

2008 UW-La Crosse Fall Honors

Sport	Conference	National
Football		
Eric Donoval	WIAC Special Teams of the Week (Oct. 21)	D3football.com Team of the Week (Nov. 7)
	All-WIAC First Team Offense (Return Specialist)	
	All-WIAC Honorable Mention Offense (Running Back)	
Mitch Dougherty	All-WIAC Second Team Defense (Defensive Line)	
Derek Dreher	All-WIAC Second Team Defense (Defensive Back)	
Andrew Gebel	All-WIAC Second Team Offense (Offensive Line)	
Aaron Johnson	All-WIAC Honorable Mention Defense (Linebacker)	
Chris Johnson	All-WIAC Second Team Offense (All-Purpose)	
Drew Kiefer	All-WIAC First Team Defense (Linebacker)	D3football.com All-America Honorable Mention Team D3football.com All-West Region First Team
Ryan Marty	All-WIAC Honorable Mention Defense (Defensive Line)	
Jason Olejniczak	All-WIAC First Team Offense (Offensive Line)	D3football.com All-Region Third Team Offense
Blake Roemer		D3football.com Team of the Week (Oct. 18)
Matt Winney	All-WIAC Honorable Mention Defense (Defensive Back)	
	All-WIAC Sportsmanship Team	

Men's Cross Country

Kyle Coghlan	All-WIAC Second Team	
Connor Lonning	WIAC Athlete of the Week (Oct. 14)	USTFCCCA NCAA III All-Academic Team
	All-WIAC First Team	
Paul Moran	WIAC Athlete of the Week (Sept. 30)	
	All-WIAC Second Team	
Logan O'Grady	All-WIAC Second Team	
	All-WIAC Sportsmanship Team	
Dallas Vincent	All-WIAC Honorable Mention	USTFCCCA NCAA III All-Academic Team

Women's Cross Country

Kristina Bennwitz	All-WIAC Honorable Mention	USTFCCCA NCAA III All-Academic Team
Zoe Browne		USTFCCCA NCAA III All-Academic Team
Meghan Dugan	WIAC Athlete of the Week (Oct. 28)	
Michelle Horn	All-WIAC Honorable Mention	
Megan Johnson	All-WIAC Second Team	
Lauren Moss	All-WIAC Second Team	
	All-WIAC Sportsmanship Team	
Katelynn Williams	All-WIAC First Team	USTFCCCA NCAA III All-Academic Team

Women's Tennis

Carlie Bohrman	WIAC Doubles Player of the Week (Sept. 30)
	WIAC Singles Player of the Week (Oct. 21)
Kelly Kuether	WIAC Doubles Player of the Week (Sept. 23)
Katie McDonald	WIAC Singles Player of the Week (Sept. 9)
	WIAC Doubles Player of the Week (Sept. 23)
	All-WIAC Second Team #3 Singles
	All-WIAC Sportsmanship Team
Sarah Schoenwaelder	WIAC Doubles Player of the Week (Sept. 30)
	All-WIAC Second Team #5 Singles

Volleyball

Elizabeth Carlisle All-WIAC Sportsmanship Team
Melanie Tate All-WIAC Defensive Team
Amber Schoonover WIAC Player of the Week (Oct. 7)
All-WIAC First Team
Brienne Stankus WIAC Player of the Week (Sept. 9)
All-WIAC First Team

Nina Walch All-WIAC Honorable Mention

AVCA NCAA III All-America Honorable Mention
AVCA NCAA III All-Midwest Region Team
AVCA NCAA III All-America First Team
AVCA NCAA III All-Midwest Region Team
CoSIDA/ESPN The Magazine Academic All-District V
College Divison Women's Volleyball Third Team

Soccer

Amanda Clark WIAC Defensive Player of the Week (Sept. 16)
All-WIAC First Team
All-WIAC Sportsmanship Team
Chelsea Gilbertson All-WIAC First Team
Ramsey Weyenberg All-WIAC First Team
Erin Wilson WIAC Offensive Player of the Week (Oct. 28)

