



MIAC Announces Fall 2009 Academic All-Conference Honorees

January 29, 2010

St. Paul, Minn. — The Minnesota Intercollegiate Athletic Conference (MIAC) announced its Fall 2009 Academic All-Conference honorees today, Friday, January 29. The MIAC recognized a record 305 student-athletes who represented the conference's thirteen institutions. Student-athletes must be a sophomore, junior, or senior with a minimum cumulative GPA of 3.5 on a 4.0 scale to qualify for MIAC Academic All-Conference recognition. Athletically, student-athletes in football, soccer, and volleyball must compete in 50% of their team's varsity regular season contests. Golfers must be a member of their competing team at the conference championship and cross country runners must finish in the top 50 at the conference championship or be in the top seven of their team at the MIAC Championships.

Women's Cross Country (37)

Augsburg - Kacie Bahr (So., Brainerd, Minn.)
Augsburg - Jennifer Lovering (Sr., Bemidji, Minn.)
Bethel - Heather Jelen (Sr., Sioux Falls, S.D.)
Bethel - Kristin Mork (Jr., Northfield, Minn.)
Bethel - Alex Potter (Jr., Windom, Minn.)
Carleton - Simone Childs-Walker (So., Seattle, Wash.)
Carleton - Taylor Ffitch (So., Portland, Ore.)
Carleton - Alison Smyth (So., Billings, Mont.)
Concordia - Hailey Brenden (Jr., Rothsay, Minn.)
Concordia - Rachel Pedersen (Jr., Plymouth, Minn.)
Concordia - Kristy Singstad (Jr., Waseca, Minn.)
Gustavus - Brooke Beskau (Jr., Hastings, Minn.)
Gustavus - Danielle Burgmeier (So., Plymouth, Minn.)
Gustavus - Vanessa Jones (Sr., Grand Forks, N.D.)
Gustavus - Nicole Soiseth (Sr., Anchorage, Alaska)
Hamline - Margot Branigan (Sr., Roseville, Minn.)
Hamline - Kate Drinane (Sr., Roseville, Minn.)
Hamline - Rachel Glissmann (Sr., Omaha, Neb.)
Hamline - Lauren Howe (Jr., Siren, Wis.)
Hamline - Jessica Kociscak (Jr., Ramsey, Minn.)
Macalester - Erin Lowrey (Sr., Whitefish Bay, Wis.)
Macalester - Libby Tollefson (Jr., Billings, Mont.)
Saint Benedict - Ashley Irons (Jr., Twin Falls, Idaho)
Saint Benedict - Kaycee Knutson (So., Esko, Minn.)
Saint Benedict - Katie Schwarz (Jr., Mahtomedia, Minn.)
St. Catherine - Tamar Billiet (So., Hutchinson, Minn.)
St. Catherine - Heidi Sande (So., Grand Marais, Minn.)
St. Catherine - Greta Sieve (Sr., New Ulm, Minn.)
Saint Mary's - Brittany Kuehn (Jr., Sauk Rapids, Minn.)
Saint Mary's - Joanna Pace (Jr., Minocqua, Wis.)
Saint Mary's - Regina Quandt (So., Minneapolis, Minn.)
Saint Mary's - Jill Spitzmueller (So., New Brighton, Minn.)
St. Olaf - Nellie Adams (Sr., Duluth, Minn.)
St. Olaf - Abby Smith (Sr., Belle Plaine, Minn.)
St. Thomas - Alexandria Johnson (Sr., Omaha, Neb.)
St. Thomas - Nikki Schminski (So., Hermantown, Minn.)
St. Thomas - Christine Skopec (Jr., Iowa City, Iowa)

Men's Cross Country (17)

