling	Alexandria
Jeff Roquette	February 23, 2004	Basketball	Alexandria
Lindsey Saunders	February 23, 2004	Basketball	Willmar
Laura Harms	March 1, 2004	Basketball	Little Falls
Sam Sussenguth	March 1, 2004	Basketball	Willmar
Justin Grunewald	March 29, 2004	Track	Brainerd
Brittany Barten	March 29, 2004	Track	Sauk Rapids/Rice
Dan Lawson	April 5, 2004	Track	Sartell/St. Stephen
Nikki McGowan	April 5, 2004	Track	St. Cloud Tech
John Marschel	April 12, 2004	Track	Sartell/St. Stephen
Andrea Wahlin	April 12, 2004	Track	Rocori
Katie Backes	April 19, 2004	Golf	Rocori
Dustin Vickerman	April 19, 2004	Golf	Brainerd
Justin Wilkes	April 19, 2004	Track	Sartell/St. Stephen
Katie Inderrieden	April 19, 2004	Track	Sartell/St. Stephen

Ton Ronning	April 19, 2004	Tennis	Alexandria
Dan Klein	April 19, 2004	Baseball	St. Cloud Apollo
Bryce Hanstad	April 26, 2004	Golf	Alexandria
Emily Brand	April 26, 2004	Golf	Alexandria
Casey Allar	April 26, 2004	Baseball	Sartell/St. Stephen
Lisa Jeremiason	April 26, 2004	Softball	Willmar
Kristin Hille	April 26, 2004	Track	Sauk Rapids/Rice
Tom Soldner	April 26, 2004	Track	Rocori
Jon Sauer	May 3, 2004	Golf	St. Cloud Tech
Sean Figg	May 3, 2004	Tennis	Alexandria
David LeVahn	May 3, 2004	Tennis	Alexandria
Michaela Carlson	May 3, 2004	Softball	Alexandria
Tina Brinker	May 3, 2004	Track	Sartell/St. Stephen
Andrew Gunderson	May 3, 2004	Track	Sauk Rapids/Rice
Aaron Rocheleau	May 10, 2004	Baseball	St. Cloud Apollo
Hilary Smith	May 10, 2004	Softball	Brainerd
Dave Kaczor	May 10, 2004	Track	St. Cloud Tech
Katlyn Stout	May 10, 2004	Track	St. Cloud Tech
Jesse Fark	May 10, 2004	Track	St. Cloud Tech
Kelly Fruth	May 10, 2004	Track	St. Cloud Tech
Nikki McGowan	May 10, 2004	Track	St. Cloud Tech
Ann Dressen	May 10, 2004	Golf	Alexandria
Ryan Beduhn	May 17, 2004	Tennis	St. Cloud Tech
Taylor Bradfield-Krieder	May 17, 2004	Tennis	St. Cloud Tech
Molly Leland	May 17, 2004	Golf	Alexandria
Steve Olson	May 17, 2004	Track	Sartell/St. Stephen
Faylynn Merrick	May 17, 2004	Track	Sauk Rapids/Rice
Jenna Koester	May 17, 2004	Softball	Little Falls
Cory Schwantes	May 17, 2004	Baseball	Willmar
Steve Festler	May 24, 2004	Tennis	Little Falls
Mikael Lickteig	May 24, 2004	Tennis	Little Falls
Will Harris	May 24, 2004	Golf	Alexandria
Emma Schlosser	May 24, 2004	Golf	Alexandria
Bri Plombon	May 24, 2004	Track	Sartell/St. Stephen
Chris Legatt	May 24, 2004	Track	Sartell/St. Stephen
Callie Nelson	May 24, 2004	Softball	Willmar
Brian Schellinger	May 24, 2004	Baseball	Sartell/St. Stephen
Alex Marcus	May 31, 2004	Baseball	Willmar
Blake Strouth	May 31, 2004	Track	Alexandria

Fall 2003-04 State Entrants:

Girls Tennis: Alex Gruska, 11, St. Cloud Apollo. 108 wins as a junior. Section 8AA Champ.

Girls Soccer: Alexandria, Section 8A Champions

Boys Cross Country: Brainerd Team 10th place at State Tournament

(5-Justin Grunewald, 16-Chris Woodard, 69-Derrek Matson, 76-Blake Alquire)

Individuals: Justin Grunewald, Brd-5th, Jon Stoltman, LF-15th, Chris Woodard, Brd-24th,

Darren Larsen, Alex-57, Mitch Gesell, Alex-77, John Marschel, Sartell-80th

Girls Cross Country: Brainerd Team 2nd place at State Tournament (13-Jenna Dean,

15-Audree Goodew, 25-Ashley Schmolke, 26-Ashleigh Hakes).

State: Willmar 13th-(5-Kari Higdem, 28-Meghan Sykora,80-Marie Thibault, 85-Amy Follmann)

Individuals: Kari Higdem, Willmar-7th, Sarah Weaver, Alex-22nd, Jenna Bean,

Brd-33rd, Caitlyn Dingmann, Rocori-47th, Katie Inderrieden, Sartell-50th,

Ashleigh Hakes, Brd-53rd, Gia Dickinson, SR-62nd, Marie Thibault, Willmar 126

Football: Sauk Rapids/Rice

Girls Swimming & Diving: Sauk Rapids/Rice Team - Section 3A Champions, 10th at State

Individuals: Sec. 3A SR/R: 200 Medley relay: Kelsey Corrigan, Danielle Helmin, Dani

Ree, Alyssa Baltus 2nd at State. Kayla Deters, Steph Thayer, Brooke Johnson, &

April Marshall. Sartell: Jill Girtz

Sec. 8AA: Brainerd: Emily Dunphy, Erica Campbell, Brianna Elg, Jocelyn Jones,

Krystal Halverson, Amanda Bateman, Christina Roberts, Jenny Wentworth

Tech: Brooke Johnson, Becca Nieters, Meagan Hinz, Brianna Ramler.

