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Cross Country



Howard's Grove High School 2004 Cross Country Results

Head Coach: Gary Kalk
Assistant Coach: Mark Buffington

**Howards Grove High School
Boys Cross Country
2004 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Kewaskum Meet	1	2	
Kiel Invite	5	4	
Green Bay Preble Relays @ UWGB	2	2	
Cedar Grove Invite	1	4	
Sheboygan Lutheran Invite @ UWS	6	10	
Valders Invite	6	1	
Plymouth Relays	2	5	
Kewaskum Invite	3	3	
County Meet @ UWS	3	5	
Campbellsport Invite	3	5	
Conference @ UWS	3	1	
Sectional @ Ripon	5	9	
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Varsity Totals	40	51	0

**Howards Grove High School
Girls Cross Country
2004 Team Record**

<u>Meet</u>	<u>Win</u>	<u>Lose</u>	<u>Tie</u>
Kewaskum Meet	1	1	
Kiel Invite	5	6	
Green Bay Preble Relays @ UWGB	1	3	
Cedar Grove Invite	1	4	
Sheboygan Lutheran Invite @ UWS	7	10	
Valders Invite	1	6	
Plymouth Relays	1	7	
Kewaskum Invite	2	3	
County Meet @ UWS	1	8	
Campbellsport Invite	2	7	
Conference @ UWS	4	2	
Sectional @ Ripon	4	10	
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Varsity Totals	30	67	0

Howards Grove Cross Country 2004 Boys Individual Meet Times

Name	Grade	Kewaskum 8/31	Kiel 9/2	Green Bay Preble 9/4 @ UWGB	Cedar Grove 9/9	Sheboygan Lutheran 9/14 @ UWS	Valders 9/16	Plymouth 9/21	Kewaskum 9/23	County 9/28 @ UWS	Campbellsport 10/7	Conference 10/14 @ UWS	Sectional 10/23 @ Ripon	Personal Best (Career)
Billy Philipps	10	23:23	24:07	22:34	22:13	22:24	23:56	22:21	23:08	-----	20:33	21:29	-----	20:33
Adam Post	10	19:35	20:21	19:14	17:59	18:43	19:20	18:31	18:52	18:44	18:39	18:47	19:00.28	17:59
Andrew Sonnenberg	10	22:37	23:19	21:52	21:00	21:37	22:44	21:47	21:25	21:27	21:43	21:09	21:42.84	21:00
Kyle Bahr	11	18:53	18:41	18:56	17:33	18:19	18:47	18:30	18:33	18:35	18:03	17:46	18:38.77	17:33
Tyler Biederwolf	11	19:09	18:40	18:19	-----	----	-----	18:52	19:02	18:07	18:06	18:02	18:46.66	18:02
Andy Buffington	11	20:36	21:54	21:20	19:24	21:03	20:50	20:27	20:17	19:41	19:27	19:28	19:57.93	19:14
Josh Schwinn	11	-----	-----	-----	-----	-----	-----	21:17	20:35	19:46	19:38	19:48	19:56.70	19:00
Bryan VanDeKreeke	11	20:31	20:15	20:15	-----	----	-----	-----	-----	-----	-----	-----	-----	18:49
Adam Heili	12	22:18	21:31	21:13	20:59	21:46	21:43	21:03	21:24	21:05	20:18	20:30	21:30.87	19:30
60th Percentile		21:41	21:54	20:00	19:46	21:05	22:39	19:38	20:17	19:27	19:38	19:52	19:55.63	

