

## NEWS RELEASE

FOR IMMEDIATE RELEASE

Nick Kornder • Asst. Commissioner for Media Relations • 161 St. Anthony Ave. Ste 920 • St. Paul, MN 55103 • P: 651.288.4017 • F: 651.224.8583 • [Kornder@northernsun.org](mailto:Kornder@northernsun.org)

### 2007 NSIC Spring All-Academic Teams Announced

St. Paul, Minn. — The Northern Sun Intercollegiate Conference has announced its All-Academic Teams for the 2007 spring athletic season. To be eligible for this honor, the student-athlete must be a member of the varsity traveling team and have a cumulative grade point average of 3.20 or better. Furthermore, the student-athlete must have reached sophomore academic and athletic standing at the institution represented with one full year completed at that particular institution.

#### BASEBALL

Casey Allar	So.	Bemidji State	Sartell, Minn.
Bryan Buhr	So.	Bemidji State	Frazee, Minn.
Shaun Corbett	Jr.	Bemidji State	Mora, Minn.
P.J. McIntee	So.	Bemidji State	Randolph, Minn.
Eric Pilgrim	Sr.	Bemidji State	Park Rapids, Minn.
Josh Silvernagel	So.	Bemidji State	Bismarck, N.D.
Tony Boxwell	Sr.	Concordia-St. Paul	Coon Rapids, Minn.
Jacob Campion	Sr.	Concordia-St. Paul	Robbinsdale, Minn.
Damien Dukek	Jr.	Concordia-St. Paul	Shoreview, Minn.
Kirk Ingram	So.	Concordia-St. Paul	Woodbury, Minn.
Paul McKenzie	Sr.	Concordia-St. Paul	Minnetonka, Minn.
Greg Winegarden	Sr.	Concordia-St. Paul	Eden Prairie, Minn.
Jacob Bernhagen	Sr.	University of Mary	Billings, Mont.
Blaze Culliton	So.	University of Mary	Great Falls, Mont.
Tyler Porter	So.	University of Mary	Colorado Springs, Colo.
Brennan Quintus	So.	University of Mary	Dickinson, N.D.
Eric Ross	So.	University of Mary	Williston, N.D.
John Smetana	Jr.	University of Mary	Lansford, N.D.
Kyle Nyquist	Sr.	Minnesota, Crookston	Cokato, Minn.
Jeff Freeman	Sr.	SW Minnesota State	Willmar, Minn.
Greg Laughlin	So.	SW Minnesota State	Eden Prairie, Minn.
Jake Munsch	So.	SW Minnesota State	Alexandria, Minn.
Ryan Norman	Sr.	SW Minnesota State	Spirit Lake, Iowa
Tony Rislov	So.	SW Minnesota State	Pierre, S.D.
Dereck Salisbury	Sr.	SW Minnesota State	Grand Rapids, Minn.
Billy Spieker	Sr.	SW Minnesota State	Willmar, Minn.
Justin Downes	Sr.	Northern State	Atwater, Minn.
Scott Jungwirth	So.	Northern State	Redfield, S.D.
Adam Kampsen	Jr.	Northern State	Paynesville, Minn.
Tyler Oliver	Jr.	Northern State	Seward, Neb.
Ryan Arp	So.	Upper Iowa	Cedar Rapids, Iowa
Dan Berg	Sr.	Upper Iowa	Watkins, Minn.
Zach Raff	So.	Upper Iowa	Sheboygan, Wis.
Erik Sorensen	So.	Upper Iowa	Bettendorf, Iowa
Mitch Walser	Sr.	Upper Iowa	Cedar Rapids, Iowa
Scott Bidroski	Sr.	Wayne State	Omaha, Neb.
Connor Bramlet	Sr.	Wayne State	Wheatland, Wyo.
Jordan Deglan	Sr.	Wayne State	Langley, British Columbia
Mitch Herrick	Jr.	Wayne State	Council Bluffs, Iowa
Dustin Jones	Sr.	Wayne State	Dakota Dunes, S.D.
Ryan Kolo	So.	Wayne State	Loveland, Colo.
Kyle Redmond	Jr.	Wayne State	Newark, Calif.
Jim Sake	So.	Wayne State	Valley, Neb.
Sean Soderberg	So.	Wayne State	Fremont, Neb.
Jordan Webb	Jr.	Wayne State	Layton, Utah
Benjamin Samuelson	Sr.	Winona State	Pine City, Minn.
Andrew Kes	Jr.	Winona State	Eagan, Minn.
Brett Maxwell	Jr.	Winona State	Stillwater, Minn.
Michael Brabender	So.	Winona State	Middleton, Wis.
Kyle Hanken	So.	Winona State	Maple Grove, Minn.

