



2007 MEN'S CROSS COUNTRY

CENTRAL COLLEGE

MEDIA GUIDE





Founded —1853

Enrollment — 1,606

Affiliation — Reformed Church in America

President — Dr. David Roe

Membership — Iowa Intercollegiate Athletic Conference, National Collegiate Athletic Association, Division III

Founded in 1853, Central College is a four-year coeducational liberal arts college of the Reformed Church in America. Located 40 miles southeast of Des Moines, Central offers its 1,606 students learning opportunities not only on the Pella campus, but on branch campuses in London and Colchester, England; Merida, Mexico; Leiden, the Netherlands; and Bangor, Wales; and at study centers in Granada, Spain; Hangzhou, China; Paris, France; and Vienna, Austria.

Central is a member of the National Collegiate Athletic Association, Division III, and the Iowa Intercollegiate Athletic Conference. Men compete in baseball, football, basketball, tennis, golf, wrestling, soccer, track and cross country while women compete in tennis, golf, track, softball, volleyball, cross country, soccer and basketball. Rugby is offered at the club level.

The A.N. Kuyper Athletics Complex

The A.N. Kuyper Athletics Complex is located at the corner of Independence Street and West Fifth Street in southwest Pella. The complex includes P.H. Kuyper Gymnasium (1970), H.S. Kuyper Fieldhouse (1987), Ron and Joyce Schipper Stadium (1977), the baseball and softball fields (1978), Ryerson Golf Driving Range (2005), tennis courts (1992), soccer field (2005) and the Ron Schipper Fitness Center (1999). The complex also includes practice and intramural softball diamonds and football fields. Golf meets are held at the Bos Landen Golf Club, two miles southwest of the campus on Highway T-15.

Directory

Sports Information Director	Larry Happel
Office	(641) 628-5278
Home	(641) 628-2754
Cell	(641) 780-6118
Fax	(641) 628-5340
E-mail	sportsinfo@central.edu
Central athletics web page	www.central.edu/athletics



ATHLETICS DEPARTMENT STAFF

Athletics director	Al Dorenkamp
Special assistant to the athletics director	John Edwards
Director of intramurals	Adam Stevens
Athletics office manager	Jeffy Schuring
Athletics secretary	Becky Cook
Head athletic trainer	Leslie Duinink
Assistant athletic trainer	Greg Gilmore
Assistant athletic trainer	Chris Viesselman
Athletic training education program director	John Roslien
Strength and conditioning/ Ron Schipper Fitness Center coordinator	Jake Anderson
Athletics and special events supervisor	Charlie Estabrook
Building and grounds manager	Randy Shives
Sports information director	Larry Happel

FACULTY ATHLETIC COUNCIL REPRESENTATIVES

Dr. Andrew Green, assistant professor of political science
 Dr. Edmond Willis, professor of psychology
 Dr. Lori Witt, assistant professor of history

COACHING STAFF

Baseball	Adam Stevens
Assistant baseball	Shea Stamp
Assistant baseball	Wade Van Vark
Basketball - Men's	Mike Boschee
Assistant basketball	Joe Steinkamp
Assistant basketball	TBA
Basketball - Women's	Natalie Nacic
Assistant basketball	Jerry Nikkel
Cross country - Men's/women's	David Paulsen
Assistant cross country	Stephen Fyfe
Assistant cross country	Jay Rhoten
Football	Jeff McMartin
Assistant football	Jeff Bollard—tight ends
Assistant football	Dick Bowzer—quarterbacks/receivers
Assistant football	Don De Waard—defensive coordinator/linebackers
Assistant football	Reid Evans—offensive line
Assistant football	Eric Jones—defensive line
Assistant football	Matt Paulsen—defensive backs
Assistant football	David Roe—kickers/punters
Assistant football	Jeff Sanger—stingers
Assistant football	Kevin Sanger—receivers/special teams
Assistant football	Jerry Southmayd—running backs
Assistant football	Travis Sterling—player development

Golf - Men's

Assistant golf
 Assistant golf

Golf - Women's

Assistant golf

Soccer - Men's

Assistant soccer
 Assistant soccer
 Assistant soccer

Soccer - Women's

Assistant soccer
 Assistant soccer

Softball

Associate softball
 Assistant softball
 Assistant softball
 Assistant softball

Tennis - Men's/women's

Assistant men's tennis
 Assistant women's tennis

Track and field - Men's/women's

Associate track and field
 Assistant track and field
 Assistant track and field
 Assistant track and field
 Assistant track and field
 Assistant track and field
 Assistant track and field

Volleyball

Assistant volleyball
 Assistant volleyball

Wrestling

Assistant wrestling
 Assistant wrestling

Charlie Estabrook
Tom Linton
Clint Brown
TBA
Jodee Schaben
Garry Laidlaw
Colin Kuchy
John Milligan
Eric Bentzinger
Rick Burns
Kathryn Burns
Russell Goodman
George Wares
Alicia O'Brien
Steph Anderson
Mary Vande Hoef
Jake Fisher
Bryan Mours
Tait Smock
TBA
Kevin Sanger
Guy Mosher
David Paulsen
Stephen Fyfe
Mike Marcinkowski
Eric Pingel
Jay Rhoten
Kent Clayberg
Catie Brand
Alicia Whisner
Eric Van Kley
TBA
Matt Diehl

HEAD COACH DIRECTORY

(All phone numbers are 641 area code)

Name	Sport	E-mail	Office phone
Boschee, Mike	Men's basketball	boscheem@central.edu	628-5225
Burns, Rick	Women's soccer	burnsr@central.edu	628-5224
Clayberg, Kent	Volleyball	claybergk@central.edu	628-7605
Dorenkamp, Al	Athletics director	dorenkampa@central.edu	628-5310
Estabrook, Charlie	Men's golf	estabrookc@central.edu	628-7694
Laidlaw, Garry	Men's soccer	laidlawg@central.edu	628-5789
McMartin, Jeff	Football	mcmartinj@central.edu	628-7609
Mours, Bryan	Men's tennis	moursb@central.edu	628-5194
Nakic, Natalie	Women's basketball	nakicn@central.edu	628-7652
Paulsen, David	Men's and women's cross country	paulsend@central.edu	628-5178
Sanger, Kevin	Men's and women's track and field	sangerk@central.edu	628-7603
Stevens, Adam	Baseball	stevensa@central.edu	628-5396
Van Kley, Eric	Wrestling	vankleye@central.edu	628-5422
Wares, George	Softball	waresg@central.edu	628-5195
TBA	Women's golf		

Fax numbers

Athletics department (641) 628-5356

Sports information office (641) 628-5340

Men's cross country

2007 schedule

Sept. 1	Central Dutch Inv.	Pella	9:30 a.m.
Sept. 8	Grinnell Les Duke Inv.	Grinnell	10 a.m.
Sept. 21	Augustana Brissman-Lundeen Inv.	Rock Island, Ill.	5 p.m.
Oct. 6	Wartburg Dan Huston Inv.	Waverly	10:30 a.m.
Oct. 13	Wis.-La Crosse Tori Neubauer Inv.	La Crosse, Wis.	10:30 a.m.
Oct. 27	Iowa Conference championship	Dubuque	11 a.m.
Nov. 10	NCAA Div. III Central Regional	Northfield, Minn.	11 a.m.
Nov. 17	NCAA Div. III national championship	Northfield, Minn.	11 a.m.

MEN'S CROSS COUNTRY QUICK FACTS

2006 Iowa Conference finish: 3rd

Starters lost: 4 (Joe Jefferson, Brett Jones, Brian Respeliars, Adam Wolf)

Starters returning: 3 (Jaron Byrum, Teddy Clark, Pierre Taylor)

Letterwinners lost/returning: 6/7

David Paulsen

Head coach

David Paulsen is in his first season as head men's and women's cross country coach at Central.

A former Northern Iowa track and field All-America runner, Paulsen will also serve as assistant coach for distance events in men's and women's track and field.

A U.S. Olympic Trials qualifier in the 800 meters in 2004, Paulsen was also a two-time USATF indoor national meet qualifier. Prior to graduating in 2003, Paulsen was a two-time NCAA Division I meet qualifier, earning all-America distinction in 2002. He was an eight-time all-Missouri Valley Conference performer.

For the past three years Paulsen has served as a volunteer coach for Northern Iowa's cross country and track and field programs. He received a master's degree in exercise science at Northern Iowa where he's also been the sport performance coach for the XL Sports Acceleration Program, a joint venture between the university and Cedar Valley Medical Specialists. Among his responsibilities was designing and implementing speed and agility programs for the Panther teams, including the football and men's basketball squads, both of which were NCAA tournament qualifiers last year.

