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All-Sports Competition..... 2

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Boys Basketball ..... 4

Boys Cross Country ..... 5

Boys Football ..... 6

Boys Golf ..... 8

Boys Hockey ..... 9

Boys Soccer ..... 10

Boys Tennis ..... 11

Boys Track and Field ..... 12

Boys Wrestling ..... 13

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1995-96 -- ALL-SPORTS COMPETITION



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1995 - 96 --- Rank

First=6, Second=5, Third=4, Fourth=3, Fifth=2, Sixth=1 (Points adjusted based on number of schools participating)

<u>Schools</u>	<u>Holmen</u>	<u>Central</u>	<u>Logan</u>	<u>Onalaska</u>	<u>Sparta</u>	<u>Tomah</u>	<u>Aquinas</u>
B Cross Country	3	6	2	5	4	1	---
G Cross Country	3	6	4	5	2	1	---
G Tennis	2	6	3	5	1	4	---
G Golf	3	6	2	4	5	1	---
B Football	3	2	1	5	4	6	---
G Volleyball	3	4	1	2	5	6	---
B Soccer	---	4	3	2	1	---	---
B Basketball	2	4	3	6	1	5	---
G Basketball	5.5	5.5	1	4	2	3	---
G Gymnastics	2	3	1	4	---	---	---
B Wrestling	6	1.5	4	1.5	5	3	---
B Baseball	5	6	3.5	1	2	3.5	---
G Softball	4	5.5	2.5	5.5	2.5	1	---
B Track	2	4	6	5	1	3	---
G Track	3	4	5	1	2	6	---
B Golf	6	2	3	5	1	4	---
B Tennis	1	6	4	5	2	3	---
<b><u>Overall Points</u></b>	<b><u>53.5</u></b>	<b><u>75.5</u></b>	<b><u>49.0</u></b>	<b><u>66.0</u></b>	<b><u>40.5</u></b>	<b><u>51.0</u></b>	<b><u>---</u></b>
<u>Schools</u>	<u>Holmen</u>	<u>Central</u>	<u>Logan</u>	<u>Onalaska</u>	<u>Sparta</u>	<u>Tomah</u>	<u>Aquinas</u>
<b><u>Overall Rank</u></b>	<b><u>3</u></b>	<b><u>1</u></b>	<b><u>5</u></b>	<b><u>2</u></b>	<b><u>6</u></b>	<b><u>4</u></b>	<b><u>---</u></b>



1995-96--BOYS BASEBALL



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MVC Standings

School	Wins	Losses
Central	9	1
Holmen	7	3
Logan	5	5
Tomah	5	5
Sparta	3	7
Onalaska	1	9

All-Conference

First Team All-Conference

Jared Manske	Central
Ben Schroeder	Central
Tim Alberts	Central
Josh Abbott	Tomah
Pat Bloom	Tomah
Greg Jandt	Sparta
Denver Harris	Logan
Josh Gates	Logan
Mike Coady	Holmen
Mark Steines	Holmen

Second Team All-Conference

Matt West	Central
Mike Larson	Central
Jeff Parish	Tomah
Jon Walker	Tomah
Erik Jones	Sparta
Eddie Young	Logan
Jeremy Lawrence	Logan
Nick McHugh	Holmen
Ross Maxwell	Holmen
Jason Bott	Onalaska

Honorable Mention

Matt Kloss	Central
Aasron Schindler	Tomah
Jason Shanks	Sparta
Greg Schirm	Logan
Tim Sheffer	Holmen
Brendan Dwyer	Onalaska

Player of the Year

Jared Manske	Central
--------------	---------

Individual Statistics--Batting

(Minimum 20 AB)

NAME	SCHOOL	AB	1st	2nd	3rd	HR	Walk	Run	Avg
Josh Gates	Logan	29	11	4	0	1	5	9	.552
Denver Harris	Logan	32	6	6	1	2	7	14	.469
Eddie Young	Logan	30	10	0	0	1	7	8	.367

Individual Statistics--Pitching

(Minimum 30 innings pitched)

NAME	SCHOOL	W	L	IP	ERA
Josh Gates	Logan	1	2	24	6.53
R Schrader	Logan	2	0	17	2.83

Team Statistics

SCHOOL	AB	1st	2nd	3rd	HR	Walk	Run	Avg
Central	440	180	30	10	4	80	180	.529
Logan								
Holmen								
Onalaska								
Sparta								
Tomah								



1995-96--BOYS BASKETBALL

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**MVC Standings**

School .....	Wins ..	Losses
Onalaska .....	8 .....	2
Tomah .....	7 .....	3
Logan .....	6 .....	4
Central .....	5 .....	5
Holmen .....	3 .....	7
Sparta .....	0 .....	10

**Individual Statistics**

NAME	SCHOOL	3 pt		2 pt		1 pt		TOT.		TOT. AVG	
		FGM	FGA	FGM	FGA	FTM	FTA	FLS	RBND		PTS
John Evans	Logan	26	53	70	121	35	37	21	77	253	25.3

