

2005-06 Performers of the Week & Highlights

Brenden Bruss	August 22, 2005	Soccer	Sartell/St. Stephen
Lizzi Feldhege	August 22, 2005	Tennis	Rocori
Woody Wagner	August 29, 2005	Football	Alexandria
Allie Johnston	August 29, 2005	Cross Country	St. Cloud Tech
Scott Heins	August 29, 2005	Cross Country	St. Cloud Tech
Eric Bell	August 29, 2005	Soccer	Little Falls
Chelsea Vreeman	August 29, 2005	Volleyball	Willmar
Alissa Tinklenberg	September 5, 2005	Swimming	Willmar
Elise Floersheim	September 5, 2005	Soccer	Little Falls
Bryce Brickweg	September 5, 2005	Soccer	Alexandria
Danielle Lucia	September 5, 2005	Volleyball	St. Cloud Apollo
Megan Meyer	September 5, 2005	Cross Country	Little Falls
Abdi Awale	September 5, 2005	Cross Country	Willmar
Dan Hall	September 5, 2005	Football	St. Cloud Apollo
Sandy Flynn	September 12, 2005	Soccer	Alexandria
Kaafi Adeys	September 12, 2005	Cross Country	Willmar
Liz Vold	September 12, 2005	Cross Country	Sartell/St. Stephen
Megan Langseth	September 12, 2005	Volleyball	Alexandria
Josh Flavin	September 12, 2005	Football	Little Falls
Jocelyn Januschka	September 19, 2005	Soccer	Little Falls
Dan Offerdahl	September 19, 2005	Cross Country	Sartell/St. Stephen
Hannah Kellerman	September 19, 2005	Cross Country	Sartell/St. Stephen
Katie Schlangen	September 19, 2005	Volleyball	Sartell/St. Stephen
Steve Herold	September 19, 2005	Football	Sartell/St. Stephen
Nate Orr	September 26, 2005	Soccer	Sauk Rapids/Rice
Kelly Fruth	September 26, 2005	Volleyball	St. Cloud Tech
Heidi Peterson	September 26, 2005	Cross Country	Sartell/St. Stephen
Alex Corbett	September 26, 2005	Cross Country	St. Cloud Tech
Dana Guetter	September 26, 2005	Swimming	Willmar
Aaron Fruth	September 26, 2005	Football	St. Cloud Tech
Josh Dornbush	October 3, 2005	Soccer	
Danielle Uphoff	October 3, 2005	Soccer	Brainerd
Ross Van Hauen	October 3, 2005	Football	Willmar
Curtis Klever	October 3, 2005	Cross Country	Sartell/St. Stephen
Melissa Jacobs	October 3, 2005	Cross Country	Sartell/St. Stephen
Aaryn Anderson	October 3, 2005	Tennis	St. Cloud Tech
Kayla Deters	October 3, 2005	Swimming	Sauk Rapids/Rice
Kasey Uran	October 3, 2005	Volleyball	Sartell/St. Stephen
Jeff Giroux	October 10, 2005	Soccer	Alexandria
Ryan Mockenhaupt	October 10, 2005	Football	St. Cloud Tech
Nolan Mantey	October 10, 2005	Cross Country	Sartell/St. Stephen
Alex Murray	October 10, 2005	Cross Country	Sartell/St. Stephen
Mary Sussenguth	October 10, 2005	Volleyball	Willmar
Tyler Rosin	October 17, 2005	Football	Sartell/St. Stephen
Anica Wensman	October 17, 2005	Volleyball	Alexandria
Russell Klever	October 17, 2005	Cross Country	Sartell/St. Stephen
Tiffany Jacobs	October 17, 2005	Cross Country	Sartell/St. Stephen
Katie Hellie	October 24, 2005	Swimming	Sartell/St. Stephen
Megan Sjolie	November 14, 2005	Hockey	Fergus Falls