Howards Grove Cross Country 2004 Girls Individual Meet Times

Name	Grade	Kewaskum	Kiel	Green Bay Preble	Cedar Grove	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Campbellsport	Conference	Sectional	STATE	Personal Best (Career)
		8/31	9/2	9/4 @ UWGB	9/9	9/14 @ UWS	9/16	9/21	9/23 3.1 mi	9/28 @ UWS	10/7	10/14 @ UWS	10/23 @ Ripon	10/30 @ Wisconsin Rapids	
Emily Biederwolf	10	18:33	17:54	18:32	17:28	17:23	18:53	16:21	22:12	16:48	16:47	16:54	16:46.14	-----	16:21
Anna Holzwart	10	18:01	17:00	16:02	16:07	16:03	17:33	15:42	20:49	15:45	15:52	15:50	16:12.98	15:39.8	15:39.8
Emily Kisiolek	10	21:41	21:17	20:52	21:11	20:59	23:33	-----	-----	20:57	21:10	19:58	20:19.28	-----	19:58
Kortney Mansker	10	25:43	DNF	20:27	21:17	21:51	24:36	21:58	-----	21:45	22:25	20:55	-----	-----	20:27
Jena Olderman	10	22:39	21:25	20:27	20:12	20:40	22:08	20:14	26:41	-----	19:58	20:11	20:38.99	-----	19:58
Abby Weber	10	21:40	21:36	20:07	20:25	20:37	22:53	21:36	26:56	-----	19:52	19:17	20:24.85	-----	19:17
Leslie Oskey	11	19:59	19:55	19:14	19:29	20:19	21:57	19:24	26:08	-----	20:19	-----	20:25.08	-----	19:14
Celine Elzinga	11	22:46	23:00	21:02	21:16	21:20	22:13	20:42	-----	21:01	20:58	20:20	20:21.40	-----	19:34
Heidi Rooker	12	19:52	19:27	18:38	19:01	18:53	-----	18:30	-----	17:47	-----	18:06	-----	-----	17:47
Laura Gries	12	27:12	24:47	24:00	-----	----	-----	-----	-----	-----	-----	24:40	-----	-----	19:49
60th Percentile		21:30	20:12	18:38	20:10	19:36	21:57	18:14	26:05	18:33	18:47	18:53	18:46.98	17:00.1	

Howards Grove Cross Country 2004 Boys Varsity Letter Points

Name	Grade	Kewaskum	Kiel	Green Bay Preble	Cedar Grove	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Campbellsport	Conference	Sectional	Individual Point Totals (Season)
		8/31	9/2	9/4 @ UWGB	9/9	9/14 @ UWS	9/16	9/21	9/23	9/28 @ UWS	10/7	10/14 @ UWS	10/22 @ UWS	
Billy Philipps	10	1	1	1	1	1	1	1	1		1	1		10
Adam Post	10	1	1	1	1	1	1	1	1	1	1	2	2	14
Andrew Sonnenberg	10	1	1	1	1	1	1	1	1	1	1		1	11
Kyle Bahr	11	1	1	1	1	1	1	1	1	1	1	2	2	14
Tyler Biederwolf	11	1	1	1				1	1	1	1	2	2	11
Andy Buffington	11	1	1	1	1	1	1	1	1	1	1	2	1	13
Josh Schwinn	11							1		1	1	2	1	6
Bryan VanDeKreeke	11	1	1	1		1								4
Adam Heili	12	1	1	1	1	1	1	1	1	1	1	1	1	12
TOTALS		8	8	8	6	7	6	8	7	7	8	12	10	95

Howards Grove Cross Country 2004 Girls Varsity Letter Points

Name	Grade	Kewaskum	Kiel	Green Bay Preble	Cedar Grove	Sheboygan Lutheran	Valders	Plymouth	Kewaskum	County	Campbellsport	Conference	Sectional	STATE	Individual Point Totals (Season)
		8/31	9/2	9/4 @ UWGB	9/9	9/14 @ UWS	9/16	9/21	9/23 3.1 mi	9/28 @ UWS	10/7	10/14 @ UWS	10/22 @ UWS	10/30 @ Wisconsin Rapids	
Emily Biederwolf	10	1	1	1	1	1	1	1	1	1	1	2	2		14
Anna Holzwart	10	1	1	1	1	1	1	1	1	1	1	2	2	2	16
Emily Kisiolek	10	1	1	1	1	1	1			1	1	1	1		10
Kortney Mansker	10		1		1		1	1		1	1		1		7
Jena Olderman	10	1	1	1	1	1	1	1	1		1	1	1		11
Abby Weber	10	1	1	1	1	1	1	1	1		1	1	1		11
Leslie Oskey	11	1	1	1	1	1	1	1	1		1				9
Celine Elzinga	11	1	1	1	1		1	1		1	1	1	1		10
Heidi Rooker	12	1	1	1	1	1		1		1		2			9
Laura Gries	12														
TOTALS		8	9	8	9	7	8	8	5	6	8	10	9	2	97