2008-2009 Winter Honors

Women's Swimming & Diving

Jennifer Bryson All-WIAC Second Team (100 Back)
Shannon Doyle WIAC Diver of the Week (Feb. 3)
All-WIAC First Team (1-Meter)
Danielle Ellingson WIAC Swimmer of the Week (Jan. 20)
All-WIAC First Team (200 IM)
All-WIAC First Team (400 Medley Relay)
All-WIAC First Team (200 Medley Relay)
All-WIAC First Team (400 IM)
All-WIAC First Team (400 Free Relay)
All-WIAC Second Team (800 Free Relay)
Danielle Gray WIAC Swimmer of the Week (Feb. 10)
Clare Hathaway All-WIAC First Team (200 Free Relay)
All-WIAC First Team (200 Medley Relay)
All-WIAC First Team (400 Free Relay)
All-WIAC Second Team (800 Free Relay)
Katelyn Hartung All-WIAC First Team (200 Free Relay)
All-WIAC First Team (400 Medley Relay)
All-WIAC First Team (100 Free)
All-WIAC First Team (400 Free Relay)
All-WIAC Second Team (200 Free)
All-WIAC Second Team (800 Free Relay)
Chelsea Hoff WIAC Swimmer of the Week (Nov. 11)
WIAC Swimmer of the Week (Dec. 9)
All-WIAC First Team (200 Free Relay)
All-WIAC First Team (50 Free)
All-WIAC First Team (400 Medley Relay)
All-WIAC First Team (200 Medley Relay)
All-WIAC First Team (100 Back)
All-WIAC First Team (200 Back)
All-WIAC First Team (400 Free Relay)
WIAC Swimmer of the Meet
Samantha Koch WIAC Diver of the Week (Feb. 10)

NCAA III All-America (400 Free Relay - 7th)
NCAA III Honorable Mention All-America
(800 Free Relay - 13th)
NCAA III All-America (200 Medley Relay -7th)
NCAA III Honorable Mention All-America
(400 Medley Relay - 11th)
NCAA III All-America (200 Free Relay - 7th)
NCAA III All-America (400 Free Relay - 7th)
NCAA III Honorable Mention All-America
(800 Free Relay - 13th)
NCAA III All-America (200 Medley Relay -7th)
NCAA III All-America (200 Free Relay - 7th)
NCAA III All-America (400 Free Relay - 7th)
NCAA III Honorable Mention All-America
(800 Free Relay - 13th)
NCAA III Honorable Mention All-America
(400 Medley Relay - 11th)
NCAA III All-America (50 Free - 5th)
NCAA III All-America (100 Back - 6th)
NCAA III All-America (200 Free Relay - 7th)
NCAA III All-America (400 Free Relay - 7th)
NCAA III All-America (200 Medley Relay -7th)
NCAA III Honorable Mention All-America
(400 Medley Relay - 11th)
CoSIDA/ESPN The Magazine Academic All-American
College Divison Women's At-Large First Team
CoSIDA/ESPN The Magazine Academic All-District V
College Divison Women's At-Large First Team

Rachel LaValley	WIAC Diver of the Week (Nov. 11) WIAC Diver of the Week (Jan. 20) All-WIAC First Team (3-Meter) All-WIAC Second Team (1-Meter) WIAC Diver of the Meet	NCAA III Honorable Mention All-America (1 Meter Diving - 15th) NCAA III Honorable Mention All-America (3 Meter Diving - 13th)
Kacie O'Brien Brianna Peyer	All-WIAC First Team (100 Fly) All-WIAC First Team (200 Free Relay) All-WIAC First Team (400 Medley Relay) All-WIAC First Team (200 Medley Relay) All-WIAC First Team (100 Breast)	NCAA III All-America (200 Free Relay - 7th) NCAA III All-America (200 Medley Relay - 7th) NCAA III Honorable Mention All-America (400 Medley Relay - 11th)
Anita Talavera	All-WIAC First Team (200 Fly) All-WIAC Second Team (800 Free Relay)	NCAA III Honorable Mention All-America (800 Free Relay - 13th)
Rich Pein	WIAC Coach of the Year	