Willmar: Krista Koenen, Anita Nelson, Dana Guetter, Jenny Pakola

Girls Diving: Sara Ryan-1st, Stacy Ryan-2nd - Alex, Section 8AA. Adrienne Maiers-6th in State - Sauk Rapids/Rice, Section 3A. Sara Krueger - Willmar, Section 2AA

Fall Honors:

Kristen Hille, 11, Sauk Rapids/Rice selected to Class AAA All-State Volleyball Team
Ryan Beduhn, 12, St. Cloud Tech, Class AA All State Soccer Team

Winter 2004 State Entrants:

G.Basketball: Sauk Rapids/Rice & **Willmar** (2nd place in STATE)

Dance HK: AAA - Tech & Brainerd. AA - Apollo (5th in STATE), Sauk Rapids/Rice, Willmar.

Dance JF: AAA - Brainerd. AA - Sauk Rapids/Rice

Gymn: Brainerd Team (STATE: 7th), Katie Perpich/Brd (STATE: 8th Bars, 9th All Around), Lauren Deyo/Brd, Kathleen Lorenz/Brd (STATE: 7th Beam, 10th All Around), Sara Krueger/Willmar, Beth Zimmer/Willmar (STATE: 4th Vault), Danielle Berg/Tech, Renae Lee/Tech (STATE: 10th Beam), and Shae Tabatt/LF.

G.Hky: Alexandria - 4th place in STATE.

N. Ski Boys: **Brd**: Chris Woodard, Ty Hunt, Derrek Matson, **LF**: Tim Wasland; **Tech**: Ben Beard.

N. Ski Girls: **Brd**: Christina Roberts, Rebecca Mueller, Hanna Stadem, Ashley Schmolke;

Alex: Brooke Ellison, Teresa Facciotto, Jessica Hurlbut; **Willmar**: Christina Fisher.

Swimming: **Sauk Rapids/Rice - STATE CHAMPIONS**: Jason Timmer State Champ in 50 & 100 free, Charlie Welter, Connor Ziegler, Mike Welter, Will Simson - 200 Free Relay State Champs, C. Welter, M. Welter, C. Ziegler, J. Timmer - 400 F. Relay State Champs, Dustin Benoit, Wes Schlichting. **Sartell/St. Stephen**: Brian Voit, Curt Klever, Ryan Faber, Zachary Helgerson. **Apollo**: Mike Weslander, John Sullivan; **Alex**: Doug McGrath, Darryl Weimer, Noah Odland, **Tech**: Medley Relay team: Dan Eckberg, Joe Palmerstein, Adam Kantor, Tim Ronning. **Willmar**: Kyle Eckhoff, Chris Axelson, Tetrault, Andrew Mehr.

Wrestling: **Brainerd**: Dan Fleischhacker, Kyle Dukowitz, Greg Strand, Tom Zelinske,

Rocori: Grant Johnson, Max Johannes, Darrin Massmann. **Alex**: John Amundson;

Sartell/St. Stephen: Travis Lewellyn, **LF**: Ted Wilczek, Troy Biermaier;

Apollo: Ken Blakeley, Chris Jenderseck; **Willmar**: Kyle Nelson, Peter Johnson;

Tech: Andy Johnston, Derrik Orth, Jordan Stracke, Montana Ewers.

2004 Spring Highlights

B. Golf: **Alexandria** (Section 8AA Champs) placed 5th at State. State participants: Jake Zikoski, John Sauer (12th at State), Tech; Jarred Hoppe (14th at State), Brd; Eric Woodworth, Apollo; Mike Kulzer (18th at State), SR/R; David Justice, Tyler Whiting, Will Harris, Grant Hanson, Jake Seltz, & Bryce Hanstad, Alex.

G. Golf: Samantha Sommers (placed 10 at State), Apollo.

B. Tennis: **St. Cloud Tech** (Section 8AA Champs) placed 4th at State. State participants: Dan LaFountaine, Apollo, Mile Engdahl, Ryan Beduhn, & Chaise VanOverbeke, Tech.

Baseball: **Sartell/St. Stephen** (Section 8AA Champs) advanced to State.

Softball: **Willmar** (Section 8AA Champs) advanced to State.

Track: State participants: **Jon Morales** (State Champ in Pole Vault), Willmar; Dan Lawson, Andy Demuth, John Marschel (4th 800m at State), Moah Ferche, Sartell; Greg Imholte, Apollo; Justin Grunewald (2nd 3200, 2nd 1600 at State), Brainerd; Yahya Iman (3rd 1600 at State), Tech; Blake Strouth (2nd 110 H, 4th HJ at State), Mitch Gesell, 1600 & 3200 Relays, Alex; Tom Soldner, Blake Theisen, Rocori; Nicholas Keller (5th PV at State), SR/R.

Kari Higdem (4th in 3200 at State), **Beth Zimmer** (State Champ in Long Jump), Willmar
Amanda Anderson, Amy Anderson (5th 100 H at State), Alex; Bri Plombon, Sartell;
Kelly Fruth, 400 & 1600 relays, Tech; Brd's 3200 relay 5th at State: Audree Goodew,
Katy Posterick, Christina Roberts, Ashley Schmolke; Taylor Hartje, Missy Eiesland,
Maria Swanson, Brd; Kristen Hille (4th LJ at State), Laura BeBlanc, Faylynn Merrick, SR;
Andrea Wahlin (State Champ - 800 M) & Sarah Fuchs, Rocori.