**Howards Grove High School
Cross Country
2004 Awards**

Spirit Award	Leslie Oskey
Most Improved Runner	Kyle Bahr
Male Runner-of-the-Year/ Gatorade Player of the Year	Tyler Biederwolf
Female Runner-of-the-Year/ Gatorade Player of the Year	Anna Holzwart
Gatorade Will to Win Athletes	Abby Weber Adam Post
Gatorade Rookies of the Year	Emily Biederwolf Billy Philipps
All-Conference Athletes	Kyle Bahr Tyler Biederwolf Anna Holzwart Emily Biederwolf
State Participant	Anna Holzwart

Howards Grove High School

Boys Cross Country

5000 Meter Records

Records Kept Since 1992

Updated October 23, 2004

Rank	Name	Time	Meet/Invite	Year
1	Pat Buffington	16:46	Cedar Grove	2002
	Pat Buffington	16:46	Cedar Grove	2003
3	Chris Wickesburg	17:01	Sectional	1995
4	Pat Buffington	17:02	Kewaskum	2003
5	Pat Buffington	17:05.5	State	2003
6	Pat Buffington	17:09	Valders	2003
	Pat Buffington	17:09	Plymouth	2003
8	Pat Buffington	17:11	Reedsville	2001
9	Eric Lefeber	17:13	Cedar Grove	2001
10	Pat Buffington	17:14	Cedar Grove	2001
11	Pat Buffington	17:16	County	2003
12	Pat Buffington	17:20	State	2002
	Pat Buffington	17:20	Campbellsport	2003
14	Pat Buffington	17:23	Reedsville	2002
15	Chris Wickesburg	17:28	Reedsville	1995
16	Rob Mentink	17:32	Reedsville	1993
17	Pat Buffington	17:33	Plymouth	2002
	Pat Buffington	17:33	Green Bay Preble	2003
	Pat Buffington	17:33	Conference	2003
	Kyle Bahr	17:33	Cedar Grove	2004
21	Steve Grunewald	17:39	Reedsville	1995
22	Pat Buffington	17:41	Sectional	2003
23	Ben Wilson	17:43	Reedsville	1993
	Pat Buffington	17:43	Campbellsport	2002
25	Rob Mentink	17:45	State	1992
	Pat Buffington	17:45	Conference	2002
27	Eric Lefeber	17:46	Cedar Grove	2002
	Pat Buffington	17:46	Kiel	2003
	Kyle Bahr	17:46	Conference	2004
30	Pat Buffington	17:47	Sectional	2001
31	Chris Wickesburg	17:49	Sheboygan Lutheran	1993
	Pat Buffington	17:49	Kewaskum	2002
	Pat Buffington	17:49	Sheboygan Lutheran	2003
34	Joe Holzwart	17:50	St. Francis	1999
35	Steve Grunewald	17:51	Cedar Grove	1995
	Pat Buffington	17:51	Campbellsport	2001
	Eric Lefeber	17:51	Reedsville	2002
38	Pat Buffington	17:52	Kiel	2002
	Pat Buffington	17:52	Sectional	2002
40	Rob Mentink	17:53	Conference	1992
	Chris Wickesburg	17:53	Plymouth	1993
42	Steve Grunewald	17:54	Reedsville	1994
	Chris Wickesburg	17:54	County	1995
44	Chris Wickesburg	17:55	Cedar Grove	1995
	Eric Lefeber	17:55	Reedsville	2001
46	Rob Mentink	17:56	Sectional	1992
47	Rob Mentink	17:57	Conference	1993
48	Eric Lefeber	17:58	Plymouth	2001
49	Pat Buffington	17:59	County	2002
	Adam Post	17:59	Cedar Grove	2004