"I'm just excited to become a part of the Central family and the school's rich athletic and academic tradition," said Paulsen. "I'm going to do everything I can to help the runners improve and build on the success the program has had. Our goal is going to be to win the Iowa Conference championship."

A Waverly native, Paulsen followed two older brothers to Central. Matt Paulsen is on the Central staff, having just completed his ninth season as an assistant coach for the football squad. He's a 1997 Central graduate and earned all-America distinction as a defensive back. Andrew Paulsen, a 1998 Central graduate, received all-America honors in both football and track and field.

Stephen Fyfe

Assistant coach

Stephen Fyfe is in his ninth season as assistant men's and women's cross country coach at Central. He's also an assistant for the men's and women's track and field squads. A 1987 Central graduate, Fyfe earned three varsity letters in cross country and four in track and field. He continues to compete in road races and has completed twelve marathons. Fyfe received masters and doctoral degrees at Iowa State University and serves as an assistant professor of computer science at Central.

Jay Rhoten

Assistant coach

Former all-American decathlete Jay Rhoten is in his second season as assistant men's and women's cross country coach at Central.

Rhoten, a 1998 Central graduate, is also in his third year as an assistant track and field coach for the Dutch.

A three-time Iowa Conference men's track and field MVP, Rhoten swept the 1998 NCAA Div. III Central Region men's indoor and outdoor track and field athlete of the year awards presented by the U.S. Track and Field Coaches Association. He placed second in the NCAA Division III decathlon in 1998 after finishing sixth the previous year. He was fourth in the 1998 Drake Relays decathlon, and second among university and college competitors. Also a two-time team MVP and a team captain, Rhoten placed in five events at the 1998 Iowa Conference meet as the Dutch took the men's team title for the third time in his four seasons.

2006 men's cross country results

Sept. 2	Central Dutch Inv.	Pella, Iowa	2nd of 8 teams
Sept. 9	Les Duke Inv.	Grinnell, Iowa	3rd of 9 teams
Sept. 22	Carleton JV Classic	Northfield, Minn.	6th of 7 teams
Sept. 23	Roy Griak Inv.	St. Paul, Minn.	26th of 52 teams
Oct. 7	Dan Huston Inv. (4k)	Waverly, Iowa	8th of 12 teams
	Dan Huston Inv. (8k)	Waverly, Iowa	6th of 10 teams
Oct. 14	Jim Drews Inv.	West Salem, Wis.	23rd of 31 teams
Oct. 28	Iowa Conference	Iowa City, Iowa	3rd of 9 teams
Nov. 11	NCAA Central Regional	Northfield, Minn.	9th of 23 teams

Sept. 2, 2006

Central Dutch Invitational at Pella, Iowa

Central College cross country course 6,000 meters

Team standings

1. Monmouth (Ill.) 51; **2. Central 52**; 3. Simpson 93;
4. Principia (Ill.) 112; 5. Iowa Central 117; 6. Robert Morris
(Ill.) 138; 7. Southwestern 157; 8. Cornell 197.

Individual finishes (78 runners)

1. Hillary Samoei, Iowa Central 19:10
2. Adam Wolf, Central 19:26
12. Brian Respeliers, Central 20:23
14. Brett Jones, Central 20:31
17. Teddy Clark, Central 20:37
21. Jaron Byrum, Central 20:51
24. Pierre Taylor, Central 21:03
28. Brett Dietrich, Central 21:12
39. Andy Green, Central 21:52
44. Derrick Padovich, Central 22:00
45. Brandon Williams, Central 22:03
53. James Armstead, Central 22:23

Sept. 9, 2006

Les Duke Invitational at Grinnell, Iowa

Oakland Acres Golf Course Hosted by Grinnell College 8,000 meters

Team standings

1. Wartburg 36; 2. Grinnell 60; **3. Central 87**; 4.

Southwestern 132; 5. Grand View 157; 6. Buena Vista 223;
7. Cornell 229; 8. Coe 250; 9. Ellsworth 287.

Individual finishes (112 runners)

1. Drake Ballew, Grinnell 25:49
2. Adam Wolf, Central 26:05
19. Brian Respeliers, Central 26:59
21. Joe Jefferson, Central 27:02
27. Jaron Byrum, Central 27:32
29. Brett Jones, Central 27:35
36. Pierre Taylor, Central 28:03
39. Brett Dietrich, Central 28:16
45. Teddy Clark, Central 28:32
62. Derrick Padovich, Central 29:10
65. James Armstead, Central 29:12
68. Andy Green, Central 29:46
79. Brandon Williams, Central 30:15
94. Alex Miller, Central 31:07
99. Zac Wagner, Central 32:02

Sept. 22, 2006

Carleton JV Classic at Northfield, Minn.

Carleton College cross country course 8,000 meters

Team standings

1. Wartburg 25; 2. Wis.-Eau Claire 58; 3. Carleton
(Minn.) 61; 4. Hamline (Minn.) 111; 5. St. Olaf (Minn.) 131;
6. Central 152; 7. Grinnell 204.

Individual finishes (72 runners)

1. Jim Parejko, Unattached 27:20
27. Derrick Padovich, Central 29:24

35. Andy Green, Central 29:38
36. Eric Sink, Central 29:41
40. James Armstead, Central 29:50
48. Tyler Keller, Central 30:18
54. Brandon Williams, Central 30:30
61. Alex Miller, Central 31:23
64. Cory Fitzsimmons 31:43
68. Zac Wagner, Central 32:19

Sept. 23, 2006

Roy Griak Invitational

at St. Paul, Minn.

Les Bolstad Golf Course

Hosted by the University of Minnesota

8,000 meters

Team standings (Maroon race - Division II and III)

1. Concordia (Calif.) 46; 2. Wis.-La Crosse 80; 3. Minn. St.-Mankato 158; 4. Wartburg 206; 5. Wis.-Platteville 224; 6. Hamline (Minn.) 225; 7. Fort Hays (Kan.) 260; 8. Black Hills (S.D.) 322; 9. Luther 328; 10. South Dakota 349; 11. Minn.-Duluth 365; 12. Carleton (Minn.) 407; 13. Cal-San Diego 408; 14. Wis.-Whitewater 479; 15. Concordia (Neb.) 484; 16. Grinnell 556; 17. Northwest Missouri 574; 18. North Dakota 608; 19. Wis.-River Falls 625; 20. Wis.-Eau Claire 630; 21. Carthage (Wis.) 677 22. Lindenwood (Mo.) 680; 23. Neb.-Kearney 693; 24. Lake Superior (Mich.) 710; 25. Manitoba (Canada) 714; **26. Central 725**; 27. Michigan Tech 730; 28. Gustavus Adolphus (Minn.) 775; 29. Hastings (Neb.) 787; 30. St. Norbert (Wis.) 788; 31. Minn. State-Moorhead 800; 32. St. Thomas (Minn.) 823; 33. Wis.-Parkside 868; 34. Milwaukee Engineering (Wis.) 882; 35. Wayne (Neb.) 996; 36. Lakehead (Canada) 1078; 37. Concordia (Wis.) 1092; 38. Simpson 1094; 39. Wis.-Superior 1168; 40. Jamestown (N.D.) 1173; 41. Grand View 1181; 42. Georgia College 1188; 43. Northern State (S.D.) 1204; 44. Concordia-Moorhead (Minn.) 1236; 45. St. Scholastica (Minn.) 1295; 46. Winona (Minn.) 1337; 47. North Central (Minn.) 1346; 48. St. Mary's (Minn.) 1404; 49. Northwestern St. Paul (Minn.) 1404; 50. Concordia St. Paul (Minn.) 1426; 51. Northland (Wis.) 1616; 52. Knox (Ill.) 1624.

Individual finishes (500 runners)

1. Tyler Sigl, Wis.-Platteville 25:33
47. Adam Wolf, Central 27:01
139. Joe Jefferson, Central 27:59
186. Brett Jones, Central 28:20
206. Teddy Clark, Central 28:29
228. Jaron Byrum, Central 28:41
240. Brian Respeliers, Central 28:46
254. Pierre Taylor, Central 28:56
350. Brett Dietrich, Central 30:02

Oct. 7, 2006

Dan Huston Invitational

at Waverly, Iowa

Waverly Golf and Country Club

8,000 and 4,000 meters

Team standings - 8,000 meters

1. Wis.-Platteville 36; 2. Wartburg 49; 3. Monmouth (Ill.) 71; 4. Wheaton (Ill.) 79; 5. Gustavus Adolphus (Minn.) 111; **6. Central 191**; 7. Beloit (Wis.) 203; 8. North Iowa Area 210; 9. Iowa Central 229; 10. Knox (Ill.) 266.