Men's Swimming & Diving

Michael Beilman	All-WIAC Second Team (400 Medley Relay) All-WIAC Second Team (200 Medley Relay) All-WIAC Second Team (800 Free Relay) All-WIAC Second Team (400 Free Relay)	
Casey Borden	All-WIAC Second Team (400 Medley Relay) All-WIAC Second Team (200 Medley Relay)	
Tanner Classon Justin Dembski	WIAC Diver of the Week (Feb.3) WIAC Swimmer of the Week (Jan. 27) All-WIAC First Team (500 Free) All-WIAC First Team (1650 Free) All-WIAC Second Team (800 Free Relay)	
Matt Diehl	WIAC Swimmer of the Week (Nov. 11) WIAC Swimmer of the Week (Jan. 20) All-WIAC First Team (100 Breast) All-WIAC Second Team (200 Free Relay) All-WIAC Second Team (200 IM) All-WIAC Second Team (400 Medley Relay) All-WIAC Second Team (200 Medley Relay) All-WIAC Second Team (200 Breast) All-WIAC Second Team (400 Free Relay)	NCAA III Honorable Mention All-America (100 Back - 14th)
Trey Edgerle Joel Knuesel Ben Knutson Jared Krueger Spencer Loch	WIAC Diver of the Week (Jan. 20) All-WIAC Second Team (200 Free Relay) All-WIAC Second Team (200 Free Relay) All-WIAC Second Team (800 Free Relay) All-WIAC Second Team (200 Free Relay) All-WIAC Second Team (400 Medley Relay) All-WIAC Second Team (200 Medley Relay) All-WIAC Second Team (400 Free Relay)	
Colin Schmidt	All-WIAC Second Team (800 Free Relay) All-WIAC Second Team (400 Free Relay)	

Men's Basketball

Rick Karius TJ Nereng Trevor Stratton	All-WIAC Sportsmanship Team WIAC Max Sparger Scholar Athlete WIAC Athlete of the Week (Jan. 13) All-WIAC Honorable Mention	D3hoops.com Team of the Week (Jan. 13)
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Women's Basketball

Anna Halat All-WIAC Sportsmanship Team
Mackenzie Hunter WIAC Player of the Week (Nov. 25)

WIAC Player of the Week (Dec. 23)
All-WIAC First Team
All-WIAC Defensive Team
WIAC Player of the Year
WIAC Judy Kruckman Scholar-Athlete
Lindsay Wahl All-WIAC First Team

D3hoops.com All-America Honorable Mention
D3hoops.com All-Central Region Second Team
State Farm Coaches' All-America
Honorable Mention Team

Wrestling

Cory Ferguson WIAC Athlete of the Week (Jan. 6)
Dan Laurent WIAC Athlete of the Week (Nov. 11)
WIAC Athlete of the Week (Jan. 27)
All-WIAC First Team (285 lbs)

Matt Mauseth All-WIAC First Team (149 lbs)
WIAC Wrestler of the Year
Albie McKinney All-WIAC First Team (125 lbs)
Andy Moore All-WIAC Second Team (197 lbs)

Mike Schmitz All-WIAC First Team (174 lbs)
Dan Schulte
Bebeto Yewah All-WIAC Second Team (133 lbs)
Josh Zabel All-WIAC First Team (184 lbs)
WIAC Max Sparger Scholar-Athlete
Dave Malecek WIAC Mertz Mortorelli Coach of the Year

NCAA III All-American (Champion - 285 lbs.)
NWCA III Scholar-Athlete All-America Team
CoSIDA/ESPN The Magazine Academic All-American
College Division Men's At-Large First Team
CoSIDA/ESPN The Magazine Academic All-District V
College Division Men's At-Large First Team
NCAA III All-American (Champion - 149 lbs.)
NWCA III Scholar-Athlete All-America Team

NCAA III All-American (4th - 197 lbs.)
NWCA III Scholar-Athlete All-America Team
NCAA III All-American (4th - 174 lbs.)
NWCA III Scholar-Athlete All-America Team