Augsburg - Brent Haglund (Sr., Fridley, Minn.)
Bethel - Sam Greeno (So., St. Michael, Minn.)
Carleton - Chris Marshall (Sr., Plymouth, Minn.)
Gustavus - John Kennedy (Sr., Coon Rapids, Minn.)
Hamline - Ian Bauer (Sr., Roseville, Minn.)
Hamline - Ian Campbell (Jr., Blooming Prairie, Minn.)
Hamline - Nate Walker (So., River Falls, Wis.)
Macalester - Jon Bassen (Jr., Shorewood, Wis.)
Macalester - Avery Bowron (Sr., Olympia, Wash.)
Macalester - Dale Dybvig (Jr., Osceola, Wis.)
Macalester - Wade Ekstrom (Sr., La Crescent, Minn.)
Saint Mary's - David Feather (So., Oak Creek, Wis.)
Saint Mary's - Robby McGuire (So., Rochester, Minn.)
Saint Mary's - Michael Mockler (So., Dubuque, Iowa)
Saint Mary's - John Vallez (Sr., Eagan, Minn.)
St. Olaf - Andrew Nussbaum (Sr., Colorado Springs, Colo.)
St. Thomas - Tyler Iverson (So., Moorhead, Minn.)

Women's Golf (16)

Augsburg - Johanna Frykmark (Jr., Taby, Sweden)
Augsburg - Stefani Zappa (Jr., Minneapolis, Minn.)
Carleton - Traci Johnson (So., Lakeville, Minn.)
Carleton - Laura Knutson (Jr., Edina, Minn.)
Concordia - Amy Hintzen (Sr., Sauk Centre, Minn.)
Gustavus - Taylor Drenttel (So., Eagan, Minn.)
Gustavus - Ann Jackson (So., Fargo, N.D.)
Gustavus - Katie Schenfeld (Jr., Indianola, Iowa)
Saint Benedict - Nadia Christensen (Jr., Tyler, Minn.)
Saint Benedict - Kathryn Hauff (So., Fargo, N.D.)
Saint Mary's - Brittney Nielsen (Sr., Apple Valley, Minn.)
Saint Mary's - Gia Puch (So., Des Plaines, Ill.)
Saint Mary's - Katelyn Rizzi (Sr., Austin, Minn.)
St. Olaf - Vanessa Kleckner (So., New Brighton, Minn.)
St. Olaf - Rachel Wieme (So., Sartell, Minn.)
St. Olaf - Lizzy Zahn (Sr., Minnetonka Beach, Minn.)

Football (73)

