

## CLC Performers of the Week & Highlights

### Spring 2010

2010	BB	SB	B.Golf	G.Golf	B.Track	G.Track	B.Tennis
6/7	Scott Willenbring, Rocori	Marija Sorensen, Rocori			Dan Gorghuber, Alex Matt Gault, Sartell	Sydney Mauch, Brd Mattia Hendrickson, LF	
5/24	Colin Erickson, Alex Nick Krippner, Sartell	Heather Horning, Willmar Kelsey Athmann, Rocori	Chris Hansen, Rocori	Maggie LeLand, Alex	Eli Fark, Tech Brent Orndorff, Sartell	Hayley Schuchard, 10, Sartell Raina Rodewald, LF	Ian Johnson, Tech
5/17	Rob Voshell, Sartell	Anna Peterson, LF	Charlie Braniff, Tech	Amanda Bigger, Alexandria	Derek Toso, LF Jesse Scheiterlein, Sartell	Manon Gammon-Deering, LF Andrea Whitney, Sartell	Ben LeVahn, Alex
5/10	Thomas Korf, Tech Eric Vigil, Rocori	Kula Loso, Apollo Angela Jelinski, LF	Ricky Kennedy, Sartell	Maxine Carlson, Alex	Joe Nelson, Brainerd Robert Guetter, Alex	Hannah Kellerman, 12, Sartell Rachele LeBlanc, LF	Chris Mavetz, Tech
5/3	Eric Loxetercamp, Rocori Kellan Euerle, Tech	Erin Deters, Sartell Chelsey Stang, Rocori	Nick Risbrudt, Fergus Falls	Raelin Setrum, Willmar	Ken Rodeski, Little Falls	Jamie Piepenburg, Alex Rachel Wotzka, SRR	
4/26	Pete Gaustad, Fergus Falls Shawn Krueger, Alexandria	Kate Gearman, Alex	Chris Sholts, Alexandria	Maggie Leland, Alexandria	Nick Weis, SRR Mark Pederson, Rocori	Mary Erickson, Willmar Emily VanHeel, LF	Myles Bates, Tech
4/19	Cole Jenkins, Sartell David Kroger, SRR	Nikki Anderson, Brainerd Jessica Heinen, Rocori	Charlie Braniff, Tech	Raelin Setrum, Willmar	Mitchell Franzwa, Tech Jesse Scheiterlein, Sartell	Rosey Erickson, Alexandria Kelsi Ring, Brainerd	
4/12	Cole Jenkins, Sartell Jason Hoppe, SRR	Tina Munnell, Little Falls			Elliot Kohler, Little Falls Justin Lieberg, Sartell	Haylie Zenner, Fergus Falls Emmy Hauck, SRR	

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B.BB: Kyle Crocker, 12, Brainerd - 26 pt, 7 assists, 5 rebs vs LF.

G.BB: Emilee Branum, 11, guard, Brainerd - in 2 games, 35 pts and game winning free throws.

B.Swm: Cameron Hyde, 11, Sartell - placed 2nd at State in 50 & 100 Freestyle.

B.Hky defense: Austin Carr, goalie, Fergus Falls - in 2 playoff games, saved 68 of 71 shots on goal.

B.Hky offense: Ashton Gronholz, Alexandria - in section finals he scored 2 goals.

Wr: Grant Nehring, 9, St. Cloud Apollo - seeded 7th in section - placed 2nd and finished 6th in State.

Special Performer: Mitch Bengtson, 9, Apollo - 2 time State Champion (2009 1st at 103 lbs, 2010 1st at 112 lbs).

#### Performers of the Week - 3/1/10

B.BB offense: Blake Maslonkowski, St. Cloud Apollo - in 2 games he scored 53 pts.

B.BB defense: Jordan Gieske, 11, Sartell - in 2 games, 11 rebs, 2 steals and 2 charges taken.

G.BB offense: Mariel Aamot, guard, 12, Willmar - in 1 game, 15 pts, 3 assists.

G.BB defense: Hannah Smith, guard, 12, Willmar - in 1 game, 6 rebs, 3 steals and 1 block.

B.Hky offense: Landon Peterson, Willmar - scored 2 goals in overtime section game.

Wr: Tommy O'Brien, St. Cloud Tech - Section 8AAA Champion, overall record 28-4.

#### Performers of the Week - 2/22/10

B.BB offense: Alex Hanks, 12, St. Cloud Tech - in 3 games, averaged 19.6 pts per game.

B.BB defense: Matt Peterson, Alexandria - in 2 games, averaged 2 rebs and 2 steals per game.

G.BB offense: Bailey Weirens, 10, Sauk Rapids/Rice - in 2 games, averaged 19 pts per game.

G.BB defense: Andrea Whitney, Sartell - in 2 games, averaged 17 rebounds and 3 blocks per game.

Wr: Kyle Fulghum, capt., 189 lbs, Alexandria - has 23 wins on the season.

B.Hky: Michael Rutar, 12, forward, Sauk Rapids/Rice - passed the 100 career pt mark.  
G.Hky offense: Beth Rindy, 12, Alexandria - scored the winning goal in section final.  
G.Hky defense: Steph Drown, 10, Alexandria - in 2 section wins, she made 36 saves.  
B.Diving: Aaron Rooney, 11, Alexandria - won the CLC diving for the 2nd yr in a row & improved score by 40 pts.  
Special performer: Wrestler Nam Nguyen, St. Cloud Apollo - won 3 matches at Section to get 100 career wins.

