



2009 WOMEN'S GOLF

CENTRAL COLLEGE

MEDIA GUIDE





Founded —1853

Enrollment — 1,700

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 1,700 students learning opportunities not only on the Pella campus, but on branch campuses in London, 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 Practice 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	Dustin Briggs
Assistant athletic trainer	Chris Viesselman
Athletic training education program director	John Roslien
Strength and conditioning/ Ron Schipper Fitness Center coordinator	Jake Anderson
Assistant strength and conditioning	Kyle Johnson
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	Brandon Townsend
Assistant baseball	TBA
Basketball - Men's	Mike Boschee
Assistant basketball	Joe Steinkamp
Assistant basketball	TBA
Basketball - Women's	Jerry Nikkel
Assistant basketball	Andy Campbell
Assistant basketball	Gary Boeyink
Cross country - Men's/women's	Joe Dunham
Associate cross country	Stephen Fyfe
Assistant cross country	Bryan George
Football	Jeff McMartin
Assistant football	Jeff Bollard--receivers
Assistant football	Dick Bowzer--quarterbacks/receivers
Assistant football	Darrell Brand--kickers/punters
Assistant football	Don De Waard--co-defensive coordinator/linebackers
Assistant football	Reid Evans--offensive line
Assistant football	Eric Jones--tight ends
Assistant football	Matt Paulsen--defensive backs
Assistant football	Zach Pfantz--co-defensive coordinator/defensive line
Assistant football	Jeff Sanger--defensive ends
Assistant football	Austen Scheuler--defensive backs

Assistant football	Drew Sikkink--offensive line
Assistant football	Jerry Southmayd--running backs
Golf - Men's	Charlie Estabrook
Assistant golf	Tom Linton
Assistant golf	Clint Brown
Golf - Women's	Jodee Schaben
Soccer - Men's	Garry Laidlaw
Assistant soccer	Kyle Halfpop
Assistant soccer	John Milligan
Soccer - Women's	Colin Kuchy
Assistant soccer	Kevin Schalk
Softball	George Wares
Associate softball	Alicia O'Brien
Assistant softball	Mary Vande Hoef
Assistant softball	Jake Fisher
Tennis - Men's/women's	Steve Tyler
Assistant tennis	Nick Rohner
Track and field - Men's/women's	Joe Dunham
Associate track and field	Guy Mosher
Assistant track and field	Stephen Fyfe
Assistant track and field	Bryan George
Assistant track and field	Eric Pingel
Assistant track and field	Scott Tjeerdsma
Assistant track and field	Allan Walz
Volleyball	Kent Clayberg
Assistant volleyball	Cindy Nikkel
Assistant volleyball	Rhea Softley
Assistant volleyball	Traci Dyer
Wrestling	Eric Van Kley
Assistant wrestling	Jason Zastrow
Assistant wrestling	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
Kuchy, Colin	Women's soccer	kuchyc@central.edu	628-5224
Clayberg, Kent	Volleyball	claybergk@central.edu	628-7605
Dorenkamp, Al	Athletics director	dorenkampa@central.edu	628-5310
Dunham, Joe	Men's and women's track and field, men's and women's cross country	dunhamj@central.edu	628-7603
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
Tyler, Steve	Men's and women's tennis	tylers@central.edu	628-5194
Nikkel, Jerry	Women's basketball	nikkelj@central.edu	628-7652
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
Schaben, Jodee	Women's golf	schabenj@central.edu	628-5591

Fax numbers

Athletics department (641) 628-5356
Sports information office (641) 628-5340

Women's golf

2009 fall schedule

Date	Tournament	Location	Course	Time
Sept. 4-5	Central Invitational	Bos Landen GC	Pella	10 a.m./8:30 a.m.
Sept. 12-13	Wartburg Fall Invitational	Centennial Oaks GC	Waverly	10 a.m./8 a.m.
Sept. 19-20	Illinois Wesleyan Fall Classic	Ironwood GC	Bloomington, Ill.	8 a.m./8 a.m.
Sept. 25-26	Iowa Conference I-II	Pheasant Ridge GC	Cedar Falls	10 a.m./9 a.m.
Oct. 2-3	Iowa Conference III-IV	Oneota CC	Decorah	10 a.m./9 a.m.

WOMEN'S GOLF QUICK FACTS

2008 Iowa Conference finish: tie, 2nd

Starters lost: 1 (Abby Lukensmeyer)

Starters returning: 4 (Eva Downes, Allison Crooks, Sarah Paulson, Nicole Wenstrand)

Letterwinners lost/returning: 1/5

All-conference players returning: 2 (Sarah Paulson-1st, MVP; Eva Downes-7th)

NCAA Division III tournament qualifier: Sarah Paulson-tie, 6th

2009-10 captains: Janelle Stevens, Eva Downes

Jodee Schaben

Head coach

Jodee Schaben is in her sixth season at at Central College.

Schaben was the 2009 Iowa Conference co-coach of the year. A graduate of the Univ. of Wis.-Stevens Point, Schaben was a four-year golf letterwinner and a team captain for the Pointers. She's also an experienced golf teacher and camp instructor.

At Iowa State Univ., Schaben earned a master's degree in health and human performance with an emphasis in sport psychology and a doctorate in health promotion. Schaben served a year as president of Iowa State's Health and Human Performance Graduate Student Association. She teaches in the exercise science department at Central.

