Performers of the Week - 6/1/09
G.Track: Clare Murn, 12, Kirsti Klaverkamp, 12, Rachel Bailey, 10, Erin Stout, 9, St. Cloud Tech - members of the 4x400 relay team are undefeated in the CLC and Section Champs.
G.Golf: Amber Hovland, Fergus Falls - shot her best round (87) and qualified for State in class AA.

Performers of the Week - 5/25/09
BB: Kellan Euerle, Tech - pitched a 4 hit shutout vs ER. For the week, batted 4/9, scoring 3 runs, 2 dbls & 1 home run.
SB: Courtney Messinger, 11, 1b/DH, Little Falls - batted 6/14, with a dbl, triple, scored 3 runs and 4 RBI's.
B.Tn singles: Jordan Goos, 11, Brainerd - has had an outstanding spring with a 17-1 record.
B.Tn dbls: Nate Walters (12), Tyler Bates (10), St. Cloud Tech - have had an outstanding season, placed 2nd in the sub section last week.
G.Golf: Bobbie Bohlig, 9, St. Cloud Tech - shot a season best 86, placing 2nd at CLC Championship.
G.Tk field: Samantha Smith, Brainerd - CLC Champ & set school record in pole vault (10' 8"), plus 3rd in triple jump & 5th in long jump.
G.Tk runner: Emily VanHeel, Little Falls - CLC 400 Champ (59.59) and 200 runnerup (25.58)
B.Tk field: Lee Dhein, 12, St. Cloud Tech - CLC Champ in the long jump (22') and broke the school record.
B.Tk runner: Brandon Heddens, 12, Sauk Rapids/Rice - dropped 10 seconds and came from behind to win the 1600 at the CLC Championship.

Performers of the Week - 5/18/09
BB: Bryce Frank, Sarst - batted 4 for 8, with a triple and 4 RBI's for the week.
SB: Alisson Gray, St. Cloud Apollo - she had 2 dbls vs Tech and she leads her team in RBI's and doubles.
G.Tk runner: Jackie Thelen, Little Falls - batted for 1 and 9 strike out.
SB: T. J. Struss, Brainerd - had 3 1st places at Brd. tri: 100 (11.43), 200 (23.77) & 4x100 relay (44.19).
B.Tk field: Paul Plombom, 12, capt., Sarst - tossed a life time best in the discus (129' 3").
G.Tk runner: Rosey Erickson, Alexandria - placed 1st in the 100, 200 & 400 at the True Team meet.
G.Tk field: Emmy Hauck, 11, Sauk Rapids/Rice - had her personal best & 3rd in school history in pole vault (9' 6"").

Performers of the Week - 5/11/09
BB: Eric Loxtercamp, 11, Rocori - 8 for 11 with 3 dbls, batting .409 for the season.
BB pitcher: Nick Zierden, 11, Sarst - had 3 scoreless innings of relief vs Rocori for win giving up 1 hit and 5 strikeouts.
SB: Paige Beseman, 10, catcher/SS, Little Falls - 6 for 14 with 3 dbls, 7 runs and 3 stolen bases.
SB: Dani Bany, 12, Alexandria - won 4 games with 3 shutouts, 27 innings with 3 runs, 4 walks, 24 strikeouts.
B.Golf: Aaron Hurd, Sarst - shot a 76 at Albany for 2nd place, his 3rd consecutive round scoring in the 70's.
G.Golf: Beckah Ripley, 12, Alexandria - shot 85 at Brd, 93 at LP/GE, 91 at Staples and at Tech she disqualified herself for a mistake.
B.Tn doubles: Cody Nelson, 12 & Thomas Williams, 11, Alexandria - won 3 matches, this is Thomas's 1st year out for tennis.
B.Tk field: Evan Ziegler, 12, Sarst - had his personal best, winning the high jump (6' 2"").
B.Tk running: Justin Posterick, Little Falls - had 2 excellent times in 200 (24.9) and 400 split (55.2).
G.Tk running: Jackie Thelen, Little Falls - won 2 true team events, 100 hurdles (16.47) and 300 hurdles (48.82).
G.Tk field: Laura Nielson, 9, Sarst - had her personal best, winning the high jump (5' 6"").