Kelsey Van Ackeren	November 28, 2005	Basketball	St. Cloud Apollo
Nhi Dinh	November 28, 2005	Hockey	Little Falls
Jared Festler	November 28, 2005	Hockey	Little Falls
Jillie Donabauer	November 28, 2005	Gymnastics	St. Cloud Tech
Tanner Weltzin	November 28, 2005	Wrestling	Alexandria
Luka Busta	December 5, 2005	Nordic Ski	St. Cloud Tech
Jesse Fark	December 5, 2005	Nordic Ski	St. Cloud Tech
Megan Swecker	December 5, 2005	Basketball	Sauk Rapids/Rice
Andrew Larson	December 5, 2005	Basketball	Fergus Falls
Matt Waclawik	December 5, 2005	Hockey	Fergus Falls
Abby Williams	December 5, 2005	Hockey	Alexandria
Cam Jacobson	December 5, 2005	Wrestling	St. Cloud Apollo
Alise Post	December 12, 2005	Gymnastics	St. Cloud Tech
Phil Cleary	December 12, 2005	Nordic Ski	Willmar
Katelyn Dold	December 12, 2005	Hockey	St. Cloud Tech
Jordan Hansel	December 12, 2005	Basketball	St. Cloud Tech
Kristen Wolters	December 19, 2005	Basketball	St. Cloud Tech
Kyle Townswick	December 19, 2005	Basketball	Willmar
Megan Foley	December 26, 2005	Basketball	St. Cloud Tech
Landon Stanfield	December 26, 2005	Basketball	Brainerd
Josiah Collins	December 26, 2005	Swimming	Brainerd
Tom Wippler	December 26, 2005	Hockey	Sauk Rapids/Rice
Nikki Kaasa	December 26, 2005	Hockey	St. Cloud Tech
Megan Swecker	January 2, 2006	Basketball	Sauk Rapids/Rice
Caitlin Cooreman	January 2, 2006	Gymnastics	Fergus Falls
Michelle Bunnell	January 2, 2006	Hockey	St. Cloud Apollo
Ben Hanowski	January 2, 2006	Hockey	Little Falls
Elizabeth Schulz	January 9, 2006	Basketball	Little Falls
Justin Larson	January 9, 2006	Basketball	Alexandria
Josh Fandrich	January 9, 2006	Hockey	Fergus Falls
Danielle Justice	January 9, 2006	Hockey	Alexandria
Shelly Tippelt	January 16, 2006	Basketball	Rocori
Alex Tideman	January 16, 2006	Basketball	Sartell/St. Stephen
Andrew Nicklawsky	January 16, 2006	Swimming	Willmar
Rachael Stoebe	January 16, 2006	Hockey	Sartell/St. Stephen
Lisa Nielson	January 23, 2006	Basketball	Willmar
Justin Stommes	January 23, 2006	Basketball	Rocori
Andy Johnston	January 23, 2006	Wrestling	St. Cloud Tech
Annie Green	January 23, 2006	Hockey	St. Cloud Tech
Andrea Brown	January 30, 2006	Basketball	Willmar
Justin Brandt	January 30, 2006	Basketball	Sartell/St. Stephen
Jared Anderson	January 30, 2006	Swimming	Brainerd
Joey Cotton	January 30, 2006	Hockey	Little Falls
Maggie Bryant	February 6, 2006	Basketball	Sartell/St. Stephen
John Amundson	February 6, 2006	Wrestling	Alexandria
Jared Festler	February 6, 2006	Hockey	Little Falls
Kayla Huether	February 13, 2006	Basketball	Brainerd
Michael Hendricks	February 13, 2006	Basketball	Alexandria
Chad Willenbring	February 20, 2006	Basketball	Rocori
Nathan Hampton	February 20, 2006	Hockey	St. Cloud Apollo
Dustin Parker	February 27, 2006	Basketball	Little Falls
Matt Wistrom	March 20, 2006	Track	Sartell/St. Stephen

