

Tuesday, November 21, 2006

1997-1998

Hugstad-Vaa, Courtney	Cross Country		Freshman
Hortsch, Carrie	Gymnastics		Sophomore
Korsman, Breanna	Gymnastics		Freshman
Marko, Lindsay	Swimming & Diving		Sophomore
Paradeise, Kim	Swimming & Diving		Junior
Hugstad-Vaa, Courtney	Track and Field	3200m Run	Freshman

1998-1999

Sluiter, Tim	Academic Tennis		Senior
Cermak, Nate	Baseball	3rd team	Junior
Stender, Aaron	Baseball	3rd team	Senior
Svenson, Robin	Competition Cheerleading	MCCA	Senior
Tepfer, Sara	Competition Cheerleading	MCCA	Senior
Hugstad-Vaa, Courtney	Cross Country		Sophomore
Larson, Adam	Football		Junior
Hortsch, Carrie	Gymnastics		Junior
Korsman, Breanna	Gymnastics		Sophomore
Marko, Lindsay	Swimming & Diving		Junior
Paradeise, Kim	Swimming & Diving		Senior
Gerber, Tracy	Swimming & Diving	200 Freestyle Relay	Junior
Lehn, Angela	Swimming & Diving	200 Freestyle Relay	Junior
Marko, Lindsay	Swimming & Diving	200 Freestyle Relay	Junior
Paradeise, Kim	Swimming & Diving	200 Freestyle Relay	Senior
Hugstad-Vaa, Courtney	Track & Field		Sophomore
Henningsen, Sarah	Track & Field	4 x 100 Relay	Sophomore
Johnson, Lindsay	Track & Field	4 x 100 Relay	Sophomore
Raddatz, Mikaela	Track & Field	4 x 100 Relay	8th Grade
Vogel, Heidi	Track & Field	4 x 100 Relay	Senior
Henningsen, Sarah	Track & Field	4 x 200 Relay	Sophomore
Kjeldsen, Becky	Track & Field	4 x 200 Relay	Junior

1998-1999

Raddatz, Mikaela	Track & Field	4 x 200 Relay	8th Grade
Vogel, Heidi	Track & Field	4 x 200 Relay	Senior

1999-2000

Casey, Jessica	Academic Soccer		Senior
Towner, Rebekah	Academic Tennis		Senior
Fokken, Adam	Academic Wrestling		Junior
Cermak, Nate	Baseball		Senior
Keeler, Adam	Baseball	2nd team	Senior
Davis, Laura	Competition Cheerleading	MCCA	Sophomore
Dawber, Drandis	Competition Cheerleading	MCCA	Senior
Highum, Traci	Competition Cheerleading	MCCA	Senior
Sathre, Katy	Competition Cheerleading	MCCA	Senior
Martinson, Kaja	Fastpitch		Senior
Larson, Adam	Football		Senior
Hortsch, Carrie	Gymnastics		Junior
Korsman, Breanna	Gymnastics		Junior
Tonjum, Nicole	Gymnastics		Junior
Lloyd, Rhys	Soccer		Junior
Marko, Lindsay	Swimming & Diving		Senior
Trygg, Breanna	Swimming & Diving		Sophomore
Goergen, Liz	Track & Field		Junior
Newman, Andrew	Track & Field		Junior
Krivoruchka, Kyle	Track & Field	4 x 100 Relay	Junior
Newman, Andrew	Track & Field	4 x 100 Relay	Junior
Soliday, Ryan	Track & Field	4 x 100 Relay	Junior
Vossen, Darin	Track & Field	4 x 100 Relay	Senior
Bierlein, Katie	Track & Field	4 x 400 Relay	Freshman
Goergen, Liz	Track & Field	4 x 400 Relay	Junior
Raddatz, Mikaela	Track & Field	4 x 400 Relay	Freshman
Rangitsch, Wendy	Track & Field	4 x 400 Relay	Junior
Rodin, Tony	Wrestling		Senior

1999-2000

Fokken, Adam	Wrestling	189 Pound Class	Junior
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2000-2001