Team standings - 4,000 meters

1. Hamline (Minn.) 40; 2. Wartburg 74; 3. Luther 78; 4. Wheaton (Ill.) 95; 5. Bethel (Minn.) 136; 6. St. Thomas (Minn.) 150; 7. Wis.-Platteville 175; **8. Central 191**; 9. Grand View 255; 10. Lawrence (Wis.) 313; 11. Beloit (Wis.); 12. Gustavus Adolphus (Minn.) 348.

Individual finishes - 8,000 meters (90 runners)

1. Tyler Sigl, Wis.-Platteville 26:04
19. Joe Jefferson, Central 27:27
35. Brett Jones, Central 28:22
36. Jaron Byrum, Central 28:27
60. Chase Unga, Central 29:38
73. Andy Green, Central 31:00

Individual finishes - 4,000 meters (168 runners)

1. Travis Bristow, Hamline 12:05
9. Adam Wolf, Central 12:24
29. Brian Respeliers, Central 12:56
40. Teddy Clark, Central 13:07
85. Eric Sink, Central 13:41
91. James Armstead, Central 13:46
113. Cory Fitzsimmons, Central 14:07
118. Tyler Keller, Central 14:13
120. Brandon Williams, Central 14:15
124. Alex Miller, Central 14:24
130. Zac Wagner, Central 14:37
144. Derrick Padovich, Central 15:01

Oct. 14, 2006

Jim Drews Invitational

at West Salem, Wis.

Maple Grove Country Club

Hosted by Wis.-La Crosse

8,000 meters

Team standings

1. Wisconsin 37; 2. Portland (Ore.) 41; 3. Minnesota 78; 4. Wis.-La Crosse 181; 5. Hamline (Wis.) 218; 6. North Dakota State 224; 7. Wis.-Platteville 250; 8. Wartburg 265; 9. Saint John's (Minn.) 274; 10. Nebraska Wesleyan 285; 11. Minn.-Duluth 299; 12. Northern Iowa 312; 13. Luther 329; 14. Wis.-Whitewater 435; 15. Rhodes (Tenn.) 473; 16. South Dakota State 495; 17. Wis.-Eau Claire 521; 18. St. Olaf (Minn.) 532; 19. Gustavus Adolphus (Minn.) 542; 20. Macalester (Minn.) 544; 21. Albion (Mich.) 573; 22. Wis.-

River Falls 611; **23. Central 611**; 24. Martin Luther (Minn.) 774; 25. Simpson 784; 26. Aurora (Ill.) 815; 27. Wis.-Stout 838; 28. Illinois Wesleyan 860; 29. Iowa Central 903; 30. Saint Mary's (Minn.) 917; 31. Winona State (Minn.) 937.

Individual finishes (444 runners)

1. John Moore, Portland 24:08
56. Adam Wolf, Central 25:51
134. Joe Jefferson, Central 26:50
149. Brian Respeliers, Central 27:00
207. Brett Jones, Central 27:34
236. Teddy Clark, Central 27:54
252. Jaron Byrum, Central 28:02
275. Pierre Taylor, Central 28:16
301. James Armstead, Central 28:32
308. Chase Unga, Central 28:38
340. Andy Green, Central 29:04
364. Brandon Williams, Central 29:23
377. Brett Dietrich, Central 29:45
386. Alex Miller, Central 29:59
400. Cory Fitzsimmons, Central 30:18

Oct. 28, 2006

**Iowa Conference Championship
at Iowa City, Iowa**

**Ashton Cross Country Course
Hosted by Cornell College
8,000 meters***

Team standings

1. Luther 34; 2. Wartburg 36; 3. Central 97; 4. Loras 101; 5. Buena Vista 162; 6. Simpson 167; 7. Cornell 214; 8. Coe 232; 9. Dubuque 235.

Individual finishes (61 runners)

1. Ben Grant, Loras 24:18
8. Adam Wolf, Central 24:57
17. Joe Jefferson, Central 25:43
19. Brian Respeliers, Central 26:09
25. Brett Jones, Central 26:33
28. Jaron Byrum, Central 26:48
29. Teddy Clark, Central 26:52
30. Pierre Taylor, Central 26:53

Individual finishes - junior varsity race (74 runners)

27. Derrick Padovich, Central 27:24
28. James Armstead, Central 27:36
30. Brandon Williams, Central 27:43
31. Eric Sink, Central 27:45
36. Tyler Keller, Central 28:00
42. Brett Dietrich, Central 28:21
45. Andy Green, Central 28:26
47. Alex Miller, Central 28:34
53. Cory Fitzsimmons, Central 28:54
66. Zac Wagner, Central 30:18

*Course estimated to be 150-200 meters short of 8,000

meters.

Nov. 11, 2006

**NCAA Division III Central Regional
at Northfield, Minn.**

**St. Olaf cross country trails
Host by St. Olaf College
8,000 meters**

Team standings

1. Hamline (Minn.) 76; 2. Luther 78; 3. Wartburg 101;
4. Saint John's (Minn.) 109; 5. Nebraska Wesleyan 146; 6. Grinnell 190; 7. Carleton (Minn.) 212; 8. Gustavus Adolphus (Minn.) 266; **9. Central 271**; 10. Bethel (Minn.) 272; 11. Macalester (Minn.) 287; 12. St. Thomas (Minn.) 293; 13. St. Olaf (Minn.) 303; 14. Loras 344; 15. Martin Luther (Minn.) 483; 16. Augsburg (Minn.) 484; 17. Simpson 507
18. St. Scholastica (Minn.) 536; 19. St. Mary's (Minn.) 542; 20. Concordia-Moorhead (Minn.) 547; 21. Buena Vista 643; 22. Cornell 666; 23. Dubuque 670.

Individual finishes (145 runners)

1. Chris Dunker, Nebraska Wesleyan 25:37
8. Adam Wolf, Central 25:53
37. Joe Jefferson, Central 26:50
53. Brian Respeliers, Central 27:05
84. Jaron Byrum, Central 27:46
89. Pierre Taylor, Central 27:49
96. Brett Jones, Central 28:04
110. Teddy Clark, Central 28:47

Nov. 18, 2006

**NCAA Division III National Championship
at West Chester, Ohio**

**Voice of America Park
Hosted by Wilmington College (Ohio)
8,000 meters**

Individual finishes (279 runners)

1. Macharia Yout, Widener (Del.) 26:31
207. Adam Wolf, Central 29:40

2006 men's cross country individual results

(place finish in parentheses)

	Central Inv. (6k)	Les Duke Inv. (8k)	Carleton JV Classic (8k)*	Roy Griak. Inv. (8k)	Dan Huston Inv. (8k) (4k)	Jim Drews Inv. (8k)	Iowa Conf. (8k)	NCAA Central Regional (8k)
James Armstead	22:23 (53)	29:12 (65)	29:50 (40)	DNC	13:46 (91)	28:32 (301)	27:36* (28)	DNC
Jaron Byrum	20:51 (21)	27:32 (27)	DNC	28:41(228)	28:27 (36)	28:02 (252)	26:48 (28)	27:46 (84)
Teddy Clark	20:37 (17)	28:32 (45)	DNC	28:29(206)	13:07 (40)	27:54 (236)	26:52 (29)	28:47 (110)
Brett Dietrich	21:12 (28)	28:16 (39)	DNC	30:02(350)	DNC	29:45 (377)	28:21* (42)	DNC
Cory Fitzsimmons	DNC	DNC	31:43 (64)	DNC	14:07 (113)	30:18 (400)	28:54* (53)	DNC
Andy Green	21:52 (39)	29:46 (68)	29:38 (35)	DNC	31:00 (73)	29:04 (340)	28:26* (45)	DNC
Joe Jefferson	DNC	27:02 (21)	DNC	27:59(139)	27:27 (19)	26:50 (134)	25:43 (17)	26:50 (37)
Brett Jones	20:31 (14)	27:35 (29)	DNC	28:20(186)	28:22 (35)	27:34 (207)	26:33 (25)	28:04 (96)
Tyler Keller	DNC	DNF	30:18 (48)	DNC	14:13 (118)	29:14 (351)	28:00* (36)	DNC
Alex Miller	DNC	31:07 (94)	31:23 (61)	DNC	14:24 (124)	29:59 (366)	28:34* (47)	DNC
Derrick Padovich	22:00 (44)	29:10 (62)	29:24 (27)	DNC	15:01 (144)	DNC	27:24* (27)	DNC
Brian Respellers	20:23 (12)	26:59 (19)	DNC	28:46(240)	12:56 (29)	27:00 (149)	26:09 (19)	27:05 (53)
Eric Sink	DNC	DNC	29:41 (36)	DNC	13:47 (85)	DNC	27:45* (31)	DNC
Pierre Taylor	21:03 (24)	28:03 (36)	DNC	28:56(254)	DNC	28:16 (275)	26:53 (30)	27:49 (89)
Chase Ungs	DNC	DNC	DNC	DNC	29:38 (60)	28:38 (308)	DNC	DNC
Zac Wagner	DNC	32:02 (99)	32:19 (68)	DNC	14:37 (130)	DNC	30:18* (66)	DNC
Brandon Williams	22:03 (45)	30:15 (79)	30:30 (54)	DNC	14:15 (120)	29:23 (364)	27:43* (30)	DNC
Adam Wolf	19:26 (2)	26:05 (2)	DNC	27:01 (47)	12:24 (9)	25:51 (56)	24:57 (8)	25:53 (8)
Team finish	2nd of 8	4th of 10	6th of 7	26th of 52	6th of 10 (8k)	23rd of 31	3rd of 9	9th of 23
Points	52	87	152	725	191	611	97	271
1-7 Spread	1:26	1:30	1:06	1:41	3:33	2:03	1:51	1:56
Varsity team scorers in bold					<i>8th of 12 (4k)</i>			
* Junior varsity race					191			
					1:22			