#### WOMEN'S SOFTBALL

Kelly Carlson	So.	Bemidji State	Hines, Minn.
Jamie Docken	Jr.	Bemidji State	Owatonna, Minn.
Lindsey Imhof	Sr.	Bemidji State	Littlefork, Minn.
Amy Klaers	So.	Bemidji State	Elk River, Minn.
Katie Prettyman	So.	Bemidji State	International Falls, Minn.
Jessica Pullar	Jr.	Bemidji State	Elk River, Minn.
Melissa Bergdall	So.	Concordia-St. Paul	Cottage Grove, Minn.
Natalie Mast	So.	Concordia-St. Paul	Oakdale, Minn.
Amanda Turba	Sr.	Concordia-St. Paul	Wisconsin Rapids, Wis.
Tessa Looker	Sr.	University of Mary	Missoula, Mont.
Michelle Meza	So.	University of Mary	Sacramento, Calif.
Jessica Olson	Sr.	University of Mary	Tacoma, Wash.
Jessica Phelps	Jr.	University of Mary	Gillette, Wyo.
Hatty Rossow	So.	University of Mary	Lakefield, Minn.
Maureen Tacke	Jr.	University of Mary	Greencreek, Idaho
Kristi Wist	Sr.	University of Mary	Saskatoon, SK
Kelsey Fehl	Sr.	MSU Moorehead	Willmar, Minn.
Meghan Powers	Jr.	MSU Moorhead	Bloomington, Minn.
Kristin Fritz	Jr.	Minnesota, Crookston	Granada, Minn.
Lorelei McGee	So.	Minnesota, Crookston	Moose Lake, Minn.
Britney Winkelman	So.	Minnesota, Crookston	Foley, Minn.
Cassie Yates	So.	Minnesota, Crookston	Buffalo, Minn.
Jessica Donoho	Sr.	SW Minnesota State	Bloomington, Minn.
Nicole Fringer	Sr.	SW Minnesota State	Omaha, Neb.
Jessica Paczosa	So.	SW Minnesota State	Inver Grove Hts, Minn.
Angela Rohne	So.	SW Minnesota State	Austin, Minn.
Mary Sobiech	Sr.	SW Minnesota State	Wyoming, Minn.
Audrey Decker	Sr.	Northern State	St. Charles, Minn.
Jenna Drey	Sr.	Northern State	Burke, S.D.
Cortney Halsey	So.	Northern State	Wheatland, Wyo.
Sara Lipetzky	Sr.	Northern State	Sioux Falls, S.D.
Heather Olson	So.	Northern State	Rosemount, Minn.
Christi Schulte	Jr.	Northern State	Sioux Falls, S.D.
Kami Appelt	So.	Upper Iowa	Marysville, Calif.
Danielle DeSerano	So.	Upper Iowa	Waterloo, Iowa
Jessica Gress	Jr.	Upper Iowa	Waterloo, Iowa
Jena Kilburg	Sr.	Upper Iowa	Bellevue, Iowa
Katie Kilburg	Jr.	Upper Iowa	Bellevue, Iowa
Kimberly Misulich	Jr.	Upper Iowa	Marysville, Calif.
Ashley Spooner	So.	Upper Iowa	Waterloo, Iowa
Karen Hain	Sr.	Wayne State	Bee, Neb.
Bre Parks	Sr.	Wayne State	Kansas City, Mo.
Kiley Jo Peterson	So.	Wayne State	Utica, Neb.
Sara Salmen	Jr.	Wayne State	Lawton, Iowa
Stacy Shonka	Sr.	Wayne State	Schuyler, Neb.
Dawn Spale	Jr.	Wayne State	Schuyler, Neb.
Kristen Fossell	Jr.	Winona State	Oak Creek, Wis.
Chelsea Rosenow	Jr.	Winona State	Chippewa Falls, Wis.
Katie Hanson	So.	Winona State	Rice Lake, Wis.

