

## 2022 MIAC Football Regional and National Awards

### 2022 AFCA Division III Coach of the Year

Name	Institution	Previous Selections
Steve Johnson	Bethel	--

### 2022 Gagliardi Trophy Finalist

Pos.	Name	Institution	Class	Hometown   High School	Previous Selections
QB	Jaran Roste	Bethel	Sr.	Alexandria, Minn.	--

### 2022 Campbell Trophy Finalist

Pos.	Name	Institution	Class	Hometown   High School
DL	Michael Wozniak	Saint John's	Sr.	New Hope, Minn.   Robbinsdale Armstrong

### 2022 Cliff Harris Award Finalist

Pos.	Name	Institution	Class	Hometown   High School	Previous Selections
DL	Michael Wozniak	Saint John's	Sr.	New Hope, Minn.   Robbinsdale Armstrong	--

### 2022 Gagliardi Trophy Semifinalist

Pos.	Name	Institution	Class	Hometown   High School	Previous Selections
QB	Jaran Roste	Bethel	Sr.	Alexandria, Minn.	--
DL	Michael Wozniak	Saint John's	Sr.	New Hope, Minn.   Robbinsdale Armstrong	--

### 2022 Campbell Trophy Semifinalist

Pos.	Name	Institution	Class	Hometown   High School
DL	Michael Wozniak	Saint John's	Sr.	New Hope, Minn.   Robbinsdale Armstrong

### 2022 Allstate Good Works Team

Pos.	Name	Institution	Class	Hometown   High School
S	Matt Feldick	Bethel	Sr.	St. Michael, Minn.   St. Michael-Albertville
DL	Michael Wozniak	Saint John's	Sr.	New Hope, Minn.   Robbinsdale Armstrong

### 2022 Associated Press All-America

Pos.	Name	Institution	Class	Hometown   High School	Team	Previous Selections
TE	Alex Larson	Saint John's	Sr.	Woodbury, Minn.   East Ridge	First Team	--
OL	Travis Sinclair	Bethel	Sr.	Rogers, Minn.	First Team	--
DL	Michael Wozniak	Saint John's	Sr.	New Hope, Minn.   Robbinsdale Armstrong	Second Team	--

### 2022 AFCA All-America

Pos.	Name	Institution	Class	Hometown   High School	Team	Previous Selections
TE	Alex Larson	Saint John's	Sr.	Woodbury, Minn.   East Ridge	First Team	--
OL	Travis Sinclair	Bethel	Sr.	Rogers, Minn.	First Team	--
DL	Michael Wozniak	Saint John's	Sr.	New Hope, Minn.   Robbinsdale Armstrong	Second Team	--

### 2022 D3football.com All-America

Pos.	Name	Institution	Class	Hometown   High School	Team	Previous Selections
TE	Alex Larson	Saint John's	Sr.	Woodbury, Minn.   East Ridge	First Team	2021 (4T)
WR	Joey Kidder	Bethel	So.	New Richmond, Wis.	Second Team	--
QB	Jaran Roste	Bethel	Sr.	Alexandria, Minn.	Third Team	--
DE	Michael Wozniak	Saint John's	Sr.	New Hope, Minn.	Third Team	2021 (1T)
DT	Metoriah Faoliu	Saint John's	Sr.	Wildomar, Calif.   Vista Murrieta	Fourth Team	--

### 2022 D3football.com Preseason All-America

Pos.	Name	Institution	Class	Hometown   High School	Team	Previous Selections
DT	Michael Wozniak	Saint John's	Sr.	New Hope, Minn.   Robbinsdale Armstrong	First Team	--
WR	Alex Larson	Saint John's	Sr.	Woodbury, Minn.   East Ridge	Second Team	--
OG	Travis Sinclair	Bethel	Sr.	Rogers, Minn.	Second Team	--
S	Nate Farm	Bethel	So.	Arden Hills, Minn.	Second Team	--
WR	Dominic Smith	Augsburg	So.	White Bear Lake, Minn.	Third Team	--
LB	Carson Dekam	Gustavus	Jr.	Owatonna, Minn.	Third Team	--