Rank	Name	Time	Meet/Invite	Year
51	Chris Wickesburg	18:00	County	1993
	Pat Buffington	18:00	Conference	2001
	Eric Lefeber	18:00	Conference	2002
54	Tyler Biederwolf	18:02	Conference	2004
55	Pat Buffington	18:03	State	2001
	Kyle Bahr	18:03	Campbellsport	2004
57	Pat Buffington	18:04	Sheboygan Lutheran	2002
58	Chris Wickesburg	18:05	Plymouth	1995
59	Eric Lefeber	18:06	Sheboygan Lutheran	2002
	Tyler Biederwolf	18:06	Campbellsport	2004
61	Rob Mentink	18:07	County	1993
	Eric Lefeber	18:07	Sectional	2001
	Tyler Biederwolf	18:07	County	2004
64	Brian Cudworth	18:08	Cedar Grove	1995
	Brian Cudworth	18:08	Reedsville	1995
	Eric Lefeber	18:08	Campbellsport	2002
67	Rob Mentink	18:09	County	1992
	Joe Holzwart	18:09	Conference	1998
69	Joe Holzwart	18:10	Plymouth	1999
	Eric Lefeber	18:10	Kewaskum	2002
71	Rob Mentink	18:12	Cedar Grove	1992
	Steve Grunewald	18:12	Valders	1995
	Eric Lefeber	18:12	Plymouth	2002
74	Eric Lefeber	18:13	Sheboygan Lutheran	2001
75	Chris Wickesburg	18:15	Cedar Grove	1993
	Chris Wickesburg	18:15	Valders	1995
	Adam Post	18:15	Cedar Grove	2003
78	Chris Wickesburg	18:16	Sheboygan Lutheran	1995
79	Ben Wilson	18:17	State	1992
	Brian Cudworth	18:17	County	1995
	Pat Buffington	18:17	Campbellsport	2000
	Eric Lefeber	18:17	County	2001
83	Joe Holzwart	18:18	Campbellsport	1999
	Pat Buffington	18:18	Sheboygan Falls @LTC	2002
85	Joe Holzwart	18:19	County	1999
	Joe Holzwart	18:19	Conference	1999
	Pat Buffington	18:19	Kewaskum	2000
	Tyler Biederwolf	18:19	Cedar Grove	2003
	Tyler Biederwolf	18:19	Green Bay Preble	2004
	Kyle Bahr	18:19	Sheboygan Lutheran	2004
91	Steve Grunewald	18:20	Conference	1994
	Steve Grunewald	18:20	County	1995
	Brian Sonnenberg	18:20	Reedsville	2001
	Eric Lefeber	18:20	Conference	2001
95	Pat Buffington	18:21	County	2001
96	Joe Holzwart	18:22	County	1998
	Eric Lefeber	18:22	Sectional	2002
98	Rob Mentink	18:24	Valders	1992
	Rob Mentink	18:24	Plymouth	1993
	Joe Holzwart	18:24	Sheboygan Lutheran	1998

**Howards Grove High School
Girls Cross Country
4000 Meter Records**

Records Kept Since 1993

Updated October 30, 2004

Rank	Name	Time	Meet/Invite	Year
1	Emily Post	15:08.6	State	2003
2	Emily Post	15:09	Campbellsport	2003
3	Emily Post	15:17	Plymouth	2003
	Emily Post	15:17	Conference	2003
5	Emily Post	15:21	Sectional	2003
6	Emily Post	15:22	Green Bay Preble	2003
7	Emily Post	15:29	Campbellsport	2002
	Emily Post	15:29	County	2003
9	Emily Post	15:31	State	2002
10	Emily Post	15:34	Cedar Grove	2003
11	Anna Holzwart	15:39.8	State	2004
12	Emily Post	15:41	State	2001
13	Anna Holzwart	15:42	Plymouth	2004
14	Anna Holzwart	15:45	County	2004
15	Emily Post	15:46	County	2002
	Emily Post	15:46	Sheboygan Lutheran	2003
17	Emily Post	15:48	Plymouth	2002
18	Anna Holzwart	15:50	Conference	2004
19	Emily Post	15:51	Conference	2002
20	Anna Holzwart	15:52	Campbellsport	2004
21	Emily Post	15:53	Sheboygan Lutheran	2002
22	Emily Post	15:55	Cedar Grove	2002
	Emily Post	15:55	Kiel	2003
24	Emily Post	15:59	Sectional	2002
25	Emily Post	16:02	Conference	2001
	Anna Holzwart	16:02	Green Bay Preble	2004
27	Emily Post	16:03	Sectional	2001
	Anna Holzwart	16:03	Sheboygan Lutheran	2004
29	Emily Post	16:04	Reedsville	2001
30	Anna Holzwart	16:07	Cedar Grove	2004
31	Emily Post	16:10	Valders	2003
32	Anna Holzwart	16:12.98	Sectional	2004
33	Emily Post	16:21	Kiel	2002
	Emily Biederwolf	16:21	Plymouth	2004
35	Anna Holzwart	16:28	Campbellsport	2003
36	Rachel Moir	16:33	County	1993
37	Emily Post	16:33	Plymouth	2001
	Emily Post	16:33	Campbellsport	2001
39	Rachel Moir	16:36	Sheboygan Falls	1993
40	Emily Post	16:38	Howards Grove	2003
41	Rachel Moir	16:39	Plymouth	1993
42	Emily Post	16:40	Sheboygan Falls @LT	2002
43	Anna Holzwart	16:43	Conference	2003
44	Anna Holzwart	16:46	Plymouth	2003
45	Emily Biederwolf	16:46.14	Sectional	2004
46	Emily Post	16:47	Sheboygan Lutheran	2001
	Emily Post	16:47	County	2001
	Emily Biederwolf	16:47	Campbellsport	2004
49	Emily Biederwolf	16:48	County	2004
50	Anna Holzwart	16:48.1	State	2003