**All-Conference**

**First Team All-Conference**

- Ben Carlson ..... Onalaska
- Jason Herlitzke ..... Central
- Steve Butterfield ..... Logan
- Brad Plueger ..... Tomah
- Brian Johnson ..... Holmen

**Second Team All-Conference**

- Josh Gates ..... Logan
- Jeff Engel ..... Tomah
- Jason Bott ..... Onalaska
- Cullen Haskins ..... Onalaska
- Brent peterson ..... Central

**Honorable Mention**

- Erik Jones ..... Sparta
- Brett Johnson ..... Onalaska
- Mark VonHaden ..... Tomah
- Scott DeGier ..... Central
- Ross Maxwell ..... Holmen
- Pat Bloom ..... Tomah

**Player of the Year**

- Ben Carlson ..... Onalaska
- Jason Herlitzke ..... Tomah

**Team Statistics**

TEAM	3 pt		2 pt		1 pt		FOULS	TOT. RBND	POINTS FOR	POINTS AGAINST	AVG PTS FOR	AVG PTS AGST
	FGM	FGA	FGM	FGA	FTM	FTA						
Logan	45	103	269	461	149	227	161	308	822		82.2	



# 1995-96 Boy's Cross Country

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## MVC Standings

### 1995: Central Host @ Myrick Park

Central .....	29
Onalaska .....	55
Sparta .....	87
Holmen .....	89
Logan .....	128
Tomah .....	135

Individual Champion .. 5000 Meters  
Thomas Hammes, Sparta ..... 16:16

## All-Conference

### First Team All-Conference

Thomas Hammes .....	16:16	....	Sparta
Keachen Abing .....	16:16		Onalaska
Jared Leveraus .....	16:28	..	Central
Ryan Callan .....	16:39	..	Central
Tim Gardner .....	16:44	..	Central
Andy Dyar .....	16:50	..	Central
Rob McGarry .....	16:50		Onalaska

### Second Team All-Conference

Lucas Eckelberg .....	16:59	...	Tomah
Brian Johnson .....	17:06	.	Holmen
Tom Munderloh .....	17:12	.	Holmen
Dave Cade .....	17:17	..	Central
Brett Nicol .....	17:22	...	Tomah
Dave Herrick .....	17:27		Onalaska
Tony Ferries .....	17:35		Onalaska

### Honorable Mention

### Runner of the Year

Thomas Hammes ..... Sparta



1995-96--BOYS FOOTBALL

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**MVC Standings**

School	Wins	Losses
Tomah	5	0
Onalaska	4	1
Sparta	3	2
Holmen	2	3
Central	1	4
Logan	0	5

**All-Conference**

**Offense All-Conference**

**Ends**

Steve Butterfield	Logan
Matt Kloss	Central

**Tackles**

Chris Reis	Tomah
Kevin Maringer	Onalaska

**Guards**

Jeff Engel	Tomah
Craig Squires	Tomah

**Center**

Mike Snowberry	Tomah
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**Quarterback**

Brad Plueger	Tomah
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**Running Backs**

Chris Behrens	Sparta
Brian Marten	Tomah
Robin Finco	Onalaska

**All-Conference**

**Offense 2nd Team All-Conference**

**Ends**

Erik Jones	Sparta
Josh abbott	Tomah

**Tackles**

Kevin Shawley	Sparta
Justin Zantow	Holmen

**Guards**

Mark Byom	Holmen
Erich Wetzel	Logan

**Center**

Kevin Peterson	Sparta
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**Quarterback**

Todd Hall	Central
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**Running Backs**

Denver Harris	Logan
Jeff Parish	Tomah
Josh Dummer	Holmen

**All-Conference**

**Defense All-Conference**

**Ends**

Chad Dwyer	Onalaska
Neil Betts	Tomah

**Linemen**

Tom Campbell	Holmen
Dan Kamrowski	Onalaska
Nick Griepentrog	Tomah

**Linebackers**

Jason Stephenson	Tomah
Craig Squires	Tomah
Robin Finco	Onalaska

**Defensive Backs**

Matt Kloss	Central
Ed Young	Logan
Brendon Dwyer	Onalaska

**All-Conference**

**Defense 2nd Team All-Conference**

**Ends**

Erik Leverenz	Logan
Erik Smith	Holmen

**Linemen**

Brian Brooks	Sparta
Zurt Burcalow	Tomah
Travis Abicht	Logan

**Linebackers**

Greg Jandt	Sparta
Denver Harris	Logan
Josh Dummer	Holmen

**Defensive Backs**

Scott Bender	Sparta
Jon Walker	Tomah
Mark Steines	Holmen

**All Conference**

**Specialists**

**Punter**

Jeremy Lawrence	Logan
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**Kick and Punt Returner**

Robin Finco	Onalaska
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**Lineman of the Year**

Mike Snowberry	Tomah
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**Offensive Player of the Year**

