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# NSI C SPORTS RELEASE

November 22, 2005

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## 2005 NSIC Fall All-Academic Teams Announced

St. Paul, Minn. — The Northern Sun Intercollegiate Conference has announced its All-Academic Teams for the 2005 fall 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.

### Men's Cross Country

Name	Yr.	School	Hometown
Paul James	So.	Concordia-St. Paul	St. Paul, Minn.
Renato Otten	Jr.	Concordia-St. Paul	St. Paul, Minn.
Evan Palanschat	So.	Concordia-St. Paul	St. Paul, Minn.
Kyle Warren	Jr.	Concordia-St. Paul	Savage, Minn.
Brad Plack	So.	Northern State	Madison, S.D.
Trent Waage	So.	Northern State	Aberdeen, S.D.
Ben Crabtree	Sr.	Wayne State	Lennox, S.D.
Jeremiah Herron	Jr.	Wayne State	McCook, Neb.
Matt Schneider	So.	Wayne State	Nebraska City, Neb.
Nick Hartlep	Jr.	Winona State	Green Bay, Wis.
Jason Mork	So.	Winona State	Iola, Wis.
Aaron Schwarzenbart	Sr.	Winona State	Appleton, Wis.

### Women's Cross Country

Name	Yr.	School	Hometown
Nicole Friend	Jr.	Bemidji State	Intl. Falls, Minn.
Erin Hansen	Sr.	Bemidji State	Apple Valley, Minn.
Ali Judkins	So.	Bemidji State	Bemidji, Minn.
Brittney Olson	So.	Bemidji State	Maple Grove, Minn.
Christa Pribula	Sr.	Bemidji State	E. Grand Forks, Minn.
Dominique Quinn	Jr.	Bemidji State	Forest Lake, Minn.
Jillian Schuster	So.	Bemidji State	Brownston, Minn.
Kendall Bruhl	So.	Concordia-St. Paul	Lakewood, Colo.
Amanda Mueller	Sr.	Concordia-St. Paul	Forest Lake, Minn.
Erin Thompson	Jr.	Concordia-St. Paul	Trenton, Minn.
Shae Wallin	So.	Concordia-St. Paul	Big Lake, Minn.
Kristin Dolence	Jr.	MSU Moorhead	Moorhead, Minn.
Kerry Plath	Sr.	MSU Moorhead	Cold Spring, Minn.
Kirsten Carl	So.	Northern State	Santa Rosa, Calif.
Erin Dreis	Sr.	Northern State	Aberdeen, S.D.
Carrie Kleindl	Jr.	Northern State	Graceville, Minn.
Lindsey Lesnar	Sr.	Northern State	Webster, S.D.
Jenny Rose	So.	Northern State	Huron, S.D.
Lisa Froistad	Sr.	Wayne State	Spring Valley, Calif.
Erin Norenberg	Sr.	Wayne State	Fremont, Neb.
Erin Oswald	Jr.	Wayne State	Aurora, Neb.
Haley Reeves	Jr.	Wayne State	Gordon, Neb.
Vallerie Belland	So.	Winona State	Eden Prairie, Minn.
Jesse Cummings	Jr.	Winona State	Phillips, Wis.
Heidi Inabnit	Sr.	Winona State	Albany, Wis.
Heidi Johnson	Jr.	Winona State	Hazelhurst, Wis.
Melanie Lindgren	So.	Winona State	DePere, Wis.

Jessica Moll	Jr.	Winona State	Brooklyn Park, Minn.
Jennifer Rognrud	Jr.	Winona State	Savage, Minn.

