

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 Messenger, 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 Wolters (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 pitcher: Ryan Spengler, St. Cloud Tech - threw a 2 hitter vs Monticello, walking 1 and 9 strike outs.
BB batter: Bryce Frank, Sartell - batted 4 for 8, with a triple and 4 RBI's for the week.
SB batter: Alison Gray, St. Cloud Apollo - she had 2 dbls vs Tech and she leads her team in RBI's and doubles.
G.Golf: Tana Larsen, 10, Sauk Rapids/Rice - shot a 91 at St. Cloud Invite & finished in the top 10.
B.Tk runner: 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., Sartell - 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 batter: Eric Loxtercamp, 11, Rocori - 8 for 11 with 3 dbls, batting .409 for the season.
BB pitcher: Nick Zierden, 11, Sartell - had 3 scoreless innings of relief vs Rocori for win giving up 1 hit and 5 strikeouts.
SB batter: Paige Beseman, 10, catcher/SS, Little Falls - 6 for 14 with 3 dbls, 7 runs and 3 stolen bases.
SB pitcher: Dani Bany, 12, Alexandria - won 4 games with 3 shutouts, 27 innings with 3 runs, 4 walks, 24 strikeouts.
B.Golf: Aaron Hurd, Sartell - 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 singles: Luke Eberly, 12, capt., Alexandria - had 3 wins at #3 singles, record 16-3.
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, Sartell - 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, Sartell - had her personal best, winning the high jump (5' 6").

Performers of the Week - 5/4/09

BB batter: Rob Voshell, 11, outfielder, Sartell - 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 batter: 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 the 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, Sartell - won their dbls match vs Princeton to help team get their 1st victory.
B.Tk runner: Josh Yapp, 12, capt, Sartell - 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 - placed 1st in triple jump in dual vs Sartell & placed 4th at Hamline (36' 1").
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 Erlandson, 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.Tk: Nick Weis, Sauk Rapids-Rice - broke the CLC indoor record in Pole Vault (14' 1.5").
G.Tk: Andrea Whitney, 11, Sartell - broke the indoor record at SJU for High Jump (5' 7").

Performers of the Week - 3/9/09

B.BB offense: Nate Wolters, 12, Tech - in 2 wins he scored 55 pts and 8 assists.
B.BB defense: Alex Hanks, 11, Tech - in 2 wins he held 2 opponent's top scorers below their averages and had 15 rebounds.

Performers of the Week - 3/2/09

B.BB: Jordan Christianson, 12, wing, Sauk Rapids/Rice - in 2 games scored 29 pts and went over 1,000 career pts.
G.BB: Andrea Whitney, 11, Sartell - in 2 games scored 37 pts, 40 rebounds and 9 blocks.
Wr: Josh Betterman, 171#, Alex - placed 1st at section defeating his opponent that he had lost to 1 week earlier.

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 rebs, 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.
G.BB offense: Hannah Smith, 11, forward, Willmar - in 2 wins: 36 pts, 14 rebounds, 9 assists, 4 steals.
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.
B.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.
G.BB offense: Megan Voss, pt guard, Little Falls - in win vs Alex, 20 pts, 4 assists & 4 steals.
G.BB defense: Alex Lippert, 11, center, Willmar - in 2 games: 15 rebounds and 11 blocked shots.
B.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 Bouressa, 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.
G.BB defense: Andrea Whitney, 11, post, Sartell - in 2 games: 27 rebounds.
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 Svihel, Rocori - in 1 game: 18 points and 4 assists.
G.BB defense: Trisha Wippler, 12, capt, Little Falls - in 2 tournament games: pulled down 21 boards and 6 steals.
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, 11, post, Fergus Falls - in 3 games, 20 boards.
Gymn: Amanda Ertl, 12, capt, Sartell - scored her personal best on All Around (35.1).
G.NS: Hannah McAllister, 12, Brainerd - placed 3rd out of 55 skiers at Brainerd Invite.
Special performer: Mitch Bengtson, wrestler, 103 lbs, 8th gr, Apollo - won the 57 team Fargo tournament.

