



2006 WOMEN'S GOLF
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

Assistant soccer	Garry Laidlaw
Assistant soccer	TBA
Assistant soccer	TBA

Soccer--Women's

Assistant soccer	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

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

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

Associate track and field	Kevin Sanger
Assistant 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

Assistant volleyball	Kent Clayberg
Assistant volleyball	TBA
Assistant volleyball	Catie Brand
Assistant volleyball	Sunny Eighmy

Wrestling

Assistant 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 golf

2006 schedule

Date	Tournament	Location	Golf Course	Time
Sept. 2-3	Wis.-Eau Claire Inv.	Eau Claire, Wis.	Mill Run GC/Wild Ridge GC	9 a.m./8 a.m.
Sept. 9-10	Wartburg Inv.	Waverly	Centennial Oaks GC/Waverly GCC	10 a.m./8 a.m.
Sept. 16	Loras Inv.	East Dubuque, Ill.	Lacoma GC	11 a.m.
Sept. 17	Luther Inv.	Decorah	Oneota GC	9 a.m.
Sept. 22-23	Central Inv.	Pella/Oskaloosa	Bos Landen GC/Edmundson GC	10 a.m./8 a.m.
Oct. 6-7	Iowa Conference	Cedar Falls	Pheasant Ridge GC	10 a.m./9 a.m.
Oct. 13-14	Iowa Conference	Dubuque	The Meadows GC	10 a.m./9 a.m.

WOMEN'S GOLF QUICK FACTS

2005 Iowa Conference finish: 5th

Starters lost: 1 (Amy Ugolini)

Starters returning: 4 (Brooke Bachelder, Sharilyne Hoekstra, Jessica Monical, Jordan Williams)

Letterwinners lost/returning: 1/4

2006 captains: Brooke Bachelder, Sharilyne Hoekstra, Jessica Monical

Jodee Schaben

Head coach

Jodee Schaben is in her third season as head women's golf coach at Central College.

Schaben, a graduate of the University of Wis.-Stevens Point, was a four-year golf letterwinner and a team captain for the Pointers. She's also an experienced golf teacher, previously giving group and individual lessons, coordinating golf camps, and teaching a golf class at Iowa State University.

At Iowa State, Schaben earned a master's degree in health and human performance with an emphasis in sport psychology and a doctorate in health promotion. Schaben served a year as president of Iowa State's Health and Human Performance Graduate Student Association.

2005-06 results

Fall

Date	Tournament	Site	Course	Results
Sept. 2	Mt. Mercy Inv.	Solon	Saddleback GC	5th of 9
Sept. 3	Coe Inv.	Cedar Rapids	Ellis Park GC	6th of 10
Sept. 10-11	Wartburg Inv.	Waverly	Centennial Oaks GC, Waverly GCC	10th of 15
Sept. 17	Loras Inv.	E. Dubuque, Ill.	Lacoma GC	5th of 16
Sept. 19	Luther Inv.	Decorah	Oneota GC	7th of 13
Sept. 23-24	Central Inv.	Pella, Oskaloosa	Bos Landen GR, Edmundson GC	4th of 7
Sept. 30-Oct. 1	Iowa Conference	Cedar Falls	Pheasant Ridge GC	5th of 9
Oct. 7-8	Iowa Conference	Iowa City	Finkbine GC	5th of 9

Spring

Date	Tournament	Site	Course	Results
March 15	Spring break tourn.	Goodyear, Ariz.	Palm Valley GC	2nd Central 372
April 8-9	Wartburg Inv.	Waverly	Centennial Oaks, Waverly GC	6th of 11 teams
April 11	Loras Inv.	Asbury	The Meadows GC	3rd of 7 teams
April 13	Grand View Inv.	Ankeny	Otter Creek	2nd of 4 teams
April 21-22	Central Inv.	Pella, Oskaloosa	Bos Landen GR, Edmundson GC	2nd of 4 teams

Fall tournaments

**Mt. Mercy-Cropper Invitational
at Saddleback Ridge Golf Course
Solon, Iowa**

1. Wartburg 306; 2. St. Ambrose 319; 3. Simpson 325; 4. Mount Mercy 327; 5. Central 340; 6. Coe 347; 7. Augustana (Ill.) 353; 8. Iowa Wesleyan 364; 9. Cornell 390.