Performers of the Week - 5/4/09
BB batter: Rob Voshell, 11, outfielder, Sarst - had 5 hits out of 15 at bats with 3 stolen bases.
SB pitcher: Marissa Gessell, 12, Little Falls - pitched 2 complete games giving up only 5 hits and striking out 15.
SB: Kelsey Mathiasen, 11, St. Cloud Apollo - in a double header she had 2 doubles and 2 RBI's.
B.Golf: Matt Braunberger, 12, Rocori - has led their team in scoring in every event except one.
G.Golf: Maggie Leland, 11, capt, Alexandria - 1st at St. Cloud (80) and 2nd at Alex Invite (79).
B.Tn singles: Connor Illies, 12, capt, Alexandria - unbeaten in CLC at #2 singles, overall record 14-2.
G.Tn dbls: Keaton Hauser, 12, & Andrew Reinholz, 12, Sarst - won their dbls match vs Princeton to help team get their 1st victory.
B.Tk runner: Josh Yapp, 12, capt, Sarst - 2 personal bests at SRR in 1600 (4:40.77) and 800 (2:07.68).
B.Tk field: Kenny Rodeski, Little Falls - 1st in shot put (42' 3") and discus (124' 3").
G.Tk runner: Moriah Novacinski, Apollo - 1st in 800 (2:27.46) and 1600 (5:19.91) at SRR.
G.Tk field: Mary Erickson, Willmar - 1st in the discus (120' 4") at STMA invite.
Performers of the Week - 4/27/09
BB pitcher: Colin Erickson, 11, Alexandria - threw 5 shutout innings, allowing 5 hits, striking out 8 in a win vs FF.
BB batter: Mike Frericks, 3B, 12, Apollo - hit 7-11 (.636) with 2 HR's in last 3 games.
SB pitcher: Hanna Pederson, 12, Willmar - won 4 games last week & one save, 32 strike outs & allowed 7 runs.
SB batter: Jordan Hansen, Rocori - has hit 3 HR's this year helping team place 2nd at St. Paul North's invite.
B.Tk field: Wesley Waytasek, Little Falls - placed 1st in triple jump (38' 3") and long jump (18' 11.5") at LF triangular.
B.Tk runner: Drew Paradis, 12, Alexandria - won the 800 at Monti and placed 2nd in the 3200 at the Hamline Elite (9:39.03).
G.Tk field: Kelsi Ring, 11, Brainerd - won 4 games last week & one save, 32 strike outs & allowed 7 runs.
G.Tk runner: Haylie Zenner, Fergus Falls - won the 800 and ran on the 3rd place 4x400 relay at the Hamline Elite.
B.Golf: Casey Vangsness, 11, Alexandria - in 5 events his average score is an outstanding 72.
B.Tn singles: Billy Zins, 12, Tech - last week won 4 and lost 1 at #3 singles.
B.Tn doubles: Ian Johnson / Kevin McGuire, Apollo - played together for the 1st time & won vs Brd at #1 dbls.
Performers of the Week - 4/20/09
BB: Tony Schmitz, 11, shortstop, Sartell - last week batted 5/8 with 2 dbls, 3 RBI's & 2 stolen bases.
SB: Nikki Clouse, 12, shortstop, Fergus Falls - in 5 games: 8/15, 2 triples, 4 RBI's & 20 put outs.
Tn: Reggie Ronning, 12, capt, Alex - 4-0 at #1 singles, 2-0 at #1 doubles.
BG: Charlie Braniff, 10, Tech - shot a career best 75 at Becker Invite, placing 2nd and led team to 1st place.
B.Tk: Simon Erl andson, 12, Fergus Falls - on 4/14 he placed 1st in the long jump (19'5.5"), high jump (5'10"), and triple jump (41'04").
G.Tk: Alise Post, 12, Tech - at Willmar she placed 1st in pole vault (9'6"), 200 (25.25), 4x100 & 4x400.
Performers of the Week - 4/13/09
B.Tk: Lee Dhein, capt., Tech - placed 1st in 100, 200, L.Jump & ran anchor leg of 1st place 4x100m at Sartell.
G.Tk: Dayna Schleppenbach, 12, capt., Sartell - had 4 personal bests at SJU: PV, 200, 800 & 1600 relay.
Performers of the Week - 3/30/09
B.BB offense: Alli Haar, 10, Alexandria - in 2 games she scored 33 pts.
G.BB defense: Whitney Weisz, 9, Little Falls - in 3 games she had 51 rebounds and 9 blocks.
B.BB offense: Ronnie Kornbaum, Little Falls - scored 22 pts and 5 assists in win vs Willmar.
B.BB defense: Connor Illies, Alexandria - in 2 wins he had 13 rebounds.
Gymn: Samantha Smith, Brainerd - section champ on floor & 2nd on the all around.
B.Hky offense: Ben Hanowski, 12, Little Falls - broke the all time points record in MN with 380 pts.
Wr: Adam Klinkner, 145 lbs, Alex - moved into the varsity lineup at the section meet and pinned 2 opponents.
Performers of the Week - 2/23/09
G.BB offense: Alli Haar, 10, Alexandria - in 2 games she scored 33 pts.
G.BB defense: Whitney Weisz, 9, Little Falls - in 3 games she had 51 rebounds and 9 blocks.
B.BB offense: Ronnie Kornbaum, Little Falls - scored 22 pts and 5 assists in win vs Willmar.
B.BB defense: Connor Illies, Alexandria - in 2 wins he had 13 rebounds.
Gymn: Samantha Smith, Brainerd - section champ on floor & 2nd on the all around.
B.Hky offense: Ben Hanowski, 12, Little Falls - broke the all time points record in MN with 380 pts.
Wr: Adam Klinkner, 145 lbs, Alex - moved into the varsity lineup at the section meet and pinned 2 opponents.
Performers of the Week - 2/16/09
G.BB offense: Amanda Crawford, 12, guard, Sauk Rapids/Rice - in 3 games, 40 pts and 10 assists.
G.BB defense: Jena Thompson, 11, post, Willmar - in 2 wins: 14 reb, 7 steals and 3 blocks.
B.BB offense: Kyle Mareck, 12, forward, Sartell - in 2 games: 29 pts and 3 assists.
B.BB defense: Tyson Euerle, Tech - held Willmar's Jordan Smith (ave 17 ppg) to 9 pts.
Wr: Grant Forsythe, Tech - won his last 6 matches by pin, he has 16 pins for the season.
B.Swm: Tyler Schneider, 9, Brainerd - won the 500 Free and had season best times in both 200 & 500 free at CLC Championship.
B.Hky: Andrew Worzala, Sartell - in 3 wins: scored 2 goals and 5 assists.
Performers of the Week - 2/9/09

