



2006 WOMEN'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

Women's cross country

2006 schedule

Sept. 2	Dutch Inv.	Pella	9:30 a.m.
Sept. 9	Les Duke Inv.	Grinnell	10 a.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 Region meet	Northfield, Minn.	11 a.m.
Nov. 18	NCAA Div. III national meet	Wilmington, Ohio	11 a.m.

WOMEN'S CROSS COUNTRY QUICK FACTS

2005 Iowa Conference finish: 3rd

Starters lost: 4 (Mackenzie Lauman, Heidi Rathje, Jill Rozendaal, Amanda Wood)

Starters returning: 3 (Jessica Clark, Chantelle MacVey, Nicki Thomas)

Letterwinners lost/returning: 4/3

2006 captain: Jessica Clark

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 eight marathons. Fyfe received a master's and doctoral degrees at Iowa State University and serves as an assistant professor of computer science at Central.

2005 season results

Sept. 3	Central Dutch Inv.	Pella	1st of 3 teams
Sept. 17	St. Olaf Inv.	Northfield, Minn.	8th of 18 teams
Sept. 23	Augustana Inv.	Davenport	8th of 27 teams
Oct. 15	Tori Neubauer Inv.	West Salem, Wis.	18th of 22 teams
Oct. 29	Iowa Conference	Cedar Rapids	3rd of 9 teams
Nov. 12	NCAA Div. III Central Regional	Waverly	16th of 23 teams

**Central Dutch Invitational
at Pella**

1. Central 24; 2. Simpson 49; 3. William Penn 61.

**St. Olaf Invitational
at Northfield, Minn.**

1. St. Olaf (Minn.) 71; 2. Macalester (Minn.) 72; 3. Wis.-Eau Claire 106; 4. Gustavus Adolphus (Minn.) 109; 5. Carleton (Minn.) 119; 6. Minn. State-Mankato 189; 7. Wis.-Stout 200; 8. Central 256; 9. Wis.-River Falls 260; 10. Minn.Duluth 300; 11. Minn. State-Moorhead 309; 12. St. Catherine (Minn.) 320; 13. Augsburg (Minn.) 329; 14. Winona State (Minn.) 419; 15. Martin Luther (Minn.) 421; 16. North Central (Minn.) 442; 17. Iowa Lakes 565; 18. Crown (Minn.) 578.

**Augustana Brissman-Lundeen Invitational
at Davenport**

1. Olivet Nazarene (Ill.) 60; 2. Chicago (Ill.) 65; 3. Wis.-Parkside 85; 4. Wheaton (Ill.) 129; 5. Grinnell 168; 6. Carthage (Wis.) 182; 7. North Central (Ill.) 268; 8. Central 278; 9. Illinois Wesleyan 283; 10. Augustana (Ill.) 292; 11. Coe 320; 12. Elmhurst (Ill.) 384; 13. Cornell 387; 14. Simpson 409; 15. Mount Mercy 422; 16. Greenville (Ill.) 424; 17. St. Ambrose 447; 18. Dordt 464; 19. Iowa Central 500; 20. Millikin (Ill.) 537; 21. Ripon (Wis.) 577; 22. North Iowa CC 597; 23. Lincoln (Ill.) 657; 24. Saint Xavier (Ill.) 702; 25. Dubuque 779; 26. Principia (Ill.) 792; 27. Carl Sandburg (Ill.) 828.

**Border War Invitational
at Edwardsville, Ill.**

1. Washington (Mo.) 78; 2. De Pauw (Ind.) 106; 3. Central Missouri State 125; 4. Missouri Southern State 140; 5. Indianapolis (Ind.) 145; 6. Truman State (Mo.) 167; 7. Emporia State (Kan.) 180; 8. Paradise Valley (Ariz.) 204; 9. Central 276; 10. Southwest Baptist (Mo.) 291; 11. Wis.-Whitewater 294; 12. Lindenwood (Mo.) 309; 13. Southern Ill.-Edwardsville 374; 14. Lewis (Ill.) 383; 15. Missouri Baptist 397; 16. Central Methodist (Mo.) 428; 17. Mo.-Rolla 450; 18. Missouri Valley 507; 19. Millikin (Ill.) 509; 20. Lincoln (Ill.) 513; 21. Webster (Mo.) 617; 22. McKendree (Ill.) 635.