### 2022 AFCA Division III Region 5 Coach of the Year

Name	Institution	Previous Selections
Steve Johnson	Bethel	1996   2013

### 2022 D3football.com All-Region VI

Pos.	Name	Institution	Class	Hometown   High School	Team	Previous Selections
QB	Jaran Roste	Bethel	Sr.	Alexandria, Minn.	First Team	2021 (3T)
WR	Joey Kidder	Bethel	So.	New Richmond, Wis.	First Team	--
TE	Alex Larson	Saint John's	Sr.	Woodbury, Minn.   East Ridge	First Team	2021 (1T)
DT	Metoriah Faoliu	Saint John's	Sr.	Wildomar, Calif.   Vista Murrieta	First Team	2021 (3T)
DT	Zachary Jakes	Gustavus	Sr.	Mankato, Minn.   West	First Team	2021 (1T)
DE	Michael Wozniak	Saint John's	Sr.	New Hope, Minn.   Robbinsdale Armstrong	First Team	2021 (1T)
LB	Noah Jenson	Concordia	Sr.	Broomfield, Colo.	First Team	--
S	Ezekiel Sundberg	Gustavus	Sr.	Lakewood, Colo.	First Team	2021 (3T)
ST	Mark Thrower	St. Olaf	Jr.	Aurora, Colo.   Overland	First Team	--
RB	Jordan Embry	St. Olaf	Sr.	Birmingham, Ala.   Ramsay	Second Team	--
RB	Peyton Mortenson	Concordia	Sr.	Marietta, Minn.   Lac qui Parle Valley	Second Team	--
G	Travis Sinclair	Bethel	Sr.	Rogers, Minn.	Second Team	2021 (3T)
C	Collin Fleisch	Concordia	Sr.	Fall City, Wash.   Mount Si	Second Team	--
ST	Dalton Thelen	Gustavus	Sr.	Cold Spring, Minn.   ROCORI	Second Team	--
LB	Isaac Simons	Carleton	Sr.	Oconomowoc, Wis.   Lake Country Lutheran	Second Team	2021 (3T)
CB	Cayden Saxson	Saint John's	Sr.	Mnnetonka, Minn.   Hopkins	Second Team	--
WR	Micah Niewald	Bethel	So.	Fridley, Minn.	Third Team	--
T	Cameron Murphy	Saint John's	Sr.	Willmar, Minn.	Third Team	--
C	Mitchell Borchardt	Gustavus	Sr.	Le Sueur, Minn.   Le Sueur-Henderson	Third Team	--
G	Joe Jaeger	Saint John's	Sr.	Lakeville, Minn.   North	Third Team	--
T	Ben Pham	Carleton	Sr.	Lombard, Ill.   Glenbard East	Third Team	--
DT	Skyler Kessenich	Carleton	Sr.	Baltimore, Md.   Friends School of Baltimore	Third Team	--
LB	Carson Dekam	Gustavus	Jr.	Owatonna, Minn.	Third Team	2021 (2T)
S	Matthew Feldick	Bethel	Sr.	St. Michael, Minn.   St. Michael-Albertville	Third Team	--
CB	Devin Williams	Bethel	Fy.	Fridley, Minn.	Third Team	--
P	Spencer Ell	Saint John's	Jr.	Morristown, Minn.   Bethlehem Academy	Third Team	--
LS	Skyler Kessenich	Carleton	Sr.	Baltimore, Md.   Friends School of Baltimore	Third Team	--