Individual honors

All-Iowa Conference

Adam Wolf

Academic All-Iowa Conference

Chase Ungs (3.90, biology)

NCAA Division III All-Central Region honoree

Adam Wolf

NCAA Division III NCAA national qualifier

Adam Wolf

All-time records

Best four-mile time - Jerry Fitzsimmons, 19:51, 1977

Best five-mile time - Jerry Fitzsimmons, 24:15:7, 1979

Best six-mile time - Jerry Fitzsimmons, 32:01, 1977

Best 8,000 meter time - Pete Anderson, 24:33, 1983

Central College cross country course records

(course opened in 2004)

Men's collegiate 8,000 meters - 25:02, Josh Moen, Wartburg, Oct. 30, 2004

Men's collegiate 6,000 meters - 19:10, Hillary Samoei, Iowa Central, Sept. 2, 2006

Boys' high school 5,000 meters - 16:28, Nathan Weekly, Benton-Van Horne, Oct. 19, 2006

Central Dutch Invitational meet records

(first held, 2004)

Men's collegiate 8,000 meters - 26:22, Adam Wolf, Central, Sept. 3, 2005

Men's collegiate 6,000 meters - 19:10, Hillary Samoei, Iowa Central, Sept. 2, 2006

Boys' high school 5,000 meters - 17:12, Thomas Hlad, Knoxville, Sept. 2, 2006

Central Dutch Invitational meet champions

Men's collegiate (6,000 meters)

Year	Winner	School	Time
2004	Nick Bowerman	Simpson	26:59*
2005	Adam Wolf	Central	26:22*
2006	Hillary Samoei	Iowa Central	19:10

Boys' high school (5,000 meters)

Winner	School	Time
Brandon Rook	Davis County	17:47
Thomas Hlad	Knoxville	17:42
Thomas Hlad	Knoxville	17:12

*8,000 meters

All-time top-10 8,000 meter runners

1. Jerry Fitzsimmons	24:14.7	1979
2. Pete Anderson	24:33	1983
3. Paul Sparks	24:40.2	1980
4. Mark Muyskens	24:48	1981
5. Marley Wubbena	24:52.9	1980
6. *Brian Hantsbarger	25:03	1977
7. Adam Wolf	25:18	2005
8. *Bruce Merschbrock	25:20	1986
9. Andy Goodman	25:23	1994
10. John Rouse	25:26	1976

*five miles; others are 8,000 meters

2006 team awards

Most Valuable Performer - Adam Wolf

Most Improved Performer - Brandon Williams

Most Valuable Freshman - Pierre Taylor

2006 captains - Brian Respeliers, Adam Wolf

Year-by-year results

Year	Iowa Conference	NCAA Regional	Coach	Year	Iowa Conference	NCAA Regional	Coach
1964	--	--	Bill Herzog	1987	5th	15th	Ron Thomason
1965	5th	--	Jack Walvoord	1988	5th	13th	Ron Thomason
1966	3rd	--	Jack Walvoord	1989	2nd (tie)	11th	Mark Heid
1967	3rd	--	Jack Walvoord	1990	4th	13th	Mark Heid
1968	3rd	--	Jack Walvoord	1991	3rd	11th	Mark Heid
1969	6th	--	Jack Walvoord	1992	3rd	14th	Mark Heid
1970	4th	--	Jack Walvoord	1993	5th	12th	Mark Heid
1971	4th	--	Jack Walvoord	1994	4th	4th	Mark Heid
1972	3rd	--	Jack Walvoord	1995	6th	13th	Ron Cox
*1973	2nd	--	Bill Herzog	1996	4th	12th	Ron Cox
*1974	3rd	--	Bill Herzog	1997	4th	16th	Ron Cox
1975	3rd	--	Bill Herzog	1998	7th	17th	Mike Gruver
1976	3rd	--	Bill Herzog	1999	4th	15th	Mike Gruver
1977	3rd	--	Bill Herzog	2000	5th	15th	Kendrick Clay
1978	2nd	8th	Chris Samson	2001	6th	18th	Kendrick Clay
1979	2nd	7th	Chris Samson	2002	5th	19th	Kendrick Clay
*1980	2nd	6th	Chris Samson	2003	4th	15th	Jeff Bovee
1981	2nd	13th	Bryan Poulter	2004	4th	11th	Jeff Bovee
1982	4th	15th	Dave Beason	2005	3rd	9th	Jeff Bovee
1983	4th	7th	Chris Samson	2006	3rd	9th	Stephen Fyfe
1984	3rd	13th	Randy Wilson				
1985	4th	13th	Ron Thomason				
1986	5th	10th	Ron Thomason				

*NCAA Division III national meet team qualifier

Central's NCAA Division III national championship meet history

Year	Name	Finish	Time	Team finish
1973*	Dave Waddle	89th	26:10	29th of 33 teams
	Dave Unger	196th	27:44	29th of 33 teams
	Chris Samson	211th	28:11	29th of 33 teams
	Dick Miller	225th	28:28	29th of 33 teams
	Edmund Newherd	231st	28:45	29th of 33 teams
	Tim Greenwald	236th	29:05	29th of 33 teams
	Jeff Lovell	237th	29:09	29th of 33 teams
1974*	Dave Waddle	204th	27:41	40th of 41 teams
	Dave Unger	224th	28:03	40th of 41 teams
	Jeff Lovell	267th	28:58	40th of 41 teams
	Chris Samson	281st	29:30	40th of 41 teams
	Ray Dial	295th	30:39	40th of 41 teams
1978	Jerry Fitzsimmons	116th	25:42	--
1979	Jerry Fitzsimmons	18th	24:45.3	--
1980*	Marley Wubben	38th	26:22	21st of 29 teams
	Paul Sparks	46th	26:30	21st of 29 teams
	Mark Muyskens	76th	27:03	21st of 29 teams
	Peter Anderson	121st	27:38	21st of 29 teams
	Scott Visser	176th	28:25	21st of 29 teams
	Gary Meyer	180th	28:42	21st of 29 teams
	Rod Lavarias	186th	29:03	21st of 29 teams
1983	Pete Anderson	38th	24:50	--
1994	Andy Goodman	21st	25:31.9	--
2006	Adam Wolf	207th	29:41	--

(From 1973-75 race was 5 miles; all others are 8,000 meters)

*team qualifiers; others are individual qualifiers

All-Americans in **bold**

Central's team MVPs

1968 - Stan Smith	1978 - Jerry Fitzsimmons	1988 - Ron Cox	1998 - Jon Lindaman
1969 - Don Meinsma	1979 - Jerry Fitzsimmons	1989 - Ron Cox	1999 - Jon Rathje
1970 - Bob De Young	1980 - Paul Sparks	1990 - Todd Christensen	2000 - Kevin Lindberg
1971 - Steve Loudon	1981 - Mark Muyskens	1991 - Todd Christensen	2001 - Seth Comfort
1972 - Dave Waddle	1982 - Pete Anderson	1992 - Andy Goodman	2002 - Seth Comfort
1973 - Ed Newhard	1983 - Pete Anderson	1993 - Andy Goodman	2003 - Adam Wolf
1974 - Dave Waddle	1984 - Bruce Merschbrock	1994 - Andy Goodman	2004 - Adam Wolf
1975 - Dave Unger	1985 - Bruce Merschbrock	1995 - Keith Burke	2005 - Adam Wolf
1976 - John Rouse	1986 - Bruce Merschbrock	1996 - Jon Lindaman	2006 - Adam Wolf
1977 - Jerry Fitzsimmons	1987 - Dave Stout	1997 - Jon Lindaman	

Central's Iowa Conference MVPs

1978 - Jerry Fitzsimmons	1992 - Andy Goodman
1979 - Jerry Fitzsimmons	1994 - Andy Goodman
1981 - Mark Muyskens	