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 Wichterman, 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.
G.NSki: Jackie Thelen, LF - at Bemidji relays, Jackie & partner posted the fastest combined time.
B.NSki: Phil Prosapie, LF - at Bemidji relays, Phil & partner posted the fastest combined time.
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.Hky 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 steals.
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, 160 lbs, Alexandria - earned career victory 100 at the Litchfield tournament.

Performers of the Week - 12/8/08

B.Hky offense: Ben Hanowski, 12, Little Falls - scored 7 goals and 1 assist in 2 games.
B.Hky defense: Ryan Sieben, goalie, Rocori/RvLks - stopped 42 of 43 shots vs FF, this was their 1st ever win vs FF
G.Hky: 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.Hky: 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: Eric Johnson, 12, FB, SRR - 19 rushes for 121 yards and threw a 25 yd TD pass in win vs Sartell.

FB defense: Alex Hanks, 11, Tech - 2 solo & 4 tackle assists, plus an 80 yd TD interception in win vs Mhd.

G.Soc: Courtney Lynch, 11, forward, Apollo - top scorer for the team, helped Apollo get to State for the 1st time.

G.CC: Manon Gammon-Deering, 10, LF - placed 7th at Section with her personal best time (15:17) and advanced to State.

G.Swm: Carlee Davich, 12, LF - had personal best times in 200 (2:07.19) & 500 free (5:44.89) helping team beat Alex.

Performers of the Week - 10/20/08

FB offense: Chris Lardy, 12, RB, Rocori - rushed for 165 yds on 20 carries for 2 TD's & an extra pt run.

FB defense: Sam Tillemans, 12, LB, Sartell - had 16 tackles in loss to Brainerd.

B.Soc: Steve Kløver, goal tender, Willmar - had 2 shutouts in section semi and final (16 saves) sending team to the State Tournament.

G.Soc: Joan Mattheisen, goal tender, Apollo - did an outstanding job helping team win the Section in a shoot out.

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: Kelsey Lucia, Apollo - 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 - 10/13/08

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 Gritmit-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 dubs: 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 - placed 5th at Tech invite to lead team to 2nd place.

VB offense: Emily Nelsen, 12, OH, Willmar - in 2 matches: 49 kills, 7 ace serves vs Tech & FF.

VB defense: Kaitlin Larson, 12, MH, FF - in 3 matches: 18 blocks, 24 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 offense: 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.

G.CC: Ali Anderson, 12, Sartell - Ran a personal best time of 16:17 at Lions Meet of Champions.

B.CC: Rick DeVine, LF - Ran a personal best time of 18:07 at the Alex Invite.

G.Tn singles: Steph Janson, 12, #3 singles, Rocori - she had 2 big wins vs Brainerd and Becker.

G.Tn doubles: Katie Haus & Sami Grimmer, #2 dubs, Tech - won 4 matches last week 3 of them were 3 set matches.

G.Swm: Destiney Schindele, Brainerd - vs Willmar she had 2 season best times (winning both events) & on 2 winning relays.

VB: Jenna Terhaar, 12, MH, Sartell - 31 kills, 4 blocks and 1 service ace.

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.

G.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.

B.CC: Eli Ploof, 11, Little Falls - placed 14th out of 100 at the FF Invite.
G.CC: Maddie Schug, 10, Apollo - had season best time of 16:10 for the 4K.
VB offense: Meagan Loesch, 12, OH/setter, Tech = 47 kills in 102 tries, 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 - 9/22/08

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: Jordan Hansen, 11, Rocori - in 2 matches: 30 kills, 4 ace serves.

VB defense: Lexi Hirsch, 10, setter, Little Falls - in 2 matches: 21 set assists, 20 digs and 2 blocks.

B.CC: Mahad Hassan, Willmar - Won the 20 team Apple Valley Invite, time 16:18.

G.CC: Heidi Peterson, 11, Sartell - Won Class AAA title (15:12) at Milaca Mega meet.

G.Tn Singles: Parul Kapoor, Tech - won 5 matches last week and placed 1st at the CLC Tournament at #1 Singles.

