

Minnesota College Athletic Conference

2011-12 Winter Sports Newsletter



*Ridgewater CTC
Willmar, MN*



*M State-Fergus Falls
Fergus Falls, MN*



*Northland CTC
Thief River Falls, MN*



*Mesabi Range CTC
Virginia, MN*



*Rochester CTC
Rochester, MN*



*Itasca CC
Grand Rapids, MN*



*Central Lakes CC
Brainerd, MN*



*Vermilion CC
Ely, MN*



*Anoka-Ramsey CTC
Coon Rapids, MN*



*Rainy River CC
International Falls MN*



*Fond du Lac Tribal & Community College
Cloquet, MN*



*Riverland CTC
Austin, MN*



*Hibbing CC
Hibbing, MN*



*Minnesota West CTC
Worthington, MN*

www.mcac-sports.com

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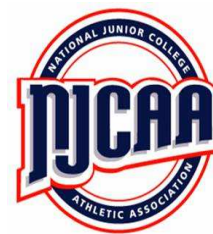
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2010-11 State Champions

Men's Basketball

Rochester

Women's Basketball

Anoka-Ramsey

Wrestling

Ridgewater

Once again we find ourselves in the early stages of what will be an exciting winter sports season in the MCAC!

Anoka-Ramsey (WBB), Rochester (MBB) and Ridgewater (Wrestling) will find the targets on their backs as the other teams look to earn the top rung on the MCAC ladder.

“Good Luck!” to all players, coaches and fans and safe travels! Follow all of the action at www.mcac-sports.com and become a “Fan” on Facebook!

- Justin

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MCAC success continues at National Tournaments

Anoka-Ramsey claimed the 2010-11 NJCAA DIII National Championship in women's basketball while on the men's side, Rochester made it to the Championship game for the second year in a row before coming up short in the title tilt. Ridgewater claimed the wrestling title and sixteen MCAC grapplers qualified for the National tournament. Once again the MCAC was represented with high quality student-athletes on the national stage.

Congratulations to all MCAC players and coaches for the outstanding efforts during the 2010-11 academic year. MCAC fans can expect the same high level of competition during the 2011-12 winter season!

MCAC offers competition in nine sports

The MCAC currently sponsors nine sports including baseball, men's and women's golf, men's and women's basketball, volleyball, football, softball, and wrestling. The MCAC has a proud tradition of excellence and the State Champions compete well at the National level every year.

About the MCAC

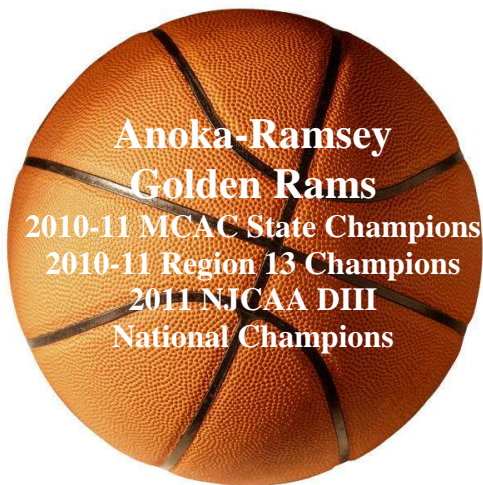
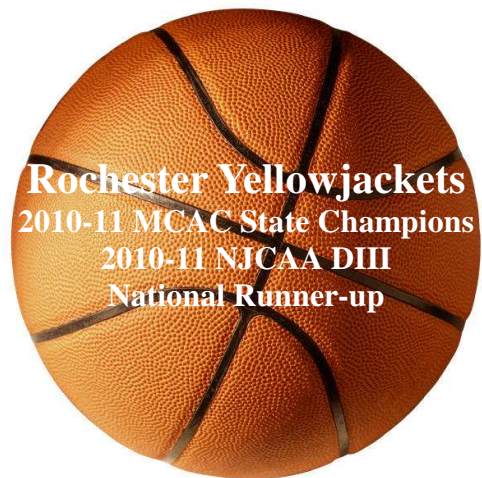
The Minnesota College Athletic Conference (MCAC) was first established in the fall of 1967 although many two year colleges throughout the state were competing in intercollegiate athletics prior to that time. Football was the first organized sport within the MCAC, followed by men's cross country, basketball, wrestling, hockey, baseball, tennis, and track in the 1969-1970 academic year.

In 1973, competitions in women's volleyball, basketball, softball, and track and field were added. Throughout the next 23 years the MCAC operated under the guidance of the Minnesota Community College System office. Banning Hanscom, Kitty Hennemann, and Steve Frantz provided leadership through the system office.

After the merger of the Minnesota State Colleges and Universities (MnSCU) in 1996, the MCAC office was moved to its previous home at Ridgewater College, where John Vraa served as the Conference Coordinator. Currently the MCAC office is located at Minnesota West Community and Technical College and Justin Heckenlaible serves as the Conference Coordinator.