2008-09 results

Fall

Date	Meet	Site	Course	Results
Aug. 30-31	BluGold Inv.	Eau Claire, Wis.	Mill Run GC/ Wild Ridge GC	12th of 25 teams
Sept. 6-7	Wartburg Inv.	Waverly, Iowa	Centennial Oaks GC	11th of 17 teams
Sept. 12-13	Central Inv.	Pella, Iowa	Bos Landen GC	1st of 6 teams
		Oskaloosa, Iowa	Edmundson GC	cancelled, rain
Sept. 20-21	Ill. Wesleyan Univ. Inv.	Normal, Ill.	Ironwood GC	11th of 23 teams
Sept. 26-27	Iowa Conference I-II	Cedar Falls, Iowa	Pheasant Ridge, GC	2nd of 9 teams
Oct. 3-4	Iowa Conference III-IV	Des Moines, Iowa	Blank GC	2nd (tie) of 9 teams
Oct. 7	William Penn JV dual	Oskaloosa, Iowa	Edmundson GC	L, 394-403

Date	Tournament	Location	Course	Time/result
March 18	Dutch Desert Shootout	Buckeye, Ariz.	Sundance GC	4th of 4 teams
April 4-5	Wartburg Inv.	Waverly	Centennial Oaks GC	7th of 9 teams
April 17-18	Central Inv. (JV only)	Oskaloosa	Edmundson GC	--
April 17-18	Millikin Spring Inv.	Decatur, Ill.	Hickory Point GC	6th of 15 teams
May 2-3	Wis.-Eau Claire Inv.	Eau Claire, Wis.	Mill Run GC/Wild Ridge GC	3rd of 12 teams
May 13-16	NCAA Division III	Port St. Lucie, Fla.	PGA Village/Wanamaker Course	Sarah Paulson, tie, 6th

2008 fall season results

BluGold Invitational

Mill Run GC/Wild Ridge GC

Eau Claire, Wis.

Aug. 30-31, 2008

36-hole team standings

1. Gustavus Adolphus (Minn.) 646; 2. Wartburg 647; 3. St. Thomas (Minn.) 661; 4. Wis.-Stevens Point 666; 5. Wis.-Eau Claire 676; 6. Gustavus Adolphus 2 (Minn.) 680; 7. Wis.-Whitewater 684; 8. Waldorf 691; 9. Carleton (Minn.) 693; 10. Luther 696; 11. St. Benedict (Minn.) 702; **12. Central 342-363-705**; 13. Wis.-Stout 706; 14. Macalester (Minn.) 708; 15. Wis.-Eau Claire 2 718; 16. Wis.-Platteville 722; 17. Wis.-Superior 725; 18. Wis.-River Falls 742; 19. St. Mary's (Minn.) 757; 20. Viterbo (Wis.) 759; 21. Central 2 774; 22. Augsburg (Minn.) 777; 23. Ripon (Wis.) 807; 24. St. Norbert (Wis.) 814; 25. Loras 841

Individual results

25. (tie) Sarah Paulson	89-81- 170
54. (tie) Eva Downes	83-94- 177
61. (tie) Abby Lukensmeyer	86-92- 178
65. (tie) Nicole Wenstrand	84-96- 180
105. (tie) Allison Crooks	94-100- 195

Wartburg Invitational

Centennial Oaks GC

Waverly, Iowa

Sept. 6-7, 2008

36-hole team standings

1. Gustavus Adolphus (Minn.) 633; 2. Illinois Wesleyan 656; 3. Wartburg 657; 4. St. Thomas (Minn.) 662; 5. Wis.-Eau Claire 668; 6. Macalester (Minn.) 679; 7. Luther 683; 8. St. Ambrose 685; 9. Gustavus Adolphus 2 (Minn.) 687; 10. Waldorf 693; **11. Central 347-347-694**; 12. Simpson 703; 13. Mount Mercy 787; 14. Coe 800; 15. Central 2 816; 16. Loras 826; 17. Cornell 853

Individual results

2. (tie) Sarah Paulson	77-79- 156
21. (tie) Eva Downes	85-82- 167
47. (tie) Abby Lukensmeyer	88-90- 178
76. (tie) Jacquelyn Mauk	99-96- 195
76. (tie) Allison Crooks	97-98- 195

Central Invitational

Bos Landen GC

Pella, Iowa

Sept. 12, 2008

*Team standings

1. Central **359**; 2. Central White 382; 3. Simpson 389; 4. William Penn 430; Buena Vista 448; 6. Grand View 449

Individual results

1. Nicole Wenstrand	85
2. (tie) Sarah Paulson	86
7. (tie) Eva Downes	94
(tie) Abby Lukensmeyer	94
15. Jacquelyn Mauk	100

*Sept. 13 second round at Edmondson GC in Oskaloosa cancelled because of heavy rain

Illinois Wesleyan Inv.

Ironwood GC

Bloomington, Ill.

Sept. 20-21, 2008

36-hole team standings

1. Wis.-Stevens Point 608; 2. Otterbein (Ohio) 624; 3. Illinois Wesleyan 629; 4. Wis.-Eau Claire 631; 5. Western Illinois 636; 6. William Woods (Mo.) 641; 7. DePauw (Ind.) 643; 8. Wis.-Whitewater 644; 9. Truman State (Mo.) 650; 10. Rhodes (Tenn.) 663; **11. Central 343-330-673**; 12. Wis.-Stout 686; 13. Illinois College 688; 14. Carthage (Wis.) 691; 15. North Central (Ill.) 695; 16. Franklin (Ind.) 699; 16. Ill.-Springfield 699; 18. Millikin (Ill.) 704; 19. Macalester (Minn.) 713; 20. Wis.-Oshkosh 725; 21. Wis.-Whitewater JV 732; 22. Loras 755; 23. Millikin (Ill.) JV 776

Individual results

6. Sarah Paulson	79-74- 153
53. (tie) Eva Downes	86-83- 169
68. (tie) Nicole Wenstrand	89-84- 173
87. (tie) Allison Crooks	89-93- 182
87. (tie) Abby Lukensmeyer	93-89- 182

Iowa Conference Championship

Pheasant Ridge GC

Cedar Falls, Iowa

Sept. 26-27, 2008

Blank GC

Des Moines, Iowa

Oct. 3-4, 2008

72-hole team standings

1. Wartburg 315-319-327-1290; **2. Central 325-323-359-336-1343**; Luther 333-331-345-334--1343; 4. Simpson 336-349-339-351--1375; 5. Coe 348-349-386-382--1465; 6. Loras 367-353-383-373--1476; 7. Buena Vista 379-377-389-385--1530; 8. Cornell 389-387-391-403--1570; 9. Dubuque 433-412-441-439--1725

Individual results

1. Sarah Paulson	76-71-81-78- 306
7. Eva Downes	79-79-86-87--331
15. Abby Lukensmeyer	86-80-94-86- 346
21. Nicole Wenstrand	84-96-98-85--363
23. (tie) Allison Crooks	90-93-98-95--376

2009 spring season results

Dutch Desert Classic

Sundance GC

Buckeye, Ariz.