### 2022 D3football.com Team of the Week

Pos.	Name	Institution	Class	Hometown   High School	Date
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DE	<a href="#">Metoriah Faoulu</a>	Saint John's	Sr.	Wildomar, Calif.   Vista Murrieta	2022-09-13
QB	<a href="#">Jaran Roste</a>	Bethel	Sr.	Alexandria, Minn.	2022-09-27
WR	<a href="#">Micah Niewald</a>	Bethel	So.	Fridley, Minn.	2022-10-03
CB	<a href="#">Mark Thrower</a>	St. Olaf	Jr.	Aurora, Colo.   Overland	2022-10-03
K	<a href="#">Hugo Cifuentes</a>	Bethel	So.	Marshall, Minn.	2022-10-03
K	<a href="#">Trent Ramirez</a>	Carleton	Sr.	Denver, Colo.   George Washington	2022-10-11
WR	<a href="#">Joey Kidder</a>	Bethel	So.	New Richmond, Wis.	2022-10-18
RB	<a href="#">Jordan Embry</a>	St. Olaf	Sr.	Birmingham, Ala.   Ramsay	2022-10-25
TE	<a href="#">Alex Larson</a>	Saint John's	Sr.	Woodbury, Minn.   East Ridge	2022-10-25
LB	<a href="#">Noah Jenson</a>	Concordia	Sr.	Broomfield, Colo.	2022-10-25
ST	<a href="#">Mark Thrower</a>	St. Olaf	Jr.	Aurora, Colo.   Overland	2022-10-25
QB	<a href="#">Cade Sheehan</a>	Augsburg	So.	Rochester, Minn.   Mayo	2022-11-01
S	<a href="#">Ezekiel Sundberg</a>	Gustavus	So.	Lakewood, Colo.	2022-11-01
CB	<a href="#">Devin Williams</a>	Bethel	Fy.	Fridley, Minn.	2022-11-08
S	<a href="#">John Kohler</a>	Saint John's	Sr.	Birchwood, Wis.   Rice Lake	2022-11-08
RET	<a href="#">Dalton Thelen</a>	Gustavus	Sr.	Cold Spring, Minn.   ROCORI	2022-11-08
LB	<a href="#">Cooper Yaggie</a>	Saint John's	So.	Breckenridge, Minn.	2022-11-15

### 2022 CSC Academic All-America

Pos.	Name	Institution	Class	Hometown   High School	Team	Previous Selections
DL	Michael Wozniak	Saint John's	Sr.	New Hope, Minn.   Robbinsdale-Armstrong	Second Team	2021 (1T)

### 2022 CSC Academic All-District Football

Pos.	Name	Institution	Class	Hometown   High School	Previous Selections
DL	Michael Harris	Augsburg	So.	St. Paul, Minn.   Tartan	--
TE	Michael Ims	Augsburg	Jr.	Northfield, Minn.	--
TE	Devin Schelske	Augsburg	So.	Pocatello, Idaho   Century	--
LB	Brandon Sjostrand	Augsburg	Jr.	Bloomington, Minn.   Kennedy	--
WR	Braden Tretter	Augsburg	So.	Sauk Rapids, Minn.   Sauk Rapids-Rice	--
LB	Justin Tverberg	Augsburg	So.	Farmington, Minn.   Hastings	--
DL	Shaquille Young	Augsburg	Jr.	St. Paul, Minn.   Tartan	--