Brian Marten	Tomah
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**Defensive Player of the year**

Jason Stephenson	Tomah
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**All-Conference**

**Honorable Mention**

Paul Rasmussen	RB	Sparta
Jim Williams	DE	Holmen
Brett Shillin	LB	Central
Derek Kruse	DB	Onalaska
Sam Sorenson	RB	Logan
Ryan Betcher	DL	Tomah

**Individual Statistics**

**Kickoff Returns**

Name	Sc	No.	Avg.	TD's
1 Shawn Michael	S	3	36.0	0
2 Jason Shanks	S	3	14.7	0
3				
4				
5				
6				

**Punt Returns**

Name	Sc	No.	Avg.	TD's
1 Paul Rasmussen	S	1	12.0	0
2				
3				
4				
5				
6				

**Interceptions**

Name	Sc	No.	Yards	TD's
1 Erik Jones	S	1	0	0
2				
3				
4				
5				
6				

**Punting**

Name	Sc	No.	Avg.	Long
1 Erik Jones	S	16	32.2	
2				
3				
4				
5				
6				



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### Individual Statistics--Passing

Name	School	Att	Comp	Yards	TD's	Int's.
1 Larry Kuderer	Sparta	38	16	268	0	
2						
3						
4						
5						
6						
7						
8						
9						
10						

### Individual Statistics--Rushing

Name	School	Att	Yards	TD's	Long
1 Chris Behrens	Sparta	140	911		
2 Paul Rasmussen	Sparta	38	187		
3 Larry Kuderer	Sparta	13	36		
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

### Individual Statistics--Receiving

Name	School	Repts.	Yards	TD's	Long
1 Erik Jones	Sparta	9	206	0	
2 Paul rasmussen	Sparta	3	37	0	
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

### Individual Statistics--Scoring

Name	School	TD's	FG's	1X	2X	SY	Total
1 Chris Behrens	Sparta	15	0	0	1	0	92
2 Erik Lamb	Sparta	0	0	5	3	0	11
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							

### Team Statistics

SCHOOL	POS	TOTAL POINTS	RUSH ATT	RUSH YDS	RUSH AVG	RUSH TD'S	PASS ATT	PASS COMP	PASS COMP %	PASS YDS	PASS TD'S	TOTAL INT	TOTAL YARDS
Central	Off.												
	Def.												
Logan	Off.												
	Def.												
Holmen	Off.												
	Def.												
Onalaska	Off.												
	Def.												
Sparta	Off.	116	205	1176	5.7	43	16	37.2	268	0	4	1444	
	Def.	74	178	731	4.1	67	28	41.8	384	3	1	1115	
Tomah	Off.												
	Def.												
Aquinas	Off.												
	Def.												



1995-96 BOY'S GOLF

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MVC Standings

1995:

Holmen .....	73
Onalaska .....	62
Tomah .....	54
Logan .....	46
Central .....	40
Sparta .....	19

All-Conference

First Team All-Conference

Josh Dirks .....	88.00	Onalaska
Joe Derosa .....	79.50	. Holmen
Brian Johnson .....	77.00	. Holmen
Joe Berry .....	54.50	... Tomah
Erik Leverenz .....	49.00	.... Logan

Second Team All-Conference

Nick Thiens .....	44.50	. Holmen
Derek Peterson .....	40.00	Onalaska
Chris Peschau .....	38.50	.. Central
Mike Mahlum .....	33.00	.... Logan
Kurt Pfaff .....	30.58	.... Sparta

Honorable Mention

Mark VonHaden .....	Tomah
Mark Aspenson .....	Central
Derek Wise .....	Sparta
Rob Remis .....	Logan
Mike Duncan .....	Onalaska
Jared Nelson .....	Holmen

Player of the Year

Josh Dirks .....	Onalaska
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**1995-96 Boys HOCKEY**



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Boys Hockey begins during the 1998 - 99 Season



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### MVC Standings

Central .....	6-0
Logan .....	4-2
Onalaska .....	3-3
Sparta .....	0-6

### All-Conference

#### First Team All-Conference

Scott DeGier .....	12	.....	Central
Rick Rhode .....	12	.....	Central
Brent Rhode .....	12	.....	Central
Tad Natwick .....	12	.....	Central
Rodney Weiss .....	11	.....	Logan
John Berger .....	12	.....	Logan
Zac Litzow .....	12	.....	Logan
Tim Hoehn .....	11	..	Onalaska
Brian Young .....	11	..	Onalaska
Josh Dirks .....	12	..	Onalaska
Nate Haag .....	11	.....	Sparta

#### Second Team All-Conference

Brian Kinder .....	12	.....	Central
Seng Vang .....	12	.....	Central
Jason Caldwell .....	12	.....	Central
Russ Overholt .....	11	.....	Central
Andy Dickinson .....	12	.....	Logan
Xiong Xiong .....	12	.....	Logan
Brian Dickinson .....	12	.....	Logan
Eduardo Elizarraras .....	12	.....	Logan
Alan Horton .....	11	..	Onalaska
Donnie Stapleton .....	12	..	Onalaska
Colin Yahnke .....	11	.....	Sparta