March 18, 2009

Team standings

1. Grand Canyon (Ariz.) 321; 2. Wis.-Eau Claire 331; 3. Southwest Minn. State 360; **4. Central 362**

Individual results

7. (tie) Sarah Paulson 39-45--85
9. Eva Downes 44-43--87
20. Abby Lukensmeyer 49-46--95
21. (tie) Ali Miller 46-50--96
27. Molli O'Brien 50-55--105

Wartburg Invitational

Centennial Oaks GC

Waverly, Iowa

April 4-5, 2009

Team standings

1. Gustavus Adolphus (Minn.) 321; 2. Wis.-Eau Claire 326; 3. St. Thomas 329; 4. Wartburg 335; 5. Gustavus White 345; 6. Carleton 347; **7. Central 350**; 8. Luther 352; 9. Augsburg 388

Individual results

9. (tie) Sarah Paulson 40-42--82
22. (tie) Eva Downes 42-44--86
31. (tie) Abby Lukensmeyer 41-47--88
43. Allison Crooks 46-48--94
44. (tie) Ali Miller 45-50--95

Central Invitational

Edmundson GC

Oskaloosa, Iowa

April 17, 2009

Team standings

1. Simpson 368; 2. Central JV 396

Individual results

3. (tie) Lindsey Ellenson 47-47--94
7. Jacquelyn Mauk 46-53--100
8. Paige Blythe 47-53--100
9. Molli O'Brien 53-50--103
11. Natalie Hobt 57-55--112

Millikin Classic

Hickory Point GC

Decatur, Ill

April 17-18, 2009

Team standings

1. Illinois Wesleyan 635; 2. Rend Lake 645; 3. Wheaton (Ill.) 656; 4. Hope (Mich.) 662; 5. Washington-St. Louis (Mo.) 680; **6. Central 346-342--688**; 7. Quincy (Ill.) 691; Millikin (Ill.) 693; 9. North Central (Ill.) 705; 10. Augustana (Ill.) 708; 11. Maryville (Mo.) 719; 12. Illinois College 721; 13. Carthage (Wis.) 726; 14. Indiana Tech 733 15. Monmouth (Ill.) 795

Individual results

13. (tie) Sarah Paulson 78-83--161
24. Eva Downes 86-81--167
36. (tie) Ali Miller 89-86--175
61. (tie) Abby Lukensmeyer 93-92--185
69. Allison Crooks 96-95--191

Wis.-Eau Claire Inv.

Mill Run GC/Wild Ridge GC

Eau Claire, Wis.

May 2-3, 2009

Team standings

1. Wis.-Eau Claire 673; 2. Wis.-Stevens Point 675; **3. (tie) Central 349-360--709**, Wis.-Whitewater 709; 5. Carleton (Minn.) 714; 6. Wis.-Eau Claire Gold 717; 7. Wis.-Superior 751; 8. Wis.-Stout 763; 9. Wis.-River Falls 802; 10. Wis.-Stout White 817; 11. Bethel (Minn.) 818

Individual results

2. Sarah Paulson 78-84--162
12. Eva Downes 84-91--175
13. (tie) Abby Lukensmeyer 88-88--176
39. (tie) Ali Miller 99-97--196
45. Allison Crooks 99-100--199
46. (tie) Lindsey Ellenson 109-94--203

NCAA Division III Championships

The PGA Village, Wanamaker Course

Port St. Lucie, Fla.

May 13-16, 2009

Individual standings (111 players)

1. Susan Martin, Methodist (N.C.) 73-71-73-77--294
2. Jessica Urban, Wis.-Stevens Point 75-74-75-73--297
3. Marisa Mauldin, Southwestern (Texas) 81-72-79-79--311
4. (tie) Emily Bachert, Centre (Ky.) 79-79-75-80--313
Jordan Matheson, Macalester (Minn.) 79-82-73-79--313
6. (tie) Kali Griggs, Gustavus Adolphus 77-80-78-79--314 (Minn.)
Torie Ives, Wis.-Eau Claire 72-83-80-79--314
Sarah Paulson, Central 75-72-81-86--314
9. (tie) Catherine Brunoehler, Otterbein 79-79-79-80--317
Kayla Eckelkamp, Maryville (Mo.) 76-80-83-78--317

Returning player information

**Allison Crooks
Jr., Moline, Ill.**

Moline HS

2008-09 fall avg.--94.5

Career-best score--89, Sept. 20, 2008, Ironwood GC, Bloomington, Ill.

Top 2008-09 individual finish--5. (tie), Central Inv., Sept. 12-13

Team honors: two varsity letters

Eva Downes

Sr., Woodstock, Ill.

Marian Central Catholic HS

2008-09 fall avg.--85.3

Career-best score--79, April 15, 2007, Northfield (Minn.) GC

Top 2008-09 individual finish--7. Iowa Conference Sept. 26-27, Oct. 3-4

Team honors: Team co-captain (2007-08, 2008-09, 2009-10); Maurine Timmer Most Valuable Player Award (2007-08); Most Dedicated Player Award (2007-08); Most Valuable Freshman Award (2006); three varsity letters

Honors: All-Iowa Conference (2008-09, 7th place)

Top career finishes: Third place, Loras Inv. (2007); seventh place, Central Inv. (2008); seventh place, Iowa Conference (2008)

Lindsey Ellenson

Jr., Amana, Iowa

Clear Creek-Amana HS

2008-09 fall avg.--102.8

Career-best score--97, Sept. 12, 2008, Bos Landen GC, Pella

Top 2008-09 individual finish--12/ Central Inv., Sept. 12

Team honors: one varsity letter

Ali Miller

So., Davenport, Iowa

North HS

2008-09 fall avg.--97.8

Career-best score--91, Sept. 7, 2008, Centennial Oaks GC, Waverly

Top 2008-09 individual finish--7. (tie), Central Inv., Sept. 12

Molli O'Brien

Jr., Clarion, Iowa

Clarion-Goldfield HS

2008-09 fall avg.--106.5

Career-best score--98, Sept. 6, 2008, Centennial Oaks GC, Waverly

Top 2008-09 individual finish--26. Central Inv., Sept. 12

Sarah Paulson

So., Ottumwa, Iowa

Ottumwa HS

2008-09 fall avg.--79.18

Career-best score--71, Sept. 27, 2008, Pheasant Ridge GC, Cedar Falls

Top 2008-09 individual finish--1., Iowa Conference, Sept. 26-27, Oct. 3-4

Honors: All-American (2008-09, 6th place); All-Iowa Conference (2008-09, 1st place); Iowa Conference MVP (2008); Iowa Conference Player of the Week (Sept. 8, 2008; Sept. 22, 2008; Sept. 29, 2008; Oct. 6, 2008); Iowa Conference Female Athlete of the Week (Oct. 6, 2008)