Johnson, Shannon	Academic Cross Country		Junior
Sailer, Sara	Academic Cross Country		Sophomore
Goergen, Liz	Academic Hockey		Senior
Olson, Lauren	Academic Hockey		Sophomore
Fusco, Corey	Academic Soccer		Senior
McGregor, Scott	Academic Soccer		Senior
Fokken, Adam	Academic Wrestling		Senior
Broback, Jamie	Basketball		Sophomore
Bechstein, Lindsey	Competition Cheerleading	MCCA	Sophomore
Carter, Lindsay	Competition Cheerleading	MCCA	Senior
Davis, Laura	Competition Cheerleading	MCCA	Junior
Goltzman, Julie	Competition Cheerleading	MCCA	Sophomore
Hudspeth, Jennifer	Competition Cheerleading	MCCA	Junior
Larson, Sarah	Competition Cheerleading	MCCA	Sophomore
Preste, Ashley	Competition Cheerleading	MCCA	Senior
Topps, Tristan	Competition Cheerleading	MCCA	Senior
Hugstad-Vaa, Courtney	Cross Country		Senior
Larsen, Andy	Cross Country		Sophomore
Fokken, Adam	Football		Senior
Lloyd, Rhys	Football	2nd team	Senior
Hanson, David	Golf		Senior
Maxson, Ashley	Gymnastics		Sophomore
Panchenko, Andrew	Hockey	State Tournament Team	Senior
Kramer, Matt	POHI Adapted Hockey	State Tournament Team	Junior
Tamte, Kelly	Swimming & Diving		Senior
Trygg, Breanna	Swimming & Diving		Junior
Decknatel, Laurie	Swimming & Diving	200 Medley Relay	Senior
Howard, Jamie	Swimming & Diving	200 Medley Relay	Sophomore
Maland, Kari	Swimming & Diving	200 Medley Relay	Senior

2000-2001

Trygg, Breanna	Swimming & Diving	200 Medley Relay	Junior
Goergen, Liz	Track & Field		Senior
Hugstad-Vaa, Courtney	Track & Field		Senior
Newman, Andrew	Track & Field		Senior
Johnson, Nate	Track & Field	4 x 100 Relay	Senior
Krivoruchka, Kyle	Track & Field	4 x 100 Relay	Senior
Shevlin, John	Track & Field	4 x 100 Relay	Sophomore
Bierlein, Katie	Track & Field	4 x 400 Relay	Sophomore
Goergen, Liz	Track & Field	4 x 400 Relay	Senior
Hugstad-Vaa, Courtney	Track & Field	4 x 400 Relay	Senior
Raddatz, Mikaela	Track & Field	4 x 400 Relay	Sophomore
Bierlein, Katie	Track & Field	400 m Dash	Sophomore
Davis, Steve	Wrestling	119 Pound Class	Freshman
Fokken, Adam	Wrestling	189 Pound Class	Senior

2001-2002

Dvorak, Kim	Academic Fastpitch		Senior
Granos, Alicia	Academic Fastpitch		Senior
Hanson, Amy	Academic Fastpitch		Senior
Bierlein, Katie	Academic Track and Field		Junior
Blundetto, Mandie	Academic Track and Field		Senior
Johnson, Shannon	Academic Track and Field		Senior
McCormick, Maggie	Academic Track and Field		Sophomore
Raddatz, Mikaela	Academic Track and Field		Junior
Rondeau, Sam	Academic Track and Field		Freshman
Rondeau, Sam	Academic Track and Field		Junior
Broback, Jamie	Basketball		Junior
Davis, Laura	Competition Cheerleading	MCCA	Senior
Goltzman, Julie	Competition Cheerleading	MCCA	Junior
Harten, Kendal	Competition Cheerleading	MCCA	Senior
Hudspeth, Jennifer	Competition Cheerleading	MCCA	Senior
Larson, Sarah	Competition Cheerleading	MCCA	Junior