Augsburg - Andrew Bergeson (Sr., Red Wing, Minn.)
Augsburg - Jack Christopherson (Jr., Maple Grove, Minn.)
Augsburg - Adam Ebert (Sr., Shoreview, Minn.)
Augsburg - Adam Mead (Jr., St. Francis, Minn.)
Augsburg - Andy Roff (Sr., Plymouth, Minn.)
Bethel - Josh Aakre (So., Dawson, Minn.)
Bethel - David Benjamin (Sr., Roseville, Minn.)
Bethel - Keith Doten (Sr., Maple Plain, Minn.)
Bethel - Kurt Erickson (Sr., Fairmont, Minn.)
Bethel - Joey Hofmeyer (Sr., Hospers, Iowa)
Bethel - Gabe Kleinschmidt (So. Hastings, Minn.)
Bethel - Trent Pearson (Jr., Shakopee, Minn.)
Bethel - Ross Petterson (Jr., Maple Grove, Minn.)
Bethel - David Vavra (So., Cambridge, Minn.)
Bethel - Nate Voronyak (Sr., Orono, Minn.)
Carleton - Phil Blue (Sr., Northbrook, Ill.)
Carleton - Zack Delpier (So., Marquette, Mich.)
Carleton - Dylan Gessner (So., Briarcliff Manor, N.Y.)
Carleton - Tanner Martin (So., Tempe, Ariz.)
Carleton - Billy Shapiro (So., Bronx, N.Y.)
Carleton - Will Taylor (Jr., Missoula, Mont.)
Concordia - Grant Aakre (Sr., Hawley, Minn.)
Concordia - Justin Hanson (Jr., Spicer, Minn.)
Concordia - Troy Henne (Sr., Moorhead, Minn.)
Concordia - Luke Hvidston (Jr., Fargo, N.D.)
Concordia - Craig Lachowitz (Sr., Battle Lake, Minn.)
Concordia - Jed LaPlante (Sr., Fergus Falls, Minn.)
Concordia - Levi Pole (Sr., Sioux Falls, S.D.)
Concordia - Ian Roche (Sr., Grand Forks, N.D.)
Concordia - Guy Rudolph (Jr., Trimont, Minn.)
Concordia - Zach Weller (Jr., Sauk Centre, Minn.)
Gustavus - Jordan Becker (Sr., Easton, Minn.)
Gustavus - Logan Becker (So., Easton, Minn.)
Gustavus - Elliot Herdina (So., Blooming Prairie, Minn.)
Gustavus - Brad Kruckeberg (So., Ellendale, Minn.)
Gustavus - Blake Noennig (Sr., Norwood, Minn.)
Gustavus - T.J. Ridley (Sr., Edina, Minn.)
Gustavus - Paul Stommes (Jr., Richmond, Minn.)
Hamline - Josh Bain (Jr., Grand Meadow, Minn.)
Hamline - Justin Bain (Jr., Grand Meadow, Minn.)
Hamline - Ben Chandler (Jr., Minneapolis, Minn.)
Hamline - John Gross (Jr., Plymouth, Minn.)
Hamline - Andrew Schlichting (So., North Oaks, Minn.)
Saint John's - Blaine Anderson (Sr., Hewitt, Minn.)
Saint John's - Joe Boyle (Jr., Richfield, Minn.)
Saint John's - Ben Dimond (Sr., Excelsior, Minn.)
Saint John's - Ethan Eid (Sr., Arden Hills, Minn.)
Saint John's - Jeff Gilbertson (Jr., Wabasha, Minn.)
Saint John's - Dominic Haik (Sr., Minneapolis, Minn.)
Saint John's - Lukas Inveiss (Jr., Sartell, Minn.)
Saint John's - Drew Percival (Sr., Wayzata, Minn.)
Saint John's - Greg Sowden (Sr., Brooklyn Park, Minn.)
Saint John's - Bryan Virnig (Jr., Pierz, Minn.)
St. Olaf - Calvin Boss (So., Grand Rapids, Minn.)
St. Olaf - Leon Clark (So., Rochester, Minn.)
St. Olaf - Kevin Foss (So., Woodbury, Minn.)
St. Olaf - Drew Penz (Jr., Rochester, Minn.)
St. Thomas - Tim Albright (So., Urbandale, Iowa)
St. Thomas - Kyle Boughner (So., Ramsey, Minn.)
St. Thomas - Nick Bussa (So., Duluth, Minn.)
St. Thomas - Matt Evans (Jr., Avon, Minn.)
St. Thomas - Nick Gleisner (So., Chandler, Ariz.)

Football (continued)

St. Thomas - Jeffrey Hilliard (Sr., Woodbury, Minn.)
St. Thomas - Kris Kopp (Sr., Woodbury, Minn.)
St. Thomas - Ricky Margarit (So., Bloomington, Minn.)
St. Thomas - Reed Mainquist (Sr., Minnetonka, Minn.)
St. Thomas - Sam Moen (Sr., Mahtomedi, Minn.)
St. Thomas - Kyle Reynertson (So., Wheaton, Ill.)
St. Thomas - Zach Sturm (Jr., Springfield, Minn.)
St. Thomas - Joe Sunnarborg (Sr., Esko, Minn.)
St. Thomas - Colin Tobin (So., Itasca, Ill.)
St. Thomas - Fritz Waldvogel (So., Mendota Heights, Minn.)
St. Thomas - Ben Wartman (Jr., Prior Lake, Minn.)

