



**2009-2010 WCC Fall All-Conference Performers:**

WCC-South Girls' Cross Country

1. Madi Sachs – Minnewaska
2. Tera Walker – LQPV/DB
3. Makena Hofer - Monetvideo
4. Hannah Ehling
5. Whitney Hermanson – LQPV/DB
6. Erika Schlangen – Paynesville
7. Allie Stanger - Paynesville
8. Bethe Ostlie - Montevideo
9. Anna Caruth - Montevideo
10. Eleni Binfeld - Montevideo
11. Jesscia Senkyr - BOLD
12. Britteny Hemmesch - Paynesville
13. Heather Rickert - Montevideo
14. Jennifer Kack – LQPV/DB

WCC-South Boys' Cross Country

1. Roy Reese – Morris
2. Ben Murphy – Benson
3. Gage Sachs – Minnewaska
4. Cade Robertson – LQPV/DB
5. Kyle Schulte – BOLD
6. Drew Meyer – Montevideo
7. Alex Stamp – LQPV/DB
8. Jacob Braaten - Minnewaska
9. Anthony Poepping – Paynesville
10. Bret Deyo – LQPV/DB
11. Daniel Tiernan - Morris
12. Darin Stevens - Montevideo
13. Tyler Kuno - Montevideo
14. Ben Richard - Montevideo

WCC-North Girls' Cross Country

1. Greta Danielson - Cathedral
2. Elena Danielson - Cathedral
3. Emma Johnson - Mora
4. Spencer Erickson – NL-S
5. Amber Balvin - Mora
6. Ashlee Bahlmann - Mora
7. Kenney Jurek - Foley
8. Morgan Durbin - Cathedral
9. Ana Juarez – LP-GE
10. Dana Kuelbs – LP-GE
11. Bridgid Brew - Cathedral
12. Maren Greenwaldt – Sauk Centre
13. Julia Putz - Milaca
14. Kirsten Bates - Albany

WCC-North Boys' Cross Country

1. Austin Bauer - Milaca
2. Grant Wintheiser - Cathedral
3. Landon Bauer - Albany
4. Chris Pohlmann – LP-GE
5. Jacob Gerhartz – Sauk Centre
6. Andrew Coop - Mora
7. Cody Warner – LP-GE
8. John Amundson - Mora
9. Mike Kluver – Sauk Centre
10. Charlie Lawrence - Foley
11. Sam Burt - Cathedral
12. Thomas Friebe - Cathedral
13. Brandon Chandler - Cathedral
14. Kyle Kudak - Cathedral



### WCC-North Girls' Tennis

Alec Dahlquist - Cathedral  
Erin Stocker - Cathedral  
Emma Dunning - Foley  
Nicole Gapinski - Foley  
Alisha Cantor - Foley  
Hannah Cantor - Foley  
Sarah Holt – LP-GE  
Kimmy Mrozek – LP-GE  
Rynae Nelson – LP-GE  
Hailey Brinkman - Melrose  
Megan Bergeson – NL-S  
Amanda Radel – NL-S  
Leah Amundson – Sauk Centre  
Chelsea Donnay – Sauk Centre  
Laura Hintzen – Sauk Centre  
Christine Zimmerman – Sauk Centre



### WCC-South Girls' Tennis

Abby Fragodt - Benson  
Laure Paulson - Minnewaska  
Sarah Faehnrich - Minnewaska  
Gina Peters - Minnewaska  
Shelby Monahan - Montevideo  
Breanna Jenks - Minnewaska  
Catherine James - Benson  
Chelsey Goff - Benson  
Cassie Johnson - Benson  
Avery Carlborn - Montevideo  
Lauren Alsaker - Benson  
Karley Weir – LQPV-DB  
Aundrea Johnson - Minnewaska  
Grace Christian - YME  
Colleen Morken – LQPV-DB  
Jenessa Runia - Montevideo  
Kayla Hegna – YME – Hon. Ment.  
Catherine Haugen – Montevideo – Hon. Ment.  
Tabby Sanderson - Hon. Ment.  
Brittany Engesmoe – LQPV-DB – Hon. Ment.  
Megan Jergenson – Minnewaska – Hon. Ment.  
Hillary Wilts – Benson – Hon. Ment.