#### Performers of the Week - 2/16/10

B.BB defense: Simon Krych, St. Cloud Apollo - in 2 games, 27 rebounds and 9 blocks.  
B.BB offense: Ethan Mustonen, Little Falls - in 2 games, 30 points, and 6 assists.  
G.BB offense: Gretchen Kletscher, 10, Brainerd - in 2 games, 32 pts and 4 assists.  
G.BB defense: Jena Thompson, 12, Willmar - in 2 games, 15 rebs, 4 steals & 4 blocks.  
G.NSki: Mattia Hendrickson, Little Falls - recorded the fastest Classic time among area skiers at State.  
B.NSki: Nick Proell, 9, St. Cloud Tech - placed 44th in Pursuit at the State Meet.  
G.Hky defense: Kierra Howard, goalie, Brainerd/Little Falls - in section game, stopped 34 or 35 shots in 1-0 loss.  
G.Hky offense: Mickey Moran, 10, forward, St. Cloud Tech - in 2 games, 3 goals & 1 assist.  
B.Hky offense: Spencer Fenske, 9, Little Falls - scored 4 goals in game vs Tech.  
B.Swm: Mike Hurley, 11, Fergus Falls - at CLC Champ., 1st in 100 F & 100 Back, undefeated in dual meet season.  
Gymn: Sarah Dolan, Alexandria - one of the top scorers on vault & bars for her team.  
Wr: Alex Johannes, Willmar - state ranked with 30 wins.

#### Performers of the Week - 2/8/10

B.BB defense: Thomas Korf, St. Cloud Tech - in 3 games, averaged 7.3 rebounds per game.  
B.BB offense: Spencer Kidder, 12, Fergus Falls - in win vs Willmar, 22 pts and 4 assists.  
B.NSki: Zean Baker, 9, Brainerd - placed 5th at sections & qualified for State.  
G.NSki: Kaitlin Geisenhof, Little Falls - placed 9th at section in Pursuit to help team place 1st.  
Wr: Bennet Johnson, St. Cloud Tech - pinned both of his opponents, record 12-2 with 10 pins.  
G.Hky defense: Baylie Young, Willmar - in 2 tie games, made 65 saves allowing 4 goals.  
G.BB offense: Haley Guetter, 10, guard, Sartell - in 2 wins, averaged 18 pts per game.  
Gymn: Bo LaFontaine, 11, St. Cloud Apollo - placed 1st on beam at CLC championship & in top 7 on bars, floor & all around.  
B.Swm: Tyler Schneider, 10, Brainerd - won 500 Free and 2nd in 200 Free in win vs Alex.  
Special: Wrestler Shane Fesenmaier, 12, 145 lbs, Sauk Rapids/Rice - won 2 matches and earned his 150th win.

#### Performers of the Week - 2/1/10

G.BB offense: Cori Becker, 10, Sauk Rapids/Rice - scored a career high 26 pts in 1 game.  
G.BB defense: Paige Beseman, 11, Little Falls - in 3 games, 21 rebounds and 18 steals.  
B.Swm: Bob Simson, St. Cloud Tech - won 8 events last wk & anchored winning 400 F relay.  
Wr: Frank Wilczek, Little Falls - he had 4 pins, record 25-1 with 21 pins.  
Gymn: Sarah Sater, 11, cap., Alexandria - beat her career high scores 6 times for bars, floor and all around.  
B.Hky: Casey Vangness, Alexandria - scored 5 goals and 6 assists in 3 games.  
G.Hky: Erin Deters, goalie, Sartell/Sauk Rapids-Rice - vs Roseau & Warroad stopped 83 of 87 shots.  
B.NSki: Austin McCoy, 12, Alexandria - placed 5th at the CLC Championship with his best time (13:31).  
G.NSki: Amanda Finstad, 12, Brainerd - placed 1st at CLC Championship & No. Star.  
Special: Wrestler Colton Thorson, 12, 215 lbs, Fergus Falls - record 29-0 and ranked #1 in State.

#### Performers of the Week - 1/25/10

B.BB offense: Andrew Krupke, 12, guard, Sartell - in 1 game, scored 21 pts and 2 assists.  
B.BB defense: Blake Maslonkowski, St. Cloud Apollo - in 2 games, he had 21 rebounds.  
G.BB offense: Angela Christianson, 12, Alexandria - in 2 games, 62 pts and 9 assists.  
G.BB defense: Courtney Messinger, 12, Little Falls - in 1 game, 14 rebounds.  
G.Hk offense: Nikki Kothenbeutel, Sartell/Sauk Rapids-Rice - in 3 wins, 4 goals and 2 assists.  
G.Hk defense: Kierra Howard, goalie, Brainerd/Little Falls - stopped 31 shots for a shut out vs St. Cloud.  
B.Swm: Mike Holbrook, Rocori - he had 4 individual wins vs SRR.  
Wr: Ben Wittrock, 189 lbs, Rocori - had 5 wins with 4 pins last week.  
Gymn: Emmy Scholtes, Sauk Rapids/Rice - scored her personal best in the all around.  
G.NSki: Nenna Ruzich, 11, Brainerd - moved up 5 places in pursuit race at LF placing 12th.  
B.NSki: Danny Voss, Willmar - had a pursuit time of 41:39 at LF invite.

