

All Conference & Honorable Mention – Winter of 2019-20

Dance:

| Standings | 2019-20 High Kick | |
|-----------|-------------------|---|
| Sartell | 1 st | Maddy Ouart, Grace Vogt, Lexi Rudnitski, Lexi Magedanz, Ella Krauel and Kaylee Ringstad |
| Brainerd | 2 nd | Harlie Spieker, Grace Balsley, Mariah Erickson, Quinn Geraets and India Hiltner |
| Rocori | 2 nd | Andrea Eisenschenk, Emma Langer, Emma Conrad and Ellie Wigham |
| Tech | 4 th | Morgan Peltz, Emily Jordre, Gentri Hansen and Malea Miller |
| SRR | 4 th | Sarah Anderson, Erin Nelson, Morgan Hoffman and Veronica Peacoc |
| Apollo | 6 th | Grace Leapaldt, Rachel Lampert and Rylee Tschida |
| Alex | 7 th | Kaylee Suckstorff and Autumn Botz |
| Willmar | 8 th | Abby Stauffenecker and Ellie McGillivray |

| Standings | 2019-20 Jazz Funk | |
|-----------|-------------------|--|
| Sartell | 1 st | Grace Vogt, Maddy Ouart, Maggie Schneider and Madi Kruse |
| Brainerd | 2 nd | Quinn Geraets, India Hiltner, Harlie Spieker and Macy Clough |
| Tech | 3 rd | Abby Glenn, Emilie Miller and Amber Kirchoff |
| Rocori | 4 th | Maggie Headlee, Jaedyn Kripner and Madeline Fuchs |
| SRR | 5 th | Izabella Peplinski, Sarah Anderson and Erin Nelson |
| Apollo | 6 th | Ashalee Stueve and Rachel Lampert |
| Alex | 7 th | Autumn Botz |
| Willmar | 8 th | Lexi Tersch |

High Kick Honorable Mention:

Sartell: Brooke Andel and Maggie Schneider
 Brainerd: Macy Clough and Semme Hiltner
 Willmar: Lexi Tersch and Angie Chatlain
 Rocori: Carley Kremer and Maggie Headlee
 Apollo: Ashalee Stueve and Katera Lampert
 Tech: Jasmine Jett and Reagan Bigaouette
 Alex: Maddie Holtz and Caris Pass
 SRR: Izabella Peplinski and Maddie Richards

Jazz Funk Honorable Mention:

Sartell: Brooke Andel and Lexi Rudnitski
 Brainerd: Jada Bentson and Thea Shogun
 Willmar: Karley Franzwa and Lily Thompson
 Rocori: Rylee Jude and Andrea Eisenschenk
 Apollo: Aubrey Single and Rylee Tschida
 Tech: Jenna Brenson and Jasmine Jett
 Alex: Maddie Holtz and Caris Pass
 SRR: Morgan Hoffman and Megan Wahlin

Nordic Ski: All Conf.

| 2019-20 | Boys 5K Classic | Boys 5 K Skate | Standings | Girls 5 K Classic | Girls 5 K Skate |
|---------|-------------------------------|----------------------|-----------|-------------------------------|-------------------------|
| 1 | Sartell/C Ben Boelter, Sart/C | Zack Nemeth, Sart/C | 1 | Brainerd Gina Wasniewski, Brd | Wren Scott-Lumbar, Tech |
| 2 | Brainerd Nole Robertson, Brd | Will Nemeth, Sart/C | 2 | Alex Emma Storbakken, Brd | Elle Juranek, Brd |
| 3 | Fergus F. Jacob Olson, Brd | Ryan Cady, Brd | 3 | Sartell/C Sarah Nesheim, Brd | Bethany Miller, Alex |
| 4 | Tech Noah Schaeffer, Brd | Tucker Henkes, FF | 4 | Tech Kamryn Coauette, Alex | Emma Reineke, Alex |
| 5 | Alex Brian Denke, Alex | Danny Perrault, Tech | 5 | Ap/SRR Isabel Nelson, Brd | Lydia Anderson, Sart |
| 6 | Ap/SRR Hayden Roelofs, Sart/C | Elias Knapp, Brd | 6 | Madeline Francois, Sart/C | Josie Boelter, Sart/C |