### Football

Name	Yr.	School	Hometown
Zach Christ	So.	Bemidji State	Buffalo, Minn.
Chad Christianson	Sr.	Bemidji State	Hudson, Wis.
Thomas "Ed" Henry	Jr.	Bemidji State	St. Cloud, Minn.
Dan Nagengast	So.	Bemidji State	Plymouth, Minn.
Nathan Sannes	Sr.	Bemidji State	Fertile, Minn.
Ryan S. Johnson	So.	Concordia-St. Paul	Litchfield, Minn.
Tim Klingbeil	Sr.	Concordia-St. Paul	Fridley, Minn.
Chuck Miesbauer	So.	Concordia-St. Paul	St. Paul, Minn.
Josh Prigge	Jr.	Concordia-St. Paul	Winona, Minn.
Jimmy Ries	So.	Concordia-St. Paul	Plymouth, Minn.
Brad Scherer	Jr.	Concordia-St. Paul	St. Joseph, Minn.
Nick Weiler	Jr.	Concordia-St. Paul	Weston, Wis.
Ben Aho	Sr.	Minnesota-Crookston	Cokato, Minn.
Pat McCabe	Jr.	Minnesota-Crookston	Bloomington, Minn.
Nate Emery	Sr.	Minnesota-Crookston	Coon Rapids, Minn.
Daniel Reed	So.	MSU Moorhead	Hillsboro, N.D.
Ethan Simonson	Jr.	MSU Moorhead	Austin, Minn.
Aaron Feterl	Sr.	Northern State	Deadwood, S.D.
Nick Kopplin	So.	Northern State	Tulare, S.D.
Josh LeBrun	Jr.	Northern State	Dell Rapids, S.D.
Matt Luze	So.	Northern State	Egan, S.D.
Craig Selland	Sr.	Northern State	Salem, S.D.
Ben Adams	So.	SW Minnesota State	LeRoy, Minn.
Tyler Fischer	So.	SW Minnesota State	Gettysburg, S.D.
Marques Korpela	Jr.	SW Minnesota State	Madison, Wis.
John Kunelius	Jr.	SW Minnesota State	Waterville, Minn.
Eric Oldenkamp	Sr.	SW Minnesota State	Chandler, Ariz.
Tony Rislov	So.	SW Minnesota State	Pierre, S.D.
Andy Schlichting	Jr.	SW Minnesota State	Chaska, Minn.
Grant Wells	So.	SW Minnesota State	Fonder, Iowa
Mike Wierson	Jr.	SW Minnesota State	Maxwell, Iowa
Tyler Chambers	Sr.	Wayne State	Treynor, Iowa
Dan Kruger	Sr.	Wayne State	Sheldon, Iowa
Zach Molacek	Jr.	Wayne State	Stanton, Neb.
Adam Peterson	Jr.	Wayne State	West Des Moines, Iowa
JR Rother	Jr.	Wayne State	Wolbach, Neb.
David Braun	Jr.	Winona State	Wales, Wis.
Jay Fogelson	Sr.	Winona State	Byron, Minn.
Matt Frommelt	So.	Winona State	Dubuque, Iowa
Matthew George	Jr.	Winona State	LaGrange, Ill.
Roy Kratt	Sr.	Winona State	Faribault, Minn.
Donte Pettis	Sr.	Winona State	Milwaukee, Wis.
Chad Sloden	Sr.	Winona State	Green Bay, Wis.
Scott Peterson	Jr.	Winona State	Harmony, Minn.
Skyler Samp	So.	Winona State	Algoma, Wis.
John Tackmann	Jr.	Winona State	Eau Claire, Wis.
Chris Zimmerman	Jr.	Winona State	Twins Lakes, Wis.

