

2004-05**Performers of the Week & Highlights**

Alex Gruska	August 30, 2004	Tennis	St. Cloud Apollo
Emily Alex	August 30, 2004	Swimming	St. Cloud Tech
Brandon Moscho	September 6, 2004	Cross Country	St. Cloud Tech
Kristen Johnson	September 6, 2004	Cross Country	St. Cloud Tech
Titus Anderson	September 6, 2004	Soccer	Alexandria
Alyssa Seckinger	September 6, 2004	Soccer	Alexandria
Michelle Calhoun	September 6, 2004	Tennis	Rocori
Kelsey Hanson	September 6, 2004	Volleyball	Willmar
Brian Kampa	September 6, 2004	Football	Sartell/St. Stephen
Jon Stoltman	September 13, 2004	Cross Country	Little Falls
Liz Vold	September 13, 2004	Cross Country	Sartell/St. Stephen
Michael Weslander	September 13, 2004	Soccer	St. Cloud Apollo
Katherina Offermann	September 13, 2004	Tennis	St. Cloud Tech
Maria Steinhagen	September 13, 2004	Volleyball	Alexandria
Sakdo Oudom	September 13, 2004	Football	St. Cloud Apollo
Dan Offerdahl	September 20, 2004	Cross Country	Sartell/St. Stephen
Tiffany Jacobs	September 20, 2004	Cross Country	Sartell/St. Stephen
Bryce Brickweg	September 20, 2004	Soccer	Alexandria
Jenni Beilke	September 20, 2004	Soccer	Brainerd
Natalie Warnert	September 20, 2004	Swimming	Sauk Rapids/Rice
Jessica Tonder	September 20, 2004	Tennis	Little Falls
Katie Schlangen	September 20, 2004	Volleyball	Sartell/St. Stephen
David Sauer	September 20, 2004	Football	Rocori
Kyle Eckhoff	September 27, 2004	Cross Country	Willmar
Kari Higdem	September 27, 2004	Cross Country	Willmar
Chad Kofoed	September 27, 2004	Soccer	Little Falls
Jessica Nelson	September 27, 2004	Soccer	St. Cloud Tech
Dana Guetter	September 27, 2004	Swimming	Willmar
Mary Sussenguth	September 27, 2004	Volleyball	Willmar
Josh Wiskus	September 27, 2004	Football	Little Falls
Abdi Awale	October 4, 2004	Cross Country	Willmar
Alex Murray	October 4, 2004	Cross Country	Sartell/St. Stephen
Brian Lahr	October 4, 2004	Soccer	St. Cloud Tech
Melissa Lisbon	October 4, 2004	Tennis	St. Cloud Tech
Kristen Wolters	October 4, 2004	Volleyball	St. Cloud Tech
Tyler Horning	October 4, 2004	Football	Willmar
Mike Switzer	October 11, 2004	Cross Country	Willmar
Desi Mantey	October 11, 2004	Cross Country	Sartell/St. Stephen
Nick Liverca	October 11, 2004	Soccer	St. Cloud Apollo
Vanessa Jansen	October 11, 2004	Tennis	Rocori
Heather Anderson	October 11, 2004	Tennis	Rocori
Julie Wenda	October 11, 2004	Volleyball	Little Falls
A.J. Lange	October 11, 2004	Football	Alexandria
Mike Pederson	October 18, 2004	Cross Country	St. Cloud Tech
Jessie Fark	October 18, 2004	Cross Country	St. Cloud Tech
Stacie Oistad	October 18, 2004	Volleyball	Sartell/St. Stephen
Don Hall	October 18, 2004	Football	St. Cloud Apollo
Charlie Vanderweyst	October 25, 2004	Cross Country	Sartell/St. Stephen
Hannah Kellerman	October 25, 2004	Cross Country	Sartell/St. Stephen