Career-best 8,000 times by returning runners

Name	Time	Date	Site
Brett Dietrich	26:34	Sept. 23, 2005	Brissman-Lundeen Inv. - Credit Island; Davenport, Iowa
Jaron Byrum	26:47	Sept. 23, 2005	Brissman-Lundeen Inv. - Credit Island; Davenport, Iowa
Teddy Clark	27:02	Sept. 23, 2005	Brissman-Lundeen Inv. - Credit Island; Davenport, Iowa
Chase Ungs	27:13	Sept. 24, 2004	Brissman-Lundeen Inv. - Credit Island; Davenport, Iowa
Pierre Taylor	27:49	Nov. 11, 2006	NCAA Div. III Central Reigonal - St. Olaf Cross Country Trails; Northfield, Minn.
James Armstead	28:05	Sept. 23, 2005	Brissman-Lundeen Inv. - Credit Island; Davenport, Iowa
Andy Green	28:10	Sept. 24, 2004	Brissman-Lundeen Inv. - Credit Island; Davenport, Iowa
Derrick Padovich	29:10	Sept. 9, 2006	Les Duke Inv. - Oakland Acres Golf Course; Grinnell, Iowa
Brandon Williams	29:23	Oct. 14, 2006	Jim Drews Inv. - Maple Grove Country Club; West Salem, Wis.
Alex Miller	29:59	Oct. 14, 2006	Jim Drews Inv. - Maple Grove Country Club; West Salem, Wis.
Cory Fitzsimmons	30:18	Oct. 14, 2006	Jim Drews Inv. - Maple Grove Country Club; West Salem, Wis.
Zac Wagner	32:02	Sept. 9, 2006	Les Duke Inv. - Oakland Acres Golf Course; Grinnell, Iowa

2007 preseason roster

Name	Yr.	Hometown/High school
*James Armstead	Jr.	Greenfield, Iowa/Nodaway Valley
Ben Bell	Fr.	Davenport, Iowa/Central
**Jaron Byrum	Jr.	Mount Union, Iowa/New London
*Teddy Clark	Jr.	Montgomery, Ill./Oswego
Spencer Coulter	Fr.	Beaman, Iowa/BCLUW
**Brett Dietrich	Sr.	Williamsburg, Iowa/Williamsburg
Dustin Draisey	Fr.	Keota, Iowa/Keota
Cory Fitzsimmons	So.	Pella, Iowa/Pella
Andy Green	Sr.	Cherokee, Iowa/Washington
John Hermens	Fr.	Quincy, Ill./Notre Dame
Tyler Husak	Jr.	Montour, Iowa/South Tama
Noah Martell	Fr.	Waukee, Iowa/Waukee
Elliot McDowell	Fr.	Grundy Center, Iowa/Grundy Center
Alex Miller	So.	Adel, Iowa/Van Meter
Kenny Outlaw	So.	Oswego, Ill./Oswego
*Derrick Padovich	So.	Oswego, Ill./Oswego
*Pierre Taylor	So.	Oswego, Ill./Oswego
Derek Townsend	Jr.	Perry, Iowa/Perry
**Chase Ungs	Sr.	Ames, Iowa/Gilbert
Austin Vondracek	Fr.	Swisher, Iowa/Cedar Rapids Prairie
Zac Wagner	So.	Omaha, Neb./Creighton Prep
*letters earned		

Outlook

There will be a new look to the Central men's cross country team.

New head coach David Paulsen terms it "starting with a clean slate," but he knows the Dutch face a challenge in replacing last year's top four runners. Among the graduation casualties is four-time team MVP Adam Wolf, who last year became Central's first NCAA Division III national men's meet qualifier since 1994. Wolf helped power the Dutch to a third-place finish at the Iowa Conference meet and a ninth-place effort at the power-packed NCAA Division III Central Regional.

There's no clear-cut favorite for taking Wolf's well-worn spot as the team's No. 1 runner. But Paulsen insists it's not necessary for anyone to duplicate Wolf's consistently swift pace.

"We just need five guys to run solid races," he said. "We don't need off-the-chart times."

One of those five likely could be junior Jaron Byrum, who was the team's third finisher once last season and was never lower than sixth. His 8,000-meter time of 27:32 at the Sept. 9 Les Duke Invitational was the best of any of this year's returnees. Meanwhile senior Brett Dietrich, hampered by injury last year, put up the team's career-best 8,000-meter clocking of 26:34 in 2005. Teddy Clark twice cracked Central's top four last season. Sophomore Pierre Taylor was in the varsity lineup in six meets and was the team's No. 5 runner at the regional. Also back is senior Chase Ungs, who has seen injuries sidetrack a promising career.

Paulsen thinks sophomore Alex Miller could make a leap forward as well after an encouraging debut track season in the 800 meters last spring. And sophomore Derrick Padovich could crack the lineup.

Newcomers will likely make an impact. Freshman Austin Vondracek, a Cedar Rapids Prairie High School grad, and Ellsworth transfer Tyler Husak of Montour bring the best credentials.

"Austin likes to put in high mileage, which is going to help him make the transition," Paulsen said.

Paulsen, a 2004 U.S. Olympic trials qualifier in the 800 meters and an all-America performer at Northern Iowa, is accustomed to competing in Division I. But he said he's never trained on a cross country facility that rivals Central's on-campus course.

"The course is really looking nice," he said. "It's exciting to have that to train on. It's nice to have a place to call your own rather than running on a golf course. And you don't have to worry about scheduling."

The Dutch will need to make good use of the facility to hang on to their No. 3 position in the conference race. Luther and Wartburg captured the top two spots last year and Paulsen doesn't envision that changing this fall. Central's revamped roster will have to hold off Loras, Buena Vista and Simpson.

Yet Paulsen senses that the lineup vacancies are creating a burst of enthusiasm.

"It opens things up a lot," he said. "It's exciting for the returning athletes and the freshmen to come in and be able to compete for a position. It's going to be interesting to see how the top seven unfolds."

The runners are eager, but none moreso than Paulsen.

"I'm really excited," he said. "I've been chomping at the bit all summer. I'm anxious to get the kids back on campus and see how their summers went. I've been e-mailing them a lot and just trying to stay patient."

Central College championship history

NCAA Division III national team championships (11)

1974 - Football	1993 - Women's basketball, Softball
1981 - Women's cross country	1998 - Volleyball
1982 - Women's track and field	1999 - Volleyball
1988 - Softball	2000 - Volleyball
1991 - Softball	2003 - Softball

NCAA Division III national individual championships (25)

1982

Lisa Broek, Nancy Cisar, Paula Casey, Marcie Thurn
Women's outdoor track and field, 4 x 100 meter relay
Marcie Thurn

Women's outdoor track and field, long jump

1983

Lisa Broek, Nancy Cisar, Marti Haan, Marcie Thurn
Women's outdoor track and field, 4 x 100 meter relay

1984

Nancy Cisar
Women's outdoor track and field, 200 meter dash, 400
meter dash

Lori Sears
Women's outdoor track and field, 400 meter hurdles,
long jump

1985

Brian Goldsworthy
Men's golf

1986

Lori Sears
Women's outdoor track and field, 100 meter hurdles

1987

Tim Hackel
Wrestling, 126 pounds

1991

Chad Beck
Wrestling, 126 pounds

Jon McGovern
Wrestling, 167 pounds

1992

Jon McGovern
Wrestling, 167 pounds

1994

Craig Cantrall
Men's outdoor track and field, high jump

1997

Zech Schiebout
Men's outdoor track and field, discus

2000

Nate Koerselman, Adam Hartford, Tommy Tavegia, Chris
McCullough
Men's outdoor track and field, 4 x 400 meter relay

2001

Katie Brees
Women's indoor track and field, long jump
Chris McCullough, Adam Hartford, Tony Brownlee, Tommy
Tavegia
Men's outdoor track and field, 4x400 meter relay
Peter Wagner
Men's outdoor track and field, decathlon

2002

Chris McCullough, Matt McCombs, Peter Wagner, Tony
Brownlee
Men's outdoor track and field, 4 x 400 meter relay

2003

Peter Wagner
Men's outdoor track and field, decathlon

2004

Raegan Schultz
Women's outdoor track and field, heptathlon

2005

Cale Van Genderen
Men's indoor track and field, high jump;
men's outdoor track and field, high jump

2007

Alicia Whisner
Women's outdoor track and field, javelin

NCAA Division III players of the year (7)

1985

Brian Goldsworthy
Men's golf

1995

Emilie Hanson
Women's basketball

1998

Abbie Brown
Volleyball

1999

Abbie Brown
Volleyball

2000

Donell Hotze
Softball
Candace Wilson
Volleyball

2003

Libby Hysell
Softball

Honda Division III Collegiate Woman Athlete of the Year

2003

Libby Hysell

NCAA postgraduate scholarship winners (20)