#### MEN'S OUTDOOR TRACK & FIELD

Michael Hougen	Sr.	Bemidji State	Bemidji, Minn.
Kyle Nooker	So.	Bemidji State	Green Bay, Wis.
Zac Preble	So.	Bemidji State	Coleraine, Minn.
Todd Zeidler	Sr.	Bemidji State	Plentywood, Mont.
Paul James	Jr.	Concordia-St. Paul	St. Paul, Minn.
Kyle Warren	Sr.	Concordia-St. Paul	Savage, Minn.

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The NSIC is a 10-team, 17-sport, NCAA Division II Conference with teams located in Iowa, Minnesota, Nebraska, North Dakota and South Dakota.

Bemidji State • Concordia - St. Paul • Univ. of Mary • Minnesota, Crookston • Minnesota State Moorhead • Northern State • SW Minnesota State • Upper Iowa • Wayne State • Winona State



## 2007 NSIC SPRING ALL-ACADEMIC TEAM

### MEN'S OUTDOOR TRACK & FIELD (CONT)

Renato Otten	Jr.	Concordia-St. Paul	St. Paul, Minn.
Matt Eicheldinger	So.	Concordia-St. Paul	Montrose, Colo.
Troy Shoberg	Sr.	Concordia-St. Paul	Forest Lake, Minn.
Joshua Dinius	Sr.	University of Mary	Langdon, N.D.
Joshua Obrigewitch	Jr.	University of Mary	Bismarck, N.D.
Kurt Rettig	So.	University of Mary	Medina, N.D.
Luke Schander	Jr.	University of Mary	Bowdon, N.D.
Tony Wood	Sr.	University of Mary	McCall, Idaho
Kyle Eckhoff	So.	MSU Moorhead	Willmar, Minn.
Daniel Fetzer	Jr.	MSU Moorhead	Garrison, N.D.
Erik Hest	So.	MSU Moorhead	Moorhead, Minn.
Tim Nesheim	Sr.	MSU Moorhead	Northwood, N.D.
David Teige	So.	MSU Moorhead	Poplar, Wis.
Tim Baustain	So.	Northern State	Dell Rapids, S.D.
Kevin Dahlberg	So.	Northern State	Valley City, N.D.
Cody Hageman	So.	Northern State	Hoven, S.D.
Garrett Flamig	So.	Wayne State	Humphrey, Neb.
Cody Gregory	Jr.	Wayne State	Walton, Neb.
Jeremiah Herron	Sr.	Wayne State	McCook, Neb.
Peter Ray	So.	Wayne State	Spalding, Neb.
Matt Schneider	Jr.	Wayne State	Nebraska City, Neb.
Ryan Williams	So.	Wayne State	Sioux City, Iowa