Kasey Uran	October 25, 2004	Volleyball	Sartell/St. Stephen
Brian Kampa	October 25, 2004	Football	Sartell/St. Stephen
Kayla Deters	November 1, 2004	Swimming	Sauk Rapids/Rice
Abby Williams	October 25, 2004	Hockey	Alexandria
Kelly Meierhofer	November 1, 2004	Hockey	Sauk Rapids/Sartell
Sara Toft	November 8, 2004	Hockey	Alexandria
Bridget Burtzel	November 8, 2004	Basketball	Rocori
Steven Festler	November 15, 2004	Hockey	Little Falls
Jennifer Strand	November 15, 2004	Basketball	Alexandria
Mikael Lickteig	November 22, 2004	Hockey	Little Falls
David Sauer	November 22, 2004	Basketball	Rocori
Stacie Oistad	November 22, 2004	Basketball	Sartell/St. Stephen
Ted Wilczek	November 22, 2004	Wrestling	Little Falls
Derick Swenson	November 29, 2004	Hockey	Alexandria
Sam Sussenguth	November 29, 2004	Basketball	Willmar
Maria Steinhagen	November 29, 2004	Basketball	Alexandria
Emily Fagerstrom	November 29, 2004	Nordic Ski	Willmar
Paul Denne	November 29, 2004	Wrestling	St. Cloud Tech
Jake Kluver	December 6, 2004	Hockey	Little Falls
Kelly Meierhofer	December 6, 2004	Hockey	Sauk Rapids/Sartell
Chad Willenbring	December 6, 2004	Basketball	Rocori
Jacque Hartman	December 6, 2004	Basketball	St. Cloud Apollo
Tim Wasland	December 6, 2004	Nordic Ski	Little Falls
Josiah Collins	December 6, 2004	Swimming	Brainerd
Grant Johnson	December 6, 2004	Wrestling	Rocori
Mike Gilbertson	December 13, 2004	Basketball	Alexandria
Kari Schroeder	December 13, 2004	Basketball	Rocori
Justin Pulliam	December 13, 2004	Wrestling	St. Cloud Apollo
Eric Decker	January 3, 2005	Basketball	Rocori
Laura Nielsen	January 3, 2005	Basketball	Willmar
Joey Cotton	January 3, 2005	Hockey	Little Falls
Maddie Haroldson	January 3, 2005	Hockey	Sauk Rapids/Rice
Luke Busta	January 10, 2005	Nordic Ski	St. Cloud Tech
Andrea Brown	January 17, 2005	Basketball	Willmar
Travis Fedor	January 17, 2005	Basketball	Little Falls
Jared Festler	January 17, 2005	Hockey	Little Falls
Phil Cleary	January 17, 2005	Nordic Ski	Willmar
Tyler Spiczka	January 17, 2005	Wrestling	Sauk Rapids/Rice
Alex Wieme	January 24, 2005	Basketball	Sartell/St. Stephen
Michelle Cheney	January 24, 2005	Basketball	Sartell/St. Stephen
Kathryn DelZoppo	January 24, 2005	Hockey	Alexandria
Kenny Nash	January 24, 2005	Nordic Ski	Willmar
Nick Larson	January 31, 2005	Basketball	Alexandria
Kristen Wolters	January 31, 2005	Basketball	St. Cloud Tech
Tim Lange	January 31, 2005	Swimming	Brainerd
Ben Darval	January 31, 2005	Hockey	Willmar
Kyle Dukowitz	January 31, 2005	Wrestling	Brainerd
Sam Sussenguth	February 7, 2005	Basketball	Willmar
Maggie Bryant	February 7, 2005	Basketball	Sartell/St. Stephen
Tim Wasland	February 7, 2005	Nordic Ski	Little Falls
Rebecca Mueller	February 7, 2005	Nordic Ski	Brainerd