DB	Nate Farm	Bethel	So.	Arden Hills, Minn.   Mounds View	--
OL	Travis Sinclair	Bethel	Sr.	Rogers, Minn.	--
DL	Michael Carey	Carleton	Jr.	Haddonfield, N.J.   Memorial	2021
DB	Jackson Cleveland	Carleton	Sr.	River Falls, Wis.	--
LB	Noah Eckersley-Ray	Carleton	Sr.	Yarmouth, Maine	--
DB	Ryan Flanagan	Carleton	Sr.	Chappaqua, N.Y.   Horace Greeley	--
DL	Skyler Kessenich	Carleton	Sr.	Baltimore, Md.   Friends School of Baltimore	--
DB	Ryan McGregor	Carleton	Sr.	Ellsworth, Wis.	2020   2021
OL	Ben Pham	Carleton	Sr.	Lombard, Ill.   Glenbard East	--
LB	Isaac Simons	Carleton	Sr.	Oconomowoc, Wis.   Lake Country Lutheran	2021
WR	Jake Breitbach	Gustavus	Jr.	Golden Valley, Minn.   Armstrong	--
P	Owen Casteel	Gustavus	Jr.	Mankato, Minn.   Loyola	--
LB	Carson Dekam	Gustavus	Jr.	Owatonna, Minn.	--
LB	Isaak Knutson	Gustavus	Sr.	Dodge Center, Minn.   Triton	--
TE	Ethan Sindelir	Gustavus	Sr.	Wells, Minn.   Maple River	--
WR	Dalton Thelen	Gustavus	Sr.	Cold Spring, Minn.   ROCORI	2021
WR	Ty Bruckner	Macalester	Sr.	Bel Aire, Kan.   Wichita North	--
DB	Cameron Latvis	Macalester	So.	West St. Paul, Minn.   Two Rivers	--
OL	Brant Newman	Macalester	Sr.	Indiana, Pa.	--
DB	Justin Potts	Macalester	So.	Bloomington, Ill.   Normal Community	--
DB	Mateo Cisneros	Saint John's	Jr.	Shoreview, Minn.   Mounds View	--
OL	Joe Jaeger	Saint John's	Sr.	Lakeville, Minn.   North	--
DB	John Kohler	Saint John's	Sr.	Birchwood, Wis.   Rice Lake	--
OL	Cameron Murphy	Saint John's	Sr.	Willmar, Minn.	--
K	Conor Murphy	Saint John's	So.	Sioux Falls, S.D.   O'Gorman	--
QB	Aaron Syverson	Saint John's	Jr.	Minnetonka, Minn.	--
RB	Henry Trost	Saint John's	Sr.	Lindstrom, Minn.   Chisago Lakes	2019   2020   2021
DL	Michael Wozniak	Saint John's	Sr.	New Hope, Minn.   Robbinsdale-Armstrong	2021
DB	Ben Kettelhut	St. Olaf	Jr.	Shoreview, Minn.   Mounds View	--
OL	Max Kuntz	St. Olaf	Jr.	Wabasha, Minn.   Wabasha-Kellogg	--

OL	Andrew Mollison	St. Olaf	Sr.	Edina, Minn.   Minnehaha Academy	--
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### 2023 National Football Foundation Hampshire Society

Pos.	Name	Institution	Class	Hometown   High School
LB	David Brandt	Bethel	Sr.	Littleton, Colo.   Dakota Ridge
RB	Nic Krueger	Bethel	Sr.	Eden Prairie, Minn.
DB	Danny Kulus	Bethel	Sr.	Shakopee, Minn.
QB	Jaran Roste	Bethel	Sr.	Alexandria, Minn.
OL	Travis Sinclair	Bethel	Sr.	Rogers, Minn.
DB	Judson Williams	Bethel	Sr.	Fairview, Texas   McKinney Christian
DL	Aaron Berkowitz	Carleton	Sr.	Kansas City, Mo.   Pembroke Hill School
RB	Aiden Chang	Carleton	Sr.	Palo Alto, Calif.
DB	Jackson Cleveland	Carleton	Sr.	River Falls, Wis.
LB	Noah Eckersley-Ray	Carleton	Sr.	Yarmouth, Maine
DB	Ryan Flanagan	Carleton	Sr.	Chappaqua, N.Y.   Horace Greeley
LB	Jack Fraley	Carleton	Sr.	Minneapolis, Minn.   Blake
WR	Will Irons	Carleton	Sr.	San Francisco, Calif.   Sacred Heart Cathedral Preparatory
OL	Oliver Jacobs	Carleton	Sr.	Mill Valley, Calif.   Branson
DL	Skyler Kessenich	Carleton	Sr.	Baltimore, Md.   Friends School of Baltimore
DB	Ed Kotula	Carleton	Sr.	Grosse Pointe Park, Mich.   South
DB	Ryan McGregor	Carleton	Sr.	Ellsworth, Wis.
DB	Adam Nik	Carleton	Sr.	Mankato, Minn.   Eden Prairie
OL	Ben Pham	Carleton	Sr.	Lombard, Ill.   Glenbard East
DL	Ryan Reigle	Carleton	Sr.	Summit, N.J.
K	Andrew Abegglen	Gustavus	Sr.	Mound, Minn.   Mound-Westonka
OL	Mitchell Borchardt	Gustavus	Sr.	Le Sueur, Minn.   Le Sueur-Henderson
WR	Matthew Carreon	Gustavus	Sr.	Houston, Texas   Mount Carmel Academy
LB	Peyton Churchward	Gustavus	Sr.	Rancho Santa Margarita, Calif.   Tesoro
RB	Kevin Durham	Gustavus	Sr.	Gaylord, Minn.   Sibley East
LB	Isaac Erickson-Thoemke	Gustavus	Sr.	St. Cloud, Minn.   Apollo
DL	Zachary Jakes	Gustavus	Sr.	North Mankato, Minn.   Mankato West
WR	Matthew Kipper	Gustavus	Sr.	Bloomington, Minn.   Jefferson
LB	Isaak Knutson	Gustavus	Sr.	Dodge Center, Minn.   Triton
DB	Quintin Morris	Gustavus	Sr.	Bloomington, Minn.   Jefferson
LB	Payton Simon	Gustavus	Sr.	Blooming Prairie, Minn.
TE	Ethan Sindelir	Gustavus	Sr.	Wells, Minn.   Maple River
DB	Adam Solon	Gustavus	Sr.	St. Paul, Minn.   Nova