2001-2002

Shackelford, Kellee	Competition Cheerleading	MCCA	Junior
Dvorak, Kim	Fastpitch		Senior
Maxson, Ashley	Gymnastics	All-Around, Vaulting,	Junior
Olver, Darin	Hockey		Junior
Wertis, Caroline	Soccer		Junior
Trygg, Breanna	Swimming and Diving	100 Backstroke	Senior
Halverson, Brandon	Swimming and Diving	100 Breaststroke	Senior
Spurr, Matt	Swimming and Diving	100 Butterfly	Senior
Trygg, Breanna	Swimming and Diving	100 Freestyle	Senior
Dahlke, Matt	Swimming and Diving	200 Freestyle Relay	Sophomore
Drake, Rob	Swimming and Diving	200 Freestyle Relay	Senior
Halverson, Brandon	Swimming and Diving	200 Freestyle Relay	Senior
Strom, John	Swimming and Diving	200 Freestyle Relay	Junior
Drake, Rob	Swimming and Diving	200 Individual Medley	Senior
Halverson, Brandon	Swimming and Diving	200 Individual Medley	Senior
Spurr, Matt	Swimming and Diving	200 Individual Medley	Senior
Strom, John	Swimming and Diving	200 Individual Medley	Junior
Shevlin, John	Track and Field	100 m	Junior
Shevlin, John	Track and Field	200 m	Junior
Benson, David	Track and Field	4 x 200 m Relay	Senior
Bowen, Joe	Track and Field	4 x 200 m Relay	Junior
Shaw, Shayne	Track and Field	4 x 200 m Relay	Sophomore
Wilson, Frank	Track and Field	4 x 200 m Relay	Senior
Bierlien, Katie	Track and Field	4 X 400 m Relay	Junior
Ostergaard, Vanessa	Track and Field	4 X 400 m Relay	Freshman
Raddatz, Mikaela	Track and Field	4 X 400 m Relay	Junior
Rondeau, Sam	Track and Field	4 X 400 m Relay	Freshman
Bierlein, Katie	Track and Field	4 X 800 m Relay	Junior
Johnson, Shannon	Track and Field	4 X 800 m Relay	Senior
McCormick, Maggie	Track and Field	4 X 800 m Relay	Junior
Rondeau, Sam	Track and Field	4 X 800 m Relay	Freshman
Bierlein, Katie	Track and Field	400 m Dash	Junior

2001-2002

Fornicoia, Mikey	Wrestling	130 Pound Class	Senior
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2002-2003

Casey, Andy	Academic Basketball		Senior
Raddatz, Mikaela	Academic Basketball		Senior
Bechstein, Lindsey	Academic Competition	MCCA	Senior
Goltzman, Julie	Academic Competition	MCCA	Senior
Kantos, Chris	Academic Cross Country		Junior
Lehn, Larisa	Academic Dance Team	MADT	Senior
Quinn, Jessica	Academic Dance Team	MADT	Senior
Bjorge, Ashley	Academic Fastpitch		Senior
Brakel, Steph	Academic Fastpitch		Senior
Goltzman, Julie	Academic Fastpitch		Senior
Keeler, Ashley	Academic Fastpitch		Senior
Newton, Nicole	Academic Fastpitch		Senior
Newton, Nicole	Academic Fastpitch		Senior
Quist, Amy	Academic Fastpitch		Senior
Quist, Amy	Academic Fastpitch		Senior
Shevlin, John	Academic Football		Senior
Elfner, Natalie	Academic Track and Field		Sophomore
Lynch, Caitlin	Academic Track and Field		Sophomore
Raddatz, Mikaela	Academic Track and Field		Senior
Broback, Jamie	Basketball		Senior
Raddatz, Mikaela	Basketball		Senior
Broback, Jamie	Basketball	State Tournament Team	Senior
Kaus, Michelle	Basketball	State Tournament Team	Sophomore
Quist, Amy	Basketball	State Tournament Team	Senior
Chapley, Cassie	Competition Cheerleading	MCCA	Junior
Cooper, Aly	Competition Cheerleading	MCCA	Freshman
Cross, Jessica	Competition Cheerleading	MCCA	Junior
Goltzman, Julie	Competition Cheerleading	MCCA	Senior
Larson, Sarah	Competition Cheerleading	MCCA	Senior