**Wis.-La Crosse Tori Nuebauer Invitational
at West Salem, Wis.**

1. Wis.-La Crosse 72; 2. South Dakota State 80; 3. Cal-Riverside 121; 4. Wis.-Eau Claire 159; 5. Macalester (Minn.) 199; 6. St. Olaf (Minn.) 200; 7. Nebraska Wesleyan 211; 8. Wartburg 215; 9. Iowa State 222; 10. Gustavus Adolphus (Minn.) 260; 11. Minnesota 301; 12. Luther 310; 13. Wis.-Platteville 324; 14. Hamline (Minn.) 403; 15. Illinois Wesleyan 444; 16. North Dakota State 460; 17. Minn.-Duluth 488; 18. Central 490; 19. St. Mary's (Minn.) 559; 20. Wisconsin Track Club 563; 21. St. Catherine (Minn.) 629; 22. Winona State (Minn.) 633.

**Iowa Conference Championship
at Cedar Rapids**

1. Wartburg 40; 2. Luther 49; 3. Central 110; 4. Coe 128; 5. Simpson 131; 6. Loras 140; 7. Cornell 147; 8. Dubuque 234; 9. Buena Vista 243.

**NCAA Div. III Central Regional
at Waverly**

1. Wartburg 102; 2. Carleton (Minn.) 107; 3. St. Thomas (Minn.) 139; 4. Macalester (Minn.) 140; 5. Nebraska Wesleyan 145; 6. Gustavus Adolphus (Minn.) 164; 7. Luther 173; 8. St. Olaf (Minn.) 179; 9. Grinnell 268; 10. St. Benedict's (Minn.) 282; 11. Concordia (Minn.) 321; 12. Hamline (Minn.) 329; 13. Bethal (Minn.) 411; 14. St. Mary's (Minn.) 416; 15. Loras 437; 16. Central 438; 17. Simpson 443; 18. Coe 460; 19. Augsburg (Minn.) 485; 20. St. Catherine (Minn.) 527; 21. Cornell 542; 22. Martin Luther (Minn.) 582; 23. Clarke (Minn.) 721.

Individual honors

All-Iowa Conference team
Jill Rozendaal

Academic All-Iowa Conference team
Kari Hutchinson (undeclared, 3.59)
Jill Rozendaal (Spanish, 3.80)

2005 team awards**Most Valuable Performer**--Jill Rozendaal**Most Improved Performer**--Heidi Rathje**Most Valuable Freshman**--Nicki Thomas**2005 captains**--Mackenzie Lauman, Jill Rozendaal**All-time records****Best two-mile time** - 11:19, Lori Nolte, Wis.-La Crosse Inv., La Crosse, Wis.; Oct. 21, 1978**Best 5,000-meter time** - 17:50, tie, Cam Ratering, AIAW Region VI, Ames, Iowa; Oct. 31, 1980; NCAA

Div. III Central Regional, Davenport.; Nov. 21, 1981

Best 6,000-meter time - 21:53, Beth Cunningham, Augustana Brissman-Lundeen Inv., Davenport; Sept. 4, 2004**Central College Cross Country Course records****(course opened in 2004)****Women's collegiate 5,000 meters**--18:53, Jill Rozendaal, Central, Sept. 3, 2005**Women's collegiate 6,000 meters**--20:15, Missy Buttry, Wartburg, Oct. 30, 2004**Girls' high school 4,000 meters**--15:19, Sarah Larsen, Cedar Falls, Sept. 3, 2005**Central Dutch Invitational meet records****(first held, 2004)****Women's 5,000 meters**--Kristy Feldman, unattached, 18:41**Women's collegiate 5,000 meters**--18:42, Jen Wendt, Simpson, Sept. 3, 2005**Girls' high school 4,000 meters**--15:19, Sarah Larsen, Cedar Falls, Sept. 3, 2005**Central Dutch Invitational meet champions****Women's collegiate (5,000 meters)**

Year	Winner	School	Time
2004	Beth Cunningham	Central	19:13
2005	Jen Wendt	Simpson	18:42

Girls' high school (4,000 meters)