Caitlin Dhein	March 20, 2006	Track	St. Cloud Tech
Andrew Gunderson	March 27, 2006	Track	Sauk Rapids/Rice
Jesse Fark	March 27, 2006	Track	St. Cloud Tech
Nolan Mantey	April 3, 2006	Track	Sartell/St. Stephen
Katie Timm	April 3, 2006	Track	Sauk Rapids/Rice
David Deminski	April 3, 2006	Baseball	Sartell/St. Stephen
Jared Collins	April 10, 2006	Track	St. Cloud Tech
Bri Plombon	April 10, 2006	Track	Sartell/St. Stephen
Paige Olson	April 10, 2006	Softball	Brainerd
Tom Ronning	April 10, 2006	Tennis	Alexandria
Molly Leland	April 10, 2006	Golf	Alexandria
Carl Carpenter	April 17, 2006	Track	Fergus Falls
Anna VanWechel	April 17, 2006	Track	Fergus Falls
Heather Trobec	April 17, 2006	Softball	Sartell/St. Stephen
Jesse Forsell	April 17, 2006	Tennis	Alexandria
Bryce Hanstad	April 17, 2006	Golf	Alexandria
Jack Dressen	April 17, 2006	Golf	Alexandria
James Strand	April 24, 2006	Track	Brainerd
Angie Feldhege	April 24, 2006	Track	Rocori
Andrea Brown	April 24, 2006	Softball	Willmar
Paul Schumer	April 24, 2006	Baseball	Sartell/St. Stephen
Michelle King	April 24, 2006	Golf	Alexandria
Mitch Bruzik	May 1, 2006	Track	Alexandria
Dani Forsman-Earl	May 1, 2006	Track	Sartell/St. Stephen
Tiffany Zacher	May 1, 2006	Softball	Alexandria
David Krzenski	May 1, 2006	Tennis	St. Cloud Tech
Mark Swanson	May 1, 2006	Tennis	St. Cloud Tech
Maggie Leland	May 1, 2006	Golf	Alexandria
Meredith Kaczor	May 8, 2006	Track	St. Cloud Tech
Beau Hanowski	May 8, 2006	Baseball	Little Falls
Jenni Zak	May 8, 2006	Softball	Little Falls
Vanessa Wise	May 8, 2006	Golf	St. Cloud Tech
Will Harris	May 8, 2006	Golf	Alexandria
Jordan McIver	May 8, 2006	Tennis	Alexandria
Derek Ludwig	May 15, 2006	Track	Alexandria
Gina Ebnet	May 15, 2006	Track	Sartell/St. Stephen
Nina Emery	May 15, 2006	Softball	Willmar
Samantha Sommers	May 22, 2006	Golf	St. Cloud Apollo

Spring Highlights 2006:

Track True Team: **Sartell girls State Champs.** Boys: SRR 4th, Sartell 5th, FF 8th

Boys Golf: **Alexandria - Section 8AA & STATE CHAMPIONS** (Bryce Hanstad, Bryant Black, **Will Harris - 7th at STATE, Tyler Whiting - 10th at STATE**, Jack Dressen, Ben Vengsness).

Ind. qualifiers: Mike Tuel - FF, Curt Carlson - Brd, Mitch Means - Brd, Derek Hilding - Willmar.

Girls Golf: Alex -3rd in Sec. 8AA. Ind.qualifiers: **Samantha Sommers, STATE CHAMP - Apollo, Vanessa Dutzi, 8th at State - Tech**, Molly Leland - Alex.

Boys Tennis: St. Cloud Tech - 2nd in Section 8AA.

State Qualifiers: #1 singles: Tom Ronning, Alex, #1 dbls: Sam Gillund, Jesse Forsell, Alex.

Softball: **Willmar - Section 8AAA Champions**, Alexandria - 2nd in Section 8AAA

Baseball: **Rocori - Section 8AAA Champions**, Little Falls - 2nd in Section 8AAA.

Track: **Brainerd Girls - Section 8AA Champions**, Brainerd Boys - 2nd in Section 8AA.

Boys: **Tech 3rd at STATE**, SRR 16th at STATE.