G.Tn Doubles: Emily Nelson, 12, Zoe Houle, 11, Brainerd - Placed 1st at the CLC Tournament at #1 Doubles.

G.Diver: Beth Pollock, 12, Willmar - improved by 35 pts for her new season best 208 pts.

G.Swn: Myranda Erickstad, 11, SRR - Won 3 events vs Willmar with a personal best in 100 free.

B.Soc: Steve Trandahl, 12, defense, Alex - when goal keeper went down, he stepped in and played 2 outstanding games in goal.

G.Soc: Kelly Rosenthal, Brainerd - Scored 5 goals and 2 assists last week. Leads the State in scoring for class AA.

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.

VB Defense: Angie Feldhege, 12, capt., Rocori - In 7 matches at the Big Lake Invite, 16 blocks.

B.CC: Matt Scherber, 12, capt., Sartell - Placed 6th (17:03) at Hutch Invite leading team to 2nd place.

G.CC: Jamie Piepenburg, Alex - ran her lifetime best winning the LF invite, this is her 3rd consecutive invite win.

G.Soc: Shenae Morical, Alex - scored 2 goals in win vs Tech, she has 11 goals this year.

B.Soc: Matt Heglund, Sartell - scored a goal and an assist in team's first win of the season.

G.Swm: Aleasha Blokzyl, Willmar - she had 3 1st places (2 individual events & one relay) and a 2nd place on 2nd relay.

G.Tn: Holea Bruggman & Laura Johnson, #2 doubles, Alex - had 4 wins last week.

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.

BSoc: David Sanderson, 12, FF -- Scored 4 goals last week, including both goals in OT win vs Bemidji.

GSoc: 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 Invite and Detroit Lakes Invite.

G.CC: Beth Hauer, 12, capt, 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.

VB: Katie Hochsprung, 12, tri-capt, LF -- for the week, 22 kills, 14/15 serving, 32 digs, and 2 blocks.

Performers of the Week - 9/2/08

FB: Josh Champion, 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).

G.CC: Hannah Kellerman, 11, capt., Sartell. 1st at Apollo meet for 3rd consecutive yr (14:56).

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
Sec. 2A 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.

- Sec. 8AA Team 2nd place – Alexandria 8th at State. Team: Drew Paradis, Mitch Evink, Austin McCoy, Zach Hodgson, Josh Hobbs, Will Sieling, Sam Vinje.
 STATE Qualifiers – 3) Mahad Hassan (Willmar), 30) Sadam Abdi (Willmar), 5) Drew Paradis (Alex), 23) Thomas Ruttger, (Brd), 111) Matt Scherber (Sartell), 98) Jimmy Dean (Brd).
- G. CC: STATE Qualifiers: 3) Jamie Piepenburg (Alex), 17) Tess Boucher (Alex), 39) Heidi Peterson (Sartell), 23) Hannah Kellerman (Sartell), 47) Manon Gammon-Deering (LF), 116) Moriah Novacinski (Apollo).
- FB: Section 8AAAA Champions – Fergus Falls
 Section 8AAAAA Champions – St. Cloud Tech
- VB: Section 8AAA second place – Rocori
- G. Swm: Section 8A Champions – Fergus Falls) Emma VanVulkenburg, Kelsey Appert, Katie Ganoe, Sarah Monk, STATE Qualifiers: Sartell) **Marissa Wood – STATE Champ 500 Free, STATE Champs - Tarin Anding, Katie Hellie, Molly Peichel & Wood in 200 F relay**; Ellen Bloom, Abby Fenlason, Jayme Plombon, SRR) Chelsey Bethke; LF) Whitney Weisz; Tech) Ali Domeier, Kelly Morford, Makenzie Pillsbury, Nicole Grimit.

