



2006 MEN'S CROSS COUNTRY
CENTRAL COLLEGE
PRESSBOOK





Founded –1853
Enrollment – 1,635
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 1,750 students learning opportunities not only on the Pella campus, but on branch campuses in London and Colchester, England; Merida, Yucatan, Mexico; Leiden, the Netherlands; and Carmarthen, Wales; and at study centers in Granada, Spain; 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 Kuyper Athletics Complex

The 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), A.N. Kuyper Field (1977), the baseball and softball fields (1978), Ryerson Golf Driving Range (2002), 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 Resort, 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 DEPT. STAFF

Athletics director	Al Dorenkamp
Special assistant to the athletics director	John Edwards
Director of intramurals and special events	Adam Stevens
Assistant dir. of intramurals	Dan Mason
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
Building and grounds manager	Randy Shives
Sports information director	Larry Happel

FACULTY ATHLETIC COUNCIL REPRESENTATIVES

Dr. Dennis Doyle, associate professor of communication studies
 Dr. Edmond Willis, professor of psychology
 Dr. Lori Witt, assistant professor of history

COACHING STAFF

Baseball	Adam Stevens
Assistant baseball	Dan Mason
Assistant baseball	Brent Fridley
Basketball--Men's	Mike Boschee
Assistant basketball	Nic Nelson
Assistant basketball	Derek Schulte
Basketball--Women's	Natalie Nacic
Assistant basketball	Jerry Nikkel
Assistant basketball	Bret Grier
Cross country--Men's/women's	Jeff Bovee
Assistant cross country	Stephen Fyfe
Assistant cross country	Guy Mosher
Football	Jeff McMartin
Assistant football	Jeff Bollard—tight ends
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
Assistant football	Jerry Southmayd—running backs
Assistant football	Travis Sterling—player development

Golf--Men's

Assistant golf	Charlie Estabrook
Assistant golf	Tom Linton
Assistant golf	Clint Brown

Golf--Women's

Jodee Schaben

Soccer--Men's

Garry Laidlaw

Assistant soccer	TBA
Assistant soccer	TBA

Soccer--Women's

Rick Burns

Assistant soccer	Kathryn Burns
Assistant soccer	Russell Goodman

Softball

Associate head softball coach	George Wares
Assistant softball	Alicia O'Brien
Assistant softball	Steph Anderson

Tennis--Men's/women's

Doug Sturmsma

Assistant women's tennis	Rod Braun
Assistant men's tennis	Tait Smock

Track and field--Men's/women's

Kevin Sanger

Associate track and field	Guy Mosher
Assistant track and field	Jeff Bovee
Assistant track and field	Stephen Fyfe
Assistant track and field	Mike Marcinkowski
Assistant track and field	Eric Pingel
Assistant track and field	Jay Rhoten

Volleyball

Kent Clayberg

Assistant volleyball	TBA
Assistant volleyball	Catie Brand
Assistant volleyball	Sunny Eighmy

Wrestling

Eric Reed

Assistant wrestling	Kevin Azinger
Assistant wrestling	Rex Gray
Volunteer assistant	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
Bovee, Jeff	Men's and women's cross country	boveej@central.edu	628-5178
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
Nakic, Natalie	Women's basketball	nakicn@central.edu	628-7652
Reed, Eric	Wrestling	reede@central.edu	628-5422
Sanger, Kevin	Men's and women's track and field	sangerk@central.edu	628-7603
Schaben, Jodee	Women's golf	schabenj@central.edu	628-5591
Stevens, Adam	Baseball	stevensa@central.edu	628-5396
Stursma, Doug	Men's tennis	stursmad@central.edu	628-5194
Wares, George	Softball	waresg@central.edu	628-5195

Fax numbers

Athletics department (641) 628-5356

Sports information office (641) 628-5340

Men's cross country

2006 schedule

Sept. 2	Dutch Inv.	Pella	9:30 a.m.
Sept. 9	Les Duke Inv.	Grinnell	10 a.m.
Sept. 22	*Carleton Inv.	Northfield, Minn.	4:30 p.m.
Sept. 23	Roy Griak Inv.	St. Paul, Minn.	9 a.m.
Oct. 7	Dan Huston Inv.	Waverly	10:30 a.m.
Oct. 14	Wis.-La Crosse Inv.	La Crosse, Wis.	10:30 a.m.
Oct. 28	Iowa Conference	Iowa City	11 a.m.
Nov. 11	NCAA Div. III Central Regional	+Northfield, Minn.	11 a.m.
Nov. 18	NCAA Div. III national meet	Wilmington, Ohio	11 a.m.

*junior varsity only

+at St. Olaf College (Minn.)