Winner	School	Time
Lauren Jones	Centerville	17:04
Sarah Larsen	Cedar Falls	15:19

All-time top 5,000 meter runners

No.	Name	Time	Year
1.	Cam Ratering	17:50	1980
2.	Connie Kemp	17:53	1986
3.	Lori Nolte	18:00.5	1981
4.	Jackie Schwiers	18:06	1981
5.	Ingrid Elvebak	18:14	1986
6.	Kim Lehman	18:18	1981
7.	Jean Sedlacek	18:20	1983
8.	Deb Worden	18:35	1980
9.	Julie Nowlan	18:40	1979
10.	Robin Rasmussen	18:42	1979
11.	Beth Cunningham	18:43	2004
12.	Teresa Newcomb	18:43	1990
13.	Jill Rozendaal	18:45	2005
14.	Jill Katzer	18:49	1983
15.	Teresa Wauters	18:57	2001
16.	Kathy Simon	18:57.2	1981
17.	Paulette Bendixen	18:59	1982

All-time top 6,000 meter runners

No.	Name	Time	Date	Site
1.	Beth Cunningham	21:53	Sept. 24, 2004	Augustana Brissman-Lundeen Inv, Credit Island, Davenport
2.	Jill Rozendaal	22:28	Sept. 23, 2005	Augustana Brissman-Lundeen Inv, Credit Island, Davenport
3.	Nicki Thomas	23:05	Sept. 23, 2005	Augustana Brissman-Lundeen Inv, Credit Island, Davenport
4.	Lori Risser	23:20	Sept. 24, 2004	Augustana Brissman-Lundeen Inv, Credit Island, Davenport
5.	Teresa Wauters	23:33	Sept. 21, 2002	Grinnell Les Duke Inv.-Oakland Acres
6.	Katie Elsbernd	23:40	Nov. 16, 2002	NCAA Div. III Central Regional-Oakland Acres

7.	Heidi Rathje	23:54	Sept. 23, 2005	Augustana Brissman-Lundeen Inv, Credit Island, Davenport
8.	Mackenzie Lauman	23:58	Sept. 23, 2005	Augustana Brissman-Lundeen Inv, Credit Island, Davenport
9.	Amy Olson	24:02	Nov. 16, 2002	NCAA Div. III Central Regional-Oakland Acres
10.	Megan Slater	24:08	Sept. 24, 2004	Augustana Brissman-Lundeen Inv, Credit Island, Davenport
11.	Kari Hunerdosse	24:16	Oct. 16, 2004	Wis.-La Crosse Jim Drews Inv., West Salem, Wis.
12.	Jessica Clark	24:19	Sept. 23, 2005	Augustana Brissman-Lundeen Inv, Credit Island, Davenport
13.	Andi Baiotto	24:59	Sept. 21, 2002	Grinnell Les Duke Inv., Oakland Acres
14.	Hannah Anderson	25:14	Sept. 23, 2005	Augustana Brissman-Lundeen Inv, Credit Island, Davenport
15.	Amanda Wood	25:30	Sept. 23, 2005	Augustana Brissman-Lundeen Inv, Credit Island, Davenport

Central's Iowa Conference championships

1982 1986

Central's women's cross country national meet qualifiers

Year	Nam	Finish	Team finish
+1979	Cam Ratering	13th*	4th*
	Julia Nowlan	24th*	4th*
	Robin Rasmussen	35th*	4th*
	Becky Wilson	42nd*	4th*
	Laurie Haddy	51st*	4th*
	Lori Nolte	DNF	4th*
	Deb Worden	DNF	4th*
+1980	+ Cam Ratering	6th*	6th*
	Lori Nolte	43rd*	6th*
	Robin Rasmussen	66th*	6th*
	Deb Worden	76th*	6th*
	Kim Lehman	84th*	6th*
	Laurie Haddy	96th*	6th*
	Kristi Ostrich	125th*	6th*
+1981	+ Jackie Schwers	5th	1st
	Lori Nolte	7th	1st
	Cam Ratering	9th	1st
	Robin Rasmussen	11th	1st
	Jan Sedlacek	15th	1st
	Kim Lehman	26th	1st
	Kathy Simon	31st	1st
1982	Julia Nowlan		
1984	Ingrid Elvebak	47th	--
1986	Ingrid Elvebak	29th	--
	Connie Kemp	57th	--
1989	Teresa Newcomb	51st	--
1990	Teresa Newcomb	47th	--
2004	Beth Cunningham	20th	--

All-Americans in **bold**

+qualified as a team; other berths earned individually

*Central competed in the AIAW until 1981, when the first NCAA Division III women's championship meet was held.

