



**2008-2009 WCC Winter All-Conference Performers:**

WCC Danceteam – High Kick

Paige Kerfeld – Cathedral  
Nicki Bowar – Cathedral  
Kayley Knapek – Cathedral  
Carly Novak – Cathedral  
Bethany Rueter – Cathedral  
Meghan Jensen – YME  
Hailey Hubbard – YME  
Molly Lecy – YME  
Chelsi Torke – YME  
Calista Bergerson - LQPV  
Lindsey Knudson – LQPV  
Krista Nesvold – LQPV  
Hayley Wittnebel – LQPV  
Abby Rose – Albany  
Sasha Rudy – Albany  
Heather Beckius – Albany  
Ashley Lenning – Montevideo  
Amanda Bertrand - Montevideo  
Kristi Knudson – Montevideo  
Kayla Anderson – Melrose  
Kaylee Evans – Melrose  
Dana Schroeder – NL-S  
Kelsey Wright – NL-S  
Hillary Naber – ACGC  
Laura Binsfeld – Paynesville  
Kyra Erickson – BOLD  
Annie Wier – Cathedral – Honorable Mention  
Alissa Putnum – YME – Honorable Mention  
April Schmiesing – LQPV – Honorable Mention  
Sarah Christiansen – Albany – Honorable Mention  
Leah Rodeberg – Montevideo – Honorable Mention  
Shawna Ostendorf – Melrose – Honorable Mention  
Dani Skaggs – NL-S – Honorable Mention  
Audrey Naber – ACGC – Honorable Mention  
Krista Topp – Paynesville – Honorable Mention  
Christine Flemming – BOLD – Honorable Mention

WCC-Danceteam – Jazz Funk

Gabi Hennen - Cathedral  
Alyson Prom - Cathedral  
Siera Beuning - Cathedral  
Marissa Gillespie - Cathedral  
Kelsey Novak - Cathedral  
Kaitlyn Flaata - YME  
Leiah Smolley - YME  
Alex Ebnet - BOLD  
Jasmine Ervin - BOLD  
Lindsey Erickson - BOLD  
Johnna Bratt - BOLD  
Lavonna Hamann - Montevideo  
Abbie Haugen - Montevideo  
Katlynn Rodeberg - Montevideo  
Abbey Dehler – Cathedral – Honorable Mention  
Rosina Halverson – YME – Honorable Mention  
Christine Flemming – BOLD – Honorable Mention  
Hanna Benzova – Monte – Honorable Mention



## WCC-North Boys' Basketball

### Cathedral

Kevin Wenner  
Luke Januschka  
Sean Carnahan – Honorable Mention

### New London-Spicer

Erik Tengwall  
Aaron Johnson  
Jay Moten  
Justin Zylstra – Honorable Mention

### Sauk Centre

Matt Skorheim  
Tyler Berling  
Ethan Meyer – Honorable Mention

### Foley

Matt Fueling  
Nick Jansen – Honorable Mention

### Mora

Andrew Good  
Logan Orazem  
Joe Mork – Honorable Mention

MOST VALUABLE PLAYER – Erik Tengwall – NL-S

### Albany

Zach Noreen  
Joey Blackmore  
B.J. Bueckers  
Reed Voit – Honorable Mention

### Long Prairie-Grey Eagle

Nate Korf  
Berent Uhlenkamp – Honorable Mention

### Milaca

Travis Fransen  
Jordan Patnode – Honorable Mention

### Melrose

Evan Reller  
Carter Sawyer  
Cam Atkinson – Honorable Mention



## WCC-South Boys' Basketball

### ACGC

Jordan Tanner  
Joel Slinden  
Jeff Peterson – Honorable Mention

### BOLD

Trent Neison  
Dylan Glass  
Tyler Hebrink – Honorable Mention

### Montevideo

Eric Brandon  
Jeff Jerve  
Ryan Boike – Honorable Mention

### Minnewaska

Pierce Peters  
Shane Bosek  
Brady Johnsrud – Honorable Mention

### YME

Anton Leiseth – Honorable Mention

### Benson

Aaron Lindahl  
Brennan Kent  
Dan Martin – Honorable Mention

### LQPV

Tronn Tosel  
Baxter DuFrane  
Eric Paalson – Honorable Mention

### Morris

Lincoln Arnold  
Chris Scott  
Jackson Henrich  
Tyler Meichsner – Honorable Mention