Honorable Mention:

| 2019-20 | Boys 5K Classic | Boys 5 K Skate | Standings | Girls 5 K Classic | Girls 5 K Skate |
|---------|-----------------------|-----------------------|-----------|----------------------|----------------------|
| 7 | Johnny Nemeth, Sart/C | Nicholas Porisch, Brd | 7 | Violet Steil, Sart/C | Callie Knapp, Brd |
| 8 | Braden Capelle, Brd | Atticus Osborne, Brd | 8 | Cameo Neumann, Alex | Jaden Nguyen, Sart/C |
| 9 | Luke Schroeder, FF | Karl Schroeder, Tech | 9 | Teresa Bitzan, Alex | Dulce Bakker, Alex |
| 10 | David Ronnevik, FF | Ryker Bosek, Alex | 10 | Esther Scheele, Tech | Ellie Brown, Brd |

Gymnastics

| | 2019-20 Standings | | Bars | | Beam | |
|----|---------------------|------------|---------------------|------------|---------------------|------------------|
| 1 | Sartell | 6-0 | Marley Michaud | Sartell | Taylor Schaefer | Tech |
| 2 | Tech/Ap/Cath | 4-2 | Ali Boschee | Sartell | Tayva Carruthers | Willmar |
| 3 | Brainerd | 5-1 | Carly Yang | Sartell | Josie Harguth | Brainerd |
| 4 | Willmar | 3-3 | Taylor Schaefer | Tech | Marley Michaud | Sartell |
| 5 | Alexandria | 2-4 | Tricia Castro | Tech | Kirah Kessler-Gross | Willmar |
| 6 | Sauk Rapids/Rice | 1-5 | Izzy Olson | Brainerd | Carly Yang | Sartell |
| 6 | Fergus Falls | 0-6 | Sena Lunning | Tech | Brenna Deason | Brainerd |
| 8 | | | Emma Schwartz | Sartell | Carley Weisenbeck | Sauk Rapids Rice |
| 9 | | | Abby Coquyt | Willmar | Olivia Prom | Tech |
| 10 | | | Presleigh Schrupp | Willmar | Kelsey Fletcher | Alexandria |
| | Floor | | Vault | | All Around | |
| 1 | Marley Michaud | Sartell | Taylor Schaefer | Tech | Marley Michaud | Sartell |
| 2 | Brenna Deason | Brainerd | Marley Michaud | Sartell | Taylor Schaefer | Tech |
| 3 | Izzy Olson | Brainerd | Izzy Olson | Brainerd | Carly Yang | Sartell |
| 4 | Kirah Kessler-Gross | Willmar | Ella Simmons | Sartell | Izzy Olson | Brainerd |
| 5 | Kelsey Fletcher | Alexandria | Carly Yang | Sartell | Kirah Kessler-Gross | Willmar |
| 6 | Taylor Schaefer | Tech | Kelsey Fletcher | Alexandria | Emma Schwartz | Sartell |
| 7 | Kenna Smith | Brainerd | Kirah Kessler-Gross | Willmar | Brenna Deason | Brainerd |
| 8 | Tayva Carruthers | Willmar | Brenna Deason | Brainerd | Kelsey Fletcher | Alexandria |
| 9 | Ali Boschee | Sartell | Emma Schwartz | Sartell | Tayva Carruthers | Willmar |
| 10 | Carly Yang | Sartell | Rachel Boyden | Alexandria | Carley Weisenbeck | Sauk Rapids Rice |

Honorable Mention:

| | | |
|-------------|---------------------------|----------------------------|
| Vault: | Ellie Selisker, Brainerd | Grace Ciarrochi, Tech |
| Bars: | Brooke Jones, Brainerd. | Morgan Weber, Sartell |
| Beam: | Izzy Olson, Brainerd. | Ailynn Fettig, Alexandria |
| Floor: | Brenna Chisholm, Sartell. | Abigail Coquyt, Willmar |
| All Around: | Tricia Castro, Tech. | Presleigh Schrupp, Willmar |