MEN'S CROSS COUNTRY QUICK FACTS

2005 Iowa Conference finish: 3rd

Starters lost: 3 (Bryan George, Michael McLoughlin, T.J. Weiler)

Starters returning: 4 (Joe Jefferson, Brett Jones, Brian Respeliers, Adam Wolf)

Letterwinners lost/returning: 3/7

2006 captains: Brian Respeliers, Adam Wolf

Jeff Bovee

Head coach

Jeff Bovee is in his fourth season as head men's and women's cross country coach at Central. Bovee also serves as assistant men's and women's track and field coach.

Central runners have earned USCCCA Division III all-region honors five times during his tenure. Distance runners have also showed dramatic progress in track and field under Bovee, scoring 133 points in 2005 Iowa Conference indoor and outdoor meets and 112 in 2006, after scoring 68 points in 2004 and 61 in 2003.

Bovee was the head men's and women's track and cross country coach at Parkland Junior College (Ill.) from 1996-2000. He was a graduate assistant coach in both sports at Eastern Illinois University in 1995-96. Bovee, a native of Glendale, Ariz., previously was a high school girls' and boys' track and cross country assistant there at Ironwood and Apollo high schools.

A graduate of the University of Arizona, Bovee served as co-captain of the school's track and field team for two seasons. He was a four-time track and field letterwinner and three-time cross country letterwinner for the Wildcats. He was a Pac-10 Conference placewinner in the 800 meters in track and a NCAA national meet participant in cross country.

Bovee received a master's degree from Eastern Illinois and is pursuing a doctoral degree at the University of Illinois.

Stephen Fyfe

Assistant coach

Stephen Fyfe is in his eighth 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 seven marathons. Fyfe received his masters and doctoral degrees at Iowa State University and serves as an assistant professor of computer science at Central.

2005 men's cross country results

Sept. 3	Central Dutch Inv.	Pella	1st of 3 teams
Sept. 17	St.Olaf Inv.	Northfield, Minn.	5th of 15 teams
Sept. 23	Augustana Inv.	Davenport	8th of 33 teams
Oct. 8	Border War Inv.	Edwardsville, Ill.	15th of 29 teams
Oct. 15	Jim Drews Inv.	West Salem, Wis.	17th of 23 teams
Oct. 29	Iowa Conference	Cedar Rapids	3rd of 9 teams
Nov. 12	NCAA Central Regional	Waverly	9th of 20 teams

Central Dutch Invitational at Pella

1. Central 19; 2. William Penn 57; 3. Simpson 60.

St. Olaf Invitational at Northfield, Minn.

1. Minn. State-Mankato 57; 2. Saint John's (Minn.) 72; 3. Minn.-Duluth 93; 4. Macalester (Minn.) 98; 5. Central 126; 6. St. Olaf (Minn.) 135; 7. Wis.-Stout 222; 8. Gustavus Adolphus (Minn.) 242; 9. Minn. State-Moorhead 253; 10. Wis.-River Falls 295; 11. Martin Luther (Minn.) 327; 12. St. Cloud State (Minn.) 341; 13. North Central (Minn.) 402; 14. Ellsworth 428; 15. Crown (Minn.) 454.

Augustana Brissman-Lundeen Invitational at Davenport

1. Augustana (Ill.) 59; 2. Wheaton (Ill.) 94; 3. Chicago (Ill.) 130; 4. Wis. Stevens Point 133; 5. Elmhurst (Ill.) 136; 6. Grinnell 152; 7. Greenville (Ill.) 206; 8. Central 297; 9. Olivet Nazarene (Ill.) 298; 10. Millikin (Ill.) 303; 11. Ripon (Wis.) 318; 12. St. Thomas (Minn.) 351; 13. Principia (Ill.) 381; 14. Saint Xavier (Ill.) 418; 15. Lincoln (Ill.) 441; 16. North Iowa CC 447; 17. Unattached 462; 18. Coe 465; 19. Dordt 560; 20. Illinois Wesleyan 584; 21. St. Ambrose 639; 22. Valparaiso (Ind.) 641; 23. Mount Mercy 660; 24. Moraine Valley (Ill.) 704; 25. Cornell 710; 26. Sauk Valley (Ill.) 745; 27. Elgin (Ill.) 820; 28. Iowa Central 824; 29. William Penn 827; 30. Simpson 828; 31. Ellsworth 888; 32. Fairhaven Baptist (Ind.) 1000; 33. Aurora (Ill.) 1004.

Southern Illinois-Edwardsville Border War Invitational at Edwardsville, Ill.

