

2009 MIAC Football Awards

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St. Paul, Minn. -- The Minnesota Intercollegiate Athletic Conference (MIAC) announced the 2009 MIAC Football Awards today, November 23, 2009.

University of St. Thomas sophomore wide receiver/returner Fritz Waldvogel received the 2009 Jim Christopherson MIAC MVP award. Waldvogel tallied 59 catches for 706 yards and four touchdowns in conference play. He added 313 yards and two touchdowns on 10 kick-off returns in eight games.

St. Olaf College senior defensive tackle C.J. Tabasky was named the recipient of the Mike Stam Award as the league's top interior lineman. Tabasky led the MIAC with 11 sacks in conference play. He also recorded 20 solo and 17 assisted tackles.

Saint John's University head coach John Gagliardi was given the 2009 MIAC Coach of the Year Award. Gagliardi's Johnnies finished conference play with a perfect 8-0 record. The 2009 conference title was the 27th for Gagliardi while at Saint John's.

As part of a conference-wide sportsmanship initiative, the MIAC announced the fourth annual All-MIAC Sportsmanship team for football. Members of the All-MIAC Sportsmanship team are selected by their coaches and teammates as individuals who demonstrate ideals of positive sportsmanship both on and off the field of competition.

2009 MIAC Awards

Jim Christopherson MIAC MVP - Fritz Waldvogel, St. Thomas (So., Mendota Heights., Minn./St. Thomas Academy)

Mike Stam Award - C.J. Tabasky, St. Olaf (Sr., Ormond Beach, Fla./Mainland)

Coach of the Year - John Gagliardi, Saint John's (57th season at Saint John's)

2009 MIAC First Team All-Conference - Offense

Name	Team	Year	Position	Hometown/High School
Joe Boyle	Saint John's	Jr.	QB	Richfield, Minn./Holy Angels
Marcus Brumm	Augsburg	So.	QB	Lakeville, Minn./South
Leon Clark	St. Olaf	So.	RB	Rochester, Minn./Century
Logan Flannery	Bethel	Jr.	RB	Lakeville, Minn./South
Ben Wartman	St. Thomas	Jr.	RB	Prior Lake, Minn.
Mike Nourie	Augsburg	Sr.	WR	Nicollet, Minn.
Tim Queck	Hamline	So.	WR	Annandale, Minn.
Fritz Waldvogel	St. Thomas	So.	WR	Mendota Hts., Minn./St. Thomas Academy
Josh Pronschinske	Augsburg	Jr.	TE	Fountain City, Wis./Cochrane-Fountain City
Blaine Anderson	Saint John's	Sr.	OL	Hewitt, Minn./Bertha-Hewitt
John M. Anderson	Concordia	Sr.	T	Cambridge, Minn./Cambridge-Isanti
Brad Eckelmann	Carleton	Jr.	T	Portland, Ore./Lincoln
Mitch Elliott	Bethel	So.	T	Brooklyn Park, Minn./Minnehaha Academy
Derall King	Hamline	Jr.	T	Inver Grove Heights, Minn./Henry Sibley
Josh Ostrue	St. Thomas	Jr.	OL	South St. Paul, Minn.
Chad Vandergriff	St. Thomas	So.	OL	Eagan, Minn.
Leon Clark	St. Olaf	So.	Utility	Rochester, Minn./Century
Russell Gliadon	Saint John's	Sr.	K	Fridley, Minn.

2009 MIAC First Team All-Conference - Defense

Name	Team	Year	Position	Hometown/High School
Travis Aufderheide	Concordia	Sr.	DT	New Ulm, Minn.
Cyrus Allen	St. Thomas	Jr.	DL	New Hope, Minn./Robbinsdale Cooper
Andrew Johnson	Bethel	Jr.	DE	Maple Grove, Minn.
Kyle Schroeder	Saint John's	Jr.	DL	Richmond, Minn./Rocori

C.J. Tabasky	St. Olaf	Sr.	DT	Ormond Beach, Fla./Mainland
Adam Concannon	St. Olaf	Sr.	ILB	Orlando, Fla./University
Tony Palma	Gustavus	Sr.	ILB	Lino Lakes, Minn./Centennial
Ryan Wimmer	Saint John's	Sr.	ILB	St. Cloud, Minn./Cathedral
Adam Mead	Augsburg	Jr.	OLB	St. Francis, Minn.
Zach Sturm	St. Thomas	Jr.	OLB	Springfield, Minn.
Nate Voronyak	Bethel	Sr.	OLB	Orono, Minn.
Zach Debeltz	Concordia	Jr.	S	Anoka, Minn.
Brady Ervin	St. Thomas	Jr.	S	Eden Prairie, Minn.
Bobby Klint	Saint John's	Sr.	DB	Coon Rapids, Minn./Totino-Grace
Bryan Villar	St. Thomas	Jr.	CB	Oakdale, Minn./Tartan
Joe Welch	Gustavus	Sr.	SS	Hastings, Minn.
Matt Knutson	Gustavus	Sr.	P	St, Peter, Minn.