Team honors: Maurine Timmer Most Valuable Player Award (2008-09); Most Valuable Freshman Award (2008-09); one varsity letter

Top career finishes: Second place (tie), Wartburg Inv. (2008); second place (tie), Central Inv. (2008); sixth place, Illinois Wesleyan Inv. (2008); first place, Iowa Conference (2008).

Janelle Stevens

Jr., West Bend, Iowa

West Bend-Mallard HS

2008-09 fall avg.--100.6

Career-best score--90, Aug. 30, 2008, Mill Run GC, Eau Claire, Wis.

Top 2008-09 individual finish--92. Wartburg Inv., Sept. 6-7

Team honors: Team co-captain (2008-09, 2009-10); Most Dedicated Player Award (2008-09); Outstanding Attitude Award (2007-08, 2008-09); Most Improved Player Award (2007-08)

Nicole Wenstrand

Jr., Essex, Iowa

Shenandoah HS

2008-09 fall avg.--89.0

Career-best score--83, Sept. 9, 2007, Centennial Oaks GC, Waverly

Top 2008-09 individual finish--1. Central Inv., Sept. 12

Honors: Iowa Conference Player of the Week (Sept. 15, 2008)

Team honors: Most Valuable Freshman Award (2007); first place, Central Inv. (2008); two varsity letters

2008 individual fall season results

Red team (first team) scores in **bold**.

	Wis.-Eau Claire Inv.	Warthburg Inv.	Central Inv.	III. Westl. Inv.	Iowa Conf. I-II	Iowa Conf. III-IV	Wm. Penn JV dual	Avg.
Paulson	89-81	77-79	86	79-74	76-71	81-78		79.18
Downes	83-94	85-82	94	86-83	79-79	86-87		85.3
Lukensmeyer	86-92	88-90	94	93-89	86-80	94-86		88.9
Wenstrand	84-96	DNC	85	89-84	84-96	98-85		89.0
Crooks	94-100	97-98	92	89-93	90-93	98-95		94.5
Mauk	94-100	99-96	100	DNC	DNC	DNC		97.8
Miller	95-108	105-91	94	DNC	DNC	DNC	94	97.8
Blythe	94-95	103-103	99	DNC	DNC	DNC	109	100.5
Stevens	90-100	105-110	DNC	DNC	DNC	DNC	98	100.6
Ellenson	98-106	106-108	97	DNC	DNC	DNC	102	102.8
O'Brien	DNC	98-103	114	DNC	DNC	DNC	111	106.5
Team scores	342-363	347-347	359	343-330	325-323	359-336	403	343.1
	(12th)	(11th)	(1st)	(11th)	(2nd)	(t-2nd)		(85.8)

2009 individual spring season results

Red team (first team) scores in **bold**.

	Dutch Classic	Warthburg Inv.	Central Inv.	Mililikin Classic	Wis.-Eau Claire Inv.	NCAA Division III	Avg.
Paulson	84	82	DNC	78-83	78-84	75-72-81-86	80.3
Downes	87	86	DNC	86-81	84-91	DNC	85.8
Lukensmeyer	95	88	DNC	93-92	88-88	DNC	90.7
Miller	96	95	DNC	89-86	99-97	DNC	93.7
Crooks	94	94	DNC	96-95	99-100	DNC	96.3
Mauk	DNC	DNC	99	DNC	DNC	DNC	98.5
Ellenson	DNC	102	94	DNC	109-94	DNC	99.8
Blythe	102	DNC	100	DNC	DNC	DNC	101
O'Brien	105	102	103	DNC	DNC	DNC	103.3
Hobt	DNC	DNC	112	DNC	DNC	DNC	112
Team scores	362	350	396	346-342	349-360		346.1
	(4th)	(7th)	(2nd)	(6th)	(t-3rd)		(86.5)

2008-09 individual honors

Iowa Conference Female Athlete of the Week

Oct. 6 Sarah Paulson

Iowa Conference Women's Golf Player of the Week

Sept. 8 Sarah Paulson
 Sept. 15 Nicole Wenstrand
 Sept. 22 Sarah Paulson
 Sept. 29 Sarah Paulson
 Oct. 6 Sarah Paulson

Iowa Conference MVP--Sarah Paulson, Central

Iowa Conference Co-Coach of the Year--Jodee Schaben, Central

Team awards

Maurine Timmer Most Valuable Player Award--Sarah Paulson
Most Dedicated Player Award--Janelle Stevens
Most Improved Player Award--Jacquelyn Mauk
Outstanding Attitude Award--Janelle Stevens
Most Valuable Freshman Award--Sarah Paulson
2008-09 co-captains--Janelle Stevens, Eva Downes
2009-10 co-captains--Janelle Stevens, Eva Downes

School records

Individual

Best 18-hole score - tie, 71, Cindy Kline, Indianola GC, 1987; Willow Creek GC, 1986; Jenny Wistrom, Edmundson GC, Oskaloosa, 1988; Sarah Paulson, Pheasant Ridge GC, Cedar Falls, 2008

Best 18-hole score, Iowa Conference tourney - 71, Sarah Paulson, Central, Pheasant Ridge GC, Cedar Falls, Iowa, Sept. 27, 2008

Best 36-hole score - 76-71--147, Sarah Paulson, Iowa Conference, Pheasant Ridge GC, Cedar Falls, Sept. 26-27, 2008

Best 72-hole meet score - 76-71-81-78--306, Sarah Paulson, Pheasant Ridge GC, Cedar Falls, Sept. 27-28, 2008, Blank GC, Des Moines, Oct. 3-4, 2008