Men's Soccer (49)

Augsburg - Alex Hildebrandt (Sr., St. Paul, Minn.)
Bethel - Christopher Dirks (Jr., Excelsior, Minn.)
Bethel - Eric Johnson (Sr., Bloomington, Minn.)
Bethel - Nick Kantor (Sr., Buffalo, Minn.)
Bethel - David Kim (So., Blaine, Minn.)
Bethel - Brandon Peplinski (Jr., Maple Grove, Minn.)
Bethel - Micah Schedler (So., Fond du Lac, Wis.)
Bethel - David Swenson (Jr., Ham Lake, Minn.)
Bethel - Matt VanBenschoten (Sr., Minnetonka, Minn.)
Carleton - Brett Adelman (Sr., Westminster, Colo.)
Carleton - Ryan Cammarota (So., Neenah, Wis.)
Carleton - Robert Carlton (Sr., Madison, Wis.)
Carleton - Lyndon DeSalvo (Sr., Boxford, Mass.)
Carleton - Ross Hamilton (Sr., Western Springs, Ill.)
Carleton - Peter Semmer (Jr., Del Mar, Calif.)
Carleton - Miles Silbert (So., St. Louis Park, Minn.)
Carleton - Tim Wills (So., Portland, Ore.)
Concordia - Andrew Glogoza (So., Fargo, N.D.)
Concordia - Kyle Kazemi (Jr., Arvada, Colo.)
Concordia - Riley McGlynn (So., Hampstead, N.C.)
Concordia - Marco Riboli (Jr., Bergamo, Italy)
Concordia - Patrick Rundlett (So., Bozeman, Mont.)
Concordia - Mads Schmidt (Sr., Rodding, Denmark)
Gustavus - Benjamin Ceder (So., Oregon, Wis.)
Gustavus - Benjamin Ikeda (Jr., Maple Gove, Minn.)
Hamline - Evan Falon (Sr., Minneapolis, Minn.)
Hamline - Zach Nelson (So., Eagan, Minn.)
Macalester - Jeremy Carp (So., Portland, Ore.)
Macalester - Jesse Geary (So., Duluth, Minn.)
Macalester - Andrew Lund (So., Madison, Wis.)
Macalester - Ryan Marshall (So., Plymouth, Minn.)
Macalester - Mark Mullaney (Jr., Plymouth, Minn.)
Macalester - Scott Petesch (Sr., Bethesda, Md.)
Saint John's - Steven Dahlke (So., St. Louis Park, Minn.)
Saint John's - Ryan Fuchs (So., St. Michael, Minn.)
Saint John's - Chris Hagen (So., Blacksburg, Va.)
Saint John's - Colin Hall (Jr., Maple Grove, Minn.)
Saint John's - Luke Nelson (Sr., Caledonia, Minn.)
St. Olaf - Sean Legler (So., Apple Valley, Minn.)
St. Olaf - Nathan Swenson (Sr., De Pere, Wis.)
St. Olaf - Erik van Mechelen (Sr., Houston, Texas)
St. Olaf - Nathan Van Wylen (Sr., Northfield, Minn.)
St. Olaf - John Zietlow (Jr., Rochester, Minn.)
St. Thomas - Elliot Amundson (Jr., Minneapolis, Minn.)
St. Thomas - Carlos Castelan (Sr., St. Paul, Minn.)
St. Thomas - James Hart (Jr., South St. Paul, Minn.)
St. Thomas - Phil Hurley (Jr., Rochester, Minn.)
St. Thomas - Sean Kennedy (Sr., Portland, Ore.)
St. Thomas - Colten Llewellyn (So., Wauke, Iowa)

Women's Soccer (72)