**Kohawk Invitational
at Ellis Park Golf Course
Cedar Rapids, Iowa**

1. Wartburg 312; 2. Simpson 328; 3. Mount Mercy 341; 4. St. Ambrose 342; 5. Augustana (Ill.) 343; 6. Central 347; 7. Coe 381; 8. Cornell 391; 9. Clarke 404; 10. Dubuque 512.

**Wartburg Invitational
at Centennial Oaks Golf Course/Waverly Golf and Country Club
Waverly, Iowa**

1. Wartburg 650; 2. Buena Vista 679; 3. Upper Iowa 687; 4. St. Ambrose 691; 5. (tie) Loras, Mount Mercy 693; 7. Simpson 697; 8. Wartburg Orange 706; 9. Luther 709; 10. Central 721; 11. Waldorf 731; 12. Grand View 742; 13. Coe 758; 14. Cornell 793; 15. Dubuque 1027.

**Loras Women's Fall Invitational
at Lacombe Golf Course
E. Dubuque, Ill.**

1. Buena Vista 339; 2. Wartburg 339; 3. Loras 344; 4. Mount Mercy 347; 5. Central 353; 6. Simpson 355; 7. Coe 373; 8. Grand View 375; 9. Scott CC 376; 10. Grinnell 382; 11. Cornell 384; 12. Loras Gold 390; 13. Clarke 399; 14. Ashford 418; 15. Dubuque 496.

**Luther Invitational
at Oneota Golf Course
Decorah, Iowa**

1. Wartburg 329; 2. St. Thomas (Minn.) 330; 3. Buena Vista 344; 4. (tie) Mount Mercy, Carleton (Minn.) 345; 6. Luther 346; 7. Central 354; 8. Waldorf 357; 9. St. Olaf 360; 10. Malacaster (Minn.) 369; 11. St. Mary's (Minn.) 371; 12. Luther White 376; 13. Cornell 381.

**Central Fall Invitational
at Bos Landen Golf Resort/Edmundson Golf Course
Pella/Oskaloosa, Iowa**

1. Wartburg 652; 2. Simpson 697; 3. Loras 699; 4. Central 354-354--708; 5. Grand View 789; 6. Cornell 805; 7. Coe 835.

**Iowa Conference Championship
at Pheasant Ridge Golf Course
Cedar Falls, Iowa**

1. Wartburg 1304; 2. Buena Vista 1373; 3. Simpson 1378; 4. Loras 1381; 5. Central 1404; 6. Luther 1418; 7. Coe 1498; 8. Cornell 1555; 9. Dubuque 1934.

**Spring tournaments
Dutch Desert Shootout
Palm Valley Golf Course
Goodyear, Arizona**

1. Grand Canyon State (Ariz.) 320; 2. Central 372.

**Wartburg Invitational
Centennial Oaks
Waverly Golf Course
Waverly, Iowa**

1. Gustavus Adolphus (Minn.) 644; 2. Wartburg 650; 3. St. Thomas (Minn.) 654; 4. Buena Vista 703; 5. Simpson 709;

6. Central 711; 7. Mount Mercy 713; 8. Wartburg B 730; 9. Loras 734; 10. Carleton (Minn.) 744; 11. Grand View 802

Loras Invitational

LaComa Golf Course

East Dubuque, Illinois

1. Buena Vista 357; 2. Loras 365; 3. Central 370; 4. St. Ambrose 372; 5. Luther 382; 6. Coe 383; 7. Clarke 460

Grand View Invitational

Otter Creek Golf Course

Ankeny, Iowa

1. Simpson 321; 2. Central 349; 3. Grand View 351; 4. Iowa Wesleyan 359

Iowa Conference finishes year-by-year

Yr.	Finish	Coach	Yr.	Finish	Coach
1982	First	Maurine Timmer	1994	Third	Amy Leavitt
1983	First	Maurine Timmer	1995	tie, Third	Amy Leavitt
1984	First	Maurine Timmer	1996	Fourth	Amy Leavitt
1985	First	Maurine Timmer	1997	Fourth	Amy Leavitt
1986	First	Maurine Timmer	1998	-	Amy Leavitt
1987	First	Maurine Timmer	1999	Third	Greg Hoekstra
1988	Second	Becky Baker	2000	Third	Greg Hoekstra
1989	First	Becky Baker	2001	Fifth	Greg Hoekstra
1990	First	Mike Vint	2002	Sixth	Greg Hoekstra
1991	Third	Pat Jackson	2003	Fourth	Greg Hoekstra
1992	Second	Sam Vande Weerd	2004	Fourth	Jodee Schaben
1993	Second	Sam Vande Weerd	2005	Fifth	Jodee Schaben