#### Honorable Mention

Dan Larson .....	11	.....	Central
Aaron Dolan .....	12	.....	Central
Cory Greenfiled .....	12	..	Onalaska
Mike Walsko .....	10	..	Onalaska
Nate Rolstad .....	12	.....	Sparta
Josh Davis .....	10	.....	Sparta

#### Player of the Year



1995-96 Boys TENNIS

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MVC Standings

Total Points--Season

School	Reg+Tourn Pts
Central	61
Onalaska	57
Logan	50
Tomah	19
Sparta	12
Holmen	4

All-Conference

First Team All Conference

Singles

Doubles

Second Team All Conference

Singles

Doubles

Honorable Mention

Singles

Doubles



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## MVC Standings

Meet Host: @Central

Logan	162
Onalaska	136 1/2
Central	112 1/2
Tomah	45
Holmen	39
Sparta	29

### 100 Meters

1 Adam Loeffler ... Onalaska	11.2
2 Ken Mack ..... Logan	11.4
3 Pete Kennedy .... Holmen	11.5
4 Jeremiah Shaver . Logan	11.6
5 Nate Loeffler ..... Onalaska	11.9
6 Brian Bennett ..... Sparta	11.9

### 200 Meters

1 Pete Kennedy .... Holmen	23.0
2 Adam Loeffler ... Onalaska	23.0
3 Ken Mack ..... Logan	23.2
4 Matt Bluske ..... Logan	23.6
5 Nate Loeffler ..... Onalaska	23.8
6 Ben Johnson ..... Onalaska	24.0
6 Ben Rhode ..... Central	24.0

### 400 Meters

1 Ken Mack ..... Logan	50.6
2 Adam Loeffler ... Onalaska	50.9
3 Matt Bluske ..... Logan	51.6
4 Ben Rogowski ... Logan	52.1
5 Brett Nicol ..... Tomah	52.6
6 Dewey Meyer ..... Holmen	53.2

### 800 Meters

1 Chris Byrnes ..... Central	2:01.0
2 Brett Nicols ..... Tomah	2:02.0
3 Mike Schock ..... Central	2:03.0
4 Tony Ferries ..... Onalaska	2:04.2
5 Keachen Abing .. Onalaska	2:04.5
6 Dave Cade ..... Central	2:04.6

### 1600 Meters

1 Chris Byrnes ..... Central	4:35.9
2 Tom Hammes ..... Sparta	4:38.3
3 Jason Caldwell ... Central	4:42.3
4 John O'Bryant ... Logan	4:42.9
5 Eric Wienberg ... Onalaska	4:45.2
6 Dave Harrick ..... Onalaska	4:50.6

### 3200 Meters

1 Tim Gardner ..... Central	10:06.1
2 Rob McGarry ..... Onalaska	10:10.6
3 Ryan Callan ..... Central	10:15.7
4 Jared Leveraus ... Central	10:26.5
5 Mike Kabat ..... Onalaska	10:26.5
6 Dave Herrick ..... Onalaska	10:49.5

### 110 High Hurdles

1 Mason Rebarchek . Onalaska	15.3
2 Sam Bina ..... Logan	15.8
3 Jared Wickus ..... Central	15.9
4 Eric Dockus ..... Onalaska	16.0
5 Joe Myhra ..... Logan	16.5
6 Andy Gillham .... Central	17.6

### 300 Intermediate Hurdles

1 Mason Rebarchek . Onalaska	40.9
2 Jared Wickus ..... Cental	41.3
3 Eric Dockus ..... Onalaska	41.6
4 Sam Bina ..... Logan	41.8
5 Bryan Morris ..... Onalaska	43.9
6 Andy Gillham .... Central	44.6

### 400 Relay

1	Central	45.6
	<i>Jared Wickus, Jason Krueger, Rick Rhode, Scott DeGier</i>	
2	Sparta	46.6
3	Tomah	46.8
4	Holmen	46.9
5	Onalaska	47.5

### 1600 Relay

1	Logan	3:31.5
	<i>John O'Bryant, Matt Bluske, Ben Rogowski, Nick Nielson</i>	
2	Holmen	3:33.5
3	Onalaska	3:33.7
4	Central	3:35.3
5	Tomah	3:35.7

### 3200 Relay

1	Onalaska	8:35.2
	<i>Tony Ferries, Dan Hoff</i>	
2	Logan	8:47.0
3	Central	8:55.0
4	Holmen	9:09.7
5	Tomah	9:13.9
6	Sparta	9:17.1

### Pole Vault

1 Craig Jeranek ..... Logan	11'0"
2 Chris Mehne ..... Tomah	10'0"
3 Tom McHenry .... Onalaska	10'0"
4 Jeremy Volden ... Central	9'6"
5 John McBride ..... Central	9'0"
6 Derrick Woodward Central	9'0"