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## Volleyball

Name	Yr.	School	Hometown
Christa Anderson	Sr.	Bemidji State	Siren, Wis.
Brittney Burns	So.	Bemidji State	Henderson, Minn.
Brittney Carlson	So.	Bemidji Stat	New Prague, Minn.
Chelsea Utzerath	So.	Bemidji State	Beaver Dam, Wis.
Amy Blom	So.	Concordia-St. Paul	Prinsburg, Minn.
Funmi Fadirepo	Sr.	Concordia-St. Paul	Roseville, Minn.
Megan Graham	Jr.	Concordia-St. Paul	Dayton, Minn.
Kelsey Kyro	Jr.	Concordia-St. Paul	Minneapolis, Minn.
Jessica Lucia	Jr.	Concordia-St. Paul	Plymouth, Minn.
Monica McNamara	So.	Concordia-St. Paul	Zumbrota, Minn.
Cailin Terhaar	Sr.	Concordia-St. Paul	Apple Valley, Minn.
Ashley Olson	Jr.	Concordia-St. Paul	Circle Pines, Minn.
Val Olson	Sr.	Concordia-St. Paul	Spring Valley, Minn.
Theresa Crance	So.	Minnesota-Crookston	Timberlake, S.D.
Erin Flynn	Jr.	Minnesota-Crookston	Bloomer, Wis.
Katie Jeremiason	So.	Minnesota-Crookston	Marshall, Minn.
Lisa Steinbrecher	So.	Minnesota-Crookston	Seward, Alaska
Rebecca Anderson	Jr.	MSU Moorhead	Fargo, ND
Tina Lensing	So.	MSU Moorhead	Belgrade, Minn.
Sigourney Schaffer	Sr.	MSU Moorhead	Redfield, S.D.
Angie Aadahl	Sr.	Northern State	Elysian, Minn.
Chelsey Deibert	Sr.	Northern State	Aberdeen, S.D.
Katie Hegge	Jr.	Northern State	Dell Rapids, S.D.
Kellie Heier	Jr.	Northern State	Aberdeen, S.D.
Emily Knaeble	So.	Northern State	Andover, Minn.
Laura Nelson	Sr.	Northern State	Lyle, Minn.
Heather Pudwill	Jr.	Northern State	Lino Lakes, Minn.
Becky Smathers	Sr.	Northern State	Douglas, S.D.
Tricia Ingvalson	So.	SW Minnesota State	Caledonia, Minn.
Krystie Kaukola	Jr.	SW Minnesota State	Fairfax, Minn.
Kasey Loeslie	So.	SW Minnesota State	Tracy, Minn.
Sarah Quiram	So.	SW Minnesota State	LeSuer, Minn.
Mattie Burnham	So.	Wayne State	York, Neb.
Laura Dolezal	So.	Wayne State	Columbus, Neb.
Michelle Eckhardt	Jr.	Wayne State	Ayr, Neb.
Lani Recob	Sr.	Wayne State	Laurel, Neb.
Lisa Dobie	So.	Winona State	Glen Ellyn, Ill.
Amy Etheridge	So.	Winona State	Woodstock, Ill.
Kaylan Lati	Sr.	Winona State	Bloomington, Minn.
Megan Pulvermacher	Jr.	Winona State	Black Earth, Wis.

## Men's Golf

Name	Yr.	School	Hometown
Stephen Batcher	So.	Concordia-St. Paul	West Des Moines, Iowa
Ben Johnson	So.	Concordia-St. Paul	Maplewood, Minn.
Dave Rugg	Sr.	Concordia-St. Paul	Savage, Minn.
Logan Scheiwe	Sr.	Concordia-St. Paul	Pittsboro, Ind.
Matthew Hiller	Sr.	Minnesota-Crookston	Crookston, Minn.
Branden Schwartz	Sr.	Minnesota-Crookston	Brooklyn Park, Minn.
Phillip Hettick	So.	Northern State	Roscoe, S.D.
Craig Nelson	Jr.	Northern State	Mayville, N.D.
Kevin Loeffler	So.	Winona State	Caledonia, Minn.

## Women's Golf

Name	Yr.	School	Hometown
Kelsey Walt	So.	Concordia-St. Paul	Bloomington, Minn.
Nicole Voge	Sr.	MSU Moorhead	Springfield, Minn.
Raquel Heinle	Jr.	Northern State	Buchanon, N.D.

Lindsey Nelsen	Sr.	SW Minnesota State	Ortonville, Minn.
Erin Oakland	Jr.	SW Minnesota State	Fulda, Minn.
Maviann Schuler	So.	SW Minnesota State	Breckenridge, Minn.
Jeama Schultz	Jr.	SW Minnesota State	Springfield, Minn.
Alyssa Halvorson	Jr.	Winona State	Red Wing, Minn.
Jessica Nelson	Sr.	Winona State	Prescott, Wis.
Jill Staudt	So.	Winona State	Marble Rock, Iowa
Nikki Wilson	Jr.	Winona State	Bloomer, Wis.
Samantha Wolf	Sr.	Winona State	Hubertus, Wis.