Augsburg - Gaby Hamerlinck (Sr., St. Paul, Minn.)
 Augsburg - Whitney Holman (Sr., New Hope, Minn.)
 Augsburg - Lacey Hoover (Jr., Duluth, Minn.)
 Augsburg - Emily Sell (Jr., White Bear Lake, Minn.)
 Augsburg - Becky Solheim (Sr., Waconia, Minn.)
 Augsburg - Lisa Weniger (Jr., Eagan, Minn.)
 Bethel - Laura Billiar (So., St. Michael, Minn.)
 Bethel - Kiersten Hansen (Sr., Eden Prairie, Minn.)
 Bethel - Leah Hardie (So., Ankeny, Iowa)
 Bethel - Jami Johnson (Jr., Fergus Falls, Minn.)
 Bethel - Bre Posey (Sr., Champlin, Minn.)
 Bethel - Kelci Schedler (Sr., Fond du Lac, Wis.)
 Bethel - Alicia Sedlock (Jr., Cambridge, Minn.)
 Carleton - Linnea Carlson (So., Evanston, Ill.)
 Carleton - Emma Dobbins (Sr., Portland, Ore.)
 Carleton - Rachel Foran (So., River Forest, Ill.)
 Carleton - Megan Milligan (Jr., Las Cruces, N.M.)
 Carleton - Merritt Swain (Jr., Mendota Heights, Minn.)
 Carleton - Kate Trenerry (Jr., Rochester, Minn.)
 Carleton - Lily VanderStaay (So., Bellingham, Wash.)
 Carleton - Abby Wills (So., Portland, Ore.)
 Concordia - Abby Habein (Jr., Billings, Mont.)
 Concordia - Samantha Johnson (Jr., Fargo, N.D.)
 Concordia - Vanessa Kowalski (Sr., Marshfield, Wis.)
 Concordia - Mikenna Maroney (Sr., Kalispell, Mont.)
 Concordia - Kayte McGuire (Sr., Bozeman, Mont.)
 Concordia - Erika Swenson (Jr., Fargo, N.D.)
 Gustavus - Chelsea Bayer (Jr., Rodgers, Minn.)
 Gustavus - Alison Dittmer (Sr., Plymouth, Minn.)
 Gustavus - Meghan Faricy (Jr., Rosemount, Minn.)
 Gustavus - Megan Gode (Sr., White Bear Lake, Minn.)
 Gustavus - Nicole Kwapick (Jr., White Bear Lake, Minn.)
 Gustavus - Abbey Maus (Jr., Rogers, Minn.)
 Gustavus - Karen Maus (Jr., Rogers, Minn.)
 Hamline - Kelly Kunowski (Sr., Milwaukee, Wis.)
 Hamline - Haley Leverington (Sr., Saint Paul, Minn.)
 Hamline - Kayla Osowski (So., Elk River, Minn.)
 Hamline - Lizzie Steinert (Sr., Skokie, Ill.)
 Hamline - Liz Stock (So., Savage, Minn.)
 Macalester - Emily Bardwell (Jr., Denver, Colo.)
 Macalester - Maddy Cochrane (Sr., Grand Marais, Minn.)
 Macalester - Martha Coe (Jr., Grand Haven, Mich.)
 Macalester - Jordan Eckstein (Jr., Northampton, Mass.)
 Macalester - Grace Geiger (Sr., Seattle, Wash.)
 Macalester - Maddie Mette (Sr., Burnsville, Minn.)
 Macalester - Kelsey Speer (Sr., Madison, Wis.)
 Macalester - Tressa Versteeg (Jr., Pella, Ia.)
 Macalester - Matea Wasend (So., Denver, Colo.)
 Saint Benedict - Stephanie Gibbs (So., Plymouth, Minn.)
 Saint Benedict - Chelsi Larson (Jr., Minnesota City, Minn.)
 Saint Benedict - Charissa Perzel (So., Blaine, Minn.)
 St. Catherine - Kayla Engel (Jr., Lakeville, Minn.)
 St. Catherine - Kim Engel (Jr., Lakeville, Minn.)
 St. Catherine - Megan Gosselin (So., Lincoln, Neb.)
 St. Catherine - Kelsey Nistler (Jr., Champlin, Minn.)
 Saint Mary's - Stephanie Marnocha (Sr., Appleton, Wis.)
 Saint Mary's - Erin Morgan (Jr., Appleton, Wis.)
 Saint Mary's - Amy Sibik (Jr., Onalaska, Wis.)
 St. Olaf - Allyson Connor (So., Oregon, Wis.)
 St. Olaf - Christina Herron-Sweet (So., San Diego, Calif.)
 St. Olaf - Lindsay Howard (So., Minnetonka, Minn.)
 St. Olaf - Callie Knaeble (So., Eden Prairie, Minn.)