1970 - Vern Den Herder, football
1973 - Dana Snoap, men's basketball
1980 - Jeff Verhoef, men's basketball
1982 - Cam Ratering, women's cross country, track
1983 - Lisa Broek, women's track
1986 - Scott Lindell, football
1988 - Rick Perry, football
1989 - Chris Hoffman, wrestling
1991 - Rich Kacmarynski, football
1995 - Emilie Hanson, women's basketball

NCAA Iowa Woman of the Year (5)

1995 - Emilie Hanson, women's basketball
2001 - Candace Wilson, volleyball
2002 - Angie Nielsen, volleyball
2004 - Raegan Schultz, women's track and field, volleyball
*2006 - Katie Pederson, volleyball, women's track and field
*Starting in 2006, honorees were selected by conference rather than state

NCAA Division III national statistical championships (22)

Individual (9)

Baseball

1994 - Most doubles, 18, Chris Johnson
2005 - Hit by pitch, 0.56 per game, Shea Stamp

Women's basketball

1993-94 - Highest scoring average, 29.6, Emilie Hanson
1994-95 - Highest scoring average, 27.8, Emilie Hanson

Football

1977 - Most yards rushing, 147.7 per game, Don Taylor
1988 - Highest passing efficiency rating, 152.5, Steve Flynn

Softball

1991 - Most victories, 26, Jamie Mahnke
1993 - Lowest ERA, 0.25, Missey Allen
1996 - Lowest ERA, 0.66, Kara Stanley

Rick Sanger, football

2001 - Roger Dortch, men's golf
2002 - Tony Brownlee, men's track and field
Jon Hietbrink, men's golf
2004 - Raegan Schultz, women's track and field
2005 - Jamie Stark, volleyball
2006 - Nick Cochrane, men's tennis
Adam Duerfeldt, baseball
2007 - Ben Bollard, men's track and field
Alicia Whisner, women's track and field

NCAA Top Eight Award

1995 - Emilie Hanson, women's basketball

NCAA Silver Anniversary Award

1998 - Harry Smith, football

College Football Hall of Fame inductees South Bend, Ind.

1996 - Vern Den Herder, defensive end, 1967-70
2000 - Ron Schipper, coach, 1961-96

Team (13)

Football

1988 - Highest scoring offense, 37.6 points per game
2002 - Net punting, 31.3 yards per punt
2006 - Turnover margin, plus 1.9 per game
Fewest fumbles lost, 2

Softball

1987 - Lowest ERA, 0.72, Central
1989 - Lowest ERA, 0.53, Central
1991 - Lowest ERA, 0.79, Central
Most stolen bases, 141, Central
1992 - Most stolen bases, 120, Central
1993 - Highest winning percentage, .950 (38-2), Central
2003 - Lowest ERA, 0.72

Volleyball

1997 - Highest hitting percentage, .328, Central
1999 - Highest winning percentage, 1.000 (41-0), Central

Top 10 national team finishes (64)

1974

Football, first

1979

Women's cross country, fourth

1980

Women's cross country, sixth

1981

Women's track and field, fourth

Women's cross country, first

Men's golf, ninth

1982

Women's track and field, first

Men's golf, 10th

1983

Women's golf, third

Men's golf, sixth

Football, final four

Women's track and field, fourth

1984

Women's track and field, second

Men's golf, sixth

Football, second

1985

Wrestling, second

Men's golf, fifth

1986

Wrestling, eighth

Women's golf, second

Softball, second

Football, final eight

1987

Wrestling, eighth

Softball, fourth

Men's golf, sixth

Women's golf, third

Football, final four

1988

Women's golf, third

Softball, first

Football, second

1989

Wrestling, fifth

Women's golf, second

Softball, fourth

Football, final eight

1990

Wrestling, seventh

Softball, third

Women's golf, sixth

Football, final four

1991

Wrestling, fourth

Softball, first

Women's golf, fourth

1992

Wrestling, sixth

Football, final eight

1993

Women's basketball, first

Women's golf, fifth

Softball, first

1994

Softball, third

Men's track, seventh

1995

Men's golf, sixth

Softball, third

1996

Men's golf, 10th

1997

Softball, tie, fifth

Men's golf, seventh

Volleyball, third

1998

Volleyball, first

1999

Volleyball, first

2000

Men's track and field, third

Volleyball, first

Football, final eight

2001

Men's track and field, sixth

Softball, second

2002

Men's track and field, seventh

Men's golf, ninth

2003

Softball, first

2004

Men's golf, tie, ninth

Iowa Conference titles (140)

1930 - Basketball

1931 - Basketball

1932 - Basketball

1936 - Basketball

1939 - Football (tie with Upper Iowa)

1945 - Football

1946 - Football (tie with Upper Iowa)

1947 - Baseball

1948 - Baseball

1956 - Football

1958 - Basketball (tie with Upper Iowa)

1964 - Football (tie with Upper Iowa)

1965 - Football

1966 - Football

1967 - Football

1969 - Men's golf (tie with William Penn)

1970 - Men's tennis (tie with Luther)

1971 - Men's basketball (tie with Wartburg, William Penn)

1974 - Football

1975 - Baseball

1976 - Men's golf

1977 - Men's basketball

Football

Men's golf

Men's tennis

1978 - Men's basketball

Football (tie with Buena Vista, Dubuque, Luther)

1979 - Men's basketball

Men's tennis

Men's track and field

- 1980** - Men's basketball
Men's tennis
- 1981** - Men's golf
Men's tennis
Football
- 1982** - Men's golf
Men's tennis
Women's golf
Women's cross country
- 1983** - Women's basketball (tie with William Penn)
Men's golf
Men's tennis
Women's track and field
- 1984** - Wrestling
Men's tennis
Men's golf
Women's track and field
Women's golf
Volleyball (tie with William Penn)
- 1985** - Wrestling
Men's basketball
Women's basketball (tie with Buena Vista, Simpson, William Penn)
Men's golf
Men's tennis
Women's track and field
Football
- 1986** - Women's cross country
Women's golf
Men's golf
Men's tennis
Softball
Women's track and field
Women's golf
Volleyball
Football
- 1987** - Men's golf
Men's tennis
Women's track and field
Women's golf
Football
- 1988** - Men's golf
Volleyball
Women's golf
- 1989** - Wrestling
Men's golf
Football
Women's golf
- 1990** - Softball
Men's golf
Women's golf
Football
- 1991** - Men's basketball (tie with Wartburg)
Men's golf
Men's track and field
Softball
- 1992** - Wrestling
Men's basketball (tie with Simpson)
Men's track and field
Men's golf
Football
- 1993** - Women's basketball
Men's track and field
Men's golf
Softball
Volleyball
- 1994** - Men's basketball
Women's basketball
Men's track and field
Men's golf
Football
- 1995** - Men's basketball (tie with Simpson)
Women's basketball (tie with Buena Vista, Luther)
- 1996** - Softball (tie with Buena Vista)
Men's golf
Men's tennis
Volleyball
- 1997** - Men's track and field
Volleyball
- 1998** - Women's basketball (tie with Luther, Simpson)
Men's track and field
Men's golf
Football
Volleyball
- 1999** - Men's golf
Volleyball
- 2000** - Softball (tie with Coe, Simpson)
Men's tennis
Men's track and field
Football
Volleyball
- 2001** - Men's golf
Men's track and field
Football
Volleyball
- 2002** - Men's golf
Softball
Football (tie with Coe, Wartburg)
Volleyball (tie with Wartburg)
- 2003** - Men's golf
Softball
Volleyball
- 2004** - Men's track and field
Softball
Volleyball
- 2005** - Football (tie with Coe)
Volleyball
- 2006** - Baseball (tie with Simpson)
Football
Volleyball (tie with Simpson)
- 2007** - Men's golf

Iowa Conference all-sports titles (23)

Men (14)

1977 1985
1979 1987
1980 1988
1981 1990
1982 1991

Women (9)

1983 1990
1984 1994 (tie)
1985 2001
1986 2004
1987

ESPN The Magazine Academic All-Americans (46)

1979

Chris Adkins, football
Brent Aufdembrink, football

1983

Denise Boll, women's basketball
Lisa Broek, women's track
Tony Carey, men's golf

1984

Denise Boll, women's basketball

1985

Sue Poppens, women's basketball
Brian Goldsworthy, men's golf
Todd Sutphen, baseball
Scott Lindell, football
Neil Gray, football

1986

Scott Lindell, football

1987

Beth Van Voorhis, women's tennis

1988

Shannan Mattiace, women's tennis
Rick Perry, football
Gregg Gustafson, football
Dallas Bogner, men's tennis