2002-2003

Merrick, Kim	Competition Cheerleading	MCCA	Junior
Putnam, Melanie	Competition Cheerleading	MCCA	Junior
Schneider, Jen	Competition Cheerleading	MCCA	Sophomore
Shackelford, Kellee	Competition Cheerleading	MCCA	Senior
Venning, Ashley	Competition Cheerleading	MCCA	Eighth
Kantos, Chris	Cross Country		Junior
Keeler, Ashley	Fastpitch		Senior
Newton, Nicole	Fastpitch		Senior
Freeman, Molly	Fastpitch	State Tournament Team	Senior
Goltzman, Julie	Fastpitch	State Tournament Team	Senior
Keeler, Ashley	Fastpitch	State Tournament Team	Senior
Shevlin, John	Football		Senior
Maxson, Ashley	Gymnastics	Bars, Floor, Vault, Beam,	Senior
Hartung, Tim	Hockey		Senior
Yarbrough, Natalie	Nordic Skiing	Freestyle	Sophomore
Cambridge, Amber	Soccer		Senior
Wertis, Caroline	Soccer		Senior
Michuda, Jenny	Soccer	State Tournament Team	Senior
Quist, Amy	Soccer	State Tournament Team	Senior
Garnsey, Michelle	Swimming and Diving	100 Breaststroke	Senior
Howard, Jamie	Swimming and Diving	100 Freestyle	Senior
Howard, Jamie	Swimming and Diving	200 Freestyle Relay	Senior
Marko, Katlin	Swimming and Diving	200 Freestyle Relay	Junior
Rux, Danielle	Swimming and Diving	200 Freestyle Relay	Sophomore
Viau, Emily	Swimming and Diving	200 Freestyle Relay	Senior
Howard, Jamie	Swimming and Diving	200 Individual Medley	Senior
Garnsey, Michelle	Swimming and Diving	200 Medley Relay	Senior
Howard, Jamie	Swimming and Diving	200 Medley Relay	Senior
Rux, Danielle	Swimming and Diving	200 Medley Relay	Sophomore
Strobel, Leslie	Swimming and Diving	200 Medley Relay	Freshman
Marko, Katlin	Swimming and Diving	500 Freestyle	Junior
Peterson, Derek	Tennis		Freshman

2002-2003

Shaw, Shayne	Track & Field	100 meters	Junior
Shaw, Shayne	Track & Field	200 meters	Junior
Bowen, Joe	Track and Field	100m Dash	Senior
Lynch, Caitlin	Track and Field	300m Hurdles	Sophomore
Raddatz, Mikaela	Track and Field	300m Hurdles	Senior
Bowen, Joe	Track and Field	4 x 100m Relay	Senior
DeFrance, Joe	Track and Field	4 x 100m Relay	Sophomore
Shaw, Shayne	Track and Field	4 x 100m Relay	Junior
Shevlin, John	Track and Field	4 x 100m Relay	Senior
Getzke, John	Track and Field	Pole Vault	Senior
Getzke, John	Wrestling	152 Pound Class	Senior
Kocer, Nate	Wrestling	189 Pound Class	Senior

2003-2004

Gioe, Alex	Academic Baseball		Senior
Sommerstad, Patrick	Academic Baseball		Senior
Sommerstad, Patrick	Academic Basketball		Senior
Kantos, Chris	Academic Cross Country		Senior
Yarbrough, Natalie	Academic Cross Country		Junior
Talbot, Anna	Academic Dance Team	MADT	Senior
Modrynski, Chelsie (Mo)	Academic Fastpitch		Senior
Sommerstad, Patrick	Academic Football		Senior
Beitzel, Amy	Academic Hockey		Senior
O'Rourke, Kelsey	Academic Hockey		Senior
Ake, Sarah	Academic Track and Field		8th Grade
Bruchez, Jackie	Academic Track and Field		Junior
Peterson, Katina	Academic Track and Field		Junior
Rondeau, Sam	Academic Track and Field		Junior
Trinh, Thuy	Academic Track and Field		Junior
Yarbrough, Natalie	Academic Track and Field		Junior
Kaus, Michelle	Basketball	MNBCA	Junior
Abdullah, Jasmine	Competition Cheerleading	MCCA	Junior