Central's team MVPS

1974 - Becky Muhs	1985 - Ingrid Elvebak	1996 - Heather Sandholm
1975 - Becky Muhs	1986 - Ingrid Elvebak	1997 - Heather Hoekstra
1976 - Jan Hunerdosse	1987 - Connie Kemp	1998 - Sara Luse
1977 - Deb Worden	1988 - Teresa Newcomb	1999 - Jen Osteen
1978 - Lori Nolte	1989 - Teresa Newcomb	2000 - Steph Paris
1979 - Lori Nolte, Deb Worden	1990 - Teresa Newcomb	2001 - Suzy Van Wyngarden
1980 - Cam Ratering	1991 - Carey Dieleman	2002 - Beth Cunningham
1981 - Lori Nolte	1992 - Carey Dieleman	2003 - Beth Cunningham
1982 - Julie Nowlan	1993 - Anita Miller	2004 - Beth Cunningham
1983 - Jean Sedlacek	1994 - Anita Miller	2005 - Jill Rozendaal

Women's cross country

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

	Central Inv. (5k)	St. Olaf (6k)	Augustana (6k)	Border States (5k)	Tori Neubauer (6k)	IIAC (6k)	Regional (6k)
Hannah Anderson	21:34(12)	28:08(208)	25:14(173)	22:16(164)	26:40(266)	26:54*(26)	DNC
Amy Boesenburg	23:27(21)	27:26(177)	25:54(215)	21:59(151)	26:35(263)	26:48(48)	27:19(129)
Jessica Clark	21:17(8)	25:52(94)	24:19(109)	20:59(115)	25:09(182)	25:21(32)	25:49(101)
Kari Hutchinson	DNC	DNC	DNC	DNC	DNC	DNC	DNC
Mackenzie Lauman	21:26(10)	26:11(108)	23:58(85)	20:40(101)	25:48(222)	25:18(31)	25:33(91)
Chantelle MacVey	21:48(15)	26:59(151)	25:37(204)	DNC	DNF	27:07*(29)	DNC
Amy Morisson	DNC	DNC	32:41(328)	DNC	35:15(352)	DNC	DNC
Amanda Petro	DNC	DNC	DNC	26:12(200)	DNF	32:12*(61)	DNC
Heidi Rathje	21:08(6)	25:55(96)	23:54(79)	20:15(76)	24:47(156)	24:30(22)	25:01(75)
Jill Rozendaal	18:53(3)	23:44(12)	22:28(16)	18:45(11)	22:32(18)	23:04(6)	25:36(95)
Nicki Thomas	20:32(4)	24:29(38)	23:05(38)	20:03(65)	24:20(133)	24:15(19)	25:09(81)
Amanda Wood	DNC	28:14(212)	25:30(191)	21:28(131)	26:07(237)	25:41(38)	26:37(116)
Team finish	1st of 3	8th of 18	8th of 27	9th of 22	18th of 22	3rd of 9	16th of 23
Points	24	256	278	276	490	110	438
Spread	2:34	2:27	1:51	2:14	3:15	2:17	:48

Varsity team scorers in **bold**

* Iowa Conference junior varsity race

Team records**Most consecutive meet championships** - 6, 1985**Most meet championships, season** - tie, 6, 1981, 1985**Year-by-year results**