Best 72-hole score, Iowa Conference tourney -306, tie, Sarah Paulson, Central, 2008; Jen Stork, Buena Vista, 2006

Best NCAA Division III tournament score - 75-72-81-86--314, Sarah Paulson, The PGA Village, Wanamaker Course, Port St. Lucie, Fla., May 13-16, 2009

Best 9-hole meet score - Cindy Kline, 34, Indianola GC, 1987

Best 18-hole season average - Sarah Paulson, 79.18, 2008

Team

Best 18-hole score - tie, 312, Cindy Kline, Jennifer Wistrom, Mary Ann Rogers, Shannon Myers, Indianola GC, 1987; Edmundson GC, Oskaloosa, 1988

Best 36-hole meet score - 648, Iowa Conference, Shady Oaks GC, Indianola, 1987

Best 9-hole meet core - 168, Shady Oaks GC, Indianola, 1979

Best 18-hole season average - 340.07, 1987

Top season scoring averages

Player	Fall	Overall	Year
1. Sarah Paulson	79.2	80.3	2008
2. Cindy Kline	80.3	80.3	1987
3. Cindy Kline	80.5	80.5	1986
4. Jamie Bensink	81.6	81.6	1996
5. Jenny Wistrom	81.7	81.7	1989

Player	Fall	Overall	Year
6. Jenny Wistrom	82.1	82.1	1988
7. Jenny Wistrom	83.3	83.3	1987
8. Shari King	83.5	83.5	1988
9. Jamie Bensink	83.7	83.7	1995
10. Cindy Kline	84.1	84.1	1985

Top season scoring averages*

Year	Team	Avg.	Year	Team	Avg.	Year	Team	Avg.
1. 1988	337.2	84.3	5. 2008	343.1	85.8	9. 2006	347.7	86.9
2. 1987	338.0	84.5	6. 1986	345.0	86.2	10. 1990	348.0	87.0
3. 2004	341.4	85.4	7. 1992	345.3	86.3			
4. 1989	341.9	85.5	8. 1993	346.8	86.7			

*includes fall and spring seasons

Iowa Conference finishes year-by-year

Year	Finish	Coach
1982	First	Maurine Timmer
1983	First	Maurine Timmer
1984	First	Maurine Timmer
1985	First	Maurine Timmer
1986	First	Maurine Timmer
1987	First	Maurine Timmer
1988	Second	Becky Baker
1989	First	Becky Baker
1990	First	Mike Vint
1991	Third	Pat Jackson
1992	Second	Sam Vande Weerd
1993	Second	Sam Vande Weerd
1994	Third	Amy Leavitt
1995	Third (tie)	Amy Leavitt

Year	Finish	Coach
1996	Fourth	Amy Leavitt
1997	Fourth	Amy Leavitt
1998	no finish	Amy Leavitt
1999	Third	Greg Hoekstra
2000	Third	Greg Hoekstra
2001	Fifth	Greg Hoekstra
2002	Sixth	Greg Hoekstra
2003	Fourth	Greg Hoekstra
2004	Fourth	Jodee Schaben
2005	Fifth	Jodee Schaben
2006	Fifth	Jodee Schaben
2007	Sixth	Jodee Schaben
2008	Second (tie)	Jodee Schaben

Iowa Conference champs in **bold**

Central's Maurine Timmer MVPs

1973 - Sonya German	1982 - Tracee Foster
1974 - Kathy Nydle	1983 - Kim Doyle
1975 - Karen Kofoed	1984 - Kim Doyle
1976 - Stephanie Harvey	1985 - Cindy Kline
1977 - Stephanie Harvey	1986 - Cindy Kline
1978 - Ann Sammon	1987 - Cindy Kline
1979 - Teresa Kehoe	1988 - Jenny Wistrom
1980 - Teresa Kehoe	1989 - Shannon Harken
1981 - Sue Weber	1990 - Shari King

1991 - Kim Moreland	2000 - Courtney Brooks
1992 - Jana Daberkow	2001 - Amber Wissler
1993 - Jana Daberkow	2002 - Amy Nystrom
1994 - Jennifer Jack	2003 - Jenni Juergens
1995 - Jamie Bensink	2004 - Jenni Juergens
1996 - Jamie Bensink	2005 - Sharilyne Hoekstra
1997 - Jamie Bensink	2006 - Sharilyne Hoekstra
1998 - Kristi Viehl	2007 - Eva Downes
1999 - Kristi Viehl	2008 - Sarah Paulson

Central's Iowa Conference MVPs

1984 - Kim Doyle	1987 - Cindy Kline	2008 - Sarah Paulson
1985 - Cindy Kline	1990 - Shari King	
1986 - Cindy Kline	1992 - Jana Daberkow	

All-Americans

1987 - Cindy Kline	1989 - Jenny Wistrom
1988 - Cindy Kline	2008 - Sarah Paulson

Career-best scores for returning golfers

Name	Score	Date	Site
Sarah Paulson	71	Sept. 27, 2008	Pheasant Ridge GC-Cedar Falls
Eva Downes	79	April 15, 2007	Northfield GC-Northfield, Minn.
Nicole Wenstrand	83	Sept. 9, 2007	Centennial Oaks GC-Waverly
Meghan Swella	91	Sept. 15, 2007	Oneota GC-Decorah
Amanda Sullivan	96	Sept. 2, 2005	Saddleback Ridge GC-Solon
Allison Crooks	98	Sept. 30, 2007	Pheasant Ridge GC-Cedar Falls
Lindsey Ellenson	90	Oct. 5, 2007	The Meadows GC-Asbury
Janelle Stevens	100	Sept. 23, 2007	Bos Landen GC-Pella
Aimee Crooks	110	Sept. 1, 2007	Mills Run GC-Eau Claire, Wis.