NCAA III All-American (3rd - 184 lbs.)
NWCA III Scholar-Athlete All-America Team

Gymnastics

Rachel Budelier
Courtney Gonzales All-WIAC (Floor Exercise)
Gabi Hooper WIAC Specialist of the Week (Jan. 20)
WIAC Specialist of the Week (Feb. 24)
All-WIAC (Vault)
All-WIAC (Balance Beam)
All-WIAC (Floor Exercise)
Mackenzie Howard All-WIAC (Balance Beam)
Jackie LaFleur All-WIAC (Vault)
All-WIAC (All-Around)

NCGA III All-America Second Team (Beam - 9th)
NCGA III All-America First Team (Floor - 4th)
NCGA III All-America First Team (Vault - 2nd)
NCGA III All-America First Team (Floor - 5th)

NCGA III All-America Second Team (Bars - 9th)
NCGA III All-America First Team (Vault - 3rd)
NCGA III All-America (All-Around - 5th)
NCGA III All-America Second Team (Floor - 8th)
NCGA III Academic All-America
CoSIDA/ESPN The Magazine Academic All-American
College Division Women's At-Large Second Team
CoSIDA/ESPN The Magazine Academic All-District V
College Division Women's At-Large First Team
NCGA III All-America (All-Around - 8th)
NCGA III All-America Second Team (Floor - 12th)

Kelsey Matula All-WIAC (Bars)
All-WIAC (Balance Beam)
All-WIAC (All-Around)
All-WIAC Sportsmanship Team

NCGA III All-America First Team (Bars - Tied 4th)
NCGA III All-America Second Team (Beam - 11th)
NCGA III All-America Second Team (Floor - 12th)
NCGA III Academic All-America

Schaelyn McFadden
Erin Sommer All-WIAC (Floor Exercise)

Men's Indoor Track

Jesse Dengsavang	All-WIAC Second Team (Triple Jump)	
Matt Gordy	All-WIAC Second Team (55 Meter Dash) All-WIAC Second Team (200 Meter Dash)	
Ryan Mendez	WIAC Track Athlete of the Week (Feb. 24)	NCAA III All-America (1,600 Meter Relay - 5th) NCAA III All-America (Distance Medley Relay - 2nd)
Brad Peterson	WIAC Max Sparger Scholar Athlete	
Bobby Riley	WIAC Field Athlete of the Week (Feb. 3) All-WIAC First Team (Shot Put)	NCAA III All-America (Shot Put - Champion)
Alex Rooker	All-WIAC Second Team (400 Meter Dash)	NCAA III All-America (1,600 Meter Relay - 5th)
David Stauder	All-WIAC First Team (High Jump)	
Terrance Thigpen		NCAA III All-America (1,600 Meter Relay - 5th)
Dallas Vincent	WIAC Track Athlete of the Week (Feb. 3) WIAC Track Athlete of the Week (Feb. 24) All-WIAC Second Team (Distance Medley Relay)	NCAA III All-America (5,000 Meter Run - 2nd) NCAA III All-America (Distance Medley Relay - 2nd) USTFCCCA NCAA III Track Scholar-Athlete of the Year
Bill Warren		NCAA III All-America (Shot Put - 7th)
Zach Wilhelm	WIAC Track Athlete of the Week (Feb. 24) All-WIAC Second Team (Distance Medley Relay)	NCAA III All-America (Distance Medley Relay - 2nd)
Mitch Wilson	WIAC Track Athlete of the Week (Feb. 24) All-WIAC Second Team (Distance Medley Relay)	
Paul Yerhot	All-WIAC Second Team (Distance Medley Relay)	NCAA III All-America (1,600 Meter Relay - 5th) NCAA III All-America (Distance Medley Relay - 2nd)
Josh Buchholtz	WIAC Coach of the Year	