State Qualifiers Boys:

Alex: **Derek Ludwig (200, 400) 2nd at STATE in 400; Ben Wilson (1600) 7th at STATE**

Brd: Titus Goodew (800), **Justin Tyner 13th at STATE in 1600 & 3200;**

James Strand (300 H) 4th at STATE; 400 Relay

Tech: **Edgar Kirabira (300H, HJ, LJ, TJ) STATE: 2nd in HJ, 3rd in 300H, 4th in TJ, 15 in LJ**
Lee Kersting (TJ) 7th at STATE in TJ, Jared Collins (SP) - 2nd at STATE
Discus: Giles Henry 6th at STATE & Logan Hollenkamp 10th at STATE
Sartell: **Matt Wistrom (HJ) 8th at STATE in HJ**
SRR: **Andrew Gunderson (100, LJ) 6th at STATE in LJ and 7th at STATE in 100**
Casey Kedrowski (LJ, PV) STATE PV CHAMP (14' 7")
FF: **Derek Meyer (400) 6th at STATE, Al Rau (SP); 400 Relay**
Will: **4x800 5th at STATE: Mustafa Yusuf, Kaafi Adeys, Abdi Awale, Michael Switzer;**
Paul Kimpling 3rd at STATE in 110H; 4x200 7th at STATE: Brandon Jahnke, Andy
Boersma, Erik Hillenbrand, Zachary Kjolsing; Kaafi Adeys 15th at STATE in 1600
Paul Kimpling 9th at STATE in 300H; Abdi Awale 4th at STATE in 800;

State Qualifiers Girls:

Alex: Rosey Erickson (200), Katelyn Ellison (800)
Brd: Kayla Lauer (100, 200), Hannah McAllister (800), **Megan Holmes (1600) 8th at STATE,**
3200 Relay 7th at STATE: Kacie Bahr, Anna Gessell, Megan Holmes, Hannah McAllister
Tech: **Caitlin Dhein (100) 8th at STATE, Beckey Wipper (PV) 3rd at STATE**
Alise Post (TJ) 5th at STATE in TJ, 400 Relay
SRR: **Kayla Deters (100 H, PV) 3rd at STATE in PV, Katie Timm (TJ) 4th at STATE**
Rocori: **Shelly Tippelt (SP, Discus) 12th at STATE in SP**
LF: **Jackie Thelen (100 H) 7th at STATE, Katherine Harms (HJ) 10th at STATE**
Sartell: **Bri Plombon (LJ) 7th at STATE, Kassandra Nathe (LJ)**
FF: Kylie Zenner (400)
Will: **4x100 4th at STATE: Allyson Roberts, Brianna Fernholz, Abby Switzer, Greta King**
Greta King (LJ), Sarah Erickson (Discus)

Winter 05-06 Highlights:

Nordic Ski: **Little Falls girls** Section 4A Champion, placed **7th at STATE**.
LF State qualifiers: Melissa Kempenich, Molly Binger, Jocelyn Januschka, Kayla Meyer,
Jackie Theien, Laura Newman, Ashley Scherping
Missy Erickson, Alexandria - Classic
Boys State qualifiers: Luke Busta, Tech -State results: Classic **9th**, Freestyle **10th**, Pursuit **5th**.
Justin Tyner, Brainerd -State result: Freestyle **6th**.
Jamie Scholer, Tech - State result: Freestyle **13th**.
Brandon Moscho, Tech - Freestyle

State Dance: **Brainerd 3rd** in High Kick, **Tech - 6th** in Jazz Funk, High Kick,
Apollo - High Kick, Sartell - Jazz Funk & High Kick, SRR - Jazz Funk.

Girls Hockey: **Alexandria**, Section 2A Champion, placed **3rd at STATE**.

Boy's Hockey: **Little Falls**, Section 4A Champion, placed **4th at STATE**.

Gymnastics: **St. Cloud Tech** Section 8AA Champion, placed **2nd at STATE**.
Alise Post, Tech - **Vault STATE Champion, 2nd** on Bars, 11th on Floor, **3rd** All Around.
Jillie Donabauer, Tech - State: **9th** on Bars. Brie Fellman, Tech - State: **6th** on Beam
Other State qualifiers: Tabi Peterson, Tech; Abbey Albers, Tech; Kara Rutman, Brd;
Stacy Gans, SRR; and Kayla Deters, SRR.