2009 roster

Name	Yr.	Hometown/High school
**Allison Crooks	Jr.	Moline, Ill./Moline
***Eva Downes	Sr.	Woodstock, Ill./Marion Catholic Central
*Lindsey Ellenson	Jr.	Amana, Iowa/Clear Creek-Amana
Natalie Hobt	So.	Nevada, Iowa/Nevada
Kaurie Kincaid	Fr.	Knoxville, Iowa/Knoxville
Christina Lee	Fr.	Huxley, Iowa/Ballard
Kaci Linton	Fr.	Keizer, Ore./McNary
Cassie Milbrandt	So.	Waucoma, Iowa/Turkey Valley
Ali Miller	So.	Davenport, Iowa/North
Molli O'Brien	Jr.	Clarion, Iowa/Clarion-Goldfield
*Sarah Paulson	So.	Ottumwa, Iowa/Ottumwa
Moriah Powell	Fr.	Wellman, Iowa/Mid-Prairie
Ashley Smith	Fr.	Johnsburg, Ill./Johnsburg
Kara Stadlander	Fr.	Manning, Iowa/IKM-Manning
Janelle Stevens	Jr.	West Bend, Iowa/West Bend-Mallard
**Nicole Wenstrand	Jr.	Essex, Iowa/Essex
Ali Woods	Fr.	Springville, Iowa/Springville

*letters earned

Outlook

In just 12 months, there's been a dramatic shift in expectations for the Central College women's golf program.

In 2008, the Dutch were coming off a sixth-place Iowa Conference finish the previous season, matching the program's worst league showing ever.

A year later, Central has the program's first NCAA Division III all-American and returning league MVP, two returning all-Iowa Conference players, all five starters back from a squad that tied for second in the conference and a promising recruiting class.

Sparkling league coach of the year Jodee Schaben's turnaround efforts is the play of sophomore Sarah Paulson, who claimed conference medalist honors last fall, then tied for sixth place in the NCAA Division III championships at Port St. Lucie, Fla. in May. A four-time conference player of the week, Paulson shattered the school season scoring record with a 79.18 average in the fall.

Also back is senior Eva Downes, a three-time letterwinner who finished seventh at the conference tournament. She averaged 85.3 last fall. Downes and junior Janelle Stevens serve as team co-captains. Other returning varsity regulars are juniors Nicole Wenstrand (89.0) and Allison Crooks (94.5).

Junior Lindsey Ellenson is another returning letterwinner, with sophomore Ali Miller and junior Molli O'Brien also competing for varsity positions.

Schaben expects at least three freshmen to make a push for a varsity slot. Most prominent is Kaurie Kincaid from Knoxville, who placed third in the Class 3A state tournament in June, shooting 79-86—165 at the Elmwood Country Club in Marshalltown. Also bringing strong high school credentials are Ashley Smith of Johnsburg, Ill. and Kara Stadlander of Manning.

The increased depth means players can't take their positions for granted.

"We have enough good players that everyone has to come in and work hard to get that spot," Schaben said.

It also has stirred whispers of a possible conference title win, something that hasn't happened for the women's golf squad since 1990, when the Dutch captured their eighth league crown in the first nine years it was contested.

"With the talent we have, a conference championship is not out of reach," Schaben said. "It's a realistic goal."

Defending champion Wartburg remains the conference favorite, with Luther and Simpson also expected to contend. Expectations will be particularly lofty for Paulson after a banner rookie year. Schaben doesn't think that's a concern.

"Sarah will be coming in with added expectations from others but Sarah already had those expectations from herself last year," Schaben said. "She came in believing she could be one of the top players in Division III. She didn't get there without hard work. She's put in more hours than anybody else on the team. But she will come in again and just play her game."

Despite Central's lengthy title drought, Schaben insists the Dutch are ready to bring a winner's mentality into each meet.

"At least for our returning players, I think we went over that hurdle last year," Schaben said. "I think we saw the mental effects on Day 3 of the conference tournament. We had more tension and more nerves than I've seen ever. But we came back in the fourth round and got over that. We also played in a lot of tough tournaments last spring and I think that helped.

And then with Sarah (Paulson) going to the national tournament, I think the other players realized that we're that caliber of a team. We just need to work hard every day and go play the way we're capable."

Schaben said it's a mindset the Dutch freshmen will need to develop.

"With the freshmen, that's something we have to spend some time on," she said. "They'll have to learn to play with pressure and we have to get them to understand the talent we have on the team. We need them to wrap their heads around the idea and expect to be at the top. We're not going to win every tournament, but we should contend."

The Dutch will also enter a second team in some other meets, which will allow additional players to gain tournament experience and give Schaben another tool to make lineup decisions.

Schaben will get an early read on how each player handles tournament golf. The season opens with the Central Invitational Sept. 4-5 at Pella's Bos Landen Golf Club.

"We're fortunate that our home tournament is the first weekend," Schaben said. "Every player on the team will be able to compete that weekend, so everyone gets a chance to let the nerves settle."

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 Top Eight Award

1995 - Emilie Hanson, women's basketball

NCAA Division III national statistical championships (23)

Individual (10)

Baseball

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

Men's basketball

2007 - Highest field goal percentage, 69.7, Keith Pedersen

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 Silver Anniversary Award

1998 - Harry Smith, football

College Football Hall of Fame

South Bend, Ind.

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

National Fastpitch Coaches Association Hall of Fame

2007 - George Wares, coach, 1985-

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

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

Football, final four

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

2007

Football, final eight

Iowa Conference titles (145)

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
 Football
 Volleyball

2009 - Men's golf
 Softball
 Men's track and field

Iowa Conference all-sports titles (23)

Men (14)

1977	1985	1992
1979	1987	1993
1980	1988	1994
1981	1990	1995
1982	1991	

Women (9)

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

NACDA Director's Cup Division III all-sports finishes

Year	Place	Pts.	Year	Place	Pts.	Year	Place	Pts.
1995-96	47	222.5	2000-01	12	459	2005-06	94	165.5
1996-97	t-40	232.5	2001-02	21	376	2006-07	80	228.5
1997-98	38	170	2002-03	43	280.5	2007-08	87	228.5
1998-99	t-34	160	2003-04	33	328	2008-09	124	154.5
1999-2000	25	329	2004-05	96	164			

approx. 450 NCAA Division III schools

ESPN The Magazine Academic All-Americans, selected by CoSIDA (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-American player of the year

All-America Scholars Golf Team (39)