Minnesota College Athletic Conference

2010-11 Winter Sports... CHAMPIONS



Ridgewater Warriors
2010-11 MCAC State Champions
8 NJCAA National Qualifiers





Men's Basketball

2010-11 NJCAA DIII MEN'S BASKETBALL PRESEASON TOP 10

- 1 Mountain View
- 2 **Rochester**
- 3 Joliet
- 4 Sullivan County
- 5 Davidson County
- 6 Ocean County
- 7 Herkimer County
- 8 SUNY-Delhi
- 9 Roxbury
- 10 Cedar Valley

CHAMPIONSHIP RESULTS

2010-11 National Championship Game

Mountain View 72 64 Rochester

2010-11 National Tournament Semi-Finals

Rochester 95 90 (2ot) SUNY-Sullivan County

2010-11 National Tournament Quarter-Finals

Rochester 66 49 SUNY-Delhi

2010-11 MCAC / Region 13 Championship Game

Rochester 74 70 (ot) Anoka-Ramsey

2010-11 MCAC Semi-Finals

Rochester 84 67 Northland

Anoka-Ramsey 72 63 Central Lakes

2010-11 MCAC Quarter-Finals

Northland 80 75 M State-FF

Rochester 99 76 Rainy River

Anoka-Ramsey 70 68 Vermilion

Central Lakes 88 65 Hibbing



2010-11 MCAC FINAL STANDINGS

<u>Northern Division</u>	<u>division</u>		<u>overall</u>	
	<u>W</u>	<u>L</u>	<u>W</u>	<u>L</u>
Vermilion	11	1	21	6
Northland	11	1	18	8
Rainy River	7	5	8	16
Hibbing	5	7	10	16
Mesabi Range	3	9	8	19
Itasca	3	9	5	21
Fond du Lac	2	10	3	17

<u>Southern Division</u>	<u>division</u>		<u>overall</u>	
	<u>W</u>	<u>L</u>	<u>W</u>	<u>L</u>
Rochester	10	2	25	2
Central Lakes	10	2	25	2
Anoka-Ramsey	8	4	20	7
M State-FF	7	5	20	7
Riverland	3	9	12	15
Ridgewater	2	10	12	13
Minnesota West	2	10	10	14

2010-11 MEN'S ALL-STATE TEAM

Trey Scott	5'10"	Sophomore	Anoka-Ramsey
Marcus Ayala	5'11"	Sophomore	Central Lakes
Nash Faulk	6'3"	Sophomore	Central Lakes
Phil Freeman	5'11"	Sophomore	Hibbing
Orlando Edwards, Jr.	6'2"	Sophomore	Hibbing
Eric Shulstad	6'6"	Sophomore	M State-FF
Terrell Lipkins	5'10"	Sophomore	Northland
Zac Creviston	6'4"	Freshman	Northland
Derek Scully	6'0"	Sophomore	Rainy River
DeAaron Hearn	6'2"	Sophomore	Riverland
Joe Beck	6'8"	Freshman	Rochester
David Fritsch	6'3"	Sophomore	Rochester
Chaz Sharp	6'3"	Freshman	Rochester
Taylor Smaller	5'9"	Freshman	Vermilion
Nick Toland	6'6"	Freshman	Vermilion



Women's Basketball

2010-11 NJCAA DIII WOMEN'S BASKETBALL PRESEASON TOP 10

- 1 Onondaga
- 2 Roxbury
- 3 **Mesabi Range**
- 4 Northampton
- 5 Joliet
- 6 **Rochester**
- 7 Montgomery
- 8 **Itasca**
- 9 Suffolk County
- 10 Mohawk Valley

2010-11 MCAC FINAL STANDINGS

Northern Division	division	overall
	W L	W L
Mesabi Range	6 2	17 5
Northland	6 2	12 9
Hibbing	4 4	8 18
Itasca	4 4	14 10
Vermilion	0 8	4 19
Southern Division	division	overall
	W L	W L
Anoka-Ramsey	12 0	26 1
Minnesota West	10 2	22 4
Ridgewater	7 5	13 11
Rochester	5 7	15 11
Riverland	4 8	14 12
M State-FF	3 9	5 19