Women's Indoor Track

Christy Bohl	All-WIAC First Team (Shot Put)	NCAA III All-America (Shot Put - 5th)
Alecia Ellingstad		NCAA III All-America (Pole Vault - 4th)
Katie Fondow	WIAC Field Athlete of the Week (Feb. 3) All-WIAC Second Team (Long Jump) All-WIAC Second Team (Triple Jump)	NCAA III All-America (Long Jump - 2nd)
Katlin Genthe	WIAC Field Athlete of the Week (Feb. 24) All-WIAC Second Team (Pole Vault) All-WIAC Second Team (High Jump)	
Jenna Hudziak		NCAA III All-America (1,600 Meter Relay - 8th)
Kelsey Katarow		NCAA III All-America (Long Jump - 6th)
Ashton May		NCAA III All-America (1,600 Meter Relay - 8th)
Danica Schaefer		NCAA III All-America (55 Meter Dash - 2nd)
Caitlin Schetter	WIAC Field Athlete of the Week (Jan.20) WIAC Track Athlete of the Week (Jan. 27) All-WIAC First Team (55 Meter Dash) All-WIAC First Team (Long Jump) All-WIAC First Team (Triple Jump) WIAC Judy Kruckman Co-Scholar-Athlete	NCAA III All-America (Long Jump - Champion) NCAA III All-America (Triple Jump - 2nd) NCAA III Midwest Region Field Athlete of the Year NCAA III Women's Indoor Field Athlete of the Year USTFCCCA NCAA III Track Scholar-Athlete of the Year
Jamie Scott	All-WIAC First Team (Pentathlon)	NCAA III All-America (Pentathlon - 8th)
Lauren Siedl		NCAA III All-America (1,600 Meter Relay - 8th)
Caitlin Wippermann		NCAA III All-America (1,600 Meter Relay - 8th)
Pat Healy	WIAC Coach of the Year	

2009 Spring Honors

Baseball

Ross Benitz	All-WIAC Honorable Mention WIAC Max Sparger Scholar-Athlete
Jay Fanta	WIAC Player of the Week (May 5) All-WIAC First Team
Storm Gram	All-WIAC First Team
Zach Lauersdorf	WIAC Pitcher of the Week (May 5)
Cory Poppitz	All-WIAC Honorable Mention
Lance Poppy	All-WIAC Sportsmanship Team
Bryant Rude	WIAC Pitcher of the Week (Mar. 24)

ABCA All-Midwest Region Second Team

Men's Outdoor Track & Field

Jeremiah Burish	
Luke Crowley	
Matt Gordy	All-WIAC Second Team (100 Meter Dash)
Connor Lonning	
Ryan Mendez	
Brad Peterson	WIAC Max Sparger Scholar-Athlete All-WIAC Sportsmanship Team
Bobby Riley	WIAC Field Athlete of the Week (Apr. 1) WIAC Field Athlete of the Week (Apr. 21) All-WIAC First Team (Javelin Throw) All-WIAC First Team (Shot Put) All-WIAC First Team (Discus Throw) WIAC Field Performer of the Meet
David Stauder	All-WIAC First Team (High Jump)
Dallas Vincent	All-WIAC Second Team (1,500 Meter Run) All-WIAC Second Team (5,000 Meter Run)
Zach Wilhelmy	All-WIAC First Team (1,500 Meter Run)
Paul Yerhot	All-WIAC First Team (400 Meter Dash)
Paul Zdroik	All-WIAC First Team (3,000 Meter Steeplechase)
	All-WIAC First Team (5,000 Meter Run)
Josh Buchholtz	WIAC Coach of the Year

USTFCCCA NCAA III All-Academic Team
NCAA III All-America (Discus Throw - 8th)
USTFCCCA NCAA III All-Academic Team
USTFCCCA NCAA III All-Academic Team
USTFCCCA NCAA III All-Academic Team
CoSIDA/ESPN The Magazine Academic
All-American College Division Men's Track & Field/Cross Country Second Team
CoSIDA/ESPN The Magazine Academic All-District V College Division Men's Track & Field/Cross Country Team
USTFCCCA NCAA III All-Academic Team
NCAA III All-America (Discus Throw - 4th)
NCAA III All-America (Shot Put - 8th)

NCAA III All-America (High Jump - 5th)
CoSIDA/ESPN The Magazine Academic All-District V College Division Men's Track & Field/Cross Country Team
USTFCCCA NCAA III All-Academic Team