1. De Pauw (Ind.) 76; 2. Truman State (Mo.) 169; 3. Missouri Southern 179; 4. Indianapolis (Ind.) 192; 5. Southern Ill.-Edwardsville 195; 6. Lewis (Ill.) 214; 7. Washington (Mo.) 220; 8. Central Missouri State 237; 9. Mo.-Rolla 242; 10. Rend Lake (Ill.) 244; 11. Wis.-Whitewater 247; 12. Greenville (Ill.) 319; 13. Missouri Baptist 335; 14. Paradise Valley (Ariz.) 348; 15. Central 376; 16. Mid American Nazarene (Kan.) 402; 17. William Woods (Mo.) 405; 18. Millikin (Ill.) 454; 19. Missouri Valley 505; 20. Southwest Baptist (Mo.) 557; 21. Lindenwood (Mo.) 637; 22. Morton (Ill.) 638; 23. Lincoln (Ill.) 649; 24. McKendree (Ill.) 736; 25. Danville (Ill.) 737; 26. Central Methodist (Mo.) 749; 27. Illinois College 798; 28. Maryville (Mo.) 806; 29. Blackburn (Ill.) 914.

Wis.-La Crosse Jim Drews Invitational at West Salem, Wis.

1. Wis.-Madison 46; 2. Minnesota 52; 3. Wis.-La Crosse 115; 4. Iowa State 152; 5. South Dakota State 155; 6. Nebraska Wesleyan 172; 7. Tufts (Md.) 205; 8. Wartburg 242; 9. Haverford (Pa.) 243; 10. Hamline (Minn.) 298; 11. Cal.-Riverside 305; 12. Wis.-Platteville 318; 13. Minn.-Duluth 372; 14. North Dakota State 376; 15. Macalester (Minn.) 413; 16. Luther 427; 17. Central 472; 18. Wis.-Eau Claire 553; 19. Gustavus Adolphus (Minn.) 588; 20. Wisconsin Track Club 643; 21. Illinois Wesleyan 656; 22. Winona State (Minn.) 740; 23. St. Mary's (Minn.) 759.

Iowa Confrence Championship at Cedar Rapids

1. Wartburg 33; 2. Luther 50; 3. Central 85; 4. Loras 87; 5. Coe 137; 6. Simpson 202; 7. Cornell 212; 8. Buena Vista 213; 9. Dubuque 231

NCAA Div. III Central Regional at Waverly

1. Nebraska Wesleyan 42; 2. Wartburg 83; 3. Hamline (Minn.) 95; 4. Carleton (Minn.) 135; 5. Saint John's (Minn.) 159; 6. St. Olaf (Minn.) 169; 7. Luther 183; 8. Macalester (Minn.) 189; 9. Central 250; 10. Grinnell 263; 11. St. Thomas (Minn.) 317; 12. Bethel (Minn.) 330; 13. Gustavus Adolphus (Minn.) 352; 14. Loras 368; 15. Coe 431; 16. Concordia-Moorhead (Minn.) 511; 17. Simpson 554; 18. Martin Luther (Minn.) 561; 18. Dubuque 561; 20. Buena Vista 596.

Individual honors

All-Iowa Conference

Adam Wolf
Bryan George

Academic All-Iowa Conference

Bryan George (3.55, general studies)
Michael McLoughlin (3.59, psychology)

NCAA Division III All-Central Region honoree

Bryan George

2005 team awards

Most Valuable Performer- Adam Wolf
Most Improved Performer- Bryan George
Most Valuable Freshman- Jaron Byrum
2005 captains- Bryan George, Michael McLoughlin, Adam Wolf
2006 captains - Brian Respeliers, 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
Boys' high school 5,000 meters--17:42, Thomas Hlad, Knoxville, Sept. 3, 2005

Central Dutch Invitational meet records

(first held, 2004)

Men's collegiate 8,000 meters--26:22, Adam Wolf, Central, Sept. 3, 2005
Boys' high school 5,000 meters--17:42, Thomas Hlad, Knoxville, Sept. 3, 2005

Central Dutch Invitational meet champions

Men's collegiate

Year	Winner	School	Time
2004	Nick Bowerman	Simpson	26:59
2005	Adam Wolf	Central	26:22

Boys' high school

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

Central's team MVPs

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

2005 men's cross country individual results
(place finish in parentheses)