### High Jump

1 Nick Nielson ..... Logan	5'10"
2 Sam Bina ..... Logan	5'10"
3 Matt McClintic ... Onalaska	5'8"
4 Mark Baumgarten . Tomah	5'8"
5 Nathan Patros ..... Central	5'8"
6 Paul Kartman .... Central	5'6"

### Long Jump

1 Rick Rhode ..... Central	20'4"
2 Paul Rasmussen . Sparta	20'2 3/4"
3 Nick Nielson ..... Logan	20'0"
4 Adam Loeffler ... Onalaska	19'10 1/2"
5 Jason Krueger .... Central	19'9 1/2"
6 Nate Rolstad ..... Sparta	19'7 3/4"

### Triple Jump

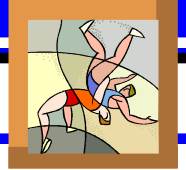
1 Sam Matter ..... Onalaska	42'3 3/4"
2 Paul Olson ..... Logan	39'8 3/4"
3 Corey Mathison .. Holmen	39'3 1/4"
4 Pete Fritz ..... Tomah	38'11 1/2"
5 Nate Rolstad ..... Sparta	38'5 3/4"
6 Scott DeGier ..... Central	38'2 1/4"

### Shot Put

1 Corey West ..... Logan	49'5"
2 Erich Wetzel ..... Logan	48'9"
3 Nick Griepentrog Tomah	48'5 1/2"
4 Jason Schmuck ... Onalaska	46'2 1/4"
5 Nathan Melby .... Logan	43'0"
6 Eric Von Haden . Tomah	39'10"

### Discus

1 Corey West ..... Logan	157'5"
2 Erich Wetzel ..... Logan	130'2"
3 Jason Schmuck ... Onalaska	129'6"
4 Ben Rogowski .... Logan	126'10"
5 Nick Griepentrog Tomah	106'10"
6 Jay Taylor ..... Sparta	92'8"



# 1995-96 Boy's WRESTLING

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## MVC Standings

### Meet Host:

Holmen .....	5 - 0
Sparta .....	4 - 1
Logan .....	3 - 2
Tomah .....	2 - 3
Central .....	0 - 4 - 1
Onalaska .....	0 - 4 - 1

## All-Conference

### 103 Pounds

- 1 Tim Ratajski ..... Holmen
- 2 Jason Semann ..... Sparta
- 3 Mike Lorenz ..... Central

### 112 Pounds

- 1 Matt Fitzpatrick ..... Holmen
- 2 Josh Isensee ..... Sparta
- 3

### 119 Pounds

- 1 Don Semann ..... Sparta
- 2 Ryan Tuquero ..... Holmen
- 3 Dave Korish ..... Logan

### 125 Pounds

- 1 Ray Poff ..... Logan
- 2 John Peterson ..... Holmen
- 3 Paul Yahnke ..... Sparta

### 130 Pounds

- 1 Mark Wasley ..... Holmen
- 2 Marc Shuman ..... Tomah
- 3

### 135 Pounds

- 1 Jason Sader ..... Holmen
- 2 Brian Northup ..... Tomah
- 3

### 140 Pounds

- 1 Matt West ..... Central
- 2 John Lorenz ..... Logan
- 3

### 145 Pounds

- 1 Brian Brooks ..... Sparta
- 2 Adam Frost ..... Central
- 3

### 152 Pounds

- 1 Tony Lietzau ..... Sparta
- 2 Zach Leclair ..... Logan
- 3 Mark Steines ..... Holmen

### 160 Pounds

- 1 Tom Campbell ..... Holmen
- 2 Derek Kruse ..... Onalaska
- 3 Joe Harkner ..... Tomah

### 171 Pounds

- 1 Cory Duerkop ..... Holmen
- 2 Brian Marten ..... Tomah
- 3

### 189 Pounds

- 1 Erick Smith ..... Holmen
- 2 Jarrod Ebert ..... Sparta
- 3

### Heavyweight

- 1 Dave Heslip ..... Logan
- 2 Kevin Ewing ..... Tomah
- 3 Mike McHenry ..... Onalaska



1995-96--GIRL'S BASKETBALL

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**MVC Standings**

School	Wins	Losses
Central	8	2
Holmen	8	2
Onalaska	4	6
Tomah	4	6
Logan	3	7
Sparta	3	7

**Individual Statistics**

NAME	SCHOOL	3 pt		2 pt		1 pt		TOT.		AVG	
		FGM	FGA	FGM	FGA	FTM	FTA	FLS	RBND		PTS
Alissa Ogen	Logan	0	3	44	117	46	55	22	79	134	13.4
Lisa Saluzzi	Logan	16	43	18	60	20	28	21	42	104	10.4

**All-Conference**

**First Team All-Conference**

- Kelley Paulus ..... Central
- Kristi Johnson ..... Holmen
- Lindsey Jenkins ..... Sparta
- Karyn Zuhlsdorf ..... Tomah
- Susan Luecke ..... Onalaska