WR	Dalton Thelen	Gustavus	Sr.	Cold Spring, Minn.   ROCORI
WR	Seth Zeitchick	Gustavus	Sr.	St. Paul, Minn.   Highland Park
WR	Ty Bruckner	Macalester	Sr.	Bel Aire, Kan.   Wichita North
RB	Jacob Davis	Macalester	Sr.	Orlando, Fla.   University
WR	Rex Desso	Macalester	Sr.	Evergreen, Colo.   Lakewood
DB	Ryan Dodds	Macalester	Sr.	Arlington, Va.   Washington-Lee
DB	Nathan Gottlieb	Macalester	Sr.	Torrance, Calif.
OL	Brant Newman	Macalester	Sr.	Indiana, Pa.
LB	Brady Thompson	Macalester	Sr.	New Brighton, Minn.   DeLaSalle
OL	Peter Vitalis	Macalester	Sr.	Shafer, Minn.   Chisago Lakes
LB	Victor Wright	Macalester	Sr.	Cape Coral, Fla.   Mariner
DL	Jonah Becken	Saint John's	Sr.	Hudson, Wis.
LB	Erik Bjork	Saint John's	Sr.	Mahtomedi, Minn.
DL	Jaeden Frost	Saint John's	Sr.	Omro, Wis.
DL	Nick Harris	Saint John's	Sr.	Big Lake, Minn.
OL	Joe Jaeger	Saint John's	Sr.	Lakeville, Minn.   North
DB	John Kohler	Saint John's	Sr.	Birchwood, Wis.   Rice Lake
LB	Sam Lewison	Saint John's	Sr.	Apple Valley, Minn.   Eastview
LB	Chad Mrachek	Saint John's	Sr.	Orono, Minn.
LB	Joe Rossebo	Saint John's	Sr.	Woodbury, Minn.
WR	Nick VanErp	Saint John's	Sr.	Battle Lake, Minn.   Ottertail Central
DL	Michael Wozniak	Saint John's	Sr.	New Hope, Minn.   Robbinsdale-Armstrong
WR	Sean Finger	St. Olaf	Sr.	Clintonville, Wis.
LB	Kris Kurtz	St. Olaf	Sr.	St. Bonifacius, Minn.   Mound-Westonka
DL	Jake Olson	St. Olaf	Sr.	St. Louis Park, Minn.