#### Performers of the Week - 1/18/10

B.BB: Scott Nystrom, 12, St. Cloud Tech - in 2 games he scored 63 pts, 24 rebs, 13 assists and 5 steals.  
G.BB offense: Andrea Whitney, 12, post, Sartell - in 3 games she scored 66 pts.  
G.BB defense: Kate Gearman, 12, Alexandria - in 2 games, 16 rebounds and 7 steals.  
G.NSki: Sarah Peper, 12, Alexandria - placed 13th at LF Invite.

Gymn: Miranda Peterson, 11, co-capt, Little Falls - at Park Rapids, placed 1st in the all around (34.8).  
G.Hky: Aimee Magnusson, Fergus Falls - in 2 games scored 1 goal and 3 assists.  
B.Swm: Michael McLain, Willmar - had lifetime best times winning 200 F & 100 Fly vs FF.  
Wr: Grant Dullinger, St. Cloud Apollo - won all 3 matches at Kiffmeyer Duals, overall record 20-7.

#### Performers of the Week - 1/11/10

G.Hky offense: Michelle Anez, 12, forward, Alexandria - in 2 wins, 3 goals & 3 assists.  
B.Hky offense: Lucas Gervais, 12, forward, Fergus Falls - in 3 games, 4 goals & 4 assists.  
B.NSki: Tom LaPatka, Willmar - had an outstanding classic race at Giants Ridge (21:58).  
G.NSki: Manon Gammon-Deering, Little Falls - had an outstanding classic race at Giants Ridge.  
B.BB defense: Derek Gaab, Sartell - in 2 games he had 8 rebounds and 3 steals.  
B.BB offense: Alex Scott, Little Falls - in 2 games, averaged 17 pts and 3 assists.  
G.BB defense: Whitney Weisz, 10, Little Falls - in 1 game, 11 blocks and 13 rebounds.  
G.BB offense: Kayli Gimse, 11, forward, Willmar - in 3 games, 49 pts and 5 assists.  
Gymn: Abbey Weiler, Willmar - in meet vs SRR, won bars, floor and all around.  
B.Swm: Ben Vogeler, 12, Alexandria - vs Tech, 2 ind. wins (50 F & 100 F) and anchored 2 winning relays.  
Wr: Lucas Batterman, 152 lbs, Alexandria - went 4-0 at Buffalo, overall record 12-2.  
Special athlete, B.NSki: Sam Anderson, 11, St. Cloud Tech - with a time of 15:32 in the 5k freestyle, he placed 2nd out of 189 at Giants Ridge.

#### Performers of the Week - 1/4/10

B.Hky offense: Jobe Peterson, St. Cloud Tech - in 4 games, 2 goals & 5 assists, with 2 game winning goals.  
B.Hky defense: Aaron Rentschler, defender, Alexandria - she has had an outstanding season on power play & penalty kill lines.  
G.Hky offense: Cristina Masten, Fergus Falls - in win vs Fort Frances, she scored 3 goals & 3 assists.  
G.Hky defense: Kierra Howard, goalie, Brainerd/Little Falls - stopped 41 of 43 shots to win vs Woodbury.  
B.BB offense: Cody Meyer, 12, guard, Sauk Rapids/Rice - in 3 games, 77 pts and 4 assists.  
B.BB defense: Aaron Pavek, 12, post, Brainerd - in 2 games, 24 rebounds and 4 blocks.  
G.BB offense: Courtney Lynch, 12, St. Cloud Apollo - in 2 games, 53 pts and 6 assists.  
G.BB defense: Mariah Monke, 10, post, Fergus Falls - vs Fargo No. she had 12 rebounds (ave 11) and 6 blocks.  
Gymn: Nicole Schleske, 12, Fergus Falls - she has earned the highest scores for here team.  
B.Nski: Ricky Devine, Little Falls - placed 10th in his 1st ever pursuit race at Brd Invite.  
G.Nski: Amanda Finstad, 12, Brainerd - placed 5th in pursuit at Brd Invite vs 9 teams.  
BSwm: Britton Murrey, 11, Brainerd - won the 1 meter diving at U of M invite.  
Wr: Mitch Bengtson, 9, St. Cloud Apollo - won 58 team invite at Fargo, pinned ND State Champ & beat AA State Champ 10-0.

#### Performers of the Week - 12/21/09

B.BB offense: Scott Nystrom, 12, guard, St. Cloud Tech - in win vs Sartell, 21 pts and 3 assists.  
B.BB defense: Ryan DeRoeck, 12, wing, Sartell - 9 rebounds and 6 steals last week.  
G.BB defense: Andezu Orionze, St. Cloud Apollo - in 3 games, 22 rebounds and 19 steals.  
G.BB offense: Alli Haar, 11, forward, Alexandria - in 2 wins, 36 points.  
B.Hky offense: Andy Worzala, Sartell - in 3 games, 3 goals and 3 assists.  
B.Hky defense: Michael Stumpf, 9, goalie, Little Falls - in 3 games, stopped 87 of 93 shots.  
B.Swm: Braydn Watson, 11, Brainerd - in win vs Willmar, 2 individual wins & 1 relay win.  
G.NSki: Maria Hauer, Little Falls - led her team to 1st place at St. Cloud with a 4th place finish.  
B.Nski: Zean Baker, Brainerd - placed 7th at St. Cloud in a field of 60 skiers.  
Wr: Sam Koetter, 215 lbs, St. Cloud Apollo - defeated 5th ranked wrestler from North Branch.  
G.Hky: Erin Deters, 9, goalie, Sartell - stopped 36 of 38 shots in win vs GR.  
Gymn: Elle Braegelmann, 11, St. Cloud Apollo - after injuring herself, got taped up and placed on the Beam.  
Special performer in Wr: Dan Revering, 12, 160 lbs, Fergus Falls - won his 100th match & the 32 team Big Bear Invite.