USTFCCCA NCAA III All-Academic Team
NCAA III All-America (3,000 Meter Steeplechase - 2nd)

Women's Outdoor Track & Field

Laurel Beck	
Christy Bohl	
Kailey Charlton	All-WIAC First Team (400-Meter Relay)
Alecia Ellingstad	
Katie Fondow	All-WIAC First Team (Triple Jump) All-WIAC First Team (400-Meter Relay) All-WIAC Second Team (Long Jump) All-WIAC Sportsmanship Team
Amy Jo Garringer	All-WIAC First Team (High Jump)
Katlin Genthe	

USTFCCCA NCAA III All-Academic Team
USTFCCCA NCAA III All-Academic Team
NCAA III All-America (400 Meter Relay - 5th)
USTFCCCA NCAA III All-Academic Team
USTFCCCA NCAA III All-Academic Team
NCAA III All-America (Triple Jump - 2nd)
NCAA III All-America (Long Jump - 2nd)
NCAA III All-America (400 Meter Relay - 5th)
USTFCCCA NCAA III All-Academic Team

USTFCCCA NCAA III All-Academic Team

Ashton May	All-WIAC First Team (400-Meter Relay)	NCAA III All-America (Long Jump - 4th) NCAA III All-America (400 Meter Relay - 5th) USTFCCCA NCAA III All-Academic Team NCAA III All-America (3,000-Meter Steeplechase - Champion)
Stephanie Perleberg	All-WIAC First Team (3,000-Meter Steeplechase)	USTFCCCA NCAA III All-Academic Team NCAA III All-America (Long Jump - Champion) NCAA III All-America (400 Meter Relay - 5th) NCAA III All-America (Triple Jump - 6th) CoSIDA/ESPN <i>The Magazine Academic</i> All-American College Division Women's Track & Field Second Team CoSIDA/ESPN <i>The Magazine Academic</i> All-District V College Division Women's Track & Field/ Cross Country First Team USTFCCCA NCAA III Field Scholar-Athlete of the Year USTFCCCA NCAA III All-Academic Team USTFCCCA NCAA III All-Academic Team USTFCCCA NCAA III All-Academic Team USTFCCCA NCAA III All-Academic Team
Danica Schaefer Caitlin Schetter	WIAC Field Athlete of the Week (Apr. 21) All-WIAC First Team (Long Jump) All-WIAC First Team (400-Meter Relay)	
Jamie Scott Lauren Seidl Caitlin Wippermann Pat Healy	All-WIAC Second Team (Heptathlon) WIAC Coach of the Year	

Softball

Jenna Ahnen	All-WIAC First Team	Louisville Slugger/NFCA DIII All-Great Lakes Region First Team
Rachel Croak Katie Pietrowiak Bergen Schaller Heather Schultz	All-WIAC First Team All-WIAC Honorable Mention All-Sportsmanship Team WIAC Pitcher of the Week (Mar. 10) All-WIAC Honorable Mention	DIII Softball -The Newsletter Great Lakes Regional Player of the Week (Mar. 10) CoSIDA/ESPN <i>The Magazine Academic</i> All-District V College Division Women's Softball Third Team
Kaylyn Von Glahn	WIAC Pitcher of the Week (Apr. 21) All-WIAC First Team	

2008-09 Team Finishes

Team	Conference	Nationals (NCAA Division III)
Women's Tennis	2nd	
Soccer	4th	---
Volleyball	3rd - Tied	NCAA III Second Round
Women's Cross Country	3rd	8th
Men's Cross Country	3rd	6th
Football	4th - Tied	---
Wrestling	1st	3rd
Men's Swimming & Diving	2nd	55th - Tied
Women's Swimming & Diving	1st	8th
Men's Basketball	7th - Tied	---
Women's Basketball	5th	---
Gymnastics	1st	1st (NCGA)
Men's Indoor Track & Field	1st	1st - Tied
Women's Indoor Track & Field	1st	2nd
Men's Outdoor Track & Field	1st	5th
Women's Outdoor Track & Field	1st	3rd
Softball	2nd	NCAA III First Round
Baseball	4th	---
Men's Tennis	---	---