## WCC-North Girls' Volleyball

### New London-Spicer

Justine Dammermann  
Taylor Thompson  
Cassie Ziemer  
Karli Wendlandt  
Jenna Moritz – Honorable Mention

### Sauk Centre

Savana Weller  
Kaitlyn Kaiser  
Rachel Gruber  
Kali Peschel  
Shelby Deters – Honorable Mention

### Cathedral

Sam Greeney  
Erin Januschka  
Kayla Theis – Honorable Mention

### Melrose

Lynn Wenker  
Victoria Kuhns  
Brittney VanDrehle – Honorable Mention

### Albany

Alyssa Kalthoff  
Samantha Schlangen  
Ashley Hannig – Honorable Mention

MOST VALUABLE HITTER - Savana Weller – Sauk Centre

MOST VALUABLE SETTER – Justine Dammermann – NL-S

MOST VALUABLE DEFENDER – Victoria Kuhns - Melrose

### Foly

Tessa Winkelman  
Brooke Dahler  
Amy Gilyard - Honorable Mention

### Long Prairie-Grey Eagle

Haley Sprenger  
Erin Roe – Honorable Mention

### Milaca

Anne Broberg  
Megan Kok – Honorable Mention



## WCC-South Girls' Volleyball

### Benson

Kayla Hampton  
Taylor Semler  
Mallory Jensen  
Emily Auch  
Rachel Bausman – Honorable Mention

### Morris

Jenna Nelson  
Erin Schieler  
Brooke Anderson  
Dani Schultz – Honorable Mention

### Yellow Medicine East

Aimee Johnson  
Emily Baker  
Mariah Skjefte – Honorable Mention

### ACGC

Lauren Kinzler  
Miranda Hopp  
Hailey Williams – Honorable Mention

### BOLD

Nikki Neisen  
Steph Novotny

MOST VALUABLE HITTER – Kayla Hampton - Benson

MOST VALUABLE SETTER – Taylor Semler – Benson

MOST VALUABLE DEFENDER – Brooke Anderson - Morris

### Montevideo

Brooke Tastad  
Beka Schwendemann  
Carly Beals – Honorable Mention

### Minnewaska

Allie Ostrander  
Chelsea Geiser – Honorable Mention  
Paynesville  
Caitly Gottwald  
Taylor Haag – Honorable Mention



## WCC-North Football

### NL-S

Jake Essler  
John Nething  
Justin Zylstra  
Aaron Johnson  
Luke Peterson  
Erick Tengwall  
Austin Wentzlauff – Honorable Mention  
Jayme Moten – Honorable Mention

### Albany

Adam Harlander  
Bryan Schlangen  
Zach Noreen  
BJ Bueckers  
Ben Tamm  
Sam Conrad – Honorable Mention  
Jon Atkinson – Honorable Mention

### Mora

Dylan Graves  
Tyler Jones  
Harley Lindberg  
Andrew Youngblom  
JohnClair Kubesh – Honorable Mention  
Andy Felland – Honorable Mention

### Foley

Montrel Hewsworth  
Nick Jansen  
Keith Roehl  
Brandon Seppelt – Honorable Mention  
Justin Bowland – Honorable Mention

### Milaca

Ripp Baker  
Marshall Hopp  
Sam Johnson – Honorable Mention  
Travis Bertram – Honorable Mention

### Melrose

Chris Klaphake  
Marcus Hemker  
Kris Wensmann  
Evan Reller – Honorable Mention  
Brandon Sawyer – Honorable Mention

### Sauk Centre

Tyler Berling  
Bryce Hentges  
John Gusewelle – Honorable Mention  
Joe Bromenshenkel – Honorable Mention

### Cathedral

Adam Sperl  
Bryce Bowar  
Blake Bellefeuille – Honorable Mention  
Ben Koenig – Honorable Mention

Most Valuable Player – Jake Essler  
Most Valuable Back – Montrel Hewsworth  
Most Valuable Receiver – Dylan Graves  
Most Valuable Defender – B.J. Bueckers  
Most Valuable Lineman – Justin Zylstra  
Most Valuable Lineman – Zach Noreen



## WCC-South Football

### BOLD

Brent O'Halloran  
Alex Steffel  
Jacob Mikosch  
Shawn Dollerschell  
Andrew Brooks  
Alex Gay  
Dustin Caspers  
Tyler Minkel – Honorable Mention  
Reed Nelson – Honorable Mention