B. Swimming: All Conf.

| Standings | Boys | 2019-20 | 1st Place | 2nd | 3rd |
|--------------|-------------|--|--|------------------------|-----|
| 1. Sartell | 200 M.Relay | Brd: Tristan Dawson, Parker Tatge, Cade Rosenwald, Dylan Paulson | Alex: Tom Williams, Jameson Molesworth, Luca Dauer, Logan Tung | | |
| 2. Alex | 200 F.Relay | Sart: George Larson, Carter Larson, Cooper Larson, Garrett Maras | Alex: Luca Dauer, Logan Tung, Jameson Molesworth, Nicolas Welle | | |
| 3. Brainerd | 400 F.Relay | Sart: Carter Larson, Brannon Bjork, Garrett Maras, Cooper Larson | Alex: Carter Holm, Torrey Olson-Rodel, Anthony Hoyt, Nicolas Welle | | |
| 4. Willmar | 200 Free | Anthony Hoyt, Alex | Jack Thomas, Sartell | Carter Larson, Sartell | |
| 5. SRR | 200 IM | Cade Rosenwald, Brd | George Larson, Sartell | Logan Tung, Alex | |
| 6. Tech/Roc | 50 Free | Nicolas Welle, Alex | Brannon Bjork, Sartell | Garrett Maras, Sartell | |
| 6. Fergus F. | Diving | Elijah Grabinski, SRR | Izaak Herrlich, Brd | Braden Lemke, Tech/Roc | |
| 8. Apollo | 100 Fly | Cade Rosenwald, Brd | Luca Dauer, Alex | Tristan Dawson, Brd | |
| | 100 Free | Nicolas Welle, Alex | Cooper Larson, Sartell | Garrett Maras, Sartell | |
| | 500 Free | Anthony Hoyt, Alex | Tom Hoffmann, Tech/Roc | Mason Kuepers, Brd | |
| | 100 Back | Tristan Dawson, Brd | Ben Seelhammer, Willmar | Tom Williams, Alex | |
| | 100 Breast | Jameson Molesworth, Alex | Isaac Freese, SRR | Logan Tung, Alex | |

| Hon. Ment. | Boys | 2019-20 | 4 th Place | 5 th | 6 th |
|------------|-------------|--|---|--------------------------|-----------------|
| | 200 M.Relay | Sart: Brannon Bjork, David Zhang, Beau Garman, Quincy Pierskala | SRR: Cole Bonovsky, Isaac Freese, Tom Daniels, Garrett Feuling. | | |
| | 200 F.Relay | Will: Jacob Meyer, Ethan Hurley, Logan McGillivray, Ayden Schueler | Sart: David Zhang, Quincy Pierskala, Carter Trombley, Jack Thomas | | |
| | 400 F.Relay | Brd: Mason Kuepers, Cade Rosenwald, Dylan Paulson, Connor Lund | Will: Ayden Schueler, Jacob Meyer, Ben Seelhammer, Jon Arends | | |
| | 200 Free | Cooper Larson, Sartell | Ayden Schueler | Mason Kuepers, Brd | |
| | 200 IM | Tom Williams, Alex | Ben Seelhammer, Willmar | Torrey Olson-Rodel, Alex | |
| | 50 Free | Jacob Meyer, Willmar | Carsten Reuter, Tech/Roc | Dylan Paulson, Brd | |
| | Diving | Caden Kavanagh, Alex | Blake Cummings, Brd | Kale Bockelman, Willmar | |
| | 100 Fly | Sean Cooney, Apollo | Jameson Molesworth, Alex | Beau Garman, Sartell | |
| | 100 Free | Carter Holm, Alex | Carsten Reuter, Tech/Roc | Jacob Meyer, Willmar | |
| | 500 Free | Carter Larson, Sartell | Jack Thomas, Sartell | George Larson, Sartell | |
| | 100 Back | Brannon Bjork, Sartell | Tom Ruhl, Brd | Cole Bonovsky, SRR | |
| | 100 Breast | Tucker Hendrickson, SRR | David Zhang, Sartell | Parker Tatge, Brd | |

Hockey:

| Standings | 2019-20 | Boys | Standings | Girls |
|--------------------------|---------|---|--------------|---|
| Tech/Ap 1 st | 9-1-1 | Luke Jonson, Sean Davidson, Blake Keller, August Falloon | Brainerd/LF | 7-1 Gabbie Smith, Sophie Robinson, Taylor Larson, Lindsey Booth |
| Brainerd 1 st | 7-1-1 | Eric Pohlkamp, Ian Aadland, Mike Laber, Christian Kadolph | Sartell/SRR | 8-4 Anna Orth, Chloe Stockinger, Lauren Wensel |
| Alexandria | 10-3 | Caleb Strong, Andrew Revering, Landyn James | Alexandria | 7-3-1 Mayson Toft, Kaci Trosvig, Anna Doherty |
| Roc/RvLks | 7-6 | Logan Stellmach, Drew Tangen, Ethan Howard | St.Cloud/IB | 6-6 Gabbie Rud, Jordan Swingle |
| Fergus Falls | 5-7 | Kaden Paterson, Michael DeBrito | Willmar | 4-7 Bailey Olson, Madison Garberding |
| SR/R | 3-7 | Brady Pesta, Brandon Bokelman | Roc/RvLks | 3-6-1 Kianna Roeske, Brooke Lemke |
| Sartell | 3-9 | Michael Webster, Will Schiffler | Fergus Falls | 1-9 Ellie Andersen |
| Willmar | 0-10 | Devin Sankey | | |