## Women's Soccer

Name	Yr.	School	Hometown
Cristina Egnell	Sr.	Bemidji State	Brooklyn Center, Minn.
Erin Foss	Sr.	Bemidji State	Bismarck, N.D.
Katherine Meinhardt	Jr.	Bemidji State	Maple Grove, Minn.
Tegan Moehn	Jr.	Bemidji State	Ramsey, Minn.
Lindsey Natwick	Jr.	Bemidji State	Bismarck, N.D.
Emily Prall	So.	Bemidji State	White Bear Lake, Minn.
Tracy Ringgenberg	Jr.	Bemidji State	Baldwin, N.D.
Erica Thompson	So.	Bemidji State	Colorado Springs, Colo.
Megan Wallner	So.	Bemidji State	Bemidji, Minn.
Rachel Flaherty	Jr.	Concordia-St. Paul	St. Paul, Minn.
Lindsay Hartleben	Sr.	Concordia-St. Paul	Wausau, Wis.
Kelsey Carvell	Sr.	MSU Moorhead	Bismarck, N.D.
Megen DaPisa	Jr.	MSU Moorhead	Arlington Heights, Ill.
Danielle Reid	Jr.	MSU Moorhead	Winnipeg, Manitoba
Maureen Ross	Sr.	MSU Moorhead	Winnipeg, Manitoba
Jenna Zirnheld	Jr.	MSU Moorhead	Grand Forks, N.D.
Theresa Alexander	Jr.	Northern State	Cooper City, Fla.
Kimberly Anderson	Jr.	Northern State	Phoenix, Ariz.
Skadi Davison	Jr.	Northern State	West Fargo, N.D.
Melissa Gamble	Jr.	Northern State	Calgary, Alberta
Lissa Heaviland	Sr.	Northern State	Golden, Colo.
Jill Laydon	Sr.	Northern State	Arvada, Colo.
Elizabeth Malatesta	Jr.	Northern State	Cheyenne, Wyo.
Lara Steen	Sr.	Northern State	Brookings, S.D.
Larissa Strychun	So.	Northern State	Calgary, Alberta
Jessi Tuomi	So.	Northern State	Palmer, Alaska
Heidi Bennett	Jr.	SW Minnesota State	Robbinsdale, Minn.
Joelle Dean	So.	SW Minnesota State	Maple Grove, Minn.
Kristel Fortner	Jr.	SW Minnesota State	Maple Grove, Minn.
Leah Glines	Sr.	SW Minnesota State	Coon Rapids, Minn.
Andrea Loosbrock	Sr.	SW Minnesota State	Byron, Minn.
Cassie Raushel	Sr.	SW Minnesota State	Cloquet, Minn.
Kelly O'Connor	Sr.	Wayne State	Vermillion, S.D.
Melissa Benson	Jr.	Wayne State	Maple Grove, Minn.
Gena Romano	So.	Wayne State	Lincoln, Neb.
Meagan Shear	So.	Wayne State	Visalia, Calif.
Lindsay Wood	So.	Wayne State	Omaha, Neb.
Whitney Bernhardt	Jr.	Winona State	Chippewa Falls, Wis.
Molly Blum	So.	Winona State	Verona, Wis.
Kara Fritze	Jr.	Winona State	Apple Valley, Minn.
Sarah Griffith	Sr.	Winona State	Iowa City, Iowa
Kathryn Kramer	Sr.	Winona State	Appleton, Wis.
Anne Lauterer	So.	Winona State	St. Charles, Ill.
Lindsay Opgenorth	So.	Winona State	Green Bay, Wis.
Ashley Vodgs	Jr.	Winona State	Hartford, Wis.
Brooke Sherer	So.	Winona State	Minnnetonka, Minn.
Kallie Tellefsen	So.	Winona State	Andover, Minn.
Kayla Walters	So.	Winona State	Appleton, Minn.