	Central Inv. (8k)	St. Olaf (8k)	Augustana Inv. (8k)	Border States (8k)	Jim Drews Inv. (8k)	IIAC (8k)	NCAA Regional
James Armstead	DNC	DNC	28:05(198)	28:45(177)	28:17(234)	28:32*(22)	DNC
Alex Billings	32:26(26)	30:33(126)	28:09(201)	30:00(227)	29:55(299)	31:45*(62)	DNC
Jaron Byrum	28:18(12)	28:20(55)	26:47(117)	28:28(161)	28:04(218)	28:05*(15)	DNC
Teddy Clark	28:47(14)	28:56(76)	27:02(129)	29:09(200)	29:05(268)	29:27*(42)	DNC
Brett Dietrich	27:50(6)	27:54(40)	26:34(102)	DNC	DNC	DNC	DNC
Bryan George	28:11(11)	27:19(22)	25:43(43)	27:29(90)	26:40(127)	26:41(14)	26:36(32)
Andy Green	DNC	DNC	28:45(249)	30:29(245)	29:21(278)	DNC	DNC
Joe Jefferson	27:42(4)	27:45(36)	26:41(110)	27:26(84)	27:20(176)	27:13(18)	27:26(62)
Brett Jones	27:53(7)	28:00(45)	26:23(88)	27:49(122)	27:03(148)	28:08(34)	27:13(48)
Tyler Keller	28:52(15)	DNC	DNC	DNC	DNC	DNC	DNC
Michael McLoughlin	28:21(13)	27:50(37)	26:37(107)	27:27(87)	27:06(156)	27:21(21)	27:37(70)
Jason Mullen	DNC	DNC	30:37(332)	30:08(229)	29:39(286)	30:25*(63)	DNC
Brain Respellers	27:57(8)	28:04(48)	26:44(114)	27:54(130)	27:16(170)	27:52(30)	28:10(90)
Tyler Schipper	31:51(25)	29:47(106)	27:32(167)	29:07(197)	DNC	DNC	DNC
Eric Sink	29:46(18)	28:35(63)	26:52(121)	29:09(199)	27:41(199)	27:58*(13)	DNC
T.J. Weiler	28:05(10)	27:50(38)	26:30(96)	27:40(107)	26:59(144)	27:40(28)	27:33(69)
Adam Wolf	26:22(1)	26:18(2)	25:18(22)	26:28(25)	25:43(54)	26:01(4)	26:49(41)
Team finish	1st of 3	5th of 15	8th of 33	15th of 29	17th of 23	3rd of 9	9th of 20
Points	19	126	297	376	472	85	250
Spread	1:35	1:32	1:16	1:12	1:23	1:39	:57

Varsity team scorers in **bold**

* Junior varsity race

All-time top-10 8,000 meter runners

Jerry Fitzsimmons	24:14.7	1979
Pete Anderson	24:33	1983
Paul Sparks	24:40.2	1980
Mark Muyskens	24:48	1981
Marley Wubbena	24:52.9	1980
*Brian Hantsbarger	25:03	1977
Adam Wolf	25:18	2005
*Bruce Merschbrock	25:20	1986
Andy Goodman	25:23	1994
John Rouse	25:26	1976

*five miles; others are 8,000 meters

Year-by-year results

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

*NCAA Division III national meet team qualifier

Central's Iowa Conference MVPs

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

NCAA Division III national championship meet history**Central's Division III cross country all-Americans**

1979 - Jerry Fitzsimmons
 1994 - Andy Goodman

Central's NCAA Div. III national championship meet qualifiers

Year	Name	Finish	Time	Team finish
*1973	Dave Waddle	74th		29th of 33 teams
	Chris Samson	NA		
	Dave Unger	NA		
	Dave Williams	NA		
	Dick Miller	NA		
*1974	Dave Waddle	NA		40th of 41 teams
	Dave Unger	NA		
	Chris Samson	NA		
	Jeff Lovell	NA		
	John Dayton	NA		
1978	Jerry Fitzsimmons	NA		--
1979	Jerry Fitzsimmons	18th	24:45.3	--
*1980	Marley Wubbena	38th	26:22	21st of 29 teams
	Paul Sparks	46th	26:30	
	Mark Muyskens	76th	27:03	
	Peter Anderson	121st	27:38	
	Scott Visser	176th	28:25	
	Gary Meyer	180th	28:42	
	Rod Lavarias	186th	29:03	
1983	Peter Anderson	NA		--
1994	Andy Goodman	21st	25:31.9	--

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

*team qualifiers; others are individual qualifiers

Career-best 8,000 times by returning runners

Name	Time	Date	Site
Adam Wolf	25:18	Sept. 23, 2005	Augustana Inv.-Davenport
Brett Jones	26:23	Sept. 23, 2005	Augustana Inv.-Davenport
Brett Dietrich	26:34	Sept. 23, 2005	Augustana Inv.-Davenport
Joe Jefferson	26:41	Sept. 24, 2004	Augustana Inv.-Davenport
Brian Respeliers	26:44	Sept. 23, 2005	Augustana Inv.-Davenport
Jaron Byrum	26:47	Sept. 23, 2005	Augustana Inv.-Davenport
Eric Sink	26:52	Sept. 23, 2005	Augustana Inv.-Davenport
Teddy Clark	27:02	Sept. 23, 2005	Augustana Inv.-Davenport
Tyler Schipper	27:32	Sept. 23, 2005	Augustana Inv.-Davenport
James Armstead	28:05	Sept. 23, 2005	Augustana Inv.-Davenport
Alex Billings	28:09	Sept. 23, 2005	Augustana Inv.-Davenport
Andy Green	28:10	Sept. 24, 2004	Augustana Inv.-Davenport
Tyler Keller	28:52	Sept. 3, 2005	Central Inv.-Pella
Jason Mullen	29:39	Oct. 15, 2005	Jim Drews-West Salem, Wis.