CHAMPIONSHIP RESULTS

2010-11 National Championship Game

Anoka-Ramsey 60 55 Roxbury

2010-11 National Tournament Semi-Finals

Anoka-Ramsey 64 54 Brookdale

Roxbury 72 58 **Northland**

2010-11 National Tournament Quarter-Finals

Anoka-Ramsey 95 60 Butler

Northland 59 50 (ot) Mohawk Valley

2010-11 MCAC / Region 13A Championship Game

Anoka-Ramsey 68 51 Minnesota West

2010-11 MCAC / Region 13B Championship Game

Northland 68 47 Hibbing

2010-11 MCAC Championship Game

Anoka-Ramsey 81 60 Minnesota West

2010-11 MCAC Semi-Finals

Minnesota West 68 58 Rochester

Anoka-Ramsey 65 56 Northland

2010-11 MCAC Quarter-Finals

Rochester 60 53 Mesabi Range

Minnesota West 77 66 Hibbing

Northland 63 62 (ot) Ridgewater

Anoka-Ramsey 79 66 Itasca

2010-11 Individual Statistical Leaders

Northern Division

Scoring	G	Pts.	Aver.	
Randa Glazier(IT)	24	389	16.2	
Jodi Berdahl(NL)	21	300	14.3	
3-Pt Shooting	G	Att.	Made	%
Kendra Ware (IT)	24	88	37	42
Jodi Berdahl(NL)	21	109	42	39
F.T. Shooting	G	Att.	Made	%
Jazz Woodson(MR)	22	63	49	78
Kaia Armitage(MR)	22	71	50	70
Jodi Berdahl(NL)	21	131	92	70
Field Goal Percentage	G	Att.	Made	%
Andy Ivanovic'(MR)	22	213	110	52
Randa Glazier(IT)	24	263	131	50
Rebounding	G	Reb.	Aver.	
Randa Glazier(IT)	24	298	12.4	
Andy Ivanovic'(MR)	22	263	11.9	
Steals G Steals Aver.	G	Steals	Aver.	
Kelly Turk(HI)	26	73	2.8	
Andy Ivanovic'(MR)	22	57	2.6	
Assists G Ast. Aver.	G	Ast.	Aver.	
Kelly Turk(HI)	26	157	6.0	



Women's Basketball

2010-11 WOMEN'S ALL-STATE TEAM

FIRST TEAM

Adrianna Ivanovic'	5'11"	Freshman	Mesabi Range
Jodi Berdahl	5'6"	Sophomore	Northland
Randa Glazier	6'2"	Freshman	Itasca
Kelly Turk	5'5"	Sophomore	Hibbing
Jazz Woodson	5'9"	Sophomore	Mesabi Range
Sam Lynn	5'6"	Sophomore	Minnesota West
Krista Viehauser	5'11"	Sophomore	Riverland
Marie Hanson	5'10"	Sophomore	Anoka-Ramsey
Mallory Cramer	5'10"	Sophomore	Anoka-Ramsey
Brittni Mayer	5'8"	Sophomore	Rochester

SECOND TEAM

Melissa Nyberg	5'11"	Sophomore	Hibbing
Reality Edmondson	5'6"	Freshman	Vermilion
Jessica Fontes	5'9"	Freshman	Northland
Kendra Ware	5'10"	Freshman	Itasca
Kaia Armitage	5'9"	Sophomore	Mesabi Range
Stephanie Pilgrim	5'8"	Sophomore	Anoka-Ramsey
Tamarra Shorter	5'8"	Freshman	Anoka-Ramsey
Kelsey Guetter	6'0"	Sophomore	Ridgewater
Aly Meyer	6'0"	Freshman	Rochester
Whitley Strei	5'4"	Sophomore	Ridgewater

2010-11 Individual Statistical Leaders

Southern Division

Scoring	G	Pts.	Aver.	
Sam Lynn(MW)	26	542	20.9	
Krista Viehauser(RL)	26	540	20.8	
3-Pt Shooting	G	Att.	Made	%
Brittni Mayer(RO)	26	143	59	41
Kayla Vanderveen(MW)	26	122	49	40
F.T. Shooting	G	Att.	Made	%
Sam Lynn(MW)	26	181	142	78
Mallory Cramer(AR)	27	57	43	75
Field Goal Percentage	G	Att.	Made	%
Tamarra Shorter(AR)	27	280	153	55
Mallory Cramer(AR)	27	183	98	54
Rebounding	G	Reb.	Aver.	
Kendra Stokes(FF)	24	256	10.7	
Aly Meyer(RO)	26	257	9.9	
Steals	G	Steals	Aver.	
Tamarra Shorter(AR)	27	107	3.9	
Mallory Cramer(AR)	27	82	3.0	
Assists	G	Ast.	Aver.	
Sam Lynn(MW)	26	176	6.8	
Jayne Hill(AR)	27	117	4.3	

