

## 2003-2004 Performers of the Week & Highlights

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

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

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