B.BB offense: Ben Rausch, 11, Rocori - in 3 wins: scored 54 pts, made 5 of 7 3 pt shots.
B.BB defense: Tim Bergstraser, 12, post, Apollo - in 3 games he had 41 rebounds.
B.Hky: Ben Hanowski, 12, Little Falls - in 3 games: 9 goals and 11 assists.
G.Hky: Kendra Rasmussen, Sartell/SRR - in 2 games she scored 4 goals and 1 assist.
Gymn: Baylie Eikmeier, Apollo - while struggling with a season long injury, she has participated in every meet.
G.NSki: Tyler Vanderlinden, 11, Brainerd - skied his best classic race at the Section 8 meet.
G.NSki: Molly Binger, Little Falls - placed 4th at Sections & returns to the State meet for her 4th consecutive year.
B.Swm: Jeff Allen, 12, Alexandria - won 2 events 200 IM (2:12.58) & 100 Fly (:58.00), plus a member of 2 winning relays (200 MR & 200 FR).
Wr: Kyle Lieser, Hwt, 11, Rocori - has been a steady winner and helped win a number of matches for the team.
Special performer: Gymnast Alise Post, Tech - won 3 of 4 events and won the All Around in the CLC Championship.

Performers of the Week - 2/2/09

B.NSki: Luke LeBlanc, Little Falls - one of their top skiers placing 2nd in conference.
G.NSki: Anna Burns, 11, capt, Willmar - she had her best classic (29:29) performance at SJU placing 25th.
B.Swm: Mike Holbrook, Rocori - in 2 meets: he placed 1st in 4 events.
Gymn: Abbey Weiler, Willmar - vs FF: 2nd - vault, 2nd - bars, 1st on beam, tied for 1st on floor & won all around.
B.BB offense: Adam Backes, Rocori - in 3 games he scored 61 pts while shooting 51% from the field.
B.BB defense: Nick Jordan, 12, Tech - in 2 wins he held opposing team's leading shooter to only 3 baskets
G.BB offense: Emily Thesing, 12, guard, Brainerd - in 3 games: 47 points, 15 assists and 8 steals.
G.BB defense: Sam Trumm, 10, Alexandria - in one game she had 10 rebounds.
B.Hky: Ross Thompson, Alexandria - in 2 games: 1 goal and 4 assists.
G.Hky: Katie Haus, Tech - scored a hat trick vs River Lakes in an outstanding win.
Wr: Josh Campion, 12, 285 lbs, Fergus Falls - undefeated this year, won 4 tournaments, ranked #1 in the State.

Performers of the Week - 1/26/09

B.Hk defense: Michael Sperl, 12, goalie, Little Falls - in 2 wins, stopped 43 of 44 shots, team record 14-0.
G.Hk offense: Chelsey Wierschem, Willmar - in 1 win: scored 3 goals and 3 assists.
G.Hk defense: Jenna Traut, 10, goalie, Apollo - in 2 wins: stopped 52 of 53 shots.
B.BB offense: Evan Ziegler, 12, Sartell - 18 pts, 2 assists and 3 steals in one game.
B.BB offense: Morgan Voss, pt guard, Little Falls - in win vs Alex, 20 pts, 4 assists & 4 steals.
B.BB defense: Alex Lippert, 11, center, Willmar - in 2 games: 15 rebounds and 11 blocked shots.
G.NSki: Noah Hecht, Little Falls - 3rd in classical race at CLC Championship to help team place 1st.
G.NSki: Kayla Meyer, Little Falls - 2nd at CLC Championship to help team place 1st.
Wr: Mitch Voigt, Tech - returned last wk from a knee injury and won 9 matches, overall record 11-1.
B.Swm: Dempsey Schroeder, Willmar - improved by 11 seconds in 100 fly and 100 backstroke at State True Team.
Special performer: Wrestler Tom Bouresa, 285 lbs, Alexandria - won his 100th match, overall record 20-0.