1989

Rick Hassman, baseball
Shannan Mattiace, women's tennis

1990

Matt Melvin, men's basketball
Shannan Mattiace, women's tennis

1991

Rich Kacmarynski, football

1992

Nate Hart, men's basketball
Heather Reedy, softball
Chris Hulleman, football

1993

Blake Jessen, basketball
Heather Reedy, softball
Mindi Remsburg, softball
Jayna Blom, women's track and field

1994

*Emilie Hanson, women's basketball
Jason Sanders, football

1995

*Emilie Hanson, women's basketball
Matt Bandstra, football

1996

Ryan Murphy, men's tennis

1997

Ryan Murphy, men's tennis

1998

Jason Darling, baseball

2000

Angie Nielsen, volleyball

2004

Raegan Schultz, women's track and field
Jamie Stark, volleyball

2005

Adam Duerfeldt, baseball
Jason Ford, men's tennis

2006

*Adam Duerfeldt, baseball
Nick Cochrane, men's tennis
Bryan George, men's track and field
Ben Bollard, football

2007

Ben Bollard, men's track and field

*Academic All-America player of the year

All-America Scholars Golf Team (36)

1984 - Brian Goldsworthy

1985 - Brian Goldsworthy

1986 - Bill Spurbeck
Kim Doyle

1987 - Bill Spurbeck
Joe Jaspers
Brent Peterson

1988 - Joe Jaspers
Pat Jackson
Steve Kimball

1989 - Jeff Woods

Steve Rheinschmidt

1990 - Jeff Woods

1991 - Mark Smith

1992 - Bill Conger*
Brent Peterson

1993 - Bill Conger*

Chad Hoekstra

1994 - Jason Brown*

1997 - Brad Dutler

1998 - Chris Huston

Justin Schulte

2000 - Shannon Hoekstra

2001 - Courtney Brooks

Roger Dortch

Jon Hietbrink

Tim White

2002 - Jon Hietbrink

Tim White

2004 - Patrick McElyea

Nick Grossman

Kyle Matzen

2005 - Nick Grossman

2007 - Jeff Millet

Issac Rodenberg

Reid Turner

*True-Temper Scholarship winner

Intercollegiate Tennis Coaches Association Scholar-Athlete Tennis Team (8)

1984 - Dan Lazenby

1986 - Ahi Afridi, Alan Brown

1987 - Ahi Afridi, Alan Brown, Eric Ellefson

1988 - Dallas Bogner, Chuck Ray

Scholastic All-American Wrestling Team (8)

1988 - Chris Hoffman

1989 - Chris Hoffman, Shaun Van Vark

1992 - Lynn Silver, Brad Kreiner

1996 - Brent Dunlap

2001 - Jeremy Hendricks

2005 - Peter Howard

USTFCCCA All-Academic Track and Field team (35)

1994

Craig Cantrall

Andy Goodman

Nate Smith

2001

Tony Brownlee

Katie Button

Jenn Hansen

Lucas Nims

2002

Tony Brownlee

Katie Button

Abby Gonzales

Jenn Hansen

Matt Jens

Matt McCombs

Lindsay Schultz

Raegan Schultz

2003

Jenn Hansen

Lindsay Schultz

Raegan Schultz

Cale Van Genderen

Tanner Whipple

2006

Alex Costigan

Chelsey Keller

Alicia Whisner

Ben Bollard

Bryan George

2007

Angie Berry

Rachel Boeke

Ben Bollard

Guy Dierikx

Cody Huisman

Kari Hutchinson

Chelsey Keller

Alex Miller

Alicia Whisner

Adam Wolf

American Volleyball Coaches Association Academic Team Honor Roll selections

1997 2001 2003 2005

2000 2002 2004 2006

All-Americans (285 times)

1960 - John Carle, men's basketball

1966 - Dennis Descoteau, football

1967 - Doug Van Boven, football

1969 - Vern Den Herder, football

1970 - Vern Den Herder, football

John Edwards, football

1973 - Gerald Piester, men's track and field

1974 - Terry Youngblood, men's track and field

Al Dorenkamp, football

1977 - Don Taylor, football

1978 - Jason Locke, men's track and field

Don Keller, men's track and field

1979 - Jerry Fitzsimmons, men's cross country

Cam Ratering, women's cross country

1980 - Jeff Verhoef, men's basketball

Cam Ratering, women's cross country

1981 - Stacy Bandy, wrestling

Lisa Broek, women's track and field

Nancy Cisar, women's track and field

Laurie Haddy, women's track and field

Carla Huddle, women's track and field

Kim Lehman, women's track and field

Goldie Nicholson, women's track and field

Robin Rasmussen, women's track and field, women's

cross country

Cam Ratering, women's track and field, women's

cross country

Marcie Thurn, women's track and field

Lori Nolte, women's cross country

Jan Sedlacek, women's cross country

Jackie Schwes, women's cross country

Brad Depke, men's track and field

1982 - Lisa Broek, women's track and field

Paula Casey, women's track and field

Nancy Cisar, women's track and field

Laurie Haddy, women's track and field

Cam Ratering, women's track and field

Jackie Schwes, women's track and field

Marcie Thurn, women's track and field

Rose Van Egmond, women's track and field

Kean Richard, men's track and field

1983 - Stacy Bandy, wrestling

Lisa Broek, women's track and field
Nancy Cisar, women's track and field
Marti Haan, women's track and field
Marcie Thurn, women's track and field
Augie Lugo, men's tennis
Mike Shanahan, men's track and field

1984 - Murray Anderson, wrestling

Bryant Hancock, wrestling
Dale Lawrence, wrestling
Kelly McGovern, wrestling
Nancy Cisar, women's track and field
Lori Sears, women's track and field
Kevin Geary, men's track and field
Joe Martin, men's track and field
Jerry Quick, men's track and field
Matt Schulte, men's track and field
Scott Foehle, football
Rich Thomas, football

1985 - Ed Ergenbright, wrestling

Dale Lawrence, wrestling
Duane Lawrence, wrestling
Scot Storzjohann, wrestling
Brian Goldsworthy, men's golf
Rich Thomas, football

1986 - Keving Azinger, wrestling

Tim Hackel, wrestling
Kelly McGovern, wrestling
Cindy Messer, softball
Lori Sears, women's track and field
Joe Jaspers, men's golf
Jeff Blythe, football

1987 - Matt Diehl, wrestling

Tim Hackel, wrestling
Paul Veak, wrestling
Jay McGovern, wrestling
Brad Eggers, wrestling
Laurie Suttan, softball
Kris Thompson, softball
Joe Jaspers, men's golf

1988 - Jim Bruxvoort, men's track and field

Cindy Kline, women's track and field
Pat Jackson, men's golf
Laurie Suttan, softball
Chris Hoffman, wrestling
Mike Stumberg, football

1989 - Chris Hoffman, wrestling

Chad Beck, wrestling
Scot Dierks, wrestling

Brenda Vigness, softball

Jim Bruxvoort, men's track and field
Kris Reis, football

1990 - Steve Weers, wrestling

Jon McGovern, wrestling
Joe Stutting, wrestling
Jim Bruxvoort, men's track and field
David Ellingson, men's track and field
Jeff Wallerich, men's track and field
Jason Snyder, men's track and field
Dan Wallace, men's track and field
Julie Fortin, women's track and field

1991 - Chad Beck, wrestling

Jon McGovern, wrestling
Jamie Mahnke, softball
Christi Van Werden, softball
Eric Pingel, men's track and field

1992 - Jon McGovern, wrestling

Bruce Kuennen, wrestling
Joel Marsden, wrestling
Brad Kreiner, wrestling
Emily Grimes, softball
Julie Nelson, softball
Jenny Semler, softball
Eric Pingel, men's track and field
Craig Cantrall, men's track and field
Chris Hulleman, football
Bill Mulder, football

1993 - Tracy Wilson, women's basketball

Bruce Kuennen, wrestling
Brian Reece, wrestling
John Guenther, men's golf
Craig Cantrall, men's track and field
Brian Dunlap, men's track and field
Les McCracken, men's track and field
Mike Morris, men's track and field
Nate Smith, men's track and field
Dan Zimmerman, men's track and field
Emily Grimes, softball
Missey Allen, softball
Jenny Semler, softball
Jeff Helle, football

1994 - Dan Gabrielson, wrestling

Emilie Hanson, women's basketball
Craig Cantrall, men's track and field
Nate Smith, men's track and field
Michael Morris, men's track and field
Brian Dunlap, men's track and field
Dan Zimmerman, men's track and field
Les McCracken, men's track and field
Mark Kacmarynski, football
Rick Sanger, football