Wrestling: **Little Falls** Section 7AA Champion.
Sauk Rapids/Rice Section 8AA Champion.
State qualifiers: **Rocori:** Kyle Schroeder **5th**, Darrin Massmann - **5th**, Brandon Helm;
Sartell: Travis Lewellyn **2nd**; **Apollo:** Brett Scharmer, Mike Abrego;
Little Falls: Jason Brill - **4th**, Ted Wilczek, Troy Biermaier - **4th**, Mike Lodermeier;
Sauk Rapids/Rice: Tyler Spicka, John Oemig, Wes Voigt; **Willmar:** Jesse Alonzo;
Alexandria: John Amundson **5th**; **Tech:** Andy Johnston **2nd**.
Brainerd: Ryan McKay, Scott Padrnos, Tyler Jensen, Nick Lingwall, Nate Rubin;
Fergus Falls: Charlie Revering, DJ Ringquist, Justin Hensch;

Boys Swimming & Diving: **Alexandria** Section 8AA Champion - **19th at State**.
Willmar: Academic State Champions for Class A.
State qualifiers: **Alex:** Darryl Weimer (4th-100 Fly & 5th-100 Back), David Hammer;
16th-400 Free relay: Brock Edwards, Andy Bristow, Andrew Schwegel, Darryl Weimer;
Brainerd: (15th) 200 Medley relay: Jared Anderson, Josiah Collins, Nate Tyner,
Tim Lange; Jared Anderson (15th - 200 IM & 8th - 100 Breast); & 400 Free relay;
Fergus Falls 10th at State: (3rd) 200 Medley relay: Mark Bigwood (6th) 100 Back,
Mike Hurley (9th) 200 IM, Luke Money (2nd-100 Fly & 12th-100 Back), Kris Jobe;
(14th) 200 Free relay: Nick Ganoe, Kris Jobe, Mike Hurley, Illyn Schuelke;
(13th) 400 Free relay: Luke Money, Illyn Schuelke, Nathan Jobe, Mark Bigwood.
Sartell/St. Stephen 17th at State: (11th) 200 Free relay: Nate Schwichtenberg,
Andrew Struffert, Curt Klever, Ryan Faber; Andrew Struffert (12th-100 Fly),
Paul Fenlason (16th-500 Free); Ryan Faber (15th-500 Free & 14th-200 IM);
Brian Klein (12th-Diving); Curt Klever; 400 Free relay: Nate Schwichtenberg (6th-
50 Free & 12th-100 Fly); **Willmar:** 200 Medley relay; 200 & 400 Free relay;

Rocori: Marcus Rien (10th-Diving); **Tech:** Blake Bendix (15th-50 Free), Joe Palmersten.

Sauk Rapids/Rice 19th at State: Marcus Edwards (16th-Diving); Wes Schlichting (8th-Diving); Adam Gross (7th-100 Fly); Jack Lelwica (15th-50 Free); (12th) 200 Free relay: David Kruger, Jack Lelwica, Taylor Heck, Adam Gross.

Girl's Basketball: **Willmar**, Section 8AAA Champions.

Boy's Basketball: **Rocori**, Section 8AAA Champions.

Speech CLC Champion: **St. Cloud Tech**

State Speech qualifiers: Alexandria - Martha Griffin; Little Falls - Anna Korver;

Apollo - Kira Mestnik, Mackenzie Lahren, T.J. Staneart; Brainerd - Andrew Kubas;

Tech: Allison Williams, Amanda Posch, Will Imholte, Scott Heins, Casey Schmoll,

Maia Bauldaf, Rachel Koch, Faud Akinfolarin Gazal, Tiana Otto, Nikki Sharon, Elly Jarvis.

STATE Placers: Apollo: Mackenzie Lahren & T.J. Staneart - 8th in Duo Inter.

Apollo: Linh Nguyen - 7th in Poetry; Kira Mestnik - 6th in Prose

Tech: Scott Heins - 4th in Discussion; Cassey Schmoll - 3rd in Drams

LF: Anna Korver - 8th in Ex. Reading

CLC Fall 2005 Highlights:

G.Tn: **St. Cloud Tech**, Section 8AA Champs. Placed 4th at STATE

Individuals: Section Singles Champ. Andrea Brown, Willmar, 2nd Aaryn Anderson, Tech.

Dbls 1st: Leslie Engdahl & Melissa Lisbon (Tech) 2nd: Whitney Eisel & Laura Stern (Alex)

B.CC: **Brainerd**, Section 8AA 2nd (advances to State). 11th at STATE.