2006 preseason roster

Name	Yr.	Hometown	High school
James Armstead	So.	Greenfield, Iowa	Nodaway Valley
Luke Bolander	So.	Des Moines, Iowa	Des Monies East
B.J. Bundy	Jr.	Coffeyville, Kan.	Field Kindley
*Jaron Byrum	So.	Mount Union, Iowa	New London
Teddy Clark	So.	Montgomery, Ill.	Oswego
**Brett Dietrich	Jr.	Williamsburg, Iowa	Williamsburg
Cory Fitzsimmons	Fr.	Pella, Iowa	Pella
Andy Green	Jr.	Cherokee, Iowa	Washington
***Joe Jefferson	Sr.	Decorah, Iowa	Decorah
***Brett Jones	Sr.	Knoxville, Iowa	Knoxville
Tyler Keller	So.	Anna, Ill.	Anna-Jonesboro
Alex Miller	Fr.	Adel, Iowa	Van Meter
Derrick Padovich	Fr.	Oswego, Ill.	Oswego
***Brian Respeliers	Sr.	Council Bluffs, Iowa	St. Albert
Tyler Schipper	So.	Ankeny, Iowa	Ankeny
*Eric Sink	Jr.	Corning, Iowa	Corning
Pierre Taylor	Fr.	Oswego, Iowa	Oswego
Chase Unga	Sr.	Ames, Iowa	Gilbert
Zac Wagner	Fr.	Omaha, Neb.	Creighton Prep
Brandon Williams	So.	Coralville, Iowa	Iowa Mennonite
***Adam Wolf	Sr.	Corning, Iowa	Corning

*letters earned

Outlook

Last year's third-place Iowa Conference finish was the Central College men's cross country team's best since 1992. The squad's ninth-place showing at the NCAA Division III Central Region meet was a 10-place jump over 2002, the year prior to coach Jeff Bovee's arrival.

Taking the next step--an outright second-place conference finish and maybe a berth in the NCAA Division III national meet--hasn't been achieved in 25 years, yet Bovee quietly suggests it's time for his runners to put it in their sights.

"The potential for a top-two finish is there," he said. "With so many seniors on this year's team, there's a sense of urgency. We've got all kinds of great leadership and great kids who have been very instrumental in bringing the program to this level. They're highly motivated and they've really trained hard over the summer."

Three strong leaders also were lost to graduation but four of the top seven are back, headed by senior Adam Wolf, the team MVP. He earned all-conference recognition by placing fourth in the league meet, won the Central Dutch Invitational and was second at the St. Olaf (Minn.) Invitational. His 25:18 effort at the Augustana (Ill.) Invitational Sept. 23 was the team's season-best 8,000-meter time and ranks him fifth on Central's all-time list of top runners. Wolf enters 2006 with lofty ambitions. Bovee sees him as a contender for the league individual title as well as an NCAA berth.

"I think Adam will be among three of the favorites to win the conference," Bovee said. "That's going to be Adam's goal and he certainly has that capability."

Wolf slipped to 44th at the Division III regional meet last year, a finish Bovee termed misleading.

"He was battling a cold," Bovee said. "Otherwise, I think he might have sneaked in (to the national meet)."

Wolf is joined as co-captain by senior Brian Respeliers. A three-time letterwinner, Respeliers held the No. 6 or 7 spot in the lineup last year but made dramatic progress last spring, earning an NCAA Division III meet berth in the 800 meters.

"I think Brian's NCAA experience in track and field will carry over," Bovee said. "He's been there and knows what it takes. He made such huge improvement and is a great role model for the rest of the team."

"He's a big guy and more of a middle-distance guy, but I really think he can be a top-five runner for us. He's someone who needs to keep improving for us to reach our goal of an NCAA berth."

Respeliers will be the more vocal captain.

"Adam (Wolf) is pretty quiet, but he can get people fired up when he needs to," Bovee said. "Last year, in the middle of a race, he'd often chirp in another guy's ear to help get him going. I think he and Brian are going to complement each other well."

Another senior looking for improvement is Brett Jones, also a three-time letterwinner. He was 34th at the league meet but was an impressive 48th at the NCAA regional and was Central's No. 3 or 4 runner much of the year. Jones finished in 26:23 at the Augustana meet.

"Brett ran really well throughout the season but got sick right before the conference meet," Bovee said. "His strength is the longer races and I think can be a top-15 contender in the conference."