2003-2004

Allen, Jessica	Competition Cheerleading	MCCA	Freshman
Cooper, Aly	Competition Cheerleading	MCCA	Sophomore
Cross, Jessica	Competition Cheerleading	MCCA	Senior
Merrick, Kim	Competition Cheerleading	MCCA	Senior
Piette, Leanne	Competition Cheerleading	MCCA	Junior
Schneider, Jen	Competition Cheerleading	MCCA	Junior
Venning, Ashley	Competition Cheerleading	MCCA	Freshman
Yarbrough, Natlie	Cross Country		Junior
Gates, Jenny	Dance Team	MADT	Senior
Jacobson, Ali	Dance Team	MADT	Senior
Hassett, Briana	Fastpitch	MN Fastpitch Coaches	Junior
Sommerstad, Patrick	Football	AP	Senior
Yarbrough, Natalie	Nordic Skiing	Classic, Skate, Pursuit	Junior
Engstrom, Eric	PI Softball	All Tournament State	Junior
Andrews, Alex	Swimming and Diving	200 Freestyle Relay	Senior
Dahlke, Matt	Swimming and Diving	200 Freestyle Relay	Senior
Drake, Andrew	Swimming and Diving	200 Freestyle Relay	Freshman
Jorgensen, Eric	Swimming and Diving	200 Freestyle Relay	Sophomore
Marko, Katlin	Swimming and Diving	500 Freestyle	Senior
Ake, Sarah	Track & Field	100 meters	8th Grade
Lynch, Caitlin	Track & Field	300m Hurdles	Junior
Rondeau, Sam	Track & Field	300m Hurdles	Junior
Cesarek, Nick	Track & Field	4 x 100m Relay	Junior
DeFrance, Joe	Track & Field	4 x 100m Relay	Junior
Dugan, John	Track & Field	4 x 100m Relay	Freshman
Shaw, Shayne	Track & Field	4 x 100m Relay	Senior
Ostergaard, Venessa	Track & Field	4 x 400m Relay	Junior
Petersen, Katina	Track & Field	4 x 400m Relay	Junior
Rondeau, Sam	Track & Field	4 x 400m Relay	Junior
Trinh, Thuy	Track & Field	4 x 400m Relay	Junior
Bruchez, Jackie	Track & Field	Long Jump	Junior
Colvin, Nick	Track & Field	Long Jump	Senior

2003-2004

Bruchez, Jackie	Track & Field	Triple Jump	Junior
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2004-2005

Hassett, Briana	Academic Basketball		Senior
Johnson, Zach	Academic Basketball		Senior
Viau, B.J.	Academic Basketball		Senior
Yarbrough, Natalie	Academic Cross Country		Senior
Thompson, Shauna	Academic Dance Team	MADT	Senior
Gold, Amy	Academic Fastpitch		Senior
Hanson, Kristen	Academic Fastpitch		Senior
Hassett, Briana	Academic Fastpitch		Senior
Hewitt, Briana	Academic Fastpitch		Senior
Pugh, Lisa	Academic Fastpitch		Senior
Torborg, Ali	Academic Fastpitch		Senior
Kent, Darren	Basketball		Senior
Kaus, Michelle	Basketball	MNBCA	Senior
Hassett, Briana	Basketball	Pioneer Press	Senior
Johnson, Zach	Basketball	State Tournament Team	Senior
Kent, Darren	Basketball	State Tournament Team	Senior
Viau, B.J.	Basketball	State Tournament Team	Senior
Allen, Jessica	Competition Cheerleading	MCCA	Sophomore
Ivey, Kyndal	Competition Cheerleading	MCCA	Sophomore
Schneider, Jen	Competition Cheerleading	MCCA	Senior
Yarbrough, Natalie	Cross Country		Senior
Pickens, Shannen	Dance Team	MADT High Kick	Senior
Thompson, Shauna	Dance Team	MADT High Kick	Senior
Puppe, Alecia	Dance Team	MADT Jazz/Funk	Senior
Wang, Connie	Dance Team	MADT Jazz/Funk	Senior
Hassett, Briana	Fastpitch		Senior
Ruckdashel, Ryan	Football	AP & Pioneer Press	Senior
Greene, John	Golf		Freshman
Tsurusaki, Jaime	Gymnastics	Vault, Beam, Floor, All	Senior