#### Performers of the Week - 12/14/09

BHK defense: Cole Lundell, 12, goalie, St. Cloud Tech - 40 saves in a 4-1 loss to Benilde (1 empty net goal).  
GBB defense: Gracie Buzek, 12, pt guard, Alexandria - in 2 games 8 steals.  
GBB offense: Tess Rahto, 12, post, Brainerd - in loss to Alex, 23 pts and 15 rebounds.  
BBB defense: Alex Hanks, 12, guard, St. Cloud Techg - in win vs Rogers, 14 rebounds.  
BBB offense: Scott Willenbring, Rocori - in win vs Moorhead, 34 points.  
BSwm: Cameron Hyde, 11, Sartell - exceeded the state qualifying time in 50 F (22.47) & 100 F (50.34).  
BNSki: Mike Erickson, 11, Alexandria - helped his team place 2nd with his split on a 4 person relay.  
GNSki: Danielle Erickson, Willmar - had a 3:44 1k Skate race.  
GHky offense: Ali Sing, Willmar - had 4 goals and 4 assists last week.

GHky defense: Lindsey Lien, 9, goalie, Alexandria - stopped 27 Of 28 shots in win vs Brd/LF.  
Gymn: Anna Heine, 12, St. Cloud Tech - posted a career high 36.05 in all around & won bars (8.95).  
Wr: Cody Bue, Little Falls - 6 wins & 6 pins & won the 16 team Brainerd Invite.  
Special performance in BBB: Dan Kornbaum, Little Falls - made the 1000 career point level.

#### Performers of the Week - 12/7/09

B.BB offense: Dan Kornbaum, 12, center, Little Falls - scored 30 pts in opening win vs DL.  
B.BB defense: Taylor Filipek, Willmar - 13 rebounds, 2 steals & 1 block in win vs Hastings.  
G.BB: Alex Lippert, 12, post, Willmar - scored 27 pts, 16 rebounds, and 10 blocked in 2 team wins.  
Gymn: Rachelle LeBlanc, 8, All Around, Little Falls - placed 1st in Bars, Beam, Floor & All Around vs Bemidji.  
Wr: Erik Olson (103#) 10, & Ryan Medlan (130#) 11, Sauk Rapids/Rice - both started season with 7 wins all by pins.

#### Performer of the Week - 11/30/09

GHky defense: Jenna Traut, 11, St. Cloud Apollo (Ice Breakers) - Stopped all 36 shots and won her 4th shutout in a row.

#### Performers of the Week - 11/2/09

FB offense: Tyler Page, 12, RB, Sartell - 67 yds on 5 carries and 2 TD's.  
FB defense: Rob Voshell, 12, CB/WR, Sartell - 5 tackles, 1 interception, & 2 punt returns for 55 yds.  
B.CC: Alex Van Heel, 10, Sartell - placed 9th at section and advanced to State.  
G.CC: Paige Kester, Willmar - placed 34th at section with a time of 16:49.  
G.Swm: Whitney Weisz, 10, Little Falls - at CLC Championship, broke her own school records in 50F and 100F.  
VB offense: Mariah Monke, 10, Fergus Falls - in 2 matches: 28 kills and served 18 of 23 with 2 aces.  
VB defense: Erin Wolter, MH, St. Cloud Tech - in 2 matches: 9 blocks and 11 digs.

#### Performers of the Week - 10/26/09

FB offense: Zach Rengel, 10, QB - Fergus Falls - 11 of 18 passes for 97 yds & 1 TD.  
FB defense: Eric Loxtercamp, Rocori - 2 interceptions & 5 1/2 tackles.  
B.Soc: Jordan Tommerdahl, 11, MF, Fergus Falls - assisted on 2 goals in section game, has 11 assists.  
G.Soc: Becca Gervais, 11, Forward, Brainerd - scored 2 goals in section finals.  
B.CC: Jimmy Dean, Brainerd - placed 1st at CLC Championship (16:58).  
G.CC: Moriah Novacinski, 12, St. Cloud Apollo - placed 21st at CLC (16:48).  
G.Swm: Abby Rasmussen, 11, Sauk Rapids/Rice - undefeated in 100 breaststroke.  
VB offense: Nikki Kothenbeutel, Sauk Rapids/Rice - in 2 matches, 32 kills & 2 ace serves.  
VB defense: Lexi Kapsner, 10, libero, Little Falls - in 2 matches she had 29 digs.