Performers of the Week - 1/19/09

B.BB: Derek Hansen, 12, forward, Fergus Falls - in 1 game: 31 pts and 11 rebounds.
B.Hk: Austin Plaine, Sartell - in 2 wins: 3 goals and 2 assists.
G.Hk: Erika Magnusson, Fergus Falls - in 2 games: 3 goals and 3 assists.
Gymn: Carly Braun, 12, capt, Sauk Rapids/Rice - in 2 meets, posted 2 of her personal best all around scores.
B.NSki: Sam Anderson, 10, Tech - 3rd at Giants Ridge, 1st at Tech, Apollo, Cath. and Mora Invites.
G.NSki: Amanda Finstad, 11 & Rachael Howard, 10, Brainerd - 1st as a Pursuit relay team at Alex Invite.
B.Swm: Jared Anderson, 12, Brainerd - True Team Section, won 2 ind. events & on 2 winning relays while setting 3 section records.
Wr: Cody Bue, 160#, 11, capt, Little Falls - 5 wins last week with 4 pins, record 23-2 & ranked #3 in State.

Performers of the Week - 1/12/09

B.BB defense: Steve Conley, 12, forward, Alexandria - excellent post defense with 10 rebounds.
B.BB offense: Nate Wolters, Tech - in 2 games: 63 pts, 14 assists.
G.BB offense: Alison Gray, 12, capt, Apollo - in 2 games: 48 points & 6 assists, 7 of 9 from 3 pt range.
Wr: Colton Thorson, 215 lbs, Fergus Falls - record 18-0 with 15 pins.
Gymn: Sarah Sater, 10, capt, Alexandria - 3 personal bests: 8.75 vault, 8.15 on beam and floor.
B.NSki: Matt Weitzel, 11, Willmar - had his highest skate time 19:28.3 at Giants Ridge.
B.Sw: Bob Simson, 11, Tech - swam a 1:56 in 200 Free vs Monticello.
G.Hk: Maggie Kippley, Tech - in 2 games: scored 3 goals and 2 assists.
B.Hk offense: Gus Miller, 12, Tech - in 2 games: 3 goals and 4 assists.
B.Hk defense: Brent Orndorff, goalie, Sartell - in 2 wins: 93% save percentage with a 5 game winning streak.
Special performer: Wr - Charlie Kirscht, 135 lb, Alexandria - earned his 100th win.

Performers of the Week - 1/5/09
B.Sw: Brian Storhaug, 12, Alexandria - at U of M Invite, 100 F (1st), 50 F (4th), & anchored two 2nd place relays.
G.BB offense: Stacy Svilhel, Rocori - in 1 game: 18 points and 4 assists.
B.Hk offense: Riley Hirsch, Little Falls - in tournament, scored 2 goals & 7 assists & made the all-tourney team.
B.Hk defense: Beau Jacobson, 12, goalie, Sauk Rapids/Rice - in championship game had 59 saves in overtime loss.
G.Hk offense: Emily Ruegemer, 11, center, Apollo/Cath Icebreakers - in 3 games: 2 goals and 4 assists (21 pts for the yr).
G.Hk defense: Jenna Traut, 10, goalie, Apollo/Cath Icebreakers - in 3 games, stopped 83 of 87 shots, has a 90% save % for the season.
Wr: Jeremiah Dorf, Rocori - had a huge pin in win over EVW, he continues to come through for the team.
B.BB offense: Derek Hansen, 12, forward, Fergus Falls - in 3 games, 53 points.
B.BB defense: Adam Schueller, 12, guard, SRR - in 2 games, scored 29 pts.
Gymn: Teri Stein, 11, Little Falls
G.NS: Beth Hauer, Little Falls
B.NS: Pat Mangan, 12, Brainerd
G.BB defense: Paige Beseman, 10, Little Falls - in 3 games had 38 rebounds and 10 assists.
B.NS: Pat Mangan, 12, Brainerd - placed 8th at Grand Rapids.
G.NS: Beth Hauer, Little Falls - placed 2nd at Grand Rapids.
Gymn: Teri Stein, 11, Little Falls - scored her 1st 9 on beam (9.05).
B.Sw: Andrew Goll, 12, Brainerd - won 2 events (59 F - 23.18 & 100 F - 50.62) and on 2 winning relays
Wr: Shane Fesenmaier, 11, Sauk Rapids/Rice - earned career victory 100 at the Monticello duals.
Wr: Josh Betterman, 12, Alexandria - earned career victory 100 at the Litchfield field