Individuals advancing to State: Justin Tyner (Brd) 1st at Section - 15th at State,

Mike McConnell (SRR) 3rd at Section, Ben Wilson (Alex) 9th at Section,

Adam Knoll (Alex) 10th at Section.

Willmar, Section 2AAA Champions. **STATE CHAMPIONS.**

Individuals advancing to State: Abdi Awale - 1st at Section, 6th at STATE,

Kaafi Adeys - 2nd at Section, 4th at STATE, Mustafa Yusuf - 3rd at Section,

Mike Switzer - 6th at Section, Mohamed Bedel -9th at Section.

G.CC: **Brainerd**, Section 8AA 2nd (advances to State). 9th at STATE.

Individuals advancing to State: Heidi Peterson (Sartell) 2nd, Liz Vold (Sartell) 6th,

Kaitlan Dingmann (Rocori) 7th, Hannah McAllister (Brd) 8th, Anna Van Wechel (FF) 9th,

Megan Holmes (Brd) 10th.

FB: **Rocori**, Section 8AAAA Champions. Plays at New Praque on Nov. 11.

Alexandria, Section 8AAAA, 2nd place

St. Cloud Tech, Section 8AAAAA, 2nd place.

B.Soc: **Alexandria**, Section 8AA 2nd place.

B.Soc: **Little Falls**, Section 8A 2nd place.

G.Soc: **Brainerd**, Section 8AA, 2nd place.

VB: **Sartell**, Section 8AAA, 2nd place.

VB: **Willmar**, Section 2AAA, 2nd place.

G.Sw: **Sauk Rapids/Rice**, Section 8A, 2nd place. A Class - **15th at STATE**

Kayla Deters - Diving - **2nd at STATE**, Alyssa Baltes - 50 F & 100 Fly,

Chloe Paulsen - 100 Breast; Nicki Weber - Diving - 14th at STATE.

200 Medley Relay: Angela Krych, Kayla Kleinjan, Sarah Schmit, Danielle Ebnet

200 F Relay: Chloe Paulson, Mikala Froehrenbacher, Kayla Deters, Alyssa Baltes

400 R Relay: Alyssa Baltes, Bri Novak, Natalie Warnert, Mikala Froehrenbacher

Apollo: Kelsey Lucia 2nd in 50 Free & 100 Free. 50 Free - **6th at STATE**, 100 Free - **7th at STATE.**

Sartell: 200 F Relay -Kate Hellie (also 100 Fly), Kelsey Sauerer, Sam Zastrow, Brittaney Johannes

Fergus Falls, Section 2A Champions, A Class - **5th at STATE**

200 Medley Relay - Kara Fisher, Kelly Ross, Breanne Pendergrass, Joanna Keller

Joanna Keller 200 Free - **4th at STATE**, 500 Free - **5th at STATE.**

Kelly Ross - 100 Breast - **5th at STATE**

Breanne Pendergrass - 100 Fly - 12th at STATE, 100 Back - **4th at STATE**

Kara Fisher **100 Backstroke - STATE CHAMPION**, 50 Free - **8th at STATE**

400 F Relay: Joanna Keller, Breanne Pendergrass, Heidi Busack, Kara Fisher - **4th at STATE**

Willmar: A Class - **6th at STATE.**

Dana Guetter 50 Free - **2nd at STATE**, 100 Free - **2nd at STATE.**

Alissa Tinklenberg 200 Free - **3rd at STATE**, 500 Free - **6th at STATE**

200 M.Relay 2nd -Alissa Tinklenberg, Anita Nelson, Dana Guetter, Aleasha Blokzyl - **4th at STATE**

200 Feee Relay - Alissa Tinklenberg, Aleasha Blokzyl, Sarah Frank, Dana Guetter - **4th at STATE**

CLass AA:

Brainerd, Section 8AA, 2nd place.

Brd: Kristin Geppert - 200 yd; Brianna Elg - 100 Breast (12th at STATE)

Jessica Reese - 100 Breast - 16th at STATE;

Tech: Ali Domeier - 50 F (15th at STATE) & 100 F, Kelly Morford - 100 Back.