1984 - Brian Goldsworthy	Steve Rheinschmidt	2000 - Shannon Hoekstra	2007 - Jeff Millet
1985 - Brian Goldsworthy	1990 - Jeff Woods	2001 - Courtney Brooks	Issac Rodenberg
1986 - Bill Spurbeck	1991 - Mark Smith	Roger Dortch	Reid Turner
Kim Doyle	1992 - Bill Conger*	Jon Hietbrink	2008 - Reid Turner
1987 - Bill Spurbeck	Brent Peterson	Tim White	2009 - Andy Petersen
Joe Jaspers	1993 - Bill Conger*	2002 - Jon Hietbrink	Andrew Townsend
Brent Peterson	Chad Hoekstra	Tim White	*True-Temper Scholarship
1988 - Joe Jaspers	1994 - Jason Brown*	2004 - Patrick McElyea	winner
Pat Jackson	1997 - Brad Dutler	Nick Grossman	
Steve Kimball	1998 - Chris Huston	Kyle Matzen	
1989 - Jeff Woods	Justin Schulte	2005 - Nick Grossman	

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

1984 - Dan Lazenby	1987 - Ahi Afridi, Alan Brown, Eric Ellefson
1986 - Ahi Afridi, Alan Brown	1988 - Dallas Bogner, Chuck Ray

Scholastic All-American Wrestling Team (8)

1988 - Chris Hoffman	1996 - Brent Dunlap
1989 - Chris Hoffman, Shaun Van Vark	2001 - Jeremy Hendricks
1992 - Lynn Silver, Brad Kreiner	2005 - Peter Howard

USTFCCCA All-Academic Track and Field team (45)

1994	Matt Jens	Ben Bollard	Rachel Boeke
Craig Cantrall	Matt McCombs	Bryan George	Guy Dierikx
Andy Goodman	Lindsay Schultz		Kari Hutchinson
Nate Smith	Raegan Schultz	2007	Emily Teas
		Angie Berry	Rachelle Tipton
2001	2003	Rachel Boeke	Jill Ziskovsky
Tony Brownlee	Jenn Hansen	Ben Bollard	
Katie Button	Lindsay Schultz	Guy Dierikx	2009
Jenn Hansen	Raegan Schultz	Cody Huisman	Rachel Boeke
Lucas Nims	Cale Van Genderen	Kari Hutchinson	Emily Teas
	Tanner Whipple	Chelsey Keller	Rachelle Tipton
2002	2006	Alex Miller	Jill Ziskovsky
Tony Brownlee	Alex Costigan	Alicia Whisner	
Katie Button	Chelsey Keller	Adam Wolf	
Abby Gonzales	Alicia Whisner	2008	
Jenn Hansen			

American Volleyball Coaches Association Academic Team Honor Roll selections (10)

1997	2001	2003	2005	2007
2000	2002	2004	2006	2008

Successful Farming all-American Farm Team (11)

1995 - Mark Kacmarynski, football	1998 - Jay Rhoten, men's track
1996 - Stacy Sonneck, softball	Andrew Paulsen, football
Mark Kamarynski, football	1999 - Jina Bos, women's track
1997 - Stacy Sonnek, softball	Jeff Sanger, football
Jay Rhoten, men's track	2000 - Jeff Sanger, football
Matt Paulsen, football	Team discontinued after 2000.

All-Americans (326 times, 200 athletes)

- 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, baseball
- 1973** - Gerald Piester, men's outdoor track and field
- 1974** - Terry Youngblood, men's outdoor track and field
Al Dorenkamp, football
- 1977** - Don Taylor, football
- 1978** - Jason Locke, men's outdoor track and field
Don Keller, men's outdoor 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 outdoor track and field
Nancy Cisar, women's outdoor track and field
Laurie Haddy, women's outdoor track and field
Carla Huddle, women's outdoor track and field
Kim Lehman, women's outdoor track and field
Goldie Nicholson, women's outdoor track and field
Robin Rasmussen, women's outdoor track and field,
women's cross country
Cam Ratering, women's outdoor track and field,
women's cross country
Marcie Thurn, women's outdoor 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 outdoor track and field
- 1982** - Lisa Broek, women's outdoor track and field
Paula Casey, women's outdoor track and field
Nancy Cisar, women's outdoor track and field
Laurie Haddy, women's outdoor track and field
Cam Ratering, women's outdoor track and field
Jackie Schwes, women's outdoor track and field
Marcie Thurn, women's outdoor track and field
Rose Van Egmond, women's outdoor track and field
Kean Richard, men's outdoor track and field
- 1983** - Stacy Bandy, wrestling
Lisa Broek, women's outdoor track and field
- Nancy Cisar, women's outdoor track and field
Marti Haan, women's outdoor track and field
Marcie Thurn, women's outdoor track and field
Augie Lugo, men's tennis
Mike Shanahan, men's outdoor track and field
- 1984** - Murray Anderson, wrestling
Bryant Hancock, wrestling
Dale Lawrence, wrestling
Kelly McGovern, wrestling
Nancy Cisar, women's outdoor track and field
Lori Sears, women's outdoor track and field
Kevin Geary, men's outdoor track and field
Joe Martin, men's outdoor track and field
Jerry Quick, men's outdoor track and field
Matt Schulte, men's outdoor track and field
Scott Foehle, football
Rich Thomas, football
- 1985** - Ed Ergenbright, wrestling
Dale Lawrence, wrestling
Duane Lawrence, wrestling
Scot Storjohann, 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 outdoor 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
Cindy Kline, women's golf
Laurie Suttten, softball
Kris Thompson, softball
Joe Jaspers, men's golf
- 1988** - Jim Bruxvoort, men's indoor track and field,
men's outdoor track and field
Paul Lovell, men's indoor track and field
Cindy Kline, women's golf
Pat Jackson, men's golf
Laurie Suttten, softball
Chris Hoffman, wrestling
Mike Stumberg, football
- 1989** - Chris Hoffman, wrestling
Chad Beck, wrestling
Scot Dierks, wrestling

Brenda Vigness, softball
Jenny Wistrom, women's golf
Jim Bruxvoort, men's outdoor track and field
Kris Reis, football

1990 - Steve Weers, wrestling
Jon McGovern, wrestling
Joe Stutting, wrestling
Jim Bruxvoort, men's outdoor track and field
David Ellingson, men's indoor track and field,
men's outdoor track and field
Jeff Wallerich, men's outdoor track and field
Jason Snyder, men's outdoor track and field
Dan Wallace, men's outdoor track and field
Julie Fortin, women's outdoor track and field