Jeff Helle, football
Andy Goodman, men's cross country

1995 - Emilie Hanson, women's basketball

Dan Gabrielson, wrestling
Ryan Erickson, men's track and field
Brent Ferneau, men's track and field
Eddie Heim, men's track and field
Nate Smith, men's track and field
Kevin Lucken, men's golf
Missey Allen, softball
Lynette Mullen, softball
Rick Sanger, football
Matt Bandstra, football

1996 - Brent Lawrenson, wrestling

Missey Allen, softball
Lynette Mullen, softball
Rob Akers, men's golf
Mark Kacmarynski, football

1997 - Greg Breeding, wrestling

Darin Fisher, men's golf
Zech Schiebout, men's track and field
Jay Rhoten, men's track and field
Kara Stanley, softball
Matt Paulsen, football
Abbie Brown, volleyball
Candace Wilson, volleyball

1998 - Jina Bos, women's track and field

Sean Clarck, men's track and field
Adam Hartford, men's track and field
Andrew Paulsen, men's track and field, football
Nate Korselman, men's track and field
Jay Rhoten, men's track and field
Jon Lindaman, men's track and field
Abbie Brown, volleyball
Candace Wilson, volleyball

1999 - Ryan Cunningham, wrestling

Sean Clark, men's track and field
Brad Gaskill, men's track and field
Nate Koerselman, men's track and field
Jon Lindaman, men's track and field
Abbie Brown, volleyball
Candace Wilson, volleyball
Angie Nielsen, volleyball

2000 - Katie Brees, women's indoor track and field,

women's outdoor track and field
Sean Clark, men's track and field
Donell Hotze, softball

Annie Van Wetzlinga, softball

Adam Hartford, men's track and field
Nate Koerselman, men's track and field
Chris McCullough, men's track and field
Tommy Tavegia, men's track and field
Marc Vander Velden, men's track and field
Peter Wagner, men's track and field
Jeff Sanger, football
Reid Evans, football
Justin Snyder, football
Candace Wilson, volleyball
Angie Nielsen, volleyball

2001 - Annie Van Wetzlinga, softball

Libby Hysell, softball
Katie Brees, women's indoor track and field, women's
outdoor track and field
Tony Brownlee, men's indoor track and field, men's
outdoor track and field
Chris McCullough, men's outdoor track and field
Tommy Tavegia, men's indoor track and field, men's
outdoor track and field
Peter Wagner, men's indoor track and field, men's
outdoor track and field
Angie Nielsen, volleyball

2002 - Jeremy Hendricks, wrestling

Molly Parrott, women's basketball, softball
Libby Hysell, softball
Tim White, men's golf
Katie Button, women's indoor track and field
Abby Gonzales, women's indoor track and field,
women's outdoor track and field
Lindsay Schultz, women's outdoor track and field
Reagan Schultz, women's outdoor track and field
Tony Brownlee, men's indoor track and field,
men's outdoor track and field
Matt Jens, men's outdoor track and field
Matt McCombs, men's indoor track and field, men's
outdoor track and field
Chris McCullough, men's indoor track and field, men's
outdoor track and field
Peter Wagner, men's indoor track and field, men's
outdoor track and field

2003 - D.J. Cobler, men's indoor track and field

Matt McCombs, men's indoor track and field
Peter Wagner, men's indoor track and field, men's
outdoor track and field
Tanner Whipple, men's indoor track and field
Cale Van Genderen, men's outdoor track and field
Jenn Hansen, women's outdoor track and field
Lindsay Schultz, women's outdoor track and field

Raegan Schultz, women's outdoor track and field
Libby Hysell, softball
April Miller, softball

2004 - Patrick McElyea, men's golf
Lindsay Schultz, women's outdoor track and field
Alicia Whisner, women's outdoor track and field
Tanner Whipple, men's outdoor track and field
Beth Cunningham, women's cross country

2005 - D.J. Cobler, men's outdoor track and field
Guy Dierikx, men's outdoor track and field
Justin Koeppel, men's outdoor track and field
Kevin Pitz, men's outdoor track and field
Cale Van Genderen, men's indoor track and field,
men's outdoor track and field
Alicia Whisner, women's outdoor track and field
Ryan Johnson, football
Vance Schuring, football

2006 - Zac Bailey, men's outdoor track and field
Ben Bollard, men's indoor track and field,
men's outdoor track and field
Teddy Clark, men's indoor track and field

Iowa Conference MVPs (85)

1969 - Don Ver Meer, men's golf

1970 - Vern Den Herder, football
Bob Parrott, men's tennis

1973 - Steve Paris, wrestling

1974 - Al Dorenkamp, football
Terry Youngblood, men's track

1977 - Don Taylor, football

1978 - Jerry Fitzsimmons, men's cross country
Pat Espinosa, men's tennis

1979 - Jerry Fitzsimmons, men's cross country,
men's track
Jeff Verhoef, men's basketball

1980 - Jeff Verhoef, men's basketball

1981 - Bruce Wendt, football
Mark Muysken's, men's cross country
Kevin Luttrell, men's tennis
Ron Peterson, men's golf

1982 - Augie Lugo, men's tennis
Ron Peterson, men's golf

1983 - Karen Collentine, volleyball
Pam Coon, women's tennis

Alex Costigan, women's outdoor track and field
Guy Dierikx, men's indoor track and field,
men's outdoor track and field

Bryan George, men's indoor track and field
Craig Hernandez, men's outdoor track and field
Justin Koeppel, men's indoor track and field,
men's outdoor track and field

Kevin Pitz, men's indoor track and field,
men's outdoor track and field

Brian Respellers, men's indoor track and field
Alicia Whisner, women's outdoor track and field
Dana Wilkerson, women's outdoor track and field
Zach Zellweger, men's indoor track and field

2007 - Ben Bollard, men's outdoor track and field
Guy Dierikx, men's indoor track and field,
men's outdoor track and field

Craig Hernandez, men's outdoor track and field
Alex Miller, men's outdoor track and field
Nick Reed, football

Taylor Vanden Wynboom, football

Brant VerMeer, football

Alicia Whisner, women's outdoor track and field
Joel Winters, men's golf

Augie Lugo, men's tennis

1984 - Kim Doyle, women's golf
Karen Collentine, volleyball
Augie Lugo, men's tennis
Nancy Cisar, women's track and field

1985 - Rich Thomas, football
Cindy Kline, women's golf
Ingrid Elvebak, women's cross country
Steve Muller, men's basketball
Jeff Schneekloth, men's tennis
Brian Goldsworthy, men's golf

1986 - Ingrid Elvebak, women's cross country
Jo Beth Castleberry, volleyball
Cindy Kline, women's golf
Kelly McGovern, wrestling
Jeff Schneekloth, men's tennis

1987 - Cindy Kline, women's golf
Bill Spurbeck, men's golf
Laurie Sutten, softball

1988 - Mike Stumberg, football
Lori Ellwood, women's basketball
Joe Jaspers, men's golf

1990 - Ron Saak, football
Shari King, women's golf
Pat Jackson, men's golf

1991 - Rich Kacmarynski, football
Christi Van Werden, softball

1992 - Jana Daberkow, women's golf
Chad Hoekstra, men's golf
Emily Grimes, softball

1993 - Tracy Wilson, women's basketball
Chad Hoekstra, men's golf
Emily Grimes, softball

1994 - Mark Kacmarynski, football
Andy Goodman, men's track and field,
men's cross country
Nate Smith, men's track and field
Emilie Hanson, women's basketball
Todd Isley, men's golf

1995 - Emilie Hanson, women's basketball

1996 - Maggie Brown, volleyball

1997 - Jay Rhoten, men's track and field
Abbie Brown, volleyball

1998 - Jay Rhoten, men's track and field
Abbie Brown, volleyball

1999 - Wade Van Vark, baseball
Abbie Brown, volleyball

2000 - Chris McCullough, men's track and field
Jeff Sanger, football
Candace Wilson, volleyball

2001 - Roger Dortch, men's golf
Angie Nielsen, volleyball

2002 - Peter Wagner, men's track and field
Tim White, men's golf

2003 - Peter Wagner, men's track and field
Libby Hysell, softball

2004 - Corrie Schmidt, softball
Tanner Whipple, men's track and field
Jamie Stark, volleyball

2005 - Katie Pederson, volleyball
Vance Schuring, football

2006 - Adam Duerfeldt, baseball
Vance Schuring, football

2007 - Andy Petersen, men's golf

Successful Farming All-American Farm Team (11)

1995 - Mark Kacmarynski, football

1996 - Stacy Sonneck, softball
Mark Kamarynski, football

1997 - Stacy Sonnek, softball
Jay Rhoten, men's track
Matt Paulsen, football

1998 - Jay Rhoten, men's track
Andrew Paulsen, football

1999 - Jina Bos, women's track
Jeff Sanger, football

2000 - Jeff Sanger, football
Team discontinued after 2000.