#### Performers of the Week - 10/19/09

FB offense: Ryan Heaton, RB, St. Cloud Tech - 22 rushing attempts, 177 yards, 3 TD's.  
FB defense: Taylor Filipek, Willmar - 7 tackles and 2 interceptions.  
B.Soc: Hayden Speaks, Sartell - scored 2 goals in section win vs Minnewaska.  
G.Soc offense: Chloe Donoho, 11, MF, Willmar - 2 goals, one was a game winner, the other the 1st goal in 2 wins.  
G.Soc defense: Brianna Olson, 11, sweeper, Brainerd - helped keep Moorhead with only 1 shot on goal and team with 6 shutouts.  
VB defense: Anita McLaird, setter, Sauk Rapids/Rice - recorded 1500 career sets. Had 22 sets vs Moorhead.  
VB offense: Jordan Hansen, 12, capt, Rocori - at Alex invite & win vs FF, 47 kills, 6 ace serves.  
G.Swm: Heidi Busack, 11, Fergus Falls - 4 individual wins vs Sartell & Tech. Undefeated in 50 and 100 free.  
Diving: Marissa Glazos, St. Cloud Tech - had a personal best score of 208 vs FF.  
G.Tn singles: Jule Wenzkus, 11, Little Falls - defeated Pequot Lakes #1 who had over 130 varsity wins.  
G.Tn dbls: Abbey Mix (12), Rachael Zwiener (11), St. Cloud Tech - won the sub section 8AA dbls tournament.  
G.CC: Hannah Kellerman, 12, Sartell - season best race at Alex placing 4th, ranked 12th in State.  
B.CC: Eli Ploof, 12, capt, Little Falls - season best time of 17:19 at Tech invite.

#### Performers of the Week - 10/12/09

FB offense: Cody Meyer, 12, RB, Sauk Rapids/Rice - 117 yds on 18 carries and 2 receptions for 76 yds.  
FB defense: Austin Guggenberger, 11, Safety, Sartell - 6 tackles and 2 fumble recoveries.  
G.CC: Rebecca Yeh, Brainerd - placed 1st for the 1st time at CI (16:29)  
B.CC: Ricky DeVine, Little Falls - had a lifetime best at Perham (17:13).  
G.Swm: Nicole Gritmit, St. Cloud Tech - won the 50 and 100 Free in Section True Team.  
G.Tn singles: Rachael Zwiener, 11, #2 sing., St. Cloud Tech - won 2 matches vs Brainerd and Rocori.  
G.Tn dbls: Abby Kack (12), Alex Linbo (11), #3 dbls, Willmar - won vs Hutch in a 3 setter, overall record 9-4.  
G.Soc: Casey Mitchell, St. Cloud Tech - scored 3 goals last wk, has 12 goals for the yr.  
B.Soc: Josh Rostad, Sartell - scored 4 goals last wk, has 24 goals for the yr.  
VB offense: Laura Nielson, 10, MH, Sartell - 65 kills and 7 blocks in 3 events.

VB defense: Paige Saulter, 12, OH, Little Falls - 46 digs in 3 events.

#### Performers of the Week - 10/5/09

FB offense: Will Rader, 12, WR & DB, Fergus Falls - 7 receptions for 101 yards.

FB defense: Travis Storzinger, Little Falls - 9.5 tackles, 2 sacks, 3 tackles for a loss.

B.Soc defense: Dan Kornbaum, 12, Little Falls - had 2 shut out games in wins vs Walker and Sartell in OT.

B.Soc offense: Dallas Cordahl, 11, forward, Fergus Falls - scored goals in 3 of 4 games last wk & assisted in 1 goal.

B.CC: Mowlid Mohamed, Willmar - placed 9th (17:17) at Willmar invite helping team place 2nd out of 12 teams.

G.CC: Jayne Cole, Willmar - placed 36th (16:49) at Willmar invite to help team place 6th out of 12 teams.

G.Tn: Bo Lafontaine, #3 singles, St. Cloud Apollo - won in straight sets vs Tech and Sartell.

G.Swm: Stephanie Stumpf, 11, Little Falls - swam her life time best (5:49) in the 500 Free.

G.Diving: Chole Timm, 11, Sauk Rapids-Rice - 1st at Austin with 377 pts (All Am. consideration).

VB: Trista Linn, 12, capt., Rocori - a behind the scene athlete, non starter that is positive and encouraging to her teammates.

VB: Breanna Arndt, 11, MH, Little Falls - 9 kills and 20 of 21 serving with 1 ace.

#### Performers of the Week - 9/28/09

FB offense: Mark Dunham, 12, QB, Willmar - 21 of 33 passes for 277 yds and 4 TD's.

FB defense: Jasper Brenner, LB, Tech - 6 solo & 6 assisted tackles (2 for loss) and 2 QB hurries.

B.Soc defense: Matt Sather, goalie, Brainerd - he had 3 shut outs stopping 29 shots.

G.Soc offense: Liz Underwood, 12, MF, Fergus Falls - in 2 wins she scored 4 goals.

G.Tn singles: Parul Kapoor, 12, #1 sing, Tech - Won CLC Tourn. and also beat the 2009 class a runner-up from Staples.

G.Tn dbls: Mandi Niernehausen, 11, & Nikki Buerman, 11, #1 dbls, Rocori - won STMA tournament with 3 wins.

G.Swim: Kristina Nistler, 12, capt, Tech - dropped 16 sec. in 500 F (16:11.23) for a personal best.

G.Diving: Katy Etterman, Brainerd - in 7 meets she has placed 1st 6 times.

B.CC: Sean Lerch, 9, Apollo - ran 2 5K races and ran under 20 min. for the 1st time.

G.CC: Alicia Armstrong, Sauk Rapids/Rice - placed 6th at the Eden Valley Invite.

VB offense: Jenna Legatt, 12, setter, Sartell - in 2 matches: 4 kills, 43 set assists (reached 1000 level), & 2 ace serves.