Performers of the Week - 12/22/08
B.BB offense: Andre Garth, 12, Apollo - in 2 wins, 43 pts, 5 assists, 17 of 27 FG.
B.BB defense: Chris Wichtermann, 12, guard, SRR - in 3 games, 19 rebounds, 6 assists, & 6 steals.
G.BB offense: Hannah Zwiener, 12, St. C. Tech - in 2 games, scored 29 pts.
G.BB defense: Katie Hosprung, 12, capt, LF - in 1 game, 16 rebounds and 6 blocks.
B.Hk offense: Tyler Resch, Alex - in 2 games, 5 goals.
G.Hk defense: Nhi Dinh, goalie, Brainerd/LF - in 2 games, gave up only 2 goals on 47 shots.
G.Hk offense: Michelle Anez, 11, Alex - in 2 wins, 5 goals and 2 assists.
Gymn: Ashley Delp, Willmar - 5 personal bests, 8.8 floor, 9.05 beam, 8.6 bars, 8.9 vault, 35.35 AR.
B.Sw: Jon Cesena, SRR - won his 2 individual events: 50 Free, 22.86 & 100 Fly, 55.7
Wr: Matt Shaver, 12, Apollo - won 4 matches last wk, overall record 10-0.

Performers of the Week - 12/15/08
B.BB offense: Nate Wolters, 12, Tech - in 3 wins, 64 pts & 15 assists, shooting 57% from the field, 83% on FT.
B.BB defense: Tim Bergstraser, 12, post, Apollo - in 2 wins he had 24 rebounds.
B.Hk offense: Michael Rutar, Sauk Rapids/Rice - had his 1st hat trick and 1 assist vs Willmar.
G.BB offense: Angela Christianson, 11, Alexandria - has scored over 1000 pts to date, averaging 33.3 pts per game this yr.
G.BB defense: Paige Beseman, 10, Little Falls - in 3 games had 38 rebounds and 10 assists.
B.NS: Pat Mangan, 12, Brainerd - placed 8th at Grand Rapids.
G.NS: Beth Hauer, Little Falls - placed 2nd at Grand Rapids.
Gymn: Teri Stein, 11, Little Falls - scored her 1st 9 on beam (9.05).
B.Sw: Andrew Goll, 12, Brainerd - won 2 events (59 F - 23.18 & 100 F - 50.62) and on 2 winning relays
Wr: Shane Fesenmaier, 11, Sauk Rapids/Rice - earned career victory 100 at the Monticello duals.
Wr: Josh Betterman, 12, Alexandria - earned career victory 100 at the Litchfield field

Performers of the Week - 12/8/08
B.Hk offense: Ben Hanowski, 12, Little Falls - scored 7 goals and 1 assist in 2 games.
B.Hk defense: Ryan Sieben, goalie, Rocori/RV - stopped 42 of 43 shots vs FF, this was their 1st ever win vs FF
G.Hk: Cristina Masten, 11, wing, Fergus Falls - scored 4 goals in 2 games.
B.NS: Dan Voss, 11, Willmar - made it to the 3rd round of 4 at the Tech Sprint race.
B.BB offense: Grant Torgerson, 12, guard, Fergus Falls - scored 24 pts (5 for 6 - 3 pointers) vs LF.
B.BB defense: Dan Kornbaum, Little Falls - in 2 games averaged 6.5 rebounds, and 2 blocks.
G.BB offense: Kelsey Evans, 12, Willmar - in 2 games, scored 34 pts and 6 assists in 2 team wins.
G.BB defense: Courtney Lynch, 11, Apollo - in 2 games averaged 6 rebounds and 6 steals. Had a career high 9 steals vs LF.
Wr: Frank Wilczek, 9, Little Falls - in 5 matches 5 pins.
Special Performer: Wrestler Matt Spoden, 12, Apollo - earned career victory 100 at the Monticello duals.

Performers of the Week - 12/1/08
G.Hk: Nikki Kothenbeutel, Sartell/SRR - In 3 games, 5 goals and 1 assist.
Performers of the Week - 11/24/08
G.Hky: Beth Rindy, 11, defense, Alex - in their 1st 2 games, scored 2 goals in 2 wins.

Performers of the Week - 10/27/08
FB offense: Jordan Smith, 12, WR/FS, Willmar - caught 8 for 111 yds, 2 TD's, kicked 2 x pts and a 26 yd FG.
FB defense: Sam Tillemans, 12, LB, Sartell - Had 10 tackles in loss to Willmar.
B.Soc: Badal Ali, center mid, Willmar - Scored 4 goals and 2 assists last week.
G.Soc: Brittan Conley, 9, forward, Little Falls - Scored 2 goals and 1 assist in 3 games.
G.Swm: Rosey Erickson, 10, Alexandria - 2 firsts: 200 IM and 100 Fly, also part of 2 winning relays.
Diving: Samantha Smith, Brainerd - Scored 237 pts vs Apollo, highest scored this yr is 247.
G.Tn: Bailey LaCoursiere, 10, #3 singles, Little Falls - new player on the team, won 2 matches last week.