Rank	Name	Time	Meet/Invite	Year
51	Anna Holzwart	16:51	County	2003
52	Emily Biederwolf	16:54	Conference	2004
53	Rachel Moir	16:59	Valders	1993
54	Anna Holzwart	17:00	Kiel	2004
55	Laurie Taylor	17:08	Conference	1995
56	Laurie Taylor	17:11	County	1995
57	Laurie Taylor	17:13	Sheboygan Lutheran	1995
58	Rachel Moir	17:15	Campbellsport	1993
	Anna Holzwart	17:15	Sectional	2003
60	Laurie Taylor	17:18	Plymouth	1995
61	Laurie Taylor	17:21	Campbellsport	1995
62	Rachel Moir	17:23	Reedsville	1993
	Emily Biederwolf	17:23	Sheboygan Lutheran	2004
64	Rachel Moir	17:24	Sheboygan Lutheran	1993
65	Emily Biederwolf	17:28	Cedar Grove	2004
66	Laurie Taylor	17:32	Cedar Grove	1995
67	Rachel Moir	17:33	Conference	1993
	Anna Holzwart	17:33	Valders	2004
69	Rachel Moir	17:34	Sectional	1993
	Anna Holzwart	17:34	Sheboygan Lutheran	2003
71	Kelly Bonde	17:35	Sectional	1995
	Ashley Koenig	17:37	County	2003
73	Laurie Taylor	17:38	Reedsville	1995
74	Emily Post	17:39	Cedar Grove	2001
	Ashley Koenig	17:39	Conference	2003
76	Ashley Koenig	17:39.2	State	2003
77	Kelly Bonde	17:42	Cedar Grove	1995
78	Anna Holzwart	17:43	Kiel	2003
79	Anna Holzwart	17:44	Cedar Grove	2003
	Ashley Koenig	17:44	Sectional	2003
81	Emily Post	17:45	Valders	2001
	Anna Holzwart	17:45	Valders	2003
83	Laurie Taylor	17:47	Campbellsport	1994
	Stacy Wiedemann	17:47	Reedsville	2001
	Ashley Koenig	17:47	Campbellsport	2003
	Heidi Rooker	17:47	County	2004
87	Rachel Moir	17:48	Cedar Grove	1993
88	Kelly Bonde	17:49	Sheboygan Lutheran	1995
89	Bethany Tutas	17:53	Plymouth	2003
90	Kelly Bonde	17:54	Campbellsport	1995
	Emily Biederwolf	17:54	Kiel	2004
92	Farrar Winter	17:55	Sheboygan Falls	1993
93	Ashley Koenig	17:56	Plymouth	2003
94	Amy Greske	18:01	Conference	2000
	Anna Holzwart	18:01	Kewaskum Meet	2004
96	Emily Post	18:02	Conference	2000
97	Laurie Taylor	18:03	Sectional	1995
98	Kelly Bonde	18:04	Kiel	1995
99	Heidi Rooker	18:06	Conference	2004
100	Laurie Taylor	18:08	Valders	1995

**Howards Grove High School
2004 Cross Country
Gatorade "Will to Win" Athletes**

Gatorade realizes that many athletes are talented. This award is designed for those few who consistently push themselves to excel at practice and on game day. These athletes see horizons rather than boundaries. They are truly committed to the sport, the competition and to giving their all. To them, sports run a gamut of emotions from the challenge faced in the pursuit of excellence to the joy experienced in moments of triumph. They truly are "Will To Win" athletes.