VB defense: Madison Skudlarek, 12, Libero, Sartell - in 2 matches she had 26 digs.

#### Performers of the Week - 9/21/09

FB offense: Zach Horesji, 11, Little Falls - 14 carries, 85 yds, 3 TD's in double OT win.

FB defense: Sean Tillman, 12, LB, Sartell - 7 tackles and 1 sack in win vs FF.

G.Tn: Molly Koester (10), Tina Rutz (12), #3 dbls, Little Falls - won 3 matches in 3 sets each last wk.

G.Swim: Laura Goll, Brainerd - won 2 events at Park Rapids Invite (200F & 500F).

G.Diving: Chelsey Bethke, 11, Sauk Rapids/Rice - had her personal best 237 pts, placing 1st vs Tech.

B.Soc offense: Grant Bell, 10, Little Falls - had 5 goals last week.

G.Soc defense: Karlee Kosak, 11, Fergus Falls - has stopped opponents in all games except 1, from scoring, with great defense.

G.Soc offense: Madison Smith, 12, Brainerd - in 2 wins, had 22 shots and scored in both wins.

B.CC: Preston Zimny, Little Falls - at the LF Invite, placed 8th (17:06).

G.CC: Tara Rudie, Willmar - at Hutchinson placed 18th (16:11).

VB offense: Andrea Whitney, 12, OH, Sartell - in 2 matches & 1 invite, 29 kills.

VB defense: Lexi Hirsch, 11, Little Falls - in 2 matches & 1 invite, 103 set assists and 56 digs.

#### Performers of the Week - 9/14/09

FB offense: Cole Jenkins, 12, GB, Sartell - 10 of 15 passing, 120 yds and 2 TD's in win vs Tech.

FB defense: Tylor Garding, 12, LB and OG, Fergus Falls - vs Willmar he had 17 tackles.

G.Soc offense: Kathryn Walvatne, 12, MF, Fergus Falls - 6 assists and 1 goal in 3 games.

G.Soc defense: Jordan Martins, 8, goalie, Willmar - in 3 games: 50 saves in a win, a loss and a tie.

G.Tn Singles: Ashley White, 12, #2 singles, Alexandria - won 4 matches last week in straight sets.

G.Tn Doubles: Greta Zimmerman / Mickey Moran, Tech - won 2 matches last week.

B.CC: Jimmy Dean, Brainerd - won 2 meets, at Bemidji he won by 21 seconds over the 2nd runner.

G.CC: Manon Gammon-Deering, 11, Capt, Little Falls - 1st at Wadena (15:49 4000 m) and 6th at Milaca (11:16 2950 m)

G.Swim: Marisa Wood, Sartell - set 4 pool records at SRR in 200F, 500F, 200 M relay, & 400F relay.

VB offense: Jenna Flynn, 12, MH, Sartell - in 2 winning matches, 22 kills.

VB defense: Carly Ludwig, 10, MH, Tech - in 6 matches 4 solo blocks and 15 block assists.

Performers of the Week - 9/8/09

FB offense: Dan Stoterau, 12, St. Cloud Tech - made a 39, 35 and 33 yd field goals - short on a 49yd try in closing seconds), and the Boy's Soccer captain.

FB defense: Taylor Filipek, 12, WR/OLB, Willmar - 2 interceptions (1 for 60 yd TD) and 7 tackles.

B.CC: Tyler Broadwell, 10, Sartell - tied Sartell's record on Apollo's course and finished 7th.

G.CC: Heide Peterson, 12, Sartell - had her best time on Apollo's course and finished 4th.

B.Soc offense: Abshir Ahmed, 12, striker, Willmar - scored 5 goals in win vs Apollo.

G.Soc defense: Kalea Hatlewick, 11, goalie, Fergus Falls - has not allowed a goal in 4 games (25 saves).

G.Soc offense: Kelly Barnaby, 12, midfielder, Brainerd - had 2 assists and 1 unassisted goal in win vs Alexandria.

G.Diver: Sarah Sater, 11, Alexandria - had her personal best score, improving by 20 pts over the last meet.

G.Swimmer: Kaitlin Boerner, 12, Little Falls - swam her best time in 100 Breast and her IM time was better than her section time last yr.

VB offense: Alayna Kabanuk, 10, Little Falls - in 2 matches she had 21 kills and served 19/25 with 2 aces.

VB defense: Hannah Laudenbach, 12, Libero, St. Cloud Tech - in 2 matches she had 47 digs.

### Fall Highlights:

**Girls Tennis: Brainerd Section 8AA Champions.** State Tourn. participants: Taylor Headlee & Zoe Houle, Brainerd, Parul Kapoor, Rachael Zwiener, Abbey Mix, Tech.

**Boys Cross Country: Willmar Sec. 2AA Champions & 13<sup>th</sup> at State. Alexandria Sec. 8AA 2<sup>nd</sup> place & 10<sup>th</sup> at State.**

State qualifiers: Cj Seifert, Matt Weitzel, Danny Voss, Mowlid Mohamed, Abdullahi Mohamed, Alex Johannes, Anders Byberg – Willmar. **Jimmy Dean (Brainerd) 20<sup>th</sup> at State,** Alex Van Heel (Sartell), Emmanuel Modi (Tech), Zach Hodgson (Alex) 36<sup>th</sup> at State, Chris Knutson (Brainerd).