Megan Foley	February 14, 2005	Basketball	St. Cloud Tech
Kevin Letnes	February 14, 2005	Basketball	Sartell/St. Stephen
Darryl Weimer	February 14, 2005	Swimming	Alexandria
Ben Martins	April 4, 2005	Baseball	Willmar
Lisa Jeremiason	April 4, 2005	Softball	Willmar
Mitch Gesell	April 4, 2005	Track	Alexandria
Becky Wipper	April 4, 2005	Track	St. Cloud Tech
Brian Kampa	April 11, 2005	Baseball	Sartell/St. Stephen
Hilary Smith	April 11, 2005	Softball	Brainerd
Sarah Schellinger	April 11, 2005	Track	Sartell/St. Stephen
Andrew Gunderson	April 11, 2005	Track	Sauk Rapids/Rice
Jesse Forsell	April 11, 2005	Tennis	Alexandria
Sam Iten	April 18, 2005	Baseball	St. Cloud Tech
Casey Theis	April 18, 2005	Softball	Little Falls
Ann Dressen	April 18, 2005	Golf	Alexandria
Tom Ronning	April 18, 2005	Tennis	Alexandria
Noah Ferche	April 18, 2005	Track	Sartell/St. Stephen
Jesse Fark	April 18, 2005	Track	St. Cloud Tech
Kelly Fruth	April 18, 2005	Track	St. Cloud Tech
Alise Post	April 18, 2005	Track	St. Cloud Tech
Katlyn Stout	April 18, 2005	Track	St. Cloud Tech
David Deminsky	April 25, 2005	Baseball	Sartell/St. Stephen
Andrea Brown	April 25, 2005	Softball	Willmar
Sam Gillund	April 25, 2005	Tennis	Alexandria
Kristen Hille	April 25, 2005	Track	Sauk Rapids/Rice
Jake Hoeschen	April 25, 2005	Track	Rocori
Molly Leland	April 25, 2005	Golf	Alexandria
Bridget Burtzel	May 2, 2005	Softball	Rocori
Emma Schlosser	May 2, 2005	Golf	Alexandria
Andy Demuth	May 2, 2005	Track	Sartell/St. Stephen
Rena Lee	May 2, 2005	Track	St. Cloud Tech
Sara Haugen	May 9, 2005	Softball	St. Cloud Apollo
Michelle King	May 9, 2005	Golf	Alexandria
Charlie VanderWeyst	May 9, 2005	Track	Sartell/St. Stephen
Liz Vold	May 9, 2005	Track	Sartell/St. Stephen
Andrew Olson	May 9, 2005	Tennis	Alexandria
Mark Bergstrand	May 9, 2005	Tennis	Alexandria
Dan LaFountaine	May 16, 2005	Tennis	St. Cloud Apollo
Bryce Hanstad	May 16, 2005	Golf	Alexandria
Samantha Sommers	May 16, 2005	Golf	St. Cloud Apollo
Ryan Bottini	May 16, 2005	Baseball	Sartell/St. Stephen
Callie Nelsen	May 16, 2005	Softball	Willmar
Andrew Gunderson	May 16, 2005	Track	Sauk Rapids/Rice
Sarah Fuchs	May 16, 2005	Track	Rocori

Spring Highlights:

Baseball: **Sartell/St. Stephen Section 8AA Team Champion**, 5th place at State; Alexandria 2nd in Section.

Softball: **Willmar**, Section 8AA Team Champion, 3rd place at State; Brainerd 2nd in Section.

B. Tennis: **St. Cloud Tech**, Section 8AA Team Champion.

State singles qualifiers: Dan LaFountaine, Section Champ, 2nd Place at State (Apollo),
Vivek Athalye (Tech)