Year	Iowa Conference	NCAA Regional	Coach
1974	--	--	Bill Herzog
1975	--	--	Bill Herzog
1976	--	--	Bill Herzog
1977	--	--	Bill Herzog
1978	--	--	Bill Herzog
1979	--	1st*	Mike Sullivan
1980	--	1st*	Mike Sullivan
1981	--	1st**	Mike Sullivan
1982	1st	4th	Mike Sullivan
1983	2nd	3rd	Mike Sullivan
1984	3rd	7th	Pamela Richards
1985	1st	3rd	Pamela Richards
1986	2nd	5th	Pamela Richards
1987	3rd	9th	Pamela Richards
1988	4th	13th	Pamela Richards
1989	6th	10th	Pamela Richards
1990	5th	15th	Pamela Richards
1991	5th	17th	Pamela Richards
1992	6th	17th	Pamela Richards
1993	5th	18th	Pamela Richards
1994	5th	16th	Jean Manecke
1995	4th	12th	Jean Manecke
1996	4th	--	Jean Manecke
1997	5th	14th	Dianna Elder
1998	7th	21st	Mike Gruver
1999	4th	12th	Mike Gruver
2000	4th	14th	Kendrick Clay
2001	3rd	11th	Kendrick Clay
2002	5th	12th	Kendrick Clay
2003	5th	18th	Jeff Bovee
2004	3rd	14th	Jeff Bovee
2005	3rd	16th	Jeff Bovee

*AIAW meet; NCAA competition began in 1981

**NCAA Division III champions

Career-best 6,000 meter times by returning runners

Name	Time	Date	Site
Nicki Thomas	20:03	Oct. 8, 2005	Border War Inv.-Edwardsville, Ill.
Jessica Clark	20:59	Oct. 8, 2005	Border War Inv.-Edwardsville, Ill.
Hannah Anderson	21:34	Sept. 3, 2005	Central Inv.-Pella
Chantelle MacVey	21:48	Sept. 23, 2005	Central Inv.-Pella
Amy Boesenberg	21:59	Oct. 8, 2005	Border War Inv.-Edwardsville, Ill.

2006 preseason roster

Name	Yr.	Hometown	High school
Elizabeth Arentsen	Fr.	Waukee, Iowa	Waukee
Mandie Barkley	Fr.	Fort Dodge, Iowa	Fort Dodge
Angela Berry	Fr.	Indianola, Iowa	Norwalk
*Jessica Cark	So.	Port Byron, Ill.	Riverdale
Emily De Penning	Fr.	Johnston, Iowa	Johnston
Constance Eshelman	Jr.	Bridgewater, Iowa	Nodaway Valley

Kristyn Hill	Fr.	Council Bluffs, Iowa	Lewis Central
Steph Hillman	Sr.	Grand Junction, Iowa	East Greene
Jenni Hufford	Fr.	Polk City, Iowa	Ankeny
Angela Latta	Fr.	Madrid, Iowa	Madrid
Amy Ledvina	Fr.	Toledo, Iowa	South Tama
*Chantelle MacVey	So.	Newton, Iowa	Newton
Amber Mayer	Fr.	Essex, Iowa	Shenandoah
Amy Morrison	Sr.	Middle, Iowa	Iowa Valley
Amanda Mosinski	Fr.	Packwood, Iowa	Pekin
Amanda Petro	So.	Naples, Fla.	Barron Collier
Lucinda Rasmussen	So.	Ankeny, Iowa	Ankeny
Audra Robinson	Fr.	Cumming, Iowa	Valley
Heather Shives	Fr.	Knoxville, Iowa	Knoxville
Heather Stanek	Fr.	Fort Dodge, Iowa	St. Edmond
*Nicki Thomas	So.	Omaha, Neb.	Millard North
Rachelle Tipton	Fr.	Newton, Iowa	Newton
Kelsey Tompkins	Fr.	Webster City, Iowa	Webster City
Leanna Townsend	Sr.	Bondurant, Iowa	Perry
Brittany Whitsell	So.	Marian, Iowa	Linn-Mar
Jessica Whitson	So.	Cedar Falls, Iowa	Cedar Falls
Ashley Wiederin	Fr.	Bedford, Iowa	Bedford
*letters earned			

Outlook

Coach Jeff Bovee isn't underestimating the challenge of replacing five of the Central College women's cross country team's top seven runners from 2005.

Yet he enters his fourth season excited about his squad's prospects and even entertaining notions of exceeding the accomplishments of last year's veteran squad.

There's nothing like a bumper crop of incoming talent to put a smile on a coach's face. There are 16 freshmen on the 2006 roster and many are likely to contend for varsity spots.