### YME

Tyler Sand  
Jordan Hagert  
Dylan Lindstrom  
Mason Hegna  
Bobby Lecy  
Nick Lecy  
Devon Drydahl – Honorable Mention  
Hunter Lecy – Honorable Mention

### Morris

Cody Hickman  
Eric Riley  
Tyler Hansen  
Jonathan Jallo  
Tanner Berning – Honorable Mention  
Ryan Beyer – Honorable Mention

### ACGC

Mitch Tauer  
Randy Peterson  
Trevor Heining  
Dylan Nelson  
Eric Whitcomb – Honorable Mention  
Tyler Whitcomb – Honorable Mention

### Montevideo

Tom Grages  
Ryan Tostenson  
Mitch Christensen  
Robert Person  
Garrett Norby – Honorable Mention  
Christian Brabender – Honorable Mention

### Minnewaska

Michael Whittemore  
Brandon Manderscheid  
Micah Klemme  
Eric Elbe  
Brady Johnsrud – Honorable Mention  
Ryan Kleven – Honorable Mention

### Paynesville

Justin Frank  
Riley Kampsen  
Matt Schmiesing – Honorable Mention  
Josh Plantenberg – Honorable Mention

### LQPV

Ryan Hoium  
Jacob Redepenning  
Brandon Weber – Honorable Mention  
Sam Haas – Honorable Mention

### Benson

Derek Hilleren  
Brady Wersinger – Honorable Mention  
Jeff Berens – Honorable Mention

### LP-GE

Taylor Kaiser  
Kyle Middendorf – Honorable Mention  
Stanley Harvey – Honorable Mention

MOST VALUABLE PLAYER – Brent O'Halloran

DEFENSIVE PLAYER OF THE YEAR – Tyler Sand    MOST VALUABLE LINEMAN – Shawn Dollerschell

MOST VALUABLE BACK – Alex Steffel    MOST VALUABLE RECEIVER – Justin Frank

COACH OF THE YEAR – Steve Solem (BOLD)



## WCC Girls' Swimming

\*Places 1 & 2 are All Conference; Places 3 & 4 are Honorable Mention

### 200 Medley Relay

1. Cathedral/SJU
2. Melrose
3. Minnewaska/Morris
4. Albany

### 200 IM

1. Maddy Pesch – Cathedral/SJU
2. Emily Brown - Foley
3. Shelby Kulzer - Albany
4. Ann Saliars – Cathedral/SJU

### Diving

1. Morgan Kingston - Melrose
2. Hailey Totzke - Milaca
3. Brandi Hanisch – Cathedral/SJU
4. Jackie Blomker - Melrose

### 100 Free

1. Kirsten Beste – Melrose
2. Kiah Dahlquist - Foley
3. Kristen Orth - Melrose
4. Amanda Warzecha - Melrose

### 200 Free Relay

1. Sauk Centre
2. Melrose
3. Foley
4. Montevideo

### 100 Breaststroke

1. Maddy Pesch – Cathedral/SJU
2. Kelli Nadeau - Foley
3. Jenna Orth - Melrose
4. Vanessa Richter - Albany

### 200 Freestyle

1. Josie Wittwer - Foley
2. Jenna Tullis – Sauk Centre
3. Smanatha Rasmussen - Melrose
4. Abbie Glasener – Melrose

### 50 Free

1. Megan Rieland – Sauk Centre
2. Kristen Beste - Melrose
3. Kiah Dahlquist - Foley
4. Bridget Opdahl – Minnewaska/Morris

### 100 Butterfly

1. Erin Winschitl – Cathedral/SJU
2. Megan Rieland – Sauk Centre
3. Ann Saliars – Cathedral/SJU
4. Tiana Barsness – Minnewaska/Morris

### 500 Free

1. Josie Wittner - Foley
2. Samantha Rasmussen - Melrose
3. Jenna Tullis – Sauk Centre
4. Abbie Glasener - Melrose

### 100 Backstroke

1. Erin Windschitl – Cathedral/SJU
2. Kayla Anderson - Melrose
3. Paige Entzi – Minnewaska/Morris
4. Amy Schiffler - Albany

### 400 Free Relay

1. Melrose
2. Sauk Centre
3. Foley
4. Cathedral/SJU