Winter Highlights:

- Nordic Ski: **Boys** Sec. 8: LF 2nd, Brd 4th, Alex 6th, FF 7th. Sec. 2: Tech 5th, Apollo 6th, Willmar 8th.
 State Placement Pursuit: 23) Sam Anderson, Tech; 78) Pat Mangan, Brd; 90) Phil Prosapio, LF - 90; 106) Luke LeBlanc, LF.
- Girls** Sec. 8: Little Falls 1st, Brd 4th, Alex 6th, FF 8th. Sec. 2: Apollo 7th, Willmar 8th, Tech 10th.
 State Placement: Little Falls 5th at STATE: 13) Jackie Thelen, 30) Molly Binger, 43) Beth Hauer, 50) Megan John, 53) Manon Gammon-Deering, 56) Kayla Meyer, 114) Maria Hauer, 17) Hannah Kellerman, Sartell; 27) Hannah McAllister, Brd;
- Dance: **Brainerd** 5th at STATE in High Kick (AAA), **Sartell** 5th at STATE in Jazz Funk (AA)
- Gymn: Section 8AA Champs – **St. Cloud Tech**. STATE: **St. Cloud Tech 2nd Place**
 State qualifiers: **Tech** - Alise Post (2nd -Bars, 3rd -Vault, 4th -All Around, 27th -Beam at STATE), Tabi Peterson (8th -Bars, 20th -Vault, 27th on Floor at STATE), Genna Boeckmann, Karli Courier (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.**
 State qualifiers: **Brainerd** – Luke Boran, Brandon Mutz, Mack Glasby, Andrew Wachsmuth, Chad Ohman. **Alexandria** – Taylor Morical, Charlie Kirscht-4th at State, Adam Patrick, Josh Hobbs, Josh Betterman, Tom Bouressa-5th at State. **Little Falls** – Frank Wilczek, Charlie Wilczek-5th at State, Dillon Kifer, Cody Bue. **Fergus Falls** – Colton Thorson-3rd at State, Josh Campion-2nd at State.
Apollo – **Mitch Bengtson – STATE Champ**, Matt Spoden-6th at State, Matt Shaver – 6th at State.
Tech – Tommy O'Brien, Ben Johnson, Luke Loudenbach. **Rocori** – Jeremiah Dorf.
SRR – Stephen Bucholz, Shane Fesenmaier, Codie Lane - 6th at State. **Sartell** – Paul Plombon.
- B.Swim: Section 8AA Champs – **Brainerd – 7th at State.**
 Section 4A runner up – **Sartell**. State placement: FF 5th, Willmar 6th, Sartell 8th, SRR 11th, Rocori 33rd.
 State qualifiers: **Tech** - Bob Simson & Al Simson. **Alexandria** – Aaron Rooney-22nd at State Diving.
Brainerd at STATE: 6th 200 MR - Michael Brekken, Jared Anderson, Michael Ruen, Evan Reese
 8th 200 IM Jared Anderson, 9th 50 F & 10th 100 F Andrew Goll, 11th Diving Britton Murrey,
 16th 100 fly Michael Ruen, 6th 200 F Brainerd, Andrew Goll, Evan Reese, Jake Larson, Jared Anderson,
 2nd 100 Breast Jared Anderson, 7th 400 FR Evan Reese, Andrew Goll, Jake Larson, Alec Rudstrom,
 Michael Ruen. **Rocori** – Alex Salstrand.
200 M Relay: 3 Fergus Falls: Jacob Fisher, Mike Hurley, Eben Danielson, Nick Wigtil
 6 Willmarz: 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 Wigtil, 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
200 FR: 9 Willmar: Ross Swartz, Kyle Schmidt, Mason Kluver, Andy Johnson
 10 Fergus Falls: Jacob Fisher, Mike Kuske, Erik Money, Nick Wigtil
 11 Sartell: Harrison Gerdes, Curt Grosz, Jack Hellie, Joel Gotta

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.** Nate Wolters & 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;
Tech - Lee Dhein (6th 200, 2nd L. Jump), Lul Chuk (4th H. Jump).

Girls – FF - Haylie Zenner (**800 State Champ**); **Apollo** - Amanda Stangler; **LF** - Emily VanHeel (9th 200, 8th 400);

Alexandria- Jamie Piepenburg (3200 State Champ) Mallory Stier, 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.