2010-11 WOMEN'S BASKETBALL ACADEMIC AWARD WINNERS

Carlee Davich	Central Lakes
Betsy Helmke	Central Lakes
Katherine Hochsprung	Central Lakes
Whitney Finco	Hibbing
Melissa Nyberg	Hibbing
Natalie Stine	Hibbing
Jessica Dvergsten	Itasca
Randa Glazier	Itasca
Megan Johnson	Itasca
Haley McNeil	Itasca
Kendra Ware	Itasca
Kaia Armitage	Mesabi Range
Nikki Jasura	Mesabi Range
Nicole Niemi	Mesabi Range
Jessica Love	Mesabi Range
LoRel Christensen	Minnesota West
Alyson Drooger	Minnesota West
Sam Lynn	Minnesota West
Stephanie Maras	Minnesota West
Christa Wik	Minnesota West
Jodi Berdahl	Northland
Eiley Berg	Northland
Jessica Fontes	Northland
Cassie Gunderson	Northland
Hailey Peterson	Northland
Beth Tvedt	Northland
Catherine Whetzel	Northland
Brittany Wiseth	Northland
Sara Beyer	Ridgewater
Kelsey Guetter	Ridgewater
Ali Holt	Ridgewater
Jena Thompson	Ridgewater
Robin Arjes	Riverland
Joni Lillo	Riverland
Makenzie Martin	Riverland
Kristina Schemmel	Riverland
Brittni Mayer	Rochester
Aly Meyer	Rochester
Kit Anderson	Vermilion
Rachel Eisenhuth	Vermilion
Sarah Mann	Vermilion

2011 All-Tournament Team

Stephanie Pilgrim	Anoka-Ramsey (MVP)
Brittany Paige	Hibbing
Hannah Smith	Ridgewater
Jodi Berdahl	Northland
Desirae Lee	Rochester
Aly Meyer	Rochester
Kayla Vander Veen	Minnesota West
Sam Lynn	Minnesota West
Mallory Cramer	Anoka-Ramsey
Alexis Holt	Anoka-Ramsey

Wrestling

2011-12 NJCAA Wrestling Pre-season Top 10

- 1 Iowa Central
- 2 Clackamas
- 3 Muskegon
- 4 Iowa Lakes
- 5 Labette
- 6 Lincoln College
- 7 Colby
- 8 Western Wyoming
- 9 North Idaho
- 10 Southwestern Oregon



2011 MCAC/North Central District Wrestling Tournament Team Results

- | | |
|----------------------|-------------|
| 1) Iowa Central | 130 |
| 2) Iowa Lakes | 116.5 |
| 3) Ellsworth | 109 |
| 4) NIACC | 84 |
| 5) Ridgewater | 78.5 |
| 6) Itasca | 67.5 |
| 7) Rochester | 64.5 |

2011 MCAC/North Central District Wrestling Tournament Individual Results

- | | | |
|------------------------------|------------|--|
| 125 | | |
| 4th place– Lonny Booshu | Ridgewater | |
| 133 | | |
| 4th place– Nate Friederich | Ridgewater | |
| 141 | | |
| 2nd place– Casey Williams | Itasca | |
| 4th place– Aaron Niles | Rochester | |
| 5th place– Javior Portillo | Ridgewater | |
| 149 | | |
| 2nd place– Sam Schad | Rochester | |
| 4th place– Mariano Portillo | Ridgewater | |
| 157 | | |
| 2nd place– Conner Monk | Itasca | |
| 4th place– Ryan Krause | Ridgewater | |
| 165 | | |
| 3rd place– Theo Jensen-Innis | Rochester | |
| 5th place– Trevor Krueger | Ridgewater | |
| 6th place– Blake Menard | Itasca | |
| 174 | | |
| 3rd place– Travis Peralta | Ridgewater | |
| 5th place– Peter McPhail | Rochester | |
| 184 | | |
| 3rd place– Billy Dean | Ridgewater | |
| 197 | | |
| 3rd place– Cully Butterfield | Itasca | |
| HWT | | |
| None | | |

2011 NJCAA National Qualifiers

<u>WT</u>	<u>NAME</u>	<u>SCHOOL</u>
125	Lonny Booshu	Ridgewater
133	Nate Friederich	Ridgewater
141	Casey Williams	Itasca
141	Aaron Niles	Rochester
141	Javior Portillo	Ridgewater
149	Sam Schad	Rochester
149	Mariano Portillo	Ridgewater
157	Conner Monk	Itasca
157	Ryan Krause	Ridgewater
165	Theo Jensen-Innis	Rochester
165	Trevor Krueger	Ridgewater
165	Blake Menard	Itasca
174	Travis Peralta	Ridgewater
174	Peter McPhail	Rochester
184	Billy Dean	Ridgewater
197	Cully Butterfield	Itasca

2010-11 WRESTLING ACADEMIC AWARD WINNERS		
Anthony Kellen	Minnesota West	
Ted Kruger	Minnesota West	
Lonny Booshu	Ridgewater	
Nathan Friederich	Ridgewater	
Trevor Kruger	Ridgewater	
Benigno Portillo	Ridgewater	
Mariano Portillo	Ridgewater	
Charles Wilczek	Ridgewater	

Follow the 2011-12 action
www.mcac-sports.com