Bovee has similar hopes for senior three-time letterwinner Joe Jefferson who was 18th in the conference and in Central's top three in four meets. He placed ninth in the 10,000 meters at the league track meet in May.

"He missed about half of his training during track season because of illness so to finish as well as he did was pretty promising. Cross country is the forte of both Joe and Brett. They love the longer races and the tough courses."

A wild card in determining Central's fortunes is junior Brett Dietrich, who returns after missing most of last season with injury.

"It would be huge for us if Brett would be able to reach his full potential," Bovee said. "He's such a talented kid. He could still be a great runner. He's a gamer who really puts it together in the tough races. If he could just stay healthy for 12 months, he could be a 31-minute guy in the 10,000 meters."

The Dutch also regain the services of senior Chase Unga, who was Central's No. 7 runner at the 2004 league meet but spent last fall in Europe through the popular Central Abroad program.

"Chase will be pushing our top five this year on a consistent basis," Bovee said. "He is a strong leader. He keeps things loose when the team needs that but can bring intensity and a needed boost when necessary."

Sophomore Teddy Clark had a steady debut season with Central's junior varsity last year.

"He's gotten a lot stronger," Bovee said. "I see Teddy as a varsity guy. How far he climbs depends on how his summer training goes."

Bovee also lists junior Eric Sink and sophomores James Armstead, Tyler Schipper and Jaron Byrum as possible varsity contributors. Byrum earned his first letter last season.

The expected leader of the freshman class is Alex Miller of Adel, a strong middle-distance runner who earned a state cross country meet berth as an individual running for Waukegan.

"Alex will be very good in track and has a lot of potential, but it may take until his sophomore or junior year to adjust to running 8,000 meters," Bovee said. "But he has definite potential to be a top-seven guy this year."

Pierre Taylor and Derrick Padovich, who ran at Oswego (Ill.) High School, as did Clark, show promise.

"They could definitely be our top-end JV runners this year and be pretty solid runners down the road," Bovee said.

Bovee sees Wolf as the clear team leader.

"After that, we'll have a really tight group," he said. "We may have only 20-45 seconds separating the rest of our top seven."

Central was third in the league last year behind Wartburg and Luther. Both of the latter two clubs will contend again and a strong freshman class could help Loras make a push.

Central hasn't had an individual NCAA Division III men's meet qualifier since Andy Goodman in 1994 and hasn't sent a team to the national meet since 1980. Bovee wants his team thinking about ending that drought, which would require a fifth-place team finish in the regional after placing ninth last year.

"We're really going to try to get that fifth spot," he said. "The difference between ninth and fifth last year was an average of 20-25 seconds for each guy and our guys have been doing that each year. Certainly it gets progressively more difficult to do that, but I think we have that capability. I think it's going to be an exciting year."

Central College championship history

NCAA Division III national team championships

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

NCAA Division III national individual championships

1982

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

Marcie Thurn
Women's track, long jump

1983

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

1984

Nancy Cisar
Women's track, 200 meter dash, 400 meter dash

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

1985

Brian Goldsworthy
Men's golf

1986

Lori Sears
Women's track, 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 track, high jump

1997

Zech Schiebout
Men's track, discus

2000

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

2001

Katie Brees

Women's indoor track, long jump

Chris McCullough, Adam Hartford, Tony Brownlee, Tommy Tavegia

Men's track, 4x400 meter relay

Peter Wagner

Men's track, decathlon

2002

Chris McCullough, Matt McCombs, Peter Wagner, Tony Brownlee

Men's track, 4 x 400 meter relay

2003

Peter Wagner

Men's track, decathlon

2004

Raegan Schultz

Women's track, heptathlon

2005

Cale Van Genderen

Men's indoor track, high jump; men's outdoor track, high jump

NCAA Division III players of the year**1985**

Brian Goldsworthy

Men's golf

1998

Abbie Brown

Volleyball

2000

Donell Hotze

Softball

2003

Libby Hysell

Softball

1995

Emilie Hanson

Women's basketball

1999

Abbie Brown

Volleyball

2000

Candace Wilson

Volleyball

Honda Division III Collegiate Woman Athlete of the Year

2003 - Libby Hysell

NCAA Division III national statistical championships**Individual****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

Team**Football****1988** - Highest scoring offense, 37.6 points per game, Central**2002** - Net punting**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****1974**

Football, first

1979

Women's cross country, fourth

1980

Women's cross country, sixth

1981

Women's track, fourth

Women's cross country, first

Men's golf, ninth

1982

Women's track, first

Men's golf, 10th

1983

Women's golf, third

Men's golf, sixth

Football, final four

Women's track, fourth

1984

Women's track, 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

- 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)

Iowa Conference all-sports titles

Men

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

Women

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

ESPN The Magazine Academic All-Americans

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

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
 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