### Paynesville

Nathan Nietfeld  
Jamison Wall  
Mitchell Marlow

MOST VALUABLE PLAYER – Aaron Lindahl – Benson



## WCC-North Girls' Basketball

### Cathedral

Lauren Hagen

Grace Balfanz – Honorable Mention

### New London-Spicer

Cassie Ziemer

Justine Dammerman

Karli Wendlandt

Talor Thompson

Briana Jacobson – Honorable Mention

### Sauk Centre

Kali Peschel

Megan Rieland

Savana Weler

Marin Greenwaldt – Honorable Mention

### Foley

Briana Herbst

Victoria Kuhns – Honorable Mention

### Mora

Karlee Erickson

Kelsey Erickson

Honorable Mention – Becci Osterdyk

### Albany

Hannah Hylla

Sarah Jepson

Emily Goering – Honorable Mention

### Long Prairie-Grey Eagle

Rosalie Miller

Bethany Pelzer – Honorable Mention

### Milaca

Lindsey Westphal

Brooke Pautz – Honorable Mention

### Melrose

Steph Schmiesing

Victoria Kuhns – Honorable Mention

MOST VALUABLE PLAYER – Hannah Hylla - Albany



## WCC-South Girls' Basketball

### ACGC

Kayla Dallmann  
Liberty Slinden  
Lauren Kinzler  
Miranda Hopp – Honorable Mention

### BOLD

Tara Hilgert – Honorable Mention

### Montevideo

Beka Schendemann  
Brooke Tastad – Honorable Mention

### Minnewaska

Emily Roering  
Cassie Jacobs  
Brittany Mensing  
Alicia Pfeninger – Honorable Mention

### YME

Aimee Johnson  
Jamie Baker  
Macy McKay – Honorable Mention

MOST VALUABLE PLAYER – Emily Roering - Minnewaska

### Benson

Abby Fragodt  
Jenny Bouta  
Julia Ahrndt – Honorable Mention

### LQPV

Micaela Erickson  
Whitney Strel  
Andrea Rheingans  
Lexi Monson – Honorable Mention

### Morris

Megan Dierks  
Stef Strobel  
Mary Rentz  
Heather Gagner – Honorable Mention

### Paynesville

Jordan Spaulding – Honorable Mention



WCC-North Wrestling

103 Pounds

112 Pound

119 Pounds

125 Pounds

130 Pounds

135 Pounds

140 Pounds

145 Pounds

152 Pounds

160 Pounds

171 Pounds

189 Pounds

215 Pounds

285 Pounds

MOST OUTSTANDING WRESTLER -



## WCC-South Wrestling

### 103 Pounds

1. Dylan Sheridan – Paynesville
2. Jacob Braaten – Minnewaska
3. John Weeding – DB/LQPV – Honorable Mention

### 119 Pounds

1. Austen Cole – YME
2. Kyle Schulte – BOLD
3. Grant Winter – Minnewaska – Honorable Mention

### 130 Pounds

1. Matt Meyer – ACGC
2. Sam Haas – DB/LQPV
3. Zach Revier – BOLD – Honorable Mention

### 140 Pounds

1. Casey Field – YME
2. Jake Bothun – DB/LQPV
3. Cam Schafer – Minnewaska – Honorable Mention

### 152 Pounds

1. Collin Jergenson – Minnewaska
2. Travis Fredericksen – ACGC
3. Tanner Berning – Morris Area/CA – Hon. Mention

### 171 Pounds

1. Micah Larson – ACGC
2. Michael Doom – Paynesville
3. Cody Hatch – BOLD – Honorable Mention

### 215 Pounds

1. Evan Stock – YME
2. David Cowan – Minnewaska
3. Zach Gibson – Morris Area/CA – Honorable Mention

### 112 Pounds

1. Hayden Rouser - ACGC
2. Dylan Croatt – DB/LQPV
3. Levi Specht – YME – Hon. Mention

### 125 Pounds

1. Scott Litzau - ACGC
2. Dylan Hoffman - YME
3. Josh Anderson – Montevideo – Hon. Mention

### 135 Pounds

1. Cody Goldschmidt - BOLD
2. Jon Kerzman - Paynesville
3. Ryan Swenson – DB/LQPV – Hon. Mention

### 145 Pounds

1. Ryan Thompson - Benson
2. Justin Tongen - YME
3. Justin Wendlandt – Paynesville – Hon. Mention

### 160 Pounds

1. Sam Steffel - BOLD
2. Tyler Hemmesch - Paynesville
3. Travis Whitcomb – ACGC – Hon. Mention

### 189 Pounds

1. Deron Buboltz - ACGC
2. Brandon Manderschied - Minnewaska
3. Chris Carruth – Benson – Hon. Mention

### 285 Pounds

1. Dustin Caspers - BOLD
2. Dalton Staton - Benson
3. Dominick Platow – Paynesville – Hon. Mention

MOST OUTSTANDING WRESTLER - Collin Jergenson – Minnewaska



## WCC Gymnastics

### All Conference

Briquelle Bowden - Paynesville/EV-W

Allison Bratberg – NL-S

Hayley Brinkman – Melrose

Michelle Hanson – Benson/KMS

Alana Dietz – NL-S

Hillary Brink – NL-S

Holly Markham – Melrose

Jailyn Brinkman – Melrose

Carly Aho – LP-GE

Caitlyn Gotwald – Paynesville/EV-W

Katie Huot – Morris

Megan Meyer – Melrose

Danielle Hanson – Benson/KMS

Laura Hoffman – Benson/KMS

Briana Ruter - Melrose