**Girls Cross Country: Jamie Piepenburg (Alex) 3<sup>rd</sup> at State,** Heidi Peterson (Sartell) 4<sup>th</sup> at State, Mannon Gammon-Deering (LF) 13<sup>th</sup> at State, Hannah Kellerman (Sartell) 36<sup>th</sup> at State, Haylie Zenner (FF), Chelsey Richardson (Alex) 40<sup>th</sup> at State.

**Volleyball: Alexandria Section 8AAA Champions.**

**Football: Sartell Section 8AAAA Champions, State Runner up.**

**Brainerd Section 8AAAAA Champions.** lost in State Semi Final.

**Girls Swimming: Sartell Section 6A and STATE CHAMPIONS.**

State Qualifiers: **Alexandria:** Sam Thompson, Rosey Erickson (State 50F-10<sup>th</sup>). **Sartell:** Marisa Wood (**State Champ** in 200F, 500F, 200 F Relay, 400 F Relay-2<sup>nd</sup>), Ellen Bloom (State 200 IM-5<sup>th</sup>, 100 Back-3<sup>rd</sup>, 200 M Relay-3<sup>rd</sup>, 400 F Relay-2<sup>nd</sup>), Tarin Anding, (State 100 F-6<sup>th</sup>, 100 Breast-6<sup>th</sup>, 200 M Relay-3<sup>rd</sup>, 200 F Relay-1<sup>st</sup>), Lauren Martens, Kate Hellie (State 50F 5<sup>th</sup>, 100 B-4<sup>th</sup>, 200 F Relay-1<sup>st</sup>, 400 F Relay-2<sup>nd</sup>), Emily Mcintire, Maddie Bearson, Gabby Ross, Abby Fenlason (State 100 B-12<sup>th</sup>, 200 M Relay-3<sup>rd</sup>), Molly Peichel (200 M Relay-3<sup>rd</sup>, 200 F Relay-1<sup>st</sup>, 400 F Relay-2<sup>nd</sup>). **Brd:** Katy Etterman (State Diving 7<sup>th</sup>).

**SRR:** Chole Timm (**State Champ Diving**), Chelsey Bethke (State Diving 14<sup>th</sup>), State 200 F Relay-15<sup>th</sup>: Liz Moline, Rachel Kissner, Katic Cook, Myranda Erickstad, Abby Rasmussen. **Apollo:** Rebecca Miller (State 200 IM-10<sup>th</sup>).

**FF:** Heidi Busack (State Champ 100F, 50F-2<sup>nd</sup>), Susie Kitzman (State 100 B-7<sup>th</sup>), Miranda Anderson, Abby Fisher, Taylor Monk, Ariel Schuelke. **Tech:** Nicole Gemit (State 100B-11<sup>th</sup>, 50 F-14<sup>th</sup>), Anna Heine (State Diving 15<sup>th</sup>).

**LF:** Whitney Weisz (State 50 F-6<sup>th</sup>, 100F-5<sup>th</sup>), State 200 F Relay-14<sup>th</sup>: Megan Voss, Macy Olson, Brittany Then, Weisz.

**Willmar:** Alissa Tinklenberg (State 500F-4<sup>th</sup>, 100 Back-4<sup>th</sup>), Emily Zondervan, Anna Fuglestad, Aleasha Blokzyl.

### Winter Highlights

#### State Qualifiers:

Dance : STATE HK: **Brainerd** 3<sup>rd</sup>, Sartell 5<sup>th</sup>, Tech 5<sup>th</sup> and Rocori 9<sup>th</sup>. JF: Sartell – 4<sup>th</sup> at STATE

Nordic Ski: **Little Falls** boys and girls teams placed 8<sup>th</sup> at STATE.

Individual Boys: Sam Anderson 18<sup>th</sup> at STATE – Tech

G.Hockey: **Alexandria** - Section 6A Champions and 4<sup>th</sup> at STATE.

Gymnastics: **St. Cloud Tech** - Section 8AA Champions and 5<sup>th</sup> at STATE.

State Qualifiers: Mariah Miller, Anna Heine, Steph Strandberg, Laurie Johnson – Tech

Bo LaFontaine - Apollo; Sydney Schnindler - SRR; Kelsey Jacobson & Abby Weiler – Willmer

Grace VanSurksun – Sartell.

Wrestling: **St. Cloud Apollo** - Section 8AAA Champions & STATE Consolation Champs.

**Fergus Falls**, Section 8AA Runner ups.

State Qualifiers: . **SRR** – Erik Olson, Austin Walz, Shane Fesenmaier. **Tech** – Tommy O'Brien.

**Apollo** – **Mitch Bengtson** – **STATE Champ**, Grant Nehring 6<sup>th</sup> at State, Nam Nguyen 4<sup>th</sup> at State.

Nolan Rial, Chris Rocheleau, Grant Dullinger. **FF**-Dan Revering 2<sup>nd</sup> at State, Colton Thorson 2<sup>nd</sup> at State.