2004-2005

Yarbrough, Natalie	Nordic Skiing		Senior
Rux, Danielle	Swimming and Diving	100 freestyle	Senior
Rux, Danielle	Swimming and Diving	50 freestyle	Senior
Cesarek, Nick	Track and Field	4 x 100m Relay	Senior
DeFrance, Joe	Track and Field	4 x 100m Relay	Senior
Higgs, Mike	Track and Field	4 x 100m Relay	Senior
Machacek, Jake	Track and Field	4 x 100m Relay	Junior
Hanninen, Paul	Track and Field	4 x 400m Relay	Senior
Menk, Scott	Track and Field	4 x 400m Relay	Senior
O'Tool, Scott	Track and Field	4 x 400m Relay	Junior
Zimmerman, Eric	Track and Field	4 x 400m Relay	Junior
Huynh, Minh	Wrestling	103 Pound Class	Junior

2005-2006

Cooper, Aly	Academic Competition	MCCA	Senior
Scruggs, Ashley	Academic Competition	MCCA	Senior
Melander, McKenzie	Academic Cross Country		Sophomore
Baker, Caitlin	Academic Dance Team	MADT	Senior
Frederickson, Jeff	Academic Football		Senior
Zimmerman, Eric	Academic Football		Senior
Allen, Kelsie	Academic Tennis		Senior
	Academic Track and Field		
	Academic Track and Field		
Ake, Sarah	Academic Track and Field		Sophomore
Eliason, Kelsey	Academic Track and Field		Junior
Fries, Christine	Academic Track and Field		Sophomore
Kaus, Emily	Academic Track and Field		Freshman
Knutson, Katie	Academic Track and Field		Freshman
Mehr, Sam	Academic Track and Field		Freshman
Melander, McKenzie	Academic Track and Field		Sophomore
Peterson, Kristin	Academic Track and Field		Junior
Price, Marissa	Academic Track and Field		Freshman

2005-2006

Smith, Tara	Academic Track and Field		Junior
Stack, Rachael	Academic Track and Field		Junior
Cooper, Aly	Competition Cheerleading	MCCA	Senior
Venning, Ashley	Competition Cheerleading	MCCA	Junior
Melander, McKenzie	Cross Country		Sophomore
Booth, Malorie	Dance Team	MADT	Senior
Brown, Katin	Dance Team	MADT	Senior
Stoll, Hannah	Dance Team	MADT	Senior
Williams, Williams	Dance Team	MADT	Senior
Machacek, Jake	Football	AP, Star Tribune,	Senior
Sanford, Evan	Football	Pioneer Press	Senior
Horvath, Scott	Football	Star Tribune	Junior
Dockter, Jordan	Golf	MHSCA	Senior
Prosen, Sarah	Gymnastics		Junior
Brendalen, Kyle	PI Adapted Soccer	State Tournament Team	Junior
Juhn, Chris	PI Adapted Soccer	State Tournament Team	Senior
Oxley, Janine	Soccer	MSCA	Senior
Dallas, Ian	Swimming and Diving	200 Free Relay	Senior
Drake, Andrew	Swimming and Diving	200 Free Relay	Junior
Fitzgerald, Kevin	Swimming and Diving	200 Free Relay	Junior
Jorgensen, Eric	Swimming and Diving	200 Free Relay	Senior
Fitzgerald, Kevin	Swimming and Diving	400 Free Relay	Junior
Mehring, Nick	Swimming and Diving	400 Free Relay	Junior
Paradeise, Chris	Swimming and Diving	400 Free Relay	Junior
Dallas, Ian	Swimming and Diving	Medley Relay	Senior
Drake, Andrew	Swimming and Diving	Medley Relay	Junior
Jorgensen, Eric	Swimming and Diving	Medley Relay	Senior
Placeway, Mike	Swimming and Diving	Medley Relay	Sophomore
Rongitsch, P.J.	Swimming and Diving	State Champion Diver	Senior
Melander, McKenzie	Track and Field	1600m	Sophomore
Leider, Kim	Track and Field	300m Hurdles	Sophomore
Ake, Sarah	Track and Field	4x100m Relay	Sophomore

2005-2006

Eliason, Kelsey	Track and Field	4x100m Relay	Junior
Jeffers, Jamaica	Track and Field	4x100m Relay	Senior
Smith, Tara	Track and Field	4x100m Relay	Junior
Fries, Christine	Track and Field	800m	Sophomore
Melander, McKenzie	Track and Field	800m	Sophomore