Honorable Mention Boys:

Alexandria: Joe Westlund, Mathew Carlsen, Josiah Gronholtz, Derek Pesta
 Brainerd: Haden Kruse, Josh McLain, Westin Andres
 Fergus Falls: Issac Young, Cole Zierden and Ben Swanson
 Rocori: Griffin Duininck, Blake Blattner, Tanner Stanley, Colton Baumgarten
 St. Cloud: Cory Warner, Max Rud, Spencer Bertram
 Sartell: Hayden Walters, Connor Hacker, Ryan Zulkosky
 SRR: Riley Weinand, Easton Portner, Carter Kayser, Cayden Christensen
 Willmar: Ashton Gregory, Aiden Donelan

Honorable Mention Girls:

Alexandria: Marke Oberg, Hanley Block, MaKenna Aure, Lauren Maras
 Brainerd: Josie Kramer, Emma Smith, Emma Booh, Shaylee Stroot
 Fergus Falls: Jade Zierden, Maddie Huler, Piper Andrews, Chloe Nelson
 Rocori: Olivia Haines, Bree Griffin, Hannah Zimmer, Brianna Deming
 Sartell/SRR: Mallory Heder, Nora Sauer, Morgan Cromwell, Rachel Wieland
 St. Cloud: Ashlea Arvidson, Katherine Bell, Taylor Holm, Taylor Mathiasen
 Willmar: Mya Monson, Nina Dawson, Tanna Christensen, Bryton Carlson

Wrestling:

| Standings | | 2019-2020 |
|-----------|------------|---|
| 7-0 | Willmar | Josh Miley, Caden Carlson, Kaden Streed, Conlan Carlson, Ethan Roux, Ivan Ciriaco-Mares, Braeden Erickson, Jonas Anez, Jack Roehl, Steven Cruze |
| 5-2 | Brainerd | Isaiah Germann, Isaiah Jillson, Kyle Eschenbacher, Atlie Danielson, Gabe Wagner, Forrest Gibson |
| 5-2 | Tech/Ap | Jaxon Kenning, Andy Johnson, Aaron Voigt, Jack Latterell, Logan Hanson, Taylor Hugg |
| 4-3 | Sartell | Spencer Johnson, Sam Fernholz, Ashton Lipinski, Dylan Joyce, Jack Engle |
| 4-3 | SRR | Jared Spohn, Hunter Farnick |
| 2-5 | Alexandria | Blaze Nelson, Kelly Johnson, Ryan Borris |
| 1-6 | Rocori | Austin Moscho, Jack Major, Ben Primus |
| 0-7 | Fergus F. | Kaden Hartwell |

Honorable Mention:

| | |
|-----------|--|
| Brainerd: | Elijah Germann, Blake Wgeishofski, Damien Benthos, Cade Barrett, Cole Larkin |
| Tech/Ap: | Hunter Hauptert, Nick Hama |
| Rocori: | Ben Hansen |
| Sartell: | Will Budge |
| SRR: | Joey Hoeschen, Matthew Krepp, Alex Diederich, Dante Haywood |
| Willmar: | Joe Kallevig, Mason Swanson |

Basketball

| Standings | | 2019-20 | Boys | Standings | | Girls |
|-----------|-----------|---|------|-----------|---|-------|
| 14-2 | Fergus F. | Dominic Aguilar, Chance Fazio, Ethan Olson | 15-0 | Fergus F. | Sabrina Fronning, Paige Pearson, Ellie Colbeck, Tori Ratz | |
| 12-4 | Alex | Colton Roderick, Kristen Hoskins, Erik Hedstrom | 12-3 | Alex | Ella Grove, Mia McGrane | |
| 11-5 | Apollo | Michael Gravelle, Chang Hoth, Pouch Dubol | 11-4 | Willmar | Madi Linbo, Mackenzie Jones, Katelyn Murphy | |
| 11-5 | Sartell | Dominic Hagy, Gus Gunderson | 11-5 | Brainerd | Myah Nelson, Erika Lane | |
| 8-8 | Brainerd | Connor Powers, Owen Davis | 6-10 | Sartell | Avery Templin, Gretta Mahowald | |
| 7-9 | Rocori | Andrew Anderson, Jayden Philippi | 5-11 | SRR | Shayna Payonk | |
| 5-11 | SR/R | Josh Schloe, Kobe Lee | 4-12 | Tech | Genaya Murray, Rachel Kaczor | |
| 3-13 | Willmar | | 3-10 | Rocori | | |
| 1-15 | Tech | Nate Trewick | 2-14 | Apollo | | |