**Second Team All-Conference**

- Alissa Ogen ..... Logan
- Erin Gatzke ..... Sparta
- Sarah Olson ..... Onalaska
- Krista Davis ..... Tomah
- Mandy Harter ..... Holmen

**Honorable Mention**

- Angie Russell ..... Central
- Lisa Saluzzi ..... Logan
- Jessie Ustby ..... Onalaska
- Tena Grass ..... Holmen
- Kathy Revels ..... Sparta
- Ann Thorsen ..... Tomah

**Player of the Year**

- Kelley Paulus

**Team Statistics**

TEAM	3 pt		2 pt		1 pt		FOULS	TOT. RBND	POINTS FOR	POINTS AGAINST	AVG PTS FOR	AVG PTS AGST
	FGM	FGA	FGM	FGA	FTM	FTA						
Logan	38	128	142	433	112	178	188	310	510	561	51.0	56.1
Cen												



# 1995-96 GIRL'S CROSS COUNTRY

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## MVC Standings

### 1995: Central Host @ Myrick Park

Central .....	23
Onalaska .....	54
Logan .....	82
Holmen .....	87
Sparta .....	108
Tomah .....	180

Individual Champion .. 4000 Meters  
 Renee Kujak, Central ..... 16:19

## All-Conference

### First Team All-Conference

Renee Kujak .....	Central ....	16:19
Nicole Nehring .....	Central ....	16:23
Jenny Bjorkman .....	Central ....	16:24
Elizabeth Brueggen ..	Onalaska ..	16:29
Lunsi Berge .....	Holmen ...	16:38
Chrissy Pasell .....	Onalaska ..	16:42
Andrea Stover .....	Logan ....	16:46

### Second Team All-Conference

Jenny Larkin .....	Central ....	16:53
Wendy Sorenson .....	Central ....	17:03
Karla Olson .....	Onalaska ..	17:03
Kara Berge .....	Holmen ...	17:06
Nikki Flock .....	Sparta ....	17:08
Tara Schmitz .....	Holmen ...	17:13
Nikki Anderson .....	Onalaska ..	17:17

### Honorable Mention

Gina Blankenship .....	Central ....	17:21
Anne Haley .....	Logan ....	17:24
Christy Thurston .....	Logan ....	17:31
Monica Miyamoto .....	Central ....	17:40
Nikki Berger .....	Logan ....	17:42
Nicki Wright .....	Onalaska ..	17:42

### Player of the Year

Renee Kujak .....



# 1995-96 GIRL'S GOLF

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## MVC Standings

### 1995:

Central .....	78
Sparta .....	64
Onalaska .....	60
Holmen .....	50
Logan .....	23
Tomah .....	19

## All-Conference

### First Team All-Conference ..... Points

Kate Theune .....	Central ....	86.50
Shannon Carney .....	Central ....	85.50
Arimanda Yutoc .....	Central ....	84.00
Tara Clemons .....	Holmen ...	70.50
Meghan Dunham .....	Onalaska ..	63.50

### Second Team All-Conference . Points

Laura Kruekenauer ...	Holmen ...	62.50
Angie Youngblood .....	Sparta .....	54.00
Leah Hass .....	Sparta .....	50.50
Kacy Brandau .....	Sparta .....	50.33
Betsy Jorgensen .....	Onalaska ..	39.00

### Honorable Mention ..... Points

Amanda Flock .....	Sparta .....	30.00
Shelly Bakken .....	Onalaska ..	28.50
Joanie Krzykowski ....	Central ....	15.50
Rachel Sime .....	Tomah ....	10.00
Megan Uhl .....	Holmen .....	7.50
Cheryl Barkauskas .....	Logan .....	1.50

### Player of the Year

Kate Theune .....	Central
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## 1995-96 GIRL'S GYMNASTICS

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### MVC Standings

**1995:**

Onalaska .....
Central .....
Holmen .....
Logan .....

### All-Conference

**Balance Beam**

Kelly Dahlstrom .....	1st..	Onalaska
Amy Banks .....	2nd .	Onalaska
Kim Conzemius .....	HM .	Onalaska

**Vault**

Kelly Dahlstrom .....	1st..	Onalaska
Heidi Bahr .....	2nd ....	Central
Robyn Hoffmeister .....	HM .....	Logan

**Uneven Bars**

Kriss Kauffman .....	1st....	Holmen
Kelly Dahlstrom .....	2nd .	Onalaska
Amy Banks .....	HM .	Onalaska

**Floor Exercise**

Kelly Dahlstrom .....	1st..	Onalaska
Robyn Hoffmeister .....	2nd .....	Logan
Amy Banks .....	HM .	Onalaska

**All-Around**

Kelly Dahlstrom .....	1st..	Onalaska
Amy Banks .....	2nd .	Onalaska
Kim Conzemius .....	HM .	Onalaska



**1995-96 GIRL'S SOCCER**



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Girls Soccer begins during the 1997 - 98 Season



1995-96--GIRL'S SOFTBALL



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MVC Standings

Table with columns: School, Wins, Losses. Rows: Central, Onalaska, Holmen, Logan, Sparta, Tomah.