**Willmar** – Alex Johannes, Seth Pollock, Adam Fagerstrom, Nathaniel Swoyer

**Brainerd** – Aaron Padrnos, Matt Glasby, Tyler Kohlmeier, Chad Ohman, Sam Poegel

**Alex** – Lucas Betterman 6<sup>th</sup> at State, Dalton Forvarp, Ross Carlson.

B.Swimming: **Sartell** - Sec 4A Champs & 8<sup>th</sup> at State,

**Fergus Falls** - Sec 3A Champs & 6<sup>th</sup> at State, Willmar 16<sup>th</sup> at State.

**Brainerd** - Sec 8AA Champs & 13<sup>th</sup> at State.

State Qualifiers: **Sartell** – Cameron Hyde (2<sup>nd</sup> 50 & 100 F at State), Dustin Notsch, Jack Hellie, Harry Gerdes (5<sup>th</sup> 200 M Relay at State), , Trevor Spalding, Curtis Grosz (6<sup>th</sup> 200 F Relay at State), Tanner Nordlund (7<sup>th</sup> Diving at State). **Rocori** – Mike Holbrook (8<sup>th</sup> 50 F at State).

**Tech** – Bob Simson, Al Simson. **Apollo** – Zach Kuntz. **Alex** – Sam Vinje, Ben Vogeler Aaron Rooney, Chris Vogeler, Jon Schwegel, Dylan Johnson, Bennett Freitag. **SRR** – Zach Swanson, Josh Skoczen, Dustin Amnberg. **FF** – Mike Hurley, Eben Danielson, Jacob Fisher, Keeghan Hurley, Erik Money, Dominic Jones. **Brainerd** – Alek Rudstrom, Jon Warling, Evan Reese, Sam Dellacecca (8<sup>th</sup> 200 M Relay & 5<sup>th</sup> 400 F Relay), Brady Watson, Tyler Schneider. **Willmar** – Kyle Rozendaal, Reid Olson, Ben Fuglestad, Mason Kluver, Michael McLain, Ross Swartz, Nick Aaker

B.Hockey: **Alexandria** - Sec 6A Champs.

G.Basketball: **Willmar** - Sec. 2AAA Champs

**Sartell** - Sec. 8AAA Champs, 4<sup>th</sup> place at STATE.

B.Basketball: **Little Falls** – Sec. 8AAA Champs

**St. Cloud Tech** – Sec. 8AAAA Champs, placed 2<sup>nd</sup> at STATE

## Spring Highlights:

Softball Section champs: **Rocori** (State Consolation Champs) & **Brainerd**.

Boys Golf State Qualifiers: **Charlie Braniff**, State Champ - Tech; Casey Vangsness - Alex, Brian Robley – Alex, Sean Halverson – Brainerd, Blake Held – Rocori, Mitch Thorsen – Fergus Falls.

Girls Golf: Section champ **Alexandria** & 5<sup>th</sup> place at State.

State Qualifiers: **Maggie Leland**-State Champ, Maxine Carlson, Brynn Novotny, Caroline Roers, Amanda Bigger Lauren Johnson – Alex. Katie Kuchten – Apollo, Bobbie Bohlig – Tech, Molly Hoppe – Brd, Niki Ellingson – Fergus Falls, Bailey Schulte, Rocori.

Track: Section champ **Brainerd Girls** & 11<sup>th</sup> at State. **Alexandria Girls** 2<sup>nd</sup> at State.

State Qualifiers - Girls: **Jamie Piepenburg** (State Champ, 1<sup>st</sup> 1600, 2<sup>nd</sup> 3200), **Rosey Erickson** (State Champ, 1<sup>st</sup> LJ, 7<sup>th</sup> 100, 3<sup>rd</sup> 200) – Alex. Haylie Zenner (2<sup>nd</sup> 800) – FF, Briana Traut – Rocori, Rachel Wotzka – SRR, Mary Erickson (9<sup>th</sup> Discus) – Willmar. Emily Van Heel (2<sup>nd</sup> TJ), Rachelle LeBlanc (7<sup>th</sup> PV) – LF, Hannah Kellerman, Heidi Peterson (5<sup>th</sup> 3200), **Andrea Whitney** (State Champ, 1<sup>st</sup> in HJ) - Sartell, Allison Kosobud, Anna Gessell, Sophie Campbell, Megan Holmes (10<sup>th</sup> 3200 relay) – Brd. Madison Smith (8<sup>th</sup> 100H, 3<sup>rd</sup> 300H), Kelsi Ring (3<sup>rd</sup> TJ, 4<sup>th</sup> 100H), Sydnie Mauch (9<sup>th</sup> SP) – Brd.

State Qualifiers – Boys: Dan Gorghuber (6<sup>th</sup> 110H, 8<sup>th</sup> 400, 9<sup>th</sup> 1600 relay), Ben Vickstrom (8<sup>th</sup> 200), Mike Huss, Felix Coleman, Mitch Ronning (9<sup>th</sup> 1600 relay), Bob Guetter (9<sup>th</sup> SP, 11<sup>th</sup> D), Andy Werk (13<sup>th</sup> SP)– Alex. Nick Weis (3<sup>rd</sup> PV) – SRR, Eli Fark (11<sup>th</sup> 800) – Tech, Zach Haus – FF, Jimmy Dean (12<sup>th</sup> 1600, 14<sup>th</sup> 3200), Dan Lauer, Joe Nelson, Jordan Hayes, Jacob Goodew (9<sup>th</sup> 800 relay), Nate Gervenak, – Brd, Mark Pederson – Rocori, Luke Pennington, Elliot Kohler – LF, Mike Wistrom – Sartell.

Baseball: Section champs: **Rocori** – State AA Champions, **Brainerd** - State AAA Consolation champions, and **Fergus Falls** - State AA Consolation Co Champions.