- State doubles qualifiers: Chris Johnson & Karl Heine, Section Champs (Tech).
- B. Golf: **Alexandria**, Section 8AA Team Champion, 2nd place at State meet.
State qualifiers: Bryce Hanstad - 3rd at State, Jake Dressen, Bryan Black, Gordy Dickman, Jake Seltz & Tyler Whiting - 6th at State (Alex), Alex Wieme (Sartell), Mitch Gagne (SRR), Jared Hoppe (Brd).
- G. Golf: State qualifiers: **Samantha Sommers**, Section Champ, **STATE CHAMPION** (Apollo), Molly Leland - 11th at State (Alex).
- Tk True Team: **Sartell girls 1st**, Sartell boys 2nd.
- B.Track **Sartell/St. Stephen**, Section 8AA Team Champion, **Alexandria** 5th at State Tournament.
State qualifiers: Andrew Gunderson (SRR 100, 200 - 9th at State, LJ - 4th at State), Derek Ludwig (Alex 400 - 5th at State), Andy Demuth (Sar 400), Mitch Gesell (Alex 800 -6th at State), Jonathan Stoltman (LF 800 - 5th at State, 1600), Yahya Iman (Tech 3200-6th at State), Noah Ferche (Sar 110 H, HJ - 4th at State), James Strand (Brd 300 H - 7th at State), Jake Hoeschen (Roc Shot), Griffin Sonstegaard (Alex 300 H), (Alex 4x100), Lee Kersting (Tech TJ), Alex 4 x 400 - 2nd at State: Derek Ludwig, Ben Kift, Robby Lanes, Mitch Gesell,
Alex 4 x 800 - State Champs: Sam Husted, Ben Wilson, Robby Lanes, Mitch Gesell, Willmar 4 x 200 - 7th at State: Cory Hanson, Zak Kjolsing, Andy Boersma, Eric Hillenbrand, LF 4x200 - 8th at State: Chad Kofoed, Andy Jendro, Phillip Hochsprung, Brady Klooster, Kyle Eckhoff (Willmar 3200 - 4th at State), Greg Imholte (Ap TJ - 10th at State), Mike Fabel (Roc LJ), Will Kassulker (Brd Discus - 7th at State), Mitch Bruzik (Alex Discus), and Edgar Kirabira (Tech HJ - 3rd at State).
- G.Track St. Cloud Tech, 2nd-Section. State qualifiers: Jenni Beilke (Brd 100, 200), Claire Northway (Brd 100 H), Sarah Schellinger (Sar 400, 4x100), Kristen Hille (SRR 100 H - 8th at State, 300 H, LJ-4th at State), Sarah Fuchs (Roc Discus-6th at State), Justina Froelich (SRR Discus-7th at State), Shelly Tippelt (Roc Shot-9th at State), Evie Rodriguez (Ap Shot), Taylor Hartje (Brd TJ), Tech 4 x 400 - 5th at State: Jesse Fark, Kelly Fruth, Alise Post, Katlyn Stout Bri Plombon (Sar LJ-3rd at State), Kari Higdem (Willmar 1600-10th at State, 3200-8th at State), LaNika Scepureck (LF HJ-7th at State), Ally Hartje (Brd HJ, TJ-2nd at State), Willmar 4 x 200 - 7th at State: Mirja Yimauila, Greta King, Bri Fernholz, Hannah Okins Sartell/St. S. 4 x 100 - 7th-State: Bri Plombom, Kassandra Nathe, Sienna Kuhn, Sarah Schellinger and Bri Fernholz (Willmar 200 - 6th at State).

Winter Highlights:

- B.N.Ski: **Brainerd** placed 2nd in Sec. 8 and advanced to State.
Advancing to State: Chris Woodard, Brd. 2nd in freestyle & 4th in classical.
Brandon Ruhr - Alex, Mitch Gesell - Alex, Jamie Scholar - Tech, Luke Busta - Tech,
- G.N.Ski: Advancing to State: Jessica Hurlbut - Alex, Jessie Fark - Tech
- G.Hky: **Alexandria**, Section 2A Champions & advancing to State.
- B.Hky: **Little Falls**, Section 4A Champions & advancing to State.
- Dance: State Qualifiers: High Kick: Brainerd 6th in AAA, Tech, Sartell, Apollo 5th in AA
- N.Ski: Brainerd Team placed 6th.
Boys Pursuit: Tim Wasland, LF, 11th; Chris Woodard, Brd, 16th
Freestyle: Chris Woodard, Brd, 7th, Tim Wasland, LF, 11th; Nick Mangan, Brd, 18th
Girls Freestyle: Jessica Hurlbut, Alex, 9th
- Wr: **Willmar** Section 2AAA Champions & advancing to State.
State Qualifiers: Tech: Paul Denne-2nd, Derrick Orth-3rd
LF - Jason Brill, Ted Wilczek-2nd, Troy Biermaier-6th, Chris Roach, Josh Bue, Mike Lodermeier
Brd - Tyler Jensen, Nick Loreno, Kyle Dukowitz-6th, Adam Hahnert, Ryan McKay
SRR - Wesley Voigt, Wade Cruser; Alex: John Amundson
Willmar - Brady Gibb, Kyle Nelson, Jesse Alonzo, Peter Johnson, Tony Neumann
Rocori - Darren Massmann, 5th; Grant Johnson, 5th., Matt Toren and Kyle Schroeder
- Gymn: State Qualifiers: **Danielle Atkinson**, LF, **STATE Champ** on Bars, 6th All Around, 7th on Beam.
SRR - Stacy Gans-10th on Beam, Kayla Deters-10th on Floor
Tech - Renae Lee, Misty Granholm, Brittany Fellman, Jillie Donabauer
- B.Swm: State Qualifies: Apollo - Mike Weslander. Sartell/St. Stephen: Ryan Faber-9th 200 IM, Brian Voit, Justin Terhaar, (0th 200 F R: Tyler Zelinski, Nathan Schwichtenberg, Curt Klever, Faber)
Tech - Tim Ronning, Blake Bendix, Joe Palmerston, Dan Eckberg, Adam Kantor
SRR - Will Simson-5th 100 B, Wes Schlichting-15th Dive, Adam Gross, (5th, 200 F R-Mike Welter, Drew Efraimson, Jack Lelwica, Simson);
Willmar - Chris Alexson (12th Dive), Kyle Eckhoff (4th 200F & 500F), Eric Laingen, Matt Fkunglestad.
Brd - 7th 50F, Andrew Mehr: Rocori- Marcus Rien-11th. Dive
- G.BB: **Sartell/St. Stephen**, Section 8AAAA Champions, 3rd in State.
- B.BB: **Rocori**, Section 8AAAA Champions
- Speech: **St. Cloud Tech**, CLC Champs