Iowa Conference champs in **bold**

Central's Iowa Conference MVPs

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

Central's Maurine Timmer MVPs

1973 - Sonya German
1974 - Kathy Nydle
1975 - Karen Kofoed
1976 - Stephanie Harvey
1977 - Stephanie Harvey
1978 - Ann Sammon
1979 - Teresa Kehoe
1980 - Teresa Kehoe
1981 - Sue Weber
1982 - Tracee Foster
1983 - Kim Doyle
1984 - Kim Doyle
1985 - Cindy Kline
1986 - Cindy Kline
1987 - Cindy Kline
1988 - Jenny Wistrom
1989 - Shannon Harken
1990 - Shari King
1991 - Kim Moreland
1992 - Jana Daberkow
1993 - Jana Daberkow
1994 - Jennifer Jack
1995 - Jamie Bensink
1996 - Jamie Bensink
1997 - Jamie Bensink
1998 - Kristi Viehl
1999 - Kristi Viehl
2000 - Courtney Brooks
2001 - Amber Wissler
2002 - Amy Nystrom
2003 - Jenni Juergens
2004 - Jenni Juergens
2005 - Sharilyne Hoekstra

Team awards

Maurine Timmer MVP Award - Sharilyne Hoekstra

Most Dedicated Player Award - Jessica Monical

Most Improved Player Award - Brooke Bachelder

Most Valuable Freshman - Jordan Williams

2005-06 captains - Brooke Bachelder, Jessica Monical, Sharilyne Hoekstra

Career-best scores for returning letterwinners

Name	Score	Date	Site
Sharilyne Hoekstra	78	Sept. 3, 2004	Mt. Mercy Inv.-Solon
Jessica Monical	78	Sept. 5, 2003	Mt. Mercy Inv.-Solon
Brooke Bachelder	80	Sept. 24, 2005	Edmundson GC-Oskaloosa
Jordan Williams	84	Sept. 2, 2005	Saddleback Ridge GC-Solon
Amanda Sullivan	96	Sept. 2, 2005	Saddleback Ridge GC-Solon

2005-06 individual results

Fall

Name	Mt. Mercy	Kohawk	Wartburg	Loras	Luther	Central	IIAC	Avg.
Sharilyne Hoekstra	82	82	81-87	89	83	85-92	83-80-89-84	84.8
Brooke Bachelder	85	86	96-90	86	89	84-80	83-83-88-93	86.9
Jessica Monical	89	91	98-87	88	92	93-90	87-88-92-96	90.9
Jordan Williams	84	88	97-90	90	95	92-95	90-85-94-93	91.1
Amy Ugulini	101	103	93-92	93	90	100-92	87-89-94-104	94.8
Amanda Sullivan	-	-	106-96	-	-	-	-	101.0
Team finish	5th	6th	10th	5th	7th	4th	5th	
Strokes	340	347	367-354-721	353	354	354-354--708	1404	352.3

Spring

Name	Desert	Wartburg	Loras	Grand View	Central	Avg.
Sharilyne Hoekstra	94	92-85	93	89	86-88	87.1
Brooke Bachelder	96	89-84	92	84	98-83	89.4
Jessica Monical	91	90-86	95	-	92-87	90.1
Jordan Williams	93	100-89	93	87	95-95	93.1
Amy Ugulini	94	96-97	92	89	93-98	94.8
Meghan Swella	-	-	-	111	-	111
Team finish	2nd	6th	3rd	2nd	2nd	
Strokes	372	367	370	349	366-353	362.8