*Academic All-America player of the year

All-America Scholars Golf Team

1984 Brian Goldsworthy	1990 Jeff Woods	2000 Shannon Hoekstra
1985 Brian Goldsworthy	1991 Mark Smith	2001 Courtney Brooks Roger Dortch Jon Hietbrink Tim White
1986 Bill Spurbeck Kim Doyle	1992 * Bill Conger Brent Peterson	2002 Jon Hietbrink Tim White
1987 Bill Spurbeck Joe Jaspers Brent Peterson	1993 * Bill Conger Chad Hoekstra	2004 Patrick McElyea Nick Grossman Kyle Matzen
1988 Joe Jaspers Pat Jackson Steve Kimball	1994 * Jason Brown	2005 Nick Grossman
1989 Jeff Woods Steve Rheinschmidt	1997 Brad Dutler	
	1998 Chris Huston Justin Schulte	

*True-Temper Scholarship winner

ITCA Scholar-Athlete Tennis Team

1984 Dan Lazenby	1986 Ahi Afridi Alan Brown	1987 Alan Brown Ahi Afridi Eric Ellefson	1988 Dallas Bogner Chuck Ray
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Scholastic All-American Wrestling Team

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

USTCA All-Academic Track and Field team

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	2003 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				

NCAA postgraduate scholarship winners

- 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

NCAA Iowa Woman of the Year

- 1995** - Emilie Hanson, women's basketball
- 2001** - Candace Wilson, volleyball
- 2002** - Angie Nielsen, volleyball
- 2004** - Raegan Schultz, women's track and field, volleyball

College Football Hall of Fame

South Bend, Ind.

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

All-Americans

- 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

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

- 1977** - Don Taylor, football

- 1978** - Jason Locke, men's track
Don Keller, men's track

- 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
Nancy Cisar, women's track
Laurie Haddy, women's track
Carla Huddle, women's track

- 1995** - Emilie Hanson, women's basketball
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

NCAA Silver Anniversary Award

- 1998** - Harry Smith, football

NCAA Top Eight Award

- 1995** - Emilie Hanson, women's basketball

- Kim Lehman, women's track
- Goldie Nicholson, women's track
- Robin Rasmussen, women's track, women's cross country
- Cam Ratering, women's track, women's cross country
- Marcie Thurn, women's track
- Lori Nolte, women's cross country
- Jan Sedlacek, women's cross country
- Jackie Schwers, women's cross country
- Brad Depke, men's track

- 1982** - Lisa Broek, women's track
Paula Casey, women's track
Nancy Cisar, women's track
Laurie Haddy, women's track
Cam Ratering, women's track
Jackie Schwers, women's track
Marcie Thurn, women's track
Rose Van Egmond, women's track
Kean Richard, men's track

- 1983** - Stacy Bandy, wrestling
Lisa Broek, women's track
Nancy Cisar, women's track
Marti Haan, women's track
Marcie Thurn, women's track
Augie Lugo, men's tennis
Mike Shanahan, men's track

- 1984** - Murray Anderson, wrestling
Bryant Hancock, wrestling

Dale Lawrence, wrestling
Kelly McGovern, wrestling
Nancy Cisar, women's track
Lori Sears, women's track
Kevin Gear, men's track
Joe Martin, men's track
Jerry Quick, men's track
Matt Schulte, men's track
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 Mc Govern, wrestling
Cindy Messer, softball
Lori Sears, women's track
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 Suttin, softball
Kris Thompson, softball
Joe Jaspers, men's golf

1988 - Jim Bruxvoort, men's track
Cindy Kline, women's track
Pat Jackson, men's golf
Laurie Suttin, 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
Kris Reis, football

1990 - Steve Weers, wrestling
Jon McGovern, wrestling
Joe Stutting, wrestling
Jim Bruxvoort, men's track
David Ellingson, men's track
Jeff Wallerich, men's track
Jason Snyder, men's track
Dan Wallace, men's track

Julie Fortin, women's track

1991 - Chad Beck, wrestling
Jon McGovern, wrestling
Jamie Mahnke, softball
Christi Van Werden, softball
Eric Pingel, men's track

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
Craig Cantrall, men's track
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
Brian Dunlap, men's track
Les McCracken, men's track
Mike Morris, men's track
Nate Smith, men's track
Dan Zimmerman, men's track
Emily Grimes, softball
Miskey Allen, softball
Jenny Semler, softball
Jeff Helle, football

1994 - Dan Gabrielson, wrestling
Emilie Hanson, women's basketball
Craig Cantrall, men's track
Nate Smith, men's track
Michael Morris, men's track
Brian Dunlap, men's track
Dan Zimmerman, men's track
Les McCracken, men's track
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
Brent Ferneau, men's track
Eddie Heim, men's track
Nate Smith, men's track
Kevin Lucken, men's golf
Miskey Allen, softball
Lynette Mullen, softball