Performers of the Week - 10/20/08
FB offense: Riley Hirsch, receiver, LF - ran a personal best time of 16:29, placing 19th at CLC Championship.
FB defense: Jacob Haehnel, 11, LB, SRR - had 2 shutouts in section semi and final (16 saves) sending team to State Tournament.
G.CC: Manon Gammon, Apollo - ran a personal best time of 18:07 at the Alex Invite.
G.Diving: Chelsey Bethke, diving, SRR - won the diving vs FF with a score of 203.
G.Swm: Kelly Morford, 12, LF - had personal best times in 200 (2:07.19) & 500 free (5:44.89) helping team beat Alex.

Performers of the Week - 10/13/08
FB offense: Dustin Christen, Apollo - 200 yds passing, 1 rushing TD, 1 passing TD vs Tech.
FB defense: Jacob Haehnel, 11, tackle, SRR - 2 solo tackles, 3 tackles for loss, & 1 QB sack.
B.Soc: Eric Maloney, Alex - because of his great play on defense, team has gone 3-0-2 in last 5 games.
G.Soc: Chelsey Wierschem, 12, capt, goaltender, Willmar - made 2 pt blank saves inside 6 yd box in playoff game.
G.Swm: Kelly Morford-10, Makenzie Pillsbury-12, Nicole Grimit-10, Ali Domeier-12, Tech - Medley relay team missed All American automatic time by .16 sec.
G.Tn singles: Annie Trebelhorn, Alex - defeated Brd's #1 player to send her team to Section Semi Finals.
G.Tn dbls: Rachel Zwiener/Abbey Mix, Tech - played together for the first time & advanced to the section by placing 2nd in the sub section.
G.CC: Jayne Cole, Willmar - set new LF pool record in 100 free & won the 200 free with a State qualifying time.
VB offense: Jenna Flynn, 11, MH, Sartell - vs LF she had 7 kills, 1 solo block and 4 block assists.
VB defense: Megan Rakow, 12, libero, LF - in one match she had 27 digs.

Performers of the Week - 10/6/08
FB offense: Riley Hirsch, receiver, LF - 3 receptions for 100 yards and 2 carries for 24 yards.
B.Soc: Ian Krafnick, 12, center forward, Tech - In 2 games, 2 hat trick's for 6 goals.
B.Soc defense: Noah Hecht, 12, capt., defender, LF - he has had an outstanding year as a defender.
G.Soc defense: Hannah Murphy, 12, capt, Willmar - in 3 games as a defender she had 4 blocked shots, leads team with 16 blocked shots.
G.Soc offense: Karis Rogers, 12, capt, forward, Willmar - scored 3 goals and 1 assist in 2 games.
B.CC: Rob Schug, 12, Apollo - ran a personal best time of 17:50 at the CLC Championship.
G.CC: Melissa Jacobs, 11, Sartell - ran a personal best time of 16:29, placing 19th at CLC Championship.
G.Diving: Chelsey Bethke, diving, SRR - won the diving vs FF with a score of 203.
G.Swm: Kelly Morford-10, Makenzie Pillsbury-12, Nicole Grimit-10, Ali Domeier-12, Tech - Medley relay team missed All American automatic time by .16 sec.
G.Tn singles: Annie Trebelhorn, Alex - defeated Brd's #1 player to send her team to Section Semi Finals.
G.Tn dbls: Rachel Zwiener/Abbey Mix, Tech - played together for the first time & advanced to the section by placing 2nd in the sub section.
G.CC: Jayne Cole, Willmar - set new LF pool record in 100 free & won the 200 free with a State qualifying time.
VB offense: Emily Nelsen, 12, OH, Willmar - in 2 matches: 49 kills, 7 ace serves vs Tech & FF.