Meet/Invite	Female Winner	Male Winner
First Weeks of Practice	Jena Olderman	Tyler Biederwolf
Kewaskum Meet	Anna Holzwart	Kyle Bahr
Kiel	Laura Gries	Bryan VanDeKreeke
Green Bay Preble	Anna Holzwart	Andrew Sonnenberg
Cedar Grove	Kortney Mansker	Andy Buffington
Sheboygan Lutheran	Emily Biederwolf	Adam Post
Valders Invite	Emily Biederwolf	Adam Post
Plymouth	Leslie Oskey	Tyler Biederwolf
Kewaskum	Heidi Rooker	Andrew Sonnenberg
County Meet	Heidi Rooker	Andrew Sonnenberg
Campbellsport	Jena Olderman	Billy Philipps
Conference	Abby Weber	Kyle Bahr
Sectionals	Anna Holzwart	Josh Schwinn
"Will To Win" Athlete-of-the-Year	Abby Weber	Adam Post

2nd Annual
Alumni Run
2005



Howards Grove Cross Country

Leaving a Legacy Behind
- One Stride at a Time -

Head Coaches

Mark Hinterberg	1984-1995
Chris Barry	1996-1997
Gary Kalk	1998-Present

Assistant Coaches

Mandy DeBruin	2001
Mark Buffington	2003-Present

Howards Grove Cross Country

CLC Team Championships

Boys
1987, 1990, 1991, 1992

Girls

State Team Qualifiers

1992 Boys -- 10th place -- Division 3

Name	Time
(Athlete names and times unknown)	

2003 Girls -- 12th Place -- Division 3

Name	Time
Emily Post	15:08.6 (State Champion)
Anna Holzwart	16:48.1
Ashley Koenig	17:39.2
Felicia Bolz	18:09.2
Bethany Tutas	18:34.8
Heidi Rooker	18:39.6
Lindsay Horness	18:57.2

State Individual Qualifiers

Boys

Division	Name	Year	Time/Place
3	Ryan Kramer	1991	23rd
3	Chris Wickesberg	1995	Unknown
3	Pat Buffington	2001	18:03 / 67th
3	Pat Buffington	2002	17:20 / 24th
3	Pat Buffington	2003	17:05.5 / 20th

Girls

Division	Name	Year	Time/Place
3	Emily Post	2001	15:41 / 9th
3	Emily Post	2002	15:31 / 2nd
2	Anna Holzwart	2004	15:39.1 / 16th

Female Alumni

1984-2004

Athletes Name	Year(s)		
Akright, Sarah	91, 92	Moore, Ashley	02, 03
Arnhoelter, Angie	91, 92	Morris, Rachel	91, 92, 93
Bassuener, Amy	95	Olderman, Jena	03, 04
Beck, Jeni	89	Oskey, Leslie	03, 04
Bergemann, Jenny	89	Phillips, Amanda	97, 98, 99
Biederwolf, Emily	04	Phillips, Lacey	01
Bitter, Allison	99	Plate, Donna	85
Bolz, Felicia	02, 03	Plate, Patty	84
Bonde, Jenny	96, 97, 98	Post, Emily	00, 01, 02, 03
Bonde, Kelly	94, 95, 96	Rietbrock, Carrie	90
Brendel, Lisa	90	Rietbrock, Michelle	91, 92
Brunmeier, Brenda	86	Roehrig, Stacy	89, 90
Dahm, Betty	90, 91, 92	Roethel, Amy	90
Dekker, Jenny	92	Rooker, Heidi	01, 02, 03, 04
DeRuyter, Lisa	89	Rose, Kris	85, 86
Dragan, Deanna	97, 98, 00	Soucek, Anne	89
Elzinga, Celine	02, 03, 04	Steines, Alyssa	00, 01
Fleischfresser, Jenny	89	Steltenpohl, Kelsey	01
Frantz, Sarah	97	Taylor, Laurie	94, 95, 96
Greske, Amy	00	Thiel, Cassie	01, 02, 03
Gries, Holly	97	Thieleke, Liz	00, 01
Gries, Laura	01, 02, 03, 04	Todd, Heather	91, 92
Grunewald, Jeanette	95	Tonn, Jessica	91, 92
Grunwald, Laura	90, 91	Tutas, Bethany	03
Grunwald, Sue	89	Verhage, Kristi	89, 90, 91
Gumm, Dana	93	Voelker, Debra	86
Havlinek, Tammy	84	Wagner, Stacy	99, 00
Hedstrom, Andrea	01	Weber, Abby	03, 04
Heiling, Elissa	91	Westdorp, Pam	01
Heling, Heidi	97	Wetherell, Treva	90, 91, 92
Herbold, Wiebke (AFS-Germany)	00	Wiedemann, Lisa	98, 99, 00
Holzward, Anna	03, 04	Wiedemann, Stacy	00, 01, 02
Horness, Lindsay	02, 03	Winter, Farrah	91, 92, 93, 94
Kisiolek, Emily	04		
Koenig, Ashley	03		
Koleno, Kim	01		
Kraemer, Ashley	95, 96		
Landwehr, Lori	89, 90, 91		
Lutzke, Heather	94		
Mansker, Kortney	04		
Mihm, Tracy	91, 92		
Moir, Rachel	92, 93		