### WOMEN'S OUTDOOR TRACK & FIELD

Caitlin Crummy	So.	Bemidji State	Monticello, Minn.
Sheena Devine	Jr.	Bemidji State	North Branch, Minn.
Nicole Friend	Sr.	Bemidji State	International Falls, Minn.
Melissa Graber	So.	Bemidji State	Bemidji, Minn.
Jamie LeDuc	So.	Bemidji State	International Falls, Minn.
Kristen Mitteness	So.	Bemidji State	Morris, Minn.
Margaret Osgood	So.	Bemidji State	St. Cloud, Minn.
Breanne Woinarowicz	Jr.	Bemidji State	Stephen, Minn.
Shae Wallin	Jr.	Concordia-St. Paul	Big Lake, Minn.
Stephanie Roegner	Sr.	Concordia-St. Paul	St. Louis, Mo.
Kaitlin Hartnett	Jr.	Concordia-St. Paul	Omaha, Neb.
Jayne Anderson	So.	Concordia-St. Paul	Deer Park, Wis.
Kendall Bruhl	Jr.	Concordia-St. Paul	Lakewood, Colo.
Ambria Brantner	So.	University of Mary	Yakima, Wash.
Kayla Campbell	Sr.	University of Mary	Bottineau, N.D.
Olivia Friestad	Sr.	University of Mary	Rugby, N.D.
Kristen Frohlich	Jr.	University of Mary	Monroe, Utah
Destinee Keller	Jr.	University of Mary	Beulah, N.D.
Karolyn Kohl	Jr.	University of Mary	Froid, Mont.
Hannah Moen	Jr.	University of Mary	Galesburg, N.D.
Ivy Roe	Jr.	University of Mary	Kindred, N.D.
Sonny Schulz	So.	University of Mary	Watford City, ND
Ann Marie Simonich	Sr.	University of Mary	Colstrip, Mont.
Rayne Berndt	Jr.	MSU Moorhead	Bainville, Mont.
Lindsay Brustad	So.	MSU Moorhead	Outing, Minn.
Michelle Hanson	So.	MSU Moorhead	Dickinson, N.D.
Jennifer Hensel	So.	MSU Moorhead	Frazee, Minn.
Sara Julsrud	So.	MSU Moorhead	Grand Forks, N.D.
Diane Miller	Jr.	MSU Moorhead	Fargo, N.D.
Ashley Roemer	Jr.	MSU Moorhead	Maple Lake, Minn.
Alison Streyle	So.	MSU Moorhead	Mandan, N.D.
Allison Swenson	Jr.	MSU Moorhead	Halliday, N.D.
Jessica Trautwein	Sr.	MSU Moorhead	Fargo, N.D.
Heather Bonn	So.	Northern State	Aberdeen, S.D.
Naomi Even	So.	Northern State	Lusk, Wyo.
Laura Smith	So.	Northern State	Hazel, S.D.
Jadrienne Lippman	So.	Wayne State	Pierce, Neb.
Erin Oswald	Sr.	Wayne State	Aurora, Neb.
Rachel Roebke	Jr.	Wayne State	Seward, Neb.
Tanna Walford	Sr.	Wayne State	York, Neb.
Megan Zavorka	So.	Wayne State	Torrington, Wyo.
Nicole Lonning	Sr.	Winona State	Ellendale, Minn.
Adi Luedtke	Sr.	Winona State	Andover, Minn.
Bria Magnuson	Sr.	Winona State	Cold Spring, Minn.
Elizabeth Bauman	Sr.	Winona State	Delano, Minn.

### WOMEN'S OUTDOOR TRACK & FIELD (CONT)

Jessica Devine	Jr.	Winona State	La Crosse, Wis.
Nicole Olson	Jr.	Winona State	Stevens Point, Wis.
Jamie Christy	So.	Winona State	Rochester, Minn.
Lindsey Derby	So.	Winona State	Dubuque, Iowa
Laura Fujan	Sr.	Winona State	Willmar, Minn.
Courtney MacLoud	So.	Winona State	Chanhassen, Minn.
Kathryn McElroy	So.	Winona State	Pardeeville, Wis.
Lisa Meyer	So.	Winona State	Bloomington, Minn.

### WOMEN'S TENNIS

Amy Erickson	So.	Bemidji State	Roseau, Minn.
Julie Kapsner	So.	Bemidji State	Pierz, Minn.
Kristen Lexcen	Jr.	Bemidji State	Andover, Minn.
Miranda Christen	Sr.	University of Mary	Williston, N.D.
Chelsey Stark	Sr.	University of Mary	Jamestown, N.D.
Julie Zaruba	Sr.	University of Mary	Monticello, Minn.
Laura Benz	So.	MSU Moorhead	Fargo, N.D.
Heather Buesing	Jr.	MSU Moorhead	Marshall, Minn.
Bethany Helgeson	Sr.	MSU Moorhead	Spicer, Minn.
Kayla Parker	Jr.	MSU Moorhead	Bismarck, N.D.
Miranda Quast	Sr.	MSU Moorhead	Mandan, N.D.
Alyssa Schafer	So.	MSU Moorhead	Mandan, N.D.
Jamie Enger	Sr.	SW Minnesota State	Hanley Falls, Minn.
Nicole Hartmann	Sr.	SW Minnesota State	Omaha, Neb.
Ramona Lerch	So.	SW Minnesota State	Sao Paulo, Brazil
Sam Stenzel	Sr.	SW Minnesota State	St. James, Minn.
Sarah Hildebrandt	Sr.	SW Minnesota State	St. James, Minn.
Megan Hertz	Sr.	Winona State	Wausau, Wis.
Maggie Lindquist	Sr.	Winona State	New Hope, Minn.
Katie Katterheinrich	Sr.	Winona State	Coon Rapids, Minn.
Holly Peltier	So.	Winona State	White Bear Lake, Minn.
Courtney Zinter	So.	Winona State	Hanover, Minn.