- Rick Sanger, football
Matt Bandstra, football
- 1996** - Brent Lawrenson, wrestling
Miskey 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
Jay Rhoten, men's track
Kara Stanley, softball
Matt Paulsen, football
Abbie Brown, volleyball
Candace Wilson, volleyball
- 1998** - Jina Bos, women's track
Sean Clarck, men's track
Adam Hartford, men's track
Andrew Paulsen, men's track, football
Nate Koerselman, men's track
Jay Rhoten, men's track
Jon Lindaman, men's track
Abbie Brown, volleyball
Candace Wilson, volleyball
- 1999** - Ryan Cunningham, wrestling
Sean Clark, men's track
Brad Gaskill, men's track
Nate Koerselman, men's track
Jon Lindaman, men's track
Abbie Brown, volleyball
Candace Wilson, volleyball
Angie Nielsen, volleyball
- 2000** - Katie Brees, women's indoor track, women's outdoor track
Sean Clark, men's track
Donell Hotze, softball
Annie Van Wetzling, softball
Adam Hartford, men's track
Nate Koerselman, men's track
Chris McCullough, men's track
Tommy Tavegia, men's track
Marc Vander Velden, men's track
Peter Wagner, men's track
Jeff Sanger, football
Reid Evans, football
Justin Snyder, football
Candace Wilson, volleyball
Angie Nielsen, volleyball
- 2001** - Annie Van Wetzling, softball
Libby Hysell, softball
Katie Brees, women's indoor track, women's outdoor track
- outdoor track
Tony Brownlee, men's indoor track, men's outdoor track
Chris McCullough, men's outdoor track
Tommy Tavegia, men's indoor track, men's outdoor track
Peter Wagner, men's indoor track, men's outdoor track
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
Abby Gonzales, women's indoor track, women's outdoor track
Lindsay Schultz, women's outdoor track
Reagan Schultz, women's outdoor track
Tony Brownlee, men's indoor track, men's outdoor track
Matt Jens, men's outdoor track
Matt McCombs, men's indoor track, men's outdoor track
Chris McCullough, men's indoor track, men's outdoor track
Peter Wagner, men's indoor track, men's outdoor track
- 2003** - D.J. Cobler, men's indoor track
Matt McCombs, men's indoor track
Peter Wagner, men's indoor track, men's outdoor track
Tanner Whipple, men's indoor track
Cale Van Genderen, men's outdoor track
Jenn Hansen, women's outdoor track
Lindsay Schultz, women's outdoor track
Raegan Schultz, women's outdoor track
Libby Hysell, softball
April Miller, softball
- 2004** - Patrick McElyea, men's golf
Lindsay Schultz, women's outdoor track
Alicia Whisner, women's outdoor track
Tanner Whipple, men's outdoor track
Beth Cunningham, women's cross country
- 2005** - D.J. Cobler, men's outdoor track
Guy Dierikx, men's outdoor track
Justin Koeppel, men's outdoor track
Kevin Pitz, men's outdoor track
Cale Van Genderen, men's indoor track, men's outdoor track
Alicia Whisner, women's outdoor track

2006 - Zac Bailey, men's outdoor track
 Ben Bollard, men's indoor track, men's outdoor track
 Teddy Clark, men's indoor track
 Alex Costigan, women's outdoor track
 Guy Dierikx, men's indoor track, men's outdoor track
 Bryan George, men's indoor track

Craig Hernandez, men's outdoor track
 Justin Koeppel, men's indoor track, men's outdoor track
 Kevin Pitz, men's outdoor track
 Brian Respeliers, men's indoor track
 Alicia Whisner, women's outdoor track
 Dana Wilkerson, women's outdoor track
 Zach Zellweger, men's indoor track

Successful Farming All-American Farm Team

1995- Mark Kacmarynski, football

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

1996 - Stacy Sonnek, softball
 Mark Kamarynski, football

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

1977 - Stacy Sonnek, softball
 Jay Photen, man' track
 Matt Paulsen, football

2000 - Jeff Sanger, football

Iowa Conference MVPs

1969 - Don Ver Meer, men's golf

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

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

1973 - Steve Paris, wrestling

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

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

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

1979 - Jerry Fitzsimmons, men's cross country, men's track

Jeff Verhoef, men's basketball

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

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

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

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

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

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

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, men's cross country
Nate Smith, men's track
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
Abbie Brown, volleyball

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

1999 - Wade Van Vark, baseball
Abbie Brown, volleyball

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

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

2002 - Tim White, men's golf

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

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

2005 - Katie Pederson, volleyball
Vance Schuring, football

2006 - Adam Duerfeldt, baseball