All-Conference

First Team All-Conference

Table listing players and their schools: Kelly Paulus, Katie Curtis, Alissa Ogen, Angie Wright, Cori Yahnke, Emily Nelson, Jennie Kleinsmith, Jenny Nimitz, Jessie Ustby, Heather Larsen.

Second Team All-Conference

Table listing players and their schools: Erin Bagniewski, Sara Brieske, Becky Limberg, Lindsey Jenkins, Sarah Nichols, Megan Uhl, Kristi Johnson, Kari Torgerud, Shelly Bakkan, Meredith Grovesteen.

Honorable Mention

Table listing players and their schools: Kate Hutson, Andrea Munson, Amanda Lee, Nina Thompson, Sarah Olson, Jenny Dischler.

Player of the Year

?

Individual Statistics--Batting

Table with columns: NAME, SCHOOL, AB, 1st, 2nd, 3rd, HR, Walk, Run, Avg. Row: Karmen Biermeier, Central.

Individual Statistics--Pitching

Table with columns: NAME, SCHOOL, W, L, IP, ERA. Rows: Karmen Biermeier, Lori Thompson.

Team Statistics

Table with columns: SCHOOL, AB, 1st, 2nd, 3rd, HR, Walk, Run, Avg. Rows: Central, Logan, Holmen, Onalaska, Sparta, Tomah.



1995-96 GIRL'S TENNIS

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MVC Standings

Regular Season Conference Position

School .....	Wins ..	Losses
Central .....		
Onalaska .....		
Tomah .....		
Logan .....		
Holmen .....		
Sparta .....		

Tournament Conference Position

School .....	Wins ..	Losses
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Total Points

School .....	Total Points
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All-Conference

First Team All Conference

Singles

Leah Newmann .....	Central
Jenny Lee .....	Central
Catherine Uss .....	Onalaska
Anna Bagniewski .....	Central

Doubles

Loni Lundsten .....	Central
Jenny Norenberg .....	Central
Angie Russell .....	Central
Rebecca Perimutton .....	Central
Annie Carmona .....	Central
Jill Halverson .....	Central

Second Team All Conference

Singles

Angie Zillmer .....	Tomah
Aimee Bailey .....	Onalaska
Sarah Wisneski .....	Central
Stacy Brose .....	Onalaska

Doubles

Lindsey Lobeck .....	Onalaska
Lesley Kubistal .....	Onalaska
Leah Beres .....	Onalaska
Rachel Schubert .....	Onalaska
Sara Wiemerslage .....	Onalaska
Rachel Wetzsteon .....	Onalaska

Honorable Mention

Singles

Rebecca George .....	Holmen
Missy Linehan .....	Tomah

Doubles

Lisa Nordeen .....	Logan
Bethany Kochsiek .....	Logan
Abby Riggs .....	Tomah
Alicia Geurkink .....	Tomah



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## MVC Standings

Meet Host: @Tomah

Tomah .....	138
Logan .....	109
Central .....	95
Holmen .....	65
Sparta .....	59
Onalaska .....	55

### 100 Meters

- 1
- 2
- 3
- 4
- 5
- 6

### 200 Meters

- 1 Erin Gatzke ..... Sparta ..... 27.2
- 2 Mackenzie Winchel Tomah ..... 27.5
- 3 Amanda Radde... Holmen ..... 27.9
- 4 Karli Pederson.... Logan ..... 28.3
- 5 Leah Mach ..... Logan ..... 28.4
- 6 Angela Zillmer ... Tomah ..... 28.6

### 400 Meters

- 1
- 2
- 3
- 4
- 5
- 6

### 800 Meters

- 1 Wendy Sorenson Central ..... 2:23.2
- 2 Kara Berge ..... Holmen ..... 2:25.5
- 3 Renee Kujak ..... Central ..... 2:26.3
- 4 Andrea Stover .... Logan ..... 2:27.1
- 5 Emily King ..... Holmen ..... 2:31.9
- 6

### Shot Put

- 1 Krista Davis ..... Tomah .... 39-9.25
- 2 Becky Jacob ..... Tomah .... 37-0.25
- 3 Anne Thorsen..... Tomah .... 36-1.50
- 4 Emily Allen ..... Central .... 32-9.00
- 5 Korrin Stanek .... Onalaska . 32-1.50
- 6 Nichole Earp ..... Logan ..... 32-1.00

### 1600 Meters

- 1
- 2
- 3
- 4
- 5
- 6

### 3200 Meters

- 1 Karla Olson ..... Onalaska . 12:00.0
- 2 Nicole Nehring ... Central .... 12:10.2
- 3 Jenny Larkin ..... Central .... 12:14.9
- 4 Elizabeth Brueggen Onalaska 12:18.3
- 5 Nikki Anderson .. Onalaska . 12:20.9
- 6 Christy Thorsen.. Logan ..... 12:22.6