Fall Highlights:

G.Tennis: **St. Cloud Tech**, Section 8AA Champions.

Singles: 1st at Section - Alex Gruska (12), Apollo

Singles: 2nd at Section - Amy Steffes (12), Apollo

Doubles: 2nd at Section - Aaryn Anderson (10) / Melissa Lisbon (11) St. Cloud Tech

B.Soccer: **Alexandria**, Section 8A Champions.

B. CC: **Alexandria**, Section 8AA Champions. Placed 8th at State.

Willmar, Section 2AA Champions. Placed 2nd at State.

State Individual Placement: #10- John Stoltman (LF), #11- Kyle Eckhoff (Will),

#24- Chris Woodard (Brd), #28- Kaafi Adeys (Will), #46- Justin Tyner (Brd),

#47- Mohamed Bedel (Will), #57- Mike Switzer (Will), #59 Brandon Haggerty (Alex),

#66- Charlie Vanderweyst (Sart), #75- Sam Husted (Alex), #80- Mike McConnell (SRR),

#88- Mitch Gesell (Alex).

G. CC: **Sartell**, Section 8AA Runner up. Placed 15th at State.

State Individual Placement: #4- Kari Higdem (Will), #34- Sara Weaver (Alex),

#40- Jessica Hurbut (Alex), #54- Hannah Kellerman (Sart), #58- Desi Mantey (Sart),

#59- Tiffany Jacobs (Sart), #64- Morgan Raehsler (Sart), #95- Courtney Klinkhammer (Sart),

#106- Liz Vold (Sartell).

FB: **Sartell**, Section 8AAAA Champions. **2nd place at State.**

Brainerd, Section 8AAAAA Champions.

VB: **Alexandria**, Section 8AAA Champions. Placed 6th in the State.

G.Swm: State qualifiers: Sauk Rapids team placed 7th at State.

200 F Relay State Champs: (SR/R) Chloe Paulson, Steph Thayer, Kayla Deters, Alyssa Baltes,

200 MR: (SR/R) Bri Novak, Paulson, Natalie Warnert, Deters; 200 & 100 free, Thayer (SR/R)

50 free & 100 butterfly: Alyssa Baltes (SR/R) 50 free & Diving: Kayla Deters (SR/R)

Diving: (SR/R) **Adrienne Maiers 3rd in State**, & **Nikki Weber 5th in State**; 100 back: Paulson

400 F Relay: (SR/R) Baltes, Novak, Warnert, Thayer, 200 free & 500 free: Jill Gertz (Sartell),

Tech 200 free relay (Ali Domeier, Brianna Ramler, Becca Nieters & Brooke Johnson),

Tech 400 free relay (Megan Hinz, Nieters, Johnson, Domeier), Brooke Johnson (Tech) 100 breast,

Haley Bissett (Tech) diving, Domeier (Tech) 100 free, Kelsey Lucia (Apollo) 50 free.