Performers of the Week - 9/29/08
FB offense: Jordan Smith, 12, WR/FS, Willmar - caught 8 for 111 yds, 2 TD's, kicked 2 x pts and a 26 yd FG.
FB defense: Sam Tillemans, 12, LB, Sartell - Had 10 tackles in loss to Willmar.
B.Soc: Badal Ali, center mid, Willmar - Scored 4 goals and 2 assists last week.
G.Soc: Brittan Conley, 9, forward, Little Falls - Scored 2 goals and 1 assist in 3 games.
G.Swm: Rosey Erickson, 10, Alexandria - 2 firsts: 200 IM and 100 Fly, also part of 2 winning relays.
Diving: Samantha Smith, Brainerd - Scored 237 pts vs Apollo, highest scored this yr is 247.
G.Tn: Bailey LaCoursiere, 10, #3 singles, Little Falls - new player on the team, won 2 matches last week.
Performers of the Week - 9/22/08
FB offense: Matt Mithaugen, 12, capt., Fergus Falls - 21 for 141 yds and 2 TDs and caught 2 passes for 63 yds and 1 TD.
FB defense: Dane Vocelka, 12, LB/RB, Rocori - had 14 tackles (2 for a loss). Leads team with 44 tackles & 3 fumble recoveries.
VB offense: Meagan Loesch, 12, OH/setter, Tech = 47 kills in 102 trys, 6 ace serves and 26 set assists.
VB defense: Leah Janson, 12, Libero, Sartell - in 2 matches 2 ace serves and 40 digs.

Performers of the Week - 9/15/08
FB Offense: Adam Johnson, Tech - Passing 13 of 29 for 149 yds, 3 TD passes, and 2 rushing TD's.
FB Defense: Nick Rengel, 12, linebacker, Sartell - 8 tackles and 2 fumble recoveries vs FF.
VB Offense: Mackenzie Birr, Apollo - In 2 wins 46 kills, 4 service aces.

Performers of the Week - 9/8/08
FB: Jordan Smith, Willmar -- 9 catches for 133 yrd & 1 TD. 8 tackles on defense, 2 for 2 on extra pts, kicked 2 kickoffs into endzone.
B.Soc: David Sanderson, 12, FF -- Scored 4 goals last week, including both goals in OT win vs Bemidji.
G.Soc: Chelsey Wierschem, 12, capt, goaltender, Willmar -- Vs FF & Brd, kept team in games by making 50 saves.
B.CC: Drew Paradis, 12, Alex - Won both the Brainerd Invitational and Detroit Lakes Invite.
G.CC: Beth Hauer, 12, capt, goaltender, LF - Placed 7th at Milaca (15:54) and 7th at Wadena (16:00).
G.Sw: Stephanie Eswine, 9, Rocori -- At Alex, 3 personal best times made section cuts in 2 events. 1:22.26 in 100 Breaststroke.
G.Tn: Kristin Wurm, #4 singles, Tech -- 4-0 in CLC & 2 wins in tough Rochester Mayo invite vs the top 5 teams in State.

Performers of the Week - 9/2/08
FB: Josh Campion, 12, capt., FF. Plays Off & Def tackle. 11 pancake blocks, 1 interception for 55 yd TD.
B.CC: Emmanuel Modi, Tech. 5th at Apollo Invite(16:52) & 5th at Brd Invite (18:01).
B.Soc: Grant Bell, LF. Scored 4 goals and 1 assist last week.
G.Tn: Sami Koester, 12, #2 singles, LF. Record 2-1 last wk with wins vs Princeton & Sartell in straight sets.

Fall Highlights:
G. Tennis: Sec. 8AA Singles Champion and State participant – Parul Kapoor, St. Cloud Tech
B. Soccer: Sec. 8AA Team Champion and State participant – St. Cloud Tech
B. CC: Sec. 2AA Team Champion and State participant – Willmar
G. Soccer: Sec. 8A Team Champion and State participant – St. Cloud Apollo
B. CC: Sec. 2AA Team 2nd place – Willmar 14th at State. Team: Mahad Hassan, Sadam Abdi, Abdullahi Mohamed, Alex Johannes, Danny Voss, Matt Weitzel, Derek Ballandby.
Winter Highlights:


Dance: Brainerd 5th at STATE in High Kick (AAA), Sartell 5th at STATE in Jazz Funk (AA)

Boys: Tabi Peterson (8th – Bars, 20th – Vault, 27th on Floor at STATE), Genna Boeckmann, Karli Courrier (17th – Beam & Vault, 20th on Floor at STATE), Amber Christenson (19th on Floor at STATE).

Brainerd – Becky Walker (15th – Vault, 31st – All Around at STATE), Samantha Smith (15th – Beam, 22nd – All Around, 12th on Floor at STATE), Olivia Eisenpeter. Willmar – Kelsey Jacobson (23rd at Vault at STATE).

Sartell – Maddie Bearson, Amanda Ertle.

Wr: Section 8AAA Champs – St. Cloud Apollo. Consulation runner up.

SRR – Stephen Buchholz, Shane Fesenmaier, Codie Lane - 6th at State. Sartell – Paul Plombom.