Women's Soccer (continued)

St. Olaf - Christina Mills (Sr., White Bear Lake, Minn.)
 St. Olaf - Ellie Steiner (So., West Bend, Wis.)
 St. Thomas - Kaitlin Denis (Jr., De Pere, Wis.)
 St. Thomas - Hannah Gikling (Jr., St. Paul, Minn.)
 St. Thomas - Tess Hanson (So., Rochester, Minn.)
 St. Thomas - Regina Horak (So., Elm Grove, Wis.)
 St. Thomas - Caitlin O'Brien (Jr., Madison, Wis.)
 St. Thomas - Erin Sprangers (Sr., Woodbury, Minn.)
 St. Thomas - Alison True (Sr., Wauwatosa, Wis.)
 St. Thomas - Katie Vance (So., Brookfield, Wis.)

Men's Golf (9)

Augsburg - Joel Kociemba (Jr., Andover, Minn.)
 Bethel - Toby Robinson (So., Mankato, Minn.)
 Carleton - Alec Roman (So., Portland, Ore.)
 Gustavus - A.J. Olson (Sr., White Bear Lake, Minn.)
 Macalester - Daniel Kerwin (Sr., Colorado Springs, Colo.)
 Macalester - Ben Langworthy (Jr., Tucson, Ariz.)
 Macalester - Ryan Peters (Sr., Kohler, Wis.)
 St. Olaf - Chris Conklin (Jr., Eden Prairie, Minn.)
 St. Olaf - Charlie Johnson (So., Plymouth, Minn.)

Volleyball (32)

Augsburg - Jessica Hilk (Jr., Waconia, Minn.)
 Augsburg - Dani Tanaka (Sr., Bloomington, Minn.)
 Bethel - Betsy Naatjes (Jr., Sioux Falls, S.D.)
 Bethel - Kelly Otto (Sr., Plymouth, Minn.)
 Bethel - Hannah Parks (Jr., Plymouth, Minn.)
 Bethel - Bethany Shearer (Sr., Prior Lake, Minn.)
 Bethel - Kate Smith (So., Arden Hills, Minn.)
 Bethel - Nicole Wriedt (So., Pewaukee, Wis.)
 Concordia - Ashley Beseman (So., Raymond, Minn.)
 Gustavus - Tara Kramer (Sr., Hayfield, Minn.)
 Gustavus - Olivia Warren (So., Goodhue, Minn.)
 Hamline - Anna Murie (Jr., Grand Forks, N.D.)
 Hamline - Ana Maria Rojas Perea (Sr., Valle del Cauca, Colombia)
 Macalester - Marie Godwin (Sr., Chaska, Minn.)
 Saint Benedict - Calleigh Brown (Jr., Buffalo, Minn.)
 Saint Benedict - Beth Hanson (Sr., Faribault, Minn.)
 Saint Benedict - Emma Jaynes (Sr., Hibbing, Minn.)
 Saint Benedict - Andrea Millerbernd (Sr., Littlefork, Minn.)
 Saint Benedict - Amber Wortz (Jr., Fairfax, Minn.)
 St. Catherine - Maria Hoffman (Sr., Montgomery, Minn.)
 St. Catherine - Nicole Neumann (Jr., Le Sueur, Minn.)
 Saint Mary's - Erika Hurley (So., Chatfield, Minn.)
 Saint Mary's - Amy Kujak (So., River Falls, Wis.)
 Saint Mary's - Jessica Larson (Sr., Pine Island, Minn.)
 Saint Mary's - Courtney Runge (Sr., St. James, Minn.)
 St. Olaf - Kristin Boyum (So., Wamamingo, Minn.)
 St. Olaf - Paige Olson (Sr., Brainerd, Minn.)
 St. Olaf - Janet Sully (Sr., New Brighton, Minn.)
 St. Olaf - Frances Xin (So., Ames, Iowa)
 St. Thomas - Kyley Crotty (Sr., Maplewood, Minn.)
 St. Thomas - Ashley Maher (So., Hutchinson, Minn.)
 St. Thomas - Emily Pritchard (Jr., Clear Lake, Iowa)