Male Alumni

1984-2004

Athletes Name	Year(s)
Andrews, Nathan	94
Bahr, Kyle	03, 04
Biederwolf, Tyler	02, 03, 04
Bilgo, Riley	02, 03
Boehm, Lucas	02, 03
Bower, Bryan	01
Bramstedt, Darin	85, 86
Brunmeier, Brad	86, 87
Buffington, Andy	02, 03, 04
Buffington, Pat	00, 01, 02, 03
Burkart, Tom	91, 92
Cudworth, Brian	92, 93, 94, 95
DeRyter, Kurt	90
DesArmo, Corey	99
Didan, Firas (AFS-Jordan)	87
Dreier, Adam	03
Drueck, Josh	98, 99, 00, 01
Eisenschenk, Jochen (AFS-Germany)	89
Elzinga, Eliot	98, 99, 00
Englebert, Ben	90, 91, 92
Frantz, Chris	90, 91, 92
Gonzales, R	91
Gosse, Corey	90
Greske, Ryan	98
Grosshuesch, Dave	86, 87, 88
Grunewald, Jeff	97, 00
Grunwald, Steve	93, 94, 95
Hafele, Brent	93, 94
Hafele, Craig	97
Hahn, Aaron	01
Hahn, Adam	00, 02, 03
Hahn, Eric	03
Heili, Adam	03, 04
Holler, Greg	90
Holmes, Scott	87, 88, 89, 90
Holzward, Joe	96, 97, 98, 99
Holzward, Paul	97, 98, 99, 00
Horneck, Chris	88
Horness, Chris	97
Jaberg, Tim	96
Jahnke, Mathew	02
Johannes, Brad	91, 92, 93

Kalmerton, Jerrad	90, 91
Kestell, Ben	91, 92, 93, 94
Kestell, Josh	91, 92, 93
Kestell, Travis	94, 95
Knuth, Jason	86
Kramer, Ryan	89, 90, 91, 92
Krueger, Jamie	93
Krueger, Jessie	85, 87
Krutzik, Brad	85
Lau, Brian	90, 91, 92
Lefeber, Eric	01, 02
Lindorfer, Charlie	97
Luecke, Jon	95, 96, 97
Mansker, Derek	96, 97
Mansker, Shaun	01
Mayer, Bryan	03
Mentink, Robb	92, 93, 94
Milbrath, Tim	95, 96
Monte, Ryan	96
Morris, Eric	87, 88, 89, 90
Murphy, Dan	85
Nichols, Shawn	85, 86, 87, 88
Olson, Bryan	92
Pahl, Jason	88, 89
Penny, R	91
Petrie, Evan	03
Philipps, Billy	04
Plate, Dan	85, 86
Plate, Steve	88, 89, 90, 91
Platz, Jamie	92, 93
Plocar, Travis	02
Poirier, Brian	96, 97, 98, 99
Post, Adam	03, 04
Pratt, Scott	84
Prueter, Doug	86, 87, 88, 89
Reseburg, N	91
Rietbrock, Ben	91, 92
Roehrig, Brad	90, 91
Scheele, Steve	02, 03
Schuetze, C	91
Schwinn, Corey	90, 91
Schwinn, Josh	02, 03, 04