200 M Relay: 3 Fergus Falls: Jacob Fisher, Mike Hurley, Eben Danielson, Nick Wigtol 6 Willmar: Kyle Rozendaal, Ben Saint, Steve Kluver, Ross Swartz 7 Sartell: Cameron Hyde, Michael Symanietz, Joel Gotta, Harrison Gerdes

200 IM: STATE Champ Mike Hurley. Fergus Falls. 13th Eben Danielson, Fergus Falls

50 F: 4 Steve Kluver, Willmar; 5 Jon Cesena, SRR; 7 Cameron Hyde, Sartell, 11 Nick Wigtol, Fergus Falls Diving: 11 Tanner Nordlund, Sartell. 15 Alex Salstrand, Rocori

100 Fly: 5 Jon Cesena, SRR; 6 Eben Danielson, FF; 13 Joel Gotta, Sartell

100 F: 4 Ben Swanson, SRR; 6 Andy Johnson, Willmar 200 F: 8 Andy Johnson, Willmar

100 Back: 3 Steve Kluver, Willmar; 4 Ben Swanson, SRR; 8 Cameron Hyde, Sartell
14 Kyle Rozendaal, Willmar  100 Breast:  STATE Champ Mike Hurley, Fergus Falls;
11 Michael Symanietz, Sartell ; 13 Ben Saint, Willmar
400 F Relay: 2 Fergus Falls: Eben Danielson, Jacob Fisher, Nick Wigtil, Mike Hurley
5 Willmar: Ross Swartz, Kyle Schmidt, Steve Kluver, Andy Johnson
6 Sartell: Harrison Gerdes, Joel Gotta, Curt Groszk, Cameron Hyde
7 Sauk Rapids-Rice: Brandon Heddens, Jon Cesena, Zack Swanson, Ben Swanson

G.Hky: Section 8AA Champs – Fergus Falls, Fergus Falls Consolation Champion at STATE.
B.Hky: Ben Hanowski (LF), broke the State Record with 380 points.
Section 6A Champs – Little Falls, Little Falls 3rd at State. Ben Hanowski named Player of the Year.
Izaak Berglund (def.) and Michael Sperl (goalie) were named to the 2nd team.
B.BB: Section 8AAA Champs: Little Falls
Section 8AAAA Champs: St. Cloud Tech, Tech placed 3rd at State. NateWolters & Alex Hanks from St. Cloud Tech named to State All Tournament Team.

Spring Highlights:

Girls Golf: Sec. 8AAA Champions = Alexandria (7th place at State)
State Qualifiers: Katie Kruchten, (33-Apollo), Abby Lucas (59-SRR), Bobbie Bohlig (73-Tech), Amber Hovland (68-FF).
Alexandria team qualifiers: Maggie Leland (10th), Beckah Ripley (64), Maxine Carlson (35), Amanda Bigger (88),
Caroline Roers (84), Stephanie Kaiser (87)
Boys Golf State Qualifiers: Chris Sholts (25-Alex), Sean Halverson (7-Brd), Casey Vangness (47-Alex), Aaron Hurd (57-Sartell)
Boys & Girls Track: Sec. 8AA Champions = Brainerd B & G. Boys Team: Tech 16th. Girls Team: Alex 5th, Sartell 10th
State Qualifiers: Boys - Brainerd - TJ Struss, Alex Rahn, Colby Ring (3rd 800 relay, 9th 400 relay), Dakota Swenson (9th 400 relay), Chris Swanson, Dan Lauer; Sartell - Brayde Lipp, Nick Rengel, Josh Kremer, David Grow (5th 400 relay), Jordan Lewis; Justin Lieberg; Alexandria - Dan Gorghuber, Drew Pradis, Tom Quist, Robert Guetter;
SRR - Brandon Heddens, Tom Kuefler, Adam Thelen, Kiwon Bates (5th 1600 relay), Nick Weis;
Girls – FF - Haylie Zenner (800 State Champ); Apollo - Amanda Stangler; LF - Emily VanHeel (9th 200, 8th 400);
Alexandria - Jamie Piepenburg (3200 State Champ) Mallory Stuer, Rosey Erickson (2nd L. Jump);
Sartell - Andrea Whitney (H. Jump State Champ, 5th T. Jump), Laura Nielson (3rd H. Jump), Ali Anderson & Hannah Kellerman & Ashton Haider & Heidi Peterson (6th 3200 relay), Maddie Bearson, Brianna Steinkamp, Haley Schuchard, Rose Riordan; Brainerd - Allison Reuer, Hannah McAllister, Kelsi Ring (6th 100),
Madison Smith (8th 100), Sam Smith (3rd P. Vault); Tech - Erin Stout & Rachel Bailey & Clare Murn (4th 1600 relay),
Alise Post (7th P. Vault, 4th 1600 relay), Kristi Klaverkamp, Megan Gray; Willmar – Shelby Morton, Mary Erickson;
Rocori - Briana Traut.
Boys Tennis State Tournament qualifiers Connor Illies and Reggie Ronning, Alexandria.
Baseball: Fergus Falls Section 8AA Champs & State Runner-ups. Alexandria 2nd place in Section 8AAA.