### 400 Relay

- 1
- 2
- 3
- 4
- 5
- 6

### 800 Relay

- 1 ..... Holmen ... 10:10.0  
*Linsi Berge, Emily King  
Kara Berge, Katie Christnovich*
- 2 ..... Logan ..... 10:16.2
- 3 ..... Central .... 10:29.8
- 4 ..... Tomah .... 10:45.6
- 5 ..... Onalaska . 10:56.1
- 6

### 1600 Relay

- 1 ..... Logan ..... 4:06.7  
*Jessica Hulke, Andrea Stover  
Katie Myhra, Deb Hanson*
- 2 ..... Sparta ..... 4:09.7
- 3 ..... Holmen ..... 4:11.0
- 4 ..... Central ..... 4:27.7
- 5 ..... Tomah ..... 4:31.9
- 6 ..... Onalaska ... 4:39.1

### 3200 Relay

- 1
- 2
- 3
- 4
- 5
- 6

*Jessica Hulke, Andrea Stover  
Katie Myhra, Deb Hanson*

### 100 High Hurdles

- 1
- 2
- 3
- 4
- 5
- 6

### 300 Low Hurdles

- 1
- 2
- 3
- 4
- 5
- 6

### High Jump

- 1 Ann marie Curtis Central ..... 5-0
- 2 Karyn Zuhlsdorf. Tomah ..... 4-10
- 3 Katie Viner ..... Central ..... 4-10
- 4 Betsy Bina ..... Logan ..... 4-10
- 5 xxx Schueler ..... Tomah ..... 4-10
- 6 xxx Rengert ..... Sparta ..... 4-8

### Long Jump

- 1 Erin Gatzke ..... Sparta ..... 17-1
- 2 Leah Mach ..... Logan ..... 15-3
- 3 xxx Schleicher .... Tomah ..... 15-2
- 4 Amanda Kuecherer Tomah . 15-0.50
- 5 Brook Pendleton Central .... 15-0.25
- 6 Stacey King ..... Tomah ..... 14-11

### Triple Jump

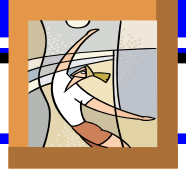
- 1 Kelly Mattison ... Logan ..... 33-7.5
- 2 Kim Conzemius . Onalaska ... 33-5.5
- 3 Amanda Kuecherer Tomah ..... 32-3
- 4 Stacey King ..... Tomah .... 31-10.5
- 5 xxxz Schueler ..... Tomah .. 30-11.75
- 6 Ann Marie Curtis Central .... 30-7.25

### Discus

- 1 Krista Davis ..... Tomah ..... 118-11
- 2 Angela Zillmer ... Tomah ..... 112-11
- 3 Nichole Earp ..... Logan ..... 111-7
- 4 Anne Thorsen ..... Tomah ..... 106-10
- 5 xxx Rengert ..... Sparta ..... 104-5
- 6 Korrin Stanek ..... Onalaska .... 102-0



1995-96--GIRLS VOLLEYBALL



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MVC Standings

School	Wins	Losses
Tomah	9	1
Sparta	8	2
Central	5	5
Holmen	4	6
Onalaska	3	7
Logan	0	10

Individual Statistics

Serving Percentage

(Minimum 20 Serves)

NAME	SCHOOL	PERCENT
Karmen Biermeier	Central	

Assists

(Minimum 20 Serves)

NAME	SCHOOL	NUMBER
Karmen Biermeier	Central	

All-Conference

First Team All-Conference

Karen Zuhlsdorf	Tomah
Kelley Paulus	Central
Laura Benzing	Sparta
Erika Rusch	Holmen
Kari Friedl	Tomah
Stephanie Moussette	Holmen

Second Team All-Conference

Katy Haas	Sparta
Gina Schueler	Tomah
Susan Luecke	Onalaska
Katie Curtis	Central
Meredith Grovesteen	Tomah
Angie Wright	Logan

Honorable Mention

Tiffany Betthausen	Tomah
Sarah Olson	Onalaska
Jennie Kleinsmith	Holmen
Erin Bagniewski	Central
Sarah Nichols	Sparta
Cheri Severson	Logan

Player of the Year

Karen Zuhlsdorf	Tomah
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Kills/Spikes

(Minimum 20 Serves)

NAME	SCHOOL	POINTS
Karmen Biermeier	Central	

Aces/Kills Total Points

(Minimum 20 Serves)

NAME	SCHOOL	POINTS
Karmen Biermeier	Central	

Team Statistics

SCHOOL	(Min)						
	Hit%	Kills	Assists	Aces	Blks	Digs	Other
Central	92%	180	30	60	41	80	180
Logan							
Holmen							
Onalaska							
Sparta							
Tomah							