2009 MIAC Second Team All-Conference - Offense

Name	Team	Year	Position	Hometown/High School
Josh Aakre	Bethel	So.	QB	Dawson, Minn./Dawson-Boyd
Mike Dunham	Concordia	So.	QB	Willmar, Minn.
Jon Lien	Carleton	So.	RB	Lindstrom, Minn./Chisago Lakes
Jakob Reding	Saint John's	Jr.	RB	Eden Prairie, Minn.
Colin Tobin	St. Thomas	So.	RB	Itasca, Ill./Chicago Fenwick
Muneer Al-Hameed	Augsburg	Jr.	WR	Woodbury, Minn./Minneapolis Washburn
Elliot Herdina	Gustavus	So.	WR	Blooming Prairie, Minn.
Joel Quick	Bethel	Sr.	WR	Johnston, Iowa
Josh Overman	Saint John's	Jr.	TE	Albany, Minn.
Kyle Boersma	Bethel	So.	G	Hospers, Iowa/MOC-Floyd Valley
Jack Breckner	Gustavus	Sr.	OL	Wayzata, Minn.
Josh Corrigan	Augsburg	Sr.	T	Cottage Grove, Minn.
Jon Curtis	St. Thomas	So.	OL	Shell Lake, Wis.
Jeff Gilbertson	Saint John's	Jr.	OL	Wabasha, Minn./Winona Cotter
Tim Juba	Saint John's	Jr.	OL	Cottage Grove, Minn./Park
John Schantzen	St. Olaf	Sr.	T	Stillwater, Minn.
Andrew Larson	Concordia	Sr.	Utility	Fergus Falls, Minn.
Derek Johnson	Hamline	Sr.	K	Casa Grande, Ariz.

2009 MIAC Second Team All-Conference - Defense

Name	Team	Year	Position	Hometown/High School
Joe Boerma	Carleton	Fy.	NG	Watertown, S.D.
Zachary Henschel	St. Olaf	Sr.	DE	Minnetonka, Minn.
Jared Lyle	Bethel	Sr.	NG	Elgin, Ill./Burlington Central
Ryan McKay	Concordia	Sr.	NG	Brainerd, Minn.
Noel Meyer	Saint John's	Sr.	DL	Melrose, Minn.
Ethan Eid	Saint John's	Sr.	ILB	Arden Hills, Minn./Cretin-Derham Hall
Corey Olsen	Hamline	So.	ILB	Elk River, Minn.
Ross Petterson	Bethel	Jr.	ILB	Maple Grove, Minn./Osseo
Paul Stommies	Gustavus	Jr.	OLB	Richmond, Minn./Eden Valley-Watkins
John Stanton	Saint John's	Jr.	OLB	San Rafael, Calif./Marin Catholic
Corey Svihla	Bethel	Jr.	OLB	Foley, Minn.
Tim Cornish	Bethel	Sr.	CB	Plymouth, Minn./Wayzata
Chris DeLuca	St. Olaf	Sr.	SS	Longwood, Fla./Lake Mary
Dominic Haik	Saint John's	Sr.	DB	Minneapolis, Minn./Totino-Grace
Neil Kolstad	Carleton	Jr.	S	St. James, Minn.
David Vavra	Bethel	So.	S	Cambridge, Minn./Braham
John Broback	Hamline	Fy.	P	Apple Valley, Minn.

2009 All-MIAC Sportsmanship Team

Augsburg - Adam Mead (Jr., St. Francis, Minn.)

Bethel - Reid Velo (Sr., Nashwauk, Minn./Nashwauk-Keewatin)

Carleton - Phil Blue (Sr., Northbrook, Ill./Glenbrook North)

Concordia - Craig Lachowitzer (Sr., Battle Lake, Minn.)

Gustavus - Tony Palma (Sr., Lino Lakes, Minn./Centennial)

Hamline - Derek Johnson (Sr., Casa Grande, Ariz.)
Saint John's - Drew Percival (Sr., Wayzata, Minn./Blake)
St. Olaf - Zachary Henschel (Sr., Minnetonka, Minn.)
St. Thomas - Zach Sturm (Jr., Springfield, Minn.)