1991 - Chad Beck, wrestling
Jon McGovern, wrestling
Jamie Mahnke, softball
Christi Van Werden, softball
Eric Pingel, men's outdoor 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 outdoor track and field
Craig Cantrall, men's outdoor 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 outdoor track and field
Brian Dunlap, men's outdoor track and field
Les McCracken, men's outdoor track and field
Mike Morris, men's outdoor track and field
Nate Smith, men's outdoor track and field
Dan Zimmerman, men's outdoor 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 indoor track and field,
men's outdoor track and field
Nate Smith, men's indoor track and field,
men's outdoor track and field
Michael Morris, men's outdoor track and field
Brian Dunlap, men's indoor track and field,

men's outdoor track and field
Dan Zimmerman, men's indoor track and field,
men's outdoor track and field
Les McCracken, men's indoor track and field,
men's outdoor 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 indoor track and field
Brent Ferneau, men's indoor track and field,
men's outdoor track and field
Eddie Heim, men's indoor track and field,
men's outdoor track and field
Nate Smith, men's indoor track and field,
men's outdoor track and field
Dan Zimmerman, men's indoor track and field,
men's outdoor 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 outdoor track and field
Jay Rhoten, men's outdoor track and field
Kara Stanley, softball
Matt Paulsen, football
Abbie Brown, volleyball
Candace Wilson, volleyball

1998 - Jina Bos, women's outdoor track and field
Sean Clark, men's outdoor track and field
Adam Hartford, men's outdoor track and field
Andrew Paulsen, men's outdoor track and field,
football
Nate Korselman, men's outdoor track and field
Jay Rhoten, men's outdoor track and field
Jon Lindaman, men's outdoor track and field
Cory Woods, men's outdoor track and field
Abbie Brown, volleyball
Candace Wilson, volleyball

1999 - Ryan Cunningham, wrestling
Sean Clark, men's indoor track and field,
men's outdoor track and field

Brad Gaskill, men's outdoor track and field
Nate Koerselman, men's outdoor track and field
Jon Lindaman, men's indoor track and field,
men's outdoor track and field
Marc Vander Velden, men's outdoor 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
Donell Hotze, softball
Annie Van Wetzlinga, softball
Sean Clark, men's outdoor track and field
Adam Hartford, men's outdoor track and field
Nate Koerselman, men's outdoor track and field
Chris McCullough, men's outdoor track and field
Tommy Tavegia, men's outdoor track and field
Marc Vander Velden, men's outdoor track and field
Peter Wagner, men's outdoor 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
Adam Hartford, 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
Raegan Schultz, women's indoor track and field
women's outdoor track and field
Alicia Whisner, women's outdoor track and field
Cale Van Genderen, men's indoor track and field,
men'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
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 Respeliers, 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
Nick Reed, football
Taylor Vanden Wynboom, football
Brant VerMeer, football

- 2007** - Ben Bollard, men's outdoor track and field
 Guy Dierikx, men's indoor track and field,
 men's outdoor track and field, football
 Craig Hernandez, men's outdoor track and field
 Alex Miller, men's outdoor track and field
 Alicia Whisner, women's outdoor track and field
 Joel Winters, men's golf
 Greg Altmaier, football
- 2008** - Kari Hutchinson, women's indoor track and field
 Emily Teas, women's indoor track and field
 Jill Ziskovsky, women's indoor track and field
 Rachelle Tipton, women's indoor track and field
 Jason Fisher, men's indoor track and field

Iowa Conference MVPs (91)

- 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 Muyskens, 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
 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
- Guy Dierikx, men's indoor track and field,
 men's outdoor track and field
 Alex Miller, men's outdoor track and field
 Luke Bolander, men's outdoor track and field
 Matt Patrick, men's outdoor track and field
 Kurtis Brondyke, men's outdoor track and field
 Kelly Harris, softball
- 2009** - Kurtis Brondyke, men's indoor track and field,
 men's outdoor track and field
 Ethan Miller, men's indoor track and field,
 men's outdoor track and field
 Rachel Boeke, women's outdoor track and field
 Rachael Everingham, softball
 Sarah Paulson, women's golf
- Laurie Suttin, 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

Des Moines Register Sports Hall of Fame

1976 - Richard "Babe" Tysseling '32; baseball, men's basketball, football, track and field, coach, athletics director

1988 - Vern Den Herder '70; football, men's basketball, NFL player

2002 - Dick Schultz '50; baseball, men's basketball, football, Division I basketball coach, athletics director, NCAA executive director, U.S. Olympic Committee president

Central College Athletics Hall of Honor

2002

Vern Den Herder; football, men's basketball

Dr. Camilla Ratering McCalmont; women's cross country, women's track and field

Ron Schipper; Head football coach, athletics director

Dick Schultz; Baseball, men's basketball, football

Richard "Babe" Tysseling; baseball, men's basketball, football, track and field

Jeff Verhoef; men's basketball

2003

Dr. Richard Dykstra; football

Gertrude Beintema; athletic department office manager

Marcie Thurn Rohach; women's track and field

Clarence Wilkins; men's basketball

Brian Goldsworthy; Men's Golf

2004

Denise Boll Baker; Women's basketball

Dr. Kenneth Weller; Central College president, NCAA vice-president

Dana Snoap; men's basketball

Tim Connell, football

2008 - Andy Petersen, men's golf

Guy Dierikx, men's indoor track and field

Kelly Harris, softball

Kari Hutchinson, women's outdoor track and field

Sarah Paulson, women's golf

2005

Tom Stone; football

Nancy Cisar Wright; women's track and field

Scot Storjohann; football, wrestling

2006

Laurie Suttén Flynn; softball, women's basketball

Joe Jaspers; men's golf, men's basketball

Scott Lindell; Football

Lori Nolte; women's cross country, women's track and field

2007

Eldon Schulte; football, basketball, men's track and field

Lisa Broek; track and field

Rich Thomas; football

2008

Harold De Bie; men's basketball

Bruce Heerema; football, men's track and field

Christi Van Werden; softball, women's basketball