2006 preseason roster

Name	Yr.	Hometown	High school
***Brooke Bachelder	Sr.	Iowa City, Iowa	West
Emily Bensink	Jr.	Pella, Iowa	Pella
Abby Dean	Jr.	West Branch, Iowa	West Branch
Eva Downes	Fr.	Woodstock, Ill.	Marian Central Catholic
***Sharilyne Hoekstra	Sr.	Pella, Iowa	Pella
***Jessica Monical	Sr.	Aurelia, Iowa	Aurelia
Alyssa Mowery	Fr.	Fairmont, Minn.	Fairmont
Ashley Porter	Fr.	Ankeny, Iowa	Ankeny
Amanda Sullivan	Jr.	Bondurant, Iowa	Bondurant-Farrar
Meghan Swella	So.	Yucca Valley, Calif.	Yucca Valley
*Jordan Williams	So.	Pella, Iowa	Pella

*letters earned

Outlook

Reinforcements for an already experienced roster have given coach Jodee Schaben hope for a turnaround in her third season as Central College women's golf coach.

Four of the top five players from last season's squad return. The Dutch slipped a notch to fifth place in the Iowa Conference but Schaben saw enough promise to convince her that a move in the other direction is a realistic hope.

Team MVP Sharilyne Hoekstra is one of three senior co-captains. An all-conference performer with an eighth-place finish in the league meet, Hoekstra posted a team-best 84.8 stroke average last fall.

"I don't see anyone taking the number one spot from Sharilyne," Schaben said. "She has the playing skills and the talent, and last fall she worked hard on the mental side of the game. She's the whole package now. She won't let one bad shot take her out of it."

Fellow captains Brooke Bachelder and Jessica Monical filled the number two and three positions with averages of 86.9 and 90.9 respectively. Schaben expects improvement from both. Monical rebuilt her swing last year while Bachelder is coming off a solid spring season.

Also returning is sophomore Jordan Williams, who posted a 91.1 mark.

"If Jordan can continue to increase her distance she could push to be number three because her short game is always strong," Schaben said.

Juniors Abby Dean and Amanda Sullivan are in the picture but both missed the spring campaign while studying in Europe through Central Abroad.

"It depends on how much the season off affects them and how hard they've been working," Schaben said.

One player Schaben knows has put in the practice time is sophomore Meghan Swella, who is making dramatic progress after a bumpy debut season.

"Meghan has been working endless hours and I'm excited to see what she has when she comes back," Schaben said.

No positions are set because Schaben finally has some of the depth she's worked hard to develop since taking over the program.

But the Dutch also gain the services of highly regarded junior transfer Emily Bensink of Pella, who Schaben thinks has top-three potential, as well as freshmen Eva Downes of Woodstock, Ill., Alyssa Mowery of Fairmont, Minn. and Ashley Porter of Ankeny.

"I really see any of the 11 competing for a spot, depending on what they've been doing in the off-season," Schaben said. "I foresee more quality throughout the line-up and that's good because it sends the message that no spot is guaranteed. It will keep the players motivated."

Even with improvement, making a move in the league standings will be a challenge.

"Wartburg is still the top contender in the league," Schaben said. "Buena Vista is very strong, Simpson is strong and Loras has made a step up as well. But I think our team can compete. We showed that last spring."

The new lineup will get an early test as the schedule now opens with the Wis.-Eau Claire Invitational, which will feature many of the region's top Division III squads.

"I want our players to see the talent that's out there," Schaben said. "It's not an overly challenging course and will give us a good look at where we stand in the region."

Schaben is also enthused that the returnees and new players are serious enough about their games to welcome the chance to play Central's demanding home course, Pella's Bos Landen Golf Resort.

"I've been very deliberate in trying to find players who want to play courses where it's not just how far you can hit it," she said. "Last year we worked a lot on developing our mental game. Now we also need to work on course strategy and smart play. Bos Landen gives us a big advantage with that and we can take those skills to other courses. The players are excited about it."

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

Women's golf

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

1995

Emilie Hanson

Women's basketball

1998

Abbie Brown

Volleyball

1999

Abbie Brown

Volleyball

2000

Donell Hotze

Softball

2003

Candace Wilson

Volleyball

2003

Libby Hysell

Softball

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

Women's golf

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				

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 Schwes, 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 Schwes, 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