"We don't have a very experienced group," Bovee said. "We're fortunate we've got such a strong group coming in. This is the best recruiting class we've had since I've been here. I think we'll be very strong."

Even the team's leaders will be young. The squad captain is a sophomore, Jess Clark, and the only other returning member of last year's top seven is her classmate Nicki Thomas. Sophomore Chantelle MacVey is the only other letterwinner back while sophomore Amanda Petro also returns.

"Jess (Clark) has really shown that she's the most ready to step up and lead," Bovee said. "Not only because of her running ability, but because of her work ethic and her ability to communicate and lead us to where we need to go."

Clark was Central's No. 5 runner much of last year, placing 32nd at the Iowa Conference meet and turning in her career-best 6,000-meter time of 24:19 at the Augustana Invitational Sept. 23.

But Thomas is the team leader at the finish line. She was Central's No. 2 runner in every meet as a freshman, finished 19th in the Iowa Conference and also ran her career-best at the Augustana meet, in 23:05.

Bringing the loftiest high school credentials among the freshmen are Angie Berry of Norwalk and Amber Mayer of Essex, a Shenandoah High School grad. They finished second and sixth, respectively, in the 3,000 meters at the Class 3A state high school meet in May. And it will be a surprise if the top seven doesn't include Constance Eshelman, a junior college transfer from Ellsworth and a Nodaway Valley High School grad from Bridgewater. Bovee notes that Eshelman competed in two meets last fall that included Central and both times ran fast enough to be the No. 3 finisher for the Dutch.

"She's already running 60 miles a week," Bovee said. "She'll be a very solid runner and I think is going to improve rapidly once she gets here."

Other freshmen contenders include Rachelle Tipton of Newton, a standout in the 400 and 800 meters who was the No. 2 runner on Newton's cross country squad, which qualified for the Class 4A state meet.

"The transition from 4,000 meters (in high school) to 6,000 meters will be more difficult for her than for some of the others, but she's a good athlete," Bovee said.

Kelsey Tompkins of Webster City was an individual Class 3A state qualifier.

"Kelsey's really a sleeper," Bovee said. "I think she could do some great things."

Another middle-distance runner, Jenni Hufford, had a solid high school cross country career at Ankeny.

"Once she adjusts to the longer distance, she should do pretty well," Bovee said.

Amanda Mosinski, a state high school track qualifier in the 400 meter hurdles, was still debating on whether to contin-

ue running cross country in college, but Bovee would love having her on the squad.

"She's very athletic and I think could surprise a lot of people," he said.

Another potential surprise is Amy Ledvina of Toledo, a South Tama High School standout, who was eighth in the 3,000 meters at the state meet.

"She started out as a shot putter her freshman year and turned into a very strong distance runner," Bovee said. "She could be very good."

Bovee is also looking for good things from freshmen Liz Arentsen of Waukee, Mandie Barkley of Fort Dodge, Heather Shives of Knoxville and Ashley Wiederin of Bedford.

Bovee emphasizes that his lineup is far from settled.

"The times this fall will help quickly sort it out," he said. "We have several freshmen who could make varsity, depending on what they do over the summer."

Central was third in the Iowa Conference the past two seasons. Matching that finish with so many newcomers may be attainable, but not easy. Bovee tabs defending champ Wartburg as the favorite but thinks Luther will make a run at the top spot and notes that Simpson also enjoyed a solid recruiting year.

"Within the next few years I expect this to be a team that's contending for the conference title," Bovee said.

But don't look for many top finishes early this fall with Central's rookie-laden roster. Bovee knows the ride will be a bumpy one, yet senses some intangibles that will yield success before the season's end.

"I think these freshmen have a work ethic and a passion for the sport in general that the team hasn't had," Bovee said. "We've had some individuals who were willing to go beyond practice time with their work but this year I think we have a lot of runners like that who really live and breathe it. A lot of them are already asking such great questions. They want to understand why they're doing what they're doing each day and how to get better."

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	1998	2000	2003
Brian Goldsworthy Men's golf	Abbie Brown Volleyball	Donell Hotze Softball	Libby Hysell Softball
1995 Emilie Hanson Women's basketball	1999 Abbie Brown Volleyball	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
 Minda 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 Sonneck, 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

